

JANUARY 2021

Belmont County Senior Services

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

740-695-4142



SSOBC New Partnership

Last week, Commissioner J. P. Dutton receives a \$1,000 check from Sandy Williams, coordinator and founder of Jerry’s Walk, a local non-profit organization that brings community awareness to prevent suicides. Joining in the presentation (from Left to Right) Commissioner Dutton, SSOBC Director Dwayne Pielech, Sandy Williams, Tina Burkhart, SSOBC Nutrition Administrator and Commissioner Jerry Echemann. Ms.

Burkhart is holding a basket of food that will be distributed to the most indigent and needy seniors made possible by the Jerry’s Walk donation.

Belmont County Commissioners along with the leadership team at SSOBC recently announced a new partnership between the Agency and Jerry’s Walk, a local non-profit agency that provides awareness to prevent suicide amongst all age groups. With the pandemic and all the related issues the virus has created, SSOBC staff and Jerry’s Walk leaders developed a strategy to help the frontline SSOBC staff, who serve seniors daily, understand and recognize the signs of someone distressed and considering suicide. Jerry’s Walk staff have developed a training video for Agency staff along with other training resources. Following is an open letter from Sandy Williams and the Williams Family to readers of the Golden Times. *continued on Page 3*



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 **Look for us on Facebook 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.

SENIOR SERVICES OF BELMONT COUNTY

Executive Director
Dwayne Pielech

Fiscal Administrator

Lee Pytlak

Senior Services Administrator

Leslie Thompson

SERVICES INCLUDE

- Senior Centers
- Nutrition Shopping-Check your local Center's calendar for dates and times
- Nutritional Meals Served Daily in Centers
- Transportation to & from your local Senior Center
- Transportation to Medical Appointments
Minimum 72 hour notice for all appointments
- 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 7:30AM TO 3:30PM

Last Doctor's Appointment made by 2:00PM

We provide transportation both ways.

Minimum 72 hour notice for all appointments.

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

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My name is Sandy Williams. Along with my mom, Jeanette Williams, my sister Cindy Williams, and my husband Jamie Gaffney, we established Jerry's Walk – Illuminating Suicide Awareness. We have one goal – remove the stigma that surrounds suicide to make it easier for people to get help. Jerry's Walk was founded in memory of my dad, Jerry Williams, who lost his life to suicide in 2011 two days shy of his 75th birthday.

We don't talk about suicide enough, but it is the 10th leading cause of death in the United States. Suicide does not discriminate; it impacts all ages, all economic and education levels, rural residents and city dwellers. What we definitely don't talk about enough is how suicide impacts people over the age of 65. The highest rates of suicide are among men ages 45-65; however, as a percentage of population, men over the age of 85 are dying at rates that exceed all other age groups.

The fact is, when a senior citizen makes a suicide attempt, they are more likely to die than when a younger person makes an attempt. This is for a variety of reasons including the fact that many seniors live alone and thus are not likely to be rescued quickly; they may already be in frail health; and quite frankly, because they intend to

die rather than simply make an attempt at suicide. Whatever the reason, Jerry's Walk sees this as a very real crisis and one we are committed to addressing. We realize that seniors face their own stigma...agism. It is a tragedy that simply getting older in this country is met with anything but respect, but we all know that's not the case. So unfortunately, we just don't give suicide among seniors the same attention as we give suicide among younger people. At Jerry's Walk we see all suicide as unnecessary losses. We strive to make life better – and healthier – for people of all ages.

Jerry's Walk sponsors a community walk in St. Clairsville each April to bring awareness to the problem of suicide and to provide support for those who have lost someone to suicide. We are excited to begin a partnership with Senior Services of Belmont County to directly address the tragedy of suicide among seniors. Our first project will be to train those who deliver meals through the Meals on Wheels program to recognize suicide warning signs and to get help to those who may be in crisis.

You can read more about Jerry's Walk, as well as find a list of resources for those who may be struggling, at our website www.jerryswalk.org. Also follow us on Facebook, Instagram and Twitter!

See Commissioner's News Release on Page 17

Become a member of your local senior center and start enjoying additional benefits. Call your local senior center coordinator to discuss membership and the added benefits. (Please see page 2 for senior center phone numbers).

Help a Friend or



Neighbor in need!

If you have a friend or neighbor in need that could benefit from any of the services from our local senior center, please reach out to them. Being a member of a senior center just is not for Bingo anymore. Our senior center staff can assist members in receiving weekly produce and other perishables while available. Our senior centers also assist with monthly commodities.



January's Super Senior



Meet Delora Zollars . . . When she was born her dad was hoping for a son. She was the third girl so he gave her the nickname Billie. She grew up in Egypt Bottom, where they had

no phone and used an outhouse. Her family had a garden and did butchering. They shared their good fortune with their neighbors and later on her daughter married one of Billie's childhood neighbors grandchild.

Billie graduated from Barnesville High School. Her classmate; Barb Tetlow is a very close friend and they enjoy high school reunions.

She and her husband; Chuck celebrated their 50th anniversary in November. Sadly Chuck passed away in December 2008. They had 3 children, 7 grandchildren and 1 great grandchild.

Billie joined the St. Clairsville Senior Center in 2017. She enjoys games and fellowship.



16 Chair Exercises for Seniors

Exercise is crucial for leading an active, healthy, happy life. When you think “exercise,” you might think “get up and go.” But what if you could be active while still sitting? We have great news -- you can! With chair exercises for seniors, you can perform a seated routine that rivals any you’ve ever done on your feet!

You no longer need to worry that you can’t get the activity you need to be healthy. If you’re looking for an exercise program that provides modified activities due to age, immobility, balance issues, or you’re recovering from an injury or surgery, these workouts are for you!

