

Spotlight ON SERVICES

A nonprofit organization strengthening the fabric of our community

WCCS
WARREN COUNTY
Community
Services, Inc.
www.wccsi.org
JULY/AUGUST 2008

EAST RIDGE YOUTH ENJOY END OF SCHOOL PARTY

Thanks to the efforts of 2 adult planners from the Warren County community several youth residing in the Lebanon, East Ridge, neighborhood had a chance to celebrate the end of a successful school year in style. Asset-builders Mary Wells and Linda Baysore, Family Services staff person, threw their traditional ice cream party for children of all ages to celebrate the end of the school year and kick off summer time activities of all sorts!

According to Baysore and Wells, East Ridge youth experienced a year full of progress and success with academics, thanks to ongoing after school home work club programming and

other educational and fun enrichment activities held in the neighborhood. Youth of all ages were placed on honor rolls and experienced academic excellence in honors courses, as well as grades, the youth and families along with Baysore and Wells were extremely proud of. The programming youth are engaged in at the East Ridge community is based on the Search Institute's 40 Developmental Assets. This activity speaks to many of the assets adults work to help develop for youth, such as asset # 4- Youth experiences a caring neighborhood.

East Ridge youth will be able to have fun this summer with educational, hands-on

activities that are age appropriate, creative and fun thanks to the support of planners Mary Wells and Linda Baysore and many other persons and organizations that donate time, talents and resources. This summer, youth will learn more about cooking healthy meals, enjoy reading and experience guest artists of all kinds.

For more information, or for those individuals looking for expertise to begin their own local neighborhood homework clubs and/or summer time enrichment activities, contact WCCS Family Services Department to get started! Call Linda Baysore at 513-695-2251.



Nancy Lambright won this years RSVP recognition quilt.

RSVP Volunteers Honored at Luncheon

The Retired & Senior Volunteer Program (RSVP) honored its volunteers at the Annual Recognition Luncheon on Wednesday, June 11, 2008 held at the Lebanon Junior High School.

Over 150 volunteers and supporters attended the luncheon and enjoyed Broadway songs performed by the Show Choir from the Lathrem Senior Center.

RSVP has over 270 members volunteering throughout Warren County. In 2007 they served over 43,000 hours to 30 non-profits in Warren County.

If you would like information on the RSVP program, call Dolcee or Mary at 513-695-2252.

Thank you to the Recognition Sponsors

The Warren County Board of Commissioners
The Kettering Medical Center - Sycamore Campus
Hospice of Dayton

Recognition Donors
Atrium Medical Center
Cashland of Lebanon
Christine Breitenbach-Sibcy Cline Realtors West Chester
Smithfield Foods

NEW EARLY LEARNING CENTER PLANS PROGRESSING



WCCS is making plans to build a unique Early Learning Center in South Lebanon, on the corner of Forrest Avenue and Section Street. In addition to serving current Head Start children, the new center will provide child care for the public, including infants and toddlers. The Village of South Lebanon has generously approved a long-term donated lease for property next to the existing old elementary school building, which will make it possible to leverage other substantial grants and donations toward the project. Many community partners will be involved in making this vision become a reality, including government grants, private foundations, financial institutions, generous donors, and local support from the Village of South Lebanon.

The new facility will be a great asset to the community of South Lebanon, as well as to other communities in the southern part of Warren County. It will create an innovative model early childhood center that will be attractive to residents of all income levels, and will set the stage for future development of a "Community Center" in the heart of South Lebanon. Serving as a cornerstone for such a Community Center, the Early Learning Center will create a welcoming space for family and community events and activities, such as parenting classes, support groups for families, fitness and nutrition classes, or story hours for children during the summer months.

The design of the new Early Learning Center includes a two-story central atrium with windows to let in natural light, which would serve as a multipurpose activity room. Surrounding the

central multi-purpose room, each classroom would have a distinctive entry design, giving the interior of the center the look and feel of a town square. The 15,000 square-foot building would include six classrooms, therapy rooms, and a resource room for center staff, and would serve up to 150 children in part day and full day options.

