



*“Celebrating 54 Years of Serving Guernsey County”*  
**Senior Times Newsletter**



Volume 54 Issue 1

**Guernsey County Senior Citizens Center, Inc.**

January 2026

*Special Events:*

**New Year’s Eve Luncheon**  
**Wednesday,**  
**December 31st**

**Shopping Trip**  
**Thursday,**  
**January 8th**

**Breakfast Buffet**  
**Friday,**  
**January 9th**

**Lunch Bunch Group**  
**Monday,**  
**January 12th**

**The Senior Center will be CLOSED on Mon. January 19th for an employee in-service training**

**Team Trivia**  
**Wednesday, Jan. 21st**

**Byesville Dinner**  
**Tuesday,**  
**January 27th**

1022 Carlisle Ave, Cambridge, Ohio 43725  
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**A Message from the Executive Director**

Dearest Seniors,  
 Happy New Year! Another “new year” will soon arrive and I genuinely hope this edition of the *Senior Times Newsletter* finds each of you recuperating from the holidays and that you’re happy, healthy, cozy-warm, and well. None of us knows from one year to the next as to how severe the winter weather we experience might be here in southeastern Ohio, but one thing is for certain—we can all appreciate looking forward to the official arrival of Spring.

Keeping ourselves busy, engaging in a hobby or activity, and being optimistic rather than pessimistic can also make the gloomiest of winter days seem a whole lot brighter. When I think of potential winter pastime activities that often brings a lot of pleasure and joy to seniors, especially when they might be confined indoors during inclement weather is bird feeding and bird watching. Bird feeding & watching is a delightful



*You’re Cordially Invited to attend the*  
**January Monthly Dinner**

**Thursday, January 15, 2026**  
**4:00 PM**

*Entertainment, Dinner, & Door Prizes*

**Please call (740) 439-6681**  
**today to make your**  
**reservations**

activity that can be enjoyed by senior citizens, offering numerous benefits such as mental stimulation, physical exercise, and social interaction. Here are some key points to consider when bird feeding and watching:

*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 53 years.  
 This institution is an equal opportunity provider.*

**Mental Stimulation:** Identifying and observing different bird species can sharpen memory and attention to detail, keeping the mind active and engaged.

**Physical Exercise:** Walking to feed the birds provides a gentle form of exercise that can improve cardiovascular health and enhance flexibility.

**Social Interaction:** Joining birdwatching clubs or participating in group outings can help seniors build new friendships and expand their social networks.

**Accessibility:** Bird feeders can be easily placed in various locations, such as window-mounted feeders for apartments or larger feeders for gardens or lawns.

**Safety:** It's important to ensure the safety of seniors, especially those with dementia, by accompanying them during birdwatching and choosing accessible bird feeding locations.

By incorporating bird feeding into your routine, senior citizens can enjoy the beauty of nature while also contributing to their physical and mental well-being. Bird watching, or birding, is an activity that involves observing birds in their natural habitat and identifying different species. It is estimated that 7.7 million avid bird watchers are older adults, indicating that bird watching is a pastime that many seniors enjoy. While birding is foreign for most people, it is claimed to have several health benefits in terms of physical and mental health. The sound and sight of birds can keep people young at heart and maintain their overall wellness.

More and more seniors become too caught up in a sedentary lifestyle. While nothing's wrong with sitting back and relaxing every now and then, especially after years of labor, such a lifestyle can lead to numerous health problems in the long run. No matter what age, everyone is encouraged to move and exercise. Engaging in physical activity is the best health booster for seniors. It helps them stay fit, increase vitality, and avoid serious health complications coming with older ages. In addition to low-impact and senior-friendly

exercises, birding is an excellent form of exercise seniors should try. It involves walking and a little physical motivation.

Bird watching is an outdoor activity, and stepping outside is good for seniors. Instead of sitting all day long watching TV or sticking their eyes to their phones, bird watching is a good excuse to venture out and to be in nature. If you cannot venture outdoors then choose a window with a good view of a tree, garden, courtyard, or specific bird feeder so you can at least bird watch from indoors. Of course, there's no denying the exceptional benefits that nature has to offer for overall health and wellness. When outside, seniors can soak up the sunshine and breathe more fresh air — something they can't have when staying put inside. Generous amounts of oxygen, vitamin D, and movement are all critical to seniors, contributing to a healthy aging journey ahead of them.



Humans and nature share a close-knit relationship. Nature confers a wealth of healthful benefits for people of all ages. Grandparents for example, can also engage their grandchildren in connecting with nature, which allows young children to increase their sensory experience and social awareness, resulting in better school performance.

Seniors can also assign age-appropriate duties that teach responsibility and dependability by assigning children to help replenish and fill bird seed in their bird feeders or engage children in helping them identify birds or specific bird species. When seniors avoid connection with nature, they can miss out on a lot of things, especially during the winter months when it is simply too cold or unsafe to venture outdoors. Spending more time bird-watching & bird feeding activities supports seniors in sustaining good health and building mindfulness. It is also good for reducing agitation and renewing cognitive functions.

In addition to sometimes frailer limbs and more tender joints, seniors are at risk of mental fatigue due to diminished cognitive functions. With increasing age, it is understandable that seniors no longer maintain their mental sharpness and critical thinking as they once did. Bird-watching sessions are mental workouts for older adults, and it is also fun! Much like solving a puzzle, seniors set out on a mission to identify the species based on colors and patterns and distinguish between females and males upon spotting a bird. They also



memorize appearances, names, bird calls, colors, and patterns of their feathers. All of these activities are crucial to keep the minds vigorous. The ambient sounds of nature can bring immeasurable value to seniors. Chirping birds, flowing streams, crunching leaves, and falling snow are proven effective in evoking memories in seniors, refining their sensory senses, and promoting calmness.

