

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

## OUR FIRST ANNUAL CRUISE-IN!

### 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



### MANY THANKS TO OUR SPONSORS, PARTICIPANTS, &VOLUNTEERS!

- The Antique Car Club
- Auto Zone
- Court House Manor
- Divine Image
- Vital Fitness
- O'Reilly's Auto Parts
- MediGold



# Happy Birthday!!



### Walk Club Update!

Judi Clay-79.68 miles

Janet Esmail-22 miles

Yvonne Rogan-50.5 miles

Kathy Schwab-92 miles

Shelia Bracht-112 miles

Polly Daughtery-31.5 miles

Charlotte Bland-108 miles

Carole France-125 miles

Margie Pierson-143.23

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.

Barbara Albrecht 9/2  
 Oplis Allen 9/7  
 Anita Allen 9/9  
 Dauna Armstrong 9/21  
 Joyce Arrasmith 9/11  
 Joyce Baker 9/14  
 Joyce Barrett 9/21  
 Robert Bauer 9/4  
 Arline Bayless 9/07  
 Dessie Beane 9/20  
 John Beireis 9/5  
 Beverly Beireis 9/13  
 Ora Bennett 9/4  
 Betty Berger 9/10  
 Velma Billings 9/10  
 Carole Bogan 9/10  
 Joan Boothby 9/21  
 Francis Bosier 9/26  
 Eva Botts 9/4  
 Charlene Bowman 9/25  
 Tom Brausch 9/22  
 Mary Bumgarner 9/9  
 George Buscema 9/25  
 Teresa Camp 9/21  
 Mary Camp 9/2  
 Shirley Cluxton 9/16  
 Mary Conger 9/16  
 Linda Conover 9/4  
 June Cosler 9/18

Marie Cowman 9/25  
 Margaret Dailey 9/12  
 Helen Damron 9/10  
 Phillip Damron 9/29  
 Connie Damron 9/19  
 Brenda Davis 9/1  
 Jim Dobbins 9/30  
 Susan Fahrubel 9/17  
 Richard Foster 9/30  
 Jack Frye 9/8  
 Diane Fugate 9/22  
 Wanda Galliett 9/23  
 Pamela George 9/25  
 Kathy Geyman 9/28  
 Kathleen Geyman 9/25  
 Beverly Gibb 9/16  
 Lois Gibson 9/25  
 Kay Ginter 9/14  
 Gypsy Goodman 9/22  
 JoAnn Hale 9/3  
 Jean Henderson 9/18  
 Phyllis Henzie 9/25  
 Deborah Hicks 9/24  
 Mary Kathryn Hicks 9/3  
 Chris Howe 9/19  
 Gary Huffman 9/3  
 Ruth Hussey 9/14  
 Lester Jenks 9/21  
 James Jones 9/4

Frank Kendall 9/13  
 Junior King 9/19  
 Carol Kirby 9/3  
 Janice Majoewsky 9/17  
 Julianne Mason 9/24  
 Homer Mathews 9/4  
 Bonnie Mathews 9/8  
 Margaret Mattison 9/8  
 Florence Meadows 9/19  
 Sylvester Melone 9/16  
 Helen Miley 9/16  
 Margaret Miller 9/19  
 Ruby Minton 9/13  
 Ida Mobley 9/30  
 Ruth Moots 9/24  
 Janet Morris 9/23  
 Diann Nadeau 9/29  
 Linda Newman 9/9  
 Grace Nicely 9/30  
 Joyce Peters 9/22  
 Alma Plummer 9/02  
 Ruby Roark 9/3  
 Eloise Sabin 9/10  
 Patty Schraner 9/3  
 Glenda Sheets 9/3  
 Patricia Shoop 9/14  
 Paulette Sigman 9/18  
 Rusty Smethwick 9/8  
 Ruth E Snarr 9/6