With the rapid development of housing and businesses in South Lebanon, there is a growing need for child care for working parents, close to home and work. The new facility will be an asset for businesses who need to attract and retain employees, as well as for parents needing child care.

To fund the \$2.0 million building project, the **Early Start...Future Success** Capital Building Campaign is being launched. In support of the proposed project, the Warren County Commissioners have kicked off the building campaign with a gift of \$95,000 through the Community Development Block Grant (CDBG)! All funds raised during the **Early Start...Future Success** Campaign will assist in the financing of the proposed Early Learning Center in South

Lebanon. Michael Muñoz, Hamilton Township trustee, has agreed to serve as Volunteer Campaign Chairperson. In a recent article published in *Western Star*, Muñoz stated that "the model facility would be an achievement that many can share." All of the community, individuals, private, and public donors will be needed to make the building a reality. Raising these funds will ensure that WCCS is able to provide a high level of service for the community while furthering its mission of preparing children for success in kindergarten and in the future.

There are many ways to participate in the campaign with a tax-deductible charitable gift. Your tax-deductible donations may be made in the form of one lump payment or may be spread out over time. For example, a \$3,000 pledge may be met by paying a \$1,000 a year for three years. Every gift, no matter the size, is much appreciated.

For more information about the Early Start...Future Success Capital Campaign and how to help, contact Vel Hux, Director of Development at 513-695-2206 or email at velh@wccsinc.org.

WANTED: Building Campaign Volunteers

Early Start...Future Success Capital Campaign

The purpose of the capital campaign for the WCCS/Early Learning Center (ELC) is to raise \$400,000 - \$500,000 to assist in the financing of its most urgent building and capital needs. The total project cost is estimated at \$2.0 million. Raising the funds will ensure that WCCS/ELC is able to provide a high level of service for the community while furthering its mission — preparing all children for success in kindergarten and in the future.

People with experience in **public relations, database, working with community leaders, and sales** who want to help Warren County to be an even better place and who see the value of early childhood education are needed.



For more information, please contact
Vel Hux at 513-695-2206 or email at velh@wccsinc.org



Remember to use your WCCS/Kroger Card this summer!

You can help raise funds for WCCS!

If you don't have one, it's simple to get one:

1. Just pick-up a Kroger card from the Welcome Desk or contact the Development Office at 513-695-2206 or email at velh@wccsinc.org. (It already has \$1 credit.)
2. Use the card EVERY TIME you buy Groceries, Gas, or other items.

3. RELOAD and REUSE the special WCCS/Kroger Fund-raising Card every time you shop. Load cards at the Customer Service Center or any register before you check out. Load with any amount by check, credit card, or cash.

Kroger will give a donation of 4% of every dollar. Donations will be used to help emerging needs of our elderly, needy women and children, and families in Warren County. If you would like to receive monthly updates, please email velh@wccsinc.org.

SHANNON JONES MEETS WITH “KINSHIP” GRANDPARENTS

Sharing the needs of “Grandparents Raising their Grandchildren” was the focus of a recent forum hosted by WCCS Family Services Program in collaboration with the Ohio Empowerment Coalition. Representative Shannon Jones met with grandparents from around Warren County to learn more about the needs, struggles and successes they experience while raising their grandchildren of all ages.

Although many shared the joys and stresses of raising the grandchildren they love, it was quite evident that it takes constant juggling, especially when living on fixed incomes. Rising gas costs, cost of food, as well as, health care costs are ongoing challenges.

Anita Pearson, WCCS’ Family Services Kinship Navigator, offers support to the grandparents and their children as needs arise. Grandparents served by Pearson



commented that they appreciate the help and knowing that “expert assistance is simply a phone call away!” Pearson has offered ongoing support and assistance to as many as 40 families throughout Warren County who are raising grandchildren. Sue Miller, WCCS’ Family Services Director, echoed the grandparents’ sentiments and shared, “She is passionate about supporting grand-parents who may not know where to turn to for help.”

Miller shared, “Thanks to Community Services Block Grant (CSBG), state funding, we are able to provide critical support needed; however, accessing dollars intended for the program is an ongoing struggle.”

