



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



Volume 53 Issue 1

Guernsey County Senior Citizens Center, Inc.

January 2025

Special Events:

**New Year's
Eve Luncheon**
Tue., Dec. 31st

**Join us for a
Bingocize
Class on
Mondays!**

NEW!
Chair Yoga
Classes at the
Senior Center
begin on Tuesday,
January 7th!
"Sign-up today"

**AARP Volunteer
Tax Preparers are
needed—inquire
today!**

**The Senior Center will
be CLOSED on
Mon., January 20th for
an employee in-service
training**

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 New Year Message from the Executive Director

Dear Seniors,

Happy New Year! I hope this newsletter finds you warm and well. As the winter chill settles in and the new year begins, January brings more than just resolutions and fresh starts—it's also National Eye Care Month! This special month is dedicated to raising awareness about the importance of maintaining good eye health and preventing vision problems. So, let's cover why January is the perfect time to focus on our vision.

Our eyes are incredible organs that allow us to perceive the world around us. With the ability to capture and interpret light, they play a crucial role in our daily lives. National Eye Care Month serves as a reminder to cherish this precious gift of sight and take proactive steps to ensure our eyes stay healthy. Regular eye exams are essential for maintaining optimal eye health. January is an ideal month to schedule that overdue appointment with your eye care professional. These exams can



You're Cordially Invited to attend the

**January Monthly
Dinner**

**Thursday, January 16, 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!***

detect early signs of vision problems, helping to prevent conditions such as glaucoma, cataracts, and macular degeneration. By catching these issues early, we can take proactive measures to preserve our vision

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.

and overall eye health.

In our modern, digital age, many of us spend significant amounts of time in front of screens—be it computers, tablets, or smartphones or televisions. This increased screen time can lead to digital eye strain, characterized by symptoms like eye fatigue, headaches, and dry eyes. National Eye Care Month is an excellent time to explore tips for reducing digital eye strain, such as the 20-20-20 rule (taking a 20-second break every 20 minutes and looking at something 20 feet away) and adjusting screen settings for optimal comfort. Beyond regular check-ups, adopting a healthy lifestyle can contribute to maintaining good eye health. Eating a balanced diet rich in vitamins and minerals, staying physically active, and protecting your eyes from harmful UV rays are all essential habits. During National Eye Care Month, consider incorporating these habits into your routine to promote overall well-being.

It's never too early to start caring for our eyes. National Eye Care Month emphasizes the importance of eye health for all ages, advocating for early eye exams and awareness of common vision problems. Early intervention can make a significant difference in a person's visual performance and comfort.

As we embrace the start of the New Year, let's make a commitment to prioritize our vision. National Eye Care Month serves as a valuable reminder to schedule those overdue eye exams, adopt eye-healthy habits, and appreciate the incredible gift of sight. By taking proactive steps to care for our eyes, we can look forward to a future filled with clarity, focus, and vibrant experiences.

I hope you have a happy & healthy New Year! My staff and I look forward to you visiting with us soon. Stay well and God Bless.

Sincerely,

Shon E. Gress

Shon E. Gress, MSHCS, BSC, AAB
Executive Director & CEO
Certified Administrator of Aging Services



You Have Received the Diagnosis ...

Dementia

Now What ???

For many, this diagnosis can bring up questions about what comes next and feelings of uncertainty for the person diagnosed and their caregiver.



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

Get **S**upport For The Future
Promote **H**ealth, Reduce Stress
Engage in **A**ctivities With Others
Find **R**esources Available
Provide **E**ducation, Strategies

There Are Answers....

The **SHARE** Program is designed to assist **the Person Diagnosed AND their Caregiver** during the earlier stages of dementia.

It gives both partners an opportunity to talk about dementia in the comfort of their own home and to actively construct a guided plan for the future— **TOGETHER**.

