

# HELLO February 2021

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

**740-695-4142**

## SSOBC Services Continue Despite Pandemic

It has been about 10 months since states across the country started implementing public policies and other community program rules, restricting social gathering in an effort to keep the most vulnerable Americans healthy and Covid-19 free. Locally, Senior Services of Belmont County made significant adjustments at the outset of these public policies including closing all ten senior centers, changing the procedures for delivering home delivered meals, instituting safety protocols to transport medical clients and drastically changing how staff did their daily tasks...all to keep people healthy and prevent the spread of the virus.

As of the printing of this newsletter, hard-working and dedicated SSOBC staff continue to provide the same (and in some cases) better consumer services than ever before. We are now producing and delivering more than 1,100 home delivered meals daily, driving consumers thousands of miles daily for necessary medical appointments and procedures, distributing produce and meats to more than 700 income eligible consumers on a weekly basis and many other daily programs and services that are provided seamlessly and without any fanfare. These services are all possible because of the dedication and work of the 65 SSOBC staff.

While leadership continues to monitor and potentially develop additional services or make changes to existing programs, all the work continues to be a work in progress. As numerous local, state and national leaders have often said, serving the public during these difficult times is a constant challenge in an ever-changing public environment. These same challenges are no different at SSOBC. As we move forward in the coming months, our goal remains the same...vigilance to keep all consumers and staff healthy and safe, protect the financial investment the taxpayers of Belmont County provide for these programs and services, and evolve or implement changes when warranted. In the coming months, we will continue to communicate to our consumers and the public about any planned changes at SSOBC.

*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.*



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# 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**

# 2020 Year in Review Programs and Services Summary

**Home delivered meals prepared and served:**  
258,973 total meals

**Congregate meals total:**  
3,782 (first three months only before centers closed)

**Medical Transportation:**  
10,967 trips covering 192,106 miles

**Center Based Transportation:**  
3,728 totaling 9,887 miles

**Home Care Hours:**  
5,834 total hours to consumers in their homes

## 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.



SSOBC recently took delivery of a new disability van from Doan Ford in Morristown. Receiving the van are: Belmont County Commissioners J.P. Dutton and Josh Meyer; Doan Ford General Manager Steve Mercer; Carl Dieter, Doan Fleet Sales; and, Mike McBride, SSOBC Transportation Administrator.



**JOIN NOW**

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).

## February's Super Senior



**Meet Helen McLeod.** . . . She was born at home on July 6th, 1932. She has two siblings, one brother and one sister. She was raised by her mother and the help of her grandmother

and uncle. They all lived on a farm in a town called Ramsey near Adena, Ohio.

Helen worked at Negus Market on US Route 250 in 1952, where she met her husband, Leo. Helen kept busy working at many other places in the area, like Dogs-n-Suds and 11 years at Giffin's Ice Cream Shop.

In 1954 she and Leo were married. They were blessed with five children, Patty, Sue, (the Director of Colerain) Kristy, Allen and Kevin. In 1969 they moved to Harrisville and she still enjoys her home. Helen had some very low times. Her brother was died in a car accident, eight years ago her son Kevin was killed on a 4- wheeler and her husband passed away 15 years ago. Helen is very active in her church. She was a Sunday school teacher and help in many other areas. Helen loves reading, working puzzles and coloring in the adult coloring books.

# Caregiver Stress and Burnout

Author: Melinda Smith, M.A

The demands of caregiving can be exhausting and overwhelming. But there are steps you can take to rein in stress and regain a sense of balance, joy, and hope in your life.

## What is a caregiver burnout?

While caring for a loved one can be very rewarding, it also involves many stressors. And since caregiving is often a long-term challenge, the emotional impact can snowball over time. You may face years or even decades of caregiving responsibilities. It can be particularly disheartening if you feel that you're in over your head, if there's no hope that your family member will get better, or if, despite your best efforts, their condition is gradually deteriorating.

If the stress of caregiving is left unchecked, it can take a toll on your health, relationships, and state of mind—eventually leading to burnout, a state of emotional, mental, and physical exhaustion. And when you get to that point, both you and the person you're caring for suffer.

That's why taking care of yourself isn't a luxury, it's a necessity. Cultivating your own emotional and physical well-being is just as important as making sure your family member gets to their doctor's appointment or takes their medication on time.

## Signs and symptoms of caregiver stress and burnout

Learning to recognize the signs of caregiver stress and burnout is important, so you can take immediate action to prevent things from becoming worse and start improving the situation for both you and the person you're caring for.

### Common signs and symptoms of caregiver stress

- Anxiety, depression, irritability.
- Feeling tired and run down.



- Difficulty sleeping.
- Overreacting to minor nuisances.
- New or worsening health problems.
- Trouble concentrating.
- Feeling increasingly resentful.
- Drinking, smoking, or eating more.
- Neglecting responsibilities.
- Cutting back on leisure activities.

### Common signs and symptoms of caregiver burnout

- You have much less energy than you once had.
- It seems like you catch every cold or bout of flu that's going around.
- You're constantly exhausted, even after sleeping or taking a break.
- You neglect your own needs, either because you're too busy or you don't care anymore.
- Your life revolves around caregiving, but it gives you little satisfaction.
- You have trouble relaxing, even when help is available.
- You're increasingly impatient and irritable with the person you're caring for.
- You feel helpless and hopeless.

## How to cope

While caring for a loved one will never be stress-free, the following tips can help you to lighten the load, avoid the symptoms of caregiver burnout, and find more balance in your life.

## Avoid caregiver burnout by feeling empowered

Feeling powerless is the number one contributor to burnout and depression. And it's an easy trap to fall into as a caregiver, especially if you feel stuck in a role you didn't expect or helpless to change things for the better. But no matter the situation, you aren't powerless. This is especially true when it comes to your state of mind. You can't always get the extra time, money, or physical assistance you'd like, but you can always get more happiness and hope.

**Practice acceptance.** When faced with the unfairness of a loved one's illness or the burden of caregiving, there's often a need to make sense of the situation and ask "Why?" But you can spend a tremendous amount of energy dwelling on things you can't change and for which there are no clear answers. And at the end of the day, you won't feel any better. Try to avoid the emotional trap of feeling sorry for yourself or searching for someone to blame.

