

## Senator Schuler Tours Early Learning Center



*Above L to R: Spencer Sackreiter and Nasir Cruickson working diligently.*

State Senator Robert Schuler recently toured three sites in Warren County that provide early education services to children with special needs. The tour highlighted the excellent services that are made possible by strong partnerships among Warren County schools and agencies. The sites included the Lebanon Early Learning Center (Head Start) operated by WCCS, the Early Intervention classroom at Warren County MRDD that serves children ages birth to three in the Help Me Grow program, and a Special Needs Preschool classroom at Morrow Elementary School operated by the Warren County Educational Service Center.

The site visit was arranged to showcase the innovative partnerships among programs in the county to provide model behavioral health services for young children. There are an increasing number of preschool children with intensive behavior problems, and 30% of the children enrolled in Head Start have witnessed family violence. Many children have a family history of mental illness, or have experienced abuse at home. To respond to these needs, WCCS is partnering with Mental Health and Recovery Centers (MHRC) to provide an Early Childhood Mental Health Therapist at the Early Learning Centers. This therapist is able to provide

play therapy on site for children with severe behavior problems, as well as meeting with parents to give them support and counseling.

Program Director Lisa Cayard explained, "We know that if we do not address these issues at an early age, these will be the children we read about in the paper who become juvenile offenders or commit domestic violence themselves. Because of our partnership with

Mental Health and Recovery Centers, we are now able to keep these children from falling through the cracks. We hope our site-based mental health services can be a statewide model for other programs that are seeking to prevent violence and mental health problems in their communities."

*Below L to R: Spencer Sackreiter and Hunter Conger pose, as their classmate Skylar Phillips takes their picture.*



Kim Dooley, who serves as a mental health consultant for Head Start, stated, "We are excited about the cutting-edge mental health services available for young children in Warren County, made possible through partnerships among the agencies that serve them." Ms. Dooley, works for MHRC, and teaches a parenting class called The Incredible Years to help parents support the development of social skills and positive behavior.

Sandy Smoot, Coordinator of the Warren County Family and Children First Council,



*Senator Schuler and child therapist Michelle Swartz working with a child to build social skills.*

(FCFC) noted that this early childhood mental health initiative is also part of the county's Annual Plan. "Our 2006 Report to the Community identified two areas as high priorities for the county to address: child and adolescent mental health, and child and youth violence. Therefore, we as a county selected a goal to promote emotional and social competence in parents and children for the mental and physical well-being of children and youth. The mental health intervention model at Lebanon Head Start is one of the initiatives with an evidence-based assessment that will be used to show that we, as a county, are making progress in reaching our goals."

# WCCS Starts the Year with a "New Look"



Jack Campbell greets visitors at The 741 Center's newly remodeled lobby.

First impressions mean a lot. If you haven't visited The 741 Center lately you are in for a treat. The first thing to catch your eye is

new signage. The signs at the 741 entrance and on the building sport our new logo. WCCS also has a newly remodeled lobby providing a dramatic look that creates a warm, inviting, feel. According to one



visitor "I love coming here. I feel like I'm really welcome."

The vision for the lobby transformation came from Karen Turner Reed, WCCS Home Energy Assistance Program Director. Karen used her background in decorating to design an updated yet welcoming entranceway and lobby.

The new lobby design offers a warm and inviting entrance into the building. The design includes signage and information that makes it easy for visitors to locate the individual or department they are seeking. Parking lot design and new electronic doors provide access for wheelchairs and walkers.

"As we enter our 4<sup>th</sup> decade of service, our new corporate logo helps identify WCCS more prominently as the agency that is, *strengthening the fabric of the community*," says Larry Sargeant, "With our new signage you can't miss us!"



## Attention Warren County Residents

### E-HEAP Winter Crisis Program begins November 1st thru March 31st.



If you have a disconnect notice on your gas and electric bill or if you need fuel oil or propane, you may be eligible. We can assist with a one time payment of \$175 on your utility bill or make a one time purchase of \$450 in bulk fuel.

