

"Celebrating 53 Years of Serving Guernsey County"

Senior Times Newsletter





Volume 53 Issue 10

Guernsey County Senior Citizens Center, Inc.

October 2025

Special Events:

Cake Decorating Class Thursday, Oct. 2nd

Hershberger's Farm Day Trip Wednes., Oct. 8th

FREE CAR FIT EVENT Wednesday, October 22nd

Cuyahoga Valley Railroad Trip

Wednesday, Oct. 22nd

Halloween Cookie Decorating Class Wednesday, Oct. 29th

Halloween Party

Friday, Oct, 31st 12:00 Noon-1:00 PM

Sunday, Nov. 2nd
Daylight Saving Time
Ends—Set Clockcs
Back 1 Hour

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 Website: www.GuernseySenior.org

A Message from the Executive Director

Dear Seniors,

Another summer season has come to a pause to make way for cooler days and the fall colors of the autumn season. The leaves are beginning to change color, the weather is getting cooler, and the days are getting shorter. For many people, autumn/fall is a time of cozy evenings spent indoors, warm drinks, and comfort food. It's also time for school returning, Halloween, Thanksgiving and other fun fall activities. The months of September, October, and November are typically considered to be autumn/fall months in the Northern Hemisphere, while March, April, and May are considered the autumn/fall months in the Southern Hemisphere. No matter where you are in the world, though, there are certain things that are associated with autumn/fall.

October is National Sudden Cardiac Arrest (SCA) Awareness Month, a time to reflect on SCA preparedness, response, and heart health. Every year, an estimated



You're Cordially Invited to attend the

October Monthly Senior Dinner

Thursday, Oct. 16, 2025

Dinner, Entertainment, & Door Prizes
5:00 PM-7:00 PM

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

350,000 people die from cardiac arrest in the United States. How can you incorporate life-saving safety measures in your own community, workplace, and home?

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

The Guernsey County Senior Citizens Center, Inc. is a certified 501 (c) 3 non-profit multi-senior services organization that has been in operation for over 53 years.

This institution is an equal opportunity provider.

Cardiac arrests are due to an electrical malfunction in the heart, whereas heart attacks result from an artery blockage. An Sudden Cardiac Arrest (SCA) victim must receive immediate CPR to keep blood flowing and avoid permanent damage. Additionally, a bystander or first responder must administer a heart-restarting defibrillation shock with an AED.

In 1963, the American Heart Association endorsed CPR (Cardio Pulmonary Resuscitation) and promoted it to the public in 1972. As data has developed over the years, so have the knowledge and standards of CPR for healthcare providers. CPR is the hands-on process of providing manual chest compressions to a cardiac arrest victim, partially maintaining an active blood flow until trained medical personnel arrive.

Quality CPR is a vital part of an emergency SCA response. Automatic External Defibrillators, or AEDs, have also caused an increase in SCA survival rates. A sudden cardiac arrest requires immediate defibrillation to reset a regular heart pattern. For every minute after the incident without a shock administered, chances of survival drop by 10%. The average EMS response time in the US is nine minutes, meaning even in the best circumstances, SCA victims have a low survival rate without bystander aid.

Automated External Defibrillators (AEDs) come in various shapes, sizes, and colors but are all carefully crafted to guide a layperson to calmly and effectively treat an SCA victim. AED units guide rescuers step-by-step through the CPR and defibrillation process, with some even delivering instructions in multiple languages. Ready access to an AED is a great preventive measure to respond to a cardiac arrest before emergency medical professionals arrive.

In conjunction with Sudden Cardiac Arrest Awareness month, Guernsey County Senior Citizens Center is pleased to announce that thanks to a grant our organization received from the **John & Edna McManus-Sheperd Fund and The Columbus Foundation** our organization is able to purchase three (3) new AED machines. We currently have two AEDs for use both inside and outside of the Senior Center. With this recent grant award we will have a total of five (5) AEDs as well as multiple Life-Vac anti choking devices. Each of our employees are also trained in First Aid, CPR, and how to properly use an automated external defibrillator.

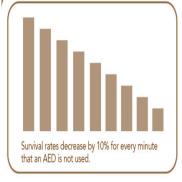
How can your AED be in the best position to save a life?

The first step is to HAVE an AED unit. Whether you need AED(s) for your church, workplace, or personal use at home, there are several variables to consider (such as placement, number, wall safety cabinets, trauma kits, etc.).

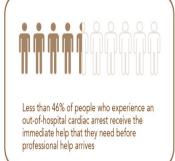
The second step is to get CPR and AED training for yourself, staff, and/or faculty. While non-professionals can use AEDs, CPR certification and emergency preparedness training is always beneficial. Knowing the rescue steps, location of AED, and chain of rescue prepares your employees to feel secure in the event of an emergency.

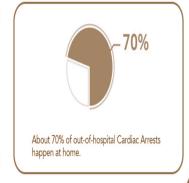
WHY SHOULD YOU HAVE AN AED?











