



*"Celebrating 52 Years of Serving Guernsey County"*

# Senior Times Newsletter



**Volume 52 Issue 4**

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

**April 2024**

## *Special Events:*

**AARP INCOME TAX  
PREPARATION  
ASSISTANCE**  
Most dates are  
booked—**Waiting  
List Only**

*Dining with  
Diabetes*  
*Starting Wednesday,  
April 3rd*

**Free Hearing  
Screenings**  
**Friday, April 5th**

**Advanced Directive  
Workshop**  
**Tues., April 16th**

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

**Byesville Dinner**  
**Tuesday, April 30th**  
**4:00PM**

**1022 Carlisle Ave, Cambridge, Ohio 43725**

**Tel: 740-439-6681 Fax: 740-439-7478 Toll Free: 1-866-534-2349**

**E-mail: [gcscc@guernseysenior.org](mailto:gcscc@guernseysenior.org) Website: [www.GuernseySenior.org](http://www.GuernseySenior.org)**

## **A Message from the Executive Director**

Dear Seniors,

Spring is coming on strong and, according to the calendar, is technically already here by the time this month rolls around. April is National Garden Month, and for those who have not already begun looking at planting this year's garden—it's time to get a move on right away! The changing weather promises good growing seasons to come very soon and National Garden Month encourages people in the northern hemisphere to get out and start preparing that soil. Those who haven't quite been able to find the motivation should take a moment to let the smell and taste of freshly grown tomatoes tempt, or the sweet taste that can't be found from anything other than home grown cucumbers, and strawberries. Depending on the particular location in the world, National Garden Month is the perfect chance to get out and start preparing the garden, tilling soil or planting seeds



*You're Cordially Invited to attend the*

## **Monthly Senior Dinner**

**April 18, 2024**

*Dinner Begins at 5:00 PM*

*Dinner~ Music~ Door Prizes*

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

for everything that will be growing this year!

Gardens have always played an important role in the history of human culture, from sources of food and sustenance to locations for leisure and entertainment.

*The Guernsey County Senior Citizens Center is funded in part by the Ohio Department of Aging-Area Agency on Aging-9, Guernsey County Senior Services Tax Levy, Meals on Wheels Tax Levy, United Way, as well as through Public and Private Donations & Corporate Contributions Received from County-Wide Supporters.*

*The Guernsey County Senior Citizens Center, Inc. is a certified 501 (c) 3 non-profit multi-senior services organization that has been in operation for over 52 years.*

***"Serving Senior Citizens Throughout Guernsey County"***

They have even been used to produce natural medicinals used in the home and by holistic medical practitioners. The word garden traces its roots to Middle English, French, and German languages. In the United Kingdom, this word specifically describes a small enclosed piece of land that is placed next to a building, which might only contain grass. However, in the United States, the term garden has more to do with a place where someone would plant and grow things such as flowers, fruits or vegetables.

Multiple types of garden exist in the world, all of which are dependent on the primary purpose and the list of things that are contained in the garden. For instance, in arid regions some people may choose to have Cactus Gardens. In other places, gardeners may aim for a particular style of aesthetic, such as a Bonsai garden or a Dutch Garden rife with tulips with an eye to efficiency and a density of foliage. Gardens have also been used to create new habitats and resting places for bees, butterflies, seasonal birds, and other delightful creatures of nature, making them both beautiful and able to aid these creatures whose natural habitats may be diminishing in some places in the wild.



While most home gardens tend to be incredibly informal and relaxed, there are also far more formal gardens that adhere tightly to a given style. French Formal and Italian Renaissance gardens adhere to a particular style, and Knot Gardens are extremely formal with specific guidelines that govern their designs. Even if you can no longer physically

garden or perhaps you just simply don't plant as much as you used to, National Garden Month is a great time to research gardens and learn more about them.

National Garden Month itself is a fairly recent observance. It started with National Garden Week when, in 1986, US President Ronald Reagan signed a declaration to make the observance official the following year in 1987. Realizing that only seven days simply could never be long enough, National Garden Month was born in 2003— and people have been celebrating this important occasion during each springtime ever since. Now it's time to get started with the celebrations for National Garden Month this year!

Enjoying and observing National Garden Month can take on a variety of different forms. Try out a few of these ideas or come up with some of your very own. Since the month has 30 days, there should be time to get really creative!

### **Study Up on Gardens of the World**

One really great way to start celebrating National Garden Month would be by studying all the different types of gardens in the world. Whether checking out a book from the library or book mobile on the architecture of formal English gardens or watching a documentary about the water, stones and plants that make up a Chinese garden, this is a great way to celebrate this month.

### **Visit a Botanical Garden**

Many communities throughout Ohio and the world offer a botanical style garden that is open to the public, even if it is still too cold outside to start your own garden yet. Columbus, Newark, Akron, New York City, London, Los Angeles, and Tokyo are just a few cities that offer easy access to the joys of visiting a botanical garden. Botanical gardens provide visitors with the ability to enjoy, learn about and appreciate exotic plants that may not be possible to grow locally. With greenhouses, garden areas and even butterfly houses, they are a load of fun to visit! And can provide a “walk with nature” and great form of exercise too!



## **Start a Compost Area**

Gardens need loads of fertilizer and composting the old matter from the garden is a great way to make it sustainable. It doesn't even require a special container to compost, just a bit of attention. Throw that garden waste into a separate container and let it decompose over several weeks, turning it every 3-7 days to let it work faster.

