



"Celebrating 54 Years of Serving Guernsey County"

Senior Times Newsletter



Volume 54 Issue 8

Guernsey County Senior Citizens Center, Inc.

August 2026

Special Events:

**Bingocize on
Mondays &
Thursdays at 11AM**

**Chair Yoga
on
Tuesdays at 11AM**

**Good Ole Gospel
Music Night
Tuesday,
August 4th**

**Root Beer Float
Day
Thursday, Aug. 6th**

**Breakfast
Buffet
Friday,
August 7th**

**Lunch Bunch
Group
Mon., Aug. 24th**

**Byesville
Dinner
Tuesday, August 25th**

1022 Carlisle Ave, Cambridge, Ohio 43725

Tel: 740-439-6681

Fax: 740-439-7478

Toll Free: 1-866-534-2349

E-mail: gscce@guernseysenior.org

Website: www.GuernseySenior.org

National Make-A-Will Month: A Gift of Peace of Mind

August is National Make-A-Will Month, a reminder that one of the greatest gifts you can leave your loved ones is a clear plan for the future. While creating a will isn't always an easy topic to think about, having one in place can provide peace of mind for you and reduce stress for your family during a difficult time.

A will allows you to decide how your property and personal belongings will be distributed, name guardians for minor children if needed, and ensure your wishes are honored. Without a valid will, state laws determine how your estate is divided, which may not reflect what you would have wanted.

Many people put off creating a will because they believe they don't have enough assets or think the process is complicated or expensive. In reality, every adult can benefit from having a will, regardless of the size of their estate. It's also important to review your will every few years or after major life



You're Cordially Invited to attend the

August Monthly Senior Dinner

Thursday, Aug. 20, 2026

*Dinner, Entertainment, &
Door Prizes*

Starts at 5:00PM

*Please call ahead and
make your advance
reservations by calling
(740) 439-6681 today!*

events such as marriage, divorce, the birth of grandchildren, or the loss of a loved one.

Equally important is having a **power of attorney** in place. A durable power of attorney allows you to designate someone you

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 54 years.

This institution is an equal opportunity provider.

trust to manage your financial affairs if you become unable to do so yourself. A healthcare power of attorney enables someone to make medical decisions on your behalf if you are unable to communicate your wishes. Without these documents, your loved ones may face delays, legal hurdles, or court involvement during already stressful times. Having a power of attorney ensures that your affairs can be handled smoothly and according to your preferences.

Planning ahead isn't just about protecting your assets—it's about protecting the people you care about most. Taking the time to put your wishes in writing today can provide lasting comfort and clarity for your family tomorrow.

Remember: It's never too early—and it's never too late—to create a plan for your future.

If you have questions about a will or power of attorney we will have Mary Beth from Jarvis Law joining us on Friday, August 21st at 12:00PM. She will be talking about the 5 basic legal documents everyone over the age of 18 should have in place. She will also be able to answer any questions you may have about these documents or wills. This will be a great informative session that we encourage you to attend. If you are plan on attending please reserve a seat by calling (740) 439-6681.



WHAT TO INCLUDE IN YOUR WILL

— AND POWER OF ATTORNEY —



1. YOUR INFORMATION

Include your full legal name, address, date of birth, and marital status.



2. EXECUTOR OF YOUR WILL

Name the person (or people) you trust to carry out your wishes.



3. ASSETS & PROPERTY

List the property and assets you own and how you want them distributed.



4. GUARDIANS FOR MINOR CHILDREN

If you have minor children, name the person you trust to care for them if something happens to you.



5. SPECIAL INSTRUCTIONS

Include any specific wishes or instructions, such as bequests, funeral preferences, care for pets, or specific items you want to leave to someone special.



6. POWER OF ATTORNEY

Name a trusted person to make financial and legal decisions on your behalf if you are unable to do so. Consider a durable power of attorney to ensure it remains in effect if you become incapacitated.



