

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



**Just a friendly reminder....**

Membership Dues for 2020 are due in January. Dues are \$30 per year. The monies generated by membership dues not only pays for the printing and mailing of the newsletter—it helps with match money required by our funding source and assists with Senior Center operating expenses.

If any of your information needs updated, please do so when you pay your dues.

Thanks!

**Walk Club Update!**

October — 221 miles

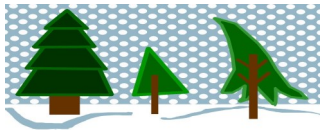
Charlotte Bland—148 miles

Carole Erdman—73 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.



*Happy Birthday!!*



Jerome Agean—12/21  
 Jon Barber—12/26  
 Cindy Beckett—12/24  
 Charlotte Bland—12/16  
 Cindy Bowman—12/18  
 Jim Burge—12/16  
 Ann Carr—12/08  
 Larry Cordrey—12/06  
 Linda Custis—12/24  
 George Kees—12/25  
 Tillie Lenze—12/26  
 Truman Long—12/20  
 Betty Lyon—12/17  
 Wayne Manning—12/20  
 Georgia Marburger—12/08  
 Shirley Massie—12/14

Danny Mongold—12/27  
 Bob Pittser—12/19  
 Yvonne Pollack—12/16  
 Joyce Powers—12/30  
 Anicia Powers-Russell—12/31  
 Claire Ropp—12/02  
 Wanda Smart—12/19  
 Gene Snyder—12/13  
 Christine Snyder—12/23  
 Deborah Stern—12/14  
 Joe Trapp—12/02  
 Ted Vandervort—12/20  
 Sandy Wilson—12/15  
 Daniel Wiseman—12/20



**Many Thanks to:**

- \*Wilmington Nursing & Rehab for November Lunch
- \*Ohio Living Cape May for November Birthday Cupcakes
- \*Court House Manor for donation to purchase a new Christmas Tree for the Dining Room

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.



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 November Winners!**

- Betty Yarger—\$3.50**
- Betty Yarger—\$3.00**
- Esther Jordan—\$3.00**
- Sandy Fisher—\$4.00**



This institution is an equal opportunity provider.



**WELCOME NEW MEMBERS!**

- Cathie Dees
- Patti Kinsinger
- Bonnie Sandlin
- Bobbi Long
- Ann Carr
- Jean Gundler
- Kathleen Burris



Senior Center Board Report for October 2019

- Meals: 525 meals were served to 65 attendees.
- Transportation: 365 one way trips were provided to 32 participants.
- ESP Medical: There were 12 units for 4 clients.
- Adult Day Care: There were a total of 249 trips provided for 10 clients.
- Home Meals: There were 3374 home meals delivered to 130 clients.
- Supportive Services: There were 48.25 units for 41 clients.
- Socialization/Recreation: There were 58.25 different activities and 142 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.

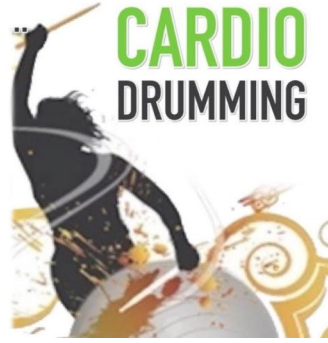
**Cardio Drumming**

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, 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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Wilmington, OH 45177

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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 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. Home-made 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.



The Senior Center's Operation Christmas Child project had 60 Operation Christmas boxes. Thank you all for your participation and prayers for this loving project...Debbie Hatten



**NEW YEAR'S EVE LUNCH!**

**TUESDAY, DECEMBER 31 AT 12:00 NOON.**  
**MENU: ROAST PORK WITH SAUER-KRAUT, MASHED POTATOES, APPLESAUCE, DINNER ROLLS AND DESSERT. PURCHASE TICKETS IN ADVANCE FOR \$8.**



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.

**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.

**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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820 E. Center Street \* Blanchester, OH 45107  
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### GANO LAW OFFICES

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WILMINGTON, OHIO 45177

(937) 382-3320

## This Was the Year...1950

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

**Time Magazine Person of the Year:** American Fighting Man

**National and World News:**

\*FBI began its "Ten Most Wanted Criminals" publicity campaign.

\*North Korea invaded South Korea, capturing Seoul.

\*Twelve nations agreed to the creation of the North Atlantic Treaty Organization (NATO) for the defense of the U.S. and Europe.

\*The Great Brinks Robbery occurred in Boston. More than \$2.775 million was stolen. It was the largest bank robbery in the U.S.

\*There were seven days of blizzard conditions in the eastern U.S., leaving more than one million homes without power.

\*After the Empire State Building opened in 1931 in New York City, much of the office space remained unrented. It was nicknamed the Empty State Building and didn't become profitable until 1950.

