



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



Volume 53 Issue 9

Guernsey County Senior Citizens Center, Inc. September 2025

Special Events:

MEDICARE CHECK UP EVENT

**Tuesday, Sept. 2nd
1:00 PM**

**Grandparents Day
Breakfast Buffet
Friday, Sept. 5th
9:00 AM**

SENIOR DAY at the GUERNSEY COUNTY FAIR

**Wednesday,
Sept. 10th**

Seniors aged 60+
**FREE ADMISSION
UNTIL 5:00 PM**

*Sponsored by Guernsey
County Senior Center*

WILD FLOWER BOUQUET

**MAKING CLASS
Friday, Sept. 12th
1:00 PM**

1022 Carlisle Ave, Cambridge, Ohio 43725

Tel: 740-439-6681

Fax: 740-439-7478

Toll Free: 1-866-534-2349

E-mail: gscsc@guernseysenior.org

Website: www.GuernseySenior.org

A Message from the Executive Director

Dear Seniors,

September is National Senior Center Month, a time to recognize the vital role senior centers play in enhancing the lives of older adults and strengthening communities. This year's theme—"Powering Possibilities: Flip the Script"—encourages us to challenge outdated stereotypes about aging and elevate the positive contributions of older adults and the senior centers that serve them.

In May we celebrate Older American's Month and host our Senior Day Luncheon and other festivities and celebrations. National Senior Center month focuses on our actual facility and programs, which significantly benefit senior citizens. More than 10,000 senior centers across the United States connect older adults to wellness, creativity, purpose, and essential services. From their grassroots beginnings to their recognition in the Older Americans Act, senior centers have evolved into dynamic community hubs that reflect the



You're Cordially Invited to attend the

September Monthly Senior Dinner

Thursday, Sept. 18, 2025

*Dinner, Entertainment, &
Door Prizes*

5:00 PM-7:00 PM

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

diversity and resilience of today's older population.

Today's senior centers link older adults with not only each other but also ways to improve

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.

their health and financial security and give back to their own communities. Senior centers offer a vibrant, action-packed combination of services, programs, and activities.

Why celebrate National Senior Center Month?

National Senior Center Month is more than a celebration—it's a strategic opportunity. It's a chance us to shine a spotlight on the critical role that Guernsey County Senior Citizens Center and our satellite sites play in our county-wide communities. This month offers an ideal platform to engage new participants, deepen relationships with stakeholders, and elevate our senior center's profile. It's also a time to challenge misperceptions. Many people still hold outdated ideas about what senior centers are and who they serve. September is our moment to flip the script and dispel aging stereotypes and myths.

Together, we can show the community that our senior center is a dynamic, welcoming place that powers possibilities for aging through connection, innovation, and impact. Whether it's health and wellness programs, economic support, creative expression, or digital inclusion, our work, programs, and services do make a meaningful difference in people's lives every day. In alignment with the Administration for Community Living (ACL) and the National Center to Reframe Aging, this year's theme —"Powering Possibilities: Flip the Script"—promotes a shift in how **we talk about aging**. Instead of focusing on limitations, we choose to highlight:

- The value and contributions of older adults.
- The importance of social connection and lifelong learning.
- The role of senior centers in promoting health, economic security, and social engagement in local communities.

As you might know, **Congress is currently addressing the reauthorization of the Older Americans Act**. Funding cuts are anticipated, which impacts the services and programs older adults receive in Guernsey Co. This gives us an opportunity to ensure that

County. This gives us an opportunity to ensure that older adults in our county are supported through programs and services including continued support for senior centers. **You can learn more about plans from Congress and the White House administration's decisions that impact the National Council on Aging's (NCOA) priorities about the Older Americans Act on the NCOA website at: www.ncoa.org.** You can also find more information about policy issues that impact older adults on NCOA's Public Policy page. The NCOA Action Center is also a great way to lend your voice to proposed federal legislation.

The best way for seniors to ensure that their local senior center retains essential Older Americans Act funding support and to sustain their valued beneficial services and programs for future generations is for senior citizens to tell their individual stories. **We encourage seniors to tell their federally elected officials to reauthorize the Older Americans Act and to write personal stories about what federal decisions could mean to them and to deliver these stories to their elected officials, one of our staff, or a candidate who is running for public office. Let them know you're reaching out to express your thoughts and concerns.** A helping hand can make a big difference. This can help Guernsey County Senior Citizens Center's advocacy efforts by sharing your personal stories and enlisting elected officials for support while equipping them with real stories for national budget debates to continue Older Americans Act funded programs and help protect future operations and the continued existence of senior citizens centers across the country as well as Guernsey County Senior Citizens Center itself.



