



Spotlight ON SERVICES

A nonprofit organization strengthening the fabric of our community



www.wccsi.org
SEPT/OCT 2008

THE EXCITEMENT IS BUILDING



The “*Early Start...Future Success*” Capital Campaign has begun. The purpose of the campaign is to build the new South Lebanon Early Learning Center (formerly Happy Hearts Head Start.) Why the new building?

First, it will be a permanent home for the early childhood education center. Secondly, it will prepare all children, regardless of family income, for success.

Furthermore, the Center will aid in the economic development of future growth in the “heart of South Lebanon.” The community, families, and employers will have an attractive, innovative early childhood education center to meet their needs.

How can you help?

- Donate your time and professional service.
- Make a financial contribution. It will take all of us working together to have the building ready in 2010.
- Volunteer – volunteers can assist with mailings, special events, etc.

New! Donations can be made online. All donations are tax deductible and can be made by check, cash, money order, or online.

Visit www.wccsi.org/EarlyStart for additional information or call for a brochure at 513-695-2206. Leave your name, address, and phone number.

Pat South Visits with Local Senior



L TO R: Pat South, John Stegemoller and Jena Stugmyer, ESP care manager.

Warren County Commissioner, Pat South, visited the home of John Stegemoller in July to talk about senior issues including the services he receives from the Warren County Elderly Services Program. This visit is part of an ongoing effort to give our government representatives first hand observations and information about topics of importance to local seniors, one of which is maintaining independence in their own home.

\$300 - \$600 Rebate — It's Not Too Late

Don't miss out. You have until Oct. 15 to file a tax return to claim your payment.

As many of us receive our Economic Stimulus checks there are still 2,187 households in Warren County alone that are potentially eligible to file. Representative Mike Turner's office contacted WCCS, concerned that many people are eligible and aren't aware they must file a tax return to receive their check. Many households may not even know they are eligible.

Warren County Residents over 65 represent 1,545 of those that have not filed for a stimulus check. Even seniors, who have not historically had to file tax returns, must file by October 15, 2008 to receive their stimulus check. Individuals can receive \$300 and couples \$600.

If you (and/or your spouse):

- **received at least \$3,000 from**
 - Social Security Benefits
 - Railroad Retirement Benefits
 - Veterans' Benefits
- **had income less than**
 - Single \$8,750
 - Married Filing Jointly \$17,500
 - Married Filing Separately \$3,400
- **have no dependents**
- **have not already filed a 2007 tax return**

SSI RECIPIENTS ARE NOT ELIGIBLE.

You may have already filed, but please check with your family members, neighbors and church community to see if they have.

WCCS can help, call 513-695-2100
for assistance with filing.

Help WCCS get the word out. We want everyone to receive their check!



East Ridge Youth Learn to Cook Healthy!

Cooking can be fun! So say the youth at the East Ridge Apartments in Lebanon who get to create and cook healthy foods for themselves and their families each week this summer.

Youth at East Ridge have learned about how to prepare fun and healthy meals for themselves and their families thanks to Family Services Coordinator, Linda Baysore and local volunteer, Mary Wells. Baysore explained, "As we think about the 40 Developmental assets developed by Search Institute, we realize that the more our children get opportunities to learn new skills the less at risk they are for becoming engaged in risky behaviors."

We are working in this neighborhood in Lebanon to help provide these opportunities on a weekly basis. Baysore further explained, "There is no cost for our children to attend our weekly cooking programs and the youth who participate have a chance to learn more about preparing and cooking healthy foods such as salad and other items. At the end of class, the youth who participate in the cooking

program that day can take a grocery bag of items needed to prepare the recipes so they can make it at home too." Omari, a 12 year old cooking student, said "I am so glad I can now cook dinner for my mom after she works all day. She was surprised the first time I did."

If you look at Asset #17 – "Young person spends three or more hours per week in lessons, behaviors, or practice in music, theatre or other arts", you see that this asset speaks to "constructive use of time" which is so very important for youth of all ages and particularly during summer months when often youth who are not engaged in sports struggle to become and stay involved in appropriate activities."