#### Income Guidelines

1 person.....	\$17,867.50
2 persons.....	\$23,957.50
3 persons.....	\$30,047.50
4 persons.....	\$36,137.50
5 persons.....	\$42,227.50



Please call for an appointment at  
(513) 695-2295 or  
(937) 425-2295

## Clinton County Scam

There have been a few incidents reported in Clinton County and one in Warren County where callers identified themselves as ESP/Senior Services representatives. They asked clients for Social Security and bank account numbers and birthdates.

Please help by reinforcing these general precautions:

- Never share personal information over the phone with an unknown caller.
- Always ask for identification and a return phone number and then confirm it by calling the organization directly.

If you want to confirm the caller is a WCCS staff member call:

Karen Hill  
Aging Services Director  
Warren County Community Services, Inc.  
513-695-2288.

## Generous Volunteers Assist Families

A very generous group of people from the Heritage at Miami Bluffs donated time and money to provide twenty client families with Thanksgiving dinners with all the trimmings.

“This group purchased all the food and made all the deliveries,” according to Karen Hill, Director of Aging Services. They also purchased some necessary items for clients.

This started with the Men’s Group of Heritage at Miami Bluffs and grew through the generosity of many people who live at Miami Bluffs.

It is through the kindness of such people that others in our community, who are less able to afford and cook a holiday meal, can enjoy the same festive celebration that many of us take for granted each year.

# AGING CONNECTION

## Are You Ready for Snowy Roadways?



Severe winter weather is upon us. Parts of Ohio have already seen quite a bit of snow. While the white stuff continues to fall, it’s time to take winter safety precautions for your car.

- Replace the windshield wiper blades and keep the washer reservoir filled with fluid made especially for windshield washers.

Winter safety items to carry in your car, especially on trips out of town, include:

- Ice scraper;
- Shovel;
- Bag of sand or cat litter;
- Warm clothes, including boots and gloves;
- Plenty of drinking water and energy snacks;
- Flashlight with extra battery; and
- Additional antifreeze.

Consider joining an automobile club for emergency road service and have a cell phone available for additional security and, most importantly, drive safely!

*Taken from Aging Connection December 2007*

## It’s Not Too Late for a Flu Shot

There is still time to be vaccinated against influenza. The flu typically peaks in January or later, so it’s not too late for a flu shot. It takes two weeks after the shot for it to kick in so get it soon. It is the single best way to protect yourself and the people you love from getting the flu. Even if influenza has already hit your community, you can still benefit from vaccination. A vaccination greatly decreases your chance of getting the flu and can lessen symptoms if you do get sick.

“While the flu vaccine is important for all age groups, it is especially important that seniors 65 years and older get vaccinated because they are more likely to become sicker and experience complications if they do get sick,” said Barbara E. Riley, director of the Ohio Department of Aging. “Seniors should make every effort to get vaccinated, since Medicare Part B covers the full cost of the shot.”

Flu vaccinations are available from a wide variety of sources, including your physician, county board of health, groceries and pharmacies. Contact your [area agency on aging](#) at **1-866-243-5678** for help finding resources in your community. *News Release taken from the from Ohio Department of Aging website.*

### Saint Leonard

**A Senior Living Community  
Sponsored by the Sisters  
of St. Francis of Sylvania, Ohio  
8100 Cylo Road Centerville, Ohio 45458**

We wish to make an apology to St. Leonard for the mistake we made in mentioning them in the last Spotlight on Services calling them *St Leonard Faith Community*.

St Leonard has been most generous with their time and donations through the entire year and we certainly apologize for that misinformation and any confusion it may have caused.

- Check your tires. Whether you use all-season tires or snow tires, make sure the tread is sufficient and the tires are properly inflated.
- Make sure your spare tire is in good condition and properly inflated. Carry a jack and tire-changing tools with you.
- Flush and fill the radiator with the proper antifreeze and water combination.
- Make sure your car is running properly and the engine is tuned. Cold weather reduces performance.
- Keep the gas tank full. This helps to avoid moisture buildup and fuel-line freezing.

## SCAMS Against Seniors

### Please Be Aware!

Phone Solicitation and Scams continue to be a problem for Seniors. “Do not respond to cold calls on the phone or from someone at your door.”

