

Inside this issue....

2023 Board of Trustees..... 2	Volunteer Honor Roll.....7
Birthdays/Anniversaries.....3,4	Puzzles & Games.....8,10
In Nursing Homes.....4	Menu12
Activity Info.....5, 6, 7	Activities Calendar13
Trip News.....6	Puzzle and Game Solutions.....20
Friends of Windsor.....7	Policies.....21



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

SEATING IS LIMITED. SIGN UP SHEET WILL BE AVAILBLE 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.



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**

Nancy Cox,
Sharon Gibson,
Kathleen Whited,
Jane Blews, Sally
& Bill McNeese,
Donna Barton,

Della Fultz,
Nancy Ward,
Laurinda Caudill,
Mollie West,
Kathy Prior,
Kathy Shamblin

November

November Newsletter:

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

November 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

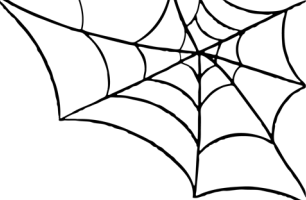
Stop by the Activities office to sign-up or call the Activities Office at **937-644-8464.**

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





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

1 Dianne Belt	2 Barry Bair Deloris Bills	3	4 William Blumenschein Jim Lockwood	5 Betty Mullins	6 Rita Long Sharon Wagner	7 Mary L. Gray Pat Laird Ted Myers Maudella Nixon
8	9 Brenda Rhodes	10 Janet Brown Billie Jo Denty	11 Ruth Alexander Holly Boerger Robert Dent	12 Richard Harrison John Howard Donna Story Patty Turner Annalee Webb Irene Rees	13	14 Michael Alltop Sharon Marcum Marty Preston
15 Sharon Parrott	16 Sally Burns	17 Joseph Bell Bruce Wilson	18 Larry Rood Jerry Yoder	19 Kathleen Chippas Ted Howard Elsie Kandel Sue McClish Patricia Metcalf	20	21 Joan Finch
22	23	24	25 Marilyn McNemar Margaret Webster	26 Priscilla McCoy	27 William Scheblo Mary Stierhoff	28 Donald Moore
29 Peggy Wilson Robert Gaines	30	31 Ginny Brosher Larry Nickle Susie Rausch				

MEMBERS ONLY

OCTOBER 31, 2023— 5 P.M.-7 P.M.

Halloween Bash

Tricks and Treats Prizes for best costumes

You Must Sign Up To Attend.

Sign up sheet will be at the meal pickup or call the office at 937-642-8464

Dead line to sign up is by October 20th, 2022

Costumes Welcome and Encouraged



Happy Anniversary



- Don & Debbie Welch - October 4**
- Allan & Mary Davidson - October 8**
- Tony & Susie Pfarr - October 15**
- Susie & Raymond Rausch - October 15**
- Butch & Susanne Sawyer - October 19**
- Patricia R & Michael Streng - October 25**
- Doug & Sonalle Tron - October 30**
- Mike & Beckie Congrove October 30**
- Susan & Larry Fishbaugh - October 31**



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:

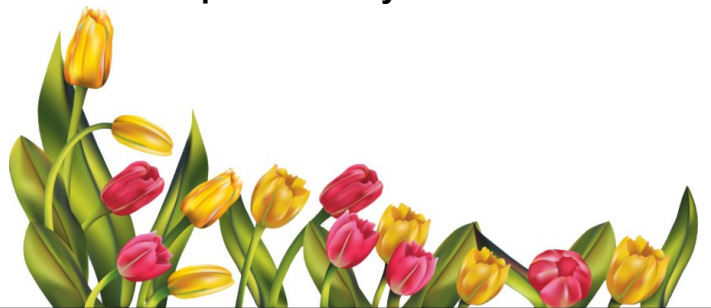
All those that we know who have been ill, are recovering from surgeries, or for other reasons.

- Betty Stillings
- Joan Finch
- Daryl Ingram
- Karla Rawlins
- Pam Moore
- Nancy Jeffers
- Bernice Hamilton
- Earl Castle
- 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:

Doris Fields
passed away 8/23/23





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: **October 12th at 1:00.** This month's book is **"Killers of a Certain Age"**, by author Deanna Raybourn. 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 October Trips starting October 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, 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)

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!



