



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



Volume 53 Issue 7

Guernsey County Senior Citizens Center, Inc.

July 2025

Special Events:

Gospel Music Night
Tuesday, July 1st
6:00 PM
Admission: \$2.00

**The Senior
Center will be
CLOSED**
Friday, July 4th

**BREAKFAST
BUFFET**
Friday, July 11th

**Enjoy
FUN BINGO**
every morning,
Monday-Friday at
the Senior Center!

Painting Class
Monday, July 21st
2:00PM

**Ohio State
Fair Trip**
Tues., July 29th

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 Independence Day! We've surpassed the first six months of the year and it's summertime! It's the perfect time of the year to enjoy the outdoors. A picnic, barbeque, family get-together, work in the garden, take a vacation, or simply relax and stay cool.

We have lots of fun activities and events planned here at the Guernsey County Senior Citizens Center, Inc. throughout the summer season. Regardless if you're looking to try something new, join a fun class, take an exciting day-trip, or you are looking for that 'perfect excuse' to not have to babysit your grandchildren while they're on summer break, the Senior Center has lots of classes, activities, events, and wellness opportunities to maximize and utilize your independence and health. Our air-conditioned facilities may even be the 'cool break' and ideal haven you've been looking for to escape the summer heat and hot tempera-



You're Cordially Invited to attend the

**July Monthly
Senior Dinner**
Thursday, July 17, 2025

*Dinner, Entertainment, &
Door Prizes*

5:00 PM-7:00 PM

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

-tures. Start your day at the Senior Center by meeting with friends for a good cup of coffee, enjoy fun bingo, and enjoy a hot, nutritious lunch. After lunch, we

*The Guernsey County Senior Citizens Center is funded in part by the Ohio Department of Aging-Area Agency on Aging-9, Guernsey County Senior Services Tax Levy, Meals on Wheels Tax Levy, United Way, as well as through Public and Private Donations & Corporate Contributions Received from County-Wide Supporters.
The Guernsey County Senior Citizens Center, Inc. is a certified 501 (c) 3 non-profit multi-senior services organization that has been in operation for over 53 years.
This institution is an equal opportunity provider.*

invite and welcome you to participate in one of our afternoon-activities. **Social Memberships begin at age 50. Annual Social Membership costs \$10.00 per year** and you will receive our monthly *Senior Times Newsletter*, which provides highlights and details about each of our services, programs, deliverables, and activities including up-to-date exclusive insight regarding special upcoming events. Don't put off doing something you've always wanted to do another day. Live your best life today! Your mental, emotional, physical, and spiritual health and wellbeing will thank you for it!

Also, July is Sarcoma and Bone Cancer Awareness Month. Sarcoma Awareness Month is held annually in July, a time when the global sarcoma community comes together with a unified mission: to raise awareness about this rare and often overlooked group of cancers and to highlight the unique challenges faced by patients and their families. This month is not just a period of recognition but a call to action for everyone. Sarcomas are a rare group of cancers in which malignant cells form in the bones or soft tissues of the body. Sarcomas are a diverse group of cancers that originate in the bones and soft tissues, such as muscles, fat, blood vessels, nerves, and fibrous tissues. They are relatively rare, accounting for about 1% of all adult cancers but comprise approx. 15% of pediatric cancers. There are two main types: bone sarcomas and soft tissue sarcomas, with further subtypes under each category, totaling approximately 100 distinct forms. Due to their rarity and the variety of subtypes, diagnosing and treating sarcomas can be particularly challenging. Symptoms are often unclear, leading to delays in diagnosis. However, early detection is crucial, as the prognosis can be improved with prompt and appropriate treatment.

Soft tissue sarcomas form in cartilage, fat, muscle, blood vessels, tendons, nerves, and around joints. Osteosarcomas develop in bone; liposarcomas form in fat. Rhabdomyosarcomas form in muscle, and Ewing sarcomas form in bone and soft tissue. Bone and joint cancer is most frequently diagnosed among teenagers.

Soft tissue cancers typically affect those 55 years or older.

In 2025, approximately 13,590 cases of soft tissue sarcoma and approximately 3,970 cases of bone and joint cancer are expected to be diagnosed in the United States. That is according to estimates from the National Cancer Institute's Surveillance, Epidemiology, and End Results Program (SEER). Some 5,200 and 2,050 people are expected to die from soft tissue and bone sarcomas, respectively. The five-year survival rate for soft tissue sarcomas is 65.9 percent. The survival rate for bone and joint sarcomas is 68.2 percent. Because sarcomas are difficult to distinguish from other cancers when they are found within organs, their incidence is probably underestimated, according to the National Cancer Institute.

**We are rare,
but not alone.**



Having certain inherited disorders can increase the risk for soft tissue sarcomas. These include retinoblastoma, tuberous sclerosis, Werner syndrome, and nevoid basal cell carcinoma syndrome. Other risk factors for soft tissue sarcomas include past treatment with radiation therapy for certain cancers; exposure to certain chemicals, such as thorium dioxide, vinyl chloride, or arsenic; and long-term lymphedema in the arms or legs. Past treatment with radiation can increase the risk of osteosarcoma and other types of bone cancers. Other risk factors for osteosarcoma include treatment with anticancer drugs called alkylating agents. Having a certain change in the retinoblastoma gene is also a risk factor. So is having certain conditions including Paget disease, Diamond-Blackfan anemia, and Werner syndrome.

