

Whole-Person Wellness Opportunities *continued*

MONDAY, JULY 15 / Eating Well presentation by Jennifer Lake, RDN, of Council on Aging. She will speak about the importance of eating well as we age and advise how to shop for seasonal fruits and vegetables. There will be ample time for questions. 10:00 AM–NOON, COHEN CONFERENCE ROOM

MONDAY, JULY 16 / Executive Director Update with Monica Smith. Hear the latest about Central Connections. 12:30 PM, OAK ROOM

THURSDAY, JULY 18 / Page Turners Book Club will discuss *Eleanor Oliphant Is Completely Fine*, the best-selling debut novel by Scottish writer Gail Honeyman. With a sharp, albeit unintentional sense of humor and a deeply flawed self-image that makes her all the more sympathetic, Eleanor Oliphant has become one of the most lovable characters in recent fiction—and

creator, Gail Honeyman, has become one of the most celebrated new authors on the international literary scene. Participants may borrow or purchase their own print or digital book or call the Welcome Center to borrow a print copy. 1:00 PM, COHEN CONFERENCE ROOM

WEDNESDAY, JULY 24 / Advanced Directives & Funeral Planning presentation by Clint Eastman, prearrangement specialist with Baker Stevens Parramore Funeral Home. He will provide information on planning a funeral and discuss advanced directives needed, such as durable power of attorney for health care, living will, and last will and testament. 10:30–11:30 AM, COHEN CONFERENCE ROOM

WEDNESDAY, JULY 31 / Identity Theft workshop with Andrew Spatt, executive director of Seniors Helping Seniors in Butler County, who will explain common identity fraud and scams and offer tips to older adults for preventing being taken advantage of. 10:30–11:30 AM, COHEN CONFERENCE ROOM

WEDNESDAY, AUG 21 / Deadline to register at the Welcome Center for the Fall I session of Cardio Splash that takes place on Mondays, Sept. 9–Oct. 26. Cardio Splash provides low-impact shallow- and deep-water exercises and the same benefits as traditional exercising. Cost \$30 per person. 10:15–11:00 AM, MIDDLETOWN YMCA

Thank You, Donors

We are grateful for generous contributions to Central Connections from these supporters:

GENERAL FUND

Gibbie Wise
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The Magnums Perform at July 11 Dance

The Magnums will perform rock 'n' roll, classic oldies, R&B, and country music on Thursday, July 11. Admission is \$5 per person. For this dance, we will offer a meal of your choice:



★ pulled chicken \$6 each OR
★ half slab of pork ribs \$8 each.

Each meal includes sides of mac 'n' cheese and green beans.

Snacks and beverages, including bottled water, pop, teas, beer,

wine, and alcohol, will be available for purchase.

Door prizes and split the pot will be awarded during intermission.

5:30 PM—DOORS OPEN AND FOOD SERVICE STARTS
6:00–9:00 PM—DANCE IN BANQUET CENTER



the connection

newsletter of CENTRAL CONNECTIONS for JULY 2019

3907 Central Ave, Middletown, OH 45044 / 513.423.1734 / centralconnections.org

Write to U.S. Soldiers During July

Throughout July, Central Connections will collect letters and notes to be sent to our U.S. military service men and women as a sign of support and thanks.



This letter-writing effort, promoted by the organization A Million Thanks, invites people to express gratitude for U.S. military service by sending a kind, positive

message to our military men and women.

The letters will be collected at Central Connections' Welcome Center and then sent directly to A Million Thanks who will forward all messages to active, reserve, and veteran military members.

How can you participate in A Million Thanks?

- Write ONLY a handwritten letter or note. No store-bought cards will be accepted, even when personalized. Do not put letters or notes in individual envelopes. Do not send edible items.
- Write multiple letters. Paper and pen is available in the atrium or at the Welcome Center or you can use your own stationery.
- Be creative, but do not use glitter or confetti.
- Be kind, positive, and uplifting in your message.
- Include your address so the soldier can reply.

Learn more at www.amillionthanks.org.

Welcome, New Members!

Lena Barnette, Janet Hatton, Mike Shoemaker, Mary Turner, Donna Walker, Judith Zimmerman

Sign In, Please

Please remember to sign the recreation, Silver-Sneakers, and congregate meal sheets at the Welcome Center every time you come into Central Connections. For each wellness or recreation program you partake of, you should sign the recreation sheet so that we can track our programs and services and report the data to our funding sources. Thank you for your cooperation.

