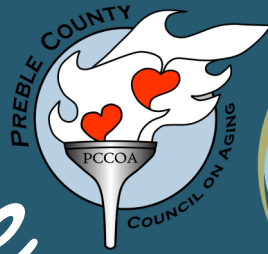


Senior Scene

Volume 34 • Issue 2



MARCH & APRIL 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.

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

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

LOOK OUT FOR SCAMS!!!

Scam artists use a variety of tactics to make their offers seem legitimate. Learn to recognize the signs of a scam to protect yourself and those you care about.

Scammers want your money and personal information. They might contact you by phone, mail, email, text or phony website, or even show up at your door.

Signs of a scam:

- You're asked to immediately send payment via cash, gift card, wire transfer or cryptocurrency.
- You're pressured to "act now!"
- You have to pay a fee to receive your "prize."
- Your personal information is requested.
- A large down payment is requested.
- The company refuses to provide any information in writing.
- You're asked to keep conversations a secret.
- You're guaranteed to make money.
- You've won a contest that you've never heard of or entered.



Find out more information at the Scam Presentations happening here at the Preble County Council on Aging. All are free to attend.

Grandparent Scams—March 21st at 10am

Romance Scams—April 18th at 10 am

Senior Scams—May 14th at 1pm

Lottery Scams—June 20th



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
Harold Niehaus
Rhonda Pennington
Michael Simpson

Participant's Council

Wanda Tirey	President
Debbie Witt	Vice President
Anna Carlson	Secretary

Judy Biltz	Barb Strickland
Donna Sue Donohoo	
Vicki Ertel	Cookie Young
Judy Hopkins	Larry Whalen
Winnie Spencer	John Woods

Executive Director
Shelley Ratliff

Business Manager
Jean Keller

Senior Center 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

Mobility Manager
Robert Wood

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

Woot! Woot! If you haven't heard, we received the Non-Profit of the Year Award from the Preble County Chamber of Commerce. We are honored to receive this award. We strive to give seniors in Preble County the best quality of life now and into the future. I am so proud of our entire staff. There is not one person on our staff that doesn't deserve recognition and a heartfelt thanks for what they do, day in and day out. In addition, we have the most forward-looking Board of Trustees who support our mission and support our services every day. Without their support, our Senior Center Expansion would not be happening. Finally, we have wonderful volunteers who help us carry out many routine tasks each day. Our Participant's Council volunteer their time every Thursday night so that we can have a successful dance. It takes a village to raise children AND to operate a successful senior center.

The expansion construction is coming along nicely. We are still on target for a summer opening. Some days I feel as though I have plenty of time before we open and others, like today, I am feeling a sense of urgency to finalize details. We are still in need of items for our Rec Room. If you know someone who would like to rehome their foosball table, bar stools or dart board (electric would be fun) please have them call me. This is going to be a fun addition to our senior center.

I really want to stress the importance of avoiding getting scammed. There are so many scams right now and I don't want any of you falling for something that could seem legitimate. Recently, my mom was contacted by someone claiming to be from Social Security. They told her a very interesting story about someone breaching her Amazon account who was taking her money and here is the kicker, that she would need another social security number because they were going to put hers on hold to basically catch the bad guys. They even told her that police officers would be at her house the next day to make sure it happened. When you hear this story, red flags start to appear. But when you are caught off guard, answer your phone, and then think that a trusted

government agency is calling, you could easily fall prey to the scam. Luckily, she called me, and we worked through the problem. No one showed up the next day and her social security number was not put on hold.

We will be hosting several classes on Senior Scams. We are working with the Preble County Sheriff's office and the Ohio Attorney General's Office to provide you with the best information to keep you safe from Scams. Check your calendar for dates and times. Hope to see you there.