For those wanting to learn more about the Search Institute and the 40 Developmental Assets or about how to begin your own cooking program in your neighborhood or community, please contact WCCS Family Services, Linda Baysore at 513-695-2251.

Iowa Floods – No Field of Dreams

By Jan Beedle, a RSVP Volunteer

Roger Gollighugh, of Springboro, Ohio, has the right idea about giving to others. He is a self-giving super volunteer, one of the special Warren County Retired & Senior Volunteer Program (RSVP) volunteers, who deserve recognition. Our unheralded heroes give repeatedly with no pomp or pay expected. I believe our country survives, because of the compassionate sacrifice of RSVP volunteers like Roger.

Roger claims he is paid with the thankful relief shown on the victims' faces. Thanks, hugs and handshakes were offered, during a life-changing trip to Cedar Rapids, Iowa, from June 20 - July 5. The resulting devastation caused by the floods and tornadoes was the largest catastrophe ever handled by the American Red Cross – surprisingly, worse than Katrina. The group helped 5,000 victims in Cedar Rapids alone.

According to Roger, Iowans are strongly self-reliant farm people, but everything was lost. They had to rely on others, so the Red Cross was there to provide temporary housing and funds for minor home repair; opened and staffed 12 shelters for homeless in churches, schools and public buildings; and passed out cleanup kits and distributed meals, which were nutritious, hot and tasty and prepared by Southern Baptists – all free. The Red Cross does not require payback.

Only being in the Red Cross a year, Roger was apprehensive about the trip. Even though transportation was provided, he did not know if his partner was a safe driver or anything relating to

him. He discovered a knowledgeable, caring person, which made the experience easier.

A University of Northern Iowa dormitory housed the weary workers. A few complained about the food, lack of air-conditioning and no elevator, but there were only two floors. Roger was thankful for a place to stay and ample delicious fare. "After all," he said more than once, "the Iowans had nothing...nothing."

Our conversation centered on his concern for the plight of the masses, not himself. The gentle man has a heart as big as his smile. "We don't have any problems," he said. "No one would believe the turmoil and devastation. People lost everything. Why can't we do more to help?"

The Iowa scenery was not the picture of lovely rolling green corn fields that I remember on a trip to the Field of Dreams. It was an immense field of muddy-brown desolation.

Roger said the Red Cross is not a judgmental organization and is misunderstood. He handled client casework, which helped those eligible to receive an allowance for food, clothing, bedding and storage containers. Other emergency needs were met, including glasses and dentures.

What made Roger volunteer for the trip? About 20 years ago, a train derailment in West Carrollton blocked his way home in Miamisburg. Red Cross put him up for the night. Five years ago a brother lived one mile from California wildfires.

The DAT team (which responds to local disasters of the Red Cross) is not the only Red



Cross volunteer job Roger tackles. He is also a qualified Emergency Response Vehicle driver for them, and that is still not all. Roger returned to RSVP for more volunteer work after being placed at Red Cross. He is a RSVP volunteer at WCCS to distribute commodities to 75-100 disadvantaged seniors, a financial consultant (budgeting, cost control) at Franklin's Deardoff Senior Center and is helpful with their administrative issues. He also serves on the RSVP Advisory Council.

Would he go again? "You bet," Roger spoke with a misty twinkle in his eyes and that big smile. He'll stay in touch with many people he met. Besides, his last client was a low-income 78-year-old man who lost everything and could not find housing. Roger wondered, "What will happen to him?"

RSVP recruits people 55 and over to volunteer in Warren County. If you are interested in serving on the Warren County Red Cross Disaster Action Team or other volunteer opportunities, contact RSVP at 513-695-2252.

Planting a Pizza Garden



Left: Austin Wagner, Xavier McDade, Hunter Coates, and Nasir Cruickson with Dorman Kidd (“Papaw”) and their scarecrow. Right: Children plant the Pizza Garden.



