



# Wadsworth Center for Older Adults

**April/May 2011**

## **Spring is in the Air!**

After a long, hard winter Spring is a welcome sight in Wadsworth. It's time to kick up your heels and check out the many programs and activities offered at the Center!

Be sure to buy your tickets for the **2011 Senior Citizens Prom!** The event will be held at Wadsworth Middle School and will feature a dreamy whimsical theme complete with fabulous décor, delicious food, live entertainment, dancing, gifts and more. In May, we'll honor our volunteers at a special **Volunteer Appreciation Celebration**. Thank you, Center volunteers, for all that you do to make the Center the premiere gathering place for seniors!

Check out our **2011 Travel Guide**. We have a wide variety of one-day and multi-day trips for every budget. Be sure to look at our **Dream Vacations** to tropical **Costa Rica** and beautiful **Yosemite National Park**.

Take care of your health by joining our new **Walking Club** at Memorial Park and signing up for our **FREE Medication Review** program, complete with lunch and Bingo.

Last but not least, it's time to start thinking about summer and our popular **Courtyard Café!** Call us if you'd like to volunteer for this terrific program. Also, save the date for the annual **Rib Cook Off** scheduled for **July 1st!**

Enjoy the beautiful Spring season and be sure to make the Center a stop on your around-town travels. Visit us at 138 High Street or call us at (330) 335-1513.

## **Inside This Issue:**

- ⇒ **"Brown Bag" Medication Review**
- ⇒ **Homestead Exemption**
- ⇒ **Medina County Senior Day**
- ⇒ **Senior Prom - Wish Upon a Star!**
- ⇒ **2011 Travel Guide**
- ⇒ **Volunteer Appreciation**
- ⇒ **Walking Club - New Program!**



**May all your wishes come true at the Senior Prom!**



## Center Volunteers: **Our Hats Are Off to You!**



**The Center and Altercare of Wadsworth present...**

### **A VOLUNTEER APPRECIATION CELEBRATION**

**Friday, May 20, 2011 at 2:00 PM**

Volunteers help make things happen at the Center for Older Adults! The Center staff would like to “tip our hats” to our volunteers and show our appreciation for the 9,000 plus volunteer hours that were contributed to the Center in 2010. Volunteers are involved in almost every program at the Center!

Registered Center volunteers will receive a special invitation in the mail to attend the annual Volunteer Appreciation Celebration featuring a delicious menu planned by **Chef Andrew of Altercare**.

Volunteers will receive a special gift to show how much they are appreciated and will also be treated to the talented musical entertainment of the **Wadsworth Middle School Show Choir** under the direction of Shannon Creed.

**THANK YOU VOLUNTEERS!**



### **SECOND WEDNESDAY MOVIE MATINEE!**

Enjoy a great newer-release movie along with some delicious refreshments provided by our terrific Professional Friends. RSVP by Friday before the show.

**Wed., April 13 Movie Matinee at 1:00 PM**

**Sponsored by Tec4Life**

👍 ***Unstoppable (Rated PG-13)***

In this Academy Award nominated action film, an engineer and conductor must race against time to stop a runaway train carrying a cargo of toxic chemicals. They must bring the train under control before it derails and causes a toxic spill that will destroy an approaching town. Inspired by a true story. Starring Denzel Washington.

**Wed., May 11 Movie Matinee at 1:00 PM**

**Sponsored by Autumnwood**

👍 ***Like Dandelion Dust (Rated PG-13)***

A young boy is living a postcard life with his adoptive parents until the day they receive a disturbing phone call. His birthparents want him back! A judge's decision could tear him away from the only home he's ever known. Starring Mira Sorvino and Barry Pepper.

*The HANDS Foundation presents ~*



### **“BROWN BAG”**

### **MEDICATION REVIEW PROGRAM**

**Monday, May 16, 2011 at 10:00 AM**

This is your chance to have a pharmacist review your prescriptions, over-the-counter medications and herbal supplements for potentially harmful interactions. Just bring all of your medications in a “brown bag” to the Center on Monday, May 16 at 10:00 AM. Local pharmacists will offer a one-on-one review and will provide information that you need to safely and effectively take your medications.

After the medication review, enjoy a delicious and healthy luncheon furnished by **Comfort Keepers**. During dessert play an entertaining and informative game of Prevention Bingo!

This program is limited to the first 25 seniors who register. Call the Center today for reservations!