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

With my blessings
Shelley

Announcements

3

LIVE MUSIC IN MARCH

Richard Scott—March 5th
Ethan Moles—March 14th



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



Grandparents Raising Grandchildren Support Group



Third Thursday each month
@ 6pm

March 21st & April 18th

Grief Support Group

First Tuesday of each month
@ 10 am starting in March



Lead by Kelly McCarty, Holistic Health Practitioner

Sponsored by: Bales Funeral Home & Preble Memory Gardens Funeral Center

Fun and Interactive Classes:

Art Class with Paint the Towne*

- March 12th — Bird with Branches Canvas — \$20
- April 9th — Small Flower Pot or Vase — \$15

The classes below are:

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

Silver Sneakers— Every Monday at 12:30p

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

Drums Alive—Every Thursday at 10a

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



Don Vaughn Dessert Auction



March 28th @ 1:30pm
Auctioneer: Danny Boggs

Donations of desserts needed
Bidders needed



Noah Back



LIVE MUSIC

April 2nd, 2024
11:30a to 12:30p

Decade's Diner
FREE EVENT



Solar Eclipse Party

April 8th @ 2pm

We will have snacks, glasses*, and fun!

A solar eclipse occurs when the moon moves between the sun and the earth. The moon then causes the light of the sun to be blocked from reaching earth, casting a shadow on earth, and in rare portions of the path, a total shadow. A total solar eclipse is a rare and spectacular event. The total eclipse will begin around 2:00pm and end at approximately 4:30pm.

Limited number of glasses available

Welcome & Thank You!

Contributions

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

In Memory of:

The Brandy Brandeburg Memorial
 Lorene Halsey
 Harold Beckett
 Donna Pierce
 Linda Phillips
 Kathy O'Hara Posey
 Dalton Ray Perry
 Arlan Aukerman
 Phillip Wright

Welcome New Members!

(Dec 1st, 2023 thru January 31st, 2024)

Sharon Beneke, Joyce Black, Kim Bolinger, Anita Buehner, Jerry Buehner, James Bulach, Judy Cahill, Cherokee Caler, Marilyn Combs, Barbara Comley, Sewell Day, Lori Dunham, Judith Estes, Thomas Ferriell, Jeannie Fox, Honey Hall, Joyce Harwick, Ronald Hayes, Joyce Hayslett, Kevin Hood, Sherry Hood, Richard Keller, Gary Ketron, Wanda Ketron, Janet Kreitzer, Barbara Lewis, Lonnie Lewis, Ruth Ann Lewis, Patricia McCray, Kem Medearis, Kenneth Mowell, Sally Mowell, Derek O'Banion, Paula O'Banion, Debbie Othersen, Judy Raymond, Robert Smith, Wanda Smith, James Strausbaugh, Brinda Swihart, Paul Thomas, Christina Thompson, Gary Wood, Sandra Wood

Activities

Tammy Sharpe (Painting Memories)

Christmas Baskets

Pam Parkinson, Joe & Susan Schmitt, Barbara Weadick, Lola Shafer, Phil & Sandra Francis, Betty Beneke, Steven Favorite, Roger & Terry Cross, Billy & Shirley Kastens, Judith Campbell, Richard & Peggy Parks, Ron & Ginger Roth, Connie Harris, David Wikle, Donald McKee, Jan & Brenda Gant, Sharon Smith, Preble Home Health Services LLC, Raymond & Freda Moses, J.A. Kovach Law Co., L.P.A., RDA Group Architects LLC, Twin Valley Bank, Steve & Margie Rumpke, Cornett Dunkle Agency LLC, Betty Reich, Bev Logan, Steve & Linda Reynolds, Sharon Kramer, Jeanne King, Joyce Trent, Charles & Linda Patterson, Kathy McGinnis, Lois Morrow, Lynda George, Janet Woltja, Marty Allen

Continued on page 15



“Jake’s Takes”

Hello All — Fellow Ohioans, I hope you appreciated our Ohio weather. I will begin today with a reminder from our Senior Center Transportation Department, they do have a direct phone number, it is 937-456-9272. Calling this number is more efficient for both the center and we seniors in need of transport. Remember the earlier you schedule a ride is important because our Senior Center must make sure drivers are available, by the way if someone you know is interested in being a driver, our senior center has driver openings. Moving on. In my reading, I discovered who invented the bikini, info later.

