



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



Volume 53 Issue 5 Guernsey County Senior Citizens Center, Inc.

May 2025

Special Events:

**BREAKFAST
BUFFET
Friday, May 2nd**

**Indoor Yard Sale
Friday, May 2nd**

**Older Adult
Extravaganza**
 Prichard
 Laughlin Civic
 Center
Thursday, May 8th
10:00 AM – 2:00 PM

CHAIR YOGA
Tuesdays at 11:00 AM
Thursdays at 1:00 PM
\$5.00 per class

**Mother's Day
Luncheon**
Friday, May 9th

SENIOR PICNIC
Large Pavillion
Cambridge City
Park
Wed., May 28th

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,

Happy Older Americans Month! When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as "Senior Citizens Month," the prelude to "Older Americans Month."

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since Kennedy has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their

**OLDER
AMERICANS
MONTH**



FLIP THE SCRIPT ON AGING: MAY 2025

You're Cordially Invited to attend the

**Annual Senior
Citizens Day
Luncheon**

Wednesday, May 14, 2025

Advance Tickets &

Reservations Are Required

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

communities. Older Americans Month is celebrated across the country through ceremonies, events, fairs, and other such activities. Every May, the Federal Administration for Community Living (ACL) leads

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.

the nation's observance of Older Americans Month (OAM), a time to recognize older Americans' contributions, highlight aging trends, and reaffirm our commitment to serving older adults.

The 2025 theme, **Flip the Script on Aging**, focuses on transforming how society perceives, talks about, and approaches aging. It encourages individuals and communities to challenge stereotypes and dispel misconceptions. This year, please join Guernsey County Senior Citizens Center in honoring older adults' contributions, exploring the many opportunities for staying active and engaged as we age, and highlighting the opportunities for purpose, exploration, and connection that come with aging.

We've planned a whole month filled with special activities and events in celebration of Older Americans Month. Together, we will officially kick-off Older Americans Month-May 2025 by hosting a buffet breakfast on Friday, May 2nd, followed by the spectacular Older Adult Extravaganza at Pritchard Laughlin Civic Center on Thursday, May 8th, the Annual Senior Day Luncheon on Wednesday, May 14th, and conclude our month-long celebrations at the Senior Picnic at Cambridge City Park on Wednesday, May 28th. I hope to see you at these upcoming events.

In conjunction with celebrating Older Americans Month in May, it is important to note that the Administration for Community Living (ACL) is in serious jeopardy at the federal level and as of the writing of this newsletter has been targeted to close by the POTUS and Health and Human Services Director Robert F. Kennedy, Jr.. ACL was created around the fundamental principle that all people, regardless of age or disability, should be able to live independently and fully participate in their communities. By advocating across the federal government for older adults, people with disabilities, and families and caregivers; funding services and supports provided by primarily by networks of community-based organizations; and investing in training, education, research and innovation, ACL helps

principle a reality for millions of Americans. ACL was initially established in April 2012, bringing together federal advocacy for older adults and people with disabilities, along with most federal human services programs for older adults and people with intellectual and developmental disabilities, missions previously housed in multiple organizations across the U.S. Department of Health and Human Services. Our portfolio has grown significantly in the years since with the transfer of programs from other agencies to ACL. These additions include a research institute; independent living, assistive technology, and traumatic brain injury programs; paralysis and limb-loss resource centers; and programs that help people navigate their Medicare benefits and the health system.

Today, ACL's budget awards several thousand grants and contracts to help people of all ages live independently in their communities. This work has never been more important. There are more than 77 million people age 60 and older, and more than 61 million people with disabilities living in the United States. All but a tiny percentage of them live in non-institutional settings. Both populations are growing, and older Americans are one of the fastest-growing demographics in the country; by 2040, there will be more than 80 million people over the age of 65.

Bringing together aging and disability work has worked remarkably well. Stakeholders embraced the concept and committed to making it successful. Ten years later, these communities are increasingly coming together at the state and local levels, and ACL is frequently asked for help in forging these new collaborative relationships.

