

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

# **EMPLOYEE SPOTLIGHT**



**Brandon Ernest** is one of our skillful cooks at Senior Services of Belmont County. He has been with our agency for over six years. Brandon, along with eight other cooks prepares and packages over

twelve hundred meals per day for our seniors of Belmont County. In addition to his cooking responsibilities, Brandon is always willing to perform other duties and is an outstanding team player.

Brandon grew up in Valley Grove, WV. and graduated from Wheeling Park High School in 2002. He currently resides in Martins Ferry. Brandon has an infectious smile and a wonderful sense of humor. Brandon's mother describes him as always willing to go out of his way to help others and not wanting anything in return. His mother stated, "She could not have been more blessed with Brandon as her son. "

Brandon enjoys spending time with his mother, sister, brotherin-law, nephews, nieces, and friends. Brandon also volunteers as a Big Brother. He in addition works at the Speidel Golf Club as a cook. Brandon's hobbies include golfing, cooking, and listening to music.

His goal is to get back into a routine of exercising and attending church.

Brandon enjoys working together with his co-workers and is honored to be a part of such a meaningful program.





### **TABLE OF CONTENTS**

Visiting Angels 2
Super Senior 4
Photos 6
Barnesville Calendar 9
Farmers Market 12
Bellaire Calendar 13
Bethesda Calendar 14
Centerville Calendar 15
Colerain Calendar 17
Flushing Calendar 18
Glencoe Calendar 19
Word Search 20
Refrigerator Chart 21
Lansing Calendar 22
Answer Key 22
Martins Ferry Calendar 24
Powhatan Calendar 25
St. Clairsville Calendar 26
Office Directories 27
MayMenu28





When it comes to senior care, studies have found that gardening lowers cortisol levels, which can help reduce blood pressure and even alleviate stress. Gardening is also known to increase serotonin which promotes peaceful and calming feelings. Whether a small vegetable patch or a bloom-filled backyard, gardening can keep seniors active while offering a sense of accomplishment and well-being.

### 1. Decreases Risk of Dementia

A 2006 Dutch study reported that gardening could lower the risk of dementia by 36 percent. For 16 years, researchers followed the habits of almost 3,000 people over the age of 60. They found physical activity, particularly gardening, was a factor in reducing the occurrence of dementia in their later years.

Additionally, this study of elderly people suffering from cognitive issues reported the benefits of a garden setting. The sunlight and the fresh air helped "agitated elders feel calmer, while the colors and textures of various plants and vegetables can improve visual and tactile ability." They deduced that gardening improves the quality of life in aging seniors.

### 2. Provides Enjoyable Exercise

Gardening, a gentle form of aerobic exercise, is an activity in which most seniors can participate. They can go at their own pace because they are not trying to "keep up" with anyone else. Also, it is engrossing work, and many don't realize they are getting a bit of a workout. The gentle movements of reaching for tools and even pruning and pulling weeds support the development of new muscles and improvement of stamina and flexibility.

### 3. Combats Loneliness

Seniors can get trapped in a rut of television watching and other sedentary habits. These behaviors are isolating. When they have a Visiting Angels® caregiver to guide them, they are more likely to step away from their norm and become immersed in pursuits that make them feel less alone.

The Centers for Disease Control and Prevention (CDC) even recommends participation in community gardens because they are "collaborative projects."

### continued on next page





#### 4. Increases Vitamin D Exposure

Because seniors can be unsteady on their feet and calcium deficiencies deplete their bone strength, Vitamin D is essential to help get those calcium levels up and bolster their immune system. An Italian study, published in 2014 on the National Institutes of Health website, stated that "exposure to sunlight helped older adults achieve adequate serum vitamin D levels." Gardening is, therefore, the ideal outdoor activity that is both pleasurable and beneficial.

### 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 <u>home care questions</u>, and recommend a plan to provide the level of care that will meet your senior's needs.



### 3 MAY 2022



Hello! My name is Martha Orend. I was born Jan. 22, 1934 and just turned a young 88. I was born and raised in Middlesboro Kentucky. My parents had 7 children and out of the seven I was in the middle. I graduated in 1953 and worked at Southern Bell Telephone Co. After Dad had a stroke in 1955; we moved to Elm Grove WV. hoping to making Dad feel closer to his homestead of Washing-ton Pa. In 1958 I transferred to C&P Telephone Co. and met (through a friend ) John. In Sept. 1960 John and I married and moved to Martins Ferry. I quit my job be-cause we were adopting a son, Treavor.

When Treavor was three, I went back part time. Our marriage is going strong with 62 years behind us. In Dec. 1962 we moved to Colerain, Ohio. I have been a member at the Colerain Senior Cen-

ter for many years and a trustee for 3 years. I love to sew ,make dolls, play penny bingo, Echre at The Colerain Center. Every day I make interesting new friends and fellowship. We have a new Director that we all love.



