

MARCH 2021



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

740-695-4142

COVID 19 VACCINE CLINIC

SSOBC was a host location for the Belmont County Health Department for their drive-thru Covid 19 vaccine clinics held the end of January and early February.



Richard Cruciotti, Shadyside and Linda Mehl, RN, BSN Director of Nursing, Belmont County Health Department



Helen Frangos, Yorkville and SSOBC executive director, Dwayne Pielech

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.

Table of Contents

Services	2
2020 Year in Review	3
Help A Friend	3
Super Senior	4
10 Tips for a Healthy Diet	5
Stay Connected	8
HEAP	10
Senior Discounts	12
Bingo with a Twist	13
Backward Glances	14
Paint Drip Craft	16
Recipes	18
12 Ways to Keep Your Brain Young	20
Coloring	23
Celebrations	24
Crossword	25
Word Search	27
March Menu	28

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

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).

March's Super Senior



Meet Jim Sellers. . . My friends call me

Pap Jim. I was born at home on June 9th, 1932. I grew up in Barnesville, Ohio and still live there today.

In 1951 I joined the Service at Tennessee. There I met the love of my life; Margaret. On December 8th, 1952 in Mississippi we were married. When we came back to Barnesville, Margaret and I ran The Miller's Furniture store and later I worked at the East End Garage.

We had three children; James, Sandra and Charles. James passed away three years ago.

In the past one of my favorite things to do was traveling with Margaret. I still drive but in my younger days I would drive to my nephew's house in Tennessee. I helped him do his deputy duties. I even carried a badge!

Now I keep busy helping out at the Barnesville Senior Center. I have been a member three years. I like to fish and love to play cards. I deliver produce to the Barnesville residents. I love meeting new people.

10 Tips for a Healthy Diet After Age 50

Jeanna Freeman, RDN



Turning 50 is a milestone for many people. The half-century mark comes with new rules for medical tests and often brings a couple of health-related signals indicating that it's time for some dietary changes. Even if you have enjoyed a healthy 50 years or more, nutritional needs change over time. Gradual dietary tweaks may be wise to ensure your golden years are, well, golden.

To help determine what nutrition your body needs as you age, it can be helpful to schedule a consultation with a registered dietitian. As the clinical dietitian at Blakeford, an elder care and senior living provider in Nashville, Tennessee, I work with elders of all ages and abilities to help them improve their health through smart eating.

10 Ways for Caregivers and Seniors to Improve their Diets

First, let's remember that diets are individualized. Recommendations change based on a person's age, activity levels and unique health issues. However, there are some tips that are suitable for most older individuals. The following pointers can help caregivers and seniors who wish to be proactive about their health and quality of life.

Protect Your Bones

As we age, our bones weaken due to decreased mobility and mineral loss. Increasing vitamin D and calcium intake to three times per day is appropriate to prevent osteoporosis or to keep the condition from worsening. Many foods, such as cereal, bread and juice, are fortified with both these important dietary components to promote bone health. The National Osteoporosis Foundation also recommends enhancing the calcium content of recipes by adding two to four tablespoons of nonfat powdered milk. Each tablespoon contains 50 mg of calcium, which can help you reach your total daily recommendation.

If you don't think you or your loved one is getting adequate minerals and nutrients from the food you eat, see a registered dietitian, nurse practitioner or doctor to get a prescription for a multivitamin. Our bodies need adequate vitamin D to absorb calcium. Food is the best way to obtain nutrition, but it can be difficult to achieve adequate intake through food alone. If symptoms of weakening bones or osteoporosis are already present, then a multivitamin with vitamin D added is the more suitable choice.

Boost Energy Levels

When we reach our fifties, it's common to notice a change in daily energy levels. This is normal to an extent, but a vitamin B12 deficiency may also be to blame. If a person tests as B12 deficient, daily supplementation is key. Feeling lethargic obviously isn't ideal, but accepting a slump in energy can lead to decreased mobility and activity, which contribute to osteoporosis, heart weakening and alterations in bowel movements. Overall health is all one big, interconnected circle, so it's important to do what's needed to stay active and maintain a high quality of life. Dietary sources of B12 include beef liver, mackerel, sardines, red meat, yogurt and fortified cereals.

Factor in Fiber

A common disease found in people 50 and older is type 2 diabetes. Dietary fiber is beneficial for slowing down the release of sugar into the bloodstream, which decreases and stabilizes blood glucose levels. Fiber is also important for digestion, lowering cholesterol and helping maintain a healthy weight. It will help promote regular bowel movements as well. The 2015-2020 Dietary Guidelines for Americans recommends that males 51 and older consume 28 grams of dietary fiber each day and females 51 and older should consume 22.4 grams. Plant foods (beans, vegetables, fruits, nuts and whole grains) are the best source of fiber and tend to be nutrient dense as well—a win-win!

Swap Out Salt

High blood pressure may become an issue around age 50. Taking table salt away is one step towards a heart-healthy diet. Try seasonings such as garlic powder, onion powder, dill, paprika, pepper, citrus and fresh herbs instead. There are many low-sodium and sodium-free alternatives you can cook with that add a great deal of flavor and little or no salt to foods. Be aware of the sodium content of favorite sauces, condiments, and packaged and prepared foods as well. The easiest way to closely monitor sodium intake is to prepare home-cooked meals using fresh ingredients.

Watch Your Weight

Nearly every senior asks me how much they should eat to maintain a healthy weight. Most are concerned that they may gain a few pounds while recovering from surgery or a health setback. The general Recommended Dietary Allowance (RDA) is listed below for senior men and women of different activity levels. However, keep in mind that this is just an overview. Even caloric intake must be personalized for some individuals, depending on whether they need to maintain a healthy weight or lose/gain a few pounds.

