

The Senior Informer

CLINTON COUNTY COMMUNITY ACTION PROGRAM, INC.
Wilmington Savings Bank - Clinton County Senior Center

Letter to the Members

Dear Members,
We hope that each of you are doing well. The Center is just not the same without YOU!

Hope you like the updated, and improved newsletter! We are still providing services—home delivered meals, transportation, supportive services and congregate meals (available for pick up or delivery only). Feel free to call and chat sometime or order a meal for pick-up—we would love to hear from you! We miss you all and look forward to the time we can all be together.

Please note on page 3 our November holidays. We will be closed on November 11 for Veteran’s Day and November 26 and 27 for Thanksgiving. To all the Veterans—thank you for your service. Happy Thanksgiving to all!

Staff

Thanksgiving Meal Box

Clinton County Community Action Program will be distributing Thanksgiving Meal boxes on **Saturday, November 7th, 2020 from 9:00 AM to 12 PM**. You will need to provide: proof of income for the last 30 days, proof of address for the last 30 days, ID, Date of Birth, Social Security number for household members, proof of total gross household income, if zero income you will have to fill out a self-declaration form, and be at or below 200% Federal Poverty Guidelines.

While supplies last.



NEWS INSIDE

- Medicare Part D Open Enrollment
- Home Energy Assistance Program (HEAP)
- November Book Recommendations
- Thanksgiving Recipes
- September Board Report
- November Menu



Stella Cramer
SENIOR CENTER DIRECTOR
stellacarter@clintoncap.org
937 - 655 - 2156

Clinton County Community Action Program, Inc.

HOURS of OPERATION

Monday - Friday | 8:00 AM - 4:30 PM

This institution is an equal opportunity provider and employer.

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

For More information, call the Senior Center.



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!



Weatherization

Is your home cold and drafty in the winter and hot and steamy in the summer?

Call Clinton County Community Action Program (CCCAP) to apply for the **free** weatherization service to make your home safe and comfortable. If you are income eligible, you can receive a free furnace inspection and possibly replacement if necessary. 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 weather-stripping and many other air reduction items. All **free** of cost to you and/ or your landlord.

Call 937 - 324 - 2971 or 937 - 382 - 0766 for more information.

Senior Housing

Clinton County 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 (\$550/mo) located at 100 Madalyn Loftin Drive, formerly 344 Pansy Pike, Blanchester ; **Clinton Commons I** (\$550/mo) located at 100 Commons Ln., off of Howard St., Wilmington ; **Clinton Commons II** (\$550/mo) located on Jeanie Wilson Way, off of Nunn Ave., Wilmington.

Housing for 62 years of age or older:

Community Commons (\$475/mo- 2 bedroom, \$525/mo- 3 bedroom) located on Community Dr., off of Nelson Ave., Wilmington.

For more information, please call 937 - 382 - 8886.

This institution is an equal opportunity provider.

HAPPY BIRTHDAY



James Pagett	11/02
Cindy Burgess	11/04
Georgia Dodd	11/04
Reba Williams	11/05
Vera Baker	11/11
Judy McCune	11/11
Roberta Douglas	11/15
Mary Alice Kendall	11/16
Roberta Grooms	11/19
Billie Baker	11/21
Walt Carruthers	11/21
Debbie Hatten	11/22
Linda Moore	11/22
Louise Francis	11/23
Sharon Osborne	11/25
Rita Smith	11/25
Harold Curry	11/27
Linda Theener	11/28
Marilyn Whitamore	11/28

November Holidays

Veteran's Day	11/11
Thanksgiving	11/26-27

CCCAP and Wilmington Savings Bank - Clinton County Senior Center will be closed on these holidays.

SUPPORTIVE SERVICES & Medicare Part D Open Enrollment

If you need assistance obtaining benefits or services from other agencies, the Supportive Services program is available to help! This includes: assistance with completion of applications and forms necessary for benefits, referrals linking clients to appropriate resources and scheduling appointments, Medicare and Medicaid; etc. Supportive services is happy to assist those 60 years of age or older, regardless of income.

Enrollment for prescription drug plans is open through December 7th, 2020. This is the time to compare drug plans to make sure you have the one best suited for you. Jonda McCarren, Supportive Services Coordinator, is accepting appointments. She will explain what information you need to gather and procedures for your appointment.

