## 2022 Service Awards Luncheon

Help us to honor employees reaching milestone anniversaries in their employment.

Friday, February 24, 2023 11:30 a.m. - 1:00 p.m. Cassel Hills Golf Course Clubhouse

**Lunch Provided** 



#### Who's being honored?

#### 30 Years

Joe Blosser - Public Works
Rob Cron - Development and Engineering Services
Missy Pruszynski - City Manager's Office

#### 25 Years

Rudy Wells - Parks and Recreation

#### 20 Years

Bill Miles - Public Works Ben Walker - Division of Police

#### 15 Years

Kimberly Brumfield - Court
Shaun Coatsworth - Division of Police
Brandy Collins - Court
Ed DiFalco - Court
Holly Estepp - Division of Police
Bryan Fine - Parks and Recreation
Cynthia Herbst - Court
Alicia McCracken - Parks and Recreation
Denise Mehall - Court
Doug Nagel - Division of Police
Zeb Ward - Public Works
Jennifer Wegley - Finance
Olga Williamson - Court

#### 10 Years

Jeff Kreill - Parks and Recreation Deborah Wright - Division of Police

#### **5 Years**

Ben Lickliter - Parks and Recreation John Marshall - Parks and Recreation Steve Milliken - Division of Fire Mya Mitchell - Division of Fire Dan Morrow - Parks and Recreation



### THE BLUE LETTER



333 James E. Bohanan Drive • Vandalia, OH 45377 • (937) 898-5891

February 17, 2023

Honorable Mayor Herbst & Esteemed City Councilmembers:

Congratulations Public Works Technician Supervisor Cody Booher! I have appointed Mr. Booher to be the next Supervisor in the Public Works Division. His first day in this role will be February 20, 2023. I look forward to introducing Mr. Booher at a future Council meeting.



Arrival of New Hydro Excavation Truck! The Public Works Division took delivery of the new combination jet / vacuum truck this week. This piece of equipment has been slated in the capital improvement plan for many years. We are very grateful for City Council's investment in providing our Public

Works Division with the equipment that it needs to improve the way we do business. The vendor was here to provide training to Public Works staff, and we have already put the unit into service. This truck will improve our efficiency on many projects as well as providing a safer way to excavate around other utilities. We will have the unit at the Municipal Building on display prior to the meeting on Monday.

Fire Lieutenant Recruitment: This week, Chief Follick, Assistant City Manager Holloway, and I wrapped up the final interviews for the Fire Lieutenant recruitment. There is a very talented pool of both internal and external candidates. I am pleased to report that we have conducted a rigorous, merit-driven process. Our team will tally the scores and establish a civil service eligibility list. Next, I will work with Chief Follick to appoint three Fire Lieutenants from the list of the top 10 eligible candidates. I anticipate an announcement in the next few weeks. Chief Follick will hold a week-long on-boarding and training process for both Fire Captains and Fire Lieutenants in mid-March.

**Monday, February 20th, 2023, Council Meeting:** The Study Session will begin at 5:45 pm. The Council meeting will begin at 7:00 pm.

Page 1 of 9

#### **Study Session:**

#### Presentation:

**Miami Valley Communications Council Electric and Natural Gas Aggregation** – Amy Hoffman with Palmer Energy, will be presenting to Council information about the Miami Valley Communication Council Electric and Natural Gas Aggregation.

#### Monday, February 20, 2023, Items:

#### Items on this evening's Council Meeting agenda

**Ordinance: Assessments** - This emergency ordinance assesses properties for delinquent accounts related to storm water fees, trash collection, delinquent sewer & water, and weed cutting.

#### Monday, March 6, 2023 Items:

Resolution: Airport Access Road Bridge Repair - Bids were opened for the Airport Access Road NB Bridge Deck Rehabilitation project on February 9, 2023. Three contractors purchased bid packages and two submitted bids for the project. Bids ranged from \$360,000 to \$511,329.67. The engineer's estimate for the project was \$335,670.00. We did apply to the Ohio Public Works Commission for a \$200,000 grant for this project but were unsuccessful. The commission looks at the overall condition of the bridge regarding safety. The bridge itself is in good condition other that the surface. So, it was considered a resurfacing project which is not scored well in the applications. The bridge deck is a constant maintenance problem for our crews as there are more and more deteriorated sections. Since we are trying to direct as much traffic to the Airport Access Road as possible, it is critical that we keep is safe and hazard free. I recommend that we award a contract to Brumbaugh Construction in the amount of \$360,000 for the project and allow an additional 10% for contingency items and/or change orders for a total of \$420,000.

Resolution: Asphalt Purchase for Public Works – Bids were opened for our Annual Asphalt Purchase for the Public Works Department on February 9, 2023. Two companies submitted bids for this item. We are recommending awarding the bid to Valley Asphalt as the lowest and best bidder at their submitted price of \$80.00/Ton for Base Asphalt and \$85.00/Ton for Surface Course Asphalt. This bid is for asphalt to be purchased and used by the Public Works Division to patch and make repairs including utility repair holes such as water main breaks. The Public Works Division has \$45,000 appropriated for asphalt purchases in the permissive tax fund. The Parks & Recreation Department also has \$20,000 appropriated for asphalt at Cassel Hills Golf course for cart path resurfacing. This work will also be performed by Public Works.

**Resolution:** New Duty Firearms - The Police Division is scheduled to replace department-issued handguns in 2023. The Division last purchased Sig Sauer firearms in 2007, meeting our anticipated 15-year replacement cycle. VPD's range staff obtained guotes from two Glock dealers and two FN vendors,

L.E.P.D. in Columbus and Rangemasters in Iowa. L.E.P.D. offered the best price for the FN 509 LE handgun and provided a trade-in value for VPD's Sig Sauer handguns, current holsters, and five MP-5 submachine guns no longer being utilized. Therefore, I recommend City Council waive competitive bidding for the FN 509 LE duty handguns and options due to limited vendors and authorize the city manager enter into an agreement with L.E.P.D in Columbus to purchase (37) FN 509 LE handguns with selected options. I also recommend City Council authorize the city manager to declare the Sig Sauer handguns, holsters, and MP-5 firearms as surplus and trade them in to L.E.P.D as part of the purchase agreement.

**Resolution:** Miami Valley Communications Council Electric Aggregation Program – City Manager Wendt will give an introduction explaining what the Electric Aggregation Plan of Operation and the governance document program. This item is slated for passage on March 6, 2023. More information is available at <a href="https://www.vandaliaohio.org/aggregation">www.vandaliaohio.org/aggregation</a>.

**Resolution: Miami Valley Communications Council Natural Gas Aggregation Program** – City Manager Wendt will give an introduction explaining what the Natural Gas Aggregation Plan of Operation and the governance document program. This item is slated for passage on March 6, 2023. More information is available at <a href="https://www.vandaliaohio.org/aggregation">www.vandaliaohio.org/aggregation</a>.