For More
Information
740-439-6681



SHARE
FOR DEMENTIA
SUPPORT • HEALTH • ACTIVITIES • RESOURCES • EDUCATION
A PRODUCT OF
BENJAMIN ROSE INSTITUTE ON AGING



WHAT YOU SHOULD KNOW IN CASE OF A WINTER EMERGENCY

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

Protect Yourself Against Hypothermia This Winter

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

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

Symptoms of mild hypothermia include:

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

Symptoms of severe hypothermia include:

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

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

To avoid hypothermia:

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

OTHER TIPS:

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





“Share the Love” this Holiday Season

Dear Friends & Supporters,

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

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

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

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



Guernsey County Senior Citizens Center, Inc.

Warmest Holiday Thanks & Best Wishes

Shon E. Gress

Shon E. Gress, Executive Director



Meals on Wheels Guernsey County

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

Name: _____

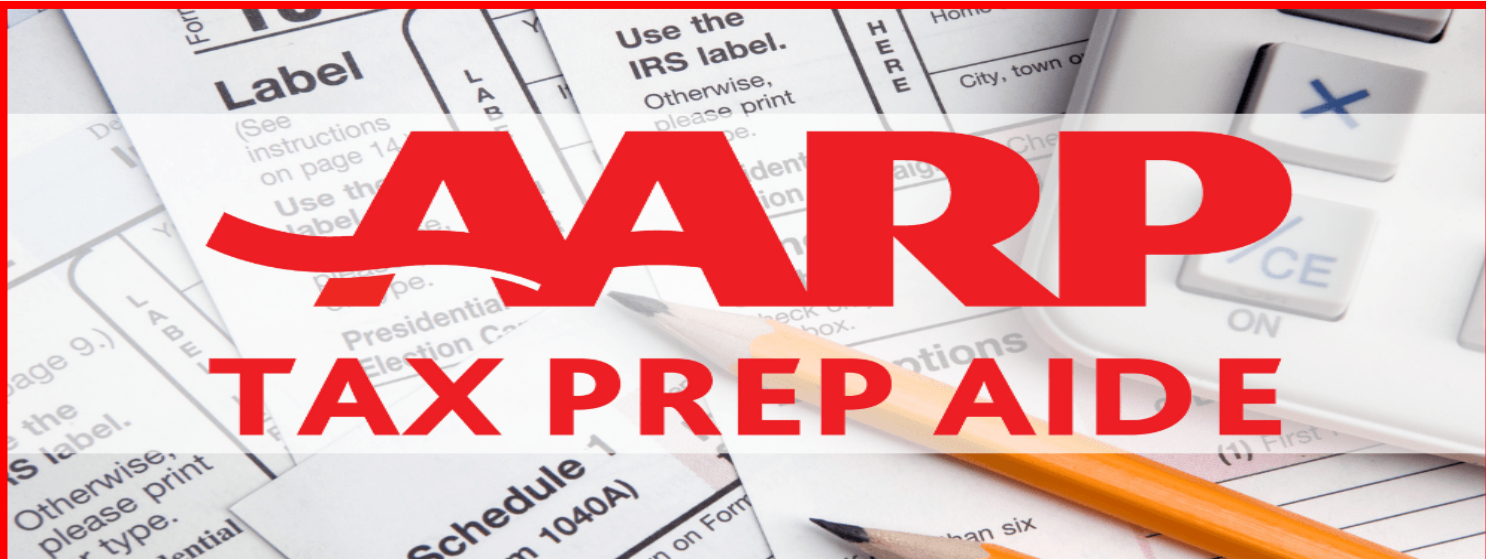
In-Honor/Memory of, Family/Business Name: _____

Address: _____

Donation Amount: _____

Please complete and mail your 2024/2025 tax-deductible donation to:

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



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 efiled after completion.



Holiday Gift Certificates Available

Are you looking for a great gift idea for that special someone this holiday? Stop by the senior center and purchase a gift certificate for a fun day trip.



New Year's Eve Luncheon Tuesday, December 31st

Please plan to join us as we ring in the New Year on Tuesday, December 31st as we count down to noon! We will be serving lunch at 11:30AM. The menu will include: roasted pork loin with sauerkraut, mashed potatoes & pork gravy, succotash, roll & butter, 100% apple juice, and New Year's cupcake for dessert. If you plan to join us we ask that you please make a reservation by calling (740) 439-6681.



