

THE GOLDEN TIMES 2022

JANUARY 13TH edition

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



SSOBC January Employee Spotlight Judy Swallie



Judy has been a Nutritional Driver with SSOBC since November 2009.

Judy has been a life-long resident of Barnesville and was raised by her grandparents who always told her and her sister that they were number 1 in their eyes. While in middle school and high school, Judy never missed a day in 10 years.

Judy tells everyone that she hates to see the weekend come because she misses delivering the meals and seeing her consumers.

When Judy, isn't at work you can find her playing softball or rooting for her Pittsburgh Steelers.

Judy often tells people she meets that this is the most favorite job she has ever had.



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**Avoid Accidents and Falls on Stairs
(see page 3)**

(front page continued)

Judy enjoys bringing cheer to her co-workers and consumers every holiday by dressing up in costumes. She also greets each of her consumers in song to make sure they each feel very special.

The following are some descriptions of Judy from her co-workers and consumers:

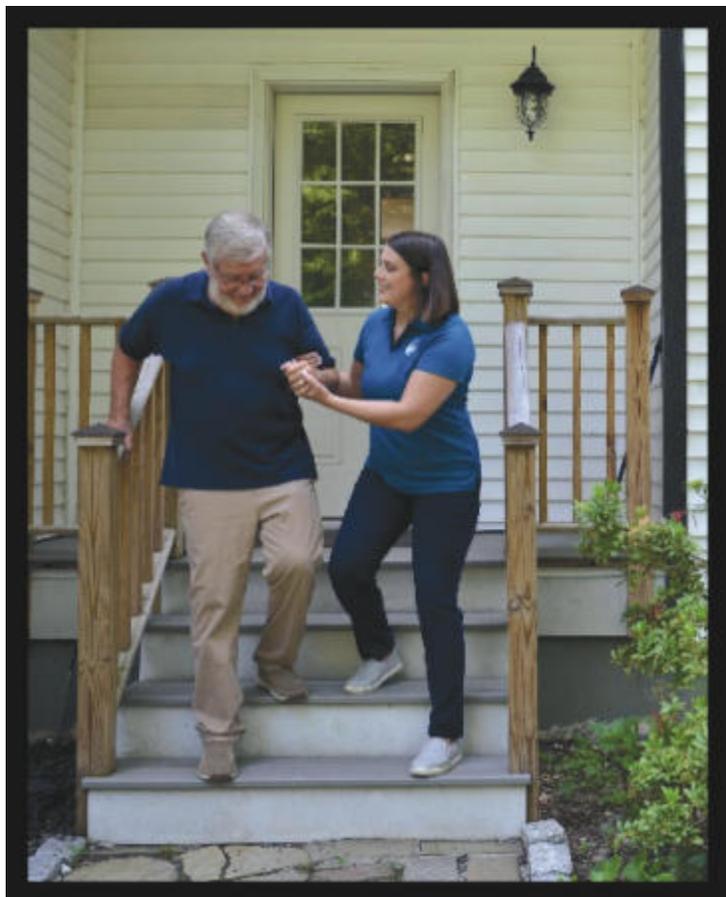
- Always has a smile for me and asks how I am doing
- She is wonderful
- Always cheerful and even brings a treat for my dog
- She is the bright spot in our day
- Amazing, dedicated employee
- Always thinking of others
- One of the most deserving employees to be recognized for a job well done
- Always upbeat
- Will always go the extra mile
- The “Spirit” of SSOBC
- The “Patron Saint” of SSOBC
- Outstanding Employee
- Puts her heart into her job

Thank you, Judy, for being a loyal, dedicated employee that all your co-workers admire and respect and your consumers love!

Judy will be receiving a gift card provided by Melissa Evick of Visiting Angels.



Avoiding Accidents and Falls on Stairs



Did you know that falls are the number-one cause of injuries and trauma-related hospital admissions among seniors? Accidents while walking up or down the stairs are usual places for seniors to suffer debilitating injuries in the home.

Unfortunately, as seniors advance in age, the risks increase as they begin losing their balance more frequently. They also lose strength and muscle mass, experience decreased vision and mobility, and become more disoriented or confused. And when they fall, conditions like osteoporosis can make an accident more harmful.



UPPER OHIO VALLEY 304-214-5550

Stair Safety Tips to Prevent Falls

Most falls occur around the home, and the primary culprit – the stairway. Here are some tips and suggestions to help senior loved ones avoid fall hazards on the stairs:

- **Stair maintenance**

Steps that are damaged, wobbly, or rotten can be a risk. Regularly inspect stairs closely for any signs of disrepair.

- **Good lighting**

When the elderly cannot see the stairs properly due to poor lighting, they may slip or stumble. Make sure the entire length of the stairs is well lit, the light switch is in an easy-to-reach location, and lightbulbs are in working order.

- **Proper footwear**

Suitable shoes can help reduce trips and falls. Encourage your loved one to wear shoes or slippers that have a strong grip and avoid using socks or older and worn-out footwear.

- **Stair coverings**

Avoid bare wooden stairs that can be very slippery. Remove old, worn-out carpeting and replace it with a new, non-slip tread. Install rubber or vinyl matting for older adults who dislike carpeted stairs. Consider highlighting the edge of the stairs with bright paint or tape for your loved one to know where to step.

- **Handrails**

Install handrails on stairs if your loved one does not have them. Handrails should be easy to grip and support your loved one's weight.

No matter how safe you make your loved one's stairs, these tips will not help if they do not follow them. Make sure to check up on them regularly and remind them to keep practicing stair safety.

