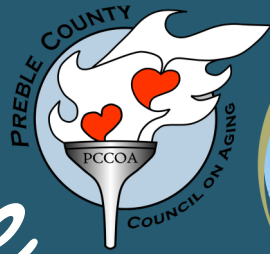


Senior Scene

Volume 34 • Issue 1



JANUARY & FEBRUARY 2024

**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
Transportation: 937-456-9272

Office Hours

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

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Our Vision: To advocate and provide resources for seniors to remain healthy and independent.

HAPPY NEW YEAR

Welcome 2024 and we can't wait for what's in-store! For who?? Our seniors!! Guess you'll find out soon!

Here's some pictures of the expansion. We're excited and we know you all are excited about it!



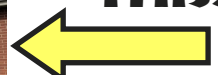
FROM THIS!



TO THIS!



AND THIS!



We are half way there...



Board of Trustees

Mike Spittler President
 Brad Collins Vice President
 Valerie Sargent-Wood Secretary
 Bill Hutton Treasurer

Darrel Cottle
 June Creech
 Rhonda Gebhart
 Jerry Gross
 Erin Harris
 David Kirsch
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 Anna Carlson Wanda Tirey
 Donna Sue Donohoo Cookie Young
 Vicki Ertel Larry Whalen
 Judy Hopkins Debbie Witt
 Winnie Spencer John Woods

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 Shelley Ratliff

Business/Financial Manager
 Jean Keller

Senior Center Services Manager
 Stacey Gibbs

Diner Manager
 Bev Fields

In-Home Services Supervisor
 Shirley Cottingham

Homemaker Manager
 Barb Felton

Service Navigator
 Brittney Daugherty

Transportation Manager
 Amy Taulbee

Disclaimer:

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

From The Executive Director

News and Views

When I asked Stacey, our Senior Center Manager, what our theme was for 2024 she simply answered "More". "More" can be used as an adjective, adverb, or a noun. Which form is she referring?

As you all know, we are in the middle of our beloved senior center expanding. "More". We have planned for this expansion for several years. "More" than 5 and closer to 10 years. We are finally seeing the end of this project that will bring "More" to Preble County seniors. We are adding "More" space. In fact, we are more than doubling our size. In the words of Ronald McDonald we are Supersizing our Senior Center. We all want "More".

With the expansion we are also providing "More" services. The best example I have to share with you showing you how we live "More" every day, is in our Nutrition Department. A larger kitchen will allow us to prepare and deliver "More" meals. Right now in Preble County, 1 in 4 people are over 60 and by 2030, we will reach 1 in 3. "More". Providing "More" meals is needed in Preble County as we have "More" seniors. Providing "More" meals is only part of meal delivery. Technically, we deliver so much "More" than a meal. Nutrition is important, don't get me wrong but knowing that we are checking on you each day, giving you someone to chat with (even if it is only a few minutes) and knowing that someone is there for you is "MORE". PCCOA specializes in "More". Over the next few months, you will begin to notice many examples of "More" with PCCOA.

This year our theme song could be "More" with renditions by Andy Williams, Bobby Darin or Andrea Bocelli. Or, if these artists are not your cup of tea and you live a little on the wild side, you might think about Billy Idol singing Rebel Yell, "We want "More", "More", "More"! Any way you look at it, the staff at the Preble County Council on Aging, plan on giving you "More in 24".

Continue to walk with me "Off the Eaton Path" and create a village.... one senior at a time. Make sure when you see me in 2024 to mention "More".

Happy New Year!

Shelley



Announcements

3

LIVE MUSIC— Richard Scott

January 23rd, 2024
11:30a to 12:30p



Decade's Diner



FREE EVENT



ATTENTION— Change in Schedule

Lunch with Jake is being changed to "Senior Team Six" and will be moving days to the 1st and 3rd Wednesday of each month, starting January 17th at 11am.

How can I give back to PCCOA?

Here are ways to give:

Volunteer with Us

We have lots of volunteer opportunities for you to benefit from. Get an application from our website or by stopping in the PCCOA.

Kroger Community Rewards

This program makes fundraising easy by donating to local organizations based on the shopping you do every day. Once you link your Card to an organization, all you have to do is shop at Kroger and swipe your Shopper's Card.

Planned Giving

Plan to give a gift to PCCOA later by putting us in your will. This is a plan that is worked out with your family and attorney. For more information contact Shelley Ratliff, our Executive Director, 937-456-4947

Donations

Through our website, in person, or through the mail. You can specify where you want your donation to go towards, if you have a preference.

