



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**

Rebecca Rushing, Director

655-2163

Stella Cramer,

Site Coordinator

655-2156

Cindy Fitch, Supportive  
Services

655-2151

Vicki Trapp, Homemaker

Supervisor

655-2164

Case Management

Pam George, LPN

655-2157

**Sue Caplinger was honored on Sunday, March 15 at an Open House at the Senior Center celebrating her retirement. The amount of people attending was amazing. It was a wonderful day and way to celebrate such a special someone who has been part of the Senior Center since 1983. Sue has truly touched the hearts of the seniors and all others who know her!**



**COME EXPLORE OUR CRAFT ROOM!  
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& MUCH MORE AVAILABLE FOR SALE!**

**ALL PROCEEDS GO TO BENEFIT  
THE CLINTON COUNTY  
SENIOR CENTER**



# Happy Birthday!!

## Walk Club Update!

### February total: miles

Yvonne Ragan 10 miles  
 Polly Daugherty 7.5 miles  
 Charlotte Bland 78 miles  
 Janet Esmail 7 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.

James Abney 4/16  
 Carolyn Alexander 4/26  
 Michael Bales 4/06  
 Robert Berning 4/08  
 Shirley Blake 4/12  
 Sharon Breckel 4/08  
 Betty Bridges 4/09  
 Charles Bush 4/04  
 Beverly Caldwell 4/02  
 Mildred Cook 4/17  
 Phyllis Cook 4/08  
 Grace Cowgill 4/10  
 Sue Dalton 4/22  
 Roger Dolphin 4/17  
 Kenneth Elliott 4/23  
 Nancy Ellis 4/01  
 Alberta Estes 4/16

Thelma Ford 4/09  
 Linda Graves 4/15  
 Barbara Hamilton 4/04  
 Mary Eleanor Harris 4/08  
 David Harris 4/27  
 Sue Harris 4/11  
 Barbara Hasler 4/22  
 Fred Haught 4/21  
 Mary Huff 4/16  
 Jackie Joseph 4/23  
 Anne Johnson 4/14  
 Stella Kafka 4/16  
 Georgia Kennedy 4/23  
 Ruth Kern 4/27  
 Gregory Kidwell 4/12  
 Linda King 4/17  
 Mary Kraus 4/17

Paul Lees 4/09  
 Kathy Linkhart 4/08  
 Melody Long 4/17  
 Jane Mahoney 4/09  
 Joycelyn Martin 4/23  
 William McConnell 4/21  
 William Mitchell 4/05  
 Charles Murphy 4/11  
 Carole Nichols 4/03  
 Marion Osborn 4/29  
 Reva Pendell 4/27  
 Nan Philip 4/29  
 Cindy Quigley 4/15  
 Michael Rains 4/11  
 Elizabeth Reeder 4/20  
 Beverly Shaeffer 4/18  
 Ruby Schramm 4/21

Francis Sharp 4/25  
 Mildred Shumaker 4/15  
 Donald Smith 4/08  
 Tammy Speelman 4/15  
 Carl Spilker 4/10  
 Roger Vaughan 4/21  
 Pat Waelti 4/21  
 Linda Walls 4/09  
 John Webb 4/15  
 Betty Weiss 4/24  
 Ann Williams 4/24  
 Donald Wyatt 4/08

Happy Belated Birthday!

Carl Custis 3/28  
 John Galliot 3/27

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

Wilma Kelso \$8.32  
 Rick Foster \$6.79  
 Rick Foster \$9.96



## WELCOME NEW MEMBERS!

John Gregg	Jerri Wingo
Tom Dalton	Mary Fritz
Roger Dolphin	Diane Good
Ken Driscoll	Tina Slutz
Ginger Fritz	Barbara Chandler
Elizabeth Miller	David Garringer
George Murphy	Dana Dunsieith
Paul & Nancy Lewis	Connie Hardie
Michael & Linda Bales	James Polenchak
Ted & Linda Ricker	Doris Swisshelm
Paul & Linda Eichelberger	

## Senior Center Board Report for February 2015

Meals: 382 meals were served to 75 attendees.  
Transportation: 436 one way trips were provided to 71 participants.  
ESP Medical: There were 12 units for 4 clients.  
Adult Day Care: There were a total of 94 trips provided for 7 clients.  
Home Meals: There were 1655 home meals delivered to 68 clients.  
Supportive Services: There were 91 units for 31 clients.  
Socialization/Recreation: There were 88 different activities and 229 clients attending.  
Homemaking Services: 722.25 units for 118 clients.  
Total transportation miles: We traveled 6330 miles transporting clients.  
Total miles delivering meals: We traveled 2713 miles delivering meals.  
Clinton Maid: 64 units for 14 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!

**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.

**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

**THANK YOU!!!**

Many Thanks to:

- \*The Laurels of Blanchester for Blood Pressure Checks
- \*Wilmington Nursing & Rehab for lunch on March 18th
- \*Cape May for providing March birthday cake

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**Terry Spurlock**  
1403 Rombach Avenue  
Wilmington, OH 45177

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Mobile: 937-603-5429

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1107 Rombach Ave., Wilmington, OH 45177



*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 IS STARTING UP AT THE CENTER

Begin purchasing items for the boxes that we will fill coming in November . If we begin early purchasing supplies then there won't be a needed supply coming in November

Beginning in April-Nov. there will be a Big Christmas Box in the foyer for you to put in your items of the month. Or any items you wish. **100** boxes are our goal for the Center, so Happy Operation Christmas Child Shopping.

