

# The Senior Informer



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**CLINTON COUNTY COMMUNITY ACTION PROGRAM, INC.**

Wilmington Savings Bank - Clinton County Senior Center

## Letter to the Members

Dear Members,

A lot of things have transpired since the first of May. The center reopened and there are some attending regularly. It has been good to see those of you who have attended.

As you know, Governor DeWine announced, the vast majority of health orders will be rescinded on June 2, 2021, at 12:01 a.m. The key words are vast majority—senior centers still have a complete set of mandatory regulations that must be followed—these regulations were updated on **Monday, May 24, 2021** and are included in this month's newsletter. These regulations will also be posted as you enter the center.

We are required to maintain a log and do a COVID screening of everyone coming into the center. This is the reason why the doors are kept locked and you must ring the bell.

The rules and regulations that are in place are not of our making—these come from the Ohio Department of Health and we are required to follow them.

Our hours will remain 9:00 a.m. to 3:00 p.m. until further notice. As we are able to open up other aspects of the center, we will do so and keep you informed.

Please be understanding and patient with us regarding all of these rules/regulations. We have guidelines we are required to follow regarding every aspect of the Center to remain open.

Thank you,

Staff



**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.

# We're hiring.

POSITION:

**Part-Time, On-Call  
Home Delivered  
Meal Driver**

CALL (937) 382 - 7170  
TO APPLY



## HOME ENERGY ASSISTANCE PROGRAM

### Percentage of Income Payment Plan Plus Program

**Home Energy Assistance Program (HEAP)** (also called “Regular HEAP”) – is a federally funded program designed to help income-eligible Ohioans with their winter heating bills. The program runs from July 1 to March 31. Clients at or below 175% of the Federal Poverty Guidelines (FPG) receive a benefit in the form of a direct payment toward their main heating account. HEAP benefits are typically credited directly towards the eligible client’s energy heating bill beginning in the month of January.

**Percentage of Income Payment Plan Plus (PIPP) Program** – helps income-eligible Ohioans manage their energy bills year-round. The program allows income-eligible Ohioans to pay their energy bill each month based on a percentage of their income. To be eligible for the program, a client must have a total household income at or below 150% of the Federal Poverty Guidelines (FPG) and must apply for all Ohio Development Services Agency (Development) Energy Assistance Programs for which he or she is eligible. A client’s PIPP payment will be set at 10% of the last 30 days of household income for households that heat with electric and 6% for households with a different main heating source.

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

- Proof of income for the past 30 days for all household members. If self-employed or seasonal you will need to bring the past 12 months income and complete copy of the most recent IRS taxes filed. If you have no income, please contact the office for further instructions.
- Copies of current heating AND electric bills.
- Social Security Cards for all household members. Birth certificates, voter registrations, passports or DD-214 will also be accepted as long as Social Security numbers are provided.
- Photo ID of applicant.
- Proof of Disability if applicable

Application are accepted by walk in only at 789 North Nelson Avenue, Wilmington, OH 45177 from 8:00 a.m. until 3:00 p.m. Monday through Friday. If you are elderly and/or disabled and cannot come to the office, please contact Becky at Community Action, 937-382-8365 to see if you would be eligible for a home visit.

## HAPPY BIRTHDAY



Gene Breckel	06/02
D Bullock	06/07
Jane Dodd	06/08
Robert Thomas	06/09
Paula Walter	06/10
Mae Warden	06/11
Janice Carruthers	06/16
Inga Grove	06/16
Lloyd Conn	06/17
Nancy Jones	06/17
Rick Kelly	06/18
Davic McCune	06/18
Robert Robinson	06/19
Vera Gross	06/23
Judith Nevels	06/26
Orville Noes	06/27
Ann VanPelt	06/28
Gladys Bobbitt	06/30
Gladys Curliss	06/30

If your birthday is not listed in the newsletter, please contact us about the omission. Sometimes a clerical error is the cause; however, it is possible your birthday is not listed in our membership data or dues have not been paid within the past year.

## SUPPORTIVE Services

Jonda McCarren is the Supportive Services Coordinator for the Agency. She is an advocate for senior citizens, 60 years of age plus, regardless of income, to receive assistance with services and benefits available to seniors. Examples of supportive services tasks: assistance with completion of applications and forms for benefits; assistance with referrals linking clients to appropriate resources; and Medicare and Medicaid.

