

# THE Center Page

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NEWS, INFORMATION & HAPPENINGS

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## *St. Patrick's Day Luncheon*

**Thursday**

**March 15, 2012**



at the  
**Courtyard by Marriott**

*Tickets on Sale  
February 15*

**Cost: \$15 each**

**Co-Sponsored by Oakwood Village**

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**February ~ March 2012**

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United Senior Services - 101 S. Fountain Avenue - Springfield, Ohio  
Published Bi-Monthly

**United Senior Services**  
**101 S. Fountain Avenue**  
**Springfield, OH 45502**  
**323-4948**  
**Open: Mon-Fri, 8:30-4:30**

**FOUNDED 1968**

Pres. - Darrell Howard  
Vice Pres. - Don Martin  
Treasure - Darrell Kitchen  
Secretary - Marjorie Travis  
Exec. Dir. - Donna Frederick

**TRUSTEES**

Hugh Barnett  
Darryl Bauer  
Gordon Flax  
Don Flowers  
Vicky Forrest  
Tim Howard  
Erma Rockhold  
Priscilla Smithers  
Larry Todd  
Mike Trempe  
Jeanette Wehler  
Larry Zerkle

**SERVICES PROVIDED**

C.A.R.E. Program  
Chore  
Companion  
Consumer Education  
Discount Program  
Emergency Assistance  
Gatekeeper  
Health Services  
Homemaker  
Income Tax Assistance  
Information & Referral  
Meals on Wheels  
Medical Claims Service  
Newsletter  
Nutrition Program  
Outreach  
Personal Care  
Recreation  
Respite Care  
Money Management Program  
R.S.V.P.  
Telephone Reassurance  
Transportation  
Vial of Life  
Visitation  
Volunteer Guardianship

**NEWSLETTER STAFF**

Editor: Ruth Anne Dingeldein  
Composition: Peggy Connolly

**SATELLITES**

**Northside**, 1350 Vester Ave.  
Phone: 399-3411

**New Carlisle**, 199 Sunrise  
Terrace & 1216 W. Lake Ave.  
Phone: 845-2080

**So.Charleston** - Services  
provided at various locations.

**Enon**, 7571 Spfld.-Dayton Rd.  
Phone: 863-0043

*May love and laughter light your days,*

*and warm your heart and home.*

*May good and faithful friends be yours,*

*wherever you may roam.*

*May peace and plenty bless your world*

*with joy that long endures.*

*May all life's passing seasons*

*bring the best to you and yours!*

Funded (in part) by a Title III grant under the Older Americans Act administered by the Ohio Department of Aging through the Area Agency on Aging PSA2. Funds also provided by Clark County Senior Services Levy, United Way of Clark and Champaign Counties, Mental Health & Recovery Board of Clark County, Federal funding through Corporation for National and Community Service, and donations. Agency is non-discriminatory in services and employment and facilities are accessible to the handicapped.

# Director's Corner

Dear Members and Friends,

December was so mild it was hard to believe it was truly winter! Now we believe! At least this is the beginning of our SPRING issue! We know time goes by more quickly as we get older—indeed!

Our Medical Claims staff did it again. They worked tirelessly for 6 weeks in October, November and December, to review Medicare Part D plans for hundreds of people. Dianne Howard, Cathy Ferguson, and Julie Hablitzel worked extra hours, went without lunches, and stayed late to see as many people as they could. And a few volunteers pitched in too. Thank you!!!!!! They're the best!



The Center honored Dr. Martin Luther King Jr. with a celebration of his life and contributions on Monday, January 16. This was co-sponsored by the African American Fund of the Springfield Foundation, and served as a tribute to the inspirations of Dr. King and those who have come after him. United Senior Services staff and others volunteer their time to offer this event.

Now on to Income Tax!!! This is another service provided at our center at no cost, and is invaluable to low income and older individuals who need the service. Since it is first come - first served, lines can be long in February, but it does get better as the tax season progresses. The service is provided by Volunteer Income Tax Assistance (VITA), and led once again by Norine Kmett and Ethel Bronston. It will be available Mondays, Tuesdays, Thursdays, and Fridays, beginning February 2, from 9:00 to 3:00.

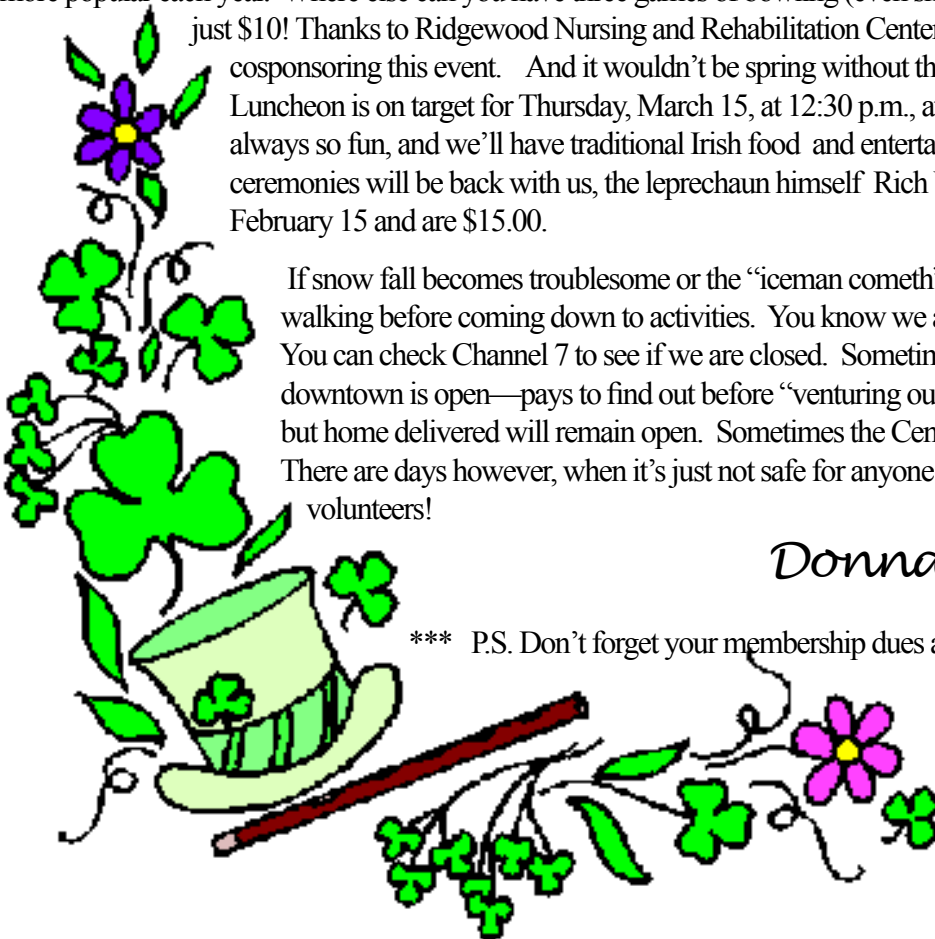
We also want to thank all the individuals and groups that helped us throughout the holidays--volunteers, Southbrook Care Center, retired Firefighters, Salvation Army, St. Vincent DePaul and many others who worked together to make the season brighter for many individuals. Thanks to all.

