

ON THE UP SIDE



CLINTON COUNTY COMMUNITY ACTION PROGRAM, INC.
WSB Clinton County AgingUP Community Center

Letter to the Members

Dear Members,

The Center is OPEN normal hours—8:00 a.m. to 4:30 p.m. Activities are back to normal. The Congregate meals program needs more participation—as long as we have fewer than 10, we cannot receive food in bulk to serve. Please review the menu and pick some days to come in for lunch! Ala Carte is once again being offered—Mondays and Wednesdays. This is subject to change due to participation.

As many of you know, effective 8/6/21, the Center is requiring masks once again. This is due to the uptick in COVID cases in our area. If you don't have one when you arrive, we have a supply at the check-in table. When you enter the lobby area, please stop to check your temperature at the Kiosk and sign yourself in. If you haven't been to the Center recently, ring the bell outside the office door and someone will assist you. Masks are required upon entry. **Please wear your mask unless you are eating.** We are just trying to keep everyone healthy and safe.

Looking forward to seeing you!

Staff

NEWS INSIDE

- January Birthdays
- Wellness Tips for 2022
- Upcoming Events & Activities
- Free Ipads & Tablets from CCCAP
- January Menu



Brian Garber

AGINGUP DIRECTOR

briangarber@clintoncap.org

937 - 655 - 2165

Clinton County Community Action Program, Inc.

WSB Aging UP Community Center

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 Community 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.

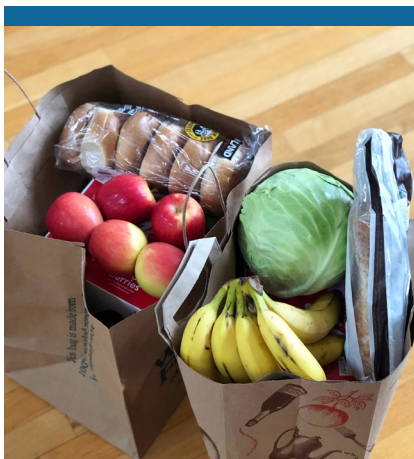
Income guidelines are as follows:

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!



Spread the word to your friends and family, they can place their items in the dumpster too!



CSBG CARES

Free Ipads & Tablets

Clinton County Community Action, through funds provided by CSBG CARES will be accepting applications for IPADS/Tablets for both senior citizens and families.

The implementation of this project was due to issues created by COVID-19. Social distancing made it difficult for senior citizens to visit with family and/or friends as well as some physicians moving to virtual doctor appointments leaving them with no visual contact for extended periods. Families with children found themselves attending classes virtually and, in some cases, had the same issues with doctor appointments.

Community Action anticipates working with local youth to provide training on use and learning the skills need to operate the IPADS/ Tablets.

There is an application process and income guidelines. This will be first approved/first served while the units last. If anyone is interested in applying, they need to contact Community Action at 937-382-8365.



HAPPY BIRTHDAY



Ron Walter	01/01
Judy Laycoch	01/03
Marcella Pagett	01/06
Sharon Cooper	01/07
Joyce Gilbert	01/09
Ed Hamilton	01/11
Marlene Viars	01/11
Marcella Rothwell	01/12
Randy Rogers	01/15
Charlie Richter	01/16
Mary Ann Van Tress	01/17
Bob Kelley	01/17
Patricia Coleman	01/22
Margaret Pierson	01/22
Ace Spurlock	01/23
Robert Halsey	01/23
Goldie Lawson	01/25
Ray Baker	01/28
Paul Holmes	01/28
Frances Unger	01/28
Richard Unger	01/29

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.

January Holidays

Martin Luther 01/17
King Jr. Day

CCCAP and WSB Clinton County Aging Up Community Center will be CLOSED in observance of this Holiday.



Mike Dewine, Governor
John Husted, Lt. Governor

Clinton County Community Action
Contact: Becky Boris, 937-382-8365,
beckyboris@clintoncap.org
Ohio Development Services Agency Contact:
Todd Walker (614) 644-0247
Todd.Walker@development.ohio.gov

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, 2021 to March 31, 2022.

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

Low-Income Housing Water Assistance Program

The Low-Income Housing Water Assistance Program provides a one-time benefit to an income-eligible Ohioan's water account. 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 or need to pay to transfer service. The program will begin November 1, 2021.

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

- Copy of current water bill or disconnect notice.
- 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

For more information about the Winter Crisis program or the Low-Income Housing Water Assistance 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.

*PIPP (Percentage of Income Payment Plan) Applications are currently being accepted.

*HEAP Applications are currently being accepted through 3/31/2022.

UPCOMING ACTIVITIES, EVENTS & OTHER NEWS



EVENTS & OTHER NEWS

Wednesday, January 19th - Lunch sponsored by Wilmington Nursing and Rehab at 12:00 noon. There is no charge for the meal, but please make reservations by January 15th.

Friday, January 21st - Birthday lunch at 11:30am. We will celebrate January birthdays.

January 17th - Closed for Martin Luther King Jr. Day

ACTIVITIES

Pool - Monday, Wednesday, and Friday at 8:15 A.M.

Corn Toss - Monday and Wednesday at 10:30 A.M.

Euchre - Tuesday at 12:15 P.M.

Chair Volleyball - Thursday at 12:15 P.M.

Mexican Train Dominoes, Rook and Hand & Foot are also available activities

TIME FOR MEMBERSHIP DUES

Though you can attend the Senior Center without becoming a member, you will miss out on some of the perks of joining. Membership dues are \$30 annually and provide seniors with a monthly newsletter, access to the exercise rooms and discounted facility rental.

