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Meet Sue McClish
Windsor Board Member



Hi - my name is Sue McClish, I have lived in Marysville for 18 years. Having moved to my condo 2 years ago (this is my 23rd moved since college).
 I have two sons, one in Marysville and the other in West Jefferson. I am the proud grandma of 5 of the greatest grandchildren (not prejudice). The two youngest are graduating from high school this year. I have volunteered for years at schools, nursing homes, scouts, multiple organizations and church.
 Have been a member of Windsor about 8 years. Enjoy all the activities with crafting being my game. Deb Root and I do the craft class here on the 3rd Thursday of the month -- Y'all come.

Sue McClish

TENTATIVE DATES/ UPCOMING
EVENTS AT WINDSOR:

- June 14th – Ice Cream Social with chicken sandwiches
- July 15th – Craft Show
- August 19th TBD Fund Raiser
- September 23rd Football Party
- October 31st Halloween Party
- December 9th Christmas Party

WELCOME
NEW MEMBERS



- Dick & Pat Laird
- Ruth Alexander
- Bernice Dent
- Robert Udstuen
- Charles & Gloria Calle
- Anna Swackhammer
- Sharyn Koelling

MISSION STATEMENT

1. To **PROVIDE** a wide range of social services, activities, education and entertainment for Windsor Manor and the surrounding area seniors.
2. To **PROMOTE** good fellowship and companionship among senior citizens of the Marysville and surrounding area who will be willing to participate.
3. To **PROMOTE** and **IMPROVE** the quality of life for all senior citizens.

WINDSOR & COMMUNITY SENIORS, INC

937-644-8464

2023 BOARD OF TRUSTEES AND OFFICERS

Executive Officers:

President: Cindy Maxhimer

Vice President: Karol Strapp

Secretary: Pattie Reisz

Treasurer: Carol Sitz

Board Members:

Term 2022-2024

Pattie Reisz
Karol Strapp
Karen Baker
Leo Baker
Deb Kelly
Mick McCoy
Patty Turner

Board Members:

Term 2022-2025

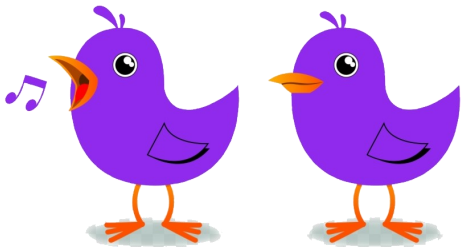
Cindy Maxhimer
Bill Brunskill
Carol Sitz
Janet Brown
Sue McClish
Chris Plank
Danielle Plank

Board Sponsors

Sarah Dixon, Sponsor
Holly Novak, Sponsor
Jennifer Zofkie, Sponsor
Jeananne Piatt, Sponsor
Wendy Witchey, Sponsor

Activity Coordinator:

Egypt Price



BECOME A FRIEND OF WINDSOR

Now that we're in a new year, it is a good time to become a "**Friend of Windsor**". A donation of \$25.00 or more entitles you to have your name listed in the Ragtime's for a full year and helps Windsor.



July Newsletter:

Please submit all information, ads and articles no later than:

June 16, 2023

Do you know of an upcoming community event or activity that would be of interest to Seniors? If so, please call the Activities Office:

937-644-8464.

Not a member of Senior Activities Center?

It is never too late to join and have some fun with us.

Single Membership - \$15.00

Couples - \$20.00

Stop by the Activities office to sign-up or call the Activities Office at **937-644-8464.**

OFFICE HOURS: 10:00 AM TO 2:00 PM



June Birthdays

If you do not want your birthday or anniversary listed, please call the Activities Office.



					1 Sandra Bishop	2
3 Pamela Babione Leo Baker	4	5	6 Wallace Holbrook Vicki McKinnon	7 Dennis Hamilton	8 Miriam Coats Harold Horch Carolyn Wyse	9
10	11 Sara Sheblo	12 Julia Ogan	13 Sandy Thompson	14 Sharon McGlone	15 Mabel Meyers Bill McKinnon Patricia Smith	16
17 Jeanie Morgan	18 Pearl Paver	19	20	21 Becky McComas	22 Joan Willbarger	23
24	25 Laura Tall	26 Judy Mahan	27 Fred Bischoff Patricia Slatten	28 	29 Cathy Amrine Barker	30

WEDNESDAY, JUNE 14TH ICE CREAM SOCIAL



**5:00 P.M.
7:00 P.M.**



Come join us for good food, prizes and a fun social time. This is a **Members only event**, so you need to sign up for this event in the dining area.

WINDSOR SENIOR ACTIVITY CENTER ANNUAL CRAFT SHOW

Windsor Senior Activity Center is having its annual craft show on **Saturday, July 15th from 9:00 AM to 1:00 PM**. If you would like to be a vendor, please contact the Activities Office at **614-642-8464** on or before **July 10th**.



Happy Anniversary



Cherie Carpenter — June 6

Gladys McCabe — June 22

Barry & Betty Bair — June 25

Bill & Nancy Neely — June 26



Thinking of our Members in Nursing Homes and Assisted Living:

Bluebird: Dorothy Cotton
Mary Jo Finney

Heritage: Wanda Patterson
Elsie Kadel

Walnut Crossing: Peggy Wells
George & Mary Freeman
Bernice Hamilton
Theda Clemans

Gables: Mary Shanks
Mary McNeal

Friendship Village Rehab, Dublin:

Country Club, Delaware:

Monarch: Rhonda Groves

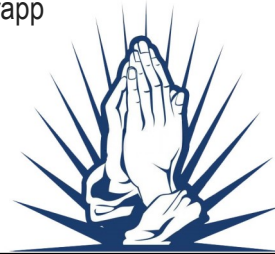
Prestige Gardens: Joan Hnath

Please let the Activities Office know
if our list above is current.
Call **937-644-8464** to let us know of any changes.