Coming up in February again on the 14th, is our Valentine Bowling and Lunch. This will be its 4th year, and it has become more popular each year. Where else can you have three games of bowling (even shoes!) and a great lunch from Friday's for just \$10! Thanks to Ridgewood Nursing and Rehabilitation Center and Gem City Home Care for cosponsoring this event. And it wouldn't be spring without the "Wearin' o' the Green". Our St. Patrick's Luncheon is on target for Thursday, March 15, at 12:30 p.m., at the Courtyard by Marriott. This is always so fun, and we'll have traditional Irish food and entertainment. One of our favorite masters of ceremonies will be back with us, the leprechaun himself Rich Whalen! Tickets go on sale Wednesday, February 15 and are \$15.00.

If snow fall becomes troublesome or the "iceman cometh", please consider the driving and the walking before coming down to activities. You know we always love for you to come, but only safely. You can check Channel 7 to see if we are closed. Sometimes satellite centers are closed but downtown is open—pays to find out before "venturing out". At times, Congregate Meals are closed but home delivered will remain open. Sometimes the Center is open, but activities are cancelled. There are days however, when it's just not safe for anyone to be out, including our staff and our volunteers!

*Donna*

\*\*\* P.S. Don't forget your membership dues are calendar year! Time to RENEW!!\*\*\*



# COMING EVENTS

## E-Books....

We will be offering free sessions on electronic books at our Center. The Kindle and Nook are the two most popular versions of E-books. A knowledgeable volunteer will explain the use of these models. You will become familiar with the size, weight, functionality, connectivity and support offered with electronic books. If you want to learn more about this subject call the Center at 323-4948.



## V.I.T.A. Income Tax Assistance

Volunteer Income Tax Assistance (V.I.T.A.) will be available at the Pitzer Center, 101 S. Fountain Ave. beginning **Thursday, February 2**. Qualified, trained tax preparers will prepare tax returns weekdays, except Wednesdays, from **10:00am to 3:00pm** through April 13. Tax forms will be filed on a first come - first served basis. This service is available to all seniors, low income individuals and people with disabilities. Please bring your W-2's, last year's tax return, all 1099 forms, receipts from property taxes paid in 2011, out of pocket medical expenses and premiums for State of Ohio taxes even if you file a short form.



## Pickleball

Pickleball will be played **each Friday** in our auditorium from 9 - 11AM. Pickleball is similar to tennis but it is played on a smaller court. An oversized ping pong paddle and a whiffle ball along with a net are all that is needed to play. Call the Center 323-4948, if this sounds like fun.



## Reds Tickets on Sale

Beginning **Thursday, February 2** members can come to the Center and purchase tickets to the Reds baseball games scheduled for next summer. We are scheduled to attend the following games:



<b>May 21</b>	<b>vs Atlanta</b>	<b>7:10PM</b>
<b>June 27</b>	<b>vs Milwaukee</b>	<b>12:35PM</b>
<b>July 19</b>	<b>vs Arizona</b>	<b>12:35PM</b>
<b>August 2</b>	<b>vs San Diego</b>	<b>12:35PM</b>
<b>September 5</b>	<b>vs Philadelphia</b>	<b>12:35PM</b>

The cost is \$40 per person and includes transportation and a field box seat.

## Tai Chi

Classes are offered at the Pitzer Center on Monday and Wednesday from 2:00 until 4:00p.m. These sessions will improve balance, flexibility and strength. They are lead by Don Taylor at no charge.



## Valentine Bowl & Lunch

Join us on **Tuesday, February 14 at 12:00Noon** at the Victory Lanes, 1906

Commerce Rd. Bring your friends or come and meet new friends as we exercise and enjoy the sport of bowling. We then leave and have lunch at Friday's, 1720 N. Bechtle Ave. Tickets are now on sale at the Pitzer Center. The cost is \$10 and they need to be purchased prior to the date. This activity is open to all people age 55 and better and is co-sponsored by Ridgewood Nursing & Rehabilitation along with Gem City Home Care.



## Shuffleboard

Those who enjoy playing shuffleboard are invited to come to our Center every Monday at 2:30PM. It is a social setting with an emphasis on having fun and making friends. Partners are not required and all older adults are welcome to participate.



## Facebook on-line...

We will be offering a class on how to use Facebook on line at the Pitzer Center. It's a great way to stay in touch with your friends and family! If you are interested in this class, please call the RSVP office at 521-3014 or 521-3008.

# INFORMATION

## Triad News Alert!!!

Triad met on January 5, 2012, and Officer Tom Selner of the SPD gave a very interesting presentation to approximately 35 seniors and law enforcement officers. These are some of the tips he offered to stay safe and avoid fraud.