At the Lebanon Early Learning Center, children are learning math, science, and literacy skills by planting a Pizza Garden! When the garden is ready to harvest, they will use the tomatoes, peppers, onions, and basil to make pizza, and make salad from the lettuce, cucumbers, carrots, and radishes. Then it will be time to invite their parents in for a pizza party! As these preschoolers are busy exploring and discovering the outdoor world, they don't realize that they are learning

science, math and language skills. Children compare the taste of radishes and peppers, and learn to name the vegetables. They measure the size of the vegetables, and make charts of their growth. They pull weeds from the garden with their

teachers, and carefully examine the roots of the weeds. Children are also learning about insects, and one child gleefully shows his teacher his butterfly net. “Look at the white butterfly I caught!” Other children are printing their names with chalk on cement, or learning numbers as they play hopscotch.

Lisa Cayard, Director, emphasizes that “Enrolling a child in a high quality early learning program before kindergarten is becoming more and more important for success in school. Preschoolers are expected to have a solid foundation for learning before they enter kindergarten, and parents want to make sure

their children will be ready. WCCS Early Learning Centers offer an excellent preschool experience at nationally accredited centers throughout the county to help children prepare for success.”

WCCS Early Learning Centers offer both part-day and full-day program options. Full day, full year child care is available for working parents at the Lebanon and Franklin locations through the state-funded Early Learning Initiative (ELI) program. Part-day Head Start is provided at the centers in Carlisle, Lebanon, and South Lebanon. To be eligible for Head Start or ELI, the child must be 3 or 4 years old, and the family must meet certain income guidelines. A child with a disability and an IEP from the school district may also be eligible if the family's income is over the guidelines. There is no cost for enrollment in Head Start, and most eligible families do not have a co-pay for full day ELI. For more information, or to enroll a child in Early Learning Centers, call (513) 695-2215 or (513) 261-2215, or visit our website at www.wccsi.org.

Renaissance Day

Renaissance Day at the 741 met with great success as staff and volunteers joined in the spirit of the day along with performers from Harveysburg's own Renaissance Festival. In the photo below volunteer Maria Guevara is Queen Catherine of Aragon, Henry The VII's first wife, along with our own nutrition Director Tom Cox as the Duke of Buckingham.



“Let's Get Better Acquainted” Week October 6 - October 9, 2008

WCCS impacts the lives of 10,000 people each year. Get first-hand experience and ask questions about WCCS' programs and their impact in Warren County. Reservations required, call 513-695-2206, email WCCS at tours@wccsinc.org or register online at www.wccsi.org. Give your name, contact information, number of people, and tours you wish to participate.

Monday, October 6

Focus: Strengthening Families and Providing Essential Services (Family Services and HEAP)

Time: 10:00 a.m. – 11:00 a.m.

Location: WCCS – 570 N. State Rt. 741, Lebanon, OH

Tuesday, October 7

Focus: Supporting Independence for Older Adults

Time: 9:00 a.m. – 10:00 a.m.

Location: WCCS – 570 N. State Rt. 741, Lebanon, OH

Focus: Taking a Route: Accompany “Meals on Wheels” Drivers

Time: 10:15 a.m. Departure

Wednesday, October 8

Focus: Seeing Your Home as a System – Weatherization and More

Time: 10:00 a.m. – 11:00 a.m.

Location: WCCS – 570 N. State Rt. 741, Lebanon, OH



Thursday, October 9

Focus: “I'm Ready for Kindergarten” Early Learning Centers

Time: Franklin Site 9:00 a.m. – 10:00 a.m.

Location: 101 Walnut Street, Franklin, OH

Time: Lebanon Site 10:30 a.m. – 11:30 a.m.

Location: 852 Franklin Road, Lebanon, OH

Time: S. Lebanon Site – 1:30 p.m. – 2:30 p.m.