The final step for AED preparedness is to stay aware of the performance status of your device. AEDs perform a "self-check" daily or weekly to ensure everything works correctly. Additionally, AEDs need annual Preventative Maintenance to ensure that sensors, internal components, and software provide correct readings. According to the British Journal of Sports we are seeing record high survival rates in hospital cardiac arrests; however, survival rates using an EMS system or emergency transport are still very low. Every year, bystanders with AEDs save thousands of lives in the United States. With proper awareness, training, and AED placement, we can save countless more.

Increased awareness around sudden cardiac arrest and the risk factors that come along with it means increased preparedness for cardiac emergencies. Understanding the signs, symptoms, and risk factors helps you recognize the condition promptly and respond more quickly and confidently. Some triggers to sudden cardiac arrest include:

- Heavy alcohol use or binge drinking
- Physical exertion or physical stress
- Use of drugs such as cocaine, amphetamines, or marijuana
- Drinking too much coffee
- Severe emotional stress
- Influenza infection

There are also some health conditions that may increase the risk of cardiac arrest such as:

- Coronary heart disease
- Arrhythmias
- Congenital heart defects, cardiomyopathy, and heart valve disease
- Damage to the heart or heart inflammation
- Heart failure

Understanding the risk factors and triggers can help individuals understand who may be at risk around them to be prepared for potential SCA events. There are many other factors to consider as well such as age, gender, race and ethnicity, and family history.

THEY ARE NOT THE SAME

Sudden Cardiac Arrest Victim Heart Attack Victim Electrical malfunction Blockage in coronary causes the heart to suddenly and arteries interrupts unexpectedly stop beating blood flow to the heart Can happen at any age, including Happens mostly in people over age 35 children and teens Person is unresponsive Person is responsive and NOT breathing and breathing Person may experience chest, neck or left arm Person may gasp or shake, as if having pain, shortness of a seizure breath, sweating or nausea **Call** 911 **Call 911** People nearby must start CPR immediately Responsive victims to triple chance of don't need CPR/AED The use of an AED, is Start CPR if person the only way to restart a heart; AEDs can be becomes unresponsive and experiences used by anyone sudden cardiac arrest

Sudden Cardiac Arrest (SCA) is *not* a heart attack. A heart attack is caused by impeded blood flow through the heart. SCA is caused by a structural or electrical problem, often from an undetected heart condition, and in other instances, from an infection or a severe blow to the chest. Again, I hope you will help us create awareness and educate others about Sudden Cardiac Arrest Awareness. A healthy heart supports physical stamina, mental clarity, and emotional resilience, contributing to a vibrant life. By focusing on these factors, individuals can enhance their heart health and reduce the risk of cardiovascular diseases

Best wishes for abundant health & happiness. God Bless!
Sincerely,

Shon E. Gress

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



Free Derma Scans October 1st & October 29th

Caitlin from the OSU Extension Office will be here at Guernsey County Senior Center on October 1st and October 29th from 11:00AM-12:00PM offering free Derma Scans. Derma Scan is a skin analysis technology that accurately diagnoses diseases and imperfections in the skin and its deeper layers.





Sponsored Bingo Day by Beckett House Wednesday, October 1st

We will have Beckett House staff joining us to sponsor Fun Bingo on Wednesday, October 1st at 10:00AM. They will be providing the bingo prizes on this day. We hope that many of you can join us!

Bingocize Classes Tuesdays & Thursdays at 11:00AM *Please note day change*

A mix of light exercise, health information and Bingo! Join us for just one hour. We will play bingo, **Win Prizes** and perform some exercises to increase strength, flexibility and reduce the risk of falls. Every exercise can be modified to accommodate seated motion or limited physical ranges so absolutely anyone can participate! An extremely popular program in other centers, Bingocize is designed for healthy fun for anyone.

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

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



Cake Decorating Class Thursday, October 2nd

We will have Denise from Traditions Health here with us on Thursday, October 2nd. She will be sponsoring a free cake decorating class at 2:00PM. You will need to bring a small cake to decorate with you on this day. If would like to join her for this fun afternoon, please call to make a reservation at (740) 439-6681.

Free Hearing Screenings Friday, October 3rd

Hearing Life will be here at Guernsey County Senior Center on Friday, October 3rd 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.

Library Pop Up Friday, October 3rd

We are proud to be collaborating with the Guernsey County District Public Library to have them bring a "Pop Up" to the Senior Center on Friday, October 3rd from 9:00AM-10:00AM. They can also sign you up for a library card during this time. You can also bring your electronic devices and library staff will help you install apps giving you free access to audio books, movies, tv shows, music, and more!



Breakfast Buffet Friday, October 3rd

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











TIRESSERVICE

Hosted by: Dick Pryor



This Class will be Offered:

Standing Tai Chi—Monday's at 9:00AM

Seated Tai Chi—Tuesday's at 9:00AM

In the first half of the dining room at the Senior Center.

