



“Celebrating 52 Years of Serving Guernsey County”

Senior Times Newsletter



Volume 52 Issue 2

Guernsey County Senior Citizens Center, Inc.

February 2024

Special Events:

AARP INCOME TAX PREPARATION ASSISTANCE IS AVAILABLE

Please call in advance to make your appointment

**FREE Hearing Screenings
Friday, Feb. 2nd**

**Book Mobile at Senior Center
Tuesday, Feb. 6th**

**Cooking For One
Cooking Class
Wednesday, Feb. 7th**

**Fannie May
Chocolate Factory
Tour One Day Trip
Tuesday, Feb. 13th**

**Valentine's Day
Luncheon &
Dance
Wednesday,
Feb. 14th**

1022 Carlisle Ave, Cambridge, Ohio 43725

Tel: 740-439-6681 Fax: 740-439-7478 Toll Free: 1-866-534-2349

E-mail: gcscc@guernseysenior.org Website: www.GuernseySenior.org

A Message from the Executive Director

Dear Seniors,

Celebrate American Heart Month and join the #OurHearts Movement. February is American Heart Month! You have the power to take action to protect yourself against heart disease. Small heart-healthy actions like adding more movement to our day or choosing healthy foods, can have a big impact on protecting #OurHearts.

Did you know that people who have close relationships at home, work, or in their community tend to be healthier and live longer? One reason, according to the National Heart, Lung, and Blood Institute (NHLBI), is that we're more successful at meeting our health goals when we work on them with others. NHLBI launched the #OurHearts movement to inspire us to protect and strengthen our hearts with the support of others.

Here are some facts, how-to tips, and resources to inspire you to join with others, even if you can't be physically together, to improve



You're Cordially Invited to attend the

**February
Monthly Dinner
February 15, 2024**

Entertainment at 4:00 PM

Dinner Served at 4:30 PM

Music~ Dinner~ Door Prizes

*For reservations, please
call (740) 439-6681*

your heart health.

Here are some facts, how-to tips, and resources to inspire you to join with others, even if you can't be physically together, to improve your heart health. Heart disease is the leading cause

The Guernsey County Senior Citizens Center is funded in part by the Ohio Department of Aging-Area Agency on Aging-9, Guernsey County Senior Services Tax Levy, Meals on Wheels Tax Levy, United Way, as well as through Public and Private Donations & Corporate Contributions Received from County-Wide Supporters.

The Guernsey County Senior Citizens Center, Inc. is a certified 501 (c) 3 non-profit multi-senior services organization that has been in operation for over 52 years.

“Serving Senior Citizens Throughout Guernsey County”

of death for both men and women in the United States. Most middle-aged and young adults have one or more risk factors for heart disease, such as diabetes, high blood pressure, high cholesterol, or being a smoker or overweight. Having multiple risk factors increases your risk for heart disease.

Why Connecting is Good for Your Heart

Feeling connected with others and having positive, close relationships benefit our overall health, including our blood pressure and weight. Having people in our lives who motivate and care for us helps, as do feelings of closeness and companionship. Follow these heart-healthy lifestyle tips to protect your heart. It will be easier and more successful if you work on them with others, including by texting or phone calls if needed.

- Be more physically active.**
- Maintain a healthy weight.**
- Eat a nutritious diet.**
- Quit smoking.**
- Reduce stress.**
- Get 7-9 hours of quality sleep.**
- Track your heart health stats.**

You don't have to make big changes all at once. Small steps will get you where you want to go.

Move More

Invite family, friends, colleagues, or members of your community to join you in your efforts to be more physically active:

- Join an exercise, line dancing, drumming, or other class offered at the Guernsey County Senior Center that promotes movement and increased activity.
- Ask a colleague to walk “with you” on a regular basis, put the date on both your calendars, and text or call to make sure you both get out for a walk.
- Get a friend or family member to sign up for the same online exercise class, such as a dance class. Make it a regular date!
- Safely walk around your living room, hallway, or yard for exercise at a specific time each day.

- How much is enough? Aim for at least 2½ hours of physical activity each week—that's just 30 minutes a day, 5 days a week. In addition, do muscle strengthening exercises 2 days a week. Can't carve out a lot of time in your day? Don't chuck your goal, chunk it! Try doing 10 minutes of physical activity at least three times a day.

Aim for a Healthy Weight

Find someone in your friend group, at work, or in your family who also wants to reach or maintain a healthy weight. (If you're overweight, even a small weight loss of 5–10 percent helps your health.) Check in with them regularly to stay motivated. Agree to do healthy activities, like walking or cooking a healthy meal, at the same time, even if you can't be together. Share low-calorie, low-sodium recipes, or make inquiries to learn if you're eligible to receive heart healthy home delivered meals provided by Meals on Wheels Guernsey County.

Eat Heart-Healthy

We tend to eat like our friends and family, so ask others close to you to join in your effort to eat healthier. Follow NHLBI's Dietary Approaches to Stop Hypertension (DASH) eating plan. Research shows that, compared to a typical American diet, it lowers high blood pressure and improves cholesterol levels.

Quit Smoking

To help you quit, ask others for support or join an online support group. Research shows that people are much more likely to quit if their spouse, friend, or sibling does. Social support online can help you quit. All states have quit lines with trained counselors—call 1-800-QUIT-NOW (1-800-784-8669). You'll find many free resources to help you quit, such as apps, a motivational text service, and a chat line at BeTobaccoFree.hhs.gov and Smoke-free.gov. If you need extra motivation to quit, consider those around you: Breathing other people's smoke, called secondhand smoke, is dangerous. Many adult nonsmokers die of stroke, heart disease, and lung cancer caused by secondhand smoke.

Manage Stress

Managing stress helps your heart health. Set goals with a friend or family member to do a relaxing activity every day, like walking, yoga, or meditation, or participate in an in-person class at the senior center, or an on-line stress-management program together. Physical activity also helps reduce stress. Talk to a qualified mental health provider or someone else you trust.

Improve Sleep

Sleeping 7–9 hours a night helps to improve heart health. De-stressing will help you sleep, as does getting a 30-minute daily dose of sunlight. Take a walk instead of a late afternoon nap! Family members and friends: remind each other to turn off the screen and stick to a regular bedtime. Instead of looking at your phone or the TV before bed, relax by listening to music, reading, or taking a bath.

Track Your Heart Health Stats, Together

Keeping a log of your blood pressure, weight goals, physical activity, and if you have diabetes, your blood sugars, will help you stay on a heart-healthy track. Ask your friends or family to join you in the effort.

Make Heart Health Part of Your Self-Care Routine

Devoting a little time every day to care for yourself can go a long way toward protecting the health of your heart. Simple self-care, such as taking a moment to de-stress, giving yourself time to move more, preparing healthier meals, and not cheating on sleep can all benefit your heart. And that's a good thing, because heart disease is largely preventable and focusing on improving your heart health has never been more important. Heart disease is a leading cause of death for women and men in the United States, and many Americans remain at risk of getting it, according to the National Heart, Lung, and Blood Institute (NHLBI). People with poor cardiovascular health are also at increased risk of severe illness from COVID-19.

“Studies show self-care routines, such as taking a daily walk and keeping doctor’s appointments, help us keep our blood pressure in the healthy range and reduce our risk of heart disease and stroke,” says David Goff, M.D., NHLBI’s director of cardiovascular sciences. It may be easier than you think to “put your heart” into your daily routine. Each Sunday, look at your week’s schedule and carve out 30 minutes daily for heart-healthy practices. Take an in-person evidence based or wellness class at the Senior Center or if you are a senior citizen who prefers more modern technology, join an online yoga class. You can also prepare a heart-healthy recipe, schedule your bedtime to get at least seven hours of sleep, or make a medication checklist of “hearth healthy” practices. Then seek out support from others, even if it’s online or via a phone call, to help you stick to your goals. Here are few self-care tips to try every day to make your heart a priority:

Self-Care Sunday

Find a moment of serenity every Sunday. Spend some quality time on yourself.

