



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

**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

THANK YOU! THANK YOU! THANK YOU!

Lions Club Donates an Automated External Defibrillator



Bill Pierson, Wilmington

Lion's Club president donated our first automated external defibrillator (AED) to Sue Caplinger, Director of Wilmington Savings Bank-Clinton County Senior Center at Monday's meeting, January 19th. Training in use of the AED will be scheduled in the near future.

Anyone interested please contact Beckie Rushing at 655-2165.

**Back by popular demand—Wilmington Savings Bank/Senior
Center is proud to present.....**

A TRIBUTE to ELVIS

February 13, 2015

5:00 pm

Doors open at 4:30 pm for mingling and Elvis' favorite snacks!

Cost is \$8 by February 9, 2015 (non-refundable)

\$10 after pr day of show

Tickets can be purchased at the Senior Center or by mail to:

CCCAP, PO Box 32, Wilmington, OH 45177





Happy Birthday!!

Walk Club Update!

December total: 213.5 miles

- Yvonne Ragan 41 miles
- Goldie Lawson 37 miles
- Polly Daugherty 25 miles
- Charlotte Bland 91 miles
- Janet Esmail 19.5 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.

- Tim Adams 2/25
- Dale Adkins 2/15
- Robert Angler 2/24
- Charlotte Baker 2/11
- Marvin Bennett 2/10
- Mike Belles 2/26
- Shirley Bogan 2/21
- Eddie Bosier 2/24
- Marjorie Boutin 2/26
- Mary Bowermaster 2/26
- Wanda Bowermaster 2/19
- Betty Bowers 2/06
- Glenna Bryant 2/01
- Ken Bumgarner 2/11
- Kathleen Burris 2/21
- Joyce Caplinger 2/16
- William Caplinger 2/04
- Rick Clevenger 2/26
- Ben Conger 2/18
- Esther Conner 2/21
- Cynthia Curtis 2/03
- Alicia Dabe 2/16

- Patricia Damron 2/02
- Pauline Daugherty 2/07
- Pat Dobbins 2/07
- Margaret Falcone 2/02
- Doris Farris 2/23
- Jane Fawley 2/09
- Judy Felson 2/26
- Betty Ferris 2/26
- Sarah Fife 2/26
- Doris Florea 2/25
- Jim Frank 2/25
- Michael Gallagher 2/22
- Virginia Gierse 2/24
- Sara Gilbert 2/18
- Susan Glaser 2/26
- Rosalie Guerra 2/21
- Bobbi Hagen 2/19
- David Hillard 2/14
- Betty Holmes 2/01
- Merle Hudson 2/25
- Geralene Huffman 2/06
- William Irwin 2/10

- Nan Kennelly 2/24
- Joan Kidwell 2/07
- Ginny Kline 2/23
- Sally Koons 2/03
- Dorthea Kratzer 2/18
- Robert Leidenheimer 2/09
- Patricia Lewis 2/15
- Lillian Losey 2/26
- Jay Lovelace 2/07
- Robert Noel 2/26
- Vivian Rider 2/21
- Gloria Rollins 2/01
- Audrey Runyon 2/10
- Ronna Sandlin 2/11
- Mary Jean Scott 2/11
- Dennis Simonson 2/17
- Helen Skidmore 2/04
- Edith Smith 2/02
- Dan Spires 2/14
- Rowena Stanfield
- Sue Straight 2/01
- Pamela Strasser 2/07

- Janet Surface 2/16
- Diane Thompson 2/05
- Frances Wilkin 2/27
- Kathleen Wilkinson 2/12
- Linda Williamson 2/07
- Joy Wilson 2/22
- Charlene Yeakley 2/03
- Betty Yovich 2/23
- Happy Belated Birthday to Robert Kelley 1/17!



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

Dorothy Daye \$8.45

Jane Lees \$6.50

Brenda Davis \$4.80



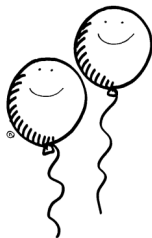
WELCOME NEW MEMBERS!



- Tina Blocher
- Howard Gates
- Karen Standridge
- James Morrison
- Len Morrison
- Victor Vick
- Teresa Leeth
- Judy Gates
- Kathy Linkhart
- Kim Morgan
- Holly Vick

Senior Center Board Report for December 2014

- Meals: 529 meals were served to 109 attendees.
- Transportation: 385 one way trips were provided to 54 participants.
- ESP Medical: There were 14 units for 5 clients.
- Adult Day Care: There were a total of 134 trips provided for 7 clients.
- Home Meals: There were 2017 home meals delivered to 74 clients.
- Supportive Services: There were 89 units for 38 clients.
- Socialization/Recreation: There were 90 different activities and 235 clients attending.
- Homemaking Services: 824 hours for 120 clients.
- Total transportation miles: We traveled 7669 miles transporting clients.
- Total miles delivering meals: We traveled 3286 miles delivering meals.
- Clinton Maid: 70 hours for 17 clients



Watch for further details coming to honor the retirement of Sue!

THANK YOU!!!