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



Snow Globe Craft Class Sponsored by Traditions Health Thursday, January 2nd

We will have Denise from Traditions Health here with us on Thursday, January 2nd. She will be sponsoring a free Snow Globe 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.



Sponsored Bingo Day by Dolbow Senior Solutions Monday, January 6th

We will have Melinda from Dolbow Senior Solutions joining us to host and sponsor Fun Bingo on Monday, January 6th 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 at 11:00AM

A mix of light exercise, health information and Bingo! Join us for just one hour a week. 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. Sign up today by calling 740-439-6681.



Line Dancing Class on Mondays

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



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 beginning Tuesday, January 7th. The cost of these classes will be \$5 per class, and can be paid to Hope the day of class.

About the Instructor:

Hope Mercer is a 200 hour certified yoga instructor and also holds certifications in Yin Yoga, Restorative Yoga, Chair Yoga, and a 36 hour certification in Thai Yoga Bodywork. Hope, owner and instructor at Iron Zen Yoga, LLC, focuses on mobility and balance during her chair yoga classes. 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. Hope has been teaching yoga since 2001 and guides each session with mindful movements, breath awareness, and modifications to suit all abilities, helping every participant find their inner strength and calm.



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.



Breakfast Buffet

Friday, January 10th

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



Bookmobile

Friday, January 10th

We are proud to be collaborating with the Guernsey County District Public Library to have them bring the Bookmobile to the Senior Center on Friday, January 10th from 12:00PM-1:00PM. They will be parking the Bookmobile out front in our parking lot. From this date forward, they will be visiting us the first Tuesday of each month. We hope that you plan to visit them while they're here at the Senior Center!



GOOD OLE GOSPEL MUSIC NIGHT

at



Guernsey County Senior Citizens Center, Inc.

1022 Carlisle Ave. Cambridge, OH 43725

TUESDAY, JANUARY 7, 2025

DOORS OPEN AT 5:00PM

MUSIC BEGINS AT 6:00PM

ADMISSION COST: \$2

Featuring:
Cathy Goss



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



**Alzheimer's Support Group
Tuesday, January 14th**

Individuals who are impacted by Alzheimer's disease often need support and have many questions. The Senior Center hosts a local Alzheimer's Support Group on the second Tuesday of each month at 1:30 PM. The next meeting will be held on **Tuesday, January 14th** here at the Senior Center.

A Friendly Reminder:

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



**Monthly Senior Dinner
Thursday, January 16th
Please note time change**

We cordially invite you to join us Thursday, January 16th, monthly senior dinner at 4:00 PM. There will be "Grab & Go" and Dine-In both available on this evening. Menu will include: BBQ pork finger ribs, sour cream & chive twice baked mashed potatoes, buttered corn, peaches, and marble cake with chocolate frosting for dessert. There will also be entertainment and a 50/50 raffle. To make your advanced reservations please call (740) 439-6681. "Grab & Go" meals will be served to seniors inside their vehicles from 4:00PM-5:00PM at Guernsey County Senior Citizens Center, Inc. located at 1022 Carlisle Ave., Cambridge, OH. Cost for this event is "By Donation" for seniors age 60+. If you are dining in, please remember to bring your scan cards to sign in. If you do not have a scan card, please stop back at our nutrition window and ask about getting one made.



**Commodity Pick-Up
Friday, January 17th**

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, January 17th** from 10:00AM-3:00PM.



**National Popcorn Day
Friday, January 17th**

National Popcorn Day celebrates one of nature's most extraordinary foods: popcorn! We invite you to come in join us for National Popcorn Day on Friday, January 17th. The popcorn will be served at 12:00PM, during our lunch time. Please make your reservation by calling (740) 439-6681



MARTIN LUTHER KING JR. DAY

★ ★ ★ ★ ★
I HAVE A DREAM

**Guernsey County Senior Citizens
Center Inc. & Meals on Wheels
Guernsey County will be
CLOSED on
Monday, January 20th
for Employee In-Service. If you
have any questions or concerns
about services you may receive,
please contact the Senior Center
at (740) 439-6681.**



Downtown Cambridge Trip Wednesday, January 22nd

Let's stay close to home as we learn about some local history and culture on Wednesday, January 22nd. We will start off the day with a guided tour of the Guernsey County Museum. After this we will enjoy lunch at Theo's restaurant, which will be on your own. Following lunch we will tour Mosser Glass and see how they make their unique glass pieces. Last but not least we will visit the Dickens Victorian Village to get an overview on how they make the Dicken's characters that are displayed each holiday season throughout downtown. This trip will depart at 9:30AM and return back to the Senior Center around 3:30PM. The cost of this trip will be \$10.00 for members and \$25 for non-members. To reserve your seat please call (740) 439-6681.