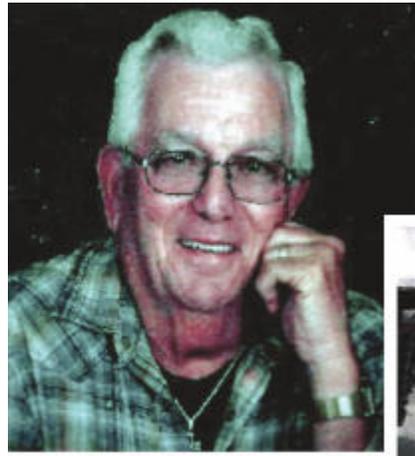
January's Super Seniors

This month I would like to honor the three officers that passed away recently. **Ron Toohey** was the Barnesville Senior Center President. He was very helpful around the Center. He loved to dance, play cards and sit outside on the glider.

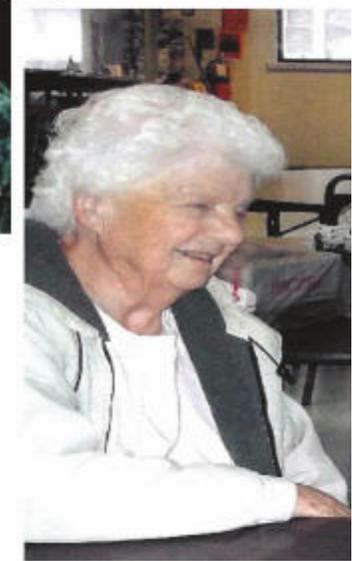
Barb Tetlow was one of our trustees for the Barnesville Center. She also loved playing cards. Her crippling arthritis got so bad she couldn't visit the center.

Rahph Lucas was another one of our trustees. He loved to joke, tease, and scare anyone. He was the "Mister Fix It" on anything that broke at the Center.

Again I would like to thank them for all the help around the Barnesville Senior Center.



Rahph Lucas



Barb Tetlow



Ron Toohey



Karen Derosa
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- Frequent **CRAFT** programs – easy, fun crafts you'll enjoy making and be proud to show.

Visit Us Today!
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740-695-2062



In Memory of Bradley Bruce 3/11/1947-12/12/21



It is with heavy heart that SSOBC says good-bye to one of our own, Bradley Bruce. Bradley has been employed with SSOBC since 8/2011 as a full-time driver/ unit support worker. Bradley was a wonderful man who is truly gone before his time. We will miss you and your smile every day. We are so thankful that we had to opportunity to meet you and work with you.

Your Wings were Ready, but Our Hearts were Not!
Gone but Not Forgotten





Your Guide to Ride! - Region 9 Resource Guide Now Available!!

Please share with your communities and via social media/website!

OMEGA is thrilled to announce that the Region 9 Resource Guide, an interactive online resource is now available!

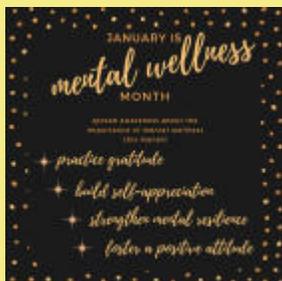
The Region 9 Resource Guide was made possible through the use of special grant funding from ODOT. The resource guide offers county specific information regarding transportation options, human services, and counseling in one convenient location! The Region 9 Resource Guide is available for use for all with the desire to review available services within the 9-county region. Click [here](#) to access this great tool! Special thanks and congratulations to Nicki Silver, Mobility Manager for Muskingum and Guernsey Counties, who served as project lead!

Please consider sharing the Region 9 Resource Guide on your social media pages, websites, and with your community members. Please contact Kennedy Blakley with any questions at kblakley@omegadistrict.org.

OMEGA's mission is to provide a pathway to enhance community and economic growth in our region. OMEGA serves 10 counties in Eastern Ohio: Belmont; Carroll; Columbiana; Coshocton; Guernsey; Harrison; Holmes; Jefferson; Muskingum; and Tuscarawas.

Connecting Communities to Resources

To Start Anew



The holiday season is over. Our homes may feel quieter and perhaps a little bare after our loved ones have returned to their respective homes and the decorations have been stored away. Now is the time when we start talking of getting back to the daily grind, but it is also the time for new beginnings.

January is Mental Wellness Month, a time dedicated to promoting the value of mental wellness for people of all ages. Just as many of us may have created New Year's Resolutions, this is the prime time to reflect on our mental health and decide what we can do to improve our mental wellness. Even the smallest steps can make a tremendous difference.

April Cox with Discovery Mood & Anxiety Program, provides suggestions on what you can implement in the New Year to boost your overall well-being:

1) Rest Up

Our brains and body work together; physical health and mental health affect one another. Without proper rest, our bodies and brains do not get the daily reset they need. Create a peaceful space for rest void of electronics and take breaks through the day as needed.

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 Jan 11th @ 7:30am on Zoom for Tea Time

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

Visit our website:

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

2) Be present

Being more "mindful" is a trendy catchphrase, but what does that look like exactly? Mindfulness can look different depending on the person. The core of being mindful is to be present, aware, and accepting of what is in the moment. While it's a newer concept and sometimes difficult for the future-oriented planner, it can be practiced in small moments. Examples: meditating by practicing belly breaths for 3 minutes and noticing how your breath flows through the body, doing emotional checks for yourself and asking what you're feeling and practicing non-judgement toward that emotion, or simply being more present while enjoying a meal by noticing the smells, the taste, and the textures.

3) Ask for support

These past few years have been challenging for many of us with feeling disconnected by the pandemic. We have searched for new and creative ways to carry out our daily tasks and to stay in touch. Our species thrives on interconnectedness and social distancing has tested us. It is okay to struggle more than others with this disconnect. It is okay to ask for help. Reach out to a friend, family member, or colleague for support. If you feel that you might need more assistance, we encourage you to find a mental health professional that fits your needs. Just as we visit a primary care physician for our bodily ailments, a mental health professional is trained to help the brain recover. While you may not connect with everyone, there is someone who can meet your specific needs.

