



“Celebrating 52 Years of Serving Guernsey County”

Senior Times Newsletter



Volume 52 Issue 3

Guernsey County Senior Citizens Center, Inc.

March 2024

Special Events:

AARP INCOME TAX PREPARATION ASSISTANCE
Most dates are booked—**Waiting List Only**

Breakfast Buffet
Friday, March 1st

National Road Museums & Pottery Trip
Wednesday, March 13th

ELECTION DAY
Tuesday, March 19th



Sunday, March 31st

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,

We have been blessed with a fairly mild winter (so far) and the month of March will introduce us to the official arrival of Spring as well as a month filled with special holidays, festivities, and celebrations. Together we will celebrate International Women’s Day, March 8th, Daylight Saving Time and Ramadan beginning on Sunday, March 10th, St. Patrick’s Day, Sunday, March 17th, Eastern Orthodox Lent beginning on Monday, March 18th, Spring beginning on Tuesday, March 19th, Purim beginning at sundown on Saturday, March 23rd, Palm Sunday on Sunday, March 24th, Good Friday on Friday, March 29th and lastly, but certainly not least, Easter on Sunday, March 31st. I know I personally have a lot of family birthday’s in March...including my own 56th birthday on March 9th, my great nephews 12th birthday on March 10th, and my beloved mother’s



Happy St. Patrick’s Day

You’re Cordially Invited to attend the

March Monthly Dinner
March 21, 2024

Entertainment at 4:00 PM
Dinner Served at 4:30 PM
Music~ Dinner~ Door Prizes
For reservations, please call (740) 439-6681

80th birthday on March 31st.

March is also the month that we partner with the national Meals on Wheels America association by promoting Meals on Wheels programs across the country and here locally, as part of the

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”

“March for Meals” campaign, which occurs annually to bring awareness and import value of meals on wheels-home delivered meal programs and to help local Meals on Wheels programs, such as Meals on Wheels Guernsey County request donations and funding support. We will be hosting a variety of “March for Meals” fundraisers and activities throughout March and we humbly and graciously appreciate your contributions and support. With the help and support of our community we were able to prepare, deliver, and serve over 247,369 meals in 2023 and with your help, we hope to serve even more in 2024.

March is also National Kidney Month, observed every March, bringing awareness to kidney health and encourages people to support kidney disease research and take steps to keep their own kidneys safe and healthy.

Kidneys filter blood, make urine, and produce the red blood cells that carry oxygen through your body. These vital organs also control blood pressure and produce vitamin D to keep bones strong. Malfunctioning kidneys can lead to painful kidney stones and infections that, left untreated, require a transplant. Some pre-existing conditions, like high blood pressure and diabetes, put you at increased risk for kidney disease. Chronic Kidney Disease (CKD) affects almost 40 million American adults. In 2016, three-quarters of a million people in the U.S. required dialysis or a kidney transplant. Dialysis and kidney transplants, the only treatment options for severe kidney failure, are difficult, expensive, and not always available. Patients seeking new organs may not always get them in time to survive; in the U.S., twelve people die each day waiting for a kidney. To prevent kidney disease, the National Kidney Foundation recommends taking proactive steps to keep your kidneys healthy and prevent the onset of CKD. You can protect your kidneys by managing high blood pressure, making healthy food and drink choices, and reducing stress.

Did you know kidney disease is often referred to as a “silent disease,” because there are usually no symptoms during its early stag-

-es? In fact, as many as 90% of Americans who have chronic kidney disease (CKD) don’t know they have the disease until it is very advanced. The good news is the earlier you find out you have kidney disease, the sooner you can take steps to protect your kidneys from further damage. Protecting your kidneys may allow you to continue to work, spend time with family and friends, stay physically active, and do other things you enjoy. Finding out if your kidneys are struggling before you have symptoms gives you the opportunity to make changes to help keep your kidneys healthier for longer. Even if you have symptoms, you can take steps to slow the disease.



