

# Senior

centers, inc



We provide community members age 60 and over an outlet for their creative talents, while allowing them to pursue particular interests.

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**Monday– Friday**  
**8am to 4pm**  
**April 2019**

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# FOSTER GRANDPARENT PROGRAM

## PROGRAM SPOTLIGHT

· A new independent report sponsored by the Corporation for National and Community Service offers some good news for older Americans with lower incomes, a situation which can make them especially vulnerable to poor health outcomes: Senior Corps provides the access, structure, and financial support for low-income, at-risk Americans 55 and older to live happier, healthier lives while making a difference in their communities.

New findings show after two years of service, first-time volunteers in the Foster Grandparent Program and Senior Companion Program reported improvements in health, decreased depression and less social isolation.

Senior Corps volunteers reported feeling significantly less depressed and less isolated compared to non-volunteers. Social isolation is associated with depression and health issues including mortality. 88% of Senior Corps volunteers who first described a lack of companionship reported a decrease in feelings of isolation after two years of service.

While the current study focuses on the health benefits to Senior Corps volunteers, Senior Corps volunteers also make a difference in their communities. For decades, volunteers age 55+ have been serving their communities through Senior Corps programs, led by the Corporation for National and Community Service, the federal agency for service, volunteering, and civic engagement. Each year, Senior Corps engages approximately 220,000 older adults in volunteer service through its Foster Grandparent, Senior Companion, and RSVP programs, enriching the lives of the volunteers and benefiting their communities. Senior Corps volunteers who serve as Foster Grandparents become one-on-one tutors, mentors, and friends to young people with exceptional needs, where they act as role models to reinforce important life values. In 2017, around 22,000 Foster Grandparent volunteers helped approximately 150,000 children through a nationwide network of organizations.

Here in Toledo, we currently have approximately 65 Foster Grandparents serving in our Toledo Public Schools as well as in the Catholic Club Educational Childcare Program. We know we make a difference to the children we serve - we know, too, that serving makes a difference to us! If you are interested in becoming a Foster Grandparent and making a difference, talk to the Foster Grandparent Program director, Carol, here at Senior Centers, Inc. We may be just the program for you.

**Happy birthday wishes  
to these Foster Grandparents celebrating in April:**

Maxine Casey

Yolanda Fitch

Georgette Wimberly

Elizabeth Williams

Thelma Woodley

Gwen Parker

Lou Mayes





## Resources Available

Vicki Goetz, our service coordinator, is available Monday- Friday from noon to 4pm to assist in linking seniors with various programs and services. She can help determine eligibility and assist with paperwork for housing, food stamp and medicaid applications, commodity box applications, Medicare, HEAP applications, House Helpers program, home repair information, and TARPS applications. weatherization programs and the Homestead Exemption Program.

Our goal is to provide affordable and dependable services that help seniors remain independent in their homes.

## Crafts and Classes

### 4/8 Painting for Haiku

We'll do a basic watercolor background for our haiku poetry. Or just come watercolor for fun.

### 4/9 Library Laptop Class

The people from the Toledo-Lucas County Public Library will be here with their equipment to give you an introduction to computers and tablets. Bring your devices if you have them.

### 4/11 Craft with Tammy

Tammy will be demonstrating how to make adorable little bunnies made with fabric and a wooden bead.

### 4/15 Color eggs

Come and dye some eggs for Easter. Feel free to bring some of your own hard boiled eggs to dye and take home.

### 4/16 Craft with Carol

On tap for this month is a beautiful paper cone flower hanging.

### 4/17 Spring Haiku Writing

Spring is here and we'll be writing our seasonal haiku and putting them on a watercolor.

### 4/26 Craft with Sherri

A simple square of boxwood and some spring tulips made into an elegant wreath.

## EXERCISES

**Mondays, Wednesdays and Fridays:**

**Burst- fast, 4 minute mini workout**

**Tuesdays: Beach Ball Volleyball**

**Thursdays: Stretching Exercises or Exercise Surprise**

## Speakers

4/16 11:45 Jay Gerken

4/23 11:45 Kelly from Life Connections

4/26 11:45 Humana- Brain Boot Camp

## Trips and Special Events

### 4/1 Active Games

No fooling , we are doing the rescheduled winter games from snowy January. There will be relay races and more. All indoor.

### 4/3 Rainbow Day

Find a rainbow hidden in the center and win a prize!

### 4/4 Shopping at Perrysburg Target

### 4/5 Out to Lunch- Golden Corral

By popular request, we are going back to Golden Corral for lunch.

### 4/10 Out to the Movie TBD

Movie and time to be posted on 4/5.

### 4/18 Easter Party

Join us in an early celebration of Easter complete with treats, games and an Easter egg hunt.

### 4/22 Earth Day

Celebrate Earth Day with our first walk in the park at Pearson Park.

### 4/29 Trip to Sunshine Art Studio

Check out what is going on at the Art Studio in Maumee run by Sunshine.

### 4/30 Mr. G's Trip

We are heading to Mr. G's for our first ice cream trip of 2019.

