



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, Site Coordinator
655-2165

Cindy Fitch, Supportive
Services
655-2151

Sherry Bowling, Homemaker
Supervisor
655-2164

Pam George, LPN
Case Management
655-2163



VALENTINES DAY LUNCH

Please join us on Wednesday, February 14, 2018 for a
Valentine's Day Lunch

To be held at the Wilmington Savings Bank Clinton County
Senior Center

Horderves at 11:30
Lunch at 12:00

You MIGHT win a Door Prize

RSVP by February 12, 2018 at 382-7170



ATTENTION MEMBERS—IT'S THAT TIME OF YEAR! TIME TO RENEW YOUR MEMBERSHIP DUES OF \$20 FOR 2018. DUES ARE PAYABLE JANUARY OF EACH YEAR. PLEASE UPDATE YOUR APPLICATION WHEN STOPPING BY TO PAY DUES. WE WILL BEGIN MAILING ALL NEWSLETTERS SOON AND NEED UPDATED INFO ON ALL MEMBERS.
THANKS AND HAVE A GREAT 2018.



Happy Birthday!!



Walk Club Update!

December miles—306.5 miles

Charlotte Bland—145 miles

Judi Clay—103.75 miles

Carole Erdman—57.75 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.

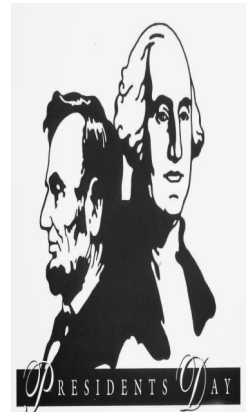
Treadmills and stationary bicycles are available at the Senior Center when inclement weather does not permit outdoor walking.



Charlotte Baker—2/11
Wanda Bowermaster—2/19
Bob Brown—2/16
Kathleen Burris—2/21
Calvin Clark—2/25
Rick Clevenger—2/26
Benjamin Conger—2/18
Esther Conner—2/21
Pauline Daugherty—2/07
Beverly Drapalik—2/11
Dana Dunn—2/05
Carole Erdman—2/09
Robert Erwin—2/18
Jane Fawley—2/09
Betty Ferris—2/02
Jim Frank—2/25
Valene Gaddy—2/22
Jayne Garber—2/24
Susan Glaser—2/26
Alfred Goley—2/09
Karen Griffin—2/19
Rosalie Guerra—2/21
Bobbi Hagen—2/19

Phyllis Hale—2/02
Carolyn Henry—2/26
Nial Henry—2/15
William Irwin—2/10
Ronald Kersey—2/22
Cindy Kin—2/22
Sally Koons—2/03
Dorthea Kratzer—2/18
Patricia Lewis—2/15
Sue Logan—2/04
Barbara McEvoy—2/23
Juanita Miller—2/12
Robert Noel—2/26
Karen O'Rourke—2/15
Margaret Osborne—2/26
Virginia Pollitt—2/17
Kenneth Quigley—2/15
Ronna Sandlin—2/11
Kenna Satterfield—2/15
Helen Skidmore—2/04
Connie Smith—2/04
Rowena Stanfield—2/01
Sue Straight—2/01
Janet Surface—2/16

Kathy Taylor—2/14
Tammy Taylor—2/25
Betty Yovich—2/23



Join Us for Game Day Afternoon on Tuesday, February 20 from 1:00 p.m. to 4:00 p.m. Play your favorite card game, board game or dominoes. Refreshments will be provided.



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!

Billie Baker—\$4.75

Charlotte Baker—\$5.25

Marcella Rothwell—\$5.50



WELCOME NEW MEMBERS!

Richard Glaser
Susan Glaser
Connie Wall
Kathy Cook
Rebecca Powell
Tammy Taylor
Barbara Ross
William Ross
Wanda Smart
Beverly Back
Barbara Little



Senior Center Board Report for December 2017

Meals: 417 meals were served to 80 attendees.

Transportation: 295 one way trips were provided to 49 participants.

