



The Senior Informer

October 2014

Volume 9, Issue 10

CLINTON COUNTY COMMUNITY ACTION PROGRAM INC.
SENIOR OPERATIONS
CLINTON COUNTY ELDERLY SERVICES PROGRAM
WILMINGTON SAVINGS BANK-CLINTON COUNTY SENIOR CENTER

**Clinton County Community
Action Programs, Inc.**

Hours Of Operation

M-F 8:00 - 4:30

SENIOR OPERATIONS

937-382-7170

937-382-1848

**SENIOR SERVICES
CENTER**

Sue Caplinger, Director

655-2157

Stella Cramer,

Site Coordinator

655-2156

Cindy Fitch, Supportive
Services

655-2151

Vicki Trapp, Homemaker

Supervisor

655-2164

Case Management

Rebecca Rushing, RN,

655-2163

Pam George, LPN

CORN FESTIVAL 2014

We had another successful year at the Clinton County Corn Festival. Thanks to: Georgia Kennedy, Janet & Ken Surface, Ruth Florence, Larry & Sharon Cordrey, Rick and Bev Schafer, Wilma Kelso,



Kay Burton, Norma Shadley, Rick & Dee Foster, Marge Rector, Dorothy Mockabee, Sue Dalton, Brenda Davis, Sid & Judi Clay, Helen Skidmore, Gerry Breckel, Charles & Mary Lou Bush, Marcella & Kenny Rothwell, Polly Daughtery, Arline Bayless, Margaret Dailey, Betty Lane, Sondra Nordyke, Barbara Davis, Ruth Moots, and Maxine Lovelace for your time and donations for the food booth. Thanks to: Roberta Grooms, Cindy Quigley, Camille Brady, Pat Walt, Nancy Fowler, Emma Lou Adams, Sandra Fisher, Erma Kroll, Jackie Gray, Mary Anna Cherryholmes for the craft booth.

Effective September, the Senior Informer will be available online via the clintoncap.org website. You may enter an email address at the website to receive the newsletter through your email. Please let us know if you choose this option for your newsletter so we can remove your name from the mailing list. Also the Senior Center now has a Facebook page. Wilmington Savings Bank/Clinton County Senior Center. Check it out next time you are on Facebook!

!!Happy Birthday!!



Walk Club Update!

The Walk Club logged 211 miles for the month of October.

Congratulations to: Yvonne Ragan—50 miles; Janet Esmail—25 miles; Paula Monday—54 miles; Goldie Lawson—52.5 miles and Polly Daugherty—29.5 miles.

Walkers meet at the bike trail parking area on Nelson Avenue on Mondays, Wednesdays and Fridays at 8:00 a.m.

All walkers should pick up a calendar each month to track days and distance walked and return at the end of the month.

New members are always welcome to join. Treadmills and stationary bicycles are available at the Senior Center when inclement weather

- Peggy Allen 10/14
- Ruth Anders 10/12
- Irv Arszman 10/21
- David Bailey 10/03
- Sandra Banks 10/05
- Edna Bartodej 10/31
- Daphne Blackburn 10/22
- Richard Bogan 10/26
- William Bogan 10/01
- Stella Boring 10/31
- Kim Boyle 10/05
- Lorraine Boyles 10/21
- Robert Brown 10/25
- Allen Bryan 10/22
- Betty Burge 10/12
- Judy Burton 10/14
- Mary Anna Cherryholmes 10/30
- Phyllis Clark 10/25
- Sue Clement 10/18
- David Cloud 10/13
- Lucille Cloud 10/11
- Michael Coburn 10/20
- Roger Collins 10/01
- Dennis Conner 10/20
- Virginia Craig 10/12
- Leann Cunningham 10/08

- Renee Curtis 10/05
- Nancy Dalton 10/06
- Debra Davis 10/19
- Michael Daye 10/07
- Ingeborg DeLong 10/27
- Mike Dobbins 10/27
- Harley Douglas 10/07
- Carolyn Early 10/26
- Darlene Ervin 10/01
- Charlotte Fahrer 10/26
- Jim Finnegan 10/31
- Jeannette Flint 10/22
- Carole France 10/05
- Dianna Freeze 10/23
- Russell Gammell 10/30
- Josephine Harner 10/20
- Yvonne Hayes 10/28
- Shirley Hedges 10/10 10/28
- William Huff 10/12
- Hazel Hufford 10/12
- Sara Hummelgard 10/15
- Dale Inwood 10/24
- Ruby Ison 10/19
- Pat Johnson 10/30
- Virginia Kelley 10/02
- Helen Kirchmeier 10/26