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

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	

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

Copyright © 2020 Ohio's Hospice, Inc. All rights reserved.

Sudoku Puzzles

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

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

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.

OCTOBER birthdays will be celebrated on **OCTOBER 12th**.
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

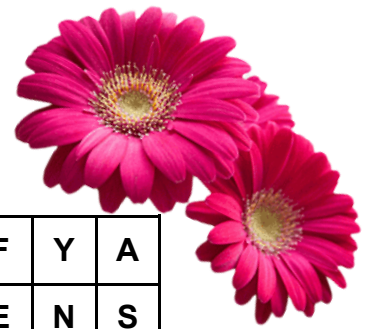
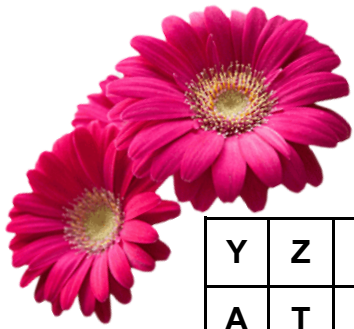
Check out our website: **<https://ucsac.org>**

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.

AUTUMN TIME



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



CANNING
CHILLY
COLD
CROPS
EQUINOX
FALL
FARMING
FEAST
FROST
HALLOWEEN
HARVEST
HAYSTACK

NOVEMBER
OCTOBER
PUMPKIN
RAKE
SCHOOL
SEASON
SEPTEMBER
SQUASH
THANKSGIVING
TURKEY
WINDY

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.





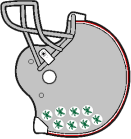
MemorialOhio.com

 **Memorial** FAMILY MEDICINE | GATEWAY

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

OCTOBER 2023 COMMUNITY MEAL MENU

Please make reservations by 9:30 a.m.



<p>MONDAY, October 2</p> <p>Hamburger Vegetable Soup Tossed Salad/HB Egg Fruit Mix 3 Scones</p>	<p>TUESDAY, October 3</p> <p>Bourbon Chicken Scalloped Potatoes Roasted Root Veggies Pear Slices 2 oz. Cinnamon Muffin</p>	<p>WEDNESDAY, October 4</p> <p>Johnny Marzetti Coleslaw Carrots Scalloped Pineapple Garlic Breadstick</p>	<p>THURSDAY, October 5</p> <p>Pot Roast w/ Potatoes, Carrots & Onions Grape Salad Gingersnap Cookie Dinner Roll</p>	<p>FRIDAY, October 6</p> <p>Fried Chicken Leg Hash brown Casserole Kyoto Veggie Mix Orange Fluff 3 Graham Crackers Dinner Roll</p>
<p>MONDAY, October 9</p> <p>Beef Stew With 2 oz. Biscuit Tossed Salad Cherry Crisp</p>	<p>TUESDAY, October 10</p> <p>Stuffed Peppers Au Gratin potatoes Mixed Vegetables Peaches 5 Vanilla Wafers WW Bread</p>	<p>WEDNESDAY, October 11</p> <p>Haystacks (2oz.beef, lettuce, tomato, cheese & 1 oz. of chips) Mexican Rice Oranges Tomato Juice</p>	<p>BIRTHDAY CELEBRATION THURSDAY, October 12</p> <p>Hickory Smoked Ham Sweet Potato Casserole Green Beans Creamy Fruit Salad Cake & Ice Cream Dinner Roll</p>	<p>FRIDAY, October 13</p> <p>Grilled Hotdog on a Lg. Bun Potato Salad Baked Beans Apple Crisp</p>
<p>MONDAY, October 16</p> <p>Salisbury Steak Baked Potato Broccoli w/cheese Strawberries over Angel Food Cake Dinner Roll</p>	<p>TUESDAY, October 17</p> <p>Sweet & Savory Chicken Scalloped Potatoes Peas Mandarin Oranges 2 oz. Blueberry Muffin</p>	<p>WEDNESDAY, October 18</p> <p>Beef & Noodles Tossed Salad Lima Beans Scalloped Apples Cornbread</p>	<p>THURSDAY, October 19</p> <p>Roast Turkey w/Stuffing Mashed Potatoes w/Gravy Corn Casserole (1/2 c. corn) Pistachio Fruit Fluff Dinner Roll</p>	<p>FRIDAY, October 20</p> <p>BBQ Pork Seasoned Sweet Potatoes Roasted Brussels Sprouts Pineapple 2" Brownie WW Bread</p>
<p>MONDAY, October 23</p> <p>Granberry Chicken Scalloped Potatoes Roasted Root Veggies Pear Slices Gingersnap Cookie Dinner Roll</p>	<p>TUESDAY, October 24</p> <p>Spaghetti w/meat sauce Tossed Salad Italian Green Beans Scalloped Pineapple Garlic Breadstick</p>	<p>WEDNESDAY, October 25</p> <p>Sausage Gravy Over 2 oz. Biscuit Mashed Potatoes Yellow Beans Peaches</p>	<p>THURSDAY, October 26</p> <p>Roast Pork Sweet Potato Malibu Veggies Waldorf Salad 2 oz. Cinnamon Muffin</p>	<p>FRIDAY, October 27</p> <p>CLOSED IN OBSERVANCE OF COLUMBUS DAY</p>  <p>NO MEALS</p>
<p>MONDAY, October 30</p> <p>Sloppy Joe on Lg. Bun Au Gratin Potatoes Peas Grapes</p>	<p>TUESDAY, October 31</p> <p>Chicken Cordon Bleu Baby Bakers Spinach Fruit in Jell-O 3 Graham Crackers Dinner Roll</p>	<p> Menu subject to change based on availability and weather. Available Milk Choices: 2% Milk, Low Fat Chocolate</p> <p>CANCELLATION NOTICE: When Community Meals are canceled due to inclement weather or closed for holidays, all activities will be canceled.</p> 		

