



Alzheimer's Association Miami Valley Chapter Offers Dementia Caregiver Support Groups at Various Locations in Miami Valley

The Alzheimer's Association Miami Valley Chapter is hosting several free programs in September.

“Our caregiver support groups provide a safe, confidential space to share joys and trials on this journey with Alzheimer's or other dementia,” said Dayna Ritchey, program director for the Alzheimer's Association Miami Valley and Greater Cincinnati Chapters. “In our groups, you will find a compassionate, well-

trained facilitator who guides the sharing and support.”

For more information or questions about support groups, or to register for any group, call the Alzheimer's Association 24/7 Helpline at 800.272.3900 or the Alzheimer's Association Miami Valley Chapter office at 937.291.3332.

Caregiver support groups provide a consistent, caring place for discussion of the challenges of caregiving. Group members share experienc-

es, tips and information, and offer support in a setting facilitated by trained volunteers. The groups offer a place to exchange practical information on challenges surrounding Alzheimer's disease, as well as workable solutions and coping mechanisms. They also offer information about community resources.

2nd Monday from 1-2 p.m., Springfield Masonic Community, 2655 W National Rd, Springfield, OH 45504. Meeting located in Clubhouse.



28 Greater Dayton Charities Receive \$330,616 in Dayton Foundation Competitive Grant Awards



Twenty-eight discretionary and Greenlight GrantsSM totaling \$330,616 were awarded by The Dayton Foundation's volunteer Grants Committee and approved by the Foundation's Governing Board to address emerging needs and opportunities in the region. These grants, made possible thanks to individuals who have established unrestricted or lightly restricted charitable funds, promoted efforts in the arts and culture, health, education, human services, philanthropy and other community-building endeavors.

Discretionary grants totaling \$197,773 were awarded to the following organizations.

Brigid's Path

(\$20,000) to expand the recovery center's prenatal program.

The Conscious Connect CDC (\$75,000) to transform four vacant lots into a vibrant green space.

Miami Valley Public Media (\$81,900) to purchase and install a generator.

Nurturing Community Cultivating Justice (\$20,873) to help sustain the Dayton Dialogue on Race Relations.

The Foundation's Greenlight Grants program assists organizations seeking quick, small grants for special projects, program expansions, capital improvements or capacity building. In recent months, \$132,843 in Greenlight Grants was awarded to the following organizations.

CityWide Neighborhood Development Corporation (\$7,200) to support the revitalization of Fairview Gardens.

Dayton Children's Hospital (\$5,000) to purchase an additional freezer for its community food pantry.

Dayton Equity Center (\$1,000) to acquire carts, tables and additional equipment for its Food Security Department.

The Dayton Fellowship Club, Inc. (\$6,600) to upgrade its electrical system, interior lighting and kitchen equipment.

El Puente Educational Center, Inc. (\$7,500) to provide GED support for students.

Families of Addicts Foundation (\$5,000) to train staff to work with children with learning challenges.

4 Paws for Ability (\$6,000) to install an ADA-compliant automatic door opener.

Gala of Hope Foundation (\$4,500) to enlist the services of a strategic development and nonprofit consulting firm.

Girls on the Run Dayton (\$5,000) to purchase updated curriculum materials.

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2nd Tuesday from 6:30-8 p.m. (EST), Miami Valley Hospital North, 9000 N Main St., Dayton, OH 45415. Meeting located in Conference Room A/B.

1st & 3rd Thursdays from 2-3:30 p.m. (EST), North Huber Heights Baptist Church, 6193 Taylorsville Rd., Dayton, OH 45424. Meeting located in gym.

Every Tuesday at 7 p.m., St. Charles Borromeo Church, 4500 Ackerman Blvd., Kettering, OH 45429. Meeting located in Borromeo Room.

Every Wednesdays at 1 p.m., St. Leonard Senior Living, 8200 Provincial Way, Centerville, OH 45458. Meeting located in Performing Arts Center overflow room (Main Building)

*Respite care provided. Call Carol Deblin at 937.436.6315. Care is free, \$5 fee for lunch (optional).

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Limited Edition DML Library Cards Features Winning Designs



Sophia Gomes (left) and Prioskha Gomes



Back row, L-R: Ted Kauflin, Claudine Bennett, Allison Knight, Myla Cardona-Jones, Front row, L-R: Ambrose Castleman, Mackenzie Whitmer, Kellye Pugh, Alyssa Childs, Prioskha Gomes, Sophia Gomes.

A celebration was held for the winners of the Dayton Metro Library's card design contest on Tuesday.

The contest accepted submissions from June 16 through 30, with three categories available based on age. The contest was open to Montgomery County residents or anyone attending a school in the county.

The winner of the Kids bracket (0-12 years) is Sophia Gomes. The winner of the Teens bracket (13-17 years) is Prioskha Gomes. The winner of the Adults

category is Rhiv Perry.

A celebration for the winners was held on Tuesday, Aug. 26, from 5 p.m. to 5:30 p.m. at the Main Library's Basani Theater.

The winning designs will be featured on the official, limited edition DML library cards, which will be available in September.

Montgomery County Prevention Coalition Offers Support Group for Survivors of Suicide

Losing a loved one to suicide is devastating. Finding resources for emotional support can be challenging for grieving families. The Montgomery County Prevention Coalition (MCPC) will soon start the next session in a series of support groups for survivors of suicide loss.

“As part of our work with the Montgomery County Coroner's Office, we reach out to families following a death by suicide. We found that many couldn't find local resources to help them through this unimaginable loss,” said Susan Herzeld, Behavioral Health Epidemiologist at Public Health - Dayton Montgomery County. “We reached out to the MCPC to inquire about resources available to help these families navigate their loss.”

That inquiry prompted conversations among

members of the MCPC's Suicide Prevention Committee.

“Committee members came up with the impactful idea to create regular support groups that would help the families manage through the grief with others who are experiencing similar loss,” said Megs Francis, Manager of the Montgomery County Prevention Coalition. Last year, the MCPC launched a series of support groups to help those survivors heal. The support group is a 10-week, evidence-based series designed to address survivors' grief and determine the next steps in their healing process.

The MCPC will host the next series of the support group beginning Thursday, September 11 at 6:30 p.m. at the Dayton Dream Center (2720 E 3rd St Dayton, OH 45403). “We hope to spread the word about this group far and wide to reach anyone in Montgomery County who



is grieving after a suicide loss,” said Francis. Anyone who has lost someone to suicide – no matter how long ago or the relationship with the deceased – is welcome to attend.

Those interested in joining a support group can register at this link. Registration is required and closes after the third week of the group (September 24).

For more information or to schedule interviews, please contact Colleen Oakes at coakes@mcadamhs.org or 937-443-0416

What is the MCPC? – The

MCPC is comprised of community leaders with a passion to prevent substance misuse and promote positive mental health. The mission of the coalition is to mobilize Montgomery County to prevent youth substance use and promote positive mental health through the implementation of evidence-based prevention strategies and community collaboration. The vision of the coalition is a community where every individual lives a substance-free life with optimal mental health.