Remembering in Prayer:

All those that we know who have been ill,

- Betty Stillings
- Joan Finch
- Daryl Ingram
- Rhonda Groves
- Karla Rawlins
- Pam Moore
- Nancy Jeffers
- Bernice Hamilton
- Earl Castle
- William A. McCarthy
- James Doolittle
- Charles Hartman
- Alfie Yanchik
- Karol Strapp
- Mary Gingrey
- Doris Leistriz
- Harold Horch
- Carolyn Wyse
- Molly Cooper
- Mike Arnold
- Janice Lewis
- Jeanie Blankenship
- Hazel Maynard
- Rusty Maynard
- Sandy Williams
- Cindy Maxhimer



Our sympathy and prayers go out to the family of:

Eddie Ann Lemaster
Passed on May 5

Mary Frances Wibley
Passed on April 16





Book Club News: **June 15th at 1:00.** This month's book is **"Hotel Nantuck"**, by author Elin Hilderbrand. You can pick up a copy from the Activities Office only. If you like to read, come join the group.



EUCHRE

Anyone interested in playing Euchre notify the Activities Office at 937-644-8464.

Come Play Bingo...

- We have new classes
- Guest Callers
- more prizes
- Snacks....



And always lots of fun!

Tuesdays at 1:30 pm in the Windsor Dining Room.



DO YOU LIKE TO PLAY CORNHOLE?

Windsor has a group ready to play! Sign-up sheet in the dining room. Games will be on Friday's, at 1:30. Games have already started.






CALL 2-1-1

AND CONNECT WITH THE SERVICES YOU NEED
24 HOURS A DAY. 7 DAYS A WEEK.

GET HELP

- Food
- Clothing
- Shelter
- Housing
- Rent or Utility Assistance
- Counseling
- Help for Substance Abuse
- Domestic Violence Services
- Sexual Assault Advocacy
- Transportation
- Support Groups
- Senior Services
- Help with Aging Parents
- Childcare
- Employment Resources
- Legal Assistance
- Health Care

GIVE HELP

- Local volunteer opportunities
- Donating food, clothing and more
- Connect with:
 - Civic Organizations
 - Youth Activities
 - Community Services
 - Schools




2-1-1 IS YOUR NEW, FREE, CONFIDENTIAL, 24/7 INFORMATION AND REFERRAL HOTLINE BROUGHT TO YOU BY:




UNION COUNTY VETERANS SERVICE OFFICE

835 East Fifth Street, Suite B
Marysville, OH 43040
937-642-7956 or 800-686-2308

We serve eligible Veterans and their families in all matters relating to possible Union County and/or Federal Benefits.

We:

Provide no-cost transportation to Department of Veteran Affairs (VA) medical facilities

Offer temporary and emergency financial aid to eligible veterans for basic needs

Assist in applying for various benefits through the VA, such as disability compensation and VA medical enrollment

Please contact us to set up a confidential appointment Monday through Friday (closed holidays)

UNION COUNTY SENIOR ACTIVITIES CENTER Trips for 2023 “NO MEALS ARE COVERED”

Windsor Senior Trips for 2023 All scheduled trips are tentative and may change due to weather or availability of transportation. You may sign up for each trip after the first of the month for each one. (In other words, you may sign up for the June Trips starting June 1, etc.)

You may register by using the sign-up sheet in the Community Room or by calling the Activity Office. If sign-ups exceed the seats available, we'll have a random drawing.

Tuesday, June 6 - Young's Dairy. Depart at 9 a.m. (UCATS) \$5.00

Friday, June 23 – Indian Lake Flea Market, Woody's Restaurant; depart at 9 a.m. (BlueBird) \$5.00

Tuesday, July 11 – MYSTERY TRIP; depart at 10 a.m. (UCATS) \$5.00

******Tuesday July 28 – Casino and York Steak House;** depart 10:00a.m. (UCATS) \$5.00

Friday, August 11 - Airport Diner & Museum, Urbana; depart at 10:30 a.m. (UCATS) \$\$

Tuesday, September 19 - The Lynd Farm & Nutcracker Restaurant; depart at 10 a.m.(UCATS) \$5.00

Friday, October 20 – MYSTERY TRIP; depart time TBD (BlueBird)

Tuesday, October 24 - German Village & Schmidt's Restaurant; depart at 10 a.m. (UCATS) \$5.00

Friday, November 17 – MYSTERY TRIP; depart at 10 a.m. (BlueBird) \$\$

Friday, December 15 – Franklin Park Conservatory + mystery lunch; depart at 9:30 a.m. (BlueBird) \$

Questions call Patty Turner (419-961-4468) or Pattie Reisz (614-561-4186)

PROJECT SAFE HEAT: A Grant from Union County Seniors Services was awarded to Bridges Community Action to assist Union County Seniors with furnace cleaning and tune-up. For help, contact Community Action at 937-642-4986.

CARD MAKING CLASS & SCRAPBOOKING

Come join us on the **last Monday of each month at 1:30 p.m.**, to learn different techniques for making greeting cards. You will learn different folds, techniques, embossing, Iris folding, and shading. We will start off doing basic card-making and then progress depending on the skill of the class. Come and have an enjoyable time making cards and socializing. The sign-up sheet for this class can be found in the lunchroom area.



Friends of Union County Senior Activities Center

“Friends of Union County Senior Activities Center”

is a fundraiser that allows anyone, regardless of age, to support Windsor Seniors by donating \$25 or more.

This donation entitles you to be listed as a

“Friend of Union County Senior Activities Center”

for the calendar year.



Larry & Jeanne Amrine
Janet Brown
Mabel Myers and Wallace Holbrook
Rosella Renz
Russell & Virginia Miller
Butch & Sue Sawyer

Rebecca Payne
Connie Ripley
Deb Kelly
Karen and Leo Baker
Deboria and Thomas Ranney



Volunteer Honor Roll

“Volunteer Honor Roll” is recognition for volunteers who have generously donated their services and/or their time to

Leo & Karen Baker
Dorothy Baughman
Bill Brunskill
Janice Bryant
Mary Carpenter
Idella Feeley
Rita Flory

Doris Leistriz
Cindy Maxhimer
Laura Paluch
Patricia Reisz
Jim Scheiderer
Carol Sitz
Fred & Arthena Smith

Karol Strapp
Mike Streng
Nancy Veeck
Thelma Ward
Warm Up America
Sue McClish
Jeanette Fleck

Nancy Spain
Woody Wilson
Daryl Ingram
Patty Turner
Deb Kelly
Chris Plank
Dani Plank

SUPPORTING WACSI

Founded in 1984 WACSI provides a wide range of social services, activities, education and entertainment for all senior citizens of Union County. Funded by annual grants on behalf of Senior Services and United Way, membership dues, fundraising, donations, business sponsorship and memorial contributions. WACSI is a non-profit organization dedicated to the well-being of all seniors. WACSI supports our community by providing programs to engage and enrich the lives of seniors and community members of all ages. We remain loyal to our mission of providing for the well-being and growth of families and individuals through activities, education, and social services. Your support as a member, friend, volunteer, or monetary contributor is greatly appreciated. Thank you for your support!



