



Centerpiece



Hyde Park
CENTER
Serving older adults since 1974

June, 2017
Vol. 43 Issue 6

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

**Lisak and Rowe with Creative Aging
Wednesday, June 21 1:00 p.m.
Folk Music of the Ohio Valley**

Folk Music Defined

Folk music has been passed through the generations by oral tradition. It's simple, acoustic-based music that spins everyday events and common people into mythic status.

Before the 20th century, ordinary farm workers and factory workers were mostly illiterate. They acquired songs by memorizing them.

Folk songs often commemorated historical and personal events. On certain days of the year, such as Easter and Christmas, particular songs celebrate the customs of holidays and spirituality. Marriages, birthdays, and funerals were also noted with songs, dances and special costumes.

Work songs frequently feature call and response structures and are designed to enable the laborers who sing them to coordinate their efforts in accordance with the rhythms of the song.



Folk music has provided a platform for political commentary for centuries in many cultures. Singers like Woody Guthrie, Joan Baez, and Pete Seeger were voices of their generations in the United States from the 1920s through the 1970s. They sang of the Depression, the war in Vietnam and other significant times in our history. Folk music is often defined as "music of the common folk sung by commoner folk."

~adapted from wikipedia.com and misc. websites

This Month at the Center...

**Men's Discussion Group:
Honoring the 73rd
Anniversary of D-Day
Monday, June 12
9:30 a.m.**

**Jack Casino Thursday, June 29
10:00 a.m.**

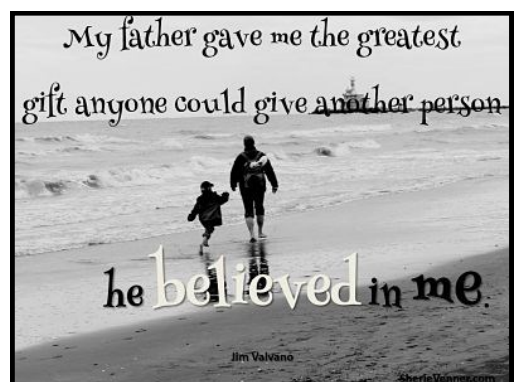
**Jewelry Sale
Monday, June 26 – Friday, June 30**

Delicious "home-cooked" lunch served every Monday, Wednesday and Friday at Hyde Park Center!



See the enclosed menu for all the details. Chicken breast or fish is available as an option each day. We ask for a contribution of \$5.00 for those 60+ years old, and \$10.00 cost for those under 60.

Reservations are required.
321-6816





Donor Appreciation

Donations received April, 2017:

Sustaining Angels (\$1000+)

Supporting Angels (\$500-\$999)

Angels (\$200-\$499)

Dr. Bernard & Rachel Foster
Ellen Sewell
George & Linda Strietmann
Walter Johann

Friends (\$1-\$199)

Carol Adler
Elspeth Geier
Janice Kagermeier
Mr. & Mrs. Chan Headley
Caron Sue
Beatrice Winkler
Geraldine Young

In Memoriam

Dorsey Asbury
Josephine Bowling
Carolyn VonAllman
Patricia Vuotto



Looking to the Future

During the 43 years of Hyde Park Center's existence, many of our friends have had the foresight and generosity to create bequests in their wills that support the Center's ability to help others.

Please consider the possibility of making a bequest to the Center in your will...

- You have the use of your assets and income during your lifetime.
- Tax benefits often accompany a gift from an estate.
- You have the satisfaction of knowing that the Center and those we serve will benefit later from your generosity.



If you create a bequest to Hyde Park Center, we would like to know so we can thank you. For more information, call Deb at 321-6816.

Make Friends at Hyde Park Center!

Establishing healthy habits helps keep seniors alert, focused and free from loneliness when done in groups. Studies have shown that ongoing physical and mental activities can lessen an older person's chance of developing Alzheimer's. Research also shows that habitual healthy activities can significantly decrease depressive symptoms and reduce restricted activity days (source: seniorjournal.com).

See all the activities designed with YOU in mind on the enclosed Activity Calendar.

Thank you for considering support of Hyde Park Center into the future !



In Home Care & Assistance

Caring for Seniors and the Disabled

Ohio
513-321-4444
www.rahcincy.com

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

From Deb's Desk

Do you know what our case manager does? You might be surprised by the number of ways Susan can offer information and assistance. She is a tremendous resource and here to help. Take a look at the list below and call Susan if you...

