



Senior Services of Belmont County Publication



Senior Services of Belmont County

It is the purpose of Senior Services of Belmont County to promote advocacy and independence for seniors. The management team and dedicated staff take pride in the services that they supply to the seniors of Belmont County. For more information about our programs please call;

740-695-4142

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

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Look for Information on Senior Centers Reopening See Page 11 News Story

Senior Services of Belmont County

Executive Director
Dwayne Pielech

Fiscal Administrator
Lee Pytlak

Services

- Senior Centers
- Nutrition Shopping-Check your local Center's calendar for dates and times
- Nutritional Meals Served Daily in Centers
- Transportation to and from your local Senior Center
- Transportation to Medical Appointments (Please schedule appointments ahead of time.) Home Delivered Meals
- Nutrition Program
- Homemaking
- Personal Care
- Health Education
- Passport Services
- HEAP Applications and Assistance with Filing Golden Buckeye Card Applications
- CodeRED Emergency Notifications

Senior Centers

Barnesville, Kay Driscoll 425-9101

Bellaire, Tish Kinney 676-9473

Bethesda, Susan Hines 484-1416

Centerville, Donna Steadman 686-9832

Colerain, Sue Neavin 633-6823

Flushing, Maxine Jurovcik 968-2525

Glencoe, Karen & Sharon (Volunteers) 676-4484

Lansing, Patti Doty 609-5109

Martins Ferry, Daisy Braun 633-3146

Powhatan, Mary Beth Tennant 795-4350

St. Clairsville, Denise Starr 695-1944

67650 Oakview Drive
St. Clairsville, Ohio 43950
(740) 695-4142 Fax (740) 695-4144
Toll Free 1 (800) 200-0320 or
Visit Our Website: SSOBC.com

TRANSPORTATION DEPARTMENT 740-695-6868

Program Administrator
Mike McBride

HOURS OF OPERATION:

MONDAY - FRIDAY 8:00AM TO 4:00PM

Last Doctor's Appointment made by 2:00PM

We provide transportation both ways. Please notify us of scheduled appointments ahead of time.

Priority Appointments

DIALYSIS

CHEMOTHERAPY

RADIATION

DR. ORDERED THERAPY

DR. APPOINTMENTS

PRO-TIME (BLOOD WORK)

DR. ORDERED TESTING

NUTRITION DEPARTMENT

740-695-4142

Program Administrator
Tina Burkhart

To Resume or Cancel

Home Delivered Meals or Senior Center Meals

Call 740-695-4142

A Message from the Executive Director...

I hope everyone is getting through these challenging times. We are all looking forward to a back to normal in our daily lives. Here at Senior Services of Belmont County, we have been busier than ever. Daily, we are preparing and delivering 1,100 meals. Our medical transportation requests are increasing in usage by the week as medical providers are returning to daily office hours and services. The senior center staff makes hundreds of reassurance calls to our seniors and continues to distribute produce and other food products to senior center members on a weekly basis. The homemaker program continues to be busy as well as services are delivered through three area private home care agencies. We are also currently serving almost 400 seniors through our Farmers' Market Voucher program that ends in late October.

Behind the scenes, we have recently equipped all nutrition drivers with notebook computers that provide turn-by-turn guidance on their daily meal delivery routes and include the ability to check when the meals are delivered to consumers as well as make notes for special needs during the daily meal deliveries. This information is automatically electronically logged in our software database for each senior and is kept in their file as well as the information captures necessary statistics for state and federal program reimbursements. By the end of the year, we hope to have our fleet of cars, trucks and vans updated to include a daily fleet of no vehicle older than a 2019 model year.

I have been your director for six months and can reassure everyone our 67 full and part time employees work hard and are very dedicated to our Belmont County senior population. We work closely as a team, both the union employees and managers. And we are always open to new ideas and program suggestions. I make every attempt to talk with our citizens daily to solicit feedback and listen to how we can better serve you.

With Ohio Governor Mike DeWine's recent announcement of allowing senior centers to reopen starting September 21, our staff has been meeting regularly with Commissioners J.P. Dutton, Josh Meyer and Jerry Echemann in an effort to reopen as many senior centers as possible and as soon as possible. There are numerous safety protocols and many requirements established before a center can reopen. These safety requirements include mandatory testing of seniors and staff, social distancing in the centers as well as transportation services and many other rules that will help prevent anyone from getting ill. Our goal is to open as soon as we can once we can provide a safe environment while protecting the health of our seniors and workers. We are targeting mid to late October for possibly reopening some centers with limited services. We will likely start with only meals and socialization amongst members. Eventually, we hope to expand services to include gaming and other well-received programs. Your senior center coordinator will keep you updated on our latest information regarding opening senior centers.

SSOBC August Monthly Activity Report Provided 17,465 Home Delivered Meals, Transported 944 Seniors a total of 16,786 miles, Provided 441 in-home hours of care, Provided several thousand pounds of produce and frozen meats
Staffing Announcements Congratulations to the following union staff members on their recent election.

AFSCME Local 3678

- | | |
|------------------------|---|
| President | Mary Beth Tennant, Senior Center Coordinator |
| Vice President | Brian Gay, Nutrition Driver |
| Secretary | Judy Swallie, Nutrition Driver |
| Treasurer | Zack Lofton, Nutrition Driver |
| Executive Board | Karen Helms, Medical Transportation Support
Karen Divjak, Nutrition Department Support, Rusty Coss, Medical Driver |
| Trustees | Patty Doty, Senior Center Coordinator, Jewell Hammond, Senior Center Driver
Tish Kinney, Senior Center Coordinator |

New Management Administrators Please help us welcome Lee Pytlak, Fiscal Administrator and Leslie Thompson, Senior Center Administrator. Lee worked many years as an auditor and manager with the Ohio Auditor of State. Leslie spent many years managing Nursing Homes and Care Centers as their administrator. Both Lee and Leslie bring many years of professional experience and quality work to SSOBC. Welcome!

