

THE GOLDEN TIMES 2022

APRIL

16TH 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**

Georgia Mellot started with SSOBC 10 years ago as a unit support worker and is still here today. She is an excellent employee, and a huge asset to our agency. “She is so deserving of this award and recognition” said one co-worker. “Georgia keeps everything well organized and manages to keep us all on track.”

Georgia’s customer service skills are exemplary. She is one of the friendliest people that we employ, she always arrives with a smile on her face, has a happy greeting for consumers and her co-workers. Georgia is known amongst her co-workers for her friendly nature, smile, and attention to detail. Although Georgia is responsible for her own daily tasks, she can often be found assisting other coworkers with their tasks.

Georgia is originally from Lansing, Ohio, graduating from Bridgeport High School in 1976 and marrying her High School sweetheart, Randy, in 1977. They have one son, Ryan and 2 grandchildren, Rowan and Presley. Georgia also has a sister, Sandy and 2 brothers, Gary and Mike.

Georgia spends her time outside of work following Rowan’s sporting events and Presley’s dance competitions. She enjoys working in her landscaping and taking care of all her flowers, especially her roses. She also enjoys taking pictures of them.

Georgia said that she loves the interaction with our seniors with the hope that a friendly voice on the other end of the phone could make a difference somehow in someone’s life when they may be lonely or having a bad day. Georgia said that many of the seniors make her smile by the end of their conversation. *Georgia will receive a gift card provided by Melissa Evick of Visiting Angels.*

EMPLOYEE SPOTLIGHT




TABLE OF CONTENTS

- Visiting Angels ----- 2
- Eat Right ----- 3
- Super Senior ----- 4
- Center Calendars ----- 8
- HEAP ----- 10
- Center Calendars ----- 12
- Recipes ----- 18
- Eating Right *continued* 19
- Center Calendars ----- 20
- Guardians of Generations 21
- Puzzles ----- 23
- Fact or Fiction Nutrition 24
- Puzzle solutions ----- 26
- Services ----- 27
- April Menu ----- 28





4 Home Care Myths — and Facts You Need to Know

In-home personal care can be a tremendous benefit for older adults and their families.

Professional [caregivers](#) provide invaluable companionship and socialization, promote quality of life and well-being, and help seniors age in place safely. In addition, they assure families their senior is receiving dedicated and compassionate care from a qualified professional in the comforts of home.

However, misconceptions about [in-home personal care](#) may prevent older adults and families from considering this service and cause them to forego a home care consultation entirely. As a result, many older adults may never experience the [benefits of in-home care](#).

Get the Facts About Home Care

Here are four common home care myths and facts you need to know:

1. **Myth: Home care is low-quality when compared to nursing home care**

Fact: Visiting Angels' [home care providers](#) undergo comprehensive background checks. They have the opportunity to participate in robust training on topics that include fall prevention, home safety, [dementia care](#), and internal policies and procedures.

Visiting Angels' caregivers are fully focused on a senior's needs — whether those requests include personal care assistance, light household tasks, or companionship. A Visiting Angels caregiver will get to know a senior loved one, making it easier to identify changes or concerns and update the family. In contrast, nursing home staff typically care for several residents during each shift and may not have time to provide companionship to residents. Living in a nursing home is also associated with a greater risk of contracting colds, flu, COVID-19, gastrointestinal viruses, and other contagious illnesses when compared to one-on-one personal care in the home.

2. **Myth: Aging in place isn't safe**

Fact: Visiting Angels offers a comprehensive [Fall Prevention](#) Program, which includes a home safety walk-through and fall risk assessment. Consultants will identify tripping hazards, poorly lit areas, and bathroom/kitchen risks and suggest modifications.

Professional caregivers also help seniors with mobility concerns to help them navigate their home safely and reduce the risk of accidents or injuries. Caregivers also keep seniors safe via light housekeeping duties, transportation, errands, and meal preparation.

3. **Myth: Home care is only for people who are very sick.**

Fact: Home care is for *any* older adult who wants to remain independent and stay at home as long as possible. In-home personal caregivers can provide the full spectrum of non-medical, supportive care — including assisting seniors who need companionship to [prevent social isolation](#) and managing unique personal care needs.

4. **Myth: Home care means giving up independence.**

Fact: The thought of losing independence is scary for anyone. But hiring an in-home caregiver doesn't mean an older adult is losing independence — in fact, it means the opposite. Professional home care enables seniors to maintain independence and provides them with the assistance they need to continue living safely at home.

Visiting Angels' caregivers pride themselves on helping seniors maximize their abilities and providing them a sense of purpose and control over their care. Although a caregiver may make recommendations to enhance quality of life, seniors and their families have the final say on the [home care plan](#).

Visiting Angels Provides Answers to Your Home Care Questions

Whether you are planning for a loved one's future care or have an immediate need, don't rule out in-home care due to common misconceptions. Contact your local Visiting Angels' **304.214.550** for an in-home, no-cost, no-obligation assessment. Our consultants will discuss your loved one's specific situation, dispel any myths, answer your [home care questions](#), and recommend a plan to provide the level of care that will meet your senior's needs.

Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

Celebrate a World of Flavors

Enjoying different flavors of the world is a chance to learn more about your own food culture as well as those that may be new to you. Familiar ingredients can be presented in new ways and new foods may remind you of things you already know and love. You may also come across ingredients and flavors you've never experienced before.

Trying foods and recipes from various cultures is one way to include different flavors into your healthy eating routine. Many cuisines offer dishes which include foods from each food group, so it's possible to plan meals that are nutritious, well-balanced, and bursting with flavor.

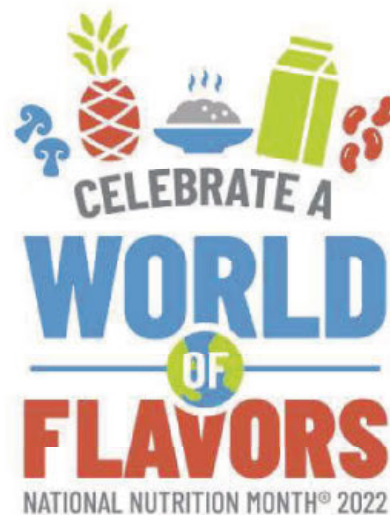
Trying new flavors and foods from around the world can also help you increase the variety in the foods you eat. Choosing a variety of nutritious foods from all of the food groups (fruits, vegetables, grains, dairy, and protein foods) and in the recommended amounts will help you get the nutrients that are needed for good health.

Incorporate your favorite cultural foods and traditions, as you "Celebrate a World of Flavors" during National Nutrition Month® and throughout the year. These are a few ways to embrace global cultures and cuisines when planning your meals and snacks:

Vary your breakfast (or first meal of the day) to include favorites from around the world.

Healthful options are available, even if time is limited. These are just a few examples for on-the-go or when more time is allowed for eating.

- A smoothie with low-fat yogurt or buttermilk and tropical fruits, like papaya or mango.
- Za'atar mixed with a little olive oil and spread on whole wheat pita bread, then topped with tomato slices, olives, cucumber, and fresh mint.
- Scottish oatmeal or bulgur with low-fat or fat-free milk or fortified soymilk with a topping of fruit and nuts or nut butter.
- Congee, a Chinese rice porridge, that can be served plain or with vegetables and a protein food, such as cooked chicken, meat or fish.
- Vegetable upma, an Asian Indian dish, that can be made with semolina or rice, spiced with ginger and other seasonings.
- A Spanish omelet with potatoes and other veggies, topped with a sprinkle of cheese.
- Or, an omelet filled with fried rice, known as omurice in Japan.





