



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

Center Adds New Exercise Equipment

The Senior Center recently added two bikes, an elliptical and two treadmills to the Exercise Room. The new equipment is all commercial grade and will be able to withstand daily usage.

The new equipment was purchased through funds received from the Health-First for Clinton County grant.



FREE THANKSGIVING DAY DINNER
THURSDAY, NOVEMBER 28, 2019
WENDY'S RESTAURANT
11:30 A.M. TO 1:00 P.M.

Turkey with all the trimmings—eat in or have the meal delivered to your home.
Call Arla Faye at 937-382-2706 by November 20th. If you leave a message, please leave the following information: Name, Address, Phone Number, Meal Delivered or Eat at Wendy's and number of meals.



WINTER CRISIS PROGRAM 2019-2020
11/1/19 through 3/31/20

The Winter Crisis Program provides a benefit once per heating season to an income-eligible customer's main heat source and/or electric account. Eligible customers may qualify if the gross household size/income is at or below the 175% Federal Poverty Guidelines: 1—\$21,857.50; 2—\$29,592.50; 3—\$37,327.50; 4—\$45,062.50 or 5—\$52,797.50.

Winter Crisis Program, Home Energy Assistance Program (HEAP) and Percentage of Income Payment Plan Plus (PIPP Plus) applications are processed Monday through Friday 8:00 a.m. to 3:00 p.m. For further information, please contact Community Action at (937) 382-8365 during these hours.



Happy Birthday!!



Walk Club Update!

September — 206 miles

Charlotte Bland—141 miles

Carole Erdman—65 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.

- Billie Baker—11/21
- Vera Baker—11/11
- Roger Brown—11/06
- Jim Brubaker—11/25
- Joy Brubaker—11/05
- Cindy Burgess—11/04
- Walt Carruthers—11/21
- Georgia Dodd—11/04
- Roberta Douglas—11/15
- Lena Gibson—11/19
- Roberta Grooms—11/19
- Debbie Hatten—11/22
- Stephen Hensley—11/04
- Mary Holman—11/28
- Clara Hurt—11/29
- Linda Moore—11/22

- James Pagett—11/02
- Judy Russell—11/22
- Rita Smith—11/25
- Linda Theener—11/28
- Marilyn Whitmore—11/28
- Reba Williams—11/05
- Beverly Wilson—11/23



Many Thanks to:

- *Wilmington Nursing & Rehab for October Lunch
- *Ohio Living Cape May for October Birthday Cupcakes
- *Better2Gether for Bingo
- *Hospice of Miami Valley for Bingo
- *Those donating items for the Auction and those buying!
- *Danny Williams for being the Auctioneer
- *George Cook for all his hard work on the Auction



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/YYD 800-750-0750.

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.

Congratulations to October Winners!

- Jeff Roach—\$3.00
- Shirley Massie—\$2.50
- Kathy Taylor—\$4.75



This institution is an equal opportunity provider.



WELCOME NEW MEMBERS!

- Patricia Calhoun
- Judy Laycock
- Karen Johnson
- Carol Ewing
- Becky Raines
- Rita Smith
- Denny Wilson
- Jean Woytke
- Becky Boris
- Susan Taylor
- Inga Grove
- Jennifer Grove
- Linda Custis
- Lee Debord



Senior Center Board Report for September 2019

- Meals: 555 meals were served to 69 attendees.
- Transportation: 313 one way trips were provided to 35 participants.
- ESP Medical: There were 10 units for 5 clients.
- Adult Day Care: There were a total of 193 trips provided for 10 clients.
- Home Meals: There were 2899 home meals delivered to 115 clients.
- Supportive Services: There were 26 units for 22 clients.
- Socialization/Recreation: There were 69.5 different activities and 138 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.

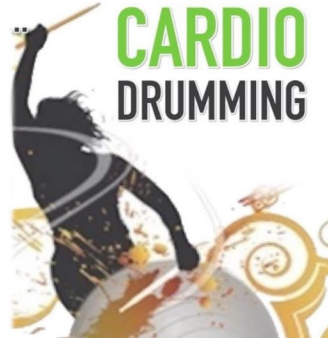
Cardio Drumming

Every Tuesday from 7:30 p.m. to 8:30 p.m. at the Senior Center

First class FREE. Suitable for ALL fitness levels; Affordable; Fun Fitness Class; Community Support; Judgement free atmosphere.