Resolution: Air Show Chalet Agreement – Annually, the City enters into a Letter of Understanding with the US Air and Trade Show. Per the terms of the Letter, the City agrees to provide Police and City services in direct support of the 2023 CenterPoint Energy Dayton Air Show being held this year on July 22 & July 23. The City will be reimbursed should such services exceed \$21,900.

#### **Discussion Items:**

Parks and Recreation Master Plan – On Monday, February 6, Mike Svetz, Principal at PROS Consulting, presented the Parks & Recreation Master Plan to City Council. This plan will be the roadmap for enhancing quality of life in Vandalia through our parks and recreation system. PROS Consulting coordinated and facilitated public input, focus groups with community stakeholders, other engagement strategies, and provided a statistically valid survey and corresponding report of community opinions and needs as part of the project. The plan includes best practices in the field, identification of new trends and opportunities, engagement of relevant stakeholders, and makes direct recommendations to ensure an appropriate balance of community programs, facilities and amenities, now and into the future. Click here to view the 2023 Parks & Recreation Master Plan online (LINK). The plan is slated to be adopted as a policy document by City Council on March 20, 2023.

**Midwest Sculpture Initiative** – MSI has submitted a proposal to curate and erect an eight-piece temporary sculpture exhibit at the Vandalia Art Park from October 2023 through October 2024. MSI will be responsible for the placement of concrete/steel pads, the delivery and placement of sculptures, and the removal of the sculptures and pads upon conclusion of the exhibit. The City will be responsible for

providing general liability insurance with MSI providing secondary insurance. The total cost of this proposal is not to exceed \$18,000.

Vandalia Butler Alumni Association Donation Request - The Vandalia-Butler Alumni Association (VBAA) is requesting financial donations to ensure the continuation of the *Salute to The Seniors* display at Butler High School. This program honors graduating Butler High School seniors in the yard fronting North Dixie Drive at Elva Court with a yard sign of each student's senior photo and landscaping lights highlighting the display 24/7. The VBAA is requesting financial donations in any amount; however, a donation in the amount of \$250 will earn the City of Vandalia logo a spot on the sponsorship banner for public acknowledgement and a commemorative poster. A donation of \$500 will ensure the logo be added to the VBAA website and a donation of \$1,000 will ensure the COV logo will appear at the top of the sponsorship banner. In 2022, Council authorized a donation of \$1,000 and this is included in the 2023 Budget.

– On February 6, I brought this item to Council for consideration in Study Session. There is a required step in the Code that must be followed prior to passage of a resolution. Vandalia Codified Ordinances section 1066.02, NAMING OF BUILDINGS, PARKS, ROADS AND FACILITIES, provides that the City staff or a member of Council initiates a request that any public road be named, the following procedures shall apply: (a) The name, along with a written statement as to why it would be considered appropriate to name such public place or facility, shall be presented to Council; (b) The Mayor shall then appoint an ad hoc committee to review this suggested naming; (c) The committee shall, after necessary study, present

Appointment of a Committee for the Renaming of Veterans Memorial Parkway to Veterans Parkway

a written recommendation to Council, with its reasons therefor, regarding the proposed naming; and (d) Council, after receiving the recommendation, shall, by formal action, either approve or reject the naming as proposed.

Purpose: The City of Vandalia is working with Butler Township and the Vandalia – Butler Chamber of Commerce to install banners that will honor our veterans along Dixie Drive in Vandalia and Butler Township. The portion within Vandalia is currently designated as Veterans Memorial Parkway. I would propose that a committee be established to consider recommending the designation be changed to Veterans Parkway. The reason for this change is that it is probable that many of the individuals who will be honored on the banners are alive. Butler Township Administrator Vogel is working with Montgomery County to approve the designation within Butler Township.

I propose that Councilmember Corey Follick and I be appointed to the ad hoc committee as an action item during the regular meeting on February 20, 2023, in order to issue a recommendation and request formal action by City Council at the March 6, 2023 meeting.

**IT Antivirus Renewal** - The city's current antivirus software is up for renewal in January 2023. As part of the IT Divisions focus on enhancing device security, they included enhanced monitoring and detection services in the 2023 budget. The proposal includes modern antivirus and monitoring services along with device and application inventory, vulnerability reporting, and firewall and device controls to increase

security. The city budgeted \$6,500 for antivirus software (originally a 2-yr renewal) and \$16,000 for enhanced monitoring services, for a total of \$22,500. IT Manager Davey is recommends the city purchase SentinelOne Control for a 12-month term at a cost of \$13,660.66 followed by annual renewals.

**Golf Course Fence** – The Parks and Recreation Department is recommending awarding the bid for the Cassel Hills Golf Course Split Rail Fence Project to Allied Fence Builders of Dayton, Ohio as a result of their overall best proposal for the project. On February 10, 2023, we publicly opened and read proposals received for the project, advertised in the Daily Court Reporter on January 20 and 27, 2023. The Request for Proposal (RFP) encouraged vendors to develop a proposal to provide the necessary equipment, supplies and labor necessary to complete a perimeter fence project that would best serve Cassel Hills Golf Course, including the replacement of the current split rail fencing along hole number 5, 7 & 8 and additional fencing along #5. Five (5) companies submitted formal proposals for the project. The 2023 capital projects budget has \$40,000 allotted for the project based on a quote received during the budget process. Allied Fence Builders of Dayton, Ohio submitted the lowest and best proposal for the project with a proposal price of \$26,575.

**Cassel Hills Pool Fee Update** – The Parks & Recreation Advisory Board has recommended adoption of the proposed 2023 fee schedule for Cassel Hills Pool. Superintendent Kreill will present the updated fee schedule for Council's consideration.

2023 Miami Valley Regional Crime Lab Fees – The Division of Police has utilized the services of the Miami Valley Regional Crime Laboratory (MVRCL) exclusively for more than 40 years. The service delivery and quality of the laboratory's evidentiary work for Vandalia has been excellent. Among its many services, the Crime Lab staff has also formally trained and certified many Vandalia police officers as evidence technicians. As a member agency, VPD receives the MVRCL Evidence Technician course at no additional cost; provides supplies to furnish evidence kits, including plastic tubes, OVI kits, and fingerprint powder; offers expert testimony for submitted laboratory casework; provides expedited case analysis on request; offers direct email access to analysts, including a portal for report review; distributes an MVRCL/MCCPO Newsletter; and provides a laboratory virtual tour. Our participation as a MVRCL member agency ensures reliability, dependability, and customer service that the Division of Police and our citizens deserve.

This year, Montgomery County Commissioners authorized a reduction in crime lab fees for member agencies within Montgomery County for crime lab services. VPD budgeted \$20,577 for 2023 crime lab fees; however, our annual 2023 cost is only \$10,093.

