Her art is a glass act

By ROZ FRIEDMAN
Feature Writer

Splashes of twisted warm and cool colors are sprinkled throughout Crystal Summers sculptures. The pieces of manipulated glass are more than just a hobby for Summers. It’s a passion, she said referring to the art of shaping a mass of heat-softened glass into ware by blowing air into it through a tube. “I fell in love with hot glass the first time I felt it melting in a torch flame,” Summers recalled. Her Rising Phoenix Glass studio is capable of making anything from fused glass dishes to blown glass pendants in addition to stunning artistic sculptures.

She said that working with the fire and the “gappiness” of the glass are what made her fall in love with glass blowing. The science behind the art form intrigues her as well. “Glass is neither a liquid, nor a solid, nor a gas, it’s technically space goo,” she said. “When it melts, it’s like honey and it’s so cool, keeping it together and spinning it.”

Summers teaches students how to hold a piece of borosilicate glass over a 3,000-degree flame to mold, and shape into works of art. Borosilicate glass, she explained, is resistant to thermal shock and very strong. Shaped over a torch flame it can be used to create anything from cookware to sculpture. She teaches others to pursue the art themselves through Rising Phoenix Glass where she offers private lamp working, glass blowing and fusing classes.

Among those students are Sandy Hessell, 55, and owner of Kettering Heating and Air Company; Sandra Rawnsley, 54, a paralegal; and Julie Beall, 57, a social media manager. They have learned to shape the glass and then put it in a kiln to cool down the temperature slowly.

“I love working with the torch and fire, taking something solid and making it beautiful and fragile with a palette of colors,” Hessel said. “I’m fascinated with it. It’s amazing what you can do … swirls, flowers whatever you want.” She has created pendants, Christmas ornaments, a paper weight and a glass ball. Added Rawnsley, “My focus is on beads and jewelry.”

Beall, who has done glass fusing in her home studio, wanted to learn how to blow borosilicate glass on a torch. “Crystal is the only one teaching this,” said Beall, who has made glass chandeliers, sea shells and pendants. “Everyone should try this. They will love it.”

In addition to the classes, the studio also offers remembrance artwork to commemorate a loved one and keep them forever close. To do this she encases ashes into the glass itself and customizes glass art into a limitless number of styles and designs to fit the personality of a loved one at the request of friends and family. Call (859) 630-3465 for information on glass blowing classes.

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Johnston is new Covington City Manager

By BRUCE RELLER JR. Feature Writer

David Johnston began his role as Covington’s city manager on Aug. 21. He has 20 years of local government management experience. This includes serving as the village administrator for Coal City, Ill.; serving as the town manager of Westfield, Ind.; serving as village administrator of Rancho, Ill.; and as city manager of Maple Valley, Wash.

“I also have public service experience in managing two small state agencies for the State of Indiana,” Johnston explained. “Working in top management of Indiana Health Centers, a federally qualified health center that provided primary health care to the poor, homeless and migrant farming working population in various communities around Indiana.”

Johnston likes being the city manager, because he gets involved in the many aspects that make a community, whether it is economic development, community policing, code enforcement, or city streets.

“I am excited to be part of this as this need to balance will always be before us in the coming years.”

Johnston said there are a few issues he sees the City of Covington facing. He said there is this pension reform proposal in Frankfort that will dramatically impact all of the local government budgets if it goes through. “For Covington, these new proposed state rules will require that the City of Covington pay around $2.5 million more annually for the employer’s share in the pension system,” he said.

Also, the IRS Center will be closing in 2019. This will provide the community with a 20-25-acre redevelopment challenge in the middle of the city, but the short-term challenge is that the lost employment from the IRS Center will result in an estimated loss of payroll tax revenue to the city of $2 million annually, starting in 2019.

“Dealing with these challenges and addressing the impacts to the levels of public services the city provides its citizens will be a priority,” Johnston said.

He also knows that the city has been hit with situations over the last few years that may have damaged the public trust in the Covington city government, but Johnston will do his best to work with the mayor, commission, and staff to earn the public’s trust again in its government.

“The mayor and commission are working on the set of realistic priorities that will guide my work plan,” Johnston explained. “I am up to the challenges that they lay before me, because I thoroughly enjoy my career choice of public service.”

When Johnston is not at work, he has a few hobbies he enjoys. He has a love for U.S. history and he isdrawn to reading historical non-fiction.

“I enjoy walking, cooking, map-reading and following both college and minor league baseball,” he said. “Of course, I enjoy spending time with my wife of over 22 years and supporting her activities. I always look forward to our annual visit to the Phoenix area in March for spring training.”

Mayo Clinic publishes a self-care book


Part 2 is dedicated to home remedies for common ailments. It lists the alphabet and a number of things under many of the letters — everything from allergies and arthritis to snoring and sunburn. It also has a section on emergency care. In all cases notes inform the reader that if a problem is not cured in a short time to seek medical help.

There is even a section at the back of the book on what to do in case of emergency. The news release from the publishers notes the following: “What are you doing to support your wellness? From eating the right foods and exercising regularly to meditating and spending time at a spa, every effort you make to improve your overall physical and mental health works together to build a solid wellness foundation.”

“With Mayo Clinic The Integrative Guide to Good Health’ (Oxmoor House $26.99), you can address all aspects of your health — body, mind and spirit. Doctors Brent Bauer, Cindy Kermott and Martha Millman explain what works when treating common ailments (headaches, allergies and sprains) as well as what complementary techniques (aromatherapy, acupuncture and reflexology) can enhance conventional medicine.”

“This revolutionary approach addresses the whole person, heart-to-toe and inside-out. “Considering that many healthy people are engaging in integrative practices, it is not surprising to find out that they’re turning to these treatments in times of illness, as well,” says Bauer. “Integrative medicine is used to help people cope with medical conditions in many facets. Meditation can help manage the anxiety and discomfort of medical procedures. Massage has been shown to improve recovery rates after heart surgery. And gentle tai chi or yoga can assist the transition back to an active life after illness or surgery.”

“From asthma to ulcers, the ailments covered in the book list when to avoid medical appointments and specify when medical attention is necessary. Plus, the authors explain in detail how to apply dozens of therapies, such as progressive muscle relaxation, Pilates and guided imagery, provide home solutions to help manage common issues, such as high blood pressure, osteoporosis, hives and stress; and give the steps for administering first aid in emergencies such as bleeding, choking and heart attack.”

“Practical, trustworthy and smart, Mayo Clinic The Integrative Guide to Good Health’ will safely and naturally transform your well-being one page at a time.”

The books are available at Barnes and Noble and other book stores or from Amazon.
The Alzheimer’s caregiver

By MARGARET UNGAR
Director of Marketing
Artis Senior Living
Bridgetown

Caring for someone who has Alzheimer’s disease is one of the biggest commitments a family member can face. It is a commitment filled with emotional and financial stress and hard physical work. A commitment that can also be rewarding as you are providing loving care for someone who cannot do it for themselves. As a result, your role as caregiver may mean making significant adjustments to your life. There will be enormous demands on your time and energy.

