

CLINTON COUNTY COMMUNITY ACTION PROGRAM INC.
SENIOR OPERATIONS
WILMINGTON SAVINGS BANK-CLINTON COUNTY SENIOR CENTER
This institution is an equal opportunity provider and employer



THE SENIOR INFORMER

SENIOR AWARENESS FAIR 2015!

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





Happy Birthday!!



Walk Club Update!

May total: 311.9 miles

Yvonne Ragan 52 miles

Polly Daugherty 34.5 miles

Charlotte Bland 93 miles

Janet Esmail 27 miles

Goldie Lawson miles

Kathy Schwab 105.4 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.

Phyllis Anderson 7/13
Nancy Baker 7/8
Bob Baker 7/28
Rose Beal 7/10
Elizabeth Bradshaw 7/15
Vanessa Brown 7/17
Mary Alice Bryan 7/4
Joan Burge 7/26
Mary Bush 7/21
Sid Clay 7/10
Gerald Cline 7/27
Irene Clouser 7/24
Cathy Collins 7/14
Nancy Conner 7/7
Bill Davis 7/19
Robert Fahrubel 7/21
Susan Femeyer 7/28
Bill Flint 7/22

Gary Fraizer 7/4
David Garringer 7/24
Howard Gates 7/13
Judy Gates 7/24
Evelyn Gunning 7/13
Laura Hobart 7/21
Esther Jordan 7/9
Bonnie Kanyuck 7/3
Shirley Katter 7/16
Mary Lou Kellum 7/31
Sue Kratzer 7/8
Ginger La Duke 7/20
Arnold Lansing 7/23
Jane Lees 7/31
Anne Lynch 7/22
Helen McFarland 7/26
Janet McFarland 7/21
Connie Milburn 7/14

Audrey Minton 7/21
Glenn Orr 7/15
Charles Ostermeier 7/8
Jo Ann Patterson 7/23
Cindy Petrich 7/14
John Philip 7/14
Irene Puckett 7/13
Jacqi Rhodes 7/16
Ted Ricker 7/16
Marty Riley 7/7
Marian Saboski 7/1
Ida Salle 7/19
Barbara Salyer 7/1
Kathy Schwab 7/28
Loretta Sewell 7/21
Vivian Shepherd 7/19
Roberta Shingler 7/13
Phyllis Stewart 7/26

Vivian Stroud 7/26
Harriet Terrell 7/12
Linda Terrell 7/27
Barbara Urton 7/7
David Viars 7/13
Victor Vick 7/16
Shandra Webb 7/10
Caroline Wesbrook 7/27
Rodney Whitaker 7/19
Connie Wilson 7/21
Betty Yarger 7/27

Happy Belated Birthday!
Gladys Bobbitt 6/30

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.

STIMULUS DRAWING

Fran Unger \$6.75

Ruth Moots \$7.75

Bob McFadden \$8.00

Arline Bayless \$7.25



“This institution is an equal opportunity provider and employer” Equal Housing Opportunity.



WELCOME NEW MEMBERS!

Mary Ellen Spisak

Clara Hurt

Marty Riley

John Riley

Eileen Parris

Connie Whitaker

Reba Williams

Bob Fadden

Christina Fadden

Sara Conley

Nicki Selgan

Paul Skogstron

Linda Hartman

L. Dean Hartman

Patty Schraner

Nial Henry

Babs Maples

Linda Olinger

Linda Gregory

Dennis Sweeney

Earl Doolittle

Beverly Drapalick

Meda Pittser

Helen Skogstron

Senior Center Board Report for June 2015

Meals: 532 meals were served to 79 attendees.

Transportation: 546 one way trips were provided to 65 participants.

ESP Medical: There were 39 units for 7 clients.

Adult Day Care: There were a total of 81.5 trips provided for 7 clients.

Home Meals: There were 1703 home meals delivered to 65 clients.

Supportive Services: There were 43.75 units for 17 clients.

Socialization/Recreation: There were 106.25 different activities and 185 clients attending.

Homemaking Services: 862.25 units for 129 clients.

Total transportation miles: We traveled 11,560 miles transporting clients.

Total miles delivering meals: We traveled 2701 miles delivering meals.

Clinton Maid: 63 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 Luncheon
- *Cape May for June Birthday cake
- *Thank you Sid & Judy Clay for the new dominos in honor of Erma Kroll and Barbara Hawk

Visit us at our new location!

LITTLETON
 Respiratory Homecare
"We deliver quality every day."

