



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

Bob Moreton, Transportation  
655-2165

Sherry Bowling, Homemaker  
Supervisor  
655-2164

Jonda McCarren  
Supportive Services  
655-2151

Pam George, LPN  
Case Management  
655-2163



Benefit Auction at the Wilmington Savings Bank Clinton County Senior Center



Do you like auctions or know someone that does? If so, then this auction is for you!

The auction will be held on Saturday, October 12 at 10:00 a.m. Preview will be held at 9:00 a.m.

Many great items will be offered—antique items, collectibles and some newer items—too numerous to list! There might even be a few surprises!

Food will be available.

All proceeds benefit the Wilmington Savings Bank Clinton County Senior Center.

Questions, contact George Cook 366-6787.



## Ohio Senior Health Insurance Information Program Medicare Check-Up Days 2019

Learn ways to:  
Stay Informed. Stay Healthy. Save Money.

**1-800-686-1578**

[www.insurance.ohio.gov](http://www.insurance.ohio.gov)

Clinton County Senior Center  
717 N. Nelson Avenue in Wilmington

Wednesday, October 30th, at noon  
Presentation only.

- Learn about recent changes to Medicare.
- Find out how the Oct 15 - Dec 7 Medicare Annual Coordinated Election Period can work for you.
- Get tips on how to enroll for 2020 coverage in a Medicare prescription drug plan (Part D) and/or a Medicare health plan.
- See if you qualify to SAVE an average of \$4,000 on your prescription drug costs.

**Ohio** | Department of Insurance

Mike DeWine, Governor | Jon Husted, Lt. Governor | Jillian Froment, Director



# Happy Birthday!!



### Walk Club Update!

August — 238.25 miles

Charlotte Bland—151 miles

Carole Erdman—87.25 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.

Peggy Allen—10/14  
 Stella Boring—10/31  
 Rita Carey—10/10  
 Mary Anna Cherry-holmes—10/30  
 Lucille Cloud—10/11  
 Patti Cook—10/15  
 Kathy Cook—10/04  
 Virginia Craig—10/12  
 Colena Creek—10/08  
 Renee Curtis—10/05  
 Teresa Druck—10/04  
 Ethel Eury—10/31  
 Carole France—10/05  
 Yvonne Hayes—10/28  
 Hazel Hufford—10//28  
 Sara Hummelgard—10/15  
 Janet Jones—10/23

Virginia Kelley—10/02  
 Susie Kienle—10/15  
 Mark Lewis—10/06  
 Rita Miars—10/14  
 Don Myers—10/23  
 Jane Newkirk—10/19  
 Sondra Nordyke—10/30  
 Johnnie Pierson—10/28  
 Kenneth Rothwell—10/23  
 Robert Shaffer—10/30  
 Judy Stapler—10/06  
 Connie Townsend—10/07  
 Pauline Unger—10/31  
 Nathan Unger—10/05  
 Earl Zurface—10/26



The Health Department will be here Friday, October 11 for a Flu Shot Clinic at 10:00 a.m.



A Miracle-Ear Hearing Center representative will be available to come to the Center by appointment only. 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. Rents for the complexes are: Clinton Commons I, Clinton Commons II and Blanchester Senior Villas—\$550 per month; Community Commons—\$475 two bedroom and \$525 three bedroom. For information Call (937) 382-8886 or visit our website at clintoncap.org or OHTTY/YD 800-750-0750.

### Congratulations to September Winners!

- Sandy Fisher—\$3.25**
- Charlotte Baker—\$5.50**
- Brenda Davis—\$3.30**
- Charlotte Baker—\$4.00**



This institution is an equal opportunity provider.



## WELCOME NEW MEMBERS!

Paula Monday  
 Julie Witt  
 Charity Gehringer



### Senior Center Board Report for August 2019

- Meals: 686 meals were served to 86 attendees.
- Transportation: 303 one way trips were provided to 27 participants.
- ESP Medical: There were 20 units for 8 clients.
- Adult Day Care: There were a total of 200 trips provided for 9 clients.
- Home Meals: There were 3043 home meals delivered to 119 clients.
- Supportive Services: There were 17.25 units for 16 clients.
- Socialization/Recreation: There were 92.5 different activities and 132 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.

**ATTENTION WAR VETERANS:**

The "Clinton County Veterans Oral History Project" is looking for veterans of all wars and conflicts to participate in the project. The goal is to accumulate and archive a collection of personal narratives, correspondence, visual materials and memoirs—preserving and making accessible personal accounts of war veterans. The gathered archives would give future generations opportunity to hear directly from veterans and better understand the realities of war. If you would like more information or would like to participate, contact Jerome, WALH Radio at 937-556-5777.



