

ON THE SIDE

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

Letter to the Members



Happy New Year! We are very excited to see what this year will bring! Please be sure to checkout our list of activities and events and maybe try something new as a resolution! Also, this time of year brings bitter temperatures. Checkout the cold weather tips located inside on how to be safe but warm! Annual dues are \$30.00 each member and can be mailed in or made in person.

The center will be closed on Monday, January 16th in observance of Martin Luther King, Jr. Day. We will be back open Tuesday, January 17th. We have a lot of January Birthdays we look forward to celebrating on Friday, January 20th!

On Thursday, January 19th the Center for Cancer Health Equity and OSUCCC James Cancer Mobile Mammography Unit will be at the Community Action Offices, 789 N. Nelson Ave. from 9:30 am to 3:30 pm. To schedule an appointment call Angie Medina at (614) 293-6924. More information inside newsletter.

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 Monday, January 2nd in observance of New Year's Day. We hope everyone had a safe and wonderful holiday season. As always, thank you to our members for your support in helping keep our center active and growing!

NEWS INSIDE

- January Birthdays
- Cold Weather Tips
- Upcoming Events & Activities
- January 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 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



Betty Pratt	01/05
Marcella Pagett	01/06
Judy Urban	01/06
Sharon Cooper	01/07
Paul Wahrhaftig	01/07
Joyce Gilbert	01/09
Marcella Rothwell	01/12
David Powers	01/13
Randy Rogers	01/15
Bob Kelly	01/17
Patricia Coleman	01/22
Margaret Pierson	01/22
Robert Halsey	01/23
Ace Spurlock	01/23
Barbara Hodge	01/25
Ray Baker	01/28
Paul Holmes	01/28
Margarete Kager	01/28
Mary Mcconnell	01/28
Francis Unger	01/28
David Hackney	01/29
Norman Harvey Sr.	01/29
Richard Unger	01/29

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

January Holidays

- January 1st - New Years Day
- January 16th - Martin Luther King, Jr.

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

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 (Home Energy Assistance Program) Applications are currently being accepted through 3/31/2023.



UPCOMING ACTIVITIES, EVENTS & OTHER NEWS



EVENTS & OTHER NEWS

Monday, January 2nd - Office Closed, New Year's Day Observed

Tuesday, January 3rd, 10th, 17th, 24th, 31st @

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

Monday, January 16th - Office Closed for Martin Luther King, Jr. Day

Friday, January 20th - Birthday Celebration

Monday, Wednesday, Friday - Silver Sneakers @ 9:00 am

Thursdays - 10:00 am Flexibility Exercise Class

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



CHRISTMAS LUNCH

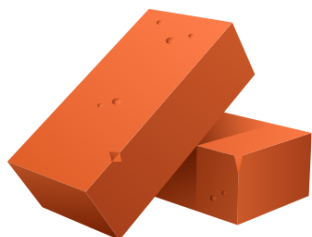


Cold Weather Tips!

As we get to colder weather, here are some tips to stay safe indoors:

- Leave water taps at a trickle to prevent freezing pipes when temperature is below 25 deg.
- Eat well-balanced meals to stay warm.
- Avoid alcohol and caffeine, because they can cause your body to lose heat more rapidly.
- Never use generators, gas or charcoal grills, camp stoves, or similar devices inside your home, basements or garages. The fumes are deadly.
- Using your stove for heat is not safe, instead use extra blankets, sleeping bags, or coats.
- A well-maintained fireplace or a portable space heater may be a safe alternative.
- If you have to venture outdoors dress warmly with hats, scarves, and mittens.
- If you have to shovel or do outdoor work, take your time and work slowly.
- Avoid traveling on ice-covered roads if possible.
- If stranded, it is safest to stay in your vehicle.
- Try to keep pets indoors if possible.

HIGHLIGHTS!



Purchase a Brick - A brick can be purchased in honor or memory of someone to be placed in the front entrance walkway of the center. Small bricks are \$100 and large bricks are \$150. If interested, contact the center.