Celebrating Life's Stories®



Our mission is to celebrate the lives of those we have the privilege of serving by providing superior care and superior services to each patient and family.

OHIO'S
Hospice®
 Loving Care

London Marysville
 740.852.7755 937.644.1928
www.OhiosHospiceLovingCare.org

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Sudoku Puzzles

4		6						
			1				9	
		8		4				
1		3	2	6		8		
					8			
	8	2			5		1	
5							8	
	2	7	3			6		
8				7				1

	9		6	4		2		
	1						5	
	2	8		1			4	
				9			3	
			5			9		
		3			8			
				2	9	8		
	8			5				4
6		2			4	3		

Solution on page 22



From the Community Meals Kitchen

Dinning Room Serving Time

Meals are served by our volunteer staff
11:00 a.m. to 12:30 p.m.

Suggested Donation Prices:

60 and over \$3.50
59 and under Guest \$5.50
10 and under \$3.50

Dine-In service ONLY.

Please make your reservations by 9:30 a.m., by calling **937-644-8459**.

To find out more information regarding Congregate meals here at Windsor call **937-644-8459 Monday— Friday 8 a.m. to 2 p.m.**

JUNE birthdays will be celebrated on **JUNE 8th**.
The menu can be found on **page 12 of the newsletter**.



DINING ROOM RULES

1. During lunch 10-1 p.m., you may not have access to the drink station, only hospital volunteers may get you drinks.
2. Take any trash out to the dumpster
3. Spot sweep any debris/food on the floor
4. Make sure all tables are clear of any articles
5. If you moved a table or adjust it (round to square) please put it back the way you found it.
6. If you used the kitchen area, clean any dishes you use, put things away and wipe down the counter and sinks if necessary.



Please help to keep your facility clean, there is no full time housekeeping department here, so we all need to do our part. Thank you.

Activities Office Open

Monday thru Friday

10:00 a.m.— 2:00 p.m.



937-644-8464

If no one is in the Office, please leave a message and we will get back with you ASAP!

NOTE: Our email is: windsorsen@gmail.com or activities@windsorseniors.org

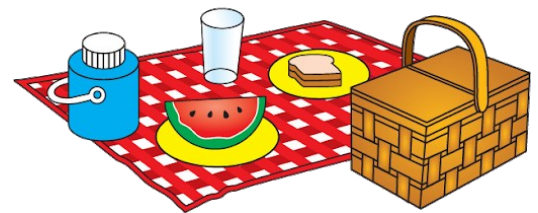
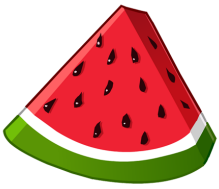
Check out our website: **www.windsorseniors.org**

It has our calendar of events, lunch menu, trip info and much more.

We have **free** Wi-Fi in the Dining Room. If interested check with the Activities Office for login information.

We are now on Facebook. To find, search **Windsor & Community Seniors, Inc.** and “Like” us to receive periodic updates on upcoming events, activities and pictures.

Summer Time Fun



J U N E S T S S S S Y K S E U L B M
 U S M E A U Y E O U H I K I N G S A
 S M W E E A N L U B N W A S E Y R E
 U T W I R R S G I C A B L N A R E R
 N S H V M T C C L T E A U D T V L C
 T Y U G I M Y S E A D B I R S S K E
 A G L C I C I R N N S L R R N D N C
 N R E U L F M N A U O S E A R G I I
 O E A E J E R S G H S W E A B N R C
 S E D A L B R E L L O R O S R I P R
 C N A O F L O G T L T B T E E T S E
 H G N I H S I F F A E O A E E A H C
 O R C A M P I N G T W T H B Z O C C
 O A C I N C I P A W A S P S E B A O
 L S F L I E S K M O S Q U I T O E S
 T S U G U A S I L L A B E S A B B O
 G N I N E D R A G S U N S H I N E N

- | | | | | |
|----------|-------------|------------|---------------|--------------|
| ANTS | BREEZE | HIKING | ROLLER BLADES | SUNSHINE |
| AUGUST | CAMPING | HOLIDAYS | SANDALS | SUNTAN |
| BARBECUE | FISHING | HOT | SKATEBOARD | SWEAT |
| BASEBALL | FLIES | ICE CREAM | SOCCER | SWIMMING |
| BEACH | FLOWERS | JULY | SOLSTICE | U V RAYS |
| BEES | GARDENING | JUNE | SPRINKLERS | WASPS |
| BICYCLE | GOLF | MOSQUITOES | SUNBURN | WATER FIGHTS |
| BLUE SKY | GREEN GRASS | NO SCHOOL | SUNGLASSES | WATERMELON |
| BOATING | HAT | PICNIC | SUNSCREEN | |

Solution on page 22

WHEN SHOULD I SEEK TREATMENT FOR A WOUND?

If you answer “yes” to any of these questions, your wound may require special treatment and care. Our specialized clinicians and advanced services can help assist in healing.

- » Do you have a wound that has not healed in 30 days?
- » Do you have a sore with increasing pain, redness or swelling, or a change in color?
- » Do you have a surgical wound that has become infected?
- » Do you have diabetes or circulation problems, and have a wound below the knee?

Congratulations to our Memorial Wound Care Center!



2022 Recipient of the Healogics® Center of Distinction Award!

- » National award for clinical excellence
- » For 12 months of outstanding clinical outcomes
- » For a score of 98% in patient satisfaction
- » Seven years in a row!

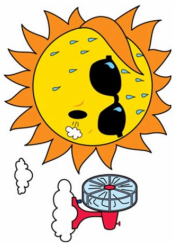
 **Memorial** WOUND CARE

483 Coleman's Crossing Blvd., Marysville
(937) 578-4325
memorialohio.com

Please make reservations by 9:30 a.m.