Take Steps to Help Protect Your Kidneys, and Have More Healthy Moments

Know Your Risk

Even if you feel healthy, if you are over age 60 or have risk factors like diabetes, high blood pressure, or heart disease, consider talking with your doctor about getting tested for kidney disease. Your doctor can use your test results to work with you to develop a kidney care plan. Having a plan may reduce your risk for serious health problems, like heart attack and stroke, and give you more healthy moments

Schedule Your Test

Your doctor will use two quick tests to check for kidney disease—a urine test to check for damage and a blood test to check how well your kidneys are removing wastes from your blood. If your kidneys show signs of damage, your doctor may refer you to a kidney specialist, called a nephrologist, or recommend annual or more frequent testing.

Follow Your Kidney Health

Your doctor can work with you to create a treatment or monitoring plan that fits your lifestyle, mobility, health status, and dietary needs. Your plan may include managing your existing risk factors for kidney disease, collaborating with a registered dietician to create a meal plan, or getting help to quit smoking. Because chronic kidney disease is progressive, it is very important to continue to follow your kidney health and to update your care plan as needed. Early kidney disease usually doesn't have any symptoms. Testing is the only way to know how well your kidneys are working. Get checked for kidney disease if you have

- diabetes
- high blood pressure
- heart disease
- a family history of kidney failure

If you have diabetes, get checked every year. If you have high blood pressure, heart disease, or a family history of kidney failure, talk with your health care provider about how often you should get tested. The sooner you know you have kidney disease, the sooner you can get treatment to help protect your kidneys. Get tested to find out if you have kidney disease. Early treatment may help protect your kidneys.

What tests do doctors use to diagnose and monitor kidney disease?

To check for kidney disease, health care providers use

- a blood test that checks how well your kidneys are filtering your blood, called GFR. GFR stands for glomerular filtration rate.
- a urine test to check for albumin. Albumin is a protein that can pass into the urine when the kidneys are damaged. If you have kidney disease, your health care provider will use the same two tests to help monitor your kidney disease and make sure your treatment plan is working.

Blood Test for GFR

Your health care provider will use a blood test to check your kidney function. The results of the test mean the following:

- a GFR of 60 or more is in the normal range.

Ask your health care provider when your GFR should be checked again.

- a GFR of less than 60 may mean you have kidney disease. Talk with your health care provider about how to keep your kidney health at this level.
- a GFR of 15 or less is called kidney failure. Most people below this level need dialysis or a kidney transplant. Talk with your health care provider about your treatment options. GFR results show whether your kidneys are filtering at a normal level. You can't raise your GFR, but you can try to keep it from going lower.

Creatinine. Creatinine is a waste product from the normal breakdown of muscles in your body. Your kidneys remove creatinine from your blood. Providers use the amount of creatinine in your blood to estimate your GFR. As kidney disease gets worse, the level of creatinine goes up.

Urine Test for Albumin

If you are at risk for kidney disease, your provider may check your urine for albumin. Albumin is a protein found in your blood. A healthy kidney doesn't let albumin pass into the urine. A damaged kidney lets some albumin pass into the urine. The less albumin in your urine, the better. Having albumin in the urine is called albuminuria. A healthy kidney doesn't let albumin pass into the urine. A damaged kidney lets some albumin pass into the urine. A health care provider can check for albumin in your urine in two ways:

Dipstick test for albumin. A provider uses a urine sample to look for albumin in your urine. You collect the urine sample in a container in a health care provider's office or lab. For the test, a provider places a strip of chemically treated paper, called a dipstick, into the urine. The dipstick changes color if albumin is present in the urine.

Urine albumin-to-creatinine ratio (UACR). This test measures and compares the amount of albumin with the amount of creatinine in your urine sample. Providers use your UACR to estimate how much albumin would pass into your urine over 24 hours.

A urine albumin result of 30 mg/g or less is normal; more than 30 mg/g may be a sign of kidney disease. If you have albumin in your urine, your provider may want you to repeat the urine test one or two more times to confirm the results. Talk with your provider about what your specific numbers mean for you. If you have kidney disease, measuring the albumin in your urine helps your provider know which treatment is best for you. A urine albumin level that stays the same or goes down may mean that treatments are working.

How do I know if my kidney disease is getting worse?

