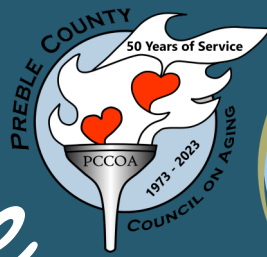


# Senior Scene

Volume 33 • Issue 1



## JANUARY & FEBRUARY 2023

**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.

### Inside This Issue

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**"Celebrating 50 Years  
of Service" 1973-2023**

### WELCOME TO 2023!!

"We've only just begun"...  And que The Carpenters....

It is hard to believe that we are celebrating our 50th year! What a great reason to celebrate, not that we ever need a reason to celebrate.

Our theme this year is "We've only just begun" and it fits so well. We have only just begun to help a portion of our seniors in Preble County. We know there is so much more we can do and we are trying to make that happen, first with our expansion of the senior center, and then I'm sure more to come after that!

This agency started in 1973. We will be celebrating your 50th Birthday in March. Each month we have focus around the year 1973 in some way. In January we are going to be promoting a lot of random facts of 1973. Some of them you will remember and some you'll be like I didn't realize that.

In February, we are looking at the pricing of 1973 and comparing it to today's prices. We know there is going to be difference but it is fun to look at and to tell younger people, I remember when I got gas for 40 cents a gallon, unlike today where it is most likely over \$3.25 a gallon.

This year is going to be exciting for sure! We appreciate everyone that has helped or supported in anyway to make PCCOA what it is today and all the help and support we are going to receive here in the future!

Here are some events to be looking forward to for this year:



PCCOA Annual Trip Show—1/27 @ 2pm

Ticket Auction—2/24 @ 6pm

PCCOA's 50th Birthday—3/15

Volunteer Appreciation Dinner—4/5 @ 6pm

Don Vaughn Dessert Auction— 4/6 & 11/21 @ 1:30pm

Senior Day & Annual Meeting—5/9 starting @ 10am

Flag Retirement Ceremony—6/14

"I Dance My Way" Fair Dance (Thursday Night Dance) - 8/2 @ 5pm

Car Show—9/9

## Board of Trustees

Jeff Parker	President
Brad Collins	Vice President
Valerie Sargent-Wood	Secretary
Steve Dearth	Treasurer

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

## Participant's Council

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

Anna Carlson	Del Thacker
Vicki Ertel	Wanda Tirey
Judy Hopkins	Cookie Young
Barb Strickland	Larry Whalen

*Executive Director*  
Shelley Ratliff

*Business/Financial Manager*  
Jean Keller

*Senior Center Services Manager*  
Stacey Gibbs

*Diner Manager*  
Bev Fields

*In-Home Services Supervisor*  
Shirley Cottingim

*Homemaker Manager*  
Barb Felton

*Service Navigator*  
Brittney Daugherty

*Transportation Specialist*  
Jeff Beneke

*Scheduling & Dispatch*  
Amy Taulbee

### Disclaimer:

The Preble County Council on Aging and Senior Center do not endorse any individual or business that presents information. You are advised to seek expert advice before making any financial or health decisions. The Preble County Council on Aging, Inc. is an Equal Opportunity Employer and Service Provider.

## From The Executive Director

### News and Views

*We've only just begun! The theme for 2023, the year of our 50<sup>th</sup> Anniversary.*

2023 is going to be such an exciting time in this agency's history and I am so happy to be here. I just recently celebrated my 12<sup>th</sup> year here and boy, has time flown! I continue to be amazed by our staff and our community with all of the support for our senior citizens. I continue to be amazed by our members and the people who use our services. What a wonderful surprise when I open the mail and I receive a letter from someone's child telling us what we mean to them and their parents. And the friendships we have made with our clients, or should I say our families of friends?

Off the Eaton path, we have been working on specific equipment needs, color schemes and the logistics of where outlets and phone jacks will be located. By the time you receive this newsletter we will have finalized all of plans and the specs will be available for potential companies to bid in mid-January. We are hopeful for groundbreaking in the first quarter of 2023 and finishing between 9-12 months.

The total project is expected to be in the \$5.5 Million range. We are still hoping for more donations and contributions from the community. This is a community project and will benefit all of us in some way. Please continue giving. Some people have included us in their final wishes. If this is something you are interested in please call me and we can work the details out together. There are many ways to contribute financially, even if it is not immediate with a check or cash. We have received many contributions to date in honor of a loved one. There are two people who I will call Bob and Harold, who would have loved this gesture. I appreciate their widows so much for keeping their memories alive.

Walk with me "Off the Eaton Path" and create a village.....one senior at a time.

With my blessings.

Shelley

# Announcements

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## Fun and Interactive Classes:

### Art Class with Paint the Towne\*

- January 10th—Photo Holder— \$15
- February—Vase— \$20
- March— Watering Can Canvas— \$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

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 & ages welcome
- ◆ You pay the day of class.



