

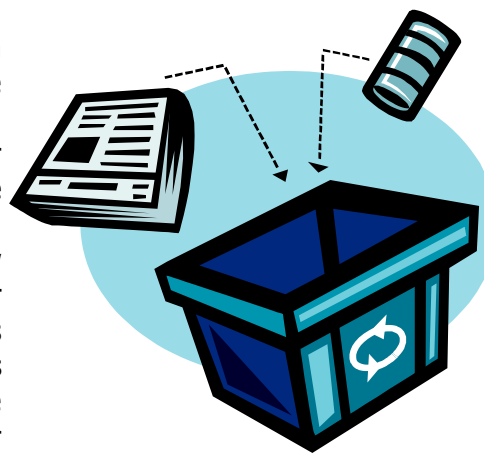


Sycamore Senior Center

a LifeSphere community program newsletter

MARCH/APRIL, 2008

GOING GREEN



Everyday, our members come to us with ideas to share regarding every service we provide through the Sycamore Senior Center. We pride ourselves on listening to our members and doing what we can to make their ideas and dreams a reality. We've heard an increase in calls for us to recycle and now have the opportunity to share with our membership at large. Many of our members and staff participate in recycling in our homes and would like to feel we are making the same contribution at work to our environment.

There are some startup costs involved and some ongoing costs, all of which have not been budgeted for, so when one of our Transportation clients wanted to make a contribution to the center, we saw an opportunity. This client wants to remain anonymous but wants everyone to know how grateful she is for our Transportation services and our terrific drivers. She is also someone who cares deeply for the Earth.

The startup costs are modest: money for buying containers from Rumpke and a monthly fee for them to pick up. We will be recycling paper waste in the offices as well as plastic, glass and cans all around the building.

The biggest and most expensive change will be replacing the Styrofoam coffee and drink cups with recyclable products. We will use this generous contribution to buy replacement cups for a few months. During that time we will be surveying members to see how they feel about the changes and whether they are willing and able to help defray the ongoing costs with modest increases in costs.

We hope we have your support in this important change within our center.

INSIDE THIS EDITION

<i>New Meals on Wheels Options....</i>	3
Computer Programs & Classes....	4
Center Services	6
Wednesday WOWS(!)	7
Lifelong Learning	9
Donations & Memorials	14
Ongoing Programs.....	15

The Mission of the Senior Center Division of LifeSphere is to assist older adults to live their lives with independence and dignity for as long as possible in their own homes.

Serving these Hamilton County Residents from the Sycamore Office:

Arlington Heights, Amberly Village, Blue Ash, Camp Dennison, Columbia Township (45213), Deer Park, Dillonvale, Evendale, Guf Manor, Indian Hill, Kenwood, Kennedy Heights, bveland, Madeira, Montgomery, Pleasant Ridge, Reading, Rossmoyne, Sharonville, Silverton, Sycamore Township, Symmes Township

Serving these Hamilton County Residents from the Maple Knoll Campus:

Forest Park, Glendale, Greenhills, Lincoln Heights (45215) Lockland (45215) Springdale, Springfield Township, Wyoming, Woodlawn

LifeSphere

Maple Knoll Village

The Knolls of Oxford

The Meadows

Mount View Terrace

Corbly Trace

Maple Knoll Child Center

Sycamore Senior Center

LifeSphere Home Health Services

LifeSphere Management, Inc.

WMKV 89.3 FM

Visit our website: www.lifesphere.org

INDEX

<u>Date</u>	<u>Program</u>	<u>Page</u>
	Center Services	6
	More Choices in Home Delivered Meals	3
	Sycamore Driver Inducted into Hall of Fame	3
1-Mar	Southwest Ohio Senior Olympics	10
3-Mar	Travel Vaccines	9
3-Mar	LifeSphere Travel -Spring Time in the Savannah & Charleston	12
5-Mar	Wednesday Wows! - Masterpiece Quilts	7
6-Mar	Book Talk	12
6-Mar	Computer Basics	4
11-Mar	Digital Cameras Made EZ - Photoshop	4
11-Mar	Pool Tournaments	10
12-Mar	Day Trip - Breakfast with the Penguins	8
12-Mar	E-mail and Attachments	5
12-Mar	Fix Your Finances with Frick and Frack	5
12-Mar	Hearing Screenings	9
12-Mar	Wednesday Wows! - How to Be Your Own Best Friend	7
13-Mar	AARP Driver Safety Program	9
14-Mar	Movie - American Gangster	12
17-Mar	Irish Coffee, Sundaes and Music by Pete Papania	9
17-Mar	LifeSphere Travel -Tulip Festival in Holland, Michigan	12
18-Mar	Pool Tournaments	10
19-Mar	Grandparents Raising Grandchildren	9
26-Mar	Pool Tournaments	10
27-Mar	Money Matters	11
1-Apr	Laughter is Good Medicine	9
3-Apr	Cards, Etc.	5
3-Apr	Book Talk	12
7-Apr	Active For Life	10
8-Apr	Pool Tournaments	10
9-Apr	Wednesday Wows! - Center for Holocaust	7
9-Apr	E-mail and Attachments	5
9-Apr	Fix Your Finances with Frick and Frack	5
11-Apr	Movie - Good Luck Chuck	12
15-Apr	Day Trip - River Downs Racing	8
15-Apr	Publisher 101	4
15-Apr	Pool Tournaments	10
16-Apr	Wednesday Wows! - Take Me Out to the Ballgame	7
16-Apr	Member Benefits Stretch into Next Generation!	10
16-Apr	Issues on Housing in an Aging Population	10
16-Apr	SYCAMORE SENIOR CENTER OPEN HOUSE	11
23-Apr	Wednesday Wows! - Resource Wars	7
24-Apr	Money Matters	11
30-Apr	Day Trip - Springtime at Farmers Market	8
30-Apr	Wednesday Wows! - Big Bone Lick State Park	7
30-Apr	Pool Tournaments	10
7-May	Wednesday Wows! - The World Economy	7
9-May	Movie - The Bucket List	12
14-May	Wednesday Wows! - All About Dogs	7
20-May	Day Trip - Hawaiiin Show	8
12-Jun	Day Trip - Jersey Boys	8
	Two Men's Golf League's and One Women's Golf League	11
	Tax Return Assistance	11
	Board Games with Friends	11

WHAT'S NEW?

MORE CHOICE IN HOME DELIVERED MEALS!

Our Home Delivered Meals program, also known as Meals on Wheels, is excited to offer you more options when it comes to your meals. With the help of the Derringer Company and the Council on Aging we are proud to announce the creation of the *Choices Menu* and *Senior Selects*.

From the
Suggestion
Box!

