

DIRECTOR'S CORNER

"The time is now to honor America's heroes". Information about an amazing organization recently came to my attention and I'd like to share it with you.



Honor Flight Tri-State is a Cincinnati-based, non-profit organization created to honor America's veterans for their many sacrifices by providing them a free trip to visit their memorials in Washington, D.C. Beginning with World War II veterans, followed by veterans of the Korean War, Vietnam War, and the wars in Afghanistan and Iraq, Honor Flight is dedicated to making a dream come true for these veterans. It began in 2005, and has grown to include 30 states. More than 6,000 veterans have been flown to D.C. to see their memorials.

Of the 13 million men and women who served in World War II, only 3 million are still alive. It has been projected that in another 5-10 years, all of these vets will be gone. Honor Flight Tri-State hopes to escort as many veterans from the southern Ohio, northern Kentucky and southeastern Indiana area via chartered commercial flights, free of charge, for the day trip of their lives to visit the World War II memorial! Currently, one flight a month from May through November is departing from Cincinnati. Guardians pay their own way to assist the veteran. At the present time, there are 300 WWII veterans waiting a turn . . . and priority is given to the WWII heroes and to those from any war who have a terminal illness. Honor Flight receives no government funding. It relies solely on the generosity of the American people through donations.

For more information, to make a contribution, provide the name of a veteran, or assist as a guardian on an Honor Flight, please contact them via the web at www.honorflighttristate.org or by USPS/telephone at:

Honor Flight Tri-State
P.O. Box 531016
Cincinnati, OH 45253
513-277-9626



Enjoy the rest of your summer, Kay

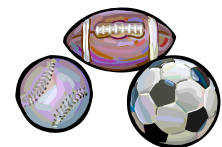
The Spotlight's On: Sports of all Sorts

Take me out to the ballgame, throw me a touchdown pass, shoot hoops to make a three, and bowl a strike to take the lead. Don't miss even an ounce of fun during our Participants' Council Sports of All Sorts event on Wednesday, August 20.

Paula Martinez with the Council on Aging will join us and discuss how to manage osteoporosis. Ever wanted to save your memories in a form for future generations to enjoy? Mary Ann Mayers will join us and discuss how to save those life stories!

Following a delicious box lunch consisting of a club sandwich, pasta salad and more, the games begin! Can you shoot a 3-pointer or throw a touchdown pass? We'll have basketball, corn hole, bowling and football to try. Don't worry if we raise the penalty flag on you! Everyone receives a prize! We'll also play bingo if time allows.

Tickets are only \$2.00. Sign up at the reception desk by Tuesday, August 19. Purchase your ticket to PLAY today!



Colerain Township Board of Trustees:
Bernard A. Fiedeldej, Jr.
Jeff Ritter, President
Joseph R. Wolterman, Vice President
Heather Harlow, Township Fiscal Officer

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

Marlene's Chatter:

Hello to all! I hope everyone is enjoying the summer! I'm taking little vacations here and there, and I'm also trying to get some of my "Honey-Do" list done. Unfortunately, I am the Honey and the Do-er. I'm also enjoying the lazy part of being on vacation – no alarm clocks, no time crunches or the likes. I am also looking forward to seeing all of you again. I miss you!

Well, it is time again to start to plan and work on your Holiday fussions! Be it something you are working on as a gift for a loved one or for the Boutique – come on up and play with us here at the Center. Hope to see you soon!

The handing down of knowledge from generations passed, beliefs and customs taught, strongly rooted in our past. Linking our tomorrows with the treasures of yesterday, a precious gift that can be cherished and shared along the way.

Brenda Darlene Kijowski



Until next month, take care
Love, Marlene

Upcoming Events for August:

Date	Event
4	Stampin' With Nina – 9:30 am
6	All Day Bingo – 10:30 am
8 – 10	Taste of Colerain – see calendar for times
13	STAY Volunteers – 10:00 am
18	Stampin' With Nina – 9:30 am
20	Participants' Council Meeting – 10:30 am
20	Sports of All Sorts – 10:30 am
22	Beans and Books – 10:00 am
22	Canasta – 12:30 pm
25	Children's Cut-Outs – 10:00 am
28	Matinee Movie – 1:00 pm



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

Special Program Notes:

Hello everyone!

Here it is August already. Boy, time really flies! I was talking to some of the ladies here at the Center about their cholesterol and the changes they had to make in their diet, and they needed some ideas. Here are some ideas from Ohio State University extension – I found them in the Nutrition News.

