

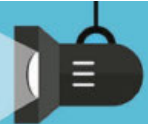
# THE GOLDEN TIMES 2022



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

## EMPLOYEE SPOTLIGHT



**DALE CLARK** has been dedicated to helping the seniors of Belmont County for more than 26 years. He is currently a Medical Driver at SSOBC. Prior to that, he held the same position at Belmont Senior Services. Dale calls Martins Ferry, Ohio, home. It's where he graduated from high school as a Purple Rider and still lives today. Dale has two sons; Richard and Daniel. When he isn't at work helping seniors who need rides, he enjoys fishing and camping. Dale's colleagues describe him as a quiet, kind man who enjoys working with people.



## TABLE OF CONTENTS

CenterPhotos -----	3
Visiting Angels -----	5
Barnesville Calendar --	6
Bellaire Calendar -----	7
Super Seniors -----	8
Bethesda Calendar ----	10
Baby Boomers -----	11
Be Food Safe -----	13
HEAP -----	14
Word Search -----	15
Recipe -----	16
Centerville Calendar -----	17
Colerain Calendar -----	18
Puzzle solutions -----	20
Flushing Calendar -----	21
Glencoe Calendar -----	22
Medicare Information ---	24
Lansing Calendar -----	25
Martins Ferry Calendar --	26
Powhatan Calendar -----	27
St. Clairsville Calendar ----	29
Office Directory -----	31
June Menu -----	32



*Centerville Senior Center members helped the Fun Shop Preschoolers knot their quilts—a surprise for their moms.*



### *What is Juneteenth?*

The holiday was first celebrated in Texas, where on June 19, 1865, slaves were finally declared free according to the Emancipation Proclamation of 1862. Let us all remember that FREEDOM is important to all of us as we enjoy the National holiday.



Millie, of Martins Ferry personalized her cardio drumming stand.

### DID YOU KNOW?

**BELMONT COUNTY** was founded September 7, 1801, making it the 9th county in present-day Ohio, and the last county founded while a part of the Northwest Territory.

**BELMONT COUNTY** is the only **BELMONT** county in the country.

*These facts were brought to you by the County Recorder, Jason Garczyk*



### EMPLOYEES

We're happy to hear when you are happy, so please send in notes showing your appreciation to our employees 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!**



### **MARK YOUR CALENDAR**

Two remaining health fairs are set for June. Trinity Health System will be at our main office on June 17. WVU/ Wheeling Hospital will be there 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.

**SSOBC**







Martins Ferry members enjoying a day at the center.



Colerain Senior Center Bowlers.



Penny Bingo at Centerville; Debbie, Phyllis, Peggy, Stan, Charlotte, Bill, Chloe and Wanda.



Barnesville members: Mickey, Melba, Patsy, Carol, Linda, Beverly, and Rick had a great day out at Wheeling Downs.



Bellaire members having bloodwork done at the Senior Center thanks to WVU Hospital.



Off to the races for St. Clairsville members Bonniegail, Cindy, LeAnn, and Shirley.



Glencoe Senior Center welcomes new members Barbara and Janice.



# 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







## Outdoor Activities for Seniors & Caregivers

Whether you're eight years old or eighty, it's the perfect time to get outside and enjoy the outdoors. If you are a family caregiver for an older loved one, there are plenty of outdoor activities for seniors that you and your loved one will be able to enjoy together.

"Outdoor activities for seniors have a range of benefits," says Larry Meigs, President and CEO of Visiting Angels. "By getting seniors out of the home, you encourage light exercise, which is an important part of healthy living in the elderly. It also gives seniors the chance to soak up fresh air and sunshine, which can improve physical and emotional health."

Here are Visiting Angels' top activities for seniors and caregivers to enjoy this spring...

### **Picnics**

There's no more quintessential outdoor activity than a picnic. Whether you're enjoying a meal for two in the backyard or meeting with friends for a feast in the park, a picnic is the perfect way to get an elderly loved one outside into the fresh air. What's more, it offers the chance to pack healthy snacks like fruits and omega 3-rich foods.

### **Walks**

Whether you're taking a five-minute stroll or a daylong hike, going out for a walk can be a great way to take in the world, get some fresh air, and step away from stress and distractions. It's also one of the most recommended forms of light exercise by health professionals.

### **Outdoor Theater & Music**

Even if you live in a small town, there's a good chance that local organizations put on outdoor plays and events that you and your loved one will be able to enjoy. Whether you're going out to see outdoor community theater or taking in an open air music festival, this can be a great way to soak up culture and sunshine all at once. One popular (and often free) option: [Shakespeare in the park](#).

### **Birdwatching**

While birdwatching isn't for everyone, many seniors find it to be a singularly rewarding activity. Birdwatching is one of the best outdoor activities for seniors who want to connect with nature. Many birdwatchers find that it's a soothing, therapeutic experience.

## 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.



# BARNESVILLE

## JUNE 2022



MON	TUE	WED	THU	FRI
		1 10AM 10 CENT BINGO 	2 NUTRITIONAL SHOPPING AT ALDI'S WEN WU'S FOR LUNCH 	3 CINCH 
6 CENTER MEETING 	7 BREAKFAST AT SCHLEPPS AND MYSTERY TRIP 	8 BINGO WITH JEN 	9 8:30 AM 5-B'S, HOBBY LOBBY BREAKFAST AT J'S IN ZANESVILLE 	10 9AM CINCH IN BETHESDA 
13 PRODUCE 	14 10 JASON-SOUTHEASTERN HOME CARE 	15 10AM VISITING BELLAIRE SR. CTR 	16 10 MOBILITY MANAGEMENT WITH CARMEN 	17 CINCH LUNCHEON 
20 CLOSED FOR JUNETEENTH HOLIDAY	21 BINGO WITH TRISHA 	22 1130 PICNIC AT THE CENTER 	23 COMMODITIES  10AM LEFT, RIGHT CENTER	24 COMMODITIES CINCH IN BETHESDA
27 PRODUCE 	28 BINGO WITH LISA 	29 WALMART, DOLLAR TREE LUNCH AT DEFELICE 	30 	

