

THE GOLDEN TIMES 2022



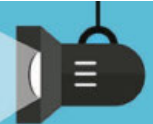
Hello
JULY
19TH EDITION

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

740-695-4142

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EMPLOYEE SPOTLIGHT



JIM SINOSKI works in the agency’s fiscal department. He retired as an auditor from the Ohio Department of Job and Family Services after 27 years, then started working at Senior Services of Belmont County in January 2012, as a nutrition driver. He is a Cleveland Browns fan, a Cleveland “Indians” fan, and an Ohio State Buckeyes sports fan. Jim enjoys entering and walking in 5k races and does crossword puzzles in his free time. Jim lives in St. Clairsville. Melissa Evick, of Visiting Angels gave Jim a gift card from Riesbeck’s.



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THE MEANING OF LIFE IS TO GIVE LIFE MEANING.

Viktor E. Frankl



JACK, ERNIE, AND JERRY—ALL FROM THE ST. CLAIRSVILLE CENTER—OUT AND ABOUT ENJOYING TIME AT THE BOWLING ALLEY.



POWHATAN HOSTED THE CENTERVILLE MEMBERS. BARB LOVED THE NEW GAME, "SEQUENCE."



ST. CLAIRSVILLE BIRTHDAY CELEBRATION: GARY, OPAL, DORIS, AND JOHN.



EDNA, AT COLERAIN, PLAYING CARDS AND EATING A TURKEY STICK.



COLERAIN MEMBERS ENJOYED A PICNIC AT ST. CLAIRSVILLE MEMORIAL PARK.

MARK YOUR CALENDAR



SSOBC

LAB DAY at the
BELLAIRE CENTER—**JULY 1**

LAB DAY at the
MARTINS FERRY CENTER—**JULY 15**



CARMEN RHOADES, MOBILITY MANAGER, SPOKE TO SENIORS IN MARTINS FERRY ABOUT TRANSPORTATION. CARMEN COORDINATES TRANSPORTATION THAT SSOBC CANNOT PROVIDE.

July 25th is NATIONAL CULINARY DAY.

We appreciate our nutrition department every single day, but want to send an extra “shout out” to Tina Burkhart (Nutrition Services Administrator), and the 9 cooks in our kitchen: (clockwise from left) Chrissy, Nik, Dustin, Brandon, Roger, Paula, Robin, Kaleigh, and Missy. **THANK YOU** for all you do to help seniors in Belmont County live their best life.



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





THANK YOU, BETHESDA CENTER, FOR HOSTING A TEA PARTY. CENTERVILLE MEMBERS JOINED IN ON THE FUN TOO. REPORTS FROM BOTH CENTERS SAY **IT WAS A GREAT DAY!**



MARTINS FERRY ENJOYED THE DAY SHOPPING, AND THEN HAD LUNCH AT CRACKER BARREL. SHOWN HERE ARE HERB, JACKIE, AND MARY ANN.

IT WAS A GREAT DAY TO BE A MEMBER OF THE MARTINS FERRY SENIOR CENTER WHEN JASON WILSON OF **WILSON FURNITURE** SHOWED UP TO DONATE FURNITURE TO THE SENIORS. WHAT A WONDERFUL SURPRISE! THANK YOU, JASON AND GARY RYDER. WE SINCERELY APPRECIATE YOUR GENEROSITY.



At SSOBC, our goal is to empower our consumers and employees to live their best lives.



BOB FARMER AND PETE BARTO OF THE FLUSHING CENTER SHOW OFF THEIR MILITARY COATS. WE THANK BOB AND PETE FOR THEIR SERVICE.



BELLAIRE—38 MEMBERS ENJOYED BREAKFAST AND A GREAT MEETING DAY. THE BELLAIRE CENTER HOLDS THIS BREAKFAST ON THE 1ST WEDNESDAY OF EVERY MONTH AT 9:00 A.M. COME JOIN THE FUN!



SHARE JOY

BETHESDA SENIOR CENTER'S TEA PARTY WAS A BIG SUCCESS. CENTERVILLE MEMBERS JOINED IN THE FUN.



POWHATAN MEMBER, MELDA, SHOWN HERE WITH THE WINNING HORSE, "SUNSHINE."



**SPREAD
KINDNESS**



CENTERVILLE SENIORS HELPED AT THE UNION LOCAL'S PRESCHOOL AND KINDERGARTEN FIELD DAY. CENTERVILLE PROVIDED BUBBLES AND 2 BOUNCY HOUSES FOR THE CHILDREN. **IT WAS A GREAT DAY** AND THE KIDS LOVED THE BOUNCY HOUSES.



MARTINS FERRY MEMBERS, JERRY & JOE, ENJOY SOME TIME ON THE PORCH AT CRACKER BARREL.



LANSING MEMBERS MAKING A FLOWERPOT CRAFT.



LANSING MEMBERS ENJOYING A GREAT DAY WITH DIRECTOR DAVID.