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

**MOBILE FOOD PANTRY**

**Prairie View Apartment Dining Room**

**Thursday, November 14th, 2019 from 11:00 a.m. to 1:00 p.m.**

**Please bring a box or laundry basket to carry groceries**

**Please contact Robyn Allen (937) 383-6960 with questions**



Many Thanks to:

- \*Wilmington Nursing & Rehab for September Lunch
- \*Ohio Living Cape May for September Birthday Cupcakes
- \*Better2Gether for Bingo
- \*Those donating time or money for the Corn Festival

**Buckley, Miller, Wright & Raizk**

Attorneys at Law

145 North South Street  
Wilmington, Ohio 45177

**(937) 382-0946**

[bmwlaw@bmwlaw.net](mailto:bmwlaw@bmwlaw.net)

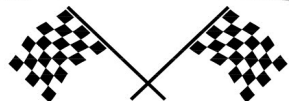
**Fax (937) 382-1361**

**Terry Spurlock**  
1403 Rombach Avenue  
Wilmington, OH 45177

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

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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.

**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.**



184 N. South Street • Wilmington, Ohio 45177

937-382-1659

[www.wilmingtonsavings.com](http://www.wilmingtonsavings.com)



**Seniors Need Help call 382-7170**

**CORN FESTIVAL UPDATE:**

Our profit for our Pressed Chicken Booth this year, after all expenses, \$3,276.96. Many thanks to all who helped—whether it be volunteering your time or giving money or supplies—every effort given is very meaningful to me and I appreciate it so much!

Thanks again, Stella

Pictured at right are Sherry Williams and Charlie Richter.

They were named the 2019 Corn Festival King and Queen.



**Operation Christmas Child item(s) for October: Pencils and Pencil Sharpeners. Annual Packing Party will be Tuesday, November 12 at 10:30 a.m.**



Are you or someone you know in need of a cane, walker or other type of durable medical equipment? We may have what you need.

We have a supply of various items—call the Senior Center 382-7170 before you buy something to see if we have it on hand.



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.”

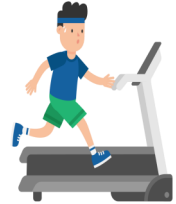
We want the Senior Center to continue to be an enjoyable place for all to attend.

**Exercise Room Extended Hours:**

Effective October 1, 2019, the Exercise Rooms at the Senior Center will be open as follows:

Monday—Friday: 7:00 a.m. to 8:00 p.m.

Saturday: 9:00 a.m. to 3:00 p.m.



To utilize these rooms, you need to be a member.

**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—937-725-8199

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

Duane Weyand, Clinton County Court of Common Pleas, 69 N. South St., Wilmington, OH

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

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

Sue Caplinger, 982 Peggy Lane, Wilmington, OH Phone—937-481-5510

You can also contact your county commissioners at 382-2103

**Members of the Senior Advisory Board are:**

- |               |                |
|---------------|----------------|
| Bob Thomas    | D Bullock      |
| George Cook   | Barb Davis     |
| Larry Cordrey | Carole Erdman  |
| Carole France | Margie Pierson |
| Renee Walker  | Jerome Agean   |

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!



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



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### GANO LAW OFFICES

JUDY A. GANO  
 169 NORTH SOUTH STREET  
 WILMINGTON, OHIO 45177

(937) 382-3320

### This Was the Year...1948

**U. S. President & Vice President:** Harry Truman No Vice President from 1945-1949.

**Time Magazine Person of the Year:** Harry S. Truman

**National and World News:**

- \*Mahatma Gandhi was assassinated in India.
- \*Israel was declared an independent state.
- \*Workman's compensation laws were passed in the U.S.
- \*United Nations created the World Health Organization.
- \*The Foreign Assistance Act (the Marshall Plan) agreed to provide more than \$13 billion in aid to war-torn Europe.
- \*Extraterrestrials allegedly crash-land near Roswell, NM.

**Cost of Living:**

- |                                |                                |
|--------------------------------|--------------------------------|
| New House-\$7,700              | Harvard Tuition-\$525 per year |
| Average Income-\$2,936         | Movie Ticket-60 cents          |
| New Car-\$1,230                | Postage Stamp-3 cents          |
| Average Rent-\$70 per month    | Gasoline-16 cents per gallon   |
| Minimum Wage-40 cents per hour |                                |

**Cost of Food:**

- |                            |                          |
|----------------------------|--------------------------|
| Sugar-85 cents for 10 lbs. | Eggs-23 cents dozen      |
| Coffee-60 cents per lb.    | Bacon-50 cents per lb.   |
| Hamburger-45 cents per lb. | Milk-78 cents per gallon |

**Technology News**

- \*Land Rover Series 1 was shown for the first time at the Amsterdam Car Show.
- \*Porsche was founded.
- \*Honda introduced a motorcycle.
- \*The first radio-controlled airplane was flown.
- \*Velcro was invented.
- \*The transistor radio prototype was introduced
- \*Bar codes were invented.
- \*The Ford F-series truck was introduced.

