

ON THE SIDE

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

Letter to the Members



Can you believe that it is September and will soon be fall, wow! Where did the summer go? We have a lot coming up in September! Friday the 2nd we are having a Labor Day cookout at the center, with food being supplied by Wilmington Nursing and Rehab. We will have hamburgers, hot dogs with all the sides included! This will be followed by games and fun with our staff and board members joining us for lunch! We have our Breakfast Bar scheduled for Saturday the 3rd from 8-11 am, which is open to everyone and all you can eat!

Second big event is the Corn Festival with our famous pressed chicken sandwiches. The festival is September 9th through the 11th. This is one of our largest fund raising events for the center, so please come out and support us, volunteer to work a few hours at our booth, or help prepare the chicken at the center before. Of course we are always happy to have donations made for our supplies. Along with the Corn Festival, Saturday, September 10th is the "Virtual" 5k run/walk. This is also a great fundraiser for the center.

Wednesday, September 7th will be our monthly Unlimited Soup and Salad Bar. The soup this month will be chili and ham and beans along with cornbread. This starts at 11:30 am until 1 pm. Come join us!

Have a safe and wonderful month, come see us anytime. We hope to see you at our fundraising events! It is all for our seniors and beautiful center!

Staff

NEWS INSIDE

- September Birthdays
- Clinton County Corn Festival / Virtual 5K
- Upcoming Events & Activities
- VOLUNTEERING INFO.
- September Menu
- Weekly Fitness Classes are back!



Brian Garber

AGINGUP DIRECTOR

briangarber@clintoncap.org

937-382-7170

Clinton County Community Action Program, Inc.

WSB Aging UP Community Center

HOURS of OPERATION

Monday - Friday | 8:00 AM - 3:30 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 | \$17,667

2 in household | \$23,803

3 in household | \$29,939

For More information, call the Senior Center.

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) 382-7170 or email jondamccarren@clintoncap.org, Monday through Friday from 8:00 A.M. to 4:30 P.M.



DEPARTMENT OF AGING

Free Staying Connected Service

"Due to the COVID-19 emergency, older adults are at a heightened risk of contracting this disease and having more serious complications. We know that issues of isolation and loneliness may increase as family members resume their normal routines. Isolation can have serious emotional and physical impacts on any of us, but especially on older adults. During a time when physical distancing has become necessary, many older Ohioans are finding it harder than ever to feel connected to the world and people around them.

This is why the Ohio Department of Aging created the Staying Connected Check-in Service. The Staying Connected service provides a FREE, daily check-in by phone for Ohioans age 60 or older. This service provides comfort and can connect you with aging network information and support. It's easy to get started.

Who Can Participate?

Must have a valid phone number (cell or landline)
Provide an alternate contact (preferred)

How Does It Work?

We will make three attempts to contact you. When you respond, you have these options:

- > Confirm you are OK.
- > Transfer to learn more about aging services in your area.
- > Connect for a friendly chat.

If you do not answer after three attempts, we:

- > Reach out to your alternate contact, if one is provided.
- > Place a live call to you and your alternate, if previous contacts fail.
- > Notify local non-emergency services (e.g., sheriff's office) if live call fails to connect."

Hours of Service are 7A.M. - 6P.M., seven days a week.

Call 1(833) 632 - 2428 and press 1 when prompted or sign up online at aging.ohio.gov.

HAPPY BIRTHDAY



Brenda Davis	09/01
Joan Holmes	09/02
James Morrison	09/02
Monica Morrison	09/02
Beverly Yee	09/02
Carol Kirby	09/03
Linda Conover	09/04
Andrea Hilderbrant	09/05
Carol France	09/05
Anita Allen	09/09
Dick Mitchner	09/09
Ruby Minton	09/13
Mary Conger	09/17
Lloyd Conn	09/17
Jean Swindler	09/17
Betty Wall	09/17
Mary Camp	09/17
John Riley	09/19
Tony Lamke	09/20
Van Jones	09/21
Janet Morris	09/23
Elizabeth Waddell	09/23
Sybil Allen	09/24
Patricia Rhoades	09/24
Pamela George	09/25
Lois Gibson	09/25
Gary Kratzer	09/26
Rose Richardson	09/27
Greg Quallen	09/28

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.