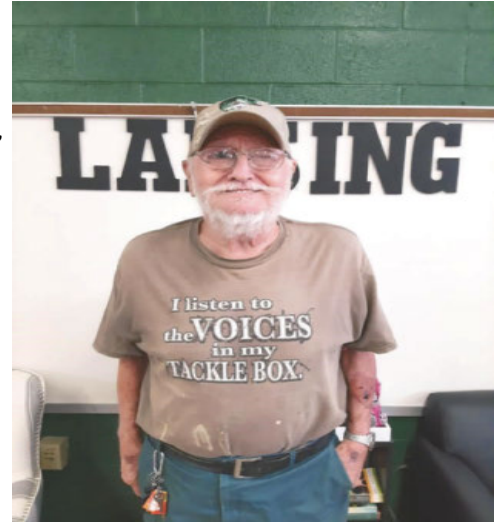
Super Senior of the Month

Hello! My name is Horace Drewett. I was born in Bellaire Hospital on April 9th, 1939. I grew up in Riverview, Ohio. I currently reside in Martins Ferry, Ohio. My wife, Barbara, passed away in 1996 after 36 years of marriage. We have two daughters (Lisa and Lori), six grandchildren and five great-grandchildren. I enjoy bowling and fishing, and try to stay active by driving my car around the area. I have a fifteen-year-old Chihuahua/Pooh pet.



I have been a member of the Lansing Senior Center for fourteen years. I visited the center when it was still the Lansing Community Center, separate from SSOBC. I enjoy interacting with friends at the center while playing Friday Bingo.

David, the Lansing Senior Center Coordinator, reports that Horace is a very talented bowler and that he is loved by the members in Lansing.



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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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**THIS SPACE IS
AVAILABLE**

Feeling Impacts of the COVID-19 Pandemic ?

Call Us for Assistance

1 in 5 older persons
experienced elder abuse

21.3%

Persons aged 50-80 had worsening
symptoms of depression

19%

Persons aged 50-80 had
worsening symptoms of anxiety

28%

Ohioans age 60 and older experience some
form of elder abuse.

200,000

Of the Ohioans age 60 and older who have experienced
some form of elder abuse, only 34,000 instances were
reported in 2020.

10,000+ instances went
unreported

Reference: American Journal of Geriatric Psychiatry, University of Michigan, Ohio Department of Aging, Ohio Department of Job and Family Services

Due to the pandemic and aftermath, older adults continue to face growing concerns of abuse, neglect, and exploitation. If you or someone you know needs assistance with resources, long term services and supports, or COVID information, contact:

Area Agency on Aging, Region 9: 1-800-945-4250



A | JULY 2022

4D-55

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

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14-1139

JULY
2022



BARNESVILLE

229 East Main St., Barnesville, OH 43713
740.425.9101

KAY DRISCOLL, COORDINATOR

Monday through Friday 7:00 am—2:30 pm

MON	TUE	WED	THU	FRI
<p>BEVERLY, LEOTA, AND MELBA WORKING ON FLOWERPOTS WITH JASON</p> <p>—————></p>				<p>1</p> <p>CINCH TOURNAMENT 9:00</p>
<p>4</p> <p>CLOSED</p>	<p>5</p> <p>CENTER MEETING 9:00</p>	<p>6</p> <p>SHOPPING OHIO VALLEY MALL</p>	<p>7</p> <p>10:00 LEFT, RIGHT, CENTER</p>	<p>8</p> <p>CINCH TOURNAMENT IN BETHESDA 9:00</p>
<p>11</p> <p>PRODUCE</p> <p>9:00 BREAKFAST OPEN TO PUBLIC</p>	<p>12</p> <p>SOUTHEASTERN HOME CARE WITH JASON 10:00</p>	<p>13</p>	<p>14</p> <p>BAG GAME 10:00</p>	<p>15</p> <p>CINCH TOURNAMENT 9:00</p>
<p>18</p> <p>MYSTERY TRIP BURKS GOODWILL</p>	<p>19</p> <p>TRISHA FROM STONERISE</p>	<p>20</p> <p>DICKINSON STORE AND FAIRYLAND ICE CREAM</p>	<p>21</p> <p>BLOOD PRESSURE WITH RENEE FROM ADDUS</p>	<p>22</p> <p>CINCH TOURNAMENT IN BETHESDA 9:00</p>
<p>25</p> <p>PRODUCE</p>	<p>26</p> <p>BINGO</p>	<p>27</p> <p>COVERED DISH</p>	<p>28</p> <p>COMMODITIES</p>	<p>29</p> <p>CINCH TOURNAMENT 9:00</p>

JULY
2022



BELLAIRE

3396 Belmont St., Bellaire, OH 43906

740.676.9473

TISH KINNEY, COORDINATOR

Monday through Friday 7:30 am—3:00 pm

MON	TUE	WED	THU	FRI
				1  10:00 GAMES 12:30 CLEAN CENTER
4 CLOSED 	5 10:00 GAMES  12:15 BINGO	6 9:00 BREAKFAST 3:00 DINNER & WILD THINGS BASEBALL	7 10:00 GAMES  12:15 BINGO	8  10:00 GAMES 12:30 CLEAN CENTER
11 PRODUCE 9:30 GROCERY SHOPPING 1:30 BUNCO 	12 10:00 GAMES  12:15 BINGO	13 9:00 LEAVE SONNY BOY BREAKFAST BIG LOTS SHOPPING	14 10:00 GAMES  12:15 BINGO	15 10:30 CORN HOLE WITH COUNTRY CLUB
18 9:30 GROCERY SHOPPING 12:30 GAME OF CHOICE	19 10:00 GAMES  12:15 BINGO	20 10:00 LEAVE LUNCH AT BARKCAMP WITH CENTERVILLE SENIORS	21 10:00 GAMES  12:15 BINGO	22 10:00 GRAB BAG  PIZZA PARTY FOR LUNCH
25 PRODUCE 9:30 GROCERY SHOPPING 12:30 GAME OF CHOICE	26 10:00 GAMES  12:15 BINGO	27 10:00 DOLLAR TREE  DAIRY QUEEN LUNCH	28 10:00 GAMES  12:15 BINGO	29 10:00 GAMES 12:30 CLEAN CENTER  12:30 COMMODITY

