

## Partners in Prime is celebrating the arrival of a new Toyota Prius,

which already is in use delivering meals to area seniors in need. The agency won the car in a contest this July, 100 Cars for Good, after receiving the most votes on Facebook. Prime club members Ed Prescott and Lucille McGuire, who were in the contest video promoting Partners in Prime, attended a presentation Thursday, Nov. 8 at Performance Toyota in Fairfield along with staff members. On Friday, Nov. 9, members celebrated the car's arrival prior to the Veteran's Day luncheon. Member Gretchen Fuller, age 101, took the first ride in the Prius.



## Travel Programs at Prime Club Hamilton and the West Chester Activity Center

10 a.m. Wednesday, Jan. 4, in Hamilton;  
2 p.m. in West Chester

Learn about several exciting future trips to be offered in the coming year. On deck are a mystery trip, something that may interest veterans and a special adventure to learn what happens behind the scenes at an airport. Refreshments will be served. Call your club for reservations or stop in to pick up trip information: Hamilton 867-1998 West Chester 779-7360.

## Can You Help?

**Partners in Prime is contemplating a "Special Raffle" as a fundraiser later this year. Are you willing to volunteer your time for a planning committee? If so, contact Jim Leugers at 868-0648.**



Follow us on Facebook and on Twitter!

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## Hello Partners for January and February 2012!

### from the Chief Executive Officer

Welcome to the New Year! It's the time for making resolutions, and seeing how well we can keep those goals.

Personally, I know I want to continue with my exercise efforts and watching what I eat. I have been working out regularly with one of the Strong Foundations personal trainers available to Partners in Prime members. It's working for me. I've lost pounds, gained strength and my high blood pressure is improved. I think the fee for the trainer – a special rate available to Partners' members – is worth these results.

You may recall that we sponsored a Kick-off to Winter Wellness in October. Winter is now here, and our activity schedules are full of options for you to sample and adopt. Don't just stay at home and vegetate, especially if you live alone. Any of our offerings could be your ticket to fun, new friends, better health and a fulfilled New Year's resolution. If you want to discuss options, feel free to phone our Wellness Coordinator Julie McCarthy or prime clubs Manager Karen Lowery via the agency's main phone number.

As leader of Partners in Prime, I have five goals for our multi-service organization next year. First, we want to maintain our array of services and help them grow. Partners in Prime fills important needs as a "Meals on Wheels" provider and a senior transportation service. Our information and referral and our in-home assistance services give other supports that keep people self-sufficient in their own homes and apartments until other plans are truly necessary.

Our Meals on Wheels program is the largest component of the agency, serving more than 500 people with a weekday meal. Without it, other parts of our agency would be at risk. Our second goal is to secure a contract extension for Meals on Wheels. Our current contract with the Butler County Elderly Services levy program expires June 30. Although many Butler County voters think that the senior services levy automatically benefits the county's senior center organizations, that belief is not true. Partners in Prime must submit a bid via a competitive process, and be selected by its reviewers to receive a new contract. Our Butler County Commissioners have the ultimate decision. Partners in Prime continues to provide a quality meal service, and we'll do our best to submit the most reasonable price we can. I hope we prevail and win a contract extension.

Next, we need to address the extra pressure a owning a beautiful historic building – the Murstein Center in Hamilton. It is expensive to operate – higher than for a new building. I want to explore creating an endowment program for the purpose of addressing the upkeep to the building and its grounds, decreasing the pressure on our annual operating budget.

We need to grow participants of all ages at the West Chester Activity Center. And, finally, we must increase the total donation support the agency receives, especially from those who directly benefit as a member or service recipient.

I realize that many of our members are on fixed, limited incomes. Yet there are many who are not in dire financial straits. As of 2010, only about 30 percent of Prime Club members made any additional gift to our agency beyond membership dues (for which we are VERY grateful). Statistics are similar for those who use our services, but they may not even be members. Since dues pay only a small fraction of our actual costs of operation, I hope to entice those who have means to help out a bit more since they are receiving the personal benefit.

We are in this together, and I value our relationship. I hope you do, too. Happy 2012!

My best,



*Steve Schnabl*

Steve Schnabl, CEO




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## Meet the Board

Each month, we will feature board members who help make all we do at this agency possible. Please take time to get to know them and thank them for their services.

### Philip O Morrival Jr.

**AGE:** Senior Citizen

**OCCUPATION:** Real Estate salesman since 1971, broker since 11/1973 of Morrival Realty

**RESIDENCE:** Hamilton

**FAMILY:** wife Sherry, two children and three grandchildren

**HOBBIES:** travel, antiques, old cars

**YEARS ON THE BOARD:** four

**OTHER VOLUNTEER WORK/BOARDS:** FOPA; Hamilton Special Improvement District, Agricultural Review and Design Board, Open Door Pantry, Kiwanis – past Lt. Gov., Chamber Commerce Legislative Committee; Downtown Overlay District; Past President Ohio Association of Realtors and Realtor of the year; Director Ohio Association of Realtor Employee Pension Plan; Butler County Zoning Board of Appeals; Butler County CAC; Headstart Weatherization Program; Vice President Marco Resort & Club, 32nd degree Mason and Scottish Rite.

### WHY PHIL IS PASSIONATE ABOUT PARTNERS IN PRIME:

“Believe everyone should do their part to give back to the community. I truly believe in Partners in Prime.”

### SOMETHING YOU MAY NOT KNOW ABOUT PHIL:

“I rode motorcycles for 52 years; worked at Champion Paper 16 plus years and was Chief Union Steward in converting area.”



### Randy Oppenheimer (Incoming Chair)

**AGE:** 57

**OCCUPATION:** Former Community Relations Director with the Fairfield Schools. Now focusing on responsibilities with Partners in Prime.