Location: 10 North High Street, S. Lebanon, OH



Save \$12.41 per Month with Lifeline

WCCS can assist with AT&T Ohio Lifeline applications so you can save \$12.41 per month! Lifeline makes it possible for eligible persons to receive discounts on their monthly phone bill. You are eligible if you have AT&T phone services and are currently enrolled in or receiving:

- HEAP
- Weatherization
- Disability Assistance
- Supplemental Security Income SSI
- Food stamps
- Ohio Works First/TANF

- Supplemental Security Income - Blind Disabled - SSDI
- Medicaid or State Approved Medical Assistance
- Federal Public or Section 8 Housing
- National Free School Lunch Program

You may also be eligible if your income is 150% or less of the federal poverty level. For 2008, a household of one person can have a gross annual income of \$15,600 or less, two people households can have an annual income of up to \$21,000 and three people households can have an annual gross

income of \$26,000. For each additional person in the household add \$5,400 to the three person household total. A copy of your income statement is required for the application if you are qualifying by income.

If persons do not currently have a phone, AT&T will waive the basic installation charge. There is also a waiver of deposit for local services. There is free optional blocking of 900 and 976 numbers and pay per use services. Payment arrangements can also be arranged for those persons with outstanding phone bills.

AT&T Lifeline applications are also available at Franklin Community Services. The \$12.41 you save per month could go for groceries, gas or utility bills. If you think that you or someone you know might be eligible, please call toll free for more information on AT&T Lifeline services or other WCCS services at 513-695-2100, 937-425-2100, or 513-261-2100.

Western Round Up 2008 at The 741 Center



Line
Dancing
Lessons

Friday, September 19
5:30 PM - 9:00 PM

Tickets \$12 per person,
Includes Dinner and Dance
Tickets Go On Sale August 12



BBQ
Rib
Dinner

DON'T MISS OUR FAMOUS ROOTBEER BAR!!

741 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
Comparative Religions & Cults	1:00 - 2:00
with Chaplain Rusk in Rm 111	
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 - 1:00
Birthday/Anniversary (1 st Thur)	11:30-12:00
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	1:00 - 4:00

Computer Classes are by Appointment

Blood Pressure Check

is one time monthly, times and dates vary

Call (513)695-2239

RSVP Volunteer Opportunities

The Retired & Senior Volunteer Program

enriches the lives of seniors, age 55 and over, through meaningful volunteer opportunities.

Take a look below at a few opportunities!

Share Your Love of Reading

Warren County Adult New Readers, an adult literacy program, has scheduled a free workshop consisting of four three-hour sessions. Registration is required and you must attend all four sessions to be a certified tutor. Tuition and workshop materials are free.

Sessions will be

- Mondays, Oct 13, 6 PM to 9 PM
- Oct 20, 6PM to 9PM
- Wednesdays, Oct 15, 6 PM to 9 PM
- Oct 22, 6 PM to 9 PM

Training will be held at St. Francis Episcopal Church in Springboro

Call RSVP for more information on these volunteer opportunities at 513-695-2252.

NAMI (National Alliance On Mental Illness)

NAMI provides support, education and advocacy to people and families impacted by a serious mental illness. The program is in need of board members and a board member to alternate as treasurer.

The Warren County Convention & Visitors Bureau

The Convention Bureau, located in Mason, is looking for Sports Marketing Volunteers to assist at sporting events and needs volunteers to assist with mailings.

741 SENIOR CENTER TRIPS

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. Start with a buffet luncheon followed by entertainment by JoAnn Castel, one of the world's finest Ragtime and honky-tonk pianists. Later shop and browse the old time village, country store and unique shops. Depart the Mason Methodist Church at 7:30 AM and the 741 Center at 7:45 AM. Return around 6:00 PM. Tour Cost: \$74 /Person.

