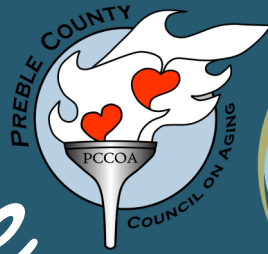


# Senior Scene

Volume 34 • Issue 3



## MAY & JUNE 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.***

## OLDER AMERICANS MONTH



POWERED BY CONNECTION: MAY 2024

**Senior Day & Annual Meeting**

**FREE EVENT**

**May 14th from 10am to 3pm**

10:00 - 1:00 Vendors, Games, Cook-Out, Foto Me RN Photo Booth, Outstanding Senior Citizen of the Year Award, Cartoona Matata Caricature Artist, Live Music, and FUN

1:00 - 3:00 Annual Meeting

Speaker: Ohio Consumer Protection: Senior Scams

Finishing the day with DOOR PRIZES!

**\*\*Parking will be at the senior center and the fairgrounds—shuttle provided\*\***

### PLEASE NOTE:

Due to the ongoing construction there will be no tours on Senior Day of the new expansion.

After the new kitchen is inspected, the current kitchen and diner will be closed due to renovations. Other arrangements will be made. Stay tuned...

Please follow up for updates of when that time will be on our

Facebook page.

Thank you for your patience.



## 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  
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 Harold Niehaus  
 Rhonda Pennington  
 Michael Simpson

## Participant's Council

Wanda Tirey      President  
 Debbie Witt      Vice President  
 Anna Carlson      Secretary

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 Vicki Ertel      Cookie Young  
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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

### News and Views

Six degrees of separation is the idea that all people are six or fewer social connections away from each other. Typically, this is used to connect you to someone famous like Kevin Bacon but I feel like this implies when we say I am a friend of a friend, it could be true. It doesn't have to imply friendship, but I think in a small County like Preble, we are all less than 6 connections away from being friends. Let me give you an example which is a true story. I am going to show you how I have a connection with our County Auditors father. When I started working at PCCOA, a board member, Dale, recommended Rodney as a board member. Rodney became a board member. He introduced me to his friend Lavon. Yes, you probably know Rodney and most likely Lavon. I didn't. I found out that Lavon knew several people I knew because we both had Oxford, Ohio friends. Conversations led to me finding out that her dad was one of the afternoon coffee guys that hangs out with my dad. Dale. Rodney. Lavon. Lavon's dad. My dad. Me. I know that is a very simplified and skewed way of looking at this concept but let me pull it together. I know Preble County is small but there are so many times we don't know our neighbors. But if we take the time, we can find out we have common connections that can bind us together.

This year's theme for Older Americans Month is Powered By Connection. Isn't that the truth? I just showed you how I am connected to Lavon's dad. I still have never met him, but I have the connection with him. Our jobs at PCCOA are all about connections. We connect people with the services they need. Are we able to connect every person with every service they need? Of course not. Our job is to connect you to as many services as we can while keeping you independent. This is a great reason for you to attend Senior Day on May 14<sup>th</sup>. We will have more than 20 vendors here representing services they provide. It is going to be a fun filled day and I hope to see you here.

We have a lot going on right now. Continue to walk with me "Off the Eaton Path" and create a village.....one senior at a time.

With my blessings.

Shelley

### SIX DEGREES OF SEPARATION



# Announcements

3



## FREE LIVE MUSIC



Richard Scott—May 7th  
Noah Back—June 25th



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



## Grandparents Raising Grandchildren Support Group



Second Wednesday each month @ 6pm

At the Preble County Library  
301 North Barron Street Eaton, OH

## 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\*

- May — No Class this month due to Senior Day
- June 11th — Bird in Flowers Canvas —\$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 Wednesdays 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.



## Refuse to be the Victim

Self Defense Class & Presentation

June 17th @ 2pm

Free to the Public

Senior Scams — May 14th @ 1pm

Lottery Scams — June 20th @ 10am

Don't give the caller any information. Do not share your address or any personal information. Hang Up! Tell a trusted family member or friend. Tell your local police.

