

Senior Scene

Volume 30 • Issue 4



JULY & AUGUST 2020

**Preble County
Council on Aging, Inc.**
800 East St. Clair Street
Eaton, Ohio 45320

www.PrebleSeniorCenter.org
Mail@PrebleSeniorCenter.org
937-456-4947
1-800-238-5146

Office Hours

Monday through Friday
8:00 a.m. - 4:00 p.m.

Inside This Issue

Highlights	Cover
News & Views	2
Announcements	3
Welcome & Thank You	4
Jake's Takes	5
Events & Activities	6
Monthly Menus	7 & 9
Monthly Activities	8 & 10
Time Traveler	11
In-Home Services	12
Caregiver Corner	13
Community Information	14
Membership & More	15 & 16

Restarting Responsibly

All guidelines listed below are subject to change without notice

Beginning July 6, 2020

- ◆ We will continue to provide Transportation, Homemaking, and Meals on Wheels.
 - *If you are new to Meals on Wheels (MOW) and no longer need this service, please let us know.
- ◆ We advise against anyone with underlying health conditions from leaving their home unless absolutely necessary.
- ◆ Depending on the activity and the room size we will have maximum participation limits.
 - *Each room will have maximum numbers of participants posted.
- ◆ We will provide activities on a first come first served manner.
 - *Signs up sheets and reservations may be needed.
- ◆ We will maintain social distancing in all areas.
- ◆ We require face coverings unless there is a health or safety reason why it should not be worn.
- ◆ We will provide a blend of virtual and in person classes.
 - *Our exercise room will be closed during the month of July.
- ◆ We will have limited in house Congregate Meals and Diner.
 - *We want to make sure we have our "ducks in a row" before we completely reopen.
- ◆ We will allow classes and meetings to resume at The Grange.
- ◆ Due to the size of the main area PCCOA will accept the following: If social distancing is maintained, then face coverings will be recommended but not mandatory.

Continued on page 3



**"Celebrating 47 Years
of Service"**

Board of Trustees

Mike Simpson	<i>President</i>
Jim Thomas	<i>Vice President</i>
Becky Sorrell	<i>Secretary</i>
	<i>Treasurer</i>
Steve Dearth	Brad Collins
Jerry Gross	Rodney Creech
Steve Bruns	Jeff Parker
Karen Welch	
Valerie Sargent-Wood	

Participant's Council

Donna Sue Donohoo	<i>President</i>
Marcia Hoskins	<i>Vice President</i>
Janet Daily	<i>Secretary</i>
Judy Biltz	Don Vaughn
Barb Strickland	Cookie Young
Tom Tyler	Wanda Tirey

Executive Director

Shelley Ratliff

Business/Financial Manager

Wanda Winter

Senior Center Services Manager

Stacey Fullmer

In-Home Services Supervisor

Shirley Cottingim

Homemaker Manager

Barb Felton

Service Navigator

Brittney Daugherty

Transportation Specialist

Gary Vest

Scheduling & Dispatch

Amy Taulbee

Marketing Manager

Holly Steele

Mobility Manager

Tim Miller

Disclaimer:

The Preble County Council on Aging and Senior Center do not endorse any individual or business that presents information. You are advised to seek expert advice before making any financial or health decisions. The Preble County Council on Aging, Inc. is an Equal Opportunity Employer and Service Provider.

From The Executive Director

What a year!

Can you guess what the number 1 question I am asked these days? If you guessed, “when will the senior center reopen” you are right. I wish I had a concrete answer. I wish I had an answer that made everyone feel better. I don’t. I can tell you that I am listening to the Governor, the Ohio Department of Aging, other senior center directors, the Preble County Health Department, our Board and my heart to make the best decisions for all of us. I can also tell you that we are working on a plan to reopen slowly. I like this idea because we are trying to take the scientific information, the health statistics and applying them to our friends and family in Preble County. Remember the story of the tortoise and the hare. We are the tortoise. Slow and steady wins the race.

When we first heard about the Stay at Home Order, we knew we needed to do our part in helping seniors stay at home. We decided to provide a second meal of the day for our clients plus give them a bag of 7 additional meals for breakfast and snacks. We quickly went from 150 hot meals a day to 270 hot meals and 270 cold meals plus a weekly delivery of 270 bags of 7 (1890 meals). We also worried that everyone might need other supplies such as adult diapers, canes, walkers, puzzles, coloring books, colored pencils, pet food, etc. We made sure those who needed extras received them. Thanks to gracious donors we have been able to accommodate so many.

I been spending a lot of my time working on grants to help fund the extra meals.

I want to thank the COVID – 19 Response Fund for Greater Dayton. We received 2 grants to help with food for our seniors. The first grant was for \$18,000 and the second was for \$39,600.