Kay Driscoll, Coordinator 740.425.9101  
JB Flood, Driver

229 East Main Street  
Barnesville, OH 43713





# BELLAIRE MAY 2022



TUE	WED	THU	FRI
	<p>1 9:00 AM BREAKFAST AND MEETING</p>	<p>2 10:00 GAMES 12:15 BINGO</p>	<p>3 11:00 LEAVE FOR LUNCH AND A MOVIE</p>
<p>6 9:30 GROCERY SHOPPING 10:00 GAMES</p>	<p>7 10:00 GAMES 12:15 BINGO</p>	<p>8 AM GAMES 12:15 SUSAN FROM DIAMOND PHARMACY</p>	<p>10 8:00 LEAVE FOR ROGERS FLEA MARKET</p>
<p>13 9:30 GROCERY SHOPPING 1:30 BUNCO</p>	<p>14 10:00 GAMES 12:15 BINGO</p>	<p>15 10:30 BELLAIRE FUNDRAISER</p>	<p>17  Trinity Health System TRINITY HEALTH FAIR AT SSOBC 10-12</p>
<p>21 CLOSED JUNETEENTH</p>	<p>21 10 GAMES 12:15 BINGO</p>	<p>22 10:00 GAMES 12:15 JASON SOUTHEASTER EXERCISE</p>	<p>24 10:00 GAMES COMMODITY DAY AT 12 :30</p>
<p>27 930 GROCERY SHOPPING 12:00 BUNCO</p>	<p>28 10:00 GAMES 12:15 BINGO</p>	<p>29 10-12 WVU WHEELING HOSPITAL HEALTH FAIR AT SSOBC</p>	<p>30 10:00 GAMES 12:15 BINGO</p>

Tish Kinney, Coordinator 740.676.9473

Jewel Hammond, Driver

**7 | JUNE 2022**

3396 Belmont Street

Bellaire, OH 43906

**Follow Us on Facebook**



# June's SUPER SENIOR



Hello. My name is **Peter Anthony Barto**. Most people call me Pete, or Butch. I am 79 1/2 years old. Dr. Leggett delivered me on October 25, 1942, at home, in what was called "Joetown," or "Rosemary Patch" in Flushing, Ohio. I still live in Flushing today, right next to the Senior Center where I have been a member for 6 years. I am a Vietnam Veteran who joined the services in 1961. I was first stationed in Germany, and then Vietnam from 1965-1972. I met my wife, Helen (Njuyen) Barto while in Vietnam. We married there in 1970 and came back to the United States when I was discharged. We got married in the Christian Church in Flushing when we got back. We will be married 52 years on August 17th. We have 2 sons; Peter "Toad" Barto who sadly passed away from cancer, and Chad Anthony Barto who is now 44 years old. We have 2 granddaughters, Ruby Nicole and Mable Sue. I have 6 siblings. Three of the six have passed away. While growing up I had a rabbit dog named Shadrack. I liked to hunt and fish. I am now involved with the American Legion Post 366 and VFW Post 5356. I enjoy cooking, going to Wheeling Downs, and attending the Flushing Senior Center. My favorite thing about the center is socializing and laughing with other members.



<p><b>BRIDGEPORT MANOR</b></p> <ul style="list-style-type: none"> <li>Affordable 1 bedroom apartments</li> <li>Income-based rent, Utilities included</li> <li>62 and older or mobility disabled</li> <li>Elevator, Planned activities</li> <li>Controlled access, Laundry room</li> <li>Pet friendly, Picnic area, Smoke-free</li> <li>Non-Emergency Medical Transportation</li> </ul> <p>1 Gould Park Rd. Bridgeport, OH 43912</p> <p><b>LEASING NOW!</b></p> <p>740.635.1294 Call for a free tour</p>	<p><b>CUMBERLAND POINTE CARE CENTER</b> P: 740.695.2500 <a href="http://www.cumberland-pointe.net">www.cumberland-pointe.net</a></p> <p><b>EMERALD POINTE HEALTH &amp; REHABILITATION</b> P: 740.425.5400 <a href="http://www.emerald-pointe.net">www.emerald-pointe.net</a></p> <p><b>PARK HEALTH CARE CENTER</b> P: 740.695.4925 <a href="http://www.park-health.net">www.park-health.net</a></p>
---	---

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





Bethesda members all decked out in their Kentucky Derby hats and getting ready for their tea party in June.



Powhatan members off to the Kentucky Derby. Winning horse was "Sunshine."



Mike & Mary Beth are ready for the Races.

Recipe:

1-PAN GARLIC PARMESAN RAMEN

- 2 T butter
- 1/2 onion, diced
- 3 cloves garlic, minced
- 1 pound mushrooms, sliced
- 10 oz broccoli florets
- 2 packs of ramen noodles
- 1 t Italian seasoning
- 1/4 t red pepper flakes
- 2 c chicken broth
- 1 c grated parmesan cheese

Melt butter in large skillet over medium heat. Add the diced onions, garlic, and mushrooms and cook for 3-5 minutes until softened.

Break the ramen noodles in half and add to the skillet with broth, broccoli, and seasonings.

Simmer over medium heat for 5 minutes, stirring noodles around with tongs to break up until soft.

Remove the pan from the heat and stir in the parmesan cheese.

*Makes 4 servings.*

9 | JUNE 2022

Follow Us on Facebook



# BETHESDA MAY 2022



MON	TUE	WED	THU	FRI
		1 10:00 CRAFT/WREATH  	2 11:00 SPEAKER JASON W/ SOUTHEASTERN HOME CARE 11:30 SENIOR DINNER	3 10:00 BINGO W/ LORI BELMONT MANOR  
6 10:00 BOARD MEET- ING  	7 10:00 HODGEPODGE TEA PARTY DRESS UP WEAR HATS W/TRICICA STONERISE HOSPICE BINGO- CENTERVILLE IS	8 BINGO/BRING A PRIZE  	9 8:00 ZANESVILLE CONN'S POTATO CHIP COMPANY BEE WEAR TOM'S ICE	10 9:00 CINCH TOURNAMENT W/ BARNESVILLE  
13 PRODUCE DAY GAME OF CHOICE  	14 10:00 BINGO/ JENNIFER WESTWOOD PLACE  	15 9:15 VISITING BELLAIRE CENTER MUSIC, FOOD  	16 10:00 HAMSTER RACES  	17 8-10 COMMUNITY LAB DAY 10:00  EORH HEALTH FAIR W/ TRINITY AT
20 <b>CENTER CLOSED JUNETEENTH HOLIDAY</b>	21 9:15 MALL SHOPPING NUTRITION SHOPPING DENNY'S  	22 10:00 BINGO W/ LISA ASTORIA  BIRTHDAY CELEBRATION	23 10:00 GAME OF CHOICE  	24 9:00 CINCH TOURNAMENT W/ BARNESVILLE  
27 10:00 PRODUCE DAY GAME OF CHOICE  	28 9:00 VISITING FLUSHING PAINT IN SIP  	29 9:15 HEALTH FAIR WVU MEDICINE PRIZES, GIVE AWAY SCHLEPP'S  	30 10:00 <b>SKIP-BO</b>  	

