

Senior Scene

Volume 32 • Issue 3



MAY & JUNE 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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SENIOR DAY AND ANNUAL MEETING

Older adults play vital, positive roles in our communities – as family members, friends, mentors, volunteers, civic leaders, members of the workforce, and more. Just as every person is unique, so too is how they age and how they choose to do it – and there is no “right” way. That’s why the theme for Older Americans Month (OAM) 2022 is *Age My Way*.

Every May, the Administration for Community Living (ACL) leads the celebration of OAM. This year’s theme focuses on how older adults can age in their communities, living independently for as long as possible and participating in ways they choose.

While *Age My Way* will look different for each person, here are common things everyone can consider:

Planning: Think about what you will need and want in the future, from home and community-based services to community activities that interest you.

Engagement: Remain involved and contribute to your community through work, volunteer, and/or civic participation opportunities.

Access: Make home improvements and modifications, use assistive technologies, and customize supports to help you better age in place.

Connection: Maintain social activities and relationships to combat social isolation and stay connected to your community.

This year, Preble County Council on Aging is excited to celebrate OAM with our partners in the aging community. We appreciate our sponsors, especially Reid Health Alliance for helping us make this event possible. Diverse communities are strong communities. Ensuring that older adults remain involved and included in our communities for as long as possible benefits everyone. Please join us in strengthening our community: We are celebrating Older Americans Month by holding our Senior Day/Annual Meeting celebration on May 10, 2022, in our Big Red Barn from 10am to 3pm! The whole event is free and we will be offering, food, fun, music, ice cream, vendors, door prizes, Mirror-X, and so much more!

**“Celebrating 49 Years
of Service”**



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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

News and Views

If you haven't heard, PCCOA Senior Activities Center is open and ready for fun!!!

Today, as I'm walking around the senior center, we have our Veterans group meeting for lunch, our pool players racking up a few, some regulars coming in for lunch, a few people are using the automatic blood pressure machine, the staff busy getting ready for our Volunteer Dinner tomorrow night, our first trip of the year on Thursday (actually the first since 2019) and the Chamber of Commerce Preble County Expo this weekend. Our parking lot is filling up just like the people who are eating. I love it! I want to scream from the roof top "WE ARE BACK".

The next few months are going to be busy but so welcomed. We have our Senior Center Expansion Project that I have briefly mentioned. There will be more information in the next newsletter. We are helping to facilitate Public Transportation in Preble County. I have lots of grants that I am working on and meeting with people to help make sure our projects become reality.

Of course Senior Day 2022 is May 10th from 10-3. I expect to see you all here. It is going to be a great day with free food, free activities, free music, free gifts, etc. Did I say free?

Also in May, Stacey Gibbs, Cheryl Koeller, Karen Roberts and I will be attending the Ohio Association of Senior Centers Conference. This is the first conference since COVID we have been able to attend in person. Karen and Cheryl will become trained Dementia Champions while we are in attendance. We know people with dementia sometimes need a helping hand to go about their daily lives and feel included in their local community. To provide this helping hand, Dementia Friends aims to give people an understanding of dementia and the small things that they can do to make a difference. We will keep you posted on how PCCOA is going to work to make Preble County Dementia Friendly.

Have you heard that Cheryl and Karen are becoming certified in Drums Alive? Using rhythm as the source of inspiration to discover a new group fitness experience Drums Alive® combines the benefits of a traditional physical fitness program with the brain affected benefits of music and rhythm. Drums Alive® is a program that fosters a healthy balance physically, mentally, emotionally and socially! We are really interested in this program as it specifically benefits senior citizens; and patients with Parkinson's disease, Alzheimer's disease, stroke, and other life-altering conditions.

We are honored to serve you and our community.

With my blessings,
Shelley



Announcements

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Fun and Interactive Classes:

Art Class with Paint the Towne*

- May 3rd - "Tea Cup Full of Spring"—\$20
- June 14th - "Birds on the Wire"—\$20

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.

Tea Cup Full of Spring



Birds on the Wire



Senior Prom



Boot, Scootin' Boogie

Thursday, June 2nd



**5pm to 8pm
\$7 single/ \$12 couple**

Band— The Silvertones

Diabetes Empowerment Education Program

Taking Control of Diabetes

FREE CLASS

**Offered by Central State
University**

**Contact: Juiana Erwin PCS Extention
Educator Southwest Region, jer-
win@centralstate.edu**

**Mondays starting
May 2nd until June 13th
1pm to 3pm**

FREE EVENT!