Presented by the Ohio Consumer Protection &  
Preble County Sheriff's Office

## Drums Alive

Changed to Wednesdays @  
10 AM

## Effective Communication Presentation

By **ALZHEIMER'S ASSOCIATION®**

Communication is more than just talking and listening – it's also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

June 24th, 2024 @ 10:00 AM

# Welcome & Thank You!

## Contributions

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

### In Memory of:

Lola Pence Shafer

Lorene Halsey

Gordon Paxson

Kathleen O'Hara Posey

Phillip "Bingo" Wright

Dale W. Winn

Gene Black

## Welcome New Members!

(Feb 1st thru March 31st, 2024)

Lisa Blankenship, Jackie Brading, Judy Broermann, Mary Campbell, Linda Cimaroli, Ginny Condy, Kathy Condy, Fred Eck, Carol Evans, JR Frazier, Randall Frazier, Esther Head, Jody Heeter, Barbara Hellard, John Hellard, Marlyn Hinners, Donna Jones, Joan Land, Shelly Lane, Phyllis Larson, Nancy Lockhart, Sherri Lowe, Joyce Mackey, Cheryl Manning, Richard Mertz, Connie Moore, Paul Moore, Janice Pieratt, Trent Rodgers, Charmaine Roell, Cynthia Ruxer, Rhonda Schoonover, Elbert Schumm, Vada Scianamblo, Linda Shaffer, Susuan Shaffer, Donna Shields, Kevin Shields, Jean Snyder, Beverly Spittler, Gloria Thomas, Raymond Thomas, Jacquelyn Vonderhaar, Leonard Vonderhaar, Verna Ward, Cheryl Weaver

## Activities

Judith Dees

## Flag Box

Lewisburg DAV

## Home Delivered Meals

Gary Mann, Tracy Greene

## Homemaking

Dorothy Cooper

## Sponsor-a-Senior

Charities Aid Foundation of America, Sandra Francis, Joseph & Vilaiwan Cimprich, First Brethren Church of Gratis, Tim & Kathy Landwehr, Tadd Tobias, David Bronson, Earla Donaldson, Janet Wolton, Gratis United Methodist Church, Joanne Guyett, Katherine Calvert, Joe & Linda Paxson, Michael Coe, Wares Chapel UM Women

*Continued on page 15*



## “Jake’s Takes”

Hello All— I hope our Ohio weather didn’t throw you a curve and I hope you didn’t lose your reserve. Now for a little more weather info. A strong El Nino was possible this winter according to the National Weather Service. The phase of El Nino Southern oscillation (E N S O) is one of the most important climate phenomena when it comes to forecasting our weather. That is temperatures and precipitation. An El Nino occurs when the sea temperatures in the central and eastern Pacific ocean along the equator, is at least 0.5 C warmer than the long term average. When ENSO is in an El Nino phase, that causes the Pacific jet stream to shift south of its neutral position, while the polar jet stream (the upper level winds that sit above the polar front) shift further north. This leads to a warmer and dryer winter for us (predictably). What’s your opinion on our winter weather this year? Moving on. Did you ever wonder where the term under the weather came from? — Tell you later. Many years ago (10 or more), I ran across an article that piqued my attention, I think many of you will find it interesting also. It is a question for a mathematical argument for believing in God, one of the best is Blaise Pascal’s famous 17th century “wager”. Recount this dicey heavenly proposition by the father of Probability Theory. His answer. While Pascal was riding in a carriage one day, when the horses bolted, plunging the rig pell-mell along a dangerous road and embankment. The brilliant scientist and mathematician believed he was a sure goner, until suddenly miraculously the traces broke, freeing the horses and allowing the carriage to slow and come to a stop. Pascal

believed this to be a sign from above and underwent a religious conversion, prompting him to formulate his wager: Is belief in God a reasonable course for a rational person, he pondered. He has already formulated expectation theory, which says the value of any bet to the better equals “the chance of winning times the worth of the prize.” For instance, a 50/50 coin flip which stands to win \$10 is a better bet than 1/6 role of dice for a \$25 (because  $1/6 \times \$10$  beats  $1/6 \times \$25$ ). He continued: is not the reward of heaven and eternal happiness of infinite value? Then whatever the likelihood of “winning”, the expectation value of faith is infinite, because infinity times any number, no matter how small, is infinite. Therefore to Pascal, faith and belief in God, was clearly the best bet on Earth. Time to mention a few more businesses that allow us to display our newsletter in their places of business: The Laundromat at North Edge, Preble County Veterans Services (1322 N. Barron Street), and Dentist, H.Y. Noh D.D.S (117 E Chicago Street). Moving on, this past October I scheduled my van at Ziebart for its annual wash (actually the full Ziebart treatment) and my good friend Phil Newport, one of Senior Team Six members, was kind enough to provide me transportation for the two days it takes to accomplish that task. Phil has been a good and reliable friend. I certainly owe him many favors, I must say this, at this time and I mean this most sincerely, I consider all the members of Senior Team Six my friends of the highest order. Back to the story, Phil and I decided to check out the Wright Brothers Memorial in Fairborn, to see what changes, if any, they may have made to the memorial site and grounds, as it has been many years since either of us had visited the memorial. As is his proclivity, Phil stated we were headed out on another adventure. We found this memorial and area little changed, however there was a structure we