A seated workout encompasses far more than movements. Chair based exercises will develop your cardio fitness, muscular strength, and flexibility. Here are some of the best chair exercises for seniors. Practice these basic movements and choose one or two exercises from each category for a well-rounded seated workout.

Warm-Up Chair Exercises for Seniors

Like any other workout, we want to begin with a warm-up. Loosening and warming the muscles prepares them for the movements they’re about to do and dramatically reduces the risk of injury. Try these warm-up chair exercises for seniors.

1. Neck Stretch

Sit up straight, and slowly tilt your head toward your right shoulder until you feel a stretch. Hold this position while gradually extending your left arm down and to the side. You should feel a stretch on the left side of your neck. Release, and repeat on the other side. Perform two to five repetitions per side. This stretch will warm up your neck and the group of muscles at the top of your back and get you ready for arm exercises.

2. Shoulder Circles

In a seated position, place your fingertips on your shoulders. Circle your shoulders forward for fifteen repetitions. Reverse the movement, and circle backward for fifteen repetitions. This exercise will warm up your shoulder muscles and reduce the risk of strain.

Chair Exercises for Arms

Stronger muscles can provide greater balance and stability, which reduces the risk of falling. Being stronger also makes daily life easier. When you can get around with ease, life becomes more pleasurable. Lifting bags and other items that used to weigh you down might serve as a reminder of your improved fitness and health.

3. Seated Row

Sit on the edge of your seat with your feet flat on the floor. Hold your arms in front of you, with your thumbs pointed toward the ceiling and your elbows slightly bent. Draw your elbows back, squeezing your shoulder blades together, until your upper arms are in line with your body. Extend your arms again, and repeat eight to ten times. Once you build up more strength, try wearing wrist weights to make it more challenging. This exercise strengthens your shoulders, chest, and upper back while placing little stress on your joints.

4. Shoulder Rolls

Sit tall with your feet flat on the ground. Shrug your shoulders up toward your ears, and slowly rotate your shoulders in a circle—back, down, forward, and back to the top. When you reach the top, reverse the movement. Roll your shoulders forward, down, back, and to the top again. Perform ten repetitions in each direction, for a total of twenty reps. This movement engages your shoulders and trapezius muscles, which are essential for lifting and carrying objects. *continues on page 6*

Chair Exercises for Legs

It may seem impossible to strengthen your legs while sitting down, but you absolutely can! Here are a few chair exercises for legs to work your quads, glutes, and calves.

5. Toe Taps

Sit up straight with your feet flat on the ground. Bend your toes toward the ceiling and back to the floor. To increase the difficulty of this exercise, sit on the edge of your seat with your legs straight. Keep your heels on the ground as you bend your toes upward and then back down. This variation increases the range of motion. Perform eight to ten repetitions to strengthen your calves and the muscles running alongside your shins. You use these muscles to climb stairs and perform daily activities.

6. Knee Lifts

Sit up straight with your feet flat. Slowly lift your right knee toward your chest, and then lower your foot back to the floor. Repeat with your left leg. Perform ten repetitions

per leg, for a total of twenty reps. For an added challenge, pause for a five-count at the top of the movement. This exercise strengthens your quads, which is the largest muscle group in your body. You use your quads in nearly everything you do, and strengthening them will make you feel stronger overall. As you build strength, consider enhancing your workout by using ankle weights for added resistance.

Chair Core Exercises for Seniors

Strengthening your core and abs is crucial for improving balance and stability. Perform these chair core exercises for seniors to improve your muscular foundation and protect yourself from accidental falls. The seated exercises are great for lower back, abs, and glutes. Here are a few activities to build a strong foundation!

7. Tummy Twists for Abs

Sit up straight with your feet flat on the ground. Hold your arms at a ninety-degree angle with your elbows at your sides and your forearms extended in front

of you. Rotate your upper torso to the left through a full range of motion. Keep your lower body still, and brace your core by imagining you're sucking your belly button toward your spine. Return to the middle and twist to the right. Perform ten repetitions on each side, for a total of twenty. This exercise strengthens your obliques, abdominal muscles used for trunk rotation, and will help you maintain good posture. Also, check out the best back braces to improve poor posture.

8. Captain's Chair

Be sure your chair is sturdy. Sit up straight and grasp the edges of your seat. Slowly lift your feet off the floor. Move your knees toward your chest. Squeeze your abs

at the top, and slowly lower your feet back to the floor. Don't try to move past a comfortable position. If you can only raise your feet a few inches off the floor, that's fine. This exercise will strengthen your abs and other core muscles, such as your glutes.



Chair Aerobics for Cardio

Improved cardiovascular health is essential for reducing the risk of heart attacks and improving your overall quality of life. Chair cardio exercises for seniors is one of the best ways to make daily life less tiring. Tired of feeling winded after climbing the stairs? Chair aerobics will strengthen your lungs and your heart, so you're ready to face the world.

9. Seated Jumping Jacks

Sit up straight, on the edge of your seat. Extend your arms to the sides and then above your head, as you would with a normal jumping jack. Return them to your sides before raising them again. Start slow, and then increase your speed until you're moving your arms as fast as you can. Perform three sets of twenty repetitions. If you're exercising in a chair with arms, be careful that you don't strike the armrests during the movement.

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10. Skater Switch

Sitting on the edge of your chair, bend your right knee and place your toe on the floor. Extend your left leg straight out to the side with your toes pointed. Extend your arms straight in front of you, and bend forward. Reach your left arm to the insole of your right foot, raising your right arm behind your body and twisting at your waist. Return your arms in front of you, and straighten your back. Repeat this action ten times, and then switch your legs and reverse the movement for another ten reps. For added difficulty, alternate left and right, quickly changing your leg position between reps.