With the *Choices Menu*, a Meals On Wheels client may choose which of two entrées will be delivered by simply filling out a selection form at the beginning of the month, which arrives with the regular menu. The standard entrée is choice A, but if you want to receive the choice B you simply check the B-box for that day on your selection sheet. If you want to receive the standard entrée then you would leave the space blank. The side orders will remain the same regardless of the entrée you choose.



Senior Selects will give you more control of what you get to eat each day. You will make selections from the menu each week, choosing what you like the best and eliminating what you'd rather not eat at all.

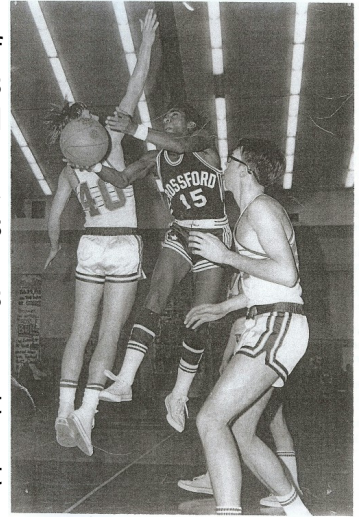
You will pick seven entrees, one for each of the seven days, in any combination you like. You will then choose seven fruit selections, seven dessert/snack selections, and seven condiment selections. Your choices will be delivered to you frozen once a week along with half a loaf of your chosen bread and half a gallon of your chosen milk. Clients will fill out the *Senior Selects* menu once a week for the upcoming week.

Along with the Derringer Company and the Council on Aging, we are so excited about making this offer to you. You may stay with the plan you are on now, or you may choose to go with the *Choices Menu* or *Senior Selects*. The choice is entirely up to you.

We hope having this choice will make our clients meals a little more enjoyable. If you have any questions or know someone who wants to sign up for Home Delivered Meals, you may call Social Services Coordinator Rob Babak at 686-1003.

SYCAMORE DRIVER MAKES HALL OF FAME!

At the end of 2007, Decator Durden, one of our transportation drivers, was inducted to his high school athletic hall of fame. Though he may be modest, I figured I'd brag on his accomplishment a little in our newsletter. Deke, as we affectionately call him around the center, became a starting point guard on the varsity team during his freshman year at Rossford High School in Toledo, Ohio and went on to start 62 consecutive games over his remaining 3 years at RHS.



Decator Durden, (#15) was recently inducted into his high school hall of fame.

Decator was a huge factor in the Bulldogs winning 3 straight NLL titles, and two sectional titles during his time in high school. The varsity basketball team compiled 45 wins and only 17 defeats during his career. He scored 670 career points, ranking him 7th at the time he graduated.

Named Team Captain his senior season, Deke also earned 1st team NLL, All-Wood County, All-District Class AA, and Honorable Mention All-Ohio honors. The Toledo Blade also selected him the All-Metro All Star Team.

Perhaps the most memorable moment of Deke's career came on March 2, 1968 when he made a half court shot with less than 2 seconds remaining to send the sectional championship game into overtime against Celina. Decator scored 21 points in the game and the Bulldogs went to win and advance to the district tournament.

Following graduation from high school, Decator earned a scholarship to play basketball at Hillsdale College and served 2 years in the U.S. Air Force. He retired as an Administrative Assistant at Cincinnati's Veteran's Administration Hospital and now greets many transportation clients with smile and warm heart in his work for the Center. Congratulations Deke!

PUBLISHER 101

Four Week Class

Tuesdays, April 15th thru May 6th

9:30 a.m.—11:30 a.m.

Members: \$40 Guests: \$55

Publisher 101 is an introductory class for those wishing to familiarize themselves with the elements needed to produce page layouts for professional looking publications such as: newsletters, bulletins, flyers, brochures, business cards, letterheads, envelopes and creative labels. This class will be *custom-designed* using Microsoft Publisher wizards and templates as samples and conform to class members' choices and requirements. Instruction will also be programmed to include the use of WordArt and Text, Clip Art and Photos to create post cards, catalogs, greeting cards, banners, calendars, etc. Complete familiarity with Microsoft Word and Windows XP procedures and techniques is required. Call 984-1234 to register or for more information.

Sycamore Computer Lab

User/Member Questionnaire

Have you ever taken a computer class or used the help sessions offered through the senior center?

Yes No

If so, which class and did you find the class helpful?

What do you think of our new computers?

Do you find our instructors to be knowledgeable?

Yes No

What classes or programs would like to see offered through the Sycamore Lab?

DIGITAL CAMERAS MADE EZ AND IMAGING WITH PHOTOSHOP ELEMENTS

5-Week Class

Tuesdays March 11th thru April 8th

9:30 a.m.—11:30 a.m.

Members: \$40 Guests: \$55

Digital Cameras Made EZ is a basic introduction to digital photography. Use your personal digital camera or one of the center's "loaners" in a hands-on class that meets once a week for five weeks. Learn to take treasured photos with explanations of all phases of camera operation, using correct controls, proper use of flash, battery care and memory storage. The final classes will provide preliminary measures of digital photo editing, by scanning treasured family photographs, correcting defects or simply improving your digital photos to look their best. Adobe Photoshop Elements can instantly fix common flaws. Learn to obtain greater control over cropping, color fidelity, lighting and exposure. Clean up confusing backgrounds and make each photo a prize-winner to show your friends and family. Class is limited to ten participants. A basic or intermediate Sycamore Senior computer class is preferred for PC familiarity. Call 984-1234 to register or for more information.

COMPUTER BASICS

Thursdays March 6th thru March 27th

1:30 p.m.—3:30 p.m.

Members: \$40 Guests: \$55

Class includes the proper start up and shut down of the computer, maneuvering through menus and the use of various keys. Working with Word Processing including changing margins, paper size, fonts, points, centering, copy and paste, and spell check. You'll also learn to work with spreadsheets, including entering information by formulas, formatting rows and columns, and sorting data. In addition, you'll learn how to create file folders, save files, recall saved files, delete files and file folders as well as cleaning the recycle bin. Please call 984-1234 to register.



COMPUTER EDUCATION

CARDS, ETC.

**Thursdays April 3rd thru April 24th
1:30 p.m.—3:30 p.m.**

Members: \$30 Guests: \$40

When you care enough to make your very own! Have you ever wanted to create your own greeting cards, note cards, calendars, signs, etc? Even personalize them? The Computer Lab is offering a series of new classes during the month of April. Only basic computer skills are required. Call 984-1234 to sign up.

From the
Suggestion
Box!

