

Senior Scene

Volume 32 • Issue 5



SEPTEMBER & OCTOBER 2022

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

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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"**

September is National Senior Center Month. This years theme is "Strengthening Community Connections." We always want to try and make a HUGE deal about this month because its important.

Our connection to our community is important!

What would we do without our Senior Center here in Preble County? Let me be honest, I'm not sure, but I know a lot of people rely on us to help with transportation, food, homemaking, activities, a purpose, spending time with friends, dancing, and so much more. And we love being able to help those in need, especially seniors. Come and tell us how we've help or if we made a difference for you, you can call, stop in, or write us a letter or email.

October is Music Month and we have local musician Noah Back coming to play in our diner on October 5th from 11:30a to 12:30p, come and listen to him and have lunch. We know you'll have a great time.

November — Our Annual Craft Bazaar is BACK! Mark it down, November 12th from 10a to 4p. Lots of vendors and the diner will be open! If you want to be a vendor, call us for the details.

We are also having our Don Vaughn Dessert Auction on November 22nd at 1:30pm. Some ways you can help are donating a dessert for the auction and/or showing up to the event and bidding on desserts. All monies goes back into the Activity Department to keep on offering activities and more. We are so thankful for all the support we receive, which falls into the theme for November: Thankful. What are you thankful about?

December— We will be at Whispering Christmas again, handing out snacks. As we get closer to that date, we will have more information on how anyone can help if they want to. We also will be delivering our Annual Christmas Baskets to those seniors in need.

2023 is going to be a great year and we can't wait for it!

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From The Executive Director

I am writing to you the last Friday of July. July! Where did the year go? How in the world did I let 7 months go by so quickly? I know I am not “in charge” of the time but why can’t it slow down long enough just to smell the flowers? For those of you who know me know I would rather smell chocolate or coffee, not flowers. But that is how the saying goes. I remember going to Kentucky as a young girl to visit family. It was like time stopped because the days seemed so long. I could play with cousins and walk up and down dirt roads for hours. The biggest fear I had was watching out for snakes. My mom and dad could visit with family and spend time catching up. I’m not sure if we called before we came but once we showed up, my aunt would automatically go into hospitality mode. Food. Food. And more food. Quickly more and more people would arrive and the reminiscing and catching up would continue for hours. We would spend the night with them because they would be offended if we stayed in a hotel.

I jump to my life today. I get up with “the chickens” as they say. It is 5:00 am right now and I am up and working in the quiet of my home. I will soon wake the grandsons up so I can get them to summer camp by 7:45. Then off to work until 4:00ish. I will drive home thinking about what I need to accomplish next. What would I do if I was faced with company stopping by “unannounced”? We Don’t Do That Anymore.

We call or text and ask someone what they are doing and if we can stop by for a purpose. It is crazy but now we need to “schedule” a time to spend a whole weekend (or even a few hours) together, unlike what we did when I was young. My son lives in St. Louis and trying to come up with a time to visit when I don’t have a lot going on in my life and hoping to find a time, a weekend, a few hours, something, that he and his wife aren’t busy is becoming impossible. So what if????? What if, we pack up and just show up on their doorstep as we did with family when I was a kid? Would they stop what they are doing and sit on the porch with us for hours? Would they fix us food all day long and be offended if we didn’t stay? I’m sad to say, I think it would be a wasted trip. Nothing against them but they would not know what to do with us. I might even be the same if they came home unannounced. Never do you hear of people wanting to stop by and just shoot the breeze. Drink some lemonade on the porch. Heck no, it’s too hot outside. Inside only conversations, and let’s get to the point. I stopped by to drop this off. Pick this up. But never to catch up. We need a place to go. Where we can spend hours just enjoying each other.

My friends, I am working to bring this concept back to you. As we move forward with our senior center expansion project, I want you to reminisce about the good ole days and how we can bring back the art of conversation, friendships without phones and spending time with old friends and making new. Our addition will not only allow us to meet the needs of those homebound but also give us an opportunity to foster relationships as we grow as individuals. Oh, did I mention, while we have fun?! The best life for seniors is yet to come.