Meet Chloe Foster

Hello! My name is Chloe Foster. I will be 91 on April 22nd. I grew up in Cool Hill Ridge but now I reside in Centerville Ohio. I met my husband, Charles while we were in school and have been married for 57 years. We have 5 children, 8 grandchildren, 19 great grandchildren and 8 great great grandchildren. In my younger years we had a farm with cows, horses and a dog named Buddy. I worked at Batolos and Riesbeck's as a cashier and later worked in the office for 17 years until I retired. 20 years ago, I joined The Centerville Senior Center. Now I visit 3 days a week and enjoy chair volleyball, bingo and music night. Donna, the Director at the Center loves having her.

Now I love visiting with my kids, grandchildren, reading my Bible and playing my organ by ear. THIS IS A LITTLE NOTE FROM HER CHILDREN: As a child of Charles and Chloe Foster we had loving parents and were very blessed. They raised us in Church, and people said we were well behaved. Mom and Dad would do anything for us, and we knew we were loved. The marriage was a wonderful example to us of what true love is. Mom is always wearing a smile and is the most grateful person we know.



Chloe Foster



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

HARVEY GOODMAN
REALTOR®

John Sambuco, Broker
KarenDerosa.com



SRES
where the future takes shape



The Seniors Real Estate Specialist Designation

Country Club
Rehabilitation Campus at Bellaire
A Senior Health Care Community
Apartments • Assisted Living
Physical, Occupational & Speech Therapy
Skilled and Restorative Nursing

countryclubretirementcampus.com
Michael Vok, Marketing Director; marketing@ccrciv.com



55801 Conno-Mara Dr.
Bellaire, OH 43906
740-676-2300

**SUPPORT OUR
ADVERTISERS!**



You can have it all!

Senior Suites
at St. Clair Commons
Premier Assisted Living Facility

101 Dorothy Place
St. Clairsville, OH 43950
740-449-2700
www.SeniorSuites-SCC.com

St. Clairsville Public Library




Senior Friendly!

Get help with a new phone, gadget, or internet site.

Sit down one-on-one with knowledgeable staff. Large print books, audio books and movies--FREE with your library card.

Visit Us Today!

108 W. Main St.
St. Clairsville Ohio 43950
740-695-2062





Colerain Senior Members working on Valentines



Bethesda Center winners of Valentine Boxes.



Martins Ferry visited the Underground Railroad in Flushing it was such a great experience Jerry, Mary Ann, Hazel, Van Driver Herb, Joe, Mary H., Janet,



Barnesville Beverly Justice playing cornhole



Lansing Members hosting Bingo. It was a great day with friends.

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.



Glencoe members Betty McGary & Betty Thornton enjoying a quiet day at the center.



St Clairsville Director Dorothy and Lansing Director Carolyn enjoying Music Night.



Centerville members Samra and Naomi kicking up their heels at Music Night.

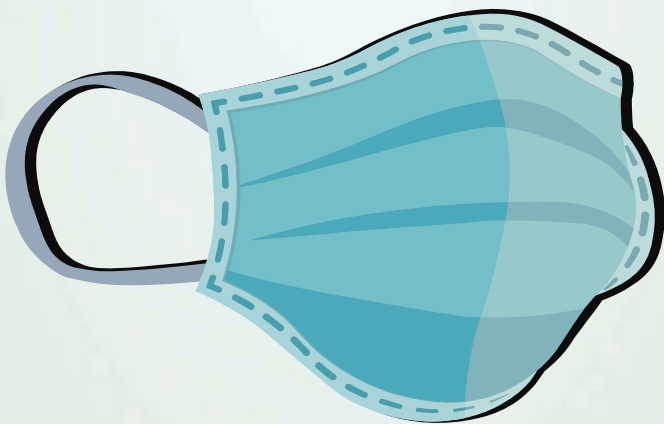


Colerain Senior Members enjoying Music Night.

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.





Flushing members playing Bingo, Cricket, Alma S., Elda M, Nancy S., Phyllis R.



Powhatan Members enjoyed a visit from Cupid. Cupid (Roger Doty) and Marilyn Passmore (Driver)



St Clairsville members enjoyed a great lunch at Abbey's Restaurant



Bellaire members were glad to get back on Music Night.



Powhatan Ian Eller from Fire Department teaching members procedure to use the AED

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

April 2022 Calendar

Kay Driscoll 740.425.9101

MON	TUES	WED	THURS	FRI	
				1 Cinch Tournament	
	4 Center Mtg	5 10 Cent Bingo Bring Dimes	6 Corn Hole	7 Bingo with Nancy from Panhandle	8 Cinch Tournament
	11 Produce Cinch	10AM 12 Southeastern Home Care with Jason	10AM 13 Westwood with Jen Bingo	10AM 14 Big Game	15 Luncheon Cinch Tournament inside yard sale
10:00 AM 18 Zilch	10AM 19 Food Bingo Bring Treats	20 Covered Dish	Wheeling 21 Downs and KFC	22 Cinch in Bethesda	
25 Produce	26 Games of Choice	27 Yahtzee	28 Commodities	29 Mystery Trip Lunch @ Polish Club Fairpoint	

BRIDGEPORT MANOR

- Affordable 1 bedroom apartments
- Income-based rent, Utilities included
- 62 and older or mobility disabled
- Elevator, Planned activities
- Controlled access, Laundry room
- Pet friendly, Picnic area, Smoke-free
- Non-Emergency Medical Transportation

1 Gould Park Rd.
Bridgeport, OH 43912



**LEASING
NOW!**

740.635.1294
Call for a free tour



BELMONT COUNTY'S FINEST
SKILLED NURSING FACILITIES

CUMBERLAND POINTE CARE CENTER

P: 740.695.2500
www.cumberland-pointe.net

EMERALD POINTE HEALTH & REHABILITATION

P: 740.425.5400
www.emerald-pointe.net

PARK HEALTH CARE CENTER

P: 740.695.4925
www.park-health.net



VISITING NURSE SERVICES BELMONT

Formerly

ALTERNATIVE HOME HEALTH

Same Great People – Same Great Care

740-699-7000

**WHEELING
HOSPITAL**

A Tradition of Excellence. A Legacy of Caring.®

**GROW YOUR
BUSINESS
BY PLACING
AN AD HERE!**

CONTACT US!

Contact Rich Fernbach
to place an ad today!
rfernbach@lpicommunities.com
or (800) 477-4574 x3675



4-D-5-5

For ad info. call 1-800-477-4574 • www.lpicommunities.com

14-1139

BELLAIRE SENIOR CENTER

April 2022 Calendar

Tish Kinney 740.676.9473

MON	TUES	WED	THURS	FRI
				1 10:00 Games 12:15 Corn Hole
9:30 4 Nutr. Shopping 10:00 Easter Basket for Kids	9:30 5 Centerville Ctr. Drumming, Lunch	9:00 6 Breakfast Meeting 12:15 Bingo	7 10:00 Games 12:15 Bingo	8 10:00 Craft w/ Bell. Class Kindergarten
11 Produce Day Nutr. Shopping 1:30 Bunco	12 10:00 Games 12:15 Bingo	13 Trip 11:30 Lunch Movie	14 14 10:00 Games 12:15 Bingo	15 15 10:00 Games 12:15 Corn Hole
9:30 18 Nutr. Shopping 12:15 Corn Hole w/Ctry. Club	19 10:00 Games 12:15 Bingo	20 Trip 9:00 Breakfast Big Lots	21 9:00-11:00 Lab Work 10:00 Games 12:15 Bingo	22 22 10:00 Games 12:15 Corn Hole
9:30 25 Nutr. Shopping 12:00 Bunco	26 10:00 Games 12:15 Games	27 10:00 Chair Volleyball	28 28 Commodity Day 10:00 Games 12:15 Bingo	29 29 10:00 Games 12:15 Corn Hole