J.P. Dutton



Commissioner J.P. Dutton recently helped nutrition driver Matt Cilles load meals to be delivered to the St. Clairsville area. Commissioner Dutton also helped prepare the meals that day in the kitchen. "The Senior Services staff does an outstanding job preparing and delivering about 1,100 meals a day. I hear daily many compliments from our Seniors on their appreciation for these services."



Sue Neavin, Sue Hines, and Denise Starr waiting on produce from the food bank.



Rick, Nutrition Driver delivering in Powhatan in a soaking rainy day!



Stella & Carol picking up produce from Centerville



Senior Center offering produce for our Lansing area Center members



We want to welcome Vita, one of our new members to the St. Clairsville senior center. We hope she joins us in all the fun activities and good times.

Quarantine *and* CHILL

How we are surviving the pandemic of 2020

What have you been doing to pass the time during the Quarantine:

To cut down on boredom, Mary spends time most days sitting outside visiting with her close friends . . . but not to close . . . they do keep a safe distance.

Mary Hanlin, Martins Ferry



Ann Finney of Martins Ferry says, "I thank God for everything I have and I put my trust in Him that He's the only One who can get us through this."

Martha believes that keeping busy is the best thing a person can do for themselves. She does that by walking everywhere she can that's in walking distance. She loves taking care of the family that still lives with her. She takes good care of her flowers as well. But nothing makes her as happy as her church reopening. She really missed that and she goes every chance she gets.

Martha McConnaughy, Martins Ferry



What have you been doing to pass the time during the Quarantine:

During Covid-19 and the center closings, Peggy has had a few health challenges with the most aggravating being a broken ankle. After that recovering, she has kept busy mowing her own grass along with planting flowers. What has been a god send is the love for her dog, Candy, along with her grand-dog Barney. Peggy really misses her visits to the center along with the music nights at the Centerville center. She is looking forward to the opening of the centers but understand the delay. She is confident that every precaution will be taken with the future opening. *Peggy Brandon, Powhatan*

Covid-19 does not stop the kind heart of Nancy Campbell. After retiring as a nurse, she got a part time job at Mehlmans Cafeteria so she could be among people. Before returning to her job, Nancy enjoyed spending time with her grandchildren, along with the upkeep of her home. What bring the most fulfillment to Nancy, is the telephone list of friends and family which she makes often to let them know that they are thought of during this difficult time. She recently along with the help of her granddaughter, made chocolate chip cookies and passed them around to the neighbors. She also misses the socialization and fun times she had at the senior centers. *Nancy Campbell, Powhatan*

When asked how Roger was doing during this difficult time, I am going great!! He enjoys walks with his sister and other senior at the local marina. Roger has a beautiful garden in which he shares with his fellow seniors. He keeps close touch with his family and friends. Roger is serious about social distancing and wear his mask faithfully. He looks forward to the centers opening but understands that it must be in the safest way to protect him and others. *Roger Doty, Powhatan*

What have you been doing to pass the time during the Quarantine:

Faye VanHorn from Bethesda Center enjoys reading & swinging on her front porch.



Patty Burcher from Bethesda Center enjoys walks every day at the park.

Maxine Richard from the Bethesda Center has been canning different fruits & vegetables.



Tired of staying home, miss the center and my friends. I have kept busy cleaning out drawers and cupboards. Lots of organizing also. This summer has been very hot. *Pam Moore, Centerville*

It's been very bad because always looking for something to eat. Also cutting grass keeps me very busy. Not looking forward to winter and being in the house all the time. Hope we can get back to the senior center. *Carol Scaterday, Centerville*

What have you been doing to pass the time during the Quarantine:

Henry and I have watched a lot of old westerns on TV. And take a nap every day. Thank goodness I get out to get produce from the center on Wednesday's.

Fran Saunders, Centerville

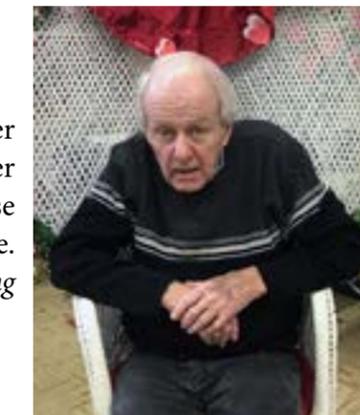
Tommy P. and his wife are playing alot of Yantzee and our enjoying fishing during the Covid-19.

Tommy P., Lansing



Sherry is reading a lot during the Quarantine. *Sherry H., Lansing*

John keeps his little paper route for the Timesleader daily delivery of course keeping a safe distance. *John, Lansing*



"I have been staying home cooking and eating. I have also been running my son to and from work, having dinner with my neighbor Wayne, and watching a lot of game shows. I can't wait for the center to open miss going on trips and talking to people."

Nancy Geoghan, Bellaire

"I did volunteer work for Grace Presbyterian Church in Ferry. I've done a lot of cleaning my apartment and watching tv. I miss playing uno with the girls, ready to get out and move."

Wayne Hill, Bellaire

"I've been making little chicks for Amy Steel's kindergarten class. I've also spent time reading, sleeping, and going out with my grandson and daughter Paula. I'm missing all my friends at the center and can't wait for it to open back up."

Alice Lane, Bellaire



During Covid-19 LeeAnn has been completing many tasks such as, painting, crocheting, puzzles online and chasing her two cats.

