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There is GOOD news for AUGUST!
“When is Raspberry Cream Pie Day”, you ask?
This holiday is always celebrated on August 1



One of the summer’s special treats is raspberries. This August 1 holiday is perfect for raspberry lovers.

Raspberries are one of the gems of summer. Sweet and tasty, it is loved by millions of people (and birds, too!) With the arrival of ripe berries, it is time to make and enjoy some of your favorite dessert treats. High on the list for raspberry lovers, is raspberry cream pie.

Make this a super raspberry day. Go out and pick your own berries. Then, make a raspberry cream pie. Better still, make one for you and another to give away to a family member, a neighbor, or a friend. Then, dig in and eat a piece of pie...Yum!

TENTATIVE DATES/ UPCOMING EVENTS AT WINDSOR:

- September 23rd Football Party
- October 31st Halloween Party
- December 9th Christmas Party



Debbie Case
Patrick & Margaret Prunty

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

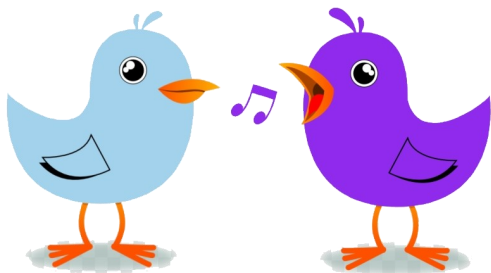
Cindy Maxhimer
Bill Brunskill
Carol Sitz
Janet Brown
Sue McClish
Chris Plank
Danielle Plank

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.



September Newsletter:

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

September 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



Happy Birthday

August Birthdays

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



		1 Marilyn Lockwood	2 Ruthann Rausch	3	4 Pattie Reisz Shirley Leibold Roger Wagner	5 Dotty J. Stump
6	7 Mike Arnold Patty Burch Butch Sawyer	8 Roselyn Horney	9 Gary McDowell	10 	11	12
13 Judy Blankenship	14 George Freeman	15 Gloria Branom	16 Rhonda Groves	17 Joan Houk Joyce Sandy	18 Dick Brake	19 Rosemary Sparks
20	21 Rita O'Harra	22	23 Donna Trudeau	24	25 	26 Rita Flory Viola Hill
27 	28 Ned Rausch	29	30 Jaye Rowley	31 Peggy Birt Jan Tillman		

About the Dog Days of Summer



Date When Celebrated: The Dog Days of Summer are from **July 3 to August 11** Wow, it's sure hot and muggy. The thermometer's edging toward triple digits. That's because we're in the Dog Days of Summer, the hottest, muggiest days of the year. As the song goes "roll out those lazy, hazy, crazy days of summer". If you are feeling the effects of hot, muggy, sultry, "weather that you can wear", you can be certain that you are in the Dog Days of Summer. It is also a period of drought and occasional strong thunderstorms.

Whatever your favorite pastime for the Dog Days of Summer, we do not believe it should be spent indoors all day long, in air conditioned comfort. Rather, get out and enjoy the hot weather while it is here. After all, the days are already growing shorter, and you know what that ultimately leads to.....

Happy Anniversary



Jim & Rita O'Harra - August 3

Pearl & Carol Paver - August 3

Joe & Sandy Humphrey - August 8

Mick & Barb McCoy—August 9

Bill & Susie Bumgarner - August 21



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



HAVE
faith
GATHER *hope*
SHARE *love*



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: **August 10th at 1:00.** This month's book is **"The Last Thing He Told Me"**, by author Laura Dave. 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
- 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.

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, destination or availability of transportation. You may sign up for each trip after the first of the month the trip is in. (In other words, you may sign up for the August Trips starting August 1, etc.)

You may register by using the sign-up sheet in the Community Room or by calling Patty Turner or Pattie Reisz (see below). If sign-ups exceed the seats available, we'll have a random drawing for available seats. Lunch is at our own expense.

Friday, August 11 - Airport Diner & Museum, Urbana; depart at 10:30 a.m. (UCATS) \$5.00

*****Tuesday August 15th – Mystery Trip (Bluebird) EST Cost \$25.00 - Limit to 12 people

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	Janet Brown
Idella Feeley	Fred & Arthena Smith	Nancy Spain	Mick McCoy
Rita Flory	Karol Strapp	Woody Wilson	
Doris Leistriz	Mike Streng	Daryl Ingram	

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

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

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

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.