Bakers & Artists Wanted for “Gingerbread Homes for the Holidays” Contest



A sweet sidequest of the Dayton Holiday Festival is set to return for 2025! A public vote and judging for the annual Gingerbread Homes for the Holidays contest will take place on Friday, November 28, ahead of the Dayton Holiday Festival Grande Illumination and Parade. Applications are open now as the Downtown Dayton Partnership (DDP) is looking for up to 20 confectionery con-

tenders to be part of the 18th annual contest. Completed gingerbread designs will be showcased during the Day-

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Happy Labor Day



Around DAYTON

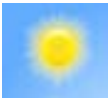
Miami Valley Weather

Saturday

Sunny

High 73

Low 52

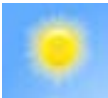


Sunday

Sunny

High 76

Low 55



Monday

Mostly Cloudy

High 79

Low 59



Tuesday

Mostly Cloudy

High 79

Low 60



Wednesday

Rain

High 71

Low 59



5 day Forecast

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MILITARY VETERANS AND SPOUSES (WV 0001)

RTA Offers Free Rides on Labor Day to Celebrate America’s Workforce

To celebrate America’s workforce, the Greater Dayton Regional Transit Authority (RTA) is offering free rides systemwide on Labor Day, Monday, Sept. 1, 2025.

To further the celebration, the RTA’s “Proudly Serving” Kettering bus will be in Ketter-

ing’s Holiday at Home parade, which takes place on Labor Day from 9:55 a.m. to noon. The bus design features places in the Kettering community where the RTA can take you. It also includes Bart Simpson, who is voiced by Kettering native Nancy Cartwright.

Due to the parade,

Far Hills Avenue will be closed from Dorothy Lane to Stroop Road from 9:30 a.m. to noon. That means RTA’s Route 6 will need to be temporarily rerouted from approximately 9 a.m. to noon.

The temporary south-bound reroute from Far Hills Avenue is as follows: the bus will turn left

onto Dorothy Lane, right onto Shroyer Road and then left onto Far Hills Avenue to continue its regular route. The north-bound reroute will be in reverse order.

You can plan your trip online at www.iritderta.org or via the Transit app.

DML is Accepting Nominations for Father Award

Dayton Metro Library is seeking nominations for its second annual Flowers & Fathers: Honoring Our Heroes ceremony – nominations of fathers and father figures who defy stereotypes and embody love, courage, and commitment to

their family and community. Community members may nominate any individual who resides in Montgomery County, regardless of race or ethnicity.

Selected individuals will then be awarded DML’s 2025 Flowers and Fathers Award on Satur-

day, December 13, from 1-3 pm in the Main Library’s Bassani Theater.

Nominations can be made through Friday, October 31, by visiting <https://bit.ly/4g0tLFW> and clicking on the Office Forms link.

Flowers & Fathers: Honoring Our Heroes is a

signature event of DML’s “Reading Railroad,” an initiative that focuses on supporting Black boys, young men, and their support systems.

Additional questions may also be directed to the Library’s Ask Me Line at 93.463.2665.

‘Women: At the Table Talks’ Event in Dayton, Empowering Women for Financial Independence

Wright-Patt Credit Union® (WPCU®) is hosting the "Women: At the Table Talks" event, a FREE in-person gathering on September 18 designed to empower women, women+, and allies from the Dayton area. The event will focus on crucial discussions around achieving balance, building support networks, bridging the gap of financial independence, and becoming effective advocates.

Featured speakers include Renée Sattiewhite, President and CEO of the African-American Credit Union Coalition (AACUC); Ivy Glover, Director, Community & Social Impact at Wright-Patt Credit Union; and Adriane Miller, Executive Director of NCCJ: Nurturing Community, Cultivating Justice, among others.

The "Women: At the Table Talks" event acknowledges the challenges many women face in set-

ting healthy boundaries, balancing life and budget, and navigating professional and personal spheres. This interactive session aims to provide a supportive environment for attendees to learn, share, and grow.

“Now more than ever, creating space for community and having conversations around these topics is not only impactful, but necessary,” commented Ivy Glover, Director, Community Impact & Development at WPCU. “This event is something we have been planning for a while, and WPCU is excited to invite the community to join us for conversations about topics that are often on our minds, but that can sometimes be challenging to navigate. We are hopeful that this event will ‘set the table,’ so to speak, for attendees to ask questions, voice concerns, and share knowledge in a supportive and collaborative way.”

Event Details:

- **What:** Women: At the Table Talks
- When: September 18, 9:00 AM – 2:00 PM
- **Where:** The Brightside, Music & Event Venue, Dayton, OH
- **Who:** Women, Women+, and Allies from the Dayton area
- **Topics:** Balance in life, building support, bridging the gap of financial independence, and being an advocate.
- **Cost:** The event is free and includes a continental breakfast and a catered lunch.

Registered attendees will receive a gift bag1 with items from women-owned businesses and be entered in a raffle2 to win prizes including a spa day and a headshot photo session.

To register and secure your spot at this FREE event, please visit: <https://events.bizzabo.com/womenatthetabletalks>

DML Offers Financial Programs

Dayton Metro Library has designed several financial-savvy programs taking place at its Kettering Branches called Financial Fridays. From learning how to protect themselves from identity theft to becoming budgeters, patrons will be better prepared to handle their money. Each session requires advanced registration.

Identity Theft and Fraud Protection, Friday, September 5, 10-11:30 am, Wilmington-Stroop Branch: Representatives from Fifth Third Bank will discuss the main types of thefts/frauds, how to recognize being targeted, and how to avoid becoming a victim.

Banking Basics, Friday, September 5, 1-2:30 pm, Kettering-Moraine Branch: Learn different terms and types of accounts, compare accounts (including risks and benefits), and learn

the key ways to protect accounts and personal information.

Considering Home Ownership, Friday, September 19, 10-11:30 am, Wilmington-Stroop Branch: Looking to buy a home but don’t know what financial preparation is needed? The key is to understand the factors that can affect eligibility for a loan, as well as available mortgage options, and how to estimate what can be afforded.

Budgeting, Friday, September 19, 1-2:30 pm, Kettering-Moraine Branch: Learn strategies to create a budget that pays off debt, and form core habits to maintain financial health.

For more information and to register if required, visit DaytonMetroLibrary.org or call the Library’s Ask Me Line at 937.463.2665.

DML Hosts Legal Aid Programs for Older Adults

Dayton Metro Library’s Electra C. Doren Branch will host a series of workshops presented by Legal Aid of Western Ohio, Inc. that will help prepare patrons age 60 and older for making later-in-life decisions.

Wills & Estates, Tuesday, September 9, 2-4 pm: Patrons will learn the basics of how to transfer property after death and key concepts in wills and estates. Following the class, a hands-on clinic* will guide participants through the process of creating a simple will.

Health Advance Directives, Tuesday, September 16, 2-4 pm: Learn how to plan for medical care by designating someone to make health care decisions on your behalf, including directive essentials, living wills, and powers of attorney. Following the class, a hands-on clinic* will help participants complete essential healthcare plan-

ning documents.

Financial POA & More, Tuesday, September 23, 2-4 pm: This class will cover financial powers of attorney and other tools used for decision-making and protection. Following the class, a hands-on clinic* will assist participants in completing a basic financial power of attorney to help with future financial planning.

To register for these classes, visit DaytonMetroLibrary.org. *To participate in a clinic, you must: be 60 or older, attend the class, and register with Legal Aid of Western Ohio, Inc. The Legal Aid Line will contact those who register prior to the clinic. Services are free to those who qualify.

