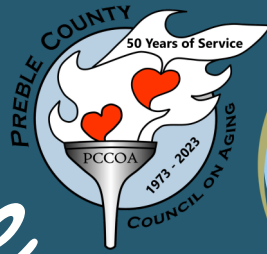


Senior Scene

Volume 33 • Issue 3



MAY & JUNE 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*

**OLDER
AMERICANS
MONTH**



AGING UNBOUND: MAY 2023

Senior Day Celebration & Annual Meeting
at the Preble County Council on Aging

FREE Event

Tuesday, May 9th from 10:00am to 3:00pm

10:00 - 1:00 Vendors, Games, Cook-Out, Mirror-X, Outstanding Senior Citizen of the Year Award, Caricature Artist - Russ Hogle, Live Music, and FUN

1:00 - 3:00 Annual Meeting

**Speaker: Katie Harper - Ohio Consumer Protection: Senior Scams
Finishing the day with DOOR PRIZES!**

Come CELEBRATE with Us!

Thank you to our Sponsors:

Reid Health Alliance, New Lebanon Rehab & Healthcare Center



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

**DON'T FORGET ABOUT
SENIOR DAY!!**

Board of Trustees

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

June Creech
 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
 Barb Strickland Larry Whalen

Executive Director
 Shelley Ratliff

Business/Financial Manager
 Jean Keller

Senior Center Services Manager
 Stacey Gibbs

Diner Manager
 Bev Fields

In-Home Services Supervisor
 Shirley Cottingim

Homemaker Manager
 Barb Felton

Service Navigator
 Brittney Daugherty

Transportation Manager
 Amy Taulbee

Transportation Specialist
 Jeff Beneke

Disclaimer:

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

From The Executive Director

News and Views

We have officially started our walk “Off the Eaton Path”. The first dump truck arrived on April 3 and I feel like a giddy teenager. Heavy equipment always intrigues me anyway. My dad was a heavy equipment operator and I know how important equipment operators are to the success of a project. I can remember people stopping by our house when I was little to try and recruit my dad to work for them. He was one of the best around and took great pride in his work. After a little research, I feel confident that Arcon, our General Contractor, will not let us down with this project. Maybe my dad can make regular visits to “inspect” the earth moving. Check out our Facebook page for up to date information including pictures and videos of the progress.

Continuing our services is going to be the focus of our staff during construction. We already know we will be moving offices, rearranging, organizing, moving offices, rearranging, reorganizing, repeatedly until the project is complete. We still want to see you. Stop by for activities, trips and programs. The Decades Diner will continue being open to the public, every Monday – Friday from 11:00 am—1:00 pm.

We are looking forward to Senior Day this year. This is one of the staffs’ favorite days of the year. We leave our regular jobs and focus on having fun with you. This is our chance, and yours, to let our hair down and just have a good time. This year will not disappoint you, so please plan to attend. More details are in this newsletter.

Another favorite event is our Flag Retirement Ceremony. We appreciate the sacrifice our Veterans made for us and try bring awareness to the importance of retiring a flag properly. Our local Veterans continually support us and we want to honor them.

Enjoy the weather and 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*

- May 16th— Freedom Birds Canvas— \$20
- June 13th — Flower Vase —\$15

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

*******Tai Chi and Yoga classes at are pending at this time and not on the schedule*******

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

Freedom
Birds
Canvas



Flower
Vase



Healthy Living Class

Dates will be determined based on sign ups

FREE Evidence Based Class
Sign Up Now! Limited space!

Flag Retirement Ceremony



Wednesday, June 14th @1:30pm

Free Picnic Lunch from 11am to 1pm

Speaker: Keith Carr, Executive Director/



Sponsored by
United Midwest
Bank

Senior Prom 2023

AN EVENING ON THE
RED CARPET

JUNE 8, 2023

5:00 - 8:00 PM

HORS D'OEUVRES & REFRESHMENTS

BAND: THE SILVERTONES

\$8.00 SINGLE, \$15.00 COUPLES

**AT THE PREBLE COUNTY COUNTY ON AGING ACTIVITIES
CENTER**

2023 SENIOR PROM KING & QUEEN WILL BE CROWNED

Breakfast with Reid Healthier: Keeping your Mind Healthy

Thurs., May 4 • 9:30 - 10:30 a.m.

