

# ON THE SIDE

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

## Commodity Supplemental Food Program

The commodity supplemental food box program works to improve the health of low-income elderly persons at least 60 years of age by supplementing their diets with nutritious USDA foods. There is an application process; you must be 60 years old or older, meet the income guidelines, and reside in Clinton County. The food packages include a variety of foods, such as nonfat dry and ultra-high temperature fluid milk, juice, oats, ready-to-eat cereal, rice, pasta, peanut butter, dry beans, canned meat, poultry, or fish, and canned fruits and vegetables

INCOME ELIGIBILITY GUIDELINES  
ELDERLY - 60 YEARS OF AGE & OLDER  
Based on 150% of Federal Poverty Income Guidelines

Household Size	Annual	Monthly	Weekly
1	\$23,475	\$1,957	\$452
2	\$31,725	\$2,644	\$611
3	\$39,975	\$3,332	\$769

If you are interested contact Jonda McCarren, Supportive Service Coordinator at the Aging Up Senior Center, 937-382-7170, Monday-Friday 8:00 am - 4:00 pm.



Juneteenth is an annual observance on June 19 to remember when Union soldiers enforced the Emancipation Proclamation and freed all remaining slaves in Texas on June 19, 1865. This day is an opportunity for people to celebrate freedom and equal rights in the United States.

# June/July Events

## Tuesdays, June 3<sup>rd</sup> – June 10<sup>th</sup> at 9:00 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. **June 3<sup>rd</sup>** topic: Addiction & Substance Abuse; **June 10<sup>th</sup>** topic: Enhanced Quality of Life.

## Thursday, July 3<sup>th</sup> Lunch at the Center – 11:30 am

Come join us for a booming good time.

## Saturday, July 19<sup>th</sup> – Summer Bash Car Show – 12:00 pm–4:00 pm



## Unlimited Potato & Salad Bar

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

June 10<sup>th</sup> Baked Potato & Salad Bar  
June 24<sup>th</sup> Soup & Salad Bar

Come join us at the Aging Up Center for the Unlimited Salad 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.**

## Activities

### Daily

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

### Monday

Bridge 9:00 am  
Chair Yoga 1:00 pm

### Tuesday

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

### 3rd and 4th Friday

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 June Bingo Hosts:  
Heartland Hospice, Carriage Court Assisted Living &  
Memory and Grotsky Senior Insurance

# Upcoming Trips



For ANY trip, you are REQUIRED to RSVP by calling the Aging Up Center or sign up in person prior to the event.

- Thursday, June 5, leave at 3:00 pm, Terry's Grocery & Pizza in Lynchburg  
**Activity Level Rating: Low**

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- Wednesday, June 18, leave at 4:00 pm, Dayton Dragons Baseball Game  
**Tickets \$21.00 (includes ticket and a Dragon's hat). Payment is due at the front desk when you make your reservation.**  
**Activity Level Rating: High (a lot of walking)**

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- Thursday, July 10, leave at 3:00 pm, Montgomery Inn Restaurant in Montgomery  
**Activity Level Rating: Low**

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- Saturday, July 26, Mystery Trip, leave at 9:30 am  
**Activity Level Rating: Moderate**

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- Friday, August 1, leave at 9:30 am, La Comedia performing Matilda  
**Tickets \$47.00 and payment is due at front desk when you make your reservation.**

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## Utility Announcement

**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 (closed 12-12:30 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.





# June 2025



Mon	Tue	Wed	Thu	Fri
2 Hot Ham & Cheese Sandwich Lettuce & Tomatoes Broccoli Salad Fruit	3 Chicken & Noodles Broccoli Biscuit Hot Apples	4 Ham & Bean Soup Cucumber Salad Cornbread Fruit	5 Philly Beef Cheesesteak Peppers & Onions Broccoli Salad Potato Chips Fruit	6 Tuna Salad Sandwich Pea Salad Potato Chips Tomatoes Fruit Hamburger Bun
9 Italian Chicken Mashed Potatoes Green Beans Wheat Bread Fruit Juice	10 Baked Potato & Salad Bar	11 Chicken Fajita Peppers & Onions Refried Beans w/Cheese Fruit Soft Whole Grain Taco Shell	12 Lasagna Soup Side Salad Breadstick Fruit	13 Turkey Breast w/Cranberry Sauce on Croissant Side Salad Potato Chips Fruit
16 Cheese Ravioli Tossed Salad Garlic Stick Fruit	17 Turkey w/gravy Dressing Mashed Potatoes Cucumber & Onion Salad Cranberry Salad	18 Italian Sausage Sandwich Peppers & Onions Potato Wedges Fruit Juice Hot Dog Bun	19 Closed in observance of Juneteenth	20 Baked Chicken Cooked Cabbage Hashbrown Casserole Wheat Roll Fruit BIRTHDAY DINNER
23 Sweet & Sour Meatballs Lima Beans Spinach Dinner Roll Fruit Salad	24 Soup & Salad Bar	25 Corned Beef Reuben Sandwich Sauerkraut Waffle Fries Fruit	26 Meatball Sub Coleslaw Potato Salad Fruit Potato Chips	27 Country Fried Steak Au Gratin Potatoes California Vegetables Wheat Bread Fruit
30 Beef Walking Taco Mexican Rice Corn w/peppers Fruit Taco Shell				

