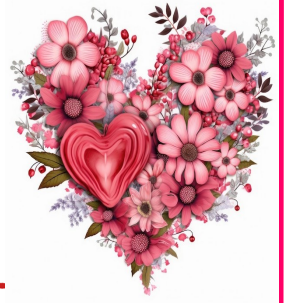




"Celebrating 54 Years of Serving Guernsey County" **Senior Times Newsletter**



Volume 54 Issue 2

Guernsey County Senior Citizens Center, Inc. February 2026

Special Events:

Breakfast Buffet

**Wednesday,
February 4th**

**National
Wear Red Day
Friday,
February 6th**

**Lunch Bunch
Group
Mon., Feb. 9th**

**Valentine's Day
Party
Friday,
February 13th**

**The Senior Center
will be CLOSED on
Mon. February 16th
for President's Day**

**Byesville
Dinner
Tues. February 24th**

**February Birthday
Celebration
Thursday,
February 26th**

1022 Carlisle Ave, Cambridge, Ohio 43725
Tel: 740-439-6681 Fax: 740-439-7478 Toll Free: 1-866-534-2349
E-mail: gscsc@guernseysenior.org Website: www.GuernseySenior.org

Healthy Heart Month is celebrated throughout the month of February. February is chosen because it is a time when many people reflect on matters of the heart, including love and relationships. It is a fitting opportunity to also emphasize the importance of heart health. Healthy Heart Month 2026 is an annual observance dedicated to raising awareness about heart health and cardiovascular diseases. It serves as a reminder to prioritize heart-healthy lifestyles, learn about heart disease prevention, and support those affected by cardiovascular conditions. Throughout the month of February, various activities, events, and educational campaigns take place to promote heart health and reduce the risk of heart disease. Healthy Heart Month 2026 is a month-long initiative focused on heart health and cardiovascular disease prevention. It aims to educate individuals about the importance of maintaining a healthy heart and making lifestyle choices that support cardiovascular well-being. Heart disease remains a leading cause of death worldwide, and this observance seeks to reduce its impact through awareness and action.



You're Cordially Invited to attend the

**February
Monthly Dinner
Thursday,
February 19, 2026
4:00 PM**

Entertainment, Dinner, & Door Prizes

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

*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.*

Improving heart health involves making conscious choices to reduce risk factors and adopt heart-healthy habits. Here are some ways to promote heart health during Healthy Heart Month and beyond:

Eat a Balanced Diet: Consume a diet rich in fruits, vegetables, whole grains, lean proteins, and low-fat dairy products. Limit saturated and trans fats, sodium, and added sugars.

Exercise Regularly: Engage in physical activity for at least 150 minutes per week. Activities like walking, Geri-Fit classes, cycling, and swimming can help improve cardiovascular fitness.

Quit Smoking: If you smoke, seek support to quit smoking. Smoking is a major risk factor for heart disease.

Manage Stress: Practice stress-reduction techniques such as mindfulness, meditation, or yoga to reduce the impact of stress on your heart.

Monitor Blood Pressure: Check your blood pressure regularly and work with your healthcare provider to manage it within a healthy range.

Control Cholesterol: Maintain healthy cholesterol levels by following a heart-healthy diet and, if necessary, taking prescribed medications.

Maintain a Healthy Weight: Achieve and maintain a healthy weight through a combination of balanced eating and regular physical activity.

Limit Alcohol Consumption: If you drink alcohol, do so in moderation. Excessive alcohol consumption can contribute to heart problems.

