

Senior Scene

Volume 32 • Issue 2



MARCH & APRIL 2022

**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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March for Meals 2022

The annual March for Meals celebration commemorates the historic day in March of 1972 when President Nixon signed into law a measure that amended the Older Americans Act of 1965 to include a national nutrition program for seniors 60 years and older. This year, Meals on Wheels programs from across the country are joining forces for the awareness campaign to celebrate 50 years of success and garner the support needed to ensure these critical programs can continue to address food insecurity and malnutrition, combat social isolation, enable independence, and improve health for years to come.

During 2021, PCCOA delivered 50,237 meals. Some of these meals included not only hot meals but some frozen meals or 7 day meal packs. Did you know that currently we have 245 clients?

This year we are celebrating March for Meals March 21st thru 25th. Our goal is to make sure Preble County is aware of this needed program and the importance to those who receive meals. We celebrate everyone that has helped in the past and continues to help our seniors now and into the future! Thank you!



MARCH
FOR
MEALS
WITH
MEALS ON WHEELS™

**"Celebrating 49 Years
of Service"**

Board of Trustees

Jeff Parker	<i>President</i>
Brad Collins	<i>Vice President</i>
Valerie Sargent-Wood	<i>Secretary</i>
Steve Dearth	<i>Treasurer</i>

Steve Bruns	Harold Niehaus
June Creech	Mike Spittler
Jerry Gross	Jim Thomas
Erin Harris	Karen Welch
David Kirsch	

Participant's Council

Donna Sue Donohoo	<i>President</i>
Judy Biltz	<i>Vice President</i>
Sue Sewell	<i>Secretary</i>

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Shirley Cottingim

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Amy Taulbee

Mobility Manager
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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

From The Executive Director

March! March! Mommy is the leader! March! March! Mammaw is the leader! This is a chant I have said to my children and now grandchildren to get them to follow me in a fun way. Whether we are marching to the car or walking on the sidewalk, it seems to engage them and encourages them to want to be the next leader.

As the leader of the best place to work in Preble County, I am at the front of the line, marching this organization forward. Together, we have been marching forward for over 11 years and we aren't stopping any time soon. March is a very special month for PCCOA. In March 1973, PCCOA officially became a non-profit organization.

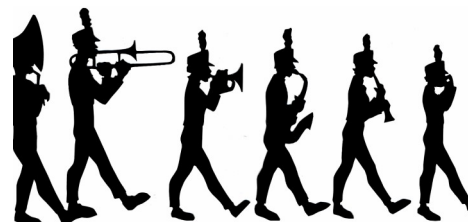
According to the original Articles of Incorporation, signed on March 15, 1973, the purpose or purposes for which said corporation is formed are the following charitable and educational purposes:

- ◆ To study the psychological and social effects of aging in order to improve the quality of life of the elderly residents of Preble County;
- ◆ To promote and encourage participation by the elderly residents of Preble County in community affairs;
- ◆ To plan and sponsor community service activities which will utilize the experience of the elderly and demonstrate their genuine concern for the needy residents of this county of all agency and social conditions;
- ◆ To improve the living conditions of the elderly residents of Preble County by providing health, recreation, and food service for them;
- ◆ To cooperate with and assist Federal, State and Local governmental unites in involving the elderly residents of Preble County in the mainstream of community life.
- ◆ Said corporation shall have the power to buy or rent whatever real or personal property that is necessary and to employ whatever personnel that is necessary to facilitate the above purposes.

You may remember the first three trustees of PCCOA: Herbert L. Long from Camden, Helen Flory from Eaton and Myra Gebhart from Lewisburg. These 3 individuals played a huge part in our history.

Next year we will be 50 years old as an agency and it all started with this original vision. March! March! PCCOA is the leader!

With my blessings,
Shelley



Announcements

3

Fun and Interactive Classes:

Art Class with Paint the Towne*

- March 8th - Ceramic Easter Basket & 2 Eggs—\$20
- April 12th - Canvas Painting of Lavender—\$20

Painting with She Shed Arts*

- March 15th—9:30a—Dot Art—\$15
- April 19th—9:30a—Quilt Block Art—\$15

The classes below are:

Free for Members — Non-Members \$5 per class

Tai Chi—Every Monday at 10 AM

Silver Sneakers—Every Monday at 12:30 PM

Wellness Wednesday Every Wednesdays at 10 AM

Fitness Fun: Every Thursday at 10 AM

Yoga: Every Friday at 1:00 PM

- ◆ These classes are geared towards those 60 years of age or older, and All Abilities and Ages Welcome
- ◆ You pay the day of class.