DUE: January 1st, 2022

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 service tasks:

assistance with completion of applications and forms for benefits; assistance with referrals linking clients to appropriate resources; and Medicare and Medicaid.

Questions of Need Assistance:

Call (937) 655 - 2151 or email jondamccarren@clintoncap.org, Monday through Friday from 8:00 A.M. to 4:30 P.M.

WELLNESS TIPS FROM Mental Health America



Make the most of leisure time - Join a club, start a new hobby or learn a new skill such as gardening, bird watching or dancing. Whatever you choose to do, make sure it's something that you truly want to do!

Exercise your mind - Challenge yourself with a jigsaw puzzle, solve riddles or read a good book.

Get plenty of rest – Take frequent naps. Not only will they help calm your mind, but they can give you more energy. Make certain to devote a full seven to eight hours of sleep each night to sustain a proper balance of physical and mental health.

Take things one at a time – It's easy to get caught up in the desire to do and experience new things, but having too much on your plate can be counter-productive. Try making a list. If possible, break large tasks into smaller, more manageable items that can easily be finished. Completing one thing at a time can lead to a greater sense of accomplishment and spur you to do even more!

BLUEBERRY BAKED OATS thishealthytable.com



- | | |
|-----------------------------|--|
| 1 cup of rolled oats | 1 teaspoon chai spice (or ground cinnamon) |
| 1 ripe banana | 2 tablespoons maple syrup |
| 1 cup of almond milk | 1/3 cup frozen blueberries. |
| 1 teaspoon of baking powder | |

1. Preheat oven to 375 degrees F.
2. Blend the oats, milk, banana, baking powder, chai spice, and maple syrup in a high-speed blender until they are fully combined and the oats have broken down - about 30 seconds to 1 minute.
3. Split the oat mixture between two 10 ounce ramekins or small baking dishes and top with blueberries.
4. Bake the oats for 30 minutes.

Enjoy!



MLK Day | January 17, 2021

“If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward.”

Martin Luther King Jr.

WSB AGING UP Community Center Staff

Contact Information

Senior Operations
937-382-7170

Brian Garber,
Senior Center Director
937-655-2165

Sherry Bowling,
Homemaker Supervisor
937-655-2164

Jonda McCarren,
Supportive Services
937-655-2151

Bob Moreton,
Transportation
937-655-2163



of Clinton County
Supported Agency

THANK YOU To Our Sponsors

Aging UP Community Center November 2021 Board Report

MEALS: 320 meals were served to 34 clients

TRANSPORTATION: 72-one way trips were provided to 18 participants

ESP MEDICAL: There were 0 units for 0 clients.

ADULT DAYCARE:

HOME MEALS: There were 2,462 home meals delivered to 96 clients.

SUPPORTIVE SERVICES: There were 61.5 units for 63 clients

SOCIALIZATION/RECREATION:

EXERCISE ROOMS:

HOMEMAKING SERVICES: 3,007-ESP units; 69.5 Clinton Maid hours.



Buckley, Miller, Wright

Attorneys at Law

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Wilmington, OH 45177

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Wilmington, Ohio 45177

937 - 382 - 1659

www.wilmingtonsavings.com



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FDIC**



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Clinton County Community Action

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Wilmington, OH 45177

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

(937) 382 - 3320

January Menu

<u>MON</u>	<u>TUE</u>	<u>WED</u>	<u>THU</u>	<u>FRI</u>
Steak Hoagie w/ gravy Potato Wedges Baked Beans Orange 3	Spag & Meatballs Italian Veggies Spinach Peaches 4	Lemon Pepper Fish Brown Rice Scandinavian Veggies Wheat Bread Grape Juice 5	Hamburger Potato Wedges Broccoli Pineapple Tidbits 6	Chicken & Brown Rice Broccoli Carrots Mandarin Oranges 7
Chicken w/ gravy Green Beans Beets Wheat Bread Oatmeal Cookie 10	Chicken Alfredo Spaghetti Broccoli Carrots Baked Apples 11	Fish Sticks Peas Potato Wedges Wheat Bread Cranberry Juice 12	Swiss Steak Carrots O'brien Potatoes Wheat Bread Juice 13	Cinci-Style Chili Spaghetti Kidney Beans Broccoli Applesauce 14
Closed in observance of Martin Luther King Jr. Day 17	Smoked Sausage Sauerkraut Mashed Potatoes Green Beans Fruit Cocktail 18	Lunch Sponsored by Wilmington Nursing & Rehab 12:00 p.m. 19	Pineapple Ham Sweet Potatoes Peas Wheat Bread Apple Juice 20	Salisbury Steak Sweet Potatoes Mixed Veggies Dinner Roll Birthday Cake 21
Cheesy Beef & Broccoli Brown Rice Oregon Veggies Corn Peas 24	Swedish Meatballs Egg Noodles Broccoli Carrots Fruit Cocktail 25	Roast Pork Loin Potato Wedges Green Beans Wheat Bread Peaches 26	Chicken Stew Mixed Veggies Cornbread Chocolate Cake Mandarin Oranges 27	Chicken & Potato Casserole Broccoli Wheat Bread Cookie 28
Meatloaf Mashed Potatoes Carrots Wheat Bread Applesauce 31				

Menu is subject to change.

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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!

The logo for Wearly Monuments. It features the word "WEARLY" in a large, black, serif font with a thin black arch above it. Below "WEARLY" is the word "MONUMENTS" in a smaller, black, serif font. The logo is centered within a rectangular box.

— since 1899 —

1033 Rombach Avenue., Wilmington, OH 45177

Alice Ujvary

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(800) 262-2249

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