There are a lot of similarities in the services and supports older adults and people with disabilities need in order to live independently. As one agency, ACL is able to leverage learnings and best practices for meeting those similar needs. Further, the disability and aging communities together have a larger voice, and ultimately are more successful advocates, than either community on its own. At the same

time, ACL recognizes that some people with disabilities and some older adults experience challenges in understanding and communicating their preferences and needs, and family members and caregivers often play a critical role in ensuring that those preferences are honored and needs are met. ACL also recognizes that the preferences of the individual are not the only factor in determining how to best support that person. The availability of services and supports in a variety of settings, the resources and availability of family caregivers, and other factors also must be considered. ACL also focuses on protecting rights and preventing abuse. All people have the right to live their lives with dignity and respect, free from abuse of any kind. Unfortunately, far too many older adults and people with disabilities are abused, neglected or exploited. ACL is committed to developing systems and programs that prevent abuse from happening, protecting people from abusive situations, and supporting people who have experienced abuse to help them recover.

Guernsey County Senior Citizens Center's mission is foundationally based upon seniors' freedom to make their own choices and supports the philosophy of people living independently and where they want to live. ACL believes that home- and community-based services and supports should be robust enough that individuals with even the most complex medical and behavioral needs can be appropriately and effectively supported in their own home or other community-based settings. We know this is possible – it has been demonstrated in many communities, including right here in Guernsey County.

Therefore, ACL advocates for the continued expansion and coordination of home- and community-based services and improvements in quality so that older adults and people with disabilities have more and better options about how and where to receive the long-term services and supports they need....sadly, at the time of writing this editorial, over 10,000 Federal Health & Human Services and ACL employee's jobs have been terminated and the

fate of ACL, and critical Older Americans Act funds are in serious jeopardy. Older Americans Act Funding, which supports Title III programs such as transportation, homemaking, meals on wheels, congregate meals, legal assistance, and other home and community based senior services and programs provided by Guernsey County Senior Citizens Center and other providers across the nation **are at risk**. **In pre-celebration of Older Americans Month in May, senior citizens are encouraged to ACT NOW by emailing, telephoning, or writing to your United States Senators, Ohio Senators Moreno and Husted, Senate Health Committee Chairman Bill Cassidy (R-LA), and Ranking Member Senator Bernie Sanders (D-VT) and VOICE YOUR CONCERNS.** The Department of Health and Human Services (HHS) has moved forward with its announced restructuring, including a significant workforce reduction. These layoffs have effectively shuttered the Administration for Community Living (ACL) regional offices and led to the dismissal of at least 40% of ACL staff overall. Why does this matter? The reduction in HHS & ACL staff poses significant risks to program vital to the well-being of vulnerable populations. Senior Centers across Ohio have serious concern about how these changes will disrupt program oversight, funding distribution and service delivery for older adults and individuals with disabilities who rely on these essential services.

Please know, we are deeply committed to assisting and serving Guernsey County senior citizens and we appreciate your loyalty, dedication, and support. We look forward to you joining us in celebrating Older Americans Month as together we “Flip the Script on Aging”. Have a “Happy Mother’s Day” and may God continue to bless us all as we celebrate Memorial Day.

Sincerely,

Shon E. Gress

Shon E. Gress, MSHCS, BSC

Executive Director/CEO

Certified Senior Center Administrator of Aging Services



Ensure Price Increase

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

\$25 for Ensure Regular cartons

\$28 for Ensure Plus cartons

\$38 for Glucerna

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



Bingocize Classes

Mondays & Thursdays at 11:00AM

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



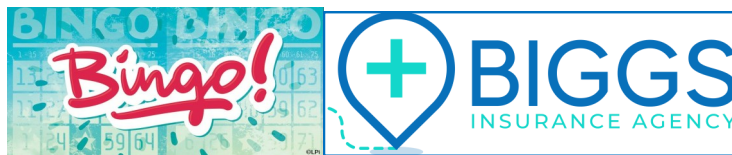
Breakfast Buffet

Friday, May 2nd

Come in join us for our monthly breakfast buffet at Guernsey County Senior Center from 9:00AM-10:00AM on Friday, May 2nd. The breakfast menu will include: egg & cheese omelet, bacon, 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, May 2nd

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, May 2nd 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 May, at 10:00AM, except Friday, May 23rd. He will be providing prizes for Fun Bingo on this day. We hope that many of you can join us!



