



PrimeTime News

www.PartnersInPrime.org

HOLIDAY CRAFT BAZAAR!



(in conjunction with the city of Hamilton Holiday Tree Lighting & the Main Street Music Fest)

5 – 9 p.m. Friday, Nov. 18
Partners in Prime, 140 Ross Avenue

Join us for an evening of holiday shopping, bake sale, entertainment, Train Room display, raffle and free cocoa. To donate baked goods, contact Terri Murphy at 867.1998 ext. 224.

Partners in Prime and 911 Cell Phone Bank Make the Call for Old Cell Phones

The 911 Cell Phone Bank and Partners in Prime have partnered to promote responsible cell phone recycling. Used cell phones will be processed by The 911 Cell Phone Bank, which will provide funding to the Information and Referral Services program at Partners in Prime. Used cell phones can be dropped off at any Partners in Prime location. For additional information, contact Karen Lowery at 513.867.1998 or klowery@partnersinprime.org.

Annual Giving Tree / Be a Santa to a Senior



Please help us make this a happy and joyful holiday season for area needy seniors! Here's how you can help:

- **Take a name tag off the Giving Tree at any prime club location**
- **Return the suggested gift – unwrapped and with the name tag attached – to any prime club location**
- **Monetary donations also are accepted – we will do the shopping for you!**
- **Gifts need to be returned by Dec. 9.**

New Contest to Begin in January!

It's a "win-win" for you and Partners in Prime! Watch for more information in the January-February issue regarding a new Membership Contest!

Veteran's group starting

1:30 p.m. last Wednesday of the month in West Chester Twp. If you are a veteran and would like to join this new group, call the West Chester Activity Center to register 513.779.7360.

Fitness room receives a facelift

At the Hamilton Prime Club, new items have replaced aging equipment, including a bench, free weights, two elliptical trainers, two bicycles and two treadmills. The donations were made possible by the Hamilton Community Foundation, a bequest from the estate of Jean Issenmann Bartels, a Partners in Prime quilting group and other individual donors. Hours of operation will be increasing to 8 p.m. Monday, Tuesday and Wednesday and 9 p.m. Thursday and Friday.



Need a holiday gift idea?

The cost of membership at Partners in Prime is \$30 a year for an individual or \$55 a year for a couple. A bar-coded membership card may be used at any of our locations, for access to state-of-the-art exercise equipment, discounts on some classes, a newsletter and rental discounts. Affiliate memberships for \$60 also are available for people age 40+ who wish to use the fitness room or take classes. People age 21+ with a prime club family member also are eligible to become affiliate members.

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Hello for November
and December 2011!

from the
Chief Executive Officer

I have several important milestones coming up... my 60th birthday during the Thanksgiving week, my 35th anniversary on Christmas Eve, and then the start of my 15th year at the helm of Partners in Prime arrives in February. It seems this year is filled with exciting milestones. As I reflect on 2011, I can't help but feel proud of all that we have accomplished here at Partners in Prime. And, we couldn't have done it without you. Some highlights include winning a new car for Meals on Wheels, receiving new exercise equipment for the Hamilton Prime Club, receiving two new vans for transportation thanks to grant money and launching a new color newsletter.

With two more months to go, there are countless ways to celebrate the holidays and also to give back to others. We'll be kicking off the Holiday Season in Hamilton on Friday night Nov. 18 with a repeat of last year's successful Craft Show and Bazaar, held in conjunction with the Lighting Ceremony in Downtown Hamilton and the Main Street Musicfest. Our crafters, quilters and wood carvers will each have booths, and we'll have a bake sale and serve hot chocolate in the dining room. Plus, the marvelous train room will be open for viewing.

We're getting inquiries from other vendors, so I'm sure we'll have lots of variety. It's a great way to do some shopping, enjoy the season and spend a fun evening with family and friends. Last year, we had elves visit, and I am hearing a rumor that the Big Guy in the Red Suit might put in an appearance this year!

All members are invited to the Membership Forum and the election of our Membership leaders for the upcoming year at 12:30 p.m. Wednesday, Nov. 16.

Fairfield, West Chester and Hamilton Prime Clubs will each have special lunches and other events to celebrate the holidays, in addition to all the usual interesting activities at each club. The year ends with the New Year's Eve dance, another annual tradition.

It's also the time of year that we mail our annual Friends of Partners in Prime appeal letters in the hope that we close the agency's fiscal year on Dec. 31 "in the black." We really need your support, so we're enclosing a giving envelope. Please be generous. Happy holidays.

My best,



Steve Schnabl
Steve Schnabl, CEO




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Partners Board of Directors:

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Clarissa Lichliter

Catherine Huizenga

Clark Medill

Art Hupp

Phil Morrical, Jr.

Linda Hurley

Lynda O'Connor

Bill Keck

Rob Weigel

Sonja Kranbuhl

Meet the board

Each month, we will feature board members who help make all we do at this agency possible. Please take time to get to know them and thank them for their services.



Linda Yarger

Age: 50 something

Occupation: Administrative Director of Ancillary Services at Fort Hamilton Hospital

Residence: Liberty Township

Family: four daughters, one son, two grandsons and two granddaughters

Hobbies: golf, gardening, sharing new adventures with grandchildren

Years on the board: three

Other volunteer workboards on which you serve?

Butler County Coalition

Why she is passionate about Partners in Prime:

"I love the wealth of experience the members bring to the table. I also understand the challenges they face and I marvel at their resilience. It is important to me they feel of value and get what they need."

Something you may not know about Linda:

"I played in a rock band after high school."



Robert (Rob) W. Weigel

Age: 26

Occupation: Funeral Director

Residence: Hamilton

Hobbies: Sports, landscaping and gardening, anything that will get me outside when it's nice out

Years on the board: one

Why he is passionate about Partners in Prime:

"I plan on living in our community for the rest of my life, so very simply, I'd like to see programs and organizations like Partners in Prime really be effective and to help our community and its citizens flourish as much as possible. I work in an industry where I primarily serve an older demographic. After working in my field I have developed a great sense of respect and compassion for what older people have lived through and done for this country, and in particular, our community.

