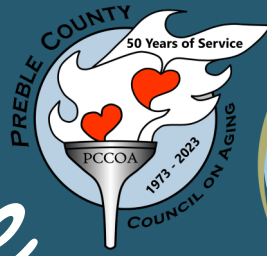


Senior Scene

Volume 33 • Issue 4



JULY & AUGUST 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.

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

EXTRA EXTRA READ ALL ABOUT IT!

July's theme is News of 1973 and let us tell you at least one major thing happened in 1973: The Preble County Council on Aging was established! For more news check in with us in person or on social media to see what all is happening or at least happened in 1973.

August's theme is all about the style of 1973, what did you wear during that time? 1973 fashion was influenced by the hippie look with big hair and non-traditional clothing with colorful patterns. Bell Bottom pants, hip huggers, earth shoes, clogs, tie dye t-shirts and gypsy dresses were popular. Let's bring those styles back in August!!

Until then here are some photos of our progress of the Senior Center Expansion:



Board of Trustees

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

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

Participant's Council

Donna Sue Donohoo *President*
 Judy Biltz *Vice President*
 Sue Sewell *Secretary*

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

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 Manager
 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

Whew-----What a crazy couple of months. May started our summer off with great vibes. We celebrated Older Americans Month with our most successful Senior Day yet. Yes, I said yet. It is only going to get better. We had around 400 people attend and the weather was perfect. At the end of Senior Day we traditionally have our Annual Business Meeting. This year we welcomed Darrel Cottle to the board and approved Dave Kirsch and Harold Niehaus for another 3-year term. We depend on board members from our area who support our mission in every way. Check out our list of Board Members and see if you know any of them. I bet you do.

My favorite part of Senior Day 2023 was when we ran out of parking here at the senior center and the Grange and I needed to call the Commissioners to see if we could use the Fairgrounds for parking. Of course they said yes but what a statement it made when parking at the Fairgrounds for an event at the Senior Center. Thank you for everyone who was a little inconvenienced with the last minute surprise.

As I write this article, the excavators are digging the footers to the new addition. They have been digging and making sure the area was level in order to begin this process. I believe they are also getting ready to “install” the pipes. We will start to see a building erected before we know it. What an exciting time for Preble County.

Another event, taking place tonight, is the Senior Prom. A new Prom King and Queen will be crowned tonight to represent our agency and the seniors in Preble County. We are saying goodbye to our outgoing royalty, Ronnie and Joyce King. They are great ambassadors for PCCOA and I’m sure they won’t stop making us proud. You can see our King and Queen in most of the parades within Preble County this summer and fall. Make sure to wave if you do see them.

There is so much going on right now. Make sure to read the newsletter to find opportunities that you don’t want to miss.

Continue to walk with me “Off the Eaton Path” and create a villageone senior at a time.

With my blessings.

Shelley



Announcements

3

Fun and Interactive Classes:

Art Class with Paint the Towne*

- July 11th— Botanical Bee Door Hanger — \$20
- August 8th — Pig Door Hanger —\$20

The classes below are:

Free for Members — Non-Members \$5 per class

Silver Sneakers— Every Monday at 12:30 PM

Fitness Fun: Every Thursday at 10 AM

- ◆ These classes are geared towards those 60 years of age or older, and all abilities & ages welcome
- ◆ You pay the day of class.



Want to be part of a club or a (support) group that holds your interest?



Please let us know what groups or clubs you would like to have.

- Paranormal Group
- Movie Club
- Grandparents Raising Grandchildren Support Group
- Caregiver Support Group
- Grief Support Group
- Bowling Group
- Walking and/or Fitness Club
- Music Club
- Evidence Based Classes
- And More.....



Healthy Living Class

FREE Evidence Based Class

Dates will be determined based on sign ups—required to have a certain number to have a class

Call now to sign up!



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

Evidence Based Class

**Are you scared of falling?
Want to learn how to manage falling and ways to keep it from happening?
Do you feel embarrassed?**

YOU'RE NOT ALONE!