With my blessings,

Shelley

Fun and Interactive Classes:

Art Class with Paint the Towne*

- September 13th - Fluid Art—\$20
- October 11th - "Autumn in a Jar" - \$20
- November 8th—Christmas Ornaments—\$10
- No Class in December

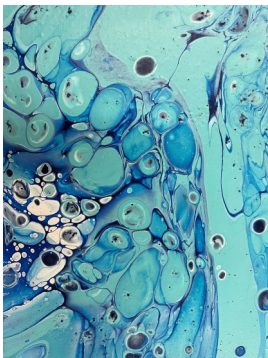
Craft Class with Brookdale of Richmond—FREE
 September 21st @ 9:30am
 October 19th @ 9:30am

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
- Fitness Fun: Every Thursday at 10 AM
- Yoga: Every Friday at 1:00 PM

Fluid Art

Autumn in a Jar



Music Program

FREE EVENT



September 7th, 2022



11:30am to 12:30pm

In Decade's Diner

Come and eat lunch while listening to the wonderful music of Richard Scott



Halloween Party
All Day Long
October 31st



Bring a treat to share
Wear a costume
Trick -or- Treat (10a to 11a)

PCCOA's Annual Craft Bazaar

November 12th, 2022

10:00am - 4:00pm

Decades Diner open from 11a to 3p



The Craft Bazaar is held at the Preble County Council on Aging.

937-456-4947



Noah Back



FREE Music Program



October 5th, 2022
11:30a to 12:30p

Come and eat in our Decade's Diner, while getting musically entertained by the talented Noah Back



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www.PrebleSeniorCenter.org

www.Facebook.com/PrebleCountyCouncilonAging

Welcome & Thank You!

Contributions

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

In Memory

Helen Binkley from Dale Binkley



Welcome New Members!

Dawn Angel, Spencer Angel, Wilma Artz, Anita Baker, Michael Baker, Randy Bowser, Tia Bowser, Sarah Clippinger, Linda Coalt, Kim Coning, Albert Cooper, Scharlene Deaton, Ada Gray, Nyla Hannahan, Charles Hapner, Nancy Hapner, Nancy Jackson, Carol Johnson, Carol Mann, Marge Merickel, Harold Niehaus Sr, Helen Niehaus, Clayton Prater, Laura Prater, Phyllis Price, Kayla Russell, Denise Sanders, Larry White, Donald Whitesell, Helen Whitesell, Corrinne Zwiesler

Activities

Ann Nestor

Home Delivered Meals

Louise Egbert, Gary Mann, James Arp, Phyllis A Marbaugh, Connie

Phillips, John & Barbara Orth, Z. Kay Hounshell

Homemaking

Connie Phillips

Senior Center

Kimberly Garcia, Joanne Guyett, Marcus & Sherrill Brubaker

Sponsor a Senior

Donald & Carolyn Waymire, Curtus Christman, Gary & Roxanne Pieratt, Trinity Lutheran Church, Brenda Gant, City of Eaton Fire & EMS Association, WKH Career Services, Tim Landwehr, Tadd Tobias

Transportation

Phyllis A Marburger, Connie Phillips, Z. Kay Hounshell, Howard & Mary Sue Hounshell, Anne Nestor, Eaton High School Class of 1965, John & Barbara Orth



“Jake’s Takes”

By Jake Daily

Jake is volunteer at the Preble County Council on Aging.

Hello All! I hope summer was kind to you. I will start with two did you knows: #1 Abraham Lincoln was our first President to sport a full facial beard. Now you know. #2 Our Senior Center has a former high school band drum major on its roster of members, that individual would be the incomparable 93-year-old Margorie Genevive Sourbeer (Jenny). She is interesting, informative and a fun lady to talk to. She graduated from Monroe High School, where she started in the band as a clarinet player and went to become a Drum Major. The Monroe band was pretty darn good, they traveled around the state and neighboring states presenting concerts, demonstrations, and other performances. Jenny told me she was a farm girl, she lived and worked on the family farm, she also told me she was not the housework type, she actually did the heavy farm work alongside her father and brother. Jenny tells a humorous story on herself, on this particular day she was driving the John Deere tractor disking a field and the disk became unhooked from the tractor which she didn't notice until she came back around the field and saw the lonely disk sitting there, she looked around and thought (whew) nobody saw this, so she backed up to the disk and re-hooked and finished disking the field, later when the whole family was altogether her father told the gathering about Jenny's goof up. So she didn't get by with it after all. Jenny married, began homemaking, had three children, two boys, one girl. Later she drove a school bus for 13 years from the stories she related to me of that time period, it sounded like driver Jenny ran a tight ship. If you rode Jenny's bus and the interior dome lights came on everyone knew someone was in trouble, and if you were the misbehaving student on her bus you knew you were in serious trouble. In our