ESP Medical: There were 20 units for 4 clients.

Adult Day Care: There were a total of 181 trips provided for 8 clients.

Home Meals: There were 2310 home meals delivered to 85 clients.

Supportive Services: There were 56.75 units for 30 clients.

Socialization/Recreation: There were 81 different activities and 116 clients attending.

Homemaking Services: 965.5 units for 151 clients.

Total transportation miles: We traveled 5,670 miles transporting clients.

Total miles delivering meals: We traveled 3,234 miles delivering meals.

Many Thanks to:

- *Wilmington Nursing & Rehab for January 17 Lunch
- *Ohio Living for January birthday cake



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 1-513-385-7436 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
 1403 Rombach Avenue
 Wilmington, OH 45177

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



TO ALL VETERANS—
 THANK YOU FOR YOUR SERVICE! YOU ARE WHY WE ENJOY THE FREEDOMS WE HAVE TODAY!

Is Your Home cold and drafty in the winter, and hot and steamy in the summer months????

Call us for an application at 937-324-2971 or 937-382--0766. Stop in the office at 789 N. Nelson Road. Please don't miss this opportunity for a completely free service and let us help make you safe and comfy.

If you are income eligible, you can receive a free furnace inspection and possibly replacement if needed. All gas appliances will be tested and you may qualify for a new energy star rated refrigerator and deep freeze based upon testing performed by an inspector. Sidewall and attic insulation if needed will be installed. Air leakage testing and measures will be performed. This could include spray foam work, door weatherstripping and many other air reduction items. All FREE of cost to you and or your landlord.



WILMA M^oBRAVER
 Broker, Owner

Business (937) 382-0809 ext. 14
 Fax (937) 382-4548
 Residence (937) 382-3407
 Cell (937) 728-0809

E-mail wmcbrayer@cinci.rr.com

1107 Rombach Ave., Wilmington, OH 45177



184 N. South Street • Wilmington, Ohio 45177
 937-382-1659

www.wilmingtonsavings.com



Seniors Need Help call 382-7170

Effective Immediately....

The side door of the Senior Center will be locked each day after 2:00 p.m. Please enter the building through the Front Lobby. Sorry for any inconvenience this may cause.

Strawberry Cream Cheese Cookie Tarts



- 1 pouch Betty Crocker sugar cookie mix
- Butter and egg called for on cookie pouch
- 1 container (8 oz.) strawberry cream cheese spread
- 1 cup powdered sugar
- 2 tablespoons milk
- 1 aerosol container (6.4 oz) Betty Crocker decorating icing
- Betty Crocker candy sprinkles, if desired.

Make cookie dough as directed on package. Roll dough into 32 (1-inch balls); place in greased muffin cups. Press each ball in bottom and up side of muffin cup. Bake at 350 degrees for 12 to 15 minutes or until edges just begin to brown. Cool 20 minutes. Remove from pan; cool completely. Mix cream cheese, milk and powdered sugar with mixer on medium speed until smooth. Fill each cookie cup with rounded teaspoonful of filling. Top each cookie with decorating icing and sprinkles. Store in refrigerator.

FRIENDSHIP

Residents, Austell Health Care, Austell, GA

Friendship is a precious gift, that can't be bought or sold.
 Its value is far greater than mountains of gold.
 If you should ask God for a gift, be thankful if He sends not
 Diamonds, pearls or riches, but the love and trust of friends.
 Friends are wonderful.
 You cant trust them all the time.
 They do not reveal your secrets, and they are always there.
 Friends stick closer than a brother.
 You do not always talk to them.
 They just seem to know.
 You can feel their friendship far away.
 There are male friends, female friends, old friends, new friends.
 Everyone can be a friend.
 But, there is no friend like an old friend,
 Who can show you how to be a friend to have a friend.
 Yes, Friendship!

