



"Celebrating 53 Years of Serving Guernsey County"

Senior Times Newsletter



Volume 53 Issue 2

Guernsey County Senior Citizens Center, Inc.

February 2025

Special Events:

Tai Chi Class

Every Monday
9:00 AM-10:00 AM

AARP Tax Preparation Assistance

*Schedule early.
Appointments are limited*

Charcuterie Class
Tuesday, Feb. 4th

Amish Trip
Wednesday,
Feb. 12th

SWEETHEARTS LUNCHEON & DANCE
Thursday,
Feb. 13th



The Senior Center will be CLOSED on Monday, February 17, 2025 President's Day

1022 Carlisle Ave, Cambridge, Ohio 43725

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

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

A Message from the Executive Director

Dear Seniors,

Happy Valentine's Day! I hope each of you are warm and safe. January certainly started off into the winter groove and dumped snow in our area, which impacts many of us. Winter is far from over and typically we've experienced some of our heaviest snow falls during the months of February and March. Let's all hope that the nice weather is around the corner and we can all look forward to an early, fragrant, and colorful and bountiful bloom filled arrival of Spring.

Each month I like to address a specific topic or issue that directly impacts senior citizens. In the next 20 years, the population of people age 65 and older is expected to reach 70 million. Many of these will be drivers. In fact, right now, there are about 30 million licensed drivers age 65 or older. People under age 75 have relatively low crash involvement. However, after age 75, this changes because these drivers may have health conditions or take

Happy Valentine's Day

You're Cordially Invited to attend the

February Monthly Dinner

Thursday, February 20, 2025
Entertainment begins at 4:00 PM

**Please note the winter season time change for this event*
Music~ Dinner~ Door Prizes

For reservations, please
Call (740) 439-6681 today!

medications that negatively affect their driving abilities, and this can put them and other road users at risk. These drivers may not be aware of these changes, or they may not be willing to admit to them – to themselves or to others

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.

– including family members. Or in the case of people with cognitive impairments like dementia; they don't necessarily have the insight to recognize poor driving performance.

Many family members or caregivers wonder what they should do if they think a loved one's driving skills have diminished and that's the dilemma. Family members don't know how to assess their loved one's driving abilities. They dread approaching an older loved one to discuss whether he or she needs to modify his or her driving habits or even stop driving. However, older drivers and their loved ones and caregivers need to take a realistic, on-going inventory of the older driver's skills and openly discuss them. Family members need to remember one very important thing: many older drivers look at driving as a form of independence. Bringing up the subject of their driving abilities can make some drivers defensive, angry, hurt, or withdrawn. Be prepared with observations and questions, listen with an open mind, and be prepared to offer possible transportation alternatives. If you answer "yes" to any of the following questions, you might need to talk about driving limitations & restrictions with an older driver:

- Does he or she get lost on routes that should be familiar?
- Have you noticed new dents, scratches, or other damage to his or her vehicle?
- Has he or she been warned by a police officer, about poor driving performance, or received a ticket for a driving violation?
- Has he or she experienced a near miss or crash recently?
- Has his or her doctor advised him or her to limit or stop driving due to a health reason?
- Have you witnessed delayed reactions or over reaction by the driver when the vehicle is moving or in motion?
- Is he or she overwhelmed by signs, signals, road markings, and everything else he or she needs to focus on when driving?

- Does he or she take any medication that might affect his or her capacity to drive safely?
- Does he or she stop inappropriately and/or drive too slowly, preventing the safe flow of traffic?
- Does he or she suffer from Alzheimer's disease, dementia, glaucoma, cataracts, arthritis, Parkinson's disease, diabetes, or other illnesses that may affect his or her driving skills?
- Do they express worry, stress or fear when driving after dark or late at night?

If you answered "yes" to any of the previous questions about an older driver, it is important to have caring, respectful, and non-confrontational conversations about his or her safety, as well as the safety of others on the road. The topic of driving during inclement weather (such as snow & ice in the winter) also tends to be a topic that can identify increased driver safety and pedestrian concerns.