Sarcoma also accounts for about **15%** of canine cancers. It is most common in middle-aged and older dogs, especially large or giant breeds.

Sarcoma Awareness Month is a powerful reminder of the strength and resilience of the sarcoma community. It is a time to stand in solidarity with patients and survivors, to honor those who have lost their lives to the disease, and to reinforce our collective commitment to fighting for a future where sarcoma can be detected early, treated effectively, and, ultimately, cured. Working together, making a difference.

The signs and symptoms of sarcoma may include:

- **A lump that can be felt through the skin, which may or may not be painful.**
- **Bone pain or a bone that breaks with no clear cause.**
- **Weight loss and abdominal pain.**
- **Purplish spots that look like bruises or scars, or lesions that bleed when scratched.**
- **Weakness in an arm or leg, or an ulcer or wound that doesn't heal.**
- **These symptoms can vary depending on the type and location of the sarcoma.**

Sarcoma, a cancer that develops in the connective tissues like bone, muscle, fat, blood vessels, and nerves, can present with a variety of symptoms, often including a painless lump or mass. Other possible signs include pain, especially in the affected area, swelling, and decreased range of motion. In cases of sarcomas in the abdomen, symptoms like abdominal pain, bloating, and changes in bowel habits can occur. Unexplained weight loss and fatigue are also possible. Although most lumps and bumps are not sarcomas, it is crucial to be aware of red flag signs indicating a need for further investigation, such as lumps that are growing, changing, larger than a golf ball, deep (reaching the fascia), increasing in size, painful, or recurring after removal.

For a more thorough and detailed examination, or to learn more, you're encouraged to schedule an appointment and to please

contact your physician, general practitioner, or oncologist .

When sarcoma is diagnosed, cancer specialists will not only determine what stage it's in but also assign it a grade based on how different the cancer cells are from normal cells. A high-grade malignancy is more likely to spread quickly—possibly within weeks or months.

Sarcoma can be cured, but early detection is key. Sarcoma can actually be cured completely, especially when caught early and treated effectively. Surgery to remove the tumor is the primary treatment, and if successful in removing all cancerous tissue, it can lead to a cure. However, the chance of a complete cure depends on several factors, including the stage and grade of the sarcoma, as well as whether it has spread to other parts of the body.

Again, July is Sarcoma & Bone Cancer Awareness month. I choose to write about this in this month's *Senior Times Newsletter* to help raise awareness about this rare and often overlooked group of cancers and to highlight the unique challenges faced by patients and their families...no matter their age.

I hope that everyone has a safe, happy, and enjoyable summer. Make the most of each day and make each day count! Be the best "you" that you can be. God bless and take care.

***Have a Happy & Safe
Independence Day-July 4th!***

Sincerely,

Shon E. Gress

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





Protecting Yourself from Summer Heat



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

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

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



GOOD OLE GOSPEL MUSIC NIGHT

at



Guernsey County Senior Citizens Center, Inc.

1022 Carlisle Ave. Cambridge, OH 43725

TUESDAY, JULY 1, 2025

DOORS OPEN AT 5:00PM

MUSIC BEGINS AT 6:00PM

ADMISSION COST: \$2

Featuring:

Grace 4 Faith



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



Ensure Price Increase

Due to our supplier raising our cost of Ensure, we will be increasing our prices effective April 1st. New prices will be:

\$25 for Ensure Regular cartons

\$28 for Ensure Plus cartons

\$38 for Glucerna

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



Bingocize Classes

Mondays & Thursdays at 11:00AM

A mix of light exercise, health information and Bingo! Join us for just one hour. We will play bingo, **Win Prizes** and perform some exercises to increase strength, flexibility and reduce the risk of falls. Every exercise can be modified to accommodate seated motion or limited physical ranges so absolutely anyone can participate! An extremely popular program in other centers, Bingocize is designed for healthy fun for anyone.



This Class will be Offered:

Standing Tai Chi—Monday's at 9:00AM

Seated Tai Chi—Tuesday's at 9:00AM

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



Sponsored Bingo Day by Dolbow Senior Solutions

Tuesday, July 1st

We will have Melinda from Dolbow Senior Solutions joining us to host and sponsor Fun Bingo on Tuesday, July 1st 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!

Chair Yoga on Tuesdays & Thursdays

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



THE OHIO STATE UNIVERSITY

EXTENSION

Pressure Canner Lid Testing

Wednesday, July 2nd

Caitlin from the OSU Extension Office will be here at Guernsey County Senior Center on Wednesday, July 2nd from 11:00AM-12:00PM. She will be offering free pressure canner lid testing during this time. If you would like to take advantage of this great opportunity we encourage you to join her during this time.



Geri-Fit Exercise Classes

These classes are offered:

Wednesday's at 9:00 AM

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

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



Cookie Decorating Class Wednesday, July 2nd

We are happy to have Karen Googins, from Grammy's Oven, join us on Wednesday, July 2nd at 2:00PM to offer a Cookie Decorating Class. You will have the choice of purchasing either one or two dozen cookies to decorate. The cost per dozen is \$5 and this includes all supplies needed for decorating the cookies. If you would like to be a part of this delicious class please call (740) 439-6681. We ask that you please make your reservation by Friday, June 27th at noon.



