



UNION COUNTY SENIOR ACTIVITY CENTER

Windsor & Community Seniors, Inc

SENIOR EXPRESS

NEWSLETTER—SEPTEMBER 2023

<https://ucsac.org>

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FALL FOOTBALL TAILGATE PARTY

THURSDAY SEPTEMBER 28TH FROM 5-7PM

LIMITED SEATING SO RESERVE YOUR SEAT BY FRIDAY SEPTEMBER 22ND

SIGN UP IS IN THE DINING ROOM ON THE INFORMATION TABLE.

DRESS IN YOUR FAVORITE NFL/COLLEGE COLORS

THERE WILL BE GAMES WITH PRIZES

50/50 RAFFLE



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:

Deb Kelly

**WELCOME
NEW MEMBERS**

Linda Alderigi



October

October Newsletter:

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

October 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: 9:30AM – 2:30PM -
Monday, Tuesday, Thursday, and Friday.**

WELCOME

DEB KELLY

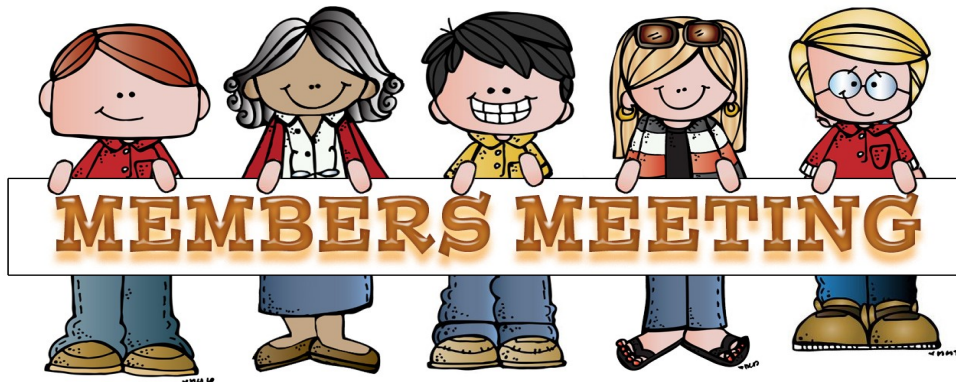
**Windsor's new
Activities Coordinator**

Happy Birthday

SEPTEMBER Birthdays

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

					1 Trudy Ladefoged Ed Roberts	2 Susan Van Ausdal Nancy Clevenger
3 Emma Stevenson	4 Fred Smith	5	6 	7	8 Alice Byrnes Patrick Prunty Doug Laird	9
10	11 	12 Susan Fishbaugh Susie Bumgarner Theda Clemans	13 Roger Paul	14 Kay Peterman	15 Virginia Miller Janice Bryant	16 
17	18 Robert Clevenger	19 	20 Carolyn Wiehe Bonnie Littlehales	21	22	23
24 Sarah Sullivan Anna Swackhammer	25 Alvin (AL) Birt Mary Brown	26 Theresa Richardson Sue Sawyer	27	28 Sue Martin	29 	30 Jane Peterman



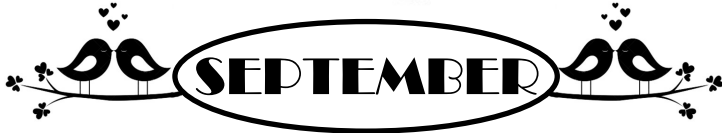
OCTOBER 18, 2023

From 5:30 P.M. To 7:30 P.M.

SEATING IS LIMITED. SIGN UP SHEET WILL BE AVAILABLE OCTOBER 1.

Pizza and drinks will be provided. Plus a fascinating look at Union County "Then and Now" series presentation by Suzanne Kienbaum of the Marysville Public Library.

Happy Anniversary



Sam & Mei-Mei Hsu - September 5th

Don & Pat Walter - September 7

Ronald & Eileen Vollrath - September 12

William & Sara Scheblo - September 13

Fred & Arthena Smith - September 13

Ric & Tracie Robinson - September 20

Paul & Carolyn Wiehe - September 23

Alvin (AL) & Peggy Birt - September 25



Thinking of our Members in Nursing Homes and Assisted Living:

Bluebird: Dorothy Cotton
Mary Jo Finney
Shirley Applegate

Heritage: Wanda Patterson
Elsie Kandel

Walnut Crossing: Peggy Wells
Mary Freeman
Theda Clemans

Gables: Mary Shanks
Mary McNeal
Bernice Hamilton

Friendship Village Rehab, Dublin:

Country Club, Delaware:

Monarch: Joan Finch

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.