Ceramic Easter Basket & 2 Eggs Dot Art



Canvas Painting of Lavender

Quilt Block Art



Senior Day & Annual Meeting

May 10th, 2022



10am to
3pm

AGE MY WAY: MAY 2022

In the Big Red Barn!
FUN, FOOD, and its all FREE!!!

Chronic Disease Self Management class (Healthy U) is being offered on Wednesdays starting March 23rd to April 27th. This class is a six week program with updated, free material that help you set personal goals and take charge of your health. Those living with chronic conditions and their caregivers are welcome to participate.

*You must Pre-Register for this class.
Registration ends on March 16th
Please call to get register 937-456-4947*



Silver Sneakers is back and will continue to be on Mondays at 12:30p in Woodland Room!

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.PrebleSeniorCenter.org

www.Facebook.com/PrebleCountyCouncilonAging

Contributions

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

In Memory

Jane Montgomery for Bob Watt,
Eric Flasher for Bob Watt,
Rhonda Baggett for Bob Watt
Elisabeth Pratt for Stephen
Pratt
Claude & Ginger Sowry for
Jerry Emerick
Don & Liz Smith for Stephen
Pratt
Anita Burke for Jerry Emrick
Sons of the American Legion
#360 for Jerry Emrick
Teresa Freeman for Elmer &
Dorthea Christensen
Janet Bloomfield for Jerry
Emrick

Welcome New Members!

John Adams, Ruth Adams, Rusty Beery,
Cheryl Best, Janice Davis, Dorothy
Donson, Vicki Ertel, Dianne Glowka,
George Hayden, Martha Hayden, Linda
Hollenbaugh, Claudia Hurst, Paul
Jenkins, Johnny Jordan, Jeff Kiracofe,
Lisa Kiracofe, Ben Kreger, Betsy Kreger,
Doris Lunsford, Jo Maggard, Lenna
McKee, Thomas McKee, Theodore
Melody, Michael North, Michael Parvey,
Nancy Parvey, Sharon Phillips, Kip
Powell, Conrad Rizzolo, Joni Rizzolo,
Rusty Roberts, Amanda Shockey,
Adelee Small, Phyllis Smith, Harry
Sorrell, Diana Spencer, Kimberly Tabor,
Kathy Thralls, Carol Unger, Janice Watt,
and Charlene Wooten

Transportation

Joyce Harden, Carol Driver, Robert &
Darlene Koontz

Christmas Baskets

Deborah Gibson, Judith King
Reid Health, Judy Hacker, Anytime
Fitness, Wilmer Howard, Sue Sewell
Sharon Kramer, Knights of Columbus

Homemaking

Foodstream

Membership Gifts

Shirley Fox

Senior Center/Activities

Carolyn Studebaker, Catron's Glass,
Inc., Eagle fence & Construction, Sally
Fugate

Sponsor a Senior

Mr. & Mrs. Dale Hall, Orville Hale,
Carolyn M. McWhinney, First Brethren
Church of Gratis, Mr. & Mrs. Donald
Miley, Sue Powell, Marjorie Coning,
Louise Egbert, Mr. & Mrs. Dan Huffman,
Mr. & Mrs. Beryl Wesler, Janet Sayne-
Philpot, Norma Jean Behnken, WKH
Career Services, Tim Landwehr, Tadd
Tobias,

Continued on page 15



"Jake's Takes"

By Jake Daily

Jake is volunteer at the Preble County Council on Aging.

Hello all—I hope everyone has managed to come to terms with the sometimes confusing statistics and information about the covid issue/debacle. Moving on—I have a correction to make from my article in the November/December 2021 issue, my friend Marvin Shelby graduated from Fairview High School not Fairmont, I apologize Marvin that one got by me, I can't blame the computer for that one. In my reading I came across an interesting fact, do you know what the Boeing Aircraft Company started in business as? I'll tell you a little later in the article. I experienced a frustrating situation perhaps it could be considered a dilemma. This ordeal began according to the letters my wife Jo and I received this past August. Those letters were from the Ohio Department of Job and Family Services, the letters contained a case number for her and my letter contained a different case number for me. These letters stated their records indicated we both had applied for and/or received pandemic unemployment assistance (PUA) benefits, of course my wife and myself HAD NOT APPLIED FOR THIS BENEFIT. In this letter, they offered to help correct this situation, keep in mind if this situation is not corrected you are liable for and would have to pay taxes on that PUA money. When I contacted the ODHFS by phone to report this fraud and identity theft they informed me they (the Ohio Department of Job & Family Services (ODJFS) would only accept a report from me online, when I explained to them I was a senior citizen 79 years old and not capable of accomplishing this online safely and correctly, in this conversation I offered to come to their local office to make the report. I was told in no uncertain terms not to come to their office as they would not talk to me. Eventually I got in contact with a newspaper reporter who had

written a related story, as a result of this connection I was eventually able to make my report over the phone. I am also experiencing the same situation trying to report my fraud information to Social Security. In my opinion the state could do a better (proper) job protecting their senior citizens and other less capable citizens.