4th of July Cookout Thursday, July 3rd

Start celebrating Independence Day the day before all the fireworks on Thursday, July 3rd here at the Senior Center as we have a cookout for lunch. The menu this day will be: coney dogs, scalloped potatoes, brown sugar & bacon baked beans, watermelon, and patriotic Jell-O cake for dessert. If you would like to join us please make a reservation by calling (740) 439-6681.



Guernsey County Senior Citizens Center & Meals on Wheels Guernsey County will be **CLOSED** on Friday, July 4th in observance of the Independence Day holiday. Regular operations will resume on Monday, July 7th. If you have any questions or concerns about services you receive, please contact the Senior Center at (740) 439-6681. Have a safe and happy 4th!

Alzheimer's Support Group—Tues., July 8th

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, July 8th** here at the Senior Center.



Sponsored Bingo Day by Acute Nursing Wednesday, July 9th

We will have York from Acute Nursing Care joining us to sponsor Fun Bingo on Wednesday, July 9th at 10:00AM. He will be providing prizes as well as calling bingo on this day. We hope that many of you can join us!



Roscoe Village & Canal Boat Ride Trip Thursday, July 10th

We would love to have you join us for a day of history and a relaxing canal boat ride as we travel to Roscoe Village on Thursday, July 10th. We will start off the day doing a self-guided living history tour through several of the historical buildings at Roscoe Village. After the tour and some shopping we will have lunch, which is on your own, at the Warehouse Restaurant. Following lunch we will enjoy a 45 minute horse drawn boat ride down the canal. Before heading home we will have time to visit a few more of the Roscoe Village shops after the boat ride. This trip will depart at 8:00AM and return at 4:00PM. The cost of this trip will be \$45 for members and \$60 for non-members. If you would like to reserve your seat please call (740) 439-6681. Payment for this trip is due by Thursday, July 3rd.

**Library Pop Up
Friday, July 11th**

We are proud to be collaborating with the Guernsey County District Public Library to have them bring a “Pop Up” to the Senior Center on Friday, July 11th from 9:00AM-10:00AM. They can also sign you up for a library card during this time. You can also bring your electronic devices and library staff will help you install apps giving you free access to audio books, movies, tv shows, music, and more!



**Breakfast Buffet
Friday, July 11th**

Come in and join us for our monthly breakfast buffet at Guernsey County Senior Center from 9:00AM-10:00AM on Friday, July 11th. The breakfast menu will include: egg & cheese omelet, bacon, hash browns, sausage gravy & biscuits, fresh fruit, juice, water & coffee. This event is “by donation” for seniors age 60+ and the suggested donation is \$5.00. To make your reservation please call (740) 439-6681.

Southeastern Home Care



**Paraffin Hand Dips
Wednesday, July 16th**

We will have staff members from Southeastern Home Care here with us on Wednesday, July 16th from 11:00AM-1:00PM offering a free paraffin hand dip. To make an appointment for this please call (740) 439-6681.



**Monthly Senior Dinner
Thursday, July 17th**

We cordially invite you to join us Thursday, July 17th, for the July monthly senior dinner at 5:00 PM. There will be “Grab & Go” and Dine-In both available on this evening. Menu will include: pork loin, buttered parsley potatoes, green beans, applesauce, dinner roll & butter, and peanut butter ice cream cake 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. Cost for this event is “By Donation” for seniors age 60+, suggested donation is \$5.00.



**Commodity Pick-Up
Friday, July 18th**

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, July 18th** from 10:00AM-3:00PM.

*just a
little
note*

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



Lunch Bunch Group Monday, July 21st

Do you ever want to go out to eat and either don't want to go alone or want to try somewhere new while meeting new friends? Then the Lunch Bunch is for you! This group meets once a month to eat out at a local restaurant. In July we will be meeting at 360 Burger, located at 11201 Cadiz Rd. Cambridge, OH on Monday, July 21st at 11:00AM. If you plan on attending, please call (740) 439-6681 to make your reservation by Wednesday, July 16th. Transportation to the restaurant is also available, please let us know if you will be needing transportation when making your reservation.



Painting Class Monday, July 21st

We are excited to have Three Sister's Studio here with us on Monday, July 21st at 2:00PM to host a painting class. You will be painting a patriotic flag. The cost of this class is \$10.00. Cash payment for the class is due at time of signing up due to supplies needing bought in advance, no refund/credit will be given in event of cancellation. If you would like to sign up for this class please call (740) 439-6681.



**Western & Southern
Financial Group**

Sponsored Bingo Day by Western Southern Financial Group Tuesday, July 22nd

We will have Bert Jones from Western Southern Financial Group joining us to sponsor Fun Bingo on Tuesday, July 22nd at 10:00AM. They will be providing the bingo prizes on this day. We hope that many of you can join us!



Guest Speaker from Western Southern Financial Group Tuesday, July 22nd

We will have Tina from Western Southern Financial Group joining us at 11:00AM on Tuesday, July 22nd to guest speak. She will be discussing the various services Western Southern Financial offers. We hope that you will join us on this day for this informational session.



Greeting Card Class—Thursday, July 24th

If you enjoy making your own cards, or would like to learn how, we would love to have you join us on Thursday, July 24th at 1:30PM. This class will be hosted by Karen Bay. The cost of the class is \$10.00 which will include 4 cards and all the supplies needed to

We will have sponsor Fun 10:00AM. T prizes on this can join us!

