

Senior Scene

Volume 31 • Issue 2



MARCH & APRIL 2021

**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.

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**"Celebrating 48 Years
of Service"**

March For Meals—Sponsor a Senior

Meals on Wheels has been guided by a single goal since the first known U.S. delivery by a small group of Philadelphia citizens in 1954 – to support our senior neighbors to extend their independence and health as they age. For the last 19 years, the Meals on Wheels network has claimed the month of March as its time to join forces to strengthen the impact of its efforts and rally communities around the country.

The PCCOA currently serves 200 seniors in Preble County. Sadly, we have seniors on our active waiting list who need sponsors to provide them with meals. A donation of \$12.50 per week will assure that one of our seniors in need will be provided with a hot, nutritious meal each day, Monday through Friday. Let me thank all who are sponsors!

Each of our trained drivers not only delivers a meal and a smile, but provides a wellness check, social interaction and assistance with small tasks such as picking up the mail. We currently have 7 home delivery routes and drive around 360 miles each day. That's an 84,960 mile delivery projection for 2021.

In 2018, we prepared and delivered 30,695 meals. In 2019, 32,531. In 2020, our staff prepared and delivered 85,186 meals. Read that again. That's an average of 7,744 meals each month, and yes, the numbers increased exponentially due to the complications of the pandemic. Yet, we kept up and delivered each and every meal to each and every one of our senior clients in need.

As a former volunteer driver for Meals on Wheels for the PCCOA, I can say that seeing the seniors each day gave me great joy. I enjoyed interacting with them and at times helped by taking out their trash or catching their dog that got loose. Meals on Wheels provides so much more than food. Now, more than ever, our seniors are isolated and many live alone. Meals on Wheels may be the only interaction they have during the day.

I know you're asking yourself right now, "What can I do?" and I will answer you by saying, please Sponsor a Senior. All you have to do is call (937) 456-4947 and make a donation. Together, we can deliver and help eliminate senior hunger in Preble County.

Please check our Facebook page for more information about how our local leaders and our community are helping to support our local Sponsor a Senior program.

Thank you all! *Wende*

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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 News and Views

Meals on Wheels is important every day of the year. It is vital in every community to reduce senior hunger and isolation. Preble County included. PCCOA is proud to provide meals to seniors who are homebound.

Typically, we celebrate March by hosting a Big Wheels Take Meals week-long event. We ask Big Wheels in our community to deliver meals along with our regular drivers and see what the day in the life of our meal delivery staff is like. We want our community to not only see the need but to know who to call when they see someone in need. Here are a couple testimonials from past Big Wheels:

“Thanks for allowing me to participate in Big Wheels Takes Meals. The home meal delivery is more than just delivering a nutritious hot meal to those in need. It is a great opportunity to check in and visit with our seniors. Thank you, Preble County Council on Aging, for all you do for our seniors.” Bradley K. Collins, City Manager, City of Eaton.

Alexa Joyce Little, Preble County Director of United Way said, “Having participated in the Big Wheels Take Meals and as a past volunteer for the Home Delivered Meals program, I can attest to the importance of this service. The meal is important for the health of our Seniors, but the interaction with a caring person who does a small extra deed such as grabbing the mail on their way in, makes sure they are doing well and becomes a friend in their life does so much more for their overall wellness.”

Sheriff Mike Simpson said, “The Big Wheels Take Meals week is an excellent opportunity for anyone who loves our seniors! I have had the privilege of taking part in this program. I quickly learned what a fantastic job that the staff at our Senior Center do every day to deliver meals to our seniors in their homes. The opportunity to quickly visit with our seniors when we delivered the meals puts a smile on anyone’s face. If you have a free day, join the staff at the Senior Center and make a difference!”

State Representative Rodney Creech said, “The Senior Center’s Meals on Wheels program is vital to many of our seniors in Preble County. In some cases this might be the only meal they have for the day. In addition to that it’s also a good quality check and personal interaction for our seniors. I have always enjoyed helping to deliver meals and the joy on our seniors faces.”

Our staff enjoys it too. Rosa Corey, Meals on Wheels driver says, “I love having the Big Wheels of the community ride with us. They can see what we do every day and it puts a smile on our seniors faces. It is cool to watch someone’s face when the Sheriff shows up with their meal.”