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

OCTOBER Activities

Activity Calendar is always subject to change.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10:00 — Chair Exercise 1:30 — Warm Up America/ Crochet 1:30 — Card Players 1:30 — Mahjong	3 10:00 — Chair Volleyball 1:30 — BINGO	4 10:00 — Chair Exercise 1:30 — Crochet Buddies 1:30 — Card Players	5 10:00 — Wii Bowling 1:00 — Book Club 1:00 — Board Meeting 1:30 — Card Players 1:30 — Dominoes	6 10:00 — Wii Bowling 1:30 — Dominoes 1:30 — Line Dancing 1:30 — Card Players 1:30 — Corn Hole
9 10:00 — Chair Exercise 1:30 — Warm Up America/ Crochet 1:30 — Card Players 1:30 — Mahjong	10 10:00 — Chair Volleyball 1:30 — BINGO	11 10:00 — Chair Exercise 1:30 — Crochet Buddies 1:30 — Card Players 2:00 — Chair Volleyball at Walnut Crossing**	12 10:00 — Wii Bowling 1:00 — Book Club 1:00 — Board Meeting 1:30 — Card Players 1:30 — Dominoes	13 10:00 — Wii Bowling 1:30 — Dominoes 1:30 — Line Dancing 1:30 — Card Players 1:30 — Corn Hole
16 10:00 — Chair Exercise 1:30 — Warm Up America/ Crochet 1:30 — Card Players 1:30 — Mahjong	17 10:00 — Chair Volleyball 1:30 — BINGO	18 10:00 — Chair Exercise 1:30 — Crochet Buddies 1:30 — Card Players	19 10:00 — Wii Bowling 1:30 — Card Players 1:30 — Dominoes	20 10:00 — Wii Bowling 1:30 — Dominoes 1:30 — Line Dancing 1:30 — Card Players 1:30 — Corn Hole
23 10:00 — Chair Exercise 1:30 — Warm Up America/ Crochet 1:30 — Card Players 1:30 — Mahjong	24 10:00 — Chair Volleyball 1:30 — BINGO	25 10:00 — Chair Exercise 1:30 — Card Players 1:30 — Crochet Buddies 1:30 — WITS Brain Workout	26 10:00 — Wii Bowling 1:00 — Craft Class 1:30 — Card Players 1:30 — Dominoes	27 ACTIVITY CENTER WILL BE CLOSED IN OBSERVANCE OF COLUMBUS DAY
30 10:00 — Chair Exercise 1:30 — Warm Up America/ Crochet 1:30 — Card Players 1:30 Card Making 1:30 — Mahjong	31 10:00 — Chair Volleyball 1:30 — BINGO	 <p>** Please NOTE: Chair volleyball at 2:00 pm location Walnut Crossing, they will furnish bus if driver is available, otherwise Jim will transport also if available.</p> 		



October 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 Checkup Event!

