

THE GOLDEN TIMES 2022

FEBRUARY 14TH 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 February Employee Spotlight **Carol Roberts**



Carol Roberts started with Senior Services of Belmont County in April 1996 where she started out delivering home meals. Carol decided that she wanted to try something different, so she then moved on to be a Senior Center Coordinator at the Bethesda, Ohio Center during the first two years of her career. Carol then became a cook for the next eighteen years. Carol has been in her current role as a unit support worker for the last five years. She has been with SSOBC for over twenty-five years. She is a loyal and dependable employee. Carol is a wonderful person and a great asset to Senior Services. She always has a smile and a positive attitude. Everyone enjoys working with her and depends on her for accuracy and efficiency with anything asked of her.

Carol is living proof that great things come in small packages! Carol's pride and joy is her family, especially her two grandsons Drew and Zachary.

Thank you, Carol, for always having a smile on your face and your loyalty and dedication to serving the seniors of Belmont County.

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



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Surviving Winter with a Smile

When the wind is howling, the snow is blowing and it's too cold to go outside, it can be really hard to stay positive. The gray winter skies can really bring you down and make you long for warm summer breezes. Preparing for and having a plan to get through the winter months is essential if you get the winter blues.

Try These Tips for Getting Through Winter with a Smile

- **Eat Healthy.** Eating healthy can help you avoid illness. While it can be more difficult to eat healthy in the winter when fresh fruits and vegetables are harder to come by, eating a variety of foods can help ensure you get the nutrients your body needs to stay healthy.
- **Stay Active.** Exercise and activity are two of the best ways to fight the winter blues. While exercising is more difficult when sidewalks are snow covered, you can still walk around your house, apartment building, at the mall, or health club. Any activity that keeps your body moving will help you feel better.



UPPER OHIO VALLEY 304-214-5550

A | FEBRUARY 2022

- **Stay Warm.** Keep your thermostat set to at least 68 degrees to ensure you are warm enough. Dress in layers. When you head out, be sure to cover any exposed skin and use a scarf to protect your lungs.

- **Proper Home Heating.** Be careful when heating your home to avoid carbon monoxide poisoning. Have your fireplace chimney and flue checked if you plan to start fires to stay warm. Open a window slightly to provide air circulation if you use a kerosene stove. Use space heaters with caution as they can be a fire hazard. Space heaters should always be placed more than 3 feet from any item that can burn.

- **Safety First.** If you drive during the winter, have the battery, tires, oil and windshield wipers checked before the weather gets too bad. If you don't like driving in the winter, ask a friend or family member for help. In home care agencies, like Visiting Angels, can also provide home aids who can drive you to errands and appointments as needed.

- **Stay Engaged.** If you have trouble getting out during the winter months, consider hiring a senior home care provider to help you. Senior home care providers can help prepare meals, run errands, or simply provide companionship throughout the day.

“Companion care services are a lifeline for many seniors in the winter months and throughout the year,” says Larry Meigs, President and CEO of Visiting Angels. “Senior companion care services provide the support many seniors need to live active, independent lives.” Having a plan to beat cabin fever is sure to make this winter one of the most enjoyable yet.

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Here's To Your HealthSM
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Depression

Feeling Blue is NOT a Normal Part of Aging

Depression commonly occurs with heart disease, heart failure, cancer, and among as many as 20% of post surgery senior patients in hospitals. People are not crazy, depression is a treatable illness.

Before you say, "I'm fine"... Ask Yourself if you feel:

- Nervous or empty
- Guilty or worthless
- Very tired and slowed down
- You don't enjoy things the way that you used to
- Restless and irritable
- Like no one loves you
- Like life is not worth living

Or if you are:

- Sleeping more or less than usual
- Eating more or less than usual
- Having persistent headaches, stomach aches or chronic pain

**These may be symptoms of depression if they last more than 2 weeks.
See a doctor, depression is NOT a normal part of aging**

What You Can Do as a Friend or Family Member

- Remember—more than 2 weeks is not normal. They aren't crazy, they are ill.
- Help make an appointment and maybe go with them to the MD
- Make sure they take their medication—it may take to 8 weeks to see changes.
- People get better day-by-day, nobody "snaps out of it"
- Make sure that they stay on medication—no matter how much better they feel—it usually takes 4-9 months to stop the depression from recurring. The drugs are not habit forming.
- Be persistent in getting them out and doing what they used to enjoy—just don't plan too much too soon.
- Don't discount negative feelings they talk about—acknowledge them and reassure them that with time things will be better.
- Be a friend, listen and support them.

Call for more information:
(740) 635-0045

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FEBRUARY SUPER Senior

Hi! My name is Sandy Wise. I was born on September 4th, 1947 in Flower, near Toledo, Ohio. I am the oldest of three children. At the age of three, my family and I move to Bethesda, Ohio to help with my grandparents. I still live there today. I have three children; Jim and Shane are both near Cadiz, Ohio and Shannon just passed away in November, 2021. Jim has 3 children, Shane has 2 and Shannon had 4.

I have two little mixed dogs; Ginger 16 years and Trixie 14 years old. I no longer drive for my vision is impaired. When I was younger I loved to skate. Maybe that's why my favorite season is Winter! I go down to the Bethesda Senior Center daily and love to play Pedro, Cinch and participate in paint -n- sip.




Sandy Wise




Karen Derosa
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Centerville New member Kelly Ramsay at Christmas party.