Join us on Facebook at Cardio Drumming Southwest Ohio or email

cardiodrumswohio@gmail.com for more information.



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.

Thursday, January 9th, 2020 from 11:00 a.m. to 1:00 p.m.

Picture ID and current piece of mail necessary for registration.

Please bring a box or laundry basket to carry groceries

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

Blanchester Church of Christ—911 Cherry Street

Thursday, December 12th, 2019 from 11:00 a.m. to 1:00 p.m.

Picture ID and current piece of mail necessary for registration.

Please bring a box or laundry basket to carry groceries

Please contact April Hoak (513) 672-3720 with questions

Food Pantry will close if local school district is closed due to inclement weather.

Eligibility Guidelines at or below 200% the poverty line

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.

Buckley, Miller, Wright & Raizk

Attorneys at Law

145 North South Street
Wilmington, Ohio 45177

(937) 382-0946

Fax (937) 382-1361

bmwlaw@bmwlaw.net

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.

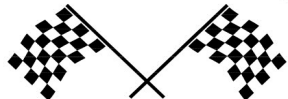
Call 937-382-2070 for further information.

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1403 Rombach Avenue
Wilmington, OH 45177

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

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Seniors Need Help call 382-7170

Our Annual Christmas Bazaar will be held on Saturday, December 7th. We are offering spaces again this year to rent. If you are interested in a space, stop by the Senior Center. Spaces are \$25—which includes an area with a double 6’ table. Deadline to reserve a space is November 22. We will be on the “Homespun Christmas” map as well. Breakfast will be served from 8:00 a.m. to 10:00 a.m. —Waffles and sausage; Eggs and sausage; Biscuits and gravy; juice & coffee for \$4. Lunch will be served from 11:30 a.m. to 1:00 p.m. Homemade Vegetable and Potato Soup; Pressed Chicken Sandwiches; BBQ Pork Sandwiches; desserts; coffee and tea will be available. The Craft Room will be open along with Lions Club Candy and White Elephant Sale. We will be accepting donations for the White Elephant Sale (no clothing please) the week of December 2. If you would like to donate baked goods for Lunch, please bring them on Friday, December 6 before 4:30 p.m. or the morning of December 7.



Annual American Legion Senior Christmas Dinner will be held on Sunday, December 1 at 12:00 noon at the Legion Post on Locust Street. For more information, contact the Legion at 382-2219.



Operation Christmas Child 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



820 E. Center Street * Blanchester, OH 45107
 937-783-4949 * fax 937-783-5820
 Www.continentalmanornrc.com

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

(937) 382-3320

This Was the Year...1949

U. S. President & Vice President: Harry Truman & Alben W. Barkley

Time Magazine Person of the Year: Winston Churchill

National and World News:

- *The Soviet Union tested its first atomic bomb.
- *North Atlantic Treaty Organization (NATO) was founded.
- *The National Basketball Association (NBA) came into being.
- *The first automatic streetlights were used in New Milford, CT.
- *Geneva Conventions (an agreement on the treatment of prisoners) was enacted.
- *Snowfall was first recorded in Los Angeles.

Cost of Living:

New House-\$7,450	Harvard Tuition-\$600 per year
Average Income-\$2,959	Movie Ticket-60 cents
New Car-\$1,420	Postage Stamp-3 cents
Average Rent-\$70 per month	Gasoline-16 cents per gallon
Minimum Wage-75 cents per hour	

Cost of Food:

Sugar-85 cents for 10 lbs.	Eggs-24 cents dozen
Coffee-65 cents per lb.	Bacon-50 cents per lb.
Hamburger-47 cents per lb.	Milk-84 cents per gallon

Technology News

- **Popular Mechanics* predicted that computers in the future may weigh no more than 1.5 tons.
- *RCA perfected a system for broadcasting color TV.
- *RCA released the first 45 rpm single record.
- *The first Polaroid camera was sold for \$89.95.
- *The first Volkswagen Beetle, the "People's Car," was sold in the U.S.

FADS

- *Men's argyle socks
- *Silly Putty
- *Candy Land
- *Canasta
- *Kewpie Dolls

POPULAR QUOTES

"What a dump." - *Beyond the Forest*

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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 NOVEMBER 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

Friday, November 1—Diabetic Shoe Clinic at 2:00 p.m. Representatives from Buckeye Shoes & Compression will be here to assist those that may have missed the Clinic in September.