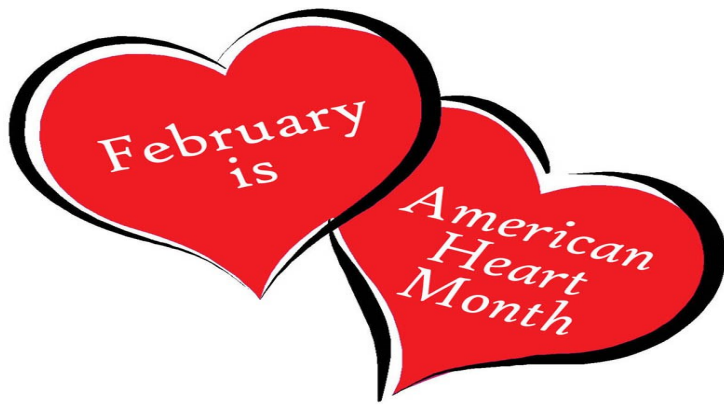
Mindful Monday

Be mindful about your health and regularly monitor your blood pressure or blood sugar if needed. Keep an eye on your weight to make sure it stays within or moves toward a healthy range. Being aware of your health status is a key to making positive change.

Tasty Tuesday

Choose how you want to approach eating healthier. Start small by peppering up your meals with a fresh herb or spice as a salt substitute. Get adventurous and prepare a simple, new, heart-healthy recipe. Or go big by trying a different way of eating, such as the Dietary Approaches to Stop Hypertension (DASH) eating plan, which is scientifically proven to lower blood pressure. DASH is flexible and balanced, and it includes plenty of fruits and vegetables, fish, poultry, lean meats, beans, nuts, whole grains, and low-fat dairy products. You can even contact Meals on Wheels Guernsey County to learn about healthy home delivered

meal options.



Wellness Wednesday

Don't waffle on your wellness. Move more, eat a fruit or vegetable you've never tried, make a plan to quit smoking or vaping, or learn the signs of a heart attack or stroke. You could be having a heart attack if you have chest and upper body pain or discomfort, shortness of breath, cold sweats, nausea, or lightheadedness. You might be having a stroke if you have numbness in the face, arm, or leg; confusion; trouble talking or seeing; dizziness; or a severe headache.

Treat Yourself Thursday

Treats can be healthy. Try making a dessert with fresh fruit and yogurt. Then stretch your imagination beyond food. Host a family dance party, take a few minutes to sit still and meditate, go for a long walk, or watch a funny show. Laughter is healthy. Whatever you do, find a way to spend some quality time on yourself.

Follow Friday

Follow inspiring people you look up to and admire or contact a friend to help you stick to your self-care goals. Remember to take care of your mental health, too. **Two of the main hurdles to self-care are depression and a lack of confidence**, according to a study published in the Journal of the American Heart Association. **If your mental health gets between you and your fabulous self, take action to show your heart some love.** Reach out to family and friends for support, or talk to a qualified mental health provider.

Selfie Saturday

Inspire others to take care of their own hearts. Talk about your self-care routine with loved ones or share a selfie on your social media platforms. Having social support and personal networks can make it easier to get regular physical activity, eat nutritious foods, reach a healthy weight, and quit smoking.



Celebrate National Wear Red Day®

National Wear Red Day® is the first Friday in February 2, 2024. Wear red and encourage others to do the same. Help raise awareness that heart disease is the leading cause of death in the U.S. and largely preventable.

I hope you will join us in promoting and practicing "Healthy Heart Month" not just throughout the month of February, but throughout your blessed life. Make time for self-care; take care of your own heart; and inspire others. If you would like to live a more healthy and engaged lifestyle, please contact the Guernsey County Senior Citizens Center to learn what programs and services are available especially for you...My staff and I care about YOU and YOUR HEART. God bless you and we wish you good health, happiness, and a kind & loving heart in 2024!

*Have a
Happy Valentine's Day!*

Sincerely,

Shon E. Gress

Shon E. Gress, MSHCS, BSC
Executive Director/CEO

Certified Administrator of Aging Services

Special Announcement



New Activities Director: Kylee Quinn

We are pleased to announce our new Activities Director here at Guernsey County Senior Citizens Center, Inc. is Kylee Quinn. Kylee has been with us for 9 years, during which she has been our Wellness Coordinator. During this time she has been a part of all the large events hosted by the Senior Center and helped with countless activities as well.

Kylee is a lifelong resident of Guernsey County. She lives in Byesville with her husband and daughter. She is active in the community and with her church.

She is excited for this opportunity and is looking forward to trying some new things in the activities department. She is open to suggestions and ideas for activities, trips, etc. If you have any ideas please stop in and see Kylee or give her a call at the Senior Center.

AARP Foundation[®]

TAX-AIDE

Free Tax Preparation

AARP will again be providing Free Tax Preparation and e-filing this year. They will be here at Guernsey County Senior Center on Fridays from Friday, February 2nd through Friday, April 12th. Individuals wishing to avail themselves of the service will:

- *Pick up a packet from the mailbox located by the front entrance of the Senior Center. The packet will contain the interview and information form instructions. This form **must** be completed for each tax return being prepared.
- *Once these forms are completed clients are to call the Senior Center at (740) 439-6681 and make an appointment. **Appointments can be made starting on Tuesday, January 2nd.**

Taxpayers must bring the following documents with them for their appointment:

- Your completed interview and information forms
- Social Security Cards for all individuals listed on the return
- Driver's License for Taxpayer and Spouse (If applicable)
- Copy of the 2022 tax return
- Cost basis for any stocks or bonds sold in 2023
- Current tax year forms showing income and expenses you wish to claim.
- 1095A Form if you received health insurance on the marketplace

Both the Federal and State return will be e-filed after completion.



Pearl Valley Cheese Fundraiser

Friday, February 2nd - Wednesday, March 6th

Guernsey County Senior Citizens Center, Inc. and Meals on Wheels Guernsey County will be hosting the annual Pearl Valley Cheese fundraiser as part of our 2024 March for Meals campaign. These delectable cheeses will be available in many different varieties and come in 12 oz. blocks. In addition, a 1 lb. ring of trail bologna and a 12 oz. summer sausage will be available for purchase. We will begin taking orders on Friday, February 2nd at 8:00 AM and will continue through Wednesday, March 6th. Order forms will be located at the guest service desk of Guernsey County Senior Citizens Center and all satellite site locations. Prepayment is required at the time the order is placed. Orders may be picked up “tentatively” on Wednesday, March 13th.



MEALS on WHEELS

GUERNSEY COUNTY

TOGETHER, WE CAN DELIVER.

**For additional information or to place an order, please visit
Guernsey County Senior Citizens Center
1022 Carlisle Ave., Cambridge, Oh. 43725
or call (740) 439-6681.**



Breakfast Buffet Friday, February 2nd

Come in out of the cold and warm up at our monthly breakfast buffet at Guernsey County Senior Center from 9:00AM-10:00AM on Friday, February 2nd. The breakfast menu will include: scrambled eggs, diced potatoes, biscuits & sausage gravy, fresh fruit, juice, water & coffee. This event is “by donation” for seniors age 60+ and the suggested donation is \$5.00. To make your reservation please call (740) 439-6681.



Free Hearing Screenings Friday, February 2nd

Hearing Life will be here at Guernsey County Senior Center on Friday, February 2nd from 8:00AM-10:00AM. They will be offering free hearing screenings by appointment. If you would like to make an appointment please call (740) 439-6681.

Line Dancing Class on Mondays

Come enjoy yourself and the company of others as you learn to line dance on Mondays. This class will take place in the first half of the dining room at 1:00PM. Instruction will be provided. If you are interested in signing up and plan to join us for this fun class please call (740) 439-6681.

Cardio Drumming Class on Tuesdays

Come try out cardio drumming at the Guernsey County Senior Center on Tuesdays from 1:00PM-2:00PM. It is recommended to wear comfortable clothes and shoes for the class. All equipment needed will be provided. If you are interested in signing up for this class please call (740) 439-6681.



