



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**

Stella Cramer,
Site Coordinator
655-2156

Brian Garber, Transportation
Manager
655-2165

Cindy Fitch, Supportive
Services
655-2151

Vicki Trapp, Homemaker
Supervisor
655-2164

Pam George, LPN
Case Management
655-2157



COME AND JOIN US FOR A “CINCO DE MAYO” PARTY
THURSDAY, MAY 5, 2016 AT 12:00 NOON
AT THE WILMINGTON SAVINGS BANK CLINTON
COUNTY SENIOR CENTER

COST \$7

MENU—TACOS, SPANISH RICE, FRIED BEANS, CORN
CASSEROLE, NACHOS AND DRINK (PLUS A TREAT)

PLEASE JOIN US FOR THIS FUN EVENT

OPEN TO THE PUBLIC

PLEASE RSVP BY MAY 2, 2016 BY CALLING 382-7170





Happy Birthday!!



Walk Club Update!
 February miles—526.5
 Charlotte Bland—112 miles
 Judi Clay—97.1 miles
 Carole France—97 miles
 Janet Esmail—17 miles
 Polly Daugherty—21.5 miles
 Margie Pierson—180.9 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.

- | | | | |
|------------------------|--------------------------|------------------------|------------------------|
| James Abney—4/16 | Barbara Hamilton—4/04 | Jane Mahoney—4/09 | Mary Ellen Spisak—4/14 |
| Carolyn Alexander—4/26 | Mary Eleanor Harris—4/08 | Joycelyn Martin—4/23 | Terry Sullivan—4/14 |
| Michael Bales—4/06 | Sue Harris—4/11 | Jennie Mason—4/17 | Roger Vaughan—4/21 |
| Robert Berning—4/08 | David Harris—4/27 | William McConnell—4/21 | Pat Waelti—4/21 |
| Shirley Blake—4/16 | Linda Hartman—4/18 | William Mitchell—4/05 | Linda Walls—4/09 |
| Sharon Breckel—4/08 | L. Dean Hartman—4/19 | Charles Murphy—4/11 | John Webb—4/15 |
| Betty Bridges—4/09 | Barbara Hasler—4/22 | Mark Newkirk—4/02 | Betty Weiss—4/24 |
| Charles Bush—4/04 | Fred Haught—4/21 | Carole Nichols—4/03 | Ann Williams—4/24 |
| Beverly Caldwell—4/02 | Ruth Heeg—4/11 | Marion Osborn—4/29 | Donald Wyatt—4/08 |
| Barry Campbell—4/07 | Mary Huff—4/16 | Eileen Parris—4/12 | |
| Karen Campbell—4/09 | Wendell Irvin—4/21 | Reva Pendell—4/27 | |
| Bill Catauri—4/12 | Anne Johnson—4/14 | Nan Philp—4/29 | |
| Mildred Cook—4/17 | Jackie Joseph—4/23 | Meda Pittser—4/06 | |
| Phyllis Cook—4/08 | Stella Kafka—4/16 | Cindy Quigley—4/15 | |
| Grace Cowgill—4/10 | Georgia Kennedy—4/23 | Michael Rains—4/11 | |
| Sue Dalton—4/22 | Ruth Kern—4/27 | Elizabeth Reeder—4/20 | |
| Roger Dolphin—4/17 | Gregory Kidwell—4/12 | Beverly Schaefer—4/18 | |
| Kenneth Elliott—4/23 | Linda King—4/17 | Ruby Schramm—4/21 | |
| Nancy Ellis—4/01 | Mary Kraus—4/17 | Frances Sharp—4/25 | |
| Alberta Estes—4/16 | Paul Lees—4.09 | Mildred Shumaker—4/15 | |
| Thelma Ford—4/09 | Paul Lewis—4/23 | Helen Skogstorm—4/03 | |
| Eileen Garris—4/12 | Kathy Linkhart—4/08 | Donald Smith—4/08 | |
| Linda Graves—4/15 | Melody Long—4/17 | Tammy Speelman—4/15 | |

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, employer and lender



Congratulations to March winners!

- Wilma Kelso \$4.50**
- Betty Lyon \$6.00**
- Arline Bayless \$5.52**
- Mary Fulton \$4.75**



WELCOME NEW MEMBERS!



- William Graesser
- Aleta Brown
- George Trickey
- Mary Ann Walker
- Dana Dunn
- Carole Erdman
- Paul Klemetsen
- Julia Jones
- Ruth Heeg
- Gary Heeg

Senior Center Board Report for February 2016

Meals: 441 meals were served to 74 attendees.

Transportation: 337 one way trips were provided to 43 participants.

ESP Medical: There were 24 units for 6 clients.

Adult Day Care: There were a total of 211 trips provided for 11 clients.

Home Meals: There were 2035 home meals delivered to 77 clients.