In 2020, our BWTM week was somewhat cancelled due to the beginning of the Covid-19 pandemic. This year, we will be celebrating a little differently. Check our Facebook for all the March for Meals activities.

With my blessings,
Shelley



Online Zoom Offerings



Laughter Yoga: A modern exercise involving prolonged voluntary laughter. Aiding in stress reduction and improved immune system.

Belly Dancing: Maria is teaching simple, easy, and enjoyable belly dancing moves.

Chair Yoga: Learn simple, gentle yoga poses while sitting in your chair. A relaxing way to start your day.

Brunch with Holly: Bring your breakfast or lunch and let's sit at our tables together and share. The second brunch of each month will be themed!

Oh the Places we will Go!: Join me as we go places and see things. We will venture into homes, studios, art exhibits, landscapes around the U.S., seeing architecture, and more.

Fitness Fun: We will be moving and grooving to some beats, getting our hearts pumping and muscles moving!

PJ/Dance Party: Roll out of bed, grab a cup of coffee and join me as we wake up into our day together. Each week we will play and participate, or socialize & connect together.

- ◆ You must Pre-Register for these classes, call 937-456-4947
- ◆ If you need a tablet and/or internet to join a class, let us know ASAP and we can provide one for you.
- ◆ If you need help setting up Zoom, let us know ASAP
 - ◆ Free to PCCOA Members
 - ◆ Non Members are \$5 per class
 - ◆ Cameras can be on or off
- ◆ These classes are geared towards those 60 years of age or older, and All Abilities and Ages Welcome
 - ◆ Questions please call the senior center at (937)-456-4947 See Activity Calendar for Times & Dates



Chronic Disease Self Management Workshop

Learn strategies to manage stress, fatigue, pain, weight management, and depression. In addition, you will learn communication skills to effectively speak with family, friends, and health care professionals.

Holly will be leading this over-the-phone workshop beginning March 16 to April 20. You will meet every Tuesday at 2 P.M. for about 30 minutes each session.

Call to reserve your spot by Friday, March 5
(937) 456-4947

Drive Thru Thursdays

Every Thursday
2:00 to 3:00



Drive up to the front door or to the big red barn at the Senior Activities Center

We miss YOU
We want to see YOU
Come and get your free SURPRISE treat!

Please stay in your car and follow the signs
Do not park and walk up
No one is allowed inside the building
Supplies are limited

For the most up-to-date information, go to:

[Our Facebook Page](#)

[Our Website](#)

[The Register Herald](#)

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.



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www.Facebook.com/PrebleCountyCouncilonAging

Welcome New Members:

Chris Miley
 Terri Miley
 Bill Miley
 Bruce Barnes
 Rayna Barnes
 Jack Lawson
 Vicky Hawley
 Tim Landwehr
 Kathy Landwehr
 Janet Hesseman
 Harry Hesseman
 Mary Rader
 Fred Habekost
 Mary Corine Taylor
 Thomas Brookey
 Robert Eleman
 Jeffrey Bratton
 Jack & Dorothy Cooper
 James Schuyler
 Mary Jane Seim
 Patricia Shiprak
 Kay Richardson
 Vicki Harshman
 Kathryn Asbrock
 William Vidourek
 Charlene Nuse
 Rosemarie Sheley

Contributions

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

Transportation

Eric Glowka

Holiday Food Baskets

Reid Health
 The Eaton Place
 Phyllis DeHart
 Linda Reynolds
 Daniel Monnin
 Donna Cobb
 Anytime Fitness Clients
 Linda Aukerman
 Anna Carlson
 Preble Shawnee School - FFA
 Butler Co. ESC - Christi Reveal
 PCDD - Maria Morgan
 Judith Hacker
 Bethany Schultz
 Tadd Tobias
 Cherie Thacker

Home Delivered Meals

Clyde Mason
 Donald DeMotte
 Vicki Harshman
 Alan & Sheila DeMotte
 Sandra Frances
 Charles & Naomi Moore & Family
 Janet DeMotte
 Connie McCarty

Other *(Cont. pg. 14)*

In Memory Of... From...

