

MAY 17TH EDITION THE GOLDEN TIMES 2022

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**

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, brother-in-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.



EMPLOYEE SPOTLIGHT



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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 [home care questions](#), and recommend a plan to provide the level of care that will meet your senior’s needs.



You can read more about Jerry’s Walk, as well as find a list of resources for those who may be struggling, at the website below. Follow *Jerry’s Walk* on Facebook, Instagram, and Twitter as well.

THANK YOU to Jerry’s Walk for supporting our seniors in need every year at Christmas.

WWW.JERRYSWALK.ORG

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SENIOR SERVICES

OF

BELMONT COUNTY

HOME DELIVERED MEALS



You must be home at the time of delivery. Part of our service to you is a wellness check. Meals cannot be left in a cooler or with a neighbor. Please contact our office to resume or cancel a meal at 740.695.4142.




Meet Martha Orend

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



Martha Orend



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

HARVEY GOODMAN
REALTOR®
John Sambuco, Broker
KarenDerosa.com




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



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Bellaire, OH 43906
740-676-2300

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St. Clairsville Ohio 43950
740-695-2062




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 School. The room recently received a 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 look. The improvements would not have been possible without the kindness and generosity shown by our volunteers and the support from our landlords Shaun and Jackie Moran. Thank you, **EVERYONE** who helped us make the Lansing Seniors **SMILE**.



SSOBC



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.



COOKS & DELIVERY DRIVERS

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.



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



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



St Clairsville Members Bowling at St Clair Lanes.



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

Smile



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.



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National Church Residences

1 Gould Park Rd.
Bridgeport, OH 43912

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

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(800) 950-9952 x2525



BARNESVILLE MAY 2022



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

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.



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



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

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



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



Call your local Senior Center for details or SSOBC 740-695-4142.

All applications must be signed.

Belmont County seniors age 60 and older who are income eligible may apply.

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.

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U.S. News & WORLD REPORT

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



BELLAIRE MAY 2022



TUE	WED	THU	FRI	
<p>2 9:30 AM GROCERY SHOPPING & 10 AM GAMES</p> 	<p>3 9AM LEAVE FOR SENIOR SUPPORT FAIR AT THE OHIO VALLEY MALL. LUNCH OUT</p> 	<p>4 9 AM BREAKFAST AND MEETING 12:15 PM BINGO</p> 	<p>5 8AM LEAVE FOR AMISH COUNTRY</p> 	<p>6 10 AM GAMES 12:15 PM BINGO</p>  <p>CENTERVILLE MUSIC NIGHT</p>
<p>9 PRODUCE DAY & GAMES/ BUNCO</p> 	<p>10 10 AM GAMES 12:15 PM BINGO</p> 	<p>11 9 AM LEAVE FOR OLDER ADULT EXTRAVAGANZA AND LUNCH IN CAMBRIDGE</p>	<p>12 10 AM GAMES 12:15 PM BINGO</p> 	<p>13 9AM LEAVE FOR EORH HEALTH FAIR AT SSOBC LUNCH OUT</p>
<p>16 9:30 AM GROCERY SHOPPING</p> 	<p>17 10 AM GAMES 12:15 PM BINGO</p> 	<p>18 9AM LEAVE FOR BREAKFAST AT BOB EVANS AND SHOPPING AT WALMART</p>	<p>19 10 AM GAMES 12:15 PM BINGO</p> 	<p>20 10 AM BINGO WITH PANHANDLE</p> 
<p>23 PRODUCE DAY & GAMES/ BUNCO</p> 	<p>24 10 AM GAMES 12:15 BINGO</p> 	<p>25 10AM GAMES</p> 	<p>26 10AM BLOOD PRESSURE AND SNACKS</p> <p>12:15 BINGO</p> 	<p>27 10AM GAMES 12:30 COMMODITY DAY 12:15 PM JASON W/ SOUTHEASTERN HOME CARE</p>
<p>30 CLOSED</p> 	<p>31 10AM GAMES 12:15PM BINGO</p> 			

