

# The SENIOR PARTNER

8 PAGES

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JANUARY 2019

## Dorothy Sikorski Celebrates 95th Birthday With Surprise Party

BY KAREN GERHARDINGER  
MIRROR REPORTER

Dorothy Sikorski isn't used to a lot of fanfare.

Yet on December 8, she was greeted by dozens of family members and friends — plus a polka band and plenty of food — for a surprise 95th birthday party at Browning Masonic Community.

Born on December 29, 1923, Dorothy grew up in Toledo. She was 5 when the stock market crashed, launching the Great Depression. In 1930, her mom died, followed six years later by her father. As the third youngest of nine children, Dorothy went to live with an older sister and her sister's husband on Hamilton Street near Detroit Avenue.

"We didn't have too many conveniences," she said. The family didn't have a car, so they took streetcars or walked to get to the store, the dentist or school.

While all of her friends



Dorothy Sikorski was surprised with a birthday party on December 8 at Browning Masonic Community. Above, the 95-year-old is joined by her grandson Max and sons Jeff, Ken and Randy.

MIRROR PHOTO BY KAREN GERHARDINGER

headed to Central Catholic High School, Dorothy attended Libby High School, because the family couldn't afford to pay tuition.

After graduation, she began working at Chase Bag, sewing salt and sugar bags on

a machine. Later, she joined Surface Combustion, a Maumee-based company for which she worked three different times.

Dorothy was 17 when the United States entered World War II. Her future husband, Ray Sikorski, was a member of the U.S. Coast Guard, serving in the Pacific Rim.

"I was under the impression that all of the U.S. Coast Guard stayed here during the war to guard the coast. I wrongly thought only the Navy fought in foreign waters," their daughter-in-law Beth Sikorski noted. "I learned that Ray killed a Japanese soldier in hand-to-hand combat and brought back the gun. Ray never would talk much about his war experiences, but the two of them went to World War II reunions of his Coast Guard unit for many years."

During the later years of the war, most men were gone, but when Ray came home, he headed to the Trianon Ballroom in Toledo — a regu-

lar hangout for Dorothy and her friends.

"It was a huge place with a large dance floor. They would bring in big-name bands," she said, explaining that mostly women would attend to enjoy ballroom dancing.

Ray and Dorothy met and married in 1946, moving to a home near Inverness Country Club. She continued working for Surface Combustion until she was pregnant with the first of their three children, Rev. Jeff Sikorski. Jeff left home at age 15 to attend seminary and became a priest, serving many churches and schools throughout Northwest Ohio, including St. Joseph's Catholic Church in Maumee as pastor and Central Catholic as a teacher and vice principal. Middle child Ken worked at the Waterville Post Office toward the end of his career with the United States Postal Service. Randy, 10 years younger, graduated from Macomber Vocational High School in 1975 and started Waterville Bodyworks with John Spilker in 1983.

Ray's career was derailed early on, as a result of an industrial accident. He lost a portion of his hand and was hospitalized for a long time. He found it difficult to work

again and was in a lot of pain, Dorothy recalled.

She went back to work full time at Surface Combustion, retiring at age 58. Ray passed away from cancer in 1993, not long after his grandson Max's first birthday.

"Dorothy continued serving her family, her church and the community — even volunteering at Flower Hospital, where they asked her to model for their Crestview Club Apartments promotional materials," Beth said.

After moving to Browning Masonic Community four years ago, Dorothy began working out in the exercise room, going on trips and making friends.

She humbly states that her life hasn't been anything unique or unusual — rather one of managing through some tough times. To her sons, grandson and extended family, her 95 years on the planet have been inspirational.

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# Finding A Cure For Senioritis Can Become Overwhelming

**BY JIM OEDY**  
PRESIDENT/CO-OWNER  
GENESIS VILLAGE



**Jim Oedy**

For the better part of the last 40 years, my wife and I have been senior housing owners and senior advocates, and in the past two decades, we have seen a dramatic growth of senior housing options and services. Although having more options may seem like a positive change, we have found that too many options and excessive amounts of information can be confusing and leave seniors feeling over-

whelmed, aka "Senioritis." Several years ago, we began using our ballrooms

at Genesis Village for presentations and events, not only for the benefit of our own residents, but also for local seniors and their families. These presentations include informational seminars from the VA on the new veterans aid and attendance benefits and the Better Business Bureau's tips on avoiding scams that target seniors. We also began GriefShare sessions, which help seniors work through the grieving process, from losing a loved one to avoiding unhealthy behaviors like isolation and leading a sedentary lifestyle. Additionally, we have hosted interactive senior discussions such as "Inside Tips on Picking the Right Senior Living Options" to help educate seniors and their families and give them the tools to make informed decisions.

In our experience, most seniors and their families do not know what questions to ask or even understand the review process and what options are available to them when it comes to senior housing options. As a result, we have seen many seniors postpone making these important decisions and end up with rushed, uninformed decisions that are not always in their best interest. We believe in empowering seniors and having them play an active role in the decision process.

These programs are designed to be informative in nature with opportunities for interactive follow-up so seniors can understand their options and be able to confidently make the big life decisions that are right for them. One of our main goals as a community is to use our knowledge and experience, along with our amenities, to add life to the years of Genesis Village residents as well as local seniors.

If you would like to know more about our partner presentations or have questions, please feel free to call Genesis Village at (419) 720-1286 or stop by for a tour of the five-time 5-Star senior community and get more information at 2429 S. Reynolds Rd., Toledo. We look forward to serving you.

