Keep Calm & Craft on Mondays
Guernsey County Senior Citizens Center has a perfect opportunity to showcase your talents by hosting an in-house crafting group on Mondays from 8:30 AM - 11:00 AM. They create a variety of items from greeting cards to floral arrangements and much more. All of the items they create are on display at the Senior Center and are available to purchase at very reasonable prices. If you are interested in joining the group or would like additional information, please stop by the Senior Center on Mondays or call (740) 439-6681.

Hearing Life
Guest Speaker
Monday, June 3rd
Hearing Life’s Zach Barton will be at Guernsey County Senior Citizens Center on Monday, June 3rd at 11:00 AM. Zach will speak about the services that they provide and answer questions. We hope to see you there.

Coloring Group Held Each Monday
Guernsey County Senior Citizens Center hosts a coloring group which meets each Monday from 12:30 PM - 1:30 PM. The class takes place in the comfort of the living room. All supplies for the class are provided and there is no cost to participate but donations are always welcome. If you would prefer to color at home, Guernsey County Senior Citizens Center offers coloring packets which contain several coloring pages and crayons or colored pencils. You can pick them up or for a small fee we can send them to your home. If you would like additional information, please call (740) 439-6681.

Davis–Shai House Trip
Tuesday, June 4th
The Guernsey County Senior Center cordially invites you to travel with us to the Davis–Shai House in Heath, OH. This trip will depart on Tuesday, June 4th at 9:00AM and will return at 4:30 PM. We will arrive at the Davis–Shai House and enjoy a delicious lunch, which is included in the cost of the trip. Next we will learn the history of the mansion and enjoy a tour. To make your reservations for the trip please call the Senior Center at 740-439-6681. Cost for the trip will be:
Members: $40.00  Non-Members: $48.00

It’s all about Quilting on Tuesdays
The origin of quilting is unknown but evidence shows that people wore quilted clothing as many as 5,000 years ago. Take part in a wonderful tradition by joining Guernsey County Senior Citizens Center quilting group held each Tuesday beginning at 9:00 AM. If you have a quilt top that you would like to have quilted, they will do that for you at a reasonable fee. Please visit the Senior Center to see all the beautiful quilts on display for purchase. For more information, please call (740) 439-6681.

“Clothes Closet” for Seniors Every Tuesday
Are you looking for some new summer clothing? Well, Guernsey County Senior Citizens Center has the perfect “fit” for you. You are invited to come and shop for FREE at our “Senior Clothes Closet” on Tuesdays from 11:00 AM - 12:00 PM at the Senior Center. Our friendly clothes closet volunteer, Shirley Kurtz, will assist you with finding any seasonally appropriate clothing items that you may need. Donations of clean, slightly used, clothing items are also appreciated. For more details, please call (740) 439-6681 or please stop by during posted hours.
Wednesdays are a Great Day for Sewing

The Guernsey County Senior Citizens Center sewing group meets every Wednesday from 9:00 AM until 11:30 AM. They are always making & selling new items for purchase. If you are looking for someone to mend a pair of slacks or shorten a set of curtains, they may be able to help. Unfortunately, they are unable to work on any type of jean material. Please visit the Senior Center or call (740) 439-6681 for additional information.

Blood Pressure & Wellness Checks

Health checks are provided at the Senior Center by certified health care professionals every Wednesday from 9:30 AM - 11:00 AM. The friendly professionals will check your blood pressure, pulse, and weight. For more information, please stop by your Senior Center on Wednesdays.

Kountry Swingers invite you to join them on Wednesdays

The Kountry Swingers are talented group of ladies who love to dance and have performed at many places around the area including the Guernsey County Fair, nursing homes, and holiday parties just to name a few. They are looking for folks who love to do the same to join their group. They practice at the Guernsey County Senior Citizens Center on the first, second and fourth Wednesdays each month at 12:30 PM. If you have any questions or are interested in joining, please contact JoAnn Spruill at (740) 432-3234.

Breakfast Buffet

Wednesday, June 5th

Start your day off with a delicious breakfast on Wednesday, June 5th at the Guernsey County Senior Citizens Center as we host a breakfast buffet beginning at 9:00 AM. The special menu will include: sausage & egg croissant, hash brown, sausage gravy & biscuits, yogurt cup, and assorted fresh fruit. Water and fruit juices will also be served. Reservations are required to attend this event and can be made by calling the Senior Center at (740) 439-6681 or visiting the guest services desk.