“The Kinship program seeks to combine our local efforts with statewide support to increase our capacity to see these families achieve greater stability,” stated Miller. The majority of these families receive \$245/month for the first child and \$91 for a second child.

Throughout the state of Ohio, approximately 186,000 children are in Kinship Care. There are approximately 85,000 kinship caregivers (grandparents and other family members) whose average age is 55.

Contact WCCS Family Services for information about the Kinship program, at 513-695-2249 or 513-695-2284.

VOLUNTEER OPPORTUNITY

Making Friends,
Changing Lives



What is Warren County Compeer?

Compeer matches community volunteers in supportive friendship relationships and provides social activities for adults active in mental health treatment. A caring friend helps restore the joy and hope to a life that is often lonely and fearful. Volunteers meet with their friends a minimum of 4 hours a month at mutually convenient times to share activities, such as, movies, sports, coffee, a chat or the many free Compeer activities.

How Compeer Works.

Volunteers are asked to make a commitment of four hours per month for at least one year. Volunteers receive training from Compeer staff and ongoing support throughout the match.

How do you get involved?

Call Nikki Irwin at 1-800-478-3505. Many people are waiting for a friend like you.

Good Food at a Great Price

A balanced diet is very important to senior citizens. For this reason WCCS provides lunches for seniors at sites around Warren County in Mason, Morrow, Lebanon, South Lebanon, Waynesville and Franklin.

The lunch, prepared fresh daily at the 741 kitchen, provides 1/3 of the recommended daily intake for persons 50 and over. A suggested donation of \$2.50 a meal for those 60 and over or their spouse, and \$6.00 a meal, or full price, for those under 60 years is requested. This is the best lunch deal in the area according to local seniors who enjoy the meals.

WCCS lunches are now even more important to older adults with increasing food costs. An October 21, 2007, Cincinnati Enquirer article cited food cost increases of 4.5% in the preceeding 12 months. Egg costs were up 43.9%, milk up 21.3%, and chicken 8.1%. The USDA Chief Economist, Joseph Glauber, forecasts that consumer food prices will rise another 3% to 4% in 2008 and “overall retail food prices for 2008 to 2010 are expected to rise faster than the general inflation rate.”

Daily news is full of predictions of continuing increases of all consumer goods. “We’re seeing cost increases that we have never seen in our business,” stated Larry Pope, CEO of Smithfield Foods, Inc., at the US Department of Agriculture’s annual outlook conference. The congregate meals are not only

important in helping area seniors meet their monthly budget but a survey showed that 79.3% of WCCS participants said they ate meals that were better for them because they participated at the lunch sites. More than 60% of the WCCS meal participants tell us that the noon lunch they have with us, is the main meal of their day.

The health benefits of balanced nutrition have been well documented in the literature, and it is especially important for the senior population. The British Nutrition Foundation states that “...energy requirements decline with age, particularly if physical activity is restricted. However, requirements for protein, vitamins, minerals remain the same, so it’s imperative that food choices are nutritionally dense, supplying a rich supply of nutrients in a small volume.”

In later life, eating well can be the key to staying mentally sharp, emotionally balanced and energetic, with a strong immune system and a positive outlook. Balanced nutrition, especially as we age, impacts multiple body systems and disease processes.

In addition to the nutritious meal, the congregate meals sites offer an opportunity for socialization, development of new friendships and involvement in activities and learning opportunities. Call 513-695-2234 for more information on the meals or activities.

WCCS MEDICAL TRANSPORTATION



If you are having difficulty getting transportation to your medical appointments WCCS may be your answer. WCCS has been providing medical transportation for persons 60 and over for more than 20 years. WCCS drivers actually provide assistance to the seniors who need a helping hand or use walkers or wheelchairs. WCCS does have 4 wheelchair accessible vans available, as well as, four minivans. "Many seniors stop driving because they no longer feel safe on the road due to their physical limitations. These are exactly the seniors we can help," says Joe

Thornton, WCCS Transportation Coordinator. It is estimated by the Beverley Foundation that older adults will experience 7 to 9 years of transportation dependence in their life. It is a very isolating experience not to be able to drive and WCCS does not want any senior missing a medical appointment because they can no longer drive. WCCS can transport eligible clients, who are 60 and over, within Warren County and into all the contiguous counties.

