

# THE GOLDEN TIMES 2022

## MARCH 15TH 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**

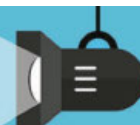
**Donna Steadman** started with Senior Services of Belmont County over 20 years ago as the Centerville Senior Center Coordinator and is still there today. Donna graduated from Bridgeport High School in 1967 and now lives in Jacobsburg with her husband Art. Art and Donna met at the M&K lounge in Warwood, WV and have been married for 46 years. They have 2 boys and 3 grandchildren which are the apple of Donna's eye. Besides her children and grandchildren Donna enjoys spending time with her husband and her flower beds.

Donna is described as having a heart of gold, nurturing, a conscientious worker, kindhearted, always happy, and willing to go the extra mile for seniors in need. During the COVID lockdown Donna volunteered to help in our kitchen to ensure our homebound meals were prepared and ready for delivery. Donna is also the executive director the Smith Township Community Center where the Centerville Senior Center is located. Donna created music night at the Smith Township Center. She loves working with and helping people and that is why she has not retired. Donna is an advocate for all seniors that she meets and will give the shirt off her back to make sure no senior is left behind. According to Art, when they travel it is inevitable that Donna runs into someone she knows. He said he doesn't care if they traveled to the moon, he is sure that she would know someone there.

A co-worker said that Donna and Art are the perfect couple since they both care and help other people. Donna will often have Art at the senior center helping her. New director, Lisa, said that Donna is a wealth of information and is happy that Donna continues to work for Senior Services. Thank you, Donna, for "you being you," and caring so much for our seniors. Donna will be receiving a gift card provided by Melissa Evick of *Visiting Angels*.



### EMPLOYEE SPOTLIGHT



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# Does Osteoporosis Run in Your Family?

If one of your parents has had a broken bone, especially a broken hip, you may need to be screened earlier for osteoporosis. This is a medical condition where bones become weak and are more likely to break. Share your family health history with your doctor. Your doctor can help you take steps to strengthen weak bones and prevent broken bones.

## How can osteoporosis affect my health?

People with osteoporosis are more likely to break bones, most often in the hip, forearm, wrist, and spine. While most broken bones are caused by falls, osteoporosis can weaken bones to the point that a break can occur more easily, for example by coughing or bumping into something. As you get older, you are more likely to have osteoporosis and recovering from a broken bone becomes harder. Broken bones can have lasting effects including pain that does not go away. Osteoporosis can cause the bones in the spine to break and begin to collapse, so that some people with it get shorter and are not able to stand up straight. Broken hips are especially serious—afterward, many people are not able to live on their own and are more likely to die sooner.

**304.214.5550**

**OSTEOPOROSIS**  
Normally healthy bones look like a honeycomb. If they've lost density, they're easily broken. They can be called "porous bones".

**Healthy bone** vs **Porous bone**

**RISKS**  
Here are some factors for osteoporosis, and of course they are out of your control:

- Gender:** Women are likely to get osteoporosis more than men.
- Age:** The elderly aged over 45 are at high risk for the bone disease.
- Race:** Asian Americans are likely to develop osteoporosis.
- Body Size:** Having a small frame is considered to be at risk for porous bones.

**SYMPTOMS**  
It might have no symptoms in the early stage, but here are signs of the disease gradually having weakened your bones.

- Loss of height over time:** Because your spine has tiny fractures that're usually unnoticed and painless.
- Back pain:** Fractured bones in the low back can cause the severe pain, usually lasting for a week.
- Hunched Posture:** Having longtime compression fracture in the spine can develop to the kyphosis.
- Bone fracture:** People with porous bones can get more easily injured than expected if they fell or bump.

**200 Million Women worldwide are affected from osteoporosis.**

**PREVENTION**  
You can prevent and strengthen your bones for the rest of your life by the following ways:

- Workout can boost your bone health.**
- Eat high calcium and vitamin D foods.**
- Take vitamins and supplements.**
- Avoid smoking and drinking.**

*\*Sample of broken bones*

*\*Low back pain*

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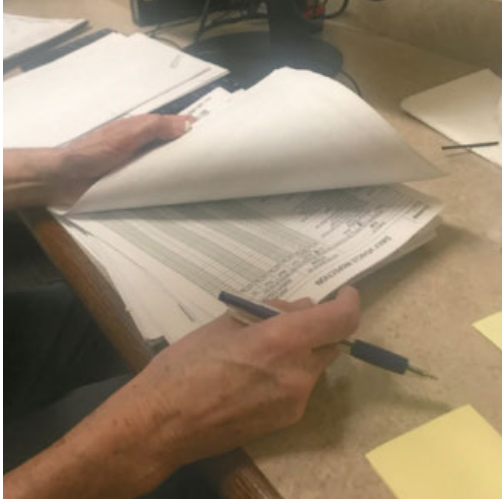


# HELPING HANDS HELPING OTHERS

Let me introduce myself. My name is Karen Helms and I work in the Transportation Department at Senior Services of Belmont County. I have worked at SSOBC for twenty-four years. I am honored to have a page in our monthly “Golden Times.” In

the months to follow please watch for our stories as I will be introducing our “Helping Hands Helping Others” here at our Oakview

Building. This will allow you to see into our world, so that you can see what we do at our agency every day to serve our seniors. My hope is that each and everyone of you will look forward to reading a new story and to also see the pictures of us as I show you OUR helping hands. Pictures really do say more than a thousand words, and that the language of our hands are deeper than any word.



The heart of a home is indeed the kitchen as is true here at our Oakview home office. Our kitchen along with our skilled cooks are the heart of our home. Could it be true that love seeps from the cooks’ hands and hearts into the meals they prepare every day? It is the time and energy spent on the meals and their desire to feed others that makes our cooks so special. There is no great chef without a wonderful team, and this team



works together with unity. The team is efficient and productive working sometimes at an intense pace. Each person who is part of the kitchen team is so im-

portant to the success of the department running seamlessly. Allow me to introduce them. Brandon Ernest, Christina Albus, Dustin Kirk, Kaleigh Glenn, Missy Pacifico, Paula Fiutem, Robin Hess, Roger Francis, Nik Sells. Denise Starr is one our unit support floaters who fills in for kitchen staff when she is needed.