- Need help sorting out a problem, big or small
- Are feeling overwhelmed by insurance forms or other paperwork
- Are a caregiver and need information, support or services
- Need information about obtaining services in your home after a hospitalization or if you become ill
- Are considering a change in where you live
- Have questions about financial assistance or eligibility
- Need help with writing checks to pay bills
- Know someone who is having a hard time taking care of himself or herself
- Want information on obtaining services like housekeeping, personal care or home-delivered meals
- Are suffering because of a personal loss or change

As a licensed professional counselor with a Master's degree, Susan can handle all of these areas and many others that may be of concern. She is also certified by the Ohio Senior Health Insurance Information Program (OSHIIP) as a counselor for Medicare recipients on these subjects:

- Medicare health coverage for seniors and for people under age 65 with disabilities
- Medicare prescription drug plans
- Medicare Advantage Plans (HMOs and PPOs)
- Medicare supplemental insurance
- Financial assistance programs for people with limited income

Hyde Park Center is one of only a few agencies in Hamilton County with a certified OSHIIP counselor.

It's not just the practical services that count in Susan's work - it's also the reassurance and friendly support she offers. Susan recognizes that these services touch on very personal matters, and she can be trusted to honor the privacy of those she visits (in their homes or in her office). Whether you could use a little help, or a lot, call the Center at 321-6816 and ask for our case manager, Susan Pittman.

Deb Cyprych
Executive Director

Women and Aging: Stroke

In America, approximately 55,000 more women than men have a stroke each year, yet studies show that nearly nine out of 10 women (89 percent) can't recognize the stroke signs that are unique to their gender.

For people who have an ischemic stroke—which accounts for 86 percent of stroke cases and is caused by a blockage in the blood vessels that supply the brain—the window of opportunity for effective treatment has been set at three hours from the onset of symptoms:

- Hiccups with chest pain (women)
- Headaches (women)
- Heart palpitations (women)
- Shortness of breath (women)
- Dizziness but no vertigo (women)
- Chest pain (women)
- Numbness throughout the body with one side being more numb than the other (women)
- Trouble seeing in one or both eyes (men and women)
- Sudden confusion, or trouble understanding words or speaking (men and women)
- Numbness or weakness in leg, face or arm (men and women)
- Sudden loss of coordination, balance or ability to walk (men and women)

See your doctor for more information.

~agingcare.com

It's Summer. That Means Bugs. And Bug Bites.

Stings and bites from insects are common. They often result in redness and swelling in the injured area.

Treatment depends on the type of reaction to the bite or sting. If there is only redness and pain at the site of the bite, application of ice is adequate treatment. Clean the area with soap and water to remove contaminated particles left behind by some insects (such as mosquitoes). Refrain from scratching the bite or sting area because this may cause the skin to break down and an infection to form.

You may treat itching at the site of the bite with an over-the-counter antihistamine such as diphenhydramine (Benadryl) in cream or pill form. Calamine lotion also helps relieve the itching.

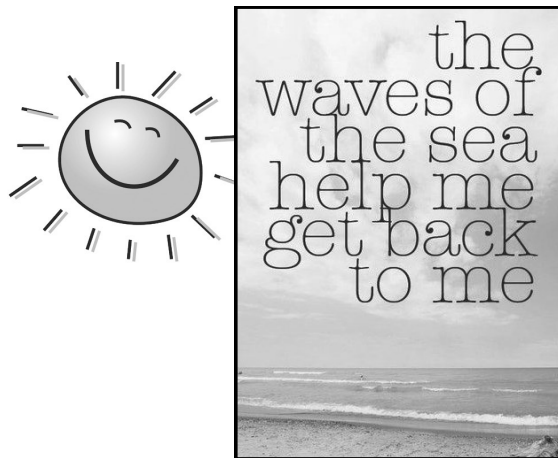
Emergency treatment at home for more serious allergic reactions is available. People who have a history of severe reactions to bites or stings may have been prescribed an anaphylaxis kit (n kit). The kit should be used according to the doctor's instructions. The treatment should be followed by an evaluation in an emergency department to be sure the person recovers completely..



Did you know...

Insects probably have the largest biomass of the terrestrial animals. At any time, it is estimated that there are some 10 quintillion (19 zeroes) individual insects alive. In the United States, the number of described species is approximately 1,000.

- Kenny Burck
- Lorena Carter
- Geneva Cummings
- Ronald Diesslin
- Ed Dorman
- Alma Edelman
- Catherine Gannon
- Otto Geier
- Louise Gibson
- Barbro Hardy
- Forest Jackson
- Jean Johns
- Donna Mancini
- Lori Murphy
- Richard Scholten
- Jan Seymour
- Michael Stahl



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."
Forsee Plumbing Co., Inc.
#1 Plumber in Cincinnati

forseeplumbing.com
forseeplumbing@yahoo.com

OH License PL16160 **KY License M7256**
 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.

FORSEE PLUMBING
 COMMITMENT TO EXCELLENCE • CERTIFIED TECHNICIANS • COST GUARANTEED

CALL NOW 513.271.6720



May Activities

Movies for June

Check calendar for dates and times.