"We have the best trained drivers around," says Thornton, who is himself a certified trainer. All drivers must complete the DRIVE course, Defensive Driving, First Aide and CPR, in addition to other required training. Drivers must take refresher courses every 2 to 3 years. In addition, all WCCS drivers are insured, drug screened, criminal background checked and must pass a Department of Transportation physical every one to two years.

The WCCS Transportation program recently received perfect scores on their program and fiscal audits. WCCS has always had excellent customer service ratings. If you need assistance with medical transportation call the WCCS office at 513-695-2222.

Training Addresses Elder Abuse

A group of over 80 professionals and paraprofessionals spent time June 3 learning about Elder Abuse and Warren County's response at a training offered by the University of Cincinnati College of Nursing Center for Aging with Dignity. The training, an effort of the Safe Aging Coalition, was the kickoff to Elder Abuse Awareness Day, June 15.

In Ohio, from July 2006 through June 2007, there were over 15,700 reports of elder abuse, neglect and exploitation. Warren County had close to 200 elder abuse reports during that same time. Elder Abuse is largely unreported, as it is projected that only one in five incidents of elder abuse is reported to authorities. Elder abuse is any mistreatment that results in harm or loss to an older person. It includes physical, sexual or emotional abuse, neglect by another or self-neglect, and financial exploitation. Victims of abuse often live with their abusers. 2/3 of abusers are family members.

The Safe Aging Coalition, (SAC) an interdisciplinary professional group, was recently formed to address some of the issues our communities face involving elder abuse and the growing aging population. The Coalition has been assisted in their efforts by UC College of Nursing students. Training is a first step in raising awareness among groups who work with elderly. The training had

Own Your Future: Boomers and Their Parents Plan for Long-Term Care

What would you do if you or a loved one suddenly needed in-home or nursing care because of an illness or disability? How would you pay for it? Is a reverse mortgage a good idea? Who will make health care decisions for you if you can't? Do they know your wishes? What services are available?

These are important questions, no matter how old you are. Seventy percent of us will need some type of long-term care in our lifetimes. The sooner you plan, the better your options. Get information from experts at *Own Your Future*, an event to help you plan for tomorrow, today: **5-7 p.m., July 2, Mason Community Center**. Free, all are welcome. Information: Council on Aging of Southwestern Ohio, (513) 721-1025 or <http://www.help4seniors.org/OwnYourFuture.htm>.

diverse representation from a cross section of health care providers, social workers, fire and emergency workers, law enforcement and clergy.

Seniors who feels they are a victim of abuse, or any neighbor, friend or family member who has suspicion of elder abuse should contact Warren County Adult Protective Services at (513) 695-1423. Any report can be kept confidential.

74+ ACTIVITIES

Monday

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

Tuesday

Open Computer Lab	9:00 - 4:00
Cincinnati Asso. for Blind & Visually Impaired	
2 nd Tue of Mnth, by Appt	1-888-687-3935
Veterans Club (1st Tuesday)	11:00-12:00
Texas Hold-Em	12:30 - 1:45
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
Prayer & Share w/Chaplain Rusk	1:00
Euchre - Every Week	1:00 - 3:00
Line Dancing for Seniors	1:00 - 2:30
Taste of Ballroom Dancing	2:30 - 3:30

Thursday

Open Computer Lab	9:00 - 4:00
Oil Painting	9:00-11:30
Birthday/Anniversary (1 st Thur)	11:45-12:00
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
Checkers	12:30 - 3:00
Bridge	12:30 - 4:00

Computer Classes are by Appointment

Blood pressure check

is one time monthly, times and dates vary

Call (513)695-2239



RSVP Welcomes

New Volunteers

The Retired & Senior Volunteer Program enriches the lives of seniors 55 and over through meaningful volunteer service. Call to volunteer at 513-695-2252.

