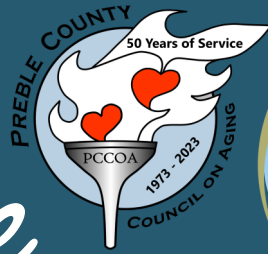


Senior Scene

Volume 33 • Issue 5



SEPTEMBER & OCTOBER 2023

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

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

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

Inside This Issue

Highlights	Cover
News & Views	2
Announcements	3
Welcome & Thank You	4
Jake's Takes	5
Events & Activities	6
Monthly Menus	7 & 9
Monthly Activities	8 & 10
Journey Junkies	11
In-Home Services	12
Caregiver Corner	13
Community Information	14
Membership & More	15 & 16

Look at what has been going on at PCCOA with the expansion!



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

Board of Trustees

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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

Pumpkin spice this and pumpkin spice that. We are already in the middle of celebrating the fall and it is still August. Halloween candy is on the shelves at Walmart and Kroger. Have you ever noticed we are always looking to the future and take very little time to celebrate today? I can't wait until spring break...I really need a vacation. I can't wait until we can eat some fresh corn on the cob. Hurry, hurry, today is never good enough! I find myself saying I can't wait until the expansion is done. Each day, each week, I am pretty much thinking about the completion. But wait a minute. There is a lot of good things happening right now. Let's stop and smell the roses.

I have a lot of great things happening in my life. Today. I have a husband who loves me, 4 terrific children, 7 of the most special grandchildren (6 boys and 1 princess), parents who are healthy and help me with the kids and grandkids, the most wonderful group of people to work with, the best community to work, my faith gets stronger daily and the list goes on and on. I am blessed beyond measure. So why can't I stop and appreciate the goodness in my life? I think it is because if we aren't working ahead then life slips by us. Ironically, life is slipping by because we are working ahead.

So this month I want to take the time to celebrate those of you who have contributed to our fundraising efforts for the expansion. Without your support we wouldn't be able to help as many people as we do. For those who have been with me awhile and know me, know I HATE asking for money. It is uncomfortable, its embarrassing at times, and it just really makes me feel "icky". I don't like feeling "icky" and I don't want others to feel uncomfortable or pressured into something they can't or don't want to do. With that being said I want to share with you some figures: To date, for the expansion, we have 261 donors, mostly individuals and some businesses. Let's focus on real people, just like you and me.

1 person donated \$250,000	1 person donated \$10,000
1 family donated \$7,000 in memory of their parents	2 people donated \$5,000
11 people donated between \$1000 - \$4,999	242 people donated between \$100-\$999
62 people donated \$50	32 of those people donated less than \$20.
20 people donated less than \$10	5 people donated \$1

Would it surprise you to know that in my opinion, the people who gave \$1 are just as valuable as the person who gave \$250,000? Would it surprise you to know the people who gave \$1 received a thank you letter from me just like all of the other donors? This project is a community project and we are all in it together. I appreciate any amount that people feel like they can afford. I would never want someone to give more than they should. Would it surprise you to know that I have returned 2 checks because I knew the donor was suffering from dementia and didn't remember sending in a donation before?

Our agency focuses on customer service and doing the right thing. That is the real reason we are expanding. The right thing is to take care of our seniors. In just 6 1/2 short years, 1 in 3 of us will be 60 and older. That includes this young lady. Today I am celebrating the kindness and generosity of so many in our county. If you have been able to give to this project, thank you. From the bottom of my heart and on behalf of so many who need our services, thank you. Tomorrow I will get back to looking forward to the leaves turning and peppermint ice cream (a Christmas favorite of mine). But today.....Thank You!

Continue to walk with me "Off the Eaton Path" and create a village.....one senior at a time. Please give what you can.