**Embrace your caregiving choice.** Acknowledge that, despite any resentments or burdens you feel, you have made a conscious choice to provide care. Focus on the positive reasons behind that choice. Perhaps you provide care to repay your parent for the care they gave you growing up. Or maybe it's because of your values or the example you want to set for your children. These deep, meaningful motivations can help sustain you through difficult times.

**Look for the silver lining.** Think about the ways caregiving has made you stronger or how it's brought you closer to the person you're taking care of or to other family members.

**Don't let caregiving take over your life.** Since it's easier to accept a difficult situation when there are other areas of your life that are rewarding, it's important not to let caregiving take over your whole existence. Invest in things that give you meaning and purpose whether it's your family, church, a favorite hobby, or your career.

**Focus on the things you can control.** You can't wish for more hours in the day or force your brother to help out more. Rather than stressing out over things you can't control, focus on how you choose to react to problems.

**Celebrate the small victories.** If you start to feel discouraged, remind yourself that all your efforts matter. You don't have to cure your loved one's illness to make a difference. Don't underestimate the importance of making your loved one feel more safe, comfortable, and loved!

## Get the appreciation you need

Feeling appreciated can go a long way toward not only accepting a stressful situation, but enjoying life more. Studies show that caregivers who feel appreciated experience greater physical and emotional health. Caregiving actually makes them happier and healthier, despite its demands. But what can you do if the person you're caring for is no longer able to feel or show their appreciation for your time and efforts?

**Imagine how your loved one would respond if they were healthy.** If they weren't preoccupied with illness or pain (or disabled by dementia), how would your loved one feel about the love and care you're giving? Remind yourself that the person would express gratitude if they were able.

**Applaud your own efforts.** If you're not getting external validation, find ways to acknowledge and reward yourself. Remind yourself of how much you are helping. If you need something more concrete, try making a list of all the ways your caregiving is making a difference. Refer back to it when you start to feel low.

**Talk to a supportive family member or friend.** Positive reinforcement doesn't have to come from the person you're caring for. When you're feeling unappreciated, turn to friends and family who will listen to you and acknowledge your efforts.

## Ask for caregiving help

Taking on all of the responsibilities of caregiving without regular breaks or assistance is a surefire recipe for caregiver burnout. Don't try to do it all alone.

**Look into respite care.** Enlist friends and family who live near you to run errands, bring a hot meal, or watch the patient so you can take a well-deserved break. Volunteers or paid help can also provide in-home services, either occasionally or on a regular basis. Or you can explore out-of-home respite programs such as adult day care centers and nursing homes.

**Speak up.** Don't expect friends and family members to automatically know what you need or how you're feeling. Be up front about what's going on with you and the person that you're caring for. If you have concerns or thoughts about how to improve the situation, express them, even if you're unsure of how they'll be received.

**Spread the responsibility.** Try to get as many family members involved as possible. Even someone who lives far away can help. You may also want to divide up caregiving tasks. One person can take care of medical responsibilities, another with finances and bills, and another with groceries and errands, for example.

**Set up a regular check-in.** Ask a family member, friend, or volunteer from your church or senior center to call you at a regular time (daily, weekly, or as often as you think you need it). This person can help you spread status updates and coordinate with other family members.

**Say “yes” when someone offers assistance.** Don't be shy about accepting help. Let people feel good about supporting you. It's smart to have a list ready of small tasks that others could easily take care of, such as picking up groceries or driving your loved one to an appointment.

**Be willing to relinquish some control.** Delegating is one thing, trying to control every aspect of care is another. People will be less likely to help if you micromanage, give orders, or insist on doing things your way.

## Give Yourself a Break

As a busy caregiver, leisure time may seem like an impossible luxury. But you owe it to yourself—as well as to the person you're caring for—to carve it into your schedule. Give yourself permission to rest and to do things that you enjoy on a daily basis. You will be a better caregiver for it.

There's a difference between being busy and being productive. If you're not regularly taking time-off to de-stress and recharge your batteries, you'll end up accomplishing less in the long run. After a break, you should feel more energetic and focused, so you'll quickly make up for your relaxation time.

**Maintain your personal relationships.** Don't let your friendships get lost in the shuffle of caregiving. These relationships will help sustain you and keep you positive. If it's difficult to leave the house, invite friends over to visit with you over coffee, tea, or dinner.

**Share your feelings.** The simple act of expressing what you're going through can be very cathartic. Sharing your feelings with family or friends won't make you a burden to others. In fact, most people will be flattered that you trust them enough to confide in them, and it will only strengthen your bond.

**Prioritize activities that bring you enjoyment.** Make regular time for hobbies that bring you happiness, whether it's reading, working in the garden, tinkering in your workshop, knitting, play with your animals, or watching the game.

**Find ways to pamper yourself.** Small luxuries can go a long way towards relieving stress and boosting your spirits. Light candles and take a long bath. Ask your spouse for a back rub. Get a manicure. Buy fresh flowers for the house. Whatever makes you feel special.

**Make yourself laugh.** Laughter is an excellent antidote to stress—and a little goes a long way. Read a funny book, watch a comedy, or call a friend who makes you laugh. And whenever you can, try to find the humor in everyday situations.

**Get out of the house.** Seek out friends, family, and respite care providers to step in with caregiving so you can have some time away from the home.

## Take Care of Your Own Health

Think of your body like a car. With the right fuel and proper maintenance, it will run reliably and well. Neglect its upkeep and it will start to give you trouble. Don't add to the stress of your caregiving situation with avoidable health woes.

**Keep on top of your doctor visits.** It's easy to forget about your own health when you're busy with a loved one's care. Don't skip check-ups or medical appointments. You need to be healthy in order to take good care of your family member.

**Exercise.** When you're stressed and tired, the last thing you feel like doing is exercising. But you'll feel better afterwards. Exercise is a powerful stress reliever and mood enhancer. Aim for a minimum of 30 minutes on most days—break it up into three 10-minute sessions if that's easier. When you exercise regularly, you'll also find it boosts your energy level and helps you fight fatigue.

**Practice a relaxation technique.** A daily relaxation or meditation practice can help you relieve stress and boost feelings of joy and well-being. Try yoga, deep breathing, progressive muscle relaxation, or mindfulness meditation. Even a few minutes in the middle of an overwhelming day can help you feel more centered.