BETHESDA SENIOR CENTER

April 2022 Calendar

Susan Hines 740.761.0056

MON	TUES	WED	THURS	FRI
				1 10:00 Bingo w/ Lori Bel. Manor
4 10:00 Board Meeting	5 9:00 Sonny Boy Big Lots Fat Apple	6 9:30 Craft Easter Bonnets	7 11:30 Seniors Dinner	8 9:00 Cinch Tournament w/ Brnes.
11 Produce Day Game of Choice	12 9:00 Mall Shopping Lunch DeFelice	13 10:00 Bingo with Panhandle Cleaning	14 10:00 Easter Bonnet Judging Parade, Games	15 15 10:00 Skip-Bo
18 10:00 Crazy 8 Game	19 10:00 Paint n Sip	20 10:00 Penny Bingo 12:00 Nutr. Shopping	21 9:30 Moundsville Glass, Bobs Dollar Tree	22 9:00 Cinch Tournament w/ Brnes.
25 Produce Day Game of Choice	26 10:00 Skip-Bo 12:00 Left- Right Center Game	27 10:00 Bingo /Br Prize 12:00 Nutr. Shopping	28 28 Commodity Day	29 29 10:00 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 SENIOR CENTER

April 2022 Calendar

Donna Steadman 740.686.9832

MON		TUES		WED		THURS		FRI	
								1015	1
								Balloon Volley	
									12 Penny Bingo
930	4	1030	5	10:00 AM	6	9 Bowling	7	1015 Balloon	8
Breakfast @ Schlepps		Cardio Drum Bellaire to visit		\$2.00 Bingo 12 Left, Right Center		St. Clairsville Lunch Steak & Shake		Volley 12 Pass A's	
Dollar General/custom kill		Roll Doubles		Center		Bible Study			
	11	1030	12	1030	13	Trip to	14	1015 Balloon	15
Produce		Senior Mtg		Bunco		Moundsville		Volley	
1030 Game of Choice		12 Birthday Celebration		12 Ka-zoo Practice		Varsity Pizza/Nutrition Bible Study		12 Yahtzee	
10 Cornhole	18	1030	19	11 Best of	20	10 Euchre	21	1030 Cardio	22
12 Horse Racing Bring Dimes		Cardio Drum 12 Penny Bingo		31 Card Game Bring Nickles Memory Game		All Men Invited Roll Doubles & Steal Gifts/Commodities		Drumming 12 Left Right Center	
Produce	25	Cardio	26	1030	27	1230	28	1015	29
		Drumming		Yardzee		Cornhole w/Mike from CCRC		Balloon Volley	
Left, Right CENTER		12 Dairy Queen		Cornhole Hillbilly Ball		Bible Study		12 Mexican Train	

WEST VIRGINIA'S

#1 LEADER IN HEART CARE

 **WVU** Heart & Vascular
Institute

BEST
REGIONAL HOSPITALS

U.S. News & WORLD REPORT

CENTRAL WEST VIRGINIA
RECOGNIZED IN 15 TYPES OF CARE
2021-22

WVUMedicine.org/WheelingHeart



COLERAIN SENIOR CENTER

April 2022 Calendar

Lori Parsons 740.633.6823

MON	TUES	WED	THURS	FRI
				1 10:00 Bingo
				12:00 Lunch
4 10:00 Bingo 12:00 Lunch	9:30 5 Fire Safety w/ Barton Fire Dept. Business Mtg.	9:30 6 Euchre Woodcarving	Craft Day 7 Flowers Holly Mem. Cem. 12:30 Lunch	8 Birth. Bingo 12:00 Lunch Hamster Races
11 Produce Day Game of Choice	12 11:30 Bridge	13 9:30 Euchre Woodcarving 12:00 Pizza Day	14 10:00 Bowling 12:30 Mehlmans	15 10:00 Bingo 12:00 Lunch
18 10:00 Bingo 12:00 Lunch	19 10:00 Game of Choice 12:00 Lunch	20 9:30 Woodcarving Euchre 12:00 Lunch	21 10:00 Oglebay Lunch (@ Abbey's	22 10:00 Bingo Lunch
25 Produce Day Game of Choice	26 11:30 Bridge	27 9:30 Euchre, Woodcarving 12:00 Lunch	28 Commodity Day 11:00 Howard Long	29 10:00 Bingo 12:00 Lunch



Bethesda members showing off pictures after Paint N Sip



Centerville Chloe Foster's daughters Brenda and Mary dancing with mom at Music Night.




St Clairsville members supporting American Legion on Friday for Fish Fry

FLUSHING SENIOR CENTER

April 2022 Calendar

Maxine Jurovcik 740.968.2525

MON	TUES	WED	THURS	FRI
				8:00-10:00 1
				East Ohio Hosp to do Labs
				10:00 Zilch
4	5	6	7	8
10:00 Spring Crfts	8:00 Carrollton McCook Museum	10:00 10cts. Bingo	10:00 Euchre	10:00 Zilch
11:30 Lunch	Ben Franklin	11:30 Lunch	11:30 Lunch	11:30 Lunch
11	12	13	14	15
Produce Day 10:30	9:30 Nutr Shop	10:00 10cts. Bingo	10:00 Euchre	10:00 Euchre
11:30 Lunch	11:30 Lunch	11:30 Lunch	11:30 Lunch	12:00 Polish Club
18	19	20	21	22
10:00 Exercise	10:00 Jason Southeast Med.	10:00 10cts. Bingo w/ Panhandle	10:00 Euchre	10:00 Zilch
11:30 Lunch	11:30 Lunch	11:30 Lunch	11:30 Lunch	11:30 Lunch
25	26	27	28	29
Produce Day 10:30	10:00 Game of Choice	10:00 10cts. Bingo	10:00 Leave Colerain	10:00 Zilch
11:30 Lunch	11:30 Lunch	11:30 Lunch	Howard Long	11:30 Lunch



Martins Ferry having lunch at Golden Chopsticks



Flushing member
Pete Barto wel-
coming back van
driver Lee Nichol




Barnesville members Debbie Lucas and Beverly Justice
decorating for St. Patrick's Day

GLENCOE SENIOR CENTER

April 2022 Calendar

Karen Rebecca 740.676.4484

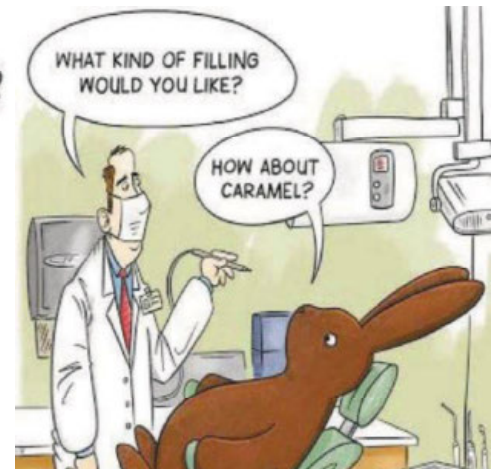
MON		TUES		WED	
					
	4		5		6
Welcome Monday		Bra Pong Game		Games Of Choice	
Produce	11		12		13
Decorate for Easter Bunny		Country Breakfast		Pop Balloon Games	
	18		19		20
Games		Craft Day		Games of Choice	
Produce	25		26		27
Games		Corn Hole Game		Chair Volleyball	

A Little Poem For Seniors, so true it hurts!

