

ON THE **UP** SIDE

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

Letter to the Members



TRANSPORTATION SERVICES



We have heard and we are responding!

If you need transportation to Kroger's, Ollies, Goodwill, Aldi's or Wal Mart, we are adding trips to these stores. Tuesdays will be Kroger's, Ollies, or Goodwill and Thursdays will be Wal Mart or Aldi's. We will pick you up at approximately 12:30 p.m. and drop you off at the store, returning to get you at 2:30 p.m. Please understand, we will drop you off and pick you up at one store only.

Please call 937-382-7170 at least the day before you would like a ride. Our transportation services are donation based and all donations are appreciated!

NEWS INSIDE

- October Birthdays
- Monthly Bus Trips
- Upcoming Events & Activities
- October Menu
- Photo Page
- Puzzle Section

HUGE Auction - Saturday, October 21st

Starting at 10:00 am, preview at 9:00 am.

Tons of great items: New, Used and Antiques: beautiful glassware, lamps, art, furniture, copper lustre, flow blue, spongeware, new luggage, dishes/sets, silver place tea set, black metal decorative lanterns, new front porch white rocker, jewelry box, Nantucket type baskets, Christmas Nutcrackers, Neiman Marcus carry on bag, sports cards, collectable magazines & books, and LOTS MORE! Don't miss this one.

IF you have any items you would like to donate for the auction, please let us know or call George Cook @ 937-366-6787.



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 | \$18,954

2 in household | \$25,636

3 in household | \$32,318

For More information, call the Center.

SENIOR HOUSING

Clinton County Community Action manages senior housing and is currently accepting applications for the waiting list.

Housing for 55 years of age or older:

Blanchester Senior Villas (\$600/mo) located at 100 Madalyn Loftin Drive, Blanchester; Clinton Commons I (\$600/mo) located at 100 Commons lane, off of Howard Street, Wilmington; Clinton Commons II (\$600/mo) located on Jeanie Wilson Way, off of Nunn Ave., Wilmington.

Housing for 62 years of age or older:

Community Commons (\$525/mo - 2 bedroom, \$575/mo - 3 bedroom) located on Community Drive, off of Nelson Ave., Wilmington. For more information, please call 937-382-8886.

This institution is an equal opportunity provider.



October

Did you know each day of every month was some kind of holiday? We thought this would be fun to share with you in case you wanted to celebrate!

1. International Coffee Day
2. World Farm Animals Day
3. Techies Day
4. Taco Day
5. World Teachers' Day
6. Noodle Day
7. Frappe Day
8. World Octopus Day
9. Scrubs Day
10. World Mental Health Day
11. Emergency Nurses Day
12. Pulled Pork Day
13. Egg Day
14. Dessert Day
15. Global Handwashing Day
16. Clean Your Virtual Desktop Day
17. Wear Something Gaudy Day
18. Chocolate Cupcake Day
19. International Gin and Tonic Day
20. International Sloth Day
21. Sweetest Day
22. Mother-In-Law Day
23. Snow Leopard Day
24. Bologna Day
25. International Artist Day
26. Pumpkin Day
27. Black Cat Day
28. Hug a Sheep Day
29. Internet Day
30. Candy Corn Day
31. Caramel Apple Day

***Please Note:** If you receive services through the Elderly Services Program (ESP) and have concerns or complaints, please contact the County Commissioners Office at (937) 382-2103.



| | |
|------------------|-------|
| Peggy Allen | 10/14 |
| Bill Graesser | 10/17 |
| Charlotte Fahrer | 10/26 |
| Carole France | 10/5 |
| Kimberly Green | 10/14 |
| Joyce Hail | 10/6 |
| Hazel Hufford | 10/28 |
| Hazel Hummelgard | 10/15 |
| Patricia Ilg | 10/29 |
| John Jacobson | 10/8 |
| Mark Lewis | 10/6 |
| Bill Lyons | 10/5 |
| Jsnr Newkirk | 10/19 |
| Donald Mertz | 10/10 |
| Rita Miars | 10/14 |
| Mary Reynolds | 10/19 |
| Kenneth Rothwell | 10/23 |
| Virginia Shively | 10/10 |
| Jeri Stackhouse | 10/28 |
| Nathan Unger | 10/5 |
| Martha Weithoff | 10/14 |
| Mary Witschger | 10/6 |

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 someone's birthday is not listed in our membership data or dues have not been paid within the past year.

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, 2023 to May 31, 2024. Clients at or below 175% of the Federal Poverty Guidelines (FPG) receive a benefit in the form of a credit directly to their main energy heating account 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 175% 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 5% 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 a 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 if Social Security numbers are provided.
- Photo ID of applicant.
- Proof of Disability if applicable

Low-Income Housing Water Assistance - provides a one-time benefit to an income-eligible Ohioan's water account. Clients 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 or need to pay to transfer service. The program runs from October 1, 2022 to September 30, 2023.

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

Applications are currently being accepted. 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 Boris at Community Action, 937-382-8365 to see if you would be eligible for a home visit.