conversations, Jenny related a story from her high school years. She tells about an interesting and unusual place called the Bottle Farm, she said the kids used to drive to that farm, park, and listen to the sounds made by the wind blowing over the many and various shaped bottles mounted at different angles on posts driven into the ground. I think we would call that a date night today. However Jenny's comment about his place called the Bottle Farm piqued my interests so I did some research into the Bottle Farm, it was located on Farmersville-Gratis Road. It was owned by Winter Zeller Swartzel (Zero) as he was called, I suppose he could be considered an eccentric. He is sometimes referred to as the Grandfather of American Pop Art. A little history about Zero, as a young man having his fill of farm work, he decided to abandon farm work and live by his wits. He and a friend rode their bicycles to New York City. Then headed west and eventually touring much of the world. His 22 acre farm became the collection point for the items he collected in his travel. It seems Zero thought people were wasteful and he entertained the idea that he would recycle trash into art. He used a myriad of items and things in his art adventure, and he created the bottle farm on his 22 acres. His better known and most popular creation was the many hundreds of different shapes and sizes of bottles mounted on the many many dowels (many many many). They were arranged at all different angles and all different directions on the 100 or so posts he had planted in the ground in a helter-skelter arrangement. When the wind blew as it did most of the time and from different directions, those bottles produced sounds from the pleasant to the unusual. Also mixed in with the bottle sounds was the sounds of bells on the sheep that roamed the area along with those sounds was the sound of tinkling glass from some of the other items. All this made for an interesting and memorable perhaps even a mystical experience. After hearing Jenny's story about the Bottle Farm, I

next talked to my friend Howard Strausburg, he's 92 and he added more to the Bottle Farm story. Zero's house (inside) was unusual also, Howard had an opportunity to visit inside that house. Howard doesn't recall the reason for his visit but he describes a room with many strings thumb tacked to the ceiling with small bottles attached, many of them being pill bottles. He also describes walking by an entry to a room and a piano in that room starting to play a tune with the keys moving, he describes the site of many many of the dunking birds, these were plastic birds that used to dip automatically in and out of a container of water. Zero had even cut the stairway to the second floor in half. I might add here that Zero died in 1953, his property was bequeathed to the community. After years of clean up that property became Farmersville-Jackson Township Recreation Park, located at 14440 Farmersville Gratis Road.

For What it's Worth—“Your chances of success in any undertaking can always be measured by your belief in yourself” - Robert Collier

Final Thought—Every person is a fool in somebody's opinion- Spanish Proverb.

That's All!



Bottle Farm - Winter Zellar (Zero) Swartzel, Grandfather of Pop Art
Source: [Remarkable Ohio](#)

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

September 8th—Recitative by Tony Morrison

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

November 10th—TBD

December 8th—At Home on Ladybug Farm by Donna Ball

Presidential History Book Club

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

See below for discussion dates and the corresponding biographies.

