

DECEMBER 12TH edition 2021

All Services funded in part by Ohio Department of Aging through Area Agency on Aging Region 9, Belmont County Levies and Donations. **740-695-4142**

Kazmirski Named New Senior Services Executive Director

The Belmont County Board of Commissioners recently announced Lisa Truchan Kazmirski as the new Executive Director of Senior Services of Belmont County, replacing outgoing Director Dwayne Pielech. Kazmirski will officially began her new position on Monday, November 22, 2021.

“We are excited to announce Lisa as our new director and look forward to working with her on the many programs and services we offer daily to our seniors,” said Commissioner President Jerry Echemann. “Lisa brings an extensive public administration background and experiences to Senior Services, and we know she will do an outstanding job.”



Belmont County Commissioners recently announced Lisa Kazmirski as the new Executive Director of Senior Services. Joining Kazmirski for the announcement are (left to right) Commissioners Jerry Echemann, Josh Meyer and J. P. Dutton. Kazmirski started at SSOBC on November 22, 2021.

Commissioner J. P. Dutton said he believes Lisa’s more than 30 years’ experience in human services programs will be helpful in guiding Senior Services through the many challenges of the pandemic and its impact on older Belmont Countians. *(continued on page 3)*



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Sometimes the Holidays can be a difficult time. (see page 3)

Senior Services of Belmont County

Executive Director
Dwayne Pielech

Fiscal Administrator

Lee Pytlak

Senior Services Administrator

Leslie Thompson

Services Include

Senior Centers

Nutrition Shopping-Check your local Center's calendar for dates and times

Nutritional Meals Served Daily in Centers

Transportation to & from your local Senior Center

Transportation to Medical Appointments

Minimum 72 hour notice for all appointments

Home Delivered Meals

Nutrition Program

Homemaking

Personal Care

Health Education

Passport Services

HEAP Applications and Assistance with Filing

Golden Buckeye Card Applications

CodeRED Emergency Notifications

67650 Oakview Drive

St. Clairsville, Ohio 43950

(740) 695-4142 Fax (740) 695-4144

Toll Free 1 (800) 200-0320 or

Visit Our Website: SSOBC.com

TRANSPORTATION DEPARTMENT

740-695-6868

Program Administrator

Mike McBride

HOURS OF OPERATION:

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Last Doctor's Appointment made by 2:00PM

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DR. ORDERED THERAPY

DR. APPOINTMENTS

PRO-TIME (BLOOD WORK)

DR. ORDERED TESTING

NUTRITION DEPARTMENT

740-695-4142

Program Administrator

Tina Burkhart

To Resume or Cancel

Home Delivered Meals or

Senior Center Meals

Call 740-695-4142

Senior Centers

Barnesville, Kay Driscoll 740-827-2961

Bellaire, Tish Kinney 740-827-3472

Bethesda, Susan Hines 740-827-3595

Centerville, Donna Steadman 740-827-3662

Colerain, Sue Neavin 740-827-3708

Flushing, Maxine Jurovcik 740-827-3953

Glencoe, Karen Rebecca 740-340-4737

Lansing, Carolyn Cohen 740-827-4288

Martins Ferry, Melissa Finney 740-827-4826

Powhatan, Mary Beth Tennant 740-795-4350

St. Clairsville, Dorothy Burkhart 740-827-6190

Holidays Difficult Time for Many

By John Antal, Clinical Director of Behavioral Health Services at East Ohio Regional Hospital

The holiday season is quickly approaching. This is usually a time of great joy, although it could be a time of despair for older adults. With the holidays ... family, friends, and tradition make for togetherness, as well as sadness, frustration, and difficult anniversaries. In order to cope with the rush of emotions during this time of year, it is important to express your feelings and discuss how these days affect oneself. Focusing on the “here and now” helps an individual to feel more grounded. Sometimes our own thoughts and emotions get in the way of celebrating with the ones we love. If you have lost loved

ones or feel upset with “going through the motions” during these stressful times, maybe creating new traditions will help with feeling more focused and ready for the holidays. Finding ways to commemorate lost loved ones can give back more control during these trying times. Some ways to deal more proactively with this time of the year include avoiding family conflict; learning to grieve; and prioritizing what means most to yourself. Talking with trusted family members can help alleviate triggers leading to anxiety, depression, and loneliness. Holding on to grudges can only contribute to the holiday blues. Letting go of resentments can make for a happy and healthy holiday season. Reaching out to family and loved ones, as well as participating in fun holiday activities, can make for a wonderful holiday experience. I hope everyone has a Merry Christmas and a Happy New Year!!!



*(Kazmirski Named Executive Director
continued from front page)*

Commissioner Dutton added Lisa also has been recognized by many organizations for her outstanding leadership skills and will utilize these successes daily with SSOBC consumers and staff.

“Lisa operated for many years a successful adult day habilitation program in Belmont County and knows the senior consumer group she will serve at SSOBC,” Commissioner Josh Meyer said. “As a Board, we talk daily with seniors and the many challenges they face to stay healthy and safe in their homes. Lisa understands the needs of older Belmont Countians and how to address providing services to keep them healthy and safe while maintaining our many current successful programs.”

Kazmirski and her husband Greg have two adult sons, Lukas, and Cole. She earned her bachelor’s degree from Wheeling Jesuit University. Kazmirski is an active member of the St. Clairsville Rotary Club and volunteers for numerous local organizations. She enjoys spending time outdoors with her family and has several hobbies.

Centerville is selling tickets on hand quilted Deer picture Queen Size. If interested please call center 740-686-9832 Drawing will be held at Christmas party on December 16th.





December's Super Senior

HELLO! My name is Bonnie Lemley.

I'm 87 years old, born in Waynesburg, Pennsylvania on September 30, 1934. My husband; Raymond and I raised 6 children in Moundsville WV. We were married for 67 1/2 years. Raymond and I have lots of grandchildren and great grandchildren. Now I live with my daughter near Lafferty, Ohio with their blind dog Zing.

I enjoy driving my 1949 Ford Fairlane convertible. I love, love, love going to St. Clairsville Senior Center and I feel everyone should join and benefit on what they have to offer. One of my many favorite thing is how friendly and kind my senior friends are since I just joined this summer. I also love to bowl, go on trips, play cards and bingo.



Karen Derosa
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Ah! Christmas, the biggest holiday of the year. Christmas has both a strong religious and traditional meaning. It has a certain feel, all to itself, that you usually do not feel at any other time of the year. It creates within us, a sense of kindness and concern for fellow man. At no other time are we more generous and giving. It creates a sense of family and belonging.

