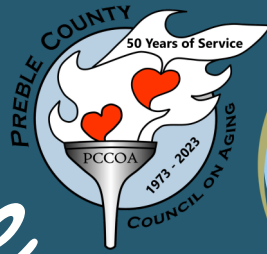


Senior Scene

Volume 33 • Issue 1



MARCH & APRIL 2023

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

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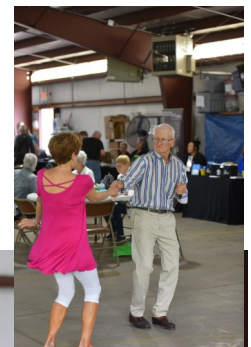
Office Hours

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

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Happy 50th Birthday (March 15th) to us!!



We have and are celebrating all year, BUT **March 15th at 10:30am**, we will be having a BIRTHDAY PARTY not only for all of the March birthdays, but for ours too! We've only just begun is our year theme and its true, we've been here 50 years, but we've only just begun. There is so much that is going to happen this year and will continue to happen for the future. We can't wait to see where all this takes us to be able to better serve you, our seniors.

Thank you for your continued support. We appreciate you!

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

Board of Trustees

Jeff Parker President
 Brad Collins Vice President
 Valerie Sargent-Wood Secretary
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 Rhonda Gebhart Harold Niehaus
 Jerry Gross Michael Simpson
 Erin Harris Mike Spittler
 David Kirsch

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Donna Sue Donohoo *President*
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 Judy Hopkins Cookie Young
 Barb Strickland Larry Whalen

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Mobility Manager
 Tasha Wells

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



Already into month two in the year and by the time you get this we will be close to month three. Absolutely CRAZY!

Plans for the Senior Center Expansion are moving right along. As you know, I've been spending a lot of time working on raising funds for this project. I have been speaking to local factories, businesses and people about contributing. We have included a donation form in the newsletter a few times now. We are getting a great response from most people. I have been asked "Why would I give to a project to expand a senior center? I don't use the services you offer. I'm not old enough. My response typically sounds like this...

"It is our responsibility and mission to take care of our seniors. The current space we have limits the number of people we can serve. As the age of people in Preble County quickly reach 60 and older (we are at 25% right now), more and more of us may need the services or programs we offer. If you don't need them now, you may in the future. It might not be you for a few years but you may have a parent or grandparent who could benefit now."

When I talk to local factories I remind them of their retirees and making sure their employees are taken care of once they leave the workforce. I wanted to take this month to thank our local factories/businesses/entrepreneurs who have chosen to make a commitment.

Henny Penny

Mary Bullen

Bullen Ultrasonic



Neaton Automotive

We appreciate your commitment to our agency and seniors in Preble County. If you know someone from this list, make sure to tell them thank you. We couldn't do this project without you. I will update this list as more commitments are made.

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

With my blessings.

Shelley



Announcements

3

Fun and Interactive Classes:

Art Class with Paint the Towne*

- March— Watering Can Canvas— \$20
- April — Country Barn 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.

Watering
Can
Canvas



Country
Barn
Canvas



DON VAUGHN DESSERT AUCTION

April 6th, 2023



1:30 pm in Decade's Diner
Donations and Bidders are all
welcome!

Life Insurance Options for Aging Adults Presentation

Come hear about State Farm's amazing life insurance option for aging adults. Ages are 45-80 There is NO medical or tobacco questions. You have life insurance options. Come to learn more with us! No selling of insurance, only information given out.

March 21st @ 10am

George Parkinson from  **State Farm**



LIVE MUSIC FREE EVENT



Richard Scott — April 3rd & 24th
Noah Back — April 10th & 26th

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



Healthy Living Class

March 14th thru April 25th (attentive)
Every Tuesday at 9:30 am

FREE Evidence Based Class

Sign Up Now! Limited space!



“March is an important time for us to come together to ensure that Meals on Wheels is there for all of our senior neighbors in need,” said Ellie Hollander, President and CEO of Meals on Wheels America. “The demand for services is already great and approximately 12,000 Americans are turning 60 every day. We must maintain and expand the programs that have helped so many get through this unprecedented time in our nation’s history. We can’t do it alone. It takes all of us to keep the nationwide Meals on Wheels movement going.”

