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Meet Jan Brown — Windsor Board Member



Hi, my name is Jan Brown. I have lived in Ohio most of my life. I met my husband, Hal in Ohio but we were married in California. We moved back to Ohio and raised our son here. Have 2 grandsons and 3 great-grandchildren. Hal passed away at our home in Florida in 2015; we had been married for 57 years. After a few years, I decided to move back to Marysville. Our son Keith and one grandson live here. I have been back for four years now. I found Windsor and I am so very glad! It is like a large family here. I have been involved in many organizations in my lifetime but this one is special. The people are caring and loving. They work very hard to make things good for all of us. Enjoy your senior years with us here at Windsor Senior Activity Center. We will hopefully make your lives happier and fuller!

Love you all,
 Jan

**TENTATIVE DATES/ UPCOMING
 EVENTS AT WINDSOR:**

- July 15th – Craft Show**
- August 19th TBD Fund Raiser
- September 23rd Football Party
- October 31st Halloween Party
- December 9th Christmas Party

**WELCOME
 NEW MEMBERS**

Ron & Gloria Branom
 Jan Dunn
 Lana Thore
 Kelly Kirk

Mairlyn Huffman
 Mary Brown
 Gloria Parr
 Donald Trudeau

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 **Secretary:** Pattie Reisz
Vice President: Karol Strapp **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

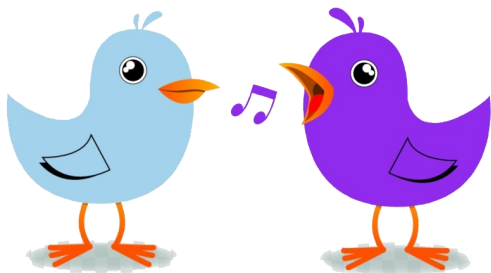
Cindy Maxhimer
Bill Brunskill
Carol Sitz
Janet Brown
Sue McClish
Chris Plank
Danielle Plank

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.



August Newsletter:

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

July 19, 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





July Birthdays

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



						1 Steve Burns Jean Burkhart
2	3 Linda Freeman Carol Sitz Judy Wheeler Rick Sprowls	4 Viola Burns Ron Itnyre	5 Judy Hill	6 Mary McNeal	7 Joyce Nelsen	8 Jim Paluch
9 Patricia Mathers Debbie Welch Jeanne Amrine	10	11	12 Linda Nierman Kim Mitchell	13 Ruth Anne Morse Mary Gingery	14 Doug Barker Helen Cocklin	15 Jacqueline McGowan Vivian Noggle Marilyn Rausch Ron Noggle
16 Larry Fishbaugh Connie Ripley	17	18 Eileen Howard Marilyn Rausch	19 John Henault Denihan Hall	20	21 Anne Paul	22 Neva C. Van Meter
23 Idella Feeley	24 Mary Lou Ryan	25 Rosemary Blumenschein Betty Stillings	26 Ruth Ann Ropp Paul Schwartz	27	28 Phillip Michael Clemans Ronald Vollrath	29 Brenda Hastings Anna Scott Joun Cook Ruth Bowersmith
30 Jackie Holton	31					

WINDSOR SENIOR ACTIVITY CENTER

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 **937-644-8464** on or before July 10th.



Happy Anniversary



William & Rosemary Blumenschein
July 3

Dick & Kathy Brake
July 16



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
Theda Clemans

Gables: Mary Shanks
Mary McNeal
Bernice Hamilton

Friendship Village Rehab, Dublin:

Country Club, Delaware:

Monarch: Rhonda Groves

Prestige Gardens:

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,
are recovering from surgeries, or for other reasons.

- 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:*

Joan Beulah Pedersen Hnath
Passed on June 9th





2-1-1
Get Connected. Get Answers.

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)



NEWS

Book Club News: **July 13th at 1:00.** This month's book is **"Murphy's Law"**, by author Rhys Bowen. You can pick up a copy from the Activities Office only. If you like to read, come join the group.

Come Play Bingo...

- We have new classes
- Guest Callers
- more prizes

And always lots of fun!



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



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



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.

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 July Trips starting July 1, etc.) You may register by using the sign-up sheet in the Community Room or by calling Patty Turner or Patty Reisz or the Activity Office. If sign-ups exceed the seats available, we'll have a random drawing.