AUGUST birthdays will be celebrated on **AUGUST 10th**.
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.

SUMMER WORDS

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
AUGUST
BARBECUE
BASEBALL
BEACH
BEES
BICYCLE
BLUE SKY
BOATING
BREEZE
CAMPING

FISHING
FLIES
FLOWERS
GARDENING
GOLF
GREEN GRASS
HAT
HIKING
HOLIDAYS
HOT
ICE CREAM

JULY
JUNE
MOSQUITOES
NO SCHOOL
PICNIC
ROLLER BLADES
SANDALS
SKATEBOARD
SOCCER
SOLSTICE
SPRINKLERS

SUNBURN
SUNGLASSES
SUNSCREEN
SUNSHINE
SUNTAN
SWEAT
SWIMMING
U V RAYS
WASPS
WATER FIGHTS
WATERMELON



Solution on page 20

WE VOLUNTEER SO WE CAN...

Reconnect with friends!



Join as sisters in giving back!



Give of our talents and skills!



Help local residents in need!



**Fall Informational Session
Tuesday, August 22
from 5–6:30 pm**

Memorial Hospital, Entrance A,
500 London Ave., Marysville

**JOIN US TO LEARN MORE ABOUT
VOLUNTEER OPPORTUNITIES
WITHIN MEMORIAL HEALTH!**

Learn roles you can volunteer in, teams you can impact, and ways to make the most of your volunteer time! Call us at (937) 578-2360 or email us at volunteerservices@memorialohio.com to RSVP!

We look forward to meeting you!

937 578 2360 | 800 686 4677 ext 2360

MemorialOhio.com

 **Memorial** HEALTH

Please make reservations by 9:30 a.m.

AUGUST 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


<p>Windsor: 937-644-8459 Richwood: 614-949-4382 Plain City: 614-873-8870</p>	<p>TUESDAY, August 1s Orange Juice Pancakes Sausage Links Egg Casserole Hash Brown Casserole Fruit Cup</p>	<p>WEDNESDAY, August 2 Lasagna Tossed Salad Green Beans Scalloped Apples Garlic Breadstick</p>	<p>THURSDAY, August 3 Fried Chicken Mashed Potatoes w/ gravy Pea Salad Fruit in Jell-O 2 oz. Biscuit</p>	<p>FRIDAY, August 4 Salmon Patties Parsley Potatoes Creamed Peas Cantaloupe Gingersnap Cookie WW Bread</p>
<p>MONDAY, August 7 Taco Bake Tossed Salad Corn Fruit Mix 3 Scones</p> 	<p>TUESDAY, August 8 Bourbon Chicken Scalloped Potatoes Roasted Root Veggies Pear Slices 2 oz. Cinnamon Muffin</p>	<p>WEDNESDAY, August 9 Johnny Marzetti Coleslaw Carrots Scalloped Pineapple Garlic Breadstick</p>	<p>BIRTHDAY CELEBRATION THURSDAY, AUGUST 10 Pot Roast Mashed Potatoes w/ gravy Capri Vegetables Grape Salad Dinner Roll Cake & Ice Cream</p>	<p>FRIDAY, August 11 Breaded Chicken Breast Hash brown Casserole Kyoto Veggie Mix Orange Fluff 3 Graham Crackers Dinner Roll</p>
<p>MONDAY, August 14 Chicken Pot Pie With 2 oz. Biscuit Tossed Salad Cherry Crisp</p>	<p>TUESDAY, August 15 Stuffed Peppers Au Gratin potatoes Mixed Vegetables Peaches 5 Vanilla Wafers WW Bread</p>	<p>WEDNESDAY, August 16 Haystacks (2oz. beef, lettuce, tomato, cheese & 1 oz. of chips) Mexican Rice Oranges Tomato Juice</p>	<p>THURSDAY, August 17 Hickory Smoked Ham Sweet Potato Casserole Green Beans Creamy Fruit Salad 2 oz. Banana Muffin</p>	<p>FRIDAY, August 18 Grilled Hotdog on a Lg. Bun Potato Salad Baked Beans Watermelon</p>
<p>MONDAY, August 21 Salisbury Steak Baked Potato Broccoli w/cheese Strawberries over Angel Food Cake Dinner Roll</p>	<p>TUESDAY, August 22 Sweet & Savory Chicken Scalloped Potatoes Peas Mandarin Oranges 2 oz. Blueberry Muffin</p>	<p>WEDNESDAY, AUGUST 23 Vegetable Lasagna Tossed Salad Lima Beans Scalloped Apples Garlic Breadstick</p>	<p>THURSDAY, August 24 Roast Turkey w/ Stuffing Mashed Potatoes w/Gravy Corn Casserole (1/2 c. corn) Pistachio Fruit Fluff Dinner Roll</p>	<p>FRIDAY, August 25 BBQ Pork Seasoned Sweet Potatoes Roasted Brussels Sprouts Pineapple 2" Brownie WW Bread</p>
<p>MONDAY, August 28 Sloppy Joe on Lg. Bun Au Gratin Potatoes Pea Salad Grapes</p>	<p>TUESDAY, August 29 Spaghetti w/meat sauce Tossed Salad Italian Green Beans Scalloped Pineapple Garlic Breadstick</p>	<p>WEDNESDAY, August 30 Chipped Beef Gravy Over 2 oz. Biscuit Mashed Potatoes Yellow Beans Peaches</p>	<p>THURSDAY, August 31 Roast Pork Sweet Potato Mailbu Veggies Waldorf Salad 2 oz. Cinnamon Muffin</p>	