E-MAIL AND ATTACHMENTS

**2- Week Class Wednesdays and Thursdays
First Class on March 12th, 13th, 19th, 20th
Second Class on April 9th, 10th, 16th, 17th
9:00 a.m.—11:00 a.m.**

Members: \$45 Guests: \$60

The most popular aspect of the Internet. This class covers Internet basics for web-based emails (such as Yahoo and Hotmail) from browsers to searches, e-mail and instant messenger, sending and receiving attachments, as well as bookmarks, internet terminology, home pages and hyperlinks. Register by calling 984-1234.



FIX YOUR FINANCES BY FRICK AND FRACK

2- Week Class

**Wednesdays and Thursdays
March 12th, 13th, 19th, 20th
11:30 a.m. – 1:15 p.m.**

Members: \$45 Guests: \$60

Still working on your 2008 tax return? If you're already done, did you get back everything you should? Join Frick and Frack for this special class to Fix Your Finances! Just in time for you to beat the tax deadline in April, you'll learn how to manage your finances, monthly bills, assets and more by using financial spread sheets. If you've already filed your taxes for 2007, then this class can be used to educate for future use or to prevent future problems. Please call 984-1234 to sign up.

COMPUTER HELP SESSION *SPECIAL TOPICS*

**Mondays: 1:00 p.m.—2:00 p.m. and
Wednesdays: 1:00 p.m.—2:00 p.m.**

PARTS OF THE COMPUTER

March 3rd, April 9th

USING THE MOUSE

March 5th, April 14th

USING THE KEYBOARD

March 10th, April 16th

DESKTOP OVERVIEW

March 12th, April 21st

TOOLBAR AND STATUS BAR (TASKBAR)

March 17th, April 23rd

MENU BAR

March 19th, April 28th

GREETING/ BIRTHDAY CARDS

March 24th, April 30th

BUYING ON THE INTERNET

March 26th, May 5th

USING THE FLASH DRIVE

March 31st, May 7th

ACCESSING EMAIL AWAY FROM HOME

April 2nd, May 12th

MAPQUEST DIRECTIONS AND WEATHER REPORTS

April 7th, May 14th



COMPUTER HELP SESSION *OPEN LAB*

**Mondays: 2:00 p.m.—3:30 p.m. and
Wednesdays: 2:00 p.m.—3:30 p.m.**

Get one-on-one assistance. No question is too trivial. All levels of computer knowledge are welcome. There is **no cost** to members. Each session includes general help as well as a concentration on special topics on selected days.

CENTER SERVICES

MEALS ON WHEELS...

Provides a nutritious meal for home-bound seniors who are unable to prepare a meal themselves. Volunteers deliver this lunch Monday through Friday; and microwavable meals are available for the weekend. If eligible, the price is on a donation basis.

Call our Social Service Coordinator, Rob Babak at 686-1003 for information.

INFORMATION AND REFERRAL...

A Community Outreach Coordinator is on staff to assist with the following services:

- **Consultation**
- **Home Visits**
- **Crisis Intervention**

For information call 686-1003.

HOME HEALTH CARE SERVICES...

Whether you are coming home from the hospital or nursing home, or if you need extra assistance after an illness or a little help in your home, LifeSphere Medicare Certified Home Health Services can help. Our registered nurses, home health aides, homemakers, physical, occupational, and speech therapists are committed to providing excellence in home health care delivery. Please call LifeSphere Home Health Services at 782-2546 with questions.

WHAT'S FOR LUNCH . . .

Our Deli serves lunch Monday through Friday from 11:00 a.m. to 1:30 p.m. Enjoy a hot entrée daily plus a variety of soups, salads, and sandwiches. A suggested donation of \$2.50 for the main entrée, while prices on sandwiches and salad bar will vary. Call the lunch hotline number at 686-1019.

TRANSPORTATION

Sycamore Senior Center offers door-to-door **Van Transportation** to medical appointments for those over 60 who live in our service area.

Our Vans are available **Monday, Wednesday, and Friday** only for appointments between **8:30 a.m.** and **2:00 p.m.** The suggested donation for this service is \$10.00 round trip.

We can also provide van service to your **local grocery store** during the above hours. Suggested donation for a shopping trip is \$7.00.

Our **Shuttle** service runs Monday through Friday to and from the Senior Center between 8:00 a.m. to 4:00 p.m. \$3.00 round trip is the suggested donation for the shuttle.

For more information, or to register for Transportation Services, please call Emily Kapp, Transportation Coordinator, at **686-1002**.

For your protection and that of the drivers, we follow these guidelines:

- ◆ The Center's Transportation Service is "door-to-door". Riders must be able to get from their houses to the vehicle.
- ◆ Riders must be ready at their appointed time.
- ◆ Only standard size wheelchairs can be transported.
- ◆ Drivers are not permitted to physically transfer a rider into a wheelchair.

The ability to provide service will be re-evaluated if unsafe conditions arise for passenger or driver.

WEDNESDAY WOWS(!)

THE OSHER LIFELONG LEARNING INSTITUTE (OLLI)

Wednesday WOWS (!) at the Sycamore Senior Center

Wows! will be held each Wednesday at the Sycamore Senior Center from 9:00 a.m. to 12:00 p.m., except for the Extra Treat to the Cincinnati Art Museum tour on March 5th from 9:45 a.m. to 2:00 p.m.

Masterpiece Quilts from the Shelburne Museum at CAM

March 5th

Moderator: Pat Cordes

We'll view 40 quilts from the New England, Mid Atlantic, and prestigious Shelburne Museum's famous collection and marvel at the time, talent, and patience needed to create these works. Amish, crazy quilts, pieced, appliquéd, album, crib, and whole cloth quilts are just some of the fabric artistry waiting for you at this delightful display.

How To Be Your Own Best Friend

March 12th

Moderator: Vince Giardino

This discussion (not a lecture) will explore our self image, and the choices we have to improve our lives and those of the people we live with. We will also consider getting organized to accomplish communication skills to positively influence others. Your input is encouraged. We can all benefit from the life experiences and collective wisdom of our fellow OLLI members.

Center for Holocaust and Humanities

April 9th

Moderator: Sean Jeffers

Details were unavailable at the time the newsletter went to print. Please call the OLLI office at 556-9186 for more information.

Take Me Out to the Ballgame

April 16th

Moderator: Mel Marmer

This informative and entertaining seminar about America's best love sport, baseball, will be presented by Mel Marmer, a retired Cincinnati attorney and baseball historian. In addition to featuring comments about Jackie Robinson's impact on baseball and on American history as well as the connection between baseball and our American Presidents, you will hear about numerous items of trivia, which will include references to baseball Hall of Famers, early baseball parks, Little League Baseball and special baseball events.

Resource Wars

April 23rd

Moderators: Deb Kittner and Rich Lauf, Global Center of Greater Cincinnati

With developed Western economies heavily dependent on imported petroleum products and a sharply rising demand for oil in emerging economies, competition for resources increases. Examples are depicted by activities in central Asia, Sudan, Venezuela, the Middle East, and even deep below the Arctic Ocean. Can this competition for petroleum and other resources be contained to the economic sphere? Or might it lead to more serious conflicts? How serious? What is the U.S.' role? Join us as we explore these issues with guest experts and scholars.

