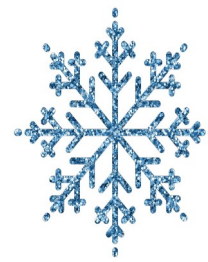


"Celebrating 52 Years of Serving Guernsey County"

Senior Times Newsletter



Volume 52 Issue 1

Guernsey County Senior Citizens Center, Inc.

January 2024

Special Events:

Pre New Years Eve Luncheon
Friday, Dec. 29th

HEAP Available for Senior Citizens
For details, please call (740) 439-6681 today!

BREAKFAST BUFFET
Friday, Jan 5th

CLOSED
Martin Luther King Day
Monday, Jan. 15th

National Popcorn Day
Friday, Jan. 19th

Snowman Craft Class
Tues. Jan. 23rd

AARP INCOME TAX PREPARATION ASSISTANCE
Please call to make your appointment!

1022 Carlisle Ave, Cambridge, Ohio 43725

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

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

A New Year Message from the Executive Director

Dear Seniors,

Happy New Year! I hope everyone had a happy, safe, and blessed Christmas and you're looking forward to ushering in and welcoming another new year! As we look forward to what the year will hold in store for each of us, please know my staff and I wish everyone a happy, healthy, and prosperous 2024!

National Eye Care Month is celebrated every year in January for one reason: caring for our eyes. Our entire body is one remarkable macro-organism that is still not fully understood by doctors and scientists. Every organ has a unique function, and although it is hard to determine which organ is the most important one can easily say that eyes serve a very important purpose i.e., to see! So to cherish our eyes, one must care for them, and voilà, the National Eye Care Month exists to serve this need.

Adults ages 40 and older in the United States are at the highest risk for eye diseases. The risk rais-



You're Cordially Invited to attend the

January Monthly Dinner

January 18, 2024

Entertainment at 4:00 PM

Dinner Served at 4:30 PM

Music~ Dinner~ Door Prizes

For reservations, please call (740) 439-6681

-es even more for seniors aged 65 and above.

Vision loss doesn't just impact your eyes. It can also raise the chances of social isolation, falls and accidents, chronic health conditions, and depression. Many

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

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

"Serving Senior Citizens Throughout Guernsey County"

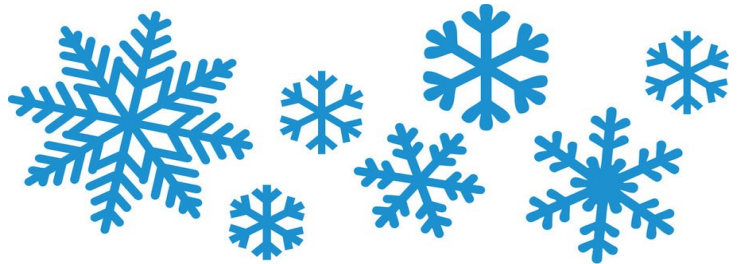
health conditions that impact vision are treatable and can be managed when taken care of early. This makes regular eye care even more important for seniors. Common age-related vision problems in the senior population include cataracts, age-related macular degeneration (AMD), glaucoma, and dry eye. Early detection and healthy lifestyle choices, including diet and exercise, can help to prevent vision loss from progressing and deter some vision issues. Traditional Medicare does not cover eye exams, but some Medicare Advantage Plans and vision insurance providers offer coverage for seniors. Age-related vision changes can impact driving. Being aware of these changes and taking extra precautions can help seniors drive safely. Thankfully, there are various resources to help seniors with vision-related concerns.

The body and mind go through a lot of changes as we age, and the eyes are no exception. Vision issues are directly related to a higher incidence of anxiety, depression, social withdrawal, accidents and falls, and chronic medical conditions. Taking care of your eyes also means taking care of your body and your mental health.

Seniors make up two-thirds of the legally blind population in the United States who lost their vision due to an age-related eye disease. Many of these conditions are treatable, manageable, and even preventable with regular care. Nearly 3 million older Americans are impacted by vision impairment. Eye care that addresses eye diseases and refractive errors can help to fix close to half of these issues. Regular medical checkups and eye exams can decrease the chances for vision loss and impairment. These exams can help to control some of the potential causes of vision loss as well as catch potential issues early on. Often, there are few if any symptoms for many eye-related conditions and diseases until they have progressed to an advanced state. Regular checkups, eye exams, and healthy lifestyle choices can help to preserve vision and overall health. An eye exam can also often catch other health issues, such as stroke and diabetes.