hadn’t seen before, it was located away from the memorial and across the driveway facing the memorial, it appeared to be informational structure. We enjoyed the view from the monument viewing area i.e. view of Huffman Dam and a section of Huffman Prairie where the Wright Brothers perfected their flying skills and taught new pilots the art of flying and controlling an airplane and a view of a runway (minimum activity), I believe this runway was used for medical evacuation flights during the Vietnam War? (see photos). We managed to include Tutors Biscuit World for breakfast and it was a great breakfast. Now about the term under the weather, it’s nautical. When sailors in the 1800s became ill, they were brought to the lower levels of the ship. Since they were out of the weather under the main deck of the ship they were said to be “under the weather”. Now you know.

For What It’s Worth — “I would maintain that thanks are the highest form of thought, and that gratitude is happiness doubled by wonder.”  
Gilbert K. Chesterton

Final Thought — “Gratitude is not only the greatest of virtues, but the parent of all others.” Marcus Tullius Cicero.  
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

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

June 13th—Indigo Girl by Natasha Boyd

July 11th— The Nightingale by Kristen Hanna

August 8th— The First Ladies by Marie Benedict

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



## 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.

May 16th — Wilson, by A. Scott Berg

OR Woodrow Wilson, by H.W. Brands

Aug 15th — Warren G. Harding by John W. Dean



# Menu MAY 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>Reservations are no longer required for Congregate Meals</p> 		<p>1 Sweet &amp; Sour Chicken Fried Rice Far East Vegetables Citrus Salad Craisins</p>	<p>2 Meatloaf Mashed Potatoes Green Beans Fruited Gelatin Grape Juice</p>	<p>3 Breaded Fish Garden Rice Carrots Pineapple Tidbits Craisins</p> 
<p>6 Grilled Chicken Macaroni &amp; Cheese Prince Charles Vegetables Pears Raisins</p>	<p>7 Bologna &amp; Cheese Sandwich Pasta Salad Tropical Fruit Salad Cranberry-Raspberry Juice</p>	<p>8 Beef Manhattan Broccoli Applesauce Very Berry Juice</p> 	<p>9 Goulash Corn Green Beans Fruit Salad Treat</p> 	<p>10 Breakfast Casserole Fried Apples Tomato Juice Craisins</p>
<p>13 Hot Dog Baked Beans Corn Mixed Fruit Raisins</p> 	<p>14 Chicken Salad Potato Salad Pickled Egg &amp; Beets Pears Apple Juice</p>	<p>15 Chili w/ Beans Baked Potato Broccoli Fruit Cocktail Grape Juice</p> 	<p>16 Roast Pork w/ Gravy Parslied Potatoes Corn O'Brien Peaches Very Berry Juice</p>	<p>17 Swedish Meatballs Buttered Noodles Brussel Sprouts Pear Craisins</p>
<p>20 Chicken &amp; Dumplings Mashed Potatoes Peas &amp; Carrots Tropical Fruit Fruit Punch</p>	<p>21 Ham Salad Macaroni Salad Cucumbers &amp; Onions Pears Cranberry Raspberry Juice</p>	<p>22 Turkey w/ Gravy Stuffing Peas w/ Onions Cranberry Salad Craisins</p> 	<p>23 Meatloaf Mashed Potatoes Green Beans Applesauce Gelatin Grape Juice</p>	<p>24 Lemon Garlic Fish Rice Pilaf Broccoli Fresh Fruit Orange Juice</p>
<p>27  </p>	<p>28 Ham &amp; Cheese Sandwich Cole Slaw 3 Bean Salad Pineapple Tidbits Oranges</p>	<p>29 Roast Beef Augratin Potatoes Mixed Vegetables Fruit Cocktail Apple Juice</p>	<p>30 Country Fried Steak w/ Gravy Mashed Potatoes Green Beans Peaches Grape Juice</p>	<p>31 Salmon Patty Creamed Peas Stewed Tomatoes Fresh Fruit Fruit Punch Treat</p>

