



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

The Home Energy Assistance Program's 2016 Summer Crisis Program started July 1, 2016. To receive assistance the household must be at or below 175 percent of the Federal Poverty guidelines as follows:

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
655-2163

Household Size & 12 Month Income

- 1. \$20,790
2. \$28,035
3. \$35,280
4. \$42,525
5. \$49,770
6. \$57,015



Special Event for Blanchester Residents on July 14th! Call for details.

The applicant must also have a documented medical condition verified by a licensed physician or at least one household member 60 years or older. Applicants will need to bring: Proof of household income for the past 3 months or 12 months, social security numbers for all household members, Identification, and heating/electric bills. For more information, call 937-382-1234 or visit Community Action at 789 N Nelson Ave., Wilmington, Ohio. Office hours Monday thru Friday, 8:00 - 3:00.

FREE COOK OUT, SENIOR SCAM PROGRAM
Members of the Wilmington Savings Bank Clinton County Senior Center are invited to a free cookout lunch Friday, July 15 at 12:00 noon. Lunch will be followed by an informative presentation on senior scams.
Wilmington Savings Bank will sponsor the cookout.
A representative of the Ohio Attorney General's office will give the consumer awareness program at 1:00 p.m. The program presenter will focus on the latest scams targeting the senior population and share how seniors can protect themselves and loved ones.
Members planning to attend the cookout/presentation are asked to call 382-7170 to confirm their attendance so the proper amount of food can be prepared.
(The cookout is not sponsored by, nor affiliated with, the Ohio Attorney General's Office. The Ohio Attorney General's office does not endorse or recommend Wilmington Savings Bank or any products or services affiliated with Wilmington Savings Bank. Goods or services are being offered by Wilmington Savings Bank.)



# Happy Birthday!!



## Walk Club Update!

May miles—418

Charlotte Bland—118 miles

Judi Clay—132 miles

Carole France—117 miles

Janet Esmail—24 miles

Polly Daugherty—27 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.

Gail Babb-Al-Ghawi—7/26  
 Nancy Baker—7/08  
 Rose Beal—7/10  
 Elizabeth Bradshaw—7/15  
 Vanessa Brown—7/17  
 Joan Burge—7/26  
 Mary Bush—7/21  
 Sid Clay—7/10  
 Irene Clouser—7/24  
 Cathy Collins—7/14  
 Nancy Conner—7/7  
 Robert Fahrubel—7/21  
 Susan Femeyer—7/28  
 Bill Flint—7/22  
 Mike Fouch—7/07  
 Gary Frazier—7/04  
 Anna Garner—7/15  
 David Garringer—7/24  
 Howard Gates—7/13  
 Judy Gates—7/24  
 Evelyn Gunning—7/13  
 Phyllis Hartley—7/26

Patty Hickey—7/29  
 Rita Howard—7/02  
 George Jones—7/18  
 Julia Jones—7/28  
 Esther Jordan—7/09  
 Shirley Katter—7/16  
 Mary Lou Kellum—7/31  
 Sue Kratzer—7/08  
 Ginger LaDuke—7/20  
 Anne Lynch—7/22  
 Helen McFadden—7/26  
 Janet McFarland—7/21  
 Connie Milburn—7/14  
 Audrey Minton—7/21  
 Ginger Morgan—7/26  
 Glenn Orr—7/15  
 JoAnn Patterson—7/23  
 Roy Penwell—7/09  
 Cindy Petrich—7/14  
 Irene Puckett—7/11  
 Ted Ricker—7/18  
 Kathy Schwab—7/28  
 Gustelia Scott—7/26  
 Linda Storer—7/12  
 Vicki Strange—7/15

Edna Strange—7/15  
 Dennis Sweeney—7/27  
 Linda Terrell—7/27  
 Barbara Thomas—7/01  
 David Viars—7/13  
 Victor Vick—7/16  
 Douglas Wallace—7/17  
 Sandra Webb—7/10  
 Connie Wilson—7/21  
 Claudia Wilson—7/08  
 Betty Yarger—7/27  
 Herman Young—7/18  
 Terry Zurface—7/29



## Congratulations to June winners!

**Wilma Kelso—\$5.75**

**Ruth Moots—\$6.25**

**Dave Ostermeier—\$9.35**

**Nancy Boldman—\$4.45**



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



## WELCOME NEW MEMBERS!

Joy Hall  
 Sterling Hall  
 Tom South  
 Maureen Curliss  
 Maureen Deis  
 Danny Mongold  
 Sandy Mongold  
 Deborah Woodruff  
 Sue Logan



## Senior Center Board Report for May 2016

Meals: 468 meals were served to 84 attendees.

Transportation: 405 one way trips were provided to 62 participants.

ESP Medical: There were 20 units for 6 clients.

Adult Day Care: There were a total of 203 trips provided for 10 clients.

Home Meals: There were 2141 home meals delivered to 82 clients.

Supportive Services: There were 70.5 units for 19 clients.

Socialization/Recreation: There were 116.25 different activities and 156 clients attending.

Homemaking Services: 961 units for 141 clients.

