

# **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

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

# 2nd Annual Cruise-In Wilmington Savings Bank Senior Center

717 N. Nelson Avenue, Wilmington, OH Admission—FREE—Donations Welcome! Funds to support Clinton County Seniors



AUGUST 27, 2016 8 AM TO 2 PM FOOD AVAILABLE

ENTERTAINMENT DOOR PRIZES BAKE SALE 50/50 DRAWING WOMEN'S WORLD PURSE AND SCARF BOOTH OPEN INSIDE

Sponsored by the Wilmington Old Car Club

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:

#### Household Size & 12 Month Income

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



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.



# Happy Birthday!!



#### Walk Club Update!

June miles—406.25 Charlotte Bland—109 miles Judi Clay—141.25 miles Carole France—111 miles Janet Esmail—21.5 miles Polly Daugherty—23.5 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.

Helen Abney—8/17 Sharon Ackerman— 8/24 Greg Adams—8/01

Bert Allen—8/20 Lois Allen—8/06 Mark Allen—8/18 Becky Baldwin—8/21

Lee Barrett—8/30 Boyd Barrett—8/15 Bonnie Bennett—8/23 Bill Brown—8/11

Kay Burton—8/20 Patti Charles—8/13 George Cook—8/29 Sharon Cordrey—8/21

Sandy Daugherty—8/09 Ruth Dawson—8/10 Betty Day—8/30

Dorothy Daye—8/31 Janet Esmail—8/11 Bob Fadden—8/10

Christina Fadden—8/08 Phyllis Flint—8/18 James Flint—8/29 Mary Fulton—8/04 James Gibson—8/17 Fran Gnau—8/11 Walter Hank—8/29

Jennifer Harvey—8/01 Diana Howard—8/07 Wilma Kelso—8/24 Joyce Kimball—8/09

Willard Lane—8/26 Sandy Leslie—8/21 Maxine Lovelace—8/19 Robert Malyuk—8/22

Sue Marshall—8/11 Sandy Mongold—8/14 Mary Ann Nace—8/01 James Patterson—8/25 Venita Rhoads—8/17

Florence Manning—8/01

Jeff Roach—8/17 Pamela Roe—8/20 Betty Anne Short—8/28 Paul Skogstorm—8/17

Nancy Smith—8/29 Loretta Stackhouse—8/04 Dika Swartzel—8/09 Franklin Wall—8/20 Margaret Watters—8/12 Bob Watters—8/02 Vicki Wilson—8/10 Marie Zitney—8/04

Join us for our 2nd annual Cruise-In on Saturday, August 27 from 9:00 a.m. to 2:00 p.m. Food will be available from 8:00 a.m. to 1:30 p.m. There will be a bake sale; door prizes; 50/50 drawing; entertainment by Dick Mitchner; also the Women's World Purse and Scarf booth will be open inside! This event is sponsored by the Wilmington Old Car Club.



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, employer and lender



#### Congratulations to July winners!

Betty Yovich—\$5.70 Charlotte Baker—\$5.50 JoAnn Patterson—\$5.65 Shirley Massie—\$4.43



## **WELCOME NEW MEMBERS!**



Senior Center Board Report for June 2016

Meals: 590 meals were served to 85 attendees.

Transportation: 318 one way trips were provided to 41 participants.

ESP Medical: There were 11 units for 4 clients.

Adult Day Care: There were a total of 200 trips provided for 9 cli-

ents.

Home Meals: There were 2097 home meals delivered to 80 clients.

<u>Supportive Services</u>: There were 81 units for 23 clients.

<u>Socialization/Recreation</u>: There were 101.25 different activities and 154 clients attending.

Homemaking Services: 961 units for 141 clients.

<u>Total transportation miles</u>: We traveled 4925 miles transporting clients.

<u>Total miles delivering meals</u>: We traveled 2596 miles delivering meals.



# FOR CLINTON COUNTY COMMISSIONER

**STRONG** 

**CARING** 

RESPONSIBLE

Paid for by "Dean Feldmeyer for County Commissioner" Alice Lundblad, Chairman

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

(937) 382-0946

bmwlaw@bmwlaw.net

Fax (937) 382-1361

**Phone:** 937-382-6100

Mobile: 937-603-5429

#### 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.

#### Terry Spurlock 1403 Rombach Avenue Wilmington, OH 45177



Auto Sales & Service

#### THANK YOU!!!

Many Thanks to:

\*Beverly Gulla from Medigold for Bingo

\*Cape May for July Birthday cake

\*Wilmington Nursing and Rehab for July lunch

\*Wilmington Savings Bank for Cookout Lunch and program from the Attorney General's Office on Senior Scams

#### Visit us at our new location!



"We deliver quality every day."