I want to thank Meals on Wheels of America for 2 grants as well. The first grant was for \$6500 which helped pay for additional drivers to deliver meals (we added 5 routes) and the second grant is to help with food for \$75,000. In addition to these grants, we were just awarded funding from the Emergency Food and Shelter Program. Through a Phase 37 Grant we will receive \$5,718 and through Phase CARES funding we will receive \$8,154. All of these funds are needed to meet the additional costs of providing more meals. It sounds like a lot of money but if the crisis goes on a lot longer we will need more. Our food expenses increased almost \$60,000 through May. We love what we do but each and every one of us at PCCOA would like to get back to “normal”. Thank you for letting us serve you.

With my blessings and prayers for each and everyone’s health and safety,

Shelley

Executive Director

Continued from front page, **Restarting Responsibly**

Beginning August 3, 2020

- ◆ We will continue to provide Transportation, Homemaking, Meals on Wheels.
- ◆ We advise against anyone with underlying health conditions from leaving their home unless absolutely necessary.
- ◆ Depending on the activity and the room size, we will have maximum participation limits.
 - *Each room will have a maximum number of participants posted.
- ◆ We encourage face coverings, unless there is a health or safety reason why it should not be worn.
- ◆ We will follow industry protocols to resume/reopen: activities, exercise room, congregate meals, and diner.



Cody and Dave, “We miss ALL the pool players!”



Left: Jerry and Jackie Gross



Right: Adam Craft



Gary, “We miss our seniors and other co-workers. We work together on all jobs.”

Senior Home Repair

What is the Senior Home Repair Program?

The Senior home repair program is designed to increase accessibility and enable an older adult to function with greater independence in the home.

Examples of Home Repair

- Minor plumbing or electrical repair
- Repair or replacement of gutters, shingles or other roofing materials
- Repairs to eliminate holes or other hazards in flooring, stairs, or walkways
- Repairs to railings
- Wheelchair ramps



Qualifications

- Preble County Resident
- Must be homeowner (you can still have a mortgage)
- 60 years or older

If you have something in need of repair, please contact Brittney Daugherty, Service Navigator at the Preble County Council on Aging at 937-456-4947.



Wine & Design @ PCCOA

Canvas Painting Night
6:00—8:00
Wednesday, September 23
Pre-Registration by Sept. 21
Cost, \$30 937-456-4947



Preble County Council on Aging, 800 East St. Clair Street, Eaton OH 45320
937.456.4947 or 1.800.238.5146
www.PrebleSeniorCenter.org

www.Facebook.com/PrebleCountyCouncilonAging

Welcome & Thank You

Welcome New Members:

Marcia Barnhart
 Ron Barnhart
 Nancy Folz
 Ella Hobb
 Tim Holland
 Gracie Johnson
 Nancy Kittle
 Lalah Kline
 Gene Marker
 Judy Mayrer
 Nancy Oler
 Susan Payne
 Janet Philpot
 Alice Rickard
 Ralph Rickard
 Betty Sheley
 Glen Sheley

Charles Swank
 Kiana Teran
 Pattie Tighe
 Carla Tobias
 Francis Swank



THANK YOU!

Thank You to ALL the Volunteers and Donors that helped out during Covid times. We are so blessed to have you in and apart of our community. From the PCCOA staff and seniors, "THANK YOU, from the bottom of our hearts!"

Contributions

Thank You to everyone for your in-kind and miscellaneous donations.

Due to Covid-19 this information was not available.

**Undesignated
 Homemaker Services
 Transportation
 Holiday Gift Boxes
 Home Delivered Meals
 Other
 In Memory of from**

**Sponsor-A-Senior
 Program**



“Jake’s Takes”

Hello All -- Did you know what Seven Mile Creek was called in pioneer times? It was called St. Clair Creek. Now a little Preble County history, Preble County is located in the parcel of land known as the Northwest Territory claimed by the English after the French and Indian war. In 1784, this area was ceded to the United States. Early on our Congress was going to divide this territory into 10 states named—Assenisipia—Chersonesus—Illinoia—Metropotamia—Michigania—Pelisipal—Polypotamia—Saratoga—Sylvania and Washington. WOW! Think about that a minute.

Do you know about the large boulder called Peace Rock? It is located at the intersection of Eaton Gettysburg Road and Orphans Road, only a few feet north of its original location. This large almost flat top builder marks the Indian peace conference ground, as there were eight Ohio Indian tribes. Those tribes were Chippewa—Delaware—Miami—Mingo—Ottawa—Pottawatomie--Shawnee and the Wyandot. There is another story here, it is said that near this rock is the grave of a soldier who haunts this area. They have given the name, gory head and bloody bones to the ghost as the poor soldier was scalped and had the flesh cut from his arms. That's a pretty gory story. That's enough history for this issue.