Sue Hines, Coordinator 740.761-0056  
JB Flood, Driver

118 South Main Street  
Bethesda, OH 43719



# Baby Boomers

## AND FOOD SAFETY

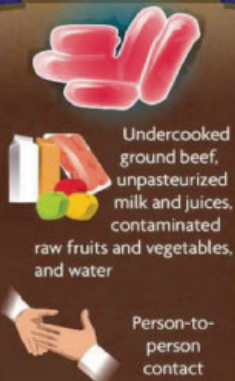
About 1 in 6 Americans will get food poisoning each year. Older adults are at an increased risk of serious complications from foodborne illness. A few simple steps can help keep the golden years pleasant for you or older adults you help care for.



### What May Make You Sick?

Here's a look at some of the most common food pathogens that affect older adults and where they're found:

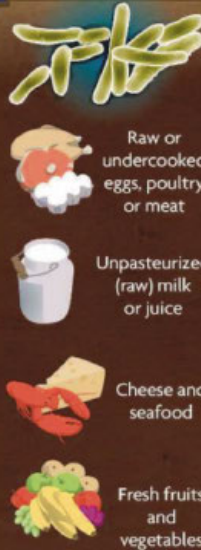
#### E. COLI O157:H7



#### CAMPYLOBACTER



#### SALMONELLA



### Why Are You at Risk?

Older adults are at elevated risk for hospitalization and death from foodborne infections. Why?

- Medication side effects (like a weakened immune system)
- Changes in functioning of organs like liver and kidneys
- Underlying chronic conditions (such as diabetes or kidney disease)
- Age-related changes to GI tract



### Product Dating

Dates printed on food labels indicate when items will no longer be at peak quality. Dates are not for safety. Here's what each one means:



**"SELL BY" DATE:** Buy the product before this date. It is safe to eat after this date.



**BEST IF USED BY/USE-BY:** This is the last date recommended for best flavor or quality.

To learn more visit [www.fsis.usda.gov](http://www.fsis.usda.gov) and search "product dating."

### When in doubt, throw it out.



Perishable food that has been held at unsafe temperatures can cause illness, regardless of the package date.

### Foods to Avoid

<p><b>SOFT CHEESES</b> made from unpasteurized milk (feta, brie, Camembert, blue-veined and queso fresco)</p>	<p><b>RAW OR UNDERCOOKED MEAT, POULTRY, EGGS OR SEAFOOD</b></p>	<p><b>UNPASTEURIZED (raw) MILK</b></p>	<p><b>RAW SPROUTS</b></p>
<p><b>UNWASHED FRESH VEGETABLES</b></p>	<p><b>HOT DOGS, DELI MEATS AND LUNCHEON MEATS</b> that have not been heated to steaming hot</p>	<p><b>PATES</b> – unpasteurized/ refrigerated pates</p>	

### Safety Tips

The pathogens that cause foodborne illness can't be smelled or tasted. Proper food handling of the food you bring home is your best defense against food poisoning. With all foods, follow these tips:

<p><b>CLEAN:</b> Clean surfaces, utensils and hands with soap and warm water.</p>	<p><b>SEPARATE:</b> Separate raw meat, poultry and seafood from ready-to-eat foods in your grocery-shopping cart, refrigerator, and during meal prep.</p>	<p><b>COOK:</b> Cooked food is safe only after it's been heated to a high enough temperature to kill harmful bacteria. Use a food thermometer.</p>	<p><b>CHILL:</b> Chill raw and prepared foods promptly if not consuming after cooking.</p>
---	---	--	--



For more food safety tips, go to [FoodSafety.gov](http://www.FoodSafety.gov)

**ADDITIONAL SOURCE**  
<http://www.cdc.gov/features/dsfoodborneestimates/>



# SUDOKU PUZZLER

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



Thank you!

Belmont County Adult Services Coalition for organizing a great Senior Expo at the Ohio Valley Mall on May 3.

## THERE'S A MONTH FOR THAT!

May was **OLDER AMERICANS MONTH**—we hope *if* you consider yourself “older” that you celebrated.

June, among other designations, is **GREAT OUTDOORS MONTH**. Enjoy an activity outdoors if you can.

Stay safe!



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



**"BE FOOD SAFE"**

Date: \_\_\_\_\_ Mealsite: \_\_\_\_\_

Please answer the following questions regarding today's nutrition education presentation.  
Thanks!

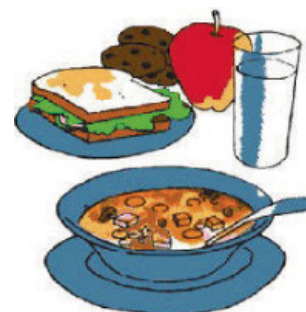
Pre-Test-----Answer these before the presentation!

True or False 1 in 6 Americans get food poisoning each year.

True or False Food-related illnesses only happen right after you eat the food.

True or False Older adults are more likely to be hospitalized or die from food poisoning.

True or False Changes in the body as we age make older adults more susceptible to food-related illness.



Post Test- Answer these after the presentation!

1. Name two common food pathogens that cause food poisoning.

\_\_\_\_\_

2. List the 4 words that remind us how to avoid food related illness.

\_\_\_\_\_

3. List 3 foods that older adults should avoid to prevent food poisoning.

\_\_\_\_\_

**INTERESTING INFORMATION:**

From January 1 to April 30 of this year, our dedicated staff prepared and delivered 92,759 meals. Our medical transportation drivers made 4,017 trips that covered 70,045 miles in that same time period.

# HEAP

## Heating Assistance Available

**Application Deadline: May 31, 2022**

The Ohio Department of Development and SSOBC want to remind Ohioans that assistance is available to help with their home energy bills. The Home Energy Assistance Program (HEAP) helps Ohioans at or below 175 percent of the federal poverty guidelines pay their heating bills.