Photo Holder



Vase

Watering Can Canvas



## Noah Back



LIVE MUSIC

February 9th, 2023  
11:30a to 12:30p

Decade's Diner  
**FREE EVENT**



## PCCOA Ticket Auction

**Friday, February 24th, 2023**

**6:00pm to 8:00pm**

\*\*\*\*\*Doors open at 5:00pm\*\*\*\*\*

\*Paddles cost \$5 each (for bidding)\*

\*50/50 drawing\* \*Tickets are \$0.25 each\*

*Food will be available for \$1 per item*

## Coming in soon in the Spring:



**Healthy Living -  
Chronic Disease Class  
Sign Up NOW!!**

**FREE 6 week class**

## What's on Your Mind?

Did you know we have TWO days a month you can come and speak to your Government Representatives??

State Representative Rodney Creech  
on the First Friday of each month at  
11am



Congressman Warren Davidson (or  
a representative) on the 4th  
Wednesday of each month at 12p

Come out and discuss with them your concerns, likes, dislikes, what you'd like to see, and anything else that's on your mind. They are here for you and want to hear from you.

## Contributions

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

### In Memory of:

#### Gary Pieratt

from  
Thomas Pieratt, Janet Hart,  
Michael & Cheri Corsi,  
Charles James, and  
Timothy & Brenda Waymire

Become a member with us, or is it time to renew your membership?  
Call (937) 456-4947

## Welcome New Members!

(October 1st thru November 30th, 2022)

James Boomershine, Edwin Branscum, Becky Brookshire, Jerry Brookshire, John Clark, Jeffery Comley, Mike Corsi, Judi Doresy, Donna Elliott, Darlene Filbrun, Beth Fornshell, Tammy Holley, Del Hoover, Keith Jamison, Lillian Jamison, Rachel Jamison, Ruth Ann Jamison, Pamela Johnson, James Kennedy, Barbara Kern, Darrien Kynard, Jan Lawrence, Vicki Long, Mike Maines, Mary Mickelson, Ronald Mickelson, Kaye Sherman, Bernice Slyder, James Slyder, Leonard Snowden, Barbara Sprinkle, Robert Suman, Nancy Wombold

## Christmas Baskets

Fiesta Charra, Silifex, Barbara Hamm Weadick, Jean Keller, Curtis & Cherry Anderson, Ona Coons, International Paper, George & Madeline Earley, Judith Campbell, Janet Woltja, Julie Saluke, Reid Health, Susan Sewell, Donald McKee, Gary Behnken, Sharon Kramer, Betty Beneke, Raymond & Freda Moses, Joe Allen, Martha Allen, Sylvia Davis, Joyce Trent, Jeanice Schleiger, Lola Jane Shafer, Iris Armstrong, Linda Evans, Wilmer & Mary Howard, Connie Harris, Sandra Beckett-Leis, Ron & Ginger Roth

## Home Delivered Meals

Gary Mann, Connie D. Phillips, Judith Campbell, Sandra Francis

## Homemaker

Connie D. Phillips

Continued on page 15



## “Jake’s Takes”

Hello All—Well we have experience the famous Ohio changeable weather, I hope everyone weathered it in a positive way. Today I will begin with general information for military retirees and veterans to wit, The Pact Act. This legislative bill was signed into law by the President on June 10th of this year. It is the largest veteran specific legislation since the G.I. Bill (Serviceman’s Readjustment Act) signed into law by President Franklin D. Roosevelt in June 1944. The Pact Act expands benefits for Vietnam veterans and Vietnam era veterans who served in other Southeast Asian countries. This bill also expands the presumptive conditions list, burn pits, and toxic exposures from previous conflicts and wars, this could possibly include nuclear. It is important to get on the registry for these conditions. Another important veteran related issue is the Camp Lejeune contaminated water situation. This is a situation that has generated much TB notoriety. It reminds of the class-action lawsuit activity about Agent Orange at the end of the Vietnam War. I knew veterans who signed up in that class action lawsuit, proceedings, they did not realize that large financial windfall they thought they would receive, (remember the attorneys receive their fees and sums off the top). It might be prudent for the veteran to go through the county veterans office before any other action be taken. This issue is of paramount importance to veterans. If you have a friend, neighbor, or relative who has served or is still serving, pass this information on and entourage them to

check into it. Here in Preble County, we have a very capable and dedicated veteran (US Navy) Keith Carr, he is the Executive Director (CVSO) of the Preble County Veterans Services. I have known Keith for several years, since he was with Montgomery County Veterans Services. Keith visits our group here at the center on the first or third Tuesdays to answer questions and/or bring to our attention important veterans issues.