With my blessings. — Shelley —

Announcements

3

Fun and Interactive Classes:

Art Class with Paint the Towne*

- Sept. 12th— Sunflower Canvas — \$20
- October 10th — Ceramic Pumpkin* —\$15

The classes below are:

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

Silver Sneakers— Every Monday at 12:30 PM

*PiYo Fusion—Every Friday at 12:30p to 1:30p

*Drums Alive—Every Thursday starting October @ 10am.

- ◆ 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?

HEY!

WE NEED YOUR INPUT

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

- Paranormal Group
- Movie Club
- Grandparents Raising Grandchildren Support Group (starting 10-16-23)
- 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

Wednesdays at 10am

September 27 thru November 1st

Call now to sign up!

Noah Back



Free Event

September 5th,
2023

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

Ethan Moles



Free Event

October 20th, 2023

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

Veteran's Recognition Ceremony

Free Event

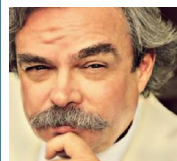
November 7th, 2023 @ 2pm

Recognize all Veterans in attendance with certificates and pinning.

Pre-registration is a must
Refreshments will be present

Partnering with Humana, Preble County Veteran's Office, and DAR

Mark Twain on the Road Again



Free Event

October 4th, 2023

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

Contributions

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

In Memory of:

**Howard Strausburg
Bob Walton
Arthur McCray**



Welcome New Members!

(June 1st—July 31st, 23)

Deirdre Allen, Kathy Armstrong, Anita Arnett, Sandy Beckett, Benjamin Bishop, Edward Blankenship, Pamela Bottoms, Carol Bowersock, Janice Buehner, Richard Buehner, Terry Cooper, Brenda Coverstone, Phillip Crawford, Roger Dale, John Deaton, Detrick Falldorf, Freda Falldorf, Sandy Favorite, Steve Favorite, Henry Foister, Barry Fought, Ann Fritts, Billy Hogg, Linda Hogg, Karen Hohne, Paul Hohne, Patty Hoover, Bill Hutton, Margaret Jones, Marsha Jones, Pete Jones, Jeanne King, Kathy Koeller, Diana Kuck, Duare Lightner, Dana Mack, David Marker, Debra Marker, Renate Matney, Ronald McGuire, Sandy McGuire, Larry McKee, Debbie Meeks, David Melby, Jane Montgomery, Donna Moore, Gary

Moore, Delores O'Dell, Jim Robbins, Sandy Robbins, Ronald Snyder, Sam Stiffler, Jean Stoner, Robert Stoner, Victor Svehar, Linda Unger, Gail Watts, Tiana White

Home Delivered Meals

Phyllis Campbell, David Bronson, Gary Mann, James Arp

Homemaking Services

Dorothy Cooper,

Senior Center Expansion

Thursday Night Dance attendees, Linda & Steve Reynolds, David Wikle, Billie Remmler, Marcus & Sherrill Brubaker, Charlie & Val Garnett, Winnie Spencer, Deb Witt, Connie Harris, Larry & Ruth Cobb, Pamela Fultz & Family, Jeanne King, Donald & Linda Witten, Curtis & Cherry Anderson, John & Jean Tuggle

Continued on page 15

“Jake’s Takes”

Hello All—I hope everyone enjoyed our predictably unpredictable Ohio Weather this summer. Before I go any farther, to keep myself out of trouble with Santa Claus, I must make a correction to the July/Aug newsletter. We did not eat any elf chops no does Buffalo Jacks serve elf chops, it was supposed to read ELK chops (oops).

Time to mention more of our supporting businesses—The Jewelers of Eaton (East Main Street), Gypsy Mug Café (East Main Street), and North Side Optical (North Barron Street). Thank you! Time for a did you know. The term mayday—ships and airplanes in trouble use this term as their call for help—it comes from the French word “maidez” - meaning “Help Me” and is pronounced mayday, now you know.

In May our group adventured to the Miami Valley Military History Museum located in Fairborn (approx. 40 miles), where we picked up the title—PCCOA Senior Center Senior Team 6, so I guess from now on we will be the Senior Team 6. The Miami Valley Military History Museum is a unique Military History Museum.

