



Fairfield-Hamilton-West Chester
By Partners in Prime

Prime Time News

www.PartnersInPrime.org

July 2010



All Partners in Prime locations will be closed Monday, July 5



Founders Day Luncheon

Friday, July 9, 11:45 AM Hamilton Grand Ballroom

Enjoy a wonderful lunch before local historian, Jim Blount, presents the "Tales of Rossville". Hear the stories about events, places and people in the area around the birthplace of Partners in Prime. Also learn the history behind the different schools that used to be housed in our very own Murstein Building. Lunch will include Salisbury steak, mashed potatoes, green beans, fruit, and cake. *Cost: suggested donation of \$3.00 per person. Ticket must be purchased by Friday, July 3*

Butler County Fair "Senior Day"

Wednesday, July 28

1715 Fairgrove Avenue (State Route 4) in Hamilton

Wednesday only - admission is free for adults age 62 and over

It's time again to gather at the Butler County Fair with family and friends! On Wednesday, check out the Partners in Prime booth - stay for the Wednesday Afternoon Dance which will take place in the Youth Activity Building. The Butler County Fair will run from July 25 - 31. For a full schedule of Fair activities, go to www.butlercofair.com and follow the links. General admission is \$6.00, children age 6-12 is \$1.00. Celebrate summer and the best of Butler County!

Good News for Diners at prime club Hamilton!

Many members have requested new lunch options on the 55+ menu, and we are pleased to introduce three new Meal Deals. Suggested donation for these meals is \$3.00 for people age 60 and older. These meals are available at the Hamilton location only, along with the daily menu offering (no substitutions, please):

Meal Deal #1: Chicken Salad with Crackers, Bed of Lettuce, Whole Fruit, Apple Juice & Milk

Meal Deal #2: Tuna Salad on wheat, Side Salad with choice of Dressing, Whole Fruit, Apple Juice & Milk

Meal Deal #3: Cheeseburger on bun, Lettuce and Tomato Slice, Whole Fruit, Bag of Chips & Juice

A big Thank-You to all of our sponsors for the annual picnic last month!

**Parkside Nursing & Rehabilitation, VITAS,
Senior Independence, and Maple Knoll**

all made the event a success, and we all greatly appreciate it.

from the Chief Executive Officer

Hello Partners for July 2010!

Pop! Boom! Pow! Kaboom! If nothing else, just think back to the beauty of past fireworks displays. Isn't it sad to think that some communities cannot afford public displays this year? One of my favorite annual TV events is the 4th of July concert and celebration on the Mall from Washington DC that is shown live on Public TV stations each year.

Don't miss Jim Blount, local historian, who will be speaking at our Founder's Day luncheon on Friday, July 9, 11:45 AM at prime club Hamilton. He topic will be 'tales of Rossville.'

Karen Lowery is our Hamilton Prime Club staffer, and she is setting up a Comment Card drop box in the Murstein Prime Club Lobby... we welcome your ideas or thoughts on all topics.

Speaking of Fairfield, I still don't have a specific re-opening date at the new Sandy Lane site. We are hung up getting the flooring into place. We'll open just as soon as we can span that financial hurdle.

Our West Chester Prime Club is marking the start of its second month in the temporary digs at corner of West Chester and Beckett Roads. I am hearing compliments about the increased space. Bids for the renovations needed for the West Chester Activity Center have just come in as of late June and we are working with the Township to pick the contractors. Our fundraising is still progressing toward the \$255,000 goal, and we welcome recent support committed by local businesses.

I am sorry to add a sad note. Dianne Schraer, an active Prime Club member and former employee who worked at our Fairfield and Hamilton Clubs and the Grace Church site, has lost her battle with cancer. We will miss her.

I thank those of you who have completed our newsletter survey. Many of you said you enjoy my notes...I hope I can keep filling your expectations. Be safe during the very hot months of July and August.

My best,



Steve Schnabl,
CEO

Comment line
513.867.1998 ext. 258



Need Transitional Care?
Heritagespring
Is Right Here In West Chester.

Transitional Care is the specialized care it takes—either on a temporary or continuing basis—to maximize your potential or to help you return home following a health event.

Rehabilitation – Physical, occupational, and speech therapy provided by fully licensed therapy professionals.

Respite Care – Short term or temporary care in a secure environment.

Alzheimer's Care – Nursing care from professionals who specialize in Alzheimer's treatment.

Nursing Care – Individually prepared programs of treatment and care.

Integrative Medicine – Holistic treatment for the mind and body.

Hospice Care – Comfort and support in the final phase of a terminal illness.



To learn more call Heritagespring at 759-5777.
www.carespring.com

about Partners in Prime

Partners in Prime, formerly Senior Citizens Inc., is dedicated to enhancing the lives of people 55 and better to reach their personal best – their prime. The non-profit agency is a 501 (c)(3) organization in the State of Ohio, and is partially funded by the Council on Aging of Southwest Ohio, Butler County United Way and donations from individuals in the community. For over 55 years, **Partners in Prime** has been southern Butler County's community organization dedicated entirely to individuals over 55, providing information, advocacy and supportive services that enhance the quality of life for older adults in the community.

At Hamilton, Fairfield and West Chester **prime clubs**, members have access to services and programs focused on wellness and strengthening physical, social, educational, emotional and recreational wellbeing. The **clubs** provide members with a healthy connection to others, a vital link to the community and reduces the barriers that can occur as a result of isolation.

Support services including meals on wheels, in-home assistance and transportation are also provided by **Partners in Prime**. These services assist individuals in remaining independent in their own homes where many choose to stay, as long as is practical.

prime club memberships are available for people 55 and better. Membership costs \$30 per person or \$55 per couple per year.

volunteers in prime (VIP)—Each month, over 200 individuals provide their time, talent and treasury to **Partners in Prime**.

prime travel offers day trips and week-long adventures for small groups. Trips are offered for singles and couples.

dining—Delicious hot lunch is served daily at both **prime clubs**. Suggested donation is \$3.00 for people 60 and over and \$4.50 for people under 60. Reservations are required at the Fairfield & West Chester clubs. Breakfast & Lunch are available at Hamilton from 8:30 am—12:30 pm, Monday through Friday.

ILA/Companion Services assist clients with everyday household tasks and personal care tasks.

information and referral

867.1998 ext. 244

Monday-Friday, 8 AM - 4 PM

meals on wheels offers *more than a meal* educating our clients about proper nutrition, delivering balanced meals and providing a daily check in to ensure a good quality of life at home.

transportation, formerly ARK, is available to take adults age 60 and over for doctor appointments, pharmacies, the post office, etc. Suggested donation is \$5.00 per trip; to schedule call 867.9195.

