THE ESCALATING PROBLEM OF SENIOR HUNGER AND ISOLATION

UNITED STATES 2018

OUR NATION’S SENIOR POPULATION IS GROWING EXPONENTIALY

1 IN 5 AMERICANS is 60 or older

WITH 12,000 MORE turning 60 each day

79 YEARS Average life expectancy today

This population is set to NEARLY DOUBLE BY 2060

58 MILLION

114 MILLION

LEAVING MORE AND MORE AMERICANS AT RISK OF HUNGER AND ISOLATION

NEARLY 9 MILLION SENIORS FACE THE THREAT OF HUNGER

1 IN 4 SENIORS LIVES ALONE

A 14 YEAR DISADVANTAGE

Food insecure seniors can have limitations comparable to food secure seniors 14 years older

1 IN 5 FEELS LONELY and the negative effects of loneliness on health are similar to smoking up to 15 cigarettes a day

AND WHILE HUNGER AND ISOLATION CAN AFFECT ANYONE WITH LIMITED MOBILITY AND DECLINING HEALTH, FINANCIAL STRAIN MAKES THEM MUCH WORSE

6.9 MILLION SENIORS LIVE IN POVERTY

THAT’S AN INCOME OF $228 A WEEK OR LESS, which, after housing, utility and medical expenses, leaves very little for food

Information data sources available at www.mealsonthewheelsamerica.org/facts. © August 2018 Meals on Wheels America

THESE THREATS FROM AGING NOT ONLY JEOPARDIZE THE HEALTH AND WELL-BEING OF OLDER ADULTS, THEY ALSO PLACE A SIGNIFICANT STRAIN ON OUR COUNTRY’S HEALTHCARE SYSTEM AND ECONOMY

The healthcare costs associated with malnutrition in seniors

$51 BILLION

Among seniors, the healthcare costs associated with isolation are equal to the same costs associated with having high blood pressure

Meals on Wheels is the only federally supported program designed specifically to meet the nutritional and social needs of seniors, yet this successful public-private partnership remains significantly underfunded

3 OUT OF 4 SENIORS IN NEED of community supports do not receive services

83% OF LOW INCOME, FOOD INSECURE SENIORS ARE NOT RECEIVING THE HOME-DELIVERED MEALS THEY NEED

AND WE KNOW THAT SENIORS WAITING TO RECEIVE MEALS ON WHEELS ARE MORE LIKELY TO:

REPORT FAIR OR POOR SELF-RATED HEALTH

REPORT NOT HAVING ENOUGH MONEY TO BUY FOOD THEY NEED

REPORT RECENT FALLS OR FEAR OF FALLING THAT LIMITS ABILITY TO STAY ACTIVE

SCREEN POSITIVE FOR DEPRESSION

REQUIRE ASSISTANCE WITH SHOPPING FOR GROCERIES OR PREPARING FOOD

TAKE THREE OR MORE MEDICATIONS EACH DAY

WE NEED INCREASED FUNDING AND SUPPORT FOR OUR SENIORS NOW TO PREVENT EVEN GREATER SOCIAL AND ECONOMIC CONSEQUENCES LATER

Meals on Wheels America is the leadership organization supporting the 5,000+ community-based programs across the country that are dedicated to addressing senior isolation and hunger. This network serves virtually every community in America and, along with more than two million staff and volunteers, delivers the nutritious meals, friendly visits and safety checks that enable America’s seniors to live enriched lives with independence and dignity. By providing funding, technical & education, research and advocacy support, Meals on Wheels America empowers its local member programs to strengthen their communities, one senior at a time.
Meals on Wheels Guernsey County’s March for Meals Campaign
Support will help to continue feeding homebound seniors in our community

Coming to Cambridge, Ohio—March 2019 the Meals on Wheels Guernsey County program announces that it will be participating in the national 2019 March For Meals campaign. Meals On Wheels Guernsey County events will include “Community Champions” delivering meals, Pearl Valley Cheese Fundraiser, and much more.

“During these tough economic times, the food and human contact we provide to seniors in this community is needed more than ever,” said Shon Gress, Executive Director of the Guernsey County Senior Citizens Center. “We need the community to support our March For Meals events. Our clients are counting on us.”