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

Presented by:

April Coffin, LCSW
Director of Outpatient & Adolescent
Behavioral Health, Reid Health

Mariabarbara Will, MSW, LCSW
Clinical Manager for Outpatient
Behavioral Health, Reid Health

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

Welcome & Thank You!

Contributions

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

In Memory of:

- Patricia Wing
- Bill McClain
- Joe Donohue
- Ralph & Effie Zumbrum
- Buddy Muncy
- David Mays
- Barbara Ann Smith Hale
- Fanny Kisling
- Sherri L. Chrismer
- Dwayne Sewell
- Sherri Chrismer
- Linda Fultz
- Dalton Perry

Welcome New Members!

(February 1st —March 31st, 23)

Betty Arman, Joseph Bachman, Leal E. Balon Jr, Larry Bates, Carl Bechtol, Patty Bechtol,, Glenn Betzner, Lorena Betzner, Gloria Bowlin, Jerry Bowlin, Diane Brittenham, Sue Ann Brubaker, Betty Caldwell, Nancy Coffey, Mark Coning, Brenda Davidson, Carolyn Davis, Ronald Doran, Patrick Ertel, Mike Hans, Cynthia Hartman, Bette Hill, Larry Hollenbaugh, Amy Jones, Sherrie Jones, Paula Jozwiak, Martha Kelly, Sandy Kimmel, Genene Kuck, Loretta Lee, Shelia Loser, John Mallory, Kathy Martin, Phyllis Montgomery, Janet Morgan, Dale Robertson, Henry Schleiger, Ethel Shade, Franklin Shively Jr, Barbara Shively, Cora Starling, LuAnn West, Connie Wood

Activities

Sue Sewell, Donald Gibson, Humana, Medicare Resource Center, Darcy Robinson, Brown Transport

Christmas Baskets

Joe & Julie Saluke

Home Delivered Meals

First Church of Gratis, Gary Mann, Sheralyn Cox, Carol Miley, United Way

Senior Center Expansion

Mae Emig, Terry & June Creech, Barbara Strickland, VFW Post #8066, Susan Green, Joanne Guyett, Doris Lunsford, Judy Groves, Thomas Pierce, Harold & Suzanne Niehaus, Becky Daum, Phyllis Campbell, Marcus & Sherrill Brubaker,

Continued on page 15

“Jake’s Takes”

Hello All – Hope everyone is ready for spring’s early flowers and summer’s warm days. Thought I’d start this article by mentioning some of the recognized and some of the not so recognized days of the months of May and June. Here we go: May 1 National Law Day – to celebrate rule of law, May 6 International Nurses Day, May 14 Mother’s Day – get mama a gift or take her out for a meal, May 22 National Maritime Day, May 29 Memorial Day – to honor and remember keeping her free, June 14 US Army established 1775, it is also Flag Day, June 18 Father’s Day (poem later), June 22 Pledge of Allegiance recognized by Congress in 1942, June 24 Armed Forces Day, and June 27 National Post Traumatic Stress Awareness Day. Time for did you Know... What were Beecher’s Bibles? Answer later. In my reading and research for this page, I ran across an article that intrigued me and I thought it might interest you also. It is entitled “Emotion Keys Moral Thinking”. Here’s the dilemma: a runaway train will kill five people unless you flip a switch sending it onto another track where it will kill only one. Most people say flipping the switch is moral. But what if the only way to stop the train is to push a passer-by onto the track? You still save a net of four lives, but most people say that’s not moral. Why people have such different reactions to the same end has long puzzled philosophers. Now Princeton University researchers have scanned volunteers’ brains while they pondered similar ethical dilemmas – and found that a key to tough moral judgements is emotions, not logical or analytical reasoning. The study doesn’t say what’s a right or wrong decision. But for the first time, images of which brain areas are activated – as they literally light up in scans – showing how people make individual moral judgements. Answer to Beecher’s Bibles were actually breech loading sharps rifles. Now the rest of the story, it seems a Brooklyn clergyman the Rev. Henry Ward Beecher whose anti-slavery combatants in the Kansas Nebraska Territory during the bleeding Kansas period 1854 to 1860. These rifles

