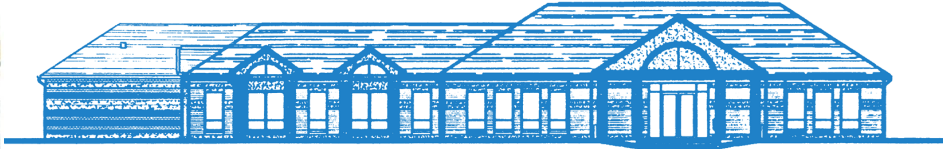




"Celebrating 53 Years of Serving Guernsey County" **Senior Times Newsletter**



Volume 53 Issue 6

Guernsey County Senior Citizens Center, Inc.

June 2025

Special Events:

**Safe Banking
Workshop**
Wed. June 4th
1:00 pm-3:00 pm

**BREAKFAST
BUFFET**
Friday, June 6th

**Father's Day
Cookout**
Friday, June 13th

**Cardio
Drumming
Classes**
Tuesdays at
1:00 pm -2:00 pm

**Elder Abuse
Awareness Day**
WEAR PURPLE
Friday, June 13th

**FREE Canning
Produce Class**
Wed. June 18th

Painting Class
Monday, June 23rd

1022 Carlisle Ave, Cambridge, Ohio 43725

Tel: 740-439-6681

Fax: 740-439-7478

Toll Free: 1-866-534-2349

E-mail: gcscc@guernseysenior.org

Website: www.GuernseySenior.org

A Message from the Executive Director

Dear Seniors,

Summer will officially arrive on June 20th and we have an extensive schedule of activities and events planned throughout the summer especially for senior citizens to partake and enjoy. On behalf of my staff and I we'd like to take this opportunity to extend our heartfelt thanks and appreciation to everyone for joining us in "kicking off summer" and by celebrating Older Americans Month with us during the month of May. We hope everyone enjoyed themselves and we appreciate all of the employees, volunteers, and local business who supported us and helped make our Older Americans Month festivities a tremendous success.

June is the month in which we recognize World Elder Abuse Awareness Day and Men's Health Month. The International Network launched world Elder Abuse Awareness Day (WEAAD) for the Prevention of Elder Abuse and the World Health Organization at the United Nations. The purpose



You're Cordially Invited to attend the

June Monthly Senior Dinner

Thursday, June 19, 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!*

of WEAAD is to provide an opportunity for communities around the world to promote a better understanding of abuse and neglect of older persons by

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.

raising awareness of the cultural, social, economic, and demographic processes affecting elder abuse and neglect.

Every year on **June 15th**, World Elder Abuse Awareness Day (WEAAD) is commemorated in America and worldwide. Through WEAAD, we hope to raise awareness about the millions of older adults who experience elder abuse, neglect, and financial exploitation. As many as 1 in 10 older Americans are abused or neglected each year, only 1 in 14 cases of elder abuse ever come to authorities' attention. Older Americans are vital, contributing members of our society, and their abuse or neglect diminishes all of us. WEAAD reminds us that, as in a just society, we all have a critical role to play to focus attention on elder justice.

Elder abuse can be defined as “a single, or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust which causes harm or distress to an older person”. It is a global social issue that affects the Health and Human Rights of millions of older persons worldwide and an issue that deserves the international community's attention. In many parts of the world, elder abuse occurs with little recognition or response. Until recently, this serious social problem was hidden from the public view and considered mostly a private matter. Even today, elder abuse continues to be a taboo, mostly underestimated and ignored by societies across the world. However, the evidence is accumulating to indicate that elder abuse is a public health and societal problem. Elder abuse is a problem that exists in both developing and developed countries yet is typically under reported globally. Prevalence rates or estimates exist only in selected developed countries — ranging from 1% to 10%. Although the extent of elder mistreatment is unknown, its social and moral significance is obvious. As such, it demands a multifaceted global response, one which focuses on protecting the rights of older persons. From a health and social perspective, unless both primary health care and social service sectors are well

equipped to identify and deal with the problem, elder abuse will continue to be under diagnosed and overlooked.

Here are the eight most common forms of elder abuse:

Self-Neglect – Refusal or failure to provide himself/herself with adequate food, water, clothing, shelter, personal hygiene, medication (when indicated), and safety precaution.

Physical Abuse – The use of physical force that may result in bodily injury, physical pain, or impairment; or any physical injury to an adult caused by other than accidental means.

Neglect by Others – Failure to provide the basic care, or services necessary to maintain the health and safety of an adult: this failure can be active or passive.

Sexual Abuse – Sexual contact with a non-consenting adult or with an adult considered incapable of consenting to a sexual act.

Financial Abuse – The illegal or unethical exploitation and/or use of an elder's funds, property, or other assets.

Mental Abuse – Verbal or emotional abuse includes threatening significant physical harm or threatening or causing significant emotional harm to an adult through the use of: Derogatory or inappropriate names, insults, verbal assaults, profanity, or ridicule; or harassment, coercion, threats, intimidation, humiliation, mental cruelty, or inappropriate sexual comments.

