

Whole-Person Wellness Opportunities *continued*

TUESDAY, NOV. 5 / Beginner Tai Chi Class with instructor Cheryl Basil. Anyone interested in beginning tai chi is encouraged to attend, ask questions or simply observe. To register, call 513-423-1734 or visit our Welcome Center. Cheryl will call all registrants a week or two prior to the beginner course to introduce herself. 11:00 AM–12:00 PM, BUCKEYE ROOM

WEDNESDAY, NOV. 6 / 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

THURSDAY, NOV. 7 / Premier Health mobile mammography unit will be on site. 9:00 AM–12:00 PM, PARKING LOT

WEDNESDAY, NOV. 13 / Rite Aid Flu Shot Clinic. Flu and pneumonia prevention is vital to older adults' health. A Rite Aid pharmacist will administer shots. Bring Medicare and health insurance cards. If your health insurance does not cover a shot, you will be responsible for payment with cash or check only. 12:00–2:00 PM, CONFERENCE ROOM

Twelve members of the Ladies Golf League wrapped up the fortieth season



Sept. 13 with an awards luncheon at Olive Garden. League low net winners are: 1st place—Mary Wells (in photo),

2nd place—Sandy Wertz; 3rd place—Carol Colclasure.

To celebrate the fortieth season, special events were held monthly. The winners of these events were: longest putt—Elaine Kuth; longest drive—Elaine Kuth; fewest putts (3-way tie w/16 putts)—Carol Colclasure, Karen Moore, Sandy Wertz; and closest to the pin—Elaine Kuth. Kathy Moran won the \$5 pot for the one-time putting challenge.

Golfers will be notified about a dates for a Christmas luncheon and election of officers for 2020.

Heating Assistance Available

Ohioans at or below 175 percent of the federal poverty level can seek help with home energy bills by contacting the Home Energy Assistance Program (HEAP) which provides a benefit to help pay heating bills.

Applied directly to the customer's utility or bulk fuel bill, the benefit can help manage costs during the cold winter months. Customers who are threatened with disconnection or who have been disconnected from their utility service may also be eligible for the HEAP Winter Crisis Program.

Applicants can visit energyhelp.ohio.gov to apply online, download a copy of the application or find contact information for a local Energy Assistance Provider. Applications are also available at local libraries, county departments of Job and Family Services and Area Agencies on Aging. At Central Connections, please contact Supportive Services Coordinator Elaine McNabb, 217-2481.

For information on HEAP, visit energyhelp.ohio.gov or call (800) 282-0880. Hearing-impaired customers can dial 711 for assistance.

Change Your Clocks



Sunday
Nov 3

Dining Services Takes Holiday Food Orders

Want help with your holiday entertaining? Let Central Connections'



Dining Services staff cook your holiday dinner, side dishes, and breads and rolls. Call Administrative Assistant Karen Finley for pricing and details, 217-4914.



the connection

newsletter of CENTRAL CONNECTIONS for **OCTOBER 2019**

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

Central Connections Thanks Our US Military Veterans Nov 1

To salute U.S. military veterans and recognize their service, Central Connections with sponsors Gordon Food Services and The Laurels of Middletown will host a complimentary breakfast for military veterans on Friday, Nov. 1, at 8:30 AM, in the Central Connections banquet center. Doors will open at 8:00 AM.

The salute to veterans will commence with the Pledge of Allegiance and singing of the national anthem, welcome remarks by the Honorable Mayor of Middletown Larry Mulligan, and an invocation by Roger Smith, pas-



Nominate Member to Serve on Membership Committee

Central Connections' Membership Committee has one position open for election this year to represent membership to Administration. Leaving the Committee and completing a 3-year term is Judy Hamilton.

Active members may nominate active members to represent membership, using the nomination form inserted in this newsletter and available at the Welcome Center. Prior to the election, nominees will be contacted to confirm their acceptance of the nomination. **All nominations must be placed in the comment box in the lobby or mailed to Central Connections by end of day on Wednesday, Oct. 23, for tabulation.**

A list of nominees to be placed on the ballot will be

Welcome, New Members!

Linda Abney, Linda Bales-Day, Marilyn Easterly, Vilma Erb, Connie Foreman, James Harkins, Charlene Howard, Eugenia Jordan, Edna Manley, Tony McKiddy, Tina Moore, James Moxley, Claudia Rhule, Ethel Russell, William Tabor, Allene Tubbs

tor of Bethlehem Apostolic Church and a member of Central Connections' Board of Trustees. The event will include a free breakfast for veterans of all ages and patriotic music performed by women's chorus Bella a Cappella.

The program will conclude with presentation of two Quilts of Valor sewn by members of the Buckeye Blossoms Quilt Guild. Veterans are encouraged to wear their military garb.

To register for the breakfast, veterans are asked to call the Welcome Center, 423-1734, by Friday, Oct. 18.

posted at the Welcome Center. The nominees will be profiled in the November newsletter.

An election will be held Dec. 2–6 during regular operating hours. Election ballots will be available at the Welcome Center, and members must vote in person at Central Connections.

The Membership Committee is comprised of 6 active, dues-paying members who have been elected to represent membership at regular meetings with the Executive Director and other Associates. With members' input and feedback, Central Connections can better serve members and develop programming that appeals to and attracts older adults interested in a philosophy of Whole-Person Wellness.

Please direct comments about Central Connections to the member representatives of the Membership Committee—Chair Pam McCoy, Judy Hamilton, Bess Justice, Don Magee, Bonnie Storer, and Gibbie Wise—and the Central Connections Leadership Team.