Credits:

Cox, April (2021). 4 Ways to Practice Mental Wellness in the New Year. Discovery Mood & Anxiety Program. Retrieved December 9, 2021, from <https://discoverymood.com/blog/4-ways-to-practice-mental-wellness-in-the-new-year/>.

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://bhmboard.org/resources/>

Free Virtual Suicide Awareness Training

Register for QPR training Feb. 10th, 2022 @ 10am



SENIOR CENTER CALENDARS January 2022

Barnesville January Calendar 2022

1/3 Center Meeting 9AM	1/17 Closed
1/4 Zilch	1/18 Cornhole
1/5 Ohio Valley Mall Trip	1/19 Covered Dish and 10am Panhandle Bingo Nancy
1/6 Take down Decorations	1/20 Zilch
1/7 Cinch Tournament	1/21 Cinch Tournament
1/10 Produce	1/24 Produce
1/11 Cornhole	1/25 Ohio Valley Plaza Eat in Park Breakfast
1/12 Amish Country Breakfast Trip	1/26 Bingo
1/13 Zilch	1/27 Commodities
1/14 Gong to Bethesda for Cinch	1/28 2nd day for Commodities
	1/31 Games of Choice

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Bellaire January Calendar 2022

1/3 AM Grocery Shopping, PM Balloon Flyswatter	1/17 Closed
1/4 AM Games, PM Bingo	1/18 AM Games, PM Bingo
1/5 AM Breakfast meeting	1/19 AM Chair Volleyball
1/6 AM Games, PM Bingo	1/20 AM Games, PM Bingo
1/7 PM Bingo with Nancy from Panhandle Gifts and Desserts	1/21 AM Games, PM Corn Hole
1/10 AM Grocery Shopping, PM Balloon Flyswatter	1/24 Am Grocery Shopping, PM Balloon Flyswatter
1/11 AM Games, PM Bingo, 2PM Bingo	1/25 AM Games, PM Bingo
1/12 10AM leave for Shopping and Lunch in Moundsville	1/26 AM Chair Volleyball
1/13 AM Games and PM Bingo	1/27 AM Games, PM Bingo
1/14 AM Games, PM Corn Hole	1/28 AM Games, PM Corn Hole
	1/31 AM Grocery Shopping, PM Balloon Flyswatter

Bethesda January Calendar 2022

1/3 AM Board Meeting	1/17 Closed
1/4 AM Cinch, PM Nutritional Shopping	1/18 AM Craft Valentine cards, PM Nutritional Shopping
1/5 AM Bingo Panhandle Cleaners	1/19 AM Chair Fly Swatter, 10AM Cinch
1/6 AM Valentine Cards Craft	1/20 9AM Breakfast at Sonny Boy's and trip to Big Lots and Fat Apple Bakery
1/7 AM 8:30 AM Moundsville Bob's Lunch	1/21 Bingo
1/10 Produce, Game of Choice	1/24 Produce, Game of Choice
1/11 AM 9:15 leave for Mall and Nutritional Shopping, Mehlman's	1/25 AM Cinch, PM Left, Right, Center Game
1/12 AM Bingo/Bring a Prize, PM Stand up Sit downs	1/26 AM Bingo Astoria of Barnesville, Noon Nutritional Shopping
1/13 AM Skip-O, PM Crazy 8's	1/27 AM Skip-O, Commodities
1/14 AM Cinch Tournament	1/28 AM Pedro
	1/31 AM Chair Fly Swatter, 10AM Mexican Train

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

1/3	10:30 Nutrition Shopping Trip to Walmart & Dollar Tree Kunch Dairy	1/17	10:30 Ka-Zoo Practice 12:00 Memory
1/4	9:30 Breakfast at Center Hot Cakes Sausage Coffee	1/18	10:30 Craft Day, 12:00 Card Game 31
1/5	10:00 \$2.00 Bingo 12:00 Left Right	1/19	10:00 Roll Doubles & Steel Gifts 12:00 Pass A's
1/6	10:15 Balloon Volley 12:00 Mexican	1/20	10:30 Penny Bingo 12:00 Horse Race Bring Dimes
1/7	10:15 Yardzee 12:00 Penny Bingo	1/21	10:15 Balloon Bingo
1/10	11:00 Produce Day, 12:00 Penny Bingo	1/24	11:00 Produce Day 12:00 Skip-O
1/11	10:30 Senior Meeting 12:00 Birthday	1/25	10:30 Puzzle 12:00 \$2 Community
1/12	10:30 Bunco, 12:00 Cardio	1/26	9:00 Bowling in St Clairsville Lunch Mehlman's
1/13	8:30 Trip to Zanesville to B-Wear & Lunch Explore other stores	1/27	12:30 Cornhole with Mike from Country Club, Commodity
1/14	10:30 Yardzee Cornhole Hillbilly Ball	1/28	Cardio Swimming 12:00 Left Right
		1/31	10:30 Penny Bingo 12:00 Left Right

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Colerain January Calendar 2022

1/3 AM Bingo, PM Lunch	1/17 AM Bingo, PM Lunch
1/4 AM Business Meeting, PM Lunch	1/18 AM Bowling and then lunch
1/5 AM Euchre and Woodcarving, PM Lunch	1/19 AM Euchre and Woodcarving, PM Lunch
1/6 AM Walmart Shopping and Lunch at Mehlman's	1/20 Blizzard
1/7 AM Bingo, PM Lunch	1/21 AM Bingo, PM Lunch
1/10 Produce	1/24 Produce
1/11 AM Bridge	1/25 AM Bridge
1/12 AM Euchre and Woodcarving, PM Lunch and Book Club	1/26 AM Euchre and Woodcarving, PM Lunch
1/13 AM Sonny Boy's for Breakfast and Wheeling Down's	1/27 AM Craft, Lunch at Linda's, Visiting Siena Hills
1/14 AM Birthday Bingo, PM Lunch and Hamster Races	1/28 Bingo and Lunch
	1/31 AM Bingo, PM Lunch

