



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



Volume 53 Issue 3

Guernsey County Senior Citizens Center, Inc.

March 2025

Special Events:

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 Executive Director Gress

Dear Seniors,

Happy St. Patrick's Day! I hope this month's *Senior Times Newsletter* finds each of you well and looking forward to the official arrival of Spring! The days are gradually becoming a little longer, and before we know it the grass will be greener, the trees will begin to bud, and soon everything will be in full bloom. With any "luck" another winter season will come to an end and we can all look forward to the colors and warmth of Spring & Summer.

Back in February, I received a multitude of telephone calls, messages, and emails from individuals who expressed to me they were "worried and concerned" about how any Presidential Executive Order or directive to freeze all federally funded programs might impact the services they receive. I am very active in several state and national associations that closely monitor administrative and legislative actions at all levels, and please be assured I am keeping a



You're Cordially Invited to attend the

**March Monthly
Senior Dinner**

Thursday, March 20, 2025

Entertainment begins at 4:00 PM

Please note the winter season time change for this event

Music~ Dinner~ Door Prizes

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

close eye on announcements and information coming out of Washington, DC from a variety of reliable sources. I would like to offer Guernsey County residents who receive services

**Chair Yoga
Classes**

**Every Tuesday
11:00 AM**

**AARP Tax
Preparation
Assistance**

*Fully booked—waiting
list only.*

**Celtic Rush Matinee
Show Trip
Friday, March 14th**

**MUSIC BOX
Lion's Club Variety
Show
Thursday, Mar. 20th
7:30 PM**

**Grow & Show Garden
Club's Gardner's
Night Out Event
Wed., March 26th**

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.

or participate in programs provided by Guernsey County Senior Citizens Center, Inc., or Meals on Wheels Guernsey County, that thanks to our countywide voters and supporters we are fortunate to have accountable access to local tax levy funding protect the continuation of community based services and programs for Guernsey County Senior Citizens, aged 60 and older. Circumstances and decisions made at the Federal level such as tariffs may obviously impact consumers of any age, but please know our organization takes a vested interest in decisions that directly or indirectly impact senior citizens, especially actions that negatively impact their benefits, health, wellness, and overall livelihoods.

Although our organization receives and is reliant upon crucial Title III Older Americans Act and Senior Community Block Grant funding, these critical funding sources do not cover 100% of the costs involved to provide the scope and breadth of services and programs our organization currently provides. From a financial standpoint we financially rely upon a combination of funding resources, which includes, but is not limited to: Senior Services Tax Levy; United Way funding, public & corporate donations & philanthropic giving, Medicaid Waiver, Meals on Wheels Tax Levy, grants, Older Americans Act Title III, JFS Medicaid, Senior Community Services Block Grant funding, and ultimately the generosity of others in order to maintain and fulfill our mission of serving Guernsey County Older Adults. **Senior citizens should never be worried about having to choose between paying their utilities or eating a hot meal. Seniors should not be the target of scammers that prey on their vulnerabilities and kindness for their own personal gain. I am personally very active and engaged when it comes to advocating for older adults as well as the role and vital function of senior centers.** Again, please take reassurance in knowing my staff and I are hear to listen and help. We are committed to serving senior citizens regardless if it is through the services we provide or by using our voice to advocate for what



is in the best interest of senior citizens.

Should you ever wish to express or voice your concerns regarding preserving and protecting vital Older Americans Act federally funded programs such as **Meals on Wheels, Transportation, Homemaking, and other vital senior community based services**, we encourage you to please call, write, or email your United States Senators, John Husted and Bernie Moreno. Here is their individual contact information:

US Senator Bernie Moreno

Washington DC Office

SR-B33 Russell Senate Office Building

Washington, DC 20510

Tel: (202) 224-2315

Columbus, Ohio Office

Bricker Federal Building

200 North High Street, Room 618

Columbus, OH 43215

Tel: (614) 469-2083

US Senator John Husted

Washington DC Office

SR-198 Russell Senate Office Building

Washington, DC 20510

Tel: (202) 224-3353

You can also visit the on-line website <https://www.senate.gov/states/OH> to send them an email.

