



GOLDEN OLDIES NEWSLETTER

May, 2009

Luncheons, Trips, and Closings

Luncheons	May 22—
May 6—	Feast of the
Mother's Day	Flowering
Luncheon	Moon. Bus
June 17—	Fare—\$6.00
Father's Day	
Luncheon	June 18—
	Chillicothe
	Paints Game
CLOSINGS	Bus Fare
May 25—	\$6.00
Memorial Day	Admission
holiday	\$5.00

The Ohio Consumer Council will be at the Senior Center on May 28 at 11:30 with tips on keeping your home cool this summer.

◆ REMINDER!

The Area Agency on Aging District #7 has announced the cancellation of the Senior Expo event held annually in September.

There will be no Senior Expo event for 2009.

32ND ANNUAL SENIOR CITIZENS DAY: "Reinvent Yourself, Reinvent Aging"

May has been proclaimed "Senior Citizens Month" ! Please join in the celebration on Senior Citizens Day, May 19, 2009. The event begins at 10:00 a.m. Please RSVP to reserve your spot for the Luncheon which will be served at 12:00 noon. Life Ambulance has volunteered to provide Golf Cart shuttle rides from area parking spots to the front door of the Senior Center.

HAPPY BIRTHDAY! MAY

3—CLAIRE CARRIER
3—ELAINE DAMRON
4—WILMER DAMRON
7—MARY MCCOY
10—MARY ELLIOTT
12—DOROTHY RATLIFF
14—IRENE NOBLE
15—WILMA WEETER
15—LINDA WILLIAMS
17—JOHN AYERS
23—LINDA CAMPBELL
25—BILLY TACKETT
27—DONALD BROWN
27—BONNIE GRAVES
29—JEAN BARLOW

EUCHRE!

Come in on Tuesday's at 12:30 and play Euchre!!! If you do not know how to play or you want to teach a new game, come on in and join the fun.

HAPPY BIRTHDAY! JUNE

1—SHARON GREEN
3—JAMES KINKER
3—DELORES SHEPHERD
4—NOLA KINKER
4—RUTH WALLS
5—VERNON LOCK
5—DELMAR LOUDERBACK
8—JUNE REISINGER
11—JERRY PRESSLEY
13—ANIEBELL DAWSON
14—LOGAN PENDLETON
14—MARTIN BARLAGE
15—JAMES LEAKER
15—CHARLOTTE MINEER
16—JACK HARBERT
17—MARIE WOODS
21—KERMIT CLARK
21—CAROL DAM
21—ELINOR SETTY
24—MARIE DAMRON
26—VIRGINIA SILCOTT
28—AME AYERS
28—RAY NEWMAN
29—LOIS COLBURN
29—WALTER DAWSON
30—LORA AMLIN

Bluegrass / Country / Gospel Music Fundraiser

The Fundraiser this year was a big success. Thank you to everyone who donated and volunteered for the event.

PLEASE REMEMBER THE SUGGESTED MEAL DONATION OF \$2.00 TO HELP COVER THE COST OF THE MEAL.

BETTER HEARING PLACE

Melody Wipert from the Better Hearing Place, will be at the Senior Center once a month.

If your hearing needs tested, hearing aid needs adjusted or repaired, or if you have questions, please make an appointment with Shelley to see Melody.

BOOK SALE

Please remember that there are books for sale in the lounge and on the second floor. If you want to look at the books on the second floor, please see the office staff.

BUREAU OF MOTOR VEHICLES NEXT OF KIN PROGRAM

The Bureau of Motor Vehicles has a new Next of Kin Program. Through this voluntary program, next of kin information can be included with drivers license information so that Law Enforcement Officers can notify next of kin during accident and home emergency situations. For more information on the Next of Kin Program, call the Senior Program Office or the local Bureau of Motor Vehicle office.

