

ON THE UP SIDE

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

Letter to the Members

Inside the September newsletter you will find some changes. Each month we are going to try something a little different. Some months will not be as noticeable as others but change is happening On The Up Side.



NEWS INSIDE

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



ABOUT THE EQUIPMENT

Tim, PTA from Clinton Memorial Hospital will be here on September 19 from 10 a.m. until 11:00 a.m. to provide an education session on the exercise equipment.

Please plan on attending if you use the room.



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 | \$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 Loffin 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.



September

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. College Colors Day
2. Beard Day
3. Skyscraper Day
4. Wildlife Day
5. Be Late for Something Day
6. Read a Book Day
7. Salami Day
8. Iguana Awareness Day
9. Wienerschnitzel Day
10. Alpaca Day
11. Boss/Employee Exchange Day
12. Video Games Day
13. Fortune Cookie Day
14. Cream Filled Donut Day
15. Double Cheeseburger Day
16. Guacamole Day
17. International Country Music Day
18. First Love Day
19. Talk Like a Pirate Day
20. Punch Day
21. Miniature Golf Day
22. World Car-Free Day
23. International Day of Sign Languages
24. Rivers Day
25. One-Hit Wonder Day
26. Lumberjack Day
27. Tourism Day
28. Good Neighbor Day
29. World Heart Day
30. International Podcast Day

*On certain days we will try to have a treat at the center to celebrate!

*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.

HAPPY BIRTHDAY



Brenda Davis	09/01
Joan Holmes	09/02
James Morrison	09/02
Susan Utley	09/02
Beverly Yee	09/02
Andrea Hilderbrant	09/05
Dick Mitchener	09/09
Ruby Minton	09/13
Sybil Allen	09/14
Karen Williams	09/14
Mary Conger	09/16
Mary Camp	09/17
Manfred Kager	09/17
Jean Swindler	09/17
Van Jones	09/21
Janet Morris	09/23
Elizabeth Waddell	09/23
Beverly Back	09/25
Lois Gibson	09/25
Rose Harvey	09/27
Joanne Weston	09/28

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.

September Holidays

September 4th - Labor Day

Ohio Development Services Agency News Release

Mike DeWine, Governor
Jon Husted, Lt. Governor

Lydia L. Mihalik, Director



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

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, 2022 to May 31, 2023. 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 150% 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 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.



UPCOMING ACTIVITIES, EVENTS & OTHER NEWS



EVENTS & OTHER NEWS

Tuesday, September 5th, 12th, 19th, 26th @ 9 am CMH Fitness

Friday, September 15th - Birthday Celebration

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

Thursday, September 7th, 14th, 21st, 28th - 10:00 am Flexibility Exercise

Corn Festival September 8th, 9th and 10th.

September 16th - Game night, bring snack--drinks and ice provided.

September 9th - 5k Run/Walk, registration available online or in the office

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

CARDIO DRUMMING

The Aging Up Center
717 N Nelson Ave, Wilmington

TUESDAYS @ 5PM
STARTING SEPT 5, 2023

\$5 per class. You will need a 17 gallon bucket and a 65-75cm Exercise Ball. Drumsticks can be purchased for \$2.

CONTACT KIRSTY 937-218-1259
FOR MORE INFORMATION

For All Fitness Levels

Monthly Bus Trips!



September 2nd - Barrel House in Lebanon, leaving at 10:45 am

September 7th - Butter Bee's (Milford), leaving at 4 pm

September 14th - Old Bag of Nails in Mason, leaving at 4 pm

September 20th - Picnic at the Schoolhouse, leave at 11 am

September 21st - The Porch in Hillsboro, leaving at 4 pm

September 30th - Rip Rap Roadhouse in Dayton, leaving at 10 am

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

October 14th - A & M Orchard, leaving 1 pm after lunch

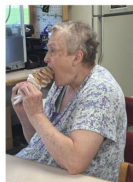
October 19th - Texas Roadhouse in Mason, leaving at 4 pm

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

HIGHLIGHTS!



August 10, 2023



OPEN HOUSE

Ohio State Fair 2023



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 August 2023 Board Report

MEALS: 406 meals were served to 80 clients

TRANSPORTATION: 222-one way trips were provided to 53 participants

ESP MEDICAL: There were 10 units for 3 clients.

HOME MEALS: There were 3,917 home meals delivered to 162 clients.

SUPPORTIVE SERVICES: There were 30 units for 72 clients

SOCIALIZATION/RECREATION: The center was visited by 99 clients.

EXERCISE ROOMS: 23 clients



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 and 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 East Center Street, Blanchester, OH 45107
Phone: 937-783-4949 Follow us on Facebook!

September Menu

<u>MON</u>	<u>TUE</u>	<u>WED</u>	<u>THU</u>	<u>FRI</u>
				Hamburger/bun Potato Wedges Broccoli Pineapple 1
CLOSED LABOR DAY 4	Beef Hot Shot Mashed Potatoes Peas Cookies 5	Chicken Casserole California Veggies Wheat Bread Grape Juice 6	Ham Sandwich 3 Bean Salad Carrot/Raisin Salad Mandarin Oranges 7	Cinci-Chili over Spaghetti Kidney Beans Broccoli Applesauce 8
Classic Taco Salad Refried Beans Corn Mixed Fruit 11	Chicken Salad Sand. Sliced Tomato Pasta Salad Cole Slaw 12	Meatloaf/Gravy Scallop Potatoes Mixed Veggies Fruit Cocktail 13	Smoked Sausage and Cabbage Stew Fried Potatoes Pudding 14	Salmon Patties Mac & Cheese Peas BIRTHDAY LUNCH 15
Ham and Beans Hash Browns 18	Vegetable Beef Stew Green Beans Corn Bread Fruit Juice 19	NURSING HOME LUNCH 20	Sloppy Joe Sandwich Tatar Tots Veggies Cupcakes 21	Pork Loin w/Gravy Mashed Potatoes Vegetable Medley Bread & Peaches 22
Lasagna Green Bean Side Salad Bread Peaches 25	Sausage and Sauerkraut Mashed Potatoes Dinner Roll Fruit Cup 26	Sweet & Sour Chicken White Rice Broccoli Fruit Juice 27	Chili PB Sandwich Mixed Fruit 28	Breakfast for Lunch Casserole Biscuits & Gravy Orange Juice Cinnamon Cake 29

Menu is subject to change.



Word Search

U S C O R N T O S S V K Y L A
X U P H M R W C V A D H W N N
C P S V S O Q T W R Y Z A Z K
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chair volleyball
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line dancing
dominos
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crafts

WORD JUMBLE

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