Throughout the month of March we will be participating in the national Meals on Wheels “March for Meals Campaign”. The annual March for Meals campaign commemorates the historic day in March 1972 when President Nixon signed into law a measure that amended the Older Americans Act of 1965 and established a national nutrition program for seniors 60 years and older. This March, Meals on Wheels programs from across the country are joining forces to celebrate more than 53 years of success and garner the support needed to ensure these critical programs can continue to address food insecurity and malnutrition, combat social isolation, enable independence, and improve health for years to come. Meals on Wheels Guernsey County will be participating and hosting a variety of events to bring awareness to senior hunger and nutrition services that are available throughout Guernsey County. In celebration of the 23rd Annual March for Meals campaign— a month-long, nationwide celebration of Meals on Wheels programs and our senior neighbors who rely on this essential service to remain healthy and independent at home, now even more so amid lingering federal program cuts, rising costs, and high inflation. From fundraisers to our “Community Champions Week” where local dignitaries and elected officials will join us in delivering home delivered meals to older adults, we hope you too will join us in speaking out for seniors and join us in raising awareness for the power and benefit of vital programs like Meals on Wheels and other Older Americans Act funded programs. Together, let's support older Americans by demanding our elected officials protect Social Security, Medicare, and Older Americans Act funded services and programs. Together, we “can deliver” and make a difference. I hope you have a Happy St. Patrick's Day! God bless and best wishes!

Sincerely,



Shon E. Gress

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

Certified Senior Center Administrator of Aging Services



***March is National Kidney
Awareness Month, a time to focus
on your kidney health.***



WAYS TO KEEP THE KIDNEYS HEALTHY

- 1** Drink plenty of fluids (48 to 64 ounces of water daily) to help the kidneys work well. This is also the best way to prevent kidney stones.
- 2** Don't smoke. Smoking slows the flow of blood to the kidneys, which may reduce their function. Smoking also raises the risk of kidney cancer by about 50 percent.
- 3** Eat healthy, low fat foods to cut your risk of high blood sugar and high blood pressure. Exercise can also help keep your blood pressure and sugar levels under control.
- 4** If you take over-the-counter painkillers, like ibuprofen and naproxen, daily for everyday pain or joint swelling, then talk to your doctor about checking your kidney function. These drugs can cause harm to the kidneys if taken too often over a long period.
- 5** If you have high blood pressure or high blood sugar, then have your kidney function monitored on a regular basis.



Pearl Valley Cheese Fundraiser

Monday, February 3rd - Wednesday, March 5th

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



MEALS on WHEELS

GUERNSEY COUNTY

TOGETHER, WE CAN DELIVER.

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



Meals on Wheels Guernsey County's March for Meals Campaign

Support will help to continue feeding homebound seniors in our community

March 2025- the Meals on Wheels Guernsey County program announces that it will be participating in the national 2025 March For Meals campaign. Meals On Wheels Guernsey County events will include "Community Champions" delivering meals, Pearl Valley Cheese Fundraiser, and much more.

March For Meals is a national campaign during the month of March, initiated and sponsored by the Meals On Wheels of America, (to raise awareness of senior hunger and to encourage action on the part of local communities. Senior nutrition programs across the United States, like Meals on Wheels Guernsey County, promote March For Meals in their local communities through public events, partnerships with local businesses, and fundraising initiatives. March For Meals is a time when communities can come together to stand with their local Meals On Wheels program and help to end senior hunger.

In honor of this campaign, the Senior Center has a variety of ways for individuals to show their support:

- Personalized March for Meals cards are available for a \$1.00 donation. The cards will be on display in the guest service area of the Senior Center.
- Pledging to making a tax deductible donation to the "March for Meals" campaign by using the form below.



MY PLEDGE TO: "MARCH FOR MEALS"

Name: _____

Address: _____

Donation: _____
(Enclosed) *Tax Deductible Donation*

Please mail or drop off your donations to:
Guernsey County Senior Citizens Center
1022 Carlisle Ave
Cambridge, Ohio 43725
FOR FURTHER INFORMATION PLEASE CALL
(740) 439-6681



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!

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



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

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



Bingocize Classes

Mondays & Thursdays at 11:00AM

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

Line Dancing Class on Mondays

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

Chair Yoga on Tuesdays

We are excited to partner with Hope Mercer, a local certified yoga instructor, to offer chair yoga. She will be here on Tuesdays at 11:00AM, for one hour. The cost is \$5 per class. Hope's classes offer supportive, gentle movement designed to help seniors stay active, improve strength, and increase flexibility in a safe and comfortable environment. Her goal for her students is to help them stay active and improve their quality of life.



Meals in a Mug Classes on Tuesdays

Hosted by: OSU Extension Office

Shelli from the Guernsey County OSU Extension office will be here every Tuesday, starting Tuesday, March 4th at 12:00PM. She will be showing you how to make a variety of meals using a coffee mug and microwave, perfect for cooking for one! This class is free of charge but we ask that you please call to make a reservation at (740) 439-6681.