Fun and Interactive Classes:

Art Class with Paint the Towne*

- January 9th — Heart Dish or Photo Holder—\$15
- February 13th — Canvas Painting—\$20

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 at 10am.

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

Coming Soon....

- Self Defense Class
- Alzheimer's Support Group & others
- Legal Series
- Scam Awareness & Educational Classes

Call to sign up, if you are interested. More details to come.



Noah Back



LIVE MUSIC

February 6th, 2024
11:30a to 12:30p

Decade's Diner

FREE EVENT



Save the Dates:

- PCCOA Annual Travel Show — 1/12 @ 2pm
- Don Vaughn Dessert Auction —3/28 @ 1:30pm
- Solar Eclipse Party — 4/8 @ 2pm
- Volunteer Dinner —4/10 @6pm *invitation only*
- Senior Day & Annual Meeting—5/14 @ 10am
- Fair Dance —7/31 from 5p to 8p @ Fairgrounds
- PCCOA Car Show —TBD
- Halloween Party — 10/31—10am until ???
- Craft Bazaar—11/9 from 10am to 4pm
- Don Vaughn Dessert Auction —11/26 @ 1:30pm

Welcome & Thank You!

Contributions

THANK YOU to everyone for your in-kind and miscellaneous donations.

In Memory of:

Lorene Halsey for Sponsor-A-Senior

Suzanne Fliehman for Sponsor-A-Senior

Arlan Aukerman for Senior Center Expansion



Welcome New Members!

(October 1st thru November 29th, 2023)

Margaret Bass, Betty Bell, David Bell, Patricia Bodine, Danny Boggs, Sherry Boggs, Jacqueline Brown, Linda Brown, Pamela Brown, Jeanine Bussard, Marilyn Crawford, Robert Crawford, Jackie Daniels, Mary Davis, John DeVilbiss, Wanda DeVilbiss, Ruth Ehrhardt, Steve Filbrun, Nancy Gardner, Don Hawley, Suzanne Hawley, Diana Helmer, Chris Hicks, Judy Hollingsworth, Sharon Johnson, Shirley Johnson, Anne Livezey, Marie Marcum, Sarah Moore, Linda Pegg, Judy Pheanis, Susan Randall, Betty Sams, Bill Sams, Paul Shepherd, Mary Skidmore, Peggy Smith, Thomas Soard Sr, Patricia Steele, Genie Stern, Jim Stern, Alonda Sullivan, Michael Sullivan, Therese Treadway, Lisa Unger, Joan Walker, Christa White, David White

Activities

Renee Smith, Rachael Vonderhaar

Christmas Baskets

James & Linda Arp, Cornett –Dunkle Agency, George & Madeline Early, Brenda Gant, Jan & Brenda Gant, Deborah Gibson, Joanne Guyett, J.A. Kovach Law Co., L.P.A., Cynthia Kuehlithau, Bev Logan, Donald McKee, Raymond & Freda Moses, Parker Hannifin Corporation, Betty Reich, Steve & Linda Reynolds, Linda Reynolds, Joe & Julie Saluke, Sharon Smith, Steve R. Rumpke Waste, Inc, Twin Valley Bank, David Wikle, Neaton Auto Products Manufacturing

Giving Tuesday

Terry & June Creech, Cynthia Kuehlthau, Marilyn Bassler, Kip & Sue Powell, Sandra Black, Rita Kimball

Continued on page 15



“Jake’s Takes”

Hello All— Whether the weather be enjoyable or not so enjoyable, it was after all our weather. I hope you weathered with minimum complaints. Did you know the five most frequently used letters in the English language are E, T, O, A, and N? Moving on, this past October 4th, seven members of the Senior Team Six visited a local establishment call “Electro-Cap International Inc.” This fabricating and assembly corporation ship their extraordinary product to medical and scientific research facilities worldwide. The product is an EEG electrode application system (cap), their caps contain electrodes/contacts that transmit electrical brain activity to analytical equipment. Electro-Cap is located here at 1011 West Lexington Road. This uniquely modern building of beautiful architecture and natural surroundings. The building was designed by a student of Frank Lloyd Wright, a Michael D. Rust, and as Frank Lloyd Wright inspired building it features natural colors and materials, stylized designed and strong geometrics. It contains over 200 various shaped windows, 350 light fixtures, vaulted wood ceilings; it also features numerous mirrors to reflect and distribute natural light. This intriguing building also includes specially designed features, including sconces, door handles, leaded glass entry doors, and Frank Lloyd Wright chairs, lamps, and wallpaper. The building is home to more than 50 paintings, some are museum quality reproductions of famous artists, as Monet to DaVinci and more. A painting in the main lobby is by local artist, Rosie McNeas. Located in the main lobby is a fascinating jade sculpture of multiple horses, beautiful and quite intricate. The interior of the building—main lobby, offices, presentation area, and fabricating and assembly rooms are light and airy. This is one beautiful and functional facility. The employees were friendly and

