



FROM 1:00 P.M. TO 3:00 P.M.

COME HAVE SOME FUN PLAYING A GAME THAT YOU HAVE NOT PLAYED BEFORE OR HAVE NOT PLAYED IN AWHILE.



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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.

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.

UNION COUNTY SENIOR ACTIVITY CENTER

937-644-8464

2024 BOARD OF TRUSTEES AND OFFICERS

Executive Officers:

President: Cindy Maxhimer **Secretary:** Karol Strapp
Vice President: Bill Brunskill **Treasurer:** Pattie Reisz

Board Members: Term 2022-2024

Pattie Reisz
Karol Strapp
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



March Newsletter:

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

February 16, 2024

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.

WELCOME NEW MEMBERS

Darlyn Eckler

Beth Sebring

Becky Eberty

Gary and Penny Payne

Rick & Karen Jackson



NOTE: Our email is: windsorsen@gmail.com

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.

FEBRUARY Birthdays



Happy Birthday

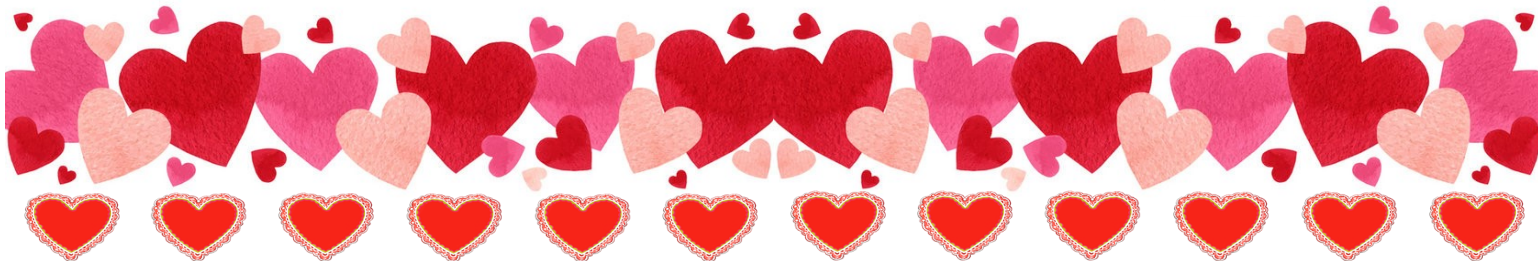
If you do not want your birthday or anniversary listed, please call the Activities Office.



					1 Duane Vanone Terie Jameson Michael Feeley Dorothy (Dot) Weitzenecker	2 Earl Castle Karen Baker Sharon Carcone	3 Kelly Kirk Marylee Schachbauer
4	5 Lary Cooper	6 Meredith Fowler	7 Kathy Shamblin	8 Rosemary Henault		9 	10 Janice Lewis Joyce Lewis
11 Holly Smith Chris Wilson	12 	13 Della Fultz	14 Helen Sprague 	15 Gloria Bucklew	16 Mick McCoy	17 Linda Schilling Jim McFarlane	
18 Frankie Rausch Rita Bump Sanda Eichhorn Doris Fields	19 Michael Commings Ernest Jones	20 Walter Wyse Bernic Dent	21 Connie Nickle	22 Oscar Blankenship Jim Brosher	23 Rosalyn DeGood	24 Ellen Nadolny	
25	26 Robert Trudeau Marilee Scheiderer Peggy Lantz	27 Jackie Ballenger	28 	29 			



HAPPY Valentines DAY



Happy Anniversary



David & Jennifer Holland — 02/05

Karen & Leo Baker — 02/22

Bob & Brenda Rhodes — 02/22



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

Friendship Village Rehab, Dublin:

Country Club, Delaware:

Monarch:

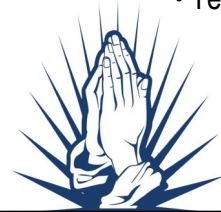
Prestige Gardens:

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
- Daryl Ingram
- Karla Rawlins
- Pam Moore
- Earl Castle
- Brenda Hastings
- 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
- Fred Bischoff
- Karen Baker
- Laura Tall
- Terry Turner



Our sympathy and prayers go out to the family of:

**Gale Bump -
Pass away 01/03/2024**



**Nancy Ruth Conklin -
Passed away 01/19/2024**



**Robert G. Elliott -
Passed away 01/19/2024**





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

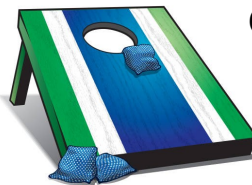
Book Club News: The Book Club will meet on **February 8th at 1:00**. This month's book is **"The Couple Next Door"**, by author Shari Lapena. You can pick up a copy from the Activities Office only. If you like to read, come join the group.