Flag Retirement Ceremony

June 15th, 2022

10am to 2pm

Daughters of the American Revolution—Preble
Chapter
American Legion Post 215



PICNIC FOOD, SPEAKER, CEREMONY

**Sponsored in part by United Midwest Bank and
Brown Transport, and Gard Funeral Home**

Welcome & Thank You!

Contributions

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

In Memory

George & Deborah
Henry for Dee Mattis

Lowell Myers from
Myrna Myers

Welcome New Members!

Terrie Bertsch, Judi Betscher,
Maxine Burger, Richard Burger,
Joe Cimprich, Vilaiwan Cimprich,
David Collins, Kendra Creech,
Robert Creech, Ray Delawder,
Annie Eldred, Mearl Hodges,
George Kakias, John Kiracofe,
Susan Kiracofe, Beverly Logan,
Ronald Martin, Walter McCombs,
Alice McMann, Lena Miller,
Lucinda Owens, Cindy Paxson,
Peggy Perrine, Rhonda Roosa,
Ronald, Roosa, Pamela Sprague,
Alan Stanford, Yoshiko Stanford,
Janice Stiver, Chet Turner, Irene
Walker, Anna Ward, Charles
Webber, Linda White, Kim Wills,
James Worley

Home Delivered Meals

Marcus & Sherrill Brubaker, Jack &
Connie Tobias, Sue Powell, Gary
Mann

Sponsor a Senior

Dino Helke, WKH Career Services,
Cristal Cooper, Curtis Christman,
Sandra Francis, Tadd Tobias, Tim &
Kathy Lendwehr, Gratis United
Methodist Church Willing Workers',
J. Ellen Kilgore

Senior Center

United Midwest Savings Bank, JT&M
Restaurant (Skyline), Roselius
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Karen Welch, Doll Haven Painting
Memories, Karen Roberts, Brown
Transportation



“Jake’s Takes”

By Jake Daily

Jake is volunteer at the Preble County Council on Aging.

Hello all-- It’s time for spring and summer thoughts and maybe, that means making sure we are physically fit to attempt those more strenuous activities. As I work on this article I look out the office window and see our share of the ice and snow to hit this part of the state and at my age I don’t think it’s so pretty anymore. Time to move on from this topic. Do you know who introduced the common farm pig to the Americas? The answer and a little more info about the truffle hunter will be uprooted later on in the article. Moving on, the months of May and June have interesting and nationally recognized days, May 4, 1942 the battle of the coral sea began, May 5 Mother’s Day, May 8, 1945 VE day, May 18 Armed Forces Day and May 27 of observed Memorial day.-- June 5, 1947 Marshall plan created for European recovery, June 6, 1944 D Day, June 14 Flag Day. Moving on, coming up in August on the 31st Our Senior Center has planned a mini trip to Columbus to visit the national Veterans Memorial and Museum of the United States Armed Forces. This museum was designated by Congress in June 2018, then dedicated October 2018. The museum honors all veterans from all eras of our Nation’s proud history of military service, both peacetime and wartime. It includes stories of soldiers from our Revolutionary War forward to the present, you can hear stories of our military members male and female. The museum provides a powerful and

personal experience designed to give a voice to every man and woman who answered the call of our nation. (A narrative journey telling individual stories of shared experiences). After our tour of the museum has concluded we will lunch at the Milestone 229 American restaurant a very popular eatery (some call it famous). The Milestone 229 restaurant overlooks Bicentennial Park, has a state of the art glass enclosed dining area featuring a one-of-a-kind covered outdoor dining area with panoramic views of the Scioto Riverfront and the Scioto Mile Fountain. This fountain encompasses 15,000 sq ft is 200 feet long, holds 110,000 gallons of water in an underground reservoir. It shoots jets of water 75 feet into the air from its circular (blossom), has five stainless steel Halo structures with 1100 fog nozzle and over 1000 ground-level spray nozzles. Plus an interesting view of this Capital City skyline the Scioto Mile Fountain is sometimes referred to as the jewel of the mile. After lunch we are going to visit a Confederate Cemetery called Camp Chase there are over 2000 graves located here and some of those graves are civilian Southern sympathizers. The trip flyers are in the rack now check them out. While this trip isn’t until August 31st, to keep costs down they must have a minimum of 20 people signed up. It sure sounds like an interesting, informative and neat outing to ol Jake, since I’ve had a look at Milestone 229’s menu my mouth is watering now thinking over what I saw on their menu. Time for the pig info actually it was Christopher Columbus who introduced the pig to the Americas Cuba 1493, but it was Hernando De Soto who introduced the pig to North

