



THE SENIOR CONNECTION

INFORMATION ON ACTIVITIES, PROGRAMS,
AND SPECIAL EVENTS FOR OUR SENIORS

(937) 426-6166 | BEAVERCREEKOHIO.GOV

OCTOBER 2020

CITY RESIDENTS TO DECIDE FUTURE FUNDING PATH

The 1% income tax, if approved by voters, will allow the City to diversify and reduce its reliance on city property taxes. The tax would become effective January 1, 2022. It would allow a voted 3.4 Mill Street Levy to expire effective December 31, 2021. The additional revenue will provide funds for general municipal operations, maintenance, equipment, municipal services and facilities, infrastructure, and capital improvements in the City of Beaver Creek, including a \$200 million backlog in infrastructure projects. If approved by the voters, it will also help reduce or eliminate the need for future city property tax levies for police, parks, and streets and will help protect and promote the public health, safety and welfare of the citizens in the Beaver Creek community.

Facts about the proposed income tax:

Reduce city property taxes for all property owners. Reduction by allowing the voted 3.4 Mill Street Levy to expire in 2021. Reduction of about \$101.46 per \$100k of home value per year.

All persons working in Beaver Creek will pay the income tax. The income tax will require all persons working in Beaver Creek to pay the tax, including those persons who do not live in Beaver Creek. An estimated 75% of all persons working in Beaver Creek are non-residents. Residents who work somewhere without an income tax will also pay the tax.

Retirement income is exempt. This includes pension income, social security benefits, active military pay, intangible income; dividends, interest, capital gains, alimony and child support received and unemployment compensation.

Resident paying income taxes to other cities will receive 100% credit (up to 1% rate). Provides for a full credit up to 1% for municipal income tax paid to another city.

HOW THIS IMPACTS YOU

WHO PAYS?

- Persons who work in the City of Beaver Creek. Residents and non-residents (an estimated 75% of all people working in Beaver Creek are non-residents).
- Residents who work somewhere without an income tax, including those who work at:
 - WPAFB
 - Townships Bellbrook, etc.
- Businesses whose profits are generated in the City of Beaver Creek, including rental income.

WHO DOESN'T PAY?

- Residents working outside Beaver Creek and are paying 1% or greater will receive a 100% credit.
- Exemptions include:
 - Retirement income
 - Pension income
 - Social security benefits
 - Active duty military pay
- Intangible income
 - Dividends, interest, capital gains
- Alimony and child support
- Unemployment compensation
- Residents who made less than \$1,000 annually.

Additional information can be found on the City's website home page under the "Proposed Income Tax" tab. This includes a summary of the tax, FAQ's and additional information. Provided is an "Income Tax Calculation Estimator" (left side toolbar on the Income Tax page), which allows residents to enter specific information to determine how the proposed tax will affect them and their family. More specific questions or comments can be directed to the City at (937) 427-5510, or e-mail incometax@beavercreekohio.gov

SENIOR CENTER

Reopening Plan—Phase One

The City of Beavercreek Parks, Recreation and Culture and the Beavercreek Senior Center team is dedicated to making your safety, health and wellness our top priority. We are committed to providing our members with a safe, welcoming environment upon reopening.

KEY CHANGES

- Hours of operation will be Monday through Friday, 9:00 am to 4:00 pm.
- Activities/Programs/Classes will be limited.
- Class sizes will be limited based upon available space and ability to social distance.
- Social distancing of a minimum of 6 ft. will be maintained the duration of class.
- Water fountains are disabled. Participants should bring their own water bottles.
- Members shall enter through the Senior Center entrance and exit through the Lofino Plaza doors.
- No shared fitness equipment during class.
- Do not arrive more than 10 minutes prior to class, appointment or activity.
- Members that have **not** registered for a class, appointment or activity will **not** be allowed in the facility.
- All memberships that were active as of March 13, 2020, have been granted a six month extension on their membership expiration date.

STAFF/VOLUNTEERS/INSTRUCTORS

- Must be COVID-19 tested every other week.
- Must have temperature taken upon arrival at Center. If you have a fever (100 degrees or higher), you will not be permitted in the Center.
- Must answer COVID-19 screening questions upon arrival at Center.
- Must sanitize hands during check-in.
- Must follow guidelines as set for the class or activity you are assisting.
- Face coverings are required. Check-in procedures, walking around the room, going to the restroom, etc. all require a mask.
- A mask will not be required when actively teaching during a fitness class if able to maintain 6 ft. social distancing.
- Must thoroughly sanitize hands before and after class at sanitization station.
- Must wipe high-contact surfaces such as doorknobs, light switches, etc. before and after class.