Applied directly to the customer's utility or bulk fuel bill, the benefit can help manage heating costs. Ohioans can visit [www.energyhelp.ohio.gov](http://www.energyhelp.ohio.gov) to apply online, download a copy of the application or find contact information for a local Energy Assistance Provider (EAP). When applying, individuals need to have copies of the following documents:

Most recent utility bills

A list of all household members (including birth dates and Social Security numbers)

Proof of income for the past 30 days for all household members (12 months for certain income types)

Proof of U.S. citizenship or legal residency for all household members

Proof of disability (if applicable)

HEAP benefits are applied to an individual's energy bill after January 1<sup>st</sup>. Applications for the HEAP program must be received by May 31, 2022.

For more information about HEAP, contact your local Senior Center Director at the phone number listed with each center's calendar in this newsletter. To be connected to your local Energy Assistance provider, call (800) 282-0880 (hearing impaired clients may dial 711 for assistance) or visit [www.energyhelp.ohio.gov](http://www.energyhelp.ohio.gov).

## 2022 COMMODITY DISTRIBUTION DATES

*(mark your calendars with the remaining dates)*

June 23, 2022

July 28, 2022

August 25, 2022

September 22, 2022

October 27, 2022

November 29, 2022

December 22, 2022

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 cannot 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 in 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 \$1,473. Two people in household \$1,984. Three people in household \$2,495.

If you want to apply, please contact Leslie Thompson at 740.695.4142 or your local senior center Monday-Friday 8:00 a.m. to 2:00 p.m. For senior center phone numbers, please see each center's calendar.



## 80s Movies

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

AIRPLANE  
AMADEUS  
BATMAN  
BIG  
BODY HEAT  
COCOON  
DAS BOOT  
DIE HARD  
DINER  
FRANCES

GANDHI  
GLORY  
GOONIES  
GREMLINS  
PLATOON  
PREDATOR  
RAIN MAN  
RAN  
REDS  
SCARFACE

SILKWOOD  
SPLASH  
STRIPES  
TAPS  
TOOTSIE  
TOP GUN  
TRON  
WARGAMES  
WITNESS  
YENTL

# Recipe: THREE INGREDIENT COOKIES

- 1 box cake mix of your choice (such as chocolate or lemon)
- 2 large eggs
- 1/3 c canola oil
- Preheat oven to 350 degrees (325 if using dark or coated pan).
- Stir together cake mix, eggs, and oil in medium bowl.
- Scoop 1 and 1/2 tablespoon sized portions of dough spaced 2 inches apart on baking sheets line with parchment.
- Bake in preheated oven until lightly golden around bottom (10-12 minutes).
- Let stand on baking sheet for 3 minutes before removing to cool.

THIS SPACE IS  
**AVAILABLE**

SUPPORT OUR  
ADVERTISERS!



Place Your Ad Here and  
Support our Community!

Instantly create and  
purchase an ad with

**AD CREATOR STUDIO**



[lpicomunities.com/adcreator](http://lpicomunities.com/adcreator)

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**







# CENTERVILLE

## June 2022



MON	TUE	WED	THU	FRI
		<b>1</b> 10:00 \$2.00 BINGO  12:00 LEFT RIGHT CENTER	<b>2</b> 10:15 <b>BALLOON VOLLEY</b> 12 PENNY BINGO 	<b>3</b> <b>COMMUNITY LAB DAY 830-1030 SAVE A TRIP TO ST. CLAIRSVILLE OPEN TO PUBLIC</b> 
<b>6</b> 10:00 <b>EUCHRE DAY</b> ALL MEN AND WOMEN INVITED	<b>7</b> 9:30 BETHESDA TEA PARTY  PLEASE DRESS OLD FASHION AND WEAR HAT	<b>8</b> 10:30 SENIOR MEETING & BIRTHDAY CELEBRATION 	<b>9</b> 12:30 VISIT FROM DIAMOND PHARMACY <b>MANAGING YOUR MEDICATION</b> 	<b>10</b> 10:30 CARDIO DRUMMING 
<b>13</b> 10:30 PRODUCE DAY LEFT RIGHT CENTER <b>USING NICKELS</b> 	<b>14</b> 10:00 LEFT RIGHT CENTER BRING NICKELS, DIMES AND QUARTERS <b>RESERVE YOUR LUNCH</b>	<b>15</b> 9:30 BELLAIRE FUNDRAISER FOOD & MUSIC 12:00 MEXICAN TRAIN 	<b>16</b> 10:15 HOT POTATO TEST YOUR REFLEXES 	<b>17</b> 10:00 / 12:00 <b>HEALTH FAIR AT SSOBC WITH TRINITY HOSPITAL LUNCH</b>
20 CLOSED JUNETEENTH HOLIDAY	<b>21</b> 10:30 EXERCISE W/ JASON FROM SOUTHEASTERN HOME CARE 	<b>22</b> 11:00 BEST OF 31 CARD GAME <b>BRING NICKLES</b> 	<b>23</b> 8:30 TRIP TO AMISH COUNTRY BULK STORE & LUNCH 	<b>24</b> 10:30 CARDIO DRUMMING 12:00 LEFT, RIGHT, CENTER 
<b>27</b> 11:00 PRODUCE DAY 12 PENNY BINGO 	<b>28</b> 9:00 AM BREAKFAST SONNY BOY'S SHOP AT BIG LOT'S RIESBECK'S 	<b>29</b> 10:00 / 12:00 <b>HEALTH FAIR WITH WVU WHEELING HOSPITAL AT SSOBC</b>	<b>30</b> 12:30 <b>CORNHOLE</b> WITH MIKE FROM COUNTRY CLUB 	LUNCH ISSERVED EVERYDAY. PLEASE CALL THE DAY BEFORE 10:00