11. Chair Running

Sit with your legs extended, toes pointed, and arms ward you while the other is extended, and then switch, mimicking a running motion. If necessary, grip the armrests or sides of your seat for balance.

12. Seated Tap Dance

Sit with your knees bent and your toes resting lightly on the floor. Extend one leg, and gently tap your heel on the ground. With your leg still extended, point your toes and tap them to the floor. Flex your foot, and tap your heel again. Return to the starting position, and repeat with the opposite leg. Perform the “tap dancing” for three to five minutes. Set a timer, and try to go a little longer each time you exercise.

Seated Chair Exercises for Flexibility

Being flexible, with a full range of motion, makes everything feel better, like reaching down to tie your shoe, or stretching for the top shelf. Flexibility reduces stiffness and pain, allowing you to perform your daily activities. Do these exercises at the end of your workout to stretch your warmed muscles.

13. Seated Forward Bend

This movement stretches your lower and upper back. Widen your legs and place your feet flat on the floor. Slowly lean forward, dropping your torso toward your thighs. Relax your neck and lower your hands toward your feet. When you feel a stretch, hold the position for thirty seconds, and then slowly return to the starting position. Repeat three times.

14. Knee to Chest

Sit up straight with your left foot firmly on the ground. Grasp the back of your right knee, and slowly pull it toward your chest until you feel a stretch. Hold the position for thirty seconds, and then repeat with your left

leg. Perform three reps per side. This exercise stretches your hamstrings and glutes—big muscles that need to be flexible to prevent injury.

15. Ankle Rotations

Sit up straight, and rest your ankle on the opposite knee. Rotate your ankle in circles. Perform ten rotations clockwise and ten rotations counterclockwise. Point your toes for an additional stretch.

16. Sit and Reach

Sit with your knees together and your back straight. Extend one arm straight toward the ceiling. Stretch your body upward, feeling the stretch along your torso. Look toward your hand to get a stretch in your neck and shoulders. Hold the position for five to ten seconds, and then switch to the other side. Repeat three times per side.

Get Started with Fun Chair Exercises for Seniors

Ready to get started with seated exercise? All you need is a chair and a positive attitude! It's easy to get started, and there are plenty of resources available to point you in the right direction.

- **Ideal Chair**

Pick out a good chair. The best chair will have a straight back and will be stable. Please, no wheels. Leave the rolling chairs in the office. You'll want something with a comfortable cushion, but not a deep armchair you'll disappear into. A sturdy kitchen chair is a good option.

When to Consider Chair Exercises for Seniors

Exercising can become difficult and place a strain on joints and muscles as you age. The increased tension can lead to pain and injury. Staying fit is imperative for preventing the very pain and injury overly intense exercise can cause. For an older adult who struggles with this dilemma, chair exercises for seniors are the perfect solution. They help you stay fit and healthy, without placing undue stress on your body. If any of the below descriptions fit you, chair exercises may be just what you're looking for.

- Poor balance, and a higher risk of falling during exercise
- Joint pain that makes standing painful and difficult
- Limited range of motion or poor mobility
- Recovering from a surgery or an injury
- Beginning a routine and need to start slow and work up to standing exercises
- Ready to try something new and shake up your fitness routine

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Benefits of Chair Exercises for Seniors

Seated exercise offers all the benefits of standing exercise, without the risk. Chair exercises will keep your joints flexible, improving your range of motion and mobility. They also strengthen and stabilize your muscles, resulting in improved balance, which is key for preventing falls and injuries. After a few weeks of regular chair exercise, you can expect to see an improvement in your overall health and fitness. You'll feel better, and your daily routine will be easier. A few benefits of chair exercises for seniors include:

- Improved flexibility and range of motion
- Decreased joint pain and stiffness
- Improved muscle strength and balance
- Increased blood circulation
- Elevated mood and concentration
- Lowered stress levels

Sit down and Get Fit!

Chair exercises may be the holy grail of fitness for seniors. They allow older adults who otherwise would not be able to exercise consistently improve

their strength, cardiovascular fitness, and mobility—without the high risk of injury present during traditional exercise routines. Seated exercises are gentler on the joints and will reduce pain, not add to it. Seniors can expect the same benefits from seated exercise that they would from standing routines, and chair exercises can be a lifesaver for someone recovering from surgery or an injury. All you need is a sturdy chair and a desire to become stronger and healthier!

Melissa Mills, RN

Melissa is a Quality Assurance Nurse, professor, writer, and business owner. She enjoys empowering older adults to live their best life through daily self-care activities. Melissa is owner of www.makingspace.com, a website dedicated to helping women find their creative passions through writing and co-owner of enursingresources.com, a start-up Nursing CE company that will offer online courses soon.

Safety Tips While Shoveling Snow

Shoveling snow can mean taking on more than your body can handle. And ignoring signs that you need to take a break from shoveling may prove to be harmful.

Health care providers at Mayo Clinic Health System want to ensure your safety as you clear driveways and sidewalks, so here are some tips for safe snow shoveling:

- **Be heart conscious.**

If you have a history of heart problems and are currently inactive, it's best to speak with your health care provider before shoveling. Additionally, don't shovel while smoking, eating or after consuming caffeine; this may place extra stress on your heart.

- **Dress Warm.**

Wear several layers of clothing. You can always remove a layer if needed.

- **Drink plenty of water.**

Remaining hydrated during cold-weather months is just as important as during warm-weather months.

- **Warm up your arms and legs.**

Stretch your arms and legs before beginning to shovel. You are less likely to injure muscles when they are warm.