Everyone comes home for the Christmas holiday. It is a time of family and giving. It is truly a time that comes but once a year. Christmas is celebrated in most countries around the world!

And so, we invite you to ride along. Join us in celebration of the magic, the wonder and the spirit of this holiday season.



From all of us at Holiday Insights, we wish you a peaceful and prosperous Christmas holiday season, and a prosperous New Year!

Finding the Perfect Christmas Finding a Christmas tree, is one of the first steps in preparing for the holiday season.

We've been good this year and we know you have been too! So, we hope Santa's bag is stuffed full of goodies for all of us. Let there be peace and good will this Christmas.

Did you Know? Charles Dickens published "A Christmas Carol" on December 19, 1843.

The Twelve Days of Christmas: Want to have some real fun? Give the Twelve Days of Christmas to someone. It's a great way to find the Christmas spirit for the giver, the receiver and everyone around them. The daily gift can be something you already have around the house. They can cost almost nothing. Or, you can hire a twelve man Drum and Bugle Corps to perform on the last day. Have 12 days of Christmas fun!

Today's Quote: "No man (or woman) is a failure who has friends." Clarence the Angel in the movie *It's a Wonderful Life*

Finding the Perfect Christmas Tree

You can make it easy and go to your local Christmas tree lot for your tree this year. It sure would be quicker. But no, tradition calls on you to take a trek out to a Christmas tree farm or two, where the perfect tree awaits your discovery. After all, Christmas is just not Christmas without this tradition.

Here's the steps to finding the freshest and most beautiful tree your family has ever had.

Know Your Room Dimensions

Before you go, use a tape measure to determine the height from floor to ceiling. Then, subtract for the tree topper and the stand. Next, measure the approximate width that will fit where you want the tree to go. This is especially important, in corners and high traffic areas. Finally, measure the diameter of the tree stand opening, to assure the tree will fit.

Fresh or Pre-Cut

Many people are perfectly content to buy their tree from a tree lot. Although the tree will not be as fresh as a newly cut tree, you save time and effort. Frankly, some people just don't have a lot of extra time during the holiday season, to be out in the cold in search of a tree. To many other people, going to a tree farm and searching for the perfect tree through the cold and snowy field, is a time-honored tradition not to be skipped.

You should also determine the variety of Christmas tree you want to get. See: Varieties of Christmas trees.

Did You Know? Most trees bought at the local Christmas tree lot, were cut down 3-4 weeks, before arriving at the lot.

Pick the Day and Dress for the Weather

The peak time for Christmas tree shopping, is from the week before Thanksgiving to the week after. If you go later, the tree will be fresher, but many of the best ones might already be gone.

Pick the day that fits your schedule, check the weather forecast, and dress in layers. It's far better to be overdressed, than to shiver out in the cold.

Necessary Tools

You will need to bring:

- Measuring tape - to measure the height and width of the tree.
- Rope - to tie the tree to your vehicle's rooftop, or to the bed of your truck.
- Saw - unless you plan to dig the tree out of the frozen ground like Clark Griswold, you need to have a saw.

Selecting the Perfect Tree

Upon arrival to the Christmas Tree Farm, the search begins in earnest.

Despite the cold and snow, take your time in selecting a tree. Look at it from all angles. It's important to examine the trunk, to see if it is straight.

Check the diameter of the trunk, to make sure it fits the stand.

Check the Tree for Health and Freshness

Once you find the tree with the right height, width and look, it's time to check it out before cutting it down.

- Grab a branch and pull your hand towards you. If a lot of needles fall off, continue your search.
- Take off a few needles and crush them between your fingers, to see if it gives off a strong, pleasant scent.



Check the Tree for Health and Freshness

- Finally, inspect the tree for insects.
- Satisfied that you have found the perfect tree in every way, cut it down and bring it home.

.Ps Somewhere along the way, it is absolutely essential to get a cup of hot chocolate for everyone who participates in the excursion. This is the single most important part of the tradition.

Home Set Up and Care

If you are not going to put up the tree right away, store the tree in the garage, with the trunk in a bucket of warm water.

Immediately before setting it up indoors, make a fresh 1 inch cut of the end of the trunk.

DO NOT trim off bark of the trunk, to make it fit your existing stand. This will cut off the veins that uptake water to the tree, causing it to dry out quickly.

Put the tree into the stand. Tighten and adjust the prongs so they are tight against the trunk, and that the tree is straight. Examine the tree from all angles prior to lighting and decorating.

Immediately add water, and check the level daily. **DO NOT** let the basin dry out. Refill as needed.

Holiday Insights, where everyday is a holiday, a bizarre day, a wacky day ,or a special event. Join us in the calendar fun each and every day of the year.

Did You Know? There are literally thousands of daily holidays, special events and observances, more than one for every day of the year. Many new holidays are being created on a very frequent basis. At Holiday Insights we strive to thoroughly research and report details of each one as accurately as possible.



SENIOR CENTER CALENDARS DECEMBER 2021

Barnesville December Calendar 2021

- | | | | |
|-------|---|-------|--|
| 12/1 | Decorating for Christmas | 12/16 | Christmas Party Bring a \$5.00 Gift Exchange |
| 12/2 | Santa Tree Lighting | 12/17 | Cinch Tournament |
| 12/3 | Directors out of Center
No Transportation Cinch Tournament | 12/20 | Corn Hole |
| 12/6 | 9:00 Center Meeting | 12/21 | Ohio Valley Mall |
| 12/7 | 10:00 Bag Game
Bring Prize in Decorated Bag | 12/22 | 10 Cent Bingo |
| 12/8 | Polish Club | 12/23 | Commodities |
| 12/9 | 9:00-11:00 Pancake Breakfast
Public Welcome | 12/24 | Center Closed Merry Christmas |
| 12/10 | Zilch | 12/27 | Produce No Transportation |
| 12/13 | Produce | 12/28 | Mystery Trip |
| 12/14 | Cambridge Courthouse
Christmas Lights leaving @ 4:00 | 12/29 | Corn Hole |
| 12/15 | 10:00 Bingo w/Tricia
Christmas Covered Dish | 12/30 | New Years Dinner Pork Sauerkraut Potatoes |
| | | 12/31 | Closed Happy New Year |

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Bellaire December Calendar 2021