Keith visits us when his workload allows. He is very knowledgeable and timely on veterans issues and benefits. He knows his stuff, if you have questions or issues see him at the Preble County Veterans Office—Phone number is 937-456-6111.

Time for a do you know—who was the only individual to have served as President of the United States without having been elected VP or President in a national election? Answer later.

I send a thank you to Marvin Shelby and Phil Newport, they are part of our veterans group that meet here at the center. Marvin and Phil provide transportation for me when my vehicle is out of service. This is the time of year when I take my vehicle to Ziebart for its annual inspection and treatment (always a two day thing), Marvin transported me from my home to Ziebart, we had lunch at the Engineers Club of Dayton, the food and service is always top notch. The Engineers Club has an interesting décor (see photo). Phil met me at Ziebart the day I dropped off my vehicle. We had some time on our hands so we started off on what Phil calls our adventure. This year we scouted the location of the British Transportation Museum of Dayton, we also had lunch at the Engineers Club, a many faceted organization. This building contains a small museum with extra special significance pertaining to

the local area and its citizens. Maybe even exceptional significance of national recognition. We also reconnoitered the WWI Memorial “Victory Oak Knoll” (see photo). I will write more about Victory Oak Knoll in the next edition of the newsletter. The answer to the did you know question—Gerald R. Ford Jr (Gerald Rudolph Ford Jr.). Now you know.

For What it’s Worth—In the context of the direction of society today, it might be prudent to remember the writing of Picard “True liberty consists in the privilege of enjoying our own rights, not in the destruction of the rights of others”.

Final Thought—”As Americans only our collective individual faith in freedom can keep us free.”  
—Dwight D. Eisenhower—



*Jake Dailey is a volunteer at the Preble County Council on Aging. Jake is knowledgeable in many subjects including veterans' issues, things to do in the area, and ways to stay active. Jake welcomes you to have lunch with him to discuss any and all topics. Who knows? You might make a new friend or two!*

## Lunch with Jake

“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

January 12th—The Chalk Pit by Elly Griffiths

February 9th—The Other Einstein by Marie Benedict

March 9th—Unfinished Portrait by Agatha Christie

April 13th—Scarlet Letter by Nathaniel Hawthorne

## Presidential History Book Club

Come join us on the second Wednesday every other month at 1:00pm

See below for discussion dates and the corresponding biographies.

January 19 -- James Garfield by Ira Rutkow

Also consider *Destiny of the Republic: A Tale of Madness, Medicine and the Murder of a President* by Candace Millard

March 15 -- Chester Alan Arthur, by Zachary Karabell



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 JANUARY 2023

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>3</p> <p>Smoked Sausage Mashed Potatoes Sauerkraut Pineapple Tidbits Very Berry Juice</p>	<p>4</p> <p>Soup Beans w/ Ham &amp; Onion Hash Browns Mixed Greens Applesauce Fruit Punch</p>	<p>5</p> <p>Meatloaf Mashed Potatoes Green Beans Peaches Apple Juice</p>	<p>6</p> <p>Chicken Parmesan Spaghetti Italian Green Beans Mandarin Oranges Craisins</p>
<p>9</p> <p>Sausage Gravy over Biscuit Peas &amp; Carrots Baked Apples Fruit Salad Treat</p>	<p>10</p> <p>Roast Beef Red Potatoes Lima Beans Peaches Raisins</p>	<p>11</p> <p>Chicken Pot Pie Buttered Corn Broccoli Pears Treat</p>	<p>12</p> <p>Country Fried Steak with Gravy Mashed Potatoes Peas Apple Orange Juice</p>	<p>13</p> <p>Roast Beef Hashbrown Casserole Buttered Cabbage Citrus Salad Craisins</p>
<p>16</p> <p>Hot Dog Baked Beans Corn Pears Cranberry- Raspberry Juice</p>	<p>17</p> <p>Chicken Salad Potato Salad Pickled Egg &amp; Beets Peaches Fruit Punch</p>	<p>18</p> <p>Lasagna Italian Green Beans Carrots Mixed Fruit Craisins</p>	<p>19</p> <p>Chicken &amp; Dumplings Mashed Potatoes Succotash Pears Apple Juice</p>	<p>20</p> <p>Lemon Garlic Fish Rice Pilaf Far East Vegetables Fresh Fruit Grape Juice</p>
<p>23</p> <p>Beef &amp; Noodles Mashed Potatoes Mixed Vegetables Fruit Salad Apple Juice</p>	<p>24</p> <p>Roast Turkey Stuffing Prince Charles Vegetables Cranberry Sauce Very Berry Juice</p>	<p>25</p> <p>Breaded Pork Tenderloin Parslied Potatoes Buttered Beets Peaches Applesauce</p>	<p>26</p> <p>Meatloaf Mashed Potatoes Green Beans Applesauce Grape Juice</p>	<p>27</p> <p>Breaded Fish Farfalle w/ Alfredo Sauce Sugar Snap Peas Mixed Fruit Craisins</p>
<p>30</p> <p>Sausage Hashbrowns Hominy Applesauce Raisins</p>	<p>31</p> <p>Creamed Chicken over Biscuit Peas &amp; Onions Cauliflower Fruit Cocktail Treat</p>			<p><b>REMINDER:</b> <b>CONGREGATE MEAL—PLEASE CALL 24 HRS AHEAD TO YOUR RESERVATION</b></p>

