

DEARDOFF DIGEST

August 2022

Volume 4 Issue 8

NEW NEWS

AUGUST BOXED LUNCH

Catered by: A&G Pizza

August 26th at 11:30a

Please RSVP and pay

(non-refundable) **\$5** per person,
no later than August 19th.

We hope **Franklin Fire
Department** will be here to
do Blood Pressure screening
during lunch.

We will be CLOSED

Tuesday, **August 2nd**
for Elections.

UPCOMING EVENTS

*****August 11th**, Ohio State
Highway Patrol will be at
Deardoff 10:30a-12:30p for a
personalized "Car Fit". They will
work with you to make sure your
mirrors and seating are correct
for you! Please sign-up on
bulletin board in hallway.

September 23rd 11:30

Medicare Open Enrollment Talk.
We will have a speaker here to
briefly discuss Medicare and the
importance of verifying your
coverage each year. She is not an
insurance salesman, she works
for the State of Ohio and is here
for YOU and your best interests.

October 26th 10a-2p

Medicare Enrollment Event
(individual counseling)

Appointment sign-up sheets will
be on the bulletin board.

BOOK CLUB

August 9th from 11a-12p
pick-up your next book. Monthly
meetings will resume in
September

Advisory Board

Next meeting is
September 13th at noon

August BIRTHDAYS

- Paul Anderson - 22nd
- Greg Atkinson - 2nd
- Carol Coffey - 25th
- Lynn Darragh - 2nd
- Gelnda Dean - 9th
- David Dillhoff - 22nd
- Patty Englebrecht - 15th
- Harriet Foley - 11th
- Carolyn Gordon - 2nd
- Lyn Hogrefe - 10th
- Gary Jones - 14th
- Karen Joyce - 27th
- Julie Kellis - 2nd
- Will Lapp - 8th
- Kathy Lapp - 31st
- Carolyn McNichols - 14th
- Jim Mears - 26th
- Mary Pancake - 28th
- Terri Pence - 25th
- Paul Ruppert - 19th
- Sally Schneider - 6th
- John Schneider - 31st
- Kim Slack - 11th
- Rita Snyder - 14th
- Kenny Watson - 30th
- Jesse Young - 12th

SPOTLIGHT ON

Patty Englebrecht

Miss Patty E. comes to us
from Dayton (Miami Valley).
Patty has a birthday this
month on the 15th!

Did you know Patty almost
drowned when she was 4
years old while on a family
vacation?

Patty had a dad who taught
her valuable life lessons that
have guided her throughout.
His unconditional love gave
Patty her stunning smile and
her ability to be a friend to all.
For this, he was and will
always be her hero.

Patty's favorite book ever is
Little Women. She loves
round steak and potatoes, her
favorite TV show is NCIS and
her favorite song is
*Somewhere Over the
Rainbow*.

Patty enjoys coming to
Deardoff Senior Center to
play Euchre with everyone!

(Con't on back)



Follow our Facebook page
for instant updates

****Reminder to ALWAYS check/read the bulletin board in the hallway! We announce important, additional items here!**

Don't forget... after each activity you participate in, take responsibility to check around you and clean if necessary.

If you see something, say something: if you see something broken or damaged, please let Charlene N. know so it can be fixed.

If toilet paper or paper towels are running low, let Linda or Charlene know.

If you have any concerns about The Center or an activity, please feel free to discuss with Charlene, we can't solve problems if we don't know about them. If you don't feel comfortable talking to Charlene, your Advisory Board or Board of Trustees is available as well.

We are currently looking for volunteers to spend a few moments of their time, as needed, weeding out flower beds. Any and all help would be greatly appreciated.

Did you know...

*We have an exercise room available for use during operating hours! Please feel free to stop in and check it out.

*We also have two (2) pool tables and a foosball table in the basement.

*Our popcorn machine is up and running! Feel free to serve yourself.

*We have a website with current information:
<https://deardoffseniorcenter.org>

**WELCOME TO OUR
NEW MEMBERS:**

Ann Valentine

Pat Talbott

Larry Esselman

Ron Frame

*A friend is
God's way
of making sure
we never walk
alone.*

**A HUGE SHOUT OUT to
Linda Smiley and
Dee Birkholz for their time
and talents in decorating the
Center.
It looks great!**

When you are stressed, your autonomic nervous system signals your body to release hormones that raise your heart rate, blood pressure and respiration. Focused breathing can help return your body to a state of calm.

How to re-center when you are stressed...

When you are stressed, take some time to breathe.

Try the BOX-BREATHING technique...

- 1.) Breathe in through your nose slowly, while counting to four.
- 2.) Hold your breath for a count of four.
- 3.) Slowly exhale for a count of four
- 4.) Repeat step 1-3 at least four times, or until a feeling of calm returns.