**RESIDENCE:** West Chester Twp.

**HOBBIES:** Hiking, fishing

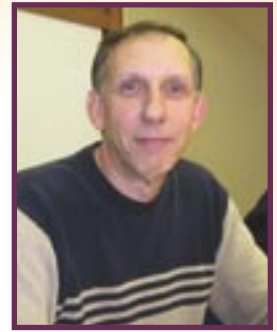
**YEARS ON BOARD:** four

### WHY HE IS PASSIONATE ABOUT PARTNERS IN PRIME:

“Communities can be measured by how well they take of their children and their seniors. For many years, I have been involved in supporting those groups.”

### SOMETHING YOU MAY NOT KNOW ABOUT RANDY:

“I’m a graduate of Penn State, but am surrounded by Buckeye fans.”



## ABOUT US

Partners in Prime is dedicated to enhancing the lives of people 55 and better to help them reach their prime. We offer **Meals on Wheels** to more than 500 residents in Butler County each week as just one way to help people maintain independence at home. In addition, **Prime transportation** takes riders ages 60 and older to doctor appointments, pharmacies, the post office, grocery and dialysis during the week-day when adult children likely are working and caring for their own families. **In-Home Assistance and Companion Services** also provides just the right amount of help to ensure seniors may choose to stay in their homes as long as is practical. **Prime clubs**, or senior centers, offer programs that strengthen physical, social, recreational, educational, emotional, intellectual and spiritual wellbeing. The clubs provide a vital connection to others and reduce the barriers that can occur as a result of isolation.

### Information & Referral Hotline:

513.867.1998 or [klowery@PartnersinPrime.org](mailto:klowery@PartnersinPrime.org). Certified specialists are available to work with older adults and their adult children seeking area services and support, including medicare assistance.

[www.PartnersInPrime.org](http://www.PartnersInPrime.org)

## Welcome New Prime Club Members

Ron Achor  
Wendy Ashley  
Cynthia Baker  
Marian Billings  
Richard Billings  
Howard Booker  
Martha Bowers  
Gaston Bowling  
Connie Brunell  
Jeanne Carr  
James Conlin  
Veronica Conlin  
Charlie Couch  
Pam Couch  
Kathleen Crosby  
Lucy Dudek  
Clarence Edmonds  
Marlene Ernst  
Robert Fondong  
Douglas Foster  
Harold Gabbard  
George Hoffman  
Ruth Hoffman  
Lynn Isaacs

Marie King  
Mary Marshall  
Wendell Martin  
Johnny Oder  
Fern Pittman  
Wayne Pittman  
Myrtle Quinn  
Beverly Rauch  
Nancy Sarbaugh  
Betsy Seilheimer  
Janice Sizemore  
Ron Sizemore  
Jacqueline Snyder  
George Stegmeir  
Linda Stegmeir  
Charlie Strunk  
Donna Strunk  
Nancy Tomasella  
Cristy Carter Trammell  
Todd Trammell  
Kathy Walsh  
Michael Weathers  
Robert Weigel  
Lawrence Williams  
Yoltan Williams

## In Memoriam

Robert Brunner  
Roberta Rae Campbell  
LaVerne Chapin

Clote Hemphill  
Dick W. Morrison  
Charles Rymer

(the above names reflect new members as of our print date)

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## ALL PARTNERS IN PRIME LOCATIONS AND SERVICES WILL BE CLOSED ON THE FOLLOWING DATES:

**Monday, January 2**  
*in observance of New Year's Day*

**Monday, January 16**  
*in observance of Martin Luther King Jr. Day*

## Winter Weather Advisory

During the winter months, stay tuned to one of the following media sources for information about closings for the prime clubs and other services:

**WCPO Channel 9 Television or [www.wcpo.com](http://www.wcpo.com)**  
**WMOH Radio 1450 AM**  
**WKRC Channel 12 Television**

## AARP Tax Preparation

**Prime Club Hamilton**  
9 a.m. – 3 p.m. Tuesdays and Thursdays  
Feb. 7 – April 12  
No appointment required.

**West Chester Activity Center**  
9 a.m. – 3 p.m. Thursdays  
Feb. 9 – April 12  
No appointment required.

Please bring all necessary paperwork, including proof of all income for 2011 and real estate tax bill for 2011. Federal and State taxes will be prepared and filed electronically by trained AARP volunteers.

**prime  
club**  
Fairfield • Hamilton • West Chester

## Medicare Have You Confused?

### Prime Club Hamilton

2 p.m. Wednesday, Jan. 4

2 p.m. Wednesday, Feb. 1

### West Chester Activity Center

2 p.m. Thursday, Jan. 12

2 p.m. Thursday, Feb. 9

Plan to attend one of the free community meetings conducted each month by United Health Care's licensed insurance representatives. Registration is not required, but can be made by calling Leslie at 513.603.6454.

## Are You New to Medicare in 2012?

### Prime Club Hamilton

2 p.m. Friday, Jan. 13

2 p.m. Friday, Feb. 3

### West Chester Activity Center

3 p.m. Wednesday, Jan. 11

3 p.m. Wednesday, Feb. 1

Do you know that nine out of 10 seniors pay too much for prescription coverage through their Medicare plan? If you will be new to Medicare in 2012, then it's time to start thinking about your Medicare choices so that you can make an informed decision. Come learn about Medicare options available to you in a FREE educational meeting specifically geared toward those turning 65. Call MB Senior Solutions at 1-888-222-1942 to make your reservation to attend a meeting with Judy Stewart.