Abandonment – the desertion or willful forsaking by anyone having responsibility for care.

Isolation – Preventing the individual from receiving mail, telephone calls, or visitors.

How to Recognize Abuse **Don't Miss The Signs of Abuse**

1. Lack of basic amenities
2. Cluttered, filthy living environment
3. Unexplained or uncharacteristic changes in behavior
4. Unexplained sexually transmitted diseases
5. Unpaid bills, new credit cards and/or increased cash withdrawals
6. Harassment, coercion, intimidation, humiliation
7. Caregiver isolates elder

HOME REPAIR FRAUD

- ALWAYS compare estimates carefully; the lowest bid or price is not always the best one.
- Never agree to get your own permits; this will make you directly responsible for everything.
- Never be pressured into making hasty decisions.
- Never accept someone's offer to take you to the bank to withdraw money for any reason.
- Never fall for phone or door-to-door offers of free estimates, home inspections or "special deals" of any kind.
- Never pay cash.
- **Never pay for unfinished work or jobs that have not been inspected.**

FINANCIAL EXPLOITATION

- Use direct deposit for check payments you receive.
- Don't sign blank checks allowing another person to fill in the amount.
- Don't leave money or valuables in plain view.
- **Don't sign anything you don't understand.**
- Protect your money. Your bank may be able to help you control access to your funds.
- Be aware of scams. **If it sounds too good to be true, it probably is.**
- Don't pay for any prize or send money to improve your chances to win or receive a prize.
- Don't give any caller your credit card number or any other form of personal identification.
- It is very difficult to tell if a telemarketing call is legitimate. Be cautious and do not let any caller intimidate you. Don't be afraid to hang up!
- Don't give anyone your ATM access code and cancel your ATM card immediately if it is stolen.
- Check your bank statements carefully to make sure there are no unauthorized withdrawals.
- Be cautious of joint accounts. Both parties are equal owners of the account and both

have equal access to the funds in the account. Build good relationships with the professionals who handle your money

IDENTITY THEFT—

NEVER

- Carry a Social Security card;
- Carry multiple credit cards;
- Give personal information over the telephone;
- Print identification numbers on checks;
- Answer unsolicited email that asks for your personal information.

ALWAYS

- Remove mail promptly from your mailbox;
- Review statements and bills promptly;
- Shred personal mail and information with a shredder or scissors;
- Stop mail while you are on vacation;
- Make a copy of all items in your wallet and keep it with personal papers in a safe place;
- Shop online only with merchants that have secure websites. A graphic, typically a lock, should appear in the bottom right corner of your web browser;
- Have checks printed with initials only and no street address. Pick up your checks at the bank, if possible.
- Request credit reports annually from all three reporting agencies at no fee by visiting on the web at **www.annualcreditreport.com** or by calling toll-free 1-877-322-8228.

IF YOU ARE VICTIMIZED BY A FINANCIAL CRIME:

- **Report to local law enforcement** and request a copy of the case report;
- File a complaint with the Federal Trade Commission (FTC) at 1-877-438-4338;
- Immediately contact your bank and close affected accounts;
- Keep a detailed log of who you have contacted and save copies of all correspondence.
- Contact credit card companies. Place fraud alerts on all accounts by calling:
- Equifax: 1-800-525-6285
- Experian: 1-888-397-3742
- TransUnion: 1-800-680-7289



THE POWER TO PREVENT ABUSE IS IN YOUR HANDS

Elder Abuse, Neglect & Exploitation Prevention Program

We encourage everyone to wear the color purple on Friday, June 13th in recognition of Worldwide Elder Abuse Awareness Day

In addition to bringing awareness to Elder Abuse, I also mentioned earlier that June is also **Men's Health Month**. This year's 2025 Men's Health Month theme is centered on closing the Empathy Gap in men's health through advocacy, awareness, and action. The Empathy Gap refers to the lack of care, funding, and support for men's issues, including health, education, and emotional well-being. Men's challenges are often overlooked, leading to fewer resources, delayed care, and limited awareness. While awareness and funding efforts have successfully addressed numerous health challenges over the years, men's health issues receive significantly less attention, despite statistics demonstrating clear concern.

- Men die 6 years earlier than women due to preventable health issues.
- Prostate cancer & testicular cancer receive far less attention.
- Suicide rates among men are significantly higher, yet mental health initiatives often fail to acknowledge interventions that resonate with men.

The purpose of Men's Health Week is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among gentlemen of all ages. Men's Health Month permits health care providers, public policy makers, the media, and individuals an opportunity to encourage all males to seek regular medical advice and early treatment for disease and injury. The response has been overwhelming with hundreds of awareness activities in the USA and around the globe. Whether it is your friend, brother, dad, boyfriend, spouse, uncle, or boss, show them you care about them and their health by

wearing BLUE on Monday, June 16th. Wear BLUE day helps to raise awareness for education about men's need to seek regular check-ups, or testicular cancer education, prostate cancer education, or other health issues that affect men. (Cardiovascular disease, skin cancer, lung cancer, diabetes, gout, and more.) Men often live sicker and die younger. **Wear BLUE** was created by Men's Health Network to raise awareness about the importance of male health and to encourage men to live longer and healthier lives. Men's health awareness can mean many different things. It means raising awareness of making healthy lifestyle choices, making regular annual visits to the doctor, getting educated on heart disease or diabetes, starting general health conversations with their male friends, and much more.

