

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**

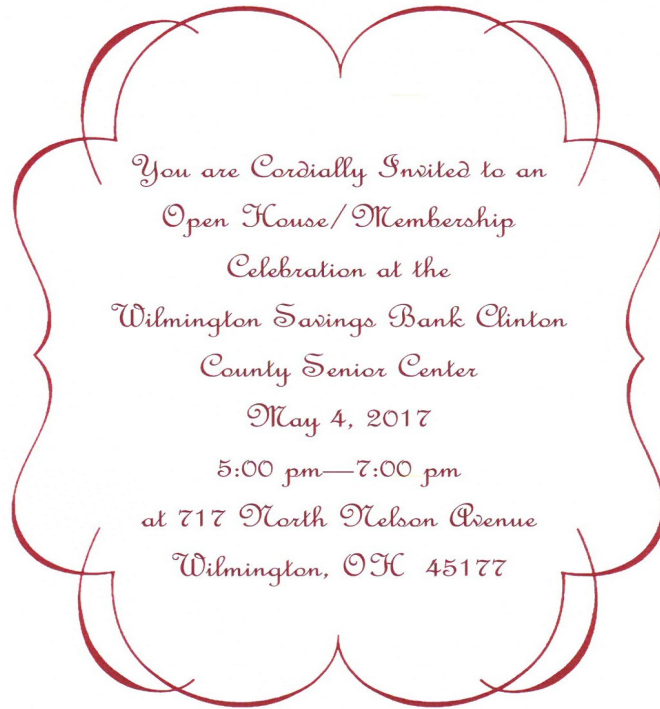
Stella Cramer,
Senior Center Director
655-2156

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



Many Thanks to Our Volunteers!

On Monday, April 24 our volunteers were honored for all the work they help us accomplish throughout the year. From April 1, 2016 through March 31, 2017, volunteers logged 3,270.25 hours for the Senior Center. Volunteer hours are spent helping with the following: serving Congregate meals; van driving; helping with Thursday meals; Recreation/Wellness programs; and Fund Raising activities. Volunteers—we appreciate you!





Happy Birthday!!



Walk Club Update!

March miles—313.25 miles
 Charlotte Bland—143 miles
 Judi Clay—101 miles
 Carole Erdman—69.25 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.



Carolyn Allen—5/07
 Aleta Brown—5/06
 Evelyn Brown—5/26
 Gerald Burton—5/23
 Robert Caldwell—5/26
 Beverly Carpenter—5/18
 Xiafen Chen—5/24
 Susan Delaney—5/20
 Jack Earley—5/10
 Carol Ewing—5/03
 Jeanette Farquer—5/27
 Sandra Fisher—5/17
 Nancy Fowler—5/30
 Kandie Geffre—5/27
 Bob Ginter—5/14
 Joyce Graesser—5/26
 Robert Green—5/08
 Sandra Hayslip—5/07
 Charlene Hogsett—5/12
 Barbara Kelly—5/07
 Paul Klemetson—5/21
 Joyce Kozopas—5/05
 Kathy Kral—5/08
 Cathy Lambcke—5/10

Charlotte Lawrence—5/20
 Mary Lawson—5/17
 Nancy Lewis—5/11
 Barbara Morris—5/14
 Mary E. Murphy—5/12
 Fred Nadeau—5/17
 Joan Noel—5/21
 Gene Powers—5/20
 Bobby Quigley—5/22
 Sally Reese—5/17
 Robert Rhoads—5/30
 Glenna Samsel—5/31
 Wilma Scanlon—5/25
 Joyce Seeger—5/24
 Norma Sherod—5/09
 Anne Smethwick—5/01
 Paul Speelman—5/10
 Nancy Stevenson—5/12
 Wilbert Ward—5/08
 Diania Wiget—5/26

April Birthday
 Mildred Cook—4/17



THANK YOU!!!

Many Thanks to:

- *Ohio Living for April Birthday cake
- *Everyone supporting our Easter Fund-raising Event
- *Wilmington Nursing and Rehab for April Lunch

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.



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Congratulations to March/April winners!

- Arline Bayless—\$5.00
- Charlotte Baker—\$7.30
- Nancy Boldman—\$5.06
- Ruth Moots—\$6.75



WELCOME NEW MEMBERS!