Sunday, November 3—Daylight Savings Time ends. Don't forget to set your clock back ONE hour.

Monday, November 11—Veteran's Day. Bring a picture of yourself or loved one that served.

Tuesday, November 12—Advisory Board meeting at **11:00 a.m.**

Tuesday, November 12—Operation Christmas Child Packing Party at 10:30 a.m.

Friday, November 15—Birthday Dinner. We celebrate all November birthdays.

Wednesday, November 20—Lunch with Wilmington Nursing & Rehab at 12:00 noon. Please RSVP by November 19.

Friday, November 22—Bingo after lunch sponsored by Better2Gether Medicare Solutions.

Monday, November 25—Thanksgiving Dinner at 11:30 a.m.

Thursday, November 28 and Friday, November 29—Center will be closed for the Thanksgiving Holiday.

Thursday, November 28—Thanksgiving Day Dinner at Wendy's 11:30 a.m. to 1:00 p.m. Call Arla Faye at (937) 382-2706 by November 20th.

Sunday, December 1—American Legion Annual Christmas Dinner for Seniors at 12:00 noon. Call the Legion at 382-2219 for more information.

Ala Carte		Mon	Tue	Wed	Thu	Fri
<i>Monday's</i> <i>Ham & Beans</i> <i>Cornbread</i>						1 Grilled Chicken Cream of Potato Soup Green Beans Yellow Squash Bun
<i>Tuesdays</i> <i>Soup of the Day</i> <i>Grilled Cheese</i>	4 Salisbury Steak Sweet Potatoes Mixed Vegetables Wheat Bread Peaches	5 Chicken Stew Mixed Vegetables Cornbread Fruit Punch Cookie	6 Fish Sticks Peas Potato Wedges Wheat Bread Cinnamon Apples	7 Chicken & Brown Rice Broccoli Diced Carrots Dinner Roll	8 Pork Cutlet Green Beans Beets Wheat Bread Pears	
<i>Wednesdays</i> <i>Chef Salad</i>	11 Hamburger on Bun Potato Wedges Broccoli Pineapple Tidbits	12 Chicken & Potato Casserole Broccoli Wheat Bread Fruit Punch & Gra- hams	13 Meatloaf w/gravy Mashed Potatoes Carrots Wheat Bread Fruit Cocktail	14 Chicken Tenders Brown Rice Scandinavian Veggies Dinner Roll Mandarin Oranges	15 Spaghetti & Meatballs Italian Vegetables Spinach Birthday Cupcakes	
<i>Thursdays</i> <i>Fish & Chips</i> <i>Grilled Ham & Cheese</i> <i>Grilled Cheese</i>	18 Smoked Sausage w/ sauerkraut Mashed Potatoes Green Beans Rye Bread Pears	19 Cinci-Style Chili Kidney Beans Broccoli Oyster Crackers Peaches	20 Lunch with Wilming- ton Nursing & Rehab at 12:00 noon	21 Pineapple Ham Sweet Potatoes Peas Wheat Bread Orange Juice Animal Crackers	22 Chicken Alfredo w/ Spaghetti Broccoli Carrots Cinnamon Apples	
	25 Roast Turkey Mashed Potatoes Vegetable Medley Dinner Roll Pumpkin Pie	26 Grilled Chicken Breast Potato Wedges Green Beans Wheat Bread Mandarin Oranges	27 BBQ Beef on Bun Peas & Onions Potato Wedges Pineapple/Orange Juice Teddy Grahams	28 Closed for Thanksgiving Holiday	29 Closed for Thanksgiving Holiday	

Return Address

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

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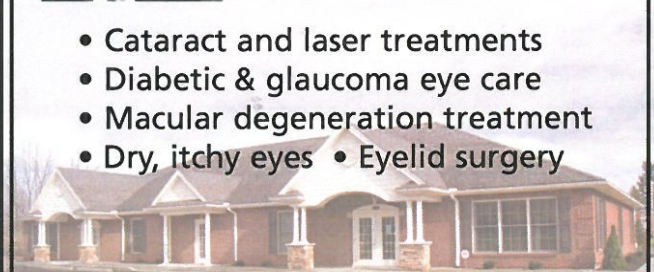
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