FREE MEDICARE 101 EDUCATIONAL EVENT

When: Thursday | July 24nd @ 6:00 PM

**Where: Guernsey County Senior Center
1022 Carlisle Ave, Cambridge, OH 43725**

Guernsey County Senior Citizens Center, Inc.



"Serving Seniors Throughout Guernsey County"

Presented By:



BIGGS | HEALTH & LIFE

If you are enrolling into Medicare soon then this **FREE Medicare 101** event is for you.

What You'll Learn:

- When/How to Enroll
- Avoid Penalties
- Differences of Part A,B,C,D
- and more!!



**Craft Class
Friday, July 25th**

We will have Denise from Traditions Health here with us on Friday, July 25th. She will be sponsoring a free 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.



**Ohio State Fair Trip
Tuesday, July 29th**

Come and travel with us to the Ohio State Fair on Tuesday, July 29th. This trip will depart for Columbus at 8:15AM and return back to the Senior Center at 4:00PM. Lunch will be on your own at the various vendors located throughout the fairgrounds. The cost of this trip is \$25 for members and \$45 for non-members. If you are interested in joining us for this trip please call (740) 439-6681 to make your reservation. Payment for this trip is due by Tuesday, July 22nd.



**Western & Southern
Financial Group**

**Sponsored Bingo Day by
Western Southern Financial Group
Tuesday, July 29th**

We will have Bert Jones from Western Southern Financial Group joining us to sponsor Fun Bingo on Tuesday, July 29th at 10:00AM. They will be providing the bingo prizes on this day. We hope that many of you can join us!



**Byesville Dinner
Tuesday, July 29th**

Please join us at the Stop Nine Senior Center in Byesville at 4:00 PM on Tuesday, July 29th. The menu will include: stuffed pepper, mashed potatoes, buttered corn, dinner roll & butter, and strawberry shortcake for dessert. Please call (740) 439-6681 to make your reservations.



**July Birthday Celebration
Wednesday, July 30th**

Please plan to join us on Wednesday, July 30th at 11:30AM as we celebrate July 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 July doing a fun activity. Here are the days we will be at your site:

Pleasant City:

Monday, July 7th at 12:00PM

Cumberland:

Tuesday, July 8th at 12:00PM

Old Washington:

Wednesday, July 9th at 12:00PM

Londonderry:

Monday, July 21st at 12:00PM

Byesville:

Tuesday, July 22nd at 12:00PM



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

Powerful Tools **FOR** Caregivers

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

CLASSES BEGIN TUESDAY, AUGUST 5TH

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

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

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



Guernsey County Senior Citizens Center, Inc.

1022 Carlisle Ave.
Cambridge, OH 43725
740-439-6681



Wellness Programs
designed with
YOU in Mind....

**Evidence-based wellness programs are essential
for promoting healthy aging and well-being in older adults.**



**Wednesday at 9 am
Fridays at 9 am and 1 pm**

Geri-Fit is an exercise program designed exclusively for older adults. It focuses on strength, flexibility and balance to prevent falls. It is safe and effective, even for those with chronic health conditions.

Geri-Fit was the first program for older adults to use light dumbbell weights to increase strength in the body and most exercises are done seated.



*Our Wellness classes are not only fun
but designed to improve your
physical, mental and social well-being.
Ask yourself—Why not?*



**Mondays at 11 am
Thursdays at 11 am**



Bingocize incorporates physical activity with health education and the beloved game of BINGO!

Bingocize is an interactive way to promote healthy behaviors while improving overall strength and balance. Participants play Bingo with strategically inserted exercises and health and wellness information. You rest while your numbers are called.

Win Prizes and Get Fit!



**Mondays at 9 am
Seated -Tuesdays at 9 am**

Tai Chi is a slow and gentle exercise that improves balance, stability and flexibility and is shown to reduce pain from chronic conditions. It's low-impact and easy on the body.

Tai Chi is ideal for promoting overall well-being. Research indicates a significant reduction in fall risk and an increase in brain function.



No Monthly Fees

Cost for these classes are "By Donation"

All Equipment is Provided

Call 740-439-6681 for Details

Toll Free 800-534-2349 TTY 800-750-0750



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!

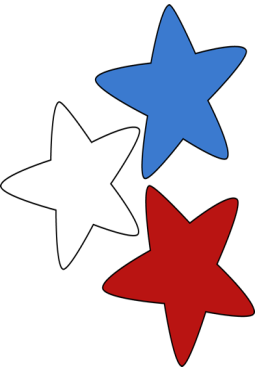
- **Londonderry Site** will be open on Monday, Tuesday, and Thursday (11:30AM-1:00PM). Located at: 22577 Cadiz Rd, Freeport, OH 43973. Grab & Go lunches will be available during these days and times as well. You will have to enter the building to pick up all Grab & Go meals.
- **Cumberland Site** will 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

