

The SENIOR PARTNER

A NEWSPAPER SERVING MATURE READERS

SEPTEMBER 2018



Lucas County Traffic Safety Program coordinator Jamie Blazeovich (right) performs a safety check for Maumee senior Dianne Brassil. Several things were checked for safety, including the steering wheel tilt position, distance the driver sits from the steering wheel, line of sight above the steering wheel, position of driver to gas and brake pedals and proper mirror settings to eliminate blind spots.



Safety instructor Leonard Stovall checks a car at Maumee United Methodist Church as part of the CarFit check for Northwest Ohio senior drivers. More than 20 drivers took advantage of the free checks, which took place on Tuesday in the church parking lot.

MIRROR PHOTOS BY NANCY GAGNET

Car Checks Help Keep Older Drivers Behind The Steering Wheel Longer

BY NANCY GAGNET
MIRROR REPORTER

Most senior citizens want to enjoy the freedom to go where they want, when they want.

For many, that means driving as long as possible.

There are risks, however. According to the Educational Service Center of Lake Erie West, seniors have an overall crash rate comparable to that of 20- and 30-year-old drivers, but they are the most

fragile drivers on the road, resulting in a higher death rate per mile driven than any other group. Seniors aged 65 and over are more than twice as likely as younger drivers to be killed when involved in a crash.

In an effort to keep senior drivers on the road safely and as long as possible, the Lucas County Traffic Safety Program recently partnered with Maumee United Methodist Church to host a

CarFit check for Northwest Ohio senior drivers.

More than 20 drivers took advantage of the free checks, which took place on Tuesday in the church parking lot. The CarFit program, which was developed by the American Society on Aging in collaboration with AAA, AARP and the American Occupational Therapy Association, is a community-based initiative that provides a comprehensive 12-point

check of how well a specific driver and car work together.

During the CarFit check-up, trained technicians check the steering wheel tilt position, distance the driver sits from the steering wheel, line of sight above the steering wheel and the position of driver to gas and brake pedals. They also help adjust mirror settings to eliminate blind spots.

CarFit assessments can also identify senior-related

health problems and offer referrals for assistance.

"The whole goal is that we want to take a holistic approach to senior safety," said Lucas County Traffic Safety Program coordinator Jamie Blazeovich. "We know our body changes as we age."

Recently, AAA released data from a study that found more than 70 percent of senior drivers had experienced health conditions that impact muscles and bones such as arthri-

tis, hip and knee replacements and joint pain. Some seniors in the study reduced their driving due to these conditions.

Senior Dianne Brassil, of Maumee, had her car checked and found out that she didn't have to make any changes.

"I'm glad to know that everything is in order."

The next CarFit checks will take place at the Oregon Senior Center. For additional information, please contact the center at (419) 698-7078.

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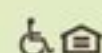
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Blood pressure checks are just one of the health screenings that will be offered at the Maumee Senior Center on Friday, September 7. MIRROR PHOTO BY NANCY GAGNET

Maumee Senior Center To Host Health Fair, Screenings

The Maumee Senior Center will offer its annual community Health and Wellness Fair on Friday, September 7 from 9:00 a.m. to 1:00 p.m. at the Maumee Senior Center, 2430 S. Detroit Ave., Maumee. This event is free and open to the public regardless of age.

Free health screenings including bone density, cholesterol, blood pressure, blood sugar, balance, hearing and optical screenings. Additionally, valuable community resource information from various commu-

nity agencies will be featured.

A free meal and a chance to win prizes will also be offered. The grand prize is \$500 and second prize is \$250.

The presenting sponsor is Maison-Dardenne-Walker Funeral Home; the premier sponsor is Kingston of Perrysburg. Additional sponsors are Heritage Village of Waterville, Browning Masonic Community and MT Business Technologies Inc.

The mission of the Maumee Senior Center is to create an atmosphere that

affirms the dignity and self-worth of the older population by serving their physical, emotional and economic well-being while encouraging their independence and continued participation in the community.

For more information on this event or other programs and events at the Maumee Senior Center, stop by the center, located at 2430 S. Detroit Ave. For a current newsletter, call (419) 893-1994 or visit www.maumeeseniorcenter.com or [Facebook.com/maumeeseniorcenter](https://www.facebook.com/maumeeseniorcenter).