You will view items in this museum you won’t see in other local museums, i.e. uniforms and work related wear and tools—an early B-52 type Y 7 horizontal periscopic bombsight—

Iraqi mig 25 Foxbat (Russian manufactured) portion of aircraft wing with an unusual acquisition story—extensive Civil War artillery unit munitions and assorted paraphernalia—Army Cavalry 1904 McClellan saddle with attachments—VA doctors uniform (circa 1940s) other female military units and uniforms displayed including the uniform of Col. Charity Adams Earley highest ranking African American

woman to command a Battalion the 6888th all black postal Battalion, the only WAC unit to be stationed in Europe during World War II and artifacts from 9/11 and so much much more of the usual and the unusual! A little more about the Museum Curator,

Mark Conrad retired from the Air Force after 20+ years, served in Bosnia, first Gulf War, Saudi Arabia and Iraq in Combat Communications Commands. Catherine Beers Conrad Public Affairs Officer served in the U.S. Air Force space command at NORAD Cheyenne Mountain.

After visiting the museum, we enjoyed lunch at the Carriage Inn in Enon, the portion sizes were good, the meal was really good, and the service was good. In case you didn’t know

Enon has a small Indian Mound in their town. I ran across a humorous and interesting article, I thought you might enjoy it also. It is Entitled: The American Way—The Americans and the Japanese decided to engage in a competitive boat race. Both teams practiced long and hard to reach their peak performance. On this big day they both felt ready.—The Japanese won by a mile! - Afterward the American team was discouraged by the loss. Morale sagged. Corporate management decided that the reason for the crushing defeat had to be found, so a consulting firm was hired to investigate the problem and recommend corrective action.—The consultant’s findings: the Japanese had eight people rowing and one person steering; the Americans had one person rowing and eight people steering —After a year of intensive study and millions spent analyzing the problem, the consulting firm concluded that too many people were steering, and not enough people were rowing on the American team.—So,

as race day neared again the following year, the American teams

management structure was completely reorganized. The new structure: four steering managers, three area steering managers, one staff engineering manager, and a progressive new performance review system for the person rowing the boat designed to provide work incentive.—The next year, the Japanese won by 2 miles! -

Humiliated, the American Corporation laid off the tower for poor performance and gave each manager a bonus for discovering the problem.

For What It’s Worth—This is the beginning of a new day. You have been given this day. TO use as you will. What you do today is important because you are exchanging a day of your life for it. When tomorrow comes, this day will be forever gone. In its place is something that you have left behind. Let it be something good. Final Thought—The art of connection and reconciliation is an art and a joy

to master.
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

Sept 14th— The Reading List by Sara Nisha Adams

October 12th— The Dark Angel by Elly Griffiths

November 9th— All the Light We Cannot See by Kristin Hannah



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



5:00–8:00 PM

\$3.00/single or
\$5.00/couple

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.