Tuesday, July 11 – MYSTERY TRIP; depart at 9:00 a.m. (A Way Out) \$5.00

******Friday, 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) \$5.00

*******Tuesday August 15th – Mystery Trip** depart time TBD (Bluebird) \$\$

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

Friday, October 20 – Nelsonville Train 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 UNION COUNTY SENIOR ACTIVITIES CENTER.

Leo & Karen Baker	Cindy Maxhimer	Nancy Veeck	Patty Turner
Dorothy Baughman	Laura Paluch	Thelma Ward	Deb Kelly
Bill Brunskill	Patricia Reisz	Warm Up America	Chris Plank
Janice Bryant	Jim Scheiderer	Sue McClish	Dani Plank
Mary Carpenter	Carol Sitz	Jeanette Fleck	Karen Baker
Idella Feeley	Fred & Arthena Smith	Nancy Spain	Leo Baker
Rita Flory	Karol Strapp	Woody Wilson	Janet Brown
Doris Leistritz	Mike Streng	Daryl Ingram	Mick McCoy

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

740.852.7755

Marysville

937.644.1928

www.OhiosHospiceLovingCare.org

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Sudoku Puzzles

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

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

Solution on page 20



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.**

JULY birthdays will be celebrated on **JULY 13th**.
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: <https://ucsac.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.



4th of JULY



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

BALD EAGLE
BALLOONS
BARBECUE
BASEBALL
BEN FRANKLIN
BETSY ROSS
CAKE
CARNIVAL
CELEBRATION
COLONIES

CONCERTS
DECORATIONS
DEMOCRACY
FIREWORKS
FLAG
FLOATS
FREEDOM
GREAT BRITAIN
HAMBURGERS

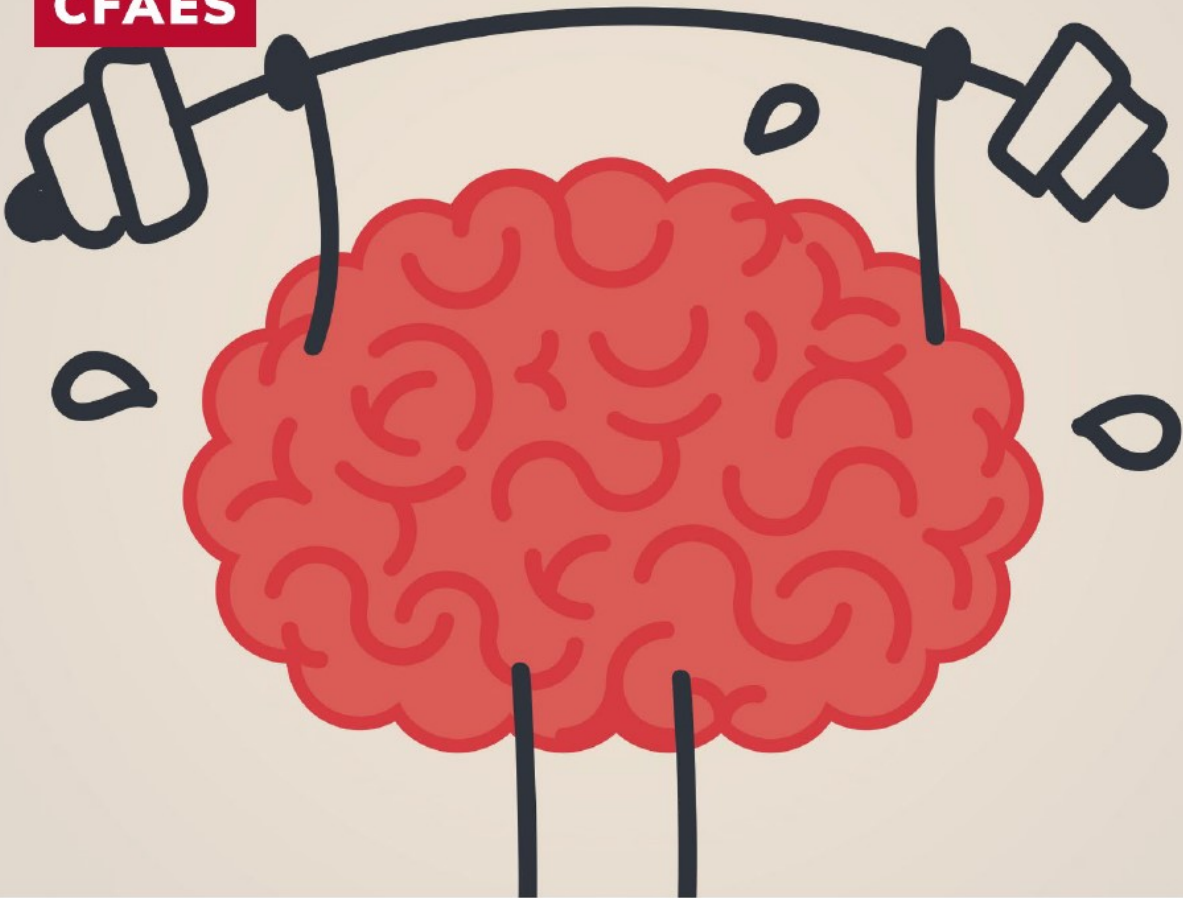
HISTORY
HOLIDAY
HOT DOGS
INDEPENDENCE
JOHN ADAMS
LIBERTY
NATIONAL ANTHEM
NATIONHOOD
PARADE