Boy oh boy these past couple of months have been different/unusual. I have had to change some of my old habits and develop new ways of doing things or eliminating some habits. Hey it is what it is, but I will not let the situation today ruin my days or make me pessimistic (a

grumpy old man). Maybe I'll step down to that grumpy old man spot for just a minute and relate a chink in my behavior. That chink is that I will not resort to working a picture puzzle. I have worked so many of those things in my seven months in military and VA hospitals, they hold no, fascination for me today, I do like word search puzzles though. Today's Times are times that call for cool heads and common sense. I remember back when I was much much younger, there were very scary stories told by the old timers in the family about the 1918 Spanish flu pandemic. They spoke about the family caregivers, usually a family member, sometimes a neighbor, those stories were about courage and compassion also. The 1918 Spanish flu was the last pandemic to hit human kind until this coronavirus (COVID-19).

Moving on, again I was going through my memorabilia here at the house and ran across info on Vance Brand, one of the astronaut's. I was fortunate to get to know when working with disabled veterans. Vance was the command module pilot on the first APOLLO/SOYUZ (Russian) docking missions STS-5, forty-four years ago this July 17th. Astronaut Vance Brand made three trips into space STS-5—STS-35—STS-41B. That brought back good memories it was interesting talking to him about that mission and his experiences while training in Russia. Time to recognize and thank our Meals on Wheels delivery drivers, our meal preparation staff, our senior center administrative and executive staff for their perseverance and extra vigilance in conducting the operations of our PCCOA Senior Center during this unusual time. For what it's worth-- I found this article by Hap LeCrone, I think it appropriate at this time it's entitled—Happy Living-Emotional Well-being and Good Mental Health may be related to such factors as: the ability to accept unchangeable reality

and make the most of less than satisfactory situations—possessing the ability to accept emotional support from others and also provide empathy to others in need of assistance—freedom from debilitating fears that reduce the ability to change and be flexible when necessary—perception of life as the opportunity to learn from the experience rather than focusing on failures and mistakes—possessing the ability to develop and maintain satisfactory relationships with others—the ability to recognize, label and experience the entire range of human emotions—the ability to anticipate problems and avoid them when possible, or cope with them if they do occur—the ability to manage emotional factors after a loss—the ability to see life's difficulties as challenges and opportunities rather than threats and catastrophes—the ability to find humor in difficult situations and laugh at one's own human frailties.

Final Thought-- Happiness doesn't depend on who you are or what you have. It depends solely on what you think (Dale Carnegie) That's All



Jake Dailey is a volunteer at the Preble County Council on Aging. Jake is knowledgeable in many subjects including veterans' issues, things to do in the area, and ways to stay active. Jake welcomes you to have lunch with him to discuss any and all topics. Who knows? You might make a new friend or two!

Lunch with Jake

Stay tuned for in person & virtual meet up dates and times

“Lunch with Jake” is an opportunity for veterans to ask questions and get information about services available through the Veterans Administration while enjoying lunch in the Decade's Diner. He will also provide information about activities at the Senior Activities Center that would be of interest to men.

Preble County Activities Center, located at 800 East St. Clair Street in Eaton.

6

Events & Activities



Meets at 11:00
At Senior Center

July 9: Brooklyn By Colm Toibin

August 13: News of the World By Paulette Jiles

September 12: Pachinko By Min Jin Lee

The rest to be determined when we resume regular operations.



Presidential History Book Club

1:00 at the Senior Activities Center

TBA John Quincy Adams: American Visionary
By Fred Kaplan

TBA Andrew Jackson: His Life and Times
By H.W. Brands

TBA Marin Van Buren
By Ted Widmer

TBA until Senior Center Resumes regular operation.

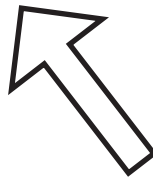
PREBLE COUNTY COUNCIL ON AGING, INC.

Thursday Night Weekly Dance

WITH THE SILVERTONES

Door	Resume Date	5:00-8:00 PM
Prizes- 50/50	T.B.A.	\$3.00/single or \$5.00/couple
Dollar	Food Menu	

The Grange • 501 Nation Avenue, Eaton, OH



Call Ahead about all Book Club dates and times.



Menu JULY 2020

MENU IS SUBJECT TO CHANGE

Congregate Meal Menu
 Contact: Stacey Fullmer at 937-456-4947
 Home Delivered Meal Menu
 Contact: Shirley Cottingim at 937-456-4947

7

Decade's Diner Daily \$4.99 Special • (Entree plus 2 sides)

Congregate Meal includes Bread, Margarine & Milk.