were in shipping crates marked Bibles, hence the reference Beecher’s Bibles, now you know. Since Father’s Day is in the month of June. I found a poem I would like to present in this article, it’s titled: Daddy’s Poem. Her hair was up in a pony tail, her favorite dress tied with a bow. Today was Daddy’s Day at school, and she couldn’t wait to go. But her mommy tried to tell her, that she probably should stay home. Why the kids might not understand, if she went to school alone. But she was not afraid; she knew just what to say. What to tell her classmates of why he wasn’t there today. But still her mother worried, for her to face this day alone. And that was why once again, she tried to keep her daughter home. But the little girl went to school eager to tell them all. About a dad she never sees a dad who never calls. There were daddies along the wall in back, for everyone to meet. Children squirming impatiently, anxious in their seats. One by one the teacher called a student from the class. To introduce their daddy, as the seconds slowly passed. At last the teacher called her name, every child turned to stare. Each of them was searching, a man who wasn’t there. “Where’s her daddy at?” she heard a boy call out. “She probably doesn’t have one,” another student dared to shout. And from somewhere near the back, she heard a daddy say, “Looks like another deadbeat dad, too busy to waste his day.” The words did not offend her, as she smiled up at her Mom. And looked back at her teacher, who told her to go on. And with hands behind her back, slowly she began to speak. And out from the mouth of a child, came words incredibly unique. “My Daddy couldn’t be here, because he lives so far away. But I know he wishes he could be, since this is such a special day. And though you cannot meet him, I wanted you to know. All about my daddy, and how much he loves me so. He loved to tell me stories he taught me to ride my bike. He surprised me with pink roses, and taught me to fly a kite. We used to share fudge sundaes, and ice cream in a cone. And though you cannot see him. I’m not standing here alone. “Cause my daddy’s always with me, even though we are apart I know because he told me, he’ll forever be in my heart”

With that, her little hand reached up, and lay across her chest. Feeling her own heartbeat, beneath her favorite dress. And from somewhere here in the crowd of dads, her mother stood in tears. Proudly watching her daughter, who was wise beyond her years. For she stood up for the love of a man not in her life. Doing what was best for her, doing what was right. And when she dropped her hand back down, staring straight into the crowd. She finished with a voice so soft, but its message clear and loud. “I love my daddy very much, he’s my shining star. And if he could, he’d be here, but heaven’s just too far. You see he was a policeman and died just this past year When airplanes hit the towers and taught Americans to fear. But sometimes when I close my eyes, it’s like he never went away.” And then she closed her eyes, and saw him there that day. And to her mothers amazement, she witnessed with surprise. A room full of daddies and children, all starting to close their eyes. Who knows what they saw before them, who knows what they felt inside. Perhaps for merely a second, they saw him at her side. “I know you’re with me Daddy,” to the silence she called out. And what happened next made believers, of those once filled with doubt. Not one in that room could explain it, for each of their eyes had been closed. But there on the desk beside her, was a fragrant long-stemmed pink rose. And a child was blessed, if only for a moment, by the love of her shining star. And given the gift of believing, that heaven is never too far. I hope you enjoyed this poem is much as I did, it sure got to me.

For What’s it Worth – “By the time a man realizes that maybe his father was right, he usually has a son who thinks he’s wrong”. – Charles Wadsworth.