The 2025 theme, Powering Possibilities: Flip the Script, invites us to challenge outdated perceptions of aging and senior centers. It celebrates the dynamic role that senior centers play in fostering creativity, connection, purpose, and resilience in later life. Senior centers have evolved to provide diverse, wide-range and scope of wellness evidence based exercise classes, fun social; recreational; educational; and cultural enrichment activities, support groups, and grab and go meals, and so much more! September is National Senior Center Month, and Guernsey County Senior Citizens Center is celebrating the powerful possibilities of our services, programs, and activities for older adults. From financial planning workshops to cooking classes and dances to technology classes, Guernsey County Senior Citizens Center is a community hub where older adults find friendship, meaning, and purpose. To share the power of these connections, **Guernsey County Senior Citizens Center has planned special events to celebrate Senior Center Month, including our annual sponsorship of “Senior Day” at the Guernsey County Fair on Wednesday, September 10, 2025 where all senior citizens, aged 60 and older, receive FREE ADMISSION into the Guernsey County Fair, located in Old Washington, Ohio until 5:00 PM.**

Our members are showing us how growing older is truly a growth opportunity every day. They demand the opportunity to continue connecting, exploring, and expressing their individuality. We serve them and this community the best that we can with fun and engaging programs, while also providing practical tools and resources to help them stay healthy and independent. Our mission, through the services and programs we provide is **to promote the nutritional, physical, emotional, social, and economic well-being of older adults, and to promote their participation in all aspects of community life.** *Our goal is to help maintain their personal independence and to live in the comfort of their own home for as long as safely possible.*

National Senior Center Month emphasizes the tremendous value senior centers deliver and provide in their communities, including programming that empowers older adults to holistically age well and strengthen their mind, body, and spirit. YOUR STORIES MATTER! We encourage participants to share how your senior center has made a difference. These testimonials can inform policy, advocate for funding, and inspire others. Senior centers change lives through connection, support, and opportunity. Whether someone:

- Finds renewed purpose
- Reconnects socially
- Improves their health
- Gains financial stability
- Benefited from a specific program
- Or maintains their independence so they can continue to live in the comfort of their own home...

Guernsey County Senior Citizens Center, Inc. is here for you. Please help us to continue to be a vital role in senior citizens' lives and in our community.

I look forward to seeing you at the Guernsey County Fair in celebration of Senior Day on September 10th or throughout the month of September at our many scheduled activities and events. Let's make National Senior Center Month 2025 a powerful demonstration of what senior centers truly are—vibrant, essential hubs that flip the script on aging and power possibilities for older adults every day. Together, let's use this opportunity to showcase our impact, amplify our message, and lead the movement toward a more realistic and empowered vision of aging. I hope you enjoy the remaining days of the summer season. Best wishes for abundant health & happiness. God Bless!

Sincerely,

Shon E. Gress

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





**Department of
Insurance**

Senior Health Insurance
Information Program

Join Us!

Medicare Checkup Event

- Review and compare 2026 Part D plans
- Review and compare Medicare Advantage
- Learn ways to save on Rx and Medicare costs

This **FREE Medicare Event** is for you!

Where:

**Guernsey County Senior Center
1022 Carlisle Avenue
Cambridge, OH 43725**

When:

Tuesday, September 2nd at 1:00PM

Find out how the Oct 15 - Dec 7 Medicare Open Enrollment Period can work for you. Get tips on how to enroll for 2026 coverage in a Medicare prescription drug plan (Part D) and/or a Medicare health plan. See if you qualify to SAVE an average of \$6,200 on your prescription drug costs.

Questions?

Call OSHIIP **800-686-1578**



GOOD OLE GOSPEL MUSIC NIGHT

at



Guernsey County Senior Citizens Center, Inc.

1022 Carlisle Ave. Cambridge, OH 43725

TUESDAY, SEPTEMBER 2ND, 2025

DOORS OPEN AT 5:00PM

MUSIC BEGINS AT 6:00PM

ADMISSION COST: \$2

Featuring:

Mike Hawley



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



**Closed Monday, September 1st
In Observance of Labor Day**

Guernsey County Senior Citizens Center will be closed on Monday, September 1st in observance of the Labor Day holiday. There will also be no lunches or activities at the satellite sites. To make alternative care arrangements or to receive a holiday meal in lieu of the holiday, please contact the Senior Center by calling (740) 439-6681.