September 21 —

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

November 16 —

Theodore Roosevelt by Louis Auchincloss OR
The Bully Pulpit by Doris Kearns

Menu SEPTEMBER 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>REMINDER:</p> <p>CONGREGATE MEAL— RESERVATIONS ARE REQUIRED AND NEED TO BE DONE AT LEAST 24 HOURS IN ADVANCED.</p>				<p>1</p> <p>Chicken Casserole Carrots Fresh Fruit Very Berry Juice</p>
<p>4</p>  	<p>5</p> <p>Roast Beef Red Potatoes Lima Beans Peaches Raisins</p>	<p>6</p> <p>Chicken Pot Pie Buttered Corn Broccoli Pears Treat</p>	<p>7</p> <p>Country Fried Steak w/ Gravy Mashed Potatoes Peas Apple Orange Juice</p>	<p>8</p> <p>Roast Pork Hashbrown Casserole Buttered Cabbage Citrus Salad Craisins</p>
<p>11</p> <p>Hot Dog Baked Beans Corn Pears Cranberry – Raspberry Juice</p>	<p>12</p> <p>Chicken Salad Potato Salad Pickled Egg & Beets Peaches Fruit Punch</p>	<p>13</p> <p>Lasagna Green Beans Carrots Mixed Fruit Craisins</p>	<p>14</p> <p>Chicken & Dumplings Mashed Potatoes Succotash Pears Apple Juice</p>	<p>15</p> <p>Lemon Garlic Fish Rice Pilaf Far East Vegetables Fresh Fruit Grape Juice</p>
<p>18</p> <p>Beef & Noodles Mashed Potatoes Mixed Vegetables Fruit Salad Apple Juice</p>	<p>19</p> <p>Roast Turkey Stuffing Prince Charles Vegetables Cranberry Sauce Very Berry Juice</p>	<p>20</p> <p>Breaded Pork Tenderloin Parslied Potatoes Buttered Beets Peaches Applesauce</p>	<p>21</p> <p>Meatloaf Mashed Potatoes Green Beans Applesauce Grape Juice</p>	<p>22</p> <p>Breaded Fish Farfalle w/ Alfredo Sauce Sugar Snap Peas Mixed Fruit Craisins</p>
<p>25</p> <p>Sausage Hash Browns Hominy Applesauce Raisins</p>	<p>26</p> <p>Creamed Chicken over Biscuit Peas & Onions Cauliflower Fruit Cocktail Treat</p>	<p>27</p> <p>Salisbury Steak Red Potatoes Peas & Carrots Fruit Salad Grape Juice</p>	<p>28</p> <p>Hamburger Macaroni & Cheese Peas Fruited Gelatin Raisins</p>	<p>29</p> <p>Crab Cakes Garden Rice Lima Beans Pineapple Tidbits Orange Juice</p>

Activities September 2023

This Month's Theme:
"Cars of 1973"

8

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Sponsors:</p> <ul style="list-style-type: none"> ◆ New Lebanon Health and Rehab ◆ Maple Gardens ◆ Brookhaven ◆ Village Green 				<p>9:00 Breakfast Bingo—Village Green</p> <p>10:00 Wii Golf</p> <p>11:00 Government Rep -Rodney Creech</p> <p>12:30 PiYo Fusion</p> <p>2:00 Billiards</p>
<p>CLOSED</p> <p>HAPPY Labor Day</p>	<p>10:00 Walking</p> <p>11:00 Lunch w/ Jake</p> <p>2:00 Wii</p> 	<p>12:30 Sewing Ladies</p> <p>1:00 Senior Card Players</p> <p>2:00 Trivia</p> <p>Wilbur Wright Trip</p>	<p>10:00 Quilting Chicks</p> <p>10:00 Fitness Fun</p> <p>10:30 Mindful Chats w/ Megan</p> <p>1:00 Matter of Balance—A Class</p> <p>5:00 Dance</p>	<p>10:00 Wii Golf</p> <p>12:30 PiYo Fusion</p> <p>2:00 Billiards</p> <p>DON'T FORGET ABOUT THE CAR SHOW TOMORROW AT 10A</p>
<p>12:30 Silver Sneakers</p> <p>1:30 Coloring Therapy</p> <p>1:30 Participants' Council</p> 	<p>9:30 Art Class w/Paint the Towne (\$)</p> <p>10:00 Walking</p> <p>10:00 Coffee Club</p> <p>2:00 Wii</p> <p>2:00 All Staff Meeting</p> <p>Barn N Bunk Mini Trip</p>	<p>10:30 Birthday Bash - New Lebanon</p> <p>12:30 Sewing Ladies</p> <p>1:00 Senior Card Players</p> <p>2:00 Bingo— New Lebanon</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>1:00 Matter of Balance—A Class</p> <p>5:00 Dance</p>	<p>10:00 Wii Golf</p> <p>12:30 PiYo Fusion</p> <p>2:00 Billiards</p> 
<p>12:30 Silver Sneakers</p> <p>1:30 Coloring Therapy</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>10:30 Birthday Bash - New Lebanon</p> <p>12:30 Sewing Ladies</p> <p>1:00 Senior Card Players</p> 	<p>10:00 Quilting Chicks</p> <p>10:30 Mindful Chats w/ Megan</p> <p>1:00 Presidential Book Club</p> <p>1:00 Matter of Balance—A Class</p> <p>5:00 Dance</p> <p>La Comedia Trip</p>	<p>HELP!</p> <p>10:00 Tech Support</p> <p>10:00 Wii Golf</p> <p>12:30 PiYo Fusion</p> <p>2:00 Billiards</p>
<p>10:00 Matter of Balance—B Class</p> <p>12:30 Silver Sneakers</p> <p>1:30 Coloring Therapy</p> <p>2:30 Board of Directors Meeting</p>	<p>10:00 Walking</p> <p>2:00 Wii</p> 	<p>10:00 Healthy Living Class</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>2:00 Billiards Tournament—Brookhaven</p>	<p>10:00 Quilting Chicks</p> <p>10:00 Fitness Fun</p> <p>10:30 Mindful Chats w/ Megan</p> <p>1:00 Matter of Balance—A Class</p> <p>5:00 Dance</p>	<p>10:00 Wii Golf</p> <p>12:30 PiYo Fusion</p> <p>2:00 Billiards</p>