America at Tampa Bay Florida in 1539. In the early 1700s Spanish and Russian settlers introduced domestic pigs to California. More facts about those pretty pigs, they are very good truffle hunters because they have a very keen sense of smell, but female hogs are better truffle uprooters because the truffle contains Androstenol, a sex hormone found in the saliva of Male hogs and it appears to beckon the female. Now you know (probably more than you wanted to know). For What It’s Worth--- If you want your words to carry weight, weigh them carefully. Final Thought—“ Be United be Americans. The name which belongs to you, in your national capacity, must exalt the just pride of patriotism more than any appellation derived from local discriminations. Let there be no sectionalism, no North, no South, East or West; you are all dependent one on another, and should be one in union. Beware of the baneful effects of party spirit and of the ruin to which its extremes must lead. Do not encourage party spirit, but use every effort to mitigate and assuage it. Keep the departments of government separate, promote education, cherish the public credit, avoid debt. Observed justice and good faith toward all nations, have neither passionate hatreds, no passionate attachment to any and be independent politically of all. In one word be a Nation, be Americans, and be true to yourselves”. (George Washington’s farewell address published September 19, 1796) --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

May 12th -The Janus Stone by Ruth Galloway

June 9th —The Stranger in the Life Boat by Mitch Album

July 14th — Death at La Fenice by Donna Leon

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

Presidential History Book Club

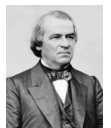
Come join us on selected Thursdays at 1:00 p.m.

See below for discussion dates and the corresponding biographies.

May 19th—James Buchanan by Jean Baker

June 16th —A. Lincoln: A Biography by Ronald C. White, Jr.

July 21st — Andrew Johnson by Annette Gordon-Reed



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 MAY 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>2</p> <p>Chicken Patty Macaroni & Cheese Prince Charles Vegetables Pears Raisins</p>	<p>3</p> <p>Ham Salad Pasta Salad Pea Salad Mixed Fruit Orange Juice</p>	<p>4</p> <p>Sweet & Sour Chicken Fried Rice Far East Vegetables Citrus Salad Craisins</p>	<p>5</p> <p>Meatloaf Mashed Potatoes Green Beans Fruited Gelatin Grape Juice</p>	<p>6</p> <p>Fish Farfalle w/ Alfredo Sauce Peas & Carrots Fruit Cocktail Apple Juice</p>
<p>9</p> <p>Ham & Beans w/ Onions Hashbrowns Spinach Peaches Raisins</p>	<p>10</p> <p>Senior Day and Annual Meeting</p> <p>No home delivered meals</p>	<p>11</p> <p>Pork Chop Parslied Potatoes Brussel Sprouts Applesauce Craisins</p>	<p>12</p> <p>Goulash Corn Italian Green Beans Fruit Salad Treat</p>	<p>13</p> <p>Chicken Enchilada Rice Broccoli Fresh Fruit Fruit Punch</p>
<p>16</p> <p>Smoked Sausage Mashed Potatoes Sauerkraut Applesauce Craisins</p>	<p>17</p> <p>Chicken Salad Potato Salad Pickled Beets & Egg Apricots Apple Juice</p>	<p>18</p> <p>Chili w/ Beans Baked Potato Broccoli Fruit Cocktail Raisins</p>	<p>19</p> <p>Country Fried Steak w/ Gravy Mashed Potatoes Green Beans Peaches Grape Juice</p>	<p>20</p> <p>Salmon Patty Creamed Peas Stewed Tomatoes Banana Fruit Punch</p>
<p>23</p> <p>Corned Beef Hash Home Fries Carrots Pears Cranberry Raspberry Juice</p>	<p>24</p> <p>Ham & Cheese Sandwiches Picnic Salad 3 Bean Salad Pineapple Tidbits Orange Juice</p>	<p>25</p> <p>Turkey w/ Gravy Stuffing Peas w/ Onions Mandarin Oranges Craisins</p>	<p>26</p> <p>Meatloaf Mashed Potatoes Green Beans Applesauce Gelatin Grape Juice</p>	<p>27</p> <p>BBQ Pork Riblet Macaroni & Cheese Buttered Cabbage Mixed Fruit Raisins</p>
<p>30</p> <p>CLOSED</p>  <p>MEMORIAL DAY Remember & Honor</p>	<p>31</p> <p>Tuna Salad Macaroni Salad Cucumbers & Onions Applesauce Craisins</p>			<p>REMINDER:</p> <p>CONGREGATE MEAL— PLEASE CALL 24 HRS AHEAD TO YOUR RESERVATION</p>