## West Chester – Liberty Senior Voice

### West Chester Activity Center

9:15 a.m. – social time, 9:45 a.m. – call to order

Wednesdays, Jan. 18 and Feb. 15

Area residents and business representatives are invited to participate in the monthly current affairs discussion/action group.

## Assistance Available for Winter Heating Bills

HEAP is designed to help eligible low-income Ohioans meet the high cost of home heating. If you are eligible for assistance, the amount of your one-time HEAP benefit will depend on federal funding levels, how many people live with you, total household income and the primary fuel you use to heat your home. In most cases, the one-time benefit will be a credit applied to your energy bill by your utility company (or fuel vendor). Applications are available at all prime clubs. For more information, contact Karen or Julie at 513.867.1998.

## PartnersInPrime.org

INFORMATION & REFERRAL HOTLINE: 513.867.1998  
MONDAY-FRIDAY 8:30 A.M. – 4:30 P.M.

## A Prime Club Membership is Rewarding!

The cost of membership at Partners in Prime is \$30 a year for an individual or \$55 a year for a couple. Partners in Prime requires that an application be completed with a signature kept on file. You will receive a bar-coded membership card that may be used at any of the three locations in Hamilton, Fairfield and West Chester Twp. In Fairfield and Hamilton, affiliate memberships also are available for people age 40+ who wish to use the fitness room or take classes in Hamilton. The annual cost for an affiliate membership is \$60. People age 21+ with a prime club family member also are eligible to become affiliate members.

*Membership applications are available at any of our prime club locations or online at [www.PartnersInPrime.org](http://www.PartnersInPrime.org).*

## Partners in Prime congratulates...

**Julie McCarthy** and **Karen Lowery** for becoming Certified Information and Referral Specialists for Aging from the Alliance of Information & Referral Systems.



The two assist with various needs by providing information to community members and helping them connect with services.

"It brings credibility to our program," Lowery said of the new certification, which is a measurement of demonstrated ability in the field of I&R, reflecting knowledge, skills, attitudes and work-related behaviors needed to successfully execute responsibilities.

Lowery is manager of member services/prime clubs with Partners in Prime for eight years and McCarthy has been with Partners four years.

### COMPREHENSIVE INTERNAL MEDICINE ASSOCIATES, INC

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# Wellness

## World Walker

World Walker **Steve Newman** leads a group of Partners in Prime members and volunteers in a short walk around the Hamilton Prime Club as a kick-off to the new Winter Wellness program. New fitness programs and new fitness equipment are being highlighted in Hamilton, along with a fitness challenge in West Chester Twp.



## Winter Weight Loss Club Challenge – Lose with Lisa

Thursdays, Jan. 5 – Feb. 9

9:30 – 10:30 a.m., **West Chester weigh-in**

11 a.m. - noon, **Hamilton weigh-in**

Sign up to be part of the Winter Weight Loss Challenge with The Barrington's Lisa Fey. She will be available each week for the six-week challenge with motivational and fitness tips that will keep you going. This challenge comes with a twist. Teams of five members will join forces to compete against other teams of five. Grab your friends and sign up for this club challenge. The winning team will be competing for a trophy, bragging rights and a special culinary event with The Barrington's Chef Ryan.

## Fit for Life – Wellness Room

11:30 a.m. – noon Tuesdays and Thursdays

**Hamilton; \$6 per class**

10:30 – 11 a.m. Mondays

**West Chester Twp.; \$6 per class**

This small group class is a full body workout that will help with strength training, cardiovascular health, flexibility, balance and more.

## Hueston Woods State Park Fun & Fitness Adventure

April 16 – 18

Cost: \$185 includes accommodations and classes. Meals and extras are the responsibility of the participant. Bring food, dine in the restaurant or go into town – Oxford. Reservation Deadline: March 23, \$55 deposit due at time of reservation

Join Wellness Coordinator, Julie McCarthy, for a three day/two night adventure at Ohio's Hueston Woods State Park and Resort. The trip features classes instructed by Julie, which include Tai Chi, Zoga, Meditation and Qi gong. There will be hikes, swimming and fitness room access. Make a reservation early. Space is limited. For more information, contact Julie at 867.1998 ext 243 or [mccarthy@partnersinprime.org](mailto:mccarthy@partnersinprime.org).

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The Garden Manor logo features a stylized bird or leaf design. Two photos are included: one of an elderly woman and a younger woman smiling together, and another of an elderly man and a woman walking outdoors. A large sunflower is also visible in the bottom right of the advertisement.

## New at the West Chester Activity Center

Brain Fitness – Total Memory Workout

10 -11 a.m. Saturdays, Jan. 21 – Feb. 25

Cost: \$130 for series and includes textbook “Total Memory Workout: 8 Easy Steps to Maximize Memory Fitness”

Registration Deadline: Jan. 13

Join Brain Fitness expert Pat Faust for a six-week course that will offer practical advice to improve everyday memory performance. Pat, a certified Total Memory Workout facilitator, will help you stop losing your car keys, remember names and retain more details from conversations. Contact Wellness Coordinator Julie McCarthy at 867.1998 ext. 243.

## Don't miss these new Hamilton fitness classes

### Pilates – Wellness Room

5:30 – 6:15 p.m. Thursdays; \$5 per class

Focus on the core – the area between the shoulders and the knees. Tighten your legs, buttocks, thighs, back, abs and more with certified Pilates Instructor; Joann Bernas.

### Zumba Lite – Grand Ballroom A & B

11 – 11:30 a.m. Mondays; \$3 per class

Created specially for the older body, this dance workout combines Latin music and exercise. Specific beats and tempo changes help the body gain strength, lose fat, increase cardio fitness and work major muscle groups. Taught by certified Zumba Instructor; Rebecca Sandle.