Daily Calorie Requirements for Seniors

Activity Level	Women aged 51+	Men aged 51+
Sedentary (not active)	1,600	2,000
Moderately Active	1,800	2,200 to 2,400
Active	2,000 to 2,200	2,400 to 2,800

Gut Health = Good Health

Prebiotics and probiotics are sometimes called “nutrition boosters.” Prebiotics are natural non-digestible food components that enhance gastrointestinal (GI) function and calcium absorption (which is great for those who suffer from bone loss). Prebiotic intake can be increased by eating things like asparagus, garlic, bananas and whole grain foods.

Probiotics are good bacteria that are naturally found in the gut. Antibiotics are commonly prescribed to treat urinary tract infections (UTIs) and other infections, but these medications kill both good and bad bacteria and can negatively affect the GI system. To maintain healthy gut flora and help the digestive system recover more quickly after taking these medications, take a daily probiotic supplement and eat foods like yogurt, kefir, sauerkraut and kimchi.

Improve Immune Function

Inflammation is involved in a number of different diseases such as atherosclerosis, rheumatoid arthritis, heart disease, diabetes, Alzheimer’s disease and even cancer. As we all know, these conditions are prevalent in seniors, especially since our immune systems tend to weaken as we age. Research says that at least half of one’s plate should consist of vegetables and fruit at each meal. Choose healthy animal proteins like fatty fish (salmon) or lean poultry (boneless skinless chicken breast) and whole grains as your source of carbohydrates and starch to round out meals.

Make a point of avoiding added sugars and saturated fats and increasing the intake of omega-3 fatty acids and flavonoid-rich foods. Flavonoids are plant compounds that have shown anti-inflammatory, antithrombotic, anti-diabetic, anticancer and neuroprotective benefits. Dark berries, cocoa, tea, soy, citrus fruits, red wine and nightshade vegetables are just a few examples of ingredients that are high in these phytonutrients. A primarily plant-based diet will help promote immune function.

“Hide” Nutrients in Smoothies

Smoothies are a very useful vehicle for adding more fruit and vegetables into a person’s diet. They are very easy to make and digest and ingredients can be added to customize the nutrition content of each frozen drink. For example, spinach and kale are nutrient-dense ingredients that can be easily blended with fruits like oranges and apples. Although they may change the color of the beverage, leafy greens usually do not affect the taste of the final product. The possible combinations are limitless and can be customized to suit any palate and dietary requirements.

Promote Skin Integrity with Vitamins C and E

Lastly, don’t take dry, delicate skin lightly because it’s just a “sign of aging.” Be proactive and use vitamins E and C to help maintain skin integrity. Sunflower seeds, almonds and spinach are excellent sources of vitamin E, and bell peppers, cruciferous vegetables (broccoli, kale, cauliflower), and berries pack a great deal of vitamin C. Adequate hydration is crucial for improving skin elasticity and resilience as well. Skin that is in good shape won’t be damaged as easily, and injuries will heal much faster. This includes everyday bumps and scrapes around the house, incisions from surgery, and pressure ulcers. Don’t forget that eating to support your skin will have both cosmetic and health benefits!

How to Make Dietary Changes & Ensure They Stick

Making dietary changes can be challenging for anyone at any age, but it can be especially difficult for older adults with set eating habits that have evolved over many years. If your loved one needs to make dietary changes to improve their health, there are specific things that you, their caregiver, can do to help with the change. Older adults can have trouble understanding and accepting the need for change, so it's best to introduce new ideas gradually rather than all at once. Working towards a healthier diet in increments can make the overall change seem less overwhelming and painful. Try to share meals with your aging loved one as often as possible. You are not just making sure they eat their vegetables without dousing them in salt; you are also keeping them company. Meals are best enjoyed with other people, and seniors often eat better when they are not dining alone.

Dietary restrictions can also make a person feel singled out at mealtimes and gatherings. At family meals, don't make a "special" plate for your loved one and something different for everybody else. If everyone is enjoying the same meal, then it helps reduce the stigma and makes these changes seem less drastic.

Diet Matters

It's often difficult to understand why some people pass away at age a young age and others live well into their nineties. The body works in mysterious ways but being proactive at any age is key. I like to share a quote with my patients that I read at a hospital while I was still in college: "Medicine is sick care. Nutrition is health care." People of all ages should consider this quote while striving to increase their own health and quality of life and that of their loved ones.

For specific information on seniors' nutrient, vitamin and mineral requirements, consult the *Daily Dietary Guidelines for Individuals Age 51 and Older*.

Daily Dietary Guidelines for

Individuals Age 51 and Older *AgingCare.com*

Our dietary requirements change over the course of our lives, and it is important to ensure you are giving your body the fuel it needs to stay healthy. The table below lists the daily recommendations for macronutrients, minerals and vitamins for people 51 years of age and older per the USDA and HHS 2015-2020 Dietary Guidelines for Americans.

Keep in mind that these are general nutritional goals. If you have a medical condition that requires modifications to your diet (e.g. reducing sodium intake to lower high blood pressure, monitoring sugar intake to better control diabetes, or limiting vitamin K intake to avoid interactions with blood-thinning medication), then work with your doctor and a registered dietician to create a personalized eating plan that can help you manage your condition and eat a balanced diet.