Time for Senior Team Six report—this past July 2023, we adventured to Indian Lake for the 25th anniversary of the vintage boat and auto show at Russell’s Point Harbor. This is our annual Keith Young memorial trip. Keith was a charter member of the Senior Team Six and what a character he was. At this annual gathering, they assemble quite an array of antique and not so antique boats and autos. We usually have breakfast at the Lakeview AMVETS Post 39 with a friend of mine, Dennis Thatcher. I used to work with Dennis at the Dayton VA, he is a Vietnam vet, he was awarded the Silver Star for his actions in the war. Dennis owns and operates an apple orchard just outside DeGraff, we always have a great visit, good conversation about our experiences and a great tour of the orchard and operations. The boat and car show was canceled this year because of rain, however our visit with Dennis was great as usual.

Time for that hot news about the bikini, for you bikini dilettantes, it came into existence in the early to mid 1960s. It was invented by the French designer, Louis Reard. Now you know.

Did you ever wonder where the term raining cats and dogs came from? The first known record of this phrase was in 1738 by the author Jonathan Swift, but it’s origins may go back farther. The most logical explanation that previous Channel 7 weather prognosticator Jamie Simpson could find in this research on this subject indicated dogs and cats slept on the thatched rolls in England, and when it rained heavily, they would slip off; hence it seemed as if they were coming down with the heavy rain. One of the members of Senior Team Six brought me an article you might find fun to read. It was titled “for All Those Born Before 1945.” We are Survivors!!!...Consider the Changes We Have Witnessed. We were born before television, before penicillin, before polio shots, frozen foods, Xerox, plastic contact lenses, frisbees, and the pill. We were before radar, credit cards, split atoms, laser beams, and ballpoint pens. Before pantyhose, dishwashers, clothes dryers, electric blankets, air conditioners, drip dry clothes, and before man walked on the moon. We got married first and then lived together. How quaint can you be in our time, closets were for clothes, not coming out of, bunnies were small rabbits, and rabbits were not Volkswagens. Designer jeans were scheming girls named Jean and having a meaningful relationship meant getting along with our cousins. We thought fast food was what you ate during Lent, and outer space was the back of the Riviera Theatre. We were before house husbands, gay rights, computer dating, dual careers, and commuter marriages. We were before day-care centers, group therapy, and nursing home. We never heard the FM radio, tape decks, electronic typewriters, artificial hearts, word processors, yogurt and guys wearing earrings. For us, time sharing meant togetherness.... Not computers or condominiums. A chip meant a piece of wood. Hardware meant hardware, and software wasn’t even a word. Back then “made in Japan” meant junk and the term “making out” referred to how you did on your exam. Pizza, McDonald’s and instant coffees were unheard of. We hit

the scene where there were 5 and 10 cent stores, where you bought things for 5 and 10 cents. Sanders and Wilson’s sold ice cream cones for a nickel or a dime. For one nickel you could ride a streetcar, make a phone call, buy a Pepsi or enough stamps to mail one letter or two postcards. You could buy a new Chevy coupe for \$600.00...But who could afford one? A pity too, because gas was 11 cents a gallon. In our day, grass was mowed. Coke was a cold drink and pot was something you cooked in. Rock music was a grandma’s lullaby and AIDS were helpers in the principal’s office. We were certainly not before the difference between the sexes was discovered, but we were surely before the sex change. We made do with what we had and we were the last generation that was so dumb as to think you needed a husband to have a baby. No wonder we are so confused and there is such a generation gap today. But “WE SURVIVED” what a better reason to celebrate. I certainly hope this didn’t offend anyone but I guess you could say it was “just the way it was”.

For What It’s Worth — “Unless the people through unified action, arise and take charge of their government, they will find that their government has taken charge of them. Independence and liberty will be gone and the general public will find itself in a condition of servitude to an aggregation of organized and selfish interest.” (Coolidge)

Final Thought — There is nothing wrong with American that the faith, love of freedom, intelligence, and energy of her citizens cannot cure.” (Dwight D. Eisenhower). 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!

“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

March 14th — Origin by Dan Brown

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

May 9th — Mrs. Nash's Ashes by Sarah Adler

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 — Wilson, by A. Scott Berg

OR Woodrow Wilson, by H.W. Brands

May 16th — Warren G. Harding by John W. Dean



PREBLE COUNTY COUNCIL ON AGING, INC.

Thursday Night Weekly Dance

WITH THE SILVERTONES



Door Prizes-50/50

Dollar Food Menu

Open to the Public

Adults of All Ages Welcome

Meet in the Senior Center!