Show genuine concern and understanding, and offer viable alternatives that will not injure the older driver's self-respect and sense of personal independence. Suggesting using the Senior Transportation Services, especially during the winter months, might be a great alternative and more "safe" option. You might also consider taking a ride with an older driver to observe his or her driving skills, or encourage him or her to get a vision and hearing evaluation, or to enroll in an older driver safety class. You can also discuss your concerns with your loved one's physician, and ask for recommendations. The good news is that depending on the severity of the problem, older drivers may be able to adjust their driving habits to increase their safety. For example, they may limit driving to daylight hours and good weather, or avoid highways and high traffic areas. Also, seniors need not worry about losing their independence when it comes to getting where they want to go. The Guernsey County Senior Citizens Center offers reliable, safe, easily accessible and affordable transportation services and

assistance to senior citizens age 60 and older. For more transportation assistance or information, please call (740) 432-3838.

***“Good Driving” Means not only protecting yourself...but protecting others as well—
Drive Safe!***

I wish you many safe & happy journeys in 2025. I also hope you have a delightful Valentine’s Day. Our associates and I look forward to you joining us at the Guernsey County Senior Citizens Center to take part in the many new exercise and wellness programs, beneficial services, in-home services, & abundant activities that the Senior Center provides.

Don’t let the winter season stop you from being a better, healthier, and happier you! Please stop by and visit us! We invite you to become a social member of the Guernsey County Senior Citizens Center today. We’re celebrating our 53rd year of serving senior citizens, and we always look forward to welcoming new members. Please stop by and visit with us soon!



I hope you have a Happy Valentine’s Day! God bless and best wishes!

Sincerely,

Shon E. Gress

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

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

Take care of your heart!



National Wear Red Day Friday, February 7th



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

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

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

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

Show your support and wear red!





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 your 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
- Loss of control of fine finger movements

Symptoms of severe hypothermia include:

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





Pearl Valley Cheese Fundraiser

Monday, February 3rd - Wednesday, March 5th

Guernsey County Senior Citizens Center, Inc. and Meals on Wheels Guernsey County will be hosting the annual Pearl Valley Cheese fundraiser as part of our 2025 March for Meals campaign. These delectable cheeses will be available in many different varieties and come in 12 oz. blocks. In addition, a 1 lb. ring of trail bologna and a 12 oz. summer sausage will be available for purchase. We will begin taking orders on Monday, February 3rd at 8:00 AM and will continue through Wednesday, March 5th. Order forms will be located at the guest service desk of Guernsey County Senior Citizens Center and all satellite site locations. Prepayment is required at the time the order is placed. Orders may be picked up “tentatively” on Wednesday, March 12th.