Martha Orend



## COMMUNITY LAB DAYS



Now that our agreements are in place with local hospitals, we are offering lab services at some of our senior centers. Watch the calendars for your opportunities to have your labs drawn without the wait at the hospital. You can bring your insurance card and photo id and hospital staff will register you on site and bill accordingly. If you want additional labs, there will be options for "private pay" ala carte tests.

### LANSING SENIOR CENTER

Lansing's Senior Center operates in a classroom at the former Lansing Elementary The room recently received a School. makeover sponsored by Senior Services of Belmont County. SSOBC managers had a helping hand from Buildings and Grounds employees Joe Strauss and Mike Belon and volunteers Darlene Pempek, Loretta Edgell, Beth Cappelletti, and Karen Thomas. If you have the chance, stop by and see the new The improvements would not have look. been possible without the kindness and generosity shown by our volunteers and the support from our landlords Shaun and Jackie Thank you, EVERYONE who Moran. make the Lansing Seniors helped us SMILE.



5 MAY 2022



## MARK YOUR CALENDAR

You may want to mark your calendars for upcoming Health Fairs at our Main Office located on Oakview Drive in St. Clairsville. East Ohio Regional Hospital will offer their information on May 13. Trinity Health System will be here on June 17. WVU (Wheeling Hospital) will discuss options they have available on June 29.

As we work to bring more TO YOU at the senior centers, make sure you let us know what you would like to see offered. We can't promise that we can "do it all", but we are open to exploring options on your behalf.



We're happy to hear when you are happy, so please send in notes showing your appreciation to our cooks and delivery drivers when you have a positive experience. We like to recognize when our staff are going above and beyond their regular job duties to make you smile. You can always report any concerns you have as well, but – we really enjoy **CELEBRATING OUR SUCCESSES**. You can hand your driver a note in an envelope to be delivered to the office, or mail your comments to SSOBC, attention Lisa, 67650 Oakview Dr., St. Clairsville, OH 43950. *Thank you!* 





Martins Ferry enjoys fellowship with friends while out to lunch.



Colerain members enjoyed the day with a Paint and Sip.



St. Clairsville Center coordinator Dorothy getting ready for Easter.



Martins Ferry members playing Euchre: Jerry Wilson, Harry Coleman, Tom Davis, & Joe Baggs.



Gary Wolf and Sally Myers from St. Clairsville celebrate St. Patrick's Day.





Bellaire members, along with visiting Centerville members, exercise with Howard Wellness Center.





Centerville members enjoying Cardio Drumming: Wanda, Violet, Naomi, Samra, & Ruth.



Powhatan members enjoyed a visit from Charlotte Fuchs & Shevy Pavell from Access Ohio on Behavioral Health.



Barnesville member Helen Detling celebrating St. Patrick's Day.





St Clairsville Members Bowing at St Clair Lanes.

7 MAY 2022



Bethesda Members celebrating St Patrick's Day, with Trisha from Stonerise Home Health & Hospice.





Patti Hall & Herb Wallace (Driver) showing off a beautiful arrangement at the Martins Ferry Center. I told my physical therapist I broke my arm in two places.



He told me to stop going to those places.



Colerain members enjoying pizza & salad for lunch.





**EMERALD POINTE HEALTH & REHABILITATION** P: 740.425.5400 www.emerald-pointe.net PARK HEALTH CARE CENTER P: 740.695.4925



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

# CONTACT

**Contact Duane Budelier** to place an ad today! dbudelier@4LPi.com or (800) 950-9952 x2525



BARNESVILLE MAY 2022



MON	TUE	WED	THU	FRI
<sup>2</sup> 9 AM CENTER MEETING	3 10AM OHIO VALLEY SUPPORT FAIR LUNCH AT APPLEBEES	4 10AM BINGO	5 10 AM ZILCH	6 9AM CINCH TOURNAMENT 11AM LUNCHEON OPEN TO THE PUBLIC
9 PRODUCE DAY & GAME OF CHOICE	10 10 AM JASON FROM SOUTHEASTER N HOME CARE	11 8AM OLDER ADULT EXTRVAGANZA IN CAMBRIDGE LUNCH AT THEO'S	<sup>12</sup> 10 AM BAG GAME	13 10-12 EORH HEALTH FAIR AT SSOBC EATING AT SCHLEPPS
16 10 AM MYSTERY TRIP TO FLUSHING SENIOR CENTER	17 10 AM BINGO WITH TRISHA	18 SHOPPING AT THE HIGHLANDS AND LUCKY DUCKS, JC PENNEY AND LUNCH AT 5 GUYS	19 10 AM BLOOD PRESSURE WITH RENEE	20 9AM CINCH TOURNAMENT
23 PRODUCE DAY & GAMES OF CHOICE	24 10 AM MADYSON OSU EXTENSION OFFICE FOR SNAP-ED NUTRITION	25 COVERED DISH	26 COMMODITIES CORN HOLE	27 CINCH AT BETHESDA SENIOR CENTER
30 CLOSED	31 10 AM BAG GAME			

Kay Driscoll, Coordinator 740.425.9101 JB Flood, Driver 229 East Main Street Barnesville, OH 43713





Bellaire Center Members filling Easter eggs for Bellaire Kindergarten class.



