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SENIOR WELLNESS FAIR

NOVEMBER 3rd, 2023

AT THE
Union County Services Building
 Conference Room A/B

940 London Ave, Marysville

From 12:30 PM to 3:30 PM

Free shuttle bus service to and from Windsor to Union County Services Building.



SEE PAGE 16 FOR ADDITIONAL INFORMATION ABOUT THE WELLNESS FAIR.

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
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

Grant/Project Coordinator **Susie Pfarr**

Activity Coordinator/Front Desk Ambassador **Deb Kelly**

December

December Newsletter:

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

December 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: 9:00AM – 2:00PM -
Monday, Tuesday, Thursday, and Friday.**





UCSAC is now accepting 2024 membership fees, starting November 1st.

Stop by the Activities Office to sign up for 2024.

Happy Birthday

NOVEMBER Birthdays

			1 Sharon McFarlane Donna Moore John Phipps Sherry Kepling	2 Kathleen Whited Belle Starr	3 Frank Bouic Billy McNeese Ray Pack	4 Alice Faye Lawning
5	6	7 	8 Raymond Rausch Roxanne Canfield Mei-Mei Hsu	9 Sharyn Koelling	10 Marianne Senecal	11 Phyllis Albrink Rosella Jordon
12 Marianne Senecal Ruth Turner Betty Michael	13	14 Rick McCoy Mary Bishop	15 Darlene Liggett Jimmy Turk	16 Miriam Elliott Anne Scheiderer	17 Judy Harrington Jeanne Huffman	18 Charles Calle Mary Kitsmiller Randy Miller
19 Chuck Burch Marty McBride Jan Smith Ron Schilling Dottie Gordon	20 Jennie Blankenship Debra Kelly	21 Carol Redmond	22 John Castle Janice Oates	23 Cathy Davis Sandy Humphrey	24 Connie Blankenship Karen LeGrand	25 Jane Blews Ann Murray
26	27 Joanna Burns	28	29 Lana Thore	30 Cindy Maxhimer		

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



HAPPY
Thanksgiving!

WELCOME
NEW MEMBERS

Joe & Carolyn Ohler
Brenda Thompson
Bob Duncan
Jakie Holton
Denise Lashley
Lucy Young
Rosemary Young



Happy Anniversary



John & Rosemary Henault – Nov. 3rd
Rick & Billie Sprowls – Nov. 24th



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
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
- Brenda Hastings
- 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
- Jim Collins



Our sympathy and prayers
go out to the family of:

Debbie Welch
Her mom passed away

Sandy Williams
for the loss of her youngest child
(51 years old) early this month due to a stroke.





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: **November 9th at 1:00.** This month's book is **"Someone Else's Shoes"**, by author Jojo Moyes. You can pick up a copy from the Activities Office only. If you like to read, come join the group.



EUCHRE

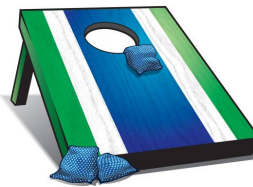
Anyone interested in playing Euchre notify the Activities Office at 937-644-8464.

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



COLORING??

Would anyone be interested in starting an **Adult coloring group?** Please contact the activity office.

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 November Trips starting November 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 on most trips.

Tuesday, November 7th – Hollywood Casino and York Steak House. (UCATS) \$5.00

Tuesday, November 14th – Crafty Country Christmas - MYSTERY TRIP; depart at 10:30 a.m. (BlueBird) \$30.00 (Includes Transportation, lunch, and More.) Limit to 12 people.

Tuesday, November 28th – Alum Creek Christmas Lights. UCATS \$5.00 leave at 4:30, Dinner at Cracker Barrel (your own expense) Limit 8 people

Tuesday, December 12th – Alum Creek Christmas Lights. UCATS \$5.00 Leave at 4:30, Dinner at Cracker Barrel (your own expense) Limit 8 people.

Friday, December 15 – Franklin Park Conservatory + mystery lunch; depart at 9:30 a.m. (BlueBird) \$\$ (to be determined later) (limit 12 people and involves walking)

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

Looking for volunteers to do trips in 2024, interested – call Pattie or Patty or Windsor office

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.



