

## DIRECTOR'S CORNER



Do you remember when you got your first driver's license? What a feeling of freedom and new-found independence! To seniors who have driven all their lives, having a car and going where and when they want is a major part of their independence.

Age alone should not be the sole factor evaluated when assessing driving ability. As we age, our vision, reflexes, flexibility, and hearing changes. These factors can make driving a challenge. Aging drivers who make adjustments to deal with the changes will be safer drivers. Here are some suggestions to keep your driving skills at peak level:

- Visit your eye doctor regularly to identify potential problems before they affect your driving. (Don't miss the opportunity to hear Ophthalmologist, Dr. Karen Klugo, give advice on routine eye care during this month's Participants' Council Meeting on Wednesday, March 21, at 10:30 a.m.)
- Because reaction time often slows as we age, increase the space between you and the car ahead of you. Plan your route so you can drive with confidence. Keep distractions like cell phones, radios, and intense conversations with passengers to a minimum.
- Work on strength, flexibility, and coordination. You can do that here at the Center in an exercise class such as Resistance to Muscle Loss, Tai Chi, or Yoga to name a few. Regular exercise can help you remain a safe driver; an active mind will serve you well in driving situations when a quick decision is needed.
- Refresher courses that update drivers on new regulations, vehicle features, and defensive tactics are wise investments of your time and money. AAA has an interactive CD that allows seniors, in the privacy of their homes, to measure the eight functional abilities shown to be the strongest predictors of crash risks among older drivers.

Be a safe driver; make adjustments to compensate for your changing abilities. Log on to [www.aaafoundation.org](http://www.aaafoundation.org) for more information.

Happy (and safe!) driving,  
Kay

## The Spotlight's On: St. Patrick's Day Celebration

Join in the fun and celebration whether you're Irish or not! Your Irish eyes will be smiling during the Participants' Council Meeting at 10:30 a.m., when our guest speaker, Ophthalmologist Karen Klugo, M.D. joins us. Dr. Klugo will discuss diseases of the eye, such as cataracts, macular degeneration and glaucoma, and routine daily eye care. When was the last time you visited the eye doctor?

Following lunch, enjoy the melodic sounds of Bob Ford. Sing along to *Danny Boy*, *Down by the Sally Gardens*, *Finnegan's Wake*, and more! You can even make a request! Remember to wear your green. Everyone attending will receive a cup of Gold! Gold chocolate coins, that is.

So don't delay and sign up today at the reception desk. Tickets are \$3.00 and include lunch. Pick up your tickets prior to Tuesday, March 20. Remember, there's many a good tune played on an old fiddle.

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

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

## Marlene's Chatter:

Happy St. Patrick's Day!

Well, it sure doesn't look like Spring is around the corner to me, buuttttt, I know it is there somewhere! Maybe if we think "Spring" hard enough, it might just happen. Well, anyway, it's good to be alive.

Since we have just about recovered from the Holiday madness, it's time to do Spring things. We are still making beads from Sculpey clay and then making pretty jewelry with them. If you're interested in how to do this, come on up on Mondays. We have a lot of neat things going on here at the Center, check your calendar for more details.

*I want to learn to live each moment and be grateful for what it brings, asking no more.*

*Gloria Gaither*

Until next month, take care. Love,  
Marlene

## Upcoming Events for March:

Date	Event
5	Classic Movie Monday – 1:00 p.m.
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.
19	Stampin' with Nina – 9:30 a.m.
20	Breakfast with the Arts – 10:00 a.m.
21	Participants' Council Meeting – 10:30 a.m.
21	St. Patrick's Day Celebration – 10:30 a.m.
22	Matinee Movie – 1:00 p.m.
26	Children's Cut-Outs – 10:00 a.m.
28	Senior Life Journeys – 10:30 a.m.

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



## Special Program Notes:

Hi everyone!

