

ON THE SIDE

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



A Note From Shane:

We are excited to bring you some fun things this month to keep you warm and active!

We will begin our Technology for Seniors Classes this month through a partnership with Wilmington High School. In February, March and April, students will lead a class focused on a particular technology subject on Fridays at NOON following our Congregate Lunch. The same class will be offered 4 times each of these months to ensure all members have multiple opportunities to attend and the class sizes remain small for more individualized attention. February's area of focus will be cell phones and how to get the most out of yours! Please see this newsletter for more information on the Technology Classes for Seniors and get "tech savy!"

On Saturday, February 10th at 6:00 pm, join us for your Senior Prom dance for music, food and fun! Please bring a dessert and/or snack to share as we get you warmed up for a good time!

If you are a new member or just want to learn more about our exercise room, please join Tim McComsey from Clinton Memorial Hospital as he shows how to use the equipment in our exercise room and gives you pointers on how to get the most out of your workouts. Tim will hold two informational sessions on our exercise room on Tuesday, February 6th and 27th at 10:00 am.

If you have any questions or ideas for the Center, please let me know or call me at 937-382-7170. I'm always eager to hear from you!

NEWS INSIDE

- February Birthdays
- Monthly Bus Trips
- Activities
- February Menu
- Photo Page
- Puzzle Section



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.



Below-freezing temperatures and winter weather are in the forecast across Ohio for much of the next week, and the Ohio Department of Aging (ODA) is encouraging older Ohioans and caregivers to be prepared.

"Winter weather events can be unpredictable, which makes it important for older adults and their loved ones to be proactive instead of reactive. Having a well-thought-out plan becomes paramount," said ODA Director Ursel J. McElroy. "I encourage older Ohioans and their caregivers to take the necessary steps to ensure safety, warmth, and access to essential supplies. Also, let's foster a community spirit where neighbors look out for one another, especially our older friends who may require additional support."

Be Prepared

Older Ohioans are encouraged to have an emergency plan and kit that will allow them to remain in place for at least three days if they are unable to safely leave their homes. A comprehensive plan and kit should include:

- A battery-operated radio, flashlight, and extra batteries for both of those items.
- Food that can be opened and prepared easily without electricity.
- One gallon of water per person, per day.
- A first-aid kit and backup supply of medications.
- Spare glasses, extra hearing aid batteries, and non-powered alternatives to assistive and medical equipment that may not work without electricity.
- A loud horn, whistle, or bell that can help first responders locate an individual in an emergency.
- The names and phone numbers of people to call for help if needed.
- A plan for where to go if it is unsafe to remain at home, and a plan for how to get there.

Caregivers should plan for the possibility that they will not be able to physically be with their loved ones – or that their loved ones may need to leave their home for safety – by doing the following:

- Know the locations of nearby emergency shelters and have a plan for getting your loved one there, especially if you don't feel safe driving.
- Identify trusted neighbors or nearby individuals who can act as backup caregivers in a crisis.
- Let your backup caregiver know about your loved one's condition and how to communicate with them effectively.
- Store a recent photo of your loved one and copies of their medical documents on your phone to share with first responders, if needed.

Check Your Neighbor

Checking in on older friends, relatives, and neighbors during severe weather helps them feel connected and gives you an opportunity to spot potential issues and help them get assistance if they need it.

Check their home: Is the temperature comfortable? Are they heating it safely? Is there any damage to their home? Are outdoor walkways clear of snow, ice, and debris?

- Check their health: Do they appear alert and aware? Have they fallen? Are they taking their medications as prescribed? Do they need medical attention?
- Check that their daily needs are being met: Do they have safe food and water? Are they able to do what they need to do? Do they have someone to call for support and a reliable way to call for emergency help if they need it?

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.

