

Senior Scene

Volume 32 • Issue 6



NOVEMBER & DECEMBER 2022

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

www.PrebleSeniorCenter.org
Mail@PrebleSeniorCenter.org
937-456-4947
1-800-238-5146

Office Hours

Monday through Friday
8:00 a.m. - 4:00 p.m.

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**"Celebrating 49 Years
of Service"**

Giving Tuesday: November 29th

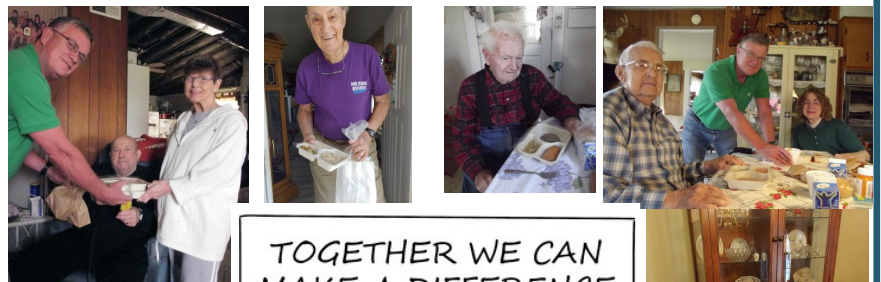
During this season of giving, remember the Preble County Council on Aging as your charity of choice. A donation to our Sponsor-A-Senior Program helps us eliminate senior hunger in Preble County. Preble County will continue seeing the 60 + population increase until 2040.

Take Action:

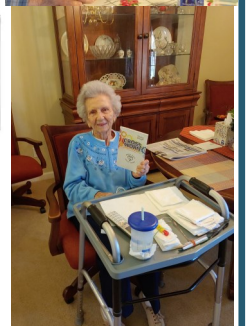
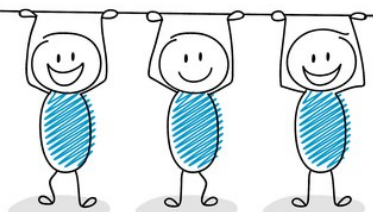
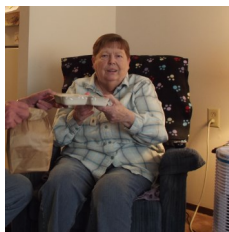
[PrebleSeniorCenter.org/Support/Donate/
preble-county-council-on-aging.square.site](http://PrebleSeniorCenter.org/Support/Donate/preble-county-council-on-aging.square.site)

You can send or stop by to donate too

GI ING TUESDAY



TOGETHER WE CAN
MAKE A DIFFERENCE



Board of Trustees

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

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 Rhonda Gebhart
 Jerry Gross
 Erin Harris

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 Darrien Kynard
 Harold Niehaus
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 Judy Hopkins

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 Wanda Tirey
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Business Manager
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 Brittney Daugherty

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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

The mornings are getting cool and it is getting dark earlier every day. I love this time of the year as the colors on the trees change and we get ready for the holiday season. Not everyone enjoys this time of the year as much as I do. My mom for example, sees this time of the year as depressing and sad. Her botanical gardens, as I've started referring to her back yard, are starting to die. The colors of her enjoyment and happiness are withering away. She will perk back up in the spring and I will start to become grumpy with the new blooms and the increasing heat.

But in 2023 I may not be that grumpy. How fitting that the year we celebrate our 50th Anniversary we will break ground on our project? As members you will kept up to date through our newsletter on the progress we will make. Make sure you send in your membership dues to ensure you get early Members Only updates on progress. The first phase of our Senior Village will start with the Senior Center Expansion. Without giving away too many details that haven't been finalized yet, I can tell you we will be adding a commercial kitchen and a bigger multi-purpose room. Our current Decades Diner will be repurposed into something more fun.

As I have shared with you many times, 1 in 4 people in Preble County, RIGHT NOW, are over 60 and by 2030 this number will increase to 1 in 3. **Our senior population is increasing and so are the needs.** If you haven't needed to use our services before, you may need to in the future. Help us, help you. Without this project we won't be able to expand our meal services and this is the easiest and least expensive way to keep in contact with our seniors. A daily check along with a nutritious meal helps keep our seniors in their home and independent, where I'm told everyone wants to be.