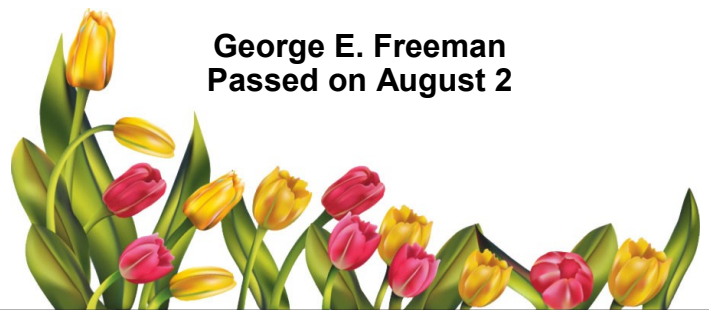
- Betty Stillings
- Joan Finch
- Daryl Ingram
- Karla Rawlins
- Pam Moore
- Nancy Jeffers
- Bernice Hamilton
- Earl Castle
- William A. McCarthy
- James Doolittle
- Charles Hartman
- Alfie Yanchik
- Karol Strapp
- Mary Gingrey
- Doris Leistriz
- Harold Horch
- Carolyn Wyse
- Molly Cooper
- Mike Arnold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



*Our sympathy and prayers
go out to the family of:*

**Rhonda Groves
Passed on July 27**

**George E. Freeman
Passed on August 2**





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: **SEPTEMBER 14th at 1:00.**
This month's book is *"The Woman in Cabin 10"*, by author Ruth Ware. 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.



COME PLAY CORNHOLE!

Windsor has a group ready to play! There is a sign-up sheet in the dining room. Games are on Fridays at 1:30 p.m.

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 September Trips starting September 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.

- Tuesday, September 19 - The Lynd Farm & Nutcracker Restaurant; depart at 10 a.m. (UCATS) \$5.00
- Friday, September 29th – Urbana Café at Airport and Museum and little side trip.(A Way Out) \$16.00
- Friday, October 20 – Nelsonville Train Trip; depart time TBD (BlueBird) \$\$\$ (Twelve people)
- Tuesday, October 24 - German Village & Schmidt's Restaurant; depart at 10 a.m. (UCATS) \$5.00
- Tuesday, November 7th – Hollywood Casino and York Steak House. (UCATS)\$5.00
- Tuesday, November 14 – MYSTERY TRIP; depart at 10 a.m. (BlueBird) \$\$
- Friday, December 15 – Franklin Park Conservatory + mystery lunch; depart at 9:30 a.m. (BlueBird) \$\$ (to be determined later)

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

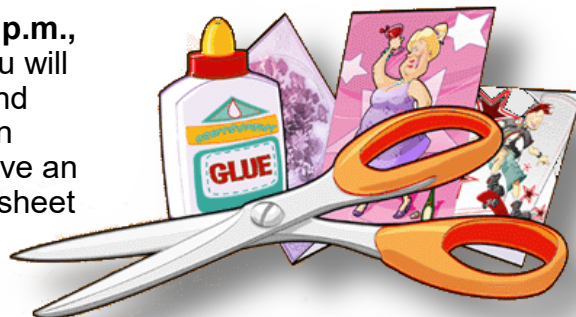
Courtesy Reminder for all Participants

Everyone who is involved in an activity wants to enjoy themselves and have a great time. Each member is entitled to cooperation from each game player whether it is corn hole, chair volleyball, Wii bowling, or dominoes. An example would be chair volleyball. Please share the volleys so all participants get a chance to have their hands on the beach ball. This is just an example of the importance of cooperation and inclusion. We are all just big kids that want to play. Thank you for your courtesy and cooperation. Go, Teams!



