

DIRECTOR'S CORNER



An exciting program is returning to our Center on Wednesday, August 29, from 9:30 – 11:30 a.m. In coordination with Humana Active Outlook and Procter & Gamble, the free “One Million Strong” seminar is your chance to learn about bone fitness, exercise, and healthy nutritional choices.

Osteoporosis is a disease that affects over 25 million Americans. This skeletal disease causes bones to lose mass and density as the pores in the bones enlarge and become more fragile. Called the “silent disease”, osteoporosis is often not diagnosed until a fracture occurs, most commonly in the hip, spine or wrist.

According to the national Osteoporosis Foundation, it is four times more common in women than in men. The disease generally emerges around the ages of 50-60. Caucasian and Asian women are at greater risk than women of Hispanic or African descent. For men, as the levels of the male hormone, testosterone, decrease, the risk of osteoporosis increases. The estimates are that one third of all men are affected by age 75.

So what can you do? If you have grandchildren, start there. Your pre-teen and teenage grandkiddies will benefit from your advice to make lifestyle changes that will affect them when they reach your age. Diet and nutritional intake are the first and most important choices. “Calcium intake is crucial during childhood, adolescence, and early adulthood to help build the densest bones possible to carry us through life”, quotes Mary Pat Bolton, R.D. at the Baylor College of Medicine. Calcium is vital to bone growth, 45% of which takes place in adolescence. Take them all out for a calcium-rich frozen dairy treat. Fun for you and good for them!

Now, back to the rest of us . . . Numerous studies conclude that daily (like here at your Center) moderate exercise and physical activity is important at all age levels. It maintains balance and coordination to help prevent bone-fracturing falls. Engaging in weight-bearing exercise (like our Resist Muscle Loss sessions) and doing aerobics (Silver Foxes), dancing (Line Dancing), maintaining flexibility (YogaFit and Tai Chi) are all recommended for bone fitness. So “I don’t exercise” is your line? Join us on August 29 to learn how easy it is to add bone-healthy exercise and fitness to your daily life. You’ll receive calcium-rich food samples, free osteoporosis screening and tips on healthy eating and osteoporosis prevention. The seminar is free by calling your reservation to 1-866-444-7413. We thank you and your bones will thank you!

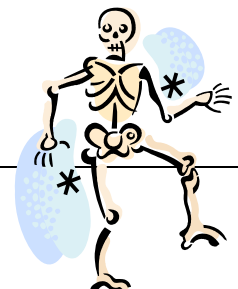
All the best - Kay

The Spotlight’s On: One Million Strong Osteoporosis Seminar

Join us here at the Senior & Community Center on Wednesday, August 29 from 9:30 – 11:30 a.m., as we welcome various presenters from the Cincinnati area to discuss how to avoid osteoporosis and remain strong!

What steps will you take to remain strong? During this seminar you’ll learn how to eat the right foods to help keep your bones healthy as well as bone-healthy fitness moves. You’ll also receive a free osteoporosis screening, along with free calcium-rich food samples – such as a smoothie drink, veggie and cheese wrap, and a yummy chicken quiche!

Space is limited for this seminar. To register, call 1-866-444-7413. You can ONLY be registered by calling this number, so call today!!



Colerain Township Board of Trustees:
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Jeff Ritter, Vice President
Heather Harlow, Township Fiscal Officer

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Frank Birkenhauer, Asst. Administrator

## Marlene's Chatter:

Hi. I hope everyone is having a good Summer. The birds are singing, the flowers are blooming, and yep – the grass is growing and growing and growing! OK, it's better than the desert – I agree. But now I'm looking for the crisp air and the beautiful pallet of color in the leaves of Fall.

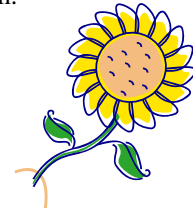
I love this time of year! We're starting to get ready for the Holiday Boutique and all the holiday festivities. I hope you are doing the same! We will be kicking off our Annual Food Drive for the Holiday Baskets at the end of this month. Please help us collect non-perishables for our baskets. Thank you in advance for your help.