You can reach Jonda at 937 - 655 - 2151.

Home Energy Assistance Program (HEAP)

The Ohio Development Services Agency and Clinton County Community Action Program will help income-eligible Ohioans stay warm through the winter months. The Home Energy Assistance Winter Crisis Program provides a benefit once per heating season to an income-eligible Ohioan's main heating accounts. Client can apply online at www.energyhelp.ohio.gov or in person at Community Action, 789 North Nelson Avenue, Wilmington, OH. Eligible clients are those at or below 175% of the Federal Poverty Guideline that are disconnected (or have a pending disconnection notice), need to establish new service, need to pay to transfer service, or have 25% or less bulk fuel supply remaining. The program can also assist in fuel tank replacements, fuel tank testing and heating system repairs. The program operates from November 1, 2020 to March 31, 2021.

Applicants will need to bring the following documents with them to visit:

- Copies of most current heating AND electric bills
- Proof of income for past 30 days, if self-employed or seasonal will need 12 months income and complete IRS 1040 documents. If you have no income, please contact the office for further instructions.
- Birth Certificate or Social Security Cards for all household members
- Photo ID of applicant

For more information about the Winter Crisis program, contact Community Action at 937-382-8365 Monday through Friday from 8 am to 3 pm. Additional information can also be found at www.energyhelp.ohio.gov or by calling (800) 282-0880.



NEW

November Challenge

Consider keeping a gratitude journal during the month of November to establish a daily practice of recalling things you are thankful for! This can help reduce stress, improve wellbeing, and increase overall positivity in your life.

Thanksgiving Trivia

What President made Thanksgiving an annual holiday?

A. Washington B. Lincoln C. Franklin

Approximately how many feathers does a mature turkey have?

A. 500 B. 1,000 C. 3,500

How high must a cranberry bounce before it is harvested?

A. 2 inches B. 8 inches C. 4 inches

Approximately how many turkeys are eaten a year on Thanksgiving in the U.S.?

A. 125 million B. 46 million C. 85 million

How many pilgrims came over on the Mayflower?

A. 212 B. 87 C. 102

What Indian Tribe taught the Pilgrims how to cultivate the land and invited them to the first Thanksgiving?

A. Apache B. Wampanoag C. Cherokee

Answers: 1. B 2. C 3. C 4. B 5. C 6. B

EASY

Pumpkin Muffins



1 Box Spice Cake Mix (15.25 oz)

1 Can pumpkin (15 oz)

Preheat the oven to 350 degrees.

Mix together pumpkin and cake mix. Prepare your muffin tin (grease or line). Spoon prepared batter into muffin tin and bake for 20-25 min.



GARLIC BUTTER

Roasted Baby Carrots from The Busy Baker

2 lbs baby carrots 1/3 cup salted butter 1 tsp garlic powder

1 tsp dried parsley fresh parsley to garnish

> Preheat oven to 375 degrees Fahrenheit

> Boil baby carrots for 3 minutes

> Drain carrots and put them in a 9X13 baking dish

> Combine melted butter, garlic powder, and dried parsley and pour over carrots

> Bake for about 25 minutes or until carrots are tender. Serve immediately.



THANK YOU FOR YOUR SERVICE

Veteran's Day | Novemeber 11

"We remember those who were called upon to give all a person can give, and we remember those who were prepared to make that sacrifice if it were demanded of them in the line of duty, though it never was. Most of all, we remember the devotion and gallantry with which all of them ennobled their nation as they became champions of a noble cause."

- Ronald Reagan

NOVEMBER 2020

Book Recommendations



"The Nightingale" by Kristin Hannah

Historical Fiction

"This World War II page-turner features two sisters living in France when the Nazi's invade." - Essex Meadows

"Prime of Live" by P.D. Bekendam

Fiction

"For anyone who likes unexpected storylines, this book is about a doctor who leaves his esteemed career behind to become a janitor at a retirement community." - Essex Meadows

HEALTH BENEFITS OF

Pumpkin Seeds



Pumpkin Seeds (also known as "pepitas") are nutrient rich and offer a lot of great health benefits:

Great source of antioxidants

Boosts heart health

Stabalizes blood sugar

Promote sleep quality

Helps fight cancer cell growth

Improves bladder function

source: draxe.com/nutrition/pumpkin-seeds/

Senior Center Staff

Contact Information

Senior Operations
937-382-7170

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
937-655-2163

Pam George,
LPN Case Management
937-655-2163

MEMBERS OF THE

SENIOR ADVISORY BOARD

Bob Thomas
George Cook
Larry Cordrey
Carole France
Renee Walker

D Bullock
Barb Davis
Carole Erdman
Margie Pierson
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.