**Sponsored Bingo Day by
Dolbow Senior Solutions
Tuesday, September 2nd**

We will have Melinda from Dolbow Senior Solutions joining us to host and sponsor Fun Bingo on Tuesday, September 2nd 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
Tuesdays & Thursdays at 11:00AM
*Please note day change***

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.



**Making Applesauce Class
Wednesday, September 3rd**

We are excited to have Caitlin from OSU Extension Office here with us on Wednesday, September 3rd at 1:30PM. During this free class she will be teaching you how to make homemade applesauce. If you are interested in attending this class please call (740) 439-6681 to make a reservation.



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

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



Craft Class

Thursday, September 4th

We will have Denise from Traditions Health here with us on Thursday, September 4th. She will be sponsoring a free craft class at 2:00PM. If you're feeling crafty and would like to join her for this fun afternoon, please call to make a reservation at (740) 439-6681.

**Library Pop Up
Friday, September 5th**

We are proud to be collaborating with the Guernsey County District Public Library to have them bring a "Pop Up" to the Senior Center on Friday, September 5th from 9:00AM -10:00AM. They can also sign you up for a library card during this time. You can also bring your electronic devices and library staff will help you install apps giving you free access to audio books, movies, tv shows, music, and more!



Grandparents Day Breakfast Buffet Friday, September 5th

Come in and join us for our monthly breakfast buffet at Guernsey County Senior Center from 9:00AM-10:00AM on Friday, September 5th. The breakfast menu will include: scrambled eggs, hot cakes with apple topping, bacon, hashbrown, 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.



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.



Chair Yoga on Mondays & Thursdays *Please note day change*

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

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.

Cardio Drumming Class on Tuesdays

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

Alzheimer's Support Group Tuesday, September 9th

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, September 9th** here at the Senior Center.



Senior Day at the Guernsey County Fair

****FREE admission until 5:00PM****

Wednesday, September 10th

Enjoy a fun day at the Guernsey County Fair with us on Wednesday, September 10th as we sponsor Senior Day at the Fair! Our sponsorship allows senior citizens to receive free admission into the fair until 5:00PM on this day. We will be located at the large pavilion behind the grandstands and will have entertainment, refreshments, and door prizes! You can find the entertainment schedule on the next page, page 8, of this newsletter. Transportation to the fair is also available on this day by calling our Senior Transportation department (740) 432-3838 to make a advanced ride reservation.



Guernsey County Senior Citizens Center, Inc.

SPONSORS

SENIOR DAY

at the

GUERNSEY COUNTY FAIR

Wednesday, September 10, 2025

Senior Day Entertainment Schedule:

10:00AM- 11:00AM:

The VanDyne Trio

11:15AM- 12:15PM:

Get Along Gang

12:30PM-1:30PM:

Sarah Warfield with Traditions Health

1:45pm-2:45pm:

Carson Clouse

3:00PM-4:00PM:

BridJez

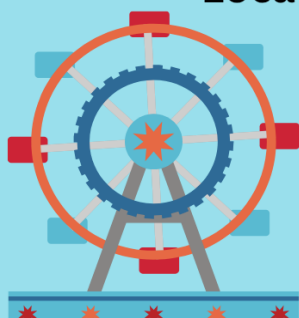
4:15PM-5:00PM:

The Loves

Located at the Large Pavillion behind the Grandstand

DOOR PRIZES

REFRESHMENTS



SENIOR CITIZENS,
AGE 60 & OLDER,
RECEIVE FREE ENTRY
UNTIL 5:00PM ON THIS DAY





Valley Gem Sternwheeler Trip Thursday, September 11th

Come aboard as we travel to Marietta, OH on Thursday, September 11th to enjoy a relaxing ride down the Ohio River on the Valley Gem Sternwheeler. We will begin the day doing some shopping in Marietta before enjoying a delicious lunch at Boathouse BBQ, which will be on your own. After lunch we will board the boat for a cruise on the river. This trip will depart at 9:00AM and return around 4:00PM. The cost of this trip is \$35 for members and \$50 for non-members. Please call (740) 439-6681 to make your reservation. Payment for this trip is due by Thursday, September 4th.



Flower Bouquet Class Friday, September 12th

If you would like to make a beautiful bouquet to give as a gift or brighten up your home we would love to have you join us on Friday, September 12th at 1:00PM. We will have Kayla Gress bringing the beautiful flowers she has grown in her garden for you to enjoy. The cost of this class is \$10 and will include all supplies needed for the bouquets. To sign up for this class please call (740) 439-6681.