LeeAnn, St. Clairsville

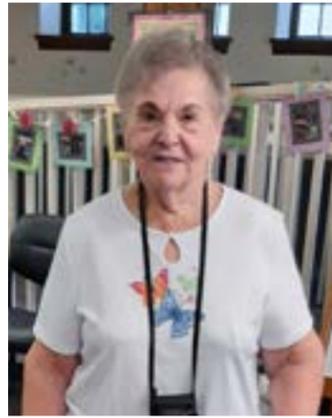
Jennie and Ernie have been very proactive during the Covid-19. Together they have learned to shop online, play multiple board games and card games. They have also got a new kitten, Gracie the cat.

*Jennie and Ernie,
St Clairsville*



During Covid-19, Beverly has had two surgeries and has two more to go. We hope that Beverly has a quick and easy recovery. We hope she can join us back at the center very soon.

Beverly, St. Clairsville



Mike came in the center daily and stayed for the day. Even though he misses everyone, he is coping well. He now gets the home delivered meal in which he enjoys along with seeing the kind faces of those who deliver them. His daughter takes him to the doctor and shops for all his groceries. Mike really misses his grandchildren visits. The family is very careful to keep him safe. Mike really appreciates the weekly calls from the center. It will be a happy day when the center reopens for Mike, but he understands that there will be new precautions in place.

Mike Gust, Powhatan



Dick and Alma Lemal planted, harvested, and canned their vegetable garden. Dick makes homemade bread and sauerkraut. They are occasionally enjoying a little more time with family members and Alma is happy to be able to get to go to the grocery store again.

*Dick and Alma Lemal,
Martins Ferry*

"I've been doing a whole lot of cleaning house and laundry. I've been cooking and baking to give out to my neighbors. I've also been sitting outside with the ladies in my building. I've been to Walmart and Sonny Boys, and also visited my granddaughter. I miss the center being open and seeing all of the people."

Mary Ann Rice, Bellaire

Prayer for a Pandemic

I believe this is the time to bring God back into our lives. In the light of things that are happening in the world these days, we need to remember the things we learned as children; to pray for others, to be nice to each other, and always be kind. We need to put the emphasis on thinking about others. Think about those that are not as fortunate as we are. We should help those that need assistance and be kind to everyone that we come into contact with. A smile costs nothing to give. But for some a smile can change their whole day.

PRAYER FOR A PANDEMIC

By Cameron Wiggins Bellm

May we who are merely inconvenienced
remember those whose lives are at stake.

May we who have no risk factors
remember those most vulnerable.

May we who have the luxury of working from home
remember those who must choose between
preserving their health or making their rent.

May we who have the flexibility to care for our children
when their schools close,
remember those that have no options.

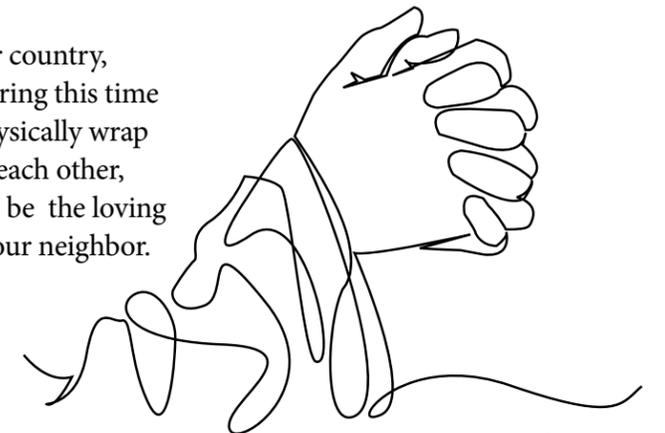
May we who have to cancel our trips
remember those who have no safe place to go.

May we who are losing our margin money
in the tumult of the economic market
remember those who have no margin at all.

May we who settle in for a quarantine at home
remember those who have no home.

As fear grips our country,
let us choose love during this time
when we cannot physically wrap
our arms around each other,
let us yet find ways to be the loving
embrace of God to our neighbor.

Amen.



Halloween Word Search

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

BOO
GAMES
HALLOWEEN
PARTY
SPOOKY
WITCH

CANDY
GHOSTS
MASK
PUMPKINS
TRICK

COSTUMES
GOBLIN
MUMMY
SKELETON
TREAT

www.thetypicalmom.com

SUPER SENIOR OF THE MONTH



Meet Roger. Roger was born at home on May 30th , 1946. In 1970 he married Sarah Sonnwald, of Bellaire. Roger and Sarah raised three children; Heather, William and Janet. He is blessed with three grandchildren and five great -grandchildren. Roger enjoys walking, gardening, fishing and baking. Roger served in the Army during the Vietnam war. After the war, he was employed and retired from North American Coal Corporation #6 mine. During this time he was a railroad car loader.

Roger joined the Powhatan Center after the death of his wife. He serves the center as the Vice President. Roger attended the center daily and helps in any way needed. Roger is one of many who makes our center what it is today.

FALL WORD SEARCH

Fall Word Search

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



CORN
AUTUMN
BONFIRE
BOOTS
OCTOBER
RAKE

THANKSGIVING
HARVEST
LEAVES
CARNIVAL
APPLES
APPLE CIDER

PUMPKIN
FOOTBALL
SWEATER
NOVEMBER
SEPTEMBER
SUNFLOWER



Backward Glances

FRIENDS AT SSOBC

Photos by Donna Steadman



Glencoe Senior Centers Buck, Betty, Julie, Sarah



St Clairsville Center enjoyed the Valentine Dance in Center



Barnesville Senior Helen Detling Playing Cornhole



Bellaire Senior Center



Flushing members 2016



Centerville enjoying a game of Bingo

Backward Glances

FRIENDS AT SSOBC

Photos by Donna Steadman



Colerain Senior Center at Veterans program



Bethesda Senior center on St Patrick's Day



Powhatan & Centerville Games day in Powhatan



King & Queen at Christmas Party in Lansing



Carol & Michelle From Stonerise Hospice having fun with Mike Gust from Powhatan



Martins Ferry at the pumpkin patch

Recipes

By **DAISY BRAUN**

COBRE VALLEY CASSEROLE

Total Time: Prep: 15 min Bake: 30 min.
Yield: 8 servings

- Ingredients:**
- 1 pound ground beef
 - 1 medium onion, chopped
 - 1 celery rib, chopped
 - 1 envelope taco seasoning
 - ¼ cup water
 - 2 cans (16 oz. each) chopped green chilies, optional
 - 1 cup shredded cheddar cheese
 - 2 green onions, sliced
 - 1 large tomato, peeled, seeded and chopped
 - 1/3 cup sliced ripe olives
 - 1 ½ cups crushed tortilla chips



