



## Monthly Updates & Important Information



### Memory Walk at Berkeley Square

All Berkeley Square and Westover residents are invited to walk in honor of our Memory care at Berkeley Square. Registration forms are at your front desks. Donations can be made out for: Berkeley Square Restricted Fund, designated for the memory care unit. Saturday, September 7 at 9:30am.

### Art & Craft Bazaar at Berkeley Square

We welcome all residents from both campuses to showcase their art or craft of choice. Registration forms at your front desk. Friday, September 27.

Annual clean week at Berkeley Square will be the week of September 23. **(Berkeley Square)**

## Berkeley Square

100 Berkeley Dr.  
Hamilton, OH 45013  
513-856-8600

## Westover

855 Stahlheber Rd.  
Hamilton, OH 45013  
513-844-8004

## What's Inside

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### Special Activities



**RSVP & Questions to: 513-785-4861**

*All activities are subject to change.*

*Updates can be viewed on Touchtown, channel 1851.*

#### Ohio Military Band

**Thursday, September 5 at 7:30pm Outside, Main Entrance**  
Enjoy an evening of your favorite classic songs from different eras.

#### Lunch & Learn: Biblesticks

**Friday, September 6 at 12:00pm in Theobald**

✉ **RSVP by 9/2 • Cost: \$10**

Ron Vance started carving these Bible Sticks about 20 years ago. Each Bible Stick, in fine detail, tells a story from the Bible. The 45 minute program uses many of the senses (hearing, seeing, and touching). Ron will talk while the Bible Sticks are passed around for everyone to handle and observe up close. Everyone will learn so much about the Bible, without even trying.

#### Memory Walk

**Saturday, September 7 at 9:30am in Theobald**

✉ **Registration sheets at the front desk**

We invite all Berkeley Square and Westover residents, family, and friends. "Every step you take is one step closer to a cure." Walks will vary in length; 1/4 mile, 1/2 mile and 1 mile. Refreshments will follow. Join your community as we work to improve the lives of our memory impaired residents. Donations to: Berkeley Square Restricted Fund, designated for the memory care unit.

#### Monthly Buffet

**Tuesday, September 10 at 5:00pm in Theobald**

✉ **RSVP by 9/6 • Cost: \$15**

Join your neighbors for a wonderful buffet dinner. Entrée includes bacon wrapped meatloaf, roasted turkey, garlic mashed potatoes, green beans, and bread. Dessert will be bread pudding with bourbon caramel sauce.

#### Butler County Historical Society

**Wednesday, September 11 at 2:00pm in Phillips**

Bizarre Butler County: Local stories of the unexplained. Learn of missing persons, unsolved crimes, ghosts, UFO's, lost treasures and mysterious creatures.

#### Say Goodbye and Good Luck to Jon

**Thursday, September 12 at 2:00pm in Theobald**

Let's give Jon a great send off and wish him well.

#### Lane Library Tech Session

**Friday, September, 13 at 11:00am in Theobald**

Discover the popular social media apps and how to use them.

#### Resident Appreciation for Assisted Living and Healthcare

**Saturday, September 14 at 4:00pm Outside, Manor House**

Come to the Circus! Enjoy games and entertainment! Dinner starts with a garden salad, followed by pulled rotisserie chicken and prime rib, baby bakers, succotash, and bread! For dessert, enjoy your favorite circus fare of shaved ice, cotton candy and funnel fries! No charge for this event.

#### Brett's Coffee

**Tuesday, September 17 at 10:00am in Theobald**

Join Brett Kirkpatrick, President/CEO of Community First as he shares the latest updates with Community First.

#### Flu Shots

**Wednesday, September 18 from 10:00am-12:00pm**

Please call 513-856-8600 for a reservation for your yearly flu shot. Be sure to bring your insurance cards with you.

#### Souper Wednesday

**Wednesday, September 18 at 12:00pm in Theobald**

✉ **RSVP by 9/17 • Cost: \$5**

Enjoy your favorite soups! Tuscan chicken noodle, vegetable chili, and broccoli cheddar. Soup of the month will be Bacon Corn Chowder.

