

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

Supportive Services Available for Seniors

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

If you need assistance obtaining benefits or services from other agencies, the Supportive Services program is available to help!

Jonda McCarren is our Supportive Services Coordinator and serves as an advocate on seniors behalf. Examples of supportive services tasks: assistance with completion of applications and forms necessary for benefits; assistance with referrals linking clients to appropriate resources and scheduling appointments; Medicare and Medicaid; etc.

Supportive Services is a link for those 60 plus, regardless of income, to receive assistance with services and benefits available to seniors.

Questions or need assistance? Call



Pictured above is Jonda McCarren, Supportive Services Coordinator

(937) 655-2151 or stop by the Senior Center. Supportive Services are offered Monday through Friday from 8:00 a.m. to 4:30 p.m.



Just a friendly reminder....

Membership Dues of \$30 are payable January of each year. You are receiving this newsletter even if you haven't yet renewed your 2020 membership. However, after this month, your newsletter delivery will stop if you don't renew your membership. Membership dues can be paid either in person at the Center or by mail. Our mailing address is P. O. Box 32, Wilmington. Checks are to be made payable to CCCAP. Please update your membership info if anything has changed. Thanks and have a great 2020.





Happy Birthday!!



Walk Club Update!

December — 47.75 miles

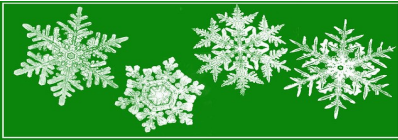
Carole Erdman—47.75 miles

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.



Bob Brown—2/16
 Hannelore Buckley—2/28
 Kathleen Burris—2/21
 Rick Clevenger—2/26
 Benjamin Conger—2/18
 Pauline Daugherty—2/07
 Lee Debord—2/21
 Dana Dunn—2/05
 Carole Erdman—2/09
 Robert Erwin—2/18
 Jane Fawley—2/09
 Doris Florea—2/25
 Carolyn Forbes—2/20
 Jim Frank—2/25
 Jim Frederickson—2/18
 Jayne Garber—2/24
 Susan Glaser—2/26

Alfred Goley—2/09
 Rosalie Guerra—2/21
 Bobbi Hagen—2/19
 Phyllis Hale—2/02
 William Irwin—2/10
 Zeny Jackson—2/05
 Ronald Kersey—2/22
 Joann Kidwell
 Sally Koons—2/03
 Patricia Lewis—2/15
 Juanita Miller—2/12
 Linda Palmer—2/25
 Virginia Pollitt—2/17
 JoAnn Quallen—2/27
 Ronna Sandlin—2/11
 Daniel Smart—2/20
 Lars Stall—2/01
 Rowena Stanfield—2/01
 Kathy Taylor—2/14



Upcoming—The 2020 Census

The Census is a questionnaire asking a few basic questions and its results help determine how many seats your state gets in Congress; guide how more than \$675 billion in federal funding is distributed to state and communities each year and much more!

The next decennial census starts in March 2020 and responding is easy, safe and important.

Many Thanks to:

*Ohio Living Cape May for January Birthday Cupcakes

*Rick Moyer and Jim Flint for the wall mounted weight machine and weights.

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.



This institution is an equal opportunity provider.



Senior Stimulus Drawing Winners!

Congratulations to January

Winners!

Shirley Massie—\$2.00

Ray Baker—\$4.75

Ray Baker—\$3.07

Dick Under—\$4.00

Shirley Massie—\$4.00



Each week (Monday—Friday) come into the Center to sign up and pay 25 cents. This will enroll you for a chance at the week's jackpot. YOU MUST COME INTO THE CENTER AND SIGN UP TO BE ELIGIBLE.

WELCOME NEW MEMBERS!

- Guy Osborne
- Sharon Osborne
- Judy Seibert
- Robert Baker
- Ron Cramer
- Jennilou Grotevant
- Brenda Shaffer
- Joe Rea
- Kathern Willison



Senior Center Board Report for December 2019

Meals: 549 meals were served to 71 attendees.

Transportation: 285 one way trips were provided to 23 participants.

ESP Medical: There were 6 units for 2 clients.

Adult Day Care: There were a total of 211 trips provided for 9 clients.

Home Meals: There were 3299 home meals delivered to 132 clients.

Supportive Services: There were 36.25 units for 27 clients.

Socialization/Recreation: There were 61.25 different activities and 120 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.

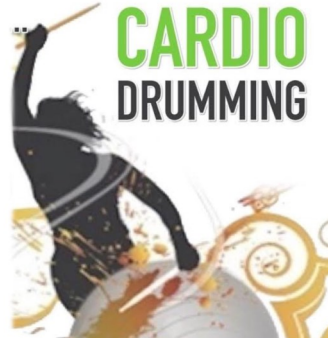
Cardio Drumming

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, March 12th, 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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Wilmington, OH 45177

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Mobile: 937-603-5429

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Seniors Need Help call 382-7170

Wilmington College Helping with Tax Issues

Wilmington College will again host a VITA (Volunteer Income Tax Assistance) site that offers tax help to persons of low and moderate income who, generally, make less than \$50,000. Assistance is available for taxpayers with disabilities. Hours of operation will be Mondays and Thursdays from 5:00 p.m. to 8:00 p.m. between January 27 and April 9; and on Saturdays from 9:00 a.m. to Noon between February 8 and March 21.

There will be no sessions the week of March 9 to March 13. Sessions will be held in WC's Center for the Sciences and Agriculture. Questions? Call Shelby Long at (567) 217-1008.



Pictured above (from left to right) are: Deborah Grant and Alicia Wampler with their Council on Aging Service Excellence Awards. The ladies are employed by CCCAP Homemaking Department and received these certificates because of their commendable service to the homemaking clients.