## Meet Lou Ann Bennett.


She was born in Las Vegas, Nevada, on September 6, 1955. Lou Ann is the oldest sibling of her family. At nine months old her family moved to Wheeling, WV. They lived there for two years and decided to move to Washington Street in Bellaire, Ohio. Lou Ann still lives on the same street today. Lou Ann needed gas in her car, and a very kind man named Bob came to her aid. It was love at first sight! In August they will be married for fifty years.

Lou Ann has two children, Bobbie and Bobbie Jo. She also has four grandsons; Bobby, A.J., David, and Charlie. She has one great grandson, Ryker and one great granddaughter on the way.

Lou Ann volunteers at the Salvation Army. She organized the All American Day Festival, Boo in the Park and the Easter Egg Hunt all in Bellaire, Ohio. She was the past president of the Bellaire Eagle Aux. and many more organizations. Lou Ann is and always has been very busy. She has been the Treasurer for Bellaire Senior Center for three years. She was a helper for six years even before she was able to join. Tish, the Bellaire Director said, "Anytime she needed help or was shorthanded, Lou Ann stepped up to any challenge to help out."




**Lou Ann Bennett**



**Karen Derosa**  
Realtor®, SRES®  
**740-296-0062**

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**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 canceled. 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.



Bethesda members enjoyed a great Valentine Party.



Lansing members enjoying a day of balloon Volley. It is a great activity



Flushing celebrating being at the center after the ice storm.  
Becki & Terry Gibson, Don Cameron,  
Leroy Boyce Phyllis Russell



Glencoe members love our country.  
Uncle Sam, Lady Liberty and Mario  
Betty McGarry, Julie Neitzelt, Karen Rebecca





Powhatan members making Valentine cards to send to our Soldiers

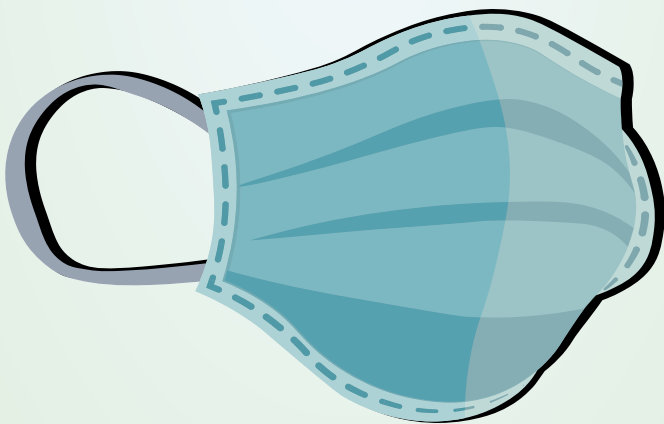


Barnesville member Billy Howiler

## **PROTECT YOURSELF** *TO PROTECT THE OTHERS.*

If you are experiencing any flu like symptoms such as: sneezing, runny 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.



St Clairsville members celebrating Birthday, Sally Myers, Shirley Androsko, Lorena Borovich



Colerain Members getting ready for Hamster Races, Edna Davis, Barbara Amos, Elaine Simpson, Shirley Zeroski, Charmin Doty, Joann Chlon, Martha Orand, Director: Lori Parsons





Centerville Senior Members enjoying Drumming and Games at Center.



M Ferry members Patti Hall & Dee Gleaves putting finishing touches on Valentine decorations at the center



Bellaire Center members with Mike from Country Club. Thanks Mike for all the prizes



Flushing Bingo; Phyllis Russell, Bob Farmer, Pete Barto



St Clairsville members enjoying Cornhole with Mike from Country Club. LeAnn Cook, Doris Dombroski, Doris Budinscak, Ernie Stewart

# DONATIONS


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



# BARNESVILLE SENIOR CENTER

March 2022 Calendar

Kay Driscoll 740.425.9101

MON	TUES	WED	THURS	FRI
	<b>1</b> Game of Choice	<b>2</b> 9AM Breakfast at Schlepps	<b>3</b> Bag Game	<b>4</b> Cinch Tournament
<b>7</b> Center Mtg	Jason with with Southeastern Homecare	<b>9</b> Horse Races	<b>10</b> Corn Hole	<b>11</b> Lunch for the public: hotdogs soup beans, potato soup, cornbread
<b>14</b> Produce Games of Choice	8AM Shonney's in New Philadelphia	<b>16</b> Covered Dish	St. Patrick's Celebration Wear Green and Bring Purchased snacks	<b>18</b> Cinch Tournament
<b>21</b> Mystery Trip	<b>22</b> Dollar Tree in Bellaire	<b>23</b> Corn Hole	<b>24</b> Commodities	<b>25</b> Commodities Games of Choice
<b>28</b> Zilch Produce	<b>29</b> Colerain Visiting	<b>30</b> Bingo Bring a \$2.00 Prize	<b>31</b> Lunch at Nicolzakes in Fairpoint	

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## BELLAIRE SENIOR CENTER

March 2022 Calendar

Tish Kinney 740.676.9473

MON	TUES	WED	THURS	FRI
	<b>1</b> 10 Games 12:15 Bingo	<b>2</b> 9AM Breakfast and meeting	<b>3</b> 10 Games 12:15 Bingo	<b>4</b> 10 Games 1215 Corn Hole
930 Grocery Shopping 1215 Balloon Flyswatter	<b>7</b> 10 Games 1215 Bingo	<b>8</b> 9AM Trip Cracker Barrel and Shopping	<b>10</b> 10 Games 1215 Bingo	<b>11</b> 10 Games 1215 Corn Hole
930 Grocery Shopping 130 Bunco Produce	<b>14</b> 10 Games 1215 Bingo	<b>16</b> 11 Sliver Sneakers Exercise Presentation	<b>17</b> 10 Games 1215 Bingo	<b>18</b> 930 AM Trip Shopping and Lunch in Moundsville
930 Grocery Shopping	<b>21</b> 10 Games 1215 Bingo	<b>23</b> 10 Chair Volleyball	<b>24</b> 10 Games 1215 Bingo	<b>25</b> 10 Games 1215 Corn Hole Commodities
930 Grocery Shopping 1215 Bunco	<b>28</b> 10 Games 1215 Bingo	<b>30</b> 10 Chair Volleyball	<b>31</b> 10 Games 1215 Bingo	