#### Social Mixer with Landmark & Capitol

**Friday, September 20 at 12:00pm in Theobald**

✉ **RSVP by 9/18 • Cost: \$8**

Enjoy a smaller group with another street! Pizza, chicken and drinks provided.

#### Happy Hour

**Tuesday, September 24 at 5:00pm in Theobald**

✉ **RSVP by 9/20 • Cost: \$8**

Enjoy mini phillies on hoagies and add our favorites: beef and chicken, onions, peppers, mushrooms, provolone cheese, and cheese sauce. Accompanied by chips.

#### Art & Craft Bazaar

**Friday, September 27 from 10:00am-4:00pm in Theobald**

✉ **Registration forms at your front desk**

Showcase your art or craft talents with the community! If you don't have a specialty, please come and enjoy the creativity of your neighbors. Invite your family and friends for this special day! Some items will be for sale.

#### Octoberfest!

**Thursday, October 3 at 5:00pm in Theobald**

✉ **RSVP by 10/1 • Cost: \$12**

Let's celebrate the German way!! Our meal will include, pork schnitzel, potato pancakes with dilled sour cream, brats, sauerkraut, pretzel with beer cheese, chunky applesauce, bavarian style cabbage, and apple turnovers! Music and entertainment by Matt Tolentino.



## Assisted Living & Healthcare Activities

- **BINGO**  
Every Tuesday & Thursday at 3:00pm in Butterfield
- **Manicures**  
Every Friday at 10:30am in Activity Area
- **Word Play**  
Every Friday at 12:45pm in Activity Area
- **Word Play**  
Every Friday at 1:00pm in Activity Area
- **Family Movie Time**  
Every Friday at 3:15pm in Activity Area
- **Exotic Animals**  
Wednesday, 9/4 at 1:00pm in Activity Area
- **Arm Chair Travel To Sahara Desert**  
Monday, 9/9 at 1:30pm in Theobald
- **Jon's Farewell Party**  
Wednesday, 9/11 at 2:30pm in Theobald
- **Chair Exercise**  
Monday, 9/16 & 9/30 at 1:00pm in Activity Area
- **Chair Volleyball**  
Monday, 9/16 & 9/30 at 1:30pm in Activity Area
- **Resident Council Meeting**  
Friday, 9/20 at 3:30pm in Butterfield Dining Room
- **Word Play**  
Monday, 9/23 at 1:00pm in Activity Area
- **Card Making with Diana**  
Tuesday, 9/24 at 1:00pm in Activity Area

## Spiritual Activities

- **Bible Study with Chuck**  
Bible Study will resume every Monday as of 9/16 at 3:30pm in Butterfield
- **Bible Study with Pastor Finrock**  
Every Wednesday at 10:30am in Phillips Hall
- **Catholic Communion**  
Every Thursday at 11:15am in Chapel
- **Gospel TV Hour**  
Every Friday at 10:30am in Activity Area
- **Southland Baptist Church Service**  
Sunday, 9/1 at 2:00pm in Activity Area
- **Chapel Service**  
Wednesday, 9/18 & 9/25 at 3:00pm in Chapel

## Music

- **John Simpson:** Friday, 9/2 at 2:00pm in Theobald
- **The Merri Moores:** Thursday, 9/12 at 1:30pm in Activity Area
- **Birthday Celebration with Tammy Powell:** Friday, 9/13 at 2:00pm in Theobald
- **John Simpson:** Wednesday, 9/18 at 1:30pm in Theobald
- **John Weller:** Wednesday, 9/18 at 2:00pm in Theobald
- **Coke Otto:** Monday, 9/23 at 2:00pm in Theobald
- **Don Stegemiller:** Tuesday, 9/24 at 10:30am in Activity Area
- **Richard Scott:** Friday, 9/20 at 2:00pm in Theobald
- **Ricky Nye:** Friday, 9/27 at 2:00pm in Activity Area