Additional information can also be found at www.energyhelp.ohio.gov or by calling (800) 282-0880.



OCTOBER 11, 2023

Help us **WELCOME** the new Aging Up Director



MARK YOUR CALENDARS TO ATTEND LUNCH AT THE AGING UP CENTER LOCATED AT 717 N. NELSON AVENUE AT 11:30 A.M. ON OCTOBER 11, 2023

A SPECIAL FALL LUNCH WILL BE PROVIDED AND THERE WILL BE DOOR PRIZES AND SPECIAL TREATS

WILMINGTON CITY SCHOOLS WILL BE PRESENTING AN INFORMATIVE Q&A ABOUT THE SCHOOL LEVY – THIS IS YOUR CHANCE TO GET YOUR QUESTIONS ANSWERED

RSVP BY OCTOBER 9TH AT 937-382-8365

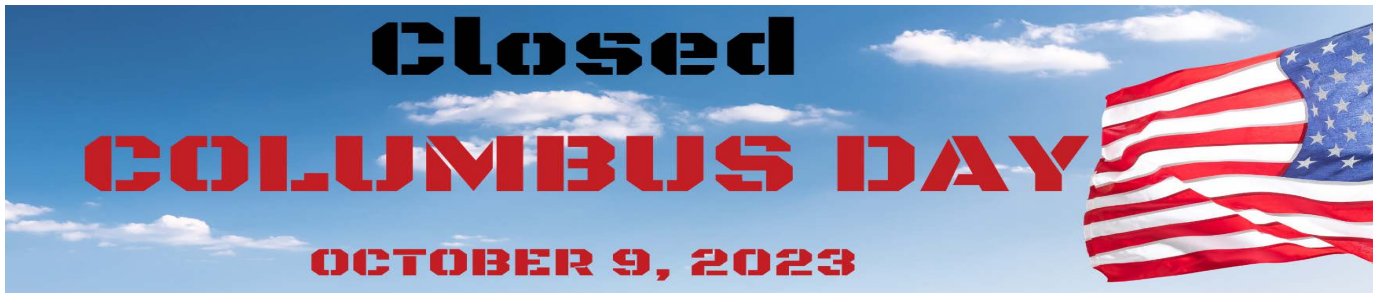


PLEASE JOIN US AT THE AGING UP CENTER LOCATED AT 717 N. NELSON AVENUE FOR CHAIR YOGA

CLASSES WILL BEGIN ON MONDAY OCTOBER 9TH 1:00 – 2:00 WITH INSTRUCTOR TAMMY REED

COST WILL BE A SUGGESTED DONATION OF \$5.00

UPCOMING ACTIVITIES, EVENTS & OTHER NEWS



EVENTS & OTHER NEWS

Tuesday, October 3rd, 10th, 17th, 24th, 31st @ 9 am CMH Fitness

Friday, October 20th - Birthday Celebration

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

Thursday, October 5th, 12th, 19th, 26th - 10:00 am Flexibility Exercise

Tuesday, October 3rd, 10th, 17th, 24th, 31st @ 5 pm Cardio Drumming

Saturday, October 28th @ 3:00 pm Game Night

ACTIVITIES

Pool - Mondays, Wednesdays, and Fridays at 8:15 am

Corn Toss - Mondays and Wednesdays at 10:30 am

Euchre - Tuesdays at 12:15 pm

Chair Volleyball - Thursdays at 12:15 pm

Line Dancing - Tuesdays at 2:30 pm

BINGO - Fridays at 12:15 pm

Mexican Train Dominoes

Art Classes - Fridays at 10 am



Department of Insurance

Senior Health Insurance Information Program

Join Us!
For Our **FREE**

Medicare Checkup Event!

- Review and compare 2024 Part D plans
- Review and compare Medicare Advantage
- Learn ways to save on Rx and Medicare costs

Where:

**Aging Up Community Center
717 N Nelson Ave, Wilmington
Presentation only**

When:

Tuesday Oct. 31st at 12:00pm

Find out how the Oct 15 - Dec 7 Medicare Open Enrollment Period can work for you. Get tips on how to enroll for 2024 coverage in a Medicare prescription drug plan (Part D) and/or a Medicare health plan. See if you qualify to SAVE an average of \$5,000 on your prescription drug costs.

Questions?

Call OSHIIP **800-686-1578**



Monthly Bus Trips!

October 5th - Lake Manor Restaurant in Mount Orab, Leaving at 3:30 pm

October 11th - A & M Orchard, Leaving at 1 pm after lunch

October 14th - Lebanon Train Ride (**\$27/PERSON MONEY DUE BY OCT. 3RD**)

October 19th - Texas Roadhouse in Mason, leaving at 4 pm

November 11th - Historic Clifton Mills, Leaving at 10:30 am

November 30th - Rusty Keg Tavern, Leaving at 4 pm

December 16th - PNC Festival of Lights, Leaving at 3:00 pm (cost \$12 for 60+)

December 18th - Carillon Christmas, Leaving at 4:00 pm (cost \$10 for 60+)

**Remember seats are limited so please RSVP at (937) 382-7170.

HIGHLIGHTS!



