

# Seniors Guide

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HOUSING • HOME HEALTH CARE • PRODUCTS & SERVICES

## *The Senior Informer*

Greater Dayton / Miami Valley

January 20, 2008

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Seniors Guide Online  
www.seniorguideonline.  
com

Senior Focused Websites

### Letter From The Associate Publisher

**WHEW!** We got through the holidays. Now, it is time to get started! Get that list out - Do what you wanted to do in 2007 but couldn't. While you are thinking of ways to save time, money and energy - think of Seniors Guide! One of the many benefits Seniors Guide offers is this newsletter. **PLEASE MAKE SURE YOU READ THIS ISSUE.** There is so much going on in Dayton:



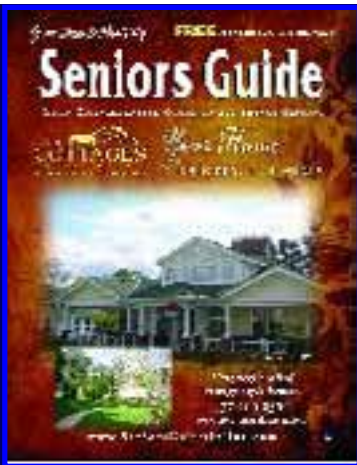
- The BIGGEST Dayton Seniors Guide Client Appreciation Party ever!
- Winners of the Seniors Guide Trivia Contest!
- A NEW CASUAL Senior Industry Networking Group!
- NEW events and announcements by our advertisers!

Stay updated on the latest in The Greater Dayton Miami Valley Senior Industry.

Give me a call at (937) 603-8469 if you would like to get your events and stories published! Have a GREAT New Year!

Debi Stranahan,  
Associate Publisher  
Seniors Guide Magazine

**DID YOU KNOW?**



- *Seniors Guide is a TOTAL marketing support package offering web pages, additional materials for physician, hospital personnel (At A Glance), ad design and newsletter exposure INCLUDED in the price of your annual 1/4 page or more ad in an 8 1/2 by 11 color glossy magazine!*
- *Seniors Guide is the ONLY senior focused publication distributed in Sears, Meijers, Wal-mart, and Kmart to name a few!*
- *The Associate Publisher is right here in the Miami Valley!*



## CALENDAR OF EVENTS



**WE ARE ROLLING OUT THE RED CARPET!**  
**Advertisers, your invitation will be delivered this week!**

For now, mark your calendar for  
**Tuesday, February 19th** and join us for a special event!

"An Award Winning Evening With Our Clients"

**WHERE:** Little York Tavern (corner of Poe

Avenue and Little York Rd off I-75)

**TIME:** 3 pm - 7 pm

Food, Beverages, DJ, Gifts and Door Prizes throughout the event!  
Compliments of Seniors Guide!

Our way of saying thank you for advertising with us!

### **AMERICAN ASSOCIATION FOR WARTIME VETERANS ANNOUNCES EVENT SEMINAR FOR WARTIME VETERANS AND THEIR FAMILIES**

**WHEN:** Wednesday, January 23, 2008

**TIME:** 6:30 p.m.

**CONTACT:** Jaime Bjerke at (937) 431-0455

**WHERE:** The Sterling House of Beavercreek  
3839 Indian Ripple Rd.

Beavercreek. Ohio 45440

**OR CALL MIKE MORAN AT 800-292-1726 to receive a brochure and further information.** Our mission is to educate veterans and their loved ones in need of Aid and Attendance regarding this benefit, thus relieving some of the financial hardships for those living in approved senior communities.

### **SPRINGFIELD MASONIC COMMUNITY**

**2655 West National Road, Springfield,  
invites you to stimulate your mind and taste buds with its  
monthly LUNCH AND LEARN events**

**WHEN: 11 a.m. to noon**

**The fourth Wednesday of the month**

**WHERE: The Lindner Community Center.**

Attendees can enjoy a complimentary lunch and hear guest speakers talk about a variety of subjects.

The next session will be

The events are open to the public.