***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.



| | |
|--------------------|-------|
| William Elcook | 02/01 |
| Sue A. Straight | 02/01 |
| Jayne Garber | 02/04 |
| Dana Dunn | 02/05 |
| Carole Erdman | 02/09 |
| Brenda Jacob | 02/11 |
| Kathy Taylor | 02/14 |
| Tim Rudduck | 02/14 |
| Janice Lyons | 02/14 |
| Patricia Lewis | 02/15 |
| Faith Knisley | 02/18 |
| Benjamin Conger | 02/18 |
| Dave Leasure | 02/19 |
| Bobbi Hagen | 02/19 |
| Rosalie Guerra | 02/21 |
| Elaine Silverstrim | 02/21 |
| Garry Rasnic | 02/21 |
| Kathleen Burris | 02/21 |
| Libbie Curry | 02/22 |
| Connie Holmes | 02/24 |
| Tammy Taylor | 02/25 |
| Doris Florea | 02/25 |
| Thelma Taylor | 02/25 |
| Rick Clevenger | 02/26 |
| Karen White | 02/26 |
| Hannelore Buckley | 02/28 |

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

February Holidays Closures

February 19th - President's Day

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.

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

- Copies of most current heating AND electric bills
- 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

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

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

Be aware of scammers! If you receive a check in the mail that you do not know who is from, DO NOT CASH IT! The moment you cash it the scammer has full access to your bank accounts and could/will take all your funds.



UPCOMING ACTIVITIES, EVENTS & OTHER NEWS



February 2024 Aging Up Center Events

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 - Everyday

Art Class - Fridays at 10:00 am

Chair Yoga - Mondays at 1:00 pm

Cardio Drumming - Tuesdays and Thursdays at 6:30 pm

CMH Fitness - Tuesdays at 9:00 am

Silver Sneakers - Monday, Wednesday, Friday at 9:00 a.m

Flexibility Exercise - Thursdays at 10:00 am

March 14th - St. Patrick's Day Reuben Sand., Lunch at the center

March 28th - Easter lunch at the center

• **Technology for Seniors Classes – Fridays at NOON**

We will begin our Technology for Seniors Classes this month! The classes, led by students from Wilmington High School, will be held on Fridays in February, March and April at NOON following the Congregate Lunch.

Each month, the classes will be focused on a different area of technology of interest to seniors. The classes will be the same subject throughout the month so everyone will have multiple opportunities to catch that month's class and subject matter. Classes will be focused on the following subjects:

February 2nd, 9th, 16th & 23rd: Cell Phones

March 1st, 8th, 15th & 22nd: Staying Safe Online

April 5th, 12th, 19th, & 26th: Using Social Media

The **Technology Class** for February will focus on **cell phones** and helping you get the most out of your cell phone. **The same class will be held 4 times in February on Friday, February 2nd, 9th, 16th, and 23rd at NOON following the Congregate Lunch.** Time will be given at the end of each class to ask ANY technology questions you might have!

For more information, please contact Shane at 937-382-7170.

• **Exercise Room Tips and Instructions from CMH Fitness Instructor, Tim McComsey! – Tuesday, February 6th and Tuesday, February 27th at 10:00 am**

Come in and let Tim from CMH show you around our exercise room! Don't know how to use one of the pieces of equipment? Tim will show you how!

• **Senior Prom Dance- Saturday, February 10th at 6:00 pm**

Bring an ID to prove you're over 50 to attend this winter dance and join us for an evening of music, food and friends! Please bring a dessert and/or snack to share. RSVP with Carole or Kathy today! Invite your family and friends.



Monthly Bus Trips!

February 8th - Twin Dragon Chinese Restaurant (Mason), leaving @ 3:30 pm

February 22nd - Century Inn Restaurant (Tri-County), leaving at 3:30 pm

March 7th - Red Lobster (Dayton), leaving at 4:00 pm

April 11th - The Willows, leaving at 3:30 pm

April 27th - Schmidt's House German Restaurant (Columbus), leaving at 3:30 pm

New trips added each month!

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

NOTE: We anticipate having a new 15 passenger van coming soon which will enable us to increase our seating for trips.

HIGHLIGHTS!



ponderosa



SAY
cheese



I WOULD LIKE TO THANK EACH VOLUNTEER FOR STEPPING IN AND SHOWING UP FOR EACH CHILD! TODAY WAS ALL ABOUT FAMILY. EACH CHILD GOT TO EXPERIENCE A POSITIVE MALE ROLE MODEL. THESE DUDES CAME IN AND MADE OUR SCHOOL FAMILY A LITTLE BIGGER. I AM HUMBLLED AND GRATEFUL FOR THE CONNECTIONS THAT THESE MEN MADE WITH OUR KIDS. SO MANY TIMES THE IMPORTANCE OF A GOOD MAN IN A CHILD'S LIFE IS UNDERRATED, BUT TODAY SHOWED JUST HOW IMPORTANT THE PRESENCE OF A HEALTHY ROLE MODEL IS AND HOW SPECIAL IT IS TO CHILDREN AT THIS AGE. I'D ALSO LIKE TO THANK HAPPY COWS CREAMERY FOR DONATING MILK FOR OUR EVENT, MRS. ALYSSA FOR MAKING HOMEMADE DONUTS FOR OUR GUESTS, AND MISS. SAM FOR ALL OF HER HELP IN MAKING TODAY RUN SMOOTHLY.