# Activities JANUARY 2023

This Month's Theme:  
"Random Facts of 1973"

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p><b>CLOSED</b></p> <p>Happy New Year!!</p>	<p>3</p> <p>10:00 Walking 10:00 Coffee Club 11:00 Lunch w/ Jake 12:30 Sewing Ladies 2:00 Wii</p>	<p>4</p> <p>12:30 Sewing Ladies 1:00 Senior Card Players 2:00 Trivia of 1973</p> <p><b>MADE IN 1973</b></p>	<p>5</p> <p>10:00 Quilting Chicks 10:30 Mindful Chats w/ Megan 2:00 Wii 5:00 Dance</p> 	<p>6</p> <p>9:00 Breakfast Bingo 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 1:30 Coloring Therapy 1:30 Participants' Council</p> 	<p>10</p> <p>9:30 Art Class w/Paint the Towne (\$) 10:00 Walking 10:00 Coffee Club 2:00 Wii</p> 	<p>11</p> <p>12:30 Sewing Ladies 1:00 Senior Card Players 2:00 Bingo— <b>New Lebanon</b></p> 	<p>12</p> <p>10:00 Quilting Chicks 10:00 Fitness Fun 10:30 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 1:30 Coloring Therapy</p> 	<p>17</p> <p>10:00 Walking 10:00 Coffee Club 11:00 Lunch w/ Jake 11:00 Misfits Bluegrass Band 2:00 Wii</p>	<p>18</p> <p>10:30 Birthday Bash - <b>New Lebanon</b> 12:30 Sewing Ladies 1:00 Senior Card Players 1:00 Presidential Book Club</p>	<p>19</p> <p>10:00 Quilting Chicks 10:00 Fitness Fun 10:30 Mindful Chats w/ Megan 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 1:30 Coloring Therapy</p> 	<p>24</p> <p>10:00 Walking 10:00 Coffee Club 11:30 A Wild Bird Luncheon by Brubaker Grain &amp; Wild Delight 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— <b>Maple Gardens</b> 2:00 Billiards Tournament— <b>Brookhaven</b></p>	<p>26</p> <p>10:00 Quilting Chicks 10:30 Mindful Chats w/ Megan 2:00 Wii 5:00 Dance</p> 	<p>27</p> <p>10:00 Tech Support 10:00 Wii Golf 1:00 Yoga 2:00 Billiards 2:00 Trip Show</p> 
<p>30</p> <p>10:00 Tai Chi 12:30 Silver Sneakers 1:30 Coloring Therapy 2:30 Board of Directors</p>	<p>31</p> <p>10:00 Walking 10:00 Coffee Club 1:30 Family Feud 2:00 Wii</p> 	<p><b>HAPPY NEW YEAR</b></p> 		<p>Thank You to our Sponsors: New Lebanon Health and Rehab Maple Gardens Brookhaven</p> 