Sandy Barnes	Imogene Kidd
Emily Chaikin	June Mullins
Thomas Foley	Juanita Rohrback
Rita Frechette	Eleanor Segal
Shirley Fuller	Ruth Skurow
Howard Gary	Susan Smith
Joyce Goldberg	Julia Suid

741 SENIOR CENTER TRIPS

Ohio River Cruise

Thursday, July 31, 2008

Enjoy an afternoon of river cruising with BB Riverboats! We board our riverboat at Riverboat Row in Newport, KY for a two hour luncheon cruise. You'll enjoy beautiful views of the cities on both sides of the river as well as narration and entertainment from the great onboard staff. After our cruise we tour renovated Fountain Square and The Accent, a unique new condominium complex, in Covington, KY. You'll have time to shop at Newport on the Levee. We depart the 741 Center at 9:30 AM and the Mason Methodist Church at 10:00 AM. We return home about 5:00 PM. Tour Cost: \$67 Per Person.

French Lick Resort Casino

August 18-19, 2008

Come along on a short trip to Historic French Lick, Indiana. We stay at the French Lick Springs Hotel which has undergone a major \$382 million restoration. The Spa and Classic Pluto Mineral Baths have been beautifully restored. A popular addition is the French Lick Casino where you can enjoy Vegas-style gaming with 1,200 slot machines and 32 Table Games. The resort also has The Promenade Shoppes, Championship golf, indoor and outdoor pools, fitness center, bowling, tennis, horseback riding and more! A guided tour of our hotel and the "Sister Property", The West Baden Springs Hotel, is included. Tour Cost: \$249 Per Person Twin Basis.



Behind the Scenes Tour

of Cathedral Basilica of the Assumption
& Cincinnati Music Hall

Thursday, August 28, 2008

Take a tour of two of Cincinnati's most beautiful buildings. Our first stop is in Covington, KY at the Cathedral Basilica of the Assumption. Designed after Notre Dame in Paris the Cathedral has 82 stained glass windows including the largest in the world. Next enjoy a special catered luncheon in the Cincinnati Music Hall's Critic Club and then a behind the scenes tour of the Hall. Depart the 741 Center at 9:15 AM and the Mason Methodist Church at 9:45 AM. Return home about 4:30 PM. Tour Cost: \$55 Per Person.

Autumn in Niagara Falls & The Thousand Islands

September 14-18, 2008

Here's a great fall trip to beautiful upstate New York. See the awesome power of Niagara Falls on the thrilling Maid of the Mist Boat cruise and tour Goat Island. Then spend two nights at a wonderful resort located on the edge of the St. Lawrence River overlooking the Thousand Islands. See the scenic wonders of both the Canadian and American sections of the Thousand Islands on two great boat cruises. We'll cruise past islands with magnificent summer homes and amazing castles! Tour Cost: \$659 Per Person Twin Basis. *Call Soon. Space is almost Sold Out.*



Autumn in the Bluegrass Featuring The Loretta Lynn Concert

October 10-11, 2008

Join us on a wonderful fall trip to Kentucky to see music legend Loretta Lynn perform her biggest hits at world famous Renfro Valley! We take a driving tour of Lexington including the beautiful thoroughbred Horse Farms and the University of Kentucky. See Berea, the "Folk Arts and Crafts Capital of Kentucky", and shop at the Kentucky Artisan Center. We finish with an afternoon of horse racing at beautiful Keeneland Race Course. Tour Cost: \$269 Per Person Twin Basis.



Bear Creek Farms Featuring JoAnn Castel from The Lawrence Welk Show

Wednesday, September 24, 2008

We're off to Bryant, IN and Bear Creek Farms, an amazing village complex that offers something for everyone. We start with a buffet luncheon followed by entertainment by JoAnn Castel, one of the world's finest Ragtime and honky-tonk pianists. Later you can shop and browse the old time village, country store and unique shops. We depart the Mason Methodist Church at 7:30 AM and the 741 Center at 7:45 AM. Return home around 6:00 PM. Tour Cost: \$74 Per Person.



