



**RESPECT
YOUR ELDERS**

J♥A♠C♦K♣
ENTERTAINMENT

JACK encourages you to engage in responsible gaming. If you think you have a gambling problem or if you are worried about someone you care about, you are encouraged to call the toll-free, confidential helpline. Help is available 24 hours a day and 365 days a year.

**GAMBLING PROBLEM?
CALL 1-800-MY-RESET**

For more information on the
Ohio Voluntary Exclusion Program,
please visit

timeoutohio.com

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This brochure contains information on how to recognize problem gambling and on whom to call to obtain help.

Most individuals who retire have absolutely no intention of sitting around all day. But, truth be told, many also don't know exactly what to do with their newfound free time.

Most adult gamblers are social gamblers who utilize a trip to the property as a way to spend time with others and have a little fun. Casual gaming is a harmless pastime and can be enjoyable. As with many things in life, however, it is possible to get too much of a good thing. When casual gaming turns to spending outside one's limits, it can become a problem.

Just like traveling or fishing, all hobbies should be enjoyed in moderation. Setting money and time limits before you gamble allows you to know when you have reached your daily limit. The decision to gamble is a personal one.

There are times when gambling is not encouraged. For instance, gambling while in certain emotional states of mind should be avoided. For example, after the death of a loved one, when feeling angry, or when feeling depressed are all times when someone should take a step back and reevaluate their decision whether or not to engage in casual gaming.



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are available nationwide 24
hours a day, 7 days a week.

Each person's experience is different, but knowing some common warning signs of a potential problem can help you identify a need for help and make informed decisions. It is important to ask yourself every so often, "Am I:

- Borrowing money, selling things, or using savings to gamble;
- Skipping family functions or obligations to gamble;
- Spending an excessive amount of time gambling, thinking about or planning to gamble;
- Becoming restless or irritable when not gambling;
- Hiding time spent gambling or hiding bills and unpaid debts; or
- Lying about how much time or money is spent on gambling?"

If you answered "yes" to these questions, it is encouraged that you talk to someone and just discuss the situation.