- Directions:**
- In a large skillet, cook the beef, onion and celery over medium heat until meat is no longer pink; drain. Stir in the taco seasoning, water, beans and, if desired, green chilies.
 - Transfer to a greased 11 X 7-inch baking dish. Bake uncovered at 350 for 30 minutes or until heated through. Top with cheese, green onions, tomato, olives and chips.

CROCKPOT CHERRY DUMP CAKE

- Ingredients:**
- 1 large can cherry pie filling
 - 1 box yellow cake mix
 - 1 stick butter, melted
- Directions:**
- Dump the pie filling in bottom of crockpot.
 - Sprinkle cake mix all over the top.
 - Drizzle the butter over the cake mix.
 - Set on high for 3 hours.
 - Just scoop out and enjoy.



PECAN PRALINES

- Ingredients:**
- 4 ounces butter
 - 4 cups white sugar
 - 12 oz. can evaporated milk
 - 2 cups pecans
- Directions:**
- Combine butter, milk and sugar in a heavy 5-quart pot and cook on medium heat, stirring occasionally, until mixture reaches the "soft ball stage". **DO NOT COOK ON HIGH HEAT.**
 - Remove pot from heat and let cool a bit while stirring until mixture loses the glossy appearance. Add pecans and stir until mixture starts to thicken. Drop by spoonful on foil or waxed paper.



1-2-3 MUG CAKE

- Ingredients:**
- 1 box Angel Food Cake mix- **this is a must**
 - 1 box cake mix – any flavor you like
 - Water
- Directions:**
- In a large bowl, combine the two boxes of dry cake mix together. Store the mix in an airtight container until you get ready to use it.
 - Just put three tablespoons of the dry mixture in a big coffee mug and stir in 2 tablespoons of water.
 - Microwave it for one minute and you will have a single serving of cake!

SOUTHWEST STYLE WEDDING SOUP

TIME: Prep/Total time: 30 minutes
Yield: 6 servings (2 ¼ quarts)

- Ingredients:**
- 1 tablespoon canola oil
 - 2 medium carrots, chopped
 - 2 medium celery ribs, chopped
 - ½ cup frozen corn, thawed
 - 2 quarts chicken stock
 - 1 cup soft breadcrumbs
 - 1 envelope reduced sodium taco seasoning
 - 1 large egg
 - 1-pound ground chicken
 - 1 ½ cups acini di pepe pasta
 - 2 tablespoons minced fresh cilantro
 - ¼ teaspoon salt
 - Cubed avocado and sour cream



- Directions:**
- In a Dutch oven, heat oil over medium heat. Add carrots, celery, and corn; cook until tender. Stir in stock. Increase heat to high; bring to a boil.
 - Meanwhile, combine breadcrumbs, taco seasoning, egg and chicken; mix lightly. With wet hands, shape into 1 ½ inch balls. Reduce heat to simmer; gently drop meatballs into stock. Cook, covered, until meatballs are no longer pink, 8-10 minutes. Stir in pasta. Simmer, covered, until pasta is tender, 6-8 minutes. Sprinkle with cilantro and salt.
 - Serve with avocado and sour cream.

FRESH FRUIT PASTRIES

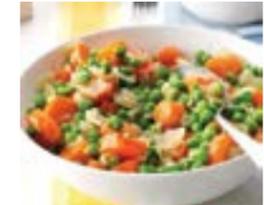
- Ingredients:**
- Frozen puff pastry cups
 - 8 oz. cream cheese, softened
 - 1/3 cup sugar
 - 2 tablespoons flour
 - 1 teaspoon vanilla
 - 1 egg yolk
 - 1 ½ cups fresh berries
- Directions:**
- Place puff pastry cups on a parchment paper lined cookie sheet.
 - Whip together cream cheese, sugar, flour, vanilla, and egg yolk.
 - Layer fresh fruit on top of cream cheese mix.
 - Bake at 400 for 15 minutes, let cool and sprinkle with powdered sugar. Enjoy!



HONEY BUTTER PEAS AND CARROTS

Total Time: Prep: 15 min.
Cook: 5 ¼ hours Yield: 12 servings

- Ingredients:**
- 1-pound carrots, sliced
 - 1 large onion, chopped
 - ¼ cup water
 - ¼ cup honey
 - 4 garlic cloves, minced
 - 1 teaspoon salt
 - 1 teaspoon dried marjoram
 - 1/8 teaspoon white pepper
 - 1 package (16 oz.) frozen peas
- Directions:**
- In a 3-quart slow cooker, combine the first 9 ingredients. Cook, covered, on low 5 hours. Stir in peas. Cook covered, on high 15-25 minutes longer or until vegetables are tender.
- Nutrition:** ½ cup 106 calories, 4 g fat, 10 mg cholesterol, 293 mg sodium