Painting Class Monday, September 15th

We are excited to have Three Sister's Studio here with us on Monday, September 15th at 2:00PM to host a painting class. You will be painting a fall scene with a gnome. The cost of this class is \$10.00. Cash payment for the class is due at time of signing up, 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.



Fall Senior Dance Tuesday, September 16th

We cordially invite you to attend the Free Senior Dance on Tuesday, September 16th starting at 12:00PM. This event is sponsored by Guernsey County Senior Center and the Senior Coalition group. The VanDyne Trio Band will be providing music for you to dance the afternoon away to. Refreshments, door prizes, and free photos will also be available! If you would like to attend please call (740) 439-6681.



Sponsored Bingo Day by Acute Nursing Wednesday, September 17th

We will have York from Acute Nursing Care joining us to sponsor Fun Bingo on Wednesday, September 17th at 10:00AM. He will be providing prizes for bingo on this day. We hope that many of you can join us!



Monthly Senior Dinner Thursday, September 18th

We cordially invite you to join us Thursday, September 18th, for the September monthly senior dinner at 5:00 PM. There will be "Grab & Go" and Dine-In both available on this evening. Menu will include: Roast Beef, mashed potatoes with brown gravy, capri blend vegetables, peaches, dinner roll with butter, and raspberry white chocolate cake for dessert. There will also be entertainment and a 50/50 raffle. To make your advanced reservations please call (740) 439-6681. "Grab & Go" meals will be served to seniors inside their vehicles from 4:00PM-5:00PM at Guernsey County Senior Citizens Center, Inc. Cost for this event is "By Donation" for seniors age 60+, suggested donation is \$5.00.



Commodity Pick-Up Friday, September 19th

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, September 19th** from 10:00AM-3:00PM.



Road to Damascus Trip Tuesday, September 23rd

We would love to have you travel with us to the Ohio Star Theater on Tuesday, September 23rd to enjoy the production of The Road to Damascus. Through powerful performances and moving story-telling, The Road to Damascus tells the transformative story of Saul, later known as Paul, whose journey from a zealous persecutor of Christians to a devoted follower of Christ. On this day we will start off shopping a couple favorite Amish Country shops. Then we will enjoy the lunch buffet at Dutch Valley, which is included in the cost of the trip. After lunch we will go to the theater to enjoy the show. This trip will depart at 8:15AM and return at 4:00PM. The cost of this trip will be \$80 for members and \$95 for non-members. Payment for this trip is due by Thursday, August 28th, due to pre-payment needing made in the event of a cancellation no credit will be given. To reserve a seat for this trip please call (740) 439-6681.



Canned Meat/Poultry Class Tuesday, September 23rd

Join us OSU Extension Educator, Catlin Smith, for a free class learning how to can meat, poultry, and game on Tuesday, September 23rd at 12:00PM. She will be discussing how to safely can meat, the reasons why food spoils, and how to use the principles of safe food preservation when canning meat, poultry, and game. To sign up for this class please call (740) 439-6681.



Sponsored Bingo Day by Beckett House Wednesday, September 24th

We will have Beckett House staff joining us to sponsor Fun Bingo on Wednesday, September 24th at 10:00AM. They will be providing the bingo prizes on this day. We hope that many of you can join us!

Southeastern Home Care



Free Shoulder Massages Wednesday, September 24th

Southeastern Home Care will be here at Guernsey County Senior Center on Wednesday, September 24th from 11:00AM until 1:00PM offering free shoulder massages. If you would like to make an appointment please call (740) 439-6681.

Greeting Card Class—Thursday, Sept. 25th

If you enjoy making your own cards, or would like to learn how, we would love to have you join us on Thursday, September 25th 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!



September Birthday Celebration Friday, September 26th

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



Lunch Bunch Group Monday, September 29th

Do you ever want to go out to eat and either don't want to go alone or want to try somewhere new while meeting new friends? Then the Lunch Bunch is for you! This group meets once a month to eat out at a local restaurant. In September we will be meeting at Tlaquepaque Mexican Restaurant, located at 61275 Southgate Rd. in Cambridge on Monday, September 29th at 11:00AM. If you plan on attending, please call (740) 439-6681 to make your reservation by . Transportation to the restaurant is also available, please let us know if you will be needing transportation when making your reservation.