Now about the Boeing Aircraft Company, they started as a time/lumber company, supplying wood to the fledging early aircraft builders as the airframes were 90+ percent of wood manufacture. Now more local history. President William Henry Harrison died April 4th, 1841 of what today we call pneumonia, he had been president only a month. His funeral cortage passed through Eaton on its way to North Bend, Ohio, which is near Cincinnati. Eaton residents lined Barron Street to solemnly pay their respect (the shortest serving president in our history), moving on. I would like to thank my friend and fellow Senior Center member Phil Newport, Phil provided me transportation to get me home from Ziebart in Dayton (dropped my van off), we decided to make an adventure out of this trip, we visited a couple of historic sites. One of the sites was the John H. Patterson Memorial Monument. He was a founder of the National Cash Register Company, the monument is located in Hills and Dales above the community golf course on Patterson Boulevard. He was a great supporter of the city of Dayton. We also visited Hull's Rendezvous Memorial Marker in Dayton, this is where the Shawnee's were defeated by Clark's 1782 expedition 14 years before the city of Dayton was founded; also Hulls Army and other Ware of 1812 troops were mobilized here. This Memorial marker is located at Webster Street and Deeds Park Drive just a little east of the confluence of the Miami and Mad Rivers. Next we visited one of the Miami Erie Canal Locks, this lock number 27 was also called Sunfish Lock, was built in 1829. It has been partially restored, basically what was there was approximately 100

feet of canal bed and bank and stone block walls with indications of where lock gates were mounted, these locks were approximately 20 feet deep—18 to 20 feet wide, and 90 to 100 feet long. This lock is a little south of Miamisburg on the Dayton Cincinnati Pike close to Cranes Run Park (see photos) then it was time for lunch and we wound up at Treasure Isle Restaurant/Supper Club in Moraine, Ohio, founded in 1961 and was quite popular with Dayton, Kettering, Oakwood, Miamisburg, and West Carrollton citizens. This establishment has an interesting décor and very good food. The next day Phil transported me back to Ziebart to pick up my treated van.

For what it's worth—the very first Supreme Court Justice John Jay, said "Americans should select and prefer Christians as their rulers." How then, have we gotten to the point that everything we have done for over 200 years in this country is now suddenly wrong or unconstitutional?

Final thought—James Madison, our fourth President, known as "The Father of our Constitution" made the following statement: "We have staked the whole of our political institutions upon the capacity of mankind for self-government, upon the capacity of each and all of us to govern ourselves, to control ourselves, to sustain ourselves, according to the 10 Commandments of God". That's All.

**Correction to January/February 2022 Edition: The article should have ended as follows: after (see photos) (the first pair of pliers he carved). Phil is a pretty talented fellow, because of his concern of and for the environment and food production he has taken up beekeeping again. In the early 80s Phil raised bees using the type of hive we are most familiar with but, is now using a type hive known as a top bar hive (see photos), from here the article ends as presented. **

Lunch with Jake

"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.

Please check the activities calendar for dates.

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

Events & Activities

Coffee Lover's Book Club



Every 2nd Thursday of each month at 11:00 AM

March— *One Summer* by David Baldacci

April— *The Man Who Died Twice* by Richard Osman

May— *The Janus Stone* by Ruth Galloway



Presidential History Book Club

Come join us on selected Thursdays at 1:00 p.m.

See below for discussion dates and the corresponding biographies.

March 17th — Millard Fillmore by Paul Finkelman

April 21st — Franklin Fillmore by Michael F. Holt

May 19th — James Buchanan by Jean Baker



PREBLE COUNTY COUNCIL ON AGING, INC.

Thursday Night Weekly Dance

WITH THE SILVERTONES

Door Prizes-50/50

Dollar Food Menu

Open to the public

Adults of all ages welcome

Meet in the Senior Center!

