



The Senior Informer

September 2014

Volume 9, Issue 9

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

HAWAIIAN LUAU

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,
Senior Services Center
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



Pictured above are various scenes from the Luau held on August 23. Approximately 84 people were in attendance to enjoy a wonderful evening of food, music and fellowship. The Riverest Trio provided music for listening and dancing throughout the evening.

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!

Grandparents Day was celebrated in August at the Senior Center. Pictured below are: (on the right) Camille Brady; Paulette Sigman and Charlotte Fahrner and their granddaughters (on the left).



After the ladies had a light lunch, they enjoyed a game of chair volleyball.



!!Happy Birthday!!**Walk Club Update!**

The Walk Club logged 240 miles for the month of July.

Congratulations to: Yvonne Ragan—53 miles; Janet Esmail—26 miles; Paula Monday—84.5 miles; Goldie Lawson—55 miles and Polly Daugherty—21.5 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 does not permit outdoor walking.

Barbara Albrecht—9/2
Oplis Allen—9/7
Anita Allen—9/9
Janice Arnold—9/21
Dauna Armstrong—9/27
Joyce Arrasmith—9/11
Joyce Baker—9/14
Joyce Barrett—9/21
Robert Bauer—9/4
Arlene Bayless—9/7
Dessie Beane—9/20
John Beireis—9/5
Ora Bennett—9/4
Betty Berger—9/3
Velma Billings—9/10
Carole Bogan—9/10
Joan Boothby—9/21
Francis Bosier—9/26
Eva Botts—9/4
Charlene Bowman—9/25
Tom Brausch—9/22
Mary Bumgarner—9/9
George Buscema—9/25

Mary Camp—9/2
Shirley Cluxton—9/16
Mary Conger—9/16
Linda Conover—9/4
June Cosler—9/18
Marie Cowman—9/25
Margaret Dailey—9/12
Helen Damron—9/10
Philip Damron—9/29
Connie Damron—9/19
Brenda Davis—9/1
Jim Dobbins—9/30
Susan Fahrubel—9/17
Richard Foster—9/30
Jack Frye—9/8
Diane Fugate—9/22
Wanda Galliett—9/23
Pamela George—9/25
Kathy Geyman—9/28
Beverly Gibb—9/16
Kay Ginter—9/14
Gypsy Goodman—9/22
JoAnn Hale—9/3
Jean Henderson—9/18
Phyllis Henize—9/25

Deborah Hicks—9/24
Mildred Hoskins—9/23
Chris Howe—9/19
Gary Huffman—9/3
Ruth Hussey—9/14
Lester Jenks—9/21
James Jones—9/4
Frank Kendall—9/13
Junior King—9/19
Carol Kirby—9/3
Janice Majoewsky—9/17
Julianne Mason—9/24
Bonnie Mathews—9/8
Homer Mathews—9/4
Margaret Mattison—9/1
Florence Meadows—9/19
Sylvester Malone—9/16
Helen Miley—9/16
Margaret Miller—9/19
Ruby Minton—9/13
Ida Mobley—9/30-

Ruth Moots—9/24
Janet Morris—9/23
Diann Nadeau—9/29
Linda Newman—9/9
Grace Nicely—9/30
Joyce Peters—9/22
Alma Plummer—9/2
Marge Rector—9/28
Lois Reynolds—9/25
Eloise Sabin—9/10
Cecile Woolums—9/2
Glenda Sheets—9/3
Patricia Shoop—9/14
Paulette Sigman—9/18
Ruth Snarr—9/6
Doris Snyder—9/23
Eldon Speight—9/26
Betty Starkey—9/2
Eugene Stethem—9/25
Ruth Stone—9/1
Ken Surface—9/5
Jean Swindler—9/17

Osa Taulbee—9/8
Viola Taylor—9/16
Carol Theetge—9/5
Howard Theetge—9/3
Betty Tillis—9/7
Barbara Vance—9/2
Judy Vance—9/26
Bill Vandervort—9/10
Betty Wall—9/17
Charlotte Walls—9/7
Pat Walt—9/17
Barbara Wells—9/12
Frank West—9/2
Joanne Weston—9/28
Robert Whitestine—9/26
Leonard Wican—9/30
Jim Wiseman—9/11
Donna Woods—9/6
Beverly Yee—9/2



Caregiver Support Group will meet on Friday, September 19 at 1:00 p.m. at the Senior Center.

THANK YOU!!!

Many Thanks to:

*The Laurels of Blanchester for Blood Pressure Checks and providing fruit for our Luau.