12/1	AM Breakfast and meeting	12/16	AM Games PM Bingo
12/2	AM Games PM Bingo	12/17	AM Games PM Corn Hole
12/3	AM Games PM Cornhole	12/20	AM Grocery Shopping PM Balloon Fly Swatter
12/6	Grocery Shopping PM Balloon Fly swatter	12/21	9AM Leave for Mall
12/7	AM Games PM Bingo	12/22	AM Chair Volleyball, PM Bingo
12/8	11:30 Christmas Dinner and Gift Exchange	12/23	AM Games PM Bingo, Commodities
12/9	AM Games PM Bingo	12/24	Closed
12/10	AM Bellaire Kindergarten Singing and Lunch	12/27	Grocery Shopping PM Balloon Fly Swatter
12/13	Grocery Shopping PM Balloon Fly Swatter, Bunco	12/28	AM Games PM Bingo
12/14	Am Games PM Bingo	12/29	AM Chair Volleyball
12/15	Shopping at Center Market and Lunch at the Fish Market	12/30	11AM New Years Eve Party
		12/31	Closed

Bethesda December Calendar 2021

12/1	10:00 Craft (Reindeer) 12:00 Nutrition Shopping	12/16	9:15 Mall Shopping Nutrition Shopping Red Lobster
12/2	8:30 Highlands Christmas Shopping Olive Garden	12/17	10:00 Skip-Bo 12:00 Crazy 8 Game
12/3	10:00 Christmas Bingo Panhandle Cleaners	12/20	9:00 Breakfast Eat N Park Walmart Shopping
12/6	10:00 Board Meeting 12:00 Game of Choice	12/21	10:00 Cinch 12:00 Left Right Center
12/7	10:00 Cinch 12:00 Nutrition Shopping	12/22	10:00 Bingo Bring A Prize
12/8	10:00 Bingo w/ Tricia Stonerise Hospice	12/23	10:00 Skip-Bo 12:00 Commodity
12/9	10:00 Pedro 12:00 Baking Christmas Cookies	12/24	Center Closed Merry Christmas
12/10	10:00 Bingo w/ Astoria Christmas Party & Gift Exchange	12/27	Produce Game of Choice
12/13	Produce Game of Choice	12/28	10:00 Cinch 12:00 Nutrition Shopping
12/14	10:00 Pedro 12:00 Left Right Center Game	12/29	10:00 Bingo Bring a Prize 12:00 Crazy 8 Game
12/15	10:00 Penny bingo 12:00 Game of Choice	12/30	8:30 Visiting Barnesville New Years Eve Party
		12/31	Center Closed Happy New Year

HEAP Winter Crisis

The Home Energy Assistance Winter Crisis Program (HEAP Winter Crisis Program) helps income eligible Ohioans that are threatened with disconnection, have been disconnected or have less than a 25 percent supply of bulk fuel in their tank maintain their utility service. The program runs from November 1 until March 31. Ohio households, serviced by a Public Utilities Commission of Ohio-regulated utility, must sign up for the Percentage of Income Payment Plan Plus (PIPP) or another payment plan in order to receive emergency benefits.

The program runs from November 1 until March 31. Ohio households, serviced by a Public Utilities Commission of Ohio-regulated utility, must sign up for the Percentage of Income Payment Plan Plus (PIPP) or another payment plan if there is still an outstanding balance on the bill after receiving assistance.

Who is Eligible for the Winter Crisis Program?

Ohioans with a household income at or below 175 percent of the federal poverty guidelines that are facing disconnection, have been disconnected or have less than a 25 percent supply of bulk fuel in their tank are eligible for the program.

For November 2021-March 2022, the income levels are:

Size of Household	Total Household Income 12 Months
1	up to \$22,540
2	up to \$30,485
3	up to \$38,430
4	up to \$46,375
5	up to \$54,320
6	up to \$62,265
7	up to \$70,210
8	up to \$78,155

For households with more than eight members, add \$7,945 for each additional member.

A household applying for HEAP must report total gross household income for the past 30 days (12 months preferred) for all members, except wage or salary income earned by dependent minors under 18 years old. Both homeowners and renters are eligible for assistance.

Contact your local senior center or Community Action Committee 740-695-0293

2022 COMMODITY DISTRIBUTION DATES

January 27, 2022
February 24, 2022
March 24, 2022
April 28, 2022
May 26, 2022
June 23, 2022
July 28, 2022
August 25, 2022
September 22, 2022
October 27, 2022
November 29, 2022
December 22, 2022

Please post this schedule in a place where you will see it every month. You have two days Friday and Monday to pick up your commodities. After that, your commodities will be given to another client on our waiting list.

Please contact your local senior center if you can not pick up your commodities.

If you are 60 years or older and struggle at the end of the month finding enough food to get you to your next check, you may be eligible for a supplemental food program. The Commodity Supplemental Food Program for seniors is a federal USDA food and nutrition program serving the elderly of Belmont County.

The administration of this program is a cooperative effort of the Mid-Ohio Food Bank, SSOBC, and Ohio Department of Job and Family Services.

To be eligible for groceries a person must be at least 60 years of age, live in Belmont County and meet the income guidelines. Household income: One person in household \$1,396.00, Two people in household \$1,888.00 and for Three people in household \$2379.00.

If you want to apply please contact Leslie Thompson, 740-695-4142 or your local senior center Monday-Friday 8AM-2PM. For a list of senior center numbers please see page 2 of the Golden Times.

RESOURCE NUMBERS

Social Security Administration
1231 Warwood Avenue
Wheeling, WV, 26003
877-480-5001 or 800-772-1213

Belmont County Health Department
68501 Bannock Uniontown Road
St. Clairsville, OH 43950
740-695-1202

Belmont County Job and Family Services
68145 Hammond Road
St. Clairsville, OH 43950
740-695-1075

OPERS
benefitquestions@opers.org 800-222-7377

Area Agency on Aging
710 Wheeling Ave.
Cambridge, OH 43725
800-945-4250

Ohio Department of Aging
246 N. High Street 1st Floor
Columbus, OH 43215
614-466-5500

Ohio Senior Health Insurance Information
(OSHIIP)
50 W Town Street Suite 300
Columbus, OH 43215
800-686-1526