Protecting Yourself from Summer Heat



- Stay hydrated! Stay hydrated! Stay hydrated! Drink plenty of water and avoid alcohol.
- When heat and humidity rise, everyone should avoid long exposure to the sun; **drink plenty of fluids** (water is best); avoid caffeine and alcohol; and try to spend as much time as possible in an air-conditioned or cool environment.
- During hot weather, when fans are used they should be used in well-ventilated areas. They should never be used in a closed room, as the intense heat is merely redistributed in other areas. Fans should be checked for safety and should be utilized with precaution according to individual manufacturer's recommendations. Never leave electrical fans and other heating or cooling appliances unattended.
- It is advisable to take cool baths or showers, wear lightweight clothing and avoid strenuous activity, especially during the warmest time of the day. It is also wise to avoid heavy meals, using cooking ovens, and avoid using salt unless directed by a physician.
- Above all, take the heat seriously; do not ignore danger signals like nausea, dizziness and fatigue. If you or anyone you know needs medical attention, call 911 immediately.
- Family, friends, neighbors, and in-home care providers should check on elderly individuals to ensure they are withstanding the heat and that they are comfortable during their normal sleep times.
- Educate yourself on the warning signs: dizziness, rapid heartbeat, diarrhea, nausea, cramps, thirst, throbbing headache, dry skin (no sweating), chest pain, great weakness, mental changes, breathing problems and vomiting. NOTE: These symptoms can also signal other major related health problems, such as heart failure. Again, if you experience any of them, contact 911 and/or a doctor immediately.
- Limit or curtail physical activity during extremely hot weather. Activity adds to heart strain.
- Avoid alcohol. Alcohol acts as a diuretic, resulting in fast water loss. In addition, alcohol can promote impairments making you less aware of the danger signs of heat stress.
- If you live alone, make arrangements for a trusted relative or neighbor to check in on you regularly.
- Take the heat seriously, pay attention to the danger signs and contact emergency personnel such as 911 or your doctor.
- **KEEP COOL.** The best advice is to keep as cool as possible. So if you or someone you know is vulnerable or faces a special risk from heat stress, please do your part in taking some helpful precautions to help and protect them this summer.

If your home is too hot during the day for your own personal comfort, please come and visit the Guernsey County Senior Citizens Center, Inc. where you are welcomed to enjoy a continental breakfast, delicious lunch, and a host of activities and events that occur throughout the day and are located inside a climate controlled/air-conditioned/ smoke-free facility. For additional information, please call (740) 439-6681 or toll-free 1-866-534-2349. WE ARE OPEN MONDAY - FRIDAY; 8:00 AM - 4:00 PM.

Information provided by the Guernsey County Senior Citizens Center, Inc.

GUERNSEY COUNTY Senior Citizens Center

MAY

Service Statistics



MEALS
SERVED

15,294



TRANSPORTATION

957
TRIPS



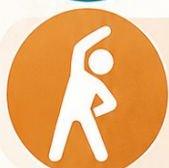
HOMEMAKING

182.25
UNITS



PERSONAL
CARE

3,078
UNITS



EVIDENCE BASED
EXERCISE

26
CLASSES



LEGAL
ASSISTANCE

9.5
UNITS

Serving Seniors.
Strengthening Community.

THANK YOU FOR SUPPORTING
OUR MISSION!

*just a
little note*

There will be NO line dancing or drumming classes in August. These classes are tentatively scheduled to resume after Labor Day!



TAI CHI EXERCISES

This Class is Offered:

Standing Tai Chi—

Monday's at 9:00AM

Seated Tai Chi—

Tuesday's at 9:00AM

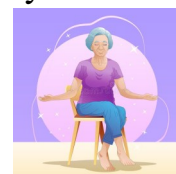
In the first half of the dining room at the Senior Center.



Bingocize Classes

Mondays & 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.



Chair Yoga

is back on Tuesdays

We are excited to have Hope Mercer, a local certified yoga instructor, back with us to offer chair yoga. Hope will be here on Tuesdays at 11:00AM, for one hour. The cost is \$5 per class. Hope's classes offer supportive, gentle movement designed to help seniors stay active, improve strength, and increase flexibility in a safe and comfortable environment.



GOOD OLE GOSPEL MUSIC NIGHT

at



Guernsey County Senior Citizens Center, Inc.

1022 Carlisle Ave. Cambridge, OH 43725

TUESDAY, AUGUST 4, 2026

DOORS OPEN AT 5:00PM

MUSIC BEGINS AT 6:00PM

ADMISSION COST: \$2

Featuring:

Tom Shelton



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



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.



Sponsored Bingo Day by Beckett House Wednesday, August 5th

We will have Beckett House staff joining us to sponsor Fun Bingo on Wednesday, August 5th at 10:00AM. They will be providing the bingo prizes on this day. We hope that many of you can join us!



Sourdough Class Wednesday, August 5th

Sourdough seems to be everywhere! Join Caitlin from OSU Extension on Wednesday, August 5th at 1:00PM to discover the basics of making sourdough. Follow a beginner's sourdough journey, learning techniques from start to finish. To register for this class please call (740) 439-6681.