5:00–8:00 PM

\$3.00/single or

\$5.00/couple

Menu MARCH 2022

MENU IS SUBJECT TO CHANGE

Congregate Meal Menu
Contact: Stacey Gibbs at 937-456-4947

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

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Decade's Diner Daily \$5.49 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>Chicken Salad Potato Salad Pickled Beets & Egg Peaches Orange Juice</p>	<p>1</p> <p>Lasagna Italian Green Beans Carrots Mixed Fruit Craisins</p>	<p>3</p> <p>Chicken Casserole Peas Corn Pears Treat</p>	<p>4</p> <p>Lemon Garlic Fish Rice Pilaf Sugar Snap Peas Fresh Fruit Grape Juice</p>
<p>7</p> <p>Beef & Noodles Mashed Potatoes Mixed Vegetables Fruit Salad Apple Juice</p>	<p>8</p> <p>Roast Turkey Stuffing Prince Charles Vegetables Cranberry Sauce Very Berry Juice</p>	<p>9</p> <p>Hot Dog Baked Beans Corn Pears Cranberry Raspberry Juice</p>	<p>10</p> <p>Meatloaf Mashed Potatoes Green Beans Applesauce Grape Juice</p>	<p>11</p> <p>Tuna Noodle Casserole Carrots Winter Blend Vegetables Mandarin Oranges</p>
<p>14</p> <p>Sausage Hash Browns Hominy Applesauce Grape Juice</p>	<p>15</p> <p>Cream Chicken on a Biscuit Peas w/ Onions Cauliflower Fruit Cocktail Treat</p>	<p>16</p> <p>Breaded Pork Tenderloin on a Bun Loaded Mashed Potatoes Harvard Beets Peaches</p>	<p>17</p> <p>Hamburger Macaroni & Cheese Green Beans Fruited Gelatin Raisins Happy St. Patrick's Day!</p>	<p>18</p> <p>Chili with Beans Baked Potato Broccoli Tropical Fruit Fruit Punch</p>
<p>21</p> <p>Chicken & Noodles Mashed Potatoes Mixed Vegetables Fruit Salad</p>	<p>22</p> <p>Baked Ham Sweet Potato Brussel Sprouts Pears Very Berry Juice</p>	<p>23</p> <p>Cabbage Roll Confetti Mashed Potatoes Peas Apricots Cranberry Raspberry Juice</p>	<p>24</p> <p>Baked Spaghetti Italian Green Beans Corn Applesauce Gelatin Treat</p>	<p>25</p> <p>Salisbury Steak Mashed Potatoes Winter Blend Vegetables Mixed Fruit Fruit Punch</p>
<p>28</p> <p>Orange Chicken Rice Broccoli Fruit Cocktail Craisins</p>	<p>29</p> <p>Smoked Sausage Mashed Potatoes Sauerkraut Pineapple Tidbits Very Berry Juice</p>	<p>30</p> <p>Soup Beans w/ Ham & Onions Hash Browns Mixed Greens Applesauce Fruit Punch</p>	<p>31</p> <p>Meatloaf Mashed Potatoes Green Beans Peaches Apple Juice</p>	<p>REMINDER: CONGREGATE MEAL— PLEASE CALL 24 HRS AHEAD TO YOUR RESERVATION</p>

Activities MARCH 2022

This Month's Theme:
"The Month of Bloom"

