

# Senior Scene

Volume 32 • Issue 4



## JULY & AUGUST 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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**"Celebrating 49 Years  
of Service"**

Can you believe we are half way through 2022? This year has flown by so fast, as it seems to each year. July is a month where we are focusing on Independence. Not only because of America's Independence on July 4<sup>th</sup>, but also keeping our seniors independent. We want to keep Preble County seniors in their homes as long as it is safe for them to be at home. We understand the hard decision of moving yourself or your loved one from their home into somewhere else. It isn't an easy decision for anyone to make when to leave his or her home, but it is important to have quality of life. What is quality of life? According to the dictionary, it is "the standard of health, comfort, and happiness experienced by an individual or group." PCCOA wants to help you stay in your home as long as possible. This is why we offer different services for our seniors. We offer Congregate Meals, Home Delivered Meals (Meals on Wheels), Homemaking, Transportation, Information & Referral, Activities/Trips, and Volunteer Opportunities. Did you know we also have Decade's Diner, where anyone is welcome to come, eat, and socialize (open from 11a to 1p, Monday – Friday)? Keep these in mind when and if you need them. You may qualify for and utilize these in order to stay independently at home for a longer time. If you currently have questions about any of these programs, give us a call, we would gladly talk to you about them.

August is the Dog Days of Summer. We all know that August can and will most likely will be a HOT month. We all feel like our skin can melt off at times during this month. There are many ways to keep cool this month, such as swimming, using a cooling towel, eat a frozen treat (ice cream or popsicles), drink plenty of water, find the shade, wear cool clothes, keep the inside of your house cool (use fans or the A/C, don't use the oven if possible), avoid the sun between 11am and 2pm, wear loose and breathable clothing, cool down your "hot zones" (ankles, behind the knees, wrists, elbow bends, neck, temples) and many more. What are some ways that you keep cool? Why not come keep cool by coming into the Senior Center to do some activities? August 3<sup>rd</sup>, we have a Dog Show at 2pm! We are having an Ice Cream Social on August 12<sup>th</sup> at 1:30pm too! Who doesn't love ice cream??

This Senior Center always has activities going on and if you want something to be added to our already amazing list, let us know. We try to put what you want on there, but if you don't tell us, we don't know.

We hope these two months are going to be amazing for you! See you all soon!



## 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>

June Creech	David Kirsch
Rhonda Gebhart	Darrien Kynard
Jerry Gross	Harold Niehaus
Erin Harris	Mike Spittler

## Participant's Council

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

Anna Carlson	Barb Strickland
Janet Daily	Del Thacker
Vicki Ertel	Wanda Tirey
Judy Hopkins	Cookie Young
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Shelley Ratliff

*Senior Center Services Manager*  
Stacey Gibbs

*In-Home Services Supervisor*  
Shirley Cottingim

*Homemaker Manager*  
Barb Felton

*Service Navigator*  
Brittney Daugherty

*Diner Supervisor*  
Bev Fields

*Transportation Specialist*  
Jeff Beneke

*Scheduling & Dispatch*  
Amy Taulbee

*Mobility Manager*  
Curt McNew

### 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

Since 2015, we have been talking and planning for the next steps. We have a committee that has put countless hours into studying the needs of our County. We toured other senior centers. We hired a consultant to develop a Strategic Plan. We had committed partners to our project. Then...out of nowhere the ugly 5-letter word that has turned our world upside down appeared. COVID!

We had to change our operations from a multi service senior center to one that primarily focused on Meals on Wheels and life-saving medical transportation. For over a year, we were closed to the public but kept providing superior service to help seniors stay at home, independently. We have just been reopened a little over a year.

Now, I'm asking you to think with me.

Today, 25% of Preble County residents are over 60 and we are delivering around 250 hot meals each day (over 60,000 meals per year). We are preparing these meals in a kitchen that was never intended to produce this number of meals. We are using two household ranges to prepare these meals. Could you prepare half this number of meals in your current kitchen? Our kitchen staff is amazing but we are at our capacity. We were reminded over and over what is most important.

Soon we will be announcing our formal plans to expand our senior center. The expansion will include a commercial kitchen along with more space for activities and programming for seniors. As you might guess, this is a 5+ million dollar project. Even without the rising cost of construction supplies, this is an expensive project. I can honestly say, this expansion is needed in our community.