**Put those bandages
to better use.**



You won't need them anymore.

At the Fort Hamilton Hospital
Center for Wound Healing,
our advanced treatments and
technology can help wounds that have
lingered for more than 30 days.

With physician directed care, you
can experience freedom from
uncomfortable bandages
and unsightly wounds.

For more information and to learn
how you may qualify for a **FREE** foot
screening, please call us at

513-867-2057

Fort Hamilton Hospital

Health Alliance

www.FortHamiltonHospital.com

organizational news

Our Sincerest Sympathy to the families of...

Lawrence Brookshire
William Hohmeister

Memorials

Edward L. Fain
in memory of **Beulah Hubbard**

Birdie Bennett
Judy Guidugli
Clarence Hentz
Joseph Hentz
Gary & Judith Luthle
Julie McCarthy
Russ & Peggy Mowry
Shelley & Greg Ratliff
F. Stephen Schnabl & Janice Elzey
in memory of **Patricia Geisler**

Thanks to Expo Exhibitors!

A huge thank you to the following agencies that participated in the Wellness & Resource Expo held on Saturday, May 15:

"Sponsor" level

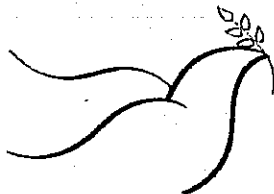
Colonial At Home
Drake Center
Hillandale Communities
Home Instead Senior Care
Interim Healthcare of West Chester
Melissa Mueller/Comey & Shepherd Realtors
Parkside Nursing & Rehab
Sunrise of Hamilton
US Veterans Resources LLC
Visiting Angels
VITAS Innovative Hospice Care

"Showcase" level

Caregivers for Independence
Community Behavioral Health Older Adult Program
Fort Hamilton Hospital
Hospice of Hamilton
Humana Market Point
MapleKnoll/The Knolls Home Health
Senior Independence
Stateline Medical Equipment
Webb Noonan

"Friend" level

Advanced Diabetic Solutions
Butler County Elderly Services Program
My Home Matters LLC
New York Life
Pro Seniors
Visiting Physicians Association
The Good Shepherd Home Care LLC



Garden Manor

- Independent Living
- Assisted Living
- Respite Care
- Skilled Nursing
- Restorative Nursing
- Memory Impairment Unit
- Sub-Acute Rehabilitation

(513) 424-5321

www.gardenmanorretirement.com/

Partners in Prime does not endorse the products or services represented within this newsletter. The information is presented only as a service and to help educate senior adults on relevant and pertinent resources and issues. We encourage you to seek professional advice as you see fit before making a decision regarding your future participation in the products or services discussed in this publication or presented by club vendors.

prime club Fairfield Daily Activities (open 10:00AM-3:00PM)

Please call 737-5752 for more information

Monday	Tuesday	Wednesday	Thursday	Friday
10:00 Pinochle	10:00 - 12:00 Aphasia Grp	10:00 Pinochle	10:00 Pitch	10:00- 3:00 Cards
10:00 - 11:30 Hand & Foot	10:00 - 3:00 Cards	10:00 Pitch & 1:00 Pitch Games	10:00 - 3:00 Cards	10:00 - 3:00 Puzzles
10:00 - 3:00 Cards	10:00 - 3:00 Pitch	10:00 - 3:00 Cards & Puzzles	10:00 - 3:00 Puzzles	10:00 - 3:00 Wii Games
10:00 - 3:00 Puzzles	10:00 - 3:00 Puzzles	10:00 - 3:00 Wii Games	10:00 - 3:00 Wii Games	10:00 - 2:00 Pitch
10:00 - 3:00 Wii Games	10:00 - 3:00 Wii Games	10:00 - 11:30 BP & BG (4th)	10:00 - 11:30 BP (3rd)	11:45 - 12:30 Lunch
10:15 - 11:00 Exercise	11:45 - 12:30 Lunch	10:15 - 11:00 Exercise	10:15 - 11:00 Exercise	
5:30 Red Hat Society Mtg (3rd)	5:30 Red Hat Society Mtg (3rd)	10:30 - 11:30 BP (2nd)	10:30 Current Events (1st)	
12:15 - 2:00 Bingo		11:45 - 12:30 Lunch	10:45 - 11:45 Corn Hole	
		12:30 Birthday (2nd)	11:45 - 12:30 Lunch	
		12:30 - 3:00 Bingo (2nd)	12:15 - 2:30 Bingo	
		1:00 - 2:00 Drawing (1st)		
		1:00 - 3:00 Water Color		

prime club West Chester Daily Activities (open 10:00AM-3:00PM)

Please call 779-7360 for more information

Monday	Tuesday	Wednesday	Thursday	Friday
9:30 - 10:00 Medicine Ball Trg \$	10:00 - 11:30 Coffee Crooners & Current Events	9:30 - 10:00 Beginner's Stability	10:00 - 10:30 Prime Pacers	10:00 - 10:30 Prime Pacers
10:00 - 11:30 Coffee Crooners & Current Events	10:00 - 3:00 Open Lab	10:00 - 11:30 Coffee Crooners & Current Events	Ball \$	10:00 - 11:30 Coffee Crooners & Current Events
10:00 - 3:00 Open Lab	10:00 - 3:00 Various Cards	10:00 - 3:00 Open Lab	Current Events	10:00 - 3:00 Open Lab
10:00 - 3:00 Various Cards	10:00 - 3:00 Puzzles	10:00 - 3:00 Various Cards	10:00 - 3:00 Various Cards	10:00 - 3:00 Various Cards
10:00 - 3:00 Puzzles	10:00 - 3:00 Wii Games	10:00 - 3:00 Puzzles	10:00 - 3:00 Puzzles	10:00 - 3:00 Puzzles
10:00 - 3:00 Wii Games	10:00 - 3:00 Bridge	10:00 - 3:00 Wii Games	10:00 - 3:00 Wii Games	10:00 - 3:00 Wii Games
10:00 - 10:30 Weight Resistance \$	10:00 - 11:00 BG (2nd & 4th)	10:00 - 3:00 Wii Games	10:00 - 3:00 Bunko and Pizza (last)	10:00 Bunko and Pizza (last)
10:30 - 11:45 Chair V-Ball	10:00 - 10:30 Exercise	10:00 - 3:00 Bridge	10:30 - 11:45 Chair V-Ball	10:30 - 11:45 Chair V-Ball
11:45 - 12:30 Lunch	10:30 - 11:45 Chair V-Ball	10:00 - 10:30 Balance Exercise \$	11:45 - 12:30 Lunch	11:45 - 12:30 Lunch
12:00 - 2:00 Corn Hole	11:45 - 12:30 Lunch	10:30 - 11:45 Chair V-Ball	12:00 - 2:00 Corn Hole	12:00 - 2:00 Corn Hole
2:15 - 3:00 Ping Pong	12:00 - 2:00 Corn Hole	11:00 - 12:00 BP (1st, 3rd & 4th)	12:30 - 1:30 Line Dancing	12:30 - 1:30 Line Dancing
3:00 Bible Study (3rd)	12:30 - 3:00 Poker	11:45 - 12:30 Lunch	2:15 - 3:00 Ping Pong	2:15 - 3:00 Ping Pong
	12:45 Young at Heart Choral Grp	12:00 - 2:00 Corn Hole		
		12:30 - 3:00 Poker		