National Root Beer Float Day Thursday, August 6th

Come celebrate National Root Beer Float day with us on Thursday, August 6th. We will be passing out this delicious treat at 12:00PM in the dining room. We ask that you please make a reservation if you plan to attend this day. You can do so by calling, (740) 439-6681.



Guernsey County
District Public Library

Library Pop Up Friday, August 7th

Guernsey County District Public Library will be here on Friday, August 7th from 9:00AM-10:00AM. They can sign you up for a library card during this time as well. 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!



Breakfast Buffet Friday, August 7th

Come in and enjoy our monthly breakfast buffet at Guernsey County Senior Center from 9:00AM-10:00AM on Friday, August 7th. The breakfast menu will include: western omelet, sausage patty, hashbrown, sausage gravy & biscuit, yogurt, 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.



Cardinal Place ASSISTED LIVING

Sponsored Bingo Day by Cardinal Place Tuesday, August 11th

We will have Cardinal Place Assisted Living staff joining us to sponsor Fun Bingo on Tuesday, August 11th 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, August 11th

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, August 11th** here at the Senior Center.

TRIVIA

Event

?

?



Guernsey County
Senior Citizens Center, Inc.
1022 Carlisle Ave. Cambridge, OH

WEDNESDAY
AUGUST

12TH

@ 12:30 PM

PRIZES
AWARDED
EVERY
ROUND

TEAMS OF TWO
TEAMS CHOSEN AT RANDOM
ANYONE 60+ ELIGIBLE
MEMBERSHIP NOT REQUIRED
ZERO REGISTRATION FEE

FREE
TO
ENTER

CALL
740-439-6681
to
REGISTER

COME TO
PLAY OR
COME TO
WATCH!

FUN
FOR
EVERYONE!



**Sponsored Bingo Day by
Embassy of Cambridge
Thursday, August 13th**

We will have Embassy of Cambridge staff joining us to sponsor Fun Bingo on Thursday, August 13th at 10:00AM. They will be providing the bingo prizes on this day.



**Huntington Fraud Bingo
Thursday, August 13th**

We will have representative from Huntington Bank here with us on Thursday, August 13th at 1:00PM to host a fraud and scam prevention bingo. During this time they will give tips and tricks on how to avoid becoming a victim of scams or fraud while playing bingo. If plan to attend this event please let us know.

**Cookout for Lunch
Friday, August 14th**

We would love to have you join us as we host a Cookout for Lunch on Friday, August 14th here at the Senior Center starting at 11:30AM. The menu this day will be: mushroom Swiss burger, German potato salad, brown sugar baked beans, tomato & cucumber salad, and apple crisp for dessert. If you would like to join us please make a reservation by calling (740) 439-6681.



**Diamond Art Sunflower Craft Class
Monday, August 17th**

We will be hosting a diamond art craft class on Monday, August 17th at 1:00PM. You will be making a diamond art sunflower tabletop decoration like what is pictured above. The cost of this class is \$7.00. If you would like to sign up for this class please call (740) 439-6681.



**Sponsored Bingo Day by The Enclave
Tuesday, August 18th**

We will have The Enclave at Cambridge staff joining us to sponsor Fun Bingo on Tuesday, August 18th at 10:00AM. They will be providing the bingo prizes on this day.



**Monthly Senior Dinner
Thursday, August 20th**

We cordially invite you to join us Thursday, August 20th, for the August monthly senior dinner at 5:00 PM. There will be "Grab & Go" and Dine-In both available on this evening. Menu will include: meatloaf, scalloped potatoes, creamed peas, cottage cheese, peaches, dinner roll with butter, and chocolate cake for dessert. There will also be entertainment and a 50/50 raffle. To make your advance 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 of ticket for this event is "By Donation" for seniors age 60+, suggested donation is \$5.00.



**Commodity Pick-Up
Friday, August 21st**

Guernsey County Senior Citizens Center partners with the Mid-Ohio Foodbank in providing the Commodity Supplemental Food Program. This is an income eligible program for those 60 years of age and older.. The next distribution will be held on **Friday, August 21st** from 10:00AM-3:00PM.



5 Basic Legal Documents Everyone Needs Presentation

Friday, August 21st

Mary Beth from Jarvis Law will be joining us on Friday, August 21st at 12PM. She will be talking about the 5 basic legal documents everyone should have in place. If you would like to attend this informative session please call (740) 439-6681.



Lunch Bunch Group Monday, August 24th

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! August's Lunch Bunch will be meeting at 360 Burger, located at 11201 Cadiz Rd. Cambridge on Monday, August 24th at 11:00AM. 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.



