

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!



# Happy Birthday!!



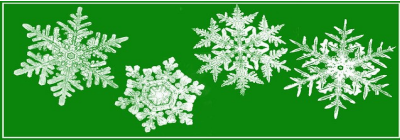
## Walk Club Update!

November — 206.25 miles  
Charlotte Bland—145 miles  
Carole Erdman—61.25 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.



George Ardwin—1/14  
Ray Baker—1/28  
Norma Bennett—1/30  
Jim Brausch—1/26  
Marietta Buchanan—1/10  
Donald Burton—1/18  
Evelyn Christensen—1/21  
Patricia Coleman—1/22  
Sharon Cooper—1/07  
Cathie Dees—1/17  
Marvin Ferris—1/01  
Robert Halsey—1/23  
Ed Hamilton—1/11  
Linda Hayslip—1/01  
Bob Holmes—1/08  
Jackie Kersey—1/27  
Goldie Lawson—1/25

Judy Laycock—1/03  
Teresa Luman—1/27  
Shirley Micheal—1/21  
Paul Michener—1/23  
Shirley Montavon—1/07  
Marcella Pagett—1/06  
Carl Piatt—1/30  
Margaret Pierson—1/22  
Charlie Richter—1/16  
Randy Rogers—1/15  
Marcella Rothwell—1/12  
Judy Stall—1/22  
Carol Thomas—1/10  
Linda Thomas—1/13  
Vicki Trapp—1/28  
Frances Unger—1/28  
Richard Unger—1/29  
Judy Urban—1/06  
Janet Van Pelt—1/08

Mary Ann Van Tress—1/17  
Marlene Viars—1/11  
Paul Wahrhaftig—1/07  
Linda Wallace—1/19  
Ron Walter—1/19  
Lorene Williams—1/12



## Many Thanks to:

- \*Wilmington Nursing & Rehab for December Lunch
- \*Ohio Living Cape May for December Birthday Cupcakes
- \*Candis from Court House Manor for Refreshments
- \*Silver Sneakers Trio for entertainment
- \*The Kindergarten Class from Clinton Co. Christian School for their musical program and gifts

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.



This institution is an equal opportunity provider.



# January

## Congratulations to December

### Winners!

Dick Unger—\$4.75  
Shirley Massie—\$3.25  
Doug Wallace—\$3.25



## WELCOME NEW MEMBERS!

|               |                  |
|---------------|------------------|
| David McCune  | Patricia Rudduck |
| Judy McCune   | Lars Stall       |
| Sue Lamke     | Judy Stall       |
| Tony Lamke    | Dave English     |
| Mark Miars    | Lisa English     |
| Joel Smith    |                  |
| Janet Florea  |                  |
| Larry Florea  |                  |
| Joann Kidwell |                  |
| Harold Curry  |                  |
| Belinda Snell |                  |
| Janet Burnett |                  |



## Senior Center Board Report for November 2019

- Meals: 525 meals were served to 79 attendees.
- Transportation: 314 one way trips were provided to 32 participants.
- ESP Medical: There were 4 units for 2 clients.
- Adult Day Care: There were a total of 199 trips provided for 9 clients.
- Home Meals: There were 3070 home meals delivered to 128 clients.
- Supportive Services: There were 61.25 units for 49 clients.
- Socialization/Recreation: There were 66.75 different activities and 130 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.

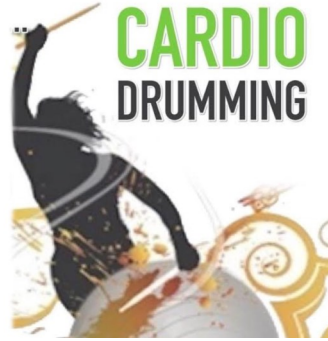
**Cardio Drumming**

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, February 13th, 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 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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Mobile: 937-603-5429

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**Seniors Need Help call 382-7170**

THOUGHTS FOR THE NEW YEAR

- Be loyal to your friends.
- Be understanding to your enemies.
- Be strong enough to face the world each day.
- Be weak enough to know that you cannot do everything alone.
- Be generous to those you need your help.
- Be frugal with what you need yourself.
- Be a leader when you see a path others have missed.
- Be a follower when you see a path others have missed.
- Be the first to congratulate an opponent who succeeds.
- Be the last to criticize an opponent who fails.
- Be wise enough to know that you do not know everything.
- Be foolish enough to believe in miracles.
- Be willing to share your joys.
- Be willing to share the sorrow of others.
- Be sure where your next step will fall so that you will not stumble.
- Be sure of your final destination in case you are going the wrong way.
- Be loving to those who love you.
- Be loving to those who do not love you, and they may change.
- Above all, be yourself.

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.

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.

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  
937-783-4949 \* fax 937-783-5820  
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### GANO LAW OFFICES

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

(937) 382-3320

## This Was the Year...1951

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

**Time Magazine Person of the Year:** Mohammad Mosaddegh

**National and World News:**

- \*Tupperware parties were introduced.
- \*The 22nd Amendment was ratified limiting the U.S. Presidential term in office to eight years (two terms).
- \*The Broker Commuter Train crashed in Woodbridge, NJ killing 85 people.
- \*The Great Flood of 1951 in the Midwest displaced 518,000 people and killed 17.
- \*Public kissing was banned in Sweden.
- \*King Abdullah of Jordan was assassinated in Jerusalem.
- \*Joe DiMaggio had a 56-game hitting streak and did not strike out during the 1951 season.
- \*The phrase rock 'n' roll was coined by DJ Alan Freed.

