Volume 10, Issue 5



Clinton County Community Action Programs, Inc.

Hours Of Operation M-F 8:00 am - 4:30 pm

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

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









Walk Club Update!

March total: 214.5 miles

Yvonne Ragan 36 miles

Polly Daugherty 24 miles

Charlotte Bland 103 miles

Janet Esmail 20 miles

Goldie Lawson 31.5 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. outdoor walking. Margaret Baecher 5/30 Gerald Burton 5/23 Robert Caldwell 5/26 Richard Caplinger 5/09 Barbara Chandler 5/13 Carol Davidson 5/01 Susan Delanev 5/20 Ronnie Dunn 5/10 Dana Dunsieth 5/02 Jack Earley 5/10 Paul Eichelberger 5/08 Carol Ewing 5/03 Joan Fauley 5/28 Sandra Fisher 5/17 Tom Ford 5/06 Nancy Fowler 5/30 Mary Fritz 5/02 Joyce Graesser 5/26

Robert Green 5/08 Barbara Kelley 5/07 Joyce Kozopas 5/07 Erma Kroll 5/07 Cathy Lambcke 5/10 Charlotte Lawrence 5/20 Mary Lawson 5/17 Nancy Lewis 5/11 Lyle McLarty 5/31 Mary Melone 5/02 Barbara Morris 5/14 Mary Ellen Murphy 5/12 Fred Nadeau 5/17 Joan Noel 5/21 Bertha Reveal 5/29 Leland Reveal 516 Bonnie Reynolds 5/28

Robert Rhoades 5/30 Linda Ricker 5/02 Leona Rose 5/16 Glenna Samsel 5/31 Wilma Scanlon 5/25 Norma Sherod 5/09 Nellie Simonson 5/14 Anne Smethwick 5/01 Richard Spinks 5/03 Doris Swisshelm 5/02 Wilbert Ward 5/08 Diania Wiget 5/26 Georgia Workman 5/21

STIMULUS DRAWING

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.

F



WELCOME NEW MEMBERS!



Kenny Rothwell \$8.50 Shirley Massie \$7.56 Wilma Scanlon \$9.00



LOOK ON THE BRIGHT SIDE

Sometimes stainless steel sinks yellow a bit, or they collect stains from coffee, tea, and other foods. To brighten things up, pour a few tablespoons of ammonia on a sponge and wipe out the sink. Then rinse both sponge and sink with hot water.



Senior Center Board Report for March 2015

Meals: 483 meals were served to 66 attendees.

Transportation: 551 one way trips were provided to 86 participants.

ESP Medical: There were 15 units for 3 clients.

Adult Day Care: There were a total of 94 trips provided for 7 clients.

Home Meals: There were 1781 home meals delivered to 66 clients.

Supportive Services: There were 91.5 units for 25 clients.

<u>Socialization/Recreation</u>: There were 101 different activities and 242 clients attending.

Homemaking Services: 857.50 units for 118 clients.

<u>Total transportation miles</u>: We traveled 11031 miles transporting clients.

<u>Total miles delivering meals</u>: We traveled 2713 miles delivering meals.

Clinton Maid: 70.50 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

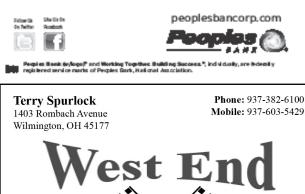
(937) 382-0946

Agent for Ohio Bar Title Insurance Co.

Fax (937) 382-1361



1.800.374.6123



Auto Sales & Service

THANK YOU!!!

Many Thanks to:

*The Laurels of Blanchester for Blood Pressure Checks

*Wilmington Nursing & Rehab for our Easter Luncheon



1682 ALEX DRIVE, WILMINGTON

(937)382-5694

www.littletonhomecare.com







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.

May supplies:

Soap bars and washcloths









Cauliflower Salad!!!

1 head of cauliflower steamed or boiled until tender in bite size pieces

6 boiled eggs, when done peel eggs, rinse and separate yokes into a bowl. Then mash the yolk and cut the whites into small bite size pieces, then blend together

1/3 cup miracle whip/mayonnaise (don't use light, it has more carbs)

3 tbs of mustard

3 tbs of pickle relish

1/8 cup of chopped onion

Salt/pepper to taste

Mix all together and garnish with egg slices and parsley

1 cup of cauliflower is only 3 carbs

1 cup of potato is 37 carbs!

MIRACLE-EAR HEARING CENTER Steve Voller, BC-HIS Wednesday, May 27th 9:00 to Noon

THE INVENTION THAT HELD THE WAR EFFORT TOGETHER

The Allies were fighting WWII, and on the battlefields, things were falling apart. Literally. Tents were ripped, boots were wearing out, and equipment no longer held together. Today the solution would be obvious, but in those days duct tape didn't exist. So researchers at Johnson & Johnson invented it. Using medical tape as a starting point, they created a strong, waterproof tape that was more than suitable for emergency repairs.

A few years later, civilians grew to know and love the tape when the postwar housing boom translated into thousands of miles of newly installed heating ducts that needed sealing. In keeping with these peacetime needs, manufacturers changed the tape's color from olive green to silver gray. Consumers responded by discovering an everexpanding array of uses for the versatile tape, and the rest, as they say, is history.