Be Social and Have Fun by 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 Pinochle on Tuesdays, Bridge on Wednesdays, Cribbage on Thursdays and Euchre on Fridays. All groups are held from 12:00 PM until 3:00 PM and there is no cost or reservation needed to join. We hope to see you soon.

It’s Line Dancing Time on Tuesdays

Line dancing is a delightful activity that is both social and physical. Enjoy an afternoon of line dancing at Guernsey County Senior Citizens Center every Tuesday from 3:00 PM until 4:00 PM. Cost is by donation and no reservations are required to participate. If you would like additional information, please contact the Senior Center by calling (740) 439-6681.
Bible Study Group

A non-denominational Bible study group, which is led by Mary Cowgill, is held at Guernsey County Senior Citizens Center every Thursday morning from 10:00 AM - 11:30 AM. Each meeting will begin with an hour of spiritual study followed by a video of historical Old Testament study. If you have any questions about this group, please visit the guest services desk of the Senior Center.

Book Club Meeting
Thursday, June 6th

Do you enjoy reading? Have you ever read such a good book you wanted to tell everyone about it? Then the book club at Guernsey County Senior Citizens Center would be a good fit for you. The group meets on the first Thursday of every month at 12:00 PM with the next meeting scheduled for Thursday, June 6th. Please be sure to bring one of your favorite books for discussion. We hope to see you then.

Red Hat Diva Meeting & Luncheon
Monday, June 10th

The Red Hat Divas will be having their monthly meeting and luncheon on Monday, June 10th. They will meet at Winterset Kitchen, located at 16869 Cadiz Rd in Lore City, at 12:00 PM. Lunch will be on your own off the menu. To make reservations, please contact the Senior Center at (740) 439-6681.

Birthday Party & Luncheon
Tuesday, June 11th

Join Guernsey County Senior Citizens Center in singing “Happy Birthday” to all of our friends and family who are celebrating a birthday in June on Tuesday, June 11th at 11:30 AM. Cake and ice cream will be served following a delicious lunch. Reservations are required to attend this event and can be made by calling (740) 439-6681 or visiting the guest services desk of the Senior Center.

June Employee Birthdays

Ronda Porcher      5th
Steve Bennett         7th
Donna Devers      13th
Dave Peters          29th
Alzheimer’s Support Group Meeting  
**Tuesday, June 11th**  
According to the National Institute on Aging, Alzheimer’s Disease is an irreversible, progressive brain disorder that slowly destroys memory and thinking skills, and eventually, the ability to carry out the simplest of tasks. In most people, the symptoms appear in mid-60s and is the most common cause of dementia among older adults.

Individuals who are impacted by this disease often need support and have many questions. The Senior Center hosts an Alzheimer’s Support Group on the second Tuesday of each month at 1:30 PM. The next meeting will be held on **Tuesday, June 11th**. If you would like additional information, please contact group leader, Mary Jo Moorhead, at (740) 685-8764.

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**Guest Speaker Joel Blue**  
**Friday, June 14th**

Did you know, as many as 1 in 10 older Americans are abused or neglected each year and only 1 in 14 cases of elder abuse ever comes to the attention of authorities? Older Americans are vital, contributing members of our society and their abuse or neglect diminishes all of us. Please join Guernsey County Senior Citizens Center administration and staff in wearing purple on Friday, June 14th in recognition of World Elder Abuse Awareness. Also, Guernsey County Prosecutor Joel Blue will be here to speak about Elder Abuse at 11:00 AM. We hope you will join us.

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**Father’s Day Luncheon**  
**Friday, June 14th**

Celebrate dad at the special father’s day cookout on Friday, June 14th, at Guernsey County Senior Citizens Center, beginning at 11:30 AM. The special menu will include: cheeseburger, potato salad, baked beans, strawberry glazed bananas, assorted berry pies for dessert. Lemonade, water & coffee will also be served. To make your reservations to attend this special luncheon, please call (740) 439-6681.

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**What Makes A Dad**

God took the strength of a mountain,  
The majesty of a tree,  
The warmth of a summer sun,  
The calm of a quiet sea,  
The generous soul of nature,  
The comforting arm of night,  
The wisdom of the ages,  
The power of the eagle’s flight,  
The joy of a morning in spring,  
The faith of a mustard seed,  
The patience of eternity,  
The depth of a family need,  
Then God combined these qualities,  
When there was nothing more to add,  
He knew His masterpiece was complete,  
And so, He called it...Dad

-Unknown Author
Medical Mutual
Guest Speaker
Monday, June 17th
Steve Beck from Medical Mutual will be stopping by Guernsey County Senior Citizens Center on Monday, June 17th at 11:00 AM. He will be speaking about their company, the services they have to help you and answer questions. If you are interested in attending this informative session, please make reservations by calling (740) 439-6681.

