



“Celebrating 52 Years of Serving Guernsey County”

Senior Times Newsletter



Volume 52 Issue 5

Guernsey County Senior Citizens Center, Inc.

May 2024

Special Events:

**Spring
Craft Sale**
Friday, April 26th
9:00AM-2:00PM

**Sunnyside
Greenhouse
Trip**
Wednesday, May 1st

**Good Ole Gospel
Music Night**
Tuesday, May 7th

**OLDER ADULT
EXTRAVAGANZA**
Wednesday, May 8th



Sunday, May 12th

**SENIOR
PICNIC**
Cambridge City Park
Large Pavilion
Wednesday, May 22nd

1022 Carlisle Ave, Cambridge, Ohio 43725
Tel: 740-439-6681 Fax: 740-439-7478 Toll Free: 1-866-534-2349
E-mail: gcsc@guernseysenior.org Website: www.GuernseySenior.org

A Message from the Executive Director

Dear Seniors,

May is just around the corner and soon we will be celebrating Older Americans Month. This year's theme is "Powered by Connection". Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by a federal agency, the Administration for Community Living (ACL), OAM is a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving the older adults in our communities. This year's theme, "Powered by Connection," focuses on the profound impact that meaningful connections have on the well-being and health of older adults — a relationship underscored by the U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community. It's not just about having someone to chat with it's about the transformative potential of community engagement in enhancing mental, physical, and emotional well-being. By recog-



You're Cordially Invited to attend the

Annual Senior Day Luncheon

Wednesday, May 15, 2024

Balloon Launch 10:30 AM
Welcome & Luncheon 11:00 AM
Entertainment 12:15 PM
Door Prizes 1:00 PM
**ADVANCE
RESERVATIONS AND
TICKETS ARE
REQUIRED**

*Please call (740) 439-6681
to make your reservations
today!*

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 52 years.

“Serving Senior Citizens Throughout Guernsey County”

-nizing and nurturing the role that connectedness plays, we can mitigate issues like loneliness, ultimately promoting healthy aging for more Americans.

Here at Guernsey County Senior Citizens Center, Inc. we've been serving senior citizens throughout Guernsey County for over 52 years. We are committed to engaging senior citizens in all aspects of community life and encourage our community partners (no matter their age) to get involved and participate in celebrating Older Americans Month throughout the month of May.

How can community groups, businesses, and organizations mark OAM?

- Spread the word about the mental, physical, and emotional health benefits of social connection through professional and personal networks.
- Encourage social media followers to share their thoughts and stories of connection using hashtag **#PoweredByConnection** to inspire and uplift.
- Promote opportunities to engage, like cultural activities, recreational programs, and interactive virtual events.
- Connect older adults with local services, such as counseling, that can help them overcome obstacles to meaningful relationships and access to support systems.
- Host connection-centric events or programs where older adults can serve as mentors to peers, younger adults, or youths.

What can individuals do to connect?

- Invite more connection into your life by finding a new passion, joining a social club, taking a class, participating more frequently at the Senior Center, or trying new activities in your community.
- Stay engaged in your community by giving back through volunteering, working, teaching, or mentoring.
- Invest time with people to build new relationships and discover deeper connections with your family, friends, colleagues, or neighbors.

My dedicated team and I have planned a whole host of special activities and events to

celebrate Older Americans Month just for you! You can find complete details in this month's *Senior Times Newsletter* about everything we have planned for the month of May. We certainly hope you'll visit us and vote for our booth at the **Older Adult Extravaganza**, where we are a featured sponsor. The expo extravaganza will take place at Pritchard Laughlin Civic Center, Cambridge, Ohio on **Wednesday, May 8, 2024**. Admission is FREE and there will be lots and lots of door prizes and freebie gifts to give away. Also, we are excited once again this year to be hosting the always popular and well attended **Annual Senior Day Luncheon** on **Wednesday, May 15, 2024**. Please be sure to make your reservations early. Seating is limited and tickets go fast! Finally, we will end our month long Older Americans Month festivities and celebrations by hosting the **Annual Senior Picnic** at The Cambridge City Park Large Pavilion on **Wednesday, May 22, 2024**.

I look forward to seeing you join us as together we celebrate Older Americans Month.



We are all powered by connection and the world could us more connectivity versus more separation. I cordially invite you to please come and connect with your friends and fellow peers at the Guernsey County Senior Citizens Center! Have a Happy Mother's Day & Blessed Memorial Day too!