Activities MAY 2022

Older Americans Month

This Month's Theme:
"Age My Way"



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








MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>10:00 Tai Chi 12:30 Silver Sneakers 1:00 DEEP Class 1:30 Coloring Therapy 1:30 Participants' Council</p>	<p>3</p> <p>9:30 Art Class w/Paint the Towne (\$) 10:00 Walking 10:00 Coffee Club 11:00 Lunch w/ Jake 12:30 Sewing Ladies 2:00 Wii</p>	<p>4</p> <p>10:00 Wellness Wednesday 12:30 Sewing Ladies 1:00 Senior Card Players 2:00 Trivia</p> <p>STAR WARS DAY MAY THE 4TH BE WITH YOU</p>	<p>5</p> <p>10:00 Quilting Chicks 10:00 Fitness Fun 10:00 Mindful Chats w/ Megan 2:00 Wii 5:00 Dance</p>	<p>6</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>9</p> <p>10:00 Tai Chi 12:30 Silver Sneakers 1:00 DEEP Class 1:30 Coloring Therapy</p> 	<p>10</p> <p>Senior Day & Annual Meeting 10 am to 3 pm FOOD, FUN, and FREE</p>	<p>11</p> <p>10:00 Wellness Wednesday 12:30 Sewing Ladies 1:00 Senior Card Players 2:00 Bingo—Arbor Trace</p>	<p>12</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>13</p> <p>10:00 Wii Golf 1:00 Yoga 2:00 Billiards</p> 
<p>16</p> <p>10:00 Tai Chi 12:30 Silver Sneakers 1:00 DEEP Class 1:30 Coloring Therapy</p> 	<p>17</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>18</p> <p>9:30 Craft Class With Brookdale 10:00 Wellness Wednesday 12:30 Sewing Ladies 1:00 Senior Card Players 1:30 Birthday Bash—New Lebanon Healthcare and Rehab</p>	<p>19</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</p>	<p>20</p> <p>10:00 Wii Golf 1:00 Yoga 2:00 Billiards</p> 
<p>23</p> <p>10:00 Tai Chi 12:30 Silver Sneakers 1:00 DEEP Class 1:30 Coloring Therapy</p>	<p>24</p> <p>10:00 Walking 10:00 Coffee Club 12:30 Sewing Ladies 2:00 Wii</p> 	<p>25</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>26</p> <p>10:00 Quilting Chicks 10:00 Fitness Fun 10:00 Mindful Chats w/ Megan 2:00 Wii 5:00 Dance</p>	<p>27</p> <p>10:00 Wii Golf 1:00 Yoga 2:00 Billiards</p> 
<p>30</p> <p>CLOSED</p> 	<p>31</p> <p>10:00 Walking 10:00 Coffee Club 12:30 Sewing Ladies 2:00 Wii</p>			<p>Thank You to our Sponsors: Arbor Trace Brookdale of Richmond Brookhaven Maple Gardens New Lebanon Healthcare and Rehab Reid Health Alliance Vancest of Eaton</p>