### Self Defense – Survive!

10 – 11 a.m. Tuesdays; \$6 per class

Learn the latest movements to protect yourself and develop a better self-esteem, more energy and focus.

### Gentle Yoga – Wellness Room

1:30 -2:30 p.m. Wednesdays, (begins Jan. 11, reservation deadline Jan. 9); \$7 per class

Relax and find balance in the physical body and in your daily life. This instructor led, gentle stretching and deep breathing exercise class is designed to help you develop greater flexibility and strength.

Call Julie McCarthy, Wellness Coordinator  
513.867.1998 TO SCHEDULE THE CLASS  
THAT'S RIGHT FOR YOU!

## Talk about Wheels!

Jeff Pohlman Tire & Auto Service is proudly sponsoring a Donation Program to help support Partners in Prime. Bring your vehicle to any one of their four locations and when you mention Partners in Prime, we will receive 5% of your bill as a donation to our agency. An additional 5% will be taken off your bill as their way of saying ‘thanks’ for helping area seniors! Stop by the prime clubs to pick up your donation card for your wallet. This promotion is running for a full year, so please mention us when you go. Thanks!



## AVAILABLE PRIME SPA SERVICES

- |                       |                     |
|-----------------------|---------------------|
| Deep Tissue Massage   | Pumice Peel         |
| Neuromuscular Massage | Double Surface Peel |
| Swedish Massage       | Organic Facial      |
| Reiki                 | Back Facial         |
| Ortho-Bionomy         | Gentlemen's Facial  |
| Healing Touch         | Facial Waxing       |
| Express Facial        | Body Waxing         |
| Cleansing Facial      | Paraffin Dip        |
| Anti-Aging Facial     |                     |

Make an appointment for Prime Spa Services for both men and women. Check out our website or call for a price sheet and available times. Gift certificates are also available for purchase. Members receive discounted prices.



## They aren't ones to boast...

too much. But, **Brent and Bill Smallwood** of Liberty Twp. couldn't be more proud of the success of the chair volleyball teams at the West Chester Activity Center. "We're competitive," Bill Smallwood, 62, said. "We try not to get too cutthroat, but it depends on the other team."

The two West Chester Activity Center teams, Mixed Nuts and Green Hornets, total 18 players and are sponsored by Barrington of West Chester. They have been dominating in local league match-ups with other senior and activity centers.

Bill Smallwood, 62, discovered the Activity Center after talking to his neighbor, who attends to play cards. Practically as soon as he walked in the door, Smallwood was invited to play volleyball.

"I said, 'Sure. I'll sit down. I like sports,'" he said. He enjoyed it so much, he brought his son, Brent, 31 to one of the twice weekly practices.

"It's hilarious to play," Smallwood said.

And, Brent Smallwood added that it surprisingly is a vigorous enough activity to make them work up a sweat. "Laughter is the best medicine," he said. "We laugh for hours, constantly."

## One-on-One Lap Top Classes

This class is for those with questions about the computer, but are afraid to ask or don't know who or what to ask. Spend an hour with Al Kaled, a popular computer instructor with Partners in Prime. Call Linda Manzo at 779.7360 for an appointment.

Cost: \$25 per hour

## Bible Study

2 p.m. Mondays Jan. 16 to Feb. 20.

## Lunch and Tour at Emeritus

11:30 a.m. Wednesday, Jan. 11

Eat lunch and enjoy a visit at this beautiful new facility in Mason. Transportation is provided from the West Chester Activity Center for the first 10 people to register at the club or by calling 779-7360.

Cost: \$5

# West Chester Hospital



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## Valentine Party

11:30 a.m. Tuesday, Feb. 14

Share the love and wear your red. The Golden Tappers from Hamilton will entertain for 30 minutes. Bring your favorite desert or snack to enjoy after lunch while you listen to Rick Lisak and Matt Holt perform. Must sign up at your club.

## Veteran's group starting

West Chester Activity Center

1:30 p.m. last Wednesday of the month

Veterans are encouraged to join this new group. Call 779-7360 to register. Veterans also are encouraged to attend the travel show Jan. 4 to learn about a special trip planned just for them.

## Lunch and Movie Chesterwood

Noon Wednesday, Feb. 29

Cost: \$5 due upon sign-up at club

## Membership drive means winter deals

Do you know someone who might benefit from a membership to the West Chester Activity Center? Why not take advantage of some of the new opportunities and deals starting this January?

First, you may notice a new look at the Activity Center. With a push toward providing more for the younger crowd, a new virtual gaming room and family lounge have been added. Also, there is plenty of study space available to student members, as well as wireless internet and access to laptop computers.

New programs and classes are targeting the 55 and younger crowd, and the extremely successful programs that have attracted many new 55 and older members will continue. Stay tuned, and check out [www.westchesteractivitycenter.org](http://www.westchesteractivitycenter.org) for the latest program offerings.

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Also, as part of our membership push, room rentals will be offered at a discounted rate January through March. See the following list for new prices:

## West Chester Activity Center Room Rentals

(Jan-March Winter Pricing special)

### Community Room

- \$70 / hour
- \$55 / hour for non-profit/civic groups
- \$40 / hour for members

### Gathering Room

- \$90 / hour
- \$55 / hour for non-profit/civic groups
- \$40 / hour for members

### Fitness Class Room

- \$95 / hour
- \$80 / hour for non-profit/civic groups
- \$60 / hour for members

### Grand Lobby

(setup only in conjunction with another room rental)

- \$65 / hour
- \$45 / hour for non-profit/civic groups
- \$35 / hour for members

### Great Room

- \$100 / hour
- \$85 / hour for non-profit/civic groups
- \$65 / hour for members

### Recreation Room

- \$70 / hour
- \$55 / hour for non-profit/civic groups
- \$40 / hour for members

### Virtual Gaming Room

- \$90 / hour
- \$70 / hour for non-profit/civic groups
- \$55 / hour for members

For all areas excluding the Community Room an hourly fee of \$20 is added for staffing the Activity Center after 8:00 pm and on weekends.

