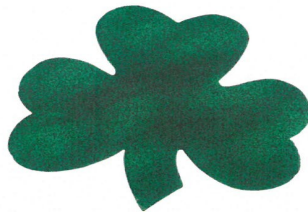




CLINTON COUNTY COMMUNITY ACTION PROGRAM INC.
SENIOR OPERATIONS
WILMINGTON SAVINGS BANK-CLINTON COUNTY SENIOR CENTER
This institution is an equal opportunity provider and employer

THE SENIOR INFORMER



ST. PATRICK'S DAY LUNCH
THURSDAY, MARCH 16TH

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

Bagged Lunch to Include: Homemade Reuben Sandwich, Chips, Pickle Spear, Homemade Shamrock Cookie, Drink and a St. Patrick's Surprise

Cost: \$10 Available from 11:00 – 1:00

Can be delivered to your business or eat-in at the Wilmington Savings Bank Clinton County Senior Center at 717 N. Nelson Avenue, Wilmington.

To pre-order please call 382-7170 by March 10th. (You can begin pre-ordering now)

All proceeds to benefit the Clinton County Senior Center
A Leprechaun May Appear With Your Order



Valentine Fundraising Event Well Attended





Happy Birthday!!



Walk Club Update!
 January miles—292 miles
 Charlotte Bland—136 miles
 Judi Clay—104 miles
 Carole Erdman—52 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.

- | | |
|-------------------------|------------------------|
| Tom Baedyananda—3/20 | Charlise Mattos—3/03 |
| Rich Baker—3/07 | Margaret Maynard—3/27 |
| Kate Barber—3/26 | Nancy McKee—3/28 |
| Carlynn Breakfield—3/12 | Patricia Midgley—3/20 |
| Julio Chong—3/07 | Judith Mills—3/26 |
| Judi Clay—3/14 | Linda Moore—3/30 |
| Donna Clevenger—3/27 | Shirley Noes—3/11 |
| Bob Cochran—3/15 | Rosita Noes—3/21 |
| Sara Conley—3/25 | Eileen Ostermeier—3/08 |
| George Cordy—3/08 | Connie Pyle—3/04 |
| Joan Davis—3/13 | Chuck Rose—3/01 |
| Susie Ertel—3/18 | Richard Schaefer—3/04 |
| Clifford Fahrer—3/25 | David Simonson—3/11 |
| John Galliett—3/27 | Sandy Souder—3/07 |
| Rose Georges—3/01 | Tom South—3/15 |
| Lynn Goley—3/31 | Wayne Sprouse—3/20 |
| Jackie Gray—3/29 | Judith Stortz—3/18 |
| Ronald Gregory—3/27 | Cathie Streater—3/07 |
| Betty Hill—3/24 | Bill Swartzel—3/12 |
| Phyllis Hillsamer—3/05 | William Wiget—3/30 |
| Bonnie Huff—3/09 | Joan Williams—3/23 |
| Edward Kienle—3/21 | Jerri Wingo—3/02 |

THANK YOU!!!
Many Thanks to:
 *Ohio Living for February Birthday cake
 *Wilmington Nursing and Rehab for lunch on February 22
 *Healthquest for program February 22
 *Clinton County Health Dept. for blood pressure clinic February 17
 *Everyone supporting our Valentine Fundraising Event



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 February winners!

- Linda Wallace—\$6.18
- Ray Baker—\$8.04
- Norma Shadley—\$6.25
- Wilma Kelso—\$5.25



WELCOME NEW MEMBERS!

- | | |
|------------------|---------------------|
| Shirley Hayslip | Lisa Knisley |
| Hilary Osborne | Connie Smith |
| Steve Osborne | Robert Vilvens |
| Brenda Osborne | Robyn Maple-Vilvens |
| Boyd Osborne | Susan Kempner |
| Charles Richter | |
| Mary Camp | |
| Louise Francis | |
| Sally Estep | |
| Jacqueline White | |
| Ruth Henson | |



Senior Center Board Report for January 2017

- Meals: 511 meals were served to 88 attendees.
- Transportation: 340 one way trips were provided to 54 participants.
- ESP Medical: There were 7 units for 4 clients.
- Adult Day Care: There were a total of 180 trips provided for 8 clients.
- Home Meals: There were 2773 home meals delivered to 109 clients.
- Supportive Services: There were 71 units for 23 clients.
- Socialization/Recreation: There were 73.25 different activities and 127 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

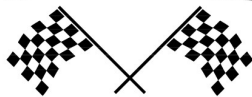
We are a non-profit organization that provides assistance with activities of daily living to impaired adults in a safe environment while providing respite for their caregiver.

