

This institution is an equal opportunity provider and employer

THE SENIOR INFORMER

CLINTON COUNTY COMMUNITY ACTION PROGRAM INC.

SENIOR OPERATIONS

WILMINGTON SAVINGS BANK-CLINTON COUNTY SENIOR CENTER

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

> Pam George, LPN Case Management 655-2157





MENU

Roast Pork
Sauerkraut
Mashed Potatoes
Rolls
Coffee, Tea Water
\$4.00 per person
Reservations by
12/28/15 at 4:30 pm



Happy Birthday!!



Walk Club Update!

Judi Clay-90.85 miles Janet Esmail-21 miles Yvonne Ragan-50 miles Polly Daughtery-27 miles Charlotte Bland-124 miles

Carole France-140.63 miles Margie Pierson-150.57

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.

Sharon Adams 12/11 Kay Allen 12/02 Mary Anderson 12/27 Tom Armstrong 12/04 Carol Bailey 12/29 Jon Barber 12/26 Barbara Bart 12/15 Kenneth Beal 12/11 Pat Bigelow 12/15 Stanley Blum 12/06 Rheada Brown 12/18 Don Burge 12/15 James Burge 12/16 David Burris 12/26 Teri Camp 12/14 Beulah Carnahan 12/15

Ann Carr 12/08 Anna Cole 12/07 Larry Cordrey 12/06 Joan Corr 12/04 Roy Colser 12/05 Ruth Curtis 12/24 Betty Custis 12/12 Bonnie DeBold 12/08 Lynne Dixon 12/22 Charles Downey 12/22 Anna Eads 12/27 Bob Ewing 12/23 Patsy Flint 12/30 Daniel Foster 12/01 Jack France 12/21 Catherine Gembecki 12/21 Steve Geffre 12/16

Joann Gray 12/06 Virginia K Haines 12/10 Mary Haselip 12/18 Dorothy Hayes 12/11 JoAnn Hayslip 12/27 Jo Hibbs 12/06 Sue Houk 12/02 Larry Hunt 12/12 Sharon Hunt 12/25 Beverly Jasper 12/08 Terry Urton 12/24 Marlene Valentine 12/02 Ted Vandervort 12/20 Nelson Wadsworth 12/08 Wayne Walker 12/14 Terry Walraven 12/20 Michele Watson 12/13 Shawn Weatherford 12/01

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 ployer" Equal Housing Opportunity.



Congratulations to October/November winners!

Kathy Schwab—\$11.80 Yvonne Hayes—\$8.50



WELCOME NEW MEMBERS!



Senior Center Board Report for September 2015

Meals: 493 meals were served to 89 attendees.

Transportation: 347 one way trips were provided to 61 participants.

ESP Medical: There were 16 units for 7 clients.

Adult Day Care: There were a total of 109 trips provided for 8 cli-

ents.

Home Meals: There were 1836 home meals delivered to 69 clients.

Supportive Services: There were 57.25 units for 29 clients.

Socialization/Recreation: There were 115.5 different activities and 204 clients attending.

Homemaking Services: 965.25 units for 140 clients.

<u>Total transportation miles</u>: We traveled 10501 miles transporting clients.

<u>Total miles delivering meals</u>: We traveled 3046 miles delivering meals.

Clinton Maid: 62 units for 13 clients

A Special "THANK YOU" to

CROSSROADS HOSPICE

For hosting our Veteran Recognition Ceremony

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

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THANK YOU!!!

Many Thanks to:

*The Laurels of Blanchester for Blood Pressure Checks

*Wilmington Nursing & Rehab for our Luncheon

*Cape May for November Birthday cake

Visit us at our new location!



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Lois Butt, LNHA, MSOL
Executive Director

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

COUNTRY CHRISTMAS PARTY on December 12th

H'orderves at 4:00 pm

Dinner at 5:00 pm

<u>MENU</u>

Ham

AuGratin Potatoes

Green Beans

Rolls

Dessert

Coffee, Tea, Water

Santa & Special Entertainment for your enjoyment

Please RSVP by 1:00 pm on 12/11/15 \$5.00 per person



NAME









December Recipe....

Tater Tot Breakfast Casserole



6 eggs

2 pkgs of 10 oz. sausage links

1 cup milk

16 oz. tater tots

2-1/2 cups shredded cheese

1/2 tsp salt

1/2 tsp pepper

Preheat oven to 350 degrees. Grease 9x13 casserole dish. Brown sausage and cut into bite sized pieces. Spread sausage onto casserole dish. In a large bowl, beat together milk, eggs, salt and pepper. Cover the sausage with egg mixture. Cover with 1 cup of cheese. If you will be serving this the next morning, cover and refrigerate. Next morning: Spread the tater tots on top of the cheese. Add the remainder of the cheese on top and bake for 40 minutes.



DON'T FORGET TO RENEW YOUR MEMBERSHIP TO KEEP YOUR NEWSLETTER COMING!

BIRTH DATE

HOME PHONE		CELL PHONE	
ADDRESS			
ZIP CODE	COUNTY	TOWNSHIP	
EMERGENCY CONTACT:_			
PF	HONE		
	CCCAP, Senior Operations staff and vo	lunteers for any injury or illness accidental inc ve permission to the person in charge to summ	
Š			
Signature		Date	
Cut t	his form out and mail back or bring in	o the Wilmington Savings Bank/Senior Cente	er.