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## Annual Membership

### Age 55+ - prime club membership

Prime club memberships include reduced pricing for lunch and numerous free or reduced price activities, *customized for people age 55+*.

**Individual – \$30**

**Couples – \$55**

### Younger than 55

**West Chester Twp. Residents – \$60  
or working in the Township**

**Other – \$72**

### Family Membership

**West Chester Twp. Resident – \$160  
or working in the Township**

**Other – \$192**

## Phyllis Tuley has been spending her Golden Years doing what she loves best – singing.



“Singing music – life wouldn’t be worth living without it,” she said.

Director of the Goldenaires choir at Prime Club Hamilton, she has been overseeing the choir for 18 years. She also sings in her church choir at St. Julie Billiard, with the Hamilton-Fairfield Symphony Orchestra Chorale and in a women’s barbershop group, the Hamilton Harmonettes.

Tuley heard of a need at Partners in Prime for a director of the Goldenaires. Without any formal training, she said she wasn’t sure she would qualify for the job. But, at age 54, she jumped in with both feet.

“I felt like a baby surrounded by people, most of them 20 years older than me at least,” she said. “I was surprised that I got along with them so well.”

One of her first jobs was to sort through a closet of music to get everything organized. After that, she launched into developing performances and even costumes and T-shirts for the group, which sings the fourth Wednesday of each month during lunch at Prime Club Hamilton, and also performs somewhere in the community as well. Only one of her original members remains, but Tuley said new ones continue to join and are needed to keep the group going.

“I used to be shy until I started this,” Tuley said. “The ‘ham’ in me really came out.”

The group has plenty of other extroverts who like to spice things up, and there rarely is a dull moment, she added.

“I’ve always had people loaded with such personality.”

## Adult Recreational Group Piano

7 – 8 p.m. Thursdays, Jan. 5 – Feb. 23

Cost: \$150; Registration deadline Jan 4.

Learn keyboard basics with instructor Darin Newcomer, also a member of the famous Franz Klaber Band! This eight-week course will fill up quickly!

## Open Studio

5 – 8 p.m. Wednesdays

Cost: Free

Need a place to work on your art or more space for a larger project? Look no further than Partners in Prime’s open studio time. The Art Studio is available for member use. There are plenty of tables for scrapbooking, drawing, painting and more. For more information, contact Karen Lowery at 867.1998 ext. 244.



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## A Course in Miracles

3 – 4 p.m. Wednesdays beginning Jan. 11

Cost: \$5 per class; Reservation deadline Jan. 9

Would you like to experience more happiness, joy and love in your life? Join an interactive, experiential course designed to show you how to release doubt, frustration, anger and anxiety and develop a greater sense of inner peace and joy. This facilitator-led course will meet once a week and participants should bring the book "A Course in Miracles."

## Jewelry Making Series

Noon – 2 p.m. Mondays, Jan. 9 – 30

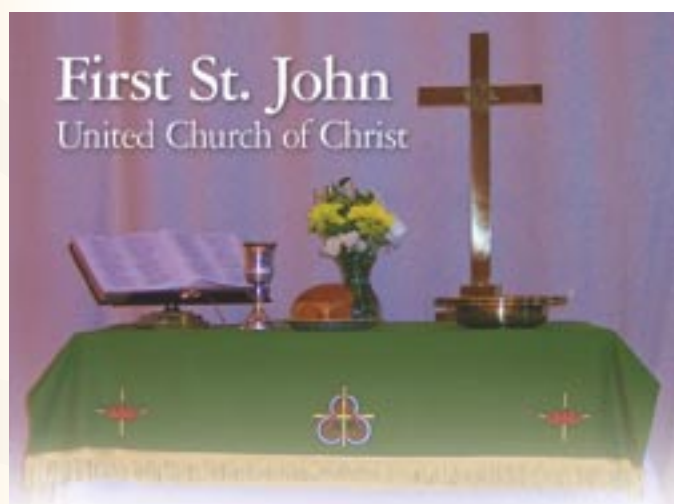
Cost: \$60 for 4-week session

6 – 8 p.m. Thursdays, January 5 – 26

Cost: \$60 for 4-week session

Registration deadline Jan. 3

In this beginner's jewelry class, learn how to bead and create fashionable jewelry. Supplies are included. A new project will be completed each week with art instructor Michele Poland.



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God has placed a comma*  
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## What's Your Story?

2- 3 p.m. 3rd Tuesday of every month beginning March 20

Cost: \$10 per class, journal and pen provided for participants

Registration deadline: March 19

Participants will be guided through the writing process to create their autobiography. Prompts and writing strategies will be provided to help generate thoughts. Writing is a process and drafts will be developed and shared each week. Participants should expect to work on writing between class sessions. The end result will be an autobiography to share with family and friends—or even publish!

The writing process will be facilitated by Adjunct Professor at the University of Cincinnati in the College of Education, Dr. Beth Moore, who has worked with students and teachers from elementary to college level.

## Beginning French

11 a.m. – noon Thursdays, Jan. 5 – Feb. 9

Cost: \$18 for six week series. Registration deadline: Jan. 4

Language teacher Carole Kuhn, former language coordinator with the Fairfield City Schools, will teach the basics of speaking French. Learn everyday expressions with emphasis on pronunciation and a whole lot more.