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

Find out how the Oct 15 - Dec 7 Medicare Open Enrollment Period can work for you. Get tips on how to enroll for 2024 coverage in a Medicare prescription drug plan (Part D) and/or a Medicare health plan. See if you qualify to SAVE an average of \$5,000 on your prescription drug costs.

Where: Union County Services Building 940 London Ave Marysville, Oh 43040. Counseling by appointment only. To RSVP call 937.644.1010 option 5.

When: OSHIIP rep will be taking appointments on October 27th, 2023. Union County Senior Services case managers will be taking appointments to begin on October 16th, 2023.

Questions?

Call OSHIIP 800-686-1578

Ohio Senior Health Insurance Information Program (OSHIIP)



Happening Events:

September 26th, 1pm-3pm Medicare Check-Up. 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. 10th to begin Oct. 16th.

October 27th, OSHIIP 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

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

4 Autumn Safety Tips for Seniors

Get the flu vaccine. The Centers for Disease Control ([CDC](https://www.cdc.gov)) recommends that adults aged 65 and older get a flu vaccine each year, ideally by the end of October. Seniors are especially at risk for complications from the flu, such as pneumonia, bronchitis and ear infections. There are two types of flu shots specially designed for seniors. Ask your health care provider which one would be best for you.

Be wary of tripping hazards. People generally experience stiffer joints in colder weather. Not only might it be a bit harder to move around, but it gets dark out early, the ground is often wet or frozen, and fallen leaves create slipping hazards or even cover up hazardous rocks that you can trip on. Make sure leaves are cleared from sidewalks and driveways on your property and that all walkways are illuminated to reduce your chances of a fall. Sprinkle cat litter or sand on icy sidewalks.

Protect your skin. Indoor air becomes arid thanks to household heating systems. With age, our skin gets thinner and more prone to dryness and tears that can lead to infections. Stay hydrated by drinking plenty of fluids and eating soup. Using a humidifier indoors can go a long way toward putting some much-needed moisture back into the air.

Eliminate fire risks. Check that electrical appliances like electrical blankets are in good condition without fraying cords. Space heaters are common sources of fires. Make sure they're placed far away from flammable surfaces. Autumn is an excellent time to check the batteries in your smoke and carbon monoxide detectors. Also, be sure to have working fire extinguishers in the kitchen and near any fireplaces



Richwood Independent Fair Senior Day 2023



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, November 1, 2023.