Mary Jo Sparks - Linda Reynolds
Joe, Hazel & Stephen Hamm - Elizabeth & Donald Smith
Stephen Hamm - Barbara Weadick
Pastor Jack Miller - Gary & Roxanne Pieratt
Bob Wells - Mary Jo Arnett
Margaret Kramer - Mary Monnig

Sponsor-A-Senior Program

(Cont. pg. 14)



“Jake’s Takes”

Hello All—I hope everyone is maintaining common sense as we navigate through these uncertain, worrisome times. Remember, have compassion for your neighbors, friends and strangers as well during these trying time. Moving on—did you know the U/S/ Constitution contains 4,534 words including the signature and takes approximately 30 minutes to read. In the November/December issue, I mentioned that I would present more information and history of Preble County’s Vietnam War Veterans Memorial. It was dedicated August 13, 1994. This memorial stone was dedicated to Veteran of the Vietnam War but especially and most importantly to remember those Preble County citizen soldiers whose lives were too soon ended fighting in that war. The memorial stone is located in the lower meadow (N.E. section) of Fort St. Clair Park at the flagpole, which donated in honor of Vietnam Veteran Ronald E Hines -E4. The memorial ceremony began at 3 PM with posting the colors by Vietnam Veterans of America (VVA) Miami Valley Chapter 97 from Dayton. They also provided the 21 gun salute. Reading of the role of honor (names on the bronze plaque):

Blakenship Edgar, William 20 US Army Special Forces Mar 13, 1968 Lewisburg

Brown David, Allen 18 US Army Special Forces Apr 26, 1968 West Manchester

Bruce Ronald, Dwight 22 US Army Special Forces Apr 18, 1967 West Alexandria

Craven Danny, Carol 19 PFC USMC Sept 18, 1969 West Alexandria

Dennul Edward, Michael 18 US Army Special Forces July 21, 1969 Lewisburg

Goins Gordon, L 23 Cpl US Army Jan 10, 1968 Eaton

Green Melvin, Ricky 20 US Army Special Forces Nov 29, 1968 New Paris

Hand William, Harty 21 Sgt US Army Aug 20, 1969 Lewisburg

Klink James, Marion 21 US Army Special Forces Nov 3, 1966 New Paris-
Koons Dale, Francis 25 Capt. US Air Force (shot down) Dec 26, 1971 MIA body returned Oct 1989 Eaton

Le Fever Douglas, Paul 26 Maj. US Air Force Nov 5, 1969 Arcanum

Lincoln Gary, Gene 23Pfc US Army Oct 17, 1967 Eaton

McGhee Dennis, Oliver 20 US Army Special Forces Sept 28, 1969 Gratis
Read by Marine staff Sgt. William Bourne. Echo taps was sounded by Lieut. Col. Squire USMC (ret) VVA 97 and US Air Force Master Sgt. Jose Sandoval. At the conclusion of the very somber ceremony, colors were retired by VVA 97. Also attending the ceremony were Eaton Mayor Gary Russell, State Representative Gene Krebs (R Camden) and Gary Good Preble County Veterans Services Director. The Memorial Stone was the idea of Mary Pegg Vosler who determinedly pursued her goal. She searched for a stone that would match the other stones around Fort St. Clair. She settled on a black stone weighing 3 tons, donated by Loxly Aggregates Inc. of Lewisburg. Ironically that black stone was found across Prices Creek from where Edgar Blankenship lived. Mary’s resoluteness brought Eaton business and the citizenry of our community together and raised the required funds for this most noteworthy project.

Vietnam Veteran Kenneth Watson assisted in mounting the name bearing bronze plaque on the stone. The fundraising efforts included a fashion show and a 60s themed dance. Eaton’s Rodney Cobb (the cool man with the mic) emceed the show. Two local Vietnam Veterans took part in the show; Larry Weadick, Navy Vietnam Veteran and Paul Hebbeler, National Guard Veteran of Desert Storm. Eaton American Legion Post 215 donated their hall for the show and the dance.

At the time, local Veterans felt the memorial would heal some wounds and expose the Nation’s sacrifices. I believe that comment and the thinking behind it is still relevant today, 45 years after the end of the Vietnam War.