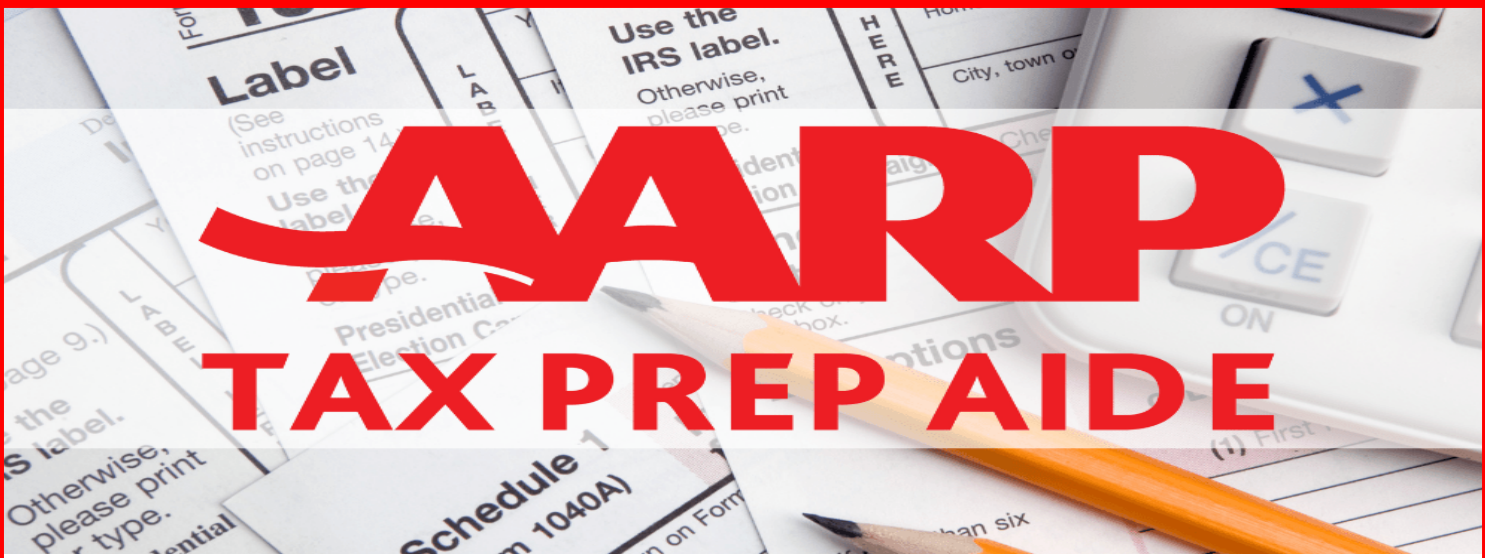


MEALS on WHEELS

GUERNSEY COUNTY

TOGETHER, WE CAN DELIVER.

**For additional information or to place an order, please visit
Guernsey County Senior Citizens Center
1022 Carlisle Ave., Cambridge, Oh. 43725
or call (740) 439-6681.**



AARP TAX PREP AIDE

Free Tax Preparation

AARP will again provide Free Tax Preparation and E-filing this year. They will be here at Guernsey County Senior Center on Fridays from Friday, February 7 through Friday, April 11th.

Individuals wishing to avail themselves of the service will:

- * Pick up a packet from the mail box on the side of the Guernsey Senior Center main entrance.
- * The packet will contain the interview and Information form and instructions.
- * The form **must** be completed for each tax return being prepared.
- * Once these forms are completed clients are to call the Senior Center at (740) 439-6681 to make an appointment. **Appointments can be made starting on Thursday, January 2nd.**

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

- **DRIVER'S LICENSE OR GOVERNMENT PHOTO ID FOR TAXPAYER AND SPOUSE IF APPLICABLE**
- **SOCIAL SECURITY CARDS FOR ALL INDIVIDUALS TO BE LISTED ON THE RETURN**
- Your completed Interview and Information forms
- Copy of the 2023 Tax Return
- Cost basis for any stocks or bonds sold in 2024
- Current tax year forms showing income and expenses you wish to claim
- A 1095A form if you received Health Insurance on the marketplace

Both the Federal and State Return will be E-filed after completion.



TAI CHI

This Class will be Offered:

Monday's from

9:00AM to 10:00AM

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

Please call (740) 439-6681 to sign up!

****Class times are subject to change depending on
the amount of participants that sign up.**



Sponsored Bingo Day by Dolbow Senior Solutions Monday, February 3rd

We will have Melinda from Dolbow Senior Solutions joining us to host and sponsor Fun Bingo on Monday, February 3rd 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!



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 limited to just 20 participants.

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.

Chair Yoga on Tuesdays

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, for one hour. The cost is \$5 per class. Hope's classes offer supportive, gentle movement designed to help seniors stay active, improve strength, and increase flexibility in a safe and comfortable environment. Her goal for her students is to help them stay active and improve their quality of life.

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.



Charcuterie Class

Tuesday, February 4th

Host your next get together with a visually appealing, tasty plate of charcuterie! Caitlin from the OSU Extension office will be here on Tuesday, February 4th at Noon to teach this fun class. During this class you will learn the components of a charcuterie board, creating healthy food swaps, utilizing different textures, colors, and flavors to create a fun, unique dining experience. The cost of this class is \$10.00 and will include all the supplies to create your own charcuterie board during the class. Spots are limited for this class so please call (740) 439-6681 to make your reservation.



GOOD OLE GOSPEL MUSIC NIGHT

at



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

TUESDAY, FEBRUARY 4, 2025

DOORS OPEN AT 5:00PM

MUSIC BEGINS AT 6:00PM

ADMISSION COST: \$2

Featuring:
Victory Trio



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



Valentine Craft Class
Sponsored by Traditions Health
Thursday, February 6th

We will have Denise from Traditions Health here with us on Thursday, February 6th. She will be sponsoring a free Valentine's craft class at 2:00PM. If you're feeling crafty and would like to join her for this fun afternoon, please call to make a reservation at (740) 439-6681.