**PCCOA is celebrating March 20th thru
the 24th!**

Contributions

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

In Memory of:

Danny Witt

From Deborah Witt

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

Welcome New Members!

(December 1st, 22—January 31st, 23)

Jane Baker, Dale Balsbaugh, Kathy Balsbaugh, Jack Barnhart, Emmette Boone, Roy Bowman, Sharon Bowman, Carol Brubaker, Dean Brubaker, Bessie Cass, Shirley Clark, Joyce Clarkston, Donna Craig, Paul Craig, Marcia Estes, Beverly Farmer, Barbara Ferriell, David Ferriell, Patsy Fuister, Charles Garnett, Valerie Garnett, Kathryn Halter, Nora Henning, Lynn Kanorr, Cindy Kuehlthau, Patricia Lipps, Helen Loy, Larry McKinley, Shirley McKinley, Gary McQuiston, Helen Nader, Melinda Ooten, Charles Patterson Jr, Rayburn Pence, Catherine Pennybacker, Debbie Pickett, Michael Pickett, Vivian Rawlings, Brian Roth, Jennifer Roth, Linda Rowley, Jack Shepard, Patty Simpson, Debbie Stockslager, Gregory Stubblefield, Jacqueline Stubblefield, Pam Studebaker, Phyllis Teaford, Marvin Valandingham, Budd Walker, John Weith, Robert Wells, Tasha Wells, William Williams, Debbie Zumstein

Activities

Gard Funeral Home, Skyline Chili – Eaton, United Midwest Bank, Dr. Matt Roberts, Eaton Hometown Furniture, Parker Hannifin Corp

Christmas Baskets

Ralph & Marilyn Bragg, Sandra Francis, Stan & Karla Sanderson,

Giving Tuesday

Cookie Young, Traci Kurtz, Jeremy Stockwell, Courtney Skaggs, Brenda Gullickson, Vicki Ertel, Barbara Felton, Sandra Cox, Matthew & Stacey Gibbs, Patty Pridmore

Home Delivered Meals

Richard & Phyllis Campbell, Betty Schlenk, James & Linda Arp, Sandra Kinsler, Ron & Marian Roell, Don & Mary Weadick, Bullen Ultrasonics, Gary, Mann, Jerry Reynolds, Sandra Francis

Continued on page 14



“Jake’s Takes”

Hello All—I hope everyone had a safe journey through out winter weather. At this time I will mention the PCCOA Senior Center management and all of us here at the Senior Center would like to acknowledge and certainly thank the Eaton area businesses that allow us to display our newsletter in their establishment, at the present time there are approximately 30 businesses, so we will list a few with each upcoming addition. Today we recognize the Eaton Kroger and CVS Stores. Time to remember that March 29th is nationally recognize Vietnam War Veterans Day, first declared by President Nixon in 1974. On this day annually, flags should be flown to honor American’s Vietnam War Veteran. Now, a little history about this mostly unobserved national holiday. On March 29th, 1973 the United States deactivated the forces of Military Assistance Command Vietnam (MACV), whereby those unites furled their flags and left Vietnam, ending our involvement in the war.

I will start with today with an article I ran across and thought you might find it interesting. It begins: God created heaven and earth. Quickly He was faced with a lawsuit alleging failure to file an environmental impact statement. He was granted a temporary permit for the project, but was enjoined from proceeding with the earthly part. Appearing at His hearing, God was asked why He began his earthly project in the first place. He replied that He just liked to be creative. Then God said, “let there be light”. Officials immediately demanded to know how the light would be made. Would it involve strip mining? What about thermal pollution? God explained that the light would come from a huge ball of fire. God was granted provisional permission to

make light, assuming that no smoke would result from the ball of fire, that He would obtain a building permit, and (to conserve energy) would have the light out half the time. God agreed and said He would call the light “day” and the darkness “night”. Officials replied they were not interested in semantics. God said “Let the earth bring forth green herb and such as many seed”. The Department of Agriculture agreed as long as native seed was used. Then God said, “Let water bring forth creeping creatures having life; and the fowl that may fly over the earth”. Officials pointed out that this would require approval from the Department of Game coordinated with the Heavenly Wildlife Federation and the Audubongelic Society. Everything was OK until God said He wanted to complete the project in six days. Officials informed Him it would take at least 200 days to review the application and the environmental impact statement. After that there would be a public hearing. Then there would be 10 to 12 months before... at this point, God created Hell.