We do not charge admission for movies, but we would be happy to 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. Please check the calendar for dates and times of movies. We are permitted to show movies under Umbrella License - #65533.

Manchester By The Sea A hardened handyman named Lee returns to his New England hometown after the death of his brother to care for his 16-year-old nephew, but his arrival also unearths his checkered past. Soon, Lee comes back into contact with his estranged wife as he deals with life in his tight-knit former community.

Hidden Figures As the United States raced against Russia to put a man in space, NASA found untapped talent in a group of African-American female mathematicians that served as the brains behind one of the greatest operations in U.S. history. Based on the unbelievably true life stories of three of these women, known as "human computers", we follow these women as they match and surpass many of history's greatest minds specifically tasked with calculating the momentous launch of astronaut John Glenn into orbit, and guaranteeing his safe return.

Arrival When twelve mysterious spacecraft appear around the world, linguistics professor Louise Banks is tasked with interpreting the language of the apparent alien visitors.

Japanese Super Sub With missions to attack U.S. cities and blow up the Panama Canal, the aircraft submarine had the potential to change the course of the war in the Pacific. But America used its secret weapon- the atom bomb-first. This movie investigates the Japanese super sub and reveals how close they came to using the sub for an attack on the U.S.

La La Land The story of Mia, an aspiring actress, and Sebastian, a dedicated jazz musician, struggling to make ends meet while pursuing their dreams in a city known for destroying hopes and breaking hearts. With modern day Los Angeles as the backdrop, this musical about everyday life explores what is more important...a once-in-a-lifetime love or the spotlight.

Movies on Demand

Would you like to see one of the movies we have shown, but were unable to come to the Center at the time it was shown? If you would like to watch one of the Center's movies please see Cathy and she will let you know the availability and set up the movie you would like to see.

Exercise Classes offered at the Center

These classes are open to anyone 60 years of age or older. You do not need to be a member of the Center to participate in the exercise classes.

Exercise and Nutrition Monday, 10:15 a.m.

Join Margaret for an hour of exercise and nutrition education. You'll start with stretching and then move into strengthening exercises. Most of the exercises are done in a chair, or you can stand. After a relaxation period Margaret will give you nutrition information as well as tips on healthy eating. There is a weekly charge of \$1.00 for this class to cover the cost of copies and magazine subscriptions used for this class.

Yoga Tuesday, 9:00 a.m.

Our weekly yoga class is led by Cindy Bowling who is certified in Integrative Yoga Therapy and also has advanced yoga teacher certification from Yoga Cincinnati. Cindy has been teaching since 1998. Yoga focuses on stretching, relaxation and breathing. Cost for this class in six week sessions is \$30.00 for those 60 and older.

Chair Exercise Wednesday, 10:15 a.m.

Join us in the Center's lounge on Wednesdays at 10:15 a.m. for chair exercise. You will follow a DVD which leads you through strength and cardio exercises. There is no cost for this class. Please join anytime.

Exercise Classes cont.

Strength and Balance Friday 10:30 a.m.

This class is great for building your muscle strength, balance and stamina. You are welcome to come for one class to see if you would like to join. Cost for a 6 week series is \$30.00 for Center members and \$45.00 for non-members, 60 years of age and older.



Do You Remember? Vacations 12:45 p.m. Wednesday, June 7

Join us as we reminisce about vacations. If you have any special vacation photos please bring them to share with the group. No reservations necessary and all are welcome. We will also talk about ideas for future reminiscing discussion groups.

Men's Discussion Group: Honoring the 73rd Anniversary of D-Day 9:30 a.m. Monday, June 12

All men are invited, especially any WWII veterans, to attend the showing of several documentaries on the Allies landing on the beach at Normandy and the long awaited liberation of France. Stay for lunch following the program. Please call 321-6816 for a reservation.

Picnic *Members Special* 11:30 a.m. Tuesday, June 13

As a thank you to all who have renewed or become first time members in 2017 we are going to have an indoor picnic on Tuesday, June 13 at 11:30 a.m. Enjoy hot dogs, baked beans, potato salad, watermelon and ice cream. Following the picnic you are welcome to stay and play cards or dominoes. There is no charge for 2017 members. If you would like to bring a guest the cost is \$5.00. Reservations and payment if applicable are due by Friday, June 9. We need a minimum of 10 people to offer this event.

Eastgate Mall Thursday, June 15 10:00 a.m.

Take this opportunity to get some special deals at Kohl's, Penney's, Sears or one of the many specialty shops at Eastgate Mall, We will leave the Center at 10:00 a.m. and return around 2:00 p.m. \$5.00 for transportation is due by Thursday, June 8. We need a minimum of 4 people to offer this trip.