Carry-Out Available • Call: 937-456-4947






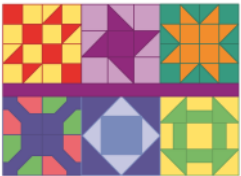


The Decade's Diner is open

Monday through Friday • 11AM to 1PM

Congregate Meals are served at the above time.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Preble County Council on Aging, Inc. 800 East St. Clair Street • Eaton, OH 45320 937-456-4947 or 1-800-238-5146 Fax: 937-456-6565 Email: mail@prebleseniorcenter.org Website: www.prebleseniorcenter.org www.facebook.com/preblecountycouncilonaging</p>		<p>Beef Tips with 1 Gravy Confetti Mashed Potatoes Spinach Pears Cran-Raspberry Juice</p>	<p>Hamburger 2 Macaroni & Cheese Tomato, Lettuce, Onion Peas Fresh Fruit Apple Juice</p>	<p>CLOSED 3 </p>
<p>Chili 6 Baked Potato Broccoli Apricots Apple Juice</p>	<p>Roast Beef 7 Au gratin Potatoes Mixed Vegetables Fruit Cocktail Craisins</p>	<p>Chicken Divan 8 Buttered Noodles Carrots Fresh Fruit Grape Juice</p>	<p>Ham Loaf 9 Parslied Potatoes Brussel Sprouts Applesauce Fruit Punch</p>	<p>Turkey w/ Gravy 10 Stuffing Peas with Onions Mandarin Oranges Raisins</p>
<p>Chicken Patty 13 Sandwich Baked Beans Prince Charles Vegetables Pears Raisins</p>	<p>Tuna Salad 14 Macaroni Salad Pea Salad Banana Orange Juice</p>	<p>Meatloaf 15 Mashed Potatoes Green Beans Citrus Salad Craisins</p>	<p>Baked Ham 16 Sweet Potatoes Lima Beans Fruited Gelatin Grape Juice</p>	<p>Country Fried 17 Steak Mashed Potatoes Green Beans Mixed Fruit Apple Juice</p>
<p>Hot Dog 20 Baked Beans Corn Mixed Fruit Craisins</p>	<p>Egg Salad 21 Cole Slaw Italian Tomatoes Cucumbers Pineapple Tidbits Cran-Raspberry Juice</p>	<p>Ham & Beans 22 with Onions Hash Browns Carrots Peaches Raisins</p>	<p>Goulash 23 Italian Green Beans Baked Apples Fruit Salad Rice Crispy Treat</p>	<p>Salmon Patties 24 Creamed Peas Stewed Tomatoes Applesauce Fruit Punch</p>
<p>Smoked Sausage 27 Mashed Potatoes Sauerkraut Applesauce Craisins</p>	<p>Chicken Salad 28 Potato Salad Pickled Eggs & Beets Apricots Apple Juice</p>	<p>Beef Teriyaki 29 Rice Broccoli Pineapple Tidbits Grape Juice</p>	<p>Roast Pork 30 Parslied Potatoes Corn O'Brien Peaches Raisins</p>	<p>Fish 31 Parmesan Farfalle Far East Vegetables Fruit Cocktail Orange Juice</p>

Preble County Council on Aging, Inc. • 800 East St. Clair Street • Eaton, OH 45320
 937-456-4947 or 1-800-238-5146 • Fax: 937-456-6565 • Email: mail@prebleseniorcenter.org
 Website: www.prebleseniorcenter.org • www.facebook.com/preblecountycouncilonaging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Thank You to our Sponsors: Maple Gardens SKLD Greenbriar Brookdale</p>	<ul style="list-style-type: none"> * = Pre-Registration required \$ = There is a cost. 	<p>1</p> 	<p>2</p>	<p>3</p> <p>CLOSED</p> 
<p>6</p> 	<p>7</p>	<p>8</p>	<p>9</p>	<p>10</p>
<p>Limited Activities for July & August</p> <p>Please call for updates or visit our</p>				
<p>13</p> 	<p>14</p>	<p>15</p>	<p>16</p>	<p>17</p>
<p>Facebook page at https://www.facebook.com/preblecountycouncilonaging/</p> <p>Stop by for your hard copy handouts when they are available!</p>				
<p>20</p> 	<p>21</p>	<p>22</p>	<p>23</p>	<p>24</p>
<p>Pre-Registration is required for ALL Activities until further notice.</p>				
<p>27</p> 	<p>28</p>	<p>29</p>	<p>30</p> 	<p>31</p> 

Decade's Diner Daily \$4.99 Special • (Entree plus 2 sides)
 Congregate Meal includes Bread, Margarine & Milk.
 Carry-Out Available • Call: 937-456-4947