Donna Steadman, Coordinator 740.676.9832

Lisa Saunders, Driver

46642 Main Street

Jacobsburg (Centerville), OH 43933







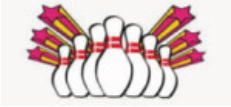










**17 | JUNE 2022**

**Follow Us on Facebook** 



# COLERAIN JUNE 2022



MON	TUE	WED	THU	FRI
		1 930 EUCHRE AND WOODCARVING 	2 9:45 BARKCAMP AND COOKOUT 12 LUNCH 	3 10 BINGO  12 LUNCH
6 10AM BINGO  GLUCOSE AND BP CHECK	7 10 BUSINESS MEETING 930 SAFETY TALK BY SGT DEVAUL 12 LUNCH	8 930 EUCHRE AND WOODCARVING 	9 10AM BOWLING AND LUNCH AT THE MALL 	10 10 BINGO 
13 PRODUCE DAY 	14 BRIDGE 	15 930 EUCHRE AND WOODCARVING LUNCH WILL BE AT BELLAIRE CENTER FOR FUNDRAISER	16 1030 SUSAN TARR WITH DIAMOND PHARMACY LUNCH AND GAME OF CHOICE	17 10 BINGO 10-12 TRINITY HEALTH FAIR AT SSOBC HAMSTER RACES
20 CLOSED FOR JUNETEENTH	21 9:30 SUSAN TARR W/ DIAMOND PHARMACY 10 BINGO 	22 930 EUCHRE AND WOODCARVING 	23 COMMODITIES  CRAFT DAY/ LUNCH	24 10 BINGO  12 LUNCH
27 PRODUCE DAY GAMES OF CHOICE 	28 1130 BRIDGE 	29 930 EUCHRE AND WOODCARVING 10-12 WVU WHEELING HOSPITAL HEALTH FAIR AT SSOBC	30 10 JASON CRAMBLETT FROM SOUTHEASTERN HOME CARE 12 LUNCH	

Lori Parsons, Coordinator 740.633.6823

Jack Timko, Driver

72581 US 250

Colerain, OH 43916



# D O N A T I O N S

We appreciate donations (at a level you can afford) toward the costs of your meals. We are required to solicit donations to access certain funding. 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.*

## 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.

Why do bees  
have sticky hair?

Because they use  
honeycombs.



Why don't we tell any jokes about PIZZA?

Because they're too cheesy.

## Let's Protect One Another

If you have any flu-like symptoms such as sneezing, runny nose, fatigue, vomiting, coughing, or a fever, please refrain from visiting our senior centers. After you are sure your symptoms have passed, you can resume your attendance. We reserve the right to ask you to leave the center when you are sick. We must protect one another.

ANSWERS TO PUZZLES

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



Would like to honor and  
thank you for your service.  
Please be our guest at a

**VETERANS APPRECIATION  
LUNCHEON**

Date: Tuesday June 14<sup>th</sup>  
Time: 11:30am-2:00pm  
Where: Senior Services of Belmont County  
67650 Oakview Drive  
St. Clairsville, Ohio

Please feel free to bring your Military picture for our  
display table.

**RESERVATIONS REQUIRED:  
CALL OR TEXT KAREN TO RESERVE YOUR SPOT  
(740) 312-4689**

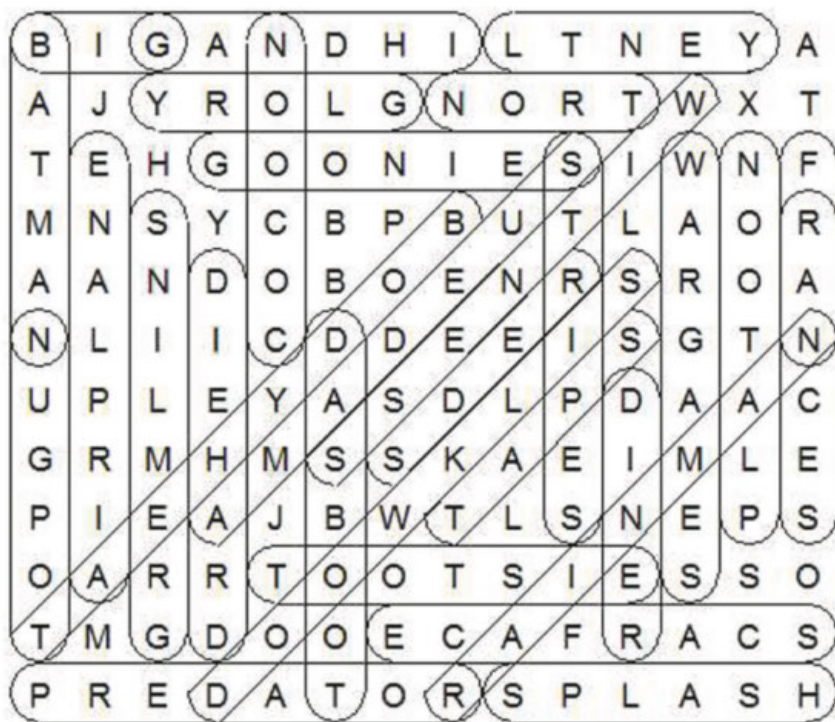
Informational Resource pieces and Representatives will be provided by Interim HealthCare and  
Tri-State Veterans Museum.  
Thank you, Senior Services of Belmont County, for offering your wonderful Senior Center -- to  
hold this Appreciation Luncheon.



Glencoe—the Easter Bunny & the Fire  
Department—all in one day!



Penny, Faith, and Beverly - from  
Barnesville—enjoying lunch at  
Gulla's.





# FLUSHING MAY 2022

MON	TUE	WED	THU	FRI
		1 10:00AM 10CENT BINGO  11:30 LUNCH	2 10:00 FISHBOWL GAME  11:30 LUNCH	3 10:00AM ZILCH  11:30 LUNCH
6 10:00 AM GAME OF CHOICE WORK ON PUZZLE	7 10:00 BUNCO  11:30 LUNCH	8 10:00AM 10CENT BINGO  11:30 LUNCH	9 10:00AM GAME OF CHOICE  11:30 LUNCH	10 10:00 ZILCH  11:30 LUNCH
13 10:30 AM HAND OUT PRODUCE  11:30 LUNCH 	14 10:00AM 10CENT BINGO  11:30 LUNCH	15 10:00AM GOING TO BELLAIRE FUNDRAISER 	16 10:00AM FISHBOWL GAME  11:30 LUNCH	17  TRINITY HEALTH FAIR AT SSOBC
20  CENTERS CLOSED  HOLIDAY	21 8AM AMISH COUNTRY TRIP 	22 10:00AM 10CENT BINGO  11:30 LUNCH	23 10AM GAMES OF CHOICE  11:30 LUNCH	24 10:00AM ZILCH  11:30 LUNCH
27 10:30 AM HANDOUT PRODUCE 	28 9:30 LEAV- ING FOR BETHESDA CENTER FOR PAINT AND SIP 	29 10:00AM 10CENT BINGO  11:30 LUNCH	30 LEAVING AT 9:30AM TO GO TO BELMONT COUNTY HERITAGE MUSEUM	

Maxine Jurovcik, Coordinator 740.968.2525  
Lee Nichol, Driver

208 High Street  
Flushing, OH 43977



# GLENCOE JUNE 2022



MON	TUE	WED	THU	FRI
		1 <b>CORNHOLE</b> 		
6 GAME OF CHOICE 	7 RAT RACES 	8 PUZZLES GALORE 		
13 PRODUCE AND GAMES 	14 BALOON POP 	15 FATHER'S DAY BREAKFAST 		
20 BRA PONG 	21 BINGO 	22 LEFT, RIGHT CENTER 		
27 PRODUCE AND GAMES 	28 GAME OF CHOICE 	29 CHAIR VOLLEY-BALL 	30 	

Karen Rebecca 740-676-4484

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



FOLLOW US  
ON  
FACEBOOK

Senior Services of  
Belmont County



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.

