

# ON THE UP SIDE

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

NEWS  
BIRTHDAYS  
EVENTS & TRIPS  
PHOTO PAGE

SPONSOR SHUTOUT  
LUNCH MENU  
ACTIVITIES  
PUZZLE

## A Note From Shane

Bring on summer! As we transition from spring to summer, we have 3 trips planned this month and some opportunities for our Seniors and Head Start students to have some fun together! In May, we have planned the following trips:

- **The Village Restaurant, Waynesville on Saturday, May 4th** (leave at 10:30 am)
- **Butterbees, Milford on Thursday, May 9th** (leave at 3:00 pm)
- **Old Spaghetti Factory & Jungle Jims on Thursday, May 30th** (leave at 1:00 pm)

Reservations for all 3 trips are currently being accepted and can be made in-person at the Aging Up Center front desk or by calling 937-382-7170.

We would like to invite our senior ladies to a **Mother's Day Brunch** with our Cocoon Classroom on **Wednesday, May 8th at 10:00 am!** Seniors and students will enjoy food and work on a craft project to give to their mothers/grandmothers. All seniors in attendance will also receive a special Mother's

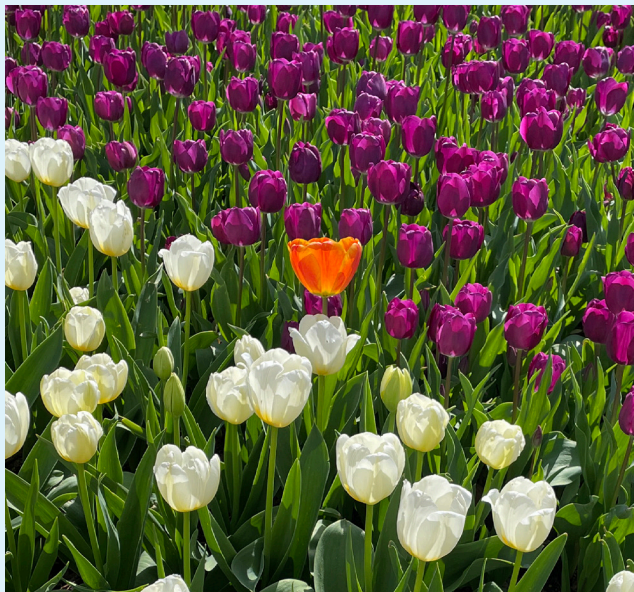



Photo by Molly Boatman - Cincinnati Zoo  
Want a chance to feature your photo? Email info@clintoncap.org

Day gift! If you're able to attend, please **RSVP by Friday, May 3rd by calling 937-382-7170** or by signing up at the Aging Up Center front desk. Seniors are also invited to join our Head Start students for fun, food, and fishing at the **annual Head Start Fishing Derby** being held at the Thousand Trails Campground on **Monday, May 20th from 9:00 am to 3:00 pm!** Get in the summer mood and help the kids catch some fish as they celebrate the end of the school year. If you would like to attend, please **RSVP by Friday, May 17th by calling 937-382-7170** or by signing up at the Aging Up Center front desk.

We will continue our **Senior Technology Classes** throughout the summer on a new day and time! **Classes will now be held on Thursdays at 10:00 am.** This month we will discuss cell phones again. If you want to learn more about the basics and what you can do with your cell phone, please join us on the following Thursdays this month: **May 2nd, May 9th, May 16th and May 23rd.**

Do you have a question or feedback about the Aging Up Center? I can be reached by phone at 937-382-7170, by email at shanebreckel@clintoncap.org, or in-person during my office hours.

*Director  
Shane*



**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.

## REMINDER

If you are unable to attend an trip or no longer wish to, please call the center ASAP so that someone from the waiting list can be moved up.

## REMINDER

Tea & lemonade will now be 50¢ per glass. This policy change is due to a recent increase in waste by congregated lunch attendees.

## 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.

# May is Community Action Month



Working to eliminate poverty in Clinton County since 1965.

## May is national Community Action Month!

For almost 60 years now, Clinton County Community Action, a local, private, non-profit corporation has been largely by grants obtained from Federal and State sources. Our primary goal of is to help reduce poverty in Clinton County. Our promise is to changes people's lives, embodies the spirit of hope, improve communities, and makes America a better place to live. We care about our entire community, and we are dedicated to helping people help themselves and each other.

