

Spotlight ON SERVICES

A nonprofit organization strengthening the fabric of our community

WCCS
WARREN COUNTY
Community
Services INC

www.wccsi.org
MAY/JUNE 2008

INVOLVING FATHERS IN FAMILY LITERACY



Jose De La Rosa, above, with daughter Diana wrote: "This project was very good for Diana and me, to have some alone time with her. She was very happy that she was working with me. We hope to have many more projects like this."

WCCS Early Learning Centers are doing some wonderful activities to encourage fathers and other male role models to take an active role in the lives of their children. Research shows that involved fathers are a significant positive influence in children's development, and we see how much children love spending quality time with their dads! Fathers, grandpas, uncles, big brothers, and other men in the family are

important role models and teachers for the children in their lives.

The Early Learning Centers offer a monthly family literacy activity for parents and children, and families who attend receive a children's book to take home. Some of these activities and books are especially planned to involve fathers. The Happy Hearts center read a story for their family literacy activity called *Daddy Makes the Best Spaghetti*, by Anna Grossnickel Hines. The parents then enjoyed a spaghetti dinner, cooked by "Mr. Paul" one of our bus drivers.

Teachers have created "Literacy Tote Bags" with books, journals, and family literacy activities that children can take home to do with their parents. One book title in the Literacy Tote Bags is *Alphabet under Construction* by Denise Fleming, about a mouse who builds the letters of the alphabet. Dads were encouraged to read this book to their children, and then do a gluing activity with letters of the alphabet.

The tote bags included a disposable camera to take pictures of the activities, and fathers also wrote about their experiences in a journal. Jack Robinson, Haley's dad, wrote: "Good times! Thanks for the project!" Brandon Ford, Connor's dad, wrote: "Connor and I had fun with this project. He wanted to make a

scary monster and we did to the best we could! He says 'it's the scariest monster ever!' All in all this was a good project and we had fun on a cold February afternoon!"



John Dapice, Christopher's dad, above, wrote: "We had a great time as we read the book twice and got sticky gluing the letters. Looking forward to another male activity in the future. It brought both of my boys ages 9 and 3 close together with me. Thank you!"

WCCS Achieves Gold for Warren County United Way

Recently Family Services staff attended the Warren County United Way Annual meeting and Celebration to accept the Gold designation for the hard work and efforts this past campaign year.

Linda Baysore, Jennifer Long, Family Services staff and Mary MacDowell, RSVP, spent extra time and energy planning fun events and activities for WCCS staff to participate in to raise dollars for our local

United Way. Staff commented the activities generated a lot of enthusiasm and resulted in generous contributions to help raise dollars that serve our own community.

WCCS is proud to accept this Gold designation from United Way and looks forward to "raising the bar" for next year's campaign with even more dollars generated to support our Warren County community.

Homestead Property Tax Exemption

A Second Chance to Apply for Homestead Property Tax Exemption: Seniors who missed the initial October 1, 2007 deadline have until June 2, 2008 to sign up for the expanded homestead exemption to claim relief on 2007 tax bills, payable in 2008.

The new homestead exemption is available to all homeowners 65 and older and all totally and permanently disabled homeowners. Seniors can sign up by using **form DTE 105A**, available from their county auditor's office, and checking the "Late application for prior year" box.

An 'Ode' to Lissa



Whenever I think of the words,
Davis Road, FOOD or 741
I quickly think of Lissa
The gal who is so much fun
This gal is so upbeat and cheerful
She's intelligent, witty and funny
She's the Berrywood Meals On Wheels gal
She's as sweet as cream and honey
That's our Lissa from 741
Whose out everyday doing her run
With our good nutritional daily meals
And with them she supplies the fun
So 741 must always be aware
That gals like her are hard to find
And if she ever decides to leave her job
Berrywood residents would lose their minds.

*Shirley Munafo
A Berrywood resident*

Lissa Skalski has delivered WCCS Meals on Wheels™ to seniors for 8 years. She delivers in Maineville including Berry Wood Apartments in Loveland.

**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

Elder Abuse Awareness Day

Sunday, June 15, 2008 is International Elder Abuse Awareness Day. With the world population of persons 60 and over continuing to grow, the goal of this day is to raise awareness about abuse that involves physical, verbal, emotional, sexual, neglect and exploitation.

