

Don't forget the
Christmas Party

December 9 from 12:00 — 2:00

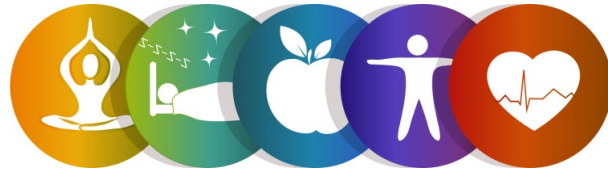
Members with Reservations Only

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



Thank You 

To all of our participants who shared their time and services at our Senior Wellness Fair in November.



Membership renewal – don't forget to renew your subscription for 2024. Any member that hasn't renewed their membership by **March 1**, will no longer receive the Senior Express newsletter.

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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
Sarah Brown, Sponsor
Jennifer Zofkie, Sponsor
Jeananne Piatt, Sponsor
Wendy Witchey, Sponsor

Grant/Project Coordinator

Susie Pfarr

Activity Coordinator

Deb Kelly

**WELCOME
NEW MEMBERS**

Loretta McCarty

Lisa Ward

Beverly Mackey

Marcella Bowman

Mary Ellen Smith

Susan Lee

Phyllis Calle

Bob & Denise Kanet

December

January Newsletter:

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

January 20, 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.**

**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 Senior Activities Center** and “Like” us to receive periodic updates on upcoming events, activities and pictures.

DECEMBER Birthdays

 **Happy Birthday** 

					1	2 Barbara McCoy Joanna Eirich Leota Rausch
3	4 	5 Sam Hsu	6 Randall Richardson David Holland	7 	8 Bob Rhodes Del Blevins Christine Fey	9
10 Beverly Ezerins	11	12 Kenneth Peterman Chris Plank Sharon Yohn Sue Spressard Denise Lashley	13 Sharon Curl Patricia Wallis Sharon Blevins	14 Laura Paluch Linda Alderigi	15 	16 Susan Cordell
17 Beckie Congrove Myron Rausch Linda Hamilton	18 Bill Brunskill	19 	20 Juanita Postlewait Nancy Palmer	21 Billie Sprowls	22 Melody Adkins Kay Jones	23 Russell Miller
24 Tina Kokorude	25 Susan Alltop	26 Gloria Calle	27 Debbie Ranney Michael Streng Marilyn Huffman	28 Karol Strapp Horch	29 Theresa Evans	30 Rebecca Payne
31 Carol Cogossi		If you do not want your birthday or anniversary listed, please call the Activities Office.				

COOKIE EXCHANGE

Craft Class on December 21st will be our 2nd Annual Cookie Exchange. Space is limited. Sign up and indicate the kind of cookie (will need 18) you are bringing. Come and join us for fun and games and lots of cookies.



Happy Anniversary



- Bob and Nancy Clevenger — December 2**
- Dick and Jan Tillman — December 4**
- George and Mary Freeman — December 5**
- Ned and Ruthann Rausch — December 10**
- Fred and Shirley Bischoff — December 15**
- Michael and Idella Feeley — December 18**



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
- Emma Stevenson
- Harold Horch
- Carolyn Wyse
- Molly Cooper
- Mike Arnold
- Janice Lewis
- Ruth Alexander
- Hazel Maynard
- Rusty Maynard
- Sandy Williams
- Cindy Maxhimer
- Jim Collins
- Ruth Turner





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: The Book Club will meet at **Der Dutchmen** on **December 14th at 1:00**. This month's book is **"Chocolate Chip Cookie Murder"**, by author Joanne Fluke. 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 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 trips.

LAST TRIPS OF 2023

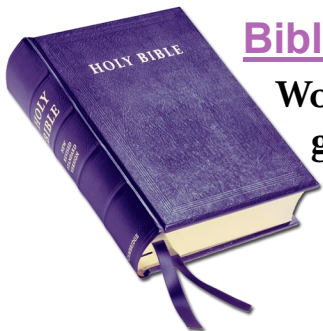
Tuesday, December 12th – Alum Creek Christmas Lights. UCATS \$5.00 leave at 4:30, Dinner at Cracker Barrel (your own expense) Limit 8 people.

Friday, December 15 – Franklin Park Conservatory + mystery lunch spot; depart at 9:30 a.m. (BlueBird) \$20.00 (limit 12 people and involves walking) (lunch is at your own expense)

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.



Bible Study Group

Would anyone be interested in a Bible study group? Please get in touch with the Activities Office if you are interested.