9

Menu OCTOBER 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

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
Chicken & Noodles ² Mashed Potatoes Mixed Vegetables Fruit Salad	Baked Ham ³ Sweet Potatoes Brussel Sprouts Pears Apple Juice	Cabbage Rolls ⁴ Mashed Potatoes Green Beans Peaches Cranberry-Raspberry Juice	Baked Spaghetti ⁵ Green Beans Corn Applesauce Gelatin Treat	Salmon Patty ⁶ Creamed Peas Stewed Tomatoes Mandarin Oranges Raisins
Orange Chicken ⁹ Fried Rice Sugar Snap Peas Fruit Cocktail Craisins	Smoked Sausage ¹⁰ Mashed Potatoes Sauerkraut Pineapple Tidbits	Soup Beans w/ Ham & Onions ¹¹ Hashbrown Mixed Greens Applesauce Fruit Punch	Chili ¹² Baked Potato Broccoli Peaches Apple Juice	Shrimp Poppers ¹³ Macaroni & Tomatoes Asparagus Banana Raisins
Sausage Gravy ¹⁶ Over Biscuit Peas and Carrots Baked Apples Fruit Salad Treat	Roast Beef ¹⁷ Red Potatoes Lima Beans Peaches Raisins	Diner Closed ¹⁸ No Congregate or Home Delivered Meals due to staff training	Country Fried ¹⁹ Steak with Gravy Mashed Potatoes Peas Apple Orange Juice	Roast Pork ²⁰ Hashbrown Casserole Buttered Cabbage Citrus Salad Craisins
Hot Dog ²³ Baked Bean Corn Pears Cranberry-Raspberry Juice	Chicken Salad ²⁴ Potato Salad Pickled Egg & Beets Peaches Fruit Punch	Lasagna ²⁵ Green Beans Carrots Mixed Fruit Craisins	Chicken & Dumplings ²⁶ Mashed Potatoes Succotash Pears Apple Juice	Lemon Garlic ²⁷ Fish Rice Pilaf Far East Vegetables Fresh Fruit Grape Juice
Beef & Noodles ³⁰ Mashed Potatoes Mixed Vegetables Fruit Salad Apple Juice	Roast Turkey ³¹ Stuffing Prince Charles Vegetables Cranberry Sauce Very Berry Juice			REMINDER: CONGREGATE MEAL—RESERVATIONS ARE REQUIRED AND NEED TO BE DONE AT LEAST 24 HOURS IN ADVANCED.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>10:00 Matter of Balance—B Class 2 12:30 Silver Sneakers 1:30 Participants' Council 1:30 Coloring Therapy</p>	<p>10:00 Walking 3 10:00 Coffee Club 11:00 Lunch w/ Jake 2:00 Wii Indianapolis Zoo Trip</p>	<p>10:00 Healthy Living Class 4 11:30 Mark Twain on the Road Again 12:30 Sewing Ladies 1:00 Senior Card Players 2:00 Trivia</p>	<p>10:00 Quilting Chicks 5 10:00 Drums Alive 10:30 Mindful Chats w/ Megan 1:00 Matter of Balance—A Class 5:00 Dance</p>	<p>9:00 Breakfast Bingo—Village Green 6 10:00 Wii Golf 12:30 PiYo Fusion 2:00 Billiards</p> 