The World Health Organization reports that between 4% and 6% of the elderly have experienced some form of abuse in the home. In 2007, Ohio had 15,676 reports of elder abuse, neglect and exploitation. Self neglect is the most reported type of abuse. Many elders are isolated and this increases the risk of mistreatment or inability to care for themselves.

Elder abuse can take on many forms. For some older people the consequences of physical abuse can be especially serious because their bones are more brittle and recovery may take longer. Family relationships can become strained in a stressful caregiving situation where the older person may become more and more dependent on their abuser for care or even financial support. Friends or family members can exploit elders for their financial and housing resources.

Elder Abuse happens in every setting, in private homes and nursing homes. WCCS is working with UC College of Nursing, Warren County United to End Family Violence and Adult Protective Services (APS) to address this growing issue..

You do not need to witness abuse to report it! If you suspect something is not right, talk with someone. Your name will be held in strict confidence. Call Adult Protective Services at 513-695-1423 to report any suspected abuse.

On June 15th, Elder Abuse Awareness Day, show your support for older adults and their safety by wearing purple.

Tax Preparation Volunteers Needed

Are you computer savvy and enjoy assisting others? Do you enjoy learning new computer programs? If you answered yes to either or both of these questions - we need you! Warren County Community Services, Inc. Family Services is looking to expand its tax preparation services to eligible families. Sue Miller, Family Services Director shared, "We have served over 24 families this year since our staff have become trained counselors and we are hoping to reach more eligible families who need this very valuable service."

Miller further commented, "The Ohio Benefits Bank program offered through the Governors' Office of Faith Based Initiatives has allowed us to assist families that would have paid to get their taxes done and who may not have realized their fullest potential in returns; however more helping hands are needed to support these families!" Miller continued, "We know we can outreach to families who will benefit from The Ohio Benefit Bank program access to public benefits and tax preparation services if we can train more individuals to offer this service to eligible families. We are all well aware of the high foreclosure rates in Ohio and of increasing costs in gas and utility rates. Programs like Benefit Bank offer hope to our families that dollars that may not have been

FRANKLIN AREA RESIDENTS

Need information on Senior Services?

A representative from the Warren County Elderly Services Program will be at

Franklin Community Services,
345 S. Main Street, Franklin, OH 45005

**Wednesdays from 5 - 7 PM
and Friday's 12 - 3 PM**

This licensed social worker can provide information about services and benefits for older adults and their family members.

Please notice corrected phone #!
For further information,
call 937-903-0994.

realized such as (EITC), Earned Income Tax Credit, Child Tax Credit or Education credits can place needed dollars back into the wallets of individuals that need it the most."

Individuals interested in becoming trained to offer Ohio Benefits Bank tax counselor assistance should contact Family Services Director, Sue Miller at 513-695-2249 or e-mail Sue at suekm@wccsinc.org.

Did You Know Your Cell Phone May Not Connect You to 911?

Many of us use cell phones for a variety of reasons. Connecting with family, making appointments or placing calls for assistance, when an unlikely event occurs and you or someone you love needs emergency assistance.

WCCS recently became aware that not all cell phones have GPS. According to Warren County Telecommunications Department phones approximately 3 years or older may not have GPS. Not having GPS may mean a delay verifying the exact location of a cell phone's 911 distress call and a delay in the arrival of emergency assistance. Many of us are comforted by the fact that our cell phone can quickly put us into contact with Emergency Providers through 911, when in fact, we need to check with our cell phone service/vendor to determine whether the cell phone we own does have GPS.

Take a moment to check with your cell phone service to ascertain whether or not your cell phones have GPS. This could save a life, perhaps your own!

WCCS Employment Opportunities

Excellent Benefits Mileage Reimbursement and Travel Pay

- **Case Manager** - Planning, monitoring, and coordination of services for seniors in their home. LSW, LPN or LPC desired or related degree with five years community experience.
- **Homemakers and Homecare Aides** Assist seniors with housekeeping, laundry, and errands. Aides also offer personal care and respite services. STNA preferred.



Submit application to:
Lisa Baker-Kaufman, WCCS
570 North State Route 741
Lebanon, OH 45036
lisabk@wccsinc.org fax:513-695-2277



Save \$\$\$ at the Pump

Remember the days when friends could gather loose change and get enough money to buy gas and ride all night, or when families would go for a Sunday afternoon drive? Now families are struggling to put gas in their tanks just to get back and forth to work.