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!

MEMBERSHIP RENEWAL – Don’t forget to renew your subscription for 2024. Any member that hasn’t renewed their membership by March 1, will no longer receive the Senior Express newsletter.

Sudoku Puzzles

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

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

Solution on page 20

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.OhioHospiceLovingCare.org

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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.

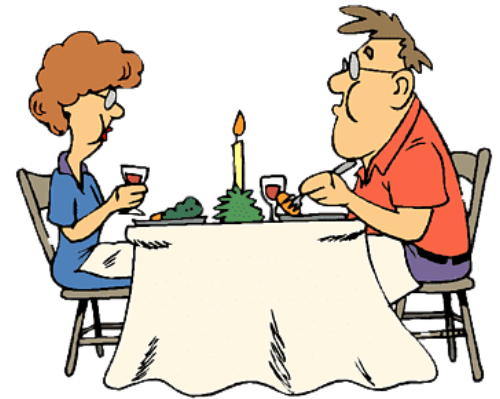
Please make your reservations by 9:30 a.m., by calling **937-644-8459**.

To find out more information regarding Congregate meals here at Windsor call **937-644-8459** Monday— Friday 8 a.m. to 2 p.m.

DECEMBER birthdays will be celebrated on **DECEMBER 7th**.
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.

Please do not take any cups from the kitchen of Windsor Senior Center. Taking these items reduces our supply for events. 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!



Need a New Primary Care Provider?

Your Primary Care Provider isn't just interested in you when you're sick – they want to partner with you on a wellness and prevention plan too! Consider your PCP to be your personal source for information on things like weight management, smoking cessation, managing stress and anxiety, and more!

These clinicians at Memorial are now accepting new patients.



Kelly Loman, DO

Memorial Family Medicine | Gateway

140 Coleman's Crossing Blvd.
Suite 110, Marysville
(937) 578-7950



Jennifer Bissel, FNP-C

Memorial Family Medicine | Mill Valley

17853 State Route 31
Suite B, Marysville
(937) 578-4004



Amanda Myers, FNP-C

Memorial Primary Care | Scottslawn

14210 Scottslawn Road
Marysville
(937) 578-5555



Jennifer Roby, FNP-C

Memorial Family Medicine | Plain City

480 S. Jefferson Ave.
Suite 500, Plain City
(614) 873-3434



MemorialOhio.com





Christmas



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



Find and circle all of the Christmas words that are hidden in the grid.
The remaining letters spell a secret message.



ANGEL
BELLS
BETHLEHEM
CANDLES
CANDY CANE
CAROLS
DECORATIONS
EGGNOG
FAMILY
FRANKINCENSE
FRIENDS
FRUITCAKE
GABRIEL
GIFTS

GOLD
GREETING CARDS
HOLLY
ICICLES
JESUS
JOSEPH
LIGHTS
MANGER
MARY
MISTLETOE
MYRRH
ORNAMENTS
POINSETTIA
SANTA

SHEPHERDS
SKATES
SLEIGH
SNOWFLAKES
SNOWMAN
STABLE
STAR
STOCKING
THREE WISE MEN
TOBOGGAN
TOYS
TREE
WREATH



Solution on page 20

Please make reservations by 9:30 a.m.

DECEMBER 2023 — COMMUNITY MEAL MENU

Please make reservations by 9:30 a.m.