Toledo-Area Seniors Invited To Zoo's Discovery Days

Come be a kid again and enjoy everything the Toledo Zoo has to offer during Senior Discovery Days, weekdays in September and October.

If you are age 60 or better, September and October are made for you at the zoo. Monday through Friday during these months, seniors receive free parking in the Anthony Wayne Trail lot

and a free small coffee and mini muffin from 10:00 a.m. to 2:00 p.m. at Timberline Bakery, located inside the North Star Trading Post. Seniors also receive a 20-percent discount on merchandise in zoo gift shops along with a \$5.00 discount on any zoo membership.

Mark your calendars for Tuesdays in September and October because they are

even better. On top of the free parking and snack, seniors also receive free zoo admission and fun activities including concerts, bingo and tours of historic Works Progress Administration-era buildings, including a live-dive presentation in the zoo aquarium.

For the full schedule of events, please visit toledo-zoo.org/seniors.

Free Health Screenings Available In September

CHI Living Communities St. Clare Commons, in partnership with Unique Healthcare Solutions, will offer free health screenings from 11:00 a.m. to noon on Monday, September 10 at 12469 Five Point Road, Perrysburg. Health screenings will include blood pressure and blood sugar checks.

There will be a drawing for a special prize for those who attend. RSVPs are very appreciated, but drop-ins are welcome during the screening period.

For more information or to RSVP, contact Myndi Milliken at (419) 346-7195 or e-mail MeMilli-ken@chiliving-comm.org.



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Chance to Win Prizes:

- Grand Prize - \$500 Cash
- 2nd Prize - \$250 Cash

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SENIOR CITIZENS'

CALENDAR OF EVENTS

The following events are planned at the Maumee Senior Center, located at 2430 S. Detroit Ave. For additional information about programs, call the center at (419) 893-1994 or visit www.maumeeseniorecenter.com.

MONDAY, SEPTEMBER 3

Menu: To be announced.

- Chair Zumba, 9:00 a.m.
- Zumba Lite, 9:30 a.m.
- Simply Lite Jazzercise, 11:00 a.m.
- Hand and Foot, 12:30 p.m.
- Duplicate Bridge, 12:30 p.m.
- Strength and Balance, 12:45 p.m.

TUESDAY, SEPTEMBER 4

Menu: To be announced.

- Line Dancing with Claudette Davis, 9:00 a.m.
- Cardio Drumming, 9:00 a.m.
- Mahjong and Six-Handed Euchre, 10:00 a.m.
- Tai Chi with Gavin-Qigong for Stability, 10:00 a.m.
- Tai Chi: Moving for Better Balance, 11:00 a.m.
- Four-Handed Euchre, 12:30 p.m.
- Beginning Four-Handed Euchre, 12:30 p.m.
- Maumee Senior Center Singers Practice, 12:30 p.m.
- Chair Yoga Senior Stretch, 12:45 p.m.
- Cardio Drumming, 1:45 p.m.
- Advanced Line Dancing, 3:00 p.m.

WEDNESDAY, SEPTEMBER 5

Menu: To be announced.

- Chair Zumba, 9:00 a.m.
- Line Dancing with Michael, 9:00 a.m.
- Zumba Lite, 9:00 a.m.
- Pokeno, 10:30 a.m.
- Simply Lite Jazzercise, 11:00 a.m.
- Hand and Foot, 12:30 p.m.
- Poker, 12:30 p.m.
- Strength and Balance, 12:45 p.m.
- Bingo, 1:00 p.m.

THURSDAY, SEPTEMBER 6

Menu: To be announced.

- Cardio Drumming, 9:00 a.m.
- Mahjong, 9:30 a.m.
- Line Dancing with Glenn LeFever, 10:00 a.m.
- Tai Chi with Gavin-Qigong for Stability, 10:00 a.m.
- Tai Chi II with Gavin, 11:00 a.m.
- Six-Handed Euchre and Duplicate Bridge, 12:30 p.m.

FRIDAY, SEPTEMBER 7

Menu: To be announced.

- Line Dancing with Michael, 9:00 a.m.
- Simply Lite Jazzercise, 11:00 a.m.
- Tai Chi: Moving for Better Balance, 11:00 p.m.
- Pinochle and Skip-Bo, 12:30 p.m.
- Chair Yoga Senior Stretch, 12:45 p.m.
- Cardio Drumming, 1:45 p.m.