### Are you familiar with all the services we offer?

- Emergency Food Pantry
- Home Weatherization
- Home Energy Assistance Program
- Winter Crisis Program
- Summer Crisis Program
- Percentage of Income Payment Plan Plus Program
- Erdman Head Start Center (3-5 years old)
- Clinton County Early Learning Center (0-5 years old)
- Affordable housing for families and seniors
- Wilmington Savings Bank Aging Up Community Center
- Senior transportation
- Meals on Wheels
- Senior supportive services
- Recreation, exercise, and socialization

**and so much more!**



## 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 to May 31, 2024. Clients at or below 175% of the Federal Poverty Guidelines (FPG) receive a benefit in the form of a direct payment toward their main heating account. HEAP benefits are typically credited directly towards the eligible client’s energy heating bill 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:

- Copies of current heating AND electric bills
- Photo ID of applicant
- Proof of Disability if applicable
- 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)*
- 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)*

Applications are accepted by walk in only at 789 North Nelson Avenue, Wilmington from 7am until 3pm Monday through Thursday. 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.



Penny	Fouch	5/01
Gail	Davis	5/03
Robert	Jacob	5/03
Judy	Delph	5/05
Joyce	Kozopas	5/05
Aleta	Brown	5/06
Jim	Hibbs	5/06
Nancy	Johnson	5/07
Robert	Green	5/08
Kathy	Harker	5/08
David	Smith	5/08
Norma	Sherod	5/09
Richard	Caplinger	5/09
Cathy	Lambcke	5/10
Rick	Buckner	5/14
M. Jane	Leasure	5/16
Colleen	Wilson	5/16
Alice	Goldsberry	5/17
Sandra	Fisher	5/17
Beverly	Carpenter	5/18
Artin	Sahakian	5/18
Charlotte	Lawrence	5/20
Orven	Nicely	5/21
Shari	Walker	5/21
Ken	Huffengerger	5/24
Lillie	Scanlon	5/25
Diania	Wiget	5/26
Graesser	Joyce	5/26
Joyce	Graesser	5/26
Kathryn	Snowball	5/27
Tonya	Jones	5/27
Donna	Gibson	5/29
Richard	Williams	5/29
Eddie	Edwards	5/29
Nancy	Davis	5/30
Kathy	Lewis	5/30
John	Porterfield	5/31

## May Events

### Technology for Seniors Classes

May 2nd, 9th, 16th, & 23rd at 10:00 am.

Now Thursdays, each class will focus on NEW information. Classes will be taught by Shane & Molly.

### Mother's Day Brunch w/Head Start Students

Wednesday, May 8th at 10:00 am

Seniors are invited to brunch with the Head Start students from the Cocoon Classroom! Enjoy food and help the students with craft project to give to their mothers/grandmothers for Mother's Day. RSVP by Friday, May 3rd by calling 937-382-7170 or by signing up at the Aging Up Center front desk.

### Game Night – Saturday, May 18th at 3:00 pm

Game Night is back! Come in for cards, dominoes, and more at the Aging Up Center!

### Annual Head Start Fishing Derby – Monday, May 20th from 9:00 am to 3:00 pm

Seniors are invited to this annual event for fun, fishing, and food at the Thousand Trails Campground! Help the students catch some fish and celebrate the end of the school year. RSVP by Friday, May 17th by calling 937-382-7170 or by signing up at the Aging Up Center front desk.

### Memorial Day cookout – Thursday, May 23rd at noon

Weather permitting. Park behind the community action building. Hamburgers, French fries, baked beans and pie.

**For more information on events, please call 937-382-7170.**

## Upcoming Excursions!



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

Reservations for most trips will now be accepted beginning ONE month in advance. Please notify us at your earliest convenience if you make a reservation and are unable to attend so we can have an accurate count of attendees and can properly plan transportation. Thank you!

Saturday May 4, leave @ 10:30 am, the Village Restaurant in Waynesville

Thursday May 9, leave @ 3 pm, Butterbees Restaurant in Milford

Thursday May 30, leave @ 1:00 pm, Jungle Jim's & Spaghetti Factory

Thursday June 20, leave @ 3 pm, Silver Spring House in Cincinnati  
(Reservations begin May 1)

Saturday June 29, leave 9:00 am, Mystery Senior Trip  
(Reservations begin May 1)

Friday July 12, leave 4:30 pm, the Dayton Dragons Baseball Game

Thursday August 1, leave 3:00 pm, Terry's Carryout & Ice Cream Bar  
(Reservations begin June 1)

Wednesday, August 7, leave @ 3:00 pm, Pickles & Bones BBQ Restaurant  
(Reservations begin July 1)

Thursday, September 19, leave @ 9:30 am, Saturday Night Fever - La Comedia Dinner Theater  
(Full but accepting names for wait list)

## Highlights From April!



## WSB Aging Up Community Center February Report

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**MEALS:** 540 meals were served to 118 clients