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



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



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

<p>MONDAY, December 4</p> <p>Beef Stew With 2 oz. Biscuit Tossed Salad Cherry Crisp</p>	<p>TUESDAY, December 5</p> <p>Stuffed Peppers Au Gratin potatoes Mixed Vegetables Peaches 5 Vanilla Wafers WW Bread</p>	<p>WEDNESDAY, December 6</p> <p>Haystacks (2oz. beef, lettuce, tomato, cheese & 1 oz. of chips) Mexican Rice Oranges Tomato Juice</p>	<p>BIRTHDAY CELEBRATION <u>THURSDAY, December 7</u></p> <p>Meatloaf Sweet Potato Capri Vegetables Creamy Fruit Salad Cake & Ice Cream Dinner Roll</p>	<p>FRIDAY, December 8</p> <p>Hotdog on a Lg. Bun Potato Salad Baked Beans Apple Crisp</p>
<p>MONDAY, December 11</p> <p>Salisbury Steak Baked Potato Broccoli w/cheese Strawberries over Angel Food Cake Dinner Roll</p>	<p>TUESDAY, December 12</p> <p>Sweet & Savory Chicken Scalloped Potatoes Peas Mandarin Oranges 2 oz. Blueberry Muffin</p>	<p>WEDNESDAY, December 13</p> <p>Beef & Noodles Tossed Salad Lima Beans Scalloped Apples Cornbread</p>	<p>THURSDAY, December 14</p> <p>Roast Turkey w/Stuffing Mashed Potatoes w/Gravy Corn Casserole (1/2 c. corn) Pistachio Fruit Fluff Dinner Roll</p>	<p>FRIDAY, December 15</p> <p>BBQ Pork Seasoned Sweet Potatoes Roasted Brussels Sprouts Pineapple 2" Brownie WW Bread</p>
<p>MONDAY, December 18</p> <p>Cranberry Chicken Scalloped Potatoes Roasted Root Veggies Pear Slices Gingersnap Cookie Dinner Roll</p>	<p>TUESDAY, December 19</p> <p>Spaghetti w/meat sauce Tossed Salad Italian Green Beans Scalloped Pineapple Garlic Breadstick</p>	<p>WEDNESDAY, December 20</p> <p>Sausage Gravy Over 2 oz. Biscuit Washed Potatoes Yellow Beans Peaches</p>	<p>THURSDAY, December 21</p> <p>Sloppy Joe on Lg. Bun Au Gratin Potatoes Peas Grapes</p>	<p>FRIDAY, December 22</p> <p>Hickory Smoked Ham Sweet Potato Casserole Green Beans Christmas Fruit Fluff Pie & Ice Cream Cranberry Walnut Bread 2 oz.</p>
<p>MONDAY, December 25</p> <p>CLOSED MERRY CHRISTMAS</p>	<p>TUESDAY, December 26</p> <p>CLOSED</p>	<p>WEDNESDAY, December 27</p> <p>CLOSED</p>	<p>THURSDAY, December 28</p> <p>CLOSED</p>	<p>FRIDAY, December 29</p> <p>CLOSED Have a happy new year! See you in 2024</p>

DECEMBER 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 available, otherwise Jim will transport also if available. ★ NO EARLY CARD PLAYERS IN BACK ROOM				
4 10:00 — Chair Exercise 1:30 — Warm Up America/ Charity Crochet 1:30 — Card Players 1:30 — Mahjong	5 10:00 — Chair Volleyball 1:30 — BINGO	6 10:00 — Chair Exercise 1:30 — Crochet Buddies 1:30 — Card Players 2:00 -Chair Volleyball @ WC	7 ★ 10:00 — Wii Bowling 1:30 — Card Players 1:30 — Dominoes	8 10:00 — Wii Bowling 1:30 — Dominoes 1:30 — Line Dancing 1:30 —Card Players 1:30—Corn Hole
PLEASE NOTE: The last week of December 25 th through 30 th at the Windsor Senior Center will be closed for Community meal services. However, the community room will be opened on Wednesday 27 th , and Thursday 28 th from 10:00 AM to 2:00 PM for some activities. Please call the Activities Office if you plan to be there.				
11 10:00 — Chair Exercise 1:30 — Warm Up America/ Charity Crochet 1:30 — Card Players 1:30 — Mahjong	12 TRIP 10:00 — Chair Volleyball 1:30 — BINGO	13 10:00 — Chair Exercise 1:30 — Crochet Buddies 1:30 — Card Players 2:00 — Chair Volleyball @ WC	14 ★ 10:00 — Wii Bowling 1:00 — Craft Class 1:00 — Book Club 1:30 — Card Players 1:30 — Dominoes RAGTIMES DEADLINE FOR ARTICLES	15 TRIP 10:00 — Wii Bowling 1:30 — Dominoes 1:30 — Line Dancing 1:30 —Card Players 1:30—Corn Hole
18 RAGTIMES FOLDING 10:00 — Chair Exercise 1:30 — Warm Up America/ Charity Crochet 1:30 — Card Players 1:30 — Mahjong	19 10:00 — Chair Volleyball 1:30 — BINGO	20 10:00 — Chair Exercise 1:30 — Card Players 1:30 — Crochet Buddies 2:00 — Chair Volleyball @ WC	21 ★ 10:00 — Wii Bowling 1:00 — Craft Class 1:30 — Card Players 1:30 — Dominoes	22 10:00 — Wii Bowling 1:30 — Dominoes 1:30 — Line Dancing 1:30 —Card Players 1:30—Corn Hole
25 CLOSED FOR CHRISTMAS	26 CLOSED FOR CHRISTMAS	27 PLEASE CALL THE ACTIVITIES OFFICE IF YOU PLAN TO COME IN.	28 PLEASE CALL THE ACTIVITIES OFFICE IF YOU PLAN TO COME IN.	29 CLOSED FOR NEW YEARS





