

ON THE UPSIDE

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

Letter to the Members



Happy November everyone, where has this year gone? October was a busy month with great success with our Salad Bar and monthly breakfast! The First Annual Fall Fashion Gala was October 22nd and was a tremendous success! Our banquet room was completely filled for the first time in years, with many new faces that had never been to our center. Thank you to all of our volunteers and donors, especially Strength & Dignity and Carole France! We can't wait to do this again!

November will start off right away with our Soup & Salad Bar on Wednesday, November 2nd, followed by our morning breakfast on Saturday, November 5th. There will be a Thanksgiving Luncheon for all to enjoy on November 17th with all our Head Start Children and our entire staff. Please be sure to stop by or call to sign up for this event. Lunch will be served at 12!

We have received our first 15 passenger bus, the first that we have ever had! We want to start our dinner trips again and plan trips for Christmas lights and dinner. I hope to have a trip or two planned for this month. We will post them on our Clinton County Community Action Program, Inc. Facebook page. We are open for ideas for any trips members would enjoy taking, just let us know!

We are currently seeking to hire 1-2 part time drivers for meal deliveries and transportation. It would be around 3-6 hours a day. Please contact Brian asap if interested!

The center will be closed November 11th and November 24th, 25th for the Thanksgiving Holiday. We hope everyone has a safe and wonderful holiday. As always, thank you to our members for your support in helping keep our center active and growing!

NEWS INSIDE

- November Birthdays
- Head Start Hero
- Upcoming Events & Activities
- Medicare Check-Up Days
- November Menu



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 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. Even grocery shopping.

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



James Pagett	11/02
Georgia Dodd	11/04
Judy King	11/09
Vera Baker	11/11
Judy McCune	11/11
Jeffrey Barlett	11/19
Angela Bowling	11/20
Billie Baker	11/21
Linda Moore	11/22
Judy Johnston	11/25
Linda Theener	11/28
Clara Hunt	11/29

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.

November Holidays

- November 8th - Election Day
- November 11th - Veteran's Day
- November 24th - Thanksgiving

Ohio | Development Services Agency
 Mike DeWine, Governor Lydia L. Mihalik, Director
 Jon Husted, Lt. Governor

News Release



Mike Dewine – Governor
 John Husted – 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

Winter Crisis Program

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 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, 2022 to March 31, 2023.

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

- Copies of most current heating AND electric bills (or account numbers)
- 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 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

Wednesday, November 2nd - Unlimited Soup and Salad Bar at 11:30

Tuesday, November 1st, 8th, 15th, 22nd & 29th - 8:30 am - 9:30 am CMH Weekly Fitness Class

Saturday, November 5th - Breakfast Bar 8 - 11 am

Friday, November 18th - Birthday Celebration

ACTIVITIES

Pool - Mondays, Wednesdays, and Fridays at 8:15 A.M.

Corn Toss - Mondays and Wednesdays at 10:30 A.M.

Euchre - Tuesdays at 12:15 P.M.

Chair Volleyball - Thursdays at 12:15 p.m.

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

BINGO - Fridays at 12:15 p.m.

Mexican Train Dominoes

CLINTON COUNTY Community Action PARTNERSHIP
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CLINTON COUNTY

HELLO,
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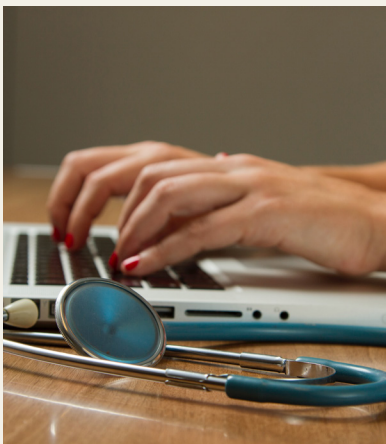
- FURNACE
- INSULATION
- WATER HEATERS

CONTACT US NOW

- (937) 382-8365
- melissapierce@clintoncap.org
- 789 N. Nelson Avenue
 Wilmington, OH 45177

HOME NEED WEATHERIZED? WE ARE THE ONES TO DO IT! ALL YEAR AROUND FREE SERVICE FOR CLARK AND CLINTON COUNTY

<http://Clintoncap.org/Weatherization> **LET'S GROW WITH US**



Medicare Check-Up Days

Learn ways to stay informed, stay healthy, and save money. Monday, November 7th 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. Individual Medicare Counseling by appointment only, schedule with Jonda at 937-382-7170.