Sincerely,

Shon E. Gress

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

Certified Administrator of Aging Services

BEGINNER TABLET CLASS FOR SENIORS

Welcoming & Easy Paced Environment with
Instruction Given by Ohio PC Solutions

Classes begin Monday, April 29th



**Classes will be held
Mondays & Thursdays for 4 Weeks
from 2:00PM-4:00PM here at
Guernsey County Senior Citizens Center**

A second session of this class will be offered
starting Thursday, May 23rd

**Class size is limited to 15 people per session. To
sign up for this class please call (740) 439-6681.**

Classes are provided by Guernsey County Senior Citizens Center
Funded by Healthy Aging Grant



**Sunnyside Greenhouse Trip
Wednesday, May 1st**

We would love to have you join us for a fun mid-day trip on Wednesday, May 1st as we travel up State Route 22 here in Guernsey County. We will start off the trip with an early lunch at a local restaurant, 360 Burger, which will be on your own. After lunch we will travel on up the road to Sunnyside Greenhouse in Antrim to tour their greenhouses, get some gardening tips, and shop their beautiful selection of flowers. Before heading home we will stop at The Station on 22 for ice cream, which will also be on your own. This trip will depart at 10:45 AM and return at approximately 4:00PM. The cost of this trip will be \$10.00 for members and \$22.00 for non-members. To reserve your seat for this fun trip please call (740) 439-6681.

Southeastern Home Care



**Free Shoulder Massages
Wednesday, May 1st**

Southeastern Home Care will be here at Guernsey County Senior Center on Wednesday, May 1st from 12:00PM until 2:00PM offering free shoulder massages. If you would like to make an appointment please call (740) 439-6681.



**Cooking for One
Wednesday, May 1st**

Kick-start the new year by creating delicious, simple meals for one. Join us on Wednesday, May 1st from 1:30 PM-2:30 PM for this free class hosted by Caitlin Smith from the OSU Extension Office. You will learn about creating healthy, well-balanced meals, reducing recipes, food safety, stretching your food dollars, and reducing food waste. To sign up for this class please call (740) 439-6681.



**Breakfast Buffet
Friday, May 3rd**

Come in and enjoy our monthly breakfast buffet at Guernsey County Senior Center from 9:00AM-10:00AM on Friday, May 3rd. The breakfast menu will include: scrambled eggs, sausage patty, country diced potatoes, sausage gravy & biscuits, fresh fruit, juice, water & coffee. This event is "by donation" for seniors age 60+ and the suggested donation is \$5.00. To make your reservation please call (740) 439-6681.



**Guest Speaker from Jarvis Law
Friday, May 3rd**

Mary Beth from Jarvis Law Office here with us on Friday, May 3rd at 11:00AM. They will be discussing all aspects of Trusts and answering any questions you may have about them. We hope that you plan to attend this informative session.

**Cambridge Primary Choir
Friday, May 3rd**

We are excited to have special guests here at 11:30AM on Friday, May 3rd 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!

Line Dancing Class on Mondays

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



GOOD OLE GOSPEL MUSIC NIGHT

at



Guernsey County Senior Citizens Center, Inc.

1022 Carlisle Ave. Cambridge, OH 43725

TUESDAY, MAY 7, 2024

DOORS OPEN AT 5:00PM

MUSIC BEGINS AT 6:00PM

ADMISSION COST: \$2

Entertainment by:



Pure  Heart

SPONSORED BY
HELEN PURCELL HOME
&
BUCKEYE TIRE & SERVICE

Hosted by: Dick Pryor





2024 OLDER ADULT EXTRAUAGANZA

Classic Car Show
and
1950's Diner Theme



*All Vehicles Welcome
Trophies & Raffles*

*Free to
public!*

May 8 10am-2pm

FOOD TRUCKS

NO ADMISSION

LIVE CLASSIC MUSIC

PRITCHARD LAUGHLIN CIVIC CENTER - 7033 GLENN HWY. CAMBRIDGE, OHIO 43725

FOR MORE INFORMATION
1-800-945-4250

**Free DermaScan
Tuesday, May 7th**

Caitlin from the OSU Extension Office will be here at Guernsey County Senior Center on Tuesday, May 7th 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. To make an appointment for this free scan please call (740) 439-6681.



**Bookmobile
Tuesday, May 7th**

We are proud to be collaborating with the Guernsey County District Public Library to have them bring the Bookmobile to the Senior Center on Tuesday, May 7th from 12:00PM-1:00PM. They will be parking the Bookmobile out front in our parking lot. From this date onward, they will be visiting us the first Tuesday of each month. The Bookmobile carries regular and large print books, audiobook, and DVDs for all ages. We hope that you plan to visit them while they're here at the Senior Center!



Cardio Drumming Class on Tuesdays

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

**Alzheimer's Support Group
Tuesday, May 7th**

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 7th** here at the Senior Center.



**Mother's Day Luncheon
Friday, May 10th**

You are cordially invite to attend our Mother's Day Luncheon on Friday, May 10th beginning at 11:30AM. The menu will be: grilled chicken salad with dressing, grape salad, fresh fruit cup, warm croissant with butter and honey, and a cupcake for 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.



Due to preparation of the Annual Senior Day Luncheon on Wednesday, May 15th, there will be NO regular scheduled activities or lunch held at the Guernsey County Senior Center on Tuesday, May 14th. Lunch will only be served at the Byesville, Cumberland and Londonderry Satellite Sites. If you have any questions, concerns, or would like to make your reservations for lunch at either site, please call the GCSCC at (740) 439-6681.