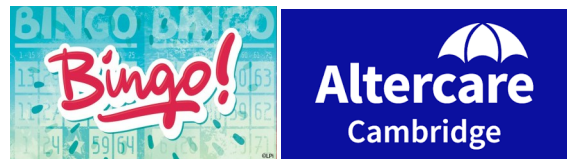
Byesville Dinner Tuesday, August 25th

Please join us at the Stop Nine Senior Center in Byesville at 4:00 PM on Tuesday, August 25th. The menu will include: sweet baby rays BBQ ribs, baked potato with butter & sour cream, corn, dinner roll with butter, and turtle cheesecake for dessert. Please call (740) 439-6681 to make your reservations.



Greeting Card Class Thursday, August 27th

If you enjoy making your own cards, or would like to learn how, we would love to have you join us on Thursday, August 27th at 1:30PM. This class will be hosted by Karen Bay. The cost of the class is \$12.00 which will include 4 cards and all the supplies needed to make the cards. If you would like to try out this class please call (740) 439-6681 to sign up!



Sponsored Bingo Day by Altercare Thursday, August 27th

We will have Altercare of Cambridge staff joining us to sponsor Fun Bingo on Thursday, August 27th at 10:00AM. They will be providing the bingo prizes on this day.



August Birthday Celebration Friday, August 28th

Please plan to join us on Friday, August 28th at 11:30AM as we celebrate August 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.

August Employee Birthdays

Nancy Galbreath	3rd
John Stillion	7th
Ronnie Justice	13th
Shari Frame	19th
Heather King	24th
James Obermiller	24th

GET ACTIVE

in **August**



We All Know there are benefits to being active! Did You Know

**Besides health, there are mental
and social benefits too?**

You don't have to run a mile to be active.
Just getting out is a good place to start.

Engage in hobbies like bingo, card
playing or arts and crafts. Attend events
like dinners, contests, trips and dances.
Participate in a cooking or exercise class
designed for seniors.

Try something that interests you!

Consider your physical abilities and
goals. Use assistive devices as needed.
Encourage your friends to join you.
Getting active in August is as easy as
coming to Guernsey County Senior
Center any day or every day of the week!

Satellite Site Activities

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

Cumberland:

Tuesday, August 4th at 12:00PM

Old Washington:

Wednesday, Aug. 5th at 12:00PM

Pleasant City:

Monday, August 10th at 12:00PM

Byesville:

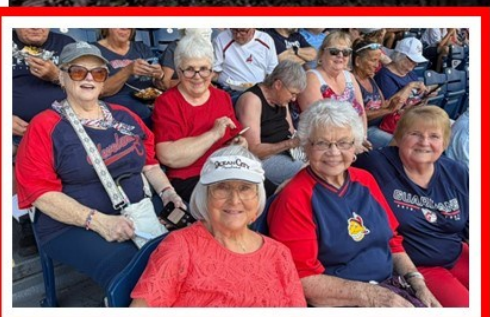
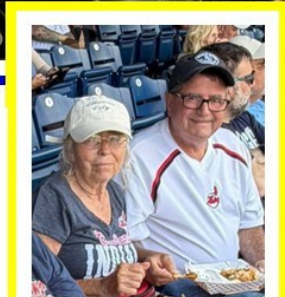
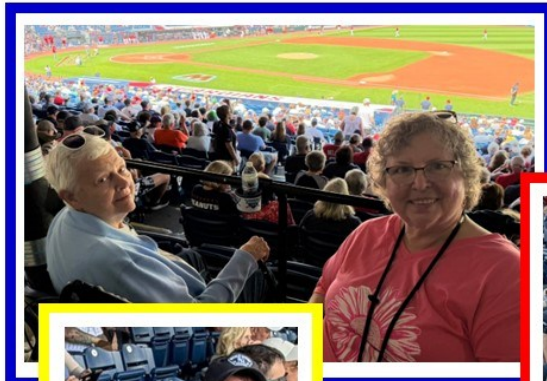
Tuesday, August 25th at 12:00PM

Londonderry:

Temporarily Closed

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)



Submit your entries for the
September newsletter by
August 5th

The theme for September
Fair / Festival

Email entries to
outreach@guernseysenior.org

Here at Guernsey County Senior Center, we love our seniors and their stories!
To show you how much, we want to feature photos submitted by our members.

Email, mail or bring photos to the center to be scanned. GCSCC is not responsible for damage or loss of photos mailed or delivered. Photos can then be picked up after scanning but will not be returned by mail

Tell us who is in the picture and a little about when & why it was taken. Photos can be old or new. A limited number of pictures will be featured in the newsletter. By submitting your photo, you are releasing it for publication by GCSCC.

