From the President’s Pen

We were happy to welcome our returning snowbirds and some of our “snowbound” members as they joined our regulars and guests to hear Sally Fitch’s program, “No Fooling! There Really is Sex after Sixty!” by Sally Fitch which was both informative and humorous. It was generally agreed it will be hard to top that one!

Our May 6th meeting will be on “Active Listening: by the Reverend Beverly Avers.

For those of you who plan to join us in June for our Park of Roses tour and exploration of nature, we want to remind you need to turn in your paid for picnic lunch sandwich selection at our May meeting unless you are planning on bringing your own lunch. We will be meeting at the Township Hall for a brief business meeting then car pooling to the park.

Some of our members have been attending our Balance class Tuesdays from 1:30-3:30 at the Orange Township Pool meeting room. Our participants are enthusiastic about it. Perhaps they will give us a balance and tumbling performance when they are finished.

Again, thank you to those of you who continue to invite your neighbors and friends to our luncheons and Panera Discussion Group meetings. We are only as strong as our weakest participants. For dues of only $15.00 per year, we offer a great social, informative, and supportive program to benefit all of us involved. Remember, the greatest gift we can give is to give of ourselves to help others.

Happy Mothers Day!

Daleen

Panera Bread Monday Morning Discussion Group will have the following programs for May:
- May 04~ Weever Law Firm
- May 11~ Dr. Wade Lucas
- May 18~ Avon
- May 25~ Memorial Day, no Meeting

BIRTHDAYS!
- May 01~Carolyn Zishka
- May 07~Mary Ann Guy
- May 08~Lisa Black
- May 15~Dolly Trombetti
- May 16~Clara McCammon
- May 17~Gail Messmer
- May 24~Debby Russo

If you have every felt truly loved, you have been touched by an angel. Mother’s qualify.

Upcoming Events

Parks are open...If you didn’t get a chance to see the flowers blooming, feel the wind in our face, or the warmth of sun on your skin in April, you still have a chance before it gets too warm.

The following parks in our area have opened, and have pertinent activities and interesting program offerings for our age group: Blendon Woods, Sharon Woods, Inniswood, and Highbanks. They all have activities such as bird watching, flower gardens, senior walks, and plant sales.

In addition, The Council For Older Adults will soon be having celebrations of their new Name “Source Point” and their slogan: “Fifty-five and Thriving”
Two coming up in early May are the Celebrating Seniors Health Fair and the Senior Prom.

**Celebrating Seniors: Be Safe, Be Well, Be Connected** is at Mingo Park May 1 from 10am to 2pm. and is in cooperation with Delaware Health, where older adults are invited to enjoy a free day of safety, health, and community offerings. It includes free health screenings and other activities ranging from informational to full involvement such as staying independent seminars, food safety, proper assistive and adaptive device usage, AAA car fit, line dancing, exercising, Tai Chi, balance, spinal, memory, hearing, and vision screenings, as well as community resources, entertainment and food.

In addition, free DATA bus pick up is available between the Council for Older Adults and Mingo Park departing from the Council for Older Adults every 40 minutes beginning at 10 am until 1:20 pm. Return rides from Mingo Park begin at 10:20 am with the last one leaving at 1:40. Free parking is also available at the Park if you wish to drive. **Contact Mitchell Briant (740) 2013-2054 or via email at mbriant@delawarehealth.org.**

**Senior Prom** is set for Saturday, May 16 from 5-9pm. Doors open at 4:45. Sing and swing the senior way! Recall the days of the USO Canteen and enjoy a fabulous evening of fun, food.

Guys (and gals), if they still fit, wear your old military uniforms. If it doesn’t fit, come anyway. Dance with your spouse and/or friends ~ or just let your feet do the dancing to the beat. Dinner and photos are provided. Tickets are $10 each, and went on sale at the enrichment center on April 10. **Call (740) 369-5133 for details.**

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**Dancing Fool**

“What? You’re asking me to do the slamdance? Young lady, you’re looking at someone who’s done the cakewalk, the Dipsy Doodle, the Big Apple, the Charleston, the Bunny Hop, the Shag, the Continental, the Carioca, the Stomp, The Lindy Hop, the Swing, the Twist, and the Mashed Potato. But a slamdance at my age could easily turn into a break dance.” *Just goes to show: even a dancing fool is not foolish!*

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**Five Things You Never Knew Your Cell Phone Could Do**

There are a few things that can be done in times of grave emergencies. **Use of your mobile phone is one of them.** It can actually be a life saver or an emergency tool for survival. Check out the things that you can do with it:

**FIRST : Emergency**
The Emergency Number worldwide for Mobile is 112. If you find yourself out of the coverage area of your mobile network and there is an Emergency, dial 112 and the mobile will search any existing network to establish the emergency number for you, and interestingly, this number 112 can be dialed even if the keypad is locked. Try it out.