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
 Debora and Thomas Ranney
 Dick & Kathy Brake



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

740.852.7755

Marysville

937.644.1928

www.OhiosHospiceLovingCare.org

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Sudoku Puzzles

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

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

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.**

SEPTEMBER birthdays will be celebrated on **SEPTEMBER 14th**.
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, Tuesday, Thursday, and Friday

9:30 a.m.— 2:30 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

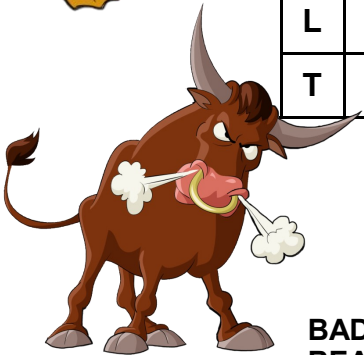
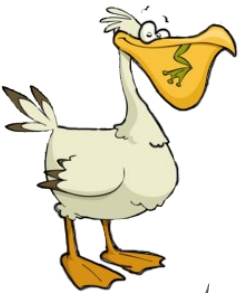
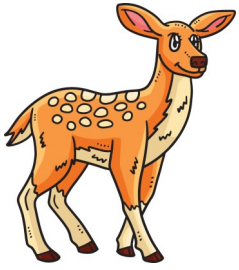
Check out our website: <https://ucsac.org>

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.

Biblical Creatures



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

BADGER
BEAR
BOAR
BULL
CALF
CAMEL
CHAMOIS
CONY
CORMAORANT
CUCKOO

DEER
DOVE
EAGLE
FOWL
GOAT
HARE
HART
HAWK
HERON
HIND

HORSE
HYENA
JACKAL
LAMB
LEOPARD
LION
MOLE
MOUSE
OSPREY
OSTRICH

PELICAN
QUAIL
SHEEP
STORK
SWAN
SWINE
VULTURE
WEASEL
WILD OX
WOLF

Solution on page 20



Welcome to Memorial!

- Dr. Loman can provide family medicine needs for patients of all ages.
- She is a second-generation physician, inspired by her father who practices in Indianapolis.
- Her interests are in diabetes, hypertension, women's health, as well as well-child/pediatric care.
- Dr. Loman is accepting new patients.

Kelly Loman, DO

Expert family medicine physician

Scan the code to read about Dr. Loman or call (937) 578-7950 to schedule an appointment.



MemorialOhio.com

 **Memorial** FAMILY MEDICINE | GATEWAY


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



SEPTEMBER 2023 COMMUNITY MEAL MENU

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



<p>MONDAY, September 4</p> <p>NO MEALS</p>  <p>LABOR DAY</p> <p>NO MEALS</p>	<p>TUESDAY, September 5</p> <p>Pork Chop Baked Potato Baby Carrots Mixed Fruit 2" Cake Dinner Roll</p>	<p>WEDNESDAY, September 6</p> <p>Haystacks (2oz. beef, lettuce, tomato, cheese & 1 oz. of chips) Refried Beans Strawberry Fluff 2" Brownie</p>	<p>THURSDAY, September 7</p> <p>Chicken & Noodles Coleslaw Peas & Carrots Warm Cinnamon Apples Cornbread</p>	<p>FRIDAY, September 8</p> <p>Meatloaf Mashed Redskin Potatoes Prince Charles Veggies Apple Salad 2 oz. Banana Muffin</p>
<p>MONDAY, September 11</p> <p>Baked Fish Almondine Hash Brown Casserole Rice Pilaf Coleslaw Grapes WW Bread</p>	<p>TUESDAY, September 12</p> <p>BBQ Chicken Roasted Redskin Potatoes Broccoli w/cheese Watermelon 2 oz. Chocolate Muffin</p>	<p>WEDNESDAY, September 13</p> <p>Veal Parmesan over Spaghetti Tossed Salad Green Beans Cranberry-Pear Crisp Garlic Breadstick</p>	<p>BIRTHDAY CELEBRATION THURSDAY, September 14</p> <p>Roast Beef Mashed Potatoes w/gravy Peas & Pearl Onions Fruit w/Dressing Dinner Roll Cake & Ice Cream</p>	<p>FRIDAY, September 15</p> <p>Grilled Bratwurst on Lg. Bun Warm German Potato Salad Braised Cabbage Mandarin Oranges</p>
<p>MONDAY, September 18</p> <p>Sweet & Sour Cherry Blossom Chicken Fried Rice Coleslaw Stir-Fry Veggies Pineapple WW Bread</p>	<p>TUESDAY, September 19</p> <p>Pepper Steak Au Gratin Potatoes Harvard Beets Strawberries over Angel Food Cake Dinner Roll</p>	<p>WEDNESDAY, September 20</p> <p>Hot Shredded Chicken on Lg. Bun Seasoned Potatoes Corn Pear Slices Pie Slice</p>	<p>THURSDAY, September 21</p> <p>BBQ Ribs Baby Bakers Cauliflower w/cheese Watergate Salad 2 oz. Blueberry Muffin</p>	<p>FIRST DAY OF FALL 23RD FRIDAY, September 22</p> <p>Country Fried Steak Mashed Potatoes w/gravy Spinach Cranberry Salad 3 Scones Dinner Roll</p>
<p>MONDAY, September 25</p> <p>Cheeseburger on Lg. Bun Potato Soup Broccoli Salad Mixed Fruit</p>	<p>TUESDAY, September 26</p> <p>Orange Juice Pancakes Sausage links Egg Casserole Hash Brown Casserole Fresh Fruit Cup</p>	<p>WEDNESDAY, September 27</p> <p>Lasagna Tossed Salad Green Beans Scalloped Apples Garlic Breadstick</p>	<p>THURSDAY, September 28</p> <p>Fried Chicken Mashed Potatoes w/ Gravy Pea Salad Fruit in Jell-O 2 oz. Biscuit</p>	<p>FRIDAY, September 29</p> <p>Salmon Patties Parsley Potatoes Creamed Peas Cantaloupe Gingersnap Cookie WW Bread</p>


