

<u>Clinton County Community</u>

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, Senior Center Director 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

COLUMBUS DAY FAST FACTS

Columbus Day for 2016 is October 10.

Columbus Day is celebrated on the second Monday in October. Before it became a legal federal holiday in 1971, many states celebrated Columbus Day on October 12. It marks Christopher Columbus' first voyage to America. He landed on the island of Guanahani in the Bahamas on October 12, 1492.

Columbus and a crew of 90 people set sail about 10 weeks earlier aboard their ships— Nina, Pinta and Santa Maria.

Timeline for Columbus Day celebration:

1792-The first Columbus Day celebration is organized by The Society of ST. Tammany and held in New York City (300th anniversary of Columbus' landing.

1892-President Benjamin Harrison issues a proclamation establishing a celebration of Columbus Day on the 400th anniversary of Columbus' landing.

April 7, 1907-Colorado becomes the first state to declare Columbus Day a legal holiday.

1920-Columbus Day begins being celebrated



annually.

October 12, 1937-First federal observance of Columbus Day, under President Franklin D. Roosevelt.

1971-Columbus Day becomes a legal federal holiday in the United States. Presidential Proclamation (PL90-363) states that the observance of Columbus Day is always on the second Monday in October.

The Republic of Colombia in South America and the District of Columbia in the United States are named after Christopher Columbus.

Several towns, rivers, streets and public buildings in the United States also bear his name.

Ohio Senior Health Insurance Information Program

Since 1992, the Ohio Senior Health Insurance Information Program (OSHIIP) has provided people on Medicare with free and objective health insurance information and one-on-one insurance counseling. A program of the Ohio Department of Insurance, OSHIIP is funded by the state and a grant from the federal Administration for Community Living (ACL). OSHIIP staffalong with approximately 800 trained volunteers who live in all parts of our stateeducate consumers about Medicare, Medicare supplement insurance policies, Medicare Advantage plans, Medicare prescription plans, certain Medicare issues, longterm care insurance and other health insurance matters.

OSHIIP counselors can help you: Understand how various Medicare plans work; Make sense of doctor and hospital bills; Translate statements from Medicare and insurance companies; Determine if you are getting the benefits you are entitled to, and what to do if you are not; and Better understand how to deal with Medicare and insurance in the future.

If you have questions, concerns or need help with Medicare, the Senior Center has OSHIIP volunteers on staff to assist you. Call 382-7170 for more information.

Open enrollment for Medicare Part D Prescription Plans is October 15 to December 7. This is the time to compare drug plans and make sure you have the one best suited to you and your medications.

Medicare Check-up day at the Senior Center is Friday, November 4 and 12:00 noon. A representative from OSHIIP will be here to answer questions and provide information concerning any upcoming Medicare changes. Page 2

Walk Club Update!

August miles—369 miles

Charlotte Bland-133 miles

Judi Clay—80 miles

Carole France—123 miles

- Janet Esmail—12 miles
- Polly Daugherty—21 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.



Peggy Allen—10/14 Sandra Banks-10/05 Richard Bogan-10/26 Stella Boring—10/31 Laraine Boyles-10/21 Catherine Brausch-10/28Robert Brown—10/25 Kim Campbell—10/12 Mary Anna Cherryholmes-10/30 Gary Clark-10/30 David Cloud—10/13 Lucille Cloud-10/11 Roger Collins-10/01 Dennis Conner-10/20 Patti Cook-10/15 Virginia Craig-10/12 Colena Creek—10/08 Renee Curtis-10/05 Butch Davis-10/25 Michael Daye-10/07 Harley Douglas-10/07 Carolyn Earley—10/26

Jeanette Flint—10/22 Carole France-10/05 William Graesser-10/17 Yvonne Hayes—10/28 Shirley Hedges-10/10 Hazel Hufford—10/28 Sara Hummelgard-10/15 Pat Johnson—10/30 Sharon Johnson-10/07 Virginia Jones-Kelley-10/02 Linda Kenser-10/01 Susie Kienle—10/15 Ernie Kline—10/16 Patricia Lambcke-10/19 Mark Lewis-10/06 H. James Mason—10/31 Rachel Mathews-10/27 Dorothy Mockabee-10/12 Barbara Moulton—10/01 Don Myers-10/23 Jane Newkirk-10/19

Happy Birthday!!

Sondra Nordyke-10/30 Johnnie Pierson-10/28 Rachael Plank-10/22 Mary Reeves-10/08 Mary Reynolds-10/19 Johnnie Richardson-10/03 Gayle Roberson-10/19 Kenneth Rothwell-10/23Virginia Shively-10/10 Janeve Sloane-10/11 Barbara Smith-10/31 Karen Standridge-10/06 Connie Townsend-10/07 Jean True—10/14 Joyce Walker—10/30 Deloris Williams-10/06Earl Zurface—10/26

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.