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

October 20th—Grant by Jean Edward Smith (second half)

November 17th—Rutherford B. Hayes: Warrior & President by Ari Hoogenboom (first half)



Pictured: Martin Shutts wearing a Union Soldier's Hat from Gettysburg

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 SEPTEMBER 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>REMINDER:</p> <p>CONGREGATE MEAL— PLEASE CALL 24 HRS AHEAD TO YOUR RESERVATION</p>			<p>1</p> <p>Hamburger Baked Beans Corn Peaches Fruit Punch</p>	<p>2</p> <p>Chicken Casserole Carrots Peas w/ Onions Fresh Fruit Treat</p>
<p>5</p>  	<p>6</p> <p>Roast Beef Red Potatoes Lima Beans Peaches Raisins</p>	<p>7</p> <p>Chicken Pot Pie Corn Broccoli Pears Treat</p>	<p>8</p> <p>Country Fried Steak w/ Gravy Mashed Potatoes Peas Apple Orange Juice</p>	<p>9</p> <p>Roast Pork Hash Brown Casserole Buttered Cabbage Citrus Salad Craisins</p>
<p>12</p> <p>Pepper Steak Garden Rice Far East Vegetables Pineapple Tidbits Raisins</p>	<p>13</p> <p>Chicken Salad Potato Salad Pickled Beets & Egg Peaches Orange Juice</p>	<p>14</p> <p>Lasagna Italian Green Beans Carrots Mixed Fruit Craisins</p>	<p>15</p> <p>Chicken Casserole Peas Corn Pears Treat</p>	<p>16</p> <p>Lemon Garlic Fish Rice Pilaf Sugar Snap Peas Fresh Fruit Grape Juice</p>
<p>19</p> <p>Beef & Noodles Mashed Potatoes Mixed Vegetables Fruit Salad Apple Juice</p>	<p>20</p> <p>Roast Turkey Stuffing Prince Charles Vegetables Cranberry Sauce Very Berry Juice</p>	<p>21</p> <p>DINER IS CLOSED</p> <p>NO HDM OR CONGREGATE MEALS TODAY</p>	<p>22</p> <p>Meatloaf Mashed Potatoes Green Beans Applesauce Grape Juice</p>	<p>23</p> <p>Hot Dog Baked Beans Corn Pears Cranberry Raspberry Juice</p>
<p>26</p> <p>Sausage Hash Browns Hominy Applesauce Grape Juice</p>	<p>27</p> <p>Cream Chicken on a Biscuit Peas w/ Onions Cauliflower Fruit Cocktail Treat</p>	<p>28</p> <p>Breaded Pork Tenderloin on a Bun Loaded Mashed Potatoes Harvard Beets Peaches Apple Juice</p>	<p>29</p> <p>Hamburger Macaroni & Cheese Green Beans Fruited Gelatin Raisins</p>	<p>30</p> <p>Chili w/ Beans Baked Potato Broccoli Tropical Fruit Fruit Punch</p>

Activities September 2022

This Month's Theme:

Senior Center Month

"Strengthening Community Connections"