## **Create a Small or Large Garden**

For those who may find themselves intrigued or inspired by the idea, it might be a good pursuit to make plans and set about creating a garden of their own during this National Garden Month. Gardens don't have to be large, so even those who live on a small plot with a mere sliver of a yard or small patio or balcony could still have their own little piece of gardening paradise. Don't even have that much space? It's time to invest in a selection of pots and make your own potted herb or flower garden on those windowsills. Gardens can be anywhere, and just about anyone can be a gardener! National Garden Month is for all of those people with green thumbs, new gardeners and old hands alike, to embrace their love of gardening.

Here are some tips for making gardening easier for senior citizens:

- Choose easy-to-grow plants that are tolerant of difficult conditions.
- Build raised beds that have enough room on all sides to reach the center.
- Place stools or resting places around the garden.
- Keep gardens simple and contained, with fencing to provide security.
- Provide pathways that are easy for walkers, canes, or wheelchairs to access.
- Reassess the senior's yard or larger garden spaces with the goal of lowering its overall maintenance.
- Choose senior-friendly plants and gardening methods, such as vertical gardening or container gardening.

Gardening is a delightful activity that can bring joy and fulfillment to people of all ages,

including seniors. Here are some smart tips and tricks to make gardening easier and more enjoyable:

## **Improve Your Mobility**

**Wheels:** Consider using a riding lawnmower with attachments or a 4-wheeler/ATV, or Scooter to move around the garden. These vehicles provide increased mobility and allow you to transport tools and materials more easily.

## **Adapt Your Garden Layout**

Make sure your garden layout accommodates your mobility needs. Widen pathways, create turning spaces, and avoid dead-ends. Even if you use a wheelchair, plan for easy maneuverability.

## **Lighten Heavy Lifting**

When purchasing garden materials, have the store load them into your car near the doors. Then transfer the contents into smaller bags at home using a hand shovel.

## **Choose the Right Tools**

**Long-Reach Plant Seeder:** Create your own by attaching a spoon to a hard PVC pipe. Use it to make divots in the soil and drop seeds down the tube.

**Ergonomic Tools:** Invest in tools designed for comfort and ease of use. Look for lightweight, padded handles and tools with extended reach.



## **Optimize Space and Accessibility**

**Trellises and Vertical Gardens:** Grow plants vertically to reduce bending and crouching. Trellises and vertical structures allow you to tend to plants without strain.

**Raised Garden Beds:** Build tall raised beds that allow you to sit on the side while gardening. They minimize the need to bend down.

Stools or Seating: Place stools or resting spots around the garden. Sitting comfortably while working reduces strain on joints.

#### **Be Weather-Wise**

Motion Sensor Lights: Install these to illuminate pathways during evening gardening.

Weather Awareness: Be mindful of extreme weather conditions. Adjust your gardening schedule to avoid excessive heat or cold.

Remember, gardening is not just about physical exertion—it's also about connecting with nature, nurturing plants, and finding joy in the process. Spring is the perfect time for seniors to enjoy the outdoors and take advantage of pleasant weather. Even if gardening is "just not your thing" it is the perfect time of the year to enjoy nature walks, picnics, bird-watching, or even organized day trips to nearby parks or botanical gardens. I encourage you to explore and embrace the beauty of nature during this rejuvenating season. Happy gardening! **God Bless and I hope you have a Happy Earth Day on April 22nd!**

Sincerely,

*Shon E. Gress*

Shon E. Gress, MSHCS, BSC

Executive Director/CEO

*Certified Administrator of Aging Services*



*"I mind me in the days departed,  
How often underneath the sun  
With childish bounds I used to run  
To a garden long deserted."*

*~Elizabeth Barrett Browning*

## **CLOTHES CLOSET TO RE-OPEN**

**April 1, 2024**

The Clothes Closet for Seniors will be open on Mondays from 11:00AM to 12:00PM.

### **Clothes Closet Tips & Recommendations:**

- Please only consider donating clothing items that are like-new or gently worn. (Shirts, pants, blouses, dresses, coats, jackets, blazers, scarfs, trousers, suits, skirts, windbreakers, etc.)
  - All items must be washed & clean and pass our donation inspection.
  - Items should be clean and free of stains and tears. If any of your clothes have spots or stains on them, try to remove them yourself or take them to a professional. If the stain won't budge, then sadly the item should not be donated and instead repurposed.
  - Items cannot be left outside unattended, overnight, or dropped off without providing a name and contact phone number.
  - We will not accept items that are dirty, smell, or are infested with moths, fleas, or bedbugs.
  - Items must be either neatly folded or hung on a hanger.
  - No infant, children, or teenager clothing will be accepted.
  - No undergarments.
  - No towels, sheets, pillows, comforters, bedspreads, or bed/bath linens.
  - Due to limited storage space we reserve the right to respectfully decline or refuse donated clothing items.
  - Please make sure you provide your name and contact information before leaving the senior center and making a donation.
  - All items are subject to fair market value tax-deductible donating. Please make sure you request an official GCSCC receipt for all tax-deductible donations.
  - Everything you donate should be respectful of the future recipient. Ensure that the items meet minimum standards:
    - Not torn, ripped, or missing parts.
    - No stains, holes, or offensive smells.
- Remember, your donation can make a positive difference in someone's life. By following these guidelines, you can ensure that your generosity reaches those who need it most.





# Dining With Diabetes

## LOCATION:

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

## DATES & TIMES:

Wednesdays, Apr. 3, 10, 17 & 24  
11:00 am – 1:00 pm

## COST:

All four classes for \$20 per person,  
\$30/  
participant & caregiver

## WHAT IS DINING WITH DIABETES?

DWD is a cooking school and nutrition education program. During the four-class series, learn about healthy cooking techniques, sample delicious foods, and gain skills to better manage diabetes.

