

Newsreel

News from the Mayerson JCC Senior Center

August/September 2010

Highlights for August and September...

Tuesday, Aug. 3-Talking Books (10:30)
Thursday, Aug. 5-ShalomNet Luncheon (11:30)
Friday, Aug. 6-Yiddish
Tuesday, Aug. 10-CoMentoring Program (10:30)
Thursday, Aug. 12-55 Alive Driving Class (9:00)
Tuesday, Aug. 17-Roundtable w/ Tsippy (10:30)
Thursday, Aug. 19-Hollywood Casino (10:45)
Tuesday, Aug. 24-Beauty Has No Age (10:30)
Tuesday, Aug. 30-What's New on the Alzheimer's Scene (10:30)
Friday, Sept. 3-Yiddish (1:00)
Monday, Sept. 6-Senior Center Closed
Tuesday, Sept. 7-The Music of Vic Levey (10:30)
Tuesday, Sept. 7-Rosh Hashanah Luncheon (12:00)
Thursday, Sept. 9-Senior Center Closed
Friday, Sept. 10-Senior Center Closed
Monday, Sept. 13-Keveri Avot Cemetery Service (1:00) *Rain Date-Wed., Sept. 15*
Tuesday, Sept. 14-The Rankin House (10:30)
Tuesday, Sept. 14-Healthy Steps/Lebed (10:30)
Wednesday, Sept. 15-Tai Chi (1:00)
Thursday, Sept. 16-Plum Street Temple (10:30)
Thursday, Sept. 16-Senior Yoga (1:30)
Tuesday, Sept. 21-Amusement Parks in Cincinnati
Tuesday, Sept. 21-Active Minds (1:00)
Thursday, Sept. 23-Senior Center Closed
Friday, Sept. 24-Senior Center Closed
Tuesday, Sept. 28-The Jewish Americans Video Series (10:30)
Thursday, Sept. 30-Senior Center Closed
Friday, Oct. 1-Senior Center Closed

ShalomNet and ShalomPhone Luncheon

You're invited to celebrate the great accomplishments of our ShalomNet students. See what amazing programs and computer skills the students have learned. Learn about the brain exercise programs Mindfit and Savion. Recognize all the great work and friendships made by our ShalomPhone volunteers. **Reservations are required.** Please call Susan Bradley at 792.5654
Date: Thursday, August 5
Time: 11:30 a.m.
Cost: Complimentary Lunch

Hollywood Casino Trip

The day will begin with the bigger and better than ever grand buffet, then on to some fun! Space is limited, please call 761-7500 or stop by the front desk to register for this great day.
Date: Thursday, August 19
Leave J: 10:45 a.m.
Cost: J member \$20 ASK \$25

Plum Street Temple and Lunch at Buckhead Mountain Grill

Tour Plum Street Temple, significant both historically and architecturally. The Plum Street Temple, founded in 1838, was built for the first Reform Jewish congregation west of the Alleghenies and is considered the seat of American Reform Judaism. After our tour, we will enjoy lunch, on your own, at Buckhead Mountain Grill located in Northern Kentucky on the Ohio River. Please call 761-7500 or stop by the front desk to register for this great day.
Date: Thursday, September 16
Leave J: 10:30 a.m.
Cost: J member \$6 ASK \$6

The Newsreel is published monthly by the Mayerson JCC Senior Center. It is mailed to adults, ages 60 & older, who are J Members, or belong to ASK. See the back page for information about ASK. Visit www.JointheJ.org for JCC membership information.



COME ALONG AND SING WITH US

SONGS FROM THE '40. THE '50 and THE '60
VIC LEVEY-tenor with musical accompaniment.
Song sheets will be provided and the fun will be overflowing!

Date: Tuesday, September 7

Time: 10:30 a.m.

Cost: No Charge

Location: Amberley Room

Keveri Avot Cemetery Service

The JCC will provide transportation for any one wishing to visit the burial sites of their beloved ones and help with the prayer recitations. To register call Susan Bradley at 792-5654.

Date: Monday, September 13

Rain Date: Wednesday, September 15

Leave J: 1:00 p.m.

Cost: \$5 transportation

Facilitator: Katie Karmel

Active Minds is Back

Seniors keep your minds active and your lives productive. A very stimulating discussion group.

Date: Tuesday, September 21

Time: 1:00 p.m.