GUERNSEY COUNTY SENIOR CITIZENS CENTER

proudly sponsors

SENIOR DAY

at the

GUERNSEY COUNTY FAIR

★ WEDNESDAY, SEPTEMBER 16TH ★

SENIOR DAY ENTERTAINMENT SCHEDULE

10:00AM-
11:00AM

The VanDyne Trio

11:15AM-
12:15PM

Get Along Gang

12:30PM-
1:30PM

John Voorhies

1:45PM-
2:45PM

Carson Clouse

3:00PM-
4:00PM

Tracy Blaine

4:15PM-
5:00PM

The Loves



WE WILL BE LOCATED AT THE
LARGE PAVILION
behind the
GRANDSTAND

**DOOR
PRIZES!**

REFRESHMENTS

will be available!



★ SENIOR CITIZENS AGE 60 & OLDER

RECEIVE FREE ENTREE

ON THIS DAY UNTIL **5:00PM!**

We hope to see you there!



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

August 2026 Activities

Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
8:30 AM- Crafting Group 10:00AM -Bingo 11:00 Bingocize 11:00AM Clothes Closet 11:30AM Lunch	9:00AM Seated Tai Chi 9:00 AM Quilters 10:00AM Bingo 11:00 AM Blood Pressure Checks 11:00AM Chair Yoga 11:30AM Lunch 6:00PM Good Ole Gospel Music Night	9:00AM- Sewing 9:00 AM Geri-Fit Exercise 10:00AM -Sponsored Bingo 11:30AM Lunch 12:00PM- Mahjong 1:00PM Sourdough Class	10:00AM Bingo 11:00 AM Bingocize 11:30AM Lunch 12:00PM Root Beer Float Day 12:30 PM- Open Cards	9:00AM Library Pop Up 9:00AM Breakfast Buffet 10:00AM Bingo 11:30AM Lunch 12:00PM Euchre 1:00PM Geri Fit Exercise
10 8:30 AM- Crafting Group 9:00AM Tai Chi Class 10:00AM -Bingo 11:00 Bingocize 11:00AM Clothes Closet 11:30AM Lunch	11 9:00AM Seated Tai Chi 9:00 AM Quilters 10:00AM Sponsored Bingo 11:00 AM Blood Pressure Checks 11:00AM Chair Yoga 11:30AM Lunch 1:30PM Alzheimer's Support Group	12 9:00AM- Geri Fit Exercise 9:00AM- Sewing 10:00AM Bingo 11:30 AM Lunch 12:00PM- Mahjong 12:30PM Team Trivia	13 8:45AM- Lion King Trip 10:00AM Sponsored Bingo 11:00AM Bingocize 11:30AM Lunch 12:30 PM- Open Cards 1:00PM Huntington Fraud/Scam Awareness Bingo	14 9:00AM Geri Fit Exercise 10:00AM Bingo 11:30AM Cookout Lunch 12:00PM Euchre 1:00PM Geri Fit Exercise
17 8:30AM Crafting Group 9:00 AM Tai Chi Class 10:00AM Bingo 11:00 AM Bingocize 11:00AM Clothes Closet 11:30AM Lunch 12:00PM Pleasant City Site Activity 1:00 PM Diamond Art Craft Class	18 9:00AM Seated Tai Chi 9:00 AM Quilters 10:00AM Sponsored Bingo 11:00 AM Blood Pressure Checks 11:00AM Chair Yoga 11:30AM Lunch 12:00PM Cumberland Site Activity	19 9:00AM- Sewing 9:00 AM Geri-Fit Exercise 10:00AM -Bingo 11:30AM Lunch 12:00PM- Mahjong 12:00PM Old Washington Site Activity	20 10:00AM Bingo 11:30AM Lunch 12:30 PM- Open Cards 4:00-5:00PM Grab & Go Dinner 5:00PM - Monthly Dine In Senior Dinner	21 9:00 AM Geri-Fit Exercise 10:00AM Bingo 10:00 AM - 3:00 PM- Food Commodity Pick Up 11:30AM- Lunch 12:00PM Jarvis Law Presentation 12:30 PM- Euchre 1:00 PM Geri-Fit Exercise
24 8:30AM Crafting Group 9:00 AM Tai Chi Class 10:00AM Bingo 11:00 AM Bingocize 11:00AM Clothes Closet 11:00AM Lunch Bunch Group 11:30AM Lunch	25 9:00AM Seated Tai Chi 9:00 AM Quilters 10:00AM Bingo 11:00 AM Blood Pressure Checks 11:00AM Chair Yoga 11:30AM Lunch 12:00PM Byesville Site Activity 4:00 Byesville Dinner	26 8:15AM Elvis Tribute Boat Trip 9:00AM- Sewing 9:00 AM Geri-Fit Exercise 10:00AM -Bingo 11:30AM Lunch 12:00PM Mahjong	27 10:00AM Sponsored Bingo 11:00 AM Bingocize 11:30AM Lunch 12:30 PM- Open Cards 1:30PM Greeting Card Class	28 9:00AM Geri Fit Exercise 10:00AM Bingo 11:30AM Birthday Luncheon 12:30 PM- Euchre 1:00PM Geri Fit Exercise
31 8:30AM Crafting Group 9:00 AM Tai Chi Class 10:00AM Bingo 11:00 AM Bingocize 11:00AM Clothes Closet 11:30AM Lunch				