Martins Ferry Mary Hanlin shopping at Lucky Ducks at The Highlands.



Powhatan members Priss & Joe Jeffers and Mike Gust.



Bellaire & Centerville had a great day Cardio Drumming & Playing Penny Bingo.







Lansing Senior members enjoyed the day with Jason from Southeastern Rehab making duck wine glasses.



Lansing members made picture frames with Jason from Southeastern Home Care ———->







---Barnesville Members playing card games on St. Patrick's Day.



Flushing New Member Joan Tejral. We're happy to have you at the center.



## **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



## 2022 Senior Farmers' Market

May 1, 2022-October 31, 2022

providing fresh fruits and vegetables to Ohio's low income seniors



We are not able to mail or deliver applications or vouchers. You must pick one up at SSOBC or the local senior center. Two people from the same household can qualify if they are income eligible.

BEST

CENTRAL WEST

RECOGNIZED IN 15 TYPES OF CARE

2021-22

# WEST VIRGINIA'S **#1 LEADER IN** HEAR CARE

**≪WVU**Heart&Vascular Institute

WVUMedicine.org/WheelingHeart

M 47-0-5750 2 For ad info. call 1-800-477-4574 • www.lpicommunities.com US ON FACEBOO



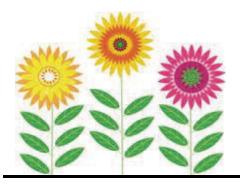


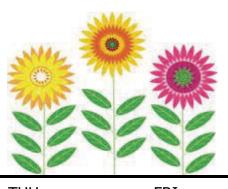


	TUE	WED	THU	FRI
9:30 AM GROCERY SHOPPING & 10 AM GAMES	3 9AM LEAVE FOR SENIOR SUPPORT FAIR AT THE OHIO VALLEY MALL. LUNCH OUT	4 9 AM BREAKFAST AND MEETING 12:15 PM BINGO	5 8AM LEAVE FOR AMISH COUNTRY	6 10 AM GAMES 12:15 PM BINGO <b>BINGO</b> CENTERVILLE MUSIC NIGHT
9 PRODUCE DAY & GAMES/ BUNCO	10 10 AM GAMES 12:15 PM BINGO	11 9 AM LEAVE FOR OLDER ADULT EXTRAVAGANZA AND LUNCH IN CAMBRIDGE	12 10 AM GAMES 12:15 PM BINGO	13 9AM LEAVE FOR EORH HEALTH FAIR AT SSOBC LUNCH OUT
16 9:30 AM GROCERY SHOPPING	17 10 AM GAMES 12:15 PM BINGO	18 9AM LEAVE FOR BREAKFAST AT BOB EVANS AND SHOPPING AT WALMART	19 10 AM GAMES 12:15 PM BINGO	20 10 AM BINGO WITH PANHANDLE
23 PRODUCE DAY & GAMES/ BUNCO	24 10 AM GAMES 12:15 BINGO	25 <b>10AM GAMES</b>	26 10AM BLOOD PRESSURE AND SNACKS 12:15 BINGO	27 10AM GAMES 12:30 COMMODITY DAY 12:15 PM JASON W/ SOUTHEASTERN HOME CARE
30 CLOSED	31 10AM GAMES 12:15PM BINGO	SPECIFIC PRO		

Tish Kinney, Coordinator 740.676.9473 Jewel Hammond, Driver 3396 Belmont Street Bellaire, OH 43906









**BETHESDA** 

MAY 2022

Sue Hines, Coordinator 740.761-0056 JB Flood, Driver 118 South Main Street Bethesda, OH 43719









