



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

**SENIOR SERVICES
CENTER**

Stella Cramer,
Senior Center Director
937-655-2156

Brian Garber, Site Coordinator
937-655-2165

Sherry Bowling, Homemaker
Supervisor
937-655-2164

Jonda McCarren,
Supportive Services
937-655-2151

Bob Moreton, Transportation
937-655-2165

Pam George, LPN
Case Management
937-655-2163

Dear Member,

We recently sent a letter notifying you of our decision to postpone reopening the Wilmington Savings Bank Clinton County Senior Center. Your patience and understanding has been most appreciated.

We participated in another webinar training through the Ohio Department of Aging in mid-September. This webinar provided information specific to the testing component and the responsibilities of the senior centers regarding the testing of staff and participants.

We apologize for the delay in reopening the Senior Center. When a reopening date has been determined, we will notify you of the date and any pertinent information you might need regarding the reopening.

We are continuing to provide Home Delivered Meals, Congregate Meals (available for pickup or delivery), Transportation and Supportive Services.

The Center is just not the same without YOU! We miss the good times and laughter everyone of you has brought to us and we are looking forward to the time when we can all be together. WE MISS YOU!!!

If you have any questions, do not hesitate to call the Center at (937) 382-7170.

Thank You,

Staff

Medicare Part D Open Enrollment

Open enrollment for prescription drug plans is October 15, to December 7. This is the time to compare drug plans to make sure you have the one best suited for you. Jonda McCarren, Supportive Services Coordinator, will be accepting appointments beginning October 22. You can reach Jonda at (937) 655-2151. When you contact her, she will explain what information you need to gather and procedures for your appointment.



Happy Birthday!!



Walk Club Update!

No report for August 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.



Peggy Allen—10/14
 Stella Boring—10/31
 Janet Burnett—10/02
 Rita Carey—10/10
 Patti Cook—10/15
 Kathy Cook—10/04
 Colena Creek—10/08
 Ethel Eury—10/31
 Carole France—10/05
 Jennilou Grotevant—10/11
 Yvonne Hayes—10/28
 Hazel Hufford—10/28
 Janet Jones—10/23
 Susie Kienle—10/15
 Mark Lewis—10/06
 Rita Miars—10/14
 Don Myers—10/23
 Jane Newkirk—10/19

Sondra Nordyke—10/30
 Johnnie Pierson—10/28
 Mary Reynolds—10/19
 Barbara Ross—10/07
 Kenneth Rothwell—10/23
 Karen Standridge—10/06
 George Strong—10/26
 Pauline Unger—10/31
 Nathan Unger—10/05
 Earl Zurface—10/26

Commodity Supplemental Food Program

The Senior Center is accepting applications for the Commodity Supplemental Food Program. This program provides a box of food each month containing various food items including cereal, juice, canned fruits and vegetables.

Income guidelines are as follows: 1 in household—\$16,588; 2 in household—\$22,412; 3 in household—\$28,236.

If you would like more information or an application, call the Senior Center.



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.

Supportive Services Available

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

Jonda McCarren is our Supportive Services Coordinator and serves as an advocate on seniors behalf. If you have questions or need assistance, give Jonda a call at (937) 655-2151. Supportive Services are offered Monday through Friday from 8:00 a.m. to 4:30 p.m.

Medicare Part D Open Enrollment is slated to begin October 15 and run through December 7. Contact Jonda for more information.



This institution is an equal opportunity provider.



WELCOME NEW MEMBERS!



Senior Center Board Report for August 2020

Meals: 197 meals were served to 14 clients.

Transportation: 83 one way trips were provided to 14 participants.

ESP Medical: There were 2 units for 1 clients.

Adult Day Care:

Home Meals: There were 4,718 home meals delivered to 187 clients.

Supportive Services: There were 52 units for 34 clients.

Socialization/Recreation:

Exercise Rooms:

Homemaking Services: 2977 ESP units; 29 Clinton Maid hours

Total transportation miles: We traveled 1,220 miles transporting clients.

Total miles delivering meals: We traveled 2,980 miles delivering meals.

Census 2020....

Responding to the 2020 Census is safe, easy and important. Census takers will be visiting homes to help you respond, but you can complete the questionnaire at www.2020census.gov or **by calling toll-free 844-330-2020.**

If you haven't taken the 2020 Census, please do so as the information you provide helps determine how much federal money Ohio and local communities will get for the next 10 years. It also helps determine how many representatives Ohio will have in Congress.



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



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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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Seniors Need Help call 382-7170



The Clinton County Health Department is holding A **DRIVE –THRU FLU SHOT CLINIC** on **FRIDAY, OCTOBER 16 FROM 11:00 A.M. TO 12:30 P.M.** here at the Senior Center. Bring your insurance card.



PUMPKIN PANCAKES

- 2 cups flour
- 1/4 cup brown sugar
- 1 Tbsp. baking powder
- 1 Tbsp. cinnamon
- 1/4 tsp. salt
- 2 cups milk
- 1 cup canned pumpkin
- 4 eggs, separated
- 1/4 cup butter, melted
- Oil or cooking spray



In a bowl, mix the flour, brown sugar, baking powder, cinnamon and salt.

In another bowl, mix together the milk, pumpkin, egg yolks and butter then stir into the flour mixture until evenly moistened.

In another bowl, beat egg whites with a mixer on high speed until soft peaks form. Gently fold them into the batter until incorporated.

Place a griddle over medium heat. When hot, coat with oil or cooking spray. Pour the batter in 1/3 cup portions onto the griddle. Cook until pancakes are browned on the bottom and edges begin to look dry. Turn with a wide spatula and brown the other sides. YIELD: 12 to 14 pancakes.