Ohio Department of Health 833-427-5634

Wheeling Hospital 304-243-3000

Barnesville Hospital 740-425-3941

Reynolds Memorial 304-845-3211

East Ohio Regional Hospital 740-633-1100



Centerville December Calendar 2021

LUNCHES ARE SERVED EVERYDAY.
PLEASE CALL THE DAY

- | | | | |
|-------|--|-------|---|
| 12/1 | 10:00 \$2.00 BINGO, 12:00 LEFT RIGHT | 12/16 | 10:30 AM CHRISTMAS PARTY \$15.00 GIFT FOR CHINESE |
| 12/2 | 10:15 BALLOON VOLLEY 12:00 MEXICAN | 12/17 | 10:15 BALLOON VOLLEY 12:00 YAHTZEE |
| 12/3 | 10:15 YARDZEE 12:00 PM PENNY BINGO | 12/20 | 10:30 KA-ZOO PRACTICE 12:00 CRAFT DAY |
| 12/6 | 10:30 PLINKO WITH PRIZES
STONERISE/ W TRICIA1 | 12/21 | 10:30 MAKE PUMPKIN ROLLS |
| 12/7 | 10:30 SENIOR MEETING
12:00 HORSE RACE | 12/22 | 10:30 ROLL DOUBLES STEEL GIFT
12:00 MEMORY |
| 12/8 | 10:30 BUNCO 12:00 BIRTHDAY | 12/23 | 10:30 CARD GAME 31 COMMODITY DELIVERY |
| 12/9 | 10:30 YARDZEE CORNHOLE
HILLBILLY BALL 12:00 | 12/24 | CLOSED FOR CHRISTMAS |
| 12/10 | CLOSED DURING AM 6:00 PM
MUSIC NIGHT | 12/27 | 10:30 PRODUCE DAY 12:00 CARDIO |
| 12/13 | 11:00 PRODUCE DAY 12:00 LEFT RIGHT | 12/28 | 10:30 AM PENNY BINGO 12:00 LEFT RIGHT |
| 12/14 | 10:30 PENNY BINGO 12:00 CARD GAME 31 | 12/29 | PUZZLE 12:00 \$2 COMMUNITY BINGO |
| 12/15 | 10:00 ROLL DOUBLES & STEAL GIFTS 12:00 | 12/30 | SET UP FOR NEW YEAR'S PARTY |
| | | 12/31 | 10:30 AM CELEBRATION FOR NEW YEAR'S |

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U.S. News & WORLD REPORT

CENTRAL WEST VIRGINIA
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2021-22

WVUMedicine.org/WheelingHeart



Colerain December Calendar 2021

12/1	9:30 Euchre Woodcarving 11:30 Lunch	12/16	Closed
12/2	Closed	12/17	10:00 Bingo 11:30 Lunch
12/3	10:00 Bingo 11:30 Lunch	12/20	10:00 Bingo 11:30 Lunch
12/6	10:00 Bingo 11:30 Lunch Hamster Races	12/21	Closed
12/7	9:30 Business Meeting 12:00 Christmas Craft	12/22	9:30 Euchre Woodcarving 11:30 Lunch
12/8	Book Club 9:30 Euchre woodcarving 11:30 Lunch	12/23	Closed Commodities
12/9	Closed	12/24	Closed Merry Christmas
12/10	10:00 Birthday Bingo 11:30 Lunch Christmas Party	12/27	Produce DayDay
12/13	Produce Day	12/28	10:00 Bridge
12/14	9:30 Bowling Lunch, Bridge 10:00	12/29	9:30 Euchre Woodcarving 11:30 Lunch Left eft
12/15	9:30 Euchre Woodcarving 11:30 Lunch	12/30	Closed Happy New Year
		12/31	10:00 Bingo 11:30 Lunch

Flushing December Calendar 2021

12/1	AM 10Cent Bingo PM Lunch Birthday Cake	12/16	AM Visit Fat Apple Bakery PM Lunch
12/2	AM Dennison Railroad Museum	12/17	AM Zilch PM Lunch
12/3	AM Zilch PM Lunch	12/20	AM Crafts Work on Puzzles PM Lunch
12/6	AM Crafts Work on Puzzles PM Lunch	12/21	AM Decorate Cookies PM Lunch
12/7	AM Shopping in ST. Clairsville PM Lunch	12/22	10 Cent Bingo PM Lunch
12/8	AM 10 Cent Bingo PM Lunch Draw for Raffle ticket for Jamos	12/23	AM Work on Puzzles PM Lunch Commodities
12/9	AM Mystery Bag Game PM Lunch	12/24	Closed
12/10	AM Zilch PM Lunch	12/27	Produce PM Lunch
12/13	Produce	12/28	AM Game of Choice PM Lunch
12/14	AM Game of Choice PM Lunch	12/29	10 Cent Bingo PM Lunch
12/15	10 Cent Bingo PM Lunch	12/30	AM Game of Choice PM Lunch
		12/31	Closed



Martins Ferry members with Officer West from Martins Ferry Police Department



Bellaire members Helen Wade, Donna Bruce, Julie Curran, Ann Hodges enjoyed great day at Barkcamp.



Glencoe members working on Puzzle. Julie Neitzelt, Karen Rebecca, Betty McGarry and?



Flushing member Marin Purتمان enjoying lunch a Polish Club in Fairpoint.



Bethesda members Shirley Lucas, Faye VanHorn, Maxine Richsons, Sandy Wise after Kitchen & Bathroom Shower. Thanks for donation



Centerville Members shopping at Mall. Ruth Hart, Barb Milhoan, Pam Moore, Driver Lisa Saunders, Stella Lea Ramsay and front row Wanda Jarrett



Lansing enjoying bowling Midge Walton, Anita Bodnar, Alice Reynolds and Stew Cohen



St Clairsville members enjoyed a great day at Barkcamp. Shirley Androsko and daughter, Lisa, Billie Zollars, Bunny Johnson, Bonnie Lemley, Cindy Wheeler, Sally Myers



Glencoe members love Halloween, But your guess is as good as mine. WHO ARE THEY.



Powhatan Association Blaine Cordery accepting a donation from American Legion by Gary Baker "Thank You"



Barnesville member Jim Sellers



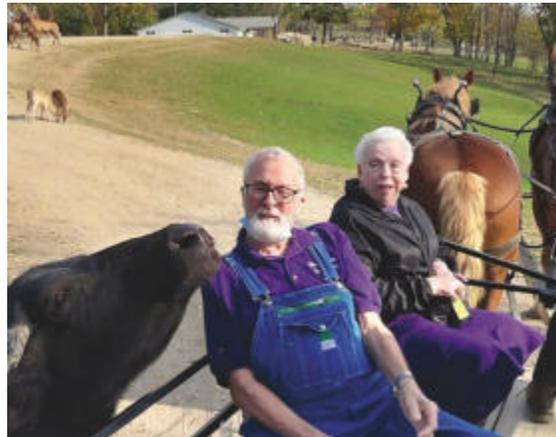
and Rick Stevens



Powhatan Gary Baker' Thanks for making Horses for the horse race game



Centerville members getting ready for Christmas. Carol Scatterday, Lisa Saunders, Ruth Hart, Barb Milhoan, Stella Lea Ramsay, and Pauline Beckett.