Supportive Services: There were 49.5 units for 19 clients.

Socialization/Recreation: There were 107.5 different activities and 166 clients attending.

Homemaking Services: 961 units for 141 clients.

Total transportation miles: We traveled 7292 miles transporting clients.

Total miles delivering meals: We traveled 2596 miles delivering meals.

Next Weight Loss Challenge

The next Weight Loss Challenge begins on Tuesday, April 19 with weigh-in at 5:15 p.m. Nutritional education discussion will follow around 5:30 p.m. and will finish up about 6:00 p.m. This challenge is open to anyone in the community. The one-time registration fee is \$35. Goals for this challenge: provide support and materials for all participants to lose weight, enjoy a more healthy active lifestyle, have fun and learn more about healthy nutrition.

For pre-registration or questions, call Sue Wylie, Ideal Nutrition at (937) 444-6161.

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 & Raizk

Attorneys at Law
145 North South Street
Wilmington, Ohio 45177

www.bmwlaw.net (937) 382-0946
bmwlaw@bmwlaw.net Fax (937) 382-1361

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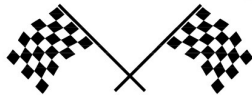
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Terry Spurlock Phone: 937-382-6100
1403 Rombach Avenue Mobile: 937-603-5429
Wilmington, OH 45177

West End



Auto Sales & Service

THANK YOU!!!

Many Thanks to:

- *Beverly Gulla from Medigold for Birthday Dinner Bingo and fruit baskets
- *Cape May for March Birthday cake
- *Wilmington Nursing and Rehab for March lunch
- *Clinton Co. Health Department for Blood Pressure Screening

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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

Seniors Need Help call 382-7170

Care and Support Workshop for Family Caregivers

What Families Need to Know...When the Diagnosis is Alzheimers Disease or Related Dementia

A two-part Care and Support Workshop for Family Caregivers will be coming to Clinton County on Saturdays, April 16th and 23rd, from 9:00 a.m. to 1:00 p.m. both days. This event is being hosted at the Clinton County Senior Services Center in conjunction with the Greater Cincinnati Alzheimers Association. Topics will include "The Nature and Progression of the Disease" presented by a physician; "Legal Planning for Families" presented by an elder law attorney; "Changes in Communication and Behavior" and "Coping Strategies and Community Resources" by an Association representative.

The program is free of charge but reservations must be made in advance. To register, please contact Robyn Gleadle, Association representative at 937-779-6990 or call the Senior Center at 937-382-7170.

Therapeutic Shoe Clinic rescheduled—The Therapeutic Shoe Clinic originally scheduled for Wednesday, March 23 at 10:00 a.m., has been rescheduled for Wednesday, June 15 at 10:00 a.m.

Medicare will cover the cost of one pair of therapeutic shoes and inserts for people with diabetes every calendar year.

You must bring your insurance and doctor information to the clinic. Call the Senior Center for more information.

FREE CRAFT CLASS

We will be teaching a card making class on Wednesday, May 11 from 1:00 p.m. to 3:00 p.m.

All material will be provided and we should be able to make about 4 cards to take home. Please sign up—class size is limited to 8 crafters.

Thank you,
Cindy Quigley



Members of the Senior Advisory Board are:

- | | |
|---------------|------------|
| Bob Thomas | D Bullock |
| Sid Clay | Barb Davis |
| Larry Cordrey | |
| Dee Foster | |

If you have questions, concerns, complaints, ideas, etc., speak with one of the Board members. The Board member will relay the issue on to the remainder of the Board at the next meeting and we will address the situation. The Senior Advisory Board is a representation of you, the members, and your concerns are our concerns.

YOU MAY BE FROM OHIO (pronounced O-hi-uh) IF:

- *You know all the 4 seasons: Winter, Still Winter, almost Winter and Construction
- *You know what a buckeye really is and have a recipe for candy ones
 - *"Toward the lake" means "north" and "toward the river" means "south"
- *You know if other Ohioians are from southern or norther Ohio as soon as they open their mouths
 - *You measure distance in minutes.
 - *Your school classes were cancelled because of cold.
 - *Your school classes were cancelled because of heat.
 - *You've had to switch from "heat" to "A/C" in the same day.
- *You think of the major four food groups as beef, pork, beer and Jell-O salad with marshmallows.
 - *You carry jumper cables in your car.
- *You design your kid's Halloween costume for fit over a snowsuit.
- *Your "lingerie" consists of tube socks and flannel nightgowns.
- *Driving is better in the winter because the potholes are filled with snow.

