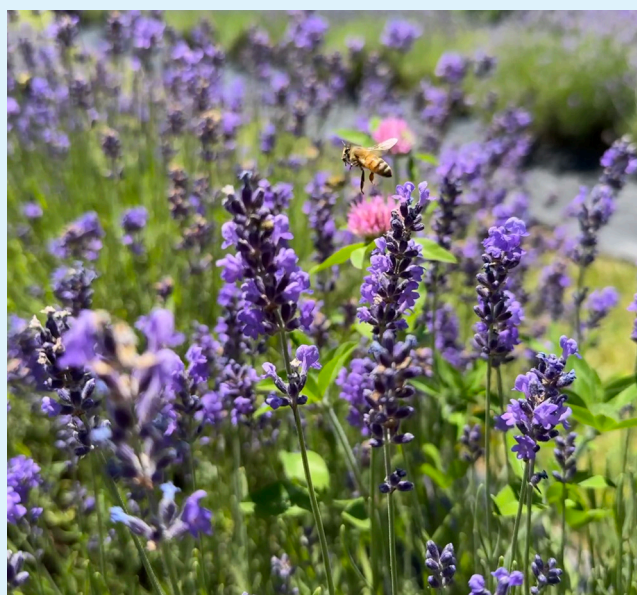


# ON THE UP SIDE

CLINTON COUNTY COMMUNITY ACTION PROGRAM, INC.

WSB Clinton County Aging UP Community Center



Honey Bee on English Lavender @ Peaceful Acres Lavender Farm  
Photo by Molly Boatman

Interested in featuring your own photo? Email [info@clintoncap.org](mailto:info@clintoncap.org)

## A Note From Shane

It may be hot, but we've got some cool things happening this month at the Aging Up Community Center to keep you active, learning, and, most importantly, LAUGHING! If you've ever been on one of our Senior Trips, you know what I'm talking about!

Our first trip of the month will help you kick off your 4th of July holiday with a trip to **Young's Dairy for lunch** (and of course ice cream!) on **Wednesday, July 3rd!** We still have space available to make your reservation today!

Our second trip of the month has us making our inaugural trip to see the **Dayton Dragons baseball team on Friday, July 12th!** We are currently at capacity for this event but please sign up for the backup list as cancellations do happen and we don't want any tickets to go to waste.

Our third trip of the month will be **lunch at Ceasers Creek Lake on Tuesday, July 16th!** We will take lunch on the road for a nice summer trip to one of our beautiful local lakes. Reservations are now being accepted!

Our final trip of the month has us going to the legendary **Scioto Ribber restaurant in Portsmouth on Saturday, July 20th!** If you

love food prepared on the grill, you will love this restaurant. Plenty of spaces are available so make your reservation today!

Starting this month, we welcome **Peoples Bank** for a series of presentations on **fraud awareness**. Our first presentation will be on **Thursday, July 18th at 9:30 am**. Unfortunately, seniors are the most common target of fraud attempts and these presentations will give you the information and tools to stay safe. Find more information on this presentation later in this newsletter and stay tuned for the date of the August presentation!

Our **Technology Classes for Seniors** continue this month on **Thursdays at 10:00 am** with **Molly Boatman retaking over teaching**. **Tech Time Learning Labs** are discontinued until further notice. If you're having a technology issue or frustration, please attend Thursday classes.

Do you have a question or feedback about the Aging Up Center? Please don't hesitate to reach out to me! I can be reached by phone at 937-382-7170, by email at [shanebreckel@clintoncap.org](mailto:shanebreckel@clintoncap.org), or in-person during my office hours. I'm always happy to hear from you!

*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.

## Volunteer Opportunities at the Aging Up Center



Did you know by volunteering at the Aging Up Center you can play a valuable role in raising funds to help the Center continue to operate?

- We need help preparing chicken for the pressed chicken sandwiches we will be selling at the 2024 Clinton County Corn Festival.
- We also need help with the lunches and dinners we cater to outside groups renting the Aging Up Center. This would consist of helping serve meals and cleaning up after the event.