August 2026 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Kielbasa w/Peppers & Onions Haluski Key Largo Vegetables Sliced Peaches Choice of Bread/Margarine Choice of Milk	4 Baked Lasagna French Style Green Beans Chery Crisp 100% Fruit Juice Garlic Bread Choice of Milk	5 Monterey Chicken Loaded Mashed Potatoes Buttered Corn Fresh Orange Choice of Bread/Margarine Choice of Milk	6 Turkey & Swiss Croissant w/ Lettuce & Tomato Broccoli Salad Fresh Grapes Tapioca Pudding Choice of Milk	7 Lemon Pepper Fish over Rice Pilaf Carrots Warm Cinnamon Applesauce Coleslaw Choice of Bread/Margarine Choice of Milk
10 Honey Dijon Chicken Scalloped Potatoes Mixed Vegetables Fresh Pear Choice of Bread/Margarine Choice of Milk	11 BBQ Pork Chop Red Beans & Rice Peas Fruit Cocktail Choice of Bread/Margarine Choice of Milk	12 Beef Stroganoff w/Noodles Baby Carrots Blueberry Crisp 100% Fruit Juice Choice of Milk	13 Cobb Salad w/Dressing & Crackers Three Bean Salad Sliced Strawberries Blueberry Muffin Choice of Milk	14 Mushroom Swiss Burger German Potato Salad Brown Sugar Baked Beans Tomato & Cucumber Salad Fresh Apple Choice of Milk
17 Crispy Chicken Leg Macaroni & Cheese Seasoned Green Beans Mixed Fruit Cup Coleslaw Choice of Bread/Margarine Choice of Milk	18 Cabbage Roll Mashed Potatoes Creamed Corn Tropical Fruit Choice of Bread/Margarine Choice of Milk	19 Salisbury Steak Red Skinned Potatoes Italian Vegetables Applesauce Choice of Bread/Margarine Choice of Milk	20 Glazed Ham Baby Baker Potatoes Lima Beans 100% Fruit Juice Cornbread/Margarine Choice of Milk	21 Open Faced Roast Beef w/ Texas Toast Mashed Potatoes w/Beef Gravy Broccoli Florets Fresh Banana Choice of Milk
24 Meatball Sub Potato Wedges Baby Carrots Pineapple Chunks Choice of Milk	25 Pork Loin w/Pork Gravy Diced Sweet Potatoes Cauliflower w/Cheese Sauce Mandarin Oranges Dinner Roll/Margarine Choice of Milk	26 Chicken Strips w/Ranch Baked Beans Brussel Sprouts Watermelon Choice of Bread/Margarine Choice of Milk	27 Beef Ravioli w/Marinara Sauce Italian Blend Vegetables Cinnamon Pears 100% Fruit Juice Breadstick/Margarine Choice of Milk	28 Scrambled Eggs Sausage Gravy & Biscuit Hashbrown Triangle 100% Tomato Juice Choice of Milk
31 Chipped Beef over Mashed Potatoes Sliced Carrots Harvard Beets Pineapple Tidbits Biscuit/Margarine Choice of Milk	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 Byesville Site serves lunch at 11:30 am. Monday—Friday. Pleasant City 11:30-1:00 pm Monday & Thursday, Cumberland 11:30-1:00 pm, Tuesday & Friday, Londonderry site is temporarily closed, and Old Washington site Wednesday & Friday from 11:30am-1:00pm. Dine-In or Grab & Go Options Available. If you have any questions about our nutrition services please call 740-439-5717 or toll free at 1-866-534-2349. Each meal includes a choice of white, wheat, or specified bread and a choice of either 2% or Skim Milk. Ingredient content can be found on our website at www.GuernseySenior.org . *Menu subject to change depending on item availability. This institution is an equal opportunity provider.			