Daily Nutritional Goals for Individuals Age 51 & Older

	Female 51+	Male 51+
Calorie Levels	1,600	2,000
Macronutrients		
Protein, g	46	56
Protein, % kcal	10-35	10-35
Carbohydrate, g	130	130
Carbohydrate, % kcal	45-65	45-65
Dietary Fiber, g	22.4	28
Added Sugars, % kcal	<10%	<10%
Total Fat, % kcal	20-35	20-35
Saturated Fat, % kcal	<10%	<10%
Linoleic Acid, g	11	14
Linolenic Acid, g	1.1	1.6
Minerals		
Calcium, mg	1,200	1,000 [a]
Iron, mg	8	8
Magnesium, mg	320	420
Phosphorus, mg	700	700
Potassium, mg	4,700	4,700
Sodium, mg	2,300	2,300
Zinc, mg	8	11
Copper, mcg	900	900
Manganese, mg	1.8	2.3
Selenium, mcg	55	55
Vitamins		
Vitamin A, mg RAE	700	900
Vitamin E, mg AT	15	15
Vitamin D, IU	600 [b]	600 [b]
Vitamin C, mg	75	90
Thiamin, mg	1.1	1.2
Riboflavin, mg	1.1	1.3
Niacin, mg	14	16
Vitamin B6, mg	1.5	1.7
Vitamin B12, mcg	2.4	2.4
Choline, mg	425	550
Vitamin K, mcg	90	120
Folate, mcg DFE	400	400

Calcium RDA for males ages 71+ years is 1,200 mg.

Vitamin D RDA for males & females ages 71+ years is 800 IU.

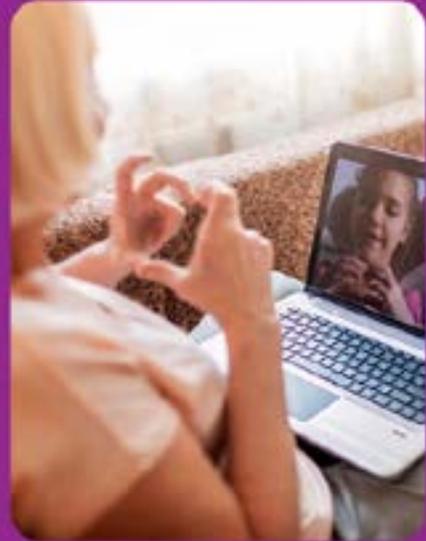


Looking for ways to stay connected to the community? Consider...

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), contains helpful tips for getting started online, on social media and on Zoom meetings. Visit www.seniorplanet.org/stuck-at-home-guide-get-online.

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

This project was supported, in part, by grant number 90E8190001, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, DC 20501. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.



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 to get connected to local help. To find out more about online health and wellness opportunities contact Carol Baker, cbaker@aaa9.org 800-945-4250

SOCIAL SECURITY SCAMS



One common tactic involves fake Social Security Administration (SSA) employees calling people with warnings that their Social Security numbers have been linked to criminal activity and suspended. The scammers ask you to confirm your number so they can reactivate it or issue you a new one, for a fee. This is no emergency but a ploy to get money and personal data: Social Security does not block or suspend numbers, ever.

This con is sometimes executed via robocall — the recording provides a number for you to call to remedy the problem. In another version, the caller says your bank account is at risk due to the illicit activity and offers to help you keep it safe.

On the other hand, you might get a call from a supposed SSA representative bearing good news — say, a cost-of-living increase in your benefits. To get the extra money, you just have to verify your name, date of birth and Social Security number. Armed with those identifiers, scammers can effectively hijack your account, asking SSA to change the address, phone number and direct deposit information on your record and thus diverting your benefits.

Consumer Reports warns of another trick with an ironic twist: Fraudsters send out emails that appear to be from SSA and instruct you to click a link to register for a free service that protects you from Social Security fraud. It's actually a garden-variety phishing scam, designed to guide you to a fake government website that will steal your information.

With a little vigilance, Social Security scams are not difficult to identify and avoid.

Warning Signs

- You get an unsolicited call from someone claiming to work for SSA. Except in rare circumstances, you will not get a call from Social Security unless you have already been in contact with the agency.
- The caller asks for your Social Security number — again, something an actual SSA employee wouldn't do.
- A call or email threatens consequences, such as arrest, loss of benefits or suspension of your Social Security number, if you do not provide a payment or personal information.

DO's

- Do hang up if someone calls you out of the blue and claims to be from SSA.
- Do be skeptical if a caller claims to be from Social Security's Office of the Inspector General. Scammers appropriate official-sounding and often actual government titles to make a ruse seem authentic.
- Do set up a My Social Security account online and check it on a monthly basis for signs of anything unusual, even if you have not yet started collecting benefits.
- Do install a robocall-blocking app on your smart phone, or sign up for a robocall-blocking service from your mobile network provider.

DON'T

- Don't call a phone number left on your voice mail by a robocaller. If you want to contact SSA, call the customer-service line at 800-772-1213.
- Don't assume a call is legitimate because it appears to come from 800-772-1213. Scammers use "spoofing" technology to trick caller ID.
- Don't give your Social Security number or other personal information to someone who contacts you by email. SSA never requests information that way.
- Don't click links in purported SSA emails without checking them. Mouse over the link to reveal the actual destination address. The main part of the address should end with ".gov/" — including the forward slash. If there's anything between .gov and the slash, it's fake.

More Resources

- You can call Social Security's customer service line at 800-772-1213 to confirm whether a communication purporting to be from SSA is real.
- If you get an impostor call or email, report it to SSA using their detailed online form. You can also call Social Security's Fraud Hotline at 800-269-0271.
- If your Social Security number has been stolen, file an identify theft report with the Federal Trade Commission, which can help you develop a recovery plan.