**RSVPs are requested. Call (937) 525-3007 for more information.**

**Tours of Springfield Masonic Community to see its variety of active lifestyle retirement living options are also available upon request. We look forward to seeing you.**

**PAT ROBY TO SPEAK AT BROOKHAVEN RETIREMENT  
COMMUNITY - Alzheimer Disease: The New Epidemic and  
Maintain Your Brain."**

January 31st at 6pm in the Community Center.

1 Country Lane, Brookville, Ohio

This program will help you determine strategies to Maintain Your Brain.

Please call Poetry Potts at (937) 833-2133 to reserve a space.

This program is FREE.

**SPRINGFIELD MARKETING BREAKFAST MEETING**

Behnken Financial is pleased to host

The Marketing Breakfast

DATE: Wednesday, February 6, 2008

TIME: 8:30 a.m.

WHERE: Panera Bread

1950 N. Bechtle Avenue

Springfield, OH 45504

RSVP: Mike Moran

AAWV REPRESENTATIVE

Phone: 937-833-4043 or E-mail: [mike@behnkenfinancial.com](mailto:mike@behnkenfinancial.com)

WE LOOK FORWARD TO SEEING YOU THERE!

**MCKINLEY COMMONS ANNOUNCES CONTINUING HEALTH  
SCREENINGS**

Free health screening at McKinley Commons Apartments, the first and third Tuesdays of every month. Senior Independence provides a nurse to answer your medical questions and she knows how to tickle your funny bone too.

Come by from 1:15 to 2:15

Check your BP, sugar levels, weight or ask, "Where is my funny

bone, anyways?"

Call 698-3456 if you would like to tour the apartments while you are visiting.

McKinley Commons is in West Milton at 240 S. Main Street. Community Health Screenings are conducted by Senior Independence

Take advantage of this free, friendly atmosphere! **For further information contact:**

**CAROL SAETTEL at (937) 698-3456 [McKinley Commons](#)**

### **BROOKHAVEN RETIREMENT COMMUNITY ANNOUNCES "BROWN BAG UNIVERSITY SERIES"**

**February 6 from 12-1 in the Community Room located on the campus of BrookHaven.**

**The topic will be "Weight Management"**

**Presented by Alison Studer, RN, from the Englewood Health Center/Kettering Health Network.**

**You may bring your own lunch or purchase a healthy lunch for \$2.50.**

**Please call Poetry Potts at (937) 833-2133 to reserve your lunch.**

### **ST. CATHERINE'S CARE CENTER OF WASHINGTON COURT HOUSE**

will be hosting an educational program presented by the Alzheimer's Association on

Feb 12th @ 4:30 pm.

**FOR MORE INFORMATION, PLEASE CONTACT**

Amy Harper

Admissions & Marketing Representative

St. Catherine's Care Center of WCH and Sidney Care Center

740 - 572 - 1095

**AAWV Benefit Seminar** Wednesday, January 23, 2008

Sterling House of Beavercreek

3839 Indian Ripple Road

Beavercreek OH

time 6:30 p.m.

Educational Meeting on the Aid & Attendance Benefit for WarTime Veterans and/or their spouses.

RSVP Jaime Bjreke (937) 431-0455

### **SPRINGFIELD MASONIC COMMUNITY**

2655 West National Road, Springfield, will offer tasty and eye-catching treats for visitors in February.

An Afternoon of Decadence 2-4 p.m.

Saturday, February 16

Sample a variety of tasty chocolate treats and experience the luxury our garden villa homes have to offer. Three villas will be open to showcase the various living choices open to people ages 55 and older on the campus.

Each villa will offer different treats, which will include cookies, cakes, candies and other delights. It will also be a chance to meet Springfield Masonic Community residents, who will gladly talk about their lifestyles and all there is to do on the campus that allows people the freedom to pursue their passions. Everyone is welcome to attend and RSVPs are appreciated.

To RSVP or for more information, call 525-3007 or 888-290-2664.

**ON FEBRUARY 12th KINDRED FUNERAL HOME WILL PRESENT:**

"How to talk to your parents about their money and final wishes"

This program addresses a very important issue facing baby boomers and the silent generation, who might soon find themselves responsible for the concerns of an aging or ill parent. There will be light refreshments available. WHERE: BrookHaven Retirement Community 1 Country Lane, Brookville, Ohio 45309  
Please make reservations at (937) 833-2133.