Many Thanks to:

- *The Laurels of Blanchester for Blood Pressure Checks
- *Wilmington Nursing & Rehab for lunch on December 21st
- *Cape May for providing December birthday cake

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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1107 Rombach Ave., Wilmington, OH 45177

Terry Spurlock Phone: 937-382-6100
 1403 Rombach Avenue Mobile: 937-603-5429
 Wilmington, OH 45177

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Continental
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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

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

RECIPIE OF THE MONTH

Chile-Cheese Stuffed Mushrooms

Ingredients

- Cooking spray
- 24 medium button mushrooms (about 1 pound), stems discarded
- 1 4-ounce can chopped green chilies, drained



Preparation

1. Preheat the oven to 400°F. Line a baking sheet with aluminum foil.
2. Place the mushrooms with the stem side down on the foil. Lightly spray the mushrooms with cooking spray.
3. Bake for 10 minutes.
4. Transfer the baking sheet to a cooling rack. Turn the mushrooms over. Fill each with the chilies. Sprinkle with the Cheddar.

Bake for 5 minutes, or until the Cheddar is melted. Remove from the oven and let stand for 3 minutes so the flavors blend.

© American Heart Association



NATIONAL WEAR RED DAY!

This event is held every year on the first Friday in February and is designed to bring attention and awareness to heart disease and its impact on women. So, make sure to wear "RED" on February 6th!



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).

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



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gabrielsangels.web.com
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Cell: 937-509-1622

Buckley, Miller & Wright

Attorney at Law
145 North South Street
Wilmington, Ohio 45177

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Agent for Ohio Bar Title Insurance Co.

Fax (937) 382-1361

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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 FEBRUARY 2015

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

Sunday February 1: Superbowl Pre-game Event Cost is \$5.00 which includes game day food and party favors 2:00 pm to 5:00 pm

Tuesday February 10: Wood Carvers Group at 7:00 pm

Friday February 13: Valentine Lunch provided by Wilmington Nursing & Rehab

A Tribute to Elvis at 5:00 pm, doors open at 4:30 pm

Tuesday February 17: Advisory Board Meeting at 10:00 pm

Friday February 20: Birthday Dinner. Celebrate all February Birthdays. Health Department here at 10:30 to do B/P checks.

Pizza/Game Night 5:00 pm to 8:00 pm. Bring snack food to share. We will play X Box games, cards, & Mexican train.

The library, pool room, & exercise room will also be available.

Wednesday February 25: Dinner Trip to Bag of Nails. Depart at 4:00 pm.

Thursday March 19: AARP Drive Safety Program 10:00 am to 3:00 pm

Cost is \$15.00 for AARP members, \$20.00 for non-members.

You will learn defensive driving, safety strategies, and new traffic laws and rules. There are no tests to pass.

Upon completion you could receive a multi-year discount on your car insurance.

Ala Carte

Mon

Tue

Wed

Thu

Fri

	Monday	Tuesday	Wednesday	Thursday	Friday	
	2 Pineapple Ham Sweet Potato Patties Peas Dinner Roll Orange Juice Sponge Cake	3 Chicken Potato Casse- role Broccoli Wheat Bread Apple Juice Animal Cookies	4 Beef Taco Salad Tortilla Chips Corn Peach Dessert	5 Meatloaf w/gravy Mashed Potatoes Carrots Dinner Roll Orange Juice Cake	6 Pork Cutlet Red Skin Potatoes Vegetable Medley Wheat Bread Banana	All menus subject to change
<u>Tuesday</u>	9 Spaghetti & Meatballs Italian Vegetables Spinach Wheat Bread Peaches	10 Steak Hoagie on Bun Potato Nuggets Stewed Tomatoes Fresh Orange	11 Broccoli Cheddar Chicken Rice Carrots Corn Wheat Bread Pineapple	12 Chicken & Noodles Green Beans Corn Wheat Bread Banana	13 Valentine Lunch pro- vided by Wilmington Nursing and Rehab at 12:00 noon	
<u>Wednesday</u>	16 Closed for President's Day	17 Chicken & Rice Broccoli Carrots Wheat Bread Pears	18 Salmon Croquette Tomato Soup Baked Beans Broccoli Bun Pineapple	19 Hamburger on Bun Potato Wedges Broccoli Applesauce	20 Italian Chicken Spaghetti Italian Vegetables Peas Cranberry Juice Birthday Cake	
<u>Thursday</u>	23 Baked Chicken w/ gravy Herb Dressing Broccoli/Cauliflower Wheat Bread Strawberry Apple- sauce	24 Country Fried Steak Potato Wedges Green Beans Dinner Roll Fresh Orange Chocolate Cake	25 Ham & Beans Vegetable Medley Cornbread Fruited Jello Graham Crackers	26 Spaghetti w/marinara Vegetable Medley Saltine Crackers Fresh Apple	27 Meatloaf w/gravy Mashed Potatoes Carrots Dinner Roll Orange Juice Cake	
<u>Friday</u>	Fish and Fries					

Return Address

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

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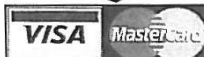


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