Do you get requests for money in the mail with very official looking envelopes and even more official looking signatures and seals, asking for you to send money to “save social security” or support our Congress, or even to donate for the Clark County Deputies Dog Fund (they don’t have a dog) or some other seemingly worthwhile charity. BEWARE! Most of these requests are scams or frauds or a hoax. Once you ever donate—even one dollar!-- your name and address may likely be sold to others who will flood your mailbox with requests for more and more money. We aren’t saying you should be stingy, just be very sure you are giving to a legitimate company, not supporting criminal activity in disguise! If you aren’t sure, call the Better Business Bureau or bring your question to the next Triad meeting on Thursday, February 2, at 1:30! Besides meeting with law enforcement, you will hear from the Emergency Management Agency reporting on what Clark County groups are prepared to do for our residents in case of a disaster. See below for topics for the coming months.

## Triad News...

Meetings are held at **1:30PM on the FIRST Thursday** of every month at the Pitzer Center, 101 S. Fountain Ave. Anyone interested in senior safety and crime prevention is encouraged to attend. Clark County Sheriff’s Dept. and Spfld. City Police Dept. are represented and will respond to your concerns. Refreshments served!!

**February 2 ~ Disaster Preparedness**

**March 1 ~ Adult Protective Service**

**April 5 ~ Disaster Response-Shelters**

## SAVE THE DATE

February 2	TRIAD meeting
February 2	VITA Income Tax Service Starts
February 14	Valentine Bowl & Lunch
March 1	TRIAD meeting
March 6	Speaker - “History of Ireland”
March 15	St. Patrick’s Day Luncheon

## Welcome to the history of Ireland.

We all know about **shamrocks** and the **blarney stone** but Rich Whalen will tell you more.

Join us on **Thursday, March 6 at 1:30PM**. See a slide presentation on the founding and the early history of the struggles in the beginning of the fabulous **Emerald Isle**. You don’t need to be **Irish** but you are bound to find this a dynamic part of history and you will find Rich equally as dynamic.



FREE tickets will available *February 20*. We’ll have great Irish refreshments! Don’t wait too long. It’s a crowd pleaser!

## HEAP Assistance

Ohio’s Home Energy Assistance Programs (HEAP) are an integral part of the social safety net for Ohio’s older citizens. Many older adults with limited incomes rely on this assistance, and would not be able to get through the winter without it. This frail population is extremely vulnerable to temperature extremes; they are the first to succumb to respiratory illnesses and other ills due to freezing temperatures or deadly heat. For them, a lack of resources is a health issue as well as a financial one.

<i>Size of Household</i>	<i>Gross Annual Household Income</i>
1	up to \$21,780
2	\$29,420
3	\$37,060
4	\$44,700
5	\$52,340
6	\$59,980
7	\$67,620

Applications and assistance are available at United Senior Services through Rita Marshall @ 521-3005.

## “Many Thanks”



Once again the **retired firefighters** put up and also took down our beautiful 14ft. Christmas Tree in the auditorium. We appreciate their help and thank them for their yearly service. Many thanks also to our volunteer, **Jeanne Anne Gray** who decorated our **new** tree in the lobby and also set up and took down the mountain Christmas village. You did a beautiful job, Jeanne Anne. Thanks for making our entrance so festive during the holiday season.

# INFORMATION

## St. Patrick's Day Luncheon

**This year the luncheon will be held on Thursday, March 15, 2012. Once again it will be held at the Courtyard by Marriott with a traditional Irish meal.**

**Master of Ceremonies is Rich Whalen with entertainment by Stephen Hollen, storyteller and impersonator with Celtic tales and humor.**

**Lunch will be served at 12:30PM and entertainment begins at 1:00PM.**

**Tickets go on sale February 15 at a cost of \$15 each.**

## CHORE



The Chore Service provides grasscutting and minimal trimming to persons 60+ who have difficulty completing this household chore on their own. This service provides lawncare starting in May to 90 clients throughout the bulk of the summer months until the end of September. To apply for this service, please call the Elderly United's Chore Service at 521-3011 and a telephone application will be taken at that time. Current and new clients must call after January 1 to apply or *reapply* for this service – clients are not carried on this program year to year. There is a high demand for grass cutting service and a prioritization screening is used to determine the 90 most in need.

The work is performed by an independent contractor, Gillam Lawncare and Landscaping, whose services are contracted by United Senior Services.

A donation is asked for this service; however, no one is denied service because of their inability to donate.

## WELL-BEING IN THE WINTER:

### *Hibernation is for the Bears....*

Your physical, social and emotional health all come into sharp focus at this time of year. The way you use your time and make decisions will have a significant impact on whether you're starting off 2012 refreshed and content or exhausted and anxious.

Here's a few tips to keeping yourself accountable to your health and fitness goals:

- The key to making meal choices is portion control: it's okay to enjoy winter treats here and there, but don't go to town on the potato chips and chocolate. Mix it up and enjoy a fruit or vegetable when you get a case of the munchies. The majority of a winter diet should still be a variety of fresh food that accounts for calories and fat content.
- Stick to a schedule that gets your heart pumping. Carve out at least a 45-minute slot in your day to take a jog, lift weights, take a pilates class or stretch with some yoga.
- Even when you're on the go, you can do little things to keep yourself physically alert: park farther away from the store entrance to get a good walk in or use the stairs whenever its possible. Safety should be on your radar this season as well; watch for icy roadways and walkways, be mindful of frostbite when you have prolonged exposure to the elements and take the necessary precautions before shoveling your driveway. Stretching before your chores shouldn't be underestimated!

Perhaps you're on schedule with staying active this season--in fact, you might be too busy. If you're feeling exhausted, stressed and irritable, listen to your body and allow yourself to rest. Take a nap or read a book. Contrary to popular belief, the time you enjoy "wasting" is not wasted time.

Foster your family relationships and friendships alike by spending quality time together, incorporating fitness and exercise where you can. Mental and emotional health grow from a foundation of healthy, happy relationships, so be sure to engage in some merriment with loved ones and bond closer with family members and friends.

When it comes down to it, you know when something's wrong with your physical, mental or emotional health. Don't write these things off just because you're in a busy season of life; rather, take the time to address the areas where you can improve your health and fitness this season.