Please make reservations
 by 9:30 a.m.

Please make reservations
 by 9:30 a.m.

SEPTEMBER 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
<p>CANCELLATION NOTICE: When Community Meals are canceled due to inclement weather or closed for holidays, all activities will be canceled.</p>  <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>				
<p>4 WINDSOR ACTIVITIES CENTER WILL BE CLOSED FOR LABOR DAY</p>	<p>5 10:00 — Chair Volleyball 1:30 — BINGO 2:00 — Chair Volleyball at Walnut Crossing**</p>	<p>6 10:00 — Chair Exercise 1:30 — Dominoes 1:30 — Crochet Buddies 1:30 — Card Players WITS CLASS—1:30</p>	<p>7 10:00 — Wii Bowling 1:00 — Book Club 1:00 — Board Meeting 1:30 — Card Players</p>	<p>8 10:00 — Wii Bowling 1:30 — Dominoes 1:30 — Line Dancing 1:30 — Card Players 1:30 — Corn Hole</p>
<p>11 10:00 — Chair Exercise 1:30 — Warm Up America/ Crochet 1:30 — Card Players 1:30 — Mahjong</p>	<p>12 10:00 — Chair Volleyball 1:30 — BINGO </p>	<p>13 10:00 — Chair Exercise 1:30 — Dominoes 1:30 — Crochet Buddies 1:30 — Card Players</p>	<p>14 10:00 — Wii Bowling 1:00 — Book Club 1:30 — Card Players</p>	<p>15 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>18 10:00 — Chair Exercise 1:30 — Warm Up America/ Crochet 1:30 — Card Players 1:30 — Mahjong</p>	<p>19 10:00 — Chair Volleyball 1:30 — BINGO Lynd Farm & Nutcracker Restaurant —TRIP</p>	<p>20 10:00 — Chair Exercise 1:30 — Dominoes 1:30 — Card Players 1:30 — Crochet Buddies 1:30 — WITS Brain Workout</p>	<p>21 10:00 — Wii Bowling 1:00 — Craft Class 1:30 — Card Players</p>	<p>22 10:00 — Wii Bowling 1:30 — Dominoes 1:30 — Line Dancing 1:30 — Card Players 1:30 — Corn Hole</p>
<p>25 RAGTIMES FOLDING 10:00 — Chair Exercise 1:30 — Warm Up America/ Crochet 1:30 — Card Players 1:30 Card Making 1:30 — Mahjong</p>	<p>26 10:00 — Chair Volleyball 1:30 — BINGO</p>	<p>27 10:00 — Chair Exercise 1:30 — Dominoes 1:30 — Card Players 1:30 — Crochet Buddies WITS CLASS—1:30</p>	<p>28  10:00 — Wii Bowling (NO AFTERNOON ACTIVITIES) FALL FOOTBALL TAILGATE PARTY 5:00 PM —7:00 PM</p>	<p>29 Urbana Café - TRIP 10:00 — Wii Bowling 1:30 — Dominoes 1:30 — Line Dancing 1:30 — Card Players 1:30 — Corn Hole</p>



September 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>

Fun at the Fair

We had over 200 seniors come out for Senior Day at the Union County Fair
Thank you to all who participated!