**If you would like to rent the center for an upcoming event or would like to volunteer to help us with events at the center, please contact Stella at 937-382-8365.**

## FREE Farmers Market Program

The Ohio Department of Aging partners with Area Agencies on Aging to offer the Senior Farmers Market Nutrition Program. Participants receive benefits to be redeemed for Ohio grown fresh vegetables, fruits, cut herbs, and honey.

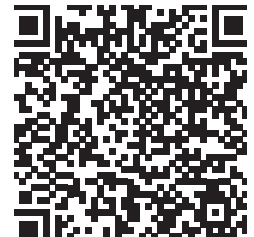
You are eligible for the Ohio Senior Farmers Market Nutrition Program if:

1. You are age 60 or older, and,
2. You live in Ohio, and
3. You have a household income that falls within certain guidelines.

Scan the QR code to enroll or visit: <https://aging.ohio.gov/care-and-living/health-and-safety/Health-and-safety-resources/sfmnp-form/sfmnp-join>



Apply now to the **Senior Farmers Market Nutrition Program**



## Senior Fraud Awareness Presentation by Peoples Bank

**Thursday, July 18th at 9:30 am**

Branch manager Fiona Pendell and Assistant Branch Manager Kassi Harris from Peoples Bank are coming to teach a fraud awareness class at the Clinton County Aging Up Center. The class will highlight what to be on the lookout for, common scams and how to avoid them, and what to do if you have been scammed. Stop by to pick up flyers, listen to a brief presentation, and ask questions!

This will be the first in a series of presentations. Stay tuned for the date and time of the August presentation!



## HEAP Summer Crisis Program

The **2024 Summer Crisis Program (SCP)** will provide eligible households with a one-time benefit to assist with electric utility bills, central air conditioning repairs, and air conditioning unit and/or fan purchases. Household income must be at or below 175% of the Federal Poverty Guidelines and household's must have at least one additional eligibility criteria listed below:

- A household member who is age 60 or older.
- A household member has a documented medical condition verified by a licensed medical professional who is qualified under Ohio law to write prescriptions.
- Percentage of Income Payment Plan Plus (PIPP) customers are eligible for assistance towards their default PIPP payment, first PIPP payment, central air conditioning repairs, or may receive an air conditioning unit and/or fan.
- A household's electric utility has a disconnect notice, has been shut off, or new electric service is being established for the household. These households may also receive an air conditioning unit and/or fan or central air conditioning repairs if the household can maintain electric service for 30 days.

This year the program will be open July 1 – September 30, 2024. The maximum benefit amounts for the 2024 program are: \$500 for customers of regulated utilities and \$800 for customers of unregulated utilities (municipal utilities or cooperatives). Air conditioning units and/or fans may only be provided to eligible customers who have not received an air conditioning unit or fan in the last three years. Up to \$1500 for central air conditioning repair. The utility assistance benefit is separate from the additional benefit. Households may receive the maximum utility assistance benefit towards their electric bill and still receive an additional benefit (i.e., central air conditioner repair, air conditioner unit, and/or fan).

### Percentage of Income Payment Plan applications are currently being processed.

Applications are currently being accepted by walk in only at 789 North Nelson Avenue, Wilmington, OH 45177 from 7:00 a.m. until 3:00 p.m. Monday – Thursday, closed 12:00 pm – 12:30 pm for lunch. 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.

**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. Client can apply online at [www.energyhelp.ohio.gov](http://www.energyhelp.ohio.gov) or in person at Community Action, 789 North Nelson Avenue, Wilmington, OH. The program runs from July 1 to May 31, 2025. 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.