*Wilmington Nursing & Rehab for providing our August 20 lunch.

*Cape May for providing August birthday cake

SENIOR STIMULUS DRAWING WINNERS!!**AUGUST 2014 WINNERS WERE:**

Sandy Fisher—\$13.00

Sondra Nordyke—\$10.05

Betty Yovich—\$10.75

Barbara Hawk—\$8.50

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.**

**RED HAT HAPPENINGS.....**

The Roaming Reds spent a relaxing afternoon with the talented Rev. Ray Storer of Grandpa's Pottery. The members got to "throw" pottery and under the guiding hands of Rev. Storer, they each made their own piece of pottery—a pie plate; a fruit bowl; a trinket bowl, etc. The items will be ready to pick up in about a week after they have been glazed and fired. The members are very anxious to show off their works of art. Next Red Hat meeting will be Wednesday, September 10 at 2:00 p.m.



Red Hat Gal

Welcome New Members

Terry Walraven
Joel Walraven
Beverly Beireis
Bob Schaeffing
Linda Schaeffing
Loetta Sewell
Larry Sewell
Rusty Smethwick
Leslie Rose
Chuck Rose
Cathy Collins
Sandra Fisher
Martha Weitthoff

Sherry Stuckert
Loren Stuckert
Robert Mead
Wanda Whiting
Deborah Hicks
Joyce Baker

Jacquelyn Hutton
George Mitchell
Jeffery Roach



Clinton County Senior Center

Seniors Need Help call 382-7170

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Lois Butt, LNHA, MSOL

Executive Director

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937.783.4949 • fax 937.783.5820

email: lbutt@continentalmanor.org

Seniors Need Help call 382-7170

SEEKING INTERESTED INDIVIDUALS!

Are you tired of battling the weight loss battle by yourself? We need 15 participants in order to begin a Weight Watcher's group at the Senior Center. Meetings will be held on Wednesdays, with weigh-in at 8:00 a.m. If interested, please contact Beckie Rushing for more information, at 655-2163 by 9/26/14.

OPERATION CHRISTMAS CHILD IN AUGUST

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.....**Seven Layer Salad**

1 head iceberg lettuce, break into pieces in glass dish

4 hard boiled eggs, chop and layer over lettuce

8 slices bacon, crumble and layer over eggs

1 bunch green onions, chop and layer over bacon

1 pkg. frozen peas— thaw and spread over onion

2 cups mayonnaise, spread over peas, covering to edge of dish

8 oz. shredded cheese, sprinkle over mayonnaise.

Cover and refrigerate. Will keep up to 2 days, if necessary.



AARP has a Driver Safety Class scheduled for Thursday, September 25 from 10:00 a.m. to 3:00 p.m. Cost is \$15 for AARP members and \$20 for non-members. Participants will receive a comprehensive course workbook. The course will cover normal changes in vision, hearing and reaction times. Several insurance companies provide discounts to participants completing the AARP Driver Safety Course.

Dish Towel Drive—

The Kitchen is in need of new dish towels, dish cloths and potholders—so we are hosting a “Birthday Party” for the kitchen on Monday, September 15 after lunch. All you have to do to attend this “Birthday Party” is bring a new dish towel, dish cloth or potholder. Cake and Ice Cream will be served.

**Upcoming Trips—**

*Tuesday, Wednesday and Thursday, December 2-3-4: Christmas Trip to Biltmore Estate in Ashville, North Carolina. Cost \$339 for members; \$350 for non-members based on double occupancy. Trip includes: transportation; 2 nights hotel accommodations; 2 breakfast; 1 Holiday dinner; 1 Holiday lunch. Reservations and deposit of \$50 due by September 5. Final payment due by October 24. For more information, call Sue or Stella at the Senior Center.

Senior Center Board Report for July 2014

Meals: 514 meals were served to 91 attendees.

Transportation: 516 one way trips were provided to 80 participants.

ESP Medical: There were 20 units for 6 clients.

Adult Day Care: There were a total of 182 trips provided for 6 clients.

Home Meals: There were 3499 home meals delivered to 129 clients.

Supportive Services: There were 63 units for 27 clients.

Socialization/Recreation: There were 99 different activities and 265 clients attending.

Homemaking Services: 830 Hours for 112 clients.

Total transportation miles: We traveled 8928 miles transporting clients.

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

Computer Classes

With the additional computers that are now available for use in the Senior Center Library, we are looking into the potential of providing specialized Computer Classes. In order to do this we need some information from you first. We would like to know if anyone is interested and if so, what type of topics you would like to learn? If you are interested please fill out the short form below, cut it out and return it to Stella at the Senior Center. Thanks!