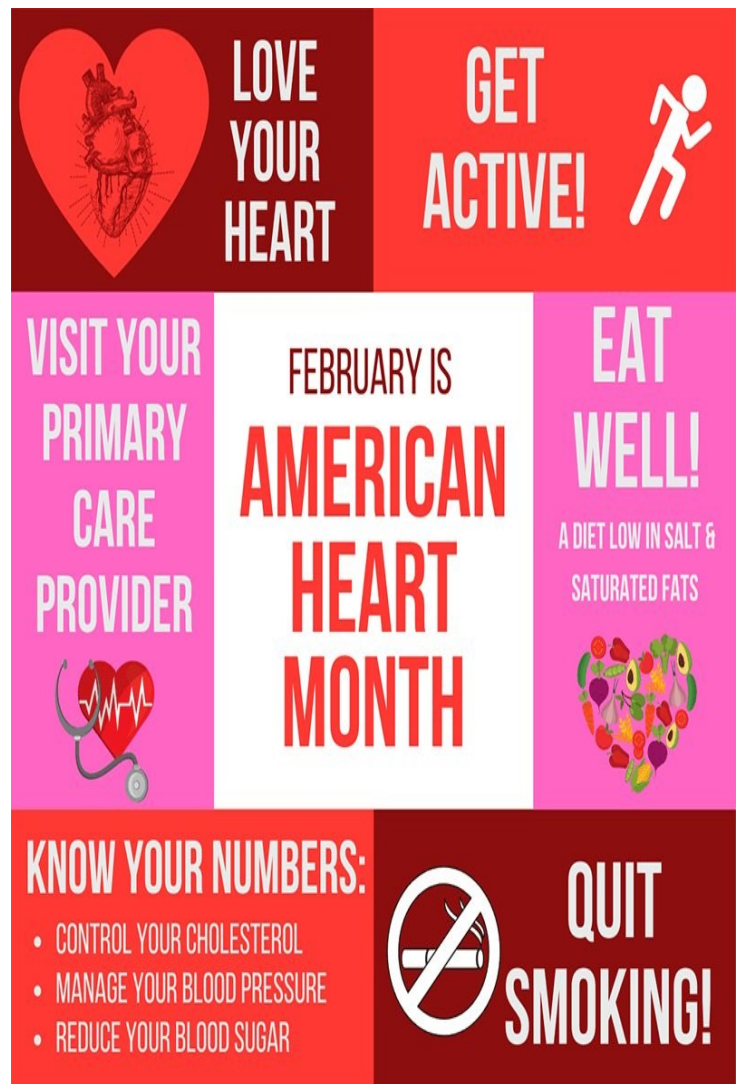
Get Adequate Sleep: Aim for 7-9 hours of quality sleep per night to support heart health.

Heart Month has a long history dating back to the 1960s when it was initiated by the American Heart Association (AHA) in the United States. Since then, it has grown into an international observance, with various countries and organizations participating in heart health awareness activities. The goal of Healthy Heart Month is to reduce the prevalence of heart disease and stroke by educating the public, advocating for policies that support

heart health, and funding research into cardiovascular conditions.

Heart disease quick facts:

- Heart disease is very common. In the United States, heart disease is the leading cause of death for men, women, and people of most racial and ethnic groups. In 2022, 1 in every 5 deaths in the United States was caused by heart disease.
- High blood pressure is a leading cause of heart disease. Nearly half of U.S. adults have high blood pressure, which puts them at risk for heart disease and stroke. And just 1 in 4 people with high blood pressure has it under control.
- Heart disease is costly. The cost of health care services, medications, and lost productivity from heart disease amounted to \$417.9 billion between 2020 and 2021.



Every year, Americans suffer more than 1.5 million heart attacks and strokes. The good news is that you can help reduce your risk and improve your heart health by following the ABCS!

What are the ABCS of heart health?

A: Take aspirin as directed by your health care professional.

Ask your health care professional if aspirin can reduce your risk of having a heart attack or stroke. Be sure to tell your health care professional if you have a family history of heart disease or stroke, and mention your own medical history.

B: Control your blood pressure.

Blood pressure measures the force of blood pushing against the walls of the arteries. If your blood pressure stays high for a long time, you may suffer from high blood pressure (also called hypertension). High blood pressure increases your risk for heart attack or stroke more than any other risk factor. Find out what your blood pressure numbers are, and ask your health care professional what those numbers mean for your health. If you have high blood pressure, work with your health care professional to lower it.

C: Manage your cholesterol.

Cholesterol is a waxy substance produced by the liver and found in certain foods. Your body needs cholesterol, but when you have too much, it can build up in your arteries and cause heart disease. There are different types of cholesterol: One type is “good” and can protect you from heart disease, but another type is “bad” and can increase your risk. Talk to your health care professional about cholesterol and how to lower your bad cholesterol if it’s too high.

S: Don’t smoke.

Smoking raises your blood pressure, which increases your risk for heart attack and stroke. If you smoke, quit. Talk with your health care professional about ways to help you stick with your decision. It’s never too late to quit smoking. Visit smokefree.gov or call 1-800-QUIT-NOW today.

High blood pressure is the leading cause of heart attack and stroke in the United States. It can also damage your eyes and kidneys. One in three American adults has high blood pressure, and only about half of them have it under control.

How is blood pressure measured?

Two numbers (for example, 140/90) help determine blood pressure. The first number measures systolic pressure, which is the pressure in the blood vessels when the heart beats. The second number measures diastolic pressure, which is the pressure in the blood vessels when the heart rests between beats.

When and how should I take my blood pressure?

Take your blood pressure regularly, even if you feel fine. Generally, people with high blood pressure have no symptoms. You can take your blood pressure at home, at many pharmacies, and at your doctor’s office.

How can I control my blood pressure?

Work with your health care professional to make a plan for managing your blood pressure.