I have hinted the last few months about asking for donations to help with our project. In fact, a few people have "caught on" to my hints and have already donated. Thank you. But now I am going to come right out and say it....This is going to take all of us working together to make it happen. I am enclosing a chart which will describe the sponsorship levels. I'm not asking you give more than you can comfortably give but I am asking you to consider giving. Gifts can be made in your name or in honor of someone you love or have lost. What a perfect way for all of us to celebrate our future together. Join me as we get "Off the Eaton Path" and create a village....one senior at a time.

With my blessings,

Shelley



Fun and Interactive Classes:

Art Class with Paint the Towne*

November 8th—Christmas Ornaments—\$10 each (you can do 1 to 3 ornaments)

No Class in December

January 10th—Heart Photo Holder—\$15

February 14th—Vase—\$20

March 14th—Watering Can Canvas—\$20

Craft Class with Brookdale of Richmond—FREE

November 16th @ 9:30am

December 21st @ 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

Alice McMann Library

We will be featuring all of our Christmas Books during the months of November and December

Come check out what we have available for your enjoyment!

Christmas Music Programs

November 29th, 2022

Decade's Diner
11:30a to 12:30p

FREE

Featuring Noah Back



December 19th, 2022

Decade's Diner
11:30a to 12:30p

FREE

Featuring Richard Scott



Sewing, Handwork, Knitting, and Etc Group

Want to show your skills of sewing, handwork, needlework, crocheting, knitting, and anything else??

Come in and join the group of Sewing Ladies on Wednesday afternoons starting at 12:30pm

Anyone can join and share their skills or learn some new ones!

Come out and have some fun and socialization with some others that have the same interests as you!

Takes place in the in Craft Room at PCCOA

Also known as the "Sewing Ladies" on the Activity Calendar

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

Welcome & Thank You!

Contributions

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

In Memory

Thurman Hackenbracht
by Teresa Freeman, Jim & Kay Butkus, Betty Hiney, Kip & Sue Powell, Anna Carlson, and Ed Bell

Eaton High School Class of 1965 by Larry Earman

Gary Pieratt by Jean Keller

thank you

Welcome New Members!

(August 1st thru September 30th, 2022)

Larry Banfield, Sonya Banfield, Gwendolyn Bishop, Mary Brannon, Barbara Byrne, Charles Byrne, Patty Carter, Gary Cassity, Bonnie Conley, Nancy Erbaugh, Donald Gilbert, Larry Grill, Eleanor Hamilton, Therese Hamilton, Pat James, Jim Kay, Jean Keller, Traci Kurtz, Sandra Maddock, Francis Matheny, Sharon McWhinney, Beverly Miller, Judith Miller, Dana Nelson, Ellen O'Boyle, Jack O'Boyle, Gordon Phalin, Barbara Phalin, Barbara Robertson, Ramona Short, Duane Showalter, Thea Lynn Showalter, Jane Somers, Robert Somers, Vickie Stigleman, Beverly Tipton, Wayne Tipton, Sandra Weatherly

Activities

Marcus & Sherrill Brubaker

Christmas Baskets

Carol Shindeldecker, Marcus & Sherrill Brubaker, Michael Bowser, Prebco Auto, Post 322—Charity Fund West Alexandria, Sons of American Legion West Alexandria, Dorothy Cooper, Don & Elizabeth Smith, Joanne Guyett, Ohio State Eagles

Home Delivered Meals

Joanne Guyett, James & Linda Arp

Senior Center

Cynthia Kuehltau, Del Thacker

Senior Center Expansion

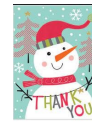
Wilmer & Malvery Howard, Patricia Loxley

Sponsor A Senior

WKH Career Services, Tadd Tobias, Tim Landwehr, Dan & Mary Weadick, St. John Church, First Brethren Church of Gratis, Linda Aukerman

Undesignated

Nancy Crye





“Jake’s Takes”

By Jake Daily

Jake is volunteer at the Preble County Council on Aging.