# Day Trips



**Saturday, March 24**  
 Palace Theatre, Columbus  
 Orchestra Seating  
 Lunch: Der Dutchman, Plain City  
 Cost: \$133 Due: upon registration  
*limited seating available*



**Mamma Mia!**  
**Saturday, May 5**  
 Aronoff Center, Cincinnati  
 Lunch: Cracker Barrel  
 Cost: \$100 Due: upon registration  
*only 6 seats remaining!*



**Saturday, March 31**  
 Aronoff Center, Cincinnati  
 Orchestra Seating  
 Lunch: Golden Corral, Fairfield  
 Cost: \$103 Due upon registration  
*Just 6 seats remaining*

**Captains Lunch Cruise**  
**Tuesday, May 22** **NEW!**



There's nothing like a lazy cruise down the river standing on the deck of a paddle wheel gazing on the beauty of Mother Nature's Spring season. Enjoy a delicious buffet lunch on **BB Riverboats** while being entertained with banjo and singing. After the cruise engulf yourself in the abundance of Spring at **Bern's Garden Center**. Enjoy browsing among gorgeous ready-made flower containers or get creative with your own ideas to take home and try...it's always a rewarding experience at Berns! And finally we'll relax and cool off with ice cream at **Young's Jersey Dairy** before arriving back home. You won't want to miss this opportunity to just relax and enjoy a delightful day!

Depart: 9:30AM Return: 6:15PM  
**Cost: \$67** **Due: April 19**

**A Day In Pompeii**  
**Thursday, April 19** **NEW!**



Begin this day with an included lunch at the **Haufbraus Haus** in Newport, KY where it's Oktoberfest everyday! Enjoy delicious German food prepared in the best tradition. Following our tour of Germany we'll continue on to the **Cincinnati Museum Center**. "Woah..." That's pretty much the collective noise you'll hear when the lights dim and the five-stories tall **IMAX screen** takes you a thrilling ride. The planetarium-style seating has viewers tilted back for a larger-than-life sensory event. After the Imax experience, get prepared for the world acclaimed exhibit of "**A Day in Pompeii**". The Roman city of Pompeii was frozen in time by the catastrophic eruption of Mt. Vesuvius in 79 A.D. Pompeii's archeological treasures rarely leave Italy, and this national touring exhibit marks the first time that these rare treasures will come to Ohio. Room-sized frescos, marble and bronze sculptures, jewelry, gold coins, and hundreds of priceless ancient artifacts join body casts of the volcano's victims, eerily preserved in their final frantic moments. Don't miss this moving glimpse through a unique window on the ancient past. Reserve your spot early on this 'trip around the world'.

Depart: 10:00AM Return: 6:00PM  
**Cost: \$73** **Due: April 4**

- Sneak Preview.....**
- Amish Country ~ June
  - A Day of Wine & Roses ~ June
  - Girls Day Out ~ July
  - The Candy Bandit Holdup ~ August
  - The Wilds ~ September
  - Roscoe Village ~ October
  - "A Branson Christmas" - Columbus ~ November
  - Dickens Victorian Village ~ November
  - LaComedia "It's A Wonderful Life" ~ December

## Multiple Payments

To better serve our travel clients, a **multiple payment option** is available for **Tours or Day Trips**. Pay any amount, as often as you want as long as the balance is complete by the designated **Due Date!**



**Saturday, June 2**  
 Ohio Theatre, Columbus  
 Lunch: Der Dutchman  
 Cost: \$122  
 Deposit: upon Registration  
*limited seating available*

# VACATIONS

## PADDLEWHEELIN'

*Spirit of Peoria*

October 5-10



*Step back in time and experience a Mississippi riverboat cruise aboard the Spirit of Peoria. Sail to the sound of a calliope, enjoy wonderful meals, hear river lore and view spectacular fall foliage. Don't miss the boat!*

**Day 1:** Coach to Rockville, Indiana the "Covered Bridge Capital of the World". Lunch at the Rock Run Café, then take a Covered Bridge Tour to see some of the 31 bridges in Park County. **L**

**Day 2:** Board the *Spirit of Peoria*, a full-blown replica of a Mark-Twain-era riverboat, complete with a 21' paddle wheel! You'll cruise through two lock and dam systems on the Illinois River. Breakfast, lunch, a wine & cheese reception and a prime rib dinner are served onboard before you overnight in Jacksonville, Illinois. **B,L,D**

**Day 3:** Re-board the *Spirit* and enjoy varied entertainment as you watch the ever-changing scenery. Overnight at the *Pere Marquette Lodge* overlooking the Illinois River. **B,L,D**

**Day 4:** Your final voyage on the *Spirit* enters the mighty Mississippi. Travel through two more locks before docking in *St. Louis*. Tour the *Gateway Arch*, visit the museum, see a documentary film or take the tram to the 630' top! **B,L**

**Day 5:** Travel to Edinburgh, Indiana...lunch at the *Grand Traverse Pie Company*...dine at *Smith's Row* & have dessert at *Zaharakos Ice Cream Parlor*. **B,L,D**

**Day 6:** A real treat, *Not Just Popcorn*, sample some of the 240 flavors, featured on *The Food Network*. Then tour *Camp Atterbury* with a military step-on, visit *Indiana Homeland Security & RescueDog Compound* & have lunch in the mess hall with the troops before departing for *Columbus, Indiana* featured on *CBS Sunday Morning* where you will take a guided architectural coach tour. Your last stop, the *Atterbury-Bakalar Air Museum* featuring aircrafts used during World War II, the Korean War, & Vietnam. Relive the personal stories of those who served our country during this 28-year timeline. **B,L**

**Tour Includes:** Motorcoach transportation, five night's lodging, *Spirit of Peoria* three-day cruise and *fourteen meals*.

**Tour Fare:** \$1499 per person double occupancy

**Deposit Due:** 6-19-12

**Balance Due:** 8-6-12

## Old World Treasures

May 11 – 21

Ports-of-Call: Oslo, Norway; Paris, France; Cherbourg (Normandy), France; Dublin, Ireland; Liverpool, UK; Edinburgh, Scotland.

**Tour Includes:** Roundtrip airfare from Ohio to Oslo, 10-day Royal Caribbean cruise, all port & air taxes, all meals onboard the ship, coach transfers, Oslo tour, fully escorted.