Call to sign up now

Required number before class can be scheduled

Breakfast with Reid Healthier: Understanding Arthritis & Keeping Your Joints Healthy

Thurs., July 6 • 9:30 - 10:30 a.m.

**Preble County Senior Center
800 E. St. Clair St., Eaton, OH**

Presented by:

Dr. Brayton Keidrowski
Family Medicine, Reid Health Orthopedics

Contributions

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

In Memory of:

- **Linda Fultz**
- **Dalton Perry**
- **Kay Hounshell**
- **Thurman Hackenbracht**
- **Terry George**
- **Gary Vest**



Welcome New Members!

(April 1st —May 31st, 23)

Charlotte Akers, Michael Akers, Robert Ashworth, Diana Barr, Paul Beneke, Janice Bowman, David Bronson, Arnon Collins, Lisa Conley, Carl Corwin, Robert Crawford, Debra Dougherty, Terry Dougherty, Dandra Duke, Karen Eby, Gern Gibbs, Larry Gibbs, Lorene Gibbs, Douglas Green, Cynthia Guthrie, Regina Hapner, Douglas Hasse, Rita Hasse, Deborah Hodgkin, Donnie Jones, Cindy Kay, Walter Kiel, Barb Lair, Myron Lair, Dale Lautensleger, Peggy Leeper, William Leeper, Duare Judy Line, Robert Loewer, Danny Longworth, Sandra Maddock, Dorothy Mann, Dianne McCloud, James McCloud, Brenda Michael, James Miller, Sandra Mills, Janet Molitor, Patricia Morrison, Carolyn

Pierce, Robert Pierce, Annie Presley, Lisa Preston, Patty Protzman, Allen Richardson, Lauri Richardson, Joan Ritz, Barbara Roberts, Michael Roberts Sr., randy Schmidy, Del Sewert, Darrell Simpson, Sandy Simpson, Dale Smith, Deborah Smith, Carol Spencer, Sharon Townsend, Wilburn Townsend, Dale Vonderhaar, John Wambo, Peggie White, Marie Williams

Activities

LCNB, The Carle Foundation (Health Alliance)

Home Delivered Meals

Gary Mann

Senior Center Expansion

Sharon Kramer, Tom & Judy Pierce,

Continued on page 15

“Jake’s Takes”

Hello All—Summer is in full swing now I hope all are enjoying our Ohio weather. I will begin this article by mentioning three of our local businesses that allow us the opportunity to display our newsletters in their places of business—the Once Around Shop on Cherry Street, Your Flower Shop at the corner of Cherry and Main Streets, and Wilson Hardware on main Street. Now I would like to mention a program of import to military veterans. It is a preventative dental program, this program has been described in the Register Herald this dental assistance is provided by the Preble County Veterans Services Commission with the cooperation of local dentists. It includes basic annual examination and cleaning and can include x-rays if deemed necessary and other dental processes. To find out more about the service contact Director Keith Carr at Preble County Veterans Services or his assistants—Sarah or Tina. Remember Veterans Services can help you navigate through the VA’s benefits claims process. If you are the spouse of a deceased veteran these folks may be able to address your concerns. Moving on this past February 5 of us (Charlie Brown, Marvin Shelby, Junior James, Phil Newport, and myself) from our group adventured to Buffalo Jack’s restaurant in Covington, about 39 miles from Eaton. There is a buffalo and an Indian with full headdress in front of the building and the place has a red door, boy did we pick a beautiful February day, temperature above 70 full sun all day. If you are not familiar with Buffalo Jack’s they feature a wild game menu: alligator, antelope, elf (chops), buffalo (steaks & burgers), three and four game sausages prepared on onion grass and great walleye. Inside the restaurant with some interesting figurines, Indian and animal and a very large polar bear that had been expertly prepared by a taxidermist. These displays were positioned along our way to the banquet room. For our lunch they did seat us in the banquet room which has a Plains Indian motif and a very interesting American Indiana welcoming committee at the entrance to this banquet room. For