Hello All— We had some warm days this summer season. I hope everyone managed to stay comfortable and safe and speaking of safe, Edith, the lady who accidentally locked herself out of her house on the coldest couple of days of the year (temperatures 40° below zero wind-chill), who came darn close to freezing to death, she asked me to remind everyone to have a spare house key securely hidden outside your abode. You are a very caring person Edith, thank you for your concern for all of us here at the center. Time to talk about our recent trip, this past August 31st, our Senior Center organized a trip to the National Veterans Memorial & Museum in our state capital city, Columbus. There were approximately 14 of us on this trip and as usual we have tons of fun on these trips, always interesting, and fun conversation about our destination and where and what we are going to eat, but the conversations are as varied as the people on the bus. Our vehicle got separated in the Columbus traffic, but we met up in the parking lot of our destination. The National Veterans Memorial & Museum is neither a memorial or a military museum, instead it takes visitors on a narrative journey, telling individual stories and of shared experiences of veterans, males and female, throughout history. The idea for this National Memorial & Museum came about from a vision of the late Senator and retired US Marine Corps Col. And former astronaut John Glenn. This building is a very unique and interestingly designed, a one-of-a-kind cement construction, 300 feet in diameter, three stories tall, containing 53,000 ft. of interior area. The building sets on 2.5 acres along the Scioto River containing a memorial outdoor grove with a stone memorial wall and reflecting pool, with several benches for personal reflection

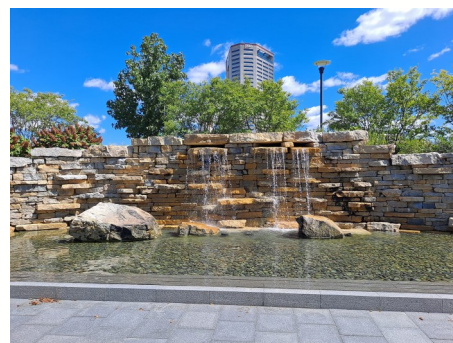
and the purpose of which is to promote remembrance. The main focus of the exhibits, displays, and presentations is on personal experiences and stories of the veteran (male or female). The military equipment, photo, property, and sometimes personal property have a poignant effect. Many of the stations have headsets describing or explaining the scene. For example, in the Civil War section, they displayed some letters written by soldiers to their families which are read to you. At the end of our tour, they have large poster pictures hanging from the ceiling (6, I think) - on the one side is a veteran as they were when in the service and on the other side is a picture of the same veteran today, the contrast is touching. I had the opportunity to interview four of the ladies that went on this trip, Judy Dees—has a son in the military service and Judy thought it might afford her some insight into the situations or predicaments he might experience. Barbara Cox—chose to go on this tour because she realized she didn’t have a good understanding of things military or what our troops faced or the actions they took. Sharon McWhinney—her father was a Vietnam Marine, she lived through that era and she said the description of this trip piqued her interest to understand experiences and actions of veterans. Cookie Young—having a deceased husband and father, both US Navy veterans, plus she is quite active in her DAR chapter, Cookie wanted to learn more about veteran’s lives, circumstances, and activities. Thank you, Judy, Barbara, Sharon, and Cookie. I was curious that there might be a wide variety of reasons why the ladies would take this tour and that was not the case. In our conversations the description of the building inside and out, and the 2.5 acre grove of remembrances and reflection they felt this area impressive and thought provoking. Their reasons were similar also.

Inside they were all pretty much in agreement on the displays, by the way, they were connected to the veteran

through the veteran revelation of their circumstances or actions. They mentioned the interesting use of mirrors displaying the military awards and military theater of operations campaign ribbons. As it turned out the interview revealed there was depth of connection and emotion, a surprising realization of the sacrifice and depravity that our service members sometimes must all through, the tour was emotional and informative. Lunch time arrived. We had lunch at the impressive Milestone 229 Restaurant, interesting for sure and the food was great. Then, we traveled to Camp Chase, which used to be a Confederate POW camp. Our guides were relatives of former Confederate soldiers and it was quite interesting. Civilians were held here also, due to President Lincoln suspending the writ of habeas corpus, there are over 2000 graves there, with a history of grave robber activity, and many many more facts were presented.

For what its worth—A tart temper never mellows with age.

Final Thought—A sharp tongue is the only edged tool that grows sharper with constant use.