I have been working hard to secure our first two "big" donations. I will be applying for grants from multiple services and working on ways to get the "best bang for our buck". I also want to give our community the opportunity to think about contributing to the project that will benefit each one of us and our family members at some point. This organization will help keep us all healthier, and living in our own homes independently. This is the time to make a difference. I am asking for your HELP. Please consider how you can make a difference and be part of the future for seniors for years to come. How do you want to leave your legacy in life? There will be specific options in the near future but if you would like to discuss early bird contributions, give me a call at 937-456-4947.

Things are starting to get exciting and I can't wait to share this experience with you.

With my blessings,

Shelley

# Announcements

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## Fun and Interactive Classes:

### Art Class with Paint the Towne\*

- July 12th - White Flowers—\$20
- August 9th - Ceramic Sunflower Plate—\$15
- September 13th—Fluid Art—\$20

### Craft Class with Brookdale of Richmond—FREE

July 20th @ 9:30am  
August 17th @ 9:30am

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

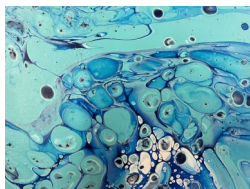
Fitness Fun: Every Thursday at 10 AM

Yoga: Every Friday at 1:00 PM

### White Flowers



### Ceramic Sunflower Plate



### Fluid Art

## Richard Scott

### FREE Music Program



September 7th, 2022  
11:30a to 12:30p

Come and eat in our  
Decade's Diner, while get-  
ting musically entertained  
by the talented Richard  
Scott.

## Upcoming Events:

**July 11th — Medicare Information  
Class @ 2pm**

**July 18th—Ice Cream Floats  
@ 1:30pm**

**August 2nd—Everhart Hospice @  
10am**

**August 3rd—Dog Show by Connie  
Martin @ 2pm**

**August 12th—Ice Cream Social @  
1:30pm**

**ALL FREE TO ATTEND!!**

## DO YOU HAVE **concerns** about falling?

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

**This program emphasizes practical strategies to manage falls.**

### YOU WILL LEARN TO:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks at home
- Exercise to increase strength and balance

### WHO SHOULD ATTEND?

- Anyone concerned about falls
- Anyone interested in improving balance, flexibility and strength
- Anyone who has fallen in the past
- Anyone who has restricted activities because of falling concerns



Classes are held once a week for 8 weeks for 2 hours each.

Program fee is \$10

Due at the first day of class

### For more information please call

Stacey Gibbs  
Preble County Council on Aging  
**937-456-4947**

**Dates: TBD**

**A Matter of Balance: Managing Concerns About Falls**

This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

**A Matter of Balance Lay Leader Model**

Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.

A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).



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[www.Facebook.com/PrebleCountyCouncilonAging](https://www.Facebook.com/PrebleCountyCouncilonAging)

# Welcome & Thank You!

## Contributions

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

### In Memory

M.L. Suggs for Clyde Mason  
 Peggy Deaton for David Johnson  
 Janet Cooley for David Johnson  
 Rita Dill for David Johnson  
 Valerie Howard for David Johnson  
 Rodney & Donna Cobb for Bob Mason  
 EHS Class 1965 for Beverly Crowell  
 Robyn Bowling for Norman Smith  
 Sharon Smith for Norman Smith  
 Janice Watt for Norman Smith

## Welcome New Members!

James Alexander, Joe Allen, Anita Baum, Philip Baum, Joyce Cornett, Judy Dowds, Linda Easton, Arthur Gantner, Marcia Garrison, Rhonda Gebhart, Joyce Griffith, Terri Hans, Marian Harris, Debbie Hargett, Doris Henn, Richard Henn, Robert Hofacker, Pat Johnson, Chaires Leis, Charles Miller, Della Miller, Janet Newland, Barbara Orr, Don Orr, Janice Papper, Lisas Phillips, Ralph Porter, Carolyn Puterbaugh, Elizabeth Rose, Stephen Rose, Denise Sanders, Charlene Schell, Constance Siler, Gary Skiles, Nancy Skiles, Karen Tudor, Tom Tudor, Vitold Uscilowski, Cheryl Wagner, Diane Walker, Jesse Walker, Gail Wigger, Ella Williams, Deborah Young, Ernest Young

## Activities

Joanne Guyett

### Home Delivered Meals

Sandra Francis, James & Linda Arp, Connie Phillips, Ruth Ann Lovelace, Gary Mann

### Homemaking

Connie Phillips

### Other

Donna Cobb, Stephen Dearth

### Sponsor a Senior

First Brethren Church of Gratis, Tadd Tobias, Tim & Kathy Landwehr, WKH Career Services, Sally McNeill

### Transportation

Joanne Guyett, Connie Phillips, Janice Watt, Ruth Ann Lovelace,





## "Jake's Takes"

By Jake Daily

Jake is volunteer at the Preble County Council on Aging.

