

DIRECTOR'S CORNER



- Summer is fast approaching and you might be thinking about hitting the road for some travel and exploration. Here are a few tips for safe traveling:
- When choosing group travel such like ours with Colerain Travel, remember that the more inclusive a trip cost is, the easier you'll find it to control your spending. The trips from the Center are planned with your comfort in mind. The camaraderie of a group with similar interests will enhance your travel experience.
 - If you're traveling independently by car, have your automobile checked by a reputable mechanic. Be sure your tires are properly inflated and leave a route map with someone at home.
- Try to travel during the day, making frequent rest stops for comfort. It's not a marathon, so pace yourself so that you can enjoy your time at your destination.
 - AAA suggests restricting your traveling time to daylight by finding a nice hotel for the evening and resuming the next morning well refreshed.
 - Before you leave home for an overnight trip, check your health insurance to find out about your specific coverage. Medicare does not pay outside of the United States, so be sure to carry at least one credit card that will cover unexpected medical expenses. Have your medications in the original bottles and remember to have them refilled before you go. Contact your doctor about individual needs (like time changes while traveling) and whether medications should be taken differently.
 - Eyeglasses, passports (now needed for Canada and Mexico), prescription medications, and a change of clothes (or swimsuit!) should be carried with you in a carry-on bag . . . even on motorcoach trips.
 - Try to carry traveler's checks instead of all cash; have a list of the traveler's check numbers in a separate place along with your emergency contact names and telephone numbers. Some travelers prefer bringing along a debit card for all purchases; do what's best for you.
 - Try to pack light. Match a few basic pieces in the same color with bright tops and accessories. Seasoned travelers know the beauty of layering to eliminate heavy luggage.
 - If flying, remember to build in enough time so that you aren't rushed going through security and check-in. Standing in line can be a problem, so ask for a wheelchair or assistance. You can save your energy for your destination!
 - Drink plenty of water so you don't dehydrate, and move and stretch, especially on longer flights and drives.

Good planning and traveling with a group (like us!) makes traveling an exciting part of your life.

- Oh . . . and don't wear new shoes!! Take those well-worn ones with you for all that walking! Check out our trip list in your monthly Newsletter!

Wishing you happy summer travel,
Kay

The Spotlight's On: Luau Fun

Aloha! The official start of summer is June 21. So – join us one day early on Wednesday, June 20, and celebrate a festive, fun-filled day with us! We'll begin with the Participants' Council Meeting at 10:30 a.m.

Play Beach Ball Bingo with Ray Fuller, representative from the Ohio Consumer's Council. Craig Moore, a live nursery specialist at the Colerain Lowe's Store, was unable to join us in April, but will be here this month to present 7 new plants for 2007 and container gardening. He'll also have lots of goodies to give away! Don't forget to enter our "Guess who's in that bathing suit" contest! Bring in your photos (you, at any age) before June 19. Can you guess who's who? We'll announce the winner at the end of the day.

After lunch, we'll learn how to shake our grass skirts when the Na Mea Hula O Dancers join us. They'll show us two dances and teach us the beautiful art of Hawaiian dance. Everyone will receive a prize!! Purchase your \$3.00 ticket, which includes lunch, by Tuesday, June 19 at the reception desk. Hurry and sign up today!! Aloha!

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

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

Marlene's Chatter:

Happy Father's Day to all!

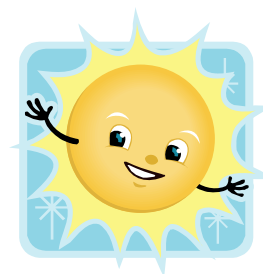
Well, it is finally here – bugs and all. The grass is growing and growing, the bugs are biting, and the sun is shining. What more can we ask for? If it gets too hot for you, and you just want to cool off, come on up and spend the day with us. You can always find something to do here at the Center! Hope to see you soon!

The richness we receive in nature, the plants, rivers, and streams. The mountains, flowers and fields all give me the feeling of wealth.