[WWW.JERRYSWALK.ORG](http://WWW.JERRYSWALK.ORG)

*Whether you think you can or you think you can't, you're right.*

Henry Ford

## FYI ——— SENIOR ASSOCIATIONS

Each of the Senior Centers has a Senior Association that is separate from Senior Services of Belmont County. Sometimes the Senior Associations sponsor events or collect monies for specific things. Try not to confuse the Association with SSOBC. If you wish to join your local association or have ideas for what they can do, contact one of the associations' officers at each center.

## *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.

Some great and relatively unknown news about your [Medicare Plan for 2022!](#) Belmont County residents, did you know this about your Medicare?

In 2022, there is new criteria for residents in certain Ohio counties that enables consumers to review other options and even enroll in a new plan. This criterion applies to residents of Belmont County. But be careful because not everyone knows how this allowed change can be accomplished. There is a limited number of insurance plans and carriers that allow for this to happen.

Many people think they cannot change their Medicare Plan except during the Medicare Open Enrollment Period that occurs during the fall. The period when you are bombarded with Medicare Commercials telling you it's time to change. *Well, guess what? You absolutely can change your Medicare Plan in 2022, if you are a Belmont County resident.*

So, if you have a Medicare Advantage Plan or a Medicare Supplement Plan you have an option to look at and even apply for a plan that may meet your needs better than the plan you are currently on today. You can change your Medicare Plan as fast as the first day of the following month that you apply.

Many of you are now experiencing a rate increase as well as possibly finding out that some doctors or hospitals are no longer in your networks. Maybe that new prescription you were prescribed at the beginning of the year is not covered under your current Medicare Advantage Plan.

*There is one exception to this opportunity to improve your Medicare plan:*

If you have a separate Medicare Part D (also known as a separate Drug Card), that benefit cannot be changed until the official Medicare Open Enrollment period in the fall of 2022.

With the recent enhancements to the Medicare Advantage Plans and the ever-increasing premiums people are experiencing, **NOW** may be your best time to sit down and review your options with someone who is knowledgeable about the opportunity.

[Some questions you should be asking:](#)

1. Are all my doctors and hospitals still in network in 2022?
2. Why are my deductibles and co-pays higher?
3. Why does my plan not include Silver Sneakers (free gym membership)?
4. How can I receive Over the Counter (OTC) benefits?
5. How do I expand my plan to include dental or vision benefits?
6. I need a hearing aid, is it covered?
7. How can I receive Telehealth benefits?
8. What happens if I am traveling? Will I be covered?

I now have Medicaid and Medicare... what does that mean for me?

You don't have to wait until fall to review your Medicare benefits for this current year. Please feel free to call me so we can sit down and review exactly all your benefits and see if there is another plan better for you **NOW** in 2022. Let's make sure you are getting all the benefits you need. [You may reach me, Tracy McManamon, at 740-282-1132.](#) Thank you!









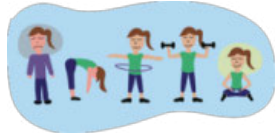






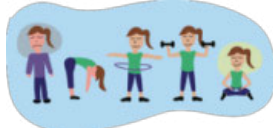
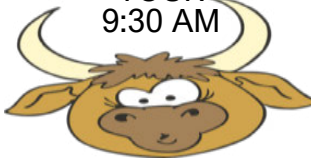











# LANSING

## June 2022



MON	TUE	WED	THU	FRI
		<p>1</p> <p>GAMES OF CHOICE</p> 	<p>2</p> <p>HOWARD LONG WELLNESS CTR</p> <p>11:00 AM</p> 	<p>3 HISTORIC NATIONAL RD. YARD SALES</p> <p>10:00 AM</p> 
<p>6 930AM CENTER MEETING</p> 	<p>7</p>  <p>BOWLING ST. CLAIR LANES / CRACKER BARREL</p>	<p>8</p> <p>GAMES OF CHOICE</p> 	<p>9</p> <p>HOWARD LONG WELLNESS CTR</p> <p>11:00 AM</p> 	<p>10</p>  <p>BINGO</p> <p>9:30 AM</p>
<p>13</p> <p>PRODUCE</p> 	<p>14</p> <p>BUNNY RACES</p> <p>10:00 AM</p> 	<p>15</p> <p>BELLAIRE SENIOR CTR FUND RAISER</p> <p>10:30 AM</p> 	<p>16</p> <p>HOWARD LONG WELLNESS CTR</p> <p>11:00 AM</p> 	<p>17</p>  <p>TRINITY HEALTH FAIR</p> <p>SSOBC</p>
<p>20</p> <p>CLOSED HOLIDAY</p>	<p>21</p> <p>HOWARD LONG WELLNESS CTR</p> <p>11:00 AM</p> 	<p>22</p> <p>DICKENSON CATTLE RANCH TOUR</p> <p>9:30 AM</p> 	<p>23</p> <p>HOWARD LONG WELLNESS CTR</p> 	<p>24</p>  <p>BINGO</p> <p>9:30 AM / COMMODITIES</p> 
<p>27</p> <p>PRODUCE</p> 	<p>28</p> <p>HOWARD LONG WELLNESS CTR</p> <p>11:00 AM</p> 	<p>29</p>  <p>WVU MEDICINE</p> <p>SSOBC</p> <p>10:00 AM- 12:00 PM</p>	<p>30</p> <p>HOWARD LONG WELLNESS CTR</p> <p>11:00 AM</p> 	

