

# ON THE SIDE

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

## A Note From Shane

We are excited to bring you some fun things this month to keep active and ready for Spring!

We will continue our **Technology for Seniors Classes** this month through a partnership with Wilmington High School. We tackled 'cell phones' at our February classes and now we'll learn about 'staying safe online' at our classes in March! Classes will be held at NOON following our Congregate Lunch on March 8th, 15th, and 22nd.

It's time for our annual **Reuben Sandwich fundraiser** for the Aging Up Center! Join us at 11:30 am on Thursday, March 14th for freshly made Reuben Sandwiches! You can also pick them up or have them delivered to your office by contacting Brian by March 1st at 937-382-8365. The cost for the meal is \$10.00.

Join us as we partner again with Strength & Dignity Boutique for the first **Spring Fashion Show** to be held on Saturday, March 16th at NOON. Tickets are \$25.00 each and are now on sale at Strength & Dignity Boutique!



## NEWS INSIDE

- March Birthdays
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We're going to see the **Dayton Dragons baseball game** against the South Bend Cubs on Friday, July 12th! We will begin taking reservations for those wanting to attend the game starting this month. The cost for the game is \$15.00 per person and includes both a ticket and Dayton Dragons Hat. We ask that you pay when making a reservation as we must submit payment to the Dayton Dragons by June 1st. Don't miss this great time at Day Air Ballpark on July 12th!



**Clinton County Community Action Program, Inc.**

**WSB Aging Up Community Center**

**HOURS of OPERATION**

Monday - Friday | 8:30 AM - 3:30 PM | 937-382-7170

This institution is an equal opportunity provider and employer.

*Director  
Shane*

## 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

Did you know we manage senior housing and are currently accepting applications for the waiting list!

**Housing for 55+ years of age:**  
Blanchester Senior Villas (\$600/m)  
located at 100 Madalyn Loftin Drive, Blanchester;

Clinton Commons I (\$600/m)  
located at 100 Commons lane, off of Howard Street, Wilmington;

Clinton Commons II (\$600/m)  
located on Jeanie Wilson Way, off of Nunn Ave., Wilmington.

**Housing for 62+ years of age:**  
Community Commons (2 bedroom \$525/m, 3 bedroom \$575/m)  
located on Community Drive, off of Nelson Ave., Wilmington.

For more information, please call 937-382-8886.

This institution is an equal opportunity provider.



## March

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

**March 1<sup>st</sup>:** Peanut Butter Lovers' Day

**March 2<sup>nd</sup>:** Old Stuff Day

**March 3<sup>rd</sup>:** Caregiver Appreciation Day

**March 4<sup>th</sup>:** Hug a GI Day

**March 5<sup>th</sup>:** Multiple Personality Day

**March 6<sup>th</sup>:** National Oreo Cookie Day

**March 7<sup>th</sup>:** National Cereal Day

**March 8<sup>th</sup>:** National Proofreading Day

**March 9<sup>th</sup>:** Genealogy Day

**March 10<sup>th</sup>:** International Day of Awesomeness

**March 11<sup>th</sup>:** Johnny Appleseed Day

**March 12<sup>th</sup>:** Girl Scouts Day

**March 13<sup>th</sup>:** Ear Muff Day

**March 14<sup>th</sup>:** National Pi Day

**March 15<sup>th</sup>:** Ides of March

**March 16<sup>th</sup>:** National Quilting Day

**March 17<sup>th</sup>:** Saint Patrick's Day

**March 18<sup>th</sup>:** Awkward Moments Day

**March 19<sup>th</sup>:** Earth Day

**March 20<sup>th</sup>:** International Day of Happiness

**March 25<sup>th</sup>:** Pecan Day

**March 26<sup>th</sup>:** National Spinach Day

**March 27<sup>th</sup>:** Something on a Stick Day

**March 29<sup>th</sup>:** World Piano Day

**March 30<sup>th</sup>:** Take a Walk in the Park Day

**March 31<sup>st</sup>:** National Crayon Day

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

## HAPPY BIRTHDAY



Edward	Adams	03/01
Karen	Moore	03/01
Denise	Lane	03/02
Charles	Green	03/03
Donna	Minge	03/04
Bonita	Wolf	03/04
David	English	03/04
C Sherry	Williams	03/05
Zeny	Jackson	03/05
Larry	Ritt	03/06
Rich	Baker	03/07
Cathie	Streator	03/07
Linda	Merritt	03/09
Janet	Johani	03/10
Nancy	Bernard	03/11
Ann	Kuehn	03/12
Bill	Swartzel	03/12
Karen	Long	03/12
Rick	Cook	03/13
Judi	Clay	03/14
Tom	Murphy	03/14
Delford	Jackson	03/15
Nick	Babb	03/15
Jane	Gardina	03/15
Renita	Cook	03/15
David	Kline	03/17
Lisa	English	03/20
Joan	Williams	03/23
Sara	Conley	03/25
Jennifer	Beal	03/25
Donna	Clevenger	03/27

If a birthday is missing, please politely let us.

### 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 will end March 31<sup>st</sup>.

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

### 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 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 end March 31<sup>st</sup>.

