

ON THE SIDE

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

Important Information



NEWS INSIDE

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A Note From Shane:

As I finish my first 2 months at the Aging Up Center, I wanted to thank everyone for the warm welcome and helping me get up to speed! It's been a pleasure meeting everyone and getting to spend time with you at the Aging Up Center and on our Senior Trips.

We are excited to bring you some new activities and plan some fun Senior Trips for 2024. However, we do want to hear from you! You will be receiving a survey from us by mail in the next few weeks. We hope you'll take the time to complete and return the survey so we get your feedback on the Aging Up Center and learn how to better serve you.

Have a happy and healthy New Year in 2024!

The hours at the Aging Up Center WILL NOT CHANGE.

New Community Action Office Hours:

Monday - Thursday	7:00 am - 4:30 pm
Friday	Closed

Closed between 12-12:30 pm for lunch



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.



We need your help:

Starting next month we are updating our newsletter. We would like to know things you would like to see, or not see, in the monthly newsletter. Please tell either Carole or Kathy at the Aging Up Center front desk and they will get me your ideas. Some ideas: more puzzles, recipes, fun facts, back in the day articles, etc.

Did you know...

A traditional New Year's Day in the south is all about pork, greens, black-eyed peas, and cornbread. But did you ever know the meaning behind each of the foods?

- * Pork: Pork is said to bring prosperity and pregress, because pigs root as they eat, as opposed to backwar like chickens or turkeys.
- * Greens: Whether they're collard, turnip or mustard, or green beans on your plate represent wealth.
- * Black-eyed peas: They represent coins, luck, or the promise of prosperity.
- * Cornbread: Not only is it delicious, but it also is supposed to represent gold.

***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.



Ron Walters	01/01
Gail Satterthwaite	01/04
Marvin Ferris	01/07
David Moore	01/07
Heather Shuttleworth	01/09
Clara Gordon	01/11
George Ardwin	01/14
Randy Rodgers	01/15
Charlie Ritcher	01/16
Cathie M. Dees	01/17
Kathy Fox	01/21
Jeanie Walker	01/28
Paul Holmes	01/28
Amy Thirey	01/29
Carolyn Barker	01/31

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 Closures

January 1 - New Years Day

January 15 - Martin Luther King Day

2024

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, 2023 to March 31, 2024.

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. 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.

*PIPP (Percentage of Income Payment Plan) Applications are currently being accepted. Year around.

*HEAP (Home Energy Assistance Program) Applications are currently being accepted through 5/31/2024.

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

- Copies of most current heating AND electric bills
- Water bill if applicable
- 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.

Tips for staying warm this winter



1. Add Rugs to hardwood floors.
2. Reverse ceiling fan rotation.
3. Light up the fireplace.
4. Rearrange furniture to uncover vents.
5. Let faucets drip and open cabinet doors when temps drop below 25 degrees to prevent freezing pipes.

UPCOMING ACTIVITIES, EVENTS & OTHER NEWS



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 Class - Fridays at 10:00 am
 Chair Yoga - Mondays at 1:00 pm
 Cardio Drumming - Tuesdays at 5:00 pm and Thursday at 6:30 pm
 Silver Sneakers - Monday, Wednesday, Friday @ 9:00 am
 Flexibility Exercise - Thursdays at 10:00 am
 CMH Fitness - Tuesdays at 9:00 am



JOIN THE AGING UP CENTER FOR \$30/YEAR AND TAKE CONTROL YOUR HEALTH IN OUR NEW EXCERCISE ROOM.

~CODED EXTERIOR ENTRANCE
 ~OPEN HOURS MONDAY - SATURDAY
 8:00 AM - 8:00 PM

EVENTS & OTHER NEWS

Friday, January 19th - Birthday Celebration

MAKE 2024 THE YEAR YOU CHANGE YOUR HABITS!

Monthly Bus Trips!