Indoor Yard Sale

Friday, May 2nd

If you love a good bargain, we encourage you to come to Guernsey County Senior Center Crafters Indoor Yard Sale on Friday May 2nd from 8:00AM-1:00PM. There will be a wide variety of items for sale including handmade crafts and quilts. There is sure to be something for everyone!



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!



GOOD OLE GOSPEL MUSIC NIGHT

at



Guernsey County Senior Citizens Center, Inc.

1022 Carlisle Ave. Cambridge, OH 43725

WEDNESDAY, MAY 7, 2025

DOORS OPEN AT 5:00PM

MUSIC BEGINS AT 6:00PM

ADMISSION COST: \$2

Featuring:

Steve & Lisa Adams



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



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.



**Election Day
Tuesday, May 6th**

Due to Guernsey County Senior Center being a voting precinct on Tuesday, May 6th there will be NO bingo, chair yoga, or cardio drumming on this day. Lunch will be served at regular time, 11:30AM-1:00PM.



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!



**Mother's Day Craft Class
Thursday, May 8th**

We will have Denise from Traditions Health here with us on Thursday, May 8th. She will be sponsoring a free spring daisy 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.

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, 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.



**THE OHIO STATE UNIVERSITY
EXTENSION**

**Free DermaScan
Friday, May 9th**

Caitlin from the OSU Extension Office will be here at Guernsey County Senior Center on Thursday, May 9th from 11:00AM-12:00PM offering free DermaScans. DermaScan is a skin analysis technology that accurately diagnoses diseases and imperfections in the skin and its deeper layers.

**Cambridge Primary Choir
Friday, May 9th**

We are excited to have special guests here at 11:30AM on Friday, May 9th to perform for us! The Cambridge Bobcat Blue & White Choir is comprised of 2nd graders. We are excited to have them join us again and hope that you are able to hear them!



**Mother's Day Luncheon
Friday, May 9th**

You are cordially invite to attend our Mother's Day Luncheon on Friday, May 9th beginning at 11:30AM. The menu will be: chicken salad croissant, loaded baked potato soup, celery & carrot sticks with ranch, fresh fruit cup, and strawberry tart with whipped topping with dessert. If you would like to join us in celebrating all of the "mothers" out there please call (740) 439-6681 to make your reservation.

YOU ARE CORDIALLY INVITED TO ATTEND

Senior Citizens Day Luncheon

Wednesday, May 14, 2025



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

Schedule of Events:

10:30AM- Balloon Launch

11:00AM- Welcome, Awards, & Invocation

11:30AM- Luncheon

12:15PM- Guest Speaker

1:00PM- Door Prizes

Menu:

Beef Filet

Cheddar Mashed Potatoes

Steamed Broccoli Florets

Mixed Greens Salad w/Dressing

Mixed Berry Cup

Dinner Roll/Marg.

Lemon Raspberry Cheesecake

Iced Tea, Coffee, & Water



Guest Speaker:
Dave Dugan

Advanced Reservations are Required for this Event

**For additional information, or to reserve & purchase
tickets, please visit Guernsey County Senior
Citizens Center or call (740) 439-6681.**

**Due to tremendous attendance,
we regrettably cannot hold tickets for this event**

Friendly Reminder

Due to preparation of the Annual Senior Day Luncheon on Wednesday, May 14th, there will be NO regular scheduled activities or dine in lunch held at the Guernsey County Senior Center on Tuesday, May 13th. Grab & Go lunches will be available at Guernsey County Senior Center on this day. Lunch will also be served at the Byesville, Cumberland and Londonderry Satellite Sites. If you have any questions, concerns, or need to make your reservations for lunch at any of these locations, please call the GCSCC at (740) 439-6681.