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

10 Places to Ask for a Senior Discount

1. Clothing Stores

2. Gym membership

3. Utilities It's worth contacting your utility providers and municipal government about discounted rates for seniors. You could qualify based on age and/or financial need. For example, Georgia Power offers seniors 65 and older a discount of up to \$18 on their metered service if they meet income qualifications, and the city of Chicago exempts homeowners 65-plus from sewer service charges if they apply for the discount.

4. Auto Services National chains Jiffy Lube and Midas offer service discounts. The age requirement and the discount varies by location. If you're shopping locally, it never hurts to ask if your neighborhood auto repair shop offers a senior discount.

5. Movie Tickets

6. National Park Admissions For \$10, seniors 62 and older can purchase a Senior Pass that's good for lifetime access to over 2,000 federal recreational sites and national parks. (Note: If you apply by mail, there is a \$10 processing fee.) Depending on the venue, the pass could entitle you to discounts on other amenities such as camping or swimming.

7. Groceries

8. Transportaion

9. Haircuts National chains such as Great Clips and Supercuts may trim the cost of your next haircut. Because most national salon chain locations are individual franchises, terms and conditions of senior discounts (if any) vary by location. Locally owned barbers and salons may give seniors a price break as well. Just ask.

10. Education Continuing education programs are available at many colleges and universities to those 60 and over for a small fee. It may even be free, so check with the programs near you. In Ohio, residents 60 and older can attend university classes at no cost when space is available.

BINGO WITH A TWIST

NAME:

Senior Services of Belmont County

B	I	N	G	O
What Baseball team won the World Series in 1940	Take a virtual tour on YouTube.	Do something kind for a stranger	Take a brisk walk outside for 15 minutes	Listen to music for 30 minutes
Work on a word search or puzzle for 30 minutes	What route is known as "the Main Street of America"	When the US entered WWII it ordered the evacuation of what US island	Call 5 friends to see how they are doing	What was the last chemical element discovered to date
What famous person was born in 1911 in Cincinnati, OH	Stretch your upper body while sitting in chair for 3 sets of 30 second intervals.		What Basketball team won the first NBA championship	Like, Share Senior Services of Belmont County Facebook Page
Talk to a friend who you haven't seen in awhile	Enjoy an audio book	When was Walt Disney founded	What year was the Kentucky Derby televised nationally for the first time	What Football team won the 1968 Super-bowl

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 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 celebrating St. Patrick's Day



Bellaire Center enjoying the day out at Bethesda Fundraise



St Clairsville out enjoying a great sunny day



Flushing Members enjoying a day at Mall & Lunch out on a cold day in 2011



Centerville Members Naomi, Violet, Stella Lea, Hazel, Emmeretta, Pat, Eileen enjoyed the Day at Races



Barnesville members celebrating St Patrick's Day with Bethesda Center

Backward Glances Friends at SSOBC

Photos by Donna Steadman



Powhatan members social distancing giving out produce.



Lansing members celebrating a great day 2017



Martins Ferry members celebrating St. Patrick's Day



Colerain 2014 celebrating Halloween



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

Balloon Exercise using a Flyswatter.
Those were great days at SSOBC



Flushing , Centerville, Barnesville, Bethesda
participated in a walking program at Emerald Pointe



PAINT DRIP flower pots



Using beautiful colors of your choice, you can create stunning drip painted clay pots that are fun for everyone.

Prep Time 5 mins

Crafting Time 20 mins

Dry Time 2 days

Total Time 2 days 25 mins

Supplies

- Terra cotta pot
- Acrylic craft paint or Patio Paint in white and your choice of colors
- Clear outdoor sealer (if keeping pot outdoors)

Craft tools

- Painter's tape
- Paintbrush
- Jar or other cylinder
- Newspaper or plastic tablecloth

Preparation

1. Start by covering a large work surface with 2-3 layers of newspaper, or line with a disposable plastic tablecloth.
2. Cover the hole in the bottom of the pot using painter's tape. This will keep the paint from dripping through.

Decorating Your Pot

1. Paint the outside of the terra cotta pot with white paint, including the rim. Do not paint the inside of the pot.
2. When white paint is dry, place the pot upside down onto a jar or similar cylindrical object to keep the pot suspended.
3. Choose a color of paint to start with. Squeeze enough of that color onto the bottom of the pot, enough to cover the bottom so that it begins dripping over.
4. Next, squeeze the second and any additional colors slow and sparingly in the areas you want those colors to drip down. The rest is up to you! Use as little or as much as you want, and as few or as many colors you want.
5. Now you have to be patient and wait. It can take anywhere from 24-72 hours to dry, depending on how much paint you used.



When the Pot is Dry

1. If you will be planting any live plants in your pot, be sure to use a skewer, fork or knife to poke a hole through the paint and the painter's tape. This will allow for drainage as the original pot intended.

Optional

2. You can paint a terra cotta tray to go with your pot!

Expert Tips & FAQs

- We recommend using a combination of acrylic paints and a sealer, or if you want to keep your pots outside, go with Patio Paint, which is specifically formulated for the outdoors.

- The trick here is to not squeeze too much paint out at once so you don't end up with a big blob of muddled shades. Use small amounts because you can always add more, but can't take any away.

- Be certain you use something to elevate the pot so that the rim is not touching the work surface. If you place the pot right on the work surface, the paint will gather around the rim and dry there, causing a messy look, jagged rim. We used a jar to place our pot onto, which allowed the paint to drip off onto the protected work surface.

- Important Note - if you allow water to sit in the tray after watering your plant, it can soften the paint around the bottom of the pot and cause it to peel.