Line Dancing Class on Mondays

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

Cardio Drumming Class on Tuesdays

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



Team Trivia Tuesday, October 7th

Join us for a fun afternoon of Team Trivia on Tuesday, October 7th starting at 1:00PM. Come and test your knowledge on a wide variety of subjects and categories while you and a teammate have fun facing off against other 2-person teams. This event is free and there will be door prizes given away to the winning team. To register your team today please call (740) 439-6681.



Hershberger's Farm Trip Wednesday, October 8th

Travel with us for a fun fall day in Amish Country as we visit Hershberger's Farm & Bakery on Wednesday, October 8th. We will start the day off at their large petting zoo and enjoy a wagon ride around the farm. After Hershberger's we will have lunch, which will be on your own, at Berlin Farmstead. Following lunch we will visit Walnut Creek Cheese before heading home. This trip will depart at 8:45AM and return around 4:00PM. The cost of this trip will be \$30 for members and \$45 for non-members. To reserve your seat for this trip please call (740) 439-6681.



Guest Speaker Thursday, October 9th

We will have Emma, from the Central Ohio Area Agency on Aging, here on Thursday, October 9th at 11:00AM. Emma will be discussing and telling all about the upcoming CarFit event happening later this month. We encourage you to join Emma for this informative session.



Medicare Open Enrollment Q & A Tuesday, October 14th

Tina from Western & Southern Financial Group will be here at Guernsey County Senior Center on Tuesday, October 14th from 11:00AM to 12:00PM. She will be available during this time to answer any Medicare Open Enrollment questions that you may have. We encourage you to visit with her during this time.

Lunch Bunch Group Tuesday, October 14th

Do you ever want to go out to eat and either don't want to go alone or want to try somewhere new while meeting new friends? Then the Lunch Bunch is for you! This group meets once a month to eat out at a local restaurant. In October we will be meeting at Angie's Roadside Diner, located at 3394 Glenn Hwy. in Cambridge on Tuesday, October 14th at 11:00AM. If you plan on attending, please call (740) 439-6681 to make your reservation by Friday, October 10th. Transportation to the restaurant is also available, please let us know if you will be needing transportation when making your reservation.

Alzheimer's Support Group Tuesday, October 14th

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 <u>Tuesday</u>, <u>October 14th</u> here at the Senior Center.



Monthly Senior Dinner Thursday, October 16th

We cordially invite you to join us Thursday, October 16th, for the October monthly dinner at 5:00 PM. There will be "Grab & Go" and Dine-In both available on this Menu will include: Spaghetti with Meat Sauce, Tossed Salad & Dressing, Button Mushrooms, Texas Toast, Cinnamon Applesauce, Cheesecake with Caramel Drizzle for dessert. There will also be entertainment and a 50/50 raffle. To make your advanced reservations please call (740) 439-6681. "Grab & Go" meals will be served to seniors inside their vehicles from 4:00PM-5:00PM at Guernsey County Senior Citizens Center, Inc. Cost for this event is "By Donation" for seniors age 60+, suggested donation is \$5.00.



Medicare Open Enrollment Appointments Friday, October 17th

Philip Biggs, a local independent insurance broker based in Cambridge with Biggs Health & Life, will be here on Friday, October 17th from 10:00AM-3:00PM. He will be holding individual appointments for Medicare open enrollment. Philip works with Aetna, Anthem, UnitedHealthcare, MediGold, The Health Plan, Devoted, WellCare, Humana, CareSource, Molina, and Medical Mutual companies. His service is completely free to you now and in the future, he is only paid by the insurance carrier when you choose a provider. If you would like to schedule an appointment please call (740) 439-6681. Please bring your medication list including dosage and a list of your doctors to the appointment.



Commodity Pick-Up Friday, October 17th

Guernsey County Senior Citizens Center partners with the Mid-Ohio Food Bank in providing the Commodity Supplemental Food Program. This is an income eligible program. The next distribution will be held on **Friday**, **October 17th** from 10:00AM-3:00PM.



Painting Class Monday, October 20th

We are excited to have Three Sister's Studio here with us on Monday, October 20th at 2:00PM to host a painting class. You will be painting a witch hat for Halloween. The cost of this class is \$10.00. Cash payment for the class is due at time of signing up, no refund/credit will be given in event of cancellation. If you would like to sign up for this class please call (740) 439-6681.



CarFit is a free, educational program designed to help drivers improve the "fit" of their vehicles for comfort and safety.

A FREE 20-minute, 1-on-1 check-up

with a Trained CarFit Technician will help you better understand:

- Proper safety belt use and fit
- Safe distance between you and your airbag
- Clear line of sight above the steering wheel
- Mirror positioning to minimize blind spots
- State and local resources

CarFit is NOT an evaluation or test of driving ability.

CarFit is presented in partnership with:











Find your Perfect Fit

When:

Wednesday, October 22, 2025 9:00 a.m. – 12:00p.m.

Where:

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

Register:

Guernsey County Senior Center (740) 439-6681

For more information visit car-fit.org

CarFit is a national program developed by AAA, AARP and the American Occupational Therapy Association and is designed to give a quick, yet comprehensive check on how well an alder driver and their vehicle work together.