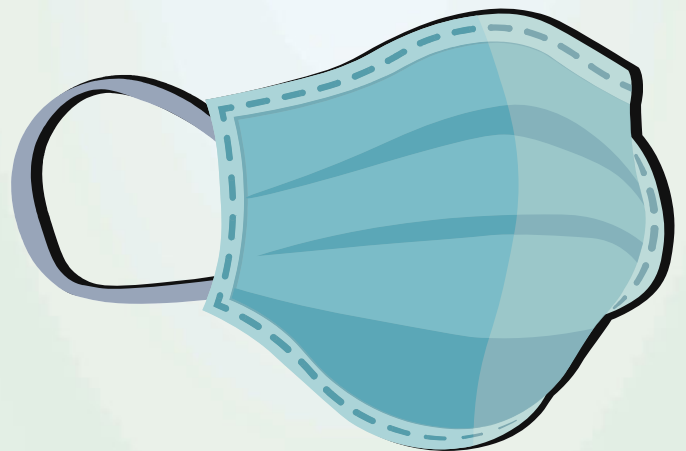
Bellaire Senior Center members enjoying New Year's Party



Craft Day in Colerain, it was a fun day. Thanks Lori

PROTECT YOURSELF TO PROTECT THE OTHERS.

If you are experiencing any flu like symptoms such as: sneezing, running nose, fatigue, vomiting, coughing and/or low-grade fever please refrain from visiting the senior center until your symptoms subside. If a consumer presents with any symptoms, the Senior Center reserves the right to ask them to leave until symptoms have resolved.



Powhatan members Lee & Rose Gray enjoying the DJ at Christmas Party



St Clairsville members getting ready for a New Year 2022
Shirley, Shirley, Bonnie, Jerry, Bunny, John, Doris, Susan, Sue.



Martins Ferry member Hazel Morrison looking adorable in Christmas Sweater.



Martins Ferry Mary Hanlin and beautiful tree at the center



Bethesda Center 21 members & Santa and Director Sue Hines enjoyed a great Christmas Party.

DONATIONS

Donations are greatly appreciated
(If you are currently receiving Passport/Waiver, this does not apply)
Donations are used to enhance or expand services.



Barnesville members ring in the New Year Nancy Carnes, Bev Justice, Leota Mercer, Linda Lucas



Flushing Senior Center receiving a donation from American Legion Women's Auxiliary Post 366



Colerain Woodcarvers Jim Probst, Carol Webb, Mike Kenenske, Arlene Smith



Lansing Senior Members enjoying the day with friends



Bellaire members enjoying Party, Thanks Lou Ann & Bob for all your help, food was delicious



Home Delivered Meals

You must be home at the time of delivery


If you are unable to be home or make it to the door, for any reason you or your responsible party will need to inform our Nutrition Office as soon as possible so the meal can be cancelled. The office has an answering machine for calls received after hours. (Please leave a message)

Meals cannot be left in a cooler, with a neighbor or on the porch.

BARNESVILLE SENIOR CENTER

February 2022 Calendar

Kay Driscoll 740.425.9101

| MON | TUES | WED | THURS | FRI |
|---|--------------------------------|------------------------------|--|------------------------|
|  | 1 Game of Choice | 2 Shopping in Barnesville | 3 Trip 930 Underground Railroad and SchlepPs | 4 Cinch Tournament |
| | 7 Mystery Trip | 8 Cinch | 9 Bag Game | 10 Corn Hole |
| 14 Produce | 15 Valentine Party | 16 Ohio Valley Mall | 17 Corn Hole | 18 Cinch Tournament |
| 21 Closed  | 22 Cinch | 23 Corn Hole | 24 Commodities | 25 Commodities |
| 28 Produce End of Month Paperwork | Reserve lunch a day in advance | | | |



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BELLAIRE SENIOR CENTER

February 2022 Calendar

Tish Kinney 740.676.9473

| MON | TUES | WED | THURS | FRI |
|--|---|---|---------------------------------------|---------------------------------------|
|  | 1 | 2 | 3 | 4 |
| | 10 Games 12:15 Bingo | 9AM Breakfast and meeting | 10 Games 12:15 Bingo | 10 Games 1215 Corn Hole |
| 930 Grocery Shopping 1215 Balloon Flyswatter | 7 10 Games 1215 Bingo 2 Bunco | 8 9AM Trip Sonny Boy and Big Lots Shopping | 9 10 Games 1215 Bingo | 10 10 Games 1215 Corn Hole |
| 930 Grocery Shopping 1215 Balloon Flyswatter | 14 10 Games 1215 Bingo | 15 10 Chair Volleyball | 16 10 Games 1215 Bingo | 17 9AM Trip B-Wear and Lunch |
| Closed  | 21 | 22 | 23 | 24 |
|  | 10 Games 1215 Bingo | 10 Chair Volleyball | 10 Games 1215 Bingo Commodities | 25 10 Games 1215 Corn Hole |
| 930 Grocery Shopping 1215 Balloon 1215 Bunco | 28 <i>Reserve lunch a day in advance</i> | | | |



BETHESDA SENIOR CENTER

February 2022 Calendar

Susan Hines 740.761.0056

| MON | TUES | WED | THURS | FRI |
|---|--|--|---|---|
|  | 1 | 2 | 3 | 4 |
| | 1030 Trip Lunch at Ruttenbucks | 9 Craft Decorate Valentine Boxes | 930 Trip Underground Railroad and Schlepps | 10 Penny Bingo |
| 10 Board Meeting | 7 10 Bingo Bring a Prize | 8 10 Crazy 8 Bring a Decorated Valentine Box Vote on Best! | 9 1030 Valentine Lunch Texas Roadhouse | 10 9 Cinch Tournament with Barnesville |
| Produce Game of Choice | 14 10 Bingo Panhandle Cleaning 12 Grocery Shopping | 15 10 Cinch 12 Left, Right Center | 16 915 Mall Nutritional Shopping | 17 10 Paint and Sip |
| Closed | 21 | 22 | 23 | 24 |
|  | 10 Speaker Hamster Races Grocery Shopping | 23 Jason Cramblett Southeastern 030 Bingo bring a priz | 24 Game of Choice Commodities | 25 9 Cinch Tournament with Barnesville |
| Produce Game of Choice | 28 <i>Reserve lunch a day in advance</i> | | | |



