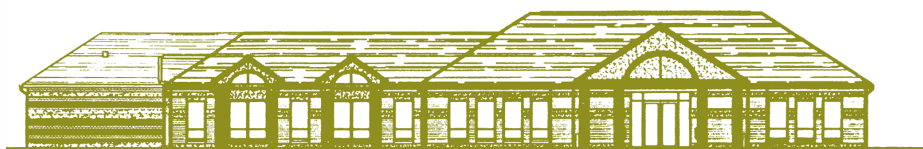




"Celebrating 53 Years of Serving Guernsey County"
Senior Times Newsletter



Volume 53 Issue 8

Guernsey County Senior Citizens Center, Inc.

August 2025

Special Events:

**BREAKFAST
BUFFET**

Friday, August 1st

**Good Ole Gospel
Music Night**

Tuesday, Aug. 5th

6:00 PM

Admission: \$2.00

**Fraud Prevention
Presentation**

Wednes. Aug. 13th

Painting Class

Monday, Aug. 18th

2:00PM

**Estate Planning
Session**

Tues., August 26th

**Lunch Bunch Group
at The Station
Twenty Two
Wednes, August 27th**

1022 Carlisle Ave, Cambridge, Ohio 43725

Tel: 740-439-6681

Fax: 740-439-7478

Toll Free: 1-866-534-2349

E-mail: gcscc@guernseysenior.org

Website: www.GuernseySenior.org

A Message from the Executive Director

Dear Seniors,

Blessings to all! Summertime is here and my staff and I hope you are well and you're enjoying the remaining days of summer.

This August I invite you to join us in celebrating National Wellness Month! Prioritize your self-care, reduce stress, and create healthier habits to feel like your best self! We can often put our health and wellness on the back burner due to timelines, decisions, traffic, family obligations and other stressors. Research has shown self-care can help increase happiness by up to 71%. National Wellness Month was born out of the idea that if we are going to do big things in the world— build our careers, raise a family, further our education, create new ideas, nurture our bodies, and strive to live longer — we need to take care of ourselves.

National Wellness Month was created to discover the benefits of personal wellness. Be part of a nationwide movement this Wellness Month! Together, let's inspire



You're Cordially Invited to attend the

**August Monthly
Senior Dinner**

Thursday, Aug. 21, 2025

Dinner, Entertainment, &

Door Prizes

5:00 PM-7:00 PM

*Please call ahead and
make advance*

*reservations by calling
(740) 439-6681 today!*

self-care, build healthy habits, and manage stress for a healthier, happier world. This August, take the "I choose wellness" pledge, a promise to yourself that you're

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

The Guernsey County Senior Citizens Center, Inc. is a certified 501 (c) 3 non-profit multi-senior services organization that has been in operation for over 53 years.

This institution is an equal opportunity provider.

prioritizing your self-care. Choose one small daily habit (like drinking 64oz of water daily or walking 10,000 steps), take the 31 day Wellness Month challenge to discover a new way you can take care of yourself each day, or explore different wellness class offers at Guernsey County Senior Citizens Center and wellness businesses to try something new!

The concept of self-care has a long and varied place in human history amongst different cultures and time periods. Ancient philosophers like Socrates and Plato emphasized the importance of self-care and self-reflection as part of a virtuous life. Taoist principles also promoted self-care through practices such as meditation, breathing exercises, and herbal medicine. The 19th and 20th centuries also saw the emergence of movements focused on mental health and self-care. Many of these practices have been successful in creating a healthy mind and body for many generations and have carried over into modern day ideas of self-care. Today, the concept of self-care encompasses various practices aimed at holistic well-being, including physical exercise, healthy eating, mindfulness, stress reduction techniques, and more. Self-care and wellness is a personal and subjective concept but the underlying idea of taking deliberate actions to care for oneself physically, mentally, and emotionally remains central.



In 2018, August was dedicated as National Wellness Month to celebrate and inspire others to commit to their self-care. National Wellness Month encourages people to prioritize self-care by taking a pledge to habits of wellness, joining the 31 day Wellness Month challenge calendar and encouraging others to do the same socially. National Wellness Month encourages people to prioritize their self-care through taking the “first step” toward better wellness by personally pledging to commit to making healthier habits and choices, and joining the 31-day Wellness Month Challenge, and most importantly, encouraging others to socially do the same.

NATIONAL WELLNESS MONTH ACTIVITIES

1. Take the Pledge!

Take the “I choose wellness” pledge to prioritize your wellness and self-care this month and post to social media to inspire others. Download your free copy at WellnessMonth.com or create your own!

2. Take the 31 day Wellness Month Challenge Calendar!

Incorporate wellness into your daily life with Guernsey County Senior Citizens Center’s activity calendar. Each weekday we offer wellness classes and activities as an opportunity and prompt the idea for you to take care of yourself! You can also view our activities calendar on-line at www.GuernseySenior.org.