## WHO SHOULD ATTEND?

Anyone interested in better controlling blood sugar is encouraged to participate and to bring a family member, friend, caregiver, or other support person.

## Submit Registration to Guernsey County Senior Center

Pre-Registration is required in order to have materials prepared. You can register by completing the form below and submitting to Guernsey County Senior Center. The last day to register is March 28, cash or check due with registration.

### Caitlin Mathews-Smith, MS, DTR, CTTS

Extension Educator, Family and Consumer Sciences, CFAES mathews-smith.1@osu.edu 740-489-5300

## REGISTRATION FORM for DINING WITH DIABETES

Name(s): \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Make check payable to OSU Extension



**THE OHIO STATE UNIVERSITY**  
EXTENSION

### Guernsey

[guernsey.osu.edu](http://guernsey.osu.edu)

CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information, visit [cfaesdiversity.osu.edu](http://cfaesdiversity.osu.edu). For an accessible format of this publication, visit [cfaes.osu.edu/accessibility](http://cfaes.osu.edu/accessibility).





# GOOD OLE GOSPEL MUSIC NIGHT

at



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

1022 Carlisle Ave. Cambridge, OH 43725

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**TUESDAY, APRIL 2, 2024**

**DOORS OPEN AT 5:00PM**

**MUSIC BEGINS AT 6:00PM**

**ADMISSION COST: \$2**

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Pure  Heart

S P O N S O R E D   B Y  
H E L E N   P U R C E L L   H O M E

**Hosted by: Dick Pryor**







### **Bookmobile Tuesday, April 2nd**

We are proud to be collaborating with the Guernsey County District Public Library to have them bring the Bookmobile to the Senior Center on Tuesday, April 2nd from 12:00PM-1:00PM. They will be parking the Bookmobile out front in our parking lot. From this date onward, they will be visiting us the first Tuesday of each month. The Bookmobile carries regular and large print books, audiobook, and DVDs for all ages. We hope that you plan to visit them while they're here at the Senior Center!



### **Free Hearing Screenings Friday, April 5th**

Hearing Life will be here at Guernsey County Senior Center on Friday, April 5th from 8:00AM-10:00AM. They will be offering free hearing screenings by appointment. If you would like to make an appointment please call (740) 439-6681.



### **Breakfast Buffet Friday, April 5th**

Come in and enjoy our monthly breakfast buffet at Guernsey County Senior Center from 9:00AM-10:00AM on Friday, April 5th. The breakfast menu will include: French toast bake, bacon, hard boiled egg, hashbrown, yogurt, fresh fruit, juice, water & coffee. This event is "by donation" for seniors age 60+ and the suggested donation is \$5.00. To make your reservation please call (740) 439-6681.

### **Line Dancing Class on Mondays**

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

### **Satellite Site Activities**

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

#### **Pleasant City:**

Monday, April 8th at 12:00PM

#### **Cumberland:**

Friday, April 12th at 12:00PM

#### **Londonderry:**

Monday, April 15th at 12:00PM

#### **Byesville:**

Tuesday, April 16th at 12:30PM

#### **Old Washington:**

Wednesday, April 24 at 12:00PM

### **Cardio Drumming Class on Tuesdays**

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



### **Alzheimer's Support Group Tuesday, April 9th**

Individuals who are impacted by Alzheimer's disease often need support and have many questions. The Senior Center hosts a local Alzheimer's Support Group on the second Tuesday of each month at 1:30 PM. The next meeting will be held on **Tuesday, April 9th** here at the Senior Center.



### **Oglebay Museums & Shopping Trip Wednesday, April 10th**

We would love to have you join us on this historical trip on Wednesday, April 10th. We will start our day out with a guided tour of both the Oglebay Mansion Museum and the Oglebay Glass Museum. After our tours we will have lunch at Mehlman's Cafeteria, which will be on your own. Before heading home we will stop at Ohio Valley Mall for some shopping, where you can visit Boscov's, Marshall's, Five Below, or any of the other stores they have to offer. The cost of this trip will be \$40.00 for members and \$55.00 for non-members. We will depart at 8:45AM and return at 4:00PM. This trip will have a decent amount of walking, so please be sure to wear comfortable shoes and plan accordingly. If you would like to reserve your seat for this fun and interesting trip please call (740) 439-6681.



### **Spring Cookie Decorating Class Friday, April 12th**

We are happy to have Karen Googins, from Grammy's Oven, join us on Friday, April 12th to offer a Spring Cookie Decorating Class. You will have the choice of purchasing either one or two dozen cookies to decorate. The cost per dozen is \$5 and this includes all supplies needed for decorating the cookies. If you would like to be a part of this delicious class please call (740) 439-6681 and let us know how many dozen you would like to decorate. Payment will be collected the day of the class by Karen.



## **Advance Directives Workshop**

Advanced Directives allow you to express your values and desires related to end-of-life care. They provide peace of mind for you and loved ones.

Hospice of Guernsey, Inc. Social Workers will be visiting the Guernsey County Senior Citizens Center on

**Tuesday, April 16<sup>th</sup>  
11:00 AM - 12:30 PM**

to answer questions and assist you in preparing one or all of the following:

- **Do Not Resuscitate (DNR)**
- **Health Care Power of Attorney**
- **Living Will**

1/2 hour appointments are limited!