Another year has passed
 And we're all a little older.
 Last summer felt hotter
 And winter seems much colder.
 There was a time not long ago
 When life was quite a blast.
 Now I fully understand
 About 'Living in the Past'
 We used to go to weddings,
 Football games and lunches..
 Now we go to funeral homes
 And after-funeral brunches.
 We used to go out dining,
 And couldn't get our fill.
 Now we ask for doggie bags,
 Come home and take a pill.
 We used to often travel
 To places near and far.
 Now we get sore asses
 From riding in the car.
 We used to go to nightclubs
 And drink a little booze.
 Now we stay home at night
 And watch the evening news.
 That, my friend is how life is,
 And now my tale is told.
 So, enjoy each day and live it up...
 Before you're too damned old!



So I lay them and you get all the credit?




WHAT KIND OF FILLING WOULD YOU LIKE?

HOW ABOUT CARAMEL?

LANSING SENIOR CENTER

April 2022 Calendar

Carolyn Cohen 740.609.5109

MON	TUES	WED	THURS	FRI
				1 9:30 Bingo
4 9:30 Senior Meeting	5 9:30 Bowling Steak Shake	6 Game of Choice	7 11:00 Wellness Ctr.	8 9:30 Bingo
11 Produce Pick-Up	12 11:00 Wellness Ctr.	13 9:30 Bunny Races	14 11:00 Wellness Ctr.	15 9:30 Bingo
18 Jason Southeast Med. Ctr.	19 11:00 Wellness Ctr.	20 Book Discussion	930 AM 21 Belmont Heritage Museum Mehlman's	22 9:30 Bingo
25 Produce Pick-up	26 11:00 Wellness Ctr.	27 10:00 Salvation Army	28 11:00 Wellness Ctr.	29 9:30 Bingo

NEVER MISS A NEWSLETTER!

Sign up to have our newsletter
emailed to you at
www.mycommunityonline.com



Attorney Advertisement



ELDER CARE PLANNING FOR OHIO SENIORS

How We Can Help:

Elder Law Asset Protection
Estate Planning Medicaid Planning

PROUDLY SERVING
Belmont County

(740) 204-7277

WWW.JARVISFIRM.COM



That's Funny

A little girl asked her mother, "How did the human race begin?"

The mother answered, "God made Adam and Eve and they had children, and so all mankind was made."

The next day, the little girl asked her dad the same question, "How did the human race begin?"

The father answered, "May years ago, there were monkeys from which the human race evolved."

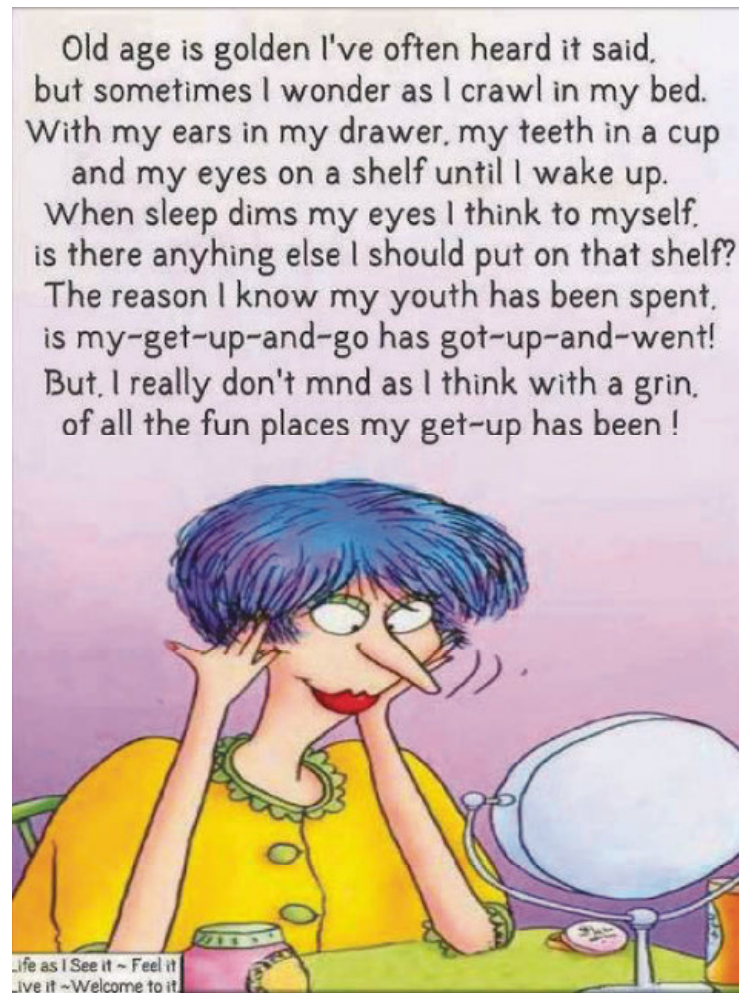
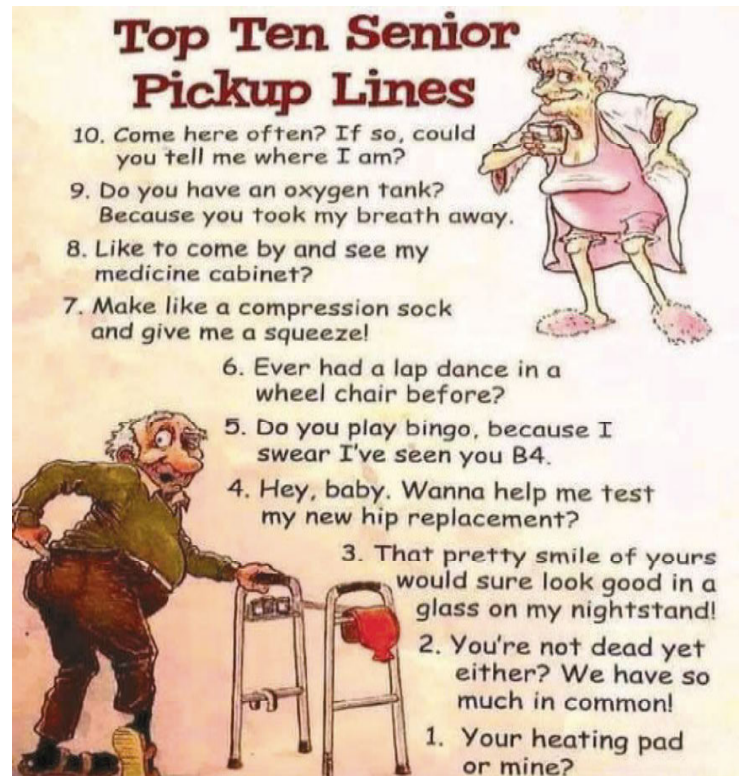
The confused girl returned to her mother and said, "Mom, how is it possible that you told me the human race was created by God, and dad said they developed from monkeys?"

The mother answered, "Well, dear, it is very simple. I told you about my side of the family and your father told you about his."

A Funny True Story

Police Officer Bryant found a perfect hiding place for watching for speeding motorists.

One day, the officer was amazed when everyone was under the speed limit, so Bryant investigated and found the problem. 10 year old Dennis was standing on the side of the road with a huge hand painted sign which said "Radar Trap Ahead." A little more investigative work led the officer to the boy's accomplice, another boy about 100 yards beyond the radar trap with a sign reading "Tips" and a bucket at his feet, full of change.