The American Optometric Association (AOA) recommends that seniors ages 65 and older get regular eye exams every year. If you are at a high risk for eye disease or vision impairment, check with your doctor to see if they want you to get more frequent exams. An annual physical with a medical professional can help to detect any diseases or conditions that can impact the eyes.

Various health issues are more likely with aging, including heart disease, diabetes, and high blood pressure — all of which can also damage the eyes. This is why health and vision care are so important, especially for seniors. The body and eyes change with age. A common side effect of aging is presbyopia, which is the loss of clear vision up close. This generally sets in after the age of 40 and can progress with age. It happens as the lens of the eye becomes more rigid and less able to adapt to focus on close-up tasks, such as reading.



These are common vision problems for seniors:

Cataracts: These occur when the proteins in the lens of the eye start to break down and clump together, causing the lens to get cloudy. The most common cause of cataracts is aging. Most often, they can occur any time after age 40, and the risk increases each decade. By age 75, around half of all Caucasian Americans have a cataract. This statistic jumps to nearly three-quarters by age 80. Symptoms of cataracts include:

- Light sensitivity
- Blurry vision
- Trouble with night vision
- Seeing double
- Halos appearing around lights
- Colors being muted

You can slow the progression of cataracts by protecting your eyes from UV light. Cataracts can be treated with a quick and safe surgery that replaces the cloudy lens with an artificial intraocular lens (IOL). This surgery is 90 percent effective.

Age-related macular degeneration (AMD): AMD blurs central vision by impacting the macula. It is the number one cause of vision loss in people over the age of 50. It is a common condition that causes a blurry spot to appear in the middle of your vision. Late-stage AMD can also make your vision appear wavy. There is no direct treatment for AMD, but there are ways to slow its progression and lower your risk.

- Do not smoke.
- Eat a healthy diet that includes fish and leafy green vegetables.
- Keep your cholesterol and blood pressure in healthy ranges.
- Exercise regularly.



Glaucoma: There are often no early symptoms or warning signs for this group of diseases that can damage the optic nerve. Glaucoma is the second leading cause of blindness in the world and the number one cause of blindness in seniors. African Americans over 40, and everyone over age 60 are at risk for glaucoma. Other risk factors include being diabetic or having a family history of glaucoma. Glaucoma occurs when fluid builds up in the front of the eye and raises eye pressure. This can put strain on the optic nerve, causing damage to it. The damage cannot be undone, but there are ways to keep glaucoma from progressing or to prevent it from occurring.

- Get regular eye exams where your eye

pressure is checked.

- Use medications, such as eye drops, to stall the progression of glaucoma.
- Consider laser surgery to help drain fluid from the eye.

Consider optical surgery to make a new drainage channel in the eye. Glaucoma typically impacts peripheral vision first before moving on to central vision. Let your doctor know if you are experiencing any changes to your vision.

Dry eye: This is a common and chronic condition that happens when tears do not properly lubricate the eyes. Dry eye can impact vision and be generally uncomfortable. Dry eye is especially common in older adults, and the majority of seniors experience dry eyes. Women are more likely to have dry eyes than men. Environmental factors, medications, and some medical conditions can all be risk factors for the condition.

These are symptoms of dry eyes:

- Burning or eye irritation
- Redness of the eyes
- Blurry vision
- Light sensitivity
- Watery eyes

Dry eyes can be treated by adding tears, such as artificial tear solutions, as well as through measures to increase tear production, preserve tears, and treat potential inflammation in the eyes. Nutritional supplements with essential fatty acids can also be beneficial to some people. It can also be helpful to stay hydrated by increasing water intake.

Prevention and Preservation of Eye Health

Preventative care can help you maintain your vision and eye health. Routine medical and vision checkups can catch issues early and keep them from impacting your vision and general health. Seniors need to pay special attention to changes in their bodies and eyes. Report these problems to your doctor, as they can be signs of additional issues that should be addressed. Here are some additional tips to help seniors maintain healthy eyes:

- Prevent injuries by wearing eye protection when doing home improvement projects.

- Increase the lighting in rooms to improve visual acuity.
- Secure rugs and stair banisters, use slip-proof mats in the bath or shower, use rails when needed, and remove trip hazards.
- Exercise regularly and within a healthy range. Walking, yoga, and stretching can all be beneficial.
- Protect your eyes from UV light by wearing sunglasses outside.
- Get enough sleep and allow your eyes to rest.
- Eat a healthy and balanced diet.

