

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

CENSUS 2020—BE COUNTED

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

The 2020 Census is happening now. Homes began receiving their invitations to respond between March 12—March 20. These official Census Bureau mailings include detailed information and a Census ID for completing the Census online. During this time frame, some homes received a paper questionnaire also known as the Census form.

If you need assistance completing your 2020 Census, we can help! **Call Jonda McCarren, Supportive Services Coordinator, at (937) 655-2151.** Please have your Census paperwork available when you call. Jonda can access the

online Census ‘form’, ask you the questions and when completed she can submit your answers and print out a document showing your Census has been completed.

It’s important to complete the Census 2020. This Census will determine how much federal money will go towards Ohio and local communities for the next 10 years. It also helps determine how many representatives Ohio will have in Congress.

Be Counted! Once again, **Jonda’s number is (937) 655-2151.** Don’t hesitate to leave a message should Jonda be away from her desk.

The Senior Center May be Closed But Services Continue..

Although the Senior Center is closed during this difficult time our country is experiencing, we are continuing to provide services. Home delivered meals; homemaking services; transportation for dialysis clients and as needed medical transportation; congregate meals are available for pickup or delivery during this time; supportive services are being provided via telephone if at all possible, with home visits on a case by case basis; mobile food pantry

and the supplemental food boxes are being distributed. Every effort is being put forth to protect everyone involved in provision of services—clients and staff. All staff has masks, gloves, hand sanitizer and disinfecting wipes available and staff has their temperature taken prior to working each day. Take care, stay safe and let us know if there is anything we could possibly do for you. Thanks for your understanding and patience during this time.

New Service Coordinator



Pictured at left is Amanda Jacobs, the new Service Coordinator for Community Action. If you live in Community Action Apartments, you may very well see this young lady at some point. Amanda lives locally with her husband and two children, ages 8 and 4. She attended Blanchester High School and is a graduate of the Art Institute of Ohio—Cincinnati. Amanda previously worked for Hamilton Township in Warren County and was more recently manager at Wilmington Kroger Starbucks. Amanda is excited to be starting this new journey and looks forward to helping you in the future!

Walk Club Update!

No report for February 2020

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!!



- Ora Bennett—4/22
- Robert Berning—4/08
- Sharon Breckel—4/08
- Betty Bridges—4/09
- Listen Burton—4/14
- Charles Bush—4/04
- Beverly Caldwell—4/02
- Mildred Cook—4/17
- Sue Dalton—4/22
- Mary Downing—4/17
- Barbara Hamilton—4/04
- Sue Harris—4/11
- Anne Johnson—4/14
- Joycelyn Martin—4/23
- Patricia McComas—4/08
- Carole Nichols—4/03
- Nan Philp--4/29
- Meda Pittser—4/06
- Cindy Quigley—4/15
- Mike Ropp—4/16
- Valerie Rose—4/23
- William Ross—4/25
- Ruby Schramm—4/21
- Helen Skogstrom—4/03
- Noel Van Pelt—4/17



It is with mixed feelings we are saying 'farewell' to one of the crew. Bob Moreton has taken a job elsewhere and his last day is April 3. Bob has been with the Senior Program since 2011 and is one special person! Best wishes in your new adventure! You are going to be very, very missed Bob!

Miss you already

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!

Billie Baker—\$4.75

Mary Ann Nace—\$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!

- John Hughes
- Linda Hughes
- Florence Pennington
- Roberta Eldridge
- Mel Nicholas



Senior Center Board Report for February 2020

- Meals: 546 meals were served to 89 attendees.
- Transportation: 246 one way trips were provided to 26 participants.
- ESP Medical: There were 6 units for 2 clients.
- Adult Day Care: There were a total of 184 trips provided for 9 clients.
- Home Meals: There were 3094 home meals delivered to 127 clients.
- Supportive Services: There were 26.5 units for 18clients.
- Socialization/Recreation: There were 61 different activities and 134 clients attending.
- Exercise Rooms: 55 unduplicated clients used the exercise rooms.
- 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.

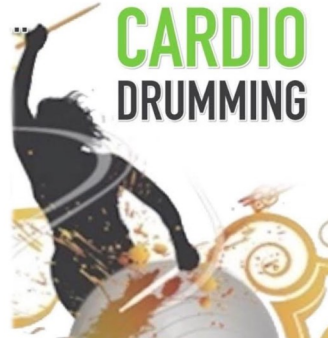
Cardio Drumming

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

Dates to be determined

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

Dates to be determined

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



Thanks to all who supported our St. Patrick's Day Lunch scheduled for Tuesday, March 17.

As you all know, we had to cancel this event due to lack of participation.

If you prepaid for your lunch, rest assured you will receive a full refund when everything returns to 'normal'.

Thank you all for your support of the Senior Center!



National Volunteer Week for 2020 would be the week of April 19-25. During that week our annual volunteer recognition would have been scheduled. Now, like many other things in our lives, this too must be postponed.

Each volunteer is an important piece to a great puzzle. Without YOU, we could not accomplish all that we do. You are all appreciated much more than you realize. And yes, we do love our volunteers!



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. The Conduct Policy will be updated at the next Senior Advisory Board meeting.

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.