3. Try new wellness treatments and activities

Also, try visiting a spa and enjoy a treatment or massage. Try a new fitness class or a new beauty product. Incorporate healthy habits into your every day life like walks, drinking lots of water and physical activity...even if it’s exercising your legs while sitting in a comfortable chair

4. Sharing wellness

Share your wellness journey and habits with others to inspire everyone in person and on social media. Hashtag [#nationalwellnessmonth](https://twitter.com/nationalwellnessmonth) and [#livelovespa](https://twitter.com/livelovespa). Tag [@nationalwellnessmonth](https://twitter.com/nationalwellnessmonth) for a chance to be featured!

5 HABITS FOR SELF-CARE

Drinking lots of water

The smallest act of self-care that can make a great impact is drinking lots of water every day. Stay hydrated and your body will feel better.

Get your sleep

Lack of sleep can lead to a decline in mental and physical health. Commit to getting a full 8 hours of sleep every night as part of self-care.

Exercise

Just 30 minutes of walking every day can help boost your mood and improve your health. Commit to exercising everyday for better wellness.

Try a relaxing activity

Senior Center Activities like chair yoga, Tai Chi, Geri-Fit Classes, or personal indulgences like dancing, walking, hiking, reading books, gardening, tending to flowers, listening to music or even painting can improve your mood and are a great commitment to improving your health and wellness.

Practice gratitude and positivity

You are what you think. Take time to practice gratitude and positivity when reflecting on life.

WHY WE LOVE NATIONAL WELLNESS MONTH

It reminds us to care for ourselves

Often we get carried away with the hustle and bustle of life and work, forgetting to take care of ourselves. National Wellness Month is a reminder to take care of physical and mental wellbeing. Let's prioritize our health!

It empowers us to achieve more

National Wellness Month was born out of the idea that when you feel better you can achieve more, if we are going to do big things in the world—build our careers, raise a family, further our education, create new

ideas, nurture our bodies — so we can enjoy our retirement and “golden years” we need to take better care of ourselves. Feel good, do good!

Special wellness offers and opportunities await you at the Senior Center!

Discover new ways to care for yourself with special offers and wellness opportunities by becoming a Social Member or by attending a class or activity at the Guernsey County Senior Citizens Center. Also, please feel free to contact our Activities Director or Wellness & Outreach Coordinator who are here to personally assist and help educate you about the many services, programs, and activities the Senior Center has to offer. They can share information and help you to identify and choose a wellness class that is best suited for you and your expectations.



We hope you'll join us in getting well today!

Ultimately, making a personal choice and affirmed commitment towards improving your personal health and wellness is a decision and choice only you can make. It's never too late to make better choices that improve your overall wellness, inspire self-care, build healthier lifestyle habits, and ultimately manage stress for a healthier, happier world. It starts with you! Take care. I hope you have an enjoyable summer. Best wishes for health & happiness. God Bless!

Sincerely,

Shon E. Gress

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





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.

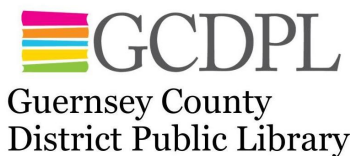
If your home is too hot during the day for your own personal comfort, please come and visit the Guernsey County Senior Citizens Center, Inc. where you are welcomed to enjoy a continental breakfast, delicious lunch, and a host of activities and events that occur throughout the day and are located inside 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.



**Free Hearing Screenings
Friday, August 1st**

Hearing Life will be here at Guernsey County Senior Center on Friday, August 1st from 8:00AM-10:00AM. They will be offering free hearing screenings by appointment. If you would like to make an appointment please call (740) 439-6681.



**Library Pop Up
Friday, August 1st**

We are proud to be collaborating with the Guernsey County District Public Library to have them bring a "Pop Up" to the Senior Center on Friday, August 1st 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 1st**

Come in and join us for our monthly breakfast buffet at Guernsey County Senior Center from 9:00AM-10:00AM on Friday, August 1st. The breakfast menu will include: Egg & cheese croissant, hash brown casserole, ham slice, sausage gravy & biscuits, fresh fruit, juice, water & coffee. This event is "by donation" for seniors age 60+ and the suggested donation is \$5.00. To make your reservation please call (740) 439-6681.



**Sponsored Bingo Day on Fridays by
Biggs Insurance Agency**

We will have Philip, from Biggs Insurance Agency joining us to sponsor Fun Bingo every Friday throughout the month of August, at 10:00AM. He will be providing prizes for Fun Bingo on this day. We hope that many of you can join us!



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 some 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! An extremely popular program in other centers, Bingocize is designed for healthy fun for anyone.



This Class will be 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.