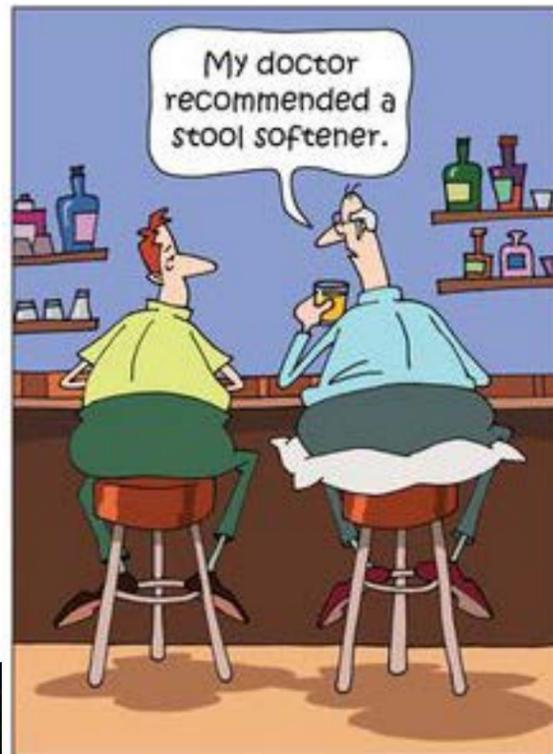
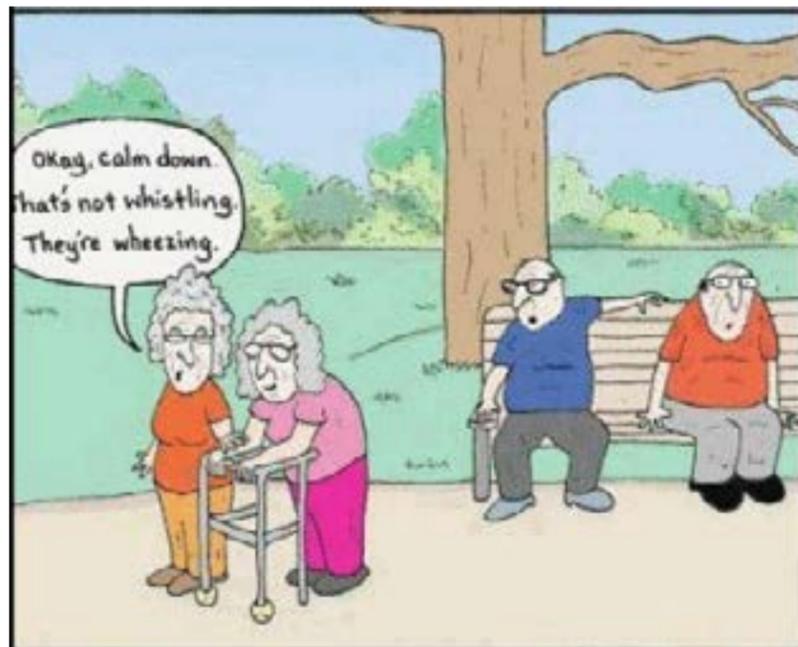


OLD FASHIONED SCALLOPED POTATOES

- Yield: 4-6 servings**
- Ingredients:**
- 3 tablespoons butter
 - 2 tablespoons all-purpose flour
 - 1 ½ teaspoon salt
 - 1/8 teaspoon pepper
 - 3 cups milk
 - 7 med potatoes, pared, thinly sliced (6 cups)
 - 2 tablespoons chopped onions
- Directions:**
- Make a white sauce out of the first 5 ingredients.
 - Place half the potatoes in a greased 2-quart casserole, cover with half the onion and half the sauce. Repeat the layers. Cover and bake at 350 for about 1 hour. Uncover and bake 30 minutes longer.



Funnybone



Now that I've become a senior, everything's starting to click for me!
 My knees, my back, my neck...
 Old people are just young people who have been alive for a very long time
 Old age isn't so bad, considering the alternative
 One benefit of old age is that your secrets are safe with your friends
 — they can't remember them either!

SENIOR FARMER'S MARKET

AN EQUAL OPPORTUNITY PROVIDER.

FROM JULY 1st. TO OCTOBER 31st.



VOUCHERS AVAILABLE FOR BELMONT COUNTY SENIORS 60 AND OLDER.
CALL SSOBC (740-695-4142) FOR MORE INFORMATION.
 Program provided through SSOBC and AAA9

Signs of Elder Abuse

Elder abuse can include neglect, physical, emotional, financial or sexual abuse. It is up to all of us to prevent and report suspected abuse. **Here are some signs of elder abuse that everyone should know.**

Emotional & Behavioral Signs

- > Unusual changes in behavior or sleep
- > Fear or anxiety
- > Isolated or not responsive
- > Sadness

Physical Signs

- > Broken bones, bruises, and welts
- > Cuts, sores or burns
- > Torn, stained or bloody underclothing
- > Sexually transmitted diseases without clear explanation
- > Dirtiness, poor nutrition or dehydration
- > Poor living conditions
- > Missing daily living aids (glasses, walker, and medications)

Financial Signs

- > Unusual changes in bank account or money management
- > Unusual or quick changes in a will or other financial documents
- > Fake signatures on financial documents
- > Unpaid bills

REPORTING ABUSE

Programs such as Adult Protective Services (APS), local Area Agencies on Aging, and the Long-Term Care Ombudsmen are here to help. For reporting numbers, contact AAA9
1-800-945-4250



*In cases of urgent danger, call **911** or the local police or sheriff.*



Older adults are among those most at risk for complications from COVID-19. The Ohio Department of Aging (ODA) in partnership with area agencies on aging, has developed the enclosed Wellness Kit¹. Each kit contains, at a minimum, a cloth mask and some hand sanitizer. Its purpose is to supply you with essentials for when you are in public settings.

Why should I wear a face covering?