This Was the Year....1949

- | | |
|---------------------------------------|--------------------------|
| New House-\$7,450 | Gasoline-16 cents gallon |
| Average Income-\$2,959 | Movie Ticket-60 cents |
| New Car-\$1,420 | Postage Stamp-3 cents |
| Average Rent-\$70 per month | |
| Milk-84 cents gallon | Eggs-24 cents dozen |
| Coffee-65 cents pound | Bacon-50 cents pound |
| Ground Beef-47 cents pound | Bread-14 cents loaf |
| Granulated Sugar-85 cents for 10 lbs. | |

Pea and Broccoli Salad

- 10 oz. frozen peas, thawed (do not cook)
 - 1 bunch frozen broccoli, thawed (cut fine)
 - 1/4 c. chopped onion
 - 1 c. chopped celery
 - 1/2 c. salad dressing
 - 1 can sliced water chestnuts (drained)
 - 1/2 lb. bacon, fried crisp, crumbled
 - 1/4 c. Italian salad dressing
- Mix all ingredients together and chill 1 hour.



This recipe was given to the Senior Center years ago by Martha Jones, for use in a cookbook that the Center did as a fund raiser. Martha's daughter, Ginny Jones-Kelly, now attends the 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!



Volunteer Recognition Dinner Scheduled

The Volunteer Recognition Dinner is scheduled for Monday, April 25 at 5:00 p.m. Volunteers will be honored for their service from April of 2015 through March of 2016. Invitations will be delivered by April 18.



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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 APRIL 2016

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

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
1:30 pm—Chair Yoga**please note new time

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
9:30 am—Bridge
12:15 pm—Rook

UPCOMING EVENTS

Thursday, April 7—Afternoon with the Cincinnati Reds. The Reds vs. the Pirates game is televised and we will be watching it on the big screen. Hot dogs and popcorn will be served during the game. Game starts at 12:35 p.m.

Tuesday, April 12—Advisory Board Meeting at 10:00 a.m.

Friday, April 15—Birthday Dinner. We celebrate all April birthdays.

Friday, April 15—Bingo after lunch. Sponsored by Medigold.

Saturday, April 16 and Saturday, April 23—Care and Support Group Workshop for Caregivers from 9:00 a.m. to 1:00 p.m. See article on page 4 of this newsletter.

Tuesday, April 19—Next Weight Loss Challenge begins at 5:15 p.m.

Wednesday, April 20—Lunch by Wilmington Nursing and Rehab at 12:00 noon. There is no charge for the lunch, but please make reservations by signing up in the lobby by Tuesday, April 19 by 2:00 p.m.

Monday, April 25—Volunteer Recognition Dinner at 5:00 p.m. For more information, see article at top of Page 5.

Thursday, April 28—Dinner trip to Village Family Restaurant in Waynesville. Depart the Center at 4:00 p.m.

Ala Carte **Mon** **Tue** **Wed** **Thu** **Fri**

Mondays Ham & Beans Cornbread						1 Turkey Tetrazzini Brussel Sprouts Baked Apples Wheat Bread	
Tuesdays, Thursdays, Fridays Grilled Cheese, Grilled Ham & Cheese	4 Hamburger on Bun Baked Beans Broccoli Pineapple	5 BBQ Beef on Bun Creamy Veggie Soup Peas & Pearl Onions Potato Wedges Peaches	6 Italian Meatloaf Spaghetti Italian Vegetables Wheat Bread Applesauce	7 Country Fried Steak Potato Wedges Green Beans Dinner Roll Orange	8 Chicken & Brown Rice Broccoli Carrots Pears		
Wednesdays Chef Salads	11 Pork Cutlet Potato Wedges Vegetable Medley Wheat Bread Apple	12 Pineapple Ham Sweet Potato Patties Peas Dinner Roll Juice & Cookies	13 Chicken Potato Casse- role Broccoli Wheat Bread Juice & Cookies	14 Baked Fish Brown Rice Mixed Vegetables Wheat Bread Fruit Cocktail	15 Chicken w/gravy Mashed Potatoes Broccoli Green Beans Birthday Cake		
	18 Beef & Noodles Green Beans Carrots Wheat Bread Pears	19 Chicken & Broccoli Brown Rice Oregon Vegetables Corn Pineapple	20 Lunch with Wilming- ton Nursing & Rehab At 12:00 noon	21 Swiss Steak Stewed Tomatoes O'Brien Potatoes Wheat Bread Orange	22 Roast Turkey Mashed Potatoes Vegetable Medley Dinner Roll Juice & Grahams		
	25 Salisbury Steak Whipped Sweet Pota- toes Oregon Vegetables Wheat Bread	26 Hamburger on Bun Great Northern Beans Broccoli Pineapple Tidbits	27 Smoked Sausage w/ sauerkraut Mashed Potatoes Green Beans Fruit Cocktail	28 Fried Steak Italiano Spaghetti Italian Vegetables Peas Pears	29 Hamburger on Bun Potato Wedges Broccoli Mandarin Oranges		

Return Address

**Wilmington Savings Bank—
Clinton County Senior Center
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Wilmington, Ohio 45177**

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