**Eat well.** Nourish your body with fresh fruit, vegetables, lean protein, and healthy fats such as fish, nuts, and olive oil. Unlike sugar and caffeine—which provide a quick pick-me-up and an even quicker crash—these foods will fuel you with steady energy.

**Don't skimp on sleep.** Cutting back on time in bed is counterproductive—at least if your goal is to accomplish more. Most people need more sleep than they think (8 hours is the norm). When you get less, your mood, energy, productivity, and ability to handle stress will suffer.

*continues on page 9*



## Looking for ways to stay connected to the community? Consider...

**HONING YOUR ONLINE SKILLS.** Use online tools to connect with friends and family. Need help getting started? "Stuck at Home Guide: How to Get Online," a guide by **Senior Planet** ([www.seniorplanet.org](http://www.seniorplanet.org)), contains helpful tips for getting started online, on social media and on Zoom meetings. Visit [www.seniorplanet.org/stuck-at-home-guide-get-online](http://www.seniorplanet.org/stuck-at-home-guide-get-online).

Contact the Eldercare Locator at [eldercare.acl.gov](http://eldercare.acl.gov) or **(800) 677-1116** to find organizations that can help you stay connected to your community.



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Helping older adults stay healthy mentally and physically is a top priority for The Area Agency on Aging Region 9. That is why we're participating in the @n4aACTION and @EldercareLoc Home for the Holidays campaign on social connections during COVID-19. Learn more about the campaign at [eldercare.acl.gov](http://eldercare.acl.gov) to get connected to local help. To find out more about online health and wellness opportunities contact Carol Baker, [cbaker@aaa9.org](mailto:cbaker@aaa9.org) 800-945-4250



## Join A Caregiver Support Group

A caregiver support group is a great way to share your troubles and find people who are going through similar experiences each day. If you can't leave the house, many online groups are also available.

In most support groups, you'll talk about your problems and listen to others talk; you'll not only get help, but you'll also be able to help others. Most importantly, you'll find out that you're not alone. You'll feel better knowing that other people are in the same situation, and their knowledge can be invaluable, especially if they're caring for someone with the same illness as your loved one.

### Local Support Groups:

- People live near each other and meet in a given place each week or month.
- *Meetings provide you with face-to-face contact and a chance to make new friends who live near you.*
- The meetings get you out of the house, get you moving, provide a social outlet, and reduce feelings of isolation.

- *Meetings are at a set time. You will need to attend them regularly to get the full benefit of the group.*

- Since the people in the support group are from your area, they'll be more familiar with local resources and issues.

### Online support groups:

- People are from all over the world and have similar problems.
- *You meet online, through email lists, websites, message boards, or social media.*
- You can get support without leaving your house, which is good for people with limited mobility or transportation problems.
- *You can access the group whenever it's convenient for you or when you most need help.*
- If your problem is very unusual, a rare disease, for example, there may not be enough people for a local group, but there will always be enough people online.

## Belmont County Caregiver Support Group:

Area Agency on Aging Region 9 offers a Caregiver Support Group for 2021 via Teleconference (due to COVID) the 2nd Tuesday of the month from 2:00 PM -4:00PM. To access the call:

Pat Lake, RN @ 740-435-4901 or  
Stephanie Border @ 740-435-4719



For caregiver support resources, contact your area agency on aging:

**1-866-243-5678**

**Ohio** | Department of  
Aging  
[www.aging.ohio.gov](http://www.aging.ohio.gov)

## 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](http://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



## DINING DISCOUNTS FOR SENIORS

**Applebee's:** Many locations will offer those 55+ anything from 5% to 15% off your bill total. Just ask about it when dining.

**Burger King:** Most BK locations have a senior discount. They range from a discounted drink to 10% off your meal. Ask about it.

**Chick-fil-A:** If you are 55 or older you can usually get 10% off your meal if you ask.

**Kentucky Fried Chicken:** Get a free icy beverage with your meal purchase if you're 55 or older.

**McDonald's:** Get discounted coffee everyday of the week. Must be 55+

**Outback Steakhouse:** Monday through Thursday you can show your server your AARP card and get 15% off your check, minus alcohol. This will also work on weekend lunch service hours.

**Papa John's Pizza:** Just visit PapaJohns.com and enter coupon code "AARP25" and get a cool 25% off all regular priced menu items.

**Subway:** This one was a pleasant surprise, 10% off your meal when 60 or older.

**Taco Bell:** If you're 65 or older, you can get a 5% discount, or you can opt for a free drink.

**Wendy's:** If you are 55+ you can get a burger for 10% off. Actually works on everything, not just burgers.

# BINGO WITH A TWIST

**NAME:**

B	I	N	G	O
Video Chat with a friend or family member	Take a virtual tour on YouTube.	Wear a mask while out in public	Take a brisk walk outside for 15 minutes	Listen to music for 30 minutes
Enjoy an audio book	Participate in a Zoom activity. Check your local library for listings	Do something kind for a neighbor	Call 5 friends to see how they are doing	Complete the coloring page and send to Leslie at SSOBC
Like, Comment/ Share Senior Services of Belmont County Facebook Page	Stretch your upper body while sitting in chair for 3 sets of 30 second intervals.		Complete a random act of kindness and tell us what it was	Reach out to your senior center to become a pen pal for someone
Talk to a friend who you haven't seen in awhile	Work on a word search or puzzle for 30 minutes	Send a thank you to your local Fire, EMS and Police station	Tell us about a family tradition that you have	Send a thank you to your local hospital
Check the expiration dates of your supplies	Thank the employees of your local grocery store for working	Complete 10 of the 16 chair exercises listed in December's newsletter	Start spring cleaning and donate unwanted items	Take a Selfie and send to Leslie at SSOBC

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

**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 via email with your answers at [Leslie.thompson@ssobc.com](mailto:Leslie.thompson@ssobc.com) or through Facebook Messenger.

**Five Bingo Maximum** = 5 raffle tickets. **Winner** will be announced on Facebook Live on 02/26/21.

**December's Winner was Elizabeth Joslin**

# Backward Glances Friends at SSOBC

*Photos by Donna Steadman*



Bethesda members getting ready for Christmas in 2010



Lansing members at Ohio Valley Mall for Veterans Day program in 2011



Bellaire members in 2010 enjoying a great day in Bethesda at the Spring Bazaar



Powhatan members in 2010. So many good friends we miss.