### Questions or need assistance:

Call (937) 655-2151 or email [jondamccarren@clintoncap.org](mailto:jondamccarren@clintoncap.org), Monday through Friday from 8:00 a.m. to 4:30 p.m..

## WEEKLY Food Pantry

The Clinton County Community Action Food Pantry is for any Clinton County resident Mon-Fri, 8a.m. to 3:30p.m..

### Items needed to be able to receive services:

#### >Picture ID

>**Current proof of income for the entire household.** If your income is from Social Security and you do not have a current award letter and this is deposited in your bank, a current bank statement showing this deposit is permitted. If your income is from employment you must have pay stubs for the past 30 days. (If you have no income, contact the office before coming in.)

>**Proof of address** (something that has been mailed to them that is dated within the last 30 days that has their name and address, ie. current bill).

>**All household members names, birthdates, and social security numbers.**

Clients must bring these items the first time for each month they come to apply for services. If they come additional times during the same month, they do not need to bring in documents. Assistance available once per week.



# Responsible RestartOhio

## Senior Centers



All facilities are required to follow relevant mandates in the [Director's Second Amended Order for Social Distancing, Facial Coverings and Non-Congregating](#). Guidance on the order is available on the [Responsible Restart Ohio: Social Distancing, Masking, and Congregating](#) page at [coronavirus.ohio.gov](https://coronavirus.ohio.gov).

### Mandatory

#### Testing and Vaccination Status

- Have a strategy in place for testing staff and participants, regardless of vaccination status, with known or suspected COVID-19 exposure or signs or symptoms of COVID-19.

### Recommended Best Practices

- Encourage staff and participants to become fully vaccinated, if feasible. (A vaccine recipient is fully vaccinated two weeks after a one dose vaccine or two weeks after the second dose of a two-dose vaccine.)
- Routinely test unvaccinated staff, volunteers, and participants, if feasible, and/or encourage unvaccinated staff, volunteers, and participants to be tested on their own prior to coming to the center. (Unvaccinated refers to a person who does not fit the definition of fully vaccinated, including people whose vaccination status is not known.)

#### General Operations

- Develop operations policies consistent with Ohio Department of Health (ODH) mandates. Make policies available upon request to participants, visitors, an any representative of ODH or the Ohio Department of Aging (ODA).
- Develop a plan to facilitate operations, evaluating case status in the surrounding community; case status in the center; staffing levels; access to adequate testing for participants and staff; personal protective equipment supplies; and local hospital capacity; and implications for participant physical and mental well-being.

#### Entering Facility

- Permit access to personnel who are necessary for the operations of the centers. This includes, but may not be limited to, staff, volunteers providing core services, contracted and emergency healthcare providers, contractors conducting critical on-site maintenance, and governmental representatives and regulators and their contractors.
- Have as few points of entry as possible. It is recommended that centers, where possible, have a designated entry point. This does not apply to emergency ingress or egress.
- Screen participants and personnel for COVID-19 each time they enter the facility. This does not apply to exigent circumstances, to emergency medical services, first responders, and similarly situated individuals.
- Maintain a log that records the attendance of each staff member, volunteer, and participant, including name and contact information. Retain the log in accordance with state record retention requirements and make it available upon request to the appropriate local or state health authorities.