Navy Veterans Paul Hebbeler stated, “In desert Storm we got a big welcome home. The Vietnam Veteran never go that when the go back.” Eaton’s Pat Taylor, a Vietnam Veteran himself said, “The memorial should help Veterans feel better about their place in a misunderstood war.” He went on to say, in part, “I think every community needs something for the Vietnam Veteran. I believe that was an insightful and well-stated comment. (see photos page 11)

The information in this article about the memorial was found in: The Palladium Item, Dayton Daily News, and The Register Herald. I would also like to acknowledge and thank Angie Getter, Preble County Public Library, Preble County Room, manager for her support in researching and collecting the above information.

For what it’s worth: All of us are capable of monumental mistakes. When confronted with yours, be big enough to admit them and learn from them.

Final thought: Be no more inclined to totally spurn criticism than you would be to accept it. Analyze it, if it is true, then make the improvements.

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.

Events & Activities



Meets at 11:00
At Senior Center

We will be back upon re-opening!

Call in to see where we are picking up.
937-456-4947



Presidential History Book Club

Discussions remain on hiatus. In the meantime, below are some additional biographies to enjoy. See previous newsletters for others.

- James Garfield by Ira Rutkow
- Destiny of the Republic by Candace Millard
- Chester Alan Arthur by Zachary Karabell
- Grover Cleveland by Henry F. Graff
- Rutherford B. Hayes: Warrior & President by Ari Hoogenboom

PREBLE COUNTY COUNCIL ON AGING,
INC.

Thursday Night Weekly Dance

WITH THE SILVERTONES

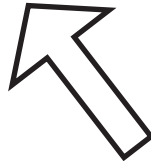
Door Prizes-
Dollar
Open to

Resume Date
T.B.A.

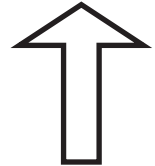
5:00-8:00 PM

50/50 \$3.00/single or
Food Menu \$5.00/couple

the public



Resume Dates
T.B.A.



Menu MARCH 2021

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

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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>1</p> <p>Smoked Sausage Mashed Potatoes Sauerkraut Pineapple Tidbits Very Berry Juice</p>	<p>2</p> <p>Creamed Chicken Biscuit Peas W/Onions Carrots Fruit Cocktail</p>	<p>3</p> <p>Breaded Pork Sandwich Au Gratin Potatoes Lima Beans Peaches Apple Juice</p>	<p>4</p> <p>Hamburger Macaroni & Cheese Green Beans Fruited Gelatin Raisins</p>	<p>5</p> <p>Salisbury Steak Mashed Potatoes Broccoli & Cauliflower Fruit Salad Fruit Punch</p>
<p>8</p> <p>Chicken & Noodles Mashed Potatoes Mixed Vegetables Mixed Fruit Craisins</p>	<p>9</p> <p>Baked Ham Sweet Potatoes Lima Beans Pears Apple Juice</p>	<p>10</p> <p>Cabbage Rolls Confetti Mashed Potatoes Green Beans Tropical Fruit Salad Cran-Rasp. Juice</p>	<p>11</p> <p>Baked Spaghetti Italian Green Beans Corn Peaches</p>	<p>12</p> <p>Sausage Links Hash Browns Baked Peaches Applesauce Gelatin Grape Juice</p>
<p>15</p> <p>Beef Tips Corn Casserole Broccoli Fruit Cocktail</p>	<p>16</p> <p>Soup Beans w/ Ham And Onions Hash Browns Spinach Applesauce Very Berry Juice</p>	<p>17</p> <p>Chicken Pot Pie Corn Asparagus Pears Fruit Punch</p>	<p>18</p> <p>Meatloaf Baked Potato Green Beans Peaches Craisins</p>	<p>19</p> <p>Salmon Patty Creamed Peas Stewed Tomatoes Mandarin Oranges Raisins</p>
<p>22</p> <p>Sausage Gravy Biscuit Peas & Carrots Baked Apples Mandarin Oranges</p>	<p>23</p> <p>Roast Beef Red Potatoes Sugar-Snap Peas Peaches Raisins</p>	<p>24</p> <p>Lasagna Italian Green Beans Carrots Mixed Fruit Craisins</p>	<p>25</p> <p>Country Fried Steak Mashed Potatoes Brussels Sprouts Apple Orange Juice</p>	<p>26</p> <p>Roast Pork Hash Brown Casserole Cooked Cabbage Apricots Grape Juice</p>
<p>29</p> <p>Chicken Casserole Lima Beans Squash Pears</p>	<p>30</p> <p>Chicken Salad Potato Salad Pickled Egg & Beets Peaches Orange Juice</p>	<p>31</p> <p>Pepper Steak Garden Rice Far East Vegetable Blend Pineapple Tidbits Craisins</p>	<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>	