We want to thank everyone that went on the trip to the Biltmore. What a wonderful time! See you next time—destination unknown.

Donna and Rick Clevenger

Exercise Room News:

We have a new piece of equipment in one of the exercise rooms—a vertical wall mounted weight machine. It is geared for upper body strength and Greene Memorial Cardiac Rehab has the same type machine. Rick Moyer donated the machine, Jim Flint donated weights and Larry Cordrey donated man power. If you are interested in learning how to use this machine, call or visit the Center.

The Center was recently opened in the evenings for people to use the exercise rooms. This practice stopped due to lack of participation making it unfeasible to stay open. If you are interested in evening and Saturday hours, please call the Center and let us know.

As of 1/24/2020, there have been 55 individuals utilizing the exercise rooms.

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.

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.

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

Gene Breckel-615 N. Spring Street, Wilmington, OH Phone—937-725-8199

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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This Was the Year...1952

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

Time Magazine Person of the Year: Queen Elizabeth II

National and World News:

*Mother Teresa opened a home for the dying and destitute in Calcutta.

*Big Bang Theory of the creation of the universe was first pronounced.

*Dick Clark hosted the first *American Bandstand*.

*The first Holiday Inn opened in Tennessee.

**The Diary of Anne Frank* was published.

**The Today Show* premiered on NBC.

*The first Kentucky Fried Chicken franchise opened (in Salt Lake City).

**MAD* magazine published its first issue.

*The polio epidemic killed more than 3,000 people in the U.S.

*King George VI died of lung cancer; Elizabeth II become Queen of England at age 25.

Cost of Living:

New House-\$9,075

Harvard Tuition-\$600 per year

Average Income-\$3,850

Movie Ticket-70 cents

New Car-\$1,754

Postage Stamp-3 cents

Average Rent-\$80 per month

Gasoline-20 cents per gallon

Cost of Food:

Sugar-85 cents for 10 lbs.

Eggs-25 cents dozen

Coffee-74 cents per lb.

Bacon-54 cents per lb.

Hamburger-53 cents per lb.

Milk-97 cents per gallon

Technology News

*The first passenger jet was produced in the U.K.

*The first "Don't Walk" sign was installed in New York City.

*The first patent for a bar code was issued.

*Jonas Salk invented the polio vaccine.

*Les Paul started selling his classic electric guitar.

FADS AND NEW FOOD PRODUCTS

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*Ponytail hairdos

*Scrabble

*Slinky Dog

*Beanies

*Mr. Potato Head

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Rehabilitation Center

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Wilmington, OH 45177

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

Seniors Need Help call 382-7170

ACTIVITY SCHEDULE FOR FEBRUARY 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
7:30 p.m.—Cardio Drumming

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

Thursday, February 6—Washington Court House Chair Volleyball group will be visiting.

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

Monday, February 17—Closed for President's Day.

Wednesday, February 19—Lunch sponsored by Wilmington Nursing and Rehab at 12:00 noon.

Wednesday, February 19—Past Presidents program at 11:30 a.m.

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

Friday, February 21—The Health Department will hold a Blood Pressure Clinic from 10:30 a.m. to 11:30 a.m.

Wednesday, February 26—Pie Wednesday is back. Offering Cherry Pie or Apple Pie for \$1.50 per slice at lunchtime. Please sign up with your choice of pie.

Friday, February 28—Sloppy Joes Night at 4:30 p.m. Cost \$5. Sign up in Lobby by Thursday, February 27.

Ala Carte	Mon	Tue	Wed	Thu	Fri
<i>Mondays</i> <i>Ham & Beans</i> <i>Cornbread</i>					
<i>Tuesdays</i> <i>Chili</i> <i>Grilled Cheese</i>	3 Hamburger on Bun Green Beans Yellow Squash Orange Juice Teddy Grahams	4 BBQ Beef on Bun Peas & Onions Potato Wedges Pears	5 Broccoli Cheddar Chicken Brown Rice Oregon Veggies Corn	6 Roast Turkey Mashed Potatoes Vegetable Medley Wheat Bread Applesauce	7 Chicken & Noodles Green Beans Carrots Wheat Bread Fruit Cocktail
<i>Wednesdays</i> <i>Chef Salad</i>	10 Macaroni & Cheese Green Beans Stewed Tomatoes Peaches	11 Turkey Tetrazzini Brussel Sprouts Baked Cinnamon Apples	12 Pork Cutlet Green Beans Beets Wheat Bread	13 Swiss Steak Broccoli Cheese Soup Carrots O'Brien Potatoes Pineapple Tidbits	14 Roast Turkey Herb Dressing Broccoli Cauliflower Dinner Roll
<i>Thursdays</i> <i>Fish & Chips</i> <i>Grilled Cheese</i> <i>Grilled Ham & Cheese</i>	17 Closed for President's Day	18 Chicken & Potato Casserole Broccoli Wheat Bread Juice & Grahams	19 Lunch sponsored by Wilmington Nursing & Rehab at 12:00 noon	20 Smoked Sausage w/ Sauerkraut Mashed Potatoes Green Beans Rye Bread	21 Meatloaf Mashed Potatoes Carrots Dinner Roll Birthday Cupcakes
****Wednesday, February 26—Choice of Chef Salad or Taco Salad****	24 Spaghetti & Meatballs Cream of Potato Soup Italian Vegetables Spinach Peaches	25 Pineapple Ham Sweet Potatoes Peas Wheat Bread Mandarin Oranges	26 Chicken Tenders Brown Rice Scandinavian Veggies Wheat Bread Juice & Cookie	27 Chicken Stew Mixed Vegetables Cornbread Pineapple Tidbits	28 Cabbage Roll Peas & Onions Yellow Squash White Bread

Return Address

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

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