## 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 front 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

Mary	Zaycosky	06/01
Charles	Breckel	06/02
Patty	Rudduck	06/03
Sharlene	Peyton	06/04
Judy	Bennett	06/04
Amy	Densmore	06/06
Delious(Dee)	Bullock	06/07
Debra	Burlile	06/07
Jane	Dodd	06/08
Edson	Blouse	06/08
Robert	Thomas	06/09
Patricia(Pat)	Groh	06/09
Buffy	Boatman	06/09
Paula	Walter	06/10
Debbie	Wilkin	06/12
Polly	Stanforth	06/13
Paul	Krause	06/13
Ron	Cramer	06/14
Jeff	Boatman	06/14
Patty	Long	06/15
Kathy	Cooper	06/15
Jerry	Keplinger	06/15
Danny	Mongold	06/15
Nancy	Jones	06/17
Vickie	Jackson	06/18
Robert(Bob)	Robinson	06/19
Christine	Jacobson	06/20
Stella	Cramer	06/20
Gail	Allen	06/21
Gina	Straight	06/21
Nancy	Potter	06/22
Janell	Smart	06/22
Fred	Stern	06/23
Priscilla	Wahrhaftig	06/23
Joe	Petrich	06/23
Margaret	Johnson	06/25
Judy	Nevels	06/26
Carolyn	Harris	06/28
Irvin	Pollock	06/29
Russ	Burton	06/29
Linda	Gray	06/30
Connie	Hardie	06/30

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**BE SURE TO KEEP AN EYE ON  
FUTURE TRIPS TO:**

**NEWPORT AQUARIUM  
LA COMEDIA DINNER THEATER**

**Don't forget to call the Center, 937-382-7170 to  
schedule your next trip with us.**

**THE BUSES FILL UP FAST!**



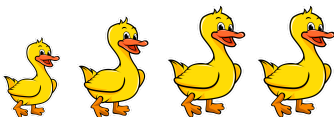
# Employee Spotlight



Bob Moreton, Site Coordinator/Transportation Supervisor has been with Community Action for 13 years.

Bob is responsible for ordering/coordinating meals on wheels. When not doing the meals he is busy transporting Clinton County Senior Citizens, 60 years and older, to various appointments and/or errands throughout the county.

# Thank You



## Featured Program

### Congregate Meals & Home Delivered Meals

**Congregate Dining**, a Title III lunch program that provides  $\frac{1}{3}$  the daily recommended nutrition. The lunch is served at 11:30 am for a suggested donation of \$5.00. Reservations are required in advance and can be made in person or by calling 937-382-7170. For more information please contact Brian at the number listed above.

**Home Delivered Meals** - We are a provider of Home Delivered Meals through the Elderly Services Program as well as the Passport and My Care Ohio Programs. For more information please contact Bob at 937-382-7170.

### Warning

by Jenny Joseph

When I am an old woman I shall wear purple  
With a red hat which doesn't go, and doesn't suit me.  
And I shall spend my pension on brandy and summer gloves  
And satin sandals, and say we've no money for butter.  
I shall sit down on the pavement when I'm tired  
And gobble up samples in shops and press alarm bells  
And run my stick along the public railings  
And make up for the sobriety of my youth.  
I shall go out in my slippers in the rain  
And pick flowers in other people's gardens  
And learn to spit.

You can wear terrible shirts and grow more fat  
And eat three pounds of sausages at a go  
Or only bread and pickle for a week  
And hoard pens and pencils and beermats and things in boxes.

But now we must have clothes that keep us dry  
And pay our rent and not swear in the street  
And set a good example for the children.  
We must have friends to dinner and read the papers.

But maybe I ought to practice a little now?  
So people who know me are not too shocked and surprised  
When suddenly I am old, and start to wear purple.