The Rockettes Christmas Spectacular

Saturday, November 29, 2008

Let's start the Holiday Season with the World Famous Rockettes! A delicious luncheon is included at Nicholson's in the Cincinnati Theater District. Then enjoy the Radio City Christmas Spectacular starring The Rockettes! This is one of the very best Holiday Performances and your lower level seats take you close to the entertainment. This fantastic show will make this a Holiday to Remember! We depart the 741 Center at 9:00 AM and the Mason Methodist Church at 9:30 AM. Return home will be around 4:30 PM. Tour Cost: \$149 Per Person.



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

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. For 741 Center reservations or information call (513) 695-2239. *Call for lunch reservations before 10:30 AM at (513)-695-2256.*

JULY

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|----------------------------------|---|----------------|---|
| July 1 | Veterans Club Meeting - 11:00 AM J.R. Skelton representative from Wright-Patterson Air Force Base will present a history of Wright-Patterson and Patriotism followed by a free lunch for veterans. Call if you plan to stay for lunch. | July 11 | Bridge - 12:30 - 4:00 PM Join our bridge group every Friday. Experience helpful. Note the new time of 12:30. |
| July 3 | 4th of July Celebration & Birthday/Anniversary - 11:30 AM Recognition. We pay tribute to our independence and recognize our birthdays and anniversaries. Be patriotic and wear Red, White and Blue. Enjoy games including corn hole, horseshoes, and a great lunch. Call ahead for lunch. | July 14 | National Chocolate Day - 12:00 PM Do you like chocolate? Bring your favorite chocolate recipe or chocolate candy. Learn about chocolate and play a chocolate trivia game. |
| July 4
July 7 | Center Closed For the Holiday. Happy 4th of July!
Voice Works Choral Performance - 1:00 PM Local tri-state students will perform under the tutelage of The Cincinnati Conservatory Of Music. Broadway, pop and standards for your listening pleasure. | July 15 | Cincinnati Assn for the Blind Low Vision Clinic - 9:00 AM Call 1-888-687-3935 to register. No walk-in's! |
| July 8 | Cincinnati Association for the Blind Low Vision Clinic - 9:00 AM You must have an appointment. No walk-ins. Please call 1-888-687-3935. | July 16 | Senior Line Dancing - 1:00 PM every Wednesday. |
| July 9 | Writers Workshop - 10:00 AM Do you want to try your hand at writing? Do you have a novel or memoir or family saga in your head and want to put in on paper, but don't know how? The Writers Workshop is for beginners, intermediate and a refresher for experienced writers as well. Led by Jack Johnson, who has 11 novels behind him. Jack will address each person's needs. Call to register. Fee is \$5. | July 17 | Ice Cream Soda Day - 12:30 - 1:00 PM Enjoy games, have an ice cream soda, and enjoy Bingo at 1:00 PM. |
| July 10
July 10 | French Lick Indiana trip information session - 3:15 PM
Pie Bake Off! - 12:00 PM Remember last year's pie bake off? It's time again to bake your favorite pie and bring it in to be judged. Let us know if you want to participate. May the best pie win! | July 18 | Digital Photos & Camera Application - 11:00 AM, Rm 111. Second session in this two part class. |
| July 11/18 | New Class Digital Photos & Camera Application - 11:00 AM, Rm 111. Do you want to learn the finer points of operating a digital camera or how to buy one? Marshal Miller will help you. Bring your camera or just come and listen. Second session is Friday, July 18. \$2.50 per class. | July 24 | Renaissance Day - 11:30 PM Enjoy a special visit from performers from the Renaissance Festival in Harveysburg, as we take a look at the days of knights and their ladies. |
| | | July 31 | Clovernook Home for the Blind and Visually Impaired Guide Dog Visit - 12:30 PM Learn about the very special dogs that are trained to be companions to the visually impaired. |

AUGUST

- | | |
|------------------|--|
| August 5 | Veterans Club - 11:00 PM Join us for the monthly Veterans Club meeting to share stories and experiences with other veterans. |
| August 14 | Foolish Fashion Show - 11:45 AM in the dining room. A foolish fashion show that breaks the rules of the runway. Come for lunch and then enjoy the show. |
| August 21 | Dog Days of Summer Lunch - 11:45 AM The Dog Days of summer are here again. Have lunch, play trivia games and play bingo at 1:00 PM. |
| August 28 | Labor Day Celebration - 11:30 AM Join us for food, fun and festivities as we end the summer 741 style, with an Ice cream social, games and more! |



DO YOU PLAY PIANO?