MON	TUE	WED	THU	FRI
2 10:00 <b>EUCHRE DAY</b> ALL MEN INVITED ROLL DOUBLES & STEAL GIFTS	3 ELECTION DAY 11:00 OHIO VALLEY MALL HEALTH SENIOR SUPPORT FAIR	4 10:00 \$2.00 BINGO 12:00 LEFT RIGHT CENTER	5 9:00 <u>BOWLING</u> IN ST. CLAIRSVILLE LUNCH DEFELICE PIZZA BUFFET	6 10:15 BALLOON VOLLEY 12:00 PM PENNY BINGO
9 PRODUCE DAY & <i>10:30 SENIOR</i> <i>MEETING</i>	<i>10</i> 10AM <i>10:00</i> <i>LEFT RIGHT</i> <i>CENTER BRING</i> <i>NICKELS, DIMES</i> <i>AND QUARTERS</i> <i>&amp; BIRTHDAY</i> <i>CELEBRATION</i>	1110:30 BUNCO 12:00 MEXICAN TRAIN	1210:15 HOT POTATO 12:00 PM PENNY BINGO BINGO DIRECTOR MGT	13 10-12 EORH HEALTH FAIR AT SSOBC <b>₹EORH</b> LUNCH
16 10:30 HORSE RACING BRING DIMES CORNHOLE HILLBILLY BALL	17 9:30 TRIP TO <b>POWHATAN</b> SENIOR CTR	18 11:00 BEST OF 31 CARD GAME <b>BRING NICKLES</b> 12:00 MEMORY GAME	19 10:00 EUCHRE LEFT, RIGHT, CENTER USING NICKLES	20 <i>10:15</i> <i>BALLOON</i> <i>VOLLEY</i> <i>12:00</i> <i>YAHTZEE</i>
23 PRODUCE DAY & <i>12:00</i> PENNY BINGO	24 10:30 CRAFT DAY W/ JASON FROM SOUTHEASTERN HOME CARE	25 VISIT TRI STATE VETERANS MUSEUM IN BELLAIRE	26 12:30 CORNHOLE WITH MIKE FROM COUNTRY CLUB COMMODITY DELIVERY	27 10:30 CARDIO DRUMMING 12:00 LEFT RIGHT CENTER
30 CLOSED	31 10:30 CARDIO DRUMMING 12:00 DAIRY QUEEN		LUNCHES ARE SERVED EVERYDAY. PLEASE CALL THE DAYBEFORE 10:00	

Donna Steadman, Coordinator 740.676.9832 Lisa Saunders, Driver 46642 Main Street Jacobsburg (Centerville), OH 43933



# D O N A T I O N S

We appreciate donations (at a level you can afford) toward the costs of your meals. This allows us to offer more meals and services throughout the year. You can privately make your donations by mailing them to **SSOBC**, **67650 Oakview Dr.**, **St. Clairsville**, **OH 43950**. Writing a check once each week, or each month for your meals is the PREFERRED method of payment. You can also pay privately at a Senior Center in an envelope that will be provided to you, or to your meal delivery driver in one of our envelopes. <u>Checks are the safest way to pay</u>. THANK YOU to everyone already making donations toward the meals.



We also accept donations for your medical transportation trips, your trips provided by the senior center drivers, and for homemaking and personal care services. For homemaking and personal care (the aides in your home) we can only accept **mailed-in donations**. And again, checks—once each week or month—are the safest payment method.

<u>Please note</u>: If you receive Passport, or other Waiver services, SSOBC bills a third party for your meals and trips, so donations are **not** accepted in these situations.









MON	TUE	WED	THU	FRI
2 10AM BINGO	3 10AM BUSINESS	4 9:30AM EUCHRE AND	5 10AM BELMONT VETERANS	6 10AM BINGO
BLNGO	DPENSE True	WOODCARVING	MUSEUM AND SCHLEPP'S	BLNGO
12PM LUNCH	a str	12PM LUNCH	TILLD TRIP	12PM LUNCH
9 PRODUCE DAY &	10 11:30AM BRIDGE	11 9:30AM EUCHRE AND	12 10AM BOWLING	13 10AM BINGO
GAMES OF	StajQKAJQKA Lets Play Bridge!	WOODCARVING		BINGO
CHOICE	Bridge		12PM LUNCH	12PM LUNCH
16 10AM BINGO	17 GAMES OF CHOICE	18 9:30AM EUCHRE AND WOODCARVING	19 10AM JASON FROM SOUTHEASTERN	20 Bippy
12PM LUNCH	LUNCH	12PM LUNCH	HOMECARE 12PM LUNCH	10AM BINGO 12PM LUNCH
23 PRODUCE	24 9AM LEHMAN'S	25 9:30 EUCHRE AND	26 COMMODITIES	27 10 AM BINGO
	AND SMUCKERS STORE AND LUNCH OUT	WOODCARVING	10AM CRAFT 12PM LUNCH	BINGO
GAMES OF CHOICE	11:30AM BRIDGE			NCH
30 CLOSED	31 10AM BINGO	Colerain Members Visited		S Y L
United We Stand	BINGO	Dennison Railroad	<b>GELA</b>	
HOPPING MA Day	12PM LUNCH	1.1	PULL	