Doris Snyder 9/23  
 Eldon Speaight 9/26  
 Betty Starkey 9/2  
 Eugene Stethem 9/25  
 Ruth "Carol" Stone 9/1  
 Ken Surface 9/5  
 Lynn Swearingner 9/24  
 Jean Swindler 9/17  
 Osa Taulbee 9/8  
 Viola Taylor 9/16  
 Howard Theetge 9/3  
 Carol Theetge 9/5  
 Betty Tillis 9/7  
 Barbara Vance 9/2  
 Judy Vance 9/26  
 Bill Vandervort 9/10  
 Betty Wall 9/17  
 Charlotte Walls 9/07  
 Pat Walt 9/17  
 Barbara Wells 9/12  
 Robert Whitestine 9/26  
 Leonard Wical 9/30  
 Jim Wiseman 9/11  
 Sandy Wiseman 9/11  
 Donna Woods 9/6  
 Cecile Woolums 9/2  
 Karen Yeagley 9/12  
 Beverly Yee 9/2

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

### **Congratulations to August winners!**

Virginia Shively	\$6.75
Glenna Samsel	\$7.25
Dee Williams	\$6.95
Helen Skidmore	\$9.00



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



## **WELCOME NEW MEMBERS!**



Judy C Russell  
 Kay Allen  
 Max Allen  
 Teresa Camp  
 JoAnn Mossbarger  
 Steve Geffre  
 Kandie Geffre  
 Jeanine Walker  
 Karen Campbell

Bert Allen  
 Pamela Roe  
 Kimberly Taylor  
 Juanita Snell  
 Bill Reeves  
 Tony Skeens  
 Judy McQuitty  
 Edith Crager

### Senior Center Board Report for August 2015

Meals: 533 meals were served to 112 attendees.  
Transportation: 330 one way trips were provided to 50 participants.  
ESP Medical: There were 17 units for 6 clients.  
Adult Day Care: There were a total of 81.5 trips provided for 6 clients.  
Home Meals: There were 1801 home meals delivered to 71 clients.  
Supportive Services: There were 44.50 units for 18 clients.  
Socialization/Recreation: There were 130.50 different activities and 186 clients attending.  
Homemaking Services: 947units for 133 clients.  
Total transportation miles: We traveled 10514 miles transporting clients.  
Total miles delivering meals: We traveled 3021 miles delivering meals.  
Clinton Maid: 58 units for 13 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 Clinton County Health Department for Blood Pressure Checks
- \*Wilmington Nursing & Rehab for our Luncheon
- \*Cape May for August Birthday cake

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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](mailto: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.

### September supplies:

Small cars, small dolls, small balls, small toys (slinky, yo-yo, small puzzles)



### **Low-Fat Banana Bread**

3 Cups all-purpose flour (or 2 cups white and 1 cup whole-wheat)

1 ½ Cups sugar

2 ½ tsp. Baking Powder

1 tsp. Baking Soda

1 tsp. cinnamon

4 egg whites

4 small or 3 larger mashed bananas

½ cup unsweetened applesauce



#### Directions:

1. In one bowl, combine egg whites, bananas and applesauce.
2. In another larger bowl, stir flour, sugar, powder, soda, and cinnamon.
3. Add the wet bowl to the dry bowl and stir until just combined. If thick, add TBS. hot water
4. Pour batter into a greased 8 inch X 4 inch bread pan and bake 45-55 minutes at 350 degrees. Cool on a wire rack.

### Upcoming Event - October 2015

A **FREE** service brought to you by the Ohio Senior Health Insurance Information Program (OSHIIP) at the Ohio Department of Insurance.