Insurance & Medicare Coverage

Traditional Medicare does not cover routine eye exams or prescription corrective lenses, but certain Medicare Advantage Plans (Part C) can include vision insurance. Check with your local insurance carrier and Medicare Advantage Plan to find out about their vision insurance coverage and what exactly will be included. Typically, these vision plans will cover an annual eye exam, fittings for contacts or glasses, and either contacts or prescription eyeglasses. Medicare covers the following eye care services:

- Cataract surgery or necessary surgery to repair the eye due to a chronic condition
- A standard pair (custom pair is covered if deemed medically necessary) of eyeglasses or contacts after cataract surgery
- Diagnostic eye exam in the event of vision problems
- Annual eye exam if diabetes is diagnosed or there is a high risk for glaucoma

There are many vision insurance providers that offer coverage for routine eye care. Vision insurance can save you money on larger expenses, and you'll need to pay your monthly premium to maintain your coverage. Vision insurance is typically separate from your standard health insurance plan. The Seniors Program through EyeCare America offers free and low-cost vision care for eligible seniors. People who do not have coverage through the VA or an HMO, are ages 65 and

and older, are US citizens, and have not been to an ophthalmologist in three years can qualify for a medical eye exam and one year of follow-up care.

Driving Safety Tips

Aging can impact reflexes, physical fitness levels, and vision. All of these can affect driving abilities. Close to 20 percent of all traffic fatalities involve people ages 65 and older. The National Highway Traffic Safety Association (NHTSA) offers a self-assessment to help seniors recognize when driving abilities could be impaired. Seniors can keep driving as long as it is safe to do. Some states have restrictions on "older drivers." Check with your local Department of Motor Vehicles (DMV), as they can vary from state to state. Aging can make it more difficult to transition between light and dark, which can make driving at night or in the rain more challenging.

Here are some safety tips for senior drivers:

- Drive during the day and in dry weather.
- Reduce overall speed.
- Consider a driving course aimed at seniors.
- Use extra caution at intersections.
- Keep the inside and outside of the car windshield (and any eyeglasses) clean.
- Avoid eyewear with wide frames that can further decrease side vision.
- Adapt the vehicle to enhance driving ability and comfortability.

Ultimately, information regarding eye care is as important as "I care" and taking care of yourself throughout 2024. We look forward to seeing you and visiting with you soon!

*Have a Healthy & Happy
New Year!*

Sincerely,

Shon E. Gress

Shon E. Gress, MSHCS, BSC

Executive Director/CEO

Certified Administrator of Aging Services





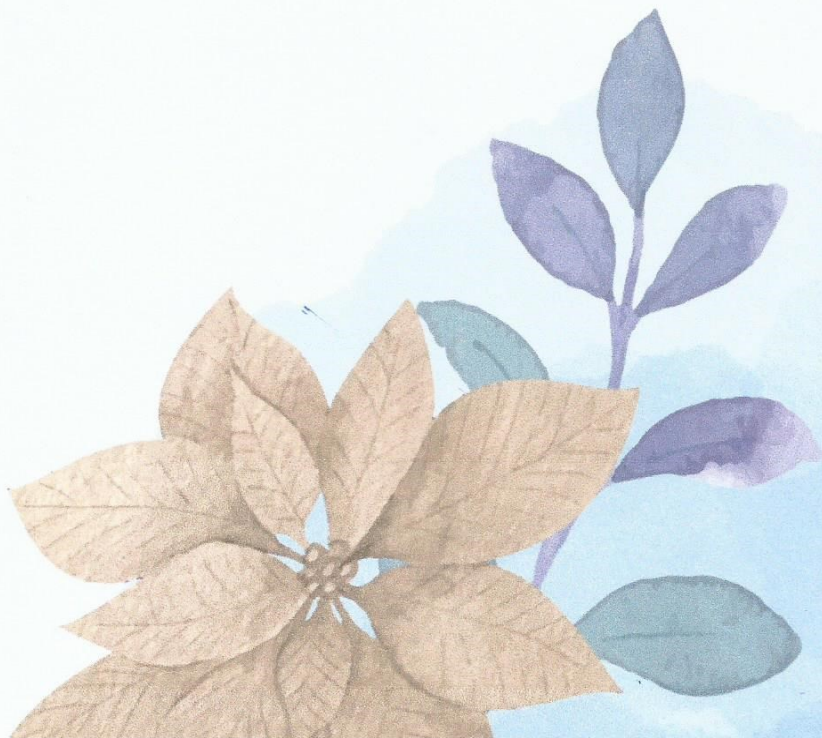
Thank You

Dearest Seniors,

I wanted to take this time to express my sincere thanks to each of you for all of the beautiful cards and kind wishes you have sent me for my retirement. I will cherish all of the fond memories and wonderful times that I have shared with each of you along my amazing journey while working here at the Guernsey County Senior Citizens Center. It has been a true honor and blessing to have worked with each of you. Thank you all from the bottom of my heart and may God bless each and every one you!