Tish Kinney, Coordinator 740.676.9473
Jewel Hammond, Driver

3396 Belmont Street
Bellaire, OH 43906



BETHESDA MAY 2022



MON	TUE	WED	THU	FRI
<p>2 10AM BOARD MEETING</p> 	<p>3 9:30AM SENIOR SUPPORT FAIR AT THE OHIO VALLEY MALL</p> 	<p>4 10AM CRAFTS AND FLOWERS</p> 	<p>5 11:30 AM SENIOR DINNER</p> 	<p>6 10AM BINGO WITH LORI OF BELMONT MANOR</p> 
<p>9 PRODUCE DAY & GAME OF CHOICE</p> 	<p>10 10AM CINCH 12PM NUTRITION SHOPPING</p> 	<p>11 9AM OLDER AMERICAN ADULT EXTRAVAGANZA IN CAMBRIDGE</p> 	<p>12 10AM SKIP-BO 12PM CHOICE OF GAMES</p> 	<p>13 9AM CINCH TOURNAMENT WITH BARNESVILLE 9:15AM EORH HEALTH FAIR AT SSOBC</p>
<p>16 10AM PEDRO</p> 	<p>17 10AM PAINT & SIP WITH LISA FROM ASTORIA FLUSHING SENIOR CENTER</p> 	<p>18 10AM BINGO WITH PANHANDLE 12PM NUTRITION SHOPPING</p> 	<p>19 8AM AMISH COUNTRY</p> 	<p>20 10AM SKIP-BO 12PM CRAZY 8 GAME</p> 
<p>23 PRODUCE DAY & GAME OF CHOICE</p> 	<p>24 9:15 MALL AND NUTRITION SHOPPING LUNCH AT RED LOBSTER</p> 	<p>25 9:30 BINGO BRING A PRIZE 10:30 MY PLATE WITH MADYSON OSU EXTENSION OFFICE SNAP-ED BIRTHDAY CELEBRATION</p> 	<p>26 10AM SKIP-BO 12PM COMMODITY</p> 	<p>27 9AM CINCH TOURNAMENT WITH BARNESVILLE</p>
<p>30 CLOSED</p> 	<p>31 10AM CINCH</p> 			<p>← Wellness Center Exercise Class</p> 




















Sue Hines, Coordinator 740.761-0056
JB Flood, Driver

118 South Main Street
Bethesda, OH 43719



CENTERVILLE MAY 2022



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

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. **Checks are the safest way to pay.** 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.

*Please note: 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.*

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COLERAIN MAY 2022



MON	TUE	WED	THU	FRI
<p>2 10AM BINGO</p>  <p>12PM LUNCH</p>	<p>3 10AM BUSINESS</p> 	<p>4 9:30AM EUCHRE AND WOODCARVING</p>  <p>12PM LUNCH</p>	<p>5 10AM BELMONT VETERANS MUSEUM AND SCHLEPP'S</p> 	<p>6 10AM BINGO</p>  <p>12PM LUNCH</p>
<p>9 PRODUCE DAY &</p>  <p>GAMES OF CHOICE</p>	<p>10 11:30AM BRIDGE</p> 	<p>11 9:30AM EUCHRE AND WOODCARVING</p> 	<p>12 10AM BOWLING</p>  <p>12PM LUNCH</p>	<p>13 10AM BINGO</p>  <p>12PM LUNCH</p>
<p>16 10AM BINGO</p>  <p>12PM LUNCH</p>	<p>17 GAMES OF CHOICE</p>  <p>LUNCH</p>	<p>18 9:30AM EUCHRE AND WOODCARVING</p>  <p>12PM LUNCH</p>	<p>19 10AM JASON FROM SOUTHEASTERN HOMECARE</p>	<p>20 Happy BIRTH DAY</p>  <p>10AM BINGO 12PM LUNCH</p>
<p>23 PRODUCE DAY &</p>  <p>GAMES OF CHOICE</p>	<p>24 9AM LEHMAN'S AND SMUCKERS STORE AND LUNCH OUT 11:30AM BRIDGE</p>	<p>25 9:30 EUCHRE AND WOODCARVING</p> 	<p>26 COMMODITIES</p>  <p>10AM CRAFT 12PM LUNCH</p>	<p>27 10 AM BINGO</p>  <p>LUNCH</p>
<p>30 CLOSED</p> 	<p>31 10AM BINGO</p>  <p>12PM LUNCH</p>	<p>Colerain Members Visited Dennison Railroad</p> 		