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

MY PLEDGE

Yes, I would like to contribute to the “MARCH FOR MEALS”

Name:__________________________________________

Address:__________________________________________

Donation Amount: $__________________________ (Enclosed)

Tax Deductible Donation

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

MEALS ON WHEELS
GUERNSEY COUNTY
PROMOTES
Pearl Valley Cheese Fundraiser

Guernsey County Senior Citizens Center, Inc. and Meals on Wheels Guernsey County will be hosting the annual Pearl Valley Cheese fundraiser as part of our 2019 March for Meals campaign. These delectable cheeses will be available in many different varieties and come in 12 oz. blocks. In addition, a 1 lb ring of trail bologna and a 12 oz. summer sausage will be available for purchase. We will begin taking orders on Friday, February 1st at 8:00 AM and will continue through Thursday, March 7th at 4:00 PM. Order forms will be located at the guest service desk of Guernsey County Senior Citizens Center and all satellite site locations. Prepayment is required at the time the order is placed. Orders may be picked up “tentatively” on Monday, March 18th.

AARP Tax-Aide Tax Help

AARP Tax-Aide, the nation’s largest, free volunteer run tax counseling and preparation service for taxpayers with middle and low income, with special attention to those ages 60 and older, will be offering their services again this year, starting in February 2019 at the Guernsey County Senior Citizens Center for seniors in Guernsey County. All AARP Tax-Aide volunteers receive comprehensive training in cooperation with the IRS. Tax preparation services will be offered starting in February through April 12, 2019. Free E-Filing of all returns will be provided again this year, resulting in improved quality of all returns filed and a speedier Tax Refund process. All returns are computer prepared using IRS authorized software to assure compliance with and take advantage of all new tax law changes. Returns will be completed on an appointment basis only, one return per appointment. Tax clients are to call (740) 439-6681 to schedule an appointment at the Senior Center and are to bring:

- Copy of 2017 Taxes
- Picture ID
- Social Security Cards for everyone you are claiming on your return
- All W-2’s, 1099’s
- Social Security Statements and all other proof of income and expenses you wish to claim and the cost basis for any stocks or bonds sold in 2018 to their appointment
- Information regarding healthcare insurance that you have which is a requirement when completing your return
- If you receive Form 1095 listing information regarding your health insurance you must bring it with you to your appointment

Please be aware that brokerage firms have until mid-February to send out brokerage statements reflecting any income or sales you may have incurred during 2018. Keep this in mind when scheduling your tax preparation appointment as you must have this information when filing your return.

Everyone is encouraged to schedule an appointment and take advantage of this free service again this year. You need not be an AARP member or a senior to receive help with your taxes. If you would like addition information, please contact Guernsey County Senior Citizens Center at (740) 439-6681.
Guernsey County Senior Citizens Center Inc.

Guernsey County Senior Citizens Center, Inc. and Meals on Wheels Guernsey County proudly present

March for Meals
Dinner with Desserts Bake-Off
Thursday, March 7, 2019

Enjoy an evening of friends, fun, and great food at the 2019 March for Meals Dinner with Desserts Bake Off. A variety of bakers from around the county will be preparing desserts of all kinds for each guest to sample. Guests will then have the opportunity to vote on which delicious treat they would like to win in several different categories.

Schedule of Events:
5:00-5:15 PM– Welcome & Introductions
5:15-6:15 PM– Dinner Buffet
6:15 PM– Voting Ends
6:30 PM– Bake-Off Awards & Acknowledgement

Menu
Marinated Flank Steak
Bacon Wrapped Baked Potato w/ Butter & Sour Cream
Whole Green Beans
Grape Salad
Dinner Roll & Butter
Iced Tea, Water, Coffee

Advanced Tickets and Reservations are Required.

Ticket Prices:
Guests 60 & Over - $8.00
Guests under 60 - $12.00

For additional information, or to purchase tickets, please visit
Guernsey County Senior Citizens Center, Inc.
1022 Carlisle Avenue, Cambridge, Ohio 43725
Or call
(740) 439-6681.