Time for a did you know. What is the Texas state vehicle? Answer and some history a little later.

Moving on, as I mentioned in the Jan/Feb issue, I will follow up on a WWI Memorial named Victory Oak Knoll located in Dayton, the Memorial is located on a grassy knoll on the grounds of the Community Country Club (golf course), directly across the parking lot from the clubhouse and alongside the golf course. Now a little, history, when the men of Montgomery County returned from France at the end of World War I, they immediately set about to create a suitable Memorial to those they left behind in the US Cemeteries in France, that grassy knoll was selected and an oak tree planted in honor of each man from Montgomery County who lost his life in the line of duty in the Great War as WWI was called then. At the base of each tree a small cement cylinder approximately 2”x12” affixed with a bronze disc engraved with the name, rank, and

organization of the fallen soldier who also placed in the ground by each tree. And in front of the stand of oak trees and behind the Memorial Stone a speakers and dignitaries platform with balustrade was provided. The Memorial Stone itself is approx. 7 feet tall and 4 feet wide bearing a cast bronze plaque containing the 180 names of their deceased comrades. There is a walkway around the Memorial with a flower garden adjoining the walkway. The original flowers were red poppies the symbol of sacrifice in World War I. A flagpole approx. 30 feet tall was installed between the speakers and dignitaries platform and the Memorial Stone. Victory Oak Knoll was completed in May 1922. There is so much more that could be said about this Memorial, I am proud and honored to mention that I was part of the Memorial Services as MC and keynote speaker 5 years (95 to 99). Sadly, there has been thoughtless and criminal vandalism and destruction over the years. Now for the answer to the Texas question. The Texas state vehicle is the chuck wagon. The chuck wagon was created in 1866 by Texas rancher, Charles (Chuck) Goodnight. It gained its importance and reputation on cattle drives that took place after the Civil War. Army surplus Studebaker wagons proved sturdy enough to withstand the trail drives that could last up to five months. Interestingly, the chuck wagon was not designated as Texas state vehicle by the state legislature until May 2005. by the way, in 1997, the American Chuck Wagon Association was established. Today, there are members in 31 states, Canada, Germany, and France with over 146 wagons registered with the Association. Now you know. For what its worth—Sometimes life presents us situations between inevitable and impossible. Final Thought—Life’s hardest choices require the strongest will. 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 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

March 9th—Unfinished Portrait by Agatha Christie

April 13th—Scarlet Letter by Nathaniel Hawthorne

May 11th—Lessons in Chemistry by Bonnie Garmus

June 8th— The Bullet That Missed by Richard Osman

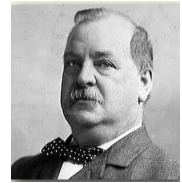
Presidential History Book Club

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

See below for discussion dates and the corresponding biographies.

March 15 -- Chester Alan Arthur, by Zachary Karabell

May 17 — Grover Cleveland by Henry F. Graff



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 MARCH 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