You can keep track of your test results over time. You can tell that your treatments are working if your

- GFR stays the same
- urine albumin stays the same or goes down

Your health care provider will work with you to manage your kidney disease. Make sure you take care of your body and your vital internal organs so they can continue taking care of you. It's a chance to express gratitude for our health. If you have fully functional kidneys, be grateful! Take a minute to feel gratitude for all the internal organs that do the invisible, daily work of keeping us alive. Just a few decades ago, kidney disease could mean a death sentence. Today, although it's still a serious and frightening illness, we can often fight off kidney failure with dialysis and organ transplants.

I was diagnosed with a 6.8cm cancerous tumor (size of a grapefruit) on my kidney back in 2020. I was fortunate. I recognized something was wrong and underwent a successful surgery to remove the tumor, kept my kidney, and consider myself blessed it will soon be four years I remain kidney cancer-free. Take care of yourself. Be kind to others & God Bless you!

Have a Happy St. Patrick's Day & Easter!

Sincerely,

Shon E. Gress

Shon E. Gress, MSHCS, BSC
Executive Director/CEO
Certified Administrator of Aging Services



Meals on Wheels Guernsey County's March for Meals Campaign

Support will help to continue feeding homebound seniors in our community

March 2024- the Meals on Wheels Guernsey County program announces that it will be participating in the national 2024 March For Meals campaign. Meals On Wheels Guernsey County events will include "Community Champions" delivering meals, Pearl Valley Cheese Fundraiser, and much more.

March For Meals is a national campaign during the month of March, initiated and sponsored by the Meals On Wheels of America, (to raise awareness of senior hunger and to encourage action on the part of local communities. Senior nutrition programs across the United States, like Meals on Wheels Guernsey County, promote March For Meals in their local communities through public events, partnerships with local businesses, and fundraising initiatives. March For Meals is a time when communities can come together to stand with their local Meals On Wheels program and help to end senior hunger.



**MY PLEDGE TO:
"MARCH FOR MEALS"**

Name: _____

Address: _____

Donation: _____
(Enclosed) Tax Deductible Donation

**Please mail or drop off your donations to:
Guernsey County Senior Citizens Center
1022 Carlisle Ave
Cambridge, Ohio 43725
FOR FURTHER INFORMATION PLEASE
CALL (740) 439-6681**



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, March 1st**

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, March 1st. The breakfast menu will include: egg & cheese omelet, hashbrown, sausage gravy & biscuit, 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.

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.

Satellite Site Activities

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

Cumberland:

Friday, March 1st at 12:00PM

Pleasant City:

Thursday, March 11th at 12:00PM

Londonderry:

Monday, March 18th at 12:00PM

Byesville:

Tuesday, March 18th at 12:30PM

Old Washington:

Friday, March 22nd at 12:00PM

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, March 5th**

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, March 5th 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!



**Guest Speaker Kathryn Metz from
Ohio Consumers Council
Wednesday, March 6th**

Scammers are everywhere and they are becoming savvier with their techniques to trick us out of our personal information and money. The first week in March is National Consumer Protection Week, and Kathryn Metz from the Ohio Consumers' Counsel will be present on Wednesday, March 6th at 11:00AM to discuss common scams and how to protect yourself. We hope that you plan to join us for this informative session.

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 please call (740) 439-6681 to sign up!



Don't forget to turn your clocks up 1 hour on Sunday, March 10th, 2023. This is also a great time to check the batteries in your smoke detectors!

**Alzheimer's Support Group
Tuesday, March 12th**

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, March 12th** here at the Senior Center.



**John Glenn Museum, National Road
Museum & Zanesville Pottery Trip
Wednesday, March 13th**

Come and join us for this fun and interesting day trip on Wednesday, March 13th as we will learn some history and make a piece of pottery. We will start off the day with a guided tour at the John Glenn Museum. Next, we will travel on up the road to the National Road Museum where we will have a guided tour that tells us about U.S 40 that came to be called "the Main Street of America." After our second tour we will have lunch, which will be on your own, at Oriental Super Buffet in Zanesville. Our last stop before heading home will be at Zanesville Pottery. Here you will have the opportunity to make and design either a tile or a pinch pot with guided instruction, this will be included in the price of the trip. This cost of this trip will be \$40.00 for members and \$52.00 for non-members. We will depart at 8:30AM on this day and return by 4:00PM. To reserve your seat trip please call (740) 439-6681!