YOU ARE CORDIALLY INVITED TO ATTEND

Senior Citizens Day Luncheon

Wednesday, May 15, 2024



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- Ken Groves
- 1:00PM- Door Prizes

Menu:

- Petite Bacon Wrapped Filet Mignon
- Baked Potato w/Butter & Sour Cream
- Candied Baby Carrots
- Tossed Salad w/Choice of Dressing
- Fresh Berry Fruit Cup
- Dinner Roll
- Turtle Cheesecake
- Lemonade, Coffee, & Water



Guest Speaker
Ken Groves

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.

**Commodity Pick-Up
Friday, May 17th**

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. next distribution will be held on **Friday, May 17th** from 10:00AM-3:00PM.



**Free Food Preservation Class
Friday, May 17th**

We are excited to partner with the OSU Extension Office to offer this free Food Preservation Class on Friday, May 17th at 12:00PM. This class will address: basic food safety principles, how to use a water bath canner and a pressure canner, canning tomatoes, pickling, and making jams and jellies, freezing fruits and vegetables, and much more! If you are interested in learning how to the various things taught during this class please give us a call at (740) 439-6681 to sign up!



**Painting Class
Monday, May 20th**

We are excited to have Three Sister's Studio here with us on Monday, May 20th at 2:00PM to host a canvas painting class. You will be painting the picture above this article, a watering can with flowers. The cost of this class is \$10.00 and will include all supplies needed to complete the painting. If you would like to sign up for this class please call (740) 439-6681.



**Free DermaScan
Thursday, May 23rd**

Caitlin from the OSU Extension Office will be here at Guernsey County Senior Center on Thursday, May 23rd 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. To make an appointment for this free scan please call (740) 439-6681.



**Card Making Class
Thursday, May 23rd**

If you enjoy making your own cards or would like to learn how we would love to have you join us on Thursday, May 23rd at 1:00PM. 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!



**Memorial Day Cookout
Friday, May 24th**

Not only is Memorial Day a time a to pay tribute to America's heroes, but also is the start of summer. Kick off the season by attending a special luncheon at Guernsey County Senior Citizens Center on Friday, May 25th beginning at 11:30AM. The menu will include: cheeseburger with bun, potato salad, buttered corn, broccoli, fresh fruit cup, and Jell-O cake for dessert. We ask that you please make a reservation for lunch on this day. You can do so by calling (740) 439-6681.


MEMORIAL DAY
 REMEMBER AND HONOR

Closed Memorial Day
Monday, May 27th

Guernsey County Senior Citizens Center will be CLOSED on Monday, May 27th in observance of the Memorial Day holiday. To receive a frozen holiday meal, please contact the Senior Center at (740) 439-5717.



Ice Cream Treat Day at Rasor's in Byesville
Tuesday, May 28th

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 Tuesday, May 28th 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 transported to and from Rasor's transportation is available or you can also drive yourself. If you would like transportation for ice cream treat day please call and make a reservation at (740) 439-6681.

May Birthday Celebration
Wednesday, May 29th

Please plan to join us on Wednesday, 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.

Free Freezer Jam Preservation Class
Wednesday, May 29th

We are excited to partner with the OSU Extension Office to offer this free Freezer Jam Preservation Class on Wednesday, May 29th at 12:00PM. This class will address: canning and freezing jams and jellies and how to safely prepare them. If you are interested in learning how to the various things taught during this class please give us a call at (740) 439-6681 to sign up!

Tanger® Outlets

Tanger Outlet Shopping Trip
Thursday, May 30th

If you like to shop, than this trip is for you! We'd love to have you join us as we travel to Washington, PA to Tanger Outlets for a day of shopping on Thursday, May 30th. Tanger Outlet has a wide variety of stores including: Skechers, Clark's, Bath & Body Works, Yankee Candle, and more. Lunch for this trip will be on your own at the various restaurants located inside the food court at the outlets. This trip will depart at 8:45AM and return at 4:00PM. The cost of the trip will be \$25.00 for members and \$37.00 for non-members. To reserve your seat please call (740) 439-6681.



The Lion King Musical Trip
Thursday, June 13th

More than 100 million people around the world have experience the phenomenon of Disney's the Lion King, and now you can too! Join us on this exciting trip to The Lion King Broadway Musical at the Ohio Theatre in Columbus on Thursday, June 13th. We will be departing for this trip at 10:15AM to head for Columbus. We will have lunch first at O'Charley's, which will be on your own. After lunch we will head to the theatre to find our seats and get ready to enjoy the show which starts at 2:00PM. We will return home after the show at approximately 6:00PM. The cost of this trip is \$85.00 for members and \$100.00 for non-members. Due to prepayment needing made for the tickets there will be no credit given if there is a cancellation. **Payment for the trip is due in full by Thursday, May 9th.** To reserve your seat for this trip please call (740) 439-6681.