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!



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
 Dick & Kathy Brake
 Colleen Erickson



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	Emma Stevenson
Doris Leistriz	Mike Streng	Daryl Ingram	Bluebird Transportation

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

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

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

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.

NOVEMBER birthdays will be celebrated on **NOVEMBER 16th**.
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

9:00 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>

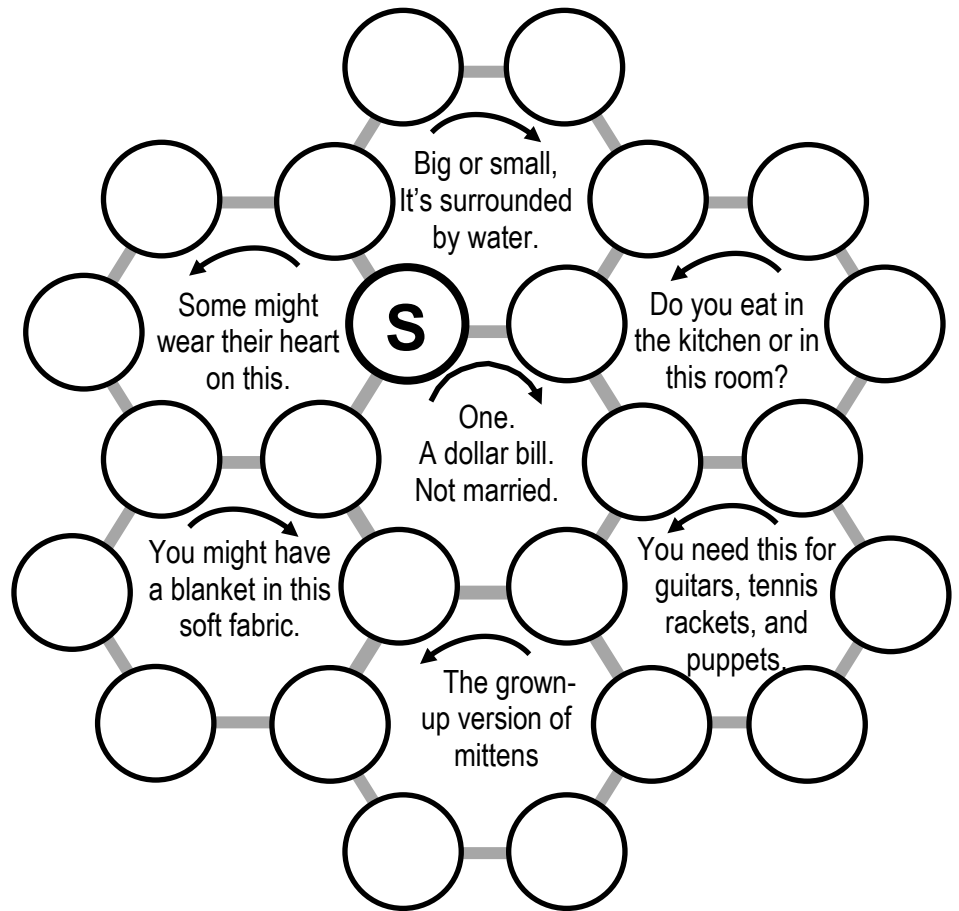
It has our calendar of events, lunch menu, trip info and much more.

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.

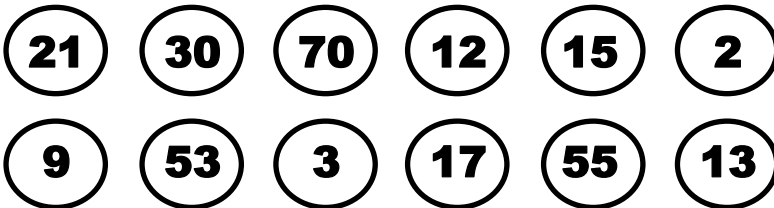
ROUND AN ROUND

Spell out the six-letter answer to each clue in the circles around it; the arrow indicates the directions in which the word will read, but not where the word begins. When you're done, all the circles will be filled in with one letter each. We have started for you one circle with the letter "S".



