



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

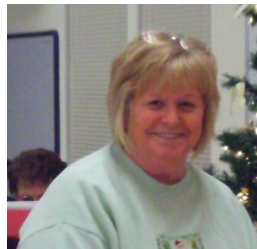
Pam George, LPN

*Forget the black tie, it's no formal affair
Just come as you are for that casual flair,
We'll eat and laugh as we all reminisce,
It's a gathering for a friend that will surely be missed.*

Open House in Honor of Sue Caplinger's Retirement

Sunday, March 15, 2015

2:00 p.m. to 5:00 p.m.



ELVIS RETURNS!





Happy Birthday!!

Walk Club Update!

January total: 175 miles

- Yvonne Ragan 22 miles
- Goldie Lawson 28.5 miles
- Polly Daugherty 17.5 miles
- Charlotte Bland 91 miles
- Janet Esmail 16 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.

- Tom Baegyanga 3/20
- Rich Baker 3/7
- Kate Barber 3/26
- Miles Barrere 3/18
- Charles Beason 3/28
- Jackie Becker 3/5
- Nancy Bernard 3/11
- Carlynn Breakfield 3/12
- Sandy Briggs 3/28
- Sue Caplinger 3/14
- Judi Clay 3/14
- Donna Cleavenger 3/27
- Anna Cline 3/30
- Robert Cochran 3/26

- Susie Ertel 3/18
- Clifford Fahrer 3/25
- Delena Foster 3/13
- Rose Georges 3/1
- Brenda Godlove 3/6
- Jackie Gray 3/29
- Pat Hackney 3/20
- Betty Hill 3/24
- Phyllis Hillsamer 3/5
- Bonnie Huff 3/9
- Delford Jackson 3/15
- Frank Kanyuck 3/11
- Ann Kemble 3/20
- Norma Kidder 3/26

- Edward Kienle 3/21
- Ruth King 3/6
- David Kline 3/17
- Charlise Mattos 3/13
- Nancy McKee 3/28
- Patricia Midgley 3/20
- Dorothy Miglantsch 3/31
- Pamela Milburn 3/29
- Judith Mills 3/26
- Linda Moore 3/30
- Shirley Noes 3/11
- Ann North 3/1
- Eileen Ostermeier 3/8
- Joyce Pinkerton 3/11

- Libby Rea 3/19
- Mary Jane Riehle 3/19
- Chuck Rose 3/1
- Richard Shaefer 3/4
- Sandy Souder 3/7
- Wayne Sprouse 3/20
- Ethel Stone 3/11
- Judy Stoughton 3/20
- Bill Swartzel 3/12
- Clarence Taylor 3/15
- David Taylor 3/12
- Joan Williams 3/23

Clinton Co. Community Action manages senior housing and is currently accepting names for the waiting list: Housing for 55 years of age or older—Blanchester Senior Villas located at 100 Madalyn Loftin Drive, formerly 344 Pansy Pike, Blanchester; Clinton Commons I located at 100 Commons Lane, off of Howard Street, Wilmington; Clinton Commons II located on Jeanie Wilson Way, off of Nunn Avenue, Wilmington; Housing for 62 years of age or older—Community Commons located on Community Drive, off of Nelson Avenue, Wilmington. For information Call (937) 382-8886 or visit our website at clintoncap.org or OHTTY/YYD 800-750-0750. "This institution is an equal opportunity provider and employer" Equal Housing Opportunity.



STIMULUS DRAWING

Brenda Davis \$7.95

Ken Rothwell \$7.40

Gerry Breckel \$7.75



WELCOME NEW MEMBERS!

- | | |
|------------------|----------------|
| Gregory Kidwell | Gerald Pierson |
| Charlie Kenser | Margie Kenser |
| Susan Utley | Brenda Godlove |
| Patti Driscoll | Donna Stewart |
| Priscilla Oliver | Margaret Jones |
| Kathy Schwab | Betty Ogden |
| Donald Wyatt | Virgil Hawkins |
| Susie Ertel | Gayle Roberson |
| Debra Huffman | Melody Long |
| Bonnie Reynolds | |

Senior Center Board Report for January 2014

- Meals: 364 meals were served to 69 attendees.
- Transportation: 394 one way trips were provided to 62 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 2274 home meals delivered to 88 clients.
- Supportive Services: There were 31 units for 19 clients.
- Socialization/Recreation: There were 78 different activities and 229 clients attending.
- Homemaking Services: 801.75 units for 108 clients.
- Total transportation miles: We traveled 6521 miles transporting clients.
- Total miles delivering meals: We traveled 2794 miles delivering meals.
- Clinton Maid: 49.50 units for 15 clients

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!

THANK YOU!!!