OSHIIP Appointments Tuesday, October 21st

The Ohio Senior Health Insurance Information Program will have counselors here at Guernsey County Senior Center on Tuesday, October 21st from 9:00AM to 3:00PM. If you have questions about Medicare open enrollment, plans that would best suit you, or what options are available the OSHIIP counselors will help assist you. If you would like to schedule an appointment please call (740) 439-6681.





Sponsored Bingo Day by Enclave Tuesday, October 21st

We will have The Enclave at Cambridge staff joining us to sponsor Fun Bingo on Tuesday, October 21st at 10:00AM. They will be providing the bingo prizes on this day. We hope that many of you can join us!



Cuyahoga Valley Scenic Railroad Train Trip Wednesday, October 22nd

All aboard! We'd love to have you travel with us on Wednesday, October 22nd as we enjoy a relaxing ride on the Cuyahoga Valley Scenic Railroad Train. Once we board the train we will be taking a 3.5 hour round trip ride taking in all of the beautiful fall scenery along the way. During the ride we will have lunch, which is included in the cost of the trip. Lunch choices this day will be either a ham or turkey sandwich, chip, a cookie, and a beverage to drink. The cost of this trip is \$65 for members and \$80 for non-members. Payment for this trip is due by Thursday, October 2nd. Due to prepayment needing made, no credit will be given in the event of a cancellation. To reserve your seat on this fun trip please call (740) 439-6681.

Greeting Card Class—Thursday, Oct. 23rd

If you enjoy making your own cards, or would like to learn how, we would love to have you join us on Thursday, October 23rd at 1:30PM. This class will be hosted by Karen Bay. The cost of the class is \$10.00 which will include 4 cards and all the supplies needed to make the cards. If you would like to try out this new class please call (740) 439-6681 to sign up!



Byesville Dinner Tuesday, October 28th

Please join us at the Stop Nine Senior Center in Byesville at 4:00 PM on Tuesday, October 28th. The menu will include: meatloaf, mashed potatoes & gravy, succotash, dinner roll & butter, and warm apple crisp for dessert. Please call (740) 439-6681 to make your reservations.

October Birthday Celebration Wednesday, October 29th

BIRTHDAYS

Please plan to join us on Wednesday, October 29th at 11:30AM as we celebrate October 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.



Halloween Cookie Decorating Class Wednesday, October 29th

We will have Karen Googins, from Grammy's Oven, joining us on Wednesday, October 29th at 1:00PM to host a Halloween Cookie Decorating Class. The cost of the class will be \$5 per dozen and will include all decorating supplies. To sign up for this class please call (740) 439-6681.



No Bingo
Thursday, October 30th
There will be no fun bingo on Thursday,
October 30th due to a private event in the
dining room on this morning. Lunch and
Grab & Go meals will be served at normal
time, from 11:30AM-1:00PM.



GUERNSEY COUNTY SENIOR
CITIZENS CENTER
FRIDAY, OCTOBER 31
12:00 PM - 1:00 PM

Join us for a costume contest, games, photo area, delicious Halloween themed snacks and more.

Prizes will be given to best costume in the following categories

- Best Overall
- Funniest
- Most Creative
- Scariest

Reservations are required and can be made by calling the Senior Center at 740-439-6681

Satellite Site Activities

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

Cumberland:

Friday, October 3rd at 12:00PM

Pleasant City:

Monday, October 6th at 12:00PM

Old Washington:

Wednesday, October 15th at 12:00PM

Byesville:

Tuesday, October 28th at 12:00PM

Londonderry:

Temporarily Closed

Dinner &

A Christmas Carol

Tuesday, November 11th

Dinner will be held at Guernsey County Senior Center from 4:30PM-6:00PM With Show to begin at 7:00PM at Pritchard Laughlin Civic Center



The Guernsey County Senior Citizens Center is proudly partnering with the Dickens Victorian Village in hosting a Dinner and Show, which will feature Gerald Dickens, the great-great grandson of Charles Dickens.

Menu:
Baked Steak
Mashed Potatoes & Gravy
Buttered Corn
Peaches
Dinner Roll & Butter
Assorted Pies

Cost for Tickets: \$30

and includes dinner, admission to the Christmas Carol performance, and optional shuttle service provided by the Senior Transportation Dept.

Advance Reservations & Tickets are Required.

For additional ticket inofmraiotn please call (740) 439-6681.

Tickets on sale now though November 4th.



Guernsey County Senior Citizens Center, Inc. is proud to host the

Caregiver Appreciation Luncheon

Thursday, November 6, 2025 11:00AM-1:00PM

Unpaid family caregivers residing in Guernsey County are invited to join us for a complimentary luncheon in recognition of the dedication and hard work necessary to be a caregiver. Caregiving may not be a job related or volunteer position.

Local organizations & facilities will also be set up during this event for a vendor fair, along with door prizes!