If you did not call the sales person for services, hang up or close the door on them. **DO NOT** give your personal or financial information to strangers over the the phone.



**WARNING!**

**WARNING!**

**WARNING!**

**WARNING!**

# AARP Tax Preparation Assistance

**Get free help with tax returns!**

AARP Tax-Aide is the nation's largest, free, volunteer-run tax counseling & preparation service. The free service can answer most of the tax issues faced by middle- & low- income taxpayers, with special attention to those age 60 & older.

Tax-Aide will be at the 741 Center from February 4th to April 14<sup>th</sup>, Monday and Thursday mornings 9:00 AM to 1:00 PM in Room 218.

- No walk-ins please.
- Room 218 is on the second level.
- Please bring last year's returns and any other pertinent information.
- You must call 695-2239 for to make an appointment.

See this website for further information [www.aarp.org/taxaide](http://www.aarp.org/taxaide).



## WELCOME NEW 741 Center Members

Norma Atchison  
Elizabeth Ault  
Elaine Beal  
Mildred Bowser  
Myra McGuire  
Michael Mershon  
Lucretia Mershon  
Marilyn Roberts  
Norman Seaman  
Darlene Sewell  
Ruth Spradlin

## DONATE YOUR CAR TO WCCS FAMILY SERVICES



Call us if you have a car to donate!  
Your donation may be tax deductible!  
WCCS Family Services 513-695-2249



Warren County Community Services, Inc.  
570 N. State Route 741  
Lebanon, OH 45036  
[www.wccsi.org](http://www.wccsi.org)

**Warren County  
Community Services, Inc.**  
570 N. State Route 741  
Lebanon, OH 45036

**Offering support and  
services to Warren  
County seniors for  
over 40 years.**

741 Senior Center • Elderly Services  
Independent Living Assistance  
Homemaking • Meals on Wheels™  
Medical Transportation  
Personal Care • Respite Care  
Retired & Senior Volunteer Program  
Senior Luncheon Sites  
Senior Retirement Communities  
Senior Transportation • Supportive Services



Lebanon - 513-695-2100  
Cincinnati - 513-925-2100  
Springboro - 937-425-2100  
[www.wccsi.org](http://www.wccsi.org)

The Retired & Senior Volunteer Program  
enriches seniors, 55 and over, through  
meaningful volunteer opportunities.

## RSVP Volunteer Opportunity

**“The Lebanon Free  
Clothing Store** connects people  
with extra clothing with people who need  
clothing.”

The Clothing Store is looking for volunteers  
to assist with sorting clothes, placing clothes  
on racks and assisting clients during their  
operating hours Monday, Wednesday and  
Friday from 9:00 AM to 12 PM.

They also welcome donations of good, clean,  
clothing during their hours of operation.

Call Dolcee or Mary if you are interested  
in this volunteer opportunity at  
513-695-2252.

## Welcome New RSVP Volunteers

Chuck Damron      Jackson Johnson  
Mary Jo Husband    Roger Earnhart  
John Allen            Gary Lare

## 741 Weekly Activities

### Monday

Silver Sneakers Fitness Class	8:30 - 9:30
Open Computer Lab	9:00 - 4:00
Basic Watercolor Classes	9:00-12:00
AARP Tax Help (Starts Feb. 4)	9:00 - 1:00
Square Dancing (Begin/Adv)	10:00-11:30
Clogging	12:30 - 2:30
Book Club & Discussion (Dng Rm)	1:00
3rd Mon. of Mnth, Librarian lead	

### Tuesday

Open Computer Lab	9:00 - 4:00
Cincinnati Asso. for Blind & Visually Impaired	
2 <sup>nd</sup> Tue of Mnth, by Appt 1-888-687-3935	
Checkers	12:30 - 3:00

### Wednesday

Open Computer Lab	9:00 - 4:00
Silver Sneakers Fitness Class	9:30-10:30
Arthritis Exercise Class	10:30-11:30
Food for Thought Bible Study	11:45 - 1:00
Euchre - Every Week	1:00 - 3:00
Line Dancing for Seniors	1:00 - 2:30
Movies Rm 111 (1 <sup>st</sup> & last Wed.)	1:15