Thank you

A Special "Thank You"

. We would like to take this opportunity to personally thank each and every special individual who made a generous gift during the month of June:

Rick Clay
Anonymous
Kathy Wray
In Memory of Rose Kopyar
BJ Yates
Beckett House
Cardinal Place
Embassy of Cambridge
The Enclave of Cambridge
Biggs Insurance

As August Ends

Sunflowers
 bow beneath
 scorching sun.

Hummingbirds
 drink deep—prep
 for long trek.

All around,
 lawns gone brown
 thirst for fall.

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**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.

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.

Clothes Closet on Mondays

The Guernsey County Senior Citizens Center maintains a clothes closet exclusively for senior citizens and it can be visited on Mondays, 11:00 AM – 12:00 noon. Our friendly clothes closet volunteers Rachel Milligan & Marsha Kerr will assist you. Just a courtesy reminder we do have limited space for the clothing donations, so we ask that you please only bring one small bag with donations at a time. If you would please call us at 740-439-6681 before bringing in your donations that would be greatly appreciated!



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 June:**

Melissa Essex
Robert Pheil
Jerry Albaugh
Ronald Holdron
Paula Bucu
Ed Keller
Robin Keller
Rebecca Wells
Mandy Lenhart

Kathy Powell
Larry Hivnor
Pamela Hivnor
Thomas Martin
Gloria Dickey
Cindi Quarles
Victoria Savage
Christy Walter
Chris McCune

Summer Crisis Program Begins July 1

More than 55,000 Ohio households served in 2025

The Ohio Department of Job and Family Services and the Area Agency on Aging, Region 9 are once again offering assistance to help Ohio's families stay cool during the hot summer months. From July 1 through Sept. 30, income-eligible Ohioans can receive assistance in paying their electric bill, purchasing an air conditioner or fan, or making repairs to their central air conditioning unit through the Ohio Department of Job and Family Service's Home Energy Assistance Summer Crisis Program (HEAP). The Summer Crisis Program assists low-income households and those that have a disconnection notice, have been shut off, are trying to establish new service on their electric bill, require air conditioning, or those with a household member age 60 or older and/or a household member with a documented medical condition. Qualifying medical conditions can include lung disease, Chronic Obstructive Pulmonary Disease, asthma, and others.

To qualify for assistance, Ohioans must have a gross income at or below 175 percent of the Federal Poverty Guidelines for a family of up to seven members, and 60 percent of the State Median Income for a family of eight or more members. For a family of four, the annual income must be at or below \$57,750.

Last year, the Summer Crisis Program assisted more than 55,000 households in Ohio, providing a total of \$12.4 million in benefits.

To apply for the program, clients are required to schedule an appointment with GMN Tri-County. Appointments can be scheduled by calling 740-955-8001. Clients need to bring copies of the following documents to their appointment:

- Copies of their most recent energy bills.
- A list of all household members and proof of income for the last 30 days or 12 months for each member.
- Proof of U.S. citizenship or legal residency for all household members.
- Proof of disability (if applicable).
- Physician documentation that cooling assistance is needed for a household member's health.

Ohioans enrolled in the Percentage of Income Payment Plan Plus (PIPP) program who meet the above criteria may also be eligible for assistance, or central air conditioning repairs, or may receive an air conditioning unit and/or fan. For more information about the Summer Crisis Program, and what is needed to apply, older Ohioans may contact Guernsey County Senior Center at 740-439-6681. To be connected to your local Energy Assistance Provider 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.