July 2025 Activities

Monday	Tuesday 1	Wednesday 2	Thursday 3	Friday 4
	9:00AM Quilters 9:00AM Seated Tai Chi 10:00AM Sponsored Bingo 11:00AM Chair Yoga 11:00AM Blood Pressure Checks 11:30AM Lunch 12:00PM Summer Salads Class 6:00PM Good Ole Gospel Music Night	9:00AM- Geri Fit Exercise 9:00AM- Sewing 10:00AM -Bingo 11:00AM Pressure Canner Lid Testing 11:30AM Lunch 12:00PM- Mahjong 2:00PM Cookie Decorating Class	10:00AM Bingo 11:00AM Bingocize 11:30AM 4th of July Cookout for Lunch 12:30 PM- Open Cards	CLOSED 
7 8:30 AM- Crafting Group 9:00 AM Tai Chi Class 10:00AM -Bingo 11:00AM Clothes Closet 11:00 Bingocize 12:00PM Pleasant City Site Activity 11:30AM- Lunch	8 9:00AM Quilters 9:00AM Seated Tai Chi 10:00AM Bingo 11:00AM Chair Yoga 11:00AM Blood Pressure Checks 11:30AM Lunch 12:00PM Summer Salads Class 12:00PM Cumberland Site Activity 1:30PM Alzheimer's Support Group	9 9:00AM- Geri Fit Exercise 9:00AM- Sewing 10:00AM -Sponsored Bingo 11:30AM Lunch 12:00PM- Mahjong 12:00PM Old Washington Site Activity	10 8:00AM Roscoe Village & Canal Boat Ride Trip 10:00AM -Bingo 11:00AM Bingocize 11:30AM- Lunch 12:30 PM- Open Cards 1:00PM Chair Yoga	11 9:00AM Breakfast Buffet 9:00AM Library "Pop Up" 9:00AM Geri Fit 10:00AM -Bingo 11:30AM- Lunch 12:30 PM- Euchre 1:00PM Geri Fit Exercise
14 8:30 AM- Crafting Group 9:00 AM Tai Chi Class 10:00AM -Bingo 11:00AM Clothes Closet 11:00AM Bingocize 11:30AM Lunch	15 9:00AM Quilters 9:00AM Seated Tai Chi 10:00AM Bingo 11:00AM Chair Yoga 11:00AM Blood Pressure Checks 11:30AM Lunch	16 9:00AM- Geri Fit Exercise 9:00AM- Sewing 10:00AM -Bingo 11:00AM Paraffin Hand Dip Appointments 11:30AM Lunch 12:00PM- Mahjong	17 10:00AM Bingo 11:30AM Lunch 12:30 PM- Open Cards 4:00PM-5:00PM Grab & Go Monthly Dinner 5:00PM Dine In Monthly Dinner	18 9:00AM Geri Fit 10:00AM -Bingo 10:00AM - 3:00 PM- Food Commodity Pick Up 11:30AM Lunch 12:00PM Euchre 1:00PM Geri Fit Exercise
21 8:30 AM- Crafting Group 9:00 AM Tai Chi Class 10:00AM -Bingo 11:00AM Clothes Closet 11:00AM Bingocize 11:00AM Lunch Bunch Group at 360 Burger 11:30AM- Lunch 12:00PM Londonderry Site Activity 2:00PM Painting Class	22 9:00AM Quilters 9:00AM Seated Tai Chi 10:00AM -Sponsored Bingo 11:00AM Chair Yoga 11:00AM Blood Pressure Checks 11:00AM Guest Speaker 11:30AM Lunch 12:00PM Byesville Site Activity	23 9:00AM Pittsburgh Pirates Baseball Game Trip 9:00AM Geri-Fit Exercise 9:00AM Sewing 10:00AM -Sponsored Bingo 11:30AM Lunch 12:00PM Mahjong	24 10:00AM Bingo 11:00AM Bingocize 11:30AM Lunch 12:30PM Open Cards 1:00PM Chair Yoga 1:30PM Greeting Card Making Class 6:00PM Medicare 101 Educational Event	25 9:00AM Geri Fit 10:00AM Bingo 11:30AM Lunch 12:00PM Euchre 1:00PM Geri Fit Exercise 2:00PM Craft Class
28 8:30 AM- Crafting Group 10:00AM -Bingo 11:00AM Clothes Closet 11:00AM Bingocize 11:30AM Lunch	29 8:15AM Ohio State Fair Trip 9:00AM Quilters 10:00AM -Sponsored Bingo 11:00AM Chair Yoga 11:00AM Blood Pressure Checks 11:30AM Lunch 12:00PM Byesville Site Activity 4:00PM Byesville Dinner	30 9:00AM Geri-Fit Exercise 9:00AM Sewing 10:00AM Bingo 11:30AM Birthday Luncheon 12:00PM Mahjong	31 8:00AM Kenny Rogers Band Trip 10:00AM -Bingo 11:00AM Bingocize 11:30AM- Lunch 12:30 PM- Open Cards 1:00PM Chair Yoga	