knowledgeable. By the way, Eaton has been home to Electro-Cap for 35 years (see photos). Time for some close by area history, the John A. Roebling suspension bridge at exit 1 crosses the Ohio River at Cincinnati to Covington, Kentucky; terrific views of the Roebling can be seen from the Smale Riverfront Park. Built by John A. Roebling—opened to traffic January 1st, 1867—at that time its 1,075 foot span was the longest in the world, and this bridge is a National Historic Landmark by the American Society of Civil Engineers (ASCE) also. This bridge was built 16 years before Brooklyn Bridge. John A. Roebling’s bridge is what the Brooklyn Bridge was modeled after. Moving on, in my reading I ran across an article in the Dayton Daily News sometime back, it was a poem, a reminder of the joy special children can bring. The piece was called “Heavens Very Special Child.” As a great grandparent of a great granddaughter born with spina bifida, her name is Jaden, she’s 16 years old now. This young lady is not a quitter or complainer, as a tyke she would get up on the balance beam, crutches and all at her sister’s gymnastics class and she would stay up on the beam, the full length of it and her father would retrieve her at the end and she would do her thing on the other apparatus also. That kind of drive has kept this kid going, she accepts only the minimum support and help. She’s a pretty and tough lady. She’s an intelligent girl loaded with talent and common sense too. This pretty young lady has taught me some important lifetime lessons. Now for that poem - “Heavens Very Special Child”, A meeting was held quite far from Earth. It was time again for another birth. Said the Angels to the Lord above “this special child will need much love. Her progress may be very slow. Accomplishment she may not show. And she’ll require extra care. From folks she meets down there. She may not run or laugh, or play. Her thoughts may seem quite far away. So, many times, she will be labeled “different”, helpless, and disabled. So, let’s be careful where she’s sent. We want her life to be content. Please Lord find the parents who will do a

special job for you. They will not realize right away. The leading role they are asked to play. But with this child sent from above. Comes stronger faith and richer love. And soon they’ll know the privilege given. In caring for their gift from heaven. Their precious charge, so meek and mild. Is heavens very special child.” We have been very blessed and fortunate with our girl, Jaden. Even after these many years, this poem sure gets to me., I must add here my granddaughter, Celeste, and her husband, Kyle, have stepped up and are absolutely parents of God’s choice. I am amazed and super proud of them. Moving on, time for me to mention more of the businesses in our community that allow us to place this newsletter in their establishments—Eaton Chamber of Commerce on Decatur St, Eaton Floral at North Edge, HIT Foundation offices on Somers St. Thank you all! The Senior Team Six that I mentioned earlier is a group of approx. 10 at this time. They are veterans that meet twice a month around lunch time the 1st and 3rd Wednesdays of each month and it’s eat if you want, not a requirement. We share, camaraderie, conversation ideas and projects. We take mini trips of interest to us and we have discovered we share interest in many topics/subjects as Veterans, we all understand. We always welcome new people to our group, so what are you waiting for as Steve says “GET IN HERE!” I think you’ll find Senior Team Six interesting and fun. When you visit us at the Senior Center, we will explain how we got the handle “Senior Team Six”. Our first meeting of 2024 is Wednesday, January 17th and first and third Wednesday of every month after that. For What It’s Worth—Don’t let others put limits on your ability or desires.

Final Thought— “Never consent to creep when you feel an impulse to soar.” Helen Keller. 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 aka “Senior Team Six”

“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.

Events & Activities

Coffee Lover's Book Club



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

January 11th — Carnegie's Maid by Marie Benedict

February 8th & March 14th — Origin by Dan Brown

April 11th — The Wind Knows My Name by Isabel Allende
and Francis Riddle

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.

March 21st — William Howard Taft
by Jeffrey Rosen

May 16th — Wilson, by A. Scott Berg
OR

Woodrow Wilson, by H.W.
Brands



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 JANUARY 2024

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

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Decade's Diner Daily \$5.49 Special • (Entree plus 2 sides)

Congregate Meal includes Bread, Margarine & Milk.