December 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>

Essential Winter Weather Tips for Seniors © 2023, Venture Heat

1. Dress Warm for the Weather

Layering clothing is key to staying warm. Seniors should wear thermal or woolen undergarments, followed by sweaters and coats made of insulating materials. Opt for fabrics that provide warmth while allowing moisture to escape.

2. Winterize Your Home

Preparing the home for winter is essential to maintain a comfortable indoor environment. Ensure that the heating system is functioning optimally by scheduling regular maintenance checks. Set the thermostat to a comfortable temperature, ideally between 68-70°F (20-21°C).

3. Prevent Snow-Related Injuries

Snow and ice can create hazardous conditions, increasing the risk of falls and injuries. Seniors should clear walkways, driveways, and stairs promptly after snowfall. Use salt or sand to provide traction on slippery surfaces. Wear footwear with proper grip and consider using ice grips or traction aids for shoes when venturing outdoors.

4. Manage Seasonal Depression

Many individuals experience seasonal affective disorder (SAD) or winter-related depression during the colder months. Seniors should prioritize self-care and mental well-being. Spend time in well-lit rooms, open curtains to let in natural light, and consider using light therapy devices.

6. Eat a Well-Balanced Diet

Maintaining a nutritious diet is crucial during winter. Consume a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats to support overall health and immunity. Include foods rich in vitamin C, such as citrus fruits, to boost immune function. Stay hydrated by drinking water, herbal teas, and warm soups.

7. Prepare an Emergency Plan

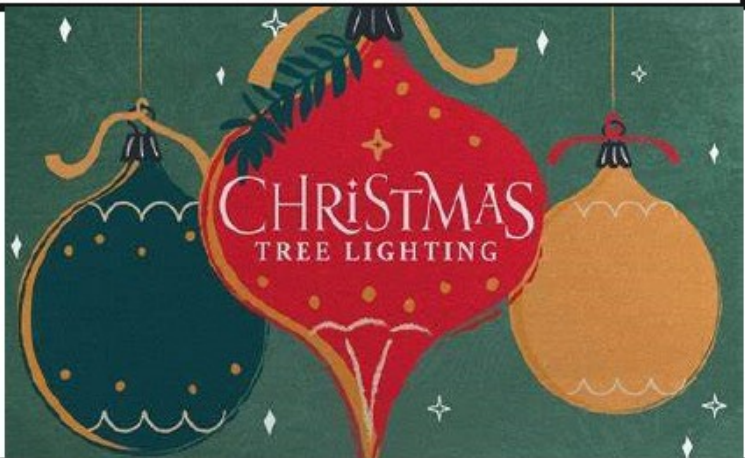
Winter storms and extreme weather conditions can sometimes lead to power outages or restricted mobility. Seniors should have an emergency plan in place. Stock up on essential supplies like non-perishable food, bottled water, medications, and batteries. Keep a list of emergency contacts readily available.

Happening Events:

Medicare Open Enrollment - Closes December 7th, 2023

Union County Christmas Lighting

- * **November 27th, 2023**— Christmas Walk and Tree Lighting, Uptown Marysville and Partners Park 5:00pm—8:00pm
- * **December 2nd, 2023**—Christmas Under the Clock, 101 S. Chillicothe St. Plain City, Oh 4:00pm—7:00 pm
- * **December 2nd, 2023**—Christmas in Richwood, Parade downtown followed by lights in the park, starting 4:00pm, lights in park to be lit after the parade.



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



be the voice behind the data



take the Union County
Community Survey

Union County Residents:
20 minutes of your time helps us tell
the story of health in Union County.



Survey trouble? Contact Mary: (937) 642-2053 - mary.merriman@uchd.net

Residents of Union County are being asked to complete a community survey during the month of November. The survey, which can be found at <https://uchd.net/community-survey/>, helps to tell the story of health and the factors that shape health for the people who call Union County home.

The community survey is estimated to take about 20 minutes to complete. The survey can be done online at <https://uchd.net/community-survey/>. The survey is open through Nov. 30. The survey asks about a wide array of factors that influence health and health conditions such as diet, exercise, risk behaviors, mental health, substance abuse, health insurance, healthcare, and housing.