Lori Parsons, Coordinator 740.633.6823 Jack Timko, Driver

72581 US 250 Colerain, OH 43916









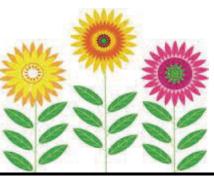
MON	TUE	WED	THU	FRI
<sup>2</sup> 10 CHOICE OF GAMES	3 930 SENIOR SUPPORT FAIR AT THE OHIO VALLEY MALL AND LUNCH AT APPLEBEES	4 10AM 10 CENT BINGO BINGO LUNCH	5 930 BELMONT HERITAGE MUSEUM	6 10 ZILCH IVNCH
9 PRODUCE DAY	10 10 10 CENT BINGO BINGO LUNCH	11 830AM OLDER ADULT EXTRAVAGANZA IN CAMBRIDGE	12 10 CHOICE OF GAMES	13 930AM EORH HEALTH FAIR AT SSOBC
16 10 UNDERGROUND RAILROAD	17 930 VISIT BETHESDA CENTER FOR PAINT AND SIP	18 10 CENT BINGO WITH TRISH FORD FROM STONERISE	19 9AM VISIT THE COCKAYNE FARMSTEAD GRAVECREEK MOUND MUSEUM LUNCH AT PRIMA MARINA	20 10AM ZILCH
23 PRODUCE DAY	24 930AM NUTRITION SHC	25 10AM 10 CENT BINGO WITH JASON FROM SOUTHEASTERN HOME CARE	26 <b>10 GAME OF</b> <b>CHOICE</b> 1130 LUNCH 12 COMMODITIES	27 10 ZILCH 1130 LUNCH 12 COMMODITIE S
30 CLOSED	31 10AM MADYSON FROM OUS EXTENSION OFFICE SNAP- ED NUTRITION PROGRAM			

Maxine Jurovcik, Coordinator 740.968.2525 Lee Nichol, Driver 208 High Street Flushing, OH 43977











Karen Rebecca 740-676-4484 & Sharon Olexo

Third Street, P.O Box 91 Glencoe, OH 43928





b			1	N		14	4	e			1				DRIVER
			7	Y	V	8 ~	U	0	T,	œ		1			СООК
															SENIOR
Y	Y	С	А	G	Е	L	S	S	Ρ	R	I	Ν	G	М	CENTER
L	T	Ρ	Q	W	Х	Х	С	С	Ν	G	R	Т	Т	А	GARDENS
R	S	Ν	Е	D	R	А	G	Х	Е	Ρ	Т	Е	R	М	GOLDEN YEARS
L	Q	К	R	S	В	G	Ν	U	Y	Ν	Е	W	Ρ	L	BINGO
E	С	Н	A	Ρ	Ρ	Y	Ν	Ρ	T	0	Т	W	D	Е	GOOD MUSIC
G	0	R	S	G	Y	1	U	R	Ρ	0	U	E	1	W	RETIREMENT
G	0	I	Т	0	A	С	0	L	0	L	L	V	R	S	
G	К	К	S	0	R	S	R	К	т	L	I	В	I	Ρ	MEALS ON WHEELS
Y	S	I	A	D	E	L	1	A	1	Ρ	Ρ	Q	S	U	
А	E	D	E	М	1	D	R	1	V	E	R	Q	R	Z	PUZZLES
В	С	Ν	S	U	A	G	0	U	T	A	K	J	G	Z	HAPPY
E	R	Q	E	S	М	0	A	R	0	С	Μ	L	Н	L	HEALTH
Z	Х	G	Ν	I	E	0	0	В	L	V	E	A	1	E	FAMILY
Ν	1	A	1	С	A	D	E	1	E	X	Р	Q	R	S	LEGACY
G	н	J	0	D	L	M	P	N	Т	E	1	R	Н	U	GOOD MOODS
P	Т	A	R	Т	S	0	S	G	S	A	P	E	S	Y	SUNSHINE
F	M		L	U	0	0	R	0	M	D	A	Т	1	l F	
A	S	U	S	H	N	D	Т	E	0	L	E	I	R	E	SPRING
M	v	U	E	A	w	S	V	С	Т	0	0	R	C	N	FLOWERS
1	۱ ۲	L	E	Т	н	0	W	Н	E	N	U	E	E	1	DAISY
L	G	0	L	D	E	N	Y	E	A	R	S	M	V	H	VIOLETS
Y	M U	D	R		E		R	D	E O	A B	L G	E	S	S	MUMS
N F	м	N A	B	M P	L S	E R	P E	۱ W	0	D L	F	N T	E H	N U	ROSE
U	S	I I	A	D	E	W	Q	R	c	X	Г	T	P	S	IRIS
0	5		А	D	-		ų		-	A		<u>.</u>		5	

TULIP

20 MAY 2022









Carolyn Cohen, Coordinator 740.609.5109 David Ward, Driver 68583 Scott Lane Lansing, OH 43934