1682 ALEX DRIVE, WILMINGTON
 (937)382-5694
 www.littletonhomecare.com

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

Helping Make Golden Years Bright, Indeed.



Wilmington Savings Bank 184 N. South Street • Wilmington
 937.382.1659 • 1.800.951.9958
 www.wilmingtonsavings.com
 Member FDIC / Equal Housing Lender


Working Together. Building Success.

1.800.374.6123



Peoples Bank (a logo) and Working Together. Building Success.™, individually, are federally registered service marks of Peoples Bank, National Association.

The **McBrayer**
 Real Estate Company



WILMA McBRAYER
 Broker, Owner

Business (937) 382-0809 ext. 14
 Fax (937) 382-4548
 Residence (937) 382-3407
 Cell (937) 728-0809
 E-mail wmcbrayer@cinci.rr.com
 1107 Rombach Ave., Wilmington, OH 45177

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

West End

 Auto Sales & Service

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.

July supplies:

Play dough and small stuffed animal

Presentation from Jack & Debbie on Wednesday, August 5, 2015 at 11:00!



FANTASTIC GRAPE SALAD!

- 2 Lbs Seedless Red Grapes
- 2 Lbs Seedless Green Grapes
- 8 oz Sour Cream
- 8 oz Softened Cream Cheese
- 1/2 cup White Sugar

Topping

- 4 Butterfinger Candy Bars
- 1/2 Cup Pecans
- 1/2 Cup Brown Sugar



Wash and dry the grapes and set aside. Mix the sour cream, cream cheese and white sugar in a bowl until it is mixed well. Pour the mixture over the grapes and fold easily until the grapes are covered well. Pour into a 9x13 pan. Crush the pecans and Butterfinger together and mix into the brown sugar. Sprinkle over the grapes.

Submitted by Vicki Trapp

Combine Fire and Water(melon)

If you plan to serve watermelon this Fourth of July, keep reading to see how to create a centerpiece that also serves as dessert.

Use a paring knife to dig out three 1/2-inch-deep rounds in a line down the center of the watermelon and place a candle in each cut out. Leave a serving spoon nearby to serve your guests with.

Gentle Firecracker

To avoid injuries, find some small gifts, about 1 1/2 inches wide and 5 inches long, such as candy, a figurine, or a balloon and attach them to an 8 inch string. Make sure there is about 6 inches left over for family and friends to receive their gift. Insert the gift into toilet paper tube and cover with red, white or blue tissue paper. Make sure the string is hanging out on one side. Twist the ends like a candy wrapper and place out for your loved ones to enjoy.



E-MAIL CLASS 101

Learn how to set up an email account!

Classes will be held at 10:00 am

Monday the 13th, 20th, 27th

Space is limited to 5 participants

Register at front desk or by calling the Senior Center



GET YOUR GRASS SKIRTS & FLOWERED SHIRTS READY!

LUAU on August 1st at 5:00 pm

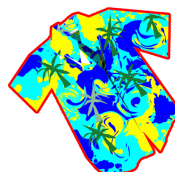
Entertainment by Riverest Trio & Friends

MARK YOUR CALENDERS!!!

2nd Annual 5k Run/Walk

September 12, 2015

****Proceeds to benefit the Clinton County Seniors****



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!





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




CAP Construction

Your Local Handyman Service

Competitive Prices
Free Estimates
We can handle any of your home improvement/repair needs.
Jane Newkirk : 937-382-8365

Gerald K. Perelman, DPM
Physician and Surgeon of the Foot

Footcare of Wilmington
1435 Rombach Ave.
Wilmington, OH 45177
937-382-2347



Services including:

| | | |
|--|--|--------------------------------|
| Diabetic Foot Care Thick/Fungal Nails Corns/Calluses | Ingrown Nails Bunions Hammertoes | Heel Pain Neuromas Warts |
|--|--|--------------------------------|



Gabriel's Angels Homecare LLC
Mindy Johnson

Owner/Operator
288 Schell Rd.
Wilmington, Oh 45177

Phone: 937-509-1622
Call or Text

GANO LAW OFFICES

JUDY A. GANO

169 NORTH SOUTH STREET

WILMINGTON, OHIO 45177

(937) 382-3320

SENIOR CITIZEN DISCOUNTS ON AUTO SERVICE!