Lori Parsons, Coordinator 740.633.6823
Jack Timko, Driver

72581 US 250
Colerain, OH 43916



FLUSHING MAY 2022



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

Maxine Jurovcik, Coordinator 740.968.2525
Lee Nichol, Driver

208 High Street
Flushing, OH 43977



GLENCOE MAY 2022



MON

TUE

WED

THU

FRI

<p>2 CLEAN AND DECORATE</p> 	<p>3 BRA PONG</p> 	<p>4 CORNHOLE</p> 		
<p>9 PRODUCE DAY & GAME OF CHOICE</p> 	<p>10 DART GAME</p> 	<p>11 BALLOON VOLLEY-BALL</p> 		
<p>16 RIGHT, LEFT CENTER</p> 	<p>17 GAME OF CHOICE</p> 	<p>18 LUNCH AT MEHLMAN'S</p> 		
<p>23 PRODUCE DAY & GAMES OF CHOICE</p> 	<p>24 COMMUNITY BREAKFAST</p>  <p>MOM'S DAY</p>	<p>25 OUTING TO MOUNDVILLE</p> 		
<p>30 CLOSED</p> 	<p>31 GAMES OF CHOICE</p> 			

Karen Rebecca 740-676-4484 & Sharon Olexo

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



Word Search

Y Y C A G E L S S P R I N G M
 L I P Q W X X C C N G R T T A
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 E C H A P P Y N P I O T W D E
 G O R S G Y I U R P O U E I W
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 Y S I A D E L I A I P P Q S U
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 N I A I C A D E I E X P Q R S
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- DRIVER
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- GARDENS
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- BINGO
- GOOD MUSIC
- RETIREMENT
- MEALS ON WHEELS
- PUZZLES
- HAPPY
- HEALTH
- FAMILY
- LEGACY
- GOOD MOODS
- SUNSHINE
- SPRING
- FLOWERS
- DAISY
- VIOLETS
- MUMS
- ROSE
- IRIS
- TULIP



LANSING MAY 2022



MON	TUE	WED	THU	FRI
<p>2 930AM SENIOR MTG</p>  <p>MEXICAN TRAIN</p>	<p>3 10AM SENIOR SUPPORT FAIR OHIO VALLEY MALL</p> 	<p>4 KENTUCKY DERBY HAT CRAFT</p> 	<p>5 HOWARD LONG WELLNESS CENTER</p> 	<p>6 930AM BINGO</p>  <p>BRYAN UNIVERSITY</p>
<p>9 PRODUCE DAY</p> 	<p>10 BOWLING</p>  <p>BOB EVANS</p>	<p>11 OLDER AMERICAN ADULT EXTRAVAGANZA IN CAMBRIDGE</p> <p>LUNCH AT THEOS</p>	<p>12 HOWARD LONG WELLNESS CENTER</p> 	<p>13 EORH HEALTH FAIR AT SSOBC</p> 
<p>16 1030 AM JASON WITH SOUTHEASTE RN HOME CARE</p>	<p>17 930AM BUNNY RACES</p> 	<p>18 1030AM MICHAEL FROM CCRC FOR CORN TOSS</p> 	<p>19 HOWARD LONG WELLNESS CENTER</p> 	<p>20 930AM BINGO</p>  <p>8AM-10AM EORH COMMUNITY LAB DAY</p> 
<p>23 PRODUCE DAY</p> 	<p>24 930AM CARMEN RHOADES BELMONT COUNTY MOBILITY MANAGER</p>	<p>25 BINGO WITH TARA FROM AMEDISYS HOSPICE</p> 	<p>26 HOWARD LONG WELLNESS CENTER</p> 	<p>27 930AM BINGO</p>  <p>COMMODITIES</p> 
<p>30 CLOSED</p> 	<p>31 GAMES OF CHOICE</p> 			

Carolyn Cohen, Coordinator 740.609.5109
David Ward, Driver

68583 Scott Lane
Lansing, OH 43934

REFRIGERATOR STORAGE CHART

Food Item	Refrigerator (40°F)
EGGS	
Fresh eggs, in shell	4-5 weeks
Hard cooked	1 week
Egg substitutes, opened	3 days
Egg substitutes, unopened	10 days*
DAIRY PRODUCTS	
Milk	1 week
Cottage cheese	1 week
Yogurt	1-2 weeks
Mayonnaise	2 months
DELI FOODS	
Entrees, cold or hot	3-4 days
Deli meats – sliced ham, turkey, beef	2-3 days
Store-prepared or homemade salads	3-5 days
HOT DOGS AND LUNCHEON MEATS	
Hot dogs, opened package	1 week
Hot dogs, unopened package	2 weeks*

Luncheon meats, opened	3-5 days
Luncheon meats, unopened	2 weeks
LEFTOVERS	
Cooked meat, meat or egg dishes, soups, stews and vegetables	3-4 days*
Gravy and meat broth	1-2 days*
Cooked fish and poultry	3-4 days*
FRESH MEAT	
Steaks or roasts	3-5 days*
Chicken or turkey, whole or pieces	1-2 days*
Fresh meat	1-2 days*
PROCESSED MEAT	
Bacon	1 week*
Canned ham ('Keep Refrigerated')	6-9 months
Ham, fully cooked	3-5 days*
Sausage, raw	1-2 days*
Precooked sausage breakfast links/patties	1 week*

*Freeze for longer storage.