Nutrition Committee

Lynn Goble

Frank Dam

Bob Downing

Wanda Lawson

Marie Woods

Troy Smith

KROGER CARES FUNDRAISER FOR SENIOR CENTER

The Kroger Cares Fundraiser for Senior Programs has changed. Instead of purchasing and using gift cards, Kroger customers may register for the program through their Kroger Plus Cards. If you wish to continue to participate in the Kroger Cares Fundraiser, please bring your Kroger Plus card to the Senior Program office. Shelley can register Kroger Plus cards on-line.

Senior Advisory Council Members

Bob Downing	Larry Teeters	Juanita Bryant
Joan Cox	Ruby Dixon	Edna Lansing
Peggy Mickey	Walter Dawson	Jean Mangan
Wanda Lawson	Elinor Setty	Alma Connors
Hannah Williams		Frank Dam
Joyce Borders (alternate)		
Lillie Mae Murray (alternate)		

Looking for a place to volunteer? Consider the Senior Center!

Thank you to everyone who donated in the month of March. Unfortunately the March sign up sheet for donations was lost. For that reason, individual donations can not be listed for the month of March 2009.

February Donors

Mr. & Mrs. Mike McFarland	Ruth Dunham
Pat Lemaster	Delores Shepherd
Betty Mulhair	Bea Teeters
Violet Hurles	Ruth Walls
Bonnie Yates	



Ohio Department of Aging *Aging Issues*

Twice each month, the Ohio Department of Aging delivers *Aging Issues*, a column from Director Barbara E. Riley that examines topics of interest to older Ohioans, their family members and others who care for and serve them. *Aging Issues* is intended for personal use as well as re-publication in newspapers, newsletters and other publications with older adults as a target audience. Subscribe to *Aging Issues*...

April 21, 2009



Click the image above to download print-quality photos of Director Riley.

Show You Care on Mother's Day *Ask About Her Heart Health*

Mother's Day is the peak day of the year for long distance phone calls, the second-largest gift-giving holiday and the busiest day of the year for many restaurants, according to surveys. This year, let all the women in your life know much you care by asking about their heart health and what they are doing to take care of themselves.

Women often are caregivers for their spouses, children and parents and forget to focus on their own health, but research shows that when women take care of themselves, the health of their family improves. We need to remind our mothers, grandmothers, daughters, sisters, aunts and girlfriends about the steps they can take to reduce their risks of cardiovascular disease.

Heart attack, stroke and other cardiovascular diseases are devastating to women. Coronary heart disease, which causes heart attack, is the leading cause of death for American women. Nearly twice as many women in the United States die of heart disease, stroke and other cardiovascular diseases as from all forms of cancer, including breast cancer.

The American Heart Association has identified several factors that increase the risk of heart disease and stroke. The more risk factors a woman has, the greater her risk of having a heart attack or stroke.

Some of the risk factors you cannot control are:

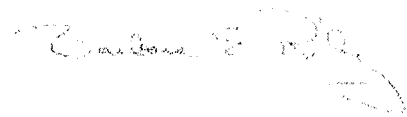
- **Increasing age** - As women grow older, their risk of heart disease and stroke begins to rise and continues rising with age.
- **Gender** - Each year about 60,000 more women than men have strokes, and about 60 percent of total stroke deaths occur in women.
- **Family history** - Both women and men are more likely to develop heart disease or stroke if their close blood relatives have had them.
- **Previous heart attack or stroke** - Forty-three percent of women age 40 and older who survive a first heart attack will have another heart attack or fatal coronary heart disease within five years, and 22 percent who survive a first stroke will have another within five years.