Something you may not know about Rob: "I am the fourth generation in my family to be licensed as a funeral director."

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513-867-2057



www.FortHamiltonHospital.org

Welcome New Prime Club Members

Barbara Achor	Eunice Larcher
Jackie Blaylock	Linda Lawson
John Blaylock	Calvin Lingler
Elizabeth Carns	Catherine (Kay) New
Eugene Carns	Edward Pence
Randi Cimino	Nancy Pruetz
Joyce Dyson	Ginger Raby
William Farthing	Amber Scott-Sharp
Phyllis Gabbard	Barbara Seeley
Mary Helen Gambrell	Don Seeley
George Gordon III	M. Ann Sorrels
Ina Hannahs	Jim Teague
Merrymae Hardebeck	Eugene Terry
Jon Jackson	Robert Turner
Bruce Jones	Cliff Turrell
Patty Jones	Fran Turrell
Shirley Keller	Joyce Volle
Kenneth Knox	Carol Whitehead
Lynette Kurtz	

(the above names reflect new members as of our print date)

ALL PARTNERS IN PRIME LOCATIONS AND SERVICES WILL BE CLOSED ON THE FOLLOWING DATES:

Thursday, Nov. 24 and Friday, Nov. 25
in observance of Thanksgiving

Friday, Dec. 23 and Monday, Dec. 26
in observance of Christmas

Monday, January 2, 2012
in observance of New Year's Eve.

Winter Weather Advisory

During the winter months, stay tuned to one of the following media sources for information about closings for the prime clubs and other services:

WCPO Channel 9 Television or www.wcpo.com

WMOH Radio 1450 AM

WKRC Channel 12 Television

Medicare Check Up Day 2011

Prime Club Hamilton

9 a.m. – 3 p.m. Tuesday, Nov. 8

Appointment required by calling 513.867.1998 by Nov. 4. Get accurate, unbiased information regarding Medicare and the Medicare Part D prescription drug benefits, especially if you are considering a change in your Part D plan and/or Medicare health plan for 2012. Partners in Prime is partnering with the Ohio Department of Insurance/OSHIP (Ohio Senior Health Insurance Information Program). The Check Up Day complements Medicare's open enrollment period, which runs from Oct. 15 through Dec. 7.

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**prime
club**

Fairfield • Hamilton • West Chester

West Chester – Liberty Senior Voice

West Chester Activity Center

9:15 a.m. – social time, 9:45 a.m. – call to order
Wednesday, Nov. 16

Guest speaker: Butler County Auditor Roger Reynolds

Area residents and business representatives are invited to participate in the monthly current affairs discussion/action group. A new conversational format with a panel of speakers has been adopted by the group. A new conversational format with a panel of speakers has been adopted by the group. The Senior Voice has been meeting since the early 1990's to address the interests, concerns and needs of the older segment of the West Chester/Liberty population. The group has been instrumental in establishing Meals on Wheels routes, the West Chester Township Senior Van Service, the original storefront senior center on lower Cox Road in 2000, and most recently, the West Chester Activity Center at 7900 Cox Road..

Coming in December – check for information on the annual holiday party!

United Healthcare 2012 Benefit Information

Prime Club Hamilton

2 p.m. every Wednesday through Nov. 30

West Chester Activity Center

2 p.m. every Thursday through Dec. 1
(excluding Nov. 24)

The Medicare open enrollment period takes place from Oct.15 – Dec. 7 this year. United Healthcare will be at Partners in Prime locations on a weekly basis for information sessions regarding United Healthcare's AARP Medicare Advantage plans. A licensed agent will answer questions and enroll you if desired. There is no obligation, and reservations, while not required, are encouraged and can be made by calling Catherine at 513.603.6454.

Assistance Available for Winter Heating Bills

HEAP is designed to help eligible low-income Ohioans meet the high cost of home heating. If you are eligible for assistance, the amount of your one-time HEAP benefit will depend on federal funding levels, how many people live with you, total household income, and the primary fuel you use to heat your home. In most cases, the one-time benefit will be a credit applied to your energy bill by your utility company (or fuel vendor). Applications are available at all prime clubs. For more information, contact Karen or Julie at 513.867.1998.



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A COMMUNITY

100 Berkeley Drive
Hamilton, Ohio 45013

Wellness

Two years ago and 130 pounds heavier, **Glenda Habel's** life was in ruins. She had undergone six hip replacements, which led to complications that included a lengthy coma. In addition to a seemingly endless list of ailments like fibromyalgia, sciatica, and spinal stenosis, depression made it difficult to face the day.

Her doctors warned if she didn't make some serious life changes, she wouldn't have much of a life left.

Motivated, Glenda started doing exercises in bed and trying to eat better through the guidance of health professionals that conducted therapy in her home. She lost 75 pounds, but she needed to do more.

Her doctor recommended Partners in Prime. "I just didn't care about anything," she said. "I didn't even know who I was for so many years. Little by little, the people at the (prime club) helped me regain what I lost."

Member Estelle Brockman said she remembers watching Glenda walking with the assistance of a walker into the chair exercise class.

"She looked scared to death," Estelle said. But what stood out more was her smile and determination to succeed.



"I just get so much joy when I see her, because I know what she was like when she came in. She's improved so much. I see that in a lot of people who come here."

Glenda, a receptionist volunteer and site representative at the Hamilton Prime Club for the past year and a half, said she started small with a chair exercise and walking class. From there, she pursued line dancing and started working out with weights and exercise machines. Each week, she made sure to designate time to her health.

"As long as I can keep succeeding at it, I just want to keep doing more and more. I am at a point where I can feel like I can keep on now."

Glenda said her health is 80 percent better. She lives with constant pain, but her support network at the Hamilton Prime Club has given her purpose and inspiration. Best of all, she has regained her independence.