Wednesday
Special planned activities

\$ = fee revised 6/4/10

prime club Hamilton Daily Activities (open 9:00 AM - 5:00 PM)

Please call 867.1998 for more information

Monday

9:00 - 5:00 Wii Games - Gathering Room
 9:00 - 5:00 Fitness Equipment Room
 9:00 - 5:00 Billiards Lower Level
 9:00 - 5:00 Puzzles - Gathering Room
 9:00 - 5:00 Ping Pong - Lower Level Lounge
 9:00 - 5:00 Checkers - Gathering Room
 9:00 - 12:00 Corn Hole - Wellness Room
 9:00 - 12:00 Open Computer Lab - Classroom
 9:15 - 11:00 Drawing (1st) - Art Studio
 9:15 - 11:00 Water Color Class (2nd, 3rd & 4th) - Art Studio
 10:00 - 10:30 Weight Resistance \$ - Grand Ballroom A
 10:00 - 12:00 Aphasia Group - Health Education Room
 11:45 - 12:30 Lunch - Dining Room
 12:00 - 1:00 TRIAD (4th) - Classroom
 1:00 - 2:00 Carole's Stretching & Toning Class - \$ Wellness Room
 1:00 - 4:00 Bridge - Dining Room
 1:00 - 4:00 Scrabble - Gathering Room
 1:00 - 4:00 Mah Jongg - Dining Room
 1:30 - 3:00 Golden Tappers - \$ Fitton Center

Tuesday

8:00 - 12:30 Vision Clinic (1st & 3rd) - Health Education Room
 9:00 - 5:00 Wii Games - Gathering Room
 9:00 - 5:00 Fitness Equipment Room
 9:00 - 5:00 Billiards Lower Level
 9:00 - 5:00 Puzzles - Gathering Room
 9:00 - 5:00 Ping Pong - Lower Level Lounge
 9:00 - 5:00 Checkers - Gathering Room
 9:00 - 11:15 Corn Hole - Wellness Room
 9:30 - 10:30 BP (1st) - Health Education Room
 10:00 - 2:00 Ortho-Bionomy (2nd & 4th) - \$ Health Education Room
 10:00 - 3:00 Quilting - Art Studio
 10:00 - 11:15 Walk & Exercise - Grand Ballroom A
 11:15 - 12:15 Jazzercise - \$ Grand BR A & B
 11:45 - 12:30 Lunch - Dining Room
 12:30 - 4:00 Bid Euchre - Gathering Room
 12:30 - 2:00 Murstein Line Dancers - \$ Grand Ballroom A
 1:00 - 2:00 Veteran's Group (1st & 3rd) Health Education Room
 1:00 - 4:00 Duplicate Bridge - Dining Room
 1:00 - 2:30 Dancing Belles - \$ Grand BR B

Wednesday

9:00 - 5:00 Wii Games - Gathering Room
 9:00 - 5:00 Fitness Equipment Room
 9:00 - 5:00 Billiards Lower Level
 9:00 - 5:00 Puzzles - Gathering Room
 9:00 - 5:00 Ping Pong - Lower Level Lounge
 9:00 - 5:00 Checkers - Gathering Room
 9:00 - 12:00 Corn Hole - Wellness Room
 10:00 - 3:00 Quilting - Art Studio
 10:00 - 1:00 Massage (2nd) - \$ Health Education Room
 10:00 - 11:30 BG (2nd) - Health Education
 10:00 - 3:00 Train Room Open
 10:15 - 11:30 Goldenaires - Grand Ballroom B
 10:30 - 11:30 Russian - Classroom
 10:45 - 11:30 Bingo - Dining Room
 11:45 - 12:30 Lunch - Dining Room
 12:15 - 3:30 Pitch - Gathering Room
 1:00 - 3:00 German - Classroom
 1:00 - 3:00 BP (1st, 2nd, 3rd & 4th) - Health Education Room
 2:00 - 4:00 Ballroom Dancing - \$ Grand Ballroom A&B
 5:00 - 5:45 Tai Chi - \$ Wellness Room

prime club Hamilton Daily Activities (open 9:00 AM - 5:00 PM)

Please call 867.1998 for more information

Thursday

9:00 - 5:00 Wii Games - Gathering Room
9:00 - 5:00 Fitness Equipment Room
9:00 - 5:00 Billiards Lower level
9:00 - 5:00 Puzzles - Gathering Room
9:00 - 5:00 Ping Pong - Lower Level Lounge
9:00 - 5:00 Checkers - Gathering Room
9:00 - 11:15 Corn Hole - Wellness Room
9:30 - 10:30 BP (2nd) - Health Education
9:00 - 10:00 Prime Pacers - Grand Ballroom A & B
10:00 - 2:00 Reflexology \$ (2nd) -
Health Education Room
10:00 - 11:15 Walk & Exercise - Grand BR A
10:30 - 3:00 Crafters - Art Studio
10:30 - 11:15 Bingo - Dining Room
11:15 - 12:15 Jazzercise - \$ Grand BR A & B
11:45 - 12:30 Lunch - Dining Room
12:30 - 2:00 Murstein Line Dancers - \$ Grand BR A
12:30 - 4:00 Pinochle - Dining Room
12:30 - 5:00 Card Game 500 - Dining Room
1:00 - 2:30 Dancing Belles - \$ Grand BR B
1:00 - 2:30 Alzheimer's Support - (2nd) - Health
Education Room
3:00 - 4:30 (2nd) Philatelic Society - Gathering Rm
5:00 - 6:00 Line Dancing - \$ Wellness Room
6:00 - 9:00 Beginning Ballroom - \$ Grand BR A & B