There are effects of this commitment on the caregiver. Caregivers may express stress symptoms resulting in fatigue, upset stomach, headaches and difficulty sleeping. Emotional symptoms such as depression, tension, anger, guilt, grief and feeling overwhelmed may emerge. There may be changes in relationships with the diagnosed person, family, friends and neighbors. Financial changes brought on by the expense of caregiving and loss of income may create hardship and resentment. Feeling lonely and disconnected from friends and family is another effect of caregiving.

Caregivers experience these different feelings at different stages of the disease. It’s important that caregivers recognize and acknowledge these feelings are normal. There are ways to work through the effects by seeking professional counseling, attending a support group, or by talking with your religious leader.

Learning how to cope with the effects of Alzheimer’s disease helps a caregiver provide the best possible care for their family member while maintaining their own health and wellbeing. Some tips for the caregiver are:

• Take one day at a time and prepare for the future.
• Recognize what you can and cannot do.
• Be realistic about your loved one’s changing abilities.
• Learn to forgive yourself when life is not going according to your expectations.
• Find out what resources are available and take advantage of them.
• Ask for and accept help from family members and friends when the need arises.
• Keep your sense of humor.
• Take pride in the care you are giving.
• Take time for your emotional needs — attend a support group where you can express your feelings.

The benefits of attending a support group is that the experience gives you an opportunity to share your experiences with other folks who are in the same situation as you, decreases your sense of isolation, learn about resources available to you and talk through challenges and ways of coping.

At Artis Senior Living of Bridgetown (5799 Bridgetown Road), an informal support group for caregivers meets the third Wednesday of every month from 6-7 p.m. Priscilla Groh, the founder and president of Cheering for Charity Foundation, is the facilitator of the group. Priscilla cared for her mother who had Alzheimer’s for nine years. She understands what you are going through as she has been there as a caregiver. Please RSVP at (513) 832-1597 to attend.

Library branches recognized for energy efficiency

Two branches of the Public Library of Cincinnati and Hamilton County were awarded LEED certification in August: the Reading and St. Bernard branch libraries.

LEED stands for Leadership in Energy and Environmental Design. Certification was devised by the United States Green Building Council to evaluate the environmental performance of a building and encourage builders to use sustainable design practices.

LEED certification is based on a points system. The more points you earn, the higher your rating. Both libraries received a silver rating.

The Reading and St. Bernard branches were both built new and opened in June 2015. They feature geothermal heating and cooling; use less water and energy; and reduce greenhouse emissions. These features also save money in the long run by lowering the library’s cost of operations.

When we built these new libraries, we wanted to demonstrate our commitment to the community by creating a building that is functional, beautiful and energy-efficient,” said Kimber L. Fender, library director; Jeff Gerrein, facility operations manager; and Molly Deloesse, chief finance and facilities officer. (Photo courtesy of the Public Library of Cincinnati and Hamilton County)

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BLINK lights up Cincinnati Oct. 12-15

By ROZ FRIEDMAN

A free awesome spectacle guaranteed to give you goose bumps will have the Queen City glittering and gleaming for four days. “BLINK is an experiential, light-based sculpture, performance and projection mapping event that will transform Cincinnati on a scale like we have never seen,” said Tim Maloney, CEO of the Carol Ann and Ralph V. Haile, Jr./U.S. Bank Foundation and founding sponsor of BLINK.

In addition to the Haile Foundation, BLINK is produced by the Cincinnati USA Regional Chamber of Commerce, AGAR, ArtWorks and Brave Berlin, the creative forces behind Luminocity. More than 70 animated light shows from local and international artists will be projected onto buildings, murals, interactive art sculptures and other light-based displays covering 20 city blocks from The Banks to Findlay Market starting at 7 p.m. The centerpiece of the festival will be a Luminarium erected by internationally known Architects of Air. This monumental structure will transform Washington Park into an interactive dazzling maze of lights, soaring inflatable domes and winding paths. During daytime hours people can walk through it; at about dusk they’ll be able to look at it from the outside and see these beautiful structures that are lit from the inside. Architectes of Air will be BLINK’s only paid and ticketed attraction. Hours are 10:30 a.m. to 6:30 p.m.

Other attractions that will light up the city:

The Peacock at Rockwood Pottery, 1920 Race Street — The Peacock, 40 feet wide by 20 feet tall, has steel plumes, colored by 15,000 individually controllable LED lights hydraulically driven to intrinsically open and close. Roaming throughout BLINK — The Kinetic Rauschi Neko. Sofa will travel around BLINK, coming to people where they are. Piloting the couch will be...

Continued on page 5

Coping with the ‘Diabetes Police’

By DAWN LYON

Registered Nurse
Certified Diabetes Educator

Who are the ‘Diabetes Police?’ Hint — They do not fight crime. For an individual with diabetes, they are the generally well-intentioned family, friends and coworkers who tell you what you can and cannot eat. This is even more of a problem as we approach the holiday season. Often the advice comes from a loved one who is worried about your health. However, in many cases the individual may not have all the facts particularly in area of nutritional management of diabetes. Your gut response may be anger, but take a deep breath and consider the following:

• Use this as an opportunity to educate others about diabetes.
• Communicate in a calm way how it makes you feel when they make comments about what you eat. “I appreciate your concern, but I would prefer to choose my own food.”
• Let them know how you can support you. It may be not bringing tempting foods into the home or preparing some healthy options at the holidays.
• Take a mental inventory of how you are doing with your diabetes management. Are you making the right choices? Do you really understand healthy eating for diabetes?

It is important to get information from the right sources. If you have not seen a registered dietitian and/or a certified diabetes educator, you should ask your health care provider to refer you for education.

The Kettering Health Network-Hamilton Health Center offers a variety of services and programs for people with diabetes. For more information, call (513) 273-9220.

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BLINK lights

Continued from page 4

one rider—part performance artist, part safety officer; the pilot will be a mysterious guide through BLINK, controlling the speed and steering. Up to two guests at a time can fully participate in the DeksoSofa experience by riding along. Impulse — Interactive, acoustic, illuminated seesaws respond and transform when in motion. The seesaws form units of light and sound that can be activated and played by the public to create a temporal, ever-changing event.

Light Ship and Infinity Portal — Projection mapped video, music and sound activates the Light Ship, bringing it to life.

The Forealism Tribe will conduct, control, and interact with the Light Ship using the installation to host dance parties and performances. The Light Ship will also transform into a DJ booth.

Vase Maze at Washington Park — Illuminated Mini-Golf will consist of six playable holes. Each hole will have an illuminated “vase” standing 8 feet tall. Each ornate piece will consist of a fore by fore maze.