F

This institution is an equal opportunity provider.



WELCOME NEW MEMBERS!



Congratulations to September winners!

Betty Yarger—\$7.00 Nancy Boldman—\$5.05 Ginny Jones-Kelley—\$6.45 Glenna Samsel—\$6.50 Mary Fulton—\$4.34



Senior Center Board Report for August 2016

Meals: 645 meals were served to 115 attendees.

Transportation: 405 one way trips were provided to 54 participants.

ESP Medical: There were 18 units for 5 clients.

<u>Adult Day Care</u>: There were a total of 224 trips provided for 11 clients.

<u>Home Meals</u>: There were 2442 home meals delivered to 91 clients. Supportive Services: There were 81 units for 21 clients.

Socialization/Recreation: There were 98.75 different activities and 147 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.





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

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 **Phone:** 937-382-6100 **Mobile:** 937-603-5429



THANK YOU!!!

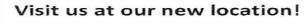
Many Thanks to:

*Beverly Gulla from Medigold for Bingo

*Cape May for September Birthday cake

*Wilmington Nursing and Rehab for September lunch

*Brian and his friend, Nate, for smoking our pork for the Luau





1682 ALEX DRIVE, WILMINGTON

(937)382-5694

www.littletonhomecare.com







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

THANK YOU! THANK YOU! THANK YOU!

We would like to thank everyone for their support, whether it be your time or donations, in making this year's Corn Festival a success!

A special *Thank You* to <u>Bush Auto Place</u> for providing the "chariot" used by the King & Queen in the parade. Food booth profit was \$2592.44

CHANGE IN LINE DANCING CLASS

Line dancing class will be held on Tuesdays from 2:30 p.m. to 3:30 p.m. through October 11. Class will be held on Wednesdays from 2:30 p.m. to 3:30 p.m. beginning October 19..





MEDICARE CHECK-UP DAY FRIDAY, NOVEMBER 4 AT 12:00 NOON.

Open enrollment for prescription drug plans begins October 15, 2016 and goes through December 7, 2016. This is the time to compare drug plans to make sure you have the one best suited for you. Questions, call the Senior Center at 382-7170.

Members of the Senior Advisory Board are:

Bob Thomas

D Bullock

Barb Davis

Sid Clay

Larry Cordrey

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. Our Annual Christmas Bazaar will be held on Saturday, December 3rd. This year we are trying something different, in addition to our regular activities. We are also going to offering spaces that will be available to rent. If you are interested in a space, call or stop by the Senior Center. More details will be in the November newsletter. We are also participating in the "Homespun Christmas" so we will be on the map.



Operation Christmas Child Update

Bring in your items now and place in Operation Christmas Child baskets located in the lobby of the Senior Center. The Packing Party will be held Thursday, November 10 at 10:30 a.m.



Join us on Tuesday, October 4 at 4:00 p.m. for a "Fall Party".

We will be serving Trash Can Soup and having S'mores for dessert. Weather permitting, we may have S'mores outside, so bring a lawn chair. "Campfire" Sing a long.

There is no charge for the evening, but please sign up by October 3.



Pineapple Bread Pudding By Mollie Courtney Niles

4 eggs

1 cup sugar

1/4 cup butter or margarine, melted

2 tbsp. flour

1-15 1/2 oz. can crushed pineapple, in syrup

4 slices of white or wheat bread, cubed

In a large mixing bowl, beat eggs slightly. Add sugar, butter, flour and pineapple and mix. Stir in bread crumbs and mix until moistened. Pour into a greased 1 1/2 quart baking dish. Bake in a 350 degree oven for 1 hour.





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....1949

U. S. President: Harry Truman

U. S. Vice President: Alben Barkley

Headlines:

Soviet Union tested its first atomic bomb

North Atlantic Treaty Organization (NATO) was founded.

The first automatic streetlights were used in New Milford, CT Geneva Conventions (an agreement on the treatment of prisoners) was enacted.

Snowfall was first recorded in Los Angeles

Cost Of Living:

New House-\$7,450	Movie Ticket-60 cents
New Car-\$1,420	Average Rent-\$70 month
Gasoline-16 cents gallon	Postage Stamp-3 cents
Average Income-\$2,959 year	Harvard Tuition-\$600 year
Cost of Food:	
Sugar-85 cents per 10 lbs.	Eggs-24 cents dozen
Coffee-65 cents per lb.	Bacon-50 cents per lb.
Hamburger-47 cents per lb.	Fresh Bread-14 cents loaf
Technology Norre and Feder	

Technology News and Fads:

RCA perfected a system for broadcasting color TV. RCA released the first 45 rpm single record. The first Polaroid camera was sold for \$89.95. The first Volkswagen Beetle was sold in the U.S. Silly Putty, Candy Land, Kewpie dolls and wind-up clacking "Talking Teeth" made their first appearances.