# Activities MAY 2024

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Preble County Council on Aging, Inc. • 800 East St. Clair Street • Eaton, OH 45320  
 937-456-4947 or 1-800-238-5146 • Fax: 937-456-6565 • Email: mail@prebleseniorcenter.org  
 Website: www.prebleseniorcenter.org • www.facebook.com/preblecountycouncilonaging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Thank You to our Sponsors:</b>                      Brookhaven Retirement Community                      New Lebanon Rehabilitation &amp; Healthcare Center                      Maple Gardens Rehabilitation and Nursing Center                      Vancrest of Eaton                      Bales Funeral Home &amp; Preble Memory Gardens Funeral Center                      Grandparents Raising Grandkids Support Group = GRGSG</p>		<p>10:00 Drums Alive                      10:00 Billiards                      11:00 "Senior Team Six"                      12:30 Sewing Ladies                      1:00 Senior Card Players                      Dayton Dragons Trip</p>	<p>10:00 Quilting Chicks                      10:00 Memory Lane: Powered by Connection                      2:00 Wii                      5:00 Dance</p>	<p>9:00 Breakfast Bingo—Vancrest                      10:00 Wii Golf                      11:00 Government Rep—Rodney Creech                      12:30 PiYo Fusion                      2:00 Billiards</p>
<p>9:30 Hidden Puzzles                      10:00 Billiards                      12:30 Silver Sneakers                      1:30 Coloring Therapy                      1:30 Participants' Council</p> 	<p>10:00 Grief Support Group                      10:00 Coffee Club                      10:00 Billiards                      12:30 Music by Richard Scott                      2:00 Wii</p>	<p>10:00 Drums Alive                      10:00 Billiards                      12:30 Sewing Ladies                      1:00 Senior Card Players                      2:00 Bingo—New Lebanon Rehab                      6:00 GRGSG @Eaton Library</p>	<p>10:00 Quilting Chicks                      10:00 Memory Lane: Powered by Connection                      11:00 Coffee Lovers Book Club                      2:00 Wii                      5:00 Dance</p>	<p>10:00 Wii Golf                      12:30 PiYo Fusion                      2:00 Billiards</p> 
<p>9:30 Hidden Puzzles                      10:00 Billiards                      12:30 Silver Sneakers                      1:30 Coloring Therapy</p> 	<p><b>SENIOR DAY &amp; ANNUAL MEETING</b>                      10am to 3pm                      FREE EVENT</p>	<p>10:00 Drums Alive                      10:30 Birthday Bash—New Lebanon                      11:00 "Senior Team Six"                      12:30 Sewing Ladies                      1:00 Senior Card Players</p>	<p>10:00 Quilting Chicks                      10:00 Memory Lane: Powered by Connection                      1:00 Presidential Book Club                      2:00 Wii                      5:00 Dance                      La Comedia—Church Basement Ladies Trip</p>	<p>10:00 Come on, Sugar! Let's Talk Diabetes by Kroger Pharmacy                      10:00 Wii Golf                      12:30 PiYo Fusion                      2:00 Billiards</p>
<p>9:30 Hidden Puzzles                      10:00 Billiards                      12:30 Silver Sneakers                      1:30 Coloring Therapy</p> 	<p>10:00 Billiards                      10:00 Coffee Club                      11:00 Misfits Bluegrass Band                      2:00 Wii</p>	<p>10:00 Drums Alive                      12:00 Government Rep—W. Davidson                      12:30 Sewing Ladies                      1:00 Senior Card Players.                      2:00 Bingo—Brookhaven</p>	<p>10:00 Quilting Chicks                      10:00 Memory Lane: Powered by Connection                      2:00 Wii                      5:00 Dance</p>	<p>10:00 Tech Support                      10:00 Wii Golf                      12:30 PiYo Fusion                      2:00 Billiards</p>  
<p><b>CLOSED</b>                      MEMORIAL DAY                      REMEMBER OUR FALLEN</p> 	<p>10:00 Billiards                      10:00 Coffee Club                      2:00 Wii</p> 	<p>10:00 Drums Alive                      12:30 Sewing Ladies                      1:00 Senior Card Players.                      2:00 Billiards Tournament</p>	<p>10:00 Quilting Chicks                      10:00 Memory Lane: Powered by Connection                      2:00 Wii                      5:00 Dance</p>	<p>10:00 Wii Golf                      12:30 PiYo Fusion                      2:00 Billiards</p> 