Recipes



CHEESY TACO PENNE ZITI

Ingredients

- 1 1/2 pound ground beef
- 2 packs taco seasoning
- 1 16 oz. jarred salsa
- 1 cup water
- 2 cups shredded mexican cheese
- 12 oz. cooked penne ziti pasta

Directions

1. Preheat oven to 350 degrees.
2. Cook pasta according to the package. Drain and set aside.
3. Brown ground beef in large skillet and drain grease.
4. Return ground meat to skillet, add water and taco seasoning. Mix together and bring to boil. Reduce heat and cook on low heat 10 minutes, stirring occasionally.
5. Add the cook pasta, salsa, and one cup of cheese to the meat mixture. Stir until completely mixed together.
6. Pour reminding cheese (1 cup) evenly on top of pasta and meat. Place skillet in 350 degree preheated oven and cook for 15 minutes or until cheese is melted.



TUNA CASSEROLE

Ingredients

- 12 oz package of elbow macaroni
- 2 tbsp of butter
- 1/2 c. diced onions
- 2 10.5 oz cans cream of mushroom soup
- 1 can of milk
- 12 oz velveeta cheese
- 12 oz can of tuna packed in water drained
- 1 teaspoon of salt
- 1/2 a teaspoon of black pepper
- 15 oz can of sweet peas drained
- Lays potato chips



DIRECTIONS

1. Cook Macaroni according to the package
2. While the pasta is cooking in a separate pot cook the onions in the butter until they are translucent
3. Once onions are cooked add soup then add a half a can of milk to each can , stir to get the thick soup off the side and pour it in the pot
4. Add the velveeta and stir while it melts
5. As it is cooking together add the drained tuna
6. Add salt and pepper
7. Once the cheese is completely melted add the peas
8. Add the drained cooked pasta while it is hot
9. Stir well until it is all mixed well
10. When serving add a handful of crushed lays potato chips on top

EASY CAKE MIX BARS

Ingredients

- 1 yellow cake mix (regular size)
- 1 large egg
- 1/2 cup 2% milk
- 1/3 cup canola oil
- 1 cup white baking chips
- 1/3 cup jimmies

Directions

1. Preheat oven to 350°. In a large bowl, combine cake mix, egg, milk and oil (mixture will be thick). Stir in baking chips and jimmies. Spread into a greased 15x10x1-in. baking pan.
2. Bake 18-20 minutes or until a toothpick inserted in center comes out clean. Cool completely in pan on a wire rack. Cut into bars.

Choose healthful recipes to make during the week based on other cultures. Think seasonally when it comes to ingredients, as well as the temperature of dishes.

In hot weather, consider popular dishes from around the world that don't require heating. Seasonal produce can also inspire your meals. Try different fruits and vegetables depending on what's in season. For additional variety, choose ingredients with different textures and colors, such as:

- Gazpacho, a type of soup served cold, which can be made with tomatoes, peppers, and onions or a mixture of those vegetables with watermelon as the base.
- Salads that include different types of produce along with whole grains, dairy, and protein foods. Many options exist, such as tuna salad made with Greek yogurt, onion, celery and whole wheat pasta.
- Spring rolls, a Vietnamese dish that's served cold with a dipping sauce and includes fresh vegetables and a protein food, such as tofu, stuffed inside thin sheets of rice paper.

When temperatures drop, many people crave warm and filling foods to satisfy them – like soups, stews, roasted foods and items that are baked. Variations of these foods, which include healthful and flavorful ingredients, can be found in cultures all over the world. For example:

- Munggo gisado is a stew native to the Philippines, featuring mung beans, leafy greens and seafood.
- A spicy lentil and vegetable stew, known as Sambar, originates from India.

- Da pan ji is an example of a Chinese stew made with chicken, potatoes, ginger, and garlic.
- Vegetables like cabbage, eggplant or zucchini can be stuffed with seasoned mixtures that may include meats, grains, and sauces. One example is mahshi, a Middle Eastern dish, made of zucchini stuffed with cooked rice, lamb and spices served in a tomato-based sauce.

There are so many different food combinations which can be flavorful and nutritious at the same time, and the same is true for snacking.

Choose healthier snacks that include foods from different food groups, such as:

- Fruit chutney eaten with bread or cheese.
- Raw veggies with hummus or tzatziki, which is a creamy yogurt-based dressing made with cucumbers, garlic, and dill.
- Baba ganouj, a mixture made of roasted eggplant and tahini, which is a sesame seed paste, served with whole wheat pita bread.
- Or, for a crunchier snack whole grain tortilla chips with guacamole or a salsa made with veggies or fruit.

Healthful eating options span the globe. Plus, many recipes can be modified based on personal food preferences or to accommodate different budgets.

For a referral to a registered dietitian nutritionist and for additional food and nutrition information, visit www.eatright.org.

eat right[®] Academy of Nutrition and Dietetics

The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving health and advancing the profession of dietetics through research, education and advocacy.

This tip sheet is provided by:

Authored by Academy of Nutrition and Dietetics staff registered dietitian nutritionists.

©2022 Academy of Nutrition and Dietetics. Reproduction of this tip sheet is permitted for educational purposes. Reproduction for sales purposes is not authorized.

MARTINS FERRY SENIOR CENTER

April 2022 Calendar

Melissa Finney 740.633.3146

MON	TUES	WED	THURS	FRI
				10:30 1 Tai-Chi For Srs. 12:00 Kings in Corner
10:00 Pharms. 4 EORH Safety	Monthly Meeting 5 Howard Long	Nutr. Shopping 6 10:30 Cardio	Trip 7 GraveCreek Museum	8 10:30 Tai-Chi 12:00 Bingo
11:00 Card Crfts. w/ JoAnn & Ari	Exercise Class Game of Choice	Drumming Craft of the month	Guest House	
11 Produce Day	12 Howard Long	Nutr. Shopping 13 10:30 Cardio	Lunch 14 9:30 Wenwu	1030 15 Bingo w/Nancy from Panhandle
10:30 Cornhole w/ Kathy	Exercise Class Game of Choice	Drumming Craft of the month	Shopping @ Ollies	12:00 Pictionary
18 10:30 Crafts w/ JoAnn , Ari	Howard 19 Long Wellness Ctr	Nutr. Shopping 20 10:30 Acty. w/ Jason St. East	21 10:30 Cardio Drumming	22 9:30 lunch @ Mehlmans
12:00 finish Craft	Game of Choice	Heath Care	12:00 Pictionary	Nutr. Aldis
25 Produce Day	Howard 26 Long Wellness Ctr	27 Nutr. Shopping	28 10:30 Walmart Applebees	29 Commodities Game: Wrap it up
Game of Choice	Game of Choice	10:30 Corn Toss w/ Mike		

POWHATAN POINT SENIOR CENTER

April 2022 Calendar

Mary Beth Tennant 740.795.4350

MON	TUES	WED	THURS	FRI
				1 A.M. Blitz p.m. Games W/ Jennifer
UNO or 4 Stop yr. NBR	Household 5 Bingo	Mexican 6 Train or 5 Crowns	7 8 a.m. Bowling	8 A.M. Blitz
12:00 10Cts. Bingo	12:00 Access OH Managing Life Ed.	p.m. Horse Racing	St. C. Game of Choice	Game of Choice Karaoke p.m.
11 Produce Day	12 Center Meeting	13 5 Crowns	14 8 a.m. Bowling	8:00-10:00 15 East Oh. Hosp.
Game of Choice	12:15 Corn Toss Ctr. Club Rehab.	p.m. Cardio Drumming	St. C. Dir. Meeting	Cnty. Lab Game of Choice
UNO or 18 Shop yr .Nbr.	11:00 19 Lunch @	20 A.M. Mex. Train	21 Spring Fling	10:00 22 Panhandle
12:00 10 cts. Bingo	Van Dynes Mex. Train	P.M. horse Racing	Center Party	Restoration Karaoke p.m.
25 Produce Day	26 A.M. Katies	27 A.M. 5 Crowns	9:30 28 Games	29 Commodity Day
Game of Choice	Bingo Drumming Exc.	P.M. Horse Racing	Continuing Health	11:00- 1:00

Guardians of the Generations



SAMHSA'S NATIONAL HELPLINE 1-800-622-HELP (4357)

This is a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations.