After Lunch Special: Dollar Store 12:45 p.m. Monday, June 19

To be eligible for this shopping trip you must eat lunch at the Center on Monday, June 19. \$5.00 for transportation is due by Wednesday, June 14. We need 4 people to offer this trip.

Mystery Lunch *Members Special* 11:15 a.m. Tuesday, June 20

This lunch trip is open to those with a 2017 Center Membership. \$5.00 for transportation is due by Wednesday, June 14. We need a minimum of 4 people to offer this trip.

Lisak and Rowe ~ Music and Song *Creative Aging* Wednesday, June 21 1:00 p.m.

Lisak and Rowe is an acoustic guitar duo that has been playing in the Cincinnati/Northern KY area for five years. Their love for singing close harmony, a la Simon and Garfunkel, is apparent from the first moment they hit the stage. They will entertain you with folk songs about life in the Ohio valley played on acoustic guitars and sung in harmony. Join Center friends for this wonderful music program.

Lunch Special *Wine & Cheese Party* 11:30 a.m. Jack Casino Thursday, June 29 10:00 a.m.
Friday, June 23

Something special for those attending lunch on Friday, June 23.... a wine and cheese party before lunch! This will give you the opportunity to meet other Center members. Following lunch we will have a meet and greet. You need to attend lunch to be eligible for this party. Make your reservations as you usually do for lunch.

Meet and Greet Friday, June 23 12:45 p.m.

After lunch we will ask everyone to introduce themselves to the group. Please call to make your reservation for lunch so you don't miss the Wine and Cheese Party at 11:30 a.m. If you have any questions please call Cathy, 321-6816.

After Lunch Special: Walmart 12:45 p.m.
Monday, June 26

Take this opportunity to have a delicious lunch at the Center and shop at Walmart. To be eligible for this trip you must eat lunch at HPC on Monday, June 26. \$5.00 for transportation is due by Wednesday, June 21. We need 3 people to offer this trip.

Book Discussion Wednesday, June 27 10:00 a.m.
***They May Not Mean TO But They DO* by Kathleen Shine**

From one of America's greatest comic novelists, a hilarious new novel about aging, family, loneliness, and love. The Bergman clan has always stuck together, growing as it incorporated in-laws, ex-in-laws, and same-sex spouses. But families don't just grow, they grow old, and the clan's matriarch, Joy, is not slipping into old age with the quiet grace her children, Molly and Daniel, would have wished. When Joy's beloved husband dies, Molly and Daniel have no shortage of solutions for their mother's loneliness and despair, but there is one challenge they did not count on: the reappearance of an ardent suitor from Joy's college days. And they didn't count on Joy herself, a mother suddenly as willful and rebellious as their own kids.

Check out the slot machines and gaming tables at Jack Casino. You will also have time to enjoy lunch in one of the many restaurants such as The Spread Buffet, Bobby's Burgers and others. \$5.00 for transportation is due by Tuesday, June 20. We need a minimum of 6 people to offer this trip. There is no admission cost to the Casino.



Jewelry Sale
Monday June 26 – Friday, June 30

All proceeds of this sale will go to the program fund at the Center to help cover costs of parties and more. If you do not want to buy jewelry but would like to donate to the fund please see Cathy. If you have jewelry to donate please drop it off to Cathy by Friday, June 16. Thank you in advance for your support.

Jewelry Sale *Live Auction!*
Wednesday, June 28 12:45 p.m.

We will have a live auction for a few of the special, unusual pieces of jewelry on Wednesday, June 28 at 12:45 p.m. Pieces to be live auctioned will be on display starting Monday, June 26 at 10:00 a.m.

Reservations open on Thursday, June 1
at 9:00 a.m. for:

Summer Picnic *Members Special*

Tuesday, June 13

Eastgate Mall

Thursday, June 15

After Lunch Special: Dollar Store

Monday, June 19

Mystery Lunch *Members Special*

Tuesday, June 20

After Lunch Special: Walmart

Monday, June 26

Jack Casino

Thursday, June 29

Hyde Park Center

for Older Adults
2800 Erie Avenue
Cincinnati, OH 45208

Non-Profit Org.
U.S. Postage
PAID
Cincinnati, OH
Permit No. 7295

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’Byronville, 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.

Sarah Kleiner
President, Board of Trustees
Deb Cyprych
Executive Director
Cathy Colque
Assistant Director
Susan Pittman
Director of Social Services
Terese J. Munro
Development Director
Editor



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

Center Membership

Membership provides valuable financial support. All members receive home delivery of the *Centerpiece*, a birthday-month lunch certificate, and 50% gift shop discount on Mondays and birthday party days.

Membership Levels:

Sustaining \$55 Supporting \$40 Active \$25 Couples \$40

Call 321-6816 for more information.