Bookmobile Tuesday, February 6th

We are proud to be collaborating with the Guernsey County District Public Library to have them bring the Bookmobile to the Senior Center on Tuesday, February 6th from 12:00PM-1:00PM. They will be parking the Bookmobile out front in our parking lot. From this date onward, they will be visiting us the first Tuesday of each month. The Bookmobile carries regular and large print books, audiobook, and DVDs for all ages. We hope that you plan to visit them while they're here at the Senior Center!

Satellite Site Activities

We will be visiting all of our Satellite Sites throughout the month of February doing a fun activity. We will be at your site:

Byesville:

Tuesday, February 6th at 12:30PM

Pleasant City:

Thursday, February 8th at 12:00PM

Cumberland:

Friday, February 9th at 12:00PM

Old Washington:

Friday, February 23rd at 12:00PM

Londonderry:

Monday, February 26th at 12:00PM

Mahjong on Wednesdays

Come check out this new fun game coming to the Senior Center on Wednesdays from 12:00PM to 3:00PM. Mahjong is a Chinese tile game and can be played with two to sixteen people. Anyone is welcome to join us for this fun game. We will have a friendly instructor to teach you how to play if you are a beginner to Mahjong. If you are interested in joining us please call (740) 439-6681 to sign up!



Cooking for One

Wednesday, February 7th

Kick-start the new year by creating delicious, simple meals for one. Join us on Wednesday, February 7th from 1:30 PM-2:30 PM for this free class hosted by Caitlin Smith from the OSU Extension Office. You will learn about creating healthy, well-balanced meals, reducing recipes, food safety, stretching your food dollars, and reducing food waste. To sign up for this class please call (740) 439-6681.



Fannie May Chocolate Tour & More Trip Tuesday, February 13th

We invite you to join us as we travel to Canton, OH for a sweet day trip on Tuesday, February 13th. We will start the day off with stops at Marc's and Burlington Coat Factory. Next we will enjoy lunch, which will be on your own, at Bubba's 33 restaurant. After lunch, our last stop will be at the Fannie May Chocolate Factory where we will enjoy a tour where we will see the chocolate being made and hear the history of the business. They also have a gift shop we will visit as well. This trip will depart at 8:00AM and return at 4:00PM. The cost will be \$30.00 for members and \$43.00 for nonmembers. Please call (740) 439-6681 to make your reservation!

Alzheimer's Support Group Tuesday, February 13th

Individuals who are impacted by Alzheimer's disease often need support and have many questions. The Senior Center hosts a local Alzheimer's Support Group on the second Tuesday of each month at 1:30 PM. The next meeting will be held on **Tuesday, February 13th** here at the Senior Center.

Southeastern Home Care



Light Shoulder Massages provided by Southeastern Home Care Wednesday, February 14th

We will have Jason from Southeastern Home Care here with us on Wednesday, February 14th. He will be providing free light shoulder massages. If you would like to make an appointment please call (740) 439-6681.



Monthly Senior Dinner Thursday, February 15th

****Please note time change****

We cordially invite you to join us Thursday, February 15th for our monthly senior dinner at 4:00 PM. There will be "Grab & Go" and Dine-In both available on this evening. Menu will include: lasagna, tossed salad & dressing, green beans, Texas toast, applesauce, and cherry cheesecake for dessert. There will also be entertainment and a 50/50 raffle. To make your advanced reservations please call (740) 439-6681. "Grab & Go" meals will be served to seniors inside their vehicles from 4:00PM-5:00PM at Guernsey County Senior Citizens Center, Inc. located at 1022 Carlisle Ave., Cambridge, OH. Cost for this event is "By Donation" for seniors age 60+. If you are dining in, please remember to bring your scan cards to sign in. If you do not have a scan card, please stop back at our nutrition window and ask about getting one made.

A Friendly Reminder:

Please note that our January, February, and March Senior Monthly Dinners begin at 4:00PM.



You are invited to 

 Valentine's Day
Luncheon & Dance

Wednesday, February 14th

Lunch Served: 11:30AM-1:00PM

Dance will begin at 12:00 Noon

If you would like to join us please
make a reservation by calling
(740) 439-6681.



**Commodity Pick-Up
Friday, February 16th**

Guernsey County Senior Citizens Center partners with the Mid-Ohio Food Bank in providing the Commodity Supplemental Food Program. This is an income eligible program. If you would like to see if you qualify please call (740) 439-6681. The next distribution will be held on **Friday, February 16th** from 10:00AM-3:00PM.



AN OHIOHEALTH AFFILIATE

**Guest Speaker from Ohio Health
Southeastern Med
Tuesday, February 20th**

We will have a guest speaker from Ohio Health Southeastern Med's Cardiac Rehab department here with us on Tuesday, February 20th at 11:00AM. They will be talking about heart health. We hope that you plan to attend this informative session.



**Byesville Dinner
Tuesday, February 27th**

Please join us at the Stop Nine Senior Center in Byesville at 4:00 PM on Tuesday, February 27th. The menu will include: roasted pork loin, whole white buttered potatoes, baby glazed carrots, fruit cocktail, dinner roll & butter, and Texas sheet cake for dessert. Please call (740) 439-6681 to make your reservations.

**February Birthday Celebration
Wednesday, February 28th**

Please plan to join us on Wednesday, February 28th at 11:30AM as we celebrate February birthdays! We will enjoy cake and ice cream, which will be served after lunch. If you would like to join us on this day please call (740) 439-6681 to make your reservation.



**Grow & Show Garden Club's
"Gardner's Night Out" Event
Wednesday, March 27th
At 6:00PM**

Spring is on its way and it's time again for Grow & Show Garden Club's "Gardner's Night Out" event! This event will take place at Guernsey County Senior Citizens Center, Inc. on Wednesday, March 27th at 6:00PM.

This year's guest speaker will be Peter Lowe from Dawes Arboretum who will get the "dirt" on "Growing a Healthy Yard, From the Roots Up."

The cost for this evening will be \$15.00. Reservations must be made prior to the event by calling Cheryl Lowry-Miller at (740) 439-2153. Seats are limited and reservations will be taken by phone March 4th through March 22nd. No tickets will be sold at the door.





A Special “Thank You”

The Guernsey County Senior Citizens Center and the services we provide depend largely on the kindness and generosity of our supporters. We would like to take this opportunity to personally thank each and every special individual who made a generous gift, contribution, or special donation to the mission of the Senior Center during the months of December & January:

Lowell & Jackie Gesaman

***Barb Batal & Nick Mudock**

***In Memory of Hilde Mudock**

Gloria Siegfried

Gerald & Mary Larrick

Tom & Mary Tipton

Doris George

Jim Moss

Jacqueline Campbell

Steve & Kelly Theodosopoulos

Amy Patterson

Jack Milligan

***Scott Hendershot**

***In Memory of Robert Hendershot**

Clarence & Carol Bell

Brandon & Kara Behnfeldt

Patricia Hafley

Connie Chaplear

Darla Craig

Nancy Abbott

Astoria Place

Shirley Kurtz

Byesville VFW

Marybeth Wright

Carol Goff Assoc.

Gary & Linda Reyna

Allwell Behavioral Health

Cal & Vi Cross

Bobbie Henderson & Rich Bennett

Cambridge Lions Club

Shirley Valentine

***Gail Bell**

***In Memory of Roger Bell & Beverly Bell**

Larry & Sandy West

Ray & Charmaine Chorey

Guernsey County Lions Club

Michelle Riesbeck

Tom Lehotay Trucking

Ben & Sharon Noble

Howell Craig Insurance

Advanced Business Communications

***Beverly Moore**

***In Memory of Jim Moore**

Pam Thompson

SEO Counseling Center

***Alberta Bates**

***In Memory of Roger Bates**

Pleasant City United Methodist Church

Dean Orthodontics

Jo Lucas

We would like to extend a heartfelt thank you to everyone who contributed to our “Share the Love” and “Be a Santa to a Senior” campaign. Without your support and generosity we couldn’t continue to provide the essential services we do to senior citizens all throughout Guernsey County.