PARTICIPANTS

- Must have temperature taken upon arrival at Center. If you have a fever (100 degrees or higher), you will not be permitted to attend class.
- Must answer COVID-19 screening questions upon arrival at Center.
- Must sanitize hands during check-in and after each activity/class.
- Face coverings are required. Check-in procedures, walking around the room, going to the restroom, etc. all require a mask. Those that are actively participating during a fitness class will not be required to wear a mask as long as appropriate distance is observed. Please refer to class specific COVID-19 Responsible Restart Guidelines for more information.
- During this initial phase of limited capacity, participants unable to wear masks shall not be permitted to return to facilities.
- Should not arrive more than 10 minutes before activity, class or appointment.
- Are not permitted to congregate in common areas or parking lot before or after class.
- Are **required** to call ahead to reserve their spot for programs, classes, fitness room appointments, etc. no more than one week in advance.

FITNESS ROOM

- Will be available in one hour appointments from 9am-4pm, Monday through Friday.
- Masks are not required by those who are actively exercising as long as 6 ft. distance is observed.
- Equipment must be wiped down with disinfecting wipes or spray before and after use.

LIBRARY, PUZZLES & COMPUTER ROOM

- Participants should call ahead before visiting library or computer room.
- Participants should call ahead before coming in to pickup puzzles.
- Members must wear masks and put on provided disposable gloves before touching any books or puzzles.
- Library book returns and donations are only accepted Monday through Thursday. This gives time to quarantine items before shelving them.

TRANSPORTATION

- Service will continue with the same restrictions as before the reopening.
- All drivers, escorts, and passengers are temperature checked.
- All participants shall be pre-screened for COVID-19 via telephone.
- Masks are required for all volunteers, staff, and passengers.

EVENTS



DRIVE THROUGH HALLOWEEN TRICK OR TREAT

Join us **Thursday, October 29th, 4:30 to 6 p.m.** for our Drive Through Halloween Trick or Treat. Come dressed in a costume and you'll receive an entry to win a prize! Food prepared by the Alley Cats: Mummy dogs (hot dogs wrapped to look like mummies with olive eyes and drizzled with ketchup), spaghetti salad, potato chips, celery and carrot sticks, cupcakes seasonally decorated.

\$5 per person, CASH/CHECK ONLY (Checks made payable to City of Beavercreek). Prior to October 29th, you may call the Senior Center to pay by credit card. You **must** call the Senior Center to reserve your meal(s) regardless of how you plan to pay.

On the day of the Drive Through, pull up to the **Senior Center front door** to pay and/or receive your meal ticket(s). As you drive through around to the back to pick up your meal(s), you'll stop at designated spots for Trick or Treat with our sponsors.

Sponsored by: Beavercreek Health and Rehab, HarborChase of Beavercreek, Heartland of Beavercreek, Trinity Community of Beavercreek, Village of the Greene and Traditions.

SPOOKY TALES FROM THE GREENE COUNTY ARCHIVES: FACTS AND MYTHS BEHIND HAROLD IGO'S GHOST STORIES

The Greene County Archives will be presenting a special program on **Friday, October 23rd, 2:00 pm to 3:00 pm** via Zoom. During this program, Greene County Archives' staff will share four of Harold Igo's Ghost Stories and explore the fact and fiction behind them using county records and newspaper articles. These stories are based on real events that took place in Greene County (places such as Frogtown, Osborn, and Yellow Springs), and even made the national headlines!

Limited seats. This program is free for Members only. You must call to register. Please let us know if you plan to attend the class via Zoom at the Senior Center Great Room or if you'd like to watch it from home so we can send you the link.

HEALTH SCREENING FAIR

Save the date for our Health Fair on **November 6th, 9 a.m. to 12 p.m.** This event will include health screening checks by appointment only including: Balance, hearing, vision, blood pressure, flu shot and more. More details and sign up information will be shared in the November newsletter.

FITNESS CLASSES

Class sizes are limited. You **must** call to register one week in advance. If you do not pre-register, you will **not** be permitted to participate. Free for members only. Please be sure to read class specific COVID-19 Responsible Restart Guidelines. **Please note: Some classes have changed location, days and/or times.**

EXERCISE WITH MIDDY

Mondays & Wednesdays, 10:00 to 10:45 am

Lofino Plaza Multi Purpose Room

Join Middy during this great morning workout to build strength, endurance and flexibility.