"I'm more active," she said. "I don't sit at home anymore. I watch more what I am eating... When I was asked to be a volunteer, that gave me an even bigger incentive."

It was a way to keep her mind sharp, and quickly, her skills in business and management came back to her. Plus, it helped her focus on setting a good example for others who needed encouragement to get healthy.

"I enjoy taking new members around," she said. "I have that inside of me to talk to others now about Partners in Prime and what they have to offer. I've got more confidence. It's just a whole life change. It's just like I started as a newborn and now I graduated up. This is what I will be doing until the good Lord takes me home."

We make every moment *matter!*

We personalize services to meet the needs of our residents.

Garden Manor is a blended, continuing care retirement community, offering:

- Independent Living
- Assisted Living
- The Ohio Assisted Living Waiver Program
- Transitional Care Services, our return to home, short stay program
- Long-term Care

Call for your private tour today. See for yourself what we can do for you or your loved one!

(513) 424.5321
www.gardenmanorretirement.com
6898 Hamilton-Middletown Road
Middletown, Ohio 45044
R&B Healthcare Systems

The advertisement for Garden Manor features a collage of photos. One photo shows an elderly woman and a younger woman smiling together. Another photo shows an elderly man and a woman walking. There is also a large sunflower graphic. The Garden Manor logo is at the bottom.

Call Julie McCarthy, Wellness Coordinator,
AT 867.1998 TO SCHEDULE THE CLASS
THAT'S RIGHT FOR YOU!

Zimmer Midwest – Arthritis of the Knee Program

12:15 – 1:15 p.m. Wed, Nov. 2 in West Chester Twp.

Dr. Haleem Chaudary will speak on the causes, symptoms, and treatment options for those living with knee arthritis. Q & A session to follow. Refreshments and giveaways will be provided. Register by calling Paula at 1-888-269-7006.

Cardiovascular Health Assessment Stroke & Vascular Screening

9 a.m. – 1 p.m. Friday, Nov. 4 in Hamilton

9 a.m. – 1 p.m. Wed, Dec. 7 at the West Chester Activity Center

Cardiovascular Disease Prevention Center at Kettering Health Network and Tri-State Medical Imaging will help you provide your physician with valuable information to assess your arterial and cardiovascular health. Thickening of an artery provides the earliest detectable evidence of atherosclerosis, which increases risk for stroke & heart attack. A new ultrasound imaging test can assess vascular age and future risk for heart attack and stroke by measuring the layers of the carotid artery in the neck. The complete screening takes 15 minutes and includes two additional ultrasound tests to detect plaque in the carotid arteries and check for poor circulation in the lower extremities. Also available: Abdominal Aortic Aneurysm Ultrasound Screening. To schedule call (937) 558-3988.

Cost: \$119.00 for comprehensive stroke & cardiovascular screening; \$45.00 for optional abdominal aorta exam.

Dine & Discover

9 a.m. Tuesday, Nov. 22 in Hamilton

9 a.m. Monday, Nov. 28 at the West Chester Activity Center

Learn about the American Cancer Society and how it provides no-cost services to help patients get well and stay well. Continental breakfast provided by Hospice of Cincinnati and Hospice of Hamilton. For more information about the free event, call 513.867.1998 ext 243 or email jmccarthy@partnersinprime.org.

LifeLine Screening

9 a.m. Tuesday, Nov. 15 at Prime Club Fairfield

The Atrium Medical Center and Dayton Heart & Vascular Hospital at Good Samaritan are sponsoring a community Stroke & Vascular health event. Vascular screenings, combined with regular physician check-ups, are important parts of an annual health regimen – especially if individuals have been diagnosed with conditions like high cholesterol, high blood pressure, diabetes, or if a family history of stroke and vascular disease is present. Life Line Screening will be offering screenings for Carotid Artery Blockage, Peripheral Arterial Disease, Abdominal Aortic Aneurysms, Atrial Fibrillation, and Osteoporosis. Tests are \$60 each, or get all five for \$149. Various blood tests also will be available including lipid panel and blood glucose. For more information call 1-800-324-1851 (priority code HSC3034), or email Debbie at dnelson@llsa.com.

AVAILABLE PRIME SPA SERVICES

<i>Deep Tissue Massage</i>	<i>Pumice Peel</i>
<i>Neuromuscular Massage</i>	<i>Double Surface Peel</i>
<i>Swedish Massage</i>	<i>Organic Facial</i>
<i>Reiki</i>	<i>Back Facial</i>
<i>Ortho-Bionomy</i>	<i>Gentlemen's Facial</i>
<i>Healing Touch</i>	<i>Facial Waxing</i>
<i>Express Facial</i>	<i>Body Waxing</i>
<i>Cleansing Facial</i>	<i>Paraffin Dip</i>
<i>Anti-Aging Facial</i>	

Make an appointment for Prime Spa Services for both men and women. Check out our website or call for a price sheet and available times. Gift certificates are also available for purchase. Members receive discounted prices.

Emotional Health

Gratitude Class

2:30 p.m. Nov. 7 and 21 in Hamilton
Reservation Deadline: Nov. 3

Partners in Prime's Susan Costantino, who is working on her Master's degree in Psychology, will share her knowledge and expertise in the Gratitude Class. In this class, explore the varieties of positive experiences. It is not about being "Pollyanna," but rather understanding the science and anatomy of happiness and the other dimensions of being positively human. Plus, discover first hand just how being grateful affects your health and wellbeing. For more information, visit www.positivepsychology.net.

Memorial Service & Tea

1 p.m. Nov. 16, West Chester Activity Center
Community Room Reservation deadline Nov. 14

Remember dear friends and loved ones who have passed away at this service with Hospice of Cincinnati & Hospice of Hamilton. There will be a reflection from Bereavement Coordinator Polly Peterson, thoughts by retired Chaplain Eileen English and music. A short reception of tea and cookies will follow the service.

FOCUS ON HEALTH

Impact Osteoporosis with Exercise

It's true, the more weight bearing exercise you do, the healthier your bones will be. Don't wait to start a fitness routine that will help build muscle and endurance, but also maintain and build healthy bones.