**The Decade's Diner is open
 Monday through Friday • 11AM to 1PM**
 Congregate Meals are served at the above time.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
<p>3</p> <p>Swedish Meatballs Buttered Noodles Peas & Carrots Pears Fruit Punch</p>	<p>4</p> <p>Lunchmeat Hoagie 3 Beans Salad Picnic Salad Fresh Fruit Craisins</p>	<p>5</p> <p>Turkey w/ Gravy Hash Brown Casserole Nantucket Blend Vegetables Mandarin Oranges Very Berry Juice</p>	<p>6</p> <p>Meatloaf Mashed Potatoes Green Beans Applesauce Gelatin Grape Juice</p>	<p>7</p> <p>BBQ Pork Riblet Macaroni & Cheese Succotash Mixed Fruit Raisins</p>
<p>10</p> <p>Chicken Casserole Corn Peas w/ Pimentos Peaches Rice Crispy Treat</p>	<p>11</p> <p>Ham Salad Pasta Salad Cucumber & Onions Citrus Salad Craisins</p>	<p>12</p> <p>Beef Tips with Gravy Confetti Mashed Potatoes Spinach Pears Cran-Raspberry Juice</p>	<p>13</p> <p>Hamburger Macaroni & Cheese Tomato, Lettuce, Onion Peas Fresh Fruit Apple Juice</p>	<p>14</p> <p>Lemon Garlic Fish Rice Baby Carrots Pineapple Tidbits Orange Juice</p>
<p>17</p> <p>Chili Baked Potato Broccoli Apricots Apple Juice</p>	<p>18</p> <p>Roast Beef Au gratin Potatoes Mixed Vegetables Fruit Cocktail Craisins</p>	<p>19</p> <p>Chicken Divan Buttered Noodles Carrots Fresh Fruit Grape Juice</p>	<p>20</p> <p>Ham Loaf Parslied Potatoes Brussel Sprouts Applesauce Fruit Punch</p>	<p>21</p> <p>Turkey with Gravy Stuffing Peas with Onions Mandarin Oranges Raisins</p>
<p>24</p> <p>Chicken Patty Sandwich Baked Beans Prince Charles Vegetables Pears Raisins</p> <hr/> <p>Hot Dog Baked Beans Corn Mixed Fruit Craisins</p> <p>31</p>	<p>25</p> <p>Tuna Salad Macaroni Salad Pea Salad Banana Orange Juice</p>	<p>26</p> <p>Meatloaf Mashed Potatoes Green Beans Citrus Salad Craisins</p>	<p>27</p> <p>Baked Ham Sweet Potatoes Lima Beans Fruited Gelatin Grape Juice</p>	<p>28</p> <p>County Fried Steak Mashed Potatoes Green Beans Mixed Fruit Apple Juice</p>

Preble County Council on Aging, Inc. • 800 East St. Clair Street • Eaton, OH 45320
 937-456-4947 or 1-800-238-5146 • Fax: 937-456-6565 • Email: mail@prebleseniorcenter.org
 Website: www.prebleseniorcenter.org • www.facebook.com/preblecountycouncilonaging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Preble County Council on Aging, Inc 800 East St. Clair Street • Eaton, OH 45320 937-456-4947 or 1-800-238-5146 Fax: 937-456-6565 Email: mail@prebleseniorcenter.org Website: www.prebleseniorcenter.org www.facebook.com/preblecountycouncilonaging</p>				<p>All Activities are at the Senior Center, unless otherwise noted. TG = The Grange MT = Mini Trip MC = Motorcoach</p>
<p>3</p> 	<p>4</p>	<p>5</p>	<p>6</p>	<p>7</p> 
<p>Limited Activities for July & August</p> <p>Please call for updates or visit our</p>				
<p>10</p> 	<p>11</p>	<p>12</p>	<p>13</p>	<p>14</p> 
<p>Facebook page at https://www.facebook.com/preblecountycouncilonaging/</p> <p>Stop by for your hard copy handouts when they are available!</p>				
<p>17</p> 	<p>18</p>	<p>19</p>	<p>20</p>	<p>21</p> 
<p>Pre-Registration is required for ALL Activities until further notice.</p>				
<p>24</p>  <p>31</p> <p>Camels</p>	<p>25</p> 	<p>26</p> 	<p>27</p> 	<p>28</p> 

Senior Activities Center

The Preble County Activities Center plans mini-trips for individuals who want a shorter, less strenuous travel day. Descriptive flyers are available at the Activities Center for all upcoming Mini-Trips. Pick up and return to your home is available upon request.

Mini-Trips

- **Mystery Trip:** Surprise Location
Tuesday, September 1, 2020
Cost: \$149 Members, \$199 Non Members
- **Fall Foliage Train Ride:** Connersville, IN
Thursday, October 15, 2020
Cost: \$52 Members, \$67 Non Members

Motor Coach

- **National Veterans Memorial & Museum**
Wednesday, August 26, 2020
Cost: \$56 Members, \$71 Non Members
- **The Ohio State House Tour & The Anthony Thomas Chocolate Company Factory Tour**
Tuesday, September 22, 2020
Cost: \$45 Members, \$60 Non Members
- **BB Riverboat Captains Lunch:** Cincinnati
Tuesday, October 27, 2020
Cost: \$75 Members, \$90 Non



Overnight Trips

Prices vary depending on occupancy. Call the Senior Activities Center for further details on these trips.