Final Thought – A father is a man who expects his son to be a good a man as he meant to be. 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

May 11th—Lessons in Chemistry by Bonnie Garmus

June 8th— Master, Slave, Husband, Wife by Ilyon Woo

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

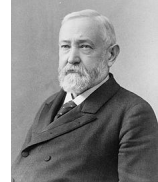
Presidential History Book Club

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

See below for discussion dates and the corresponding biographies.

May 17 — Grover Cleveland by Henry F. Graff

July 19 — Benjamin Harrison by Charles W. Calhoun



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 MAY 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>1 Soup Beans w/ Ham & Onions Hash browns Spinach Peaches Raisins</p>	<p>2 Ham Salad Pasta Salad Tomato & Cucumber Salad Mixed Fruit Orange Juice</p>	<p>3 Sweet & Sour Chicken Fried Rice Far East Vegetables Citrus Salad Craisins</p>	<p>4 Meatloaf Mashed Potatoes Green Beans Fruited Gelatin Grape Juice</p>	<p>5 Swiss Steak Rice Broccoli Mandarin Oranges Apple Juice</p>
<p>8 Grilled Chicken Macaroni & Cheese Prince Charles Vegetables Pears Raisins</p>	<p>9 SENIOR DAY AND ANNUAL MEETING NO HDM OR CONGREGATE MEALS</p>	<p>10 Pork Chop Parslied Potatoes Brussel Sprouts Applesauce Very Berry Juice</p>	<p>11 Goulash Corn Italian Green Beans Fruit Salad Treat</p>	<p>12 Breaded Fish Garden Rice Carrots Pineapple Tidbits Craisins</p>
<p>15 Hot Dog Baked Beans Corn Mixed Fruit Very Berry Juice</p>	<p>16 Chicken Salad Potato Salad Pickled Egg & Beets Pears Apple Juice</p>	<p>17 Chili w/ Beans Baked Potato Broccoli Fruit Cocktail Craisins</p>	<p>18 Roast Pork Parslied Potatoes Corn O'Brien Peaches Raisins</p>	<p>19 Lemon Garlic Fish Rice Pilaf Broccoli Fresh Fruit Orange Juice</p>
<p>22 Chicken & Dumplings Mashed Potatoes Peas & Carrots Tropic Fruit Salad Fruit Punch</p>	<p>23 Ham & Cheese Sandwich Picnic Salad 3 Bean Salad Pineapple Tidbits Orange Juice</p>	<p>24 Turkey w/ Gravy Stuffing Peas w/ Onions Mandarin Oranges Craisins</p>	<p>25 Meatloaf Mashed Potatoes Green Beans Applesauce Gelatin Grape Juice</p>	<p>26 Salisbury Steak Macaroni & Cheese Buttered Cabbage Mixed Fruit Raisins</p>
<p>29  </p>	<p>30 Tuna Salad Macaroni & Cheese Cucumber & Onions Pears Very Berry Juice</p>	<p>31 Roast Beef Augratin Potatoes Mixed Vegetables Fruit Cocktail Apple Juice</p>		<p>REMINDER: CONGREGATE MEAL—PLEASE CALL 24 HRS AHEAD TO YOUR RESERVATION</p>

