

SILVER THREADS

A PUBLICATION OF THE UPPER ARLINGTON COMMISSION ON AGING

Senior Insight

The UA Stage event “Anything Goes” was a huge success this year thanks to the hard work of the Upper Arlington Civic Association, First Community Village and UAHS Vocal Music.

Each year the Civic Association allows the UA Commission on Aging to survey the participants to gain insight to the programs and services that are helpful and desired by older adults in Upper Arlington.

Of the nearly 400 people who attended the UA Stage event, 214 completed and returned their surveys to us. That is amazing! Thank you!

We learned several important things from the survey results. Over 65% of those surveyed are using smart phones; and the social media most often used is Facebook. This information helps us design communication about events, programs and seminars in a way that reaches more people directly.

We asked how people get their news. Overwhelmingly, the respondents reported newspapers and TV are most often used. Many also use online sources for keeping up with current events.

Additional helpful information from the survey is the indication of what programming the respondents would like to see. Brain Health continues to be a popular topic for this group. As a result we are partnering with the UA Public Library to provide a “Brain Benefits” series in

April/May (page 6).

Another topic of interest is Vision Loss and Eye Health. Come to Fitness Trek in June to hear local eye doctors discuss these issues (page 4).

Save the date, Wednesday, September 19th, for the Senior Symposium where we will have Orthopedic surgeon Dr. Carman Quatman discuss Osteoporosis and Bone Health. More information on this program will be available in the coming weeks.

New Medicare Cards

Medicare will mail new Medicare cards between April 2018 - April 2019. Your card will have a new Medicare number instead of your social security number.

This change is an effort to curtail identity theft and protect your social security number. Your social security number will not change and will still be used as an identifier for taxes, employment, etc.

Make sure your mailing address is up to date so you get your new card. Visit ssa.gov/myaccount or call 1-800-772-1213 to correct your mailing address. You may also visit Medicare.gov for the latest updates.

Be advised that Medicare will not be calling you to ask you to verify your personal information. You should not give out your social security number or Medicare information over the phone.

Balance Practice

Amy Schossler

Tuesdays and Thursdays | 1 – 1:30 pm (2-2:30 on the second Tuesday of the month)

UA Senior Center Building 2, Rm 205

\$15 - \$20/mo | Free SilverSneakers®

Practice safe and effective movements proven to improve your balance. If you worry about falling, this is the class for you. These simple exercises are done seated and standing to develop the muscles and flexibility that keep us safer on our feet. The second Tuesday of the month the class meets at 2 pm. We encourage completion of A Matter of Balance Seminar before enrolling in Balance Practice. **Call 614-583-5320 to register.**



Dr. Eunice Oppenheim-Knudsen

Ohio State University

Wexner Medical Center

Outpatient Care Upper Arlington

Starting Wednesday, April 4th

Walks take place on Wednesdays at
5:30 pm

departing from the

UA Senior Center

April - October



2018

Premier Sponsors

We are grateful to the organizations who help us present our annual programming including the Sandwich Stroll, Senior Symposium, Senior Smorgasbord and our Medicare Updates.

Capital Health Home Care Concierge

Comfort Keepers

Elder Life Solutions

First Community Village

Franklin County Senior Options

The Forum at Knightsbridge

Ganzhorn Suites

Home Care Assistance

Home Instead

The MacIntosh Company

Mayfair Village

Oasis Senior Advisors

Ohio Living

Our Family Home

Syntero

Older Adult Help Desk at UA Library

The UA Commission on Aging and Syntero Northwest Counseling hold Older Adult Office Hours at the UA Public Library (Tremont Road) on the second and fourth Tuesday of each month 4:00 - 6:00 pm. Office hours are held in Conference Room A. These are drop in hours; no appointment is necessary. We can help answer your questions pertaining to senior services, housing options, transportation, Medicare/Medicaid and more.

Welcome to Medicare

Are you turning 65 this year? Are you planning to retire and leave your employer health care plan? If so, you may have lots of questions related to your Medicare coverage. Medicare experts from OSHIP (Ohio Senior Health Insurance Information Program) will be on hand to present all the important things to know about your coverage, including enrollment deadlines, penalties for late enrollment, differences between Medicare supplements and advantage plans, and Part D prescription drug coverage.



Tuesday, May 15th

6:00 - 8:00 pm

Upper Arlington Lutheran Church

2300 Lytham Rd.

Upper Arlington, OH 43220

Cal 614-583-5326 to register

Doors open at 5:30 p.m. Visit with our Premier Sponsors who will be located throughout Fellowship Hall.