**Commodity Pick-Up
Friday, March 15th**

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. The next distribution will be held on **Friday, March 15th** from 10:00AM-3:00PM.



**St. Patrick's Day Luncheon
Friday, March 15th**

Celebrate the luck of the Irish on Friday, March 15th as the Guernsey County Senior Citizens Center hosts the annual St. Patrick's Day Party & Luncheon. The festivities will begin at 11:30 AM. If you would like to make reservations for this special luncheon, please contact the Senior Center at (740) 439-6681.



**Guest Speaker– Senior Medicare Patrol
Monday, March 18th**

Kathy Dennis, from Area Agency on Aging, will be here with us on Monday, March 18th at 11:00AM. She will be discussing Senior Medicare Patrol and talking about preventing, detecting, and reporting Medicare fraud. We hope that you plan to join us for this informative session.



**Election Day
Tuesday, March 19th
Due to Guernsey County Senior Center
being a voting precinct on Tuesday,
March 19th there will be NO bingo on this
day. Lunch will be served at regular time,
11:30AM-1:00PM**



God & Country Lions Club Music Show

Thursday, March 21st, 2024

Show will begin at 7:30 PM

The Guernsey County Senior Citizens Center is proudly partnering with the Cambridge Lions Club to provide tickets and transportation to the show

Cost for Lions Club Show Tickets:

\$8.00

and includes the admission to the Thursday, March 21st Lions Club show, and optional shuttle service provided by the Guernsey County Senior Citizens Center Transportation Department. Shuttles to the show will begin after the conclusion of our Senior Monthly Dinner at approximately 6:15PM.

Advance Reservations Monthly Senior Dinner & Tickets to Lions Club Show are Required & Sold Separately.

Tickets are on sale at Guernsey County Senior Citizens Center now through March 14th!

No tickets to Lions Club Show will be sold at GCSCC the night of the event.

For Additional Ticket Information
Please call (740) 439-6681

March Birthday Celebration Wednesday, March 20th

Please plan to join us on Wednesday, March 20th at 11:30AM as we celebrate March 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.



Free Spring Craft Class Sponsored by Hospice of Guernsey Wednesday, March 20th

If you're feeling crafty, we would love to have you join us for a spring craft class on Wednesday, March 20th at 2:00PM. Stephanie from Hospice of Guernsey will be hosting this class and will be providing all of the materials needed to make the class on this day. If you would like to reserve a spot for this class please call (740) 439-6681.



Monthly Senior Dinner Thursday, March 21st

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

We cordially invite you to join us Thursday, March 21st 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: baked steak, mashed potatoes & gravy, corn, fruit cocktail, dinner roll with butter, and Oreo pie 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.



Byesville Dinner Tuesday, March 26th

Please join us at the Stop Nine Senior Center in Byesville at 4:00 PM on Tuesday, March 26th. The menu will include: cabbage roll, mashed potatoes, mixed vegetables, dinner roll & butter, mandarin oranges, and pistachio dessert. Please call (740) 439-6681 to make your reservations.

Guest Speaker from OSHIIP Wednesday, March 27th

We will have Susan from Ohio Senior Health Insurance Program (OSHIIP) here at the Senior Center on Wednesday, March 27th at 11:00AM. She will be talking about Medicare options and how they can assist you in finding the best plan for you. We hope that you plan to join us for this informative session.



Easter Party & Luncheon Thursday, March 28th

Hop on into the Senior Center on Thursday, March 28th at 11:00AM as we have an easter egg hunt. After these festivities lunch will begin being served at 11:30AM. If you would like to join us for this fun event please call (740) 439-6681.

CLOSED 
Good Friday

**Guernsey County Senior Citizens Center
will be Closed on Friday, March 29th in
observance of the Good Friday holiday.
There will also be no lunches or activities
at any of the satellite sites. If you have
any questions or concerns, please call
(740) 439-6681.**

ARE YOU CONFUSED BY

MEDICARE?