Due to an event on Monday, June 17th there will not be any lunch served at the Londonderry satellite site only. Lunches will resume again on Thursday, June 20th as scheduled.

Dickinson’s Cattle Trip
Tuesday, June 18th
The Guernsey County Senior Center cordially invites you to travel with us to the Dickinson’s Cattle Farm in Barnesville on Tuesday, June 18th at 8:30 AM. Upon arrival at the Farm we will take a tour of the pastures on a school bus. Everyone will receive some cow candy to feed the long steers out the windows of the bus. After the tour we will enjoy lunch, which is included in the cost of the trip, at the Long Lean Burger Bar complete with all the fixings. Next we will visit the store were there is a lot of bulk foods and meats for sale. To make your reservations for the trip please call the Senior Center at 740-439-6681.

As a courtesy reminder, this trip needs to be paid for in advance by June 10th. Please know that there will be no refunds or credits if you cancel your reservation for this trip after June 10th. This trip may also be very bumpy at times as we travel into pastures and on dirt roads during the driving tour while on the school bus.
Cost for the trip will be:
Members: $38.00 Non-Members: $46.00

June Monthly Dinner
Thursday, June 20th
Guernsey County Senior Citizens Center will be hosting your Monthly Senior Dinner on Thursday, June 20th at 5:00 PM beginning with welcome and introductions. Dinner will follow with the special menu to include: stuffed green peppers, mashed potatoes, buttered corn, apple sauce, dinner roll & butter, and vanilla wafer pudding for dessert. Iced tea, water and coffee will also be served. After dinner, sit back, relax and enjoy live entertainment and door prize giveaways to conclude the evening. If you would like to make your reservations for this delightful evening, please visit the guest services desk or for your convenience, you may call (740) 439-6681.

Commodity Pick-Up
Friday, June 21st
Guernsey County Senior Citizens Center partners with the Mid-Ohio Food Bank in providing a Commodity Supplemental Food Program. The next distribution will be held on Friday, June 21st from 10:00 AM - 3:00 PM. You must pick up on this day due to limited storage. If you have any questions, please call Kylee at (740) 439-6681.

Byesville Senior Dinner
Tuesday, June 25th
Join friends at the Byesville satellite site, located at the Stop Nine Senior Activity Center in Byesville, for the monthly senior dinner beginning at 4:00 PM on Tuesday, June 25th. The evening will begin with welcome and announcements followed by a delicious dinner with the menu to include: kielbasa, red skin potatoes, lima beans, peaches, dinner roll & butter, and Boston cream pie for dessert. Iced tea, water and coffee will also be served. The event will conclude with a fun door prize drawing. Reservations are required to attend the dinner and can be made by visiting the guest services desk of the Senior Center or call (740) 439-6681.
Starting Wednesday, June 5th

This Class will be Offered:

Wednesday’s from
10:00 AM to 11:00 AM
In the first half of the dining room at
the Senior Center.

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

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

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Walking Group

Meets on Fridays

Guernsey County Senior Citizens walking group meets at the
Great Guernsey Trail on Fridays from
10:00 AM to 11:00 AM
except for the 3rd Friday of the month.

Bottled water will be provided for walkers. In case of inclement weather you will
receive a personal phone call informing you of a cancellation.

If you are interested in joining this group, please call Kylee at
(740) 439-6681.

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Geri-Fit® Helps Prevent Falls and Helps...

⇒ Increase Muscular Strength
⇒ Improve Balance and Coordination
⇒ Boost Motor Skills and Reaction Time
⇒ Enhance Flexibility and Gait
⇒ Reduce Arthritic Conditions
⇒ Expand Functional Capacity
Loaned Equipment Closet

Guernsey County Senior Citizens Center offers a Medical Equipment closet whereby seniors can borrow assistive devices such as wheel chairs and walkers. For additional information, please see a friendly staff member when you are visiting the Guernsey County Senior Citizens Center or for your convenience, you may also call (740) 439-6681.

GCSCC Memberships

Guernsey County Senior Citizens Center offers social membership for seniors 50 years and older. The cost is a yearly $7.00 donation 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 months of April and May:

Joe Seresun
James Rhoades
Louella Nichols
Candace Freeman
Marjorie Hanning
George Hanning
Charlotte Drake
Pam Goodwin
Roger Cotton Sr.
Angela Hajzak
Cathy Jo Yontz
Sherry Meredith
Linda Jean Gothard
Jim Gothard
Manley Miller
JoAnne McCance

Pets Enjoy Treats (PET) Program

To many senior citizens, pets are not only a companion, but they’re family. It is sometimes more important for them to see that their pet is cared for even more than themselves, which often means sacrificing portions of their home delivered meal so that their pet can have a “snack”.