February Employee Birthdays

Darren Klies	2nd
Joann Jirles	8th
Linda Reyna	8th
Duane Lucas	11th
Kylee Quinn	20th
Angel Aber	26th



WHAT YOU SHOULD KNOW IN CASE OF A WINTER EMERGENCY

Throughout the year, especially during the winter months, the Guernsey County Senior Citizens Center understands the necessity for senior citizens to stay warm and remain safe. Our dedicated home delivered meal and homemaking staffs will make every effort to deliver/provide your in-home services during times of inclement weather. **It is our policy that all services shall be provided daily Monday-Friday, except during times of a Level III-Winter Storm Weather Advisory. At any time during the winter it is deemed necessary to delay, cancel, or postpone you in-home services, or one of our activities, a community announcement will be made on a variety of local radio & TV stations and other media venues.** For your nutritional safety and wellbeing Emergency shelf-ready meals consisting of ready-to-eat items that require little or no preparation are available through the Guernsey County Senior Citizens Center. Please note that each of our home delivered meal clients, already receive a supply of emergency shelf-ready meals for emergency use or when the weather prohibits us from gaining access to your home. Also, during periods of hazardous driving conditions Guernsey County Senior Citizens Center Senior Coordinated Transportation program routes maybe limited to within City corporation limits or along major routes and thoroughfares. For additional information regarding our emergency weather policies, obtaining emergency meals, or to inquire about winter transportation services, please contact the Guernsey County Senior Citizens Center at 740-439-6681 or notify us toll-free at 1-866-534-2349.

Protect Yourself Against Hypothermia This Winter

Hypothermia happens when your body temperature falls below 95 degrees Fahrenheit or 35 degrees Centigrade. This can happen to an older person in a poorly heated house in the winter. It might take several hours or several days to develop. It can be a very dangerous condition, especially for older adults. As body temperature falls, all of the organs of the body are affected. This condition occurs more in men than women. The risk is higher if a person is malnourished, has just been in an accident of some kind, or has heart disease. Others at risk include people with liver problems and endocrine disorders.

Being covered with cold water makes a person very vulnerable to hypothermia, whether by falling in water or getting covered with freezing rain. Hypothermia can also occur by being outside too long or without proper clothing in very cold weather.

Symptoms of mild hypothermia include:

- Sluggishness,
- Mild confusion,
- Shivering, and
- Loss of control of fine finger movements.

Symptoms of severe hypothermia include;

- Delirium,
- Blue color of the fingers and toes,
- Rigid muscles, and
- Possible coma.
- Very cold skin,
- Pupils that don't change size in light or dark,
- No pulse felt, and
- No breathing.

Hypothermia is a serious medical condition. Call 911 for immediate emergency assistance.

To avoid hypothermia:

- ◆ Eat well.
- ◆ Dress warmly.
- ◆ Dry off if you get wet.
- ◆ About a quarter of your body heat is lost from the head, so always wear hats and scarves when it is cold.

OTHER TIPS:

- ◆ Use gloves or mittens in the winter. Avoid alcohol before going out in the cold, because alcohol lowers the body's tolerance to cold.
- ◆ Stay warm & indoors when temperatures drop or become severe.
- ◆ Have an emergency kit prepared-which includes a flashlight, candles, blankets, additional clothing, emergency-shelf ready meals, nutrient bars, medications, bottled water, alternative heating source, battery operated radio, etc...in case of a power/heat source outage in your home or roadside emergency during inclement weather.
- ◆ When the weather is bad or if you're in doubt—don't drive or go outside. Stay at home or in the safety and comfort of others.
- ◆ Always maintain an emergency safety survival kit (medicine; water; food; heat source; flashlight; batteries; toilet paper & disposable bags; snacks; shelf stable food; first aid kit; candle; etc....)





MEALS on WHEELS
GUERNSEY COUNTY
TOGETHER, WE CAN DELIVER.

During the past two years we have made many changes to the way we have provided and made meals available, including the type of meals that are offered. In recent months we have had staffing and supply challenges similar to other companies and organizations. We continue to modify and adjust our menus and appreciate your understanding and patience whenever supply and products may not be available. We continue to welcome seniors to enjoy Grab & Go or Dine-In options at any of our senior nutrition sites located below or to sign-up for Meals on Wheels-Home Delivered Meals today!

- **Londonderry Site** will be open on Monday thru Friday (11:30AM-1:00PM). Grab & Go lunches will be available during these days and times as well. You will have to enter the building to pick up all Grab & Go meals.
- **Cumberland Site** will be open on Tuesday (11:30AM – 1:00PM) and Friday (11:30AM – 1:00PM) only. Grab & Go lunches will be available during these days and times as well. You will have to enter the building to pick up all Grab & Go meals.
- **Pleasant City Site** will be open on Monday (11:30AM – 1:00PM) and Thursday (11:30AM – 1:00PM). Grab & Go lunches will be available during these days and times as well. You will have to enter the building to pick up all Grab & Go meals.
- **Old Washington Site** will be open on Wednesday (11:30AM-1:00PM) and Friday (11:30AM-1:00PM) only. Grab & Go lunches will be available during these days and times as well. You will have to enter the building to pick up all Grab & Go meals.
- **Byesville Site** will be open Monday through Friday (11:30AM – 1:00PM). Grab & Go lunches will be available during these days and times as well. You will have to enter the building to pick up all Grab & Go meals.
- **The Guernsey County Senior Center site in Cambridge** will be open Monday – Friday with lunch served from 11:30AM- 1:00PM and Grab & Go available Monday – Friday from 11:30AM – 1:00PM.

If you are unable to attend a site or drive to pick up a Grab & Go meal, please call us before 9:30AM and we will place you on a Home Delivered Meal route for the days that you request. If you have any questions or concerns, please call 740-439-5717.



MEALS on WHEELS AMERICA



OhioAGING
ADVOCACY COALITION

CAMBRIDGE AREA
CHAMBER
OF COMMERCE
Vision... Leadership... Legacy

1022 Carlisle Avenue, Cambridge, Ohio 43725 • Tel: (740) 439-6681 • Fax: (740) 439-7478 • Toll-Free 1-866-534-2349
www.GuernseySenior.org