**Call 740-439-6681  
to reserve your  
space today!**



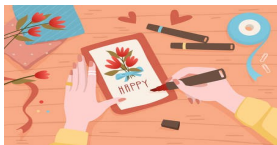
### **Monthly Senior Dinner Thursday, April 18th**

We cordially invite you to join us Thursday, March 21st for our monthly senior dinner at 5:00 PM. There will be "Grab & Go" and Dine-In both available on this evening. Menu will include: breaded chicken breast stuffed with broccoli and cheese, baby baker potatoes, peas & carrots, peaches, dinner roll with butter, and butterscotch pudding with whipped topping for dessert. There will also be entertainment and a 50/50 raffle. To make your advanced reservations please call (740) 439-6681. "Grab & Go" meals will be served to seniors inside their vehicles from 4:00PM-5:00PM at Guernsey County Senior Citizens Center, Inc. located at 1022 Carlisle Ave., Cambridge, OH. Cost for this event is "By Donation" for seniors age 60+. If you are dining in, please remember to bring your scan cards to sign in.



## **Commodity Pick-Up Friday, April 19th**

Guernsey County Senior Citizens Center partners with the Mid-Ohio Food Bank in providing the Commodity Supplemental Food Program. This is an income eligible program. next distribution will be held on **Friday, April 19th** from 10:00AM-3:00PM.



## **Card Making Class Thursday, April 25th**

If you enjoy making your own cards or would like to learn how we would love to have you join us on Thursday, April 25th at 1:00PM. This class will be hosted by Karen Bay. The cost of the class is \$10.00 which will include 4 cards and all the supplies needed to make the cards. If you would like to try out this new class please call (740) 439-6681 to sign up!



## **Spring Craft Sale Friday, April 26th**

The Guernsey County Senior Center Crafters will be hosting a Spring Craft Sale on Friday, April 26th from 9:00AM-2:00PM here at Guernsey County Senior Citizens Center, Inc. We hope that you come in and shop all of the beautiful things they have been hard at work making!

## **April Birthday Celebration Friday, April 26th**

Please plan to join us on Friday, April 26th at 11:30AM as we celebrate April birthdays! We will enjoy cake and ice cream, which will be served after lunch. If you would like to join us on this day please call (740) 439-6681 to make your reservation.



## **Byesville Dinner Tuesday, April 30th**

Please join us at the Stop Nine Senior Center in Byesville at 4:00 PM on Tuesday, April 20th. The menu will include: ham loaf, scalloped potatoes, green beans, fruit cocktail, dinner roll & butter, and pineapple upside-down cake. Please call (740) 439-6681 to make your reservations.



## **April Employee Birthdays**

Gloria O'Connor	6th
Eddie Warden	7th
Tina Hinkley	10th
Kathy Smith	16th
Susan Bennett	18th
Frank Johnson	26th



## **A Special "Thank You"**

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

**Anita Russell  
Ramona Springer  
Sue Arden  
Cheryl Keeler  
Calvin & Vi Cross  
Kathryn Carpenter  
Gloria Siegfried**



2024 OLDER ADULT EXTRAVAGANZA

# *Classic Car Show* *and* *1950's Diner Theme*



*All Vehicles Welcome*  
*Trophies & Raffles*

*Free to*  
*public!*

**May 8 10am-2pm**

FOOD TRUCKS

NO ADMISSION

LIVE CLASSIC MUSIC

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

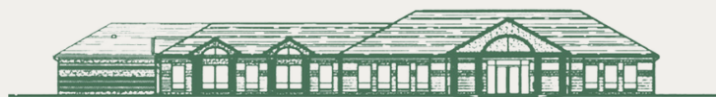
FOR MORE INFORMATION  
1-800-945-4250



YOU ARE CORDIALLY INVITED TO ATTEND

# Senior Citizens Day Luncheon

## Wednesday, May 15, 2024



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

### *Schedule of Events:*

10:30AM- Balloon Launch

11:00AM- Welcome, Awards, & Invocation

11:30AM- Luncheon

12:15PM- Guest Speaker- Ken Groves

1:00PM- Door Prizes

### *Menu:*

Petite Bacon Wrapped Filet Mignon  
Baked Potato w/Butter & Sour Cream

Candied Baby Carrots

Tossed Salad w/Choice of Dressing

Fresh Berry Fruit Cup

Dinner Roll

Turtle Cheesecake

Lemonade, Coffee, & Water



Guest Speaker  
Ken Groves

### Advanced Reservations are Required for this Event

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

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





Guernsey County Senior Citizens Center, Inc.

# 2024 Senior Citizens Picnic at the Park Wednesday, May 22nd

## 10:30 AM-2:30 PM

### Menu:

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

### Entertainment By:



Schubach Little  
Big Band

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

Tickets Cost is "By Donation"

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





**MEALS on WHEELS**  
GUERNSEY COUNTY  
TOGETHER, WE CAN DELIVER.

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

- **Londonderry Site** will be open on Monday thru Friday (11:30AM-1:00PM). Grab & Go lunches will be available during these days and times as well. You will have to enter the building to pick up all Grab & Go meals.
- **Cumberland Site** will be open on Tuesday (11:30AM – 1:00PM) and Friday (11:30AM – 1:00PM) only. Grab & Go lunches will be available during these days and times as well. You will have to enter the building to pick up all Grab & Go meals.
- **Pleasant City Site** will be open on Monday (11:30AM – 1:00PM) and Thursday (11:30AM – 1:00PM). Grab & Go lunches will be available during these days and times as well. You will have to enter the building to pick up all Grab & Go meals.
- **Old Washington Site** will be open on Wednesday (11:30AM-1:00PM) and Friday (11:30AM-1:00PM) only. Grab & Go lunches will be available during these days and times as well. You will have to enter the building to pick up all Grab & Go meals.
- **Byesville Site** will be open Monday through Friday (11:30AM – 1:00PM). Grab & Go lunches will be available during these days and times as well. You will have to enter the building to pick up all Grab & Go meals.
- **The Guernsey County Senior Center site in Cambridge** will be open Monday – Friday with lunch served from 11:30AM- 1:00PM and Grab & Go available Monday – Friday from 11:30AM – 1:00PM.