Martins Ferry members Jerry Wilson and Millie Rogers enjoying the Farm in Walnut Creek



Barnesville member Bev Justice



Shirley Lucas Bethesda. "Oh Crap" What is she up to now?



Bellaire members Alice Lane, Jewel Hammond, her son Hunter and Doris Stephens enjoying lunch at Barkcamp



Flushing members working on puzzle. Becky Gibson, Martin Purtiman, Kathy Ujek and Terry Gibson



Lansing eating lunch at Steak n Shake Lee Berry, Anita Bodnar, Alice Reynolds, Sherry Hanson, Dorothy Zido. It was a great day.

St Clairsville members Doris Dombroski, Susan Andears, Pat Willey, Shirley Pangle had a great sunny day at Barkcamp. Enjoyed lunch from Riesbecks



GLENCOE DECEMBER CALENDAR 2021

12/1 Finish with decorations and cleaning.

12/6 Prepare mall for opening weekend

12/7 Clean and decorate mall

12/8 Bake banana bread for opening

12/11 Mall weekend opening and community socialization. 10am to 2pm

12/12 Mall open 12 to 2pm

12/13 Produce delivery

12/14 Puzzles and games

12/15 Movie and snacks

12/21 *Be sure to look for the Star of Bethlehem 45 min after sunset. It hasn't been visible since 1226.*

MERRY CHRISTMAS!

Christmas party.

Closed until Jan 3rd



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14-1139

Happy Healthy Holidays



To All a Good Mind...

The holiday season is quickly approaching and soon people will swarm the stores to prepare for gift giving and celebrations. Most often when we hear of or read anything associated with the holiday season, it is synonymous with words like "happy", "joy", or "peace". Unfortunately for many, this season brings up different words and emotions due to mental health issues.

December is Seasonal Depression Awareness Month. Seasonal Affective Disorder (SAD), also called seasonal depression, is a type of depression that presents around the fall/winter months every year when the season changes. **Mental Health America** notes that seasonal depression symptoms are similar to that of typical depression and consistently occur around the same time every year; SAD affects around 5% of people in the United States a year. The organization discusses the potential differentiations between SAD and typical depression as well as prevention and treatment options (Mental Health America, 2021).

Tea Time Tuesdays

Mornings can be rough sometimes, but having someone to share a cup of tea or joe can make the morning grind seem a little easier.

We hope you will join us for Tea Time Tuesdays- happening virtually every 2nd Tuesday of the month. If you can't stomach tea, coffee (or any other morning beverage) is acceptable- we won't tell.

We hope you can be a part of making our morning, a good morning.

[Join us on Zoom](#)



Holidays can be hectic and affect our mental health, with or without a diagnosed mental illness. The **National Alliance on Mental Illness (NAMI)** provides multiple suggestions for stress reduction and mental wellness for the holidays including, but not limited to the following:

- Adhere to COVID-19 guidelines
- Avoid alcohol and drugs
- Maintain a healthy diet
- Get ample and quality sleep
- Be realistic about time management and gift-giving
- Connect with trusted support or therapy (NAMI, 2020)

No matter the time of year, recommendations like those listed above are relevant to all of us; yet, these reminders can be especially helpful during seasons of higher stress. Baking Grandma's special chocolate pie or watching little Timmy's eyes light up when they open their long-anticipated gift is special and important, but so is our mental wellness. It is our wish this holiday season that each of you find a way to care for and celebrate your health. Happy Holidays to all, and to all a good mind.

Credits:

Maintaining Mental Health During the Holidays.

(2020). NAMI. Retrieved November 10, 2021

from <https://namica.org/blog/handling-stress-during-the-holiday-season/>

Seasonal Affective Disorder (SAD). (2021). Mental Health America. Retrieved November 10, 2021 from

<https://www.mhanational.org/conditions/seasonal-affective-disorder-sad>

If you or someone you know is struggling with suicidal thoughts, please reach out for support from someone you trust or one of the following resources.

CRISIS TEXT LINE (24-Hour Crisis Counseling)
Text "HOME" to 741741

Ohio CareLine (Toll-Free Emotional Support Call Service)
1-800-720-9616

Mental Health and Recovery Board (MHRB)
Phone: 740-695-9998
Crisis Hotline: 1-800-354-4357
<https://bhmbboard.org/resources/>

Want to connect with us or participate in your local community coalitions?

Visit our website:

<https://student-services-coalition-con.constantcontactsites.com/>

Holiday Recipes

Smoked Salmon Dip

Ingredients

- 8 ounces cream cheese
- 1/2 cup sour cream
- 1 tbsp lemon juice
- 1 tbsp minced fresh dill
- 1 tsp prepared horseradish, drained
- 1/2 tsp kosher salt
- 1/4 tsp freshly ground black pepper
- 1/4 pound (4 ounces) smoked salmon, minced



Instructions

Cream the cheese in an electric mixer fitted with a paddle attachment until just smooth. Add the sour cream, lemon juice, dill, horseradish, salt and pepper, and mix. Add the smoked salmon and mix well. Chill and serve with crudites and/or crackers.

Easy Parmesan "Risotto"

Ingredients

- 1 1/2 cups Arborio rice
- 5 cups simmering chicken stock
- 1 cup freshly grated Parmesan cheese
- 1/2 cup dry white wine
- 3 tbsp unsalted butter, diced
- 2 tsp kosher salt
- 1 tsp freshly ground black pepper
- 1 cup frozen peas

Instructions

Preheat the oven to 350 degrees. Place the rice and 4 cups of the chicken stock in a Dutch oven. Cover and bake for 45 minutes, until most of the liquid is absorbed and the rice is al dente. Remove from the oven, add the remaining cup of chicken stock, the Parmesan, wine, butter, salt, and pepper, and stir vigorously for 2 to 3 minutes, until the rice is thick and creamy.



Add the peas and stir until heated through. Serve hot.