MS. CHRISTAL - CLASSROOM 5



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 December 2023 Board Report

MEALS: 463 congregate meals were served to 73 clients

TRANSPORTATION: 144-one way trips were provided to 22 participants

ESP MEDICAL: There were no units.

HOME MEALS: There were 3,565 meals delivered to 145 clients.

SUPPORTIVE SERVICES: There were 76.3 units for 77 clients

SOCIALIZATION/RECREATION: The center was visited by 151 clients.

EXERCISE ROOMS: 48 clients for total 272 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!

February Menu

| MON | TUE | WED | THU | FRI |
|---|--|--|--|--|
| All meals come with 1% white milk and 100% fruit juice on day it is offered. | SUGGESTED DONATION AT MEAL TIME IS \$5.00 | | Beef Stew Corn Bread Green Beans Fruit 1 | Chicken Breast Mashed Potatoes Gravy Peas Roll and Fruit 2 |
| Potato Soup Grilled Cheese Mixed Veggies Fruit Cup 5 | Taco Salad Spanish Rice Corn Applesauce 6 | Cinci Chili /w Beans and Cheese California Veggies Wheat Bread Brownies 7 | Turkey Sandwich Pasta Salad Cole Slaw Pudding /w Wafer Cookie 8 | Chicken Pot Pie Mashed Potatoes Dinner Roll Fruit Cup 9 |
| Beef Hot Shot over Mashed Potatoes Peas Roll Mandarin Oranges 12 | Pizza Casserole Bread Sticks Carrots Pudding 13 | Salmon Patty Mac & Cheese Broccoli Bread Cookies 14 | Jambalaya Black Eyed Peas Southern Greens Corn Bread 15 | Sliced Ham Sliced Fried Potatoes Green Beans Wheat Bread Birthday Cake 16 |
| CLOSED 19 | Sloppy Joe Sandwich Sweet Potato Tots Cream Corn Fruit Cup 20 | Meal Supplied by Wilmington Rehab 21 | Chicken Breast w/ Gravy Sweet Potatoes Peas Biscuit 22 | Meatloaf Scallop Potatoes Green Beans/Corn Bread Pudding 23 |
| Breakfast Casserole Biscuit & Gravy Pan Cake Fruit 26 | Smoked Sausage w/ Mashed Potatoes Sauerkraut Mixed Veggies Fruit 27 | Cheese Manicotti/ Italian Sc. Italian Veggies Garlic Sticks Peaches 28 | Chicken/Noodle Soup Grilled Cheese Potato Patties Fruit/Jello 29 | |

Suggested Donation of \$5.00 - Menu is subject to change.



February

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

| | | |
|----------------|------------|-----------|
| Valentines Day | Sweetheart | Lovebirds |
| Bouquet | Jewelry | Hearts |
| Candy | Roses | Arrow |
| Cupid | Card | Kiss |

1950 Music Challenge

Draw a line from the singer to the correct song

- | | |
|------------------|-------------------|
| 1. Del Vikings | Riders in the Sky |
| 2. Bo Diddley | I Walk the Line |
| 3. Elvis | Come Go With Me |
| 4. Johnny Cash | Who Do You Love |
| 5. Vaughn Monroe | Teddy Bear |

Missing Doubles

Can you complete each word by supplying two missing letters which are the same? Do not form proper names.

| | |
|---------------|-----------------|
| A _ _ L E | M U _ _ I N |
| B R _ _ M | N _ _ N |
| C H E _ _ Y | O P O _ _ U M |
| D O _ _ A R | P I _ _ O W |
| E _ _ O R | Q U _ _ N |
| F O _ _ O W | R I _ _ O N |
| G I R A _ _ E | S C I _ _ O R S |