PARTY
PATRIOTIC
PHILADELPHIA
PICNIC
RED WHITE BLUE
STARS AND STRIPES
STREAMERS
THOMAS JEFFERSON
USA
WHITE HOUSE



Solution on page 20

CFAES



UNION COUNTY PRESENTS

Wits' Brain Workout

Wits Workout is an interactive, engaging, and educational brain health program. It is designed for older adults in community settings. Based on the research that intellectual challenge and social connectedness are two of the several factors that contribute to brain health throughout life. Wits Workout has two main goals- to provide purposeful opportunities for older adults to engage intellectually, and to increase their socialization through ongoing group participation.

DATE:

Wednesday, August 2nd
Wednesday, August 23rd
Wednesday, September 6th
Wednesday, September 27th
Wednesday, October 4th

TIME:

1:30 p.m.

COST:

Free



**THE OHIO STATE
UNIVERSITY**

EXTENSION






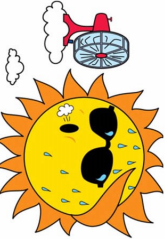
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College of Food, Agricultural, and Environmental Sciences

JULY 2023 — COMMUNITY MEAL MENU

Please make reservations
by 9:30 a.m.



Please make reservations
by 9:30 a.m.

<p>MONDAY, July 3</p> <p>Sloppy Joe on a Lg. Bun Potato Salad Baked Beans Applesauce</p>	<p>TUESDAY, July 4</p> <p>NO MEALS</p> 	<p>WEDNESDAY, July 5</p> <p>Fried Chicken Green Beans Coleslaw Fruit Mix 2 oz. Biscuit</p>	<p>THURSDAY, July 6</p> <p>Haystacks (2oz. beef, lettuce, tomato, cheese & 1 oz. of chips) Mexican Rice Oranges Tomato Juice</p>	<p>FRIDAY, July 7</p> <p>Salisbury Steak Baked Potato Spinach Bake Cranberry-Apple Jell-O 2 in. Brownie WW Bread</p>
<p>MONDAY, July 10</p> <p>Breaded Chicken Breast Mashed Potatoes & Gravy Italian Green Beans Pears 2 oz. Banana muffin</p>	<p>TUESDAY, July 11</p> <p>Baked Fish Au Gratin Potatoes Lima Beans Peaches Gingersnap Cookie WW Bread</p>	<p>WEDNESDAY, July 12</p> <p>Vegetable Lasagn Baby Carrots Tossed Salad Waldorf Salad Garlic Breadstick</p> 	<p>BIRTHDAY CELEBRATION THURSDAY, JULY 13</p> <p>Roast Beef Mashed Redskin Potatoes Prince Charles Vegetables Creamy Fruit Salad Dinner Roll Cake & Ice Cream</p>	<p>FRIDAY, July 14</p> <p>BBQ Smoked Pulled Chicken On Lg. Bun Fried Potatoes & Onions Peas Watermelon</p>
<p>MONDAY, July 17</p> <p>Macaroni & Cheese Green Beans Coleslaw Scallop Pineapple WW Bread</p>	<p>TUESDAY, July 18</p> <p>Meatloaf Sweet Potato Casserole Green Beans Pistachio Fruit fluff Angel Food Cake Dinner Roll</p>	<p>WEDNESDAY, July 19</p> <p>Taco Bake Corn Tossed Salad Cinnamon Apple Slices Garlic Breadstick</p>	<p>THURSDAY, July 20</p> <p>Bourbon Chicken Seasoned Sweet Potatoes Kyoto Vegetables Pineapple Cake Dinner Roll</p>	<p>FRIDAY, July 21</p> <p>Grilled Bratwurst on Lg. Bun Scalloped Potatoes Braised Cabbages Oranges</p>
<p>MONDAY, July 24</p>  <p>Chipped Beef Gravy Over 2 oz. biscuit Fried Potatoes Mixed Veggies Peaches</p>	<p>TUESDAY, July 25</p> <p>Chicken & Noodles Red Beets Coleslaw Fruit w/Vanilla sauce WW Bread</p>	<p>WEDNESDAY, JULY 26</p> <p>Haystacks (2oz. beef, lettuce, tomato, cheese & 1 oz. of chips) Strawberry Fluff 2 in. Brownie V-8</p>	<p>THURSDAY, July 27</p> <p>Roast Pork Mashed Potatoes & Gravy Corn Casserole Pistachio Fruit Fluff 2 oz. Cranberry/Orange Scores</p>	<p>FRIDAY, July 28</p> <p>Ham Salad on a 2 oz. Croissant Potato Soup Pea Salad Cantaloupe</p>
<p>MONDAY, July 31</p> <p>Chicken Parmesan Broccoli Coleslaw Pears Garlic Breadstick</p>		<p>Menu subject to change based on availability and weather. Available Milk Choices: 2% Milk, Low Fat Chocolate</p> <p>Windsor: 937-644-8459 Richwood: 614-949-4382 Plain City: 614-873-8870</p>		