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Special Thanks to Our Sponsors!</p>	<p>1</p> <p>10:00 Walking 10:00 Coffee Club 11:00 Lunch w/ Jake 12:30 Sewing Ladies 2:00 Wii</p>	<p>2</p> <p>10:00 Wellness Wednesday 12:30 Sewing Ladies 1:00 Senior Card Players 2:00 Trivia</p>	<p>3</p> <p>10:00 Quilting Chicks 10:00 Fitness Fun 10:00 Mindful Chats w/ Megan 2:00 Wii 5:00 Dance</p>	<p>4</p> <p>9:00 Breakfast Bingo—Maple Gardens 10:00 Wii Golf 11:00 Government Rep -Rodney Creech 1:00 Yoga 2:00 Billiards</p>
<p>7</p> <p>9:30 Plant a Flower 10:00 Tai Chi 12:30 Silver Sneakers 1:30 Coloring Therapy 1:30 Participants' Council</p>	<p>8</p> <p>9:30 Art Class w/Paint the Towne (\$) 10:00 Walking 10:00 Coffee Club 12:30 Sewing Ladies 2:00 Wii</p>	<p>9</p> <p>10:00 Wellness Wednesday 12:30 Sewing Ladies 1:00 Senior Card Players 2:00 Bingo—Arbor Trace</p>	<p>10</p> <p>10:00 Quilting Chicks 10:00 Fitness Fun 10:00 Mindful Chats w/ Megan 11:00 Book Club 12:30 Social 8 Cards 2:00 Wii 5:00 Dance</p>	<p>11</p> <p>10:00 Wii Golf 1:00 Yoga 2:00 Billiards</p> 
<p>14</p> <p>10:00 Tai Chi 12:30 Silver Sneakers 1:30 Coloring Therapy</p> 	<p>15</p> <p>9:30 Painting with She Shed Arts (\$) 10:00 Walking 10:00 Coffee Club 11:00 Lunch w/ Jake 11:00 Misfit Bluegrass Gang 12:30 Sewing Ladies 2:00 Wii</p>	<p>16</p> <p>10:00 Wellness Wednesday 12:30 Sewing Ladies 1:00 Senior Card Players 1:30 Birthday Bash—New Lebanon Healthcare and Rehab</p>	<p>17</p> <p>9:30 St. Patty's Party 10:00 Quilting Chicks 10:00 Fitness Fun 10:00 Mindful Chats 1:00 Presidential Book Club 2:00 Wii 5:00 Dance</p> <p>HAPPY St. Patrick's Day Wear Green!!</p>	<p>18</p> <p>10:00 Wii Golf 1:00 Yoga 2:00 Billiards</p>  <p>In like a lion Out like a lamb</p>
<p>21</p> <p>9:30 Self Care Day 10:00 Tai Chi 12:30 Silver Sneakers 1:30 Coloring Therapy 2:30 Board of Directors Meeting</p>	<p>22</p> <p>10:00 Walking 10:00 Coffee Club 12:30 Sewing Ladies 2:00 Wii</p> 	<p>23</p> <p>9:30 Healthy U Class 12:00 Government Rep—Warren Davidson 12:30 Sewing Ladies 1:00 Senior Card Players 2:00 Bingo—Vancest of Eaton</p>	<p>24</p> <p>10:00 Quilting Chicks 10:00 Fitness Fun 10:00 Mindful Chats w/ Megan 2:00 Wii 5:00 Dance</p>	<p>25</p> <p>10:00 Tech Support 10:00 Wii Golf 1:00 Yoga 2:00 Billiards</p>  <p>THANK YOU</p>
<p>28</p> <p>10:00 Tai Chi 12:30 Silver Sneakers 1:30 Coloring Therapy</p>	<p>29</p> <p>10:00 Walking 10:00 Coffee Club 12:30 Sewing Ladies 2:00 Wii</p>	<p>30</p> <p>9:30 Healthy U Class 12:30 Sewing Ladies 1:00 Senior Card Players 2:00 Billiards Tournament</p>	<p>31</p> <p>10:00 Quilting Chicks 10:00 Fitness Fun 10:00 Mindful Chats w/ Megan 2:00 Wii 5:00 Dance</p>	<p>Thank You to our Sponsors:</p> <p>Arbor Trace Brookhaven Maple Gardens Vancest of Eaton</p>

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Menu **APRIL 2022**

MENU IS SUBJECT TO CHANGE

Congregate Meal Menu
Contact: Stacey Gibbs at 937-456-4947Home Delivered Meal Menu
Contact: Shirley Cottingim at 937-456-4947Decade's Diner Daily \$5.49 Special • (Entree plus 2 sides)
Congregate Meal includes Bread, Margarine & Milk.
Carry-Out Available • Call: 937-456-4947The Decade's Diner is open
Monday through Friday • 11AM to 1PM
Congregate Meals are served at the above time.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
REMINDER: CONGREGATE MEAL— PLEASE CALL 24 HRS AHEAD TO YOUR RESERVATION	Become a member with us, or is it time to renew your membership? Call (937) 456-4947			1 Salmon Patty Creamed Peas Stewed Tomatoes Mandarin Oranges Raisins
4 Smoked Sausage Mashed Potatoes Sauerkraut Applesauce Craisins	5 Chicken Salad Potato Salad Pickled Beets & Egg Apricots Apple Juice	6 Chili w/ Beans Baked Potato Broccoli Fruit Cocktail Raisins	7 Country Fried Steak w/ Gravy Mashed Potatoes Green Beans Peaches Grape Juice	8 Salmon Patty Creamed Peas Stewed Tomatoes Banana Fruit Punch
11 Corned Beef Hash Home Fries Carrots Pears Cranberry Raspberry Juice	12 Ham & Cheese Sandwich Picnic Salad 3 Bean Salad Pineapple Tidbits Orange Juice	13 Turkey w/ Gravy Stuffing Peas w/ Onions Mandarin Oranges Craisins	14 Meatloaf Mashed Potatoes Green Beans Applesauce Gelatin Grape Juice	15  Good Friday
18 Hot Dog Baked Beans Corn Mixed Fruit Very Berry Juice	19 Tuna Salad Macaroni Salad Cucumbers & Onions Applesauce Craisins	20 Roast Beef Au gratin Potatoes Mixed Vegetables Fruit Cocktail Apple Juice	21 Roast Pork Parsilled Potatoes Corn O'Brien Peaches Raisins	22 Lemon Garlic Fish Rice Pilaf Broccoli Pineapple Tidbits Orange Juice
25 Swedish Meatballs Buttered Noodles Peas Pears Craisins	26 Roast Beef Sandwich Pasta Salad Carrot-Raisin Salad Fruit Salad Grape Juice	27 Baked Ham Sweet Potato Lima Beans Mandarin Oranges Raisins	28 Hamburger Baked Beans Corn Peaches Fruit Punch	29 Chicken Casserole Carrots Peas w/ Onions Fresh Fruit Treat