John from Belmont County Veterans Association playing Taps, It brought chills and tears just remembering all those who served our great country.



Jim and Evelyn Cook from Barnesville. Miss you in Barnesville Big Jim

# Backward Glances Friends at SSOBC

*Photos by Donna Steadman*



Flushing members enjoying a great day 2011 with Centerville



Centerville members in 2011 enjoyed a great day in Powhatan. Sure, do miss those days.



Glencoe members Betty Thornton, Betty Kotson in 2012 at the Day at Races in Centerville



Colerain members in 2014 playing a game of Euchre.



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

St Clairsville members enjoying lunch with their friends in 2014 Those were the great days.



Martins Ferry members enjoying St Patty's day at Fairway Restaurant.

The top section of the image features a blue-tinted background with a blurred image of a medical syringe and vial. Overlaid on this is the text 'SMPSCAM WATCH: COVID-19 VACCINE' in a bold, dark blue font. To the left of the text is a logo consisting of three stylized human figures in white, with several small white stars above them.

# **SMPSCAM WATCH: COVID-19 VACCINE**

## **Be on the lookout for COVID-19 scams:**

1. You likely will not need to pay anything out-of-pocket to get the vaccine during this public health emergency.
2. You cannot pay to put your name on a list to get the vaccine early.
3. No one from Medicare or the Health Department will contact you.
4. Beware of providers offering other products, treatments, or medicines to prevent the virus.
5. No one from a vaccine distribution site or health care payer will call and ask for your Medicare number, Social Security number, or banking information to sign you up for a vaccine.

**Contact the SMP to report Medicare fraud, errors or abuse at  
877-808-2468 or at [smpresource.org](http://smpresource.org)**



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 okay.

Learn more and register:

[www.aging.ohio.gov/stayingconnected](http://www.aging.ohio.gov/stayingconnected)

1-833-ODA-CHAT

#InThisTogetherOhio #StaySafeOhio #StayingConnectedOhio



Registration is easy!

[www.aging.ohio.gov/stayingconnected](http://www.aging.ohio.gov/stayingconnected)

☎ 1-833-632-2428

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[Daily Check-In](#) [Services](#) [Friendly Chat](#) [Safety Net](#)

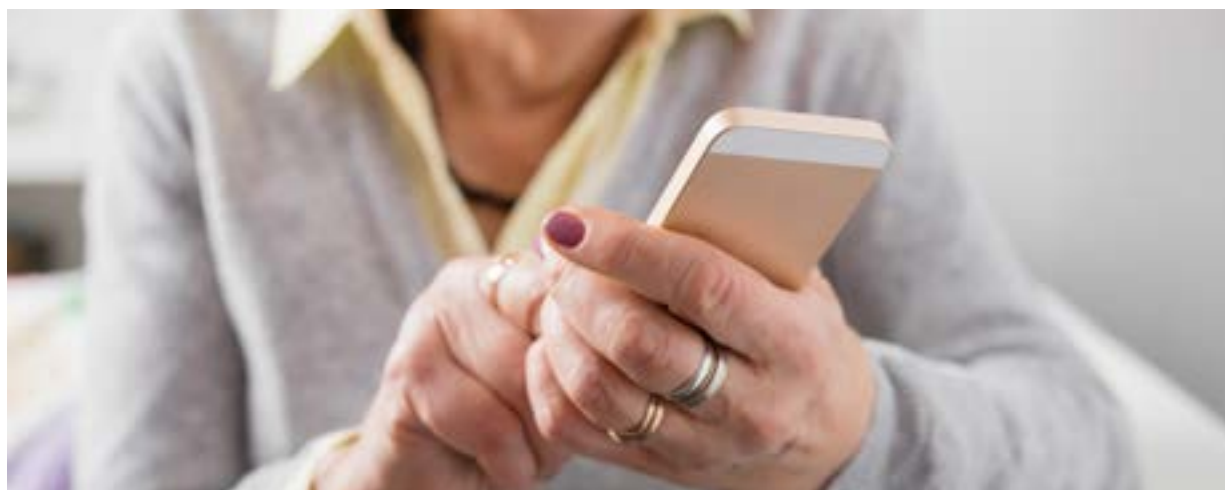
A service of the Ohio Department of Aging

The Staying Connected service can help keep you safe. We will call you every day during the time slot of your choice. If you do not respond, we will notify an alternate contact (if provided) or your local Sheriff's office's non-emergency line.

Learn more and register:

[www.aging.ohio.gov/stayingconnected](http://www.aging.ohio.gov/stayingconnected)

1-833-ODA-CHAT...



# Recipes

By DAISY BRAUN



## SLOW COOKER CUBE STEAKS WITH GRAVY

**Yield: Serves 6**

### Ingredients:

- 1 large onion, thinly sliced
- 1/3 c. all purpose flour
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon black pepper
- 6 (4 oz.) beef cube steaks
- 1 tablespoon canola oil
- 3 c. water, divided
- 1 envelope brown gravy mix
- 1 envelope mushroom gravy mix
- 1 envelope onion gravy mix

Hot mashed potatoes, cooked rice or noodles

### Directions:

1. Spray the inside of a 3-5 quart slow cooker with nonstick cooking spray. Place the sliced onions in the slow cooker.
2. Combine flour, garlic powder, onion powder and pepper in a large resealable plastic bag. Add steaks, a few at a time; shake until completely coated.
3. Heat the oil in a large skillet over medium heat. Add the steaks, a few at a time, and cook until lightly browned on each side. Place the steaks on top of the onions in the slow cooker. Pour 2 cups of water over all. Cover and cook on low for 8 hours or until meat is tender.
4. In a bowl, whisk together the 3 gravy mixes with remaining 1 cup water. Add to slow cooker; cover and cook on low for 30 minutes longer.
5. Serve over mashed potatoes, rice or noodles.

