

**DIRECTOR'S  
CORNER**



Did you know that heart disease in women is the #1 killer? It's true, cardiovascular disease kills more women than men. It also can be different in women and present itself with signs and symptoms that are unlike what a man experiences. Would you recognize the warning signs?

If you or a woman friend show these signs, get help right away!

- Feeling breathless, often without chest pain of any kind
- Flu-like symptoms – specifically nausea, clamminess or cold sweats
- Unexplained fatigue, weakness, or dizziness
- Pain in chest, upper back, shoulders, neck or jaw
- Feelings of anxiety

If you suspect these symptoms, call your doctor, 911 or go to an emergency room.

Today, treatment options exist for women. You can take charge of your heart health. Know your numbers (blood pressure, cholesterol, BMI, and weight). Adopt a heart-healthy lifestyle that includes daily exercise (a daily walk, joining your friends at the Center for Silver Foxes, Tai Chi, YogaFit, Jazzercise Lite). Add one serving of fish to your diet weekly, preferably baked or steamed, not fried. Try adding a fruit or vegetable to every meal. If you smoke, quit today, even if it takes joining a support group. Every woman can take action to improve her heart health.

Most importantly, talk to your doctor. Nothing replaces a discussion with your doc or health-care provider. Take a list of questions with you so you don't forget any specific concerns and consider visiting the following websites: [www.americanheart.org](http://www.americanheart.org), [www.womenheart.org](http://www.womenheart.org), [www.nhbi.nih.gov/health/hearttruth](http://www.nhbi.nih.gov/health/hearttruth), [www.speakingofwomenshealth.com](http://www.speakingofwomenshealth.com), and [www.womens-health.org](http://www.womens-health.org).

Remember, the care you want to give others depends on the care you give yourself! In this month of Valentine's Day and hearts, take care! Kay

**The Spotlight's On: Sweet "Heart" Health**

*Let me call you Sweetheart . . .* Bring your sweetheart to our party on Wednesday, February 21, at 10:30 a.m. The fun begins with our Participants' Council meeting. Don't miss a very informative presentation from two representatives from Drake Center: Jan Feist, R.N. and Sonal Hill, R.D. They will present Heart Health and address the signs and symptoms of a heart attack, risk factors, cardiac rehabilitation and the benefits of exercise. They will also discuss foods that can help and food that can hurt your heart health and the importance of watching salt intake, avoiding foods high in certain fats, and food label reading.

Following an Italian lunch of St. Valentino's spaghetti with Matrimony Meatballs, Twin Italian Love Vegetables, Destiny Dinner Roll and Cupid Cupcake, enjoy the beautiful sounds of the Bill Eflers Band. Spin that someone special on the dance floor or simply sit back and reminisce with such songs as *Baby It's Cold Outside*, *Why Do I Love You*, and *I've Got My Love to Keep Me Warm*. Everyone attending will also receive a special Valentine's treat!

Don't delay! Purchase your \$2.00 ticket (lunch is included) at the reception desk by Tuesday, February 20. Here's to your heart!

Colerain Township Board of Trustees:  
Keith Corman, President  
Bernard A. Fiedeldey, Jr., Vice President  
Jeff Ritter  
Heather Harlow, Township Fiscal Officer

David L. Foglesong, Administrator  
Frank Birkenhauer, Asst. Administrator

## Marlene's Chatter:

Happy Valentine's Day to all my sweeties! This is the month to show that special someone how much they mean to you.

In classes on Mondays, we are making sculpey clay beads for making jewelry. It is fun and easy! Check out all the other activities that go on here at the Center daily. I hope to see you soon!

Also, this is the time of the year that a lot of us get the bug that is going around. Be sure to take Vitamin C and try to stay away from those who are ill – ok?

*Our friendship is a jewel, one of the rarest kind  
A treasure most cherished, the best you will ever find  
One of the most precious gifts you could ever receive  
For the bonding of two hearts is not easy to achieve*  
Mary Chandler Huff

Until next month, take care. Love,  
Marlene

## Upcoming Events for February:

Date	Event
7	All Day Bingo – 10:30 a.m.
9	Breakfast with the Arts – 10:00 a.m.
13	Senior Life Journeys – 9:30 a.m.
14	STAY Volunteers – 10:00 a.m.
16	Senior Life Journeys – 9:30 a.m.
19	Center Closed – President's Day
20	Breakfast with the Arts – 10:00 a.m.
21	Participants' Council Meeting – 10:30 am
21	Sweet "Heart" Party – 10:30 a.m.
22	Matinee Movie – 1:00 p.m.
26	Stampin' With Nina – 9:30 a.m.
26	Children's Cut-Outs – 10:00 a.m.