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

JULY Activities

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 10:00 — Chair Exercise 1:30 — Warm Up Americal/ Crochet 1:30 — Card Players</p>	<p>4  CLOSED FOR HOLIDAY</p>	<p>5 10:00 — Chair Exercise 1:30 — Dominoes 1:30 — Crochet Buddies 1:30 — Card Players</p>	<p>6 10:00 — Wii Bowling 1:00 — Board Meeting</p>	<p>7 10:00 — Wii Bowling 1:30 — Dominoes 1:30 — Line Dancing 1:30 — Card Players 1:30 — Corn Hole</p>
<p>10 10:00 — Chair Exercise 1:30 — Warm Up Americal/ Crochet 1:30 — Card Players</p>	<p>11 10:00 — Chair Volleyball 1:30 — BINGO 2:00 — Chair Volleyball at Walnut Crossing**</p>	<p>12 10:00 — Chair Exercise 1:30 — Dominoes 1:30 — Crochet Buddies 1:30 — Card Players</p>	<p>13 10:00 — Wii Bowling 1:00 — Book Club 1:30 — Card Players</p>	<p>14 10:00 — Wii Bowling 1:30 — Dominoes 1:30 — Line Dancing 1:30 — Card Players 1:30 — Corn Hole</p>
<p>17 10:00 — Chair Exercise 1:30 — Warm Up Americal/ Crochet 1:30 — Card Players</p>	<p>18 10:00 — Chair Volleyball 1:30 — BINGO</p>	<p>19 10:00 — Chair Exercise 1:30 — Dominoes 1:30 — Crochet Buddies 1:30 — Card Players RAGTIMES DEADLINE FOR ARTICLES</p>	<p>20 10:00 — Wii Bowling 1:00 — Craft Class 1:30 — Card Players</p>	<p>21 10:00 — Wii Bowling 1:30 — Dominoes 1:30 — Line Dancing 1:30 — Card Players 1:30 — Corn Hole</p>
<p>24 10:00 — Chair Exercise 1:30 — Warm Up Americal/ Crochet 1:30 — Card Players RAGTIMES FOLDING</p>	<p>25 10:00 — Chair Volleyball 1:30 — BINGO</p>	<p>26 10:00 — Chair Exercise 1:30 — Dominoes 1:30 — Card Players 1:30 — Crochet Buddies</p>	<p>27 10:00 — Wii Bowling 1:30 — Card Players</p>	<p>28 10:00 — Wii Bowling 1:30 — Dominoes 1:30 — Line Dancing 1:30 — Card Players 1:30 — Corn Hole</p>
<p>31 10:00 — Chair Exercise 1:30 — Warm Up Americal/ Crochet 1:30 — Card Players 1:30 Card Making</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.





July 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>

Medicaid: Spotting the scams

During the pandemic, states had to keep people enrolled in Medicaid so they didn't lose their insurance. Now that the health emergency declaration is over, that requirement has been phased out — which means people eligible for Medicaid have to re-enroll in their state's program or find new insurance, if they're not eligible. So, where do the scams come in?