Many Thanks to:

- *The Laurels of Blanchester for Blood Pressure Checks
- *Wilmington Nursing & Rehab for lunch on February 13th
- *Cape May for providing February birthday cake

CLINTON CO. ADULT DAY CENTER, INC.
 66 N. Mulberry Street
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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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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

SLOW-COOKER CORNED BEEF & CABBAGE

Ingredients:

- 2 celery stalks, cut into 3-inch pieces
- 3 carrots, cut into 3-inch pieces
- 1 small yellow onion, cut into 1-inch wedges
- 1/2 lb small potatoes, halved if large
- 6 sprigs thyme
- 1 corned beef brisket (about 3 lbs), plus pickling spice packet or 1 tbs pickling spice
- 1/2 head Savoy cabbage, cut into 1 1/2-inch wedges
- Grainy mustard, for serving



Directions:

In a 5-to-6 quart slow cooker, place celery, carrots, onion, potatoes, and thyme. Place corned beef, fat side up, on top of vegetables and sprinkle with pickling spice; add enough water to almost cover meat (4 to 6 cups). Cover & cook on high until corned beef is tender, 4 1/2 hours (or 8 1/2 hours on low). Thinly slice corned beef against the grain and serve with vegetables, cooking liquid, and grainy mustard.

EASTER LUNCH

April 3, 2015



The Boyer Sisters with Back In Time Express!

11:00 EASTER BUNNY ARRIVES

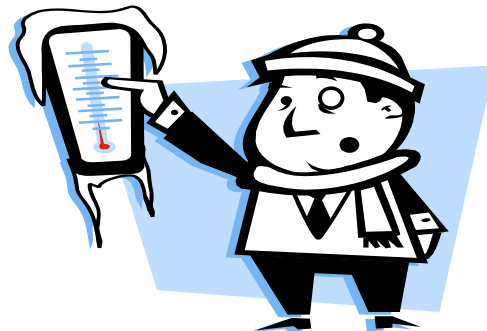
**11:30 BOYER FAMILY SINGERS WITH
BACK IN TIME EXPRESS BAND**

**12:15 LUNCH PROVIDED BY
WILMINGTON NURSING & REHAB
PLEASE RSVP AT 382-7170 BY 3/30**



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!



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DAUGHERTY
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Paid for by Committee to Elect Michael Daugherty Judge



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gabrielsangels.web.com
 Office: 937-302-5781
 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 MARCH 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 March 5: Line dancing with Helen

Tuesday March 10: Advisory Board at 10:00 a.m.

Sunday March 15: Open House in Honor of Sue Caplinger's Retirement

Wednesday March 18: Dinner provided by Wilmington Nursing & Rehab

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.

Friday March 20: Birthday dinner for all those with birthdays in March

Monday March 23: Shopping at the Dayton Mall. Depart at 9:30 a.m.

Wednesday March 25: Dinner at O'Charley's. Depart at 4:00 p.m.

Friday March 27: Baked Steak Dinner at 5:00 p.m. Pre-sale tickets \$7.00, after the 26th, tickets will be \$9.00

Upcoming Events

April 3rd—Dinner by Wilmington Nursing & Rehab. Music by the Boyer Sisters and Back In Time Express

April 4th—Easter Breakfast from 8:00 to 9:30 a.m. Donation \$5.00.

Ala Carte		Mon	Tue	Wed	Thu	Fri
<u>Monday</u> Ham & Beans Cornbread	2 Pork Cutlet Broccoli Green Beans Wheat Bread Pineapple	3 Chicken Stew Green Beans Pineapple Dessert	4 Italian Meatloaf Spaghetti Italian Vegetables White Bread Cinnamon Apples	5 BBQ Beef on Bun Creamy Veg. Soup Peas & Pearl Onions Potato Wedges Banana	6 Chicken Tenders Rice Mixed Vegetables Wheat Bread Fruit Cocktail	
<u>Tuesday</u> Grilled Ham & Cheese	9 Meatloaf w/gravy Mashed Potatoes Spinach Dinner Roll Graham Crackers	10 Chicken & Potato Casserole Broccoli Wheat Bread Apple Juice	11 Beef Taco Salad Black Beans Corn Tortilla Chips Apple Cobbler	12 Pineapple Ham Sweet Potato Patties Peas Dinner Roll Juice & Cake	13 Salmon Croquette Potato Wedges Vegetable Medley Wheat Roll Banana	
<u>Wednesday</u> Chef Salad	16 Roast Turkey Mashed Potatoes Vegetable Medley Dinner Roll Juice & Grahams	17 Broccoli Cheddar Chicken w/Rice Oregon Vegetables Corn Wheat Bread	18 <i>Dinner Provided by WNR</i>	19 Steak Hoagie on Bun Potato Wedges Baked Beans Orange	20 Cheese Ravioli Italian Mixed Vegetables Spinach Birthday Cake	
<u>Thursday</u> Grilled Cheese	23 Chicken & Rice Broccoli Carrots Dinner Roll Pears	24 Salisbury Steak Whipped Sweet Potatoes Oregon Vegetables Wheat Bread	25 Sliced Ham on Bun Tomato Soup Great Northern Beans Broccoli Pineapple	26 Hamburger on Bun Potato Wedges Broccoli Banana	27 Cheese Lasagna Italian Vegetables Corn Dinner Roll Orange	
<u>Friday</u> Fish Fries	30 Baked Chicken Herb Dressing Broccoli Green Beans Wheat Bread	31 Ham & Beans Oregon Vegetables Cornbread Juice & Goldfish Snack Crackers				

Return Address

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

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