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

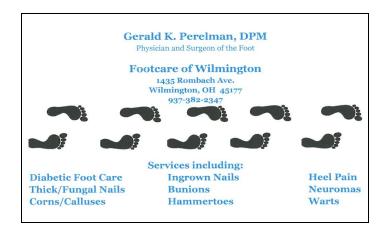
he word to your friends and family, they can place their items in the dumpster too!





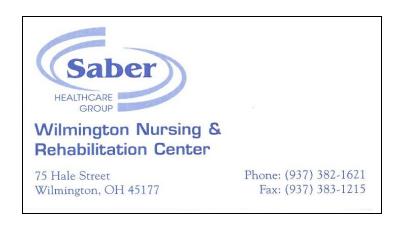






GANO LAW OFFICES
JUDY A. GANO
169 NORTH SOUTH STREET
WILMINGTON, OHIO 45177

(937) 382-3320



ACTIVITY SCHEDULE FOR DECEMBER 2015

MONDAY 8:00 am—Early Bird THURSDAY 8:00 am—Early Bird

8:30 am—Chair Yoga 9:00 am—Exercise with Weights

8:45 am—Silver Sneakers 9:00 am—Pinochle 9:00 am—Walk Club 10:00 pm—Exercise

9:00 am—Pool 12:15 am—Chair Volleyball

10:00 am—Corn Toss

12:15 pm—Mexican Train Dominos

12:15 am—Rook

12:15 am—Crafts FRIDAY 8:00 am—Early Bird

8:45 am—Silver Sneakers

TUESDAY 8:00 am—Early Bird 9:00 am—Pool

 9:00 am—Stability Ball
 9:00 am—Walk Club

 10:00 am—Exercise
 9:00 am—Flex Class

 12:15 pm—Crafts
 9:30 am—Bridge

 12:15 pm—Euchre
 12:15 pm—Rook

 2:30 pm—Line Dancing
 12:15 pm—Crafts

7:00 pm—Square Dancing

WEDNESDAY 8:00 am—Early Bird

8:45 am—Silver Sneakers MIRACLE-EAR HEARING

9:00 am—Pool CENTER
10:00 am—Corn Toss Steve Voller, BC-HIS
1:00 pm—Chair Yoga Wednesday, December 30, 2015

9:00 to Noon

UPCOMING EVENTS

Saturday, December 5—Christmas Bazaar 9:00 to 2:00 pm

Donations accepted for Bake Sale

Tuesday, December 8—Advisory Board at 10:00 am

Saturday, December 12—Country Christmas Party H'orderves at 4:00 pm, Dinner at 5:00 pm

Reservations by 12/11/15 at 1:00 pm

Monday, December 14—S.E.R.O. Luncheon at noon

Friday, December 18—Birthday Dinner. HoHo Bingo at lunchtime.

Monday, December 21—Christmas Dinner

Thursday and Friday, December 24 and 25—Closed for the holiday

Thursday, December 31—New Year's Eve Luncheon at noon. Cost \$4.00 per person

Reservations by 12/28/15 at 4:30 pm

Mondays		-	1	نرا	+
Ham & Beans		Broccoli	Creamy Veggio Soup	Spaghetti	Chicken Tenders Rice
Combrend		Green Beans	Peas & Pearl Onious	Italian Vegetables	Mixed Vegetables
		Wheat Bread Juice & Cookies	Potato Wodges Peaches	Wheat Bread Applesance	Wheat Bread Fruit Cocktail
Tuesdays	~1	99	9	10	11
	Pineapple Ham	Turkey Sausage w/	Chicken Potato Casse	Meatleaf w/gravy	Rosemary Chicken
Cirilled Cheese?	Sweet Potato Parties	sauerkraut	role	Mashed Potatoes	Polalo Wedges
Grillod Ham &	Peas	Mashed Potatoes	Brecceli	Spinech	Vegetable Medley
Checse	Dinner Roll	Green Beaus	Wheat Bread	Mandana Oranges	Wheat Bread
					A COLUMN
Wednesdays	14	15	16	2	18
	Chicken & Noodles	Browerli Chicken	Steak Hoagte on Bun	Roast Turkey wigravy	Clacse Ravioli
Chef Salad	Green Beans	Ricc	Polalo Wedges	Mushed Potatoes	Italian Vegetables
	Wheat Bread	Com	Peaches	Vegetable Medley Dinner Roll	Mandarin Oranges
	Mixed Fruit	Pincapple		Juice & Grahams	Birthday Cake
Thursdays	21	22	23	24	25
	Cherry Glazed Ham	Handburger on Bun	Salisbury Steak	Closed for Christmas	Closed for Christmas
Grilled Ham &	Sweet Potato Patties	Potato Wedges	Whipped Sweet Pota-	Hobiday	Monday
Cheese	Peas	Broccoli	toes		
Hamburger	Dinner Roll Dessert	Applesauce	Oregen Vegetables Peaches		
Fridace	32	30	5	2	
	Ham & Beans	Chili Spaghetti	Buked Chicken	New Year's Eve	change
Grillod Ham &	Vegetable Medley	Mixed Vegetables	Herb Dressing	Luncheon at 12:00	
Cheese/Grilled	Combresd	Fresh Apple	Broccoli	nuon	
Cheese	Fruit Cocktail		Groen Beans		

Ala Carte

Mon

Tue

Wed

Thu

Ξ.

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

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