Did you know that, on average, men are less healthy and have a shorter life expectancy than women? Part of the reason for this health gap is that they usually don't take care of themselves as well as women do. Men are more likely to engage in unhealthy behavior, and less likely than women to adopt preventive health measures. They're also less likely to have health insurance, more likely to work in dangerous occupations, and often put off going to the doctor even when they really should go. As a result, men die younger—and in greater numbers—of heart disease, stroke, cancer, diabetes, and many other diseases. In 1920, women outlived men by an average of one year. Today, that difference is more than five years.

More than half of premature deaths among men are preventable. **But you can't prevent a problem if you don't know it exists.** When a warning light flashes on the car dashboard, most men usually take the car to the shop. But when warning lights flash on their body, most men don't (or won't) notice. Here are a few flashing lights you should look out for:

- **Changes in bowel or bladder habits.** This can be an indication of prostate or bladder problems. And blood in the urine is a common indicator of kidney problems. Does he get up

five times a night to go to the bathroom? That could be a symptom of an enlarged prostate, a common condition among men as they get older.

•**Persistent backaches**, changes in the color of urine or stool, obvious changes in warts or moles, unusual lumps, recurrent chest pains or headaches, bleeding that won't stop, nagging cough, unexplained weight loss, and extreme fatigue can all be symptoms of other serious health problems.

•**Depression**. Although women are more likely to attempt suicide, men are four times more likely to succeed. Because men are reluctant to ask for help and may try to hide their depression, you may recognize the symptoms sooner than he does. These may include acting overly anxious, having trouble sleeping, complaining of feeling sad or "empty" or helpless, engaging in unusually risky or reckless behavior, or losing interest in hobbies or other pleasurable activities.

WHAT YOU CAN DO TO HELP Know when to call in the professionals. If you identify a symptom, get the man in question to the doctor immediately—and don't take no for an answer. But even if he's the picture of health, one of the most important steps you can take is to get more men into the habit of getting regular checkups. As with most things, the results of specific exams are important, but often are not nearly as important as changes over time. In the days and weeks before the visit, help him prepare. Spend some time going over his family history (many diseases have family ties), keep track of any symptoms you're concerned about, and write down a list of questions he should ask. Check him out. Somewhere along the line we got the idea that "self-exams" have to be done, well, by ourselves. Nothing could be further from the truth. Besides encouraging the men in your life to exercise, eat a high-fiber/low-fat diet, quit smoking, and do monthly self-exams, the most important step you can take is to get them into the habit of getting regular medical checkups. Ultimately, the goal of all this is to get men to take better care of themselves and to get the

next generation of men to start building good habits. These things sometimes take time. But even the smallest changes can bring big rewards. If you don't have a family physician or can't afford one, look for health fairs, free or low-cost clinics, and free screening events in our area. Ask your employer, fraternal organization, or place of worship to establish a yearly health fair or screening event. You can also visit the Men's Health Network web site at www.menshealthnetwork.org. other prevention and treatment strategies. It's also important to mention that exercise activities and wellness classes and events hosted and held at the Guernsey County Senior Citizens Center are not just for women...they're for men too! Don't just sit around the house this summer. Get out of the house. Get a change of scenery. Explore new places and make new friends. Live your best life and live life to the fullest! Guernsey County Senior Citizens Center has a lot to offer and senior citizens are always welcomed!

I hope you'll take time this summer to visit us at the Guernsey County Senior Citizens Center, Inc....where everyday is a new adventure. You can connect with good friends. And we always look forward to sharing a friendly smile. I hope you have a pleasant and enjoyable summer. God bless and take care.

Have a Happy Father's Day!

Sincerely,

Shon E. Gress

Shon E. Gress, MSHCS, BSC
Executive Director/CEO

Certified Senior Center Administrator of Aging Services





GOOD OLE GOSPEL MUSIC NIGHT

at



Guernsey County Senior Citizens Center, Inc.

1022 Carlisle Ave. Cambridge, OH 43725

TUESDAY, JUNE 3, 2025

DOORS OPEN AT 5:00PM

MUSIC BEGINS AT 6:00PM

ADMISSION COST: \$2

Featuring:

New Promise



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 any-



TAI CHI

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.

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

Line Dancing Class on Mondays

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



Sponsored Bingo Day by Dolbow Senior Solutions

Tuesday, June 3rd

We will have Melinda from Dolbow Senior Solutions joining us to host and sponsor Fun Bingo on Tuesday, June 3rd at 10:00AM. She will be providing prizes as well as calling bingo on this day. We hope that many of you can join us!