**FADS**

- |                   |                   |               |
|-------------------|-------------------|---------------|
| *Raccoon coats    | *Playing Scrabble | *Radial Tires |
| *Hawaiian Muumuus |                   | *Slinky Jr.   |

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**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 OCTOBER 2019

### 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  
12:15 pm—Bridge  
6:30 p.m.—Zumba

### WEDNESDAY

7:45 am—Walking  
8:00 am—Early Bird  
8:45 am—Silver Sneakers  
9:00 am—Pool  
10:00 am—Corn Toss

### WEDNESDAY (CONTINUED)

12:15 pm—Sewing  
12:15 pm—Rook  
12:15 pm—Mexican Train Dominos  
3:00 pm—Line Dancing

### 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  
10:00 am—Ageless Grace  
12:15 pm—Mexican Train Dominoes  
12:15 pm—Sewing

## UPCOMING EVENTS

Tuesday, October 1—Advisory Board Meeting at 10:00 a.m.

Friday, October 11—Health Department will be here doing Flu Shots at 10:00 a.m.

Saturday, October 12—Charity Auction to benefit the Senior Center. Event begins at 10:00 a.m.

Monday, October 14—Closed in observance of Columbus Day.

Wednesday, October 16—Lunch with Wilmington Nursing & Rehab at 12:00 noon.

Friday, October 18—Birthday Dinner. We celebrate all October birthdays. Bingo after lunch sponsored by Hospice of Miami Valley.

Tuesday, October 22—Taking appointments for Open Enrollment for Medicare Part D—prescription drug plan comparisons. Call Jonda at 655-2151 to schedule an appointment.

Friday, October 25—Bingo after lunch sponsored by Better2Gether Medicare Solutions.

Wednesday, October 30—Medicare Check-up Day at Noon. This is the time to ask questions and hear updated information regarding your Medicare benefits.

Thursday, October 31—Fall Party 12:00 noon. RSVP at 382-7170 by October 28, 2019.

Ala Carte	Mon	Tue	Wed	Thu	Fri
<i>Mondays</i> <i>Ham &amp; Beans</i> <i>Cornbread</i>		1 Grilled Chicken Veggie Beef Soup Potato Wedges Broccoli Juice & Grahams	2 Chicken Tenders Brown Rice Scandinavian Veggies Dinner Roll Fruit Cocktail	3 Spaghetti & Meatballs Italian Vegetables Spinach Strawberry Applesauce	4 Broccoli Cheddar Chicken Brown Rice Oregon Veggies Corn
<i>Tuesdays</i> <i>Soup of the Day</i> <i>Grilled Cheese</i>	7 Salisbury Steak Sweet Potatoes Mixed Vegetables Wheat Bread Peaches	8 Beef Stew Green Beans Dinner Roll Juice & Cake	9 Beef & Rice Broccoli Carrots Wheat Bread Pineapple	10 Pork Cutlet Green Beans Beets Wheat Bread Pears	11 Chicken Stew Mixed Vegetables Cornbread Fruit Punch Chocolate Chip Cookie
<i>Wednesdays</i> <i>Chef Salad</i>	14 Closed in observance of Columbus Day	15 Chicken & Potato Casserole Broccoli Wheat Bread Fruit Punch/Cookie	16 Lunch with Wilmington Nursing & Rehab at 12:00 noon	17 Italian Chicken w/ Spaghetti Italian Vegetables Peas Mandarin Oranges	18 Hamburger on Bun Baked Beans Broccoli Birthday Cupcakes
<i>Thursdays</i> <i>Fish &amp; Chips</i> <i>Grilled Ham &amp; Cheese</i> <i>Grilled Cheese</i>	21 Cinci Four -Way Kidney Beans Broccoli Oyster Crackers Peaches	22 Beef & Noodles Green Beans Carrots Wheat Roll Juice & Cake	23 Pineapple Ham Sweet Potatoes Peas Wheat Bread Juice & Animal Crackers	24 Chicken Alfredo Spaghetti Broccoli Carrots Cinnamon Apples	25 Smoked Sausage w/ Sauerkraut Mashed Potatoes Green Beans Rye Bread Pears
	28 Country Fried Steak Potato Wedges Green Beans Wheat Bread Mandarin Oranges	29 Chicken Tikka Masala Brown Rice Carrots Broccoli Juice & Cookie	30 BBQ Beef on Bun Broccoli Cheese Soup Peas & Onions Potato Wedges Juice & Grahams	31 Fall Party at 12:00 noon.	

## Return Address

**Wilmington Savings Bank—  
Clinton County Senior Center  
717 North Nelson Ave., P. O. Box 32  
Wilmington, Ohio 45177**

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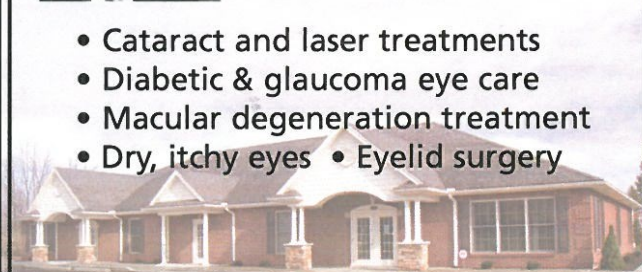


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