Health/Wellness Fair Set At Senior Center

The Maumee Senior Center will offer its annual Community Health and Wellness Fair on Friday, September 7 from 9:00 a.m. to 1:00 p.m. at the Maumee Senior Center, 2430 S. Detroit Ave., Maumee. This event is free and open to the public regardless of age.

Free health screenings including bone density, cholesterol, blood pressure, blood sugar, balance, hearing and optical screenings. Additionally, valuable community resource information from various community agencies will be featured. A

free delicious meal and a chance to win prizes are available. The grand prize is \$500 and second prize is \$250.

Senior Center Singers Plan Practices

The Maumee Senior Center Singers, led by director Jim Burns, meet on Tuesdays at 12:30 p.m. Beginners are welcome. The choir has presented over 500 performances in Northwest Ohio. For more information, call (419) 893-1994.

Art Classes With Julie Harrison Available

Watercolor, drawing and oil/acrylic classes are available at the Maumee Senior Center. Watercolor and drawing is offered on Tuesday mornings at 9:30 a.m., and oil/acrylic on Thursdays at 11:30 a.m. The cost is \$30.00 for a six-week session. Art instructor Julie Harrison will teach the classes.

Fitness Classes Offered At Center

Cardio Drumming, a SilverSneakers Flex class with Cheryl Rodgers, meets on Tuesdays and Thursdays from 9:00 to 9:45 a.m. Equipment is provided. No cost for SilverSneakers members and \$3.00 for others. Preregistration is required.

Line Dancing classes with Glenn LeFever meet every Thursday at 10:00 a.m. The cost is \$2.00 per class, payable to the instructor at the door. Class is open to intermediate line dancers; you need not be advanced to attend.

Line Dancing classes with Michael meet on Fridays at 9:00 a.m. The cost is \$2.00 per class, payable to instructor at the door. Everyone is welcome.

Line Dancing classes with Claudette Davis meet on Tuesdays from 9:00 to 10:15 a.m. The cost is \$5.00 per class.

Tai Chi: Moving for Better Balance classes are held on Tuesdays and Fridays from 11:00 a.m. to noon. The class is taught by a certified instructor.

Chair Zumba and Lite Zumba with Vickie Geha classes are offered on Mondays and Wednesdays at 9:00 a.m. The low-intensity total workout combines all elements of fitness and offers a way to get your heart rate up while "dancing" in a seated or standing position. The cost is \$2.00 for each class or \$4.00 for both.

Simply Lite Jazzercise classes meet every Monday, Wednesday and Friday at 11:00 a.m. The 60-minute class pairs moderate aerobics with exercises designed to improve strength, balance and flexibility using easy-to-follow movements. Cost is \$30.00 per month; try the first class free.

SilverSneakers Flex Classes with certified Flex instructor Cheryl Rodgers include Circuit Interval Training on Tuesdays from 2:00 to 3:00 p.m. and on Fridays from 9:00 to 10:00 p.m., and Chair Yoga Senior Stretch on Tuesdays and Fridays from 12:45 to 1:30 p.m. Both are no cost to SilverSneakers members and \$3.00 for others.

Facilities Available For Meetings, Events

The Maumee Senior Center has five different rooms available for the public to rent for meetings or special events. The spaces can accommodate groups from eight to 147 people. For more information, call the center at (419) 893-1994. Personal tours of the facility are available.

Applications And Services Available

Applications, services and information that may be obtained from the center include:

- Golden Buckeye Card
- Handicapped Parking
- Medical Claim Form Assistance
- Information on Medicare Supplement Insurance
- Blood pressure, weight and health consulting each Thursday morning
- Referrals for home repair and assistance
- Ohio Energy Credit
- Home Energy Assistance Program (HEAP)

SENIOR CALENDAR

Senior Discovery Days Planned At The Toledo Zoo

The Toledo Zoo will offer Senior Discovery Days on weekdays in September and October. Every Tuesday, seniors are treated to free admission, great perks and fun activities during the zoo's Senior Discovery Days, plus great discounts during the rest of the week. For more information, please visit www.toledozoo.org/seniors.

Perrysburg Commons Announces Events

Perrysburg Commons Retirement Center will host a 12-month lecture series by Dr. Tyler Schwanz of Rebel Chiropractic.