Big Bone Lick State Park

April 30th

Moderator: Judy Bausher, M.D.

Did you know that Big Bone Lick is the birthplace of American Paleontology and inspired Thomas Jefferson to send Lewis and Clark out west? Learn more about old bones and the significance of this site. You will also be introduced to Rabbit Hash, a small town on the Ohio River that elected a dog for its mayor. Part of this presentation will include a real and very funny documentary titled, "Rabbit Hash – Center of the Universe."

The World Economy

May 7th

Moderator: Dr. Mike Webb, Chairman of the Economics Department, Xavier University

Dr. Webb will give us his view of our current economic situation and introduce a colleague from the XU faculty who will cover the US economy at the macro level: USA economic relations with our key trading partners, exchange rates, and the impact of rising oil prices. Dr. Webb will speak from the micro viewpoint: current trends in interest rates, stock markets, and their possible impact on your investments in these turbulent times.

All About Dogs

May 14th

Moderator: Jim Goyette

Man's best friend is a wonderful and often bewildering animal. Whether you own a dog or are a dog-sitter, you'll be entertained and amused by these loving creatures. Dr. Daniel Carey is a veterinarian who graduated from Ohio State and has practiced Emergency Medicine for 15 years. Dr. Daniel will tell us about what's new in Veterinary Medicine. George Quigley is the former editor and publisher of "Hunting Dog Magazine" and he will discuss different breeds of dogs. Jim Goyette is a dog lover from childhood and will talk about why your dog behaves the way it does. He will give some tips for training and changing the behavior of these remarkable animals.

Barbershop Singing in America

May 21st

Moderator: Larry Findlay

Four Faiths and How they Get Along

May 28th

Moderator: Howard Eckstein, BBA, MBA Akron University

DAY TRIPS

BREAKFAST WITH THE PENGUINS!

Wednesday, March 12th

DEPART: 7:00 a.m.

RETURN: 1:00 p.m.

Members: \$47 Guests: \$57

Get up early with us as we take the gang down to the Newport Aquarium before it is open to the public to have a delicious breakfast. The breakfast buffet will take place in Sharky's Café with fluffy scrambled eggs, crispy bacon, warm biscuits, fruit salad, coffee and juice. A cold breakfast with cereal, pastries and fruit is also available. The tour will participate in a special presentation by an Aquarium staff Biologist and then have early admission to view the exhibits is a self-guided tour of the Aquarium. Remember, this all takes place before the Aquarium opens to the public so it will be privatized and therefore no exceptions will be made for any individuals who show up late. Please call 984-1234 to sign up.

RIVER DOWNS RACING

Tuesday, April 15th

DEPART: 11:00 a.m.

RETURN: 6:00 p.m.

Members: \$40 Guests: \$50

What better way to recognize the last day of tax returns than to take that check and have some fun at River Downs? A sit-down meal in the Clubhouse with Roast Pork Loin and Dressing, mashed potatoes and the vegetable of the day is included in our day at the races. Don't miss post-time or the live race that will be named after Sycamore Senior Center. In addition, a group photo will be taken for us to share with the rest of the members. For reservations, call 984-1234.



SPRINGTIME AT FARMERS MARKET

Wednesday, April 30th

DEPART: 10:30 a.m.

RETURN: 3:45 p.m.

Members: \$36 Guests: \$49

Sycamore Senior Center is proud to be the first group to visit Wilfert Farms. You may recognize the name Wilfert as they operate the Farmers Market stand at Sycamore during the warmer months. Come out and enjoy a peaceful day in the country where you'll tour the farm, check out their greenhouses and view their beautiful flowers. These flowers will be available for purchase (just in time for Mother's Day) and each purchase will be delivered to the Sycamore Senior Center for you to pick up. This trip includes bus transportation, a boxed lunch and a potted flower to take home as a souvenir. Please call 984-1234 to sign up.

From the
Suggestion
Box!

THE WONDERFUL WORLD OF ALOHA HAWAIIAN SHOW

Tuesday, May 20th

DEPART: 10:30 a.m.

RETURN: 4:00 p.m.

Members: \$74 Guests: \$85

The haunting rhythm of Tahitian Drums, the primitive Samoan fire dance flaming before your eyes, the dances of Tonga and the Ancient untamed Hawaiian Hula. Sound interesting? That's because it *is* and this show has been receiving great reviews across the nation. The brilliant, blazing colors as well as songs and dances of all Polynesia, makes this sure to be a show you'll remember. Join us as we take the bus down to The Syndicate in Newport, Ky, where we'll enjoy the show along with a buffet lunch. Please call 984-1234 to sign up.

JERSEY BOYS

Thursday, June 12th

DEPART: 10:15 a.m.

RETURN: 4:00 p.m.

Members: \$89 Guests: \$105

The Tony Award-winning BEST MUSICAL OF 2006 takes you up the charts, across the country and behind the music of Frankie Valli and the Four Seasons. Discover the secret of a 40-year friendship: four blue-collar kids working their way from the streets of Newark to the heights of stardom, and experience electrifying performances of the golden greats that took these guys all the way to the Rock & Roll Hall of Fame. Songs such as "Sherry," "Big Girls Don't Cry," and more will make you go wild! This trip includes bus transportation and an early lunch at the Cracker Barrel. Please call 984-1234 to sign up.

From the
Suggestion
Box!

UPCOMING EVENTS:

A DAY AT THE REDS

BELTERRA CASINO

MONTE CARLO NIGHT JUNE 18TH

All participants of our Day Trips are requested to arrive at the center 20 minutes before departure time to ensure everyone has enough time to get a seat on the bus and so we can keep on schedule. Please be courteous to the other participants by arriving before time.

TRAVEL VACCINES

Monday, March 3rd
2:30pm – 3:30pm

Following our AAA travel meeting with Joe Ramos, we will have a special presentation from Travel Health Specialist Leah Reynolds. Mrs. Reynolds is a Nurse Manager from Passport Health of Cincinnati in Blue Ash and has over 30 years of experience in cardiac rehabilitation. Leah received her BSN, Summa Cum Laude in 1981 from the University of Cincinnati College of Nursing and is registered in both Ohio and Kentucky as a professional member of the International Society of Travel Medicine. She currently is a member of Children's International Summer village. She will be on hand to discuss immunizations needed for travel and other health concerns for travelers. Please sign up by calling 984-1234.

From the
Suggestion
Box!

CAN YOU HEAR ME NOW? HEARING SCREENINGS

Wednesday, March 12th 10:00 a.m. – 12:30 p.m.