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 SENIOR CENTER

February 2022 Calendar

Donna Steadman 740.686.9832

| MON | TUES | WED | THURS | FRI |
|--|------------------------|--------------------------------------|--|-------------------------------------|
|  | 1030 Cardio 1 | 2 | 1015 Balloon 3 | 1015 Craft 4 |
| | Drumming | 10 \$2 Bingo | Volley | 12 Pennv Bingo |
| | 12 Card Game | 12 Left, Right Center | 12 Mexican Train, Bible Study | |
| 7 | 1030 Senior 8 | 1030 Bunco 9 | 9 Bowling 10 | 1030 Yardzee 11 |
| 12 Card Game 31 | Meeting | 12 Ka-zoo practice | St. Clairsville Lunch Mehlman's Bible Study | Corn hole Hillbilly Ball 12 31 Game |
| 1030 Happy 14 | 1030 Jason 15 | 930 Schlepp's 16 | 1030 Penny 17 | 1015 Balloon 18 |
| Valentine's Day | Cramblett | 12 Belmont | Bingo | Volley |
| 12 Memory Game/ Produce | Southeastern Home Care | County Heritage Museum | 12 Horse Races Bring Dimes | 12 Yahtzee |
| Closed  21 | Music Night 22 | 10 Roll 23 | 1230 Cornhole 24 | 1030 Cardio 25 |
|  | 6PM Snack 7PM Music | Doubles & Steal Gifts 12 Pass A's | with Mike from Country Club Commodities | Drumming 12 Left Right Center |
| 1030 Penny 28 | Lunch served | |  | |
| Bingo | daily. Call a day | | | |
| 12 Left Right | before by 10 | | | |
| Center/ Produce | to reserve a meal | | | |

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COLERAIN SENIOR CENTER

February 2022 Calendar

Lori Parsons 740.633.6823

| MON | | TUES | | WED | | THURS | | FRI | |
|---|-----------|---|-----------|---|-----------|--|-----------|--|-----------|
|  | | 930 | 1 | 10 Euchre | 2 | 11 Howard | 3 | 10 Bingo | 4 |
| | | Business Mtg. Lunch | | Woodcarving Lunch | | Long Wellness Ctr Exercise Lunch | | Lunch | |
| | | | | Groundhog races | | | | | |
| 10 Bingo | 7 | 10AM | 8 | 10 Euchre | 9 | | 10 | | 11 |
| Lunch | | Bridge | | Woodcarving Lunch Book Club | | 10 Cornhole Lunch | | 10 Birthday Bingo Pizza Day | |
| | 14 | 10 Bowling | 15 | 10 Euchre | 16 | 10 Trip | 17 | | 18 |
| Produce | | ST. Clairsville Lunch Out | | Woodcarving 930 Jason Cramblett Southeastern Home | | Underground Railroad Schlepps | | 10 Bingo Lunch | |
| Closed | | 21 | 22 | 10 Euchre | 23 | | 24 | | 25 |
|  | | 10 Bridge | | Woodcarving Lunch | | Commodities | | 10 Bingo Lunch | |
| | 28 | <i>Reserve lunch a day in advance</i> | | | | | | | |
| Produce | | | | | | | |  <i>Happy Valentine's Day!</i> | |



Powhatan Senior Members enjoying cornhole with Mike from Country Club Retirement.



Bethesda members Don & Nancy Byers with Santa Trisha



Martins Ferry celebrating the New Year 2022
Barnesville member Billy Howler



FLUSHING SENIOR CENTER

February 2022 Calendar

Maxine Jurovcik 740.968.2525

| MON | TUES | WED | THURS | FRI |
|--|--|---|---|------------------------|
|  | 9 Coffee 1 | 9 Coffee 2 | 9 Coffee 3 | 9 Coffee 4 |
| | 10 Euchre 1130 Lunch | 10 10 cent Bingo 1130 Lunch | 10 Leave for Colerain Center 1130 Lunch | 10 Zilch 1130 Lunch |
| 1030 Produce 7 1130 Lunch | 9 Coffee 8 | 9 Coffee 9 | 9 Coffee 10 | 9 Coffee 11 |
| | 10 make cookies for Valentine's Day 1130 Lunch | 10 10 cent Bingo 11 Jason Southeastern Home | 10 Work on Puzzle-Game of Choice | 10 zilch 1130 Lunch |
| 9 Coffee 14 | 9 Coffee 15 | 9 Coffee 16 | 9 Coffee 17 | 9 Coffee 18 |
| 10 Valentine's Party | 930 Leave for Walmart 1130 Lunch | 10 10 cent Bingo 1130 Bingo | 10 Game of Choice/Puzzle 1130 Lunch | 10 Zilch 1130 Lunch |
| Closed  21 | 9 Coffee 22 | 9 Coffee 23 | 9 Coffee 24 | 9 coffee 25 |
| | 10 Euchre 1130 Lunch | 10 10 Cent Bingo 1130 Lunch | 10 Game of Choice/Puzzle 1130 Lunch | 10 Zilch 1130 Lunch |
| 9 Coffee 28 | <i>Lunch served daily. Call a day before by 10 to reserve a meal</i> | |  | |
| 10 Euchre 1130 Lunch | | | | |



Centerville Members playing Euchre and Penny Bingo.



