



Expanding
Life Options

Middletown Area Senior Citizens Inc.

May is Older Americans Month



Older Americans:
connecting the community

When Older Americans Month was established in 1963, at a time when interest in older Americans and their concerns was growing, President John F. Kennedy originally designated May as "Senior Citizens Month." President Jimmy Carter changed the name in 1980 to "Older Americans Month," and it is now a national tradition.

Every President since JFK has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way and advocate on behalf of older persons in their communities.

And, every May since 1963, people in towns and cities across the country have come together to recognize the enormous contributions of older Americans.

Middletown Area Senior Citizens Board of Trustees extends its appreciation for and pays homage to the thousands of older adults throughout Middletown, Monroe, Trenton, Carlisle, Franklin, Hunter, and beyond—for the many ways in which they bring

inspiration and continuity to the fabric of our communities.

Who are they? They are our mothers and fathers, aunts and uncles and grandparents who shared their values and sacrificed to support us and our country. Someday it will likely be you and me depending on local resources to help ensure our dignity, as well as cost effective life choices.

Older Americans are more active in community life than ever before, thanks in part to advancements in health care, education and technology over the last several decades that have greatly increased their vitality and life options. In fact, most seniors today choose to "age in place," in a way that helps them retain their dignity – and save them money from costly alternatives.

Today, our seniors are mentoring the leaders of tomorrow, taking to heart the need for intergenerational learning to guide and inspire young minds.

They offer a take on times gone by not discussed in any history class—a unique perspective that sheds new light on contemporary issues.

Our older adults step up to help one another as well. They connect with other seniors by delivering meals, helping with

home repair, assisting with shopping, and offering companionship, counseling, and care. Their efforts remind us that when older adults are active and engaged in their communities, everyone benefits.

Help us celebrate Older Americans Month! Join your neighbors, not only to recognize what older citizens bring to our community, but also to show support for those who require elderly services.

Contact Middletown Area Senior Citizens to find out about volunteer opportunities with programs that provide services for seniors to improve health literacy, increase access to quality health services, deliver food and nutrition services, provide financial and housing counseling, sponsor social and civic activities, and more.

We think you will discover that when you help seniors thrive in our community, you will gain far more than you give.



Inside this issue:

Focus on Food Services	2
Sponsorship Gratitude	2
Volunteers Honored	3
Development Matters	4
Kudos	5
Thank You	6

185,000	home delivered meals	MASC Impact
45,000	meals served at the center	
2,500	evidence-based, healthful activities at the center serving	
30,000	people	
10,000	hours in homes of local seniors serving them in homemaking, companionship, independent living, and supportive services	
8,500	local seniors transported over	
80,000	miles for round-trip transportation to medical appointments, shopping, work, personal and social events – and more	
1,500	members of the Middletown Senior Center receiving a wide array (2,500) of enjoyable activities, informative programs, and social opportunities	



Nancy Griffith
Food Service Manager

MASC Food Service Department serves over 225,000 meals

Nancy Griffith, food service manager, for Middletown Area Senior Citizens, began her career at the senior center three years ago. A stay-at-home mom with four children, Nancy was ready to return to the “adult world of work,” where she could have conversations in full sentences and enjoy give-and-take dialogue.

Initially, Nancy worked as a driver for home-delivered meals. As a driver, Nancy delivered meals to more than 30 people daily.

“I really enjoyed the job,” explained Griffith. “I became attached to the people because I found that many of our home-bound seniors were very dependent upon our services, a kind word and a little caring conversation,” she said.

“For some, we are their only daily contact, and so I really tried to keep an eye on things for them and to make sure they had

the resources they needed; and I liked that they were so very appreciative of what we do for them,” Griffith added.

It was through her meal delivery job that Griffith discovered that she had a “big warm spot,” for vulnerable older adults. She said she also has been heartened to find those working and volunteering for MASC equally committed to the organization’s mission.

For the past year Griffith has held her current post as food service manager, a role she eased into through staff transitions. Reared among a long line of avowed natural cooks, Griffith has taken to the job with relative ease, but allows that managing 22 home delivery drivers, 10 kitchen employees, and staying on top of government nutrition guidelines and related menu options is a big job—at times even for her—someone who lives by the “don’t sweat the small stuff” credo.

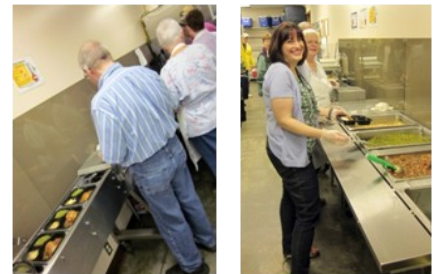
MASC’s state-of-the-art kitchen is a great asset, according to Griffith. Last year the crew was able to prepare, deliver and serve at the senior center over 225,000 meals.

“Our professional grade kitchen is central to what we are able to accomplish,” Griffith said. “It has four convection ovens, three deep fryers, a flat top grill and gas stove, a steamer, two warmers, a walk-in refrigerator and walk-in freezer — tools of the trade that keeps us production-ready,” she added.