Cardio Drumming Class on Tuesdays

Come try out cardio drumming at the Guernsey County Senior Center on Tuesdays from 1:00PM-2:00PM. It is recommended to wear comfortable clothes and shoes for the class. All equipment needed will be provided. If you are interested in signing up for this class please call (740) 439-6681.



GOOD OLE GOSPEL MUSIC NIGHT

at



Guernsey County Senior Citizens Center, Inc.

1022 Carlisle Ave. Cambridge, OH 43725

TUESDAY, MARCH 4, 2025

DOORS OPEN AT 5:00PM

MUSIC BEGINS AT 6:00PM

ADMISSION COST: \$2

Featuring:

Michael Gardner



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



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 1:00PM**

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



St. Patrick's Craft Class
Sponsored by Traditions Health
Thursday, March 6th

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

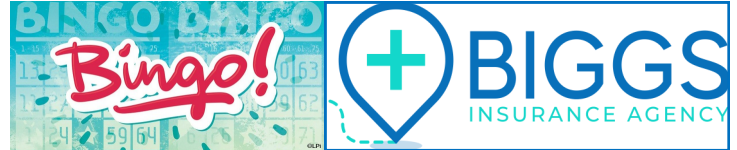


Breakfast Buffet
Friday, March 7th

Come in out of the cold and warm up at our monthly breakfast buffet at Guernsey County Senior Center from 9:00AM-10:00AM on Friday, March 7th. The breakfast menu will include: egg & cheese omelet, hashbrown, sausage gravy & biscuit, fresh fruit, juice, water & coffee. This event is "by donation" for seniors age 60+ and the suggested donation is \$5.00. To make your reservation please call (740) 439-6681.

Library Pop Up —Friday, March 7th

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



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

We will have Philip, from Biggs Insurance Agency joining us to sponsor Fun Bingo on Fridays throughout the month of March, starting Friday, March 7th at 10:00AM. He will be providing prizes for Fun Bingo on this day. We hope that many of you can join us!

**Alzheimer's Support
 Group Meeting**

alzheimer's  association®

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

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



**Don't forget to turn your clocks up
 1 hour on
 Sunday, March 9th, 2025.**

**This is also a great time to check the
 batteries in your smoke detectors!**



Cooking for One Wednesday, March 12th

Kick-start the new year by creating delicious, simple meals for one. Join us on Wednesday, March 12th from 1:00 PM-2:00 PM for this free class hosted by Caitlin Smith from the OSU Extension Office. You will learn about creating healthy, well-balanced meals, reducing recipes, food safety, stretching your food dollars, and reducing food waste. To sign up for this class please call (740) 439-6681.



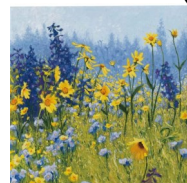
Celtic Rush Matinee Show Trip Friday, March 14th

We'd love to have you travel with us as we join the celebration called "Slainte" which means "cheers" at the Amish Door on Friday, March 14th. We will start off the day shopping at Lehman's Hardware. After that we will head to the Amish Door where we will enjoy a delicious lunch, which is included in the cost of this trip. Then we will enjoy a music performance by Celtic Rush. Celtic Rush is a group of seven friends that perform predominantly Celtic traditional music. This trip will depart at 8:15AM and return around 4:00PM. The cost of this trip is \$55.00 for members and \$70.00 for non-members. Payment for this trip is due by Friday, February 21st. Due to prepayment needing made for the tickets there will be no credit given if there is a cancellation. To make a reservation please call (740) 439-6681.



St. Patrick's Day Luncheon Monday, March 17th

Celebrate the luck of the Irish on Monday, March 17th as the Guernsey County Senior Citizens Center hosts the annual St. Patrick's Day Party & Luncheon. The festivities will begin at 11:30 AM. If you would like to make reservations for this special luncheon, please contact the Senior Center at (740) 439-6681.



Painting Class Monday, March 17th

We are excited to have Three Sister's Studio here with us on Monday, March 17th at 2:00PM to host a painting class. You will be painting a spring flower scene. 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.

Mahjong on Wednesdays

Come check out this new fun game coming to the Senior Center on Wednesdays from 12:00PM to 3:00PM. Mahjong is a Chinese tile game and can be played with two to sixteen people. Anyone is welcome to join us for this fun game. We will have a friendly instructor to teach you how to play if you are a beginner to Mahjong. If you are interested in joining us please call (740) 439-6681 to sign up!