Be sure to follow these guidelines:

- **Eat a healthy diet.** Choose foods low in trans fat and sodium (salt). Most people in the United States consume more sodium than recommended.
- Everyone age 2 and up should consume less than 2,300 milligrams (mg) of sodium per day.
- Adults age 51 and older; African Americans of all ages; and people with high blood pressure, diabetes, or chronic kidney disease should consume even less than that: —only 1,500 mg of sodium per day.
- **Get moving.** Staying physically active will help you control your weight and strengthen your heart. Try walking for 10 minutes, 3 times a day, 5 days a week.
- **Take your medications.** If you have high blood pressure, your health care professional may give you blood pressure medicine to help control it. It’s important to follow your health care professional’s instructions when taking the medication and to keep taking it even if you feel well. Tell your health care

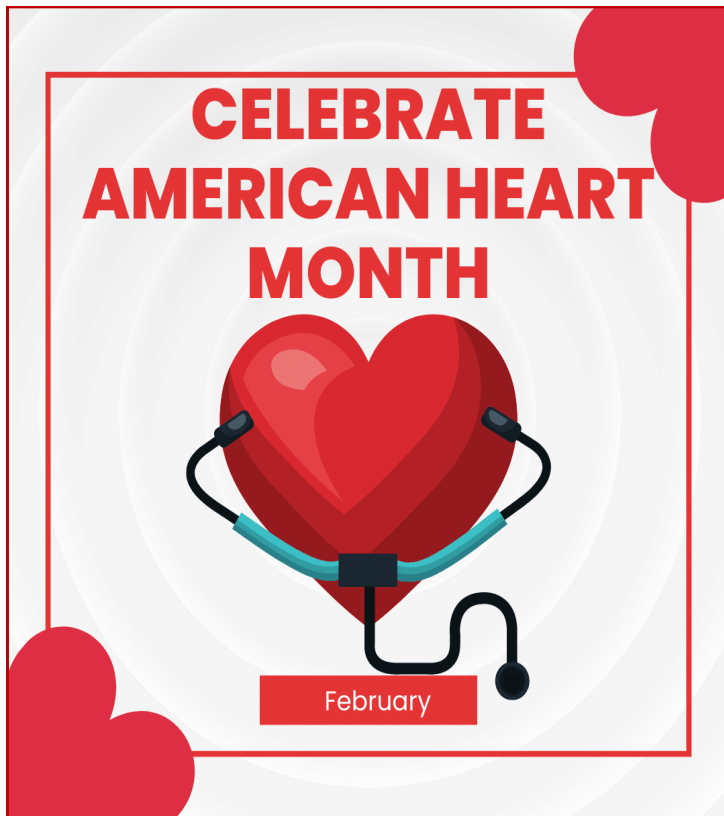
professional if the medicine makes you feel bad. Your health care team can suggest different ways to reduce side effects or recommend another medicine that may have fewer side effects.

Who is part of my health care team?

The doctor is not the only health care professional who can help you follow the ABCS. Nurses, pharmacists, community health workers, health coaches, and other professionals can work with you and your doctor to help you achieve your health goals.

We cordially invite you to take part and enjoy the numerous Wellness Activities and Programs that we offer here at the Guernsey County Senior Citizens Center. To learn more about what exercise programs or activities best suit you personally, please schedule a time to meet with either Valerie Frasher, our in-house Wellness Program Coordinator or Kylee Quinn, our Activities Director.

Please take care of your heart in 2026. We wish you good health, happiness, a good heart, and most joyful & abundant life in 2026! May God bless you and watch over you throughout the coming year. We look forward to seeing you soon!



**February is American Heart Month,
a time when all people can focus on
their cardiovascular health.**

Take care of your heart!



National Wear Red Day Friday, February 6th

Risk factors for heart disease are: Heart disease is largely preventable.

- Smoking
- High blood pressure
- High cholesterol
- Overweight/obesity
- Physical inactivity
- Diabetes
- Family history of early coronary heart disease
- Age (for women, 55 and older)

**Here's what you can do now to
reduce your risk:**

- Don't smoke
- Eat for heart health
- Aim for 30 minutes of physical activity at least 5 days a week
- Ask your doctor to check your blood pressure, cholesterol, and blood glucose

Show your support and wear red!





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.



Pearl Valley Cheese Fundraiser

Monday, February 2nd - Tuesday, March 3rd

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 2026 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 Monday, February 2nd at 8:00 AM and will continue through Tuesday, March 3rd. 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 11th.



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.**



GOOD OLE GOSPEL MUSIC NIGHT

at



Guernsey County Senior Citizens Center, Inc.