Cardio Drumming Class on Tuesdays

Come try out cardio drumming at the Guernsey County Senior Center on Tuesdays from 1:00PM-2:00PM, instructed by Sharon Bachna. All equipment needed will be provided. To sign up for this class please call (740) 439-6681.



Summer Salads Classes on Tuesdays Starting Tuesday, June 3rd

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

Pressure Canner Lid Testing Wednesday, June 4th

Caitlin from the OSU Extension Office will be here at Guernsey County Senior Center on Wednesday, June 4th 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.

Huntington Safe Banking for Seniors Workshop



Join us for an interactive workshop with tips to help keep you and your money safe.

Topics include:

Avoiding financial exploitation

Guarding against identity theft

Planning for unexpected life events

Preparing for financial disasters

Helpful resources on managing money and reporting financial exploitation

Understanding common scams

Importance of smart money decisions

The program concludes with a game of BINGO that reviews topics covered during the workshop and tips for smart money decisions.

Join us! Bring a friend.
Caregivers welcome.

Date: June 4, 2025

Time: 1:00-3:00pm

Location: Guernsey County Senior
Center 1022 Carlisle Ave Cambridge, OH

Learn more:

**Snacks, Bingo,
Prizes & More!**

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Geri Fit is an ongoing strength training exercise program that helps to rebuild strength that's been lost through the aging process. Any older adult, regardless of their fitness level, can participate. There's no dancing or floor work and both men and women can enroll.

This Class will be 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.

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



Craft Class

Thursday, June 5th

We will have Denise from Traditions Health here with us on Thursday, June 5th. 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.



Free Hearing Screenings

Friday, June 6th

Hearing Life will be here at Guernsey County Senior Center on Friday, June 6th from 8:00AM-10:00AM. They will be offering free hearing screenings by appointment. If you would like to make an appointment please call (740) 439-6681.



**Library Pop Up
Friday, June 6th**

We are proud to be collaborating with the Guernsey County District Public Library to have them bring a "Pop Up" cart of books to the Senior Center on Friday, June 6th from 9:00AM-10:00AM. They can also sign you up to get a library card during this time as well.



**Breakfast Buffet
Friday, June 6th**

Come in join us for our monthly breakfast buffet at Guernsey County Senior Center from 9:00AM-10:00AM on Friday, June 6th. The breakfast menu will include: scrambled eggs, hash browns, sausage gravy & biscuits, bacon, yogurt, 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.



Satellite Site Activities

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

Pleasant City:

Monday, June 9th at 12:00PM

Cumberland:

Tuesday, June 10th at 12:00PM

Old Washington:

Wednesday, June 18th at 12:00PM

Londonderry:

Monday, June 23rd at 12:00PM

Byesville:

Tuesday, June 24th at 12:00PM

Alzheimer's Support Group Tuesday, June 10th

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, June 10th** here at the Senior Center.

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.



**Please join Guernsey County
Senior Citizens Center in
promoting Elder Abuse
Awareness by WEARING the color
PURPLE on
Friday, June 13th**



Freezer Jam Class Friday, June 13th

Caitlin from the OSU Extension Office will be here at Guernsey County Senior Center on Friday, June 13th at 11:00AM. She will be hosting a free class teaching you how to make freezer jam. Please register for this class by calling (740) 439-6681.



Father's Day Cookout Friday, June 13th

You are cordially invited to attend our Father's Day Cookout on Friday, June 13th beginning at 11:30AM. The menu will be: cheeseburger, potato salad, strawberry glazed bananas, assorted berry pies for dessert. If you would like to join us in celebrating all of the "fathers" out there please call (740) 439-6681 to make your reservation.



Akron Zoo Trip Tuesday, June 17th

If you love animals and going to the zoo this is a great trip for you to join us on as we travel to the Akron Zoo on Tuesday, June 17th. We will departing at 8:30AM on this day and returning around 4:00PM. We will pack a sack lunch this day for a picnic at the Zoo, which will be included in the cost of the trip. For lunch you will have the option of a Ham & American Cheese Sandwich or a Turkey & Swiss Cheese Sandwich. The cost of this trip will be \$32 for members and \$47 for non-members. Payment for this trip is due by Monday, June 2nd at Noon. Due to pre-payment being made, there will be no credit give in the event of a cancellation.



Sponsored Bingo Day by Beckett House Wednesday, June 18th

We will have Beckett House staff joining us to sponsor Fun Bingo on Wednesday, June 18th at 10:00AM. They will be providing the bingo prizes on this day. We hop that many of you can join us!



Canning Produce Class Wednesday, June 18th

Caitlin from OSU Extension will be here on Wednesday, June 18th at 11:00AM. She will be hosting a free class on how to can your fresh summer produce. If you have questions about canning or have been interested in learning how to can then this is the perfect class for you! To make your reservation please call (740) 439-6681.