- **Take it slow.**

Pace yourself and take breaks if you need to. Safety is more important than speed.

- **Protect your back.**

Bend at the knees, not the back. Lift with your legs bent, stand with your feet hip-width apart for balance and keep the shovel close to your body. Also, don't pick up too much snow at once; use a small shovel or fill up a large shovel no more than halfway.

- **Shovel while snow is fresh.**

Freshly fallen snow is lighter than snow that has started melting.

- **Listen to your body.**

This is the most important snow shoveling tip. If something feels abnormal, or if you're tired, it's time to stop.

- **If you are experiencing an emergency, call 911 immediately.**



HEAP Winter Crisis Program

The Home Energy Assistance Winter Crisis Program (HEAP Winter Crisis Program) helps income eligible Ohioans that are threatened with disconnection, have been disconnected or have less than a 25 percent supply of bulk fuel in their tank maintain their utility service. The program runs from November 1 until March 31. Ohio households, serviced by a Public Utilities Commission of Ohio-regulated utility, must sign up for the Percentage of Income Payment Plan Plus (PIPP) or another payment plan in order to receive emergency benefits.

Who is Eligible for the Winter Crisis Program?

Ohioans with a household income at or below 175 percent of the federal poverty guidelines that are facing disconnection, have been disconnected or have less than a 25 percent supply of bulk fuel in their tank are eligible for the program.

Size of Household	Total Household Income 12 Months
1	up to \$22,330
2	up to \$30,170
3	up to \$38,010
4	up to \$45,850
5	up to \$53,690
6	up to \$61,530
7	up to \$69,370
8	up to \$77,210

For households with more than eight (8) members, add \$7,840 for each additional member.

A household applying for HEAP must report total gross household income for the past 30 days (12 months preferred) for all members, except wage or salary income earned by dependent minors under 18 years old. Both homeowners and renters are eligible for assistance.

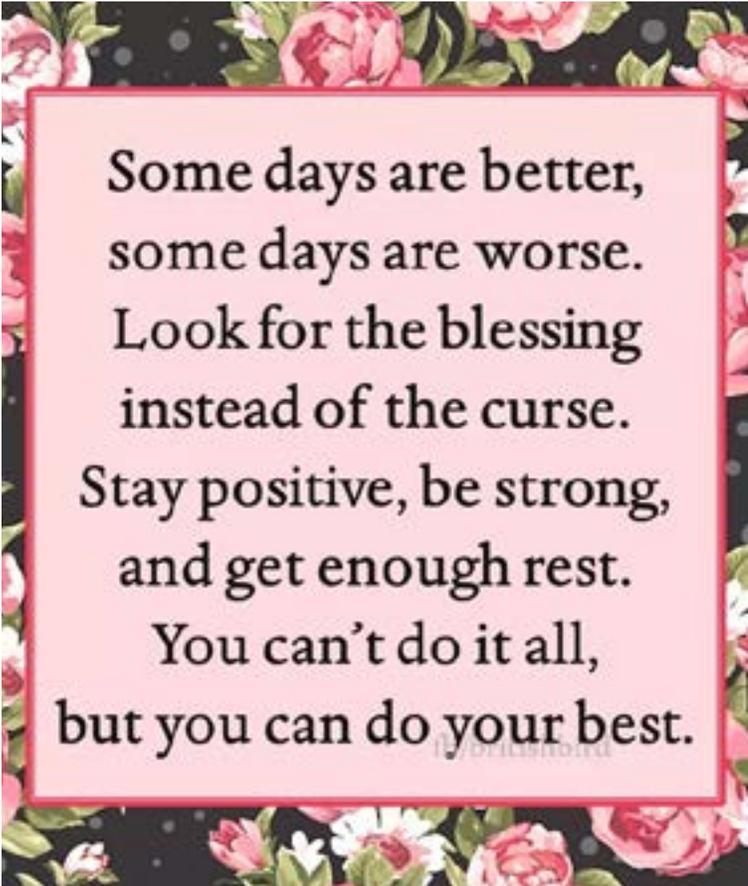
How do I apply?

You can begin your application online at energyhelp.ohio.gov but will need to contact your local Energy Assistance Provider to complete your application. When you apply, you will need to complete the Energy Assistance Application (English or Spanish) and submit a copy of the following documents:

- Copies of your most recent utility bills
- A list of all household members (include birth dates and Social Security numbers) and proof of
- Income for everyone in the household over 18 years old for the last 30 days for each member (12 months preferred)
- Proof of citizenship or legal residency for all household members.

Please contact your local Energy Assistance Provider for a list of all required documents. Depending on your income type, additional forms may be required. Samples of the additional forms can be found by clicking [here](#). Don't forget to sign the application. Not signing the application will delay the application process. If you're applying by mail, send your application and required documents to:

HEAP
P.O. Box 1240
Columbus, Ohio 43216



Some days are better,
some days are worse.
Look for the blessing
instead of the curse.
Stay positive, be strong,
and get enough rest.
You can't do it all,
but you can do your best.

You are holding a cup of coffee when someone comes along and bumps into you, making you spill your coffee everywhere. Why did you spill the coffee? You spilled the coffee because there was coffee in your cup. Had there been tea in the cup, you would have spilled tea. The point is whatever is inside the cup, is what will spill out. Therefore, when life comes along and shakes you (which will happen), whatever is inside you will come out. It's easy to fake it, until you get rattled. So, we have to ask ourselves, "What's in my cup?" When life gets tough, what spills out? Joy, gratefulness, peace and humility? Or does anger, bitterness, harsh words and reactions come out? You choose! Today let's work towards filling our cups with gratitude, forgiveness, joy, words of affirmation, kindness, gentleness and love for others.