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

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](http://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 5/31/2024*

## **Daily Activities**

**Pool** – Mon, Wed, Fri @ 8:15 am

**Silver Sneakers** – Mon, Wed, Fri @ 9:00 am

**Corn Toss** – Mon / Wed @ 10:30 am

**Chair Yoga** – Mon @ 1:00 pm

**CMH Fitness** – Tues @ 9:00 am

**Euchre** – Tues @ 12:15 pm

**Line Dancing** – Tues @ 2:30 pm

**Cardio Drumming** – Tues @ 5:00 pm / Thurs @ 6:30 pm

**Flexibility Exercise** – Thurs @ 10:00 am

**Chair Volleyball** – Thurs @ 12:15 pm

**Book Club** – Thurs @ 2:30 pm

**Art Class** – Fri @ 10:00 am

**BINGO** – Fri @ 12:15 pm

**Mexican Train Dominoes** – Everyday @ 12:15 pm

## **March Events**

### **Technology for Seniors Classes**

March 8<sup>th</sup>, 15<sup>th</sup> & 22<sup>nd</sup>: Staying Safe Online

April 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, & 26<sup>th</sup>: Using Social Media

We will continue our Technology for Seniors Classes this month. The classes, led by students from Wilmington High School, will be held on Fridays 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. For more information, please contact Shane at 937-382-7170.

### **Reuben Sandwich Fundraiser for the Aging Up Center**

Thursday, March 14<sup>th</sup> @ 11:30 am

We're not Irish but our corned beef is! Join us at 11:30 am on March 14th at the Aging Up Center for freshly made Reuben Sandwiches. If you would like to pick them up or have them delivered to your office, please contact Brian by March 1st at 937-382-8365. The cost is \$10.00 per meal.

### **Spring Fashion Show**

Saturday, March 16<sup>th</sup> @ NOON

Join us as we partner with Strength & Dignity Boutique for the Spring Fashion Show! Tickets are \$25.00 and are on sale now at 57 West Main Street, Wilmington.



## **Monthly Bus Trips!**

Senior Trip to **Red Lobster** in Dayton on **Thursday, March 7th** (leave at 4:00 pm)

Senior Trip for **Thrifting and Cheddar's Scratch Kitchen** in Centerville on **Saturday, March 23rd** (leave at 9:00 am)

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



## HIGHLIGHTS FROM FEBRUARY!





## WSB AGING UP Community Center Staff

**Contact Information****Shane Breckel**

Aging Up Director

**Brian Garber**

Food Service Director

**Jonda McCarren**

Supportive Services

**Bob Moreton**

Site Coordinator-Transportation

## Aging UP Community Center

**January Report****MEALS:** 436 meals were served to 79 clients**TRANSPORTATION:** 159-one way trips were provided to 29 participants**ESP MEDICAL:** There were 0 units for 0 clients**HOME MEALS:** There were 3,176 home meals delivered to 128 clients**SUPPORTIVE SERVICES:** There were 73.5 units for 94 clients**SOCIALIZATION/RECREATION:** The center was visited by 162 clients**EXERCISE ROOMS:** 60 clients

## THANK YOU

**To Our Sponsors**of Clinton County  
Supported Agency

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 &amp; 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 &amp; 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!

## March Menu

Please remember to RSVP for meals at least 24 hours in advance @ 937-382-7170

Mon	Tue	Wed	Thu	Fri
				1 Hamburger/Bun Macaroni Salad Baked Beans Jello Salad
4 Ham & Beans Corn Bread Mixed Veggies Fruit	5 Beef Hot Shot Mashed Potatoes/ Gravy Peas	6 Baked Spaghetti Broccoli Garlic Bread Side Salad	7 Taco Salad Spanish Rice Baked Corn Fruit	8 Pulled Pork Scallop Potatoes Cauliflower/Broccoli Dinner Roll 100% fruit Juice
11 Meatloaf Mashed Potatoes Green Beans Roll and Fruit	12 Chicken Breast Sweet Potatoes Peas & Carrots Biscuit	13 Chef Salad Bread Sticks	14 REUBEN SANDWICHES \$10.00 PER MEAL PRE-PAID	15 Potato Soup Broccoli Grilled Cheese Sand. Fruit Cup Cake & Ice Cream
18 Beef Stew Corn Bread Green Beans Fruit	19 Cream Chipped Beef Mashed Potatoes Side Salad Fresh Fruit cup	20 Meal provides by Wilmington NH (Lasagna Meal)	21 Smoked Sausage/w Sauerkraut Mashed Potatoes Cream Corn Fruit	22 Fish Sticks Tatar Tots Carrots Wheat Bread Fruit
25 Cabbage Roll Casse- role Fried Potatoes Green Beans	26 Turkey & Cheese Sand Potato Salad Cole Slaw Pudding w/ Wafer Cookie	27 Salmon Patties Mac & Cheese Cream Peas Fruit	28 EASTER LUNCH Ham Scallop Potatoes Green Beans Dinner Roll Cup Cakes	29 CLOSED GOOD FRIDAY

Menu subject to change without notice





## WORD SEARCH

WATTELL DATA