

**DIRECTOR'S CORNER**



Welcome to February – the month of hearts, flowers, and Mardi Gras!! It will be Spring before we know it!

Well, you've seen the image – people lined up to mail the tax return at the last gong of the bell. Most seniors begin thinking about their returns at the first of the year. And, like most Americans, they use a professional tax preparer.

While most tax preparers provide excellent service, the Internal Revenue Service reminds consumers to be as careful in selecting a tax professional as you would in choosing a doctor or lawyer. Remember, even if someone else completes your return, you are ultimately responsible for the information on it. Here are some hints for choosing a tax return preparer:

- Avoid preparers who claim they can get you a larger refund than other preparers, or base their fees on a percentage of the amount of the refund.
- Consider whether the individual or firm will be around to answer questions about your tax return months, or even years, after the return has been filed.
- Review your return before you sign it, and ask questions on entries you don't understand.
- Never sign a blank tax form
- Get references. Do you know someone who has used the tax professional? Were they satisfied with the service they received?

The IRS also warns that emails notifying consumers of a potential tax refund may be a scan to steal their identities and assets. The email directs potential victims to a bogus website to enter personal information. The IRS does not ask for personal information via unsolicited email, and taxpayers do not have to complete a special online form to obtain a refund. If you receive an unsolicited email claiming to be the IRS, call 1-800-829-1040. The IRS provides free tax help to people 60 and older. Trained volunteers provide free tax counseling and basic income tax preparation. For more information call 1-800-829-1040.

'Til next month – think SPRING! Kay



**The Spotlight's On: Mardi Gras**

Celebrations have already begun for the 153<sup>rd</sup> Anniversary of Mardi Gras. The season began on the Twelfth night, January 6, and continues until Fat Tuesday, February 24 – the day before Ash Wednesday – when Lent begins.

Put on your party beads and celebrate Mardi Gras with us on Wednesday, February 18, at 10:30 a.m. We'll begin with the Participants' Council Meeting at 10:30 a.m. A representative with Llanfair Retirement Community will present fall prevention tips. Falls are a leading cause of injury and death in older adults who are especially at risk because of balance impairments. Learn how to eliminate risks for injury in the home to prolong health and independence.

Hold onto your beads and let the festivities begin!! Enjoy a special luncheon and party and don't forget the yummy King Cake! Who will find the baby inside? Bingo will follow lunch. Purchase your \$3.00 ticket (which includes lunch) at the reception desk prior to Tuesday, February 17, and join the fun!

Colerain Township Board of Trustees:  
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## Marlene's Chatter:

Happy Valentine's Day to all of my sweeties! Brrrrrrr – it's really cold outside. What a good time to snuggle up with your sweetheart, pet, or blanket and read a good book, watch a good movie, or just snooze for a while. Sounds like a great thing to do, don't you think?

Or – you could come up here and stay warm and chat with friends over a hot cup of tea or coffee. Either way, it seems like a good thing to do in weather like this. I don't know about you, but I'm not an Eskimo so I don't like cold weather. My favorite weather is during the Spring and Fall. Pretty soon Spring will be here and I'll be a happy camper!

Don't forget to get your sweetheart a Valentine's card or he (or she) might get a little miffed about it.

We are having a Mardi Gras celebration here on February 18 – come on up and join the fun.

Please keep Kay in your prayers. She is now receiving chemo treatments – let's hope it does the trick. If you would like to send her a card, mail it to her attention here at the Center – and we will make sure she gets them all. That will boost her spirits up a lot.

Until next month, say warm, safe and healthy.  
Love – as always, Marlene

## Upcoming Events for February:

Date	Event
2	Stampin' With Nina – 9:30 a.m.
4	All Day Bingo – 10:30 a.m.
11	STAY Volunteers – 10:00 a.m.
13	Breakfast With The Arts – 10:30 a.m.
16	Center Closed Today – President's Day
18	Participants' Council Meeting – 10:30 a.m.
18	Mardi Gras Celebration & Bingo – 10:30 a.m.
23	Children's Cut-Outs – 10:00 a.m.
26	Matinee Movie – 1:00 p.m.
27	Beans & Books – 10:00 a.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!

