



Centerpiece

Hyde Park
CENTER
Serving older adults since 1974

April 2019
Vol. 45 Issue 4

Celebrating 45 Years Helping Seniors!

Hyde Park Center
...an eastside
Cincinnati
neighborhood
center for
people 60+

hpcenter.org



**Transportation
Meals
Activities
Social Services**

Membership

- Individual \$25
- Married Couple \$40
- Supporting \$40
- Sustaining \$55

Membership is not required to participate in Center activities or services,

but your support significantly helps us provide these programs.

**Open
Monday-Friday
8:30 a.m.
-4:30 p.m.**

**2800 Erie Ave.
Cincinnati, OH
45208**

513-321-6816

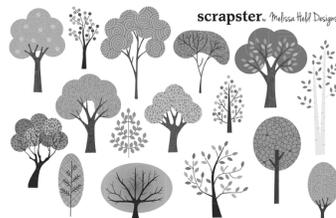
Celebrating Nature

Arbor Day April 26, 2019

Arbor Day is a holiday in which individuals and groups are encouraged to plant trees.

The earliest American Arbor Day in the U.S. took place toward the start of the 1870s-right around the time when Yellowstone, our nation's first national park, was designated -and in the decades following, many nations around the world followed suit.

Today, National Arbor Day is celebrated in dozens of nations around the world, which serves as a testament to humanity's respect and love of nature. In the U.S., it falls on the last Friday in April.



First grade students in Ontario, Canada schools receive a tree seedling to be taken home and planted on private property. Cambodia celebrates Arbor Day on July 9 with a tree planting ceremony attended by the king. National Tree Planting Day is on April 21 in Kenya. Often people plant palm trees and coconut trees along the Indian Ocean that borders the east coast.

Plant a tree on Arbor Day!
nationaltoday.com

This Month at HPC...

History Series with Professor William Brown

The War to End All Wars
Wednesday, April 10
1:00 p.m.

After Lunch Special: Trader Joe's
Monday, April 15
12:45 p.m.

**FREE Blood Pressure and
Blood Sugar Screening**
Wednesday, April 17
11:30 a.m.-1:30 p.m.



Center Memories...



1922-2018

Long-time member, and benefactor by bequest, Alma Edelmann carried the torch during the 1996 Summer Olympics torch run. The date was June 8, 1994, day 43 of the national run. Only a handful of Cincinnatians participated in the ceremonial run.



Donor Appreciation

Donations received February, 2019:

Sustaining Angels (\$1000+)

Supporting Angels (\$500-\$999)

Eula Bingham

Angels (\$200-\$499)

In Memory of Peter D. Chabris

Grace Chabris

Friends (\$1-\$199)

Anonymous 1

Roger Hamilton

Janice Kagermeier

Chris Naberhaus

Katie Papet

Cecil Rahe

Rohde Funeral Home

Anne Ryan

J. Michael & Natalie Schoeny

In Memory of Ruth C. Keefe

Albert & Mary McGrover

In Memory of Nick Mancini

Kit Gannon

In Memory of George Randall

Kit Gannon

In Memoriam

Gail Burkholtz

Nick Mancini

Lois Miller



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April Birthdays

Clementine Allmond

Carolyn Burns

Anna Castellucio

Irene (Renee) Diesel

Eve Hefley

Linda Miller

Richard Naberhaus

Nelva Paul

Morris Pipkins

Patricia Poire

Mary Ann Purdon

Pat Reith

Betsy Young



CALL NOW 513.271.6720

Home Owners...

If you have a plumbing problem, don't panic!...

“How To Get A ‘Top Talent’ Plumber to Show Up On-Time, So You Don’t Waste Time.”

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#1 Plumber in Cincinnati

forseeplumbing.com

forseeplumbing@yahoo.com

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Cash, Checks Master Card, Visa, Discover and American Express

As a member of the Hyde Park Center present this ad and you will receive \$10 off the \$49 service call fee.

News from Shelley...