## BETHESDA SENIOR CENTER

March 2022 Calendar

Susan Hines 740.761.0056

MON	TUES	WED	THURS	FRI
	<b>1</b> 930 Mall and Nutrition Shopping Longhorn	<b>2</b> 10 Paint and Sip	<b>3</b> 10 Skip-Bo	<b>4</b> 10 Bingo with Belmont Manor
930 Board Meeting	<b>7</b> 10 Craft St. Patricks Gnomes	<b>9</b> 10 Bingo 12 Nutrition Shopping	<b>10</b> 9 Breakfast Denny's	<b>11</b> 9 Cinch Tournament with Barnesville
Produce Game of Choice	<b>14</b> 10 Cinch	<b>16</b> 10 Mexican Train	<b>17</b> 10 St. Pattry's Party wear green Bingo with Stonerise	<b>18</b> 9AM Fish Market Big Lots
10AM Mexican Train	<b>21</b> 10AM Hamster Races Games of Choice	<b>23</b> 10AM Bingo with Astoria 12 Nutrtnn Shop	<b>24</b> 10AM Skip-Bo Commodities	<b>25</b> 9 Cinch Tournament with Barnesville
Produce Game of Choice	<b>28</b> 10AM Mexican Train	<b>30</b> 10AM Bingo/Bring a Prize 12 Nutrtnn Shop	<b>31</b> Game of choice	

# 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

March 2022 Calendar

Donna Steadman 740.686.9832

MON	TUES	WED	THURS	FRI
	1030 Cardio <b>1</b>	<b>2</b>	1015 Balloon <b>3</b>	1015 Craft <b>4</b>
	Drumming	10 \$2 Bingo	Volley	12 Penny
	12 Card Game	12 Left, Right	12 Mexican	Bingo
	31	Center	Train, Bible Study	Rootbeer Float
Best of <b>7</b>	1030 Senior <b>8</b>	1030 Bunco <b>9</b>	9 Bowling <b>10</b>	1015 Balloon <b>11</b>
31 Card Game	Meeting	12 Ka-zoo	St. Clairsville	Volley
12 Memory	12 Birthday	practice	Lunch Wendy's	12 Card
Game	Celebration		Bible Study	Game 31
<b>14</b>	Cardio <b>15</b>	9 Silver Sneakers <b>16</b>	8 Trip to <b>17</b>	1015 Balloon <b>18</b>
Produce	Drumming	Bellaire Sr. Ctr	Zanesville B-Wear	Volley
1030 Game of	12 Penny	Its exercise		12 Yahtzee
Choice	Bingo	Jennifer from Westwood		
10 Cornhole <b>21</b>	930 Breakfast <b>22</b>	9 Bowling <b>23</b>	1230 Cornhole <b>24</b>	1030 Cardio <b>25</b>
12 Horse Racing	Sonny Boys	St. Clairsville	with Mike from	Drumming
Bring Dimes	Shopping Big	Lunch	Country Club	12 Left Right
	Lots/Dollar General		Commodities	Center
Produce <b>28</b>	Cardio <b>29</b>	1030 <b>30</b>	10 Roll <b>31</b>	
	Drumming	Yardzee	Doubles/Steal	
12 Left Right	12 Dairy Queen	Cornhole	Gifts	
Center/ Produce		Hillbilly Ball	12 Pass A's	

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[WVUMedicine.org/WheelingHeart](http://WVUMedicine.org/WheelingHeart)





# COLERAIN SENIOR CENTER

March 2022 Calendar

Lori Parsons 740.633.6823

MON		TUES		WED		THURS		FRI	
		930	<b>1</b>	10 Euchre	<b>2</b>	Games	<b>3</b>	10 Bingo	<b>4</b>
		Business Mtg. Lunch		Woodcarving Lunch		Of Choice Lunch		Lunch	
				Groundhog races					
10 Bingo	<b>7</b>	10AM	<b>8</b>	10 Euchre	<b>9</b>	<b>Craft Day</b>	<b>10</b>		<b>11</b>
Lunch		Bridge		Woodcarving Lunch		Spring Painting Lunch		10 Birthday Bingo/Pizza Hamster Races	
				Book Club					
	<b>14</b>	Games	<b>15</b>	10 Euchre	<b>16</b>	Breakfast	<b>17</b>		<b>18</b>
Produce		Of Choice Lunch Out		Woodcarving 930 Jason Cramblett Southeastern Home		Sonny Boys Wheeling Downs		10 Bingo Lunch	
Bingo	<b>21</b>		<b>22</b>	10 Euchre	<b>23</b>		<b>24</b>		<b>25</b>
Lunch		10 Bridge		Woodcarving Lunch		Commodities		10 Bingo Lunch	
	<b>28</b>	Trip to	<b>29</b>	930 Euchre	<b>30</b>	Games	<b>31</b>		
Produce		Barnesville Center, Taking Desserts		Woodcarving Lunch		Of Choice Lunch			



Colerain Senior Members have Valentine bags ready for residents at Sienna Hills Nursing Home. Great community project.



Lansing winners of Jingo; Midge Walton, Alice Reynolds, Sherry Hanson, Lee Berry, Peggy Riggs, Donna Slevin



Bethesda Members made Valentine boxes to be judged. They look awesome!!



# FLUSHING SENIOR CENTER

March 2022 Calendar

Maxine Jurovcik 740.968.2525

MON	TUES	WED	THURS	FRI
	Decorate Center for St. Patrick's Day <b>1</b>	9 Coffee 10 10 cent Bingo 1130 Lunch <b>2</b>	9 Coffee 10 Exercie Work on Puzzle 1130 Lunch <b>3</b>	9 Coffee 10 Zilch 1130 Lunch <b>4</b>
	1030 Produce 1130 Lunch <b>7</b>	9 Coffee 10 Game of Choice 1130 Lunch <b>8</b>	9 Coffee 10 10 cent Bingo 1130 Lunch <b>9</b>	9 Visit Puskarich Library/Coal Museum <b>10</b>
9 Coffee 10 Valentine's Party 1130 Lunch <b>14</b>	930 Nutritional Shop 1130 Lunch <b>15</b>	9 Coffee 10 10 cent Bingo 1130 Lunch <b>16</b>	9 Coffee St. Patty's Day Party <b>17</b>	9 Coffee 10 Zilch 1130 Lunch <b>18</b>
10 Euchre 1130 Lunch <b>21</b>	9 Coffee 10 Jason Southeastern Home Care <b>22</b>	9 Coffee 10 10 Cent Bingo 1130 Lunch <b>23</b>	9 Coffee 10 Exercise and work on Puzzle 1130 Lunch <b>24</b>	9 coffee 10 Zilch 12 Leave for American Legion <b>25</b>
9 Coffee Produce 1130 Lunch <b>28</b>	9AM Barnesville Antique Mall/Shopping <b>29</b>	<b>30</b> 10 Cent Bingo 1130 Lunch	Work on Puzzle Game of Choice <b>31</b>	