Many people with COVID-19 have no symptoms, so the Centers for Disease Control and Prevention advises wearing face coverings as a possible way to protect one another from infection.

What is the proper way to wear a face covering?



Use a face covering that fits snugly and allows for breathing without restriction. Wear horizontally, covering nose, mouth, and chin at all times, and secure behind the head with ties or ear loops. Wash your hands before putting the face covering on and immediately after removing it. Do not touch your eyes, nose, or mouth when taking it off.

When do you need to wear a face covering?

Wear a face covering whenever people are in a community setting, especially in situations where you may be near people (e.g., grocery stores and pharmacies). Keep 6 feet away from others.

When should I use hand sanitizer?



- It's best to always wash your hands with soap and water for at least 20 seconds, especially after you have been in a public place, after you go to the bathroom, before you eat, or after you blow your nose, cough, or sneeze.
- Use hand sanitizer after you touch things outside your home, such as grocery carts. Clean and disinfect frequently touched surfaces daily (e.g., doorknobs, light switches).
- Hand sanitizer works best when you rub it all over your hands, making sure to get between your fingers and on the backs of your hands. Let it fully dry and do not wipe it off.

How do I clean a face covering?

Cloth face coverings should be washed after each use and can be included with your regular laundry. Use regular detergent and let the mask dry completely before wearing.

More resources

- If you have questions, call 1-800-266-4346 or visit www.aging.ohio.gov.
- For more information on Ohio's response to COVID-19, visit coronavirus.ohio.gov or call 1-833-4-ASK-ODH.

¹ Disclaimer: The kit includes items that may have been donated by private entities for your use. ODA and its staff did not benefit financially from any donations. All donations were voluntary. ODA does not endorse any of the donated items.

Please Contact the Area Agency on Aging Region 9 for more assistance on social isolation concerns or for assistance with your long-term service & supports needs.

1-800-945-4250



Managing the Effects of Social Distancing During COVID-19

Potential Impact of Social Distancing on Older Adults

The outbreak of COVID-19 may be especially stressful for older adults and may contribute to increased feelings of loneliness. Symptoms of stress include:

- Fear and worry about your own health and health of your loved ones
- Changes in appetite or sleeping, feelings of hopelessness, difficulty concentrating; these may also mimic symptoms of depression
- Worsening of chronic health problems the
- Worsening of mental health conditions
- Increased use of tobacco, alcohol, drugs
- Anger, uncertainty, or frustration
- Increased somatic complaints

What Older Adults can do to Manage Social Isolation

Steps to address negative effects of social isolation include:

- **Develop a plan to connect with family, friends or loved ones:** Talk to family and friends to develop a plan to safely stay in touch during social distancing. This is especially important for people living alone.
- **Limit news consumption:** Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- **Care for living things:** Caring for pets or plants provides a sense of purpose and improved health.
- **Take care of your body:** Physical activity such as walking or light stretching helps calm tension; eat healthy, well-balanced meals, and avoid alcohol and drug abuse. It is also important to get adequate sleep.
- **Listen to music, find activities that bring joy:** get back to hobbies that you enjoy, find a way to help others.
- **Keep your mind active:** Completing puzzles (e.g., jigsaw, crossword, sudoku), reading, and engaging in art projects helps to keep the mind occupied and can improve cognitive functioning.
- **Use calming techniques:** Such as deep breathing, stretching, meditation, prayer, taking a warm bath or shower, or sitting with a pet.
- **Find ways to laugh:** Watch a TV show, or chat with a friend or family member who brings joy.
- **Create short personal videos** that can be shared between family and loved ones and the older adult.

HAPPY BIRTHDAY!

Oct. 1
Ellen Rohbach
Patricia Murphy
Donald Lyden
Joan Antil
Sherry Hanson

Oct. 2
Ruth Hanson
Lovern Schickling
Marlyn Bowers

Oct. 3
Mary Meyers
Catherine Beck
Patricia Sanders
Paul Loy
Olga Lloyd
Andrew McKee
Betty Thompson
Debbie Gulker
Allen Roth

Oct. 4
David Krempasky
John Winzenreid
Joyce Berus
James Hudson
Nancy Raeder
Francis Mccardle
Nancy Mccardle
Theresa Albanse

Oct. 5
Helen Hibbs
Nina Richards
Margaret Tedeschi
Shirley Fiscus
Roger Boston

Oct. 6
Vince DeNardo
Joseph Campbell
Charles Eickleberry
James Littleton
Linda Sadowski

Oct. 7
William Phillips
James McGuire

Oct. 8
David Kemp
Stanley Otto
Mary Kocher
Mary Zuboski

Oct. 9
Ronald Brooks
Julia Neitzelt
Donna Perkins
Michael Vavra

Oct. 10
Chester Burlenski
Claudis Brubaker
James Christman
Mary Schafer

Oct. 11
Sharon Noel
Heyward Bazar
Robert Hines
Donald Poludniak
Randy Stauffer
Anna Noble
Michael Shoplak
Martha Clark

Oct. 12
John Hollingsworth
Carol Traylinek
Eileen Slack
David Crunelle

Oct. 13
Earl Richards
Freida Siebieda
Joseph Bednarik Ju-
day Mudrak
Catherine McCabe
Delora Zollars

Oct. 14
Betty Giancola
Frank Marchese
Wilma Shriver
LeAnn Cook
Christopher Vees
Sandra Evans
Darlene Rauschenberg

Oct. 15
Henry Saunders
Roger Brown
Charles Martin
Dorothy Morgan
Barbara Gornick

Oct. 16
Charles Haught
Marjorie Swiger
Mary Conaway
Emma Milliken
Edward Porter
David Whiteley

Oct. 17
Michael Roby
Beverly Cross
Patricia Lewis
John Selvy
Elizabeth Smalls
Anna Traylinek