June 2023 — COMMUNITY MEAL MENU



Please make reservations by 9:30 a.m.



Menu subject to change based on availability and weather.
Available Milk Choices: 2% Milk, Low Fat Chocolate

Windsor: 937-644-8459
Richwood: 614-949-4382
Plain City: 614-873-8870




<p>MONDAY, June 5</p> <p>Salmon Patties Parsley Potatoes Creamed Peas Pears Angel Food Cake Dinner Roll</p>	<p>TUESDAY, June 6</p> <p>Haystacks (2oz. beef, lettuce, tomato, cheese & 1 oz. chips) Refried Beans Apple Salad 2 in. Brownie</p>	<p>WEDNESDAY, June 7</p> <p>Wing Dings Au Gratin Potatoes Green Beans Applesauce 2 oz. Blueberry Muffin</p>	<p>BIRTHDAY CELEBRATION THURSDAY, JUNE 8</p> <p>Ham Slice Sweet Potato Casserole Vegetable Blend Hawaiian Fruit Salad Hawaiian Dinner Roll Cake & Ice Cream</p>	<p>FRIDAY, June 9</p> <p>Chicken Salad on 2 oz. Croissant Broccoli Salad Carrot & Raisin Salad Strawberries</p>
<p>MONDAY, June 12</p> <p>Cheeseburger on Lg. Bun Fried Potatoes & Onions Roasted Brussels Sprouts Fruit Mix Pie Slice</p>	<p>TUESDAY, June 13</p> <p>Spaghetti w/meat sauce Green Beans Tossed Salad Scallop Pineapple Garlic Breadstick</p>	<p>WEDNESDAY, June 14</p> <p>Chicken Cordon Bleu Potato Melody Broccoli Grapes 2 oz. Banana Muffin</p>	<p>THURSDAY, June 15</p> <p>Pepper Steak Mashed Potatoes & Gravy Spinach Orange Fluff Gingersnap Cookie Dinner Roll</p>	<p>FRIDAY, June 16</p> <p>BQ Ribs Au Gratin Potatoes Coleslaw Watermelon 2 oz. Yeast Roll Slice of Pie</p>
<p>MONDAY, June 19</p> <p>NO MEALS</p> 	<p>TUESDAY, June 20</p> <p>Cranberry Chicken Baked Potato Bean Salad Oranges 3 Graham Crackers Dinner Roll</p>	<p>HAPPY 1ST DAY OF SUMMER WEDNESDAY, JUNE 21</p> <p>Baked Almondine Fish Macaroni & Cheese Harvest Veggies Coleslaw Fruited Jell-O Orange Cranberry Scores</p> 	<p>THURSDAY, June 22</p> <p>Haystacks (2oz. beef, lettuce, tomato, cheese & 1 oz. chips) Mexican Rice Tomato Juice Creamy Fruit Salad</p>	<p>FRIDAY, June 23</p> <p>Beef Ravioli Italian Green Beans Tossed Salad Scalloped Apples Garlic Breadstick</p>
<p>MONDAY, June 26</p> <p>Egg Salad w/crackers Pea Salad Tomato & Onion Salad Peaches Gingersnap Cookie</p>	<p>TUESDAY, June 27</p> <p>Meatloaf Redskin Mashed Potatoes Carrots Watergate Salad 2 oz. Cinnamon Muffin</p>	<p>WEDNESDAY, June 28</p> <p>Veal Parmesan Lima Beans Tossed Salad Cherry Crisp Garlic Breadstick</p>	<p>THURSDAY, June 29</p> <p>Country Fried Steak Mashed Potatoes & Gravy Capri Veggies Pineapple WW Bread Animal Crackers</p>	<p>FRIDAY, June 30</p> <p>BQ Chicken Hash Brown Casserole Corn Cantaloupe SF Pudding 2 in. Cake</p>

CANCELLATION NOTICE: When Community Meals are canceled due to inclement weather or closed for holidays, all activities will be canceled.

JUNE Activities

Activity Coordinator
Windsor & Community Seniors, Inc.
376-C Rosehill Drive
Marysville, Ohio 43040
937-644-8464

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>** Please NOTE: Chair volleyball at 2pm location Walnut Crossing ,they will furnish bus if driver is available, otherwise Jim will transport also if available. Activity Calendar is always subject to change.</p> 				
<p>5 10:00 — Chair Exercise 1:30 — Warm Up America/ Crochet 1:30 — Card Players</p>	<p>6 10:00 — Chair Volleyball 1:30 — BINGO 2:00— Chair Volleyball at Walnut Crossing**</p>	<p>7 10:00 — Chair Exercise 1:30 — Dominoes 1:30 — Crochet Buddies 1:30 — Card Players</p>	<p>1 10:00 — Wii Bowling 1:00 —Board Meeting</p>	<p>2 10:00 — Wii Bowling 1:30 — Dominoes 1:30 — Line Dancing 1:30 —Card Players 1:30—Corn Hole</p>
<p>12 10:00 — Chair Exercise 1:30 — Warm Up America/ Crochet 1:30 — Card Players</p>	<p>13 10:00 — Chair Volleyball 1:30 — BINGO</p>	<p>14 10:00 — Chair Exercise 1:30 — Dominoes 1:30 — Crochet Buddies 1:30 — Card Players</p>	<p>15 10:00 — Wii Bowling 1:00 — Craft Class 1:30 — Card Players</p>	<p>9 10:00 — Wii Bowling 1:30 — Dominoes 1:30 — Line Dancing 1:30 —Card Players 1:30—Corn Hole</p>
<p>19 Senior Activity Center Closed Today for JUNETEENTH</p>	<p>20 10:00 — Chair Volleyball 1:30 — BINGO</p>	<p>21 10:00 — Chair Exercise 1:30 — Dominoes 1:30 — Card Players 1:30 — Crochet Buddies</p>	<p>22 10:00— Wii Bowling 1:30 — Card Players</p>	<p>16 RAGTIMES DEADLINE FOR ARTICLES 10:00 — Wii Bowling 1:30 — Dominoes 1:30 — Line Dancing 1:30 —Card Players 1:30—Corn Hole</p>
<p>26 RAGTIMES FOLDING 10:00 — Chair Exercise 1:30 — Warm Up America/ Crochet 1:30 — Card Players 1:30 Card Making</p>	<p>27 10:00 — Chair Volleyball 1:30 — BINGO</p>	<p>28 10:00 — Chair Exercise 1:30 — Dominoes 1:30 — Card Players 1:30 — Crochet Buddies</p>	<p>29 10:00— Wii Bowling 1:30 — Card Players</p>	<p>30 10:00 — Wii Bowling 1:30 — Dominoes 1:30 — Line Dancing 1:30 —Card Players 1:30—Corn Hole</p>



June 2023

PRIME TIME

940 London Avenue, Suite 1800
Marysville, OH
Voice: 937-644-1010 Option 5
Fax: 937-644-8700

<https://www.unioncountyohio.gov/senior-services-home>



WORLD ELDER ABUSE AWARENESS DAY

Building Strong Support for Elders

June 15, 2023

What Is Elder Abuse?