Free Hearing Screenings
Friday, February 7th

Hearing Life will be here at Guernsey County Senior Center on Friday, February 7th 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.



Breakfast Buffet
Friday, February 7th

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, February 7th. The breakfast menu will include: hot cakes with apple topping, sausage links, hashbrown, yogurt cup, 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.

Library Pop Up —Friday, February 7th

We are proud to be collaborating with the Guernsey County District Public Library to have them bring a "Pop Up" cart of books to the Senior Center on Friday, February 7th from 9:00AM-10:00AM. They can also sign you up to get a library card during this time as well.

Alzheimer's Support Group- Tues.,Feb. 11th

Individuals who are impacted by Alzheimer's disease often need support and have many questions. The Senior Center hosts a local Alzheimer's Support Group on the second Tuesday of each month at 1:30 PM. The next meeting will be held on **Tuesday, February 11th** here at the Senior Center.



Valentine's Cookie Decorating Class
Tuesday, February 11th

We will have Karen Googins here with us on Tuesday, February 11th to host a Valentine's cookie decorating class at 2:00PM. The cookies will be cut-out sugar cookies with a limit of 2 dozen per person. The cost is \$5 per dozen and will include all supplies. Please call (740) 439-6681 to make a reservation by Friday, February 7th at noon and let us know how many dozen you would like.



Amish Country Trip
Wednesday, February 12th

We'd love to have you join us for a day of shopping in Amish Country on Wednesday, February 12th. We will be visiting Ohio's Market in Berlin, Sheiyah Market, Coblenz Chocolates, and Walnut Creek Cheese. We will have lunch at the Berlin Farmstead Restaurant, which will be on your own. This trip will depart at 8:00AM and return to the center around 4:00PM. The cost of this trip will be \$20.00 for members and \$35.00 for non-members. If you would like to join us for a fun day of shopping please call (740) 439-6681.



You are invited to the

Sweethearts Luncheon & Dance

Thursday, February 13th

Lunch Served: 11:30AM-1:00PM

Dance will begin at 12:00 Noon

If you would like to join us please
make a reservation by calling
(740) 439-6681.



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, choreography or floor work and both men and women can enroll.

This Class will be Offered:

Wednesday's from
9:00 AM to 10:00 AM

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

Please call (740) 439-6681 to sign up!



Valentine's Day Party Friday, February 14th

Join us for a fun Valentine's Day party during lunchtime on Friday, February 14th. The festivities will start at Noon and take place on the lunch side of the dining room. If you would like to make a Valentine's Day box, we will have a contest for everyone in attendance to vote on their favorite one. There will also be fun games to play as well. If you would like to join us on this day please call to make your reservation at (740) 439-6681.



**Guernsey County Senior Citizens
Center Inc. & Meals on Wheels Guernsey
County will be CLOSED on
Monday, February 17th
In Observance of President's Day. If you
have any questions or concerns about
services you may receive, please contact the
Senior Center at (740) 439-6681.**

A Friendly Reminder:
**Please note that our February and
March Senior Monthly Dinners begin
at 4:00PM.**



Monthly Senior Dinner Thursday, February 20th **Please note time change**

We cordially invite you to join us Thursday, February 20th, for the February monthly senior dinner at 4:00 PM. There will be "Grab & Go" and Dine-In both available on this evening. Menu will include: Baked rotini in meat sauce, tossed salad & dressing, green beans, garlic knots, applesauce, and cherry cheesecake 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+, suggested donation is \$5.00. 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.



Commodity Pick-Up Friday, February 21st

Guernsey County Senior Citizens Center partners with the Mid-Ohio Food Bank in providing the Commodity Supplemental Food Program. This is an income eligible program. The next distribution will be held on **Friday, February 21st** from 10:00AM-3:00PM.