Coordinator 740.609.5109  
David Ward, Driver

68583 Scott Lane  
Lansing, OH 43934



# MARTINS FERRY

## June 2022



MON	TUE	WED	THU	FRI
		1 NUTRITION SHOPPING 10:30 CARDIO DRUMMING CRAFT OF THE MONTH	2 10:30 KENTUCKY DERBY BINGO 12:00 GAME OF CHOICE 	3 TRIP TO OLIVE GARDEN AND SHOPPING AT HIGHLANDS 
6 <b>10:30 BUNCO</b> <b>12:00 GAME OF CHOICE</b> 	7 10:30 MONTHLY MEETING HOWARD LONG EXERCISE CLASS GAME OF 	8 NUTRITION SHOPPING 10:30 CARDIO DRUMMING CRAFT OF THE MONTH	9 TRIP TO WALMART AND DENNY'S 	10 10:30 NANCY FROM PANHANDLE WILL CALL BINGO 
13 PRODUCE MADYSON LITTLE OSU 	14 HOWARD LONG EXERCISE	15 TRIP TO BELLAIRE SENIOR CENTER FOR A VIST AND LUNCH 	16 NUTRITION SHOPPING STRETCHING EXERCISES 	17 TRINITY HEALTH FAIR
20 CLOSED IN HONOR OF JUNETEENTH	21 HOWARD LONG EXERCISE CLASS 	22 NUTRITION SHOPPING 10:30 CORN TOSS WITH MICHAEL CRAFT OF THE MONTH	23 10:30 CARDIO DRUMMING COMMODITY DISTRIBUTION 	24 COMMODITY DISTRIBUTION 10:30 JACKI KEENAN-SONOTONE-HEARING
27 PRODUCE 10:30 CARD CRAFTS WITH JOANN & ARI 	28 HOWARD LONG EXERCISE CLASS 	29 WVU HEALTH FAIR @OFFICE SSOBC	30 TRIP TO BOB EVANS AND DOLLAR STORE SHOPPING 	

Melissa Finney, Coordinator 740.633.3146  
 Herb Wallace, Driver

14 North 5th Street  
 Martins Ferry, OH 43935

**26 | JUNE 2022**

**Follow Us on Facebook**





# POWHATAN POINT JUNE 2022



MON	TUE	WED	THU	FRI
		<p>1 HOUSEHOLD BINGO</p>  <p>PM CARDIO DRUMMING</p>	<p>2 SUMMER MEMBER PARTY</p> 	<p>3 AM GOLF</p>  <p>PM SEQUENCE AND DOLL TOSS</p>
<p>6 AM FIVE CROWNS</p>  <p>PM DIME BINGO</p>	<p>7 AM EUCHRE OR SEQUENCE</p> <p>12 BLUELINK WIRELESS ATT SMARTPHONE- AND CYBER SECUTIRY</p>	<p>8 AM STOP YOUR NEIGHBOR</p>  <p>PM SKIP-BO OR KARAOKE</p>	<p>9 BOWLING ST. CLAIRSVILLE</p>  <p>DIRECTORS MTG.</p>	<p>10 AM BLITZ OR GAME OF CHOICE</p>  <p>12 HORSE RACES</p>
<p>13 PRODUCE</p> 	<p>14 930AM CENTER MTG.</p>  <p>12:15 CORN TOSS WITH COUNTRY CLUB</p>	<p>15 9:15 BELLAIRE FUNDRAISER</p> 	<p>16 AM BLITZ OR GAME OF CHOICE</p>  <p>PM ROLL TO THE TOP</p>	<p>17</p>  <p>TRINITY HEALTH FAIR AT SSOBC 10-12</p>
<p>20 CLOSED FOR JUNETEENTH HOLIDAY</p>	<p>21 AM UNO</p>  <p>PM SUSAN TARR DIAMOND PHARMACY</p>	<p>22 AM MEXICAN TRAIN</p>  <p>PM ROLL TO THE TOP</p>	<p>23 COMMODITY GAMES BY CERTUS OF SHADYSIDE</p> <p>PM ADDUS HOMECARE</p> 	<p>24 COMMODITY 10AM PANHANDLE RESTORATION GAMES</p>
<p>27 PRODUCE</p> 	<p>28 10:15 LUNCH AT COURT RESTAURANT</p> 	<p>29</p>  <p>WVU WHEELING HOSPITAL HEALTH FAIR AT SSOBC 10-12</p>	<p>30 8AM BOWLING ST. CLAIRSVILLE</p>  <p>GAME OF CHOICE</p>	

Mary Beth Tennant, Coordinator 740.795.4350

Marilyn Passmore, Driver

155 Clark Street

Powhatan Point, OH 43942

**27** | JUNE 2022

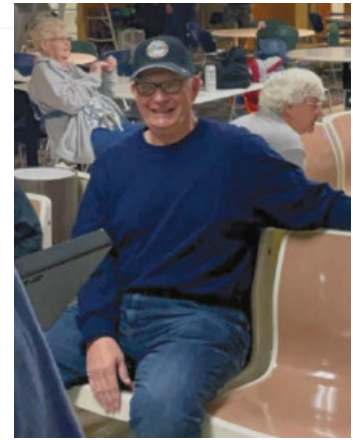
Follow Us on Facebook 



Stella Lea, Ruth, Barb, Fran, & Lisa, at Centerville,



St. Clairsville members: John, Mary Donna, Shirley, Pat, Bunny, Bonnie, Sally, and Gary tiptoe through the tulips at Oglebay.



Powhatan member, Joe Jeffers, loves bowling.



Bethesda members enjoying the day at their center.