Additional questions may also be directed to the Library’s Ask Me Line at 937.463.2665.

DML Resumes Sunday Hours at Main Library

Dayton Metro Library is excited to announce that beginning Sunday, September 7, the Main Library will resume its Sunday hours. Below are a few key things that patrons should know:

The Main Library will be open from 1 - 5 pm.

It will be the only DML location open on Sundays.

All Library services that are provided during the week will be available

for patrons on Sundays, except access to the Dayton Room on the 2nd Floor, which will be closed.

Patrons are encouraged to check the DML website at DaytonMetroLibrary.org for updates and/or changes regarding Sunday hours. Questions may also be directed to the Library’s Ask Me Line at 937.463.2665.

The Dayton Weekly News

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Dayton Branch NAACP Receives Prestigious National Recognition at 116th NAACP National Convention

The Dayton Branch of the National Association for the Advancement of Colored People (NAACP) made history once again by earning national recognition during the 116th NAACP National Convention, held in Charlotte, North Carolina. For the twelfth consecutive year, Dr. Derrick L. Foward, President of the Dayton Branch, was honored with two esteemed Thalheimer Awards which are the NAACP's highest accolade for outstanding achievements in programing and publications.

This prestigious award is presented annually to NAACP branches and units that demonstrate exceptional work in implementing the organization's strategic priorities, as mandated by the National Board of Directors. These priorities include: building membership, advancing civil rights and compliance, enhancing legal advocacy, promoting economic empowerment, ensuring educational equity, supporting health advocacy, increasing civic and political engagement, and strengthening the criminal justice system.

First established in 1944 through a grant from Dr. Ross Thalheimer, a philosopher and sociology instructor at Johns Hopkins University and the University of Washington, and president of the Thalheimer Foundation Inc., the award has long recognized excellence in grassroots advocacy and civil rights programming.

Dr. Foward attended the convention alongside thirteen adult members of the local branch and thirteen youth and college members, representing the Littlejohn Junior Youth Council, Move Foward Thurgood Marshall High School Chapter, Dayton Youth Council, and the Dayton ACT-SO Youth



Program.

Notable attendees included:

- Tiwona Foward, adviser of Move Foward Thurgood Marshall Chapter and wife of Dr. Foward;
- Tom Roberts, Second Vice President and President of the Ohio Conference NAACP;
- Mattie P. White, First Vice President;
- Willie A. Terrell, Jr., Third Vice President;
- Colin L. Kimuli, Secretary;
- Jo. A. Lovelace Hill, Treasurer;
- Roland Winburn, Economic Development Chair;
- Chris R. Cortner, Executive Committee Member;
- Gary J. Leppla, Esq., Legal Redress and Environmental & Climate Justice Chair;

- Dinah M. Williams, Membership and Life Membership Chair;
- Pamela D. Sloan, Co-Adviser of the Littlejohn Junior Youth Council.

Youth leaders in attendance included:

- Littlejohn Junior Youth Council: Lloyd M. Martin (President), Serenity E. Boone (Vice President)
- Dayton Youth Council: Zora C. Boddie (President), Christina D. Jones (Vice President)
- Move Foward Thurgood Marshall Chapter: A'Mariyana Bennett-Crowder (President), Keara Thompson (Vice President)
- The 48th NAACP National ACT-SO Awards also took place in Charlotte, North Carolina, where seven outstanding high school students proudly represented



the Dayton Branch NAACP in the prestigious Afro-Academic, Cultural, Technological and Scientific Olympics (ACT-SO) national competition. Their participation marks a significant achievement, showcasing the academic excellence, creativity, and talent of Dayton's youth on a national stage. Four students were given the unique opportunity to perform as part of the National ACT-SO Choir during the prestigious awards show, showcasing their vocal talents on a national stage.

Dayton ACT-SO Youth Program competitors showcased their talents in a variety of disciplines:

- Ramah Lindsey (Junior, Stivers School for the Arts) – Photography & Music Vocal Contemporary
- Judah Lindsey (Junior, Stivers) – Sculpture
- Anaiyah Rogers (Senior, Stivers) – Music Instrumental Classical
- Maya Thompson (Junior, Kettering Fairmont) – Music Vocal Classical
- Zion Brown (Freshman, Stivers) – Painting

- Mayah Epps (Senior, Stivers) – Written and Poetry Performance
- Malynn Saka (Sophomore, Columbus St. Francis-DeSales) – Entrepreneurship

They were chaperoned by Cedric McGhee, ACT-SO Committee Chair, and Sylvan Davis, ACT-SO Committee Co-Chair.

"It was inspiring to see such talented young people compete at the highest level," said Dr. Foward. "This was a great opportunity for our youth to gain national exposure and engage with not only with other competitors, but also with the judges, who are professionals in their respective areas of expertise," said Foward.

"This was a great opportunity for our youth to gain national exposure and engage directly with other competitors and judges—professionals who are leaders in their respective fields."

The Dayton Branch's impact extended beyond competition. **Several members were elected to national leadership roles:**

- Dr. Foward was elected

Chairman of the NAACP National Credentials Committee

- A'Mariyana Bennett-Crowder was elected to the NAACP National Credentials Committee

- Christina D. Jones was elected Vice Chair for NAACP Region III Youth and College Division

"It's a humbling experience to be recognized nationally by your peers for the work done in your local community, especially with limited resources," Dr. Foward said. "Our team works tirelessly, without pay, to uplift and advocate for the people of the Dayton Region. I'm incredibly proud of their commitment, talent, and generosity," said Foward.

Tom Roberts added, "It makes all those long hours strategizing, meeting, and organizing worth it. Recognition like this validates the impact we're having."

Founded in 1915, the Dayton Branch of the National Association for the Advancement of Colored People (NAACP) stands as the city's oldest and largest nonpartisan civil rights organization. Its members remain committed to the mission of informing, educating, and empowering citizens in the pursuit of justice, equity, and equal opportunity for all Americans.

Officers of the Dayton Branch NAACP,

- Dr. Derrick L. Foward, President"NAACP Image Award Winning Activist"
- Mattie P. White, Vice President
- Tom Roberts, Second Vice President
- Willie A. Terrell, Jr., Third Vice President
- Clair M. Thompson, Secretary
- Jo A. Lovelace Hill, Treasurer
- Laurretta Williams, Assistant Secretary
- Harvey C. Bolden, Assistant Treasurer

Arts & Entertainment

28 Greater Dayton Charities Receive \$330,616 in Dayton Foundation Competitive Grant Awards...
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Hope Road Organization (\$7,500) to help develop the Youth Arts and Nature Hub.

I Am Well Foundation (\$7,500) to implement the Wellness Beyond Barriers program.

Joshua Recovery Ministries (\$3,000) to support the Webster House renovations.

The Legal Kid Foundation (\$5,000) to expand its Student Ambassador Program to include 60 underserved students.

Miami Valley Symphony Orchestra (\$3,000) to purchase stringed instruments for the Youth Education Program.

Mosaic Institute of Greater Dayton (\$7,500) to unify the East End’s Twin Towers neighborhood by creating nine mosaics.

Parkview United Methodist Church (\$1,775) to purchase an AED unit for its com-

munity members and groups.