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

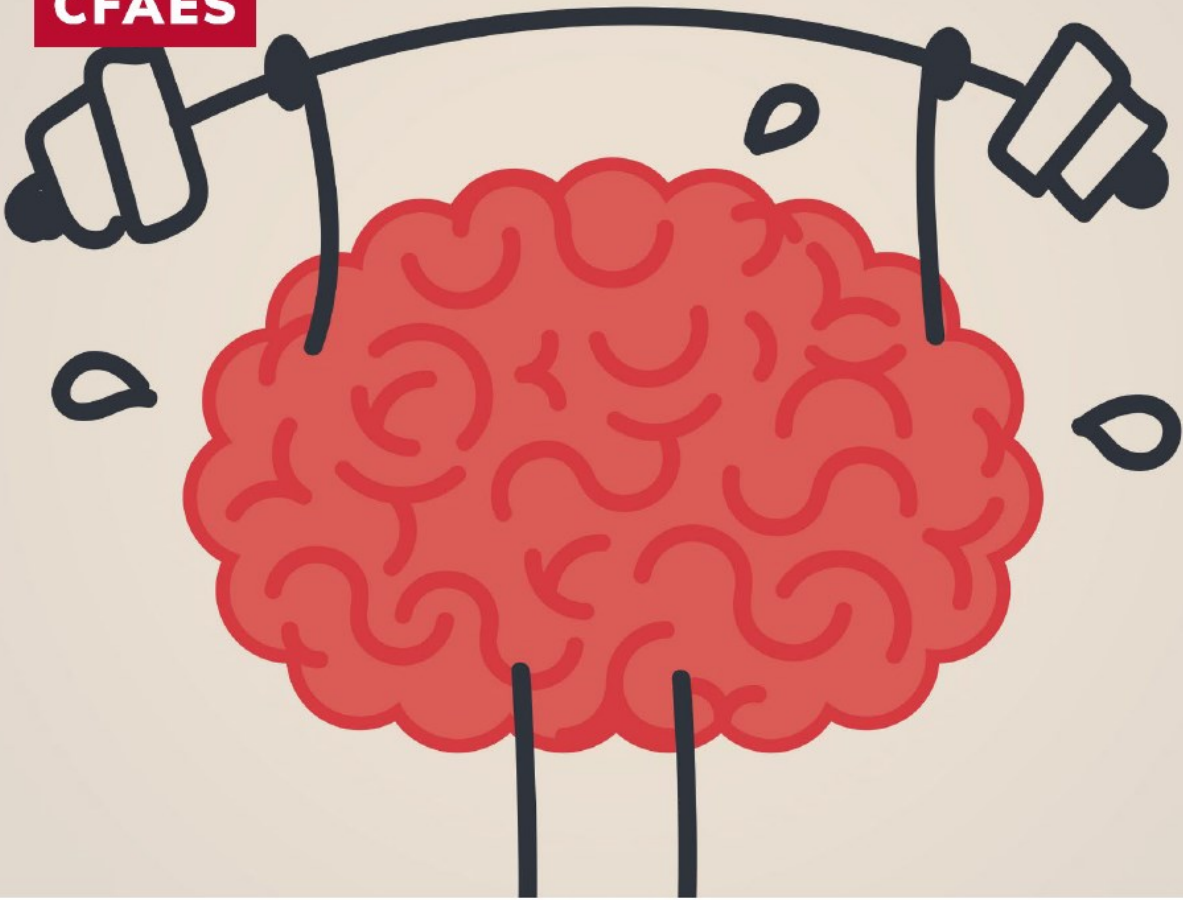
County Senior Services, PO Box 389, Marysville OH 43040. Or Fax to 937-644-8700.

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.

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.

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

NATIONAL CHOCOLATE CUP-

October 18

National Chocolate Cupcake Day on October 18th annually celebrates the sweetness of small chocolate cakes. With a dollop of frosting, one sweet serving satisfies chocolate and cake lovers!

Cupcakes have also been called:

Fairy Cakes

Patty Cakes

Cup Cakes (different from Cupcakes (one-word))



Cupcakes can be traced back to 1796 when a recipe notation of “a cake to be baked in small cups” was written in *American Cookery*, by Amelia Simmons. The earliest known documentation of the term cupcake was in 1828 in *Seventy-five Receipts for Pastry, Cakes, and Sweetmeats* in Eliza Leslie’s *Receipts* cookbook.

Bakers initially baked their cupcakes in heavy pottery cups. However, bakers today use a plethora of tools at their fingertips. Some still use individual ramekins, small coffee mugs, large teacups, or other small ovenproof pottery-type dishes for baking their cupcakes. Of course, the most common cupcake tool is the muffin or cupcake pan. This handy tool includes multiple cups in one device.



Chocolate cupcakes come in a variety of flavors, too. Of course, there’s always the standard chocolate cupcake. But why stop there on a holiday?

Chocolate caramel cupcakes satisfy that extra cry for sweetness.

Peanut butter chocolate cupcakes are the snacker’s delight.

Get devilishly good cupcakes with Devil’s Food.

Cool things off a bit with chocolate mint recipes, too.

And you can’t forget chocolate orange cupcakes. Citrus brightens the flavor of any chocolate recipe.

HOW TO OBSERVE CHOCOLATE CUPCAKE DAY

Celebrate by trying one of the following tempting recipes while watching an episode of the Food Network reality-based competition show, *Cupcake Wars*. Remember to invite friends or family over to share.

That’s how we like to #CelebrateEveryDay!

Cream Cheese Chocolate Cupcakes

Chocolate Fudge Cupcakes with Peanut Butter Frosting

Super Easy, Super Moist Chocolate Cupcakes

Chocolate Cream Filled Chocolate Cupcakes

Dark Chocolate Cupcakes

Other dates to consider:

National Vanilla Cupcake Day is November 10th.