Carry-Out Available • Call: 937-456-4947

The Decade's Diner is open

Monday through Friday • 11AM to 1PM

Congregate Meals are served at the above time.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> 	<p>2</p> <p>Orange Chicken Fried Rice Sugar Snap Peas Fruit Cocktail Craisins</p>	<p>3</p> <p>Breakfast Casserole Baked Apples Creamed Corn Citrus Fruit Salad Treat</p>	<p>4</p> <p>Meatloaf Mashed Potatoes Green Beans Peaches Apple Juice</p>	<p>5</p> <p>Spaghetti Peas & Onions Mandarin Oranges Craisins</p>
<p>8</p> <p>Sausage Gravy over Biscuit Peas & Carrots Baked Apples Fruit Salad Treat</p>	<p>9</p> <p>Roast Beef Red Potatoes Lima Beans Peaches Raisins</p>	<p>10</p> <p>Chicken Pot Pie Broccoli Pears Tomato Juice</p> 	<p>11</p> <p>Country Fried Steak with Gravy Mashed Potatoes Carrots Apple Orange Juice</p>	<p>12</p> <p>Roast Pork w/ Gravy Hashbrown Casserole Sauerkraut Citrus Salad Craisins</p>
<p>15</p> <p>Hot Dog Baked Beans Corn Mandarin Oranges Cranberry- Raspberry Juice</p>	<p>16</p> <p>Chicken Salad Potato Salad Cole Slaw Peaches Fruit Punch</p>	<p>17</p> <p>Lasagna Green Beans Mixed Fruit Craisins</p> 	<p>18</p> <p>Chicken & Dumplings Mashed Potatoes Succotash Pears Orange Juice</p>	<p>19</p> <p>Lemon Garlic Fish Rice Pilaf Far East Vegetables Fresh Fruit Grape Juice Treat</p>
<p>22</p> <p>Beef & Noodles Mashed Potatoes Mixed Vegetables Fruit Salad Apple Juice</p> 	<p>23</p> <p>Roast Turkey w/ Gravy Stuffing Prince Charles Vegetables Cranberry Sauce Very Berry Juice</p>	<p>24</p> <p>Breaded Pork Tenderloin Parslied Potatoes Buttered Beets Peaches Raisins</p>	<p>25</p> <p>Meatloaf Mashed Potatoes Green Beans Applesauce Grape Juice</p>	<p>26</p> <p>Breaded Fish Farfalle w/ Alfredo Sauce Sugar Snap Peas Mixed Fruit Craisins</p>
<p>29</p> <p>Sausage Hashbrowns Hominy Applesauce Raisins</p> 	<p>30</p> <p>Creamed Chicken over Biscuit Peas & Onions Cauliflower Fruit Cocktail Treat</p>	<p>31</p> <p>Salisbury Steak Red Potatoes Mixed Vegetables Fruit Salad Grape Juice</p>	<p>HAPPY NEW YEAR</p> 	<p>REMINDER: CONGREGATE MEAL—PLEASE CALL 24 HRS AHEAD TO MAKE YOUR RESERVATION</p>