- Ernie Kline 10/16
- Nancy Kratzer 10/12
- John Lengyel 10/29
- Tillie Lenze 10/26
- Mark Lewis 10/06
- Jim Little 10/01
- Donald Lorentz 10/22
- Hank Majoewsky 10/04
- James Mason 10/31
- Rachel Mathews 10/27
- Laura McGuire 10/10
- Carroll McGuire 10/28
- Dorothy Mockabee 10/12
- Helen Mullenix 10/26
- Don Myers 10/23
- Sondra Nordyke 10/30
- Johnnie Pierson 10/28
- Vivian Probasco 10/18
- Leonard Redmond 10/14
- Mary Reynolds 10/19
- Johnnie Richardson 10/03
- Kenneth Rothwell 10/23
- Rodney Rutledge 10/24
- Beverly Sanders 10/06
- Virginia Shively 10/10
- Janive Slone 10/11

- Willard Smith 10/26
- Barbara Smith 10/31
- Gertrude Souder 10/18
- Carolyn Sroufe 10/04
- Mary Statler 10/03
- Thelma Sutherland 10/16
- Cynthia Sutton 10/27
- Marsella Tipton 10/09
- Harold Uible 10/27
- Donna Vandervoort 10/28
- Sylvan Vires 10/18
- Joyce Walker 10/30
- Joyce Wells 10/16
- Hannah Whitford 10/07
- Deloris Williams 10/06
- Betty Wilt 10/28
- Grace Wood 10/25
- Earl Zurface 10/26



Caregiver Support Group will meet on Friday, at 1:00 p.m. at the Senior Center.

THANK YOU!!!

Many Thanks to:

- *The Laurels of Blanchester for Blood Pressure Checks
- *Wilmington Nursing & Rehab for providing dessert on September 17th
- *Cape May for providing September birthday cake

SENIOR STIMULUS DRAWING WINNERS!!

SEPTEMBER 2014 WINNERS WERE:

Barbara Hawk—\$23.10

Each week (Monday—Friday) come into the office to sign up and pay 25 cents. This will enroll you for a chance at a jackpot up to \$238.75. The drawing will be held every Friday at noon. **YOU MUST COME INTO THE CENTER TO BE ELIGIBLE TO SIGN-UP.**

Welcome New Members

Jo Hibbs, Calvin Pyle, Connie Pyle, Laura Taylor, Beverly Hottinger, Judy Stoops, Dean Knapp



This was the year...1949

U.S. President & Vice president

Harry Truman & Alben Barkley

Time Magazine Person of the Year

Winston Churchill

Cost of Living

- New house - \$7,450
- Average income - \$2,959
- New Car - \$1,420
- Average Rent - \$70 per month
- Gasoline - \$.16 per gallon
- Harvard Tuition - \$600 per year
- Movie Ticket - \$.60
- Postage Stamp - \$.03
- Year End Close Dow Jones Industrial Avg. - 200.52
- One Ounce Gold - \$31.69

Cost of Food

- Granulated Sugar - \$.85 for 10lbs
- Milk - \$.84 per gallon
- Ground Coffee - \$.65 per pound
- Bacon - \$.50 per pound & Eggs - \$.24 per dozen
- Ground Beef - \$.47 per pound
- Fresh Bread - & .14 per loaf

Seniors Need Help call 382-7170

CLINTON CO. ADULT DAY CENTER, INC.

**66 N. Mulberry Street
Wilmington, Ohio 45177**

We are a non-profit organization that provides assistance with activities of daily living to impaired adults in a safe environment while providing respite for their caregiver.

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JANA WELLS
Director of Marketing

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Terry Spurlock
1403 Rombach Avenue
Wilmington, OH 45177

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Mobile: 937-603-5429

West End



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Lois Butt, LNHA, MSOL
Executive Director

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email: lbutt@continentalmanor.org

Seniors Need Help call 382-7170

OPERATION CHRISTMAS CHILD

Operation Christmas Child is back at the Senior Center.

Operation Christmas Child is just around the corner in November. Now is the time to begin thinking about school supplies, small toys and toiletries that would be enjoyed by those special children around the world.

The Senior Center put together 30 boxes in 2013, so let's work together on doubling that amount.

There are brochures on the desk for you to take to your family and friends. Let's work together on filling these precious boxes showing God's Love to these special children that may never receive a gift!

If you have any questions, please contact Debbie Hatten, 725-5322. Thank you for your participation.