**WILMINGTON
AUTO CENTER**

www.WilmingtonAutoCenter.com

- PRE-OWNED VEHICLES
- SERVICE
- QUICK-LUBE
- STORAGE

937.382.7714

1780 ROMBACH AVE
WILMINGTON, OHIO



**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 JULY 2015

MONDAY

8:00 am—Early Bird
8:30 am—Chair Yoga
8:45 am—Silver Sneakers
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
8:45 am—Silver Sneakers
9:00 am—Pool
10:00 am—Corn Toss

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
3:30 pm—Low Impact Aerobics

FRIDAY

8:00 am—Early Bird
8:45 am—Silver Sneakers
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

MIRACLE-EAR HEARING CENTER

Steve Voller, BC-HIS

Wednesday, July 22, 2015

UPCOMING EVENTS

7/3 Closed

7/8 Car Club at 6:30 pm

7/15 Wilmington Nursing and Rehab Luncheon

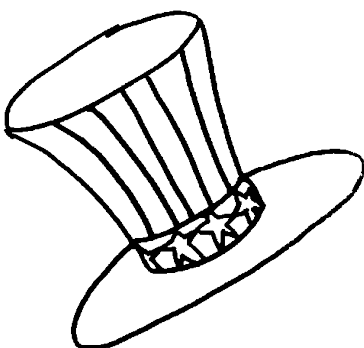
7/16 Banana Splits from 2:00 to 3:00 pm. Cost: \$3.00


7/17 Birthday Dinner

7/17 Pizza Game Night at 5:00 pm—Please bring snack foods

7/29 Dinner trip to “Our Place”— Departure at 4:00 pm

8/1 Luau at 5:00 pm Riverest Trio and Friends—Pre-sale \$7.00, cut off date 7/29/2015. \$10.00 at the door



| Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|---|--|--|--|
| | | 1 Chef Salad | 2 Hamburger on Bun Great Northern Beans Broccoli Pineapple | 3 Closed in observance of July 4th Holiday | 4  |
| 6 Chicken & Brown Rice Broccoli Carrots Pears | 7 Fried Steak Italiano Spaghetti Italian Vegetables Strawberry/Apple- sauce | 8 Hamburger on Bun Potato Wedges Broccoli Applesauce | 9 Chicken Salad Sand- wich Potato Salad Coleslaw Peaches | 10 Salisbury Steak Whipped Sweet Pota- toes Oregon Veggies Mandarin Oranges | |
| 13 Chili Spaghetti Mixed Vegetables Fresh Apple | 14 Turkey Sandwich Creamy Veggie Soup Potato Salad Coleslaw Peaches | 15 Lunch provided by Wilmington Nursing and Rehab | 16 Italian Meatloaf Spaghetti Italian Vegetables Pineapple Tidbits | 17 Baked Chicken Herb Dressing Broccoli Green Beans Birthday Cake | |
| 20 Chicken Tenders Brown Rice Mixed Vegetables Fruit Cocktail | 21 Chicken Stew Green Beans Dinner Roll Pineapple | 22 BBQ Beef on Bun Peas & Pearl Onions Coleslaw Peach Cobbler | 23 Ham Sandwich Tomato Soup 3 Bean Salad Coleslaw Pears | 24 Chicken w/gravy Broccoli Green Beans Fresh Orange | |
| 27 Pineapple Ham Sweet Potato Patties Peas Juice & Cake | 28 Meatloaf w/gravy Mashed Potatoes Spinach Peaches | 29 Turkey Tetrazzini Brussel Sprouts Baked Cinnamon Ap- ples | 30 Swiss Steak Stewed Tomatoes O'Brien Potatoes Pears | 31 Chicken Potato Cas- serole Broccoli Juice & Elf Grahams | |

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**

Clinton Home-Maid Service

Clinton County Community Action 789 N. Nelson Ave, Wilmington

Bogged down with housework?



Not enough hours in the day?
Need help on a short-term or long-term
basis with your house cleaning?

Our Homemakers are background
checked, bonded and insured.

GIVE US A CALL TODAY!

937-655-2164



WEARLY

MONUMENTS

Since 1899

1033 Rombach Ave., Wilmington, OH 45177

Alice Weierman

OFFICE: (937) 382-6214 * (800) 262-2249 * FAX: (937) 382-6214



Joseph C. Chen, MD

Eye Physician & Surgeon

The #1 most referred
eye physician by local
doctors. Ask about us.

- Cataract and laser treatments
- Diabetic & glaucoma eye care
- Macular degeneration treatment
- Dry, itchy eyes • Eyelid surgery



Cataract and Laser Surgeries Performed
in our On-site Surgery Center

EYE SERVICES

671 W. Main Street • 383-3277

Seniors Need Help call 382-7170