## Intermediate French

12:30 – 1:30 p.m. Thursdays, Jan. 5 – Feb. 9

Cost: \$18 for six week series. Registration deadline Jan. 4

A continuation from the beginning French class, Carole Kuhn will teach the basics of speaking French and continue to teach more advanced language skills.

## Sheriff Jones to speak

Tuesday, Jan. 17, 12 p.m. Lunch; 1 p.m. presentation

Cost: \$3

(Pre-register by Jan. 13 at the Hamilton Prime Club or call 513.867.1998)

The Butler County Veterans Discussion Group will meet in Hamilton for lunch with Sheriff Richard K. Jones. There will be an open discussion with questions and answers.



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## Over the Hill Gang a popular draw

Guest column by Shirley Bennett

One of the better kept secrets in Hamilton is the magic that occurs almost every Wednesday afternoon from 2 p.m. 'til 4:30 p.m. when more than 400 years of musical training and performing experience meet up with a group of senior citizens who love to dance. The "Over The Hill Gang" has been performing at the Hamilton Prime Club for more than 30 years. Some of our dancers have been attending this function since day one. Over the years, some of the band members have changed, but the band still works on the premise that good music can be a "Fountain of Youth" for seniors. When I see an almost 92 years young woman do a line dance, polka and jitterbug week after week, I have to admit I too am a believer. Our band leader, **Don Bruce**, still plays one of the hottest tenor saxophones I have ever heard! **Gene Leber** plays the alto sax and will wow you with his clarinet solos. **Gordon Fox**, our drummer, keeps the beat in his own inimitable style and he also sings a song or two. **John Betz**, our latest addition to the band with his tenor sax, is well known in the area and had his own band as well as playing in other local bands over the years. **Mike Einhorn** plays a great trumpet, and entertains us with his own brand of dancing and singing. **Bill Fluty** plays a hot base, and his singing



style adds a little country flavor to our group.

**Sally Sparks**, our pianist, is always there with the right notes and beat to hold the band together.

**Audrey Leber** adds a ballad or two weekly. As for me, I have been singing with the "Gang" for about 10 years and loving it! I would like to invite you to join us some Wednesday soon. I feel I must warn you that the magic might rub off on you.





## Goldenaires Perform at the Fairfield Club

This October, just before Halloween, the Fairfield Club was treated to a spooky performance by the Goldenaires. The group showed its acting skills as it entertained in costume. The entire Fairfield group was singing along with several of their songs.

## Fairfield Artists

The group of artists that meet every Wednesday for a watercolor class had many of its art pieces displayed at Waterford through August and September. More recently, several members had pieces accepted to be displayed at the Fairfield Community Center's "Community Artist Showcase" Oct. 15 through Nov. 19. Because it was a juried art show, pieces had to be accepted by a panel of judges. Trudy Roesch, Lois Schrantz and Jeanne Sisson had pieces accepted for this show, and Lois Schrantz was a runner-up for "Best in Show."



Coming Soon...

Watch for additional details on the following events:

**A Salad Bar Luncheon** Thursday, Jan. 19, and a **mystery lunch** will be in February.

## PLARN Group

12:30 p.m. Wednesday, Jan. 18 and Feb. 15

*Crochet sleeping mats for the homeless with recycled plastic shopping bags. Help the homeless and recycle.*

## Bible Study

Join Bethany from City on a Hill for a Bible study (with snacks) from 10 – 11:30 a.m. on the 1st and 3rd Thursday of each month.

## Mustardseed

11 a.m. Thursday, Jan. 12

*Enjoy watching various Bible stories come to life with Kim Werk.*

## Current Events

11 a.m. Thursday, Jan. 5 and Feb. 2

*Interested in an intellectual conversation about what is currently happening in our world? There is so much to talk about. Join Doris Morris for an informal dialogue.*

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## Partners in Prime member Pat Irwin has been named to the 2012 Ohio Senior Citizens Hall of Fame

She was nominated by Wellness Coordinator Julie McCarthy. The Ohio Senior Citizens Hall of Fame was established in 1977 and recognizes native-born Ohioans or long-time state residents for service to others and achievements after age 60, as well as for lifetime achievements that represent positive aging. Irwin has a long history of caring for individuals in the community through her service as a health care provider and a college instructor, especially those with mental illnesses. She also is known as an innovator, with a gift for creating and implementing new programs for the community, like the "Care Fair." She will be awarded May 22, 2012 at the Statehouse Atrium in downtown Columbus.

## West Chester Activity Center sets goals for new year

Gaining new membership will be the focus in 2012 at the West Chester Activity Center. Changes are being made to bring in a younger crowd, though programming will remain strong for seniors. The hope is that the center can become what it was designed to be – a multi-generational gathering place for the community.

If you would like to lead a class or begin a class of your own, call Karen Lowery at 867.1998

New hours of operation will be 9 a.m. to 8 p.m. to better accommodate people who wish to exercise after work. Programming for teens and children is being added, as well as family friendly events and activities. Changes will be made to the layout of the center to make it more family-friendly, such as an electronic gaming room to try to attract an after-school crowd.

During this membership drive, any groups interested in earning 20 percent of total sales may sign up to sell memberships to the Activity Center. This is a great way to earn money for your group or organization and help the Activity Center to grow. Contact Lindsey Hilty at [lhilty@partnersinprime.org](mailto:lhilty@partnersinprime.org).



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When **Jennifer Meehan**, 26, began an internship with Partners in Prime through her Miami University's sociology program, she had no idea she had such a passion for helping seniors.



Her internship ended in late 2009, but another year and 200 volunteer hours later, the North Face Outlet Store supervisor in Monroe was still serving.