**The Community Mercy Sleep Lab is now Springfield Regional Sleep Center and we welcome you to our new home!**

Visit our new state-of-the-art facility, meet with our experienced professionals, and discover the how we are bringing together the science and spirit of medical excellence to our communities.

Springfield Regional Sleep Center Open House

Wednesday, January 23, 2008

5:30 p.m. - 7 p.m.

30 West McCreight Ave., Suite 201 Springfield

There will be a short blessing and presentation beginning at 5:30 p.m.

Appetizers and beverages will be served.

For more details, call Holly at 390-5000, ext. 2657

**FREE Cholesterol Screenings for Heart Health Awareness**

**month** Premier ExpressCare - Kettering

inside Kroger at 2115 E. Dorothy Lane

Tuesday Feb 19th Noon to 5 pm

Call (937) 296-1646

Premier ExpressCare - Beavercreek

inside Kroger at 3195 Dayton-Xenia Rd

Saturday, Feb 4th 11am - 4pm

and Friday, Feb 29th Noon - 5 pm

Call (937) 429-1280

**See Up-To-Date Event Info**

## JOB OPENINGS



**THE MARIA-JOSEPH CENTER** is seeking volunteers who are interested in being involved in a mature environment. Volunteering will enable you to meet new people and gain an inside perspective of the many services that are provided at our facility. Be assured that our staff values the time, energy, commitment, and enthusiasm of our volunteers. Donating your services is most appreciated. Positions include: Transporters/ Chapel, Clerical and Assist with Activities. If you are interested in getting started and being involved, please contact:

**The Maria-Joseph Center 4830 Salem Avenue Dayton, Ohio 45416 (937) 278-2692, ext. 432 [The Maria Joseph Center](#)**

**Submit Job Openings Here**

## ANNOUNCEMENTS



### **WELCOME TO OUR NEW ADVERTISERS!**

We would like to take the opportunity to welcome our new advertisers in the Seniors Guide for the November 2007 - February 2008 quarterly

edition. They are:

**David's Cemetery (Ad Page 13)**

**Friendship Village (Ad Page 50)**

**Forest Glen Healthcare (Ad Page 31)**

**Dayton Heart Hospital(Ad Page 15)**

**The Cottages Of Clayton (Ad Page 49 and Cover)**

**Sunshine Webcam and Email Delivery Services (Ad Page 20)**

**Take a look at their ads in The Seniors Guide and give them a call!**

### **WINNERS OF THE HOLIDAY TRIVIA CONTEST !!!!!!!!!!!**

WOW, DID WE HAVE FUN!!! We had so many people respond! We gave away almost \$600.00 in cash!

Pictures of the winners will be out soon, but for now, here are the lucky winners:

Cindy Goff (Heartland of Beavercreek)

Peg Richey (BrookHaven Retirement Community)

Jamie McCane (Brookdale Living Grand Court Dayton)

Kathy Olshawsky (BrookHaven Retirement Community)

Lisa Bonfield (Creekside Villas)

Garry Buschur ( Heartland of Miamisburg)

Kyle Denlinger (Behnken Financial Services)

Lindy Simpson (Grafton Oaks)  
Michael Mee (Heartland of Centerville)  
Carol Gibson (Sibcy Cline Realty)  
Diane Brechak (Elmcroft of Washington Township)  
Corie Miller (BrookHaven Retirement Community)

CONGRATULATIONS FOR KNOWING SO MUCH ABOUT ALL THE BENEFITS OF ADVERTISING AND RECEIVING SENIORS GUIDE!

### **A NEW CASUAL SENIOR NETWORKING GROUP GETS STARTED IN DAYTON!**

IN LAST MONTH'S NEWSLETTER, we asked for those of you who were interested in starting a casual networking group to give us a call. The response was great!

The group is called the "GREATER DAYTON BREAKFAST CLUB." For those of you who want to come for a bite and to pass around business cards, you will be given time to say a few words about yourself and your company and what you may need or what you would like to offer. This is a SENIOR INDUSTRY FOCUSED GROUP and is OPEN TO ALL WHO FEEL THIS GROUP WOULD BE BENEFICIAL.