Byesville Dinner Tuesday, September 30th

Please join us at the Stop Nine Senior Center in Byesville at 4:00 PM on Tuesday, September 30th. The menu will include: Baked Rotisserie Chicken Quarters, Roasted Rosemary Potatoes, Creamed Corn, Fruit Cocktail, Dinner Roll & Butter, and Iced Lemon Cake for dessert. Please call (740) 439-6681 to make your reservations.



Ensure Price Increase

Due to our supplier raising our cost of Ensure, we have increased prices.

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.



Satellite Site Activities

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

Pleasant City:

Monday, September 8th at 12:00PM

Cumberland:

Tuesday, September 9th at 12:00PM

Old Washington:

Wednesday, September 17th at 12:00PM

Byesville:

Tuesday, September 30th at 12:00PM



*Fall is proof that change
is beautiful.*



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

Powerful Tools **FOR** Caregivers

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

CLASSES BEGIN TUESDAY, SEPTEMBER 30TH

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

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

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



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!

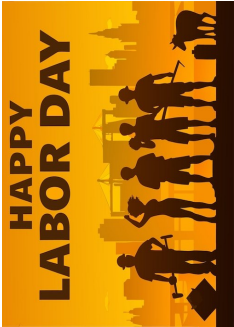
- **Londonderry Site** TEMPORARILY CLOSED Located at: 22577 Cadiz Rd, Freeport, OH 43973.
- **Cumberland Site** will be open on Tuesday (11:30AM – 1:00PM) and Friday (11:30AM – 1:00PM) only. Located at: 441 W Main St. Cumberland, OH 43732. Grab & Go lunches will be available during these days and times 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

September 2025 Activities

Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
	9:00AM Quilters 9:00AM Seated Tai Chi 10:00AM Sponsored Bingo 11:00 Bingocize 11:00AM Blood Pressure Checks 11:30AM Lunch 1:00 Cardio Drumming Class 6:00PM Good Ole Gospel Music Night	9:00AM- Geri Fit Exercise 9:00AM- Sewing 10:00AM -Bingo 11:30AM Lunch 12:00PM- Mahjong 1:30PM Making Applesauce Class	10:00AM Sponsored Bingo 11:00AM Bingocize 11:30 Lunch 12:30 PM- Open Cards 1:00PM Chair Yoga 2:00PM Craft Class	9:00AM Grandparents Day Breakfast 9:00AM Library POP-UP 10:00 Bingo 11:30 Lunch 12:30 Euchre 1:00 Geri-Fit Exercise
8 8:30 AM- Crafting Group 9:00 AM Tai Chi Class 10:00AM -Bingo 11:00AM Clothes Closet 11:00 Chair Yoga 11:30AM- Lunch 1:00 Line Dancing Class	9 9:00AM Quilters 9:00AM Seated Tai Chi 10:00AM Bingo 11:00AM Blood Pressure Checks 11:00 Bingocize 11:30AM Lunch 1:00 Cardio Drumming Class 1:30PM Alzheimer's Support Group	10 9:00AM- Geri Fit Exercise 9:00AM- Sewing 10:00AM -Sponsored Bingo 11:30AM Lunch 12:00PM- Mahjong SENIOR DAY AT THE GUERNSEY COUNTY FAIR	11 9:00AM Valley Gem Trip 10:00AM -Sponsored Bingo 11:00AM Bingocize 11:30AM- Lunch 12:30 PM- Open Cards 1:00PM Chair Yoga	12 9:00AM Geri Fit 10:00AM -Bingo 11:30AM- Lunch 12:30 PM- Euchre 1:00PM Geri Fit Exercise 1:00PM Flower Bouquet Class
15 8:30 AM- Crafting Group 9:00 AM Tai Chi Class 10:00AM -Bingo 11:00AM Clothes Closet 11:00AM Chair Yoga 11:30AM Lunch 1:00PM Line Dancing 2:00PM Painting Class	16 9:00AM Quilters 9:00AM Seated Tai Chi 10:00AM Bingo 11:00AM Bingocize 11:00AM Blood Pressure Checks 11:30AM Lunch 1:00 Cardio Drumming Class	17 9:00AM- Geri Fit Exercise 9:00AM- Sewing 10:00AM -Sponsored Bingo 11:30AM Lunch 12:00PM- Mahjong	18 10:00AM Sponsored Bingo 11:30AM Lunch 12:30 PM- Open Cards 4:00PM-5:00PM Grab & Go Monthly Dinner 5:00PM Dine In Monthly Dinner	19 9:00AM Geri Fit 10:00AM -Bingo 10:00 AM - 3:00PM- Food Commodity Pick Up 11:30AM Lunch 12:00PM Euchre 1:00PM Geri Fit Exercise
22 8:30 AM- Crafting Group 9:00 AM Tai Chi Class 10:00AM -Bingo 11:00AM Clothes Closet 11:00AM Chair Yoga 11:30AM- Lunch 1:00 Line Dancing	23 8:15AM Road to Damascus Trip 9:00AM Quilters 9:00AM Seated Tai Chi 10:00AM -Bingo 11:00 Bingocize 11:00AM Blood Pressure Checks 11:30AM Lunch 12:00PM Canning Meat Class 1:00 Cardio Drumming	24 9:00AM Geri-Fit Exercise 9:00AM Sewing 10:00AM -Sponsored Bingo 11:00AM Free Shoulder Massages 11:30AM Lunch 12:00PM Mahjong	25 10:00AM Sponsored Bingo 11:00AM Bingocize 11:30AM Lunch 12:30PM Open Cards 1:00PM Chair Yoga 1:30PM Greeting Card Making Class	26 9:00AM Geri Fit 10:00AM Bingo 11:30AM Birthday Luncheon 12:00PM Euchre 1:00PM Geri Fit Exercise 2:00PM Craft Class
29 8:30 AM- Crafting Group 9:00 Tai Chi Class 10:00AM -Bingo 11:00AM Clothes Closet 11:00AM Lunch Bunch 11:00AM Chair Yoga 11:30AM Lunch 1:00 Line Dancing	30 9:00AM Seated Tai Chi 9:00AM Quilters 10:00AM -Sponsored Bingo 11:00 Bingocize 11:00AM Blood Pressure Checks 11:30AM Lunch 1:00 Cardio Drumming 4:00PM Byesville Dinner			