1022 Carlisle Ave. Cambridge, OH 43725

TUESDAY, FEBRUARY 3, 2026

DOORS OPEN AT 5:00PM

MUSIC BEGINS AT 6:00PM

ADMISSION COST: \$2

Featuring:

Steve & Lisa Adams



S P O N S O R E D B Y :
H E L E N P U R C E L L
S E N I O R L I V I N G

&
B U C K E Y E T I R E & S E R V I C E

Hosted by: Dick Pryor



TAI CHI EXERCISES

This Class is Offered:

Standing Tai Chi—

Monday's at 9:00AM

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



Breakfast Buffet

Wednesday, February 4th

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 Wednesday, February 4th. The breakfast menu will include: ham & cheese breakfast casserole, 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.



Sponsored Bingo Day by Beckett House Wednesday, February 4th

We will have Beckett House staff joining us to sponsor Fun Bingo on Wednesday, February 4th at 10:00AM. They will be providing the bingo prizes on this day. We hope that many of you can join us!

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



Valentine Card Making Class Wednesday, February 4th

If you enjoy making greeting cards and would like to learn a new design, please plan to join Phyllis on Wednesday, February 4th at 1:00PM. She will be showing you how to make an Iris Fold card. The cost of this class will be \$8 and will include all supplies needed to make 1 of these beautiful and unique cards. To make a reservation for this class please call (740) 439-6681. Payment can be made to Phyllis the day of class.



THE OHIO STATE UNIVERSITY

EXTENSION

Heart Health Program Thursday, February 5th

Caitlin, from the Guernsey County OSU Extension office will be here joining us on Thursday, February 5th at 1:00PM. She will be giving a presentation on Heart Health to coincide with American Heart Health month. If you plan to attend this informative session please make your reservation by calling (740) 439-6681.

**NATIONAL
WEAR RED DAY®**

Friday, February 6th





Salute to the King: A Tribute to Elvis Trip Friday, February 6th

If you are a fan of Elvis, this is a perfect trip for you! Salute to the King is a rock and roll journey through 3 decades of hits, with 3 outstanding performers paying homage to the music of Elvis. We will start off the day shopping at a few different Amish Country stores before enjoying a lunch buffet, which is included in the cost of the trip, at Dutch Valley Restaurant. After lunch we will enjoy Salute to the King at the Ohio Star Theater. This trip will depart at 8:30AM and return around 4:30PM. The cost of this trip is \$80 for members and \$95 for non-members. Payment for this trip is due on Tuesday, January 20th. To reserve your seat please call (740) 439-6681. In the event we cancel the trip the day before due to inclement weather, you will receive a credit to use for another trip. All other cancellations will not receive a credit due to pre-payment for tickets needing made ahead of time.



Library Pop Up Friday, February 6th

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, February 6th 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!

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.



Lunch Bunch Group Monday, February 9th

February's Lunch Bunch we will be meeting at Deep Cut Tavern, located at 13982 E Pike Rd. Cambridge, OH 43725 on Monday, February 9th 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, February 10th

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

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.



Alzheimer's Support Group Tuesday, February 10th

Individuals who are impacted by Alzheimer's disease often need support and have many questions. The Senior Center hosts a local Alzheimer's Support Group on the second Tuesday of each month at 1:30 PM. The next meeting will be held on Tuesday, February 10th here at the Senior Center.



Valentine's Day Party Friday, February 13th

Join us for a fun Valentine's Day party during lunchtime on Friday, February 13th. The festivities will start at Noon and take place on the lunch side of the dining room. If you would like to make a Valentine's Day box, we will have a contest for everyone in attendance to vote on their favorite one. There will also be fun games to play as well. If you would like to join us on this day please call to make your reservation at (740) 439-6681.



Valentine's Cookie Decorating Class Friday, February 13th

Karen Googins will be with us on Friday, February 13th to host a Valentine's cookie decorating class at 1:00PM. The cookies will be cut-out sugar cookies with a limit of 2 dozen per person. The cost is \$5 per dozen and will include all supplies. Please call (740) 439-6681 to make a reservation by Friday, February 6th at noon and let us know how many dozen you would like.



THE ENCLAVE
AT CAMBRIDGE

Sponsored Bingo Day by Enclave Tuesday, February 17th

We will have The Enclave at Cambridge staff joining us to sponsor Fun Bingo on Tuesday, February 17th at 10:00AM. They will be providing the bingo prizes on this day. We hope that many of you can join us!



Monthly Senior Dinner Thursday, February 19th

We cordially invite you to join us Thursday, February 19th, for the February monthly senior dinner at 4:00 PM. There will be "Grab & Go" and Dine-In both available on this evening. Menu will include: baked rotini in meat sauce, tossed salad & dressing, green beans, garlic knots, applesauce, and white chocolate raspberry 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, February 20th

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, February 20th** from 10:00AM-3:00PM.



