



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

RAW HONEY

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

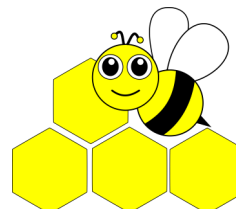
Sherry Bowling, Homemaker
Supervisor
655-2164

Pam George, LPN
Case Management
655-2163

Raw honey contains more health benefits than processed honey since it is immediately taken out of the cells of the honey combs. It is not heated above 95 degrees F which keeps the natural enzymes, vitamins and minerals intact. Raw honey is not pasteurized or filtered but is strained to get rid of the unwanted impurities and contains no additives. To get the health benefits from honey, buy raw honey. Manuka honey is especially healthy because it has four times the mineral content than other honey.

Benefits of Raw Honey

- *Is anti-bacterial
- *Is an antiseptic
- *Is high in anti-oxidants
- *Contains enzymes so it aids in digestion
- *Is good for the skin
- *Is a wound healer
- *Provides natural allergy relief
- *Is a good energy source
- *Is a natural cough syrup
- *Treats burns
- *May improve blood sugar control



LABOR DAY



History of Labor Day

Labor Day, the first Monday in September, is a creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity and well-being of our country.



CLINTON COUNTY CORN FESTIVAL—
SEPTEMBER 7, 8 AND 9



Happy Birthday!!



Walk Club Update!

July 323 miles

Judi Clay—95 miles

Carole Erdman—73 miles

Charlotte Bland—155 miles

****Carole Erdman had 68.25 miles in June**

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.



Anita Allen—9/09
 Beverly Back—9/25
 John Beireis—9/05
 Beverly Beireis—9/13
 Ora Bennett—9/04
 Mary Camp—9/17
 Mary Camp--9/02
 Mary Conger—9/16
 Orville Conley—9/30
 Connie Damron—9/19
 Brenda Davis—9/01
 Susan Fahrubel—9/17
 Diane Fugate—9/22
 Wanda Galliett—9/23
 Pamela George—9/25
 Gale Gerard—9/15
 Lois Gibson—9/25
 Richard Goodwin—9/29
 Linda Gregory—9/14
 Phyllis Henize—9/25
 Andrea Hilterbrant—9/05
 Van Jones—9/21
 Frank Kendall—9/13

Gary Kratzer—9/26
 Sandra Malone—9/13
 Julianne Mason—9/24
 Ruby Minton—9/13
 Janet Morris—9/23
 James Morrison—9/02
 Arthur Peterson—9/17
 Sue Powell—9/17
 Margaret Rector—9/28
 Bill Reeves—9/01
 Harley Reveal Jr—9/24
 John Riley—9/19
 Wanda Sue Roudebush—9/15
 Eloise Sabin—9/10
 Joel Smith—9/22
 Eldon Speaight—9/26
 Eugene Stethem—9/25
 Ken Surface—9/05
 Jean Swindler—9/17
 Carol Theetge—9/05
 Howard Theetge—9/03
 Bill Vandervort—9/10
 Betty Wall—9/17

Pat Walt—9/17
 Connie Whitaker—9/27
 Jacqueline White—9/10
 Beverly Yee—9/02
 April Zurface—9/15
 Dennis Zurface—9/19



A Miracle-Ear Hearing Center representative will be coming to the Senior Center the 1st Wednesday of each month. If you need your hearing checked or your hearing aids adjusted, call 1-513-422-7809 to set up an appointment. If you have any questions, just call the Senior Center.



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 July/August winners!

- Billie Baker—\$6.50
- Ray Baker—\$5.25
- Fran Unger—\$5.50
- Ginger LaDuke—\$5.50
- Sondra Nordyke—\$6.25



WELCOME NEW MEMBERS!

- Maggie Vance
- Parriett Lundy
- Rita Miars
- Margaret Wise
- Steven Back
- Edward Adams
- Lora Murphy
- Betty Wright
- Nancy Davis
- Margarete Kager
- Mattie Turner



Senior Center Board Report for July 2018

- Meals: 707 meals were served to 90 attendees.
- Transportation: 305 one way trips were provided to 31 participants.
- ESP Medical: There were 15 units for 3 clients.
- Adult Day Care: There were a total of 214 trips provided for 12 clients.
- Home Meals: There were 2424 home meals delivered to 90 clients.
- Supportive Services: There were 87.75 units for 25 clients.
- Socialization/Recreation: There were 95.5 different activities and 128 clients attending.
- Homemaking Services: 1018.25 ESP units; 30 Clinton Maid hours
- 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 August Lunch
- *Ohio Living for August Birthday Cake
- *Those attending our Ice Cream Social
- *Those donating baked goods for our Ice Cream Social



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

Buckley, Miller, Wright & Raizk

Attorneys at Law
145 North South Street
Wilmington, Ohio 45177

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Fax (937) 382-1361

bmwlaw@bmwlaw.net

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66 N. Mulberry Street
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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.



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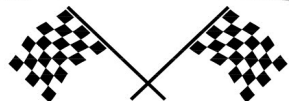


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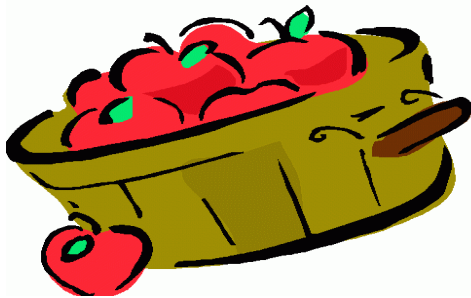


Operation Christmas Child supplies for September—small cars and dolls. The Senior Center packing party will be held in November—Date TBA



SAVE THE DATE!