WWW.FIPNJ.ORG

@FIPNJ0308



"Wanna grab a beer?" It's likely that we have all heard that question a time or two. No matter our answer, it's evident that alcohol is a part of American culture. Advertisements are everywhere- gas stations, stores, restaurants, and we all know of the infamous commercials on the Super Bowl. Drinking can be a passtime for a lot of people and for numerous occasions.

April is Alcohol Awareness Month. Per Community Anti-Drug Coalitions of America (CADCA), this initiative is sponsored by the National Council on Alcoholism and Drug Dependence (NCADD). Additionally, this month is about motivating communities to bring awareness to and educate community members about prevention of and treatment for alcoholism. "For the Health of It: Early Education on Alcoholism and Addiction" is the theme of 2022 (CADCA, 2022).

Why should Alcohol Awareness Month matter to you? We must consider the implications of alcohol being a part of our culture. According to the Partners in Prevention, alcohol is the substance adults and youth use the most in America. They site the National Institute of Health's 2020 Monitoring the Future Survey and highlight that 55.3% of seniors in high school reported drinking alcohol in the last year. They add that an estimated 95,000 people in the United States die each year from alcohol-related causes. It is said to be the third leading cause of death in America, which can be preventable (Partners in Prevention, 2021).

While April is the month designated for alcohol awareness, it's important to be aware of the effects of alcohol and implement strategies to keep ourselves and our youth safe. With prom and graduation season, it is critical to have a plan on how to keep minors safe when hosting parties.

Prevention Action Alliance's Parents Who Host, Lose the Most is a public health media campaign that seeks to prevent underage drinking (2022). They provide some tips on how to host responsibly:

- Inform your neighbors that you will be hosting a party and who will be there to supervise.
- Ensure all firearms, dangerous items, and alcohol are secured and stored away.
- Remember that it is illegal to provide alcohol to minors even if you and the minors are in the privacy of your home.
 - Refuse to provide alcohol to minors who are not of legal age.
 - Adult who allow underage drinking can face criminal charges (including felonies), have their property and driver's licenses seized, and be held responsible for anything an underage drinker does during or after the hosted event (2021).

Credits:

CADCA. (2022). Get Involved in Alcohol Awareness Month. Retrieved on March 10th, 2022 from <https://www.cadca.org/resources/get-involved-alcohol-awareness-month>

Partners in Prevention. 2021. Alcohol Awareness Month 2021. Retrieved on March 10th, 2022, from <https://pipnj.org/aam2021/>


Prevention Action Alliance. 2022. Parents Who Host Lose the Most. Retrieved on March 10th, 2022 from <https://preventionactionalliance.org/about/programs/parents-who-host-lose-the-most/>

Prevention Action Alliance, Know! To Keep it Safe this Party Season, personal communication, May 5th, 2021.

ST. CLAIRSVILLE SENIOR CENTER

April 2022 Calendar

Dorothy Burkhart 740.695.1944

MON		TUES		WED		THURS		FRI	
<i>Happy Easter</i> 								9:30 AM	1
								Euchre	
930 Uno	4		5		6	Blood	7	930 AM	8
Penny Bingo After Lunch		Snap-Ed with Madyson Nutrition Shop		Business Mtg Bingo after Lunch		Pressure Screening with Addus Belmont Heritage Museum		Fat Apple Lunch @ West Texas Roadhouse	
Produce	11	10 AM St. C	12		13	9:45AM	14		15
		Library Tech @ Center 1030 Nutrition Shopping		Bingo after Lunch		Bowling		Games of Choice	
No morning transport						Dir. Meeting			
Easter Celebration	18	930AM	19	Celebrate	20	Shopping in	21	Jason	22
		Blanket Brigade/ Bingo by Panhandle 10 AM Nutrition Shop		Birthdays Bingo after Lunch		Barnesville Lunch @ Annie K's		from Southeastern Homecare	
Produce	25		26		27	Corn Toss with	28	930AM	29
No morning transport		Nutrition Shop Knock Poker Horse Races		Bingo after Lunch		Mike from CCRC Howard Long Wellness at Colerain. Commodities		Oglebay Outing	



55+ Maintenance-Free Senior Apartments



Please contact Charlene Moffo at
740-245-6074, TTY #711 or cmoffo@psl.org

Our monthly apartment and cottage rentals are great for those searching for a no-entrance fee solution to senior living. **Contacte a la comunidad para asistencia lingüística.**



PRESBYTERIAN SENIOR LIVING
Mark H. Kennedy Park

St. Clairsville, OH • www.markkennedypark.org

BARNESVILLE MANOR

Small Town • Senior Living

- Affordable 1 bedroom apartments
- Income-based rent, Utilities included
- 62 and older or mobility disabled
- Controlled access, Planned activities
- Elevator, Laundry room, Picnic area
- Smoke-free, Pet friendly, Free Wi-Fi



Take a free tour!
740.425.1151

National Church Residences



485 North Street
Barnesville, OH 43713

TFAC

TRI-STATE
Foot & Ankle
CENTER LLC

Dr. Jobeth Rollandini, DPM, DABPM
740-391-0766
St. Clairsville and Martins Ferry
office locations.
www.ohiovalleypodiatrist.com

"Where you are the sole focus."

CARE

Funeral & Cremation Specialists

ST. CLAIRSVILLE CHAPEL
204 West Main St.
St. Clairsville, OH 43950
(740) 695-0475