### Cost of Living:

|                             |                                |
|-----------------------------|--------------------------------|
| New House-\$9,000           | Harvard Tuition-\$600 per year |
| Average Income-\$3,515      | Movie Ticket-65 cents          |
| New Car-\$1,520             | Postage Stamp-3 cents          |
| Average Rent-\$78 per month | Gasoline-19 cents per gallon   |

### Cost of Food:

|                            |                          |
|----------------------------|--------------------------|
| Sugar-85 cents for 10 lbs. | Eggs-24 cents dozen      |
| Coffee-72 cents per lb.    | Bacon-52 cents per lb.   |
| Hamburger-50 cents per lb. | Milk-92 cents per gallon |

### Technology News

- \*Geophysical Service, Inc. was renamed as Texas Instruments..
- \*Oral contraceptive pills known as "The Pill" were introduced.
- \*Direct-dial coast-to-coast telephone service begin in the U.S.
- \*The first color television picture was broadcast (from the Empire State Building)

### FADS AND NEW FOOD PRODUCTS

- \*View-Master
- \*Ore-Ida foods
- \*Scrabble
- \*Tropicana products
- \*Muffin the Mule pull-toy
- \*Jack-in-the-Box fast food chain
- \*Swanson Meat Pies

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**Wilmington Nursing & Rehabilitation Center**

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

**Seniors Need Help call 382-7170**

## ACTIVITY SCHEDULE FOR JANUARY 2020

### 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

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

Tuesday, January 14—Advisory Board Meeting at 10:00 a.m.

Wednesday, January 15—Diabetic Shoe Clinic from 11:00 a.m. to 1:00 p.m.

Wednesday, January 15—Lunch sponsored by Wilmington Nursing & Rehab at 12:00 noon.

Friday, January 17—Birthday Dinner. We celebrate all January birthdays.

Monday, January 20—Closed in observance of Martin Luther King Holiday.

Friday, January 23—Pizza Night at 4:30 p.m. \$5 for Pizza, Salad and Dessert. Join us for Pizza and games afterwards. Please sign up in the lobby.

**NO ALA CARTE AVAILABLE: 1/15**

| Ala Carte  | Mon   | Tue   | Wed  | Thu  | Fri  |
|------------|---|---|--|--|--|
|            |   |   | 1<br>HAPPY<br>NEW<br>YEAR!!!   | 2<br>Beef & Noodles<br>Green Beans<br>Carrots<br>Wheat Roll<br>Juice & Cake                    | 3<br>Roast Turkey<br>Mashed Potatoes<br>Vegetable Medley<br>Dinner Roll<br>Peaches           |
| Mondays    | 6<br>Swiss Steak<br>Carrots<br>O'Brien Potatoes<br>Wheat Bread<br>Pears           | 7<br>Turkey Tetrazzini<br>Brussel Sprouts<br>Baked Cinnamon Apples<br>Dinner Roll         | 8<br>Chicken w/gravy<br>Green Beans<br>Beets<br>Wheat Bread<br>Juice & Animal<br>Crackers  | 9<br>Salisbury Steak<br>Sweet Potatoes<br>Mixed Vegetables<br>Peaches<br>Wheat Bread           | 10<br>Grilled Cheese Sandwich<br>Green Beans<br>Stewed Tomatoes<br>Juice & Cookie            |
| Tuesdays   | 13<br>Chicken & Potato<br>Casserole<br>Broccoli<br>Wheat Bread<br>Juice & Grahams | 14<br>Hamburger on Bun<br>Corn Chowder<br>Potato Wedges<br>Broccoli<br>Pineapple          | 15<br>Lunch with Wilmington Nursing & Rehab at 12:00 noon                                  | 16<br>Meatloaf w/gravy<br>Mashed Potatoes<br>Carrots<br>Wheat Bread<br>Fruit Cocktail          | 17<br>Chicken Stew<br>Mixed Vegetables<br>Cornbread<br>Fruit Punch<br>Birthday Cake          |
| Wednesdays | 20<br>Closed in observance of Martin Luther King Holiday                          | 21<br>Smoked Sausage w/sauerkraut<br>Mashed Potatoes<br>Green Beans<br>Rye Bread<br>Pears | 22<br>Pineapple Ham<br>Sweet Potatoes<br>Peas<br>Wheat Bread<br>Juice & Grahams            | 23<br>Beef & Rice<br>Carrots<br>Broccoli<br>Strawberry Applesauce                              | 24<br>Country Fried Steak<br>Potato Wedges<br>Green Beans<br>Wheat Bread<br>Mandarin Oranges |
| Thursdays  | 27<br>Fish Sticks<br>Peas<br>Potato Wedges<br>Fruit Cocktail<br>Wheat Bread       | 28<br>Cheese Pizza<br>Peas & Onions<br>Yellow Squash<br>White Bread<br>Mandarin Oranges   | 29<br>Chicken & Rice<br>Veggie Beef & Barley<br>Soup<br>Broccoli<br>Carrots<br>Dinner Roll | 30<br>Cinci-Style Chili<br>Spaghetti<br>Kidney Beans<br>Broccoli<br>Peaches<br>Oyster Crackers | 31<br>Italian Chicken w/Spaghetti<br>Italian Vegetables<br>Peas<br>Juice & Grahams           |

## Return Address

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

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