Thursday, March 20th



“Music Box” Lions Club Variety Show

Thursday, March 20th, 2025

Show will begin at 7:30 PM

The Guernsey County Senior Citizens Center is proudly partnering with the Cambridge Lions Club to provide tickets and transportation to the show

Cost for Lions Club Show Tickets:

\$8.00

and includes the admission to the Thursday, March 20th Lions Club show, and optional shuttle service provided by the Guernsey County Senior Citizens Center Transportation Department. Shuttles to the show will begin after the conclusion of our Senior Monthly Dinner at approximately 6:15PM.

Advance Monthly Senior Dinner Reservations & Tickets to Lions Club Show are Required & Sold Separately.

Tickets are on sale at Guernsey County Senior Citizens Center now through March 13th!

**No tickets to Lions Club Show will be sold at
GCSCC the night of the event.**

For Additional Ticket Information
Please call (740) 439-6681



Monthly Senior Dinner Thursday, March 20th

****Please note time change****

We cordially invite you to join us Thursday, March 20th, for the March monthly senior dinner at 4:00 PM. There will be “Grab & Go” and Dine-In both available on this evening. Menu will include: baked steak, mashed potatoes & gravy, green beans, fruit cocktail, dinner roll with butter, and Oreo pie for dessert. There will also be entertainment and a 50/50 raffle. To make your advanced reservations please call (740) 439-6681. “Grab & Go” meals will be served to seniors inside their vehicles from 4:00PM-5:00PM at Guernsey County Senior Citizens Center, Inc. located at 1022 Carlisle Ave., Cambridge, OH. Cost for this event is “By Donation” for seniors age 60+, suggested donation is \$5.00.

Commodity Pick-Up Friday, March 21st

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



Byesville Dinner Tuesday, March 25th

Please join us at the Stop Nine Senior Center in Byesville at 4:00 PM on Tuesday, March 25th. The menu will include: cabbage roll, mashed potatoes, broccoli, dinner roll & butter, mandarin oranges, and pistachio dessert. Please call (740) 439-6681 to make your reservations.

Coffee with Cardinal Place Wednesday, March 26th

Cardinal Place will be joining us in the living room at 11:00AM on Wednesday, March 26th. They will be bringing coffee and chatting about their facility and the things they offer. If you'd like to join them please make a reservation by calling (740) 439-6681.

March Birthday Celebration Wednesday, March 26th

Please plan to join us on Wednesday, March 26th at 11:30AM as we celebrate March 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.



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

Spring is on its way and it's time again for Grow & Show Garden Club's “Gardner's Night Out” event! This event will take place at Guernsey County Senior Citizens Center, Inc. on Wednesday, March 26th at 6:00PM. This year's guest speaker will be Denise Ellsworth, program director for OSU Entomology Department at the Wooster Campus. The cost for this evening will be \$15.00. Reservations must be made prior to the event by calling Cheryl Lowry-Miller at (740) 439-2153. Seats are limited and reservations will be taken by phone March 1st through March 21st. No tickets will be sold at the door.

Greeting Card Making Class Thursday, March 27th

If you enjoy making your own cards, or would like to learn how, we would love to have you join us on Thursday, March 27th 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!



Lunch Bunch Group at the Forum Friday, March 28th

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 new group will be meeting once a month to eat out at a local restaurant. In March we will be meeting at the Forum, located at 2205 Southgate Parkway in Cambridge, on Friday, March 28th at 11:00AM. If you plan on attending, please call (740) 439-6681 to make your reservation by Monday, March 24th. Transportation to the restaurant is also available, please let us know if you will be needing transportation when making your Lunch Bunch reservation.

Guest Speaker—Pro Seniors Monday, March 31st

Protect your finances and your health by sharpening your fraud fighting skills! The Ohio Senior Medicare Patrol (SMP) will be here at Guernsey County Senior Center on Monday, March 31st at 11:00 a.m. to share information to help you prevent, detect, and report Medicare fraud.

Satellite Site Activities

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

Pleasant City:

Monday, March 3rd at 12:00PM

Old Washington:

Wednesday, March 5th at 12:00PM

Londonderry:

Monday, March 10th at 12:00PM

Cumberland:

Tuesday, March 11th at 12:00PM

Byesville:

Tuesday, March 25th at 12:00PM



Clothes Closet on Mondays

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



Blood Pressure & Wellness Checks On Tuesdays

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



Book Lending Library

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



During the past few years we have made many changes to the way we have provided and made meals available, including the type of meals that are offered. In recent months we have had staffing and supply challenges similar to other companies and organizations. We continue to modify and adjust our menus and appreciate your understanding and patience whenever supply and products may not be available. We continue to welcome seniors to enjoy Grab & Go or Dine-In options at any of our senior nutrition sites located below or to sign-up for Meals on Wheels-Home Delivered Meals today!