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.



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

UNION COUNTY SENIOR ACTIVITIES CENTER Trips for 2024 "NO MEALS ARE COVERED"

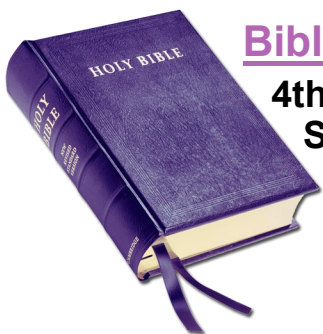
Windsor Senior Trips for 2024 All scheduled trips are tentative and may change due to weather, destination, or availability of transportation. You may register by using the sign-up sheet in the Community Room or by calling Activities Office (see below). If sign-ups exceed the seats available, we'll have a random drawing for available seats. Lunch is at our own expense on trips.

TRIPS OF 2024

Need someone to take the Lead in setting up and arranging trips for the 2024 Calendar year, Board Members will support and help the Lead person. Questions call Activities Office (937-644-8464)

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

**4th Thursday of the month
Starting February 22 at 1:00 P.M.**



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.*



Pat Mathers
Butch & Sue Sawyer
Carolyn & Walter Wyse
Virginia & Russell Miller

Larry & Jeanne Amrine
Becky Payne
Sharon Marcum

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.***

Marilyn Monroe
Janice Bryant
Idella Feeley
Rita Flory
Cindy Maxhimer
Patricia Reisz
Jim Scheiderer

Carol Sitz
Fred & Arthena Smith
Karol Strapp
Mike Streng
Warm Up America
Sue McClish
Patty Turner

Deb Kelly
Chris Plank
Dani Plank
Janet Brown
Mick McCoy
Mary Kitsmiller
Deb Root

Judy Mahan
Robert Trudeau
Travis Vandran
Janice Bryant
Mary Carpenter
Doris Leistriz
Laura Paluch

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

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

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.



London 740.852.7755
 Marysville 937.644.1928
www.OhiosHospiceLovingCare.org

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From the Memorial Meals Kitchen



Serving time in the dining is 11:00 a.m. - 12:30 p.m.,
Monday through Friday.

We offer Dine-in service only.

**You may make a reservation by calling 937-644-8459 24/7.
Reservations must be in by 9:30 a.m. daily.**



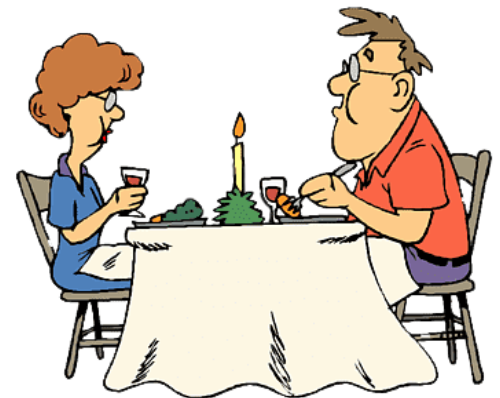
Suggested Donations
60 and over \$3.50
Guest 59 and under \$5.50
Children 10 and under \$3.50



To find out more information on how you can sign up for Memorial Hospital, Congregate meals, that are available in the Windsor Senior Center Dining Room. Call 937-644-5459 or drop in the dining room Monday through Friday 8:00 a.m. - 2:00 p.m.

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.

**Think
Spring**



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!



DID YOU KNOW?



Today, only five types of cancer have recommended screening tests. Adding the Galleri Test to recommended single-cancer screenings can give you a broader view of your health – so you can move forward with more knowledge.

Memorial is now proud to offer the Galleri multi-cancer early detection (MCED) blood test to our Memorial Medical Group patients. To see if you are eligible or for important safety information, visit our website at memorialohio.com/multi-cancer-early-detection-test.