Daniel Art
 Field Sales Representative
 Licensed Agent
 Anthem Blue Cross and Blue Shield
 Medicare Agent

Anthem Blue Cross and Blue Shield
 2 Prestige Place
 Miamisburg , OH 45342
 Cell 937 668-5151
 daniel.art@anthem.com

www.anthemdirectoh.com/dart



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
 - 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.

Members of the Senior Advisory Board are:

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

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.

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!



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.

GANO LAW OFFICES

JUDY A. GANO

169 NORTH SOUTH STREET
WILMINGTON, OHIO 45177

(937) 382-3320

This Was the Year...1954

U. S. President & Vice President: Dwight Eisenhower & Richard Nixon

Time Magazine Person of the Year: John Foster Dulles

Headlines:

*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).

*Three hurricanes struck the U.S. including Hurricane Hazel.

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

**Sports Illustrated* magazine's first issue was published.

Cost of Living:

New House-\$10,250

Harvard Tuition-\$800 year

Average Income-\$3,960

Movie Ticket-70 cents

New Car-\$1,700

Postage Stamp-3 cents

Average Rent-\$85 per month

Gasoline-22 cents per gallon

Cost of Food:

Sugar-85 cents for 10 lbs.

Eggs-26 cents dozen

Coffee-78 cents per lb.

Bacon-57 cents per lb.

Hamburger-55 cents per lb.

Milk-92 cents per gallon

Technology News:

*Tropicana owner, Anthony Rossi, developed a flash pasteurization process that made orange juice more easily transported fresh.

*American surgeon, Joseph Murray, completed the first successful organ transplant when he moved a living kidney from one identical twin to the other.

*A hydrogen bomb test was conducted on Bikini Atoll in the Pacific Ocean.

*Boeing 707 (America's first jetliner) took its maiden flight.

Fads:

Matchbox Cars; Lincoln Logs; Scrabble; Yahtzee

Popular Movies:

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

SENIOR CITIZEN DISCOUNTS ON AUTO SERVICE!



WILMINGTON
AUTO CENTER

CHRYSLER · DODGE · JEEP · RAM

www.WilmingtonAutoCenter.com

· NEW & USED
VEHICLES

· SERVICE

· QUICK-LUBE

· STORAGE

937.382.7714

1780 ROMBACH AVE
WILMINGTON, OHIO



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 2018

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
12:15 pm—Mexican Train Dominos
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

WEDNESDAY (CONTINUED)

12:15 pm—Sewing
12:15 pm—Rook
1:30 pm—Senior Stretch
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
12:15 pm—Mexican Train Dominoes

FRIDAY

8:00 am—Early Bird
8:45 am—Silver Sneakers
9:00 am—Pool
9:00 am—Walk Club
9:30 am—Bridge
12:15 pm—Mexican Train Dominoes
12:15 pm—Sewing

UPCOMING EVENTS

Tuesday, February 6—”Winter Half Over Celebration”—there will be special dessert and hot chocolate for those attending lunch plus chance for door prize.

Tuesday, February 13—Advisory Board Meeting at 10:00 a.m.

Wednesday, February 14—Valentine’s Day Lunch. H’orderves at 11:30 a.m. Lunch at 12:00 noon.

Door Prizes and 50/50 drawing. No charge for lunch—please RSVP by Monday, February 12.

Friday, February 16—The Health Department will be doing blood pressure checks 10:30 a.m. to 11:30 a.m.

Friday, February 16—Birthday Dinner. We celebrate all February birthdays. Medigold will be sponsoring Bingo after lunch.

Monday, February 19—Closed in observance of President’s Day.

Tuesday, February 20—Game Day Afternoon. Come and play your favorite game (cards, board, etc) 1:00 p.m. to 4:00 p.m. Refreshments will be provided.

Wednesday, February 21—Lunch sponsored by Wilmington Nursing and Rehab at 12:00 noon. No charge for lunch—please make reservations.

Tuesday, February 27—Trip to Jungle Jim’s Fairfield. Stop to eat at Country Kitchen. Leave Center at 9:30 a.m. Space will be limited so sign up early!