Guernsey County Senior Citizens Center, Inc.

2024 Senior Citizens Picnic at the Park

Wednesday, May 22nd

10:30 AM-2:30 PM

Menu:

Chicken Leg
BBQ Pork Finger Rib
Au Gratin Potatoes
Baked Beans
Watermelon Wedge
Dinner Roll
Assorted Pies
Lemonade, Coffee, & Water

Entertainment By:



Schubach Little
Big Band

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

Tickets Cost is "By Donation"

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



A Special “Thank You”

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

- *Vincent & Jean Bowers**
- *In Memory of Wanda Dudley**
- *In Memory of Charlotte Dudley**
- Gloria Siegfried**
- Allen Strawsburg**
- Sally Gamble**
- Kathy Gann**
- Joyce Cale**
- Judy Antill**
- *Sandra Hinson**
- *In Memory of Diane Barnes**
- Bill & Bernice Lingle**



May Employee Birthdays

Cat Carpenter	6th
Charlie Wilfong	14th
Jill McKee	17th
Ken Harper	20th
Shirley Carna	23rd



Satellite Site Activities

We will be visiting all of our Satellite Sites throughout the month of May doing a fun activity. We will be at your site:

- Pleasant City:**
Thursday, May 2nd at 12:00PM
- Londonderry:**
Monday, May 6th at 12:00PM
- Byesville:**
Tuesday, May 21st at 12:00PM
- Old Washington:**
Wednesday, May 29th at 12:00PM
- Cumberland:**
Friday, May 31st at 12:00PM



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**





MEALS on WHEELS
GUERNSEY COUNTY
TOGETHER, WE CAN DELIVER.

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

- **Londonderry Site** will be open on Monday thru Friday (11:30AM-1:00PM). 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. 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). 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. 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). 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 2024 Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p>6</p> <p>8:30 AM- Crafting Group</p> <p>9:00AM- Tai Chi Class</p> <p>10:00AM -Bingo</p> <p>11:00AM Clothes Closet</p> <p>11:30AM- Lunch</p> <p>1:00PM- Line Dancing Class</p> <p>2:00PM- Beginner</p> <p>Tablet Class</p> 	<p>7</p> <p>9:00AM- Quilters</p> <p>9:00AM Pickleball in Byesville</p> <p>10:00AM- Bingo</p> <p>11:00AM Free DermaScan</p> <p>11:00 AM- Blood Pressure Checks</p> <p>11:30AM- Lunch</p> <p>12:00PM Bookmobile</p> <p>1:00PM- Cardio Drumming Class</p> <p>1:30PM- Alzheimer's Support Group</p> <p>6:00PM- Good Ole Gospel Music Night</p>	<p>8</p> <p>9:00AM- Sewing</p> <p>10:00AM -Bingo</p> <p>11:30AM- Lunch</p> <p>12:00PM- Mahjong</p> <p>Older Adult</p> <p>Extravaganza at Prichard Laughlin Civic Center</p> <p>10:00AM-2:00PM</p>	<p>9</p> <p>10:00AM -Bingo</p> <p>11:30AM- Lunch</p> <p>12:30 PM- Open Cards</p> <p>2:00PM- Beginner</p> <p>Tablet Class</p> <p>Lion King Musical Trip</p> <p>Payment Due</p>	<p>10</p> <p>10:00AM -Bingo</p> <p>11:30AM- Mother's Day Luncheon</p> <p>12:30 PM- Euchre</p>
<p>13</p> <p>8:30 AM- Crafting Group</p> <p>9:00AM- Tai Chi Class</p> <p>10:00AM -Bingo</p> <p>11:00AM Clothes Closet</p> <p>11:30AM- Lunch</p> <p>1:00PM- Line Dancing Class</p> <p>2:00PM- Beginner</p> <p>Tablet Class</p>	<p>14</p> <p>11:30AM-1:00PM Grab & Go Lunch</p> <p>No activities will be held at the Senior Center on this day due to preparations for the Senior Citizens Day Luncheon</p>	<p>15</p> <p>Senior Citizens Day Luncheon</p> <p>Begins at 10:30AM</p> <p>Advanced Tickets Required</p>	<p>16</p> <p>10:00AM Bingo</p> <p>11:30AM- Lunch</p> <p>12:30 PM- Open Cards</p> <p>2:00PM- Beginner</p> <p>Tablet Class</p>	<p>17</p> <p>10:00 AM- 3:00PM- Food Commodity Pick Up</p> <p>10:00AM -Bingo</p> <p>11:30AM Lunch</p> <p>12:00PM Free Food Preservation Class</p> <p>12:30 PM- Euchre</p>
<p>20</p> <p>8:30 AM- Crafting Group</p> <p>9:00AM- Tai Chi Class</p> <p>10:00AM -Bingo</p> <p>11:00AM Clothes Closet</p> <p>11:30AM- Lunch</p> <p>1:00PM -Line Dancing Class</p> <p>2:00PM Painting Class</p> <p>2:00PM- Beginner</p> <p>Tablet Class</p>	<p>21</p> <p>9:00AM- Quilters</p> <p>10:00AM Bingo</p> <p>11:00 AM- Blood Pressure Checks</p> <p>11:30AM- Lunch</p>	<p>22</p> <p>9:00AM- Sewing</p> <p>10:00AM -Bingo</p> <p>Senior Citizens Picnic at the Cambridge City Park</p> <p>10:30 AM-2:00 PM</p> <p>Advanced Tickets Required</p> <p>11:30AM Lunch</p> <p>12:00PM- Mahjong</p>	<p>23</p> <p>10:00AM -Bingo</p> <p>11:00AM Free DermaScan</p> <p>11:30AM- Lunch</p> <p>12:30 PM- Open Cards</p> <p>1:00PM Card Making Class</p> <p>2:00PM- Beginner</p> <p>Tablet Class</p>	<p>24</p> <p>10:00AM -Bingo</p> <p>11:30AM- Memorial Day Cookout</p> <p>12:30 PM- Euchre</p>
<p>27</p> <p>CLOSED</p> <p>MEMORIAL DAY</p>	<p>28</p> <p>9:00AM- Quilters</p> <p>10:00AM Pickleball in Byesville</p> <p>10:00AM -Bingo</p> <p>11:00 AM- Blood Pressure Checks</p> <p>11:30AM- Lunch</p> <p>12:15PM- Ice Cream Treat Day at Razor's in Byesville</p> <p>1:00PM- Cardio Drumming Class</p>	<p>29</p> <p>9:00AM- Geri Fit Exercise</p> <p>9:00AM- Sewing</p> <p>10:00AM -Bingo</p> <p>11:30AM Birthday Luncheon</p> <p>12:00PM- Mahjong</p> <p>12:00PM Free Freezer Jam Preservation Class</p>	<p>30</p> <p>8:45AM Tanger Outlet Shopping Trip</p> <p>10:00AM Bingo</p> <p>11:30AM- Lunch</p> <p>12:30 PM- Open Cards</p> <p>2:00PM- Beginner</p> <p>Tablet Class</p>	<p>31</p> <p>10:00AM -Bingo</p> <p>11:30AM- Lunch</p> <p>12:30 PM- Euchre</p>