## Recurring Activities

- **Hand Fitness for Life**  
Every Wednesday at 11:00am in Young
- **Chair Volleyball**  
Every Thursday at 11:00am in Theobald
- **Medication Therapy Management**  
✉ **By Appointment: Please Call 513-645-5447**  
Every Thursday from 12:00-4:00pm in Cards & Cues
- **Shuffleboard**  
Tuesday, 9/3 & 9/10 at 9:30am at Shuffleboard Court
- **Wheel of Fortune**  
Saturday, 9/7 at 1:30pm in Theobald
- **Monday Morning Mocha**  
Monday, 9/9 at 9:00am in Haith
- **Photography Club**  
Monday, 9/9 at 1:00pm in Phillips
- **Veteran's Meeting**  
Tuesday, 9/10 at 1:00pm in Phillips
- **Coffee With Rica**  
Wednesday, 9/11 at 10:00am in Haith
- **Dementia Caregiver Support Group**  
Thursday, 9/12 at 1:00pm in Haith
- **Dominoes**  
Saturday, 9/14 at 1:00pm in Haith
- **Koffee Klatch**  
Monday, 9/16 at 9:30am in Theobald
- **Bunco**  
Monday, 9/16 at 2:00pm in Haith
- **Ladies & Men's Night Out**  
Monday, 9/16 at 6:00pm in Theobald / Cards & Cues
- **Book Club**  
Tuesday, 9/17 at 3:00pm in Library
- **Community Health Screening**  
Wednesday, 9/18 at 10:00am in Cards & Cues
- **Resident's Meeting**  
Thursday, 9/19 at 1:30pm in Theobald
- **The Lane Library**  
Thursday, 9/19 at 2:00pm in Lobby
- **Trivial Pursuit**  
Saturday, 9/21 at 1:00pm in Haith
- **Monday Morning Mocha**  
Monday, 9/23 at 9:00am in Haith
- **Shanghai Rum**  
Monday, 9/23 at 1:00pm in Haith
- **Bingo**  
Wednesday, 9/25 at 6:00pm in Theobald
- **Men's Breakfast**  
Thursday, 9/26 at 9:00am in Haith



**RSVP & Questions to Pat Moeggenberg**  
513-867-4034 or [PMoeggenberg@Community-First.org](mailto:PMoeggenberg@Community-First.org)


*All activities are subject to change.  
Updates can be viewed on Touchtown, channel 4.*

## Special Activities

### Soup Day

**Tuesday, September 3 at 11:30am in Activity Center**  
Loaded Cauliflower soup, Cheeseburger Soup, fruit & bread

### Lunch & Learn

**Monday, September 9 at 11:45am in Activity Center**  
 **RSVP by 9/5**  
Katie Crank presenting the history of Westover. Brown bag lunches provided.

### Resident Appreciation Dinner

**Friday, September 13 at 4:30pm in Cullen Hall**  
Aroncini, Steak Salad, Italian Chopped Salad, Chicken Caesar Salad.

### Resident Carnival

**Friday, September 13 at 5:30pm at Independent Circle**  
Dunk tank, games, Sweets and snacks.

### Jon Frost Farewell Open House

**Friday, September 20 at 3:15pm in Activity Center**  
Celebrate Jon's time here in activities and Elements. Street taco bar, Chori queso, Tres Leches Cake.

### Anvil Exotics

**Friday, September 27 at 1:00pm in Activity Center**  
Exotic animals

## September Resident Spotlight! Diane Wilson

Diane is an independent resident who moved in on October 12, 2022.

She was born in Philadelphia, PA. and she has two siblings. After graduating high school Diane went to Whittenburg College in Ohio and then went on to earn her masters in Urban & Regional Planning at Florida State College. She was the Senior Planner for the city of Hamilton until retiring in 1998.

She went on to marry Jeff Titer and have one daughter, Liz. She has two grandchildren, Sofia and Alessandra. She sadly lost her first husband.

Diane married again in 2000 to Dale Wilson and was happily married for twenty-two years.

Diane is very active here at Westover.

She loves to work with plants, help us create our outdoor wooden flowers, birds and animals. She also loves to play chair volleyball. Diane steps in to help with exercise class when needed and is willing to go the extra mile and take on new projects.