1682 ALEX DRIVE, WILMINGTON

(937)382-5694

www.littletonhomecare.com



184 N. South Street • Wilmington, Ohio 45177 937-382-1659

www.wilmingtonsavings.com





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E-mail wmcbrayer@cinci.rr.com

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 It's that time of year to choose a King and Queen for the Corn Festival. We are taking nominations until August 19. Voting will be held on Wednesday, August 24.













We will be having a food booth at the Clinton County Corn Festival again this year selling pressed chicken sandwiches. This is our biggest fund raising event of the year. The festival will be held Friday, September 9; Saturday, September 10 and Sunday, September 11.

Also, the Third Annual 5K Run/Walk will be held on Saturday, September 10. Registration is at 7:00 a.m. The Run/Walk starts at 8:00 a.m. Proceeds from this event also benefits Clinton County Seniors. Stop by Community Action or the Senior Center to pick up a registration form. Pre-registered entries receive a free t-shirt. Awards will be given for the Top 3 overall Women Runners and the Top 3 overall Men Runners.

### FREE CRAFT CLASS THURSDAY, SEPTEMBER 15 1:00 P.M. TO 3:00 P.M.

There will be a Beginner Crocheting Class on Thursday, September 15 from 1:00 p.m. to 3:00 p.m. in the Craft Room. Connie Pyle will be teaching the class. There is no charge for the class, but those participating need an "H" crochet hook and 1 skein of peaches and cream yarn. Class size is limited so please sign up.



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.

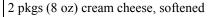
Monday, November 28—Thursday, December 1: Trip to New York City. Your 4 day/3 night package includes: 3 night hotel accommodations; 3 breakfasts at your hotel; 2 dinners including 1 dinner at a New York City Restaurant; guided tour of New York City; orchestra seating for the Radio City Music Hall Christmas 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.



#### 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.

#### Three Step Caramel Apple Cheesecake



1/2 cup sugar

1/2 tsp. vanilla

2 eggs

1/3 cup frozen apple juice concentrate, thawed

1 ready-to-use graham cracker crumb crust

1/4 cup caramel ice cream topping

1/4 cup chopped salted peanuts

Preheat oven to 350 degrees. Beat cream cheese, sugar and vanilla in large bowl with electric mixer on medium speed until well blended. Add eggs; mix just until blended. Stir in juice concentrate. Pour into crust. Bake 40 minutes or until center is almost set. Cool. Refrigerate 3 hours or overnight. Drizzle with topping and sprinkle with peanuts just before serving. Store leftover cheesecake in refrigerator.



### 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!





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

(937) 382-3320



This was the Year....1952

U. S. President: Harry Truman
U. S. Vice President: Alben Barkley

Headlines:

Dick Clark hosted the first *American Bandstand* The first Holiday Inn was opened in Tennessee Fog in London killed 4,000 people on December 4 China accused the U.S. of using germ warfare Polio Epidemic killed 3,000 in the U.S.

**Cost Of Living:** 

New House-\$9,075 Movie Ticket-70 cents

New Car-\$1,754 Average Rent-\$80 month

Gasoline-20 cents gallon Postage Stamp-3 cents

Average Income-\$3,850 year Harvard Tuition-\$600 year

Cost of Food:

Sugar-85 cents per 10 lbs. Eggs-25 cents dozen

Coffee-74 cents per lb. Bacon-54 cents per lb.