Flushing January Calendar 2022

1/3 AM Coffee and Wheel of Fortune PM Lunch	1/17 Center Closed
1/4 Barnesville Antique Mall, Thrift Stores and Lunch at Annie Kays	1/18 AM Coffee and Exercise, PM Lunch
1/5 Coffee and 10 Cent Bingo, PM Lunch and Birthday Cake	1/19 AM Coffee and 10 Cent Bingo, PM Lunch
1/6 AM Coffee and Movie Day, PM Lunch	1/20 9:30 Harrison County Puskarich Library, Coal Museum and eat at Ranch to Table
1/7 AM Coffee and Zilch , PM Lunch	1/21 AM Coffee and Zilch, PM Lunch
1/10 Produce and Lunch	1/24 Produce and Lunch
1/11 AM Coffee and Exercise, Puzzle, PM Lunch	1/25 AM Coffee and Exercise Class, PM Lunch
1/12 AM Coffee and 10 Cent Bingo, Lunch	1/26 AM Coffee and 10 Cent Bingo, PM Lunch
1/13 AM Leaving for Ohio Valley Mall at 9:30 and Lunch in St. Clairsville	1/27 AM Coffee and Game of Choice, Puzzles and Lunch
1/14 AM Coffee and Zilch, PM Lunch	1/28 Coffee and Zilch
	1/31 AM Coffee and Wheel of Fortune





Barnesville member enjoyed a visit with Linda Lucas grandchildren Amelia & Olivia and Mrs Claus



Centerville member Ruth Hart & Carol Scatterday celebrating December Birthday



Martins Ferry center members Helen Fangos and Joseph Baggs decorating the tree.



St Clairsville members Bonnie Gail Lemley and Sally Myers dining out at Osaka



Mr & Mrs. Claus Visited Barnesville Senior Center. What a great looking Santa.



Lansing Senior Center beautiful Christmas Tree.



Powhatan Mike Gust ready for horse racing.



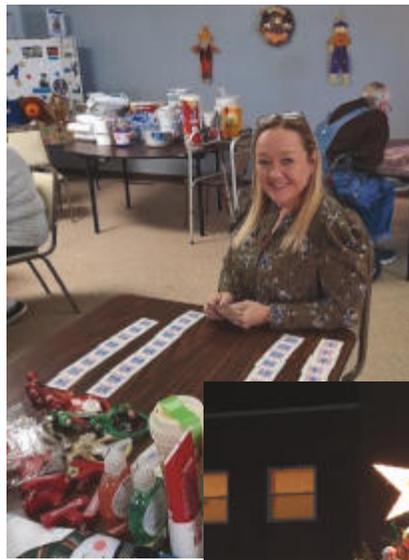
Powhatan members ready for Christmas. What a great picture.



Bellaire members enjoying Christmas Dinner



Bethesda members enjoyed a great day crafting.



Martins Ferry bingo caller Nancy Moczek from Panhandle Restoration



St Clairsville members Bunny, Bonnie, Jack, Shirley, LeAnn, Jerry enjoying day of Bowling.

Centerville Community Tree Lighting. We hosted 300 Adults and Children. Santa also arrived with treats for Kids. Everyone enjoyed Cookies and Hot Chocolate. It was a great event.



Flushing members entertaining Ian & Mallory visitor during Bingo, Becki & Terry Gibson and Pete Barto



Flushing members celebrating Lois (Cricket) Repan 98th Birthday. Kathy, Alma, Terry, Nancy



Lansing members all decorated for Christmas.



Bethesda members after enjoying a good Thanksgiving

Glencoe January Calendar 2022

- 1/3 Elf's Return
- 1/4 Take down Dec. Decorations
- 1/5 Clean
- 1/10 Games and Produce
- 1/11 Health Day
- 1/12 Exercise and Puzzles
- 1/17 Closed
- 1/18 Country Breakfast
- 1/19 Games of Choice
- 1/24 Produce and Games
- 1/25 Spa Day
- 1/26 Vegas Day



Glencoe Senior Center is ready for Christmas



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740.695.7233

Continuing Healthcare at Beacon House

100 Reservoir Rd. - Offices 2, St. Clairsville, OH 43950
740.695.3281

Continuing Healthcare of Shadyside

60583 State Route 7, Shadyside, Ohio 43947
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Short Story Humor

Can You Hear That?

An old man decided his old wife was getting hard of hearing. He called her doctor to make an appointment to have her hearing checked.

The doctor said he could see her in 2 weeks, and meanwhile, there's a simple, informal test the husband could do to give the doctor some idea of the dimensions of the problem.

"Here's what you do. Start about 40 feet away from her, and speak in a normal conversational tone and see if she hears you. If not, go to 30 feet, then 20 feet, and so on until you get a response."

So that evening she's in the kitchen cooking dinner, and he's in the living room, and he says to himself, "I'm about 40 feet away, let's see what happens."

"Honey, what's for supper?" No response.

So he moves to the other end of the room, about 30 feet away. "Honey, what's for supper?" No response.

So he moves into the dining room, about 20 feet away. "Honey, what's for supper?" No response. On to the kitchen door, only 10 feet away. "Honey, what's for supper?" No response.

So he walks right up behind her. "Honey, what's for supper?" "For the 5th time, CHICKEN!"

Sharing and Marriage

An old man and his wife went to their local fast food restaurant. The man placed an order for one hamburger, French fries, and a drink. He unwrapped the plain hamburger and carefully cut it in half, placing one half in front of his wife.