*This program is brought to you by the HANDS Foundation and Cornerstone Wellness in collaboration with the Center for Older Adults. The medication review segment is offered by a grant from the Medina County Drug Abuse Commission. Many thanks to all for providing this excellent program!*

*The Wadsworth Older Adults Foundation & Professional Friends Present*

## ***Wadsworth Senior Citizens' Prom***

# **Wish Upon A Star**



**Saturday, April 9, 2011**

**6:30—9:00 PM**

**Wadsworth Middle School**

Great Venue  
Beautiful Decorations  
Delicious Food by Wadsworth Pointe  
Dancing ~ Favors  
Live Entertainment  
Keepsake Photos

**Tickets ~ \$7.00/Person**

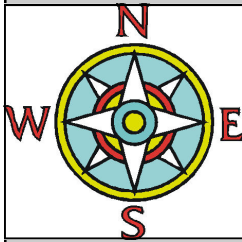
***On sale at the Center for Older Adults  
138 High Street 330-335-1513***

## **2011 RUMMAGE SALE WRAP-UP**

Despite the blizzard-like conditions on the first day of the two-day sale, volunteers and shoppers alike braved the weather to make the 2011 Rummage Sale a tremendous success! Net proceeds for the sale came in above projections at \$3,610. Many thanks to all who had a hand in planning and hosting the event:

**Wadsworth Center for Older Adults  
Wadsworth Older Adults Foundation  
Professional Friends of the Foundation  
Medina County Juvenile Court Community Service Program  
And an Army of Center Volunteers!**

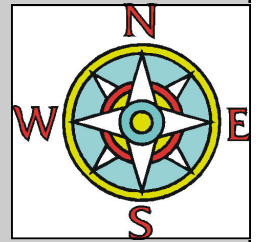
**Special thanks to members of the *Rummage Sale Planning Committee* for their hard work and support:** Nancy Likens, Lori Fultz, Sheri Galat of the Center; Deb Clayton, Cathy Hall and Pam Myers of the Foundation; Diane Patterson (Medina Co. Hospice), Mary Meli (Visiting Nurse Service) and Gail Wahl (Home Instead) of the Professional Friends; and Center volunteers, Betty Balarin, Martha Hassenyager, Eleanor Johnson, Ron Kilchenman, Mary Koval and Cindi Samic.



## 2011 TRAVEL GUIDE

The Center is proud to present our fabulous line-up of trips for 2011. Call the Center for more information and stop in to pick up a detailed Travel Guide.

**Happy Travels!**



### DAY TRIPS (Presented by Great Day Tours & Post Tours)

April 26	A Little Bit of Cleveland	\$38	Post Tours
May 23	Holmes County Amish Tour	\$55	Great Day
June 22	Cleveland Zoo	\$41 Adults/\$39 Kids	Post Tours
July 20	Goodtime III Cruise	\$64	Post Tours
Aug 8-10	New York City (2 nights)	\$362 Dbl Occ	Post Tours
Sept 12	Marblehead/Vermilion	\$50	Post Tours
Oct 26	Raven's Glenn/Canal Boat	\$75	Great Day
Nov 11	Cleveland Food Show	\$50	Post Tours
Dec 17	Tuba Christmas	\$39	Post Tours

### CASINO TRIPS (Presented by Great Day Tours)

April 12	The Rivers (Pittsburgh PA)	\$29	\$15 slot bonus/\$5 food
May 9	Mountaineer (Chester WV)	\$26	\$25 slot bonus
June 22	Presque Isle (Erie PA)	\$29	\$25 slot bonus
July 12	The Meadows (Meadowlands PA)	\$31	\$20 slot bonus
Aug 17	Wheeling Island (WV)	\$26	\$25 slot bonus
Sept 19	The Rivers (Pittsburgh PA)	\$29	\$15 slot bonus/\$5 food
Oct 17	Seneca Allegheny (NY)	\$32	\$25 slot bonus/\$10 food
Nov 15	Greektown (Detroit MI)	\$31	\$20 slot bonus
Dec 6	Presque Isle (Erie PA)	\$29	\$25 slot bonus

### DREAM VACATIONS (Presented by TBI Tours & Outdoor Adventures)

**Sept 8 - 16 Yosemite National Park \$2,879**

This fabulous trip features the best of beautiful Northern California: Sierra Nevada Mountains, Lake Tahoe, Yosemite National Park, Golden Gate Bridge, Napa Valley, Sonoma, Big Basin Redwoods National Park.

