



WYOMING

SENIOR NEWSLETTER



May 2010 Volume I, Issue 3

A QUARTERLY WYOMING SENIOR COMMISSION PUBLICATION

SENIOR COMMISSION VISION

The City of Wyoming will become a benchmark for other communities in supporting quality of life for our senior population by enabling access to services, providing a safe physical environment, and supporting a voice in local government decisions which affect their lives.

SENIOR COMMISSION MEMBERS

Mike Eyman
Dean Gaudin
Debbie Bellman
Virginia Fox
Tom Gardner
Steve Mombach
Vincent Palmer
Sherry Sheffield
Jim O'Reilly—Council Rep.

CITY STAFF

Lynn Tetley
Heather Dunning

FREE LINE DANCING EVENT - MAY 23 from 2-3:30 pm Civic Center

Join the City of Wyoming on Sunday, May 23 for an afternoon of Line Dancing at the Civic Center. This is a great event for a group of friends! All ages are welcome— no registration necessary! For more information, call 821.7600.

Wyoming Family Aquatic Center: Senior Potluck

Tuesday, May 25—11:30 am -1 pm

Bring a dish to share and enjoy an afternoon of relaxation with your friends. Come see what the Aquatic Center is all about!

Wyoming Family Aquatic Center: Ladies Day

Tuesday, June 1—11 am- 2 pm

Ladies, come out for a day of pampering! The pool is all yours to enjoy! Come ready to shop with various vendors and enjoy lunch! \$5 per person or free for FAC members.

Council on Aging: 2010 Senior Expo

May 18, 2010 from 10 am-5 pm
Coney Island Park, Cincinnati, Ohio

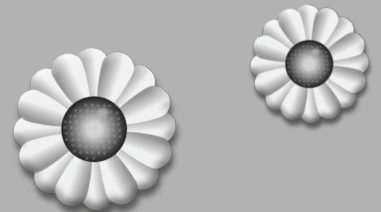
Join the Council on Aging at the 2010 Senior Expo. Where can you get a massage, gain caregiving skills, dance to Big Band jazz, and learn about financial planning all in the same day? At the 2010 Council on Aging of Southwestern Ohio Senior Expo!

Older adults and all who care about them are invited to join the Council on Aging (COA) as we celebrate national Older Americans Day. Mark your calendars for this great and informative event at Coney Island from 10 am -5 pm on Tuesday, May 18. (Information booths close at 3 pm)

Glendale Place Care Center Hosts FREE Lunch N' Learn Sessions at Wyoming Recreation Center

Come and enjoy a FREE lunch and learn! The first Tuesday of the every month Glendale Place Care Center will host a free lunch and speak on a senior related topic from 12:15-1 pm. Please sign up at the Wyoming Recreation Department in person or by calling 821.5200.

- June 1 (Register before May 28)
- July 6 (Register before July 2)
- August 3 (Register before July 30)
- September 7 (Register before September 3)



Wyoming Senior Commission
800 Oak Avenue
Wyoming, OH 45215
513.821.7600
www.wyoming.oh.us

WYOMING INTRODUCES THE ARE YOU OK? PROGRAM

In April 2010, the Wyoming Police Department and the Wyoming Senior Commission launched the Are You Ok? program for seniors, homebound, and physically challenged citizens to receive a check-up call from the Police Department. The City of Wyoming first heard of the Are You OK? Program after Sheriff Rick Jones implemented the Are You Ok? Program in Butler County. The Program has been linked to saving several peoples lives. The program is designed for those individuals who live alone and wish to remain independent. The Are You OK? telephone reassurance system also eases the concern of friends and family.

What is the Are You Ok Program and How Does it Work?

The system consists of a dedicated computer, telephone and the Are You OK? software. The computer stores subscriber names, phone numbers and call times. The system is designed to run 24/7 and automatically cycles every day at midnight. The program calls each person in the system at their pre-determined time. When Are You OK? hears a voice response on the phone it delivers a short pre-recorded message.

If the subscriber doesn't answer after a preset number of call attempts, an alert is given visually on the computer's monitor and audibly on the computer's speakers at the Police Department. A printout containing emergency information on the subscriber, including emergency contact name and phone number, doctor's name and phone number, next of kin, and brief medical history is generated. The Police Department will then respond appropriately.