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>REMINDER:</p> <p>CONGREGATE MEAL—PLEASE CALL 24 HRS AHEAD TO YOUR RESERVATION</p>		<p>1</p> <p>Lasagna Italian Green Beans Carrots Mixed Fruit Craisins</p>	<p>2</p> <p>Chicken & Dumplings Mashed Potatoes Succotash Pears Treat</p>	<p>3</p> <p>Lemon Garlic Fish Rice Pilaf Fresh Fruit Grape Juice</p>
<p>6</p> <p>Beef & Noodles Mashed Potatoes Mixed Vegetables Fruit Salad Apple Juice</p>	<p>7</p> <p>Roast Turkey Stuffing Prince Charles Blend Vegetables Cranberry Sauce Very Berry Juice</p>	<p>8</p> <p>Breaded Pork Tenderloin Parslied Potatoes Buttered Beets Peaches Apple Juice</p>	<p>9</p> <p>Meatloaf Mashed Potatoes Green Beans Applesauce Grape Juice</p>	<p>10</p> <p>Breaded Fish Farfalle w/ Alfredo Sauce Sugar Snap Peas Mixed Fruit Craisins</p>
<p>13</p> <p>Sausage Hash browns Hominy Applesauce Raisins</p>	<p>14</p> <p>Creamed Chicken on Biscuit Peas & Onions Cauliflower Fruit Cocktail Treat</p>	<p>15</p> <p>Salisbury Steak Red Potatoes Broccoli Fruit Salad Grape Juice</p>	<p>16</p> <p>Hamburger Macaroni & Cheese Peas Fruited Gelatin Raisins</p>	<p>17</p> <p>Crab Cakes Garden Rice Lima Beans Pineapple Tidbits Orange Juice</p>
<p>20</p> <p>Chicken & Noodles Mashed Potatoes Mixed Vegetables Fruit Salad</p>	<p>21</p> <p>Baked Ham Sweet Potatoes Brussel Sprouts Pears Apple Juice</p>	<p>22</p> <p>Cabbage Rolls Mashed Potatoes Green Beans Peaches Cranberry-Raspberry Juice</p>	<p>23</p> <p>Baked Spaghetti Italian Green Beans Corn Applesauce Gelatin Treat</p>	<p>24</p> <p>Salmon Patty Creamed Peas Stewed Tomatoes Mandarin Oranges Raisins</p>
<p>27</p> <p>Orange Chicken Fried Rice Sugar Snap Peas Fruit Cocktail Craisins</p>	<p>28</p> <p>Smoked Sausage Mashed Potatoes Sauerkraut Pineapple Tidbits Very Berry Juice</p>	<p>29</p> <p>Soup Beans w/ Ham & Onions Hashbrowns Mixed Greens Applesauce Fruit Punch</p>	<p>30</p> <p>Chili Baked Potato Broccoli Peaches Apple Juice</p>	<p>31</p> <p>Shrimp Poppers Macaroni & Cheese Corn Banana Raisins</p>

Activities MARCH 2023

This Month's Theme:
"Famous People Born in 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>Sponsors:</p> <ul style="list-style-type: none"> ◆ New Lebanon Health and Rehab ◆ Maple Gardens ◆ Brookhaven ◆ Brookdale Richmond ◆ Greenbriar ◆ Vancrest of Eaton 	<p>HAPPY BIRTHDAY TO PREBLE COUNTY COUNCIL ON AGING!!</p> <p>PARTY IS MARCH 15TH AT 10:30AM</p>	<p>12:30 Sewing Ladies 1:00 Senior Card Players 2:00 Trivia—Famous People</p> 	<p>9:30 Breakfast with Reid Healthier: How to Build a Balanced Meal 10:00 Quilting Chicks 10:30 Mindful Chats w/ Megan 2:00 Wii</p> 	<p>9:00 Breakfast Bingo—Vancrest of Eaton 10:00 Wii Golf 11:00 Government Rep -Rodney Creech 1:00 Yoga 2:00 Billiards</p>
<p>10:00 Tai Chi 12:30 Silver Sneakers 1:30 Coloring Therapy 1:30 Participants' Council</p> 	<p>10:00 Walking 11:00 Lunch w/ Jake 10:00 Coffee Club 2:00 Wii</p> 	<p>12:30 Sewing Ladies 1:00 Senior Card Players 2:00 Bingo—New Lebanon</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>10:00 Wii Golf 1:00 Yoga 2:00 Billiards</p> 
<p>9:30 Famous People Word search 10:00 Tai Chi 12:30 Silver Sneakers 1:30 Coloring Therapy</p> 	<p>9:30 Art Class w/Paint the Towne (\$) 10:00 Walking 10:00 Coffee Club 2:00 Wii</p> 	<p>9:30 Craft Class— Brookdale Richmond 10:30 Birthday Bash - New Lebanon 12:30 Sewing Ladies 1:00 Senior Card Players 1:00 Presidential Book Club</p>	<p>10:00 Quilting Chicks 10:00 Fitness Fun 10:30 Mindful Chats w/ Megan 2:00 Wii 5:00 Dance—Greenbriar</p>	<p>10:00 Wii Golf 1:00 Yoga 2:00 Billiards</p> 
<p>10:00 Tai Chi 12:30 Silver Sneakers 1:30 Coloring Therapy</p> 	<p>10:00 Life Insurance Options for Aging Adults with State Farm 10:00 Coffee Club 11:00 Lunch w/ Jake 11:00 Misfits Bluegrass Band 2:00 Wii Newport Aquarium Trip</p>	<p>12:00 Government Rep—Warren Davidson 12:30 Sewing Ladies 1:00 Senior Card Players 2:00 Bingo—Maple Gardens</p>	<p>10:00 Quilting Chicks 10:30 Mindful Chats w/ Megan 2:00 Wii 5:00 Dance</p> 	<p>10:00 Tech Support 10:00 Wii Golf 1:00 Yoga 2:00 Billiards March 25th—Springfield Arts Council Trip</p>
<p>10:00 Tai Chi 12:30 Silver Sneakers 1:30 Coloring Therapy 2:30 Board of Directors</p>	<p>10:00 Walking 10:00 Coffee Club 2:00 Wii</p> 	<p>12:30 Sewing Ladies 1:00 Senior Card Players 2:00 Billiards Tournament— Brookhaven</p>	<p>10:00 Quilting Chicks 10:30 Mindful Chats w/ Megan 2:00 Wii 5:00 Dance</p> 	<p>10:00 Wii Golf 1:00 Yoga 2:00 Billiards</p>

