



**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

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



VALENTINES DAY LUNCH

Fundraiser lunch to be held for the Wilmington Savings Bank Clinton County
Senior Center

Cost - \$8.00 per person

Date – February 14, 2017

Time – 12:00 noon

Place – Wilmington Savings Bank Clinton County Senior Center – 717 N. Nelson
Avenue, Wilmington

TO MAKE RESERVATIONS PLEASE SEND YOUR MONEY ALONG WITH YOUR NAME
TO P.O. Box 32, Wilmington, OH 45177 or PURCHASE A TICKET AT THE CENTER by
February 10, 2017

**THE MENU WILL INCLUDE SPAGHETTI, GARLIC BREAD, SALAD, DESSERT AND
DRINK (SPREAD THE WORD AND ENCOURAGE PEOPLE TO ATTEND/PURCHASE
MEALS TO HELP THE CENTER)**

CARRY OUT AVAILABLE PLEASE CALL 382-7170 TO SCHEDULE (BY 2/10)

Supplemental Food Program Accepting Applications

The Senior Center is a distribution site for the "Commodity Supplemental Food Program".

We currently have spots available on the waiting list. Clinton County residents age 60 + meeting the income guidelines are eligible. Applications will be accepted Tuesday, February 21 from 9:00 a.m. to 12:00 noon and Thursday, February 23 from 12:00 noon to 3:00 p.m.

Please bring your proof of age and residency. Proof of income is not required as you declare your income eligibility by signing the application.

If you qualify, you will receive a letter confirming your spot on the waiting list.

The food program gives eligible recipients a box of grocery items—including fruits, vegetables, cereal, juice, other items and a 2 lb. box of cheese.

Income guidelines are as follows:

Household size	Monthly Income
1	\$1,287
2	\$1,736
3	\$2,184
4	\$2,633

For more information, call 382-7170.



Happy Birthday!!



Walk Club Update!

December miles—272 miles

Charlotte Bland—121 miles

Judi Clay—95 miles

Carole Erdman—56 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.



Tim Adams—2/25
Charlotte Baker—2/11
Mike Belles—2/26
Eddie Bosier—2/24
Wanda Bowermaster—2/19
Bob Brown—2/16
Calvin Clark—2/25
Rick Clevenger—2/26
Benjamin Conger—2/18
Esther Conner—2/21
Carolyn Crabill—2/12
Libbie Curry—2/22
Pauline Daugherty—2/07
Beverly Drapalik—2/11
Dana Dunn—2/05
Carole Erdman—2/09
Robert Erwin—2/18
Doris Farris—2/23
Jane Fawley—2/09
Betty Ferris—2/02
Sarah Fife—2/26
Jim Frank—2/25
Jayne Garber—2/24

Sara Jane Gilbert—2/18
Alfred Goley—2/09
Karen Griffin—2/19
Rosalie Guerra—2/21
Bobbi Hagen—2/19
Nial Henry—2/15
David Hillard—2/14
William Irwin—2/10
Donald Johnson—2/12
Ronald Kersey—2/22
Ginny Kline—2/23
Sally Koons—2/03
Dorthea Kratzer—2/18
Patricia Lewis—2/15
Sue Long—2/04
Barbara McEvoy—2/23
Juanita Miller—2/12
Robert Noel—2/26
Karen O'Rourke—2/15
Virginia Pollitt—2/17
Kenneth Quigley—2/15
Helen Skidmore—2/04
Sue Straight—2/01
Janet Surface—2/16

Kathy Taylor—2/14
George Trickey—2/15
Joy Wilson—2/22
Betty Yovich—2/23

THANK YOU!!!

Many Thanks to:

***Ohio Living for January Birthday cake**

***Wilmington Nursing and Rehab for lunch on January 18**

***Dr. Santin for his presentation January 18**

***Kiwanis and Aktion Club for treats for HDM clients**

***Community Care Hospice for allowing us to host an Angel Care Hospice Tree**

***Ken and Rose Beal for the 3 pictures now hanging in the Center's lobby.**

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 January winners!

Sondra Nordyke—\$6.87

Wilma Kelso—\$6.25

Nancy Boldman—\$5.75

Ray Baker—\$5.75

Sondra Nordyke—\$6.00



WELCOME NEW MEMBERS!

Richard Achor

George Bush

Julio Chang

Robert Erwin

Paula Erwin

Susan Frazier

David McCune

Judy McCune

Karen O'Rourke

Jack Rose

Valerie Rose

Susan Salisbury

Kathy Spangler

Fred Stern

Deborah Stern

John O'Rourke

Valerie Gaddy



Senior Center Board Report for December 2016

Meals: 596 meals were served to 97 attendees.

Transportation: 306 one way trips were provided to 49 participants.

ESP Medical: There were 12 units for 3 clients.

Adult Day Care: There were a total of 182 trips provided for 9 clients.

Home Meals: There were 2648 home meals delivered to 112 clients.

Supportive Services: There were 62 units for 28 clients.