MAKING 100

By using each of these numbers **one time**, you can create three sets of numbers that add up to 100. What are the groupings.



$$\underline{\quad} + \underline{\quad} + \underline{\quad} + \underline{\quad} + \underline{\quad} = 100$$

$$\underline{\quad} + \underline{\quad} + \underline{\quad} + \underline{\quad} + \underline{\quad} = 100$$

$$\underline{\quad} + \underline{\quad} + \underline{\quad} + \underline{\quad} + \underline{\quad} = 100$$

NUMBER RIDDLE

TURN ME ON MY SIDE
AND I AM EVERYTHING,
CUT ME IN HALF AND I
AM NOTHING. **WHAT
AM I?**

Solution on page 20

Delivering the Best Care

To Our Patients & Our Region!



MemorialOhio.com





Please make reservations by 9:30 a.m.

NOVEMBER 2023 — COMMUNITY MEAL MENU

Please make reservations by 9:30 a.m.

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

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


<p>MONDAY, November 6 Breaded Chicken Breast Mashed Potatoes w/Gravy Italian Green Beans Pears 2 oz. Banana muffin</p>	<p>TUESDAY, November 7 Baked Fish Au Gratin Potatoes Lima Beans Peaches Graham Crackers WW Bread</p>	<p>WEDNESDAY, November 1 Fried Chicken Leg Green Beans Coleslaw Fruit Mix 2 oz. Biscuit</p>	<p>WEDNESDAY, November 8 Veal Parmesan over Spaghetti Tossed Salad Carrots Cranberry-Pear Crisp Garlic Breadstick</p>	<p>THURSDAY, November 2 Haystacks (2oz. beef, lettuce, tomato, cheese & 1 oz. of chips) Mexican Rice Oranges Tomato Juice</p>	<p>THURSDAY, November 9 Bourbon Chicken Seasoned Sweet Potatoes Kyoto Vegetables Pineapple Cake Dinner Roll</p>	<p>FRIDAY, November 3 Salisbury Steak/Gravy Baked Potato Spinach Bake Cranberry-Apple Jell-O 2 in. Brownie WW Bread</p>	<p>FRIDAY, November 10 CLOSED VETERANS DAY </p>
<p>MONDAY, November 13 Hot Shredded Chicken on Lg. Bun Roasted Potatoes Corn Pear Slice</p>	<p>TUESDAY, November 14 Meatloaf Sweet Potato Casserole Green Beans Pistachio Fruit fluff Angel Food Cake Dinner Roll</p>	<p>WEDNESDAY, November 15 Taco Bake Corn Tossed Salad Cinnamon Apple Slices Garlic Breadstick</p>	<p>WEDNESDAY, November 22 Roast Turkey w/stuffing Mashed potatoes w/Gravy Corn Casserole (1/2c. corn) Pistachio Fruit Fluff Dinner Roll Pie Slice</p>	<p>BIRTHDAY CELEBRATION THURSDAY, November 16 Roast Beef Mashed Redskin Potatoes w/Gravy Prince Charles Vegetables Creamy Fruit Salad Dinner Roll Cake & Ice Cream</p>	<p>THURSDAY, November 23 CLOSED HAPPY THANKSGIVING</p>	<p>FRIDAY, November 17 Bratwurst on Lg. Bun Scalloped Potatoes Braised Cabbages Oranges</p>	
<p>MONDAY, November 20 Cheeseburger on Lg. Bun Potato Soup Broccoli Salad Fruit Cocktail</p>	<p>TUESDAY, November 21 Orange Juice Pancakes Sausage links Egg Casserole Hash Brown Casserole Fruit Cup</p>	<p>WEDNESDAY, November 29 Chipped Beef Gravy Over 2 oz. biscuit Fried Potatoes Mixed Veggies Peaches</p>	<p>THURSDAY, November 30 Macaroni & Cheese Green Beans Coleslaw Scallop Pineapple WW Bread</p>	<p>FRIDAY, November 24 CLOSED HAPPY THANKSGIVING </p>	<p>MONDAY, November 27 Navy Bean Soup w/Ham Tossed Salad/HB Egg Fruit Mix 2 oz. Cornbread Muffin</p>	<p>TUESDAY, November 28 BBQ Ribs Au Gratin Potatoes Roasted Root Veggies Pear Slices Gingersnap Cookie Dinner Roll</p>	<p>WEDNESDAY, November 29 Chipped Beef Gravy Over 2 oz. biscuit Fried Potatoes Mixed Veggies Peaches</p>