Friday, October 30, 2015—12:00 pm Presentation

OSHIIP Volunteers Available for Assistance

Where: Clinton County Senior Center

- ◆ Learn about recent changes to Medicare
- ◆ Find out how the Oct 15-Dec 7 Medicare Annual Coordinated Election Period can work for you
- ◆ Get Tips on how to enroll for 2016 coverage in a Medicare prescription drug plan (Part D) and/or a Medicare health plan.
- ◆ See if you qualify to **SAVE** an average of \$3,900 on your prescription drug costs

## WESTERN SQUARE DANCING

Classes start September 15, 2015

7:00-9:00 PM

789 N. Nelson Rd Wilmington, OH

Only \$2.00 every Tuesday

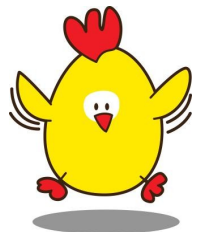
Singles and youth encouraged to come

For more info call 937-725-2791

Sponsored by: Clinton County Country Squares



**MAKE SURE YA'LL COME VISIT US  
AT THE CORN FESTIVAL!  
PRESSED CHICKEN SANDWICHES  
YUM!!!**



**IT'S NOT TOO LATE TO REGISTER  
FOR THE 5K RUN/WALK!  
SATURDAY, 8/11/15  
REGISTRATION AT 7:00 am  
RACE BEGINS AT 8:00 am**



### 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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**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 SEPTEMBER 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  
1:00 pm—Chair Yoga

### 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, September 30, 2015**

**9:00 to Noon**

### UPCOMING EVENTS

9/2—Safelink Demonstration

9/7—Closed for Labor Day

9/8—Advisory Board meets at 10:00 am

9/11,9/12,9/13—CORN FESTIVAL

9/14—SERO Luncheon at noon

9/15—Square Dancing from 7:00 pm to 9:00 pm

9/16—Lunch provided by Wilmington Nursing & Rehab

9/18—Birthday Dinner

9/22—Ideal Nutrition from 4:30 pm to 5:30 pm

Walking Exercise starts at 4:30

Private Personal Weigh-In at 5:30 pm

Nutrition Facts & Information Class at 5:30 pm

For early in registration & detailed information call Sue Wylie @ 937-944-6161

9/23—Dinner Trip to Olive Garden. Depart at 4:00 pm

**Ala Carte**

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

<i>Mondays—Ham &amp; Beans; Cornbread</i>	1 Chicken Potato Casserole Broccoli Wheat Bread Juice & Grahams	2 Turkey Tetrazzini Brussel Sprouts Baked Apples Wheat Bread	3 Swiss Steak Stewed Tomatoes O'Brien Potatoes Wheat Bread Pears	4 Meatloaf Mashed Potatoes Spinach Bun Peaches	
<i>Wednesdays—Chef Salad</i>	7 Closed in observance of Labor Day	8 Steak Hoagie on Bun Potato Wedges Baked Beans Orange	9 Broccoli Cheddar Chicken Brown Rice Oregon Vegetables Pineapple	10 Cheese Ravioli Italian Vegetables Spinach Wheat Bread Mandarin Oranges	11 Roast Turkey Mashed Potatoes Vegetable Medley Dinner Roll Juice & Grahams
<i>Tuesdays; Thursdays and Fridays—Grilled Cheese; Grilled Ham &amp; Cheese</i>	14 Hamburger on Bun Potato Wedges Broccoli Raisins	15 Chicken & Rice Broccoli Carrots Wheat Bread Pears	16 Lunch provided by Wilmington Nursing and Rehab at Noon	17 Hamburger on Bun Great Northern Beans Broccoli Pineapple Tidbits	18 Satisfury Steak Whipped Sweet Potatoes Oregon Vegetables Birthday Cake
	21 Italian Meatloaf Spaghetti Italian Vegetables Wheat Bread Pineapple	22 Turkey Sandwich Creamy Veg. Soup Potato Salad Coleslaw Peaches	23 Country Fried Steak Potato Wedges Green Beans Wheat Bread Orange	24 Baked Chicken Herb Dressing Broccoli Green Beans Applesauce	25 Chili Spaghetti Mixed Vegetables Fresh Apple
	28 Chicken Tenders Brown Rice Mixed Vegetables Wheat Bread Fruit Cocktail	29 Ham Sandwich Tomato Soup 3 Bean Salad Coleslaw Pears	30 BBQ Beef on Bun Peas & Pearl Onions Coleslaw Peach Cobbler		

## Return Address

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

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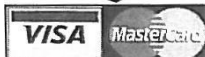


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