	Mandatory	Recommended Best Practices
<p><b>Social Distancing, Masking, and Symptomatic Individuals</b></p>	<ul style="list-style-type: none"> <li>Adhere to all relevant Centers for Disease Control and Prevention (CDC) <a href="#">Considerations for Community-Based Organizations</a>, including but not limited to: facilitating social distancing and hand-washing, and isolating staff and participants who have COVID-19 symptoms while at the center.</li> <li>Cohort participants or create participant pods to minimize the risk of disease spread and adverse health outcomes. Cohorting refers to gathering participants as a group that will eat and participate in activities and services together.</li> <li>Require staff, volunteers, and participants to wear masks at all times, except when actively eating. Masks should cover nose and mouth, fit snugly, and have multiple layers. Individuals who have difficulty wearing a mask, including people with some disabilities and people with dementia, may participate so long as they are fully vaccinated.</li> </ul>	
<p><b>Communication</b></p>	<ul style="list-style-type: none"> <li>Remind and educate participants and visitors about the risks of the spread of COVID-19 and the appropriate safety measures to take to protect themselves, according to the CDC <a href="#">Considerations for Community-Based Organizations</a>.</li> </ul>	<ul style="list-style-type: none"> <li>Ensure all communications are culturally and linguistically appropriate as well as accessible for individuals with disabilities.</li> </ul>
<p><b>Sanitation</b></p>		<ul style="list-style-type: none"> <li>Implement CDC guidance for cleaning, disinfecting, and sanitizing.</li> <li>Maintain adequate inventory of personal protective equipment (PPE).</li> <li>Establish hand-washing or a sanitization station at facility entrance.</li> <li>Make sanitizer available for facility and staff participants.</li> </ul>
<p><b>Air Circulation</b></p>		<ul style="list-style-type: none"> <li>Limit use of fans.</li> <li>If fan use is necessary, place fans to blow away from participants.</li> <li>If possible, available, and accessible, open fresh air handlers.</li> </ul>
<p><b>Congregate Activities</b></p>	<ul style="list-style-type: none"> <li>Adhere to all relevant CDC <a href="#">Considerations for Community-Based Organizations</a>, including but not limited to: food service, meetings, gatherings and performances, and prioritizing outdoor activities over indoor activities.</li> <li>Take appointments and sign up participants for activities ahead of time, unless appointments are not feasible due to emergent or unique circumstances.</li> <li>If desired, offer field trips and excursions for a limited number of attendees based on the intended destination. Limit activities involving external groups or organizations as much as possible. Large attendee excursions must not be offered.</li> <li>Maintain, and in some cases enhance, virtual options to conduct group activities (e.g., music, games, socialization). Examples include FaceTime, Skype, and Zoom.</li> </ul>	<ul style="list-style-type: none"> <li>Encourage outdoor activities (i.e., dining, classes, etc.) as appropriate and as participants can safely join.</li> <li>Require arrival to group activities no more than 10 minutes before start time.</li> <li>Alter schedules to reduce contact (e.g., stagger meal, activity, and arrival/departure times).</li> </ul>
<p><b>Transportation</b></p>	<ul style="list-style-type: none"> <li>Transportation providers must adhere to the Ohio Department of Transportation <a href="#">COVID-19 Guidance for Ohio Public Transit and Human Service Transportation Agencies</a>.</li> </ul>	

Revised 5/24/2021

*Twelfth Annual*  
**SENIOR  
AWARENESS FAIR**

**WSB CLINTON COUNTY  
SENIOR CENTER**

*717 N. Nelson Avenue, Wilmington*

**WEDNESDAY, JUNE 23, 2021**

*11:00 A.M. to 1:00 P.M.*

**THIS WILL BE AN  
OUTDOOR EVENT**

*Rain Date: Friday, June 25, 2021*

**DOOR PRIZES & FOOD**

*Information and Presentations*

*Come join us for this  
fun filled event!*

*Seniors needing transportation:  
Call (937) 382 - 7170 by June 18th.*



## SUMMER RECIPE

### BLT Pasta Salad



#### Ingredients

- 2-1/2 cups uncooked bow tie pasta
- 6 cups torn romaine lettuce
- 1 medium tomato diced
- 4 bacon strips cooked and crumbled
- 1/2 cup ranch dressing
- 1 Tablespoon barbecue sauce
- 1/4 teaspoon pepper

#### Instructions

Cook pasta according to package directions. Drain. Then rinse pasta under cold water. In a large bowl, combine the romaine lettuce, tomato, bacon and pasta. Drizzle the ranch dressing and barbecue sauce over the top. Gently toss to coat evenly. Season with pepper. Serve immediately and enjoy!

Source: Life In The Lofthouse

## SUMMER SOLSTICE

### June 21, 2021



"Summer Solstice is sometimes referred to as 'Midsummer Litha'. It's the longest day of the year. The amount of daylight only goes down from here... for the next six months. Summer Solstice is the meteorological start of summer. It's time to enjoy vacations, great weather, pools, baseballs, and everything else that goes along with the favorite season of kids and most adults. Grab your favorite beverage and enjoy the season, because for many of us it is all too short.