5:00-8:00 PM

**\$3.00/single or
\$5.00/couple**

Menu MARCH 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

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>Reservations are no longer required for Congregate Meals</p> 	<p>ON THE MENU</p>   	 	<p>Lemon Garlic Fish Rice Pilaf Far East Vegetables Fresh Fruit Grape Juice Treat</p>	<p>1</p>
<p>4</p> <p>Beef & Noodles Mashed Potatoes Mixed Vegetables Fruit Salad Apple Juice</p>	<p>5</p> <p>Roast Turkey w/ Gravy Stuffing Prince Charles Vegetables Cranberry Sauce Very Berry Juice</p>	<p>6</p> <p>Breaded Pork Tenderloin Parslied Potatoes Buttered Beets Peaches Raisins</p>	<p>7</p> <p>Meatloaf Mashed Potatoes Green Beans Applesauce Grape Juice</p> 	<p>8</p> <p>Breaded Fish Farfalle w/ Alfredo Sauce Sugar Snap Peas Mixed Fruit Craisins</p>
<p>11</p> <p>Sausage Hashbrowns Hominy Applesauce Raisins</p> 	<p>12</p> <p>Creamed Chicken over Biscuit Peas & Onions Cauliflower Fruit Cocktail Treat</p>	<p>13</p> <p>Salisbury Steak Red Potatoes Mixed Vegetables Fruit Salad Grape Juice</p>	<p>14</p> <p>Hamburger Macaroni & Cheese Peas Fruited Gelatin Raisins</p>	<p>15</p> <p>Crab Cakes Garden Rice Corn Pineapple Tidbits Orange Juice</p> 
<p>18</p> <p>Smoked Sausage Mashed Potatoes Sauerkraut Mixed Fruit Very Berry Juice</p>	<p>19</p> <p>Baked Ham Sweet Potatoes Brussel Sprouts Pears Apple Juice</p> 	<p>20</p> <p>Cabbage Roll Mashed Potatoes Green beans Peaches Cranberry-Raspberry Juice</p>	<p>21</p> <p>Chili Baked Potato Broccoli Applesauce Gelatin Raisins</p>	<p>22</p> <p>Salmon Patty Creamed Peas Stewed Tomatoes Mandarin Oranges Craisins</p>
<p>25</p> <p>Soup Beans w/ Ham & Onions Hash Browns Mixed Greens Applesauce Fruit Punch</p>	<p>26</p> <p>Orange Chicken Fried Rice Sugar Snap Peas Fruit Cocktail Craisins</p>	<p>27</p> <p>Breakfast Casserole Baked Apples Creamed Corn Citrus Fruit Treat</p>	<p>28</p> <p>Meatloaf Mashed Potatoes Green Beans Peaches Apple Juice</p> 	<p>29</p> <p>CLOSED Good Friday</p> 

Activities MARCH 2024

8

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

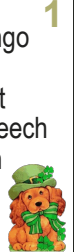
WEDNESDAY

THURSDAY

FRIDAY

Thank You to our Sponsors:

Brookhaven Retirement Community
 New Lebanon Rehabilitation & Healthcare Center
 Maple Gardens Rehabilitation and Nursing Center
 Vancrest of Eaton
 Bales Funeral Home & Preble Memory Gardens Funeral Center



9:00 Breakfast Bingo ¹
 10:00 Wii Golf
 11:00 Government Rep— Rodney Creech
 12:30 PiYo Fusion
 2:00 Billiards

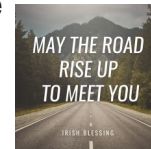
10:00 Billiards ⁴
 12:30 Silver Sneakers
 1:30 Coloring Therapy
 1:30 Participants' Council



10:00 Grief Support Group ⁵
 10:00 Coffee Club
 10:00 Billiards
 11:30 Richard Scott
 2:00 Wii
 2:00 Four Leaf Clover Scavenger Hunt

10:00 Billiards ⁶
 11:00 "Senior Team Six"
 12:30 Sewing Ladies
 1:00 Senior Card Players
 2:00 Trivia— St. Patrick's Day

10:00 Quilting Chicks ⁷
 10:00 Drums Alive
 2:00 Wii
 5:00 Dance



10:00 Wii Golf ⁸
 12:30 PiYo Fusion
 2:00 Billiards
 * Pre-registration & pre-sign up is required for Matter of Balance Class