The Federal Trade Commission offers some tricks to get more gas for your money, and go further on the fuel in your tank.

- Fill your tank earlier in the morning. The colder the ground the denser the fuel. Warmer gas expands and you get less for your money.
- Use the gas trigger at a slower mode, as the highest mode increases vapors and decreases the actual amount of gas going into your tank, but not what the pump is registering.
- It is better to fill your tank, when it is at the halfway mark, because there is less air in the tank.
- If the gasoline truck is loading the storage tanks, it may not be a good time to fuel up, as the sludge that normally settles on the bottom (of the storage tanks) may be pumped into your tank.
- Drive at or below the posted speeds. Gas mileage decreases rapidly at speeds over 60 miles per hour.
- Avoid unnecessary idling, at a drive thru pharmacy, bank, fast food business, etc. If you have to sit and wait for an extended period of time, turn the car off.
- Drive gently, avoiding jack rabbit stops and starts, as quick stops and starts can burn up to 5% more gas.
- Using your overdrive gears and cruise control on the highway can save 2% on gas consumption.
- An extra 2% gas can be burned by carrying an additional 100 pounds of weight in the trunk.
- Improve gas mileage by 4% by keeping your engine tuned properly.
- Properly inflated and aligned tires can improve mileage by 3%.
- Take the route with the flattest terrain and fewest stops. Try to avoid traffic jams and stop-n-go traffic.
- Park in the shade. This minimizes fuel evaporation and helps keep your car cool in the summer.
- Keep your gas cap on tight. Tightening the gas cap on your car will prevent gas from evaporating and escaping into the air. If you've lost your gas cap, buy a new one ASAP.

The above gas information was compiled from website: How To Save at the Gas Pump at www.gomestic.com and Top 25 Ways to Save at the Pump. Check out local gas prices for the best buys by going to websites such as Cheap Gas or Gas Buddy.

What you need to know about your Electric Bill



While law makers and politicians are scrambling to make changes regarding Electric De-Regulation, this is what you need to know: Beginning January 1, 2009, Electric De-Regulation will happen in the State of Ohio.

Historically, states that have experienced De-Regulation, overnight the prices for utilities have soared from 45% to 70%.

You Must Learn to Conserve



Do you know the electric cost of running some appliances per month?

- Plug in Space Heater \$44.25/based on \$.082kWh
- Outdoor Flood Light \$17.71/based on \$.082kWh
- Old Refrigerator that you kept when you got a new one \$16.40/based on \$.082kWh
- Computer System left on \$8.86/based on \$.086kWh

Summer's Top Energy Saving Tips



Home energy costs will rise with the temperature this summer, as air conditioning comes into play and continuing tight natural gas supplies put upward pressure on electricity prices.

To help consumers reduce their home energy bills the U.S. Dept. of Energy and the Alliance to Save Energy offer tips on smart energy practices.

- **A well-maintained cooling system** runs more efficiently, uses less energy, and lowers energy bills, so clean or replace AC filters monthly or as needed.
- **During the cooling season**, keep your house closed tight in the daytime to keep unwanted heat and humidity out. Ventilate at night naturally or with fans.
- **Shift energy-intensive tasks** such as laundry and dish washing to off-peak energy demand hours; do full loads running washers, dryers, and dishwashers.
- **Switch to cold water** washing laundry in top-loading, energy-efficient washing machines to save energy and up to \$63/year. Detergents formulated for cold water get clothes just as clean; clean the lint filter in your dryer after every load.
- **Keep lamps or TVs** away from the air conditioner thermostat. The heat generated causes the air conditioner to run longer, running up bills unnecessarily.

Resources



WCCS HEAP 513-695-2295
WCCS Weatherization 513-695-2287
U.S. Department of Energy www.energy.gov

The Retired & Senior Volunteer Program

ATTENTION RSVP Volunteers: If you have volunteered in the past year and not turned in hours, this is your last chance to turn them in and be invited to the "Annual RSVP Recognition Luncheon".

The RSVP Program enriches the lives of senior 55 and over through meaningful volunteer service. If you are interested in volunteering please call us at 513-695-2252.