Recipes

By DAISY BRAUN



FUN FRUIT

Ingredients:

- 1-2 cutie oranges
- 1 banana
- 2-3 kiwis

Directions:

1. Peel the oranges and separate them into sections.
2. Peel the kiwi and slice into wedges.
3. Peel the bananas and slice in half lengthwise, then slice across into ¼ inch pieces. (Be sure to keep them lined up so it won't be hard to arrange). Squeeze a couple of the orange slices over the bananas to keep them from turning brown.
4. Arrange as shown. Cover with cling wrap and refrigerate until ready to serve.

AMISH BROCCOLI SALAD

Ingredients:

- 1 head broccoli, chopped
- 1 head cauliflower, chopped
- 1 cup mayonnaise
- 1 cup sour cream
- ½ cup sugar
- ½ teaspoon salt
- ½ pound bacon
- 1 cup shredded Cheddar cheese



Directions:

1. Cook bacon until crispy. Drain on a paper minutes, crumble the bacon.
 2. Mix together mayonnaise, sour cream, sugar and salt.
 3. In a large bowl, place broccoli and cauliflower. Pour dressing over the vegetables and mix together until all is coated.
 4. Sprinkle the bacon and cheese over the top and fold until it is distributed.
 5. Refrigerate 1-2 hours or longer before serving so that all the flavors combine.
- Note: To lighten this recipe up, simply use lite mayo and sour cream; artificial sugar and fat free cheese.

APPLE PIE BREAD

Yield: 1 ½ cups

Ingredients:

- 1 can apple pie filling, mashed
- 1 yellow cake mix, dry
- 4 eggs, slightly beaten
- 1 cup self-rising flour
- 1 tablespoon cinnamon
- 1 medium chopped apple



Directions:

1. Preheat oven to 325.
2. Spray nonstick cooking spray into two loaf pans.
3. Whisk together cake mix, flour, and cinnamon. Set aside.
4. In a separate bowl, slightly beat the eggs, add the pie filling and mix well.
5. Add wet ingredients to the dry ingredients and mix until thoroughly combined. Fold in the apples.
6. Pour into prepared loaf pans. Sprinkle with a mixture of sugar and cinnamon on top.
7. Bake for 35-45 minutes. Cool and enjoy.

EASY PRETZEL FUDGE

Ingredients:

- 2 cups crushed pretzels
- 1 cup peanuts
- 2 tablespoons peanut butter
- 12 oz. white chocolate morsels
- 10 oz. peanut butter morsels



Directions:

1. Put crushed pretzels in an oven on warm. Melt the peanut butter and white chocolate morsels together in the microwave on 50% power for about 5 minutes, stirring at least once.
2. When melted, mix in the peanut butter, peanuts and crushed pretzels.
3. Spread onto a WELL-greased 8x8 inch pan that was lined with parchment paper and sprayed with a non-stick spray.
4. Allow the fudge to harden for about 2 hours. Cut into chunks. And enjoy.

TOMATO AND AVOCADO SANDWICHES

Total time: 10 minutes

Yield: 2 servings

Ingredients:

½ medium ripe avocado, peeled and mashed
4 slices whole wheat bread, toasted
1 medium tomato, sliced
Hummus or mayo for spread



Directions:

1. Spread avocado over 2 slices of toast. Top with tomato and shallot. Spread hummus or mayo over remaining toast slices; place on top of avocado toast, face down on top of tomato layer.

CHIMICHANGAS Yield: Makes 8 Chimi's

Ingredients:

2 cups Chicken (precooked and shredded)
1 package (8oz) cream cheese, softened
1 package (8 oz) pepper jack cheese
1 ½ tablespoons taco seasoning
8 (10 inch) flour tortillas
1 package (8 oz) shredded cheddar cheese Salsa



Directions:

1. Preheat oven to 350.
2. Stir together cream cheese, Pepperjack cheese and taco seasoning. Fold in chicken.
3. Divide among flour tortillas. Tuck in sides and roll up each tortilla.
4. Spray a 9"x13" baking dish with a non-stick cooking spray. Lay each filled tortilla seam side down. Spray the tops of the tortillas with cooking spray.
5. Bake for 15 minutes. Turn Chimi's over and continue baking for 15 more minutes.
6. Serve with cheddar cheese, green onions, sour cream and your favorite salsa.

Note: For a change, I like to substitute ground beef for the chicken.

BEAN SOUP

Ingredients:

1 ham bone with meat on
4 cups leftover ham
2 cups celery, chopped
2 cups carrots, chopped
1 large onion, finely chopped
3 cloves garlic, finely minced
4 sprigs fresh thyme or 2 teaspoons dry
¼ cup fresh parsley or 1 tablespoon dry
½ teaspoon fresh ground pepper
8-9 cups chicken stock
1 tablespoon olive oil for sauteing vegetables



Direction:

1. Prepare dried beans by soaking them in cold water overnight, then drain and rinse.
2. In a large pan heat oil and sauté celery carrots, onions and garlic until tender.
3. Add chicken stock, ham bone and ham. Transfer to a larger pot if necessary.
4. Add beans, parsley, thyme and pepper.
5. Bring to a boil, then reduce heat and simmer covered for 2-3 hours.
6. Chop up large pieces of ham before serving.

Note: This recipe works well in a slow cooker for 6-8 hours on low.

RITZ ROLO COOKIES Yield: 24 cookies

Ingredients:

48 ritz crackers
24 rolo chocolates unwrapped



Directions:

1. Preheat oven to 350.
2. Lay half of the crackers out on a cookie sheet and top with a rolo candy.
3. Bake for 4-5 minutes.
4. While still warm, top with another cracker and press down so that the chocolate will spread.
5. Let cool and enjoy.

Note: You don't have to make this large of a batch. If you want a little something, just cut the ingredients down.