Stress relief is another benefit of bird watching. As mentioned earlier, **bird watching is great for seniors to escape from mundane routines.** Several studies have found that the stunning sights of the outdoors can lower cortisol levels and blood pressure, allowing people in distress to relieve anxiety. Also, listening to diverse bird songs can minimize the effects of depressive symptoms and anxious feelings in seniors. By partaking in bird-watching activities, seniors can detach their minds from toxic thoughts and improve their neurological functions.

In our fast-paced lifestyle, people often forget to **live in the moment and overlook little things.** While meditation is good for attaining mindfulness, watching birds is another easy way to focus on what is happening in the present moment. According to a study published on BioScience, people seeing more birds have improved mental health. Observing wildlife allows seniors to move at a slower and more relaxed pace, making it easier to land on the mindfulness stage. When seniors become more mindful, they can alter their concentration and have a clearer perspective. They also experience better appetite, increased satisfaction, elevated moods, and lower blood pressure...and who wouldn't want to start off the New Year with that!

Our staff and I look forward to you maximizing your social membership by participating and enjoying all that the Guernsey County Senior Citizens Center will have to offer in 2026. God bless each of you. Please be kind and stay safe, healthy, and happy!

*Have a Happy &  
Healthy New Year!*

Sincerely,

*Shon E. Gress*

Shon E. Gress

Executive Director & CEO

Certified Senior Center Administrator of Aging Services





# SUBARU share the love® EVENT



This holiday season, we hope you will share the love by supporting our aging neighbors nationwide.

**Millions of seniors are left behind, alone and hungry, and the problem is only growing.**



1 in 2 seniors living alone lack the income to pay for basic needs<sup>1</sup>

The senior population is set to reach **91M** in the next decade, with **112M** expected by 2061



About 13 million seniors are threatened by or experience hunger<sup>2</sup>

**Meals on Wheels delivers nutritious meals and companionship; we help seniors age in their homes.**



“The community is special because Meals on Wheels is in it...Meals on Wheels has come in and lifted their nutrition and their outlook on life. You can’t do any better than that for people.”

– Michael, Meals on Wheels Client

Over the last 17 years, Subaru and its retailers have helped the Meals on Wheels network provide **more than 5 million meals** to seniors in need across the country.

**Get a great vehicle and support a great cause!**

With every new Subaru purchased or leased, Subaru and its retailers are donating a minimum of \$300 to charity, like Meals on Wheels.

**November 20, 2025 through January 2, 2026**

Learn more at [mealsonwheelsamerica.org/sharethelove](https://mealsonwheelsamerica.org/sharethelove)

Information data sources available at [mealsonwheelsamerica.org/facts](https://mealsonwheelsamerica.org/facts);

<sup>1</sup>The Escalating Issue of Senior Hunger, pg. 1; <sup>2</sup>The Escalating Issue of Senior Hunger, pg. 2



*“Share the Love” this Holiday Season*

Dear Friends & Supporters,

Christmas is a time of joyful celebration, yet also a time for sharing and giving. As Christmas approaches it’s time to reflect with gratitude on the blessings and bounty that you’ve received. While making your holiday plans and reflecting on all you have to be thankful for it’s also a good time to think about area senior citizens who are less fortunate, and consider whether you can be of assistance to older adults who are in need.

When shopping for Christmas gifts this season please keep Guernsey County Senior Citizens Center, Inc. and Meals on Wheels Guernsey County in mind. We are committed to providing quality programs and services that benefit senior citizens-not just during the holiday but throughout the year. We have more people seeking assistance with Meals on Wheels, Congregate Meals, Homemaking, Transportation, and a variety of other senior based services and programs than ever before, but our resources are limited which is why we are kindly asking you to please “Share the Love” this holiday season.

To make a tax-deductible donation to support the mission of Guernsey County Senior Citizens Center, Inc. and Meals on Wheels Guernsey County as Christmas approaches simply complete and return the form below along with your donation. No donation is too small; any amount will be greatly appreciated. All funds received will go directly to support senior based services and programs provided to older adults living in Guernsey County.

Thank you for “Sharing the Love” this holiday season. Merry Christmas and best wishes to you and your loved ones at Christmastime and throughout the New Year.



Guernsey County Senior Citizens Center, Inc.

Warmest Holiday Thanks & Best Wishes

*Shon E. Gress*

Shon E. Gress, Executive Director



Meals on Wheels Guernsey County

**I/We would like to contribute to Guernsey County Senior Citizens Center, Inc. and Meals on Wheels Guernsey County Holiday “Share the Love” Donation Campaign**