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

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



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

March 2025 Activities

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
8:30 AM- Crafting Group 9:00 AM Tai Chi Class 10:00AM- Sponsored Bingo Day 11:00AM Clothes Closet 11:00AM Bingocize 11:30AM- Lunch 12:00PM Pleasant City Site Activity 1:00PM Line Dancing	9:00AM- Quilters 9:00AM Seated Tai Chi 10:00AM Bingo 11:00AM Chair Yoga 11:00 AM- Blood Pressure Checks 11:30AM- Lunch 12:00PM Meal in a Mug 1:00PM Cardio Drumming 6:00PM Good Ole Gospel Music Night	9:00AM- Geri Fit Exercise 9:00AM- Sewing 10:00AM -Bingo 11:30AM- Lunch 12:00PM Old Washington Site Activity 12:00PM- Mahjong	10:00AM Bingo 11:00AM Bingocize 11:30AM Lunch 12:30 PM- Open Cards 2:00PM St. Patrick's Craft Class	9:00AM Breakfast Buffet 9:00 AM Library "Pop Up" Book Cart 9:30AM-2:00PM AARP Tax Appointments 10:00AM -Sponsored Bingo 11:30AM- Lunch 12:30 PM- Euchre 1:00PM Geri Fit Exercise
10	11	12	13	14
8:30 AM- Crafting Group 9:00 AM Tai Chi Class 10:00AM -Bingo 11:00AM Clothes Closet 11:00 Bingocize 11:30 Londonderry Site Activity 11:30AM- Lunch 1:00PM Line Dancing	9:00AM- Quilters 9:00AM Seated Tai Chi 10:00AM Bingo 11:00 Chair Yoga 11:00 AM- Blood Pressure Checks 11:30AM- Lunch 11:30 Cumberland Site Activity 12:00PM Meal in a Mug 1:00PM Cardio Drumming 1:00 Alzheimer's Support Group	9:00AM- Geri Fit Exercise 9:00AM- Sewing 10:00AM -Bingo 11:30AM Lunch 12:00PM- Mahjong 1:00PM Cooking for One	10:00AM -Bingo 11:00AM Bingocize 11:30AM- Lunch 12:30 PM- Open Cards	8:15AM Celtic Rush Trip 9:30AM-2:00PM AARP Tax Appointments 10:00AM -Sponsored Bingo 11:30AM- Lunch 12:30 PM- Euchre 1:00PM Geri Fit Exercise
17	18	19	20	21
8:30 AM- Crafting Group 9:00 AM Tai Chi Class 10:00AM -Bingo 11:00AM Clothes Closet 11:00AM Bingocize 11:30AM- St. Patrick's Day Luncheon 1:00PM Line Dancing 2:00 Painting Class	9:00AM Quilters 9:00AM Seated Tai Chi 10:00AM Bingo 11:00AM Chair Yoga 11:00AM Blood Pressure Checks 11:30AM Lunch 12:00PM Meal in a Mug 1:00PM Cardio Drumming	9:00AM Geri-Fit Exercise 9:00AM- Sewing 10:00AM Bingo 11:30AM Lunch 12:00PM Mahjong	10:00AM Bingo 11:30AM Lunch 12:30 PM- Open Cards 4:00-5:00PM Grab -N- Go Dinner 7:30PM Lions Club Show	9:30AM-2:00PM AARP Tax Appointments 10:00 AM - 3:00 PM- Food Commodity Pick Up 10:00AM -Sponsored Bingo 11:30AM Lunch 12:30 PM- Euchre 1:00PM Geri Fit Exercise
24	25	26	27	28
8:30 AM- Crafting Group 9:00 AM Tai Chi Class 10:00AM -Bingo 11:00AM Clothes Closet 11:00AM Bingocize 11:30AM- Lunch 1:00PM Line Dancing	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 Bylesville Site Activity 12:00PM Meal in a Mug 1:00PM Cardio Drumming 4:00PM Bylesville Monthly Dinner	9:00AM Geri-Fit Exercise 9:00AM Sewing 10:00AM Bingo 11:00AM Coffee with Cardinal Place 11:30AM Birthday Party & Luncheon 12:00PM Mahjong	10:00AM Bingo 11:00AM Bingocize 11:30AM Lunch 12:30PM Open Cards 1:00PM Greeting Card Making Class	9:30AM-2:00PM AARP Tax Appointments 10:00AM -Sponsored Bingo 11:00AM Lunch Bunch at the Forum 11:30AM Lunch 12:00PM Euchre 1:00PM Geri Fit Exercise
31				
8:30 AM- Crafting Group 9:00 AM Tai Chi Class 10:00AM -Bingo 11:00AM Clothes Closet 11:00AM Guest Speaker 11:30AM- Lunch 1:00PM Line Dancing				