Independence Day is a federal holiday in the United States commemorating the **Declaration of Independence** of the United States, which was ratified by the 2nd Continental Congress on July 4, 1776. [Wikipedia](#)

*We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.
...excerpt from the Declaration of Independence.*



2022 COMMODITY DISTRIBUTION DATES

(mark your calendars with the remaining dates)

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.

Sudoku Puzzler

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



THERE'S A MONTH FOR THAT!

June was **GREAT OUTDOORS MONTH**. We hope you enjoyed the pleasant weather.

July is **NATIONAL ICE CREAM** month. Enjoy!

Bonnie sent in a note of **APPRECIATION** complimenting the **KINDNESS** of the delivery people, the nurse, and mentioned that she loves the good meals. **Great to hear from you, Bonnie!** Thanks for taking time to write the wonderful note.

WEST VIRGINIA'S

#1 LEADER IN HEART CARE

WVU Heart & Vascular Institute



WVUMedicine.org/WheelingHeart

Word Search—TREES

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

APPLE
BIRCH
CEDAR
CHERRY
ELM
FIR

MAPLE
OAK
NECTARINE
PALM
PEACH
PEAR

PINE
PLUM
POPLAR
RUBBER
SPRUCE

WALNUT
WILLOW



JULY
2022



BETHESDA

118 S. Main St., Bethesda, Oh 43719

740.761.0056

SUE HINES, COORDINATOR

Monday through Friday 8:00am—2:00pm

MON	TUE	WED	THU	FRI
				1 10:00 ATT WIRELESS SMARTPHONE & CYBER SECURITY WITH CAMERON
4 CLOSED 	5 9:15 MALL & NUTRITION SHOPPING LUNCH AT TEXAS ROADHOUSE	6 9:30 CHAIR FLY SWATTER 10:00 BINGO 	7 10:00 SPEAKER—JASON SOUTHEASTERN 11:30 SENIOR DINNER	8 9:00 CINCH TOURNAMENT WITH BARNESVILLE
11 10:00 BOARD MEETING PRODUCE DAY	12  10:00 SPEAKER SNAP ED PROGRAM BY MADYSON LITTLE	13 10:00 PENNY BINGO  12:00 NUTRITION SHOPPING	14 10:00 CRAFT WITH TRICIA FROM STONERISE HOSPICE 	15 9:00 AMISH AUCTION & DAIRY QUEEN
18 10:00 LEFT, RIGHT, CENTER GAME 	19 10:00 PAINT N SIP 	20  10:00 BINGO 10:30 DIAMOND PHARMACY WITH SUSAN	21 8:30 DENNISON RAILROAD MUSEUM & LUNCH—GARDEN	22 9:00 CINCH TOURNAMENT WITH BARNESVILLE
25 PRODUCE DAY 	26 10:00 BREAKFAST ANNIE KAY'S & NUTRITION SHOPPING	27  10:00 BINGO WITH LISA OF ASTORIA 12:00 BIRTHDAY CELEBRATION	28  SKIP BO COMMODITIES	29 10:00 MEXICAN TRAIN

JULY

2022



CENTERVILLE

46642 Main St, (Centerville) Jacobsburg, OH 43933

740-686-9832

DONNA STEADMAN, COORDINATOR

Monday thru Friday 7:00am—2:00pm

MON	TUE	WED	THU	FRI
<p>LUNCHES SERVED DAILY</p> <p>PLEASE CALL BEFORE 10 AM THE DAY BEFORE</p>		<p>FIELD DAY AT UNION LOCAL PRESCHOOL & KINDERGARTEN THANK YOU SENIORS FOR HELPING!</p>	<p>1 10:15 BALLOON VOLLEY 12:00 HORSE RACE BRING DIMES</p>	
<p>4 CLOSED</p>	<p>5 10:30 EXERCISE W/ JASON FROM SOUTHEASTERN HOME CARE</p>	<p>6 10:00 \$2.00 BINGO 12:00 LEFT RIGHT CENTER</p>	<p>7 10:00 TRIP TO CADIZ ICE CREAM ISLAND & LUNCH</p>	<p>8 10:30 CARDIO DRUMMING 12:00 LUNCH</p>
<p>11 10:30 PRODUCE 10:00 EUCHRE OR SEQUENCE</p> <p><i>DONNA VACATION</i></p>	<p>12</p> <p>10:30 SENIOR MEETING & BIRTHDAY CELEBRATION</p>	<p>13 10:00 VISIT GLENCOE CTR. & LUNCH GAMES</p>	<p>14 9:00 AM BREAKFAST AT CRACKER BARREL SHOP AT OLLIES & DOLLAR GENERAL</p>	<p>15 10:15 BALLOON VOLLEY 12:00 PM PENNY BINGO</p>
<p>18</p> <p>10:30 HORSE RACING BRING DIMES CORNHOLE HILLBILLY BALL</p>	<p>19 10:00 LEFT RIGHT CENTER—BRING NICKELS, DIMES & QUARTERS RESERVE YOUR LUNCH</p>	<p>20 9:30 BARKCAMP TRIP WITH BELLAIRE CENTER, SUBS FROM QUIZNOS COME & ENJOY</p>	<p>21 10 AM ROLL DOUBLES & STEAL GIFTS 12 PM LEFT RIGHT CENTER</p>	<p>22 10:30 CARDIO DRUMMING 12 SEQUENCE</p>
<p>25 11:00 PRODUCE 12:00 PENNY BINGO</p>	<p>26 10:15 HOT POTATO TEST YOUR REFLEXES DAIRY QUEEN</p>	<p>27 10:00 BUNCO LEFT RIGHT CENTER USING NICKELS</p>	<p>28 12:30 CORNHOLE WITH MIKE FROM COUNTRY CLUB COMMODITIES</p>	<p>29 10:00 FIVE CROWNS OR BEST OF 31 BRING NICKLES 12:00 MEXICAN TRAIN</p>