When big changes affect millions of people, scams will follow. That means people who've been on Medicaid — including people of modest means, children, older adults, pregnant women, and people with disabilities — will be targeted by health insurance scams.

Here's what to know:

Medicaid won't charge you to renew or enroll. You may get a call, text, or email from your state Medicaid agency to renew your enrollment in your state's program. But the real Medicaid program won't ask for money or personal information like your credit card or bank account number. Learn more about eligibility for Medicaid in your state at [Medicaid.gov](https://www.Medicaid.gov) (scroll down to find the link to your state's Medicaid agency).

Visit [HealthCare.gov](https://www.HealthCare.gov) to compare insurance plans, coverage, and prices. [HealthCare.gov](https://www.HealthCare.gov) lets you compare prices on health insurance plans, check your eligibility for healthcare subsidies, and begin enrollment. [HealthCare.gov](https://www.HealthCare.gov) will ask only for your monthly income and your age to give you a price quote. If anyone asks for your bank account or credit card number to give you a quote for health insurance, that's a scam. Don't do it.

Scammers try to sell you medical discount plans that are not major medical. Medical discount plans charge a monthly fee for supposed discounts on some medical services or products from a list of providers. They're not a substitute for health insurance, though some plans do give actual discounts. But others just take your money for very little in return.

If you're considering one, find out if your doctor participates in the plan. Check what coverage it gives for major events. And be sure to get the plan's details in writing before you sign up. If anyone pressures you to sign up quickly or insists you'll miss out on a special deal, say, "no, thanks."

Happening Events:

July 4th, Independence Day

July 25th, 10am-3pm Alzheimer's Association Community Open House, 1379 Dublin Rd. Col, Oh

July 26th, 11am-1pm Union County Fair, Senior Day, Join for lunch and entertainment.

August 31st, 4pm-7pm Richwood Independent Fair, Senior Day, Join for dinner, Bingo, and entertainment.

September 17th, 12pm-3pm Hospets Free Vaccination: at Union County Services Parking lot, 940 London Ave, Marysville, Oh. No RSVP required.

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

Mobile Markets in Union County

Magnetic Springs Mobile Fresh Market

The Old Fire Station
30 Magnetic Street
Magnetic Springs, OH
Hope Center (937) 303-4209
1st Wednesday of each month
11:00 am-1:00 pm excluding January

Our Lady of Lourdes Mobile Market

1033 West 5th St
Marysville, OH
3rd Thursday of each month
9:30-11:30am

Milford Center Mobile Market

Trinity Chapel CCCU
77 W Center St
Milford Center, OH
Hope Center (937) 303-4209
4th Friday of each month
11:00 am-1:00 pm

Trinity Lutheran Church

311 East 6th Street
Marysville, OH
Free Fresh Food
1st Thursday of month May to September 9:00 am

Key points to remember about hot weather safety

Older people can have a tougher time dealing with heat and humidity. The temperature inside or outside does not have to be high to put you at risk for a heat-related illness.

Headache, confusion, dizziness, or nausea could be a sign of a heat-related illness. Go to the doctor or to an emergency room to find out if you need treatment.

To keep heat-related illnesses from becoming a dangerous heat stroke, remember to:

- * Get out of the sun and into a cool, ideally air-conditioned place.
- * Drink fluids but avoid alcohol and caffeine.
- * Shower, bathe, or sponge off with cool water.
- * Lie down and rest.



Summer Crisis Program

The **Summer Crisis Program**, part of the Home Energy Assistance Program (HEAP), provides a one-time emergency electric payment to eligible low-income households with at-risk individuals. The program runs from July 1 to August 31.

The Summer Crisis Program may also provide assistance with air conditioners, fans, deposits for new services, or transfer of old bills

WHO IS ELIGIBLE?

- Individuals older than 60 or who have a documented medical condition
- Total household income must be at or below 175% of federal poverty guidelines

WHAT DO I NEED TO BRING TO MY APPOINTMENT?

- Proof of income for 13 weeks and/or 1 year
- Social Security numbers for everyone in the household
- Dates of birth for all household members
- Medical documentation
- Case number from the Department of Job and Family Services
- Renters need to bring the name, address, and phone number of your landlord
- Proof of citizenship
- Current utility statements and/or invoices
- Disconnect notice for gas and/or electric

QUESTIONS?

If you have any questions about eligibility requirements or services provided, please contact 937-642-4986



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.

