

DIRECTOR'S CORNER



Hearts, flowers and candy are synonymous with February and Valentine's Day. I like to associate the month of hearts with heart health. February 1 is Heart Health Awareness Day – wear red that day! The "Heart Truth" is an ongoing campaign to educate women about heart disease. A woman's risk of heart disease rises between the ages of 40-60. Older women also need to learn about lowering risk because it's never too late to improve your heart health. Even those who have had a heart attack can learn how to protect their heart health.

The "Heart Truth" campaign strives to increase awareness among women of how heart disease differs from men's risk factors. The Red Dress has become the symbol of recognition that heart disease is the #1 killer of women. A recent study confirmed that women's knowledge about their personal risk of heart disease is associated with increased action to reduce their risk – they step up physical activity (look at all the choices at the Center!), they eat healthier (last month at the PC Meeting the topic was healthy eating!), and they lose weight.

To determine your risk, make an appointment with your doctor for a thorough check-up. Speak up and ask your doctor how you can assure that you are achieving your goal of being "heart-healthy". Ask questions about reducing your risks, and if you're already being treated, ask for a review of your treatment plan. Remember to answer the questions your doctor asks as honestly and fully as you can. This is not the person to say "Oh, everything is fine; I don't want to bother you" too. If you don't understand something, ask for an explanation in simple language. Be especially sure that you are taking medications properly. You and your doctor are partners in your health.

Here are a few tips for Heart Health:

- Don't smoke – and if you do, quit: Women who smoke are 6 times more likely to suffer a heart attack than non-smokers.
- Aim for a healthy weight: Even a 10% weight loss garners many health benefits.
- Get moving: Aim for 2 fifteen minute periods of moderate activity daily
- Eat for Heart Health: Choose a diet low in saturated fat, trans fat and cholesterol, and moderate in total fat.
- Know your numbers: Ask your doctor to check blood pressure, cholesterol and blood glucose. Work with your doctor to improve any numbers that are not normal.

Here's to happy "Heart Health"!

Kay

The Spotlight's On: Waiting For Oscar

Lights, camera, action! Join us on Wednesday, February 20, for our Waiting for Oscar Event! The Oscars, which recognize excellence in cinema achievement, have been held since 1929. This year may mark the first time in history that a strike will effect the award presentation.

At press time, the Writer's Guild of America (over 12,000 writers from film, television and radio) is on strike. The strike is against the Alliance of Motion Picture and Television Producers. Key issues of the strike are DVD residuals, jurisdiction over animation, reality television writers and compensation for new media content written for and distributed through the internet. The most recent strike occurred in 1988 and lasted 21 weeks and 6 days – costing the American entertainment industry \$500 million.

So, the SHOW will go on! We'll kick off our event with the Participants' Council Meeting at 10:30 a.m. Physical and occupational therapists from Mercy Hospital Fairfield will present "Fall Awareness and Prevention". The presentation will include risk factors for falls, fall prevention strategies, and screening tools used to determine the likelihood of a fall. Therapists will be available to answer specific questions and to address any of your personal concerns.

Do you have what it takes to win an Oscar? Win a star in our "Read a script, be a Star" contest. You'll read an excerpt from a play and the audience will vote on the winners. Just eight contestants are needed. Be sure to have your seat when the show begins! Entertainer Maureen Martin will provide us with a show-stopping performance of favorite Oscar winning songs. As a parting gift, you're receive a star-studded goody bag!

Purchase your \$3.00 ticket, which includes lunch, at the reception desk by Tuesday, February 19. Sign up today and become a STAR!!

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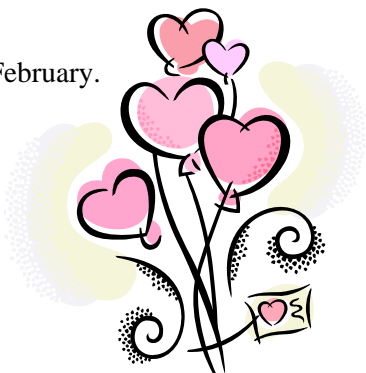
## Marlene's Chatter:

To all my sweeties – Happy Valentine's Day! This month is for romance and sharing the love we have for one another. It's a great feeling to love and be loved!

February is also a month for relaxing and doing things we like to do in the warmth of our homes or here at the Center. It is nice to sip a cup of tea or coffee and chat about anything as we enjoy each other's company. A lot of us like to be together and have fun, that's what we here at the Center are all about. If you want some camaraderie – you'll find it here!

I hope you all have a lovely February.