February 2024 Activities

Monday	Tuesday	Wednesday	Thursday	Friday
				
<p>5</p> <p>8:30 AM- Crafting Group 9:00AM- Tai Chi Class 10:00AM -Bingo 11:30AM- Lunch 1:00PM- Line Dancing Class</p>	<p>6</p> <p>9:00AM- Quilters 10:00AM- Bingo 11:00 AM- Blood Pressure Checks 11:30AM- Lunch 12:00PM Bookmobile 12:30PM Bylesville Site Activity 1:00PM- Cardio Drumming Class</p>	<p>7</p> <p>9:00AM -Geri Fit Exercise 9:00AM- Sewing 10:00AM -Bingo 11:30AM- Lunch 12:00PM- Mahjong 1:30PM Cooking for One</p>	<p>8</p> <p>10:00AM -Bingo 11:30AM- Lunch 12:00PM- Pleasant City Site Activity 12:30 PM- Open Cards</p>	<p>9</p> <p>10:00AM -Bingo 11:30AM- Lunch 12:00PM Cumberland Site Activity 12:30 PM- Euchre</p> <p>National Wear Red Day for American Heart Month</p>
<p>12</p> <p>8:30 AM- Crafting Group 9:00AM- Tai Chi Class 10:00AM -Bingo 11:30AM- Lunch 1:00PM- Line Dancing Class</p>	<p>13</p> <p>8:00AM Fannie May Trip 9:00AM- Quilters 10:00AM -Bingo 11:00 AM- Blood Pressure Checks 11:30AM- Lunch 1:00PM- Cardio Drumming Class 1:30PM- Alzheimer's Support Group</p>	<p>14</p> <p>9:00AM- Geri Fit Exercise 9:00AM- Sewing 10:00AM -Bingo 11:30AM- Valentine's Day Luncheon & Dance 12:00PM- Mahjong Free Shoulder Massages</p>	<p>15</p> <p>10:00AM -Bingo 10:00AM- Pickleball in Bylesville 11:30AM- Lunch 12:30 PM- Open Cards 4:00PM-5:00PM Grab & Go Monthly Dinner 4:00PM- Dine In Monthly Dinner</p>	<p>16</p> <p>10:00 AM- 3:00 PM- Food Commodity Pick Up 10:00AM -Bingo 11:30AM- Lunch 12:30 PM- Euchre</p>
<p>19</p> <p>8:30 AM- Crafting Group 9:00AM- Tai Chi Class 10:00AM -Bingo 11:30AM- Lunch 1:00PM -Line Dancing Class</p>	<p>20</p> <p>9:00AM- Quilters 10:00AM -Bingo 11:00AM Guest Speaker from Ohio Health Southeastern Med 11:00 AM- Blood Pressure Checks 11:30AM- Lunch 1:00PM- Cardio Drumming Class</p>	<p>21</p> <p>9:00AM- Geri Fit Exercise 9:00AM- Sewing 10:00AM -Bingo 11:30AM- Lunch 12:00PM- Mahjong</p>	<p>22</p> <p>10:00AM -Bingo 10:00AM- Pickleball in Bylesville 11:30AM- Lunch 12:30 PM- Open Cards</p>	<p>23</p> <p>10:00AM -Bingo 11:30AM- Lunch 12:00PM Old Washington Site Activity 12:30 PM- Euchre</p>
<p>26</p> <p>8:30 AM- Crafting Group 9:00AM- Tai Chi Class 10:00AM -Bingo 11:30AM- Lunch 12:00PM Londonderry Site Activity 1:00PM -Line Dancing Class</p>	<p>27</p> <p>9:00AM- Quilters 10:00AM -Bingo 11:00 AM- Blood Pressure Checks 11:30AM- Lunch 1:00PM- Cardio Drumming Class 4:00PM Bylesville Dinner</p>	<p>28</p> <p>9:00AM- Geri Fit Exercise 9:00AM- Sewing 10:00AM -Bingo 11:30AM Birthday Luncheon 12:00PM- Mahjong</p>	<p>29</p> <p>10:00AM -Bingo 10:00AM- Pickleball in Bylesville 11:30AM- Lunch 12:30 PM- Open Cards</p>	

February 2024 Menu

<p>We invite you to join us for lunch at the Guernsey County Senior Center from 11:30 am until 1:00 pm Monday – Friday. The Bylesville Site serves lunch at 11:30 am. Monday–Friday. Pleasant City 11:30-1:00 pm Monday & Thursday, Cumberland 11:30-1:00 pm, Tuesday & Friday, Londonderry site serves at 11:30 on Monday–Friday, and Old Washington site Wednesday & Friday from 11:30am-1:00pm. Dine-In or Grab & Go Options Available. If you have any questions about our nutrition services please call 740-439-5717 or toll free at 1-866-534-2349. Each meal includes a choice of white, wheat, or specified bread and a choice of either 2% or Skim Milk. Ingredient content can be found on our website at www.GuernseySenior.org.</p> <p><i>*Menu subject to change depending on item availability.</i></p>	<p>1 Pierogies w/Cheese Southern Fried Cabbage Winter Blend Vegetables Cottage Cheese Fruit Cocktail Choice of Bread/Margarine Choice of Milk</p>	<p>2 Beef Stew Wax Beans Warm Applesauce Biscuit/Margarine Choice of Milk</p>
<p>5 Country Fried Steak w/Gravy Seasoned Cubed Hash Browns Lima Beans Peaches Dinner Roll/Margarine Choice of Milk</p>	<p>6 Breaded Boneless Pork Chop Scalloped Potatoes Cauliflower w/Cheese Apricots Choice of Bread/Margarine Choice of Milk</p>	<p>7 Cheese Manicotti w/Sauce Italian Vegetables Tossed Salad w/Dressing 100% Fruit Juice Garlic Toast Choice of Milk</p>
<p>12 Salisbury Steak w/Gravy Cheddar Mashed Potatoes Mixed Vegetables Fruit Cocktail Chocolate Pudding Wheat Dinner Roll/Margarine Choice of Milk</p>	<p>13 Roast Beef & Noodles Buttered Potatoes Succotash Fruited Jell-O Choice of Bread/Margarine Choice of Milk</p>	<p>14 Chicken Divan Dutch Potatoes Peach Crisp 100% Fruit Juice Dinner Roll/Margarine Chocolate Valentine Cupcake Choice of Milk</p>
<p>19 Sloppy Joe w/Bun Baked Beans Corn Mandarin Oranges Chocolate Chip Cookie Choice of Milk</p>	<p>20 Honey Dijon Chicken w/ Rice Pilaf Green Beans Cinnamon Applesauce Choice of Bread/Margarine Jell-O Cake 100% Fruit Juice Choice of Milk</p>	<p>21 Kielbasa Buttered Red-Skinned Potatoes Key Largo Vegetables Fresh Pear Cornbread/Margarine Choice of Milk</p>
<p>26 Beef Spanish Rice Capri Blend Vegetables Spiced Peas 100% Fruit Juice Breadstick/Margarine Choice of Milk</p>	<p>27 Turkey Roll w/Stuffing Mashed Potatoes w/Gravy French Style Green Beans Fruit Cup Dinner Roll/Margarine Choice of Milk</p>	<p>28 Meatloaf Twice Baked Potato Casserole Broccoli Fresh Grapes Dinner Roll/Margarine Choice of Milk</p>
	<p>29 Soup Beans & Ham Potato Salad Beets Ambrosia Salad Cornbread / Margarine Choice of Milk</p>	<p>22 Baked Steak w/Gravy Loaded Mashed Potatoes Peas & Carrots Mixed Fruit Knot Roll/Margarine Choice of Milk</p>
<p>15 BBQ Pulled Pork w/Bun Hashbrown Casserole Broccoli Florets Fresh Apple Rice Krispie Treat Choice of Milk</p>	<p>16 Breaded Fish Sandwich w/ Tarter Sauce Au Gratin Potatoes Buttered Peas Fresh Banana Choice of Milk</p>	<p>23 Macaroni & Cheese Stewed Tomatoes California Blend Vegetables Fresh Tangerine Choice of Bread/Margarine Choice of Milk</p>
<p>8 Herb Roasted Chicken Parsley Potatoes Whole Beets Fresh Orange Dinner Roll/Margarine Choice of Milk</p>	<p>9 Chinese Pepper Steak over Rice Asian Blend Vegetables Baked Pineapple Diced Peas Choice of Bread/Margarine Choice of Milk</p>	<p>29 Soup Beans & Ham Potato Salad Beets Ambrosia Salad Cornbread / Margarine Choice of Milk</p>



**Enjoy Being Social and
Have Some Fun Playing Cards**

Playing cards and card games have a number of features and physical/social benefits. Guernsey County Senior Citizens Center has several opportunities for you to participate in this fun activity. Join Mahjong on Wednesdays, Open Cards on Thursdays and Euchre on Fridays. All groups are held from 12:30 PM until 3:00 PM in the living room. There is no cost or reservation needed to join. We hope to see you!



**Become a Member of
Guernsey County Senior Center**

The Guernsey County Senior Citizens Center offers social membership for seniors 50 years of age and older. The cost is \$10.00 donation a year and entitles you to receive our informative monthly newsletter. You may also be able to receive your newsletter by email. For more information, please call the Senior Center at (740) 439-6681. **We would like to welcome our new members that joined in the month of December :**

- Walter Showers**
- Princess Showers**
- Dale Jones**
- Cynthia Jones**
- Sharon Miller**
- Jill Gray**
- Curtis Burris**
- Denise Burris**
- Johanna Didcote**
- Christine Blazvick**
- Rodman Blazvick**



**Do you need a ride to &
from your doctor
appointments?**

**Guernsey County
Senior Citizens
Center can help!**

We transport senior citizens, age 60 & older, to medical appointments and wellness exams, and many other non-medical transportation locations within Guernsey County, Ohio.