Guest Speaker Thursday, May 15th

We will have Melissa from the Cambridge Fair Housing Department here with us on Thursday, May 15th at 11:00AM. She will be discussing the goals of the fair housing department and what they do to help the community, as well as, what your rights are and how to avoid situations where you may feel targeted by lenders. We hope that you plan to attend this informational session.



Commodity Pick-Up Friday, May 16th

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, May 16th** from 10:00AM-3:00PM.



Painting Class Monday, May 19th

We are excited to have Three Sister's Studio here with us on Monday, May 19th at 2:00PM to host a painting class. You will be painting a flower pot. 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.



THE OHIO STATE UNIVERSITY
EXTENSION

Free DermaScan Tuesday, May 20th

Caitlin from the OSU Extension Office will be here at Guernsey County Senior Center on Tuesday, May 20th from 11:00AM-12:00PM offering free DermaScans. DermaScan is a skin analysis technology that accurately diagnoses diseases and imperfections in the skin and its deeper layers.



Lunch Bunch Group at The Bears Den Tuesday, May 20th

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 May we will be meeting at The Bears Den, located at 13320 E. Pike Rd. Cambridge, on Tuesday, May 20th at 12:00PM. If you plan on attending, please call (740) 439-6681 to make your reservation by Friday, May 16th. Transportation to the restaurant is also available, please let us know if you will be needing transportation when making your Lunch Bunch reservation.

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. It is recommended to wear comfortable clothes and shoes for the class. All equipment needed will be provided. To sign up for this class please call (740) 439-6681.

Alzheimer's Support Group Meeting

Alzheimer's Support Group Tuesday, May 20th

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, May 20th** here at the Senior Center.

Southeastern Home Care



Free Shoulder Massages Wednesday, May 21st

Southeastern Home Care will be here at Guernsey County Senior Center on Wednesday, May 21st from 11:00AM until 1:00PM offering free shoulder massages. If you would like to make an appointment 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!



Ice Cream Treat Day at Rasor's in Byesville Wednesday, May 21st

We are proud to partner with Rasor's Drive-In in Byesville for our annual Ice Cream Treat Day! If you come and join us for lunch on Wednesday, May 21st and we will give you a ticket for a special ice cream treat at Rasor's Drive-In in Byesville. The tickets can be redeemed from 12:15PM to 1:15PM. If you would like transportation for ice cream treat day please call and make a reservation at (740) 439-6681.



Earnest Warther Museum Trip Thursday, May 22nd

We'd love to have you join us as we travel to Dover, OH on Thursday, May 22nd for a guided tour of the Earnest Warther Museum & Gardens. This museum is full of the many works of art that are hand carved by Earnest that are focused around the steam-engine. After our tour we will head to Dutch Valley for lunch, which will be on your own. After lunch we will visit Walnut Creek Flea Market and Walnut Creek Cheese for some shopping before heading home. This trip will depart at 8:15AM and return around 4:00PM. The cost of this trip will be \$35 for members and \$50 for non-members. To reserve your seat please call (740) 439-6681. Payment for this trip is due by Thursday, May 15th.

Greeting Card Making Class Thursday, May 22nd

If you enjoy making your own cards, or would like to learn how, we would love to have you join us on Thursday, May 22nd 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!



Guernsey County Senior Citizens Center, Inc.

2025 Senior Citizens Picnic at the Park Wednesday, May 28th

11:00 AM-1:30 PM

Menu:

Chicken Leg
Smoked Sausage on Bun
Scalloped Potatoes
Vinaigrette Coleslaw
Buttered Corn
Watermelon Wedge
Assorted Pies
Lemonade, Coffee, & Water

Entertainment By:



John Voorhies

**Limited Seating Available
Advanced Tickets and Reservations
are Required!**

Tickets Cost is "By Donation"

For additional information, please call (740) 439-6681.

Memorial Day Cookout Friday, May 23rd

Not only is Memorial Day a time to pay tribute to America's heroes, but also is the start of summer. We will have our Memorial Day Cookout on Friday, May 23rd beginning at 11:30AM. The menu will include: cheeseburger on bun, baked beans, French style green beans, strawberries, and a holiday cupcake. We ask that you please make a reservation for lunch on this day by calling (740) 439-6681.