**Lexipol Wellness Program Agreement** – The Vandalia Division of Police is committed to promoting employee wellness and resiliency by providing resources to benefit employees physically, mentally, financially, emotionally and spiritually. Lexipol offers a wellness program through Cordico, an app designed specifically for public safety employees that offers a variety of resources to equip and support VPD's employees in an effort to live healthy and productive lives despite facing and enduring stressful and critical incidents. On September 12, 2022, VPD was notified by the Governor's Office that we were

the recipient of a \$13,000 grant to cover the expense for the health and wellness app. This app will provide access to a health and wellness program that provides confidential support and an online library of wellness courses. The Lexipol Cordico app costs \$13,000 annual and the City will be reimbursed these funds from the State of Ohio.

**Solar Panel Text Amendment** – On November 21, 2022, City Council directed the review of the City's Zoning Code relating to Solar Energy Systems. Staff has conducted a thorough review of the City's Code and researched other communities throughout Ohio. Staff will present a number of possible text modifications for discussion.

Scott Ave Sanitary Repair – We have discovered a short span of sanitary sewer on Scott Avenue that serves two residential properties that we have had multiple problems and sewer stoppages with. This has caused sanitary sewer backup in the basements at both properties on multiple occasions. We need to replace 90 lineal feet of the old main with new 8" sanitary sewer and the installation of a manhole at the end of the line. We will also replace the two service laterals that serve the properties to the right of way line. We have performed the survey work and prepared the construction drawings in house to save time and money. We solicited proposals from three reputable contractors that we have worked with before to perform the work. I recommend entering into an agreement with Finfrock Construction Company to perform the work at their submitted cost of \$24,000.00. They can start on the work as soon as materials are available. We \$150,000 in the 2023 Capital Improvement appropriations for sanitary sewer rehabilitation work that we can use for this project.

**December and End of Year 2022 Financial Reports** – Mrs. Leiter will deliver the December and End of the Year 2022 Financial Reports.

**6o-Day Calendar -** The calendar is included in your packets for your review.

#### Council Meeting:

Communications, Petitions and Awards – City Manager Wendt will introduce and administer the Oath of Office to Firefighter/Paramedic/Inspector Gage Duvall, Firefighter/Paramedic/Inspector Noah Van Doesburg and Firefighter/Paramedic/Inspector Marque Jones, who began their employment at the beginning of February 2023.

City Manager Wendt will introduce Public Safety Specialist Tiffany Moore who began employment August 31, 2022.

#### **Public Hearing**

First Public Hearing: Miami Valley Communications Council Electric Aggregation Program – Pursuant O.R.C. Section 4929.26 (C), there will be a public hearing. City Manager Wendt will give an introduction explaining what the Electric Aggregation Plan of Operation and the governance document program.

First Public Hearing: Miami Valley Communications Council Natural Gas Aggregation Program - Pursuant O.R.C. Section 4929.26 (C), there will be a public hearing. City Manager Wendt will give an introduction explaining what the Natural Gas Aggregation Plan of Operation and the governance document program.

Resolution 23-R-o7: Purchase of Terrain Cut Mower with Snow Blower and Broom Attachment – The Parks and Recreation Department is requesting to purchase a John Deere Terrain Cut Mower with Snow Blower and Broom Attachments from Deer & Company through the State of Ohio Purchasing Contract #800750-STS515AG at a total cost of \$40,474.72, after trade-in. The 2023 capital budget has \$75,000 allocated for the purchase based on a price quote received during our budget preparation process. This specialty piece of equipment provides versatility in one machine as the unit will mow grass, blow snow and broom sidewalks, pathways and parking lots. The park maintenance division's current Terrain Cut Mower is a 2000 John Deere 1145 model with 822 hours of service. We are proposing to trade in the current model as part of the purchase.

Resolution 23-R-08: Purchase of Three Zero Turn Mowers – The Parks and Recreation Department is requesting to purchase three (3) John Deere 950M Zero Turn Mowers from Deer & Company through the State of Ohio Purchasing Contract #800750-STS515AG at a total cost of \$32,471.09, after trade-in. The 2023 capital budget has \$30,000 allocated for the purchase. The balance of funds for the purchase would come from Terrain Cut Mower purchase remaining balance to cover the additional expense for the three (3) zero turn units.

The purchase will include the trade-in of two (2) 2007 John Deere 757 Model units with 1358 and 1700 operating hours. The third unit being replaced had no trade-in value due to the condition of the motor, therefore, we plan to keep this unit for parts and eventually scrape the remains of the unit.

Resolution 23-R-o9: Purchase of Three High Capacity Smart Waste & Recycling Units – The Parks and Recreation Department is the recipient of a Montgomery County Solid Waste District Waste Reduction/Recycling Grant in the amount of \$22,287.65 for the purchase of three (3) High Capacity Smart Waste & Recycling Units from BigBelly LLC of Needham, MA. The City share of the cost of the units is \$12,253,85 for a grand total project cost of \$34,541.50.

Bigbelly's HC5 is a smart, solar-powered, compacting waste and recycling station. This compacting model holds 5-10X real capacity over an average traditional waste bin. It is equipped with sensors that monitor and report fullness levels and collection activity. It harvests solar power to compact waste and communicate its real-time status. All units will include lifecycle cloud-based software that will allow for communications concerning real-time status of the units. The Bigbelly system will allow for cleaner public spaces, increase maintenance staff productivity and measurable sustainability with the installation

of double stations (landfill waste and recycling) at our busiest parks. The units will be placed at the Art Park, Sports Complex and Helke Park and will provide smart, connected waste and recycling stations that keep waste contained and report fullness status to collection crews to enable increased productivity. We are anticipating up to 80% collection reduction in addition to cleanliness, operational, economic, and environmental benefits as a result of this project. All three (3) units will be custom wrapped and have a foot pedal for a hands-free option

The City of Vandalia will receive a check in the amount of \$22,287.65 from Montgomery County once the project is completed.

Resolution 23-R-10: Intrado 911 Phone System – On December 25, 2022, the Vandalia Division of Police's Intrado Viper 911 emergency telephone system was catastrophically damaged by water when the Justice Center's sprinkler system's pipes ruptured. This phone system provides 9-1-1, TXT2 9-1-1 and non-emergency phone services for police, fire, and EMS calls for service. VPD's Communications Center is operational utilizing a borrowed, older Intrado telephone system from another local government entity while waiting for a new replacement system. Members of the Division of Police and IT Division researched replacement phone systems and received demonstrations and cost proposals from Intrado for the Viper phone system and Motorola for the VESTA phone system. After evaluating features and service for both systems, we believe the Intrado Viper emergency telephone system provides the best option for purchase and replacement of our phone system.

