From the President’s Pen

Our February luncheon had beautiful Valentine decorations, and scrumptious food for our members and guests who attended with a feeling of friendship, caring, and love. It helped elicit a special bond between us as we thanked God for our friendships and remembered the hope for and memories of our loved ones, both past and present.

Our program was inspiring, hard, and for most, challenging, as we, pen in hand, reflected on our past, what we wanted for our children and/or grandchildren to know about us, and attempting to write thoughts, ideas, and perceptions using visual descriptions or character development. lead by noted author, Linda Hozdic.

For our snowbirds returning in the next few months, please remember our $15.00 yearly dues for the year are due. If you haven’t already done so, please pay when you attend the luncheon, or by sending them to our treasurer, Bob Dotson OAS c/o Orange Township Hall 1680 E. Orange Road, Lewis Center, Ohio 43035.

PLEASE NOTE: Lastly, our March 4th luncheon was scheduled to be a soup, sandwich, and dessert buffet. However, because we are expecting fifteen to twenty teenagers from Orange High School for lunch prior to their performance of excerpts from their latest theatrical presentation, Fiddler on the Roof, some of our members are bringing pizzas, and sloppy joes,. We are requesting the rest of you bring a casserole, or desserts. Our soup, sandwich, and dessert luncheon will be shared in April. No blarney about it!

Daleen

Panera Bread Monday Morning Discussion Group will have the following programs for March:
March 02~Visiting Physicians
March 09~ Fitness and Health
March 16~ Delaware Bank
March 23~ Kroger Marketplace
March 30~ Safety- Jeffrey Williams

BIRTHDAYS!
Mar.05~Doug Scott
Mar.10~Jackie Harrison
Mar.23~Marty Moran

Doing your best at this moment puts you in the best place for the next moment.
Oprah Winfrey

Upcoming Events

It’s too cold for much running around…and most activities are being cancelled because of the weather, but you can, if you wish take advantage of some free activities for seniors listed below.

Go to one of ours museums…many offer a free night.

Volunteer to usher at one of our professional theater, opera, or dance companies.

Go to literary readings at libraries, bookstores, and branch campuses.

Go to lunchtime concerts.
Join a book club.
Come to our March kick-off at the Panera Bread discussion group
Come to our March luncheon.
The OHS drama club’s “Fiddler on the Roof” should be fabulous.

Purdue University versus Natural Born Citizens

For those of you who worry about Democrats versus Republicans ~ relax, here is a greater problem. Recently, in a Purdue University classroom, the students were discussing the various qualifications to be President of the United States. They had finished with political arguments and capabilities and were now down to the one ultimate requirement: The candidate must be a natural born citizen of the United States and be at least 35 years of age.

One girl in the class immediately started in on how unfair the requirement to be a natural born citizen was. In short, her opinion was that this requirement prevented many capable individuals from becoming president. The class was taking it in, letting her rant, and some were nodding in agreement. The shocking part was that very few jaws hit the floor when she wrapped up her argument by stating, “What makes a natural born citizen any more qualified to lead this country than one born by C-section?”

Some of these “educated” eighteen year-olds that are now voting in our elections. They live, breed, and walk among us. Pray, dear people, pray. We need more help than we thought we did!

Is it any wonder half of graduating college students can’t find a job?

Medically Speaking
Sleep Keeps the Brain Young

When your eyes finally close and you drift into sleep, your brain springs into action. Specialized parts of the brain get busy. There’s chemical housekeeping to be done, information to be processed, filed, or discarded, and diagnostics to be completed.

Scientists quoted in Time say sleep rejuvenates bones, skin, muscles ~ and the brain itself.

Sleep improves your concentration, sharpens memory and planning skills, and maintains fat burning systems that regulate your weight. Put it all together and it keeps you young!

However, it only works if you get enough of it. Getting seven to eight hours is basic for all this to happen.

Editor’s note: They don’t say it, but they probably want it all at once without waking!

Will it still work if the seven or eight hours is divided between the day and night...like drifting off whenever we sit down or watch TV... or if we take long naps in the day and prowl half the night? And what about the mid night time calls of nature? Kiss the Blarney Stone!

In Case You Missed It

Because we are expecting fifteen to twenty teenagers from Olentangy High School for our March 4th luncheon, some of our members have agreed to bring pizzas, and sloppy joes, in the spirit of friendly teenage food.

We are requesting the rest of you bring a casserole, or desserts.

Our soup, sandwich, and dessert luncheon will be shared in April.

Thank you.

Crabby Old Man...

What do you see nurses? What do you see see?
What are you thinking when you're looking at me?
A crabby old man ~ not very wise, Uncertain of habit … with faraway eyes?
Who dribbles his food… and makes no reply, when you say in a loud voice, 'I do wish you'd try!' Who seems not to notice the things that you do… and forever is losing a sock or shoe?

Who, resisting or not, lets you do as you will ~ with bathing and feeding the long day to fill? Is that what you're thinking? Is that what you see? Then open your eyes, nurse! You're not looking at me.

I'll tell you who I am, as I sit here so still … as I do at your bidding, and eat at your will. I'm a small child of ten… with a father and mother–brothers and sisters who love one another.

A young boy of sixteen with wings on his feet… dreaming that soon now his lover he'll meet.

A groom at twenty ~ my heart gives a leap… remembering, the vows that I promised to keep.

At twenty-five, now… I have young of my own ~ who need me to guide… to secure a happy home.

A man of thirty ~ my young now grown fast… bound to each other. with ties that should last.

At forty, my young sons have grown and are gone~ but my woman's beside me… to see I don't mourn.

At fifty, once more, babies play 'round my knee~ and again, we know children …my loved one and me.

Dark days are upon me ~ my wife is now dead. I look at the future … I shudder with dread. My young are all rearing young of their own ~ and I think of the years … the love that I've known.

I'm now an old man and nature is cruel … 'tis jest to make old age look like a fool. The body, it crumbles ~ grace and vigor, depart… There is now a stone where I once had a heart.

But inside this old carcass. a young guy still dwells~ and now and again my battered heart swells. I remember the joys … I remember the pain … and I'm loving and living life over again.

I think of the years ~ all too few and gone too fast… I accept the stark fact … that nothing can last.

So open your eyes~ nurses, people… open and see… not just a crabby old man ~ Look closer … see ME!!

Remember this poem when you next meet an older person you might brush aside… without looking at the young soul living within… We will all, one day be there too.

******

“You take the high road, and I'll take the low road.” It doesn't matter how we get there… as long as we meet again, always, together, in friendship and love.

Remember: Patrick was a saint, and to me, you are too.

God bless.
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Treasurer.......... Bob Dotson

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