Spotlight on San Antonio

March 21—25, 2021

Alaska Cruise Tour

September, 2021

Spain & Portugal

October 9—19, 2021



For more information, to book your trip, and ask questions stop by the Senior Activities Center or call 937-456-4947

*Payments are due 30 days before the trip unless otherwise stated.
Otherwise, your spot is subject to be filled.*



Joy Tour & Travel is a full-service travel agency as well as a tour operator.

They have been in business since 1985.

Pick up flyers for trips with Joy Tours at the Senior Center.

513-777-8221 or 1-800-875-4569 www.joytours.com



Fun Fact

What is the largest animal that has 3 eyelids? (see answer on page. 10 :)

We Need the following donations:

- Shower Chairs
- M, L, XL
- Depends
- Rotator Walkers
- Canes
- Travel Wheel Chairs
- Grab Bars
- Toilet Risers
- Bedside Commode
- Heaters (new/safe)

Senior Companionship

Hey Seniors, would you like someone to talk to, go out to lunch with or simply relate to? We have people ready and wanting to connect with you. Please call us and sign up for our Companionship Program, 937-456-4947.

Sponsor-A-Senior

Help Us Eliminate Senior Hunger in Preble County

1 in 4 Preble County residents will be 60 years of age or older.

Through this program your donation helps us:

- Deliver Hot Nutritious Meals
- Combats Senior Isolation Hunger
- Promotes Health
- Improves Quality of Life
- Empowers Seniors to Stay at Home
- Saves Billions in Tax Dollars

Sponsor-A-Senior for as little as

- \$600.00 per year
- \$50.00 per month
- \$12.50 per week

Call Brittney with your HEAP questions.

For more information or to schedule an appointment in any of the areas listed below, ask for Brittney.

Home Delivered Meals

We deliver hot nutritious meals to older adults at home. Meal deliverers check on the welfare of the client and are trained to report any health or other problems noticed during visit. Call for eligibility.

Homemaking Services

For an individual or couple who live alone, are more frail, and have acute or chronic conditions. Services provide light housekeeping, laundry, grocery shopping, pharmacy or bank errands, and light meal preparation.

Transportation

Must be 60 years of age or older and live in Preble County. Wheelchair transportation is available, and one escort may ride with each participant. We transport within a 50 mile radius of Preble County.

Service Navigation, Information & Referral

Provides in-depth, on-going information, referral, and case management options. Connecting seniors and their families with needed services, resources, and/or programs.

Ohio Home Energy Assistance Programs

The Ohio Development Services Agency (Development) would like to provide an update on the upcoming 2020 SCP. The 2020 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 (at or below \$45,850.00 for a family of four) and must meet 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 physician or registered nurse practitioner.
- A household member that was diagnosed with COVID-19 in 2020.
- 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 from July 1 – September 30, 2020. The maximum benefit amounts for the 2020 program are: \$500 for customers of regulated utilities and \$800 for customers of un-regulated 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. Call for assistance, 937-456-4947, ask for Brittney

2019/20 INCOME GUIDELINES

Size of Household		Total Gross Annual Household Income		
1		Up to \$ 18,735.00	\$ 21,858.00	\$ 24,980.00
2	150%	Up to \$ 25,365.00	\$ 29,593.00	\$ 33,820.00
3	For	Up to \$ 31,995.00	\$ 37,328.00	\$ 42,660.00
4	PIPP,	Up to \$ 38,625.00	HEAP,	\$ 45,063.00
5	EPP	Up to \$ 45,255.00	WCP, &	\$ 52,798.00
6		Up to \$ 51,885.00	SCP	\$ 60,533.00
7		Up to \$ 58,515.00		\$ 68,268.00
			200%	\$ 78,020.00
			For	\$ 82,860.00
			HWAP	\$ 91,500.00





Hey Caregivers, How are you doing?

Caregiving.com has developed quizzes to test how well you're managing. Remember, it's not about the grade, it's about the... Well, I suppose, isn't it always about the grade?

Good luck!

Is Your Blow-Up Around the Corner? Caregiving can test your patience like no other life experience. Day after day, it seems that caregiving chips away at your patience, bringing you closer and closer to a blow-up. How close are you?

Is This Normal?? Caregiving stirs up so many emotions—emotions sometimes too embarrassing to acknowledge. You may wonder: Is this normal?

Are You On Overload? Well, sure, of course, you are. You're worried, worn-out, weathered. You may also be way over your limit in terms of what you're doing. Take our quick quiz to find out how much you are over on your load.

How Well Do You Bounce Back? How well do you recover from your day-to-day challenges as a family caregiver? Take our quick test to find out.