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
REMINDER: CONGREGATE MEAL— PLEASE CALL 24 HRS AHEAD TO YOUR RESERVATION		1 Roast Beef Au gratin Potatoes Mixed Vegetables Fruit Cocktail Apple Juice	2 Roast Pork Parslied Potatoes Corn O'Brien Peaches Raisins	3 Lemon Garlic Fish Rice Pilaf Broccoli Pineapple Tidbits Orange Juice
6 Swedish Meatballs Buttered Noodles Peas Pears Craisins	7  Due to All Day All Staff Meeting	8 Baked Ham Sweet Potato Lima Beans Mandarin Oranges Raisins	9 Hamburger Baked Beans Corn Peaches Fruit Punch	10 Chicken Casserole Carrots Peas w/ Onions Fresh Fruit Treat
13 Chicken Patty Macaroni & Cheese Prince Charles Vegetables Pears Raisins	14 Sweet & Sour Chicken Fried Rice Far East Vegetables Citrus Salad Craisins	15 Ham Salad Pasta Salad Pea Salad Mixed Fruit Orange Juice Flag Retirement Ceremony	16 Meatloaf Mashed Potatoes Green Beans Fruited Gelatin Grape Juice	17 Fish Farfalle w/ Alfredo Sauce Peas & Carrots Fruit Cocktail Apple Juice
20 Ham & Beans w/ Onions Hashbrowns Spinach Peaches Raisins	21 Turkey & Cheese Sandwich Cole Slaw Italian Tomato Salad Pineapple Tidbits Cranberry	22 Pork Chop Parslied Potatoes Brussel Sprouts Applesauce Craisins	23 Goulash Corn Italian Green Beans Fruit Salad Treat	24 Chicken Enchilada Rice Broccoli Fresh Fruit Fruit Punch
27 Smoked Sausage Mashed Potatoes Sauerkraut Applesauce Craisins	28 Chicken Salad Potato Salad Pickled Beets & Egg Apricots Apple Juice	29 Chili w/ Beans Baked Potato Broccoli Fruit Cocktail Raisins	30 Country Fried Steak w/ Gravy Mashed Potatoes Green Beans Peaches Grape Juice	

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Thank You to our Sponsors: Arbor Trace Brookdale of Richmond Brookhaven Eagle Fence Maple Gardens New Lebanon Healthcare and Rehab Vancrest of Eaton</p>		<p>1 10:00 Wellness Wednesday 12:30 Sewing Ladies 1:00 Senior Card Players 2:00 Trivia</p>	<p>2 10:00 Quilting Chicks 10:00 Fitness Fun 10:00 Mindful Chats w/ Megan 2:00 Wii 5:00 Senior Prom — Eagle Fence</p>	<p>3 9:00 Breakfast Bingo— Maple Gardens 10:00 Wii Golf 11:00 Government Rep Rodney Creech 1:00 Yoga 2:00 Billiards</p>
<p>6 10:00 Tai Chi 12:30 Silver Sneakers 1:00 DEEP Class 1:30 Coloring Therapy 1:30 Participants' Council</p>	<p>7  Due to All Day All Staff Meeting</p>	<p>8 10:00 Wellness Wednesday 12:30 Sewing Ladies 1:00 Senior Card Players 2:00 Bingo—Arbor Trace</p>	<p>9 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>10 9:30 Paper Roses 10:00 Wii Golf 1:00 Yoga 2:00 Billiards </p>
<p>13 10:00 Tai Chi 12:30 Silver Sneakers 1:00 DEEP Class 1:30 Coloring Therapy</p>	<p>14 9:30 Art Class w/ Paint the Towne (\$) 10:00 Walking 10:00 Coffee Club 12:30 Sewing Ladies 2:00 Wii</p>	<p>15 10:00 Wellness Wednesday 12:00 Government Representative Warren 1:00 Senior Card Players 1:30 Birthday Bash—New Lebanon Healthcare and Rehab 10:00 FLAG RETIREMENT CEREMONY</p>	<p>16 10:00 Quilting Chicks 10:00 Fitness Fun 10:00 Mindful Chats w/ Megan 1:00 Presidential Book Club 5:00 Dance— Brookhaven</p>	<p>17 10:00 Wii Golf 1:00 Yoga 2:00 Billiards </p>
<p>20 10:00 Tai Chi 12:30 Silver Sneakers 1:30 Coloring Therapy</p>	<p>21 10:00 Walking 11:00 Lunch w/ Jake 11:00 Misfit Bluegrass Gang 12:30 Sewing Ladies 2:00 Wii</p>	<p>22 10:00 Wellness Wednesday 12:30 Sewing Ladies 1:00 Senior Card Players 2:00 Billiards 2:00 Bingo—Vancrest of Eaton</p>	<p>23 10:00 Quilting Chicks 10:00 Fitness Fun 10:00 Mindful Chats w/ Megan 2:00 Wii 5:00 Dance</p>	<p>24 9:30 Rose Petal Art 10:00 Wii Golf 1:00 Yoga 2:00 Billiards </p>
<p>27 10:00 Tai Chi 12:30 Silver Sneakers 1:30 Coloring Therapy</p>	<p>28 10:00 Walking 10:00 Coffee Club 12:30 Sewing Ladies 2:00 Wii </p>	<p>29 9:30 Craft Class With Brookdale 10:00 Wellness Wednesday 12:30 Sewing Ladies 1:00 Senior Card Players 2:00 Billiards Tournament—Brookhaven</p>	<p>30 10:00 Quilting Chicks 10:00 Fitness Fun 10:00 Mindful Chats w/ Megan 2:00 Wii 5:00 Dance </p>	<p></p>

Senior Activities Center Motorcoach Trips

- * 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
- * Wednesday, December 7th—Beef & Boards Dinner Theatre
Members: \$120.00, Non-Members: \$140.00



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

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.