Intrado's Viper emergency telephone system is familiar to our public safety specialists, replaces the damaged Intrado system we have been utilizing for the past six years, and continues to meet the needs of the Division. Intrado provides excellent service and is responsive to any service needs we have. Intrado's Viper emergency telephone system is approximately one-half the cost of Motorola's VESTA system and has lower annual maintenance costs. The installation time for Intrado's system is much shorter than Motorola's system. I request City Council waive the competitive bid process and approve an emergency resolution authorizing the Division of Police to purchase the Intrado's Viper emergency telephone system to meet the public safety needs of our community. This purchase is not a 2023 budget item but will be submitted with the insurance claim filed with MVRMA from the water damage for reimbursement. The total purchase and installation cost is \$121,851.02, which includes the first-year warranty.

#### **Ordinance - Second Reading:**

Ordinance 23-03: Amend Codified Ordinances Relating to Knives - This ordinance will amend certain provisions in the Vandalia Codified Ordinances relating to knives in order to comply with changes in the State law. This is largely a housekeeping matter in order to ensure that Vandalia Codified Ordinances are not in conflict with Ohio Revised Code.

#### <u>Ordinance – Emergency</u>

**Ordinance 23-04: Assessments -** This emergency ordinance assesses properties for delinquent accounts related to storm water fees, trash collection, delinquent sewer & water, and weed cutting.

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**January Bill Listing** – Mrs. Leiter will deliver the January Bill Listing.

On February 20, 2023, the Study Session will begin at 5:45 pm followed by the City Council Meeting at 7:00 pm. The meeting will be an in-person meeting in Council Chambers. The meeting is open to Council, staff and the public to attend in-person. The meetings will be accessible for viewing on through Zoom (LINK). Please note, no comments, electronic or oral, will be allowed by people that are participating electronically through Zoom. Due to restrictions provided in Ohio Revised Code, anyone wishing to be heard on a topic will need to appear personally at the meeting.

Please contact me directly with comments and questions.

Very Respectfully,

Dan Wendt City Manager

CC: Board and Commission Members

All City Employees

# Now there's a new and easier way to connect with the City of Vandalia!



Introducing My Vandalia, the fast, easy and free way to connect with the City for just about anything!





Request a "vacation house check."

Report property maintenance issues in an instant.

Report a pothole in seconds! Snap a photo and the app lets us know exactly where to send the crew!

Ask a question or submit a general comment.

It's your direct access line to the City!

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## 2023 Citywide Policy Goals

Approved December 5, 2022

#### Live



**Small City Big Opportunity:** Be known regionally as a top-tier suburb through top- tier City services. Enhance social and economic investment by promoting the City's high-quality services, well-performing schools, available workforce, escalating quality- of-life, and growing sense of place. Incentivize developments that improve life in Vandalia.



**Safe and Secure:** Ensure that Vandalia remains a safe and secure community by investing in both traditional public safety operations and creative outreach efforts to meet the evolving needs of our residents and visitors.



**Enhance Infrastructure:** Protect public assets and infrastructure by making calculated and deliberate investments in roadways, utilities, park spaces.

#### Work



**Fiscal Sustainability:** Leverage the operating position of the City to seize strategic opportunities for improving quality of life, while maintaining sustainable fiscal practices.



**Trust and Confidence:** Promote an open approach to government through coordinated, transparent, and evidence-based engagement practices. Empower residents, business owners and community stakeholders to partner in City programs.



**Sharpen the Saw:** Commit to process improvements by purposefully refining practices and leveraging technology to improve internal and external customer service.

#### Play



**Vibrant:** Be a vibrant community that uses its amenities and growth mindset to create a warm and welcoming environment in which to live, work, and play.

## **Vandalia Senior Center**



March, 2023 Volume 11 Issue 3

#### DID YOU REMEMBER TO RENEW YOUR MEMBERSHIP BY JANUARY 31?

#### Are You Ready to Hit the Road?

Bob Reed is ready to help you get there. Bob has lots of experience at moving people around. He spent 30 years working in education. After retirement, he worked for Comfort Keepers as a driver and escort. Then Bob worked for AAA for twelve years escorting senior groups on trips.



Bob is a new member at the Vandalia Senior Center. He is changing some things about the travel program. He will hold "office" hours at the Vandalia Senior Center on Mondays from noon to 3:00 p.m. and on Thursdays from 9:00 a.m. to noon. This will begin the week of February 13. He will be on the side of the dining room by the fountains. You can call him at 937-313-9692, Monday through Friday from 9 a.m. to 5 p.m. Leave a voicemail about the information you need. He will look for the answer and call you back.

You will write your checks to <u>Diamond Tours</u>. Then either mail them to the Vandalia Senior Center or drop them in box #4 in the hallway by the kitchen. You need to write <u>TRAVEL</u> on your envelope. You also need to fill out the form at the bottom of this page and include it with your payment.

FIRST TRIP: July 10-15 New Orleans: \$690 pp, \$900 single, \$100 deposit due by March 3, final payment due by May 3.

SECOND TRIP: August 5-11 New York City, Philadelphia, Atlantic City: \$995 pp, \$1294 single, \$100 deposit due by April 5, final payment due by June 5.

September 13-19 Boston, Salem, Cape Ann

October 23-28 Savannah, Jekyll Island, Beaufort

November 13-17 Nashville

There will be more details about the other trips in future newsletters on page 12. Flyers will be in the holders by the card room door. Information will also be on the travel bulletin board near the office window.

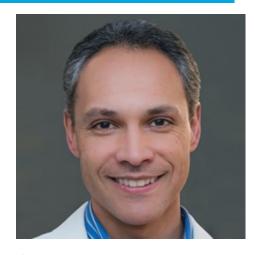
Name:	Name of Roommate:		
Cell phone:	Trip Destination:		
Emergency contact—Name:			
Relationship:	Phone number:		

Page 1 Vandalia Senior Center

#### **Lunch & Learn**

#### Northwood Lunch & Learn on Tuesday, March 7, at Noon

Taylor Laughman from Northwood will bring your lunch from their kitchen. Dr. Miguel Parilo from the Bull Family Diabetes Center is our family doctor. He will share information on how to slow down the progression of diabetes. If you have pre-diabetes, what habits should you adopt? What foods help or hurt this condition. How do you qualify for an insulin pump? He will answer these questions and more. Limit: 80



#### Momentus Health & Vitas Lunch & Learn on Thursday, March 9, at 11:00 A. M.



Andrea West of Momentus Health and Cindy Trenhaile from Vitas will bring your lunch. Dr. Gina Boerger, Doctorate of Physical Therapy, will present "The Power of Positive Thinking and Our Health". Although the connection between health and positivity is not fully understood, studies find that negative emotions can weaken the immune response. By having a positive attitude you can protect yourself from the inflammatory damage of stress and improve your outcomes and life satisfaction.. Gina will discuss steps you can take to live a healthy lifestyle with a positive attitude. Limit: 75

Cypress Pointe Lunch & Learn on Friday, March 10, at Noon Jessica Ward from Cypress Pointe will bring your food. Mark Maudlin from Humana will present two approximately 20 minute programs called "Aging Happily" and "Habits of Happy People". Mark will tell you some myths and facts about being happy. He will share the seven habits of happy people. Mark will discuss tips to help you age well. Limit: 45