KEY BENEFITS OF THE GALLERI TEST



EARLY CANCER DETECTION

Looks for a cancer signal present in the blood that may indicate cancer, to allow for earlier treatment.



TESTING WITH EASE

Completed with a simple blood draw at your provider's office, with results in about two weeks.



ACTIONABLE RESULTS

If a cancer signal is found, the results predict where in the body the cancer may be located.

The Galleri test does not detect all cancers. Not all cancers can be detected in the blood. False positive and false negative results do occur.

MemorialOhio.com

 **Memorial** HEALTH



New year, new home!

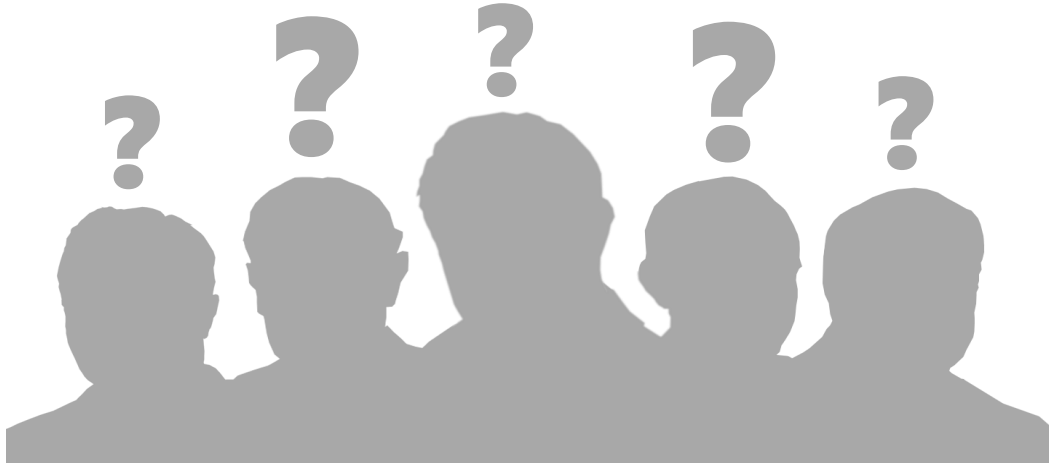
Dr. Kevin Henzel's MDVIP-affiliated practice has moved to a new location as of early 2024! Here are the new details:

Memorial Primary Care | Scottslawn
14210 Scottslawn Rd, Marysville, OH 43041
(937) 578-4288

Interested in becoming a MDVIP member? Call the office to learn more!

In honor of **PRESIDENTS DAY** and election this year. Let's see if you are up to some

Presidential Trivia



Name the five U.S. presidents whose commonly used first or last name contains two consecutive O's.

1. Who was the first president to be born in the United States (*who was also the only president without English as his first language*)?

2. What is the most common first name for presidents? _____

3. Who was the first president to be born in a hospital? _____

4. Who was the youngest president?

5. Besides Adams and Jefferson, which president died on July 4th? _____

6. Which president was born on July 4th?

7. Who was the shortest president?

8. Who was the only president to win both a Pulitzer Prize and a purple heart?

9. Which presidents were awarded the Noble Peace Price?

10. Which president worked to save football from being banned in the United States?











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FEBRUARY 2024 — COMMUNITY MEAL MENU

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

Please make reservations by 9:30 a.m.










Menu subject to change based on availability and weather.
 Available Milk Choices: 2% Milk, Low Fat hocolate
CANCELLATION NOTICE: When Community Meals are canceled due to inclement weather or closed for holidays, all activities will be canceled.