Total transportation miles: We traveled 4925 miles transporting clients.

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

Second Annual Cruise-In  
 Saturday, August 27  
 9:00 a.m. to 2:00 p.m.

Food available; door prizes; bake sale;  
 50/50 drawing; raffle; entertainment; purse and  
 scarf booth—further details in  
 August newsletter

Sponsored by the Wilmington Old Car  
 Club



Miracle-Ear Hearing Center representative, Jason Steeber, currently comes to the Senior Center the 4th Wednesday of the month. Jason will be here by appointment only. If you need your hearing checked or your hearing aids adjusted, call 1-800-573-8854, ext. 978 to set up an appointment. If you have any questions, just call the Senior Center.

**Buckley, Miller, Wright & Raizk**  
 Attorneys at Law  
 145 North South Street  
 Wilmington, Ohio 45177

[www.bmwlaw.net](http://www.bmwlaw.net) (937) 382-0946  
[bmwlaw@bmwlaw.net](mailto:bmwlaw@bmwlaw.net) Fax (937) 382-1361

**THANK YOU!!!**  
 Many Thanks to:  
 \*Beverly Gulla from Medigold for Summertime Bingo  
 \*Cape May for June Birthday cake  
 \*Wilmington Nursing and Rehab for June lunch  
 \*John Case from Crossroads Hospice for the Trivia Contest (plus cupcakes and ice cream cups)

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**CLINTON CO. ADULT DAY CENTER, INC.**  
 66 N. Mulberry Street  
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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.

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 E-mail [wmcbrayer@cinci.rr.com](mailto: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

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 email: [lbutt@continentalmanor.org](mailto:lbutt@continentalmanor.org)

**Seniors Need Help call 382-7170**



### The Luau is back!



Mark your calendar for Saturday, September 17 for a Luau. H'orderves at 4:00 p.m. Dinner served at 5:00 p.m. Menu: Roast Pork; various salads, fresh fruit and pineapple upside down cake. Tickets are \$7 each. Tickets sold in advance will have an extra door prize ticket attached —giving you an extra chance to win a prize. Tickets go on sale August 12.

### ATTENTION ALL RECIPE COLLECTORS...

We are collecting recipes for a Senior Center cookbook. If you would like to submit recipes, drop them by the Senior Center or you can mail them in. Please make sure your name is on all the recipes you submit. Deadline to submit recipes is July 18. We want to have it to the printer by the end of August so we may have the finished product available to sell before Christmas.

## The Cookbook Challenge



### BANANA SPLITS ARE BACK!!!

It's that time of year...Our next Banana Splits Day will be on Thursday, July 21 from 2:00 p.m. to 3:00 p.m. Cost is \$3.



### 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.

### Upcoming Trips:

Monday, October 10: Casino Trip to Rising Star. Leave Center at 9:30 a.m. Cost \$35—which includes \$20 coin play, \$5 food/gift shop voucher and transportation. Need money and reservations by August 26.

Sunday, November 13: Trip to La Comedia to see *A Christmas Carol*. We will leave the Center at 10:00 a.m. Cost is \$43. Reservations and payment by September 30.

Monday, November 28—Thursday, December 1: Trip to New York City. Your 4 day/3 night package includes: 3 night hotel accommodations; 3 breakfasts at your hotel; 2 dinners including 1 dinner at a New York City Restaurant; guided tour of New York City; orchestra seating for the Radio City Music Hall Christmas Spectacular starring the Radio City Rockettes; visit the National 9/11 Memorial; plus holiday shopping in New York City. Price \$599 per person based on double occupancy. Travel protection is available. Deposit of \$250 is due by August 15 with balance due by September 19. For more information, call the Senior Center.

### Weight-Loss Challenge

Get healthy, earn cash, get fresh viewpoints on nutrition; have fun, trade conversations with classmates—all in 30 minutes or less.

Join our 12 week **Summer Spectacular Weight-Loss Challenge.**

Where: Wilmington Savings Bank Senior Center; When: Beginning July 19th for 12 weeks; Day/Time: Tuesdays, weigh-ins around 5:15 p.m., conversations ongoing till around 6:00 p.m.

For more information or to register, call Sue Wylie at (937) 444-6161

### Strawberry Dream Squares

12 graham crackers, finely crushed (about 2 cups)

1/3 cup margarine, melted

1-8 oz. cream cheese, softened

1/4 cup sugar

1 cup drained mashed thawed frozen strawberries

3 cups thawed whipped topping, divided

2 pkgs. (3.4 oz. each) vanilla instant pudding

3-1/2 cups cold milk

Mix graham crackers and margarine. Reserve 2 tbsp. crumb mixture; press remaining onto bottom of 13x9-inch pan. Refrigerate while preparing filling.

Mix cream cheese and sugar in medium bowl until blended. Add strawberries; mix well. Gently stir in 2 cups whipped topping; spread over crust. Beat pudding mixes and milk with whisk 2 minutes; pour over cream cheese layer. Refrigerate 1 hour; top with remaining whipped topping and reserved crumb mixture. Refrigerate 4 hours.