# Menu JUNE 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

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>Pepper Steak <sup>3</sup> Rice Broccoli Pears Craisins</p>	<p>Chicken &amp; Noodles <sup>4</sup> Mashed Potatoes Peas &amp; Carrots Mandarin Oranges Raisins</p>	<p>Baked Ham <sup>5</sup> Sweet Potatoes Lima Beans Fruit Salad Grape Juice</p> 	<p>Hamburger <sup>6</sup> Baked Beans Corn Mixed Fruit Fruit Punch</p>	<p>Chicken <sup>7</sup> Casserole Carrots Fresh Fruit Very Berry Juice Treat</p>
<p>Soup Beans w/ Ham &amp; Onions <sup>10</sup> Hash Browns Spinach Peaches Raisins</p>	<p>Tuna Salad <sup>11</sup> Pasta Salad Tomato &amp; Cucumber Salad Mixed Fruit Orange Juice</p>	<p>Sweet &amp; Sour <sup>12</sup> Chicken Fried Rice Far East Vegetables Citrus Salad Craisins</p>	<p>Meatloaf <sup>13</sup> Mashed Potatoes Green Beans Fruited Gelatin Grape Juice</p> 	<p>Breaded Fish <sup>14</sup> Garden Rice Carrots Pineapple Tidbits Craisins</p>
<p>Grilled Chicken <sup>17</sup> Macaroni &amp; Cheese Prince Charles Vegetables Pears Raisins</p>	<p>Bologna &amp; Cheese <sup>18</sup> Sandwich Pasta Salad Carrot Raisin Salad Tropical Fruit Salad Cranberry Raspberry Juice</p>	<p>Beef Manhattan <sup>19</sup> Broccoli Applesauce Very Berry Juice</p> 	<p>Goulash <sup>20</sup> Corn Green Beans Fruit Salad Treat</p>	<p>Breakfast <sup>21</sup> Casserole Fried Apples Tomato Juice Craisins</p> 
<p>Hot Dog <sup>24</sup> Baked Beans Corn Mixed Fruit Raisins</p>	<p>Chicken Salad <sup>25</sup> Potato Salad Pickled Egg &amp; Beets Pears Apple Juice</p>	<p>Chili w/ Beans <sup>26</sup> Baked Potato Broccoli Fruit Cocktail Grape Juice</p>	<p>Roast Pork w/ Gravy <sup>27</sup> Parslied Potatoes Corn O'Brien Peaches Very Berry Juice</p>	<p>Swedish <sup>28</sup> Meatballs Buttered Noodles Brussel Sprouts Pears Craisins</p>
				<p><b>Reservations are no longer required for Congregate Meals</b></p>