So what is a weight-bearing exercise? Try walking, hiking, dancing or stair climbing. Get at least a half hour of moderate to vigorous exercise five times a week. In addition, work on resistance training with free weights, weight machines, resistance tubing or water exercises two to three times a week. This helps strengthen muscle and build bones. Finally, make sure to incorporate regular stretches to maintain and increase flexibility of joints and prevent injuries. Try Tai Chi and Yoga.

The fitness schedule at Partners in Prime addresses osteoporosis by offering activities and classes including these three components. Talk to your doctor before beginning any exercise program and remember that weight-bearing exercises do not have to be high impact. Also, be mindful of exercises that include bending and twisting at the waist, which can put you at risk for fractures.

A SPA EXPERIENCE AT PARTNERS IN PRIME



Did you know that Partners in Prime offers spa services in both the Hamilton and West Chester prime clubs? These services, Wellness Coordinator Julie McCarthy said, are provided to members and non-members at prices that are competitive or beat market prices.

And, those who operate at the prime clubs understand the mature body and skin.

"This is something that I have been passionate about being able to offer these holistic therapies" she said. "It's accessible. It's affordable. It makes you feel better, and I'm all about the experience."

While a few of the services have yet to catch on, one of the more popular therapies at the West Chester Activity Center is Ortho-Bionomy.

Jana Mullins, an Ortho-Bionomy practitioner, said she has seen positive results in customers of all ages.

The therapy, she said, focuses on where a person has discomfort, and through positional release and gentle compression, the body is trained to rebalance itself to center.

"I'm not trying to fix you and make you like everybody else," she said.

Each session is guided by an individual's needs.

Partners in Prime member and volunteer Karen Hoelle has been receiving treatments since last November.

"I wanted to see how it felt, and it was a reward for losing weight," she said. "I just felt so much better. Little aches and pains are relieved, and it's just so comforting. And, I can relax and forget everything."



Prime Kids

New at the West Chester Activity Center. Check out the fall line-up of classes online at www.WestChesterActivityCenter.org/prime-kids

Lakota/Prime partnership

Interested in sharing your area of expertise with Lakota students through a new speakers bureau? Want to volunteer in a school? Contact Lakota Local School Board and Partners in Prime Board member Lynda O'Connor for more information at toconnorl@cinci.rr.com.

Golden Lakota Card

Pick up your Golden Lakota Card at the West Chester Activity Center for free admission to home sporting events, band and choir concerts and senior specific theatre productions. Connect with Lakota students and support award winning programs. Transportation to events is not provided.

Navigating the Home Care Maze

12:45 p.m. Wednesday, Jan. 18

Enjoy a little treat after lunch while you learn the differences between Home Health and Home Care. You or your loved one may be eligible for home health which is 100% covered by Medicare for those that qualify. Discover how veteran's benefits may pay for qualified home care up to \$1,900 per month. Receive a Home Health Screening Tool and a detailed comparison sheet that reviews home health and home care.

This free event is sponsored by Otterbein Home Health, Visiting Angels of West Chester, Hospice of the Miami Valley and US Veteran Resources.

Advance Planning Seminar

12:45 p.m. Wednesday, Nov. 9

Every year, more people are planning ahead for their funeral services so their loved ones don't have to. Speakers from Mueller Parker Funeral Home, Jack Mueller and Pam Ulery, will discuss reasons people choose to plan ahead, and how they can set their wishes in writing to make sure everything is taken care of in advance. A packet of information, including a Thoughtful Decisions Guide, will be provided.

Vet's/Harvest Luncheon

Noon lunch and 1 p.m. entertainment

Thursday, Nov. 10

Turkey, dressing, and all the things that go with it are on the menu, followed by guitar music from Richard Goering. He will play a lively mix of classical melodies and favorites like Sunny Side of the Street, Georgia, The Entertainer, and the Tennessee Waltz. There will be prizes given, so be sure to sign up.

Sponsored exclusively by The Inn at Renaissance Village

Suggested Donation: \$3

Pot Luck with Elvis

5 p.m. dinner and 6:30 p.m. entertainment

Friday, Nov. 11

Enjoy food and a performance by Jeff aka "Elvis," the four-time finalist in the world 'Elvis Tribute Artist' contest conducted each August in Memphis during Elvis week. End the night with your favorite activities, including corn hole, chair volleyball, cards, ping pong. Line dancing and billiards. Must sign up at club. Sponsored exclusively by the Indus Home Health Care.

Holiday Lunch with Wild Carrots

Noon lunch and 1 p.m. entertainment

Thursday, Dec. 8

Take a musical trip down memory lane with the "Wild Carrots." They will get your hands a-clappin', your toes a-tappin' and even the most reluctant of singers hummin' along. Must sign up at club.

Suggested donation: \$3

Christmas party

12:45 p.m. Thursday, Dec. 22

Bring your favorite snack or desert to share. Sign up at the club if you want to bring and exchange a gift of \$10 or less. Special prizes to be given away.

New Year's party

1 p.m. Thursday, Dec. 29

Dale Fetick will sing the standards from the '30s, '40s, and '50s. There will be drawings for prizes for all present. Bring your favorite desert or treat.

Lunch and Movie Chesterwood

Noon Wednesday, Dec. 28

Cost: \$5 due upon sign-up at club



You know the West Chester Activity Center offers classes geared to the older crowd, but how about something that will make the youngest and most in shape sweat?

David Blount of Strong Foundations Fitness specializes in the design and

implementation of safe and effective strength training and conditioning programs that provide guidance for fitness, nutrition and injury prevention.

"I would just like to see more people from the community – the younger crowd – coming through the door," he said. The word still needs to spread that the Activity Center has something for all ages.

"You don't have the big gym costs," he said.

There are no contract commitments to classes and the center itself is not an intimidating place.

"It's kind of something for everyone," he said.