Did you know that February is "go red for women" to raise awareness of heart disease? Your diet is one of the best weapons you have to fight against heart disease. Eating less of some things, such as dietary cholesterol, saturated fat and transfat, can decrease your risk while incorporating more good-for-you fiber: mono-unsaturated fats, plant compounds, and antioxidants can boost your defenses. Every meal of the day provides another opportunity to make your heart healthier.

Here are a few items to add to your grocery list:

- Cranberry Juice: Drinking three glasses of cranberry juice a day may increase your good cholesterol (HDL) by about 10%. In addition to raising HDL, the juice can boost the amount of antioxidants available to the body by as much as 121% (increased antioxidant levels are through to decrease the risk of heart disease). When buying cranberry juice, look for a variety with at least 27% real juice.
- Chocolate: The heart-health benefits from the flavonoids in dark chocolate have been touted for some time, but new research proves that small doses (just a few squares or a cup of hot cocoa) consumed everyday really is good for you. It's important to avoid having too much. Two tablespoons of chocolate a day, containing at least 70% cocoa, is adequate for the cardiovascular boost.
- Grapefruit: Eating a red grapefruit everyday can reduce your risk of heart disease. Researchers found that both white and red grapefruit significantly decrease dangerous blood lipid levels, but the red kind was especially effective for lowering triglycerides.
- Walnuts: You may be able to halt some of the harm caused by eating food high in saturated fat by grabbing some walnuts. Adding walnuts to a heavy meal can limit the inflammatory response that leads to artery-clogging plaque.

These are just a few items that can help reduce heart problems, but remember to check with your doctor first before you make any changes.

Take care!  
Kandy



# Participants' Council News & Notes:

- ☛ The Center will be closed on Monday, February 16 – President's Day
- ☛ WINTER WEATHER NOTICE: Winter weather is here! 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 & Community Center is also. Remember to watch or listen to the local news for school closing information.
- ☛ Make your dollar go farther – make your own greeting cards! Join the Stampin' With Nina class on Monday, February 2, at 9:30 a.m. and learn how to craft your own greeting cards. Nina will be starting a beginner's class for all those interested. If that's you, contact Nina at 398-9430. You don't have to contact her if you are already in her current class.
- ☛ Walk with us! There's still time to start making that New Year's resolution(s) a reality and a walk program is just the thing! Silver Foxes is a 40 minute, Richard Simmons DVD. Simple side-to-side movements and walking in place gets your heart pumping and delivering oxygen throughout your whole body! Walk with Leslie is also a DVD-led class. Twenty minutes in length, Leslie guides you through a series of walking movements starting with a warm-up exercise which leads into a light aerobic section and finally a gentle cool-down routine. No pre-registration or fee for either class. Join us and get moving today!
- ☛ Attention all crocheters! June Bader, Coordinator for the STAY Program, is looking for individuals to crochet baby blankets for the STAY Program. Yarn will be supplied. Contact June at 741-8802 for details or join the STAY Volunteers on February 11, at 10:00 a.m.
- ☛ Breakfast With The Arts – Start your day with TEA and the Arts! Join us here at the Center for “High Tea: Teapots in the Art Museum” on Friday, February 13, at 10:30 a.m. View the Procter & Gamble gift of Silver Services, along with tea sets from other cultures and discover how tea is served around the world. Dine on scrumptious scones and enjoy a “spot” of tea! Everyone will receive a beautiful tea cup to commemorate the day. Register at the reception desk by February 10 if you will be attending. Discover the Cincinnati Art Museum's permanent collection through interactive lectures, discussions, and hand-on workshops led by local artists. All programs are free and take place from 10:30 a.m. until 11:45 a.m.
- ☛ Mamma Mia – here we go again! Join us for this month's matinee movie, Mamma Mia on Thursday, February 26, at 1:00 p.m. Longing to discover the identity of her true father before she exchanges her wedding vows, the daughter of a once-rebellious single mother secretly invites a trio of paternal candidates to her upcoming wedding in this feature adaptation of the beloved stage musical. Independent-minded single mother, Meryl Streep, has always done her best to raise her spirited daughter, Amanda Seyfried, while simultaneously running a hotel on a small Greek Island, but now the time has come for this hardworking mom to finally let go. And let go she will! This show has so much energy, you'll want to sing and dance to the 20+ ABBA songs they sing. So – bring your friends – the more the merrier!!!

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**