## MINNESOTA SUSHI

### Ingredients:

- 6 slices deli ham
- 6 whole dill pickles
- 6 oz. ranch flavored softened cream cheese

### Directions:

1. Lay the ham out flat
2. Slather it with creamed cheese
3. Place the pickle on the short side and roll it.
4. Slice into bite size pieces and enjoy



## CRAB DIP

**Yield: 1 1/2 cups**

### Ingredients:

- 1/2 pound jumbo crabmeat, free of shells
- 1 (8oz) package cream cheese
- 1/2 cup mayonnaise
- 1/4 cup Parmesan cheese
- 3 tablespoons minced green onions
- 2 large garlic cloves, minced
- 2 tsp Worcestershire sauce
- 2 tbs fresh lemon juice
- 1 tsp hot sauce
- 1/2 tsp Old Bay seasoning
- Salt and pepper to taste

### Directions:

1. Preheat oven to 325.
2. Combine all of the ingredients in a casserole dish and gently stir until thoroughly mixed. Adjust seasoning to taste.
3. Bake for 35 to 40 minutes until lightly golden on top. Serve hot.
4. Serve with assorted and additional hot sauce on the side for those who like it spicy.



## PATIENCE'S EASY PECAN PIE

### Ingredients:

- 3 eggs
- 1 cup corn syrup
- 1 cup brown sugar
- 1 tablespoon condensed milk
- 1 cup chopped pecans
- 2 tablespoons melted butter
- 1 (9 inch) pie crust

### Directions:

1. Preheat oven to 350.
2. In a bowl, whisk eggs. Stir in corn syrup, brown sugar, milk, pecans and butter and mix thoroughly.
3. Pour mixture into the pie crust and bake for 60 minutes.



## **Pinky Ma's QUESADILLA ROLL UPS**

**Yield: 40 rollups**

### **Ingredients:**

- 2 cups cooked & shredded chicken
- 1 onion, chopped fine
- 1 jalapeno, finely chopped
- 1 red or yellow bell pepper, chopped
- 1 cup taco sauce
- 20 flour taco tortillas
- 3 cups shredded cheddar cheese
- 3 cups shredded Monterey Jack cheese



### **Directions:**

1. Preheat oven to 375
2. Line a pizza pan with parchment paper or foil.
3. Mix together shredded chicken, onion, jalapeno, bell pepper and taco sauce in a large bowl.
4. Cut each tortilla in half; add 2 tablespoons each of the cheese and chicken mixture to each half. Roll up tortillas into cones, starting from the cut side.
5. Place a small bowl (upside down) in the center of the pan so the cones will stay in place. Points of cone should be toward the center touching the bowl. Sprinkle remaining cheese over the rolled tortillas and do another layer. Sprinkle cheeses over the last row.
6. Remove the bowl and bake until cheese is all melty. The tortillas will be crispy. Place the bowl back in the center and put your favorite salsa or dip in the bowl. Enjoy

## **BROWNIES IN A MUG**

### **Ingredients:**

- 4 tablespoons Flour
- 2 tablespoons cocoa
- 2 tablespoons water
- Non stick cooking spray
- 4 tablespoons sugar
- 2 tablespoons oil
- ½ teaspoon vanilla

### **Directions:**

1. Spray a large microwavable mug.
2. Add all ingredients to mug and mix well, making sure all ingredients are thoroughly combined.
3. Microwave for 1 minute.
4. Bake for 1 hour. Serve warm with whipped cream or ice cream. It's so easy. Enjoy

## **DR. PEPPER CHERRY CAKE**

### **Ingredients:**

- 1 box chocolate cake mix, only use dry mix
- 1 ½ cup Dr. Pepper Cherry Soda
- 1 jar maraschino cherries with no stem (remove 24 cherries and set aside)
- 1 cup unsalted sweet cream butter, softened
- 3 cups powdered sugar, plus 2 cups if needed
- Chocolate shavings



### **Direction:**

1. Preheat oven to 350
2. Spray a 9x13 baking dish with a non-stick baking spray and set aside.
3. Mix together the cake mix and soda until totally combined.
4. Cut the cherries in half and mix into the batter.
5. Pour the cake batter into the baking dish.
6. Bake in the oven for 30 minutes or until a toothpick comes out clean.
7. Allow cake to cool completely before frosting

### **Cherry frosting directions:**

1. Cream together the butter, powdered sugar and enough cherry juice until combined and stiff.
2. If your frosting is thin, add in another cup of powdered sugar. If it is too thick add a little more cherry juice.
3. Scoop the frosting onto the cake and smooth evenly with an angled spatula.
4. Sprinkle the chocolate shavings, if desired, onto the frosting and add a few cherries for decoration.
5. Place into the refrigerator for at least one hour to allow the frosting to set before cutting.

## **PEA SALAD**

### **Ingredients:**

- 4 -5 cans peas (drained) chilled overnight
- ¾ cup chopped onion
- ¾ cup chopped celery
- ¾ cup chopped red bell pepper

### **Dressing:**

- 3 tablespoons mayonnaise
- Juice of ½ lemon
- Salt and pepper to taste

### **Directions:**

1. Mix all the vegetables together.
2. Make the dressing; combine with vegetables.
3. Refrigerate overnight.

# PHOTO COLLAGE LETTERS

## {FUN WAY TO DECORATE WITH PICTURES}

### PHOTO COLLAGE LETTER SUPPLIES

#### You will need:

- Paper mache letters: I used 12 inch letters found at JoAnn's or Michaels
- Mod Podge
- Craft paint + foam paintbrushes
- Sandpaper if desired
- Poly Spray Sealant if desired
- 4x6 photos: most letters will take 5-7 photos but print extras to have options

The first step is to paint the sides and backs of your paper mache letters. I used inexpensive acrylic craft paint. You could also use spray paint if you wish. Allow paint to dry. Next, lay out photos on top of each letter and determine which photos you want to go where. Snap a picture with your phone that you can refer to as you start adhering photos.

Start with the first photo and place it where you'd like it to go. You can use a paintbrush to dab a bit of mod podge on the photo and stick it to the letter. Then flip the letter over and trace around it on the back of the picture.

Turn the letter back over and remove the photo. Cut along the traced lines.

Place the picture back down on your letter and grab your next photo. Determine if you need to trim any portion of the first photo to make room for the second picture (I cut about an inch off the bottom of the picture I'm holding above).

NOTE: I trimmed each photo so none of the pictures on my letter would overlap. That made the project take a little bit longer. If you aren't quite so picky you can just overlap your photos to save time.

*Instructions continued on page 21*



photo collage  
**LETTERS**



# PHOTO COLLAGE LETTERS {FUN WAY TO DECORATE WITH PICTURES}



Paint a thin layer of Mod Podge over the letter where the picture is going to go.