Facilitator: Bernice Pollack

Cost: No Charge

Location: Room 128

Exciting New Class...Intro to Reiki

Come learn to work with your natural healing energies and understand their transformative power in this seven week class. Hear the history of Reiki and feel energies with your hands and heart. Learn how to work with your own emotions to release toxic blockages from your body, mind, spirit and emotions. Practice Reiki hand placements.

Beginning date: Thursday, October 7

Time: 1:00 p.m.

Cost: \$30

Location: Room 129

Facilitator: Ann Marie Meshenko is a Reiki Master/teacher, an intuitive heart healer and a specialist in emotional healing. She has an MA in Theology.

Tuesday Lectures for August and September

The Talking Book Program

The National Library Service for the Blind and Physically Handicapped (NLS) is a free library service for individuals who qualify. Many Senior Citizens with low vision qualify for this free service. Jacqueline Conner, Vice President of the Multistate Center East, manages a NLS contract that supports NLS libraries and their patrons, in Ohio. She will provide an overview of NLS library services, demonstrate the new digital player and books, and answer individual questions.

Date: Tuesday, August 3

Time: 10:30 a.m.

Speaker: Jackie Connor

Location: Room 117

The Co-Mentoring Project

Do you have interesting stories to tell about your life? We need older adult volunteers to work with Xavier University students. The Co-Mentoring Project is an intergenerational program that matches undergraduate students with older adult volunteers to increase student understanding about aging. We are currently seeking volunteers aged 60 years or older to participate in the project for the fall 2010 semester (from September through December).

Please

come to hear about this important program.

Date: Tuesday, August 10

Time: 10:30 a.m.

Speaker: Renee Zuccherro, Ph.D

Location: Room 129

Roundtable with Tsippy

Tsippy Gottlieb discusses a variety of topics including the state of Israel in relation to Jews around theWorld.

Date: Tuesday, August 17

Time: 10:30 a.m.

Speaker: Tsippy Gottlieb

Location: Room 139

“Beauty Has No Age” presented by the Cincinnati Art Museum

Examine these exceptional works created by artists in their later years and thoughtful portrayals of older adults in art over the centuries.

Date: Tuesday, August 24

Time: 10:30 a.m.

Speaker: Cincinnati Art Museum

Location: Room 117

What’s New on the Alzheimer’s Scene?

Find out all the latest information on Alzheimer’s, including treatment options and resources, presented by the Alzheimer’s Association.

Date: Tuesday, August 31

Time: 10:30 a.m.

Speaker: Marjorie Rentz

Location: Room 117

The Rankin House

The Rankin House is a National Historic Landmark and Underground Railroad Station. The Rankin House, located on Liberty Hill overlooking the Ohio River and Ripley, is one of the better known sites which assisted in the Underground Railroad efforts.

Date: Tuesday, September 14

Time: 10:30 a.m.

Speaker: Susanna West

Location: Room 139

Amusement Parks in Cincinnati

The “thrill” rides of today’s amusement parks were not the Cincinnati amusement parks of yesteryear. Travel back in time to learn about the swimming beaches on the Ohio River and the trolley amusement parks. Enjoy a stroll through Coney Island or LeSourdesville Lake. Then decide if today’s Kings Island will be the amusement park of the future.

Date: Tuesday, September 21

Time: 10:30 a.m.

Speaker: William Frank

Location: Room 139

The Jewish Americans Video Series

The 4th Tuesday of each month, view the Jewish Americans series by multi award winning creator David Grubin. The series will include topics such as: Migration-the Diaspora in America, Assimilation-making America home, The Pursuit of economic opportunity, Doing Well and Doing Good, Anti-Semitism in America, Jews on Field and Stage, America’s response to the Holocaust, A Jewish Homeland, Political Activism, and Being Jewish in Modern America. A short discussion will follow each program.

Beginning Date: Tuesday, September 28

Time: 10:30 a.m.

Location: Boardroom

ShalomPhone

Peace of mind is the purpose, making friends is the perk! Being home alone doesn’t mean being lonely at home any longer. ShalomPhone is a free telephone assurance program created especially for seniors who want to make friends, stay connected and stay independent. Senior adults receive daily phone calls from trained volunteers who are happy to check in with their clients. For more information or to register for the program, please call Susan Bradley at 792-5654. ***ShalomPhone is also looking for people interested in volunteering to make calls.*** *ShalomPhone is a program made possible through a grant from the Mayerson Foundation*

The Troubadors

The JCC Troubadours is a group of entertainers based out of the JCC. The Troubadours tour and perform at senior centers and retirement homes all over Cincinnati. They are always looking for new members to join their group. If you are someone who would love to participate in this entertaining group and make a difference in someone else’s life, don’t hesitate to join. No previous singing or dancing experience is required. For more information about the Troubadours, call Florence Wick 697-7033.