Closed Memorial Day Monday, May 26th

Guernsey County Senior Citizens Center will be CLOSED on Monday, May 26th in observance of the Memorial Day holiday. To receive a frozen holiday meal, please contact the Senior Center at (740) 439-5717.

May Birthday Celebration Thursday, May 29th

Please plan to join us on Thursday, May 29th at 11:30AM as we celebrate May birthdays! We will enjoy cake and ice cream, which will be served after lunch. If you would like to join us on this day please call (740) 439-6681 to make your reservation.



Satellite Site Activities

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

Pleasant City:

Monday, May 5th at 12:00PM

Cumberland:

Tuesday, May 6th at 12:00PM

Old Washington:

Wednesday, May 7th at 12:00PM

Londonderry:

Monday, May 12th at 12:00PM

Byesville:

Tuesday, May 27th at 12:00PM



Cleveland Guardians vs Cincinnati Reds Game— Wednesday, June 11th

If you are a Cleveland Guardians or Cincinnati Reds fan, this is the perfect trip for you! We will be loading the charter bus and heading to Cleveland on Wednesday, June 11th as Ohio's two MLB teams face off against each other. Lunch this day will be on your own at one of the many food vendor options located inside the stadium. This trip will be departing from the Senior Center at 9:15AM for the game and will be returning home around 6:30PM. Cost for this trip will be \$60 for members and \$75 for non-members. Payment for this trip is due by Thursday, May 1st. Due to pre-payment being made, there will be no credit given in the event of a cancellation. To reserve your seat for this trip please call (740) 439-6681.



Elvis Tribute Concert Thursday, June 26th

Come join us as we travel to Hartville for this nationally recognized Elvis Tribute Artist on Thursday, June 26th. We have premium seats reserved for this concert to enjoy Lonnie Jay perform songs from every Elvis era. Before the concert we will start off the day with some shopping at the Hartville Flea Market and have lunch at Hartville Kitchen, which will be on your own. The cost of this trip will be \$70 for members and \$85 for non-members. Payment for this trip is due by Thursday, May 15th. 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.



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!

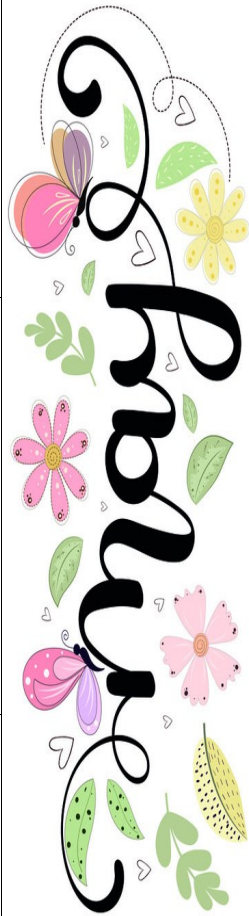
- **Londonderry Site** will be open on Monday, Tuesday, and Thursday (11:30AM-1:00PM). Located at: 22577 Cadiz Rd, Freeport, OH 43973. Grab & Go lunches will be available during these days and times as well. You will have to enter the building to pick up all Grab & Go meals.
- **Cumberland Site** will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