Monthly Senior Dinner Thursday, June 19th

We cordially invite you to join us Thursday, June 19th, for the June monthly senior dinner at 5:00 PM. There will be "Grab & Go" and Dine-In both available on this evening. Menu will include: BBQ bone-in chicken breast, twice baked mashed potatoes, California blend vegetables, peaches, dinner roll & butter and vanilla wafer 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

Commodity Pick-Up —Friday, June 20th

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, June 20th** from 10:00AM-3:00PM.



Painting Class Monday, June 23rd

We are excited to have Three Sister's Studio here with us on Monday, June 23rd at 2:00PM to host a painting class. You will be painting flowers in a mason jar. 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.



Byesville Dinner—Tuesday, June 24th

Please join us at the Stop Nine Senior Center in Byesville at 4:00 PM on Tuesday, June 24th. The menu will include: kielbasa, red skin potatoes, green beans, pineapple tidbits, dinner roll & butter, and Boston cream pie for dessert. Please call (740) 439-6681 to make your reservations.



Lunch Bunch Group—Wednes., June 25th

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 will be meeting once a month to eat out at a local restaurant. In June we will be meeting at Dockside Restaurant at Seneca Lake, located at 16592 Lashley Rd. Senecaville, OH on Wednesday, June 25th at 11:00AM. If you plan on attending, please call (740) 439-6681 to make your reservation by Friday, June 20th. Transportation to the restaurant is also available, please let us know if you will be needing transportation when making your reservation.



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

June 2025 Activities

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
8:30 AM- Crafting Group 9:00 AM Tai Chi Class 10:00AM -Bingo 11:00AM Clothes Closet 11:00 Bingoize 11:30AM- Lunch 1:00PM Line Dancing	9:00AM Quilters 9:00AM Seated Tai Chi 10:00AM Sponsored Bingo 11:00AM Dermascans 11:00AM Chair Yoga 11:00AM Blood Pressure Checks 11:30AM Lunch 12:00PM Summer Salads Class 1:00PM Cardio Drumming 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 1:00PM Huntington Safe Banking Bingo	10:00AM Bingo 11:00AM Bingoize 11:30AM Lunch 12:30 PM- Open Cards 2:00PM Craft Class	8:00AM Free Hearing Screenings 9:00AM Breakfast Buffet 9:15 AM Library "Pop Up" 11:30AM- Lunch 12:30 PM- Euchre 1:00PM Geri Fit Exercise
9 8:30 AM- Crafting Group 9:00 AM Tai Chi Class 10:00AM -Bingo 11:00AM Clothes Closet 11:00 Bingoize 12:00PM Pleasant City Site Activity 11:30AM- Lunch 1:00PM Line Dancing	10 9:00AM Quilters 9:00AM Seated Tai Chi 10:00AM Bingo 11:00AM Dermascans 11:00AM Chair Yoga 11:00AM Blood Pressure Checks 11:30AM Lunch 12:00PM Summer Salads Class 12:00PM Cumberland Site Activity 1:00PM Cardio Drumming 1:30PM Alzheimer's Support Group	11 9:00AM- Geri Fit Exercise 9:00AM- Sewing 9:15AM- Cleveland Baseball Game Trip 10:00AM -Bingo 11:30AM Lunch 12:00PM- Mahjong	12 10:00AM -Bingo 11:00AM Bingoize 11:30AM- Lunch 12:30 PM- Open Cards 1:00PM Chair Yoga	13 9:00AM Geri Fit 11:00AM Freezer Jam Class 11:30AM- Father's Day Luncheon 12:30 PM- Euchre 1:00PM Geri Fit Exercise Wear Purple for Elder Abuse Awareness Day
16 8:30 AM- Crafting Group 9:00 AM Tai Chi Class 10:00AM -Bingo 11:00AM Clothes Closet 11:00AM Bingoize 11:30AM Lunch 1:00PM Line Dancing	17 8:30AM Akron Zoo Trip 9:00AM Quilters 9:00AM Seated Tai Chi 10:00AM Bingo 11:00AM Dermascans 11:00AM Chair Yoga 11:00AM Blood Pressure Checks 11:30AM Lunch 12:00PM Summer Salads Class 1:00PM Cardio Drumming	18 9:00AM- Geri Fit Exercise 9:00AM- Sewing 10:00AM -Sponsored Bingo 11:00AM Canning Produce Class 11:30AM Lunch 12:00PM- Mahjong 12:00PM Old Washington Site Activity	19 10:00AM Bingo 11:00AM Guest Speaker 12:30 PM- Open Cards 1:00PM Chair Yoga 4:00PM-5:00PM Grab & Go Monthly Dinner 5:00PM Dine In Monthly Dinner	20 9:00AM Geri Fit 10:00AM - 3:00 PM- Food Commodity Pick Up 11:30AM Lunch 12:00PM Euchre 1:00PM Geri Fit Exercise
23 8:30 AM- Crafting Group 9:00 AM Tai Chi Class 10:00AM -Bingo 11:00AM Clothes Closet 11:00AM Bingoize 11:30AM- Lunch 12:00PM Londonderry Site Activity 1:00PM Line Dancing 2:00PM Painting Class	24 9:00AM Quilters 9:00AM Seated Tai Chi 10:00AM Bingo 11:00AM Dermascans 11:00AM Chair Yoga 11:00AM Blood Pressure Checks 11:30AM Lunch 12:00PM Summer Salads Class 1:00PM Cardio Drumming	25 9:00AM Geri-Fit Exercise 9:00AM Sewing 10:00AM Bingo 11:00AM Lunch Bunch Group at Dockside Restaurant 11:30AM Lunch 12:00PM Mahjong	26 8:15AM- Elvis Tribute Trip 10:00AM Bingo 11:00AM Bingoize 11:30AM Lunch 12:30PM Open Cards 1:00PM Chair Yoga 1:30PM Greeting Card Making Class	27 9:00AM Geri Fit 10:00AM Bingo 11:00AM Guest Speaker 11:30AM Birthday Luncheon 12:00PM Euchre 1:00PM Geri Fit Exercise
30 8:30 AM- Crafting Group 9:00 AM Tai Chi Class 10:00AM -Bingo 11:00AM Clothes Closet 11:00AM Bingoize 11:30AM Lunch 1:00PM Line Dancing				

