

DIRECTOR'S CORNER



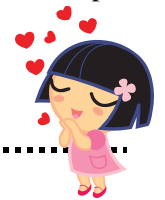
An estimated 22,000 women of all ages (average age is 63) will be newly diagnosed with ovarian cancer this year – and for another 15,000 losing the battle – education and early detection are still a woman’s most effective form of protection. Know the signs and symptoms of ovarian cancer:

- Pelvic and/or abdominal swelling or pain
- Vague but persistent gastrointestinal complaints such as bloating, nausea and indigestion – a feeling of fullness
- Unexplained weight loss or gain
- Persistent and unexplained changes in bladder or bowel movements

If you are diagnosed, it’s important to consult with a gynecological oncologist. There is a group called the Ovarian Cancer Research Fund, Inc. that helps answer questions, gives out free information kits, and along with L’Oreal of Paris, has raised over \$13 million to date for research for this rare form of cancer. For more information and to join the fight, visit: www.lorealcolorofhope.com.

Even though I am making this difficult medical journey, I am truly blessed. My job at the CTS&CC is not just a job – but a calling, a vocation, an opportunity to help others find and retain a richness and fullness in their lives. The Board of Trustees recognizes the value of the mission that is carried out everyday at our wonderful Center, and the role the Center plays in the quality of the lives of its citizens. Our Colerain Seniors are some of the most compassionate in the world. Your cards, prayers and well wishes bolster my spirits more than you can imagine. I anticipate the mail each day – just waiting to see who I will hear from next! Some of you have designed cards (how awesome!), others have written truly inspirational notes to me, one included novenas in Rome for a year, and another included my favorite St. Jude prayer in the envelope.

My heart is at the Center even if I am not physically with you right now. As soon as I am able, I will come for a short visit. Can’t wait to see you all! With much love and gratitude, Kay



The Spotlight’s On: St. Patrick’s Day Celebration

May your blessings outnumber the shamrocks that grow, may good luck be with you wherever you go. Leprechauns will be dancing at the Participants’ Council’s St. Paddy’s Day celebration on Wednesday, March 18, at 10:30 a.m. Heather Ferro with Hillandale will be here to discuss baby boom demographics. We’ll also welcome back Ben Machado, with the Ohio Consumer’s Counsel. Mr. Machado will give a hands-on demonstration on how to seal your windows and weather strip doors, as well as tips on how to weatherize your home for any season. Learn the skills you need to make your home more energy efficient.

A traditional Irish feast awaits! Enjoy Irish potato casserole with diced chicken, “Blarney Stone” broccoli, “Magic Pipe” peaches with oat topping, and delicious Leprechaun cookies while listening to a true Irishman, Godfrey McDowell. Sit back and enjoy a frosty pint as Mr. McDowell gets your toes tappin’ – maybe you’ll do a jig or two!

Tickets are \$3.00. Sign up today at the reception desk or prior to Tuesday, March 17! As Pat sings “when Irish eyes are smiling . . . “. Hope to see you here!



Colerain Township Board of Trustees:
Bernard A. Fiedeldej, Jr.
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Marlene's Chatter:

Top o' the morning' to ya'!! March is here and so is the wind! Good kite flying . . . could this mean that Spring is almost here? I sure hope so!

There's a lot going on in the classes. If you're interested in learning how to cut out patterns, making aprons or simple altering, give me a call and let me know what you'd like to do. These projects will take place on the 2nd and 4th Wednesday at 1:00 p.m. Check out the program calendar for more fun Center activities.

Whisper some kindly word, to bless a wistful soul who understands that life is but one long caress of gentle words and gentle hands.

Margaret P Sherwood

Until next month, take care
Love,
Marlene



Special Program Notes:

Hello everyone!

I sure will be glad when spring gets here. I was reading an article about consumer alerts. It had to do with reviewing your telephone bill for unfamiliar charges. Consumers are encouraged to examine their local telephone bills to find out if they are paying for products or services they never intended to purchase.

Reading the fine print and understanding the details on utility bills is critical since consumers are often asked to provide personal information. The Office of the Ohio Consumers' Counsel (OCC) recommends the following guidelines for consumers:

- Pay attention to the web sites you visit and read the information associated with requests for personal information, including your phone number.
- Be careful of any "too good to be true" gifts since they may require the purchase of a membership or product.
- Review your monthly telephone bills for names of companies you do not recognize. Look for mysterious charges that relate to an extra service or feature that you never ordered or accepted.