Don't forget to check the program for the neat things we're doing here.

Until next month, take care  
Love, Marlene

## Upcoming Events for August:

Date	Event
1	All Day Bingo – 10:30 a.m.
2	Yoga Returns
8	STAY Volunteers – 10:00 a.m.
10	Taste Of Colerain
11	Taste of Colerain
12	Taste of Colerain
15	Participants' Council Meeting – 10:30 a.m.
20	Stampin' With Nina – 9:30 a.m.
23	Matinee Movie – 1:00 p.m.
24	Beans & Books – 10:00 a.m.
27	Children's Cut-Outs – 10:00 a.m.
29	One Million Strong Osteoporosis Seminar – 9:00 a.m.



Check the Activities Calendar for a full listing of events.  
All Activities are subject to change and/or cancellation.

## Special Program Notes:

Hello everyone!

I have great news! I guess you have heard about the New Homestead Exemption. We have the forms here at the Center.

To be eligible, you must:

- Be 65 years old (or older) or be totally and permanently disabled as of January 1 of the year in which you file.
- Own and occupy your home or manufactured home as of January 1 of the application year.
- Provide a photocopy of your driver's license, state of Ohio ID or birth certificate to establish your age, or provide proof of total disability – such as a certification letter from a State or Federal agency or have your physician complete the Certificate of Disability on the back of the Homestead application.

If you have any questions about the program or about completing your application, call the Homestead Division at 513-946-4099. Please be patient; the phone lines are extremely busy and they are doing their very best to be helpful, thorough, and efficient in administering this new expanded Homestead program.

I hope everyone gets to take advantage of this program.

See ya' next month,  
Kandy

# Participants' Council News & Notes:

🦋 Celebrate the great tastes in the area during our Annual Taste of Colerain on Friday, August 10 from 5:00 – 11:00 p.m.; Saturday, August 11 from 5:00 – 11:00 p.m.; and Sunday, August 12 from 3:00 – 10:00 p.m. Sample delicious crab cakes from recently opened Blondie's Boardwalk Grille. Don't forget to grab a sample of BBQ at Walt's BBQ, and top off your sampling with the Colerain Community Association's famous chocolate-covered cheesecake! Of course, these are just a few of the vendors participating – there will be many more to try! The choice is yours.

Free local entertainment continues non-stop throughout the weekend with popular local bands presenting a family-friendly mix of music. On Friday, Ooh La La and the Greasers perform old time rock and roll classics from 6:30 – 11:00 p.m. Saturday, The Boomers will get the crowd fired up with great classic rock sounds from 5:00 – 7:00 p.m. Then, at 8:00, Midnight Special – a local classic rock band – will perform authentic 70's hits until 11:00 p.m. On Sunday, Justus, an 80's and 90's rock group performs from 3:00 – 4:15 p.m. Then Ralph and the Rhythm Hounds and their blues sound take the stage from 5:00 – 6:15 p.m. The final act of the evening is The Whammies, an 80's rock band, from 7:00 – 10:00 p.m.

Bring the whole family – there's even a Children's Tasteland. Amusement rides and games are just a few of the fun things in store for the young tasters.

Patrons can also enjoy FREE parking during the entire weekend. Parking is available at the Colerain High School parking lot (entrance off of Cheviot Road) or the Colerain Middle School parking lot (entrance off Springdale Road). Free shuttles will run continuously from the parking areas to the event site. Handicapped parking will be located at the front lot of the Senior & Community Center adjacent to the event site (4300 Springdale Road). Workers will be on hand to give additional assistance as needed. Enjoy a Taste of Colerain!

🦋 Don't miss this month's Participants' Council Meeting on Wednesday, August 15, at 10:30 a.m. when we invite Vickie Robbins and Linda Siciliano with United Family Services. They'll share with us how to protect your estate, avoid Probate Court, and understand Living Trusts. Remember to bring your lucky charms and a buddy or two, we'll play BINGO after lunch. Sign up for lunch the day before, prior to Noon. See you here!