Some of his most popular classes include Zumba, Yoga, Core Solid Pilates and Family Self Defense.

A class he wants to grow, he said, is an intense LEAN boot camp, a circuit training class that includes upper body, lower body, abs and cardio. Whatever a person's fitness goals, Blount said there is a class or personal training sessions to fit their needs.

The first class is free. After that, each class is \$8 or a package of 10 is \$60.

Get an annual membership to the West Chester Activity Center

Need a gift idea for the holidays? Why not consider a membership to the West Chester Activity Center. Please contact Lindsey Hilty at lhilty@partnersinprime.org or 867.1998 ext. 360 if your organization is interested in selling memberships as a fund raising activity. Hours of operation are currently 9 a.m. to 5 p.m., but will be increasing to 8 p.m. this winter.

West Chester Hospital



West Chester Hospital is equipped to address the most challenging medical cases.

With the help of our compassionate and knowledgeable staff, we are committed to delivering the best possible medical outcomes in a pleasant and healing environment.



7700 University Dr., West Chester, Ohio | www.UCHealth.com/WestChesterHospital | 513-298-3000

UC Health.

Amenities available to members include a bi-monthly newsletter, access to the exercise equipment room during Activity Center hours, special reduced pricing for room rentals and reduced fees for some classes.

Age 55+ - prime club membership

Prime club memberships include reduced pricing for lunch and numerous free or reduced price activities, customized for people age 55+.

- Individual – \$30
- Couples – \$55

YOUNGER THAN 55

- West Chester Township Residents – \$60 or working in Twp.
- Non-West Chester Residents – \$72

FAMILY MEMBERSHIP

- West Chester Twp Resident or working in Twp. – \$160
- Non-West Chester Residents – \$192

DAY PASSES

Available for \$7 / day for residents / working in West Chester Township or \$10 / day for non-residents.

PrimeTravel



Travel Program at West Chester Activity Center

1p.m. Wednesday, Jan. 4

Learn about future planned trips. Refreshments served. Call for reservations 779-7360.

San Antonio Holiday

Dec. 1-5

Bear Creek in Bryant, Indiana

April 26

Enjoy lunch followed by a walk to the new shops before entering the Good Times Theatre to see the 'Nunsense Jamboree.' Look for more details at the club. Reserve early.



WE WANT YOU!!
 If you live, work, worship or attend school in Butler County you can be a member.
 See our great CD rates at www.allwealth.org
 or call 868-5881 for details.

Downtown Hamilton West Side Hamilton



On Sept. 10, Partners in Prime members met up with area youth at the West Chester Activity Center for the United Way Day of Caring. Teens taught older adults computer skills and older adults taught teens their favorite card games and chair volleyball.

Harvest Moon Ball

7 – 10:30 p.m. Saturday, Nov. 5

Cost: \$12 per person. Tickets available in advance at all prime clubs or at the door.

Don't miss this annual autumn event! Music by the "Over The Hill Gang" and a deluxe buffet will make this a memorable evening.

Sponsored by the Dance Committee

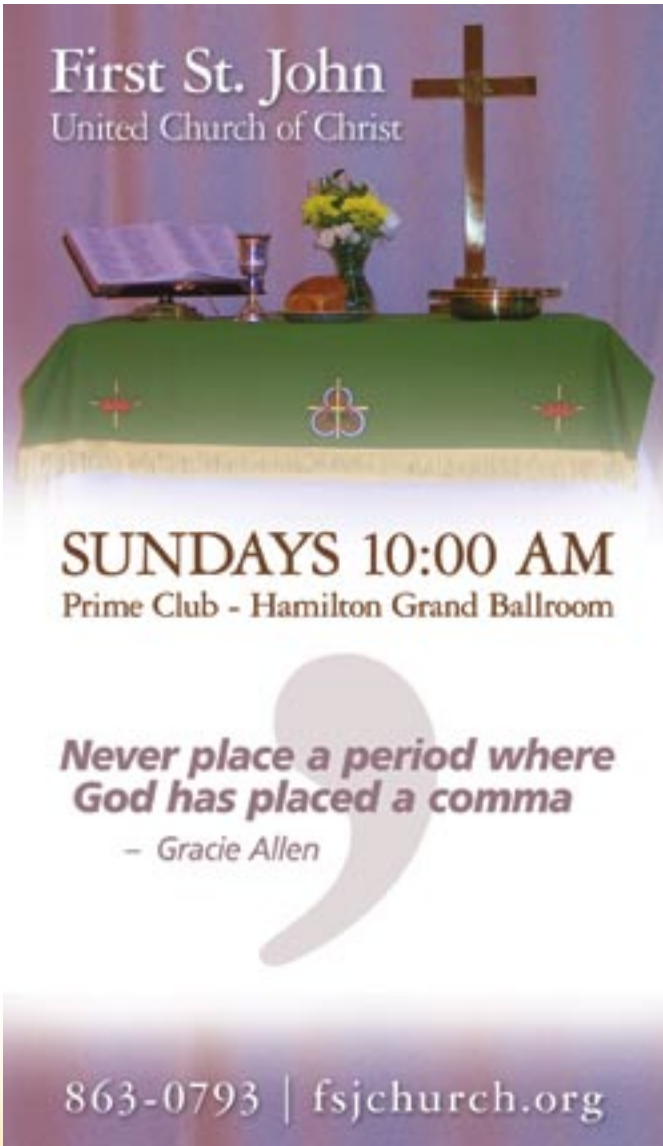
Veterans/Harvest Luncheon

11:30 a.m. Friday, Nov. 11

Suggested donation \$3, Reservations suggested.

(Please note: Lunch will not be served in the Dining Room)

The Jeannine Groh Trio will provide musical entertainment of beautiful ballads and swing. Jeannine has entertained audiences at some of the finest restaurants, hotels and clubs. A traditional turkey dinner will be served – along with the chance to win door prizes.



