



MASC Newsletter

Middletown Area Senior Citizens, Inc.
3907 Central Ave., Middletown Ohio
513-423-1734

Monday, Tuesday, Wednesday, Friday 9:00-3:30;
Thursday 9:00-9:00

<http://www.middletownseniorcenter.com>



Agency Partner

February 2012



**FROM
THE DIRECTOR,
ANN MUNAFO**

Dear Members,

It's hard to believe that January has ended and I have completed my first six months at MASC. It's been a challenging six months, but I believe 2012 will be a turning point for us as we continue our work to improve our financial health. My thanks to the members and staff who have extended to me much support and a warm welcome. We recently received word of several wonderful grants/donations from the community that will greatly benefit the Center—more information about those at my first Director's Update presentation on Wednesday, Feb. 8th at Noon in the cafeteria. The Membership Committee felt this might be a good forum for me to share more information with interested members. I will also do my best to answer any questions you may have.

This month, I am excited to welcome four new members to the Board of Trustees. They are A.C. Mitchell, Richard Isroff, Rick Winters and Michael Bailey. I am also pleased and thankful to announce that Lee Hartman and Dan Flory, who both worked here previously, have volunteered to help us seek grants and donations to support our programs and activities.

Ann

Many thanks to ComDoc for printing our newsletters this month. Our copier died after years of hard wear and tear and ComDoc came to our rescue. Yes, we are leasing a new copier from them which will save us big money each month.

VALENTINES DAY DINNER

Please join us for a lovely dinner on Tuesday, Feb. 14th at 5:30. You have your choice of Chicken Cordon Bleu or Pot Roast, and we'll have entertainment. This is for everyone — not just couples!! Reservations are required.

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.

Scam Hotline!

Be Careful! If you suspect you have been contacted by someone trying to scam you, or you feel you have been taken advantage of by a caretaker or an agency, please consider calling the Scam Hotline at 1-888-662-3673. Or you can go online to the SCAM ALERT on the website for the Butler County Prosecutor's office (www.countyprosecutor.org). There is help available for you from the proper law enforcement agency. Contact them!

Housing Opportunities Made Equal

Many seniors find that, as they age, their housing needs change, and they may move into an apartment or condominium. With that change, they may not be aware that they have special protections given them under state and federal laws. Under the Fair Housing statutes, landlords and condo complexes must allow for reasonable accommodations and modifications for their residents. Join Myra Calder, consumer education specialist with HOME, at 10:30 a.m. on Wednesday, February 29th as she discusses the rights and responsibilities of tenants and owners as outlined in these laws. Please sign up at the Reception Desk by Monday, February 27th. If you have a housing concern or question and can't attend the meeting, call Myra at 513-721-4663.



Health. Join In.



Your Center provides Great Food and Entertainment in One Package!

OPEN TO THE PUBLIC

FEBRUARY

Thursday, Feb. 2 - Caliente! New to the Center—Country/Western. \$5 admission 6-9:00

Thursday, Feb. 9 - Kenny Rogers and the Delbert Barker Band. \$5.00 admission. 6:00-9:00 pm.

Thursday, Feb. 16 - Fabulous Stingrays! New to the Center. 50's-80's music \$5.00 admission 6-9:00 pm

Thursday, Feb. 23 - Kenny Rogers and the Delbert Barker Band. \$5.00 admission. 6:00-9:00 p.m.

Valentine's Day Dinner—Tuesday, Feb. 14th 5:30 pm Choice of entrée. \$8.00 per person Sign up at the Reception Desk by Feb. 9th.

MASC Women's Golf League

Think Spring, ladies! Golf season is right around the corner (really!) and an organizational meeting will be held Friday, April 20th at 1:00 in the Conference Room. Why not come eat lunch and then meet with the rest of us? Any questions, please call Rita Connell at 513-422-7043.

Next session of Aerobics

The next session of Aerobics with Cheryl Basil will begin on Tuesday, February 21st at 2:00 pm in the Sycamore Room. This is a low-impact class, kind to seniors and/or those of us who may just be starting an exercise routine. It's the new year and a great time to begin working on a new you! The 6-week session is \$30 for members; please sign up at the Reception Desk.

From time to time, we will list items from our "wish list" for any of you who might be willing to donate to the Center. Currently, we are requesting white copy paper in either of 2 sizes — 8-1/2x11 or 11x17 (our newsletter size). Thank you, in advance!

Bunco Tournament

Join us on Friday, February 24th at 1:30 for our next Bunco Tournament. It's always a fun time, and we'll have lots of great prizes to give away. Entry fee is \$10. Please sign up at the Reception Desk by Wednesday, February 22nd.

United HealthCare

A United HealthCare sales representative will be here Feb 22 at 10:00 am to answer all of your questions about Medicare coverage and their AARP Medicare plans. Please join us!

A copy of the "Quick Reference: Medicare's Preventive Benefits" is available to you at the Reception Desk. Good information to have on hand!

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 **second** program will be presented on Wednesday, February 8th at 10:00. 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 Home Depot Gift Card and other prizes.

LUNCH & CINCINNATI ART MUSEUM

Let's go to lunch on Wednesday, Feb. 15th and then continue on to the Cincinnati Art Museum to look at the Picasso and Monet exhibits. We'll eat at the Original Pancake House at Union Centre. We'll leave the Center at 11:00 and return around 3:30-4:00. cost for transportation is \$6.00. Please sign up at the Reception Desk by Monday, Feb. 13th. We must have at least 12 to go.