June 2025 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Baked Swiss Steak Mashed Potatoes w/Gravy French Style Green Beans Fresh Grapes Choice of Bread/Margarine Vanilla Pudding Choice of Milk	3 Fish w/Tarter Sauce Au Gratin Potatoes Baby Carrots Peaches Choice of Bread/Margarine Choice of Milk	4 Cheese Ravioli w/Meat Sauce Caesar Salad Wax Beans Garlic Bread Strawberry Shortcake Choice of Milk	5 Baked Ham Sweet Potatoes Lima Beans Fresh Pear Choice of Bread/Margarine Choice of Milk	6 Stuffed Pepper Loaded Mashed Potatoes Asian Blend Vegetables 100% Fruit Juice Banana Nut Muffin Lime Jello w/Whipped Topping Choice of Milk
9 Baked Pork Chop Hashbrown Casserole Mixed Vegetables Apricots Choice of Bread/Margarine Choice of Milk	10 Sloppy Joe w/Bun Tater Tots Colestlaw Fresh Banana Choice of Milk	11 Garlic Herb Chicken Breast Thyme Roasted Potatoes Spinach Fresh Orange Dinner Roll/Margarine Choice of Milk	12 Cube Steak w/Mushroom Gravy Scalloped Potatoes Buttered Corn Fruit Cocktail Choice of Bread/Margarine Choice of Milk	13 Cheeseburger w/Bun Potato Salad Cucumber & Onion Salad Strawberry Glazed Bananas Oatmeal Cookie Choice of Milk
16 BBQ Beef Potato Wedges Creamed Peas Pear Choice of Bread/Margarine Choice of Milk	17 Chicken Divan Rice Pilaf Italian Blend Vegetables Ambrosia Salad 100% Fruit Juice Breadstick/Margarine Choice of Milk	18 Beef Stew w/Vegetables Buttered Noodles Sliced Apples Mixed Fresh Fruit Cup Choice of Milk	19 Roasted Pok Loin w/Gravy Parsley Buttered Potatoes Seasoned Green Beans Fresh Cantaloupe Dinner Roll/Margarine Choice of Milk	20 Salisbury Steak w/Gravy Sour Cream & Chive Mashed Potatoes Brussel Sprouts Tangerine Choice of Bread/Margarine Chocolate Chip Cookie Choice of Milk
23 Chicken Cordon Bleu California Blend Vegetables Cherry Crisp 100% Fruit Juice Knot Roll/Margarine Choice of Milk	24 Glazed Meatloaf Baby Baker Potatoes Succotash Blueberry & Blackberry Mix Choice of Bread/Margarine Choice of Milk	25 Country Fried Steak w/Sawmill Gravy Yukon Gold Potatoes Buttered Peas & Carrots Tropical Fruit Choice of Bread/Margarine Choice of Milk	26 Chef Salad w/Ham, Turkey, & Egg/Dressing Grape Salad Beets Italian Bread/Margarine Brownie Choice of Milk	27 Pork Fritter Diced Potatoes Yellow Squash Watermelon Choice of Bread/Margarine Choice of Milk
30 Spaghetti w/Meatball's Broccoli Spiced Peaches Pineapple Tidbits Breadstick/Margarine Choice of Milk	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 Bysessville 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. 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.			



Greeting Card Class Thurs., June 26th

If you enjoy making your own cards, or would like to learn how, we would love to have you join us on Thursday, June 26th at 1:30PM. This class will be hosted by Karen Bay. The cost of the class is \$10.00 which will include 4 cards and all the supplies needed to make the cards. If you would like to try out this new class please call (740) 439-6681 to sign up!



Guest Speaker from Jarvis Law Friday, June 27th

Mary Beth from Jarvis Law will be here on Friday, June 27th at 11:00AM to discuss important documents such as: last will & testament, healthcare POA, living will, and HIPPA.