I was reading an article in *The Aging Connection* about hidden phone charges while traveling. I know that most of us would not think twice before using the telephone in our hotel room, however, these calls can result in costly charges to the hotel bill:

- As much as \$1.50 for each local call, in addition to per-minute fees
- Toll-free calls, including many calling cards, may incur charges on your hotel bill, often at a rate similar to that of a local call
- Long-distance calls could include a per-minute rate, a connection charge and taxes, and a minimum fee and other surcharges from the hotel or telephone company

The Ohio Consumer's Counsel (OCC) suggest ways to avoid unnecessary charges:

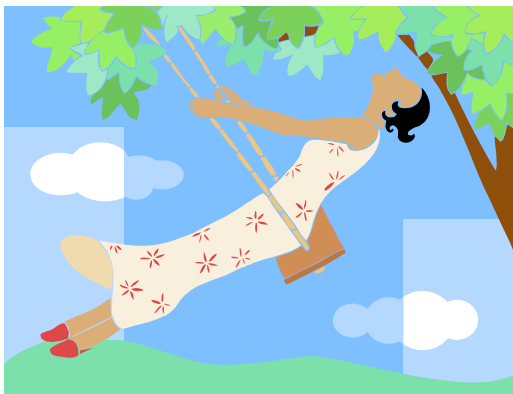
- Ask up front how much a typical call will cost
- Use a pre-paid calling card with a rate of \$.10 per minute or less
- Use a calling card from your long-distance telephone provider
- Use courtesy telephones available in the hotel lobby
- Use a cellular phone, but be aware of any roaming and long-distance charges

For more information and tips, request a copy of the "Hidden Telephone Charges" fact sheet from the OCC (1-877-742-5622 or [www.pickocc.org](http://www.pickocc.org)). Maybe this information will come in handy the next time you travel.

Take Care! Kandy

# Participants' Council News & Notes:

- 🦋 Enjoy the Classics – starting Monday, March 5. Take a trip down memory lane with us as we celebrate the classics during our monthly Classic Movie Mondays. Our first picture, *The Music Man*, was based on the hit Broadway show. Starring Robert Preston as the con man who arrives in a small mid-western town intending to cheat the community while he inadvertently enriches the town with a love of music and in return he receives a moral lesson from the local librarian played by Shirley Jones. Show time is 1:00 p.m. Pop, Popcorn, and your favorite theater candies . . . Necco Waffers, Junior Mints, and Raisinets to name a few . . . will be offered during the show. Are you coming to watch the show? Please sign up at the reception desk by Thursday, March 1.
- 🦋 Join us for All Day Bingo on Wednesday, March 7, from 10:30 a.m. until 3:00 p.m. Remember to sign up the day before (March 6) prior to Noon to reserve your lunch. Bring a friend and enjoy a good lunch and bingo fun!
- 🦋 Art for Life with the Cincinnati Art Museum! Join us for Breakfast with the Arts as we welcome Dennis Kiel, Associate Curator of prints, drawings, and photographs, as he leads participants through an explorative journey of photographs from the Cincinnati Art Museum's permanent collection on Friday, March 9, from 10:00 – 11:00 a.m. Then, meet local book artist and teacher, Diane Stemper, for our second Breakfast with the Arts on Tuesday, March 20, from 10:00 a.m. to 12:00 p.m. Diane will introduce you to the art of bookmaking and help you create your own book to take home. Supplies will be provided, but please bring your own photographs or memorabilia to insert into your book. No experience necessary. Make your reservations at the reception desk or call 513-639-2342.
- 🦋 Go on vacation during this month's Matinee Movie, *RV*. A white collar workaholic (Robin Williams) takes his family on a cross country adventure in hopes to connect with his dysfunctional family. His wife, played by Cheryl Hines, had hoped for a trip to Hawaii. Will they survive the open road and each other? Find out! Show time is Thursday, March 22, at 1:00 p.m. Bring a friend and enjoy this hilarious comedy!
- 🦋 March is here! Time to make good on that New Year's resolution to try something new. Why not join us for Yoga? Classes are held on Tuesdays at 2:00 p.m. and Thursdays at 10:30 a.m. Our instructor, Carol Hapanowicz, has been an adult education teacher for 18 years. Class begins with a warm-up series of exercises, 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. New students may enter at any time!



Chairperson  
Recorder  
Roster Chairpersons/Newsletter  
Newsletter Co-Chairperson

Bob Hollstegge  
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**