"I just loved it there," she said. "I liked the people that worked there, and I liked seeing my usual senior citizens that I saw."

Meehan's employer, the VF Corporation, honored its top 100 associates who accumulated the most community service hours. The company then gave \$1,000 to the charity of the recipient's choice. Jennifer was in the select group and she directed her award to Partners In Prime..

Meehan not only delivered Meals on Wheels, she also helped with the Independent Living Assistance/Companion programs.

"It just helps you put everything into perspective," she said. "It's something I looked forward to every week. It always felt like home down at Partners in Prime."

Meehan has since moved out of state, but In-Home Services Manager Leta Kranbuhl said she will be missed.

"She's one of a kind," Kranbuhl said. "She was always willing to do whatever, no questions asked. She had no fear about anything."



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## More than just a meal

A Meals on Wheels client is thankful for driver **Don Peters**, who recently found her on the floor of her home when he stopped to deliver a meal. She had been lying there for eight hours, unable to get help. Not only do our clients receive daily meals, but they also receive the peace of mind, knowing a friendly face will be stopping by to check on their wellbeing.

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# VOLUNTEER OPPORTUNITIES

## Meals on Wheels

2.5-3 hours

Deliver and serve meals with own vehicle. Get reimbursed for mileage.

Reily Twp. on Tuesdays

Morgan Twp. on Thursdays

Backup Meals on Wheels Drivers – all routes



## Lunch Servers

11:30 a.m. – 1 p.m. Mondays and Fridays

Serve lunch to club members in Hamilton.

General lunch clean up.

## Receptionist

9 a.m. – 12:30 p.m.

Tuesday and/or Thursday

Answer phones, greet and assist members with signing into computer and some clerical help.



## Lunch Servers

11 a.m. – 12:30 p.m. Monday, Tuesday, Thursday or Friday

Serve lunch to club members in West Chester Twp.

General lunch clean up.



## Lunch Servers

11 a.m. – 12:30 p.m.

Wednesdays and 1<sup>st</sup> and

3<sup>rd</sup> Thursdays

Help serve lunch to members. General lunch clean up.

## Telephone Support – Transportation

9 a.m. – noon Mondays

Help answer phones at the Fairfield facility for the Transportation Department.

# THANK YOU TO OUR GENEROUS PARTNERS

## Banfield Charitable Trust

for grants toward pet food purchase and distribution.

## The Butler County Veterans Discussion Group

located at Partners in Prime for a gas money donation to Meals on Wheels.

## Chaco Credit Union volunteers

for their work at the West Chester Activity Center.

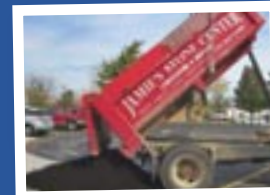


## Center Pointe Community Church

for its work at the Hamilton Prime Club.

## Caregivers Health Network

for providing door prize gifts for the Veterans/Harvest Luncheon and the Winterfest Luncheon.



## Jamie's Stone Center

for mulch for the West Chester Activity Center.

## The Health Foundation of Greater Cincinnati

for grant money to support senior wellness programs.

## Butler Tech Nursing Students and Hamilton Freshman School Service Club

for assembling and decorating three Christmas trees at the Hamilton Prime Club.



THANK YOU ALSO TO OUR MANY ANONYMOUS DONORS WHO ARE NOT MENTIONED ABOVE.

## Blood Pressure & Blood Glucose Clinics

Free clinics are sponsored by VITAS, Parkside, Linda Kaeding, Indus, Superior; Colonial at Home, Susan Hoppe, Personal Touch, Parkside, Arcadia, Barrington.

### Fairfield

2nd Wednesday	BP	noon – 1 p.m.
3rd Thursday	BP	10:30 – 11:30 a.m.
4th Wednesday	BP	10:30 – 11:30 a.m.

### Hamilton

3rd Tuesday	BP	10:30 – 11:30 a.m.
1st Wednesday	BP	10-11 a.m.
2nd Wednesday	BP	1-3 p.m.
3rd Wednesday	BP	1-3 p.m.
4th Wednesday	BP	1-3 p.m.
2nd Thursday	BP	10:30 – 11:30 a.m.
1st Wednesday	BG	10-11 a.m.

### West Chester

2nd Tuesday	BP	10-11 a.m.
1st Thursday	BP	10-11 a.m.
2nd Thursday	BP	11 a.m. - noon
3rd Thursday	BP	11 a.m. - noon
4th Thursday	BP	11 a.m. - noon
1st Thursday	BG	10 a.m. – 11 a.m.

## HealthRHYTHMS - Drumming for Health

12:30 – 1:30 p.m. Thursday, Jan. 12 in West Chester Activity Center's Community Room; Reservation deadline Jan. 11  
 7 – 8 p.m. Thursday, Jan 26 in Hamilton Prime Club's Gathering Room; Reservation deadline Jan. 25  
 Cost: \$10  
*Space is limited and reservations required.*

### Hidden Creek Apartments

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**HealthRHYTHMS** an evidence-based Recreational Music-Making program that leverages the benefits of group empowerment drumming as a life enhancement tool. Its drumming protocol is being utilized as a cost-effective strategy for inspiring successful living and offering support and personal expression. Playing drums has been shown to boost the immune system, improve mood and reduce stress and burnout. Drum to communicate and express yourself under the instruction of Roberta Schultz, a trained HealthRHYTHMS facilitator. No experience necessary.

## Balance Presentation

10 a.m. Thursday, Jan. 19  
 West Chester Activity Center

Caregivers Health Network's Sarah Upton will be providing a brief presentation for the upcoming Optimum Balance Assessment event at the Activity Center. One in three adults older than 65 will fall each year. Find out more about the physical and environmental factors that contribute to balance issues.