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# Menu FEBRUARY 2023

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

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>Salisbury Steak                      Red Potatoes                      Peas &amp; Carrots                      Fruit Salad                      Grape Juice</p>	<p>2</p> <p>Hamburger                      Macaroni &amp; Cheese                      Peas                      Fruited Gelatin                      Raisins</p>	<p>3</p> <p>Crab Cakes                      Garden Rice                      Lima Beans                      Pineapple Tidbits                      Orange Juice</p>
<p>6</p> <p>Chicken &amp; Noodles                      Mashed Potatoes                      Mixed Vegetables                      Fruit Salad                      Craisins</p>	<p>7</p> <p>Baked Ham                      Sweet Potatoes                      Brussel Sprouts                      Pears                      Apple Juice</p>	<p>8</p> <p>Cabbage Rolls                      Mashed Potatoes                      Green Beans                      Peaches                      Cranberry-Raspberry Juice</p>	<p>9</p> <p>Baked Spaghetti                      Italian Green Beans                      Corn                      Applesauce Gelatin                      Treat</p>	<p>10</p> <p>Salmon Patty                      Creamed Peas                      Stewed Tomatoes                      Mandarin Oranges                      Raisins</p>
<p>13</p> <p>Orange Chicken                      Fried Rice                      Sugar Snap Peas                      Fruit Cocktail                      Craisins</p>	<p>14</p> <p>Smoked Sausage                      Mashed Potatoes                      Sauerkraut                      Pineapple Tidbits                      Very Berry Juice</p>	<p>15</p> <p>Soup Beans w/ Ham &amp; Onions                      Hashbrown                      Mixed Greens                      Applesauce                      Fruit Punch</p>	<p>16</p> <p>Chili                      Baked Potato                      Broccoli                      Peaches                      Apple Juice</p>	<p>17</p> <p>Shrimp Poppers                      Macaroni &amp; Tomatoes                      Asaparagus                      Banana                      Raisins</p>
<p>20</p>  	<p>21</p> <p>Roast Beef                      Red Potatoes                      Lima Beans                      Peaches                      Raisins</p>	<p>22</p> <p>Chicken Pot Pie                      Buttered Corn                      Broccoli                      Pears                      Treat</p>	<p>23</p> <p>Country Fried Steak w/ Gravy                      Mashed Potatoes                      Peas                      Apple                      Orange Juice</p>	<p>24</p> <p>Roast Pork                      Hash Brown                      Casserole                      Buttered Cabbage                      Citrus Salad                      Craisins</p>
<p>27</p> <p>Hot Dog                      Baked Beans                      Corn                      Pears                      Cranberry-Raspberry Juice</p>	<p>28</p> <p>Chicken Salad                      Potato Salad                      Pickled Egg &amp; Beets                      Peaches                      Fruit Punch</p>			

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p><b>1</b></p> <p>10:00 Pricing Game of 1973</p> <p>12:30 Sewing Ladies</p> <p>1:00 Senior Card Players</p> <p>2:00 Trivia</p>	<p><b>2</b></p> <p>10:00 Quilting Chicks</p> <p>10:00 Fitness Fun</p> <p>10:30 Mindful Chats w/ Megan</p> <p>2:00 Wii</p> <p>5:00 Dance</p>	<p><b>3</b></p> <p>9:00 Breakfast Bingo</p> <p>10:00 Wii Golf</p> <p>11:00 Government Rep Rodney Creech</p> <p>1:00 Yoga</p> <p>2:00 Billiards</p>
<p><b>6</b></p> <p>10:00 Tai Chi</p> <p>12:30 Silver Sneakers</p> <p>1:30 Coloring Therapy</p> <p>1:30 Participants' Council</p> 	<p><b>7</b></p> <p>9:30 Art Class w/ Paint the Towne (\$)</p> <p>10:00 Walking</p> <p>10:00 Coffee Club</p> <p>11:00 Lunch w/ Jake</p> <p>2:00 Wii</p>	<p><b>8</b></p> <p>12:30 Sewing Ladies</p> <p>1:00 Senior Card Players</p> <p>2:00 Bingo—<b>New Lebanon</b></p> 	<p><b>9</b></p> <p>10:00 Quilting Chicks</p> <p>10:00 Fitness Fun</p> <p>10:30 Mindful Chats w/ Megan</p> <p>11:00 Book Club</p> <p><b>11:30 Noah Back</b></p> <p>12:30 Social 8 Cards</p> <p>2:00 Wii</p> <p>5:00 Dance</p>	<p><b>10</b></p> <p>10:00 Wii Golf</p> <p>1:00 Yoga</p> <p>2:00 Billiards</p> 
<p><b>13</b></p> <p>10:00 Tai Chi</p> <p>12:30 Silver Sneakers</p> <p>1:30 Coloring Therapy</p> 	<p><b>14</b></p> <p>10:00 Walking</p> <p>10:00 Coffee Club</p> <p>10:00 Valentine's Party</p> <p>2:00 Wii</p> 	<p><b>15</b></p> <p>10:30 Birthday Bash - <b>New Lebanon</b></p> <p>12:30 Sewing Ladies</p> <p>1:00 Senior Card Players</p>	<p><b>16</b></p> <p>10:00 Quilting Chicks</p> <p>10:00 Fitness Fun</p> <p>10:30 Mindful Chats w/ Megan</p> <p>2:00 Wii</p> <p>5:00 Dance</p>	<p><b>17</b></p> <p>10:00 Wii Golf</p> <p>1:00 Yoga</p> <p>2:00 Billiards</p> 
<p><b>20</b></p> <p><b>CLOSED</b></p> 	<p><b>21</b></p> <p>10:00 Walking</p> <p>10:00 Coffee Club</p> <p>11:00 Lunch w/ Jake</p> <p>11:00 Misfits Bluegrass Band</p> <p>2:00 Wii</p>	<p><b>22</b></p> <p>12:00 Government Representative Warren</p> <p>12:30 Sewing Ladies</p> <p>1:00 Senior Card Players</p> <p>2:00 Bingo—<b>Maple Gardens</b></p> <p>2:00 Billiards Tournament—<b>Brookhaven</b></p> 	<p><b>23</b></p> <p>10:00 Quilting Chicks</p> <p>10:00 Fitness Fun</p> <p>10:30 Mindful Chats w/ Megan</p> <p>2:00 Wii</p> <p>5:00 Dance</p>	<p><b>24</b></p> <p>10:00 Wii Golf</p> <p>1:00 Yoga</p> <p>2:00 Billiards</p> <p><b>6:00 TICKET AUCTION</b></p>
<p><b>27</b></p> <p>10:00 Tai Chi</p> <p>12:30 Silver Sneakers</p> <p>1:30 Coloring Therapy</p>	<p><b>28</b></p> <p>10:00 Walking</p> <p>10:00 Coffee Club</p> <p>2:00 Wii</p> 	<p><b>THANK YOU</b></p> 	<p><b>LEGEND SINCE MARCH 1973</b></p>	<p>Thank You to our Sponsors:</p> <p>New Lebanon Health and Rehab</p> <p>Maple Gardens</p> <p>Brookhaven</p>