How can you OR a loved one register?

You can register for the Are You Ok? program one of three ways:

- Visit the City's website at www.wyoming.oh.us/areyouok. Print and complete the form and mail it to the Wyoming Police Department located at 600 Grove Avenue.
- Call the Wyoming Police Department at 821-0141. We will schedule an appointment for a representative from the Department to come to your home for an interview and to further explain the Are You Ok? program. You don't even have to leave your home!
- Complete a registration form at the Police Department, City Building, or Recreation Center.

Funding for the Are You Ok? system was supplied through the generosity of the following:

FBI Citizens Police Academy, Dr. Joel Pranikoff, President and Chairman of the Board; Tom and Dr. Barbara Tobias; Susan Brenner and Steve Mombach; Amy and Scott Litwin; Wyoming Cycle Club; and other anonymous donors.

EXERCISE YOUR BRAIN!

One of the best ways to stay sharp is to exercise that muscle between your ears, research indicates. And discussions with some of the top scientists studying the brain reveal that you can work your noggin in many different ways, every day.

Here are 5 of them:

1. **Snack on almonds and blueberries instead of a candy bar.** As they lower blood sugar, healthy snacks can improve cognition. In this case, the omega-3s in the almonds and the antioxidants in the blueberries can keep your brain functioning correctly.
2. **Love the crunch of croutons on your salad?** Try walnuts instead. Omega-3s in walnuts have been found to improve mood and calm inflammation that may lead to brain-cell death. They also replace lost melatonin, which is necessary for healthy brain functioning.
3. **Take your dog—or yourself—for a walk.** Walking for just 20 minutes a day can lower blood sugar. That helps strengthen blood flow to the brain, so you think more clearly.
4. **Volunteer to answer questions at the library, arboretum, museum, or hospital.** Playing tour guide forces you to learn new facts and think on your feet, helping to form new neural pathways in your brain. What's more, interacting with others can ease stress that depletes memory.
5. **Grab a video-game joystick.** New video games, such as the Wii and Ninetendo DS, offer brain teasers that make you learn the computer's interface as you master the brain games. That's a double boost to the formation of new neural connections and to response time and memory. (provided by aarp.com)

WYOMING RECREATION SENIOR ACTIVITIES AND PROGRAMS

Walking and More Ages 50 and Older

Join the Walking Club on Tuesdays and Thursdays! This class is designed for people who may not enjoy exercise, but love to have a great time with friends! Location: Recreation Center Gym.

Instructor	Session	Date	Day	Time	M/R/NR
Mary Corley	Summer I	June 1-July 6	TU	10-11 am	Free/\$3/5
Mary Corley	Summer 1	June 3-July 8	TH	10-11 am	Free/\$3/5
Mary Corley	Summer II	July 13-Aug. 17	TU	10-11 am	Free/\$3/5
Mary Corley	Summer II	July 15-Aug. 19	TH	10-11 am	Free/\$3/5

Gentle Yoga

Gentle Yoga is appropriate for **seniors** with limited mobility, prior injury or anyone desiring the more therapeutic aspects of yoga. Gentle yoga is designed to cultivate more flexibility, improve circulation, balance and increase overall mobility and strength. This class combines basic yoga poses, breathing exercises, and relaxation techniques to help strengthen the body, relax the mind, and cultivate a long-lasting sense of peace and relaxation. Location: Recreation Center

Session	Date	Day	Time	M/R/NR
Summer I	June 3-July 8	TH	2:30-3:30 pm	\$60/65/72
Summer II	July 15-Aug. 19	TH	2:30-3:30 pm	\$60/65/72

Free! Senior Fitness Sampler

The Recreation Department and Personal Touch Home Health Services is proud to offer this free fitness class for mature adults! Personal Touch is a national home healthcare agency providing nursing, therapies and home health aide services. The 45 minute class gives seniors the opportunity to sample a variety of exercise techniques including stretching, cardiovascular fitness, range of motion, and Tai Chi. All fitness levels welcome! Senior Fitness Instructor, Melissa Schmit has earned certifications from the Arthritis Foundation to teach Tai Chi and the Healthways Instructor Accreditation for Older Adult Exercise. Personal Location: Studio A.