We need a player for the 741 Center piano!

Bring music into the life of the Center a couple times a month.

If you are interested call Michelle at 513-695-2252.

LET'S ZUMBA!



Zumba is a new way of exercising to a Latin beat designed with the beginner in mind.

The class starts Tuesday July 22nd at 11:00 AM and runs six weeks for the cost of \$30.

Call 513-695-2239 to reserve your place.

Set aside
September 19th
for the
"Western Round - Up"

5:30 - 9:00 PM
at the 741 Center



Great Food, Fun, and Festivities

Tickets Go On Sale Friday, August 15th

JULY MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Please Call Your Nutrition Site for Meal Times.	1) 3 oz. Ham ½ c Scalloped Potatoes ½ c Asparagus, Roll ½ c Fruit Cocktail 1 c Milk	2) 3 oz. Salisbury Steak ½ c Stuffing ½ c Carrots, Bread ½ c Pear Halves 1 c Milk	3) 3 oz. Chicken Breast ½ c Mashed Potatoes ½ c Green Beans, Roll Cake / Angel Food 1 c Milk & Juice	4) CLOSED 4TH OF JULY
7) 3 oz. Stuffed Green Pepper, Bread ½ c Mashed Potatoes ½ c Cauliflower Fresh Fruit, 1 c Milk	8) 3 oz. Chicken Cordon Bleu, Bread ½ c Pasta Alfredo ½ c Broccoli, ½ c Tropical Fruit, 1 c Milk & Juice	9) 3 oz. Sirloin Patty ½ c Baked Potato ½ c Corn Pudding, Roll Cookie / SF Cookie 1 c Milk & Juice	10) 3 oz. Breaded Fish ½ c Macaroni & Cheese ½ c Peas & Onions Cornbread, ½ c Fruit in SF Jello, 1 c Milk	11) 3 oz. Pork Tenderloin ½ c Cheesy Potatoes ½ c Turnip Greens ½ c Mandarin Oranges Bread, 1 c Milk
14) 1 c Chicken & Noodles ½ c Lima Beans ½ c Beets Bread Fresh Fruit, 1 c Milk	15) 3 oz. Meatsauce ½ c Spaghetti ½ c Italian Blend, Bread ½ c Diced Peaches 1 c Milk & Juice	16) 3 oz. Pot Roast ½ c Potatoes ½ c Carrots Roll, Pie / NSA Pie 1 c Milk & Juice	17) 3 oz. Eggs & Sausage ½ c Hash Browns ½ c Applesauce Biscuit, Fresh Fruit 1 c Milk	18) 3 oz. Turkey ½ c Pasta Salad ½ c Cole Slaw, Bun Apple Cobbler / SF Apple Cobbler, 1 c Milk
21) 3 oz. Meatloaf ½ c Mashed Potatoes ½ c Peas Roll, Fresh Fruit 1 c Milk	22) 3 oz. Keilbasa / Kraut ½ c White Potatoes ½ c Green Beans Cream Puff / SF Pudding Roll, 1 c Milk	23) 3 oz. Salmon ½ c Macaroni & Cheese ½ c Brussels Sprouts Bread, ½ c Pineapple 1 c Milk & Juice	24) 3 oz. Chicken Legs ½ c Mashed Potatoes ½ c Corn Roll, Fresh Fruit 1 c Milk	25) 3 oz. Cheeseburger Bun, ½ c Tater Tots ½ c Mixed Vegetables ½ c Vanilla Pudding / SF Pudding, 1 c Milk & Juice
28) 1 c Chipped Beef ½ c Mashed Potatoes ½ c Beets, Biscuit Fresh Fruit 1 c Milk	29) 3 oz. Chicken Tenders ½ c Rice Pilaf, Bread ½ c Broccoli Normandy ½ c Applesauce 1 c Milk & Juice	30) 3 oz. Swiss Steak ½ c Yams ½ c Green Beans, Bread Cake / Angel Food 1 c Milk & Juice	31) ½ c Chicken Salad ½ c Potato Salad ½ c Cole Salad Bun Fresh Fruit, 1 c Milk	If you know you will not be home to receive your Home Delivered Meal please call Nutrition at 513-695-2231