Susan	Frazier	7/1
Israel	Guerra Jr.	7/1
Anita	Rogers	7/1
Barbara	Thomas	7/1
Peggy	Bennett	7/5
Nancy	Ederer	7/5
Mike	Fouch	7/7
Melanie	Morgan	7/7
Martha	Riley	7/7
Nancy	Baker	7/8
Ann	Bowen	7/8
Sue	Kratzer	7/8
Florence	Pennington	7/8
Beatrice	Pirman	7/8
Esther	Jordan	7/9
Sid	Clay	7/10
Sandra	Webb	7/10
Kim	Duncan	7/11
William	Haynie	7/11
Mike	Boris	7/12
Lisa	Keys	7/12
Shelly	Straight	7/13
Cathy	Collins	7/14
Cindy	Petrich	7/14
John	Philp	7/14
Glen	Orr	7/15
Linda	Hartman	7/18
Kathy	Powell	7/21
Connie	Wilson	7/21
Esther	Brinkman	7/22
Roger	Dedrick	7/22
Anne	Lynch	7/22
Charity	Gehringer	7/24
Martha J	Millikin	7/25
Elaine	Barrett	7/26
Joan	Burge	7/26
Helen	McFadden	7/26
Carolyn	Sharp	7/27
Janet	Townsend	7/27
Lorraine	Wise	7/27
Betty	Yarger	7/27
Cheri	Cleaver	7/28
Julia	Jones	7/28
Patty	Hickey	7/29
David	Redman	7/31
Dorothy	Weiford	7/31

## Upcoming Excursions!

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

- Wednesday, July 3, leave 10:00 am, Young's Dairy - Yellow Springs
- Friday, July 12, leave 4:30 pm, Dayton Dragons Baseball Game - Dayton.  
We are at the ticket limit for this event but are taking reservations for the backup list!
- NEW** – Tuesday, July 16, leave at 10:30 am, Picnic at Ceasers Creek Lake for Lunch.  
Reservations are currently being accepted!
- NEW** – Saturday, July 20, leave at 9:00 am, Scioto Ribber Restaurant in Portsmouth.  
Reservations are currently being accepted!
- Thursday, August 1, leave 3:00 pm, Terry's Carryout & Ice Cream Bar - Lynchburg.  
Reservations will be accepted starting June 1.
- Wednesday, August 7, leave 3:00 pm, Pickles & Bones Barbecue Restaurant - Milford.  
Reservations will be accepted starting July 1.
- Friday, August 16, leave 10:00 am, Cincinnati Art Museum - Cincinnati.  
Reservations will be accepted starting July 1.
- NEW** – Saturday, August 31, leave at 10:30 am, The Porch Restaurant - Hillsboro.  
Reservations will be accepted starting July 1st.
- NEW** – Tuesday, September 17, leave at 1:00 pm, A&M Apple Orchard - Midland.  
Reservations will be accepted starting August 1st.
- Thursday, September 19, leave 9:30 am, La Comedia - Springboro.  
We are at the ticket limit for this event but are taking reservations for the backup list!
- DATE CHANGE** – Thursday, October 17, leave 8:30 am, Buc-ee's - Richmond, Kentucky.  
Reservations will be accepted starting September 1.
- Saturday, October 26, leave 9:00 am, Chillicothe for food & shopping.  
Reservations will be accepted starting September 1.
- Thursday, November 7, leave 3:00 pm, El Asadero Mexican Restaurant - Centerville.  
Reservations will be accepted starting October 1.
- Saturday, November 16, leave 9:00 am, Der Dutchman Restaurant.  
Reservations will be accepted starting October 1.
- NEW** – Tuesday, December 10, leaving TBD, B&B Riverboats for Holiday Lunch.  
More information to come!
- NEW** – Saturday, December 14, leave at 4:00 pm, Kings Island for 'Winterfest'.  
Reservations will be accepted starting November 1st.

### 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.

# Highlights From June!



## July Events

### Technology for Seniors Classes

Every Thursday at 10:00 am.

Each class will focus on NEW information. Classes will be now be taught by Molly Boatman.

### Tech Time Learning Labs

Labs are discontinued until further notice. If you're having a technology issue or frustration, please attend Thursday classes.

### Game Nights

Saturday, July 6, July 13 & July 27 @ 3:00 pm

To make up for not having a Game Night in June, we're giving you THREE in July!