Join me for a FREE "New to Medicare" educational seminar. Learn when and how to enroll, Medicare basics, your options for coverage and more!
*Light refreshments will be served.



DETAILS

- ✓ **WHO:** PHILIP BIGGS, LOCAL INDEPENDENT BROKER
- ✓ **WHAT:** "NEW TO MEDICARE" EDUCATIONAL SEMINAR
- ✓ **WHEN:** MARCH 28TH, 2024 | 6:00-7:00 PM
- ✓ **WHERE:** THE GUERNSEY COUNTY SENIOR CENTER
- ✓ **WHY:** AVOID THE CONFUSION OF MEDICARE

Please RSVP by March 26. Call 740-202-9394 to reserve your spot!



March Employee Birthdays

Connie Reasoner	6th
Donna Doudna	7th
Mariah Carpenter	9th
Shon Gress	9th
Tom Gaton	10th
Jeanette Anker	10th
Lori Bates	12th
Andy Yandora	12th
Earl Adams	19th
Betty Finley	27th
Glenda Umstott	27th
Christina Sager	31st



Cleveland Guardians Game Trip Thursday, April 25th

If you're a baseball fan, this trip is for you! Come and travel with us to Cleveland, OH on Thursday, April 25th as we attend a Cleveland Guardians baseball game. The Guardians will be taking on the Boston Red Sox and the first pitch will be thrown at 1:10PM. Our seats will be under the cover, so we will be shielded from the sun and/or rain. Lunch will be on your own at one of the various ballpark concession stands. We will depart the Senior Center at 10:00AM on this day and return around 6:00PM. The cost of this trip will be \$45.00 for members and \$57.00 for non-members. Due to prepayment needing to be made in order to reserve our seats, payment for this trip will need to be paid by Friday, March 15th. There will be no trip credit or reimbursement for cancellation of this trip. To reserve your seat for this fun trip, please call (740) 439-6681 today!



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 January:

**Jo Lucas
Bill & Renee Roe
Cambridge Elks #448
Gloria Siegfried**



GOOD OLE GOSPEL MUSIC NIGHT

at



Guernsey County Senior Citizens Center, Inc.

1022 Carlisle Ave. Cambridge, OH 43725

TUESDAY, APRIL 2, 2024

DOORS OPEN AT 5:00PM

MUSIC BEGINS AT 6:00PM

ADMISSION COST: \$2



Pure  Heart

SPONSORED BY
HELEN PURCELL HOME

Hosted by: Dick Pryor





SAVE
THE
DATE

YOU ARE CORDIALLY INVITED TO ATTEND

Senior Citizens Day Luncheon

Wednesday, May 15, 2024

Schedule of Events:

10:30AM- Balloon Launch

11:00AM- Welcome, Awards, & Invocation

11:30AM- Luncheon

12:15PM- Guest Speaker

1:00PM- Door Prizes

Advanced Reservations are Required
for this Event

Tickets will be available beginning
March 1st.



Save the Date



Guernsey County Senior Citizens Center, Inc.

**Senior Citizens
Picnic at the Park**

Wednesday, May 22, 2024

10:30 AM-2:00 PM

Please come and join us at the
Large Pavilion of the
Cambridge City Park for a
day full of entertainment,
food, door prizes and fun!

**Advanced Tickets and
Reservations are Required**

**Tickets will be available
beginning March 1st.**



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!


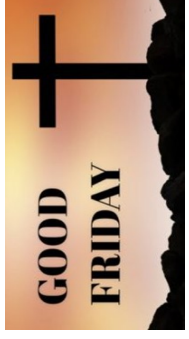
- **Londonderry Site** will be open on Monday thru Friday (11:30AM-1:00PM). Grab & Go lunches will be available during these days and times as well. You will have to enter the building to pick up all Grab & Go meals.
- **Cumberland Site** will be open on Tuesday (11:30AM – 1:00PM) and Friday (11:30AM – 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.