# **REFRIGERATOR STORAGE CHART**

Food Item Refrig	gerator (40°F)		
EGGS		Luncheon meats, opened	3-5 days
Fresh eggs, in shell	4-5 weeks	Luncheon meats, unopened	2 weeks
Hard cooked	1 week	LEFTOVERS	
Egg substitutes, opened	3 days	Cooked meat, meat or egg dishes,	3-4 days*
Egg substitutes, unopened	10 days*	soups, stews and vegetables	
DAIRY PRODUCTS		Gravy and meat broth	1-2 days*
Milk	1 week	Cooked fish and poultry	3-4 days*
Cottage cheese	1 week	FRESH MEAT	
Yogurt	1-2 weeks	Steaks or roasts	3-5 days*
Mayonnaise	2 months	Chicken or turkey, whole or pieces	1-2 days*
DELI FOODS		Fresh meat	1-2 days*
Entrees, cold or hot	3-4 days	PROCESSED MEAT	
Deli meats – sliced ham, turkey, bee	ef 2-3 days	Bacon	1 week*
Store-prepared or homemade salac	ls 3-5 days	Canned ham ('Keep Refrigerated'	6-9 months
HOT DOGS AND LUNCHEON MEATS	S	Ham, fully cooked	3-5 days*
Hot dogs, opened package	1 week	Sausage, raw	1-2 days*
Hot dogs, unopened package	2 weeks*	Precooked sausage breakfast links/pat	ties 1 week*
		*Ereeze for longer storage	

\*Freeze for longer storage.



4-D-5-5 For ad info. call 1-800-477-4574 • www.lpicommunities.com





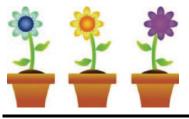


MON	TUE	WED	THU	FRI
2	3 MONTHLY MTG HOWARD LONG WELLNESS CENTER GAME OF CHOICE	4 NUTRITION SHOPPING 1030 CARDIO DRUMMING CRAFT OF THE MONTH	5 1030AM CARMEN RHOADES BELMONT CO MOBILITY MANAGER 12PM PICTIONARY	6 SHOPPING IN BELLAIRE AND LUNCH AT SAKURA
9 PRODUCE DAY	10 1030 HOWARD LONG WELLNESS CENTER	11 OLDER ADULT EXTRAVAGANZA IN CAMBRIDGE	12 1030AM MELISSA EVICK W/VISITING ANGELS	13 10-12 EORH HEALTH FAIR AT SSOBC
ACTIVITIES WITH KATHY & KELLY	GAMES OF CHOICE		12PM WHEEL OF FORTUNE	
16 1030AM CRAFTS WITH JO ANN AND ARI	17 1030 HOWARD LONG WELLNESS CENTER	18 NUTRITION SHOPPING	19 SHOPPING IN WHEELING AND LUNCH AT PERKINS	20 1030AM STRETCH BAND EXTERCISE GAME OF
12PM FINISH CRAFT PROJECT	GAMES OF CHOICE	1030AM CARDIO DRUMMING CRAFT OF THE MONTH		CHOICE 12PM PICTIONARY
23 PRODUCE DAY	24 1030 HOWARD LONG WELLNESS CENTER	25 NUTRITION SHOP- PING 1030AM CORN TOSS	26 1030am Cardio Drumming	27 Shopping At Gabes and Lunch At Cracker
CENTER SHOWER	GAMES OF CHOICE	WITH MICHAEL OF CCRC CRAFT OF THE MONTH	12PM DIME BINGO	BARREL
30 CLOSED	31 1030 HOWARD LONG WELLNESS CENTER GAMES OF CHOICE			

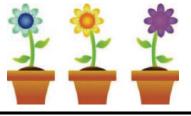
Melissa Finney, Coordinator 740.633.3146 David Ward, Driver

14 North 5th Street Martins Ferry. OH 43935





POWHATAN POINT MAY 2022



MON	TUE	WED	THU	FRI
<sup>2</sup> AM MEXICAN TRAIN	3 SENIOR SUPPORT FAIR AT THE OHIO VALLEY	4 CARD GAME FIVE CROWNS	5 BOWLING IN ST.C	6 12 KENTUCKY DERBY HORSE RACES
12PM 10 CENT BINGO	MALL	15	GAME OF	
BUNGO	A CARLON CONTRACTOR	PM GAME OF GOLF	CHOICE	- A
9 PRODUCE DAY &	10 CENTER MEETING 12:30 MICHAEL	11 Am game of Sequence Pm Mexican Train	12 AM SKIP-O CARDS OR UNO PM DRUMMING EXERCISE	13 9 AM EORH HEALTH FAIR AT SSOBC.
KATIES BINGO/ EUCHRE	WITH CCRC AND CORN TOSS			
16 GAME OF GOLF	17 CENTERVILLE SENIOR	18 FIVE CROWNS DRUMMING	19 BOWLING IN ST. C	20 BLITZ OR GAME OF CHOICE
	CENTER VISITING GAMES FOR			HORSE RACES
10 CENT BINGO	PARTY		EUCHRE	<b>***</b> *
23 PRODUCE DAY &	24 Stop Your Neighbor Game	25 WHEELING FISH MARKET AND SHOPPING	26 9:30AM GAMES WITH CERTUS OF SHADYSIDE	27 Commodity Pick Up Panhandle
BLITZ OR CORNHOLE	SKIP-O OR KARAOKE		12PM ADDUS HOME CARE GAMES	RESTORATIO N GAMES
30 CLOSED	31			
United We Stand	BLNGO			
Autor and and and any	MEXICAN TRAIN			