Diane hosts Trivia and Game days throughout the months and would love everyone to know they are welcome to come and participate or watch. The dates are always on the monthly calendar.

Two things you might not know about Diane, she is a gourmet cook and has a brown belt in karate.

Diane is a wonderful resident and we are very happy and blessed she is here. That is why she is our resident of the month!

## Healthcare Activities

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- **Bingo**  
Every Day at 12:45pm in Fitton
- **Exercise**  
Every Mon, Wed, Fri at 11:00am in Fitton
- **Axe Throwing**  
Thursday, 9/5 at 3:15pm in Healthcare
- **Stampin' Up with Diane**  
Thursday, 9/12 at 3:15pm in Activity Center
- **Carnival and Buffet**  
Friday, 9/13 at 4:30pm in Cullen
- **Trivia**  
Monday, 9/16 at 3:15pm in Fitton
- **Resident Council**  
Monday, 9/16 at 2:00pm in Library
- **Coffee in the Courtyard**  
Wednesday, 9/25 at 2:00pm in Fitton
- **Corn Husk Doll Craft**  
Friday, 9/27 at 2:30pm in Fitton
- **Fall Tree Craft**  
Monday, 9/30 at 3:15pm in Fitton

## Music

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- **Tammy Powell:** Wednesday, 9/4 at 2:00pm in Activity Center
- **Lou James:** Friday, 9/6 at 2:00pm in Activity Center
- **Happy Hour Duo:** Monday, 9/9 at 2:00pm in Activity Center
- **Oola Khan Band:** Tuesday, 9/10 at 7:00pm in Cullen Hall
- **Coke Otto:** Wednesday, 9/11 at 2:00pm in Activity Center
- **Melford T:** Friday, 9/13 at 2:00pm in Activity Center
- **Rob Lowe:** Monday, 9/16 at 2:00pm in Activity Center
- **Jim Brown:** Tuesday, 9/17 at 2:00pm in Activity Center
- **Marcum Family:** Thursday, 9/19 at 3:00pm in Activity Center
- **Lanny White:** Friday, 9/20 at 2:00pm in Activity Center
- **John Simpson:** Monday, 9/23 at 2:00pm in Activity Center
- **Don Stegmiller:** Tuesday, 9/24 at 2:00pm in Activity Center
- **Gospel Travelers:** Thursday, 9/26 at 3:00pm in Activity Center
- **Richard Scott:** Monday, 9/30 at 2:00pm in Activity Center

## Independent and Assisted Living

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- **Exercise Class**  
Every Mon, Wed, Fri at 11:00am in Activity Center
- **Bingo**  
Every Mon, Wed, Fri at 3:15pm in Jamestown Room
- **Balance Class**  
Every Tuesday & Thursday at 11:00am in Activity Center
- **Volleyball**  
Every Tuesday & Thursday at 1:00pm in Atrium
- **Hand Therapy**  
Every Wednesday at 1:00pm in Nature Room
- **Bingo**  
Every Saturday at 2:15pm in Jamestown Room
- **Shuffleboard**  
Every Sunday in Cullen Hall
- **Wine, Soda & Cheese**  
Sunday, 9/1 & 9/15 at 3:00pm in Jamestown Room
- **Coffee Chat**  
Monday, 9/16 at 10:00am in Jamestown Room
- **Resident Meeting**  
Wednesday, 9/18 at 2:00pm in Activity Center

## Spiritual Activities

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- **Catholic Communion**  
Every Wednesday at 10:30am in Activity Center
- **Church with Pastor Finrock**  
Thursday, 9/5 at 2:00pm in Activity Center
- **Church**  
Sunday, 9/8 & 9/22 at 2:00pm in Activity Center
- **Church with Pastor Pattie**  
Thursday, 9/12 at 2:00pm in Activity Center
- **Church with Pastor Lisa**  
Thursday, 9/19 at 2:00pm in Activity Center
- **Church with Pastor Gidget**  
Thursday, 9/26 at 2:00pm in Activity Center



Questions: Nancy Fetters

513-867-4018 or [nfeters@community-first.org](mailto:nfeters@community-first.org)

RSVP Online: <https://bit.ly/TripsTravel>

## Trips & Travel Walking Guide



Easy



Medium



Hard



### Tour of Rumpke Landfill

Thursday, September 12  RSVP by 9/5

Pick Up: WRC 8:30am • BSQ 8:45am

Cost: \$12

We will take a tour by bus of Rumpke Landfill and early lunch at the Coach House.