Along with this lecture, a guided meditation will be included in an effort to clear the mind and be present in the here and now

These presentations are free and open to the community, and will be held the third Wednesday of each month from 1:30 to 2:30 p.m. at Perrysburg Commons, 10542 Fremont Pike, Perrysburg. RSVP by calling (419) 874-1931.

For more information on any of the events, call Kelly Ebersbach at (419) 874-1931 or e-mail kelly.ebersbach@hcr-manorcare.com.

Free Health Screenings Available In September

CHI Living Communities St. Clare Commons, in partnership with Unique Healthcare Solutions, will offer free health screenings from 11:00 a.m. to noon on Monday, September 10 at 12469 Five Point Rd., Perrysburg. Health screenings will include blood pressure and blood sugar checks.

There will be a drawing for a special prize for those who attend. RSVPs are very appreciated, but drop-ins are welcome during the screening period.

For more information or to RSVP, contact Myndi Milliken at (419) 346-7195 or e-mail MeMilliken@chiliving-comm.org.

Free Memory Screening Set In Swanton

Swanton Health Care and Retirement Center, 214 S. Munson Rd., Swanton, will host a free memory screening on Wednesday, September 26 from 2:00 to 4:00 p.m. by appointment only. To make a reservation, call Chris at (419) 825-1145. For more information, visit www.nationalmemoryscreening.org.

Lifelong Learning Fall Lecture Topics Announced

This fall, the Lourdes University Lifelong Learning program is offering a great lineup of lectures and hot topics. The events are held monthly on Fridays at the Franciscan Center of Lourdes University, 6832 Convent Blvd., in Sylvania.

Lectures are held on from 10:00 to 11:00 a.m. with refreshments offered at 9:15 a.m. and are free for members and first-time visitors.

Hot Topics are offered from 11:15 a.m. to 12:45 p.m. and include a lunch of soup, sandwiches and dessert. The cost is \$10.00 for members per meeting; \$15.00 non-members.

Speakers and hot topics for the series include:

Donelda McWilliams with "It's the Right Thing to Do" and Opening Our Hearts and Minds to those in Guatemala: Valley of Angels, featuring Lourdes students who traveled to Guatemala on September 14.

Lou Hebert with "Tales of Toledo's Tenderloin" and History and Research at the Toledo Museum of Art Library and Archives, featuring head librarian Alison Huftalen and archivist Julie McMaster of TMA on October 19.


Alan Thompson with "Bicycling Around the United States for a Cause" and Comedy of Reed K. Steele on December 14.

Lifelong Learning is an exciting educational program at Lourdes University. Open to all interested men and women, the only requirement for participation is an interest in ongoing learning. Lifelong Learning participants enjoy classes on a wide variety of academic subjects, educational field trips and monthly lectures featuring guest speakers. All activities are open to both members and non-members. For more information on upcoming classes and becoming a member of Lourdes University's Lifelong Learning program, visit www.lourdes.edu/lifelong.

Heartland Rehab Holds SilverSneakers Programs

Heartland Rehabilitation Services at Arrowhead Park, 518 The Boulevard, Maumee, is a SilverSneakers location and offers the following SilverSneakers classes: Classic Classes on Mondays and Wednesdays from 1:30 to 2:30 p.m. and Tuesdays and Thursdays from 11:00 a.m. to noon, and SilverSneakers Yoga on Tuesdays from 2:30 to 3:30 p.m. The gym is available during business hours. There is no cost for SilverSneakers members and low cost for nonmembers.

Call for information at (419) 897-9822.



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	Solo: A Star Wars Story (PG13)	Ocean's 8 (PG13)
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Saturday, September 1	2:00 • 5:00 • 7:30 • 9:40	2:15 • 5:15 • 7:40 • 9:40
Sunday, September 2	2:00 • 5:00 • 7:30	2:15 • 5:15 • 7:40
Monday, September 3	2:00 • 5:00 • 7:30	2:15 • 5:15 • 7:40
Tuesday, September 4	5:00 • 7:30	5:15 • 7:40
Wednesday, September 5	2:00 • 5:00 • 7:30	2:15 • 5:15 • 7:40
Thursday, September 6	5:00 • 7:30	5:15 • 7:40

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