World’s largest mobile disco ball, 15th and Pleasant Streets

It is so perfectly balanced that it can propel itself for hours with no human assistance. Measuring 11 feet in diameter, containing nearly 1,000 mirrors and weighing three-quarters of a ton, it has a reflective Mylar surface.

The Pool at Washington Park — Glowing pads are activated by human touch. Stepping on a pad causes it to light up, creating a ripple effect with the other pads around it.

A special peak of BLINK will be presented 6-11 p.m. Tuesday, Oct. 4, at 12th and Vine streets featuring projection mapping and a live DJ. BLINK will officially kick off on Oct. 12 with a light-filled parade through the historic Over-the-Rhine neighborhood.

Household waste collection at stadium

Northern Kentucky residents will have a chance to properly dispose of unwanted items at an upcoming event at the UC Health Stadium, 7950 Freedom Way, Florence, Ky.

From 9 a.m. to 2 p.m. Saturday, Nov. 4, residents of Boone, Campbell and Kenton counties may drop off select items for collection at the stadium. All residents who plan to drop off items must visit nkyhhw.org to print and complete a registration form prior to attending the event. Please bring the completed form with you on Nov. 4. It will greatly help with the traffic flow, and will reduce wait time.

Get practical tips to manage diabetes

Ready to take charge of your diabetes? Experts from the Northern Kentucky Diabetes Coalition can help you learn how.

Diabetes educators from the Northern Kentucky Health Department and the Northern Kentucky Diabetes Coalition will be participating in two supermarket tours to provide real-time nutrition information to those with or at risk for diabetes. The tours are scheduled for:

Florence — 6:30-8:30 p.m. Thursday, Sept. 28, at the Meijer located at 4900 Houston Road, Florence, Ky.

Cold Spring — 6:30-8:30 p.m. Tuesday, Oct. 17, at the Meijer located at 5400 Alexandria Pike, Cold Spring, Ky.

Participants should meet in the cafe area near the produce department. Tours will be led by a certified diabetes educator and/or a registered dietician. Participants will get helpful tips for healthy shopping, learn to read labels and learn how carbohydrate counting can be incorporated into grocery shopping. Participants will receive a reusable shopping bag with information about diabetes.

“Dinner, Discussion and Diabetes: Ask the Experts” is planned for 6-8 p.m. Thursday, Oct. 26, at the Health Department’s District Office, 610 Medical Village Drive, EDGEWOOD, Ky. The free program will feature a panel presentation from six local experts in diabetes and conditions related to diabetes. The program includes dinner from Qdoba. Registration is required for all three programs.

Medical Village Drive, Edgewood, Ky. The free program will feature a panel presentation from six local experts in diabetes and conditions related to diabetes. The program includes dinner from Qdoba. Registration is required for all three programs. Email NKYDiabetesCoalition@gmail.com or call Julie Shapero at (859) 363-2116 or Joan Geohagen at (859) 363-2115.

For more information on the health department’s diabetes program, visit www.nkyhealth.org/Services/Diabetes.aspx.

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Cincinnati Bengals Celebrate 50th Season

By GARY CROUCH Feature Writer

Cincinnati-area professional football fans have to be thank-ful that Cleveland Browns‘ owner Art Modell dismissed Paul Brown from his position as head coach following the 1962 season.

Although Brown said he had everything needed to enjoy retirement, he had a strong desire to return to professional football. Forty-nine years ago, he coached again as the head coach of Cincinnati’s expansion football team. The Bengals had a second coaching great, Bill Walsh, who was one of Brown’s as-sistants. When Brown retired as head coach following the 1973 season, appointed Bill Johnson as his successor, Walsh resigned. Later, as the head coach of the San Francis-co 49ers, his team defeated the Bengals in their only two Super Bowls. In 2005, Walsh was described as the most important person in football in the last 25 years. Brown may have been the most important person in pro football for the 35 years before that.

In addition to excellent coaches, the Bengals had some excellent players. The only player in the Pro Football Hall of Fame as a Bengal, offensive tackle Anthony Munoz, is considered one of the greatest offensive linemen in NFL history. Defensive back Ken Riley is fifth on the all-time interception list with 65. Both he and quarterback Ken An-dersen have been overlooked by HOF voters for years. Boomer Esiason is another possible Hall of Famer. Receivers Bob Trumpy and Chris Collinsworth had name for the high-percentage passing scheme designed by assistant Bill Walsh. Walsh formulated what should really be known as the “Cincinnati Offense” when an assistant coach for Cincinnati Bengals quarterback Virgil Carter was the first player to successfully implement the system. Bengals defensive coordinator and future head coach Dick LeBeau created the zone blitz in the 1980s to counter the West Coast offense. As part of the Bengals’ 50th season celebration, the Bengal’s First 50 recognizes the top 50 retired Bengal players as voted on by fans and media.

ANNIVERSARY SIGN — Bengals’ 50th year is marked throughout the area. Fan votes, along with 24 members of the media who have covered or currently cover the team, created the list. Some current players, such as Andy Dalton, Geno Atkins and A.J. Green, made that list after they retire.

The Bengals First 50 and other past Bengals will be recognized during halftime ceremonies at every home game.

Also, Bengals.com is tak-ing a look at some of the most memorable moments in Bengals history as the Top 50 Moments are revealed every Tuesday, Thursday and Friday throughout the season.

BENGALS COACH — Paul Brown returned to football through the Cincinnati Bengals sports-talk shows on local WLW radio before moving on to the national media. Pro Bowl defensive tackle Mike Reid retired after five years to become a Grammy Award winning country music artist and composer.

Bengals have reached the post season in 14 seasons; six times in the last eight years. They have won their division nine times. The “Miracle Bengal” of 1970 were the young-est expansion team to ever win a pro sports title. In their third year, the Bengals made the playoffs for a first-round game against the Colts the week after a 45-7 trouncing of the pathetic Patriots for their seventh straight victory.

Cincinnati also made major contributions to NFL culture. The hurry-up offense was first used during the late 1960s when Sam Wyche was coach and Bruce Coslet was offensive coordinator. The West Coast offense is the popular
Be prepared for colder weather

By JERRY CRAFT
Marketing Director
Artis Senior Living of Mason

The crisp winds and color-changing leaves make it a great time to spruce up your home, take a walk or cozy up indoors. But with all those changes comes the potential for danger. It’s important to be aware of your surroundings, whether you live in the country or the city. Here are some autumn safety tips for your family for a safe and enjoyable fall season:

Personal
• Get in a flu shot. Even though you could still get sick after getting the shot, the vaccine can provide protection against severe complications from the flu.
• Wash your hands. One of the best ways to avoid getting sick is to wash them regularly and thoroughly. Use hot water, plenty of soap and wash for at least 30 seconds.
• When you’re outside and it’s chilly, wear a jacket. It sounds pretty basic, but you’ll be surprised how many people think they’re “tough guys” walking around in a T-shirt when it’s 40 degrees out.