Take care.  
Love,  
Marlene



## Upcoming Events for February:

Date	Event
6	All Day Bingo – 10:30 a.m.
8	Breakfast with the Arts – 10:30 a.m.
13	STAY Volunteers – 10:00 a.m.
18	Center Closed – President's Day
20	Participants' Council Meeting – 10:30 a.m.
20	Waiting For Oscar – 10:30 a.m.
22	Beans and Books – 10:00 a.m.
25	Children's Cut-Outs – 10:00 a.m.
26	Breakfast With The Arts – 10:30 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:

Happy Valentine's Day!

I have been talking to a few people that have called in about our transportation. These people have had to give up driving for various reasons. I know that driving is a key to independence and that most of us want to hold on to that key for as long as we safely can. Most older people are capable and have a lifetime of valuable driving experience. For these reasons, decisions about a person's ability to drive should never be based on age alone. However, changes in vision, physical fitness, and reflexes may cause safety concerns.

In recent years, drivers age 65 and over were involved in more than 36,000 crashes including 204 fatalities. Mature drivers who accurately assess these changes can adjust their driving habits so they can stay safe on the road.

What do you think about your driving skills? Ask yourself these questions:

- Do you have problems reading highway or street signs?
- Do you have trouble seeing lane lines and other pavement markings, curbs, medians, other vehicles and pedestrians, especially at dawn, dusk and at night?
- Do you experience more discomfort at night from the glare of oncoming headlights?
- Do you have trouble moving your foot from the gas to the brake pedal or turning the steering wheel?
- Can you raise your arms above your shoulders?
- Do you have heart disease?
- Do you have Alzheimer's or another disease that causes memory loss and confusion?
- Do you have Parkinson's Disease?
- Do you have any illness that affects your eyesight or causes problems with concentration?

If you answered yes to any of these questions, you may want to consider other forms of transportation. If you continue to drive with deteriorating vision, strength, flexibility, and health, you could be putting yourself, other drivers, and those you love in unnecessary danger.

Take care,  
Kandy

# Participants' Council News & Notes:

- 🦋 A reminder that the Center will be closed on Monday, February 18, in observance of President's Day.
- 🦋 WINTER WEATHER NOTICE: The following is the Center's policy concerning bad weather . . . When the Northwest Local Schools are on a 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.
- 🦋 Bring your bingo covers and a buddy for All Day Bingo on Wednesday, February 6. We'll begin at 10:30 a.m., stop for lunch at Noon, and end at 3:00 p.m. Sign up for lunch the day before prior to Noon. See everyone here! B I N G O!!!
- 🦋 Don't miss the opportunity to witness the Dazzling Designs of Tiffany & Co's jewelry on exhibit at the Cincinnati Art Museum. Our Breakfast with the Arts group will tour the exhibit on Friday, February 8. A Cincinnati Art Museum docent will be our guide to view the brilliant 20 piece display. Coinciding with Tiffany & Co's tenth anniversary in Cincinnati, this exhibition celebrates superb design in jewelry. We'll meet at the Center at 10:00 a.m., and lunch will be on your own at the Art Museum Café. Please sign up by February 6 at the reception desk or by calling 741-8802. Only 8 seats are available by our bus or you may attend by personal transport. Now that you've seen the beautifully designed pieces of jewelry at the Cincinnati Art Museum, you're ready to create your own stunning piece! This second Breakfast with the Arts event is on Tuesday, February 26 at 10:30 a.m. A local artist will be on hand to show us how to make a dazzling piece of jewelry and share the art of jewelry making. Sign up at the reception desk by Monday, February 25 and enjoy a bedazzling good time!
- 🦋 We're serving up something special for this month's Matinee Movie! *Waitress*, starring Keri Russell, tells the tale of a cheery southern diner waitress who transforms her hopeless life into a hilarious and unexpected love story. Pie anyone? Showtime is Thursday, February 28, at 1:00 p.m. Pop and popcorn are provided. Bring your friends and enjoy a deliciously good movie!
- 🦋 Winter weather has made it to the tri-state! Are you prepared? Follow these tips for driving safely in winter conditions. First, weatherize your vehicle by having your mechanic check the battery, antifreeze, wipers and washer fluid, lights, ignition system, heater, brakes, defroster, oil level and thermostat. Keep a windshield scraper and small broom handy for ice and snow removal. Also remember to keep a flashlight and extra batteries, a first aid kit, blanket, bottle of water, booster cables, extra mittens, socks and a hat in the car as well. Check the weather forecast before venturing out into the snow. A winter storm WATCH indicates that severe weather may affect your area. A winter storm WARNING indicates that severe winter weather conditions are definitely on the way. For more safe driving information, check the FEMA website at [www.fema.gov](http://www.fema.gov). Drive safely during this late winter season!



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**