- Nancy Maxfield
- John Cronin
- Linda Whitaker
- Kay Hofer
- Kenna Satterfield
- Belinda Snell
- Bobby Quigley
- Pat Sweeney



Senior Center Board Report for March 2017

- Meals: 585 meals were served to 81 attendees.
- Transportation: 364 one way trips were provided to 63 participants.
- ESP Medical: There were 16 units for 4 clients.
- Adult Day Care: There were a total of 190 trips provided for 10 clients.
- Home Meals: There were 2729 home meals delivered to 110 clients.
- Supportive Services: There were 57.5 units for 15 clients.
- Socialization/Recreation: There were 115.5 different activities and 145 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 (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

West End

Auto Sales & Service

****Trip to Historic Charleston November 13—November 16.** The four day/3 night trip includes: 3 nights accommodations; 3 breakfasts at your hotel; 3 wonderful dinners to include: The Spirit of Carolina Dinner Cruise. Plus, James Island Holiday Festival of Lights and much more. Cost is \$649 per person —based on double occupancy. Deposit of \$100 is due August 4 and final payment by September 8.

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Continental Manor Nursing & Rehabilitation Center



Tom Cunningham
Executive Director

820 E. Center Street • Blanchester, OH 45107
937-783-4949 • fax 937-783-5820
email: tcunningham@continentalmanor.org
www.continentalmanornrc.com

New Exercise Class scheduled for May

Are you looking for a way to enjoy life more? A new Exercise Class called "Senior Stretch" will be held on Wednesdays at 1:30 p.m. starting May 10. Stretching is a good way to increase your range of motion, be less prone to injury, feel less stiff, improve your posture and balance, plus relieve pain and stress.

Maribeth Bevis will be instructing the "Senior Stretch" class and the first class will be held Wednesday, May 10 beginning at 1:30 p.m.

Attention Ladies:

To celebrate Mother's Day this year, we are going to try something different—A Mother and Daughter Evening "Tea". It will be held on Monday, May 22 at 6:00 p.m. This will be an evening of light refreshments and fun. Please make reservations for this evening by Friday, May 19. Make plans to join us!



Change in departure time—The dinner trip for May is scheduled for Wednesday, May 24 to O'Charley's. We will be leaving the Center at 3:30 p.m. instead of our usual 4:00 p.m. We want to "beat the crowd".

Memorial Day Cookout—Friday, May 26 at 12:00 noon. Menu: Hot Dogs; Baked Beans; Potato Salad; Melon. Cost \$5 with reservations by Wednesday, May 24.



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.

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.



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...1944

U. S. President: Franklin D. Roosevelt

U. S. Vice President: Henry A. Wallace

Time Magazine Person of the Year: Dwight David Eisenhower

Headlines:

*Operation Overlord, code name D-Day, commences with the landing of 155,000 troops.

*Battle of the Bulge, one of the deadliest battles in WWII kills 19,000 U. S. soldiers.

*Franklin D. Roosevelt becomes the only U. S. President to be elected to a fourth term.

*Anne Frank and her family are discovered by the Nazis and taken to concentration camps.

*Chiquita bananas are introduced in the U. S.

*Glenn Miller is killed in an airplane crash.

Cost of Living:

New House-\$3.475

Harvard Tuition-\$420 year

Average Income-\$2,378

Movie Ticket-40 cents

New Car-\$975

Postage Stamp-3 cents

Average Rent-\$50 per month

Gasoline-15 cents per gallon

Cost of Food:

Sugar-75 cents for 10 lbs.

Eggs-21 cents dozen

Coffee-48 cents per lb.

Bacon-45 cents per lb.

Hamburger-32 cents per lb.

Milk-62 cents per gallon

Movies:

Going My Way (Academy Award Winner); *Jane Eyre*; *Double Indemnity*; *Gaslight*; *Meet Me in St. Louis*; *Thirty Seconds Over Tokyo*; *National Velvet*; *Murder, My Sweet*; *To Have and To Have Not*

Technology News:

*A team of scientists working at Harvard University and funded in part by IBM construct the first automatic, general-purpose computer.