Preble County Art Association (\$7,500) to establish a fully equipped stained-glass art studio.

Rachel & Friends (\$3,700) to acquire kitchen equipment for meal preparation.

Victory Project (\$7,500) to expand the middle school campus’s front entrance hallway.

Warren County Arts Council (ArtScape) (\$7,500) to purchase materials for a glass camp and classes.

Wildflower Child & Family Center (\$5,938) to develop an outdoor, multi-purpose classroom.

Women Walking West (\$4,000) to implement a 24-unit ESL curriculum for women.

The Woodland Arboretum Foundation (\$6,000) to purchase QR code signs for landmarks and a points-of-interest map.

World House Choir,

Inc. (\$3,130) to purchase two additional choral risers.

More information about The Dayton Foundation and its competitive grants programs is available at <https://www.daytonfoundation.org/> or by calling (937) 222-0410.

About The Dayton Foundation

The Dayton Foundation has been the trusted charitable giving resource for thousands of individuals, families and organizations since 1921. Ranked among the oldest and largest community foundations in the nation, the Foundation has awarded more than \$1.4 billion in grants since its founding, with current assets from all funds exceeding \$1.17 billion. For more information about The Dayton Foundation, visit daytonfoundation.org or follow the Foundation on Facebook, X or LinkedIn.

Bakers & Artists Wanted for “Gingerbread Homes for the Holidays” Contest...
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ton Holiday Festival kickoff event from 4-7 p.m. on Friday, November 28. During the event, the public will vote in person to decide who should be named Best Baker on the Block and win a cash prize.

Bakers and pastry designers of all ages and skill levels are encouraged to share their detailed vision and plan for a gingerbread creation in an online application. Up to 20 participants will be selected to compete and debut their completed gingerbread masterpiece during the Dayton Holiday Festival kickoff event on Friday, November 28. The creator of the gingerbread design with the most votes at the end of the Dayton Holiday Festival Parade will earn the title of “Best House on the Block” and score a top prize of \$400. The second-place vote-getter will receive a \$200 prize. All selected applicants will receive a \$200 stipend to help cover the cost of building materials.

Traditional gingerbread houses, building replicas, and even cardboard entries are all allowed in the competition. Regarding the contest, all exposed surfaces should be covered with edible materials. More contest guidelines and criteria can be found on the official entry form, which is available to fill out online here. Applications are due by 5 p.m. on Wednesday, September 24.

“The Gingerbread Homes for the Holidays contest attracts more and more fun creations every year, and it’s become a favorite piece of the Dayton Holiday Festival,” said Katie Meyer, president of the Downtown Dayton Partnership. “We’ve seen gingerbread transformed into castles, houses, and downtown landmarks. We look forward to seeing our community’s incredible creativity and innovation at work to create even more delicious masterpieces this holiday season.”

The Gingerbread Homes for the Holidays contest is part of the month-long Dayton Holiday Festival, presented by the Downtown Dayton Partnership and the Virginia W. Kettering Dayton Holiday Festival Fund. For more information on the contest and other activities taking place during the Dayton Holiday Festival, visit daytonholidayfestival.org.

For more information: Lynn Robertson, 937-224-1518 ext. 227 or robertson@down-

can wear their pajamas to listen to stories, sing songs, and complete other activities.

Story Adventures with Ms. Winnie, Saturday, September 20, 11-11:30 am, Electra C. Doren Branch: Ms. Winnie will take young readers and their families on an adventure with costumes and props that make stories come to life.

Community Helpers Family Storytime, Saturday, September 20, 2-4 pm, West Carrollton Branch: People in the community with different jobs and roles will come together to read their favorite books.

Stuffed Animal Sleepover, Thursday, September 25, 6-7 pm, Brookville Branch: Kids can wear their pajamas

Unique Family Storytimes at DML

In addition to traditional storytimes, Dayton Metro Library offers an array of unique storytimes that families and young patrons can enjoy.

Storytime @ Home, every Tuesday at 10:30 am, a new story is uploaded: For kids in PreK-Kindergarten, this virtual storytime is available all week. The video can be accessed on DML’s YouTube page at DaytonMetroLibrary.org/earlyliteracy.

Bilingual Family Storytime, Wednesday, September 10, 4-4:45 pm, Burkhardt Branch: Storytimes are offered in both English and Spanish.

Sensory Storytime, Thursday, September

4, 10-11 am, Brookville Branch: Nursery rhymes, songs, fingerplays, stories, crafts, and play experiences are offered in a sensory-friendly environment for 2-5-year-olds and their parents/caregivers. Patrons may register only if they wish to receive email reminders to attend.

Hometown Heroes Family Storytime, Monday, September 8, 5:30-6:30 pm, Main Library, Children’s Creativity Space: This series, part of DML’s Reading Railroad Initiative, continues with Jeff Jackson, an entrepreneur in the Historic Wright-Dunbar District, as a guest reader.

Art Start Preschool Storytime at Rosewood Art Center, Thursday, September 11, 11:30 am-

12:30 pm, Rosewood Art Center, 2655 Oslon Drive, Kettering, 45420: A DML Librarian will read a story, and a Rosewood instructor will lead a hands-on craft.

DML Reading Railroad Preschool Storytime, Monday, September 15, 22, and 29, 11 am-12 pm, Vandalia Branch: Part of DML’s Reading Railroad Initiative, dedicated to fostering a love of reading and learning for Black boys and young men, this program will offer a guest reader, along with stories, songs, and other fun learning activities that are designed to help preschoolers successful in school.

PJ Pals – Family Storytime, Monday, September 15, 6-6:30 pm, Northmont Branch: Families

and bring their favorite stuffed animal to read bedtime stories, play games, and make crafts. The stuffed animals will then spend the night at the Library, and when the kids pick them back up, they will receive a special book that captures their friend’s adventures. Registration is required.

Book Boogie: Weekend Edition, Saturday, September 27, 10:30-11 am, Huber Heights Branch: Kids will listen to a story, then enjoy a dance party after.

For more information and to register if required, visit DaytonMetroLibrary.org or call the Library’s Ask Me Line at 937.463.2665.

Editorial & Comments

Something to Consider:

‘Letting Go’ of Some Things Allows You to Achieve Much More

By: Brenda Cochran
Contributing Writer

When we think about it, our lives are filled with situations and moments of letting go. Examples include: a bird letting go of the branch to fly; parents releasing the hands of their small children so they can learn to walk by themselves.

I’ve heard several messages about the importance of letting go and one major explanation is that letting go is basically an act of faith. Each day. We have been given the opportunity to grow, to develop skills, and an understanding of all the things that we are capable of being and

doing.

According to Ann Landers – *“Some people believe that holding on, hanging in there, are signs of strength. However, there are times when it takes much more strength to know when to let go and then do it.”*

You may agree that there is something important to be learned from the art of letting go. It could be an invitation to get rid of those unhealthy attachments to events or possessions or those minor irritations, but no time is better than the present to make a decision to release those negative influences, so that we can enjoy our lives. as they unfold.

To let go also means

to give up resisting and struggling to hold on to issues in exchange for powerful moments that may come, by allowing and accepting unchangeable realities that always come by throughout our daily lives. Don’t you think it would be best if we accept what is and let go of what was?