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204 West Main St.
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(740) 695-0475



MARTINS FERRY MAY 2022



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  ACTIVITIES WITH KATHY & KELLY	10 1030 HOWARD LONG WELLNESS CENTER  GAMES OF CHOICE	11 OLDER ADULT EXTRAVAGANZA IN CAMBRIDGE 	12 1030AM MELISSA EVICK W/VISITING ANGELS 12PM WHEEL OF FORTUNE 	13 10-12 EORH HEALTH FAIR AT SSOBC 
16 1030AM CRAFTS WITH JO ANN AND ARI 12PM FINISH CRAFT PROJECT	17 1030 HOWARD LONG WELLNESS CENTER  GAMES OF CHOICE	18 NUTRITION SHOPPING  1030AM CARDIO DRUMMING CRAFT OF THE MONTH	19 SHOPPING IN WHEELING AND LUNCH AT PERKINS 	20 1030AM STRETCH BAND EXERCISE GAME OF CHOICE 12PM Pictionary
23 PRODUCE DAY  CENTER SHOWER 	24 1030 HOWARD LONG WELLNESS CENTER  GAMES OF CHOICE	25 NUTRITION SHOP- PING 1030AM CORN TOSS WITH MICHAEL OF CCRC CRAFT OF THE MONTH	26 1030AM CARDIO DRUMMING 12PM DIME BINGO 	27 SHOPPING AT GABES AND LUNCH AT CRACKER 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
<p>2 AM MEXICAN TRAIN</p> <p>12PM 10 CENT BINGO</p> 	<p>3 SENIOR SUPPORT FAIR AT THE OHIO VALLEY MALL</p> 	<p>4 CARD GAME FIVE CROWNS</p>  <p>PM GAME OF GOLF</p>	<p>5 BOWLING IN ST.C</p>  <p>GAME OF CHOICE</p>	<p>6 12 KENTUCKY DERBY HORSE RACES</p> 
<p>9 PRODUCE DAY &</p>  <p>KATIES BINGO/ EUCHRE</p>	<p>10 CENTER MEETING 12:30 MICHAEL WITH CCRC AND CORN TOSS</p>	<p>11 AM GAME OF SEQUENCE PM MEXICAN TRAIN</p> 	<p>12 AM SKIP-O CARDS OR UNO PM DRUMMING EXERCISE</p> 	<p>13 9 AM EORH HEALTH FAIR AT SSOBC.</p> 
<p>16 GAME OF GOLF</p>  <p>10 CENT BINGO</p> 	<p>17 CENTERVILLE SENIOR CENTER VISITING GAMES FOR PARTY</p> 	<p>18 FIVE CROWNS DRUMMING</p> 	<p>19 BOWLING IN ST. C</p>  <p>EUCHRE</p>	<p>20 BLITZ OR GAME OF CHOICE</p> <p>HORSE RACES</p> 
<p>23 PRODUCE DAY &</p>  <p>BLITZ OR CORNHOLE</p>	<p>24 STOP YOUR NEIGHBOR GAME</p> <p>SKIP-O OR KARAOKE</p>	<p>25 WHEELING FISH MARKET AND SHOPPING</p> 	<p>26 9:30AM GAMES WITH CERTUS OF SHADYSIDE</p> <p>12PM ADDUS HOME CARE GAMES</p>	<p>27 COMMODITY PICK UP PANHANDLE</p> <p>RESTORATION GAMES</p>
<p>30 CLOSED</p> 	<p>31</p>   <p>MEXICAN TRAIN</p>			

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

Dorothy Burkhart, Coordinator 740.695.1944
Chip Rice, Driver

101 North Market
St. Clairsville, OH 43950

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

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2022

OFFICE DIRECTORY

2022

67650 Oakview Dr., St. Clairsville, OH 43950

740.695.4142, Fax 740.695.4144

NUTRITION

Tina Burkhart, Administrator

740.695.4142

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Our Website is "under construction" and is:

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TRANSPORTATION

Michael McBride, Administrator

740.695.6868

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Nutrition Shopping (see each center's calendar for availability)

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Health Education

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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

MAY MENU 2022

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