Roasted Garlic Clove Chicken



Ingredients

- 8 chicken thighs
- salt and black pepper
- 1 head garlic, separated into whole cloves, papery skin removed (about 20 cloves)
- 3 tbsp olive oil
- 1 tsp butter
- 2 tsp herbes de Provence
- 1 tsp flour
- 1/4 cup chicken stock
- 1/2 lemon, juiced

Instructions

Preheat the oven to 350 degrees F. Rinse and pat dry the chicken. Salt and pepper liberally. In a large oven-proof saute pan over medium heat, cook the whole garlic cloves in olive oil and butter, stirring occasionally, until lightly golden, about 10 minutes. Remove the garlic from the pan and set aside. Increase the heat to medium high and brown the chicken skin-side down until the skin is golden and crispy, about 5 minutes. Turn the chicken over, sprinkle on herbes de Provence. Add the garlic back to the pan and place hot pan in oven. Bake the chicken until cooked through, about 25 minutes. Once the chicken is done, remove chicken thighs and garlic to a platter. Place the pan over medium-high heat and sprinkle the drippings with flour and stir to incorporate. De-glaze the pan with the stock and lemon juice. Pour the sauce over the chicken on the platter and serve with bread for sauce-mopping and garlic-spreading.

Healthy Pumpkin Smoothie

Ingredients

- 1 1/2 cups yogurt of your choice
- 1/3 cup pumpkin puree. Canned or homemade**
- 1 Tbsp raw, unfiltered honey
- 1/2 tsp pumpkin pie spice
- 1/4 tsp pure vanilla extract



Instructions

Blend all ingredients in a blender until smooth. Enjoy!

Easy Hashbrown Breakfast Casserole

Instructions

- 8 oz bacon, diced
- 8 eggs
- 1 tsp salt and pepper
- 1 tsp Italian Season
- 1/4 to 1/2 tsp red pepper flakes
- 3 cups frozen hash browns, thawed
- 6 oz cheddar cheese, shredded
- 4 oz Swiss, Mozzarella, or Gruyere cheese shredded
- 4 oz small curd cottage cheese



Instructions

Preheat oven to 350 F. Grease a 9 x 13 baking dish and set aside.

Dice bacon strips and cook in a skillet over medium heat until crisp. Drain on a paper towel and set aside.

In a large bowl, whisk the eggs, salt, pepper, Italian Seasoning, and red pepper flakes (if using).

To the bowl, add thawed hash browns, shredded cheese, cottage cheese, and bacon. Stir until combined.

Transfer the mixture into the prepared 9 x 13 baking pan. Bake for 30 to 40 minutes, or until center is set. Let the breakfast casserole rest for 5 minutes before serving.

Honey Butter Skillet Corn

Ingredients

- 2 tablespoons butter I use salted
- 2 tablespoons honey
- 1 bag (16 oz) frozen corn
- 2 ounces cream cheese cut into chunks
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

Instructions

In a skillet pan, over medium high heat, melt the butter and honey. Once melted add the frozen corn and cook for 5-8 minutes, stirring occasionally, until cooked through.

Add cream cheese, salt, and pepper. Stir together and let it cook, about 3-5 minutes, while stirring occasionally.

Serve immediately. Leftovers keep well, covered in a container, and stored in the fridge.



Individual Potato Gratins

Ingredients

- Vegetable spray
- 2 large russet potatoes, roughly peeled and thinly sliced
- 1/2 cup grated Swiss cheese
- 2 green onions, finely chopped
- Salt and ground black pepper
- 3/4 cup heavy cream



Instructions

Preheat oven to 375 degrees F.

Spray 8 muffin tins with vegetable spray. Layer potato slices, cheese, and onions into each muffin cup. Season with salt and pepper and top each gratin with 1 or 2 tablespoons of heavy cream. Cover with foil and bake for 30 to 40 minutes, removing the foil halfway through cooking time. Invert gratins onto plate and serve.

Thumbprints

Ingredients

- 2 cups all-purpose flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 12 tablespoons unsalted butter, soft
- 2/3 cup granulated sugar
- 1/2 teaspoon vanilla extract

Assorted jams (orange, raspberry, grape, strawberry), for filling



Instructions

Preheat oven to 350 degrees F. Line 2 baking sheets with parchment paper. Whisk the flour, baking powder and salt in a bowl. Beat the butter, granulated sugar and vanilla in a large bowl with a mixer until light and fluffy. Add half of the dry ingredients and mix until just combined, then mix in the remaining dry ingredients. Knead a few times by hand to bring the dough together.

Roll teaspoonfuls of dough into balls and place about 1/2 inch apart on the prepared baking sheets. Make an indentation in the center of each ball with a small measuring spoon or the back of a pen. Fill each indentation with jam (a scant 1/8 teaspoon).

Bake until the edges of the cookies are golden, 15 to 20 minutes. Let cool 2 minutes on the baking sheets, then transfer to a rack to cool completely. Dust with confectioners' sugar, if desired. Store in an airtight container up to 1 week.

Lansing December Calendar 2021

12/1	Hangman	12/16	Euchre
12/2	Charades	12/17	9:30 Bingo
12/3	9:30 Bingo	12/20	Christmas Caroling Rolling Hills 9:30
12/6	9:30 Meeting	12/21	UNO & Yahtzee
12/7	9:30 Bowling Cracker Barrell	12/22	Secret Santa Sock Exchange
12/8	Phase Ten	12/23	Potluck , Dice Game , Commodity Pick-Up
12/9	Mexican Train	12/24	Closed Merry Christmas
12/10	9:30 Bingo	12/27	Phase-10
12/13	Left Right Center Left Left Right Center	12/28	Left Right Center
12/14	9:30 Bunny Races	12/29	Charades Hangman
12/15	Bingo w/ Rolling Hills	12/30	Mexican Train
		12/31	Closed Happy New Year

Martins Ferry December Calendar 2021

12/1	Christmas Decorating	12/16	9:00 Dollar Store in Bellaire Gulla's Hot Dogs
12/2	9:00 Shopping Ferry Dollar Store 12:00 Game of Choice	12/17	10:30 Chair exercises Game of Choice
12/3	10:30 Christmas Bingo 12:00 Bunco	12/20	9:00 shopping @ Riesbecks St. Clairsville Wen WU
12/6	10:30 Cardio Drumming 12:00 Hamster Races	12/21	10:30 Cardio Drumming 12:00 Wheel of Fortune
12/7	9:00 Shopping @ Big Lots Bridgeport Dollar Store	12/22	10:30 Corn Toss w/ Michael 12:00 Game of Choice
12/8	10:30 Wheel of Fortune 12:00 Pictionary	12/23	Christmas Party + Commodities
12/9	Trip to Cambridge Victoria Village and Forum	12/24	Closed Merry Christmas
12/10	10:30 Bunco 12:00 Bingo	12/27	Closed Produce Day
12/13	Closed for Produce	12/28	10:30 Current Events and Trivia 12:00 Card Game
12/14	10:30 Bongo w/ Lori 12:00 Game of Choice	12/29	10:30 Cardio Drumming 12:00 Game of Choice
12/15	10:30 Cardio Drumming 12:00 Card Game	12/30	Game of Choice
		12/31	Closed Happy New Year