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

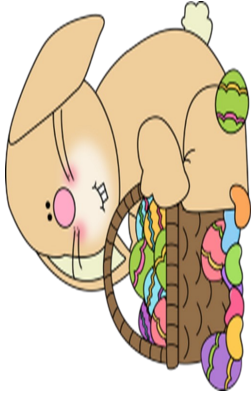
March 2024 Activities

Monday	Tuesday	Wednesday	Thursday	Friday
				
<p>4</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>5</p> <p>9:00AM- Quilters 10:00AM Pickleball in Byesville 10:00AM- Bingo 11:00 AM- Blood Pressure Checks 11:30AM- Lunch 12:00PM Bookmobile 1:00PM- Cardio Drumming Class</p>	<p>6</p> <p>9:00AM -Geri Fit Exercise 9:00AM- Sewing 10:00AM -Bingo 11:00AM Guest Speaker from Ohio Consumers Council 11:30AM- Lunch 12:00PM- Mahjong</p> <p style="text-align: center;">Pearl Valley Cheese Fundraiser Ends</p>	<p>7</p> <p>9:00AM Pickleball in Byesville 10:00AM -Bingo 11:30AM- Lunch 12:30 PM- Open Cards</p>	<p>8</p> <p>10:00AM -Bingo 11:30AM- Lunch 12:30 PM- Euchre</p>
<p>11</p> <p>8:30 AM- Crafting Group 9:00AM- Tai Chi Class 10:00AM -Bingo 11:30AM- Lunch 12:00PM- Pleasant City Site Activity 1:00PM- Line Dancing Class</p>	<p>12</p> <p>9:00AM- Quilters 10:00AM Pickleball in Byesville 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>13</p> <p>8:30AM John Glenn Museum Trip 9:00AM -Sewing 10:00AM -Bingo 11:30AM- Lunch 12:00PM- Mahjong</p>	<p>14</p> <p>9:00AM- Pickleball in Byesville 10:00AM Bingo 11:30AM- Lunch 12:30 PM- Open Cards</p>	<p>15</p> <p>10:00AM - 3:00PM- Food Commodity Pick Up 10:00AM -Bingo 11:30AM- St. Patrick's Day Luncheon 12:30 PM- Euchre</p>
<p>18</p> <p>8:30 AM- Crafting Group 9:00AM- Tai Chi Class 10:00AM -Bingo 11:00AM Guest Speaker from Senior Medicare Patrol 11:30AM- Lunch 12:00PM Londonderry Site Activity 1:00PM -Line Dancing Class</p>	<p>19</p> <p>9:00AM- Quilters 11:00 AM- Blood Pressure Checks 11:30AM- Lunch 12:30PM Byesville Site Activity <i>Due to voting taking place in the building there will be NO bingo on this day.</i></p>	<p>20</p> <p>9:00AM- Geri Fit Exercise 9:00AM- Sewing 10:00AM -Bingo 11:30AM Birthday Luncheon 12:00PM- Mahjong 2:00PM Spring Craft Class sponsored by Hospice of Guernsey</p>	<p>21</p> <p>9:00AM Pickleball in Byesville 10:00AM -Bingo 11:30AM- Lunch 12:30 PM- Open Cards 4:00PM-5:00PM Grab & Go Monthly Dinner 4:00PM- Dine In Monthly Dinner 7:30PM Lions Club Show</p>	<p>22</p> <p>10:00AM -Bingo 11:30AM- Lunch 12:00PM Old Washington Site Activity 12:30 PM- Euchre</p>
<p>25</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>26</p> <p>9:00AM- Quilters 10:00AM Pickleball in Byesville 10:00AM -Bingo 11:00 AM- Blood Pressure Checks 11:30AM- Lunch 1:00PM- Cardio Drumming Class 4:00PM Byesville Dinner</p>	<p>27</p> <p>9:00AM- Geri Fit Exercise 9:00AM- Sewing 10:00AM -Bingo 11:00AM- Guest Speaker from OSHHP 11:30AM- Lunch 12:00PM- Mahjong</p>	<p>28</p> <p>10:00AM -Bingo 11:30AM- Easter Party & Luncheon 12:30 PM- Open Cards</p>	<p>29</p> <div style="text-align: center;">  <p>CLOSED</p> </div>

March 2024 Menu

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.