Be sure to come out to Richwood Independent Fair Senior Day August 31st for Dinner, Bingo and Entertainment

Happening Events:

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 Vaccinations: Union County Services Partking Lot, 940 London Ave, Marysville, Oh. No RSVP required.

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

October 15th, Open Enrollment starts for Medicare. Senior Services will start scheduling appointments on Oct. 9th to begin Oct. 16th.

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



Who: Seniors age 60 and over with a monthly income of \$2,430 for single and \$3,287 for two-person may qualify for a food voucher to be used at a local grocery store.

When: Applications will be accepted starting 9/5/2023. Deadline is Wednesday, 11/1/2023.

Where: Drop off to Union County Senior Services 940 London Ave, Suite 1800, Marysville OH, 43040.

Mail to Union County Senior Services, PO Box 389, Marysville OH 43040. Or Fax to 937-644-8700.

Questions: contact Senior Services 937-644-1010 Option 5.

Care Train assists eligible families with children, disabled adults and seniors living in Union County by providing food vouchers during the holidays. Since 1987, Care Train has served Union County families, disabled adults and seniors.

National Falls Prevention Week Activities

September 18-22



For More Info Contact:
Noel.Williams@uchd.net



"From Awareness to Action"

The Health Department will be holding various activities at the following locations all week long.

- **Monday 9/18 from 11am-12pm** at Richwood Civic Center
- **Tuesday 9/19 from 10am-11am** at Bluebird Retirement Community
- **Wednesday 9/20 from 11am-12pm** at Community and Seasoned Citizens
- **Thursday 9/21 11am-12pm** at Windsor and Community Seniors
- **Friday 9/22 10am-11am** at Marysville Library and Partner Park

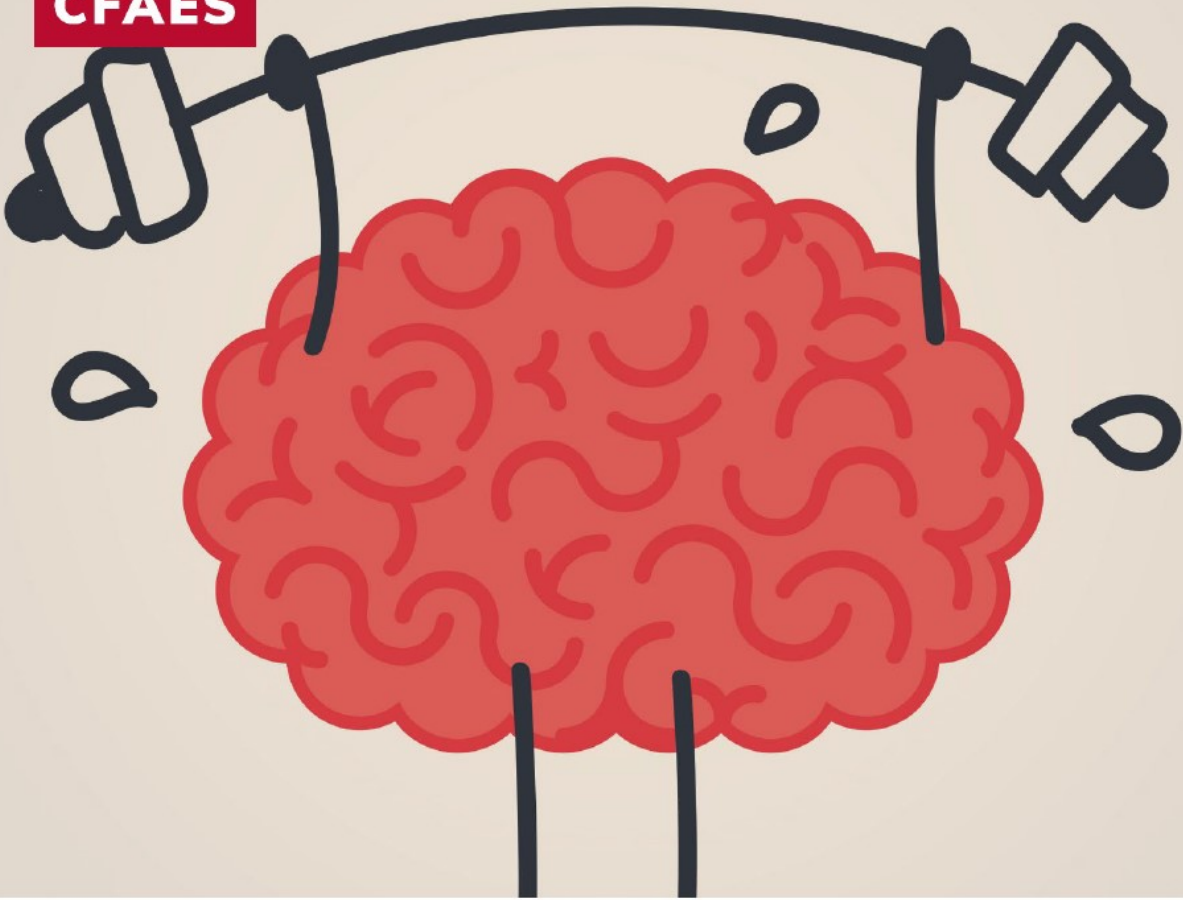
Help Prevent Falls by:

- * Keeping up with your Doctor appointments: can help address underlying medical issues that increase risk for falls.
- * Stay Physically Active: staying active has shown to help improve balance.
- * Eating a nutritious diet and stay hydrated: diet is essential for building muscles and maintaining muscle strength.
- * Wear Stabilizing shoes: study show 52% of in-home falls occur while barefoot. Choose shoes that have low heels and slip resistant soles.



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' 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.

Classes are located at Windsor Senior in backroom area of the activities room.

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

COMING SOON



National Falls Prevention Week Activities

September 18-22

Noel Williams will be at Windsor on Thursday the 21st from 11-12 for questions and suggestions for those that are interested in more information about preventing falls.



**For More Info Contact:
Noel.Williams@uchd.net**



**— UNION COUNTY —
HEALTH DEPARTMENT**



**235D Lafayette Street
London, OH 43140
937-795-3737**

**CALL TODAY TO SCHEDULE YOUR
FREE HOME ASSESSMENT!**

**Light housekeeping and
Meal preparation**

**Help with bathing, dressing
And personal care**

Mobility assistance

Medication reminders

Companionship

Fall and injury prevention

**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

**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.**



**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

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Monarch Skilled Nursing and Rehab

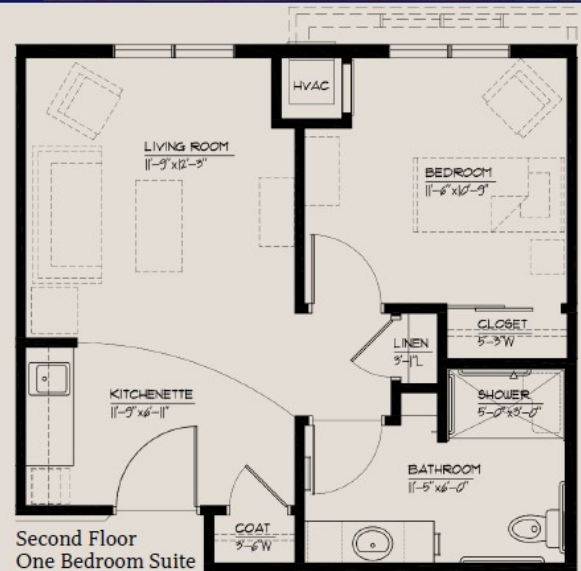
Move into Marysville's MOST AFFORDABLE, ASSISTED LIVING!