**Oct 30 - Nov 7 Costa Rica Coast to Coast \$2,999 (Including airfare from Cleveland)**

Costa Rica is an incredibly diverse and beautiful country with pristine beaches, lush vegetation, volcanoes, and fascinating animals. Wake up to the sound of toucans, cruise the shores of a rainforest, swim in therapeutic hot springs, travel through the mountains, and spend some time just relaxing on the beach.

#### Senior Citizens Commission

Dick Hontert	Chair
Lynn Riley	Secretary
Tom Cox	Member
Richard Davis	Member
Kalleen Kreps	Member
Barb Leatherman	Member
Jerry Lichty	Member
Jim Riley	City Council Liaison

#### Wadsworth Center for Older Adults Staff

Nancy Likens	Director
Lori Fultz	Activity/Volunteer Coordinator
Sheri Galat	Administrative Assistant
Woody Smith	Custodial Worker/Activity Aide
Carolyn Barstow	Receptionist Assistant
Beverly Wolf	Activity Assistant
Jeff Godsey	Maintenance Aide





# EDUCATION & ASSISTANCE

## **HOMESTEAD EXEMPTION**

**Friday, April 29 from 9:00 - 11:00 AM**

All homeowners who are 65 years or older, or are permanently and totally disabled, are eligible for Homestead Exemption. The law allows eligible homeowners to shield \$25,000 worth of the market value of their home from local property taxes. Note that there are no income limitations. A representative of the Medina County Auditor's Office will be at the Center to assist with the application and answer questions. No appointment needed.

## **ALZHEIMER'S DISEASE SUPPORT GROUP**

**Every First Thursday at 1:00 PM**

If you are caring for a loved one with memory loss, join our support group sponsored by the Greater East Ohio Alzheimer's Disease Association. Join the group for fellowship, support and light refreshments.

## **GENERAL CAREGIVER SUPPORT GROUP**

**Every First Tuesday at 12:30 PM**

Take advantage of the support, fellowship and education offered to caregivers of older adults. Each session also includes lunch! Call the Center to RSVP.

**April 5 "How to Maintain a Fit & Healthy Mind" by Gwen Wright, RN, of Attentive Home Health Services**

**May 3\* "Bone, Muscle & Joint Health" by Gwen Wright, RN, of Attentive Home Health Services**

*\*May 3 Group will meet at Magnolia Village.*

## **PARKINSON'S CAREGIVER SUPPORT GROUP**

**Every Third Tuesday at 12:30 PM**

Caregivers of persons with Parkinson's Disease are invited to join this monthly information and sharing program, including lunch. Call the Center to RSVP.

**April 19 "How to Maintain a Fit & Healthy Mind" by Gwen Wright, RN, of Attentive Home Health Services**

**May 17 "Bone, Muscle & Joint Health" by Gwen Wright, RN, of Attentive Home Health Services**

## **GIVING DOLL PROGRAM**

**Every Second Monday from 1:00 - 2:30 PM**

Help our volunteers assemble dolls for needy children. Donations of woven cotton and cotton blend fabric, fabric trims, fiber stuffing and yarn are needed. Drop donations off at the Center.

## **LEGAL AID**

Community Legal Aid can provide free assistance to low-income and senior members of the community with civil legal problems including wills, living wills, Medicaid issues, foreclosures, landlord/tenant disputes and consumer issues. Call the Help Line toll free at 1-800-998-9454 for an application or visit the website at [www.communitylegalaid.org](http://www.communitylegalaid.org).

## **MEDICARE/INSURANCE HELP**

**By Appointment Only**

Puzzled by the complexities of Medicare, Medicaid, Supplementary and Long Term Care Insurance? Our trained volunteers can help. Call for an appointment today!

## **VETERANS' ASSISTANCE**

**Every First and Third Wed at 1:00 PM**

If you are a veteran or the spouse of a veteran, you may be entitled to receive benefits and services. A representative of Medina County Veterans Service will be at the Center to answer your questions and offer assistance.

## **WADSWORTH LIBRARY PROGRAM**

**Second Thursday at 2:00 PM**

The Library offers a terrific program for seniors on the second Thursday of every month. Refreshments and great conversation follow each free program.