**Guernsey County Senior
Citizens Center, Inc.**
1022 Carlisle Ave.
Cambridge, OH 43725

Powerful Tools **FOR** Caregivers

Powerful Tools for Caregivers classes help caregivers take better care of themselves while caring for a relative or friend. Whether you provide care for a spouse, parent, or friend; at home or in a care facility; this course is for caregivers like you!

CLASSES BEGIN TUESDAY, AUGUST 5TH

**CLASSES WILL BE HELD ON TUESDAYS FROM
1:30PM-3:00PM FOR SIX WEEKS IN THE LIVING ROOM AT
GUERNSEY COUNTY SENIOR CENTER.**

**At the completion of the six week course one lucky participant
will be chosen to receive a \$50 Riesbeck's Gift Card!**

**If you have questions or are interested in signing up for this
class please call (740) 439-6681.**



GOOD OLE GOSPEL MUSIC NIGHT

at



Guernsey County Senior Citizens Center, Inc.

1022 Carlisle Ave. Cambridge, OH 43725

TUESDAY, AUGUST 5TH, 2025

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



Friendly Reminder:
There will be NO line dancing or drumming classes in the month of August. These classes are tentatively scheduled to resume after Labor Day!



**Sponsored Bingo Day by
Dolbow Senior Solutions
Tuesday, August 5th**

We will have Melinda from Dolbow Senior Solutions joining us to host and sponsor Fun Bingo on Tuesday, August 5th at 10:00AM. She will be providing prizes as well as calling bingo on this day. We hope that many of you can join us!



**Summer Garden Recipes Class on Tuesdays
Starting Tuesday, August 5th**

Shelli from OSU Extension Office will be here with us every Tuesday throughout the month of August to host a summer garden recipes class at Noon. If you would like to join her for this class please call (740) 439-6681 to sign up.



Chair Yoga on Tuesdays & Thursdays

We are excited to partner with Hope Mercer, a local certified yoga instructor, to offer chair yoga. She will be here on Tuesdays at 11:00AM and Thursdays at 1:00PM. The cost is \$5 per class. This class offers supportive, gentle movement designed to help seniors stay active, improve strength, and increase flexibility in a safe and comfortable environment.



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. There's no dancing or floor work and both men and women can enroll.

These classes are offered:

Wednesday's at 9:00 AM

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

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



**National Root Beer Float Day
Wednesday, August 6th**

Come celebrate National Root Beer Float day with us on Wednesday, 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.



**Cooking for One
Wednesday, August 6th**

Kick-start the new year by creating delicious, simple meals for one. Join us on Wednesday, August 6th from 1:00 PM-2:00 PM for this free class hosted by Caitlin Smith from the OSU Extension Office. You will learn about creating healthy, well-balanced meals, reducing recipes, food safety, stretching your food dollars, and reducing food waste. To sign up for this class please call (740) 439-6681.



Goodtime III Boat Trip Thursday, August 7th

We will be traveling to Cleveland, OH on Thursday, August 7th to enjoy Cleveland's largest sightseeing ship. We will be departing from the Senior Center at 8:30AM to head towards Cleveland. We will board the boat at 11:00AM for lunch, which is included in the cost of this trip. The lunch menu will be: house baked herbed focaccia bread, braised beef brisket with beef demi, chive whipped potato, herb roasted carrots, fruit cup and assorted brownies. After lunch we will depart on a 2 hour narrated cruise on the Cuyahoga River and Lake Erie. After the cruise we will head back home and return around 4:30PM. The cost for this trip will be \$80 for members and \$95 for non-members. Payment for this trip is due by Wednesday, July 23rd. Due to prepayment needing made there will be no credit in the event of a cancellation. To make a reservation for this trip please call (740) 439-6681.



Cake Decorating Class Thursday, August 7th

We will have Denise from Traditions Health here with us on Thursday, August 7th. She will be sponsoring a free cake decorating class at 2:00PM. She will be giving easy tips and trick for decorating a cake. If you would like to join her for this fun afternoon, please call to make a reservation at (740) 439-6681.

Alzheimer's Support Group Tuesday, August 12th

Individuals who are impacted by Alzheimer's disease often need support and have many questions. The Senior Center hosts a local Alzheimer's Support Group on the second Tuesday of each month at 1:30 PM. The next meeting will be held on **Tuesday, August 12th** here at the Senior Center.



Sponsored Bingo Day by Acute Nursing Wednesday, August 13th

We will have York from Acute Nursing Care joining us to sponsor Fun Bingo on Wednesday, August 13th at 10:00AM. He will be providing prizes for bingo on this day. We hope that many of you can join us!