September Holidays

September 5th - Labor Day
September 22nd - Fall Begins



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

HEAP Summer Crisis Program

The 2022 Summer Crisis Program (SCP) will provide eligible households with a one-time benefit to assist with electric utility bills, central air conditioning repairs, and air conditioning unit and/or fan purchases. Household income must be at or below 175% of the Federal Poverty Guidelines and household's must have at least one additional eligibility criteria listed below:

- A household member who is age 60 or older.
- A household member has a documented medical condition verified by a licensed medical professional who is qualified under Ohio law to write prescriptions.
- Percentage of Income Payment Plan Plus (PIPP) customers are eligible for assistance towards their default PIPP payment, first PIPP payment, central air conditioning repairs, or may receive an air conditioning unit and/or fan.
- A household's electric utility has a disconnect notice, has been shut off, or new electric service is being established for the household. These households may also receive an air conditioning unit and/or fan or central air conditioning repairs if the household can maintain electric service for 30 days.

This year the program will be open July 1 – September 30, 2022. The maximum benefit amounts for the 2022 program are: \$500 for customers of regulated utilities and \$800 for customers of unregulated utilities (municipal utilities or cooperatives). Air conditioning units and/or fans may only be provided to eligible customers who have not received an air conditioning unit or fan in the last three years.

The utility assistance benefit is separate from the additional benefit. Households may receive the maximum utility assistance benefit towards their electric bill and still receive an additional benefit (i.e., central air conditioner repair, air conditioner unit, and/or fan).

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 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
- Applications 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.

UPCOMING ACTIVITIES, EVENTS & OTHER NEWS



EVENTS & OTHER NEWS

Saturday, September 3rd - Breakfast Bar 8 - 11 am

Tuesday, September 6th, 13th, 20th & 27th-

8:30 am - 9:30 am CMH Weekly Fitness Class

Wednesday, September 7th - Unlimited Soup and Salad Bar at 11:30 a.m. \$7.50 RSVP

Friday, September 16th - Birthday Celebration

Tuesdays, TBA - Fitness Class 8:30 am - 9:30 am

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.

Line Dancing - Tuesday at 2:30 p.m.

MEDICARE CHECK-UP DAYS

Learn ways to stay informed, stay healthy, and save money. Wednesday, October 5th at 11:30 am at the Aging Up Center. Find out how the Medicare Annual Coordinated Election Period can work for you. Get tips on how to enroll for 2023 coverage in a Medicare prescription drug plan (Part D) and/or a Medicare Health Plan. See if you qualify to save on your prescription drug costs. Brought to you by the Ohio Senior Health Insurance Information Program by the the Ohio Department of Insurance.

SEEKING VOLUNTEERS FOR THE CORN FESTIVAL

We are seeking volunteers to help work the pressed chicken booth for Aging Up at the Corn Festival! If you can help at any time, please contact Brian for a time slot. Thank you for your support!!



Virtual 5k Run/Walk

Complete a 5K which is 3.1 miles at your own pace on Saturday, September 10, 2022 and post your pictures on our Facebook page! You can choose your own route. By participating in this event you will be a part of contributing to support Clinton County Seniors!

Entry Fees: \$20 Pre-registered by August 31 (Pre-Registered entries only will receive a free t-shirt or tank top*

** Registration forms can be found on Facebook, our website: clintoncap.org, or at the office. You can drop off your registration or mail it in to: PO Box 32, Wilmington, OH 45177. You can also email it to: janenewkirk@clintoncap.org. For payment make checks payable to CCCAP or you can now use PayPal!

1ST ANNUAL FALL FASHION GALA



1st Annual Fall Fashion Gala

OCTOBER 22, 2022
12:00 P.M.

TICKETS \$25

INCLUDES ADMISSION, GOODIE BAGS AND
HORS D'OEUVRES
SPECIAL GUEST SPEAKERS

Aging Up Senior Center
717 N. Nelson Avenue, Wilmington, OH 45177

DOOR PRIZES BY LOCAL SPONSORS

TICKETS CAN BE PURCHASED IN PERSON AT THE AGING UP SENIOR CENTER, STRENGTH & DIGNITY OR ONLINE AT WWW.STRENGTHDIGNITYCLOTHING.COM



Strength & Dignity will be presenting a fall collection to benefit the Aging Up Senior Center. Items will be available for purchase.

LABOR DAY COOK OUT



Friday, September 2nd at 12:00 pm There will be a Labor Day cookout with the Seniors, CCCAP Staff and Board Members! Homemade Ice Cream will be provided. CCCAP Staff/Board will join the Seniors in playing corn hole, chair volleyball and card games from 1 pm to 2 pm. We hope you can join us, please RSVP at 937-382-7170 by 8/31/22.