AARP SMART DRIVER COURSE scheduled for Wednesday, April 22 has been cancelled. Another session will be scheduled for a later time. Keep in mind what the course will teach you: defensive driving techniques, proven safety strategies and new traffic laws and rules of the road. There are no tests to pass. You simply sign up and learn. Upon completion you could receive a multi-year discount on your car insurance.* For more information about the Smart Driver Course, visit www.aarp.org/drive.

*Consult your insurance agent for details.



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...
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This Was the Year...1954

U. S. President & Vice President: Dwight Eisenhower & Richard Nixon

Time Magazine Person of the Year: John Foster Dulles

National and World News:

- **Sports Illustrated* magazine's first issue was published.
- *The U.S. Supreme Court ruled on *Brown v. Board of Education*, stating that segregation in public schools was unconstitutional.
- *President Eisenhower signed into law the new Social Security bill funded by employers and employees..
- *Nash and Hudson merged to form the American Motors Corporation (AMC).
- *Armistice Day was renamed Veterans' Day to honor vets from the Civil War, WWI, WWII and Korean conflict.
- *The words "Under God" were added to the U.S. Pledge of Allegiance.

Cost of Living:

| | |
|-----------------------------|--------------------------------|
| New House-\$10,250 | Harvard Tuition-\$800 per year |
| Average Income-\$3,960 | Movie Ticket-70 cents |
| New Car-\$1,700 | Postage Stamp-3 cents |
| Average Rent-\$85 per month | Gasoline-22 cents per gallon |

Cost of Food:

| | |
|----------------------------|--------------------------|
| Sugar-85 cents for 10 lbs. | Eggs-26 cents dozen |
| Coffee-78 cents per lb. | Bacon-57 cents per lb. |
| Hamburger-55 cents per lb. | Milk-92 cents per gallon |

Technology News

- *Tropicana owner Anthony Rossi developed a flash pasteurization process that made orange juice more easily transported fresh.
- *American surgeon Joseph Murray completed the first successful organ transplant when he moved a living kidney from one identical twin to the other.

*Swanson TV dinners were introduced.

*Boeing 707 (America's first jetliner) took its maiden flight.

FADS AND NEW FOOD PRODUCTS

- *Matchbox Cars
- *Lincoln Logs
- *Scrabble
- *Yahtzee

POPULAR QUOTES

"Hey kids, what time is it? It's Howdy Doody Time!"

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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

Activities suspended until further notice.

MONDAY

8:00 am—Early Bird
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 am—Exercise
12:15 pm—Chair Volleyball
12:15 pm—Mexican Train Dominoes

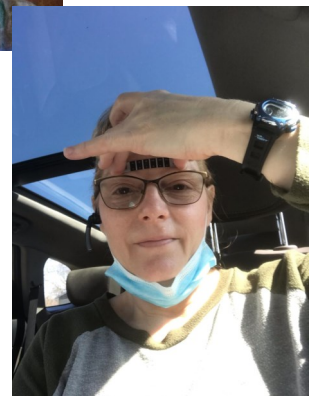
FRIDAY

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

Activities are suspended until further notice.

Some of the Senior Program Staff at work March 2020.



NO ALA CARTE AVAILABLE:

| | Mon | Tue | Wed | Thu | Fri |
|--|--|---|--|--|---|
| | | | 1 Spaghetti & Meatballs Italian Vegetables Spinach Grahams & Juice | 2 Roast Turkey Herb Dressing Broccoli & Cauliflower Cake & Peaches | 3 Bean & Cheese Burrito Corn Zucchini Applesauce |
| | 6 Fish Sticks Peas & Onions Sliced Yellow Squash Wheat Bread Cookie & Juice | 7 Chicken & Brown Rice Broccoli Diced Carrots Pears | 8 Cinci-Style Chili Spaghetti Kidney Beans Broccoli Fruit Cocktail | 9 Italian Chicken Spaghetti Italian Vegetables Peas Pineapple Tidbits | 10 Fish Sticks Peas Potato Wedges Apple Juice Animal Crackers |
| | 13 Pineapple Ham Sweet Potatoes Peas Dinner Roll Mandarin Oranges | 14 BBQ Beef on Bun Peas & Onions Potato Wedges Peaches | 15 Broccoli Cheddar Chicken w/Rice Oregon Vegetables Corn Juice & Grahams | 16 Beef & Noodles Green Beans Carrots Pears | 17 Country Fried Steak Mashed Potatoes Vegetable Medley Dinner Roll Juice & Cake |
| | 20 Hamburger Green Beans Yellow Squash Bun Pineapple Tidbits | 21 Turkey Tetrazzini Brussel Sprouts Baked Cinnamon Apples | 22 Swiss Steak Carrots O'Brien Potatoes Applesauce Wheat Bread | 23 Chicken Green Beans Beets Wheat Bread Juice & Cookie | 24 Grilled Cheese Green Beans Stewed Tomatoes Orange Juice |
| | 27 Chicken Tikka Masala Brown Rice Carrots Broccoli Wheat Bread | 28 Salisbury Steak Sweet Potatoes Mixed Vegetables Pears Wheat Bread | 29 Chicken & Potato Casserole Broccoli Wheat Bread Juice & Grahams | 30 Meatloaf Mashed Potatoes Carrots Mandarin Oranges Wheat Bread | |

Return Address

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Clinton County Senior Center
717 North Nelson Ave., P. O. Box 32
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