Activities JANUARY 2024

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>CLOSED</p> <p>Happy New Year!!</p>	<p>2</p> <p>10:00 Coffee Club 10:00 New Year Resolutions 2:00 Wii</p> 	<p>3</p> <p>10:00 Billiards 12:30 Sewing Ladies 1:00 Senior Card Players 2:00 Trivia</p>	<p>4</p> <p>10:00 Quilting Chicks 10:00 Drums Alive 10:30 Mindful Chats w/ Megan 2:00 Wii 5:00 Dance</p> 	<p>5</p> <p>9:00 Breakfast Bingo 10:00 Wii Golf 11:00 Government Rep—Rodney Creech 12:30 PiYo Fusion 2:00 Billiards</p>
<p>8</p> <p>10:00 Billiards 12:30 Silver Sneakers 1:30 Coloring Therapy 1:30 Participants' Council</p> 	<p>9</p> <p>9:30 Art Class w/ Paint the Towne (\$) 10:00 Coffee Club 10:00 Billiards 2:00 Wii</p> 	<p>10</p> <p>10:00 Billiards 12:30 Sewing Ladies 1:00 Senior Card Players 2:00 Bingo</p> 	<p>11</p> <p>10:00 Quilting Chicks 10:00 Drums Alive 10:30 Mindful Chats w/ Megan 11:00 Coffee Lovers Book Club 2:00 Wii</p>	<p>12</p> <p>10:00 Wii Golf 12:30 PiYo Fusion 2:00 Billiards 2:00 Trip Show</p> 
<p>15</p> <p>10:00 Billiards 12:30 Silver Sneakers 1:30 Coloring Therapy</p> 	<p>16</p> <p>10:00 Make Your Own Hot Chocolate Bar 10:00 Coffee Club 11:00 Misfits Bluegrass Band 2:00 Wii</p>	<p>17</p> <p>10:30 Birthday Bash 11:00 Lunch w/ Jake aka "Senior Team Six" 12:30 Sewing Ladies 1:00 Senior Card Players</p>	<p>18</p> <p>10:00 Quilting Chicks 10:00 Drums Alive 10:30 Mindful Chats w/ Megan 2:00 Wii 5:00 Dance</p>	<p>19</p> <p>10:00 Wii Golf 12:30 PiYo Fusion 2:00 Billiards</p> 
<p>22</p> <p>10:30 Grandparents Raising Grandchildren Support Group 12:30 Silver Sneakers 1:30 Coloring Therapy</p>	<p>23</p> <p>10:00 Billiards 10:00 Coffee Club 11:30 Richard Scott 2:00 Wii</p> 	<p>24</p> <p>12:00 Government Rep—Warren Davidson 12:30 Sewing Ladies 1:00 Senior Card Players 2:00 Bingo - Brookhaven</p>	<p>25</p> <p>10:00 Quilting Chicks 10:00 Drums Alive 10:30 Mindful Chats w/ Megan 2:00 Wii 5:00 Dance</p>	<p>26</p> <p>10:00 Tech Support 10:00 Wii Golf 12:30 PiYo Fusion 2:00 Billiards</p> 
<p>29</p> <p>10:00 Billiards 12:30 Silver Sneakers 1:30 Coloring Therapy 6:00 Board of Directors</p>	<p>30</p> <p>10:00 Billiards 10:00 Coffee Club 2:00 Wii</p> 	<p>31</p> <p>12:30 Sewing Ladies 1:00 Senior Card Players 2:00 Billiards Tournament</p>		<p>Thank You to our Sponsors: Brookhaven</p> 

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Menu FEBRUARY 2024

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








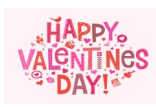






Decade's Diner Daily \$5.49 Special • (Entree plus 2 sides)
 Congregate Meal includes Bread, Margarine & Milk.
 Carry-Out Available • Call: 937-456-4947

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>Hamburger ¹ Macaroni & Cheese Peas Fruited Gelatin Raisins</p>	<p>Crab Cakes ² Garden Rice Corn Pineapple Tidbits Orange Juice</p>
<p>Smoked Sausage ⁵ Mashed Potatoes Sauerkraut Mixed Fruit Very Berry Juice</p>	<p>Baked Ham ⁶ Sweet Potatoes Brussel Sprouts Pears Apple Juice</p> 	<p>Cabbage Rolls ⁷ Mashed Potatoes Green Beans Peaches Cranberry— Raspberry Juice</p>	<p>Chili ⁸ Baked Potatoes Broccoli Applesauce Gelatin Raisins</p> 	<p>Salmon Patty ⁹ Creamed Peas Stewed Tomatoes Mandarin Oranges Craisins</p>
<p>Soup Beans w/ Ham & Onions ¹² Mixed Greens Applesauce Fruit Punch</p>	<p>Orange Chicken ¹³ Fried Rice Sugar Snap Peas Fruit Cocktail Craisins</p> 	<p>Breakfast ¹⁴ Casserole Baked Apples Creamed Corn Citrus Fruit Salad Treat</p>	<p>Meatloaf ¹⁵ Mashed Potatoes Green Beans Peaches Apple Juice</p>	<p>Spaghetti ¹⁶ Peas & Onions Mandarin Oranges Craisins</p> 
<p>CLOSED ¹⁹</p> 	<p>Roast Beef ²⁰ Red Potatoes Lima Beans Peaches Raisins</p>	<p>Chicken Pot Pie ²¹ Broccoli Pears Tomato Juice</p>  <p>CHICKEN POT PIE Three Of My Favorite Things</p>	<p>Country Fried ²² Steak w/ Gravy Mashed Potatoes Carrots Apple Orange Juice</p>	<p>Roast Pork w/ Gravy ²³ Hashbrown Casserole Sauerkraut Citrus Salad Craisins</p>
<p>Hot Dog ²⁶ Baked Beans Corn Mandarin Oranges Cranberry- Raspberry Juice</p>	<p>Chicken Salad ²⁷ Potato Salad Cole Slaw Peaches Fruit Punch</p>	<p>Lasagna ²⁸ Green Beans Mixed Fruit Craisins</p>	<p>Chicken & ²⁹ Dumplings Mashed Potatoes Succotash Pears Orange Juice</p>	<p>REMINDER: CONGREGATE MEAL—PLEASE CALL 24 HRS AHEAD TO MAKE YOUR RESERVATION</p>