Centerville Members on Craft Day made Valentine's.  
Ruth Hart, Chloe Foster, Wanda Jarrett,  
Barb Milhoan, Glenda Baker, Lisa Saunders



Barnesville member  
Patsy Yarnall



Martins Ferry Members Mike Evans  
& Joe Baggs playing Chess



Powhatan members singing Be My Valentine.



# GLENCOE SENIOR CENTER

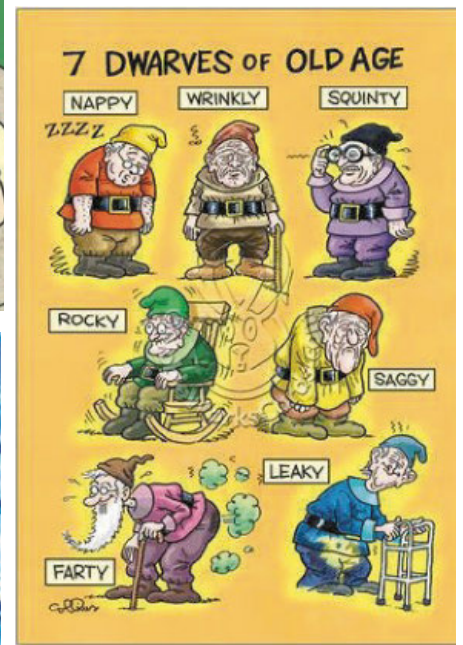
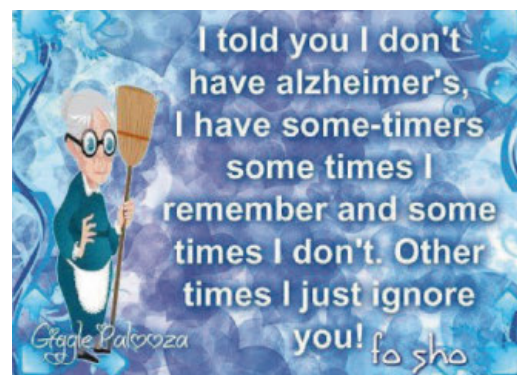
## March 2022 Calendar

aren Rebecca 740.676.4484

MON	TUES	WED	THUR	FRI
	1 Corn Hole	2 Movie	3	4
7 Country Breakfast	8 Vegas Day	9 Games Of Choice	10	11
14 Games Produce	15 Puzzles Galore	16 Salon Day	17	18
21 Crafts	22 Bingo	23 Cleaning	24	25
28 Produce Commodities Games	29 Cards	30 Bra Pong	31	




"I WOULDN'T SAY THAT YOU'RE OLD, DEAR, JUST WAY PAST YOUR 'BEST BEFORE' DATE!"



# LANSING SENIOR CENTER

March 2022 Calendar

Carolyn Cohen 740.609.5109

MON	TUES	WED	THURS	FRI
	<b>1</b> Jingo Bingo	<b>2</b> Games of Choice 12 Clayworks	<b>3</b> Gaems of Choice	<b>4</b> AM Bingo
<b>7</b> 930 AM Senior Meeting	<b>8</b> Bowling and Eat & Park	<b>9</b> Games of Choice 12 Clayworks	<b>10</b> Bunco	<b>11</b> AM Bingo
Produce <b>14</b>	<b>15</b> 930 AM Bunny Races	<b>16</b> Games of Choice 12 Clayworks	<b>17</b> Sons of Italy	<b>18</b> AM Bingo
Jason with <b>21</b> Southeastern Home Care	<b>22</b> Jingo Bingo	<b>23</b> Games of Choice 12 Clayworks	<b>24</b> Games of Choice Commodities	AM Bingo <b>25</b> PM Lunch at Eagles
Produce <b>28</b>	<b>29</b> Jingo Bingo	<b>30</b> Games of Choice 12 Clayworks	<b>31</b> Games of Choice 12 Clayworks	

## NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at [www.mycommunityonline.com](http://www.mycommunityonline.com)





# *That's Funny*

## **THE FROG, THE KISS, THE SURPRISE**

So, this senior citizen was walking across a damp meadow when he heard a female voice say, "Sir, I would like to ask a great favor of you" "He looked around and saw only a frog sitting on a grass pod. "I must be going nuts," he thought, "There's no one here."

The voice then said, "Please, sir. Please help me." Again all he saw was the frog which was looking straight at him. "Who said that?" he asked rather loudly.

"I did, sir. I'm the frog. I was a beautiful 19-year-old princess but a witch put a spell on me. Please help me."

The old man picked up the frog and held it in his hand. "How can I help you?" he asked.

"The only thing that will break the spell is to have a man kiss me in the mouth. Please do it for me, and then I will again turn into a beautiful, sexy, princess, and I will really make you feel young again. I will make great love to you."

The man closed his hand about the frog and stuffed it into his pocket. "At my age," he said, "I'd rather have a talking frog."

good old days more than a poor memory.

## **ROMANCE, SENIOR-STYLE**

An older couple were lying in bed one night. The husband was falling asleep but the wife was in a romantic mood and wanted to talk.

She said: "You use to hold my hand when we were courting." Warily he reached across, held her hand for a second, and tried to get back to sleep. A few moments later she said: "Then you use to kiss me." Mildly irritated, he reached across, gave her a peck on the cheek, and settled down to sleep. Thirty seconds later she said:

"Then you use to bite my neck" Angrily, he threw back the bedclothes and got out of bed. "Where are you going?" she asked. "To get my teeth!"