Catching "Spring Fever" at The Center

Do you remember when you were a youngster and the month of April would arrive with the first hint of warmer days? You probably couldn't help wanting to run outside to take in the sun, the fresh smell of Spring and to be among the whistling birds and sunshine. If you were like me, you did not want to miss any warm April day as opportunity to catch "Spring Fever" and to play games or ride bikes with friends and siblings. Besides April being the month you can catch "Spring Fever," it also has several recognized observances and celebrations that focus on health awareness, the arts and reading and community service.

Here at The Center we offer lots of opportunities for you to catch "Spring Fever" while enjoying the warmer days of April and interacting with friends. Included in these opportunities are several health awareness and community service focused activities. Some of our health awareness focused activities this month include our Tuesday morning Yoga class, our Wednesday morning chair exercise and Friday's Strength/Balance.

Every April people come together across our country to celebrate National Volunteer Week and the impact service can have on individuals and our community. It is a time for organizations to honor volunteers and recognize the irreplaceable impact of their time and commitment. Here at the Center we are blessed to have many volunteers who share their time and commitment to further our mission. Many volunteers who tirelessly help raise money, serve lunches, create programs and serve on our Board. We also have Center members who work hard to serve as community volunteers, meeting as a group every Tuesday morning for 40 years, to sew Children's Hospital. On Tuesday April 30th we will thank and honor our many volunteers for their service and help. Their dedication and contributions are invaluable. We would not be celebrating 45 years without you and are grateful for all you do to help us...no April "fool-in!"

I hope you get to catch some fun "Spring Fever" this April and I look forward to seeing you at The Center!

Gratefully,

Shelley

Executive Director



"Welcome to Medicare" Event!

**Thursday, May 2, 2019 at 4:00 p.m.
Located at Knox Presbyterian Church,
3400 Michigan Avenue**



Does this program sound like it would put you to sleep? Would you rather get all of your teeth pulled than attend this event? We understand. But **for those of you new to Medicare and those nearing Medicare eligibility, attending this program is essential!** Did you know that 10,000 people in the United States turn age 65 every day? And turning 65 means Medicare.

There will be Medicare experts from the Ohio Department of Insurance's Ohio Senior Health Insurance and Information Program (OSHIIP) who will cover topics such as how and when to apply for Medicare, Medicare parts A and B, Medicare part D prescription drug plans, Medicare Advantage Plans and financial assistance programs. Our own Medicare expert and Certified OSHIIP counselor Susan Pittman will also be on hand to schedule one on one appointments as needed.



In Home Care & Assistance

Caring for Seniors and the Disabled

Ohio
513-321-4444
www.rahcincy.com

Northern Kentucky
859-442-5111
www.rahnky.com

April, 2019:

A Deeply Religious & Spiritual Month

Religion and spirituality describe the organized and personal means by which people relate to the sacred and the divine. Most sects worldwide, if not all, celebrate the beauty and socialization of their faith. The experience presents itself through services, music, prayer, mission work and food.

Easter is a holy day of obligation and holiday for Christians celebrating the resurrection of Jesus from the dead, described in the New Testament as having occurred on the third day of his burial after his crucifixion by the Romans at Calvary c. 30 AD. It is the culmination of the Passion of Jesus, preceded by Lent a forty-day period of fasting, prayer, and penance. Easter is celebrated this year on Sunday, April 21.

Passover is a major, biblically derived Jewish holiday. Jews celebrate Passover as a commemoration of their liberation by God from slavery in ancient Egypt and their freedom as a nation under the leadership of Moses. It commemorates the story of the Exodus as described in the Hebrew Bible, especially in the Book of Exodus, in which the Israelites were freed from slavery in Egypt. The 2019 holiday runs from April 19-27.

~adapted from Wikipedia.com

A Holiday Treat for All!

Coconut Macaroons

- 14 oz. sweetened shredded coconut
- 14 oz. can sweetened condensed milk
- 1 tsp. vanilla
- 2 extra large eggs, room temperature
- 1/4 tsp. Kosher salt
- Mini chocolate chips (optional)

Preheat oven to 325. Combine coconut, condensed milk and vanilla. Whip egg whites and salt on high speed until medium-firm peaks. Fold egg whites into coconut mixture (add in chocolate chips if desired.) Put into mini-muffin tin sprayed with non-stick spray. Bake 25-30 minutes until golden brown,



April Activities

Movies for April

See calendar for dates & times.