Bring your ears and your questions... If you or someone you know has ever wondered if you have a hearing loss or have questioned your ability to understand speech in background noise, come and find out the answers to your questions. Barb Rozzo, Audiologist with Hearing consultants, will provide free hearing screenings, ear inspections and hearing consultations on Wednesday March 12th. These appointments will be arranged every fifteen (15) minutes. Please call 984-1234 to register.

DRIVER SAFETY PROGRAM

(Formerly 55 Alive)

Thursday, March 13th from 8:30 a.m. - 12:30 p.m.

Friday, March 14th from 12:00 p.m. - 4:00 p.m.

Class Fee: \$10 (Made payable to AARP at class)



As the nation's first and largest classroom refresher course geared especially to your safety needs, The AARP Driver Safety Program continues to revise and update their curriculum. It includes information on aggressive drivers, anti-lock brakes, car phone and more! The class addresses issues regarding age-related changes in vision, hearing and reaction time. It offers information on defensive driving techniques, and new traffic laws. Many insurance companies give an insurance discount to AARP graduates! Call 984-1234 to register today.

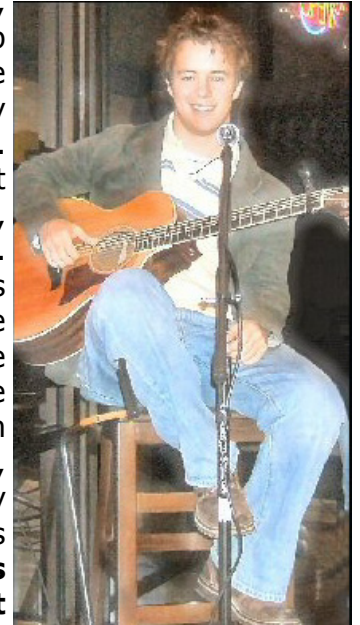
IRISH COFFEE, SUNDAES & MUSIC

Monday, March 17th

Sundaes & Coffee between 12:00-1:30 p.m.

Entertainment at 1:00 p.m.

On Monday, March 17th, stop by the Center for a cup of Irish coffee or a Crème de Mint Sundae (moderately priced) and celebrate St. Patrick's day. Entertainment will be provided by guitarist, Pete Papania, at 1:00 p.m. Pete plays popular songs from the 1920's thru the 1960's from songwriters like George Gershwin, Cole Porter, and Harold Arlen in the styles of Frank Sinatra, Nat King Cole, and Andy Williams. Everyone is invited. **This concert is being brought to you at no charge.** Bring a friend and come early as we will also be raffling a "Pot of Gold" donated by Wellings Jewelry. Please sign up by calling 984-1234.



GRANDPARENTS RAISING GRANDCHILDREN: AVAILABLE SERVICES FOR KINSHIP CARE

Wednesday, March 19th, 6:30 p.m. - 7:30 p.m.

Kinship care is when children are not living with their parents, but live full-time with a relative or any non-relative who has a long-standing relationship with the child or family. Kinship care is the most desirable living arrangement for children who cannot live with their parents. Learn more about the available services for kinship care. This informational session will be presented by Hamilton County Job & Family Services and the Children's Home of Cincinnati. Sponsored by the Sycamore Senior Center, the session will be held on Wednesday, March 19 from 6:30-7:30. Call 782-2775 to register. Child care not available.

LAUGHTER IS GOOD MEDICINE

Tuesday, April 1st, at 1:30 p.m.

Our good friend Dr. Len Kuehnle is back to stimulate your smiles and make your laughter hardy. He believes that laughter is the "best medicine" and prescribed it to all of his patients. Join us in the Maple Room for a good dose of fun and laughter. Bring a friend for an afternoon of lively entertainment. Please call 984-1234 to sign up.

From the
Suggestion
Box!

LIFELONG LEARNING & RECREATION

MEMBERS BENEFIT STRETCHES INTO NEXT GENERATION!

Wednesday, April 16th at 6:30 p.m.



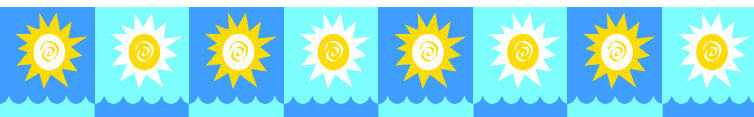
As a member of Sycamore Senior Center, you expect a variety of programming opportunities from learning about computers to crafting courses, to bridge and beyond. Recently, Alec Brockmeier and Frank Parker of AG Edwards agreed to conduct an evening class about investments in retirement. The class is titled, "Strategies to Help Improve Your Wealth" and features the ins and outs of passing wealth from your generation to your children. That's where the stretch benefit comes in-you get to invite your children to the class with you!

"Ideally, we'll have members and their adult children learning how to get the most out of their current investments," said Alec Brockmeier, VP of Investments at the Blue Ash office of AG Edwards. "Members and their kids, (they'll be about my age), will learn key concepts to protecting wealth." The first of three classes is scheduled for Wednesday, April 16th, 2008 at 6:30 p.m. in the Buckeye Room. Joining Alec is his partner Frank Parker and local senior law attorney, Mary Ann Jacobs. The three professionals will enlighten audiences throughout the year with their insight and expertise. Ms. Jacobs, attorney with Ritter & Randolph is known to many members as she has presented at our Center before. This member benefit is open to you and your families. It is free to all attendees. You must RSVP to the Center by calling the Front Desk at 984-1234.

ISSUES ON HOUSING AN AGING POPULATION

Wednesday, April 16th from 7:00 p.m. – 8:30 p.m.

Join us for a special presentation co-sponsored by the League of Women's Voters and Housing Opportunities Made Equal (HOME). The presentation will cover multiple aspects of senior housing and will include a panel comprised of Suzanne Burke from the Council on Aging, Elizabeth Brown from HOME and James Cunningham from the United States Department of HUD Housing. Topics will include community support for independent living at home, housing rights for seniors, and a market look on senior housing among more. Please call 984-1234 to sign up.



2008 SOUTHWEST OHIO SENIOR OLYMPICS

March 1st - May 17th, 2008

Kickoff - Saturday, March 1st 9:00 a.m.

It's time to register for this year's Senior Olympics. This annual athletic competition for women and men ages 50 and older organized by Cincinnati recreation Commission (CRC) though it does not require a membership to CRC to participate. The kickoff event will be held at the College Hill Recreation Center located at 5545 Belmont Ave. on March 1st from 9:00 a.m. to 12:00 p.m. Here's a list of athletic events that seniors can participate: Badminton, Basketball, Billiards (8 Ball), Bowling (singles or doubles), Cycling, Golf, Horseshoes, Rowing, Running (Marathon), Shuffleboard, Softball, Swimming, Tennis, Table Tennis, Track and Field, and Volleyball. Registrations are available at The Sycamore Senior Center and must be turned into the Senior Olympics office no later than March 28th, 2008. **We'll also have a special kickoff party just for Sycamore Senior Olympians on Thursday February 28th at 11:00 a.m.**, featuring a guest speaker to tell us what to expect from these senior games. Please call 984-1234 to sign up for the luncheon.....