Place the photo down on the Mod Podge and gently press it down. Keep a paper towel handy to wipe off any excess Mod Podge.

Repeat with more photos until your letter is completely covered. Keep your fingers clean as you work and try not to smear Mod Podge over the photos.



Optional: Use fine grit sandpaper to gently sand the edges of your photo letter to even up the places where two photos meet.

Finally, seal your photo collage letter with another layer of Mod Podge or Poly Sealant Spray. If using Mod Podge, just brush a thin layer of Mod Podge over the entire surface. It will go on white and dry clear. However, it will show brushstrokes. If this bothers you, use a matte Sealant Spray instead (this is what I did).

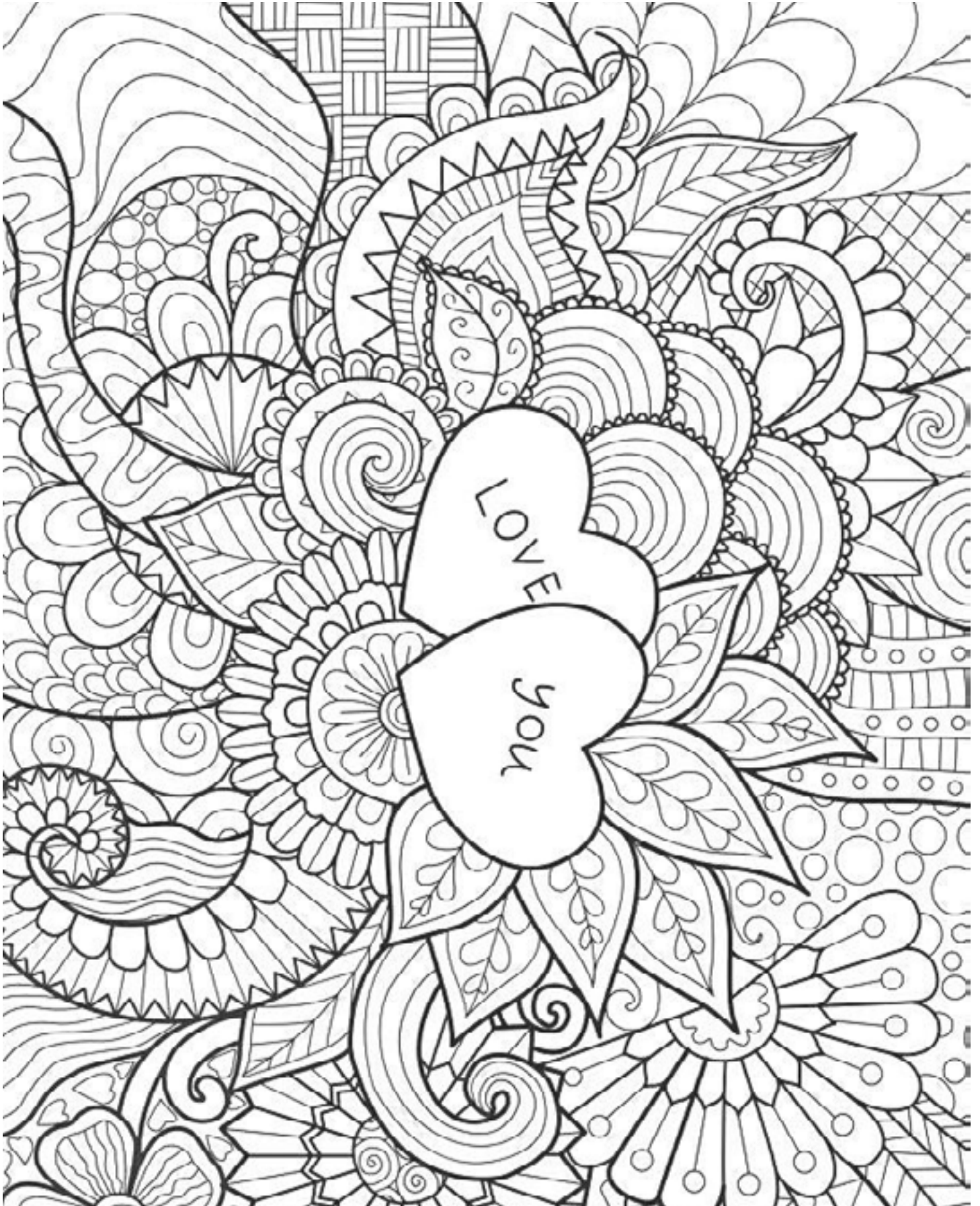


If you make any photo letters, I'd love to see a picture of them!

**WHEN  
WE'RE  
OUT**



# COLORING CORNER





**Feb. 1**

Charles Kovolo  
Sharon Disantis  
Evelyn Cochran  
George Thornton  
Ellen Allar  
Marietta Burge  
Ablan Maroon  
Evelyn Beckett  
James Huff  
Carolyn Kinsey

**Feb. 2**

Marilyn Delman  
Ronald George  
Joseph Nace  
Leona Sorge  
Agnes Perlic

**Feb. 3**

Edith Burdette  
Diana Hugus  
David Barries  
Barbara Gallaher  
Rose Marlin  
Roger Twarog  
John Schmidt  
Phyllis Smith  
Joe Navarro  
Mary Frye

**Feb. 4**

Judy Wigal  
Charleen Markovich  
Laverne Huntsman  
Dolores Czap

**Feb. 5**

Marianne Finan  
David Taylor  
Ellen Robbins  
Bertrude Martin  
Rosetta Whitacre  
Mary Nagy  
Susanne Weigand  
Ronald Turner  
Wayne Weber  
Delores Pantelis

**Feb. 6**

Doris Butler  
Margaret Heskett  
Marilou Criswell  
Anita Bober  
Bonnie Higgins

**Feb. 7**

Angelina Walker  
Shirley Soltesz  
Dorothy Morgan  
Raymond Day  
Mildred Walton  
Elsie Binger  
Jim Janeda  
Tom Kucera

**Feb. 8**

Nelda Jeffers  
Laurel Paul  
Romani Walburn

**Feb. 9**

Dolores Fischer  
Beverly Marsili  
Dolores Matuska  
Eleanor Dunfee  
Mary Perry  
Harold Snyder  
Harold Eighme