In the next few months we will be getting some new releases featuring Academy Award winners and nominees. We do not charge admission for movies, but we do accept donations, any amount, to cover the cost of purchasing/renting movies. Please let Cathy know if there is a specific movie you would like to see. *Viewing Umbrella License - #65533.*

Wednesday, April 3 Movie of the Month:

Green Book 12:45 p.m.

A working-class Italian American bouncer becomes the driver of an African American classical pianist on a tour of venues through the 1960s American South.

Call for reservations so we may provide treats during the show.

If Beale Street Could Talk ~ A woman in Harlem embraces her pregnancy while she and her family struggle to prove her fiancé innocent of a crime.

First Man ~ A look at the life of astronaut Neil Armstrong, and the legendary space mission that led him to become the first man to walk on the Moon on July 20, 1969.

Movies on Demand

Would you like to see one of the movies we have shown, but were not able to come to the Center at the time it was shown? If you would like to watch one of the Center's movies please contact Cathy and she will arrange a time with you to view the movie you would like to see.

Computers Available

Just a reminder that we have laptops with internet access available for you to use when you are at the Center. If you are interested in setting up an email account, Facebook or Instagram let Cathy know and she will help you get started. You will need to have had some experience working on a computer.



Social media is a great way to stay in touch with family and friends.

Men's Discussion Group *Remembering Baseball in the 1940's* Monday, April 8 9:30 a.m.

Most of the big baseball stars were in the service during WWII. Professional baseball games were played by replacement players. Later in the 1940s, all the players were back and the game was bigger than ever with stars like Ted Williams, Joe DiMaggio and the debut of Jackie Robinson. Come and relive the heroes of your youth through this documentary. Please call the Center at 321-6816 to make a reservation at if you'd like to stay for lunch afterward.



**History Series with Professor William Brown
The War to End All Wars
Wednesday, April 10 1:00 p.m.**

One hundred years ago this June, the Treaty of Versailles brought an end to the First World War. Dubbed "the war to end all wars" by idealists at the time, but now known simply as the Great War, World War One utterly transformed both the experience and the meaning of warfare, for soldiers and civilians alike. By the time it ended, an entire generation had been lost, four empires had collapsed, the map of the world had been redrawn, the lives of countless people had been shattered or remade, and the seeds of nearly all of the future problems and horrors of the 20th century had been sown. We will see how the war began in delusions, continued out of sadistic stubbornness, and concluded in a poisonous shambles. Along the way we will learn about the industrialization of warfare, the causes of the war, and the transformation of the conflict from a struggle between competing national interests into a crusade for universal principles. Please join us.

**After Lunch Special: Trader Joe's 12:45 p.m.
Monday, April 15**

You must have lunch at the Center on Monday, April 15 to be eligible for this shopping trip to Trader Joe's. \$5.00 for transportation is due by Wednesday, April 10. *We need a minimum of 4 people to offer this outing.*

Newtown Market Tuesday, April 16 10:00 a.m.

Here's the chance to visit Newtown Market where you can purchase fresh, in season, local fruit and vegetables. Cost of \$5.00 for transportation is due by Wednesday, April 10. *We need a minimum of 4 people to offer this trip.*

**FREE Blood Pressure and
Blood Sugar Screening
Wednesday, April 17
11:30 a.m.-1:30 p.m.**



Pharmacy students from the University of Cincinnati will be here to provide blood pressure and blood sugar screenings on Wednesday, April 17. First come, first served, and no reservations are necessary. Please fast at least 2 hours before you have your blood sugar checked. If you are coming in for lunch, come in a few minutes early and take advantage of these screenings. The students will also be providing educational materials on healthy dietary and lifestyle habits, healthy foods and vaccines. If you have any questions please contact Cathy.

**April Birthday Party Noon
Sponsored by *Assisting Hands Home Care*
Wednesday, April 17**

All our 2019 members whose birthdays are in March will receive an invitation. If you cannot come to the luncheon you can use the mailed certificate for lunch on a regular meal day during your birthday month. Anyone 60+ is invited to the birthday celebration for a donation of \$5.00.