Mary Beth Tennant, Coordinator 740.795.4350 Marilyn Passmore, Driver

97 Main Street Powhatan Point, OH 43942





ST. CLAIRSVILLE MAY 2022

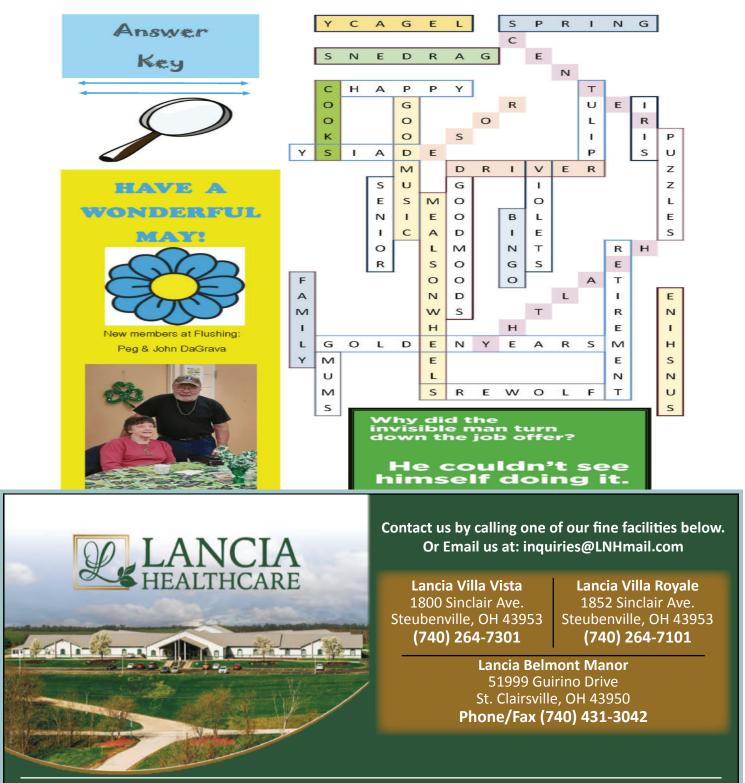


MON	TUE	WED	THU	FRI
2 SHOW AND TELL 10:30	3 OHIO VALLEY MALL SENIOR FAIR WITH LUNCH OUT LEAVE AT 9:45 AM	4 BUSINESS MEETING 9:30 BINGO AFTER LUNCH	5 NUTRITION SHOPPING 10:00 ACTIVITY WITH AMEDISYS 12:00 MEET SECRET THE PET THERAPY DOG	6 EORH COMMUNITY LAB DAY 9:00- 11:00 OPEN TO THE PUBLIC EUCHRE 9:30
9 PRODUCE DAY10:30-1:30 NO MORNING TRANSPORTATION	10 BINGO 10:00 PANHANDLE CLEANING	11 BINGO AFTER LUNCH OLDER ADULT EXTRAVAGANZA AT THE PRITCHARD LAUGHLIN CTR W/ LUNCH AT THE FORUM	12 BOWLING LEAVE AT 9:40 NUTRITION SHOPPING 10:00 COORDINATOR MTG	13 EORH HEALTH FAIR WITH LUNCH AT SSOBC LEAVE AT 9:45
16 MIRACLE OF LIFE BABY SHOWER 10:00 AM	17 BLANKET BRIGADE 9:30 ST. CLAIRSVILLE	18 JASON FROM SOUTHEASTERN MED 10:30 AM CELEBRATE BIRTHDAYS!	19 NUTRITION SHOPPING 10:00 BLOOD PRESSURE	20 SNAP-ED WITH MADYSON 12:00
	LIBRARY AT THE CENTER 12:00 TECH HELP	REGULAR BINGO AFTER LUNCH	SCREENING AND BINGO 12:00PM WITH ADDUS	
23 PRODUCE DAY 10:30-1:30	24	BINGO	26 CORN TOSS WITH MIKE 10:30	27 BOWLING LEAVE AT 9:45
NO MORNING TRANSPORTATION	GREAT WESTERN SCHOOL HOUSE WITH PICNIC LUNCH	REGULAR BINGO AFTER LUNCH	NUTRITION SHOPPING 10:00 ACTIVITY WITH JENNIFER FROM WESTWOOD	
30 CLOSED	31 KNOCK POKER 9:30	SWIMMING ON MONDAYS 2:30-3:30		
MEMORIAL	HORSE RACES 12:30 PM	SWIMMING ON WEDNESDAYS 8:30-9:30 CALL CENTER FOR MORE INFO 740-695-1944		

Dorothy Burkhart, Coordinator 740.695.1944 Chip Rice, Driver 101 North Market St. Clairsville, OH 43950







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.