Having a pet can also help reduce stress, lower blood pressure, reduce depression, increase social interaction and physical activity. For reasons such as these, the PET program was created.

What is the PET program?

Thanks to a Meals on Wheels Loves Pets grant from Meals on Wheels America, Meals on Wheels Guernsey County provides healthy, nutritious, high ranked/recommended pet treats for both cats and dogs when a Meals on Wheels client receives a home delivered meal.

Along with the human meal, two treats are provided to each pet in the home (limit of 3) each week-day by the Home Delivered Meal Driver. The first one is for the pet to have when the driver arrives and the other is up to the discretion of the client to give whenever they choose. This was designed to encourage a good safe rapport between the Meal Deliverer and the pet(s) to avoid painful dog/cat bites, reward and reinforce pet(s) exemplifying good behaviors and more importantly condition and train the pet(s) to “look forward and welcome” the respected delivery person.

If you would like to find out more about Meals on Wheels Guernsey County PET program, or would like to make a donation of treats or food, please contact

Guernsey County Senior Citizens Center, Inc.
(740) 439-6681
or visit us at
1022 Carlisle Avenue
Cambridge, Ohio 43725
“Thank You” To All Those Who Support Our Mission of Serving Local Older Adults

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 contribution or special donation to the mission of the Senior Center during the months of April and May:

JoAn McHenry
Elizabeth Clark
Stephanie Wing
Sally Gamble
Audrey Culbertson
Alma Kokubun
Rose Ann Davis
Appalachian Springs Ltd.
  Tamara Kelm
  Grace Pantry
  Judy Elliott
  Country Bits
  Lorna Gibson
  Rosetta Blackwood
*Tom & Melody Greathouse
* In Memory of Ruth Anderson
  Tom & Rose Kopyar
  Margery Gress
  Rick Springer
  Teresa Dankovic
  Lee Parker
In Memory of Frances Mehaffey
  Barb Folger
  Hal & Peggy Ringer
  Pat Graven
  Janet Snodgrass
  Bob Hendershot
  Lowell & Jackie Gesaman
  Harp Mission

Shirley Kurtz
Carlos Hrinko
Rachel Milligan
Kenny & Marsha Kerr
June McFarland
Anonymous
Martha Trenner
Lowell & Dagmar Thomas
Patrick & Kathy Sullivan
Bob Long
Mary Cowgill
Lynn Bontrager
Blake Hobson
Clarence & Kathy Wray
GCSCC Crafters
Fred & Pat DiNapoli
Bobbi Henderson
Rich Bennett
Rita Yerian
Aldena Herman
Dale & Shirley Whitis
Barbara Adams
Altercare
Rachel Thompson
Janet Andrews*
In Memory of Helen Andrews*
Beckett House
Moose Lodge #631
Kipling VFW #7371
Sharon & Bryan Lewis
Janet Bender
Acute Nursing Care
Rick Clay
**Norma Canel
**In Memory of Paul Canel
  John & Rita Jones
  Marge Stillion
  Nellie Bichard
  Jim & Helen Montgomery
  Interim Health Care
  Roger & Alberta Bates
  Denny’s
  Unity Presbyterian Church
  Sandra Boyd
Guernsey County Senior Citizens Center, Inc. would like to express our sincere gratitude to our supporters and community partners for helping to make the special events during the 2019 Older Americans Month a complete success.