Rehearsals and performances are Tuesdays and Thursdays, 1– 2:00 p.m.

ShalomNet Computer Classes

ShalomNet is a JCC program and an initiative of the Manuel D. & Rhoda Mayerson Foundation.

Welcome John Mann, our new ShalomNet coordinator. John grew up about a mile away from the JCC in Dillonvale. John attended the University of Cincinnati and Southern Ohio College. For the last 30 years, he has worked in the Information Technology departments at Great American Insurance and Duke Energy. John will be starting in September, so look for a new series of computer classes to begin in October.

Wellness Programs

Healthy Steps/Lebed Method

Healthy-Steps, Moving You to Better Health with the Lebed Method, is a therapeutic exercise and movement program with wonderful music designed to help you thrive! Sign up at the Front Desk

Beginning date: Tues., September 14

(Tues. and Thurs.)

Time: 10:30 a.m.

Instructor: Marcy Kanter

Cost: : J-\$10 ASK -\$20

Location: The Gallery

Yoga for seniors

Gain strength and flexibility. Move at your own pace. Sign up at the Front Desk

Beginning date: Thursday, September 16

Time: 1:30 p.m.

Instructor: Mary Seibert

Cost: J-\$5 ASK -\$15

Location: Room 120 & 121

A Matter of Balance

Have you turned down a chance to go out with family or friends because you were concerned about falling? If so, A Matter of Balance: Managing Concerns About Falls is a lifestyle class that can help you remain independent. Sign up at the Front Desk

Beginning Date: Monday, October 4

Time: 10:00 a.m.

Cost: J \$10 ASK \$20

Location: Room 129

Health RHYTHMS

Would you like to try something that is proven to reduce your stress? Would you like an activity that will improve your mood? HealthRHYTHMS Group Empowerment Drumming harnesses so many elements of wellness in one activity that anyone can enjoy! No musical experience necessary just an open mind and heart and the willingness to try! Sign up at the Front Desk. *Please note new day*

Beginning Date: Tuesday, September 14

Time: 1:00

Instructor: Susan Bradley

Cost: J-\$10 ASK \$15

Location: Room 139

Tai Chi

Learn these agile steps and exercises that may improve your mobility, breathing and relaxation.

Beginning date: Wednesday, September 15

Time: 1:00 p.m.

Instructor: Susan Bradley

Cost: J-\$5 ASK -\$15

Location: Exercise Studio

AARP 55 Alive Driving Class

What Will I Learn by Taking the Course?

You can expect to learn about current rules of the road, how to operate your vehicle more safely in this increasingly challenging environment, and some adjustments to common age-related changes in vision, hearing, and reaction time. You will learn about: maintaining proper following distance at all times, the safest way to change lanes and make turns at intersections, the effects of medications on driving, minimizing the effect of dangerous blind spots, limiting driver distractions such as eating, smoking and cell phone use, properly using safety belts, air bags, and anti-lock brakes, maintaining physical flexibility, and continuing to monitor your own and others' driving skills and capabilities.

Date: Thursday, August 12

Time: 9-2:00 p.m.

Location: Room 129

Cost: AARP members \$12 Non-AARP \$15

Notes from the Social Worker

Tiffany Colucci, 722-7222, is the social worker for the Mayerson JCC senior department, who is available Thursdays and Fridays from 9:00 to 5:00pm. She is a licensed social worker and licensed professional counselor. She has a bachelor's degree in psychology and master's degree in mental health counseling. Tiffany's office is in room 141 near the senior lounge. Tiffany can help with:

Dementia Family Caregiver Support Group

This group will provide an opportunity for caregivers to discuss challenges and share helpful tips, while receiving support from others who are in similar situations. This support group is sponsored by the Alzheimer's Association of Greater Cincinnati and is free to the community.

Date: Thursday, August 19, and September 16,

Time: 1:00-2:30pm

Cost: Free

Location: Room 129

Facilitator: Tiffany Colucci

If you are interested in joining this group, please contact Tiffany Colucci at 513-722-7222.