RSVP Welcomes
New Volunteers



Gladys Alexander	Charles Hugan
Lovanna Brewer	Steven Leininger
Martha Buchanan	Connie McGaffin
Pamela Campbell	Marcia Perkins
Patricia Cutter	Marilyn Williams
Shirley Dawson	Pauline Yang
Rose Ellis	



The 741 Center Silver Sneakers Exercise Class presents a
SPRING FLING

on May 14

promptly at 9:15 AM

at The Warren County Historical Society
105 South Broadway, Lebanon

We start with a group picture! Then John Zimcus - Warren County Historian and Author - gives a tour of the Historical Museum followed by a 'Walk and Talk' past many of Lebanon's historical buildings.

We finish up with lunch at the Village Ice Cream Parlor.

Call 513-694-2239 by May 12th to attend.

Organized by Helen Free and Joy Miller.

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
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	
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	11:30 - 1:00
Prayer & Share w/Chaplain Rusk	1:00
Euchre - Every Week	1:00 - 3:00
Line Dancing for Seniors	1:00 - 2:30

Thursday

Open Computer Lab	9:00 - 4:00
Oil Painting	9:00-11:30
Greeting Card Making (May)	10:00-11:00
Scrap Booking (Mth of May)	11:00-12:00
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
Checker Game	12:30 - 3:00
Bridge	1:00 - 4:00

Computer Classes by Appointment
Blood pressure check is one time monthly,
times and dates vary
Call (513)695-2239

741 Senior Center Trips



The Creation Museum

Wednesday, May 7, 2008

The Creation Museum (located near Greater Cincinnati International Airport) in Petersburg, Kentucky, is a state of the art 65,000 sq. ft. museum that brings the Bible to life using fantastic special effects! Each of the 160 exhibits allow personal interaction. As an example, you'll walk through the Garden of Eden, see The Tree of Life, central to the garden, and come face to face with a dinosaur of incredible dimensions. In the Planetarium enjoy a 22-minute simulated spaceflight to the outer regions of our universe. Package includes a \$10/person food voucher for lunch at the café. Depart the 741 Center at 8:30 AM and the Mason Methodist Church at 9:00 AM. Return about 4:00 PM. Tour Cost: \$67/Person.

Vito's Café

Home of the Singing Servers

Wednesday May 21, 2008

Vito's is an Italian-style neighborhood trattoria, nestled in the picturesque hills of Northern Kentucky, featuring authentic Italian specialties and live entertainment. After dinner relax and enjoy listening to your favorite arias, Broadway Show or standards. The most talented graduate students from local music schools serve tables and sing. Depart the 741 Center at 3:45 PM and Mason Methodist Church at 4:00 PM. Return around 8:30 PM. Tour Cost: \$79/Person.

The Great Train Robbery

Saturday, June 14, 2008

Enjoy an old-fashioned train ride aboard the Hocking Valley Scenic Railway! Depart the 741 Center at 8:00 AM and the Mason Methodist Church at 8:30 AM and then on to Nelsonville, OH. A delicious box lunch is included. The train carries a "gold" shipment with an alert sheriff and his deputies. They will attempt to protect the gold shipment and passengers from robbers who will attack with horses, cannon and guns. Return home will be around 6:30 PM. Tour Cost: \$79 Per Person.

The von Trapp Children With The Cincinnati Pops

Saturday June 21, 2008

Hear the living legacy of the family that inspired The Sound of Music. Join us at Riverbend Music Center as descendants of the von Trapp family bring their pure vocal style to selections from The Sound of Music. A dinner is included at AJ's Restaurant prior to the show. Depart the 741 Center at 3:45 PM and the Mason Methodist Church at 4:15 PM. Return home will be at approximately 11:00 PM. Tour Cost: \$105 Per Person.

Bardstown, Kentucky

June 24-25, 2008

Bardstown is Kentucky's second oldest city. My Old Kentucky home is immortalized in song by Stephen Foster. We visit this 1795 mansion and relive the golden days of railroad with a luncheon on My Old Kentucky Dinner Train, then enjoy beautifully costumed actors present The Stephen Foster Story with a medley of Foster's immortal tunes. We'll also tour Heaven Hill Distillery, Bardstown's Civil War Museum and the Abby of Gethsemani, home to Trappist Monks. Tour Cost: \$269/Person Twin Basis, \$259/Person Triple/Quad Basis, \$320/Person Single Basis. **Please attend the Bardstown Travel Presentation Friday, May 9th at 1:30 PM at the 741 Center.**



Highlights of the Canadian Rockies by Rail

July 5-13, 2008

Experience Canada's West. Tour Calgary, Banff, Lake Louise and Jasper. See Moraine Lake, the awesome Valley of the Ten Peaks, and journey along Icefields Parkway to see bears, furry marmots and elk. We stay at the magnificent Fairmont Chateau Lake Louise and spend two days aboard the Rocky Mountaineer Train traveling through the mighty Canadian Rockies and along the beautiful Thompson River. Then on to Vancouver. Tour Cost: \$3,599 Per Person Twin Basis, \$ 3,569 Per Person Triple Basis and \$4,499 Per Person Single Basis.



