



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

## SENIOR CENTER ANNUAL CHRISTMAS BAZAAR

The annual Christmas Bazaar is scheduled for Saturday, December 6 from 8 am to 2 pm. Breakfast available from 8 –10 am with waffles, pancakes, sausage, eggs, homemade biscuits, sausage gravy, coffee and juice. Lunch will be available 11 am to 1:30 pm with menu choices of homemade vegetable and potato soup, pressed chicken or BBQ sandwiches, and assorted desserts. There will be craft sale, bake sale, and white elephant sale. The Lions Club will also be here throughout the day with their candy sale.

For more information visit the Wilmington Savings Bank/Senior Center at 717 N Nelson Avenue or call 382-7170.

Donations of craft items, baked goods, and white elephant items to offer for sales that day are needed. White elephant items can be brought in anytime the week of 12/1 through 12/5. Baked items can be brought in anytime beginning 12/3 to 12/6. Craft items can be brought in anytime through 12/6

All proceeds to the Senior Center Site Fund

### 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



### BAKE SALE

December 17, 2014

Wilmington Savings Bank-Clinton County Senior Center

**PROCEEDS TO BENEFIT THE SENIOR CENTER**

### RED HAT CLUB

Seven members of the Rambling Reds travelled to Washington Court House to visit the newly built Courthouse Manor. After a wonderful lunch provided by the facility we were given a tour of the beautifully designed building. It was a breathtaking experience.

Our annual Christmas party will be held on December 11, 2014 at 12:30 pm at the Friends restaurant in Clarksville. The cost will be \$12.00, which includes tax and tip. Please bring a Christmas tree ornament. For reservations contact Camille Brady or Jackie Gray. Reservations are due by December 8th.





# Happy Birthday!!

## Walk Club Update!

**November total: 266.9 miles**

Yvonne Ragan 52 miles

Bob Heybob 51.4 miles

Goldie Lawson 60 miles

Polly Daugherty 28.5 miles

Paula Monday 50 miles

Janet Esmail 25 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.

Sharon Adams 12/11  
 Mary Anderson 12/27  
 Tom Armstrong 12/04  
 Carol Bailey 12/29  
 Bill Baker 12/04  
 Philip Baker 12/15  
 Jon Barber 12/26  
 Kenneth Beal 12/11  
 Bob Bennett 12/23  
 Charlotte Bland 12/26  
 Rheada Brown 12/18  
 James Burge 12/16  
 Teri Camp 12/14  
 Betty Carder 12/24  
 Ann Carr 12/08  
 Joan Corr 12/12/04  
 Anna Cole 12/07  
 Larry Cordrey 12/06  
 Roy Cosler 12/05  
 Ruth Curtis 12/24  
 Linda Custis  
 Bonnie DeBold 12/08

Lynn Dixon 12/22  
 Charles Downey 12/22  
 Annie Eads 12/27  
 Bob Ewing 12/23  
 Patsy Flint 12/20  
 Jack France 12/21  
 Catherine Gembecki 12/21  
 Joann Gray 12/06  
 Mary Haselip 12/18  
 Barbara Hawk 12/11  
 JoAnn Hayslip 12/27  
 Jo Hibbs 12/06  
 Larry Hunt 12/12  
 Sharon Hunt 12/25  
 Beverly Jasper 12/08  
 Mary K Jones 12/25  
 Hershel Kidder 12/12  
 Jean Lay 12/16  
 Marjorie Liming 12/17  
 Jack Lindsay 12/13  
 Truman Long 12/20  
 Suzanne Lundy 12/12

Betty Lyon 12/17  
 Suzanne Madison 12/30  
 Wayne Manning 12/20  
 Shirley Massie 12/14  
 Paul McCollister 12/12  
 Mac McCray 12/23  
 Ralph McKee 12/07  
 Ron McKee 12/17  
 Elizabeth Mitchell 12/12  
 David Ostermeier 12/06  
 Yvonne Pollock 12/16  
 Joyce Powers 12/30  
 Lucille Pratt 12/15  
 Carol Rack 12/06  
 Yvonne Ragan 12/01  
 Roland Richardson 12/24  
 Charlotte Satterfield 12/05  
 LaVonne Smith 12/13  
 Betty Smith 12/09  
 Jane Ann Spence 12/21  
 James Stein 12/17  
 Leanna Stephenson 12/09

Sue Stewart 12/23  
 Stan Tedlie 12/13  
 Betty Thompson 12/19  
 Joe Trapp 12/02  
 Charlene Trombley 12/30  
 Terry Urton 12/24  
 Marlene Valentine 12/02  
 Ted Vandervort 12/20  
 Terry Walraven 12/20  
 Shawn Weatherford 12/01  
 Francis Welch 12/10

Happy Belated Birthday to Frances Ames 11/28!!!