Love,

Janie Downerd
Activities Director





“Share the Love” this Holiday Season

Dear Friends & Supporters,

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

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

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

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



Guernsey County Senior Citizens Center, Inc.

Warmest Holiday Thanks & Best Wishes

Shon E. Gress

Shon E. Gress, Executive Director



Meals on Wheels Guernsey County

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

Name: _____

In-Honor/Memory of, Family/Business Name: _____

Address: _____

Donation Amount: _____

Please complete and mail your 2023/2024 tax-deductible donation to:

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

*Closed for the
New Year!*

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



Breakfast Buffet Friday, January 5th

Come in out of the cold and warm up at our monthly breakfast buffet at Guernsey County Senior Center from 9:00AM-10:00AM on Friday, January 5th. The breakfast menu will include: sausage, egg & cheese casserole, hash-brown, biscuits & sausage gravy, fresh fruit, juice, water & coffee. This event is "by donation" for seniors age 60+ and the suggested donation is \$5.00. To make your reservation please call (740) 439-6681.



Line Dancing Class on Mondays

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



Guest Speaker Catlin Smith from OSU Extension Office Tuesday, January 9th

Catlin Smith, a Family Consumer Science Educator from OSU Extension Office will be here at the Senior Center on Tuesday, January 9th at 11:00AM to speak about all of the programs they offer. We hope that you plan to attend this informative session.



Cardio Drumming Class on Tuesdays

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



Alzheimer's Support Group Tuesday, January 9th

Individuals who are impacted by Alzheimer's disease often need support and have many questions. The Senior Center hosts a local Alzheimer's Support Group on the second Tuesday of each month at 1:30 PM. The next meeting will be held on **Tuesday, January 19th** here at the Senior Center. For more information, please contact our friend and supportive group leader, Mary Jo Moorhead, at (740) 777-2061.



Zanesville Historical Trip Wednesday, January 10th

Come travel back in time and enjoy a day of historical tours in Zanesville on Wednesday, January 10th. Our first stop will be a tour of Dr. Increase Mathews House. Next, we will visit the Stone Academy for a tour. After this tour we will enjoy lunch, which is on your own, at Muddy Misers. Our last stop before heading home will be at the Museum of Arts in Zanesville for a guided tour. This trip will depart at 8:45AM and return at 4:00PM. The cost of this trip will be \$30.00 for members and \$43.00 for non-members. If you would like to make a reservation for this interesting trip please call (740) 439-6681.



Mahjong on Wednesdays

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



Satellite Site Activities

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


Pleasant City:
Thursday, January 11th at 12:00PM

Cumberland:
Friday, January 12th at 12:00PM

Byesville:
Tuesday, January 16th at 12:30PM

Londonderry:
Monday, January 22nd at 12:00PM

Old Washington:
Wednesday, Jan. 24th at 12:00PM



MARTIN LUTHER KING JR. DAY

★ ★ ★ ★ ★

I HAVE A DREAM

**Guernsey County Senior Citizens Center Inc. & Meals on Wheels
Guernsey County will be
CLOSED on
Monday, January 15th
for Employee In-Service. If you
have any questions or concerns
about services you may receive,
please contact the Senior Center
at (740) 439-6681.**



Monthly Senior Dinner Thursday, January 18th

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

We cordially invite you to join us Thursday, January 18th, monthly senior dinner at 4:00 PM. There will be "Grab & Go" and Dine-In both available on this evening. Menu will include: BBQ pork finger ribs, sour cream & chive twice baked mashed potatoes, buttered corn, peaches, and marble cake with chocolate frosting for dessert. There will also be entertainment and a 50/50 raffle. To make your advanced reservations please call (740) 439-6681. "Grab & Go" meals will be served to seniors inside their vehicles from 4:00PM-5:00PM at Guernsey County Senior Citizens Center, Inc. located at 1022 Carlisle Ave., Cambridge, OH. Cost for this event is "By Donation" for seniors age 60+. If you are dining in, please remember to bring your scan cards to sign in. If you do not have a scan card, please stop back at our nutrition window and ask about getting one made.

A Friendly Reminder:

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



Commodity Pick-Up Friday, January 19th

Guernsey County Senior Citizens Center partners with the Mid-Ohio Food Bank in providing the Commodity Supplemental Food Program. This is an income eligible program. If you would like to see if you qualify please call (740) 439-6681. The next distribution will be held on **Friday, January 19th** from 10:00AM-3:00PM.