Painting Class Monday, February 24th

We are excited to have Three Sister's Studio here with us on Monday, February 24th at 2:00PM to host a painting class. You will be painting a valentine winter scene. If you attended the previous class where you painted cutting boards you can bring that back and paint the back. If you don't have a cutting board please let us know when you sign up. The cost of this class is \$10.00 for those needing a cutting board and \$5.00 for those who have a cutting board from the previous class. 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.



Byesville Dinner Tuesday, February 25th

Please join us at the Stop Nine Senior Center in Byesville at 4:00 PM on Tuesday, February 25th. The menu will include: meatloaf, scalloped potatoes, buttered corn, dinner roll & butter, and apple crisp dessert. Please call (740) 439-6681 to make your reservations.



February Birthday Celebration Wednesday, February 26th

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

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 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 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!



Card Making Class Thursday, February 27th

If you enjoy making your own cards, or would like to learn how, we would love to have you join us on Thursday, February 27th at 1:00PM. This class will be hosted by Karen Bay. The cost of the class is \$10.00 which will include 4 cards and all the supplies needed to make the cards. If you would like to try out this new class please call (740) 439-6681 to sign up!

Satellite Site Activities

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

Pleasant City:

Monday, February 3rd at 12:00PM

Old Washington:

Wednesday, February 5th at 12:00PM

Londonderry:

Monday, February 10th at 12:00PM

Cumberland:

Tuesday, February 11th at 12:00PM

Byesville:

Tuesday, February 25th at 12:00PM



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 garbage 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. They will be able to check your blood pressure, pulse, and weight. For more information, please stop by your Senior Center on Tuesdays.



Book Lending Library

If you love to cozy up with a good book and read on these cold winter days we encourage you to check out our free book lending library. We have a wide variety of books and genres to choose from. When you choose a book there's no time or book limit. Check out our library which is located in our Living Room today!



Grow & Show Garden Club's "Gardner's Night Out" Event Wednesday, March 26th At 6:00PM

Spring is on its way and it's time again for Grow & Show Garden Club's "Gardner's Night Out" event! This event will take place at Guernsey County Senior Citizens Center, Inc. on Wednesday, March 26th at 6:00PM.

This year's guest speaker will be Denise Ellsworth, program director for OSU Entomology Department at the Wooster Campus. The title of her program is "Creating a Pollinator Friendly Habitat". She will include practical steps for each of us to help protect and encourage pollinators to thrive in our yards.

The cost for this evening will be \$15.00. Reservations must be made prior to the event by calling Cheryl Lowry-Miller at (740) 439-2153. Seats are limited and reservations will be taken by phone March 1st through March 21st. No tickets will be sold at the door.





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** will be open on Monday thru Friday (11:30AM-1:00PM). Located at: 22577 Cadiz Rd, Freeport, OH 43973. 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. Located at: 441 W Main St. Cumberland, OH 43732. Grab & Go lunches will be available during these days and times as well. You will have to enter the building to pick up all Grab & Go meals.
- **Pleasant City Site** will be open on Monday (11:30AM – 1:00PM) and Thursday (11:30AM – 1:00PM). Located at: 400 Main St. Pleasant City, OH 43772. Grab & Go lunches will be available during these days and times as well. You will have to enter the building to pick up all Grab & Go meals.
- **Old Washington Site** will be open on Wednesday (11:30AM-1:00PM) and Friday (11:30AM-1:00PM) only. Located at: 118 Old National Rd. Old Washington, OH 43768. Grab & Go lunches will be available during these days and times as well. You will have to enter the building to pick up all Grab & Go meals.
- **Byesville Site** will be open Monday through Friday (11:30AM – 1:00PM). Located at: 60330 Southgate Rd. Byesville, OH 43723. Grab & Go lunches will be available during these days and times as well. You will have to enter the building to pick up all Grab & Go meals.
- **The Guernsey County Senior Center site in Cambridge** will be open Monday – Friday with lunch served from 11:30AM- 1:00PM and Grab & Go available Monday – Friday from 11:30AM – 1:00PM.