**Menu subject to change depending on item availability.*



<p>1 Vegetable Lasagna Tossed Salad w/ Dressing Peas & Carrots Cinnamon Applesauce Breadstick/Margarine Choice of Milk</p>				
<p>8 White Cheddar Mac & Cheese Capri Blend Vegetables Spiced Peaches Fruit Cup Dinner Roll/Margarine Choice of Milk</p>	<p>7 Beef Tips over Noodles Buttered Mashed Potatoes Creamed Corn Diced Pears Choice of bread/Margarine Choice of Milk</p>	<p>6 Chef Salad w/Ham, Turkey & Egg/ Dressing Three Bean Salad Fresh Banana Blueberry Muffin/Marg. Vanilla Pudding Choice of Milk</p>	<p>5 Cheeseburger w/Bun Steak Fries Glazed Baby Carrots Cherry Crisp Choice of Milk</p>	<p>4 Chicken Cordon Bleu California Blend Vegetables Diced Potatoes Pineapple Tidbits Knot Roll/Margarine Choice of Milk</p>
<p>15 Penne Pasta w/Marinara Sauce Cauliflower Fruit Cocktail Cottage Cheese Texas Toast/Margarine Choice of Milk</p>	<p>14 BBQ Pork Chop Red Skinned Potatoes Creamed Peas Fresh Apple Dinner Roll/Margarine Choice of Milk</p>	<p>13 Beef Roast & Gravy Whole Buttered Potatoes Italian Green Beans Apricots Choice of Bread/Marg. Sugar Cookie Choice of Milk</p>	<p>12 Southwest Chicken Bean Salsa Mexican Corn Fresh Orange Choice of Bread/ Margarine Choice of Milk</p>	<p>11 Country Fried Steak w/ Gravy Baby Baker Potatoes Brussel Sprouts 100 % Cranberry Juice Dinner Roll/Margarine Choice of Milk</p>
<p>22 Pimento Cheese Spread w/Bun Cream of Potato Soup w/ Crackers Diced Beets Fruited Jell-O Choice of Milk</p>	<p>21 Baked Chicken Au Gratin Potatoes Butter Beans Tangerine Choice of Bread/Margarine Choice of Milk</p>	<p>20 Chili Cornbread Casserole Zucchini & Squash Mix Warm Applesauce Fresh Grapes Brownie Choice of Milk</p>	<p>19 Roasted Turkey Twice Baked Mashed Potatoes Broccoli w/Cheese Tropical Fruit Choice of Bread/Marg. Choice of Milk</p>	<p>18 Sliced Pork Loin Sweet Potatoes Fried Cabbage 100% Grape Juice Dinner Roll/Margarine Choice of Milk</p>
<p>29 Closed For Good Friday Holiday <i>Frozen Meals Available upon Request</i></p>	<p>28 Ham Loaf Scalloped Potatoes Buttered Peas Ambrosia Salad Angel Food Cake Dinner Roll/Margarine Choice of Milk</p>	<p>27 Lemon Peppered Fish Yukon Gold Potatoes Stewed Tomatoes Mandarin Oranges Dinner Roll/Margarine Choice of Milk</p>	<p>26 Salisbury Steak w/Gravy Rice Pilaf Lima Beans Fresh Pear Coleslaw Choice of Bread/Marg. Choice of Milk</p>	<p>25 Chicken Tater Tot Casserole French Style Green Beans Mixed Berry Crisp 100% Fruit Juice Dinner Roll/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 January:**

- | | |
|---------------------------|-------------------------------|
| Todd Hargrove | Mary Lou Laurent |
| Karen Hardgrove | Suzanne Valentine |
| Connie Smithberger | Nancy Harvey |
| Betty Cox | Jan Fassinger |
| Denise Dearth | Robert Gray |
| Connie Moore | Cindy Moncivaiz |
| Jeff Jones | Nancy Bee |
| Pam Lemmings | Charlotte "Fern" Smith |
| Kathleen Long | |



**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.



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, March 7th.**



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.