### 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."



### THANK YOU!!!

Many Thanks to:

- \*The Laurels of Blanchester for Blood Pressure Checks
- \*Wilmington Nursing & Rehab for lunch on November 19th
- \*Cape May for providing November birthday cake



## WELCOME NEW MEMBERS!



Betty Day  
 George & Ann Gregory  
 Stan & Pam Tedlie  
 Richard & Karla Price  
 Rick Sheila Bracht  
 Bruce & Dorothy Henry  
 Al Fryer  
 Carl Custis, Jr

Charlotte Bland  
 Albert Ervin  
 Dale & Anita Powell  
 Linda Custis  
 Margaret Harbert  
 Jay & Helen Lovelace  
 Gladys Bobbitt

### Senior Center Board Report for NOVEMBER 2014

- Meals: 527 meals were served to 123 attendees.
- Transportation: 488 one way trips were provided to 89 participants.
- ESP Medical: There were 10 units for 2 clients.
- Adult Day Care: There were a total of 175 trips provided for 6 clients.
- Home Meals: There were 2948 home meals delivered to 107 clients.
- Supportive Services: There were 83 units for 50 clients.
- Socialization/Recreation: There were 115 different activities and 236 clients attending.
- Homemaking Services: 739.25 hours for 120 clients.
- Total transportation miles: We traveled 9133 miles transporting clients.
- Total miles delivering meals: We traveled 3913 miles delivering meals.
- Clinton Maid: 70 hours for 17 clients

**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.

**THE LAURELS**  
 OF BLANCHESTER

JANA WELLS  
 Director of Marketing  
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**Terry Spurlock** Phone: 937-382-6100  
 1403 Rombach Avenue Mobile: 937-603-5429  
 Wilmington, OH 45177

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 Auto Sales & Service

**Continental**  
 MANOR

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**

**Annual Senior Citizens Dinner**  
**Sunday, December 7, 2014**

**12:00—2:00 pm**

**American Legion Post 49**

**140 E Locust Street**

**Wilmington, OH 45177**

**For Delivery call:**

**Community Action Senior Center**

**at 382-7170**

**OR**

**American Legion at 382-2219**

**By 4:30 pm on Friday, December 5th**

**HAVE A VERY MERRY CHRISTMAS**  
**AND**  
**A HAPPY NEW YEAR!**

**FROM THE STAFF AT THE**  
**WILMINGTON SAVINGS BANK**  
**SENIOR CENTER**



**RECIPIE OF THE MONTH**

We made this, it was a keeper! Almost as good as Casey's Breakfast Pizza!

- 1 lb breakfast sausage, browned and drained
- 2 cups shredded cheddar cheese
- 4 eggs beaten, add pepper if you like
- 2 cups mil, mix with eggs
- 2 lbs Tater Tots



Preheat oven to 350. In a 9x13 pan layer the sausage first, then cheese. Pour egg mixture over meat and cheese. Cover pan with Tater Tot layer

Bake 45-50 minutes. Let it rest 5-10 minutes before serving. 8 servings.

In my pound of sausage I added 3 strips of bacon, crumbled. I may make it 6 strips next time, adds good flavor! Ham is also a possibility, probably would need to cook it to get rid of excess water!

**CAREGIVER ASSISTANCE NETWORK**

Meets 2nd Monday each month at 7:00 pm at St. Columbkille Church Parish Center Library (Parish Center is building behind church).

All caregivers are welcome!