Never one to shy away from a loaded schedule, Griffith also finds time to take evening classes, completing an online bachelor’s degree this summer in communications. Then, she hopes to

begin working on a master’s degree in social work, specializing in gerontology.

Griffith readily credits her team and volunteers working behind the scenes with a flawless day-long Council on Aging audit outcome her department achieved in April. MASC food program’s impressive menu offerings, known for surpassing typical senior center fare, gained the notice of officials from the Ohio Administration on Aging. In fact, they contacted Griffith seeking particulars about how the program was devised, the time involved, menu nutritional pairings information and implementation details.



Taking a break from preparing more than 600 meals for home delivery are: (front to back) Angela Leathers, Christine Bradford, Nancy Griffith, and Terry Thomas

With gratitude to our sponsors

Associates Circle



OTTERBEIN

RETIREMENT LIVING COMMUNITIES

L E B A N O N

[Otterbein Retirement Community](#)

[Otterbein Video](#)

Associates Circle



Health. Join In.



Atrium Medical Center
Premier Health Partners

Patrons Circle



Garden Manor—we make every moment matter

[Garden Manor](#)

Volunteers honored at April 5 breakfast program. More than 10,000 hours donated.



John Stugmyer, executive director, and Judith Stewart, MASC board president, express their gratitude to approximately 100 volunteers on hand at the April 5 Volunteer Appreciation Breakfast. More than 10,000 hours were donated by MASC volunteers in 2010.

An active senior is a healthy senior



Former MASC Trustee, **Helen Dutch**, volunteers working the registration table at the April 28 Kenny Rogers & The Delbert Barker Band event.



Development Matters — 1953 Legacy Circle Launched



If you value the programs Middletown Area Senior Citizens provides older adults and would like to help secure its future, you might consider arranging for a planned gift to benefit the charity.

A planned giving program has been established to receive such gifts. All interested donors are invited to participate in the newly formed **1953 Legacy Circle**, designed exclusively to recognize those who have made bequest intentions.

Gifts made to this planned giving program help ensure future needs continue to be met and to accommodate the growth of Middletown Area Senior Citizens. Contributions support the long-term financial stability of the organization.

The new legacy society was named the **1953 Legacy Circle** in recognition of the year the senior organization was founded. It also was established to recognize donors' thoughtful and generous estate planned gifts.

For those who have already made a bequest intention to MASC, we would like to know about your support through this type of gift.

To be included in the **1953 Legacy Circle**, simply let MASC's development office know that you have made legal arrangements for a future gift.

Everyone has a unique and personal reason for giving, reflecting their individual charitable desires. Depending on the type of gift you choose, planned giving can provide you with some or all of the following benefits:

- An income stream for your lifetime.
- Immediate or future year income tax deductions.
- Conservation of your estate through reduction of estate taxes.

Leave a lasting legacy through the **1953 Legacy Circle**. Your generosity will be gratefully acknowledged now and in perpetuity through this exclusive recognition society. With your help we can ensure vulnerable adults who need our support receive the care they deserve. Every legacy gift is an opportunity to be part of a caring community on behalf of area senior citizens.

- Reductions or eliminations of capital gains tax on appreciated property.
- The joy of knowing your gift will benefit deserving older adults well into the future.
- Your name will be associated with Middletown Area Senior Citizens **1953 Legacy Circle** in perpetuity.

Types of planned gifts might include:

- Wills/Bequests
- Charitable Remainder Trusts
- Gift Annuities
- Life Insurance
- Real Estate
- Retirement Accounts

A planned gift is an individual decision and Middletown Area Senior Citizens suggests you consult with independent advisors regarding the best way to structure such a gift.

A professional advisor will know detailed tax and legal regulations that can impact your gift. The development office has specimen documents for your advisor's review.

For sample bequest materials, a **1953 Legacy Circle** brochure, or for more information, please contact Deborah Yurasek, development director, at 513-217-4011, dyurasek@mascinc.org.



MASC Milestones

1953 – February 4, MASC began as the “Golden Age Club,” holding its first meeting. Edward Rusk was elected first president.

1954 – until 1965, Harry Gordon became the second president and also the organization's first director, serving part time.

1956 – MASC was incorporated. Leo Reinartz and Mark Walke were instrumental in its formation.

1977 – City site on Verity Parkway became new MASC home to meet growing senior program needs. Funds for the facility were secured from the Community Chest and City block grants.

2002 – May, MASC purchased 11.4 acres for \$850,000 at 3907 Central Avenue.

2007 – 26,000 sq. ft. facilities on Central Avenue were opened to meet well-studied and documented surging senior population growth and related urgent emerging needs.

Make a Donation



**MIDDLETOWN AREA
SENIOR CITIZENS INC.**

Expanding Life Options Since 1953

When you support MASC, you are helping thousands of area older adults and their families who rely upon us to help them in their homes, prepare and provide meals, assist them with round-trip transportation needs, help give them a sense of purpose when circumstances lead to social isolation—and engage them in many healthful activities throughout the year.