Activities March 2021

This Month's Theme:
"Laughter"

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Website: www.prebleseniorcenter.org • www.facebook.com/preblecountycouncilonaging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>2:00 Laughter Yoga via Zoom</p>	<p>2</p> <p>10:00 Belly Dancing via Zoom</p>	<p>3</p> <p>10:00 Chair Yoga Via Zoom</p> <p>2:00 Oh the Places We will GO! Via Zoom</p>	<p>4</p> <p>10:00 Fitness Fun via Zoom</p> <p>2:00—3:00 Drive Thru Thursdays</p>	<p>5</p> <p>9:00 PJ Party via Zoom</p> <p>2:00 Chair Yoga 2.0</p>
<p>8</p> <p>2:00 Laughter Yoga via Zoom</p>	<p>9</p> <p>10:00 Belly Dancing via Zoom</p>	<p>10</p> <p>10:00 Chair Yoga Via Zoom</p> <p>2:00 Oh the Places We will GO! Via Zoom</p>	<p>11</p> <p>10:00 Fitness Fun via Zoom</p> <p>2:00—3:00 Drive Thru Thursdays</p> 	<p>12</p> <p>9:00 PJ Party via Zoom</p> <p>2:00 Chair Yoga 2.0</p>
 <p>15</p> <p>2:00 Laughter Yoga via Zoom</p>	<p>16</p> <p>10:00 Belly Dancing via Zoom</p> <p>2:00 Chronic Disease via Phone</p>	<p>17</p> <p>10:00 Chair Yoga Via Zoom</p> <p>2:00 Oh the Places We will GO! Via Zoom</p>	<p>18</p> <p>10:00 Fitness Fun via Zoom</p> <p>2:00—3:00 Drive Thru Thursdays</p>	<p>19</p> <p>9:00 PJ Party via Zoom</p> <p>2:00 Chair Yoga 2.0</p>
<p>20</p> <p>2:00 Laughter Yoga via Zoom</p>	<p>21</p> <p>10:00 Belly Dancing via Zoom</p> <p>2:00 Chronic Disease via Phone</p>	<p>22</p> <p>10:00 Chair Yoga Via Zoom</p> <p>2:00 Oh the Places We will GO! Via Zoom</p>	<p>23</p> <p>10:00 Fitness Fun via Zoom</p> <p>2:00—3:00 Drive Thru Thursdays</p>	<p>24</p>  <p>9:00 PJ Party via Zoom</p> <p>2:00 Chair Yoga 2.0</p>
 <p>27</p> <p>2:00 Laughter Yoga via Zoom</p>	<p>28</p> <p>10:00 Belly Dancing via Zoom</p> <p>2:00 Chronic Disease via Phone</p>	<p>29</p> <p>10:00 Chair Yoga Via Zoom</p> <p>2:00 Oh the Places We will GO! Via Zoom</p>	<p>30</p> <p>10:00 Fitness Fun via Zoom</p> <p>2:00—3:00 Drive Thru Thursdays</p>	<p>31</p> <p>9:00 Dance Party via Zoom</p> <p>2:00 Chair Yoga 2.0</p>