Wednesday, February 28—Pie Day! Choice of Cherry Pie or Apple Pie for \$1.50.

NO ALA CARTE AVAILABLE: 2/14; 2/16; 2/21; 2/23

Ala Carte	Mon	Tue	Wed	Thu	Fri
<i>Mondays</i> <i>Ham & Beans</i> <i>Cornbread</i>				1 Chili Spaghetti Vegetable Medley Saltine Crackers Fruit Cocktail	2 Chicken Stew Mixed Vegetables Cornbread Fruit Cocktail
<i>Tuesdays</i> <i>Soup of the Day</i> <i>Grilled Cheese</i> <i>Hamburger</i>	5 Cabbage Roll Peas & Onions Yellow Squash White Bread Juice & Grahams	6 Chicken & Brown Rice Broccoli Carrots Pears	7 Country Fried Steak Potato Wedges Green Beans Dinner Roll Cake & Juice	8 Beef Stew Green Beans Dinner Roll Pineapple	9 BBQ Beef on Bun Creamy Veggie Soup Peas & Onions Potato Wedges Peaches
<i>Wednesdays</i> <i>Chef Salad</i>	12 Chicken & Potato Casserole Broccoli Wheat Bread Applesauce	13 Pineapple Ham Whipped Sweet Potatoes Peas Mandarin Oranges	14 Valentine's Day Luncheon at 12:00 noon	15 Rosemary Chicken Potato Wedges Vegetable Medley Wheat Bread Applesauce	16 Chicken Tenders Brown Rice Scandinavian Veggies Birthday Cake
<i>Thursdays</i> <i>Fish & Chips</i> <i>Grilled Cheese</i> <i>Grilled Ham & Cheese</i>	19 Closed in observance of President's Day	20 Broccoli Cheddar Chicken w/Rice Oregon Veggies Corn Fruit Cocktail	21 Lunch with Wilimington Nursing & Rehab at 12:00 noon	22 Spaghetti & Meatballs Italian Vegetables Spinach Wheat Bread Peaches	23 Vegetable Soup And Grilled Cheese \$3.00
<i>Fridays</i> <i>Soup of the Day</i> <i>Grilled Cheese</i>	26 Hamburger on Bun Potato Wedges Cheesy Broccoli Applesauce	27 Salisbury Steak Whipped Sweet Potatoes Oregon Veggies Peaches	28 Hamburger on Bun Tomato Soup Baked Beans Broccoli Pineapple		

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**



© LeftToon * www.ClipartOf.com/30281

CLINTON MAID SERVICE

Clinton County Community Action
717 N. Nelson Ave. Wilmington

Bogged down with house work?

We can help short-term or long term. We even have gift-certificates. Our Homemakers are background checked, bonded and insured.

CALL US TODAY

937-655-2164

WEARLY
M O N U M E N T S

Since 1899

1033 Rombach Ave., Wilmington, OH 45177

Alice Ujvary

OFFICE: (937) 382-6214 * (800) 262-2249 * FAX: (937) 382-6214

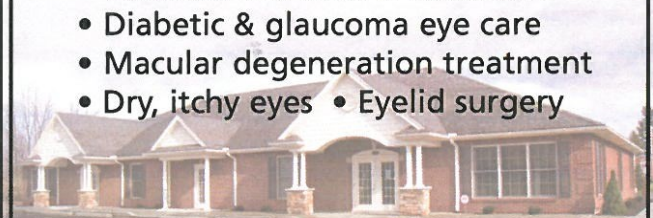


Joseph C. Chen, MD

Eye Physician & Surgeon

The #1 most referred
eye physician by local
doctors. Ask about us.

- Cataract and laser treatments
- Diabetic & glaucoma eye care
- Macular degeneration treatment
- Dry, itchy eyes • Eyelid surgery



Cataract and Laser Surgeries Performed
in our On-site Surgery Center

EYE SERVICES

671 W. Main Street • 383-3277

Seniors Need Help call 382-7170