**SECOND: Locked your keys in the car?**
Does your car have remote keyless entry? This may come in handy someday. (Good reason to own a cell phone) If you lock your keys in the car and the spare keys are at home, call someone at home on their cell phone from your cell phone. Hold your cell phone about a foot from your car door and have the person at your home press the unlock button, holding it near the mobile phone on their end. Your car will unlock.

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“Forget not that the earth delights to feel your bare feet and the winds long to play with your hair” Kahlil Gibran
It saves someone from having to drive your keys to you, and distance is no object. You could be hundreds of miles away, and if you can reach someone who has the other 'remote' for your car, you can unlock the doors (or the trunk). 

*Editor's Note: It works fine! We tried it out and it unlocked our car over a cell phone!*

**THIRD: Hidden battery power**
Imagine your cell battery is very low. To activate, press the keys * 3370#. Your cell phone will restart with this reserve and the instrument will show a 50% increase in battery. This reserve will get charged when you charge your cell phone next time.

**FOURTH: Disable a stolen mobile phone**
To check your Mobile phone's serial number, key in the following digits on your phone: *#06#. A 15-digit code will appear on the screen. This number is unique to your handset. Write it down and keep it somewhere safe.

If your phone gets stolen, you can phone your service provider and give them this code. They will then be able to block your handset so even if the thief changes the SIM card, your phone will be totally useless. You probably won't get your phone back, but at least you know that whoever stole it can't use/sell it either.

If everybody did this, there would be no point in people stealing mobile phones.

**FIFTH: Free Directory Service for Cells**
Cell phone companies are charging $1.00 to $1.75 or more for 411 information calls when they don't have to. Most of us do not carry a telephone directory in our vehicle, which makes this situation even more of a problem. When you need to use the 411 information option, simply dial: (800) FREE411, or (800) 373-3411 without incurring any charge at all.

Program this into your cell phone now.

*Editors note: Due to its importance, copies of this will article be available at our May luncheon and Panera Discussion group for you to keep... and to pass on to other friends.*

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**Mothers Everywhere**

‘And a woman who held a babe against her bosom said, Speak to us of Children.
And he said:
Your children are not your children. They are the sons and daughters of Life’s longing for itself.
They come through you but not from you, and though they are with you yet they belong not to you.
You may give them your love but not their thoughts for they have their thoughts.
You may house their bodies but not their souls, for their souls dwell in the house of tomorrow, which you cannot visit, not even in your dreams.
You may strive to be like them, but seek not to make them like you, for life goes not backward nor tarries with yesterday.
You are the bows from which your children as living arrows are sent forth. Let your bending in the archer’s hand be for gladness for even as He loves the arrow that flies, so He loves the bow that is stable.’  Kahlil Gibran

‘She brings her family good, not harm, all the days of her life…
She sets about her work vigorously;
Her heart is strong for her tasks…
She opens her arms to the poor and extends her hands to the needy…
She is clothed with strength and dignity.
She can laugh at the days to come.
She speaks with wisdom, and faithful instruction is on her tongue…
Her children arise and call her blessed.
Her husband also, and he praises her.
Charm is deceptive, and beauty is fleeting; but a woman who fears the Lord is to be praised…
Give her the reward she has earned, And let her works bring her praises.

*Proverbs 31:5*  
The Bible (Life version)

**Happy Mothers Day**
May God bless you always.

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*Mothers Everywhere  
Happy Mothers Day*  
*May God bless you always.*
Olentangy Seniors
1680 Orange Road
Lewis Center, Ohio 43035

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President (740) 879-3233
info@olentangyseniors.org
www.olentangyseniors.org

Kathy Kotowski, MBA
Owner
503 Village Park Drive
Powell, OH 43065
Office: 614-846-8009
Cell: 330-723-2353
Fax: 614-448-9475
kathy@firstlighthomecare.com

FirstLight HomeCare
WWW.FIRSTLIGHTHEOMECARE.COM

Ron Fowler, DMD
9745 Fairway Drive
Powell, OH 43065
p. 614.766.5702
f. 614.766.5740
info@fowlerfamilydentist.com
General Cosmetic & Implant Dentistry