Hello all-- I hope everyone has enjoyed the first few weeks of summer. I will begin this article with an excerpt from a speech Abraham Lincoln delivered in front of the courthouse in Dayton, September 17th, 1859. His words "This far framed Miami Valley is the garden spot of the world." Apparently during that time period 1850s/1870s our Miami Valley was recognized for its flora and fauna, and its geographic significance. The courthouse is still standing on the original site since 1847. It is affectionately called the old courthouse. By the way Abraham Lincoln referred to as the tall sucker, this was a term in vogue at that time to designate him a good fellow. Time for trivia questions: Question #1—What was the name of the play at Ford Theater the evening Lincoln was assassinated? Question #2—What was the name of the lead female part (character in that play)? Question #3—What was the name of the female actress that played that part? In the last newsletter I mentioned the upcoming mini trip to Columbus on Wednesday, August 31st, we are going to go visit the National Veterans Memorial and Museum of the United States Armed Forces (all branches of our Military). It's designated as memorial because that's what it is, not just a museum, a memorial that speaks to and of our military veterans male and female, of their unique personal experiences and through their individual stories and case, and of course military

equipment. This trip includes an interesting meal at milestone 229, a very fine American Cuisine restaurant, with some pretty neat and interesting scenery (See March/April Newsletter). After lunch we will visit a Civil War Cemetery called Camp Chase where we might hear about the Ghostly Woman in Gray. Camp Chase was a Union Army training camp establish in May 1861, before it became a prisoner of war camp. Trivia answer #1—Our American Cousin. This Columbus trip sounds like a neat and interesting adventure to me, I am a bit of a history buff since my employment at the Dayton VA which goes back to 1867 (Not my employment, the VA). I'm going to be on that bus and in on the fun! To keep costs down on this trip and to make the trip be possible, we do need about 20 more inquisitive folks to sign up for this inspiring and fun trip. Answer to trivia question #2—Florence Trencher. Moving on, in my travels around town I distribute our newsletter to approximately 30 gracious businesses (after the members get their newsletters first), and we certainly thank them for allowing us to post our newsletters, one of these establishments is the Preble County Chamber of Commerce located at 122 W. Decatur Street, recently when I dropped off copies of our newsletter, I realized I didn't have a good understanding of what the Chamber of Commerce was all about. Later I called the chamber office, I spoke with secretary Virginia, a very pleasant lady, she shared information about he chamber and arranged a meeting with Executive Director Karen Moss. Executive Director Moss was informative and professional as

she explained/described the many facets comprising the administration, operation, and the many programs conducted by the chamber. The chamber is governed by a Board of Directors and is comprised of dues paying members. Their motto is Promote—Engage—Advance—Lead. The Chamber of Commerce primarily serves businesses, organizations, and industrial/manufacturing concerns. They provide opportunities, exposure, contracts, and relationships (networking). Their vision—be the advocate for business growth—Mission—Be the Catalyst for programs, resources, and services promoting favorable business climate and support grow and development in Preble County. Commitment—to focus on programs resources and services to enhance members success. Thanks again to Virginia and Executive Director Karen Moss. For more information, their website is [www.preblecountyohio.com](http://www.preblecountyohio.com). Time for the third trivia question—Answer #3—Laura Keene. To our Senior Center adventurers and culinary sojourners, a reminder of our trip to Columbus, it's Wednesday, August 31st. The flyers are in the rack in the front lobby. Join US and have a TON OF FUN on the BUS with US!

For what's its worth—If you want to go fast go alone. If you want to go far go with friends (African Proverb).

Final thought—The memories we collect brighten our lives as long as we live.—That's All!!



## 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**

July 14th — Death at La Fenice by Donna Leon

August 11th — The Queen of Paris by Pam Binnings Ewen

September 8th—Recitative by Tony Morrison

October 13th—Her Heart for a Compass by Sarah Ferguson

## Presidential History Book Club

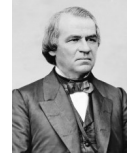
*Come join us on selected Thursdays at 1:00 p.m.*

See below for discussion dates and the corresponding biographies.