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Thank You to our Sponsors:</p> <p>Arbor Trace Brookhaven Maple Gardens Vancrest of Eaton Reid Health Alliance</p>				<p>9:00 Breakfast Bingo— Maple Gardens ¹ 10:00 Wii Golf 11:00 Government Rep Rodney Creech 1:00 Yoga 2:00 Billiards</p>
<p>10:00 Tai Chi ⁴ 12:30 Silver Sneakers 1:30 Coloring Therapy 1:30 Participants' Council</p>	<p>10:00 Walking ⁵ 10:00 Coffee Club 11:00 Lunch w/ Jake 12:30 Sewing Ladies 2:00 Wii</p>	<p>9:30 Healthy U Class ⁶ 12:30 Sewing Ladies 1:00 Senior Card Players 2:00 Trivia 6:00 Volunteer Dinner (by invitation only) - Reid Health Alliance</p>	<p>10:00 Quilting Chicks ⁷ 10:00 Fitness Fun 10:00 Mindful Chats w/ Megan 11:00 Book Club 2:00 Wii 5:00 Dance—Brookhaven</p>	<p>10:00 Wii Golf ⁸ 1:00 Yoga 2:00 Billiards</p> 
<p>10:00 Tai Chi ¹¹ 12:30 Silver Sneakers 1:30 Coloring Therapy</p> 	<p>9:30 Art Class w/ Paint the Towne (\$) ¹² 10:00 Walking 10:00 Coffee Club 12:30 Sewing Ladies 2:00 Wii</p>	<p>9:30 Healthy U Class ¹³ 12:30 Sewing Ladies 1:00 Senior Card Players 2:00 Bingo—Arbor Trace</p>	<p>10:00 Quilting Chicks ¹⁴ 10:00 Fitness Fun 10:00 Mindful Chats w/ Megan 12:30 Social 8 Cards 1:30 Dessert Auction 5:00 Dance</p>	<p>CLOSED Good Friday ¹⁵</p>
<p>10:00 Tai Chi ¹⁸ 12:30 Silver Sneakers 1:30 Coloring Therapy</p> 	<p>9:30 Painting with She Shed Arts (\$) ¹⁹ 10:00 Walking 11:00 Lunch w/ Jake 11:00 Misfit Bluegrass Gang 12:30 Sewing Ladies 2:00 Wii</p>	<p>9:30 Healthy U Class ²⁰ 12:00 Government Representative Warren 12:30 Sewing Ladies 1:00 Senior Card Players 1:30 Birthday Bash—New Lebanon Healthcare and Rehab</p>	<p>10:00 Quilting Chicks ²¹ 10:00 Fitness Fun 10:00 Mindful Chats w/ Megan 2:00 Wii 5:00 Dance</p>	<p>10:00 Wii Golf ²² 1:00 Yoga 2:00 Billiards</p> 
<p>10:00 Tai Chi ²⁵ 12:30 Silver Sneakers 1:30 Coloring Therapy</p>	<p>10:00 Walking ²⁶ 10:00 Coffee Club 12:30 Sewing Ladies 2:00 Wii</p> 	<p>9:30 Healthy U Class ²⁷ 12:30 Sewing Ladies 1:00 Senior Card Players 2:00 Billiards Tournament 2:00 Bingo—Vancrest of Eaton</p>	<p>10:00 Quilting Chicks ²⁸ 10:00 Fitness Fun 10:00 Mindful Chats w/ Megan 2:00 Wii 5:00 Dance</p> 	<p>10:00 Wii Golf ²⁹ 1:00 Yoga 2:00 Billiards</p> 

Senior Activities Center Motorcoach Trips

* Thursday, April 7th—Dayton Live—Come from Away
Members: \$160.00, Non-Members: \$180.00

* Wednesday, April 27th—National Underground Railroad Freedom Center & American Sign Museum
Members: \$79.00, Non-Members: \$99.00

* Tuesday, May 31st—Dayton Dragons
Members: \$64.00, Non-Members: \$84.00



* Thursday, June 23rd—Cincinnati Reds (Day Game)
Members: \$74.00, Non-Members: \$94.00