March 2024 Birthdays

03/01	James Douglas	03/14	Rachel Fuller	03/29	Ruth Young
	Angela Young		Kay Leatherman	03/30	Janice Lemmings
03/02	Janet Andrews		Jean Warne		Lorrie Albaugh
	Linda Ankrom	03/15	Larry Couto		Wanda Farrar
	Nancy Landstrom		Barbara Crawford		J. Patrick Sullivan
	Gary Newman		Marcella Stanko		John Vestre
	Evelyn Nicholson		Allan Strawsburg	03/31	Virginia Bennett
	Bonnie Pruneski	03/16	Gloria Siegfried		Elizabeth Fleming
03/03	Paul Davis		Jay Williams		Catherine Gombeda
	Pam Earley	03/17	Dorothy Stephen		Nancy Goodwin
	Dana Lasko		Spiro Vass		Karen Grove
	Jill Lee	03/18	Shirley Ball		Kathryn Kirkman
	Peg McClure		Richard Gallagher		Carole Mitchell
	Bertha Tucker		Dave McCulley		Beverly Moore
	Carol Conrad		Myrna Patterson		Paul Otto
03/05	Bernard Leatherman	03/19	Deborah Barber		
	Joyce Underwood		C.D. Larry Bell		
	Bessie Sarchet		Michael Riccobene		
03/06	Teresa Ansberry	03/20	Anne Bell		
	Vangie Bell		Harold Shriver		
	Diane Koon	03/21	Linda Steele		
	Kathy McClure		Robert Cooley		
03/07	Donna Doudna	03/22	Judy Baze		
	Gary Farmer		Kim Larrick		
	Bonnie Gattrell		Irene Wilson		
	Jonathan Williams	03/23	Wanda Schreffler		
03/08	Linda Stillion		Debbie Hare		
03/09	Shon Gress	03/24	Betty Rose		
	Hattie Ridgeway		Mary B. Stillion		
	Dale Rogers		John Rush		
03/10	Mike Art	03/25	Nancy Detweiler		
	Lowell Gesaman		Donna Hannahs		
	Charles Gould		Mary Hensley		
	Bonnie Kenworthy	03/26	Ron LePage		
	Rachel Thompson	03/27	Marianne Calixte		
	Patricia Wilhelm		Richard Nason		
	Rita Nolan		Beverly Smith		
03/11	Kennyray Diss		Charles Cornelius		
	David Lyons	03/28	Shirley Beynon		
	Beverli Stiles		Charles Cincinat		
	Frances Watson		Frankie Dean		
	Mary Warehime		Della Dyer		
03/12	Martha Cochran		Rodney McClelland		
	Marge Roberts		Helen Montgomery		
03/13	Wilma Vandrasik		Martin Thompson		
			Benjamin Vlkojan Sr.		



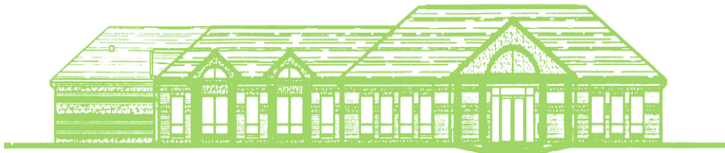
Happy Birthday

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

Springtime Word Search

ANEW MUD
 BEAUTY MULCH
 BIRDS NATURE
 BIRTH NEST
 BLOOMS OUTDOORS
 BLOSSOMS PANSY
 BUDS PETALS
 BULB POLLEN
 BUTTERFLY PUDDLES
 CALF RAIN
 CATERPILLAR RAINBOW
 CHEER RAINCOAT
 COLORS ROBIN
 CROCUS SAPLING
 DAFFODIL SCENT
 DAISY SEASON
 DAYLIGHT SEED
 DUCKLING SMELL
 FAWN SMILES
 FROG SOIL
 FUN SPADE
 GALOSHES SPLENDOR
 GARDEN SPRING
 GRASS SPROUT
 GROWTH SUN
 HARMONY TRANSITION
 JOY TREE
 KITE TULIP
 LAMB VACATION
 LIFE WARMTH
 LIGHT WOODS
 MEADOW YARD

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



“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!**