### Lunch at Ainsley's Café

Wednesday, September 18

Pick Up: WRC 10:00am • BSQ 10:15am

Cost: \$15

Enjoy lunch at Ainsley's Café overlooking Brookville Lake!



### Dinner Out to Paesano's Pasta House in Oxford

Wednesday, September 25  WAIT LIST

Pick Up: WRC 4:15pm • BSQ 4:30pm

Cost: \$8

Paesano's features favorite Italian dishes as well as some creative delights! Dinner on your own. Limited seating.



### Mystery Lunch

Friday, October 4  RSVP by 10/1

Pick Up: WRC 11:00am • BSQ 11:15am

Cost: \$8

Hop on a bus to enjoy lunch at a mystery location.



### Volunteer at Matthew 25

Thursday, October 10  RSVP by 10/7

Pick Up: BSQ 8:30am

Come and volunteer for 2 hours at this amazing organization. We will have lunch after volunteering.



### Dinner Out to Primo Italian Steakhouse Middletown

Tuesday, October 15  RSVP by 10/7

Pick Up: WRC 4:00pm • BSQ 4:15pm

Cost: \$87

Dine with friends at Primo's! Cost includes a three course prix fixe with choice of soup/salad, entrée (choice of side), and choice of dessert. Alcohol is extra. Tax, gratuity, and transportation included.



### Saturday Night Fever! at La Comedia

Thursday, October 24  RSVP by 9/24

Pick Up: WRC 9:30am • BSQ 9:45am

Cost: \$71

Saturday Night Fever is based on the 1977 film starring John Travolta!



### Shop Hamilton

Friday, November 1  RSVP by 10/25

Pick Up: WRC 10:15am • BSQ 10:30am

Cost: \$8

We will shop at various shops including Fleurish, Seraph By the River, Wild Fire, and Sara's House. Lunch at Fretboard.



### Upscale Dining to The Baker's Table in Historic Newport

Wednesday, November 6  RSVP by 10/25

Pick Up: BSQ 3:45pm

Cost: \$157

We will travel on an Executive Charter to our dining experience! Our prix fixe menu changes weekly with the seasons, inspired by seasonal produce. Handmade sourdough, fresh pasta, and various mains. Dessert included. Alcohol is extra. Tax, gratuity, and transportation included.



### Holiday Pops at Music Hall

Friday, December 13  RSVP by 11/8

Pick Up: BSQ 9:30am

Cost: \$80

Celebrate the Holiday Season with the Cincinnati Pops at Music Hall. Join us for a festive afternoon filled with your favorite holiday tunes.



## Dave and Janice Carter Make A Difference

Have you ever considered establishing a Donor Advised Fund (DAF)? A DAF is a philanthropic and financial decision that benefits donors and charitable organizations like Community First. An easy way to think about a donor-advised fund is like a charitable checking or savings account. A donor/s contribute to a fund as frequently as they like and then make donations from the fund to organizations they care about throughout their lifetime and beyond.

For Berkeley Square residents, Janice and Dave Carter, a DAF was the best way to create a fund to benefit places they love and missions they support. Janice shared that “after living at Berkeley for 2 years, we knew it was a special place. We want to help keep it that way.”

When donors create a DAF, there likely is a tax advantage for them. But the impact is even greater. Thanks to generous donors like Dave and Janice, philanthropy is deeply rooted in our organization’s history. If you have any questions or would like to learn more, contact Katie Crank at 513-896-8080.



## — COACH HOUSE —

We look forward to serving you  
soon at The Coach House!

### September Chef’s Table

**Wednesday, September 18 | 5:00pm | Price: \$26**

Menu: Corned Beef & Cabbage, slow roasted Corned Beef with braised Cabbage quarters and buttered New Potatoes. Accompanied by tossed Salad, Rolls & Butter. German Chocolate cake for dessert.