<p>10:00 Matter of Balance—B Class 9 12:30 Silver Sneakers 1:30 Coloring Therapy</p> 	<p>9:30 Art Class w/ Paint the Towne (\$) 10 10:00 Walking 10:00 Coffee Club 2:00 Wii 2:00 Caregiver Series—Just Breathe</p>	<p>10:00 Healthy Living Class 11 12:30 Sewing Ladies 1:00 Senior Card Players 2:00 Bingo—New Lebanon</p> 	<p>10:00 Quilting Chicks 12 10:00 Drums Alive 10:30 Mindful Chats w/ Megan 11:00 Book Club 1:00 Matter of Balance—A Class 5:00 Dance</p>	<p>10:00 Wii Golf 13 12:30 PiYo Fusion 2:00 Billiards</p> 
<p>10:00 Matter of Balance—B Class 16 10:30 Grandparents Raising Grandkids Support Group 12:30 Silver Sneakers 1:30 Coloring Therapy</p>	<p>10:00 Walking 17 10:00 Coffee Club 11:00 Lunch w/ Jake 11:00 Misfits Bluegrass Band 2:00 Caregiver Series—The Healing Power of Touch</p>	<p>10:00 Healthy Living Class 18 10:30 Birthday Bash - New Lebanon 12:30 Sewing Ladies 1:00 Senior Card Players</p>	<p>10:00 Quilting Chicks 19 10:00 Drums Alive 10:30 Mindful Chats w/ Megan 1:00 Matter of Balance—A Class 5:00 Dance</p>	<p>10:00 Wii Golf 20 11:30 Ethan Moles - Music Program 12:30 PiYo Fusion 2:00 Billiards</p>
<p>10:00 Matter of Balance—B Class 23 12:30 Silver Sneakers 1:30 Coloring Therapy</p>	<p>10:00 Walking 24 10:00 Coffee Club 2:00 Wii 2:00 Caregiver Series—The Sound of Stress Relief</p>	<p>10:00 Healthy Living Class 25 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>10:00 Quilting Chicks 26 10:00 Drums Alive 10:30 Mindful Chats w/ Megan 1:00 Matter of Balance—A Class 5:00 Dance</p> 	<p>10:00 Wii Golf 27 12:30 PiYo Fusion 10:00 Tech Support 2:00 Billiards</p>
<p>10:00 Matter of Balance—B Class 30 12:30 Silver Sneakers 1:30 Coloring Therapy</p>	<p>10:00 Walking 31 10:00 Coffee Club 10:00 Halloween Party 2:00 Wii 2:00 Caregiver Series—Putting it All Together</p>			<p>Sponsors:</p> <ul style="list-style-type: none"> ◆ New Lebanon Health and Rehab ◆ Maple Gardens ◆ Brookhaven ◆ Village Green

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

Motorcoach Trips

Indianapolis Zoo—Tues, October 3rd—M:\$104, NM:\$124

NEW TRIPS

Buc-ee’s & Vent Haven — Friday, November 3rd—M: \$139, NM: \$159
BB RiverBoat Murder Mystery Cruise — Friday, December 1st — M: \$132, NM: \$152

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

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

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:





Trivia

What was the most popular fiction book on the New York Times Best Seller List in 1974?(answer page 15)

Sponsor-A-Senior

Help Us Eliminate Senior Hunger in Preble County

1 in 4 Preble County residents ARE

60 years of age or older.

