

Seniors Guide

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HOUSING • HOME HEALTH CARE • PRODUCTS & SERVICES

The Senior Informer

Greater Dayton / Miami Valley

December 20, 2007

In this Issue:

CALENDAR OF EVENTS

JOB OPENINGS

ANNOUNCEMENTS

MEMORY GAME -
EXERCISE YOUR MIND!

Sign Up

SIGN-UP!

Industry Websites

Seniors Guide Online
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Senior Focused Websites

Letter From The Associate Publisher

On December 25th, I will hit a milestone. I will be able to use an AARP card! Not what you typically think about on the 25th of December, but for me, I am ashamed to say, it has heavily weighed on my mind! I realize however, that age is a state of mind... I know, the body often reminds us what the mind forgets!



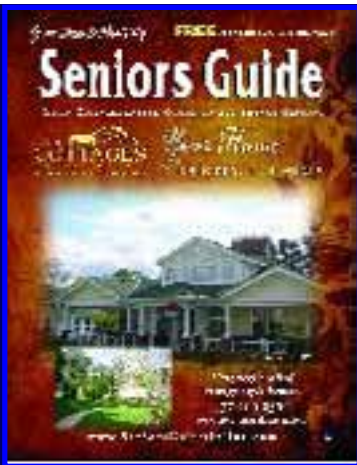
As the soon to be proud custodian of an AARP card, I believe that instead of shoving it in the abyss (a highly used and often forgotten drawer in my hutch), I plan to take advantage of it's many benefits.

Wave the flag so to speak - in defeat? No! - In Victory! Victory for successfully moving through those 20's (everything is new and exciting) the 30's (getting pretty used to the rules of playing the game) the 40's (feeling more confident)

So, what is up with the 50's? I welcome your advice all you 50 year olds! Please, tell me I can say whatever I want, to whomever I want! What fun!

I am going to fill out that AARP application! Save on hotels and restaurants, Enjoy up to 35% discounts on retail!

I leave you with a quote from Mark Twain as he so eloquently states, "**Age is an issue of mind over matter. If you don't mind, it doesn't matter!**"



Happy Holidays!
Sincerely,
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



BROOKHAVEN RETIREMENT COMMUNITY ANNOUNCES "BROWN BAG UNIVERSITY SERIES"

TOPIC: DEPRESSION AND ANXIETY

WHEN: January 6th

TIME: 12pm to 1pm

WHERE: This event will be held in the

Community Room located on the campus of BrookHaven. 1 Country Lane, Brookville, Ohio 45309

RSVP: Poetry Potts at (937) 833-2133 to reserve a seat.

Lunch will be provided for \$2.50 or you may bring your own lunch. BrookHaven will provide drinks and dessert.

MCKINLEY COMMONS ANNOUNCES CONTINUING HEALTH SCREENINGS

Community Health Screenings conducted by Senior Independence Take advantage of this free, friendly atmosphere to ask your health questions to medical professionals. Learn about all the "help" that is available to the elderly through Senior Independence and ask the manager about rental assistance while you are touring our beautiful

apartments!

TIME: 1:00pm

DATE: The First and Third Tuesday of every month

PLACE: McKinley Commons

240 South Main Street

West Milton, Ohio 45383

For further information contact:

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

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.**

**HEARTLAND OF MIAMISBURG Rehab and Assisted Living
Center offers a FREE delicious Breakfast and Speaker!**

Please join us JANUARY 16, 2008 for our monthly BRUNCH AND
MORE PROGRAM. OUR BREAKFAST WILL BE: made to order
omelets, pastries, fresh fruits, coffee, cappuccino, and more!

Our presenter will be Jan Runkle from Edward Jones who will
discuss issues that are relevant to the overall health of your
financial nest egg. Jan will be taking a look at the current economic
outlook, the impact political and social events may have on the
financial markets, and the importance of maintaining a long-term
investment strategy. Mark your calendar and PLEASE JOIN US!

Date: WEDNESDAY, January 16, 2008

Time: 9:00 a.m. - 11:00 a.m.

Where: Heartland of Miamisburg

Rehabilitation and Assisted Living Center

450 Oakridge Blvd. Miamisburg, Ohio

RSVP: Garry Buschur or Aimee Owsley at (9937) 866- 8885

**ADVERTISERS - BE ON THE LOOK OUT! YOUR PERSONAL
INVITATION IS COMING!**

**Mark your calendars for the week of February 18th (exact date
will be announced in your invitation) to join us for a special**

event!

"An Award Winning Evening With Our Advertisers"

Join us for food, beverages, gifts and fun - compliments of Seniors Guide! (You will receive your invitation by January 6th)

**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.

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!

HOLIDAY TRIVIA!!!!!!!!!! Current Seniors Guide Advertisers in the Dayton/Miami Valley areas - **YOU HAVE A CHANCE TO WIN CASH PRIZES!!!!** Please read your email to play SENIORS GUIDE HOLIDAY TRIVIA FOR A CHANCE TO WIN CASH PRIZES! Question Number 1 has been delivered and answered and the winners are

55.00 cash - Cindy Goff (Heartland of Beavercreek)

35.00 cash - Peg Richey (BrookHaven Retirement Community)

20.00 cash - Jamie McCane (Brookdale Living Grand Court Dayton)

Questions 2 and more will be delivered soon! If you have not received any information regarding this contest and you are a current advertiser, please email me at IMMEDIATELY - debi@seniorsguideonline.com GOOD LUCK!!!!!!

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.

ADVERTISERS - Be On The Look Out For Your Personal Invitation!

Coming the week of February 18th ***"An Award Winning Evening With Our Advertisers"***

Join us for food, beverages, gifts and fun - compliments of Seniors Guide! (You will receive your invitation by January 6th)

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 then 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** or **give me a call (937)603-8469!**

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!

CONTEST!!!!

Mail your current business card to Debi Stranahan, Associate Publisher Seniors Guide Magazine P.O. Box 154 Dayton, Ohio 45345 Your card will be entered into a drawing with prizes valued at \$200.00! (DATE EXTENDED TO DECEMBER 31, 2007)

SENIOR GUIDE ANNOUNCES THE START OF A NEW SENIOR NETWORKING GROUP IN DAYTON

We are in the beginning process of starting a new "Senior Networking Support Group." We will meet once a month at different member's offices and communities and will enjoy food, fun and networking. It will be a 60 minute meeting and will allow each member to share any news and information about their senior related business.

If you are interested in taking in part in the planning process of this Senior Networking Group, please contact Debi via email at debi@seniorsguideonline.com or call her at (937) 603-8469.

Thank you!

MEMORY GAME - EXERCISE YOUR MIND!



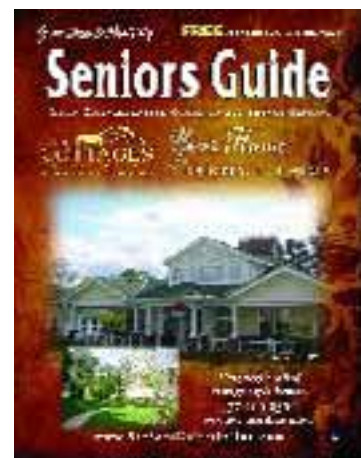
Research has found that keeping the brain active seems to increase its vitality, and can help decrease your risk in developing Alzheimer. Play the game linked below - it's good for you!

[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

email: debi@seniorsguideonline.com

phone: 937 603 8469

web: <http://www.seniorsguideonline.com>