Fraud Presentation with Edward Jones & Guernsey County Sheriff's Department Wednesday, August 13th

We are excited to partner with Jake & Rory Stelzer from Edward Jones and the Guernsey County Sheriff's department to offer a fraud presentation on Wednesday, August 13th at 1:00PM. They will be discussing various scams that are circulating and how to be cautious to prevent fraud happening to you. Please make a reservation by calling (740) 439-6681.

Commodity Pick-Up Friday, August 15th

Guernsey County Senior Citizens Center partners with the Mid-Ohio Food Bank in providing the Commodity Supplemental Food Program. This is an income eligible program. The next distribution will be held on **Friday, August 15th** from 10:00AM-3:00PM.



Flower Bouquet Class Friday, August 15th

If you would like to make a beautiful bouquet to give as a gift or brighten up your home we would love to have you join us on Friday, August 15th at 1:00PM. We will have Kayla Gress bringing the beautiful flowers she has grown in her garden for you to enjoy. The cost of this class is \$10 and will include all supplies needed for the bouquets. To sign up for this class please call (740) 439-6681.



Watercolor Painting Class—Mon., Aug 18th

We are excited to have Three Sister's Studio here with us on Monday, August 18th at 2:00PM to host a watercolor painting class. The cost of this class is \$10.00. Cash payment for the class is due at time of signing up due to supplies needing bought in advance, no refund/credit will be given in event of cancellation. If you would like to sign up for this class please call (740) 439-6681.



Monthly Senior Dinner Thursday, August 21st

We cordially invite you to join us Thursday, August 21st, 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: marinated flank steak, buttered fingerling potatoes, glazed baby carrots, pears, dinner roll & butter, and peanut butter pie with Reese's pieces 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.



Franklin Park Conservatory Trip Friday, August 22nd

Come and join us as we travel to Columbus on Friday, August 22nd to visit the Franklin Park Conservatory and Botanical Gardens. We will enjoy a guided tour through the inside gardens and then be able to explore the outdoor and other garden areas on our own. After the Conservatory we will enjoy lunch at the Rusty Bucket, which will be on your own. This trip will depart at 8:30AM and return around 4:00PM. The cost for this trip is \$40 for members and \$55 for non-members. Payment for this trip is due by Friday, August 15th. To reserve your seat for this interesting trip please call (740) 439-6681.



Estate Planning Session with Attorney Bryan Conaway Tuesday, August 26th

If you would like to learn more or have questions regarding Estate Planning then this information session is for you. We will have local attorney Bryan Conaway here at the Senior Center on Tuesday, August 26th at 1:00PM. If you would like to join us for this informative session please call (740) 439-6681 to make a reservation.



Byesville Dinner Tuesday, August 26th

Please join us at the Stop Nine Senior Center in Byesville at 4:00 PM on Tuesday, August 26th. The menu will include: BBQ Pork Ribs, Scalloped Potatoes, Broccoli, Pears, Dinner Roll & Butter, and Jell-O Cake for dessert. Please call (740) 439-6681 to make your reservations.



**Sponsored Bingo Day by
Beckett House
Wednesday, August 27th**

We will have Beckett House staff joining us to sponsor Fun Bingo on Wednesday, August 27th at 10:00AM. They will be providing the bingo prizes on this day. We hope that many of you can join us!



**Lunch Bunch Group
Wednesday, August 27th**

Do you ever want to go out to eat and either don't want to go alone or want to try somewhere new while meeting new friends? Then the Lunch Bunch is for you! This group meets once a month to eat out at a local restaurant. In August we will be meeting at The Station on Twenty Two, located at 20138 Cadiz Rd. Freeport, OH on Wednesday, August 27th at 11:00AM. If you plan on attending, please call (740) 439-6681 to make your reservation by Wednesday, August 20th. Transportation to the restaurant is also available, please let us know if you will be needing transportation when making your reservation.

**August Birthday Celebration
Thursday, August 28th**

Please plan to join us on Thursday, August 28th at 11:30AM as we celebrate August birthdays! We will enjoy cake and ice cream. If you would like to join us on this day please call (740) 439-6681 to make your reservation.

Greeting Card Class—Thursday, Aug. 28th

If you enjoy making your own cards we would love to have you join us on Thursday, August 28th at 1:30PM. This class will be hosted by Karen Bay. The cost of the class is \$10.00 which will include 4 cards and all the supplies needed to make the cards.

**LABOR DAY
COOKOUT**



**Pre-Labor Day Cookout
Friday, August 29th**

Come and join us to celebrate Labor Day early on Friday, August 29th at 11:30AM as we have a cookout for lunch. The menu for the cookout will be: mushroom swiss burger, macaroni salad, baked beans, hashbrown medallions and frosted orange dessert. If you plan to attend the cookout on this day we ask that you please make a reservation by calling (740) 439-6681.