Thank You, Donors

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

GENERAL FUND

Kroger Community Rewards
Randall Keith
Glen Shivers

IN KIND GIFTS

Tom Ivin
LAMB Editorial Consulting
Dale Ledford
Don Magee
Glen Shivers
StoryPoint



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
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BOARD OF TRUSTEES

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LEADERSHIP TEAM

Monica Smith, *Executive Director*
513-217-4912
Lisa Biedenbach, *Director of Operations*, 513-217-4915

Stephanie Cline,
Wellness Coordinator
Jan Freeze, *Accounting Coordinator*
Jodie Lawson, *HDM/Transportation Coordinator*
Jacob Pence, *Director of Dining Services / Executive Chef*
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?

► Thanks to all who attended the **8th annual Wellness Fair**. Forty vendors met with over 100 visitors. Winners of door prizes provided by the vendors include: Carolyn Shelton, Bess Justice, Beverly Robertson, Ginny Sears, Nita Driscoll, Henry Allen, Linda Snyder, Mildred Crouch, Gilda Gephardt, Becky Leonard, Carole Allen, Sara Bishop, Delores Culbreath, Christ Stacy, and Pat Lyons.

► Beginning Nov. 1, 2020, Central Connections resumes providing **Independent Living Assistance (ILA)** services through the Elderly Services Program of Butler County to older adults in our community who seek help with benefit applications and organizing personal and household records. Ken Wilson, vice president of operations for Council on Aging, said, "We are very pleased to award this contract to Central Connections."

► From Aug. 1, 2018, through Aug. 31, 2019, Central Connections

provided **home delivered meals (HDM) to 478 clients and transportation to 416 clients**. More than 8,000 home delivered meals are prepared, packaged, and delivered each month by Central Connections Dining Services staff. HDM and transportation programs receive funding from Council on Aging.

► Tasty choices abound for noon-time dining when you seek an **alternative to the congregate meal**: grilled burger, grilled chicken, grilled cheese, fries, and cold salads (egg, tuna, ham, chicken). Menu items and prices are posted in the café. Give your request to the food server.

Duplicate Bridge Scores / August

Top 5 players and points are: Ray Craycraft, 286; John Rossi, 278; Paul Woodward, 276; Marilyn Weinstein, 259; (tie) Jane Robinson, Karen Hess, 258.

8 Billiards Results / September

Sept. 5: Scottish Doubles

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

Sept. 9: 8-Ball

1st: Steve Santos
2nd: Bob Pieratt

Sept. 12: 8-Ball

1st: Terry Highley
2nd: Bob Pieratt

Sept. 16: 8-Ball

1st: Bob Pieratt
2nd: Dick Johnson

Sept. 19: 8-Ball

1st: Bob Pieratt
2nd: Steve Santos

Sept. 23: 8-Ball

1st: Terry Oliver
2nd: Bob Pieratt

Sept. 26: Scottish Doubles

1st: Terry Highley, Tom Helsing
2nd: Chip Lang, Steve Santos

Sept. 30: 8-Ball

1st: Jerry Addison
2nd: Bob Pieratt



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.

CANCELLATION: Tai chi on Tuesday, Oct. 15.

WEDNESDAY, OCT. 16 / Personal Protection for Women 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. Register at the Welcome Center. 6:00—7:30 PM, JAMBOREE ROOM

THURSDAY, OCT. 17 / Page Turners Book Club will discuss the 2012 National Book Award winner *The Round House* by Louise Erdrich, a powerful coming-of-age story, a mystery, and a tender, moving novel of family, history, and Native American culture. 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

October Awareness: Breast Cancer

By Stephanie Cline, Wellness Coordinator

Breast cancer is one of the most prevalent cancers to affect women. In the United States, it is estimated that about 1 in 8 women will get breast cancer in their lifetime. Despite the high incidence rate, breast cancer can be detected and treated early with screenings and self-checks.

Mammograms, the most common screening for breast cancer, can reduce the number of deaths among women ages 50–74 with breast cancer. Medicare covers annual mammograms with no deductible requirement for female beneficiaries over age 40. Insurance plans under the Affordable Care Act also cover mammogram screenings every 1–2 years without any copay or deductible for women over 40. Contact your health insurance agency to receive information regarding cost and coverage.

If you are a woman between ages 50–74, it is important to get a mammogram every two years or more often if you have a family history. Talk to your doctor about any questions you may have and how frequently you should get a mammogram.

Premier Health will bring their mobile mammography unit to Central Connections on Thursday, Nov. 7, from 9:00 AM–12:00 PM. This is a great opportunity to receive one's annual mammogram. To learn more, check out the board in Central Connections' atrium or go online to healthfinder.gov and cancer.gov. (healthfinder.gov, cancer.gov)

MONDAY, OCT. 21 / 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 Nov. 14, and Dec. 2 and 16. 1:30–3:00 PM, PARKING LOT

FRIDAYS, OCT. 25, NOV. 8 & 22 / Spanish class with instructor Filita Johnston. All levels of fluency are welcome. Register at the Welcome Center. *These classes will end Spanish lessons for 2019.* 11:00 AM–12:00 PM, COHEN CONFERENCE ROOM

SATURDAY, OCT. 26 / Medication Disposal Drop-Off sponsored by Middletown Division of Police, Coalition for a Healthy Middletown, and Safety Council of Southwestern Ohio. Drop off unused and/or expired prescrip-

tion medications that then will be disposed of in a safe, eco-friendly manner according to local EPA guidelines. *NO syringes, lancets or syringes will be collected.*

A limited quantity of DisposeRx packets are available at Central Connections, courtesy of Safety Council of Southwestern Ohio. DisposeRx is 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.

For drop-off details, call Coalition, 423-9758. 10:00 AM–2:00 PM, MIDDLETOWN POLICE DEPT, ONE DONHAM PLAZA (POLICE CIRCLE DRIVE OFF REINARTZ)

Central Connections will not accept any used or expired medications.