# APRIL ACTIVITY CALENDAR

2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>10- <b>Active Games</b></p>	<p>2</p> <p>11:00 Beach Volleyball</p> <p>12:15 Dice Grab Bag</p>	<p>3</p> <p>11- Burst Exercises</p> <p><b>12:15 Find a Rainbow</b></p>	<p>4</p> <p>10:30 Exercise Surprise</p> <p><b>12:15 Shopping P'burg Target</b></p>	<p>5</p> <p>10:30 Burst Exercises</p> <p><b>11- Out to Lunch-Golden Corral</b></p>
<p>8</p> <p>10- Ceramics</p> <p>11- Burst Exercises</p> <p><b>12:15 Painting for Haiku</b></p>	<p>9</p> <p><b>9:30 Library Laptop Class</b></p> <p>10:30 Beach Volleyball</p> <p>All day BPs</p>	<p>10</p> <p>11- Burst Exercises</p> <p><b>TBA- Out to the Movies</b></p>	<p>11</p> <p>10:30 Stretch Exercises</p> <p><b>12:15 Craft w/ Tammy- Bunnies</b></p>	<p>12</p> <p>9- FGP Mtg.</p> <p>10:45 Burst</p> <p>12:15 Board Games</p>
<p>15</p> <p>11- Burst Exercises</p> <p><b>12:15 Color Eggs</b></p>	<p>16</p> <p>11:00 Beach Vball</p> <p>11:45 Jay Gerken</p> <p><b>12:15 Craft with Carol- Paper Flower Hanging</b></p> <p>All day BPs</p>	<p>17</p> <p><b>9:30 Tea w/ Julie</b></p> <p>11- Burst Exercises</p> <p><b>1- Spring Haiku Writing</b></p>	<p>18</p> <p><b>10- Easter Party</b></p> <ul style="list-style-type: none"> <li>• Cupcakes</li> <li>• Egg Hunt</li> </ul> <p>12:15 Stretch Exercises</p>	<p>19 <i>Good Friday</i></p> <p>11- Burst</p> <p>12:15 Bingo</p>
<p>22</p> <p>10- Ceramics</p> <p><b>Noon- Earth Day Walk in the Park</b></p>	<p>23</p> <p>9:30 Commodities &amp; Health Screens</p> <p><b>11:45 Speaker: Life Connections</b></p> <p>12:30 Beach Vball</p>	<p>24</p> <p>10:30 Therapy Dogs</p> <p>11- Burst Exercises</p>	<p>25</p> <p>12:15 Exercise Surprise</p> <p><b>10:30 Craft w/ Sherri-Square Wreaths</b></p>	<p>26</p> <p>11- Burst Exercises</p> <p><b>11:45 Speaker: Brain Boot Camp</b></p>
<p>29</p> <p>11- Burst Exercises</p> <p><b>10:30 Trip to Art Studio at Sunshine</b></p>	<p>30</p> <p>10:15 Beach Volleyball</p> <p>11- 4 X 4 Switch Game</p> <p><b>12:15 Mr. G's</b></p>			



## **On Mindfulness ...**

**Do this exercise using the five senses to practice mindfulness in nearly any situation. All that is needed is to notice something you are experiencing with each of the five senses. Follow this order to practice.**


- Notice 5 things you can see. Look around you at things you don't usually notice like a shadow or a crack in the sidewalk.
- Notice 4 things you can feel. Bring awareness to things you can hold, the texture of your sweater or the feel of the wind.
- Notice 3 things you can hear. Take a moment to notice things in the background: traffic outside on the street, the hum of the refrigerator or birds chirping.
- Notice 2 things you can smell. Note things you usually tune out like the smell from a fast food restaurant nearby, or pine trees in the wind.
- Notice 1 thing you can taste. Focus on 1 thing you can taste right now: a sip of coffee, a piece of gum or open your mouth and search the air for a taste of something.

This is a quick and easy exercise to bring you to a mindful state quickly. If you only have a minute or two, the five senses can help bring awareness to the current moment in a short amount of time.

***A light heart lives long.***

*-Old Irish saying*

# BRAIN EXERCISE

1. SOIL SOIL SOIL ILOS	2. THE's GROOVE	3. BOXING BOXING BOXING BOXING	<p>Answers</p> <p>1. Turning soil</p> <p>2. He's in the grove</p> <p>3. Boxing ring</p> <p>4. House of ill repute</p> <p>5. Once bitten, twice shy</p> <p>6. Sleeping under the stars</p> <p>7. Changing strategy</p> <p>8. Half-hearted effort</p> <p>9. Tidy up before dinner</p> <p>10. Greenback</p> <p>11. Not in a lifetime</p> <p>12. Bad mood</p>
4. ILL REPUTE ILL REPUTE ILL REPUTE ILL REPUTE	5. BITTEN SHY SHY SHY	6. ***** ***** ***** SLEEPING	
7. STRATEGY STRATEGY <b>STRATEGY</b> STRATEGY	8. HEARTED <u>2</u> EFFORT	9. Y D I T DINNER	
10. GREEN	11. LIFE  TIME	12. M ☹️ ☹️ D	