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:

Old Washington:

Friday, August 1st at 12:00PM

Cumberland:

Tuesday, August 5th at 12:00PM

Pleasant City:

Thursday, August 14th at 12:00PM

Byesville:

Tuesday, August 26th at 12:00PM

Londonderry:

Temporarily closed beginning August 4th

Ensure Price Increase

Due to our supplier raising our cost for Ensure, we have increased prices.

New prices will be:

\$25 for Ensure Regular cartons

\$28 for Ensure Plus cartons

\$38 for Glucerna

If cartons are unavailable and have to be substituted with bottles their prices will be: \$27 for Ensure regular and \$30 for Ensure Plus. If other specialty items are needed please check with us for availability and pricing.



Guernsey County Senior Citizens Center, Inc.

SPONSORS

SENIOR DAY

at the

GUERNSEY COUNTY FAIR

Wednesday, September 10, 2025

Senior Day Entertainment Schedule:

10:00AM- 11:00AM:

The VanDyne Trio

11:15AM- 12:15PM:

Get Along Gang

12:30PM-1:30PM:

Sarah Warfield with Traditions Health

1:45pm-2:45pm:

Carson Clouse

3:00PM-4:00PM:

BridJez

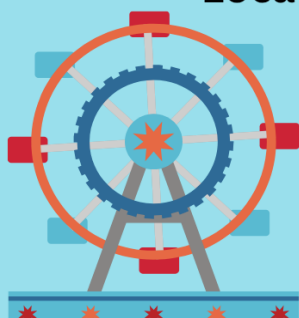
4:15PM-5:00PM:

The Loves

Located at the Large Pavillion behind the Grandstand

DOOR PRIZES

REFRESHMENTS



SENIOR CITIZENS,
AGE 60 & OLDER,
RECEIVE FREE ENTRY
UNTIL 5:00PM ON THIS DAY





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 is temporarily closed, beginning August 4th.**
- **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.



Ohio AGING
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

August 2025 Activities



Monday	Tuesday	Wednesday	Thursday	Friday
				1
8:30 AM- Crafting Group 9:00 AM Tai Chi Class 10:00AM -Bingo 11:00AM Clothes Closet 11:00 Bingocize 11:30AM- Lunch 12:00PM Open Cards	9:00AM Quilters 9:00AM Seated Tai Chi 10:00AM Sponsored Bingo 11:00AM Chair Yoga 11:00AM Blood Pressure Checks 11:30AM Lunch 12:00PM Garden Recipes Class 12:00 PM Cumberland Site Activity 6:00 PM Good Ole Gospel Music Night	9:00AM- Geri Fit Exercise 9:00AM- Sewing 10:00AM -Sponsored Bingo 11:30AM Lunch 12:00PM- Mahjong 12:00 PM Root Beer Floats 1:00-2:00 Cooking For One	8:30AM Goodtime III Boat Trip 10:00AM -Bingo 11:00AM Bingocize 11:30AM- Lunch 12:00 PM- Open Cards 1:00PM Chair Yoga 2:00 PM Cake Decorating Class	8:00-10:00 AM Hearing Life 9:00 Breakfast Buffet 9:00AM Geri Fit 9:00AM Library "Pop Up" 10:00AM Sponsored Bingo 11:30AM Lunch 12:00PM Euchre 12:00 PM Old Washington Site Activity 1:00PM Geri Fit Exercise
4	5	6	7	8
8:30 AM- Crafting Group 9:00 AM Tai Chi Class 10:00AM -Bingo 11:00AM Clothes Closet 11:00AM Bingocize 11:30AM Lunch 12:00PM Open Cards	9:00AM Quilters 9:00AM Seated Tai Chi 10:00AM Bingo 11:00AM Chair Yoga 11:00AM Blood Pressure Checks 11:30AM Lunch 12:00 PM Alzheimer's Support Group	9:00AM- Geri Fit Exercise 9:00AM- Sewing 10:00AM -Sponsored Bingo 11:30AM Lunch 12:00PM- Mahjong 1:00 PM Fraud Presentation	10:00AM Bingo 11:00 AM Bingocize 11:30AM Lunch 12:00 PM Pleasant City Site Party 12:00PM- Open Cards 1:00 PM Chair Yoga	9:00AM Geri Fit 10:00AM -Sponsored Bingo 10:00 AM - 3:00 PM- Food Commodity Pick Up 11:30AM Lunch 12:00PM Euchre 1:00PM Geri Fit Exercise 1:00 PM Flower Bouquet Class
11	12	13	14	15
8:30 AM- Crafting Group 9:00 AM Tai Chi Class 10:00AM -Bingo 11:00AM Clothes Closet 11:00AM Bingocize 11:30AM Lunch 12:00PM Open Cards	9:00AM Quilters 9:00AM Seated Tai Chi 10:00AM Bingo 11:00AM Chair Yoga 11:00AM Blood Pressure Checks 11:30AM Lunch 12:00 PM Garden Recipes Class	9:00AM- Geri Fit Exercise 9:00AM- Sewing 10:00AM -Sponsored Bingo 11:30AM Lunch 12:00PM- Mahjong 1:00 PM Fraud Presentation	10:00AM Bingo 11:00 AM Bingocize 11:30AM Lunch 12:00 PM Pleasant City Site Party 12:00PM- Open Cards 1:00 PM Chair Yoga	9:00AM Geri Fit 10:00AM -Sponsored Bingo 10:00 AM - 3:00 PM- Food Commodity Pick Up 11:30AM Lunch 12:00PM Euchre 1:00PM Geri Fit Exercise 1:00 PM Flower Bouquet Class
18	19	20	21	22
8:30 AM- Crafting Group 9:00 AM Tai Chi Class 10:00AM -Bingo 11:00AM Clothes Closet 11:00AM Bingocize 11:30AM- Lunch 12:00PM Open Cards 2:00PM Water Color Painting Class	9:00AM Quilters 9:00AM Seated Tai Chi 10:00AM -Bingo 11:00AM Chair Yoga 11:00AM Blood Pressure Checks 11:30AM Lunch 12:00 PM Garden Recipes Class	9:00AM Geri-Fit Exercise 9:00AM Sewing 10:00AM -Bingo 11:30AM Lunch 12:00PM Mahjong	10:00AM Bingo 11:30AM Lunch 12:00PM Open Cards 4:00PM-5:00PM Grab & Go Monthly Dinner 5:00PM Dine In Monthly Dinner	8:30 AM Franklin Park Conservatory Trip 9:00AM Geri Fit 10:00AM Sponsored Bingo 11:30AM Lunch 12:00PM Euchre 1:00PM Geri Fit Exercise
25	26	27	28	29
8:30 AM- Crafting Group 9:00 AM Tai Chi Class 10:00AM -Bingo 11:00AM Clothes Closet 11:00AM Bingocize 11:30AM Lunch 12:00PM Open Cards	9:00AM Quilters 9:00 AM Seated Tai Chi 10:00AM Bingo 11:00AM Chair Yoga 11:00AM Blood Pressure Checks 11:30AM Lunch 12:00PM Garden Recipes Class 12:00 PM Bysville Site Activity 1:00 Estate Planning Session 4:00PM Bysville Dinner	9:00AM Geri-Fit Exercise 9:00AM Sewing 10:00AM Sponsored Bingo 11:00 AM Lunch Bunch Group at The Station on Twenty-Two 12:00PM Mahjong	10:00AM -Bingo 11:00AM Bingocize 11:30 AM Birthday Lunch-noon 12:00 PM- Open Cards 1:00PM Chair Yoga 1:30 Greeting Card Class	9:00AM Geri Fit 10:00AM Sponsored Bingo 11:30AM Pre-Labor Day Cook Out 12:00PM Euchre 1:00PM Geri Fit Exercise