First St. John
United Church of Christ

SUNDAYS 10:00 AM
Prime Club - Hamilton Grand Ballroom

Never place a period where
God has placed a comma
– Gracie Allen

863-0793 | fsjchurch.org



Winterfest Luncheon

11:30 a.m. Friday, Dec. 9

Suggested donation of \$3; Reservations suggested.

(Please note: Lunch will not be served in the Dining Room)

Ricky Nye will perform Christmas classics on the piano. Whether it be jazzy, boogie woogie, spiritual, or ballads, you will enjoy his fun and entertaining program. A holiday ham dinner will be served – along with the chance to win door prizes!

John Engle Whistle Stop Train Room Holiday Open House

6 – 9 p.m. Dec. 12 – 16

Donations are encouraged in lieu of admission fee. Train displays and the holidays are like Santa and his reindeer – you can't have one without the other! Children of ALL ages will get a kick out of seeing and hearing the trains in motion. The incredible nostalgic and high-tech layouts are sure to amaze and amuse. Bring your entire family for an unforgettable holiday experience!

New Year's Eve Dance

8 p.m. – 12:30 a.m. Saturday, Dec. 31

Cost: \$12 per person. Tickets available in advance at all prime clubs or at the door.

The new year wouldn't be brought in properly without a rousing chorus of "Auld Lang Syne!" The evening's festivities include a deluxe buffet and music by the "Over The Hill Gang".

Sponsored by the Dance Committee



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Partners in Prime was represented at the first annual Jimmy John's Cornhole Tournament at Bridgewater Falls. Participants included Darrell Willis, John Estridge, Chuck Ramsey, and Asher Collett. Darrell and Chuck won first place in the tournament.



Members at the Hamilton Prime Club celebrate National Senior Center month Sept. 20 with a cake made by Kathy Baldwin, supervisor of kitchen operations.



THANK YOU

On Sept. 9, 2011, a dozen volunteers from Barnes Aerospace helped out at Partners in Prime for the United Way Day of Caring. The group organized holiday decorations in the attic, removed a broken refrigerator, prepared and delivered meals for home delivery routes and worked outside on landscaping.



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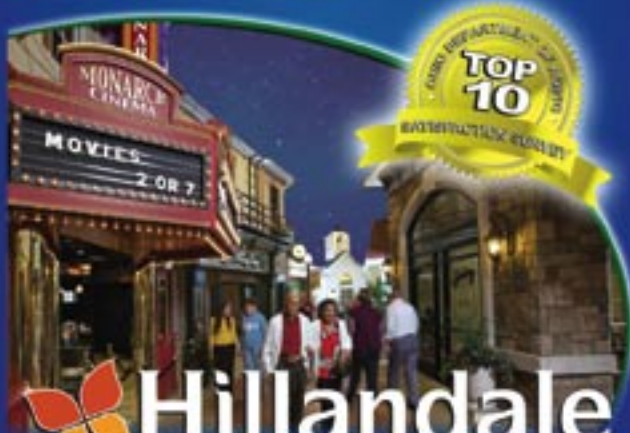
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Group Enjoys Rich Hamilton History

Fairfield Prime Club members recently took a trip to downtown Hamilton at the historic Benninghofen Mansion on 2nd Street. The original owner of the mansion was known for producing textiles for the Champion Paper Company. Members enjoyed learning “gossip” from back in the day and history about the mansion itself. They finished the day with ice cream sundaes back at the prime club.



(Standing left to right) Jeannine Nichols, Carol Meister, Ruth Riesenbeck, Pat Vaughn, Ava Lee (Sitting left to right) Evelyn Rewerts, Wini Kieviat, Madonna Allison, Betty Fouch, Agnes Rumker.

Halloween Party

10 a.m. – 3 p.m. Thursday, Oct. 27
Costumes are encouraged. Bring a treat to share.

Holiday Party

10 a.m. – 3 p.m. Thursday, Dec. 22
A potluck extravaganza to include games and goodies.

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Club Activities

PLARN Group: 12:30 p.m. Wednesday, Nov. 16 and Dec. 21 Crochet sleeping mats for the homeless with recycled plastic shopping bags.

Bible Study: 10 a.m. – 11:30 a.m. first and third Thursdays of month with Bethany from City on a Hill

Mustardseed: 11 a.m. Thursday, Nov. 10, Bible stories come to life with Kim Werk.

Current Events: 11 a.m. Oct. 6 and Nov. 3 join Doris Morris for an informal dialogue.



If you ask **Lois Schrantz** of Fairfield why she spends so much of her time giving to others, her response is “why not?”

Volunteering has always been a part of her life.

The 73-year-old Partners in Prime member has four pets, two of which join her for pet therapy visits, including Muna, a yellow lab, and Tux, a black and white cat.

Muna visits the Fairfield Prime Club each Monday, where Lois said Muna likes to take attendance at the exercise class, visiting with each participant.

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"They are greeters," she said. "Just to make people smile a little bit. I figure if they are smiling when they see us coming, and they are smiling when we leave, we did our job."

Fairfield Prime Club Coordinator Dianne McEachen, said the gesture is appreciated by members, who also appreciate the "cultural ambiance" Lois offers when she plays the piano during lunch.

"Muna . . . comes to offer our members some unconditional love and companionship," McEachen said. "Some of the members even remember to bring her treats."

Lois also takes her animals to visit Hospice patients, people with disabilities or those staying at Mercy Hospital, where in addition she works in the gift shop three days a week. Often, she said, the patients miss their own pet and enjoy having Tux snuggle in close on their bed. Lois has been involved in pet therapy since 1984, but that isn't her only interest. She has fostered 24 dogs and trained many to live in nursing homes. On occasion, she and her dogs read with children at the library. On Wednesdays, she plays the piano at the Fairfield Prime Club at noon and she also is a member of the water color painting group there. IN addition, she participates in the wood carving group at the Hamilton Prime Club.

The former art teacher at Hamilton City Schools said she either sells her paintings or gives them as gifts, though the wooden canes she has carved with animal themes, she kept for her own use.