2025 Caregiver of the Year will be awarded

To nominate someone for Caregiver of the Year, please pick up a nomination form at Guernsey County Senior Citizens Center 1022 Carlisle Ave., Cambridge, OH 43725

Menu:

Smothered Pork Chop w/Apples & Gravy
Baked Potato w/ Butter & Sour Cream
Maple Glazed Carrots
Tossed Salad
Grape Salad
Dinner Roll w/Butter
Dutch Apple Pie

ADVANCED RESREVATIONS ARE REQUIRED

Please make a reservation by calling (740) 439-6681







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

2025 Community Appreciation Dinner

THURSDAY, NOVEMBER 20, 2025 BEGINNING AT 5:00PM

Menu:

Special
Entertainment by:
John Glenn
String Sounds

Beef Tenderloin
Loaded Mashed Potatoes
Broccoli Cheese Casserole
Waldorf Salad
Pumpkin Cheesecake
Iced Tea, Water, & Coffee

Advanced Reservations are Required

There will be no Grab & Go meals available on this day If you would like to attend this event or have additional questions, please call (740) 439-6681





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

- Londonderry Site TEMPORARILY CLOSED Located at: 22577 Cadiz Rd, Freeport, OH 43973.
- **Cumberland Site** will be open on Tuesday (11:30AM 1:00PM) and Friday (11:30AM – 1:00PM) only. Located at: 441 W Main St. Cumberland, OH 43732. Grab & Go lunches will be available during these days and times as well. You will have to enter the building to pick up all Grab & Go meals.
- Pleasant City Site will be open on Monday (11:30AM 1:00PM) and Thursday (11:30AM – 1:00PM). Located at: 400 Main St. Pleasant City, OH 43772. Grab & Go lunches will be available during these days and times as well. You will have to enter the building to pick up all Grab & Go meals.
- Old Washington Site will be open on Wednesday (11:30AM-1:00PM) and Friday (11:30AM-1:00PM) only. Located at: 118 Old National Rd. Old Washington, OH 43768. Grab & Go lunches will be available during these days and times as well. You will have to enter the building to pick up all Grab & Go meals.
- Byesville Site will be open Monday through Friday (11:30AM 1:00PM). Located at: 60330 Southgate Rd. Byesville, OH 43723. Grab & Go lunches will be available during these days and times as well. You will have to enter the building to pick up all Grab & Go meals.
- The Guernsey County Senior Center site in Cambridge will be open Monday - Friday with lunch served from 11:30AM- 1:00PM and Grab & Go available Monday – Friday from 11:30AM – 1:00PM.

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











October 2025 Activities

	Monday	Tuesday	Wednesday	Thursday	Friday
9.00AM Outliers			9:00AM- Geri Fit Exercise 9:00AM- Sewing 10:00AM - Sponsored Bingo 11:00AM Derma Scans 11:30AM Lunch 12:00PM- Mahjong	2 AM Bingo AM Bingociz Lunch PM- Open Ci M Chaiir Yog	8:00AM Free Hearing Screenings 9:00AM Breakfast Buffet 9:00AM Library POP-UP 10:00AM Bingo 11:30AM Lunch 12:00PM Cumberland Site Activity 12:30PM Euchre 1:00PM Geri-Fit Exercise
9:00AM Seated Tai Chi 9:45AM Hershberger's Farm 10:00AM Bingocize 1:00AM Bingocize 1:00AM Bingocize 1:00AM Bingocize 1:00AM Bingocize 1:00AM Bingocize 1:00AM Bingocize 1:30AM Lunch Bingocize 1:30AM Bingocize 1:30AM Lunch Bingocize	9	7	8	6	10
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Counselling Appointments	rafting Group i Chi Class ingo lothes Closet nair Yoga nrch te Dancing	9:00AM Quilters 9:00AM Seated Tai Chi 10:00AM Bingo 11:00AM Bingocize 11:00AM Bingocize 11:00AM Bood Pressure Checks 11:00AM Blood Pressure Checks 11:00AM Lunch Bunch 11:30AM Lunch Bunch 11:00 Cardio Drumming Class 11:30PM Alzheimer's Support Group	Exercise Vashington ng	10:00AM Bingo 11:30AM Lunch 12:30 PM- Open Cards 4:00PM-5:00PM Grab & Go Monthly Dinner 5:00PM Dine In Monthly Dinner	9:00AM-3:00PM- Counselling Appointments with Biggs Ins. 9:00AM Geri Fit 10:00AM -Bingo 10:00 AM - 3:00 PM- Food Commodity Pick Up 11:30AM Lunch 12:00PM Geri Fit Exercise
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9:00AM Seated Tai Chi 9:00AM- Geri Fit Exercise 11:00AM Bingocize 9:00AM Quilters 9:00AM Quilters 10:00AM Quilters 11:00AM Bingocize 11:00AM Chair Yoga 11:00PM Chair Yoga 11:00PM Chair Site Activity 11:00PM Cardio Drumming	raffing Group i Chi Class singo lothes Closet nair Yoga Junch ancing mting Class	9:00AM-3:00PM OSHIIP Counselling Appointments 9:00AM Quilters 9:00AM Seated Tai Chi 10:00AM Seated Tai Chi 11:00 Bingocize 11:00AM Blood Pressure Checks 11:30AM Lunch 1:00 Cardio Drumming	9:00AM-12:00PM CarFit 9:00AM Geri-Fit Exercise 9:00AM Sewing 9:15AM Cuyahoga Train Trip 10:00AM —Bingo 11:30AM Lunch 12:00PM Mahjong	10:00AM Bingo 11:00AM Bingocize 11:30AM Lunch 12:30PM Open Cards 1:00PM Chair Yoga 1:30PM Greeting Card Making Class	9:00AM Geri Fit 10:00AM Bingo 11:30AM Birthday Luncheon 12:00PM Euchre 1:00PM Geri Fit Exercise
9:00AM Seated Tai Chi 9:00AM- Geri Fit Exercise 9:00AM Quilters 9:00AM- Childres 9:00AM- Childres 9:00AM- Childres 9:00AM- Sewing 11:30AM- Lunch 11:30AM- Lu	27	28	29	30	31
	rafting Group i Chi Class Bingo Nothes Closet thair Yoga unch	9:00AM Seated Tai Chi 9:00AM Quilters 10:00AM —Bingo 11:00AM Bingocize 11:00AM Blood Pressure Checks 11:30AM Lunch 12:00PM Byesville Site Activity 1:00PM Cardio Drumming 4:00PM Byesville Dinner	9:00AM- Geri Fit Exercise 9:00AM- Sewing 10:00AM -Bingo 11:00AM Derma Scans 11:30AM Birthday Luncheon 12:00PM- Mahjong 1:00PM Halloween Cookie Decorating Class	11:00AM Bingocize 11:30AM- Lunch 12:30 PM- Open Cards 1:00PM Chair Yoga **No Bingo on this day due to a private event in the dining room**	9:00AM Geri Fit 10:00AM -Bingo 11:30AM - Lunch 12:30PM Halloween Party 12:30 PM - Euchre 1:00PM Geri Fit Exercise