"SNOWBALL 8"

Split the Pot

Here's how it works! Raffle tickets are 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 the winning snowball isn't picked, 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.

We had our first winner on Jan. 27th — congratulations to Ken Hammond who won \$61.50 as his share of the pot. Get your tickets at the Reception Desk!

Billiards



Jan. Blind Draw Tournament

Winners: Arnold Hollon, Ron Wood
Runners-up: Nick Nett, John Martin

Jan. 9-Ball Tournament

Div. A: Steve Hughes, Arnold Hollon
Div. B: Mike Diesel, J.R. McClellan

Dec. Scottish Doubles Tournament

Winners: S. Hughes, M. Lintner, D. Sprague
Runners-up: Jerry Addison, Ben Frye

HEAP 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 dept. at 513-217-2481.

A big THANK YOU to Garden Manor for all the cakes they've supplied us with over the years, to celebrate the monthly birthdays and anniversaries. It's been great having that treat. We'll miss the calories!!!

Conover Health is here from 4:00-6:00 p.m. on Thursday, Feb. 9th and 23rd for blood pressure checks. Thanks to the Kettering Health Network for extending this service to our members and guests.

Many **senior discounts** are available at area retailers and restaurants. Check at the front desk for a list of those businesses, and thanks to Donna for supplying us with the list!

HOMESTEAD EXEMPTION FORMS AND PROPERTY APPRAISAL COMPLAINT FORMS ARE BOTH AVAILABLE AT THE RECEPTION DESK.

ARTS & CRAFTS Our Crafty Darlings collected \$1,059.10 in December. All in all, they raised **\$6,125.98 in 2011** — WOW! WOW! WOW!!! Thank you, ladies! And thank you to everyone who purchased something or had the gals make something or mend something. We'll continue to support their efforts! If you enjoy knitting, do join the "group" at 9:30 on Mondays. Want to learn how to make something or hand-craft something? Ask Virginia!!

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!

FEBRUARY, 2012

Healing a Heart People who have lost a loved one can find help at support groups offered by Hospice Care of Middletown. A new drop-in support group will meet on the second and fourth Tuesdays from 1:00-2:30, beginning March 13th. The group will meet in the Annex building at the Middletown Senior Center. Pre-registration is not required and there is no charge. "Healing a Heart" support groups focus on peer support, grief education and the development of coping skills. The group is designed to help the bereaved learn about grief as a normal reaction to loss. The group is appropriate for those who have already experienced a loss, as well as those who are facing the loss of a loved one. During each group session, helpful information about symptoms of grief and coping strategies that promote healing will be covered. For additional information, please contact Judy Vincent at Hospice, 513-424-2273.

AARP Tax Assistance Help with filing your simple 2011 tax returns is available from the AARP Tax Aides, beginning February 2nd. They will be at the Towne Mall on Mondays and Thursdays from 10:00-2:00; and at the Middletown Library on Tuesdays and Wednesdays, also from 10:00-2:00. Bring your 2010 tax returns and any pertinent 2011 tax information with you. No appointment is necessary.

Uplift Program Representative The Uplift program is designed to improve your mood and help you lead a more active, rewarding life and provides depression solutions for older adults. Please visit with Leslie Brody on Thursday, Feb. 16th from Noon-1:00 and on Wednesday, Feb. 22nd from 11:00-Noon. She'll be at a table near the dining room with brochures and hand-outs for you.

Memorials

The Middletown Senior Center gratefully acknowledges memorial contributions for the following members, as of January 10, 2012

<u>In Memory of:</u>	<u>From:</u>
Dr. Ronald Oches	Sharyn Edelen
Jeanette Lovely	Lois H. Harbin
Patty Burgemeir	Ray & Roberta Moore Joe Scarpa Pasqualina Turner
Dorothy Lawrence Roof	Paul & Joann Scotti

Contributions "in memory of" or "in honor of" may be given to the Center at any time by using the yellow donation envelopes located in the lobby next to the bulletin board. Thank you.

A MESSAGE FROM THE BUTLER COUNTY PROSECUTOR

A chance encounter with an elderly victim of physical violence was the catalyst that prompted me to bring together representatives of each law enforcement agency throughout Butler County into one unit in an effort to help protect the senior citizens in our area. Within days of the announcement of the Crimes Against the Elderly Task Force, it became apparent the need to include not only law enforcement, but the very agencies that serve our citizens over the age of 65 as well.

The mission of the Crimes Against the Elderly Task Force is to target the apprehension and prosecution of those who prey upon the elderly who may not be aware of their own vulnerability to emerging new methods of criminal conduct and create public awareness of such criminal activities. This includes not only the physical crimes, but financial crimes, which come in many varieties.

Public awareness and education is key to assisting citizens in recognizing scams that presented to them, or when a caregiver has become a care "taker". The assistance of the public is crucial to the success of the program, and has set up a "Scam Hotline". If you suspect you have been contacted by someone trying to scam you, or you have been taken advantage of by one of these individuals or groups, please consider calling our hotline at 1-888-662-3673. We will put out the alert to law enforcement agencies and the media in an effort to educate the public of the scam so someone else does not become a target, and will notify the proper law enforcement agency for investigation.

Another method for notifying the public of potential scams is the SCAM ALERT on the website of the Butler County Prosecutor (www.countyprosecutor.org). Not only are the most recent scams highlighted, but there is also a running list of scams that have been reported to the task force.

Reaching out to the public is a key component of our task force. We look forward to meeting many of you as we continue to be invited to speak to many community groups.

Michael T. Gmoser
Butler County Prosecutor
(513) 887-3494