Name: \_\_\_\_\_

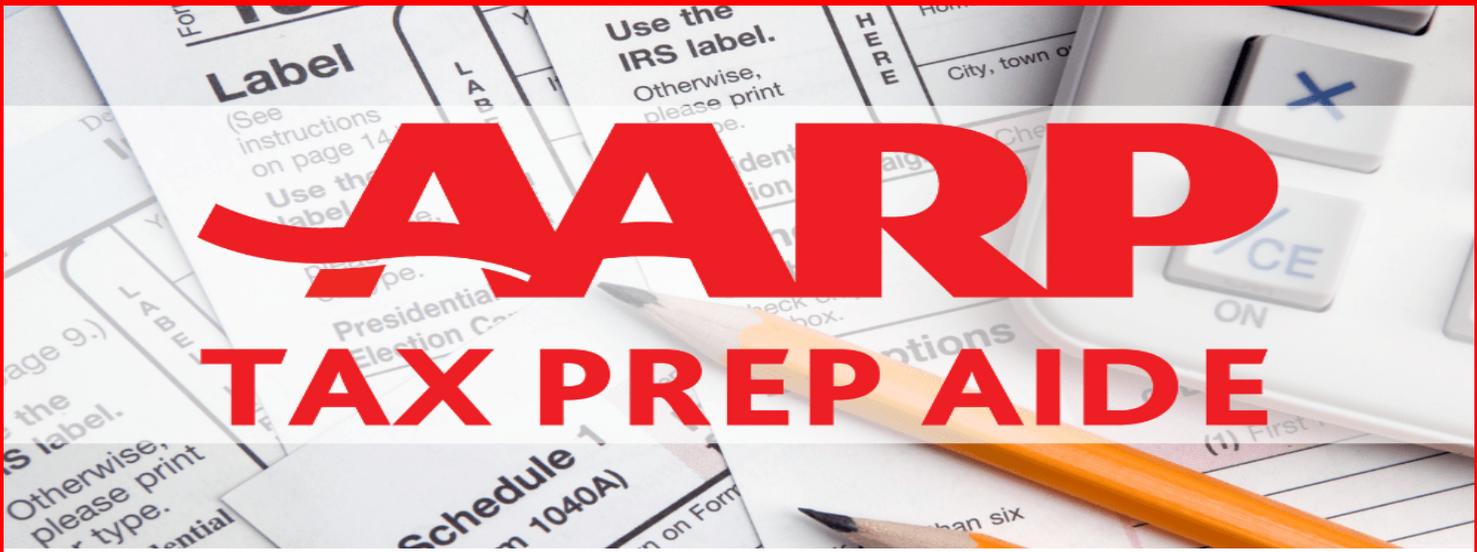
In-Honor/Memory of, Family/Business Name: \_\_\_\_\_

Address: \_\_\_\_\_

Donation Amount: \_\_\_\_\_

Please complete and mail your 2025/2026 tax-deductible donation to:

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



# AARP TAX PREP AIDE

## Free Tax Preparation

AARP will again provide Free Tax Preparation and e-filing this year. We will be doing taxes on Fridays from February 6 until Friday April 10.

Individuals wishing to avail themselves of the service will:

- Pick up a packet from the mail box located by the front entrance at Guernsey County Senior Center.
- The packet will contain the interview and information form and instructions.
- The 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 to make an appointment. **Appointments can be made starting on Monday, January 5th.**

Taxpayers are to bring the following documents with them for their appointment

- **DRIVER'S LICENSE OR GOVERNMENT PHOTO ID FOR TAXPAYER AND SPOUSE IF APPLICABLE**
- **SOCIAL SECURITY CARDS FOR ALL INDIVIDUALS TO BE LISTED ON THE RETURN**
- **If you get a refund , you MUST have a CHECKING OR SAVINGS ACCOUNT The IRS will NOT issue paper checks**
- Your completed Interview and Information forms
- Copy of the 2024 Tax Return
- Cost basis for any stocks or bonds sold in 2025
- Current tax year forms showing income and expenses you wish to claim
- A 1095A form if you received Health Insurance on the marketplace

Both the Federal and State Return will be efiled after completion.



### Holiday Gift Certificates Available

Are you looking for a great gift idea for that special someone this holiday? Stop by the senior center and purchase a gift certificate for a fun day trip.



### New Year's Eve Luncheon Wednesday, December 31st

Please plan to join us as we ring in the New Year on Wednesday, December 31st as we count down to noon! We will be serving lunch at 11:30AM. The menu will include: smoked sausage with sauerkraut, cheesy hashbrown casserole, mixed vegetables, choice of bread/margarine, 100% juice, and New Year's Cake for dessert. If you plan to join us we ask that you please make a reservation by calling (740) 439-6681.



**Guernsey County Senior Citizens Center & Meals on Wheels Guernsey County will be CLOSED on Thursday, January 1st in observance of the New Year holiday. All services provided by the Guernsey County Senior Citizens Center will resume when we reopen on Friday, January 2nd. If you have any questions concerning your meal delivery service or any other service you may receive from the Senior Center, please contact (740) 439-6681.**



### Library Pop Up Friday, January 2nd

We are proud to be collaborating with the Guernsey County District Public Library to have them bring a "Pop Up" to the Senior Center on Friday, January 2nd from 9:00AM-10:00AM. They can sign you up for a library card during this time. You can also bring your electronic devices and library staff will help you install apps giving you free access to audio books, movies, tv shows, music, and more!



### TAI CHI EXERCISES

#### **This Class is Offered:**

**Standing Tai Chi—**

**Monday's at 9:00AM**

**Seated Tai Chi—**

**Tuesday's at 9:00AM**

**In the first half of the dining room at the Senior Center.**



#### **Bingocize Classes**

**Tuesdays & Thursdays at 11:00AM**

A mix of light exercise, health information and Bingo! Join us for just one hour. We will play bingo, **Win Prizes** and perform exercises to increase strength, flexibility and reduce the risk of falls. Every exercise can be modified to accommodate seated motion or limited physical ranges so absolutely anyone can participate! Bingocize is designed for healthy fun for anyone.