October 2025 Menu

Friday	Creamy Macaroni & Cheese California Blend Vegetables Spiced Apples 100% Fruit Juice Choice of Bread/Margarine Choice of Milk	10 BBQ Pork Chop Scalloped Potatoes Harvard Beets Apricots Italian Bread/Margarine Choice of Milk	Chicken & Noodles Mashed Potatoes Carrots Blueberry Crisp Choice of Bread/Margarine Choice of Milk	24 Shepard's Pie Seasoned Spinach Spiced Peaches 100% Apple Juice Dinner Roll/Margarine Choice of Milk	31 Pork Roast Mashed Sweet Potatoes Peas & Carrots Ambrosia Salad Choice of Bread/Margarine Halloween Cupcake Choice of Milk
Thursday	Shredded Pork Loin Whipped Sweet Potatoes Butternut Squash Tropical Fruit Choice of Bread/Margarine Choice of Milk	Cabbage Roll Mashed Potatoes Buttered Corn Mandarin Oranges Choice of Bread/Margarine Choice of Milk	Salisbury Steak Red Skinned Potatoes Mixed Vegetables Peaches Choice of Bread/Margarine Choice of Milk	Smothered Chicken w/ Mushrooms & Cheese Parsley Potatoes Brussel Sprouts Fresh Pear Knot Roll/Margarine Choice of Milk	30 Swedish Meatball w/Buttered Noodles Roasted Potatoes Cherry Crisp 100 % Fruit Juice Choice of Bread/Margarine Choice of Milk
Wednesday	Baked Herb Chicken Au Gratin Potatoes Sliced Carrots Fresh Banana Choice of Bread/Margarine Oatmeal Raisin Cookie Choice of Milk	Broccoli & Cheese Soup w/Crackers Ham Salad Sandwich Sliced Strawberries 100% Fruit Juice Choice of Milk	Sliced Ham Yukon Gold Potatoes Green Beans Fruited Strawberry Jell-O Cornbread/Margarine Choice of Milk	Johnny Marzetti Tossed Salad w/Dressing French Style Green Beans Fresh Apple Garlic Bread Choice of Milk	Creamed Chipped Beef over Biscuit Diced Potatoes Key Largo Vegetables Mixed Berries Choice of Milk
Tiesday	r lunch at the Guemsey County Senior Center from Monday – Friday. The Byesville Site serves lunch riday. Pleasant City 11:30-1:00 pm Monday & 10-1:00 pm, Tuesday & Friday, Old Washington from 11:30am-1:00pm, and Londonderry site is n or Grab & Go Options Available. If you have trition services please call 740-439-5717 or toll free meal includes a choice of white, wheat, or specified r 2% or Skim Milk. Ingredient content can be found huernseySenior.org. *Menu subject to change delegation is an equal opportunity provider.	Cheese Ravioli w/Meat Sauce Creamed peas Tossed Salad w/Dressing Fresh Grapes Garlic Breadstick	14 Country Fried Steak w/Sawmill Gravy Hashbrown Casserole Cauliflower Mixed Fruit Dinner Roll/Margarine Choice of Milk	Baked Steak W/Gravy Mashed Potatoes Cheesy Broccoli Casserole Pineapple Chunks Choice of Bread/Margarine Choice of Milk	28 Honey Dijon Chicken Breast Whole Potatoes California Blend Apricots Choice of Bread/Margarine Choice of Milk
VebuoM	19 12 8 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Chicken Strips Buttered Red Potatoes Bean Medley Fruit Cocktail Blueberry Muffin Choice of Milk	Baked Fish w/Tarter Sauce Diced Sweet Potatoes Zucchini & Squash Diced Pears Choice of Bread/Margarine Choice of Milk	20 Kielbasa Baby Baker Potatoes Sauerkraut Peaches Choice of Bread/Margarine Choice of Milk	Cheeseburger Tater Tots Winter Blend Fresh Orange Chocolate Chip Cookie Choice of Milk