Lansing members Christmas Caroling at Rolling Hills Rehab Nursing Carolyn, Anita, Sherry, Dorothy, Leona, Tommy, Horace, Shirley



Flushing members Linda, Phyllis, Kathy enjoying Christmas Dinner



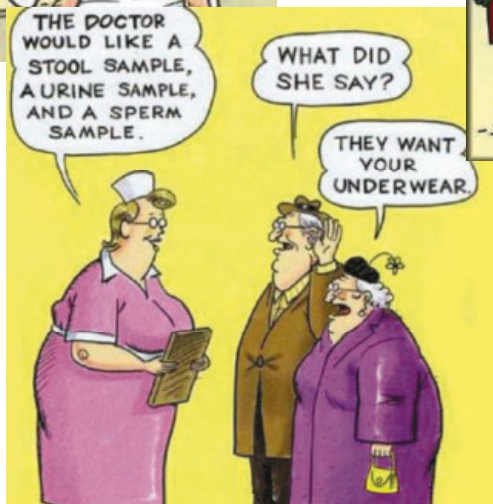
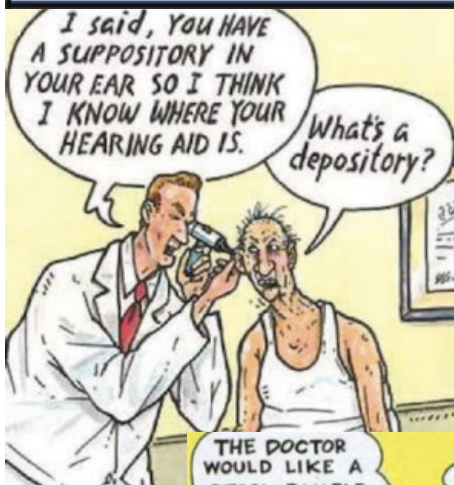
St Clairsville members fellowship with friends and enjoying a good day.

GLENCOE SENIOR CENTER

February 2022 Calendar

Karen Rebecca 740.676.4484





| MON | TUES | WED |
|---|---------------------------------|--|
|  | 1 News Exercise | 2 Craft Day |
| 7 Coffee and Donuts | 8 Chair Volleyball | 9 Clean Restock Kitchen |
| 14 Happy Valentine's Day Produce | 15 Cornhole Game | 16 Cupboard Uplift |
| Closed  21 Presidents Day | 22 Cleaning | 23 Outing weather permitting Otherwise Country Breakfast |
| Produce 28 Commodities | |  |



LANSING SENIOR CENTER

February 2022 Calendar

Carolyn Cohen 740.609.5109

| MON | TUES | WED | THURS | ERI |
|--|---|---|--|--|
|  | 1 AM Bingo | 2 Games of Choice | 3 10AM Trip to Underground Railroad | 4 AM Bingo |
| 7 930 AM Senior Meeting | 8 Bowling and Sonny Boy's | 9 Bingo with Tiffany from CHS Shadyside | 10 Mexican Train | 11 AM Bingo |
| 14 11-1 Party Valentine's Day Domino's Pizza Produce | 15 930 AM Bunny Races | 16 Five Crowns | 17 Oculus Virtual Reality Tour | 18 AM Bingo |
| 21 Closed   | 22 Game of Choice | 23 AM Book Discussion PM Cleaning Center | 24 930 Bunco | 25 AM Bingo PM Lunch at American Legion |
| 28 Produce | <i>Call and Schedule Grocery Shopping</i> (at convenience of center) | Reserve Lunch a Day in advance |  | |

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Elderly Man Thinks Fast

An elderly farmer in Florida had a large pond down by his fruit orchard. One evening he decided to go down to the pond and took a five gallon bucket to pick some fruit.

As he neared the pond, he heard female voices shouting and laughing with glee. As he came closer he saw a bunch of young women skinny-dipping in the pond. He made the women aware of his presence and they all went to the deep end. One of the women shouted to him, 'We're not coming out until you leave!'

The old man thought for a second and said, 'I didn't come down here to watch you ladies swim or to make you get out of the pond naked.'

Holding the bucket up he said, 'I'm here to feed the alligator!' Moral: Old men can still think fast.

THE SENILITY PRAYER:

Grant me the senility to forget the people I never liked anyway, the good fortune to run into the ones I do, and the eyesight to tell the difference.

I planted some bird seed. A bird came up. Now I don't know what to feed it.

I had amnesia once -- or maybe twice.

All I ask is a chance to prove that money can't make me happy.

What is a "free" gift? Aren't all gifts free?

They told me I was gullible... and I believed them.

Teach a child to be polite and courteous in the home and when he grows up, he'll never be able to merge his car onto a freeway.

Memories

A couple in their nineties are both having problems remembering things. During a checkup, the doctor tells them that they're physically okay, but they might want to start writing things down to help them remember. Later that night, while watching TV, the old man gets up from his chair. 'Want anything while I'm in the kitchen?' he asks.

'Will you get me a bowl of ice cream?'

'Sure.' 'Don't you think you should write it down so you can remember it?' she asks.

'No, I can remember it.'

'Well, I'd like some strawberries on top, too.

Maybe you should write it down, so's not to forget it?' He says, 'I can remember that. You want a bowl of ice cream with strawberries.'

'I'd also like whipped cream. I'm certain you'll forget that, write it down.' she says.

Irritated, he says, 'I don't need to write it down, I can remember it! Ice cream with strawberries and whipped cream - I got it, for goodness sake!' Then he toddles into the kitchen. After about 20 minutes, the old man returns from the kitchen and hands his wife a plate of bacon and eggs. She stares at the plate for a moment.

'Where's my toast?' Nothing enhances the good old days more than a poor memory.

THE SENILITY PRAYER CONT'D:

My theory on aging is two can live as cheaply as one, for half as long.

Experience is the thing you have left when everything else is gone.

A flashlight is a case for holding dead batteries.

I used to be indecisive. Now I'm not sure.

The cost of living hasn't affected its popularity.

Is it my imagination, or do buffalo wings taste like chicken?

"Every day I strive to disprove the experts theories of aging."