Fitness Trek

Sponsored by the UA Commission on Aging & UA Senior Center

Join others in the journey to a healthier life with Fitness Trek. A monthly program, Fitness Trek promotes walking, commitment to movement for health, and educational speakers. Monthly meetings feature a light breakfast. **Advance registration required. Call 614-583-5320.**

Try Walk with a Doc at Fitness Trek

Tuesday, April 3

8:30 am - Amelita Mirolo Barn

\$1.00 | Free with Silver Sneakers®

Have you ever wanted to try the Walk with a Doc program? Dr. John Diehl, a sports medicine physician with Ohio Health McConnell Spine, Sport and Joint Physicians, leads us through the experience at Sunny 95 Park. Just like a regular Walk with a Doc, Dr. Diehl presents an information session on a pertinent health topic before we head outdoors to walk, weather permitting.

Eye Health and Vision Loss

Tuesday, June 5

8:30 am - Amelita Mirolo Barn

\$1.00 | Free with Silver Sneakers®

Vision loss affects all aspects of your life and the possibility of that loss increases with age. Get help and save your eyes from changes from cataracts, glaucoma, macular degeneration and diabetes. Doctors from Northwest Eye Care Professionals teach you how to protect your vision and the importance of regular eye care for a lifetime of healthy vision.

Rediscovering Play

Tuesday, August 7

8:30 am - Amelita Mirolo Barn

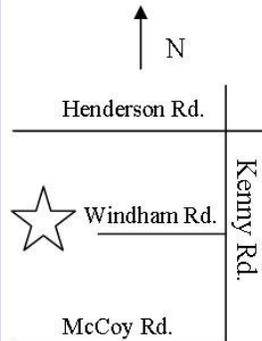
\$1.00 | Free with Silver Sneakers®

In the words of George Bernard Shaw, “We don’t stop playing because we grow old; we grow old because we stop playing.” Play is as important for adults as it is for children. It can relieve stress, improve brain function, stimulate the mind, boost imagination and creativity and improve relationships. Join us and discover how.



SANDWICH STROLL

LOCATION
Sunny 95 Park
4395 Carriage Hill Ln.



Tuesday, May 1, 2018
10:30 a.m. - 12:00 p.m.
Sunny 95 Park

Join the fun and walk the park while collecting your lunch along the way. All walkers will be given a special lunch bag to gather their goodies. After the walk join us in the Amelita Mirolo barn for a picnic and live entertainment.

Registration required—Call 583-5320
Cost is \$5.00
or free with SilverSneakers®
Registration deadline is April 27th



“Brain Benefits” at UA Public Library

You asked for it...Brain health is a topic that always gets a lot of attention. We all want to learn how to protect the brain through nutrition, physical exercise and brain training activities. Experts will be on hand each week to give us the important details. Call the UA Library at 614-486-0900 or online at www.ualibrary.org to register for these classes.

Healthy Food for a Healthy Brain

April 11 2018 at 1:00:00 PM

UA Main Library, Friends Theater

There is growing evidence that nutrition and brain health are closely linked. But which foods should you be eating? Join a nutritionist from The Forum who will talk about which foods are best for maintaining good brain health and will demonstrate some easy smoothies that can be made with these foods. Samples will be made available to all participants.

Sleep and the Brain

Wednesday, April 25 2018 at 1:00 PM

UA Main Library, Friends Theater

For many functional and health-related reasons, we need adequate sleep. Michele Stokes, System Program Director at Ohio Health Neuroscience will discuss the effects of poor sleep on brain health, why our sleep patterns often change from mid-life into our later years, and what you should -- and should not -- be doing in order to maximize your sleep quality.

Give Your Brain a Workout

Wednesday, May 2, 2018 at 1:00 PM

UA Main Library, Friends Theater

Many researchers believe that exercising your brain can help maintain neuroplasticity and slow the brain's natural aging process. A therapist from The Forum will talk about the benefits of brain exercises and will bring some sample brain exercises to try.

Exercise and the Aging Brain

Wednesday, May 9, 2018 at 1:00 PM

UA Main Library, Friends Theater

Join Jackie Russell, RN BSN CNOR and David Zid, BA ACE APG –Co-Founders of Delay the Disease for this interactive seminar. Find out how exercise can rewire the brain, promote wellness, and may positively impact the progression of age-related changes in the brain including Parkinson's and Alzheimer's disease.



10 AM-6 PM, WEDNESDAY, APRIL 18, 2018
UA LIBRARY, MAIN BRANCH, 2800 TREMONT ROAD

WE INVITE YOU TO JOIN US!

Looking to give back to your community but not sure where to start? The Volunteer UA Expo typically brings in over 25 area non-profits scheduled to be in attendance, so you're bound to find something that inspires you and fits your schedule. For updates and more information, follow us on Facebook at www.facebook.com/VolunteerUAOH or the City of Upper Arlington's homepage at www.uaoh.net.

vol • un • teer [vol-uh n-teer]: A person who voluntarily offers himself or herself for service





1945 Ridgeview Rd.
Upper Arlington, OH
43221

Amy Schossler, Director

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Comments and suggestions will be appreciated. Contact Amy Schossler, Director, UA Commission on Aging at the address above.