Friday

9:00 - 5:00 Wii Games - Gathering Room
9:00 - 5:00 Fitness Equipment Room
9:00 - 5:00 Billiards Lower Level
9:00 - 5:00 Puzzles - Gathering Room
9:00 - 5:00 Ping Pong - Lower Level Lounge
9:00 - 5:00 Open Computer Lab - Classroom
9:00 - 5:00 Checkers - Gathering Room
9:00 - 12:00 Corn Hole - Wellness Room
9:30 - 11:00 Golden Tappers - \$ Grand Ballroom A
10:00 - 1:00 Hand & Foot - Dining Room
10:00 - 11:45 Wood Carving - Art Studio
11:00 - 12:00 Hula - Grand Ballroom B
11:45 - 12:30 Lunch - Dining Room
12:15 - 3:30 Pitch - Gathering Room
1:00 - 4:00 Duplicate Bridge - Dining Room
7:00 - 8:30 Square Dancing - \$ Grand Ballroom A & B

\$ = fee

revised 6/4/10

Hamilton club activities

Questions? Need more information?

Contact Karen Lowery

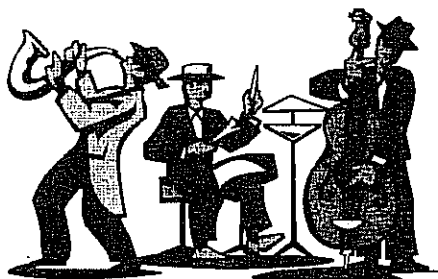
at 867.1998 ext. 244.



Evening Hours Announced!

Beginning Thursday, July 8, the Hamilton club will be open Thursday and Friday evenings until 9:00 PM. Stop in to play pool, table tennis, cards, or Wii - use the fitness equipment - join the

line dancing group on Thursday evening - how about square dancing on Friday evening - and don't forget the variety of fitness classes available! For more information, stop by or call the Member Services office.



Hamilton Parks & Recreation Presents: "Where

There's Music in the Air, 2010"

Sunday, July 4, 1:00 PM Hamilton Concert Band,
Court House Gazebo (on High Street)

Tuesday, July 6, 7:00 PM Jack Carr Band, Virginia
Avenue Park

Tuesday, July 13, 7:00 PM Franz Klaber Band,
Wilks Green (German Village)

Tuesday, July 20, 7:00 PM Lisa Biales and
Company, Monument Park (in front of the Log Cabin)

Saturday, July 24, 2:00 PM Ft. Hamilton Jazz Band,
Butler County Court House (Gazebo) Antique Car
Parade

Tuesday, July 27, 7:00 PM After Hours Band,
Lindenwald "Minor Ave" Park

One on One Lap Top Classes

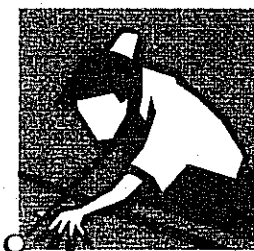
Monday, July 26; Classroom

Cost: \$25.00/hour; Registration required.

This class is for those individuals who have questions about the computer and may not be comfortable in a group setting. Individualized instruction is provided by Al Kaled, a well-known and popular computer instructor.

Pool Players Wanted

Join in the action! Pool players are needed on a daily basis Monday-Friday between 9:00 am—3:00 pm. Contact Member Services for more information.



Quilters Wanted

The quilters meet every Wednesday from 10:00-3:00, and they welcome new people.

Also, quilts for Childrens Hospital are being made, and help is needed with cutting and patterns during this time.

A Healing Journey

This is a CD for the child within all of us. A story based on the realness of God's loving presence. Ask staff to set you up anytime!



"Your Life, Your Memories, Our Priority."

240 ROSS AVENUE HAMILTON, OHIO 45013
(513) 894-9919 www.Webb-Noonan.com

Hamilton club wellness

**Call Julie McCarthy at
867.1998 ext. 243 to register for
health & wellness classes.**

**A huge thank you to The Maple Knoll
Communities for their sponsorship of
National Senior Health & Fitness Day!**

Weight Resistance Class

Mondays, 10:00 AM

Cost: \$1.00 per class

Want to strengthen your muscles in a safe way? Join volunteer instructor, Jean Bennett, for a half hour of easy stretching with exercise resistance bands.

Aphasia Group

Mondays, 10:00 AM - 12:00 PM

Have you had a stroke and now struggle with the challenges of aphasia? Has communicating become frustrating for you? This new group will be meeting on Mondays to support one another as well as challenge one another with an activity that stimulates communication.

Pack your Bag Event

Tuesday, July 20, 12:30 PM

Reservation Deadline: 7/16

Are you at risk for Diabetes or have the disease? Not sure what medicines to take or common side effects or interactions are possible? This is your chance to sit down one on one with a CVS pharmacist and pharmacy team.

Guided Meditation CD

As anyone who has tried it knows, meditation looks simple, but at times can be difficult. With teacher, Jack Cornfield, guiding you every step of the way, you will be introduced to the basics of meditation. Check out this teaching CD from the Member Services staff.

Hidden Creek Apartments

Newly constructed two bedroom apartments.

Convenient West Side location at

1125 NW Washington Blvd.

Between McDonald's and Arby's.

Housing intended for persons 55 and older.

Managed by Beeler Properties.

For a private showing, please call 863-0919.

Grief Support

Have you experienced a loss recently? You do not have to suffer alone. Grief Support is available. Please call the Health and Wellness number for more information.

Evening Massage Therapy

Thursday, July 1, 5:00 PM - 8:00 PM.

Cost: \$30.00 / 30 minutes \$55.00 / hour

Check out our evening massage therapy appointments with Tammy and Kelly from A Touch of Heaven. Reserve a spot today!

Reiki

1st & 3rd Wednesday, 12:00PM - 4:00 PM

Cost: \$30.00/30 minutes or \$55.00/hour

Reservation Deadline: 7/6 and 7/20

Reiki is a form of energy healing that originated in Japan and has been in use for over 100 years. It is deeply relaxing and relieves stress and assists with healing. Cynthia Hall has been a Reiki practitioner for 26 years and a Reiki Master for 23 years.



1010 Eaton Avenue
Hamilton, OH 45013
513.891.7700 or
800.691.7255
hospiceofhamilton.org

*Offering care in home, at long-term care facilities, and at our new inpatient care center on Hamilton's west side.
We accept Medicare, Medicaid, and most private insurance.*



always the best care—in your home or ours

Fairfield club activities

Questions? Need more information?

