



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

### 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

### CHRISTMAS BAZAAR

Saturday, December 5

### MENU

*Biscuits & Gravy  
Breakfast Casserole  
Coffee, Tea, Water  
Pressed Chicken  
Sandwiches  
BBQ Sandwiches  
Vegetable Soup*

*Food served from*

*10:00 am to 1:30 pm*



### 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](http://clintoncap.org) or OHTTY/YD 800-750-0750.



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



## **Congratulations to October/November winners!**

Kathy Schwab—\$11.80

Yvonne Hayes—\$8.50



## **WELCOME NEW MEMBERS!**

**Nancy Stanforth**  
**Martha Campbell**  
**Barry Campbell**  
**Benjamin Yost**



## **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 clients.

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.

Total transportation miles: We traveled 10501 miles transporting clients.

Total miles delivering meals: 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.

**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

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**Terry Spurlock**  
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 Mobile: 937-603-5429

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1107 Rombach Ave., Wilmington, OH 45177



**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)

**Seniors Need Help call 382-7170**

**COUNTRY CHRISTMAS PARTY on December**

**12th**

**H'orderves at 4:00 pm**

**Dinner at 5:00 pm**

**MENU**

***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***



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.

**2016**

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

NAME\_\_\_\_\_

BIRTH DATE\_\_\_\_\_

HOME PHONE\_\_\_\_\_

CELL PHONE\_\_\_\_\_

ADDRESS\_\_\_\_\_

ZIP CODE\_\_\_\_\_ COUNTY\_\_\_\_\_ TOWNSHIP\_\_\_\_\_

EMERGENCY CONTACT:\_\_\_\_\_

PHONE\_\_\_\_\_

**AUTHORIZATION/RELEASE**\_\_\_\_\_

I agree to release from liability CCCAP, Senior Operations staff and volunteers for any injury or illness accidental incurred by me. In the event of an emergency, first aid will be administered by a competent person. I give permission to the person in charge to summon an emergency squad to assist in my assessment and transport to the nearest hospital.

Signature\_\_\_\_\_ Date\_\_\_\_\_

Cut this form out and mail back or bring in to the Wilmington Savings Bank/Senior Center.



## 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!



## CAP Construction

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**Gerald K. Perelman, DPM**

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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 DECEMBER 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  
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

### **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

### **MIRACLE-EAR HEARING CENTER**

**Steve Voller, BC-HIS**

**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

Ala Carte	Mon	Tue	Wed	Thu	Fri	
<b>Mondays</b> Ham & Beans Cornbread		<b>1</b> Pork Cutlet Broccoli Green Beans Wheat Bread Juice & Cookies	<b>2</b> BBQ Beef on Bun Creamy Veggie Soup Peas & Pearl Onions Potato Wedges Peaches	<b>3</b> Italian Meatloaf Spaghetti Italian Vegetables Wheat Bread Applesauce	<b>4</b> Chicken Tenders Rice Mixed Vegetables Wheat Bread Fruit Cocktail	
<b>Tuesdays</b> Grilled Cheese Grilled Ham & Cheese	<b>7</b> Pineapple Ham Sweet Potato Patties Peas Dinner Roll Juice & Cake	<b>8</b> Turkey Sausage w/ sauerkraut Mashed Potatoes Green Beans Fruit Cocktail	<b>9</b> Chicken Potato Casserole Broccoli Wheat Bread Juice & Grapes	<b>10</b> Meatloaf w/gravy Mashed Potatoes Spinach Mandarin Oranges	<b>11</b> Rosemary Chicken Potato Wedges Vegetable Medley Wheat Bread Banana	
<b>Wednesdays</b> Chef Salad	<b>14</b> Chicken & Noodles Green Beans Carrots Wheat Bread Mixed Fruit	<b>15</b> Biscuit Chicken Rice Oregon Vegetables Corn Pineapple	<b>16</b> Steak Henige on Bun Potato Wedges Baked Beans Peaches	<b>17</b> Roast Turkey w/gravy Mashed Potatoes Vegetable Medley Dinner Roll Juice & Grapes	<b>18</b> Cheese Ravioli Italian Vegetables Spinach Mandarin Oranges Birthday Cake	
<b>Thursdays</b> Grilled Ham & Cheese Hamburger	<b>21</b> Cherry Glazed Ham Sweet Potato Patties Peas Dinner Roll Dessert	<b>22</b> Hamburger on Bun Potato Wedges Biscuit Applesauce	<b>23</b> Salisbury Steak Whipped Sweet Potatoes Oregon Vegetables Peaches	<b>24</b> Closed for Christmas Holiday	<b>25</b> Closed for Christmas Holiday	
<b>Fridays</b> Grilled Ham & Cheese/Grilled Cheese	<b>28</b> Ham & Beans Vegetable Medley Cornbread Fruit Cocktail	<b>29</b> Chili Spaghetti Mixed Vegetables Fresh Apple	<b>30</b> Baked Chicken Herb Dressing Broccoli Green Beans Applesauce	<b>31</b> New Year's Eve Luncheon at 12:00 noon	Menu subject to change	**No Ala Carte on December 18 December 21 December 23 December 31

## Return Address

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

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