#### Springmeade Lunch & Learn on Tuesday, March 14, at Noon

Robin Shafer will order your pizza. While you are eating your pizza, you will listen to a Zoom presentation about "Dayton's First Families of Pizza". Learn the secrets behind the thin



crust, edge-to-edge toppings, bite-sized squares, and the Daytonians who made our favorite pizzas. Taryn Filer from the Washington Centerville Library will be sharing these secrets with you. Limit: 75

Page 2 Vandalia Senior Center

#### **Trivia & Information**

The Laurels of Huber Heights Lunch & Learn on Tuesday, March 21, at Noon

Jackie Dalton from The Laurels of Huber Heights will bring your lunch. Allen Nelson and Lori Shumaker from Next Step Transitions are returning to talk about downsizing and where to take your things. They will show you things about boxes and packing that you didn't know



before. Allen and Lori will tell you about their many services including home checks. Limit: 75

#### Stonespring Lunch & Learn on Thursday, March 23, at 11:00 A. M.



Sarah Anderson from Stonespring will order your lunch. Pat Holmes, is the Extension Educator for Family & Consumer Sciences from the OSU Extension Office of Montgomery County. Pat is presenting "Money Smart: Protecting Yourself Against Fraud". Pat will discuss ways to identify consumer fraud and elder financial exploitation to protect yourself and others from becoming a victim. Participants will receive a free *Money Smart for Older Adults Resource Guide* to help them advocate for themselves in future situations. The guide is useful for all ages. Limit: 75

#### Hearth & Home of Vandalia Lunch & Learn on Tues., Mar.28, at Noon

Gina Havenar will bring your lunch from the Hearth & Home kitchen. Darlene Gage came last year to portray Alice Christian who survived the Titanic and Mary Ann Bickerdyke, the "Mother of the Union Army". She will return twice this year. On this visit, she will portray Tess, the main character in her book, *They Call Me Tess*. Darlene had three memoirs published prior to this book. This fictional book took 23 years to complete! Come hear the story. Limit: 100





Let's Eat Out on the Second Tuesday Each Month! Sign up to eat out on Tuesday, March 14. Meet at Outback Steakhouse at 5:00 p. m. It is located at 6800 Miller Lane in Butler Township.



Page 3 Vandalia Senior Center

#### **Information**

Learn About the Vandalia-Butler Schools Tax Levy on Mon., March 20

Rob O'Leary, superintendent of the Vandalia-Butler School District will be at the Vandalia Senior Center on Monday, March 20, at 1:00 p. m. The purpose of the visit is to provide a District update and a question-and-answer session about the May 2, 2023, school district income tax levy. This event is open to the public. Snacks will be provided by the Vandalia-Butler Schools. Please sign up.

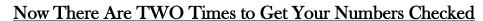


#### Save the Date: Next Catered Dinner

Our next catered dinner will be on Saturday, May 6, with dinner at 4:00

p.m. and entertainment at 5:00 p.m. Many of you mentioned that you prefer not to drive after dark, so we adjusted the dinner to the afternoon. The Ken and Mary Accordions are returning to entertain at the May 6 dinner. They played for the March, 2022, dinner and guests found them to be very lively and entertaining.

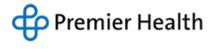
They played all types of music. There will be more details in the April newsletter. You can begin signing up after the April newsletter comes out.

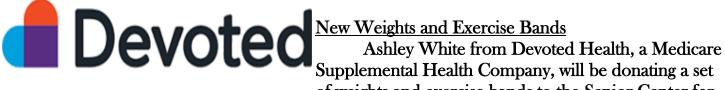


Nurses with Dayton & Montgomery County Public Health have been coming for several months on the first Tuesday to check your blood pressure and your sugar level. They will be here from 11:00 a.m. to noon on Tuesday, Public Health Prevent. Promote. Protect. March 7. They will be sitting at a table near the drinking fountains. Dayton & Montgomery County

Now nurses from Premier Health will be

coming on the third Tuesday to also check your blood pressure and sugar level. They will also be here from 11:00 a.m. to noon, beginning Premier Health on Tuesday, February 21, and continuing to come every month through November. They will also be sitting by the fountains.





of weights and exercise bands to the Senior Center for HEALTH PLANS all the exercise classes to use.

## A New Bingo Game with Poetry Davis

Poetry Davis has returned. She represents the Troy Rehabilitation and Healthcare Center. She has signed up to have a bingo on the first Tuesday of every month at 1:45 p. m. after the Lunch & Learn. Come play bingo with Poetry.



Page 4 **Vandalia Senior Center** 

#### **Art & More**



#### Metal Embossing Class on Thursday, March 2, at 12:30 p.m.

Cass Barth will teach you the techniques of metal embossing as you make the smaller project. You will then attach it to a card. If you want to do more, then you will pay Cass \$3 in class to do the larger and more detailed 6" x 6" project with an initial. When you sign up, you will need to write down which initial you might do in class so she can have all the materials prepared. Plan on up to 3 hours to do both projects. Limit: 6 new students and 3 returning from a previous metal class





#### FREE Card Making Class on Wed., March 15, at 1:00 p. m.

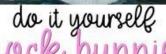
You can put together the bunny on the left to use on a card or make the card on the right. There will be pink, blue, and brown rabbits to choose from. There will also be many blank cards, papers, stickers, rubber stamps, punches, and other decorations for you to design cards of your own. You can make two cards from 1:00 p. m. to 3:00 p. m. Limit: 12





FREE Sock Bunny Class on Wed., March 22, at 1:00 p. m.

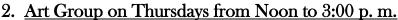
Jessica Ward from Cypress Pointe will bring the materials for you to make a bunny from a sock. These are examples from the internet. Your bunny may or may not look like these. Jessica will have lots of embellishments to choose from to "dress" your bunny. Limit: 15



#### Three Art Groups

#### 1. Art Appreciation on the 2nd and 4th Tuesdays at 1:40 p. m.

This group is led by Charlene Gratz who was a docent at the Dayton Art Institute. The group often watches a DVD about artwork and then discusses it. Meet in the dining room.



Bring your own project and materials. You can socialize as you work. Meet in the back of the art room.

#### 3. Colored Pencils Group on Fridays from 9:30 a.m. to Noon

Bring your own original colored pencil art to work on. If you need suggestions on your work, members of this group can help. Meet in the back of the art room.



#### **Movies & Sinclair**

Remember to sign up for each movie so we have the correct amount of snacks and treats.

Movie on the First Friday, March 3, at 1:00 p. m. Snacks from Ashley White with Devoted Health

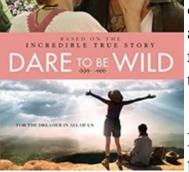
In the movie, *Ticket to Paradise*, a man and his ex-wife (George Clooney and Julia Roberts) race to Bali, Indonesia, to stop their daughter from marrying a seaweed farmer. As they desperately try to sabotage the wedding, the bickering duo soon find themselves rekindling old feelings that once made them happy together.