Contact Jenny Oldham

at 737.5752.

Ice Cream Social

(Grand Reopening)



Look forward to celebrating with us in August our Grand Reopening of the Fairfield Club with an ice cream social at the club. More details to follow in the August newsletter.

**Due to the renovation at our Fairfield club, all Fairfield classes will be held at our Hamilton club temporarily.*

*Birthday Cake Day

Served on the second Wednesday of each month. Thank you to Marsh Grocery Store in Fairfield for donating the birthday cakes. (Birthday Bingo is that day, 12:15 PM - 2:00 PM)

*Bingo

On Monday, Bingo is a penny a card (four cards maximum) for each game played. On Thursday the game is \$.50 cents a card for the whole game. Our wonderful caller also challenges the players with trivia questions that really make you think. **Mondays 12:15 PM. - 2:00 PM**
Thursdays 12:15 PM - 2:30 PM

*Balloon Volley

Mondays, 11:00 AM - 11:30 AM

Check out this new wellness activity that will be taking place on Monday mornings.

*Corn Hole

Tuesdays & Thursdays, 11:00 AM - 11:30 AM

Are you a corn hole enthusiast? We have carved out some special open play time on Tuesday and Thursday mornings for anyone who wants to play. All ability levels are welcome.

*Art Class

Every Wednesday at 1:00. Come and draw and paint in watercolor with your friends at Fairfield.

*Current Events

Thursday, 10:30 AM

On the first Thursday of the month, Doris Morris leads a discussion on current event topics. Everyone gets to express his or her opinions.

Join The Classy Red Hatters

3rd Tuesday of the month, 5:30 PM

Call Queen Mum Elsie at 867.9195

We are the women in the red hats and want to enjoy life to the fullest, no matter where we are or what we are doing! We strive to have Fun, Friendship, Freedom, and Fulfillment of life. We are in an open enrollment period and would like for you to join our "Classy Red Hatters".

CH CaringHearts
HOME HEALTH CARE

OUR SERVICES

Skilled Nursing
Physical Therapy
Occupational Therapy
Speech Therapy
Home Health Aide

8040 Hosbrook Road
Suite 300

Cincinnati, Ohio 45236

Office Phone: 513-761-6510

Toll Free: 888-761-6375

Referral Fax: 513-679-2116

Fax: 513-761-6063

www.caringheartshomehealthcare.com

Fairfield club wellness

**Call Julie McCarthy at
867.1998 ext. 243 to register for
health & wellness classes.**

Aphasia Group

Tuesdays, 10:00 AM - 12:00 PM

Have you had a stroke and now struggle with the challenges of aphasia? Has communicating become frustrating for you? This new group will be meeting on Tuesdays to support one another as well as challenge one another with an activity that stimulates communication.

Tai Chi on the Patio

Fridays, July 2 - 23, 11:00 AM - 11:30 AM

Have you ever wanted to try Tai Chi but not wanted to commit to a class? This is a great opportunity to check out this internal art form and see if it is the right fit for you. Join Julie for a half hour of Tai Chi on the patio on Friday mornings. No instruction is offered, but follow along with the group.

Sightseekers

Wednesday, July 21, 11:30 AM

If you have challenges with low vision, this support group could be a great help to you. The group is facilitated by the Cincinnati Association for the Blind and Visually Impaired. The group meets the third Wednesday of the month. Please call to confirm the location.

Prime Adventure Club

Hiking, Biking,
Climbing and Canoeing

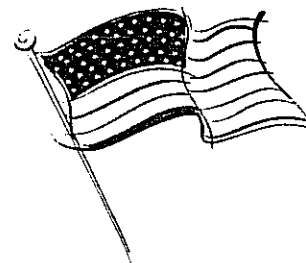
will be the featured activities of this new adventure group! Intrigued? Call Julie for more information.



Keep on Movin' Exercise

Mondays, Wednesdays & Thursdays 10:15 AM

For those of you who want a gentle yet great workout, please check out this morning stretching group. It's a great way to stay fit, increase flexibility and improve one's balance. The group is led by a volunteer and the participants have a great time working out together.



Brain Health: Use It or Lose It

Did you know that like other parts of your body, your brain may lose some agility as you get older? If you do not take care of it, your brain can get worse as you age. This is why it is important to help keep your mind stay sharp by working it out, which helps keep it strong. Activities that can help with this, but are not limited to, are crossword puzzles, Sudoku and

The
Waterford

AT FAIRFIELD

A Senior Living Community

Call Now & Save \$1,000



1460 Corydale Drive - Fairfield, Ohio 45014
To Schedule A Tour Call (513) 829-6200

*Spacious Studio, 1 & 2 Bedroom Apartments
*All Utilities Except Phone Included *Two Meals A Day Included
*Social Activities & Transportation Included
*And Much....Much....More

West Chester club activities

Questions? Need more information?

Contact Linda Manzo,

Activity Supervisor, at 779.7360.

Mah Jongg

If you are interested in learning to play, please notify Linda Manzo, Activity Supervisor, at 779-7360. We would like to get a new group started!

One on One Lap Top Classes!

Monday, July 12

This class is for those of you who have many questions about the computer and are afraid to ask, or don't know who to ask . . . or maybe you don't even know the questions! You will have one full hour with Al Kaled, a well known and popular computer instructor with Partners in Prime. Call Linda Manzo for your appointment at 779.7360.

Cost: \$25.00 for an hour of instruction

Bible Study

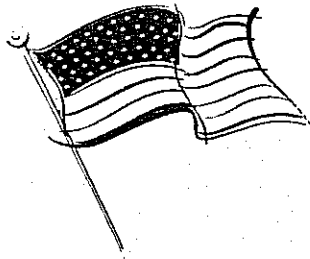
Monday, July 19, 3:00 PM

Our leader, Kim Werk guarantees this to be an eye-opener! Prophecy is the topic.

Young at Heart Choral Group

Tuesday, 12:45-2:00 PM

Young at Heart will be taking some time off over the summer. We hope to see the group join other members at our new club for games and social events!



Lunch and Movie at Barrington of West Chester

Wednesday, July 28, 11:45 AM

You will enjoy a delightful lunch and movie at this beautiful facility.

Reservations: call Linda Manzo, activity supervisor, at 779-7360

Cost: \$5.00

Line Dancing at the West Chester Club !!

Fridays, 12:30 PM

Cost: \$3.00

Chair Volleyball

Every day at 10:30 AM

Game: Monday July 26, 12:30 PM with Mason Community Center. Go team!

Cornhole

Every day at 12:30 PM

Newcomers welcome!

