

Whole-Person Wellness Opportunities *continued*

FRIDAY, JUNE 14 / Caregiver Workshop cosponsored by Catholic Charities of Southwestern Ohio, Central Connections, Hospice Care of Middletown, and Ohio Living Mount Pleasant is free and open to all family caregivers and professionals in caregiving fields. Key-note speaker is Llee Sivitz, author of *Speaking Up for Mom*, her experience as caregiver for her mother and the lessons she learned. Other presenters will provide tips for starting conversations with loved ones and clients. A free continental breakfast and lunch will be provided. Caregiving professionals can earn 2.6 free CEs by attending. RSVP required by June 7 to Judy Vincent, 513-424-2273. 8:30–9:00 AM, NETWORKING; 9:00 AM–1:00 PM, JAMBOREE & BUCKEYE ROOMS

WEDNESDAY, JUNE 19 / Know the 10 Signs of Alzheimer's disease. If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection of Alzheimer's disease gives you a chance to begin drug therapy, enroll in clinical studies, and plan for the future. This interactive workshop led by Carolyn Ferris, RN, education coordinator of the Alzheimer's Association Greater Cincinnati Chapter, will feature video clips of people with Alzheimer's disease. Register at the Welcome Center. 10:30–11:30 AM, COHEN CONFERENCE ROOM

THURSDAY, JUNE 20 / Page Turners Book Club will discuss *Endurance: A Year in Space, A Lifetime of Discovery*, the bestselling mem-

oir by U.S. astronaut Scott Kelly. 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

THURSDAY, JUNE 20 / Neighborhood Watch meeting offers opportunity to find out about safety and crime in the Middletown community from Officer Holly Owens of the Middletown Division of Police. Open to the public. 7:00–8:00 PM, COHEN CONFERENCE ROOM

MONDAY, JUNE 24 / Fall Prevention Seminar presented by Kelley Carter, PTA, with Otterbein Home Health who will speak on aging,

fall prevention, and home modifications. According to the National Council on Aging, one in four Americans over age 65 falls each year. Falls are a serious health risk among older adults. General weakness, medication, visual impairments, and environmental factors increase risk of falls and subsequent injury. Join the discussion and learn ways to maintain your independence and remain safely in your home. Register at the Welcome Center. 10:00–11:00 AM, COHEN CONFERENCE ROOM

TUESDAY, JUNE 25 / Celebrate members' June birthdays and anniversaries! NOON, OAK ROOM

WEDNESDAY, JUNE 26 / Deadline to register at the Welcome Center for the Summer 2 session of Cardio Splash that takes place on Mondays, July 15–Aug. 31. 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

MONDAY, JULY 1 / Dining Committee will meet with Executive Chef Josh Blackmore to discuss menu options and suggestions from members. Please refer your ideas and comments about congregate meal menus to Dining Committee members: Betty Carter, Judy Hamilton, Pat Lyons, Natalie Ott, and Audrey Schroff. 1:00–2:00 PM, CRAFT ROOM

Thank You, Donors

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

GENERAL FUND

Gertrude Cates
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Triple Moon Coffee Company
West Central Wine



the connection

newsletter of CENTRAL CONNECTIONS for **JUNE 2019**

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

3 New Vans Help Transportation Services Serve Growing Clientele

Central Connections took possession in May of three new vans awarded in 2018 under a capital grant from 49 USC Section 5310 of the Federal Transit Act. The three new vans will allow Central Connections to continue services for its growing transportation clientele and to ease wear and tear on existing vehicles.

Executive Director Monica Smith said, "The grant stipulated that Central Connections raise matching funds to receive the vehicles. We welcome donations from our members and the greater Middletown community for Transportation Services to help people get to where they want and need to be."

Each Monday through Friday Central Connections' fleet of 8 vans transports to medical and nonmedical destinations more than 400 older adults and disabled within Middletown, Monroe, Trenton, West Middletown, and Franklin areas.

"Typical clients of Transportation Services at Central Connections," Smith said, "are people with diabetes who require kidney dialysis three days a week, clients and members who no longer can drive or who may need assistance because they use a wheelchair or walker, and people who may want transportation temporarily due to a medical condition that prohibits driving for a short time. A benefit of membership to Central Connections is that transport to and from the center is included in the annual membership fee."

Welcome, New Members!

Bill Brewer, Donna Brewer, Jerome Duncan, Alta Marshall, Elizabeth Ngobilikha, Charlotte Russeth, Betty Shoemaker, Garland Williams, Wanda Williams



Through a matching grant, Transportation Services at Central Connections received in May three 2019 Dodge Grand Caravan vans.

In 2018 Transportation Services at Central Connections provided over 13,000 medical and non-medical trips, with an average of 1,084 trips per month. Of those trips, 89 percent were in Middletown zip codes.

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To donate to Transportation Services at Central Connections, please visit our Welcome Center or mail your donation to Central Connections, 3907 Central Ave., Middletown, OH 45044. We accept cash, checks payable to Central Connections, and credit card.

Thank you for your generosity and commitment to serving older adults and the disabled in our community. For more information, call Executive Director Monica Smith, 513-423-1734.