Radiance of the Seas 7-Night Alaska Cruise

August 29 - September 5, 2008

Join Royal Caribbean International on a fantastic Alaskan Cruise. Cruise Alaska's "Inside Passage", experience native Alaskan culture and see their fascinating totems in Ketchikan, relive the Gold Rush days in Skagway and tour our country's most unique state capital - Juneau. In Icy Strait Point you can see hump-back whales, sea lions and bald eagles. Tour Cost: \$2,100 Per Person - Inside Stateroom \$2,379 Per Person - Ocean View Stateroom \$2,769 Per Person - Ocean View Stateroom with Private Balcony. **Please attend the Alaska Travel Presentation Tuesday, April 22nd, 1:30 PM at the 741 Center.**



Autumn in Niagara Falls & the Thousand Islands

September 14-18, 2008

Experience the beauty of Niagara Falls and the Thousand Islands in the St. Lawrence River. Spend two nights at a resort on the edge of the St. Lawrence River overlooking the Thousand Islands and enjoy two fantastic boat cruises. Tour Cost: \$659 Per Person Twin Basis \$799 Per Person Single basis \$619 Per Person Triple Basis. No Passport Needed. **Please attend the Autumn in Niagara Falls & the Thousand Islands Travel presentation Wednesday, May 21st, 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**

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.*

May is Older Americans Month. Check out our special programs for May.

May

- May 1** **Greeting Card Class (New Day is Thursday)** - 10:00 AM. Due to popular demand we return to our original day and time for this class. Bring scissors, Crayola color markers and glue stick. Call to register.
- May 1** **Scrapbook Class (New Day)** - 11:00 AM. Call to register and for a list of supplies.
- May 6** **Veterans Club Meeting** - 11:00 AM. Open to Veterans of all ages. Share experiences and make new friends with guys like you! Meetings followed with a lunch at no cost to Veterans.
- May 7** **"A Taste Of Ballroom"** - 2:30 to 3:30 PM. Join Al and Betty Hamilton, experienced ballroom instructors, as they introduce you to a sample of ballroom dancing! Call to register. Beginners, this class is for you! \$3 per person per class through Wednesday, June 11th.
- May 8** **Mothers' Day Lunch** - Noon. Be a part of today's lunch. Free for ladies with special happenings.
- May 8** **Kettering Stroke and Heart Attack Screenings** - 8:30 AM to 12:00 PM. Schedule an appointment with Health Plus at 1-800-888-8362 prior to test. No walk INS please. \$109 for complete screening or individual tests at \$45 per test. Heart Attack Screenings \$21/person.
- May 13** **Cincinnati Association For The Blind Low Vision** - 9:00 AM. Clinic in Room 111 and Room 108. By appointment only. Call 1-888-687-3935.
- May 13** **Young at Heart Club Meeting** - Noon. Lunch in the multi-purpose room. Call us if you would like to be a part of this monthly group.
- May 14** **Spring Fling** - 9:15 AM. The Silver Sneakers Exercise Class presents a physical and informational event led by John Zimcus. Tour the Warren County Historical Museum and then a WALK & TALK past Lebanon's Historical buildings. Finish with lunch at the Village Ice Cream Parlor. Call to join before May 12th.
- May 20/21** **AARP Drivers Safety Program** - 12:30 PM to 4:30 PM

Driver Safety Program

A Refresher course designed and sponsored by AARP Includes:

- Information on aggressive drivers
- How to compensate for changes in vision, hearing and reaction time
- Defensive driving techniques information

Two 4 hour sessions

Cost \$10 for class and supplies.

Auto insurance companies in most states provide a multi-year discount to AARP graduates (Consult your insurance agent)

Call The 741 Center to register.

- May 20** **Senior Expo at Coney Island** - 9 AM to 5 PM. Join us at this popular event and visit booths, exhibits, enjoy the entertainment and more. Tickets are available at the entrance of Coney Island for \$1.50.
- May 21** **AAA Travel Talk on Autumn in Niagara Falls and the Thousand Islands** - 1:30 PM in the Dining Room.