BINGO WITH A TWIST

NAME:

Senior Services
of Belmont
County
St. Clairsville,
Ohio shared this
engaging way to
play Bingo

B	I	N	G	O
Start and Finish a Puzzle	Drink 64 oz. of water in one day.	Take a Selfie and send to Leslie at SSOBC	Complete 6 of the 16 chair exercises listed in our newsletter	Talk to a senior center friend who you haven't seen in awhile
Take a brisk walk outside for 30 minutes	Do something kind for a neighbor	Like, Comment/ Share Senior Services of Belmont County Facebook Page	Enjoy a Zen moment and download a free app called Calm	Stretch your upper body while sitting in chair for 30 seconds.
Complete a craft	Video Chat with a friend or family member		Take care of your skin and put-on lotion	Make a new recipe (submit recipe)
Enjoy a good book	Clean out a closet and donate the old clothes	Participate in a Zoom activity. Check your local library for a listing	Listen to music for 30 minutes	Watch a movie you haven't seen before
Enjoy a podcast or audio book	Send a card to someone to say just you are thinking of them	Take a virtual tour on YouTube. (Museums, Europe and more)	Donate towels or blankets to the animal shelter	Play a card game

HOW TO PLAY:

Complete all of the activities in a row vertically, horizontally or diagonally. Let the center know when you have achieved a BINGO and they will enter one ticket into their raffle with your name on it! Contact them by email; leslie.thompson@ssobc.com

Five Bingo Maximum = 5 raffle tickets.

Winner is drawn at the beginning of the next month.

How to Play: Complete a row vertically, horizontally or diagonally. Let us know when you have achieved a BINGO and we will enter one ticket into a drawing. Contact us vis email with your answers at Leslie.thompson@ssobc.com or through Facebook Messenger.

Five BINGO maximum= 5 tickets for drawing. Winner will be announced on Facebook Live on 01/29/21. Cindy Snyder of Bethesda was our November winner!

FIVE BINGO MAXIMUM = 5 RAFFLE TICKET MAXIMUM

Winner will be drawn on Facebook LIVE, check out our new Facebook Page for more information.

BACKWARD GLANCES
FRIENDS AT SSOBC

Photos by Donna Steadman



Lansing Peggy, St Clairsville
 Jerry Parker



Powhatan Rodger Doty & Lansing ??



We miss you Jennifer Wiggins



We Miss You Patty Doty & Mom Betty



Bellaire Center Members Donna Bruce
 & Buzz Jeffries



Centerville Donna Jean Perkins
 & Stella Lea Ramsay in picture frame
 made by Delaney Steadman 7 years old



Centerville Wanda Jarrett



Bellaire Joyce & Jim Weekley



Centerville Pam Moore & Chloe Foster



Centerville Phyllis, Grace, Pauline,
 Ruth, Donna Jean bringing in
 New Years 2008



< The Shaw's from Shadyside

BACKWARD GLANCES
FRIENDS AT SSOBC

Photos by Donna Steadman



Bellaire Joe Cioppi ready for some Chair Volleyball.



Sarah Smith & Barb Tetlow from Barnesville



Bellaire Linda Phillips, Rose Trigg



Katie K from St. Clairsville Rest in Peace



Bellaire Rose Duvall & Bernice Wade



Martins Ferry Mary Hanlin & Lansing Patty, Betty Roth



Powhatan Mary Lo Kovach, Nancy Campbell, Bellaire Mary Clark



Flushing Members Bobbie Garrett, Leroy Boyce, John Ciesielka, Tom Bober



Colerain members Joann Choe, Martha Orend, Marge Swiger



St. Clairsville members Jenny & Ernie Stewart

Staying CONNECTED

Registration is easy!

 www.aging.ohio.gov/stayingconnected

 1-833-632-2428

 Daily Check-In  Services  Friendly Chat  Safety Net

A service of the Ohio Department of Aging



When you sign up for the Staying Connected check-in service, you'll get the comfort of a daily call to make sure you are. Learn more and register: www.aging.ohio.gov/stayingconnected 1-833-ODA-CHAT

#InThisTogetherOhio #StaySafeOhio #StayingConnectedOhio



BELMONT COUNTY COMMISSIONERS

J. P. Dutton • Jerry Echemann • Josh Meyer

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belmontcountycommissioners.com

FOR IMMEDIATE RELEASE
December 9, 2020

Jerry's Walk and Belmont County Senior Services Announce Partnership

ST. CLAIRSVILLE—The Belmont County Board of Commissioners today announced a partnership with Jerry's Walk, a local non-profit organization that brings awareness to citizens at risk of committing suicide. Jerry's Walk was started in Belmont County as a training program to bring awareness of suicide among senior citizens and people of all ages and was initiated by the Williams Family after the death of their father.

"This partnership between Jerry's Walk and SSOBC is extremely important to protecting and assisting our older residents as so many people are especially struggling during the pandemic," said Commission President J. P. Dutton. "Our older residents are more at risk of catching the virus than younger people and medical professionals have also demonstrated these same older residents are also more likely to suffer from depression and mental health problems that could lead to suicide during these difficult times."

Commissioner Jerry Echemann said Jerry's Walk and the Williams family will provide training in the coming weeks for all SSOBC employees on how to identify the signs of someone struggling and at-risk of suicide. He said because of the coronavirus, all training will be provided through video and web-based training. The program will include video training as well as protocols and procedures and professional contact information for when staff identifies at-risk senior citizens.

"The training will begin immediately for all SSOBC staff and will be conducted remotely," said Commissioner Josh Meyer. "Every employee on a regular daily basis has some contact with more than 2,000 older Belmont County residents either through daily home delivered meals, medical transportation or other services. This program will also complement the weekly telephone calls SSOBC staff makes to check on the health and safety of many of the seniors."