## **ARRESTED DEVELOPMENT**

An elderly couple was driving across the country. While the woman was behind the wheel, the couple was pulled over by the highway patrol.

"Ma'am, did you know you were speeding?" the officer said. The woman, hard of hearing, turned to her husband and asked, "What did he say?" "He said you were speeding!" the old man yelled. The patrolman then asked, "May I see your license?" The woman turned to her husband again, "What did he say?"

The old man yelled back, "He wants to see your license!"

The woman then gave the officer her license. "I see you are from Arkansas," the patrolman said. "I spent some time there once and went on a blind date with the ugliest woman I've ever seen."

The woman turned to her husband again and asked, "What did he say?"

The old man replied, "He said he knows you!"

## **THE VET**

Every Sunday a little old lady placed \$1,000 in the collection plate. It went on for weeks until the priest, overcome with curiosity, approached her.

"My dear, I couldn't help but notice that you put \$1,000 a week in the collection plate," he said.

"Why yes," she replied, "every week my son sends me money, and what I don't need I give to the church."

"That's wonderful. How much does he send you?" the priest asked. "He sends me \$2,000 a week," she replied proudly.

"Your son is very successful," said the priest.

"What does he do for a living?"

"He is a veterinarian," she answered. "That is a very honorable profession," the priest assured her.

"Where does he practice?"

"Well, she replied, "he has one cat house in Kansas City and another in New Orleans."

# Recipes



## CREAMY MUSHROOM RAMEN

### Ingredients

- 1/2 Tbsp cooking oil
- 4 oz. baby bella mushrooms
- 1.5 cups vegetable broth
- 1 handful fresh spinach

• 1 package ramen noodles (discard seasoning)

- 1/2 cup coconut milk (canned)

### Optional Garnish

- 1 green onion, sliced
- 1 Tbsp chili garlic sauce or sriracha



### Directions

1. Slice the mushrooms. Add them to a small sauce pot with the cooking oil and sauté over medium heat until the mushrooms are soft, dark, and all the moisture in the bottom of the pot has evaporated.
2. Add the vegetable broth, turn the heat up to medium-high, and bring the broth up to a boil. Once boiling, add the ramen noodles (without the seasoning packet) to the broth. Cook the noodles in the boiling broth for about 3 minutes, or until tender.
3. Turn the heat off, add a heaping handful of fresh spinach, and stir until the spinach is wilted (about 30 seconds). Pour the coconut milk into the pot and stir to combine.
4. Serve the Vegan Creamy Coconut Ramen as-is, or with garnishes like green onion or chili garlic sauce.

## SHEET PAN KIELBASA POTATOES & GREEN BEANS

### 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

### DIRECTIONS

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. 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.



## 2 Ingredients Peanut Butter Fudge

### Ingredients

- 16 oz jar of peanut butter
- 16 oz container of vanilla frosting

### Directions

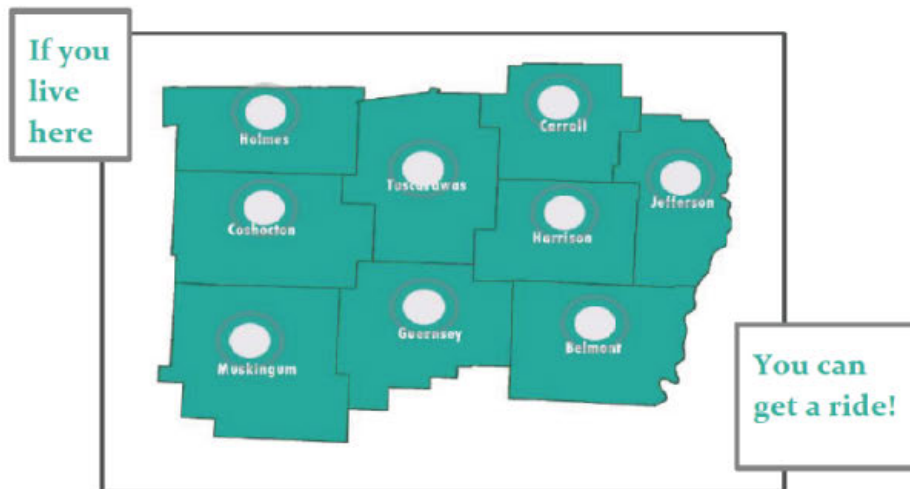
1. In a microwave safe container, melt the peanut butter and frosting together for one minute.
2. Stir and heat for one more minute.
3. Pour mixture into a 9x9 glass banking pan.
4. Smooth, then refrigerate fudge until hard. About an hour





# Introducing the Region 9 Resource Guide

“YOUR GUIDE TO RIDE”



NOW AVAILABLE:

## **Region 9 Resource Guide, an interactive online resource!**

The Region 9 Resource Guide was made possible using special grant funding from ODOT. The Resource Guide offers county specific information regarding transportation options, human services, and counseling services in one convenient location! The Region 9 Resource Guide is available for use by anyone needing information about available services within the 9-county region. Scan the QR code below or visit [www.region9resourceguide.com](http://www.region9resourceguide.com)!



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.

# MARTINS FERRY SENIOR CENTER

March 2022 Calendar

Melissa Finney 740.633.3146

MON		TUES		WED		THURS		FRI	
			<b>1</b>	Nutrition	<b>2</b>	1030 Pictionary	<b>3</b>	Golden	<b>4</b>
			AM Monthly Mtg.	Shopping		12 Balloon		Chopsticks	
			PM Game of choice	1030 Cardio		Volleyball		Dollar	
			Howard Long Wellness	12 Wheel of Fortune					
10:30	<b>7</b>	Howard	<b>8</b>	Nutrition	<b>9</b>	Lunch at	<b>10</b>	1030	<b>11</b>
Kings in the		Long Wellness Ctr		Shopping		Belmont Brewworks		Dime Bingo	
Corner				1030 Cardio Drum		Games of Choice		12 Tai-Chi	
12 Bowling Dice				12 Pictionary				for Seniors	
	<b>14</b>	Howard	<b>15</b>	Nutrition	<b>16</b>	St. Patricks	<b>17</b>	1030	<b>18</b>
		Long Wellness Ctr		Shopping		Party and Irish		Bingo w/Nancy	
Produce				1030 Cardio drum		Bingo		from Panhandle	
				Craft of the month		Celtic Music		12 Wheel of Fortune	
	<b>21</b>	Howard	<b>22</b>	Nutrition	<b>23</b>	Commodities	<b>24</b>	1030 Dime	<b>25</b>
Buffalo Wild		Long Wellness Ctr		Shopping		Games of Choice		Bingo	
Wings and				1030 Corn Toss		1030 Cardio		12 Tai-Chi	
Boscovs				Craft of the month		Drumming		for Seniors	
	<b>28</b>	Howard	<b>29</b>	Nutrition	<b>30</b>		<b>31</b>		
Produce		Long Wellness Ctr		Shopping					
				1030 Cardio drum				<b>IRELAND</b>	
				Craft of the month					

