



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,
Senior Center Director
655-2156

Brian Garber, Transportation
Manager
655-2165

Cindy Fitch, Supportive
Services
655-2151

Sherry Bowling, Homemaker
Supervisor
655-2164

Pam George, LPN
Case Management
655-2163

Dr. Santin to Speak at Senior Center

Dr. Brian Santin, MD FACS RPVI is a double board certified vascular surgeon at Ohio Vein and Vascular in Wilmington. A vascular surgeon treats diseases that affect the arteries and veins in the body. Common reasons patients seek his consultation include: Leg Swelling; Leg Pain; Varicose Veins; Stroke Prevention; Aneurysms; Dialysis (Kidney Failure) Access. Dr. Santin will be at the Wilmington Senior Center on Wednesday, January 18 at 11:30 a.m. He plans to provide a brief presentation explaining what he does and what types of treatments he provides to the Wilmington and surrounding communities.

Dr. Santin completed his undergraduate degree in Economics from the Ohio State University, continued at OSU for Medical School, before completing a 5-year General Surgery Residency at Mount Carmel in Columbus and finally a Vascular Surgery Fellowship at Good Sam/Besthesda North in Cincinnati. He sits on the Ohio State Medical Association Council as an At-Large Councilor, is the Membership Chair for the American College of Surgeons, Ohio Chapter, and is the Membership Chair for the American Venous Forum.



**JUST A FRIENDLY REMINDER....
MEMBERSHIP DUES ARE \$20 FOR
2017 PAYABLE JANUARY. PLEASE
FILL OUT THE FORM ON PAGE 4
AND RETURN WHEN PAYING
YOUR DUES, SO WE CAN UPDATE
OUR MAILING LIST. THANKS!**



Happy Birthday!!



Walk Club Update!

- November miles—302 miles
- Charlotte Bland—124 miles
- Judi Clay—106 miles
- Carole Erdman—60.5 miles
- Polly Daugherty—14.5 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.

- | | |
|----------------------|-------------------------|
| Ray Baker—1/28 | Mike Millard—1/05 |
| Kay Barrere—1/27 | Shirley Montaron—1/07 |
| Norma Bennett—1/30 | Marcella Pagett—1/06 |
| Jim Brausch—1/26 | Carl Piatt—1/30 |
| Donald Burton—1/18 | Margaret Pierson—1/22 |
| John Cleaver—1/21 | Marcella Rothwell—1/12 |
| Sharon Cooper—1/07 | Ace Spurlock—1/23 |
| Joe Daugherty—1/25 | Patty Spurlock—1/27 |
| Joe Davis—1/12 | Deborah Steggemann—1/16 |
| Ralph Doyle—1/17 | Ed Taylor—1/03 |
| Marvin Ferris—1/01 | Ginny Thompson—1/10 |
| Clara Gordon—1/11 | Vicki Trapp—1/28 |
| Floyd Griffith—1/20 | Frances Unger—1/28 |
| Ed Hamilton—1/11 | Richard Unger—1/29 |
| Bob Holmes—1/08 | Judy Urban—1/06 |
| Ken Houghtaling—1/18 | Mary Ann VanTress—1/17 |
| Rita Howell—1/11 | Marlene Viars—1/11 |
| Charley Hurt—1/03 | Holly Vick—1/25 |
| Lois Hutchinson—1/26 | Jeanine Walker—1/28 |
| Norma Kahlhamer—1/07 | Linda Wallace—1/19 |
| Jackie Kersey—1/27 | Ron Walter—1/01 |
| Goldie Lawson—1/25 | Lorene Williams—1/12 |
| Shirley Micheal—1/21 | |

THANK YOU!!!

Many Thanks to:

- *Ohio Living for December Birthday cake
- *Clinton County Health Dept for Blood Pressure Checks
- *Glenna Samsel for cookies for "Light Up Middletown" evening
- *Meda Pittser and Maribeth Bevis for entertainment Christmas Dinner
- *Riverest Trio & Friends for entertainment during Christmas with Family and Friends

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.