Socialization/Recreation: There were 90.75 different activities and 136 clients attending.

Homemaking Services: 961 units for 141 clients.

Total transportation miles: We traveled 5035 miles transporting clients.

Total miles delivering meals: We traveled 2820 miles delivering meals.

HONOR FLIGHT DAYTON

We have applications at the Senior Center for veterans for the Honor Flight to Washington D.C. We also have the applications for guardians to accompany veterans as well. Honor Flight Dayton recognizes American Veterans for their sacrifices and achievements by flying them to Washington D.C. to see THEIR memorial at no cost.

We also have applications for Memorial Bricks to be installed in the walkway of the Clinton County Veterans Memorial located at the Clinton County Courthouse.

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 1-800-385-7436 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

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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.

Operation Christmas Child items for February are:

Toothbrushes, bandaids and plastic spoons. The donation box for these items is in the lobby at the Senior Center.

Trip to Krohn's Conservatory to see the 2017 Spring Show—"Blooms on the Bayou" on Thursday, March 9. We will depart the Center at 9:30 a.m. Cost for trip is \$8 — which includes admission to show and transportation. We will stop on return trip at Mimi's Café for lunch.

The show Blooms on the Bayou is inspired by the colorful culture of New Orleans, which features both a fun, festive side of the "Big Easy" as well as the eerie, yet enchanting, swampy southern bayou. Wander down our bayou boardwalk in the midst of bald cypress trees, blossoming bog lilies, and Spanish moss to explore the mysterious river shack or dance to some Dixieland jazz in the traditional New Orleans courtyard surrounded by Crepe Myrtle and Magnolia trees glittered with beads. Hundreds of vibrant annuals animate this display with charming camellias, dazzling tulips, fragrant hyacinths, and illustrious ferns of the French Quarter. Let this display take you away to the warm southern spring of the Louisiana bayou.

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.

HISTORY OF VALENTINE'S DAY

No one knows for sure about the origins of Valentine's Day. One theory is that it came from an ancient Roman celebration called Lupercalia that began on February 15. Lupercalia celebrated springtime and fertility. On February 14th, it was a custom for young Roman males to draw the names of girls to be their partners during the festival's celebrations the next day. The most popular theory about the origin of Valentine's Day is that it was named after St. Valentine. The story dates back to the third century, AD. Emperor Claudius II decreed that no one could marry or become engaged because he needed more soldiers for his army. A young Roman priest named Valentine defied the Emperor's decree by secretly marrying love-struck couples. He was arrested, imprisoned and sentenced to death.

While in prison, Valentine was especially friendly to the blind jailer's daughter and by a miracle restored her sight. The morning of his execution, he sent her a message signed, "From Your Valentine." He was executed on February 14 and was buried by an almond tree which bloomed pink flowers as a symbol of everlasting love.



Tin Roof Pie

3/4 cup caramel ice cream topping,
divided

3/4 cup cocktail peanuts, chopped,
divided

4 cups vanilla ice cream, softened

1 ready-to-use chocolate flavor crumb crust
(6 oz.)

Add 1/2 cup each of the caramel topping and nuts to ice cream in bowl; swirl with spoon until marbled. Spoon into crust.

Freeze 4 hours or until firm.

Drizzle pie with remaining caramel topping just before serving; sprinkle with remaining nuts.

Servings: 10



U. S. President Trivia

1. What U. S. president was born William Jefferson Blythe IV?
2. What U. S. president had the shortest life?
3. What conspirator in the Lincoln assassination was pardoned for saving the lives of prison guards during a yellow fever epidemic?
4. What card game did Dwight D. Eisenhower play fanatically while planning for D-Day?
5. Who is the only president to have survived two assassination attempts by women?
6. What horse-loving future president cheated on an eye exam to join the cavalry reserves in the 1930's?
7. What date saw FDR sign the U. S. declaration of war against Japan?

Answers:

- | | |
|--------------------|---------------------|
| 1) Bill Clinton | 5) Gerald Ford |
| 2) John F. Kennedy | 6) Ronald Reagan |
| 3) Dr. Samuel Mudd | 7) December 8, 1941 |
| 4) Bridge | |

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...1970

U. S. President: Richard Nixon

U. S. Vice President: Spiro Agnew

Headlines:

*U. S. Military Invades Cambodia and Laos

*Anti-war Demonstrations Erupt on College Campuses

*Four Students Killed at Kent State University in Ohio

*Conscientious Objector Status Approved by U.S. Supreme Court

**Apollo 13* Orbits Moon After Liquid Oxygen Tank Explodes—Returns Home Safely

Cost Of Living:

New House-\$23,400

Movie Ticket-\$1.50

New Car-\$3,979

Average Rent-\$140 month

Gasoline-37 cents gallon

Postage Stamp-6 cents

Average Income-\$9,357 year

Harvard Tuition-\$2,400

Cost of Food:

Sugar-60 cents per 5 lbs.