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

AUGUST Activities

Activity Calendar is always subject to change.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			NO ACTIVITIES TODAY	
<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.</p>	1 10:00 — Chair Volleyball 1:30 — BINGO	2 10:00 — Chair Exercise 1:30 — Dominoes 1:30 — Crochet Buddies 1:30 — Card Players 1:30 — WITS Brain Workout	3 1:00 — Board Meeting	4 10:00 — Wii Bowling 1:30 — Dominoes 1:30 — Line Dancing 1:30 — Card Players 1:30 — Corn Hole
7 10:00 — Chair Exercise 1:30 — Warm Up America/ Crochet 1:30 — Card Players	8 10:00 — Chair Volleyball 1:30 — BINGO 2:00 — Chair Volleyball at Walnut Crossing**	9 10:00 — Chair Exercise 1:30 — Dominoes 1:30 — Crochet Buddies 1:30 — Card Players	10 10:00 — Wii Bowling 1:00 — Book Club 1:30 — Card Players	11 10:00 — Wii Bowling 1:30 — Dominoes 1:30 — Line Dancing 1:30 — Card Players 1:30 — Corn Hole
14 10:00 — Chair Exercise 1:30 — Warm Up America/ Crochet 1:30 — Card Players	15 10:00 — Chair Volleyball 1:30 — BINGO	16 10:00 — Chair Exercise 1:30 — Dominoes 1:30 — Crochet Buddies 1:30 — Card Players	17 10:00 — Wii Bowling 1:00 — Craft Class 1:30 — Card Players	18 RAFTIMES DEADLINE FOR ARTICLES 10:00 — Wii Bowling 1:30 — Dominoes 1:30 — Line Dancing 1:30 — Card Players 1:30 — Corn Hole
21 10:00 — Chair Exercise 1:30 — Warm Up America/ Crochet 1:30 — Card Players	22 10:00 — Chair Volleyball 1:30 — BINGO 	23 10:00 — Chair Exercise 1:30 — Dominoes 1:30 — Card Players 1:30 — Crochet Buddies 1:30 — WITS Brain Workout	24 10:00 — Wii Bowling 1:30 — Card Players	25 10:00 — Wii Bowling 1:30 — Dominoes 1:30 — Line Dancing 1:30 — Card Players 1:30 — Corn Hole
28 RAFTIMES FOLDING 10:00 — Chair Exercise 1:30 — Warm Up America/ Crochet 1:30 — Card Players 1:30 Card Making	29 10:00 — Chair Volleyball 1:30 — BINGO	30 10:00 — Chair Exercise 1:30 — Dominoes 1:30 — Card Players 1:30 — Crochet Buddies	31 10:00 — Wii Bowling 1:30 — Card Players	





August 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>

Senior Farmers Market

On June 23, Union County Senior Services partnered with LifeCare Alliance to provide coupons to Union County seniors to use at the local farmers' markets. This year, the option of a food box was also available. There were 290 seniors that participated in this program.