Oct. 18
Christina Nardo
Gary Rebecca
Samuel Danadic
Jeannette Lucas

Oct. 19
Linda Burris
Carol Grandstaff
Douglas Davis

Oct. 20
Lucille Myers
Virginia Donaher
Karen Haydin
Marjorie Foster
Barbara Russell

Oct. 21
Linda Foose
Joseph Cloppi
Carol Toland

Oct. 22
John Twardoski
Kay McMahan
Richard Workman
Helen Walton

Oct. 23
Raymond Dorsey
Sharon Olexo
Eileen Baker
Sally Lynn
Nova Stephen
Willard Humes

Oct. 24
Lois Walker
Joyce Ferrell
Otis Stonebraker

John Milam
Rebecca Lynn
Glenna Weyrick
Barbara Kennedy

Oct. 25
Clyde Repik
Roger Woods

Oct. 26
William McKeen
Frances Conaway
Virginia Shaulis
Sharon Adamson
Anne Gdula

Oct. 27
Betty Miller
Frank Papini
Barbara Milhoan

Oct. 28
Kim Zalesny
James Russell
Homer Earliwine
Wiiiiam Bashore
Mark Jackson
Philip Beaver

Oct. 29
Ollie Jackson
Irene Bickmeier
Robert Crumrine
Maryln Goletz
Carl Clary
John Watson

Oct. 30
Rose Ann Carpenter
Luana Shudic-Reed
Anita Boiarski
Mary Zediker

Oct. 31
Ann Newland
Betty Wise
Marjorie Davis
Richard Stevens
Vera Stephens
Theresa Stopski

School Supplies

ACROSS

1. Speck or streak
5. Sayings of Jesus
10. Manhattan munchies
14. Prefix with harp or pilot
15. Get up
16. Word on a dollar's edge
17. Collegiate coffee sweetener
19. Shipboard rocket, perhaps
20. Coahuila condiments
21. ___-faire
23. Troubled
24. Collegiate stationer's supply
26. Watches over
28. State bordering Arizona
29. They're present at a hearing
32. Young haddock
33. Collegiate transportation need
37. "Cold ___" (Foreigner hit)
39. Nordic maker of Thunderbolts
40. Like some words or wurst
42. Cameo
48. Collegiate security items
51. Tactician's traps
52. Swedish rubber?
53. Petty
54. Places for flowers or coral
55. Collegiate headgear
57. "Thanks for clearing that up!"
58. Site of a Herculean task
59. Pierre's pals
60. Where cubs might report

61. Word with Dutch or heat

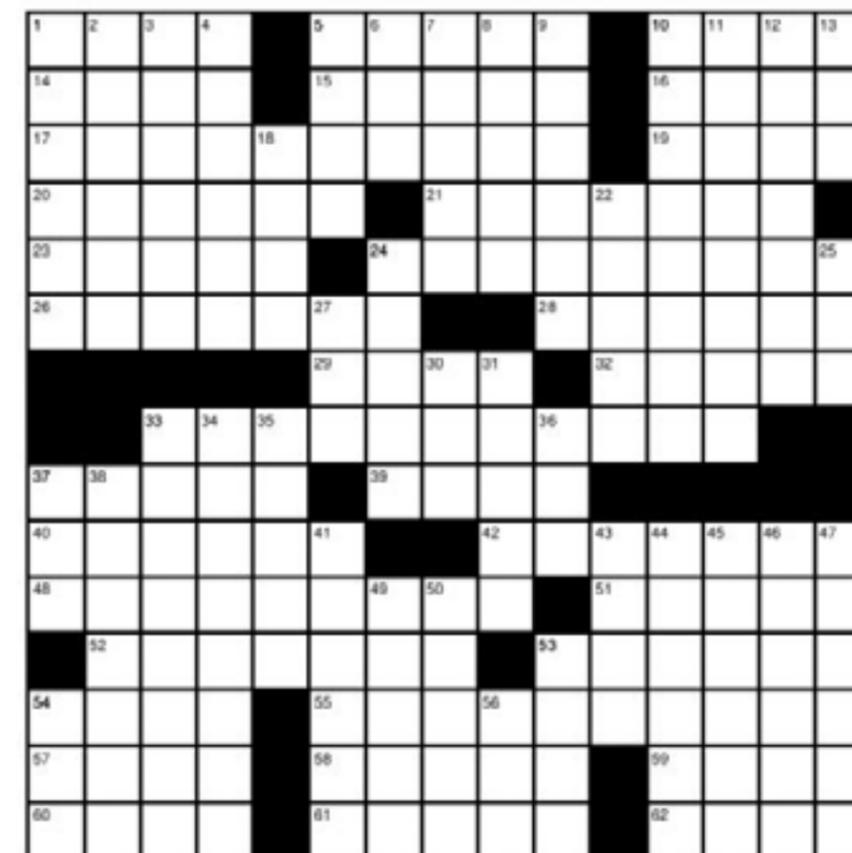
62. Constructed

DOWN

1. Tries to dry, as a spill
2. Compound of gold
3. Like some bases or kisses
4. "Sniff!"
5. Burns' beau
6. Tulsa sch. named for a televangelist
7. Affleck film that won 6 Razzies in 2003
8. Stern with a bow
9. High homes
10. An attractive one may cause lawsuits
11. Written up
12. Frigidaire competitor
13. "Let me think...."

This puzzle was created using CrossFire (<http://beekeeperlabs.com/crossfire>)

Robert Stockton



© 2009

18. Capital city sluggers, for short

22. "Jes' think...."