He then carefully counted out the French fries, dividing them into two piles and neatly placed one pile in front of his wife. He took a sip of the drink, his wife took a sip and then set the cup down between them. As he began to eat his few bites of hamburger, the people around them were looking over and whispering.

Obviously they were thinking, "That poor old couple-all they can afford is one meal for the two of them."

As the man began to eat his fries a young man came to the table and politely offered to buy another meal for the old couple. The old man said, they were just fine-they were used to sharing everything.

People closer to the table noticed the little old lady hadn't eaten a bite. She sat there watching her husband eat and occasionally taking turns sipping the drink. Again, the young man came over and begged them to let him buy another meal for them. This time the old woman said "No, thank you, we are used to sharing everything."

Finally, as the old man finished and was wiping his face neatly with the napkin, the young man again came over to the little old lady who had yet to eat a single bite of food and asked "What is it you are waiting for?"

She answered, 'The teeth!'

Her 4th Marriage

A local news station was interviewing an 80-year-old woman on why she had recently got married for the 4th time. They wanted to know her secret for finding love again and again.

The interviewer asked her a few questions about her life, and about what it felt like to be a bride again at age 80. Then he asked what her new husband did for a living.

"He's a funeral director," she answered.

The newswoman was surprised at her answer, and wondered who else she had married. He then asked her if she wouldn't mind telling him a little about her first three husbands and what they did for a living.

She paused for a few moments, needing time to reflect on all those years. Her life had been full of exciting moments, especially with three husbands.

After a short time, a smile came to her face and she answered proudly, explaining that she had first married a banker when she was in her 20's, then a circus ringmaster when in her 40's, and a preacher when in her 60's and now in her 80's - a funeral director.

The interviewer looked at her, quite astonished, and asked why she had married four men with such diverse careers.

She smiled and explained, "I married one for the money, two for the show, three to get ready, and four to go."

Comfort Food Perfect for 2

Chicken, Bacon and Caramelized Onion Pasta Bake



Ingredients

- 3 tbp butter
- 1 small onion, thinly sliced
- 1 cup uncooked penne pasta
- 2 tbp Gold Medal™ all-purpose flour
- 1 1/2 cups whole milk
- 1/4 tsp salt
- 1/4 tsp pepper
- 1 cup shredded Gruyère cheese (4 oz)
- 1/4 cup grated Parmesan cheese
- 1 cup shredded cooked chicken
- 3 slices cooked bacon, crumbled
- 2/3 cup plain panko crispy bread crumbs
- 1 tbp butter, melted

Instructions

1. Heat oven to 425°F. In 7-inch cast-iron skillet, heat 1 tablespoon of the butter over medium heat. Add onion; cook 8 to 10 minutes, stirring occasionally, until onions are browned. Remove from heat.
2. Meanwhile, cook pasta as directed on package to al dente; drain.
3. In 2-quart saucepan, heat 2 tablespoons butter over medium heat. Add flour; cook and stir 1 minute. Beat in milk, salt and pepper with whisk; heat to boiling. Reduce heat to medium-low; cook and stir 1 to 2 minutes or until thickened. Remove from heat; beat in Gruyère and Parmesan cheeses. Add cooked pasta, chicken, bacon and browned onions; gently stir to combine. Transfer to same 7-inch cast-iron skillet.
4. In small bowl, mix bread crumbs and 1 tablespoon melted butter. Sprinkle over top of pasta mixture. Bake 14 to 17 minutes or until bubbly and golden brown.

Impossibly Easy Cheeseburger Bake



Ingredients

- 1/4 lb extra-lean (at least 90%) ground beef
- 1/4 cup chopped onion
- 1/3 cup shredded reduced-fat Cheddar cheese
- 1/4 cup Bisquick Heart Smart® mix
- 1/4 teaspoon salt
- 1/2 cup fat-free (skim) milk
- 1/4 cup fat-free egg product or 2 egg whites

Instructions

1. Heat oven to 400°F. Spray 8x4-inch loaf pan with cooking spray.
2. In 10-inch nonstick skillet, cook beef and onion over medium-high heat 5 to 7 minutes, stirring frequently, until thoroughly cooked; drain. Spread in pan; sprinkle with cheese. In small bowl, stir together remaining ingredients. Pour into pan.
3. Bake about 20 minutes or until knife inserted in center comes out clean.

Fruit Cobblers for Two

Ingredients

- 1 cup fruit pie filling, (any flavor)
- 1/2 cup Original Bisquick™ mix
- 2 tbp milk
- 1 tbp sugar
- 1 tsp butter or margarine, softened

Instructions

1. Heat oven to 400°F. Divide pie filling between 2 ungreased 10-ounce custard cups.
2. Stir remaining ingredients until soft dough forms. Spoon half of dough onto pie filling in each custard cup. Sprinkle with additional sugar if desired.
3. Bake 15 to 18 minutes or until topping is light brown.



EASY AFFORDABLE RECIPES

Pork and Peanut Dragon Noodles

\$1.25 SERVING

3 Servings

Instructions

- 1/4 cup chili garlic sauce
- 1/4 cup soy sauce
- 1/4 cup brown sugar

PORK AND NOODLES

- 1/2 lb. ground pork*
- 2 - 3oz. packages ramen noodles (seasoning packets discarded)
- 3 green onions, sliced
- 1/4 cup unsalted peanuts, chopped

Instructions

1. Combine the chili garlic sauce, soy sauce, and brown sugar in a bowl.
2. Add the ground pork to a skillet and cook over medium heat until it is fully browned*. Once browned, add the prepared dragon sauce and chopped peanuts. Allow the pork and peanuts to simmer in the sauce for another 5 minutes, or until the sauce has reduced by half.
3. While the pork is browning, begin boiling water for your noodles. Once boiling, add your noodles and cook according to the package directions. Drain the noodles in a colander.
4. Once the sauce has reduced and the noodles have drained, add the noodles to the skillet and toss until everything is combined and coated in sauce. Top with sliced green onions and serve!