If no disclosure is made, anyone may become a victim of "cramming", which is unlawful and occurs when a company adds a product or service to telephone bills without authorization.

In this day and time, you have to be careful with just about everything.
Take care, Kandy



Upcoming Events for March:

Date	Event
2	Stampin' With Nina – 9:30 a.m.
4	All Day Bingo – 10:30 a.m.
5	Consumer Protection Fair – 11:00 a.m. – 2:00 p.m.
11	STAY Volunteers – 10:00 a.m.
13	Breakfast With The Arts – 10:30 a.m.
16	Stampin' With Nina – 9:30 a.m.
18	Participants' Council Meeting – 10:30 a.m.
18	St. Patrick's Day Celebration – 10:30 a.m.
23	Children's Cut-Outs – 10:00 a.m.
24	Breakfast With The Arts – Visit to Cincinnati Art Museum
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.

Participants' Council News & Notes:

- The transition to digital television is underway. Are you prepared? Digital broadcasting allows stations to provide improved pictures and sound quality, is much more efficient than analog, and offers more program choices for viewers. If you have a roof-top antenna or “rabbit ears” or own an analog TV, you’ll need to purchase a digital converter box. How do you know if you have an analog TV? Check your owner’s manual or look on the set for a built-in Advanced TV System Committee (ATSC) tuner. You can also check the manufacturer’s website to look up your model #. Every home is eligible to receive 2 coupons worth \$40 each towards the purchase of the converter box. On February 17, some full-power broadcast television stations in the United States stopped broadcasting on analog airwaves and began broadcasting only in digital. The remaining stations will stop broadcasting analog sometime between March 14 and June 12. June 12 is the final deadline for terminating analog broadcasts under legislation passed by Congress. Log on to www.dtv2009.gov for more information on making the switch to digital.
- Make your dollar go farther by making your own greeting cards! Join the Stampin’ With Nina class on Monday, March 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 513-398-9430. You don’t have to contact her if you are already in her current class.
- **NATIONAL CONSUMER PROTECTION WEEK: GIVING YOU THE TOOLS YOU NEED FOR TODAY’S ECONOMY** – The Office of the Ohio Consumers’ Counsel has joined a group of federal, state, and local government agencies and national consumer advocacy organizations to launch the 11th Annual National Consumer Protection Week (NCPW), March 1-7, 2009: *NCPW 2009 – Nuts and Bolts: Tools for Today’s Economy*. Join us on Thursday, March 5, from 11:00 a.m. to 2:00 p.m. when representatives from various organizations will be on-hand to provide tips and answer questions on topics that range from how to save money on your utility bills to how to spot a telemarketing scam, how to deal with debt, or how to deter and detect identity theft. Don’t miss out on this opportunity!
- June Bader, Coordinator for the STAY and Children’s Cut-Outs programs is looking for individuals to crochet baby blankets for the STAY program. Yarn will be supplied. They’re also looking for empty square tissue containers that held Puffs or Kleenex tissues. Contact June at 513-741-8802 for details, or join the STAY Volunteers on Wednesday, March 11, at 10:00 a.m., or the Cut-Outs Volunteers on Monday, March 23, at 10:00 a.m.
- Breakfast With The Arts – start your day with the Arts! Follow the Master’s footsteps on Friday, March 13, at 10:30 a.m. We’ll view sketches by artists such as Van Gogh and Edgar Degas – not seen in the Cincinnati Art Museum’s galleries, but here at the Center. Don’t miss the wonderful opportunity to sketch in the galleries when we travel to the Art Museum on Tuesday, March 24. No need to bring a sketch pad, the Museum will be providing sketching materials. Lunch will be available after the tour in the Terrace Café. Only 14 seats are available by our bus, or you may attend by personal transportation (there is a \$4.00 parking fee per vehicle effective February 10, 2009). Sign up for both dates at the reception desk by March 12. Discover the Cincinnati Art Museum’s permanent collection through interactive lectures, discussions, and hands-on workshops led by local artists.
- Actor Harrison Ford reprises his role as the iconic, snake-loathing archeologist in this month’s Matinee Movie *Indiana Jones and the Kingdom of the Crystal Skull*. Join him on a globetrotting trek around the world as he returns to the big screen nearly 20 years after racing for the Holy Grail in the first Indiana Jones movie, *Raiders of the Lost Ark*. Show-time is Thursday, March 26, at 1:00 p.m. Bring a friend and join the adventure!

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