<p>MONDAY, February 5</p> <p>Beef Stew With 2 oz. Biscuit Tossed Salad Cherry Crisp</p>  	<p>TUESDAY, February 6</p> <p>Salmon Patties Au Gratin Potatoes Creamed Peas Peaches 5 Vanilla Wafers WW Bread</p>	<p>WEDNESDAY, February 7</p> <p>Sweet & Sour Cherry Blossom Chicken/White Rice Coleslaw Stir Fry Veggies Pineapple WW Bread</p>	<p>THURSDAY, February 8 BIRTHDAY CELEBRATION</p> <p>Roast Pork/Gravy Mashed Potato/Gravy Capri Vegetables Creamy Fruit Salad Cake & Ice Cream Dinner Roll</p>	<p>FRIDAY, February 9</p> <p>Hotdog on a Lg. Bun Potato Salad Baked Beans Apple Crisp</p>  
<p>MONDAY, February 12</p> <p>Salisbury Steak/Gravy Baked Potato Broccoli w/cheese Strawberries over Angel Food Cake Dinner Roll</p>	<p>TUESDAY, February 13</p> <p>Sweet & Savory Chicken Scalloped Potatoes Mixed Vegetables Mandarin Oranges 2 oz. Blueberry Muffin</p>	<p>WEDNESDAY, February 14</p> <p>Stuffed Peppers Tossed Salad Lima Beans Cinnamon Apples Combread</p> <p>HAPPY VALENTINES DAY</p>  	<p>THURSDAY, February 15</p> <p>Roast Turkey w/Stuffing/ Gravy Mashed Potatoes w/Gravy Corn Casserole (1/2 c. corn) Cranberry Salad Dinner Roll</p>	<p>FRIDAY, February 16</p> <p>BBQ Pork Seasoned Sweet Potatoes Roasted Brussels Sprouts Pineapple 2" Brownie WW Bread</p>
<p>MONDAY, February 19</p> <p>CLOSED</p>  <p>Happy Presidents Day</p> <p>CLOSED</p>	<p>TUESDAY, February 20</p> <p>Spaghetti w/meat sauce Tossed Salad Italian Green Beans Scalloped Pineapple Garlic Bread</p>	<p>WEDNESDAY, February 21</p> <p>Sausage Gravy Over 2 oz. Biscuit Mashed Potatoes Yellow Beans Peaches</p> 	<p>THURSDAY, February 22</p> <p>Sloppy Joe on Lg. Bun Au Gratin Potatoes Peas Grapes</p>  	<p>FRIDAY, February 23</p> <p>Hickory Smoked Ham Sweet Potato Green Beans Orange Fluff Cranberry Walnut Bread 2 oz</p>
<p>MONDAY, February 26</p> <p>Swiss Steak/Mushroom Gravy Buttered Noodles Roasted Root Veggies Coleslaw Pear Slices Gingersnap Cookie</p>	<p>TUESDAY, February 27</p> <p>Bourbon Chicken Seasoned Sweet Potatoes Broccoli Pineapple Unfrosted Spice Cake Dinner Roll</p>	<p>WEDNESDAY, February 28</p> <p>BBQ Ribs Redskin Potatoes Green Beans Fruited Jell-O 2 oz. Cornbread Muffin</p>	<p>THURSDAY, February 29</p> <p>Haystacks (2oz. beef, lettuce, tomato, cheese & 1 oz. of chips) Refried Beans 2" Brownie Oranges</p>	<p>Windsor: 937- 644-8459 Richwood: 614-949-4382 Plain City: 614-873-8870</p> <p>Please make reservations by 9:30 a.m.</p>

FEBRUARY 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
<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> <p>   ★ NO EARLY CARD PLAYERS IN BACK ROOM</p>				
<p>5 10:00 — Chair Exercise 1:30 — Warm Up Americal/ Charity Crochet 1:30 — Card Players 1:30 — Mahjong</p>	<p>6★ 10:00 — Chair Volleyball 11:00 — 1:00 — Senior Svc. 1:30 — BINGO</p>	<p>7 10:00 — Chair Exercise 1:30 — Crochet Buddies 1:30 — Card Players 2:00 -Chair Volleyball @ WC</p>	<p>8★ 10:00 — Wii Bowling 1:00 — Book Club 1:30 — Card Players 1:30 — Dominoes</p>	<p>9 10:00 — Wii Bowling 1:30 — Dominoes 1:30 — Line Dancing 1:30 —Card Players 1:30—Corn Hole</p>
<p>12 10:00 — Chair Exercise 1:30 — Warm Up Americal/ Charity Crochet 1:30 — Card Players 1:30 — Mahjong</p>	<p>13 10:00 — Chair Volleyball 1:30 — BINGO</p> <p></p>	<p>14 10:00 — Chair Exercise 11:00 — MOVES 1:30 — Crochet Buddies 1:30 — Card Players 2:00 — Chair Volleyball @ WC</p>	<p>15★ 10:00 — Wii Bowling 1:00 — Craft Class 1:30 — Card Players 1:30 — Dominoes</p> <p></p>	<p>16 10:00 — Wii Bowling 1:30 — Dominoes 1:30 — Line Dancing 1:30 —Card Players 1:30—Corn Hole</p> <p>RAGTIMES DEADLINE FOR ARTICLES</p>
<p>19★ 10:00 — Chair Exercise 1:30 — Warm Up Americal/ Charity Crochet 1:30 — Card Players 1:30 — Mahjong</p>	<p>20 10:00 — Chair Volleyball 1:30 — BINGO</p> <p></p>	<p>21 10:00 — Chair Exercise 1:30 — Card Players 1:30 — Crochet Buddies 2:00 — Chair Volleyball @ WC</p>	<p>22★ 10:00 — Wii Bowling 1:00 — Bible Study 1:30 — Card Players 1:30 — Dominoes</p>	<p>23 10:00 — Wii Bowling 1:30 — Dominoes 1:30 — Line Dancing 1:30 —Card Players 1:30—Corn Hole</p>
<p>26★ RAGTIMES FOLDING 10:00 — Chair Exercise 1:30 — Card Making 1:30 — Warm Up Americal/Charity Crochet 1:30 — Card Players 1:30 — Mahjong</p>	<p>27 10:00 — Chair Volleyball 1:30 — BINGO</p>	<p>28 10:00 — Chair Exercise 1:30 — Card Players 1:30 — Crochet Buddies 2:00 — Chair Volleyball @ WC</p>	<p>29 10:00 — Wii Bowling 1:30 — Card Players 1:30 — Dominoes</p> <p></p>	<p> </p>