The Barrington
Has The Recipe For
Happiness

It's Equal Parts Good People &
Worry-Free Living, Sprinkled
With Energizing Activities &
Served With Tasty Amenities.

For information on Independent and Assisted Living
apartments, call Lisa
at 313-8664.

www.carespring.com



BARRINGTON
OF WEST CHESTER
Independent Living & Assisted Living

West Chester club wellness

**Call Julie McCarthy at
867.1998 ext. 243 to register for
health & wellness classes.**

Weight Resistance Class

Mondays, 10:00 AM

Cost: \$1.00 per class

Want to strengthen your muscles in a safe way? Join Julie McCarthy for a half hour of easy stretching with exercise resistance bands.

Medicine Ball Training

Mondays, 9:30 AM

Cost: \$1.00 per class

A medicine ball is a type of exercise ball that is approximately 14 inches in diameter and comes in various weights. Each of the exercises can help to build muscle and burn fat.

Balance Exercise Class

Thursdays, 10:00 AM

Cost: \$1.00 per class

Having balance issues? This class will focus on increasing lower body strength and improve one's balance.

Walk Away the Pounds Video

Fridays, 10:00 AM

This new indoor walking program is a great way to get those required daily 30 minutes of physical activity. All you need is good walking / running shoes and a willingness to try something new.

Beginner's Stability Ball

Thursdays, 9:30 AM

Cost: \$1.00 per class

Try out this new class that focuses on strengthening your core and back and helps with balance. You will need to bring your own ball and an exercise mat for each class.

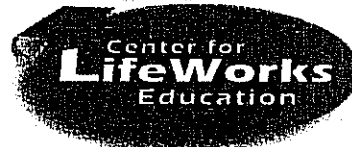
Chronic Pain

Monday, July 19, 1:00 PM - 2:00 PM

Do you suffer with chronic pain? Do you want to talk with others that understand and find support? Check out this informal gathering with Wellness Coordinator, Julie McCarthy, as we share and learn from one another. Julie knows first hand how debilitating chronic pain can be. Come hear her story and share your own.

LEARNING

AS YOU'VE NEVER SEEN IT BEFORE



**LIFEWORKS AT CHESTERWOOD KEEPS
MINDS SHARP & HEARTS YOUNG.**

CALL 777-1400 TO LEARN MORE.

www.hillandale.com

CHESTERWOOD VILLAGE

**8073 TYLERSVILLE ROAD
WEST CHESTER, OH 45069**

HILLANDALE HEALTH CARE

**4195 HAMILTON-MASON ROAD
FAIRFIELD TWP., OH 45011**


BIRCHWOOD CARE CENTER

**4070 HAMILTON-MASON ROAD
FAIRFIELD TWP., OH 45011**



**PERSONALIZED RETIREMENT
AS YOU'VE NEVER SEEN IT BEFORE**

July 2010

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Meat Lasagna Broccoli Corn Peaches Garlic Bread	2 Kielbasa/ Sauerkraut Mashed Potatoes Mixed Vegetables Corn Muffin Apple
5 Closed for July 4th Holiday 	6 Lemon Pepper Fish Potato Melody Brussels Sprouts Pineapples Roll	7 Pork Chop/Gravy Sweet Potatoes Cauliflower Orange Roll	8 Chicken & Noodles Beets Carrots Apple Bread	9 Founder's Day Luncheon Salisbury Steak Mashed Potatoes Green Beans Mandarin Oranges Roll Cake
12 Hamburgers/Bun Baked Beans Corn Banana	13 Roast Beef/Gravy Mashed Potatoes Peas Plums Roll	14 Italian Chicken Stewed Tomatoes Garlic Potatoes Mixed Fruit Roll	15 Meatloaf Scalloped Potatoes Lima Beans Orange Roll	16 Chicken Salad Crackers 3 Bean Salad Applesauce Peaches S.F. Cookie
19 Country Fish Potato Melody Spinach Banana Roll	20 BBQ Chicken/Bun Baked Beans German Potato Salad Apricots	21 Vegetable Lasagna Italian Blend Brussels Sprouts Apple Garlic bread	22 Pasta/Marinara Sauce Meatballs Broccoli Pears Garlic Bread	23 Sausage Patty Biscuit/Gravy Sliced Apples Hash Brown Apple Juice
26 Tuna Salad/Crackers Cole Slaw Mixed Fruit Banana	27 Italian Chicken Breast Stewed Tomatoes Potato Wedges Peaches Roll	28 Beef & Mac Peas Beets Orange Bread	29 Pork/Gravy Mashed Potatoes Corn Pineapples Roll	30 Chicken Strips Mixed Vegetables Tater Tots Apple Roll

Partners in Prime Congregate Menu

Partners in Prime
140 Ross Ave
Hamilton OH 45013
Kathy Baldwin - Supervisor of Kitchen Operations

**All meals include
1/2 pint of milk
& teaspoon margarine**

Member Update

July Birthdays



1. Francis Becker
1. James Clark
1. JoAnn Felts
1. Chet Fultz
1. Iris Hurley
1. Nick Kiefer
2. Edward Sheerin
2. Grace Smith
3. Don Bruce
3. William Parker
4. Marjorie Crane
4. James Deck
4. Linda Fitzgerald
4. John Gill
4. Doyle Jackson
4. Joan Morgan
4. Nancy Yeager
6. Marjorie Epperson
6. Emerson Langdon
6. Julie Rowe
6. Larry Thornton
7. Lois Apgar
7. Dorothy Gumm
7. Richard Shelton
7. Joseph Weber
8. Roger Potrafkce
8. Rosemary Silfven
9. Marie Corwin
9. Eleanor Fitzpatrick
9. Walt Stroud
10. Evelyn Jones
10. Joyce Moore
11. Donald Etson
11. Mary Lou Sandlin
12. Erma Crawford
12. Betty Huddleston
12. Leta Roberson
13. Ed Loving
13. Maggie Sandlin
14. Donald Blower
14. Clara Hayes
14. Maria Klepec
14. Merle Sheard
14. Alfrieda Stafford
15. Ronald Acton
15. Jim Chain
15. Sonya Hovis
15. Louise Lindeman