Home
• Turn your heating unit on before the temperatures really plummet so you can ensure it works. Contact a technician to inspect that it’s operating properly and adjust its settings as needed.
• Keep all flammable materials away from your furnace. This includes clothing, paint products, toxic materials, cardboard and more.
• If you have a fireplace, inspect the chimney to confirm it is free of debris, creosote buildup and is unobstructed so combustible particles don’t vent. Make sure the bricks, mortar and liner are in good condition.
• When heating a candle, don’t leave them unattended.
• Before going outside during cold weather, check your car’s defogger and windshield wipers to ensure they work properly.

Car
• With fewer hours of daylight, it can be difficult to see pedestrians or cyclists clearly, so if you don’t have automatic headlights, make sure they are on at the onset of dusk.
• In the mornings, the sun can be dazzlingly bright, making it difficult to see brake lights ahead. Keep a pair of sunglasses in your car to reduce glare and protect your vision.
• Temperatures can also affect vehicle performance. Clear your windshield of frost before beginning your journey and turn on your defogger if necessary. Frost can form on the road surface without being visible, so be cautious in wooded areas, bridges and overpasses, where ice can quickly develop. Remember, leaves + rain can also make for a very slippery surface.
• Development and thorough planning of your hearing health, including regular checks and appropriate accommodations, can help mitigate the potential for miscommunication.

By scheduling your hearing evaluation, you can be confident that you are getting the best care possible for your hearing health.

What are some effects of untreated hearing loss?

Hearing loss is currently the third most prevalent health concern in the United States today. This staggering statistic indicates the pervasiveness of hearing loss in our society. Unfortunately, research shows that the majority of individuals with hearing loss often go undetected, untreated, or under-treated for many years, allowing the negative effects of the impairment to slowly encroach on their lives.

Untreated hearing loss has been shown to affect people physically, socially, psychologically and emotionally. Some individuals with hearing loss may suffer from excessive stress or fatigue, a result of the extra energy expended when straining to hear. Oftentimes, untreated hearing loss can lead to family conflict. The person with hearing loss may be accused of not listening, or of having “selective hearing,” and choosing to hear only what he/she wants to hear. In time, continued miscommunication can lead to frustration or even resentment between family members.

Further, untreated hearing loss has been linked with depression, anxiety and social withdrawal. Because the effects of hearing loss are exacerbated in areas with excessive background noise, social gatherings may become more stressful than enjoyable. The individual with hearing loss may experience feelings of isolation when entering areas with background noise and in turn may choose to withdraw from those social settings. This lack of social relationships can in turn lead to feelings of depression or isolation.

If you have a friend or loved one who exhibits signs of hearing loss, or if you yourself are experiencing difficulty hearing, the professionals at Cincinnati Hearing Center can help. Fortunately, 90 percent of all hearing losses can be effectively treated by means of amplification and/or assistive listening devices. Call (513) 588-9444 to schedule your hearing evaluation today and begin your path towards better hearing.

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COMPASSIONATE MEDICATION & MEMORY CARE BY DESIGN

Oct 2017 | SENIOR LIFE | 7
An iconic bridge and “besa” are two of the historic exhibits currently on display at Cincinnati’s Main Library. “Besa” is an Albanian term for the belief that when people work together, they can make an impact on their community.

The photo exhibit, “Besa: A Code of Honor, Muslim Albanians Who Rescued Jews During the Holocaust” focuses on this concept, as it tells a little-known story of hope and courage from some of the darkest days of the 20th century.

Curated by Dr. Mordecai Paldiel, the historical exhibit features photographs taken by the American photographer Norman Gershman.

Together Paldiel and Gershman showcase personal rescue stories of Muslim-Albanian families who saved Jews from the Nazi regime. The families were later recognized as “Righteous Among the Nations” by Yad Vashem, the World Holocaust Remembrance Center in Jerusalem.

“In a time when many are divided by their differences,” stated the library in a press release about the project, “the public library of Cincinnati and Hamilton County, the Holocaust and Humanity Center, and the Islamic Center of Greater Cincinnati are seeking to unite and transform conversation through this new exhibit.”

“Besa” is on display now through Monday, Nov. 13.

Currently on display, meanwhile, in the Joseph S. Stern, Jr. Cincinnati Room on the library’s third floor: an exhibit about the building of the Roebling Suspension Bridge.

The iconic span between Cincinnati and Covington, Ky., turned 150 this year. It was completed at the end of the Civil War by master bridge builders John A. Roebling and his son, Washington A. Roebling — made famous soon after by their next project, the Brooklyn Bridge.

“A Dream Come True, a Song Well Sung: The John A Roebling Suspension Bridge at 150” displays plans, photographs, documents, antique postcards and more to show how the bridge progressed from a dream in the 1850s to its completion in 1887. The exhibit runs through Sunday, Nov. 12.

In their shows, Sam Moore and Dave Prater became a free-wheeling bundle of collective energy, joyfully bobbing, weaving and gyrating, and all the while singing at full throttle.

Popular among the many nicknames the duo earned was “The Sultans of Sweat,” as every high-energy performance left actual tiny lakes of perspiration onstage.

In Rhythm and the Blues, Atlantic Records’ Jerry Wexler said, “The Dave Moore catalog of hits—which, according to Prater, Moore never stopped performing the Sam and Dave catalog of hits—which, according to Prater, Moore never liked much anyway.

Teen Moore and baritone/tenor Prater rose to fame as the quintessential American soul act.

Both had come from southern quintessential American soul acts.

Moore sang with a duo-tenor group called the Majestics but later switched to such gospel outfits as the Gales and the Mellotones. Prater had

Continued on page 9
Soul Man

Continued from page 8

Soul Man, in his church choir and eventu-
ally became part of the gospel-
based Sensational Hummingbirds.

When the pair met by chance at a Miami club, they soon found themselves performing together, their unique chemistry delight-
ing appreciative audiences who only two African-American men having fun and loving their work.

In 1967, Sam and Dave
recorded their biggest hit, “Soul Man,” on the Memphis-based Stax Records label. It reached No. 1 on the R&B chart, number 2 on the pop charts and won a Grammy the fol-
lowing year.

“A Soul Man” had come about
during a Detroit riot. Many black-owned
businesses were destroyed. The group recorded their biggest hit, “Soul Man,” on the Memphis-based Stax Records label. It reached No. 1 on the R&B chart, number 2 on the pop charts and won a Grammy the following year. It was a response to the personal turmoil and struggle to rise above his present condi-
tions,” Hayes explained in an interview.

In November 1978, the Blues
Brothers—comprised Dan Aykroyd
and John Belushi—performed “Soul
Man” on Saturday Night Live. When they cut their own

version of the classic song, retain-
ing the original blues horns and stringing guitar licks, the hit was

made on Atlantic Records and reached a whole new audience.