July 21 - A. Lincoln: A Biography by Ronald C. White, Jr. (second half)

August 18 - Andrew Johnson by Annette Gordon-Reed

September 15 - Grant by Jean Edward Smith (first half)



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 JULY 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><b>REMINDER:</b></p> <p><b>CONGREGATE MEAL— PLEASE CALL 24 HRS AHEAD TO YOUR RESERVATION</b></p>				<p>1</p> <p>Salmon Patty Creamed Peas Stewed Tomatoes Banana Fruit Punch</p>
 <p>INDEPENDENCE DAY</p>  <p>4</p>	<p>5</p> <p>Ham &amp; Cheese Sandwich Picnic Salad 3 Bean Salad Pineapple Tidbits Orange Juice</p>	<p>6</p> <p>Turkey w/ Gravy Stuffing Peas w/ Onions Mandarin Oranges Craisins</p>	<p>7</p> <p>Meatloaf Mashed Potatoes Green Beans Applesauce Gelatin Grape Juice</p>	<p>8</p> <p>BBQ Pork Riblet Mac &amp; Cheese Buttered Cabbage Mixed Fruit Raisins</p>
<p>11</p> <p>Hot Dog Baked Beans Corn Mixed Fruit Very Berry Juice</p>	<p>12</p> <p>Tuna Salad Macaroni Salad Cucumbers &amp; Onions Applesauce Craisins</p>	<p>13</p> <p>Roast Beef Au gratin Potatoes Mixed Vegetables Fruit Cocktail Apple Juice</p>	<p>14</p> <p>Roast Pork Parslied Potatoes Corn O'Brien Peaches Raisins</p>	<p>15</p> <p>Lemon Garlic Fish Rice Pilaf Broccoli Pineapple Tidbits Orange Juice</p>
<p>18</p> <p>Swedish Meatballs Buttered Noodles Peas Pears Craisins</p>	<p>19</p> <p>Roast Beef Sandwich Pasta Salad Carrot—Raisin Salad Fruit Salad Grape Juice</p>	<p>20</p> <p>Baked Ham Sweet Potato Lima Beans Mandarin Oranges Raisins</p>	<p>21</p> <p>Hamburger Baked Beans Corn Peaches Fruit Punch</p>	<p>22</p> <p>Chicken Casserole Carrots Peas w/ Onions Fresh Fruit Treat</p>
<p>25</p> <p>Chicken Patty Macaroni &amp; Cheese Prince Charles Vegetables Pears Raisins</p>	<p>26</p> <p>Ham Salad Pasta Salad Pea Salad Mixed Fruit Orange Juice</p>	<p>27</p> <p>Sweet &amp; Sour Chicken Fried Rice Far East Vegetables Citrus Salad Craisins</p>	<p>28</p> <p>Meatloaf Mashed Potatoes Green Beans Fruited Gelatin Grape Juice</p>	<p>29</p> <p>Fish Farfalle w/ Alfredo Sauce Peas &amp; Carrots Fruit Cocktail Apple Juice</p>

# Activities July 2022

This Month's Theme:  
"Independence Month"