Mindful Wellness Program by OSU Extension Office Wednesday, January 22nd

The Ohio State University Wexner Medical Center recommends mindfulness practice to complement medical treatment to help reduce anxiety, chronic pain, depression, insomnia and stress. Just like learning any new skill like cooking, swimming or riding a bike, mindfulness takes time and practice. Learn the basics about Mindfulness and applying this concept to your daily life. We will have Caitlin from our local OSU Extension office here with us on Wednesday, January 22nd at 12:00PM to offer this free session. If you would like to join her please make a reservation.



Card Making Class Thursday, January 23rd

If you enjoy making your own cards or would like to learn how we would love to have you join us on Thursday, January 23rd 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!



Painting Class Monday, January 27th

We are excited to have Three Sister's Studio here with us on Monday, January 27th at 2:00PM to host a painting class. You will be a winter scene. The cost of this class is \$10.00 and will include all supplies needed to complete the painting. 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, January 28th

Please join us at the Stop Nine Senior Center in Byesville at 4:00 PM on Tuesday, January 28th. The menu will include: chicken cordon bleu, mashed potatoes & chicken gravy, buttered peas, dinner roll & butter, and mandarin orange dessert. Please call (740) 439-6681 to make your reservations.



January Birthday Celebration Friday, January 31st

Please plan to join us on Friday, January 31st at 11:30AM as we celebrate January birthdays! We will enjoy cake and ice cream, which will be served after lunch. If you would like to join us on this day please call (740) 439-6681 to make your reservation.

Satellite Site Activities

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

Pleasant City:
Monday, January 6th at 12:00PM

Old Washington:
Wednesday, January 8th at 12:00PM

Londonderry:
Monday, January 13th at 12:00PM

Cumberland:
Tuesday, January 14th at 12:00PM

Byesville:
Tuesday, January 28th at 12:00PM

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.

MVHC Mobile Unit Wednesday, January 8th & Wednesday, January 22nd

The MVHC Mobile Unit will be visiting the Guernsey County Senior Citizens Center twice a month. This month they will be here on Wednesday, January 8th & Wednesday, January 22nd from 9:00AM-1:00PM. Information on what the mobile unit has to offer:

- The Mobile Unit is open to the public, as walk-ins, no appointments.
- MVHC provides: A variety of Vaccines/Primary Medical Care/Urgent Care Needs/Labs/Covid Testing/Flu Testing/Step Testing/Referrals to Specialists and more. Vaccine offered: RSV (For 75 yrs. and older only, one and done), Pneumonia, Flu, Covid.
- DO NOT NEED to be a current MVHC patient to be seen.
- MVHC accepts ALL insurances. Any patient wanting to be seen must bring their insurance card.
- We DO NOT accept any copays at time of service. If a copay is due, it will be billed to the patient through the mail.
- If a patient does NOT have insurance and is only requesting to receive a vaccine, the patient will be responsible for only the cost of the vaccine and the administration fee. NO office visit fee.
- If a patient does NOT have insurance, MVHC offers a financial aid form or a sliding fee scale for patients or we offer other resources to potentially help reduce the costs.

Clothes Closet on Mondays

The Guernsey County Senior Citizens Center maintains a clothes closet exclusively for senior citizens and it can 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!



IF YOU'RE CARING FOR AN OLDER ADULT, YOU HAVE *QUESTIONS* . . .

WE HAVE ANSWERS!

WeCare...Because You Do is a unique program that specializes in helping family members caring for an older loved one get the resources and information they need.