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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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

Seniors Need Help call 382-7170

Members of the Senior Advisory Board are:

| | |
|---------------|---------------|
| Bob Thomas | D Bullock |
| Sid Clay | Barb Davis |
| Larry Cordrey | Carole Erdman |

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.



Penny Bingo Returns! Monday, March 6 at 12:15 p.m. Bring your pennies and have fun!

FOR YOUR INFORMATION:

Do you have problems, questions or concerns with your services through the Elderly Services Program? Concerned about how your tax dollars for the Elderly Services Program are being used? There is someone you can call—listed below are the members of the Advisory Board for the Clinton County Elderly Services Program.

ADVISORY BOARD FOR C.C. ELDERLY SERVICES PROGRAM

Kathi Spirk, Job & Family Services, 1025 S. South St., Suite 200, Wilmington, OH Phone—937-382-0963

Carol Weber-466 Macedonia Road, Blanchester, OH 45107

Karen Buckley, Esq.-Buckley, Miller, Wright & Raizk, 145 N. South St., Wilmington, OH Phone—937-382-0946

Gene Breckel-615 N. Spring Street, Wilmington, OH Phone—937-382-4367

Rev. Tom Stephenson, First Christian Church of Disciples, 120 Columbus St., Wilmington, OH Phone—937-382-2251

Tim Prestridge-CFO & COO, Clinton Memorial Hospital, 610 W. Main St., Wilmington, OH Phone—937-382-6611

Duane Weyand, Chief of Police, City of Wilmington, 69 N. South St., Wilmington, OH Phone—937-382-3822

Larry Roddy, 3549 Gurneyville Road, Wilmington, OH Phone—937-382-3273

Tim Hawk, 299 McKay Road, Wilmington, OH Phone—937-382-5524

You can also contact your county commissioners at 382-2103.

FOR YOUR INFORMATION:

There is a Conduct Policy in place at the Senior Center. This policy was put into effect in 2009. Since several years have passed and we have additional members, we felt it would be a good idea to make all aware of this policy.

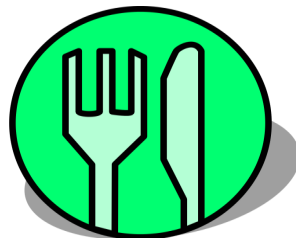
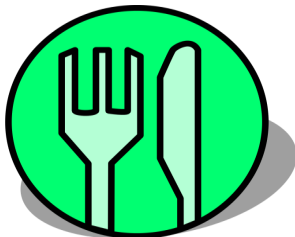
The following is the policy as it was published in the October 2009 Senior Informer:

“The Senior Center Advisory Board and staff have developed a new policy concerning conduct while attending the Senior Center. Violence and abusive language to others WILL NOT BE TOLERATED at the Senior Center. Participants come to the Center to have fun and socialize with others and not to be victims of any type of misconduct. Effective immediately, if there is any type of abusive language toward another participant or staff member you will be asked to leave and you will not be permitted back at the Center for any activity or program for 30 days. If a violent act has occurred, that will be cause for immediate removal from the Center and your membership will be terminated.”

We want the Senior Center to continue to be an enjoyable place for all to attend.

THURSDAY, MARCH 9 LUNCH—You will have your choice of an Italian Sub with Pizza Sauce or Steak Sub with Mushroom Sauce, Chips, Pickle Spear and Dessert for \$4.

The Italian Sub and Steak Sub will be added to our Ala Carte Menu each Tuesday beginning March 7 for \$3. We will also be adding Fish & Chips to Thursday Ala Carte for \$3.



Reuben Dip

- 1 (16 oz.) can sauerkraut, drained
- 2 cups mayonnaise
- 2 cups shredded Swiss cheese
- 1 medium onion, chopped
- 4 pkg. Buddig corned beef, chopped
- 2 loaves cocktail rye bread



Mix all ingredients together. Cover and heat at 350 degrees until hot or microwave on medium until hot. Add regular mustard, horseradish or Thousand Island dressing for added flavor. Serve on cocktail rye.



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...1954

U. S. President: Dwight Eisenhower

U. S. Vice President: Richard Nixon

Headlines:

*U. S. Supreme Court ruled on *Brown v Board of Education* stating that segregation in public schools was unconstitutional.

*President Eisenhower signed into law the new Social Security bill funded by employers and employees.

*Nash and Hudson merged to form the American Motors Corporation (AMC).

*The words "under God" were added to the U.S. Pledge of Allegiance.

