



CLINTON COUNTY COMMUNITY ACTION PROGRAM INC.
SENIOR OPERATIONS
CLINTON COUNTY ELDERLY SERVICES PROGRAM
WILMINGTON SAVINGS BANK-CLINTON COUNTY SENIOR CENTER
This institution is an equal opportunity provider and employer

THE SENIOR INFORMER

ELVIS WAS IN THE BUILDING!!!

**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



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!

Walk Club Update!

October total: 268 miles

- Yvonne Ragan 50 miles
- Bob Heybob 73.5 miles
- Goldie Lawson 45 miles
- Polly Daugherty 34 miles
- Paula Monday 65.5 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



Happy Birthday!!

- | | | | |
|------------------------|--------------------------|-----------------------|-------------------------|
| Rosemary McLarty 11/03 | Patricia Collins 11/10 | Ken Damron 11/17 | Joan Leonard 11/21 |
| Zella Farrow 11/03 | Anna Myers 11/11 | Dave Sipe 11/18 | Don Wells 11/21 |
| Vera Baker 11/04 | Janet Welch 11/12 | Ruth Lansing 11/18 | Debbie Hatten 11/22 |
| Gloria Fulkerson 11/05 | Karen Smith 11/12 | Roberta Grooms 11/19 | James Hilterbrand 11/24 |
| Joy Brubaker 11/05 | Al Freeze 11/13 | Lynne Adkins 11/19 | Leo Gerbus 11/25 |
| Gary Slagle 11/06 | Roberta Douglas 11/15 | Margaret Wilson 11/19 | Pam Tedlie 11/25 |
| Ruth Malyuk 11/06 | Joan Davis 11/15 | Warren Pendell 11/20 | Peggy Speaight 11/27 |
| Jeannine Stacy 11/07 | Patty Gerbus 11/16 | John Godlove 11/20 | Marjorie Haines 11/27 |
| Emma Adams 11/07 | Mary Alice Kendall 11/16 | Billie Baker 11/21 | Ronald Salisbury 11/28 |
| Patricia Haught 11/08 | Jimmie Creditt 11/16 | | John Howell 11/30 |
| | | | Judy Smith 11/30 |



WELCOME NEW MEMBERS!



- | | | |
|----------------|-----------------|----------|
| Dolly Black | Don Mertz | Ann Carr |
| Philip Baker | Francis Mertz | |
| Betty Smith | Sandy Briggs | |
| Susie Anderson | Robert Berning | |
| Charles Murphy | Carlise Matlos | |
| Tim Adams | Nellie Simonson | |

THANK YOU!!!

Many Thanks to:

- *The Laurels of Blanchester for Blood Pressure Checks
- *Wilmington Nursing & Rehab for lunch on October 15th
- *Cape May for providing October birthday cake

SENIOR STIMULUS DRAWING WINNERS!!

October 2014 WINNERS WERE:

- Larry Cordrey \$10.75
- Arline Bayless \$9.41
- Shirley Noes \$12.75
- Dee Foster \$11.17

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.**

FREE THANKSGIVING DAY DINNER

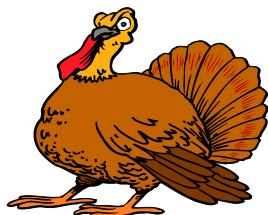
Provided by Wendy's Restaurant

1055 Rombach Avenue

1130:00—1:00 pm

Eat in or have the meal delivered to your home

Call Beulah at 937-382-2706



“Special Thanks To Our Veterans”

Every year on the 11th of November. We honor our veterans and remember. The sacrifices that you’ve made, With some big prices that were paid.

In fighting for our country to be free, You accepted your journey as it would be. You left friends and family and put careers aside, To serve your country with honor and pride.

You put your life on the line when there was war, Always showing courage and strength for what would be in store. Praying for the day to return home and then, That our country would be free again.

It’s hard to find the words to say, How grateful we are every day. November 11th is just a start, Of everyday you’re in our heart.

You’re a reason we can proudly fly our flag of red, white and blue, To each and every veteran “May God Bless You”

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.

Call 937-382-2070 for further information.

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JANA WELLS

Director of Marketing

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WILMINGTON, OH 45177



Terry Spurlock
1403 Rombach Avenue
Wilmington, OH 45177

**Phone: 937-382-6100
Mobile: 937-603-5429**

West End



Auto Sales & Service



Lois Butt, LNHA, MSOL
Executive Director

820 E. Center Street • Blanchester OH 45107
937.783.4949 • fax 937.783.5820
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.

Gabriel's Angels Home-Care



Gabriel's Angels is a locally owned premier home health care company, and can assist you with all your daily needs. Our services include (not limited too):

- Companionship*
- Showering/Bathing*
- Medication reminders*
- Transportation*
- Meal planning and preparation*
- And much more!*

Call (937)-509-1622 to schedule your free in-home assessment, and let our guarding angels watch over you!

Senior Center Board Report for October 2014

Meals: 788 meals were served to 157 attendees.
Transportation: 488 one way trips were provided to 89 participants.
ESP Medical: There were 21 units for 6 clients.
Adult Day Care: There were a total of 148 trips provided for 5 clients.
Home Meals: There were 2794 home meals delivered to 105 clients.
Supportive Services: There were 53 units for 23 clients.
Socialization/Recreation: There were 106 different activities and 251 clients attending.
Homemaking Services: 797 hours for 114 clients.
Total transportation miles: We traveled 8486 miles transporting clients.
Total miles delivering meals: We traveled 3638 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+.