Stay up to date on the latest at  
[CoachHouseTavern.com](http://CoachHouseTavern.com) or follow us on Facebook

### BRUNCH IS BACK!

**Saturday, September 28**

Reservations open from 10:00am – 2:00pm

### September Weekly Dinner Features

**Beef Stroganoff**

Dates available: September 6-7

**Chicken Cacciatore**

Dates available: September 13-14

**Fish n’ Chips**

Dates available: September 20-21

**Prime Rib**

Dates available: September 27-28

# BERKELEY SQUARE



COMMUNITY FIRST SOLUTIONS

[DiscoverBerkeleySquare.org](http://DiscoverBerkeleySquare.org)

**Resident Services: 513-856-8600**

Julie Hartshorn, Receptionist  
JHartshorn@Community-First.org

*After Hours, leave a message.  
Will respond within 24 hours.*

- **Miranda Sitchanoff, Berkeley Square Administrator**  
513-785-2000 or MSitchanoff@Community-First.org
- **Rica Heflin, Director of Resident Services**  
513-785-2020 or RHeflin@Community-First.org
- **Wendy Brown, Director of Nursing**  
513-785-2016 or WBrown@Community-First.org
- **Lifestyle Coordinator/Independent Living**  
513-785-4861
- **Sandy Ratliff, Lifestyle Coordinator/Assisted & Healthcare**  
513-785-2014 or SRatliff@Community-First.org
- **Redina Smith, Lifestyle Coordinator/Assisted & Healthcare**  
513-785-2014 or RSmith@Community-First.org
- **Misty Chesnut, Housekeeping Manager**  
513-867-3385 or MChesnut@Community-First.org
- **Nancy Feters, Trips & Travel**  
513-867-4018 or NFeters@Community-First.org

**Elements at the Square • 513-896-8087**

**Open:** 6:30am–5:00pm, Monday–Friday

**Class Schedule:** Community-First.org/Wellness-Recreation

- **Jon Frost, Director of Lifestyle:** 513-824-5470 or JFrost@Community-First.org



## Maintenance Requests

Submit work order through UpKeep. Accessible in Touchtown Mobile App or at [DiscoverBerkeleySquare.org/Campus-Life](http://DiscoverBerkeleySquare.org/Campus-Life)

# WESTOVER



COMMUNITY FIRST SOLUTIONS

[DiscoverWestover.org](http://DiscoverWestover.org)

**Resident Services: 513-844-8004**

Judy Guidugli, Receptionist  
JGuidugli@Community-First.org

*After Hours, leave a message.  
Will respond within 24 hours.*

- **Pat Moeggenberg, Lifestyle Coordinator**  
513-867-4034 or PMoeggenberg@Community-First.org
- **Jade Coffey, Lifestyle Assistant**  
513-867-4034 or JCoffey@community-first.org
- **Jen Chitwood, Director of Nursing Westover**  
513-867-4002 or JChitwood@Community-First.org
- **Jetta Baker, Housekeeping Manager**  
513-335-9680 or JBaker@Community-First.org
- **Nancy Feters, Trips & Travel**  
513-867-8014 or NFeters@Community-First.org

**Elements at the Bever • 513-820-5047**

**Open:** 6:30am–5:00pm, Monday–Friday

**Class Schedule:** Community-First.org/Wellness-Recreation

- **Jon Frost, Director of Lifestyle:** 513-824-5470 or JFrost@Community-First.org



## Maintenance Requests

Submit work order through UpKeep. Accessible at [DiscoverWestover.org/Campus-Life](http://DiscoverWestover.org/Campus-Life)

Welcome  
New  
Residents!

**Jeff & Mary  
Willbrandt**

Berkeley Square  
20 Serenity

Daily Activities  
& Important  
Information  
on Touchtown

**Tune in on your TV**

**Berkeley Residents**  
Channel 1851

**Westover Residents**  
Channel 1851

**Touchtown Mobile  
App for Berkeley  
Square Campus**

Called “Community  
Apps” in the App  
Store on your  
smartphone.