Traditional Thanksgiving Luncheon Nov. 26th

Senior citizens and guests are cordially invited to attend a traditional Thanksgiving Luncheon at the

Guernsey County Senior Citizens Center, Inc.

Wednesday, November 26, 2025
12:00 Noon



Luncheon Menu

Roasted Turkey

Mashed Potatoes & Turkey Gravy

Dressing

Noodles

Succotash

Cranberry-Relish

Dinner Roll with Butter Pumpkin Pie with Whipped Topping

Advanced Tickets Required:

Seniors -Age 60+

"Recommended Donation" \$10.00

Anyone Under Age 60 \$15.00

There will be no Grab & Go meals served on this day

For information, please call (740) 439-6681

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



Tickets Available Starting Wednesday, October 1st





October Employee Birthdays

Barb Hudson 8th
Tom McCloy 11th
Michelle Miser 22nd
Deb Warren 25th
Peggy Atchison 29th



Become a Member of Guernsey County Senior Center

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

Tammy Shipman
Julia Shipman
Rita Tucker
Christine Wickine
Sharon Hayes
Dawn Canel
Paul Fields
Kathy Fisher-Hornhbuckle
Linda Williamson
Constance Sprouse
John Sprouse
Steven Bunn
Roy Flowers
Sharon Harris



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

Guernsey County Senior Citizens Center can help!

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

The transportation department's hours of operation are

Monday through Friday

8:00 AM - 6:00 PM

Saturday

8:00 AM - 3:00 PM

Evening dialysis: by "appointment only"



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

Showcase your creative side at the Guernsey County Senior

Craft on Monday

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

Stitch together works of art on Tuesdays

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

Wednesdays are "tailor" made for sewing

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

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

Enjoy Being Social and Have Some Fun Playing Cards

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

Clothes Closet on Mondays

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

Blood Pressure & Wellness Checks On Tuesdays

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

A Special "Thank You"

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

Rick Clay James & Lynda Gurzenski Anonymous

Summer Crisis Program Begins July 1

More than 44,000 Ohio households served in 2024

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

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

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

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

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

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

Ensure account security by setting up multi-factor authentication.

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

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

Copies of their most recent energy bills.

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

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

Proof of disability (if applicable).

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

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

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

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

Utility Assistance Available For Senior Citizens

Energy Assistance Available to Reconnect/ Avoid Disconnection of Utilities

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

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

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

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

Dollar Energy Fund & Neighbor To Neighbor Program Assistance

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

Eligible Households

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

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



MEALS •• WHEELS GUERNSEY COUNTY

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.

TOGETHER, WE CAN DELIVER.

Continental Breakfast Offered Every Morning

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

Home Delivered Meals Available throughout Guernsey County

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

Ensure® & Glucerna® Supplemental Beverages Available

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

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

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

Friendly Reminder Regarding Assessments

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

Nutritious Home Delivered Meals available to help clients recover

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

October 2025 Birthdays

10/01	Patricia Jackson
	Zirita Meanor
	Constance Sprouse
10/02	Vivian Tedrick
	Mary Beth Emory
10,00	Roger Gotcher
	Beth Kinney
10/04	Jean Morgan
	Mike Reasoner
10/05	Judy Brill
	Marsha Kerr
	Theresa Reiss
	Judy Steele
10/06	Beth Carter
	Tina George
	Cheryl Gray
	David McKim
	Velma Waite
	Sharon Wright
10/07	Frank Burke
	Nellie Moorhead
	Ralph Yeagle
10/08	Elizabeth Cremer
	Linda Ertz
10/09	Steven Cochran
	Sharon Noble
	LeAnn Scott
10/10	Katherine Cotton
	Anita Grywalsky
	Dale Hayes
	John Reid
	Bill Sichina
	Eloise Wilson
10/11	Alberta Cubbison
10/13	Kathleen Bennett
	Dorothy Hughes
	Mary Jo Moorhead
	Susie Williams
	Tom Lab
10/15	Lorene Davey
	Gayle Roberts
10/16	Brenda Collins
	Dawn Cottle
	Shirley Duhamel
	Edward Macenko
	Cindi Mazek
•	