Ask us as many questions as you want!

More than just an answer line, your experienced Care Consultant will get to know you, understand your needs and work with you to solve the challenges you're facing. Care Consultants follow a proven process to create your step-at-a-time "action plan" that guides you toward the solutions you need.

Call us at **1-740-439-6681** to see how WeCare can help you and your loved one.

Helping older adults age with dignity and grace

**BENJAMIN
ROSE**
| INSTITUTE ON AGING

We know you're busy!

*Talk to us by phone, online or
email at times convenient for you.*

We can help you to:

Connect with services like transportation, meals, and home care

Review legal decisions and find financial guidance

Explore respite and long-term care options

Understand disease progression and manage behaviors

Have difficult but necessary conversations

Build a support team of family and friends



GUERNSEY COUNTY SENIOR CITIZENS CENTER

1022 Carlisle Avenue
Cambridge, OH 43725

740-439-6681

www.guernseysenior.org



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

January 2025 Activities

Monday	Tuesday	Wednesday	Thursday	Friday
8:30 AM- Crafting Group 9:00 AM Tai Chi Class 10:00AM- Sponsored Bingo Day 11:00AM Clothes Closet 11:00AM Bingocize 11:30 Pleasant City Site Activity 11:30AM- Lunch 1:00PM Line Dancing		CLOSED 	10:00AM Bingo 11:30AM Lunch 12:30 PM- Open Cards 2:00 Craft Class	10:00AM -Bingo 11:30AM- Lunch 12:30 PM- Euchre
6 8:30 AM- Crafting Group 9:00 AM Tai Chi Class 10:00AM- Sponsored Bingo Day 11:00AM Clothes Closet 11:00AM Bingocize 11:30 Pleasant City Site Activity 11:30AM- Lunch 1:00PM Line Dancing	7 9:00AM- Quilters 10:00 Bingo 11:00 Chair Yoga 11:00 AM- Blood Pressure Checks 11:30AM- Lunch 1:00 Cardio Drumming 6:00 Gospel Night	8 9:00-1:00 MVHC Mobile Unit 9:00AM- Geri Fit Exercise 9:00AM- Sewing 10:00AM -Bingo 11:30AM- Lunch 11:30 Old Washington Site Activity 12:00PM- Mahjong	9 10:00AM Bingo 11:30AM Lunch 12:30 PM- Open Cards	10 9:00-10:00 Breakfast Buffet 10:00AM -Bingo 11:30AM- Lunch 12:00-1:00 Book Mobile 12:30 PM- Euchre
13 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	14 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	15 9:00AM- Geri Fit Exercise 9:00AM- Sewing 10:00AM -Bingo 11:30AM Lunch 12:00PM- Mahjong	16 10:00AM -Bingo 11:30AM- Lunch 12:30 PM- Open Cards 4:00-5:00 Grab -N- Go 4:00 PM Monthly Senior Dinner	17 10:00 AM - 3:00 PM- Food Commodity Pick Up 10:00AM -Bingo 11:30AM- Lunch 12:00 National Popcorn Day 12:30 PM- Euchre
20 CLOSED 	21 9:00 Quilters 10:00 Bingo 11:00 Chair Yoga 11:00 Blood Pressure Checks 11:30 Lunch 1:00 Cardio Drumming	22 9:00-1:00 MVHC Mobile Unit 9:00 Geri-Fit Exercise 9:00 Sewing 9:30 Downtown Cambridge Trip 10:00 Bingo 11:30 Lunch 12:00 Mahjong	23 10:00AM Bingo 11:30AM Lunch 12:30 PM- Open Cards 1:00 Card Making Class	24 10:00AM -Bingo 12:30 PM- Euchre
27 8:30 AM- Crafting Group 9:00 AM Tai Chi Class 10:00AM -Bingo 11:00AM Clothes Closet 11:00AM Bingocize 11:30AM- Lunch 1:00 Line Dancing 2:00 Painting Class	28 9:00 Quilters 10:00 Bingo 11:00 Chair Yoga 11:00 Blood Pressure Checks 11:30 Lunch 11:30 Byesville Site Activity 1:00 Cardio Drumming 4:00 Byesville Monthly Dinner	29 9:00 Geri-Fit Exercise 9:00 Sewing 10:00 Bingo 11:30 Lunch 12:00 Mahjong	30 10:00 Bingo 11:30 Lunch 12:30 Open Cards	31 10:00 Bingo 11:30 Birthday Luncheon 12:30 Euchre