COLUMBUS DAY FAST FACTS

Columbus Day for 2020 is October 12.

Columbus Day is celebrated on the second Monday in October. Before it became a legal federal holiday in 1971, many states celebrated Columbus Day on October 12. It marks Christopher Columbus' first voyage to America. He landed on the island of Guanahani in the Bahamas on October 12, 1492.

Columbus and a crew of 90 people set sail about 10 weeks earlier aboard their ships—Nina, Pinta and Santa Maria.

1792—The first Columbus Day celebration is organized by The Society of St. Tammany and held in New York City (300th anniversary of Columbus' landing).

1892—President Benjamin Harrison issues a proclamation establishing a celebration of Columbus Day on the 400th anniversary of Columbus' landing.

April 7, 1907—Colorado becomes the first state to declare Columbus Day a legal holiday.

1920—Columbus Day begins being celebrated annually.

October 12, 1937—First federal observance of Columbus Day, under President Franklin D. Roosevelt.

1971—Columbus Day becomes a legal federal holiday in the United States. Presidential Proclamation (PL90-363) states that the observance of Columbus Day is always on the second Monday in October.

The Republic of Colombia in South America and the District of Columbia in the United States are named after Christopher Columbus.

Several towns, rivers, streets and public building in the United States also bear his name.



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!



Answers to October Word Pictures

1. Just between you and me
2. Nothing good on TV
3. Side order
4. Advice
5. Bags under the eyes
6. Inspire
7. One-night stand (or nightstand)
8. One in a million
9. Gumball
10. No U turn
11. I overate
12. I see you understand

GANO LAW OFFICES

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

(937) 382-3320

This was the Year....1949

U. S. President & Vice President: Harry S Truman.

Time Magazine Person of the Year: Alben Barkley

National and World News:

*Soviet Union tested its first atomic bomb.

*North Atlantic Treaty Organization (NATO) was founded.

*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

Movie Ticket-60 cents

New Car-\$1,420

Average Rent-\$70 month

Gasoline-16 cents gallon

Postage Stamp-3 cents

Average Income-\$2,959 year

Harvard Tuition-\$600 year

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.

Technology News:

*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 was sold in the U.S.

*Silly Putty, Candy Land, Kewpie dolls and wind-up clacking "Talking Teeth" made their first appearances.

Movies:

All the King's Men; Adam's Rib; Sands of Iwo Jima; She Wore a Yellow Ribbon; The Heiress; The Third Man; Twelve O'Clock High; Adventures of Don Juan

Sports:

Champions include—New York Yankees (baseball); Philadelphia Eagles (football); Kentucky (NCAA basketball); Ponder (Kentucky Derby)

Popular Quote:

"What a dump."—Bette Davis in *Beyond the Forest*

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Fax: (937) 383-1215

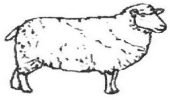
Seniors Need Help call 382-7170



October Word Pictures *Rob Clagett*

YOU NEED TO THINK LITERALLY TO SOLVE THESE WORD PICTURES.

1.



JUST ME

2.

GOOD
TV

3.



4.

VICE + VICE

5.



6.

SPLinRE

7.



ST&

8.

MIL1LION

9.



10.

T RN

11.

I
8

12.

STAND
I C U

Answers on Page 5

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.

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.

NO ALA CARTE AVAILABLE

| | Mon | Tue | Wed | Thu | Fri |
|--|--|---|--|---|--|
| | | | | 1 Smoked Sausage Sauerkraut Mashed Potatoes Green Beans Rye Bread Pears | 2 BBQ Beef Peas & Onions Potato Wedges Bun Apple Juice |
| | 5 Chicken Tenders Brown Rice Scandinavian Veggies Elf Grahams Cinnamon Applesauce | 6 Hamburger Potato Wedges Broccoli Bun Pineapple Tidbits | 7 Chicken Stew Mixed Vegetables Cornbread Choco Chip Cookie Cranberry Juice | 8 Chicken w/gravy Green Beans Beets Wheat Bread Fruit Cocktail | 9 Country Fried Steak Red Skin Potatoes Green Beans Wheat Bread Grape Juice |
| | 12 Closed for Columbus Day Holiday | 13 Grilled Chicken Potato Wedges Green Beans Wheat Bread Animal Crackers Pears | 14 Broccoli Cheddar Chicken Brown Rice Oregon Veggies Corn Wheat Bread | 15 Pineapple Ham Sweet Potatoes Peas Wheat Bread Strawberry Applesauce | 16 Chicken & Potato Casserole Broccoli Dinner Roll Sponge Cake Fruit Punch |
| | 19 Fish Sticks Peas Potato Wedges Wheat Bread Fruit Cocktail | 20 Swedish Meatballs Egg Noodles Broccoli Carrots Teddy Grahams Orange Juice | 21 Beef & Noodles Green Beans Carrots Wheat Bread Mandarin Oranges | 22 Cinci-Style Chili Spaghetti Kidney Beans Broccoli Oyster Crackers Peaches | 23 Italian Chicken Spaghetti Italian Vegetables Peas Chocolate Cake Juice |
| | 26 Salisbury Steak Sweet Potatoes Mixed Vegetables Wheat Bread Pineapple Tidbits | 27 Roast Turkey Herb Dressing Broccoli Cauliflower Applesauce Choco Chip Cookie | 28 Swiss Steak Carrots O'Brien Potatoes Wheat Bread Pears | 29 Country Fried Steak Mashed Potatoes Vegetable Medley Wheat Bread Fruit Cocktail | 30 Meatloaf Mashed Potatoes Carrots Wheat Bread Elf Grahams Grape Juice |

Return Address
Wilmington Savings Bank—
Clinton County Senior Center
717 North Nelson Ave., P. O. Box 32
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