The goal of the community assessment workgroup is to gather 400 responses from Union County residents age 18 and older. The workgroup is working to promote the survey in a manner that invites a variety of respondents in terms of age, gender, and location of home within the county.



Christmas Cheer for all to hear

- * Did you hear about what happened to the man who stole the advent calendar? He got 25 days
- * Where do mistletoe go to become famous? Holly-wood
- * Why did Scrooge keep a pet lamb? Because it would say, "Baaa humbug!"
- * What falls in the winter but never gets hurt? Snow
- * How do you lift a frozen car? With a Jack Frost
- * What did one Christmas tree say to the other? Lighten up!

Medicare

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



Questions?
Call OSHIIP 800-686-1578
Ohio Senior Health Insurance Information Program (OSHIIP)

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 janellexander@jfs.ohio.gov.

Upcoming
Events:

MARCH 16TH, 2024

WELCOME
TO Fabulous
WINDSOR
CASINO

**CASINO
NIGHT AT
WINDSOR
SENIOR.**



**You don't want
to miss this event!**



PANCAKE BREAKFAST

APRIL 13TH, 2024

All you can eat!

More details about the Pancake Breakfast to come.





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

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

**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) Gordon at 937-210-0577 for more information.

If you know of someone in need or need more information please leave a message if the call isn't answered.

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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Your First
Month!



Monarch Skilled Nursing and Rehab

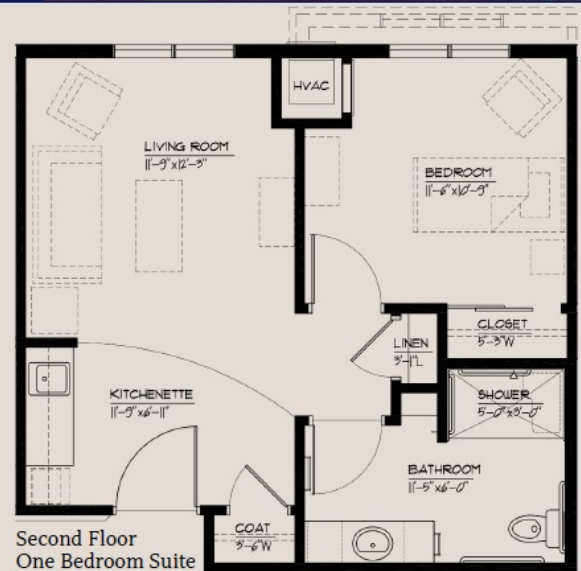
Move into Marysville's MOST AFFORDABLE, ASSISTED LIVING!

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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
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- Beautifully furnished rooms, lounges and corridors