### Geri-Fit Exercise Classes

Geri Fit is an ongoing strength training exercise program that helps to rebuild strength that's been lost through the aging process. Any older adult, regardless of their fitness level, can participate.

These classes are offered:

**Wednesday's at 9:00 AM**

**Friday's at 9:00AM & 1:00PM**

In the first half of the dining room at the Senior Center.



### Sponsored Bingo Day by Beckett House Wednesday, January 7th

We will have Beckett House staff joining us to sponsor Fun Bingo on Wednesday, January 7th at 10:00AM. They will be providing the bingo prizes on this day. We hope that many of you can join us!



### Shopping Trip Thursday, January 8th

If you got some gift cards or money as Christmas gifts you're looking to spend, come shopping with us on Thursday, January 8th as we head to St. Clairsville for the day to shop. We will start off at Gabe's then head to Ollie's. After Ollie's we will enjoy lunch at West Texas Roadhouse, which will be on your own. Following lunch we will head to the Ohio Valley Mall where you can shop at Boscov's and the other stores they have to offer. This trip will depart at 8:30AM and return at 4:00PM. Cost for this trip will be \$20 for members and \$35 for non-members. If you'd like to join us for this trip please call (740) 439-6681 to make your reservation. Payment is due by Monday, January 5th.



### Chair Yoga Temporarily on Hold

Chair Yoga classes with Hope are temporarily on hold through the month of January. When we are able to update the schedule we will post in the next newsletter and on our Facebook page.



### Breakfast Buffet Friday, January 9th

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, January 9th. The breakfast menu will include: egg & cheese omelet, sausage patty, 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 at 1:00PM. Instruction will be provided by Sharon Bachna.



### Cardio Drumming Class on Tuesdays

Come try out cardio drumming at Guernsey County Senior Center on Tuesdays from 1:00PM-2:00PM, instructed by Sharon Bachna. All equipment needed will be provided.



**Lunch Bunch Group  
Monday, January 12th**

Do you ever want to go out to eat and either don't want to go alone or want to try somewhere new while meeting new friends? Then the Lunch Bunch is for you! This group meets once a month to eat out at a local restaurant. In January we will be meeting at Ruby Tuesday's, located at 2250 Southgate Parkway in Cambridge on Monday, January 12th at 11:30AM. If you plan on attending, please call (740) 439-6681 to make your reservation. Transportation to the restaurant is also available, please let us know if you will be needing transportation when making your reservation.



**Cardinal Place**  
ASSISTED LIVING

**Sponsored Bingo Day by Cardinal Place  
Tuesday, January 13th**

We will have Cardinal Place Assisted Living staff joining us to sponsor Fun Bingo on Tuesday, January 13th at 10:00AM. They will be providing the bingo prizes on this day. We hope that many of you can join us!



**Alzheimer's Support Group  
Tuesday, January 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, January 13th** here at the Senior Center.



**Monthly Senior Dinner  
Thursday, January 15th**

We cordially invite you to join us Thursday, January 15th, for the January 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, mixed vegetables, fruit cocktail, dinner roll with butter, and lemon cake 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. Cost for this event is "By Donation" for seniors age 60+, suggested donation is \$5.00.



**Commodity Pick-Up  
Friday, January 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. The next distribution will be held on **Friday, January 16th** from 10:00AM-3:00PM.



**MARTIN LUTHER KING JR. DAY**

I HAVE A DREAM

**Guernsey County Senior Citizens Center Inc. & Meals on Wheels  
Guernsey County will be CLOSED on  
Monday, January 19th  
for Employee In-Service. If you have  
any questions or concerns about ser-  
vices you may receive, please contact  
the Senior Center at (740) 439-6681.**

# HUNT FOR HAPPINESS

January 20-23, 2026 is a week dedicated to appreciate and acknowledge the happiest moments in our everyday lives.

Join us daily this week at 12:00PM for lunch at the Senior Center. Here we will have a small activity each day and a moment of reflection to encourage a closer look at what happiness is and how we can all achieve it for ourselves.



## Sponsored Bingo Day by Enclave Tuesday, January 20th

We will have The Enclave at Cambridge staff joining us to sponsor Fun Bingo on Tuesday, January 20th at 10:00AM. They will be providing the bingo prizes on this day. We hope that many of you can join us!



## Sponsored Bingo Day by Enclave Wednesday, January 21st

We will have staff from Visiting Angels joining us to sponsor Fun Bingo on Wednesday, January 21st at 10:00AM. They will be providing the bingo prizes on this day. We hope that many of you can join us!



# TEAM



Join us on Wednesday, January 21st at 1:00PM as two-person teams challenge their knowledge of trivia! This event is free for participants and audience alike. Team numbers are limited so be sure to sign up by calling 740-439-6681. Door prizes are award each round and the top prize goes to the winning team overall! Play or watch, it's sure to be fun for everyone.



## Greeting Card Class Thursday, January 22nd

If you enjoy making your own cards, or would like to learn how, we would love to have you join us on Thursday, January 22nd at 1:30PM. This class will be hosted by Karen Bay. The cost of the class is \$10.00 which will include 4 cards and all the supplies needed to make the cards. If you would like to try out this new class please call (740) 439-6681 to sign up!



## Painting Class

### Monday, January 26th

We are excited to have Three Sister's Studio here with us on Monday, January 26th at 2:00PM to host a painting class. You will be painting a paint a snowman. The cost of this class is \$10.00. Cash payment for the class is due at time of signing up, no refund/credit will be given in event of cancellation. If you would like to sign up for this class please call (740) 439-6681.