lunch Marvin Shelby had the walleye sandwich platter, Junior James opted for a combo plate, alligator and wild boar, Phil Newport, Charlie Brown and myself ordered buffalo burger platters. The food was good and the service was good. (see photos). Moving on, I enjoy reading articles by Jim McGuire, guest columnist at the Register Herald. In his April 8th article he discussed gathering and fixin’ dandelion greens and the incredible health benefits eating them provide. His article bought back memories from my preteen years. We lived in Dayton on Brown Street (South Park Neighborhood) a couple blocks from the old Montgomery County fairgrounds (Main and Wyoming Streets). Mom was born a country girl, one of seven children (Ross County—Chillicothe) back to the dandelion greens. Mom would gix dandelion greens often, regularly as a matter of fact. We would collect those dandelion greens at the fairgrounds, my brother and I would grab a couple of grocery bags a piece, throw them in our radio flyer wagon, following mom pulling our wagon to the fairgrounds there. Mom would dig up the dandelions and my brother and I would put those leaves and roots in the bags, when the bags were full, we pulled our wagon home and mom took over from there; and we had a mess of greens to eat that evening (I think I liked them, not sure about my brother though).

This past March 29th the Preble County library sponsored a Vietnam program that coincided with the Nationally recognized Vietnam War Veteran Day. The program included photo slides of Vietnam. The main speaker was Dr. Hardy, the Chief of Staff at the Dayton VA Hospital and himself a Vietnam War Veteran. The program was open to the public and there were numerous veterans in attendance also, five from our senior center group—Phil Newport (Army), Charlie Brown (Army), Junior Games (Army), Dan Monnin (Air Force), and myself (USMC).

Dr. Hardy’s presentation included personal stories and experiences, it was humorous and thought-provoking as well. The informal gathering with the veterans and others after the presentation was an unplanned bonus and greatly enjoyed by all. Dr. Hardy handed out Vietnam lapel

pins to those who had not received them before. (See photos). We send a thank you and a well done to Angie Getter Preble County room manager and Bill Wing able assistant and all the library staff. Moving on, I would like to thank Carol employee at CVS—being the old timer and the dinosaur that I am, I always have difficulty using the self checkout, Carol bails me out, THANK YOU Carol. Did you know? The last Roman Gladiator competition was in 404 A.D., now you know.

For What It’s Worth—Experience has taught us things are seen clearer after events have occurred.

Final Thought—The most confident of critics are generally those who know the least about the matter being criticized.

That’s All.



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 info about activities at the Senior Activities Center that would be of interest to men. Please check the activities calendar for dates.

Events & Activities

Coffee Lover's Book Club



Every 2nd Thursday of each month at 11:00 AM

July 13th—The Child Called It **OR** The Lost Boy by Dave Peltzer

August 10th— What Comes After by JoAnne Tompkins

Sept 14th— The Reading List by Sara Nisha Adams

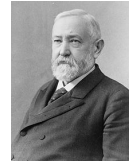
Presidential History Book Club

Come join us on the third Thursday every other month at 1:00pm

See below for discussion dates and the corresponding biographies.

July 20 — Benjamin Harrison by Charles W. Calhoun

September 21 — President McKinley: Architect of the American Century by Robert W. Merry



PREBLE COUNTY COUNCIL ON AGING, INC.

Thursday Night Weekly Dance

WITH THE SILVERTONES

Door Prizes-50/50

Dollar Food Menu

Open to the Public

Adults of All Ages Welcome

Meet in the Senior Center!