Weekly Fitness Classes are Back! Beginning September 6 at 8:30 am, Clinton County Community Action and Clinton Memorial Hospital have partnered to provide weekly exercise and wellness classes at the Wilmington Savings Bank Clinton County Aging Up Facility, located at 717 N. Nelson Avenue. The classes will give participants an opportunity to stay physically active or in some cases, to overcome their fear of exercise and begin being physically active. Classes will be held every Tuesday in the Community Room from 8:30-9:30 AM with Physical Therapy Assistant, Tim McComsey from Clinton Memorial



Shop online?

If you shop on Amazon, the Center can benefit!! All you have to do is go to the following address: smile.amazon.com Use your usual Amazon login and it will automatically send 0.5% of your purchases to the Center.

Planned Giving - What is it about?

It means you are planning to give a gift later. It is a plan that you put in your will, an item that is worked out with your family and attorney. From time to time, the Senior Center receives such gifts. Whether these amounts are small or large, they are extremely important. If you would like more information, please contact Brian Garber, AgingUp Director, at (937) 382-7170. Your call or meeting is strictly confidential. This is one of the easiest ways to leave a legacy to the Senior Center.

WSB AGING UP Community Center Staff

Contact Information

Senior Operations
937-382-7170

Jonda McCarren,
Supportive Services

Brian Garber,
Senior Center Director

Bob Moreton,
Site Coordinator-
Transportation

Sherry Bowling,
Homemaker Supervisor



of Clinton County
Supported Agency

THANK YOU To Our Sponsors

Aging UP Community Center March

2022 Board Report

MEALS: 308 meals were served to 54 clients

TRANSPORTATION: 68-one way trips were provided to 20 participants

ESP MEDICAL: There were 6 units for 3 clients.

ADULT DAYCARE:

HOME MEALS: There were 2,714 home meals delivered to 112 clients.

SUPPORTIVE SERVICES: There were 53.00 units for 48 clients

SOCIALIZATION/RECREATION:

EXERCISE ROOMS:

HOMEMAKING SERVICES: 2,286.50-ESP units; 46 Clinton Maid hours.



Buckley, Miller, Wright

Attorneys at Law

bmwlaw@bmwlaw.net

145 N. South Street
Wilmington, OH 45177

Phone: 937-382-0946

Fax: 937-382-1361



184 N. South Street
Wilmington, Ohio 45177

937 - 382 - 1659

www.wilmingtonsavings.com



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FDIC**



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717 N. Nelson Avenue
Wilmington, OH 45177

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SPACE AVAILABLE

September Menu

<u>MON</u>	<u>TUE</u>	<u>WED</u>	<u>THU</u>	<u>FRI</u>
			Chicken Salad Sand. Potato Salad 3 Bean Salad Pears 1	Wilmington Nursing Home Cook Out Games & Fun with our Staff/Board following the meal. 2
Closed 5	Chicken Alfredo Broccoli Carrots Cinnamon Apples 6	Soup & Salad Bar All you can eat No take home \$7.50 RSVP 7	Hawaiian Ham Sweet Potatoes Peas Wheat Bread 8	Steak Hoagie Potato Wedges Baked Beans Fresh Orange 9
Lemon Pepper Fish Brown Rice Veggies Pineapple 12	Turkey Sandwich Potato Salad Coleslaw Peaches 13	Salisbury Steak Sweet Potatoes Mixed Veggies Fruit Cocktail 14	Chicken Potato Casserole Broccoli Wheat Bread 15	Spaghetti/Meatballs Italian Veggies Spinach Fruit Punch 16
Cinci-Style Chili Broccoli Kidney Beans Applesauce 19	Chicken Stew Mixed Veggies Cornbread Pears 20	Nursing Home will Furnish Lunch! 21	Pork Cutlet Green Beans Beets Wheat Bread 22	Roast Turkey w/ dressing Broccoli/Cauliflower Wheat Bread 23
Hamburger Potato Wedges Broccoli Pineapple cubes 26	Beef & Noodles Green Beans Carrots Peaches 27	Meatloaf w/ Gravy Mashed Potatoes Carrots Orange Juice 28	Fish Sticks Potato Wedges Peas Wheat Bread Applesauce 29	Grilled Chicken Breast Potato Wedges Green Beans Fruit Cocktail 30

Menu is subject to change.

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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 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 frame.

— since 1899 —

1033 Rombach Avenue., Wilmington, OH 45177

Alice Ujvary

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

Fax: (937) 382-6214



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