**Byesville Dinner  
Tuesday, January 27th**

Please join us at the Stop Nine Senior Center in Byesville at 4:00 PM on Tuesday, January 27th. The menu will include: stuffed pepper, mashed potatoes, buttered corn, dinner roll with butter, pineapple, and Boston cream pie for dessert. Please call (740) 439-6681 to make your reservations.



**January Birthday Celebration  
Friday, January 30th**

Please plan to join us on Friday, January 30th at 11:30AM as we celebrate January 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.

**Satellite Site  
Activities**

We will be visiting all of our Satellite Sites throughout the month of January doing a fun activity. Here are the days we will be at your site:

**Pleasant City:**  
Monday, January 5th at 12:00PM

**Cumberland:**  
Tuesday, January 6th at 12:00PM

**Old Washington:**  
Wednesday, January 7th at 12:00PM

**Byesville:**  
Tuesday, January 27th at 12:00PM

**Londonderry:**  
Temporarily Closed



Have you ever heard  
the old sales pitch,

“New Year, New You”?

That sounds like a *big* challenge  
and some really *big* changes.

— It Doesn't Have To Be —

*Small* Steps and *Small* Choices go a  
long way to achieving your goals!

**Let the Senior Center Help!**

**1. Choose Healthy Food Options**

Our daily lunch menu consists of hot, home-style, nutritious, and well-balanced meals made on site and served to you.

**2. Maintain Physical Activity**

We offer SEVEN different kind of exercise classes. Exercise while standing, seated, or both. There really is a class for everyone.

- Bingocize      ● Chair Yoga
- Geri-Fit      ● Line Dancing
- Seated & Standing Tai Chi
- Cardio Drumming

**3. Prioritize Social Connections**

Try your luck at Bingo. Get to know each other over a good meal. Learn how to make your own greeting cards or improve your skills at painting. Team up in Euchre. Exercise, dance, craft, quilt, read, learn. There is so much to do and so many ways to connect here. Bring your friends or make new ones.

**We Are Here For You**

Guernsey County Senior Citizens Center, Inc.  
1022 Carlisle Ave. Cambridge, OH 43725 740-439-6681



## 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 few 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** TEMPORARILY CLOSED Located at: 22577 Cadiz Rd, Freeport, OH 43973.
- **Cumberland Site** will be open on Tuesday (11:30AM – 1:00PM) and Friday (11:30AM – 1:00PM) only. Located at: 441 W Main St. Cumberland, OH 43732. 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). Located at: 400 Main St. Pleasant City, OH 43772. 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. Located at: 118 Old National Rd. Old Washington, OH 43768. 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). Located at: 60330 Southgate Rd. Byesville, OH 43723. 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](http://www.GuernseySenior.org)

# January 2026 Activities

Monday	Tuesday	Wednesday	Thursday	Friday
				
<p><b>5</b></p> <p>8:30 AM- Crafting Group            9:00 Tai Chi Class            10:00AM -Bingo  <b>11:00AM Clothes Closet</b>            11:30AM- Lunch  <b>12:00PM Pleasant City Site Activity</b>            1:00PM Line Dancing Class</p>	<p><b>6</b></p> <p>9:00AM Quilters            9:00 Seated Tai Chi            10:00AM Bingo            11:00AM Blood Pressure Checks            11:00AM Bingocize  <b>12:00PM Cumberland Site Activity</b>            1:00 PM Gingerbread House Class</p>	<p><b>7</b></p> <p>9:00AM- Geri Fit Exercise            9:00AM- Sewing  <b>10:00AM Sponsored Bingo</b>            11:30AM Lunch            12:00PM- Mahjong  <b>12:00PM Old Washington Site Activity</b></p>	<p><b>8</b></p> <p><b>8:30AM Shopping Trip</b>            10:00AM Bingo            11:00AM Bingocize            11:30AM- Lunch            12:30 PM- Open Cards</p>	<p><b>9</b></p> <p><b>9:00AM Breakfast Buffet</b>            9:00AM Geri Fit Exercise            10:00AM -Bingo            11:30AM- Lunch            12:30 PM- Euchre            1:00PM Geri Fit Exercise</p>
<p><b>12</b></p> <p>8:30 AM- Crafting Group            9:00 AM Tai Chi Class            10:00AM -Bingo  <b>11:00AM Clothes Closet</b>            11:30AM Lunch  <b>11:30AM Lunch Bunch Group</b>            1:00PM Line Dancing Class</p>	<p><b>13</b></p> <p>9:00AM Quilters            9:00AM Seated Tai Chi  <b>10:00AM Sponsored Bingo</b>            11:00AM Bingocize            11:00AM Blood Pressure Checks            11:30AM Lunch            1:00 Cardio Drumming Class            1:30PM Alzheimer's Support Group</p>	<p><b>14</b></p> <p>9:00AM- Geri Fit Exercise            9:00AM- Sewing            10:00AM -Bingo            11:30 AM Lunch            12:00PM- Mahjong</p>	<p><b>15</b></p> <p>10:00AM Bingo            11:30AM Lunch            12:30 PM- Open Cards  <b>4:00-5:00 Grab -N- Go</b>  <b>4:00 PM Monthly Senior Dinner</b></p>	<p><b>16</b></p> <p>9:00AM Geri Fit Exercise            10:00AM -Bingo            10:00 AM- 3:00 PM- Food Commodity Pick Up            11:30AM Lunch            12:00PM Euchre            1:00PM Geri Fit Exercise</p>
<p><b>19</b></p> <p style="text-align: center;">  </p> <p><b>CLOSED</b></p>	<p><b>20</b></p> <p>9:00AM Quilters            9:00AM Seated Tai Chi  <b>10:00AM Sponsored Bingo</b>            11:00 Bingocize            11:00AM Blood Pressure Checks            1:00 Cardio Drumming Class</p>	<p><b>21</b></p> <p>9:00AM- Geri Fit Exercise            9:00AM- Sewing  <b>10:00AM Sponsored Bingo</b>            11:30 AM Lunch            12:00PM- Mahjong  <b>1:00 PM Team Trivia</b></p>	<p><b>22</b></p> <p>10:00AM Bingo            11:30AM Lunch            12:30 PM- Open Cards            1:30 PM Greeting Card Class</p>	<p><b>23</b></p> <p>9:00AM Geri Fit Exercise            10:00AM -Bingo            11:30AM- Lunch            12:30 PM- Euchre            1:00PM Geri Fit Exercise</p>
<p><b>26</b></p> <p>8:30AM Crafting Group            9:00 AM Tai Chi Class            10:00 Bingo            11:00 Clothes closet            11:30 Lunch            1:00 Line Dancing Class  <b>2:00 Painting Class</b></p>	<p><b>27</b></p> <p>9:00 AM Quilters            9:00 AM Seated Tai Chi            10:00 AM Bingo            11:00 AM Bingocize            11:00 AM Blood Pressure Checks            1:00 PM Cardio Drumming  <b>4:00PM Byesville Dinner</b></p>	<p><b>28</b></p> <p>9:00AM- Geri Fit Exercise            9:00AM- Sewing            10:00AM -Bingo            11:30AM Lunch            11:30 AM Lunch            12:00PM- Mahjong</p>	<p><b>29</b></p> <p>10:00AM Bingo            11:30AM Lunch            12:30 PM- Open Cards</p>	<p><b>30</b></p> <p>9:00AM Geri Fit Exercise            10:00AM -Bingo  <b>11:30AM- Birthday Lunch</b>            12:30 PM- Euchre            1:00PM Geri Fit Exercise</p>