Eggs-42 cents dozen

Coffee-98 cents per lb.

Bacon-80 cents per lb.

Hamburger-60 cents per lb.

Fresh Bread-24 cents loaf

Movies:

Airport (But Lancaster, Dean Martin); *Five Easy Pieces* (Jack Nicholson; Karen Black); *Love Story* (Ali MacGraw, Ryan O'Neal); *M*A*S*H* (Donald Sutherland, Elliott Gould, Sally Kellerman); *Patton* (George C. Scott, Karl Malden); *Woodstock* (music festival)

Music:

ABC (Jackson 5); *Ain't No Mountain High Enough* (Diana Ross); *Bridge Over Troubled Water* (Simon and Garfunkle); *Everything is Beautiful* (Ray Stevens); *Let It Be* (The Beatles); *My Sweet Lord* (George Harrison); *Raindrops Keep Fallin' on My Head* (B.J. Thomas); *War* (Edwin Starr); *American Woman* (The Guess Who); *We've Only Just Begun* (The Carpenters)

Sports:

**Monday Night Football* premieres on ABC



**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 FEBRUARY 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
3:00 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

Tuesday, February 7—Advisory Board Meeting at 10:00 a.m.

Wednesday, February 8—Clinton County Health Department Blood Pressure Clinic 10:30 a.m. to 11:30 a.m.

Tuesday, February 14—Fundraiser Lunch at 12:00 noon. Cost \$8 per person. Tickets available at the Senior Center.

Wednesday, February 15—Dinner Trip to Rooster's, Washington Court House. Leave at 4:00 p.m.

Friday, February 17—Birthday Dinner. We celebrate all February birthdays.

Friday, February 17—Bingo sponsored by MediGold after lunch.

Monday, February 20—Closed in observance of President's Day.

Wednesday, February 22—Lunch with Wilmington Nursing and Rehab at 12:00 noon. There will be a presentation by Healthquest at 11:30 a.m.

Thursday, February 23—Morning Breakfast at 8:30 a.m.—\$2 for Waffles.

Tuesday, February 28—Lunch Time Mardi Gras Fun Facts and Trivia plus King Cake Cupcakes for dessert.

Ala Carte	Mon	Tue	Wed	Thu	Fri
<u>Mondays</u> Ham & Beans Cornbread			1 Salisbury Steak Whipped Sweet Potatoes Oregon Vegetables Peaches	2 Hamburger on Bun Tomato Soup Great Northern Beans Broccoli Pineapple	3 Roast Pork Loin Brown Rice Oregon Vegetables Rye Bread Fruit Cocktail
<u>Tuesdays</u> Grilled Cheese; Grilled Ham & Cheese	6 Chili Spaghetti Mixed Vegetables Saltine Crackers Mandarin Oranges	7 Meatloaf Mashed Potatoes Spinach Wheat Bread Juice & Cookies	8 Turkey Tetrazzini Brussel Sprouts Baked Apples Wheat Bread	9 Ham & Beans Vegetable Medley Cornbread Fruited Jello	10 Baked Chicken Herb Dressing Broccoli Green Beans Wheat Bread
<u>Wednesdays</u> Chef Salad	13 Chicken & Rice Broccoli Carrots Wheat Bread Fruit Cocktail	14 Valentine Fund Raiser Spaghetti; Salad; Garlic Bread; Dessert and Drink \$8	15 BBQ Beef on Bun Creamy Veggie Soup Peas & Pearl Onions Potato Wedges Peaches	16 Beef Stew Green Beans Cornbread Pineapple	17 Cabbage Roll Peas & Onions Yellow Squash White Bread Birthday Cake
<u>Thursdays</u> Cook's Choice	20 Closed for President's Day	21 Roast Turkey Mashed Potatoes Vegetable Medley Wheat Bread Applesauce	22 Lunch with Wilmington Nursing & Rehab at 12:00 noon	23 Chicken & Broccoli Brown Rice Oregon Vegetables Corn Cookie	24 Spaghetti & Meatballs Italian Vegetables Spinach Wheat Bread Peaches
<u>Fridays</u> Taco Salad	27 Chicken Potato Casserole Broccoli Wheat Bread Juice & Cookies	28 Pineapple Ham Sweet Potato Patties Peas Dinner Roll Juice & Cake			No Ala Carte on 2/14; 2/17; 2/22

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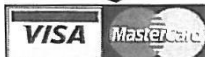
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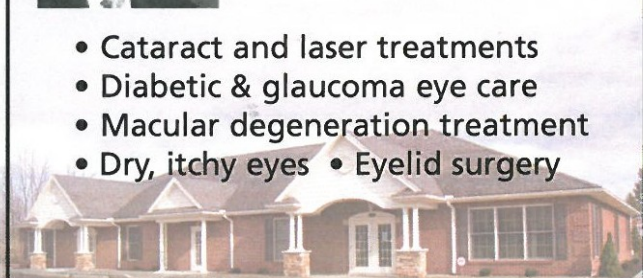
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