### Thursday

Open Computer Lab	9:00 - 4:00
Oil Painting	9:00-11:30
Manicures Call for Appt 513-695-2239	
Blood Pressure (4 <sup>th</sup> Thurs)	11:00-12:30
Birthday/Anniversary (1 <sup>st</sup> Thur)	11:50-12:00
Bingo every Thursday	1:00 - 3:00

### Friday

Open Computer Lab	9:00 - 4:00
Silver Sneakers Fitness Class	9:30-10:30
Arthritis Exercise Class	10:30-11:30
Checker Game	12:30 - 3:00
Bridge	1:00 - 4:00

**Computer Classes by Appointment  
Call (513)695-2239**

# 741 Senior Center Trips

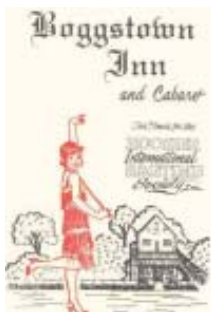


**Join us for**  
**2008 Travel Program "Kick Off Party"**  
**Friday January 25, 2008**  
**1:30 PM**  
**at The 741 Center.**  
**Enjoy refreshments and door prizes!**

## Boggstown Inn & Cabaret

Boggstown, Indiana

Thursday, February 28, 2008



"The Biggest Little Show in the World!" takes a step back in time reminiscent of the Old Vaudeville Days with their Musical Comedy Review Style. Audience participation is a big part of every performance. We will have lunch then join in the fun on a laugh

filled, Musical Celebration that everyone will love! Tour Cost: \$68/Person. All reservations with full payment due by January 28, 2008.

## Shades of Ireland

May 27-June 5, 2008

On this trip to the Emerald Isle you'll see the Cliffs of Moher, visit a dairy farm, learn about a traditional Irish family's daily life, travel one of the world's most beautiful coastal routes along the Ring of Kerry, kiss the famous Blarney Stone at historic Blarney Castle, shop the Blarney Woolen Mills and the Waterford Crystal Factory, tour the "Fair City" Dublin and visit World Famous St. Patrick's Cathedral. A real highlight is our overnight stay with dinner at an authentic Irish Castle!

*Ireland Travel Presentation at the 741 Center Wednesday, December 19, 2007 at 1:30 PM.*



## Canadian Rockies by Rail

July 5-13, 2008

Experience Canada's West. Tour Calgary, Banff, Lake Louise and Jasper. See spectacular Moraine Lake the awesome Valley of the Ten Peaks and journey along Icefields Parkway. Along the parkway you will most likely see bears, furry marmots and stately elk. A real highlight is our night stay at the magnificent Fairmont Chateau Lake Louise. We spend two full days aboard the Rocky Mountaineer Train and experience "The Most Spectacular Train Trip in the World" through the mighty Canadian Rockies. You'll be surrounded by dramatic scenery along the high peaks of the Continental Divide. Pass Mount Robson, at 12,972 feet the highest peak in the Canadian Rockies. After a hotel overnight in Kamloops the rail excursion continues along the beautiful Thompson River and its roaring river canyons then on to the lovely city of Vancouver.

*Canadian Rockies Travel Presentation Friday, February 1, 2008, 1:30 PM at the 741 Center.*

**For information on these trips**  
**Call Joe Ramos at AAA Royal Tours,**  
**Phone: (513)762-3497 or (800)916-7223**

## Weather Closings

During periods of inclement weather all WCCS announcements regarding the closing and/or delay of agency or programs will be found on  
 WCPO - Channel 9  
 WHIO - Channel 7  
 WLWT - Channel 5



## GREETING CARD MAKING CLASS

Thursdays in January starting  
 January 3<sup>RD</sup> at 11:00 AM

A class for all levels of card makers. Ink stamping and unique styling make lovely, handmade, all occasion keepsake cards.

*No computer and No cost to you.*  
 Register prior to class at 513-695-2239.