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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 Maple Gardens Vancrest of Eaton</p>			<p>10:00 Quilting Chicks 10:00 Fitness Fun 10:00 Mindful Chats w/ Megan 2:00 Wii 5:00 Dance</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>HAPPY LABOR DAY </p>	<p>10:00 Pre-Planning with Preble Memory Gardens 10:00 Coffee Club 11:00 Lunch w/ Jake 12:30 Sewing Ladies 2:00 Wii</p>	<p>11:30 Richard Scott Music Program 12:30 Sewing Ladies 1:00 Senior Card Players 2:00 Trivia</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>10:00 Wii Golf 1:00 Yoga 2:00 Billiards</p> 
<p>9:30 Favorite Part About Being a Grandparent 10:00 Tai Chi 12:30 Silver Sneakers 1:30 Participants' Council</p>	<p>9:30 Art Class w/Paint the Towne (\$) 10:00 Walking 10:00 Coffee Club 12:30 Sewing Ladies 2:00 Wii Hamilton Motorcoach Trip</p>	<p>12:30 Sewing Ladies 1:00 Senior Card Players 2:00 Bingo—Arbor Trace</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>10:00 Wii Golf 1:00 Yoga 2:00 Billiards</p> 
<p>10:00 Tai Chi 12:30 Silver Sneakers 1:30 Coloring Therapy</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>9:30 Craft Class With Brookdale 12:30 Sewing Ladies 1:00 Senior Card Players 2:00 Billiards</p>	<p>10:00 Quilting Chicks 10:00 Fitness Fun 10:00 Mindful Chats w/ Megan 2:00 Wii 5:00 Dance First Day of Autumn</p>	<p>10:00 Wii Golf 10:00 Tech Support 1:00 Yoga 2:00 Billiards</p>
<p>10:00 Tai Chi 12:30 Silver Sneakers 1:30 Coloring Therapy 2:30 Board of Director's Meeting</p> 	<p>10:00 Walking 10:00 Coffee Club 12:30 Sewing Ladies 2:00 Wii 28th— Mystery Motorcoach Trip →</p>	<p>12:00 Government Rep—Warren Davidson 12:30 Sewing Ladies 1:00 Senior Card Players 2:00 Bingo—Vancrest of Eaton 2:00 Billiards Tournament—Brookhaven</p>	<p>10:00 Quilting Chicks 10:00 Fitness Fun 10:00 Mindful Chats w/ Megan 2:00 Wii 5:00 Dance</p>	<p>10:00 Wii Golf 1:00 Yoga 2:00 Billiards</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
Sausage Gravy ³ over Biscuit Peas & Carrots Baked Apples Fruit Salad Treat	Roast Beef ⁴ Red Potatoes Lima Beans Peaches Raisins	Chicken Pot Pie ⁵ Corn Broccoli Pears Treat	Country Fried ⁶ Steak w/ Gravy Mashed Potatoes Peas Apple Orange Juice	Roast Pork ⁷ Hash Brown Casserole Buttered Cabbage Citrus Salad Craisins
Pepper Steak ¹⁰ Garden Rice Far East Vegetables Pineapple Tidbits Raisins	Chicken Salad ¹¹ Potato Salad Pickled Beets & Egg Peaches Orange Juice	Lasagna ¹² Italian Green Beans Carrots Mixed Fruit Craisins	Chicken ¹³ Casserole Peas Corn Pears Treat	Lemon Garlic ¹⁴ Fish Rice Pilaf Sugar Snap Peas Fresh Fruit Grape Juice
Beef & Noodles ¹⁷ Mashed Potatoes Mixed Vegetables Fruit Salad Apple Juice	Roast Turkey ¹⁸ Stuffing Prince Charles Vegetables Cranberry Sauce Very Berry Juice	Hot Dog ¹⁹ Baked Beans Corn Pears Cranberry Raspberry Juice	Meatloaf ²⁰ Mashed Potatoes Green Beans Applesauce Grape Juice	Tuna Noodle ²¹ Casserole Carrots Winter Blend Vegetables Mandarin Oranges Fruit Punch
Sausage ²⁴ Hash Browns Hominy Applesauce Grape Juice	Cream Chicken ²⁵ on Biscuit Peas w/ Onions Cauliflower Fruit Cocktail Treat	Breaded Pork ²⁶ Tenderloin on a Bun Loaded Mashed Potatoes Harvard Beets Peaches Apple Juice	Hamburger ²⁷ Macaroni & Cheese Green Beans Fruited Gelatin Raisins	Chili w/ Beans ²⁸ Baked Potato Broccoli Tropical Fruit Fruit Punch
Chicken & Noodles ³¹ Mashed Potatoes Mixed Vegetables Fruit Salad Craisins			<p>REMINDER: CONGREGATE MEAL— PLEASE CALL 24 HRS AHEAD TO YOUR RESERVATION</p>	