### 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!



### This was the Year...1946

**U. S. President:** Harry Truman

**U. S. Vice President:** There was no Vice President from 1945-1949.

**Headlines:**

The Central Intelligence Agency is formed.

WWII soldiers make use of the GI Bill of Rights provision and head to college in record numbers

Birthrates jump to more than 1.4 million in one year with the return of WWII veterans

Alaskans vote in favor of statehood

**Cost Of Living:**

New House-\$5,600

Movie Ticket-55 cents

New Car-\$1,125

Average Rent-\$65 month

Gasoline-15 cents gallon

Postage Stamp-3 cents

Average Income-\$2,500 year

Harvard Tuition-\$420 year

**Cost of Food:**

Sugar-75 cents per 10 lbs.

Eggs-22 cents dozen

Coffee-50 cents per lb.

Bacon-47 cents per lb.

Hamburger-40 cents per lb.

Fresh Bread-10 cents loaf

**New Food Products:**

Frozen French Fries; Ragu Spaghetti Sauce; French's Instant Potatoes

**Music:**

*Ole Buttermilk Sky* (Kay Kyser); *Personality* (Johnny Mercer); *Rumors are Flying* (Les Paul); *Surrender* (Perry Como); *The Gypsy* (Dinah Shore)

**Movies:**

*Anna and The King of Siam*; *The Big Sleep*; *The Postman Always Rings Twice*; *The Harvey Girls*; *Gilda*; *It's a Wonderful Life*; *The Jolson Story*

**Sports:**

Champions include—St. Louis Cardinals (Baseball); Chicago Bears (Football); Montreal Canadiens (Hockey) and Oklahoma State (NCAA Basketball)



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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 JULY 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 pm—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

### THURSDAY

8:00 am—Early Bird  
9:00 am—Exercise with Weights  
9:00 am—Pinochle  
10:00 pm—Exercise  
12:15 pm—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

Monday, July 4—Happy Holiday

Tuesday, July 12—Advisory Board meeting at 10:00 a.m.

Wednesday, July 13—Diabetic Shoe Clinic 10:00 a.m.

Friday, July 15—Birthday Dinner. We celebrate all birthdays in July.

Friday, July 15—Free Cookout and program on Senior Scams. Cookout at 12:00 noon. Consumer awareness program at 1:00 p.m. Cookout sponsored by Wilmington Savings Bank

Monday, July 18—Recipes due for Senior Center Cookbook.

Tuesday, July 19—Bingo sponsored by Medigold after lunch.

Wednesday, July 20—Lunch sponsored by Wilmington Nursing and Rehab at 12:00 noon. There is no charge for the meal, please sign-up by Tuesday, July 19.

Thursday, July 21—Banana Splits from 2:00 p.m. to 3:00 p.m. Cost \$3

Wednesday, July 27—Dinner Trip to Bag of Nails. Leave at 4:00 p.m.

**Ala Carte      Mon      Tue      Wed      Thu      Fri**

Mondays						1 Hamburger Great Northern Beans Broccoli Fruit Punch	<i>No Ala Carte on the following days: 7/15; 7/20</i>
Ham & Beans Cornbread							
Tuesdays & Thursdays	4 Closed for Holiday	5 Hamburger on Bun Potato Wedges Broccoli Applesauce	6 Italian Chicken Spaghetti Italian Vegetables Wheat Bread Pineapple	7 Salisbury Steak Whipped Sweet Potatoes Oregon Vegetables Juice & Grahams	8 Smoked Sausage w/ sauerkraut Mashed Potatoes Green Beans Fruit Cocktail		
Grilled Ham & Cheese or Grilled Cheese							
Wednesdays	11 Swiss Steak Stewed Tomatoes O'Brien Potatoes Wheat Bread Pears	12 Turkey & Swiss Sandwich Creamy Veggie Soup Potato Salad Coleslaw	13 Chili Spaghetti Mixed Vegetables Fresh Apple	14 Baked Chicken Herb Dressing Broccoli Green Beans Applesauce	15 Cookout sponsored by Wilmington Savings Bank at 12:00 noon		
Chef Salad							
Fridays	18 Country Fried Steak Potato Wedges Green Beans Wheat Bread Orange	19 Ham Sandwich Tomato Soup 3 Bean Salad Coleslaw Pears	20 Lunch with Wilmington Nursing & Rehab at 12:00 noon	21 Beef Stew Green Beans Cornbread Banana	22 Beef & Brown Rice Broccoli Carrots Wheat Bread Mandarin Oranges		
Taco Salad							
	25 Pineapple Ham Sweet Potato Patties Peas Dinner Roll Juice & Cake	26 Lemon Pepper Fish Brown Rice Mixed Vegetables Wheat Bread Fruit Cocktail	27 Chicken Potato Casserole Broccoli Wheat Bread Juice & Grahams	28 Turkey Tetrazzini Brussel Sprouts Baked Apples Wheat Bread	29 Pork Cutlet Broccoli Green Beans Wheat Bread Orange/Cookies		

## Return Address

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