Recipes



Roasted Salmon, Green Beans, and Tomatoes

Ingredients

- 6 clove garlic
- 1 lb. green beans
- 1 pt. grape tomatoes
- 1/2 c. pitted kalamata olives
- 3 anchovy fillets
- 2 tbsp. olive oil
- kosher salt
- Pepper
- 1 skinless salmon fillet

Directions

1. Heat oven to 425 degrees F. On a large rimmed baking sheet, toss together the garlic, beans, tomatoes, olives, and anchovies (if using) with 1 tablespoon oil and 1/4 teaspoon pepper. Roast until the vegetables are tender and beginning to brown, 12 to 15 minutes.
2. Meanwhile, heat the remaining tablespoon oil in a large skillet over medium heat. Season the salmon with 1/4 teaspoon each salt and pepper and cook until golden brown and opaque



Fusilli with Broccoli Pesto

Ingredients

- 12 oz. fusilli pasta
- 12 oz. frozen broccoli florets
- 2 clove garlic
- 1/2 c. fresh basil leaves
- 3 tbsp. olive oil
- 1 tbsp. grated lemon zest
- kosher salt
- Toasted sliced almonds
- grated Parmesan cheese

DIRECTIONS

1. Cook the pasta according to package directions. Reserve 1/2 cup of the cooking liquid, drain the pasta, and return it to the pot.
2. Meanwhile, in a microwave-safe bowl, combine the broccoli, garlic, and 1/2 cup water. Cover and cook on high, stirring once halfway through, until the broccoli is tender, 5 to 6 minutes. Transfer the mixture (liquid included) to a food processor. Add the basil, oil, zest, and 3/4 teaspoon salt, and purée until smooth.
3. Toss the pasta with the pesto and 1/4 cup of the reserved liquid (adding more liquid if the pasta seems dry). Sprinkle with almonds and Parmesan, if desired.



Ingredients

- 8 oz cream cheese (softened)
- 1/3 cup granulated sugar
- 1 (12 ounce) jar thick caramel
- 3/4 cup toffee bits
- 6-8 large apples



Instructions Remove the cream cheese from the refrigerator and let it sit on the counter for about 30 minutes to soften. Using a hand mixer, mix the sugar and cream cheese together until well incorporated.

Easy No-Bake Caramel Cheesecake Apple Dip

Spread the cheesecake mixture into the bottom of a small, shallow dish or bowl. Pour the caramel on top of the cheesecake mixture and spread it out evenly with a small spatula (if your caramel has been refrigerated, you will need to let it get to room temperature first). Evenly sprinkle the toffee bits over top. Cover and refrigerate until ready to serve. Serve with freshly cut sliced apples. Enjoy

Ohio's No Surprise Medical Billing Law Becomes Effective

COLUMBUS – A new Ohio law went into effect today that shields patients from receiving and paying surprise medical bills after certain unanticipated treatment. Surprise medical bills typically range hundreds to thousands of dollars, and a recent national study indicates that unexpected medical bills, including surprise medical bills, lead the list of expenses most Americans fear they cannot afford.

“I appreciate the work of the Ohio Legislature and representatives of the medical and insurance communities for coming together on this issue and for doing what is right for Ohioans,” Ohio governor Mike DeWine said. “Nobody should end up with unexpected medical bills through no fault of their own.”

The law protects patients from receiving and paying surprise medical bills above the patient's in-network rate from health care providers for emergency care or, in certain circumstances, unanticipated out-of-network care, such as at an in-network health care facility from an out-of-network provider and including lab/pathology services. Cost sharing amounts, which include coinsurance, co-payments, and deductibles, are limited to the patient's lower in-network amounts.

The Ohio Department of Insurance is responsible for administering and enforcing many of the law's provisions, and addressing complaints from consumers who receive surprise medical bills. The department established a payment reconciliation process for health care providers and health insurers to work through billing discrepancies instead of surprise billing the patient.

“We will be aggressive in order to protect consumers on matters relating to surprise medical billing,” Ohio Department of Insurance director Judith L. French said. “I urge anyone with surprise medical billing questions or concerns to contact us.”

The department, which is conducting a statewide consumer education campaign informing consumers of their rights under the new law, created a surprise medical billing toolkit at www.insurance.ohio.gov to help consumers, health care providers, health insurers, and other stakeholders understand the law and its requirements, and to access the department's surprise billing services. The department's consumer hotline is 1-800-686-1526.

A federal surprise medical billing law, called the No Surprises Act, went into effect on Jan. 1. The federal law and Ohio's law work together to protect consumers in surprise billing situations.

MARTINS FERRY SENIOR CENTER

February 2022 Calendar

Melissa Finney 740.633.3146

| MON | TUES | WED | THURS | FRI |
|---|---|-----------------------------------|--|--|
|  | 1 | Shopping at 2 | Trip to 3 | AM Bingo 4 |
| | AM Monthly Mtg. PM Game of Choice | Kroger 1030 Cardio Drumming | Ollie's and Lunch at Mehlman's | PM Wheel of Fortune |
| Trip to 7 | Howard 8 | Shopping at 9 | 10 | 1030 11 |
| Walmart and Eat & Park | Long Wellness Ctr Game of Choice | Kroger 1030 Cardio Drumming | Games of Choice | Southeastern Home Care Jason Cramble Valentine Party |
| Produce 14 | Howard 15 | Shopping at 16 | Trip to 17 | 1030 18 |
| | Long Wellness Ctr Game of Choice | Kroger 1030 Cardio Drumming | Underground Railroad and Shlepps | Bingo w/Nancy Noon Hamster Races |
| Closed 21 | Howard 22 | Shopping at 23 | Commodities 24 | 25 |
|  | Long Wellness Ctr Game of Choice | Kroger 1030 Cardio Drumming | Games of Choice | Trip to Lucky Ducks and Cheddars |
| 28 | <i>Call</i> | <i>Reserve</i> | | |
| Produce | <i>and schedule</i> | <i>Lunch a day</i> | | |
| | <i>Grocery Shopping</i> | <i>in advance</i> | | |
| | (at convenience of center) | | | |