Session	Dates	Day	Time	M/R/NR
Summer I	June 1-July 6	TU	1:30-2:30 pm	FREE
Summer II	July 13-Aug. 17	TH	1:30-2:30 pm	FREE

Express Shrimp & Sausage Jambalaya

Recipe provided by Eatingwell.com

You don't have to sacrifice the traditional smoky punch of this Cajun favorite just because you're short on time. All you need is some purchased sausage and quick-cooking brown rice to create a rich, satisfying dinner on any week-night. Have some sliced berries for dessert to cool off your palate!

Makes 4 servings, 1 1/2 cups each

ACTIVE TIME: 15 minutes
TOTAL TIME: 25 minutes
EASE OF PREPARATION: Easy

- 1 teaspoon canola oil
- 8 ounces andouille sausage, (see Ingredient note) or low-fat kielbasa, cut into 1/4-inch-thick slices
- 1 16-ounce bag frozen bell pepper and onion mix
- 1 14-ounce can reduced-sodium chicken broth
- 2 cups instant brown rice
- 8 ounces raw shrimp, (26-30 per pound), peeled and deveined

Heat oil in a Dutch oven over medium-high heat. Add sausage and pepper-onion mix; cook, stirring occasionally, until the vegetables soften, 3 to 5 minutes.

Add broth to the pot and bring to a boil. Add rice, stir once, cover and cook for 5 minutes. Add shrimp and stir to incorporate. Remove from the heat and let stand, covered, until the shrimp are opaque and cooked through, 5 to 6 minutes. Fluff with a fork and serve.

NUTRITION INFORMATION:

Per serving: 412 calories; 10g fat (3g sat, 1g mono); 142mg cholesterol; 44g carbohydrates; 31g protein; 3g fiber; 685mg sodium; 232mg potassium. Nutrition bonus: Selenium (31% daily value), Vitamin C (25% dv).
3 Carbohydrate Serving(s)
Exchanges: 2 starch, 1 vegetable, 3 1/2 lean meat

Ingredient Note: Andouille sausage is a smoky, mildly spicy pork sausage commonly used in Cajun cooking. Look for it near other smoked sausages in large supermarkets or specialty food stores.

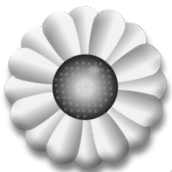
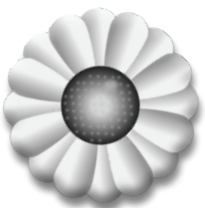
Senior Women's Group

Every Tuesday from 10:30 am-2 pm
Wyoming Civic Center

Come to the Civic Center for great conversation and games every Tuesday!

Bowling Team

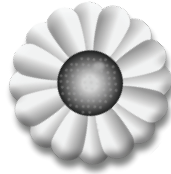
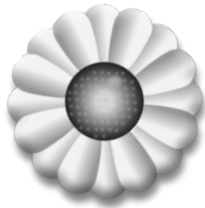
Spend your afternoon at the Civic Center! An over 55 league for both men and women is held on Wednesday afternoons at 1 pm. For information on joining one of the existing leagues or for information on starting a league please call the Recreation Center at 513.821.5200.





WYOMING
Senior Commission

800 Oak Avenue
Wyoming, OH 45215
513.821.7600



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IMPORTANT CONTACT INFORMATION

CITY OF WYOMING

Emergency Help.....	911
Non Emergency Fire	821.6836
Non Emergency Police.....	821.0141
City Building.....	821.7600
Recreation Department.....	821.5200
Public Works	821.3505
Tax	821.9731
Water Works	821.8044
Wyoming Library.....	369.6014

SENIOR ASSISTANCE

Council on Aging.....	721.7670
Disaster Service/ Red Cross	579.3000
Financial Assistance.....	563.4357

DID YOU PICK THIS NEWSLETTER UP AROUND TOWN? ARE YOU INTERESTED IN RECEIVING THE SENIOR COMMISSION'S QUARTERLY NEWSLETTER?

Mail this slip to the City Building at 800 Oak Avenue, Wyoming, OH 45215 or send an email to hdunning@wyoming.oh.us.

Name _____

Address _____

Phone Number _____