PG-13 Romance / Comedy 1 hr. 44 min.

Movie on the Third Friday, March 17, at 1:00 p. m. Snacks from Andrea West from Momentus Health of Vandalia

The movie, *Dare to Be Wild*, is a romantic adventure based on the true-life

story of Mary Reynolds, a landscape gardener, and Christy Collard, an environmentalist, whose shared passions take them from the green hills of Ireland to arid Ethiopia and back. Mary Reynolds dares to overcome all obstacles to turn her dream of winning the Chelsea Flower Show into reality. The pair reach for their dreams – one garden, and one desert at a time. PG-13 Romance / Drama 1 hr. 40 min.



#### Need Something?

Does the food you were served need salt and pepper? Did you bring food to eat but forgot

silverware? Did you bring a snack for your card group or art group and forget napkins or plates? There are extra supplies in three drawers in the kitchen when you need them.



Go to the coffee pot on the counter then go through the kitchen door to the right of the coffee pot. On the other side of the countertop directly across from the coffee pot are three drawers straight down in a row. The first drawer has salt and pepper and plasticware. The second drawer has extra cups and napkins. The third drawer has paper plates. If you need something else, just ask Toni. If you have donations of kitchen items, please give them to Toni instead of putting them in the kitchen drawers.

#### Save the Date: White Elephant Bingo

The group who attended the first ever White Elephant Bingo on January 17 really enjoyed the game and wanted to do another one. Mark your calendars and collect your two white elephant items for Tuesday, June 20, at 1:45 p.m. Just as before, you will bring one item wrapped and one item unwrapped. This bingo will be called by Toni Williams.

Page 6 Vandalia Senior Center

MON	TUES	WED	THUR	FRI
		1 Hula Hooping 9:30 Bridge 12:15 Up & Down the River 12:30 Euchre 1:00	Tech Talk 11:00 Art Group 12:00 Duplicate Bridge 12:00 Metal Embossing 12:30 Pinochle 1:00 Bingo 1:00 Rummikub 1:00	3 Colored Pencils 9:30 Mah Jong 9:30 Exercise 10:30 Movie 1:00 Poker 1:00 Samba 1:00
6 Hand & Foot 12:30	7 Super Sewers 9:00 Bridge 9:45 Golden Qi 10:00 BP & Sugar Ck 11-12 Lunch & Learn 12:00 Hand & Foot 1:40 Book Club 1:40 Bingo 1:45	Hula Hooping 9:30 Exercise 11:00 Bridge 12:15 Up & Down the River 12:30 Euchre 1:00	9 Lunch & Learn 11:00 Art Group 12:00 Duplicate Bridge 12:00 Pinochle 1:00 Rummikub 1:00	10 Colored Pencils 9:30 Mah Jong 9:30 Exercise 10:30 Lunch & Learn 12:00 Poker 1:00 Bingo 1:45 Samba 1:00
13 Hand & Foot 12:30	14 Super Sewers 9:00 Bridge 9:45 Golden Qi 10:00 Lunch & Learn 12:00 Hand & Foot 1:40 Art Appreciation 1:40	Hula Hooping 9:30 Bridge 12:15 Up & Down the River 12:30 Euchre 1:00 Card Making 1:00	16 Bingo 10:30 Tech Talk 11:00 Art Group 12:00 Duplicate Bridge 12:00 Pinochle 1:00 Rummikub 1:00	17 Colored Pencils 9:30 Mah Jong 9:30 Exercise 10:30 Poker 1:00 Movie 1:00 Samba 1:00
20 Hand & Foot 12:30 Meeting with Superintendent 1:00-2:00	Let's Eat Out 5:00  21  Super Sewers 9:00 Bridge 9:45 Golden Qi 10:00 BP & Sugar Ck 11-12 Lunch & Learn 12:00 Hand & Foot 1:40	Hula Hooping 9:30 Exercise 11:00 Bridge 12:15 Up & Down the River 12:30 Euchre 1:00 Sock Bunny 1:00	23 Lunch & Learn 11:00 Art Group 12:00 Duplicate Bridge 12:00 Pinochle 1:00 Rummikub 1:00	24 Colored Pencils 9:30 Mah Jong 9:30 Exercise 10:30 Poker 1:00 Samba 1:00
<b>27</b> Hand & Foot 12:30	Super Sewers 9:00 Bridge 9:45 Golden Qi 10:00 Lunch & Learn 12:00 Hand & Foot 1:40 Art Appreciation 1:40	29 Hula Hooping 9:30 Bridge 12:15 Up & Down the River 12:30 Euchre 1:00 Jan. and March Birthdays 1:00 Bingo 1:30	30 Art Group 12:00 Duplicate Bridge 12:00 Pinochle 1:00 Rummikub 1:00	31 Colored Pencils 9:30 Mah Jong 9:30 Exercise 10:30 Poker 1:00 Samba 1:00

#### **Exercise & Information**

**NEW BOOKS** at the Vandalia Library

The All American by Joe Milan, Jr

The Deluge: A Novel by Stephen Markley

Hang the Moon by Jeannette Walls

Hello Beautiful: A Novel by Ann Napolitano

American Mermaid: A Novel by Julia Langbein

NEW MOVIES at the Vandalia Library

**Beast** 

Honk for Jesus

Easter Sunday

Emily the Criminal

Don't Worry Darling



#### FREE Golden Qi Class on Tuesdays at 10:00 to 10:45 a.m.

Vevia Enix will teach Golden Qi which is a seated form of Tai Chi. This exercise improves balance, reduces joint pain, increases calmness, improves reasoning abilities, helps your memory, and improves the quality of your life. This class can be taken by anyone including those with balance issues.

#### FREE Hula Hoop Class on Wednesdays at 9:30 to 10:30 a.m.

Come and see how hula hooping can improve your health, your spine, your balance, and cardiovascular system. It can lower blood pressure, reduce stress, and cholesterol levels. These hoops are what the pros use in the gyms and rehab centers. If you want to try out hula hooping, call before the Wednesday you want to come so the group can bring in extra hula hoops.



# SUPER SENIORS, independent - engaged - connected

#### FREE Exercise on the 2nd and 4th Wednesdays from 11:00 to 11:45 a.m.

A licensed physical therapist from Stonespring Transitional Care Center leads two classes each month. The therapist will adapt the exercises to the needs of the participants with different intensities, methods, and education about the exercises. Please sign up for each time.

#### FREE Exercise Class on Fridays from 10:30 to 11:15 a.m.

This chair exercise class is being run by the members. They might use the weights and exercise bands that are here at the center. The group will use some of the exercises they learn at the Stonespring Wednesday class to help guide the Friday class.