# January 2026 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<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 &amp; Thursday, Cumberland 11:30-1:00 pm, Tuesday &amp; Friday, Londonderry site serves at 11:30 on Monday, Tuesday &amp; Thursday, and Old Washington site Wednesday &amp; Friday from 11:30am-1:00pm. <b>Dine-In or Grab &amp; Go Options Available.</b> 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 <a href="http://www.GuernseySenior.org">www.GuernseySenior.org</a>. <i>*Menu subject to change depending on item availability.</i></p> <p>This institution is an equal opportunity provider.</p>				
<p><b>5</b> Country Fried Steak w/ Gravy Mashed Potatoes Cauliflower w/Cheese Sauce Fresh Orange Dinner Roll/Margarine</p>	<p><b>6</b> Honey Dijon Chicken Breast Diced Potatoes Mixed Vegetables Fresh Apple Choice of Bread/Margarine Choice of Milk</p>	<p><b>7</b> Chili w/Cheese &amp; Crackers Celery &amp; Carrot Sticks Ambrosia Salad Raisins Baked Cornbread/ Margarine Choice of Milk</p>	<p><b>1</b> Closed due to New Year's Holiday <i>Frozen Meals Available upon Request</i></p>	<p><b>2</b> Spaghetti w/Meatballs French Style Green Beans Cinnamon Applesauce 100% Fruit Juice Garlic Toast Choice of Milk</p>
<p><b>12</b> Cruised Pollack w/Tarter Sauce Au Gratin Potatoes Hushpuppies Coleslaw Diced Pears Choice of Bread/</p>	<p><b>13</b> Loaded Potato Soup Ham Salad w/Bun Mandarin Oranges 100% Fruit Juice Choice of Milk</p>	<p><b>14</b> Baked Lasagna Tossed Salad w/Dressing Broccoli Florets Baked Cherry Crumble Breadstick/Margarine Choice of Milk</p>	<p><b>8</b> Pepper Steak w/Rice Asian Blend Vegetables Pineapple Casserole 100% Fruit Juice Knot Roll/Margarine Choice of Milk</p>	<p><b>9</b> Pulled Beef Roast Smashed Red Potatoes Broccoli Fresh Grapes Dinner Roll/Margarine Choice of Milk</p>
<p><b>19</b> Closed due to Martin Luther King Jr. Holiday <i>Frozen meals Available Upon Request</i></p>	<p><b>20</b> Sloppy Joe w/Bun Steak Fries California Blend Vegeta- bles Clementine Butterscotch Pudding</p>	<p><b>21</b> Crispy Chicken Leg Hashbrown Casserole Green Beans Fruited Strawberry Jello Choice of Bread/Margaine Choice of Milk</p>	<p><b>15</b> BBQ Porkchop Parsley Buttered Potatoes Creamed Peas Tropical Fruit Choice of Bread/Margarine Choice of Milk</p>	<p><b>16</b> Breaded Baked Chicken Dutch Potatoes Glazed Baby Carrots Pineapple Chunks Banana Nut Muffin/ Margarine Choice of Milk</p>
<p><b>26</b> Potato &amp; Cheese Pierogies Seasoned Cooked Cab- bage Cottage Cheese Peaches Blueberry Muffin/ Margarine</p>	<p><b>27</b> Ham loaf Sweet Potato Praline Casserole Capri Blend Vegetables 100% Cranberry Juice Dinner Roll/Margarine Choice of Milk</p>	<p><b>28</b> Baked Round Steak Mashed Potatoes &amp; Beef Gravy Buttered Peas Fresh Banana Choice of Bread/Margarine Choice of Milk</p>	<p><b>22</b> Tomato Soup w/Crackers Pimento Cheese w/Bun Pickled Beets Apricots Choice of Milk</p>	<p><b>23</b> Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Butter Beans Fresh Pear Choice of Bread/Margarine</p>
			<p><b>29</b> Meatloaf Scalloped Potatoes Baked Beans Berry Mix Cup Choice of Bread/Margarine Choice of Milk</p>	<p><b>30</b> Chipped Beef w/ Texas Toast Yukon Gold Potatoes Carrot Coins Fruit Cocktail Lorna Doone Cookies Choice of Milk</p>