**Tour Fare:** From \$4099 per person double occupancy  
**"SOLD OUT"**

Accepting names on a "worth-the-wait-list"



## Washington DC

April 13-16

Featuring the 100th Anniversary of the Cherry Blossom Trees



In this, a presidential election year, it seems fitting to visit the historic sites, memorials & museums that celebrate what makes this country great. This tour will reveal DC from both a traditional and unique perspective. From the "new" *Mount Vernon*, with movies-exhibits & 1,000 artifacts; to the *International Spy Museum*, with 200 spy gadgets -cameras-vehicles & Hollywood memorabilia...from the new \$50 million *Newseum*, with parts of the airliners that crashed into the World Trade Center & a 126' Video News Wall; to the *Crime & Punishment Museum*, founded by John Walsh, including the set of America's Most Wanted & a C.S.I. lab...from a "Scandal Tour" with act-alikes telling you the real stories behind Watergate (Nixon) – the Old Executive Office Building (Oliver North) & White House skeletons; to an *Illuminated Monument Tour* & a guided tour of the *FDR, Martin Luther King, Jr. & Air Force Memorials*. Add to this a three-night stay at *Spring Hill Suites, Marriott* in Alexandria, a *Mystery Attraction* and the *Cherry Blossoms*...this journey will truly leave you with a new appreciation of our nation's capital!

**Tour Includes:** Motorcoach transportation, three nights suite lodging, all admissions & sightseeing and five meals.

**Tour Fare:** \$799.00 p.p. double occ.

**Deposit Due:** 11-25-11

**Balance Due:** 2-3-12

**First coach "Sold Out"**

Accepting names on a "worth-the-wait-list"

**With 40 confirmed guests, a second coach will be added, same date.**

# VACATIONS

“JONAH”-Premier Performance

**July 25 ~ 27**

**NEW DATE!**



Be the first to experience **Sight & Sounds Theater's** newest production... guaranteed to be a sell-out! Jonah, a righteous prophet of God... suddenly disobeys and runs away! As a result, he encounters a **TER-RIBLE** storm, an **ENORMOUS** fish, a **WICKED** empire, and the **GREATEST** revival in history.

Enjoy an Amish buffet, two breakfasts and two nights at the **Willow Valley Resort**. Take an exclusive “**Behind the Scenes Tour of Jonah**” to experience the incredible sets, costumes, lighting, seamless transitions, immersive scenes, and special effects followed by a “family style” lunch at **Hershey Farms**. Witness the miracle of **Jonah** with great seats to view the 300’ stage. Then see “**Legally Blond**”, the story of a “flakey” homecoming queen’s transformation to a Harvard Law Graduate, at the **Dutch Apple Dinner Theater**....this much fun shouldn’t be ‘legal’. Finally take a “chocolate tour” at **Hershey’s Chocolate World**...the perfect Summer getaway!

**Tour includes:** Round Trip Motorcoach, two-nights at the Willow Valley Resort, Orchestra seating for Jonah, Dutch Apple Dinner Theater, 2 Breakfast, 1 lunch and 2 dinners

**Tour Fare:** \$599 double occ.

**Deposit Due:** 4-18-12

**Balance Due:** 6-1-12

**Get You Never Knew That!**

**Mystery Tour**  
**June 18 - 21, 2012**  
**June 20 - 23, 2012**

**VACATION INCLUDES:**

- Deluxe motorcoach transportation
- 3 nights resort accommodations
- 9 meals (3-B, 3-L & 3-D)
- All sightseeing & Entrance fees
- All gratuities for baggage handling, drivers and local step-on guides
- Pat Brown, USS Tours Escort

**Tour Fare:** \$899 per person based on double occupancy

**Deposit Due:** March 1

**Balance Due:** April 20

**2 seats available on June 20 - 23**

## Beaches & Boardwalks

**August 25-31**

*All hotels are oceanfront with private beach access!*



**DAY 1:** Travel to **Charlotte, North Carolina. D**

**DAY 2:** Arrive in **Myrtle Beach** & lunch at **The Market Common** before checking into the *oceanfront* **Hilton Myrtle Beach Resort** for a two-night stay. End your day at **Dino’s TV Variety Show** where Dino and his Gold Diggers welcome guests like Marilyn Monroe, Phyllis Diller and Sammy Davis, Jr. Dine at a cabaret style supper club while the show is performed. **CB, D**

**DAY 3:** Take a private tour of **Brookgreen Gardens**, the first public sculpture garden in America with more than 1,400 works on display. Next, **Broadway at the Beach** for lunch on your own and fun-filled shopping options galore! Later, dine at the **Original Benjamin’s** with authentic “low country” food followed by “The Good Vibrations Show” at the **Carolina Opry** featuring the best music of the 60s, 70s, and 80s...what a day! **B, D**

**DAY 4:** Depart for **Virginia Beach** where you will check into the *oceanfront* **Ramada on the Beach** for a two-night stay. You’ll have free time to explore Virginia Beach’s signature boardwalk stretching for three miles with two museums, shops and several hotels including yours! Dinner is included tonight at a local restaurant. **B,D**

**DAY 5:** Travel to the **Oceana Naval Air Station** for a close-up tour of the **US Navy’s Master Jet Base**, home to 300 Hornet & Super Hornet jets and see 60 years of flight at the **Aviation Historical Park**. Enjoy a buffet lunch with the pilots at the base’s officers club! Then, see bottlenose dolphins in their natural habitat during a **Dolphin-Watching Boat Cruise. B, L**

**DAY 6:** All aboard for **Atlantic City** and the fabulous *ocean front* **Tropicana Resort & Casino**. A fleet of **Rolling Chairs**, peddle-powered by friendly attendants, awaits to take you on a “caravan style” ride down the four-mile boardwalk, you will feel like royalty! Enjoy a dinner buffet at the **Tropicana** with free time to explore. **B, D**

**DAY 7:** Journey home **B**

**Tour Includes:** Motorcoach transportation, six nights lodging, two shows, **twelve** meals.

**Tour Fare:** \$1,399 per person double occ.

**Deposit Due:** 5-14-12

**Balance Due:** 6-25-12



# VACATIONS

## Pacific Coast Cruise

Seattle, Vancouver, Victoria, Astoria,  
San Francisco, Los Angeles

September 21 -29



This **ALL INCLUSIVE** vacation has it all...Cruise on the *Norwegian Pearl*, one of NCL's newest ships, providing exclusive *Free-Style Cruising*. Eat when you want without dressing up, any time you want, with whomever you want in one of the 16 restaurants on board. And, in honor of the midnight snack, you can enjoy the 24-hour food court or complimentary room service... bon appetite! Toast the Pacific sunset from the deck of the Pearl and join us as we experience the best of the West Coast.