Visit this website to take the quizzes. <https://www.caregiving.com/quizes/>



Volunteering with PCCOA

See pictures on pg. 3

Jerry Gross (PCCOA Board Member) and his wife, Jackie owners of Yankee Clover Mercantile in Lewisburg, have been volunteering on Wednesdays during COVID. As a retired pharmacist, Jerry commented that, "In addition to the all around good feelings of volunteering, everyone is so gracious and happy to see him/them, a person from the outside world, and happy to receive the food as well." As a pharmacist, Jerry often saw people at their worst, and not feeling good. Jerry continued to say, "it feels good to help, to see people feel good about themselves, and give them a smile."

Another beautiful moment about volunteering is that he got to connect with his wife. After volunteering, they would stop at the local market have lunch, sit and talk about their experience, "that was fulfilling as well."

Jerry closes by saying "he feels a sense of accomplishment to volunteer because he felt guilty once he retired and had so much time on his hands."

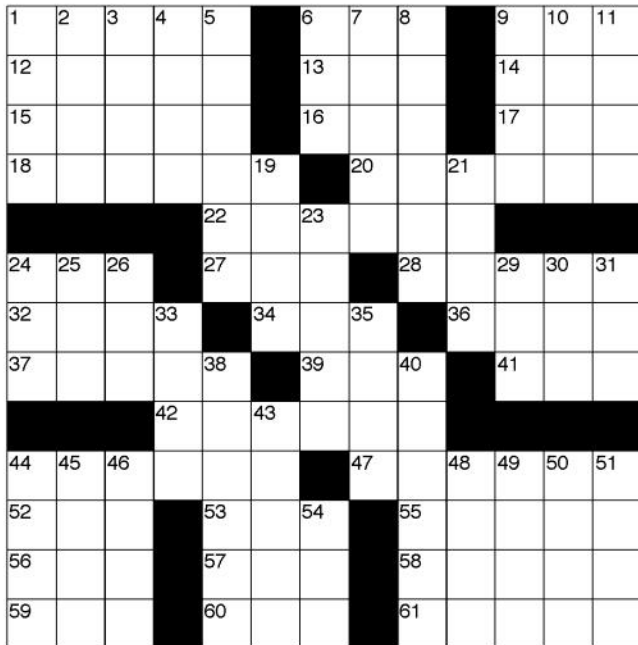
Adam Craft, of A & D Electric loved his 'whole entire experience' of volunteering with PCCOA during COVID. He grew up working with elderly folk by having ministry with nursing homes, but he hadn't worked with the us before.

When asked what he enjoyed most about volunteering with us, he replied that 'the overwhelming need in our community was eye opening.' He continued, 'the biggest eye opener is that I didn't realize how many folks in our county utilizes Meals on Wheels (MOW) services. It was really touching to see it. To know the people that were stepping up to volunteer. The outpouring of love from the volunteers and the seniors. Most seniors are proud of what they have done in their life, so for them to be so gracious to be able to receive was special. Everyone was happy to see us.' "For those that haven't volunteered before, definitely do so."

CROSSWORD PUZZLE

- ACROSS**
- 1 Calyx leaf
 - 6 Arabic letter
 - 9 Vigor
 - 12 Dodge
 - 13 Presidential nickname
 - 14 Amateur Boxing Assn. (abbr.)
 - 15 Gr. poetic foot
 - 16 Physician
 - 17 Fellow
 - 18 Boil
 - 20 5th incarnation of Vishnu
 - 22 Ancient ascetic
 - 24 Sheep's cry
 - 27 Indian ground salt
 - 28 Guided missile
 - 32 Cuckoo-pint
 - 34 Brythonic sea god
 - 36 Eelworm
 - 37 Handwriting on the wall
 - 39 Pasture
 - 41 First-rate
 - 42 Luncheon
 - 44 Gum
 - 47 Layers
 - 52 Narrower than AA
 - 53 Computer generated imagery (abbr.)
 - 55 Opponent
 - 56 Scot. alder tree
 - 57 This one (Lat.)
 - 58 Rate of interest (Lat.)
 - 59 Light-emitting diode (abbr.)
 - 60 Thus (Lat.)
 - 61 Middle

- DOWN**
- 1 Six (Sp.)
 - 2 Revelry cry
 - 3 Stamp-sheet segment
 - 4 Mine entrance
 - 5 Satyr
 - 6 Papa
 - 7 Over
 - 8 Pour off gently
 - 9 Site of Second Punic War's end
 - 10 Dayak people
 - 11 Spotted cavy
 - 19 Ass or donkey (Ger.)
 - 21 Chin. flour
 - 23 Ledge
 - 24 Floor covering
 - 25 One hundred square meters
 - 26 Bird
 - 29 Hyson
 - 30 Television channel
 - 31 No (Scot.)
 - 33 Change (pref.)
 - 35 Muslim ship's captain
 - 38 Nut
 - 40 Sinus cavity
 - 43 Bundle of twigs
 - 44 Semitic deity
 - 45 Berne's river
 - 46 Territory
 - 48 Increase
 - 49 Grandfather (Lat.)
 - 50 Body of water
 - 51 Wings
 - 54 Amazon tributary