For 6 cookies use:

12 crackers
6 rolos



Updated: January 29, 2020

Published: June, 2006

Every brain changes with age, and mental function changes along with it. Mental decline is common, and it's one of the most feared consequences of aging. But cognitive impairment is not inevitable. Here are 12 ways you can help maintain brain function.

1. Get mental stimulation

Through research with mice and humans, scientists have found that brainy activities stimulate new connections between nerve cells and may even help the brain generate new cells, developing neurological “plasticity” and building up a functional reserve that provides a hedge against future cell loss.

Any mentally stimulating activity should help to build up your brain. Read, take courses, try “mental gymnastics,” such as word puzzles or math problems. Experiment with things that require manual dexterity as well as mental effort, such as drawing, painting, and other crafts.

2. Get physical exercise

Research shows that using your muscles also helps your mind. Animals who exercise regularly increase the number of tiny blood vessels that bring oxygen-rich blood to the region of the brain that is responsible for thought. Exercise also spurs the development of new nerve cells and increases the connections between brain cells (synapses).

This results in brains that are more efficient, plastic, and adaptive, which translates into better performance in aging animals. Exercise also lowers blood pressure, improves cholesterol levels, helps blood sugar balance and reduces mental stress, all of which can help your brain as well as your heart.

3. Improve your diet

Good nutrition can help your mind as well as your body. For example, people that eat a Mediterranean style diet that emphasizes fruits, vegetables, fish, nuts, unsaturated oils (olive oil) and plant sources of proteins are less likely to develop cognitive impairment and dementia.

12 Ways to Keep Your Brain Young

4. Improve your blood pressure

High blood pressure in midlife increases the risk of cognitive decline in old age. Use lifestyle modification to keep your pressure as low as possible. Stay lean, exercise regularly, limit your alcohol to two drinks a day, reduce stress, and eat right.

5. Improve your blood sugar

Diabetes is an important risk factor for dementia. You can help prevent diabetes by eating right, exercising regularly, and staying lean. But if your blood sugar stays high, you'll need medication to achieve good control.

6. Improve your cholesterol

High levels of LDL ("bad") cholesterol are associated with an increased the risk of dementia. Diet, exercise, weight control, and avoiding tobacco will go a long way toward improving your cholesterol levels. But if you need more help, ask your doctor about medication.

7. Consider low-dose aspirin

Some observational studies suggest that low-dose aspirin may reduce the risk of dementia, especially vascular dementia. Ask your doctor if you are a candidate.

8. Avoid tobacco

Avoid tobacco in all its forms.

9. Don't abuse alcohol

Excessive drinking is a major risk factor for dementia. If you choose to drink, limit yourself to two drinks a day.

10. Care for your emotions

People who are anxious, depressed, sleep-deprived, or exhausted tend to score poorly on cognitive function tests. Poor scores don't necessarily predict an increased risk of cognitive decline in old age, but good mental health and restful sleep are certainly important goals.

11. Protect your head

Moderate to severe head injuries, even without diagnosed concussions, increase the risk of cognitive impairment.

12. Build social networks

Strong social ties have been associated with a lower risk of dementia, as well as lower blood pressure and longer life expectancy.

Get the information you need to strengthen your intellectual prowess, promote your powers of recall, and protect the brain-based skills when you buy *A Guide to Cognitive Fitness*, a special health report by the experts at Harvard.

Image: © Ronstik | Dreamstime.com

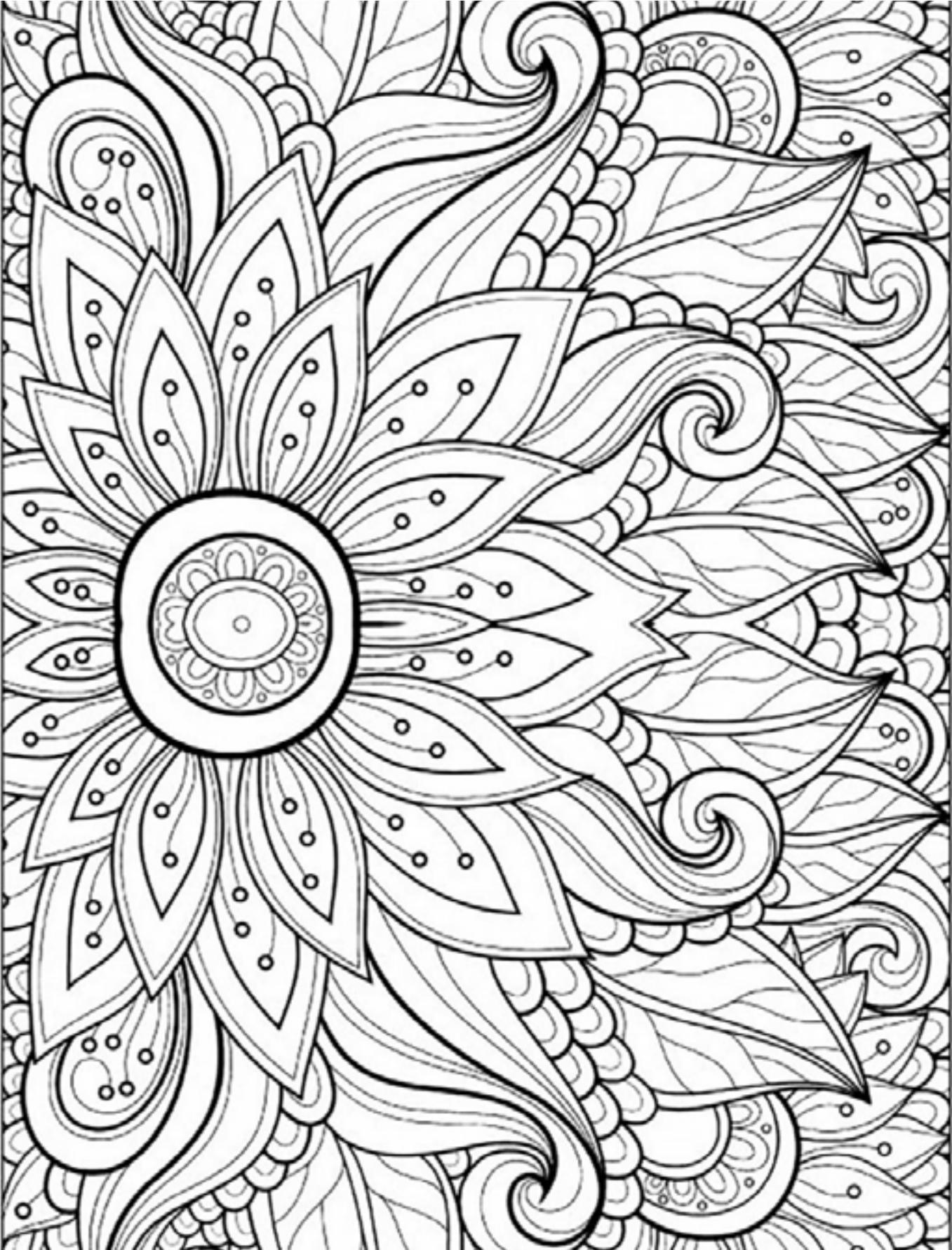
Disclaimer:

As a service to our readers, Harvard Health Publishing provides access to our library of archived content. Please note the date of last review or update on all articles. No content on this site, regardless of date, should ever be used as a substitute for direct medical advice from your doctor or other qualified clinician.

**WHEN
WE'RE
OUT**



Coloring Corner





1 March

Donna Bess
Linda Boger
Don Swegard
Alice Chirpas
Lee Marshall
Martha Thomas

2 March

Jacqueline Bednarik
Johns Shultz
Leonard McVey
Linda Joksimovic
Mary Nice
Phyllis Russell
Rebecca McKinney

3 March

Marlene Johnson
Helen Leluika
Janice Whorton
Bonnie Bustamante

4 March

Robert Garrison
Jim Hull
Mildred Sisson
Barbara Robinson
Betty Twarog
Joseph Wineman
Barbara L. Carpenter
John White
Dennis LeMasters

5 March

Lewis Krupa
Leona Berry
Marjorie Nelson
Sandra Elkins

6 March

Joanna Appenzeller
Rhea Rose
Roger Senakievich
Harry E Miller
Annie Smith

7 March

David Reed
Ann Shinall
Michael Gust
Rita Gallow
Debra Hugus

8 March

Orval Dilly
Helen Rutan
James K. Phillips, JR
Cheryl Humphrey
Patricia Laporte

9 March

Beverly McLane
Barbara Marshall
Joseph Wansik
Betty Roth
Dorothy Bennett

10 March

Myra Thompson
Linda Brandon
Anna Worthington
Linda Childers

11 March

Donna Bruce
Tressie Fitzhugh
Carol Delbridge
Geraldine Nagy
Katherine Abel

12 March

Letha Elerick
Grace Michel
Otto Thomas
Ralph Mussard
Gerald Koonce

13 March

Sophia Pertlaga
Ruth Twardoski
Sandra Oberle

14 March

Josephine Bonnette
Katherine McMahon
Frank Greathouse

Nancy Schmidt
Robert Saunders
Mildred Clark
Iona Withrow

15 March

John Fleming
Eleanor Puskas
Deloris Bever

16 March

Robert Traylinek
Alice Dolan
Jeffrey Thompson
Jennie Miller-Stewart
Robert Jones

17 March

Margaret Richmond
JoAnn Anderson
Patricia Moore
Mary Green
Gerald Moore
John Polinski
Kenneth Morris
Paul Spotts

18 March

Urmilla Seth
Wilbur Beadle
Ethelda Eddy
Eleanor Johnson

19 March

Peter Zaccagnini
Hazel Morrison

20 March

Catherine Weekley
Jane Valentino
Stephanie Sexton
Thomas D. Moore
Perley Underwood

21 March

Alice Brown
Susan Pelkowski
Charles White
William Peters

22 March

Margaret Kuba
Cora Jewell
Wilma Vashbinder
James Kuhn
Vivian Mayberry

23 March

Margaret Kelly
Frank L. Baker, SR
Donald Wensyel
William Kuthy

24 March

Betty Schmidt
Sylvia Greenwood
Kathryn Baker
Antonio Salvatori
Shirley Norman

25 March

Nancy Davis
Lila Nolan
Robert Weekley
Georgia Blackburn

26 March

Ruth Eagle
Wesley Miller
Rose Runyan
Margaret Tracey
Betty Weeks

27 March

Maxine Brado
Antionette Covey

28 March

Patsy Visnic
Betty Knight
Linda Dougherty
Donald Brunt

29 March

Luella Ticarich
Louis Beltrondo
William Cox
Richard Powell
Sandra Housman
Beverly Hannahs
Bobbi Shoenfelt
James Masters

30 March

Harry Skinner
Sara Odorizzi
Mary Taylor
L. Jean Hendershot
Thomas Teufel
David Briggs

31 March

Brenda Hoskinson
Michael Sulek
Ellen Tekely
Violet Ryan
Thomas Simpson
Mary Jo Kurko

#1 - NOPE! KEEP LOOKING!