Happening Events

July 26th, 11am-1pm Senior Day at the Union County Fair, Join for lunch and entertainment. Lunch at 12pm (box lunch andwich, chips, fruit, cookie, water).

August 18th, 6pm-9pm Uptown Friday, Senior Services will have a tent and staff available to answer questions.

August 30th, 11am-12pm Alzheimer Association class - Healthy Living for your Brain and Body, 940 London Ave, Conference Room D, Marysville OH.

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

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

September 26th, 1pm-3pm Medicare Check- Up. Are you already on Medicare and want to know about changes for 2024? Union County Services Building 940 London Ave Marysville. Conference room A. To RSVP call 937-644-1010 option 5.

Adult Protective Services

Do you have concerns that a senior, age 60 or over, is being maltreated? Examples include physical harm/injury, neglect, self-neglect, financial exploitation, verbal/emotional abuse, or sexual abuse.

Contact the Abuse Hotline at 937-644-1010 Option 1

Memorial Meals - Community Meals

- **Windsor Senior Center** —376 Rosehill Dr Marysville, OH 43040, 937-644-8459
- **Richwood Civic Center** —21 N. Franklin St. Richwood, OH 614-949-4382
- **Pleasant Valley Senior Center** —390 B Allgyer Dr Plain City, Oh 43064 614-873-8870

Union County Senior Food Box through Mid- Ohio Foodbank - administered by Community and Seasoned Citizens (CASC)

Must be 60 years or older and a Union County resident. Food boxes are available the fourth Friday of every month from 9am-4pm at CASC, 900 Columbus Ave, Marysville, Oh 43040. For more information or to enroll call 937-644-9801.



Hospets

Did you know Union County Senior Services provides a grant to Hospets for 2023 to assist Union County seniors with their pets.

What they do:

- ◇ Hold yearly vaccine clinics for pets of seniors to receive vaccinations at no cost.
- ◇ Work with our veterinary partners to provide low-cost options for spay/neuter and in many cases no-cost.
- ◇ Provide transportation of pets to veterinary and grooming appointments for those seniors who are unable to transport their pets.
- ◇ Provide pet food to seniors who do not have the financial resources to provide for their pets.
- ◇ Offer respite care services in order for seniors to have their health needs met without the burden of worrying about their pets being provided care.

For more information, call Union County Senior Services at 937-644-1010 option 5 or Hospets at 614-266-3267.