THANK YOU ALL



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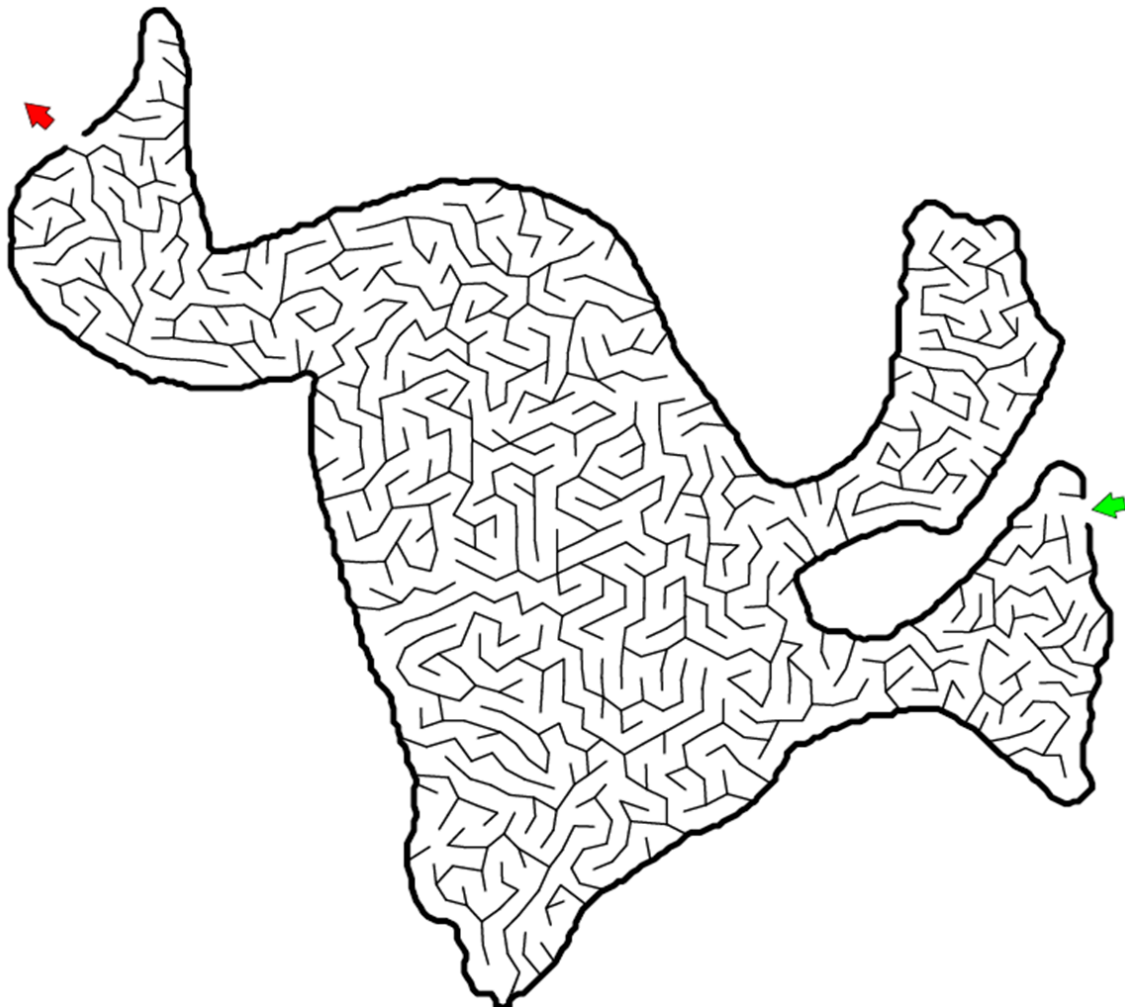


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It's a mazy kinda day!



Find the answer on page 6



United Way of Clinton County Supported Agency

# CLINTON COUNTY RESIDENTS

**Are you 62 or older and  
own your home?**



**Council on Aging may be able to help you age in place  
by making home modifications designed to improve your  
health and safety at home.**

## **Council on Aging's Home Modification Program**

### **Offering qualified older adults:**

- Home safety adjustments
- Small home repairs
- Healthy home evaluations
- Accessibility modifications
- Fall protection hazards and modifications

### **Eligibility requirements\* include:**

- 62 years or older
- Own your home
- Household income of 80% or less of the local area median income (AMI). *Proof of annual income required.*

**Occupational Therapy consult included.**

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For more information and to find out if you qualify, contact Council on Aging at (937) 584-7200, or apply online at **[www.help4seniors.org/cchomemods](http://www.help4seniors.org/cchomemods)**

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\*For a full list of all eligibility requirements visit: [www.help4seniors.org/cchomemods](http://www.help4seniors.org/cchomemods)



### **Council on Aging**

2333 Rombach Ave., Wilmington, OH 45177  
(937) 584-7200 | (800) 252-0155  
[www.help4seniors.org](http://www.help4seniors.org)