Sandy and Cindy Williams, on behalf of their family and Jerry's Walk also presented the Commissioners with a check for \$1,000 to be used by SSOBC staff to provide food and gifts for indigent Belmont County seniors this holiday season.

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(MEDIA NOTE: For more information, please call SSOBC at 740-695-4142.)

Recipes

By **DAISY BRAUN**

ITALIAN WEDDING SOUP

PREP/TOTAL TIME: 30 minutes

YIELD: 6 servings

Ingredients:

- 1 package (19 ½ oz.) Italian turkey sausage links, casings removed
- 2 shallots, finely chopped
- 3 garlic cloves, minced
- 1 carton (32 oz.) reduced sodium chicken broth
- ¾ cup uncooked whole wheat orzo pasta
- ¼ teaspoon pepper
- 10 cups coarsely chopped escarole or spinach
- ½ cup coarsely chopped fresh Italian parsley

Directions:

In a 6-quart stockpot, cook sausage, shallots and garlic over medium heat until sausage is no longer pink, 6-8 minutes, breaking up sausage into crumbles. Drain. Add broth to sausage mixture; bring to a boil. Stir in orzo, pepper and escarole; return to a boil. Reduce heat; simmer, uncovered, until orzo is tender, 10-12 minutes. Stir in parsley before serving.



DORITOS TACO SALAD

Yield: Serves 10

Ingredients:

- 2 heads iceberg lettuce, chopped
- 3 cups cheddar cheese
- 2 large tomatoes, diced
- 2 pounds ground beef or turkey
- Taco seasoning to your taste
- 1 party size bag Doritos, crushed
- 2 bottles Catalina dressing



Directions:

1. Over medium heat cook ground meat until most of the pink is gone. Add seasoning and remain cooking until completely browned. Remove from heat and put in a very large container. (Roaster size).
2. Add lettuce, cheese and tomatoes and stir until all combined. Mix in dressing.
3. Stir in Doritos. Serve.

KARTOFLANE KLUSKI

(Potato Noodles)

Ingredients:

NOODLES:

- ¾ cup finely grated raw potatoes
- 1 ½ cup all-purpose flour
- 1 egg
- ¼ teaspoon salt

Garnish:

- 4 slices bacon
- ½ cup diced onions

Directions:

Stir all ingredients together until well mixed (dough will be soft and appear wet). With the side edge of a tablespoon that has been dipped in cold water, cut off approximately ¼ inch portions of dough against side of bowl. Working quickly, drop one portion at a time into 4 quarts of salted boiling water. Cook for 15 minutes – stirring frequently. Drain in colander. Dice and fry bacon—pour off all but 2 tablespoons fat—add onion and sauté on medium low fire until lightly browned. Toss with noodles. Makes approximately 4 ½ cup servings.

AMISH ONION FRITTERS

Ingredients:

- ¾ cup flour
- 1 tablespoon sugar
- 1 tablespoon cornmeal
- 2 tablespoon baking powder
- 1-2 teaspoon salt according to taste
- ¾ cup milk
- 2 ½ cup chopped onions
- Oil for frying



Directions:

1. Mix together dry ingredients. Add milk and stir, the batter will be thick. Add onions and mix thoroughly.
2. Heat ½ inch oil in skillet over medium high heat. Drop batter by tablespoons in hot oil, flatten slightly, brown on both sides until nice and crisp.
3. Drain on paper towels. Serve warm.

CINNAMON BUTTER BAKED CARROTS

Ingredients:

15 carrots, peeled and stems removed
1/3 cup butter, softened
1/2 cup sugar
1 teaspoon kosher salt
1/2 teaspoon ground cinnamon
1/3 cup boiling water
1 tablespoon orange juice
Fresh parsley, chopped, optional



Directions:

1. Preheat oven to 350.
2. Clean carrots and arrange in a 9" x 13" baking dish.
3. Using an electric mixer, cream the butter, sugar, salt, and cinnamon. While the mixture is running, slowly add the boiling water and orange juice.
4. Pour mixture over the carrots and cover the dish with aluminum foil. Bake for 90 minutes.
5. Remove the foil and transfer the carrots to a serving platter. Drizzle carrots with the melted cinnamon butter from the baking dish. Garnish with chopped parsley, if desired.

“LAZY MAN’S” PIE COBLER

Ingredients:

1 stick butter or margarine
1 cup milk
1 cup sugar
1 cup flour
1 teaspoon baking powder
Dash of salt
1-quart sweetened fruit (peaches, raspberries, strawberries, etc.) you choose your favorite



Directions:

1. Preheat oven to 350.
2. Melt butter in a baking pan. Mix together flour, sugar, baking powder, and salt. Add milk.
3. Pour batter in pan over the butter; cover with the fruit. DO NOT STIR; the batter will rise to the top as it bakes and will absorb the flavor of the desired fruit.
4. Bake for 1 hour. Serve warm with whipped cream or ice cream. It's so easy. Enjoy

DREAMSICLE SALAD

Yield: Serves 4

Ingredients:

1 small box instant vanilla pudding, sugar free
1 can mandarin oranges
1 (8oz.) fat free whipped topping, thawed
1 small box sugar free orange jello
1 cup boiling water



Direction:

1. Completely dissolve jello in boiling water. Drain oranges and set aside. Pour the juice into an 8-ounce measuring cup. Stir in 3 ice cubes to cup and finish filling with cold water
2. Add to jello and mix it together well. Set aside for 5 minutes to cool.
3. With an electric mixer, stir instant (dry mix) to the jello, beating until the pudding is well mixed. Let it stand for 15 minutes.
4. Fold in the thawed whipped topping and then the oranges. Refrigerate until time to serve.