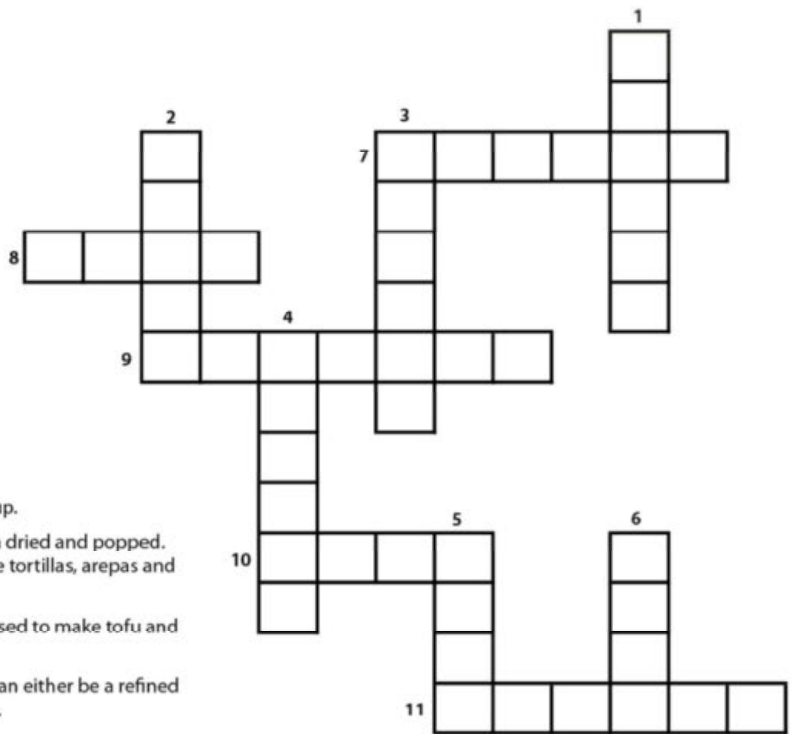
Crossword

Down

1. Changing from green to yellow as it ripens, this fruit comes in its own easy to remove, natural wrapper.
2. These are examples of _____ which can be used to flavor food: cilantro, parsley, mint, chives.
3. Raisins are the result of dehydrating or drying _____.
4. This dairy product comes in a variety of flavors and may contain "good bacteria". It can be eaten plain, with fruits or vegetables, and even made into dips.
5. This breakfast classic often accompanies other dishes like toast, pancakes, sausage, and bacon.
6. This green vegetable is a common ingredient in gumbo and jambalaya. It can be grilled, roasted, fried, sauteed, or added to soups and stews.

Across

7. When using MyPlate: tortillas, naan, and pita all belong to the _____ Group.
8. This vegetable can be eaten off the cobb and makes a popular snack when dried and popped. It can also be dried and ground into flour, which is used to make foods like tortillas, arepas and some breads.
9. Sometimes called edamame, this bean can be eaten steamed and is also used to make tofu and tempeh.
10. This grain is a mealtime staple for many people all over the world, and it can either be a refined grain or a whole grain depending on whether it is white or brown in color.
11. Pumpkin, butternut, acorn, spaghetti, kabocha, and turban are all types of winter _____.



Word search

Words may be horizontal, vertical, diagonal, or backwards.

Acorn Squash	K	G	I	M	G	A	D	N	A	T	U	B	M	A	R
Buttermilk	L	A	H	E	F	H	O	M	C	E	S	H	O	Y	S
Catfish	T	P	C	V	R	O	S	L	O	T	D	A	T	E	S
Dates	R	N	Y	O	S	M	O	R	I	L	O	N	P	G	D
Eggplant	U	B	U	G	R	I	C	T	E	V	M	I	K	G	E
Fig	G	U	Z	Q	N	N	C	A	T	I	E	Y	C	P	E
Garlic	O	T	O	C	A	Y	S	L	B	N	U	H	V	L	S
Hominy	Y	T	W	A	I	A	D	Q	H	E	Q	J	O	A	M
Jalapeno	L	E	G	T	V	L	U	V	U	G	L	E	L	N	O
Kimchi	A	R	N	F	I	E	R	Z	N	A	M	P	W	T	E
Lemon	C	M	K	I	H	D	M	A	F	R	S	A	R	U	F
Millet	H	I	M	S	O	U	B	T	G	Y	U	H	B	K	L
Navy Beans	E	L	F	H	F	N	Y	E	O	N	S	E	A	I	D
Olive	P	K	A	R	M	I	L	L	E	T	I	N	R	M	E
Poultry	O	G	N	J	C	H	G	A	B	A	O	U	D	C	S
Quinoa	U	Y	T	E	F	F	B	Z	U	L	Z	V	S	H	N
Rambutan	L	E	L	M	O	Q	U	S	E	P	F	A	Q	I	A
Seeds	T	D	B	K	A	C	T	M	B	F	I	L	U	T	E
Teff	R	S	J	U	C	B	R	R	Y	O	G	Y	I	T	B
Vinegar	Y	A	N	H	U	E	A	G	V	J	U	H	N	U	Y
Watermelon	I	V	I	Y	T	F	N	O	M	E	L	E	O	L	V
Yogurt	F	N	G	A	N	P	W	R	T	U	D	B	A	G	A
Zucchini	I	E	W	R	J	A	L	A	P	E	N	O	T	A	N

FACT OR FICTION?

National Nutrition Month® 2022 Quiz

Circle the correct answer.

1. Most Americans consume more than enough calcium, potassium, vitamin D and dietary fiber. **FACT OR FICTION?**
2. Only people with medical conditions, such as diabetes or high blood pressure, need to limit their intake of added sugars and salt. **FACT OR FICTION?**
3. It's a good idea to wash all fruits and vegetables, even ones with peels that may not be eaten. **FACT OR FICTION?**
4. Drinking milk is the only way to meet the daily recommendation of three cups from the Dairy Group. **FACT OR FICTION?**
5. A vegetarian diet can provide adequate protein for athletes. **FACT OR FICTION?**
6. All carbohydrate foods, also known as "carbs", are the same and provide no nutritional value. **FACT OR FICTION?**
7. Using MyPlate as a guide, half the plate should include fruits and vegetables. **FACT OR FICTION?**
8. All vegetables offer the same types and amounts of vitamins and minerals. **FACT OR FICTION?**
9. Only foods that taste salty are high in sodium. **FACT OR FICTION?**
10. A registered dietitian nutritionist can help you develop a healthy eating plan that is as unique as you are. **FACT OR FICTION?**

FACT OR FICTION?

National Nutrition Month[®] 2022 Quiz

Answers

1. Most Americans consume more than enough calcium, potassium, vitamin D and dietary fiber.

FICTION: *The intake of foods that provide these important nutrients is less than what is recommended for most people in the United States. Including more fruits, vegetables, beans, dairy, and whole grains would help individuals get more of these nutrients that are needed for good health.*

2. Only people with medical conditions, such as diabetes or high blood pressure, need to limit their intake of added sugars and salt.

FICTION: *It is recommended that all Americans over the age of 2 limit sources of added sugars to less than 10 percent of their total calories, and children under 2 should avoid all sources of added sugars. For salt, also known as sodium, less than 2,300 milligrams per day is recommended and even less for children under the age of 14.*

3. It's a good idea to wash all fruits and vegetables, even ones with peels that may not be eaten.

FACT: *All produce should be washed under running water even if the peel will not be eaten. This is because dirt and bacteria can be transferred from the peel to the inside of the fruit or vegetable as it is sliced or peeled. No soap should be used, but a produce brush is recommended when washing firmer produce, such as melons and potatoes.*

4. Drinking milk is the only way to meet the daily recommendation of three cups from the Dairy Group.

FICTION: *Yogurt, cheese, buttermilk, and fortified soy milk also count as a 1 cup-equivalent from this MyPlate food group.*

5. A vegetarian diet can provide adequate protein for athletes.

FACT: *A well-planned vegetarian eating style that includes adequate calories and a variety of foods can meet the protein needs of athletes. For personalized nutrition guidance, consult a registered dietitian nutritionist.*

6. All carbohydrate foods, also known as "carbs", are the same and provide no nutritional value.

FICTION: *Carbohydrates are the body's main source of energy. Many nutritious foods are sources of carbohydrate, including fruits, vegetables, and whole grains. These foods provide vitamins, minerals and dietary fiber, which can positively affect our health.*

7. Using MyPlate as a guide, half the plate should include fruits and vegetables.

FACT: *MyPlate represents a meal that includes fruits and vegetables on half of the plate and the other half is divided to include grains and a protein food. To complete the meal, a serving of dairy is recommended.*

8. All vegetables offer the same types and amounts of vitamins and minerals.

FICTION: *Eating a variety of vegetables throughout the week, including beans and peas, dark-green, red and orange, starchy and other vegetables will provide a variety of important nutrients like beta-carotene, vitamin C, zinc, potassium, folate and iron.*