May 2025 Activities



Monday	Tuesday	Wednesday	Thursday	Friday
5 8:30 AM- Crafting Group 9:00 AM Tai Chi Class 10:00AM -Bingo 11:00AM Clothes Closet 11:00 Bingo 12:00PM Pleasant City Site Activity 11:30AM- Lunch 1:00PM Line Dancing	6 11:00 AM- Blood Pressure Checks 11:30AM- Lunch 12:00PM Cumberland Site Activity Due to Guernsey County Senior Center being a voting precinct on Tuesday, May 6th there will be NO bingo, chair yoga, or cardio drumming on this day.	7 9:00AM- Geri Fit Exercise 9:00AM- Sewing 10:00AM -Bingo 11:30AM Lunch 12:00PM Old Washington Site Activity 12:00PM- Mahjong 6:00PM Good Ole Gospel Music Night	8 10:00AM -Bingo 11:30AM- Lunch 12:30 PM- Open Cards 1:00PM Chair Yoga 2:00PM Mother's Day Craft Class Older Adult Extravaganza at Prichard Laughlin Civic Center 10:00AM-2:00PM	9 9:00AM Geri Fit 10:00AM -Sponsored Bingo 11:00AM Dermascans 11:00AM Cambridge Primary Choir 11:30AM- Mother's Day Luncheon 12:30 PM- Euchre 1:00PM Geri Fit Exercise
12 8:30 AM- Crafting Group 9:00 AM Tai Chi Class 10:00AM -Bingo 11:00AM Clothes Closet 11:00AM Bingocize 11:30AM Lunch 12:00PM Londonderry Site Activity 1:00PM Line Dancing	13 11:30AM-1:00PM Grab & Go Lunch No activities will be held at the Senior Center on this day due to preparations for the Senior Citizens Day Luncheon	14 Senior Citizens Day Luncheon Begins at 10:30AM Advanced Tickets Required	15 10:00AM Bingo 11:00AM Guest Speaker 11:30AM Lunch 12:30 PM- Open Cards 1:00PM Chair Yoga	16 9:00AM Geri Fit 10:00AM -Sponsored Bingo 10:00AM - 3:00 PM- Food Commodity Pick Up 11:30AM Lunch 12:00PM Euchre 1:00PM Geri Fit Exercise
19 8:30 AM- Crafting Group 9:00 AM Tai Chi Class 10:00AM -Bingo 11:00AM Clothes Closet 11:00AM Bingocize 11:30AM- Lunch 1:00PM Line Dancing 2:00PM Painting Class	20 9:00AM Quilters 9:00AM Seated Tai Chi 10:00AM Bingo 11:00AM Dermascans 11:00AM Chair Yoga 11:00AM Blood Pressure Checks 11:00AM Lunch Bunch at The Bears Den 11:30AM Lunch 1:00PM Cardio Drumming 1:30PM Alzheimer's Support Group	21 9:00AM Geri-Fit Exercise 9:00AM Sewing 10:00AM Bingo 11:00AM-1:00PM Shoulder Massages 11:30AM Lunch 12:00PM Mahjong 12:15PM-1:15PM Ice Cream Treat Day at Razor's	22 8:15 AM Earnest Warther Museum Trip 10:00AM Bingo 11:00AM Bingocize 11:30AM Lunch 12:30PM Open Cards 1:00PM Chair Yoga 1:30PM Greeting Card Making Class	23 9:00AM Geri Fit 11:30AM Memorial Day Cookout 12:00PM Euchre 1:00PM Geri Fit Exercise
26 CLOSED	27 9:00AM Quilters 9:00AM Seated Tai Chi 10:00AM Bingo 11:00AM Chair Yoga 11:00AM Blood Pressure Checks 12:00PM Bylesville Site Activity 1:00PM Cardio Drumming	28 9:00AM Geri-Fit Exercise 9:00AM Sewing 10:00AM Bingo Senior Citizens Picnic at the Cambridge City Park 11:00 AM-1:30 PM Advanced Tickets Required 12:00PM Mahjong	29 10:00AM Bingo 11:00AM Bingocize 11:30AM Birthday Luncheon 12:30PM Open Cards 1:00PM Chair Yoga	30 9:00AM Geri Fit 10:00AM -Sponsored Bingo 11:30AM Lunch 12:00PM Euchre 1:00PM Geri Fit Exercise