September 2025 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Closed in Observance Of Labor Day Frozen Meals available upon Request	2 Glazed Ham Loaf Sour Cream & Chive Mashed Potatoes Sweet Corn Succotash 100% Fruit Juice Dinner Roll/Margarine Choice of Milk	3 Pepperoni Pizza Seasoned Green Beans Cinnamon Applesauce Peaches Chocolate Brownie Choice of Milk	4 Oven Baked Chicken Breast Parsley Buttered Potatoes Cauliflower Fresh Apple Wheat Dinner Roll/Margarine Choice of Milk	5 Beef Roast Tossed Salad w/Dressing Steamed Broccoli Ambrosia Salad Dinner Roll/Margarine Choice of Milk
8 Beef Stew Capri Blend Vegetables Spiced Sliced Apples 100 % Grape Juice Biscuit /Jelly Choice of Milk	9 Sloppy Joe w/Bun Potato Skins w/Cheese Brussel Sprouts Apricots Tapioca Pudding Choice of Milk	10 Shake & Bake Chicken Thigh Buttered Potatoes California Blend Vegetables Fruit Cocktail Knot Roll/Margarine	11 Honey Glazed Ham Scalloped Potatoes Buttered Peas Mixed Fruit Cornbread/Margarine Choice of Milk	12 Beef Stroganoff over Noodles Au Gratin Potatoes Mixed Vegetables Choice of Bread/Margarine Choice of Milk
15 Baked Steak w/Gravy Mashed Potatoes Buttered Corn Tropical Fruit Dinner Roll/Margarine Choice of Milk	16 Italian Marinated Chicken Rice Pilaf Glazed Baby Carrots Lime-Pear Jell-O 100% Fruit Juice Choice of Bread/Margarine Choice of Milk	17 Stuffed Pepper Baby Baker Potatoes Green Beans Granny Smith Apple Choice of Bread/Margarine Choice of Milk	18 Lemon Pepper Fish Yukon Gold Potatoes Roasted Zucchini & Squash Sliced Strawberries Choice of Bread/Margarine Choice of Milk	19 Sweet BBQ Pork Chop Diced Country Potatoes Lima Beans Grape Salad Dinner Roll/Margarine Choice of Milk
22 Chili Soup w/Crackers Sliced Beets 100% Apple Juice Carrot Raisin Salad Cornbread Choice of Milk	23 Salisbury Steak w/Gravy Loaded Mashed Potatoes Creamed Peas Mandarin Oranges Banana Nut Muffin Choice of Milk	24 Spaghetti W /Meatballs Tossed Salad w/Dressing Warm Applesauce 100% Fruit Juice Garlic Bread Choice of Milk	25 Meatloaf Cheesy Potatoes Cream Style Corn Diced Peas Choice of Bread/Margarine Choice of Milk	26 Country Fried Steak w /Gravy Diced Potatoes French Style Green Bean Peaches Dinner Roll/Margarine Choice of Milk
29 Chinese Pepper Steak w/Snow Peas Over White Rice Asian Blend Vegetables Baked Pineapple Fortune Cookie Choice of Milk	30 Roast Beef & Swiss w/ Tomato & Lettuce on Bun Potato Salad Fresh Grapes Angel Food Cake 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 Bysville Site serves lunch at 11:30 am. Monday—Friday. Pleasant City 11:30-1:00 pm Monday & Thursday, Cumberland 11:30-1:00 pm, Tuesday & Friday, , Old Washington site Wednesday & Friday from 11:30am-1:00pm, and Londonderry site is temporarily closed. 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.		