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Thank You to our Sponsors:</b> Arbor Trace Brookdale of Richmond Brookhaven Maple Gardens New Lebanon Healthcare and Rehab Vancrest of Eaton</p>			<p>1</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>4</p>  <p><b>CLOSED</b></p>	<p>5</p> <p>10:00 Walking 10:00 Coffee Club 11:00 Lunch w/ Jake 12:30 Sewing Ladies 2:00 Wii</p> 	<p>6</p> <p>10:00 Wellness Wednesday 12:30 Sewing Ladies 1:00 Senior Card Players 2:00 Trivia</p>	<p>7</p> <p>10:00 Quilting Chicks 10:00 Fitness Fun 10:00 Mindful Chats w/ Megan 2:00 Wii 5:00 Dance</p>	<p>8</p> <p>9:00 Independence Crossword Puzzle 10:00 Wii Golf 1:00 Yoga 2:00 Billiards</p> 
<p>11</p> <p>10:00 Tai Chi 12:30 Silver Sneakers 1:30 Coloring Therapy 1:30 Participants' Council 2:00 Medicare Educational Class</p>	<p>12</p> <p>9:30 Art Class w/Paint the Towne (\$) 10:00 Walking 10:00 Coffee Club 12:30 Sewing Ladies 2:00 Wii <b>Belterra Park Casino Motorcoach Trip</b></p>	<p>13</p> <p>10:00 Wellness Wednesday 12:30 Sewing Ladies 1:00 Senior Card Players 2:00 Bingo—Arbor Trace</p>	<p>14</p> <p>10:00 Quilting Chicks 10:00 Fitness Fun 10:00 Mindful Chats 11:00 Book Club 12:30 Social 8 Cards 2:00 Wii 5:00 Dance</p>	<p>15</p> <p>10:00 Wii Golf 1:00 Yoga 2:00 Billiards</p> 
<p>18</p> <p>10:00 Tai Chi 12:30 Silver Sneakers 1:30 Coloring Therapy 1:30 Ice Cream Floats</p>	<p>19</p> <p>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>20</p> <p>9:30 Craft Class With Brookdale 10:00 Wellness Wed 12:30 Sewing Ladies 1:00 Senior Card Players 1:30 B-day Bash—New Lebanon Healthcare</p>	<p>21</p> <p>10:00 Quilting Chicks 10:00 Fitness Fun 10:00 Mindful Chats 1:00 Presidential Book Club 2:00 Wii 5:00 Dance <b>La Comedia Motorcoach</b></p>	<p>22</p> <p>10:00 Wii Golf 10:00 Tech Support 1:00 Yoga 2:00 Billiards</p> 
<p>25</p> <p>10:00 Tai Chi 12:30 Silver Sneakers 1:30 Coloring Therapy 2:30 Board of Director's Meeting</p>	<p>26</p> <p>10:00 Walking 10:00 Coffee Club 12:30 Sewing Ladies 2:00 Wii</p>	<p>27</p> <p>12:00 Government Rep—Warren Davidson 12:30 Sewing Ladies 1:00 Senior Card Players 2:00 Bingo—Vancest of Eaton 2:00 Billiards Tournament—Brookhaven</p>	<p>28</p> <p>10:00 Quilting Chicks 10:00 Fitness Fun 10:00 Mindful Chats w/ Megan 2:00 Wii 5:00 Dance</p>	<p>29</p> <p>10:00 Wii Golf 1:00 Yoga 2:00 Billiards</p> 



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# Menu AUGUST 2022

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

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

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><b>1</b></p> <p>Ham &amp; Beans w/ Onions Hashbrowns Spinach Peaches Raisins</p>	<p><b>2</b></p> <p>Turkey &amp; Cheese Sandwich Cole Slaw Italian Tomato Salad Pineapple Tidbits Cranberry</p>	<p><b>3</b></p> <p>Pork Chop Parslied Potatoes Brussel Sprouts Applesauce Craisins</p>	<p><b>4</b></p> <p>Goulash Corn Italian Green Beans Fruit Salad Treat</p>	<p><b>5</b></p> <p>Chicken Enchilada Rice Broccoli Fresh Fruit Fruit Punch</p>
<p><b>8</b></p> <p>Smoked Sausage Mashed Potatoes Sauerkraut Applesauce Craisins</p>	<p><b>9</b></p> <p>Chicken Salad Potato Salad Pickled Beets &amp; Egg Apricots Apple Juice</p>	<p><b>10</b></p> <p>Chili w/ Beans Baked Potato Broccoli Fruit Cocktail Raisins</p>	<p><b>11</b></p> <p>Country Fried Steak w/ Gravy Mashed Potatoes Green Beans Peaches Grape Juice</p>	<p><b>12</b></p> <p>Salmon Patty Creamed Peas Stewed Tomatoes Banana Fruit Punch</p>
<p><b>15</b></p> <p>Corned Beef Hash Home Fries Carrots Pears Cranberry Raspberry Juice</p>	<p><b>16</b></p> <p>Ham &amp; Cheese Sandwich Picnic Salad 3 Bean Salad Pineapple Tidbits Orange Juice</p>	<p><b>17</b></p> <p>Turkey with Gravy Stuffing Peas w/ Onions Mandarin Oranges Craisins</p>	<p><b>18</b></p> <p>Meatloaf Mashed Potatoes Green Beans Applesauce Gelatin Grape Juice</p>	<p><b>19</b></p> <p>BBQ Pork Riblet Mac &amp; Cheese Buttered Cabbage Mixed Fruit Raisins</p>
<p><b>22</b></p> <p>Hot Dog Baked Beans Corn Mixed Fruit Very Berry Juice</p>	<p><b>23</b></p> <p>Tuna Salad Macaroni Salad Cucumbers &amp; Onions Applesauce Craisins</p>	<p><b>24</b></p> <p>Roast Beef Au gratin Potatoes Mixed Vegetables Fruit Cocktail Apple Juice</p>	<p><b>25</b></p> <p>Roast Pork Parslied Potatoes Corn O'Brien Peaches Raisins</p>	<p><b>26</b></p> <p>Lemon Garlic Fish Rice Pilaf Broccoli Pineapple Tidbits Orange Juice</p>
<p><b>29</b></p> <p>Swedish Meatballs Buttered Noodles Peas Pears Craisins</p>	<p><b>30</b></p> <p>Roast Beef Sandwich Pasta Salad Carrot—Raisin Salad Fruit Salad Grape Juice</p>	<p><b>31</b></p> <p>Baked Ham Sweet Potato Lima Beans Mandarin Oranges Raisins</p>		<p><b>REMINDER:</b></p> <p><b>CONGREGATE MEAL— PLEASE CALL 24 HRS AHEAD TO YOUR RESERVATION</b></p>