Free Resources for Caregivers

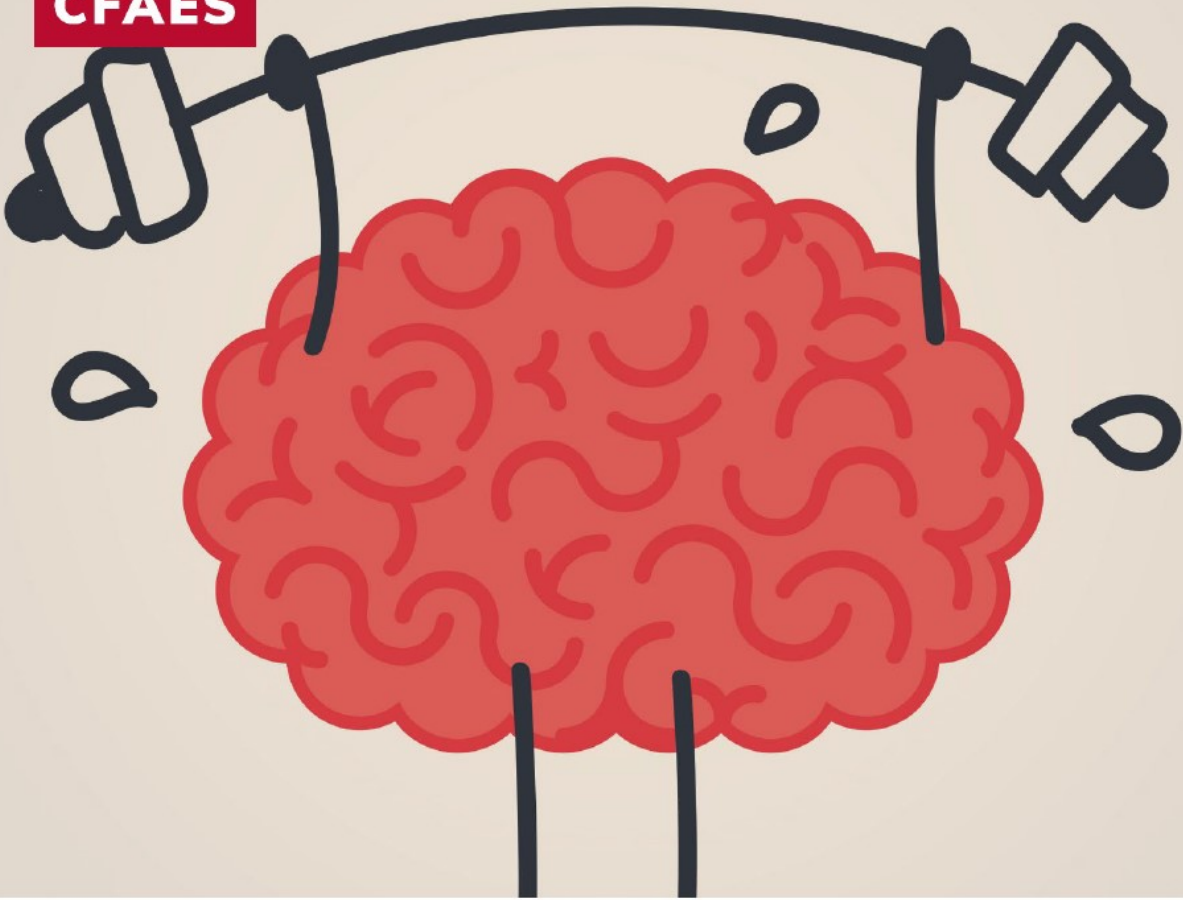
- Trualta is a free online resource that provides caregivers with new information and skills needed to manage care for a loved one in the home. Trualta delivers quick videos, articles, tip-sheets, and professional-level trainings that are tailored to meet the caregiver's learning style. Central Ohio Area Agency on Aging (COAAA) is partnering with Trualta to offer this resource at no cost to central Ohio caregivers who live in COAAA's eight-county area (Delaware, Fairfield, Fayette, Fairfield, Franklin, Licking, Madison, Pickaway, and Union).
- Offers practical caregiving tips and techniques
- Covers many topics caregivers face including personal care, brain health, safety, self-care, managing challenging behaviors, and more
- Provides opportunities to connect with other caregivers
- Can be accessed from any computer or mobile device connected to the internet

Registration is required to access the platform. Contact Tammy Smith, COAAA Caregiver Specialist, at tsmith@coaaa.org or call 614-645-7705.



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.

CFAES



UNION COUNTY PRESENTS

Wits's 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

CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information, visit cfaesdiversity.osu.edu. For an accessible format of this publication, visit cfaes.osu.edu/accessibility.

College of Food, Agricultural, and Environmental Sciences



WE NEED YOUR HELP..

In gathering information about your transportation options and needs!

All you need to do is scan the QR code and answer some quick questions!



Enter your email at the end of the survey for a chance to **win a \$25 Visa gift card!**

Have Questions? Contact Jenni Fauber @ (937)645-2063

Union County MOVES Coalition is working to enhance and develop infrastructure where transportation is accessible to all people for all reasons.

We advocate and plan for transportation systems that balance convenience and efficiency.

ucmoves.org



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937-795-3737

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

Transportation Options for Union County Residents age 60 and over

**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

Now Offering
Free Rent
Your First
Month!