5 Numbers You Need to Know for a Healthy Heart

1 BMI (body mass index):



18.5 – 24.9 - Normal
25.0 – 29.9 - Overweight
30+ - Obese

2 Waist Size

(measured at your belly button):
Women: less than 35"
Men: less than 40"



3 Blood Pressure

Top number (systolic):
under 120
Bottom number (diastolic):
under 80



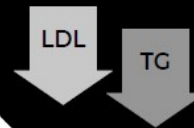
5 Blood Sugar

Less than 100
(after fasting 8 hours)



4 Cholesterol

Keep your LDL and Triglyceride levels low



Help Your Heart!

- Determine your BMI with a free online calculator.
- Use a tape measure to figure out your waist size.
- See your doctor to learn your levels. Or, you can do our cost-effective and quick Patient-Ordered Lab Testing – learn more!



Visit memorialohio.com to find a cardiologist or to learn how Memorial is advancing our heart care services.

Transportation Options for Union County Residents

**UCATS (Union County Agency
Transportation Services)**

Call: 937-642-5100

Email: ucats@unioncountyohio.gov

A WAY OUT

Call: 614-381-1979

Legends Lift & Transport

Call: 937-358-2024

WINGS Transportation

Call: 937-642-9555

Mobility Manager

Call: 937-645-2063



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London, OH 43140
937-795-3737**

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FREE HOME ASSESSMENT!**

- Light housekeeping and Meal preparation
- Help with bathing, dressing And personal care
- Mobility assistance
- Medication reminders
- Companionship
- Fall and injury prevention

A Poem that became a Nations Anthem

On September 14, 1814, Francis Scott Key pens a poem which is later set to music and in 1931 becomes America’s national anthem, “The Star-Spangled Banner.” The poem, originally titled “The Defence of Fort M’Henry,” was written after Key witnessed the Maryland fort being bombarded by the British during the War of 1812. Key was inspired by the sight of a lone U.S. flag still flying over Fort McHenry at daybreak, as reflected in the now-famous words of the “Star-Spangled Banner”: “And the rocket’s red glare, the bombs bursting in air, Gave proof through the night that our flag was still there.”



Francis Scott Key was born on August 1, 1779, at Terra Rubra, his family’s estate in Frederick County (now Carroll County), Maryland. He became a successful lawyer in Maryland and Washington, D.C., and was later appointed U.S. attorney for the District of Columbia.

On June 18, 1812, America declared war on Great Britain after a series of trade disagreements. In August 1814, British troops invaded Washington, D.C., and burned the White House, Capitol Building and Library of Congress. Their next target was Baltimore.

After one of Key’s friends, Dr. William Beanes, was taken prisoner by the British, Key went to Baltimore, located the ship where Beanes was being held and negotiated his release. However, Key and Beanes weren’t allowed to leave until after the British bombardment of Fort McHenry. Key watched the bombing campaign unfold from aboard a ship located about eight miles away. After a day, the British were unable to destroy the fort and gave up. Key was relieved to see the American flag still flying over Fort McHenry and quickly penned a few lines in tribute to what he had witnessed.

The poem was printed in newspapers and eventually set to the music of a popular English drinking tune called “To Anacreon in Heaven” by composer John Stafford Smith. People began referring to the song as “The Star-Spangled Banner” and in 1916 President Woodrow Wilson announced that it should be played at all official events. It was adopted as the national anthem on March 3, 1931.

Francis Scott Key died of pleurisy on January 11, 1843.

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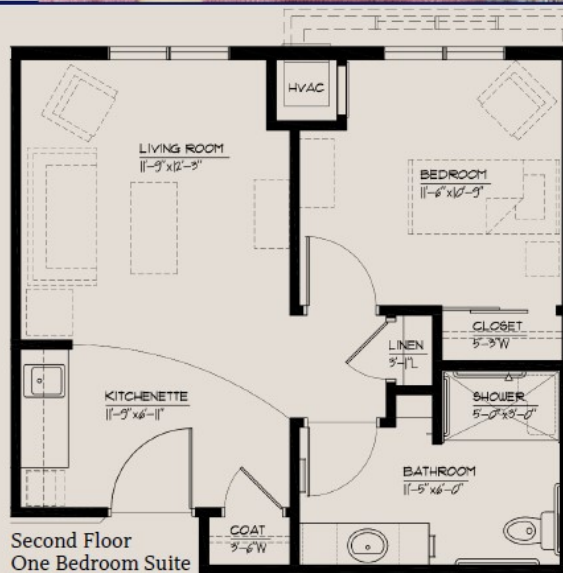
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- Dining room offering restaurant style dining
- Access to 24-hour nursing care and services
- Weekly housekeeping and laundry
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- Movie theater, beauty salon, game lounge, bistro and outdoor putting green
- Beautifully furnished rooms, lounges and corridors