January 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 Bysville Site serves lunch at 11:30 am. Monday—Friday. Pleasant City 11:30-1:00 pm Monday & Thursday, Cumberland 11:30-1:00 pm, Tuesday & Friday. Londonderry site serves at 11:30 on Monday—Friday, and Old Washington site Wednesday & Friday from 11:30am-1:00pm. Dine-In or Grab & Go Options Available. If you have any questions about our nutrition services please call 740-439-5717 or toll free at 1-866-534-2349. Each meal includes a choice of white, wheat, or specified bread and a choice of either 2% or Skim Milk. Ingredient content can be found on our website at www.GuernseySenior.org. <i>*Menu subject to change depending on item availability.</i>	1 Closed due to New Year's Holiday <i>Frozen Meals Available upon Request</i>	2 Chipped Beef over Texas Toast Carrot Coins Yukon Gold Potatoes Cottage Cheese Pineapple Tidbits Choice of Milk	3 Spaghetti w/Meatballs Tossed Salad w/Dressing French Style Green Beans Diced Peas Garlic Stick/Margarine Choice of Milk	
6 Pork Chop w/Mushroom Gravy Hash Brown Potatoes Cauliflower w/Cheese 100% Cranberry-Grape Juice Dinner Roll/Margarine Choice of Milk	7 Pepperoni Pizza Spiced Peaches Spinach Tomato-Cucumber Salad Chocolate Chip Cookie Choice of Milk	8 Salisbury Steak w/Gravy Loaded Mashed Potatoes Buttered Peas Clementine Choice of Bread/Margarine Choice of Milk	9 Loaded Baked Potato Soup Chicken Salad w/Bun Mandarin Oranges Fresh Banana Shortbread Cookies Choice of Milk	10 Beef Roast Whole Buttered Potatoes Squash-Zucchini Mix Fruited Orange Jell-O Dinner Roll/Margarine Choice of Milk
13 Baked Chicken Au Gratin Potatoes Calico Beans Mixed Fruit Choice of Bread/Margarine Choice of Milk	14 Cheese Manicotti w/Sauce Capri Vegetables Tossed Salad w/Dressing Fresh Grapes Garlic Knot/Margarine Choice of Milk	15 Mushroom Burger w/Bun Breaded Cauliflower w/Ranch Hashbrown Casserole Fruited Strawberry Jell-O Choice of Milk	16 Turkey & Stuffing Roll Up Mashed Potatoes w/Turkey Gravy Broccoli Florets 100% Cranberry Juice Choice of Bread/Margarine Choice of Milk	17 Pork Fritter w/Gravy Roasted Red Skin Potatoes Italian Blend Vegetables Waldorf Salad Italian Bread/Margarine Choice of Milk
20 Closed due to Martin Luther King Holiday <i>Frozen Meals Available upon Request</i>	21 Baked Steak Mashed Potatoes w/Beef Gravy Brussel Sprouts Tropical Fruit Dinner Roll/Margarine Choice of Milk	22 Cabbage Roll Scalloped Potatoes Creamed Corn Fresh Apple Choice of Bread/Margarine Choice of Milk	23 Monterey Chicken Rice Pilaf Bean Medley Diced Beets Fresh Pear Choice of Bread/Margarine Choice of Milk	24 Glazed Meatloaf Sweet Potatoes Green Bean Casserole Applesauce Cornbread//Margarine Chocolate Cake Choice of Milk
27 Baked Mac & Cheese Baby Carrots Broccoli Casserole Pineapple Chunks Choice of Bread/Margarine Choice of Milk	28 Baked Fish w/Bun Buttered Potatoes Lima Beans Coleslaw Choice of Bread/Margarine Choice of Milk	29 BBQ Beef w/Hoagie Bun Tater Tots Green Beans Fresh Banana Choice of Milk	30 Hearty Homemade Chicken Noodle Soup w/Crackers Tossed Salad w/Egg & Cheese Fruited Cherry Jell-O 100% Fruit Juice Biscuit/Margarine	31 Herb Roasted Pork Ribs Baby Baker Potatoes Baked Beans Apricots Choice of Bread/Margarine Choice of Milk