As we get older and wiser, we usually realize that what we need to hold on to and what we need to leave behind. Walking away from certain situations or memories that are painful, is a step forward, but there is much more to be achieved in the short span of our lives. Think about it – there are so many opportunities we

can get depending on the skills that we have. This would not be possible if we remain immobile by all the things that we were supposed to get rid of.

Sometimes there are things in our lives that are not supposed to stay.

Sometimes the changes we don’t want are the changes that we need in order to grow. Personal growth and change can be uncomfortable sometimes, but nothing in life is as painful as remaining where you don’t belong. The difficult part about growing is letting go and moving away from our comfort zone and also moving on with something that has not been tried and is new.



Brenda Cochran

True and valuable wisdom lies in accepting what is, letting go of what was, and having faith in what could be. When we think about it, change happens for a reason. It is not always easy, but nothing that is worthwhile is easy. It is hard to let go and move on, but if we

are able to do this, we will feel free from the emotional issues that may be holding us back. It is a joy to follow our hearts and it is a tragedy to let the feelings of fear stop us.

Here are some words of wisdom by Khalil Gibran, a Lebanese American artist, poet and writer. It reads: *“Yesterday is already a dream, tomorrow is only a vision, but today, well-lived makes every yesterday a dream of happiness and every tomorrow, a vision of hope.”*

Sponsored by:

4TH ANNUAL AFFORDABLE HOUSING SUMMIT 2025

TOPICS:

- *Sharing HUD agency priorities and updates!
- *PNC Bank's Commitment to \$88 Billion to Community Investment!
- *Hear from local housing organizations about programs that can help our community!

 Wednesday, September 17th

 12:00 PM - 2.00 PM

 Dayton Realtors
1515 S. Main Street 45409

 (937) 999-4888

SPEAKER

Anthony Forte
Field Office Director,
U.S. Department of Housing
& Urban Development

SPEAKER

Roderick Hirsch
VP, CRA Sales & Sr. Client
Experience Advisor,
PNC Bank

SPEAKER

NANCY AGRILLO
Territory Sales Manager,
Home Lending
PNC Bank

SPEAKER

Antoinette Hampton
Principal,
AHM Consulting Group, LLC
Fairfax, Virginia

SPEAKER

Lanaya McDonald
Reentry Administrator,
CDCR Office of Reentry

Presented by:

**Greater Dayton
REALTIST
Association**

Register

TODAY:

<https://bit.ly/3jmuQg>

The Greater Dayton Realist Association is the local chapter of the National Association of Real Estate Brokers (NAREB). Founded on the principle of Democracy in Housing, GDRA works to eliminate barriers to homeownership in underserved communities while equipping residents with education, resources, and advocacy.



Education



MIAMI VALLEY

URBAN LEAGUE

2025

COLLEGE TOUR

*For Students in Montgomery County and Surrounding Areas

TOUR DATES AND LOCATIONS:



SEP. 9TH

Sinclair Community College



SEP. 11TH

Wright State University (WSU)



SEP. 16TH

Central State University (CSU)



SEP. 24TH

University of Dayton (UD)



SEP. 25TH

Miami University (MU)



SEP. 18TH

University of Cincinnati (UC)

MANDATORY PARENT INFORMATION SESSIONS:

IN-PERSON:

Tuesday, September 2nd
Time: 5:00pm – 5:30pm
Miami Valley Urban League
31 S. Main St., Dayton, Ohio

Thursday, September 4th
Time: 5:00pm – 5:30pm
Miami Valley Urban League
31 S. Main St., Dayton, Ohio

For more information, please contact **Cherry Mansell** at (937) 226-1513

VIRTUAL:

Wednesday, September 3rd
Time: 4:30pm – 5:00pm
(link provided via email after registration)



Please scan
code to
register.

Alzheimer's Association Offers Free Programs Throughout Miami Valley in September

The Alzheimer's Association Miami Valley Chapter is hosting several free programs in September.

For more information or to register for these and other programs call the Association's 24/7 Helpline at 800.272.3900 or visit alz.org/dayton/events.

“Our free programs focus on supporting our families through every part of the Alzheimer’s journey,” said Dayna Ritchey, senior program director for the Alzheimer’s Association Miami Valley and Greater Cincinnati Chapters.

“Whether you’re looking for ways to approach a loved one about memory concerns, engage with others living with the disease in a fun social setting, or just learn more about dementia, we offer the programs and services that can help you.”

**Free Scheduled
Programs
Wed., Sept. 3 from 11
a.m.-1 p.m.
Dementia Live!
Sidney Senior Center,**

**304 S West Ave, Sidney,
OH 45365**

Dementia Live is an experience for professional and family caregivers. It offers a unique inside-out understanding of dementia as well as the aging process. Participants will gain a heightened awareness of the challenges associated with living with dementia. Learn valuable tips and tools to improve communication and connection. This is NOT intended for individuals with current cognitive challenges.

Fri., Sept. 5 from 1:30-4:30 p.m.
Awareness Presentation
Mueller Center, 2535
Kenton, St, Springfield,
OH 455

Hear a top-level overview of the disease and learn about the resources available to support families and individuals impacted by Alzheimer's.

Tues., Sept. 9 from 6:30-7:30 p.m.

Healthy Living for Your Brain and Body

Ginghamsburg Church-Tipp City Campus, 6759 S Co Rd 25A, Tipp City, OH 45371

Join us to learn about research in the areas of diet and nutrition, exercise,



cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. Join us in partnership with. Click HERE for more information and to register.

Mon., Sept. 15 from 6-7 p.m.
Importance of Early Detection and Advances in Research
Liberty Gathering Place, 111 N Detroit St, West Liberty, OH 43357
 Hear updates on the latest in research and how to join the fight to end Alzheimer's and other de-

mentias.
Tues., Sept. 16 from 5-6 p.m.
Healthy Living for Your Brain and Body
 Dayton Metro Library-Miami Township Branch, 2718 Lyons Rd, Miamisburg, OH 45342
 Learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.
Thurs., Sept. 18 from 11 a.m.-1 p.m.
Empowered Aging:

Health, Wealth & Memory Care
Springboro Chamber,
115 Wright Station Way,
Springboro, OH 45066

Facing the Challenges of Aging? From upcoming Medicare changes in 2026 to retirement planning and memory health, aging can bring a lot of questions. The Empowered Aging Program is here to provide answers, offer fresh insights, and help you move forward with clarity and confidence. Lunch is provided for this in-person program.

Tues., Sept. 23 from 6:30-8 p.m.

Expert Series: From Coverage to Care: What to Expect from Your Loved One's Medicare VIRTUAL

Caring for someone with Alzheimer's can feel overwhelming, but you don't have to navigate it alone. Join us to learn how Medicare works for Alzheimer's care—what it covers, what it doesn't, and how to make the most of supplemental options. We'll also share practical tips on managing costs, finding community resources, and taking care of yourself along the way. Preregistration is required to receive the Zoom link to attend.

**Thurs., Sept. 25 from
4:30-6:30 p.m.
Dementia Live!
Goodwill Easter Seals
Miami Valley Beaver-
creek Campus, 2309
N Fairfield Rd, Suite
B, Beavercreek, OH
45431**

Dementia Live is an experience for professional and family caregivers. It offers a unique inside-out understanding of dementia as well.