## Mini Trips

Springfield Arts Council—Sat, March 25th—M: \$69, NM: \$89  
Model T Museum—Tues, April 25th—M: \$58, NM: \$78  
Goodwill Beaver Creek, Tues, May 2nd, - M: \$39, NM: \$59  
Dayton Dragons, Weds, May 17th—M: \$39, NM: \$59  
The Elk Ranch—Friday, June 9th —M: \$45, NM: \$65  
Dayton Art Museum—Thurs, June 22nd—M: \$42, NM: \$62  
Wilbur Wright Museum—Wed, Sept 6th—M: \$42, NM: \$62  
Barn N Bunk—Tues, Sept 12th—M: \$72, NM: \$92  
La-Comedia (Grumpy Old Men)—Thurs, Sept 21st—M: \$89, NM: \$109

## **ON THE ROAD AGAIN**

### Motorcoach Trips



Hard Rock Casino—Tues, March 7th —M: \$53, NM: \$73  
Newport Aquarium—Tues, March 21st —M: \$99, NM: \$119  
Findley Market—Tues, April 11th —M: \$84, NM: \$104  
The Ark Encounter, Tues, May 23rd—M: \$181, NM: \$201  
Cincinnati Reds, Wed, June 21st—M: \$79, NM: \$99  
LM & M Railroad—Wed, July 19th—M: \$159, NM: \$179  
The Snooty Fox—Tues, July 25th—M: \$112, NM: \$132  
The Wilds—Tues, August 8th—M: \$144, NM: \$164  
Tecumseh—Friday, August 25th—M: \$144, NM: \$164  
Indianapolis Zoo—Tues, October 3rd—M: \$104, NM: \$124  
Keeneland—Wed, October 11th—M: \$164, NM: \$184

### Multiple Day Motorcoach Trips

Soaring Eagle Casino & Resort— Wednesday, July 12th—  
Friday, July 14th, M: \$489, NM: \$509  
Shipshewana—Monday, August 14th—Wednesday  
August 16th, M: \$575, NM: \$625  
The Carlisle Inn & Star Theatre—Tuesday, November  
14th—Wednesday, November 15th, M: \$349, NM: \$369  
Christmas at the Biltmore—Monday, November 27th—  
Thursday, November 30th, M: \$959, NM: \$1009

\*\*\*M= Member, NM = Non-Members\*\*\*

The Preble County Activities Center plans mini-trips for individuals who want a shorter, less strenuous travel day. Descriptive flyers are available at the Activities Center for all upcoming Mini-Trips, Motorcoach Trips, Multiple Day Trips, and Cruises. 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.

## Cruises & Multiple Day Trips

### Alaska Cruise, Land, & Rail

With Princess Cruises on the Sapphire Princess  
11 Days / 10 Nights  
May 21st—31st, 2023  
Final Payment due 1/20/23

### Discover Canyon Country

8 Days / 7 Nights \* 6 Meals  
August 25th—Sept 1st, 2023

### Mackinaw Island

9 Days / 8 Nights \* 12 Meals  
Sept 8th—Sept 16th, 2023

### Holy Lands & Aegean

#### Majesty

With Oceania Cruises on the Oceania Nautica  
12 Days / 11 Nights  
October 6th—17th, 2023

### Shades of Ireland

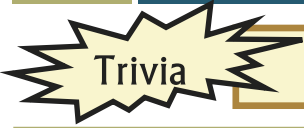
10 Days / 9 Nights \* 13 Meals  
October 18th—27th, 2023

## **DON'T FORGET TO RENEW YOUR MEMBERSHIP!**

Membership is only \$10 a year and each membership ends at 12/31 of each year.

Make sure you renew so you can continue to receive your newsletter, get various discounts on trips and activities, and be the first to know what is happening!