SHEET PAN KIELBASA POTATOES AND GREEN BEANS

\$2.37 SERVING

Ingredients

- 24 oz. petite red potatoes
- 12 oz. kielbasa
- 1 yellow onion
- 12 oz. frozen green beans
- 2 Tbsp olive oil
- 1/2 Tbsp steak seasoning



Instructions

1. Preheat the oven to 400°F. Wash and slice the potatoes into 1-inch pieces. Slice the kielbasa into medallions. Dice the onion into 1-inch pieces.
2. Add the potatoes, kielbasa, onion, and frozen green beans (no need to thaw) to a large baking sheet.

(continued)

(continued) Drizzle with olive oil and sprinkle the steak seasoning over top. Use your hands to toss the ingredients until everything is coated in oil and spices.

3. Transfer the baking sheet to the oven and roast in the oven for 20 minutes, then give the ingredients on the sheet pan a good stir. Roast for an additional 15 minutes, or until the ingredients achieve the level of browning you desire. Serve hot.

PIZZADILLAS

\$1.54 SERVING

Ingredients

- 6 10-inch flour tortillas
- 2 cups shredded mozzarella
- 30 pepperoni slices
- 1 bell pepper
- 1/2 red onion
- 2.25oz can sliced black olives
- 1 can mushrooms
- 1/2 batch Thick & Rich Pizza Sauce



Instructions

1. Prep the ingredients by thinly slicing the vegetables and draining the olives and mushrooms.
2. For each pizzadilla: Measure 1/3 cup of shredded cheese. Sprinkle half of the cheese over one half of the tortilla, add toppings and then sprinkle the rest of the cheese on top. Fold the empty side of the tortilla over the toppings.
3. Place the pizzadilla in a prewarmed skillet (medium heat) and cook until brown and crispy on the bottom. Carefully flip the pizzadilla over and cook until brown and crispy on the second side. Once both sides are crisp and the cheese is melted inside, slice into thirds with a pizza cutter. Dip in the pizza sauce prior to eating.

Easiest Oreo Dessert

Ingredients

- 1 package Oreos
- 1/2 stick butter
- One 8 ounce pkg cream cheese, softened
- 1 small package vanilla instant pudding
- One 8 ounce container of Cool Whip
- 3 cups milk
- 1 cup sugar



Instructions

Crush Oreos in a 9x13 pan (save a few for topping). Melt butter and pour over Oreos. Mix together pudding mix, milk, cream cheese, and sugar. Fold in cool whip. Spread over Oreos. Chill.

Lansing December Calendar 2021

1/3 Meeting at 9:30	1/17 Closed
1/4 Bowling and Lunch, leaving at 9:30	1/18 Phase Ten and Left, Right, Center
1/5 AM Craft Day, PM Jingle Bell Ornaments	1/19 Mike from Country Club for Corn Hole
1/6 Games of Choice	1/20 Games of Choice
1/7 AM Bingo	1/21 Bingo
1/10 Produce	1/24 Produce
1/11 AM Bunny Races	1/25 AM Ten Thousand, PM Mexican Train
1/12 AM Craft Day, PM Fork Snowflakes	1/26 Book Club Discussion
1/13 Games of Choice	1/27 Commodity Pick up, Games of Choice
1/14 Bingo	1/28 Bingo
	1/31 Games of Choice

Martins Ferry January Calendar 2022

1/03 10:30 Cardio drumming 12:00 card game	1/17 10:30 15 mins. Exercises 12:00 Current events and Trivia
1/04 10:30 Monthly meeting 12:00 Kings in the corner	1/18 10:30 Bingo with Alisa 12:00 Wheel of Fortune
1/05 10:30 Wheel of fortune 12:00 Pictionary	1/19 9:30 Shopping and Sonny Boy's outing
1/06 10:00 Visit to the Wishing Well 12:00 Game of choice	1/20 10:30 Chair exercises & game of choice/ commodities
1/07 10:30 Chair volleyball 12:00 Bingo	1/21 10:30 Bingo with Nancy 12:00 Crafts
1/10 Closed for produce	1/24 Closed for produce
1/11 10:30 Bingo with Lori 12:00 Game of choice	1/25 9:30 Denny's and Dollar Store outing
1/12 9:30 Outing to Walmart and Buffalo Wild Wings	1/26 10:30 Corn toss with Michael 12:00 Game of choice
1/13 Closed for Directors meeting	1/27 10:30 Cardio drumming 12:00 Rummikube
1/14 10:30 Chair exercises 12:00 Crafts	1/28 10:30 Current events/crafts 12:00 Bingo
	1/31 10:30 15 min. exercise/game of choice 12:00 Pictionary

