



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

ROAMIN REDS CHRISTMAS LUNCH

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



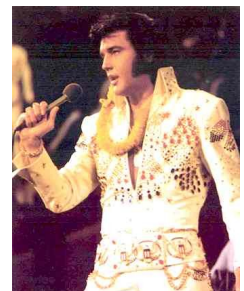
UPCOMING EVENTS AT THE CENTER!

THE KING IS RETURNING!

FEBRUARY 13, 2015

DOORS OPEN AT 4:30 PM

SHOW BEGINS AT 5:00 PM



JOIN US FOR THE SUPERBOWL PRE-GAME PARTY!!!

February 1st from 2-5 pm

Cost is \$5.00 which includes

“Game food” and party favors!

B.Y.O.B





Happy Birthday!!

Walk Club Update!

November total: 166 miles

Yvonne Ragan 32 miles
 Goldie Lawson 30 miles
 Polly Daugherty 15 miles
 Charlotte Bland 89 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.

Lou Ann Arnold 1/01
 Ray Baker 1/28
 Judy Barnhart 1/10
 Kay Barrere 1/27
 Norma Bennett 1/30
 Roger Boatman 1/06
 Gordon Bosier 1/09
 Dennis Bosworth 1/21
 Sara Burnett 1/30
 Doris Caldwell 1/04
 Evelyn Christen 1/21
 Pat Clark 1/12
 Sharon Cooper 1/07
 Cathy Curtis 1/14
 Joe Daugherty 1/25
 Ralph Doyle 1/17
 Ed English 1/04
 Marvin Ferris 1/01
 Bernice Fleming 1/23
 Geraldine Frump 1/27
 Linda Greene 1/21
 Betty Gregory 1/22

Floyd Griffith 1/20
 David Hackney 1/29
 Ed Hamilton 1/11
 Paulette Harp 1/22
 Gregory Harris 1/25
 Norman Harvey 1/29
 Linda Hayslip 1/01
 Bruce Henry 1/02
 Bob Heyob 1/04
 Bob Holmes 1/08
 Rita Howell 1/11
 Lois Hutchinson 1/26
 Goldie Lawson 1/25
 Bertha Locklear 1/05
 Tom Mahoney 1/17
 Helen Manifold 1/01
 Marge Manson 1/01
 Mary McConnell 1/28
 Shirley Micheal 1/21
 Sandy Oettinger 1/26
 Walter Peele 1/26
 Paul Penwell 1/16

Margaret Pierson 1/22
 Dale Powell 1/20
 Robert Rollins 1/01
 Marcella Rothwell 1/12
 Cindy Rudd 1/10
 Gail Satterthwaite 1/04
 Linda Schaeffing 1/01
 Ginger Settlemyre 1/06
 Larry Sewell 1/22
 Pam Souder 1/16
 Linda Sparks 1/06
 Judy Stewart 1/06
 Frances Stewart 1/23
 Judy Stoops 1/02
 Loren Stuckert 1/14
 Ed Taylor 1/11
 Doug Terrill 1/09
 Vicki Trapp 1/28
 Georgia Tucker 1/22
 Theda Trick 1/29
 Frances Unger 1/28
 Richard Unger 1/29

Judy Urban 1/06
 Mary Ann Van Tress 1/17
 Marlene Viars 1/11
 Marvin Walls 1/20
 Joel Walraven 1/09
 Ron Walter 1/01
 Judy Weatherford 1/12
 Wanda Whiting 1/27



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."



STIMULUS DRAWING

Anne Johnson \$10.25
 Virginia Craig \$8.25
 John Godlove \$8.95
 Marcella Rothwell \$10.10
 Brenda Davis \$8.50



WELCOME NEW MEMBERS!

Senior Center Board Report for December 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

THANK YOU!!!

Many Thanks to:

*The Laurels of Blanchester for Blood Pressure Checks and for gift cards for door prizes.

*Wilmington Nursing & Rehab for lunch on November 19th

*Cape May for providing November birthday cake

THE LAURELS
OF BLANCHESTER

JANA WELLS

Director of Marketing

839 Cherry Street
Blanchester, OH 45107
937.783.4911 • FAX: 937.783.4573
www.laurelsblanchester.com

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.

Visit us at our new location!

LITTLETON
Respiratory Homecare

"We deliver quality every day."

1682 ALEX DRIVE, WILMINGTON

(937)382-5694

www.littletonhomecare.com

GANO LAW OFFICES

JUDY A. GANO
169 NORTH SOUTH STREET
WILMINGTON, OHIO 45177

(937) 382-3320

Helping Make Golden
Years Bright, Indeed.



184 N. South Street • Wilmington
937.382.1659 • 1.800.951.9958
www.wilmingtonsavings.com
Member FDIC / Equal Housing Lender



Focused on You.

Toll Free 1-800-837-3011 • www.nbtirect.com



WILMA M^oBRAYER
Broker, Owner

Business (937) 382-0809 ext. 14
Fax (937) 382-4548
Residence (937) 382-3407
Cell (937) 728-0809
E-mail wmcbrayer@cinci.rr.com



1107 Rombach Ave., 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

NAME _____ BIRTH DATE _____
 HOME PHONE _____ CELL PHONE _____
 ADDRESS _____
 ZIP CODE _____ COUNTY _____ TOWNSHIP _____
EMERGENCY CONTACT: _____
 PHONE _____

AUTHORIZATION/RELEASE _____

I agree to release from liability CCCAP, Senior Operations staff and volunteers for any injury or illness accidental incurred by me. In the event of an emergency, first aid will be administered by a competent person. I give permission to the person in charge to summon an emergency squad to assist in my assessment and transport to the nearest hospital.