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



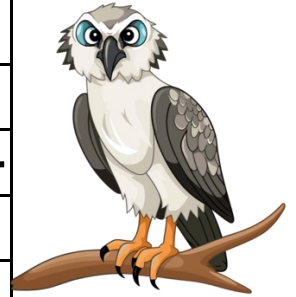
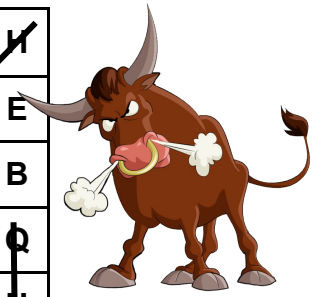
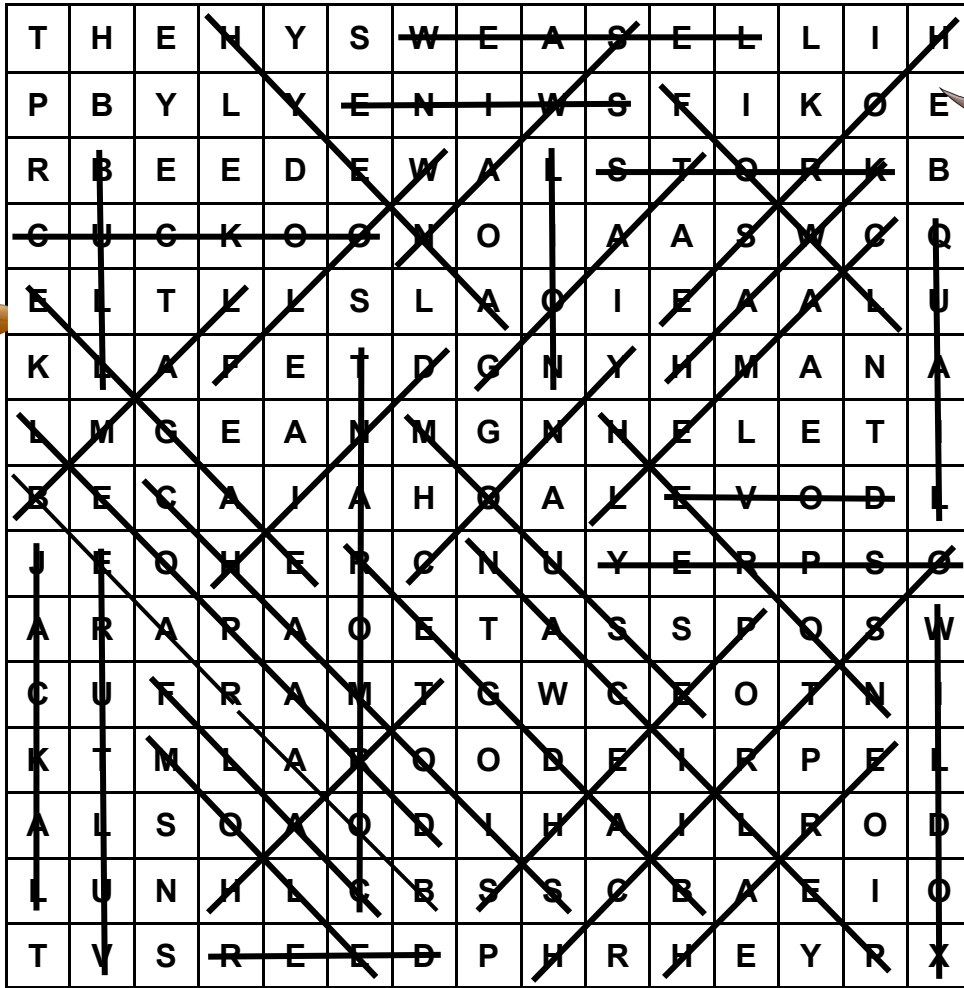
Call today for more information!

(937) 642-1026

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

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PUZZLE SOLUTIONS

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

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

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Moose Lodge



**Marysville
Moose Lodge
Family Center
#1651**

1561 Milford Ave,
Marysville, OH 43040
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.



for more weekly tips follow us on
www.facebook.com/unionrural



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Spain & Fritz LLC**
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233 W. Fifth Street, Marysville, Ohio
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Woody Wilson, Funeral Director



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.



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.

TENTATIVE DATES/ UPCOMING EVENTS AT WINDSOR:

Please NOTE that dates maybe subject to change.



Save the Date
NOVEMBER 3rd, 2023
Health Fair



Save the Date
DECEMBER 9, 2023
Christmas Party

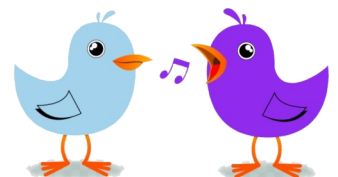
Save the Date
OCTOBER 31, 2023

Halloween Bash



BECOME A FRIEND OF WINDSOR

It is a good time to become a "Friend of Windsor". To become a friend of Windsor, a donation of \$25.00 or more entitles you to have your name listed in the newsletter for a calendar year. This money is used to support Windsor and



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: 9:30 - 2:30)

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



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



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

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Birthday: _____

Anniversary: _____

If joining as a couple, include anniversary date.

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