IMPROVE YOUR BALANCE

Tuesdays, 9:30 to 10:00 am

Senior Center Great Room

Join this simple balance class with Sierra from Spring Hills Home Care. Focused exercises that improve balance and stability, as well as some yoga movements to improve strength.



LINE DANCING

Mondays, 1:30 to 2:30 pm

Senior Center Great Room

Join Debbie for Line Dancing! Choreographed dances with a repeated sequence of steps in which a group of people dance executing the steps at the same time.

LINE DANCING ADVANCED

Mondays, 2:30-3:30 pm

Senior Center Great Room

AGELESS GRACE

Thursdays, 9:00 to 10:00 am

Senior Center Great Room

Join Jessica from FirstLight® Home Care, for this new class. Ageless Grace is a simple, playful exercise program based on the science of neuroplasticity. It uses all five areas of the brain—strategic planning, memory and recall, analytic thinking, creativity and imagination, and kinesthetic learning. This seated class is designed so that almost anyone can participate.



PICKLEBALL

Wednesdays, 1:00 to 3:00 pm

Lofino Plaza Multi Purpose Room

Pickleball is the fastest growing sport in America. It is a paddleball sport that combines elements of tennis, badminton, and table tennis. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players.

OCTOBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			9 am Ageless Grace (GR) 10 am Spring Hills Exercise (V) 1:30 pm Yoga with Reena (V)	2:45 pm Strength Training (V)
5	6	7	8	9
10 am Exercise with Middy (L) 1:30 pm Yoga with Reena (V) 1:30 pm Line Dancing (GR) 2:30 pm Line Dancing Advanced (GR)	9:30 am Improve Your Balance (GR) 10 am Spring Hills Exercise (V)	9:00 am Spring Hills Walking Club (AP) 10 am Exercise with Middy (L) 1 pm Pickleball (L)	9 am Ageless Grace (GR) 10 am Spring Hills Exercise (V) 1:30 pm Yoga with Reena (V)	2:45 pm Strength Training (V)
12	13	14	15	16
10 am Exercise with Middy (L) 1:30 pm Yoga with Reena (V) 1:30 pm Line Dancing (GR) 2:30 pm Line Dancing Advanced (GR)	9:30 am Improve Your Balance (GR) 10 am Spring Hills Exercise (V)	9:00 am Spring Hills Walking Club (AP) 10 am Exercise with Middy (L) 1 pm Pickleball (L)	9 am Ageless Grace (GR) 10 am Spring Hills Exercise (V) 1:30 pm Yoga with Reena (V)	2:45 pm Strength Training (V)
19	20	21	22	23
10 am Exercise with Middy (L) 1:30 pm Yoga with Reena (V) 1:30 pm Line Dancing (GR) 2:30 pm Line Dancing Advanced (GR)	9:30 am Improve Your Balance (GR) 10 am Spring Hills Exercise (V) 10:30 am Take & Make (S) 1 pm Garden Group (S)	9:00 am Spring Hills Walking Club (AP) 10 am Exercise with Middy (L) 1 pm Pickleball (L)	9 am Ageless Grace (GR) 10 am Spring Hills Exercise (V) 1:30 pm Yoga with Reena (V)	2:00 pm Spooky Tales from the Greene County Archives (GR) 2:45 pm Strength Training (V)
26	27	28	29	30
10 am Exercise with Middy (L) 1:30 pm Yoga with Reena (V) 1:30 pm Line Dancing (GR) 2:30 pm Line Dancing Advanced (GR)	9:30 am Improve Your Balance (GR) 10 am Spring Hills Exercise (V)	9:00 am Spring Hills Walking Club (AP) 10 am Exercise with Middy (L) 1 pm Pickleball (L)	9 am Ageless Grace (GR) 10 am Spring Hills Exercise (V) 1:30 pm Yoga with Reena (V)	2:45 pm Strength Training (V)
			4:30 - 6 pm Drive Thru Halloween Trick or Treat (S) \$	

KEY:

- GR = Great Room
- L = Lofino Plaza Multipurpose Room
- V = Virtual program
- S = Senior Center outside entrance
- AP = Angels Pass Park

YOU MUST CALL TO REGISTER FOR IN PERSON CLASSES ONE WEEK IN ADVANCE.

IF YOU DO NOT PRE-REGISTER, YOU WILL NOT BE PERMITTED TO PARTICIPATE.

\$ - Denotes that the event/activity/class has a fee associated with it.