**January Employee Birthdays**

- Amy McClelland 2nd
- Valerie Wray 2nd
- Dan Moore 3rd
- Rhonda Foraker 4th
- Craig Standiford 6th
- Inez Adams 7th
- Rick Clay 10th
- Bob Reardon 16th
- Mark Wayt 16th
- Vanita Brill 21st
- Betsy Mathers 26th
- Anna Pavlov 29th



**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 from November:**

- Charles Kafury
- Steve DeMarco
- Kim McMillen
- Agnes Milliner
- Vivian Martin
- Monique Spilker
- Robert Howell
- Joan Gibson-Howell
- Melissa Thompson
- Harold Thompson
- David White
- Zoe Ann White



**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 to 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 (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 for 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.

### Have Some Fun Playing Cards

Guernsey County Senior Citizens Center has several opportunities for you to participate in this fun activity. Join us for Open Cards on Mondays, Mahjong on Wednesdays, Open Cards on Thursdays and Euchre on Fridays. All groups are held from 12:00 PM until 3:00 PM.

### Clothes Closet on Mondays

This clothes closet is exclusively for senior citizens and it can be visited on Mondays, 11:00 AM – 12:00 noon. Donations of freshly laundered and clean clothing items are appreciated. Just a courtesy reminder we do have limited space for the clothing donations. If you would please call us at 740-439-6681 before bringing in your donations that would be greatly appreciated!

### Blood Pressure & Wellness Checks

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



### 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 month of November:

Gail Bell

\*Carol Hill

\*In Memory LD Hill

William & Kathleen Bennett

Guernsey Vet Charity Fund

Linda Dyer

Mary Anne Devolld

Ursula Stahovec

Charles & Marilyn Gibson

Anonymous

Cambridge Lions Club

Benjamin & Sharon Noble



# Utility Assistance Available For Senior Citizens

## Heating Assistance Available Application Deadline: May 31, 2026

The Ohio Department of Development and the Area Agency on Aging, Region 9 want to remind older Ohioans that 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 for a household of up to seven members and 60% of State Median Income for a household of eight or more members to pay their heating bills.

Applied directly to the customer's utility or bulk fuel bill, the benefit can help manage heating costs. Older Ohioans may go to their local Area Agency on Aging office for help with assembling the required documents and completing their HEAP application. They may also visit [www.energyhelp.ohio.gov](http://www.energyhelp.ohio.gov) to apply online or to download a copy of the application.

When applying, individuals need to have copies of the following documents:

- 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. Applications for the HEAP program must be received by May 31, 2026.

For more information or assistance with applying for a HEAP benefit, contact Guernsey County Senior Citizens Center at (740) 439-6681.

*To be connected to your local Energy Assistance Provider, call (800) 282-0880 (hearing impaired clients may dial 711 for assistance) or visit [www.energyhelp.ohio.gov](http://www.energyhelp.ohio.gov).*

## Utility Assistance Available For Senior Citizens

### 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.

### **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.

### **Ensure® & Glucerna® Supplemental Beverages Available**

Supplemental nutritional beverage shakes are available at the Guernsey County Senior Citizens Center and come in three delicious flavors: Chocolate, Vanilla, and Strawberry, all at a discounted rate. A case, which consists of 24 - 8 ounce cans, of regular Ensure is \$25, Ensure plus is \$28, and Glucerna is \$38. To place an order, please stop and visit with Donna at the front desk, or please call (740) 439-6681.