MOBILE MAMMOGRAPHY UNIT



The Center for Cancer Health Equity and OSUCCC James Cancer Mobile Mammography Unit will be at Clinton County Community Action, 789 N. Nelson Ave., Wilmington, OH 45177 on Thursday, January 19th, 2023 from 9:30 am to 3:30 pm. To schedule an appointment call The Center for Cancer Health Equity at (614) 293-6924 and speak with Angie Medina.

Eligibility Criteria: Woman who do not have breast symptoms, NOT pregnant or nursing, with no previous breast cancer. You must be at least 40 to have a screening mammogram. Women who are under 40 would need a written order from their doctor. Women will be screened for eligibility for the Breast and Cervical Cancer Project (BCCP).

*If you are experiencing breast symptoms, please call (614) 293-7020 to schedule a diagnostic mammogram.



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

Aging UP Community Center October

2022 Board Report

MEALS: 375 meals were served to 56 clients

TRANSPORTATION: 65-one way trips were provided to 8 participants

ESP MEDICAL: There were 6 units for 1 clients.

ADULT DAYCARE:

HOME MEALS: There were 2,848 home meals delivered to 139 clients.

SUPPORTIVE SERVICES: There were 83.5 units for 98 clients

SOCIALIZATION/RECREATION:

EXERCISE ROOMS:



of Clinton County
Supported Agency

THANK YOU

To Our Sponsors



Buckley, Miller, Wright
Attorneys at Law

bmwlaw@bmwlaw.net

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Wilmington, OH 45177

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Fax: 937-382-1361

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January Menu

<u>MON</u>	<u>TUE</u>	<u>WED</u>	<u>THU</u>	<u>FRI</u>
<p>CLOSED</p> <p>2</p>	<p>Chicken Tenders Brown Rice Veggies Wheat Bread Pineapple tidbits</p> <p style="text-align: center;">3</p>	<p>BBQ Sandwich Peas Potato Wedges Peaches</p> <p style="text-align: center;">4</p>	<p>Chicken Casserole Broccoli Wheat Bread Apple Juice</p> <p style="text-align: center;">5</p>	<p>Steak Hoagie Potato Wedges Baked Beans Fresh Orange</p> <p style="text-align: center;">6</p>
<p>Salisbury Steak Sweet Potatoes Mixed Veggies Bread Pear</p> <p style="text-align: center;">9</p>	<p>Roast Turkey Dressing Broccoli Cauliflower Juice</p> <p style="text-align: center;">10</p>	<p>Spaghetti/Meatballs Veggies Spinach Fruit Cocktail</p> <p style="text-align: center;">11</p>	<p>Fish Stick Peas Potato Wedges Mandarin Oranges Bread</p> <p style="text-align: center;">12</p>	<p>Meatloaf & Gravy Mashed Potatoes Carrots Bread Applesauce</p> <p style="text-align: center;">13</p>
<p>CLOSED</p> <p>16</p>	<p>Pork Cutlet Green Beans Beets Bread Peaches</p> <p style="text-align: center;">17</p>	<p>Country Fried Steak Mashed Potatoes Veggies Peaches</p> <p style="text-align: center;">18</p>	<p>Hamburger/Bun Potato Wedges Broccoli Pineapple</p> <p style="text-align: center;">19</p>	<p>Italian Chicken & Spaghetti Vegetables Fruit Punch</p> <p style="text-align: center;">20</p>
<p>Swedish Meatballs Broccoli Carrots Applesauce</p> <p style="text-align: center;">23</p>	<p>Hawaiian Ham Sweet Potatoes Peas Bread Fruit Cocktail</p> <p style="text-align: center;">24</p>	<p>Chicken BBQ Green Beans Yellow Squash Peaches</p> <p style="text-align: center;">25</p>	<p>Cinci-Style Chili Kidney Beans Broccoli Grape Juice</p> <p style="text-align: center;">26</p>	<p>Broccoli Chicken Brown Rice Mixed Veggies Corn</p> <p style="text-align: center;">27</p>
<p>Country Fried Steak Potato Wedges Green Beans Bread Fruit Cocktail</p> <p style="text-align: center;">30</p>	<p>Chicken Alfredo Broccoli Carrots Cinnamon Apples Bread</p> <p style="text-align: center;">31</p>			

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 decorative 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 **Fax:** (937) 382-6214
(800) 262-2249



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