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

NOVEMBER Activities

Activity Calendar is always subject to change.

Activities Subject to
change due to weather or
needs of Activity Events.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
** Please NOTE: Chair volleyball at 2:00 pm location Walnut Crossing ,they will furnish bus if driver is				
★ NO EARLY CARD PLAYERS IN BACK ROOM				
6 10:00 — Chair Exercise 1:30 — Warm Up America/ Charity Crochet 1:30 — Card Players 1:30 — Mahjong	7 10:00 — Chair Volleyball 1:30 — BINGO TRIP HOLLYWOOD CASINO and	8 10:00 — Chair Exercise 1:30 — Crochet Buddies 1:30 — Card Players 2:00 -Chair Volleyball @ WC	9 ★ 10:00 — Wii Bowling 1:00 — Book Club 1:30 — Card Players 1:30 — Dominoes	10 CLOSED VETERANS DAY 
13 10:00 — Chair Exercise 1:30 — Warm Up America/ Charity Crochet 1:30 — Card Players 1:30 — Mahjong	14 10:00 — Chair Volleyball 1:30 — BINGO MYSTERY TRIP 10:00	15 10:00 — Chair Exercise 1:30 — Crochet Buddies 1:30 — Card Players 2:00 — Chair Volleyball @ WC	16 ★ 10:00 — Wii Bowling 1:00 — Craft Class 1:30 — Card Players 1:30 — Dominoes RAGTIMES DEADLINE FOR ARTICLES	17 10:00 — Wii Bowling 1:30 — Dominoes 1:30 — Line Dancing 1:30 —Card Players 1:30—Corn Hole
20 10:00 — Chair Exercise 1:30 — Warm Up America/ Charity Crochet 1:30 — Card Players 1:30 — Mahjong	21 10:00 — Chair Volleyball 1:30 — BINGO	22 10:00 — Chair Exercise 1:30 — Card Players 1:30 — Crochet Buddies 2:00 — Chair Volleyball @ WC	23 ACTIVITY CENTER WILL BE CLOSED IN OBSERVANCE OF THANKSGIVING DAY	
24 ACTIVITY CENTER WILL BE CLOSED IN OBSERVANCE OF THANKSGIVING DAY		29 10:00 — Chair Exercise 1:30 — Card Players 1:30 — Crochet Buddies 2:00 — Chair Volleyball @ WC		
27 ★ RAGTIMES FOLDING 10:00 — Chair Exercise 11:00 Union Co. MOVES 1:30 — Warm Up America/ Charity Crochet 1:30 — Card Players 1:30 Card Making 1:30 — Mahjong	28 10:00 — Chair Volleyball 1:30 — BINGO	30 10:00— Wii Bowling 1:30 — Card Players 1:30 — Dominoes		





November 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>

Medicare

Protect yourself against Fraud:

Marketing rules for Medicare plans NOT allowed:

- ♦ Ask for your personal information (Medicare, Social Security, bank account, or credit card numbers) over the phone. Plans don't need your personal information to give a quote.
- ♦ Call you unless you're already a member of the plan. If you're a member, the agent who helped you join can call you.
- ♦ Ask you for payment over the phone or online. The plan must send you a bill.
- ♦ Come to your home uninvited to sell or endorse anything.

Protection Against Medicare Fraud

- ♦ Report improper agent activity to 800-686-1527 such as:
 - Door to Door sales
 - Giving out cash gifts or gifts exceeding \$15
 - High pressure sales tactics
 - Misrepresenting a plan or giving incomplete information
 - Representing themselves as Medicare
- ♦ ProSeniors is Ohio's Senior Medicare Patrol who responds to Medicare fraud. Call 800-488-6070 to report suspected fraud.