Both groups, she said, are filled with people who help each other to be better artists.

It's something I can sit down and do and get pleasure from," she said of her hobby. "I don't really believe in talent. I believe in work. If it works, you do it again. If it doesn't, you forget it or you try something else."

Staying active has always been important to Lois, who said she joined Partners in Prime, because "I didn't want to sit on the front porch and wait to die. You've got to keep busy. If you rest, you rest. I really believe in doing as much as you can for as long as you can."

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Deliver meals to a church in Ross.
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Bridge Instructor

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NEED A LIFT?



Don Fischer

After having knee surgery, member Frances Kilgar, who comes to play Duplicate Bridge once or twice a week at the Murstein Prime Club in Hamilton, was aware of the challenges of entering the building. The slope of the special ramp entrance created discomfort for

folks like her by placing extra stress on pre-surgery knees. So, she asked CEO Steve Schnabl about the possibility of installing a stairway lift chair.

As always, Steve said, "The problem is getting the money for a special project like that. I don't even know the price, but it's not in our budget."

Steve reached out to Dave Fischer of Burlington Pharmacy Health Care, and Fischer agreed to assist with the \$2,800 cost in return for signage by the lift. With Fran's help, Steve gathered \$1,800 in donations for the project. The lift was installed in late August, with a framed donation certificate honoring Burlington and the private donors.

While finalizing the installation details, Steve learned that Dave Fischer is from the Hamilton area and his dad, Don, recently became an active member of Prime Club Hamilton.

"I'm always 'fishing' for solutions and funding," joked Steve, "and this time I think it fell into place really well. Our sincere thanks to everyone who helped make this happen."

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Be Prepared

The Partners in Prime board launched a series of three information sessions for older adults and their children, targeting topics most important to the aging population. A new session will begin again in the spring, and for those who missed the winter session, here is a short recap from our panels of experts.

BE PREPARED FOR EMERGENCY HOSPITAL VISITS

- ✓ Post emergency information in a prominent place.
- ✓ Keep a folder or binder with updated patient information, including a list of medications, allergies, doctors' names and medical history up to date. Also include an updated durable power of attorney and living will.
- ✓ Pack a bag ahead of time with snacks, water bottle, reading materials and personal essentials.
- ✓ Keep prescription bottles together in one place to bring with you.

BE PREPARED LEGALLY

- ✓ Talk to a lawyer about a Living Will, a Healthcare Power of Attorney and a general Durable Power of Attorney.
- ✓ Keep a copy of these documents, and make sure family members are aware of them.

BE PREPARED FOR DEATH

- ✓ Select a funeral home and cemetery in advance and make family members aware of the choice.
- ✓ Pre-fund funeral to guarantee current prices for cremation or burial.
- ✓ Make final wishes known to the funeral home and family members to prevent stressful decisions after you are gone, and make sure those wishes are documented.

Kick off your Winter Wellness

Winter Wellness Kick-Off Classes are here and ready for your participation! There is something to do six days a week. In addition to classes already offered at the West Chester Activity Center, more than a dozen new classes now are available in Hamilton. Whether it is Zumba Lite or Pilates or Self Defense, instructors are ready to challenge you and help you achieve a new level of fitness. Maybe you are interested in personal training or small group training or working out on the new fitness equipment. Wherever your interest lies, your fitness needs can be met at Partners in Prime. Contact Julie McCarthy, Wellness Coordinator, for more information and/or class registration.

Winter Weight Loss Club Challenge – Lose with Lisa

Thursdays, Jan. 5 – Feb. 9

9:30 – 10:30 a.m. West Chester Twp. Weigh-In
11 a.m. to noon, Hamilton Weigh-In

Be part of the Winter Weight Loss Challenge with The Barrington's Lisa Fey. She will be available each week for the six-week challenge with motivational and fitness tips. This challenge comes with a twist. Teams of five members will join forces to compete against other teams of five to win a trophy, bragging rights and a special culinary event with The Barrington's Chef Ryan. To register a team, contact Julie McCarthy, 513.867.1998 ext 243 or jmccarthy@partnersinprime.org.

NEW CLASSES IN HAMILTON for the Winter Wellness kickoff

Personal Training - Fitness Room

Daily by appointment, call for rates

This opportunity affords members to work one on one or in a small group with a certified personal trainer.

Boot Camp a.k.a. LEAN - Fitness Room

6:15 – 7:15 p.m. Tuesdays, \$8 per class

This is an intense circuit training class that includes upper body, lower body, abs and cardio..

Self Defense - Wellness Room

TBA, \$8 per class

Learn the latest movements to protect yourself with our martial arts expert. You'll develop a better self esteem, focus and increase your energy levels.

Fit for Life - Wellness Room

11:30 a.m. – noon Tuesdays & Thursdays, \$8 per class
This small group class is a full body workout that will help with strength training, cardiovascular health, flexibility, balance and more.

Pilates - Wellness Room

5:30 – 6:15 p.m. Thursdays, \$5 per class

This workout focuses on the core - the area between the shoulders and the knees. Tighten your legs, buttocks, thighs, back, abs and more.

Nia - Grand Ballroom

9:30 – 10:30 a.m. Wednesdays, \$5 per class

This movement technique is a mix of dance, martial arts and yoga. Each class is designed to stretch all joints and muscles while listening to different types of world music.

Tai Chi Chuan - Health Education Room

11 -11:45 a.m. Fridays, \$3 per class

Ideal for beginners, learn basic movements, postures and breathing techniques in a slow, controlled fashion.

Zumba – Grand Ballroom

9:30 – 10:30 a.m. and 6:15 – 7:15 p.m.

Mondays, \$5 per class

7:15 – 8:15 p.m. Tuesdays, \$5 per class

6:15 – 7:15 p.m. Wednesdays, \$5 per class

10:30 – 11:30 a.m. Saturdays, \$5 per class

When you combine Latin music and exercise, you get Zumba. These dance workouts are created with specific beats and tempo changes in order to gain strength, lose fat, increase your cardio and work major muscle groups.

