

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 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



EASTER LUNCH WITH THE BOYER SISTERS AND BACK IN TIME EXPRESS BAND



Happy Birthday!!

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 Delaney 5/20
Ronnie Dunn 5/10
Dana Dunsith 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 5/16
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

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.



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/YD 800-750-0750. "This institution is an equal opportunity provider and employer" Equal Housing Opportunity.



WELCOME NEW MEMBERS!

Herman Clark	Gail Clark
Gary Clark	Calvin Clark
Maxine Current	Betty Davis
Nancy Haley	Josephine Hibbs
Michael Hibbs	Patty Hibbs
Wilbert Ward	Carol Ewing
Ronnie Dunn	Kathryn Fauley
Maurice Fauley	Joan Fauley
Becky Baldwin	Steven Baldwin
Andrea Adkins	Gina Root
Don Gebhart	Kathy Gebhart
Judith Reiley	

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.
Socialization/Recreation: There were 101 different activities and 242 clients attending.
Homemaking Services: 857.50 units for 118 clients.
Total transportation miles: We traveled 11031 miles transporting clients.
Total miles delivering meals: 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.

THANK YOU!!!

Many Thanks to:

- *The Laurels of Blanchester for Blood Pressure Checks
- *Wilmington Nursing & Rehab for our Easter Luncheon

Visit us at our new location!

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 1403 Rombach Avenue Mobile: 937-603-5429
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1107 Rombach Ave., Wilmington, OH 45177


Continental
 MANOR

Lois Butt, LNHA, MSOL
 Executive Director

820 E. Center Street • Blanchester OH 45107
 937.783.4949 • fax 937.783.5820
 email: lbutt@continentalmanor.org

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 yolks 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 ever-expanding 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!



ELECT Mike
DAUGHERTY
Judge
Paid for by Committee to Elect Michael Daugherty Judge

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Paid for by Committee to Elect Gano For Judge

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 Fax: (937) 383-1215

Seniors Need Help call 382-7170

ACTIVITY SCHEDULE FOR MAY 2015

MONDAY

8:00 am—Early Bird
8:30 am—Chair Yoga
9:00 am—Walk Club
9:00 am—Pool
10:00 am—Corn Toss
12:15 pm—Mexican Train Dominos
12:15 am—Rook
12:15 am—Crafts

TUESDAY

8:00 am—Early Bird
9:00 am—Stability Ball
10:00 am—Exercise
12:15 pm—Crafts
12:15 pm—Euchre
2:30 pm—Line Dancing
3:30 pm—Low Impact Aerobics
7:00 pm—Square Dancing

WEDNESDAY

8:00 am—Early Bird
9:00 am—Pool
10:00 am—Corn Toss
12:15 pm—Sequence/Mexican Train Dominos
12:15 pm—Crafts

THURSDAY

8:00 am—Early Bird
9:00 am—Exercise with Weights
9:00 am—Pinochle
10:00 pm—Exercise
12:15 am—Chair Volleyball
1:00 pm—Veteran's Meeting
2:00 pm—Line Dancing
3:30 pm—Low Impact Aerobics

FRIDAY

8:00 am—Early Bird
9:00 am—Pool
9:00 am—Walk Club
9:00 am—Flex Class
9:30 am—Bridge
12:15 pm—Rook
12:15 pm—Crafts
1:00 pm—Zumba Gold

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

Return Address

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

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