Despite their career-long
personal turmoil, Sam and Dave were icons of the golden age of
Rock and Roll Hall of Fame, which officially acknowledged the duo’s masterful transition of gospel
music’s elements into the popular music mainstream.

Support Group — Informal
support group for those caring for
someone with a memory disorder from 6:30-7 p.m. the third Wednesday
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coping; share feelings, needs
and concerns; and learn about
resources available. RSVP to (513)
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Social Security 101 — 11 a.m.
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lunch will be provided.

This event is free and open to the
public. Seating is limited. RSVP by
Oct. 13 to info@soulmanedinicin-
a.com or by calling (513) 503-0458.

WMKV Big Band Dance — 2-5 p.m. Sunday, Oct. 22, at Maple
Knoll Village Auditorium, 11100
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Support Group — Informal

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www.seniorlifenewspapers.com
Pearl Harbor’s scapegoats

By TOM MORROW
Mature Life Features

With all tragic events, blame finds its way to someone’s doorstep, deserved or not.

Such was the case for the two commanding officers at Pearl Harbor.

As early as Feb. 18, 1941, Adm. Husband E. Kimmel, commander of the Pacific Fleet, suspected something was going to happen. He fired off this message to the Chief of Naval Operations in Washington, D.C.:

“I feel that a surprise attack (submarine, air, or combined) on Pearl Harbor is a possibility, and we are taking immediate practical steps to minimize the damage inflicted and to ensure that the attacking force will pay.”

Naval records indicate Washington didn’t take Kimmel’s warning all that seriously.

Ten months later, Dec. 7, 1941, the Japanese did conduct a highly successful surprise attack. It resulted in the death of 2,403 Americans.

Edwin T. Layton related that during the attack, Kimmel stood by the window of his office at the submarine base, his jaw set in stony anguish. As he watched the disaster unfold with its terrible fury, a spent machine-gun bullet crashed through the glass. It brushed him, cutting his jacket and raising a welt on his chest before clanging to the floor.

“It would have been merciful had it killed me,” Kimmel murmured to his communications officer, Cmdr. Maurice “Germany” Curts.

Kimmel was relieved of his command 10 days later, while planning and executing retaliatory moves. These included an effort to relieve and reinforce Wake Island — a move that could have led to an early clash between American and Japanese carrier forces.

Adm. Chester Nimitz soon took over as commander of the Pacific Fleet. That same day, Gen. Walter Short also was removed from command of the Army’s Hawaiian Department and ordered back to Washington, D.C.

In 1946, Short testified before Congress on his own behalf about the Pearl Harbor attack.

Unlike some of his predecessors, Short had been concerned with sabotage from Japan. His testimony stated they had performed their duties “competently and professionally” and the Japanese attacks were “not a result of dereliction of duty” (The Kimmel and Short resolution stated they had been relieved of command for “insubordination”).

If Kimmel had “had advance warning all along,” the attack could have been stopped, according to the Senate’s Pearl Harbor investigating committee.

Ten months later, Dec. 7, 1941, was God’s mercy that our fleet was in Pearl Harbor on Dec. 7.”

“Germany” Curts.

The resolution stated they had performed their duties “competently and professionally” and the Japanese attacks were “not a result of dereliction of duty” (The Kimmel and Short resolution stated they had been relieved of command for “insubordination”).

Social Security adds security

By CECIL SCAGLIONE
Mature Life Features

If your online Social Security account has been giving you trouble lately, don’t panic. The Social Security Administration should have sent you a letter by now explaining a second method of identification is required to gain access to your account.

If you haven’t read the letter, here’s basically what it says:

When you go online to socialsecurity.gov/myaccount, after entering your user name and password you will be asked how you wish to receive your one-time security code — by text or by email.

You will be asked this question every time you log onto your account, from now on. A one-time eight-digit security code will be sent to you. Enter it right away because it expires in 10 minutes and it’s only good for one-time use. If you don’t get to use it before it expires, you’ll have to sign on again and go through the same process to acquire another one-time-use code that has to be used within 10 minutes.

If you don’t have an online Social Security account, you can get one by logging onto the website listed above and establishing a user name and password. Follow the instructions from there.

Frozen Meals4You delivered to your door

If you or someone you know is being released from the hospital or has been diagnosed with a medical condition that requires diet modifications, you may be interested in Meals4You. If you are a caretaker and could benefit from having a few frozen meals on hand especially prepared for your family member, patient or even yourself, you may be interested in Meals4You.

If you just want to have some delicious and nutritious meals on hand in the freezer, you may be interested in Meals4You.

These are just three of the many ways having access to meals that support wellness for those who need a nutritional meal or who are challenged with diabetes, heart disease or in need of a renal diet or receive any of their meals pureed or mechanically soft.

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For more information, contact Jim Barger at (513) 661-2777, ext. 5402.
Forgotten black baseball player remembered

By GREG LAWSON
M.Min., MSW
Guest Writer

Cincinnati and Covington areas are rich in baseball history. Many of the Negro League players were born here and many are buried in the various cemeteries where they remain forgotten.

One such player is Newton Henry Allen, a black baseball player from the Negro League from the early and mid-1900s. Newt, as he was usually called, has an extensive and amazing career history; more than can be explored in this brief story of his life and career.

Newt Allen was born in Austin, Texas, the May 18, 1904, and died in Cincinnati on June 9, 1988, at age 87. Some sources claim his death as June 11 and 25, so there is some confusion on this. There is one mystery surrounding his death. He is reported to be buried in Union Baptist Cemetery, located at 4933 Clevele Warsaw Pike in the Price Hills neighborhood of Cincinnati.

This writer wrote to the Union Baptist Cemetery address, however, the post office returned my letter on which was stamped the message that the mail was not even being picked up from the mailbox. This cemetery is on the “U.S. National Register of Historic Places” and contains the remains of over 100 Civil War veterans, if I am correct.

Newt had a 25-year career, mostly with the Kansas City Monarchs. Standing at 5 feet, 8 inches and 169 pounds, he batted right and threw right-handed. During his career, he became temporary manager of the Monarch in 1941 when manager Andy Cooper fell ill with a heart attack. Cooper later died and Newt finished the season as manager.

In 1941, the Monarchs won the pennant, but then Allen resigned as manager just prior to 1942. He did remain, however, to play third base for the Monarch team. Newt retired from baseball after the 1944 season but later coached one season for the Indianapolis Clowns. Experts considered Newt as one of the best second basemen of the 1920s. He was “a master at running, bunting, stealing bases” and always “provided the spark his team needed to win.”