The transportation department's hours of operation are
Monday through Friday

8:00 AM - 6:00 PM

Saturday

8:00 AM - 3:00 PM

Evening dialysis:
by "appointment only"



24 - 48 hour advance notice is recommended. Hours and services may be limited based upon fleet availability. For additional information on these services, please contact Garland Harper or Roger Davis at (740) 432-3838.

Showcase your creative side at the Guernsey County Senior

Craft on Monday

If you enjoy creating new things, Guernsey County Senior Citizens Center invites you to join our in-house crafting group on Mondays from 8:30 AM-11:00 AM. Please visit the Senior Center and see the display of one of a kind, beautiful crafts for public sale, including floral arrangements, all occasion cards, and much more.

Stitch together works of art on Tuesdays

Quilted works of art are created one stitch at a time and take loving hands to complete. Join in the fun by participating in the quilting group that meets each Tuesday at 9:00 AM. If you have a quilt top that you would like to have quilted, they are able to do that for you at a reasonable fee. Please stop by the Senior Center to see the beautiful quilts on display for purchase.

Wednesdays are "tailor" made for sewing

The Senior Center sewing group meets every Wednesday from 9:00 AM - 11:30 AM and are always making & selling new items for purchase. If you are looking for someone to hem a pair of pants or repair a pocket, they may be able to help. Unfortunately, they are no longer able to sew any type of jean material.

If you have questions about any of these fun artistic groups, or would like to sign up, please stop by the Senior Center or call (740) 439-6681.



Important Update

Clothes Closet on hold until March 2024

The Guernsey County Senior Citizens Center clothes closet will on hold throughout the holiday season. Due to limited storage space we will not be taking any clothing donations or holding the Clothes Closet until March of 2024. If you have any questions or concerns please call (740) 439-6681.



Blood Pressure & Wellness Checks On Tuesdays

Health checks are provided at the Senior Center by our registered nurse, Heather, every Tuesday from 11:00 AM -12:00 PM. They will be able to check your blood pressure, pulse, and weight. For more information, please stop by your Senior Center on Tuesdays.



Book Club Meeting First Thursday of Each Month

Do you enjoy reading? Have you ever read such a good book you wanted to tell everyone about it? Then the book club would be a good fit for you. The group meets on the first Thursday of every month at 1:00 PM. The next meeting is **Thursday, February 1st**



Motorized Scooter Available for Loan

We currently have two motorized scooters available through our loaned equipment closet. Both of these scooters are in working condition with battery chargers that come with them as well. If you would like to see about borrowing one of these please stop in and see us!

Scooter use will be at your own risk. GCSCC is not responsible for accidents.



Utility Assistance Available For Senior Citizens



Heating Assistance Available

The Ohio Department of Development and Guernsey County Senior Citizens Center, Inc. want to remind Ohioans assistance is available to help with their home energy bills. The Home Energy Assistance Program (HEAP) helps Ohioans at or below 175% of the federal poverty guidelines pay their heating bills.

Ohioans can visit energyhelp.ohio.gov to apply online, download a copy of the application, or find contact information for a local Energy Assistance Provider. Senior citizens may go to GMN Tri-County office for help with assembling the required documents and completing their HEAP application.

Individuals will need to have copies of the following documents to include with their application:

- Most recent utility bills.
- A list of all household members (including birth dates and Social Security numbers).
- Proof of income for the past 30 days for all household members (12 months for certain income types).
- Proof of U.S. citizenship or legal residency for all household members.
- Proof of disability (if applicable).

HEAP benefits are applied to an individual's energy bill after Jan. 1. If you need immediate assistance with your energy bills, please contact your local Energy Assistance Provider. A list of providers can be found at energyhelp.ohio.gov.

The last day to apply for the regular HEAP benefit is May 31, 2024. For more information or assistance with applying for a HEAP benefit, contact Guernsey County Senior Citizens Center, Inc. at (740)439-6681.

For more information on the programs, visit energyhelp.ohio.gov or call your local Energy Assistance Provider.

Energy Assistance Available to Reconnect/Avoid Disconnection of Utilities

Ohio's electric and natural gas customers have the opportunity to use the Winter Reconnect Order (WRO) during the winter heating season from October 18th through April 15th to reconnect or to avoid disconnection of their utilities. The WRO applies only to Ohio's investor-owned electric and natural gas utilities and does not apply to municipally-owned utilities or rural electric co-ops. To apply, contact your utility company.

The order allows any electric or natural gas customer of an investor-owned utility to avoid disconnection or to reconnect their service for \$175, even if the customer owes more and cannot afford to pay the entire balance.

It is always recommended to speak with a representative of the utility company or your local community action agency before using the WRO.

Contact your local community action agency, located at 185 S 2nd St, Byesville, by calling (740) 685-2422 or (740) 685-2423 for additional information. If you would like someone to assist you in talking to your utility company, you can call the Public Utilities Commission (PUCO) by calling 1-800-686-7826.



Dollar Energy Fund & Neighbor To Neighbor Program Assistance

Dollar Energy Fund and AEP Ohio have teamed up to create a program that will assist low-income AEP Ohio customers who have difficulty paying their electric bill. The program will provide eligible customers with a utility assistance grant applied directly to the AEP Ohio bill. This grant will help low-income customers maintain or restore their basic electric service.

Eligible Households

1. Must be a customer of AEP
2. Be at or below 250% of the Poverty Income Guidelines (FPIGs), a family of four earning up to \$65, 500 per year is eligible.
3. Have made a sincere effort of payment on their AEP bill. A sincere effort is a minimum of \$75 in the last 90 days. Exceptions for senior citizens will apply.
4. Have a minimum balance of \$100 on their AEP bill.

For a Neighbor-to-Neighbor Program referral, contact: Area Agency on Aging, Region 9 at (740) 439-2294 or 1-800-945-4250.



MEALS on WHEELS GUERNSEY COUNTY

TOGETHER, WE CAN DELIVER.

Healthy Meals & Nutrition

Guernsey County Meals on Wheels offers nutrition services to area seniors. We provide home delivered meals and on site lunches. If you are a senior age 60 or older, the suggested donation is \$5.00, for anyone under 60, the cost is \$7.50. For additional information, please contact (740) 439-5717.

Continental Breakfast Offered Every Morning

A continental breakfast of items such as cereal, toast etc., is offered each morning at Guernsey County Senior Citizens Center from 8:00 AM - 9:30 AM for senior citizens age 60 and older. The recommended breakfast donation is \$2.50. Reservations are not required. If you would like additional information about this or any of the Senior Center's nutrition programs, please call (740) 439-5717.

Disabled Veterans of Any Age are Eligible to Receive Home Delivered Meals

Disabled veterans of any age are eligible to receive nutritious home delivered meals provided by the Guernsey County Meals on Wheels program. To receive this service, you must be a disabled veteran (no matter what age) living in Guernsey County. If you are interested in this service or have any additional questions, please contact (740) 439-5717. **Thank you to all of our veterans for your service.**

Home Delivered Meals Available throughout Guernsey County

Hot, home-style, nutritious, well-balanced home delivered meals are available to eligible individuals age 60 and older, living in Guernsey County, with nutritional need. Meals are delivered Monday - Friday and are provided by Meals on Wheels Guernsey County. Homemade, pre-prepared frozen meals are available for weekends and holidays upon request. Emergency meals (to have on hand during periods of inclement weather) are also provided in each home during the winter months. Special meals (diabetic, low-salt, puree, diverticulitis, liquid, etc...) are also available. If you are interested in receiving home delivered meals, please contact Meals on Wheels Guernsey County at (740) 439-5717.