March 2025 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Swiss Steak Dutch Potatoes Green Beans Mixed Fruit Dinner Roll/Margarine Choice of Milk	4 Hamburger Gravy Mashed Potatoes Broccoli Florets Diced Peas Choice of Bread/Margarine Pound Cake Choice of Milk	5 Chicken Parmesan w/ Spaghetti Noodles Tossed Salad w/Dressing Yellow Squash Sliced Peaches Garlic Knot Roll Choice of Milk	6 Pulled Pork Roasted Sweet Potatoes Lima Beans Mandarin Oranges Choice of Bread/Margarine Oreo Cookie Parfait Choice of Milk	7 Lemon Pepper Fish Diced Potatoes Buttered Peas Fresh Banana Choice of Bread/Margarine Choice of Milk
10 Pizza Burger w/Bun Potato Wedges Warm Apples Celery w/Peanut Butter Choice of Milk	11 Chicken Divan Red Skinned Potatoes Spinach Fruited Orange Jell-O Choice of Bread/Margarine Choice of Milk	12 Chef Salad w/Turkey Ham & Egg/Dressing Three Bean Salad Craisins Blueberry Muffin Choice of Milk	13 Salisbury Steak w/Gravy Garlic Mashed Potatoes Carrots Sliced Strawberries Dinner Roll/Margarine Dutch Apple Pie Choice of Milk	14 Baked Mac & Cheese Italian Blend Vegetables Cinnamon Spiced Pears 100% Fruit Juice Breadstick/Margarine Peanut Butter Cookie Choice of Milk
17 Corned Beef Yukon Gold Potatoes Seasoned Cabbage Fresh Orange Pistachio Pudding Choice of Bread/Margarine Choice of Milk	18 Meatloaf Au Gratin Potatoes Steamed Baby Carrots 100% Fruit Juice Lemon Jell-O Knot Roll/Margarine Choice of Milk	19 Italian Marinated Pork Chop Cheesy Potatoes California Blend Vegetables Tropical Fruit Dinner Roll/Margarine Choice of Milk	20 Sweet & Sour Chicken w/ Rice Asian Blend Vegetables Baked Pineapple Casserole Cucumber Salad Choice of Bread/Margarine Choice of Milk	21 Penne Pasta w/ Marinara Sauce Cauliflower Apricots Cottage Cheese Garlic French Bread Choice of Milk
24 Honey Garlic Chicken Smashed Red Potatoes Brussel Sprouts Blueberries Dinner Roll/Margarine Choice of Milk	25 Baked Ham Scalloped Potatoes Steamed Broccoli w/ Cheese Ambrosia Salad Choice of Bread/Margarine Choice of Milk	26 Tomato Basil Soup w/ Crackers Pimento Cheese w/Bun Pickled Beets Fresh Pear Sugar Cookie Choice of Milk	27 Shredded Beef & Noodles Mashed Potatoes w/Beef Gravy Carrot Slices Pineapple Chunks Banana Nut Muffin/ Margarine	28 Vegetable Lasagna Tossed Salad w/Dressing Cream Corn Fruit Cocktail Garlic Breadstick Choice of Milk
31 Sloppy Joe w/Bun Tater Tots Mixed Vegetables 100% Fruit Juice Choice of Milk	We invite you to join us for lunch at the Guernsey County Senior Center from 11:30 am until 1:00 pm Monday – Friday. The Byesville Site serves lunch at 11:30 am. Monday—Friday. Pleasant City 11:30-1:00 pm Monday & Thursday, Cumberland 11:30-1:00 pm, Tuesday & Friday, Londonderry site serves at 11:30 on Monday—Friday, and Old Washington site Wednesday & Friday from 11:30am-1:00pm. Dine-In or Grab & Go Options Available. If you have any questions about our nutrition services please call 740-439-5717 or toll free at 1-866-534-2349. Each meal includes a choice of white, wheat, or specification bread and a choice of either 2% or Skim Milk. Ingredient content can be found on our website at www.GuernseySenior.org . *Menu subject to change depending on item availability.			



Guernsey County Senior Citizens Center, Inc.