# POWHATAN POINT SENIOR CENTER

March 2022 Calendar

Mary Beth Tennant 740.795.4350

MON		TUES		WED		THURS		FRI	
		AM Mexican	<b>1</b>	930AM	<b>2</b>	AM Five	<b>3</b>	AM Blitz/	<b>4</b>
			Train	Belmont Heritage		Crowns		Game of Choice	
			PM Karaoke	Museum		PM Stop your		PM Horse Racing	
						neighbor/cornhole			
AM	<b>7</b>	Center Mtg.	<b>8</b>	AM Katie's	<b>9</b>	Bowling	<b>10</b>	Five Crowns	<b>11</b>
Birthday Bingo		1230 Corn Toss		Bingo and Karaoke		Leave at 8AM		Game of Choice	
PM 10 Cent		w/Country Club		PM Drumming		Director's Mtg		12 10 Cent	
Bingo/Chair Volley				Exercise				Bingo	
Produce	<b>14</b>	AM Katie's	<b>15</b>	1030	<b>16</b>	St. Patty's	<b>17</b>	AM Blitz/	<b>18</b>
AM Katie's		Bingo		Visit Bellaire for		Day		Game of Choice	
Bingo		10 Cent Bingo		Silver Sneakers		Games of Choice		PM Horse Racing	
Games of Choice		Karaoke		Presentation		Karaoke			
AM	<b>21</b>	AM Blitz	<b>22</b>	Five Crowns	<b>23</b>	8AM	<b>24</b>	Commodities	<b>25</b>
Food Bingo		Games of Choice		Stop your neighbor		Bowling		10 AM Panhandle	
10 Cent Bingo		Euchre		Corn Hole		St. C		Games	
Chair Volley		Drumming							
Produce	<b>28</b>	AM Five	<b>29</b>	Skip-O	<b>30</b>	<b>930</b>	<b>31</b>		
Katie's Bingo		Crowns		Uno		Games w/Certus			
Commodity pick up		10 Cent Bingo		Blitz Cards		Shadyside			
				Drumming		PM Horse Races			



# Problem Gambling



"Wanna bet?" You may have heard, or even asked, this question a few times in your life. Kids and adults alike have been known to use this key phrase whether or not there is anything real to wager. Most do not think twice when uttering these words, but this just shows just how common practices like wagering are in our culture. The potential issue is that a small wager can lead to higher risks.

March is Problem Gambling Awareness Month. Those at Ohio for Responsible Gambling define problem gambling as any gambling that is not done for entertainment, recreation, or fun. Individuals may not be aware that problem gambling has become such an issue that pathological gambling is now recognized as a treatable mental illness (2022).

Just like any mental illness, problem gambling is not discriminatory- people of all walks of life can have a gambling problem. Women in rural communities and who are over 50 years old are at higher risk of problem gambling. Still, males 18-44 years old, no matter ethnic or racial background, are at the highest risk. Perhaps most surprising though is that in Ohio, 15% of youth age 12-17 are reportedly gambling and 3% of those gambling are facing negative consequences for it. Moreover, youth introduced to gambling practices before 12 years old quadruple their risk of developing problem gambling (Ohio for Responsible Gambling, 2022).

## 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 March 8th @ 7:30am on Zoom for Tea Time

An occasional bet or act of gambling is not inherently problematic, however, it is important to understand the difference between recreational gambling and problem gambling. Understanding the warning signs allows people to get support when they need it. Below are some warning signs provided by Ohio for Responsible Gambling:

1. Spending a majority of time thinking about and/or planning to gamble or actually gambling.
2. Irritability or restlessness when not being able to gamble.
3. Borrowing money to gamble.
4. Minimizing losses and/or exaggerating or bragging about wins.
5. Lying about money or time spent on gambling.
6. Hiding debts and unpaid bills or the amount of time spent on gambling (2022).

Like most things in life, gambling can be fun when done in moderation and when the person fully understands the risks. If you are prepared instead of basing it on the luck of the draw, you might just hit the jackpot of responsible gambling.

## Are you at risk for problem gambling?

**Take the quiz: The Quiz - Get Set Before You Bet**

If you or someone you know has a gambling problem, help is available. Call the Ohio Problem Gambling Helpline 24/7 at 1-800-589-9966 .

Credits:

If You Gamble Get Set Before You Bet. (2022). Know the Issues. Retrieved on February 9th, 2022 from <https://www.beforeyoubet.org/the-issue/>



If you or someone you know is struggling with

# ST. CLAIRSVILLE SENIOR CENTER

March 2022 Calendar

Dorothy Burkhart 740.695.1944

MON	TUES	WED	THURS	FRI
	Nutrition <b>1</b>	10 Business <b>2</b>	1030 <b>3</b>	Abbey's <b>4</b>
	Shopping 1230 Horse Races	Meeting Bingo after Lunch	Show and Tell	Restaurant leave at 10:40
	930 Uno <b>7</b> 1230 Yahtzee	930 Knock <b>8</b> Poker 1030 Nutrition Shopping	<b>9</b> Bingo after Lunch	945 Bowling <b>10</b> St. Clairsville Staff Meeting
Produce <b>14</b>	930 Blanket <b>15</b> Brigade 1030 Nutrition Shopping	Celebrate <b>16</b> Birthdays! Bingo after Lunch	<b>17</b> St. Patrick's Day Party RSVP by 3/7	<b>18</b> Games of Choice
No morning transport 930 <b>21</b> The Fat Apple	10 <b>22</b> Bingo sponsored by Panhandle Nutrition Shop	<b>23</b> Bingo after Lunch	Commodities <b>24</b> Be Creative w/ Jennifer from Westwood	<b>25</b> Games of Choice
Produce <b>28</b> No morning transport	<b>29</b> Nutrition Shop Crazy Doubles	<b>30</b> Bingo after Lunch	<b>31</b> Corn Toss with Mike from Country Club	