by David Levinson Wilk

ACROSS

1. Unexpected hangups
6. Exposes
11. Candy from a dispenser
14. Cupid's projectile
15. Movado competitor
16. Fruity drink
17. Highly sought-after item for many city dwellers
19. Even score
20. Pay to play
21. Result of cremation
23. Nope! Keep looking!
28. Gulp for air
29. Chimney buildup
30. National Endowment for the _____
34. Charges
37. Neighbors of Venezuelans
39. Singer DiFranco
40. Nope! Keep looking!
42. Fido or Fluffy
43. Vice President James _____ Quayle
45. Letter-shaped fasteners
47. One of Chekhov's "Three Sisters"
48. Relative of "aaah"
50. Spanish house
51. Nope! Keep looking!
55. MTV airing
58. In the public eye
59. _____ Canals
60. It may not be highly sought after, but it's a solution
67. Stop for the night

1	2	3	4	5	6	7	8	9	10	11	12	13
14					15					16		
17					18					19		
			20					21	22			
	23	24				25	26	27				
28					29				30	31	32	33
34				35	36	37			38			
39				40		41					42	
43			44					45	46			
47				48			49		50			
			51	52				53	54			
55	56	57					58					
59				60	61	62	63			64	65	66
67				68					69			
70				71					72			

© 2005, ACPT

68. DVD player option
69. Unleashed
70. Illiterates' signatures
71. Safe spot
72. Mex. misses

DOWN

1. Drain
2. Gun owners' org.
3. The "A" in E.T.A. Abbr
4. Fun racers
5. Hogs
6. Finishes one over par
7. Mornings, briefly
8. Weightlifting unit
9. Kind of trip
10. He's so tempting
11. Route
12. Actress McClurg
13. Marks of Zorro
18. Utmost
22. "South Park" boy

23. Pertaining to the animal life of a region
24. In sports it has a top and a bottom
25. Event that a boxer might win
26. Give a drubbing
27. "Here's looking _____"
28. Madrid museum
31. Map out again
32. Fly over Africa?
33. _____ good example (does admirably)
35. Blood letters
36. Author Scott
38. N.Y.P.D. alert
41. Old Greek portico
44. Kismet

46. Supreme Court justice who appeared in the 1987 documentary "Gap-Toothed Women"
49. Hurry
52. Zing
53. "So's _____ old man!"
54. Enthusiasms
55. Fair-sized auto engine
56. Actress Skye
57. Puts on
61. Stop before the majors, perhaps
62. Isuzu Rodeo, e.g.
63. NNW's opposite
64. Drunkard
65. "This _____ bust!"
66. Your Fr.

HUMOR COARNER



Instead of the John I call my bathroom the Jim!
That way it sounds better when I say I go to the Jim first thing every morning!!!



My mind says I'm in my twenties.
My body says "Yeah You Wish!"



St Patrick's Day

WORD SEARCH Search across, down, and diagonally



Find the following words:

LEPRECHAUN
ST PATRICK
SHAMROCK
IRELAND

RAINBOW
CLOVER
GREEN
MARCH

GOLD
LUCK





MARCH MENU 21

HAPPY SAINT PATRICK'S DAY

Mon	Tue	Wed	Thu	Fri
1 Chipped Beef Mashed Potatoes Peas Pears Warm Biscuit, Marg. Milk	2 Hawaiian Chicken Over Rice Carrots Broccoli Banana Macaroni Salad Milk	3 Ham and Bean Soup Tomato Juice Pineapple Cornbread, Marg. Milk	4 Fried Chicken Mashed Potatoes/gr Green Beans Waldorf Salad Muffin, Marg. Milk	5 Egg Salad Sandwich Caesar Salad, Dres. Pickled Beets Grapes Croissant Milk
8 Kielbasa and Kraut Mashed Potatoes Capri Blend Veggies Fruit Cup Roll, Marg. Milk	9 Turkey and Dress. Sweet Potatoes Lima Beans Cranberry Juice Bread, Margarine Milk	10 Spaghetti-Meatballs Coleslaw Applesauce Garlic Bread Milk	11 Pork Chop Scalloped Potatoes Brussels Sprouts Peaches Roll, Marg. Milk	12 Tuna Noodle Cass. Mixed Veggies Fruit Crisp Broccoli Salad Bread, Marg. Milk
15 Meatloaf Au Gratin Potatoes Buttered Carrots Mandarin Oranges Roll, Marg. Milk	16 Mexican Chicken Over Rice Pinto Beans Buttered Corn Banana-Cake Milk	17 St. Patty's Pulled Pork Sand. Cabbage & Noodles Green Beans Lime Jell-O Pears Bun, BBQ sauce Milk	18 BBQ Chicken Mini Baked Potatoes Creamed Peas Peaches Roll, Marg. Milk	19 Vegetable Lasagna Applesauce Spinach Dessert Garlic Bread Milk
22 Hamburger/onion Cauliflower Baked Beans Orange Bun, Mustard Milk	23 Chicken Alfredo over Rigatoni Peas Salad Pears-Juice Garlic Bread Milk	24 Taco Salad Fruit Cup Corn Chips Sour Cream Milk	25 Sausage-Egg and Cheese on Biscuit Hash Browns Fruit Crisp Banana-Yogurt Milk	26 Fish Sandwich Parsley Potatoes Green Bean Cass. Ambrosia Salad Bun, Tartar Sauce Milk
29 BBQ Ribette Potatoes Brussel Sprouts Tropical Fruit Roll, Marg. Milk	30 Grilled Chicken Pecan Salad/Dr. Pineapple Crackers Muffin, Margarine Milk	31 Vegetable Beef Soup Cottage Cheese Peaches PB & J Sandwich Crackers Milk	To resume or Cancel meals or Ingredient Content Call 695-4142 1-800-200-0320	Choice of White or Wheat Bread Choice of 2%-Skim-Chocolate Milk