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

Phone (937)382-2345  
Fax Toll Free (866)214-2074  
mike@clintoncountylawyer.com  
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Cell: 937-509-1622

## Buckley, Miller & Wright

Attorney at Law

145 North South Street  
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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 DECEMBER 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

### Steve Voller, BC-HIS

Miracle-Ear Hearing Center  
Will be here on  
December 21  
9:00am to 1200

**SATURDAY DECEMBER 6: Christmas Bazaar 8:00 am to 2:00 pm.**

**TUESDAY DECEMBER 9: Advisory Board Meeting at 9:30 pm.**

**FRIDAY DECEMBER 12: Christmas with Family and Friends Carry In at 5:00pm. Bring covered dish, meat will be provided. Riverfest Trio will entertain with Christmas music.**

**MONDAY DECEMBER 22: Christmas Dinner.**

**WEDNESDAY DECEMBER 24 & DECEMBER 25: CLOSED FOR THE HOLIDAY. We will re-open on Friday December 26th.**

**WEDNESDAY DECEMBER 31: NEW YEAR'S EVE LUNCH: Donation \$4.00. Bring dessert to share.**

**MENU—Roast Pork, Sauerkraut, Mashed Potatoes, Dinner Rolls**

### **WILMINGTON AREA WEIGHT LOSS CHALLENGE!**

**A 12 week, nutrition information based weight-loss challenge starts**

**TUESDAY JANUARY 6, 2015**

**Private personal weigh-in, FREE Personal wellness evaluation, group support & fun.**

**Meets every Tuesday, at the Wilmington Saving Bank Senior Center. Weigh-in at 5:15 pm, 30 minute classes**

**Start at 5:30 pm. For pre-registration or more information, call**

**Sue Wylie @ [937-444-6161](tel:937-444-6161).**

Ala Carte	Mon	Tue	Wed	Thu	Fri	
<u>Monday</u> Ham & Beans Cornbread	1 Pork Cutlet Red Skin Potatoes Vegetable Medley Fruit Cocktail	2 Steak Hoagie on Bun Potato Nuggets Stewed Tomatoes Pears	3 Spaghetti & Meatballs Italian Vegetables Spinach Peaches	4 Roast Turkey Mashed Potatoes Vegetable Medley Applesauce	5 Beef & Noodles Green Beans Corn Fresh Orange	
<u>Tuesday</u> Grilled Ham & Cheese Grilled Cheese	8 Italian Chicken Spaghetti Italian Vegetables Pears Juice & Cake	9 Hamburger on Bun Tomato Soup Baked Beans Broccoli Pineapple	10 Salisbury Steak Parslief Potatoes Mixed Vegetables Wheat Bread Peaches	11 Smoked Sausage w/ Sauerkraut Mashed Potatoes Green Beans Fruit Cocktail	12 Grilled Chicken Potato Wedges Broccoli Applesauce	
<u>Wednesday</u> Chef Salad	15 Spaghetti w/Mariana Vegetable Medley Saltine Crackers Pears	16 Meatloaf Mashed Potatoes Carrots Dinner Roll Juice & Cookies	17 Ham & Beans Vegetable Medley Cornbread Fruited Jello	18 Swiss Steak Stewed Tomatoes O'Brien Potatoes Juice & Graham Crackers	19 Baked Chicken Herb Dressing Broccoli Cauliflower Birthday Cake	
<u>Thursday</u> Hamburger Grilled Cheese Fries	22 Pineapple Ham Sweet Potato Patties Pears Dinner Roll Juice & Eclairs	23 Beef & Rice Broccoli Carrots Wheat Bread Pears	24 Closed for Christmas Holiday	25 Closed for Christmas Holiday	26 Grilled Chicken Potato Wedges Green Beans Fresh Orange & Cake	
<u>Friday</u> Fish Fries	29 Chicken Tenders Rice Vegetable Medley Fruit Cocktail	30 Pork Cutlet Diced Beets Green Beans Juice & Animal Cook- ies	31 New Year's Eve Luncheon at 12:00 noon—Cost \$4 Carry-In Dessert		No Ala Carte on 12/19; 12/22; 12/31	

## Return Address

**Wilmington Savings Bank—  
Clinton County Senior Center  
717 North Nelson Ave., P. O. Box 32  
Wilmington, Ohio 45177**

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