January Employee Birthdays

Amy McClelland	2nd
Valerie Wray	2nd
Dan Moore	3rd
Rhonda Foraker	4th
Craig Standiford	6th
Rick Clay	10th
Bob Reardon	16th
Gary Toles	16th
Mark Wayt	16th
Vanita Brill	21st
Betsy Mathers	26th
Anna Pavlov	29th
Victoria Chaple	31st

Enjoy Being Social and Have Some Fun Playing Cards

Playing cards and card games have a number of features and physical/social benefits. Guernsey County Senior Citizens Center has several opportunities for you to participate in this fun activity. Join Mahjong on Wednesdays, Open Cards on Thursdays and Euchre on Fridays. All groups are held from 12:30 PM until 3:00 PM in the living room.

Become a Member of Guernsey County Senior Center

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

Robert Ferguson	Pam Murphy
Ray Adams	Mark Strandberg
Skip Gardner	Shelinna Durr
Gary Johnson	MaryBelle Teters
Deb Burke	Lolly Ravak
Cindi Johnson	Tom Christie



**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 at a reasonable fee. Please stop by the Senior Center to see the beautiful quilts on display for purchase.

Wednesdays are "tailor" made for sewing

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

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

A Special "Thank You"

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

Sharon Lewis

Connie Chappellear

Jorja McDaniel

James & Loretta Moss

Jody & Beth Carter

Guernsey County Vet Charity Fund

Richard & Ramona Springer

Marcella Stanko

Gary & Linda Reyna

***Benita Brokaw**

***In Memory of Gary Brokaw**

Tom & Mary Tipton

Gloria Siegfried

Lowell & Jackie Gesaman

Dave Foraker

Jim & Wanda Hockenberry

Steve & Martha Cochran

Steve & Kelly Theodosaplos

Barbara Batal

Judy's Barbershop

Nick Modock

Lillian Base

Shirley Kurtz

Larry & Susan Smith

Cheryl Keller



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 four 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.

January 2025 Birthdays

01/01 Bernadette Anderson
Evelyn Mercer
Karen Enos
Newton McWhorter
Shirley Scholik
01/02 Clyde Allen
Darla Bischard
MaryBelle Teters
01/03 Sherry Bell
Cynthia Jones
Catherine Morrow
01/04 Rachel Howell
Deborah McGath
Janet Roberts
Marshall Winchester
01/05 Edna Abraham
Jeanette Hall
Judy Leonardt
Gene Mailot
Chris Storey
JoEllen Diehl
Theresa Newsom
01/06 Charles Hanes
Rhonda Carley
01/07 Vikki Ashton
Butch Pulley
Leonard Ray
Peggy Ringer
Carl LaRue
01/08 Geneva Lahmers
Michael Morris
Danny Snapp
01/09 Janice George
Pon Reis
Martha Seresun
Rita Warnock
01/10 Vicki Art
Terri Chicwak
Rick Clay
Debra McClelland
Doris Scott
01/11 Carol Houston
01/12 Janice Mathers
James Roberts
Donna Rodgers
David Rose

01/13 Joyce Lewis
Mary Ann McCulloch
Elaine Williams
Carl Beynon
Debora Garner
01/14 Marilyn Gibson
Gerry Hardy
Renee Roe
Jerry VanDyne
Twylah Vennon
Diane Watson
Donna Hibbs
01/15 Nedra Carr
Jennifer McManaway
01/16 Robert Blackstone
Dale Jones
Barbara Loudermilk
John Storey
01/17 Kathy Berry
Pamela Carpenter
Theresa Kronenbitter
Richard Mayo
Phyllis Price
01/18 Carol Huhn
Joyce Xanders
01/19 Gene Gadd
Kenneth Shugert
01/20 Gayle Heinton
Darwin Jirles
Tammy Douglas
01/21 Janet Brockwell
John Marshall
Charles Tedrick
Larry Bee
Elizabeth Waggoner
01/22 Joyce Eltringham
Bob Lahmers
Shirley McCance
Twila Hartley
01/23 Ted Bailey
Karen Piatt
01/24 Alice Quarles
Randy VanKirk
Maria Morris
01/25 Donna Berg
JoAnn Runyan

