

## Whole-Person Wellness Opportunities *continued*

**MONDAY, MAY 13 / UPLIFT** program will focus on helping older adults identify opportunities to create positive change to improve well-being, reduce stress, sleep better, stay active, improve mood, reduce anxiety, and enhance overall quality of life. 10:00–11:00 AM, COHEN CONFERENCE ROOM

**MONDAY, MAY 13 / 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

**THURSDAY, MAY 16 / Page Turners Book Club** will discuss *The Great Alone* by Kristin Hannah. 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

**MONDAY, MAY 20 / Genetic DNA Cancer Screening.** 10:00 AM–12:00 PM, COHEN CONFERENCE ROOM

**MONDAY, MAY 20 / Executive Director Update with Monica Smith.** Hear the latest about Central Connections. 12:30 PM, OAK ROOM

**TUESDAY, MAY 28 / Celebrate members' May birthdays and anniversaries!** NOON, OAK ROOM

**MONDAY, JUNE 3 / 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 June 17, July 8 and 22, and Aug. 5. 1:30 – 3:00 PM, PARKING LOT

**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 to Jennifer Brock 513-487-4507 or jennifer.brock@cincyblind.org. 1:00–4:00 PM, COHEN CONFERENCE ROOM

### Thank You, Donors

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

#### GENERAL FUND

Randall Keith

*In memory of Butch Little*

Brenda Howard

Nancy Strait

#### IN KIND GIFTS

Anonymous

Dale Ledford

Safety Council of Southwestern Ohio

Glen Shivers

Frances Stipe

Dennis Stitsinger

## Did You Know?

► The **Safety Council of Southwestern Ohio presented Central Connections with two awards** at its annual Safety Awards meeting April 24: a 2018 Safety Award for working a year without a lost-time injury or illness and an Achievement Award for decreasing the incident rate by at least 25 percent from the previous year.

► We continue to collect **personal hygiene items for Highview School students.** The great need now is for feminine hygiene products (sanitary pads and tampons), body wash, and soap. Place items in the blue bin in our atrium.

► **MidPointe Library System provides books to borrow** in Central Connections' atrium. Books change monthly. Sign the borrow sheet with your name, date, and book title. There is no time limit for borrowing, but books must be returned to Central Connections.

► 125 drivers and bicyclists dropped off unused drugs on **Medication Disposal Day April 27!**

► We seek donations to our general fund for **purchase of plants and potting soil for our outdoor pots.** Donations can be made by cash, check or credit card in person at our Welcome Center or sent by mail. Help us bloom!

► More than 100 **eyeglasses** have been collected this year at Central Connections for donation to the Ross Lions Club. Drop off eyeglasses in the box in the coat room.

► The **two buildings and 11 acres** on which Central Connections sits are owned by Central Connections. Office space in the back building is occupied by our Transportation Services and Supportive Services and is rented by Hospice Care of Middletown.



# the connection

newsletter of CENTRAL CONNECTIONS for **MAY 2019**

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

## May Wellness Programs Focus on Improving Mood, Screening for Cancer

Two wellness programs scheduled in May can help older adults identify opportunities for improving their mood and enhance well-being and screen genetic DNA for cancer, according to Wellness Coordinator Stephanie Cline.

"Both programs are free and open to Central Connections members and employees," she said.

### UPLIFT Leads to Improved Mood

On **Monday, May 13**, two integrated case managers from Butler Behavioral Health, Rachel Scherzinger and Morgan Liddic, will speak about UPLIFT, a program to help older adults create positive change to reduce stress, sleep better, stay active, improve mood, reduce anxiety, and enhance overall quality of life.

The UPLIFT program is designed to help older adults lead a more active, rewarding life. Increasing participation in social, physical, and other pleasant activities will also lead to an improved mood.

Despite the changes people experience as they get older, depression is not a normal part of aging. While it is true that everyone experiences ups and downs, some people struggle to maintain a positive outlook as they grow older.

The case managers will explain the UPLIFT program and answer questions about UPLIFT's personalized care programs that include health screenings, one-on-one social visits, and working with doctors to develop a plan tailored to a person's mental and physical health needs.

UPLIFT is funded by the Butler County Mental Health Board and the Butler County Elderly Services Program,

### Welcome, New Members!

Mark Lansaw, Marilyn Milton, Ronald Slatton, Robert Stickelman, Hattie Tate, Francis Tome

### Do You Experience...

- ✓ Increased worry
- ✓ Sadness
- ✓ Decreased energy
- ✓ Sleep problems
- ✓ Irritability
- ✓ Loss of appetite or overeating
- ✓ Feelings of loneliness
- ✓ Lost interest or pleasure

*If you exhibit any of the symptoms listed above for two weeks or more, it's time to do something about it. The good news is that depression is a very treatable condition. UPLIFT will help you return to a happier, more fulfilling life.*

Southwestern Ohio. Medicare and Medicaid also help cover costs. UPLIFT is provided by Community Behavioral Health, which is administered by Council on Aging of Inc. It is based on the treatment models PEARLS and IMPACT which have been proven in scientific studies to relieve symptoms of depression.

**The UPLIFT program will meet in the conference room from 10:00–11:00 AM.** Please register at the Welcome Center, 513-423-1734. To learn more about UPLIFT, visit [www.community-first.org/services/uplift](http://www.community-first.org/services/uplift).