**INCLUDED SHORE EXCURSIONS in:** Seattle, Pike Place Market... Vancouver, Stanley Park & Gastown... Vancouver Island, Butchart Gardens... Astoria, Oregon, Columbia River & Cape Disappointment... San Francisco... Fisherman's Wharf, Golden Gate Park, Chinatown, Los Angeles, Beverly Hills, Rodeo Drive, Hollywood Museum.

**CRUISE TOUR INCLUDES:** Airport transfers, luggage handling, round-trip airfare aboard Southwest Airlines (bags fly free!), two nights pre-cruise in Vancouver, dinner in Vancouver, one-night post-cruise in LA, five-night cruise with all meals. **Included** ship-board gratuities and **Included** driver & guide gratuities.

**CRUISE & TOUR FARE:** from only \$2399 per person based on double occupancy - **Everything is Included!**  
**Deposit Due: May 1** **Balance due: July 3**



## BEDFORD SPRINGS RESORT

November 26-28

Arrive by private motor coach at the elegant **Omni Bedford Springs** (five-star) **Resort** for a two-night-holiday stay. A direct quote from *Martha Stewart's Living*:

*"Bedford Springs, one of the country's oldest resorts, is that rare place you will want to return to again and again. In a world of cookie-cutter hotels, it is refreshing to find a place where you can experience two centuries of history and get a great massage while you're at it! The time-capsule atmosphere will captivate you."*

A reception with "designer" teas and elegant desserts will be served before you check-out your room's antique replica furnishings, European bedding & marble bath. Learn about the hotel's past on an **Historic Tour**. Dinner is served in the ballroom followed by a warm blanket and tasty *s'mores* created at the hotel's fire pit. Enjoy breakfast in the *Crystal Room* followed by a **Kitchen Tour & Cooking Demonstration** hosted by the resort's chef. Compete in a **Scavenger Hunt** and be pampered at the *Springs Eternal Spa* (additional fee). Tonight, a special **Holiday Dinner Show** in the restored *Constitution Hall* featuring Ireland's **Cahal Dunne and the Wonderful World of Christmas**. After breakfast, depart the resort with one last "Mystery Stop" before journeying home.

**Tour Includes:** Motorcoach transportation, two night's resort lodging, Cahal Dunne show, four meals.

**Tour Fare:** \$699 per person double occ.

**Deposit Due: 8-16-12**

**Balance Due: 9-26-12**

**First coach "SOLD OUT"**

**Accepting names on a "worth-the-wait-list"**

**With 40 confirmed guests a second coach will be added, same date.**

# INFORMATION

## Top Scams Targeting Seniors

### Counterfeit Prescription Drugs

Most commonly, counterfeit drug scams operate on the Internet, where seniors increasingly go to find better prices on specialized medications. The danger is that besides paying money from something that will not help a person's medical condition, victims may purchase unsafe substances that can inflict even more harm. This scam can be as hard on the body as it is on the wallet.



### Funeral & Cemetery Scams

The FBI warns about two types of funeral and cemetery fraud perpetrated on seniors. In one approach, scammers read obituaries and call or attend the funeral service of a complete stranger to take advantage of the grieving widow or widower. Claiming the deceased had an outstanding debt with them, scammers will try to extort money from relatives to settle the fake debts. Another tactic of disreputable funeral homes is to capitalize on family members' unfamiliarity with the considerable cost of funeral services to add unnecessary charges to the bill. In one common scam of this type, funeral directors will insist that a casket, usually one of the most expensive parts of funeral services, is necessary even when performing a direct cremation, which can be accomplished with a cardboard casket rather than an expensive display or burial casket.

### Fraudulent Anti-Aging Products

In a society bombarded with images of the young and beautiful, it's not surprising that some older people feel the need to conceal their age in order to participate more fully in social circles and the workplace. It is in this spirit that many older Americans seek out new treatments and medications to maintain a youthful appearance, putting them at risk of scammers. Whether it's fake Botox like the one in Arizona that netted its distributors \$1.5 million in barely a year, or completely bogus homeopathic remedies that do absolutely nothing, there is money in the anti-aging business. Botox scams are particularly unsettling, as renegade labs creating versions of the real thing may still be working with the root ingredient, botulinum neurotoxin, which is one of the most toxic substances known to science. A bad batch can have health consequences far beyond wrinkles or drooping neck muscles.

### "The Pigeon Drop"

The con artist tells the individual that he/she has found a large sum of money and is willing to split it if the person will make a "good faith" payment by withdrawing funds from his/her bank account. Often, a second con artist is involved, posing as a lawyer, banker, or some other trustworthy stranger.

### Investment Schemes

A number of investment schemes have been targeted at seniors looking to safeguard their cash for their later years. From pyramid schemes like Bernie Madoff's to fables of a Nigerian prince looking for a partner to claim inheritance money to complex financial products that many economists don't even understand, investment schemes have long been a successful way to take advantage of older people.

### Homeowner/Reverse Mortgage Scams

Scammers like to take advantage of the fact that many people above a certain age own their homes, a valuable asset that increases the potential dollar value of a certain scam. A particularly elaborate property tax scam in San Diego saw fraudsters sending personalized letters to different properties apparently on behalf of the County Assessor's Office. The letter, made to look official but displaying only public information, would identify the property's assessed value and offer the homeowner, for a fee of course, to arrange for a reassessment of the property's value and therefore the tax burden associated with it. Closely related, the reverse mortgage scam has mushroomed in recent years. With legitimate reverse mortgages increasing in frequency more than 1300% between 1999 and 2008, scammers are taking advantage of this new popularity. As opposed to official refinancing schemes, however, unsecured reverse mortgages can lead property owners to lose their homes when the perpetrators offer money or a free house somewhere else in exchange for the title to the property.