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



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

February 2025 Activities

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
  				
3 8:30 AM- Crafting Group 9:00 AM Tai Chi Class 10:00AM- Sponsored Bingo Day 11:00AM Clothes Closet 11:00AM Bingocize 11:30AM- Lunch 12:00PM Pleasant City Site Activity 1:00PM Line Dancing Pearl Valley Cheese Fundraiser Begins	4 9:00AM- Quilters 10:00AM Bingo 11:00AM Chair Yoga 11:00 AM- Blood Pressure Checks 11:30AM- Lunch 12:00PM Charcuterie Class 1:00PM Cardio Drumming 6:00PM Good Ole Gospel Music Night	5 9:00AM- Geri Fit Exercise 9:00AM- Sewing 10:00AM -Bingo 11:30AM- Lunch 12:00PM Old Washington Site Activity 12:00PM- Mahjong	6 10:00AM Bingo 11:00AM Bingocize 11:30AM Lunch 12:30 PM- Open Cards 2:00PM Valentine Craft Class	7 8:00AM Hearing Screenings 9:00AM Breakfast Buffet 9:00 AM Library "Pop Up" Book Cart 9:30AM-2:00PM AARP Tax Appointments 10:00AM -Bingo 11:30AM- Lunch 12:30 PM- Euchre National Wear Red Day for American Heart Month
10 8:30 AM- Crafting Group 9:00 AM Tai Chi Class 10:00AM -Bingo 11:00AM Clothes Closet 11:00 Bingocize 11:30 Londonderry Site Activity 11:30AM- Lunch 1:00PM Line Dancing	11 9:00AM- Quilters 10:00AM Bingo 11:00 Chair Yoga 11:00 AM- Blood Pressure Checks 11:30AM- Lunch 11:30 Cumberland Site Activity 1:00PM Cardio Drumming 1:00 Alzheimer's Support Group 2:00PM Cookie Decorating	12 8:00AM Amish Country Trip 9:00AM- Geri Fit Exercise 9:00AM- Sewing 10:00AM -Bingo 11:30AM Lunch 12:00PM- Mahjong	13 10:00AM -Bingo 11:30AM- Sweethearts Luncheon & Dance 12:30 PM- Open Cards	14 9:30AM-2:00PM AARP Tax Appointments 10:00AM -Bingo 11:30AM- Valentine's Day Party & Lunch 12:30 PM- Euchre
17 CLOSED 	18 9:00AM Quilters 10:00AM Bingo 11:00AM Chair Yoga 11:00AM Blood Pressure Checks 11:30AM Lunch 1:00PM Cardio Drumming	19 9:00AM Geri-Fit Exercise 9:00AM- Sewing 10:00AM Bingo 11:30AM Lunch 12:00PM Mahjong	20 10:00AM Bingo 11:30AM Lunch 12:30 PM- Open Cards 4:00-5:00PM Grab -N- Go Dinner	21 9:30AM-2:00PM AARP Tax Appointments 10:00 AM - 3:00 PM- Food Commodity Pick Up 10:00AM -Bingo 11:30AM Lunch 12:30 PM- Euchre
24 8:30 AM- Crafting Group 9:00 AM Tai Chi Class 10:00AM -Bingo 11:00AM Clothes Closet 11:00AM Bingocize 11:30AM- Lunch 1:00PM Line Dancing 2:00 Painting Class	25 9:00AM Quilters 10:00AM Bingo 11:00AM Chair Yoga 11:00AM Blood Pressure Checks 11:30AM Lunch 12:00PM Byesville Site Activity 1:00PM Cardio Drumming 4:00PM Byesville Monthly Dinner	26 9:00AM Geri-Fit Exercise 9:00AM Sewing 10:00AM Bingo 11:30AM Birthday Party & Luncheon 12:00PM Mahjong	27 10:00AM Bingo 11:00AM Bingocize 11:30AM Lunch 12:30PM Open Cards 1:00PM Card Making Class	28 9:30AM-2:00PM AARP Tax Appointments 10:00AM Bingo 11:30AM Lunch 12:00PM Euchre