Tickets are on sale now!
Advance Reservations & Tickets are Required.

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

Tickets are on sale now through March 22nd!
Breakfast Buffet
Friday, March 1st

Start your day off with a delicious breakfast on Friday, March 1st as Guernsey County Senior Citizens Center hosts a breakfast buffet beginning at 9:00 AM. The special menu will include: breakfast casserole, bacon, sausage gravy & biscuits, and assorted fresh fruit. Coffee, water & 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.

The Sunny Side Singers choir group will not be practicing or performing in the month of March. If you have any questions or concerns, please contact Guernsey County Senior Citizens Center by calling (740) 439-6681.

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.

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 like additional information, please call the Senior Center at (740) 439-6681.
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.

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.

“Clothes Closet” for Seniors Every Tuesday
Are you looking for some new warm winter clothes? 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.

Get 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.
Birthday Party & Luncheon  
Wednesday, March 6th
Join Guernsey County Senior Citizens Center in singing “Happy Birthday” to all of our friends and family who are celebrating a birthday in March on Wednesday, March 6th 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.

March Employee Birthdays
Shon Gress               9th
Jeanette Lindell        10th
Morgan Gaier           17th
Billi Pierce               18th
Anna Mckim           21st
Misty Black             26th
Glenda Umstott       27th

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.

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, March 7th
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, March 7th. Please be sure to bring one of your favorite books for discussion. We hope to see you then.

Daylight savings time begins on Sunday, March 10th. Please remember to “Spring” your clocks ahead one hour on Saturday before going to bed. Also, please be sure to check and replace your smoke detector batteries.

Red Hat Diva Meeting & Luncheon  
Monday, March 11th
The Red Hat Divas will be having their monthly meeting and luncheon on Monday, March 11th. They will meet at Denny’s Restaurant, located at 2031 Southgate Parkway in Cambridge, 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.
Alzheimer’s Support Group Meeting
Tuesday, March 12th
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, March 12th**. If you would like additional information, please contact group leader, Mary Jo Moorhead, at (740) 685-8764.

Food Commodity Pick-Up
Friday, March 15th
The 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, March 15th** 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.

St. Patrick’s Day Luncheon
Friday, March 15th
“St. Patrick’s Day is an enchanted time—a day to begin transforming winter’s dreams into summers magic” said Adrienne Cook. Celebrate this special day by joining Guernsey County Senior Citizens Center as they host the St. Patrick’s Day party & luncheon on Friday, March 15th. Lunch will be served at 11:30 AM. If you would like to attend these lighthearted festivities, stop in to the Senior Center and speak with one of our friendly staff members. They are always more than happy to assist you.

**Important**
**Please Note Time Change**
March Monthly Senior Dinner
Guernsey County Senior Citizens Center will be hosting your Monthly Senior Dinner on Thursday, March 21st at 4:30 PM. The evening will begin with special entertainment followed by a delicious meal with the menu to include: cabbage rolls, mashed potatoes, buttered corn, dinner roll w/butter, pears and chocolate cake w/mint icing for dessert. 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.
Card Making Class
Friday, March 22nd

Debbie Duniver will be hosting a card making class on Friday, March 22nd from 1:00 PM until 2:30 PM at Guernsey County Senior Citizens Center. Express your creativity by making cards for any occasion you wish. Cost for the class will be $1.00 per card you make with a limit of 5. You will need to bring a pair of scissors, one roll of adhesive or double sided tape. All other supplies will be provided. If you would like to participate in this class, please make your reservations by visiting the guest services desk or by simply calling (740) 439-6681. Space for the class is limited.

Byesville Senior Dinner
Tuesday, March 26th

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, March 26th. The evening will begin with welcome and announcements followed by a delicious dinner with the menu to include: Beef Roast, buttered Potatoes, glazed carrots, peaches, roll & butter, Iced Tea, water & coffee and Pistachio pudding dessert. 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.