POOL TOURNAMENTS

March 11th 10:00 a.m.

March 18th 12:30 p.m.

March 26th 10:00 a.m.

April 8th 10:00 a.m.

April 15th 12:30 p.m.

April 30th 10:00 a.m.

ACTIVE FOR LIFE RETURNS!

Mondays, April 7th thru August 18th

An Active for life class is starting at the Sycamore Senior Center on Mondays at 10:00 a.m. beginning April 7th, 2008. Many adults want to feel healthier and stronger, be happier, lose weight, and take fewer medications. Active for Life is a program that can help. It teaches adults age 50 and older simple, practical ways to be more physically active. A few small changes can make a real difference in your everyday life and help you gain more control over your health and independence. Active for Life is the right choice for a healthier life. Please call 946-7813 or 888-223-3674 to register or for more information.

- ✦ Active for life is a 20 Week Program
- ✦ You will meet for one hour each week
- ✦ The program is led by a knowledgeable facilitator
- ✦ For a \$15 enrollment fee, you will receive a workbook and step counter to help track your progress
- ✦ This is not an exercise class.

LIFELONG LEARNING & RECREATION

To the Crafts Group,

You're The Best! Thank you so much for all the gifts you gave to the children at St. Francis School. You certainly made Christmas happier for children who might not receive anything. Thanks again for all you did. Have a Happy New Year!

Signed: Marge Buckley

LADIES GOLF BEGINS!

Ladies, let's get back in the "swing of things" and play golf each week at G.E. Park in Springdale. League play starts in early May and ends in early October. Our league emphasizes casual play. The only handicap you'll have is the one you bring with you! A sign up meeting will be held on Thursday March 20th, 10:30 am at the Sycamore Senior Center. For more information contact Betsy Schenck at 891-1946.

MEN'S GOLF BEGINS!

The Sycamore Senior Center is glad to be hosting Tuesday and Thursday men's golf in 2008. Please call Mike Albl at 891-5545 to register or for any questions about the group. New golfers or golfers looking for another league are welcome and encouraged to call. There will also be a Wednesday League that plays at Reeve Golf Course starting at 8:30 a.m. They play individuals and teams of 4. Call Ron Rieman at 733-3659 to sign up or for questions.

TAX RETURN ASSISTANCE

Thru March 27th

Once again, Sycamore Senior Center will have volunteers on hand during the months of February and March to assist with your tax return preparation. The volunteers offer their services between 9:00 a.m. and 12:00 p.m. and 1:00 p.m. – 2:00 p.m. Appointments are necessary and can be made by calling 984-1234.

BOARD GAMES WITH FRIENDS

Did you know the Sycamore Senior Center has a variety of board games available for our members to use? Oh, yes it is true. We have games such as Scrabble, Dominoes and others available above the coat rack next to the pool tables. Members are also donating puzzles and we've had some interest in Checkers and Chess and are looking to develop groups to play these games with our members. If you are interested in our board games or have an idea to share with us, please call Kathy Timm at 686-1010 to share your thoughts.

From the
Suggestion
Box!

MONEY MATTERS

Thursday, March 27th at 11:30 a.m.

Thursday, April 24th at 11:30 a.m.

Money Matters is a series of financial seminars offered to members of Sycamore Senior Center. Sponsored by US Bank, the seminars fall on the fourth Thursday of every month, unless otherwise posted. Classes begin at 11:30 a.m. and participants are encouraged to bring their lunch into the classroom. Class participants will be given regular updates on market activity, economic indicators and may from time to time be presented with examples or ideas about financial solutions. Class topics may include: Avoiding Some of the Mistakes Investors Make, Managing Your Portfolio, Tax Sheltered Investing, How to Increase Your Wealth, Looking at the Financial Markets Over the Long Term, What Financial Publications Offer the Common Investor, The Economic Facts of Life, What Insurance Provides for You, Your Heirs & Your Estate, Diversifying Your Portfolio, The International Markets, What's it All About?, Charitable Planned Giving, and Calculating Your Net Worth. Money Matters topics for upcoming seminars are posted on the Bulletin Board several weeks prior to the day of the course. Please call 984-1234 to register.

SYCAMORE SENIOR CENTER OPEN HOUSE

Wednesday, April 16th

Featuring:

Guided Tours All Day

***Cincinnati's Goddess of the Blues
-Cheryl Renee***

Drawing for free two-year membership

***Various Bakery Goods and refreshments made
by our center members.***

Congratulations to Mildred Ware of Silverton, a long-time member of Creative Writing Group who has recently had one of her books published by Xlibris entitled "Peter Loves Joan-Mulligan's Bar." It is available at the Hamilton County Public Library downtown

LIFELONG LEARNING & RECREATION

ASK A NURSE: THE NURSE IS IN

Sponsored By *LifeSphere Home Health*

Wednesdays, 10:00 a.m. – 11:00 a.m.

What is my blood pressure? I have questions about allergies? Why am I taking a certain medicine? My mother keeps falling at home. Why is this happening? Home care questions. Cold and flu information. Why can't I sleep? What are advance directives? I'm going to have surgery, what can I expect? **ASK A NURSE** is provided to the community by LifeSphere Home Health Services.

BOOK TALK

Thursday, March 6th at 1:30 p.m. and

Thursday, April 3rd at 1:30 p.m.

Mr. Joel Corneli of the Sycamore Library facilitates our book club the first Thursday of each month. Call 984-1234 to find out the book title for the month. Meet others with a passion for reading. Plan on joining the group for a stimulating discussion each month.

CHAIR VOLLEYBALL

Thursdays at 9:00 a.m.

If you are interested in a fun activity that also has great health benefits, stop by the Buckeye Room on Thursday mornings at 9:00 a.m. and try a game of Chair Volleyball. Don't miss out on this exciting and fun physical fitness opportunity! Call 686-1010 for more information.

T'AI CHI CLASS

Mondays from 2:00 p.m. – 3:00 p.m.

A healing journey of 25 soft-flowing movements where we learn balance, relaxation, breath and body awareness. Class is open to anyone, no experience necessary. Suggested donation of \$6.00.