## Aprils supplies:

**Tooth Paste and tooth Brushes**



### SEVEN LAYER COOKIES

- 1/4 lb margarine
- 1 cup graham crackers
- 1 pkg chocolate chips (12 oz)
- 1 pkg butterscotch chips (12 oz)
- 1 cup shredded coconut
- 1 cup nuts (walnuts)
- 1 can Eagle Brand milk



### ADD IN LAYERS—13 x 9 inch pan

1. Melt margarine in pan
2. Add graham crackers
3. Chocolate chips
4. Butterscotch chips
5. Shredded coconut
6. Nuts
7. Eagle Brand milk

Bake at 325 degrees for 25 to 30 minutes.



## EASTER LUNCH

April 3, 2015

### The Boyer Sisters with Back In Time Express!

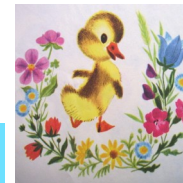
11:00 EASTER BUNNY ARRIVES

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

12:15 LUNCH PROVIDED BY

WILMINGTON NURSING & REHAB

Door Prizes, 50/50 Drawing, & Bake Sale



Our Annual Volunteer Banquet will be held on Monday, April 27, 2015 at 6:00 pm. We will be honoring those with volunteer hours from April 1, 2014 through March 31, 2015. Reservations from invitations to be made by Friday, April 24, 2015.



### 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**  
**Judge**  
Paid for by Committee to Elect Michael Daugherty Judge

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**Gerald K. Perelman, DPM**  
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Thick/Fungal Nails	Bunions	Neuromas
Corns/Calluses	Hammertoes	Warts

**VOTE**

**JUDY GANO**

**MUNICIPAL JUDGE**

Paid for by Committee to Elect Gano For Judge

*Gabriel's Angels Homecare*  
 Mindy Waits

---

Owner /Case Manager gabrielsangels.web.com  
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 Wilmington, Oh 45177 Cell: 937-509-1622

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**Wilmington Nursing & Rehabilitation Center**

75 Hale Street Phone: (937) 382-1621  
 Wilmington, OH 45177 Fax: (937) 383-1215

**Seniors Need Help call 382-7170**

## ACTIVITY SCHEDULE FOR APRIL 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  
2:00 p.m.—Line Dancing  
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  
1:00 p.m.—Veteran's Meeting  
3:30 p.m.—Low Impact Aerobics

### 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

### 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  
April 10th—Zumba Gold by Maribeth Bevis. Class will be every Friday from 1:00 to 2:00 pm  
April 14th—Advisory Board at 9:30 am  
April 15th—Information session on Estate Planning provided by Mike Daughtery at 1:00 pm  
April 17th—Birthday Dinner  
April 27th—Volunteer Banquet at 6:00 pm  
April 29th—Dinner Trip to Red Robin. Depart at 4:00 pm

Ideal Nutrition is again sponsoring a Spring Weight Loss Challenge. The challenge begins Tuesday April 21st at 5:30 pm at the Clinton County Senior Citizen's Center. For more information call Sue Wylie at 937-444-6161

# Ala Carte

## Mon

## Tue

## Wed

## Thu

## Fri

<u>Monday</u> Ham & Beans Cornbread			1 Chili Spaghetti Mixed Vegetables Saltine Crackers Fresh Apple	2 Italian Meatloaf Spaghetti Italian Vegetables Dinner Roll Pineapple	3 Lunch provided By Wilmington Nursing and Rehab
<u>Tuesday</u> Grilled Ham & Cheese	6 Turkey Mett on Bun Mashed Potatoes Green Beans Fresh Orange	7 Chicken Tenders Brown Rice Mixed Vegetables Wheat Bread Fruit Cocktail	8 BBQ Beef on Bun Vegetable Soup Peas & Onions Potato Wedges Peaches	9 Chicken Stew Green Beans Wheat Bread Pineapple Chocolate Cake	10 Pork Cutlet Broccoli Green Beans Wheat Bread Pineapple
<u>Wednesday</u> Chef Salad	13 Chicken Potato Casse- role Broccoli Wheat Bread Apple Juice/Grahams	14 Meatloaf Mashed Potatoes Spinach Peaches	15 Beef & Black Beans Taco Salad Tortilla Chips Cinnamon Apples	16 Pork Cutlet Potato Wedges Vegetable Medley Wheat Bread Banana	17 Pineapple Ham Sweet Potato Patties Peas Dinner Roll Birthday Cake
<u>Thursday</u> Hamburger Grilled Cheese	20 Steak Hoagie Potato Wedges Baked Beans Fresh Orange	21 Broccoli Cheddar Chicken Brown Rice Oregon Vegetables Corn	22 Roast Turkey Mashed Potatoes Vegetable Medley Dinner Roll Apple Juice/Grahams	23 Spaghetti & Meatballs Italian Vegetables Spinach Wheat Bread Mandarin Oranges	24 Chicken & Noodles Green Beans Carrots Wheat Bread Banana
<u>Friday</u> Fish Fries	27 Coriander Chicken Brown Rice Broccoli Carrots Wheat Bread	28 Hamburger on Bun Tomato Soup Great Northern Beans Broccoli Pineapple	29 Italian Chicken Spaghetti Italian Vegetables Wheat Bread Applesauce	30 Salisbury Steak Whipped Sweet Pota- toes Oregon Vegetables Wheat Bread	<b>MAY 1</b> Hamburger on Bun Potato Wedges Broccoli Applesauce

## Return Address

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

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