## Veterans Club Meeting

Friday January 4<sup>th</sup>  
 11:00 AM at The 741 Center

We bring veterans of *all ages* together once a month to have lunch, socialize, share stories, engage speakers and bond with those from other generations. This is an organizational meeting to discuss times and topics of interest.

This group is open to non members and non seniors as well.  
 Call 513-695-2239 for information.

## Basket Weaving

Basket Weaving is a part of our American Heritage.



Baskets are beautiful and useful.

Join us for this one day project.

**Tuesday, February 5<sup>th</sup>**  
**12:45 PM**  
**Multipurpose Room**

All supplies are provided. Cost is for the size of the basket you choose to make. Prices range from \$30 to \$60.

This class is for beginner to advanced. No Experience is required.

*Jane Hon is a member of the Kentucky Basket Weavers Association and a seasoned teacher of this folk art.*

Call to register at 513-695-2239.

**Stop in The 741 Center to see the beautiful basket designs.**

# THE 741 CENTER CALENDAR OF EVENTS 2008

Programs are subject to change or cancellation. New programs sometimes start after the schedule is printed. All activities held at The 741 Center unless otherwise indicated. Stop in the Center each month and pick up our detailed program calendar. 741 Center reservations or information call (513) 695-2239. **Call for lunch reservations before 10:30 AM at (513)-695-2256.**

## January

- Jan 2 New Release Movie** - 1:00 PM. Call for movie title.
- Jan 2 Bible Study & Salad Lunch** - 11:45 AM every Wednesday. It's 2008 and a great time to start the New Year off with our Bible Study led by Vivian Ratliff.
- Jan 2 Arthritis Exercise** - 10:30 AM. Every Wednesday and Friday we offer a class for those who have a problem with flexibility and range of motion. This is for the person who prefers a slower pace. Call for further information. Led by Ginna Wise certified instructor.
- Jan 3 Our First Birthday/Anniversary of 2008** - 11:50 AM.
- Jan 3 Greeting Card Making Class** - 11:00 AM. Join in every Thursday in January to make all Occasion cards. No cost! Call to register so we can stock up on supplies.



**Jan 4 Veterans Club Meeting** - 11:00 AM. We are bringing our Veterans together once a month for lunch. Share your ideas and suggestions about what to do together; listen to a speaker, watch a film, or just share stories and thoughts.

- Jan 4 Bridge** - 1:00 PM. Get involved in our weekly bridge group. Haven't played in a while? So come and observe.
- Jan 7 Square Dance Class** - 10:00 AM. Dance away those winter "Blahs" each Monday. Taught by John & Jackie Blaylock.
- Jan 7 Silver Sneakers Exercise Class** - 8:30 AM Mondays and 9:30 AM Wednesdays and Fridays. Get fit and have fun at the same time. The routine is for beginners or veteran exercisers. You will love it and you will see results. No cost.
- Jan 8 Cincinnati Association or the Blind** - 9:00 AM. You must have an appointment so please call 1-888-687-3935.
- Jan 14 "Bats-The Flying Mammals"** - 12:15 PM. The Cincinnati Zoo Visits and we will learn all about the nocturnal and often misunderstood life of bats.
- Jan 15 Crafts Shop** - 12:45 PM. Join us for a craft making session at no charge to you. Call us for craft project info.

Jan 17



**Spa Day Winter Blah Breaker** - 9:30 AM to 12:00 PM. Pamper yourself in this cold harsh weather with a facial, mini massage or a manicure while you sit back and enjoy hot tea or juice and mellow music.

- Jan 21 Cover to Cover Book Club** - 1:00 PM.
- Jan 24 Winter Carnival Games** - 10:30 AM - 1:00 PM. Lets brighten the day with winter carnival games like Balloon Darts, Baseball Strike Zone, Cake Walk and more! Be here early before bingo and get in on the games.
- Jan 25 AAA Trip Information for the coming year** - 1:30 PM. Joe Ramos, AAA, covers upcoming travel plans and answers your questions for the new travel season. Be prompt to assure you get a seat. The room fills quickly.
- Jan 30 "Sleep Disorders"** - 1:00 PM in Room 111. A Kettering Medical RN speaks on and answers questions on this common complaint. No cost. Call to register.
- Jan 31 Pre-Super Bowl Party** - 12:00 PM. Celebrate the upcoming game and wear the colors of the team you are rooting for. Bring a snack so we can share just like we did last year!

