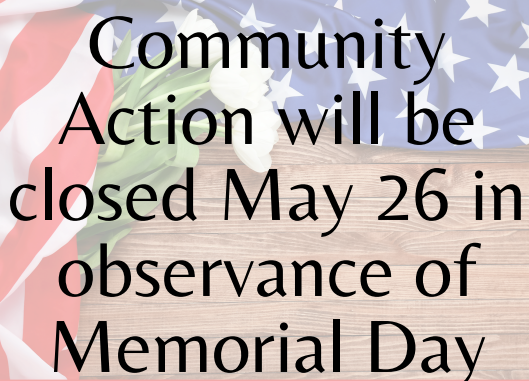


ON THE SIDE

Clinton County Community Action Program, Inc.
WSB Clinton County Aging Up Community Center

Changes coming in the Future

Starting this month you will notice some changes being made to the newsletter format. We are striving to add more informative information to the upcoming editions.



Community
Action will be
closed May 26 in
observance of
Memorial Day

16TH ANNUAL SENIOR AWARENESS FAIR

Thursday, May 15 from Noon – 2:00 pm

Our 16th annual Senior Awareness Fair will provide valuable information and resources to senior citizens in Clinton County. Join us at the Aging Up Community Center for an afternoon of education, community, and fun freebies. Clinton Memorial Hospital will be providing guest speakers.


Vendor Booths: Various vendors will be present offering information about programs and services designed to benefit seniors.

Unlimited Potato & Salad Bar

717 North Nelson Avenue, Wilmington
11:30 am – 1:00 pm

May 6th	Baked Potato and Salad Bar
May 13th	Soup and Salad Bar
May 20th	Baked Potato and Salad Bar
May 27th	Soup and Salad Bar

Come join us at the Aging Up Center each Tuesday in May for Unlimited Salad Bar and rotating Baked Potato or Soup Bar. This is a fundraiser/congregate lunch for a suggested donation of \$5 for 60+ yrs., those under 60 yrs. is \$8. **This event is open to the public for \$8 per person including a drink.**



Check out details for
the upcoming Luau in
the May Event section
on page 2

May Events

Wednesdays, April 2 – May 28 at 12:30 pm to 2:30 pm

In partnership with Council on Aging, "A Matter of Balance" is a series of workshops designed to help participants learn how to make changes in their home to prevent falls and exercises to increase strength and balance.

Tuesdays, May 6 – June 10 at 9:00 am to 11:00 am

In partnership with the Talbert House, Wellness Initiative for Senior Education (WISE) A six week evidence based wellness and prevention program designed for older adults. May series include: **May 6**–Myths & Facts of Aging; **May 13**–Feelings About Aging; **May 20**–Culture & Diversity of Aging; **May 27**–Medication Safety. Call 937-382-7170 or stop by the Center to register. Enter to win a prize upon completion of the series.

Thursday, May 13 – Exercise Room Instructions

Learn how to operate the equipment in the exercise room with Gil Brewer.

Thursday, May 15 – 16th Annual Senior Awareness Fair – Noon to 2:00 pm

Join us for an afternoon of valuable senior citizen information, resources and freebies from our vendors.

Saturday, May 17 – Luau Fundraiser at 5:00 pm OPEN TO PUBLIC

Throw on your Hawaiian clothes and join us for a fun filled evening of music, dancing and virgin cocktails from the Tiki bar. Cost is \$15.00 per person which includes your meal of pulled pork, fried rice, macaroni salad, grilled pineapple, sweet cornbread and pineapple upside down cake. Please RSVP at 937-382-8365 by 5/12/2025.

Thursday, May 22 – Memorial Day Lunch – Reservation must be made 24 hrs. in advance.

We will be recognizing all the veterans in attendance for their service.

Saturday, May 31 – Game Night – 3:00 pm

Come join us for a night of games, fun and lots of laughter.

Activities

Daily

Pool/Billiards 8:30 am
Mexican Dominos after lunch
Cards after lunch

Monday

Bridge 9:00 am
Chair Volleyball 1:00 pm

Tuesday

CMH Fitness Class 8:30 am
Euchre Noon
Line Dancing 2:30 pm

3rd and 4th Friday

EXTRA BINGO MAY 9

BINGO 12:15 pm

Monday, Wednesday and Friday

Silver Sneakers 9:00 am
Corn Toss 10:30 am

Tuesday and Thursday

Cardio Drumming 5:00 pm

Thursday

Chair Volleyball 12:15 pm

Friday

Art Class 10:00 am

Special thanks to our May Bingo hosts:
Merchants Bank, Hartland Hospice & Carriage Court
Assisted Living & Memory Care, and Humana



- Saturday, May 3, leave at 9:30 am, *Monroe Flea Market* Shopping trip.
Activity Level Rating: HIGH (a lot of walking)
- Thursday, May 8, leave at 3:00 pm, Butterbee's Restaurant (Xenia)
Activity Level Rating: Low
- Thursday, June 5, leave at 3:00 pm, Terry's in Lynchburg
Activity Level Rating: Low
- Wednesday, June 18, leave at TBD, Dayton Dragons
Activity Level Rating: High (a lot of walking)

Utility Announcement

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, 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.

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:

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

Applications are accepted by walk in only at 789 North Nelson Avenue, Wilmington, OH 45177 from 7:00 a.m. until 3:00 p.m. 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.