If you are unable to attend a site or drive to pick up a Grab & Go meal, please call us before 9:30AM and we will place you on a Home Delivered Meal route for the days that you request. If you have any questions or concerns, please call 740-439-5717.



1022 Carlisle Avenue, Cambridge, Ohio 43725 • Tel: (740) 439-6681 • Fax: (740) 439-7478 • Toll-Free 1-866-534-2349  
[www.GuernseySenior.org](http://www.GuernseySenior.org)

# April 2024 Activities

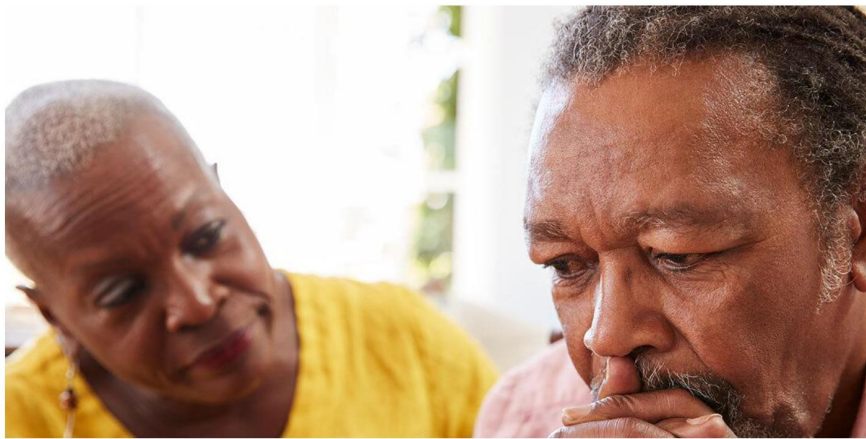
Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
8:30 AM- Crafting Group 9:00AM- Tai Chi Class 10:00AM -Bingo <b>11:00AM Clothes Closet</b> 11:30AM- Lunch 1:00PM- Line Dancing Class	9:00AM- Quilters 10:00AM Pickleball in Byesville 10:00AM- Bingo 11:00 AM- Blood Pressure Checks 11:30AM- Lunch <b>12:00PM Bookmobile</b> 1:00PM- Cardio Drumming Class <b>6:00PM- Good Ole Gospel Music Night</b>	<b>9:00AM -Geri Fit Exercise</b> 9:00AM- Sewing 10:00AM -Bingo <b>11:00AM Dining with Diabetes</b> 11:30AM- Lunch 12:00PM- Mahjong	9:00AM Pickleball in Byesville 10:00AM -Bingo 11:30AM- Lunch 12:30 PM- Open Cards	<b>8:00AM Screenings</b> <b>9:00AM Breakfast Buffet</b> 10:00AM -Bingo 11:30AM- Lunch 12:30 PM- Euchre
8 8:30 AM- Crafting Group 9:00AM- Tai Chi Class 10:00AM -Bingo <b>11:00AM Clothes Closet</b> 11:30AM- Lunch <b>12:00PM Pleasant City Site Activity</b> 1:00PM- Line Dancing Class	9 9:00AM- Quilters 10:00AM Pickleball in Byesville 10:00AM- Bingo 11:00 AM- Blood Pressure Checks 11:30AM- Lunch 1:00PM- Cardio Drumming Class 1:30PM- Alzheimer's Support Group	10 <b>8:45AM- Oglebay Museums &amp; Shopping Trip</b> 9:00AM- Sewing 10:00AM -Bingo <b>11:00AM Dining with Diabetes</b> 11:30AM- Lunch 12:00PM- Mahjong	11 9:00AM Pickleball in Byesville 10:00AM -Bingo 11:30AM- Lunch 12:30 PM- Open Cards	12 10:00AM -Bingo 11:30AM- Lunch <b>12:00PM- Cumberland Site Activity</b> 12:30 PM- Euchre <b>12:30PM Cookie Decorating</b>
15 8:30 AM- Crafting Group 9:00AM- Tai Chi Class 10:00AM -Bingo <b>11:00AM Clothes Closet</b> 11:30AM- Lunch <b>12:00PM Londonderry Site Activity</b> 1:00PM- Line Dancing Class	16 9:00AM- Quilters 10:00AM Pickleball in Byesville 10:00AM -Bingo 11:00 AM- Blood Pressure Checks 11:30AM- Lunch <b>11:00AM- Hospice of Guernsey Advanced Directives Workshop</b> 11:30AM- Lunch <b>12:30PM Byesville Site Activity</b> 1:00PM- Cardio Drumming Class	17 9:00AM- Sewing 10:00AM -Bingo <b>11:00AM Dining with Diabetes</b> 11:30AM- Lunch 12:00PM- Mahjong	18 9:00AM- Pickleball in Byesville 10:00AM Bingo 11:30AM- Lunch 12:30 PM- Open Cards <b>4:00PM-5:00PM Grab &amp; Go Monthly Dinner</b> <b>5:00PM- Dine In Monthly Dinner</b>	19 10:00 AM - 3:00 PM- Food Commodity Pick Up 10:00AM -Bingo 11:30AM Lunch 12:30 PM- Euchre
22 8:30 AM- Crafting Group 9:00AM- Tai Chi Class 10:00AM -Bingo <b>11:00AM Clothes Closet</b> 11:30AM- Lunch 1:00PM -Line Dancing Class	23 9:00AM- Quilters 10:00AM Bingo 11:00 AM- Blood Pressure Checks 11:30AM- Lunch <b>12:30PM Byesville Site Activity</b>	24 <b>9:00AM- Geri Fit Exercise</b> 9:00AM- Sewing 10:00AM -Bingo <b>11:00AM Dining with Diabetes</b> 11:30AM Birthdays Luncheon 12:00PM- Mahjong <b>12:00PM Old Washington Site Activity</b>	25 9:00AM Pickleball in Byesville 10:00AM -Bingo <b>10:00AM Cleveland Guardians Game Trip</b> 11:30AM- Lunch 12:30 PM- Open Cards <b>1:00PM Card Making Class</b>	26 <b>Spring Craft Sale</b> <b>9:00AM-2:00PM</b> 10:00AM -Bingo 11:30AM- Lunch 12:30 PM- Euchre
29 8:30 AM- Crafting Group 9:00AM- Tai Chi Class 10:00AM -Bingo <b>11:00AM Clothes Closet</b> 11:30AM- Lunch 1:00PM -Line Dancing Class	30 9:00AM- Quilters 10:00AM Pickleball in Byesville 10:00AM -Bingo 11:00 AM- Blood Pressure Checks 11:30AM- Lunch 1:00PM- Cardio Drumming Class <b>4:00PM Byesville Dinner</b>			