Activities MAY 2023

This Month's Theme:
"Sports 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>1</p> <p>10:00 Endzone Challenge</p> <p>12:30 Silver Sneakers</p> <p>1:30 Coloring Therapy</p> <p>1:30 Participants' Council</p>	<p>2</p> <p>10:00 Walking</p> <p>11:00 Lunch w/ Jake</p> <p>10:00 Coffee Club</p> <p>2:00 Wii</p> <p><i>Goodwill Mini Trip</i></p> 	<p>3</p> <p>12:30 Sewing Ladies</p> <p>1:00 Senior Card Players</p> <p>2:00 Trivia—1973 Sports</p> 	<p>4</p> <p>9:30 Breakfast with Reid</p> <p>Healthier: Keeping your Mind Healthy</p> <p>10:00 Quilting Chicks</p> <p>10:30 Mindful Chats w/ Megan</p> <p>2:00 Wii</p>	<p>5</p> <p>9:00 Breakfast</p> <p>Bingo—Greenbriar</p> <p>10:00 Wii Golf</p> <p>11:00 Government Rep -Rodney Creech</p> <p>2:00 Billiards</p>
<p>8</p> <p>10:00 Dominos</p> <p>12:30 Silver Sneakers</p> <p>1:30 Coloring Therapy</p> <p>1:30 Corn Hole</p> 	<p>9</p> <p>SENIOR DAY & ANNUAL MEETING</p> <p>10a to 3p</p> <p>FREE FUN & FOOD</p>	<p>10</p> <p>12:30 Sewing Ladies</p> <p>1:00 Senior Card Players</p> <p>2:00 Bingo—New Lebanon</p> 	<p>11</p> <p>10:00 Quilting Chicks</p> <p>10:00 Fitness Fun</p> <p>10:30 Mindful Chats w/ Megan</p> <p>11:00 Book Club</p> <p>12:30 Social 8 Cards</p> <p>2:00 Wii</p> <p>5:00 Dance</p>	<p>12</p> <p>10:00 Wii Golf</p> <p>1:00 Bocce Ball</p> <p>2:00 Billiards</p> 
<p>15</p> <p>10:00 Endzone Challenge</p> <p>12:30 Silver Sneakers</p> <p>1:30 Coloring Therapy</p> <p>1:30 Bocce Ball</p> 	<p>16</p> <p>9:30 Art Class w/Paint the Towne (\$)</p> <p>10:00 Walking</p> <p>10:00 Coffee Club</p> <p>11:00 Lunch w/ Jake</p> <p>11:00 Misfits Bluegrass Band</p> <p>2:00 Wii</p>	<p>17</p> <p>10:30 Birthday Bash - New Lebanon</p> <p>12:30 Sewing Ladies</p> <p>1:00 Senior Card Players</p> <p>1:00 Presidential Book Club</p> <p><i>Dayton Dragons Mini Trip</i></p> 	<p>18</p> <p>10:00 Quilting Chicks</p> <p>10:00 Fitness Fun</p> <p>10:30 Mindful Chats w/ Megan</p> <p>2:00 Wii</p> <p>5:00 Dance</p> 	<p>19</p> <p>10:00 Wii Golf</p> <p>1:00 Dominos</p> <p>2:00 Billiards</p> 
<p>22</p> <p>12:30 Silver Sneakers</p> <p>1:30 Coloring Therapy</p> <p>1:30 Ax Throwing</p> 	<p>23</p> <p>10:00 Walking</p> <p>10:00 Coffee Club</p> <p>2:00 Wii</p>  <p><i>The Ark Encounter Trip</i></p>	<p>24</p> <p>12:00 Government Rep—W. Davidson</p> <p>12:30 Sewing Ladies</p> <p>1:00 Senior Card Players</p> <p>2:00 Bingo—Maple Gardens</p>	<p>25</p> <p>10:00 Quilting Chicks</p> <p>10:30 Mindful Chats w/ Megan</p> <p>2:00 Wii</p> <p>5:00 Dance</p> 	<p>26</p> <p>10:00 Tech Support</p> <p>10:00 Wii Golf</p> <p>1:00 Archery</p> <p>2:00 Billiards</p> 
<p>29</p> <p>CLOSED</p> 	<p>30</p> <p>10:00 Walking</p> <p>10:00 Coffee Club</p> <p>1:00 Archery</p> <p>2:00 Wii</p> 	<p>31</p> <p>10:00 Ax Throwing</p> <p>12:30 Sewing Ladies</p> <p>1:00 Senior Card Players</p> <p>2:00 Billiards Tournament—Brookhaven</p>	<p>OLDER AMERICANS MONTH</p>  <p>AGING UNBOUND: MAY 2023</p>	
				<p>Sponsors:</p> <ul style="list-style-type: none"> ◆ New Lebanon Health and Rehab ◆ Maple Gardens ◆ Brookhaven ◆ Greenbriar 