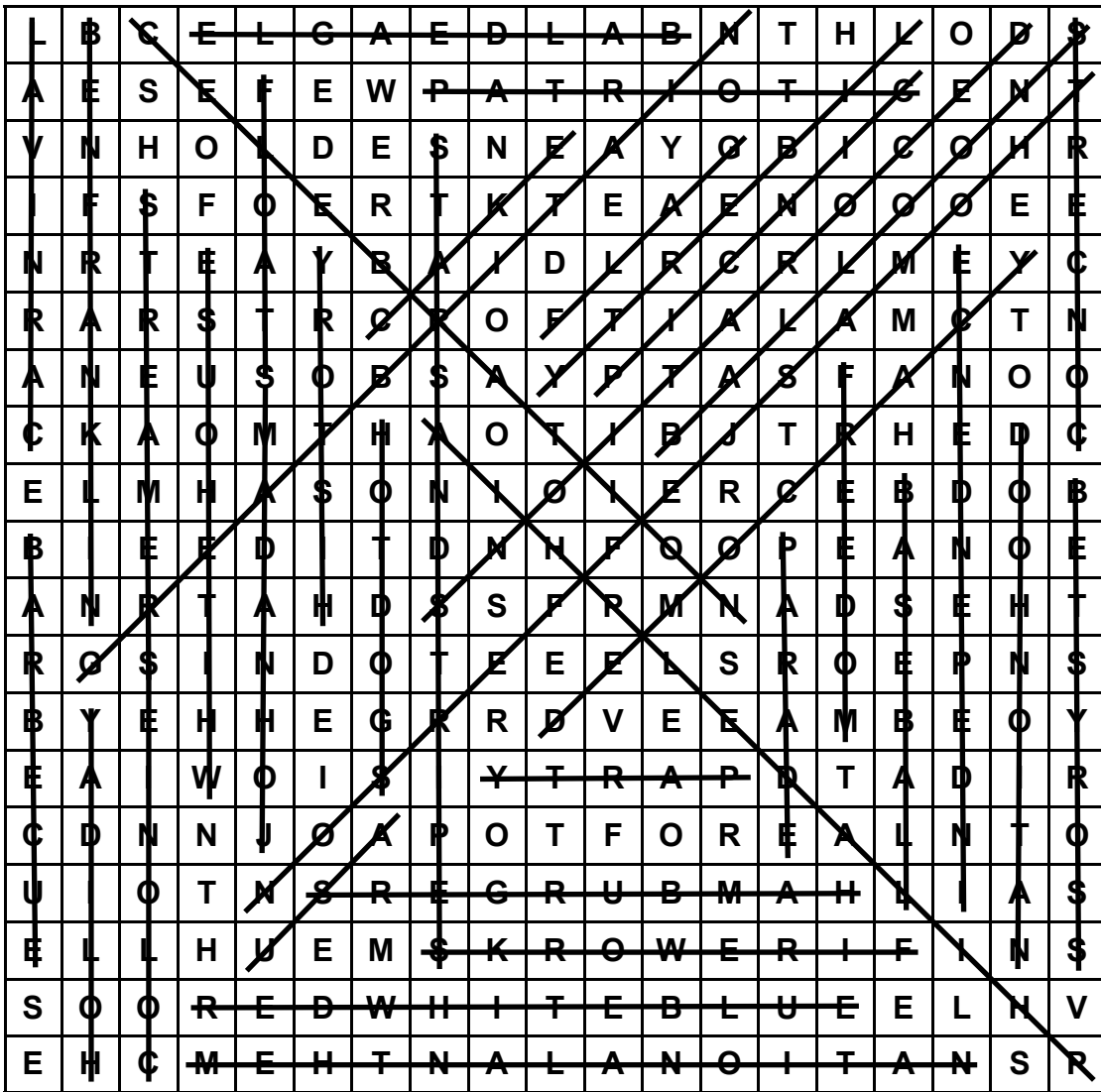
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3	5	8	2	6	4	1	7	9
7	6	2	8	1	9	4	3	5
9	1	4	3	7	5	2	8	6
2	7	3	1	4	6	9	5	8
1	8	9	5	3	7	6	2	4
6	4	5	9	2	8	3	1	7
8	2	7	4	9	1	5	6	3
5	9	1	6	8	3	7	4	2
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5	3	9	4	2	6	1	8	7
8	1	9	2	4	3	9	7	5
9	4	3	5	1	7	6	2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

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Family Center
#1651**

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



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DO YOU WANT TO DO SOMETHING THAT COUNTS?