# April 2024 Menu

1 Country Fried Steak w/Gravy Sour Cream & Chive Mashed Potatoes Buttered Zucchini Peaches Dinner Roll/Margarine Choice of Milk	2 Chicken & Dumplings Parsley Potatoes Mixed Vegetables Diced Pineapple Choice of Bread/Margarine Choice of Milk	3 Pork Roast Julienne Potatoes Glazed Baby Carrots 100% Fruit Juice Choice of Bread/Margarine Chocolate Chip Cookie Choice of Milk	4 Stuffed Peppers Mashed Potatoes Buttered Corn Fruited Jell-O Dinner Roll/Margarine Choice of Milk	5 Cubed Steak in Mushroom Gravy Dutch Potatoes Brussel Sprouts Pistachio-Pineapple Jello Salad Knot Roll/Margarine
8 Honey Dijon Chicken Baby Baker Potatoes Peas & Carrots Fresh Apple Dinner Roll/Margarine Choice of Milk	9 BBQ Pulled Pork w/Bun Potato Wedges Baked Beans Fresh Banana Peanut Butter Cookie Choice of Milk	10 Pizza Casserole French Style Green Beans Cinnamon Applesauce 100% Fruit Juice Vanilla Pudding Choice of Milk	11 Chicken Fettuccini Alfredo Tossed Salad w/Dressing Cherry Crisp Diced Pears Breadstick/Margarine Choice of Milk	12 Baked Steak w/ Gravy Au Gratin Potatoes Creamed Corn Mandarin Oranges Dinner Roll/Margarine Choice of Milk
15 Breaded Fish Hashbrown Casserole Yellow Squash 100% Fruit Juice Dinner Roll/Margarine Choice of Milk	16 Herb Roasted Chicken Buttered Red Skinned Potatoes Creamed Peas Diced Peaches Dinner Roll/Margarine	17 Beef Stroganoff over Noodles Yukon Gold Potatoes Stewed Tomatoes Grapes Choice of Bread/Margarine	18 Glazed Ham Scalloped Potatoes Succotash Mixed Fruit Dinner Roll/Margarine Choice of Milk	19 Meatloaf Cheesy Potatoes Spiced Pears Cucumbers & Tomato Salad Dinner Roll/Margarine Choice of Milk
22 Creamed Chicken over Buttermilk Biscuit Buttered Red Potatoes Winter Blend Vegetables Raisins Choice of Milk	23 Spaghetti & Meat Sauce Italian Green Beans Tossed Salad w/Dressing Blueberry Cobbler Breadstick/Margarine Choice of Milk	24 Beef Pot Roast Buttered Whole Potatoes Capri Vegetables 100% Cranberry Juice Choice of bread/Margarine Choice of Milk	25 Cream of Broccoli Soup Ham Salad on Croissant Celery & Carrot Sticks w/ Ranch Fresh Pear Choice of Milk	26 Smoked Kielbasa Haluski Cauliflower Tropical Fruit Mix Choice of Bread/Margarine Lorna Doone Cookie Choice of Milk
29 Salisbury Steak w/Gravy Mashed Potatoes Baked Corn Granny Smith Apple Dinner Roll/Margarine Choice of Milk	30 Baked Chicken Leg Sweet Potato Casserole Wax Beans Strawberry Kiwi Juice Choice of Bread/Margarine Brownie Choice of Milk	<p>We invite you to join us for lunch at the Guernsey County Senior Center from 11:30 am until 1:00 pm Monday – Friday. The Byesville Site serves lunch at 11:30 am. Monday—Friday. Pleasant City 11:30-1:00 pm Monday &amp; Thursday, Cumberland 11:30-1:00 pm, Tuesday &amp; Friday, Londonderry site serves at 11:30 on Monday—Friday, and Old Washington site Wednesday &amp; Friday from 11:30am-1:00pm. <b>Dine-In or Grab &amp; Go Options Available.</b> If you have any questions about our nutrition services please call 740-439-5717 or toll free at 1-866-534-2349. Each meal includes a choice of white, wheat, or specified bread and a choice of either 2% or Skim Milk. Ingredient content can be found on our website at <a href="http://www.GuernseySenior.org">www.GuernseySenior.org</a>.</p> <p><i>*Menu subject to change depending on item availability.</i></p>		