Clinton County Health Department will be holding a Flu Shot Clinic at the Senior Center on Friday, September 21 at 10:00 a.m.



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.



REMINDER...
COFFEE, TEA AND LEMONADE ARE 25 CENTS PER CUP



Mark Your Calendars!

Medicare Check-Up day at the Senior Center will be Wednesday, October 31 at 12:00 noon. This is your chance to hear what's new with Medicare and ask any questions you may have. Medicare Open Enrollment is October 15 through December 7.



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!



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This Was the Year...1996

U. S. President & Vice President: Bill Clinton & Al Gore

Time Magazine Person of the Year: Dr. David Ho

National and World News:

*A bomb was set off at the Olympic Games in Atlanta.

*A major snowstorm paralyzed the Midwest and Eastern U.S.

*The Dow Jones Industrial Average closed at more than 6,000 points for the first time ever.

*A 747 jet burst into flames shortly after takeoff and crashed into the ocean off of Long Island.

*Mother Teresa was given honorary U.S. citizenship.

*Ted Kaczynski, the suspected Unabomber, was arrested at his Montana cabin.

*Prince Charles and Diana, Princess of Wales, got divorced.

Cost of Living:

New House-\$118,200

Harvard Tuition-\$27,575 year

Average Income-\$25,914

Movie Ticket-\$4.42

New Car-\$13,300

Postage Stamp-32 cents

Average Rent-\$554 per month

Gasoline-\$1.22 per gallon

Cost of Food:

Sugar-\$1.25 for 5 lbs.

Eggs-82 cents dozen

Coffee-\$3.43 per lb.

Bacon-\$2.46 per lb.

Hamburger-\$1.36 per lb.

Milk-\$2.58 per gallon

Technology News

*Ebay started the online auction and shopping web site.

*The domain, myspace.com, went online.

*Internet 3.0 was released.

*More e-mail was sent than postal mail.

*DVDs were first released in Japan.

Fads

* Doing the Macarena

* Playing with Tickle Me Elmo

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Phone: (937) 382-1621
Fax: (937) 383-1215

Seniors Need Help call 382-7170

ACTIVITY SCHEDULE FOR SEPTEMBER 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—Flexibility & Balance
10:00 am—Exercise
12:15 pm—Crafts
12:15 pm—Euchre
12:15 pm—Mexican Train Dominos
3:00 pm—Line Dancing
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—Ageless Grace

THURSDAY

8:00 am—Early Bird
9:00 am—Flexibility & Balance
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

Monday, September 3—Closed in observance of Labor Day.

Friday, September 7; Saturday, September 8; Sunday, September 9—Clinton County Corn Festival. Stop by and visit our Pressed Chicken Sandwich Booth!

Saturday, September 8—Annual 5K Run/Walk. Registration at 7:00 a.m. 5K starts at 8:00 a.m.
Location/Check In—Clinton Commons, 100 Commons Lane, Wilmington.

Tuesday, September 11—Advisory Board Meeting at 10:00 a.m.

Wednesday, September 19—Lunch sponsored by Wilmington Nursing and Rehab at 12:00 noon. Please call for reservations.

Friday, September 21—Birthday Dinner. We celebrate all September birthdays.

Friday, September 21—Health Department will be giving Flu Shots at the Center at 10:00 a.m. The Health Department will also be having a blood pressure clinic at 10:00 a.m.

Wednesday, September 26—Pie Day. Slice of Apple or Cherry Pie for \$1.50. Available at Lunchtime.

NO ALA CARTE AVAILABLE: 9/19; 9/21

Ala Carte	Mon	Tue	Wed	Thu	Fri
<i>Mondays</i> Ham & Beans Cornbread	3 Closed for Labor Day	4 Hamburger on Bun Baked Beans Broccoli Pineapple	5 Chicken Green Beans Beets Wheat Bread	6 Chicken Tenders w/ Rice Scandinavian Veggies Applesauce	7 Cheesy Beef & Broccoli w/ Rice Oregon Vegetables Corn
<i>Tuesdays</i> BLTs Grilled Cheese	10 Roast Turkey Mashed Potatoes Vegetable Medley Wheat Bread	11 Chicken Potato Casserole Broccoli Peaches	12 Swiss Steak Carrots O'Brien Potatoes Wheat Bread	13 Summer Salad Saltine Crackers Orange Juice Animal Crackers	14 Grilled Chicken Potato Wedges Broccoli Applesauce
<i>Wednesdays</i> Chef Salad	17 Spaghetti & Meatballs Italian Vegetables Spinach Wheat Bread	18 Smoked Sausage w/ sauerkraut Mashed Potatoes Green Beans	19 Lunch sponsored by Wilmington Nursing & Rehab at 12:00 noon	20 Turkey Tetrazzini Brussel Sprouts Baked Apples	21 Cheese Lasagna Peas & Onions Carrot Coins Birthday Cake
<i>Thursdays</i> Fish & Chips Grilled Ham & Cheese Grilled Cheese	24 Meatloaf Mashed Potatoes Diced Carrots Fruit Cocktail	25 Pork Cutlet Potato Wedges Vegetable Medley Wheat Bread	26 Chili Spaghetti Vegetable Medley Saltine Crackers Pears	27 Chicken Salad Sandwich Tomato Soup Potato Salad Peaches	28 Beef Stew Green Beans Dinner Roll Pineapple

Return Address

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717 North Nelson Ave., P. O. Box 32
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