**TRANSPORTATION:** 131-one way trips were provided to 23 participants

**ESP MEDICAL:** There were 6 units for 3 clients

**HOME MEALS:** There were 3,214 home meals delivered to 134 clients

**SUPPORTIVE SERVICES:** There were 57.5 units for 89 clients

**SOCIALIZATION/RECREATION:** The center was visited by 157 clients

## WSB Aging Up Community Center Staff

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### Shane Breckel

Aging Up Director  
shanebreckel@clintoncap.org

### Jonda McCarren

Supportive Services  
jondamccarren@clintoncap.org

### Molly Boatman

Outreach Coordinator  
mollyboatman@clintoncap.org

### Brian Garber

Food Service Director  
briangarber@clintoncap.org

### Bob Moreton

Site Coordinator-Transportation  
bobmoreton@clintoncap.org

## Thank you to our 2024 sponsors

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**Wilmington**  
NURSING & REHABILITATION CENTER

"Personal Attention. Proven Results"

**WILMINGTON**  
Savings Bank

"Modern Banking the Hometown Way"



"Discover our community's heritage  
Thursdays, Fridays, and Saturdays"



A United Way of Clinton  
County Supported Agency



"Welcome to your new family...  
The Wilmington Auto Center family!"

# May Menu

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

Mon	Tue	Wed	Thu	Fri
<i>Menu subject to change without notice</i>		1 Chicken & Noodles Mashed Potatoes Mixed Vegetables Wheat Roll Fruit Cup	2 Spaghetti & Meatballs Broccoli Tossed Salad Garlic Bread Fruit	3 Pork Loin w/gravy Dressing Mashed Potatoes Carrots Peaches
6 Beef Taco Salad Tomatoes Tortilla Chips Corn Mixed Fruit	7 Ham & Beans Fried Potatoes Cornbread Fruit	8 Turkey & Cheese on Wheat Macaroni Salad Tomato Lettuce Mandarin Oranges	9 Sloppy Joe on Bun French Fries Coleslaw Fruit Cookie	10 Sausage & Cabbage Sliced Potatoes Combread Pudding
13 Sweet and Sour Chicken Rice Broccoli Dinner Roll Fruit Juice Sponge Cake	14 Bacon, Sausage & Egg Casserole with Potatoes Stewed Tomatoes Biscuit w/ gravy Orange Juice	15 Meal sponsored by Wilmington Nursing & Rehab	16 Cheese Ravioli Tossed Salad Bread Stick Fruited Jello	17 Meatloaf Mashed Potatoes Green Beans Dinner Roll Fruit Juice Birthday Dinner
20 Fish Sticks Hashbrowns Green Beans Wheat Bread Mixed Fruit	21 Chicken Pot Pie Casserole Mashed Potatoes Applesauce Cookies	22 Lasagna Tossed Salad Green Beans Garlic Stick Pudding	23 Cheeseburgers on Bun Tater Tots Baked Beans Fruit	24 Creamed Chipped Beef on Biscuit Mashed Potatoes Corn Pears
27 Closed in observance of Memorial Day	28 Smoked Sausage Sauerkraut Mashed Potatoes Green Beans Dinner Roll Mixed Fruit	29 Salmon Patty Macaroni & Cheese Creamed Peas Coleslaw Fruit Juice	30 Chef Salad w/Ham, Egg, Tomato, Cucumber and Cheese 2 packets Crackers Peaches	31 Chicken Alfredo Noodles Peas & Carrots Wheat Roll Fruit

## DAILY ACTIVITIES

### Pool/Billiards

Mon, Wed, Fri @ 8:15 am

### Silver Sneakers

Mon, Wed, Fri @ 9:00 am

### Corn Toss (NEW)

Mon, Wed, Fri @ 10:30 am

### Bridge (NEW)

Mon @ 9:00 am

### Chair Yoga

Mon @ 1:00 pm

### CMH Fitness Class

Tue @ 9:00 am

### Line Dancing

Tue @ 2:30 pm

### Cardio Drumming

Tue @ 5:00 pm, Thurs @ 6:00 pm

### Chair Volleyball

Thurs @ 12:15 pm

### Art Class

Fri @ 9:00 am

### Have an idea or suggestion for activities?

Email [info@clintoncap.org](mailto:info@clintoncap.org)

# HERB GARDEN

## WORD SEARCH PUZZLE

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

ANISE HYSSOP	CILANTRO	LAVENDER	PARSLEY
BASIL	CORIANDER	LEMON BALM	ROSEMARY
BAY LAUREL	CUMIN	MARIGOLD	SAGE
CALENDULA	DILL	MARJORAM	SAVORY
CHAMOMILE	FENNEL	MUSTARD	TARRAGON
CHIVES	FEVERFEW	OREGANO	THYME