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

November 10th—The Dressmakers of Auschwitz by Lucy Adlington

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

January 12th—The Chalk Pit by Elly Griffiths

February 9th—The Other Einstein by Marie Benedict

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**



Presidential History Book Club

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

See below for discussion dates and the corresponding biographies.

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

January 19th—Rutherford B. Hayes: Warrior & President by Ari Hoogenboom (second half)

Below is Ron Steiner with his wood carvings.



Menu NOVEMBER 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
REMINDER: CONGREGATE MEAL— PLEASE CALL 24 HRS AHEAD TO YOUR RESERVATION	1 Baked Ham Sweet Potato Brussel Sprouts Pears Apple Juice	2 Cabbage Roll Confetti Mashed Potatoes Peas Apricots Cranberry Raspberry Juice	3 Baked Spaghetti Italian Green Beans Corn Applesauce Gelatin Treat	4 Salisbury Steak Mashed Potatoes Winter Blend Vegetables Mixed Fruit Fruit Punch
7 Orange Chicken Rice Broccoli Fruit Cocktail Craisins	8 Smoked Sausage Mashed Potatoes Sauerkraut Pineapple Tidbits Very Berry Juice	9 Soup Beans w/ Ham & Onions Hash Browns Mixed Greens Applesauce Fruit Punch	10 Meatloaf Mashed Potatoes Green Beans Peaches Apple Juice	11 Salmon Patty Creamed Peas Stewed Tomatoes Mandarin Oranges Raisins
14 Sausage Gravy over a Biscuit Peas & Carrots Baked Apples Fruit Salad Treat	15 Roast Beef Red Potatoes Lima Beans Peaches Raisins	16 Chicken Pot Pie Corn Broccoli Pears Treat	17 Country Fried Steak w/ Gravy Mashed Potatoes Peas Apple Orange Juice	18 Roast Pork Hash Brown Casserole Buttered Cabbage Citrus Salad Craisins
21 Pepper Steak Garden Rice Far East Vegetables Pineapple Tidbits Raisins	22 Chicken Salad Potato Salad Pickled Beets & Egg Peaches Orange Juice	23 Lasagna Italian Green Beans Carrots Mixed Fruit Craisins	24  	25  
28 Beef & Noodles Mashed Potatoes Mixed Vegetables Fruit Salad Apple Juice	29 Roast Turkey Stuffing Prince Charles Vegetables Cranberry Sauce Very Berry Juice	30 Hot Dog Baked Beans Corn Pears Cranberry Raspberry Juice		

Activities November 2022

This Month's Theme:
"Thankful Month"