August 2026 Birthdays

08/01	JoEllen Hayes Nancy Holliday Kathleen Kostanoski Carolyn Lantz Donald Mitchell Billy Mullins Jin Routson Janet Teichman Dagmar Thomas	08/14	Sherry Cramblett Beverly Cullen Nancy Dickson Alan Fomorin Maggie Money Judy Scheltz Pamela Sinfield Kathy Wray	08/23	Elaine Costanzo Bill Domitrovic
08/02	Donetta Clark Jim Montgomery Reese Tipton	08/15	Sue Arden Ruth Ford Robert Meeks John Sprouse	08/24	Richard Baker Barbara Moore Victoria Savage
08/03	Maxine Chalfant Katherine Drake Nancy Galbreath	08/16	Lillian Base Susan Burton Helen Chesar Anita Frencik Sally Gamble Jean High Harry Hitchcock Kathy Johnson Harold Thompson	08/25	Sheila Feldner Linda Hardy Sue Johnson Marlene Phillips Martha Price Janet Schmelzenbach
08/05	Jeff Cowan Shirley Marmie-McCance Jorja McDaniel Kimberly Power Margaret Waddell		Charles Norman Howard Starr Elizabeth Taylor Ron Wilkins Nancy Daniele Janet Roll Charolyn Ford Marjorie Hanning Carol Hill Joyce Hissong Lisa Polch Bill Ankrom Darla Fitzgerald Aretta Green Christine Johnson Kathy Jones Linda Baker Bonnie Hollins Florence Ice Jackie Webb Mary Davis Butch Duche' Richard Johnston Kathleen Vedda Virginia Winget	08/26	Diann Bachmann
08/06	Wilda DeLong Rachel Hall Margaret Keringer Cathy Valentine	08/17		08/27	Thomas Douglas Marie Lunsford
08/07	Don Burris Johanna Didcote Charla Lowery MaryAnn Pachuta Terri Scott Jeanine Thompson	08/18		08/28	Mary Heston Fletta Mason Anne McMahon Sheila Feldner Lorna Gibson Janiece Stillion Kenneth Vennon JoAnne Wells Clay Curtis Tamara Kelm John LePage Jr. Barbara Pittillo MaryAnn Angler Linda Krause Colleen McDermott Cindy McKendry Thomas Tedrick
08/08	Marilyn Brown Kay Jenkins Connie White	08/19		08/29	
08/09	Juanita Callihan Karen Edwards Sheila Ellenberger Beverly Kerr	08/20		08/30	
08/10	Laura Fields Jerome Nahanee	08/21		08/31	
08/11	Rosalind Hillis Marilyn Parks				
08/12	Herbert Kenworthy Fannie Neuhart Judith Nicholson	08/22			
08/13	Evelyn LaFever				

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



Boating Word Search

ABEAM
AFT
ANCHOR
BAIL
BARGE
BEAM
BOW
BULKHEAD
CANOE
CARRIER
CLIPPER
CREW
CRUISE
CURRENT
DECK
DINGHY
DOCK
ENGINE
FERRY
FRIGATE
GALLEON
GALLEY
GONDOLA
HELM
HOIST
HOUSEBOAT
KAYAK
KEEL
KNOT
LANYARD
LAUNCH
LIFEBOAT

MAST
MOTORBOAT
NAUTICAL
OAR
OFFSHORE
PADDLE
PASSAGE
PORT
PROPELLER
RAFT
RIGGING
ROPE
ROW
RUDDER
SAIL
SCHOONER
SHIP
STARBOARD
STERN
STOW
TIDE
TUGBOAT
VESSEL
VOYAGE
WAKE
WATER-
CRAFT
WHEEL
WINCH
WINDWARD
YACHT

MTEMLEHXLTEHQRMKGNWVSLDM
BLANIPFSAVVXNPEPKSILKETQV
OEROIRFRUKLZABEIOABMEKNOT
FSAFBREONACDHTAQRUPKRQYJW
FHLMREAWCXDBARGELRSENI LLR
SLRWEOSMHLGGGSOKGTAKCODKO
HROI PUPUEEIGTHHAFANCZPRAH
OEWNPCSEOREAEEOARLLKTIHYC
RLFCILURFHOLALRLLWCLJHRAN
ELHHLNWREBMDMSCRUISEESCKA
BEBUCETORNAUTICALDPUEYTAK
FPTORUSODEOLESSEVMEPINAVY
AOXCGRTRQBNOJJLXGPWMAEBAC
DRLBUOAMBIQTHRYEWMQTDCEF
QPODMORLOXQYTCLONEEWIGSLY
UADLBOIRWEWLHFSZHIGYDOAQS
TECRAFJQHEIVUGAWPPGAENRNS
RXATENIEGASSAPRJODDNYDWKQ
LTSBJBYIBRIGGINGZITLEOGVI
STOIODRAWDNIWJDVNUSNALVVN
EARCAQRBHRHQYPSMGEHASRAILY
TPNOEHEEWDVSBKHGWMMUPDCVA
LIASPUFKAZMPLYGALLEONEVZY
FHSTERNATSIOHUZOWCVZJCWIV
UCVQSEGWATERCRAFTHVZUKTUS



LINES
MARINE



"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 (temporarily closed), 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. 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, Mahjong, Monthly Theme Dinners, Line 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 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!**