PROGRAMS



GARDEN GROUP

Just in time for Halloween decorating, the Garden Group will have a pumpkin carving happening. Attendees should bring their own carving tools, must wear a mask, and plan to have fun making a mess on the Senior Center patio. Social distancing will be enforced. Pumpkins will be provided for the nominal cost of \$6. Mark your calendars for **Tuesday, October 20th** with the fun starting at **1:00 p.m.** Limited space. Members only. You **must** call the Senior Center to reserve your spot. In case of bad weather, we will move indoors.

WILL YOU BE OUR PEN PAL?

The residents at Beaver Creek Health and Rehab would love to hear from you. Making a new friend is a great way to get through this pandemic, and there is no better way than through a letter. The residents would love to hear any and all stories, and would love recipes and pictures too. Please send letters to: Beaver Creek Health and Rehab, Attn: Pen Pal, 3854 Park Overlook Drive, Beaver Creek, OH 45431. *Make sure to leave a return address so they can write back!*



TAKE & MAKE

Tina Adducchio, with Village at the Greene, will provide you with an already designed card to assemble. Meet Tina on **Tuesday, October 20th** anytime between the hours of **10:30 and 11:30 am** outside the center to pick up your card kit and instructions. **“Take”** it home and **“Make”** some card crafting fun! Limited Spots. Members only. You **must** call the Senior Center to reserve your kit.

TRANSPORTATION

The Beaver Creek Senior Center transportation service continues. All appointments require a 48 hour notice. Space is limited and times slots are first come, first served. Give us a call each week to reserve your spot!

Medical: Monday through Friday—Dialysis and doctor appointments.

Grocery: Tuesday and Wednesday morning.

Non-Essential Shopping/Hair Appointments: Monday through Friday.

THE SLEEPING BAG PROJECT

The Sleeping Bag Project at Hawker UCC, 1617 N. Longview St. (Next door to the Senior Center) makes sleeping bags for homeless individuals in Greene County. Each bag also contains a personal care kit.

The project depends on donations of fabric including sheets, blankets, mattress pads, drapes, yard goods and other fabrics that might be sewn together. No clothing is needed as the deconstruction of clothing takes time away, needed for assembly tasks. Other needs include men's ties, two of which are sewn into each bag to secure the roll, and hygiene products unopened, such as travel sizes or larger shampoo, toothpaste, tooth brushes, deodorant, razors, and also towels, washcloths, soap, plus t-shirts and men's underwear. The ties are especially needed as they are often in short supply. Funds to purchase personal care items are also always appreciated.

Thanks to all those who have donated in the past. Questions can come to Pam Sowder, at 937-429-0446 pamelasowder@sbcglobal.net

VIRTUAL PROGRAMMING

Social distancing does not have to mean social isolation! The Beavercreek Senior Center has been looking at creative ways to offer programming to our members during this time where onsite activities aren't possible. Listed below you will find options to help fill the void and to provide yourself with those social, emotional, physical, and intellectual connections that we have all been missing.

GCCOA VIRTUAL CLASSES:

There are a variety of videos available for you to view on YouTube at any time. https://www.youtube.com/channel/UCseUznkCiXQ_IUMgMQKN-xQ

EXERCISE WITH BRIAN

These videos are available for you to view on YouTube at any time. Follow along with Brian while building strength and flexibility. <https://www.youtube.com/c/CityofBeavercreekOhio/videos>. You can also view it on our Beavercreek channel (Spectrum—channel 5, AT&T-channel 99) on Tuesdays and Thursdays at 9:00 am.

ONLINE TECH LESSONS

For just \$3/week, you can gain access to online Zoom Help Room that is created just for our Senior Center community. Residents / members are in a group with their own friends and neighbors for the comfort and safety. A brief lessons is taught as each week has a topic, Followed by 45 minutes of Q&A on that subject. <https://onlinetechlessons.com/onlinetech-zoom-help-room>

Visit www.TheHIPSenior.com to sign up for the newest HIP magazine for seniors aged 55+ and their families. Now, when you sign up, you'll automatically be entered to win FREE brownies from FairyTale Brownies shipped to your door!