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>10:00 Tai Chi 12:30 Silver Sneakers 1:30 Coloring Therapy 1:30 Participants' Council</p>	<p>4</p> <p>10:00 Coffee Club 12:30 Sewing Ladies 11:00 Lunch w/Jake 2:00 Wii</p> <p>State House Motorcoach Trip</p>	<p>5</p> <p>11:30 Music Program: Noah Back 12:30 Sewing Ladies 1:00 Senior Card Players</p>	<p>6</p> <p>10:00 Quilting Chicks 10:00 Fitness Fun 10:00 Mindful Chats w/ Megan 2:00 Wii 5:00 Dance</p> 	<p>7</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>10</p> <p>10:00 Tai Chi 12:30 Silver Sneakers 1:30 Coloring Therapy</p> 	<p>11</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>12</p> <p>12:30 Sewing Ladies 1:00 Senior Card Players 2:00 Bingo—Arbor Trace</p>	<p>13</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>14</p> <p>10:00 Wii Golf 1:00 Yoga 2:00 Billiards</p> 
<p>17</p> <p>10:00 Tai Chi 12:30 Silver Sneakers 1:30 Coloring Therapy</p> 	<p>18</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>19</p> <p>9:30 Craft Class With Brookdale 12:00 Government Representative Warren 1:00 Senior Card Players</p>	<p>20</p> <p>10:00 Quilting Chicks 10:00 Fitness Fun 10:00 Mindful Chats 1:00 Presidential Book Club 5:00 Dance</p> <p>Train Ride Motorcoach Trip</p>	<p>21</p> <p>9:30 Music Trivia 10:00 Wii Golf 1:00 Yoga 2:00 Billiards</p> 
<p>24</p> <p>10:00 Tai Chi 12:30 Silver Sneakers 1:30 Coloring Therapy</p> 	<p>25</p> <p>10:00 Walking 10:00 Coffee Club 12:30 Sewing Ladies 2:00 Wii 2:00 Dog Show</p> 	<p>26</p> <p>12:30 Sewing Ladies 1:00 Senior Card Players 2:00 Billiards 2:00 Bingo—Vancrest of Eaton 2:00 Billiards Tournament—Brookhaven</p>	<p>27</p> <p>10:00 Quilting Chicks 10:00 Fitness Fun 10:00 Mindful Chats w/ Megan 2:00 Wii 5:00 Dance</p> 	<p>28</p> <p>10:00 Wii Golf 1:00 Yoga 2:00 Billiards</p> 
<p>31</p> <p>10:00 Tai Chi 12:30 Silver Sneakers 1:30 Coloring Therapy</p> <p>Halloween Party</p>			<p>Happy Halloween</p> 	<p>Thank You to our Sponsors: Arbor Trace Brookdale of Richmond Brookhaven Maple Gardens Vancrest of Eaton</p>

Senior Activities Center Motorcoach Trips

- * 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



2023 Trips are currently being planned. If you have an ideas or suggestions please let us know.

2023 Trips

- Wednesday thru Friday, July 12th—14th, 2023—Soaring Eagle Casino & Resort Overnight Motorcoach Trip
Members: \$489.00, Non-Members: \$509.00

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:

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.



Who was awarded the very first gold record? (answer page 15)

DONATIONS

We NEED

Wheelchairs

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 Community Action Partnership 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 The Community Action Partnership. Appointments can be scheduled by calling (937) 456-2800

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 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

Have you ever noticed how you react or what you feel when you hear a familiar song? Do you hum or sing along? Does your mind carry you to a time and place in a favorite memory? I definitely have experienced a change in how I feel when I hear certain songs. For example, my Dad had a beautiful tenor voice and each year he would sing “The Holy City” at Easter and “Oh Holy Night” at Christmas. Just thinking about it right now makes me smile.

Music, emotion and memory have a powerful connection. Research suggests that listening to or singing songs can provide emotional and behavioral benefits for people with Alzheimer’s and other types of dementia. Musical memories are often preserved in Alzheimer’s disease because key brain areas linked to musical memory are relatively undamaged by the disease. I witnessed this with a client in Adult Day Care. One of our activities was a weekly sing along to familiar hymns. The next door neighbor would come over to play the piano while we sang. One of the clients couldn’t talk but he could sing! As it turns out the neighbor and our client already knew each other... she would accompany him over the years when he would sing at church!

Music has been shown to: relieve stress, reduce anxiety and depression and reduce agitation. Music is beneficial not only to the person with dementia, it can also benefit Caregivers by reducing anxiety and distress, lightening the mood and providing a way to connect with loved ones who have Alzheimer’s disease – especially those who have difficulty communicating.

If you’d like to use music to help a loved one, consider these factors:

- Think about your loved one’s preferences.
 - What kind of music does your loved one enjoy?
 - What music evokes memories of happy times in their life? Music they listened to during their youth or 20’s and 30’s helps encourage recall of long-term memory.
 - Involve family and friends by asking them to suggest songs or make playlists.