Fall Foliage on Grand Lake St. Mary
Wednesday October 15, 2008

Come along and witness the beautiful autumn colors on Grand Lake St. Mary's, Ohio's largest inland lake. We depart the Mason Methodist Church at 8:00 AM and the 741 Center at 8:30 AM. We'll take a sightseeing and luncheon cruise where you may see a number of water birds swans, loons, blue herons, bald eagles and three stunning lighthouses. As we cruise the pristine waters our Captain's narration will explain the history and wildlife. Later we'll take a driving tour and see historic churches and courthouses and hear stories of Gen. Mad Anthony Wayne's dramatic Indian battles. We return home around 5:30 PM. Tour Cost: \$84 Per Person.

Autumn in Branson
October 20-24, 2008

Come and see the beautiful Ozark Mountains! Branson is the Music Capital of the Midwest. This trip includes 4 terrific shows, highlighted by Andy Williams and Shoji Tabuchi. Included is a luncheon cruise and show aboard the Showboat Branson Belle. A real highlight is the Sight and Sound Theatre's production of "Noah the Musical." Seven delicious meals are included and a visit to The National Shrine of Our Lady of the Snows. Tour Cost: \$619 Per Person Twin Basis. **Attend the Autumn in Branson Travel Presentation Tuesday, Sept. 16th, 1:30 PM at the 741 Center.**

Washington D. C.
October 27-30, 2008



We visit all the new memorials: World War II Memorial, FDR Memorial and the newly dedicated Pentagon September 11th Memorial. Visit the Lincoln Memorial, the VietNam and Korea Memorial. Our driving tour shows you sights including The White House, Washington Monument, Supreme Court Building and the U.S. Capital with an inside visit if possible. Visit Arlington National Cemetery, aboard a tour tram, for the Changing of the Guard, Kennedy Grave site and Lee Mansion at the Smithsonian Institute. **Washington D.C. Travel Presentation Sept. 23rd 1:30 PM.**

The Rockettes Christmas Spectacular
U.S. Bank Arena, Cincinnati

Saturday, November 29, 2008

This Holiday trip includes lunch at Nicholson's in the Cincinnati Theater District. Then enjoy the Radio City Christmas Spectacular starring The Rockettes in your lower level seats close to the entertainment. Depart the Center at 9:00 AM and Mason Methodist Church at 9:30 AM. Return around 4:30 PM. Tour Cost: \$149/Person.

Christmas in Colonial Williamsburg
December 8-12, 2008



From the splendor of the Grand Illumination to the beauty of natural decorations, delicious food, and festive music make Christmas in Colonial Williamsburg's Historic Area unforgettable. Since the first organized Christmas celebration drew visitors to Colonial Williamsburg in 1936, nothing quite matches the excitement, sights, smells, sounds and grandeur of the Christmas Season in Colonial Williamsburg. **Attend the Christmas in Williamsburg Travel Presentation, Tuesday Oct. 7th, 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

Active for Life is Back at 741

Do you know that being physically active is one of the most effective ways to improve your health? The Surgeon General recommends 30 minutes of moderate intensity activity (such as brisk walking or gardening) on most days of the week.

Active for Life is not an exercise class. It is a program that teaches people how to incorporate physical activity into their daily lives and helps them find the motivation to keep it there! Active for Life® helps adults age 50+ develop the skills they need to lead physically active lifestyles.

A class is beginning at the 741 Center on Monday, September 15 from 10:00 AM to 11:15 AM. Classes meet for 13 weeks. A \$15 fee covers the cost of the book, T-Shirt, water bottle, step counter and more. Class size is limited so register at 1-888-223-3674 (NOT THE CENTER) and to confirm eligibility by September 4th.

Once eligible make \$15 check payable to: COA OF SW OHIO and mail to:

HCPH ATTENTION ACTIVE FOR LIFE
250 WILLIAM HOWARD TAFT RD, 2ND FLOOR
CINCINNATI OHIO 45219

Remember to use your Kroger Card

The Gift cards can be used for food, medicine, toiletries, gas, and any other item.



Did you know that you save time when you use the Gift Card? It's one easy swipe and you don't have to wait for change or write out a check!

If you have misplaced or lost your card, others are available at the 741 Center Welcome Desk or in the Development Office – Room 225.