The recommendation is to choose a diet that is moderate in fat and low in cholesterol and saturated fat. For example, we'll broil meat instead of frying it, choose more poultry over beef, and cook with low-fat recipes. Small changes can make a big difference. Listed below are some heart-healthy diet choices:

- Include grain products, fruits and vegetables
- Pay attention to portion sizes, avoid super-sized portions
- Read nutrition labels and look for nutrient content claims on the package
- To reduce cholesterol, choose leaner cuts of meat, trim away visible fat from meat and poultry
- Eat seafood several times a week. Eat fattier fish such as tuna, salmon, trout, and mackerel once in a while to give yourself omega-3 fats, which provide heart-health benefits.
- Try dried beans in place of meat or poultry to cut down on fat and cholesterol
- Use lower fat or fat-free dairy products for eating and cooking
- Choose herbs and seasonings to add flavor instead of fats or oils
- Broil, bake, steam and stir-fry! Avoid fried foods.



Until next month,
Kandy

Participants' Council News & Notes:

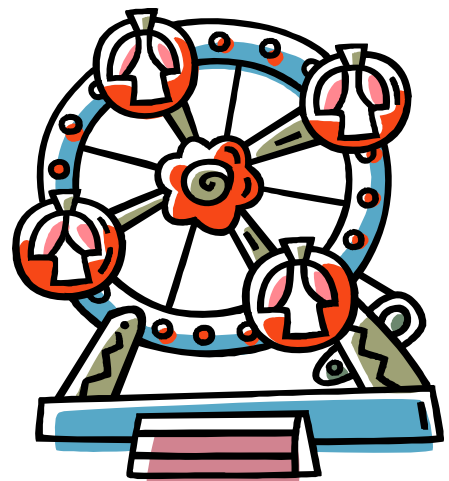
- Colerain Township is THE place to be to sample the Township's yummiest treats! Don't miss the 19th Annual Taste of Colerain on August 8th (5:00 – 11:00 pm), 9th (4:00 – 11:00 pm), and 10th (3:00 – 8:00 pm). Amy's Funnel Cakes, the flamin' food from Colerain Township Career Firefighters, and Tag's chicken salad are just a few of the many participating vendors. But there's more than just food . . . This year's taste offers children's rides, games, and great local band entertainment for the whole family. Robyn Lacy & DeZydeco gets the party started with their Louisiana-styled rock n' roll on Friday evening at 6:30 pm. Sing along to the 90's modern rock sounds by Campus Mob on Saturday from 4:00 – 6:00 pm, then local favorite, Rusty Griswolds, take the stage from 7:00 – 11:00 pm. Be prepared for an evening of craziness and fun, because this 80's band will have everyone on their feet. Country band, Midnight Rain, and Leadfoot Johnny, a rock n' soul band, rounds out the weekend entertainment on Sunday, beginning at 3:00 pm. Free shuttle busses will be available from Colerain Middle and High Schools. Handicapped parking will be available at the Senior and Community Center parking lot. Admission is free. Bring the family and enjoy the last hurrah of summer!!
- Sitting at home? Looking for something to do? Help others and yourself by joining the Children's Cut-Outs and STAY Volunteers. Cut-Outs meet on the fourth Monday of each month at 10:00 am, and cut out shapes from construction paper. The shapes are given to the children at the Life Center at Children's Hospital and they use them for various projects. You can also make toys with the Services to Area Youth (STAY) Volunteers. Volunteers meet on the second Wednesday of each month at 10:00 am and make toys from household items which aide young mothers in stimulating their children. You may want to consider delivering home delivered meals to those who are home-bound in the Colerain Township community. To assist with the home delivered meals program, contact Kandy Marshall at 741-8802. Join us and bring pleasure to your life and to those around you. Volunteer today!
- The STAY and Children's Cut-Outs coordinator, June Bader, is looking for individuals who are handy with a quilting needle. Quilted baby afghans or baby quilts are needed for the STAY program. Please see June for details.
- Kate Hudson and Matthew McConaughy team up again (their previous movie was *How to Lose a Guy in 10 Days*) during this month's Matinee Movie, ***Fools Gold***. This treasure-hunting couple has been searching for the ultimate prize – the Queen's Dowry, a legendary collection of 40 chests filled with priceless treasure and lost at sea in 1715. Will they find the treasure? Join us on Thursday, August 28, at 1:00 pm to find out! Bring a friend and enjoy free pop and popcorn.
- Breakfast with the Arts will take a break for the summer and begin again in September with an exciting presentation on African Art and a tour of the Cincinnati Art Museum's African Headresses Exhibit. See you then!

Taste of Colerain

August 8, 9, 10

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