Adult Children of Aging Parents Support Group

Are you caring for or concerned about an aging parent? The Mayerson JCC along with Jewish Family Service will be offering a support group, open to the community, to discuss challenges, issues, or concerns and receive feedback and support from others experiencing similar situations. **This group is held the fourth Thursday of each month, unless indicated, and runs six months at a time. Please contact Tiffany Colucci at 513-722-7222 or Ann Sutton Burke at 513- 766-3350 to sign up for this group.**

Start Date: Thursday, July 29, 2010

Meeting Dates: August 26, September 16, October 28, November 18, December 16

Time: 7:00-8:30 pm

Cost: \$30 donation

Location: Room 129

Facilitators: Tiffany Colucci from JCC and Ann Sutton Burke from JFS

Brain Fitness programs

Savion is a computer program designed to provide mind stimulating tasks using mostly the computer keyboard. Savion is comprised of four different tasks: MEMORY, WORDS, SHAPES, AND MATH.

Next Start Date: Friday August 6,

No class September 10

Time: 11:00-12:00 pm

Cost: \$30 J/Program member; \$40 ASK member

Instructor: Tiffany Colucci

Mindfit is a computer program that has been scientifically designed for the mature population, as well as for people of all ages, to help strengthen brain function and keep your brain challenged. Mindfit has 24 scheduled training sessions done on a weekly basis.

Days: Fridays

Time: 1:00-2:00pm,

Cost: \$80 J/Program member; \$100 ASK

Instructor: Tiffany Colucci

If you are interested in trying Savion or Mindfit, please contact Tiffany at 722-7222.

ShalomPhone

A daily phone assurance program

Volunteers make daily calls to check on the wellbeing of seniors and disabled persons living alone. ShalomPhone supports seniors who prefer to live independently! To volunteer or to enroll in this program, call Susan Bradley, ShalomPhone coordinator, 792-5654. *ShalomPhone is a program made possible through a grant from the Mayerson Foundation.*

Contributions

Gifts by cash, check or credit card are the simplest method of giving. If mailing your gift, include your name, credit card number, expiration date, phone number, amount of the gift and your signature. Checks should be made payable to the JCC. We can send note cards to let a family know if a contribution has been made in family member's name. Please see Susan Bradley or Tsippy Gottlieb.

Services and support

The Mayerson JCC Senior Center offers a wide variety of services to help enhance the lives of senior adults. We are here to help you.

Daily Kosher lunch Program- Beté Avon!

Give yourself a break from shopping and cooking and join us for a hot kosher meal in the company of friends. All meals are under the supervision of the VAAD.

Lunch is served from: 12:00-1:00 p.m.

Suggested donation: \$3 per person (60 years and over). Guests under 60 pay \$6.00.

Meals on Wheels

Meals-on-Wheels provides a hot, nutritious meal for seniors, 60 years of age or older, or who are unable to prepare a meal themselves. For more information call **Chris Ellison 792-5667**.

Volunteers needed for Meals-on-Wheels. Tell friends, neighbors, and relatives about volunteering as a Meals-on-Wheels driver. For details please contact Chris Ellison 792-5667.

Respite Meal Service

Just home from the hospital or unwell and unable to cook? The Mayerson JCC can provide hot kosher meals for \$8.50 delivered to your home. This service is available to people of all ages. **Call Chris Ellison 792-5667.**

***Kosher carry-out meals are also available from the JCC for \$8.50 per meal. Call Chris Ellison 792-5667.**

Transportation

The Mayerson JCC offers door to door transportation service. Our shuttle service runs Monday through Friday to and from the Senior Center between 9:00 - 3:00 p.m. \$3.00 is the suggested donation for the shuttle service. It is important for us to receive your reservation phone call for transportation at least 24 hours in advance. Please call transportation at **722-7255** if you want to come to the JCC, or if you want to cancel your pick-up.

Morning

Transportation to JCC: Pick up at 9:30 a.m.

Afternoon

Transportation to your home: Departs JCC at 1:00 p.m.

Grocery Shopping

The JCC takes seniors to the grocery store on a weekly basis. If less than three people are interested, the trip for that day will be canceled, and the trip will be moved to the next scheduled week. Please make your reservation for shopping no later than the preceding afternoon. To make your reservation, call 722-7255.

Days: Mondays and Wednesdays

Time: 1:00 p.m.

Cost: \$2.00

If you have any questions pertaining to transportation, please call Thomas Sherwood at 722-7255.