Hartville Trip
Friday, March 29th

The Guernsey County Senior Center cordially invites you to travel with us to Hartville. This trip will depart on Friday, March 29th at 8:30 AM and will return at 4:30 PM. First stop will be to the Hardware store for some demonstrations and shopping. Next we will have lunch on your own at the Hartville Kitchen. After lunch we will do some shopping and visit the bakery. Last stop will be to the market place. To make your reservations for the trip please call the Senior Center at 740-439-6681. Cost for the trip will be:
Members: $28.00
Non-Members: $36.00

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 January and February:

Barbara Moore
Alberta Cubbison
Judith Myers
Gerald Cavanaugh
Mary Lou Walton
Larry Long
Wanda Long
Ginny Mallory
Betty Cullison
Edward Macenko
Susan Stuebe
Frank Moore
Dale Yerian
Doris Yerian
Mervin Devers
Deborah Cross
Bobbie Kullman
Patti Reed

Personalized March for Meals cards are available for a $1.00 donation. The cards will be on display in the guest services area of the Senior Center.
“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 month of December:

Appalachian Springs Ltd.
   Grace Pantry
   Country Bits
   Rosetta Blackwood
   Tom & Rose Kopyar
   Rick Springer
   Lee Parker
   Barb Folger
   John Rohulich
   Janet Snodgrass
   Lowell & Jackie Gesaman
   Shirley Kurtz
   Rachel Milligan
   Kenny & Marsha Kerr
   June McFarland
   Anonymous
   Martha Trenner
   Lowell & Dagmar Thomas
   Patrick & Kathy Sullivan
   Bob Long
   Mary Cowgill
   Lynn Bontrager

Advanced Business Communications Inc.
   Donna Hughes
   Bobbie Henderson
   Rich Bennett
   Margery Gress
   Rea & Associates
   Michael & June Klingensmith

*Beverly Bell
Susan Wing
*Joan Picklesimer
Whigville Community Church
   Barbara Adams
   Wanda Hill
   Ted Szabo
   Dale & Shirley Whitis
*Joe & Sharon Miller
   Bonnie Perkins
   Pattie Arnold
   *Gail Bell
*Rolling Hills Distinguished Alumni Hall of Fame
   *Tim & JoEllen Hayes
   *Ava United Methodist Church
   *Mayor Tom Orr
   Shirley Stutz
   *Cliff & Mary Lou Eagleson
   *Maralyn O’Connell
   *In Memory of Chuck Chippi
   Jim & Elizabeth Fleming
   Audrey Culbertson
   Bobbi Henderson
   Cambridge B.P.O. Elks 448
   Janet Bender
   Sally Gamble
   Norma Jean Watson
   William Evans
   Bill & Mary Dennis
   Tom & Jane Sulsberger**
   In Memory of Francis Wright**
   Fred & Pat DiNapoli
   Blake Hobson
   Shirley Taylor
   Pat Graven
   Clarence & Kathy Wray

“As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.”

John F. Kennedy
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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.

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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 15th 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.

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. People   $28,805.00
3. People   $36,365.00
4. People   $43,925.00
5. People   $51,485.00
6. People   $59,045.00
7. People   $66,605.00
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.
You are cordially invited to attend the

2019 Annual Senior Citizens Day Luncheon

Wednesday, May 15, 2019

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

Please plan to join Guernsey County Senior Citizens Center, Inc. in celebrating “Older Americans Month” by attending this very special luncheon.

Agenda

10:30 AM  Salute to Seniors
11:00 AM  Welcome, Awards, & Invocation
11:30 AM  Luncheon
12:15 PM  Guest Speaker
1:00 PM  Door Prizes

Guest Speaker
John Slicer

Advance Reservations & Tickets Are Required

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

Senior citizens, local dignitaries, community partners and countywide officials & staff are cordially invited to attend the

Guernsey County Senior Citizens Center, Inc.

Senior Citizens Picnic at the Park

Wednesday, May 22, 2019

10:30 AM-2:00 PM

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

Advanced Tickets and Reservations are Required

Tickets are free. Donations are welcomed and appreciated.

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

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.
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.

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 the site.

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 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

**Guernsey County Senior Citizens Center, Inc.**

**Healthy Meals & Nutrition**

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.

**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.**

**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**

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**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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“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.
Services provided by the Guernsey County Senior Citizens Center Inc.

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!