DONATIONS

If you do not receive services from the Passport Waiver, or other Medicaid Waivers, we are required to ask you to donate toward the cost of your services (meals, rides, in-home assistance). When making your donations, checks (once weekly, or monthly) are the safest and preferred method of payment. You can mail checks to **SSOBC, 67650 Oakview Dr., St. Clairsville, OH 43950** or give them to your driver or center director. Cash can also be accepted and we can supply you envelopes for the cash.

If you receive Homemaker or Personal Care services in your home from aides, we can only accept mailed in donations.

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.

Agnes sent in a note of **APPRECIATION**. She said she's grateful for the home delivered meals and her driver **JUDY**, the **KINDNESS** of the medical drivers, and the Martins Ferry Senior Center.

Nice to hear from you, Agnes!

What has 4 wheels & flies?



A garbage truck.

BRIDGEPORT MANOR

- Affordable 1 bedroom apartments
- Income-based rent, Utilities included
- 62 and older or mobility disabled
- Elevator, Planned activities
- Controlled access, Laundry room
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1 Gould Park Rd.
Bridgeport, OH 43912



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JULY

2022



COLERAIN

72581 US 250 (Box 343), Colerain, OH 43916

740.827.3708

LORI PARSONS, COORDINATOR

Monday thru Friday 7:00am—2:30pm

MON	TUE	WED	THU	FRI
				1 MARTINS FERRY 10:30 TO 1:30 BINGO LUNCH
4 <i>CLOSED</i> 	5 10:00 BUSINESS MEETING 12:00 LUNCH	6 9:30 EUCHRE & WOODCARVING LUNCH	7 10:00 TRIP VICTORIAN MUSEUM LUNCH AT ANNIE K'S	8 10:00 BINGO ANNIVERSARY PICNIC
11 PRODUCE GAME OF CHOICE	12 BRIDGE 	13 9:30 EUCHRE & WOODCARVING LUNCH LIBRARY OUTREACH	14 10:00 TRIP BELLAIRE DOLLAR TREE LUNCH AT SAKURA'S	15 10:00 BIRTHDAY BINGO, PIZZA DAY, HAMSTER RACES
18 10:00 BINGO LUNCH 	19 TRIP CONN'S POTATO CHIP FACTORY, B-WEAR, LUNCH OUT	20 9:30 EUCHRE & WOODCARVING LUNCH	21 10:30 JASON CRAMBLETT EXERCISE 5:00 TRIP MEHLMAN'S AND SUMMER CONCERT IN ST. C.	22 10:00 BINGO LUNCH
25 PRODUCE GAME OF CHOICE	26 BRIDGE 	27 9:30 EUCHRE & WOODCARVING LUNCH	28 COMMODITIES CANASTA	29 10:00 BINGO LUNCH

JULY 2022



FLUSHING

208 High St., Flushing, OH 43977
740.968.2525

MAXINE JUROVCIK, COORDINATOR

Monday through Friday 7:30 am –3:00 pm

MON	TUE	WED	THU	FRI
ALMA IS MAKING MARTIN A HAT AT THE FLUSHING CENTER →		BOBBIE IS LEARNING TO CROCHET →		1 10:00 JULY 4TH PARTY 
4 CLOSED 	5 10:00 GAME OF CHOICE 11:30 LUNCH	6 9:00 BREAKFAST 10:00 10-CENT BINGO  11:30 LUNCH	7 10:00 NUTRITION SHOPPING GAME OF CHOICE 11:30 LUNCH	8 10:00 ZILCH 11:30 LUNCH
11  10:30 PRODUCE 11:30 LUNCH	12 9:00 LEAVE FOR HIGHLANDS & LUNCH AT OLIVE GARDEN	13 10:00 10-CENT BINGO  11:30 LUNCH	14 10:00 HEARING MATTERS WITH JACKIE FROM SONOTONE	15 10:00 ZILCH 11:30 LUNCH
18 10:00 EXERCISE 11:30 LUNCH	19 10:00 MADYSON FROM SNAP PROGRAM	20 10:00 10-CENT BINGO WITH TRICIA FROM STONERISE  11:30 LUNCH	21 10:00 GAME OF CHOICE  11:00 ICE CREAM SOCIAL WITH TRICIA	22 10:00 ZILCH 11:30 LUNCH
25  10:30 PRODUCE 11:30 LUNCH	26 10:00 CRAFT DAY 11:30 LUNCH	27 10:00 10-CENT BINGO  11:30 LUNCH	28 10:00 GAME OF CHOICE 11:00 COMMODITIES 11:30 LUNCH	29 10:00 ZILCH 11:30 LUNCH