July 2025 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
We invite you to join us for lunch at the Guemsey 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, Tuesday & Thursday, and Old Washington site Wednesday & Friday from 11:30am-1:00pm. Dine-In or Grab & Go Options Available.	1 Smothered Chicken w/ Mushrooms, Bacon & Cheese Red Skinned Potatoes Mixed Vegetables Diced Pears Choice of Bread/Marg.	2 Pork Riblet Tater Tots Seasoned Spinach Granny Smith Apple Chocolate Chip Muffin Choice of Milk	3 Coney Dog w/ Bun Baked Beans Scalloped Potatoes Watermelon Jell-O Cake Choice of Milk	4 Closed for the Fourth of July Holiday <i>Frozen meals Available upon request</i>
7 Salisbury Steak w/Gravy Sour Cream & Chive Mashed Potatoes Green Beans Apricots Dinner roll/Margarine Choice of Milk	8 Seasoned Pork Chop Seasoned Cabbage Sweet Potatoes Banana Dinner Roll/Margarine Choice of Milk	9 Baked Chicken Cheesy Potatoes Succotash Berry Mix Choice of Bread/Margarine Choice of Milk	10 Roast Beef w/Gravy Roasted Potatoes Brussel Sprouts Cantaloupe Breadstick w/Margarine Oatmeal Raisin Cookie Choice of Milk	11 Pepper Steak w/Rice Asian Vegetable Mix Mini Egg Rolls Mandarin Oranges Choice of Milk
14 Crispy Chicken Strips w/ Ranch Potatoes O'Brien Buttered Peas Tropical Fruit Choice of Milk	15 Lasagna Tossed Salad w/Dressing Buttered Corn Warm Cinnamon Apples Garlic Bread Angel Food Cake Choice of Milk	16 Beef Tips w/ Gravy Whole Potatoes Carrots Fresh Pear Dinner Roll/Margarine Choice of Milk	17 Ham Loaf Au Gratin Potatoes Lima Beans Peaches Italian Bread/Margarine Choice of Milk	18 Baked Fish Macaroni & Cheese Stewed Tomatoes 100% Fruit Juice Orange Delight Mousse Choice of Milk
21 Country Fried Steak w/ Gravy Seasoned Diced Potatoes Key Largo Vegetables Mixed Fruit Dinner Roll/Margarine Choice of Milk	22 Marinated Grilled Chicken Yukon Gold Potatoes Capri Blend Vegetables Fresh Grapes Blueberry Muffin Choice of Milk	23 Taco Salad w/Tortilla Chips Mexi-Corn Mandarin Oranges Lemon Pudding Choice of Milk	24 Hamburger Gravy over Mashed Potatoes Peas & Carrots Spiced Peaches Biscuit/Margarine Choice of Milk	25 Roast Turkey Gravy Steamed Broccoli Bread Stuffing Berry Mix Cup 100% Cranberry Juice Cucumber's & Onion Mix Choice of Milk
28 House Made Stoppyp Joe w/ Bun Potato Wedges California Blend w/Cheese Sliced Strawberries Choice of Milk	29 Pineapple Glazed Ham Parsley Potatoes Creamed Peas Fruit Cocktail Choice of Bread/Margarine Choice of Milk	30 Chicken Parmesan w/ Spaghetti Tossed Salad/Dressing Cauliflower Garlic Bread Honeydew Choice of Milk	31 Sausage Pizza French Style Green Beans Peach Crisp Fresh Orange Peanut Butter Cookie Choice of Milk	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.GuemseySenior.org. <i>*Menu subject to change depending on item availability.</i> This institution is an equal opportunity provider.



Guernsey County Senior Citizens Center, Inc.

Senior Farmers' Market Nutrition Program (SFMNP)

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

How do I qualify for coupons?

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

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

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

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



July Employee Birthdays

Joe Carte	6th
Rick Veselenak	6th
Ken Carpenter	7th
George Rogers	7th
Greg Parks	13th
Glenn Foraker	27th
Barb Leonard	27th
Doug Watkins	28th

**BECOME A
MEMBER**

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 May:**

Barbara Minney
Karen Sherman
Darlene Moore
Carl Wickham
Melvin Wells
Ruby Jackson
Geraldine Campbell
Jean Roe
Joe Herman
Linda Carpenter
Mike Carpenter
Cheryl Golmitz
Robert Pachuta



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

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

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

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

Evening dialysis:
by "appointment only"

**Zanesville
Medical Transportation
Available!!**

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

Showcase your creative side at the Guernsey County Senior

Craft on Monday

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

Stitch together works of art on Tuesdays

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

Wednesdays are "tailor" made for sewing

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

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

Enjoy Being Social and Have Some Fun Playing Cards

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

Clothes Closet on Mondays

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

Blood Pressure & Wellness Checks On Tuesdays

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



A Special "Thank You"

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

**Anonymous
Cindy Moore
*Karen Saull**

***In Memory of Norma Gibson
Rick Clay**

Caramel Walnut Bars Recipe

Ingredients

CRUST

$\frac{3}{4}$ **cup** Land O Lakes® Butter, softened

$\frac{3}{4}$ **cup** firmly packed brown sugar

1 cup all-purpose flour

1 cup uncooked old-fashioned *or* quick-cooking oats

1 teaspoon baking soda

$\frac{1}{2}$ **teaspoon** salt

FILLING

1 (14-ounce) package caramels, unwrapped

3 tablespoons Land O Lakes® Heavy Whipping Cream

3 tablespoons Land O Lakes® Butter

1 cup semi-sweet chocolate chips

1 cup chopped walnuts

How to make

STEP 1

Heat oven to 350°F. Line 13x9-inch baking pan with aluminum foil, extending foil over edges. Spray foil with no-stick cooking spray; set aside.

STEP 2

Combine $\frac{3}{4}$ cup butter and brown sugar in bowl; beat at medium speed until creamy. Stir in flour, oats, baking soda and salt until mixture resembles coarse crumbs. *Reserve 1 cup crumb mixture.* Press remaining crumb mixture into prepared pan. Bake 8-10 minutes or until crust is lightly browned.

STEP 3

Place caramels, whipping cream and 3 tablespoons butter into 1-quart nonstick saucepan. Cook over medium heat, stirring occasionally, 7-8 minutes or until melted and smooth.