Senior Center September

2020 Board Report

MEALS: 170 meals were served to 15 clients

TRANSPORTATION: 69 one way trips were provided to 15 participants

ESP MEDICAL: There were 8 units for 2 clients

ADULT DAYCARE:

HOME MEALS: There were 6,343 home meals delivered to 173 clients

SUPPORTIVE SERVICES: There were 50 units for 35 clients

SOCIALIZATION/RECREATION:

EXERCISE ROOMS:

HOMEMAKING SERVICES: 2977 ESP units; 29 Clinton Maid hours



THANK YOU

To Our Sponsors

WILMINGTON Savings Bank

www.wilmingtonsavings.com

184 N. South Street
Wilmington, Ohio 45177

937 - 382 - 1659
www.wilmingtonsavings.com






CLINTON MAID SERVICE
Clinton County Community Action

717 N. Nelson Avenue
Wilmington, OH 45177

We can help short or long term

Our homemakers are background checked, bonded & insured.

Call us today
937-655-2164



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

(937) 382 - 3320

November Menu

MON	TUE	WED	THU	FRI
2 BBQ Beef Peas & Onions Potato Wedges Bun Apple Juice	3 Smoked Sausage w/ Sauerkraut Mashed Potatoes Green Beans Rye Bread Pears	4 Chicken Tenders Brown Rice Scandinavian Veggies Elf Grahams Cinnamon Applesauce	5 Hamburger Potato Wedges Broccoli Bun Pineapple Tidbits	6 Chicken Stew Mixed Veggies Cornbread Choc. Chip Cookies Cranberry Juice
9 Port Cutlet Green Beans Beets Dinner Roll Orange Juice Choc. Cake	10 County Fried Steak Red Skin Potatoes Green Beans Wheat Bread Grape Juice	11 Closed for Veteran's Day	12 Grilled Chicken Potato Wedges Green Beans Wheat Bread Animal Crackers Pears	13 Chicken & Brown Rice Broccoli Diced Carrots Wheat Bread Fruit Cocktail
16 Pineapple Ham Sweet Potatoes Peas Wheat Bread Strawberry Applesauce	17 Chicken & Potato Casserole Broccoli Wheat Bread Peaches	18 Fish Sticks Peas Potato Wedges Wheat Bread Fruit Cocktail	19 Beef & Noodles Green Beans Carrots Juice Teddy Grahams	20 Swedish Meatballs Egg Noodles Broccoli Carrots Fruit Punch Sponge Cake
23 Roast Turkey Mashed Potatoes Veggie Medley Dinner Roll Cranberry Juice Pumpkin Pie	24 Salisbury Steak Sweet Potatoes Mixed Veggies Wheat Bread Pineapple Tidbits	25 Chicken Alfredo Spaghetti Broccoli Carrots Baked Cinnamon Apples	26 Closed for Thanksgiving	27 Closed for Thanksgiving
30 Meatloaf Mashed Potatoes Carrots Wheat Bread Elf Grahams Grape Juice				

Senior Discounts On Auto Service!



New & Used Vehicles

Service

Quick-Lube

Storage

937 - 382- 7714

1780 Rombach Ave
Wilmington, OH

www.WilmingtonAutoCenter.com



Wilmington Nursing &
Rehabilitation Center

75 Hale Street
Wilmington, OH 45177

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

Caring for life



1403 Rombach Avenue **Phone:** 937-382-6100
Wilmington, OH 45177 **Mobile:** 937-603-5429

We buy cars!

WEARLY MONUMENTS

— since 1899 —

1033 Rombach Avenue., Wilmington, OH 45177

Alice Ujvary

Office: (937) 382-6214
(800) 262-2249

Fax: (937) 382-6214

Clinton County 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.

For More Information, please call 937-382-2070

Buckley, Miller, Wright & Raizk

Attorneys at Law

bmwlaw@bmwlaw.net

145 N. South Street
Wilmington, OH 45177

Phone: 937-382-0946
Fax: 937-382-1361