5:00–8:00 PM

\$3.00/single or
\$5.00/couple



Menu JULY 2023

MENU IS SUBJECT TO CHANGE

Congregate Meal Menu
Contact: Bev Fields at 937-456-4947

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

7

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>3</p> <p>Chicken & Dumplings Mashed Potatoes Peas & Carrots Tropical Fruit Fruit Punch</p> | <p>4</p> <p>CLOSED</p>  | <p>5</p> <p>Turkey w/ Gravy Stuffing Peas w/ Onions Mandarin Oranges Craisins</p> | <p>6</p> <p>Meatloaf Mashed Potatoes Green Beans Applesauce Gelatin Grape Juice</p> | <p>7</p> <p>Salisbury Steak Macaroni & Cheese Buttered Cabbage Mixed Fruit Raisins</p> |
| <p>10</p> <p>Smoked Sausage Mashed Potatoes Sauerkraut Applesauce Craisins</p> | <p>11</p> <p>Tuna Salad Macaroni Salad Cucumbers & Onions Pears Very Berry Juice</p> | <p>12</p> <p>Roast Beef Au gratin Potatoes Mixed Vegetables Fruit Cocktail Apple Juice</p> | <p>13</p> <p>Country Fried Steak w/ Gravy Mashed Potatoes Green Beans Peaches Grape Juice</p> | <p>14</p> <p>Salmon Patty Creamed Peas Stewed Tomatoes Banana Fruit Punch</p> |
| <p>17</p> <p>Swedish Meatballs Buttered Noodles Peas Pears Craisins</p> | <p>18</p> <p>Turkey & Cheese Sandwich Cole Slaw Pea Salad Peaches Raisins</p> | <p>19</p> <p>Baked Ham Sweet Potato Lima Beans Fruit Salad Grape Juice</p> | <p>20</p> <p>Hamburger Baked Beans Corn Mixed Fruit Fruit Punch</p> | <p>21</p> <p>Chicken Casserole Carrots Fresh Fruit Very Berry Juice</p> |
| <p>24</p> <p>Soup Beans w/ Ham & Onions Hash Browns Spinach Peaches Raisins</p> | <p>25</p> <p>Ham Salad Pasta Salad Tomato & Cucumber Salad Mixed Fruit Orange Juice</p> | <p>26</p> <p>Sweet & Sour Chicken Fried Rice Far East Vegetables Citrus Salad Craisins</p> | <p>27</p> <p>Meatloaf Mashed Potatoes Green Beans Fruited Gelatin Grape Juice</p> | <p>28</p> <p>Swiss Steak Rice Broccoli Mandarin Oranges Apple Juice</p> |
| <p>31</p> <p>Grilled Chicken Macaroni & Cheese Prince Charles Vegetables Pears Raisins</p> |  | | | <p>REMINDER:</p> <p>CONGREGATE MEAL—PLEASE CALL 24 HRS AHEAD TO YOUR RESERVATION</p> |

Activities JULY 2023

This Month's Theme:
"News of 1973"

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Preble County Council on Aging, Inc. • 800 East St. Clair Street • Eaton, OH 45320
937-456-4947 or 1-800-238-5146 • Fax: 937-456-6565 • Email: mail@prebleseniorcenter.org
Website: www.prebleseniorcenter.org • www.facebook.com/preblecountycouncilonaging