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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>Thank You to our Sponsors: Arbor Trace Brookdale of Richmond Brookhaven Maple Gardens Vancrest of Eaton</p> 	<p>*Thankful Turkey* 1 Add a feather of what you are thankful for to our PCCOA Turkey</p> <p>10:00 Coffee Club 11:00 Lunch w/ Jake 2:00 Wii</p> <p>BB Riverboat Trip</p>	<p>2</p> <p>10:00 Billiards 12:30 Sewing Ladies 1:00 Senior Card Players 2:00 Trivia</p> 	<p>3</p> <p>10:00 Quilting Chicks 10:00 Mindful Chats w/ Megan 2:00 Wii 5:00 Dance—Canned Food Drive</p> 	<p>4</p> <p>9:00 Breakfast Bingo—Maple Gardens 10:00 Wii Golf 11:00 Government Rep -Rodney Creech 1:00 Yoga 2:00 Billiards</p>
<p>7</p> <p>10:00 Tai Chi 12:30 Silver Sneakers 1:30 Participants' Council 1:30 Coloring Therapy</p>	<p>8</p> <p>9:30 Art Class w/Paint the Towne (\$) 10:00 Coffee Club 11:00 Lunch w/ Jake 1:00 Billiards 2:00 Wii</p> 	<p>9</p> <p>10:00 Billiards 12:30 Sewing Ladies 1:00 Senior Card Players 2:00 Bingo—Arbor Trace</p>	<p>10</p> <p>10:00 Quilting Chicks 10:00 Fitness Fun 10:00 Mindful Chats 11:00 Book Club 12:30 Social 8 Cards 2:00 Wii 5:00 Dance</p>	<p>11</p> <p>10:00 Veterans Recognition Video 10:00 Wii Golf 1:00 Yoga 2:00 Billiards</p> <p>Veteran's Day</p>
<p>14</p> <p>10:00 Billiards 10:00 Tai Chi 12:30 Silver Sneakers 1:30 Coloring Therapy</p> 	<p>15</p> <p>10:00 Walking 10:00 Coffee Club 11:00 Misfit Bluegrass Gang 1:00 Billiards 2:00 Wii</p> 	<p>16</p> <p>9:30 Craft Class With Brookdale 12:30 Sewing Ladies 1:00 Senior Card Players 2:00 Billiards</p>	<p>17</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>18</p> <p>10:00 Wii Golf 1:00 Yoga 2:00 Billiards</p> 
<p>21</p> <p>10:00 Billiards 10:00 Tai Chi 12:30 Silver Sneakers 1:30 Coloring Therapy</p> 	<p>22</p> <p>10:00 Walking 10:00 Coffee Club 11:00 Lunch w/ Jake 1:30 Dessert Auction 2:00 Wii</p> 	<p>23</p> <p>12:00 Government Rep—Warren Davidson 12:30 Sewing Ladies 1:00 Senior Card Players 2:00 Bingo—Vancrest of Eaton</p>	<p>24</p> <p>CLOSED</p> <p>Happy Thanksgiving!!</p>	<p>25</p> <p>CLOSED</p> 
<p>28</p> <p>10:00 Billiards 10:00 Tai Chi 12:30 Silver Sneakers 1:30 Coloring Therapy 2:30 Board of Director's Meeting</p>	<p>29</p> <p>10:00 Walking 10:00 Coffee Club 11:30 Noah Back 1:00 Billiards 2:00 Wii</p>	<p>30</p> <p>10:00 Billiards 12:30 Sewing Ladies 1:00 Senior Card Players 2:00 Billiards Tournament—Brookhaven</p>		<p>PCCOA CRAFT BAZAAR IS NOVEMBER 12TH 8AM TO 4PM</p>

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Menu **DECEMBER 2022**

MENU IS SUBJECT TO CHANGE

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

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
REMINDER: CONGREGATE MEAL— PLEASE CALL 24 HRS AHEAD TO YOUR RESERVATION			1 Meatloaf Mashed Potatoes Green Beans Applesauce Grape Juice	2 Tuna Noodle Casserole Carrots Winter Blend Vegetables Mandarin Oranges
5 Sausage Hash Browns Hominy Applesauce Grape Juice	6 Cream Chicken on a Biscuit Peas w/ Onions Cauliflower Fruit Cocktail Treat	7 Breaded Pork Tenderloin Au gratin Potatoes Harvard Beets Peaches Apple Juice	8 Hamburger Macaroni & Cheese Green Beans Fruited Gelatin Raisins	9 Chili w/ Beans Baked Potato Broccoli Tropical Fruit Fruit Punch
12 Chicken & Noodles Mashed Potatoes Mixed Vegetables Fruit Salad Craisins	13 Baked Ham Sweet Potato Brussel Sprouts Pears Apple Juice	14 Cabbage Roll Confetti Mashed Potatoes Peas Apricots Cranberry Raspberry Juice	15  CHRISTMAS BASKET DELIVERY	16 Salisbury Steak Mashed Potatoes Winter Blend Vegetables Mixed Fruit Fruit Punch
19 Orange Chicken Rice Broccoli Fruit Cocktail Craisins	20 Smoked Sausage Mashed Potatoes Sauerkraut Pineapple Tidbits Very Berry Juice	21 Soup Beans w/ Ham & Onions Hash Browns Mixed Greens Applesauce Fruit Punch	22 Meatloaf Mashed Potatoes Green Beans Peaches Apple Juice	23  
26  	27 Roast Beef Red Potatoes Lima Beans Peaches Raisins	28 Chicken Pot Pie Corn Broccoli Pears Treat	29 Country Fried Steak w/ Gravy Mashed Potatoes Peas Apple Orange Juice	30  