May 2025 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
We invite you to join us for lunch at the Guernsey County Senior Center from 11:30 am until 1:00 pm Monday – Friday. The Byesville Site serves lunch at 11:30 am. Monday—Friday. Pleasant City 11:30-1:00 pm Monday & Thursday, Cumberland 11:30-1:00 pm, Tuesday & Friday, Londonderry site serves at 11:30 on Monday—Friday, and Old Washington site Wednesday & Friday from 11:30am-1:00pm. Dine-In or Grab & Go Options Available. If you have any questions about our nutrition services please call 740-439-5717 or toll free at 1-866-534-2349. Each meal includes a choice of white, wheat, or specified bread and a choice of either 2% or Skim Milk. Ingredient content can be found on our website at www.GuernseySenior.org. <i>*Menu subject to change depending on item availability.</i> This institution is an equal opportunity provider.				
5 Cubed Steak w/Mushroom Gravy Red Potatoes w/Bacon & Cheese Capri Vegetables Apricots Choice of Bread/Margarine	6 Ziti Casserole w/Cheese Italian Blend Vegetables Blueberry Crisp Tossed Salad w/Dressing Garlic Bread/Margarine Choice of Milk	7 Chef Salad w/Ham, Turkey & Egg Three Bean Salad Sliced Strawberries 100% Grape Juice Blueberry Muffin/Margarine Cookie Choice of Milk	8 Beef Roast & Gravy Yukon Gold Potatoes Buttered Peas Applesauce Choice of Bread/Margarine Choice of Milk	9 Chicken Salad Croissant Loaded Baked Potato Soup Celery & Carrot Sticks w/Ranch Fresh Fruit Cup Choice of Milk
12 Salisbury Steak Mashed Potatoes w/Gravy Spring Blend Vegetables Fresh Apple Butterscotch Pudding Choice of Bread/Margarine Choice of Milk	13 Johnny Marzetti Buttered Corn Tossed Salad w/Dressing Ambrosia Salad Breadstick/Margarine Choice of Milk	14 Ham Salad w/Bun Cucumbers & Onions w/Vinegar Potato Salad Tropical Mixed Fruit Iced Brownie Choice of Milk	15 Herb Roasted Chicken Parsley Buttered Potatoes Roasted Root Vegetables Diced Peas Choice of Bread/Margarine Choice of Milk	16 Chinese Pepper Steak w/Rice Sliced Carrots Mini Egg Rolls Mandarin Oranges Fortune Cookie Choice of Milk
19 Baked Fish Au Gratin Potatoes Mixed Vegetables Fresh Banana Choice of Bread/Margarine Choice of Milk	20 Glazed Meatloaf Cheesy Hashbrown Casserole Broccoli Fruited Peach Jell-O Choice of Bread/Margarine Choice of Milk	21 Ham Casserole w/Broccoli & Rice Steamed Cauliflower Cherry Crisp 100% Fruit Juice Choice of Milk	22 Cabbage Roll Mashed Potatoes Succotash Granny Smith Apple Italian Bread/Margarine Choice of Milk	23 Cheeseburger w/Bun French Style Green Beans Brown Sugar Baked Beans w/Bacon Holiday Cupcake Strawberries Choice of Milk
26 Closed in observance Of the Memorial Day Holiday Frozen Meal Option is Available upon Request	27 Smothered Steak Rice Pilaf Brussel Sprouts Pineapple Tidbits Choice of Bread/Margarine Choice of Milk	28 Crispy Chicken Leg Scalloped Potatoes Buttered Corn Watermelon Dinner Roll/Margarine Choice of Milk	29 Pepperoni Pizza French Style Green Beans Stewed Tomatoes Fresh Grapes Oreo Pudding Parfait Choice of Milk	30 Turkey Kluski Noodles Baby Carrots Cranberry Relish Coleslaw Choice of Bread/Margarine Choice of Milk



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.



Due to Older Americans Month special activities & events throughout the month of May there will be **NO**:

•May Evening Dinner at the Guernsey County Senior Citizens Center

•Byesville Senior Dinner



May Employee Birthdays

Cat Carpenter	6th
Mary Waggoner	6th
Charlie Wilfong	14th
Jill McKee	17th
Shirley Carna	23rd
Mashelle Frohnapfel	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 March:**

Clifford Heston	Kathy Pontius
Mary Heston	David Pontius
Brenda Collins	Jerry Williams
Marynell Townsend	Diane Pavlik
Fred Steele	Petra Severance
Judy Steele	Steve Pierce
Linda Parkos	Molly Pierce



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

Guernsey County Senior Citizens Center can help!