Powhatan December Calendar 2021

12/1	AM Household Bingo PM Drumming exercise or Karaoke	12/16	Center Members Christmas Party
12/2	AM Blitz or Game of Choice PM Horse Racing	12/17	AM Blitz or Game of Choice PM Horse Racing
12/3	Games of Choice	12/20	AM Five Crowns PM Drumming Exercise
12/6	AM Five Crowns PM Drumming Exercise	12/21	AM Uno PM Blitz Card Game or Euchre
12/7	AM Uno PM Blitz Card Game or Cornhole	12/22	AM Mexican Train PM Karaoke
12/8	AM Game of Choice PM Chair Bouncing Balls	12/23	AM Five Crowns Card Game PM Mexican Train Commodities
12/9	9AM Bowling in St. Clairsville	12/24	Closed
12/10	AM Blitz or Game of Choice PM Horse Racing	12/27	Game of Choice
12/13	Produce PM Karaoke	12/28	AM Five Crowns PM Drumming Exercise
12/14	9AM Center Meeting PM Katie's Bingo	12/29	AM five Crowns PM Mexican Train
12/15	AM Five Crowns Card Game PM Drumming Exercise	12/30	AM Games by CHS Shadyside
		12/31	Closed

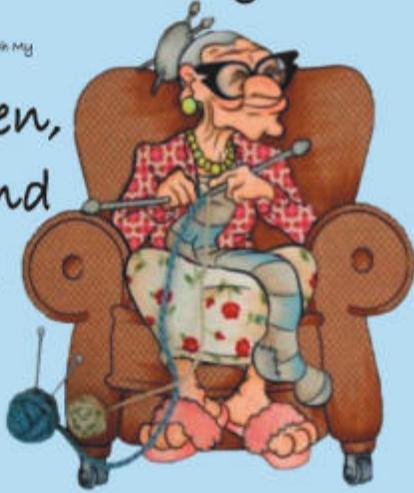
St. Clairsville December Calendar 2021

12/1	Business Meeting 10 AM PM Bingo	12/16	Games of Choice
12/2	9:45AM Bowling St. Clairsville and Lunch	12/17	Christmas Party call center by 12/13 to RSVP
12/3	AM Game of Choice PM Show and Tell	12/20	Bingo with Belmont Manor
12/6	Game of Choice	12/21	AM Blanket Brigade 10:30 Nutritional Shopping
12/7	10:30 Nutritional Shopping	12/22	AM Games of Choice, PM Bingo
12/8	Games of Choice PM Bingo	12/23	Commodity Day
12/9	PM Director's Meeting 3:30 Oglebay Festival of Lights	12/24	Closed
12/10	Games of Choice	12/27	Games of Choice
12/13	Produce, no morning transportation	12/28	10:30 Nutritional Shopping
12/14	1030 AM Nutritional Shopping	12/29	Games of Choice PM Bingo
12/15	Birthday Celebration PM Bingo	12/30	Corn Toss with Mike
		12/31	Closed

At my age,
I'm good at
multi-tasking.

Angels, Fairies & Cherubs - Oh My

I can listen,
ignore and
forget,
all at
once.



The older I get,
the more I enjoy
being home
and doing

NOTHING

*Aging
Gracefully*



Mark Kennedy

*Here,
we
grow!*

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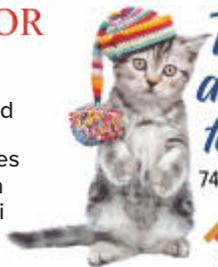
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Coloring Corner



Activities We Know Can Improve Our



Here's To Your HealthSM
A program of Interim HealthCare

- Play games that involve the exercise of logical activity – card games such as pinochle and bridge; games of strategy such as chess or checkers; and, crossword puzzles and anagrams.
- Don't play the same games all the time as this results in routine – the same circuits of the brain are used over and over again. Play bridge regularly to maintain your social network, but you need variety in this activity for “brain fitness”.
- Explore activities that are new to you – even turning down a different street on the way home or going to a new place to eat. You need to challenge your brain!
- Overcome mental monotony which generates mental lethargy and resignation and decreased mental function. When you sit in front of the TV or computer you are getting only one source of input over and over.
- Beware of stimulation vs. overstimulation – too much too new too fast can lead to confusion, frustration and stress, not enrichment. Do one new thing each week, and make it a manageable challenge. If you take a new street home – don't forget a map that you can read!
- Remember that it takes longer to learn and store new information as we age. Concentration becomes increasingly important, so reduce distractions and interferences when learning something new.
- Reading the written word – reading books is a wonderful fitness activity for our brains and our souls.
- Eat a diet that supports mental fitness – protein to maintain and develop brain cells, Vitamin B6 (potatoes, bananas, chicken breast) antioxidants (e.g. Vitamins C and E found in blueberries and strawberries) and omega-3 fatty acids found in salmon and swordfish.
- Exercise – talk to your doctor first, and begin movement and activity if only 5 minutes a day. Exercise brings oxygen to parts of the body, and that includes the brain. Set an activity goal with your doctor and work up to it.
- Stay connected, nurture, give and receive human love – it is a fact that the receipt of attention, doing random acts of kindness for others helps stay mentally fit and vibrant as we age.