Elder abuse refers to intentional or negligent acts by a caregiver or trusted individual that causes harm to an older person. Elder abuse takes many forms, including: • Neglect or Isolation • Physical abuse • Sexual abuse • Financial abuse and exploitation • Emotional or psychological abuse (including verbal abuse and threats)

What Causes Elder Abuse?

Elder abuse affects older people across all socioeconomic groups, cultures, and races and can occur anywhere when they are disconnected from social supports:

- In a person's own home
- In nursing homes, assisted living facilities, and other institutional settings
- In hospitals

While any older person is potentially at risk of elder abuse, some are more susceptible to experience abuse or neglect than others. Based on available information, women and people 80 and older are more likely to experience abuse. Factors such as dementia or poor physical health can increase older people's isolation, which in turn puts people at greater risk of experiencing abuse or neglect.

SOME COMMON RISK FACTORS:

- Dementia
- Mental health or substance abuse issues of an older person and/or a perpetrator
- Social isolation
- Poor physical health

Many people who experience elder abuse are reluctant to report abuse because they may: • Feel ashamed and embarrassed, particularly if a family member is the perpetrator • Be afraid that the perpetrator will get in trouble • Worry that they will be forced to live in a nursing home—and this sometimes happens • Feel guilty or somehow to blame • Be in denial that the abuse is occurring, or unaware that what they are experiencing is abuse or neglect • Be afraid that if they report, the abuse will get worse

How Can We Prevent and Address the Problem?

BUILD PUBLIC AWARENESS:

- Talk about the issue to increase the identification and reporting of abuse by the public, professionals, and older people who experience abuse • Provide older people who experience abuse with a safe environment to speak out and tell their stories • Begin long-term prevention by raising awareness of solutions among students and young people

BE A "SENTINEL"

- Keep in contact and talk with your older friends, neighbors, and relatives frequently • Be aware and alert for the possibility of abuse • Look around and take note of what may be happening with your older neighbors and acquaintances • Ask questions and listen

Adult Protective Services

Do you have concerns that a senior, 60 or over, is being maltreated? Examples include physical harm/injury, neglect, self-neglect, financial exploitation, verbal/emotional abuse, sexual abuse. Contact the Abuse Hotline at 937-644-1010 Option 1

2023 Senior Farmers Market Nutrition Program

June 23rd, 11:00am –1:00pm

940 London Ave Marysville, OH 43040, Conference Room A/B

For the 2023 season, eligible participants have their choice from three different options:

\$50 produce box: If you select this option, you will receive a one-time box of in-season, locally grown fruits, vegetables, and honey. Items may include onions, corn, tomatoes, carrots, peppers, peaches, and honey.

\$25 in coupons and \$25 produce box: If you select this option, you will receive \$25 in SFMNP coupons that you can use at area community farmers market and roadside stands until November 30, 2023, as well as a \$25 produce box of in-season, locally grown fruits, vegetables, and honey.

\$50 in coupons: If you select this option, you will receive \$50 in SFMNP coupons that you can use at area community farmers market and roadside stands until November 30, 2023.

ELECTRONIC- Electronic applications must be received by **June 9, 2023** in order to be guaranteed you will receive your 2023 SFMNP benefit at your county's distribution event.

OR

MAIL- Hard copy applications must be received at LifeCare Alliance by **June 9, 2023** in order to be guaranteed you will receive your 2023 SFMNP benefit at your county's distribution event. Completed hard copy applications should be mailed to LifeCare Alliance, Attention: **SFMNP, 670 Harmon Ave., Columbus, OH 43223.**

HOW TO RECEIVE YOUR 2023 SFMNP BENEFITS:

Applicants are expected to be physically present to pick up their SFMNP coupons and/or produce box on June 23rd between 11:00am to 1:00pm.

If you are unable to be physically present on June 23rd, you are permitted to have a trusted representative pick up your selection for you as a proxy. A person is permitted to pick up for themselves, as well as to serve as proxy for a maximum of **two** other applicants. If you use a proxy, LifeCare Alliance must have your completed application on file with the proxy listed.

For further questions, contact Union County Senior Services 937-644-1010 option 5.

MyHello Line

Stay socially engaged and emotionally healthy with MyHello Line. Each week a trained staff member from LifeBio will call you to find out how you are doing and share in conversation. Calls typically last 15-20 minutes. There is no cost to you and your number will not be shared with others.

To find out more or sign up, call Union County Senior Services at 937.644.1010 ext. 5

No Pun Intended

- * A thief who stole a calendar got twelve months.
- * A bicycle can't stand alone; it's just two tired.
- * Did you hear about the crossed-eyed teacher who lost her job because she couldn't control her pupils?
- * When you get a bladder infection, urine trouble.
- * Police were summoned to a day care center where a three-year-old was resisting a rest.



Calendar Corner

- ☛ **June 15th, All Day:** World Elder Abuse Awareness Day—Wear **purple** to show support, take a picture and post it on our Facebook page, Union County Senior Services, to help raise awareness.
- ☛ **June 23rd, 11am –1pm:** **Senior Farmers Market** at Union County Services Building, 940 London Ave, Marysville, Oh 43040 Conference room A/B
- ☛ **July 26th:** Union County Fair, Senior Day. More information to come.

PRIME TIME

is published monthly and mailed to Union County seniors and community members. If you would like to be added to the mailing list please contact Union County Senior Services at 937-644-1010 **Option 5**. If you would like to receive an electronic copy via email contact janell.alexander@jfs.ohio.gov.

