

Guernsey County Senior Citizens Center, Inc.

“Serving Senior Citizens Throughout Guernsey County for 51 Years”



MEALS on WHEELS
GUERNSEY COUNTY
TOGETHER, WE CAN DELIVER.



Presented by
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Executive Director/CEO



<https://www.facebook.com/guernseysenior.org/videos/1465078927349301>

Our Mission

“The mission of the Guernsey County Senior Citizens Center, Inc., through the services it provides, is to promote the nutritional, physical, emotional, social, and economic well-being & independence of older adults, and to promote their participation in all aspects of community life”.

Philosophy

The philosophy of GCSCC is based on the premise:

1. That aging is a normal developmental process,
2. That human beings need peers with whom they can interact and who are available as a source of encouragement and support,
3. That older adults have the right to a choice in determining matters in which they have a vital interest.

In accordance with these premises, GCSCC adheres to the following beliefs:

1. That older adults, like all people, are individuals with ambitions, capabilities, and creative capacities,
2. They are capable of continued growth and development,
3. They have certain basic needs, including opportunities for relationships and for experiencing a sense of achievement,

4. They need access to sources of information and help for personal and family problems, and the opportunity to learn from individuals coping with similar experiences,
5. That they have a right to maximum opportunity for involvement in all aspects of Guernsey County Senior Citizens Center, Inc. services, programs, activities, and decision-making processes.

How Is GCSCC Funded?

- Ohio Department of Aging-Older Americans Act Funding (Title III, PASSPORT, Care Coord.)
- Area Agency on Aging Regions 8 & 9
- Meals on Wheels Levy (2013)
- United Way of Guernsey County
- County Senior Services Tax Levy
- ODOT-5310 Specialized Transportation Grant
- Applicable Grant Writing
- Charitable Giving
 - Individual
 - Churches
 - Other Non-Profits
 - Civic & Community Organizations
 - Corporate
 - Ohio Appalachian Foundation-GCSCC Endowment
 - County-Wide Partners & Supporters

Concerns Among Caregivers & Older Adults

- Accessing Services
- Psychological Well-being
- Social Support & Family Proximity
- Religious/Spiritual Needs
- Access and Affordability of Health Care
- Access to Medications
- Who Will Take Care of Me?



Concerns Among Caregivers & Older Adults



- Access & Utilization of Transportation Services
- Nutritional Needs
- Resistance to Accept In-Home Services
- Housing
- Socioeconomic Factors
- Overwhelmed by where to start; paperwork; costs; stress; multiple responsibilities, implementing & coordinating services, etc...

Services That GCSCC Provides

- Home Delivered Meals
- Congregate Meals
- Grab & Go Meals
- Transportation
 - Out of County
 - Weekends
- Homemaking
- PASSPORT/Personal Care
- Care Coordination
- Health & Wellness Assessments
- Legal Assistance
- Information & Referral
- Telephone Reassurance
- Friendly Visiting
- Outreach & Community Collaboration
- Food Commodities

Services That GCSCC Provides

- PETS (Pets Enjoy Treats) Program
- Meals As you Mend (Hospital Discharge)
- Disabled Veteran Meals (any age)
- Private Pay Meals (Under age 60)
- Evidence Based Programs
- Social, recreational, educational, cultural enrichment activities & events
- One-Day Trips
- HEAP
- Tax Preparation Assistance
- Loan Closet/Medical Equipment
- Clothes Closet



What does our services cost?

All services are provided on a “donation-only” basis whereby services will not be denied to senior citizens based upon their ability or inability to make a donation

Recommended & suggested donation amounts are provided for each service we provide. Cost-Sharing permissible with some programs.



Who is eligible to receive services?

- Senior Citizens age 60 & older
- Resident of Guernsey County
- Established need, based upon an initial and periodic assessment conducted by our agency
- Age 90+ automatic qualifier
- *Services are available throughout Guernsey County & regardless of income*



“ Maintaining the safety & independence of senior citizens so that they can live in the comfort of their own homes, which often is where they are the happiest & most content, for as long as possible is the primary purpose of the services that we provide”

Psychological Well-being

- “The psychological well-being of older rural adults is largely contingent upon positive life experiences and late life satisfaction”
(Csikzentmihalyi, 1999)
- “Despite the findings that rural older adults are worse off economically, a feeling of relative satisfaction is attributed to their strong ties with neighbors, relatives, and community organizations” (Carlson, Lasseey, & Lasseey, 1981)