## January is Membership Drive Month

**\$10 for the year 2008**

**Pay your dues starting January 2nd**

BENEFITS OF THE 741 SENIOR CENTER

- MOST OF OUR PROGRAMMING IS **NO CHARGE** OR A MINIMAL FEE FOR SPECIAL INTERESTS LIKE DANCES, DINNERS, And specified programs.
- Receive the SOS Newsletter which gives you up to date and upcoming events and programs for the entire agency of Warren County Community Services, Inc.
- Discounts that may be offered for classes, special events etc. and first notice of events.
- A great place to meet and socialize with old friends and make new ones. (Priceless)

## February

- Feb 4 AARP Tax Preparation Assistance** - 9:00 AM to 1:00 PM. Available today through April 14 in Room 218 Mondays and Thursdays. You must call to make an appointment. No walk-ins please.
- Feb 5 Basket Weaving** - 12:45 PM. A brand new class. Supplies are all furnished by the instructor at a cost of \$30 - \$60. This one day class lasts about 3 Hours to finish your basket. Please call to register.
- Feb 7 Birthday/Anniversary Celebration** - 11:50 AM.
- Feb 12 Cincinnati Association for the Blind** - 9:00 AM. Must have an appointment please call 1-888-687-3935.
- Feb 14 Traditionally Valentines** - 12:00 PM in the Dining Room. We will try something new and combine Valentine's with a Pre-Daytona 500 Party. Sure to be fun!
- Feb 18 Presidents Day - Center Closed**
- Feb 19 Presidents Day Recognition** - 12:00 PM. A little late due to closing on Presidents Day holiday but we can't forget Mr. Washington and Mr. Lincoln. So join us for a fitting Presidents Day lunch and, of course, cherry pie for dessert.

**Feb 20 The 741 Players Theatre Troupe Organizational Meeting** - 10:30 AM in Room 111. Be a part of the very beginnings of our 741 Theatre Troupe. We will discuss ideas for the group and the basics of theatre for seniors. No Experience Needed. Non threatening and no memorization required (unless you choose to). Call Michelle for further information.



- Feb 21 Bingo** - 1:00 PM. Thursdays each week.
- Feb 27 Senior Driving" Improving Your Skills" Seminar** - 1:00 PM to 2:00 PM in Room 111. No cost to you. Sponsored by Kettering Medical Network. A great refresher course in driving skills. Call to register.
- Feb 28 Identity Theft Prevention** - 12:15 PM in the Dining Room. A very timely topic for all of us because "Identity Theft" is on the rise and seniors seem to be a major target. We will learn ways to avoid this traumatic experience.