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Menu **APRIL 2021**

MENU IS SUBJECT TO CHANGE

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

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
			1 Meatloaf Mashed Potatoes Green Beans Applesauce Gelatin Grape Juice	2 Closed
5 Chicken Casserole Corn Peas w/ Pimentos Peaches Rice Crispy Treat	6 Ham Salad Cole Slaw Cucumber & Onions Citrus Salad Craisins	7 Beef Tips w/ Gravy Confetti Mashed Potatoes Spinach Pears Cran-Rasp Juice	8 Hamburger Mac & Cheese Tomato, Lettuce, Onion Peas Fresh Fruit Apple Juice	9 Lemon Garlic Fish Rice Pilaf Baby Carrots Pineapple Tidbits Orange Juice
12 Chili Baked Potato Broccoli Apricots Apple Juice	13 Roast Beef Au gratin Potatoes Mixed Vegetables Fruit Cocktail Craisins	14 Chicken Divan Buttered Noodles Carrots Fresh Fruit Grape Juice	15 Pork Chop Parslied Potatoes Brussel Sprouts Applesauce Fruit Punch	16 Turkey w/ Gravy Stuffing Peas w/ Onions Mandarin Oranges Raisins
19 Chicken Patty Sandwich Baked Beans Prince Charles Vegetables Pears Raisins	20 Tuna Salad Macaroni Salad Pea Salad Mixed Fruit Orange Juice	21 Baked Ham Sweet Potatoes Lima Beans Fruited Gelatin Grape Juice	22 Meatloaf Mashed Potatoes Green Beans Citrus Salad Craisins	23 Country Fried Steak Mashed Potatoes Green Beans Banana Apple Juice
26 Hot Dog Baked Beans Corn Mixed Fruit Craisins	27 Turkey & Cheese Sandwich Cole Slaw Italian Tomatoes Cucumbers Pineapple Tidbits Cran-Rasp Juice	28 Ham & Beans w/ Onions Hash browns Carrots Peaches Raisins	29 Goulash Italian Green Beans Baked Apples Fruit Salad Rice Crispy Treat	30 Salmon Patties Creamed Peas Stewed Tomatoes Applesauce Fruit Punch

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Activities April 2021

*This Month's Theme:
"Passion"*

Preble County Council on Aging, Inc. • 800 East St. Clair Street • Eaton, OH 45320
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Website: www.prebleseniorcenter.org • www.facebook.com/preblecountycouncilonaging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			10:00 Fitness Fun via Zoom ¹ 2:00—3:00 Drive Thru Thursdays	Closed ²
2:00 Laughter Yoga via Zoom ⁵	10:00 Belly Dancing via Zoom ⁶ 2:00 Chronic Disease via Phone	10:00 Chair Yoga Via Zoom ⁷ 2:00 Oh the Places We will GO! Via Zoom	10:00 Fitness Fun via Zoom ⁸ 2:00—3:00 Drive Thru Thursdays	9:00 PJ Party via Zoom ⁹ 2:00 Chair Yoga 2.0
2:00 Laughter Yoga via Zoom ¹²	10:00 Belly Dancing via Zoom ¹³ 2:00 Chronic Disease via Phone	10:00 Chair Yoga Via Zoom ¹⁴ 2:00 Oh the Places We will GO! Via Zoom	10:00 Fitness Fun via Zoom ¹⁵ 2:00—3:00 Drive Thru Thursdays	9:00 PJ Party via Zoom ¹⁶ 2:00 Chair Yoga 2.0
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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 & Motor Coach

We are hoping to take our 2020 trips in 2021! Stay tuned for more details.

Continued from Jake's Takes on pg. 5. See images below



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

Overnight Trips

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

Alaska Cruise, Land & Rail

September 12—22, 2021

See the sights of Alaska from breathtaking national parks and preserves to the gold mines of the 1880's. You will also visit the world's oldest collection of totem poles. There is lots to see and history to learn on this Alaskan Cruise

Spain & Portugal

October 9-19, 2021

Highlights include Lisbon, Porto at Sea, Seville, Gibraltar, UK, Malaga, Alicante, Valencia, and Barcelona.

Spotlight on San Antonio Holiday

November 27—December 1, 2021

We are taking reservations for this lovely five day get away to San Antonio. Highlights include Mission San Jose, The Alamo, LBJ Ranch, Fredericksburg, National Museum of the Pacific Was, Choice on Tour, El Mercado and Paseo del Rio Cruise.

For more information please visit <https://gateway.gocollette.com/link/1041488> or call Cheryl at the Senior Activities Center (937) 456-4947.

Fun Fact

There is only one letter that does not appear in any US state name.

We Need the following donations:

Wheelchairs
Canes
Please and Thanks

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.

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

Ohio Home Energy Assistance Programs

The Ohio Development Services Agency offers several programs to income eligible Ohioans to assist in playing their utility bills and to improve energy efficiency of their homes. Household eligibility is based on income, and eligibility is explained in the application.

Home Energy Assistance Program (HEAP):

One-time payment credited to the current winter heating season account.