Recipe: *EASY CHEESY ROSEMARY CRESCENT ROLLS*

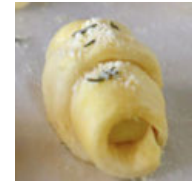
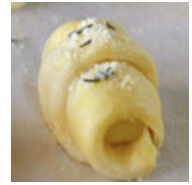
1 can (8 oz) refrigerated Pillsbury™ Original Crescent Rolls (8 count)

4 sticks mozzarella string cheese, cut in 1/2

2 tablespoons chopped fresh rosemary

1/4 cup grated Parmesan cheese

Heat oven to 350. Line cookie sheet with parchment paper. Separate dough into 8 triangles. Place 1 piece of string cheese on the wide end of each triangle. Sprinkle each piece with 1/4 t rosemary and 1/4 t Parmesan cheese. Roll up each and place on parchment paper. Top each crescent with some of the remaining rosemary, and sprinkle with parmesan cheese. Bake for 12-14 minutes. Serve immediately.



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.

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.

Let's keep each other as healthy as possible by practicing good hand washing and cleaning of all objects and surfaces after we have used them.



GOOD LOOKING GUYS FROM POWHATAN: ROGER, CARL, & JOE.



BARNESVILLE MEMBER, CAROL, GETTING READY TO PLANT FLOWERS WITH JASON FROM SOUTHEASTERN.



PHYLLIS TAKES ADVANTAGE OF THE COMMUNITY LAB DAY HELD AT CENTERVILLE. THANK YOU EAST OHIO HOSPITAL STAFF. 😊



YOU THINK YOU MIGHT BE SEEING DOUBLE? MARY ANN & HAZEL FROM MARTINS FERRY WORE MATCHING OUTFITS.

JULY

2022



GLENCOE

Third St., (PO Box 91) Glencoe, OH 43928

740.676.4484

KAREN REBECCA, COORDINATOR

Monday through Wednesday 8:30 am-12:00 pm

MON	TUE	WED	THU	FRI
				1
4 CLOSED 	5 4TH OF JULY CELEBRATION 	6 GAME OF CHOICE 	7	8 
11 PRODUCE GAMES 	12 BINGO 	13 CENTERVILLE VISIT 	14	15 
18 BALLOON POP 	19 BREAKFAST SCHLEPP'S RESTAURANT 	20 LEFT, RIGHT, CENTER 	21	
25 PRODUCE GAMES 	26 GAME OF CHOICE 	27 COUNTRY BREAKFAST 	28 AMISH TRIP 	29

JULY 2022



LANSING

68583 Scott Ln., Lansing, OH 43934
740.609.5109

DAVID WARD, COORDINATOR

Monday through Friday 7:30 am-3:00 pm

MON	TUE	WED	THU	FRI
				1 10:30 LUAU PARTY AT MARTINS FERRY
4 CLOSED 	5 BOWLING TLAQUEPAQUE 9:30	6 CENTER MEETING 9:30 AM CRAFT DAY GAMES OF CHOICE	7 HOWARD LONG WELLNESS CENTER 10:30 AM	8 9:30 BINGO
11 PRODUCE 	12 BUNNY RACES 10:00 AM 	13 JASON SOUTHEASTERN 10:30 AM GAMES OF CHOICE	14 HOWARD LONG WELLNESS CENTER 10:30 AM	15 9:30 BINGO
18 KINGS IN THE CORNER	19 GAMES OF CHOICE 	20 MIKE COUNTRY CLUB CORN TOSS 10:30 AM	21 HOWARD LONG WELLNESS CENTER 10:30 AM	22 9:30 BINGO
25 PRODUCE 	26 CAMERON AT&T BLUELINK WIRELESS 10:30 AM	27 BOOK CLUB DISCUSSION TARA FROM AMEDISYS 10:00 AM	28 GRECIANFEST 11:00 AM 	29 COMMODITY DISTRIBUTION 9:30 BINGO