February 2024

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>

ROMANCE SCAMS: EXPLOITING HEARTS AND FINANCES OF SENIORS

By Kristyn Vander Zouwen, Coordinator Kent County Elder Abuse Coalition. Area Agency on Aging of Western Michigan

Romance scams represent a disturbing blend of emotional manipulation and financial exploitation, specifically targeting seniors who may be seeking companionship, connection, and intimacy in their later years.

The Intricacies of Romance Scams:

1. **Building Trust and Rapport:** Scammers create fictitious online profiles on dating websites, social media platforms, or even specialized senior dating sites. They often use stolen photos of attractive individuals and craft elaborate backstories. These stories can involve frequent travel or portrayals of hardship that engender sympathy.
2. **Manipulating Emotions:** Scammers capitalize on the emotions of love, companionship, and loneliness among seniors. They share personal stories, express affection, and even use endearing terms to forge a deep emotional connection.
3. **Financial Appeal:** After establishing trust and emotional intimacy, scammers introduce financial crises. These crises can range from medical emergencies and unexpected travel needs to unforeseen legal troubles. The scammer then asks for money, often framed as loans or gifts, and creates a sense of urgency and emotional obligation.
4. **Ongoing Requests:** Even after the initial financial request is met, scammers continue to ask for money to maintain control over the victims and exploit their emotional investment.

Why Seniors are Particularly Vulnerable:

1. **Loneliness:** Seniors who have lost spouses or are living alone may experience a deep sense of loneliness, leading them to seek companionship and emotional connection online.
2. **Isolation:** Seniors who are socially isolated due to factors like physical limitations, geographic location, or lack of social activities may be more receptive to forming connections online.
3. **Limited Online Familiarity:** Many seniors may have limited experience with online platforms.
4. **Desire for Companionship:** Seniors may be more inclined to overlook red flags or suspicions in the pursuit of companionship and emotional support.

Preventing Romance Scams:

1. **Be Skeptical:** Approach online relationships with skepticism, especially if the other person rushes into declarations of love or financial requests early in the connection.
2. **Verify Identity:** Use reverse image searches to determine if the photos used in profiles are stolen from other sources.
3. **Guard Personal Information:** Refrain from sharing personal details, financial information, or contact details with individuals you haven't met in person.
4. **Beware of Financial Requests:** Never send money to someone you've only interacted with online, regardless of the emotional pleas or promises they make.

Romance scams are a dark and unfortunate reality of the digital age, targeting seniors' desires for connection and companionship. By staying vigilant, seeking guidance from trusted sources, and being cautious about forming deep online relationships, seniors can protect themselves from these emotionally devastating and financially harmful scams.