9





Menu **JUNE 2023**

MENU IS SUBJECT TO CHANGE

Congregate Meal Menu
Contact: Bev Fields at 937-456-4947Home Delivered Meal Menu
Contact: Shirley Cottingim at 937-456-4947Decade's Diner Daily \$5.49 Special • (Entree plus 2 sides)
Congregate Meal includes Bread, Margarine & Milk.
Carry-Out Available • Call: 937-456-4947The 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 Country Fried Steak w/ Gravy Mashed Potatoes Green Beans Peaches Grape Juice	2 Salmon Patty Creamed Peas Stewed Tomatoes Banana Fruit Punch
5 Swedish Meatballs Buttered Noodles Peas Pears Craisins	6  For All Day All Staff Meeting	7 Baked Ham Sweet Potatoes Lima Beans Fruit Salad Grape Juice	8 Hamburger Baked Beans Corn Mixed Fruit Fruit Punch	9 Chicken Casserole Carrots Fresh Fruit Very Berry Juice
12 Soup Beans w/ Ham & Onions Hash Browns Spinach Peaches Raisins	13 Sweet & Sour Chicken Fried Rice Far East Vegetables Citrus Salad Craisins	14 Ham Salad Pasta Salad Tomato & Cucumber Salad Mixed Fruit Orange Juice	15 Meatloaf Mashed Potatoes Green Beans Fruited Gelatin Grape Juice	16 Swiss Steak Rice Broccoli Mandarin Oranges Apple Juice
19 Grilled Chicken Macaroni & Cheese Prince Charles Vegetables Pears Raisins	20 Chicken & Cheese Sandwich Pasta Salad Carrot-Raisin Salad Tropical Salad Cran-Rasp Juice	21 Pork Chop Parslied Potatoes Brussel Sprouts Applesauce Very Berry Juice	22 Goulash Corn Italian Green Beans Fruit Salad Treat	23 Breaded Fish Garden Rice Carrots Pineapple Tidbits Craisins
26 Hot Dog Baked Beans Corn Mixed Fruit Very Berry Juice	27 Chicken Salad Potato Salad Pickled Egg & Beets Pears Apple Juice	28 Chili w/ Beans Baked Potato Broccoli Fruit Cocktail Craisins	29 Roast Pork Parslied Potatoes Corn O'Brien Peaches Raisins	30 Lemon Garlic Fish Rice Pilaf Broccoli Fresh Fruit Orange Juice