10:00 Billiards ¹¹
 12:30 Silver Sneakers
 1:30 Coloring Therapy
 2:00 Four Leaf Clover Scavenger Hunt



9:30 Art Class w/Paint the Towne (\$) ¹²
 10:00 Coffee Club
 2:00 Wii
 2:00 All Staff Meeting
 Remember to get your poems in by 3/31 April

10:00 Billiards ¹³
 12:30 Sewing Ladies
 1:00 Senior Card Players
 2:00 Bingo—New Lebanon Rehab

10:00 Quilting Chicks ¹⁴
 10:00 Drums Alive
 11:00 Coffee Lovers Book Club
 11:30 Ethan Moles
 2:00 Wii
 5:00 Dance

9:30 Matter of Balance* ¹⁵
 10:00 Wii Golf
 12:30 PiYo Fusion
 2:00 Billiards



10:00 St. Patty's Day Party ¹⁸
 10:00 Billiards
 12:30 Silver Sneakers
 1:30 Coloring Therapy



10:00 Billiards ¹⁹
 10:00 Coffee Club
 11:00 Misfits Bluegrass Band
 2:00 Wii

Belterra Park Casino Motorcoach Trip

10:30 Birthday Bash ²⁰
 —New Lebanon
 11:00 "Senior Team Six"
 12:30 Sewing Ladies
 1:00 Senior Card Players

10:00 Grandparent Scams ²¹
 10:00 Quilting Chicks
 10:00 Drums Alive
 2:00 Wii
 5:00 Dance
 6:00 Grandparents Raising Grandchildren Support Group

Eaton Computer ²²
 9:30 Matter of Balance*
 10:00 Tech Support
 10:00 Wii Golf
 12:30 PiYo Fusion
 2:00 Billiards



10:00 Billiards ²⁵
 12:30 Silver Sneakers
 1:30 Coloring Therapy
 2:30 Board of Directors



10:00 Billiards ²⁶
 10:00 Coffee Club
 2:00 Wii
 2:00 Easter Egg Hunt



12:00 Government Rep—W. Davidson ²⁷
 12:30 Sewing Ladies
 1:00 Senior Card Players.
 2:00 Bingo— Brookhaven
 2:00 Billiards Tournament

10:00 Quilting Chicks ²⁸
 10:00 Drums Alive
 10:30 Mindful Chats
 1:30 Don Vaughn Dessert Auction
 2:00 Wii
 5:00 Dance

CLOSED ²⁹

Good Friday

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Hot Dog ¹ Baked Beans Corn Mixed Fruit Raisins</p> 	<p>Chicken Salad ² Potato Salad Pickled Egg & Beets Pears Apple Juice</p>	<p>Chili w/ Beans ³ Baked Potato Broccoli Fruit Cocktail Grape Juice</p>	<p>Roast Pork w/ ⁴ Gravy Parslied Potatoes Corn O'Brien Peaches Very Berry Juice</p>	<p>Swedish ⁵ Meatballs Buttered Noodles Brussel Sprouts Pears Craisins</p>
<p>Chicken & ⁸ Dumplings Mashed Potatoes Peas & carrots Tropical Fruit Fruit Punch</p> <p>No HDM Delivery</p>	<p>Ham Salad ⁹ Macaroni Salad Cucumbers & Onions Pears Cranberry- Raspberry Juice</p>	<p>Turkey w/ Gravy ¹⁰ Stuffing Peas w/ Onions Mandarin Oranges Craisins</p>	<p>Meatloaf ¹¹ Mashed Potatoes Green Beans Applesauce Gelatin Grape Juice</p>	<p>Lemon Garlic ¹² Fish Rice Pilaf Broccoli Fresh Fruit Orange Juice</p>
<p>Smoked ¹⁵ Sausage Mashed Potatoes Sauerkraut Applesauce Craisins</p>	<p>Ham & Cheese ¹⁶ Sandwich Cole Slaw 3 Bean Salad Pineapple Tidbits Orange Juice</p>	<p>Roast Beef ¹⁷ Au Gratin Potatoes Mixed Vegetables Fruit Cocktail Apple Juice</p>	<p>Country Fried ¹⁸ Steak w/ Gravy Mashed Potatoes Green Beans Peaches Grape Juice</p>	<p>Salmon Patty ¹⁹ Creamed Peas Stewed Tomatoes Fresh Fruit Fruit Punch Treat</p>
<p>Pepper Steak ²² Rice Broccoli Pears Craisins</p>	<p>Chicken & ²³ Noodles Mashed Potatoes Peas & Carrots Mandarin Oranges</p>	<p>Baked Ham ²⁴ Sweet Potatoes Lima Beans Fruit Salad Grape Juice</p> 	<p>Hamburger ²⁵ Baked Beans Corn Mixed Fruit Fruit Punch</p>	<p>Chicken ²⁶ Casserole Carrots Fresh Fruit Very Berry Juice Treat</p>
<p>Soup Beans w/ ²⁹ Ham & Onions Hash Browns Spinach Peaches Raisins</p>	<p>Tuna Salad ³⁰ Pasta Salad Tomato & Cucumber Salad Mixed Fruit Orange Juice</p>			<p>Reservations are no longer required for Congregate Meals</p>