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

HEALTHY AGING GRANT

Established through House Bill 33 of the 135th General Assembly and administered by the Ohio Department of Aging (ODA), the Healthy Aging Grants program is providing \$40 million in support of local aging services focused on helping Ohioans ages 60 and older stay healthy, live longer, and maintain their independence. Healthy Aging Grant funds will be utilized to address social determinants of health, enhancing the quality of life for older Ohioans. This support enables older Ohioans to stay in their homes, maintain connections with their communities, preserve personal assets, and foster a healthy, independent, and active lifestyle.

Union County Senior Services received \$14,945 from the Healthy Aging Grant to specifically support social connectedness and the preservation of independence for Union County seniors. Senior Services has partnered with Marysville Public Library and Neighbor to Neighbor to support internet access and digital literacy services.

Neighbor to Neighbor will be launching a "Tech Café" as part of social connectivity programming to allow members to meet at a designated location with their device to ask technology questions about their own devices and internet as a whole. The goal of the "Tech Cafe" is to help members with on-the-spot technology issues as well as pre-planned topics while encouraging them to problem-solve as a group. Pre-planned topics could include password management systems, two-factor authentication methods (physical vs digital), digital legacy planning, cyber security such as checking credit reports, freeze and unfreeze credit, and checking for "leaked" information. Neighbor to Neighbor will also be hosting a senior scam presentation in 2024 by the office of the Ohio Attorney General which will be open to the public.

Marysville Public Library offers seniors internet connectivity by offering Wi-Fi hotspots to any Union County resident age 60 and over. Seniors often have limited resources for Internet connectivity. Many methods of social communication and day-to-day life interactions are increasingly available through online means only. Wi-Fi hotspots available through library circulation help address this technology gap by providing circulating Wi-Fi Hotspots to those in the community who do not have reliable Internet connectivity in their homes.



To our senior and elderly friends, we hope this Valentine's Day reminds you of all the wonderful memories you've created and the excitement of new experiences yet to come.

Why did the astronaut couple break up?

They needed space.

Affordable Connectivity Program (ACP)

Affordable Connectivity Program (ACP) is a government program that reduces the customer's broadband internet access service bill. The benefit provides a discount of up to \$30 per month toward internet service.

The Affordable Connectivity Program is limited to one monthly service discount and one device discount per household. An eligible household may obtain ACP-supported broadband service from any participating provider of its choosing.

Who is Eligible:

A household is eligible for ACP if you participate in one of these assistance programs: SNAP, Medicaid, Federal Housing Assistance, including: Housing Choice Voucher (HCV) Program (Section 8 Vouchers), Project-Based Rental Assistance (PBRA)/Section 202/ Section 811, Public Housing, Supplemental Security Income (SSI), Veterans Pension or Survivor Benefits, or Lifeline.

Two Steps to Enroll:

1. Go to GetInternet.gov to submit an application or print out a mail-in application.
2. Contact your preferred participating provider to select a plan and have the discount applied to your bill.

Some providers may have an alternative application that they will ask you to complete.

Eligible households must both apply for the program and contact a participating provider to select a service plan.

Which Internet Service Providers Are Participating in the Affordable Connectivity Program?

Go to cnm.universalservices.org to find ACP providers in the Union County area.

For further questions or assistance, contact Union County Senior Services 937.644.101 option 5.

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.

Upcoming
Events: ❤️

PANCAKE BREAKFAST



APRIL 20TH, 2024

From 9:00 A.M. to 11:00 A.M.

**AN ALL-YOU-CAN-EAT BREAKFAST
FOR \$8.00 PER PERSON!**

(AGES 10 AND BELOW ARE JUST \$5.00)

50/50 raffle tickets, and a lot more.

Along with pancakes, bacon, sausage, eggs, juice, coffee, and milk.

(All You Can Eat!) for \$8.00 per person.

**Money raised helps support Union County Senior Activities Center.
Call 937-644-8464 or stop by Windsor Senior Activities Center to sign up.**

Sorry, no Carry-outs are available.



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 the third Wednesday, February 14 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) 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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Month!