Recipe of the Month.....**FRESH APPLE CAKE**

2 cups sugar

4 cups diced (not too small) fresh apples

1/2 cup oil

1 cup walnuts

2 eggs, well beaten

1 tsp. vanilla

2 cups sifted all purpose flour

1 tsp. baking soda

2 tsp. cinnamon

1 tsp. salt

Grease 13 X 9 pan. Mix well sugar, diced apples, oil, walnuts, eggs and vanilla. Add flour, baking soda, cinnamon and salt. Bake for 1 hour at 350 degrees. Top with whipped cream.

**Senior Center Board Report for August 2014**

Meals: 560 meals were served to 109 attendees.

Transportation: 434 one way trips were provided to 80 participants.

ESP Medical: There were 14 units for 3 clients.

Adult Day Care: There were a total of 162 trips provided for 6 clients.

Home Meals: There were 2827 home meals delivered to 104 clients.

Supportive Services: There were 66 units for 21 clients.

Socialization/Recreation: There were 104 different activities and 218 clients attending.

Homemaking Services: 830 hours for 112 clients.

Total transportation miles: We traveled 8499 miles transporting clients.

Total miles delivering meals: We traveled 3826 miles delivering meals.

Apartments Available

Clinton County Community Action manages senior housing and is currently accepting names for the waiting list for Community Commons located on Community Drive; Clinton Commons located on Commons Lane; Clinton Commons II located on Jeanie Wilson Way; and Blanchester Senior Villas located on Madalyn Loftin Drive. All complexes are located in Wilmington. Community Commons is housing for age 62+ and Clinton Commons I and II and Blanchester Senior Villas is housing for age 55+.

Rental rates are: Community Commons—\$400 (2 bedroom); \$450 (3 bedroom); and Clinton Commons I & II—\$510; Blanchester Senior Villas—\$515.



For information call (937) 382-8886 or visit our web site at clintoncap.org. "This institution is an equal opportunity provider and employer"



THANK YOU to all who donated towels to the "Dish Towel Drive" for the Kitchen at the Center. The Kitchen now has a wonderful supply of dish cloths, dish towels and potholders. The following individuals donated: Sandy Fisher, Gerry Breckel, Helen Skidmore, Gladys Curliss, Dorothy Daye, Mary Anna Cherryholmes, Rick and Bev Schaeffer, Kay Burton, Arline Bayless, Rick and Dee Foster, Sue Dalton, Ron Mckee, Bessie Miller, Anne Johnson, Wilma Kelso, Esther Jordan, Mary Katherine Jones, Fred and Shirley Blake, Zella Knaff, Phyllis Henzie, Dora Sholler, Gayle Roberson, plus a couple anonymous donors. Thanks again for your help! - Stella

NEW FOR 2015

To make it simpler for members to pay dues, the following changes are taking place. Individuals paying their dues from October 1, 2014 thru December 31, 2014 will be good for the entire year of 2015. The Senior Center membership will be due by January 31st annually. Please call 382-7140 and ask for Sue or Beckie with any questions or to check your membership due date.

There will be a sign-up sheet at the front desk for members that wish to pick up their newsletter at the Senior Center. The newsletter can also be downloaded at the clintoncap.org website.

Recycling Program

Community Action now has a paper recycling bin located by the end driveway of the main office building. To enable us to keep the bin we need everyone to place their old newspapers, magazines, junk mail and shredding into the dumpster! Spread the word to your friends and family, they can place their items in the dumpster too!



NEW LOCATION

Mike Daugherty LLC
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Wilmington Nursing & Rehabilitation Center

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Wilmington, OH 45177

Phone: (937) 382-1621
Fax: (937) 383-1215

Seniors Need Help call 382-7170

ACTIVITY SCHEDULE FOR OCTOBER 2014

<u>MONDAY</u>	8:00 a.m.—Early Bird 8:30 a.m.—Chair Yoga 9:00 a.m.—Walk Club 9:00 a.m.—Pool 10:00 a.m.—Corn Toss 12:15 p.m.—Mexican Train Dominos 12:15 p.m.—Rook 12:15 p.m.—Crafts	<u>THURSDAY</u>	8:00 a.m.—Early Bird 9:00 a.m.—Exercise with Weights 9:00 a.m.—Pinochle 10:00 a.m.—Exercise 12:15 p.m.—Chair Volleyball 3:30 p.m.—Low Impact Aerobics 4:00 p.m.—Zumba
<u>TUESDAY</u>	8:00 a.m.—Early Bird 9:00 a.m.—Stability Ball 10:00 a.m.—Exercise 12:15 p.m.—Crafts 12:15 p.m.—Euchre 3:30 p.m.—Low Impact Aerobics 4:00 p.m.—Zumba 7:00 p.m.—Square Dancing	<u>FRIDAY</u>	8:00 a.m.—Early Bird 9:00 a.m.—Pool 9:00 a.m.—Walk Club 9:30 a.m.—Bridge 12:15 p.m.—Rook 12:15 p.m.—Crafts
<u>WEDNESDAY</u>	8:00 a.m.—Early Bird 9:00 a.m.—Walk Club 9:00 a.m.—Pool 10:00 a.m.—Corn Toss 12:15 p.m.—Sequence/Mexican Train Dominos 12:15 p.m.—Crafts		