### Sweepstakes & Lottery Scams

This simple scam is one that many are familiar with, and it capitalizes on the notion that "There's no such thing as a free lunch". Here, scammers inform their mark that they have won a lottery ticket or sweepstakes of some kind and need to make some sort of payment to unlock the supposed prize. Often, seniors will be sent a check that they can deposit in their bank account, knowing that while it shows up in their account immediately, it will take a few days before the (fake) check is rejected. During that time, the criminals will quickly collect money for supposed fees or taxes on the prize, which they pocket while the victim has the "prize money" removed from his or her account as soon as the check bounces.

# INFORMATION

## Meals On Wheels

The objective of Meals on Wheels is to provide the proper nutrition to those individuals 60 years of age or older who cannot meet this need on their own. Meals are prepared and packaged by the Ohio Masonic Home for the Springfield area and Day View Care Center in New Carlisle. A regular or no concentrated sweets noon meal and an optional light evening meal is offered mid-day, Monday through Friday for a nominal fee. A monthly statement is mailed for payment. If interested in the meal program or volunteering to deliver meals, please call the Meals on Wheels Office at 521-3011.



## Memorial Gifts



### Donations and In-Kind

Anonymous  
Fellowship Christian Church  
Paragon Rehabilitation  
Springfield Bowling Center

Meals on Wheels by:  
Society of St Vincent DePaul District Council

## Have you missed us in the Newspaper?

The Springfield New Sun helps us in many ways, but has not been able to run our weekly column as often as they used to. If you would like to see our weekly schedule as well as important current programs, *we need your help*. Let them know that you miss that column and that you would like to see more information about senior activities in the newspaper. If you have a computer, you can email your comments to the Editor-in-Chief, Jana Collier at [jana.mypromise@coxohio.com](mailto:jana.mypromise@coxohio.com) It just might make a difference!

## What's up with the Arcue Building?

Actually it's what's down, as in coming down. By the time you get this the building should be demolished, and there may be a pile of bricks still left to be carted away. Why did this happen? Many reasons, although the building was sound structurally on the outside, the inside needed millions of dollars' worth of renovation to be useable. We don't need another empty building sitting around downtown, but we do need parking!! So, for the time being, this vacated space will be used for parking once it is made "user friendly" for cars. We will provide more information later on who can access and how!



Don't forget! TRIAD is still collecting old cell phones to re-cycle to provide emergency 911 (only) phones for senior citizens.

## Make a Difference in the Lives that Follow



### A Few Things You Can Do Today to Leave A Legacy

- Leave **a gift** in your will for the charitable organization that made a difference in your life.
- Leave a **specific dollar amount** or a percentage of the assets in your will to your favorite charity.
- **Name your favorite charity** as the beneficiary of your IRS or pension plan. Remember deceased loved ones with memorial gifts to charities.
- Encourage family members and friends to **leave gifts** to charities in their wills.

## New Member Coffee 2011



March 15, 2012 ~ 9:30 a.m.  
June 21, 2012 ~ 9:30 a.m.  
September 20, 2012 ~ 9:30 a.m.  
December 20, 2012 ~ 9:30 a.m.

*Don't worry about the people from your past, there's a reason why they didn't make it to your future.*

# Fun Times with USS



Preparing Community Outreach Holiday Baskets for Seniors

## Remember When...

...When "getting high" meant on a swing

...When the worst thing you could get from BOYS were cooties

& the worst thing you could get from Girls was a cold

...When Mom was your only hero

& Dads shoulders were the highest place on earth

...Your Worst Enemies were your siblings

...When The only "Drug" you knew was cough medicine

...Wearing a skirt didn't mean you were a "Slut"

...The only thing you "Smoked" was the tires on your bike

...The only thing that would "Hurt you" were skinned knees

...The only thing that could be "Broken" were your toys

...When "Goodbyes" only meant until tomorrow... -

*Unknown*

Little girls are precious gifts,  
wrapped in love serene.  
Their dresses tied with sashes  
and futures tied with dreams.



## Country Christmas

December 12-14, 2011



## YOUR INVITATION TO SERVE

Call RSVP for more information - 324-5705

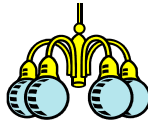
### Fight the winter blahs with an interesting project like those listed below:

**Education Project:** Show a short presentation to preschoolers at Head Start about nutrition and dental hygiene. A brief video is involved that will catch the children's interest and the discussion will include going to the dentist, brushing their teeth and eating healthy foods vs. unhealthy foods that cause cavities. They can also have fun practicing brushing on a typodont. Materials and the complete lesson are provided and a teacher is present at all times. The interest of these young children will perk up even the bleakest winter day and result in bright smiles now and in the future. *Call RSVP for more details*



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**Do it Yourself Help:** You can provide customer service, or sort and organize merchandise at the ReStore, operated by Clark County Community Habitat for Humanity. This is a discount building material and home furnishings store which reuses, recycles and resells functional materials and furnishings that are in good condition, thereby diverting thousands of tons of usable materials from local landfills. The community gets very affordable and sometimes unique items for home improvement and renovations. The proceeds benefit Clark County Habitat for Humanity and enables them to build more homes in our community.



Volunteers at this site see many interesting used materials and donated new items as well. Some of the kinds of items are light fixtures, bathtubs, cabinets, doors, faucets, sinks, tools, windows, floor tile, ceiling fans, counter tops, paint, new carpet, and lawn and garden items. The ReStore is open Thursday 12 to 6, and Friday and Saturday 9 to 4, but volunteers are needed to help with merchandise on Tuesdays and Wednesdays also. You can call RSVP for more information or contact Terry Fox at 325-9710.

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**Administrative at Shelter:** Interfaith Hospitality can use a hand and friendly voice to answer the phone and help out with copying, filing, and routine errands in their office for a few hours morning or afternoon.