2023 Senior Farmers Market Nutrition Program

June 23rd, 11:00 – 1:00

LifeCare Alliance administers the Senior Farmers Market Nutrition Program (SFMNP) on behalf of the Central Ohio Area Agency on Aging (COAAA).

This program is funded by the USDA, with additional support from COAAA and the Franklin County Office on Aging.

Annually, the program runs from June 1 through November 30.

What eligible SFMNP participants receive

For the 2023 season, eligible participants have their choice from three different options:

- **\$50 produce box:** If you select this option, you will receive a one-time box of in-season, locally grown fruits, vegetables, and honey. Items may include onions, corn, tomatoes, carrots, peppers, peaches, and honey.
- **\$25 in coupons and \$25 produce box:** If you select this option, you will receive \$25 in SFMNP coupons that you can use at area community farmers market and roadside stands until November 30, 2023, as well as a \$25 produce box of in-season, locally grown fruits, vegetables, and honey.
- **\$50 in coupons:** If you select this option, you will receive \$50 in SFMNP coupons that you can use at area community farmers market and roadside stands until November 30, 2023.

This program is funded by the U.S. Department of Agriculture, with additional support from the Franklin County Office on Aging and Central Ohio Area Agency on Aging.

Annual program dates: June 1 through November 30.

ELIGIBILITY FOR THE 2023 SFMNP PROGRAM

You are eligible for this program if you are 60 years of age or older AND have an annual household income that is 185% of the poverty level or less:

- 1 person in household, income of \$0 – \$26,973 = **\$2247.75 monthly**
- 2 persons in household, income of \$0 – \$36,482 = **\$3040.17 monthly**
- 3 persons in household, income of \$0 – \$45,991 = **\$3832.58 monthly**
- 4 persons in household, income of \$0 – \$55,500 = **\$4625.00 monthly**

You must also reside within one of the participating central Ohio counties:

- Fairfield
- Fayette
- Franklin
- Licking
- Madison
- Pickaway
- Union

If you do not live in one of the above counties but meet the age and income requirements, please contact the Ohio Department on Aging to see if the Senior Farmers Market Nutrition Program operates in your area: <https://ohio.gov/residents/resources/senior-farmers-market-nutrition-program#:~:text=The%20Department%20of%20Aging%20partners.%2C%20income%2C%20and%20geographic%20region.>

HOW TO APPLY FOR THE SFMNP

ELECTRONIC

[Click here](#) to complete a fillable form that applicants can submit, which comes to LifeCare Alliance electronically. **Electronic applications must be received by June 9, 2023** in order to be guaranteed you will receive your 2023 SFMNP benefit at your county's distribution event.

MAIL

[Click here](#) to download a pdf of the hard copy application. Paper copies of the applications also will be available outside the main entrance of the location where you typically visit to submit your application. **Hard copy applications must be received at LifeCare Alliance by June 9, 2023 in order to be guaranteed you will receive your 2023 SFMNP benefit at your county's distribution event.** Completed hard copy applications should be mailed to LifeCare Alliance, Attention: **SFMNP, 670 Harmon Ave., Columbus, OH 43223.**

CASE MANAGEMENT

If you typically work with your COAAA PASSPORT, Aetna, or Molina case manager to receive your SFMNP benefits, please contact your case manager directly about applying for the 2023 SFMNP.

HARD COPY AT DISTRIBUTION EVENTS

Hard copy applications will be accepted on the day of your county's distribution date. However, if an application is submitted at your county's distribution event, LifeCare Alliance **cannot guarantee** that you will receive your desired choice of coupons or a produce box.

HOW TO RECEIVE YOUR 2023 SFMNP BENEFITS

SFMNP applicants are expected to be physically present to pick up their SFMNP coupons and/or produce box at their county's distribution event. See below for a complete list of distribution dates, times, and locations by county. The exceptions to this pick up requirement are as follows:

- If you are unable to be physically present at your county's scheduled distribution date, you are permitted to have a trusted representative pick up your selection for you as a proxy. A person is permitted to pick up for themselves, as well as to serve as proxy/trusted representative for a maximum of two other applicants. If you use a proxy/trusted representative, LifeCare Alliance must have your completed application on file already, OR your proxy/trusted representative must bring your completed and signed application with him/her to the distribution event.
- If you are unable to be physically present at your county's scheduled distribution date; if you do not have anyone who can serve as a proxy/trusted representative for you; and if funds remain after your county's distribution date, you will be contacted about receiving your 2023 SFMNP benefit. If no funds remain following the distribution events, your name will be added to the waiting list in the order in which your application was received originally received.

IF YOU SELECT TO RECEIVE SFMNP COUPONS, HERE'S HOW THEY WORK

You will receive a list of community markets and roadside stands. Review the list for months, days of the week, and timeframes that area farmers' markets are open.

- **Look for the SFMNP posters** at individual farmer's stands when visiting community farmers' markets and roadside stands. These posters indicate that a farmer accepts the coupons. **Redeem your coupons only for locally-grown fresh fruits and vegetables, fresh herbs, and honey.** Baked goods, jams, maple syrup, etc. are not eligible for purchase.
- **Select produce equal to the amount of the coupon.** No change will be given.

IMPORTANT: COMPLETE THIS SECTION BEFORE MAILING YOUR APPLICATION.

- Select one:
- I'd like to receive a \$50 produce box.** If you select this option, you will receive a one-time box of in-season, locally grown fruits, vegetables, and honey. Items may include onions, corn, tomatoes, carrots, peppers, peaches, and honey. You will receive this box at your county's distribution event.
 - I'd like to receive \$25 in coupons and a \$25 produce box.** If you select this option, you will receive \$25 in SFMNP coupons that you can use at area community farmers market and roadside stands until 11/30/23, and a \$25 produce box of in-season, locally grown fruits, vegetables, and honey. You will receive your box and coupons at your county's distribution event.
 - I'd like to receive 50 in coupons:** If you select this option, you will receive \$50 in SFMNP coupons that you can use at area community farmers market and roadside stands until 11/30/23. You will receive your coupons at your county's distribution event.



 COAAA CENTRAL OHIO AREA AGENCY ON AGING	 LIFECARE ALLIANCE Nourishing The Human Spirit.	 Franklin County Board of Commissioners OFFICE ON AGING		RETURN COMPLETED APPLICATION TO: LifeCare Alliance SFMNP 670 Harmon Ave. Columbus, OH 43223 1-614-437-2865
--	--	---	--	---

Each applicant must complete and submit a separate application for each program year.