- Acme Dry Cleaners
- Advance Auto Parts
- An Enchanted Garden
- Anonymous
- Arby’s Restaurant
- Area Agency on Aging Reg.9
- Astoria Place of Cambridge
- Auto Zone
- Bennett Paper & Supply
- Buckeye Tire
- Buffalo VFW Post 8040
- Cambridge Amateur Radio Association
- Cambridge Country Club
- Cambridge City Park & Recreation Dept.
- Cambridge Elks Loge #448
- Cambridge Moose Lodge #631
- Cambridge Packaging
- Cambridge Used Cars
- Cambridge VFW Post 2901
- Central Station Steak & Ale
- Colgate-Palmolive
- Comfort Inn
- Country Bits
- Creative T’s
- Creno’s Pizza
- Dairy Queen
- Denny’s Restaurant
- Domino’s Pizza
- Downtown Arena
- Dunning Motor Sales
- El Tlaquepaque
- Fraternal Order of Eagles Cambridge Post 386
- Francis Family Restaurant
- Galaxy Pizza
- Garrett’s Studio
- Lowell & Jackie Gesaman
- Guernsey County Cancer Society
- Guernsey County Senior Citizens Center Crafters
- Guernsey County Senior Citizens Center, Inc.
- Hair Hunters
- Hampton Inn
- Hats Off
- Heritage Corporation
- Home Decor
- House of Hunan Restaurant
- IC Care
- Inspired Hair Salon
- Interim Healthcare
- Jacqueline’s Day Spa
- Judge David Bennett & Staff
- Judy’s Barbershop
- Kennedy’s Bakery
- King Carpet
- Kipling VFW Post 7371
- Lady Jane’s Merchantile
- Long John Silvers
- Marlene’s Restaurant
- Matheson Valley Gas
- McKenna’s Market
- Medical Mutual
- Merle Norman
- Mid East Career & Tech. Center Buffalo Campus
- Instructors & National Honor Society Students
- Modern Movements
- Moore Brother’s Hardware
- Mosser Glass
- Mr. Lee’s Restaurant
- Nickell’s Greenhouse
- Nothing But Chocolate
- Old Country Loft
- O’Reilly Auto Parts
- Orme’s Hardware
- Papa John’s Pizza
- Pearl Valley Cheese
- Peoples Bank
- Plus One Pizza
- Rachel Milligan
- Randy & Maggie Money
- Rasor’s Drive-In
- Riesbeck Food Market
- Rite-Aid Pharmacy
- Rosetta Blackwood
- Serenity Hair Salon
- Shear Dimensions
- Shirley Kurtz
- Shon E. Gress
- Sleep Inn & Suites
- Soft Cloth Car Wash
- Southgate Hotel
- Summit Acres Skilled Nursing & Rehab T & J Market
- The Bear’s Den Restaurant
- The Daily Jeffersonian
- The Forum Restaurant
- The Pantry Door
- Theo’s Restaurant
- The Point Tlaquepaque Restaurant
- Towne House Gifts
- Trail Family Diner
- United Way
- US Bank
- Wally’s Pizza
- West 40 Auto Sales
- Winterset Kitchen
- Wycoff’s Barber Shop
Are you kind hearted, friendly, and consider yourself a “people person” who enjoys staying busy & active or helping others and would like to give back to your community? Then we’d like for you to please consider becoming a volunteer at Guernsey County Senior Citizens Center, Inc.! Volunteers are needed and there are a variety of ways that you can help. No matter your availability, we cordially invite you to share your time, skills, and talents. As a volunteer, you can provide help and make a difference in the lives of our seniors whom we serve. For more information, please contact Janie at (740) 439-6681.

Opportunities include
- Event Set Up & Decorating
- Kitchen Help & Dinner Servers
- General Office Help
- Entertainment
- Maintenance
- Commodity Food Distribution
- And much more!

If you would like to find out more about becoming a volunteer at the Guernsey County Senior Citizens Center, Inc. please stop by and visit Janie Downerd or call (740) 439-6681.
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<tr>
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<th>Monday</th>
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<tr>
<td>3</td>
<td>8:00 AM Continental Breakfast</td>
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<td>8:30 AM Crafting Group</td>
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<td>9:00 AM Davis-Shaw House Trip</td>
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<td>7</td>
<td>8:00 AM Breakfast Buffet</td>
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<td>8</td>
<td>9:00 AM Blood Pressure Checks</td>
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<td>9:00 AM Quilting Group</td>
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<td>11</td>
<td>9:00 AM Clothes Closet</td>
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<td>13</td>
<td>10:00 AM AM Guest Speaker</td>
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<td>10:00 AM AM Get-Fit</td>
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<td>16</td>
<td>10:00 AM AM Coloring Group</td>
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<td>17</td>
<td>10:30 AM AM Tai Chi (Beginner)</td>
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We invite you to join us for lunch at the Guernsey County Senior Center, the Byesville, Cambridge Heights, Cumberland, Londonderry or Pleasant City sites. Lunch is served at 11:30—1:00. If you have any questions about our nutrition services please call Hollia Husk, Nutrition Supervisor at 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 2% or Skim Milk.