Friendly Reminder Regarding Assessments

A requirement of Ohio Department of Aging is for providers, such as Guernsey County Senior Citizens Center, to conduct routine assessments and updates on every senior citizen, age 60 years and older, whom we serve. We will conduct client/participant assessments at different times throughout the year. We kindly ask for your assistance and cooperation as we complete these assessments. If you have any questions regarding the assessment process, please contact or call any member of the Senior Center staff at (740) 439-6681.

Ensure® & Glucerna® Supplemental Beverages Available

Supplemental nutritional beverage shakes are available at the Guernsey County Senior Citizens Center and come in four delicious flavors: Chocolate, Vanilla, Strawberry, and Butter Pecan, all at a discounted rate. A case, which consists of 24 - 8 ounce cans, of regular Ensure is \$20, Ensure plus is \$22, and Glucerna is \$43. To place an order, please stop and visit with Garland Harper or Roger Davis, in our Transportation Department, or call (740) 432-3838.

Nutritious Home Delivered Meals available to help clients recover

Sustaining good nutrition and a healthy diet are beneficial to your recovery and wellbeing. The Meals as you Mend program is designed to provide recent patients of Southeastern Med who are residents of Guernsey County and at least 60 years of age with 30 nutritious, hot, home delivered meals at no cost once they are discharged and plan to return home. If you would like additional information on the Meals as you Mend program, please ask a nurse or social worker at Southeastern Med or please call Meals on Wheels Guernsey County at (740) 439-5717.

February 2024 Birthdays

02/01	Linda Anderson Melody Greathouse Bobbie Henderson Karen Hogan		Phyllis Mehaffey Fran Morland Marie Shimp Virginia Wilson		Patty Masciarelli Carol Neff Donald Oney Bill Riehl
02/02	Thomas Boston Margaret Jacobs E.Gladys Johnson Debra McVicker Marjorie Savage Tim VanCamp	02/11	Richard Bruksy Carol Foraker Patricia Kohl Kevin Lea Donna McCulley Karen Williams	02/23	Sharon Stottsberry Jackie Gesaman Marjorie Stillion Joy Walker
02/03	Angeline Foraker Mike Franko Mary Lucas Phyllis Roby Sue Whipple	02/12	Charles Galloway Kevin Robinson Carmaleta McGaha Betty Yonker	02/24	Sandra Brown James Callihan Ronald Dennis John Katynski Karen Ward Dorothy Wetherell
02/04	Pam Goodwin Heidi Pedersen-Nason Martha Warne	02/14	Rose Bench Sally Brixner Tamera Graham Mary Johnson Bill Roe	02/25	Sharon Chester Elvin Culp Maria Demkowicz Barbara Dillon Dorothy Hildebrand Charles Marlatt Annabelle Neff Richard Pavlov Margie Addis Floyd Cornelius Cheryl Dawkins Paul Gray
02/05	Jo-Ann Bond Sharon Bradshaw Gerald Cavanaugh Sharon Domoracki Richard Krause Ramona Springer Janet Wamack Rebecca Williams	02/15 02/16 02/17	Conrad Demkowicz Doug Arden Ruth Cincinat R.J Kidder Mary Jean Duke Carolyn Filippis Glen McEndree Demetra Moore Debbie Speier Richard Cowgill Rick Hough Maria Barczak JoEllen Evans Adele Flowers Jean Means Mary Jo Parkinson Patty Smith Chester Lindell Shirley Montgomery Vicki Pierce Steve Schwartz Cynthia Bond Vicki Day Randi Earnest Maurice Froment Roy George Cathy F. Lea Thomas Lemmings Dorothy Wells John Whitis Judy Bellville Georgiene Brooks Anita Harbaugh Bob Johnson William Johnson	02/26 02/27	Dorothy Hildebrand Charles Marlatt Annabelle Neff Richard Pavlov Margie Addis Floyd Cornelius Cheryl Dawkins Paul Gray Wilma Bates Sharon Callihan Linda Fitzgerald Brenda Folkert Deanne Gray Mary Grimsley Sheri Webb Yolanda Abrams Saundra Bauserman Linda Gause Joan Hafner-Betts Tim Hayes Ruth VanDyne Jeannie Perkins
02/06	Patricia Bryan Jim Fair Dama Ferguson Lorraine Price Charlotte Sterling	02/18 02/19		02/28	
02/07	Audrey Culbertson Judi Stevens				
02/08	Gina Amato Nancy Bates Evelyn Callihan Nancy Cressly Velma Kunze Leanna McCollum Jill Olnhausen Linda Reyna Shelby Smith Osie Veselenak Bonnie Beckett Nancy Bell Yvonne Brown Sandra Hill Rose Kopyar Kenneth Milburn Joan Picklesimer Leona Powell Martah Rice Diane Hebert	02/20 02/21 02/22			
02/09	Denver Hough				

**Happy
Birthday**
From all of Your Friends &
Associates
at the
Guernsey County
Senior Citizens
Center!



President's Day Word Search



- ADAMS
- AMERICAN
- ARTHUR
- BUCHANAN
- BUSH
- CARTER
- CELEBRATE
- CLEVELAND
- CLINTON
- CONGRESS
- CONSTITUTION
- COOLIDGE
- DEMOCRACY
- EISENHOWER
- ELECTED
- FEBRUARY
- FILLMORE
- FLAG
- FORD
- FOREFATHER
- GARFIELD
- GOVERNMENT
- GRANT
- HARDING
- HARRISON
- HAYES
- HISTORY
- HOOVER
- JACKSON
- JEFFERSON
- JOHNSON
- KENNEDY
- LEADER
- LINCOLN
- MADISON
- MCKINLEY
- MONROE
- NATION
- NIXON
- OATH
- OBAMA
- OFFICE
- PIERCE
- POLITICAL
- POLK
- PRESIDENT
- REAGAN
- ROOSEVELT
- STARS
- STRIPES
- TAFT
- TAYLOR
- TRUMAN
- TRUMP
- TYLER
- VANBUREN
- VOTE
- WASHINGTON
- WHITEHOUSE
- WILSON

R Q L A M A B O Q H T C H A C X C M M S C W N Z I E Y
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 E T J E F F E R S O N R O L Y A T R E D A E L M B L W





“So let each one give as he purposes in his heart, not grudgingly or of necessity; for God loves a cheerful giver” (2 Corinthians 9:7).

“Leave a Lasting Legacy”

The Guernsey County Senior Citizens Center Endowment Fund

The Guernsey County Senior Citizens Center, in close collaboration with The Foundation for Appalachian Ohio, and Guernsey County Foundation has developed an alternative option for individuals who wish to leave a lasting legacy that will benefit future senior citizens and older adult generations served by the Guernsey County Senior Citizens Center and The Guernsey County Foundation & Foundation for Appalachian Ohio formed The Guernsey County Senior Citizens Center Endowment Fund because the Guernsey County Senior Citizens Center remains very reliant upon the kindness and generosity of our countywide supporters. Daily donations and routine contributions greatly assist our organization and permit us to serve a growing older adult population. Daily donations are also a vital financial resource, which assist us in meeting our program operational expenses. Because State and Federal funding sources have not kept pace the Guernsey County Senior Citizens Center, Inc. has developed the **Guernsey County Senior Citizens Center, Inc. Endowment Fund**. All services and programs provided by the Guernsey County Senior Citizens Center are provided on a “donation only” basis for senior citizens age 60 and older who live throughout Guernsey County. Beneficial senior based services provided by the Guernsey County Senior Citizens Center include, but are not limited to:

- Home Delivered Meals “Meals on Wheels”
- Senior Transportation Service & Assistance
- Homemaking
- Legal Services & Consulting Assistance
- PASSPORT
- Congregate/Social Interactive Meals
- Friendly Visiting
- Telephone Reassurance
- Senior Supplemental Food Commodities
- Preventative Medical and Well-Being Health Checks & Assessments
- Senior Clothes Closet
- Assistive Medical Equipment & Devices Loan Closet
- Morning Breakfast Program
- Golden 60’s Luncheon Meals
- As well as a variety of daily social, educational, recreational activities.