STEP 4

Pour melted caramel mixture over hot, partially baked crust. Sprinkle chocolate chips and walnuts over caramel. Sprinkle with reserved crumb mixture. Continue baking 13-16 minutes or until top is golden brown and caramel is bubbly around edges. Cool completely.

Utility Assistance Available For Senior Citizens

Energy Assistance Available to Reconnect/ Avoid Disconnection of Utilities

Ohio's electric and natural gas customers have the opportunity to use the Winter Reconnect Order (WRO) during the winter heating season from October 18th through April 15th to reconnect or to avoid disconnection of their utilities. The WRO applies only to Ohio's investor-owned electric and natural gas utilities and does not apply to municipally-owned utilities or rural electric co-ops. To apply, contact your utility company.

The order allows any electric or natural gas customer of an investor-owned utility to avoid disconnection or to reconnect their service for \$175, even if the customer owes more and cannot afford to pay the entire balance.

It is always recommended to speak with a representative of the utility company or your local community action agency before using the WRO.

Contact your local community action agency, located at 185 S 2nd St, Byesville, by calling (740) 685-2422 or (740) 685-2423 for additional information. If you would like someone to assist you in talking to your utility company, you can call the Public Utilities Commission (PUCO) by calling 1-800-686-7826.

Dollar Energy Fund & Neighbor To Neighbor Program Assistance

Dollar Energy Fund and AEP Ohio have teamed up to create a program that will assist low-income AEP Ohio customers who have difficulty paying their electric bill. The program will provide eligible customers with a utility assistance grant applied directly to the AEP Ohio bill. This grant will help low-income customers maintain or restore their basic electric service.

Eligible Households

1. Must be a customer of AEP
2. Be at or below 250% of the Poverty Income Guidelines (FPIGs), a family of four earning up to \$65,500 per year is eligible.
3. Have made a sincere effort of payment on their AEP bill. A sincere effort is a minimum of \$75 in the last 90 days. Exceptions for senior citizens will apply.
4. Have a minimum balance of \$100 on their AEP bill.

For a Neighbor-to-Neighbor Program referral, contact: Area Agency on Aging, Region 9 at (740) 439-2294 or 1-800-945-4250.



MEALS on WHEELS

GUERNSEY COUNTY

TOGETHER, WE CAN DELIVER.

Healthy Meals & Nutrition

Guernsey County Meals on Wheels offers nutrition services to area seniors. We provide home delivered meals and on site lunches. If you are a senior age 60 or older, the suggested donation is \$5.00, for anyone under 60, the cost is \$7.50. For additional information, please contact (740) 439-5717.

Continental Breakfast Offered Every Morning

A continental breakfast of items such as cereal, toast etc., is offered each morning at Guernsey County Senior Citizens Center from 8:00 AM - 9:30 AM for senior citizens age 60 and older. The recommended breakfast donation is \$2.50. Reservations are not required. If you would like additional information about this or any of the Senior Center's nutrition programs, please call (740) 439-5717.

Home Delivered Meals Available throughout Guernsey County

Hot, home-style, nutritious, well-balanced home delivered meals are available to eligible individuals age 60 and older, living in Guernsey County, with nutritional need. Meals are delivered Monday - Friday and are provided by Meals on Wheels Guernsey County. Homemade, pre-prepared frozen meals are available for weekends and holidays upon request. Emergency meals (to have on hand during periods of inclement weather) are also provided in each home during the winter months. Special meals (diabetic, low-salt, puree, diverticulitis, liquid, etc...) are also available. If you are interested in receiving home delivered meals, please contact Meals on Wheels Guernsey County at (740) 439-5717.

Ensure® & Glucerna® Supplemental Beverages Available

Supplemental nutritional beverage shakes are available at the Guernsey County Senior Citizens Center and come in three delicious flavors: Chocolate, Vanilla, and Strawberry, all at a discounted rate. A case, which consists of 24 - 8 ounce cans, of regular Ensure is \$25, Ensure plus is \$28, and Glucerna is \$38. To place an order, please stop and visit with Donna at the front desk, or please call (740) 439-6681.