May 2024 Menu

<p>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.</p> <p><i>*Menu subject to change depending on item availability.</i></p>	<p>1</p> <p>Pepperoni Pizza Italian Green Beans Tossed Salad w/Dressing Peach Cobbler Choice of Milk</p>	<p>2</p> <p>Baked Ham Slice Scalloped Potatoes Broccoli Florets Diced Pineapple Dinner Roll/Margarine Choice of Milk</p>	<p>3</p> <p>Shepard's Pie Buttered Potatoes Creamed Peas Ambrosia Salad Dinner Roll/Margarine Choice of Milk</p>
<p>6</p> <p>Macaroni & Cheese Stewed Tomatoes California Blend Vegetables Fresh Apple Dinner Roll/Margarine Choice of Milk</p>	<p>7</p> <p>Chinese Pepper Steak over Rice Asian Vegetables Pineapple Casserole Fresh Orange Choice of Bread/ Margarine Choice of Milk</p>	<p>8</p> <p>Roasted Pork Loin Yukon Gold Potatoes Lima Beans Fruit Cocktail Choice of Bread/ Margarine Choice of Milk</p>	<p>9</p> <p>Baked Cod Hashbrown Casserole Buttered Peas Fresh Banana Dinner Roll/Margarine Choice of Milk</p>
<p>13</p> <p>Swedish Meatballs over Noodles Zucchini & Squash Harvard Beets Fresh Pear Blueberry Muffin Choice of Milk</p>	<p>14</p> <p>Country Fried Steak w/ Gravy Hashbrown Carrots 100% Orange Juice Biscuit/Margarine Choice of Milk</p>	<p>15</p> <p>Ham Salad Sandwich w/ Bun Coleslaw Three Bean Salad Sliced Peaches Choice of Milk</p>	<p>16</p> <p>Cabbage Rolls Mashed Potatoes Creamed Corn Mandarin Oranges Choice of Bread/Margarine Sugar Cookie Choice of Milk</p>
<p>20</p> <p>Chipped Beef over Texas Toast Loaded Mashed Potatoes Glazed Baby Carrots 100% Fruit Juice Choice of Milk</p>	<p>21</p> <p>Rotini w/Meat Sauce French Style Green Beans Tossed Salad w/Dressing Apricots Garlic Toast Choice of Milk</p>	<p>22</p> <p>Chicken Leg Au Gratin Potatoes Baked Beans Watermelon Dinner Roll/Margarine Choice of Milk</p>	<p>23</p> <p>Meatloaf Baby Baker Potatoes Mixed Vegetables Tropical Fruit Dinner Roll/Margarine Choice of Milk</p>
<p>27</p> <p>Closed in Observation of Memorial Day. <i>Frozen Meals are Available upon Request</i></p>	<p>28</p> <p>Sloppy Joe w/Bun Tater Tots Peas & Carrots Diced Peas Choice of Milk</p>	<p>29</p> <p>Baked Pork Chop Roasted Root Vegetables Succotash Cantaloupe Chocolate Chip Cookie Choice of Bread/ Margarine Choice of Milk</p>	<p>30</p> <p>Roast Turkey w/Stuffing Noodles Green Bean Casserole Cucumber Onion Salad 100% Fruit Juice Choice of Milk</p>
<p>31</p> <p>Salisbury Steak' w/Gravy Sour Cream & Chive Mashed Potatoes Parmesan Cheese Corn Fresh Tangerine Dinner Roll/Margarine Choice of Milk</p>	<p>17</p> <p>Cubed Steak w/Mushroom Gravy Whole Buttered Potatoes Brussel Sprouts Fresh Grapes Dinner Roll/Margarine Choice of Milk</p>	<p>24</p> <p>Cheeseburger w/Bun Potato Salad Buttered Corn Broccoli Fresh Fruit Cup Jell-O Cake Choice of Milk</p>	<p>10</p> <p>Grilled Chicken Salad w/ Dressing Grape Salad Fresh Fruit Cup Croissant w/Margarine & Honey Cupcake Choice of Milk</p>