HEAP Emergency Winter Crisis Program (WCP):

One-time assistance to eligible households that are disconnected, threatened with disconnection, or have less than a one-day supply of bulk fuel.

Percentage of Income Payment Plan (PIPP):

Utility service maintained by paying portion of household income each month.

Home Weatherization Assistance Program (HWAP):

Residential energy efficiency program

Questions and interest contact Brittney at the Preble County Council on Aging, 937-456-4947.

2020/21 INCOME GUIDELINES

Size of Household	Total Gross Annual Household Income (Call for the most up to date numbers)			
1	Up to \$ 19,140.00		\$ 22,330.00	\$ 25,520.00
2	150% Up to \$ 25,386.00	175%	\$ 30,170.00	200% \$ 34,480.00
3	For Up to \$ 32,580.00	For	\$ 38,010.00	For \$ 43,440.00
4	PIPP, Up to \$ 39,300.00	HEAP, Up to \$ 46,020.00	\$ 45,850.00	For \$ 52,400.00
5	EPP Up to \$ 46,020.00	WCP, & Up to \$ 52,740.00	\$ 53,690.00	\$ 61,360.00
6	Up to \$ 52,740.00	SCP Up to \$ 59,460.00	\$ 61,530.00	\$ 69,180.00
7	Up to \$ 59,460.00	Up to \$ 66,180.00	\$ 69,370.00	\$ 79,280.00
8	Up to \$ 66,180.00		\$ 77,210.00	\$ 88,240.00



by Barb Felton

During November and December of last year, I spent a lot of time doing telephone assessments for our Home Delivered Meals program. I enjoyed this opportunity to talk with our meal recipients, especially those that are Caregivers.

The Pandemic has been difficult for everyone but for Caregivers, it has brought additional isolation. Due to safety recommendations, their support network is much smaller. If they had family members that would help, they were staying away because they don't want to risk potentially spreading the virus to their elderly loved ones. The Caregiver stays home because they don't want to risk getting the virus and/or bring the virus home to their loved one.

What can we do to help Caregivers during this challenging time? Check out the list below and decide what you are going to do for a Caregiver that you know.

- Send a card or a note to let them know you are thinking of them
- Send flowers
- Set up a bird feeder outside a window & keep the feeder filled
- Arrange to get their groceries
- Take them cookies or some other goodies that you know they enjoy
- Make a ready-to-bake casserole for them (bake it for them or have it "freezer ready")
-

Call them to just talk or they may need to vent to you. Call them on a regular basis.

(cont. on page 15)

Common Facebook Scams and How to Avoid Them by Dave Schippers Email used to be the delivery method for scams and malware. The good news is, many people are aware of the scams and digital dangers in the email arena. The bad news is many digital miscreants have recycled and updated their digital scams when they followed the masses to Facebook. Below, I've compiled some digital dangers commonly employed against us. **Fake Links/Click Jacking – Fake news, free giveaways, etc.** can be delivery methods for malware. **Direct Messages** with links or attempts to get you to look at something. Links resulting in another login request for Facebook/Email Provider – this is to harvest your account. **Surveys** – Some surveys on Facebook are created to harvest information about users for identity theft/account hijacking/spear phishing (crafted attacks). **Fake Accounts** – Fake Facebook accounts can fall into many different types of scams. Examples include:

Account Cloning – I've seen this approach grow in frequency in the last year. Indications of a cloned account are a second Facebook Friend Request – if you're already connected on Facebook, you should not receive a second Facebook Friend Request. The old email trick – "I'm in jail in a foreign country, can you send money?" has migrated to Facebook with a different twist.

Friend of Friend/Relative – Some fake accounts are created and operated to entice you to trust them. Within a short period of time, they promise money or ask for it. Many scams revolve around large sums of money if you provide a fee or personal data.

Romance – Another common scam are requests to "be friends" or "...get to know you". I've seen many people fall for these accounts. They can be grouped into two primary categories:

For the Lulz – Some people create and operate fake accounts for their own personal needs or dysfunctions. They may not ask for money and simply crave attention. I've seen men pretend to be women and women pretend to be men in the digital world.

For the Money - These scammers are versed in spending time to build up a dependency. They may send you small amounts of money to build up their credibility. Eventually, it leads to needing money from you. Once this starts, they go for everything they can get. Many of these scammers know how to pull your heart strings to get what they want.