Continued on page 15

Giving Tuesday: November 29th

During this season of giving, remember the Preble County Council on Aging as your charity of choice. A donation to our Sponsor-A-Senior Program helps us eliminate senior hunger in Preble County.

Preble County will continue seeing the 60 + population increase until 2040.

Take Action:

PrebleSeniorCenter.org/Support/Donate/
preble-county-council-on-aging.square.site

You can send or stop by to donate too

GI  **INGTUESDAY**

The Movies are Returning to Eaton!

The Star Theatre at Eagle's Point along with By-Jo Theater out of Germantown, have partnered to bring first run movies to Eaton.

Tickets will be sold for \$6 per person and concessions will be available for purchase.

Movies are slated to show Thursdays at 1pm, Friday and Saturday nights at 7pm and Sundays at 6pm. No bags, outside food or drink are allowed in the theater. The theater will open 45 minutes prior to the show time each day.

The Star Theatre at Eagles Point is located at 310 N. Barron St. The entrance is on the north side of the gymnasium (look for the black pig and the Star Theatre signs).

Caregivers Corner —Continued from page 13

- Avoid overstimulation
 - When playing music, eliminate competing noises. Turn off the TV, shut the door. Set the volume based on your loved one's hearing ability. Opt for music that isn't interrupted by commercials, which can cause confusion.
- Encourage movement
 - Help your loved one to clap along or tap their feet to the beat. If possible, consider dancing with your loved one.
- Set the mood
 - To calm your loved one during mealtime or a morning hygiene routine, play music or sing a song that's soothing. When you'd like to boost our loved one's mood, use more upbeat or faster paced music.
- Pay attention to your loved one's response.
 - If your loved one seems more engaged or content while a certain song is playing, note the music type so you can play more. If they seem anxious, that's the type of music to avoid.

It isn't unusual if Caregivers just don't know what to do in certain situations with their loved one. Maybe music is the answer! It is certainly worth a try! As I tell people: Try it, what is the worst that could happen?!

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 # _____

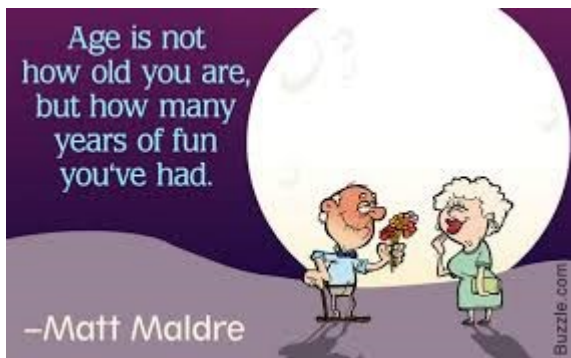
Exp. Date _____

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



**Don't forget
that your
membership
expires on**

**December 31st,
2022.**

**Renew for 2023
soon!**



The answer from page 12 - Perry Como

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.



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

Holiday Food Drive

All monetary donations received through November 30th helps Preble County Council on Aging provide Christmas food boxes for our eligible Preble County seniors. Each box is filled with shelf stable foods, fresh meats and vegetables, and toiletry items.

Non-Perishable Items: (can be donated)
Kleenex, Napkins, Paper Towels, Toilet Paper, Soup, Spam, Tuna, Fruit, Vegetables, Rice, Oatmeal, Applesauce, Pudding, Jelly, Jello, Cookies, Cereal, Pudding Cups (Sugar free items also).

Items need to be received by December 2nd

Make your check payable to
Preble County Council on Aging
Mail to PCCOA, 800 East St. Clair Street, Eaton,
Ohio 45320.
Designate "Holiday Baskets" on your check.
Questions? Call 937.456.4947

Christmas Baskets

If you or someone you know is interested in receiving a Christmas Basket, please contact PCCOA for an application.

Qualifications:

- Must be at least 60 years of age or better
- Must be a legal resident of Preble County
 - 150% of poverty level
 - Only one basket per household

Application Deadline is November 28th and Christmas Basket Delivery is December 15th



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.