LIFESPHERE TRAVEL PRESENTATIONS:

*Monday March 3rd, 1:00 PM
Spring Time in Savannah & Charleston*

*Monday March 17th, 11:00 AM
Tulip Festival in Holland, Michigan*

MOVIES ON THE BIG SCREEN

"American Gangster"

Friday, March 14th at 1:00 p.m.

Drama/Action

Starring: Denzel Washington
Russell Crowe

"Good Luck Chuck"

Friday, April 11th at 1:00 p.m.

Romance/Comedy

Starring: Dane Cook
Jessica Alba

"The Bucket List"

Friday, May 9th at 1:00 p.m.

Drama/Comedy

Starring: Jack Nicholson
Morgan Freeman

\$1.00

Movie & Popcorn

FRIENDSHIP CIRCLE

1st and 3rd Mondays of each month

Monday March 3rd at 6:00 p.m.

Monday March 17th at 1:30 p.m.

Monday April 7th at 6:00 p.m.

Monday April 21st at 1:30 p.m.

Our Friendship Circle group meets twice a month to get together and socialize, organize outings, including restaurants and plays, and to build social networks. Please call Len Jacob at 677-5028 for more information.

SYCAMORE MODELERS

Wednesdays from 9:00 a.m.—12:00 p.m.

Have you ever been interested in model boats or airplanes? Bring that project you started but never quite finished in on Wednesday morning, and the "modelers" will help you get back on track—or they will help you choose a new project. The Sycamore Modelers are an established, easy-going group with an interest in model building. If you are inexperienced, instructions will be provided. If you are an expert, the group will learn from you. No dues! No pressure! Activities include model planes, model boats in most any fashion.

STRIDERS . . .

Join the Striders every Tuesday Morning at 9:00 a.m. at the Center and head to a designated area to walk followed by lunch at a restaurant.

Striders' Walking Schedule . . .

March 4th	Blue Ash Park/ Kenwood Mall	Slatts
March 11th	Winton Woods	Roadhouse Cinti Mills
March 18th	19th Anniversary! Swain Park	Montgomery Inn
March 25th	Glendale Streets	O'Charleys
April 1st	Mariemont Streets	The National Exemplar
April 8th	Glendale Gardens	Century Inn
April 15	Sharon Woods Lakeside	Red Squirrel
April 22nd	Weller Park	Willies Sports Bar
April 29th	Heritage Oak Park Mason	Houston Inn

**SYCAMORE SENIOR CENTER
Membership Application Form**

_____ **New** _____ **Renewal**

_____ \$20 Individual/ Year

_____ \$35 Couple/Year

_____ \$1000 Golden Lifetime

Name _____

Address _____

City/State/Zip _____

Birth Date _____

Phone _____

Email Address _____

****Membership cards can be obtained at the Welcome Center or send a self addressed stamped envelope.**

Welcome New Members

NOVEMBER

DECEMBER

Helen Baumgartner

Mary Mullins

Maida Belkin

Violet Oder

Harriet Blumenthal

Mike Mullins

Marvin Belkin

Harrison Pulsifer

Susan Enneking

John Mullins, Sr.

Margaret Bengal

Lynne Ranney

Mary Gore

Cathy Pelz

Barbara Lawrence

Yoko Rippey

Paul Gramann

Alma Reckner

Dale Lawrence

Pat Tolle

Nancy Juracek

Todd Richard

Archie Mason

Anita Wheeler

William Kimmick

Barb Schwam

Bipin Sheth

Dolores Miller

Wayne Wheeler

John Stanley Mosier

Kailas Sheth

Roy Oder

Jo Ann Zoller

Sally Mosier

Moses Wilson

Please contact the Welcome Center at 984-1234 if your name does not appear on the New Member list.

*Remembering
Sycamore Senior Center
in Your Will*

Won't you remember Sycamore Senior Center in your will through a charitable bequest? Your generosity to the Center will continue to assist older adults to live their lives with independence and dignity for as long as possible in their own homes. A bequest will help provide much-needed services such as transportation to doctor's appointments, therapy visits and Meals-On-Wheels.

Please ask your attorney to include such words as, "I give, devise and bequeath to Sycamore Senior Center, \$ (sum of money) or % (percentage of my estate), or (a named property), or all the rest, residue and remainder of my estate, whether real or personal."

If you have any questions regarding making your will or about the services provided by the Center, please call 782-2426.

Memorials & Honorariums

In Memory of
Joseph D. Tuke
by
Virginia R. Tuke

Memorial Walkway

You can honor family members, loved ones and supporters of the Center by having a brick engraved for our Memorial Walkway at the entrance of the Senior Center. There are 457 bricks engraved to date with plenty of available space for you to remember or honor a family member or friend. Bricks cost \$100 each and include 3 lines of text, 14 characters per line. Your gift is tax deductible and helps to maintain our beautiful building. If you would like to order a brick, forms are available at the Welcome Center. For more information, call 782-8629.

RECENTLY ENGRAVED BRICKS

Mildred Horak
Kampman
95 Years Young

Joseph F.
And Frances A.
Steman

We'd like to thank our recent supporters!

Marie Hauck
Sylvia Cooke
Barbara & James Dunlap
GE Foundation
Fred Newbill

Phyllis Raheposey
Karen Schaefer
Richard C. Schwartz
Dorothy Vice
Homer Wilson

Vision of Caring Corporate Gifts

The Vision of Caring Campaign is an appeal directed at local businesses to support Sycamore Senior Center. Companies giving at \$10,000 are Gold Level members, \$5,000 are Silver Level members and \$1,000 are Bronze Level members. Our thanks to our new corporate friends from the Fall:

Bronze Level
Ethicon Endo-Surgery
James Hunt Construction, In Honor of Diana Glynn

Toyota Manufacturing Company

MONDAY

Exercise Class	8:00 a.m. - 8:45 a.m.	\$3.50
Exercise Class	9:00 a.m. - 9:45 a.m.	\$3.50
Open Bridge	9:00 a.m. - 12:00 p.m.	\$1.00
Sketching for Fun	9:30 a.m. - 1:30 p.m.	\$1.00
Line Dancing	10:00 a.m. - 11:00 a.m.	\$1.00
Low Vision Support Group (3 rd Monday)	11:30 a.m. - 1:00 p.m.	
Pinochle	1:00 p.m. - 4:00 p.m.	\$1.00
Tai Chi/Qigong	2:00 p.m. - 3:00 p.m.	\$6.00
Sycamore Friendship Circle (1 st Monday And 3 rd Monday)	6:00 p.m. - 9:00 p.m.	\$1.00
	1:30 p.m. - 3:30 p.m.	\$1.00