FOUNDATION FOR
APPALACHIAN OHIO
Give. Grow. Create.



Guernsey County Senior Citizens Center, Inc.
1022 Carlisle Ave.
Cambridge, OH 43725
(740) 439-6681

Dear Friends & Supporters,

We are pleased to announce a limited time opportunity for making a tax-deductible donation to support the mission of Guernsey County Senior Citizens Center, Inc. and Meals on Wheels Guernsey County through a contribution to Guernsey County Senior Citizens Center Endowment Fund.

**FOR A LIMITED TIME YOUR DONATIONS TO THE ENDOWMENT FUND
WILL BE MATCHED UP TO \$100,000!**

Your gift to the **Guernsey County Senior Citizens Center Endowment Fund** will be **matched 50 cents for each dollar given** while the match lasts. Donors to endowment funds at the **Foundation for Appalachian Ohio** may see **up to \$100,000 matched** so that your gift can make **double the impact** to protect and sustain our mission for future generations.

As you know, the growth of our endowment is a key piece to our long-term sustainability. These match dollars will be available on a first-come, first-serve basis so please help us ensure that the Guernsey County Senior Citizens Center benefits from this opportunity.

Please complete and return the form below along with your donation. No donation is too small; any amount will be greatly appreciated. All funds received will go directly to support senior based services and programs provided to older adults living in Guernsey County. Thank you in advance for your kindness and support.

Thank You & Best Wishes

Shon E. Gress

Shon E. Gress, Executive Director



____ I/We would like to **make a greater impact of my/our donation** (up to \$100,000) by having my/our donation matched by the Foundation For Appalachian Ohio and making my/our check payable to:

Guernsey County Senior Citizens Center Endowment Fund

Name: _____ Donation Amount: _____

In-Honor/Memory of, Family/Business Name: _____

Address: _____

Please complete and mail your 2024 tax-deductible donation to:

Guernsey County Senior Citizens Center, Inc.
1022 Carlisle Avenue
Cambridge, Ohio 43725



**IF YOU'RE CARING FOR AN OLDER ADULT,
YOU HAVE QUESTIONS . . .**

WE HAVE ANSWERS!

WeCare...Because You Do is a unique program that specializes in helping family members caring for an older loved one get the resources and information they need.

Ask us as many questions as you want!

More than just an answer line, your experienced Care Consultant will get to know you, understand your needs and work with you to solve the challenges you're facing. Care Consultants follow a proven process to create your step-at-a-time "action plan" that guides you toward the solutions you need.

Call us at 1-740-439-6681 to see how WeCare can help you and your loved one.

Helping older adults age with dignity and grace



We know you're busy!
Talk to us by phone, online or email at times convenient for you.

We can help you to:

Connect with services like transportation, meals, and home care

Review legal decisions and find financial guidance

Explore respite and long-term care options

Understand disease progression and manage behaviors

Have difficult but necessary conversations

Build a support team of family and friends



**GUERNSEY COUNTY
SENIOR CITIZENS
CENTER**

1022 Carlisle Avenue
Cambridge, OH 43725

740-439-6681

www.guernseysenior.org



**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 Mahjong on Wednesdays, Open Cards on Thursdays and Euchre on Fridays. All groups are held from 12:30 PM until 3:00 PM in the living room. There is no cost or reservation needed to join. We hope to see you!