However, there are risk factors that can be controlled by focusing on lifestyle habits and making good choices:

- **Stop smoking** - Smoking is a major cause of cardiovascular disease among women and increases the risk for stroke. Constant exposure to secondhand smoke also increases the risk, even for nonsmokers.
- **Treat high blood pressure** - High blood pressure is a major risk factor for heart attack and the most important risk factor for stroke. Women have an increased risk of developing high blood pressure if they are obese, have a family history of high blood pressure or have reached menopause.
- **Increase physical activity** - Various studies have shown that lack of physical activity is a risk factor for heart disease and indirectly increases the risk of stroke. Overall, they found that heart disease is almost twice as likely to develop in inactive people than in those who are more active. The American Heart Association recommends at least 30 minutes of physical activity on most or all days of the week.
- **Lose weight** - Women who are significantly overweight are at higher risk for health problems, including high blood pressure, high blood cholesterol, high triglycerides, diabetes, heart disease and stroke.
- **Prevent or accurately treat diabetes** - Adults with diabetes have heart disease death rates that are two to four times those of adults without diabetes. People with diabetes often have high blood pressure and high cholesterol and are overweight, increasing their risk even more.

Other factors that can contribute to the risk of heart disease include excess alcohol drinking and unhealthy responses to stress.

Help your mom, sister, wife, aunt, grandmother or friend stay on top of her health. When women take even the simplest steps to improve their health, the results can be significant and everyone can benefit. Remind the women you love that taking care of themselves is essential to living longer, healthier and happier lives.



Barbara E. Riley

Previous Issues

MENU IS SUBJECT TO CHANGE

MAY, 2009

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meat or alternate 3 oz					ROAST BEEF SW. ON WHEAT BUN With LETTUCE/TOM./ONION POTATO SALAD / MILK Angel Food Cake/ Banana 1
vegetable or fruit 1 1/2-cup fruit	HOT TURKEY w. Provolone Ch. Sl. On Sub. Bun Shredded Let./Tom/Onion CARROTS PLUMS MILK 4	SWISS STEAK w/GRAVY PASILIED POTATOES BROCCOLI PEAR in LIME JELL-O with TOPPING ROLL / MILK 5	CHEF SALAD FRENCH ONION SOUP CROUTONS BROWNIE MILK 6	OVEN FRIED COD FISH MINI BAKED POTATOES CREAMY COLE SLAW CORNBREAD MANDARIN ORANGE SLICES MILK 7	BBQ CHICKEN CORN BAKED SPINACH PINEAPPLES BISCUIT MILK 8
Bread 2 serving Butter - 1 tsp.	PORK TENDERLOIN SWEET POTATOES COOKED CABBAGE CINNAMON APPLESAUCE WHOLE GR. BREAD MILK 11	BEEF/CHEESE ENCHILADA-2 MEXICAN CORN ROMAINE SALAD PEACHES MILK 12	CHICKEN & NOODLES GREEN BEANS GLAZED CARROTS BANANA ROLL MILK 13	MEATBALL SUB MARINARA SAUCE BROCCOLI APRICOTS MILK 14	TURKEY ROLL-UP LIMA BEANS CAULIFLOWER BREAD CHERRY JELL-O w/FRUIT MILK 15
Dessert 1/2 cp. optional	CHICKEN SALAD ON WHEAT BUN CREAM OF POTATO SP. ORANGE/TOSSED SALAD CRACKERS MILK 18	BREADED COD FISH BAKED BEANS CARROTS APPLE / ROLL MILK LEMON PUDDING CAKE 19	OPEN FACED HOT ROAST BEEF SW. WHIPPED POTATES/GRY. BROCCOLI / PINEAPPLES BREAD MILK 20	HAM LOAF KALE MIXED GR. BEANS & CORN CORNBREAD TROPICAL FRUIT SALAD MILK 21	CHEESEBURGER ON BUN LETTUCE/TOM./ONION PICKLES/must./salad packet CREAMY HASH BROWN CASSEROLE PEARS / MILK 22
	AGENCY CLOSED FOR MEMORIAL DAY HOLIDAY BE SAFE 25	HOT DOGS-2 SAUERKRAUT WHIPPED POTATOES MANADARIN ORANGE SLS. WHOLE GRAIN BREAD-2 MILK 26	TUNA SALAD PLATE on LETTUCE With tomatoes cucumbers/radishes COTTAGE CHEESE BANANA MUFFIN TROPICAL FRUIT / MILK 27	HEART SMART BAKED CHICKEN / RICE SWEET POTATOES BRUSSEL SPROUTS APPLESAUCE ROLL / MILK 28	BEEF POT ROAST with POTS/CARROTS/ONION CELERY WHOLE GRAIN BREAD PEACHES (HD COBBLER) MILK 29