Hamburger-53 cents per lb. Fresh Bread-16 cents loaf

#### **Technology News and Fads:**

Kellogg's Frosted Flakes and Saran Wrap were introduced; First roll-on deodorant was introduced; the first patent for a bar code was issued; Jonas Salk invented the polio vaccine; Mr. Potato Head; Slinky Dog and PEZ candy dispensers

#### TV Shows:

I Love Lucy; Dragnet; The Colgate Comedy Hour; Fireside Theatre; Texaco Star Theatre; You Bet Your Life

#### Movies:

The Greatest Show on Earth; Singin' in the Rain; Monkey Business; The Bad and the Beautiful; The Quiet Man; Limelight

#### Sports:

Champions include—New York Yankees (Baseball); Cleveland Browns (Football); Detroit Redwings (Hockey) and Kansas (NCAA Basketball)



#### **ACTIVITY SCHEDULE FOR AUGUST 2016**

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 pm—Chair Volleyball

10:00 am—Corn Toss

12:15 pm—Rook

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 Ball9:00 am—Walk Club10:00 am—Exercise9:30 am—Bridge

12:15 pm—Crafts 12:15 pm—Rook
12:15 pm—Euchre

2:30 pm—Line Dancing

WEDNESDAY 8:00 am—Early Bird

8:45 am—Silver Sneakers

7:00 pm—Square Dancing

12:15 pm—Mexican Train Dominos

9:00 am—Pool

10:00 am—Corn Toss

### **UPCOMING EVENTS**

Tuesday, August 9—Advisory Board meeting at 10:00 a.m.

Wednesday, August 10—Game Night at 4:30 p.m. Bring a snack food to share. Hot Dogs and dessert provided.

Wednesday, August 17—Lunch with Wilmington Nursing and Rehab at 12:00 noon. Lunch is free but please sign up by August 16.

Thursday, August 18—Banana Splits from 2:00 p.m. to 3:00 p.m. Cost \$3

Friday, August 19—Birthday Dinner. We celebrate all JULY and AUGUST birthdays. Summer Fun Trivia at lunchtime.

Monday, August 22—Shopping Trip to Dayton Mall. Leave at 9:30 a.m.

Wednesday, August 24—Dinner Trip to Stone House in Waynesville. Leave at 4:00 p.m.

Friday, August 26—Medigold Information Table 10:00 a.m. to 11:00 a.m.

Saturday, August 27—2nd Annual Car Show. See article in newsletter for further information.

Wednesday, August 31—Bingo sponsored by Medigold after lunch.

Ala Carte	Mon	Tue	Wed	Thu	Ē	
Mondays Ham & Beans Combread	Pork Cutlet Potato Wedges Vegetable Medley Wheat Bread Fruit Cocktail	2 Steak Hoagie Potato Wedges Baked Beans Fresh Orange	Spaghetti & Meatballs Italian Vegetables Spinach Wheat Bread Peaches	4 Roast Turkey Mashed Potatoes Vegetable Medley Dinner Roll Juice & Cake	Summer Salad Cranberry Juice Animal Cookies	No Ala Carte available on these dates: 8/17; 8/19
Tuesdays and Thursdays  days  Grilled Ham &  Cheese  Grilled Cheese	8 Salisbury Steak Whipped Sweet Potatoes Oregon Vegetables Wheat Bread	9 Hamburger on Bun Potato Wedges Cheesy Broccoli Applesauce	10 Smoked Sausage w/ sauerkraut Mashed Potatoes Green Beans Rye Bread	11 Italian Chicken Spaghetti Italian Vegetables Peas Juice & Cake	Cheeseburger on Bun Great Northern Beans Broccoli Pineapple	
Wednesdays Chef Salad	15 Chili Spaghetti Mixed Vegetables Fresh Apple	16 Meatloaf Mashed Potatoes Spinach Dinner Roll Juice & Grahams	17 Lunch with Wilming- ton Nursing and Re- hab at Noon	Swiss Steak Stewed Tomatoes O'Brien Potatoes Wheat Bread Pears	19 Baked Chicken Herb Dressing Broccoli Green Beans Happy Birthday	
Fridays Taco Salad	22 BBQ Beef on Bun Peas & Pearl Onions Coleslaw Peach Dessert	Chicken & Brown Rice Broccoli Carrots Mandarin Oranges	24 Ham Sandwich Tomato Soup 3 Bean Salad Coleslaw Pears	Country Fried Steak Potato Wedges Green Beans Wheat Bread Applesauce	26 Beef Stew Green Beans Cornbread Banana	
	Turkey Tetrazzini Brussel Sprouts Baked Apples Wheat Bread	30 Pork Cutlet Broccoli Green Beans Wheat Bread Juice & Grahams	Chicken Tenders Brown Rice Mixed Vegetables Wheat Bread Fruit Cocktail			

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

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Alice Ujvary

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