#### Technology Talk on the First and Third Thursdays, at 11:00 a.m.

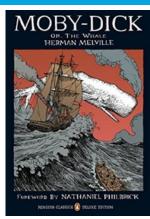
Tom Underwood from the Vandalia Public Library will be here to answer questions about your phone, tablet, and other devices on the first Thursday, March 2. Hannah Priebe will be here to help you on the third Thursday, March 16. Come to Tech Thursday with your questions and both Tom and Hannah will do their best to find the answers for you. It'll be first come, first served but feel free to stay - you may learn something new, just by listening in! Please sign up.

Page 8 Vandalia Senior Center

#### **Information**

#### Senior Center Book Club on the First Tuesday Each Month at 1:40 p. m.

The Vandalia Senior Center Book Club will be discussing *Moby Dick* by Herman Melville. Melville wrote of his masterpiece, it is one of the greatest works of imagination in literary history. In part, *Moby-Dick* is the story of an eerily compelling madman pursuing an unholy war against a creature as vast and dangerous and unknowable as the sea itself. But more than just a novel of adventure, more than an encyclopedia of whaling lore and legend, the book can be seen as part of its author's lifelong meditation on America.



#### Winter Closings Policy Reminder

If the Vandalia Schools are closed for <u>weather</u>, the Senior Center will be closed. If the schools are on a delay, the center is open. If the schools are on a delay in the evening, be sure to recheck the news in the morning. When schools are not in session, the City will determine whether or not the Senior Center will open and will put closing information on the Weather Hotline: <u>937-552-2200</u>. The Weather Hotline is only updated when cancellations have been made.

#### **Possible AARP Tax Locations**

1. Huber Heights Senior Center: 6428 Chambersburg Rd.	937-233-9999
2. Earl Heck Community Center: 201 N Main St., Englewood	od 937-836-5929
3. Tipp Senior Center: 528 N. Hyatt St., Tipp City	937-667-8865
4. West Milton Library: 560 S. Main St., West Milton	937-698-5515
5. Lathrem-Kettering Senior Center: 2900 Glengarry Drive	937-296-2480
6. New Carlisle Public Library: 111 E. Lake Ave.	937-845-3601
7. Fairborn Senior Center: 325 N. Third, Fairborn	937-878-4141
8. Beavercreek Senior Center: 3868 Dayton-Xenia Rd.	937-426-6166
9. Partners in Hope: 180 E. Race St., Troy	937-335-0448
10. Troy Library: 419 W Main St., Troy	937-339-0502 x112

#### ANSWERS to the true and false on page 11 with extra notes

These statements are TRUE. #1, 3, 6, 7, 9, 12, 15, 19, 20, 23, 25, 27.

- 4. The femur is the strongest bone.
- 7. The Nintendo company originally made playing cards.
- 10. Flies can live for up to 30 days.
- 13. "Live long and prosper" is a traditional Jewish blessing.
- 16. Slugs have four noses.
- 17. Gum will usually pass through your system in 7 days.
- 19. Charlie Chaplin came in third in the Charlie Chaplin look alike contest.
- 26. Giraffes have the same number of neck bones as humans.
- 28. There are no native snakes in Antarctica.

Page 9

#### **Information**

#### **Bridge Hosts**

Tuesday bridge at 9:45 a.m. is hosted by Melva Jenkins. 937-832-8992 Wednesday bridge at 12:15 p.m. is hosted by Judy Laughter. 937-677-3267 Thursday duplicate bridge at 12:00 p.m. is hosted by Jim Danks. 937-667-3780





#### Bingo and Other Games

- 1. Tambi Spirk and Nikki Waldron from Brookdale will bring food and call bingo on Thursday, March 2, at 1:00 p. m. Limit: 48
- 2. Poetry Davis from Troy Rehabilitation and Healthcare Center will call bingo on Tuesday, March 7 at 1:45 p.m. Limit: 48
- 3. Mark Maudlin from Humana will call bingo on Friday, March 10, at 1:45 p. m. Limit: 48
- 4. Jessica Ward with Cypress Pointe will call bingo on Thursday, March 16, at 10:30 a.m. Limit: 35
- 5. Becky Devor from Randall Residence will call bingo on Wednesday, March 29, at 1:30 p. m. Limit: 48

## Celebrate JANUARY and MARCH Birthdays on Wednesday, March 29, at 1:00 p.m.

Yes, you are reading correctly. The January birthdays missed their celebration due to the center closing because of snow. Friendship Village will provide the cakes for these two birthday parties. Please call, email, or come in to sign up. First we will take a group photo. Next the 25 to 30 card players and more will sing to the birthday people. Then everyone at the center can have a piece of cake but the birthday people get their cake first!



#### **Donations Needed**

\*\*\*Please give all donations for the free tables to Toni. Some items can be used by the center.

<u>Leave in the Office:</u> NEW: 12 to 16 oz. Styrofoam cups, 12 to 18 oz. red drink cups (4th of July; We have plenty of spring colors.), Diet Coke and Coke, non-refrigerated individual creamers, gallon and quart ziplock bags.

Individually labeled flavored teas, card making supplies, art supplies, quilt batting, glass, metal, and wood and other containers for flower arrangements, ribbon, greenery, new greeting cards, and items for the free tables.

Boxes in the hallway under the coat rack and by the white board: used batteries (not in containers or bags), pop tabs, used greeting cards, cell phones, glasses, cancelled stamps (be sure to leave a 1/4" border around the stamps), food for the Vandalia Food Pantry barrel and for Cares4Kids box

On the fireplace in the card room/library: books, movies, and jigsaw puzzles



Page 10 Vandalia Senior Center

#### True or False?

W	rite a T for true and a F for false. Check your answers on page 9.
1.	A chicken once survived for 18 months without its head
2.	Dogs are most responsive to commands spoken in Spanish
3.	The Boston Marathon didn't allow female runners until 1972
4.	The kneecap is the strongest bone in the human body
<b>5.</b>	The first sunglasses were made from animal skin
6.	It is possible to use a potato as a battery
7.	Nintendo was founded in 1889
8.	Sir Winston Churchill is credited with inventing the party hat
9.	There is a species of jellyfish that is biologically immortal
10.	Flies only live for 24 hours
11.	It's impossible to hiccup while you are asleep.
12.	A googol is the number 1 followed by one hundred zeros
13.	The phrase "Live long and prosper" was originally coined by Queen Victoria.
14.	A human only uses 10% of their brain
15.	Bulls are color blind
16.	Slugs do not have noses
17.	It takes seven years to digest chewing gum
18.	The U.S. and Japan did not sign a peace treaty after WWII, so we are technically at war.
19.	Charlie Chaplin once lost a Charlie Chaplin look alike contest
20.	Woolly mammoths were still walking the Earth when the Great Pyramid was built
21.	The Italian word for "wedding" is the same as the word for "dog"
22.	Albert Einstein failed math while at school
23.	The average garden snail has over 14,000 teeth
24.	The first Roman chariots were powered by sails
25.	The national animal of Scotland is the unicorn.
26.	Giraffes have twice as many bones in their neck as humans
27.	Cheetahs are unable to roar
28.	There are snakes native to every continent on Earth.