August

Mon	Tue	Wed	Thu	Fri
2 Sampler Platter Tuna salad, Egg salad, cottage cheese Salad / tom, cukes Fruit Salad croissant cookie/diet	3 Broccoli Quiche steamed carrots biscuit banana	4 Grilled Cheese on white Hearty tomato soup grapes	5 Boneless Chicken breast With Mushroom gravy Savory Rice Pilaf Vegetable Medley Dinner Roll/marg. Diet Mixed Berry Pie With whipped cream	6 Beef brisket/gravy Baked Potato Broccoli & Cauliflower challah/marg grape juice Cupcakes/diet cake
9 Fish Patty Sandwich Tartar Sauce Tator Tots Beet Salad Gala Apple	10 Meatloaf/gravy Mashed Potatoes Steamed California Blend bread. Fruit Juice Cake/Diet Happy Birthday	11 Hand Brd. Chx Strips Cucumber Salad baked Potato Dinner Roll/marg cookie/diet apple juice	12 Tuna Salad croissant Lettuce/tomato/onion Minestrone soup Banana Sugar free Pudding	13 Oven Fried Chicken Legs and Thighs(Bone in) potatoes O'Brien California blend Challah/margarine Grape Juice Pineapple upside down cake
16 Hamburger Lettuce, Tomato, Onion Potato Salad Fresh Fruit Salad	17 Asian chicken Salad Romaine Lettuce, Mandarin Oranges, cranberries, walnuts, Diced Chx Asian Dressing Breadstick	18 Portabella Lasagna Salad w/ Tom. & Onion Dressing bread stick Grapes	19 Cabbage Roll w/ meat & rice Snap Peas Mandarin Oranges bread/marg. Cookie/diet	20 Baked Salmon Baked Sweet Potato Green Beans Challah/ marg Grape juice Strawberry Mousse Graham Crackers
23 Beer Battered fish French Fries Cole Slaw Bread/margarine Mixed Berries w/cream Graham crackers	24 Vegetable pizza Banana	25 ½ Turkey Sandwich Vegetable & Rice Soup Tossed Salad/dressing Peaches	26 Tilapia w/ Sliced Onions, Pep- pers and Carrots w/ Russian Sauce white rice Steamed Broccoli Dinner Roll/marg. Grapes	27 Oven Roast chx breast (bone-in) Herb rst. potatoes Vegetable Blend Challah/marg grape juice Strawberry shortcake
30 Bagels and Lox Whole Wheat Bagel Cream Cheese Salmon Lox Tom, cuke & onion Cream of Potato Soup Cookie/diet	31 2 Cheese Blintz Spinach salad- mushrooms, Onions, tomato, eggs/dressing Dinner roll/marg. Cheesecake w/ Unsweetened Mixed Berries		**Friday and Birthday lunches will be in the Gallery. The September Menu will be available for pick up after Aug. 20 in room 120 or posted on the JCC website.	** Menus are subject to change without advance notice and we apologize when this happens.

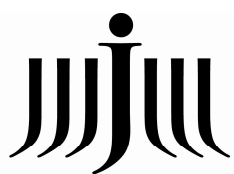
Newsreel

News about JCC senior adult day trips, classes, programs, lunches, celebrations, and more!

8485 Ridge Road Cincinnati OH 45236
513.761.7500 info@mayersonjcc.org www.JointheJ.org

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mayerson jcc

Manuel D. & Rhoda Mayerson JCC
on The Jewish Foundation of Cincinnati Campus

Dated Material.

Deliver before August 6

Special Lunch Info!

Please make reservations with Susan for these special lunch days, 792-5654.

- **Thursday, August 5-ShalomNet Luncheon**
Reservations Required!
- **Tuesday, September 7-Rosh Hashanah**
Luncheon

Stop in at the J café and ask about the super senior meal deal.

Birthday Luncheons

Celebrate your birthday with your friends at the JCC! There's a party with a complimentary lunch and birthday cake for the birthday person on the 2nd Tuesday of every month!

Please make reservations with Susan so we can let the kitchen know how many will be attending.

ASK*

ASK is the Adult Senior Klub of the Mayerson JCC. Your senior center membership entitles you to participate in all senior center events, transportation, classes and trips.

\$25/individual; \$30/couple

For information, call Susan Bradley, 792-5654.

Mayerson JCC Senior Center

Hours:

Monday-Friday,
9 am-4 pm

Staff:

Tsippy Gottlieb, Director, 722-7253
Susan Bradley, Senior Programs, 792-5654
Tiffany Colucci, Social Worker, 722-7222
ShalomNetwork, 722-7223
Chris Ellison, Meals on Wheels, 792-5667
Transportation, 722-7255

The Senior Adult Services Department provides social, educational, nutritional, transportation, wellness, and fitness programs designed to help maintain independence and