### June 2019 Menu

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>3 Vegetable Lasagna</td>
<td>4 Lemon Pepper Fish</td>
<td>5 Barbeque Chicken</td>
<td>6 Homemade Meatloaf</td>
<td>7 Glazed Sliced Pork Loin</td>
</tr>
<tr>
<td>Green Beans</td>
<td>Rice Pilaf</td>
<td>Buttered Potatoes</td>
<td>Mashed Potatoes &amp; Gravy</td>
<td>Cooked Cabbage</td>
</tr>
<tr>
<td>Spiced Pears</td>
<td>Buttered Corn</td>
<td>Zucchini &amp; Squash</td>
<td>Buttered Peas</td>
<td>Pineapple Casserole</td>
</tr>
<tr>
<td>Apple Juice</td>
<td>Cinnamon Applesauce</td>
<td>Fresh Grapes</td>
<td>Fresh Banana</td>
<td>Fresh Fruit</td>
</tr>
<tr>
<td>Choice of Bread / Marg.</td>
<td>Orange Juice</td>
<td>Biscuit / Marg.</td>
<td>Butterscotch Pudding</td>
<td>Dinner Roll / Marg.</td>
</tr>
<tr>
<td>Choice of Milk</td>
<td>Choice of Bread / Marg.</td>
<td>Choice of Milk</td>
<td>Choice of Milk</td>
<td>Choice of Milk</td>
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</tbody>
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<tr>
<th>8 Chipped Beef over Toast</th>
<th>11 Bone in Pork Chop</th>
<th>12 Johnny Marzetti</th>
<th>13 Chicken Gordon Blue</th>
<th>14 Cheeseburger w/ Bun</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mashed Potatoes</td>
<td>Roasted Red Skin Potatoes</td>
<td>Tossed Salad w/ Dressing</td>
<td>Parsley Potatoes</td>
<td>Baked Beans</td>
</tr>
<tr>
<td>Carrot Coins</td>
<td>Asparagus Cuts</td>
<td>Butter Beans</td>
<td>Mixed Vegetables</td>
<td>Potato Salad</td>
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<tr>
<td>Cottage Cheese</td>
<td>Fresh Orange</td>
<td>Blueberry Compote</td>
<td>Fresh Apple</td>
<td>Fresh Banana</td>
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<tr>
<td>Sliced Strawberries</td>
<td>Marble Cake</td>
<td>Choice of Bread / Marg.</td>
<td>Dinner Roll / Marg.</td>
<td>Peaches</td>
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<td>Choice of Bread / Marg.</td>
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<tr>
<th>17 Boneless Chicken Wings w/ Ranch</th>
<th>18 Pork Cutlet</th>
<th>19 Beef Pot Roast</th>
<th>20 Ravioli w/ Marinara Sauce</th>
<th>21 Rotisserie Seasoned Chicken</th>
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<tr>
<td>Potato Wedges</td>
<td>Sweet Potatoes</td>
<td>Mashed Potatoes &amp; Gravy</td>
<td>Winter Blend</td>
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<td>Coleslaw</td>
<td>Brussels Sprouts</td>
<td>Spiced Pears</td>
<td>Spiced Peppers</td>
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<td>Pineapple Tidbits</td>
<td>100 % Fruit Juice</td>
<td>Fresh Fruit</td>
<td>Fresh Fruit</td>
<td>Peaches</td>
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*No meals at our Londonderry Site*

<table>
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<tr>
<th>22 Beef Stroganoff</th>
<th>25 Macaroni &amp; Cheese</th>
<th>26 Chef Salad</th>
<th>27 Pork Roast</th>
<th>28 Sweet &amp; Sour Chicken over White Rice</th>
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<tr>
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<td>Stewed Tomatoes</td>
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<td>Blueberry Muffin / Marg.</td>
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<td>Orange Pineapple Juice</td>
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**June 2019**
Utility Assistance Available For Senior Citizens

Home Energy Assistance Program Applications and Heating Help

HEAP applications are available at the Senior Center. The program provides senior citizens with assistance on their heating/cooling bills. In-home application assistance, whereby a member of our staff will come directly to your home and help fill out your HEAP application, can also be arranged.

Applicants must provide the following: Proof of income, proof of citizenship (birth certificate, baptismal certificate or a DD-214 (Military Discharge), proof of your past heating bill, and have a household income that is 175% at / or below the federal poverty guideline level. For more information and eligibility requirements, please stop by the Guernsey County Senior Citizens Center. Our hours of operation are 8:00 AM to 4:00 PM, Monday thru Friday.

Income eligibility requirements per year are:

1. Person $21,245.00
2. 2 People $28,805.00
3. 3 People $36,365.00
4. 4 People $43,925.00
5. 5 People $51,485.00
6. 6 People $59,045.00
7. 7 People $66,605.00
8. 8 People $74,165.00

For households with more than 8 members, please contact your local community action agency.