Through this program your donation helps us:

- Deliver Hot Nutritious Meals
- Combat Senior Isolation Hunger
- Promote Health
- Improve Quality of Life
- Empower Seniors to Stay at Home
- Save 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 — Summer Crisis Program Starts July 1

The Ohio Department of Development and the Preble County Council on Aging will help income-eligible Ohioans stay cool during the hot summer months. The Home Energy Assistance Summer Crisis Program provides eligible Ohioans assistance paying an electric bill or assistance paying for central air conditioning repairs. The program runs from July 1-Sept. 30, 2023. To apply for the program, clients are required to schedule an appointment with Miami Valley Community Action Partnership-Preble County office. Appointments can be scheduled by calling 937-456-2800. Clients need to bring copies of the following documents to their appointment: Copies of their most recent energy bills, A list of all household members and proof of income for the last 30 days or 12 months for each member, Proof of U.S. citizenship or legal residency for all household members, Proof of disability (if applicable), Physician documentation that cooling assistance is needed for a household member's health (if there isn't a household member over the age of 60). The Summer Crisis Program assists low-income households with an older household member (60 years or older) who can provide physician documentation that cooling assistance is needed for their health, have a disconnect notice, have been shut off, are trying to establish new service on their electric bill, or require air conditioning. Conditions can include such things as lung disease, Chronic Obstructive Pulmonary Disease, or asthma. Eligible households can receive up to \$500 if they are a customer of a regulated utility, or \$800 if they are a customer of unregulated utilities such as electric cooperatives and municipal utilities. The assistance is applied to their utility bill, or to purchase an air conditioning unit or fan, or pay for central air conditioning repairs. Ohioans must have a gross income at or below 175% of the federal poverty guidelines to qualify for assistance. For a family of four the annual income must be at or below \$52,500.00. Also, Ohioans enrolled in the Percentage of Income Payment Plan Plus (PIPP) program who meet the above criteria may be eligible for assistance towards their default PIPP payment, first PIPP payment, central air conditioning repairs, or may receive an air conditioning unit and/or fan.

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 2023– MAY 2024 INCOME GUIDELINES

Size of Household	Total Gross Annual Household Income (Call for the most up to date numbers)
1	Up to \$ 25,515
2	Up to \$ 34,510
3	Up to \$ 43,505
4	Up to \$ 52,500
5	Up to \$ 61,495
6	Up to \$ 70,490
7	Up to \$ 79,485
8	Up to \$ 88,480

For 200%
(For HWAP)

- \$ 29,160
- \$ 39,440
- \$ 49,720
- \$ 60,000
- \$ 70,280
- \$ 80,560
- \$ 90,840
- \$ 101,120

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

What do you remember as your favorite book or magazine in 1973? As I turned to Google to help me with “Books/Literature and Magazines of 1973”, I soon realized that my focus that year was reading text books! However, I did recognize titles of a number of magazines that I would read with regularity: Time, Life, Cosmopolitan, Seventeen and Rock Scene, to name a few.

As I skimmed over these magazine covers and others that were included in my search, I was struck about how topics from then were similar to today. There were articles about the war, American politics, the economy, how to stay looking young, movie stars and new, young talent in the music world (Donnie Osmond & David Cassidy). Donnie must have read some of the articles about how to stay looking young because he still looks young to me! What magazines did you and your loved one read? There are SO many to recall from 50 years ago! Now, we might subscribe to magazines but many of us probably read what is online or watch tv.