### Caesar Creek State Park

Tuesday, July 16, @ 11:30 am

Join us for a summer picnic at Caesar Creek State Park. We will be cooking out and playing group games. Bring a side dish or dessert to share.

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

## Aging Up Community Service Report

Served 479 **meals** to 97 clients.

Delivered 3,724 **home meals** to 124 clients.

Needed 16 **ESP medical** units for 8 clients.

Provided 181-one way **transportation** trips to 28 clients.

Provided 77 **supportive services** units for 71 clients.

Welcomed 230 clients for **socialization/recreation** to the center.

## Thank you to our 2024 sponsors

SENIOR CITIZEN DISCOUNTS ON AUTO SERVICE!

**WILMINGTON AUTO CENTER**

CHRYSLER DODGE  
Jeep RAM SALES • SERVICE • PARTS

937.382.7714 WilmingtonAutoCenter.com



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

**Wilmington**  
NURSING & REHABILITATION CENTER

"Personal Attention. Proven Results"



"Modern Banking the Hometown Way"

# July Menu

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

Mon	Tue	Wed	Thu	Fri
1 Lasagna Tossed Salad Breadstick Fruit Juice Cookie	2 Turkey & Cheese Sandwich on Wheat Potato Salad Coleslaw Fruit Cup	3 Beef Stew Green Beans Cornbread Mixed Fruit	4 Closed in observance of July 4th Holiday	5 Veal Cutlet Pepper Blend Tossed Salad Hamburger Bun Pudding
8 Salisbury Steak Mashed Potatoes Mixed Vegetables Dinner Roll Applesauce	9 Sweet and Sour Pork Rice Broccoli Wheat Bread Fruit	10 Smoked Sausage Sauerkraut Mashed Potatoes Green Beans Rye Bread Fruit Juice	11 Chicken Breast Baked Potato Vegetable Medley Dinner Roll Fruit Cup	12 Fish Sticks Scalloped Potatoes Green Beans Wheat Bread Peaches
15 Spinach Salad w/Chicken Crackers Strawberries	16 Meatloaf Mashed Potatoes Peas & Carrots Dinner Roll Mandarin Oranges	17 Meal sponsored by Wilmington Nursing and Rehab	18 Boneless BBQ Rib Cheesy Potatoes Green Beans Bun Fruit Cocktail	19 Salmon Patties Macaroni & Cheese Creamed Peas Coleslaw Fruit Juice BIRTHDAY DINNER
22 Hamburger w/Cheese French Fries Baked Beans Fruit Juice Graham Crackers	23 Ham Salad on Bun Potato Salad Tomato/Cucumber/Onion Salad Pineapple	24 Corned Beef Casserole Noodles Peas Mixed Vegetables Dinner Roll Fruited Jello	25 Chicken Parmesan w/Marinara Noodles Tossed Salad Green Beans Breadstick Pudding	26 Pork Patty Hash Browns California Blend Vegetables Wheat Bread Fruit Juice Cookie
29 Sloppy Joe on Bun French Fries Coleslaw Fruit Cup	30 Chicken Salad Whole Tomato Lettuce Wedge Fruit Cup Crackers	31 Chef Salad Crackers Pudding		

## CENTER ACTIVITIES

Have a suggestion for activities? Email [info@clintoncap.org](mailto:info@clintoncap.org)