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.**



September Employee Birthdays

Dannie Bates	2nd
Tanner Whittle	7th
Heather Meyers	16th
Sharon Moyer	17th
Lisa McClay	21st
Melissa Beam	26th
Ted Bundy	26th



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 August:**

**Clay Curtis
Robert Gorjup
Sharon Gorjup
Becky Sommers
Ethel Rayburn
Philip Wentzel Jr
Virginia Wentzel
Bonnie Ferguson
Jerome Nahanee
Mary Norris
Beverly Thompson
Shirley Crozier**



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

Guernsey County Senior Citizens Center can help!

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

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

Evening dialysis:
by "appointment only"



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

Showcase your creative side at the Guernsey County Senior

Craft on Monday

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

Stitch together works of art on Tuesdays

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

Wednesdays are "tailor" made for sewing

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

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

Enjoy Being Social and Have Some Fun Playing Cards

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

Clothes Closet on Mondays

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

Blood Pressure & Wellness Checks On Tuesdays

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



A Special "Thank You"

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

Cambridge Class of 1962

Cambridge Class of 1958

Rick Clay

Tim & JoEllen Hayes

Mr & Mrs. Charles Jones

Eloise Wilson

Ron & Kim Vanwey

V 2 Architects

John & Judy Davis

Boyd Huff

Summer Crisis Program Begins July 1

More than 44,000 Ohio households served in 2024

To qualify for assistance, Ohioans must have a gross income at or below 175 percent of the Federal Poverty Guidelines for a family of up to eight members, and 60 percent of the State Median Income for a family of nine or more members. For a family of four, the annual income must be at or below \$56,262.50.

Last year, the Summer Crisis Program assisted more than 44,000 households in Ohio, providing a total of \$13.5 million in benefits.

Starting this year, applying for assistance and managing an account will be easier than ever. A new, streamlined online portal will be available at energyhelp.ohio.gov. To get started, Ohioans must register for an OHID account, which provides a secure and convenient way to access their HEAP account.

Registration takes less than 7 minutes, and can be completed in these easy steps:

Visit energyhelp.ohio.gov, and click “Log into the EA portal.”

Click “Create an OHID,” and follow the six-step account creation process.

Ensure account security by setting up multi-factor authentication.

To apply for the program, clients are required to schedule an appointment with GMN Tri-County. Appointments can be scheduled by calling (740) 955-8001.

Clients need to bring copies of the following documents to their appointment:

Copies of their most recent energy bills.

A list of all household members and proof of income for the last 30 days or 12 months for each member.

Proof of U.S. citizenship or legal residency for all household members.

Proof of disability (if applicable).

Physician documentation that cooling assistance is needed for a household member’s health.

Ohioans enrolled in the Percentage of Income Payment Plan Plus (PIPP) program who meet the above criteria may also be eligible for assistance towards their default PIPP payment, first PIPP payment, or central air conditioning repairs, or may receive an air conditioning unit and/or fan.

For more information about the Summer Crisis Program, and what is needed to apply, older Ohioans may contact Guernsey County Senior Citizens Center, Inc. at (740) 439-6681. To be connected to your local Energy Assistance Provider visit www.energyhelp.ohio.gov or call (800) 282-0880.

The Ohio Department of Development empowers communities to succeed by investing in Ohio’s people, places, and businesses. Learn more about our work at: development.ohio.gov.

Utility Assistance Available For Senior Citizens

Energy Assistance Available to Reconnect/ Avoid Disconnection of Utilities

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

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

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

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

Dollar Energy Fund & Neighbor To Neighbor Program Assistance

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

Eligible Households

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

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



MEALS on WHEELS

GUERNSEY COUNTY

TOGETHER, WE CAN DELIVER.