December 30th - New Year's Eve Celebration, party starts at 5:00 pm
 January 9th - Nick's (Xenia), leaving at 3:30 pm
 January 11 - Ponderosa (Hillsboro), leaving at 2:00 am
 January 27th - Big Ernie's Pizza (Hillsboro), leaving at 10:30 am
 February 10th - Senior Prom at 6:00 pm
 February 22nd - Century Inn Restaurant (Tri-County), leaving at 3:30 pm
 March 7th - Red Lobster (Dayton), leaving at 4:00 pm
 March 14th - St. Patrick's Day Reuben Sandwiches, Lunch at the center
 March 28th - Easter lunch at the center
 April 11th - The Willows, leaving at 3:30 pm
 April 27th - Schmidt's (Columbus), leaving at 10:00 am

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



AGING UP SENIOR TRIPS



RUSTY KEG TAVERN

NOVEMBER 30, 2023



Road Trip!!

Keep reading our monthly newsletters for up to date trips. Make sure you call early, seats are limited.

WSB AGING UP Community Center Staff

Contact Information

Shane Breckel Aging Up Director	Jonda McCarren Supportive Services
Brian Garber Food Service Director	Bob Moreton Site Coordinator-Transportation

Aging UP Community Center October 2024 Board Report

MEALS: 489 meals were served to 92 clients

TRANSPORTATION: 137-one way trips were provided to 29 participants

ESP MEDICAL: There were 12 units for 3 clients.

HOME MEALS: There were 3,477 home meals delivered to 132 clients.

SUPPORTIVE SERVICES: There were 66.75 units for 94 clients

SOCIALIZATION/RECREATION: The center was visited by 153 clients.

EXERCISE ROOMS: 33 clients - 249 hours

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!

January Menu

MON	TUE	WED	THU	FRI
1 CLOSED	2 Beef Stew Corn Bread Green Beans Fruit Cup	3 Chili Dogs/Buns Fried Potatoes Broccoli Fruit Cocktail	4 Beef Hot Shot Mashed Potatoes Corn Bread Peaches	5 Pizza Casserole Bread Stick Green Beans Pudding
8 Sweet & Sour Chicken over White Rice Peas Dinner Roll Fruit Juice	9 Fish Sticks Tatar Tots Green Beans Fruit	10 Grilled Ham & Cheese Sandwiches Tomato Soup Toss Salad Brownies	11 Pulled Pork/Gravy Mashed Potatoes California Blend Dinner Roll	12 Meatloaf Scallop Potatoes Green Beans Bread Jello Dessert
15 CLOSED	16 Chicken Breast Sweet Potato Casserole Corn Biscuit	17 Meal Supplied by Wilmington Nursing Home	18 Hamburger/Bun French Fries Baked Beans Fruit Cup	19 Spaghetti/Meatballs Broccoli/Cauliflower Texas Toast Cake BIRTHDAY LUNCH
22 Ham & Beans Corn Bread Mixed Veggies Applesauce	23 Steak Hoagie Potato Bites Cucumber/Tomato Salad Fruit Cup	24 Smoked Sausage Sauerkraut Mashed Potatoes Mixed Veggies Mandarin Oranges	25 Cabbage Roll Casserole Baked Potatoes Peas Peaches	26 Chili Peanut Butter Sand. Toss Salad Baked Apples
29 Creamy Broccoli Soup Grilled Cheese Fried Potatoes Cookies	30 Sloppy Joes Tatar Tots Pasta Salad Fruit Cup	31 Cream Chip Beef over Mashed Potatoes Green Beans Fruit Cocktail	All meals come with 1% white milk and 100% fruit juice on day it is offered.	SUGGESTED DONATION AT MEAL TIME IS \$5.00

Menu is subject to change.

HELLO WINTER!



January

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

Hot Chocolate	Long Johns	Shoveling
Frostbite	Blizzard	Snowplow
Fireplace	Hibernate	Black Ice
Gloomy	Snowy	Chili

Finish the common phrase

1. A game of cat and _____.
2. I wasn't born _____.
3. Everything but the kitchen _____.
4. Bet your bottom _____.
5. He bled like a stuck _____.
6. She shed crocodile _____.
7. When the cats away, the mice _____.
8. Can't see past the end of his _____.
9. Turn over a new _____.
10. I never met a man I didn't _____.

mouse, yesterday, sink, dollar, pig, tears, play, nose, leaf, like

An anagram is made by rearranging the letters of another word. Write an anagram associated with the weather. Example: twiner=winter

forts	owns
wed	hate
clam	clod

frost, dew, calm, snow, heat, cold