Continued on Page 7

Miami Valley

DIRECTORY OF CHURCHES



*Worship At
The Church
Of Your
Choice*

COLLEGE HILL COMMUNITY CHURCH
(corner Philadelphia Dr. and Cornell Dr.)
www.collegehillcommunitychurch.org
937-278-4203
We are a multicultural,
multi-lingual congregation
Morning Worship every Sunday
at 10:30 am



ST. MARGARET'S EPISCOPAL CHURCH



5301 Free Pike, Trotwood, Ohio 45426
Office: 937.837.7741
Office Hours: 10:00 am-2:00pm-Monday-Friday
Website: www.stmargaretsdayton.org

Reverend Father
Benjamin E. K. Speare-Hardy II, Rector

The mission of St. Margaret's Episcopal Church is to worship, to serve and to form the spiritual and moral growth of individuals according to the teachings of Jesus Christ.

SERVICE SCHEDULE
Adult Bible Study - Sunday 9 AM
Worship Service - Sunday 8 AM & 10:30 AM
Sunday School - Sunday 10:30AM

Mt. Enon Missionary Baptist Church
"Building a Healthy Church to Serve an Unhealthy Society"
(937) 222-0867
FAX: (937) 222-7336



SUNDAY
Sunday School.....8:30 a.m.
Morning Worship Services.....10:00 a.m.

WEDNESDAY
AM Prayer Meeting.....9:30 a.m.
Bible Study.....11:00 a.m. and 6:00 p.m.

Saturday
Bible Study.....11:00 a.m.

Pastor Cory J. Pruitt
1501 W. Dr. Martin Luther King Jr. Way, Dayton, OH, 45412

WAYMAN CHAPEL A.M.E. CHURCH
3317 Hoover Avenue ~ Dayton, Ohio 45407
Rev. Gerald A. Cooper, Pastor
937-268-6729 ~ Office 937-267-9804 ~ Fax



SUNDAY
Church School 9:00 a.m.
Worship Services 10:00 a.m.

WEDNESDAY
Prayer Meeting/Bible Study Noon

THURSDAY
Food & Clothing Pantry 10:00 a.m - 1:00 p.m.

Join us for a new beginning...

Greater Allen AME Church
Rev. Elmer S. Martin, Pastor
1620 West Fifth Street
Dayton, OH 45402-2910
Church Phone: 937-223-5115
Fax: 937-223-8872
Email: greater_allen_ame@att.net



Church Sunday School.....9:15 a.m.
Sunday Worship.....10:45 a.m.
Women's Bible Study - Monday.....6:30 p.m.
Noonday Bible Study - Wednesday.....12:00 p.m.
Prayer Meeting - Wednesday.....7:00 p.m.
Bible Study - Wednesday.....7:30 p.m.

Believers Christian Fellowship Church
3010 McCall Street, Dayton, OH 45417
Tel. No.: 937-279-9343, Fax: 937-279-9342
Toll Free: 1-844-679-9343
email:bcfchurch@swohio.twcbc.com



Sunday Service.....9:30 a.m.
Church School - Sunday.....8:45 a.m.
& Wednesday.....1:00 p.m.
Bible Study/Prayer Meeting - Every
Wednesday starting at.....6:00 p.m.

Check out our website: www.believers-christian.org
Listen to our weekly radio show every Sunday at 8 am on 98.7 FM

Zion Baptist Church
"And I, if I be lifted up from the Earth, will draw all men unto me."



(937) 275-6906
Fax 276-6267

Sunday
Church School.....9:30 a.m.
Morning Worship.....11:00 a.m.
Tues. Bible Study.....6:00 p.m.
Wed. Prayer Meeting.....6:00 p.m.

Other Ministry
email: rockney.carter@gmail.com
1684 Earllham Drive • Dayton, OH 45406

Bethel Missionary Baptist Church
401 S. Paul Laurence Dunbar St. - Dayton, Ohio 45407
Rev. Xavier L. Johnson, Senior Pastor
937-222-4373 - Office - Email: offices@bmbcd Dayton.org



SUNDAYS
Church School 9:30 a.m.
Morning Worship 10:45 a.m.

WEDNESDAY
Bible Study 12:00 noon
Word & Worship 6:30 p.m.

Bethel services are aired on DSTV Time
Warner Wednesdays at 3:00 p.m.
and Saturdays at
9:00 p.m. Time Warner Cable 992

ZION HILL MISSIONARY BAPTIST CHURCH
Rev. Dr. Junior F. Greenlee - Pastor
Church School 9:00 AM
Morning Worship....10:55 AM
Wed. Prayer Service..6:00 PM



ZION HILL BAPTIST THEOLOGICAL INSTITUTE
Mondays & Fridays - 6:00 p.m.

"Forever Learning And Not Coming To The Full Knowledge Of Truth"
263-6104 or 837-2486
Fax 263-0627
1900 W. Dr. Martin Luther King, Jr. Way

Ethan Temple Seventh Day Adventist Church
4000 Shiloh Springs Road, Clayton, Ohio 45315
(937) 837-9326 • www.ethanemplesda.org



Services Each Saturday:
Sabbath School 9:15 a.m.
Morning Worship 11:00 a.m.
Mid Week Prayer Service 7:00 p.m.
Dr. William T. Cox, Sr., Pastor

SHILOH BAPTIST CHURCH
3801 Fairbanks Avenue
Office: 937-268-6711 Fax: 937-221-8040



Rev. Dr. Marcettes Cunningham, D.Min., Pastor
Sunday School 9:30 a.m.
Morning Worship 10:45 a.m.
Wednesday
Prayer/Bible Study, 12:00 & 7:00 p.m.
Evening Prayer, 6:30 p.m.

Dixon United Methodist Church
1691 Infirmary Rd. – Dayton, OH 45417



Church Phone:
(937) 835-3366
Email:
Dixonumc1691@gmail.com
Website:
Dixonumcd Dayton.org

Sunday School.....10:00 a.m.
Sunday Morning Worship.....11:00 a.m.
Midweek Bible Study- Wednesday.....
6:00-7:30 p.m. Via Zoom
Prayer Meeting - Saturday.....10:00 a.m.
Text In Prayer Request 1-888-646-9678

**Advertise
Your
Church
in the
Dayton
Weekly News**

Religion

Alzheimer's Association Offers Free Programs Throughout Miami Valley in September...
Continued from Page 6

as the aging process. Participants will gain a heightened awareness of the challenges associated with living with dementia. Learn valuable tips and tools to improve communication and connection. This is NOT intended for individuals with current cognitive challenges.

Saturday, Sept. 27 from 10-11:30 a.m. Understanding Alzheimer's and Dementia and 10 Warning Signs

Oakwood United Methodist Church, 206 Hadley Ave, Dayton, OH 45419

Alzheimer's and other dementias cause memory, thinking and behavior problems that interfere with daily living. Join us to learn how to recognize common signs of the disease; how to approach someone about memory concerns; the importance of early de-

tection and benefits of a diagnosis; possible tests and assessments for the diagnostic process, and Alzheimer's Association resources.

Visit alz.org/dayton to find other educational offerings in the Miami Valley Chapter area.