# Activities JUNE 2024

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><b>3</b></p> <p>9:30 Hidden Puzzles                      10:00 Billiards                      12:30 Silver Sneakers                      1:30 Coloring Therapy                      1:30 Participants' Council</p>	<p><b>4</b></p> <p>10:00 Grief Support Group                      10:00 Coffee Club                      10:00 Billiards                      2:00 Wii</p> <p>Carillon Historical Park Trip</p>	<p><b>5</b></p> <p>10:00 Drums Alive                      10:00 Billiards                      11:00 "Senior Team Six"                      12:30 Sewing Ladies                      1:00 Senior Card Players                      2:00 Trivia</p>	<p><b>6</b></p> <p>9:30 Word Search                      10:00 Quilting Chicks                      2:00 Wii                      5:00 Dance</p> 	<p><b>7</b></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><b>10</b></p> <p>9:30 Hidden Puzzles                      10:00 Billiards                      12:30 Silver Sneakers                      1:30 Coloring Therapy</p> 	<p><b>11</b></p> <p>9:30 Art Class w/ Paint the Towne (\$)                      10:00 Coffee Club                      2:00 Wii                      2:00 Staff Meeting</p> 	<p><b>12</b></p> <p>10:00 Drums Alive                      10:00 Billiards                      12:30 Sewing Ladies                      1:00 Senior Card Players                      2:00 Bingo—New Lebanon                      6:00 GRGSG @Eaton Library</p>	<p><b>13</b></p> <p>9:30 Word Search                      10:00 Quilting Chicks                      11:00 Book Club                      2:00 Wii                      5:00 Dance</p> 	<p><b>14</b></p> <p>10:00 Wii Golf                      12:30 PiYo Fusion                      2:00 Billiards</p> <p>June 15th is World Elder Abuse Awareness Day!                      If you see abuse, report it!</p>
<p><b>17</b></p> <p>9:30 Hidden Puzzles                      10:00 Billiards                      12:30 Silver Sneakers                      1:30 Coloring Therapy                      2:00 Refuse to be a Victim Presentation</p> 	<p><b>18</b></p> <p>10:00 Coffee Club                      11:00 Misfits Bluegrass Band                      1:00 Billiards                      2:00 Wii                      2:00 Candy Sushi for International Sushi Day</p>	<p><b>19</b></p> <p>10:00 Drums Alive                      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><b>20</b></p> <p>10:00 Lottery Scams                      10:00 Quilting Chicks                      2:00 Wii                      5:00 Dance</p> 	<p><b>21</b></p> <p>10:00 Wii Golf                      12:30 PiYo Fusion                      2:00 Billiards                      2:00 Ice Cream Social</p> 
<p><b>24</b></p> <p>10:00 Effective Communication Presentation by Alzheimer's Association                      10:00 Billiards                      12:30 Silver Sneakers                      1:30 Coloring Therapy</p>	<p><b>25</b></p> <p>10:00 Coffee Club                      10:00 Billiards                      11:30 Noah Back Music                      2:00 Wii</p> 	<p><b>26</b></p> <p>10:00 Drums Alive                      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>Cincinnati Reds Game Trip</p>	<p><b>27</b></p> <p>9:30 Word Search                      10:00 Quilting Chicks                      2:00 Wii                      5:00 Dance</p> 	<p><b>28</b></p> <p>10:00 Wii Golf                      10:00 Tech Support                      12:30 PiYo Fusion                      2:00 Billiards</p> <p>PILATES + YOGA  </p>
<p><b>30</b></p> <p>9:30 Hidden Puzzles                      10:00 Billiards                      12:30 Silver Sneakers                      1:30 Coloring Therapy</p>		<p><b>Thank You to our Sponsors:</b></p> <p>New Lebanon Rehabilitation &amp; Healthcare Center                      Maple Gardens Rehabilitation and Nursing Center                      Bales Funeral Home &amp; Preble Memory Gardens Funeral Center</p> 		

## Mini Trips

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

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

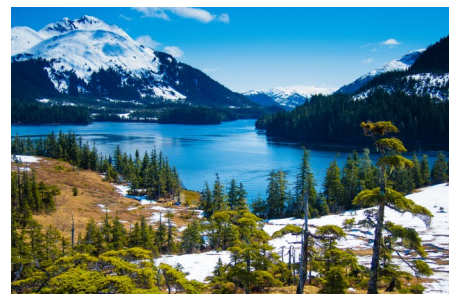
**Mackinac Island & Frankenmuth, Michigan**  
— 4 Days, 3 Nights—  
September 9th thru 12th,  
2024—M: \$799, NM:  
\$819

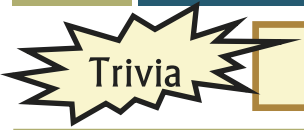
**Alaska Cruise, Land, & Rail**  
escorted by Grand American  
Tours with Princess Cruises—  
11 days, 10 nights — June  
12th—22nd, 2024

**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





Which news channel made it debut as the first 24-hour news channel? (answer page 15)

## DONATIONS

We NEED  
Med & Large Depends/  
Pullups  
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 Robin\*.

### 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

## 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](http://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](http://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](http://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**

By the time you are reading this, I am hoping Mother Nature has decided which season we should be experiencing here in Ohio. I enjoy our four seasons. Summer is my least favorite as I am not a fan of humidity and temperatures above 80! I enjoy the Fall colors and the peaceful quiet of snow in Winter. Spring presents a difficult conundrum for me. I love the flowers and colors that appear in the depths of the woods (have you ever noticed the floor of the woods in the Spring? It is so lush and alive!) It is the season of rebirth and promise. However, for me, it can be overwhelming.

