

Thanks for Supporting United Way

Thank you for supporting our United Way Pacesetter Campaign 2019 by purchasing tickets to win the Chef's Choice Dinners for 2 and the Gift Card Tree worth more than \$300.

Winners of the Chef's Choice Dinner for 2 include: **Brenda Lakes, Angela Garrett, Pam McCoy, and Al Williamson.**

David Fouch, with a last-day ticket purchase, won the Gift Card Tree worth more than \$300 in gift cards to Kroger and local restaurants.

Congratulations to all winners and thanks for your generous participation!



David Fouch won the United Way Gift Card Tree worth more than \$300 in gift cards to local restaurants and Kroger.

Flat Out Band Plays Dance Sept 12

Flat Out Band will perform new country, southern, and classic rock music on Thursday, Sept. 12. Admission is \$5 per person. Snacks and beverages, including bottled water, pop, and teas will be available for purchase.

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

5:30 PM DOORS OPEN
6:00–9:00 PM DANCE



Active Aging Week

Continued from front page

THURSDAY, OCT. 3 / 10:00–11:30 AM / Personal Protection for Women for women members only over age 50 will focus on basic self-defense moves and how to use one's instincts when in an unsafe or undesirable situation, as well as provide tips for becoming aware of and preventing physical attacks, how to behave when attacked, how to be mentally strong in unsafe situations, and other gender-specific topics related to personal protection. 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. The class will repeat on **Wednesday, Oct. 16, from 6:00–7:30 PM**, and will be open to women of all ages. Register at the Welcome Center.

FRIDAY, OCT. 4 / 9:00 AM–12:00 PM / 8th Annual Wellness Fair will feature a variety of programs and health screenings from vendors in the greater Middletown area. This is an opportunity to learn about new programs and services that contribute to healthy aging. Attendees who visit all vendors will be eligible to win door prizes. *Bring a Buddy!*

For information about the 8th Annual Wellness Fair, call Central Connections; for information about Active Aging Month and Fall Prevention Awareness Day, call Central Connections or go online ncoa.org/healthy-aging.



the connection

newsletter of CENTRAL CONNECTIONS for **SEPTEMBER 2019**
3907 Central Ave, Middletown, OH 45044 / 513.423.1734 / centralconnections.org

Observe Active Aging Month, Attend Wellness Fair Oct 4

The National Council on Aging celebrates Active Aging Month in September, a time when Central Connections encourages members to try a new activity, begin regular exercise or adopt a new favorite hobby. Central Connections offers a variety of programs to help members integrate the Six Dimensions of Wellness—physical, emotional, intellectual, social, spiritual, and vocational—in daily life. Check out the monthly calendar of wellness programs for dates and times (see insert).

Central Connections will celebrate **Active Aging Week** Monday, Sept. 30, through Friday, Oct. 4, and conclude the week with the **8th Annual Wellness Fair** on Friday, Oct. 4, from 9:00 AM–12:00 PM (see insert for fair details).

Wellness Coordinator Stephanie Cline encourages members to bring a buddy to three programs during Active Aging Week. "Look for the 'Bring a Buddy' tag in the program descriptions here. This is a great opportunity to bring a friend or family member who wants to try out Central Connections with no commitment," Stephanie Cline said.

Take Part in Active Aging Week

MONDAY, SEPT. 30 / 10:00 AM –12:00 PM / Rite Aid Flu Shot Clinic. Flu season has begun so flu prevention is vital to older adults' health. A Rite Aid pharmacist will administer flu, shingles, and pneumonia shots. Bring

Welcome, New Members!

Barbara Bicknell, Eileen Cavanaugh, Peter Cavanaugh, Donna Combs, Katherine Fuller, Judith Knuckles, Oneda Marchetti, Sarah Schoultis, Lavada Spicer, Carol Whitaker, Vanessa Whitaker



Medicare and health insurance cards. If your health insurance does not cover the shot, you will be responsible for payment with cash or check only.

TUESDAY, OCT. 1 / 9:30–10:30 AM / Mindfulness and Meditation Class with Teri Hall. Participants are encouraged to bring a mat to sit on the floor and escape busy lives for one hour of mindful-based stress reduction. When over-stressed, the human body loses the ability to regulate inflammatory responses that can lead to a long list of health problems, including depression, lack of focus, memory loss, trouble sleeping, addiction, and high cortisol levels. Anyone unable to sit on the floor may sit in a chair. *Bring a Buddy!*

WEDNESDAY, OCT. 2 / 10:30–11:30 AM / Caregiver Presentation by Andrew Spatt of Seniors Helping Seniors will offer ways that caregivers can take care of loved ones and themselves, too. *Bring a Buddy!*

Continued on back page

Thank You, Donors

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

GENERAL FUND

Kroger Community Rewards
Ann Malcolm
PNC Foundation
Evelyn Sellman
Lilly Wills

IN KIND GIFTS

Tiffany Fordyce
LAMB Editorial Consulting
Parachute: Butler County CASA

IN MEMORY OF VIRGINIA JOHNSON

Janet Crawford



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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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.

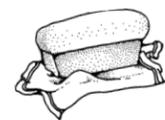


Did You Know?

► Ohio Attorney General Dave Yost warns of **phone and mail scams targeting Ohioans**, particularly older adults. See the flyer inserted with this newsletter to learn more about computer repair scams, fake check scams, phishing and spoofing, romance scams, home improvement scams, grandparent scams, sweepstakes scams, and phone charities, and how to protect yourself. The flyer lists resources for reporting scams.

► Central Connections has **saved more than 35,176 trees** this year by using Shred-it to collect and recycle confidential documents.
► Central Connections will host the annual **Veteran's Day Breakfast** on Friday, Nov. 1, at 8:30 AM. We invite any U.S. military veteran to attend this free program that recognizes the service and sacrifice of our military. Bella a Cappella will perform a patriotic medley. Mark your calendars!