June Birthday Celebration-Fri. June 27th

Please plan to join us on Friday, June 27th at 11:30AM as we celebrate June 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.



VS.



Pittsburgh Pirates vs. Detroit Tigers Baseball Game Trip Wednesday, July 23rd

If you are a Pittsburgh Pirates or Detroit Tigers fan, or just enjoy watching baseball, this is a great trip for you to join us! We will be loading up on a charter bus and heading to PNC Park in Pittsburgh, PA on Wednesday, July 23rd to enjoy the game in great seats. Lunch on this day will be on your own at one of the many food vendor options inside the stadium and a \$5 food voucher will be included with your ticket to the game. This trip will be departing from the Senior Center at 9:00AM and returning home around 6:30PM. Cost for this trip will be \$80 for members and \$95 for non-members. Payment for this trip is due by Monday, June 2nd at Noon. Due to pre-payment being made, there will be no credit give in the event of a cancellation. To reserve your seat for this trip please call (740) 439-6681.



Kenny Rogers Band Concert Thursday, July 31st

Experience an authentic tribute to Kenny Rogers with a band that accompanied him for over 40 years and more than 5,000 shows worldwide! This isn't just another tribute act—this is THE band that helped create the legendary Kenny Rogers sound, from Carnegie Hall. We will be traveling to Hartville on Thursday, July 31st to enjoy this concert from premium seats. Before the concert we will shop at Hartville Flea Market and have lunch at Hartville Kitchen, which is on your own. The cost of this trip will be \$85 for members and \$100 for non-members. Payment for this trip is due by Friday, June 20th. Due to pre-payment being made in the event of a cancellation no credit will be given. To reserve your seat please call (740) 439-6681.



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.**

DO YOU NEED SUPPLEMENTAL BENEFITS?

As an associate member of the School Employee Retirees of Ohio, you are eligible to join our group plans and take advantage of big savings on...

Dental • Vision • Medical Transport • Hearing
Long Term Care • Legal Assistance
Medicare Supplement Insurance
ID/ Fraud Protection • Annuities
Cancer/Heart/Stroke Insurance
Passport Discount Program

SERO advocates for retirees
with the support of our trusted
benefits partner, AMBA.



+



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Learn more at



1-877-810-6334

www.ohio-sero.com/benefits



*Annual \$30 associate
membership dues required.



June Employee Birthdays

Steve Bennett	7th
Kirk Jones	12th
Jean Tidwell	12th
Donna Devers	13th
Becky Wayt	16th
Dave Peters	29th



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 April:**

**Dana Holyak
Lauren Darah
Robert Ford
Mitch Giesey
Connie Giesey
Ruth Hoops
Patty Paul
Paul Stoney
Janalea Stoney
Delores Furbee**



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

Guernsey County Senior Citizens Center can help!

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

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

Evening dialysis:
by "appointment only"



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

Showcase your creative side at the Guernsey County Senior

Craft on Monday

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

Stitch together works of art on Tuesdays

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

Wednesdays are "tailor" made for sewing

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

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

Enjoy Being Social and Have Some Fun Playing Cards

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

Clothes Closet on Mondays

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

Blood Pressure & Wellness Checks On Tuesdays

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



A Special "Thank You"

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

**Rick Clay
Joe & Barb Giroux
Mark & Janice Linnan
Mark & Lori Murtha
Lisa Freeman
Rose Davis
Dean & Sue Jacobs
Anonymous**



Utility Assistance Available For Senior Citizens

Heating Assistance Available Application Deadline: May 31, 2025

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

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

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

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

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

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

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

Energy Assistance Available to Reconnect/ Avoid Disconnection of Utilities

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

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

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

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



Dollar Energy Fund & Neighbor To Neighbor Program Assistance

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

Eligible Households

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

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



MEALS on WHEELS

GUERNSEY COUNTY

TOGETHER, WE CAN DELIVER.

Healthy Meals & Nutrition

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

Continental Breakfast Offered Every Morning

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

Home Delivered Meals Available throughout Guernsey County

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

Ensure® & Glucerna® Supplemental Beverages Available

Supplemental nutritional beverage shakes are available at the Guernsey County Senior Citizens Center and come in three delicious flavors: Chocolate, Vanilla, and Strawberry, all at a discounted rate. A case, which consists of 24 - 8 ounce cans, of regular Ensure is \$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.