Cost Of Living:

| | |
|-----------------------------|-------------------------|
| New House-\$10,250 | Movie Ticket-\$.70 |
| New Car-\$1,700 | Average Rent-\$85 month |
| Gasoline-22 cents gallon | Postage Stamp-3 cents |
| Average Income-\$3,960 year | Harvard Tuition-\$800 |

Cost of Food:

| | |
|----------------------------|---------------------------|
| Sugar-85 cents per 10 lbs. | Eggs-26 cents dozen |
| Coffee-78 cents per lb. | Bacon-57 cents per lb. |
| Hamburger-55 cents per lb. | Fresh Bread-17 cents loaf |

Movies:

On the Waterfront (Academy Award winner); *Rear Window*; *Dial M for Murder*; *Sabrina*; *White Christmas*; *20,000 Leagues Under the Sea*

TV Shows:

I Love Lucy; *The Jackie Gleason Show*; *Dragnet*; *You Bet Your Life*; *The Jack Benny Show*; *The George Gobel Show*

Fads:

Matchbox Cars; Lincoln Logs; Scrabble; Yahtzee

Popular Quote:

"Hey kids, what time is it? It's Howdy Doody time!"



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Fax: (937) 383-1215

Seniors Need Help call 382-7170

ACTIVITY SCHEDULE FOR MARCH 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—Bingo
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

Sunday, March 5—Trip to La Comedia. Leave the Center at 10:00 a.m.

Monday, March 6—Return of Penny Bingo at 12:15 p.m.

Thursday, March 9—Trip to Krohn’s Conservatory for the “Blooms on The Bayou” Show. Leave the Center at 9:30 a.m.
Stop at Mimi’s Café for lunch afterwards.

Sunday, March 12—Daylight Savings Time Begins.

Tuesday, March 14—Advisory Board Meeting at 10:00 a.m.

Thursday, March 16—St. Patrick’s Day Sack Lunch Fundraiser from 11:00 a.m. to 1:00 p.m. Details on front page.

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

Tuesday, March 21—Morning Breakfast 8:30 a.m. to 10:00 a.m. Biscuits and Gravy \$2.

Wednesday, March 29—Dinner Trip to Panera Bread. Leave Center at 4:00 p.m.

NO ALA CARTE AVAILABLE:

3/9; 3/16; 3/17

| Ala Carte | Mon | Tue | Wed | Thu | Fri |
|--|---|---|--|---|--|
| <u>MONDAYS</u> Ham & Beans Cornbread | | | 1 Lemon Pepper Fish Brown Rice Mixed Vegetables Wheat Bread Fruit Cocktail | 2 Rosemary Chicken Potato Wedges Vegetable Medley Wheat Bread Pineapple | 3 Cheese Pizza Peas & Onions Carrot Coins Fresh Apple Cookie |
| <u>TUESDAYS</u> Italian Sub Steak Sub Chips | 6 Beef & Noodles Green Beans Sliced Carrots Wheat Bread Mandarin Oranges | 7 Roast Turkey Mashed Potatoes Vegetable Medley Dinner Juice & Cake | 8 Spaghetti & Meatballs Italian Vegetables Spinach Wheat Bread Peaches | 9 Italian Sub or Steak Sub Chips Pickle Spear Dessert | 10 Southwestern Omelet Stewed Tomatoes O'Brien Potatoes Wheat Bread Pears |
| <u>WEDNESDAYS</u> Chef Salad | 13 Hamburger on Bun Potato Wedges Broccoli Applesauce | 14 Salisbury Steak Whipped Sweet Potatoes Oregon Vegetables Peaches | 15 Hamburger on Bun Tomato Soup Great Northern Beans Broccoli Pineapple Tidbits | 16 ST. PATRICK'S DAY SACK LUNCH | 17 Roast Pork Loin Brown Rice Oregon Vegetables Rye Bread Birthday Cake |
| <u>THURSDAYS</u> Grilled Cheese Grilled Ham & Cheese Fish & Chips | 20 Meatloaf Mashed Potatoes Spinach Wheat Bread Juice & Cookies | 21 Turkey Tetrazzini Brussel Sprouts Baked Apples Wheat Bread | 22 Ham & Beans Vegetable Medley Cornbread Fruited Jello | 23 Baked Chicken Herb Dressing Broccoli Green Beans Applesauce | 24 Chili Spaghetti Mixed Vegetables Crackers Fresh Orange |
| <u>FRIDAYS</u> Taco Salad | 27 Beef Stew Green Beans Cornbread Pineapple | 28 BBQ Beef on Bun Creamy Veggie Soup Peas & Pearl Onion Potato Wedges Peaches | 29 Chef Salad | 30 Country Fried Steak Potato Wedges Green Beans Dinner Roll Orange & Cake | 31 Salmon Croquette Peas & Onions Yellow Squash White Bread Juice & Grahams |

Return Address

**Wilmington Savings Bank—
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717 North Nelson Ave., P. O. Box 32
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