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we  
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740-245-6074, TTY #711 or [cmoffo@psl.org](mailto:cmoffo@psl.org)

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St. Clairsville, OH 43950

(740) 695-0475



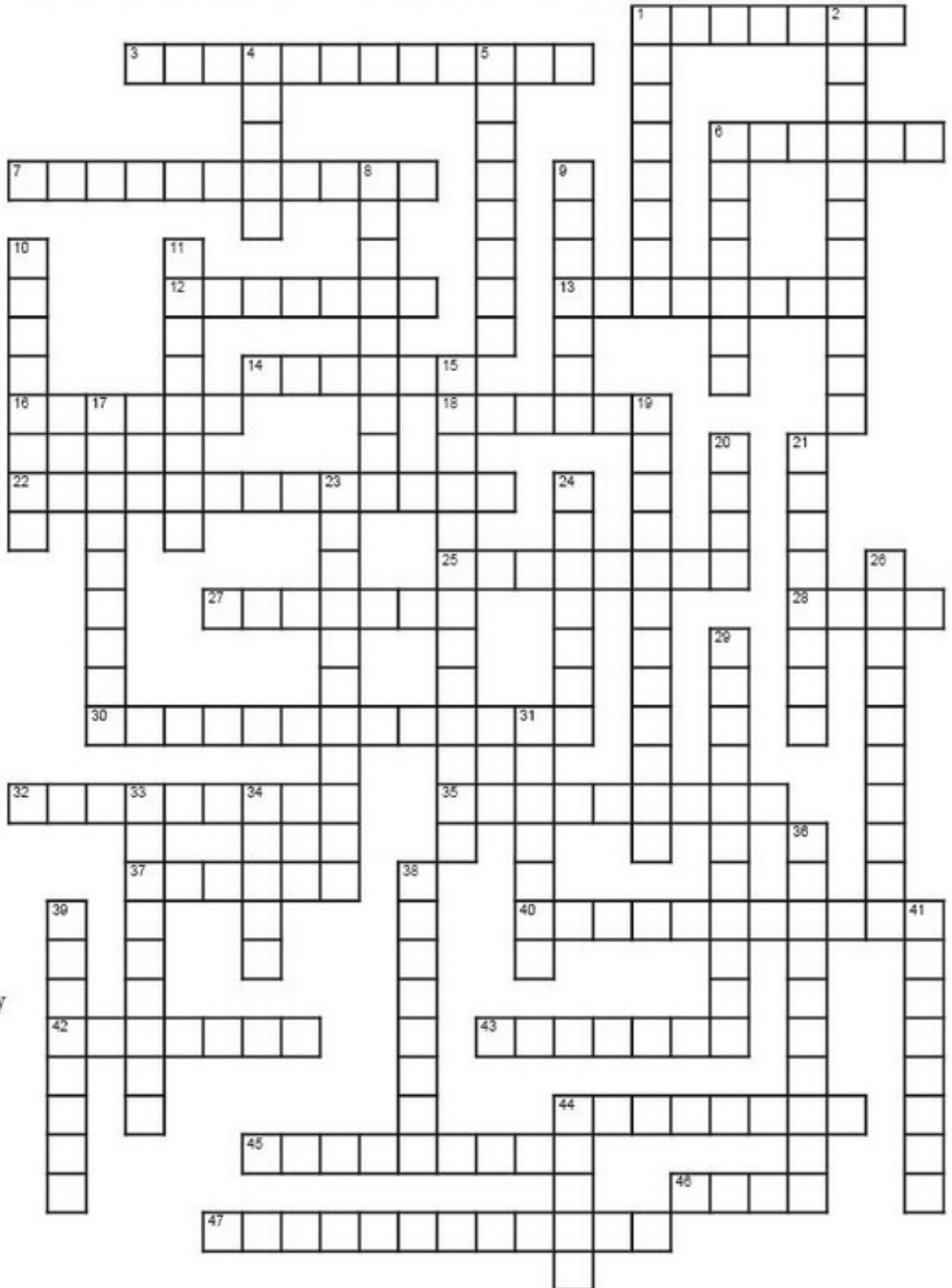
# STATE CAPITALS

Across

- 1. Montgomery
- 3. Charleston
- 6. Juneau
- 7. Bismark
- 12. Indianapolis
- 13. Jefferson City
- 14. Topeka
- 16. Honolulu
- 18. Salem
- 22. Boston
- 25. Denver
- 27. Helena
- 28. Salt Lake City
- 30. Raleigh
- 32. Santa Fe
- 35. Trenton
- 37. Carson City
- 40. Providence
- 42. Atlanta
- 43. Montpelier
- 44. Annapolis
- 45. Baton Rouge
- 46. Des Moines
- 47. Harrisburg

Down

- 1. Little Rock
- 2. Jackson
- 4. Austin
- 5. Lincoln
- 6. Phoenix
- 8. Nashville
- 9. Cheyenne
- 10. Oklahoma City
- 11. Lansing
- 15. Columbia
- 17. Madison
- 19. Concord
- 20. Columbus
- 21. Frankfort
- 23. Pierre
- 24. Tallahassee
- 26. Olympia
- 29. Hartford
- 31. Albany
- 33. St. Paul