Of course there were numerous magazines about Automobiles. I saw magazines about specific types of vehicles for each manufacturer, how to repair and modify vehicles, engine magazines...it was overwhelming! It did make me stop and test myself on what were the vehicles we would see on the streets in 1973? Well, my memory could name only a few compared to the list provided in response to my Google search. Take this little test with your loved one: How many American made cars can you name that were on the road or sold in 1973.

Continued on page 15

Coming soon in September: PiYo Fusion (Pilates & Yoga)

This fitness program combines the strengthening benefits of Pilates with the flexibility enhancing effects of Yoga. It can be set to music which provides a full-body workout without straining your body. PiYo is a low-impact exercise that doesn't involve jumping, which lowers your risk of soft-tissue injuries such as sprains, strains, and bruises. It's ideal for people with limited mobility since it builds muscle strength, increases flexibility, and improves your range of motion. Combining yoga and Pilates is a natural fit because both yoga and Pilates require us to focus on the breath, precise movements, proper alignment and our core muscles as we flow through the workout. The mind-body benefits of fusion workouts include: better balance, deeper relaxation, improved flexibility, improved focus, reduced stress, stronger arms, legs and glutes, stronger connection with your body, and toned core muscles.

This class will take place on Fridays, starting September 1st from 12:30p to 1:30p and will be taught by Cindy Doner

Caregivers Corner —Continued from page 13

Here is some of what Google told me: **Buick** – Apollo, Centurion, Century (5 models), Electra 225, LeSabre, Riviera and Skylark.
Chevrolet – Vega, Nova, Malibu, Impala, Caprice, Chevelle, Corvette, Camaro, El Camino and **Car of the Year**: Monte Carlo.
Chrysler/Dodge - Imperial, Polara, Newport, New Yorker, Valiant, Town & Country Wagon, Challenger and Charger.
Ford - Escort, Torino (3 models), Maverick, Galaxie, LTD, Thunderbird and Mustang (2 models).
Pontiac – Grand Am, Ventura, Catalina, LeMans, GTO, Grand Prix and Firebird.

Wow! I only mentioned one manufacturer that made a station wagon, but there were several others that I could have included. How many of these types of cars do you and your loved one remember? What were you driving?

I remember people from my home town that worked in Dayton factories like GM, Chrysler, and Delco, making cars and/or parts for cars. Changes came to the American Auto Industry not long after 1973 and many plants reduced production or shut down, affecting folks who thought they would have that job all their life. Six years later, in 1979, my first year at a new job, I was interviewing some of them for jobs at Henny Penny.

Thank you'sContinued from page 4

Sponsor-A-Senior

Sandra Francis, Jeffrey King, Connie Phillips, First Brethren Church of Gratis, Marjorie Coning, Tim & Kathy Landwehr, Tadd Tobias, Cyber Grants, LLC, Diane Miller, Dr. Peter Sambol,

Transportation

Connie Phillips, Randy Kirker, Linda Arp,

**DON'T FORGET ABOUT THE CAR SHOW ON SEPTEMBER 9TH
 REGISTRATION STARTS AT 10AM TILL 12PM.**

AWARDS AT 3PM

**DECADE'S DINER IS OPEN
 DJ-CWB SPONSORED BY**



**DOOR PRIZES, 50/50, DASH PLAQUE AND FREE T-SHIRT TO
 THE FIRST 75 REGISTERED**

The answer from page 12 - **Watership Down**, by Richard Adams (Macmillan)

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

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45320

ADDRESS SERVICE REQUESTED

PCCOA's Annual Craft Bazaar

November 11th, 2023

10am to 4pm

Decade's Diner open from 10a to 3p

Vendors must pre-register and pay before spots are given.

Spot is 6 foot table space by 3 foot wide, limited space.

\$25 a spot, must provide own table. Set up will be morning of event.



Register by calling the Activity
Department today!



Agency Partner
United Way of the
Greater Dayton Area

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