► Dining Services sells **home-baked bread and dinner rolls** with



simple, non-artificial ingredients. Please use the order form available at the Welcome Center. Currently available are white and wheat breads and one dozen dinner rolls for \$1.50 each. Cinnamon and jalopeno breads are \$2.00 a loaf. Bread orders must be placed by 3:30 PM on Friday for pickup on the following Wednesday. For information, call Dining Services Administrative Assistant Karen Finley, 217-4914.

Duplicate Bridge Scores / July

Top 5 players and points for **Duplicate Bridge in July 2019** are: Joyce Krebs, 441; John Rossi, 436; Karen Hess, 428; Gerry Nett, 420; Jane Robinson, 401.

8 Billiards Results / August

Aug. 1: Scottish Doubles

1st: Pat Maloney, Jerry Addison
2nd: Dick Johnson, Steve Santos

Aug. 5: 8-Ball

1st: Pat Maloney, Terry Oliver
2nd: Bill Johnson, Jerry Addison

Aug. 8: Blind Draw

1st: Steve Santos, Terry Highley
2nd: Terry Oliver, Bill Abney

Aug. 12: Blind Draw

1st: Chip Lang, Tom Helsinger
2nd: Steve Santos, Dick Johnson

Aug. 15: Blind Draw

1st: Ben Frye, Pat Maloney
2nd: Bob Pieratt, Phil Pernicka

Aug. 19: Blind Draw

1st: Terry Highley, Chip Lang
2nd: Jerry Addison, Bob Pieratt

Aug. 22: Blind Draw

1st: Bob Pieratt, Steve Santos
2nd: Terry Highley, Chip Lang

Aug. 26: Individual 8-Ball

1st: Dick Johnson
2nd: Tom Helsinger

Aug. 29: Individual 8-Ball

1st: Terry Highley
2nd: Chip Lang

Whole-Person Wellness Opportunities

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

CANCELLATION: SilverSneakers is cancelled on Friday, Oct. 4.

TUESDAYS / Poker for anyone who wants to play simple, non-tournament poker. If interested or wanting more details, leave your name and phone number for Joe Stacy at the Welcome Center. 1:00 PM, OAK ROOM

THURSDAYS / Mah-jongg players of all skill levels, including beginners, are invited to play or learn this ancient Chinese game. For details, leave a message at the Welcome Center for member Betty Hale. 12:30 PM, CARD ROOM

WEDNESDAY, SEPT. 11 / Golden Notes choral group performs. 12:00 PM, OAK ROOM

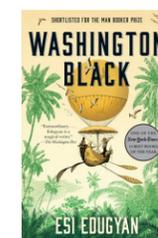
THURSDAY, SEPT. 12 / Peter & Gudrun Seifert: Our Story of Escape & Immigration to America. As children, Peter and Gudrun Seifert grew up under Nazi and later Communist regimes. Peter will tell you about his friend Siegfried and the Hitler Youth, why rock 'n' roll and the Potato Beetles were seeds for Peter's boyhood distrust of Communists, and his more serious reasons for fleeing alone from East Germany to the West. Later, in West Germany, Peter met Gudrun, and they married and assumed first jobs in Switzerland. In 1964 the couple

immigrated to America just for "for two or three years" and stayed for 55 years. 11:00 AM-12:00 PM CONFERENCE ROOM

MONDAY, SEPT. 16 / Executive Director Update with Monica Smith. All members are welcome to attend and meet Executive Chef Jake Pence. 12:30 PM, OAK ROOM

WEDNESDAY, SEPT. 18 / Medicare Checkup. Mary Leep-Pichert, Community Liaison for Ohio Senior Health Insurance Information Program of the Ohio Department of Insurance, will present an overview of Medicare, including recent changes, how the Oct. 15-Dec. 7 Medicare Annual Coordinated Election period can work for you, tips for enrolling for a 2020 Medicare prescription drug plan (Part D) and or a Medicare health plan, and eligibility information for saving an average of \$4,000 on your prescription drug costs. Register at the Welcome Center. 10:30 AM-12:00 PM, CONFERENCE ROOM

THURSDAY, SEPT. 19 / Page Turners Book Club will discuss one of the best novels of 2018, *Washington Black* by Esi Edugyan, the odyssey of a young boy who escapes slavery in Barbados and goes on to discover the true meaning of freedom. Participants may borrow or purchase their own print or digital book or call the Welcome Center



Instructor Cheryl Basil will hold a **Tai Chi Beginner Class** on **Tuesday, Nov. 5**, for anyone interested in observing and learning this ancient Chinese martial art of graceful exercise and gentle, controlled movements. Please register at the Welcome Center by Oct. 28. 11:00 AM-12:00 PM BUCKEYE ROOM

to borrow a print copy. 1:00 PM, COHEN CONFERENCE ROOM

THURSDAY, SEPT. 19 / Neighborhood Watch Meeting with Middletown Police Officer Holly Owens. Learn about safety and crime in Middletown neighborhoods. Bring your questions and concerns. 7:00-8:00 PM, COHEN CONFERENCE ROOM

FRIDAYS, SEPT. 20, OCT. 11 & 25 / 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

MONDAY, SEPT. 23 / Fall Prevention Awareness Day. To prevent falls at home, include exercise in your daily routine to increase your balance and strengthen muscles, review medications with doctors, get regular vision checks, and remove hazards that may cause trips and falls, such as throw rugs, baskets, and clutter on the floor.

MONDAY, SEPT. 23 / 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 fall 2019 include Oct. 7 and 21, Nov. 14, and Dec. 2 and 16. 1:30-3:00 PM, PARKING LOT