Page 11 Vandalia Senior Center

#### History

The History of the Coordinators at the Vandalia Senior Center

Helen Tomski was the first coordinator. She was hired in 1979, a year after the Vandalia Senior Center was built. Helen was in her sixties. She worked as the coordinator for 26 years until 2005. She later moved into senior living and has since passed away.



Christa Lloyd was the coordinator for the next four years from 2006 to 2009. She left the senior center to become a stay-at-home mom.

Elaine Kaylor ran the senior center in 2010 and 2011. She got her masters degree during that time then she became the manager of the Vandalia Rec Center. She now works for the City of Clayton.

Ted Wiegman was the coordinator for just one year. He was retired military. He left to work at Guantanamo Bay, Cuba.

Kelly Lundqvist ran the center for two years from 2013 through 2014. She left here to take a job with Crossroads Rehab which is now called Momentus. Kelly moved to other jobs before starting her own cleaning company.

Toni Williams arrived here on January 23, 2015. She had retired from the Vandalia-Butler Schools in 2012 after 35 years of elementary teaching. Toni took the next 1 1/2 years to do some home remodeling jobs. Next she did data entry for Assurant for 16 months. When she was looking for a change, this position happened to become available at the same time.



#### TRAVEL TERMS AND CONDITIONS:

- 1. You must be a member of the Vandalia Senior Center.
- 2. Final payment must be to the Vandalia Senior Center by the due date.
- 3. There are only 5 single rooms for each trip.
- 4. If payments are not received by the due date, your name will be removed from the list.
- 5. No invoices or reminders are sent out.
- 6. If you need to cancel, ask if there is a waiting list before asking someone to replace you.
- 7. If the tour operator cancels a tour, a full refund will be issued as soon as it is received from the operator. Cancellation Insurance is highly recommended.

Page 12 Vandalia Senior Center

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Tied in 2022, For J.D. Power 2022 award information, visit jdpower.com/awards

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Brookdale Englewood Tambi Spirk, Sales Mgr 95 W. Wenger, Englewood (937) 836-9617

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#### 3 Facts to Know:

- 1. Medicaid pays for long-term care <u>only</u> once your assets have been nearly depleted.
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- 3. Planning can help you receive care in a place of your choice even in your home.

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## **Parks & Recreation**



## **Cassel Hills Golf Course**



The Cassel Hills Senior Men's League is having their 2023 meeting on March 22nd at 9:00 AM at Cassel Hills Golf Course. The league runs from the end of April until the beginning of October. Anyone interested in joining this league must attend this meeting. Cassel Hills also has two ladies leagues. The 9 Hole Ladies League plays Wednesday mornings from April to September, and the 18 Hole Ladies League plays Thursday mornings from April to September. Information on the ladies leagues will be available soon, check our website at <a href="https://www.casselhills.com">www.casselhills.com</a> or call the pro shop at 937-890-1300. The Golf Course is located at 201 Clubhouse Way, Vandalia, OH 45377.

#### **Part-time Work Opportunities!**

Are you looking for a little something different in your life? Do you want to get out of the house a little more? Do you want to meet new people? Do you want to serve your wonderful neighbors in our community and get paid to do it?! If so, consider a part-time, flexible position at the Recreation Center in one of our service areas: child care, front desk attendants, fitness desk attendants and/or custodians. If interested, visit the City's website at <a href="www.vandaliaohio.org/jobs">www.vandaliaohio.org/jobs</a> and fill-out an application. We also have jobs outside cutting grass and general park maintenance. If you are interest-



ed in working outside, contact Rudy Wells at 937-415-2345.



Page 14 Vandalia Senior Center

#### **Parks & Recreation Information**



#### **Basic Nutrition for Healthy Aging**

If you want to learn how to approach nutrition to give yourself the best chance at maximizing your energy, strength, and vitality well into old age, this class is for you. This class will cover key principles of nutrition such as macronutrients (protein, fat, and carbs), and maximizing nutrient density. There will be practical suggestions as well for improving your own diet in a sustainable, step-by-step fashion. Come with an open mind and a willingness to learn!

Saturday, March 4 from 10:00 a.m.-11:00 a.m. \$15 Resident/ VRC Member; \$20 Non-Resident Ages: 13 and Older Location: Vandalia Recreation Center

Pre-registration is required for both classes!

See registration information in the box next to Alicia McCracken's photo.



#### **Practical Tips for Improving Your Sleep**

Almost everyone knows what it's like to struggle to fall or stay asleep, and the havoc this can wreak on our health. But most people don't realize that there are simple, low-cost things you can do every day to give yourself the best chance at sleeping well. You'll come away from this 1-hour class with a list of practical solutions you can start implementing today.

\$15 Resident/ VRC Member; \$20 Non-Resident
Ages: 13 and Older
Location: Vandalia Recreation Center



You must preregister for the <u>Basic Nutrition for Healthy Aging</u> and the <u>Practical Tips for Improving Your Sleep</u> classes!

Contact Alicia McCracken at amccracken@vandaliaohio.org or call her at 937-415-2347.

VANDALIA SENIOR CENTER 21 Tionda Drive South Vandalia, Ohio 45377

Open; Monday through Friday 9:00 a.m. to 4:00 p.m. Coordinator: Toni Williams

twilliams@vandaliaohio.org

Phone: 937-898-1232 Fax: 937-665-0796

https://vandaliaohio.org/341/

Senior-Center

Vandalia Senior Club 2023 Committee:

Chair Donna Shirley

937-898-3765

Co-Chair Iris Siebert

937-454-1583

Treasurer Kay Lowe

937-409-8300

Secretary Dottie Ganter

937-898-7286

#### DATED MATERIAL: DO NOT DELAY

--MEMBERSHIP--

Age 55 or older

Younger Spouses are welcome! The 2023 fees for members are:

Vandalia Resident \$15 single - \$25 dual Non Resident \$20 single - \$35 dual A resident is defined as someone who pays

City of Vandalia property taxes

Membership for anyone over 90 is free but

you must notify the office to continue to get the newsletter.

Your annual membership fees help offset some of the costs of programming and support for the Senior Center.

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## Vandalia utility rates are being adjusted.

Effective on the first utility bill in January, 2023, utility rates in Vandalia will be adjusted to meet emerging needs in the City's water, sewer and stormwater systems.



- ▼ To provide safe drinking water.
- ▼ To prevent accidental discharges of raw sewage.
- ▼ To address costs associated with regulatory mandates.
- ▼ To better prevent flooding during rain events.
- ▼ To perform deferred maintenance within the utility system.

For more details on Vandalia utility rates, check out the City of Vandalia website: www.vandaliaohio.org/utilities or use the QR code to visit the site. Questions? Call (937) 898-5891.