For the first time, the number of people living with Alzheimer's disease in the U.S. is more than 7 million. That includes 236,200 in Ohio, according to the 2025 Alzheimer's Disease Facts and Figures. Deaths due to Alzheimer's more than doubled (142%) between 2000 and 2022, while deaths from the leading cause of mortality (heart disease) decreased by 2.1%.

To learn more about Alzheimer's or other dementia and to access free support and resources, visit alz.org/dayton or call the Miami Valley Chapter at 937.291.3332 or the 24/7 Helpline at 800.272.3900.

Community Invited to 25th Annual African American Wellness Walk

All are welcome to register for and attend the upcoming African-American Wellness Walk (AAWW), sponsored by Premier Health. Now in its 25th year, the event will provide participants an opportunity to walk virtually or attend the in-person event. More than 1,200 participated in the walk last year. This year's walk focuses on Healthy Aging. Healthy Aging means adopting

healthy habits and making positive lifestyle choices that contribute to health and well-being as we grow older.

The in-person event is set for Saturday, Sept. 13, at Island MetroPark, located at 101 East Helena Street in Dayton. A brief recognition program will begin at 7:30 a.m., followed by the 5k walk at 8 a.m.

Research shows that more than 30 percent of

black men and women are physically inactive. Research also shows that obesity and physical inactivity increase the risks for many of the diseases that disproportionately af-

fect the African American community, such as heart disease, cancer, and stroke.

The African American Wellness Walk brings together the Dayton, Trot-

wood, and surrounding communities to raise awareness of the social injustice that continues to impact the lives of African Americans in our region and across the country.

The walk is free and open to the public.

To register for the virtual or in-person, please visit <https://runsignup.com/2025AAWW>



OUR SOUL MATTERS: LIFE IS FOUND ONLY IN CHRIST

Pamelajune Banks-Anderson, D.Min.
The Radically Inclusive Veteran Chaplain
LCDR (RET) US Navy Chaplain Corps
droianderson@spaceforgrace.org

READ YOUR BIBLE, FAST, AND PRAY



12 God gave us eternal life; the life is in his Son. So, whoever has the Son, has life; Whoever rejects the Son rejects life. 1 John 5:12 The Message

"Giving him our heart is the greatest act of our existence."
Pr. Georges Smith



It seems that the Holy Spirit influences Will Smith. He expresses thoughts about being rich, popular, owning houses, and having women interested in him, but he realizes that none of this is truly fulfilling. He acknowledges, "There has got to be more. When I'm in sync with my faith, I know there is a God. You can't get where I am if you don't love the Lord. You can't experience what I experience or move the way I move without that love. You'd be facing a lot of other consequences."

During the interview, it was clear that Smith was emotional as he spoke about his grandmother, who raised him in the Baptist Church.

I sensed that Jada Pinkett Smith may be more open to extramarital relationships than Will Smith. He admitted to feeling guilty about considering such relationships early in their marriage due to his Christian upbringing.

This reflection made me thankful for my rearing. Our minister often quoted Proverbs 22:6, which in The Voice translation reads, "Teach a child how to follow the right way, even when he is old, he will stay on course." I am fortunate to have found my way back after getting off course for many years. Like Will Smith, I began to feel guilty about my choices.

I thank God often for directing me back to the right path, forgiving me, saving me, and sanctifying me. We used to sing a song in the home church where I learned that God so loved the world (Pamelajune) that He gave His only begotten Son, that whosoever (Pamelajune) believes in Him (Jesus Christ) shall have everlasting life. The chorus of the song goes, "There's room at the cross for you, there's room at the cross for you. Though millions have come, there's still room for one, yes, there's room at the cross for you."

LOVE YE ONE ANOTHER

Health

Alzheimer’s Association Offers Free Early Stage Social Engagement Programs



The Alzheimer's Association Miami Valley Chapter will offer early stage social engagement programs throughout the Miami Valley area in August.

For additional information and to register for these and other programs, call the Association’s 24/7 Helpline at 800.272.3900 or visit alz.org/dayton/events.

“Early stage social engagement programs offer fun and comfortable ways for people living in the early stage of Alzheimer's or another dementia and their care partners,” said Dayna Ritchey, senior program director for the Alzheimer's Association Miami Valley and Greater Cincinnati Chapters.

“Alzheimer's or dementia can often be isolating and it is important to remain engaged and socially active. Attending is an opportunity to get out, get active and get connected with others through a variety of social events and community-based activities. Our programs are designed to promote social interaction and companionship and take into consideration individual needs and interests.”

EARLY STAGE SOCIAL ENGAGEMENT PROGRAMS

Tues., Sept. 9 from 12-1 p.m.
Xenia Memory Café
One Bistro, 87 E Main St., Xenia, OH 45385

Join us at the Xenia Memory Café on the 2nd Tuesday of every month from 12-1 p.m. It's a welcoming place for people with Alzheimer's or dementia and their care partners. Each month will provide the opportunity to socialize and enjoy music, games or participate in other fun activities. Space is limited and registration is required. Call 937.409.0061 to RSVP by Sept. 5 to Teresa. Lunch and beverages will be provided. This program is sponsored by Legacy Village and hosted by One Bistro.

Wed., Sept. 10 from 12-1 p.m.
Troy Memory Café

Marion's Piazza, 1270 Experiment Farm Rd, Troy, OH 45373

Join us at the Troy Memory Café on the 2nd Wednesday of every month from 12-1 p.m. It's a welcoming place for people with Alzheimer's or dementia and their care partners. Each month will provide the opportunity to socialize and enjoy music, games or participate in other fun activities. Call 937.308.0703 to RSVP by Sept. 8 to Cierra. Lunch and beverages will be provided. Vancrest Health Care Centers and Home2Care Ohio sponsor this program.

Thurs., Sept. 18 from 12-1 p.m.

Englewood Memory Café

Marion's Piazza, 404 W National Rd, Englewood, OH 45322

Join us at the Englewood Memory Café on the 3rd Thursday of every month from 12-1 p.m. It's a welcoming place for people with Alzheimer's or dementia and their care partners. Each month will provide the opportunity to socialize and enjoy music, games or participate in other fun activities. Call 937.836.3149 to RSVP by Sept. 15 to Jessica or Elaine. Lunch and beverages will be provided. Cypress Pointe Health Campus sponsors this program.

Mon., Sept. 22 from 11 a.m. -12 p.m.

We Care Arts Memory Café

We Care Arts, 3035 Wilmington Pk, Kettering, OH 45429

Join us at the We Care Arts Memory Café on the 4th Monday of every month from 11-12 p.m. This program is designed for those living with mild cognitive impairment or dementia and their care partner. During this program we will engage in creative art expression,

using a variety of art media and materials to create fun projects in a supportive environment. Our time together will provide mental stimulation and stress reduction for participants. This program DOES NOT require prior artistic experience. Registration is required and space is limited for this program. Call Holly at 937.610.7011 to register. This program is free and all supplies are included. This program is in partnership with We Care Arts.

Tues., Sept. 30 from 11:30-12:30 p.m.

Springfield Memory Café

CO-Hatch, 101 S Fountain Ave, Springfield, OH 45502

Join us at the Springfield Memory Café on the last Tuesday of every month from 11:30-12:30 p.m. It's a welcoming place for people with Alzheimer's or dementia and their care partners. Each month will provide the opportunity to socialize and enjoy fun activities. Call 937.525.3074 to RSVP by Sept. 26 to Emily. This program is free; all supplies included! Springfield Masonic Community sponsors this program.