Activities FEBRUARY 2024

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			<p>1</p> <p>10:00 Quilting Chicks 10:00 Drums Alive 10:30 Mindful Chats w/ Megan 2:00 Wii 5:00 Dance</p>	<p>2</p> <p>9:00 Breakfast Bingo 10:00 Wii Golf 11:00 Government Rep Rodney Creech 12:30 PiYo Fusion 2:00 Billiards</p>
<p>5</p> <p>9:00 Show Your Love 10:00 Billiards 12:30 Silver Sneakers 1:30 Coloring Therapy 1:30 Participants' Council</p>	<p>6</p> <p>9:30 Art Class w/ Paint the Towne (\$) 10:00 Coffee Club 11:30 Noah Back 2:00 Wii</p> 	<p>7</p> <p>10:00 Billiards 11:00 "Senior Team Six" 12:30 Sewing Ladies 1:00 Senior Card Players 2:00 Trivia</p>	<p>8</p> <p>10:00 Quilting Chicks 10:00 Drums Alive 10:30 Mindful Chats w/ Megan 11:00 Book Club 2:00 Wii 5:00 Dance</p> 	<p>9</p> <p>10:00 Wii Golf 12:30 PiYo Fusion 2:00 Billiards</p> <p>PILATES + YOGA</p> 
<p>12</p> <p>10:00 Billiards 12:30 Silver Sneakers 1:30 Coloring Therapy</p> 	<p>13</p> <p>10:00 Coffee Club 10:00 Valentine's Party 1:00 Billiards 2:00 Wii</p> 	<p>14</p> <p>10:00 Billiards 12:30 Sewing Ladies 1:00 Senior Card Players 2:00 Bingo</p>	<p>15</p> <p>10:00 Quilting Chicks 10:00 Drums Alive 10:30 Mindful Chats w/ Megan 2:00 Wii 5:00 Dance</p>	<p>16</p> <p>10:00 Wii Golf 12:30 PiYo Fusion 2:00 Billiards</p> 
<p>19</p> <p>CLOSED</p> 	<p>20</p> <p>10:00 Coffee Club 10:00 Billiards 11:00 Misfits Bluegrass Band 2:00 Wii</p>	<p>21</p> <p>10:30 Birthday Bash 11:00 "Senior Team Six" 12:30 Sewing Ladies 1:00 Senior Card Players 2:00 Billiards</p>	<p>22</p> <p>10:00 Quilting Chicks 10:00 Drums Alive 10:30 Mindful Chats w/ Megan 2:00 Wii 5:00 Dance</p>	<p>23</p> <p>10:00 Wii Golf 10:00 Tech Support 12:30 PiYo Fusion 2:00 Billiards</p> 
<p>26</p> <p>10:00 Billiards 12:30 Silver Sneakers 1:30 Coloring Therapy</p> 	<p>27</p> <p>10:00 Origami Frogs 10:00 Coffee Club 2:00 Wii 2:00 Billiards</p> 	<p>28</p> <p>12:00 Government Rep. Warren Davidson 12:30 Sewing Ladies 1:00 Senior Card Players 2:00 Bingo 2:00 Billiards Tournament</p>	<p>29</p> <p>9:00 Leap Day Fun 10:00 Quilting Chicks 10:00 Drums Alive 10:30 Mindful Chats w/ Megan 2:00 Wii 5:00 Dance</p>	

Mini Trips

- Abbott Candy Factory & More — Thursday, April 4th, 2024
— M: \$35, NM: \$55
- Dayton Dragons Baseball— Wednesday, May 1st, 2024 —
M: \$42, NM: \$62
- Carillon Historical Park — Tuesday, June 4th, 2024 — M:
\$54, NM: \$74
- Jungle Jims International Market — Tuesday, August 27th—
M: \$42; NM: \$62
- Winery at Versailles—Date & Price: TBD

Motorcoach Trips

- Belterra Park Casino —Tuesday, March 12th — M: \$57,
NM: \$77
- The Greatest Piano Man — Friday, April 19th — M: \$99;
NM: \$119
- Mansfield, Ohio — Wednesday, April 24 — M: \$167;
NM: \$187
- La Comedia—Church Basement Ladies — Thursday, May
16th — M: \$110; NM: \$130
- Cincinnati Reds Baseball — Wednesday, June 26th —
M: \$112, NM: \$132
- Cincinnati Museum Center — Monday, July 8th— M: \$97,
NM: \$117
- Cincinnati Dinner Train — Saturday, August 17th—
Price: TBD
- Columbus Zoo — Monday, September 23—M: \$134;
NM \$154
- Mystery Trip — Tuesday, October 15th— M: \$136;
NM: \$156
- BB Riverboat: Holiday Lunch Cruise — Wednesday,
November 27th — M: \$116; NM: \$136

Multiple Day Motorcoach Trips

Mackinac Island & Frankenmuth, Michigan — Date & Price:
TBD

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 may be available upon request.