Monarch Skilled Nursing and Rehab

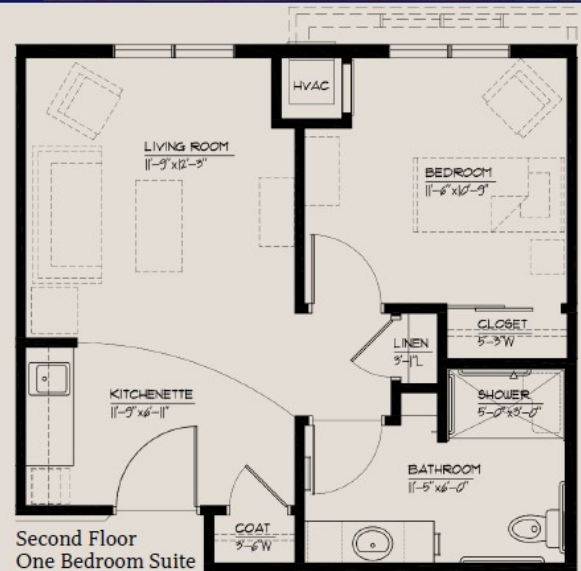
Move into Marysville's MOST AFFORDABLE, ASSISTED LIVING!

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



Our Assisted Living Features Include:

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- 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



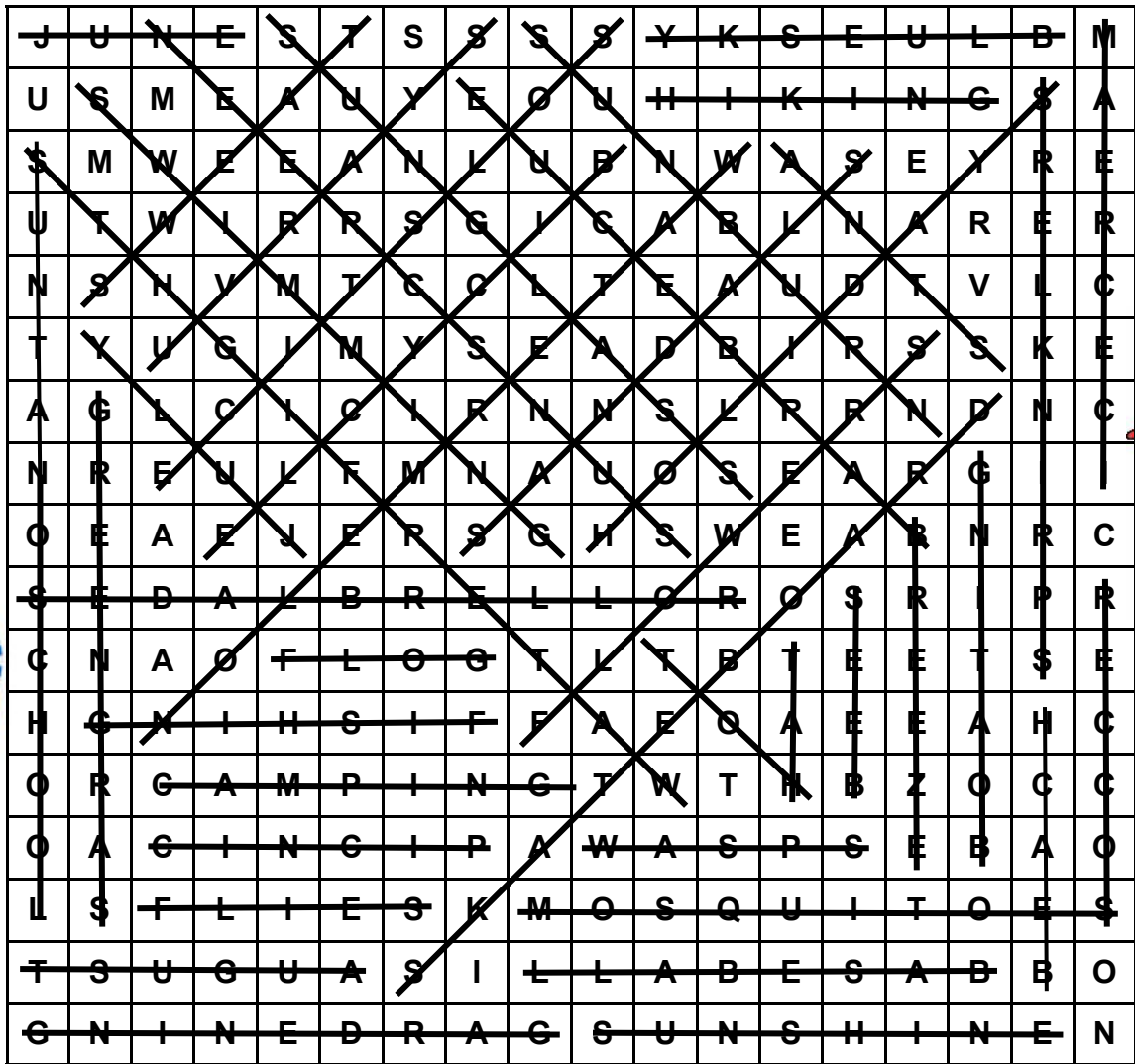
Call today for more information!