9. Only foods that taste salty are high in sodium.

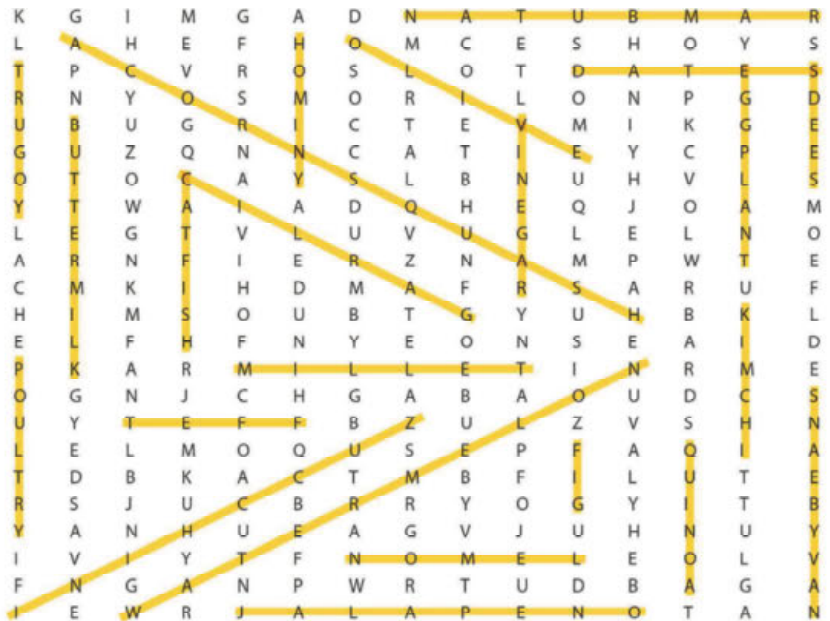
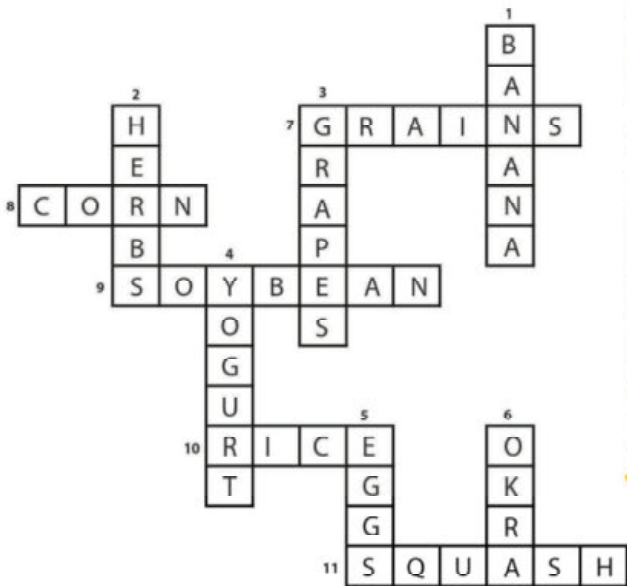
FICTION: *While some foods may taste salty, others may not, and this can also vary based on the individual. Most of the salt we consume comes from foods that are already prepared. Choose foods with lower amounts of sodium by comparing their Nutrition Facts Labels and look for descriptions such as "No Salt Added" or "Reduced Sodium" when shopping. Cooking at home allows you to control the amount of salt in your meals. When eating out, request sauces and condiments be served on the side or ask if lower sodium options are available.*

10. A registered dietitian nutritionist can help you develop a healthy eating plan that is as unique as you are.

FACT: *When it comes to a healthy eating routine, one size does not fit all - everyone is unique. Nutrient needs vary based on our age, activity level, sex, health conditions and other factors. Registered dietitian nutritionists, also known as RDNs, can provide personalized nutrition advice to meet your goals.*



PUZZLE SOLUTIONS



Contact us by calling one of our fine facilities below.
Or Email us at: inquiries@LNHmail.com

Lancia Villa Vista
1800 Sinclair Ave.
Steubenville, OH 43953
(740) 264-7301

Lancia Villa Royale
1852 Sinclair Ave.
Steubenville, OH 43953
(740) 264-7101

Lancia Belmont Manor
51999 Guirino Drive
St. Clairsville, OH 43950
Phone/Fax (740) 431-3042

Lancia Healthcare boasts the Tristate's finest level of Skilled Nursing and Rehabilitative Care. Our rich tradition of family owned and operated business ensures that you will receive our utmost attention and compassion. Our staff excels at promptly meeting your rehabilitative, transitional and long-term care goals according to your timetable. Our facilities feature the highest availability of full featured, private rooms and accommodations to make your stay, whether short or long-term a pleasant experience. We are committed to your individualized care! To us, each and every client is a precious and integral part of our family. Highest quality care and rapid Rehab stressing the highest practicable outcomes in an environment of rich relationships is what Lancia Healthcare is all about.

Our Family is eager to care for yours.



SENIOR SERVICES OF BELMONT COUNTY

67650 Oakview Drive
St. Clairsville, Ohio 43950
(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.

APRIL MENU 2022

Mon	Tue	Wed	Thu	Fri
Resume meals and/or Cancel meals Call 24/7	Choice of milk: skim, 2%, or 1% chocolate. Choice of bread: whole grain or white bread. Ingredient content	Donations may be mailed to SSOBC 67650 Oakview Dr. ST. Clairsville, OH 43950		1 Cheese Lasagna Warm Applesauce Green Beans Dessert Garlic Bread Milk
4 Sausage and Gravy Potatoes Scrambled Eggs Orange Juice Raisins or Prunes Biscuits, Margarine	5 Pasta & Meatballs Pea Salad Applesauce Bread, Margarine Milk	6 New England Boil Macaroni Salad Peaches Roll, Margarine Milk	7 BBQ Chicken Buttered Potatoes Spinach Grapes Muffin, Margarine Milk	8 Tuna Salad Pickled Beets Fruit Salad Pineapple Juice Croissant Milk
11 Cheeseburger Baked Beans Creamed Corn Apple/Caramel Dip Bun, mayo Milk	12 Chicken Noodle Bake Mixed Veggies Blueberry Crisp Broccoli Salad Bread, Margarine Milk	13 Wedding Soup Three Beans Salad Tomato Juice Pears Crackers Milk	14 Carnival Sausage Parsley Potatoes Succotash Banana Bun Milk	15 Macaroni and Cheese Stewed Tomatoes Peas Fruit Slushy Bread, Margarine Milk
18 Cabbage Roll Mashed Potatoes Green Beans Fruit Juice Roll, Margarine Milk	19 Turkey and Dressing Sweet Potatoes Broccoli Cranberry Sauce Bread, Margarine Milk	20 Grilled Chicken Pecan Salad, Dr. Crackers Spiced Peaches Muffin, Margarine Milk	21 Baked Pork Chop Au Gratin Potatoes Lima Beans Applesauce Roll, Margarine Milk	22 Beef Stroganoff Harvard Beets Capri Blend Veggies Ambrosia Salad Bread, Margarine Milk
25 Salisbury Steak Scalloped Potatoes Cauliflower Orange Roll, Margarine Milk	26 Country Fr. Chicken Mashed Potatoes/gr Mixed Veggies Fruited Jell-O Roll, Margarine Milk	27 Chili Tossed Salad, Dress. Fruit Juice Cheese & 2-Crackers Milk	28 Ham Loaf Potatoes Brussel Sprouts Pineapple Roll, Margarine Milk	29 Fish Sandwich Buttered Potatoes Berry Crisp Coleslaw Bun, Tartar Sauce Milk