JULY
2022



MARTINS FERRY

14 N. 5th St., Martins Ferry, OH 43935
740.633.3146

MELISSA FINNEY, COORDINATOR
Monday through Friday 7:00 am-2:30 pm

MON	TUE	WED	THU	FRI
PLEASE CALL AHEAD TO MAKE A LUNCH RESERVATION 740.633.3146				1 10:30 LUAU PARTY CELEBRATE SUMMER!
4 CLOSED 	5 MONTHLY MEETING HOWARD LONG EXERCISE CLASS GAME OF CHOICE	6 NUTRITION SHOPPING 10:30 JOHN ADAMSKY MEDICARE	7 TRIP: COLEMAN'S FISH & CENTER MARKET SHOPPING	8 10:30 BINGO 12:00 NEW GAME
11 PRODUCE CORNHOLE WITH KATHY	12 HOWARD LONG EXERCISE CLASS GAME OF CHOICE	13 NUTRITION SHOPPING 10:30 CARDIO DRUMMING CRAFT OF THE MONTH	14 TRIP: SONNY BOY & CHAPTER SQUARE FLEA MARKET	15 10:30 BINGO 12:00 FILL IN THE BLANK
18 10:30 CARD MAKING WITH JO ANN & ARI 12:00 FINISH CRAFT PROJECT	19 HOWARD LONG EXERCISE CLASS GAME OF CHOICE	20 NUTRITION SHOPPING 10:30 CARDIO DRUMMING CRAFT OF THE MONTH	21 10:30 JUST MEDS PHARMACY HEALTH SCREENING 12:00 PICTONARY	22 10:30 BINGO 12:00 MAD LIBS
25 PRODUCE 10:30 CRAFTS W/ GIRL SCOUT TROOP 10480 	26 HOWARD LONG EXERCISE CLASS GAME OF CHOICE	27 NUTRITION SHOPPING 10:30 CORN TOSS W/ MICHAEL CRAFTS	28 TRIP: OHIO VALLEY MALL SHOPPING 	29 COMMODITY DISTRIBUTION GAME OF CHOICE

To Equity and Beyond



We grow up being told that if we all work hard and believe in ourselves that we can succeed. They say that we live in the land of the brave, of the free, and that we are all equal. While we have made strides in realizing that dream, there is still work to be done, especially when it comes to health care.

Larry Shushansky with the National Alliance on Mental Illness (NAMI), acknowledges that while we have effective mental health treatments in America, there are significant health disparities that exist amongst ethnic and racial minorities compared to White Americans. Some of the reasons for lack of quality mental health care are:

- Transportation, including inability to take off work or find quality child care
- Lack of available resources
- Mental health stigma amongst minorities
- Lack of belief in effectiveness of mental health treatments
- Systems adhering to non-minority cultural norms, beliefs, and values without acknowledgment of diverse norms and values
- Lack of mental health providers who speak various languages or access to interpreters
- Inadequate health insurance coverage
- Bias, racism, and discrimination in mental health settings (Shushansky, 2017).

Knowing that we live in a world of inequity, it is our responsibility to make a difference in our corner of the world. July is Bebe Moore Campbell National Minority Mental Health Awareness Month, also known as Black, Indigenous, and People of Color (BIPOC) Mental Health Month. Mental Health America explains that Bebe Moore Campbell, an author and mental health advocate, dedicated her life's work to advocating for the Black community and other marginalized communities. In 2008, the United States formally recognized July as the Bebe Moore Campbell National Minority Mental Health Awareness Month, after her passing. The purpose of this month is to highlight the mental health struggles of marginalized populations in America and to advocate for equity in health care (Mental Health America, 2022).

This year's theme for Mental Health America is "Beyond the Numbers". Their mission is to bring awareness to the resiliency of minorities, the collective strength within each individual, group, and culture, and the journeys of BIPOC communities. They remind us that there are major barriers, like access and support, to treatment despite the increased probability for mental illness for BIPOC. #BeyondTheNumbers encourages us to see the uniqueness of individuals and groups (Mental Health America, 2022).

Want to do your part to bring awareness and advocate for equity in health care? Check out the toolkit provided by Mental Health America, spread the word, and don't be afraid to reach out to your community and political stakeholders. Let's go #BeyondTheNumbers and do what we can to break barriers so that every person has what they need to live well.

Credit:

Mental Health America. (2022). July Is Bebe Moore Campbell National Minority Mental Health Awareness Month. Retrieved on June 1, 2022 from <https://www.mhanational.org/BIPOC-mental-health-month>

NAMI.(2017, July 31). Disparities Within Minority Mental Health Care. Retrieved on June 1, 2022 from <https://www.nami.org/Blogs/NAMI-Blog/July-2017/Disparities-Within-Minority-Mental-Health-Care>

If you or someone you know is struggling with suicidal thoughts, please reach out for support from someone you trust or one of the following resources.

CRISIS TEXT LINE (24-Hour Crisis Counseling)
Text "HOME" to 741741

Ohio CareLine (Toll-Free Emotional Support Call Service)
1-800-720-9616

Mental Health and Recovery Board (MHRB)
Phone: 740-695-9998
Crisis Hotline: 1-800-354-4357
<https://bhmbboard.org/resources/>