Richard Wayt
Jim Cass
Charlene Chumney
01/26 Charlotte Leonard
Mary Neufeld
Linda Stillion
Tom Sulsberger
Renee Yingling
Robert Smith
01/28 Denise Burris
Velva Struble
01/29 Dorothy Hanning
Jay Heddleson
Annabelle Olden
Anna Pavlov
01/30 Rhonda Delong
01/31 M. Jane Gibson
Elaine Stennett
Ann Baker
Mae Pangle
Alice Sullivan
Ralph Watkins

Happy Birthday

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

New Year Word Search

BABY	HOLIDAY
BALL	HORNS
BALLOONS	HOURLASS
CALENDAR	INVITATION
CANDLES	JANUARY
CELEBRATION	KISS
CHAMPAGNE	LATE
CHEERS	MIDNIGHT
CLOCK	MUSIC
CONFETTI	NEWYEAR
COUNTDOWN	NEWYEARSEVE
DANCING	NOISEMAKER
DECORATIONS	PARADE
EVE	PARTY
FAMILY	PARTYPOP-
FATHERTIME	PERS
FIREWORKS	REFLECTION
FOOD	RESOLUTION
FRIENDS	RESOLVE
FUN	SINGING
GAMES	SLEEP
GOALS	SPARKLERS
GOBLET	STREAMERS
GOWN	TIMESSQUARE
HAPPY	TOAST
HATS	TRADITIONS
HEADACHE	TUXEDO
	VOW

NXUHS TOUSS SNJLXCWTMMCQU CFS
 JUBAIMNSLOSRELKRAPSHVOSIE
 FZFPTDAEIYTTSNOOLLABNFIRM
 FMAPRLETOTTSYTRAPTEFOONEA
 XAFYGPACHAMPAGNESGESIBGWG
 YUTRKRBPGDLFOGUBJTHNSMIOV
 TAUHBEUBLWRBMDJUTFSEOEWNR
 JODEETHAUBAEACEINNEIMOGKH
 HALINRTBVLDDQSL LXVXLTA VESS
 SENDLETYLCJSQOCBUJDAKVERR
 CRDUQORI WGHRECLINTNREQTDE
 RPEAAHXHMI PENKKVSFAORNPS
 AANMURGSEESFEVIIEUCCQRJNP
 GDDPAHYUOLWSARSLKHMEOAORO
 VONNKEDLALFXGCSEHCADAEHOP
 NKW IETROABNJ JNEMVSNCEYBHY
 ICENJLGTTTHGINDIMTODBPWJWT
 INEWYEARSEVESKACIOFWPESKR
 HARHUVMCBCIPVMWTNOAAZNQPA
 KLBTRXNWODTNUOCCOARSQWLYP
 INVITATIONCQZEBDQADYTRISX
 RESOLUTIONQSLHOWDZCKXCZUT
 TIMESSQUAREFDOSENFAMILYGB
 MFBTWHISKKEVVSNOITIDARTRQ
 LWFYGGQIHORSSDNEIRFGOBLETM


HAPPY
NEW
YEAR!



“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!



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

Your Tax Deductible Donations Help Provide Senior Citizens with Services

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

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

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

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



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

Home Delivered Meals _____

Dining Center Meals _____

Home Maker /Home Health _____

Transportation _____

Pets Enjoy Treats (PET) Program _____

In Memory of: _____

Morning Breakfast Program _____

General Use _____

Other: (Please specify) _____

GCSCC Foundation/Endowment Fund _____

Please complete and mail your 2025 tax-deductible donation to:

Guernsey County Senior Citizens Center, Inc.

1022 Carlisle Avenue, Cambridge, Ohio 43725



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!**