Movies:

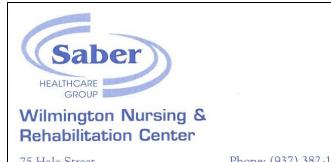
All the King's Men; Adam's Rib; Sands of Iwo Jima; She Wore a Yellow Ribbon; The Heiress; The Third Man; Twelve O'Clock High; Adventures of Don Juan

Sports:

Champions include—New York Yankees (baseball); Philadelphia Eagles (football); Kentucky (NCAA basketball); Ponder (Kentucky Derby)

Popular Quote:

"What a dump."-Bette Davis in Beyond the Forest



75 Hale Street Wilmington, OH 45177 Phone: (937) 382-1621 Fax: (937) 383-1215

Seniors Need Help call 382-7170

ACTIVITY SCHEDULE FOR OCTOBER 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—Mexican Train Dominos		
	12:15 pm—Rook		
		<u>FRIDAY</u>	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		9:30 am—Bridge
	12:15 pm—Crafts		12:15 pm—Rook
	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		

UPCOMING EVENTS

Tuesday, October 4—Fall Party at 4:00 p.m. Trash Can Soup for dinner and S'mores for dessert. Event will be held indoors, however, weather permitting, S'mores may be outdoors—so bring a lawn chair "Campfire" sing a long. No charge for the evening. Please sign up by October 3.
Tuesday, October 4—Medical Mutual Information Table 10:00 a.m. to 11:00 a.m. Monday, October 10—Closed in observance of Columbus Day Monday, October 10—Trip to Rising Star Casino leaves the Center at 9:30 a.m. Tuesday, October 19—Lunch sponsored by Wilmington Nursing and Rehab at 12:00 noon. Lunch is free of charge—please sign up by Tuesday, October 18.
Friday, October 21—Birthday Dinner. We celebrate all October birthdays. Friday, October 26—Fall Ride. Leave center at 4:00 p.m. Stop at Country Inn Mt. Orab. Monday, October 31—Halloween Party at lunch time. Boo Bingo at noon.

Friday, November 4-Medicare Check-up Day at 12:00 noon.

Ala Carte	Mon	Tue	Wed	Thu	Fri	
Mondays— Ham & Beans						
Tuesdays, Thurs- days—Grilled Ham & Cheese or Grilled Cheese	3 Baked Fish Brown Rice Mixed Vegetables Fruit Cocktail	4 Chicken Potato Casse- role Broccoli Pears	5 Pineapple Ham Sweet Potato Patties Peas Cake & Juice	6 Turkey Tetrazzini Brussel Sprouts Baked Apples Wheat Bread	7 Pork Cutlet Broccoli Green Beans Juice & Cookies	
Wednesdays—Chef Salad	10 Closed for Columbus Day	11 Pork Cutlet Potato Wedges Vegetable Medley Mandarin Oranges	12 Chef Salad	13 Steak Hoagie on Bun Potato Wedges Baked Beans Fresh Orange	14 Roast Turkey Mashed Potatoes Vegetable Medley Juice & Cake	
Fridays—Taco Salad	17 Hamburger on Bun Potato Wedges Broccoli Applesauce	18 Italian Chicken Spaghetti Italian Vegetables Pears	19 Lunch with Wilming- ton Nursing & Rehab at 12:00 noon	20 Smoked Sausage w/ Sauerkraut Mashed Potatoes Green Beans	21 Salisbury Steak Sweet Potatoes Oregon Vegetables Birthday Cake	
	24 Swiss Steak Stewed Tomatoes O'Brien Potatoes Mandarin Oranges	25 Baked Chicken Herb Dressing Broccoli Green Beans	26 Meatloaf w/gravy Mashed Potatoes Spinach Dinner Roll	27 Roast Pork Loin Brown Rice Oregon Vegetables Fruit Cocktail	28 Chili Spaghetti Mixed Vegetables Fresh Apple	
	31 Cabbage Roll Peas & Pearl Onions Yellow Squash Pears					

No Ala carte on October 19 and 21

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

NONPROFIT ORG U.S. POSTAGE PAID WILMINGTON, OH PERMIT NO. 204



Seniors Need Help call 382-7170