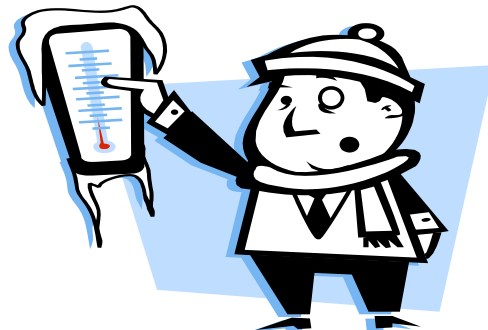
Rental rates are: Community Commons—\$425 (2 bedroom); \$475 (3 bedroom); and Clinton Commons I & II—\$525; Blanchester Senior Villas—\$525.

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



The Home Energy Assistance Program's 2014-15 Winter Crisis Program will be assisting income eligible seniors with their heating bills starting November 1, 2014 and running through March 31, 2015. To receive assistance the household must be at or below 175 percent of the Federal Poverty guidelines as follows:

<u>Household Size</u>	<u>12 Month Income</u>
1	\$20,422.50
2	\$27,527.50
3	\$34,632.50
4	\$41,737.50
5	\$48,824.50
6	\$55,947.50



The applicant must also have a disconnect notice or have 25% or less of bulk fuel. Applicants will need to bring: Proof of household income for the past 3 months or 12 months, social security numbers for all household members, Identification, and heating/electric bills. For more information, call 937-382-1234 or visit Community Action at 789 N Nelson Ave., Wilmington, Ohio. Office hours Monday thru Friday, 8:00 - 3:00.

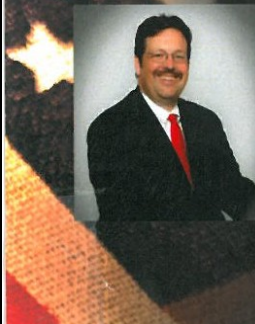
Recycling Program

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
Attorney at Law



202 West Locust Street
Wilmington, OH 45177

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Agent for Ohio Bar Title Insurance Co.

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Wilmington Nursing & Rehabilitation Center

75 Hale Street
Wilmington, OH 45177

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

Seniors Need Help call 382-7170

ACTIVITY SCHEDULE FOR NOVEMBER 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



FRIDAY NOVEMBER 7: Card & Game Night! Bring snack food to share, pizza will be provided

MONDAY NOVEMBER 10: Senior Advisory Board Meeting @ 9:30 am

TUESDAY NOVEMBER 11: Operation Christmas Child Packing Party @ 10:30 am

Veteran's Day Program @ 1200

Wood Workers @ 7:00 pm

WEDNESDAY NOVEMBER 12: Red Hat Meeting @ 1:00pm

THURSDAY NOVEMBER 13: Dinner Trip to Olive Garden. Depart @ 4:00 pm

FRIDAY NOVEMBER 14: Birthday Dinner @ 11:30 am

TUESDAY NOVEMBER 18: Shopping Trip to Dayton Mall. Depart @ 9:30 am

WEDNESDAY NOVEMBER 19: Thanksgiving Dinner provided by Wilmington Nursing & Rehab @ 1200. There is no charge for the meal.

Reservations must be made by November 17th

MONDAY NOVEMBER 24: Thanksgiving Dinner

TUESDAY NOVEMBER 25: Information meeting for Biltmore Trip @ 1:00 pm in the Dining Room

THURSDAY & FRIDAY NOVEMBER 27—28: Closed for Thanksgiving

TUESDAY DECEMBER 2: Depart for Biltmore Estates

Ala Carte	Mon	Tue	Wed	Thu	Fri
No Ala Carte On 11/19; 11/21; 11/24 or 11/26					
<u>Monday</u> Ham & Beans Cornbread	3 Grilled Chicken Potato Wedges Broccoli Applesauce	4 Turkey Mett w/ sauerkraut Mashed Potatoes Green Beans	5 Sliced Ham on Bun Tomato Soup Baked Beans Broccoli	6 Italian Chicken & Spaghetti Italian Vegetables Peas	7 Salisbury Steak Parslied Potatoes Mixed Vegetables Wheat Bread
<u>Tuesday</u> Grilled Ham & Cheese Grilled Cheese	10 Meatloaf w/gravy Mashed Potatoes Carrots Dinner Roll	11 Baked Chicken Herb Dressing Broccoli/Cauliflower Wheat Bread	12 Italian Meatloaf & Spaghetti Italian Vegetables Pineapple Dessert	13 Ham & Beans Vegetable Medley Cornbread Fruited Jello	14 Spaghetti w/Marinara Vegetable Medley Saline Crackers Pears
<u>Wednesday</u> Chef Salad	17 Beef & Rice Broccoli Carrots Wheat Bread	18 BBQ Beef on Bun Creamy Veggie Soup Peas & Onions Potato Wedges	19 Thanksgiving Lunch with Wilmington Nursing and Rehab at 12:00 noon	20 Chicken Carmela Spaghetti Italian Vegetables Cinnamon Apples	21 Grilled Chicken Potato Wedges Green Beans Birthday Cake
<u>Thursday</u> Hamburger Grilled Cheese Fries	24 Roast Turkey Herb Dressing Broccoli/Cauliflower Pumpkin Pie	25 Chicken Tenders Rice Vegetable Medley Wheat Bread	26 Beef Taco Salad Corn Tortilla Chips Peach Dessert	27 Closed for Thanksgiving Holiday	28 Closed for Thanksgiving Holiday
<u>Friday</u> Fish Fries					

Return Address

**Wilmington Savings Bank—
Clinton County Senior Center
717 North Nelson Ave., P. O. Box 32
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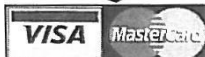


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