Cruises & Multiple Day Trips

New Orleans to Memphis
Mississippi River Cruise with
American Queen Voyages —
9 days, 8 nights — April 7th
thru 15th, 2024

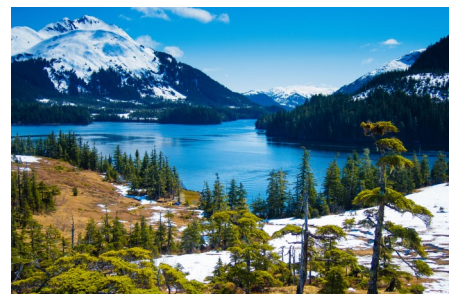
Pacific Northwest Cruise
with Princess Cruises — 8
days, 7 nights — April 27th—
May 4th, 2024

Alaska Cruise, Land, & Rail
escorted by Grand American
Tours with Princess Cruises—
11 days, 10 nights — June
12th—22nd, 2024

Best of Greece Cruise with
Celebrity Cruises — 10 days,
9 nights — October 26th thru
November 4, 2024

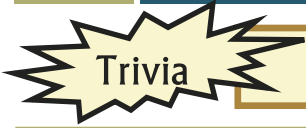
Adriatic & Aegean Sampler
Cruise with Oceania
Cruises— 8 days, 7 nights —
October 13th — 20, 2024

Reefs & Rhythms Cruise
Escorted by Grand American
Tours with Oceania Cruises—
11 days, 10 nights—
December 3rd—13th, 2024



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.*



What was the top grossing movie of 1974? (answer page 15)

DONATIONS

We NEED
Small/Medium/Large
Depends and Panty Liners
Rolators
Wheelchairs

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. Please call 937-456-9272

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.

Senior Companionship

Hey Seniors, we are looking for seniors to connect with other seniors, either by telephone or visiting them in their home.

Please call us and sign up for our Companionship Program 937-456-4947.

Heating Assistance Available — May 31st, 2024

The Ohio Department of Development and Preble County Council on Aging want to remind Ohioans assistance is available to help with their home energy bills. The Home Energy Assistance Program (HEAP) helps Ohioans at or below 175% of the federal poverty guidelines pay their heating bills. Ohioans can visit energyhelp.ohio.gov to apply online, download a copy of the application, or find contact information for a local Energy Assistance Provider. Senior citizens may go to their local Area Agency on Aging office for help with assembling the required documents and completing their HEAP application. Individuals will need to have copies of the following documents to include with their application: 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 Jan. 1. If you need immediate assistance with your energy bills, please contact your local Energy Assistance Provider. A list of providers can be found at energyhelp.ohio.gov. The last day to apply for the regular HEAP benefit is May 31, 2024. For more information or assistance with applying for a HEAP benefit, contact Preble County Council on Aging at 937-456-4947. For more information on the programs, visit energyhelp.ohio.gov or call your local Energy Assistance Provider.

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

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 \$8,995 to the yearly income or \$739.31 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 \$10,280 for each additional member.



Caregivers Corner

13

by Barb Felton

As I'm writing this, it is November 28, 2023. Earlier today, I watched the memorial service for former first lady, Rosalynn Carter. Mrs. Carter was a strong advocate for caregivers. I am grateful for her advocacy and all that she did for caregivers. In one of her speeches, she stated: "There are only four kinds of People in the World: Those who have been a caregiver; Those who currently are caregivers; Those who will be caregivers and Those who will need a caregiver." One of the commentators stated that in the mid 70's, we rarely heard the term "caregiver". Family members would just take care of their loved ones because it was just what families did! All of that changed in the late 70's and early 80's as more women entered the workforce and when Mrs. Carter became a vocal advocate.

In 1987, Mrs. Carter founded the Rosalynn Carter Institute for Caregivers (RCI) to support the unique needs of caregivers – those who selflessly cared for family and friends; and build on her belief that everyone is a caregiver now, has been a caregiver, or will either be or need a caregiver in the future. Over the last 36 years, RCI has grown to support all unpaid caregivers, which number more than 53 million people in the United States.