**April 14 "Vegetable Gardening"**

**May 12 "Sustainable Energy: World & Local"**

## **ROUND TABLE WITH DR. LANCE**

**Every 4th Tuesday at 1:30 PM**

Join Dr. David Lance, Medical Director of **Hospice of Wadsworth-Rittman**, for a candid, round table discussion about important senior health issues including plenty of time for YOUR questions. Light refreshments provided courtesy of Hospice of Wadsworth-Rittman. **Call the Center to RSVP.**

**April 26 "Alzheimer's Disease - Is it Just Forgetfulness?"**

**May 24 "Liver - An Organ of Many Functions"**



# HEALTH & WELLNESS

## ARTHRITIS FOUNDATION EXERCISE

**Every Wednesday at 10:00 AM**

This arthritis exercise program guides you through a series of stretching and strengthening exercises. Weekly classes are offered for FREE, courtesy of Altercare of Wadsworth.

## BALLROOM DANCING

**Tuesdays at 6:00 PM New Session Begins April 19**

The cost of the 6-week session is \$80/couple. You must have a partner to participate. All ages welcome! Call instructor, Pam Burton, at (330) 576-6194 to register and for details on the 6-week session.

## BIBLE STUDY

**Every Thursday at 10:00 AM**

Take care of your spiritual health by attending our Women's Bible Study led by Major Debbie Grace of the Salvation Army.

## BLOOD PRESSURE CHECKS

**Every Second Tuesday at 10:00 AM**

*Sponsored by Altercare*

**Every Second Friday at 11:00 AM**

*Sponsored by Hospice of Wadsworth Rittman*

**Every Third Thursday at 10:30 AM**

*Sponsored by Visiting Nurse Service*

## CHAIR YOGA

**Every Thursday from 8:45 - 9:30 AM**

Chair Yoga will meet every Thurs. in April and May. Wear loose comfy clothing, bring a mat or towel. RSVP in advance by calling the Center and pay instructor Sue Bielawski at the first class. \$20/month.

## COFFEE WITH CHAPLAIN BOB

**Every First Friday at 9:00 AM**

This group provides friendship and support to men who have lost a spouse or loved one. Led by Chaplain Bob of Hospice of Wadsworth Rittman, the group meets monthly at the Center. Light refreshments are also offered.

## DIABETES EDUCATION PROGRAM

**Tuesday April 12 at 11:00 AM**

Certified Diabetes Educator, Brenda Witsaman of the Medina County Health Department will offer FREE glucose screenings on Tuesday, April 12.

## INDOOR WALKING

**Mon. - Fri. 9 AM - 4:00 PM (On select days)**

Come and enjoy the health benefits of walking. Be sure to check the calendar for start times. ***Please sign in at the front desk before you begin your walk!***

## NUTRITION EDUCATION

Join Sheila Klimas, registered dietician from OSU Extension Services, for FREE 15-20 minute mini-educational programs at 11:00 AM:

**Mon. April 4 "Be Smart with Sodium"**

**Mon. May 2 "Dry Beans, Split Peas & Lentils"**

*Programs held in the Nutrition Site.*

## SENIOR HOUSE CHECKS

If you are going out of town or are in the hospital/care center, the Wadsworth Police Department will do an extra safety patrol of your home.

***Call the Police Department at (330) 334-1511, Ext. 6053, to schedule this important service.***

## TAI CHI

**Mondays at 10:00 AM**

Tai Chi uses gentle exercise techniques that link the mind and body. Cost of an 8-week class is \$40.



**New!**

## WALKING CLUB

**At Memorial Park!**

**Every Wed. at 9:00 AM beginning April 20**

The health benefits of walking are priceless and after a cold and snowy winter it will be a welcome treat to walk outside!

Come join our new **Walking Club** every Wednesday beginning April 20 at 9:00 AM. Enjoy a 30 minute walk on the walking track around the pond at beautiful Memorial Park.

Meet our leader, Pamela Russell, at 9:00 AM at the main pavilion. Bring a bottle of water and wear comfortable walking shoes. Also, be sure to dress for the weather!

In case of rain or bad weather, we will walk indoors at the Center. Rain or shine, come join us!

***Note that we need volunteer walking leaders for the summer. Call Lori Fultz if interested!***



## RECREATION BULLETIN BOARD

### Breakfast Out

Let's go out for breakfast! Call the Center for reservations and meet at the restaurant at 8:30 AM.

**Tues. April 19** Cracker Barrel in Montrose

**Tues. May 17** Yours Truly in Medina\*

*\*Then off to the County Fairgrounds for Senior Day!*

### Card Groups

Euchre	Open Tournament	1st Wednesday	12:30 PM
Pinochle	Open Tournament	3rd Wednesday	12:30 PM
Bridge	Open Play	Every Thursday	12:15 PM

### Open Billiards

Open pool offered every Monday from 9-11:30 AM. Come and join the fun!