### **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.**

### **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.

### **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.

## January 2026 Birthdays

01/01 Bernadette Anderson June Eckelberry Evelyn Mercer Grace Whitmore Bill Willams Karen Enos Newton McWhorter Shirley Scholik	James Roberts Donna Rodgers David Rose	01/23 Ted Bailey Karen Piatt
01/02 Bob Allen Linda Parkos Marybelle Teters	01/13 Joyce Lewis Mary Ann McCulloch Elaine Williams	01/24 Regina Gerko Jim Gothard Alice Quarles Randy VanKirk David White Maria Morris
01/03 Sherry Bell Cynthis Jones	01/14 Marilyn Gibson Gerry Hardy Diane Kettlewell Renee Roe Jerry VanDyne Donna Hibbs	01/25 Donna Berg Jane Mizer JoAnn Runyan Jim Cass Charlene Chumney
01/04 Rachel Howell Debera McGath Deborah McGath Janet Roberts Nancy Robinson Marshall Winchester	01/15 Nedra Carr Darrel Fawcett Jennifer McManaway	01/26 Charlotte Leonard Linda Stillion Tom Sulsberger Renee Yingling Robert Smith
01/05 Edna Abraham Jeanette Hall Gene Mailot Chris Storey Gail Workman JoEllen Diehl Theresa Newsom	01/16 Dale Jones Barbara Loudermilk Dorothy Moore John Storey Rita Tucker	01/28 Jackie McVicker Denise Burris Velva Struble
01/06 Rhonda Carley	01/17 Kathy Berry Pamela Carpenter Theresa Kronenbitter Debbie Lowe Richard Mayo Phyllis Price Butch Pulley	01/29 Dorothy Hanning Annabelle Olden Anna Pavlov
01/07 Vikki Ashton Leonard Ray Peggy Ringer Carl LaRue	01/18 Carol Huhn Joyce Xanders	01/30 Rhonda Delong
01/08 Geneva Lahmers Michael Morris Danny Snapp Bob Hamilton	01/19 Gene Gadd Patty Paul	01/31 M. Jane Gibson Elaine Stennett Ann Baker Alice Sullivan Ralph Watkins
01/09 Janice George Pon Reid Martha Seresun Rita Warnock	01/20 Darwin Jirles Kim McMillen Jean Roe Tammy Douglas	
01/10 Mike Art Terri Chiewak Rick Clay Debra McClelland Doris Scott	01/21 Janet Brockwell Mabel Leeper John Marshall Charles Tedrick Larry Bee Elizabeth Waggonner	
01/11 Carrie Okolish	01/22 Shirley Crozier Joyce Eltringham Bob Lahmers Shirley McCance	
01/12 Janice Mathers	Twila Hartley	

**Happy  
Birthday!**  
From your friends  
at  
**Guernsey County  
Senior Citizens  
Center, Inc.**

# Winter Wonderland Word Search

AWGWNFDEDRSTBICIBKDESFONSQD  
 RSLPLILEEYGEYTFARDLRSLEDFNO  
 YOKUGDCTZCICVYENVEOASEJEFUB  
 GSFINORWARQUTOGTMNCBRETZUMR  
 UFRAROSNLCOZYHLGAGJGOCEMBA  
 YFCAFSEIRRULFGIGJRRCBEUERML  
 SKTMUFFLEROONFOESEGFELGRANO  
 LEOTOASTYORYTILFVCIIRCAFEOP  
 ECFMSOITLEMTKFPEMUWNMAINC SW  
 DEKLXQDGDZDHSFRLPDRHESZCMKAM  
 QZEKLAICALGICAPAYLILTUVSHED  
 DELSBOBHSLNMHXNINITOHBLTRST  
 TEAIFEONFSEIDOOHONEOQLJAEFO  
 QNJRCLEBEVCSDUOLCGEWUIASTIS  
 SSEBITLUNNEHEVOTSRWLI ZCRAEO  
 XNTDTUCFRLIZIPPYKTIWLZKQEZL  
 BBAISCHUHATPILRAOYOSTAEYWSS  
 NYMTLXIROFROSTLVRRTOPRTRSPT  
 OJEEYKMNSKATEWEEEOYWBDSDGFI  
 IRAHMWNAMWRRIRDVRTPBTTDOPZC  
 YREEHPECPJANCWIMERXEHAEOCRE  
 NULASAYEFIDOOHCRBITINGOVOKI  
 IACTHVZPNRAPSF EINDOORG YCUWS  
 WWIEKSCYUTOKDBGSTAKRAPANS DL  
 YO CRKIURYREZSNOWBCHGIELSNIO  
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 DVMWTFIQSFERNNYSRKRAAUPHPYS

Arctic	Igloo
Bare	Indoor
Beret	Insulate
Biting	Jacket
Blanket	Log
Blizzard	Melt
Blustery	Migrate
Bobsled	Misty
Boots	Mittens
Brisk	Muffler
Candle	Nippy
Cap	Numb
Chill	Overcoat
Chimney	Parka
Clear	Pine
Clouds	Polar
Coat	Powdery
Cold	Pullover
Comforter	Pure
Cozy	Quilt
Crisp	Rain
Curling	Raw
Decorate	Scarf
Drafty	Season
Duvet	Shiver
Earmuffs	Skate
Evergreen	Ski
Fire	Sled
Flannel	Sleet
Fleece	Sleigh
Fluffy	Slush
Flurries	Sneeze
Fog	Sniffle
Freeze	Snow
Frigid	Socks
Frost	Solstice
Frozen	Storm
Furnace	Stove
Gift	Sunny
Glacial	Sweater
Gloves	Thaw
Gust	Toasty
Hail	Wet
Hat	White
Hazy	Wind
Heater	Winter
Holiday	Wood
Hoodie	Wool
Ice	Zero
Icicle	Zippy



*“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 54 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”**

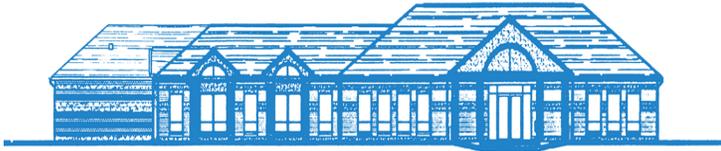


**I/We wish to contribute to the following beneficial senior based program(s):**

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

**Please complete and mail your 2026 tax-deductible donation to:**

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



*“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.



# Serving Guernsey County Senior Citizens



*Providing Quality Services &  
Programs for over 54 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 & Wellness Activities-** 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. Please contact us today by calling (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!**