

DEARDOFF DIGEST

September 2022

Volume 4 Issue 9

NEW NEWS

SEPTEMBER BOXED LUNCH

Catered by: TLC Catering

September 23rd at 11:30a
Please RSVP (forms available to order) and pay (non-refundable) \$7 per person, no later than September 14th.

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

PARKING at Deardoff

*We officially have new doors, they are automatic opening.

*Our Handicap parking spots are now in front of the building with a ramp. The side entrance will be reconfigured to be a stoop into the side door with no ramp.

*Please refrain from parking in the 3 spots between the building and the dumpster, those are **RESERVED** for the transportation bus.

*We will be **CLOSED***

Monday, **September 5th**
for Labor Day.

Tuesday, **November 8th**
For Election Day

UPCOMING EVENTS

September 15th

Warren County Health Department - we are *hoping* to have them here to offer Seasonal Flu vaccines, Covid-19 Boosters and dietary information. Keep your eyes on the bulletin board and our Facebook page. Please bring your ID and insurance cards.

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 17th

There will be no Chair Yoga. Our facility has been reserved for the Chamber 45005 meeting

October 26th 10a-2p

Medicare Enrollment Event (individual counseling)
Appointment sign-up sheets will be on the bulletin board.

BOOK CLUB

September 13th from 11a-12p
Monthly meetings will resume.

ADVISORY BOARD

Next meeting is
November 8th at noon

TRAVEL COMMITTEE

MARK YOUR CALENDARS!

Maine: June 18-24, 2023

MORE INFO TO FOLLOW

It is imperative that we ALL take personal hygiene seriously. Washing hands in the restrooms after using the facilities, wiping down counters and tables with disinfecting wipes or spray and towels after eating and activities.

Out of respect for your friends and peers, if you are not feeling well please stay home. We are heading into GERMANY SEASON and need to take care of each other. Thank you.

September BIRTHDAYS

- Ginger Adams - 26th
- Patti Pursley-Atkinson - 12th
- Greta Burggraf - 29th
- Steve Burggraf - 15th
- Marie Carter - 20th
- Alice Coburn - 26th
- Darrell Cope - 30th
- Betty Gebele - 19th
- Joyce Gleckler - 17th
- Regina Gogol - 20th
- David Griffin - 13th
- Thomas Haller - 8th
- Marsha Halsey - 5th
- Susan Hamilton - 7th
- Tom Hart - 22nd
- Joe Jeromos - 16th
- Charlene Johnson - 15th
- Mary Lunsford - 10th
- Connie Purdum - 30th
- Zina Samoylova - 25th
- Sherry Trent - 16th
- Brenda Wilson - 8th
- Wanda Zinck - 4th

(Con't on back)

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

Please do not disturb Bridge when they are actively playing.

Watch your speed in the parking lot.

Did you know...

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

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

****Beginning immediately, we will no longer be a drop-off location for used medicine bottles.**

We are seeking members to join us in singing! You do not have to sing well~we are here to enjoy music, each other and soothe our souls.

Please see Linda Smiley or Charlene if interested!

When you are stressed, your involuntary 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.

Five ways to feel calm:

- 1.) **Box breathing**, from the August newsletter
- 2.) **Mindfulness**: the practice of being present in the moment.
- 3.) **Self-affirmations**: such as, "I am strong and capable of making it through this situation.
- 4.) **Thankfulness**: expressing gratitude for all the positives in your life.
- 5.) **Progressive muscle relaxation**: tense and then relax groups of muscles in your body, starting with your toes and working your way up recognizing where you carry stress.

**WELCOME TO OUR
NEW MEMBERS:**

Doug Depew
Alice Blair
Brenda Harrison



SPOTLIGHT ON

Dale Ross

Dale comes to us from Middletown, OH. Born in 1943 he has resided in this area all his life.

Dale has volunteered at the Food Pantry for the past 12 years. He also goes to breakfast every Tuesday & Thursday with his neighbor. He enjoys playing UNO and UNO Flip with his kids.

Dale loves beans and cornbread, his favorite television show is Gunsmoke and Walker Texas Ranger. The best book he has ever read is The Bible and his favorite song is *Go Tell It On The Mountain*.

Dale enjoys being at the center and playing Euchre with his friends and calling BINGO on the occasional Friday.



Follow our Facebook page
for instant updates