24. Emulates Niagara

25. Gnarly to the max

27. It helps you start driving a round

30. Cape Town's home: abbr.

31. Attempts

33. Infamous al Qaeda leader

34. Bypasses security, perhaps

35. Boat bottoms

36. Shea stat

37. "Rehab" Grammy winner Winehouse

38. Like some twins or cats

41. "Any way the wind blows ___ really matter...": Bohemian Rhapsody

43. The magi, e.g.

44. New York county containing the Donald J. Trump State Park

45. Bronchodilator's target

46. Fixed the bathroom tiles

47. African blood-sucker

49. More likely to be picked from the pound

50. Krispy ___

53. Hurdle before the bar: abbr.

54. Call from North, South, East or West

56. It gets warm, then it gets a cosy



Mon	Tue	Wed	Thu	Fri
To resume to cancel meals 1-800-200-0320 1-740-695-4142			1 Beef Stroganoff Harvard Beets Buttered Carrots Fruited Jell-O Bread, Marg. Milk	2 Egg-Sausage and Cheese Biscuit Sand Potatoes O'Brien Stewed Plums Orange Juice Milk
5 Chipped Beef O/Mashed Potatoes Mixed Vegetables Warm Applesauce Dessert Roll, Marg.	6 Turkey Burger Sweet Potato Fries Broccoli Cranberry Sauce Pickles Bun, Mayo	7 Italian Hoagie Fruit Salad Cucumber Salad V-8 Juice Hoagie Bun Italian Dressing	8 Baked Chicken Potatoes Brussels Sprouts Waldorf Salad Roll, Marg. Milk	9 Spaghetti/Meatballs Pea Salad Pears Parmesan Cheese Garlic Bread Milk
12 Closed Columbus Day	13 Creamed Chicken Mashed Potatoes Peas and Carrots Nectarine Biscuit, Marg. Milk	14 Taco Salad Fruit Cup Corn Chips Sour Cream Milk	15 Baked Pork Chop Scalloped Potatoes Lima Beans Applesauce Roll, Marg. Milk	16 Fish Sandwich Parsley Potatoes Capri Blend Veggies Ambrosia Salad Bun, Tartar Sauce Milk
19 Stuffed Pepper Mashed Potatoes Creamed Corn Fruit Cup Roll, Marg. Milk	20 Grilled Chicken Pecan Salad, Dr. Cottage Cheese Peaches Muffin, Marg. Milk	21 Pinto Beans w/Ham Tomato Juice Plum Corn Muffin, Marg. Milk	22 Swiss Burger Baked Beans Cauliflower Grapes Bun, Mayo Milk	23 No Meal Delivery Employee Training Day
26 Meatloaf Au gratin Potatoes Spinach Apple/caramel dip Roll, Marg. Milk	27 Roast Turkey/Dress Mashed Potatoes Green Bean Cass. Cranberry Juice Bread, Marg. Milk	28 Chef Salad, Dress. Banana Mini Bread Loaf Marg.-Crackers Milk	29 Ham Loaf Sweet Potatoes Creamed Peas Pineapple Roll, Marg. Milk	30 Veg. Beef Soup Mandarin Oranges P&J Sandwich Crackers Treat Milk
Donations are greatly appreciated.	Donations may be mailed to: Senior Services of Belmont County 67650 Oakview Dr St. Clairsville, Oh 43950	To access ingredient content call Tina Burkhart 695-4142 ext 137	Menu Subject to change	Choice of skim, 2%, chocolate milk or juice. Choice of white or Whole grain bread.

OLDER ADULTS & CAREGIVERS

COVID-19 RESOURCE CENTER

Who is most at risk for COVID-19?

The CDC has identified older adults and people with severe chronic medical conditions like heart, lung, kidney or autoimmune diseases and cancer at higher risk for complications from COVID-19.

Why are older adults so affected?

The reason COVID-19 is so dangerous for older adults is the same reason they are at higher risk for complications from the seasonal flu. As people age, their immune system weakens, and they lose their ability to fight off infection. Older people also are more likely to have chronic diseases that make it harder to cope with and recover from illness.

Should older adults stay at home and avoid going out, even to senior centers?

The CDC recommends that older adults and those who are at higher risk take the following steps:

- Stock up on supplies.
- Take everyday precautions to keep space between yourself and others.
- When you go out in public, keep away from others who are sick, limit close contact and wash your hands often.
- Avoid crowds as much as possible.
- Avoid cruise travel and non-essential air travel.
- Postpone/reschedule medical appointments that are not medically necessary, such as routine checkups.

If COVID-19 is spreading in your community:

- Practice social distancing and stay away from anyone who is sick.
- Take extra measures to put distance between yourself and other people to further reduce your risk of being exposed to this new virus.
- Stay home as much as possible.
- Consider ways of getting food brought to your house through family, social, or commercial networks.

What can family and friends do to support older adults?

Family members, neighbors, and caregivers can:

- Know what medications your loved one is taking and see if you can help them have extra on hand. If you have problem getting refills, talk to your pharmacist about what can be done. Many insurance companies are easing limitations on refills during this crisis and allowing 3-months' supply for many medications, except pain medication in some cases. Use mail order pharmacies if that is an option for you.
- Monitor food and other medical supplies (oxygen, incontinence, dialysis, wound care) needed and create a back-up plan.
- Stock up on non-perishable food items to minimize trips to stores.
- Make a plan for who will care for your loved one, if they become sick.
- Check in on older loved ones regularly by phone, email, and text to combat social isolation.
- Help loved ones reschedule non-medically necessary doctor's and other health professional appointments.

What should someone do if they think their older loved one has COVID-19?

Potential COVID-19 symptoms include fever, dry cough, and shortness of breath. If you or your older loved one develops symptoms, call your doctor first before going to the doctor's office or hospital. According to the CDC, emergency warning signs for COVID-19 that require immediate medical attention include difficulty breathing or shortness of breath, persistent pain or pressure in the chest, new confusion or inability to arouse, and bluish lips or face.