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\*www.hopkinsmedicine.org \*The purpose of this hearing assessment and/or demonstration is for hearing wellness to determine if the patient(s) may benefit from using hearing aids. Products demonstrated may differ from products sold. Test conclusion may not be a medical diagnosis. The use of any hearing aid may not fully restore normal hearing and does not prevent future hearing loss. Testing is to evaluate your hearing wellness, which may include selling and fitting hearing aids. Hearing instruments may not meet the needs of all hearing-impaired individuals. One offer per customer. Offer not available to any consumer using an insurance benefit, a Managed Care, or Federal reimbursement (including third-party administered reimbursements). Offer cannot be combined with any of our promotional offers, coupons or discounts. Other terms may apply. See office for details. †After completing your hearing assessment and/or demonstration, you will receive a \$20 gift card with instructions on how to obtain the gift card for the brand of your choice. All product and company names are trademarks or registered trademarks of their respective holders. Use of them does not imply any affiliation with or endorsement by them. One gift per household. Offer valid for new patients only or those who have not had a hearing assessment within the past 12 months. Completion of hearing assessment required. Offer expires 1/31/19. Information within this offer may vary or be subject to change.

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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](http://www.maumeeseniorecenter.com).

### MONDAY, JANUARY 14

Menu: Polish sausage, cabbage, carrots, apple, bread, milk and dessert.

- Chair Zumba, 9:00 a.m.
- Zumba Lite, 9:00 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, JANUARY 15

Menu: Sweet and sour meatballs, beets, fruited Jell-O, bread, dessert and milk.

- 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.
- Phase 10, 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, JANUARY 16

Menu: Broccoli with cheese quiche, banana, roll and milk.

- 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, JANUARY 17

Menu: Bratwurst with onions and peppers on bun, green beans, blushing pears, dessert and milk.

- Cardio Drumming, 9:00 a.m.
- Mahjong, 9:30 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, JANUARY 18

Menu: Creamy chicken vegetable soup, salad, peaches, milk and dessert.

- Line Dancing with Michael, 9:00 a.m.
- Cardio Drumming, 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.

### Souper Bowl Lunch Fundraiser Announced

The Maumee Senior Center will host its annual Souper Bowl Lunch Fundraiser on Wednesday, February 13 at 11:30 a.m. The cost is \$5.00 per person, which includes soup, fresh-baked bread, dessert and beverage. Aspiring cooks can still

sign up to enter a favorite soup and compete for the 2019 Silver Ladle Award. Reserve your space for lunch by calling (419) 893-1994 or signing up at the front desk.

### 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

# SENIOR CALENDAR

### Perrysburg Commons Announces Events

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

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. This month's topic is "Intellectual Dimension: Turn One Day Into Your Day One." This 30-minute lecture is centered around the idea that we do not stop learning because we get old, we get old because we stop learning. RSVP by calling (419) 874-1931.

Additionally, St. Luke's Family Medicine will host a four-month lecture series at Perrysburg Commons Retirement Center. This month's topic will be "Advanced Directors," presented by Tony Pfeiffer. These presentations are free and open to the community, and will be held on the fourth Wednesday of each month at 10:30 a.m.

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

### 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.

### Free Home Safety Checklist Available For Seniors

The Home Instead Senior Care office serving the greater Toledo area is offering a free home safety checklist and other helpful tools for area seniors and their families.

According to the Centers for Disease Control and Prevention, nearly 20 million seniors ages 65 and older visit the emergency room each year, with almost a third of the visits related to injuries, many of which are sustained in the home. However, almost half of all home accidents by seniors (48 percent) can be avoided, according to a recent survey of emergency room doctors, conducted by the Home Instead Senior Care network.

To request a free home safety checklist, call the local Home Instead Senior Care office at (419) 472-8181 or visit [www.makinghomesaferforseniors.com](http://www.makinghomesaferforseniors.com).

### Genacross At Wolf Creek Offers Free Meeting Rooms

The Genacross Lutheran Services at Wolf Creek retirement community has rooms available that will hold six to 60 people for weekly or monthly professional meetings. Those interested in reserving a room should call (419) 861-5619. There is no charge for the rental of the rooms.

The Genacross at Wolf Creek retirement community is located at 2001 Perrysburg-Holland Rd., Holland. LVWC is a ministry of Lutheran Homes Society in partnership with St. Luke's Hospital.



Readers interested in submitting items to this column may do so by sending an e-mail to [info@themirrornewspaper.com](mailto:info@themirrornewspaper.com) or by sending a typed press release to The Mirror, 113 W. Wayne St., Maumee, Ohio 43537. Deadlines are at 5:00 p.m. on each Thursday prior to the following Thursday's publication. All items will be used solely at the editor's discretion.



**MAUMEE INDOOR THEATER**  
**MOVIE LISTINGS**

Sam Johnson - Manager

	<b>Dr. Seuss' The Grinch</b> (PG)	<b>Goosebumps 2 Haunted Halloween</b> (PG)
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<b>Saturday, January 12</b>	2:00 (3D) • 7:00 (2D)	5:00 • 9:00
<b>Sunday, January 13</b>	2:00 (2D) • 5:00 (3D) • 7:00 (2D)	2:15 • 5:15 • 7:15
<b>Monday, January 14</b>	5:00 (3D) • 7:00 (2D)	5:15 • 7:15
<b>Tuesday, January 15</b>	5:00 (3D) • 7:00 (2D)	5:15 • 7:15
<b>Wednesday, January 16</b>	2:00 (2D) • 5:00 (3D) • 7:00 (2D)	2:15 • 5:15 • 7:15
<b>Thursday, January 17</b>	7:00 (2D)	5:00

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