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.*

SEPTEMBER

- Sept 1** **Closed for Labor Day**
- Sept 2** **Veterans Club Special Presentation** - 11:00 AM Mr. Paul Wilke Member of the Sons of the American Revolution will offer an insightful presentation of over 60 flags of the U.S. starting with pre American Revolution to the present. Program is open to everyone, vets or not. Free lunch for Veterans.
- Sept 3** **Silver Sneakers** three times weekly Mon 8:30am Wed 9:30am and Fri 9:30am.
- Sept 3** **Arthritis Exercise** - 10:30 AM every Wed and Fri.
- Sept 3** **Comparative Religions Study** - 1:00 PM Room 111 David Rusk, Pastor, teaches this study of the various religions and their doctrines. Call to register.
- Sept 4** **Greeting Card Making Class** - 10:00 AM to Noon Call for supply list and to register.
- Sept 4** **Birthday/Anniversary Recognition Party** - 11:45 AM Celebrate with us. Call to make lunch reservations.
- Sept 4** **Bingo** - 1:00 PM Come for lunch and stay for bingo.
- Sept 11** **Patriot Day** - 11:45 AM A tribute to this solemn day.
- Sept 15** **Active For Life** - 10:00 AM A 13 week commitment led by a certified instructor. Develop the skills to better weight control, more energy, healthy strong bones and joints, reduce risk of colds and flu and so much more including enhanced self esteem. The cost is \$15 paid on day of class. Must register to attend.
- Sept 19** **Western Round Up** - 5:30 PM to 9:00 PM Enjoy appetizers, a fabulous dinner of chicken or ribs and music by popular Country Western band Steve Lake and the Swing Masters. Line dancing lessons too! Food, Music, Dancing, Door Prizes all for \$12 a ticket. Tickets on sale now at the 741 Center Welcome Desk.
- Sept 22** **Water Colors Class** - 9:00 AM Enjoy this first day of autumn and its vibrant colors of fall by joining our Basic Watercolor Painting Class.



DLM Sign-Up for 2008

Dorothy Lane Market's (DLM) **Good Neighbor Program** is still open to WCCS participants.

At the end of every year, DLM rebates purchases made in the charity's name. WCCS' Good Neighbor number is **669**.

It is quick and easy to sign up at any DLM location. You may obtain a form at any DLM location. As a DLM Club Member, you receive special deals and pricing.

OCTOBER

- Oct 1** **Montgomery Inn for lunch** - 10:45 AM Enjoy the best ribs around. Sign up in room 108.
- Oct 7** **Texas Hold Em** - 12:30 PM Would you like to learn Texas Hold Em? We play every Tuesday and receive beginners with open arms. Jack Johnson leads the class in casual, atmosphere for the beginner.
- Oct 8** **Trip to Hidden Valley Fruit Farm** and Lunch at Max & Erma's - 10:00 AM Sign up in room 108
- Oct 15** **B&B Riverboat Lunch** - 9:30 AM and sightseeing tour on the mighty Ohio River. \$26.95 includes lunch, games, entertainment and the river tour on the river. Call for reservations ASAP.
- Oct 16** **Oktoberfest Celebration** - 11:45 AM Join us for a German style lunch, German style pretzels and other German treats plus music. Call for reservations.
- Oct 23** **Fall Harvest** - 11:00 AM - 3:30 PM It is time for our scenic day at lovely Camp Lebanon. Entertainment with Keith Bernheisel as "Elvis", a great lunch followed by Bingo with all of the prizes you can handle! Buy your tickets, \$8, at the Center starting Sept 22.
- Oct 31** **Cincinnati Symphony Dvorak, Barber, Tchaikovsky Program** - 11 AM to 1 PM Tickets are \$12 each, extreme seats, purchased at the box office on day of symphony. Lunch at your expense following the symphony. Signup in room 108 by Tuesday, Oct 28th.
- Oct 31** **Pumpkinfest** - 11:30 AM in the dining room. Decorate a pumpkin and bring it to lunch today. Or decorate one here. We supply the paint. Prizes awarded! Also bring your favorite pumpkin recipe for pie, cake, cookies.