Newt was reported to be “among the fastest base-runners of his generation of Negro Leaguers” and “his most remarkable season was his 1929 campaign,” when he “batted .330 while hitting 24 doubles and stealing 23 bases…”

Some experts regard Newt as being superior to many white in- dustrious, but he is not in the Hall of Fame. He did not make the list of 18 finalists for the 2006 special Negro League and Pre-Negro League Election…” Perhaps one day, Newton Henry Allen will be recognized and honored for his talents and abilities as well as his contribution to the Negro League baseball world.

The mystery still remains in the life of Newt Allen. This writer and the Cincinnati Library staff have been unable to locate an obituary on Newt. Further, the cemetery staff apparently does not even pick up their mail at the post office. Just who is in charge of this historic cemetery?

An internet entry reveals that Newt was buried in Union Baptist Cem- etery, but perhaps the Allen fam- ily was so poor that they could not afford a stone for the family members or an obit published. This remarkable black baseball player should not be forgotten or should any other baseball player who was born or now rest in the great city of Cincinnati. Anyone who has further information on the Allen family may contact this writer.

By CATHY UTTER
Care For You 2

What makes grandparenting difficult? We fear our presence might be a nuisance to our family preventing the natural desire to visit. Our children don’t find it an onerous task.

Newt Henry Allen — Shawn is Newt Henry Al- len early in his baseball career with the Kansas City Monarchs baseball team. Newt is now buried in Cincinnati’s Union Baptis- t Cemetery with other Allen family members. Date of photo is unknown but most likely in 1920 as he appears quite young.

Grandparenting fears and challenges

By JOHN GRIMALDI
Association of Mature American Citizens

Husbands who take their wives shopping in Shanghai don’t find it an onerous task. Many of them reportedly look forward to spending some quality time in one local mall’s “husband storage pods.”

After all, the small glass enclosures give them a chance to play their favorite video games without that nagging feeling of guilt.
13 fearless facts about your Social Security number

By SUE DENNY
Social Security Public Affairs Specialist

While many of us look forward to Friday, certain cultures consider it an unlucky day. Some people are truly terri-
fied of the number 13. Combine the two fac-
tors and it’s not surpris-
ing that many believe Friday the 13th is a frightening day. And we’ll have one this month.

And we’ll have one this month.

1. Your Social Security number is your link to retirement or disability benefits, since we use it to record your wages and earnings. There is no charge to obtain a Social Security number and card. This service is free.

2. We keep your records confidential and don’t disclose your number to anyone except when the law requires or when your information connects you with other government health or social service programs.

3. To prevent identity theft, keep your Social Security card in a safe place and be careful about sharing your number. If asked for your number, find out why it is needed, how it will be used and what happens if you refuse to provide it.

4. While you need a Social Security number to get a job or for other services, you often don’t need to show your card. Many organizations can verify your number directly with us.

5. While you need a Social Security number to get a job or for other purposes, contact us to report the problem so we can review your earnings and verify that our records are correct.

6. If your card is lost, you can replace it up to three times a year, with a lifetime limit of 10 replacements. Legal name changes and other exceptions do not count toward these limits.

7. You can request a replacement card with the ease and convenience of our online services if you have a “my Social Security” account and meet our qualifications. Visit socialsecu-
rity.gov/myaccount.

8. If you suspect someone is using your number for work purposes, contact us to report the problem so we can review your earnings and verify that our records are correct.

9. If you suspect someone is misusing your number to create credit or other problems for you, report the theft to the Federal Trade Commission at identitytheft.gov or by calling 1-877-idtheft.

We also recommend that you contact the Internal Revenue Service if fraudulent tax refunds or reporting are involved; quickly file a complaint with the Internet Crime Complaint Center at ic3.gov; and monitor your credit reports.

10. The nine-digit Social Security number was initiated in 1936 for tracking workers’ earnings over the course of their lifetimes for benefits — not with the intent of personal identification.

11. Until June 2011, the first three digits of a number were determined by the geographical region in which a person lived. Numbers were assigned beginning in the northeast and moving westward. Any number beginning with 000 is never a valid Social Security number.

12. Since June 2011, we as-
sign numbers randomly. This protects a number’s integrity, eliminates the need for significance of the first three digits, and extends its longevity.

13. Since 1936, we have issued 453.7 million different numbers. There are approxi-
mately 20 million number combinations available for future assign-
ments. We assign about 5.5 million new numbers a year.

For more about applying for a Social Security card, name changes, identity theft and other frequently asked ques-
tions, go to socialsecurity.gov, or call us toll-free at (800) 772-
1213 (TTY (800) 325-0778).

Three tips caregivers and seniors need to know

Often we don’t think about what you or your loved one may be giving up when you are young. As we mature, we never really consider it until it is happening to us; we’re too busy living our lives to pay it much attention. And then it sneaks up.

Our needs evolve, suddenly we are faced with big decisions that change the course of our life we want to lead. Of course, we’ll still be the same person inside, even though the person in the mirror has changed. And so have her desires and demands, interests and priorities, friends and neighbors. Everything changes. And with these changes come the biggest considerations of all: how and where to live.

We understand how difficult it can be to even consider a change. Just talking about this stuff is tough. Taking the next step in the journey of life and deciding to move out of the home you have always known is never an easy one. So we have a few rec-

ommendations and tips to help guide you.

First, take a deep breath. Caring for a senior can be challenging for you and your family. It’s emotional and you want the best for your loved one. It is misusing your number to be a problem so we can review your earnings and verify that our records are correct.

Think about what your loved one does and doesn’t want you to do in his or her care routine. Consider making a full medical history. Include their doctors, health care providers, insurance and medications.

Make sure all of the legal duties are in order, such as a will and testament and power of attorney.

Second, make a plan. Start before you look senior communities or assisted homes in your area or informa-
tion, talk to your loved one. Make a plan. This will help you determine the types of care your senior might be interested in and those he or she may not have even considered or wants to avoid.

Third, consider these topics to discuss.

1. Think about what your loved one does and doesn’t want you to do in his or her care routine.

2. Compose a full medical history. Include their doctors, health insurances and medications.

3. Make sure all of the legal duties are in order, such as a will and testament and power of attorney.

- Discuss and confirm that your loved one feels comfortable with all changes he or she is experiencing.
- Hopefully these tips have been helpful. For more information, on high quality care in assisted living, please contact Optimized Senior Living at (513) 701-9418 or visit optimizedseniorliving.com.

Addiction goes electronic

By CECIL SCAGLIONE
Mature Life Features

We’ve all grown up with an awareness of the dangers of the overdose of addiction to alco-
hol and drugs.

An addiction is a compulsion that takes over and disrupts your life.

As we grew older, we learned of other sources of addiction. The latest to emerge is a growing ad-
iction to cell phones.

It’s visible all around you: people walking, sitting, standing, even driving, with their necks bent forward, eyes pointing at a handheld device, while oblivious to their surroundings.

University of Rochester re-
searchers have come up with a simple test to help you determine whether you or someone dear to you has become a victim of this addiction.