**Feb. 10**

Delrhea Bella  
Mary Cordery  
Florence DeNoble  
Martha Snyder  
James Thomas  
Edna Steele

**Feb. 11**

Diane Miroslaw  
Lorna Myers  
Shirley Kaczor  
Margaret Kolb  
Miriam Hyde  
Mary Anderson  
Diana Marr  
Mary Usenick  
Richard Reichley

**Feb. 12**

Janet Roberts  
James Skidmore  
Bernice Moore

**Feb. 13**

Ronald Kettler  
William Reynolds

**Feb. 14**

Virginia Wiggins  
Brian Jefferis  
**RALPH MERRYMAN**  
**100 years young**  
Martha Fox  
Charles Baker

**Feb. 15**

Kathy Mussard  
Nancy Weber  
Norma Thomas  
Florence Barnhouse  
Agnes Brown  
Earl Smith  
Gladys Helt  
Bonnie Miller

**Feb. 16**

Marilyn Schlanz  
Nancy Garrison  
Patty McKeever  
Ramona Mayhugh  
James Thatcher  
Carolyn Cox  
Dolores Burkhart  
Cecil Starr

**Feb. 17**

Donna Slevin  
Lawanna Stonebraker  
June Tucker  
Thomas Aucello

**Feb. 18**

Rose Barnes  
Dennis Givens  
Mildred Swallie  
Carole Valentine  
Fanny Stambolis

**Feb. 19**

Angelo Spigarelli  
Dorotha Myers  
Deborah Carpino  
Vera Midcap  
Mary Miller  
Cheryl Schuster  
George Rice  
Phyllis Barker  
Dirinda Chambliss

**Feb. 20**

Walter McCabe  
Norma Myers  
Debbie Dutton  
Ruth Betts  
Kenneth Orr

**Feb. 21**

Lloyd Baker  
Betty Patroski  
Marjorie Parsons  
Robert Medely

**Feb. 22**

George Hess  
Donald Tadda  
William Roberts

**Feb. 23**

Barbara Gay  
Sharon Parsons  
Allen Nickerson  
Evelyn Aubrey

**Feb. 24**

Lucille Regoli  
James Petschauer  
Susan Clark  
John Harris

**Feb. 25**

Paul Kreiter  
William McDougal  
Kathleen Garber  
**ELIZABETH HALL**  
**101 years young**  
Phyllis Cook  
Shirley Duch  
Darlene Locq

**Feb. 26**

Ben Neiman  
Kenneth Imer  
Betty Barylak  
Sherman Lyons

**Feb. 27**

Dorothy Holmes  
Nancy Kimble  
William Kovalyk  
Nancy Lemasters  
Doris Milhoan  
Donald Nau

**Feb. 28**

Joann Henderson  
Emily Ruskowski  
Sandra Scott  
Boneva Johnson  
Leonard Matchett  
James Michaels  
Barbara Shepherd  
Barbara King

**Feb. 29**

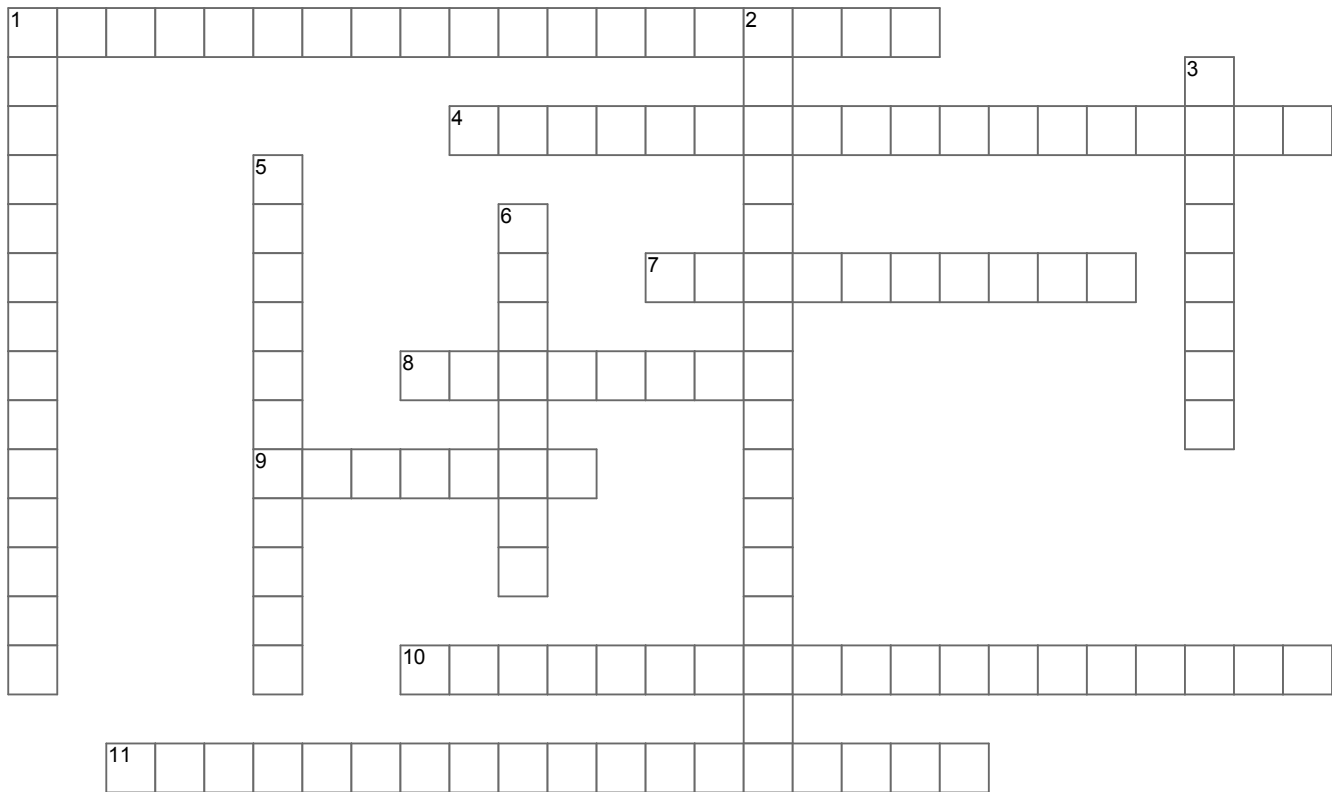
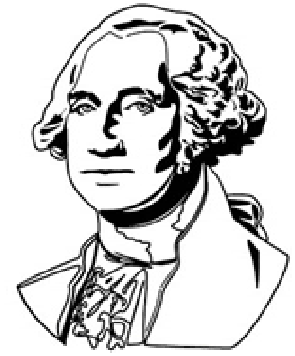
Louis Degenova