Our sponsor this month is **Assisting Hands Home Care**. Assisting Hands offers the very finest personalized, private duty (non-medical) home care in the region, allowing their clients to live safely and comfortably in their own homes. The depth of Assisting Hands services includes companionship, dementia expertise, meal preparation, medication reminders, shopping and errands, light housekeeping and laundry, personal care and help with bathing, dressing and toileting. You can be assured everything will be done with impeccable attention to the details that matter with your privacy in mind. Come to the Center on April 17 to learn more about this great organization.

Creative Aging *The Collectors from the Taft Museum* **Wednesday, April 17 1:00 p.m.**

A docent from the Taft Museum will be here to present *The Collectors: Anna Sinton and Charles Phelps Taft of Pike Street*. Learn about the Cincinnatians whose vision and love of art led to the creation of the Taft collections as well as the preservation of their downtown neighborhood. This program tells the history of the prestigious Taft family who lived at 316 Pike Street from 1873 to 1931. Join us for this very interesting and educational program.

AARP Defensive Driving Course
Thursday, April 18 10:00 a.m.- 2:00 p.m.

The Center is sponsoring the AARP Defensive Driving Course on Thursday, April 18, 10:00 a.m.- 2:00 p.m.. Bring a snack or lunch to eat during the session. This course is designed to help you update your driving knowledge, learn defensive driving skills, compensate for normal age related physical changes, reduce your traffic violations, crashes and chances for injuries. Consult your insurance agent to see if by taking the class you will be able to get a discount on your insurance. Bring your Driver's License and AARP card to the class. No testing will be done. Cost: AARP members \$15.00, non-members \$20.00.

Strength and Balance Session III **10:30 a.m.**
Starts Friday, April 19

Strength and Balance Session III, led by Josie Caruso will start on Friday, April 19 and go for 6 weeks ending on Friday, May 24. This class is great for building your muscle strength, balance and stamina. If you have not attended the class before you are welcome to come for one class to see if you would like to join. **New Cost: 6 week series, \$35.00 for Center members and \$50.00 for non-members, 60 & older, payable, by Friday, March 8.**

Members Special Mystery Lunch **11:15 a.m.**
Tuesday, April 23

We will be going to a local restaurant for this Mystery Lunch. Reservation and \$5.00 for transportation is due by Wednesday, April 17. *We need a minimum of 4 people to offer this trip.*

Do You Remember? Favorite Pets **12:45 p.m.**
Wednesday, April 24

Have you had a favorite pet, or have all your pets been your favorite? Join us in the Center library on Wednesday, April 24 to share memories about our favorite pets. Bring photos if you'd like. No reservations necessary, and everyone is welcome.

Newport Aquarium **10:00 a.m.**
Thursday, April 25

The **Newport Aquarium** is located at Newport on the Levee. The aquarium has 70 exhibits and 14 galleries, including five seamless acrylic tunnels totaling over 200 feet in length. The aquarium showcases thousands of animals from around the world including Scooter and Sweet Pea, two of the few shark rays in captivity. They are the first aquarium to have success in breeding shark rays. \$5.00 for transportation is due by Thursday, April 18. Your admission to the Aquarium is \$24.99. *We need a minimum of 4 people to offer this trip.*



7th Annual FUNdraising Domino Party
Sunday, April 28

The Domino Divas are sponsoring the 7th Annual FUNdraising Domino Party for the benefit of the Center on Sunday, April 28. Registration begins at 12:30 p.m. and play begins at 1:00 p.m. There will be refreshments, prizes and split the pot. We appreciate the Domino Divas, especially Betze Brown and Mickey Krusling for organizing this event. If you have any questions or would like to make a reservation please contact Betze at 232-2572. *Reservations and payment of \$16.00 per person are due by Friday, April 19.*

After Lunch Special: Joseph Beth Booksellers
Monday, April 29 12:45 p.m.