1. The first question to ask is whether you have ever felt you needed to cut down on the use of your personal electronic device.

2. Has anyone annoyed you by criticizing your use of your mobile phone or tablet?

3. Have you ever felt guilty over using it?

4. Do you reach for your mobile phone the first thing in the morn-

ing?

Two or more yeses indicate an addiction, according to the research team.

Mature Life Features, copyright 2017
Local author, 77, pens memoir of airline life

Women, whiskey, and a good tail wind were all he needed to be happy — or so he thought. Loveland resident Jim Spaeth’s debut memoir, “Up, Up and Astray” follows the adventures of a bachelor during the golden age of air travel. The book is a glimpse into airline life, providing an around-the-world journey with a lovable, if not laughable, character.

Spaeth spent four decades in the airline industry and has traveled the world many times. At the age of 77, this is his first published work.

The book was launched Sept. 7 at Lunken Airport, where he first stepped on a Trans World Airlines plane 70 years ago. Much of “Up, Up and Astray” takes place in greater Cincinnati. Spaeth was born in Price Hill and grew up in Glendale. He lived in a caretaker’s house on the Procter Estate, and was in the last graduating class of St. Gabriel High School.

An only child, Spaeth was always a restless soul. When he was six, his dad died unexpectedly and he was left in the care of a stern mother and grandmother, and runs as school. By the time he graduated, he’d had enough of female authority. Short stints in the Marines and Cincinnati Police only confirmed his yearning for adventure.

Fate intervened when a broken-down car turned into a career with Trans World Airlines.

It was 1964, and being a bachelor in the airline industry provided unlimited freedom. How could he be expected to settle down when his feet never touched the ground?

Spaeth worked for TWA at Cincinnati/Northern Kentucky International Airport, Indianapolis and Dayton. His delight in subverting corporate culture is reminiscent of stories like “Catch Me If You Can” and “The Wolf of Wall Street.”

But was being 37,000 feet above his problems a price too high to pay? Though drawn to travel and adventure to escape his problems, Spaeth found they remained no matter how many miles he put between himself and them. Set mostly during the ‘60s and ‘70s, "Up, Up and Astray" transports the reader back to a nostalgic time of innocence and glamour. While themes of hedonism and sexism are found throughout, it is a PG-13 version.

These days, Spaeth conducts travel presentations at local retirement communities and blogs about his adventures at retiredwayz.blogspot.com. He is a member of the TWA DCS Alumni Association and a volunteer with the Cincinnati Aviation Heritage Society. He lives in Loveland with his wife, Stacey, and dog, Juno.

“Up, Up and Astray” is available at The Bookclerks on Fountain Square, Joseph-Beth Bookclerks, Roebling Point Books & Coffee, and on amazon.com.
International medical graduates fill a need in U.S. healthcare

By FRED M. JACOBS
Guest Columnist

Medical schools outside the United States have become critical to our nation’s healthcare system.

One-quarter of the physicians currently practicing in America received their degrees abroad. Yet a number of domestic medical schools are pushing to restrict physicians educated in foreign countries, including many who are U.S. citizens, from securing residencies at American hospitals.

That makes little sense. Shutting out doctors educated abroad — especially given America’s looming shortage of physicians — would be counter-productive.

The effort to block these doctors begins with a mismatch. U.S. medical schools are graduating more doctors, but the number of residency slots isn’t increasing proportionally. That imbalance has led some to conclude that foreign-trained doctors are taking Americans’ spots. But that conclusion is misguided. Thousands of doctors educated abroad and now practicing in the United States are American citizens. It would be unfair to restrict U.S. citizens’ access to residency programs in their own country just because they did their medical studies abroad.

In addition, the number of residency slots availableoutstrips the number of new doctors from U.S. schools. The New England Journal of Medicine projects that by 2023-24, there will be 4,500 more residency slots available annually than new U.S. medical graduates. Most important is America’s need for doctors. By 2030, the U.S. could be short nearly 105,000 physicians. Over 40 percent of that burden could be in primary care. Yet U.S.-educated physicians tend to gravitate toward specialty care, thanks to its higher earning potential.

Last year, fourth-year students at U.S. medical schools filled fewer than half the residency slots in internal medicine. Of the 3,236 first-year residencies filled in family medicine, meanwhile, American-trained physicians accounted for a mere 1,193. By contrast, U.S. graduates filled over 90 percent of residencies in orthopedics.

American-educated doctors’ reluctance to enter primary care has left the field open for international medical graduates. IMGS comprise nearly 30 percent of all primary care doctors in the U.S. More than half of the 870 medical-school graduates of St. George’s University, the school where I received my degree, are trained. Schools like St. George’s place more emphasis on teaching how to provide essential, everyday care.

This difference in emphasis does not mean lower standards. To qualify for an American residency, IMGS must demonstrate that their qualifications are equivalent to U.S. medical graduates by passing three sections of the United States Medical Licensing Exam. In 2015, 96 percent of St. George’s medical students who took the USMLE Step One for the first time passed. IMGS also must pass an English proficiency test and have their clinical skills assessed. This qualification system ensures that there are no differences in clinical outcomes between foreign-trained and U.S. graduates.

Doctors educated outside the United States are essential for delivering care inside the United States. Restricting their access to U.S. residencies would be a mistake.

Yet U.S.-educated physicians are more likely to be abroad. A Pew Research study shows most of them look after aging parents. And the great majority of them don’t look at it as a burden. Rather, they see it as a rewarding opportunity.

40 million caregivers

By JOHN GRIMALDI
Association of Mature American Citizens

More than 40 million Americans are caregivers for elderly relatives.

Handy hand exercises

By CECIL SCAGLIONE
Mature Life Features

Here are some simple and easy exercises you can do anytime to nurture pain-free finger flexibility.

1. Make a fist. Make it as tight as you can without forcing it or causing pain, then “unclench” it back and forth as you would our head. Under your hand, stretch your fingers and palm. Make a fist again and nod it again. Do this several times a day.

2. In between, make an “O” with your thumb and each finger. Touch the tip of your thumb to the tip of each finger. Then stretch your fingers apart as wide as you can.

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(513) 681-4230 • Llanfair@ohioliving.org

St. Theresa A Diversicare Transitional Care Community
7010 Rowan Hill Dr., Cincinnati, OH 45227
(513) 271-7010 • www.diversicareatsttheresa.com

The Wellington at North Bend Crossing
5156 North Bend Crossing, Cincinnati, OH 45427
(513) 430-4100

www.seniorlifenewspapers.com
Travel Talk

Return to the Presley’s Country Jubilee

By JERI SEELEY
Editor In Chief

If we’re home Saturday night we are comfortably seated in front of the TV at 7:30 p.m. and turned to the RFD station for the Presleys’ TV show.