**Want to connect with us or participate in your local community coalitions?
Visit our website:**

<https://student-services-coalition-con.constantcontactsites.com/>

JULY
2022



POWHATAN

155 Clark St., Powhatan Point, Oh 43942
740.795.4350

MARY BETH TENNANT, COORDINATOR

Monday through Friday 7:30 am-3:00 pm

MON	TUE	WED	THU	FRI
				1 AM BLITZ OR SEQUENCE PM HORSE RACING STARTS AT 12
4 CLOSED 	5 AM -STOP YOUR NEIGHBOR GAME PM—SKIP-BO OR KARAOKE 	6 AM FIVE CROWNS CARD GAME PM CARDIO DRUMMING	7 LUNCH AT THE BARNYARD DELI MOUNDSVILLE & SHOP LEAVE AT 10:45 AM	8 AM MEXICAN TRAIN 12 PM HORSE RACING
11 PRODUCE PM GAME OF CHOICE 	12 9:30 AM CENTER MEETING 12:30 PM COUNTRY CLUB REHABILITATION CORN TOSS	13 UNIQUE TREATS BY JACKIE, BELLAIRE (LEAVE AT 10 AM) LUNCH AT GULLA'S	14 AM DIME BINGO DIRECTOR MEETING	15 AM GAME OF GOLF 12 PM HORSE RACING
18 AM FIVE CROWNS CARD GAME PM DIME BINGO 	19 AM EUCHRE PM JASON SOUTHEASTERN HOME CARE	20 AM SEQUENCE PM DOLLY TOSS	21 BOWLING ST. CLAIRSVILLE LEAVE AT 9 AM 	22 10 AM PANHANDLE RESTORATION GAMES
25 PRODUCE PM GAME OF CHOICE 	26 AM ROLL TO THE TOP PM EUCHRE 	27 AM SEQUENCE PM SKIP-BO	28 9:30 GAMES BY CONTINUING HEALTH SHADYSIDE, ADDUS HOMECARE GAMES	29 COMMODITY PICK UP 11 AM—1 PM

JULY
2022



ST. CLAIRSVILLE

101 North Market St., St. Clairsville, OH 43950

740.695.1944

DOROTHY BURKHART, COORDINATOR

Monday through Friday 7:30 am-3:00 pm

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</p> <p>EUCHRE 9:30</p> <p>CRAZY DOUBLES</p>
<p>4 CLOSED</p>	<p>5 SNAP-ED WITH MADYSON! 10:00 AM</p> <p>PENNY BINGO & KNOCK POKER 12:15</p>	<p>6 BUSINESS MEETING 10:00</p> <p>BINGO AFTER LUNCH</p>	<p>7 NUTRITION SHOPPING 10:00</p> <p>CRAFTIVITY! 10:00 AM, RSVP</p>	<p>8 LUNCH AT CHAPS THEN TO BELMONT CLASSIC CARS LEAVE AT 10:45</p>
<p>11</p> <p>PRODUCE DAY 10:30-1:00 NO MORNING TRANSPORTATION</p>	<p>12</p> <p>SUMMER PICNIC AT BARKCAMP! LEAVE AT 10:00 RSVP</p>	<p>13 MEDICARE BASICS AND UPDATES 10:00 AM</p> <p>BINGO AFTER LUNCH</p>	<p>14 NUTRITION SHOPPING 10:00 TECHNOLOGY INFO WITH CALVIN FROM ST. C LIBRARY 10:30 AM</p> <p>COORDINATOR MEETING 1:00</p>	<p>15 EUCHRE 9:30 KIRKE'S HOMEMADE ICE CREAM LEAVE AT 12:15</p>
<p>18</p> <p>SHOPPING AT GABES WITH LUNCH AT CRACKER BARREL LEAVE AT 9:30</p>	<p>19 BLANKET BRIGADE 9:30</p>	<p>20 JASON WITH SOUTHEASTERN MED 10:30 AM</p> <p>CELEBRATE BIRTHDAYS!</p> <p>BINGO AFTER LUNCH</p>	<p>21 NUTRITION SHOPPING 10:00</p> <p>HORSE RACES 12:30</p>	<p>22</p> <p>PANGLEPALOOZA!</p> <p>LEAVE AT 8:30</p>
<p>25</p> <p>PRODUCE DAY 10:30-1:00 NO MORNING TRANSPORTATION</p>	<p>26</p> <p>BOWLING LEAVE AT 9:45</p>	<p>27 PRESENTATION WITH LISA 10 AM</p> <p>BINGO AFTER LUNCH</p>	<p>28 NUTRITION SHOPPING 10:00 COMMODITY DAY</p> <p>CORN TOSS WITH MIKE 10:30</p>	<p>29 OCEANS OF POSSIBILITIES ACTIVITY WITH CHILDREN AT ST. CLAIRSVILLE LIBRARY 10:00</p>

ANSWERS TO PUZZLES

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



LANSING SENIOR CENTER MEMBERS FOUND SOME GREAT DEALS DURING THEIR TREK ALONG THE ROUTE 40 YARD SALE ROUTE.



HAPPY 4th

Phyllis sent in a note **thanking** staff for all they do, especially the hard-working kitchen crew. She says, "the honey-mustard chicken was so good!" Phyllis and Darby also wanted us to know that Rick, the delivery driver, continues to do a great job.

Thank you for sending us the note!



POWER OUTAGE

SSOBC had to be closed on Tuesday, June 14, 2022, due to widespread power outages as a result of an overnight storm. Thanks to the lineman working tirelessly, we were back in action on Wednesday, June 15, 2022. Our phone lines were also out due to the power outage. When that occurs, please call your local senior center if you need help.

**24,164 MEALS
WERE
PREPARED
AND
DELIVERED IN
MAY 2022.**

**SSOBC employs 71
people**

Medical Transportation

When you call in to schedule your appointment, remember we only have so many drivers and vehicles so planning ahead is important. Three days notice is appreciated.

**Karen & Daisy are ready
to help you schedule.**

VETERANS APPRECIATION LUNCHEON The event scheduled for June 14 had to be rescheduled (since the power was out). Interim Healthcare's luncheon is now scheduled for **JULY 22** at our main office at 67650 Oakview Drive, St. Clairsville.