TUESDAY

Strength Training	8:00 a.m. - 9:00 a.m.	\$1.00
Striders	9:00 a.m. - 9:30 a.m.	\$1.00
Yoga	9:00 a.m. - 10:00 a.m.	\$7.00
Wood Carvers (Plus Cost of Kit)	9:00 a.m. - 4:00 p.m.	\$1.00
Poker	9:00 a.m. - 4:00 p.m.	\$1.00
Sycamore Stitchers	10:00 a.m. - 12:00 p.m.	\$1.00
500 Cards	12:30 p.m. - 4:00 p.m.	\$1.00
Table Tennis	1:30 p.m. - 4:00 p.m.	\$1.00
Creative Writers (2 nd & 4 th Tuesday)	1:30 p.m. - 2:30 p.m.	\$1.00

WEDNESDAY

Exercise Class	8:00 a.m. - 8:45 a.m.	\$3.50
Exercise Class	9:00 a.m. - 9:45 a.m.	\$3.50
Sycamore Modelers	9:00 a.m. - 12:00 p.m.	\$1.00
Ceramics (Plus Materials)	10:00 a.m. - 2:00 p.m.	\$1.00
Blood Pressure Clinic	10:00 a.m. - 11:00 a.m.	
Ball Room Dance	10:15 a.m. - 12:00 p.m.	\$2.00
Art in "Color"	12:00 p.m. - 3:00 p.m.	\$2.00
Bridge	12:30 p.m. - 3:00 p.m.	\$1.00
Mah-jongg	12:30 p.m. - 4:00 p.m.	\$1.00
Canasta	1:00 p.m. - 4:00 p.m.	\$1.00
Darts	1:00 p.m. - 2:00 p.m.	\$1.00
Chair Exercise for Parkinson's	4:45 p.m. - 6:00 p.m.	\$1.00
AAII Computer Club (3 rd Wednesday)	6:30 p.m. - 8:30 p.m.	\$1.00

THURSDAY

Strength Training	8:00 a.m. - 8:45 a.m.	\$1.00
Chair Volleyball	9:00 a.m. - 10:30 a.m.	\$1.00
Stock Market		
Discussion Group (1 st & 3 rd Thursday)	10:00 a.m. - 11:30 a.m.	\$1.00
Water Color Class	10:00 a.m. - 2:00 p.m.	\$1.00
Bingo	1:00 p.m. - 3:30 p.m.	\$1.00
Book Talk (1 st Thursday)	1:30 p.m. - 2:30 p.m.	\$1.00

FRIDAY

Exercise Class	8:00 a.m. - 8:45 a.m.	\$3.50
Exercise Class	9:00 a.m. - 9:45 a.m.	\$3.50
Learning Bridge	9:30 a.m. - 11:30 a.m.	\$1.00
Beginning Drawing	9:30 a.m. - 11:30 p.m.	\$2.00
3 C's Crafts	9:30 a.m. - 11:30 a.m.	\$1.00
Dominoes	10:00 a.m. - 11:30 a.m.	\$1.00
Line Dance	10:30 a.m. - 12:00 p.m.	\$2.00
Artist In Residence	12:30 p.m. - 2:30 p.m.	\$1.00
Duplicate Bridge	12:30 p.m. - 4:00 p.m.	\$1.00
500 Cards	12:30 p.m. - 4:00 p.m.	\$1.00
Mah-jongg	12:30 p.m. - 4:00 p.m.	\$1.00

SATURDAY

Widow/Widowers Support Group
(Meet at Bonnie Lynn Bakery, the 1st & 3rd Saturday)
9:30 a.m.

SUNDAY

Maple Knoll Big Band	1:00 p.m.	5:00 p.m.	\$10.00
Dance			
2 nd , 4 th & 5 th Sunday			

DAILY

Billiards	\$1.00
Fitness Center	\$1.00



Sycamore Senior Center

4455 Carver Woods Drive
Cincinnati, OH 45242
(513) 984-1234

CENTER HOURS:

M-T-W-TH-F 8:00 a.m.- 4:00 p.m.
1ST Monday 8:00 a.m.-9:00 p.m.
3rd Wednesday 8:00 a.m.- 9:00 p.m.

AT YOUR SERVICE

- Center DirectorJoshua Howard - 686-1004
- Activities/Travel/Computers Kathy Timm - 686-1010
- Meals-on-Wheels/Community Outreach..... Rob Babak - 686-1003
- Transportation Emily Kapp - 686-1002
- Transportation Drivers.....Vince Johnson, Reggie Thomas, Ed Hennel & Decator Durden
- Food Service/Deli Lunch Helen Hill & Diana Yuellig - 686-1014
- Volunteer Opportunities/Meal Driver(s)..... Cynthia Holloway - 686-1013
- LifeSphere/Home Health ServicesLiz Lilley, RN - 686-1007
- LifeSphere/Home Health Services/Information and Referrals Carol Rich, MSSW, LSW - 686-1009
- LifeSphere/Home Health Services Main Office - 782-2546
- Charitable Giving/Memorials/Publicity..... Rose Denman - 782-2424
- Receptionists at Welcome Center/Membership..... Bobbi Klosowski - 984-1234
- Membership Volunteer Betty Perry - 686-1006
- Facility Cleanliness/Maintenance Paul Birdsall & Max Greissing - 686-1016
- Billing/Accounts ReceivableSandy Wells - 686-1005
- Activity Hotline - 686-1017
- Travel Hotline..... - 686-1018
- Lunch Hotline - 686-1019

a LifeSphere community program newsletter

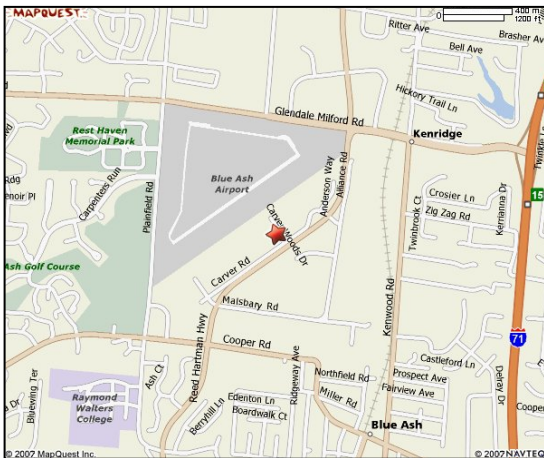
Sycamore Senior Center
4455 Carver Woods Drive
Cincinnati, Ohio 45242
(513) 984-1234

ADDRESS SERVICE
REQUESTED

ARE YOUR MEMBERSHIP DUES CURRENT?

Check the mailing label on this newsletter! If your membership expired, this will be your last issue of the Sycamore Newsletter. Call Sandy at 984-1234 to continue your membership.

Non-Profit Org.
US Postage PAID
Permit No. 1845
Cincinnati, Ohio



MARCH/APRIL, 2008



Listen to WMKV 89.3 "Your Music & Memories Station"