National Cupcake Day is December 15th.





**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

Now Offering
Free Rent
Your First
Month!



Monarch Skilled Nursing and Rehab

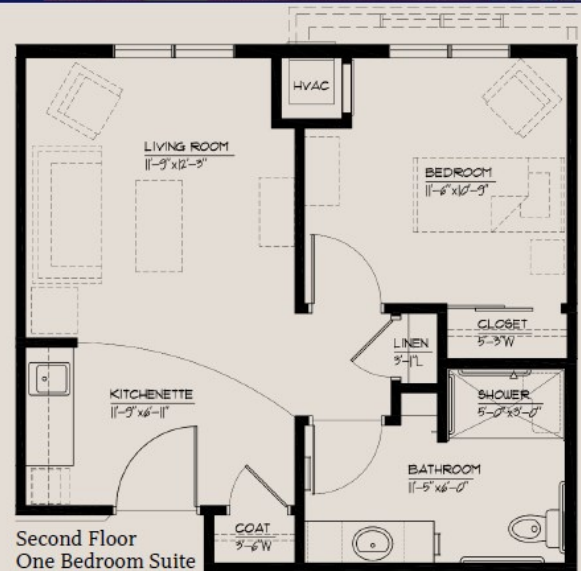
Move into Marysville's MOST AFFORDABLE, ASSISTED LIVING!

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



Our Assisted Living Features Include:

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



Call today for more information!

(937) 642-1026

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

Rehabilitation • Skilled Nursing • Long Term Care





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



PUZZLE SOLUTIONS



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

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

COOK
REAL ESTATE

937-644-9105



A Full-Service Office For All Your Real Estate Needs



REALTOR®

DAVID E. COOK, Realtor — GRI

Office 644-9105 (area 937) Cell 243-5025
Residential - Acreages - Farms - Commercial

123 West Fifth Street
Marysville, Ohio 43040-0091
davecookrealestae@gmail.com



McCARTHY & COX

Retirement & Estate Specialists LLC

Helping our clients navigate the path toward better tomorrows.

127 W. 5th St., Marysville, OH
937.644.0351

Securities and advisory services through Commonwealth Financial Network.
Member FINRA/SIPC, a registered investment adviser. Fixed insurance products
and services offered through CES Insurance Agency.

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



**Yurasek, Owens-Ruff,
Spain & Fritz LLC**
Attorneys at Law

233 W. Fifth Street, Marysville, Ohio
p. 937 642 4070 | f. 937 644 4390

*Ingram Funeral Home
and Monuments*

Daryl L. Ingram—Director
Tel. (937) 642-4861

40 years of service to our Community

UNDERWOOD
funeral home

Scott & Holly Underwood

703 East Fifth Street
Marysville, Ohio 43040
(937) 642-7039

www.underwoodfuneralhome.com
email@underwoodfuneralhome.com



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



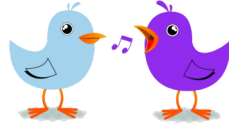
Do you have old records that you would like to shred but don't have a shredder? We now have a receptacle in the Lobby of our Senior Center for documents to be sent to File 13 to be destroyed. Just bring in your old records, place them in the receptacle in the foyer and they will be picked up.

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.



TENTATIVE DATES/ UPCOMING EVENTS AT WINDSOR:

Please NOTE that dates and events maybe subject to change.



Save the Date
NOVEMBER 3rd, 2023
Health Fair

Union County Health Dept. will be giving Flu and *maybe* Covid Shots at the Health Fair. Currently the new Covid vaccine is not available to general public. People interested in a flu shot will need to call ahead and schedule a time for their shot on **NOVEMBER 3rd**. Hopefully we will find out more about the availability of the new Covid shot soon. You also need to take a photo ID and insurance card to the appointment. UCSAC is also working on *maybe* having transportation to and from the wellness fair, and meet at UCSAC. We will pass out information on the vaccine shots and transportation as soon possible.



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.



Save the Date
DECEMBER 9, 2023
Christmas Party

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: 9:00 - 2:00)

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



Non-Profit
U.S. Postage
PAID
PERMIT NO. 55
MARYSVILLE, OHIO
ZIP CODE 43040

DATED MATERIAL — Please deliver as soon as possible

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



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!