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|--|
| <p>3</p> <p>9:00 This week of News of 1973 12:30 Silver Sneakers 1:30 Coloring Therapy 1:30 Participants' Council</p> | <p>4</p> <p>CLOSED</p> <p>CELEBRATE Independence Day 4TH OF JULY</p> | <p>5</p> <p>12:30 Sewing Ladies 1:00 Senior Card Players 2:00 Trivia—1973 Top News</p> <p>EXERCISE YOUR BRAIN!</p> | <p>6</p> <p>9:30 Breakfast with Reid Healthier 10:00 Quilting Chicks 10:30 Mindful Chats w/ Megan 2:00 Wii 5:00 Dance — Greenbriar</p> | <p>7</p> <p>9:00 Breakfast Bingo 10:00 Wii Golf 11:00 Government Rep -Rodney Creech 2:00 Billiards</p> |
| <p>10</p> <p>9:00 This week of News of 1973 11:30 Music by Richard Scott 12:30 Silver Sneakers 1:30 Coloring Therapy</p> | <p>11</p> <p>9:30 Art Class w/Paint the Towne (\$) 10:00 Walking 2:00 Wii</p> <p>Welcome</p> | <p>12</p> <p>12:30 Sewing Ladies 1:00 Senior Card Players 2:00 Bingo— New Lebanon</p> <p>BINGO</p> | <p>13</p> <p>10:00 Quilting Chicks 10:00 Fitness Fun 10:30 Mindful Chats w/ Megan 11:00 Book Club 2:00 Wii 5:00 Dance</p> | <p>14</p> <p>10:00 Wii Golf 1:30 Timeline of 1973 2:00 Billiards</p> |
| <p>17</p> <p>9:00 This week of News of 1973 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 Misfits Bluegrass Band 2:00 Wii</p> | <p>19</p> <p>10:30 Birthday Bash - New Lebanon 12:30 Sewing Ladies 1:00 Senior Card Players</p> | <p>20</p> <p>10:00 Quilting Chicks 10:00 Fitness Fun 10:30 Mindful Chats w/ Megan 1:00 Presidential Book Club 2:00 Wii 5:00 Dance</p> | <p>21</p> <p>10:00 Wii Golf 1:30 Movie: Battle of the Sexes (2017) 2:00 Billiards</p> |
| <p>24</p> <p>9:00 This week of News of 1973 12:30 Silver Sneakers 1:30 Coloring Therapy</p> | <p>25</p> <p>10:00 Walking 10:00 Coffee Club 2:00 Wii</p> | <p>26</p> <p>12:00 Government Rep—W. Davidson 12:30 Sewing Ladies 1:00 Senior Card Players 2:00 Bingo— Maple Gardens 2:00 Billiards Tournament— Brookhaven</p> | <p>27</p> <p>10:00 Quilting Chicks 10:30 Mindful Chats w/ Megan 2:00 Wii 5:00 Dance</p> | <p>28</p> <p>10:00 Tech Support 10:00 Wii Golf 2:00 Billiards</p> |
| <p>31</p> <p>9:00 This week of News of 1973 12:30 Silver Sneakers 1:30 Coloring Therapy 2:30 Board of Directors Meeting</p> | <p>BREAKING NEWS</p> | <p>SUNDAY NEWS SECRETARIAT! Sweeps Triple Crown With A Record-Smashing Belmont</p> | <p>1973</p> | <p>Sponsors:</p> <ul style="list-style-type: none"> ◆ New Lebanon Health and Rehab ◆ Maple Gardens ◆ Brookhaven ◆ Greenbriar <p>THANK YOU</p> |

9

Menu **AUGUST** 2023

MENU IS SUBJECT TO CHANGE

Congregate Meal Menu
Contact: Bev Fields 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 | Chicken & Cheese Sandwich Pasta Salad Carrot-Raisin Salad Tropical Fruit Cran-Rasp Juice 1 | Pork Chop Parslied Potatoes Brussel Sprouts Applesauce Very Berry Juice 2 | Goulash Corn Italian Green Beans Fruit Salad Treat 3 | Breaded Fish Garden Rice Carrots Pineapple Tidbits Craisins 4 |
| Hot Dog Baked Beans Corn Mixed Fruit Very Berry Juice 7 | Chicken Salad Potato Salad Pickled Egg & Beets Pears Apple Juice 8 | Chili w/ Beans Baked Potato Broccoli Fruit Cocktail Craisins 9 | Roast Pork Parslied Potatoes Corn O'Brien Peaches Raisins 10 | Lemon Garlic Fish Rice Pilaf Broccoli Fresh Fruit Orange Juice 11 |
| Chicken & Dumplings Mashed Potatoes Peas & Carrots Tropical Fruit Fruit Punch 14 | Ham & Cheese Sandwich Broccoli Salad 3 Bean Salad Pineapple Tidbits Orange Juice 15 | Turkey w/ Gravy Stuffing Peas w/ Onions Mandarin Oranges Craisins 16 | Meatloaf Mashed Potatoes Green Beans Applesauce Gelatin Grape Juice 17 | Salisbury Steak Macaroni & Cheese Buttered Cabbage Mixed Fruit Raisins 18 |
| Smoked Sausage Mashed Potatoes Sauerkraut Applesauce Craisins 21 | Tuna Salad Macaroni Salad Cucumbers & Onions Pears Very Berry Juice 22 | Roast Beef Au gratin Potatoes Mixed Vegetables Fruit Cocktail Apple Juice 23 | Country Fried Steak w/ Gravy Mashed Potatoes Green Beans Peaches Grape Juice 24 | Salmon Patty Creamed Peas Stewed Tomatoes Banana Fruit Punch 25 |
| Swedish Meatballs Buttered Noodles Peas Pears Craisins 28 | Turkey & Cheese Sandwich Cole Slaw Pea Salad Peaches Raisins 29 | Baked Ham Sweet Potato Lima Beans Fruit Salad Grape Juice 30 | Hamburger Baked Beans Corn Mixed Fruit Fruit Punch 31 |  |

