



# MASC NEWSLETTER

MIDDLETOWN AREA SENIOR CITIZENS,  
INC.

3907 CENTRAL AVE., MIDDLETOWN OHIO

513-423-1734



Agency Partner

## January 2012



**FROM  
THE DIRECTOR,**

Dear Members,

Let me start by wishing everyone a prosperous and healthy New Year in 2012. I challenge you to read more, learn more, become more active, give more of yourself, and lastly, laugh more in the new year. It will make a better year for you and the Center.

We ended the year with some really nice things happening at the Center. For instance, a family loaned a baby grand piano to the Center for us to use. It is located in the lobby which makes it suitable for receptions and other entertainment venues. We hosted the AK Steel Children's Christmas Party this year and they let us keep the inflatable Christmas decorations thru the end of the year which really made the Center very cheerful and festive. We don't want to forget about the successful Santa Breakfast and the Phi Theta Kappa Bazaar we hosted. Thanks to Holy Family Church for loaning us tables for that event. Santa and Mrs. Claus made a special stop at the Center and thrilled both adults and children!

Another bit of good news is that, in December, we were fortunate to get reimbursed from Council on Aging for 2-1/2 months worth of congregate meals served above and beyond our contracted meals. This does not always happen! Last, but certainly not least, the Center sent out a large number of contribution requests to our members and to the community. With this mailing, we have received some generous donations and we thank the donors for their generosity in supporting the Center.

*Ann*

### NEW CENTER HOURS ON TUESDAY

Remember: We are suspending evening hours on Tuesdays, closing at 3:30 p.m. for the winter months. **The Center will now be open on Thursdays till 9:00 p.m. for activities and dances.**

### Winter WEATHER POLICY

Now that winter has arrived, please be aware that the Center follows the same policy for delays and closings as does the Middletown City School District. If the district is on a one-hour delay, we will open at 10:00 a.m.; a two-hour delay means we open at 11:00 a.m. Lunch and activities will begin at their usual times, once we are open. If the district closes schools, the Center closes as well. We ask that you use good judgment when thinking about coming to the Center — we want you to stay safe! School delays and closings are shown on TV Middletown, Channel 24, and on Channel 12.

Our Newest Members as of 11/30/11

Please extend a welcoming hand to these new members. If you recognize any of these folks, please invite them to join you in a meal or activity at the Center.

- |                       |                     |
|-----------------------|---------------------|
| Glenda & Mike Cooley  | Joanne McFarland    |
| Barbara Hines         | Marilyn Patrick     |
| Lois Justice          | Larry Philpot       |
| Judi Huff             | William Simpson     |
| Priscilla & Mike Lane | Barbara Snell       |
| Betty Marchant        | Marilyn Steinhauser |

## Center Raffle Winners!

Congratulations to member Jo Phillips for winning the \$10,000 first prize and to Chris Irving from Franklin for winning the 32-inch flat screen television. Thanks to everyone for participating in the raffle and supporting the Center. Look for details about our NEW Winter Snowball Raffle in this newsletter.

## Two New Membership Representatives were elected in December!

The MRC will welcome new representatives, Linda Day and Joan Wuellner, to the committee at its next meeting, Wednesday, January 11th at 10:00 am. We thank all the candidates for participating in the election and we look forward to hearing their ideas as well all members' suggestions and concerns in making the Center the best! Linda and Joan's terms are January 2012 thru December 2014. They will be joining present members Charlotte Turner, Betty Carter, Bill Dawson, and Basil Fleming. Thanks to out-going representatives, Audrey Schroff and Jackie Sullivan for their service on the committee.