CHICKEN POT PIE

Total/Prep Time: 30 minutes

Yield: 6 servings

Ingredients:

2 tablespoon canola oil
1 medium onion, chopped
1/2 cup all-purpose flour
1 teaspoon poultry seasoning
1 can (14 1/2 oz.) chicken broth
3/4 cup 2 % milk
3 cups cubed cooked chicken
2 cups (10 oz) frozen mixed vegetables, thawed
1 sheet refrigerated pie crust



Directions:

1. Preheat oven to 450. In a large saucepan, heat oil over medium-high heat. Add onion; cook and stir until tender. Stir in flour and poultry seasoning until blended; gradually whisk in broth and milk. Bring to a boil, stirring constantly; cook and stir 2-3 minutes or until thickened. Stir in chicken and vegetables.
2. Transfer to a greased 9 inch deep-dish pie plate; place crust over filling. Trim, seal and flute the edges. Cut slits in crust. Bake 15-20 minutes or until crust is golden brown and filling is bubbly.

How to Make a Sock Snowman

Frosty the Snowman was a jolly happy...sock? In this case, the answer is yes. This is a fun wintertime craft for both kids and adults, with plenty of opportunity to add your own customizations—and you don't even need to know how to sew to make it. These homemade snowmen are a darling holiday decoration and great for giving as a gift. This project can be made by children 5 years and older and takes 30 minutes minus drying time. Follow the sock snowman directions below to make your own frosty fellow. Or, even better, make a whole snow family!



Materials Needed

- White tube or crew sock
- Rice
- Funnel (optional, but it's helpful)
- Yarn or rubber bands
- Sharp fabric scissors
- Craft glue or hot glue gun
- Pom-poms, buttons, puffy fabric paint, fabric scraps for a scarf, and any other craft supplies you have on hand to decorate your snowman

Instructions continued on page 21

How to Make a Sock Snowman

Instructions

1. Fill the sock about two-thirds of the way full with rice, using a funnel if you have one. Use the yarn or a rubber band to tie the sock closed about 1-inch above the rice.
2. Divide the rice-filled section of the sock almost in half. You will want the section closest to the top to be a bit smaller. This will be the snowman's head. Tie a piece of yarn tightly around the sock where you divided into 2 sections, or use a rubber band.
3. Roll or fold down the top, empty half of the sock so it looks like a hat. (If the sock you used was especially tall, there may be some excess fabric—if so, use your fabric scissors to trim it.)

If you have a patterned or colored sock without a partner laying around the house, you can use it to create a hat for your snowman. Use the toe-end and cut it to size so it extends slightly below where you folded down the white sock hat, covering it completely.

Decorating Your Sock Snowman

Now, you can use a variety of craft supplies to decorate your sock snowman! Here are some fun ideas to give you a little inspiration

- Glue a pom-pom to the top of the hat.
- Use a thin strip of felt, ribbon, or scrap fabric as a scarf to tie around your snowman's neck.
- Use puffy fabric paint to draw on a face.
- Glue buttons, sequins, googly eyes, beads, or felt shapes onto the head to create a face.
- Glue three or four buttons down the front of the snowman's body.
- Cut an orange chenille stem down to size and use it as your sock snowman's nose.
- Use chenille stems to create arms.
- If you can find a mini broom at your local craft store, you can glue it to make it look like your snowman is holding it.
- Use a black sock to create a penguin friend for your snowman using the same method, gluing white felt down the middle for its face and belly.

**WHEN
WE'RE
OUT**



COLORING CORNER





Jan. 1

David Farrabee
William Hoffman
Nancy Anderson
Robert Porter

Jan. 2

Janice Copley
Jean Matz
Joanne Ney

Jan. 3

Robert Donaldson
Sharon Peacock
Earl Bishop
Joseph Delbrugge
Cheryl Newkirk
Ann Shunk
William Elliott
Ronald E. Jeffers, SR
Phyllis Kuhn

Jan. 4

Margaret
Vaughn-Thornton
Frances Brown

Jan. 5

Vivian McKimmie

Jan. 6

Donna Cook
Elaine Kiss
Rebecca Hughes
Gordon Weigand

Jan. 7

Shirlie Baker
Mary E Morris
Steve Matusik
Steve Cuddihy
Robby Fish
Fred Guevara
Joseph Anderson

Jan. 8

Janet Bulick
Carol Burchette

Jan. 9

Dorothy McCluskey
Patty Burcher
Ronald Baker

Jan. 10

Sally McAninch
Flora Earliwine
Dorothy Thornburg
Karen Deliman

Jan. 11

Donald Wahonick
Cheryl Little
Helen Stonebraker
Yvonne Fillon
Jennie Hritz
Josephine Miller

Jan. 12

Cecelia Imer
Nancy Thomas
Raymond Thalman
Cheryl McConnell
Linda Guevera

Jan. 13

Donald Ward
Penny Hughes
Robert Myers
Margaret Kurko
Nancy Hopkins
Peggy Heslop

Jan. 14

John Van Horne
Robert Otte
Lillian McFarland
Barbara Baier
Connie Cutlip

Jan. 15

Dana Huntsman
Joseph Binni
Elsie Hodor
Delores LeMasters
John Kennedy

Jan. 16

Mary D'Ambersia
Alice Lane

Jan. 17

James Jackson
Barbara Krempasky
Carol Bougher
Irene Lloyd
John Soult
Paule Beveridge
Sarah Klempa
James Vingino

Jan. 18

David Helms
Frances Saunders
Inga Denham
Bertha Thomas
Ann Ogrodowski
Barbara Mullett