Dinner with Desserts Bake Off

TUESDAY, APRIL 8TH, 2025

Schedule of Events:

5:00PM- Introductions & Social
1/2 hour for Tastings

5:30PM-6:30PM- Dinner Buffet

6:00PM- Voting Ends

6:30PM- Bake Off Awards &
Acknowledgements

Menu:

Italian Marinated
Chicken Breast
Loaded Mashed Potatoes
Green Beans
Grape Salad
Dinner Roll/Marg.
Ice Tea, Water, & Coffee

Advanced Tickets are Required for this Event!

Ticket Prices:

Age 60 & Over- \$12.00

Under Age 60- \$16.00

This event is open to the public!

Tickets are on sale now!

Please call (740) 439-6681 with any questions!

SAVE THE DATE

YOU ARE CORDIALLY INVITED TO ATTEND

Senior Citizens Day Luncheon
Wednesday, May 14, 2025

Schedule of Events:

10:30AM- Balloon Launch

11:00AM- Welcome, Awards, & Invocation

11:30AM- Luncheon

12:15PM- Guest Speaker

1:00PM- Door Prizes

Advanced Reservations are Required
for this Event

Tickets will be available beginning
March 1st.

Save the Date



Guernsey County Senior Citizens Center, Inc.

Senior Citizens Picnic at the Park

Wednesday, May 28, 2025

11:00 AM-1:30 PM

Please come and join us at the
Large Pavilion of the
Cambridge City Park for a
day full of entertainment,
food, door prizes and fun!

**Advanced Tickets and
Reservations are Required**

**Tickets will be available
beginning March 1st.**



March Employee Birthdays

Becky Bundy	2nd
Connie Reasoner	6th
Donna Doudna	7th
Mariah Carpenter	9th
Shon Gress	9th
Jennifer Anker	10th
Andy Yandora	12th
Earl Adams	19th
Glenda Umstott	27th
Christina Sager	31st

Enjoy Being Social and Have Some Fun Playing Cards

Playing cards and card games have a number of features and physical/social benefits. Guernsey County Senior Citizens Center has several opportunities for you to participate in this fun activity. Join 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.

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 January:

Sharol Stephenson	Kathleen Vedda
David Janiszewski	Gary Kochur
Bill Williams	Jackie Tripp
Lois George	Richard Baker
Marquerite Younker	Susan Baker
Frank Krak	Karen Googins
Rusty Roberts	Jane Douglas
Gayle Roberts	Randy Douglas
Bonnie Jacobs	Helen Gotcher



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

Guernsey County Senior Citizens Center can help!

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

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

Evening dialysis:
by "appointment only"

**Zanesville
Medical Transportation
Available!!**

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

Showcase your creative side at the Guernsey County Senior

Craft on Monday

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

Stitch together works of art on Tuesdays

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

Wednesdays are “tailor” made for sewing

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

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



A Special “Thank You”

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

Vincent & Jean Bowers

Allan Strawsburg

***Scott Hendershot**

***In Memory of Robert Hendershot**

Wayne Barnes

Tom & Annette Parnell

Roy George

Cambridge Rotary Club

Advanced Business Communications

Paul & Phyllis Roby

Melinda Dolbow with Dolbow Solutions

Denise Carter with Traditions Health

Three Sisters Studio

Hope Mercer with Iron Zen Yoga

Sharon Bachna

Caitlin Mathews with OSU Extension Office

Karen Bay

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 \$20, Ensure plus is \$22, and Glucerna is \$43. To place an order, please stop and visit with Garland Harper or Roger Davis, in our Transportation Department, or call (740) 432-3838.

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

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

Friendly Reminder Regarding Assessments

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

Nutritious Home Delivered Meals available to help clients recover

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

March 2025 Birthdays

03/01 LouAnn Boyd
James Douglas

03/02 Linda Ankrom
Judy Bickford
Nancy Landstrom
Gary Newman
Evelyn Nicholson
Bonnie Pruneski

03/03 Jerry Conrad
Paul Davis
Dana Lasko
Jill Lee
Peg McClure
Bertha Tucker
Carol Conrad

03/04 Dixie Williams

03/05 Dianne Geiler
Bernard Leatherman
Joyce Underwood

03/06 Teresa Ansberry
Vangie Bell
Gary Kochur
Diane Koon

03/07 Donna Doudna
Gary Farmer
Bonnie Gattrell

03/09 James Brown
Shon Gress
Dale Rogers

03/10 Vicki Art
Lowell Gesaman
Bonnie Kenworthy
Sharon Miller
Rachel Thompson
Patricia Wilhelm
Rita Nolan