HEAP Helps with Summer Utility Bills, Fans thru Aug 31

Do you need help paying summer utility bills or need a fan or air conditioner during hot months?

If yes and you are over age 60 and/or have a documented medical condition that requires air conditioning to stay cool, you can apply for assistance through the Summer Crisis Cooling program that is part of Ohio's Home Energy Assistance Program (HEAP), a federally funded program that helps eligible Ohioans who are at or below 175 percent of the federal poverty guidelines meet the high costs of home heating in the winter and cooling in the summer.

Eligible customers must apply in person at Supports to Encourage Low-income Families (SELF) and appointments are recommended. SELF has limited walk-in appointments each Wednesday.

Schedule HEAP appointments at SELF's Middletown location, 930 9th Ave., or the Hamilton office, 1790 S. Erie Highway. Call SELF's Hamilton office at (513) 868-9300 and select option 1. For more information, visit www.selfhelps.org; for HEAP eligibility, see www.development.ohio.gov.

The SELF program runs July 1 through Aug. 31.



HOURS OF OPERATION: Monday, Tuesday 9:00AM–4:30PM Wednesday 9:00AM–7:00PM
Thursday 9:00AM–5:00PM Friday 9:00AM–3:30PM Saturday closed Sunday closed

Central Connections

3907 Central Ave
Middletown, OH 45044
513-423-1734
www.centralconnections.org
info@centralconnections.org

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513-217-4912
Lisa Biedenbach, *Director of Operations* / 513-217-4915
Josh Blackmore, *Executive Chef*
Stephanie Cline,
Wellness Coordinator
Jan Freeze, *Accounting Coordinator*
Jodie Lawson, *HDM Coordinator*
Tina Pryor, *Human Resources & Transportation Assistant*

The Connection is the official newsletter of Central Connections. Please direct comments and suggestions to Lisa Biedenbach, Director of Operations, 513.217.4915 or lbiedenbach@centralconnections.org

Central Connections, a 501c3 nonprofit senior center in Middletown, Ohio, and a United Way Agency Partner, promotes whole-person wellness and serves the needs of adults over age 50 with nutritious meals, movement classes, transportation services, health screenings, recreation, volunteer opportunities, and social and educational events and programs.



Did You Know?

► Wellness Coordinator Stephanie Cline will work with you one on one for an **exercise program** to meet your needs and ability. To schedule an appointment, drop by the fitness room or contact Stephanie scline@centralconnections.org or (513) 217-2495.

► Central Connections will participate in **National Night Out** presented by Middletown Police on Tuesday, Aug. 6, from 5:00–9:00 PM, at Smith Park, 500 Tytus Ave. The free night out against crime will feature exhibits from local organizations, a Middletown Police K-9 demonstration, U.S. military, A & S play zone, Middletown Police SRT team, Team Fastrax, and free coney and pop from Gold Star Chili. Stop by the Central Connections table and register for a prize. ► You can drop off **expired and**

unused medications using the 24/7 medication drop boxes located at Atrium Medical Center (in front lobby near gift shop) or at CVS and Walgreens Pharmacies (near the pharmacy desk). For drop-off, remove drugs from pill containers and place drugs in plastic baggies. No needles, syringes, aerosol cans, inhalers, thermometers, lotions or liquids may be dropped off. Also, you can use a packet of DisposeRx, a non-toxic, eco-friendly, non-hazardous powder that when mixed with water will render a drug substance to a non-retrievable form to prevent drug misuse. DisposeRx packets are available at Central Connections, courtesy of Safety Council of Southwestern Ohio. For info, visit www.DisposeRx.com. Remember: never flush unused prescription drugs in the toilet.

8 Billiards Results / June

June 3: Individual 8-Ball

1st: Jerry Addison
2nd: Dick Johnson

June 6: Scottish Doubles

1st: Pat Maloney, Jerry Addison
2nd: Steve Santos, Tom Helsinger

June 10: Blind Draw 8-Ball

1st: Pat Maloney, Terry Highley
2nd: Steve Santos, Jerry Addison

June 13: Scottish Doubles

1st: Charles Reuthe, Steve Santos
2nd: Dick Johnson, Phil Pernicka

June 17: Individual 8-Ball

1st: Dick Johnson
2nd: Chip Lang

June 20: Blind Draw 8-Ball

1st: Dick Johnson, Terry Oliver
2nd: Pat Maloney, Tom Helsinger

June 24: Individual 8-Ball

1st: Bob Pieratt
2nd: Dick Johnson

June 27: Individual 8 Ball

1st: Terry Highley
2nd: Terry Oliver

July 1: Scottish Doubles

1st: Steve Santos, Chip Lang
2nd: Terry Highley, Dick Johnson

Duplicate Bridge Scores / May

Top 5 players and points for Duplicate Bridge in May are: John Rossi, 383; Paul Wells, 361; Bob McCormick, 355; Joyce Krebs, 349; Nancy Reams, 338.