FALL HARVEST

Thursday, October 23rd, 2008
11:00 am - 3:30 pm

Held at Scenic Camp Lebanon

Entertainment By
"THE KEY OF E"
Keith Bernheisel as "Elvis"

**LUNCH, ENTERTAINMENT, BINGO
AND GREAT PRIZES**

Tickets go on sale for \$8 at
The 741 Center,
Monday, September 22nd

Vendors Wanted

for 741 Center Christmas Craft Bazaar
Thur Dec 4th & Fri Dec 5th
10:00 am - 3:00 pm
in the Multipurpose Room

Homemade items, crafts, baked goods, cosmetics,
variety of items are welcomed
(no used clothing please)

Tables Go Quickly.
Call 513-695-2239 to register.



SEPTEMBER MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1) Closed for Labor Day	2) 3 oz. Stuffed Green Pepper ½ c Mashed Potatoes ½ c Corn, Roll Fresh Fruit, 1 c Milk	3) 3 oz. Pork Tenderloin ½ c Stuffing ½ c Peas & Onions Bread ½ c Applesauce, 1 c Milk	3) 3 oz. Baked Chicken ½ c Mashed Potatoes ½ c Green Beans, Roll Cake / Angel Food 1 c Milk & Juice	5) 3 oz. Salisbury Steak ½ c Cheesy Potatoes ½ c Succotash Roll, Fresh Fruit 1 c Milk
8) 3 oz. Chicken Alfredo ½ c Pasta ½ c Italian Blend Bread, Fresh Fruit 1 c Milk	9) 3 oz. Meat Loaf ½ c Mashed Potatoes ½ c Carrots, Roll Mandarin Oranges 1 c Milk	10) 3 oz. Breaded Fish ½ c Macaroni & Cheese ½ c Lima Beans, Bread Cream Puff / SF Pudding 1 c Milk & Juice	11) 3 oz. Chicken Tenders ½ c Scalloped Potatoes ½ c Broccoli Roll, ½ c Fruit Cocktail 1 c Milk	12) 3 oz. Cheeseburger ½ c Potato Rounds ½ c Cauliflower, Bun Cookie / SF Cookie 1 c Milk
15) 3 oz. Cabbage Roll ½ c Mashed Potatoes ½ c Corn, Roll Fresh Fruit 1 c Milk	16) 3 oz. Turkey Sandwich ½ c Potato Salad ½ c Cole Slaw Bun, ½ c Pear Halves 1 c Milk	17) 3 oz. Chicken Leg ½ c Rice Pilaf ½ c Peas, Bread Pie / NSA Pie 1 c Milk & Juice	18) 3 oz. Pot Roast ½ c Red Potatoes ½ c Carrots, Roll ½ c Tropical Fruit Cup 1 c Milk	19) ½ c Meatsauce ½ c Spaghetti ½ c Italian Blend Bread Fresh Fruit
22) 3 oz. Salmon ½ c Macaroni & Cheese ½ c Beets Bread, Fresh Fruit 1 c Milk	23) 3 oz. Chicken Thigh ½ c Cheesy Potatoes ½ c Corn Pudding, Roll Brownie / SF Cookie 1 c Milk	24) 3 oz. BBQ Pork ½ c Potato Rounds ½ c Lima Beans, Bun ½ c Pudding / SF Pudding 1 c Milk & Juice	25) 3 oz. Sirloin Patty ½ c Yams ½ c Green Beans, Roll ½ c Mandarin Oranges 1 c Milk	26) 3 oz. Sausage & Eggs ½ c Hash Browns ½ c Applesauce Biscuit, Fresh Fruit 1 c Milk
29) 3 oz. Lasagna ½ c Corn ½ c Italian Blend Bread, Fresh Fruit 1 c Milk	30) 1 c Chicken&Noodles ½ c Lima Beans ½ c Beets, Bread ½ c Fruit Cocktail 1 c Milk		Please Call Your Nutrition Site for Meal Times.	If you know you will not be home to receive your Meals On Wheels please call Nutrition at 513-695-2231