As a kind and much appreciated gesture or in gratitude for the services a senior receives we please ask that you consider The Guernsey County Senior Citizens Center Endowment Fund when:

- ♦ Making your Will
- ♦ Conducting your Estate Planning
- ♦ Making an “In Memoriam Gift” in memory of a special friend or loved one
- ♦ Making a personal gift or corporate donation
- ♦ Designating a beneficiary
- ♦ When making a bequest to a charitable trust or non-profit organization

For additional information regarding how you too can “leave a lasting legacy” benefiting senior citizens, please contact Shon Gress, Executive Director of the Guernsey County Senior Citizens Center at 740-439-6681, or The Foundation for Appalachian Ohio at 740-753-1111.





“Please Assist Us in Continuing Our Mission of Serving Guernsey County Senior Citizens”

Your Tax Deductible Donations Help Provide Senior Citizens with Services

The Guernsey County Senior Citizens Center, Inc. is a registered 501 (c) 3 non-profit multi-senior services county-wide provider that is funded in part by the Ohio Department of Aging through The Area Agency on Aging-Region 9. Additional funding sources include a Senior Services Tax Levy, United Way of Guernsey County, as well as donations and contributions that are made by our countywide supporters. No one-single funding source supplies 100% of the funding that is required to sustain the many programs and services that GCSCC provides. All funds are obtained on a reimbursable basis and are received by GCSCC only after services have been provided to eligible senior citizens living throughout Guernsey County.

For over 51 years we have steadfastly continued our mission of serving older adults in Guernsey County. Due to the growing need for senior based services and programs the Guernsey County Senior Citizens Center, Inc. depends a great deal upon the kindness and generosity of others in helping us to fulfill our mission and goals. **Your donations greatly assist us in our mission of serving senior citizens as well as help us to serve a growing and increasing aging adult population.** Quality services including, but not limited to; home delivered meals, transportation, and homemaking, are each provided on a “Donation Only” basis, whereby seniors will not be denied services based on their ability or inability to make a donation. Suggested Cost Sharing fees are recommended for some programs. Rising gasoline prices, increasing food costs, and other expenses require us to share this reminder about how crucial your donations are and how they go directly toward GCSCC achieving and fulfilling our mission of serving senior citizens.

Please remember GCSCC when structuring your Will; listing beneficiaries; and when making in-memoriam contributions are appropriate. We sincerely appreciate your kindness and support...and most importantly we know that the seniors that we serve appreciate your support too! *Please help us secure the future of senior based services so that they are readily accessible and available for you or when someone in your own family or circle of friends might need them.*

“THANK YOU FOR SUPPORTING THE MISSION OF THE GUERNSEY COUNTY SENIOR CITIZENS CENTER”



I/We wish to contribute to the following beneficial senior based program(s):

- | | |
|--|--|
| Home Delivered Meals _____ | Morning Breakfast Program _____ |
| Dining Center Meals _____ | General Use _____ |
| Home Maker /Home Health _____ | Other: (Please specify) _____ |
| Transportation _____ | GCSCC Foundation/Endowment Fund _____ |
| Pets Enjoy Treats (PET) Program _____ | |
| In Memory of: _____ | |

Please complete and mail your 2024 tax-deductible donation to:

**Guernsey County Senior Citizens Center, Inc.
1022 Carlisle Avenue, Cambridge, Ohio 43725**

Serving Guernsey County Seniors



*Providing Quality Services &
Programs for over 51 years*

*“A 501 (c) 3 Non-Profit Multi-Senior Services
Organization That Provides Beneficial
Programs & Services to Older Adults Living
throughout Guernsey County”*



Services provided by the Guernsey County Senior Citizens Center Inc.

Transportation Services- Our courteous and professional van drivers personally escort senior citizens to medical exams and appointments; shopping and personal business trips; to pick-up prescription medications at pharmacies; to senior nutrition sites; and a host of other senior wellness related facilities. 24-hour advance reservations are required.

Homemaking- Home health care providers can visit your home and provide routine homemaking services such as cleaning, laundry, essential shopping, and meal preparation. Home health care workers also provide in-home help with Personal Care to promote and maintain essential personal hygiene, which also encourages improved self-image and good self-esteem.

Home Delivered “Meals on Wheels”- Hot, home style, nutritious, well-balanced home delivered meals are available Monday-Friday. Frozen meals are available for weekends and holidays. Emergency meals (to have on hand during periods of inclement weather) are also provided in each home during the winter months.

Morning Breakfast Program-GCSCC serves a nutritious breakfast each weekday at the Senior Center and delivers nutritious breakfasts each day to nutritionally at-risk older adults (Partially funded by United Way of Guernsey County).

Congregate Meals- Hot, nutritious meals are provided in a group social setting Monday-Friday at the Guernsey County Senior Citizens Center and our many Senior Nutrition Sites, which include; Cambridge Heights Apartments, Stop Nine Senior Center-Byesville, Londonderry, Cumberland, and Pleasant City. Meals are also served every Thursday at “Golden Sixties” located at the Stop Nine Church of Christ, Byesville, Ohio. *Reservations are encouraged and recommended.*

Legal Assistance- Legal work of a non-criminal nature (up to \$250.00) is available for seniors age 60 and over. Legal services subjects such as wills, power of attorney, real estate, probate, etc.... are provided by local attorneys.

PASSPORT- The Guernsey County Senior Citizens Center is a certified “PASSPORT Qualified Facility” in close cooperation with the Ohio Department of Aging and Area Agency on Aging-Region 9 (740) 439-4478.

Telephone Reassurance- To insure the continued well-being of elderly individuals who are isolated or homebound, our professional staff and volunteers provide regular telephone contact to monitor their safety and well-being.

Medical Assessments- Qualified medical personnel provide blood pressure and pulse screenings each week. Cholesterol and blood sugar examinations, vision assessments, hearing screenings, and other wellness related screenings are also available throughout the year.

Educational Programs- Regular scheduled presentations and classes are conducted on subjects of interest to inform, enlighten, and inspire older adults and to stimulate mental activity.

Information & Referral- Individuals are given names, telephone numbers, and addresses of private and public organizations that can assist them with meeting their needs.

Social Activities & Special Events- Social and recreational activities occur daily here at the senior center. Activities include; Quilting, Crafting, Exercise, Tai Chi, Line Dancing, Painting, Computer Classes, Euchre, Bridge, Monthly Theme Dinners, Square Dancing, Aerobics, Music, Entertainment, and much more!

Volunteer Respite Program- This program is operated by our trained volunteers who can assist in providing caregivers with a much needed and temporary break from their caregiving responsibilities, providing them with rejuvenated respite. If you are caring for an older adult at least 60 years of age and need a much-needed break or are interested in serving as a Volunteer Respite, please contact us today.

Senior Supplemental Food Commodities Program – Monthly Food Program that provides 30-35 pounds of groceries each month (cheese every other month) to almost 360 seniors who are at least age 60 and meet income Federal Poverty Guideline eligibility criteria.

All services are provided on a “Donation Only” basis. Seniors will not be denied services based on their ability or inability to make a donation. Contact us today at (740) 439-6681!



BECOME A SOCIAL MEMBER OF THE SENIOR CENTER

Some people think they will never be old enough to join the Senior Center...staying active and engaged in all aspects of community life is the key to improved health and longevity. So, why wait...become a social member today!

**Your membership card can be obtained by making a
\$10.00 annual donation**

Other benefits include, but are not limited to;

- *Receiving your own personal copy of the "Senior Times" monthly newsletter.*
- *Discounts on day trips & other activities.*
- *Birthday card greeting on your birthday.*
- *Advance notification about new activities, services, and programs.*
- *Your own personal copy of each month's menu & menu items for both congregate & home delivered meals.*
- *And much, much more!*

**PLEASE CALL 740-439-6681 to learn more about becoming a
new social member today!**