Activities APRIL 2024

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 Billiards 12:30 Silver Sneakers 1:30 Coloring Therapy 1:30 Participants' Council</p> 	<p>2</p> <p>10:00 Grief Support Group 10:00 Coffee Club 10:00 Billiards 11:30 Noah Back 2:00 Wii</p> <p>NATIONAL POETRY MONTH</p>	<p>3</p> <p>10:00 Billiards 11:00 "Senior Team Six" 12:30 Sewing Ladies 1:00 Senior Card Players 2:00 Trivia — Solar Eclipse</p>	<p>4</p> <p>10:00 Quilting Chicks 10:00 Drums Alive 2:00 Wii 5:00 Dance</p>  <p>Abbott Candy Factory & More Mini Trip</p>	<p>5</p> <p>9:00 Breakfast Bingo 9:30 Matter of Balance* 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 2:00 Solar Eclipse Party</p> <p>**Limited Transportation** **No HDM Delivery**</p>	<p>9</p> <p>9:30 Art Class w/ Paint the Towne (\$) 10:00 Coffee Club 2:00 Wii</p> 	<p>10</p> <p>10:00 Billiards 12:30 Sewing Ladies 1:00 Senior Card Players 2:00 Bingo—New Lebanon 6:00 Volunteer Dinner—Invitation only</p>	<p>11</p> <p>10:00 Quilting Chicks 10:00 Drums Alive 11:00 Book Club 2:00 Wii 5:00 Dance</p> 	<p>12</p> <p>9:30 Matter of Balance* 10:00 Wii Golf 12:30 PiYo Fusion 2:00 Billiards</p> <p><small>PILATES + YOGA</small></p> 
<p>15</p> <p>10:00 Billiards 12:30 Silver Sneakers 1:30 Coloring Therapy 2:00 Titanic Trivia</p> 	<p>16</p> <p>10:00 Coffee Club 11:00 Misfits Bluegrass Band 1:00 Billiards 2:00 Wii</p> 	<p>17</p> <p>10:30 Birthday Bash New Lebanon 10:00 Billiards 11:00 "Senior Team Six" 12:30 Sewing Ladies 1:00 Senior Card Players</p>	<p>18</p> <p>10:00 Romance Scams 10:00 Quilting Chicks 10:00 Drums Alive 2:00 Wii 5:00 Dance 6:00 Grandparents Raising Grandchildren Support Group</p>	<p>19</p> <p>9:30 Matter of Balance* 10:00 Wii Golf 12:30 PiYo Fusion 2:00 Billiards</p> <p>The Greatest Piano Man Motorcoach Trip</p>
<p>22</p> <p>10:00 Billiards 12:30 Silver Sneakers 1:30 Coloring Therapy</p> 	<p>23</p> <p>10:00 Coffee Club 10:00 Billiards 2:00 Wii</p> <p>Poetry winner picked for National Poetry Month</p>	<p>24</p> <p>12:00 Government Rep. Warren Davidson 12:30 Sewing Ladies 1:00 Senior Card Players 2:00 Bingo—Maple Gardens 2:00 Billiards Tournament</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>9:30 Matter of Balance* 10:00 Wii Golf 10:00 Tech Support 12:30 PiYo Fusion 2:00 Billiards</p> 
<p>29</p> <p>10:00 Billiards 12:30 Silver Sneakers 1:30 Coloring Therapy</p> 	<p>30</p> <p>10:00 Coffee Club 10:00 Ten Warning Signs of Alzheimer's Disease 2:00 Wii 2:00 Billiards</p> 	<p>Mansfield, Ohio Motorcoach Trip</p> <p>* Pre-registration & pre-sign up is required for Matter of Balance Class</p>	<p>Thank You to our Sponsors:</p> <p>New Lebanon Rehabilitation & Healthcare Center Maple Gardens Rehabilitation and Nursing Center Bales Funeral Home & Preble Memory Gardens Funeral Center</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
- Moon City Music & AirStream Factory Tour — Tuesday, July
16th — M: \$121, NM: 141
- Jungle Jims International Market — Tuesday, August 27th—
M: \$42; NM: \$62
- Winery at Versailles — Friday, August 2nd —
M: \$152, NM: \$172