Spring brings with it a number of seasonal tasks: planting (flowers or garden), pulling weeds, cleaning house, washing windows, mowing and most terrifying for me: tornado season. I'm not really terrified; I would just prefer not experiencing another one! You see, I'm a survivor of several. ANYWAY, all of the seasonal tasks added to routine tasks can be overwhelming to me. I know all of you caregivers know what it is like to feel overwhelmed.

What do you do to address that feeling? Do you take a walk or do you call a friend or family member? The February 7th Senior Edition article in the *Register Herald*, written by Stacey Gibbs, our own Senior Center Manager, provides resources and coping mechanisms for dealing with feeling overwhelmed. A strategy from one of those resources is included below.

Dr. Sabrina Romanoff, a clinical psychologist, shares the following strategies to help you cope when you're feeling overwhelmed:

Continued on page 15

**"Come on, Sugar! Let's Talk Diabetes"**

brought to you by your **local Kroger Pharmacist**, Arthur, is a crash course on everything you need to know about diabetes. 38.4 million Americans have diabetes—most of us either know someone with diabetes or have it ourselves. It can be difficult to get a grasp on the symptoms, diagnosis, treatment, number tracking, medicines . . . especially when you only have 10 minutes with the doctor a few times a year. If you have diabetes, have family members or friends with diabetes, want to avoid a diabetes diagnosis, or just want to stay up to date on trends in this prevalent health condition, "Let's Talk Diabetes" is a great opportunity to talk to a local Pharmacist about this disease and how we can treat it. You CAN make a difference in your life or the lives of those you know affected by diabetes!



**May 17th @ 10am**



## **Congratulations to our Volunteer of the Year for 2023!!**

**Dorothy Coy**



## Caregivers Corner —Continued from page 13

Change your perspective – Take a step back from your thought processes. Recognize and accept how you are feeling and the situation you are in. Do what you can to get some perspective on the situation. Go for a walk, talk with a friend, change your environment, or take a few deep breaths. Seek out resources to help you solve the problem.

Challenge your assumptions – When we're overwhelmed, we tend to let irrational thoughts and fears guide us, instead of being logical. It can be helpful to identify illogical assumptions and articulate them, so you can examine them in the light of day and see that they don't necessarily hold true. You can try writing them down in a journal or voicing them to someone you trust.

Seek Support – Reach out to your social support network. Your friends, family and colleagues may be able to offer advice, support and a different perspective. Accept the help of your loved ones and let them be there for you. Even just talking to supportive people in your life can help you feel safer and more validated in the context of the stressor.

Did you notice a common thread in the three strategies? **Talk with someone.** Family, friends, your pastor and don't forget that there are open hearts at PCCOA, willing to talk with you at the Center or in your home. Please don't think that we're too busy to listen! Spending time and helping you is the best part of what we get to do!

*Thank you's continued from page 4*

### Senior Center Expansion & Dance Floor

Michael Simpson, Mary Tuthill, Barbara Cox, Carolyn Swigart, Daniel & Catherine Combs, Gerald & Rebecca Brookshire, Shirley Fox, Connie Harris, Cynthia Kuehlthau, Donna Austin, Phyllis Campbell, Shelley Ratliff, Sandy Black, Paul Schaeffer, Ruth Ehrhardt, Ronnie & Joyce King, Anonymous

### Transportation

Gary Mann, Ronda Sollenberger, James & Linda Arp



**Poetry Winner of April:**  
**Darrell Meeks aka The Wildcat Poet**  
**\*\*Look for the poem on our Facebook Page\*\***



Page 12 answer - CNN — in 1980

#### 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**



# "Gene the Machine" Memorial 5k

**July 13th  
@ 8:00 AM**

\$30.00 Race Fee  
+ \$3.05 Sign-Up Fee

Registration ends July 13, 2024 at 8:00 AM



We are looking forward to this race to celebrate the life of Gene Black. Gene ran so many races, he became known as Gene The Machine. Proceeds from this race will benefit the Preble County Center on Aging. Participants that register by June 30 will receive a shirt with their entry. Additional donations are also being accepted.

The race starts and finishes at the Preble County Center on Aging, tours the Preble County Fairgrounds and is an out-and-back route.

You have to sign up by scanning the QR code or going to the link below

<https://runsignup.com/Race/OH/Eaton/GeneTheMachineMemorial5k>



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