Medicare Open Enrollment is October 15th through December 7th. During Open Enrollment, trained Senior Services staff at Union County Senior Services can assist you with reviewing options and making Medicare selections. You can schedule a free, unbiased, private consultation by calling 937-644-1010 option 5.

- ♦ Review and compare 2024 Part D plans
- ♦ Review and compare Medicare Advantage
- ♦ Learn ways to save on Prescription and Medicare costs

An OSHIIP rep will be taking appointments on **October 27th, 2023** at Union County Services Building 940 London Ave Marysville, Oh 43040. By appointment only, to RSVP call 937-644-1010 option 5.



Questions?

Call OSHIIP 800-686-1578

Ohio Senior Health Insurance Information Program (OSHIIP)

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

Daily internet use may reduce dementia risk in seniors

Mark Huffman, reporter of Consumer Affairs

A study published in the Journal of the American Geriatrics Society found that seniors who use the internet regularly can reduce their risk of dementia by as much as 50%. Even after allowing for other factors that could affect cognitive ability, the researchers discovered that browsing the web for six minutes to two hours a day appeared to provide the most protection

This isn't the first study to explore this area. Previous studies have shown that being engaged online can reduce aging's natural tendency to produce cognitive decline. Some studies have also shown that internet users display better verbal command and memory than those who seldom or never use the internet.

Researchers point out that the study was conducted over a 17-year period and involved thousands of participants between the ages of 50 and 65, giving it added credibility. None of the participants displayed any signs of dementia at the start of the study period.

"Regular internet users experienced approximately half the risk of dementia than non-regular users," the authors concluded. "Being a regular internet user for longer periods in late adulthood was associated with delayed cognitive impairment, although further evidence is needed on potential adverse effects of excessive usage."

The authors said the difference in risk between regular and non-regular users did not vary by educational attainment, race-ethnicity, sex, and generation.

According to the Alzheimer's Association, dementia is an overall term for a particular group of symptoms. The characteristic symptoms of dementia are difficulties with memory, language, problem-solving and other thinking skills. Dementia has several causes reflecting specific changes in the brain.

ALZHEIMER'S ASSOCIATION®

The Alzheimer's Association care and support programs including the 24/7 Helpline (800.272.3900), care consultation, and Community Education programs are open to anyone who needs assistance. The caregiver support groups are open to the public without eligibility requirements. The Central Ohio Chapter supports Union County seniors and their caregivers, call 614.457.6003 for more information.

Winter Crisis Program

The Winter Crisis Program provides a one-time emergency gas/electric payment to eligible households that are without heat, in danger of having their heat disconnected, or in danger of running out of fuel in their tank. The program runs from November 1 to March 31.

WHO IS ELIGIBLE?

- Total household income must be at or below 175% of federal poverty guidelines
- Gas and/or electric service is currently off, in disconnection status, or needs started
- Bulk fuel (propane, fuel oil, wood, coal, etc.) is at 25% or less

QUESTIONS?

If you have any questions about eligibility requirements, how to apply, or services provided, please contact Bridges Community Action at 937-642-4986.

Union County Meal Services

Memorial Community Meals:

Richwood Civic Center Meals - 235 Grove St.

Richwood, OH (614)949-4382

Pleasant Valley Senior Center Meals - 390 B

Allgyer Dr. Plain City, Oh 43064 (614)873-8870

Windsor Senior Center Meals- 376 Rosehill Dr.

Marysville, Oh (937)644-8459

Hope Center Community Meals

Marysville Church of the Nazarene- 1126 N.

Maple St. Marysville, Oh (937)303-4209 Mon-

day-Friday 4:30-6:30pm

Happening Events:

October 15th, Open enrollment starts for Medicare. Senior services have started scheduling appointments.

October 27th, OSHIP rep will be taking Medicare appointments, Union County Services building 940 London Ave, Marysville, Oh. To RSVP call 937.644.1010 option 5.