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Thank You to our Sponsors: Arbor Trace Brookdale of Richmond Brookhaven Maple Gardens Vancrest of Eaton</p> 	<p>*The Giving Tree*</p> <p>Help us build the leaves on our "Giving Tree" by donating to our Senior Center Expansion. Each leaf will show the donor's name and a correlating color will represent the different levels of giving. Every leaf is important, as it makes our tree look more and more beautiful and will help our senior center develop bigger and support more seniors! Our county needs this for its seniors. Thank you.</p>		<p>10:00 Quilting Chicks 1 10:00 Fitness Fun 10:00 Mindful Chats w/ Megan 2:00 Wii 5:00 Dance</p> 	<p>9:00 Breakfast Bingo— Maple Gardens 2 10:00 Wii Golf 11:00 Government Rep Rodney Creech 1:00 Yoga 2:00 Billiards</p>
<p>5</p> <p>9:00 Find the Elf 10:00 Tai Chi 12:30 Silver Sneakers 1:30 Coloring Therapy 1:30 Participants' Council</p>	<p>6</p> <p>10:00 Walking 10:00 Coffee Club 11:00 Lunch w/Jake 1:00 Billiards 2:00 Wii</p> 	<p>7</p> <p>10:00 Billiards 12:30 Sewing Ladies 1:00 Senior Card Players</p>  <p>Beef & Boards Motorcoach Trip</p>	<p>8</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>9</p> <p>10:00 Wii Golf 1:00 Yoga 2:00 Billiards</p> 
<p>12</p> <p>9:00 Find the Candy Canes 10:00 Tai Chi 12:30 Silver Sneakers 1:30 Coloring Therapy</p>	<p>13</p> <p>10:00 Walking 10:00 Coffee Club 1:00 Billiards 2:00 Wii</p> 	<p>14</p> <p>10:00 Billiards 12:30 Sewing Ladies 1:00 Senior Card Players 2:00 Bingo—Arbor Trace</p>	<p>15</p> <p>CLOSED CHRISTMAS BASKET DELIVERY No Thursday Night Dance</p>	<p>16</p> <p>10:00 Wii Golf 1:00 Yoga 2:00 Billiards</p> 
<p>19</p> <p>9:00 Find the Elf 10:00 Tai Chi 11:30 Richard Scott 12:30 Silver Sneakers 1:30 Coloring Therapy</p>	<p>20</p> <p>10:00 Walking 10:00 Coffee Club 11:00 Lunch w/Jake 11:00 Misfit Bluegrass Gang 1:00 Billiards 2:00 Wii</p>	<p>21</p> <p>9:00 Holiday Party 9:30 Craft Class With Brookdale 12:00 Government Representative Warren 1:00 Senior Card Players First Day of Winter</p>	<p>22</p> <p>10:00 Quilting Chicks 10:00 Fitness Fun 10:00 Mindful Chats w/ Megan 2:00 Wii 5:00 Dance</p> 	<p>23</p> <p>CLOSED MERRY CHRISTMAS</p>
<p>26</p> <p>CLOSED HAVE A Merry Christmas & HAPPY NEW YEAR</p>	<p>27</p> <p>10:00 Walking 10:00 Coffee Club 1:00 Billiards 2:00 Wii</p> 	<p>28</p> <p>12:30 Sewing Ladies 1:00 Senior Card Players 2:00 Bingo—Vancrest 2:00 Billiards Tournament—Brookhaven</p>	<p>29</p> <p>10:00 Quilting Chicks 10:00 Mindful Chats w/ Megan 2:00 Wii 5:00 Dance</p> 	<p>30</p> <p>CLOSED HAPPY NEW YEAR!!!</p>

Senior Activities Center Motorcoach Trips

- * 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

— TRAVEL SHOW — JANUARY 27TH, 2023 @ 2PM Decades Diner

2023 Trips

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

AND MANY MORE!



Where are we going?? Come find out at the Travel Show!



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. No refunds given if individual cancels 30 days or less before trip is scheduled.

Cruises:

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.





What percent of US households put up a Christmas Tree? (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.