National Popcorn Day Friday, January 19th

National Popcorn Day celebrates one of nature's most extraordinary foods: popcorn! We invite you to come in join us for National Popcorn Day on Friday, January 19th. The popcorn will be served at 12:00PM, during our lunch time. Please make your reservation by calling (740) 439-6681

Snowman Craft Class Tuesday, January 23rd

If you're feeling crafty, come in out of the cold and join us for our snowman craft class on Tuesday, January 23rd at 2:00PM. The cost of this class will be \$10.00 and will include everything needed to make the craft. If you would like to sign up, please call (740) 439-6681.



January Birthday Celebration Friday, January 26th

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



Byesville Dinner Tuesday, January 30th

Please join us at the Stop Nine Senior Center in Byesville at 4:00 PM on Tuesday, January 30th. The menu will include: chicken cordon bleu, mashed potatoes & chicken gravy, buttered corn, dinner roll & butter, and mandarin orange dessert. Please call (740) 439-6681 to make your reservations.



A Special “Thank You”

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

- Gloria Siegfried**
- Barb Paden**
- Niki Weber**
- Peggy Ringer**
- Larry Folger**
- Dottie Selock**
- Paula Craig**
- Ted & Allison Bailey**
- GCSCC Crafters**
- Guernsey County Veterans Service Commission**
- Wild Things 4-H Club**
- James & Loretta Moss**
- Dale & Paula Shockley**
- Cathy Yontz**
- Richard & Ramona Springer**
- Larry & Sandy West**
- Jorja McDaniel**



January Employee Birthdays

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



Cranberry Salad Recipe

Ingredients:

- 2- Packages of Cherry Jell-O
- 1- Cup Diced Celery
- 6- Diced Apples
- 1- 14oz Can of Cranberry Sauce
- 1- Cup Sugar
- 1-Cup Nuts

Directions:

1. Combine cranberries and sugar, let stand.
2. Add nuts, celery, and apples.
3. Dissolve Jell-O as directed and add to other ingredients.
4. Chill to set.



WHAT YOU SHOULD KNOW IN CASE OF A WINTER EMERGENCY

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

Protect Yourself Against Hypothermia This Winter

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

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

Symptoms of mild hypothermia include:

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

Symptoms of severe hypothermia include;

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

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

To avoid hypothermia:

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

OTHER TIPS:

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



Congratulations to our 2023 Caregiver of the Year Dale Whitis



Caregiver of the Year, Dale Whitis (L),
with GCSCC Employee Kylee Quinn (R)

We were blessed to be able to host our Caregiver Appreciation Luncheon on November 3rd, 2023. We awarded Mr. Dale Whitis as our 2023 Caregiver of the Year! Dale was a dedicated, loyal, and inspiring caregiver to his wife who passed away earlier in 2023. He cared for her through 2 strokes and the onset of dementia. Dale told us during the luncheon that until recently he didn't even realize that he had been a caregiver. Dale's two daughters surprised him by attending the luncheon and were there to see him get the award as well.

AARP Foundation[®]

TAX-AIDE

Free Tax Preparation

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

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

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

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

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



MEALS on WHEELS
GUERNSEY COUNTY
TOGETHER, WE CAN DELIVER.