First Name	Middle Initial	Last Name			
Birth Date (mm/dd/yyyy) <i>Must be at least 60 years old to participate</i>		Gender	<input type="checkbox"/> Male	<input type="checkbox"/> Female	<input type="checkbox"/> No Answer
Mailing Address					
City	Zip Code	County			
Telephone Number					
Email Address					
Race (select all that apply)					
<input type="checkbox"/> American Indian/Native Alaskan		<input type="checkbox"/> Black/African American		<input type="checkbox"/> White, Non-Hispanic	
<input type="checkbox"/> Asian		<input type="checkbox"/> Native Hawaiian/Other Pacific Islander		<input type="checkbox"/> White, Hispanic	
Nationality (select all that apply)					
<input type="checkbox"/> Hispanic or Latino					
<input type="checkbox"/> Not Hispanic or Latino					
<input type="checkbox"/> Unknown					

Complete the following information ONLY if applicant is designating an authorized shopper.

Authorized Shopper Name			
Relationship to Participant	Telephone Number		

Check box corresponding to your TOTAL annual household income and household size.

<input type="checkbox"/> 1 person in household with income of \$0-\$26,973	<input type="checkbox"/> 2 persons in household with income of \$0-\$36,482	<input type="checkbox"/> 3 persons in household with income of \$0-\$45,991	
<input type="checkbox"/> 4 persons in household with income of \$0-\$55,500	<input type="checkbox"/> 5 persons in household with income of \$0-\$65,009	<input type="checkbox"/> 6 persons in household with income of \$0-\$74,518	

I certify that I am at least 60 years of age; a resident of this service area; have not received Ohio Senior Farmers' Market Nutrition Program 2023 coupons at any other location; and have a total household income that meets income requirements.

Applicant Signature	Date
---------------------	------

I have been advised of my rights and obligations under the Ohio Senior Farmers' Market Nutrition Program (SFMNP). I certify the information I have provided is correct. This form is being submitted for Federal Assistance and is subject to verification. I understand that intentionally misrepresenting, concealing or withholding facts may result in paying the State Agency, in cash, the value of the food benefits improperly issued to me and may subject me to civil or criminal prosecution under State and Federal law. I understand that I may appeal any decision made by the local agency regarding my eligibility for the SFMNP. Information will not be shared except for the specific purposes of responding to your request for assistance.

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Free Rent
Your First
Month!



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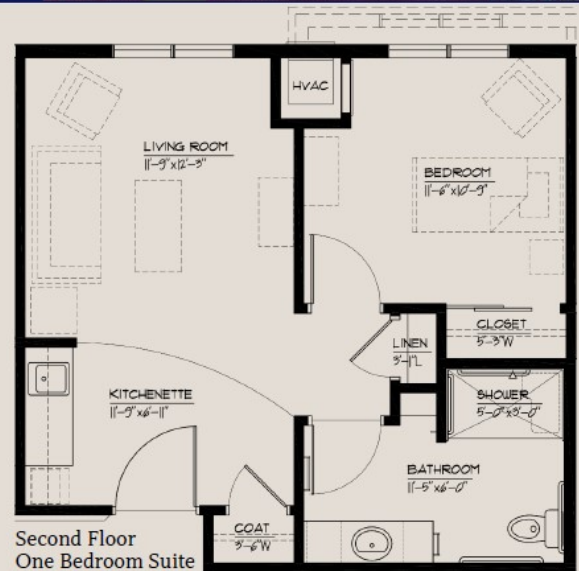
Move into Marysville's MOST AFFORDABLE, ASSISTED LIVING!

Monarch Skilled Nursing and Rehab is excited to be Marysville's **ONLY** full-continuum care facility.



Our Assisted Living Features Include:

- Private suites with private bathrooms
- Fully equipped kitchenettes
- Dining room offering restaurant style dining
- Access to 24-hour nursing care and services
- Weekly housekeeping and laundry
- Access to physical, occupational and speech rehabilitation therapies
- Movie theater, beauty salon, game lounge, bistro and outdoor putting green
- Beautifully furnished rooms, lounges and corridors



Call today for more information!
(937) 642-1026

730 Milcrest Dr. Marysville, OH 43040 www.monarchskilledrehab.com
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 N S H V M T C C L T E A U D T V L C
 T Y U G I M Y S E A D B I R S S K E
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 N R E U L F M N A U O S E A R G
 O E A E J E R S G H S W E A B N R C
 S E D A L B R E L L O R O S R P R
 C N A O F L O G T L T B T E E T S E
 H G M I H S I F F A E O A E E A H C
 O R G A M P I N G T W T N B Z O C C
 O A G I N G I P A W A S P S E B A O
 L S F L I E S K M O S Q U I T O E S
 T S U G U A S I L L A B E S A B B O
 G N I N E D R A G S U N S H I N E N

Puzzle Solutions

4	9	6	8	5	3	1	7	2
3	7	5	1	2	6	4	9	8
2	1	8	7	4	9	5	6	3
1	4	3	2	6	7	8	5	9
7	5	9	4	1	8	3	2	6
6	8	2	9	3	5	7	1	4
5	3	1	6	9	4	2	8	7
9	2	7	3	8	1	6	4	5
8	6	4	5	7	2	9	3	1

3	9	7	6	4	5	2	8	1
4	1	6	8	3	2	7	5	9
5	2	8	9	1	7	6	4	3
8	7	5	2	9	1	4	3	6
2	4	1	5	6	3	9	7	8
9	6	3	4	7	8	5	1	2
1	3	4	7	2	9	8	6	5
7	8	9	3	5	6	1	2	4
6	5	2	1	8	4	3	9	7

Policies - Members and Non-Members

Membership

Annual membership dues for ages 55+ are \$15.00 for a single and \$20.00 for a couple. As a member you will receive the newsletter "Ragtimes," which showcases current information about the wide variety of free and fee-based programs available. Membership dues are for one year, starting on January 1st of each year.