The first meeting will be held

**DATE: THURSDAY, FEBRUARY 21, 2008**

**TIME: 8:00 am - 9:30 am**

**WHERE: PANERA BREAD on Miller Lane off I-75 near Vandalia.**

**THIS MONTH'S HOST: Behnken Financial Services**

**COST: NO CHARGE TO ATTEND, Behnken will offer the continental breakfast FREE to attendees.**

**Seniors Guide will provide door prizes!**

**YOU MUST RSVP by Monday February 18, 2008. Please contact Mike Moran, Behnken Financial Services at (937)833-4043.**

If you are interested in hosting the "Greater Dayton Breakfast Club Meeting, please contact Debi Stranahan at (937) 603- 8469.

**SEE YOU THERE!**

**THE COTTAGES OF CLAYTON IS NOW FULLY LICENSED AND IS NOW ACCEPTING RESIDENTS ON AN IMMEDIATE BASIS!** Give us a call for tour! For more information call Sheri Snell, Marketing Director or Bob Park, LNHA Executive Director The Cottages of Clayton, Inc. (937) 280-0300

### **MASONIC HELPING HANDS OPENS TO AID AREA SENIORS, DISABLED ADULTS**

A new service for aiding seniors and disabled adults who wish to stay independent in their homes has arrived with **The Masonic Helping Hands Program.**

The newly created program will serve Clark, Greene, Montgomery, Miami Counties from its office, located at 7600 Dayton-Springfield Road in Fairborn.

The program offers direct assistance to seniors including light housekeeping, meal preparation, companionship, and more. "While many seniors are more independent and living longer, sometimes a little help is necessary and that's where Masonic Helping Hands can make life easier," said Donna

Thompson, Masonic Helping Hands manager. "Our vision is to provide services in the community with a quality staff and competitive pricing."

Masonic Helping Hands is a division of Masonic Senior Services of Ohio Corporation. Its parent company is the 115- year-old The Ohio Masonic Home.

Thompson said families might also find Masonic Helping Hands valuable. With longer work hours and family demands, it can be hard to balance everything. "Helping Hands can provide peace of mind for family members who will know that their loved ones are being looked after," she said. "They'll have their needs attended to and you'll be relieved knowing they are in good hands."

For more information, call 937-863-0109.

Springfield Masonic Community is a subsidiary of The Ohio Masonic Home, a not-for-profit provider of quality retirement living and adult healthcare and coordinates community-based resources for those not residing on subsidiary campuses.

### **OUR MAGAZINES ARE EVERYWHERE!**

The Greater Dayton/Miami Valley Seniors Guide Magazine is out, so look to the stands in many stores, hospitals, physicians offices, senior centers, restaurants and more!

**This magazine is FREE to EVERYONE due in large part to the fine advertisers, so please give them a call and tell them you saw them in the Seniors Guide!**

### **SENIORS GUIDE ADVERTISERS!**

Don't forget to email me with your news, postings, and events. What better way to stay in front of your audience than to submit the events, news and vital information regarding your company!

If you want to know more about advertising in the Seniors Guide, please email me at [debi@seniorsguideonline.com](mailto:debi@seniorsguideonline.com) or give me a call (937)603-8469!

## **MEMORY GAME - EXERCISE YOUR MIND!**



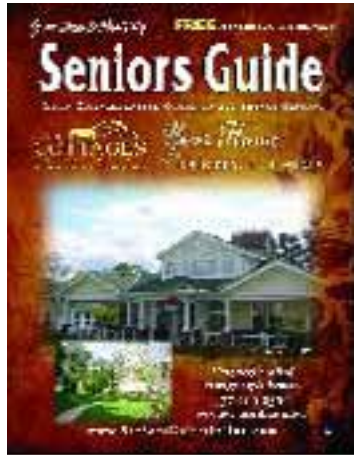
Research has found that keeping the brain active seems to increase its vitality, and can help decrease your risk in developing Alzheimer. Play the game linked below - it's good for you!

[MEMORY GAME](#)

We hope you have enjoyed this issue of the Senior Informer.

Each edition will be emailed the **20th of each month**. If you have any announcements, postings or events, please email them to Debi Stranahan, Associate Publisher no later than the **15th of each month**. Thank you!!

Brought to you by:



Debi Stranahan, Associate Publisher

Seniors Guide

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