February 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, 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. <i>*Menu subject to change depending on item availability.</i>				
3 Baked Chicken Buttered Whole Potatoes Spiced Peaches 100% Fruit Juice Choice of Bread/Margarine Choice of Milk	4 Stuffed Green Pepper Mashed Potatoes Buttered Corn Tropical Fruit Dinner Roll/Margarine Choice of Milk	5 BBQ Porkchop Seasoned Potato Wedges Peas & Carrots Fresh Apple Choice of Bread/Margarine Choice of Milk	6 Sloppy Joe w/Bun Hashbrown Casserole Green Beans Fresh Banana Marble Cake Choice of Milk	7 Beef Tips over Noodles Yukon Gold Potatoes California Blend Vegetables Peaches Choice of Bread/Margarine Choice of Milk
10 Fish w/Hushpuppies Au Gratin Potatoes Buttered Peas Fresh Orange Choice of Milk	11 Cheeseburger Soup w/ Crackers Broccoli Florets 100% Fruit Juice Dinner Roll/Margarine Banana Pudding Parfait Choice of Milk	12 Glazed Sliced Pork Loin Scalloped Potatoes Mixed Vegetables Mixed Fruit Choice of Bread/ Margarine' Choice of Milk	13 Ritz Chicken Casserole Seasoned Green Beans Cinnamon Applesauce Berry Mix Cup Choice of Bread/Margarine Chocolate Cupcake Choice of Milk	14 Meatloaf Twice Baked Mashed Potatoes Key Largo Vegetables Fruit Cocktail Choice of Bread/Margarine Valentine Cookie Choice of Milk
17 Closed due to President's Day Frozen Meals Available upon Request	18 Ham Loaf Sweet Potatoes Lima Beans Mandarin Oranges Dinner Roll/Margarine Choice of Milk	19 Pepper Steak w/Rice Broccoli Roasted Root Vegetables 100% Fruit Juice Choice of Bread/Margarine Choice of Milk	20 Roast Beef Mashed Potatoes w/Gravy Brussel Sprouts Fruited Strawberry Jell-o Choice of Bread/Margarine Choice of Milk	21 Chicken Cordon Bleu Red Skinned Potatoes Capri Vegetables Pineapple Tidbits Choice of Bread/Margarine Choice of Milk
24 Salisbury Steak w/Gravy Cheesy Potatoes Winter Blend Vegetables Diced Pears Choice of Bread/Margarine Peanut Butter Cookie Choice of Milk	25 Honey Dijon Chicken Roasted Red Potatoes Spinach Fresh Banana Choice of Bread/Margarine Pistachio Pudding Choice of Milk	26 Cubed Steak w/Gravy Baby Baker Potatoes Baby Carrots Fresh Clementine Choice of Bread/Margarine Choice of Milk	27 Roast Turkey Mashed Potatoes French Style Green Beans 100% Cranberry Juice Dinner Roll/Margarine Choice of Milk	28 Cheese Ravioli w/ Meat Sauce Tossed Salad w/Dressing Carrots Applesauce Garlic Stick Choice of Milk



February Employee Birthdays

Joann Jirles	8th
Linda Reyna	8th
Duane Lucas	11th
JoEllen Green	13th
Chuck Figgans	17th
Kylee Quinn	20th
Angel Aber	26th

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 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.

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 December:**

**Bev Snyder
JoEllen Green
Bobbie Kafury
Regina Gerko
Becky Saft
James Huffman Jr
Shearl Colburn
Debera McGath
Sonja Leathley**



**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"

**Zanesville
Medical Transportation
Available!!**

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

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 December:

Gloria Siegfried

Laura Riffle

Dennis & Amy Patterson

Cambridge Lions Club

Ramond & Charmaine Chorey

***John & Judy Davis**

***In Honor of Rose Ann Davis' 100th Birthday**

Dana & Rhonda Carley

David & Barbara Prine

Guernsey County Lions Club

Lehotay Trucking

Veterans of Foreign War

Michelle Riesbeck

***Gail Bell**

***In Memory of Roger Bell**

Gardensky Dental

Donald Brown, Attorney at Law

Taylor Linen

Southeastern Ohio Counselling

Quentin Allen

Nancy Abbott

Charlotte McCartney



We would like to extend a heartfelt thank you to everyone who contributed to our "Share the Love" and "Be a Santa to a Senior" campaign. Without your support and generosity we couldn't continue to provide the essential services we do to senior all throughout Guernsey County.