🦋 Sitting at home? Looking for something to do? Help yourself and others, too, by volunteering here at the Center. Join the Children's Cut-Outs group and cut out character shapes made out of construction paper. The paper is then given to the children at the Life Center at Children's Hospital and they use them for various projects. Assist in making toys for the Services to Area Youth (STAY) Program, which assists young mothers. Household items are used in making toys to stimulate children from birth to 3 years of age. Come join us and bring pleasure to your life and those around you! The STAY Program meets on the second Wednesday of each month, from 10:00 a.m. to 3:00 p.m. Children's Cut-Outs meets on the fourth Monday of each month, from 10:00 a.m. to 3:00 p.m. Thanks for volunteering and keep up the good work!

🦋 ITEMS NEEDED: The STAY group needs donations of oatmeal boxes, coffee cans and sturdy shoe boxes for their upcoming projects. Please bring them to the Center. Thank you.

🦋 Sing a little song during this month's Matinee Movie. *Music and Lyrics*, starring Drew Barrymore and Hugh Grant, is a silly love story between two unsuspecting people. An 80's pop singer gets a much needed career boost when asked to write a duet. Only one problem, he's never actually written a single lyric! That's when Drew Barrymore comes to his aid. Will he be at the top of the pop charts once again? Find out on Thursday, August 23 at 1:00 p.m. Free pop and popcorn. Bring your friends!

🦋 Practice, practice, practice! The Humana Brain Fitness Center is ready to use! Two computers will be available Monday through Friday from 9:30 a.m. to 2:30 p.m. The program will guide you through six core exercises. Each session will take approximately one hour to complete. Want to maximize the benefit of this great new program? Visit the Center twice a week for at least 5 months to build memory and listening skills and much more! Imagine it's a fitness workout for your brain! The more you workout, the better benefits you'll reap! No prior computer experience is necessary! Usage will be on a first-come, first-served basis. Exercise your brain today.

Recorder  
Roster Chairpersons/Newsletter  
Newsletter Chairperson

Betty Meyer  
Bobbie McIntyre  
Ginny Wood

The Colerain Township Senior and Community Center is supported by Colerain Township, contributions, program fees, and grants. It receives funding from the Council on Aging of Southwestern Ohio, PSA I. The Colerain Township Senior and Community Center offers services and activities to persons over 55 years of age.

Mandatory program fees (as passed by March 9, 1993 resolution by the Board of Trustees, Colerain Township) are \$5.00 for Colerain Township residents and \$10.00 for others. You may renew your membership in person at the Center, or mail a check made payable to Colerain Township. Please enclose a self-addressed, stamped envelope to return your card to you.

Your yearly fees help to offset program costs. Fees are payable annually in January of each new year. Your fees must be paid in order to receive your monthly newsletter, participate in activities, events, and trips.

Please inform the Center of any name or address changes. The Post Office will not forward your newsletter.

#### **Senior Center Program**

The purpose of the Colerain Township Senior and Community Center is to serve the Senior adults of Colerain Township and surrounding communities. The Colerain Township Senior and Community Center will further serve as a focal point of the community as it provides the link between needs and necessary services and delivery of those services.

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#### **Senior Center's Mission Statement**

The mission of the Colerain Township Senior and Community Center is to provide quality programs, services, and volunteer opportunities in a caring and supportive atmosphere for individuals 55 and over.

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#### **Council on Aging Meals Program**

The Colerain Township Senior and Community Center offers a daily noon meal from the Council on Aging. This complete, nutritious and delicious meal is available for a \$1.50 donation for those 60 and over. Please call your meal reservation in by 12:00 noon the day before. Join us soon for good food and good company!!

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#### **Center Staff:**

**Kay Klosterman, Director**

**Marlene Smith-Hall, Activities Director**

**Andrea Wade, Secretary**

**Kandy Marshall, Special Programs Coordinator**

**Ray Richburg, Transportation Driver**

**Special Events Attendants:**

**James Blackmon, Ron Haggard, Pat Koester,**

**Bud Rader**

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**Colerain Township Senior & Community Center**

**4300 Springdale Rd**

**Colerain Township, OH 45251**

**513-741-8802**