AUGUST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Please Call Your Nutrition Site for Meal Times	If you know you will not be home to receive your Home Delivered Meal please call Nutrition at 513-695-2231			1) 3 oz. Lasagna ½ c Corn ½ c Italian Blend, Bread ½ c Fruit Cocktail 1 c Milk
4) 3 oz. Cabbage Roll ½ c Mashed Potatoes ½ c Peas Roll, Fresh Fruit 1 c Milk	5) 3 oz. Pork Chop ½ c Rice Pilaf ½ c Broccoli Normandy Bread, ½ c Applesauce 1 c Milk & Juice	6) 3 oz. Sirloin Patty ½ c Scalloped Potatoes ½ c Beets Roll, Fresh Fruit 1 c Milk	7) 3 oz. Baked Chicken Breast, ½ c Mashed Potatoes, ½ c Green Beans, Roll, Cake / Angel Food 1 c Milk & Juice	8) 3 oz. Breaded Fish ½ c Macaroni & Cheese ½ c Asparagus, Bun Brownie / SF Cookie 1 c Milk & Juice
11) 3 oz. BBQ Beef ½ c Potato Cakes ½ c Corn Pudding Bun, Fresh Fruit 1 c Milk	12) 3 oz. Chicken Thigh ½ c Cheesy Potatoes ½ c Brussels Sprouts Roll, Apple Dumpling 1 c Milk	13) 3 oz. Corned Beef ½ c Mashed Potatoes ½ c Cooked Cabbage, Roll Cookie / SF Cookie 1 c Milk & Juice	14) 3 oz. Ham ½ c Northern Beans ½ c Carrots Cornbread, Fresh Fruit 1 c Milk	15) ½ c Chicken Ala King ½ c White Rice ½ c Oriental Blend, Bread ½ c Mandarin Oranges 1 c Milk & Juice
18) 3 oz. Crab Cakes ½ c Macaroni & Cheese ½ c Stewed Tomatoes Bread, Fresh Fruit 1 c Milk & Juice	19) 3 oz. Meatballs ½ c Spaghetti ½ c California Blend Bread, ½ c Tropical Fruit 1 c Milk & Juice	20) 3 oz. Chicken Legs ½ c Yams ½ c Green Beans, Roll Cream Puff / SF Pudding 1 c Milk & Juice	21) 3 oz. Hot Dog, Bun ½ c Tater Rounds ½ c Chuckwagon Corn ½ c Strawberry/Angel Food Cake, 1 c Milk	22) 3 oz. Stuffed Green Pepper, Roll, ½ c Mashed Potatoes ½ c Peas & Onions ½ c Pears, 1 c Milk
25) 1 c Chicken & Noodles ½ c Lima Beans ½ c Beets Roll, Fresh Fruit 1 c Milk	26) 3 oz. Turkey Sandwich ½ c Potato Salad ½ c Cole Slaw Bun, ½ c Pineapple 1 c Milk	27) 3 oz. Pot Roast ½ c Red Potatoes ½ c Carrots, Roll Pie / NSA Pie 1 c Milk & Juice	28) 3 oz. Cheeseburger ½ c Waffle Fries ½ c Baked Beans Bun, ½ c Cantelope 1 c Milk	29) 3 oz. Veal Parmesan ½ c Pasta Marinara ½ c Broccoli Normandy Bread, ½ c Diced Peaches 1 c Milk & Juice

Suggested donations for person 60+ and spouses is \$2.50 Cost for those under 60 years of age is \$6.00

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

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

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

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Warren County Community Services, Inc.
570 N. State Route 741
Lebanon, Ohio 35036

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