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|--|
| <p>Sponsors:</p> <ul style="list-style-type: none"> ◆ New Lebanon Health and Rehab ◆ Maple Gardens ◆ Brookhaven ◆ Greenbriar ◆ Vancrest of Eaton | <p style="text-align: right;">1</p> <p>10:00 Walking 10:00 Coffee Club 11:00 Lunch w/ Jake 2:00 Wii</p>  | <p style="text-align: right;">2</p> <p>10:00 Trivia—<i>Styles of 1973</i> 11:30 Music by Noah Back 12:30 Sewing Ladies 1:00 Senior Card Players</p> | <p style="text-align: right;">3</p> <p>10:00 Quilting Chicks 10:00 Fitness Fun 10:30 Mindful Chats w/ Megan 5:00 Dance</p>  | <p style="text-align: right;">4</p> <p>9:00 Breakfast Bingo—<i>Vancrest</i> 10:00 Wii Golf 2:00 Billiards</p>  |
| <p style="text-align: right;">7</p> <p>9:30 Fashion Faux Pas of the 1970s 12:30 Silver Sneakers 1:30 Participants' Council</p> | <p style="text-align: right;">8</p> <p>9:30 Art Class w/ Paint the Towne (\$) 10:00 Walking 10:00 Coffee Club 2:00 Wii</p>  | <p style="text-align: right;">9</p> <p>12:30 Sewing Ladies 1:00 Senior Card Players 2:00 Bingo—<i>New Lebanon</i></p>  | <p style="text-align: right;">10</p> <p>10:00 Quilting Chicks 10:00 Fitness Fun 10:30 Mindful Chats w/ Megan 11:00 Book Club 2:00 Wii 5:00 Dance</p> | <p style="text-align: right;">11</p> <p>10:00 Wii Golf 2:00 Billiards</p> <p style="text-align: center;">Fashion Friday— Wear your favorite 1970s style clothing</p> |
| <p style="text-align: right;">14</p> <p>12:30 Silver Sneakers 1:30 Coloring Therapy</p>  | <p style="text-align: right;">15</p> <p>10:00 Walking 10:00 Coffee Club 11:00 Lunch w/ Jake 11:00 Misfits Bluegrass Band 2:00 Wii</p>  | <p style="text-align: right;">16</p> <p>10:30 Birthday Bash - <i>New Lebanon</i> 12:30 Sewing Ladies 1:00 Senior Card Players</p>  | <p style="text-align: right;">17</p> <p>10:00 Quilting Chicks 10:00 Fitness Fun 10:30 Mindful Chats w/ Megan 2:00 Wii 5:00 Dance</p>  | <p style="text-align: right;">18</p> <p>10:00 Wii Golf 2:00 Billiards</p> <p style="text-align: center;">Fashion Friday— Wear your favorite 1970s style clothing</p> |
| <p style="text-align: right;">21</p> <p>9:30 Paper Dolls 12:30 Silver Sneakers 1:30 Coloring Therapy</p> | <p style="text-align: right;">22</p> <p>10:00 Walking 10:00 Coffee Club 1:30 1970 Fashion Trends 2:00 Wii</p> | <p style="text-align: right;">23</p> <p>12:30 Sewing Ladies 1:00 Senior Card Players 2:00 Bingo—<i>Maple Gardens</i></p>  | <p style="text-align: right;">24</p> <p>10:00 Quilting Chicks 10:00 Fitness Fun 10:30 Mindful Chats w/ Megan 2:00 Wii 5:00 Dance</p>  | <p style="text-align: right;">25</p> <p>10:00 Wii Golf 10:00 Tech Support 2:00 Billiards</p> <p style="text-align: center;">Tecumseh Motorcoach Trip</p> |
| <p style="text-align: right;">28</p> <p>12:30 Silver Sneakers 1:30 Coloring Therapy</p>  | <p style="text-align: right;">29</p> <p>10:00 Walking 10:00 Coffee Club 2:00 Wii</p>  | <p style="text-align: right;">30</p> <p>12:00 Government Rep—W. Davidson 12:30 Sewing Ladies 1:00 Senior Card Players 2:00 Billiards Tournament—<i>Brookhaven</i></p>  | <p style="text-align: right;">31</p> <p>10:00 Quilting Chicks 10:00 Fitness Fun 10:30 Mindful Chats w/ Megan 2:00 Wii 5:00 Dance</p> |  |