*Kidney dialysis machine, invented by Willem Kolff of the Netherlands, is introduced.

*Sunscreen is invented by Benjamin Green to protect soldiers in WWII from sunburn. He then went on to create the Coppertone Company.

Popular Quote:

"You know how to whistle, don't you, Steve? You just put your lips together and blow." -Lauren Bacall in *To Have and to Have Not*



**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 MAY 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
1:30 pm—Senior Stretch Class (May 10)
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

Thursday, May 4—Open House from 5:00 p.m. to 7:00 p.m.

Tuesday, May 9—Advisory Board Meeting at 10:00 a.m.

Wednesday, May 10—Health Department Blood Pressure Clinic at 10:30 a.m.

Thursday, May 11—Trip to Krohn's Conservatory for the Butterfly Show. Depart Center at 9:30 a.m. Cost \$12 for admission and transportation. Stop at Red Robin for lunch on return trip.

Wednesday, May 17—Lunch with Wilmington Nursing and Rehab at 12:00 noon

Friday, May 19—Birthday Dinner. We celebrate all May birthdays.

Mother-Daughter Evening "Tea"—6:00 p.m.. Please make reservations by Friday, May 19.

Wednesday, May 24—Dinner Trip to O'Charley's. Leave at 3:30 p.m.

Friday, May 26—Memorial Day Cookout at 12:00 noon. Hot Dogs, Baked Beans, Potato Salad for \$5—carry-in dessert.

Monday, May 29—Closed in observance of Memorial Day.

NO ALA CARTE AVAILABLE:

5/17; 5/19; 5/26

Ala Carte	Mon	Tue	Wed	Thu	Fri
<i>Mondays—</i> <i>Ham & Beans</i> <i>Cornbread</i> <i>\$2.00</i>	1 Cabbage Roll Peas & Onions Yellow Squash White Bread Pears	2 BBQ Beef on Bun Peas & Onions Potato Wedges Mandarin Oranges	3 Ham Sandwich Tomato Soup 3 Bean Salad Coleslaw Fresh Orange	4 Country Fried Steak Potato Wedges Green Beans Dinner Roll Juice & Cake	5 Chicken & Rice Broccoli Diced Carrots Wheat Bread Fruit Cocktail
<i>Tuesdays—</i> <i>Steak or Italian Sub</i> <i>\$4</i>	8 Cheese Pizza Peas & Onions Carrot Coins Juice & Cookie	9 Chicken & Potato Casserole Broccoli Wheat Bread Peaches	10 Pineapple Ham Whipped Sweet Potatoes Peas Juice & Cake	11 Chicken Tenders Brown Rice Veggie Blend Wheat Bread Fruit Cocktail	12 Pork Cutlet Green Beans Beets Wheat Bread Applesauce
<i>Wednesdays—</i> <i>Chef Salad</i> <i>\$3.50</i>	15 Spaghetti & Meatballs Italian Vegetables Spinach Mandarin Oranges	16 Pork Cutlet Red Skin Potatoes Vegetable Medley Wheat Bread Fruit Cocktail	17 Lunch with Wilmington Nursing & Rehab 12:00 noon	18 Swiss Steak Stewed Tomatoes O'Brien Potatoes Wheat Bread Pineapple	19 Roast Turkey Mashed Potatoes Vegetable Medley Dinner Roll Birthday Cake
<i>Thursdays—</i> <i>Fish & Chips \$3</i> <i>Grilled Cheese \$1.50</i> <i>Grilled Ham & Cheese \$2.50</i>	22 Salisbury Steak Whipped Sweet Potatoes Mixed Vegetables Pears	23 Hamburger on Bun Baked Beans Broccoli Pineapple	24 Italian Chicken Spaghetti Italian Vegetables Peas Juice & Cookies	25 Chicken Salad Sandwich Potato Salad Coleslaw Fresh Orange	26 Memorial Day Cook-out at 12:00 noon
<i>Fridays—</i> <i>Taco Salad</i> <i>\$5</i>	29 Closed in observance of Memorial Day	30 Chili Spaghetti Vegetable Medley Saltine Crackers Applesauce	31 Ham & Beans Mixed Vegetables Cornbread Tomato Juice Graham Crackers		

Return Address

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