If you are a senior and need help filling out your HEAP application, please contact the Guernsey County Senior Citizens Center by calling (740) 439-6681 or toll free at 1-866-534-2349, we will be happy to assist you. You may also visit the HEAP website: Energyhelp.ohio.org
Or email: energyhelp@odod.state.oh.us For hearing impaired only, please contact 1-800-686-1557.

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 200% of the Poverty Income Guidelines (FPIGs), a family of four earning up to $48,499.92 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.
Guernsey County Senior Citizens Center, Inc.

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
hours of operation are

Monday through Friday
8:00 AM - 8:00 PM

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 Michael Hess or Roger Davis at (740) 432-3838.

Guernsey County Senior Citizens Center, Inc.

Provides Homemaking Services

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.

As with all of our services, Homemaking is provided on a “Donation Only” basis.

If you are interested in our Homemaking services, or have additional questions, please call (740) 432-6617!
Guernsey County Senior Citizens Centers’ Satellite Site News

Cumberland

The Guernsey County Senior Citizens Center Cumberland satellite site is located at the Cumberland United Methodist Church, 437 W. Main St, Cumberland, Ohio. Lunches will be served each Tuesday and Friday at 11:30 AM until 1:00 PM. The meals are “by donation only” for guests over 60 years of age (Recommended donation is $2.50) and $5.50 for guests under 60. If you are interested in being a guest at the Cumberland site for lunch, please call the Guernsey County Senior Citizens Center at (740) 439-5717 before 10:00 AM on the day you would like to visit.

Byesville

The Byesville satellite site is located at the Stop Nine Senior activities building across from the Stop Nine Church of Christ. Lunches are served Mondays, Tuesdays, Wednesdays, and Fridays from 11:30 AM until 1:00 PM. Golden Sixties are held at the facility on Thursdays with lunch provided by the Senior Center. Lunches are “by donation only” for guests over 60 years of age (Recommended donation is $2.50) and $5.50 for guests under 60. If you are interested in joining your friends and family at the Byesville Satellite Site for lunch, please call the Guernsey County Senior Citizens Center at (740) 439-5717 before 10:00 AM on the day you would like to visit.

Londonderry

The Londonderry satellite site is located at the Freeport Masonic Lodge just outside of Londonderry. Lunches are served on Monday and Thursdays from 11:30 AM until 1:00 PM. Lunches are “by donation only” for guests over 60 years of age (Recommended donation is $2.50) and $5.50 for guests under 60. Please watch your monthly newsletter for updates. If you would like to join us for lunch, please call the Senior Center at (740) 439-5717 or toll free at 1-800-534-2349 before 10:00 AM on the day you would like to visit the site.

Pleasant City

The Pleasant City satellite site is located at the Pleasant City United Methodist Church, 400 Main St, Pleasant City, Ohio. Lunches will be served each Monday and Thursday at 11:30 AM until 1:00 PM. The meals are “by donation only” for guests over 60 years of age (Recommended donation is $2.50) and $5.50 for guests under 60. If you are interested in being a guest at the Pleasant City site for lunch, please call the Guernsey County Senior Citizens Center at (740) 439-5717 before 10:00 AM on the day you would like to visit the site.

Guernsey County Senior Citizens Center, Inc.

Medication Disposal Service Available

Keeping prescription medications out of the wrong hands is one of the most important ways in which to prevent drug abuse and protect our community. Disposing of unused or expired medicines in the proper way can sometimes be a challenge.

Thanks to great partnerships with:

Kathi Albertson
Guernsey County Farm Bureau
Mallinckrodt Pharmaceuticals
CHOICES

Guernsey County Senior Citizens Center has received special pouches in which to dispose of unused medications.

Medications can be dropped off at the Senior Center between the hours of 8:00 AM and 4:00 PM, Monday through Friday.

If you would like additional information on the medication disposal pouches or have any questions, please call Guernsey County Senior Citizens Center at (740) 439-6681.

Guernsey County Farm Bureau
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Guernsey County Farm Bureau
Mallinckrodt Pharmaceuticals
CHOICES

Guernsey County Senior Citizens Center, Inc.
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 $2.50, for anyone under 60, the cost is $5.50. For additional information, please contact Hollia Husk at (740) 439-5717.

**Healthy Meals & Nutrition**

**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 Hollia Husk at (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.