### Line Dancing

**Beg. Class every Monday at 6:00 PM**

**Inter. Class every Monday at 7:00 PM**

**\$2 per class/- Payable to Instructor**

Join our Line Dancers for some foot stompin' fun every Monday night! Beginners can learn a new step or two at 6:00 and those who know the steps can stay fresh and learn more at 7:00!

### Lively Seniors

Join The Lively Seniors on the 2nd and 4th Tuesday of the month at 9:30 AM for cards and visiting. Bring a sack lunch and stay for the meeting and select programs. Note the following special events planned for April and May:

- ♦ Play **Dime Bingo** on **April 12** after enjoying a sack lunch.
- ♦ **May 10** will feature a **Pizza Party** after cards.

### Lively Seniors Lunch Outings

Call the Center to RSVP. Meet at the restaurant on:

**Tue. April 5** D'Agnese's Trattoria in Akron

**Tue. May 3** Hudson's Restaurant in Montrose

### FREE Watercolor Art Class Every First & Third Tuesday 10:00 AM

Learn a new skill from the Medina County Art League. Call the Center for more information and details on supplies to bring to class.

### Card Lessons

Card lessons every Thurs. at 10:00 AM by Ken & Esther McAdoo. Call the Center for reservations:

**April** Euchre  
**May** Pinochle

**New Classes!**

### Art Deco

**Join us Mondays at 1:00 PM for creative crafting fun!**  
**Call the Center to RSVP for all Classes**

*April 4 & 18 and May 16 Greeting Cards*

Create beautiful greeting cards using stamps, colorful papers and supplies. Classes by Beverly Narconis and Pat Laws.

*April 25 Flower Arranging with Autumnwood*

Learn to make a beautiful floral arrangement for spring at this FREE class offered by our friends from Autumnwood! Call the Center for details. **RSVP by April 18.**

*May 2 Mothers Day Spring Candle*

Bring a 6" pillar candle and Pat Laws will lead you in creating a beautiful spring candle! **RSVP by April 28.**

*May 23 Basket Making with Betty Rettig*

Create a charming 7 in. red, white & blue basket perfect for holding summertime goodies. Cost \$8, includes all supplies. Bring scissors and a kitchen towel. **RSVP by May 18.**

### Friday Bingo at 10:00 AM (No Bingo May 20)

Our Professional Friends from **Autumnwood, Crossroads Hospice, Home Instead Senior Care and Magnolia Village** sponsor Bingo games on select Fridays. Come and enjoy prizes, refreshments and plenty of fun!

Win "Bingo Bucks" and purchase great prizes at the next quarterly auction on May 27. No reservations required - just come and try your luck!

## Wadsworth Center for Older Adults

138 High Street  
Wadsworth, OH 44281  
(330) 335-1513

[www.wadsworthcity.com](http://www.wadsworthcity.com)

Business Hours: Monday - Friday  
8:30 AM - 4:30 PM

PRSRT STD  
U.S. POSTAGE PAID  
PERMIT NO. 870  
AKRON, OH

Coming this spring  
and summer...

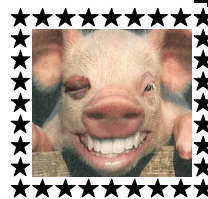
### COURTYARD CAFÉ KICK OFF

Friday ~ June 3, 2011  
11:30 AM - 1:00 PM



### WADSWORTH RIB COOK OFF

FRI. ~ JULY 1, 2011  
(Time to be announced!)



The kick-off Café on June 3 will feature our popular Italian sausage sandwiches and terrific live entertainment. Come one, come all every Friday this summer and enjoy a great meal in the company of good friends.

The mobile Farmers Market will be back this year so that you can stock up on locally grown fresh produce!

Stop by the Center and pick up menus for the entire summer and call us if you'd like to volunteer! *The Café is sponsored by the Wadsworth Older Adults Foundation and Professional Friends.*



### MEDINA COUNTY SENIOR DAY Tues, May 17, 2011 9:00 AM - 1:00 PM

Saddle up and head on out to the Medina County Fairgrounds to celebrate Senior Day with a country western twist. The event features lunch, informational booths & exhibits, entertainment, door prizes, and much more!

Call the Office for Older Adults at (330) 336-6657 for reservation information.