Motorcoach Trips

- Belterra Park Casino —Tuesday, March 19th — 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: M: \$260, NM: \$280
- 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

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.

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

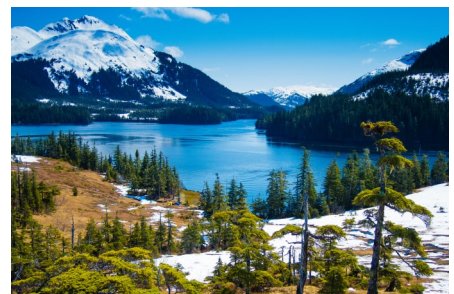
Mackinac Island & Frankenmuth, Michigan
— 4 Days, 3 Nights—
September 9th thru 12th,
2024—M: \$799, NM:
\$819

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





What was the last date of the total solar eclipse visible in Ohio? (answer page 15)

DONATIONS

We NEED
Large Depends
Panty Liners
Rolators
Wheelchairs

Call US 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 175%	For 200%
(For PIPP,	(For HWAP
EPP,	
HEAP,	
WCP, and	
SCP	

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

The following is from “Chicken Soup for the Caregiver’s Soul”, written by Paula Ezop. I have shared this with you before but with the world as it is today, I found it comforting to read again. I hope you feel the same.

What God would Say to Caregivers?

Amen I say to you, whatever you did for one of these least of my brothers, you did for me.

Matthew 25:40

I want to thank you for all the love, kindness, hope, comfort and dignity you give to those you care for. It is your strength and caring that make a difference, for without you their lives would be unbearable. I know because I hear from those you care for. They thank me that you are there for them. They tell me they don’t know what they would do without you. They ask me to watch over you. They tell me of their love for you and about your sacrifices for them. You bring joy into their world and you comfort them in a way no one else can.

I thank you.

I know that you not only care for their bodies but care for their spirits as well. You strive to make their days as pleasant as can be, despite the pain, by doing their hair, painting their nails, putting up drawings from their grandchildren, bringing flowers from your yard, listening to a ballgame with them, taking them for a walk...you do anything you can think of to bring a smile to their faces. I know you will never give up.

I love you.

I know your rewards are the little things you experience each day, the grateful look you see in their eyes, the occasional laugh that brightens your day, the warm hug you receive when you leave, and the gentle squeeze of your hand as they

Continued on page 15

Constitution Alive Series*A Citizen's Guide to the Constitution*Six Week Series Provided by
Preble County PatriotsSaturdays, March 2 thru April 6
from 10:30am to 12:30pm*Open to the Public*

At the Preble County Council on Aging

Week 1: Our Purpose

Week 2: The Seeds of Liberty

Week 3: The Congress

Week 4: The President and Courts

Week 5: The President and Courts

Week 6: The Bill of Rights

**Ten Warning Signs of
Alzheimer's Disease
Presentation**

If you or someone you know is experiencing memory loss or behavioral changes it's time to learn the facts . Early detection of Alzheimer's gives you a chance to begin drug therapy , enroll in clinical trials and plan for the future. This is an interactive workshop that last 30 minutes .