June 2025 Birthdays

06/01 Barbara Burris
Marty Mathews
William Moore
Fred Steele
Sharon Zuress

06/02 Darla Kahrig
Marjorie Watson

06/03 Evelyn Cornelius
Brenda Kirk

06/04 Patricia Lanning

06/05 Roger Cotton

06/06 Linda Bontrager
Vickie Hare
Earl Johnson
James Moss

06/07 Cindy Dolen
Nancy Kennedy
Erma Endly

06/08 Terry Secrest
Joel Styer
Toni Wilson
Karen Pearson

06/09 Karen Sherman
Carol Caldwell
Susan Johnson

06/10 Linda Burgy
Dona Cedar
Charlotte Farmer
Yvonne Myers
Molly Pierce
JoEllen Murrey

06/11 John Anderson
Charles Kerns
Mona Keylor
Kathy Lyons
Joe Seresun

06/12 Gene Michel
Jerome Nichols
Pat Perkins
Carolyn Winland

06/13 Randy Black
Mildred Clouse
Peggy Cunningham
Deborah Gallagher
Thomas Greathouse
Bernard Schreiner

Pat Westover
Vernetta Wilson

06/14

06/15 Bob Farrar
Ginny Mallory
Kathy Schoendorff
Curtis Burris

06/16 Donna Callihan

06/17 Carol Bell
Brenda Champagne
Tammy Galloway
Susan Slifko
Teresa Wayt
Shirley Ziegler

06/18 Teresa Frame
Dottie Henes

Diana Loy
Lynette Tipton

06/19 Resa Montgomery

06/20 Sue Anne Chewning
John Valentine
Gail Shank

06/21 Katrina Aubuchon
George Dillon
William Goodman
Robert Gray
Deborah Cox
Sue Cunningham

06/22 Debbie Devore
David Janiszewski

06/23 Jocelyn Davis
June Lewis

06/24 Maxine Forsythe
John Jones
Madelyn Joseph
Barbara Mackey
Betty Cox
Carol Work

06/25 Diane Pavlik
Don Todd Jr.

Kenneth Warnock

06/26 Jeremy Brockwell
Tim Dolen
Beverly Watson

06/27 June Franko
James Gibson

Sheila Harmon
Barbara Minney

Shirley Tilton

Diane Cunningham

06/28 Peggy Flowers

Richard Harding

06/29 Paula Lahrmer

David Peters

06/30 Valarie Kirby

Robert Walker



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



Father's Day Word Search



AMBITION	HUG
AMUSING	HUMOR
ATHLETIC	HUNTER
ATTENTIVE	HUSBAND
AWESOME	INSPIRATION
BASEBALL	INTEGRITY
BASKETBALL	JOKING
BBQ	JOY
BOND	JUNE
BRAVE	KINDNESS
BROTHERLY	LAUGHTER
CAMPING	LESSON
CARD	LOVE
CARING	MEMORIES
CELEBRATE	PATERNAL
CHARACTER	PROTECTION
CHILD	PROVIDER
CLEVER	REGARD
COMPASSION	REMEMBRANCE
DAD	RESPECT
DEPENDABLE	ROLEMODEL
DEVOTED	SAFETY
DRIVE	SON
FAMILY	SPECIAL
FATHER	SPORTS
FISHING	STRONG
FOOTBALL	SUNDAY
FRIEND	SWEET
FUNNY	TEACHER
GENUINE	TENDER
GIVING	TENNIS
GOLFER	THANKFUL
GRANDPA	TOOLS
HAPPY	UNCLE
HEART	UNIQUE
HELPFUL	WARMTH
HOBBIES	WISDOM
HOLIDAY	WONDERFUL
HONEST	WORKER
HONOR	

ISYDREHTAFUTICASJDPJEFUNNYRC
GNSKEDAPDNARGCAORLAVHVCAOFEN
IETENVLOVETAVIYRUEIKPSQHIYTV
VENENFOUWTCELTUFITKQWYOYSAHY
HF IUGDUTPWRHFEPXNNGRZNBNSDGP
OROCIRNNEQEHLTEDOGGOMS JANUT
FSSLJNIIIDTYEHTALHDRNWOPPUAE
STROPSETKQNHCTDFTODRPI NHMSLN
RADNOBWIYZULAAECKNSWAESCOAEN
DEPENDABLEHENREJREIZTGFCYFI
ZKINSPIRATIONPXSFSXEKETMHKS
KTEACHERVDRKSSREDTEMRDYRRWL
HOBBIESGNSIEPJAOVWLJNKLCARDL
FAYFBMHARTTRYJMFSAKATREHL SA
EYGHWFBOCOODMOGHEIRNLBECFIXB
LCIPASLHLTMI FKQNETOJB AHNFEST
COVMUMAXEIXUSIYCOSYBCSTADQVO
NB IHYRECRQDPHNABSRZREKORDEEO
ULNSABTMGJEAOGUEAPTNLERBDYRF
YMGCLINNOCCXYBLYFSOSETBMP TXB
FMTWOOIYIREDIVORPZELBBOEIRZB
GEKNFPOAPWIRMVHKDGVBRAPMPMBW
RNXNMULTIPIEEGUHRDBVALDEYQMA
ON IADLIHCRAUSVNV IACRTLORBILR
UICHHLUFKNAHTKEXVKMEECLHAYXM
ZKLPSMQNOITIBMALEROLEMODELZT
FSCRGILUFREDNOWQCJHHRENUJKRH
OTOBCUFUNDERSTANDINGBAWESOME

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!**