For the first time, the number of people living with Alzheimer’s disease in the U.S. is more than 7 million. That includes 236,200 in Ohio, according to the 2025 Alzheimer's Disease Facts and Figures. Deaths due to Alzheimer’s more than doubled (142%) between 2000 and 2022, while deaths from the leading cause of mortality (heart disease) decreased by 2.1%.

To learn more about Alzheimer’s or other dementia and to access free support and resources, visit alz.org/dayton or call the Miami Valley Chapter at 937.291.3332 or the 24/7 Helpline at 800.272.3900.

Alzheimer's Association Miami Valley Chapter Offers Dementia Care-giver Support Groups at Various Locations in Miami Valley... *Continued from Page 1*

3rd Wednesday at 5:30 p.m., Harmony Adult Day Services, 8934 Kingsridge Dr., Dayton, OH 45458. Follow signs for Suite #103.

*Respite care provided. Call 937.999.4023 to arrange respite care prior to attending.

3rd Tuesday from 11:30-1 p.m., StoryPoint Troy*, 1840 Towne Park Dr., Troy, OH 45373. Meeting located in Art Studio

*Respite care provided. Call Kristy Osting at 937.541.5182 to arrange respite care prior to attending.

2nd Wednesday at 5:30 p.m., United Senior Services (USS), 125 W Main St., Springfield, OH 45502. Follow signs for meeting room location.

*Respite care provided. Call Chelsea Mutschler-Huber at 937.323.4948 ext. 116 to arrange respite care prior to attending.

2nd Thursday from 10-11:30 a.m., Central Presbyterian Church, 4699 Lamme Rd., Moraine, OH 45439. Meeting located in Fellowship Hall.

3rd Tuesday at 5 p.m. (EST), Germantown Public Library, 51 N Plum St., Germantown, OH 45327. Follow signs for meeting room location.

3rd Wednesday from 5-6 p.m. (EST), Darke County DD*, 5844 Jaysville-St. Johns Rd., Greenville, OH 45331

3rd Thursday from 5-6 p.m. (EST), 10 Wilmington Place. 10 Wilmington Ave., Dayton, OH 45420

3rd Tuesday from 6-7 p.m., Shawnee Estates Senior Living, 60 Paceline Cir., Xenia, OH 45385

3rd Wednesday from 5-6 p.m., Carlyle House*, 3490 Far Hills Ave., Kettering, OH 45429

3rd Thursday at 1 p.m., Bethany Village, 6443

Bethany Village Dr., Centerville, OH 45459. Meeting located in Village Center Classroom.

For the first time, the number of people living with Alzheimer’s disease in the U.S. is more than 7 million. That includes 236,200 in Ohio, according to the 2025 Alzheimer's Disease Facts and Figures. Deaths due to Alzheimer’s more than doubled (142%) between 2000 and 2022, while deaths from the leading cause of mortality (heart disease) decreased by 2.1%.

To learn more about Alzheimer’s or other dementia and to access free support and resources, visit alz.org/dayton or call the Miami Valley Chapter at 937.291.3332 or the 24/7 Helpline at 800.272.3900.

DML Health and Wellness Partner Programs

Throughout September, Dayton Metro Library has teamed up with community partners such as Premier, Central State, the Alzheimer’s Association, and more, to bring valuable programs to patrons across the Library system.

Prostate Screenings and Education by Premier Health, Tuesday, September 9, 11 am-2 pm, Huber Heights Branch: Prostate cancer awareness is highlighted in this program, which will offer PSA (prostate-specific antigen) screenings, PSA risk assessments, and education.

Free Mobile Health Clinic – Wellness on Wheels!, Tuesday, September 9, 5-6 pm, Miamisburg Branch: HEMU, a Free Mobile Health Clinic from the Central State University Extension Office, will offer walk-in clinics for a variety of health screenings, education, and promotional services.

Taking Charge Thursday: Stress Hacks, Thursday, September 11, 12-12:45 pm, Main Library, Opportunity Center: Learn the difference between good and bad stress and how stress is linked to chronic disease with Premier Community Health.

A Holistic Crash Course

in Mind-Body Healing, Saturday, September 13, 11 am-12:30 pm, Miami Township Branch: A panel of health professionals from Turning Point Wellness will introduce a variety of holistic healing practices – from detoxing to energy therapy and everything in between.

Healthy Living for Your Brain, Tuesday, September 16, 5-6 pm, Miami Township Branch: Presented by the Miami Valley Chapter of the Alzheimer’s Association, learn about the research on diet, nutrition, exercise, cognitive activity, and social engagement, and how to use tools to incorporate all into a plan for healthy aging. Registration is required.

Introduction to MyChart, Wednesday, September 17, 2-4 pm, Miami Township Branch: Learn the ins and outs of using MyChart, the free Kettering Health Network app that allows users to schedule appointments, talk to doctors, refill prescriptions, and much more. Registration is required (only 3 spots are left!).

Family Program: Wellness Wednesday, Wednesday, September 17, 4-5 pm, Main Library, Children’s Creativity Space: Better health and form

stronger bonds with others through wellness and mindfulness that includes workshops and activities for children, parents, and caregivers.

Taking Charge Thursdays: Sweet Surrender, Thursday, September 18, 12-12:45 pm, Main Library, Opportunity Center: Learn the impact of excess sugar consumption, minimizing added sugars with label reading, and making healthier choices with Premier Community Health.

For Teens: Sound Bath!, Thursday, September 18, 3-4:30 pm, and For Adults: Sound Bath!, Thursday, September 18, 5:45-6:45 pm, Vandalia Branch: Either seated or lying down, participants will be enveloped in a range of sounds to help enter a deep state of relaxation to let go of worries and concerns. Registration is required for each program, which has limited space. Arrive early to get settled prior to the program beginning.

For more information and to register if required, visit DaytonMetroLibrary.org or call the Library’s Ask Me Line at 937.463.2665.

Learn About Going to the Doctor with DML Stuffed Storytime

Dayton Metro Library is excited to introduce a new storytime series, Stuffed Animal Checkup, taking place at various Branch locations through December. This

engaging and educational program is designed to help young children and their caregivers become more comfortable with the idea of visiting the doctor.

Children in PreK through Kindergarten are invited to bring their favorite stuffed animal to the Library to hear a story about going to the doctor. After the story, kids will guide their stuffed friends through a series of fun and interactive “check-up” stations—checking eyes, ears, weight, and even giving a pretend shot.

Below is the current schedule of events:

- Monday, September 8, 1-2 pm, Vandalia Branch
- Wednesday, October 1, 10:30-11:15 am, Miami

Township Branch

- Monday, October 6, 1-2 pm, Burkhardt Branch

- Monday, November 3, 1-2 pm, Main Library, Children’s Creativity Space

- Monday, November 17, 1-2 pm, West Branch

- Monday, November 24, 1-2 pm, Kettering-Moraine Branch

- Monday, December 1, 1-2 pm, New Lebanon Branch

- Monday, December 8, 1-2 pm, Northmont Branch

Registration is not required. For more information, visit DaytonMetroLibrary.org or call the Library’s Ask Me Line at 937.463.2665.

Support Black Owned Businesses Advertise in the Dayton Weekly News