Hal Ringer 10/17 Nancy Mitchell **Becky Sommers** 10/18 Edith Carter Linda Turk Peggy Wheeler 10/19 Todd Hardgrove Jane Hogan Marilyn Poland 10/20 Jody Carter Tamara Heskett Peggy Moose Kathy Sullivan 10/21 Harriet Hawthorne **Bonnie Jones** Karen Koehler Rick Long Journey Page 10/22 Grace Bennett Richard Chesar Shelinna Durr Rachel Jackson Bill Lingle Michele Thompson Barbara Warne 10/23 Marilyne Hinson Karen Lawrence Gary Reyna John Rust Linda Urdak 10/24 Rebecca Beckrest Judith Coulson Shirley Glasglow Bernice Lingle John McClay Eugenia Pethtel Barbara Styer Marynell Townsend Martha Trenner Chris Veselenak

10/25 Jim Bakos Deb Burke **Hubert May** 10/26 Fred Huff Margo Johnston Kenny Kerr

10/27 Cathy Gadd Dorothy Okey 10/28 Helen Graham William Kenworthy Ralph Mason 10/29 Shirley Garman David Gray Elaine Hannahs Svlvia Miser Janet Stump Jackie Wisenbarger 10/30 Janet Bennett

Ramona StClair

Rose Clemenson Larry Long 10/31 Mary Blackstone Joan Boyd Calvin Cross Jeanette Earley Robert Ferguson John Leodoro Susan Starr

Dennis Boone



Happy Birthday!

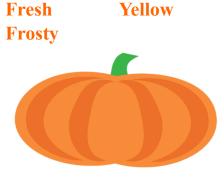
From your friends at **Guernsey County** Senior Citizens Center, Inc.

Fall Word Search



Abundant Amber Autumnal **Blustery Bountiful Breezy Bright Brilliant** Brisk Brown Changing Chilly Cold Colored Colorful **Comfortable Ripe Cooling** Cozy Crackling Crisp Crunchy **Deciduous Earthy Enchanting** Enjoyable Fallen Fireside Flannel Foggy **Foraging**

Golden Grav Gusty Harvested Hibernating **Howling Magnificent Moonlit Orange Overgrown Pumpkin** Rainy Raked Red Relaxing **Roaring** Rust **Rustling Seasonal** Soggy **Spooky Turning Vibrant** Visual Vivid Wilted Windy Wondrous Woodland



LKCRRGQAZLZKKBDISKWNEQYFD OAIOOEJFUBCVYERRZOHGNHNRI YPNLLBDFDOEYTCGILUAWCTIOV EUDMROIPOHGLAIVLGTSNHDKSI ZEFIUTRLTGIBREEZYHUYANPTV NESRNTIFOWURGYEVORTLNAMYK J K A U E NUF U N D I R E R D C S X L T L U E E DTORGSZADLELXRCFILJIIDPNL DBCKTUHAUPTLXWMGDSPHNOJME YUODUHNUPQSINUFLNZECGOEAN RGMTTTYZOCEANWORBIVRYWMGN ENFYARGNMIVNMCOJSVGAIOTNA TIOLGNIRAORTYIXRGPBNOFLIL S L R H A T C F A Z A J P M A N G L O N A A C F F UTTFAUJIRVHOSHOGERLONHPIM LSAGZRSTNARBIVORTIEOKGCCR BUBBNNRICHLCRFTWTSSVYYGEE Y R L J R I Y C V H O O C A P V L A U M O J V N L X S E Y S NLD E C I D U O U S E I O R D U J T A ZENHIGBKUYYKTMOSEGNAROXMX O S N A B Q K Y C R A K E D W L J L C G Z Y F T I FORAGINGTAWHREBMACOLOREDN PMAJNJYLOSRSUORDNOWGEKFWG NELLAFMIRDUCSOGGYWINDYZWT HIWKJFTAWHPGLQHIBERNATING

Serving Guernsey County Senior Citizens



Providing Quality Services & Programs for over 53 years

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



Services provided by the Guernsey County Senior Citizens Center Inc.

Transportation Services- Our courteous and professional van drivers personally escort senior citizens to medical exams and appointments; shopping and personal business trips; to pick-up prescription medications at pharmacies; to senior nutrition sites; and a host of other senior wellness related facilities. 24-hour advance reservations are required. **Homemaking-** Home health care providers can visit your home and provide routine homemaking services such as cleaning, laundry, essential shopping, and meal preparation. Home health care workers also provide in-home help with Personal Care to promote and maintain essential personal hygiene, which also encourages improved self-image and good self-esteem.

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

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

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

Legal Assistance- Legal work of a non-criminal nature (up to \$250.00) is available for seniors age 60 and over. Legal services subjects such as wills, power of attorney, real estate, probate, etc.... are provided by local attorneys. **PASSPORT-** The Guernsey County Senior Citizens Center is a certified "PASSPORT Qualified Facility" in close

cooperation with the Ohio Department of Aging and Area Agency on Aging-Region 9 (740) 439-4478.

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

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

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

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

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

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

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

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



BECOME A SOCIAL MEMBER OF THE SENIOR CENTER

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

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

Other benefits include, but are not limited to;

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

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