August 2025 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
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, Old Washington site Wednesday & Friday from 11:30am-1:00pm, and Londonderry site is temporarily closed. Dine-In or Grab & Go Options Available. If you have any questions about our nutrition services please call 740-439-5717 or toll free at 1-866-534-2349. Each meal includes a choice of white, wheat, or specified bread and a choice of either 2% or Skim Milk. Ingredient content can be found on our website at www.GuernseySenior.org. <u>*Menu subject to change depending on item availability.</u> This institution is an equal opportunity provider.				
4 Italian Seasoned Chicken Breast Whole Buttered Potatoes Harvard Beets Pineapple Tidbits Choice of Bread/Margarine Choice of Milk	5 Spaghetti w/Meat Sauce Tossed Salad w/Dressing Succotash Fruit Cocktail Garlic Bread Choice of Milk	6 Bone –In Pork Chop Red Beans & Rice Peas Ambrosia Salad Cornbread/Margarine Choice of Milk	7 Country Fried Steak w/ Sawmill Gravy Hashbrown Casserole Cherry Crisp 100% Fruit Juice Choice of Bread/Margarine Choice of Milk	1 Open Face Roast Beef On Texas Toast Mashed Potatoes w/Gravy Sliced Carrots Diced Pears Banana Pudding Choice of Milk
11 Baked Macaroni & Cheese Stewed Tomatoes California Blend Vegetables Granny Smith Apple Choice of Bread/Margarine Choice of Milk	12 Sliced Pork Loin w/Gravy Scalloped Potatoes Breaded Cauliflower w/ Ranch 100% Fruit Juice Biscuit/Jelly Choice of Milk	13 Braised Chicken Potato Skins w/Cheese Creamed Corn Cantaloupe Wheat Dinner Roll/ Margarine Choice of Milk	14 Corned Beef Creamy Potatoes w/Chives Seasoned Cabbage Apple Berry Crumble Dinner Roll/Margarine Choice of Milk	15 Cabbage Roll Diced Potatoes Mixed Vegetables Tropical Fruit Choice of Bread/Margarine Choice of Milk
18 Salisbury Steak Loaded Mashed Potatoes Green Bean Casserole Fresh Apple Banana Nut Muffin Choice of Milk	19 Smoked Sausage Sweet Potatoes Brussel Sprouts Fresh Grapes Choice of Bread/Margarine Sugar Free Vanilla Pudding Choice of Milk	20 Meatloaf Au Gratin Potatoes Lima Beans Apricots Italian Bread/Margarine Choice of Milk	21 Shredded Beef & Noodles Dutch Mashed Potatoes Key Largo Vegetables Fresh Strawberries Dinner Roll/Margarine Choice of Milk	22 Chicken Salad Croissant w/Lettuce Cucumber & Onion Salad Potato Salad Cottage Cheese w/Fruit Choice of Milk
25 Baked Fish w/ Hushpuppies Tater Tots Buttered Corn Fresh Orange Choice of Bread/Margarine Choice of Milk	26 Chopped Steak w/Peppers & Onions Roasted Potatoes Spinach Applesauce Choice of Bread/Margarine Choice of Milk	27 Beef Ravioli w/Marinara Sauce Italian Blend Vegetables Tossed Salad w/Dressing Mandarin Oranges Breadstick/Margarine Choice of Milk	28 Turkey w/Dressing Mashed Potatoes w/ Turkey Gravy Glazed Baby Carrots 100% Cranberry Juice Dinner Roll/Margarine Choice of Milk	29 Mushroom Swiss Burger Baked Beans Hashbrown Medallions Macaroni Salad Frosted Orange Dessert Choice of Milk