Come to lunch on Monday, April 29 and have the opportunity to go to Joseph Beth Booksellers in Rookwood. \$5.00 for transportation is payable by Wednesday, April 24. *We need a minimum of 4 people to offer this trip.*

Book Discussion**10:00 a.m.*****The One in a Million Boy*****By Monica Wood Tuesday, April 30**

For years, guitarist Quinn Porter has been on the road, chasing gig after gig, largely absent to his twice-ex-wife Belle and their odd, Guinness records-obsessed son. When the boy dies suddenly, Quinn seeks forgiveness for his paternal shortcomings by completing the requirements for his son's unfinished Boy Scout badge. For seven Saturdays, Quinn does yard work for Ona Vitkus, the wily 104-year-old Lithuanian immigrant the boy had visited weekly. Quinn picks up where the boy left off, forging a friendship with Ona that allows him to know the son he never understood.

**Volunteer Recognition Lunch
Tuesday, April 30****11:30 a.m.**

We are looking forward to this year's Annual Volunteer Luncheon as we celebrate 45 years of Hyde Park Center's volunteers. The Center began with a volunteer effort of local churches and spearheaded by Reverend Kenneth Clarke of Episcopal Retirement Homes (Services) and Jane Carothers, the Center's first Director. This luncheon gives us the opportunity to thank our volunteers for all they do for the Center. Thanks to Spring Grove Cemetery-Elden Good Chapel and Tischbein Pharmacy for sponsoring this event. And a big thank you to St. Mary School students who come in to help serve lunch to our volunteers.

A BIG THANK YOU to Roy Davies and his crew from Roy Davies Landscape and Lawn Care for getting the Center Garden ready for planting. They cleaned up all the leaves, cut back dead plants and spread mulch. We appreciate his continued support to help make the entrance to the Center welcoming.

Garden Fund to Purchase Plants

Your contribution of \$10 can be made in honor of or in memory of someone special. A list of donors and those recognized will be placed in the garden. Forms can be picked up at the front desk. If you want to send in names please provide your name, the name of the person you are honoring or memorializing and \$10.00 per name. *Names and payment needs to be in by Tuesday, April 30.* **Thank you!**

**Reservations now being taken for:**

Strength and Balance Session III
Starts Friday, April 10

AARP Defensive Driving Course
Thursday, April 18

Domino Party
Sunday, April 28

**Reservations Open on Tuesday, April 2
at 9:00 a.m. for:**

Movie of the Month *Green Book*
Wednesday, April 3

After Lunch Special: Trader Joe's
Monday, April 15

Newtown Market
Tuesday, April 16

Members Special *Mystery Lunch*
Tuesday, April 23

Newport Aquarium
Thursday, April 25

After Lunch Special: Joseph Beth Booksellers
Monday, April 29

RESERVATION POLICY

All payments for an activity are due on the payment due date noted in the newsletter. You may pay for events at the reception desk or by mail. When paying by mail, please enclose a note specifying what activity you are paying for; before sending in your payment call for a reservation. If you have a reservation for an activity and have not paid by the payment due date, your name will be removed from the reservation list. If you have a paid reservation and cancel before the payment due date, you will receive a refund. If you cancel after the payment due date, you will receive a refund if your place is filled by someone on the waiting list.

Hyde Park Center

for Older Adults
2800 Erie Avenue
Cincinnati, OH 45208

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CURRENT RESIDENT or

Hyde Park Center for Older Adults

The Center welcomes anyone age 60 and older to attend programs, meals and activities at our beautiful, historic "home."

In-home social work services and transportation are available to residents of East End, Hyde Park, Madisonville, Mount Lookout, Oakley, O'Bryonville, South Norwood.

The Hyde Park Center receives support from the Ohio Department of Aging through the Council on Aging of Southwestern Ohio, United Way, community churches, foundations and private individuals.



Dan Hendricks
President, Board of Trustees
Shelley Goering
Executive Director
Cathy Colque
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Susan Pittman
Director of Social Services
Terese Munro
Development Director
Editor



Phone 513/321-6816
FAX 513/321-1537
hpcenter.org

Looking to the Future...

A bequest is a method of giving that ensures the legacy of Hyde Park Center for Older Adults.

To leave a gift in your will, simply share this sentence with your attorney or financial planner:

"I bequeath \$ _____ or _____ % of my estate to Hyde Park Center for Older Adults,
2800 Erie Avenue, Cincinnati, OH 45208. *Thank you for your support.*"