16. Gene Fultz
16. Jerry Koehne
16. Norman Quincy
16. James Smith
17. Mildred Black
17. Betty Jones
17. Barbara (Colleen) Nelson
17. Kathryn Rady
17. Verla Weldon
18. James Jones
18. Jean Poulemanos
19. Nancy Baker
19. Nancy Dreyer
19. Blanche Lasrado
19. Gerald Schindler
19. Sue Wise
20. Dave Dunsmore
20. Jolene Heath
20. Lew Hollinger
20. Christine Smith
20. Louella Taylor
20. Thomas Weber
21. B. Reid Carr
21. Marlene Gumm
21. Rosemary Hamilton
21. Geraldine House
21. Marilyn Kelley
22. Charles Hamilton
22. Ulysus Hurst
22. Virginia Lemons
22. Juanita Lindley
23. Edithe Breidenthal
23. Robert Ellis
23. Jan Elzey
23. James Jennings
23. Dolores Weber
24. C. Calvert
24. Adlene Custer
24. Lucille Norman
24. Kathy Ullrich
25. Timothy Kranbuhl
25. Anna Palmer
25. Larry Roberson
25. Jean Weisbrod
26. Edward Kingsley
27. Pat Etson
27. Helen McClellan
27. Richard McKinney
27. Joe Reumann
28. Betty Beggs
28. Jack Faulkner
28. Cathy King
28. Helen Ledford
28. Eugene Marcum
28. Phyllis Tuley

29. Norman Frankowski
30. Thomas Talmage
31. Linda Cole
31. Donald Hegner
31. Sandy McDaniel



July Anniversaries

5. Roy & Donna Frazier
9. Richard & Dorothy Straka
11. Frank & Beverly Lambing
12. Jim & Donna Fitzpatrick
18. Thomas & Anne Owen
18. Delano & Winifred Schanie
25. Ramon & Barbara Mick
31. Owen & Peggy Baker
31. Harry (Duke) & Sandy Grathwohl

Welcome New Members

(Members joined from May 1 - 31)

Pat Baker
Robert Barnhorn
Janice Bowman
Daniel Brosey
Pam Brosey
Mary Butz
LaVerne Chapin
Rose Fortner
Cynthia Hall
Augustine Keller
Thelma Krause

prime
club

A stylized, decorative logo consisting of a central point with several curved lines radiating outwards, resembling a flower or a starburst.

prime travel

Questions? Need more information?

**Contact Jenny Oldham
at 513.737-5752.**

2010 Croswell Day and Overnight Trips (Stop by your club and pick up a flyer on any of these trips.)

August 24 ~ The Covered Bridges of Maysville KY Tour

A step-on-guide will meet your group at the Visitors Center in historic Old Washington, Kentucky. She'll explain how eight of the remaining thirteen covered bridges lie within the five counties surrounding Maysville. Your group will enjoy a tour of the most popular bridges and Blue Lick State Park Lodge. To complete your adventure, you'll enjoy shopping and browsing time in Old Washington before heading for home. Cost: \$89; Money due by July 12.

September 22 - 24 ~ Niagara Falls

(Passport Required) Trip includes roundtrip Transportation via Croswell's Deluxe VIP Motorcoach, Two (2) nights accommodations at the Best Western Falls view (A non-smoking hotel). Two (2) full breakfast buffets, Two (2) dinners, and a Guided Niagara tour. Luggage handling and tax and gratuities on meals and lodging included. Cost: \$309/double \$409/single; Money due by Aug 16.

October 9 - 11 ~ Gatlinburg's Craftmen's Fair Tour

The afternoon and evening we'll visit the Museum of Appalachia where there will be demonstrations of authentic Appalachian crafts and foods. The next day breakfast and then off to the Gatlinburg

Craftmen's Fair in down town. Later stroll the streets of Gatlinburg. Dinner included that night. The last day we'll enjoy a step-on guided tour of the Smoky Mountains before heading for home. Cost: \$375/double \$509/single; Money due by Aug 30.

November 30 - December 2

Nashville TN Holiday

Cost: \$409/double \$535/single.

Stop in for a brochure to learn more!

Other Travel Opportunities

Tropical Costa Rica

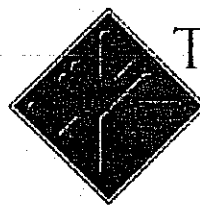
November 6 - 14, 2010

Cost: \$2,449/double \$2,999/single

Stop in for a brochure to learn more!

Small Van Trips

Call Jenny if you have a local trip in mind that you and your small group would like to go on. It takes a minimum of seven and maximum of 10 to reserve a bus.



TRI-COUNTY
Extended Care

Restorative Nursing
Outpatient Therapy
Sub-Acute Rehabilitation
Memory Impairment Unit

(513) 829-8100

www.tricountyextendedcare.com/

volunteering

Volunteers are a vital part of everything that happens at **Partners in Prime**. Our dedicated volunteers enable us to offer activities and services to our members each year. Volunteering provides great satisfaction for everyone who participates. In fact, research shows that people who engage in community service live healthier and longer lives! Call us at 513.779.7360 if you are interested in any of these volunteer opportunities.

Questions? Need more information?

Contact Jenny Oldham

at 867.1998.

Yoga Instructor

1 Day a week, 1 hour, flexible on days
Lead and instruct a Yoga class.

Art Instructor

1 Day a week, 2 hour, Wednesdays
Lead and instruct an art and drawing class.

prime club Hamilton

Lunch Helpers

1 day a week, 1.5 hours during the lunch hour.
Help at our newly renovated Hamilton prime club in the dining room as an order taker and server for the members.

Yoga Instructor

1 Day a week, 1 hour, flexible on days
Lead and instruct a Yoga class.

Food Box Delivery

1 day a month (third Thursday) for approximately 2 hours.
Help deliver food boxes to residents of senior high rises in Hamilton. Each box weighs about 30 lbs. (Someone with a truck would be helpful but not necessary.)

prime club West Chester

Luncheon Helpers

1 day a week, 2 hours.
Serve lunch to members and clean up.

prime club Fairfield

Activity Assistant

1 day a week, flexible on days, 1.5 hour.
Help lead a small group of members in a club activity, party, or event.

First St. John United Church of Christ

**Sundays 10:00 am
Ballroom**

God Is Still Speaking

**Serving:
Partners in Prime,
Greater Hamilton,
and the world.**

863-0793

www.fsjchurch.org

**Never place a period where God has
placed a comma. - Gracie Allen**

health & wellness classes

Call Julie McCarthy at
867.1998 ext. 243 to register for
health & wellness classes.