FRIDAY, OCTOBER 3: ELVIS SHOW! DOORS OPEN AT 5 PM, SHOW BIGINS AT 6 PM. COST IS \$8.00 BEFORE SEPTEMBER 29, \$10.00 AFTER THE 29TH OR AT THE DOOR. SOME OF ELVIS'S FAVORITE FOODS WILL BE AVAILABLE.

WEDNESDAY OCTOBER 8: RED HAT MEETING AT 1 PM.

THURSDAY, OCTOBER 9: CHAIR VOLLEYBALL TEAM TRAVELS TO LONDON

MONDAY, OCTOBER 13: CLOSED FOR COLUMBUS DAY

TUESDAY, OCTOBER 14: PERI MEETING AT 10:30 AM.

WEDNESDAY, OCTOBER 15: WILMINGTON NURSING & REHAB WILL SPONSOR LUNCH AT 12 NOON. THERE IS NO CHARGE.

THURSDAY, OCTOBER 16: FALL RIDE & DINNER TRIP TO Y RESTAURANT. WILL DEPART AT 4 PM.

FRIDAY, OCTOBER 17: BIRTHDAY DINNER (WE CELGRATE ALL OCTOBER BIRTHDAYS).

WEDNESDAY, OCTOBER 22: LAURELS OF BLANCHESTER BLOOD PRESSURE CHECKS FROM 11:30-12:30.

THURSDAY, OCTOBER 30: SQUARE DANCING FROM 7-9 PM.

FRIDAY, OCTOBER 31: MEDICARE CHECK-UP DAY AT 12 NOON.

FRIDAY, OCTOBER 31: FALL CARRY-IN DINNER AT 5:30-7:30 PM. (WE WILL PROVIDE THE MEAT) MUSIC PROVIDED BY SHIRLEY MASSIE BLUEGRASS BAND.

FINAL PAYMENT FOR BILTMORE TRIP IS DUE BY OCTOBER 24TH.

A la Carte MON TUES WED THURS FRI

<u>Monday</u> Ham & Beans Cornbread			1 Hamburger on Bun Baked Beans Broccoli Pineapple	2 Italian Chicken Spaghetti Italian Vegetables Peas Juice & Cake	3 Salisbury Steak Parstled Potatoes Mixed Vegetables Wheat Bread Peaches	
<u>Tuesday</u> Grilled Ham & Cheese Grilled Cheese	6 Spaghetti Vegetable Medley Saltine Crackers Pears	7 Country Fried Steak Potato Wedges Green Beans Dinner Roll Fresh Orange	8 Italian Meatloaf Spaghetti Italian Vegetables Pineapple Dessert	9 Turkey & Cheese Sandwich Creamy Veggie Soup Potato Salad Coleslaw	10 Baked Chicken Herb Dressing Broccoli Cauliflower Wheat Bread	
<u>Wednesday</u> Chef Salad	13 Closed for Columbus Day	14 BBQ Beef on Bun Peas & Onions Peach Dessert Coleslaw	15 <i>Lunch Provided by Wilmington Nursing & Rehab</i>	16 Chicken Carmela Spaghetti Italian Vegetables Dinner Roll Applesauce	17 Meatloaf Mashed Potatoes Carrots Dinner Roll Birthday Cake	
<u>Thursday</u> Cheeseburger Hamburger Grilled Cheese	20 Hamburger on Bun Potato Wedges Broccoli Applesauce	21 Chicken Potato Casse- role Broccoli Wheat Bread	22 Beef Taco Salad Corn Tortilla Chips Peach Dessert	23 Pineapple Ham Sweet Potato Patties Peas Dinner Roll Juice & Cake	24 Chicken Tenders Rice Vegetable Medley Fruit Cocktail	
<u>Friday</u> Fish French Fries	27 Rosemary Chicken Red Skin Potatoes Vegetable Medley Wheat Bread Fruit Cocktail	28 Spaghetti & Meatballs Italian Vegetables Spinach Wheat Bread Peaches	29 Roast Turkey Mashed Potatoes Vegetable Medley Dinner Roll Applesauce	30 Beef & Noodles Green Beans Corn Juice & Animal Cookies	31 Swiss Steak Stewed Tomatoes O'Brien Potatoes Wheat Roll Pears	

Return Address

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