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

### WE HAVE ANSWERS!

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

### Ask us as many questions as you want!

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

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

Helping older adults age with dignity and grace

**BENJAMIN  
ROSE**  
| INSTITUTE ON AGING

*We know you're busy!*

*Talk to us by phone, online or  
email at times convenient for you.*

### We can help you to:

Connect with services like transportation, meals, and home care

Review legal decisions and find financial guidance

Explore respite and long-term care options

Understand disease progression and manage behaviors

Have difficult but necessary conversations

Build a support team of family and friends



### GUERNSEY COUNTY SENIOR CITIZENS CENTER

1022 Carlisle Avenue  
Cambridge, OH 43725

740-439-6681

[www.guernseysenior.org](http://www.guernseysenior.org)





### **Enjoy Being Social and Have Some Fun Playing Cards**

Playing cards and card games have a number of features and physical/social benefits. Guernsey County Senior Citizens Center has several opportunities for you to participate in this fun activity. Join Mahjong on Wednesdays, Open Cards on Thursdays and Euchre on Fridays. All groups are held from 12:30 PM until 3:00 PM in the living room. There is no cost or reservation needed to join. We hope to see you!



### **Become a Member of Guernsey County Senior Center**

The Guernsey County Senior Citizens Center offers social membership for seniors 50 years of age and older. The cost is \$10.00 donation a year and entitles you to receive our informative monthly newsletter. You may also be able to receive your newsletter by email. For more information, please call the Senior Center at (740) 439-6681. **We would like to welcome our new members that joined in the month of February:**

**Maudie Fanti  
Sue Dumas  
Laurel Adams  
Earl Adams  
Thomas Douglas  
Tammy Douglas  
Sharon Noble  
Carrie Okolish  
Robert Okolish  
Karen Pearson  
Gayla Gordon  
Donald Pontius**

**Kim Stewart  
Tommy Stewart  
Paula Larrick  
Tina Hinkley  
Nancy Smith  
Peggy Keringer  
Donna Bell  
Norman Helsel  
John Downer  
Bill Malernee  
Donna Sovka**



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

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

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

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

Evening dialysis:  
by "appointment only"

**Zanesville  
Medical Transportation  
Available!!**

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

## Showcase your creative side at the Guernsey County Senior

### Craft on Monday

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

### Stitch together works of art on Tuesdays

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

### Wednesdays are "tailor" made for sewing

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

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



### Clothes Closet on Mondays

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



### Blood Pressure & Wellness Checks On Tuesdays

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

### Book Club Meeting First Thursday of Each Month

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

### Motorized Scooter Available for Loan

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

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





# Utility Assistance Available For Senior Citizens



## Heating Assistance Available

The Ohio Department of Development and Guernsey County Senior Citizens Center, Inc. want to remind Ohioans assistance is available to help with their home energy bills. The Home Energy Assistance Program (HEAP) helps Ohioans at or below 175% of the federal poverty guidelines pay their heating bills.

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

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

- Most recent utility bills.
- A list of all household members (including birth dates and Social Security numbers).
- Proof of income for the past 30 days for all household members (12 months for certain income types).
- Proof of U.S. citizenship or legal residency for all household members.
- Proof of disability (if applicable).

HEAP benefits are applied to an individual's energy bill after Jan. 1. If you need immediate assistance with your energy bills, please contact your local Energy Assistance Provider. A list of providers can be found at [energyhelp.ohio.gov](http://energyhelp.ohio.gov).

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

For more information on the programs, visit [energyhelp.ohio.gov](http://energyhelp.ohio.gov) or call your local Energy Assistance Provider.

## Energy Assistance Available to Reconnect/Avoid Disconnection of Utilities

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

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

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

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



## Dollar Energy Fund & Neighbor To Neighbor Program Assistance

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

### Eligible Households

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

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



## **MEALS on WHEELS**

### **GUERNSEY COUNTY**

TOGETHER, WE CAN DELIVER.