34. Boise

36. Sacramento

38. Springfield

39. Richmond

41. Dover

44. Augusta

# Sudoku

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# Cheese Please

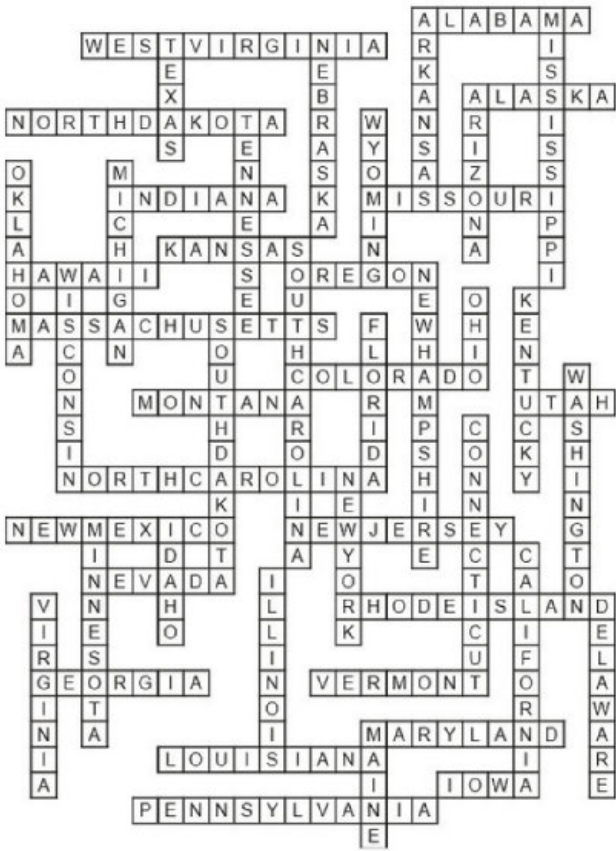


AMERICAN  
ASIAGO  
BABYBEL  
BLUE  
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CHEDDAR  
COLBY  
COTIJA  
COTTAGE  
CREAM

EDAM  
EMMENTAL  
FARMER  
FETA  
FONTINA  
GOAT  
GOUDA  
GRUYERE  
HALLOUMI  
HAVARTI

HERVE  
JACK  
MUNSTER  
PANEER  
PARMESAN  
RICOTTA  
ROMANO  
STILTON  
STRING  
SWISS

# PUZZLE SOLUTIONS



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



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# SENIOR SERVICES OF BELMONT COUNTY

67650 Oakview Drive  
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**(740) 695-4142 ::::: FAX (740) 695-4144**  
TOLL FREE 1-(800) 200-0320 Website: SSOBC.com

## Nutrition Program Administrator

**TINA BURKHART**

To Resume or Cancel Home Delivered Meals, or Senior Center Meals  
**CALL 740.695.4142**

## Transportation Administrator

**MIKE MCBRIDE**

HOURS OF OPERATION: MONDAY-FRIDAY 7:30 A.M. TO 3:30 P.M.

Last Doctor's Appointment made by 2:00 P.M.

**CALL 740.695.6868**

We provide transportation both ways. Minimum 72-hour notice for all appointments.

*Priority Appointments: Dialysis, Chemotherapy, Radiation, Doctor-Ordered Therapy, Pro-Time (Blood Work), Doctor-Ordered Testing*

## Senior Services Administrator

**LESLIE THOMPSON**

## Senior Center Coordinators

**LISTED WITH EACH CENTER'S CALENDAR**

## Executive Director

**LISA KAZMIRSKI**

### 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 center

HEAP Applications and Assistance Filing

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.*

# MARCH MENU

# 20 22

Mon

Tue

Wed

Thu

Fri

<p>To resume or Cancel meals or Ingredient Content Call 695-4142</p>	<p><b>1</b> Hawaiian Chicken Over Rice Carrots Broccoli Banana Macaroni Salad</p>	<p><b>2 Ash Wednesday</b> Egg Salad Sandwich Caesar Salad, Dress. Pickled Beets Fruit Juice Croissant Milk</p>	<p><b>3</b> Fried Chicken Mashed Potatoes/gr Mixed Veggies Waldorf Salad Muffin, Marg. Milk</p>	<p><b>4</b> Stuffed Shells Green Beans Baked Apples Grapes Garlic Bread Milk</p>
<p><b>7</b> Kielbasa and Kraut Mashed Potatoes Capri Blend Veggies Fruit Cup Roll, Marg. Milk</p>	<p><b>8</b> Turkey and Dress. Sweet Potatoes Lima Beans Cranberry Juice Bread, Margarine Milk</p>	<p><b>9</b> Beef Stew Coleslaw Applesauce Biscuit, Marg. Milk</p>	<p><b>10</b> Pork Chop Scalloped Potatoes Brussels Sprouts Peaches Roll, Marg. Milk</p>	<p><b>11</b> Tuna Noodle Cass. Mixed Veggies Fruit Crisp Broccoli Salad Bread, Marg. Milk</p>
<p><b>14</b> Italian Meatloaf Au Gratin Potatoes Buttered Carrots Mandarin Oranges Roll, Marg. Milk</p>	<p><b>15</b> Mexican Chicken Over Rice Pinto Beans Buttered Corn Banana-Cake Milk</p>	<p><b>16</b> Ham and Bean Soup Tomato Juice Pineapple Cornbread, Marg. Milk</p>	<p><b>17 St. Patty's</b> Pulled Pork Sand. Cabbage &amp; Noodles Green Beans Lime Jell-O Pears Bun, BBQ sauce Milk</p>	<p><b>18</b> Vegetable Lasagna Applesauce Spinach Dessert Garlic Bread Milk</p>
<p><b>21</b> Hamburger/onion Cauliflower Baked Beans Orange Bun, Mustard Milk</p>	<p><b>22</b> Chicken Alfredo over Rigatoni Peas Salad Pears-Juice Garlic Bread Milk</p>	<p><b>23</b> Taco Salad Fruit Cup Corn Chips Sour Cream Milk</p>	<p><b>24</b> Sausage-Egg and Cheese on Biscuit Potatoes Fruit Crisp Banana-Yogurt Milk</p>	<p><b>25</b> Fish Sandwich Parsley Potatoes Green Bean Cass. Ambrosia Salad Bun, Tartar Sauce Milk</p>
<p><b>28</b> BBQ Ribette Potatoes Creamed Peas Tropical Fruit Roll, Marg. Milk</p>	<p><b>29</b> Grilled Chicken Pecan Salad/Dr. Pineapple Crackers Muffin, Margarine Milk</p>	<p><b>30</b> Vegetable Beef Soup Cottage Cheese Peaches PB &amp; J Sandwich Crackers Milk</p>	<p><b>31</b> Swedish Meatball Over Noodles Carrots Harvard Beets Blushing Pears Bread, Marg.</p>	<p>Choice of White or Wheat Bread  Choice of 2% Milk or Skim Milk or</p>