Name _____

Address _____

Phone _____

Email _____

Gift Amount _____

In honor of In memory of

Method of Payment

Check Bill me Visa

MasterCard American Express

Credit Card No. _____

Exp. Date _____ Sec. Code _____

Name on Card _____

Designation

Annual Fund Building Fund

Area of Highest Need

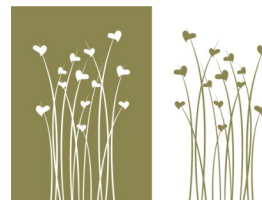
Other _____

Please contact me about me including MASC in my estate planning.

Please contact me about volunteer opportunities at MASC.

Send to:

MASC Development Office
3907 Central Avenue
Middletown, OH 45042
Fax: 513-423-4505
Phone: 513-217-4911



Kudos



Tresea Hall, In-Home Care Manager

Kudos to Middletown Area Senior Citizens' managers and their staffs for "passing with flying colors" in all departments during the April four-day Council on Aging organizational audit.

"The audit is very rigorous," said Tresea Hall, manager, In-Home Care, "but the compliance process is simply the culmination of what we do all year long."

The well-being and satisfaction of vulnerable seniors is at the heart of all the

services the in-home care staff provides, according to Hall. Staff training takes place monthly, a process for responsive needs analysis and feedback is reinforced, detailed recordkeeping is maintained and safety/security measures likewise ensured.

MASC managers noted that auditors were uniformly pleased, not only with the high quality delivery of proven elderly services, but also with the quality and detail of "exceptionally well-organized documentation and records."

John Stugmyer
Executive Director

Darryl Boothe
Facilities/Tech Services Manager

Ray Cooley
Maintenance Manager

Ron Evans
Transportation Manager

Jan Freeze
Accounting Coordinator

Nancy Griffith
Food Services Manager

Tresea Hall
In-home Care Manager

Elaine McNabb
Social Services Coordinator

Rita Profitt
Human Resources Director

David Voyles
Activities Manager



According to Scripps Gerontology Center at Miami University, by 2020 in Southwest Ohio, people age 60 and older will number more than 350,000 – a 75 percent increase from 1980. The Ohio Department of Aging says the number of Ohioans who turn 60 each month has now leaped to 15,000.



Middletown Area Senior Citizens Inc.
3907 Central Avenue
Middletown, Ohio 45044

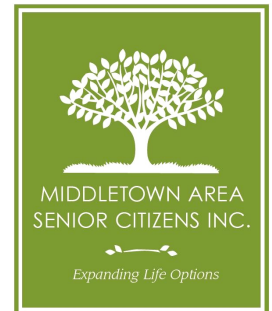
Phone: 513-217-4911
 Fax: 513-423-4505
 dyurasek@mascinc.org
 www.mascinc.org

Expanding Life Options Since 1953

Middletown Area Senior Citizens Inc. (MASC), a charitable nonprofit organization, was established in 1953 to expand life options and foster the well-being of area senior citizens. Today, MASC provides a continuum of care: a vibrant community, enjoyable healthful activities, entertainment, home-delivered meals, in-home care services, meals at the Center, transportation services, social services, a library, an exercise room, a banquet facility open to the public, meeting rooms used by many community groups, volunteer opportunities, and so much more.

As a 501(c)3 charitable nonprofit organization, MASC depends on support from companies, foundations and individuals to accomplish its mission serving a growing number of senior citizens in Butler and Warren counties.

**[Visit us online.
www.mascinc.org]**



Middletown Area Senior Citizens Inc.

It is because of the help of many supporters that so much is accomplished through Middletown Area Senior Citizens Inc. The 26,000 square foot facility is spacious and lovely; but it is life changing events that take place inside, and the impact on behalf of thousands of area seniors that is possible because it exists, that is most valuable.

Thank you for helping us prepare and serve 225,000 meals, deliver in-home care and provide transportation for thousands of older adults — as well as offer hundreds of evidence-based healthful activities to keep seniors active and healthy.

MASC's Trustees extend their heartfelt gratitude to financial supporters, members and volunteers who advance the charitable mission and work of Middletown Area Senior Citizens.



MASC Impact (2010)

- 185,000** home-delivered meals
- 45,000** meals at the Center
- 2,500** evidence-based, healthful activities for
- 30,000** people
- 10,000** hours in-home services
- 8,500** seniors transported
- 80,000** miles
- 70,000** visitors to the Center

MASC Board of Trustees

- Judith Stewart, *President*
- Larry Zizzo, *Vice President*
- Carol Bidwell, *Secretary*
- Michael Scorti, *Treasurer*
- James Burke
- Wilbur Cohen
- Joseph DiStaola
- Ben Fletcher
- Jackie Hunter
- Don Imhoff, Jr.
- James Miles
- Reva Owens
- J. C. Shew
- Tyrone Thomas

- John Stugmyer, *Executive Director*
- Deborah Yurasek, *Development Director*