**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.

**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 Michael Hess, Transportation Supervisor, or call (740) 432-3838.
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<th>Name 2</th>
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<td>Nancy Faykus</td>
<td>Mary Calvert</td>
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<td>Thelma Monbarren</td>
<td>David Day</td>
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<td>Sharon Zuress</td>
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<td>Hayden Richards</td>
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<td>Donald Todd Jr.</td>
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06/027 June Franko
Dorothy Master
06/28 Peggy Flowers
Forrest Harding
Richard Harding
Glenn Tedrick
06/29 Darlene Mayenchein
Roy Parrill
David Peters
06/30 Jacqueline Campbell
Ruth Larrick
Evelyn Prouty
Robert Walker

Happy Birthday!

From all of Your
Friends &
Associates at the
Guernsey
County Senior
Citizens Center!
Father’s Day Word Search

AMBITION AMUSING HUMOR
ATHLETIC HUNTER HUNTER
ATTENTIVE HUSBAND HUSBAND
AWESOME INSPIRATION INSPIRATION
BASEBALL INTEGRITY INTEGRITY
BASKETBALL JOKING JOKING
BBQ JOY JOY
BOND JUNE JUNE
BOWLING KINDNESS KINDNESS
BRAVE LAUGHTER LAUGHTER
BROTHERLY LESSON LESSON
CAMPING LOVE LOVE
CARD LOYALTY LOYALTY
CHARACTER MEMORIES MEMORIES
CHILD MOTHER PROVIDER PROVIDER
COMPASSION REGARD REGARD
DAD REMEMBRANCE REMEMBRANCE
DEPENDABLE RESPECT RESPECT
DEVOTED ROLEMODEL ROLEMODEL
DRIVE SAFETY SAFETY
FAMILY SPECIAL SPECIAL
FEAR STONG STONG
FATHER SUNDAY SUNDAY
FISHING SWEET SWEET
FOOTBALL TEACHER TEACHER
FRIEND TENDER TENDER
GIVING TENNIS TENNIS
GOLFER THANKFUL THANKFUL
GRANDPA TIE TIE
HAPPY TOOLS TOOLS
HEART UNCLE UNCLE
HELPFUL UNDERSTANDING UNDERSTANDING
HMMOR UNIQUE UNIQUE
HUNTER WARMTH WARMTH
HUSBAND WISDOM WISDOM
INSPIRATION WONDERFUL WONDERFUL
INTEGRITY WORKER WORKER
JOKING WORKER WORKER
JOY WORKER WORKER
JUNE WORKER WORKER
KINDNESS WORKER WORKER
LAUGHTER WORKER WORKER
LESSON WORKER WORKER
LOVE WORKER WORKER
LOYALTY WORKER WORKER
MEMORIES WORKER WORKER
MOTHER WORKER WORKER
PROVIDER WORKER WORKER
REGARD WORKER WORKER
ROLEMODEL WORKER WORKER
SAFETY WORKER WORKER
SPECIAL WORKER WORKER
SPORTS WORKER WORKER
STRONG WORKER WORKER
SUNDAY WORKER WORKER
SWEET WORKER WORKER
TEACHER WORKER WORKER
TENDER WORKER WORKER
TENNIS WORKER WORKER
THANKFUL WORKER WORKER
TIE WORKER WORKER
TOOLS WORKER WORKER
UNCLE WORKER WORKER
UNDERSTANDING WORKER WORKER
UNIQUE WORKER WORKER
WARMTH WORKER WORKER
WISDOM WORKER WORKER
WONDERFUL WORKER WORKER
WORKER WORKER WORKER

Page 18 Guernsey County Senior Citizens Center, Inc.
“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 Ohio at 740-753-1111.
“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 47 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):

<table>
<thead>
<tr>
<th>Home Delivered Meals</th>
<th>Morning Breakfast Program</th>
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<tbody>
<tr>
<td>Dining Center Meals</td>
<td>General Use</td>
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<tr>
<td>Home Maker /Home Health</td>
<td>Other: (Please specify)</td>
</tr>
<tr>
<td>Transportation</td>
<td>GCSCC Foundation/Endowment Fund</td>
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<tr>
<td>Pets Enjoy Treats (PET) Program</td>
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In Memory of:

Please complete and mail your 2019 tax-deductible donation to:

Guernsey County Senior Citizens Center, Inc.
1022 Carlisle Avenue, Cambridge, Ohio 43725
Transportation Services- Our courteous and professional van driver’s personally escort senior citizens to medical exams and appointments; shopping and personal business trips; to pick-up prescription medications at pharmacies; to senior nutrition sites; and a host of other senior wellness related facilities. 24-hour advance reservations are required.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Your membership card can be obtained by making a
$7.00 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!