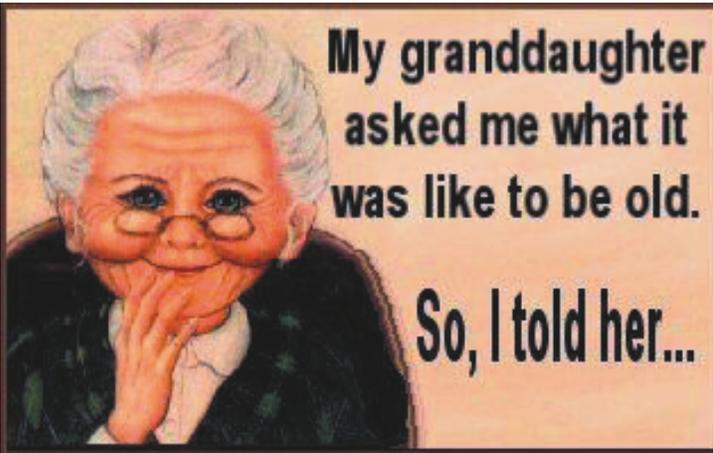


Powhatan January Calendar 2022

1/3	AM Five Crowns, PM Euchre	1/17	Agency Closed
1/4	AM Uno, PM Blitz Card game or Cornhole	1/18	Household Bingo, PM Katie's Bingo or Karaoke
1/5	Lunch at Cheddar's leaving at 10:30AM for the Highlands	1/19	AM Five Crowns, PM Drumming Exercise
1/6	AM Five Crowns, PM Drumming Exercise	1/20	12PM Belmont County Drug Force Deputy Zusack
1/7	AM Mexican Train, PM Horse Racing	1/21	AM Blitz or Game of Choice, PM Horse Racing
1/10	Produce, AM Katies Bingo, PM Game of Choice	1/24	Produce, PM Blitz Card Game
1/11	AM Center Meeting, 12:30 PM County Club Rehabilitation Center Corn Toss	1/25	AM Stop your neighbor game, PM Skip-O or Karaoke
1/12	Bowling at St. Clairsville, leave at 8AM, Five Crowns	1/26	Bowling in St. Clairsville, leave at 8AM, PM Game of Choice
1/13	AM Mexican Train, PM Katie's Bingo (Coordinator Meeting)	1/27	AM Games by Continuing Health Care of Shadyside, PM Food Bingo
1/14	AM Blitz or Game of Choice, PM Horse Racing	1/28	Commodity Pick up, PM Horse Racing
		1/31	Commodity Pick up, AM Katie's Bingo or Karaoke

St. Clairsville January Calendar 2022

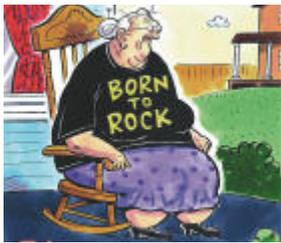
1/3	Uno after lunch	1/17	Closed
1/4	Nutritional Shopping	1/18	AM Blanket Brigade, PM Nutritional Shopping
1/5	AM Business Meeting, PM Bingo	1/19	Celebrate Birthdays, PM Bingo
1/6	AM Game of Choice, PM Horse Races	1/20	Game of Choice
1/7	Bowling and Lunch leaving at 9:45AM	1/21	AM bingo with Panhandle Cleaning
1/10	Produce, no morning transportation	1/24	Produce, no morning transportation
1/11	Nutritional Shopping	1/25	Nutritional Shopping
1/12	AM Games of Choice, PM Bingo	1/26	AM Games of Choice, PM Bingo
1/13	Breakfast at Sonny Boys leaving at 9:30AM	1/27	Commodities, Corn Toss with Mike at 10:15AM
1/14	AM Euchre	1/28	Bob's Lunch in Moundsville, leaving at 10:30AM
		1/31	AM Games of Choice, PM Crazy Doubles



My granddaughter asked me what it was like to be old.

So, I told her...

"Put cotton in your ears and pebbles in your shoes. Pull on rubber gloves. Smear vaseline over your glasses... There you have it: Instant Old Age."



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Take the "OLDER THAN DIRT" Quiz Do You Remember?

1. BlackJack Chewing Gum
2. Wax coke-shaped bottle with colored sugar water
3. Butch Wax
4. Candy Cigarettes
5. Soda Pop machines with Glass bottles
6. Howdy Doody
7. Restaurants with tableside JukeBoxes
8. Home milk delivery in glass bottles
9. Party Telephone Lines
10. NewsReels before the movies
11. 45 RPM records
12. P.F.Flyers
13. Carrying a Metal Lunchbox
14. Drive in Movie Theatres
15. Telephone numbers with word prefix (Olive-6971)
16. The Andy Griffith Show
17. Soda Fountains
18. Roller Skate Keys
19. S+H Green Stamps
20. Blue Flashbulbs



If you remember 0 to 5 - You're a WhipperSnapper
If you remember 6 to 15 - You're Gettin' There
If you remember 16 to 20 - You're

"OLDER THAN DIRT"



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OLD MAID
PATIENCE
PINOCHLE
PIQUET
POKER
PYRAMID

ROOK
RUMMY
SKAT
SLAP JACK
SNAP
SPADES
SPIT
WAR
WATTEN
WHIST

Sudoku

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Across

- 1. Home in an old warehouse district
- 5. Virus named for a river
- 10. Trans-Siberian Railroad stop
- 14. Peculiar: Prefix
- 15. U.S./Canada early warning syst.
- 16. City bond, for short
- 17. Eisenhower was one
- 20. Move unsteadily
- 21. Delon of "Purple Noon"
- 22. Cedar Rapids college
- 23. 2:30, aboard ship
- 27. Dele undoers
- 29. Something new
- 30. Ho Chi Minh's capital
- 31. Boris Godunov, for one
- 32. Rove, with "about"
- 35. Full range
- 37. It's off the tip of Italy
- 40. Bad-mouth
- 41. ___ war syndrome
- 45. ___ plume
- 46. Chiang Kai-shek's capital
- 48. Mountain cats
- 49. Rests for a bit
- 52. Singleton
- 53. "Waiting for Lefty" playwright
- 54. Like Dickens's Dodger
- 57. Shortly after quitting time, for many
- 62. Forearm bone
- 63. Shul V.I.P.
- 64. Pizzeria fixture
- 65. Hot times in France