Painting Class Monday, February 23rd

We are excited to have Three Sister's Studio here with us on Monday, February 23rd at 2:00PM to host a painting class. You will be painting a scene of Valentine's love birds. 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, February 24th

Please join us at the Stop Nine Senior Center in Byesville at 4:00 PM on Tuesday, February 24th. The menu will include: chicken cordon bleu, buttered red skin potatoes, peas & carrots, pears, dinner roll & butter, and cherry pie for dessert. Please call (740) 439-6681 to make your reservations.

Southeastern Home Care



Free Shoulder Massages Wednesday, February 25th

Southeastern Home Care will be here at Guernsey County Senior Center on Wednesday, February 25th from 11:00AM until 1:00PM offering free shoulder massages. If you would like to make an appointment please call (740) 439-6681.



February Birthday Celebration Thursday, February 26th

Please plan to join us on Thursday, February 26th at 11:30AM as we celebrate February birthdays! We will enjoy cake and ice cream, which will be served after lunch. If you would like to join us on this day please call (740) 439-6681 to make your reservation.

Greeting Card Class Thursday, February 26th

If you enjoy making your own cards, or would like to learn how, we would love to have you join us on Thursday, February 26th 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!

Satellite Site Activities

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

Pleasant City:
Monday, February 2nd at 12:00PM

Cumberland:
Tuesday, February 3rd at 12:00PM

Old Washington:
Wednesday, February 11 at 12:00PM

Byesville:
Tuesday, February 24th at 12:00PM

Londonderry:
Temporarily Closed

WELLNESS

American Heart Association.

Go Red
for women.

Who?

Our mothers, sisters, friends, wives, daughters, neighbors, partners, aunts, coworkers... US.

What?

Cardiovascular (HEART) Disease is the leading cause of death for women.

When?

Now is the time to understand your heart health risks and how to reduce them!

Talk to your doctor. Go online (www.heart.org).
Participate in community exercise programs and attend educational seminars

Where?

You are Worth It! Why?

One More Death is One Too Many.

How?

Ask questions. Get a check-up.
Learn about better choices.
Eat well, move more.
Live a longer and healthier life!

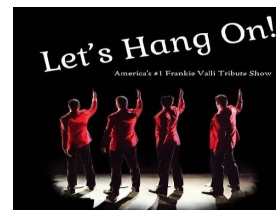
On Friday, February 6th,
share the message, prioritize your health and **WEAR RED.**

Upcoming March **DAY TRIPS**



Rhythm of the Dance Trip Wednesday, March 18th

Rated #1 among the most popular Irish Dance productions touring the world, Rhythm of the Dance creates a new era in Irish entertainment. We'd love to have you join us on Wednesday, March 18th as we travel to the Ohio Star Theater in Amish Country for this exciting show. We will start off the day with some shopping before having a lunch buffet, which is included in the cost of the trip, at Dutch Valley Restaurant before the show. This trip will depart at 8:30AM and return around 4:30PM. The cost of this trip is \$75 for members and \$90 for non-members. Payment for this trip is due by Wednesday, February 11th. To reserve your seat, please call (740) 439-6681. In the event we cancel the trip the day before due to inclement weather, you will receive a credit to use for another trip. All other cancellations will not receive a credit due to pre-payment for tickets needing made ahead of time.



Frankie Vallie & Four Season Tribute Trip Friday, March 27th

We will be travelling to the Ohio Star Theater in Amish Country on Friday, March 27th to enjoy "Let's Hang On!". This performance combines 4 amazing performers with an energized 4- piece band and has been titled America's #1 Frankie Vallie and the Four Seasons tribute show. Prior to the show we will do some shopping before having lunch, which is included in the cost of the trip, at Dutch Valley Restaurant. This trip will depart at 8:30AM and return around 4:30PM. The cost of this trip is \$80 for members and \$95 for non-members. Payment for this trip is due by Thursday, February 19th. To reserve your seat please call (740) 439-6681. In the event we cancel the trip the day before due to inclement weather, you will receive a credit to use for another trip. All other cancellations will not receive a credit due to pre-payment for tickets needing made ahead of time.