Jan. 19

Polly Simmons
Ruth Lechner
Roberta Rawson
William Boughner
Linda McMillen

**Opal Brown
101 Years Young**

Carl Henry
Sarah Rush

Jan. 20

Carolyn Dunfee
Margaret Miller
Carl Funkhouser
Douglas Heaton

Jan. 21

Barbara Kemp
Mary Crow
Jon Arnold
Mary Barnes
Ann Finney
Robert Scott

Jan. 22

Martha Orend
Lawrence Albright
Arlean Selvy
Ronald Swisk

Jan. 23

Andrea Mayhugh
George Kaplet
Mark Sims
Leslie Hill
Mike Delman

Jan. 24

Kiki Mehallis
Madelyn Hajdin
Elaine Simpson
Ron Calovini

Jan. 25

Joyce Clary
Vicky Townson
Charles Bell
Shirley Mussard
Dolores Klovenich
Sharon Blount

Jan. 26

Lovinia Hocker
Jean McMahon
Jo Ann Long
Patricia Strama
Dorothy Urwin

Jan. 27

Raymond Timbrook
Nancy Elrod
Shirley Snyder
Mary Matusik
Florence Smith
Ruth Murray

Jan. 28

Regina Summers
Arlene Smith
Donald Eikenberry
Helen Fitz
Carma Runyan

Jan. 29

Thomas Parrill
Mary Conway
Glenda Baker
Martha Lendon
Ronald Lappert
Ester R Ridgeley

Jan. 30

Mary Bossell
Charlotte Campbell
Kenneth Clifford

Jan. 31

Alison Lindley Chambers
Mildred Manula
Mary Weekley
Karen Misencik
Charles Ruff
Robin Davis
Helen Clutter
Debra Wines

New Year's Word Search

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

BABY
BALL
CALENDAR
CELEBRATION
CLOCK
CONFETTI
COUNTDOWN
EVE

FAMILY
FRIENDS
HAPPY
JANUARY
MIDNIGHT
NEW YEAR
NOISEMAKER
PARTY

RESOLUTION
TOAST



CRAYONSANDCRAVINGS.COM

QUARANTINE HUMOR

The dumbest thing I've ever purchased was a 2020 planner.

Day 7 of SOCIAL Distancing: Struck up a conversation with a spider today. Seems nice. He's a web designer.

Once this is all over with, I'm hugging everybody. Get ready for long, awkward hugs. I'm gonna make it weird.



WINTER WORD SEARCH



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

WORDS TO FIND:



BLIZZARD	BOOTS	CHILLY
COLD	FIREPLACE	FROSTY
FROZEN	GIVING	GLOVES
HAT	HOLIDAYS	HOTCHOCOLATE
ICE	ICESKATE	ICICLE
MITTENS	PINETREE	SCARF
SNOW	SNOWBALL	SNOWFLAKE
SNOWMAN	SNOWSUIT	WIND
WINTER		

Amy Mascott of teachmama.com for Scholastic

JANUARY MENU 2021

Mon

Tue

Wed

Thu

Fri

<p>To resume meal To cancel meal Ingredient content 695-4142 or 1-800-200-0320</p>	<p>Choice of Bread White or Wheat Choice of Milk Skim, Chocolate, Juice, or 2% Thank You for your</p>	<p>Thank You for your donations!!</p>		<p>1 Closed New Year's Day</p>
<p>4 Sausage and Gravy Scrambles Eggs Potatoes Fruit Juice-Raisins Biscuit, Marg. Milk</p>	<p>5 Vegetable Soup Cottage Cheese Peaches PB & Jelly Sandwich Crackers Milk</p>	<p>6 Pizza Pecan Side Salad Dr Apple Pudding Milk</p>	<p>7 Mexican Chicken Over Rice-Corn Pinto Beans Grapes Bread, Marg. Milk</p>	<p>8 Meatloaf Au Gratin Potatoes Broccoli Pears Roll, Marg. Milk</p>
<p>11 Hamburger/onion Baked Beans Cauliflower cheese Tropical Fruit Bun, Pickles Milk</p>	<p>12 Italian Sausage Tater Tots Capri Blend Veggies Grapes Hoagies Bun Milk</p>	<p>13 Taco Salad Fruit Cup Corn Chips Sour Cream Milk</p>	<p>14 BBQ Chicken Scalloped Potatoes Brussels Sprouts Banana Muffin, Marg. Milk</p>	<p>15 Beef and Noodles Harvard Beets Green Beans Peaches Bread, Marg. Milk</p>
<p>18 Closed Martin Luther King's Day</p>	<p>19 Chipped Beef over Mashed Potatoes Mixed Veggies Applesauce Dessert Biscuit, Marg.</p>	<p>20 Spaghetti/meatballs Garden Salad, Dr. Pears Garlic Bread, Marg. Milk</p>	<p>21 Baked Pork Chop Mashed Potatoes/Gr Creamed Peas Banana Dinner Roll, Marg. Milk</p>	<p>22 Chicken Pot Pie Pea Salad Orange Bread, Marg. Milk</p>
<p>25 Country Fr. Steak Mashed Pot./gravy Mixed Veggies Mandarin Oranges Biscuit, Marg. Milk</p>	<p>26 Hawaiian Chicken Rice-Broccoli Carrots Banana Pudding Milk</p>	<p>27 Soup Beans/Ham Tomato Juice Pineapple Corn Muffin, Marg. Milk</p>	<p>28 Johnny Marzetti Pudding Green Beans Applesauce Bread Marg. Milk</p>	<p>29 Roast Turkey/Dress Sweet Potatoes Spinach Ambrosia Salad Roll, Marg. Milk</p>