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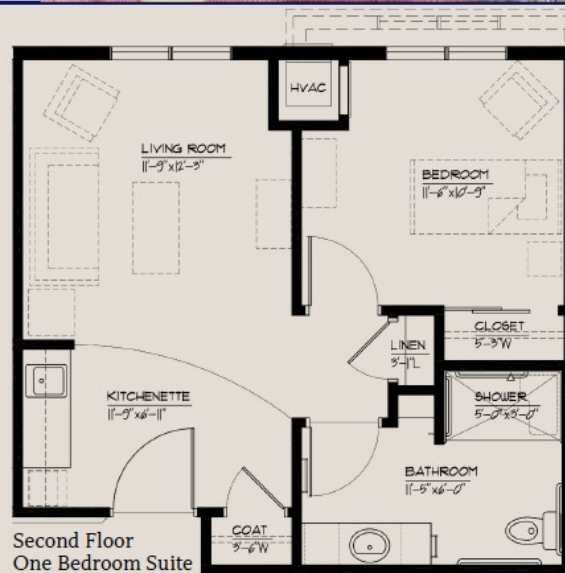
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Monarch Skilled Nursing and Rehab is excited to be Marysville's **ONLY** full-continuum care facility.



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- Fully equipped kitchenettes
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- 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





Theodore Roosevelt

Calvin Coolidge

Woodrow Wilson

Herbert Hoover

Franklin Roosevelt

1. Who was the first president to be born in the United States (who was also the only president without English as his first language)?

Martin Van Buren

2. What is the most common first name for presidents? James

3. Who was the first president to be born in a hospital? Jimmy Carter

4. Who was the youngest president? Teddy Roosevelt

5. Besides Adams and Jefferson, which president died on July 4th? James Monroe

6. Which president was born on July 4th? Calvin Coolidge

7. Who was the shortest president? James Madison

8. Who was the only president to win both a Pulitzer Prize and a purple heart? J.F. Kennedy

9. Which presidents were awarded the Noble Peace Price?

Teddy Roosevelt

Woodrow Wilson

Jimmy Carter

Barack Obama

10. Which president worked to save football from being banned in the United States?

Theodore Roosevelt


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

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(937) 642-4070

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



Scott & Holly Underwood

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Marysville, Ohio 43040
(937) 642-7039

www.underwoodfuneralhome.com
email@underwoodfuneralhome.com

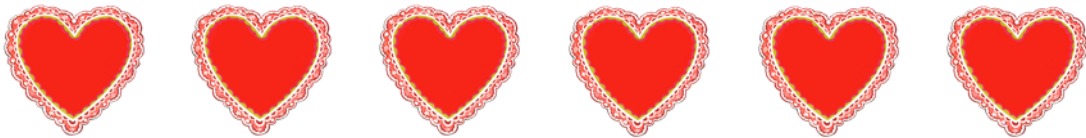
*Ingram Funeral Home
and Monuments*

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

40 years of service to our Community

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.

Wilson

Funeral Homes & Monuments

Mannasmith Chapel 621 W. Fifth St. Marysville, OH 43040
(937)642-1751

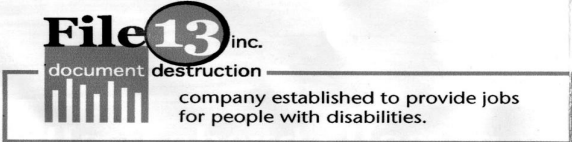
Schnurrenberger Chapel 222 W. Center St. West Mansfield, OH 43358
(937)355-3341

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.



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.**



SLOW COOKER PASTA CHICKEN

- 1.5 lbs. boneless skinless chicken breast (1.5-2 lbs. works fine)
- 16 oz. Olive Garden Italian Dressing (or any Italian dressing you like), or use a lower sodium dressing
- ¼ cup grated parmesan cheese
- ¼ tsp. black pepper
- 8 oz. cream cheese
- 16 oz. penne pasta
- ¼ cup grated parmesan cheese

Add chicken breasts to the slow cooker
Pour the dressing over the chicken and sprinkle the parmesan cheese (¼ cup) and pepper.
Place the cream cheese on top.
Place the lid on the slow cooker. Cook on high for 4 hrs. or low for 5-6 hours

When cooking time is almost done, start cooking the pasta on the stove top as directed on the package.

Shred the chicken with 2 forks. Drain the pasta and add to the chicken and sauce. Stir, then sprinkle the remaining parmesan cheese

**I keep some of the pasta water and add as needed, pasta may be a little dry.*



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, until March 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>



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



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Address: _____

Phone: _____ E-Mail: _____

Birthday: _____

Anniversary: _____

If joining as a couple, include anniversary date.

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