Day Trip Policy Reminders

- In the case of inclement weather, trips may be cancelled. If this does occur, a courtesy call will be made. If you do not receive a telephone call and are still unsure, you may call the Senior Center at (740) 439-6681 or listen to your local radio station for announcements.
- Trip payments must be made at least one week prior to the date of the trip, unless another date is noted in trip article.
- There are no cash refunds. If you are unable to attend the trip, payments will be marked as credit and can be used on another day trip. (Some restrictions may apply)



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

February 2026 Activities

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
<p>8:30 AM- Crafting Group 9:00AM Tai Chi Class 10:00AM -Bingo 11:00AM Clothes Closet 11:30AM- Lunch 12:00PM Pleasant City Site Activity 1:00PM Line Dancing Class</p> <p>Pearl Valley Cheese Fundraiser Begins</p>	<p>9:00AM Quilters 9:00 Seated Tai Chi 10:00AM Bingo 11:00AM Blood Pressure Checks 11:00AM Bingo 11:30AM Lunch 12:00PM Cumberland Site Activity</p> <p>6:00PM Good Ole Gospel Music Night</p>	<p>9:00AM Breakfast Buffet 9:00AM- Geri Fit Exercise 9:00AM- Sewing 10:00AM Sponsored Bingo 11:30AM Lunch 12:00PM- Mahjong 1:00PM Valentine Card Making Class</p>	<p>10:00AM Bingo 11:00AM Bingocize 11:30AM- Lunch 12:30 PM- Open Cards 1:00PM- Heart Health Program</p>	<p>8:30AM Salute to the King Trip 9:00AM Geri Fit Exercise 9:00AM Library Pop-Up 9:30AM-2:00PM AARP Tax Appointments 10:00AM -Bingo 11:30AM- Lunch 12:30 PM- Euchre 1:00PM Geri Fit Exercise</p> <p>National Wear Red Day</p>
<p>9</p> <p>8:30 AM- Crafting Group 9:00 AM Tai Chi Class 10:00AM -Bingo 11:00AM Clothes Closet 11:30AM Lunch 11:30AM Lunch Bunch Group 1:00PM Line Dancing Class</p>	<p>10</p> <p>9:00AM Quilters 9:00AM Seated Tai Chi 10:00AM Sponsored Bingo 11:00AM Bingocize 11:00AM Blood Pressure Checks 11:30AM Lunch 1:00PM Cardio Drumming Class 1:30PM Alzheimer's Support Group</p>	<p>11</p> <p>9:00AM- Geri Fit Exercise 9:00AM- Sewing 10:00AM -Bingo 11:30 AM Lunch 12:00PM- Mahjong 12:00PM Old Washington Site Activity</p>	<p>12</p> <p>10:00AM Bingo 11:00AM Bingocize 11:30AM Lunch 12:30 PM- Open Cards</p>	<p>13</p> <p>9:00AM Geri Fit Exercise 9:30AM-2:00PM AARP Tax Appointments 10:00AM -Bingo 11:30AM Lunch 12:00PM Valentine's Day Party 12:00PM Euchre 1:00PM Cookie Decorating Class 1:00PM Geri Fit Exercise</p>
<p>16</p> <p>CLOSED</p> 	<p>17</p> <p>9:00AM Quilters 10:00AM Sponsored Bingo 11:00AM Blood Pressure Checks 1:00PM Cardio Drumming Class</p>	<p>18</p> <p>9:00AM- Geri Fit Exercise 9:00AM- Sewing 10:00AM- Bingo 11:30 AM- Lunch 12:00PM- Mahjong</p>	<p>19</p> <p>10:00AM Bingo 11:30AM Lunch 12:30 PM- Open Cards 4:00-5:00PM Grab & Go Dinner 4:00PM- Monthly Dine In Senior Dinner</p>	<p>20</p> <p>9:30AM-2:00PM AARP Tax Appointments 10:00AM -Bingo 10:00 AM - 3:00 PM- Food Commodity Pick Up 11:30AM- Lunch 12:30 PM- Euchre</p>
<p>23</p> <p>8:30AM Crafting Group 9:00 AM Tai Chi Class 10:00AM Bingo 11:00AM Clothes Closet 11:30AM Lunch 1:00PM Line Dancing Class 2:00PM Painting Class</p>	<p>24</p> <p>9:00 AM Quilters 10:00 AM Bingo 11:00 AM Blood Pressure Checks 1:00 PM Cardio Drumming 4:00PM Byesville Dinner</p>	<p>25</p> <p>9:00AM- Geri Fit Exercise 9:00AM- Sewing 10:00AM -Bingo 11:00AM Free Shoulder Massages 11:30AM Lunch 12:00PM- Mahjong</p>	<p>26</p> <p>10:00AM Bingo 11:30AM Birthday Lunch 12:30 PM- Open Cards 1:30 PM Greeting Card Class</p>	<p>27</p> <p>9:00AM Geri Fit Exercise 9:30AM-2:00PM AARP Tax Appointments 10:00AM -Bingo 11:30AM- Lunch 12:30 PM- Euchre 1:00PM Geri Fit Exercise</p>