November 1st, Deadline for Care Train applications

November 3rd, 12:30pm—3:00pm Wellness Fair by Union County Activity Center, Union County Services building 940 London Ave, Marysville, Oh, Conference room A/B



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.

SENIOR WELLNESS FAIR

NOVEMBER 3rd, 2023

AT THE

Union County Services Building

940 London Ave, Marysville

From 12:30 PM to 3:30 PM

Wellness Fair Participants

Bridges Community Action
Care Train of Union County
Eufinger Law Offices
Hospets
Hospice Loving Care
Interim Health Care
LINCARE
Marysville Division of Fire-Smoke
Detectors
Marysville Library

Memorial Hospital Fitness
Memorial Massage
Memorial Physical Therapy
Neighbor to Neighbor
Union County Health Dept.
Union County Senior Services
United Patient Care
Windsor Manor Apartments
Warm-up America



Union County Health Dept. will be giving Flu and Covid Shots at the Health Fair. People interested in a flu or Covid shot will need to call ahead and schedule a time for their shot on NOVEMBER 3rd. You also need to take a photo ID and insurance card to the appointment.

Free shuttle service to and from the Wellness Fair and Windsor Senior parking lot. Please note that the company supplying the shuttle van, is not a wheelchair or motorized scooter-accessible vehicle.

Sponsored by:



Call Windsor Senior for additional information about the Wellness Fair at 937-644-8464.



Union County Moves Coalition Vision *is to enhance and develop infrastructure where transportation is accessible to all people for all reasons.*

Our Mission *is to advocate and plan for transportation systems that balance convenience and efficiency.*

Jennifer from the Moves Coalition will be here at our location on the **4th Monday** of every month starting at **11:00 AM**. Feel free to stop in and to get more information about the Moves Coalition.

Union County MOVES Coalition

940 London Ave., Suite 1100

Marysville, OH 43040

PH: (937) 645-2063



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 Dorothy (Dottie) Gordan at 937-210-0577 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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Month!



Monarch Skilled Nursing and Rehab

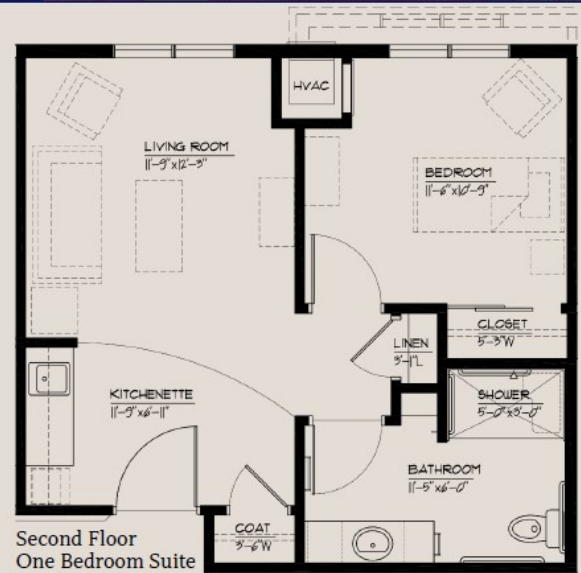
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- Weekly housekeeping and laundry
- Access to physical, occupational and speech rehabilitation therapies
- Movie theater, beauty salon, game lounge, bistro and outdoor putting green
- Beautifully furnished rooms, lounges and corridors



Call today for more information!