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

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

Evening dialysis:
by "appointment only"

**Zanesville
Medical Transportation
Available!!**

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

Showcase your creative side at the Guernsey County Senior

Craft on Monday

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

Stitch together works of art on Tuesdays

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

Wednesdays are "tailor" made for sewing

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

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

Enjoy Being Social and Have Some Fun Playing Cards

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

Clothes Closet on Mondays

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

Blood Pressure & Wellness Checks On Tuesdays

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



A Special "Thank You"

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

Rick Clay
Roberta Means
Eloise Wilson
Barbara Mackey
Suzanne Cooper
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.

May 2025 Birthdays

05/01	Wayne Barnes Melba Hughes Ron Sotherden Diana Thompson Anita Wantz Sandy West				
05/02	Junior Depuy Kenneth Ford Kay Kelley				
05/03	Paula Bakos Gregory Basch Janie McBride Pam Murphy Tom Scanlon Teresa Weekley	05/13	Sandra Shugert Zeta Warne Donna Bell Shirley Ford Kathyleen Katynski Bonnie Kerns Ron Lemmon Joyce Moore Mary Skeslock	05/24	Jackie Tripp Gerry Beckner Nancy Prine
05/04	Alan Earnest Carolyn Sarchet	05/14	Stephen Clark Karen Froehlich Florence Neff Gail Anderson Ella Cropper Lenora Douglas Gerry Frencik	05/25	Greg Ansberry Catherine Couto John Schoendorff Susan Smith Rita Jones Donna Pyles Yvonne Talbert Cindy Cromwell Joseph Hollingshead Kay Ickes James Locher Sherry Wilkins
05/05	Sandra Black Kathleen Bogart Sheila Buchtel Ed Gibson Debra McCormick Ursula Young Glenna Hatcher Phyllis Haught Frank McClure Burdella Thomas Mary Waggoner Debbie Miller Betty June Wolfe	05/15	Merle Nicholson Habiba Nunn Darlene Rohl June Sklenar Sandy Wickham Timothy Wolfe Frances Peters Paul Roby Frances Scharenberg Leonard Sedlak Tom Simon Helen Farrar James E. Mercer William Gress Nettie Griffiths Constance Gibson Marilyn LePage Polly Perry Barbara Tipton Mary Ellen Tipton Dale Whitis Janet Campbell Becky Combs Clifford Heston Linda Pawlowski Charlotte Drake Joyce Moore Shirley Carna Timothy Kiggans Maxine Sala	05/26	Tana Casarez Alan Drake Maria Gurnicke Cheryl Keller Lois Knight Darlene Lake Richard Price Maxine Barriat Lois George Larry Likes Dee Ramage Harry Evans Mike Bakos Gail Bell Elizabeth Clark Harold Milner Connie Moore Martha Wittmer
05/06	Jerome Durant Sr. Robert Heinton Robert Huhn Gary Lucas Rick Smith Charlotte Smith Dale Yerian	05/16		05/27	
05/07	Pam Lemmings Judy Elliott Barbara Morgan Anita Russell Charlie Teetz	05/17		05/28	
05/08	Phyllis Shoemaker Karen Watson John Westover Thelma Robinson	05/18		05/29	
05/09		05/19		05/30	
05/10		05/20		05/31	
05/11		05/21			
05/12		05/22			



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

Memorial Day Word Search

Activities	Kin
Alliance	Kind
American	Laugh
Ancestors	Liberty
Anthem	Life
Band	Love
Banners	Loyalty
Baton	March
Birth	May
Blast	Memorial
Bravery	Military
Celebrate	Music
Civic	Nation
Corps	Native
Country	Official
Culture	Oneness
Dazzling	Parade
Defense	Patriot
Devotion	Peace
Dignity	Picnic
Dream	Pride
Duty	Quiet
Endure	Republic
Equality	Restful
Family	Rights
Feeling	Rocket
Fireworks	Salute
Flag	Service
Flowers	Sharing
Forever	Soldier
Free	Special
Glitter	Stars
Glory	Stripes
Gratitude	Symbol
Groups	Tribute
Hero	Unify
History	Union
Holiday	Unite
Home	Values
Hope	Veteran
Ideal	Victory
Imagery	Vital
Join	Wave
Joy	Wisdom

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

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!**