Signature _____ Date _____

Cut this form out and mail back or bring in to the Wilmington Savings Bank/Senior Center

RECIPE OF THE MONTH
ALMOND JOY BROWNIE BITES

Ingredients

- Brownie batter
- 4 cups sweetened flaked coconut
- 14 oz. sweetened condensed milk
- 4 dozen almonds
- Chocolate almond bark



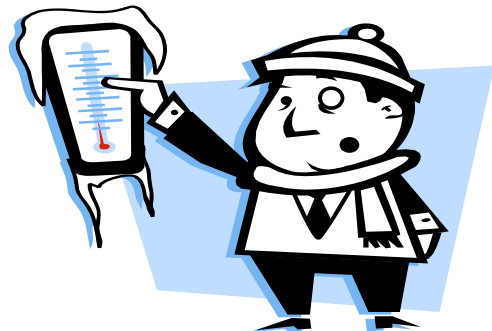
Directions

1. Preheat oven according to brownie recipe and generously spray two mini muffin pans with nonstick spray.
2. Fill cups about 1/2 full with brownie batter and bake according to directions. When brownies are done, place pans on a cooling rack and remove brownies once cooled.
3. In a medium bowl, combine coconut and sweetened condensed milk.
4. With clean hands, roll coconut mixture into balls and press onto tops of brownie bites.
5. Press an almond into the top of each.
6. Place brownies in freezer to harden for about 15 minutes.
7. Melt almond bark or candy melts according to directions.
8. Remove brownies from freezer and dip the tops in the chocolate.
9. Place dipped brownies on a wax paper lined baking sheet and refrigerate until chocolate is set.

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
www.clintoncountylawyer.com



CAP Construction

Your Local Handyman Service

Competitive Prices

Free Estimates

We can handle any of your home improvement/repair needs.

Jane Newkirk : 937-382-8365

Gerald K. Perelman, DPM
Physician and Surgeon of the Foot

Footcare of Wilmington
1435 Rombach Ave.
Wilmington, OH 45177
937-382-2347



Services including:

Diabetic Foot Care
Thick/Fungal Nails
Corns/Calluses

Ingrown Nails
Bunions
Hammertoes

Heel Pain
Neuromas
Warts



Gabriel's Angels Homecare
Mindy Waits

Owner /Case Manager
288 Schell Rd.
Wilmington, Oh 45177

gabrielsangels.web.com
Office: 937-302-5781
Cell: 937-509-1622

Buckley, Miller & Wright

Attorney at Law

145 North South Street
Wilmington, Ohio 45177

(937) 382-0946

Agent for Ohio Bar Title Insurance Co.

Fax (937) 382-1361

SENIOR CITIZEN DISCOUNTS ON AUTO SERVICE!



WILMINGTON
AUTO CENTER

www.WilmingtonAutoCenter.com

- PRE-OWNED VEHICLES
- SERVICE
- QUICK-LUBE
- STORAGE

937.382.7714

1780 ROMBACH AVE
WILMINGTON, OHIO



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 JANUARY 2015

<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		

Thursday January 1: CLOSED

Friday January 9: Pizza/Game Night 5:00 pm to 8:00 pm

Bring Snack Food to Share

Pool, Exercise, and Library will be open

Monday January 12: Advisory Board Meeting 9:30 am

Planning Committee Meeting 10:30 am

Friday January 16: Birthday Dinner

Mike Adams/Speaker regarding Kidney Disease 12:00 Noon

Monday January 19: Closed for the Holiday

Tuesday January 20: Bingo 12:15 pm. Sponsored by Medigold

Wednesday January 21: Lunch with Wilmington Nursing and Rehab 12:00 Noon

Monday January 26: Sopping Trip to Dayton Mall. Depart at 9:30 am

Wednesday January 28: Dinner Trip to Stone House in Waynesville. Depart at 4:00 pm

Return Address

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

**NONPROFIT ORG
U.S. POSTAGE PAID
WILMINGTON, OH
PERMIT NO. 204**

Clinton Home-Maid Service

Clinton County Community Action 789 N. Nelson Ave, Wilmington

Bogged down with housework?



Not enough hours in the day?
Need help on a short-term or long-term
basis with your house cleaning?

Our Homemakers are background
checked, bonded and insured.

GIVE US A CALL TODAY!

937-655-2164



WEARLY

MONUMENTS

Since 1899

1033 Rombach Ave., Wilmington, OH 45177

Alice Weierman

OFFICE: (937) 382-6214 * (800) 262-2249 * FAX: (937) 382-6214



Joseph C. Chen, MD

Eye Physician & Surgeon

The #1 most referred
eye physician by local
doctors. Ask about us.

- Cataract and laser treatments
- Diabetic & glaucoma eye care
- Macular degeneration treatment
- Dry, itchy eyes • Eyelid surgery



Cataract and Laser Surgeries Performed
in our On-site Surgery Center

EYE SERVICES

671 W. Main Street • 383-3277

Seniors Need Help call 382-7170