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b></p> <p>10:00 Tai Chi 12:30 Silver Sneakers 1:30 Coloring Therapy 1:30 Participants' Council</p>	<p><b>2</b></p> <p>10:00 Walking 10:00 The Story of Everhart Hospice 10:00 Coffee Club 12:30 Sewing Ladies 11:00 Lunch w/Jake 2:00 Wii</p>	<p><b>3</b></p> <p>10:00 Wellness Wednesday 12:30 Sewing Ladies 1:00 Senior Card Players 2:00 Dog Show</p>	<p><b>4</b></p> <p>10:00 Quilting Chicks 10:00 Fitness Fun 10:00 Mindful Chats w/ Megan 2:00 Wii 5:00 Dance</p> 	<p><b>5</b></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><b>8</b></p> <p>10:00 Tai Chi 12:30 Silver Sneakers 1:30 Coloring Therapy</p> 	<p><b>9</b></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><b>10</b></p> <p>10:00 Wellness Wednesday 12:30 Sewing Ladies 1:00 Senior Card Players 2:00 Bingo—Arbor Trace</p>	<p><b>11</b></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><b>12</b></p> <p>10:00 Wii Golf 1:00 Yoga 1:30 Ice Cream Social 2:00 Billiards</p> 
<p><b>15</b></p> <p>10:00 Tai Chi 12:30 Silver Sneakers 1:30 Coloring Therapy</p> 	<p><b>16</b></p> <p>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><b>17</b></p> <p>9:30 Craft Class With Brookdale 10:00 Wellness Wednesday 12:00 Government Representative Warren 1:00 Senior Card Players 1:30 Birthday Bash—New Lebanon Healthcare</p>	<p><b>18</b></p> <p>10:00 Quilting Chicks 10:00 Fitness Fun 10:00 Mindful Chats w/ Megan 1:00 Presidential Book Club 5:00 Dance</p>	<p><b>19</b></p> <p>10:00 Wii Golf 1:00 Yoga 2:00 Billiards</p> 
<p><b>22</b></p> <p>10:00 Tai Chi 12:30 Silver Sneakers 1:30 Coloring Therapy</p>	<p><b>23</b></p> <p>10:00 Walking 12:30 Sewing Ladies 2:00 Wii</p> 	<p><b>24</b></p> <p>10:00 Wellness Wednesday 12:30 Sewing Ladies 1:00 Senior Card Players 2:00 Billiards 2:00 Bingo—Vancrest of Eaton</p>	<p><b>25</b></p> <p>10:00 Quilting Chicks 10:00 Fitness Fun 10:00 Mindful Chats w/ Megan 2:00 Wii 5:00 Dance</p> 	<p><b>26</b></p> <p>10:00 Wii Golf 1:00 Yoga 2:00 Billiards</p> 
<p><b>29</b></p> <p>10:00 Tai Chi 12:30 Silver Sneakers 1:30 Coloring Therapy</p> 	<p><b>30</b></p> <p>10:00 Walking 10:00 Coffee Club 12:30 Sewing Ladies 2:00 Wii</p> 	<p><b>31</b></p> <p>10:00 Wellness Wednesday 12:30 Sewing Ladies 1:00 Senior Card Players 2:00 Billiards Tournament—Brookhaven</p>	 <p><b>National Veterans Memorial &amp; Museum Motorcoach Trip</b></p> 	<p><b>Thank You to our Sponsors:</b> Arbor Trace Brookdale of Richmond Brookhaven Maple Gardens New Lebanon Healthcare and Rehab Vancrest of Eaton</p>