Decade's Diner Daily \$5.49 Special • (Entree plus 2 sides)
Congregate Meal includes Bread, Margarine & Milk.
Carry-Out Available • Call: 937-456-4947

The Decade's Diner is open
Monday through Friday • 11AM to 1PM
Congregate Meals are served at the above time.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Hot Dog ³ Baked Beans Corn Mixed Fruit Very Berry Juice</p> 	<p>Chicken Salad ⁴ Potato Salad Pickled Egg & Beets Pears Apple Juice</p>	<p>Chili with Beans ⁵ Baked Potato Broccoli Fruit Cocktail Craisins</p> 	<p>Roast Pork ⁶ Parslied Potatoes Corn O"Brein Peaches Raisins</p>	<p>CLOSED ⁷</p> 
<p>Chicken & ¹⁰ Dumplings Mashed Potatoes Peas & Carrots Tropical Fruit Salad Fruit Punch</p>	<p>Ham & Cheese ¹¹ Sandwich Picnic Salad 3 Bean Salad Pineapple Tidbits Orange Juice</p>	<p>Turkey w/ Gravy ¹² Stuffing Peas w/ Onions Mandarin Oranges Craisins</p>	<p>Meatloaf ¹³ Mashed Potatoes Green Beans Applesauce Gelatin Grape Juice</p> 	<p>Salisbury Steak ¹⁴ Macaroni & Cheese Buttered Cabbage Mixed Fruit Raisins</p>
<p>Smoked ¹⁷ Sausage Mashed Potatoes Sauerkraut Applesauce Craisins</p>	<p>Tuna Salad ¹⁸ Macaroni Salad Cucumbers & Onions Pears Very Berry Juice</p>	<p>Roast Beef ¹⁹ Augratin Potatoes Mixed Vegetables Fruit Cocktail Apple Juice</p>	<p>Country Fried ²⁰ Steak w/ Gravy Mashed Potatoes Green Beans Peaches Grape Juice</p>	<p>Salmon Patty ²¹ Creamed Peas Stewed Tomatoes Banana Fruit Punch</p>
<p>Swedish ²⁴ Meatballs Buttered Noodles Peas Pears Craisins</p>	<p>Turkey & Cheese ²⁵ Sandwich Cole Slaw Pea Salad Peaches Raisins</p> 	<p>Baked Ham ²⁶ Sweet Potatoes Lima Beans Fruit Salad Grape Juice</p>	<p>Hamburger ²⁷ Baked Beans Corn Mixed Fruit Fruit Punch</p> 	<p>Chicken ²⁸ Casserole Carrots Fresh Fruit Very Berry Juice</p>
			<p>REMINDER: CONGREGATE MEAL—PLEASE CALL 24 HRS AHEAD TO YOUR RESERVATION</p>	
		<p>MEALS ON WHEELS AMERICA 2023 MEMBER</p>		