Congratulations to December winners!

- Shirley Massie—\$5.00
- Shirley Massie—\$6.10
- Wilma Kelso—\$3.55
- Ginny Jones-Kelley—\$5.50



WELCOME NEW MEMBERS!

- Beverly Carpenter
- Jane Dodd
- Jeanette Farquer
- Murial Hiatt
- Don Mercer
- Regina Moore
- Robert Robinson
- Matt Robinson
- Ralph Willett
- Martha Willis
- Robert Pittser



Senior Center Board Report for November 2016

- Meals: 606 meals were served to 114 attendees.
- Transportation: 390 one way trips were provided to 69 participants.
- ESP Medical: There were 8 units for 4 clients.
- Adult Day Care: There were a total of 179 trips provided for 8 clients.
- Home Meals: There were 2665 home meals delivered to 105 clients.
- Supportive Services: There were 85.25 units for 47 clients.
- Socialization/Recreation: There were 110.5 different activities and 142 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.

Ideal Nutrition would like to invite you to become a better, healthier you! We will be starting a new 12 week, weight-loss challenge at the Wilmington Savings Bank Senior Center on Tuesday, January 3, 2017. The weigh-in starts at 5:15 p.m. and a 30 minute nutrition information session begins at 5:30 p.m.

With over 8 years of success, join us for weekly prizes, cash awarded to the most successful participants, individual personalized weigh-ins, personal body composition results, protein, carbohydrate and body fat requirements, weight-loss support, various topics of conversation and fun.

For more details, information and/or pre-registration, simply call Sue Wylie at (937) 444-6161.

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

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

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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

Seniors Need Help call 382-7170

Members of the Senior Advisory Board are:

- Bob Thomas D Bullock
- Sid Clay Barb Davis
- 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.

TRIP TO LACOMEDIA—Sunday, March 5, 2017. We will be seeing the third installment of the Church Basement Ladies—”Away in the Basement”. Set during the 1959 Sunday School Christmas program, the ladies are working on goodie bags and Nativity pieces while the children rehearse. Lots of laughs are in store as the ladies mend old bathrobes and discuss the politics of who’s going to play the various roles. Cost for the Sunday brunch is \$43—which includes ticket for show, meal and transportation. Money and reservations are due by February 5.

French Onion Soup Casserole

- 3 medium sweet onions, sliced
- 3 tbsps. butter
- 4 cups beef broth
- 1 tsp. Worcestershire sauce
- 6-8 slices French bread, about 1/2 inch in thickness
- 1 cup Mozzarella cheese
- 1/2 cup grated Parmesan cheese



Melt butter in a large saucepan over low heat. Add onions and cover. Cook for about 30 minutes, stirring occasionally. Add the beef broth and the Worcestershire sauce. Heat the broth mixture until it boils. Reduce heat to low. All to simmer, uncovered, for about 30 minutes. The broth will reduce. Pour onion and broth mixture into a greased casserole dish. Lightly toast the slices of bread. Place toasted bread in a single layer on top of onion/broth mixture. Cover bread with a thick layer of the shredded mozzarella and top with grated Parmesan.



Anyone like playing Chess? We have interest in getting people together for an afternoon of Chess. If you are interested, call the Center and we will try and get Chess on the activity schedule in the near future.



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!



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This was the Year...1952

U. S. President: Harry Truman

U. S. Vice President: Alben Barkley

Headlines:

*Mother Teresa opened a home for the dying and destitute in Calcutta

*Dick Clark hosted the first *American Bandstand*

*The U. S. began bombing North Korean power plants

*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; first "Don't Walk" sign installed in New York City; first patent for a bar code was issued; Jonas Salk invented the polio vaccine; Les Paul started selling his classic electric guitar; Mr. Potato Head; Slinky Dog

Movies:

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

TV Shows:

I Love Lucy; Dragnet; You Bet Your Life; Fireside Theatre; Buick Circus Hour; Gangbusters

Popular Quote:

"Lucy, I'm Home!"—Ricky Ricardo in *I Love Lucy*



**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 JANUARY 2017

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
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
12:15 pm—Mexican Train Dominos
2:30 pm—Line Dancing

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

UPCOMING EVENTS

Monday, January 2—Closed in observance of New Year Holiday

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

Thursday, January 12—Pizza Night at 5:00 p.m. Pizza, salad and dessert for \$4. Sign up in lobby.