* Tuesday, July 12th—Belterra Park Casino
Members: \$52.00, Non-Members: \$72.00

* Friday, August 12th—La Comedia—West Side Story
Members: \$108.00, Non-Members: \$128.00

* Wednesday, August 31st—National Veterans Memorial and Museum
Members: \$122.00, Non-Members: \$142.00

* Tuesday, September 13th—Aronoff Center—Hamilton
Members: \$140.00, Non-Members: \$160.00

* Wednesday, September 28th—Mystery Trip
Members: \$86.00, Non-Members: \$106.00

* Tuesday, October 4th—Ohio State House & Der Dutchman
Members: \$91.00, Non-Members: \$111.00

* Thursday, October 20th—Fall Foliage Train Ride
Members: \$89.00, Non-Members: \$109.00

* Tuesday, November 1st—B&B Riverboat Cruise
Members: \$96.00, Non-Members: \$116.00

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. See their website for trips.

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

Cruises:

Imperial Splendors with Oberammergau

With Globus
12 Days / 11 Nights ~ August 2—August 13, 2022
Double Occupancy cost per person:
Member: \$6,711
Non-Member: \$6,761
Passport Required

Alaska Land, Rail & Cruise

With Celebrity Cruises on the Celebrity Millennium
11 Days / 10 Nights ~ August 23—September 2, 2022
Refer to flyer for rates

Alaska

With Celebrity Cruises on the Celebrity Solstice
8 Days / 7 Nights ~ August 26-September 2, 2022
Refer to flyer for rates

Spain, France & Italy

With Celebrity Cruises on the Celebrity Constellation
10 Days / 9 Nights ~ September 24th — October 3rd, 2022
Refer to flyer for rates
Passport Required

See Page 15 for another MOTORCOACH TRIP!!

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 Trips. Pick up and return to your home is available upon request.



Riddle

You go at red but stop at green. What am I? (answer page 15)

DONATIONS

We NEED
Shower Chairs

Small/Medium/Large
Depends and Panty Liners

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.

Looking for people to go out and connect with our seniors.

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 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.

2021/22 INCOME GUIDELINES

Size of Household	Total Gross Annual Household Income (Call for the most up to date numbers)				
1	Up to \$ 19,320.00		\$ 22,540.00		\$ 25,760.00
2	150% Up to \$ 26,130.00	175%	\$ 30,485.00	200%	\$ 34,840.00
3	For Up to \$ 32,940.00	For	\$ 38,430.00	For	\$ 43,920.00
4	PIPP, Up to \$ 39,750.00	HEAP,	\$ 46,375.00	HWAP	\$ 53,000.00
5	EPP Up to \$ 46,560.00	WCP, &	\$ 54,320.00		\$ 62,080.00
6	Up to \$ 53,370.00	SCP	\$ 62,265.00		\$ 71,160.00
7	Up to \$ 60,180.00		\$ 70,210.00		\$ 80,240.00
8	Up to \$66,990.00		\$ 78,155.00		\$ 89,320.00



Caregivers Corner

13

by Barb Felton

Life as a Caregiver is often quite lonely. We all know or have known a Caregiver that is hesitant to accept help. They focus so intently on providing care that they forget to take care of themselves. Caregiving is a marathon and if you don't take care of yourself, it isn't going to end well. Caregiving CAN BE isolating but it doesn't have to be. There are over 34 million Americans providing care to an adult 50 or older. Nearly 16 million are caring for someone with Alzheimer's or Dementia.

When you're overwhelmed and exhausted by caregiving responsibilities, it can feel like you're the only person dealing with so much. That is why caregiver support groups are so helpful. They are filled with people in similar situations.

Being able to talk with others who truly understand what you're going through reduces stress, validates your experience and gives connection and support.

Decades of research and other evidence show that there are clear benefits to participating in caregiver support groups. **Here are 8 of the top benefits:**

****Feel less lonely, isolated or judged** Reduces depression, anxiety or distress **Gain a sense of empowerment and control
**Get advice or information about practical solutions or treatment options ** Improve or learn healthy coping skills
Get a better understanding of what to expect in the future ** Improve caregiving skills and provide better quality of life for your loved one ** Learn about ways to keep your older adult at home longer

How do you find a support group that is right for you? Every support group has its own personality, so the first one you try might not be a match for you. There are many options out there and it's worth the effort to find a group that suits you.

If you've tried a support group before and didn't like it, you might want to give it another chance or try another one. You can also find a trusted confidante (this might be a leader or counselor from your church). You might also contact a social worker, therapist, a trusted friend or close family member who's known for their empathy and ability to listen.