The Wilmington Savings Bank/Clinton County Senior Center's Advisory Board met a 9:30 am on April 14th. Updates were provided on the financial status of the Senior Center. The board members discussed several options to increase revenue. Different fund raising options were mentioned, along with an increase in membership dues. A decision was made to increase the membership dues to \$20.00 a year. Beginning May 1, 2015 all members dues will be pro-rated until December 31, 2015. All dues will be payable by January 1, 2016. Anyone having questions or concerns, please contact

the

Advisory Board, or Rebecca Rushing at 655-2163. The board members are as follows: D Bullock Larry Cordrey Sid Clay Barb Davis Dee Foster

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

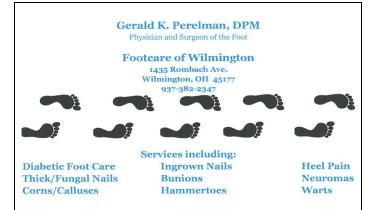
the word to your friends and family, they can place their items in the dumpster too!











VOTE

JUDY GANO

MUNICIPAL JUDGE

Paid for by Committee to Elect Gano For Judge



Seniors Need Help call 382-7170

ACTIVITY SCHEDULE FOR MAY 2015

THURSDAY **MONDAY** 8:00 am-Early Bird 8:00 am-Early Bird 8:30 am-Chair Yoga 9:00 am-Exercise with Weights 9:00 am-Walk Club 9:00 am-Pinochle 9:00 am-Pool 10:00 pm-Exercise 10:00 am-Corn Toss 12:15 am-Chair Volleyball 12:15 pm-Mexican Train Dominos 1:00 pm-Veteran's Meeting 2:00 pm-Line Dancing 12:15 am-Rook 12:15 am-Crafts 3:30 pm-Low Impact Aerobics **TUESDAY** 8:00 am-Early Bird FRIDAY 8:00 am-Early Bird 9:00 am-Pool 9:00 am—Stability Ball 10:00 am-Exercise 9:00 am-Walk Club 12:15 pm-Crafts 9:00 am-Flex Class 12:15 pm-Euchre 9:30 am-Bridge 2:30 pm—Line Dancing 12:15 pm—Rook 3:30 pm-Low Impact Aerobics 12:15 pm-Crafts 7:00 pm—Square Dancing 1:00 pm-Zumba Gold WEDNESDAY 8:00 am—Early Bird 9:00 am-Pool

9:00 am—Pool 10:00 am—Corn Toss 12:15 pm—Sequence/Mexican Train Dominos 12:15 pm—Crafts

UPCOMING EVENTS

May 6th—Blood Pressures by The Laurels of Blanchester at noon May 12th—Advisory Board at 10:00 am, Planning Committee to follow at 11:00 am May 13th—Fish Fry Carry In at 6:00 pm. Cost: \$5.00 May 15th—Birthday Lunch Blood Pressures by the Clinton County Health Department at noon May 19th—Games by The Laurels of Blanchester at 12:15 pm May 20th—Lunch provided by Wilmington Nursing & Rehab May 22nd—Memorial Day Lunch. Please bring a dessert May 23rd—Open House for the Exercise Room from 10:00 to 1:00. Learn how to correctly use the Curves Equipment. Demonstrations on: Zumba Gold Line Dancing Flex Fit Raffles, Door Prizes, and Bake Sale Refreshments provided! May 25th—Closed for Memorial Day

Anyone interested in a shopping trip to Jeffersonville Outlet, please see Stella or Beckie

Ala Carte	Mon	Tue	Wed	Thu	Fri	
Monday					1	
Ham & Beans Cornbread					Hamburger on Bun Potato Wedges Broccoli Banana	
Tuesday	4	5	6	7	8	
Grilled Ham &	Chili Spaghetti Mixed Vegetables	Turkey Sandwich Creamy Veg Soun	Italian Meatloaf Snaohetti	Grilled Chicken	Baked Chicken	
Cheese	Fresh Apple	Potato Salad Cole Slaw	Pineapple	Fotato wedges Green Beans Fresh Orange	Green Beans	
Wednesday	11 Chicken Stew	12 Italian Meatloaf	13 Chicken Tenders	14 BBO Beef on Bun	15 Pork Cutlet	
Chef Salad	Green Beans Pineapple Dessert Dinner Roll	Spaghetti Italian Vegetables White Bread	Brown Rice Mixed Vegetables Fruit Cocktail	Peas & Pearl Onions Coleslaw Peach Dessert	Broccoli Green Beans Birthday Cake	
Thursday	18 Meatloaf	19 Chicken Potato Casse-	20 Lunch sponsored by	21 Reaf Tarro Salad	22 Hamburger on hun	
Grilled Cheese	Mashed Potatoes	role	Wilmington Nursing	Com	Potato Wedges	
Grilled Ham & Cheese	Spinach Peaches	Broccoli Wheat Bread	and Rehab at Noon	Apple Cobbler Tortilla Chips	Broccoli Banana	
Friday	25 Closed in observance	26 Steak Hoagie	27 Broccoli Cheddar	28 Spaghetti & Meatballs	29 Roast Turkey	
Fish French Fries	of Memorial Day	Potato Wedges Baked Beans	Chicken Brown Rice	Italian Vegetables Spinach	Mashed Potatoes Vegetable Medley	
		Fresh Orange	Oregon Vegetables	Wheat Bread	Dinner Roll	đ.

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



Seniors Need Help call 382-7170