SPRING HILLS SENIOR COMMUNITIES VIRTUAL WELLNESS SERIES

Brittany from Spring Hills Senior Communities is hosting live group exercise classes on Zoom on **Tuesdays and Thursdays at 10:00 am**. Click on the link below during the time of the class to join in! <https://us04web.zoom.us/j/386180221>

CLASSES FROM OUR FRIENDS AT YELLOW SPRINGS SENIOR CENTER:

Yoga with Reena

Mondays at 1:30 pm:

<https://us02web.zoom.us/j/86319878382?pwd=OUJvNE1xUXU0alAxQk5ONWdsUXpvUT09>
Password is 202004

Thursdays at 1:30 pm:

<https://us02web.zoom.us/j/85433462585>
Password is 202005

Strength Training

Fridays at 2:45 pm:

<https://us02web.zoom.us/j/84942241645?pwd=bndnWC9sK3poR3paeUIHRkgzQ0VNZz09>
Password is 202003

FROM YOUR COUNCIL ON AGING

The open enrollment for 2021 Medicare D and Advantage plans is October 15th through December 7th. This is important to ALL Medicare beneficiaries, so please take note and share with others. The marketing of plans has been in full force for several months now, but a review of what is best for your unique situation is critical for making the best decision for you!

The Medicare D (prescription) and Advantage plans change every year and for many of us, our personal health situations have changed since signing up for our current coverage. The plan you have now may still be the best option for you in 2021, but your current plan may be changing or a better option may be available. Council Benefits Specialist Susan Allen and Care Manager Matt Murphy will be available throughout the open enrollment period to provide information, guidance and plan reviews. Our team is trained by the Ohio Department of Insurance through their Ohio Senior Health Insurance Information Program and we are not affiliated with any insurance company or product. We have received medication and pharmacy information from many of you, which is what is needed to pull together an individualized list of options. If you have not made arrangements to provide this information to Susan or Matt, please call or e-mail to do so. The Open Enrollment period goes by quickly and waiting until the last minute is not an option.

We will not be hosting the Medicare Check-Up this year, which included a wellness fair and the opportunity to drop off personal papers for shredding. Many of you and your fellow Greene County seniors have taken advantage of this shredding service over the years and we are pleased to share that we are hosting a ***Drive-By Shredding & Senior Salute Event*** this month. It is scheduled for **Saturday, October 24th from 9am to 12pm** and will held in the parking lot of the Xenia Community Center next to the Council's office at

1265 W. Second Street in Xenia.

We are working with the document destruction company Shred-It, who will have one of their trucks on site. Council team members and some other special folks will be on hand to take your papers from your vehicle and place in the truck for shredding. We will also have the 'fresh from the printer' 2021 GCCOA Calendar for you, as well as a few other surprises. Just as some of you have participated in a few drive-by lunches at the Center, this will be similar in nature. So gather up papers you no longer need but should not just be thrown away, and join us on October 24th.

A few programs and activities have restarted throughout the Greene County community for seniors, but of course safety protocols have been put in place as well as plans to pull back if needed. We have heard from a growing number of seniors and caregivers who are venturing out to tend to personal health and other business, but it is still slow going. And we have talked with many seniors and caregivers who took the plunge and have given telehealth appointments a try for their regular medical appointments. Even with a few bumps along the way, the reports have been positive.

And please know that even though you are not seeing your Council team members like you had been, we are still here. We have added several videos to our You Tube Channel, we can be reached by phone and e-mail, and we are making limited home visits and drops of equipment and face masks. So please don't hesitate to contact us if there is something you need, to ask questions, or if you need someone to listen. Please contact us at 937-376-5486 or yourfriends@gcco.org.

Choose to be optimistic, it feels better. ~ Dalai Lama

LOFINO SENIOR CENTER**MAILING ADDRESS:**

1368 Research Park Dr.
Beavercreek, Ohio 45432

LOCATION ADDRESS:

3868 Dayton Xenia Rd.

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Beavercreek Senior Center Reopening October 5th

After closure since March 13th, staff at the Beavercreek Senior Center are looking forward to a phased reopening beginning Monday, October 5th. Since the start of the COVID-19 pandemic, the Beavercreek Senior Center has been supporting seniors with virtual, drive-through, and remote programming. The reopening of the senior center will expand senior services by increasing important health and wellness opportunities through our fitness room and additional recreation classes. The Center library will also open in the first phase of reopening. Remote and virtual programming will continue, as well as monthly “Drive-Through Special Events.”

It is important to realize that phase one of our reopening will be very different from our normal senior center operations. However, we hope that with each new reopening phase, we continue to get closer to ‘normal’. Our top priority right now is to provide the services our members need in the safest way possible.

Limited Facility Hours: 9:00am – 4:00pm, Monday – Friday

Appointments must be made in advance of your visit via telephone at 937-426-6166