- 66. Befuddled
 - 67. Try for a role
- Down**
- 1. Brit's elevator
 - 2. Garfield's foil
 - 3. Nickel
 - 4. Slugging it out
 - 5. ___ 'act
 - 6. Feathery wrap
 - 7. Bobby of the Bruins
 - 8. Dillydally
 - 9. Fruity quencher
 - 10. Brunch dish
 - 11. Wall art
 - 12. Symbol of slowness
 - 13. Ceramists' baking chambers
 - 18. Welcomes, as a guest at one's home

- 19. Catches red-handed
- 23. Jack Sprat's taboo
- 24. Hypotheticals
- 25. Rome's ___ Veneto
- 26. Blunders
- 27. Outbuilding
- 28. Vehicle with a medallion
- 32. Request for a congratulatory slap
- 33. Pierce player
- 34. Gray concealers
- 36. End-of-workweek cry
- 38. At a cruise stop
- 39. Be worth
- 42. AP competitor
- 43. "My Name Is Asher ___"
- 44. "For shame!"
- 46. Colorful fishes
- 47. Helper: Abbr.
- 49. Brimless cap
- 50. At least 21
- 51. "The Family Circus" cartoonist Bil
- 54. Home to most Turks
- 55. Iris's place
- 56. Libraries do it
- 58. Big Band
- 59. Turn state's evidence
- 60. "Sesame Street" channel
- 61. Honest ___

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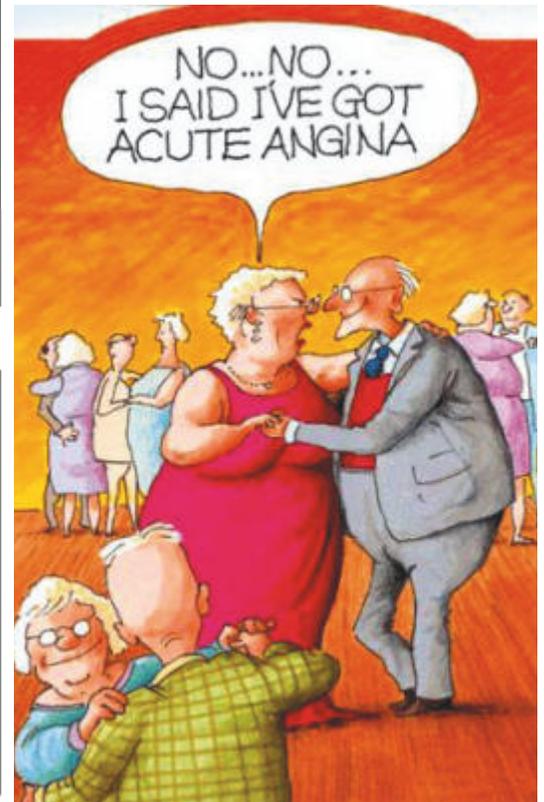
Sudoku Solutions Page 21

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Executive Director

Lisa Kazmirski

Senior Services Administrator

Leslie Thompson

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Program Administrator

Mike McBride

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Glencoe, Karen Rebecca 740-676-4484

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Martins Ferry, Melissa Finney 740-633-3146

Powhatan, Mary Beth Tennant 740-795-4350

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Program Administrator

Tina Burkhart

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It is the purpose of Senior Services of Belmont County to promote advocacy for seniors. The management team and dedicated staff take pride in the services that they supply to the seniors of Belmont County.

JANUARY MENU 2022

Mon	Tue	Wed	Thu	Fri
3 Hamburger/onion Baked Beans Cauliflower cheese Tropical Fruit Bun, Pickles Milk	4 Chicken Mashed Potatoes/gr Green Beans Cuties Muffin, Marg. Milk	5 Italian Wedding Soup Three Bean Salad Pears Fruit Slushy Crackers	6 Carnival Sausage Potatoes Capri Blend Veggies Banana Hoagies Bun Milk	7 Hawaiian Chicken Rice-Broccoli Carrots Pineapple Pudding Milk
10 Italian Meatloaf Au Gratin Potatoes Broccoli Pears Roll, Marg. Milk	11 Turkey Tetrazzini Harvard Beets Mixed Veggies Peaches Bread, Marg. Milk	12 Taco Salad Fruit Cup Corn Chips Sour Cream Milk	13 BBQ Chicken Scalloped Potatoes Brussels Sprouts Banana Muffin, Marg. Milk	14 Sausage and Gravy Scrambles Eggs Potatoes Fruit Juice-Raisins Biscuit, Marg. Milk
17 Closed Martin Luther King's Day	18 Chipped Beef over Biscuits Mashed Potatoes Mixed Veggies Applesauce Milk	19 Pizza Pecan Side Salad Dr Pear Pudding Milk	20 Baked Pork Chop Mashed Potatoes/Gr Creamed Peas Banana Dinner Roll, Marg. Milk	21 Roast Turkey/Dress Sweet Potatoes Spinach Ambrosia Salad Roll, Marg. Milk
24 Country Fr. Steak Mashed Pot./gravy Mixed Veggies Mandarin Oranges Biscuit, Marg. Milk	25 Mexican Chicken Over Rice-Corn Pinto Beans Grapes Bread, Marg. Milk	26 New England Broil Tomato Juice Pineapple Corn Muffin, Marg. Milk	27 Johnny Marzetti Pudding Green Beans Applesauce Bread Marg. Milk	28 Chicken Pot Pie Broccoli Salad Orange Bread, Marg. Milk
31 Stuffed Pepper Mashed Potatoes Creamed Corn Fruit Cup Roll, Marg. Milk	THANK YOU FOR YOUR DONTIONS MAIL DONATION SSOBC 67650 OAKVIEW DR	FOR INGREDIENT CONTENT CALL 740-695-4142	TO RESUME OR CANCEL YOUR MEALS CALL 740-695-4142	CHOICE OF JUICE 2% OR CHOC. MILK CHOICE OF BREAD WHITE OR WHEAT