And, whenever we are in Bronson it is one of the first shows we watch. It’s a great night at the Presley’s Country Jubilee.

The two-hour show is great. It’s what they call a unique blend of Ozark entertainment and is full of country music, gospel songs, humor and patriotic tunes. We can even buy a video of the show and most of the time you can find yourself on your TV or computer screen.

The show is Bronson’s original show on Highway 76. It has been there since 1967. Prior to the building of the Presley Theatre the family performed in area caves but the show became so popular the caves became overcrowded and the theatre was built.

Today the Presleys are led by two brothers — Gary “Herkimer” Presley, who with his son, Eric “Cecil” provide the comic routine for the show; and Steve, the band’s drummer. Gary’s other sons, Scott, plays lead guitar, and Greg, plays harmonica; while Steve’s son, John, is at the piano. Other family members work off stage in many different positions that are necessary to make the show succeed. It is. In all, the Presleys show has had four generations performing on stage.

John’s wife, Ambrus, is one of three female singers on the show and is featured both as a soloist and singing backup for others.

A special feature for us is the fact during the break they announced our wedding anniversary from the stage. It was one of several announced with one couple celebrating 70 years of marriage. We’re not quite there, yet.

The stage is filled with country, bluegrass and gospel music. In fact, if you enter the theatre early and go upstairs before the show, you can participate in a half hour of singing old-time gospel songs. It’s fun and we’ve done it two times while at the show. This year we skipped it and then missed it. Next time we’ll be back upstairs for this popular gospel time.

We found a number of reviews online and all agree with us. All had five stars. Short lines from some of those reviews follow:

Great show! The Presleys are the best. A great tribute to Gary Presley. Great clean entertainment and great talent. We agree with all of them and those like comments that we read but didn’t print.

The Presley family can trace its roots back to the early 1700s when the Presslers moved to New York from Germany. From the name became Americanized and the name Presley was born. Each generation moved west.

Are they related to Elvis? Some say no but they said, “Yes.” They are distant cousins but they never met the man.

The Presleys are celebrating their 50th year in show business next February with a cruise on the Caribbean. You guessed it! We have reservations and can’t wait to spend the week with them.
Collectors seek hand-made souvenirs

By GARY CROUCH
Feature Writer

You commonly see them at museums, zoos, amusement parks, other tourist attractions and shopping areas. Collectors and children, ask where to find them and some consult a web site to find them before travelling or taking a business trip. They are elongated coin machines. Elongated coin machines are the little souvenir token makers that take your penny and turn it into an inexpensive memento of your visit.

Usually, they require 51 cents in the form of 2 quarters and a penny. The penny is then elongated (flattened and stretched) and embossed with a new design of your choice. That is why they are sometimes also called “pressed pennies” or “squished pennies”. They are popular with children because of their small cost. However, adults collect them for the same reasons that they collect anything else. Some experienced collectors are trying to get everything that is produced, but the majority of current collectors specialize. Topical collectors will specialize in specific areas like stamp collectors. They may collect only pressed pennies of places they have visited. Others may collect commemorative issues of special events, fairs, and exposions. One was recently created to remember the recent solar eclipse. Other specialty topics include Christmas, sports and TV shows.

Debbi Vaughn, of Global Impressions USA Inc., said the Cincinnati area was the site of the first ever stand-alone coin-operated mechanical penny press machine.

“We placed the very first coin operated hand crank penny machine at Kings Island. We placed one machine there in the spring of 1988. That fall they ordered five more for the next year. We had our machines there until we sold our company in about 1999,” said Debbi. Although the tokens can be traded with other collectors or purchased from dealers or at collector shows, some may consider it a challenge to find a machine offering four new options to add to a collection. PennyCollector.com has a page where collectors can find the machines throughout the world.

It is believed that the rolling of elongated coins began at the World’s Columbian Exposition held in Chicago, Ill., in 1893-1893. There were four different designs offered during that event. In 1992, 1893, 1994 and 1995, the machines still usually offer four design choices. Before inserting the coins, the handle is turned to indicate which one is wanted. Some machines take the manual labor out of producing the tokens. They require only that you push a button to select the design and produce the souvenir. Some locations may ask for four quarters instead of the usual two. Some of them may squish a quarter instead of a penny. Other coin denominations may be used.

Elongated coins are made by the coin being forced between two steel rollers. An engraving is on one or both of the rollers and as the coin passes through the rollers it is squeezed, under tremendous pressure, simultaneously stretching the coin into an elongated shape.

In the past, pressed pennies were created by human vendors who would take your penny and turn a crank on his mobile machine. Now, the machines are in case a bit larger than a school locker and placed for an extended time throughout museums, zoos, and other tourist spots. With four designs per machine, a location may offer eight to 12 different designs.

Plan your car-buying trip

By CECIL SCAGLIONE
Mature Life Features

When you purchase your next vehicle, don’t drive onto the car lot. Park a half-block or so away and walk onto the selling property. That way, the sales team won’t see what you plan to trade in. Negotiating a price for your trade-in becomes part of the discussion after you’ve talked about a final price of the vehicle you choose to purchase.

Before you head to the lot, make a list of the things you need and want in your new car. Do you want a van or SUV? GPS? Rear-view camera to assist you backing up? Small, around-town wheels for shopping? Sturdy road vehicle for those long trips to visit the grandparents? Set a top price you can afford or are willing to pay. Do the same with the amount you want for your trade-in. A bit of homework online will help you make all these choices. It can also help you determine whether you want to buy or lease a vehicle. And whether you need to buy a new car or used one.

A sobering old saw worth keeping in mind: a brand new car drops more than 20 percent of its purchase price the instant its tires hit the street.

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Just $30 in advance
$20 student with ID (advance)
All Day of Show Tickets $35

Croswell Tours and WMKV Radio presents
A Boone Tavern Christmas
December 13, 2017

Join Us for an Exciting One-Day Adventure!

December 13 Itinerary - One Meal included

Reservations Required Contact WMKV 513-782-2427

8:45 a.m. Depart Maple Knoll Village, 11100 Springfield Pike, Cincinnati, OH

11:30 a.m. Enjoy a buffet lunch at the Historic Boone Tavern. Holiday entertainment is included following your meal.

2:00 p.m. Browse the shops located near Boone Tavern, Berea, Kentucky.

3:00 p.m. Visit the Kentucky Artisan Center, decorated for Christmas. Everything in the Artisan Center is made in Kentucky.

6:00 p.m. Depart for home.

8:30 p.m. Approximate return to Maple Knoll Village.

Note: Business Casual Attire Please-No Blue Jeans in the Boone Tavern

Croswell Boone Tavern $99 per person Tour Package includes:
Roundtrip transportation via Croswell’s Deluxe VIP Motorcoach
Buffet Luncheon, Tax, and Tip at Boone Tavern

Limited Seating! Reserve Your Tickets Today!
513-782-2427