Mini Trips

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

*******NEW MINI TRIP*******

Cirque Du Soleil "Corteo"- Saturday, November 18th —
M: \$86, NM:: \$106—Limited Seats

Motorcoach Trips

The Snooty Fox—Tues, July 25th—M:\$112, NM:\$132
The Wilds—Tues, August 8th—M:\$144, NM:\$164
LM & M Railroad—Friday, July 21st—M:\$159, NM:\$179
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
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

We are already planning for the 2024 trips, any input would be appreciated.

Also, please understand that a lot of planning and time go into these trips and if a trip has to be canceled due to lack of sign ups, it is not an easy decision for us to make. Most trips we have to cancel 30 to 45 days before the trip date in order to receive a full refund due to already pre-paying or putting a deposit down, whichever is required to secure a spot. We never cancel if we don't have to but we do require a certain number for each trip to make it possible.

**Help us, help you by letting others know about trips.
Thank you!**

*****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

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



Did you know???

When planning a trip we have to take into account the following:

- Mileage/ Motorcoach costs and/or gas
- Employee Time/Salary
- Indirect costs such as maintenance on the vehicle, wear and tear, etc
- Admission or other costs with the trip
- Food if included in the price
- And other costs

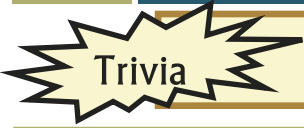
So when you comment or ask why a trip may cost more than what you think, we do make it as low as we can for you.

For the most up to date information, go to:

- ◆ Facebook
- ◆ Our Website
- ◆ Yodel

The Preble County
Convention & Visitors Bureau
presents:





What 1970s fashion jewelry changed colors according to skin temperature?
(answer page 15)

DONATIONS

We NEED
Large & XL Depends and
Panty Liners
Shower Chairs, Potty Chairs,
Rollators, Wheelchairs

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 —

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 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 1st.

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.

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 |

For 175%
(For PIPP,
EPP,
HEAP,
WCP, and
SCP

For 200%
(For HWAP

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

As I write this, my 50th class reunion is approaching quickly. Each time I have written the Caregiver's Corner this year, I've caught myself reminiscing about much more than selected newsletter topics! However, the topics for this edition, News and Fashion of 1973, bring up some specific memories for me.

In your senior year at Twin Valley North (now Tri-County North), you were required to take Government. Our teacher was Miss Kathryn Brown. Each student had a text book for the class and we also had a subscription to "The Wall Street Journal". The combination of these tools guided us to a clear and deep understanding of what was happening in the world at the time as well as the part our Government had in it. I learned a lot in this class and I must say, what I learned has helped me greatly in understanding and thinking critically about our nation and our world now. Thank you Miss Brown!

What was happening? Vietnam involvement for the US was ending, Watergate investigation was ramping up, Roe v. Wade decision was handed down from the Supreme Court, the OPEC oil embargo, inflation went from 3.4% to 9.6%, the recession was beginning and General Motors, Ford and Chrysler were closing plants and laying off employees. Any of those events ring a bell for you and your loved one?