03/11 Kennyray Diss
David Lyons
Beverli Stiles
Frances Watson
Mary Warehime

03/12 Martha Cochran
Maudie Fanti
Marge Roberts
Andrew Yandora

03/13 Wilma Vandasik

03/14 Rachel Fuller
Alan Huthmaker
Kay Leatherman
Tommy Stewart
Jean Warne

03/15 Larry Couto
Barbara Crawford
William Malernee
Marcella Stanko
Allan Strawsburg

03/16 Gloria Siegfried
Jay Williams

03/17 Dorothy Stephens
Spiro Vass

03/18 Richard Gallagher
Dave McCulley
Myrna Patterson

03/19 Earl Adams
Deborah Barber

03/20 Anne Bell
Harold Shriver

03/21 Robert Cooley
Linda Cowan
Linda Steele

03/22 Kim Larrick
03/23 Wanda Schreffler
Debbie Hare

03/24 Betty Rose
Donna Rush
Mary B. Stillion
Mike Tedrick

03/25 Nancy Detweiler
Donna Hannahs
Mary Hensley

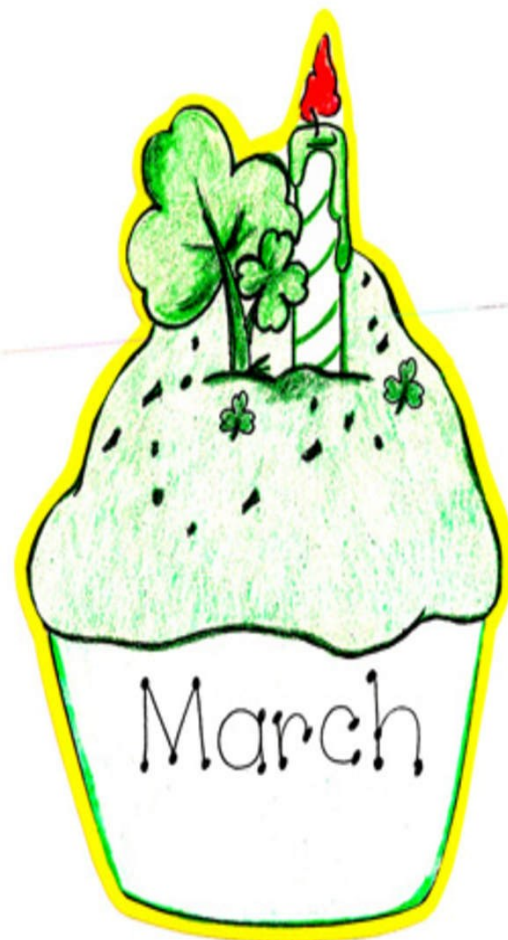
03/27 Sherl Colborn
Richard Nason
Beverly Smith
Charles Cornelius

03/28 Charles Cincinat
Frankie Dean
Helen Montgomery
Martin Thompson
Benjamin Vlkogan Sr
Mary Wilson
Ruth Young

03/29 Janice Lemmings

03/30 Lorrie Albaugh
Wanda Farrar
Patrick Sullivan

03/31 Kathryn Kirkman
Carole Mitchell
Beverly Moore
Thomas Talbert



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

Springtime Word Search

ANEW	MUD
BEAUTY	MULCH
BIRDS	NATURE
BIRTH	NEST
BLOOMS	OUTDOORS
BLOSSOMS	PANSY
BUDS	PETALS
BULB	POLLEN
BUTTERFLY	PUDDLES
CALF	RAIN
CATERPILLAR	RAINBOW
CHEER	RAINCOAT
COLORS	ROBIN
CROCUS	SAPLING
DAFFODIL	SCENT
DAISY	SEASON
DAYLIGHT	SEED
DUCKLING	SMELL
FAWN	SMILES
FROG	SOIL
FUN	SPADE
GALOSHES	SPLENDOR
GARDEN	SPRING
GRASS	SPROUT
GROWTH	SUN
HARMONY	TRANSITION
JOY	TREE
KITE	TULIP
LAMB	VACATION
LIFE	WARMTH
LIGHT	WOODS
MEADOW	YARD

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



Serving Guernsey County Seniors



*Providing Quality Services &
Programs for over 53 years*

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



Services provided by the Guernsey County Senior Citizens Center Inc.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

All services are provided on a “Donation Only” basis. Seniors will not be denied services based on their ability or inability to make a donation. Contact us today at (740) 439-6681!



BECOME A SOCIAL MEMBER OF THE SENIOR CENTER

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

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

Other benefits include, but are not limited to;

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

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