For more information please visit: <https://www.walshcollege.edu/blog/facebook-scams-blog>

(Cont. from page 13 Caregivers Corner)

If they don't have it already, call the Preble County Health Department (937) 472-0087 and help the Caregiver and their loved one get scheduled for their Covid vaccine.

After you receive your vaccine, you could consider helping the Caregiver by doing something listed below.

- Do a load of laundry or dishes
- Bring a favorite movie & watch it together
- Cook and deliver a meal that they like
- Bring ingredients and fix a meal together
- Replace batteries in smoke detectors
- Volunteer to stay with their loved one
- Color with him or her
- Do an item on their "to do" list
- Play cards with him or her

So there are some ideas for you to help your friend, the Caregiver. **If you are a Caregiver, it is absolutely fine to ask for help!**

(Contributions Cont. from pg. 3)

Other	Activities	In-Home Services
Jay & Rosalie Unger Helen Finn Jack & Connie Tobias Jack & Carmel Mann Joe & Julie Saluke	Connie McCarty	Roselius Insurance Agency

(Contributions Cont. from pg. 3)

Sponsor-A-Senior Program

First Brethren Church of Gratis, Connie Harris, James & Linda Arp, Bullen Ultrasonics, Gary Mann, Network for Good, Marcus & Sherrill Brubaker, Barbara & Don Orr, Phyllis Strange, James Corey, Nancy Poffenberger, David Monebrake, First Impression Wear, Twin Valley Bank, Jeffrey Ober, Bethany Schultz, Richard Little, WKH Career Service, Stacy Snyder, Anna Swihart, Tim Landwehr, Amy Miller, Tadd Tobias, Donna Moore, Kathleen Deaton, Kathy Clapp, Donna Cobb, Eric Glowka, Karen Lowery, Connie Harris, Vicky Harshman, PCCOA Staff, Denise Smith, Dave Smith, Jeremy Stockwell, Tonya Barber, Wares Chapel UM, Ruth Dienlinger Williamson, Clarissa Shumway Klingenberger, Nancy Miller, Carrie

Stevens, Alexis Wolf, Rodney Creech, Amy & David Cox, Jessica Swihart, Dawn R. Miller Orr, Susie Keehner, Gary Washington, Judy Phillips, Diana Teran, Denise Kump, Barbara Suggs, Patty Pridmore, James Corey, Tim Miller, June Creech, Darla Everitt, Nancy & Bill Clayton, Paul & Nancy Rodeffer, Tim Miller, Joanne Guyett

Become a member with us, or is it time to renew your membership?

You can easily sign up via our website at <https://prebleseniorcenter.org/support/membership/>

The answer from page. 12: The letter "Q"

Notifying the Public of Rights Under Title VI

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.

If information is needed in another language, contact (937) 456-4947.

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

937-456-4947



**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

Restarting Responsibly

Preble County Council on Aging, Inc. (PCCOA) will delay re-opening of the senior activities center. On September 11, 2020, the Ohio Department of Aging released the guidelines for reopening senior centers throughout the State of Ohio. There are several requirements/guidelines that must be implemented before re-opening. Based upon the restrictions put in place by the State of Ohio and safety concerns of the PCCOA Board of Trustees and Senior Leadership, we will not be reopening at this time.

PCCOA prides itself as the only agency in Preble County to focus on the needs of senior citizens. We must focus on keeping our seniors safe. The health and safety of our seniors is the reason we have chosen to delay re-opening. We need to concentrate our efforts on helping those who need our core services.

"We will continue to provide transportation, homemaking and meals on wheels, our core services" says Shelley Ratliff, Executive Director. "We miss seeing our friends coming into the senior center each day but the senior population is the most vulnerable with the Coronavirus and we don't want to take any unnecessary chances."

We will continue working with our local Preble County Health Department to ensure our ability to re-open safely. Based on the restrictions put in place by the State of Ohio, PCCOA will remain closed to the general public but will continue providing modified services. We will re-evaluate re-opening at a later date.

For more information on programs and services, please call PCCOA at 937-456-4947 or visit www.prebleseniorcenter.org or <https://www.facebook.com/preblecountycouncilonaging>



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.*