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

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

BOARD OF TRUSTEES

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LEADERSHIP TEAM

Monica Smith, *Executive Director*
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?

► **Dining Services offers members discounts on catering** for special events such as birthdays, anniversaries, reunions, graduations, retirements, funeral gatherings, holidays, and more. Also, members may order meals to go for one or two people through Dining Services. Menu options are available from Executive Chef Josh Blackmore, 513-217-2491. View menu options online at www.catering-at-central-connections.webnode.com.
► **169 pounds of expired or unused drugs** were collected on Medication Disposal Day April 27.
► We seek donations to cover the cost of **replacing our U.S. flag**. Make checks payable to Central Connections or pay in cash or by credit card at our Welcome Center.
► **PUNCH CARD** is provided by Transportation Services for use for nonessential trips. A PUNCH CARD

gives transportation clients the opportunity to purchase trips in advance versus paying each time. Transportation Services is used for a nonessential trip.

A blue PUNCH CARD costs \$25 for five (5) one-way trips. A green PUNCH CARD costs \$50 for eleven (11) one-way trips—a bonus of **ONE FREE trip**.

“Nonessential trips” are trips to hair salons, barbershops, restaurants, entertainment venues, non-food shops and malls, sporting events, festivals and social events, church services, banks, post office, library, etc.

Purchase PUNCH CARDS at the Welcome Center and in the Transportation Office in the rear building. Cards may be purchased by cash, money order, or credit card. Call 513-423-1734 for details.

8 Billiards Results / May

May 2: Individual 8-Ball

1st: Chip Lang
2nd: Dick Johnson

May 6: Individual 8-Ball

1st: Steve Santos
2nd: Chip Lang

May 9: Individual 8-Ball

1st: Bob Pieratt
2nd: Bill Abney

May 13: Individual 8-Ball

1st: Terry Oliver
2nd: Tom Helsinger

May 16: Scottish Doubles

1st: Pat Maloney, Tom Helsinger
2nd: Dick Johnson, Steve Santos

May 20: Individual 8-Ball

1st: Terry Highley
2nd: Steve Santos

May 20: Individual 8-Ball

1st: Terry Highley
2nd: Steve Santos

May 23: Individual 8 Ball

1st: Tom Helsinger
2nd: Terry Oliver

May 30: Individual 8 Ball

1st: Terry Highley
2nd: Steve Santos

Duplicate Bridge Scores / April

Top 5 players and points for Duplicate Bridge in April are: John Rossi, 432; Marilyn Weinstein, 429; Paul Woodward, 416; Ray Craycraft, 412; Ann Burns, 404.

Whole-Person Wellness Opportunities *continued on back page*

For any 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 JUNE / 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, JUNE 5 & July 3 / 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

June: Alzheimer's and Brain Awareness

By Stephanie Cline, Wellness Coordinator

Central Connections is participating in Alzheimer's and Brain Awareness Month. This national health observance is sponsored by the Alzheimer's Association to raise awareness of Alzheimer's disease and brain health. Alzheimer's disease is the 6th leading cause of death in the United States, and 5.8 million Americans live with the disease today. The number of those with the disease is expected to rise; it is estimated that by 2050, there will be 14 million Americans living with Alzheimer's.

Alzheimer's disease is the most common form of dementia in older adults. It is a progressive, degenerative brain disorder with symptoms worsening over time. While scientists have yet to determine the exact cause of Alzheimer's, it is known that the main risk factor is age. If you are one of the 16 million unpaid caregivers of someone with dementia or Alzheimer's disease, support groups are a great resource. The Alzheimer's Association Greater Cincinnati Chapter produces a family support group schedule that is posted to the Wellness board in Central Connections' atrium. To learn more about Alzheimer's, visit the Wellness board or call the Alzheimer's Association 24-hour helpline 1-800-272-3900, or visit alz.org.

WEDNESDAY, JUNE 5 / Apps for Daily Living Workshop hosted by Cincinnati Association for the Blind and Visually Impaired will provide help with understanding smartphone and tablet technology and help identify useful apps to make daily living easier for the visually impaired. Bring your iOS or Android device. Limited availability. RSVP Jennifer Brock 513-487-4507 or jennifer.brock@cincyblind.org. 1:00–4:00 PM, COHEN CONFERENCE ROOM

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

THURSDAY, JUNE 13 / Free hearing screening by Acute Hearing to find out what causes hearing loss and how it affects your brain, your health, and your relationships. Reg-

ister for an appointment at the Welcome Center. 10:00 AM–1:00 PM, CRAFT ROOM

THURSDAY, JUNE 13 / Dance with Mandolin Bridge, who will perform classic rock, oldies, and country. Admission \$5 per person. Snacks and beverages available for purchase. Door prizes and split the pit. DOORS OPEN 5:30 PM. DANCE 6:00–9:00 PM, BANQUET CENTER

MONDAY, JUNE 17 / 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. Bookmobile stops for summer 2019 include July 8 and 22 and Aug. 5. 1:30 – 3:00 PM, PARKING LOT