Computer Classes

Internet/E-mail _____ Microsoft Word/Excel _____ Computer Basics _____

Other _____ Please Specify _____

Your Name & Phone Number _____

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”



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!



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ACTIVITY SCHEDULE FOR SEPTEMBER 2014

MONDAY

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

TUESDAY

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

WEDNESDAY

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

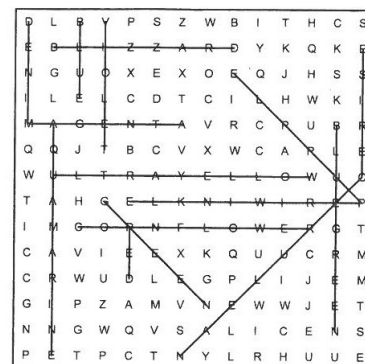
THURSDAY

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

FRIDAY

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

**Answers to TOP CRAYON COLORS
WORD SEARCH (from page 46)**



Friday, Saturday, Sunday, September 5, 6, 7—Clinton County Corn Festival.

Wednesday, September 10—Chair Volleyball team travels to Fayette County Senior Center. Depart Center at 10:30 a.m.

Thursday, September 11—Trip to Reds Game. Depart at 10:00 a.m.

Saturday, September

ber 13—Bingo. Doors open at 4:30 p.m. Bingo starts at 6:00 p.m.

Tuesday, September 16—Advisory Board meeting at 9:30 a.m.

Wednesday, September 17—Free Dessert for those eating Congregate Lunch.

Friday, September 19—Clinton County Health Department giving Flu

Shots at 10:00 a.m.

Friday, September 19—Birthday Dinner. We celebrate all September birthdays.

Wednesday, September 24—Dinner Trip to Golden Corral. Depart Center at 4:00 p.m.

Thursday, September 25—AARP Driver Safety 10:00 a.m. to 3:00 p.m. Cost \$15 for AARP members/\$20 for non-members. Participants will receive a comprehensive course

workbook. The course will cover normal changes in vision, hearing and reaction times. Several insurance companies provide discounts to participants completing the AARP Driver Safety Course.



Ala Carte		Mon	Tue	Wed	Thu	Fri
<u>Monday</u> Ham & Beans Cornbread	1 Closed for Labor Day	2 Baked Chicken Herb Dressing Broccoli Cauliflower Wheat Bread	3 Turkey & Cheese Sandwich Creamy Veggie Soup Potato Salad Coleslaw	4 Spaghetti Vegetable Medley Saltine Crackers Pears	5 Country Fried Steak Potato Wedges Green Beans Dinner Roll Fresh Orange	
<u>Tuesday</u> Grilled Ham & Cheese Grilled Cheese	8 BBQ Beef on Bun Peas & Onions Coleslaw Peach Dessert	9 Ham & Cheese Sand- wich Tomato Soup 3-Bean Salad Potato Salad	10 Beef & Rice Broccoli Carrots Wheat Bread Pears	11 Meatloaf w/gravy Mashed Potatoes Carrots Dinner Roll Juice & Cake	12 Italian Sausage Spaghetti Italian Vegetables Wheat Roll Applesauce	
<u>Wednesday</u> Chef Salad	15 Chicken Potato Casse- role Broccoli Wheat Bread Juice & Cookies	16 Pineapple Ham Sweet Potato Patties Peas Dinner Roll Juice & Cake	17 Hamburger on Bun Potato Wedges Broccoli Applesauce *Free Dessert*	18 Beef Taco Salad Tortilla Chips Corn Peach Dessert	19 Chicken Tenders Rice Vegetable Medley Fruit Cocktail Birthday Cake	
<u>Thursday</u> Hamburger Grilled Cheese Fries	22 Spaghetti & Meatballs Italian Vegetables Spinach Wheat Bread Peaches	23 Roast Turkey Mashed Potatoes Vegetable Medley Dinner Roll Applesauce	24 Chef Salad Saltine Crackers Pineapple Juice Animal Cookies	25 Swiss Steak Stewed Tomatoes O'Brien Potatoes Wheat Roll Pears	26 Rosemary Chicken Red Skin Potatoes Vegetable Medley Wheat Bread Banana	
<u>Friday</u> Fish Fries	29 Turkey Mett w/ sauerkraut Mashed Potatoes Green Beans Rye Bread	30 Chicken Salad on Bun Potato Salad Coleslaw Mixed Fruit				

Return Address

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