### Pool/Billiards

Mon, Wed, Fri @ 8:15 am

### Silver Sneakers

Mon, Wed, Fri @ 9:00 am

### Corn Toss

Mon, Wed, Fri @ 10:30 am

### Bridge

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

### Tech Class (NEW)

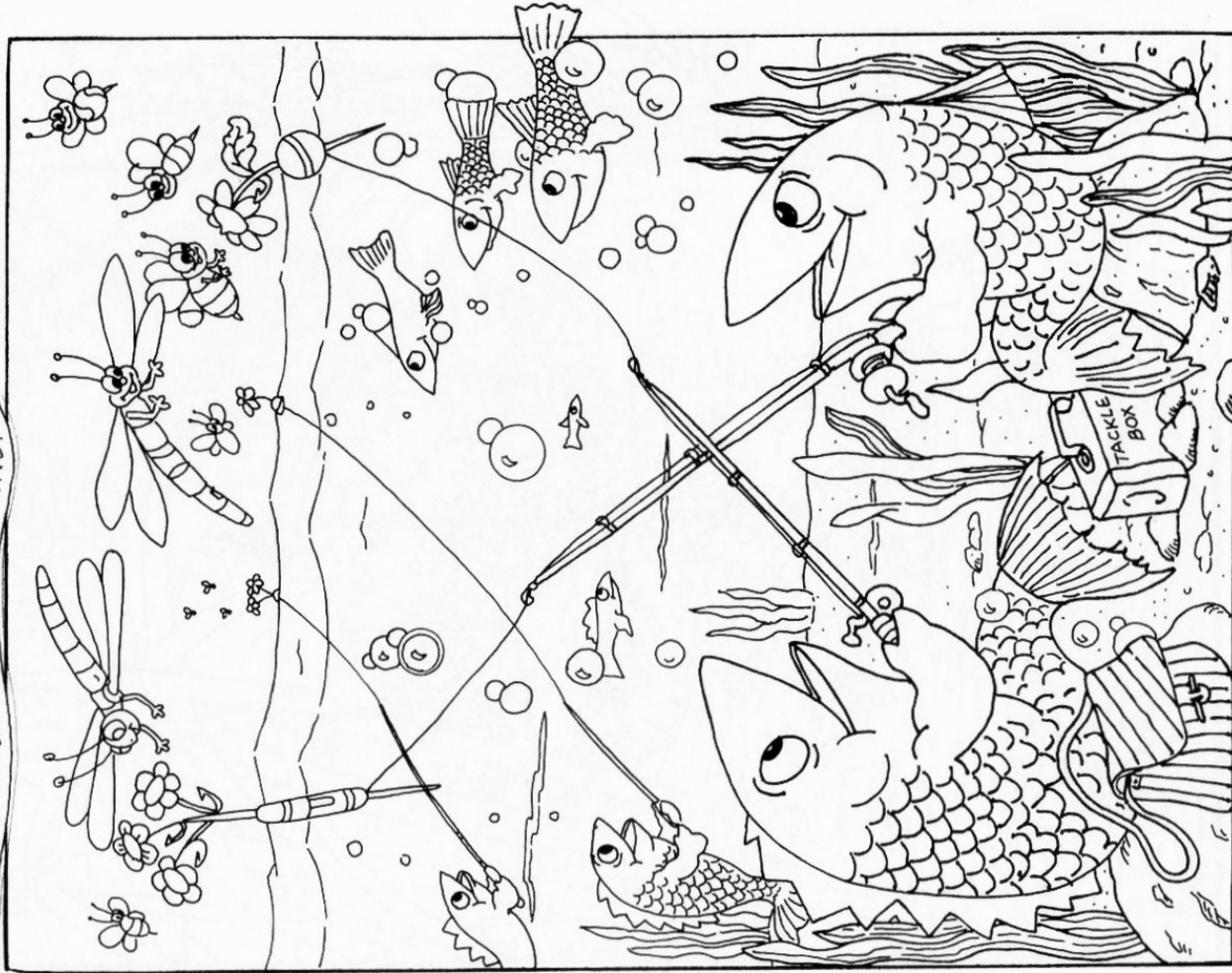
Thurs @ 10:00 am

### Art Class

Fri @ 10:00 am

Plus following our daily Congregate Lunch @ NOON - general games and activities including card games, bingo, Mexican train dominoes, and more!

HOW MANY HIDDEN OBJECTS DID YOU FIND? Z



- UMBRELLAS (2)
- CUPCAKE
- PEN
- BAR OF SOAP
- (3) TEPEES
- WORM
- SHOE
- PEARL RING
- EASTER EGG
- BALL
- BASE
- BAT
- BALL
- FLAG
- CROQUET BALL
- (3) ICE CREAM CONES
- FLASHLIGHT