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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>We will be playing every day shows from 1973 and every Friday afternoon is a popular movie from 1973.</p>	<p style="text-align: center;">ALL IN THE FAMILY</p> 	<p style="text-align: right;">1</p> <p>9:00 1973 Shows 10:00 Quilting Chicks 10:00 Fitness Fun 10:30 Mindful Chats w/ Megan 5:00 Dance</p>	<p style="text-align: right;">2</p> <p>9:00 Breakfast Bingo—Vancrest 10:00 Wii Golf 1:30 Movie: Magnum Force (1973) 2:00 Billiards</p>
<p style="text-align: right;">5</p> <p>9:00 1973 Shows 12:30 Silver Sneakers 1:30 Participants' Council 2:00 Board of Trustees</p>	<p style="text-align: right;">6</p> <p style="text-align: center;">CLOSED</p> <p style="text-align: center;">For All Day All Staff Meeting</p>	<p style="text-align: right;">7</p> <p>9:00 1973 Shows 10:00 Trivia: Movies/TV Shows 12:30 Sewing Ladies 1:00 Senior Card Players 2:00 Bingo—New Lebanon</p> 	<p style="text-align: right;">8</p> <p>9:00 1973 Shows 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—Senior Prom</p>	<p style="text-align: right;">9</p> <p>9:00 1973 Shows 10:00 Wii Golf 1:30 Movie: The Sting (1973) 2:00 Billiards</p> 
<p style="text-align: right;">12</p> <p>9:00 1973 Shows 10:30 Deal or No Deal 12:30 Silver Sneakers 1:30 Coloring Therapy</p>	<p style="text-align: right;">13</p> <p>9:00 1973 Shows 9:30 Art Class w/ Paint the Towne (\$) 10:00 Walking 10:00 Coffee Club 2:00 Wii</p> 	<p style="text-align: right;">14</p> <p>9:00 1973 Shows 12:30 Sewing Ladies 1:00 Senior Card Players 1:30 Flag Retirement Ceremony</p>	<p style="text-align: right;">15</p> <p>9:00 1973 Shows 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;">16</p> <p>9:00 1973 Shows 10:00 Wii Golf 1:30 Movie: American Graffiti (1973) 2:00 Billiards</p>
<p style="text-align: right;">19</p> <p>9:00 1973 Shows 12:30 Silver Sneakers 1:30 Coloring Therapy</p>	<p style="text-align: right;">20</p> <p>9:00 1973 Shows 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;">21</p> <p>9:00 1973 Shows 10:30 Birthday Bash - New Lebanon 12:30 Sewing Ladies 1:00 Senior Card Players Cincinnati Red Trip</p>	<p style="text-align: right;">22</p> <p>10:00 Quilting Chicks 10:00 Fitness Fun 10:30 Mindful Chats w/ Megan 2:00 Wii 5:00 Dance Dayton Art Museum MT</p>	<p style="text-align: right;">23</p> <p>9:00 1973 Shows 10:00 Wii Golf 10:00 Tech Support 1:30 Movie: Papillon (1973) 2:00 Billiards</p>
<p style="text-align: right;">26</p> <p>9:00 1973 Shows 12:30 Silver Sneakers 1:30 Coloring Therapy</p> 	<p style="text-align: right;">27</p> <p>9:00 1973 Shows 10:00 Walking 10:00 Coffee Club 2:00 Wii</p> 	<p style="text-align: right;">28</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 style="text-align: right;">29</p> <p>9:00 1973 Shows 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;">30</p> <p>9:00 1973 Shows 10:00 Wii Golf 1:30 Movie: The Way We Were (1973) 2:00 Billiards</p> 

Mini Trips

Goodwill Beaver Creek, Tues, May 2nd, - M: \$39, NM: \$59
Dayton Dragons, Weds, May 17th—M: \$39, NM:\$59
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

Motorcoach Trips

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
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
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

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



We would like to address our trip to the Hard Rock Casino. This is not the type of trip we normally have and we apologize for the behavior of the Hard Rock Casino during our trip.

As a result we will not be returning in the future to this casino. Again we apologize and hope that you try our other trips that we are able to offer.

For the most up to date information, go to:

- ◆ Our Facebook Page
- ◆ Our Website



What year did Pete Rose start playing for the Cincinnati Reds?
(answer page 15)

DONATIONS

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

Program	Income Limit
For 175%	\$ 25,760.00
(For PIPP,	\$ 34,840.00
EPP,	\$ 43,920.00
HEAP,	\$ 53,000.00
WCP, and	\$ 62,080.00
SCP	\$ 71,160.00
	\$ 80,240.00
	\$ 89,320.00

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

Some people LOVE going to movies. I've never been one to rush to see new releases or stand in long lines to get in. When I was younger, I saw more movies than I do now. I'm just not drawn to many of the current movie themes! But let's think about some of the more popular movies and TV shows from 1973.