Whole-Person Wellness Opportunities *continued on back page*

For programs or classes, we ask members and guests to register in person at the Welcome Center or call 423-1734.

TUESDAYS / Recreational, non-tournament poker seeks players. For details, leave a message at the Welcome Center for member Joe Stacy. 1:15 PM, OAK ROOM

WEDNESDAYS / Painting with Purpose art-making classes occur on the first and third Wednesdays. Art for All People Director Sarah Hellmann leads the art instruction. Painting with Purpose is free for members and \$3 for nonmembers. **On the second and fourth Wednesdays,** members can participate in **Open Art**—an opportunity to paint or create any kind of art at your own pace and with your own materials. 10:15 AM–12:15 PM, CARD ROOM

FIRST & THIRD FRIDAYS IN JULY / Spanish classes with instructor Filita Johnston. All levels of fluency are welcome. Register at the Welcome Center. 11:00 AM–12:00 PM, COHEN CONFERENCE ROOM

WEDNESDAYS, JULY 3 & AUG 7 / Perceptions, a vision loss support group hosted by the Cincinnati Association for the Blind & Visually Impaired. For more info, contact group facilitators Gary Ensing, 513-487-4522, or Jennifer Brock, 513-487-4507. 10:00 AM–12:00 PM, COHEN CONFERENCE ROOM

July Awareness: Fruits & Veggies—More Matters

By Stephanie Cline, Wellness Coordinator

Central Connections is proud to participate in Fruits & Veggies—More Matters Month. Research suggests that eating a diet with a variety of fruits and vegetables can prevent bone loss, help lower your risk for heart disease and some types of cancer, reduce the likelihood of chronic disease, and prevent high blood pressure. It also can help you maintain or reach a healthy weight and keep your body strong and active.

Some ideas to help you and your family fit more fruits and vegetables into your day include keeping a bowl of fruit handy where the whole family can see and grab the fruit and cutting up fruits and veggies for ready-to-go quick, healthy snacks.

On Monday, July 15, from 10:00–11:00 AM, Jennifer Lake, Registered Dietician and Nutritionist from Council on Aging, will speak on the importance of eating well as you age and how to shop for fruits and vegetables that are in season. To learn more information and ask questions, come to her Healthy Eating presentation.

For more information on Fruits and Veggies—More Matters Month, visit the Wellness Board in the atrium. (healthfinder.gov, Nicklett, Emily J, and Andria R Kadell. "Fruit and vegetable intake among older adults: a scoping review." Maturitas vol. 75, 4 (2013): 305-12. doi:10.1016/j.maturitas.2013.05.005)

MONDAY, JULY 8 / Membership Committee meeting for committee members only. Please direct comments about Central Connections to the Membership Committee—Chair Pam McCoy, Judy Hamilton, Bess Justice, Don Magee, Bonnie Storer, and Gibbie Wise—and to the Leadership Team. 10:30 AM, CARD ROOM

MONDAYS, JULY 8 & 22 / MidPointe Library System Bookmobile will stop at Central Connections. Board the bookmobile to browse shelves, order and pick up books, and chat with library staff. The next bookmobile stop is Aug. 5. 1:30 – 3:00 PM, PARKING LOT

WEDNESDAY, JULY 10 / Golden Notes choral group performs. 12:00 PM, OAK ROOM

THURSDAY, JULY 11 / Free hearing screening by Acute Hearing. Find out what causes hearing loss and how it affects your brain, your health, and your relationships. Register for an appointment at the Welcome Center. 10:00 AM–1:00 PM, CRAFT ROOM

Bunco Tourney

Friday, Aug 16
10 AM – 3:00 PM
\$10 / person,
includes food and beverages
Prizes !!!

Registration and payment due at Welcome Center by Wednesday, Aug. 7