### Cost of Living:

New House-\$8,450	Harvard Tuition-\$600 per year
Average Income-\$3,216	Movie Ticket-65 cents
New Car-\$1,511	Postage Stamp-3 cents
Average Rent-\$75 per month	Gasoline-17 cents per gallon

### Cost of Food:

Sugar-85 cents for 10 lbs.	Eggs-24 cents dozen
Coffee-70 cents per lb.	Bacon-50 cents per lb.
Hamburger-49 cents per lb.	Milk-84 cents per gallon

### Technology News

\*TV remote control, *Lazy Bones*, was invented by Zenith.

\*Diners Club issued the first credit cards.

\*President Truman ordered the production of the hydrogen bomb.

### FADS

\*Silly Putty

\*Disposable diapers

\*Minute Rice

### POPULAR QUOTES

"Fasten your seatbelts. It's going to be a bumpy night." - *All About Eve*

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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 DECEMBER 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

Sunday, December 1—American Legion Senior Christmas Dinner 12:00 noon at the Legion Post 140 E. Locust Street. For more information, call 382-2219.

Wednesday, December 4—United Health Care Information Table from 9:00 a.m. to 11:00 a.m.

Saturday, December 7—Annual Christmas Bazaar beginning at 8:00 a.m. with breakfast.

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

Tuesday, December 17—Thank You at lunchtime to Court House Manor for donating toward the purchase of a new Christmas tree for the dining room. We will have special entertainment and treats.

Wednesday, December 18—Christmas Lunch with Wilmington Nursing and Rehab at 12:00 noon. Special Entertainment.

Friday, December 20—Birthday Dinner. We celebrate all December birthdays.

Tuesday, December 24 and Wednesday, December 25—Closed for Christmas Holiday.

Friday, December 27—Bingo sponsored by Better2Gether Medicare Solutions after lunch.

Tuesday, December 31—New Year's Eve Lunch at 12:00 noon. Menu: Roast Pork and Sauerkraut, Mashed Potatoes, Dinner Roll

Wednesday, January 1—Closed for New Year's Day.

<b>Ala Carte</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>
<i>Mondays</i> Ham & Beans Cornbread	2 Turkey Tetrazzini Brussel Sprouts Baked Cinnamon Apples Dinner Roll	3 Swiss Steak Carrots O'Brien Potatoes Wheat Bread Pears	4 Chicken w/gravy Green Beans Beets Wheat Bread Apple Juice	5 Macaroni & Cheese Tomato Soup Green Beans Stewed Tomatoes Juice & Cookie	6 Salisbury Steak Sweet Potatoes Mixed Vegetables Peaches Wheat Bread
<i>Tuesdays</i> Soup of the day Grilled Cheese	9 Chicken & Potato Casserole Broccoli Wheat Bread Fruit Punch	10 Meatloaf w/gravy Mashed Potatoes Carrots Wheat Bread Fruit Cocktail	11 Chicken Tenders Brown Rice Scandinavian Veggies. Dinner Roll Mandarin Oranges	12 Hamburger on Bun Potato Wedges Broccoli Pineapple Tidbits	13 Chicken Stew Mixed Vegetables Cornbread Pineapple/Orange Juice
<i>Wednesdays</i> Chef Salad	16 Spaghetti & Meatballs Italian Vegetables Spinach Peaches	17 Smoked Sausage w/ sauerkraut Mashed Potatoes Green Beans Rye Bread	18 Christmas Dinner with Wilmington Nursing & Rehab at 12:00 noon	19 Chicken Alfredo Spaghetti Broccoli Carrots Wheat Bread	20 Grilled Chicken Potato Wedges Green Beans Wheat Roll Birthday Cupcakes
<i>Thursdays</i> Fish & Chips Grilled Cheese Grilled Ham & Cheese	23 Fish Sticks Peas Potato Wedges Wheat Bread Apple Juice	24 Closed for Christmas Holiday	25 Closed for Christmas Holiday Merry Christmas!	26 Chicken & Brown Rice Broccoli Diced Carrots Dinner Roll	27 Cinci-Style Chili Spaghetti Kidney Beans Broccoli Peaches
	30 Grilled Chicken Garden Veggie Soup Green Beans Yellow Squash Juice & Grahams	31 New Year's Eve Dinner at 12:00 noon Cost \$8			



## Return Address

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

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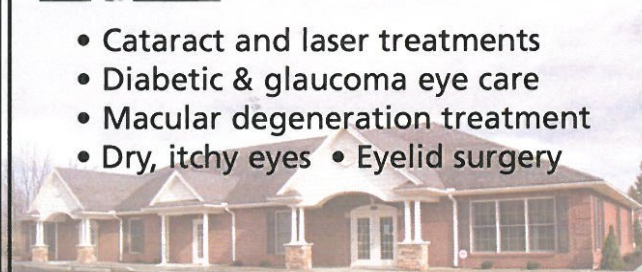


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