(937) 642-1026

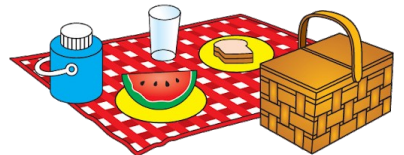
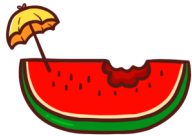
730 Milcrest Dr. Marysville, OH 43040 www.monarchskilledrehab.com

Rehabilitation • Skilled Nursing • Long Term Care





PUZZLE SOLUTIONS



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

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

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and Monuments*

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Moose Lodge



**Marysville
Moose Lodge
Family Center
#1651**

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Marysville, OH 43040
Phone: (937) 644-5505

NO COST ENERGY TIP OF THE MONTH

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Check out the energy savings tab
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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

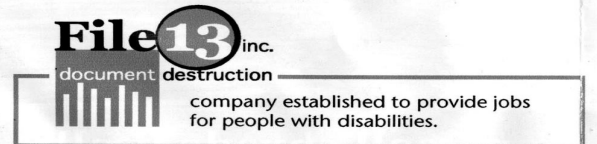
Loving Care would like volunteers to become a bedside vigil. Someone to just be there, hold a hand, read scripture or just pray for them. If this is something you would like to do, call Loving Care at **937-644-1928**.



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



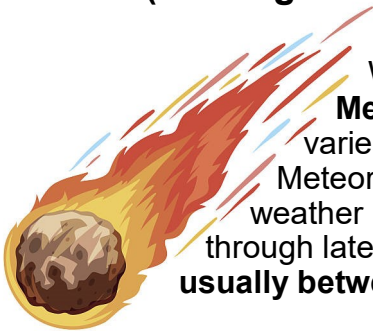
Funeral Homes & Monuments

*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

Perseid Meteor Shower (Coming to a sky near you)



When is the **Perseid Meteor Shower**? The date varies. The annual Perseid Meteor Shower is visible, weather permitting, from mid-July through late August. **The peak is usually between August 9 - 14.**

The Perseid meteor shower occurs annually in mid-August. It is a free stellar show that avid space enthusiasts can't miss.

The annual Perseid Meteor Shower is one of the brightest, most numerous, and long-lasting of all the meteor showers. Best of all, it occurs each year in August, at a time when the viewing weather is warm, and most days and nights are cloudless. Many people are on vacation in August, allowing them to stay up all night to enjoy the show. The number of meteors you see is dependent upon how dark of a location you watch from, and the number of expected meteors. This number can vary significantly from just a few to a hundred per hour. On a good, moonless night, 60 – 100 meteors per hour are likely. Go outside during the peak evenings and look up at the star in the sky.

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

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.

Union County Senior Activity Center
376-C Rosehill Drive
Marysville, OH 43040

Activities Office 937-644-8464
(Hours: M-F 10:00 - 2:00)
Beauty Shop— 937-642-9390
Community Meals - 937-644-8459
Housing Office - 937-644-2905
<https://ucsac.org>



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

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Address: _____

Phone: _____ E-Mail: _____
Birthday: _____
Anniversary: _____

If joining as a couple, include anniversary date.

Please make check payable to: **Windsor & Community Seniors**
Thank you!