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



Riddle

A famous Rose had a hit in the 50s with Mambo Italiano, who is her nephew?
(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,

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.

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

One of my favorite singer/songwriters is an artist from Indiana. Her name is Carrie Newcomer. I'm not only a fan of Carrie's songs but I'm also a fan of her writings. One of her more recent writings was entitled: "We all need an "Oh Honey". I'd like to share it with you here.

We All Need An "Oh Honey"

Carrie Newcomer

I wanted to tell you about a small practice I do often. It might be a helpful practice for you too. I believe that our lives are filled with so much delight. I know that if I'm paying attention, I'll encounter the extraordinary and luminous in the smallest of things. But I also know that in the course of any given day, most of us will bump into moments that require our compassion – including self-compassion. It maybe encountering deeply troubling news of suffering near or afar. It might be an experience that presses on an old painful story or memory. It might be having a goal for ourselves (you know like utter and complete enlightenment, having a better relationship with movement or food, resolving to use a traffic jam or long grocery line as a chance to practice prayer, putting down the iPhone, letting go of that thing you really need to let go of, flossing) that we move toward in fits and starts. It may be a tender loss of a friend, family member, a beloved animal spirit, a job, dream or sense of certainty about anything. It might be realizing you're holding stress in your shoulders, an old fear that needs addressing.

When I encounter delight I try to embrace it with all my heart. That is something my dog has taught me. They live a much shorter time than humans, but holy smokes they live every single second of it with gusto, love and wild appreciation for just being here. But when I bump into the things that are more difficult, when my heart jumps or my mind races, when I'm disappointed or grieving, I lay my hand on my heart and tenderly say to myself "Oh Honey." It sounds like such a small thing, but it can really shift a moment.

Continued on page 15

Community Information

Annual Volunteer Appreciation Dinner, Honoring PCCOA's Volunteers of 2021



Caregivers Corner —Continued from page 13

When I lay my hand on my heart I do it with the kind of tenderness I would give to someone cherished. I do it with the kindness I would have no problem giving to a stranger, I feel the weight and warmth of my own hand and send compassion right down into my body, mind and spirit. “Oh Honey, of course this is hard, it’s going to be alright.” Now this does sometimes lead to sideways glances in the doctor’s office or on an airplane. But really it can shift the moment so you can go back to the wondrous business of living more like an enthusiastic dog – but now with a sense of real kindness toward the ups and downs of others and ourselves.

So today, let us embrace the largest and smallest delights, let us send love, prayers and compassion to those who are suffering – and let us give ourselves tender compassion for doing the best we can, for all our good intentions and for being so, so human.

Try it now – hand on heart – “Oh Honey.”

CONGRATULATIONS TO THE VOLUNTEERS OF THE YEAR

**Judy Hopkins
And
Debbie Fullmer**



WE HAVE THE BEST VOLUNTEERS AT PCCOA!

The answer from page 12 - George Clooney

Notifying the Public of Rights Under Title VI

Preble County Council on Aging, Inc.

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

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

For transportation-related Title VI matters, a complainant may file a complaint directly with the Ohio Department of Transportation by filing a complaint with the Office of Equal Opportunity, Attention: Title VI Program Manager, 1980 West Broad St., Columbus, OH 45223. For transportation-related Title VI matters, a complainant may file a complaint directly with the Federal Transit Administration by filing a complaint with the Office of Civil Rights, Attention: Title VI Program Manager, East Building, 5th Floor-TCR, 1200 New Jersey Ave., SE, Washington, DC 20590.

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

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Eaton, OH
45320

ADDRESS SERVICE REQUESTED

**Thank you to everyone that donated items for our March for Meals week!
March 21st through March 25th!!**

Barnes Funeral Home, Skyline Chili, YWCA, Everheart Hospice, Greenbriar, Gordon Food Service, Maple Gardens, Brookhaven, Preble County Probate Court, Mental Health and Recovery, Horizon Health Network, Catholic Social Services, Kettering Health, Becky West, and Sue Powell



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