**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:**

Rene Kelly
Robert Kuhn
Carol Huhn
Dorothy Okey
Nancy Tom
Pauline Collarik
Garey Larrison
Rachel Howell
Zeta Warne
Jack Warne
Gary Brown
Marilyn Brown
Mike Tedrick
Kathy Lyons

Jerry VanDyne
Sherry VanDyne
William Moore
Rick Lilienthal
Dave Pollock
Andrew Yandora
Teresa Yandora
Jerome Nichols
Jeannette Taylor
John Taylor
Mary Tidrick
Bob Rodgers
Donna Rodgers
Jeremy Brockwell



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

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

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

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

Evening dialysis:
by "appointment only"



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

Showcase your creative side at the Guernsey County Senior

Craft on Monday

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

Stitch together works of art on Tuesdays

Quilted works of art are created one stitch at a time and take loving hands to complete. Join in the fun by participating in the quilting group that meets each Tuesday at 9:00 AM. If you have a quilt top that you would like to have quilted, they are able to do that for you at 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.



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 garbage bag with donations at a time. If you would please call us at 740-439-6681 before bringing in your donations that would be greatly appreciated!



Blood Pressure & Wellness Checks On Tuesdays

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

Book Club Meeting First Thursday of Each Month

Do you enjoy reading? Have you ever read such a good book you wanted to tell everyone about it? Then the book club would be a good fit for you. The group meets on the first Thursday of every month at 1:00 PM. The next meeting is Thursday, April 4th.

Motorized Scooter Available for Loan

We currently have a motorized scooter available through our loaned equipment closet. This scooter is in working condition and comes with a battery charger as well. If you would like to see about borrowing one of these please stop in and see us!

Scooter use will be at your own risk. GCSCC is not responsible for accidents.



Utility Assistance Available For Senior Citizens



Heating Assistance Available

The Ohio Department of Development and Guernsey County Senior Citizens Center, Inc. want to remind Ohioans 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 pay their heating bills.

Ohioans can visit energyhelp.ohio.gov to apply online, download a copy of the application, or find contact information for a local Energy Assistance Provider. Senior citizens may go to GMN Tri-County office for help with assembling the required documents and completing their HEAP application.

Individuals will need to have copies of the following documents to include with their application:

- 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. If you need immediate assistance with your energy bills, please contact your local Energy Assistance Provider. A list of providers can be found at energyhelp.ohio.gov.

The last day to apply for the regular HEAP benefit is May 31, 2024. For more information or assistance with applying for a HEAP benefit, contact Guernsey County Senior Citizens Center, Inc. at (740)439-6681.

For more information on the programs, visit energyhelp.ohio.gov or call your local Energy Assistance Provider.

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.

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.**

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.

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.

Ensure® & Glucerna® Supplemental Beverages Available

Supplemental nutritional beverage shakes are available at the Guernsey County Senior Citizens Center and come in four delicious flavors: Chocolate, Vanilla, Strawberry, and Butter Pecan, all at a discounted rate. A case, which consists of 24 - 8 ounce cans, of regular Ensure is \$20, Ensure plus is \$22, and Glucerna is \$43. To place an order, please stop and visit with Garland Harper or Roger Davis, in our Transportation Department, or call (740) 432-3838.

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 2024 Birthdays

05/01	Wayne Barnes Melba Hughes Cindy Moncivaiz Ron Sotherden Sandy West			05/21	Deborah Cross Charlotte Drake
05/02	Junior Depuy Kenneth Ford Kay Kelley Eileen Schrimpf	05/12	John Westover Thelma Robinson Walter Showers Sandra Shugert Bill Smith Zeta Warne	05/23	Shirley Carna Maxine Sala
05/03	Paula Bakos Gregory Basch Janie McBride Sue Otto Tom Scanlon Jr. Teresa Weekley	05/13	Donna Bell Shirley Ford Kathleen Katynski Bonnie Kerns Ron Lemmon Mary Skeslock	05/24	Gerry Beckner Nancy Prine
05/04	Alan Earnest Carolyn Sarchet	05/14	Stephen Clark Karen Froehlich Florence Neff	05/25	Greg Ansberry Catherine Couto John P. Schoendorff Laura Wayble
05/05	Sandra Black Kathleen Bogart Sheila K. Buchtel Debra McCormick Pam Steele Ursula Young	05/15	Gail Anderson Ella Cropper Lenora Douglas Gerry Frencik Merle Nicholson Darlene Rohl June Sklenar Sandy Wickham	05/26	Maria Beavers Rita Jones Donna Pyles Cindy Cromwell Joseph Hollingshead Kay Ickes James E. Locher
05/06	Glenna Hatcher Phyllis Haught Frank McClure Burdella Thomas Mary Waggoner Debbie Miller	05/16	Pam Leep Frances Peters Paul Roby Frances Scharenberg Leonard Sedlak Tom Simon	05/27	Tana Casarez Marjorie Dorland Alan Drake Maria Gurnicke Cheryl Keller Lois Knight Darlene Lake Richard Price
05/07	Betty June Wolfe	05/17	Helen Farrar James E. Mercer John Neff	05/28	Maxine Barriat Larry Likes Dee Ramage Harry Evans Shelley Mikolajczak
05/08	Jerome Durant Sr. Robert Heinton Robert Hugh Gary Lucas MaryEllen Potts Randall Scott Charlotte Smith Dale Yerian	05/18	Brenda Bates William Gress Nettie Griffiths Constance Gibson Marilyn LePage Polly Perry Barbara Tipton Mary Ellen Tipton Dale Whitis Elvin Wickham	05/29	Mike Bakos Gail Bell Elizabeth Clark Janice Medley Harold Milner Connie Moore Martha Wittmer
05/10	Judy Elliott Vickie Harrison Carol Lodge Barbara Morgan Anita Russell Charlie Teetz	05/19	Janet Campbell Becky Combs Becky Corpman Linda Pawlowski	05/30	
05/11	James Deloatch Karen Watson	05/20		05/31	