Photos Taken by Staff

During programs or activities, participants may be photographed by a staff member of Windsor & Community Seniors, Inc. for publicity purposes. These photos may appear in "Senior Express", on the WACSI web site, or in other publications. If you do not want to have your photo taken and/or published, please tell the photographer. You may also contact the Activities Office at 937-644-8464.

Trip Policy

A reservation for all trips must be made in advance. The reservation must be paid in full by the advertised cutoff date in order to be able to pay the discounted amount. After the cutoff date, there will be a \$10.00 additional fee added to your reservation. If you find you must cancel a trip, please let the Activities Office know as soon as possible. Please see Refund Policy if you need to cancel your trip and remember we have to pre-pay for all trips.

All travelers MUST submit a File of Life to the Trip Coordinator upon entering the bus. Files of Life will be kept in a locked container and returned to their owners upon arrival back in Marysville. If you don't have this form, stop by the Activities Office and pick one up prior to the trip. In addition, if we are going on a gambling trip, you **MUST** bring a valid Driver's License or State Photo ID with you or you will not be able to gamble.

In the event of illness or injury that cannot be resolved by basic first aid procedures, the emergency squad will be called. Depending on the recommendation of the EMT, the traveler will be allowed to continue on the trip or be transferred to the nearest hospital by the squad. For those who are able to continue the trip safely, either the designated driver or the emergency squad will be called when the bus approaches Marysville. Who is called will be at the discretion of the Trip Coordinator with input from the traveler. In case of illness or injury which involves medical intervention at a hospital, WACSI will not be responsible for the traveler's transportation back to Marysville. The traveler will have two options:

- 1) Bring the name and phone number of a person whom the traveler contacted prior to the trip to ensure the contact person will be available to transport the traveler; OR 2) use the driver designated by WACSI. The traveler must pay the driver for the round trip (from WACSI to the traveler's home and from their home back to WACSI) using the standard mileage defined by Union County.

A lift bus will be reserved when possible for the accommodation of travelers using a wheelchair or walker. Travelers in a wheelchair will be required to bring an aide of the same sex or a spouse/significant other to assist them during the trip. If a spouse or significant other is used as the assistant, the traveler must have another designated traveler of the same sex to assist him/her in the restroom. If an aide is used rather than a spouse, the traveler will pay the same amount for the aide's trip fee as they have paid for their own fee (regardless of the aide's membership status). If a traveler is able to transfer safely to a seat, they may do so.

Non-Member Fee

Non-members will pay an additional \$5.00 per trip. No refunds will be given to non-members for cancellations that they initiate. No exceptions.

Refund Policy

If a participant cancels a trip or activity, his or her seat may possibly be filled from a waiting list (if we have one). In addition, the participant can find a replacement for their seat in order to qualify for a refund. Because our fees are based on minimum participation numbers and are paid to the travel company in advance, refunds must be requested at least 30 days prior to the trip. Consideration will be given to written requests for refunds in cases where there has been an injury or unforeseen problem not within your control. If your written request is approved we will refund as much as possible for the trip after all bills are paid, minus a \$10.00 processing fee. If Windsor & Community Seniors, Inc. cancels a trip, everyone who has signed up and paid will receive a full refund.

DO YOU WANT TO DO SOMETHING THAT COUNTS?

Become a Hospice Volunteer

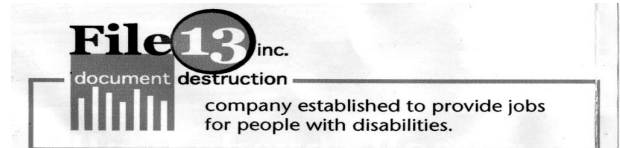
Loving Care would like volunteers to become a bedside vigil. Someone to just be there, hold a hand, read scripture or just pray for them. If this is something you would like to do, call Loving Care at **937-644-1928**.



Do you have old records that you would like to shred but don't have a shredder? We now have a receptacle in the Lobby of our Senior Center for documents to be sent to File 13 to be destroyed. Just bring in your old records, place them in the receptacle in the foyer and they will be picked up.

This service is free of charge.

Thank you File 13 for donating your services.



Wilson



Funeral Homes & Monuments

Mannsmith Chapel 621 W. Fifth St. Marysville, OH 43040
(937)642-1751

Schnurrenberger Chapel 222 W. Center St. West Mansfield, OH 43358
(937)355-3341

Woody Wilson, Funeral Director

COMMODITY SUPPLEMENTAL FOOD PROGRAM

The Community Food Box Program has a few spaces available. If you need this 30 lb. box each month, call CASC at 937-594-0161 for more information.

If you know of someone in need or need more information contact the Activities Office, 937-644-8464 or call CASC at 937-594-0161

Are you interested in being a vendor at the upcoming Craft Show on July 15th at Windsor Senior? If so, please get in touch with the Windsor Activities Office by calling 937-644-8464, or by visiting the Senior Center located at 376-C Rosehill Drive in Marysville, Ohio.

CRAFT SHOW

JULY 15TH

FROM 9:00 AM TO 1:00 PM

Concessions will be available.



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Moose Lodge



**Marysville
Moose Lodge
Family Center
#1651**

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Phone: (937) 644-5505

NO COST ENERGY TIP OF THE MONTH

Go online: ure.com.

Check out the energy savings tab
and take the virtual home tour.
See how much you can save just by
using energy wisely.



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Allen, Yurasek, Owens-Ruff & Spain LLC
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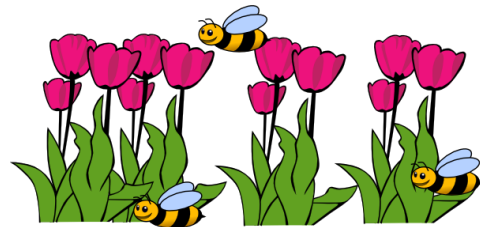
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Beauty Shop— 937-642-9390
Community Meals - 937-644-8459
Housing Office - 937-644-2905



DATED MATERIAL — Please deliver as soon as possible



JUNE 2023

Union County Senior Activities Center **News**
a Windsor & Community Seniors publication

2023 New Membership Subscription
\$15 Singles - \$20 Couples

Union County Senior Activities Center



Name: _____

Address: _____

Phone: _____ E-Mail: _____

Birthday: _____

Anniversary: _____

If joining as a couple, include anniversary date.

Please make check payable to: **Windsor & Community Seniors**

Thank you!