Call Karen at Interim 740.312.4689 for more information or to make your reservation

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Michael Vok, Marketing Director; marketing@ccrciv.com



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740-676-2300

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www.SeniorSuites-SCC.com





Department of
Development

Mike DeWine, Governor
Jon Husted, Lt. Governor

Lydia L. Mihalik, Director

News Release

For Immediate Release

June 1, 2022



Senior Services of Belmont County

Contact: Local Senior Center

Ohio Department of Development

Contact:

Megan Nagy

Megan.Nagy@development.ohio.gov

Summer Crisis Program Starts July 1

The Ohio Department of Development and Senior Services of Belmont County will help income-eligible Ohioans stay cool during the hot summer months. The Home Energy Assistance Summer Crisis Program provides eligible Ohioans assistance paying an electric bill or assistance paying for central air conditioning repairs. The program runs from July 1, 2022, until September 30, 2022.

To apply for the program, clients are required to schedule an appointment with the **Belmont County CAC by calling 740.695.0293**. Your local senior center can help you gather needed documents but cannot complete the application process for you.

Clients need to bring copies of the following documents to their appointment:

- Copies of their most recent energy bills;
- A list of all household members and proof of income for the last 30 days or 12 months for each member;
- Proof of U.S. citizenship or legal residency for all household members;
- Proof of disability (if applicable);
- Physician documentation that cooling assistance is needed for a household member's health (if there isn't a household member over the age of 60).

The Summer Crisis Program assists low-income households with an older household member (60 years or older), that can provide physician documentation that cooling assistance is needed for a household member's health, have a disconnect notice, have been shut off, are trying to establish new service on their electric bill, or require air conditioning. Conditions can include such things as lung disease, Chronic Obstructive Pulmonary Disease, or asthma.

Also, Ohioans enrolled in the Percentage of Income Payment Plan Plus Program (PIPP) who meet the above criteria may be eligible for assistance towards their default PIPP payment, first PIPP payment, central air conditioning repairs, or may receive an air conditioning unit and/or fan.

For more information about the features of the Summer Crisis Program and what is needed to apply, contact Senior Services of Belmont County. To be connected to your local Energy Assistance provider visit www.energyhelp.ohio.gov or call (800) 282-0880.



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

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

BARNESVILLE MANOR

*Small Town * Senior Living*

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



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Barnesville, OH 43713

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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

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



Mon	Tue	Wed	Thu	Fri
<p>Mail donations: SSOBC 67650 Oakview Dr. St. Clairsville, OH 43950</p> <p>Thank you!</p>	<p>Menu subject to change due to food shortage</p> <p>Ingredient Content call 1-740-695-4142</p>	<p>To resume or Cancel meals 1-740-695-4142 1-800-200-0320</p>	<p>Choice of Skim, 2%-Choc. Milk</p> <p>Choice of White or Wheat Bread</p>	<p>1 Fish Scalloped Potato Green Beans Banana Red Jell-O Bun, Tartar Sauce Milk</p>
<p>4 Independence Day Closed</p>	<p>5 Stuffed Pepper Mashed Potatoes Corn Pineapple Muffin, Margarine Milk</p>	<p>6 Egg Salad Pickled Beets Pasta Salad Fruit Salad Croissant Milk</p>	<p>7 Bourbon Chicken Potatoes Mixed Vegetables Ambrosia Salad Roll, Margarine Milk</p>	<p>8 White Cheddar Pasta Stewed Tomatoes Peas Grapes Bread, Margarine Milk</p>
<p>11 BBQ Ribette Au Gratin Potatoes Green Beans Orange Roll, Margarine Milk</p>	<p>12 Chicken Salad Caesar Salad Salad Dressing Fresh Fruit Dessert Croissant Milk</p>	<p>13 Taco Salad Pears Corn Chips Sour Cream Milk Temp Check</p>	<p>14 Pulled Pork Sand. Cabbage & Noodles Glazed Carrots Applesauce Bun, BBQ Sauce Milk</p>	<p>15 Tuna Noodle Cass. Peas and Carrots Fruit Crisp Coleslaw Bread, Margarine Milk</p>
<p>18 Meatball Hoagie Lima Beans Chocolate Pudding Peaches Hoagie Bun Milk</p>	<p>19 Pancake & Sausage on a Stick w/Syrup Scrambled Eggs Breakfast Potatoes Cereal, Banana Orange Juice Milk</p>	<p>20 Grilled Chicken Pecan Salad Salad Dressing Pineapple Juice Pudding Crackers Milk</p>	<p>21 Baked Pork Chop Mashed Potatoes Gr. Bean Casserole Waldorf Salad Bread, Margarine Milk</p>	<p>22 Turkey and Dressing Sweet Potatoes Green Beans Cranberry Sauce Bread, Margarine Milk</p>
<p>25 Meatloaf Mashed Potatoes Brussels Sprouts Mandarin Oranges Roll, Marg. Milk</p>	<p>26 Italian Sausage Peppers & Onions Cauliflower Creamed Limas Fruited Jell-O Sausage Roll Milk</p>	<p>27 Chef Salad Salad Dressing Croutons Grapes Muffin, Marg. Milk</p>	<p>28 Hawaiian Chicken Rice-Broccoli Carrots Pineapple Macaroni Salad Milk</p>	<p>29 Lasagna Warm Applesauce Spinach Three Bean Salad Garlic Bread Milk</p>