Continued on page 15

Heating Assistance Available - Application Deadline: May 31, 2022

The Ohio Department of Development and the Preble County Council on Aging want to remind Ohioans that assistance is available to help with their home energy bills. The Home Energy Assistance Program (HEAP) helps Ohioans at or below 175 percent of the federal poverty guidelines pay their heating bills.

Applied directly to the customer's utility or bulk fuel bill, the benefit can help manage heating costs.

Ohioans can visit www.energyhelp.ohio.gov to apply online, download a copy of the application or find contact information for a local Energy Assistance Provider (EAP). When applying, individuals need to have copies of the following documents:

- Most recent utility bills
- A list of all household members (including birth dates and Social Security numbers)
- Proof of income for the past 30 days for all household members (12 months for certain income types)
- Proof of U.S. citizenship or legal residency for all household members
- Proof of disability (if applicable)

HEAP benefits are applied to an individual's energy bill after January 1st. Applications for the HEAP program must be received by May 31, 2022. For more information about HEAP, contact Brittney at 937-456-4947 to be connected to your local Energy Assistance provider, call (800) 282-0880 (hearing impaired clients may dial 711 for assistance) or visit www.energyhelp.ohio.gov.

Caregivers Corner —Continued from page 13

Caregiving support groups that meet in person may be difficult to find right now, but there are many excellent sources of support available online. There are some wonderful private groups on Facebook: Memory People, Caregivers Connect, Dementia Caregivers Support Group, Caring for the Caregiver Support Group and Caregivers Assist Support Group. Dayton Area Caregivers.com is another source for finding respite or in-home assistance.

These are all great groups but as with everything online, take the usual precautions when communicating with people you don't know. Stay safe by not sharing any personal information, especially your address, social security number or financial information.

Contact us at the Senior Center if we can help you find a support group that is right for you!

Photos from Jake's Takes:



Motorcoach Trips Continued.....

Wednesday, December 7th
Beef & Boards Dinner
Theatre

Members: \$120.00,
Non-Members: \$140.00

Contributions Continued:

Sponsor a Senior

Wilmer & Malvery Howard, Linda Arp, Jan Gant, Marcus & Sherrill Brubaker, Gregory Macievic, Tammy Emrick, John & Debbie Rinella, Wares Chapel—UM Women

Home Delivered Meals

Sandra L. Francis, Sandra Kinsler

Please note that
Wellness Wednesday
will be replaced with
Healthy U Class, March
23rd thru April 27th.

Wellness Wednesday
will return on May 4th,
2022

The answer from page 12 - Watermelon

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

Scams...Getting Hacked on Social Media... Playing it safe ONLINE or phone calls asking for money.

How often are you getting calls asking for a donation or someone claiming to be a family member that needs money?? How many times are you on your social media accounts, such as Facebook and one of your friends says I got a weird message from you with a link or someone wants to friend you that you don't know in person, or someone sends you a message and you talk to them and then they convince you that you are the one that makes there day and they say all types of nice and convincing things to you and then ask you for money?? I'd say that we all have been or known someone that this has happened to. These types of things happen all the time and more often than we realize. According to AARP, currently on February 5th, 2022, there are 26,082 scam reports in a 20 mile radius of Eaton, Ohio.

What do you do if it happens to you?

If you are on the phone, DO NOT give them any of your information or say any names. Also DO NOT say the word YES (as they can use this as you agreed to do something), and hang up the phone. You can call and report it to the police using the non-emergency number. You can try to block their phone number, but unfortunately these scammers are spoofing people's numbers that you know. What about if it comes up as someone I know calling and they claim to be them? If you are feeling uneasy about who you are talking to and they are claiming to be someone you know; ask them if you can call them back and then hang up and then actually call the person they are claiming to be. Odds are the person they are claiming to be never called you at all. Also, let that person know that someone is pretending to be them.

If you are online or using social media— *Remember online anyone can be anyone they want and can pretend to be a person you know.* With that being said, if you don't actually know the person, then don't talk or friend them. If they look like a celebrity, odds are it isn't really them. Social media platforms have now made celebrities have a small blue & white checkmark on their picture to show it is really them. Now you can ignore any requests that you get or block them. If a person ever asks you to leave the social media platform for something more private, that is a RED FLAG, DO NOT DO THIS, they are a scammer trying to isolate you from others, because they can manipulate more easily. Eventually these scammers will ask you for money of some sort and right now a lot of them are asking you to go get gift cards and scratch them off and send a picture of it to them. DON'T DO THIS. Play it safe and tell a loved one that someone online is asking for money and you need help to know what to do. Its okay to ask for help. And know that this person online is not your friend and only wants your money. Remember you aren't alone—this happens to others too. Don't be embarrassed and get help.



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.