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 Tai Chi 3 11:30 Richard Scott 12:30 Silver Sneakers 1:30 Participants' Council 2:00 Board of Trustees	10:00 Walking 4 10:00 Coffee Club 11:00 Lunch w/ Jake 2:00 Wii 	12:30 Sewing Ladies 5 1:00 Senior Card Players 2:00 Trivia 6:00 Volunteer Dinner (invitation only)	10:00 Quilting Chicks 6 10:00 Fitness Fun 10:30 Mindful Chats w/ Megan 1:30 Don Vaughn Dessert Auction 5:00 Dance	 7 
10:00 Tai Chi 10 11:30 Noah Back 12:30 Silver Sneakers 1:30 Coloring Therapy 	9:30 Art Class w/ Paint the Towne (\$) 11 10:00 Walking 10:00 Coffee Club 11:00 Lunch w/ Jake 2:00 Wii Findley Market Trip	12:30 Sewing Ladies 12 1:00 Senior Card Players 2:00 Bingo—New Lebanon 	10:00 Quilting Chicks 13 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	14 9:00 Breakfast Bingo—Village Green 10:00 Wii Golf 1:00 Yoga 2:00 Billiards
10:00 Tai Chi 17 12:30 Silver Sneakers 1:30 Coloring Therapy	10:00 Walking 18 10:00 Coffee Club 2:00 Wii 	9:30 Craft Class— 19 Brookdale Richmind 10:30 Birthday Bash - New Lebanon 12:30 Sewing Ladies 1:00 Senior Card Players	10:00 Quilting Chicks 20 10:00 Fitness Fun 10:30 Mindful Chats w/ Megan 2:00 Wii 5:00 Dance 	10:00 Wii Golf 21 1:00 Yoga 2:00 Billiards 5:30 Painting Memories (\$)
10:00 Tai Chi 24 11:30 Richard Scott 12:30 Silver Sneakers 1:30 Coloring Therapy	10:00 Walking 25 10:00 Coffee Club 11:00 Lunch w/ Jake 11:00 Misfits Bluegrass Band 2:00 Wii  Model T Museum Trip	11:30 Noah Back 26 12:00 Government Representative Warren 12:30 Sewing Ladies 1:00 Senior Card Players 2:00 Bingo—Maple Gardens 2:00 Billiards Tournament—Brookhaven	10:00 Quilting Chicks 27 10:00 Fitness Fun 10:30 Mindful Chats w/ Megan 2:00 Wii 5:00 Dance 	28 10:00 Wii Golf 10:00 Tech Support 1:00 Yoga 2:00 Billiards 
				Thank You to our Sponsors: New Lebanon Health and Rehab Maple Gardens Brookhaven Brookdale Richmond Village Green

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—
*sponsored in part by Gard Funeral Home & Cremation Services
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



For the most up to date information, go to:

- ◆ Our Facebook Page
- ◆ Our Website



What famous singer was born in 1973, who sang the song "Happy"? (answer page 15)

DONATIONS

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

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 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. 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.

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

In the last article, I touched on some random facts of 1973 as well as prices of some items from that year. Were you able to reminisce about some of those things? Reminiscing is often a great activity for people with dementia. In this issue we are focusing on famous people born and lost in 1973 and the music of 1973. The following are “famous” people born in 1973. Here’s a game you can play with your loved one: Guess whether the person is famous as an ATHLETE (including what sport) or an ENTERTAINER (Movies, TV, News or Comedy).

- Rebecca Lobo
- Ichiro Suzuki
- Kristen Wiig
- Heidi Klum
- Rachel Maddow
- Monica Seles
- Terrell Owens
- Monica Lewinski
- Neil Patrick Harris
- Tyra Banks
- Dave Chappelle
- Jim Parsons



We lost some famous folks in 1973:

- John Banner – Sgt. Schultz on Hogan’s Heroes
- Pearl S. Buck – Author: “The Good Earth”
- John Ford – Director of Hollywood Westerns
- Betty Grable – Actress & WWII Pin-up Queen
- Lyndon Johnson – 36th President of the United States
- Irene Ryan – “Granny” on Beverly Hillbillies
- Pablo Picasso – Artist
- J.R.R. Tolkien – Author: “Lord of the Rings”