Guernsey County Senior Citizens Center, Inc.

Senior Farmers' Market Nutrition Program (SFMNP)

What is SFMNP? This USDA and State of Ohio program provides low-income older adults (age 60+) with coupons to purchase eligible, locally grown produce at farmers' markets, roadside stands or farm stands.

How do I qualify for coupons?

- 1) You must be a resident of Guernsey county.
- 2) You must be age 60 or older.
- 3) Income guidelines for this program are:
1 Person Household: \$28,953 3 Person Household: \$49,303
2 Person Household: \$39,128 4 Person Household: \$59,478

How do I get Physical Benefit Card for Senior Farmer Market Program?

- 1) Obtain an application from Guernsey County Senior Citizens Center, Inc.
- 2) Complete the application in its entirety and return or mail to : 1022 Carlisle Ave. Cambridge, OH 43725
- 3) If you have your card from last year, the benefits will be reloaded when the ID number is provided. If you need a new card it will take 4-6 weeks to receive one by mail.

**If you have any questions please
call 740-439-6681.**



August Employee Birthdays

Nancy Galbreath	6th
John Stillion	7th
Ronnie Justice	13th
Shari Frame	19th
Danny Gordon	19th
Heather King	24th



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 June:**

**Yvonne Williams
Sandra Farley
Rosalind Hillis
Velma Waite
Robert Newcomer
Maria Newcomer
Dixie Knight
Jimmie Knight
William Slifko
Susan Burton
Cindy Kerns
Becky Dudley
Garland Harper**



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

Guernsey County Senior Citizens Center can help!

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

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

Evening dialysis:
by "appointment only"



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

Showcase your creative side at the Guernsey County Senior

Craft on Monday

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

Stitch together works of art on Tuesdays

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

Wednesdays are "tailor" made for sewing

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

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

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 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 in the living room.

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, Shirley Kurtz & Rachel Milligan will assist you with finding clothing items you may need. Donations of freshly laundered, clean, slightly used, clothing items are appreciated. 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!

Blood Pressure & Wellness Checks On Tuesdays

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



A Special "Thank You"

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

In Memory of Dotty Jones

Rick Clay

Richard Mayo

Harold & Patricia Tidd

Marcia Shepard-Mock

Anonymous

Summer Crisis Program Begins July 1

More than 44,000 Ohio households served in 2024

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 eight members, and 60 percent of the State Median Income for a family of nine or more members. For a family of four, the annual income must be at or below \$56,262.50.

Last year, the Summer Crisis Program assisted more than 44,000 households in Ohio, providing a total of \$13.5 million in benefits.

Starting this year, applying for assistance and managing an account will be easier than ever. A new, streamlined online portal will be available at energyhelp.ohio.gov. To get started, Ohioans must register for an OHID account, which provides a secure and convenient way to access their HEAP account.

Registration takes less than 7 minutes, and can be completed in these easy steps:

Visit energyhelp.ohio.gov, and click “Log into the EA portal.”

Click “Create an OHID,” and follow the six-step account creation process.