## Senior Activities Center Motorcoach Trips

- \* Tuesday, July 12th—Belterra Park Casino  
Members: \$52.00, Non-Members: \$72.00
- \* Thursday, July 21st—La Comedia—Beauty & the Beast  
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
- \* Wednesday, December 7th—Beef & Boards Dinner Theatre  
Members: \$120.00, Non-Members: \$140.00



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](http://www.joytours.com)

## Cruises:

### Panama Canal

With Princess Cruises on the Caribbean Princess  
11 Days / 10 Nights ~ March 2 — March 12, 2023  
Refer to flyer for rates  
Passport Required

### Mexican Riviera

With Princess Cruises on the Discovery Princess  
8 Days / 7 Nights ~ April 15 — April 22, 2023  
Refer to flyer for rates  
Passport Required

### California Coast

With Princess Cruises on the Royal Princess  
8 Days / 7 Nights ~ April 16 — April 23, 2023  
Refer to flyer for rates  
Passport Required

### Alaska Cruise, Land & Rail

With Princess Cruises on the Sapphire Princess  
11 Days / 10 Nights ~ May 21 — May 31, 2023  
Refer to flyer for rates  
Passport Required

### Holy Lands & Aegean Majesty

Escorted by Grand American Tours with Oceania Cruises on the Oceania Nautica  
12 Days / 11 Nights ~ October 6 2 — October 17, 2023  
Refer to flyer for rates  
Passport Required

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.



At which place was the Declaration of Independence and the Constitution signed?  
(answer page 15)

## DONATIONS

We NEED

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,

### Summer Crisis Program Starts July 1

The Ohio Department of Development and The Preble County Council on Aging will help income-eligible Ohioans stay cool during the hot summer months. The Home Energy Assistance Summer Crisis Program provides eligible Ohioans assistance paying an electric bill or assistance paying for central air conditioning repairs. The program runs from July 1, 2022, until September 30, 2022. To apply for the program, clients are required to schedule an appointment with Preble County Council on Aging. Appointments can be scheduled by calling 937-456-4947.

Clients need to bring copies of the following documents to their appointment:

- Copies of their most recent energy bills;
- A list of all household members and proof of income for the last 30 days or 12 months for each member;
- Proof of U.S. citizenship or legal residency for all household members;
- Proof of disability (if applicable);
- Physician documentation that cooling assistance is needed for a household member's health (if there isn't a household member over the age of 60).

We will partner with our community in assuring the best quality of life for our seniors now and into the future. We will advocate and provide resources for seniors to remain healthy and independent. The Summer Crisis Program assists low-income households with an older household member (60 years or older), that can provide physician documentation that cooling assistance is needed for a household member's health, have a disconnect notice, have been shut off, are trying to establish new service on their electric bill, or require air conditioning. Conditions can include such things as lung disease, Chronic Obstructive Pulmonary Disease, or asthma. Also, Ohioans enrolled in the Percentage of Income Payment Plan Plus Program (PIPP) who meet the above criteria may be 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. For more information about the features of the Summer Crisis Program and what is needed to apply, contact Brittney Daugherty at 937-456-4947. To be connected to your local Energy Assistance provider visit [www.energyhelp.ohio.gov](http://www.energyhelp.ohio.gov) or call (800) 282-0880.

## 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**

It's no secret that the global impact of COVID-19 was incredibly significant for people of all ages. Not one of us was prepared for it.

Perhaps the group most significantly affected by the pandemic was senior citizens. Due to the enormous risk to their health, many seniors were kept from seeing their friends and family. It's easy to imagine the harsh effects that this level of separation from loved ones can have on a person, both mentally and emotionally. The University of Michigan performed a study on this exact topic twelve months into a seemingly endless pandemic.

This study measured changes in the mental health state of senior citizens since the start of the pandemic, and the results were quite disturbing.

The study found that older adults between the ages of 50 and 80 reported increased depression, anxiety and trouble sleeping since the start of the COVID-19 pandemic. With one of every three older adults feeling a lack of companionship, it's no wonder that non-profit organizations and others went to work to try to better the lives of the seniors in our communities.