Utility Assistance Available For Senior Citizens

Heating Assistance Available Application Deadline: May 31, 2025

The Ohio Department of Development and the Area Agency on Aging, Region 9 want to remind older Ohioans that assistance is available to help with their home energy bills. The Home Energy Assistance Program (HEAP) helps Ohioans at or below 175% of the Federal Poverty Guidelines for a household of up to seven members and 60% of State Median Income for a household of eight or more members to pay their heating bills.

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

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

- Most recent utility bills.
- A list of all household members (including birth dates and Social Security numbers).
- Proof of income for the past 30 days for all household members (12 months for certain income types).
- Proof of U.S. citizenship or legal residency for all household members.
- Proof of disability (if applicable).

HEAP benefits are applied to an individual's energy bill after Jan. 1. Applications for the HEAP program must be received by May 31, 2025.

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

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

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 \$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.

February 2025 Birthdays

02/01	Melody Greathouse Bobbie Henderson Karen Hogan Linda Anderson		Kevin Lea Susan Lyons Donna McCulley Carrie Okolish		Carol Neff Donald Oney Bill Riehl Sharon Stottsberry
02/02	Margaret Jacobs Debra McVicker Kevin Robinson Tim VanCamp Diane Wills Marjorie Savage		Patricia Kohl Karen Williams		Georgiene Brooks Patty Masciarelli
02/03	Mike Franko Mary Lucas Phyllis Roby Angeline Foraker	02/12	Charles Galloway	02/23	Jackie Gesaman Marjorie Stillion Joy Walker
02/04	Pam Goodwin Heidi Pedersen-Nason Martha Warne	02/13	Doris George Carmaleta McGaha JoEllen Green Valerie Herman Brenda Kirkbride Betty Yonker	02/24	Ronald Dennis Carlye Farmer John Katynski Berlene Robb Karen Ward Bill Wilson
02/05	Jo-Ann Bond Sharon Bradshaw Gerald Cavanaugh Richard Krause Robert Okolish Ramona Springer Janet Wamack Sharon Domoracki	02/14	Rose Bench Tamara Graham Bill Roe Yogi Gupta Mary Johnson	02/25	Sharon Chester Maria Demkowicz Barbara Dillon Dorothy Hildebrand Charles Marlatt Annabelle Neff Richard Pavlov Elvin Culp
02/06	Patricia Bryan Jim Fair Dama Ferguson Loraine Price	02/15	Conrad Demkowicz	02/26	Cheryl Dawkins Paul Gray Mary Tidrick
02/07	Judi Stevens	02/16	Marie Andrie Ruth Cincinat Gayla Gordan RJ Kidder Doug Arden	02/27	Sharon Callihan Linda Fitzgerald Brenda Folkert Deanne Gray Susan DeWitt Mary Grimsley
02/08	Nancy Bates Leanna McCollum Linda Reyna Shelby Smith Evelyn Callihan Velma Kunze Jill Olnhausen	02/17	Mary Jean Duke Carolyn Filippis Glen McEndree Demetra Moore Debbie Speier	02/28	Saundra Bauserman Linda Gause Tim Hayes Ruth VanDyne Sherry Blankenship Joan Hafner-Betts Yolanda King Jeannie Perkins
02/09	Bonnie Beckett Nancy Bell Yvonne Brown Diane Hebert Sandra Hill Rose Kopyar Sara Natale Leona Powell Martha Rice Kenneth Milburn Joan Picklesimer	02/18	Solange Brazilio Richard Cowgill Rick Hough Osie Veselenak Candy Reardon		
02/10	Phyllis Mehaffey Fran Morland Marie Shimp Virginia Wilson	02/19	Maria Barczak Janet Brockwell JoEllen Evans Jean Means Mary Jo Parkinson Patty Smith Adele Flowers		
02/11	Richard Brusky Carol Foraker	02/20	Vicki Pierce Steve Schwartz		
		02/21	Cynthia Bond Randi Earnest Maurice Froment Roy George Cathy Lea Thomas Lemmings John Whitis		
		02/22	Judy Bellville Anita Harbaugh Bob Johnson		



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

President's Day Word Search

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



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



“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 Seniors



*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 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!**