Ensure account security by setting up multi-factor authentication.

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 towards their default PIPP payment, first PIPP payment, 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 Citizens Center, Inc. at (740) 439-6681. To be connected to your local Energy Assistance Provider visit www.energyhelp.ohio.gov or call (800) 282-0880.

The Ohio Department of Development empowers communities to succeed by investing in Ohio’s people, places, and businesses. Learn more about our work at development.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 2025 Birthdays

08/01 JoEllen Hayes Nancy Holliday Kathleen Kostanoski Carolyn Lantz Donald Mitchell Janet Teichman Thomas Dagmar	08/12 Sherilyn Douglass Herbert Kenworthy Fannie Neuhart Judith Nicholson Jane Pollock	Florence Ice Jackie Webb
08/02 Donetta Clark Jim Montgomery Reese Tipton	08/13 Evelyn LaFever	08/22 Mary Davis Richard Johnston Kathleen Vedda Virginia Winget
08/03 Maxine Chalfant Katherine Drake Nancy Galbreath James Owen Randy Warden	08/14 Sherry Cramblett Beverly Cullen Alan Fomorin Janice Medlay Maggie Money Karen Owen Judy Scheltz Pamela Sinfield Kathy Wray	08/23 Ann Bott Elaine Costanzo WilliamDomitrovic
08/04 Bonnie Landman	08/15 Susan Arden Frank Buckey Ruth Ford Helen Gotcher Eileen Hastings Robert Meeks Sue Walker	08/24 Richard Baker Donald Beal Denise Dearth Skip Gardner Barbara Moore Kim Stewart
08/05 Jeff Cowan Mary Dennis Nancy Harvey Shirley Marmie-McCance Jorja McDaniel Kimberly Power Charles Smith Margaret Waddell	08/16 Lillian Base Susan Burton Helen Chesar Anita Frencik Sally Gamble Jean High Harry Hitchcock Kathy Johnson	08/25 Sheila Johnson Marlene Phillips Martha Price Janet Schmelzenbach
08/06 Wilda Delong Susie Gibson Rachel Hall Margaret Keringer Cathy Valentine	08/17 Calvin Chester Charles Norman Howard Starr Elizabeth Taylor Ron Wilkins	08/26 Diane Bachmann Steve Kellar Cathy Thornberry
08/07 Don Burris Johanna Didcote Charla Lowery Mary Ann Pachuta Terri Scott Jeanine Thompson	08/18 Nancy Daniele Sharol Stephenson	08/27 Thomas Douglas
08/08 Marilyn Brown Kay Jenkins Connie White	08/19 Carolyn Ford Marjorie Hanning Carol Hill Joyce Hissong	08/28 Mary Heston Fletta Mason Anne McMahon
08/09 Juanita Callihan Karen Edwards Beverly Kerr Mary Richardson	08/20 William Ankrom Darla Fitzgerald Kathy Jones	08/29 Sheila Feldner Lorna Gibson Janice Stillion Kenneth Vennon JoAnne Wells
08/10 Charles Blake Laura Fields Judy Misock	08/21 Linda Baker Bonnie Hollins	08/30 Tamara Kelm John LePage Jr Barbara Pittillo
08/11 Rosalind Hillis		08/31 Linda Krause Cindy McKendry Thomas Tedrick

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

Boat Word Search

ABEAM	LINES
AFT	MARINE
ANCHOR	MAST
BAIL	MOTORBOAT
BARGE	NAUTICAL
BEAM	OAR
BOW	OFFSHORE
BULKHEAD	PADDLE
CANOE	PASSAGE
CARRIER	PORT
CLIPPER	PROPELLER
CREW	RAFT
CRUISE	RIGGING
CURRENT	ROPE
DECK	ROW
DINGHY	RUDDER
DOCK	SAIL
ENGINE	SCHOONER
FERRY	SHIP
FRIGATE	STARBOARD
GALLEON	STERN
GALLEY	STOW
GONDOLA	TIDE
HELM	TUGBOAT
HOIST	VESSEL
KAYAK	VOYAGE
KEEL	WAKE
KNOT	WATERCRAFT
LANYARD	WHEEL
LAUNCH	WINCH
LIFEBOAT	WINDWARD
	YACHT



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



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

“Leave a Lasting Legacy”

The Guernsey County Senior Citizens Center Endowment Fund

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

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

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

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

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



Serving Guernsey County Senior Citizens



*Providing Quality Services &
Programs for over 53 years*

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



Services provided by the Guernsey County Senior Citizens Center Inc.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

All services are provided on a "Donation Only" basis. Seniors will not be denied services based on their ability or inability to make a donation. Please contact us today by calling (740) 439-6681!



BECOME A SOCIAL MEMBER OF THE SENIOR CENTER

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

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

Other benefits include, but are not limited to;

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

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