Name: \_\_\_\_\_

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

# Presidents Day Crossword



## ACROSS

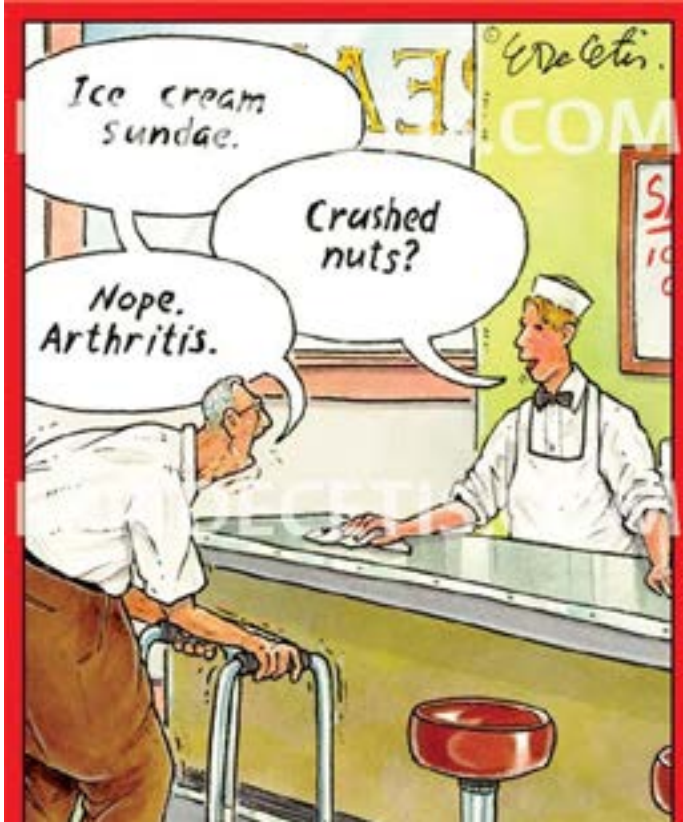
1. Father of George Washington.
4. George Washington's family were planters who owned.
7. Presidents' Day is now popularly viewed as a day to celebrate all U.S.
8. George Washington was born in the State of
9. A day set aside by custom or by law on which normal activities, especially business or work, are suspended or reduced.
10. The official name for Presidents' Day.
11. Mother of George Washington.

## DOWN

1. 16th President of the United States.
2. Presidents' Day originally established in 1885 in recognition of
3. Built to commemorate the first American president.
5. Military decoration established by George Washington awarded in the name of the President to those wounded or killed while serving.
6. Presidents' Day is celebrated on the third Monday of which month?

PURPLE HEART	FEBRUARY	PRESIDENTS	MARY BALL WASHINGTON
GEORGE WASHINGTON	WASHINGTON'S BIRTHDAY	HOLIDAY	ABRAHAM LINCOLN
TOBACCO PLANTATIONS	AUGUSTINE WASHINGTON	MONUMENT	VIRGINIA

# HUMOR COARNER





# FEBRUARY MENU 2021

Mon	Tue	Wed	Thu	Fri
<b>Resume meals and /or Cancel meals Call 24/7 695-4142 or</b>	<b>Choice of Bread: White or Wheat</b>  <b>Choice of Milk: Skim, Chocolate, Juice, or 2%</b>	<b>Thank You for your donations!!</b>	<b>Donations may be mailed to SSOBC 67650 Oakview Dr. ST. Clairsville, OH 43950</b>	<b>To access ingredient content contact: Tina Burkhart 740-695-4142</b>
<b>1</b> BBQ Chicken Potatoes Brussel Sprouts Pears Roll, Marg. Milk	<b>2</b> New England Boil Fruited Jell-O Corn Muffin, Marg. Milk	<b>3</b> Chili Tossed Salad, Dr. Applesauce Cheese & Crackers Milk	<b>4</b> Fried Chicken Baked Beans California Bl. Veggie Banana Muffin, Marg Milk	<b>5</b> Beef Stroganoff Peas and Carrots Harvard Beets Apricots Bread, Margarine Milk
<b>8</b> Patty Melt Tater Tots Cauliflower Mand. Oranges Rye Bun, Mustard Milk	<b>9</b> Ham and Bean Soup Tomato Juice Cottage Cheese Pineapple Corn Muffin, Marg. Milk	<b>10</b> Chicken Pecan Salad Raspberry Dressing Apple -Caramel Dip Pudding Milk	<b>11</b> Italian Meatloaf Au Gratin Potatoes Creamed Peas Fruited Red Jell-O Roll, Marg. Milk	<b>12</b> Chicken Noodle Cass. Cherry Crisp Mixed Veggies Three Bean Salad Bread, Marg. Milk
<b>15</b> Closed Presidents' Day	<b>16</b> Sloppy Joes Loaded Mini Bakers Succotash Fruit Cup Bun Milk	<b>17</b> <b>Ash Wednesday</b> Macaroni & Cheese Stewed Tomatoes Green Beans Grapes Bread, Margarine	<b>18</b> Baked Pork Chop Au Gratin Potatoes California Blend Waldorf Salad Roll, Marg. Milk	<b>19</b> Stuffed Shells Spinach Applesauce Coleslaw Garlic Bread Milk
<b>22</b> Stuffed Pepper Mashed Potatoes Creamed Corn Pears Roll, Marg. Milk	<b>23</b> Turkey & Dressing Sweet Potatoes Broccoli Cranberry Juice Bread, Margarine Milk	<b>24</b> Vegetable Soup Peaches Cottage Cheese PB&J Sandwich Crackers Milk	<b>25</b> Ham Loaf Scalloped Potatoes Brussels Sprouts Ambrosia Salad Roll, Marg. Milk	<b>26</b> Fish Sandwich Parsley Potatoes Green Bean Cass. Tangerine Bun, Tartar Sauce Milk