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

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

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



MEALS on WHEELS AMERICA



OhioAGING
ADVOCACY COALITION

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

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

January 2024 Activities

Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
<p>CLOSED</p> <p><i>Happy New Year!</i></p>	<p>9:00AM- Quilters 9:00 AM- Blood Pressure Checks 10:00AM- Bingo 11:30AM- Lunch 1:00PM- Cardio Drumming Class</p>	<p>9:00AM -Geri Fit Exercise 9:00AM- Sewing 10:00AM- Bingo 11:30AM- Lunch 12:00PM- Mahjong</p>	<p>10:00AM -Bingo 11:30AM- Lunch 12:30 PM- Open Cards</p>	<p>9:00AM Breakfast Buffet 10:00AM -Bingo 11:30AM- Lunch 12:30 PM- Euchre</p>
<p>8:30 AM- Crafting Group 9:00AM- Tai Chi Class 10:00AM -Bingo 11:30AM- Lunch 1:00PM- Line Dancing Class</p>	<p>9:00AM- Quilters 9:00 AM- Blood Pressure Checks 10:00AM- Bingo 11:00AM Guest Speaker from (SU Extension Office) 11:30AM- Lunch 1:00PM- Cardio Drumming Class 1:30PM- Alzheimer's Support Group</p>	<p>8:45AM Zanesville Historical Trip 9:00AM -Geri Fit Exercise 9:00AM- Sewing 10:00AM- Bingo 11:30AM- Lunch 12:00PM- Mahjong</p>	<p>10:00AM -Bingo 11:30AM- Lunch 12:00PM- Pleasant City Satellite Site Activity 12:30 PM- Open Cards</p>	<p>10:00AM -Bingo 11:30AM- Lunch 12:00PM Cumberland Site Activity 12:30 PM- Euchre</p>
<p>CLOSED</p> 	<p>9:00AM- Quilters 9:00AM- Blood Pressure Checks 10:00AM- Bingo 11:30AM- Lunch 12:30PM Byesville Site Activity 1:00PM- Cardio Drumming Class</p>	<p>9:00AM- Geri Fit Exercise 9:00AM- Sewing 10:00AM- Bingo 12:00PM- Mahjong</p>	<p>10:00AM -Bingo 10:00AM- Pickleball in Byesville 11:30AM- Lunch 12:30 PM- Open Cards 4:00PM-5:00PM Grab & Go Monthly Dinner 4:00PM- Dine In Monthly Dinner</p>	<p>10:00 AM - 3:00 PM- Food Commodity Pick Up 10:00AM -Bingo 11:30AM- Lunch 12:00PM National Popcorn Day 12:30 PM- Euchre</p>
<p>8:30 AM- Crafting Group 9:00AM- Tai Chi Class 10:00AM -Bingo 11:30AM- Lunch 12:00PM Londonderry Site Activity 1:00PM -Line Dancing Class</p>	<p>9:00AM- Quilters 9:00 AM- Blood Pressure Checks 10:00AM- Bingo 11:30AM- Lunch 1:00PM- Cardio Drumming Class 2:00PM Snowman Craft Class</p>	<p>9:00AM- Sewing 10:00AM -Bingo 11:30AM- Lunch 12:00PM- Mahjong 12:00PM Old Washington Site Activity</p>	<p>10:00AM -Bingo 10:00AM- Pickleball in Byesville 11:30AM- Lunch 12:30 PM- Open Cards</p>	<p>10:00AM -Bingo 11:30AM- Birthday Luncheon 12:30 PM- Euchre</p>
<p>8:30 AM- Crafting Group 9:00AM- Tai Chi Class 10:00AM -Bingo 11:30AM- Lunch 1:00PM -Line Dancing Class</p>	<p>9:00AM- Quilters 9:00 AM- Blood Pressure Checks 10:00AM -Bingo 11:30AM- Lunch 1:00PM- Cardio Drumming Class 4:00PM Byesville Dinner</p>	<p>9:00AM- Geri Fit Exercise 9:00AM- Sewing 10:00AM -Bingo 12:00PM- Mahjong</p>	<p>10:00AM -Bingo 10:00AM- Pickleball in Byesville 11:30AM- Lunch 12:30 PM- Open Cards</p>	