Where are we today? There is progress at the state level in some States for family caregivers to be paid...but not in Ohio. Last year, the current administration (Department of Health and Human Services) released the National Strategy to Support Family Caregivers, the nation's first official blueprint to address this need. As is normally the case, there is an Executive Order with more than 50 actions that the Biden administration will take in support of this national strategy. As we all know, it takes a very long time for action to be seen on the local level for issues such as this.

Continued on page 15

Pictures from “Jake’s Takes”
See page 5



Our Rec Room Wish List:

- 12 Sturdy Bar Stools with Arms
 - ◊3 sets of 4 matching
- 3 matching comfy chairs with arms
- 3 matching comfy chairs with arms
- 2 gaming chairs
- 1 Nintendo with Games
 - ◊Retro Systems preferred
- 1 Playstation with Games
 - ◊Retro Systems preferred
- 1 Arcade Game
- 1 Pinball Machine
- 1 Foosball Table
- Basketball Nets
- Pool Cues
- Billiard Chalk



Continued on p. 15

Caregivers Corner —Continued from page 13

The awareness of caregiving and caregivers is at levels that we haven't seen before. The fact that members of Congress are experiencing caregiving issues personally also makes them more aware of how it affects many of their constituents. Anyone that has actually BEEN a caregiver knows that you truly understand what it takes, you need to DO it!

I want to stay optimistic about caregiving in our country and I am encouraged by what is happening. Like so many though, I would appreciate it if it happened faster. Just keep the faith that perhaps there will be more help for caregivers in 2024!

Thank you's continued from page 4

Sponsor-A-Senior

Sandra Francis, Charities Aid Foundation America, First Brethren Church of Gratis, James & Debra Boyle, Mary Jean Mathis, Mary Ellen Skidmore, Richard Hackman, Bayer Employees, Tim & Kathy Landwehr, Sheryl Harmeyer, Mike Barzacchini, Michael Loeffelman, Kathy Boebel, George Earley, Tadd Tobias, Gary Mann, Earla Donaldson, Irvin & Trudi, Wayne Hale, Jim & Linda Arp

Senior Center Expansion

Sandra Logan, Larry & Ruth Hardin, Robert & Rosalie Hankosky, Cynthia Kuehlthau, Jeanne King, Connie McCarty, Eaton Hometown Furniture, David & Betty Bell, Anne Livezey, Richard & Phyllis Campbell, Dean & Carol Brubaker, James & Linda Arp, Patty Brown, Sharon McWhinney, Sandra Black, Jay Unger, Susan Sewell, Rita Daily, LPL Financial, Anonymous, Bowen Farms LLC, Patty Johnson, Deborah Gibson, Barbara Kern, Mario Voulgarakis, David & Irene Clippinger, Martha Allen, Paul & Nancy Rodeffer, Jerry & Jackie

Gross, Paul & Connie Liming, Ernest & Janic Walters, Pat & Sandra Drewry, Judith Campbell, Darrel & Brenda Pemberton, Bruce & Sara Baker, John & Linda Wambo, Valerie Sargent-Wood, Grace Johnson, Larry Bates, Paul Wigger, Bill Hutton, Sandra Ann Ressler, Darrel Cottle, Rhonda Gebhart

Transportation

Gary Mann, Linda Reynolds, Peggy Kelso

Our Rec Room Wish List... Continued from p.14:

- Decks of Cards (complete)
 - 2 Smart TVs
 - 1 Skeeball Machine
 - Preble County Sports Memorabilia* — Jerseys, Balls, Helmets, Banners
- *if you decide to donate a sport item it will become property of PCCOA
- In addition to item give \$100 - we will get a plaque with your name, school and year —

Example:

Jean Keller
National Trail High
School

The answer from page 12 - *Blazing Saddles*

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

_____ \$20.00 Couple

_____ 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



**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

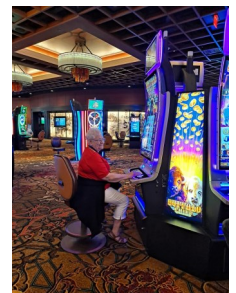
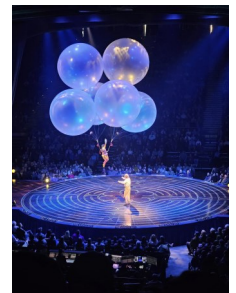
Preble County Council on Aging
presents our
2024 Travel Show

Friday - January 12th, 2024

2:00 PM in Decades Diner

**Come travel with us into the future and
join in for some fun and laughter as we
introduce our trips for 2024!**

Journey Junkies Extravaganza!



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