Stop in or mail in your dues.  
**SEE PAGE 15 FOR RENEWAL FORM**



Who had a musical hit with "You are the Sunshine of My Life"? (answer page 15)

## DONATIONS

We NEED  
Small/Medium/Large  
Depends and Panty Liners  
Rolators

## 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

\$715.00 per year  
\$60.00 per month  
\$13.75 per week

## Call Brittney with your HEAP questions.

For more information or to schedule an appointment in any of the areas listed below, ask for Brittney.

### Home Delivered Meals

We deliver hot nutritious meals to older adults at home. Meal deliverers check on the welfare of the client and are trained to report any health or other problems noticed during visit. Call for eligibility.

### Homemaking Services

For an individual or couple who live alone, are more frail, and have acute or chronic conditions. Services provide light housekeeping, laundry, grocery shopping, pharmacy or bank errands, and light meal preparation.

### Transportation

Must be 60 years of age or older and live in Preble County. Wheelchair transportation is available, and one escort may ride with each participant. We transport within a 50 mile radius of Preble County.

### Service Navigation, Information & Referral

Provides in-depth, on-going information, referral, and case management options. Connecting seniors and their families with needed services, resources, and/or programs.

### Heating Assistance Available — Application Deadline: May 31, 2023

The Ohio Department of Development and the Preble County Council on Aging want to remind senior citizens in Ohio 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. Senior citizens may go to their local Area Agency on Aging office for help with assembling the required documents and completing their HEAP application. Senior citizens may also visit [www.energyhelp.ohio.gov](http://www.energyhelp.ohio.gov) to apply online or to download a copy of the application. 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 1<sup>st</sup>. Applications for the HEAP program must be received by May 31, 2023.

**For more information or assistance with applying for a HEAP benefit, contact Brittney Daugherty at the Preble County Council on Aging 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](http://www.energyhelp.ohio.gov).

## JULY 2022– MAY 2023 INCOME GUIDELINES

Size of Household	Total Gross Annual Household Income (Call for the most up to date numbers)
1	Up to \$ 23,728.50
2	Up to \$ 32,042.50
3	Up to \$ 40,302.50
4	Up to \$ 48,562.50
5	Up to \$ 56,822.50
6	Up to \$ 65,082.50
7	Up to \$ 73,342.50
8	Up to \$ 81,601.50

When determining 175% of the federal poverty guidelines, households with more than eight members must add \$8,260 to the yearly income or \$678.90 to the 30-day income for each additional member. When determining 200% of the federal poverty guidelines, household with more than eight members must add \$9,440 for each additional member.



# Caregivers Corner

13

## by Barb Felton

In the last issue of the newsletter, I wrote about gratitude and recognizing what we are grateful for in our lives. How did you do? Hopefully the prompts that were provided were helpful! For me, I learned that taking time to just STOP and think about what I was grateful for was relaxing. It was a mental change from the daily routine and allowed me to refocus, finding it calmed my mind down.

What were some of my gratitudes? I found that I am grateful for:

Life experiences that help me understand how others feel, Parents who encouraged me to be independent and think on my own, Friends that appreciate the quiet, A job that allows me to help others and have fun doing it, Caregivers who work hard to care for their loved ones

I hope you took some time to think about all that you are grateful for in your life. I also hope that you will continue to take some time to stop and recognize the things that you appreciate in the every day. They may seem little but all together, they're a great support!

If you started reading the newsletter at the beginning of this issue, you've realized that 2023 is the 50<sup>th</sup> Anniversary year of the Preble County Council on Aging (PCCOA). This year, each issue will focus on life as we knew it in 1973. As soon as I learned that we were focusing on 1973, my mind immediately jumped to the year that I graduated from high school and started college. What comes to mind for you when you think about 1973? Maybe some of these random facts will "take you back"...

Continued on page 15

**New Rules for Billiards/Pool\***

\*due to increased activity

- **Must reserve times at least 24 hours in advance.**
  - **Members get priority**
- **Can reserve in 2 hour time slot only daily (no more, no less)**
- **If someone shows up during your requested timeslot, they can ask to join, but you have the right to refuse them in your game.**
- **If you are not playing the game, please respect that decision and find something else to occupy your time, do not watch their game.**
- **This does not include Tournament play**
- **Open Hour from 8:00 am to 9:00 am**
- **Sign up with Activities Staff only**
- **If no one is at table, you must check with activities staff prior to playing, to make sure it is not reserved.**