Become a Hospice Volunteer

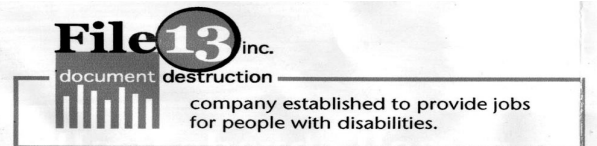
Loving Care would like volunteers to become a bedside vigil. Someone to just be there, hold a hand, read scripture or just pray for them. If this is something you would like to do, call Loving Care at **937-644-1928**.



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

*Mannasmith 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

CRAFT SHOW

JULY 15TH

FROM 9:00 AM TO 1:00 PM

Concessions will be available.



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.

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 "Senior Express", 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.



July 2023

VOLUNTEERS

- ✓ You are welcome to attend and we would love to have you at Member Monday events!
- ✓ Are you interested in becoming a member of our Board of Directors? View page 2 for more info.
- ✓ Summer Care Packages will be assembled Friday, July 14th at 10am at Richwood Bank. The Marysville Monarch freshman football team is helping with assembly! Please let Chelsie know if you are able to help with assembly or delivery.
- ✓ THANK YOU for the help with yard work & mulching during spring clean up! THANK YOU for all you do for our members!

Upcoming Events

🇺🇸🇺🇸 Member Monday Picnic 🇺🇸🇺🇸

Join us at 12pm on Friday, July 7th at Eljer Park for a post-4th of July picnic! We will provide the sub sandwiches, drinks and chips. RSVP by July 3rd to 877-354-8262 so we can plan for food. This event is sponsored by the Mental Health and Recovery Board of Union County.

👴 Senior Day at the Union County Fair 👵

Have lunch with area seniors on Wednesday, July 26th from 11am-1pm at the Union County Fair! Call the office to request a ride if needed.

🍦🍦 Member Monday Friendship Day 🍦🍦

Help us celebrate Friendship Day with other Neighbor to Neighbor members, volunteers, and staff! We are meeting on Monday, July 31st at 3pm at Eda's Italian Ice for friendly conversation and Italian ice or gelato on us. This is a wonderful way to connect with other members! This event is sponsored by the Mental Health and Recovery Board of Union County.



Union County Neighbor to Neighbor PO Box 278, Marysville, OH 43040 877.354.8262 www.ucn2n.org

July Member Monday Events

- ✓ July 10: Keep your eye out for friendly volunteers delivering care packages!!
- ✓ July 17: Celebrate Neighbor to Neighbor's 7 year anniversary! Neighbors helping Neighbors is who we are!! Want to help others in need? We are collecting items for the personal needs pantry. Call the office for a list of items accepted and for a volunteer to pick up your donation. This will not count as a monthly service request.
- ✓ July 24: Schedule a dental appointment and have a volunteer take you. This will not count as a monthly service request.



📖 🖋️ LifeBio Journals 🖋️ 📖

FREE LifeBio "Capture Your Story" Journals are still available. The journal is a life story template that starts with questions about your ancestors and moves from childhood memories and school days to work experiences, marriage and adult life. This can be meaningful to complete with family, with help from a volunteer, or on your own. Call the office to have a journal mailed to you!

🚩 Board of Directors Applications 🚩

Join our Board of Directors! We are looking for forward-thinking, community-driven volunteers and members to enhance our Board of Directors as we grow and innovate. Applicants should embody our organization's mission to enhance the lives of residents across Union County through grassroots volunteer-driven supports, services, and programs that enable members to live healthy and meaningful lives in their own homes. Members of our Board of Directors are expected to attend and actively participate in monthly meetings. Please visit ucn2n.org for our Board of Directors Application and the full list of responsibilities and expectations.

Union County Senior Activity Center
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Marysville, OH 43040

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Beauty Shop— 937-642-9390
Community Meals — 937-644-8459
Housing Office — 937-644-2905
<https://unsac.org>



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Union County Senior Activity Center | **SENIOR EXPRESS**
a Windsor & Community Seniors, Inc. publication



2023 New Membership Subscription

\$15 Singles - \$20 Couples



376-C Rosehill Drive
Marysville, OH 43040

<https://unsac.org>

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!