### Screening Tests Genetic DNA for Cancer

If cancer runs in your family or you think you may be at high risk for cancer, you can have your genetic DNA screened for cancer on **Monday, May 20**, by Genetic Cancer Screening.

*Continued on inside left page*



**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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*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.*



## Wellness Programs: UPLIFT, Cancer Screening

*Continued from front page*

Testing specialist Yvette Clark, RN, will offer a quick and convenient 5-minute consultation and cheek swab that can save your life and the lives of your loved ones.

The cancer screening includes a simple noninvasive cheek swab that tests for 39 common genetic mutations for cancer prevention and early detection. Turnaround time for cancer screening results is two to three weeks with a comprehensive report backed by modern research. A comprehensive cancer panel for all solid tumor cancers is available for those who qualify.

To qualify for the cancer screening, a person must have:

- Traditional Medicare (Part B) or
- Aetna Medicare Advantage PPO or
- United Healthcare Medicare Advantage PPO and
- A personal or family history of cancer and

## 8 Billiards Results

### Apr. 1: Scottish Doubles

1<sup>st</sup>: Chip Lang, Jerry Addison  
2<sup>nd</sup>: Dick Johnson, Terry Oliver

### Apr. 4: 8-Ball Singles

1<sup>st</sup>: Pat Maloney  
2<sup>nd</sup>: Terry Oliver

### Apr. 8: Individual 8-Ball

1<sup>st</sup>: Chip Lang  
2<sup>nd</sup>: Terry Highley

### Apr. 11: Blind Draw

1<sup>st</sup>: Terry Oliver, Chip Lang  
2<sup>nd</sup>: Terry Highley, Pat Maloney

### Apr. 15: 8-Ball Team Blind Draw

1<sup>st</sup>: Bob Pieratt, Tom Helsing  
2<sup>nd</sup>: Bill Abney, Terry Highley

- A desire to stay healthy and be preventative with one's personal and family health.

To take part in the cancer screening, you must complete a patient information form available at the Welcome Center. All information is confidential.

**The Genetic DNA Cancer Screening will take place in the conference room from 10:00 AM to 12:00 PM.** Please register at the Welcome Center, 513-423-1734.

*For information on both programs, contact Wellness Coordinator Stephanie Cline, 513-217-2495 or*

*We will close on Monday, May 27, to commemorate*



### Apr. 18: Individual 8-Ball

1<sup>st</sup>: Terry Highley  
2<sup>nd</sup>: Chip Lang

### Apr. 19: Individual 8 Ball

1<sup>st</sup>: Terry Highley  
2<sup>nd</sup>: Bob Pieratt

### Apr. 22: Blind Draw

1<sup>st</sup>: Chip Lang, Steve Santos  
2<sup>nd</sup>: Terry Highley, Colby Highley

### Apr. 25: Individual 8 Ball

1<sup>st</sup>: Steve Santos  
2<sup>nd</sup>: Dick Johnson

### Apr. 29: Individual 8-Ball

1<sup>st</sup>: Jerry Addison  
2<sup>nd</sup>: Ken Ledford

## 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 members Sandy Allen or 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

**SECOND & FOURTH FRIDAYS IN MAY / 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, MAY 1 & JUNE 5 / 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

## May Awareness: Arthritis

*By Stephanie Cline, Wellness Coordinator*

Arthritis is one of the most chronic conditions in the United States and the major cause of work disability. It affects nearly 54 million adults, about 1 of every 4 people. The prevalence is expected to increase with the aging population with an estimated 78.4 million people having arthritis by 2040. Women have a higher prevalence of arthritis than men: 2/3 of people with arthritis are women.

Arthritis symptoms may include rash, weight loss, breathing problems, pain and swelling in joints, trouble moving, and fever. Treatment can include medication or surgery to prevent more damage, slow the condition, and relieve pain. Physical activity can decrease pain and improve function by 40 percent for adults with arthritis. Exercise reduces joint stiffness and aids in weight loss, which also lessens joint stress.

Other tips to remain active with arthritis include taking medications properly, using hot and cold therapies to reduce joint swelling, and using assistive devices, such as a cane, to ease walking pain. To learn more about arthritis, visit the Wellness board in the atrium. (cdc.gov/arthritis, niams.nih.gov)

**THURSDAYS, MAY 2 & JUNE 13 / Free hearing screenings by Acute Hearing** to 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

**WEDNESDAY, MAY 8 / "Personal Protection for Women Age 50+"** will focus on basic self-defense moves and using one's instincts when in an unsafe or undesirable situation. Instructors Major Leanne Hood, Services Commander, City of Middletown—Division of Police, and her husband, Herb, a retired police officer from West Chester, will teach the class, demonstrate protection moves, and answer questions about personal safety. Register at the Welcome Center. 10:00–11:30 AM, COHEN CONFERENCE ROOM

**WEDNESDAY, MAY 8 / Golden Notes choral group** performs. 12:00 PM, OAK ROOM

**WEDNESDAY, MAY 8 / Deadline to register at the Welcome Center for the Summer 1 session of Cardio Splash** that takes place on Mondays, May 28–July 13. 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

**THURSDAY, MAY 9 / Dance with Blair Carman & The Bellevue Boys,** who will perform 50s and 60s rock and rock-a-billy. 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