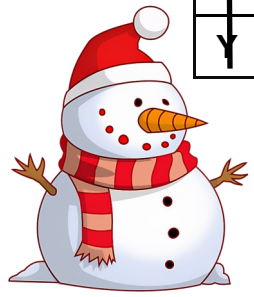
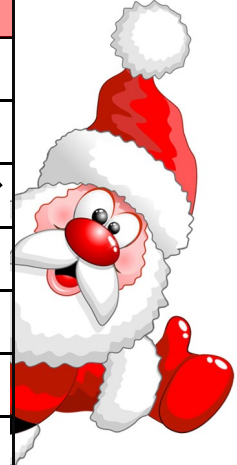
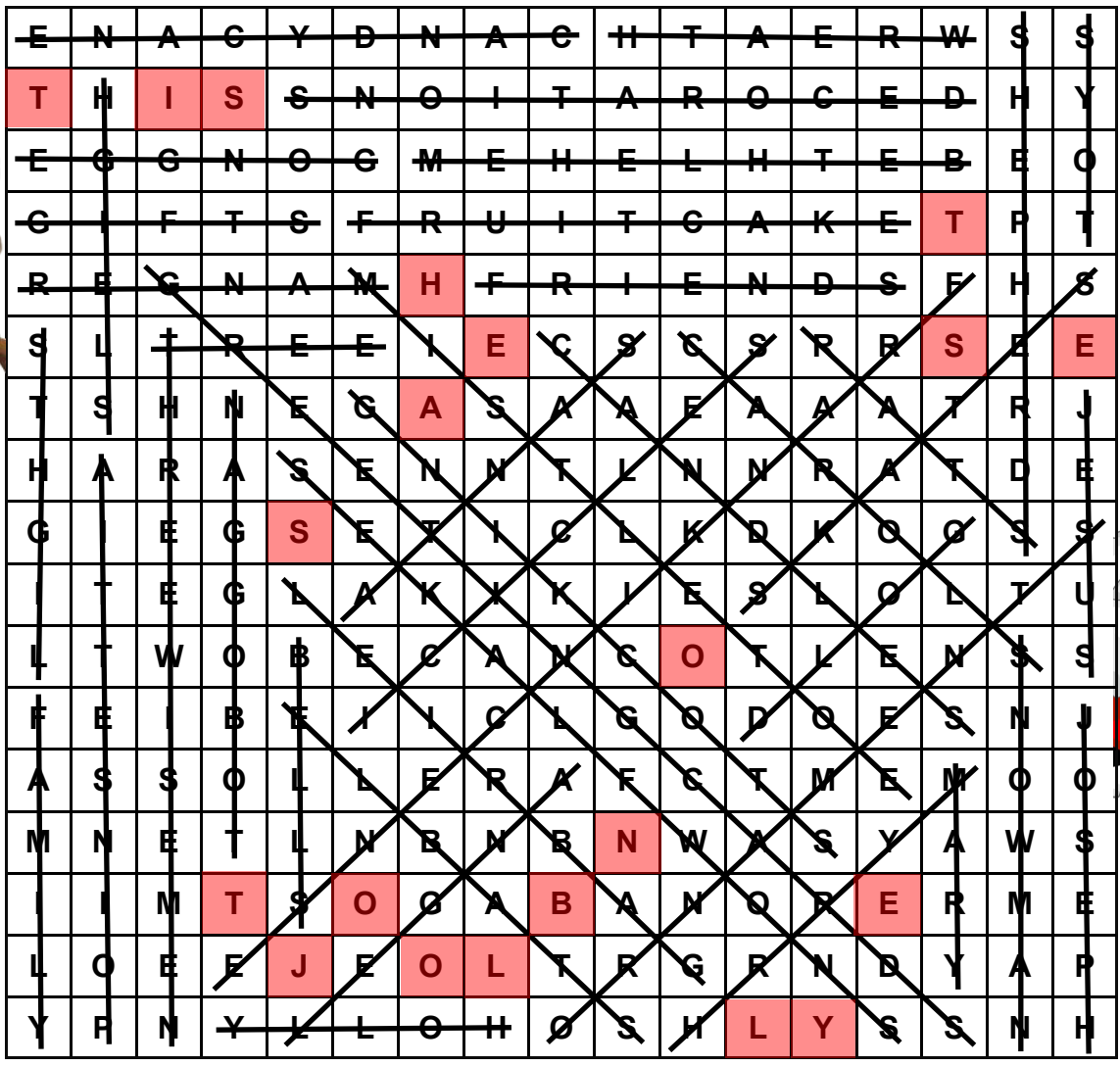
Call today for more information!

(937) 642-1026

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

Rehabilitation • Skilled Nursing • Long Term Care





SECRET MESSAGE: "TIS THE SEASON TO BE JOLLY"



PUZZLE SOLUTIONS

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

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

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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**
Attorneys at Law

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.**

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

Iced Sugar Chocolate Chip Cookies

Prep time:20 minutes

Ingredients

- | | |
|----------------------------------|---|
| 2 - cups all-purpose flour | 1 teaspoon vanilla extract |
| 1 teaspoon baking soda | 2 eggs |
| 1/2 teaspoon salt | 1-2/3 cups (10-oz pkg.) HERSHEY'S 25% Less Sugar Semi-Sweet Chocolate Chips |
| 1 cup (2 sticks) butter softened | 1 cup chopped nuts (optional) |
| 6 - tablespoons granulated sugar | |
| 3/4 cup packed light brown sugar | |

- Heat oven to 350 F.
- Stir together flour, baking soda, and salt. Beat butter, granulated sugar, brown sugar, and vanilla in a large bowl with a mixer until creamy. Add eggs; beat well. Gradually add flour mixture, beating well. Stir in small chocolate chips and nuts if desired. Drop by rounded teaspoons onto an ungreased cookie sheet.
- Bake for 8 to 10 minutes or until lightly browned.
Cool slightly; remove from cookie sheet to wire rack.
Cool completely. Makes about 4 dozen cookies.



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>



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a Windsor & Community Seniors, Inc. publication



UNION COUNTY
SENIOR ACTIVITY CENTER

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!