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# JANUARY, 2012

## **First Energy Solutions**

In this economy, we are always looking for ways to cut costs and be more efficient and smart about our choices, whether this pertains to our business or our household. One of the best ways to save some money is to choose an alternate energy supplier. Duke is NOT the only supplier and, frequently, is not the least expensive. It's a confusing topic, but one that we should all know something about. Please plan on attending an information session with Mark Dobrozsi, a representative with First Energy Solutions, who will talk about reducing your utility bill by using an alternate supplier. First Energy is one of many suppliers available in our area. Mark will be here on Thursday, January 12<sup>th</sup> from 10:30-11:30, and is looking forward to talking with you and answering your questions. If you'll bring the second page of your utility bill with you, he will be able to better estimate your potential savings.

## **Square Dancing**

Join us on Wednesday, January 18<sup>th</sup>, from 10:00-11:30 for another session of square dancing! This is a fun class – no experience required – and is sure to get you laughing as you do-si-do and swing your partner! Carl Heismann is our "caller extraordinaire". We need 16 folks (2 squares), so please sign up at the Reception Desk by Monday, January 16<sup>th</sup>. Cost is \$3 for members; \$5 for non-members.

## **Pick 3 for \$3**

Beginning in January, seniors will have two options for lunchtime meals. If you want to eat the Congregate Meal (check the menu in the newsletter), you can stop at the front desk to get your envelope and put in your suggested donation of \$3. If you'd rather have any three of the following items (soup, salad, ½ sandwich, chips, fresh fruit) for \$3, you do NOT need an envelope and will simply pay the cashier. Of course, if you want a smaller meal, you will continue to pay the ala carte price, as always.

## **Bob Evans Fundraiser**

The Center is having another fundraiser, compliments of our local Bob Evans Restaurant. As in the past, when you eat at Bob's anytime between January 17<sup>th</sup> and January 19<sup>th</sup> (Tuesday, Wednesday and Thursday) AND present the coupon (below) to the cashier, the Center will receive 15% of your total bill. May not sound like much but, so far, we have raised over \$600 through Bob Evans' Community Fundraiser program. Couldn't be easier – "ya gotta eat"!!! So, please, eat at Bob's, however many times you wish (even more than once a day!) and support this fundraising effort for the Center. Thank you! (Extra coupons are available at the Reception Desk.)

## Your Center provides Great Food and Entertainment in One Package!

### OPEN TO THE PUBLIC January

**Thursday, Jan. 5** - Jessie Lyn and the T-N-T Band. \$5.00 admission. 6:00-9:00 pm.

**Thursday, Jan. 12** - Kenny Rogers and the Delbert Barker Band. \$5.00 admission.

6:00-9:00 pm.

**Thursday, Jan. 19** - Blair Carman &

The Belleview Boys. \$5.00 admission.


6:00-9:00 pm.

**Thursday, Jan. 26** - Kenny Rogers and the Delbert Barker Band. \$5.00 admission. 6:00-9:00 p.m.

## Phyllis & Her Line Dancers

We will be starting a collection of new dances for the new year. We would like to invite anyone with previous line dancing experience to please feel free to come and join us in class. We meet Thursdays at 2:30 p.m. in the Sycamore Room

**So the holidays are over and you've made that promise to lose weight or get more exercise into your daily routine?**

 The Center has just the right class to help you keep that promise! Our own Cheryl Basil is offering a low-impact aerobic exercise class, beginning Tuesday, January 10th, from 2:00-3:00. Cheryl promises to get you up and moving, but nothing too intimidating or difficult—in fact, this could be fun! The six week session is \$30 for members (\$35 for nonmembers); please sign up at the Reception Desk.

## HORIZON HOME HEALTH CARE

invites you to attend a Health Screening Clinic they are conducting at the Center Monday, January 23 from 10:00-11:30. A nurse will be available to screen both blood pressure and blood sugar. No fasting is required, and no appointment is needed. They will also be happy to answer other

## Connect Ohio Returns to the Center

The free computer training class, Connect Ohio, offered by the Middletown Library, was such a hit in December that they are offering another session. This session will take place on two consecutive Thursdays from 4:30-7:30, January 12th and January 19th (you will attend both nights). This class is open to the public; however, space is limited, so sign up at the Reception Desk as soon as you can.