Stimulus Payments

Everyone must file a 2007 tax return to receive the stimulus rebate. The IRS encourages you to file a return even if your income is low or much of your income is tax-free.

You have until **October 15, 2008** to file. WCCS can help with the forms.

- May 22** **Memorial Day Picnic** - 12:00 PM. A picnic style lunch followed by a special recognition for our soldiers that have fallen. Then we will play games like corn hole and horse shoes outside.
- May 26** **Closed for Memorial Day**

June

- June 4** **Bible Study with Vivian Ratliff every Wednesday** - 11:30 AM. Enjoy a salad bar lunch and an hour of the best Scripture learning you will ever experience! Inter-denominational with emphasis on Biblical teaching.
- June 10** **Cincinnati Assn. for the Blind Low Vision Clinic** - 9:00 AM. Must have appointment call 1-888-687-3935. No WALK INS please.
- June 12** **Fathers' Day Luncheon** - Noon. Men join us for a free lunch in honor of all guys, fathers or not!
- June 12/19** **Calligraphy For Beginners** - 1:00 PM in Room 111. Calligraphy is the art of elegant and unique penmanship. Make your greeting cards, letters and special announcements more dramatic and personalized. No charge for class, just supplies. Call to register and get a list of supplies.
- June 13** **Flag Presentation** - Noon in the Dining Room. Join us as we celebrate Flag Day and honor our flag!
- June 16** **Book Club** - 1:00 PM. Are you a lover of good books? Join our cover to cover, librarian led, book club the 3rd Monday of each month. We receive our books one month and the next month we meet and have an interesting discussion! Call if you are interested and we will get you a book.
- June 17** **Cincinnati Association for the Blind** - 9:00 PM. Join us for a second session of low vision clinic. You must have an appointment. Call 1-888-687-3935.
- June 19** **Pink Flamingo Party!** - 11:30 AM. This is the day to wear hot pink! Games, music, refreshments, the limbo and of course Pink Flamingos! Bingo immediately following!
- June 26** **The 741 Center Art Show and Sale** - 10 AM to 3 PM.



Browse professional quality paintings.
Peruse art works at your leisure.
Buy if you choose.
No cost to view the art show.
Come for the art show and stay for lunch.

May 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. Chicken Breast ½ c Mashed Potatoes ½ c Green Beans, Roll Cake / Angel Food 1 c Milk & Juice	2) 3 oz. Meatballs ½ c Spaghetti ½ c Italian Blend Bread, Fresh Fruit 1 c Milk & Juice
5) 2 Beef Enchiladas ½ c Spanish Rice ½ c California Blend Cornbread, Fresh Fruit 1 c Milk & Juice	6) 3 oz. Salisbury Steak ½ Mashed Potatoes ½ c Peas & Onions, Roll ½ c Pear Halves 1 c Milk	7) 3 oz. Chicken Tenders ½ c Succotash ½ c Diced Beets, Roll Cookie/SF Cookie 1 c Milk & Juice	8) 3 oz. Pork Roast ½ c Scalloped Potatoes ½ c Asparagus, Roll Éclair /SF Pudding 1 c Milk & Juice	9) 3 oz. Chicken Salad ½ c Pasta Salad ½ c 3 Bean Salad, Bread ½ c Applesauce 1 c Milk & Juice
12) 3 oz. Meatloaf ½ c Mashed Potatoes ½ c Corn Pudding, Roll Fresh Fruit 1 c Milk	13) 3 oz. Chicken Legs ½ c Wild Rice ½ c Brussels Sprouts Bread, Pie / NSA Pie 1 c Milk & Juice	14) 3 oz. Breaded Fish ½ c Macaroni & Cheese ½ c Peas & Carrots, Bread Brownie/SF Cookie 1 c Milk & Juice	15) 3 oz. Beef Stroganoff ½ c Noodles ½ c Green Beans, Bread Fresh Fruit 1 c Milk	16) 3 oz. Turkey Sandwich ½ c Potato Salad ½ c Coleslaw, Bun ½ c Tropical Fruit Cup 1 c Milk
19) 1 c Lasagna ½ c Corn, ½ c Broccoli, Bread Fresh Fruit 1 c Milk	20) 3 oz. Pot Roast ½ c Red Potatoes ½ c Baby Carrots, Roll Pudding / SF Pudding 1 c Milk & Juice	21) 3 oz. Chicken Thigh ½ c Cheesy Potatoes ½ c Green Beans Roll, Fresh Fruit 1 c Milk	22) 3 oz. Cheeseburger ½ c Waffle Fries ½ c Cole Slaw, Bun ½ c Strawberry Shortcake 1 c Milk	23) 3 oz. Pork Tenderloin ½ c Yams ½ c Asparagus, Roll ½ c Diced Peaches 1 c Milk
26) Closed for Memorial Day	27) 3 oz. Brded Chicken Breast, ½ c Rice Pilaf ½ c Oriental Blend, Bread ½ c Fruit Cup 1 c Milk & Juice	28) 3 oz. Sirloin Patty ½ c Baked Potato ½ c Mixed Vegetables Roll, Pie/NSA Pie 1 c Milk & Juice	29) 3 oz. Salmon Patty ½ c Mac & Cheese ½ c Broccoli / Cauliflower Bread, Cookie/SF Cookie 1 c Milk & Juice	30) 3 oz. BBQ Beef ½ c Tater Tots ½ c Green Beans, Bun ½ c Fruit Cocktail 1 c Milk