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**Evenings and Weekends:** Do you have commitments on weekdays but want to get out and be involved with organizations that would welcome your help? Here's ten places to make good use of your extra time:

1.) Animal Welfare League – exercise dogs on Saturdays. 2.) Habitat for Humanity – building on weekends and serve as Family Liaison at your convenience. 3.) Kuss Auditorium – ushering at evening performances. 4.) Local Museums – information desks on weekends. 5.) Brown Reservoir Nature Center – reception on weekends. 6.) Springfield Regional Medical Center – information and reception on weekends. 7.) Volunteer Guardian Project – anytime at your convenience. 8.) Long Term Care Ombudsman – anytime at your convenience. 9.) Jobs and More – mentoring job seekers, evenings; 10.) Warder Literacy Center – tutoring, evenings.

**REMEMBER - RSVP will help you stay involved and active.....  
Call 324-5705 for information about any of the above or for other opportunities.**

# SATELLITE CENTERS

## ENON

## New Carlisle

## Villa Park

### February Special Events

Feb. 2 @ 1:30PM

John Bolen, Veterans Adm. -  
Information on Benefits

Feb. 9 @ 1:30PM

Beginning Computer

Feb. 17 @ 1:30PM

What is it? Sewing Items

Feb. 23 @ 1:30PM

Beginning Computer

Feb. 24 @ 1:30PM

Jesika Salerno - Hospice Informa-  
tion about Project

### March Special Events

March 1 @ 1:30PM

Liz Keyser, Harmony Farms  
- Health Program

March 8 @ 1:30PM

Beginning Computer

March 15 @ 1:30PM

Pat Brown - USS Travel Program

March 16 @ 1:30PM

Susan Kogler - Preparing your  
garden for Spring - Bring and old  
garden item to talk about

March 22 @ 1:30PM

Beginning Computer

March 29 @ 1:30PM

Celebrate all March Birthdays

March 29 @ 6:00PM

Tim Howard - Enon New Mayor  
- Local Affairs

## So. Charleston

Senior Nutrition Program ~  
Charleston Court,  
101 Old Columbus Rd

Lunch is served at 11:30 AM. A nomi-  
nal donation of \$2.00 is suggested. For  
information and reservations, please call  
Pat Bowen at 937-462-7188.

### HEALTH EVENTS

Feb 3 - 10:45-12:00PM

Blood Pressures - 1216 Lake Ave.

Feb 14 - 8:30-10:00AM

Blood Pressures - 199 Sunrise Terrace

March 2 - 10:45-12:00PM

Blood Pressures - 1216 Lake Ave.

March 13 - 8:30-10:00AM

Blood Pressures - 199 Sunrise Terrace

### NUTRITION

Hot Meals served Monday thru Friday -11:00AM  
- 1216 W. Lake Ave. Reservations **must** be made 24  
hrs. **in advance**. Menus available. Transportation  
provided if needed. Donation \$2.00

### SPECIAL ACTIVITIES

#### February

Feb. 9 - 12:30PM - Potluck Dinner. Bring a  
covered dish and your table service. Sarah  
Tarzinski from Senior Independence will bring  
"Facts and Fun about Heart Health". Prizes!  
- 1216 West Lake Ave.

#### March

March 8 - 12:30PM - St. Patrick's Potluck  
Dinner. Bring a covered dish and table service.  
Wear Green! Judge Richard Carey will enter-  
tain with Irish music.

### WEEKLY ACTIVITIES

Senior Associates  
199 Sunrise Terrace

Mondays - 12:30 Mexican Train Dominoes

Tuesdays - 9:00 Energizers

Wednesdays - 12:00 Ceramics

Fridays - 9:00 Energizers

Saturdays - 2:00 Bingo

Lake Ave. Retirement Village, 1216 Lake Ave.

Tuesdays - 1:00 Euchre

Wednesdays - 1:00 "500"

Thursdays - 12:30 Bridge

Fridays - 12:30 Hand and Foot

Come visit us at the North side United  
Senior Services, 1350 Vester Ave. The  
Satellite is open Tuesday, Wednesday and  
Thursday 12:30 - 3:30PM. Call Jane at  
399-3411 with any questions. Nutrition is  
open Monday thru Friday. A hot meal is  
served 11:30AM. Call Barb at 399-3411  
to make reservation 24 hrs. in advance.

### February Activities

Feb. 9 @ 2:30PM -

A nurse from Villa Springfield will be  
going over your medicines. Please bring  
them if you have any questions.  
Refreshments will be served.

Feb. 23 @ 2:30PM -

Holley from Forest Glen will have fun  
activities regarding a Healthy Heart.  
Snacks will be served.

### INCOME TAX TIME:

Starting February 3 @ 1:00-4:00PM  
we will be doing income tax here at  
Villa **by appointment only**. To schedule  
an appointment, call Jane @ 399-3411  
on the following days:  
Tuesday's - 1:00 - 3:30PM  
Wednesday's - 1:00-3:30PM  
Thursday's - 1:00-3:30PM  
**Tax appointments scheduled for every  
Friday through April 13.**

### IMPORTANT PARKING INFO:

There are a few parking spots marked  
Elderly United Parking, however **if they  
are full please park on the street**. We  
don't want to take the spaces that belong  
to the residents. Thank You.

### SATELLITE ACTIVITIES

Tuesdays - 12:15PM - Euchre - call 1st  
10:00AM - Exercise  
Wednesdays - 1:00PM - Quilting  
Thursdays - 10:00AM - Exercise  
1:00PM - Crafts

Elderly United of  
Springfield & Clark County OH, Inc.  
101 S. Fountain Avenue  
Springfield, OH 45502-1207

**DATED MATERIAL**

**Nonprofit  
Organization  
U.S. Postage  
PAID  
Dayton, OH  
Permit No. 375**

# **Valentine Bowling & Lunch**

**February 14, 2012**

**12:00 Noon**

**Tickets \$10 each  
on Sale NOW!**



Co-Sponsored by Ridgewood Nursing & Rehabilitation Center and Gem City Home Care