February 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 Bysville 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, Old Washington site Wednesday & Friday from 11:30am-1:00pm, and Londonderry site is temporarily closed. 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. <i>*Menu subject to change depending on item availability.</i> This institution is an equal opportunity provider.</p>				
<p>2 Pizza Burger w/Bun Potato Wedges Buttered Corn Fresh Apple Choice of Milk</p>	<p>3 Honey Garlic Chicken Au Gratin Potatoes Peas & Carrots Diced Peaches Choice of Bread/Margarine Choice of Milk</p>	<p>4 BBQ Beef Diced Sweet Potatoes Lima Beans Fruited Lime Jell-o Choice of Bread/Margarine Choice of Milk</p>	<p>5 Italian Marinated Pork Chop Parsley Buttered Potatoes California Blend Vegetables Fresh Pear Choice of Bread/Margarine Vanilla Pudding Choice of Milk</p>	<p>6 Salisbury Steak Garlic Mashed Potatoes Winter Blend Vegetables Mixed Fruit Dinner Roll/Margarine Choice of Milk</p>
<p>9 Chicken Strips w/Ranch Potato Skins w/Bacon & Cheese Capri Blend Vegetables Fresh Orange Dinner Roll/Margarine Choice of Milk</p>	<p>10 Yankee Pot Roast Whole Potatoes Baby Carrots Applesauce Dinner Roll/Margarine Choice of Milk</p>	<p>11 Kielbasa w/Peppers & Onions Seasoned Cabbage Mixed Vegetables Clementine Choice of Bread/Margarine Choice of Milk</p>	<p>12 Chicken & Noodles Mashed Potatoes Italian Green Beans Fresh Banana Cornbread/Margarine Choice of Milk</p>	<p>13 Cheese Ravioli w/Meat Sauce Tossed Salad/Dressing Creamed Corn Fresh Grapes Garlic Bread Valentine Cupcake Choice of Milk</p>
<p>16 Closed For President's Day Holiday <i>Frozen Meals available upon request</i></p>	<p>17 Breaded Fish w/Tarter Sauce Hashbrown Casserole Creamed Peas Tropical Fruit Blueberry Muffin Choice of Milk</p>	<p>18 Baked Ham Scalloped Potatoes Buttered Corn Pineapple Tidbits Choice of Bread/Margarine Choice of Milk</p>	<p>19 Country Fried Steak w/Gravy Diced Potatoes Brussel Sprouts Diced Pears Knot Roll/Margarine Choice of Milk</p>	<p>20 Shepard's Pie Steamed Broccoli Spiced Peaches 100% Grape Juice Choice of Bread/Margarine Choice of Milk</p>
<p>23 Hamburger Gravy w/Biscuit Mashed Potatoes Cauliflower w/Cheese Sauce Apricots Choice of Milk</p>	<p>24 Baked Macaroni & Cheese Stewed Tomatoes Italian Blend Vegetables Granny Smith Apple Breadstick/Margarine Choice of Milk</p>	<p>25 Baked Swiss Steak Dutch Mashed Potatoes Butter Beans Ambrosia Salad Choice of Bread/Margarine Choice of Milk</p>	<p>26 Sausage Pizza Broccoli Crowns Cinnamon Applesauce Fruit Cocktail Chocolate pudding Choice of Milk</p>	<p>27 Sweet & Sour Chicken w/Rice Asian Blend Vegetables Baked Pineapple Casserole 100% Fruit Juice Peanut Butter Cookie Choice of Milk</p>

February Employee Birthdays

Joann Jirles	8th
Duane Lucas	11th
Kylee Quinn	20th
Wanda Gray	23rd
Angel Aber	26th



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 during the month of December:

***Vincent & Jean Bowers**

***In memory of Wanda Dudley & Charlotte Dudley**

Aubrey Williams

John & Nancy Abbott

Ron & Linda Chapman

John Whitis

Donna Carroll

Mary Ann Devolld

Ursula Stahovec

Tom & Mary Ellen Tipton

Pam Thompson

Medical Associates

John & Pat Westover

Cindi Maynard

Cambridge BPO Elks 448

John & Judy Davis

Benita Brokaw

Ray & Charmaine Chorey

Mary Chappellear

James & Wanda Hockenberry

Allan & Sue Strawsburg

Carol Touvell

Paula Shockley

Alberta Bates

Advanced Business Communications

Don Brown

Howell Craig Insurance Company

Gardinsky Dental

Lois George & Conns Potato Chips

Teresa Masten

Pleasant City United Methodist Church

Steven & Martha Cochran

Kay Kelley

Jorja McDaniel

Guernsey County Senior Center Crafters

Betty Cullison

Gary & Linda Reyna



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"

**Zanesville
Medical Transportation
Available!!**

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.