## Optimum Balance Assessment Event

12:30 p.m. Thursday, Jan. 26  
 West Chester Activity Center  
 Registration Deadline Jan. 25

The physical and occupational therapists from Caregivers Health Network offer brief balance assessments with insights on how to reduce the risk of falling and opportunities for further in-depth assessments.

## Macular Degeneration

**What is it? What are the risk factors?  
 What are the treatments?**

Hamilton  
 12:30 p.m. Thursday, Jan. 12  
 Registration Deadline: Jan. 10

Join Dr. Thomas Macejko, celebrated Fairfield ophthalmologist, for an engaging presentation about this confusing eye condition. Dr. Macejko will discuss the ins and outs about macular degeneration. He has been in practice for the past 36 years and is a graduate from the University of Cincinnati Medical School and Ophthalmology School. Space is limited. Be sure to make a reservation early for this presentation.

# Come and join us for lunch at the prime clubs

Lunch is served Monday-Friday at all three clubs, and reservations are needed for diners at the Fairfield and West Chester clubs. The Hamilton location serves breakfast and lunch from 8:30 am - 12:30 pm, with the daily special offered from 11:30 am - 12:30 pm each day. We invite you to join us for a hot meal and good times.

## JANUARY DINING MENU

**Monday, Jan. 2**



**CLOSED  
FOR NEW  
YEAR'S**

**Monday, Jan. 16**

**CLOSED FOR  
MLK JR. DAY**

**Tuesday, Jan. 17**

Chili/Crackers, Corn,  
Sliced Apples, Corn Muffin

**Wednesday, Jan. 18**

Meatloaf, Au Gratin Potatoes,  
Green Beans, Apricots, Roll

**Thursday, Jan. 19**

Cheeseburger/Bun, Baked Beans,  
Hot Potato Salad, Orange

**Friday, Jan. 20**

Lemon Pepper Fish, Spinach,  
Buttered Potatoes, Apple, Roll

**Monday, Jan. 23**

Kielbasa/Kraut, Mashed Potatoes,  
Peas, Corn Muffin, Banana

**Tuesday, Jan. 24**

Meat Lasagna, Broccoli,  
Cauliflower, Mixed Fruit,  
Garlic Bread

**Wednesday, Jan. 25**

Stuffed Peppers, Carrots,  
Applesauce, Roll

**Thursday, Jan. 26**

Sausage Patty, Biscuits/Gravy,  
Hash Brown, Orange,  
Tomato Juice

**Friday, Jan. 27**

Pork Chop/Gravy,  
Sweet Potatoes,  
Lima Beans, Apple, Roll

**Monday, Jan. 30**

Fried Chicken, Mashed Potatoes  
Green Beans, Roll, Banana

**Tuesday, Jan. 31**

Beef & Noodles, Peas, Beets,  
Peaches, Bread

## FEBRUARY DINING MENU

**Wednesday, Feb. 1**

Country Fish, Garlic Potatoes  
Stewed Tomatoes, Orange, Roll

**Thursday, Feb. 2**

Sloppy Joe/Bun, Tater Tots,  
Mixed Vegetables, Mixed Fruit

**Friday, Feb. 3**

Tuna Casserole, Cauliflower,  
Beets, Apple, Roll

**Monday, Feb. 6**

Italian Chicken, Broccoli,  
Corn, Banana, Roll

**Tuesday, Feb. 7**

Beef & Mac, Peas2c,  
Cinnamon Applesauce,  
Bread, Apricots

**Wednesday, Feb. 8**

Chicken Strips, Brussels Sprouts,  
Potato Wedges, Apple, Roll

**Thursday, Feb. 9**

Pasta/Marinara Sauce, Meatballs  
Italian Blend, Garlic Bread, Plums

**Friday, Feb. 10**

Chicken Patty/Bun, Lima Beans,  
Corn, Orange

**Monday, Feb. 13**

Sausage Patty, Biscuit/Gravy,  
Hash Browns, Cinnamon Apples,  
Tomato Juice, Banana

**Tuesday, Feb. 14**

Kielbasa/Sauerkraut,  
Mashed Potatoes, Carrots,  
Corn Muffin, Peaches

**Wednesday, Feb. 15**

Stuffed Peppers, Beets,  
Applesauce, Roll

**Thursday, Feb. 16**

BBQ Rib/Bun, Buttered Potatoes,  
Mixed Vegetables, Mandarin,  
Oranges

**Friday, Feb. 17**

Fish, Scalloped Potatoes,  
Spinach, Orange, Roll

**Monday, Feb. 20**

Pork Chop, Sweet Potatoes,  
Cauliflower, Banana, Roll

**Tuesday, Feb. 21**

Fried Chicken, Mashed Potatoes,  
Green Beans, Apple, Roll

**Wednesday, Feb. 22**

Chopped Steak, Mashed Potatoes,  
Corn, Mixed Fruit, Roll

**Thursday, Feb. 23**

Chicken & Noodles, Carrots,  
Mixed Vegetables, Apple, Bread

**Friday, Feb. 24**

Meat Lasagna, Broccoli,  
Italian Blend, Orange,  
Garlic Bread

**Monday, Feb. 27**

Lemon Pepper Fish, Peas,  
Beets, Banana, Roll

**Tuesday, Feb. 28**

Meatloaf, Au gratin Potatoes,  
Lima Beans, Peas, Roll

**Wednesday, Feb. 29**

Beef Stew, Cinnamon Apples,  
Brussels Sprouts, Corn Muffin

ALL MEALS INCLUDE 1/2 PINT OF MILK & TEASPOON OF MARGARINE



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