## SLIP Programs Help Keep Seniors Safe

*"Although the chances of falling increase with age, falling down is NOT a normal part of getting older."*

SLIP stands for Senior Lifestyles and Injury Prevention. There are four different SLIP programs in this series that emphasize safety. 1) How to be safe in your home; 2) How to be safe as a pedestrian; 3) How to be safe when traveling in your car; and, 4) How to prevent falls.

Falls are the leading cause of injury related to death in those 65 and older!

Did you know that 1 out of 3 adults 65 years and older will fall this year?

The SLIP programs are provided to the Center by Joey Brumfield, RN, Trauma Outreach Coordinator, at Atrium Medical Center. The first program will be presented on Wednesday, January 11th, at 10:00 a.m.

Come and learn some practical, simple things you can do to reduce the possibility of ending up in the Emergency Room.

As an incentive, attend 3 out of 4 programs and be entered into a drawing for a \$25 Lowes Gift Card and other prizes.



## "SNOWBALL 8" Split the Pot TO BEGIN IN JANUARY

**Here's how it will work!** Raffle tickets will be sold each week; \$1 each or 6 for \$5.00. On Fridays at Noon, a ticket will be drawn; the ticket holder will then choose a snowball from a group of 8; if he doesn't pick the winning snowball, there is no split for the week but that person will receive a \$1 for their ticket. All the tickets will be discarded and the selling of the next week's tickets begin and the snowball (pot) gets bigger. This process will continue weekly until a ticket holder picks the winning snowball. A snowball will disappear each week making fewer snowballs to choose from each week, thus a ticket holder's chances of picking the winning snowball is better each week. This will continue for 8 weeks or until a ticket holder picks the winning snowball and then the raffle starts over again.

## Billiards



### Dec. Blind Draw Tournament

Winners: Ed Waddell, Dick Ratliff

Runners-up: L. King, L. Wegley, B. Deaton

### Dec. 9-Ball Tournament

Div. A: Steve Hughes, Nick Nett

Div. B: Ron VanArsdale, Warren Edwards

### Nov. Scottish Doubles Tourney

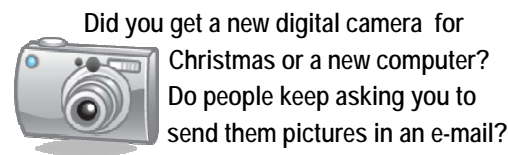
Winners: Steve Powers, Larry King

Runners-up: Steve Hughes, Dick Ratliff

## HEAD Applications

Winter's here, and help with your heating bills is available. You can also get help with your water bill if your annual income is less than \$24,350 and you're over 65 or disabled. Call Elaine in

our Social Services department at 513-217-2481. She'll be happy to help you fill out the necessary forms to get the assistance you need.



Did you get a new digital camera for

Christmas or a new computer?

Do people keep asking you to send them pictures in an e-mail?

Do you want to learn how to print

out pictures with your computer and printer and send them to someone via e-mail? If interested, contact David or Kitty in the Activity department—we may be able to get a class going for this.

**Our Crafty Darlings** collected \$855.50 in November. Thank you, ladies! They were working hard, making items to sell for Christmas gifts, and for the craft bazaar we had at the Center in December. No doubt, they're taking a bit of a break in January, but do keep them in mind for your sewing, quilting or gift needs. If you enjoy knitting, please join the ladies on Mondays at 9:00 for an informal knitting get-together.

## VALENTINE'S DAY DINNER

**The Center will be open to serve a special Valentines Dinner on Tuesday, February 14th. at 5:30 p.m. You will be served appetizers, choice of Chicken Cordon Bleu or Pot Roast dinner, plus a sweet dessert and beverage as you listen to lovely dinner music. \$8.00 per person. Please make your reservations at the Reception Desk by Thursday, February 9th. We look forward to dining with you!**