POWHATAN POINT SENIOR CENTER

February 2022 Calendar

Mary Beth Tennant 740.795.4350

| MON | TUES | WED | THURS | FRI |
|---|-----------------------------------|--|----------------------------------|-----------------------------------|
|  | AM Mexican 1 | AM Bingo 2 | Lunch at 3 | AM Blitz/ 4 |
| | Train PM Karaoke | Household PM Drumming Exercise/Karaoke | Coleman's Fish Leave at 10:30 | Game of Choice PM Horse Racing |
| AM Katie's 7 | Center Mtg. 8 | AM Five 9 | Bowling 10 | AM Mexican 11 |
| Bingo PM Game of Choice | PM Corn Toss with Country Club | Crowns Cards PM Drumming Exercise | Leave at 9AM Director's Mtg | Train PM Horse Racing |
| Produce 14 | AM Stop your 15 | AM Five 16 | Valentine's 17 | AM Blitz/ 18 |
| Valentine's Day Katie's Bingo PM Game of Choice | Neighbor PM Blind Karaoke | Crowns Cards PM Drumming Exercise | Party for Center Members | Game of Choice PM Horse Racing |
| Closed 21 | AM Five 22 | Bowling 23 | AM Games 24 | Commodities 25 |
|  | Crowns Cards PM Blind Karaoke | St. Clairsville leaving at 9AM | by CHS Shadyside | PM Horse Racing |
| Produce 28 | <i>Center Dues</i> | <i>Stop by</i> | | |
| Last day for Commodity pick up | <i>for members</i> | <i>For Coffee</i> | | |
| | <i>are Due \$5.00</i> | <i>and a lot</i> | | |
| | | <i>of FUN!!</i> | | |



Time to Celebrate Me



Walk down the aisle lately? Not the wedding aisle, but any store in America? Chances are they've been lined with rows of red and pink, brimming with florals, fluffy stuffed animals, candy hearts, chocolates bites of all sorts, and signs boasting about "passion", "valentine", and all things "love." When people talk about February, people think of everything related to romance and wining and dining. Yet, all too often, we forget about the most important form of love- self love.

While romantic relationships and general companionship is great, our society can sometimes stray us away from learning to love and care for ourselves. We can sometimes be taught that focusing inward is self-indulgent and that our value is based on the relationships we have with others. This can be a dangerous thought pattern to adhere to as it deters people from caring for themselves.

Writers at Happy60plus note that self-care is essential for long-term health and aids in counteracting challenges as we age. They provide recommendations on how to care for yourself:

1.) Move your body whenever and however possible. Whether it be an exercise class, an evening stroll, or another favorite exercise, make sure you move your body regularly.

2.) Visit the doctor when needed. Prevention is key. Additionally, ensure that you follow directions from your healthcare professionals regarding medication.

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 Feb 8th @ 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/>

3.) Fuel your body with whole, nutritious foods and lots of water.

4.) Rest and renew your mind and body with quality sleep.

5.) Get involved in activities you enjoy and don't be afraid to start new things. Spend time with the people you love and share those hobbies with them (2019).

These are just a few of the many ways to take care of ourselves. Those at Wayward Inspiration highlight that February 13th is International Day of Self-Love (2022). We are challenging you to discover and practice ways to love yourself this February. Follow us on [Facebook](#) this February to join in our self-love challenge, more details to come.

Don't let the commercials fool you. You don't need a calendar date to start loving you.

Credits:

International Boost Self-Esteem Month. Wayward Inspiration. Retrieved from <https://waywardinspiration.com/self-love/> on January 11, 2022.

Self Care and Self Love in Old Age is Important. (2019). Happy 60 Plus. Retrieved from <https://www.happy60plus.com/self-care-and-self-love-in-old-age-is-important/> on January 11, 2022.



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/>

Free Virtual Suicide Awareness Training

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

ST. CLAIRSVILLE SENIOR CENTER

February 2022 Calendar

Dorothy Burkhart 740.695.1944

| MON | TUES | WED | THURS | FRI |
|---|--|--|--|--|
|  | Nutrition 1 | 10 Business 2 | Howard 3 | Underground 4 |
| | Shopping 1230 Horse Races | Meeting Bingo after Lunch | Long Wellness Ctr @ Colerain | Railroad Leave leave at 10 Lunch at Chaps |
| 930 Uno 7 1230 Yahtzee | 930 Knock 8 | 9 | 945 Bowling 10 | Valentine's 11 |
| | Poker 1030 Nutrition Shopping | Bingo after Lunch | St. Clairsville Staff Meeting | Day Party!!! Call Center to RSVP 2/7/22 |
| Produce 14 Happy Valentine's Day No morning transport | 930 Blanket 15 Brigade 1030 Nutrition Shopping | Celebrate 16 Birthdays! Bingo after Lunch | 1030 Show 17 and Tell | 930 Euchre 18 Jason from Southeastern @ 11 |
| Closed 21 | 1030 22 | 23 | 24 | 11 Lunch 25 |
|  | Nutrition Shopping 1230 Crazy Doubles | Bingo after Lunch | Commodities 1015 Corn Toss with Mike | American Legion Post 159 |
| Produce 28 No morning transport | Swimming Mon 230 Swimming Wed 830 Call center for info | Lunch served daily. Call a day before by 10 to reserve a meal | | |