# January MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Please Call Your Nutrition Site for Meal Times.</b>	<b>1) Happy New Year! Closed Today!</b>	<b>2) 4 oz. Salisbury Steak</b> ½ c Baked Potato ½ c Brussels Sprouts ½ c Diced Peaches 1 c Milk, Roll	<b>3) 4 oz. Chicken Breast</b> ½ c Mashed Potatoes ½ c Green Beans, Birthday Cake/Diet Cake Dinner Roll, 1 c Milk & Jc	<b>4) 3 oz. Meatballs</b> ½ c Spaghetti ½ c Broccoli Normandy ½ c Fresh Fruit Bread, 1 c Milk
<b>7) 1 c Escaloped Chicken Noodles, ½ c Asparagus</b> ½ c Carrots Bread, Fresh Fruit 1 c Milk	<b>8) 3 oz. Cheeseburger</b> ½ c Potato Puffs ½ c Corn, Bun Cookie / SF Cookie 1 c Milk & Juice	<b>9) 3 oz. Breaded Fish</b> ½ c Mac & Cheese ½ c Green Beans, Bread ½ c Mandarin Oranges 1 c Milk	<b>10) 3 oz. Ham</b> ½ c Beans ½ c Beets, Cornbread ½ c Applesauce 1 c Milk	<b>11) 4 oz Sirloin Patty</b> ½ c Cheesy Potatoes ½ c Peas & Onions, <b>Roll</b> Brownie / SF Brownie 1 c Milk & Juice
<b>14) 4 oz. Stuffed Peppers</b> ½ c Mashed Potatoes ½ c Succotash Roll, Fresh Fruit 1 c Milk	<b>15) 3 oz. Chicken Legs</b> ½ c Yams ½ c Asparagus, Bread ½ c Strawberry Applesauce 1 c Milk	<b>16) 4 oz. Pot Roast</b> ½ c Red Potatoes ½ c Baby Carrots Roll, ½ c Jello / SF Jello 1 c Milk & Juice	<b>17) 1c Creamed Chip Beef</b> ½ c Mashed Potatoes ½ c Corn, Biscuit ½ c Pears 1 c Milk	<b>18) 3 oz. Chicken Thigh</b> ½ c Rice Pilaf ½ c Broccoli / Cauliflower ½ c Pudding / SF Pudding Bread, 1 c Milk & Juice
<b>21) Closed</b> Martin Luther King Day	<b>22) 3 oz. Meatloaf</b> ½ c Mashed Potatoes ½ c Peas, Bread Fresh Fruit 1 c Milk	<b>23) 4 oz. Chicken Cordon Bleu</b> ½ c Scalloped Potatoes ½ c Carrots, Roll ½ c Pineapple, 1 c Milk	<b>24) 3 oz. Pork Chop</b> ½ c Pasta Alfredo, Bread ½ c Carribean Blend Veg. ½ c Apple Dplg/AppleOats 1 c Milk & Juice	<b>25) 3 oz. Swiss Steak</b> ½ c Mashed Potatoes ½ c Lima Beans Bread, Fresh Fruit 1 c Milk
<b>28) 6 oz. Lasagna</b> ½ c Corn ½ c Italian Blend Bread, Fresh Fruit 1 c Milk	<b>29) 1 c Beef Stew</b> ½ c Cauliflower ½ c Applesauce, Biscuit ½ c Tropical Fruit 1 c Milk	<b>30) 3 oz. Salmon Patty</b> ½ c Macaroni & Cheese ½ c Stewed Tomatoes ½ c Éclair / SF Choc. Pug Cornbread, 1 c Milk & Juice	<b>31) 3 oz. BBQ Pork</b> ½ c Potato Puffs ½ c Green Beans, Bun Pie / NSA Pie 1 c Milk & Juice	<b>If you know you will not be home to receive your Home Delivered Meal please call Nutrition at 513-695-2231</b>