Keep watching the Monthly Bus Trips for a trip that you would enjoy.



WSB AGING UP Community Center Staff

Contact Information

Senior Operations
937-382-7170

Jonda McCarren,
Supportive Services

Brian Garber,
Food Service Director

Bob Moreton,
Site Coordinator-
Transportation



of Clinton County
Supported Agency

THANK YOU

To Our Sponsors

Buckley, Miller, Wright, Attorneys at Law - 145 N. South Street, Wilmington, OH 45177
Phone: 937-382-0946 Fax: 937-382-1361 Email: bmwlaw@bmwlaw.net

Wilmington Savings Bank - 184 N. South Street, Wilmington, OH 45177
Phone: 937-382-1659 www.wilmingtonsavings.com

Saber Healthcare Group, Wilmington Nursing & Rehabilitation Center - 75 Hale Street, Wilmington, OH 45177
Phone: 937-382-1621 Fax: 937-383-1215

Wilmington Auto Center
Phone: 937-382-7714 www.wilmingtonautocenter.com

Terry Spurlock, West End Auto Sales & Service - 1403 Rombach Avenue, Wilmington, OH 45177
Phone: 937-382-6100 Mobile: 937-603-5429

Wearly Monuments - 1033 Rombach Avenue, Wilmington, OH 45177
Phone: 937-382-6214 or 800-262-2249 Fax: 937-382-6214

Continental Manor - 820 E. Center Street, Blanchester, OH 45107
Phone: 937-783-4949 Follow us on Facebook!

Aging UP Community Center August 2023 Board Report

MEALS: 528 meals were served to 127 clients

TRANSPORTATION: 320-one way trips were provided to 52 participants

ESP MEDICAL: There were 18 units for 5 clients.

HOME MEALS: There were 4,123 home meals delivered to 172 clients.

SUPPORTIVE SERVICES: There were 58.25 units for 77 clients

SOCIALIZATION/RECREATION: The center was visited by 132 clients.

EXERCISE ROOMS: 51 clients



October Menu

| <u>MON</u> | <u>TUE</u> | <u>WED</u> | <u>THU</u> | <u>FRI</u> |
|--------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|
| Meatloaf Mashed Potatoes Green Beans Dinner Roll Applesauce 2 | Spaghetti & Meatballs Italian Vegetables Spinach Fruit Juice 3 | Ham Sandwich Coleslaw Potato Salad Fruit Cup 4 | Beef Hotshot Mashed Potatoes Peas Dinner Roll Peaches 5 | Beef Taco Salad Spanish Rice Corn Fruit Cocktail 6 |
| CLOSED for Columbus Day 9 | Pork Loin Dressing Mashed Potatoes Glazed Carrots Mandarin Oranges 10 | Sloppy Joe on Bun Tator Tots Coleslaw Dessert 11 | Baked Chicken Rice Green Beans Wheat Bread Applesauce 12 | Chili Dogs French Fries Corn Pineapple Cookie 13 |
| Ham & Beans Corn Bread Fried Potatoes Fruit Cup 16 | Cheeseburger on Bun Tator Tots Baked Beans Graham Crackers with Fruit 17 | WILMINGTON NURSING & REHAB PROVIDING LUNCH 18 | Turkey Sandwich Tomato & Lettuce Macaroni Salad Coleslaw Pudding 19 | Salmon Patties Macaroni & Cheese Vegetable Combo Dinner Roll Birthday Cake 20 |
| Stuffed Peppers Fried Potatoes Corn Fruit Cup 23 | Broccoli Soup Grilled Cheese Stewed Tomatoes Crackers Applesauce 24 | Baked Ham Scalloped Potatoes Green Beans Wheat Bread Peaches 25 | Chicken & Noodles Mashed Potatoes Mixed Veggies Jello with Fruit 26 | Breakfast for Lunch Casserole Biscuit with Gravy Hash Browns Fruit Cup 27 |
| Lasagna Green Beans Tossed Salad Garlic Bread Mandarin Oranges 30 | Chicken & Dumplings Mashed Potatoes Peas Applesauce Cookies 31 | | | |

Menu is subject to change.



Autumn

L D L W X H B U C K E Y E S H
A R E D F A J B W O Y W I T F
K E T H G Y H A L P J S S F R
H A N B G R I L A U I D L E Z
Q R X Q Y I Z E Y J S E E A Z
I Y Q H C D W A W V L T Y Z N
C N G I C E F V Z M O J E X E
O O M I W S U E F P B F C R C
B O N F I R E S A M P N L F Y
W R V Z O P U M P K I N S N V
E A T P U C W K Z A S F C Z L
B K J A C K E T S B A T I C B
S I L X U K G F O O T B A L L
W N O L U Q W V C H I L I K G
K G D V S G W M E J Z B W U L

football
bonfires
jackets
raking

pumpkins
Buckeyes
cobwebs
dreary

hayrides
blustery
leaves
chili

Word Jumble

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