I have some vivid memories of fashion trends in 1973. Let's see, for women there were: bell bottom pants, frayed jeans, hip huggers, short skirts, earth shoes, clogs (who can forget the Dr. Scholl's sandals?!),

Continued on page 15

Community Information

Senior Day was a success! We had around 400 people in attendance! Here are some highlights of the day!
Thank you to all our sponsors! (Reid Health Alliance, Reid Health, Devoted Health Plans, Medicare Resource Center, LCNB, GFS, Eaton Computer, and Lawn Plus)

Congratulations to the Outstanding Senior of the Year 2023: Alice Rickard!!



Caregivers Corner —Continued from page 13

hot pants, “midi” length skirts, sweaters and coats, hippie and Kaftan dresses and big sunglasses. In 1973, tweeds, flannels, plaids, checks and stripes were popular. Some accessories from this time were chokers, headbands, scarves and jewelry made of wood, stones, feathers and beads. Does it seem that some of the styles today are repeating from 1973?

Men’s fashion leaned toward the inconspicuous and comfortable. A new fad for men’s clothing: piping. The piping would be in a contrasting color and show up on blazers and suits. The polyester Leisure Suit blessed us during this time as well. Have you noticed some of the styles today are repeating from 1973?

During her teaching career, my Mom taught Biology, Chemistry, Job training and Home Economics. As the daughter of a Home Ec teacher, I heard a lot about style, color, fabric and quality of clothes. She was an excellent seamstress, making a number of items for my sister and me. As I was going through her sewing cabinet and boxes of fabric, I came across Simplicity and McCall’s patterns for just about any item of clothing you could imagine and some beautiful fabrics.

Can you remember clothes you and your loved one would wear in the early 70’s? I have vivid memories of what my folks would wear. I also recall what I wore during my senior year. My challenge now is: What am I going to wear to my 50th high school reunion?

Thank you’sContinued from page 4

Senior Center Expansion continued

Larry & Ruth Hardin, Cookie Young, Phyllis Marburger, Arthur McCray, Clark Schaefer Hacketyt, Stacey Gibbs, Dorothy Cooper, Ima Johnson, Jean Cormany, Bruce Burton, Neaton Auto Products Mfg, Gard Funeral Home & Cremation Services, Dave Holp, Rose Scheiger, Linda & Steve Reynolds, James Daughtery, Cody White, Mae Emig, Karen Roberts, Henry Schleiger, Phyllis Campbell, David Wikle, Karen Schottinger, Earla Donaldson, Cargill, Rotary Club of Eaton Ohio, Phyllis Campbell, Clifton Parker, Marcus & Sherrill Brubaker, Charles & Sandra Dafler, Connie Harris, Anonymous donors

Sponsor-A-Senior

First Brethren Church of Gratis, Tim & Kathy Landwehr, Charities Aid Foundation American, Tadd Tobias, Steven Dafler, Sandra Francis, Shannon Cornell, Joe & Julie Saluke,

Transportation

Carol Mann, Eaton HS-Class of 1965, Gary Mann, James & Linda Arp

The answer from page 12 - Mood Rings

Notifying the Public of Rights Under Title VI

Preble County Council on Aging, Inc.

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

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

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

If information is needed in another language, contact (937) 456-4947.

Become a Member

Membership Benefits

- ◆ Bi-Monthly Newsletter
- ◆ Discounts on Trips
- ◆ Discounts on Various Activities
- ◆ Voting rights at Annual Meeting

Date ____/____/____

Name(s) _____

Address _____

City, State, Zip _____

Phone

(Home) _____

(Cell) _____

Email _____

Yearly Amount

_____ \$10.00 Individual

_____ \$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



Preble County Council on Aging Car Show



Saturday - September 9th, 2023 Rain or Shine****

\$10.00 Registration 10:00 AM - 12:00 PM

Awards at 3:00 PM

Cars, Trucks or Motorcycles

****DJ - CWB****

****Food, Music, Door Prizes, 50/50****

****Dash Plaque to the first 75 Registered****

****Free T-Shirt to first 75 Registered****



Best of Show
Best Paint
Best Interior
Best Engine
Best Truck
Best Motorcycle
Best Rat Rod

Top 20 Trophies including
Best 1973



Best Corvette
Best GM
Best Ford
Best Mopar
Best Jeep
Best Next Generation
Peoples Choice



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