January 2024 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Closed in Observance Of the New Year's Holiday. <i>Frozen Meal Available Upon Request</i></p>	<p>2</p> <p>Fish W/Tarter Sauce Au Gratin Potatoes Spiced Peas Coleslaw Dinner Roll/Margarine Choice of Milk</p>	<p>3</p> <p>Sloppy Joe w/Bun Buttered Red Skinned Potatoes Boston Baked Beans 100% Apple Juice Choice of Milk</p>	<p>4</p> <p>Glazed Ham Loaf Parsley Potatoes Buttered Corn Fresh Banana Dinner Roll/Margarine Choice of Milk</p>	<p>5</p> <p>Corned Beef & Cabbage White Diced Potatoes Baby Carrots Fresh Orange Choice of Bread/Margarine Choice of Milk</p>
<p>8</p> <p>Country Fried Steak w/Gravy Mashed Potatoes w/Gravy Spinach Kiwi Strawberry Juice Cup Dinner Roll/Margarine Choice of Milk</p>	<p>9</p> <p>Chili w/Crackers Diced Beets 100% Fruit Juice Cornbread/Margarine Fruit Cup Choice of Milk</p>	<p>10</p> <p>Baked Steak w/Gravy Loaded Mashed Potatoes Succotash Fresh Pear Dinner Roll/Margarine Choice of Milk</p>	<p>11</p> <p>Baked Chicken Whole Baby Potatoes Glazed Carrots Ambrosia Salad Wheat Dinner Roll/Margarine Choice of Milk</p>	<p>12</p> <p>BBQ Pulled Pork w/ Bun Baked Potato Stuffed With Broccoli & Cheese Warm Applesauce Choice of Milk</p>
<p>15</p> <p>Closed in Observance Of the Martin Luther King Jr. Holiday. <i>Frozen Meal Available Upon Request</i></p>	<p>16</p> <p>Hot Open-Faced Turkey on Sliced Bread w/Gravy Stuffing Broccoli-Cauliflower Mix Pineapple Tidbits Choice of Milk</p>	<p>17</p> <p>Cheeseburger Soup w/ Crackers Pea Salad Fruited Jello Parfait Apricots Choice of Bread/Margarine Choice of Milk</p>	<p>18</p> <p>Beef & Noodles Mashed Potatoes California Blend Vegetables Grapes Dinner Roll/Margarine Choice of Milk</p>	<p>19</p> <p>Spaghetti w/Meat Sauce Italian Vegetables Mixed Berry Crisp 100% Fruit Juice Choice of Bread/Margarine Choice of Milk</p>
<p>22</p> <p>Sweet & Sour Chicken over Rice Asian Blend Vegetables Baked Pineapple Mandarin Oranges Dinner Roll/Margarine Choice of Milk</p>	<p>23</p> <p>Yankee Pot Roast w/ Carrots & Celery Yulkon Gold Potatoes Creamed Corn Fruit Cocktail Choice of Bread/Margarine Choice of Milk</p>	<p>24</p> <p>Stuffed Shells w/ Sauce Tossed Salad w/Dressing Wax Beans Tropical Fruit Garlic Bread Peanut Butter Cookie Choice of Milk</p>	<p>25</p> <p>Sliced Pork Loin Scalloped Potatoes Stewed Tomatoes Fresh Apple Dinner Roll/Margarine Choice of Milk</p>	<p>26</p> <p>Salisbury Steak w/Gravy Hashbrown Casserole Buttered Peas Diced Peas Dinner Roll/Margarine Choice of Milk</p>
<p>29</p> <p>Chicken Strips w/Ranch Potato Wedges Lima Beans Raisins Dinner Roll/Margarine Choice of Milk</p>	<p>30</p> <p>French Bread Pizza Italian Green Beans Warm Sliced Peaches 100% Fruit Juice Chocolate Chip Cookie Choice of Milk</p>	<p>31</p> <p>Ham Slice Sweet Potato Casserole Winter Blend Vegetables Mixed Fruit Italian Bread/Margarine Choice of Milk</p>	<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, Londonderry site serves at 11:30 on Monday—Friday, and Old Washington site Wednesday & Friday from 11:30am-1:00pm. Dine-In or Grab & Go Options Available. If you have any questions about our nutrition services please call 740-439-5717 or toll free at 1-866-534-2349. Each meal includes a choice of white, wheat, or specified bread and a choice of either 2% or Skim Milk. Ingredient content can be found on our website at www.GuernseySenior.org.</p> <p><i>*Menu subject to change depending on item availability.</i></p>	



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

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



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

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

- Alan Fomorin
- Kenneth Shugert
- Elizabeth Cremer
- Anita Harbaugh
- Leonard Harbaugh
- Adela Flowers
- Kathy Kahrig
- Roy Bleisath
- John McClay
- Rick Mount
- Sharon Mount

- Terri Chicwak
- Holly Wells
- Connie Williams
- Janet Dettra
- Cathy Thornberry
- Billie Yates
- Susan Johnson
- Shirley Garman
- Robert Garman
- Karen Froehlich



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

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

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

The transportation department's hours of operation are
Monday through Friday
8:00 AM - 6:00 PM
Saturday
8:00 AM - 3:00 PM

Evening dialysis:
by "appointment only"



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

Showcase your creative side at the Guernsey County Senior

Craft on Monday

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

Stitch together works of art on Tuesdays

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

Wednesdays are "tailor" made for sewing

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

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



Important Update

Clothes Closet on hold until March 2024

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



Blood Pressure & Wellness Checks On Tuesdays

Health checks are provided at the Senior Center by our registered nurse, Heather, every Tuesday from 9:00 AM -10:00 AM. They will be able to check your blood pressure, pulse, and weight. For more information, please stop by your Senior Center on Tuesdays.