OCTOBER 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 Meals On Wheels please call Nutrition at 513-695-2231	1) 3 oz. Crab Cakes ½ c Macaroni & Cheese ½ c Creamed Peas Bread, ½ c Tropical Fruit 1 c Milk & Juice	2) 3 oz. Baked Chicken ½ c Mashed Potatoes ½ c Green Beans, Roll Cake / Angel Food 1 c Milk & Juice	3) 3 oz. Enchilada ½ c Spanish Rice ½ c Chuckwagon Corn Bread / Applesauce ½ c Fruited Jello, 1 c Milk
6) 3 oz. Chicken Cordon Bleu, ½ c Pasta ½ c Normandy Veggies Bread, Fresh Fruit 1 c Milk & Juice	7) 3 oz. Country Fried Steak, Roll ½ c Mashed Potatoes ½ c Lima Beans ½ c Applesauce, 1 c Milk	8) 3 oz. Cheeseburger ½ c Tater Rounds ½ c Corn Pudding Bun, Fresh Fruit 1 c Milk & Juice	9) 3 oz. Meat Balls ½ c Spaghetti ½ c Italian Vegetables Bread, ½ c Fruit Cocktail 1 c Milk	10) 3 oz. Chicken Salad ½ c Potato Salad ½ c Cole Slaw, Bun Cookie / SF Cookie 1 c Milk / Juice
13) 3 oz. Stuffed Green Pepper ½ c Mashed Potatoes ½ c Corn, Roll Fresh Fruit, 1 c Milk	14) 3 oz. Ham ½ c Northern Beans ½ c Green Beans Cornbread, ½ c Diced Peaches, 1 c Milk	15) 3 oz. Beef Stroganoff ½ c Egg Noodles ½ c Broccoli, Bread ½ c Mandarin Oranges 1 c Milk & Juice	16) 3 oz. Brautwurst/Kraut ½ c Mashed Potatoes ½ c Beets, Hot Dog Bun German Cake / Angel Food Cake, 1 c Milk&Juice	17) 3 oz. Chicken Leg ½ c Yams ½ c Asparagus Roll, Fresh Fruit 1 c Milk
20) 3 oz. Sloppy Joe ½ c Tater Rounds ½ c Peas Bun, Fresh Fruit 1 c Milk	21) 3 oz. Country Ribs ½ c Rice Pilaf ½ c Brussels Sprouts Bread, ½ c Tropical Fruit 1 c Milk	22) 3 oz. Pot Roast ½ c Red Potatoes ½ c Carrots, Roll Brownie / SF Cookie 1 c Milk & Juice	23) 3 oz. Baked Chicken ½ c Scalloped Potatoes ½ c Green Beans Roll, ½ c Pear Halves 1 c Milk & Juice	24) 3 oz. Meatloaf ½ c Mashed Potatoes ½ c Lima Beans Roll, Fresh Fruit 1 c Milk
27) 3 oz. Fish ½ c Macaroni & Cheese ½ c Stewed Tomatoes Corn bread, Fresh Fruit 1 c Milk & Juice	28) 3 oz. Veal Parmesan ½ c Pasta, Bread ½ c Italian Vegetables ½ c Vanilla Pudding / SF 1 c Milk & Juice	29) 1 c Chicken & Noodles, ½ c Stuffing ½ c Asparagus Bread, ½ c Fruit Cocktail 1 c Milk / Juice	30) 1 c Chipped Beef ½ c Mashed Potatoes ½ c Cauliflower Biscuit, Fresh Fruit 1 c Milk	31) 3 oz. Sirloin ½ c Mashed Potatoes ½ c Green Beans, Bread Cupcake 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

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

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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The Excitement is Building

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Pat South visits with local senior

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Planting a Pizza Garden

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Let's Get Better Acquanted Week

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