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% Up to \$ 30,485.00	200% Up to \$ 34,840.00	
3	For Up to \$ 32,940.00	For Up to \$ 38,430.00	For Up to \$ 43,920.00	
4	PIPP, EPP Up to \$ 39,750.00	HEAP, WCP, & SCP Up to \$ 46,375.00	HWAP Up to \$ 53,000.00	
5	Up to \$ 46,560.00	Up to \$ 54,320.00	Up to \$ 62,080.00	
6	Up to \$ 53,370.00	Up to \$ 62,265.00	Up to \$ 71,160.00	
7	Up to \$ 60,180.00	Up to \$ 70,210.00	Up to \$ 80,240.00	
8	Up to \$ 66,990.00	Up to \$ 78,155.00	Up to \$ 89,320.00	



Caregivers Corner

13

by Barb Felton

Gratitude. As Caregivers, our time and energy is focused on assuring our loved one has what they need. We know that our loved one is thankful for what we do for them' they just don't or can't show that gratitude. What about you? Have you given any thought recently to what you are grateful for?

It is so easy to get up every morning, dreading the routine or rut that we put ourselves in. But if something would help you start the day on a more positive note, would that make your life easier? When we acknowledge things/people that we are grateful for, we can appreciate life more and find yourself feeling happier. How can you do this? One method people use is called Gratitude Journaling.

Gratitude journaling has shown benefits such as: Greater connection to others, increased personal joy, better sleep and lowering symptoms of physical pain. Why? On a subconscious level, gratitude journaling helps counter balance our negativity bias.

Keeping a gratitude journal and translating thoughts into concrete language, has advantages over just thinking the thoughts: It makes you more aware, deepening the emotional impact.

So how to start? Here are two key ways to effectively practice gratitude in a powerful way – so all those good feelings stick at a core level and you actually become happier!

1. Connect with something specific.— The more detailed you can get while writing what you are grateful for, the easier it is to connect with the emotion. For example, you may write, “I am grateful for Maggie”. What is it about Maggie that makes you grateful? Maybe these examples will help: I am grateful that Maggie always introduces me to people. I am grateful that Maggie helps me lighten up and laugh at situations. I am grateful that Maggie listens and helps me think through decisions.

Continued on page 15



Don Vaughn Dessert Auction

Tuesday, November 22
1:30 p.m.



- ◆ Have fun, bidding on delicious desserts for Thanksgiving
- ◆ Are you interested in providing desserts? Ask us how.
- ◆ Danny Boggs is our Auctioneer
- ◆ Monies raised go towards PCCOA Activities.



937-456-4947



Preble County Council on Aging, 800 East St. Clair Street, Eaton OH 45320
937.456.4947 or 1.800.238.5146
www.PrebleSeniorCenter.org

www.Facebook.com/PrebleCountyCouncilonAging



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

Caregivers Corner —Continued from page 13

2. It matters less what you write; It matters more what you experience and feel:

When you ask yourself what you are grateful for, you're best to wait for the feeling to kick in before putting pen to paper. Try to visualize your gratitude and WHY it actually matters to you. This feeling usually happens in your chest, that place where you feel the intensity of the emotion.

Need some prompts to help you get going? Instead of random gratitudes, try using categories. Here are just a few:

Relationships – What is an old relationship I am grateful for? What do I admire about the employees at the places I go?

Today's opportunities – What is one thing I am looking forward to today? What one thing (within my control) would make today great?

Past opportunities – What is a past experience that felt bad at the time that I can appreciate now? What sight did I see yesterday that I found enjoyable?

Other things – Pick one object you love. What do you love about it?

Go ahead and try this. I will too and I'll follow up in the next newsletter!

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

_____ 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

Attention Veterans:

Come in November 11th and honor us with your presence. You will get a FREE dessert and a Certificate of Recognition.

Don't forget that your 2022 membership expires on December 31st

TIME TO RENEW!



Please let us know if any of your information needs updated—address, phone number, email, emergency contact. Thank you!



The answer from page 12 - 77% according to 2019 data

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

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Eaton, OH
45320

ADDRESS SERVICE REQUESTED

Off the Eaton Path Update:



When we see this picture The Ballad of Jed Clampett begins to play in my head.

Even though we weren't shootin' at some food, the drilling made me think of bubblin' crude and the Beverly Hillbillies.

We didn't have any bubblin' crude, oil that is, black gold, or Texas tea but we did have geo-technical engineers on site drilling to confirm the soil characteristics of our property. If you haven't heard yet The Preble County Council on Aging is expanding.

Stay tuned for more updates.



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