May 2025



Mon	Tue	Wed	Thu	Fri
			1 Fried Chicken Mashed Potatoes w/gravy Lima Beans Wheat Roll Fruit	2 Spinach Salad w/Chicken Strawberries Crackers
5 Meatloaf Scalloped Potatoes Green Beans Wheat Roll Fruit	6 Baked Potato and Salad Bar	7 Pork Loin Mashed Potatoes w/gravy Stewed Tomatoes Wheat Roll Fruit	8 Crab Cakes Macaroni & Cheese Peas & Carrots Wheat Roll Fruit Juice	9 Beef Kabobs Peppers & Onions Brown Rice Tossed Salad Pineapple Cottage Cheese
12 Vegetable Beef Soup Pimento Cheese Sandwich Salad Bowl Fruited Jello	13 Soup and Salad Bar	14 BBQ Chicken Leg Macaroni & Cheese Baked Beans Fried Okra Wheat Bread Fruit	15 Liver & Onions Mashed Potatoes w/gravy Corn Wheat Roll Fruit	16 Salmon Patties Green Peas Fried Potatoes Wheat Roll Fruit Juice BIRTHDAY DINNER 
19 Fish Sandwich on Bun Sweet Potato Fries Side Salad Fruit	20 Baked Potato and Salad Bar	21 Spaghetti & Meatballs Broccoli Garlic Bread Applesauce	22 Cheeseburger on Bun w/Fixins Potato Salad Baked Beans Dessert COOKOUT	23 Chicken Salad Sandwich Broccoli Soup Pickled Beets Fruit Hamburger Bun
26 Closed in observance of Memorial Day	27 Soup and Salad Bar	28 Chili Dogs Coleslaw Baked Beans Potato Chips Fruit	29 Pepperoni Pizza Peas Salad Potato Chips Side Salad Fruit Juice	30 Tomato Soup Grilled Cheese Sandwich Three Bean Salad Corn Fruit

Congregate Meal Reminders

- Congregate Lunch is served Monday through Friday, 11:30 am - 11:45 am. If you plan to attend remember to sign up at least 24 hours in advance. You can sign up in person at the Aging Up Center from desk or by calling 937-382-7170. **If you are unable to attend on the day you have rsvp'd, please notify us as soon as possible.**
- Congregate lunches are **dine-in only**. Food and leftovers cannot be taken to-go to prevent foodborne illness.

HAPPY BIRTHDAY

Sharon Allen	May 11
Toni Anderkin	May 28
Barbara Baker	May 22
Lori Bennett	May 12
Becky Boris	May 20
Lynn Brock	May 16
Aleta Brown	May 06
Richard Caplinger	May 09
Beverly Carpenter	May 18
Carol Davidson	May 14
Gail Davis	May 03
Judy Delph	May 05
Eddie Edwards	May 29
Sandra Fisher	May 17
Joyce Graesser	May 26
Steven Greene	May 12
Michael Guzzi	May 01
Kathy Harker	May 08
Jim Hibbs	May 06
David Hockaday	May 29
Ken Huffenberger	May 24
Nancy Johnson	May 07
Peggy Kendall	May 17
Kathy Kral	May 08
Charlotte Lawrence	May 20
Sylvia Leach	May 17
M. Jane Leasure	May 16
Kathy Lewis	May 30
Sondra Martin	May 14
Sally Reese	May 17
Artin Sahakian	May 18
Wilma Scanlon	May 25
Norma Sherod	May 09
Shannon Skaggs	May 29
David Smith	May 08
Kathryn Snowball	May 27
Dorothy Taylor	May 01
Donna Tronerud	May 11
James Tucker	May 19
Carol Tucker	May 23
Shirley Upton	May 13
Shari Walker	May 21
Diania Wiget	May 26
Cindy Williams	May 17
Richard Williams	May 29



Trivia Answers:
 1. George Washington, 2. 1945, 3. Neil Armstrong, 4. Cheetah, 5. Amazon River, 6. France, 7. Thirteen, 8. Thomas Edison, 9. Croquet, 10. The Mayflower

Don't forget to call the Center, 937-382-7170
 to schedule your next trip with us.
THE BUSES FILL UP FAST!

Employee Spotlight



Brian Garber, the cook, has been with Community Action for 15 years. His daily responsibilities are, but not limited to, packing home delivered meals to be delivered to qualifying seniors and prepares daily congregate meals. When needed he assists with senior transportation and special catering events. Brian's hobby is gardening.



BE WATCHING:
Each month we will be
spotlighting an employee and
a program.

FEATURED PROGRAM **SUPPORTIVE SERVICES**

Supportive Services are available at the Aging Up Community Center. We are your resource for current information regarding Social Security, Medicare, Medicaid, and supplemental insurance plans. Jonda McCarren, Supportive Services Coordinator, is an OSHIIP (Ohio Senior Health Insurance Information Program) volunteer and can assist with questions about supplemental plans and help you navigate the yearly open enrollment for prescription drug plans. If you need help with program applications, prescription drugs cards, patient assistance programs, advanced directives, or most any kind of paperwork, call Jonda at (937) 382-7170 ext. 1951 to schedule an appointment.



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TRIVIA

1. Who was the first president of the United States?
2. What year did World War II end?
3. Who was the first man to walk on the moon?
4. What is the fastest land animal?
5. What is the name of the longest river in the world?
6. Which country gifted the Statue of Liberty to the United States?
7. How many stripes are on the American flag?
8. What American inventor created the light bulb?
9. Which sport uses a wooden ball and mallet?
10. What was the name of the ship that carried the Pilgrims to North America in 1620?

Answers can be found on page 5



United Way of Clinton County Supported Agency