©2020 Satori Publishing

A20

Become a Member

Membership Benefits

- ◆ Bi-Monthly Newsletter
- ◆ Discounts on Trips
- ◆ Discounts on Various Activities
- ◆ Voting rights at Annual Meeting

Date _____/_____/_____

Name(s) _____

Address _____

City, State, Zip _____

Phone

(Home) _____

(Cell) _____

Email _____

Yearly Amount

_____ \$10.00 Individual

_____ \$20.00 Couple

_____ Donation

_____ Membership Gift

Cash _____

Check # _____

Card # _____

Exp. Date _____

Security Code _____

Drop this form off or mail it in with your money to:

Preble County Council on Aging
800 East St. Clair St.
Eaton, OH 45320

Notifying the Public of Rights Under Title VI Preble County Council on Aging, Inc.

Preble County Council on Aging, Inc. operates its programs and services without regard to race, color, and national origin in accordance with Title VI of the Civil Rights Act. Any person who believes she or he has been aggrieved by any unlawful discriminatory practice under Title VI may file a complaint with Preble County Council on Aging, Inc.

For more information on Preble County Council on Aging, Inc.'s civil rights program and the procedures to file a complaint, contact (937) 456-4947, or 1-800-238-5146; email mail@prebleseniorcenter.org; or visit our administrative office at 800 East St. Clair Street, Eaton, Ohio 45320. For more information, visit www.prebleseniorcenter.org

For transportation-related Title VI matters, a complainant may file a complaint directly with the Ohio Department of Transportation by filing a complaint with the Office of Equal Opportunity, Attention: Title VI Program Manager, 1980 West Broad St., Columbus, OH 45223

For transportation-related Title VI matters, a complainant may file a complaint directly with the Federal Transit Administration by filing a complaint with the Office of Civil Rights, Attention: Title VI Program Manager, East Building, 5th Floor-TCR, 1200 New Jersey Ave., SE, Washington, DC 20590.



**Preble County
Council on Aging, Inc.**

937-456-4947
800 East St. Clair Street
Eaton, Ohio 45320

Non-Profit Org.
U.S. Postage
PAID
Permit No. 389
Eaton, OH
45320

ADDRESS SERVICE REQUESTED

**We are Grateful for our
Donors and Volunteers**

Donors

Clarissa Shumway Klingenberg
Trish Poirer
Terry Russell
Traci Kurtz
Wanda Winter
Connie Harris
Kathleen Shuller
Dan & Mary Weadick
George & Pug Hudson
American Legion
Steve Cobb
Janice Marris
Heather Seymour
Cookie Young
Peggy Lincicome
Lara Mahler
Karen Roberts
Rosa Corey
Judy Hopkins
Maria Morgan

Phyllis Strange
Jeff Beneke
Susan Pinney
Connie McCarty
Cheryl Koeller
December Harper
Keith & Cheryl Reece
Meg Morgan Jones
Alice Rickard
Margaret Jones
Margie Stevenson
Terry Pendergraft
Trish Poirer
Terry Russell
Visitation Church
McDonald's of Eaton:
Chuck & Jeremy Hamilton
Job & Family Services
Vancrest Health Care Center
US Bank: Maria Morgan
Greenbriar Nursing Center:
Viktorya Howard
The Common Good: Jenny
McCarty

CAVU
Preble Count Public Health:
Suzy Conningim
Schneider Electric: John
Nomina
United Way: Alexa Joyce
Preble County Public Li-
brary: Lauren Robinson
The Bistro: Chef Tom and
Mary Bullen
Volunteers
Jesse Dean
Lisa & Scott Marling
Judy Hopkins
Traci Kurtz
Drew Hawley
Randy/ McDonalds
Matt Gibbs
Dave Kirsch
Annette & Rodney Mann
Stephanie Garrett
Joe DeLuca
Patty Emerson
Larry & Jill Adkins
Joanie Moore

Gene Tapalman
Josie Ison
Debbie McKinney
Jonathan Carl
Brody Rike
Don Vaughn
June & Terry Creech
Codie Moore
Miranda & Clayton Sparks
Kerriston Wilson
Kamm Auto Sales: Jacob
Kamm
Whitney Kamm
International Paper: David
Beckett
Vonderhaar Farms: Racheal
& Alan Vonderhaar
Adam Vonderhaar
Caroline Vonderhaar
Craft Electric: Adam Craft
John Philpot
Yankee Clover Mercantile:
Jerry & Jackie Gross
Lawn Plus: Rodney Creech



Give a gift to the Preble County Council on Aging Fund.
Deferred Giving - giving for tomorrow.

Services funded in part through grants
awarded by the Area Agency on Aging, PSA-2.



#16869