June MENU



Monday	Tuesday	Wednesday	Thursday	Friday
2) 3 oz. Stuffed Green Pepper ½ c Mashed Potatoes ½ c Corn, Roll Fresh Fruit, 1 c Milk	3) 3 oz. Roast Beef ½ c Potato Salad ½ c 3 Bean Salad, Bun ½ c Applesauce 1 c Milk	4) 3 oz. Breaded Fish ½ c Macaroni & Cheese ½ c Asparagus, Bread ½ c Tropical Fruit 1 c Milk & Juice	5) 3 oz. Chicken Breast ½ c Mashed Potatoes ½ c Green Beans, Roll Cake / Angel Food 1 c Milk & Juice	6) 3 oz. Meatballs ½ c Spaghetti ½ c Italian Blend, Bread Fresh Fruit 1 c Milk & Juice
9) 1 c Chicken & Noodles ½ c Succotash ½ c Carrots Biscuit, Fresh Fruit 1 c Milk	10) 3 oz. Chicken Cordon Bleu, ½ c Pasta Alfredo ½ c Broccoli Bread, Fresh Fruit 1 c Milk & Juice	11) Closed for In-Service	12) 3 oz. Country Ribs ½ c Baked Potato ½ c Green Beans, Roll Pie / NSA Pie 1 c Milk & Juice	13) 3 oz. Eggs & Sausage ½ c Hash Brown Potatoes ½ c Applesauce Muffin, Fresh Fruit 1 c Milk
16) 3 oz. Salisbury Steak ½ c Mashed Potatoes ½ c Corn Pudding Roll, Fresh Fruit 1 c Milk	17) 3 oz. Chicken Legs ½ c Rice Pilaf ½ c Peas, Bread ½ c Peaches 1 c Milk & Juice	18) 3 oz Keilbasa ½ c White Potatoes ½ c Green Beans Roll, Fresh Fruit 1 c Milk	19) 3 oz. Tuna Salad ½ c Pasta Salad ½ c Coleslaw, Bun Strawberry Shortcake 1 c Milk	20) 3 oz. Pot Roast ½ c Red Potatoes ½ c Baby Carrots, Roll Cookie / SF Cookie 1 c Milk & Juice
23) 3 oz. Turkey ½ c Stuffing ½ c Green Beans Bread, Fresh Fruit 1 c Milk & Juice	24) 3 oz. Salmon Patty ½ c Macaroni & Cheese ½ c Asparagus, Bread ½ c Pear Halves 1 c Milk & Juice	25) 3 oz. Chicken Thigh ½ c Cheesy Potatoes ½ c Turnip Greens, Roll Éclair / SF Pudding 1 c Milk & Juice	26) 3 oz. Chipped Beef ½ c Mashed Potatoes ½ c Peas & Onions Biscuit, ½ c Fruit Cocktail 1 c Milk	27) 3 oz. Sloopy Joe ½ c Tater Tots ½ c Brussels Sprouts Bun, Fresh Fruit 1 c Milk
30) 3 oz. Swiss Steak ½ c Mashed Potatoes ½ c Lima Beans Roll, Fresh Fruit 1 c Milk			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

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

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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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