See how many answers you and your loved one can match to these questions:

Movies

Choose an answer from the following:

A. American Graffiti B. Godspell C. Paper Moon D. The Way We Were E. The Sting

A group of teenagers in California's central valley spend one final night after their high school graduation cruising the strip with their buddies before they pursue their varying goals. Answer: _____

Two grifters team up to pull off the ultimate con. Answer: _____

During the Great Depression, a con man finds himself saddled with a young girl who may or may not be his daughter, and the two forge an unlikely partnership. Answer: _____

During pre-WWII McCarthyism, a diametrically opposed couple comes together only to find out that genuine friendship and physical attraction is not enough to overcome fundamental societal beliefs. _____

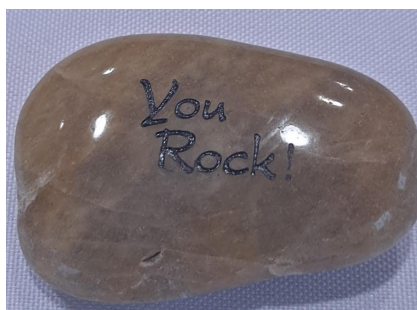
This is an adaptation of the musical, in a modern-day song-and-dance recreation of the Gospel of St. Matthew. Answer: _____

Continued on page 15



Congratulations Judy Biltz, Volunteer of the Year!

Judy Biltz,
pictured with her
granddaughter,
Halle, at the
Volunteer
Appreciation
Dinner



Caregivers Corner —Continued from page 13

Select the **Top 5 TV shows** in 1973, according to Nielson Media Research:

All in the Family _____ M*A*S*H _____ Maude _____
 The Sonny & Cher Comedy Hour _____ The Waltons _____
 The Mary Tyler Moore Show _____ Sanford & Son _____
 Hawaii Five-O _____ Kojak _____ Wonderful World of Disney _____

Answers

Movies: 1) A 2) E 3) C 4) D 5) B

Top 5 TV shows: 1) All in the Family 2) The Waltons 3) Sanford & Son 4) M*A*S*H 5) Hawaii 5-O

I hope you and your loved one enjoyed this little trip back in time! I don't remember all of the movies but I do remember all of the TV shows, not just the top 5. The trip to 1973 will continue in the next edition. Take care of yourself until then!

Thank you'sContinued from page 4

Senior Center Expansion continued

Charlene Nuse, Mary Francis Paddock, Jacob & JoAnn Dailey, Linda Aukerman, Paulette Rediger, Gene & Sandra Black, Connie Harris, Anna Ward, Karen Mays, Orville Hale, Donald Boucher, Janet Crelin, David M. Kirsch Realty Group, Fred Habekost, Jeffery Krintzline, Todd Smittle, Rita Hall, Phyllis Campbell, Judith Locker, HPSI Purchasing Services of Ohio, Susan Sewell, Kip & Sue Powell, Don & Lori Brown, Barnes Funeral Home, Marcia Estes, Rob & Denise Walton, Susan Cornell, Curtis & Cherry Anderson, Dorothy Cooper, Kathy Calvert, Donna Sturm, Paul Schaeffer, Phyllis Montgomery, Mary Brannon, Donna White, Brad Collins, Marilyn Bassler, Diane Miller, John DeVilbiss, Lynda George, Carole Pierce, Faith Karen Ross, Sharon McWhinney, Kenneth Bourne, Roger & Phyllis, Barbara Cox, Erin Acton, Connie McCarty, David Wikle, Timothy Mill, Mary Jane Rader

Sponsor-A-Senior

Henny Penny, WKH Career Services, Tim & Kathy Landwehr, Tadd Tobias, Sandra Francis, Trinity Lutheran Church, Frist Church of Gratis, American Legion Post 215, Gratis United Methodist Church, Wares Chapel

Transportation

EHS Class of 1965

The answer from page 12 - 1963

Notifying the Public of Rights Under Title VI

Preble County Council on Aging, Inc. operates its programs and services without regard to race, color, and national origin in accordance with Title VI of the Civil Rights Act. Any person who believes she or he has been aggrieved by any unlawful discriminatory practice under Title VI may file a complaint with Preble County Council on Aging, Inc.
 For more information on Preble County Council on Aging, Inc.'s civil rights program and the procedures to file a complaint, contact (937) 456-4947, or 1-800-238-5146; email mail@prebleseniorcenter.org; or visit our administrative office at 800 East St. Clair Street, Eaton, Ohio 45320. For more information, visit www.prebleseniorcenter.org.
 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 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