**Happy
Birthday**

**From all of Your Friends &
Associates
at the Guernsey County
Senior Citizens Center!**



Memorial Day Word Search



Activities
 Alliance
 American
 Ancestors
 Anthem
 Band
 Banners
 Baton
 Birth
 Blast
 Bravery
 Celebrate
 Civic
 Corps
 Country
 Culture
 Dazzling
 Defense
 Devotion
 Dignity
 Dream
 Duty
 Endure
 Equality
 Family
 Feeling
 Fireworks
 Flag
 Flowers
 Forever
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 Glitter
 Glory
 Gratitude
 Groups
 Hero
 History
 Holiday
 Home
 Hope
 Ideal
 Imagery
 Join
 Joy

Kin
 Kind
 Laugh
 Liberty
 Life
 Love
 Loyalty
 March
 May
 Memorial
 Military
 Music
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 Native
 Official
 Oneness
 Parade
 Patriot
 Peace
 Picnic
 Pride
 Quiet
 Republic
 Restful
 Rights
 Rocket
 Salute
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 Sharing
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 Special
 Stars
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 Symbol
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 Unify
 Union
 Unite
 Values
 Veteran
 Victory
 Vital
 Wave
 Wisdom

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



“Please Assist Us in Continuing Our Mission of Serving Guernsey County Senior Citizens”

Your Tax Deductible Donations Help Provide Senior Citizens with Services

The Guernsey County Senior Citizens Center, Inc. is a registered 501 (c) 3 non-profit multi-senior services county-wide provider that is funded in part by the Ohio Department of Aging through The Area Agency on Aging-Region 9. Additional funding sources include a Senior Services Tax Levy, United Way of Guernsey County, as well as donations and contributions that are made by our countywide supporters. No one-single funding source supplies 100% of the funding that is required to sustain the many programs and services that GCSCC provides. All funds are obtained on a reimbursable basis and are received by GCSCC only after services have been provided to eligible senior citizens living throughout Guernsey County.

For over 51 years we have steadfastly continued our mission of serving older adults in Guernsey County. Due to the growing need for senior based services and programs the Guernsey County Senior Citizens Center, Inc. depends a great deal upon the kindness and generosity of others in helping us to fulfill our mission and goals. **Your donations greatly assist us in our mission of serving senior citizens as well as help us to serve a growing and increasing aging adult population.** Quality services including, but not limited to; home delivered meals, transportation, and homemaking, are each provided on a “Donation Only” basis, whereby seniors will not be denied services based on their ability or inability to make a donation. Suggested Cost Sharing fees are recommended for some programs. Rising gasoline prices, increasing food costs, and other expenses require us to share this reminder about how crucial your donations are and how they go directly toward GCSCC achieving and fulfilling our mission of serving senior citizens.

Please remember GCSCC when structuring your Will; listing beneficiaries; and when making in-memoriam contributions are appropriate. We sincerely appreciate your kindness and support...and most importantly we know that the seniors that we serve appreciate your support too! *Please help us secure the future of senior based services so that they are readily accessible and available for you or when someone in your own family or circle of friends might need them.*

“THANK YOU FOR SUPPORTING THE MISSION OF THE GUERNSEY COUNTY SENIOR CITIZENS CENTER”



I/We wish to contribute to the following beneficial senior based program(s):

- | | |
|--|--|
| Home Delivered Meals _____ | Morning Breakfast Program _____ |
| Dining Center Meals _____ | General Use _____ |
| Home Maker /Home Health _____ | Other: (Please specify) _____ |
| Transportation _____ | GCSCC Foundation/Endowment Fund _____ |
| Pets Enjoy Treats (PET) Program _____ | |
| In Memory of: _____ | |

Please complete and mail your 2024 tax-deductible donation to:

**Guernsey County Senior Citizens Center, Inc.
1022 Carlisle Avenue, Cambridge, Ohio 43725**



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!**