\*\*\*Rules effective immediately\*\*\*

**1970s Popular Slang**

- |                               |                      |
|-------------------------------|----------------------|
| • Take a chill pill           | • To the max!        |
| • Skinny                      | • 10-4, good buddy   |
| • Catch you on the flip side  | • Sit on it          |
| • Boogie Down                 | • Space cadet        |
| • Psych!                      | • Out to lunch       |
| • Brick House                 | • Cool beans         |
| • Stop dipping in my Kool-Aid | • Can you dig it?    |
| • What a fry                  | • What's your 20?    |
| • The Man                     | • Right on           |
| • Do me a solid               | • Get your groove on |
| • Bogue                       | • Jive-talking       |
| • Stella                      | • Bummer             |
| • Far Out                     | • Gimme some skin    |
| • Later Days                  | • Casanova           |
|                               | • Good vibes         |
|                               | • I gotta skitty     |

## Caregivers Corner —Continued from page 13

In the US, inflation was 6.16% and 8.4% in England (Current rate in US has been around 7.5% and 11.1% in the United Kingdom)

Watergate hearings began

Roe v. Wade decision from Supreme Court

Japanese vehicles with smaller, more efficient engines were beginning to have an impact on US auto industry

US troops withdrew from Vietnam and war ended with signing of peace accord

Letter carriers were permitted to wear shorts

Secretariat won the Triple Crown

“The Godfather” was the winner of Best Movie Oscar

“The First Time Ever I Saw Your Face” sung by Roberta Flack, was Record of the Year

Skylab was launched

Elvis’ concert in Hawaii was the first worldwide telecast by an entertainer

Eggs were 45 cents/dozen

The first hand held mobile phone was invented by Martin Cooper in New York

Gas was 39 cents/gallon, Ground Chuck was 99 cents/pound, Roasting Chicken was 39 cents/pound, Paper Towels 3 Jumbo Rolls for \$1.00

I’d forgotten some of these. I remembered others but didn’t recall what year they occurred. Would your loved one remember some of these? Or maybe this list has helped you recall some events from your own life. Reminiscing is often a great exercise for those with disabilities or dementia. Give it a try!

*Thank you’s continued from page 4*

### Senior Center Expansion

Thursday Night Dance Group, Ron & Joyce King, Joe & Julie Saluke, Leonard & Angela Snowden, Anonymous, Jake Dailey, James H. Lady, Janet A. Hegwood, Geo & Madeline Earley, Judy Campbell, Cecil Jordan, Joseph & Vilaiwan Cimprich, Mary Paddock, John & Judith Hacker, Michael Bowser, Ronald Steiner, Carolyn Studebaker, Rita Daily, Peggy Perrine, Connie McCarty, James & Anna Toops, Joyce Harden, William Vidourek/K D Asbrock, Joe Allen, Sylvia Davis, Kanet Woltja, Jeanice Schleiger, Darrell & Pamela Meeks, Shirley Fox, Mary Frances Paddock, Michael Bowser, Janice Watt, James Shank, Rhoda Goins, Grace

Johnson, Debra L. Boggs, Dorothy Cooper, Sally S. McNeill, Conrad & Theresa Yungbluit, Deanna Brady, Sandra Beckett-Leis, Joan Kreitzer, Michael Scholl, Phillip & Marilyn Gross

### Other

United Midwest Savings Bank

### Sponsor A Senior

WKH Careet Services, Tadd Tobias, Tim & Kathy Landwehr, The Bassler Family Trust, Frist Brethren Church of Gratis, Marcus & Sherrill Brubaker, Orville Hale, Julie Saluke

### Transportation

Connie D. Phillips

The answer from page 12 - Stevie Wonder

#### Notifying the Public of Rights Under Title VI

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

For more information on Preble County Council on Aging, Inc.’s civil rights program and the procedures to file a complaint, contact (937) 456-4947, or 1-800-238-5146; email mail@prebleseniorcenter.org; or visit our administrative office at 800 East St. Clair Street, Eaton, Ohio 45320. For more information, visit [www.prebleseniorcenter.org](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 43223.

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

\_\_\_\_\_ \$50 for 50 Years

\_\_\_\_\_ Additional Donation

\_\_\_\_\_ Other

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

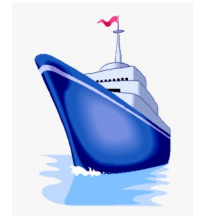
Non-Profit Org.  
U.S. Postage  
**PAID**  
Permit No. 389  
Eaton, OH  
45320

**ADDRESS SERVICE REQUESTED**

## PCCOA 2023 Travel Show



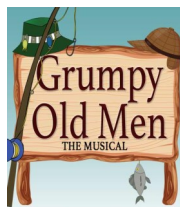
**Friday - January 27th, 2023  
2:00 PM in Decades Diner**



Come travel the runway with us and join in for some fun and laughter as we introduce our trips for 2023!



### *Interactive Travel Extravaganza!*



- \* The Ark Encounter
- \* La Comedia
- \* Shipshewana
- & Many Many More!!



- \* Discounts Available Day of Show
- \* Some restrictions may apply.



- \* Snacks & Refreshments Provided



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