April 30th @ 10am
Decade's Diner

Presented by:



EverHeart
HOSPICE

ALZHEIMER'S ASSOCIATION®

Caregivers Corner —Continued from page 13

thank you for being there. These rewards are the small heartfelt things that allow you to go on.

I am so very proud of you.

I want you to know that I have been with you and will be with you always to give you strength as you perform the endless duties of a caregiver. I have felt your despair and loneliness. I am the one who whispers in your ear when your heart is breaking and you feel you can't go on. I am the one who gives you strength when you are exhausted physically and mentally. Know that I will always be with you. Lean on me. I will always wrap my loving arms around you and give you hope, and love, and comfort and the strength to go on.

I thank you, I love you, and I am so very, very proud of you.

Thank you's continued from page 4

Giving Tuesday/Sponsor-a-Senior

Loretta Parker, Marcy Little, Mary Beth Vogue, Gerri Craig, Sandra Francis, Traci Kurtz, Jeffrey Gambel, Earla Donaldson, First Brethren Church of Gratis, American Auxiliary James E. Ryan Post #322, Tim & Gina Burkett, Tim & Kathy Landwehr, David Bronson, Wilmer & Mary Howard, Sandra Francis, Tadd Tobias, Gerald Brubaker (The Cedar Coffee), Shannon Cornwell, Walter & Janet Kreitzer, James & Linda Arp, New Hope Church of Preble County

Senior Center Expansion

Jill Vaniman, Gary & Jane Washington, DAR Commodore Preble Chapter, Cynthia Kuehltau, Bill Hutton, Alice McMann, Connie Phillips, Leonard & Angela Snowden, Susan Root, Janet Woltja, John Herring, Paul Rodeffer, Donna Lipp, Joyce Harden, Connie McCarty, Carol Henegar, Ann Boyd, Sanford & Sharon Kimmel, Beverly Logan, Gerald & Linda Creager, Campbellstown United Church of Christ, Melinda Wall, Jackson High School Class of 1963, Linda Aukerman, Sally McNeil, Carolyn Hamblin, Opal Burgess, Dorothy Cooper, Yoshiko Stanford, Alan Stanford, Donna Mill, Carol Shindeldecker, Henry Schleiger, Bullen Ultrasonics Inc, Marlene Weikert, Jeffrey & Bonnie Fannin, The Kimball Family, William Libecap, Wendy Akers, Dale & Ellen Hall, Denise Kump, Peggy Perrine, Terrie Bertsch, Jerry & Ann Cooper, Clint & Jill Sorrell, Judith Dees, Paul Combs, Cobblestone Trail Condominium Association, Tyler Terawood, Donald Boucher, Barbara Kreitzer, Julie Robbins, Lloyd & Loretta Lee, Jeff Parker, David Wikle, Ford & Joyce Cornett, Skyline Chili, Gary Gregg, Dorothy Cooper

Transportation

James & Linda Arp, Joyce Harden, Gary Mann, Shelley Ratliff

Page 12 answer - 1806, next one is 4/8/2024, will be one 2099

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

March For Meals

Each March, Meals on Wheels celebrates the historic day in 1972 when a national nutrition program for seniors was added to the Older Americans Act. This legislation supported the rapid growth of the Meals on Wheels network that now collectively serves 2.8 million seniors each year.

“Now is an important time for us to unite to ensure that Meals on Wheels is there for all of our senior neighbors in need,” said Ellie Hollander, President and CEO of Meals on Wheels America. “In the face of soaring demand and costs that surpass our current resources, we need to come together as communities to bridge the gaps. I encourage you to participate by donating, volunteering or speaking out for seniors throughout March to play your part. We can’t do it alone – it takes all of us to save lunch for our seniors.”

In 2023, PCCOA delivered over 54,000 meals to 305 Preble County seniors. Make a difference in a senior’s life today by donating to PCCOA’s Meal on Wheels program.



**Gene the Machine
5k Memorial
Run/Walk**



**Save the Date:
July 13th, 2024**

More details to come!

April is Poetry Month

We are looking for seniors to write their own poem to be featured throughout the month of April. Poems can be any topic of your desire.

Poetry deadline is March 31st
Please drop off, mail, or email your poem to the activities department.

Email us @ mail@prebleseniorcenter.org



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