Interactions with therapy animals have been shown to increase feelings of connection to the world around us and perceptions of social support. They have also been shown to decrease anxiety levels and alleviate feelings of depression. If you are new to this column, you aren't aware that I was the Caregiver for both of my folks and when my housemate's Dad moved in with us, I helped with his care as well. My pets were part of that care. I took kittens to the nursing home for my Dad to enjoy, my Mom would enjoy petting one of my cats that would make a beeline for her lap whenever she was at our house and, as the photos below show you, Dick seemed to always have one of the cats on his lap or at least nearby. He really couldn't believe the size of the Irish Wolfhounds at the Celtic Festival in Dayton!

**Continued on page 15**

**Preble County Outstanding Senior of the Year 2022: Deborah Witt**

“The person I nominated for 2022 Outstanding Senior Citizen of the Year for Preble County is a mother and grandmother. She lives in Camden, Ohio. She has lived in Preble County more than 43 years. She is a very caring person and helps a lot in this community. She is a member of the Camden CFW Women’s Auxiliary and has been active 15+ years. In addition, she was an officer a few years in that organization.

She is an advisor for the 4H at the Preble County Fair. She works with kids and has done so the past 20+ years. This person works and helps at the Camden Food and Fish Pantry. She has been there for 3+ years. In addition, she has helped and volunteered for many other things.

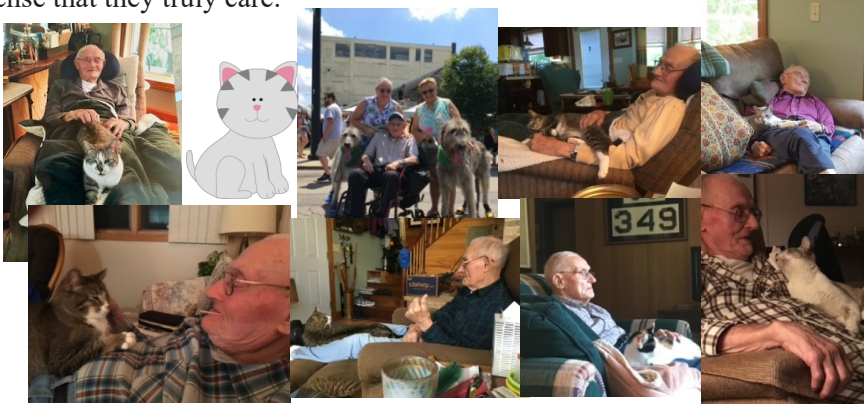
The Camden Carnival, the Black Walnut Festival, and the Pork Festival at the Ice Cream Booth for 20+ years. She helped with the Christmas Parade and the committee, BC Saddle & Horse Association for 20+ years, and the Ohio Horse Committee for 25 years. She has been very invaluable in many areas and donating her time in this community for many years. She also drove her spouse to the Thursday Night Dance, I Dance My Way, when he became ill with cancer and poor eyesight. She would set up his equipment and take it down. That allowed her spouse to play longer and continue enjoying music. He was a member of the Silvertones band that played at those dances He enjoyed playing for the seniors and was a very talented musician. The band really misses him. He passed in November 2021 and this wonderful woman continues to make a difference in Preble County by continuing her venture of volunteering in all different aspects.” Written by the nominator.



## Caregivers Corner —Continued from page 13

If you don't have a pet, I'm certainly NOT suggesting you add one more thing to your life. Pets require care too (food and veterinarian) and they can be a fall hazard! However, a friend or family member might bring their pet with them when they visit, if you ask. Pets are great therapy for your loved one AND you!

If you already have a pet, you know that they are a wonderful companion on those quiet days when no one calls or visits. They sense your mood and provide quiet comfort. No, they don't actually talk but somehow you can sense that they truly care.



## Announcing the NEW Prom King and Queen of 2022:

**RONNIE & JOYCE KING**

**CONGRATULATIONS!!!**



## Pinning of Vietnam Veterans by the Daughters of the American Revolution (DAR) Preble Chapter

Thank you for your service!!



The answer from page 12 - Philadelphia, Pennsylvania

### 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](http://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 \_\_\_\_\_

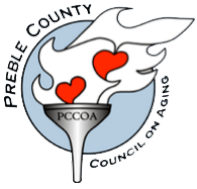
Security Code \_\_\_\_\_

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**



**OLDER AMERICANS MONTH**  
AGE MY WAY: MAY 2022

**SENIOR DAY 2022**



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