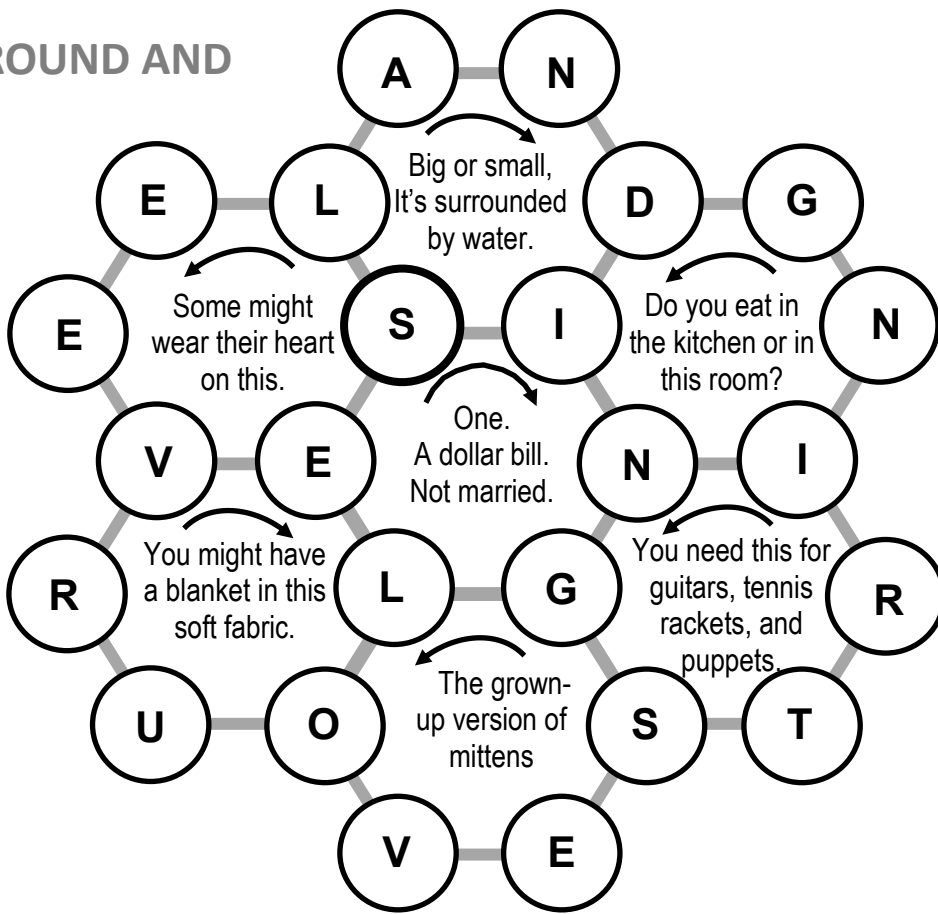
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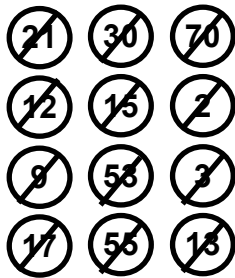
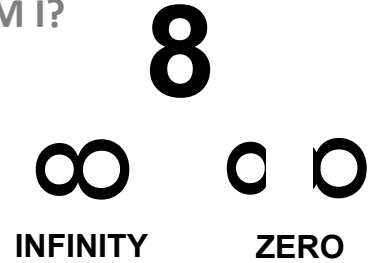


ROUND AND



NUMBER RIDDLE

TURN ME ON MY SIDE
AND I AM EVERYTHING,
CUT ME IN HALF AND I
AM NOTHING. WHAT
AM I?



 21 + 15 + 9 + 55 + = 100

 70 + 13 + 17 + + = 100

 30 + 12 + 2 + 53 + 3 = 100

PUZZLE SOLUTIONS

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

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

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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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 (937)642-1751
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 (937)355-3341*

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.



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 our activities.



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.**

Christmas Party

December 9 from 12:00 — 2:00

Members Only

Catered by Robinson and Flowers. Sign-up sheet available 11-1 - 11-13

This year there will be a \$5.00 fee per person, non-refundable payable at the time of sign-up.

Choice of chicken or beef to also be made at the time of sign-up.



Come visit with Mr. and Mrs. Clause, and enjoy some music, a 50/50 drawing, and door prizes.

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.

**UCSAC is now accepting 2024 membership fees, starting November 1st.
Stop by the Activities Office to sign up for 2024.**

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

Activities Office 937-644-8464
(Hours: 9:00 - 2:00)

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



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



NOVEMBER 2023



376-C Rosehill Drive
Marysville, OH 43040

2023/2024 New Membership Subscription
\$15 Singles - \$20 Couples

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!