Choice of Beverages Available (2% / skim / buttermilk)

Condiments Available

Diabetic Desserts Available

TO OBTAIN INGREDIENT'S INFORMATION, CONTACT THE MANAGER AT YOUR NUTRITION SITE

MENU IS SUBJECT TO CHANGE

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JUNE, 2009

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meat or alternate 3 oz	NAVY BEANS With HAM SPINACH BEETS CORNBREAD STRAWBERRIES / MILK 1	PARESAN-GARLIC CHICKEN over PASTA GREEN BEANS TOSSED SALAD GRAPES / MILK 2	SWEDISH MEATBALLS WHIPPED POTATOES CORN on the COB ORANGE JELL-O / FRUIT WHOLE GR. BR. / MILK 3	PORK TENDERLOIN TURNIP GR. CASSEROLE APPLE & CARROT SLAW PEACHES ROLL / MILK 4	ROAST BEEF on WHEAT BUN LETTUCE/TOMATO/ONION POTATO SALAD MILK Angel Food Cake/Banana 5
vegetable or fruit 1 1/2-cup fruit	HOT TURKEY w/Provolone Ch. / lettuce/tomato/onion on SUB. BUN CARROTS PLUMS MILK 8	SWISS STEAK w/GRAVY PARSLIED POTATOES BROCCOLI PEARS in LIMA JELL-O ROLL MILK 9	CHEF SALAD FRENCH ONION SOUP CROUTONS BROWNIE MILK 10	OVEN FRIED COD FISH MINI BAKED POTATOES CREAMY COLE SLAW CORNBREAD MANDARIN ORANGE SLICES MILK 11	BBQ CHICKEN CORN BAKED SPINACH PINEAPPLES BISCUIT MILK 12
Bread 2 serving Butter - 1 tsp.	PORK TENDERLOIN SWEET POTATOES COOKED CABBAGE CINNAMON APPLESAUCE WHOLE GR. BREAD MILK 15	BEEF/CHEESE ENCHILADA-2 MEXICAN CORN ROMAINE SALAD PEACHES MILK 16	CHICKEN & NOODLES GREEN BEANS GLAZED CARROTS BANANA ROLL MILK 17	MEATBALL SUB. MARINARA SAUCE BROCCOLI APRICOTS MILK 18	TURKEY ROLL-UP LIMA BEANS CAULIFLOWER CHERRY JELL-O w/ FRUIT WHOLE GRAIN BREAD MILK 19
Dessert 1/2 cp. optional	CHICKEN SALAD on WHEAT BUN CREAM OF POTATO SP. ORANGE/TOSSED SALAD CRACKERS MILK 22	OVEN BAKED COD BAKED BEANS CARROTS APPLE LEMON PUDDING CAKE MILK 23	OPEN FACED ROAST BEEF SANDWICH with WHIPPED POTATOES BROCCOLI PINEAPPLES / BREAD MILK 24	HAM LOAF KALE MIXED CORN & GR. BEANS CORNBREAD TROPICAL FRUIT SALAD MILK 25	CHEESEBURGER ON WHEAT BUN Lettuce/tomato/onion/pickle CREAMY H. BR. CASSEROLE PEARS MILK 26
	LASAGNA TOSSED SALAD ASPARAGUS CHEESY GARLIC BISCUIT APRICOTS / MILK 29	HOT DOGS - 2 WHIPPED POTATOES SAUERKRAUT MANDARIN ORANGE SLICES WHOLE GR. BREAD / MILK 30			

Choice of Beverages Available (2% / skim / buttermilk)

Condiments Available

Diabetic Desserts Available

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