## **Healthy Meals & Nutrition**

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

### **Continental Breakfast Offered Every Morning**

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

### **Home Delivered Meals Available throughout Guernsey County**

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

### **Ensure® & Glucerna® Supplemental Beverages Available**

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

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

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

### **Friendly Reminder Regarding Assessments**

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

### **Nutritious Home Delivered Meals available to help clients recover**

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



## April 2024 Birthdays

04/01	Kim Alfman	04/14	Marcia Beatty
	Verla Carpenter		Charlene Downing
	Sharon Dawson	04/15	Darla Craig
	Jim Farrar		Cindy Lyons
04/03	Anne Bell		Donna Orahoske
	Paula Larrick	04/16	Vella Day
	Pete Smith		Darlene Richards
	Joetta Varanas		Kathleen Smith
04/04	Teresa Bistor		Betty Wright
	Carolyn Borntrager	04/17	Teresa Cleek
	Daniel Terrell		Joseph Kleinatland
04/05	Gary Kovalchik		Cathy Luczak
	Sheila McConkey	04/18	Michael Grove
	Diana Wetzel		Maxine Shaw
04/06	Cheryl Douglas	04/19	Myrle Carpenter
	Emily Paslay		Angela Cotton
	Debbie Reisner		Jo E. Lucas
	Mary Valentine	04/21	Paula Craig
04/07	Mary Ann Brown		Joyce Frame
	Ron Harding		Shirley I. Hanes
	Kennie Lewis		Eileen Sickles
	Charlie Weaver		John Snelson
04/08	Elsie Dodd		Jane Sulsberger
	Celeste Jirles	04/22	Lee Fannin
	Robert Kennedy		Leeanna Lowe
	Mary Ann Murray		Lois Martin
	Judy Ross	04/23	Linda Locher
	Suzanne Valentine		Martha Moore
04/09	Judy Gant	04/24	Robert Garman
	Cathy Lynn Pietranton		Walter Kierstein
04/10	Eleanor Davis	04/25	Jeanne Cantor
	Mary Lou Eagleson		Marydell Galloway
	Tina Hinkley	04/26	Lori Cass
	Thelma Roe		Betty Davis
	Susan Stuebe		Patricia Graven
04/11	Marlene Gombeda		Linda Jennings
	Marilyn Krak		Donna Sovka
	Denise Phillips		Candy Varajon
	Ron Scott		Ruth Wheeler
	Paula Shockley	04/27	Anne Burns
04/12	Carolyn Allen		Mary Owens
	Dean Brooks		Ellen Stottsberry
	Jeff Jones	04/28	Allison Bailey
	Ray Maple		Eloise Gray
04/13	Howard Schossler		Fawn Wayble
		04/30	Ralph Campbell



# Happy Birthday

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



## Volunteer Word Search



ACTIVITIES	JOBS
ADVISE	JOIN
ASSIST	LOCAL
BENEFITS	MEMBER
BLESSINGS	MONTHLY
CARE	MOTIVATING
CHARITY	NONPROFIT
CITIZEN	OPPORTUNITIES
COMMITMENT	ORGANIZATION
COMMUNITY	OUTREACH
DEDICATION	PARTICIPATION
DUTIES	PERFORM
EFFORT	PROVIDE
EMBRACE	QUALITY
ENGAGING	RECRUIT
ENJOY	REGISTER
EXCHANGE	SCHEDULE
FUNDRAISER	SENIORS
GENEROUS	SERVICE
GOODWILL	SKILL
GRATEFUL	SUPPORT
GROUP	THANKFUL
HELP	TIME
HOURLY	UNDERTAKE
IDEAS	VALUABLE
IMPORTANCE	VITAL
IMPROVE	VOLUNTEER
INDIVIDUAL	WILLINGNESS
INSPIRE	

GOODWILL TZGHNAENXOSCLZYJHES  
JSDVOLMNXPOTOCJFRVISLONVZC  
IJEHJPSNIRIOXDNKLGMSIIIOKVH  
DORPXEPTWTUZLDAQEAVZNRKUIE  
ABZXNMAOATJCCYTWGNBDVPEDSGD  
FSGIGVINRRNONPROFITIMEZBDEU  
RUOHIOIETTEOWDONZZTIGMEGMWL  
ARMTYMALSUUGPEPFOARI RBDDYEE  
SNOFRCUOIQRNICMMLTSPORITXCM  
MMAEHFBDS SQCISINRIOFUAVRTUM  
LHTMKVXASYUTATTWLOKDP COOXZY  
YEGNTCZSAIINYRIEBNFIUERPTQN  
DGARVYTEYZQFDZEERSAREC PPCPO  
EHKSAI HTEBOQZEUS SDFRECRUITI  
TGTVFTINTAWXICRLAAIENPGSRYT  
YFNEBLESSINGS DUTIESYOJNEERA  
WTNAAVUFINDIVIDUALDKEJVWSAC  
SEIUHOSRUJEFTIMERKPIYSTRIVI  
BMQNR CGNNLACOLKFQDEDLFIWAAD  
ECNEURXEPTTNEMTIMMOCHKSVRLE  
ZFNLMNETECIVRESTQQITZEC DUD  
PEFLJGMNOITAPICITRAPNDFHNAD  
GFXOAUNOWILLINGNESSWOSHAUBC  
GHWGRFRACTSEITIVITCAMEPRFLO  
WJILHTREETNULOVOFCEILNVIEEH  
MNNPGKTSUXUSRNYUPOZPEWDTRBH  
GSATXFRLNIWVA AFZIORQKEIYFEF





*"Please Assist Us in Continuing Our Mission of Serving Guernsey County Senior Citizens"*

## **Your Tax Deductible Donations Help Provide Senior Citizens with Services**

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

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

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

### **"THANK YOU FOR SUPPORTING THE MISSION OF THE GUERNSEY COUNTY SENIOR CITIZENS CENTER"**



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

**Home Delivered Meals** \_\_\_\_\_

**Dining Center Meals** \_\_\_\_\_

**Home Maker /Home Health** \_\_\_\_\_

**Transportation** \_\_\_\_\_

**Pets Enjoy Treats (PET) Program** \_\_\_\_\_

**In Memory of:** \_\_\_\_\_

**Morning Breakfast Program** \_\_\_\_\_

**General Use** \_\_\_\_\_

**Other: (Please specify)** \_\_\_\_\_

**GCSCC Foundation/Endowment Fund** \_\_\_\_\_

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

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

**1022 Carlisle Avenue, Cambridge, Ohio 43725**

# Serving Guernsey County Seniors



*Providing Quality Services &  
Programs for over 52 years*

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



## Services provided by the Guernsey County Senior Citizens Center Inc.

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

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

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

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

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

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

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

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

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

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

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

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

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

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





## **BECOME A SOCIAL MEMBER OF THE SENIOR CENTER**

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

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

*Other benefits include, but are not limited to;*

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

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