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

**HARVEY GOODMAN REALTOR®**  
John Sambuco, Broker  
**KarenDerosa.com**



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



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

[countryclubretirementcampus.com](http://countryclubretirementcampus.com)  
Michael Vok, Marketing Director; [marketing@ccrciv.com](mailto:marketing@ccrciv.com)

**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](http://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








# ST. CLAIRSVILLE JUNE 2022



MON	TUE	WED	THU	FRI
<p>SWIMMING ON MONDAYS 2:30-3:30</p> <p>SWIMMING ON WEDNESDAYS 8:30-9:30</p> <p>CALL CENTER FOR MORE INFO</p>		<p>1 BUSINESS MEETING 10:00</p> <p><b>BINGO</b></p> <p>BINGO AFTER LUNCH</p>	<p>2 NUTRITION SHOPPING 10:00</p> <p>UNO 9:30</p> 	<p>3 EUCHRE 9:30</p>  <p>CRAZY DOUBLES</p>
<p>6 SNAP-ED WITH MADYSON 10:30</p> 	<p>7 UNDERGROUND RAIL ROAD MUSEUM WITH LUNCH AT PIKE 40 LEAVE AT 9:30</p> 	<p>8</p> <p><b>BINGO</b></p> <p>BINGO AFTER LUNCH</p>	<p>9 NUTRITION SHOPPING 10:00</p> <p>BINGO WITH AMEDISYS 10:30</p> <p><b>BINGO</b></p> <p>STAFF MEETING</p>	<p>10</p>  <p>BOWLING LEAVE AT 9:45</p>
<p>13 BP SCREENING AND BINGO W/ ADDUS 10:30</p> <p>PRODUCE DAY 10:30-1:30 NO MORNING TRANSPORTATION</p>	<p>14</p>  <p>CENTRE MARKET</p>	<p>15 CELEBRATE BIRTHDAYS!</p> <p><b>BINGO</b></p>	<p>16 NUTRITION SHOPPING 10:00</p> <p>KNOCK POKER 9:30</p>  <p>HORSE RACES</p>	<p>17 EUCHRE 9:30</p>  <p>TRINITY HEALTH FAIR AT SSOBC 10:00-12:00</p>
<p>20</p> <p><b>CLOSED</b></p>  <p><b>JUNETEENTH</b></p>	<p>21 BLANKET BRIGADE 9:30</p> 	<p>22</p> <p><b>BINGO</b></p> <p>BINGO AFTER LUNCH</p>	<p>23 NUTRITION SHOPPING</p>  <p>SHOW AND TELL 10:30</p> <p>COMMODITY DAY</p>	<p>24 1030 JASON WITH SOUTHEASTERN HOME CARE</p>  <p>EUCHRE 12:30</p>
<p>27 PRODUCE DAY 10:30-1:30 NO MORNING TRANSPORTATION</p> 	<p>28</p>  <p>BOWLING LEAVE AT 9:45</p>	<p>29 WVU WHEELING HOSPITAL HEALTH FAIR AT SSOBC 10:00-12:00</p> <p>DIAMOND PHARMACY 10:30</p>	<p>30 NUTRITION SHOPPING 10:00</p>  <p>CORN TOSS WITH MIKE 10:30</p>	

Dorothy Burkhart, Coordinator 740.695.1944  
Chip Rice, Driver

101 North Market  
St. Clairsville, OH 43950



# 55+ Maintenance-Free Senior Apartments



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](http://www.markkennedypark.org)

Please contact Charlene Moffo at  
740-245-6074, TTY #711 or [cmoffo@psl.org](mailto:cmoffo@psl.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



485 North Street  
Barnesville, OH 43713

THIS SPACE IS  
**AVAILABLE**

# CARE

*Funeral & Cremation Specialists*

ST. CLAIRSVILLE CHAPEL

204 West Main St.  
St. Clairsville, OH 43950

**(740) 695-0475**



Contact us by calling one of our fine facilities below.  
Or Email us at: [inquiries@LNHmail.com](mailto: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.***





# OFFICE DIRECTORY

2022

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.*



Follow us on our Facebook page:

SENIOR SERVICES OF BELMONT COUNTY

Our Website is "under construction" and is:

SSOBC.COM

## TRANSPORTATION

Michael McBride, Administrator

740.695.6868

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



## 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

## 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



Monday	Tuesday	Wednesday	Thursday	Friday
<p>To resume or Cancel meals call 1-740-695-4142 1-800-200-0320 For ingredient content contact Tina Burkhart</p>	<p><b>Donations may be mailed to:</b>  SSOBC 67650 Oakview Dr. St. Clairsville, OH 43950</p>	<p>1 Turkey Bacon Club Potato Salad Fruit Salad Pineapple Juice Croissant, Mayo Milk</p>	<p>2 Kielbasa &amp; Kraut Mashed Potatoes Buttered Carrots Grapes Roll, Marg. Milk</p>	<p>3 Meatloaf Scalloped Potatoes Broccoli Orange Muffin, Marg. Milk</p>
<p>6 Cabbage Rolls Mashed Potatoes Lima Beans Peaches Roll, Marg. Milk</p>	<p>7 Baked Pork Chop Mashed Potatoes Creamed Peas Waldorf Salad Dinner Roll, Marg. Milk</p>	<p>8 Grilled Chicken Pecan Salad, Dress. Banana Crackers Muffin, Marg. Milk</p>	<p>9 Ham Loaf Scalloped Potatoes Italian Vegetables Tropical Fruit Roll, Marg Milk</p>	<p>10 Pasta and Meatballs Coleslaw Pears Garlic Bread Milk</p>
<p>13 Coney Dog Potatoes Capri Blend Veggies Tropical Fruit Bun Milk</p>	<p>14 Turkey w/Dressing Sweet Potatoes Green Beans Ambrosia Salad Roll, Marg. Milk</p>	<p>15 Tuna Salad Melon Pickled Beets Three Bean Salad Bun Milk</p>	<p>16 Hot Sausage Sand. Parsley Potatoes Brussels Sprouts Grapes Bun, Mustard Milk</p>	<p>17 Beef and Noodles Buttered Carrots Fruit Crisp Pea Salad Bread, Marg. Milk</p>
<p>20 <u>Closed</u>  <b>Juneteenth Day</b></p>	<p>21 Turkey Burger Potatoes Mixed Veggies Cranberry Juice Bun, Mayo Milk</p>	<p>22 Taco Salad Fruit Cup Corn Chips Sour Cream Milk</p>	<p>23 Pepper Steak Over Rice Broccoli Carrots Banana Bread, Marg.</p>	<p>24 Chicken Pot Pie Pasta Salad Apple Caramel Dip Milk</p>
<p>27 Hamburger Baked Beans Cauliflower w/Ch. Mandarin Oranges Bun, Pickles Milk</p>	<p>28 Mexican Chicken Rice/Pinto Beans Buttered Corn Fruited Lime JeHO Bread, Marg. Milk</p>	<p>29 Italian Hoagie Cucumber Salad Fruit Salad Tomato Juice Bun, Italian Dress. Milk</p>	<p>30 BBQ Pork Chop Au gratin Potatoes Spinach Applesauce Muffin, Marg Milk</p>	<p>Menu subject to change due to Covid 19 food shortage Choice of Skim, 2% Choc. Milk Choice of white or wheat Bread</p>