Ei

# **OFFICE DIRECTORY**

2022

67650 Oakview Dr., St. Clairsville, OH 43950 740.695.4142, Fax 740.695.4144

### NUTRITION

Tina Burkhart, Administrator

740.695.4142

To cancel (or resume) home delivered meals or senior center meals, please call.

### TRANSPORTATION



Michael McBride, Administrator

740.695.6868

To schedule transportation for a medical appointment, call 72 hours in advance.

### SENIOR CENTERS



Leslie Thompson, Administrator

Contacts for each center are listed with the center calendars.

### HOMEMAKING & PERSONAL CARE

Susie Homan, Nurse/Case Manager Call 740.695.4142 for changes/updates.

## FISCAL ADMINISTRATOR

Amanda Murray

### **EXECUTIVE DIRECTOR**

Lisa Kazmirski

Follow us on our Facebook page: SENIOR SERVICES OF BELMONT COUNTY Our Website is "under construction" and is: SSOBC.COM

### SERVICES OFFERED

Senior Centers Meals Served Daily at Senior Centers Home Delivered Meals Transportation to/from Centers Transportation for Medical Appointments Homemaking and/or Personal Care Nutrition Programs Nutrition Shopping (see each center's calendar for availability) HEAP Applications & Assistance Filing Golden Buckeye Card Applications Health Education

**Passport Services** 

FOLLOW US ON FACEBOOK

2022

27 MAY 2022

Wed

Tue

Mon

Thu

Fri

2 Kielbasa/Kraut Mashed Potatoes Vegetable Blend Peaches Roll, Marg. Milk	3 Pasta & Meatballs Applesauce Pea Salad Garlic Bread Milk	<b>4</b> Southwest Grilled Chicken Salad, Dr. Pears Lime Jell-O Tortilla Chips/Salsa Milk	5 Sausage-Egg-Cheese Sandwich Hash Browns Berry Crisp Fruit Juice Biscuit, Marg.	<b>6</b> Pepper Steak over Rice Broccoli Carrots Tropical Fruit Bread, Marg.
<b>9</b> Sloppy Joes Loaded Tater Tots Spinach Pineapple Bun Milk	10 Turkey & Dressing Sweet Potatoes Italian Veggies Cranberry Sauce Bread, Marg. Milk	11 Chicken Salad Cottage Cheese Tossed Salad Dr. Pineapple Tomato Juice Croissant	12 BBQ Pork Chop Scalloped Potatoes Green Beans Applesauce Dinner Roll, Marg. Milk	13 Chef Salad, Dr. Spiced Peaches Croutons Muffin, Marg. Milk
16 Hamburger/onion Baked Beans Cauliflower Pears Bun, Pickles Milk	17 Creamed Chicken over Biscuit Mashed Potatoes Mixed Veggies Orange Milk	18 Italian Hoagie Spiced Peaches Pickled Beets Broccoli Salad Bun, Mayo Milk	19 Pulled Pork Sandwich Cabbage and Noodles Green Beans Waldorf Salad Bun, BBQ Sauce Milk	20 Johnny Marzetti Stewed Apples Zucchini Three Bean Salad Bread, Marg. Milk
23 Chipped Beef Over/ Mashed Pot. Mixed Veggies Warm Applesauce Cookie Bread, Marg.	24 Baked Pork Chop Au Gratin Potatoes Creamed Lima Beans Ambrosia Salad Dinner Roll, Marg. Milk	25 Taco Salad Grape Juice Corn Chips Sour Cream Milk	26 Honey Mustard Chicken Potatoes O'Brien Brussel Sprouts Banana Roll, Marg	27 Fish Sandwich Parsley Potatoes Berry Crisp Coleslaw Bun, Tartar Sauce Milk
30 Closed Memorial Day Menu subject to change due to	31 Macaroni & Cheese Stewed Tomatoes Peas Fruit Cup Bread, Marg. Milk	<b>Choice of milk:</b> skim, 2%, or 1% chocolate. <b>Choice of bread:</b> whole grain or white bread. Ingredient content	Donations may be mailed to SSOBC 67650 Oakview Dr. ST. Clairsville, OH 43950	Resume meals and/or Cancel meals Call 24/7 695-4142 or 1-800-200-0320