Ongoing prime club Dance Classes

Monday	Golden Tappers \$	Fitton Center
Tuesday	Dancing Belles \$	HAM
	Murstein Line Dancers \$	HAM
Wednesday	Beginning Hula	HAM
	Ballroom Dancing \$	HAM
Thursday	Dancing Belles \$	HAM
	Murstein Line Dancers \$	HAM
	Line Dancing \$	HAM
	Beginning Ballroom \$	HAM
Friday	Golden Tappers \$	HAM
	Hula	HAM
	Square Dancing \$	HAM
	Line Dancing \$	WC

Ongoing Fitness Classes

Monday	Keep on Movin' Exercise	FF
	Medicine Ball Training	WC
	Weight Resistance \$	WC
	Weight Resistance \$	HAM
	Fitness Equipment	HAM
	Toning & Stretching \$	HAM
Tuesday	Exercise	WC
	Fitness Equipment	HAM
	Walk & Exercise	HAM
	Jazzercise Lite \$	HAM
	Tai Chi	HAM
Wednesday	Keep on Movin' Exercise	FF
	Fitness Equipment	HAM
	Tai Chi \$	HAM
Thursday	Keep on Movin' Exercise	FF
	Balance Exercise \$	WC
	Stability Ball \$	WC
	Fitness Equipment	HAM
	Prime Pacers	HAM
	Jazzercise Lite \$	HAM
	Zumba \$	HAM
	Pilates \$	HAM
Friday	Fitness Equipment	HAM
	Jazzercise Lite \$	HAM
	Tai Chi	FF
	Walk Away the Pounds	WC

\$ = fee for class / series



Fairfield Pavilion
5251 Dixie Highway • Fairfield, Ohio 45014

Independent Living
Assisted Living
Respite Care

(513) 699-4600

www.fairfieldpavilion.com/

Therapeutic Modalities

2nd & 4th Tuesday	Ortho-Bionomy	HAM
	11:00 AM - 3:00 PM	
	\$15.00 per 10 minutes or \$30.00 per 20 minutes	
2nd Wednesday	Massage Therapy	HAM
	10:00 AM - 1:00 PM	
	\$30.00 per 30 minutes or \$55.00 per hour	
2nd Wednesday	WOW Dental	HAM
	\$80.00 per session	
2nd Wednesday	Pedicures	HAM
	Call for price packages	
2nd Thursday	Reflexology	HAM
	10:00 AM - 2:00 PM	
	\$15.00 for hands and \$30.00 for feet	

information & referral

Open Door Session with Rep. John Boehner's Office

Hamilton - Gathering Room

Thursday, July 22

12 noon - 1:00 PM

"Open Door" gives the 8th congressional District residents the opportunity to meet face-to-face with a member of Representative Boehner's congressional staff to discuss problems or opinions they have with regard to the federal government.

West Chester-Liberty Senior Voice

West Chester Administration Building

9113 Cincinnati-Dayton Road

Thursday, July 22, 9:15 AM (social time);

9:45 AM (meeting called to order)

You are invited to join us at the informal monthly meeting to voice concerns, learn about area services, and socialize with other community members of West Chester and Liberty Township. Invite your family and friends to attend a meeting!

Will You Get a \$250 Rebate Check?

A provision of the healthcare reform act signed into law on March 23, 2010 is a \$250 rebate for people who reach the Medicare Part D "doughnut hole". There is no application process or form to complete in order to receive the rebate. If you enter the Part D "doughnut hole", you will receive a one-time \$250 rebate check if you are not already receiving Medicare Extra Help. The checks began mailing in mid-June and will continue monthly throughout the year as beneficiaries enter the coverage gap.

Did you know . . .

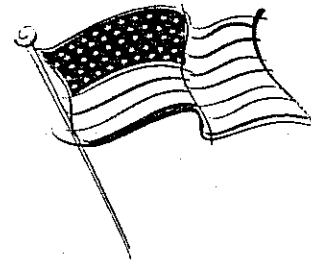
We now provide **Ensure** and **Glucerna** at a discount. Orders must be made by the case to receive the discounted price, and orders with payment received by the first Friday of the month will be ready for pick up on the following Friday. Call 867.1998 for pricing & details. If you are home-bound and need assistance with delivery, please contact Leta Kranbuhl at 867.1998 ext. 352.

Questions? Need more information?

Contact Karen Lowery
at 867.1998 ext 244

Empty Prescription Containers Wanted

First St. John United Church of Christ is collecting empty prescription containers ("pill bottles"). The containers are given to a local ministry which in turn forwards the bottles to hospitals in underprivileged countries. A collection container is located in the main stairwell next to the recycling bins at prime club Hamilton. Members wanting to donate at the Fairfield or West Chester clubs may give the empty containers to the club manager.



Extraordinary Home Care at Affordable Rates

Helping families like yours since 1982

Caregiver: \$14.20/hour (4-hour minimum)

Live-In: \$145/day

Call for a free,
no-obligation consultation.

In Cincinnati-Tri County: 513.777.7550

www.GriswoldSpecialCare.com



GRISWOLD SPECIAL CARE

A Tradition of Home Care Excellence



Personal Care
Homemaking
Companionship

prime club



Fairfield-Hamilton-West Chester

Partners in Prime
140 Ross Avenue
Hamilton, OH 45013
513.867.1998
Address Service Requested

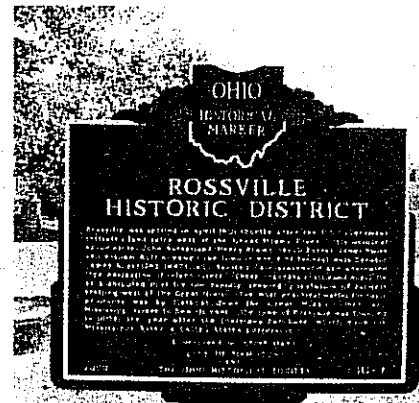
PRSR STD
U.S. POSTAGE PAID
Hamilton OH
Permit No. 11



Jim Blount Presents 'Tales of Rossville' At Annual Founders Day Luncheon

Friday, July 9, 11:45 AM Hamilton Grand Ballroom

Enjoy a wonderful lunch before local historian, Jim Blount, presents the "Tales of Rossville". Hear the stories about events, places and people in the area around the headquarters of Partners in Prime. Also learn the history behind the different schools that used to be housed in our very own Murstein Building. Lunch will include Salisbury steak, mashed potatoes, green beans, fruit, and cake. *Cost: suggested donation of \$3.00 per person. Ticket must be purchased by Friday, July 3*



Call 867.1998 for more info

Fairfield
5108 Sandy Lane
Fairfield, OH 45014
513.737.5752

Hamilton
140 Ross Avenue
Hamilton, OH 45013
513.867.1998

West Chester
9090 Cox Road
West Chester, OH 45069
513.779.7360

www.PartnersInPrime.org