Zumba Lite - Grand Ballroom

11 – 11:30 a.m. Mondays, \$3 per class

Created specially for the older body, these dance workouts are created with specific Latin beats and tempo changes in order to gain strength, lose fat, increase cardio and work major muscle groups.

Firm Believers - Grand Ballroom

3 – 3:45 p.m. Tuesdays, \$3 per class

Learn different strength training and cardio routines matched to a variety of music.

Carole's Stretching and Agility Class

11 a.m. – noon Thursdays, \$3 per class

Fitness Room

This floor based class will challenge and stretch your muscles.

Come and join us for lunch at the prime clubs.

Lunch is served Monday-Friday at all three clubs, and reservations are needed for diners at the Fairfield and West Chester clubs. The Hamilton location serves breakfast and lunch from 8:30 am - 12:30 pm, with the daily special offered from 11:30 am - 12:30 pm each day. We invite you to join us for a hot meal and good times.

November Dining Menu

TUES. NOV 1

Beef Stew,
Brussels Sprouts,
Cinnamon Apples,
Mixed Fruit, Roll

WED. NOV 2

Sloppy Joe/Bun,
Tater Tots, Peas,
Plums

THUR. NOV 3

Chicken Strips,
Carrots, Potato Rounds
Orange, Roll

FRI. NOV 4

Country Fish,
Broccoli,
Stewed Tomatoes,
Apple, Roll

MON. NOV 7

Pork Chop/Gravy,
Au gratin Potatoes,
Peas, Banana, Roll

TUES. NOV 8

Italian Chicken,
Broccoli,
Potato Wedges,
Peaches, Roll

WED. NOV 9

Beef & Mac, Peas,
Cinnamon Applesauce,
Orange, Bread

THUR. NOV 10

Cheeseburger/Bun,
Baked Beans,
Corn, Apple, Dessert

FRI. NOV 11

HOLIDAY MEAL

Turkey/Dressing,
Sweet Potatoes,
Green Beans,
Cranberry Salad,
Roll, Pumpkin Pie

MON. NOV 14

Chicken & Noodles,
Mixed Vegetables,
Brussels Sprouts,
Banana, Bread

TUES. NOV 15

Pasta/Marinara Sauce,
Meatballs, Italian Blend
Pineapples, Roll

WED. NOV 16

BBQ Rib/Bun,
Beets, Peas,
Mandarin Oranges

THUR. NOV 17

Chopped Beef/Gravy,
Mashed Potatoes,
Cauliflower, Apple, Roll

FRI. NOV 18

Lemon Pepper Fish,
Scalloped Potatoes,
Spinach, Orange,
Muffin

MON. NOV 21

Chili, Cinnamon Apples,
Corn, Banana,
Corn Muffin

TUES. NOV 22

Pork/Gravy,
Sweet Potatoes,
Green Beans,
Apple, Roll

WED. NOV 23

Meatloaf, Au gratin,
Potatoes, Broccoli
Plums, Roll

CLOSED

**THUR, NOV 24
& FRIDAY,
NOV 25 DUE
TO THE
HOLIDAY**

MON. NOV 28

Stuffed Peppers,
Corn, Cinnamon Apples,
Banana, Roll

TUES. NOV 29

Kielbasa/Kraut,
Mashed Potatoes,
Carrots, Mixed Fruit,
Corn Muffin

WED. NOV 30

Meat Lasagna,
Italian Blend,
Cauliflower,
Garlic Bread, Orange

December Dining Menu

THUR. DEC 1

Beef Stew,
Brussels Sprouts,
Cinnamon Apples,
Orange, Roll

FRI. DEC 2

Sloppy Joe/Bun,
Tater Tots, Peas,
Apple

MON. DEC 5

Fried Chicken,
Mashed Potatoes,
Green Beans,
Banana, Roll

TUES. DEC 6

Fish Square, Broccoli
Stewed Tomatoes,
Peaches, Roll

WED. DEC 7

Pork Chop/Gravy,
Scalloped Potatoes,
Peas, Mixed Fruit,
Roll

THUR. DEC 8

Italian Chicken,
Winter Blend Veg.,
Potato Wedges,
Apple, Roll

FRI. DEC 9

Glazed Ham,
Macaroni & Cheese,
Glazed Carrots,
Mandarin Orange,
Salad, Roll

MON. DEC 12

Cheeseburger/Bun,
Baked Beans,
Garlic Potatoes,
Banana

TUES. DEC 13

Chicken & Noodles,
Mixed Vegetables,
Brussels Sprouts,
Apple, Bread

WED. DEC 14

Pasta/Marinara Sauce,
Meatballs, Italian Blend
Pears, Garlic Bread

THUR. DEC 15

Chopped Beef/Gravy,
Mashed Potatoes,
Cauliflower,
Orange, Roll

FRI. DEC 16

1c Chili/Crackers,
Corn, Plums,
Corn muffin

MON. DEC 19

BBQ Rib/Bun,
Buttered Potatoes,
Carrots, Banana

TUES. DEC 20

Lemon Pepper Fish,
Au gratin Potatoes,
Spinach, Apricots, Roll

WED. DEC 21

Pork/Gravy,
Sweet Potatoes,
Green Beans,
Mandarin Oranges,
Roll

THUR. DEC 22

Stuffed Peppers, Corn,
Cinnamon Applesauce,
Roll

**CLOSED FRI,
DECEMBER 23
& MONDAY,
DECEMBER 26
DUE TO THE
HOLIDAY**

TUES. DEC 27

Kielbasa/Kraut,
Mashed Potatoes,
Mixed Vegetables,
Apple, Muffin

WED. DEC 28

Chicken Strips,
Carrots, Spinach,
Banana, Roll

THUR. DEC 29

Sausage Patty,
Biscuit/Gravy,
Hash Brown, Orange,
Tomato Juice

FRI. DEC 30

Meatloaf, Broccoli
Scalloped Potatoes,
Roll, Peaches

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