Until next month, take care
Love, Marlene

Upcoming Events for June:

Date	Event
6	All Day Bingo – 10:30 a.m.
13	STAY Volunteers – 10:00 a.m.
18	Stampin' With Nina – 9:30 a.m.
20	Participants' Council Meeting – 10:30 a.m.
20	Luau Fun – 10:30 a.m.
22	Beans & Books – 10:00 a.m.
25	Children's Cut-Outs – 10:00 a.m.
28	Matinee Movie – 1:00 p.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!

Well, here it is June already, and it's picnic time. Which would spoil faster at an outdoor buffet: a well-done hamburger or coleslaw? You may think eating cooked meat sounds safer than the mayonnaise-rich side, but you'd be wrong. Foods made with mayo and vinegar-based dressings have bacteria fighting properties. Those containing protein, like meat, are especially prone to bacteria. The bacteria can double in amount every 15 to 30 minutes in the heat. Signs that you've caught a food-borne illness include mild to severe nausea, vomiting, and diarrhea.

Here are a few picnic tips:

<u>TYPE OF FOOD</u>	<u>TEMPERATURE TIP</u>	<u>LEAVE OUTSIDE</u>	<u>HEALTHY HINT</u>
Raw meat, poultry and seafood	Keep below 40°F	No longer than 1 hour	Refrigerate or store meat in a cooler before cooking.
Cooked meat, poultry and seafood	Always cook thoroughly	No longer than 2 hours	Never put cooked food on the same plate that held it raw.
Raw Veggies	Keep at room temperature or cooler	No longer than 2 hours	Veggies lose nutrients when they become limp from heat
Salads	Keep below 40°F	No longer than 2 hours	Salads with cooked eggs should be taken inside after an hour
Condiments	Keep at room temperature or cooler	As long as needed but not in direct sunlight	They can lose freshness

I hope these few things help out. Until next month – have fun!!!!
Kandy

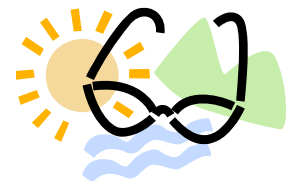


Participants' Council News & Notes:

- 🦋 Classic Movie Monday will return in September. See you then!
- 🦋 Bring in your bingo covers and lucky charms for All Day Bingo on Wednesday, June 6, beginning at 10:30 a.m. and ending at 3:00 p.m. Remember to sign up for lunch the day before, prior to noon.
- 🦋 Improve your balance, breathing and total well-being with Tai Chi. Class is held every Wednesday from 2:00 – 3:00 p.m. and is taught by Mark Tracy, a local martial arts teacher who has been teaching in the Cincinnati area for approximately nine years. Stop by and join Mark for a session. It's time to start your journey on the road to wellness today.
- 🦋 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!
- 🦋 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 and 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.
- 🦋 History comes alive in this month's Matinee Movie, *Night at the Museum*, starring Ben Stiller, Robin Williams, and Dick Van Dyke. Stiller plays a new night watchman at the New York Museum of Natural History and finds that the job comes with more responsibility than he ever imagined. Can he continue to clean up the historical chaos night after night? Bring a friend and find out! Show time is Thursday, June 28, at 1:00 pm. Free movie, pop, and popcorn!
- 🦋 Looking to conserve energy in your home this summer and keep bills under control? Try visiting the new Smart Energy House, an interactive on-line house, set up by Ohio Consumer's Council, which asks you a series of questions to help determine where you can save the most money and energy. A few things you will learn: how small adjustments to appliances can increase energy efficiency; how to save energy when using items that still use power while in stand-by mode; how to better protect a house from the summer heat, and more. There are many tips throughout the house that, if followed, will set you on your way to using less energy throughout the year. Visit the Smart House on the OCC's website at www.pickocc.org/smartenergy.
- 🦋 Thank you for bringing in your shopping bags!! Keep 'em coming! Our Home Delivered Meals Program uses the bags to deliver the meals. Drop them at the reception desk or see Kandy, the Center's Special Programs Coordinator.
- 🦋 Happy Father's Day to all the fathers who have made a difference in someone's life!

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.

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