Monday, January 16—Closed in observance of Martin Luther King Jr. Holiday

Wednesday, January 18—Speaker—Dr. Brian J. Santin, vascular surgeon will be speaking at 11:30 a.m.

Wednesday, January 18—Lunch with Wilmington Nursing and Rehab at 12:00 noon. Please make reservations by Tuesday, January 17.

Friday, January 20—Birthday Dinner. We celebrate all January birthdays. Bingo after lunch—sponsored by Medigold.

Monday, January 23—Shopping Trip to Dayton Mall. Leave at 9:30 a.m.

Wednesday, January 25—Dinner Trip to Stone House Tavern in Waynesville. Leave Center at 4:00 p.m.

Monday, January 30—Pancake Breakfast at 8:30 a.m. \$2 for pancakes and sausage patty.

No Ala carte on 1/18; 1/20

	Ala Carte	Mon	Tue	Wed	Thu	Fri
<p>Mondays— Ham & Beans Cornbread</p>	<p>2 Happy New Year</p>	<p>3 Ham & Beans Vegetable Medley Cornbread Fruit Cocktail</p>	<p>4 Baked Chicken Herb Dressing Broccoli Green Beans Applesauce</p>	<p>5 Chili Spaghetti Mixed Vegetables Crackers Peaches</p>	<p>6 Meatloaf Mashed Potatoes Spinach Dinner Roll Juice & Cake</p>	
<p>Tuesdays and Thurs- days— Grilled Cheese; Grilled Ham & Cheese</p>	<p>9 Cabbage Roll Peas & Onions Yellow Squash White Bread Pears</p>	<p>10 Beef & Brown Rice Broccoli Carrots Wheat Bread Fruit Cocktail</p>	<p>11 BBQ Beef on Bun Creamy Veggie Soup Peas & Pearl Onions Potato Wedges Peaches</p>	<p>12 Beef Stew Green Beans Cornbread Pineapple</p>	<p>13 Country Fried Steak Potato Wedges Green Beans Wheat Bread Orange</p>	
<p>Wednesdays— Chef Salad</p>	<p>16 Closed Martin Luther King Jr. Holiday</p>	<p>17 Cheese Lasagna Peas & Onions Carrot Coins Fresh Apple Cookie</p>	<p>18 Lunch with Wilming- ton Nursing and Re- hab at 12:00 noon</p>	<p>19 Chicken Tenders Brown Rice Mixed Vegetables Wheat Bread Fruit Cocktail</p>	<p>20 Chicken Potato Cas- serole Broccoli Wheat Bread Birthday Cake</p>	
<p>Fridays— Taco Salad</p>	<p>23 Spaghetti & Meatballs Italian Vegetables Spinach Wheat Bread Peaches</p>	<p>24 Southwestern Omelet Stewed Tomatoes O'Brien Potatoes Wheat Bread Pears</p>	<p>25 Beef & Broccoli Brown Rice Oregon Vegetables Corn Wheat Bread</p>	<p>26 Chicken & Noodles Green Beans Carrots Wheat Bread Mandarin Oranges</p>	<p>27 Roast Turkey Mashed Potatoes Vegetable Medley Dinner Roll Cake & Juice</p>	
	<p>30 Italian Chicken Spaghetti Italian Vegetables Peas Wheat Bread</p>	<p>31 Smoked Sausage w/ sauerkraut Mashed Potatoes Green Beans Rye Bread</p>				

Return Address

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