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 December:**

James Dodd

Faith Dodd

Gary Strausser

Catherine Strausser

Sally Foster

Phyllis Mailot

Judy Coppins

Rose McClay

Joyce Spencer

Deborah Warren



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 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.

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.

February 2026 Birthdays

02/01	Linda Anderson Melody Greathouse Bobbie Henderson Yvonne Williams		Kenneth Milburn Sara Natale Joan Picklesimer Leona Powell		Roy George Cathy F. Lea John Whitis Judy Bellville
02/02	Margaret Jacobs Debra McVicker Kevin Robinson Tim VanCamp	02/10	Phyllis Mehaffey Marie Shimp Virginia Wilson Carol Foraker	02/22	Georgiene Brooks Bob Johnson Carol Neff Sharon Stottsberry
02/03	Angeline Foraker Mike Franko Mary Lucas Phyllis Roby Deborah Wyers	02/11	Kevin Lea Susan Lyons Donna McCulley Maria Newcomer Karen Williams	02/23	Jackie Gesaman Joy Walker Ronald Dennis Carlye Farmer Berlene Robb
02/04	Pam Goodwin Mollie Kennedy-Campbell Heidi Pedersen-Nason Martha Warne	02/12	Charles Galloway Sharon Gorjup Doris George JoEllen Green Brenda Kirkbride	02/24	Karen Ward Bill Wilson Elvin Culp Maria Demkowicz Barbara Dillon
02/05	Jo-Ann Bond Sharon Bradshaw Gerald Cavanaugh Sharon Domoracki Richard Krause Robert Okolish Ramona Springer Rebecca Williams	02/13	Velma Neuhart Betty Yonker Rose Bench Tamera Graham Yogi Gupta Bonnie Jacobs Bill Roe	02/25	Dorothy Hildebrand Charles Marlatt Annabelle Neff Richard Pavlov Cheryl Dawkins Tom Giesey MaryAnn Tidrick
02/06	Patricia Bryan Jim Fair Dama Ferguson Lorraine Price Diane Wills	02/14	Conrad Demkowicz Doug Arden Kathy Fisher-Hornbuckle R.J Kidder	02/26	Sharon Callihan Linda Fitzgerald Brenda Folkert Deanna Gray Mary Grimsley Joyce Harris Sheri Webb
02/07	Jo Kuckuck Judi Stevens Gina Amato Nancy Bates	02/15	Mary Jean Duke Glen McEndree Demetra Moore Debbie Speier	02/27	Saundra Bauserman Sherry Blankenship Linda Gause Karen Googins Tim Hayes Joan Hafner-Betts
02/08	Leanna McCollum Linda Reyna Shelby Smith Evelyn Callihan Jill Olnhausen	02/16	Richard Cowgill Sharon Harris Rick Hough Candy Reardon Osie Veselenak Janet Brockwell	02/28	Joe Herman Yolanda King Ruth VanDyne Jeannie Perkins
02/09	Bonnie Beckett Nancy Bell Yvonne Brown Diane Hebert Sandra Hill Cindy Kerns Rose Kopyar	02/17	Sharon Harris Rick Hough Candy Reardon Osie Veselenak Janet Brockwell JoEllen Evans Adele Flowers Jean Means Mary Jo Parkinson	02/29	
		02/18	Vicki Pierce Randi Earnest Maurice Froment		
		02/19			
		02/20			
		02/21			

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

President's Day Word Search

ABRAHAM	HISTORY
AMERICAN	HOLIDAY
BATTLES	LEADER
BILL	LIBERTY
BIRTHDAY	LINCOLN
BLUE	MARTHA
BRITISH	MILITARY
CABIN	NATION
CELEBRATE	NATIONAL
CHERRY	OATH
COLONISTS	OFFICE
COMMANDER	PATRIOT
CONGRESS	POLITICAL
CONSTITUTION	PRESIDENT
CONTINENTAL	RED
DEMOCRACY	REDCOAT
ELECTED	REVOLUTION
ELECTION	STARS
FATHER	STATES
FEBRUARY	STRIPES
FEDERAL	THIRTEEN
FIRST	UNANIMOUS
FLAG	UNITED
FOREFATHER	VICE
GENERAL	VIRGINIA
GEORGE	VOTE
GOVERNMENT	WASHINGTON
HISTORIC	WHITE

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





"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):

Home Delivered Meals _____

Dining Center Meals _____

Home Maker /Home Health _____

Transportation _____

Pets Enjoy Treats (PET) Program _____

In Memory of: _____

Morning Breakfast Program _____

General Use _____

Other: (Please specify) _____

GCSCC Foundation/Endowment Fund _____

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 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 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!**