**Did you know?** The sun does not set at the North Pole today. There is 24 hours of sunlight. Does it make up for that cold day in December when the sun does not rise above the horizon? No, but on this day it sure does feel good wherever you are!"

Source: Holiday Insights

## D-Day June 6, 2021

"These are the men who took the cliffs. These are the champions who helped free a continent. These are the heroes who helped end a war."

Ronald Reagan



June 14th is Flag Day

## 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 April

### 2021 Board Report

**MEALS:** 164 meals were served to 16 clients  
**TRANSPORTATION:** 115-one way trips were provided to 11 participants  
**ESP MEDICAL:** There were 8 units for 2 clients  
**ADULT DAYCARE:**  
**HOME MEALS:** There were 2,978 home meals delivered to 106 clients.  
**SUPPORTIVE SERVICES:** There were 59.5 units for 40 clients  
**SOCIALIZATION/RECREATION:**  
**EXERCISE ROOMS:**  
**HOMEMAKING SERVICES:** 3,139.5-ESP units; 51 Clinton Maid hours



of Clinton County  
Supported Agency

## 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

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(937) 382 - 3320



## June Menu

<u>MON</u>	<u>TUE</u>	<u>WED</u>	<u>THU</u>	<u>FRI</u>
	Pineapple Ham Sweet Potatoes Peas Wheat Bread Fruit Cocktail <b>1</b>	Ham Sandwich Potato Salad Coleslaw Peaches <b>2</b>	Fish Sticks Peas Potato Wedges Goldfish Applesauce <b>3</b>	Broccoli Chicken Brown Rice Oregon Vegetables Corn Animal Crackers Grape Juice <b>4</b>
Grilled Chicken Green Beans Yellow Squash Bun Pears <b>10</b>	Chicken & Noodles Green Beans Carrots Pineapple Tidbits <b>11</b>	Chicken & Potato Casserole Broccoli Wheat Bread Elf Grahams Applesauce <b>9</b>	Summer Salad Saltine Crackers Ranch Dressing Pineapple-Orange Juice Oatmeal Cookie <b>10</b>	Spaghetti & Meatballs Italian Vegetables Spinach Apple Juice <b>11</b>
Swedish Meatballs Egg Noodles Broccoli Carrots Cinnamon Applesauce <b>14</b>	Smoked Sausage w Sauerkraut Mashed Potatoes Green Beans Rye Bread Fruit Cocktail <b>15</b>	Turkey Sandwich 3 Bean Salad Potato Salad Mandarin Oranges <b>16</b>	BBQ Beef Peas & Onions Coleslaw Bun Peaches w/Oat Topping <b>17</b>	Ham & Beans Mixed Veggies Cornbread Sponge Cake Fruit Punch <b>18</b>
Grilled Chicken Breast Potato Wedges Green Beans Dinner Roll Mini Eclairs <b>21</b>	Chicken Salad Sandwich Potato Salad Coleslaw Peaches <b>22</b>	Salisbury Steak Sweet Potatoes Mixed Veggies Wheat Bread Chocolate Chip Cookie <b>23</b>	Beef & Noodles Green Beans Carrots Mandarin Oranges Wheat Bread <b>24</b>	Cinci-Style Chili Kidney Beans Broccoli Pears <b>25</b>
Meatloaf Mashed Potatoes Carrots Wheat Bread Fruit Cocktail <b>28</b>	Pork Cutlet Green Beans Beets Dinner Roll Chocolate Cake Applesauce <b>29</b>	Lemon Pepper Fish Brown Rice Scandinavian Veggies Teddy Grahams Grape Juice <b>30</b>		

Senior Discounts On Auto Service!



New & Used Vehicles

Service

Quick-Lube

Storage

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937 - 382- 7714

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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

USDA is an equal opportunity provider, employer, and lender.

Find us on Facebook @ Clinton County Community Action Program, Inc.



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](mailto:bmwlaw@bmwlaw.net)

145 N. South Street  
Wilmington, OH 45177

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**Fax:** 937-382-1361