HEAD START HERO PROGRAM

HEAD START HERO

Interested in reading to students, helping with puzzles, enjoying lunch/breakfast with them or going outside to push them on a swing? Please consider becoming a Head Start hero! Please call Dorothy at (937) 382-5624 to find out more information on how to sponsor a student!

OPTIONAL CHRISTMAS SPONSORING WILL ALSO BE AVAILABLE.



OVEN ROASTED SWEET POTATOES AND BRUSSELS SPROUTS



- * 1 pound Brussels sprouts
- * 1 large sweet potato
- * 2 cloves garlic
- * Red Wine Vinegar
- * Thyme
- * Cumin
- * Garlic Salt
- * Salt / Pepper
- * Olive Oil

- Preheat oven to 400 degrees
- Trim your Brussels sprouts by cutting off the little brown end. Cut them in half and add to a large bowl.
- Add sweet potato, peeled and chopped into 1-2 inch pieces.
- Add garlic, smashed.
- Pour 1/3 cup olive oil over the vegetables.
- Add cumin, garlic salt, salt, and pepper. Stir to coat.
- Line a large sheet pany with foil for easy clean up.
- Drizzle olive oil onto the foil or spray with nonstick spray.
- Pour the veggies onto the pan.
- Roast at 400 for 40-45 minutes. They are done when they are brown and a fork slides into them easily.
- Place the veggies in a serving bowl and toss with red wine vinegar and fresh thyme.



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



of Clinton County
Supported Agency

THANK YOU To Our Sponsors



Buckley, Miller, Wright

Attorneys at Law

bmwlaw@bmwlaw.net

145 N. South Street
Wilmington, OH 45177

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

Aging UP Community Center September

2022 Board Report

MEALS: 371 meals were served to 48 clients

TRANSPORTATION: 81-one way trips were provided to 15 participants

ESP MEDICAL: There were 2 units for 1 clients.

ADULT DAYCARE:

HOME MEALS: There were 2,954 home meals delivered to 124 clients.

SUPPORTIVE SERVICES: There were 56 units for 48 clients

SOCIALIZATION/RECREATION:

EXERCISE ROOMS:



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November Menu

<u>MON</u>	<u>TUE</u>	<u>WED</u>	<u>THU</u>	<u>FRI</u>
<div style="border: 1px solid black; padding: 5px; min-height: 80px;"> <p style="text-align: center; font-size: 24px; margin: 0;">3</p> </div>	<div style="border: 1px solid black; padding: 5px; min-height: 80px;"> <p>BBQ Sandwich Peas/Onions Potato Wedges Peaches</p> <p style="text-align: center; font-size: 24px; margin: 0;">1</p> </div>	<div style="border: 1px solid black; padding: 5px; min-height: 80px;"> <p>Soup & Salad Bar All you can eat No take home \$7.50 RSVP</p> <p style="text-align: center; font-size: 24px; margin: 0;">2</p> </div>	<div style="border: 1px solid black; padding: 5px; min-height: 80px;"> <p>Steak Hoagie w/Bun Potatoe Wedges Baked Beans Fresh Orange</p> <p style="text-align: center; font-size: 24px; margin: 0;">3</p> </div>	<div style="border: 1px solid black; padding: 5px; min-height: 80px;"> <p>Hawaiian Ham Sweet Potatoes Peas Wheat Bread Grape Juice</p> <p style="text-align: center; font-size: 24px; margin: 0;">4</p> </div>
<div style="border: 1px solid black; padding: 5px; min-height: 80px;"> <p>Lemon Pepper Fish Brown Rice Veggies Pineapple Chunks</p> <p style="text-align: center; font-size: 24px; margin: 0;">7</p> </div>	<div style="border: 1px solid black; padding: 5px; min-height: 80px;"> <p>Baked Chicken Dressing Broccoli Cauliflower Juice</p> <p style="text-align: center; font-size: 24px; margin: 0;">8</p> </div>	<div style="border: 1px solid black; padding: 5px; min-height: 80px;"> <p>Salisbury Steak Sweet Potatoes Mixed Veggies Pears</p> <p style="text-align: center; font-size: 24px; margin: 0;">9</p> </div>	<div style="border: 1px solid black; padding: 5px; min-height: 80px;"> <p>Chicken/Potato Casserole Broccolie Wheat Bread</p> <p style="text-align: center; font-size: 24px; margin: 0;">10</p> </div>	<div style="border: 1px solid black; padding: 5px; min-height: 80px;"> <p>Spaghetti/Meatballs Veggies Spinach Fruit Cocktail</p> <p style="text-align: center; font-size: 24px; margin: 0;">11</p> </div>
<div style="border: 1px solid black; padding: 5px; min-height: 80px;"> <p>Chicken w/Gravy Egg Noodles Broccoli Carrots Applesauce</p> <p style="text-align: center; font-size: 24px; margin: 0;">14</p> </div>	<div style="border: 1px solid black; padding: 5px; min-height: 80px;"> <p>Meatloaf Mashed Potatoes Carrots Wheat Bread</p> <p style="text-align: center; font-size: 24px; margin: 0;">15</p> </div>	<div style="border: 1px solid black; padding: 5px; min-height: 80px;"> <p style="text-align: center;">Nursing Home Lunch</p> <p style="text-align: center; font-size: 24px; margin: 0;">16</p> </div>	<div style="border: 1px solid black; padding: 5px; min-height: 80px;"> <p style="text-align: center;">CCCAP Lunch</p> <p style="text-align: center; font-size: 24px; margin: 0;">17</p> </div>	<div style="border: 1px solid black; padding: 5px; min-height: 80px;"> <p>Hamburer/Bun Potato Wedges Broccoli Choc. Chip Cookie</p> <p style="text-align: center; font-size: 24px; margin: 0;">18</p> </div>
<div style="border: 1px solid black; padding: 5px; min-height: 80px;"> <p>Country Fried Steak Mashed Potatoes Mixed Veggies Pumpkin Pie</p> <p style="text-align: center; font-size: 24px; margin: 0;">21</p> </div>	<div style="border: 1px solid black; padding: 5px; min-height: 80px;"> <p>Cinci-Style Chili Kidney Beans Broccoli Fruit Cocktail</p> <p style="text-align: center; font-size: 24px; margin: 0;">22</p> </div>	<div style="border: 1px solid black; padding: 5px; min-height: 80px;"> <p>Grilled Chicken Green Beans Yellow Squash Applesauce</p> <p style="text-align: center; font-size: 24px; margin: 0;">23</p> </div>	<div style="border: 1px solid black; padding: 5px; min-height: 80px;"> <p style="text-align: center; font-size: 24px; margin: 0;">CLOSED</p> <p style="text-align: center; font-size: 24px; margin: 0;">24</p> </div>	<div style="border: 1px solid black; padding: 5px; min-height: 80px;"> <p style="text-align: center; font-size: 24px; margin: 0;">CLOSED</p> <p style="text-align: center; font-size: 24px; margin: 0;">25</p> </div>
<div style="border: 1px solid black; padding: 5px; min-height: 80px;"> <p>Turkey Tetrzzini Brussel Sprouts Cinnamon Apples</p> <p style="text-align: center; font-size: 24px; margin: 0;">28</p> </div>	<div style="border: 1px solid black; padding: 5px; min-height: 80px;"> <p>Fish Stick Peas Potato Wedges Pears</p> <p style="text-align: center; font-size: 24px; margin: 0;">29</p> </div>	<div style="border: 1px solid black; padding: 5px; min-height: 80px;"> <p>Chicken Breast Potato Wedges Green Beans Fruit Cocktail</p> <p style="text-align: center; font-size: 24px; margin: 0;">30</p> </div>	<div style="border: 1px solid black; padding: 5px; min-height: 80px;"> </div>	<div style="border: 1px solid black; padding: 5px; min-height: 80px;"> </div>

Menu is subject to change.

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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 white rectangular area.

— 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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