## Special Program Notes:

Hi everyone! Happy Valentine's Day!

February is National Heart Month. Here are some heart healthy choices:

- Use the Food Guide Pyramid. The food groups with fewer fats and cholesterol include grain products, fruits and vegetables.
- Pay attention to portion sizes. Avoid "super-sized" portions – you will save food dollars too!
- Read nutrition labels and look for nutrient content claims on the package.
- To reduce cholesterol, choose leaner cuts of meat and trim away visible fat from meat and poultry. Do not eat the skin of poultry.
- Eat seafood several times a week.
- Use lower fat or fat free dairy products for eating and cooking.
- Broil, bake, steam, stir-fry or microwave foods. Avoid fried and breaded foods and rich gravies and sauces.
- Exercise regularly . . . just 30 minutes of light activity daily (like walking or gardening) will help.
- Get medical check ups
- Socialize: maintaining and developing new friendships, activities and interests enrich your physical and mental well being.

I hope these few tips come in handy. Until next month!  
Kandy

# Participants' Council News & Notes:

- 🦋 A reminder that the Center will be closed on Monday, February 19, in observance of President's Day. We will reopen on Tuesday, February 20.
- 🦋 Yoga class has changed a day. Our originally scheduled Monday Yoga class has moved to Thursdays at 10:30 a.m. The Tuesday class time will remain the same (2:00 p.m.). Instructor Carol Hapanowicz has been an adult education teacher for 18 years. Class will begin with a warm-up series, moves through strength and balance poses, and closes with a cool down and relaxation. These exercises will stress safety and setting your own goals as well as moving at your own pace and level of fitness. This class is for all ages, body types and skill levels and new students may enter at any time!
- 🦋 Join us for All Day Bingo on Wednesday, February 7, from 10:30 a.m. until 3:00 p.m. Remember to sign up the day before (February 6) prior to Noon to reserve your lunch. Bring a friend and enjoy a good lunch and bingo fun!
- 🦋 Come explore three decades of watercolors and drawings by American artist, Andrew Wyeth, during Breakfast with the Arts on Friday, February 9, from 10 – 11:00 a.m. Amber Lucero-Criswell, Associate Curator of Education for the Interpretation and Adult Programs at the Cincinnati Art Museum, will provide an in-depth look at Wyeth's watercolors and drawings. Then, come back to the Center on Tuesday, February 20, and join local artist and Art Museum Preparator, Everage King, for an interactive demonstration and watercolor workshop. Everage will share his own work and then lead you through a hands-on exploration. Supplies will be provided. Make your reservation at the reception desk or call 513-639-2342.
- 🦋 Sitting at home? Looking for something to do? Help yourself and others too by joining us here at the Center. We have many great activities for volunteers! Children's Cut-Outs Volunteers, for instance, meet on the fourth Monday of each month at 10:00 a.m. and cut out shapes from construction paper. The shapes are then given to the children at the Life Center at Children's Hospital and they use them for various projects. You can also assist in making toys for the Services to Area Youth (STAY) Program, which aids young mothers. Household items are used in making toys which stimulate children from birth to 3 years of age. STAY volunteers meet on the second Wednesday of each month at 10:00 a.m. You could also deliver home delivered meals to those who are home-bound in the Colerain Township community. To assist with the home delivered meal program, contact Kandy Marshall at 741-8802. There are many volunteer opportunities. Join us and bring pleasure to your life and those around you.
- 🦋 Would you believe those scallywags from the Caribbean are returning for yet another adventure in this month's Matinee movie? Pirates of the Caribbean: Dead Man's Chest, star Johnny Depp and Keira Knightley as Captain Jack Sparrow and Elizabeth Swann. They return to the sea in this adventure, filled with pirate humor and dangerous sea monsters. Captain Jack and crew travel to the depths of the sea in hopes of finding the fabled Dead Man's Chest. Show-time is Thursday, February 22, at 1:00 p.m. Free pop and popcorn! Don't miss this really terrific tale which is the follow up movie to our January Matinee Movie – Pirates of the Caribbean: Curse of the Black Pearl.
- 🦋 **BAD WEATHER NOTICE:** The cold weather season is here. The following is the Center's policy concerning bad weather: When Northwest Local Schools are on delay or closed due to inclement weather, the Colerain Township Senior and Community Center is as well. Remember to watch the local news for school closing information.

Chairperson	Bob Hollstegge
Recorder	Betty Meyer
Roster Chairpersons/Newsletter	Bobbie McIntyre
Newsletter Co-Chairperson	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.

---

#### **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.

---

#### **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!!

---

---

#### **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**

---

---

**Colerain Township Senior & Community Center**  
**4300 Springdale Rd**  
**Colerain Township, OH 45251**  
**513-741-8802**