Call for more information:

(740) 635-0045

Interim
HEALTHCARE

Belmont County Senior Services

ACROSS

- 1) Believer in karma
- 6) Smiles from ear-to-ear
- 11) Love mo.
- 14) Brainstorming products
- 15) 1-Across' country, often
- 16) Amazement
- 17) Computer's main circuit card
- 19) Common British drink
- 20) Lacy mat
- 21) Father of Indira Gandhi
- 23) Get one's brain back on track
- 27) Most recently produced
- 28) Ark's landing place
- 29) Beer, after a shot
- 31) A quart and a little bit more
- 32) "Aka" kin
- 33) Turkey serving, sometimes
- 36) Comeback sound
- 37) Look down one's nose at
- 38) "Give that ___ cigar!"
- 39) Her relative?
- 40) Ecrulike shade
- 41) Makes a concession
- 42) Fight divisions
- 44) Reach a place
- 45) Need water
- 47) Holes in the head?
- 48) Dressing type
- 49) Septet plus one
- 51) Not hale
- 52) Ones expecting special deliveries
- 58) Some cells for women
- 59) First step of a contest
- 60) Stand by for
- 61) What to do when following a pattern
- 62) Who a dictator answers to
- 63) Value

DOWN

- 1) Masculine pronoun
- 2) What people wait to hear at a wedding
- 3) Smashes smash into it
- 4) "Zip-A-Dee-Doo-___"
- 5) A lot of a trade-in?
- 6) Netanyahu and namesakes
- 7) Double-bonded compound
- 8) Beatles' "___ in the Life"
- 9) Cosmonaut's home in space, once
- 10) Gloom
- 11) Countries of origin
- 12) Still-life pitchers
- 13) Doozie
- 18) Overwhelm
- 22) Sheepish farm animal
- 23) Respiratory noises
- 24) Segal who wrote "Love Story"
- 25) Kurt Vonnegut, to Geraldo Rivera, once
- 26) Black-and-white sandwich cookie
- 27) Bread in 15-Across
- 29) Hinders, as a drain flow
- 30) Do personnel work
- 32) Battery contents
- 34) Provide, as with some quality
- 35) 23-Down relatives
- 37) Dropped in the mailbox
- 38) List of restaurant options
- 40) Some dwellers of the Australian Outback
- 41) Powerful shop tool
- 43) Tolkien beast
- 44) Dishonest speaker
- 45) Small singing groups
- 46) Cut by 50 percent
- 47) One cubic meter
- 49) "The Simpsons" bus driver
- 50) "Big Brother" host
- 53) Notable "Bed-In for Peace" participant
- 54) Ark quorum
- 55) Boat maneuverer
- 56) It's boring
- 57) Biblical verb ending

PARENTAL GUIDANCE

By Timothy E. Parker

1	2	3	4	5		6	7	8	9	10		11	12	13	
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Card Playing Day

Date When Celebrated:

This holiday is always on **December 28**



Card Playing Day is the perfect time to spend an hour or so playing cards with family and friends. And, it arrives at just the perfect time of year..... a few days after Christmas. The holiday hustle and bustle is over. The kids are getting bored of their new toys. It's time to turn to card games for a calmer, relaxing, and more slow-paced form of fun and entertainment.

Enter the world of card games. Cards have survived for centuries as a form of "play" and entertainment. Sure, there are a few serious gambling types among us, who view cards a serious "business". To most of us, card games are justgames.

Spend the day playing cards with family and friends. If you have kids, make sure to play some age appropriate card games with them. You'll find its quality time with the kids that will create many warm memories. Happy Card Playing Day. Now "go fish", "hit me", "double", and "I'll raise you two!"



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Our Family is eager to care for yours.



Belmont County Senior Services

ACROSS

- 1) Believer in karma
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- 54) Ark quorum
- 55) Boat maneuverer
- 56) It's boring
- 57) Biblical verb ending



Please accept our most sincere apology for our oversight in our newsletter in November for failing to pay tribute to the Navy Veterans. SSOBC values each branch of the military.

PARENTAL GUIDANCE

By Timothy E. Parker



On December 21, 2021, be sure to look for the Star of Bethlehem 45 minutes after sunset. It hasn't been visible since 1226.



DECEMBER MENU

2021

Mon	Tue	Wed	Thu	Fri
<p>To cancel or Resume meals or Ingredient content 1-740-695-4142 Leave Messages 24 hours a day 7 days a week</p>	<p>Choice of Drink Juice-Skim-2% Chocolate Milk Choice of Bread White or Wheat</p>	<p>1 Veg. Beef Soup Fruit Juice Jell-O Crackers PB&J Sandwich Milk TEMP</p>	<p>2 BBQ Pork Chop Au Gratin Potatoes Spinach Fruit Slushy Roll, Marg. Milk</p>	<p>3 Ham Loaf Sweet Potato Broccoli Blushing Pears Muffin, Marg. Milk</p>
<p>6 Cheeseburger Baked Beans Cauliflower Apple/caramel dip Bun, Pickles Milk</p>	<p>7 Chick. Noodle Bake Warm Applesauce Green Beans Pea Salad Bread, Marg. Milk</p>	<p>8 Pinto Beans & Ham Tomato Juice Cottage Cheese Pineapple Corn Muffin, Marg. Milk</p>	<p>9 Cabbage Roll Mashed Potatoes Buttered Corn Banana Muffin, Marg. Milk</p>	<p>10 Fish Sandwich Parsley Potatoes Cr. Lima Beans Melon Bun, Tartar Sauce Milk</p>
<p>13 Meatloaf Scalloped Potatoes California Blend Veg Peaches Roll, Marg. Milk</p>	<p>14 Turkey/Dressing Sweet Potatoes Broccoli Cranberry Sauce Bread, Marg. Milk</p>	<p>15 Chili Tossed Salad, Dress Grape Juice Crackers Cheese Sticks Milk</p>	<p>16 Baked Pork Chop Mashed Potatoes, gr Creamed Peas Ambrosia Salad Roll, Marg. Milk</p>	<p>17 Creamed Chicken Over Biscuit Mashed Potatoes Mixed Veggies Applesauce Dessert Milk</p>
<p>20 BBQ Ribette Mini Baked Potatoes Brussel Sprouts Orange Roll, Marg. Milk</p>	<p>21 Chicken Legs Mashed Pot./gr Green Beans Pears Roll, Marg. Milk</p>	<p>22 Meatball Hoagie Fruit Slushy Pecan Side Salad Raspberry Dressing Hoagie Milk</p>	<p>23 Pepper Steak Over Rice Broccoli Harvard Beets Spiced Peaches Bread, Marg. Soy Sauce, Milk</p>	<p>24 Closed Christmas Eve No Meals</p>
<p>27 Chipped Beef over Biscuit Mashed Potatoes Mixed Vegetables Fruit Juice Cookie Milk</p>	<p>28 Macaroni & Cheese Stewed Tomatoes Peas Grapes Bread, Marg. Milk</p>	<p>29 Beef Stew Orange Pudding Biscuit, Marg. Milk</p>	<p>30 Pork and Kraut Mashed Potatoes Buttered Carrots Mixed Fruit Cup Roll, Marg. Milk</p>	<p>31 Closed New Year's Eve No Meals</p>