Continued on page 15

Thank you's continued from page 4

Senior Center Expansion

Gary Washington, Richard & Phyllis Campbell, Deborah Witt, Larry & Ruth Hardin, Rose Schleiger, Shirley Fox, Jeff & Sharon Howard, Darcy Robinson, Murray Mann, Paul Brennen, Bille Remmler, Kip & Sue Powell, Penny Rader, Paul Beneke, Irene Clippinger, Gary & Elaine Gregg, Donald & Sandra Kinsler, Helen Nader, Carlee Petelle, Anonymous, Marcus & Sherrill Brubaker, Ellen Kilgore, Deborah Gibson, Lois Morrow, Jim Thomas, Erin Harris, Marlene Weikert, Anna Carlson, Dr. Matt Roberts/Preble County Chiropractic, Geraldine Schick, Susan Hamby, Sharon Smith, Vicki Ertel, Kimball Family Siblings, Glenna Smith, Harold & Bonnie Fannin, Daniel Huffman, Lynda George, Richard & Peggy Parks, Barbara Leis, Yoshiko Stanford, Jeff Beneke, JD Deaton, Bev Fields, Stacey Gibbs, Jean Keller, Rita Kimball, Putt Lindsey, Shelley Ratliff, Brian Roth, Karen Roberts, John Kiracofe, Traci Kurtz, Michael Coe, Jeanine Schleiger, Martha Allen, Mary Tuthill, Amy Cook, Joy Arp, Connie Harris, Barbara Felton, David Bronson, Ralph Ford, Clarissa Klingenberger, Kristina Burluson, Karen Lowry, Carolyn Hamblin, Network for Good, Judith Dees,

Sponsor A Senior

Wilmer & Mary Howard, Frist Brethren Church of Gratis, Joyce Clarkston, WKH Career Services, Tim Landwehr, Tadd Tobias



Transportation

Barbara DeWitt

Much Appreciated!

Caregivers Corner —Continued from page 13

When I looked up music from 1973, I knew so many of them, it was hard to select a few to include here. Music is such great therapy for dementia clients. I hope some of these bring a smile to you and your loved one! See how many of them you can hum or sing.

- “Tie a Yellow Ribbon ‘Round the Ole Oak Tree” – Tony Orlando and Dawn
- “Bad, Bad Leroy Brown”- Jim Croce
- “Killing Me Softly with His Song” – Roberta Flack
- “Let’s Get It On” – Marvin Gaye
- “My Love” – Paul McCartney & Wings
- “You Are the Sunshine of My Life” – Stevie Wonder
- “Loves Me Like a Rock” – Paul Simon
- “Crocodile Rock” – Elton John
- “Delta Dawn” – Helen Reddy
- “Long Train Runnin’” – The Doobie Brothers
- “Your Momma Don’t Dance” – Loggins & Messina
- “Watermelon Wine” – Tom T. Hall
- “Rated “X”” – Loretta Lyn
- “A Shoulder to Cry On” – Charlie Pride
- “Behind Closed Doors” – Charlie Rich
- “Why Me” – Kris Kristofferson
- “You’re the Best Thing That Ever Happened to Me” – Ray Price
- “We’re Gonna Hold On” – Tammy Wynette & George Jones

There were so many more great songs from that year. If you have a way to search for more of them, just do a search for 1973 Music. I hope this little bit of reminiscing has lightened your day!

Remember to Take Care of Yourself!

Pictures from “Jake’s Takes” From page 5



The answer from page 12 - Pharrell Williams

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 # _____

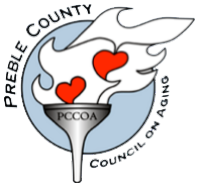
Exp. Date _____

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

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Eaton, OH
45320

ADDRESS SERVICE REQUESTED

SENIOR DAY & ANNUAL MEETING

MAY 9TH, 2023 from 10AM TO 3PM



**OLDER
AMERICANS
MONTH**



AGING UNBOUND: MAY 2023

FREE EVENT



Food, Fun, Music, Games, Vendors, Door Prizes, Mirror X and so much more!!



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