# February MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Please Call Your Nutrition Site for Meal Times</b>	<b>If you know you will not be home to receive your Home Delivered Meal please call Nutrition at 513-695-2231</b>			<b>1) 4 oz. Breaded Chicken Breast, Baked Potato</b> ½ c Corn Pudding, Roll ½ c Pineapple 1 c Milk
<b>4) 4 oz. Cabbage Roll</b> ½ c Mashed Potatoes ½ c Corn, Roll Oatmeal Fruit Bar 1 c Milk & Juice	<b>5) 4 oz. Crab Cake</b> ½ c Mac & Cheese ½ c Peas, Bread ½ c Peaches 1 c Milk & Juice	<b>6) 4 oz Sloppy Joe</b> ½ c Potato Puffs ½ c Brussels Sprouts Bun, Fresh Fruit 1 c Milk	<b>7) 4 oz. Baked Chicken Breast, ½ c Green Beans</b> ½ c Mashed Potatoes Cake / Diet Cake Roll, 1 c Milk & Juice	<b>8) 4 oz. Chicken Tenders</b> ½ c Wild Rice, ½ c Beets Bread ½ c Mandarin Oranges 1 c Milk & Juice
<b>11) 1 c Escaloped Chicken &amp; Noodles</b> ½ c Lima Beans ½ c Carrots, Bread Fresh Fruit, 1 c Milk	<b>12) 4 oz Pork Chop</b> ½ c Cheesy Potatoes ½ c Broccoli Normandy Roll, ½ c Applesauce 1 c Milk	<b>13) 4 oz Meatsauce</b> ½ c Spaghetti ½ c Italian Blend, Bread Cookie / SF Cookie 1 c Milk & Juice	<b>14) 3 oz. Cheeseburger</b> ½ c Potato Puffs ½ c Peas, Bun Pudding / SF Pudding 1 c Milk & Juice	<b>15) 4 oz. Chicken Legs</b> ½ c Yams ½ c Asparagus, Bread Fresh Fruit 1 c Milk & Juice
<b>18) Closed</b> President's Day	<b>19) 4 oz Country Fried Stk</b> ½ c Mashed Potatoes ½ c Mixed Vegetables, roll Cherry Pie / NSA Pie 1 c Milk & Juice	<b>20) 4 oz. Turkey</b> ½ c Stuffing ½ c Green Beans Bread, Pears 1 c Milk & Juice	<b>21) 4 oz Eggs &amp; Sausage</b> ½ c Potato Cakes ½ c Applesauce Biscuit, Fresh Fruit 1 c Milk	<b>22) 4 oz. Roast Beef Sndwch</b> ½ c Pasta Salad ½ c Cole Slaw, Bun Éclair / SF Choc. Pudding 1 c Milk & Juice
<b>25) 4 oz. Stuffed Peppers</b> ½ c Mashed Potatoes ½ c Corn, Roll Fresh Fruit 1 c Milk	<b>26) 4oz Chicken Cordon Bleu</b> ½ c Pasta Alfredo ½ c Broccoli, Bread ½ c Fruit Cocktail 1 c Milk & Juice	<b>27) 4 oz. Pot Roast</b> ½ c Red Potatoes ½ c Carrots, Roll Cake / Diet Cake 1 c Milk & Juice	<b>28) 4 oz. Ham</b> ½ c Scalloped Potatoes ½ c Peas & Onions, Roll Cookie / SF Cookie 1 c Milk & Juice	<b>29) 4 oz. Creamed Chicken</b> ½ c Mashed Potatoes ½ c Succotash, Biscuit ½ c Tropical Fruit 1 c Milk

Tom Cox, Director of Nutrition Services      Menu Subject to change with Directors Approval  
 741 Senior Center 695-2256/925-2100 • Morrow Nutrition Center 899-2804 • Lebanon Nutrition Center 932-3545  
 South Lebanon Center 494-2400 • Mason Center 459-8066 • Franklin Center 743-0469 • Waynesville Center 897-0420

# INSIDE THIS ISSUE



**Warren County Community Services, Inc.** operates programs and services funded through grants received from the State of Ohio, Departments of Federal Government, Warren County Human Services, Warren County United Way, Warren County Commissioners, Council on Aging of Southwest Ohio, Elderly Services Program Tax Levy, foundations, and individual contributions.

Visit us on the web at [www.wccsi.org](http://www.wccsi.org)

Lebanon & surrounding area  
513-695-2100

Cincinnati & surrounding area  
513-925-2100

Middletown & surrounding area  
513-261-2100

Dayton/Franklin/Springboro & surrounding area  
937-425-2100

**Disclaimer:** In compliance with the Health Insurance Portability and Accountability Act of 1996, Warren County Community Services, Inc. clients, their legal representatives and/or staff have given Warren County Community Services, Inc. permission to disclose the information that is published herein.

## Senator Schuler Tours ELC

*Cover Page*



## WCCS Gets New Look

*Page 2*



## Are You Ready for Snowy Roadways?

*Page 3*



## AARP Tax Preparation Assistance

*Page 4*

## Shades of Ireland Senior Trip

*Page 5*



**Warren County Community Services, Inc.**  
570 N. State Route 741  
Lebanon, Ohio 45036

Nonprofit  
Organization  
**U.S. Postage  
PAID**  
Lebanon, OH  
Permit No.18

**ADDRESS SERVICE REQUESTED  
DATED MATERIAL**



Warren County  
United Way