Healthy Meals & Nutrition

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

Continental Breakfast Offered Every Morning

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

Home Delivered Meals Available throughout Guernsey County

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

Ensure® & Glucerna® Supplemental Beverages Available

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

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

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

Friendly Reminder Regarding Assessments

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

Nutritious Home Delivered Meals available to help clients recover

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

September 2025 Birthdays

09/01 Robert Cole James Huffman Barbara Kotoff Mitzi Spencer	09/10 Byron Stevens David Black Jeannette Taylor	Jeannette Wiley Peggy Callihan
09/02 Dolores Bell Ranndy Newsom Rosemary Tiffner Raymond Wayble Debra Edwards Jerry McCollum Lynn Watson Sharon Wineman	09/11 Mary Erbe Debbie Realme Jill Buckey	09/21 Linda Atkinson Gary Dunbar David Milligan Harriette Orr
09/03 Jewell Albaugh Cheryl Mathews Connie Vasko Lynette Rogers	09/12 Loretta Black Allen Zuess Dixie Anderson Diana Koenig	09/22 Martha Ford Charlie Gadd Donnie May Janet Dettra
09/04 Dale Shockley Mary Jamiel Andy Keith Larry Peltz Janet Roe Carolyn Stanley	09/13 Deborah Barr Connie Chappellear Linda Fair Barbara Paden Donald Pontius	09/23 Angie Bania MaryAnn Young
09/05 Terry Callihan	09/14 Diane Secrest Kathleen Small Rosemarie Tedrick Beverly Thompson Melanie Stillion Russell Suitt BJ Yates	09/24 Holly Hanes Sandra Hinson
09/06 Janice Dennis Lynnda Gress Reschell Johnson Patricia Farley	09/15 Ray Ragsdale	09/25 Sharon Lewis Norman Zimmerman Richard Booth Joyce Cale Julia Shipman
09/07 Ssusan McCracken Rose Harmon Buck Meisenhelder Andrea Mock	09/16 Linda King Gary Mathews John Miller Marie Paver Dale Rhinehart Dennis Sommers Lynn Wray Barbara Batal	09/26 Mary Carpenter Polly Michel Larry Swank Carol Conn Linda McWhorter Richard Springer
09/08 Lynn Bell Joanne Hamme Esther Mehaffey Beverly Easterling Wayne Fairchild Linda Gothard Janice Keith Connie Williams Paul Wiseman	09/17 Cynthia Goodman Sharon Sedor Bill Yontz Rodman Blazvick Princess Showers	09/27 Donna Ball Linda Bennett Darlene Frese Hazel Leep Lori Hall Gloria Kochur
09/09 Lloyd Doudna Ray Adams Laurel Adams Deborah Gray Debbie Honeywell Mark Strandberg	09/18 John Macy Leonard Martin Keith Bever Randy Douglas Dana Holyak Dale Reasoner Sr	9/28 Peggy Creek Mary Dickerson Deborah Mingroni Dana Carley
	09/19 Shirley Kurtz Joseph Armbruster	09/29 Shirley Delong Christine Blazvick Steve Douglas Bobbie Johnson SaraJean Shalosky
	09/20 Judy Brown Debbie Weaver	09/30 Gary Eubanks Alan Pence Janalea Stoney

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

Down on the Farm Word Search

Acre	Land
Animals	Llama
Baler	Mare
Barn	Milk
Bucket	Mower
Bull	Mule
Calf	Oats
Cat	Pail
Chick	Pasture
Coop	Pig
Corn	Plant
Crow	Plow
Dairy	Rabbit
Donkey	Rake
Duck	Ram
Egg	Ranch
Ewe	Roost
Farmer	Seeds
Feed	Sheep
Fence	Shovel
Food	Sickle
Gate	Silo
Geese	Soil
Goat	Sow
Goose	Steer
Grains	Tend
Grow	Till
Harvest	Tractor
Hay	Trough
Hen	Turkey
Hog	Udder
Horse	Water
Kid	Weeds
Lamb	Wheat

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





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

“Leave a Lasting Legacy”

The Guernsey County Senior Citizens Center Endowment Fund

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

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

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

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

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



Serving Guernsey County Senior Citizens



*Providing Quality Services &
Programs for over 53 years*

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



Services provided by the Guernsey County Senior Citizens Center Inc.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



BECOME A SOCIAL MEMBER OF THE SENIOR CENTER

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

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

Other benefits include, but are not limited to;

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

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