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FOSSE

FROZEN

GREASE

GYPSY

HAIR

HAMILTON

HAMLET

HARVEY

MACBETH

MAME

OKLAHOMA

OLIVER

PIPPIN

RAGTIME

RENT

SEESAW

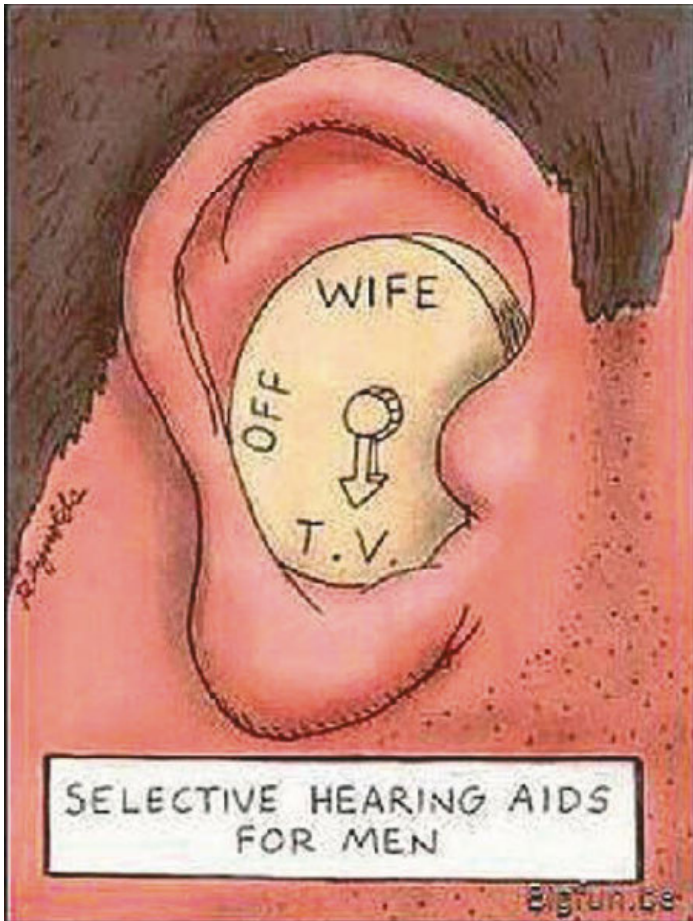
SLEUTH

WICKED

Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | | 7 | | | | | |
| | | 8 | | 6 | | | | |
| 5 | 1 | 2 | | 8 | | | | |
| 7 | | | | | 3 | 5 | 1 | |
| | | | 9 | | | | | 4 |
| | 3 | | | | | | 8 | |
| 9 | | | | | | | | |
| | | 4 | | | | 2 | | |
| 2 | | | 6 | | 5 | 9 | 7 | |

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| | | 9 | 6 | 7 | | | | 5 |
| | 2 | 4 | | | | | | |
| 3 | | | | | | | | 9 |
| 5 | | | | 6 | | 3 | | |
| | | | | | | 9 | 5 | 1 |
| | | | 2 | | | | | |
| 4 | | | | | | | | 8 |
| 6 | | | | 8 | 1 | | | |
| | 7 | | | | 5 | 4 | | |



Cavity check? I don't even have any teeth!

House

All the words are hidden vertically, horizontally or diagonally—in both directions. The letters that remain unused form a sentence from left to right.

S T U D I O L B A T H R O O M
C A N H O L L O W W A L L A T
P O T I E C L D A E T S D E B
E A L W I N D O W S I L L B C
T S N O I T A D N U O F D E H
S D E R N G U T T E R I I D I
R R O H C N A L L A W R S R M
O F F I C E A R C A D E A O N
O C R E T T I D A R A E S O E
D O C T A E B L E G L S T M Y
E R L A D R D E I R E C O T H
A R T I S R I N S N T A V A K
O I T A P U L L E D G P E C I
N D S I T T I N G A R E A T O
T O W O D N I W R E M R O D H
D R A I N P I P E E T F L O O
N E H C T I K R O A F A N A T
T R O O L F I S H U T T E R C

DORMER WINDOW
DRAINPIPE
FIRE ESCAPE
FLOOR
FOUNDATIONS
GARAGE
GUTTER
HAT RACK
HOLLOW WALL
KITCHEN
OFFICE
PATIO
SHUTTER
SITTING AREA
STOVE
STUDIO
TURRET
WALL ANCHOR
WELL
WINDOWSILL

ARCADE
BATHROOM
BEDROOM

BEDSTEAD
CEILING
CHIMNEY

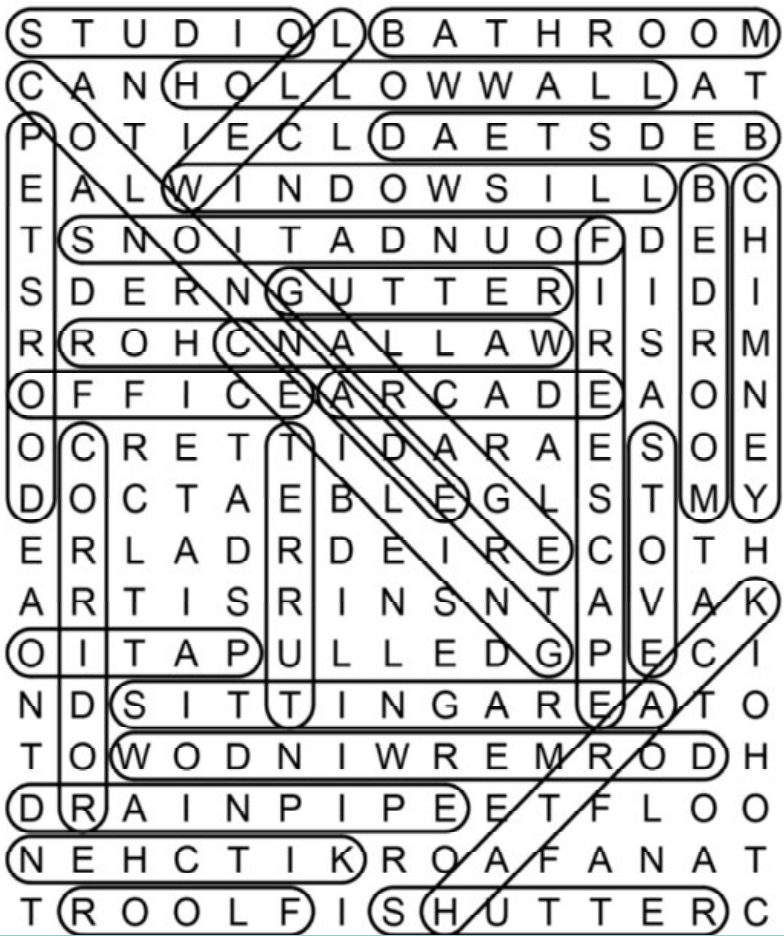
COLONNADE
CORRIDOR
DOORSTEP

TRIANAGRAM

Three-word groups of anagrams are called triplets or trianagrams.
Complete the group:

ASLEEP _ _ _ _ _





ANNIE SOPHONS

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 6 | 9 | 3 | 7 | 1 | 4 | 8 | 2 | 5 |
| 4 | 7 | 8 | 5 | 6 | 2 | 3 | 9 | 1 |
| 5 | 1 | 2 | 3 | 8 | 9 | 4 | 6 | 7 |
| 7 | 4 | 6 | 8 | 2 | 3 | 5 | 1 | 9 |
| 8 | 2 | 5 | 9 | 7 | 1 | 6 | 3 | 4 |
| 1 | 3 | 9 | 4 | 5 | 6 | 7 | 8 | 2 |
| 9 | 5 | 7 | 2 | 3 | 8 | 1 | 4 | 6 |
| 3 | 6 | 4 | 1 | 9 | 7 | 2 | 5 | 8 |
| 2 | 8 | 1 | 6 | 4 | 5 | 9 | 7 | 3 |

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
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| 7 | 2 | 4 | 5 | 9 | 3 | 8 | 1 | 6 |
| 3 | 5 | 6 | 8 | 1 | 2 | 7 | 9 | 4 |
| 5 | 4 | 7 | 1 | 6 | 9 | 3 | 8 | 2 |
| 2 | 6 | 8 | 3 | 4 | 7 | 9 | 5 | 1 |
| 9 | 1 | 3 | 2 | 5 | 8 | 6 | 4 | 7 |
| 4 | 9 | 5 | 7 | 3 | 6 | 1 | 2 | 8 |
| 6 | 3 | 2 | 4 | 8 | 1 | 5 | 7 | 9 |
| 8 | 7 | 1 | 9 | 2 | 5 | 4 | 6 | 3 |



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Lancia Belmont Manor
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St. Clairsville, OH 43950
Phone/Fax (740) 431-3042

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TOLL FREE 1-(800) 200-0320 Website: SSOBC.com

Nutrition Program Administrator

TINA BURKHART

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Transportation Administrator

MIKE MCBRIDE

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Senior Services Administrator

LESLIE THOMPSON

Senior Center Coordinators

LISTED WITH EACH CENTER'S CALENDAR

Executive Director

LISA KAZMIRSKI

Services Include:

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Golden Buckeye Card Applications

Transportation to Medical Appointments

Home Delivered Meals

Nutrition Program

Homemaking and/or Personal Care

Health Education

Passport Services



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

THE GOLDEN TIMES 2022

FEBRUARY MENU

| Mon | Tue | Wed | Thu | Fri |
|---|--|---|---|--|
| Resume meals and /or Cancel meals Call 24/7 695-4142 or 1-800-200-0320 | 1 Ham and Eggs Hash Browns Blueberry Crisp Banana Cereal Milk | 2 Vegetable Soup Peaches Cottage Cheese PB&J Sandwich Crackers Milk | 3 Fish Sandwich Parsley Potatoes Green Bean Cass. Tangerine Jell-O Bun, Tartar Sauce | 4 Chicken Parmesan Coleslaw Fruit Garlic Bread Milk |
| 7 BBQ Chicken Potatoes Lima Beans Brussel Sprouts Roll, Marg. Milk | 8 Turkey & Dressing Sweet Potatoes Broccoli Cranberry Juice Bread, Margarine Milk | 9 Ham and Bean Soup Tomato Juice Pineapple Dessert Corn Muffin, Marg. Milk | 10 Meatball Hoagie Spinach Applesauce Pea Salad Hoagie Bun Milk | 11 Baked Pork Chop Au Gratin Potatoes Glazed Carrots Waldorf Salad Roll, Marg. Milk |
| 14 Patty Melt Tater Tots Cauliflower Mand. Oranges Rye Bun, Mustard Milk | 15 Chicken Noodle Cass. Cherry Crisp Mixed Veggies Three Bean Salad Bread, Marg. Milk | 16 Chili Tossed Salad, Dr. Applesauce Cheese & Crackers Milk | 17 Meatloaf Au Gratin Potatoes Creamed Peas Fruited Red Jell-O Roll, Marg. Milk | 18 Macaroni & Cheese Stewed Tomatoes Green Beans Grapes Bread, Margarine Milk |
| 21 Closed Presidents' Day | 22 Sloppy Joes Loaded Mini Bakers Capri Blend Veggies Fruit Cup Bun Milk | 23 Chicken Pecan Salad Raspberry Dressing Apple -Caramel Dip Pudding Milk | 24 Baked Pork/kraut Mashed Potatoes Buttered Carrots Ambrosia Salad Roll, Marg. Milk | 25 Mexican Chicken Rice Pinto Beans Corn Peaches Vanilla Pudding |
| 28 Cabbage Roll Mashed Potatoes Green Beans Pears Roll, Marg. | | To access ingredient content contact: Tina Burkhardt 740-695-4142 | Choice of Bread: White or Wheat Choice of Milk: Skim, Chocolate, Juice, or 2% | Donations may be mailed to SSOBC 67650 Oakview Dr. |