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

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

Friendly Reminder Regarding Assessments

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

Nutritious Home Delivered Meals available to help clients recover

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

July 2025 Birthdays

07/01	Anni Blasenbauer Carolyn Dickson Philip Lane	07/14	Catherine Aunoien Dean Huprich Edward Kessinger	07/24	LouAnn Huthmaker Molly Nickell Nancy Peltz
07/02	Dixie Huff	07/15	Sandra Marlatt	07/24	Marjorie Currey
07/03	Nancy Bee Dotty Eynon Lawrence Harding	07/16	Rodger Hill Patricia Johnson Cherry Nelson	07/25	Sharon Lambert Les Wojciechowski Edward McCoul
07/04	Larry Heskett Karen Jenkins		Charlotte Stevens Melvin Wells	07/25	Mary Ann Morrow James Nay
07/05	Lynn Bontrager Garry Kirby Darlene Knight Susan Smith Trina Stoner Beverly VanDyne Marguerite Younker	07/17	Beth Wick Jay Archer Donald Frisbee Pat VanMeter	07/26	Rusty Roberts Gina Whiteman Vicki Bundy Curt Foraker Dick Kirkman MaryAnn Larrsion
07/06	Delores Furbee	07/18	Viola Cross Wanda Hockenberry Karen Mercer		Betty Parry Sandy White
07/07	Betty Lester George Rogers		Connie Secrest Shirley Valentine	07/27	Henny Dionne Barbara Leonard
07/08	Teddy Ball Rebecca Forbes Janet Leach	07/19	Jerry Williams Rita Yerian Judith Hanes Carol Burris	07/28	Sharon Gress Shirley Olnhausen Dave Glass
07/09	Saundra Boyd Janie Frabel Marna Dombroski Denise Harper Ora Ice Kathy Kahrig June McFarland Judith Roach Danny Roe Nikki Salupo	07/20	Sandra Ferguson Marilyn Hammond Katie Lake Sonja Leathley Louise Sills Teresa Yandora Joyce McMillen Kay Swonger Bill White Gwen Wilson	07/29	Gregory Graham Ruth Walls Karen Dickey Howard Forsythe Jack Milligan Evonna Womack
07/10	Pattie Arnold Pamela Breitreutz John Grimsley David Johnson-Fields	07/21	Louise Sills Teresa Yandora Joyce McMillen Kay Swonger Bill White Gwen Wilson Kathy Hess Bud Savage Jane Schehl Shelia Sedlak Carl Wickham Jody Wilson	07/30	Robert Ford Ann Lanzer Pat Ringer Sue Strawsburg Ray Thompson
07/11	Marilyn McKim Steve Pierce Lolly Ravak	07/22	Dennis Carpenter Benny Fuller Susan Paden Sherry Steward Martin Stock Shirley Valentine	07/31	Evelyn Hinds Ruth Hoops Carol Martin
07/12	Larry Folger Carl Lambert Martha Martin Rita Ours Carla Smith		Gary Brown Mitch Giesey		
07/13	Mary Cowgill Toni Gallow	07/23			



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



Vacation Word Search



AIRPLANE	PACK
AIRPORT	PASSPORT
BACKPACK	PHOTOGRAPHS
BAGGAGE	PORT
BEACH	POSTCARD
BINOCULARS	RELAX
BOAT	RESERVATIONS
BUS	RESORT
CABIN	RESTAURANT
CAMERA	ROOM
CAMPING	SAFARI
CAR	SAIL
COAST	SCENERY
CRUISE	SCHEDULE
DEPARTURE	SEASHORE
DESTINATION	SHIP
DRIVE	SIGHTS
EXCURSION	SOUVENIR
EXPLORE	STAY
FERRY	SUBWAY
FLIGHT	SUITCASE
GETAWAY	SUNSCREEN
GUIDE	SWIMSUIT
HIGHWAY	TAXI
HIKE	TENT
HOLIDAY	TICKET
HOTEL	TOUR
INN	TOURIST
ITINERARY	TRAIL
JET	TRAIN
JOURNEY	TRANSPORTATION
KEEPSAKE	TRAVEL
LAKE	TRIP
LODGE	TRUNK
LUGGAGE	UMBRELLA
MAP	UNPACK
MOTEL	VACATION
MOUNTAINS	VEHICLE
MUSEUM	VIDEO
OUTDOORS	VISIT

PMLKCBBFSENIIRAIAEABUCFJQBDG
KGIIXAEMARTNQNZIKQAOZAZPEAJL
DRIVERMQFUNEOLYARGFMOMFLZCSI
RVUPRRYEATHIKESAGPACKPCAVKNA
AISYRAECRRTHMPMAWROXPIHLZPOR
JTCPWSTTIATEETGLTAFRHNHUPAIT
LAOHAGXXNPJEREEFETTETGOGHCTH
RRGICULIPEKRQOXJIRVEMVTGOKAE
TILTTLETOMDPOZYOCWIUCGIEATZVR
HARIASETPHWI ZSZMUPEFPSLGOWRO
PSBGEXDSFAILUEYRARENITIEGHEH
VYRDBPITLTSBYRENECSVGAEQRTSS
UKTANDUPROUSEVIDEOBIIYMQAJEA
GPZILMGOXADRPLHCABINOSNHPURE
HCAEBUSXTQVGVOUOWSTQDNIPHURS
IRTSTECUAGMEETRDCLKODRACTSOPZ
TTSRRSTOELCSLACTEIVUVQDUOILA
TXUNWUBSNSETXOKEMHDPVSIHTSL
TNRLIMEJIIIRDBTSAOCAHERSSHNE
KPSABAIRSRBUTHGILFYSYNNUTSOX
DGESACTIUSUKRNCZMFEPEQBIRLIP
LSHRUOTNRGZOCMMEMNEPWCORATL
TWVRESTAURANTABAZTRWAKOTJBAO
AIRPLANEP OIZNUPIVCUYEDWEBDCR
SWIMSUITTCMNMEPNSVOTTSENU LAE
NBTRANSPORTATIONUCJUXIFTOZVS
AZKZMGIXMQPVZEUBIYOALLERBMUI
AJXCJZNWCVXCJSQKWJDPVDGLAKEP



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

“Leave a Lasting Legacy”

The Guernsey County Senior Citizens Center Endowment Fund

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

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

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

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

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



Serving Guernsey County Senior Citizens



*Providing Quality Services &
Programs for over 53 years*

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



Services provided by the Guernsey County Senior Citizens Center Inc.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



BECOME A SOCIAL MEMBER OF THE SENIOR CENTER

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

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

Other benefits include, but are not limited to;

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

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