Book Club Meeting First Thursday of Each Month

Do you enjoy reading? Have you ever read such a good book you wanted to tell everyone about it? Then the book club would be a good fit for you. The group meets on the first Thursday of every month at 1:00 PM. The next meeting is **Thursday, December 7th.**



Motorized Scooter Available for Loan

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

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



Utility Assistance Available For Senior Citizens



Heating Assistance Available Application Deadline: May 31, 2024

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

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

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

- 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 January 1st. If you need immediate assistance with your energy bills, please contact your local Energy Assistance Provider. A list of providers can be found at energyhelp.ohio.gov. The last day to apply for the regular HEAP benefit is May 31, 2024.

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

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

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

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

Friendly Reminder Regarding Assessments

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

Nutritious Home Delivered Meals available to help clients recover

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

January 2024 Birthdays

01/01	Bernadette Anderson Newton McWhorter Evelyn Mercer Shirley Scholik	01/14	Marilyn Gibson Gerry Hardy Donna Hibbs Cecil Lamphear	01/26	Charlene Chumney Jane Mizer JoAnn Runyan Charlotte Leonard
01/02	Clyde Allen Darla Bishard		Nancy Robinson Renee Roe Twylah Vennon Diane Watson		Mary Neufeld Robert Smith Linda Stillion Tom Sulsberger
01/03	Sherry Bell Catherine Morrow Betty Wilson	01/15	Nedra Carr	01/28	Renee Yingling Velva Struble
01/04	Gary Campbell Deborah McGath Janet Roberts Marshall Winchester	01/16	Jennifer McManaway Robert Blackstone Barbara Loudermilk Pat Oehlenschlager John Storey	01/29	Janet Bonnell Dorothy Hanning Jay Heddleson Anna Pavlov
01/05	Edna Abraham Jo Diehl Jeanette Hall Mickey Johnson Judy Leonhardt Gene Mailot Chris Storey Gail Workman	01/17	Kathy Berry Pamela Carpenter Theresa Kronenbitter Debbie Lowe Richard Mayo Phyllis Price Carol Huhn Joyce Xanders	01/30	Rhonda DeLong
01/06	Charles Hanes	01/18	Jim Domoslay Gene Gadd Kenneth Shugert Ed Tittle Gayle Heinton Darwin Jirles Barbara Liddle Janet Brockwell John Marshall Charles Tedrick Elizabeth Waggoner Joyce Eltringham Twila Hartley Bob Lahmers Shirley McCance	01/31	Ann Baker Elaine Stennett Alice Sullivan
01/07	Butch Pulley Margot Ringer	01/19			
01/08	Diane Barnes Bob Hamilton Geneva Lahmers	01/20			
01/09	Janice George Pon Reid Martha Seresun Rita Warnock	01/21			
01/10	Vicki Art Terri Chicwak Rick Clay Debra McClelland Doris Scott	01/22			
01/11	Carol Houston				
01/12	Janice Mathers James Roberts David Rose	01/23			
01/13	Carl Beynon Debora Garner Joyce Lewis Mary Ann McCulloch Dorothea Selock Elaine Williams	01/24			
		01/25			



Happy Birthday

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



Winter Wonderland Word Search



Arctic
Bare
Beret
Biting
Blanket
Blizzard
Blustery
Bobsled
Boots
Brisk
Candle
Cap
Chill
Chimney
Clear
Clouds
Coat
Cold
Comforter
Cozy
Crisp
Curling
Decorate
Drafty
Duvet
Earmuffs
Evergreen
Fire
Flannel
Fleece
Fluffy
Flurries
Fog
Freeze
Frigid
Frost
Frozen
Furnace
Gift
Glacial
Gloves
Gust
Hail
Hat
Hazy
Heater
Holiday
Hoodie
Ice
Icicle

Igloo
Indoor
Insulate
Jacket
Log
Melt
Migrate
Misty
Mittens
Muffler
Nippy
Numb
Overcoat
Parka
Pine
Polar
Powdery
Pullover
Pure
Quilt
Rain
Raw
Scarf
Season
Shiver
Skate
Ski
Sled
Sleet
Sleigh
Slush
Sneeze
Sniffle
Snow
Socks
Solstice
Storm
Stove
Sunny
Sweater
Thaw
Toasty
Wet
White
Wind
Winter
Wood
Wool
Zero
Zippy

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





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

“Leave a Lasting Legacy”

The Guernsey County Senior Citizens Center Endowment Fund

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

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

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

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

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





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

Your Tax Deductible Donations Help Provide Senior Citizens with Services

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

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

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

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



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

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

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

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

Serving Guernsey County Seniors



*Providing Quality Services &
Programs for over 51 years*

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



Services provided by the Guernsey County Senior Citizens Center Inc.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



BECOME A SOCIAL MEMBER OF THE SENIOR CENTER

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

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

Other benefits include, but are not limited to;

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

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