Social Support & Family Proximity

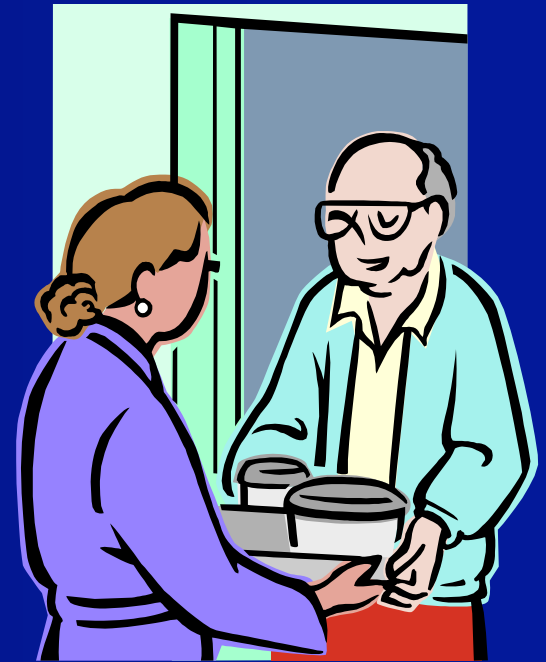
- Cantor (1980) defines a social support system as a pattern of mutual assistance that is significant in the social, psychological, and physical health and well-being of the elderly.
- Among older adults, social support positively affects mental health and psychological well-being (Gottlieb, 1981).

Transportation

- Rural transportation systems are an essential service for inhabitants of rural communities and regions (Hermanova & Richardson, 2001)
- Restrictions on mobility reduce social participation, lower life satisfaction, and generally result in feelings of restricted life space (Cutler, 1975)

Nutrition

- From a historical perspective, older adults may be at a nutritional risk due to both biological and social changes associated with aging (Campbell, Crim, Dallal, Young, & Evans, 1994)
- Rural elders tend to value self-sufficiency and withstand hard times, a strategy that may be risky to their nutritional needs (Van Nostrand, 1993)



Resistance to Accept In-Home Services

- Common sources of such resistance might include, but are not limited to;
 - Maintaining the illusion of independence
 - Fearing reduced contact with family members
 - Worrying about finances
 - Lack of supervisory skills
 - Fear of victimization
 - Harboring racist feelings toward particular providers (Lustbader & Hooyman, 1994)

Socioeconomic Factors

- Older adult women living in rural areas are three times as likely to experience poverty compared to their urban counterparts (Choudhury & Leonesio, 1997)
- Additional influences include: widowhood, divorce, limited accumulation of paid employment, sub-standard social security benefits, and sub-standard wages earned during adult work life (AARP, 1998)



Senior Nutrition

Hot nutritious meals are provided Monday-Friday at the Senior Center, Stop 9 Senior Center-Byesville, and Cambridge Heights. Congregate Meals are also served at Cumberland United Methodist Church, Pleasant City United Methodist Church, Londonderry Masonic Lodge.

Home Delivered Meals



Meals on Wheels

Upon the completion of a personalized nutritional needs assessment, home delivered meals are provided five days a week to eligible individuals. Pre-prepared frozen meals, which are oven or microwave ready, are available for weekends and holidays upon request. Emergency meals are also provided in anticipation of inclement weather.

Senior Transportation

*Prompt & Courteous
Hallway-to-Hallway Service*

Transportation services are available to all county senior citizens 60 years of age or better. The program is designed to provide transportation to & from:

- Medical Appointments
- Physical Therapy
- Dialysis
- Pharmacies
- Nutrition Sites
- Stores, Shopping Centers, & Grocery Stores
- Social Events
- Work
- Barbers & Salons
- Saturdays 8:00 AM-3:00 PM
- Out of County Transport



Homemaking & Personal Care



Our bonded, trained, and insured homemakers provide in-home routine cleaning, laundry, essential shopping, and meal preparation assistance.

- Provide Timely Medication-Taking Reminders
- Promote & Maintain Personal and Household Hygiene
- Light housekeeping, laundry, vacuuming, errands, etc...
- Cannot transport clients or perform extensive cleaning duties detailed outside program guidelines

Social, Recreational, Cultural, Educational, & Informational Activities & Events

- Quilting
- Bridge, Euchre, & Card Playing
- Pickle Ball
- Crafting
- Fun Bingo
- Line Dancing
- Tai Chi
- Exercise & Aerobics
- Monthly Senior Dinners
- Shopping Trips
- Holiday Parties
- Health & Wellness Fairs
- One-Day Trips
- Travel & Tours
- Entertainment & Music Enrichment
- Painting Classes
- Computer Classes
- Cooking for One & Nutrition Education Classes
- Sewing Group
- Drumming
- Guest Speakers & Educational Classes

Social, Recreational, Cultural, Educational, & Informational Activities & Events

- AARP Meetings
- Alzheimer Support Group Meetings
- Guernsey County Cancer Society Meetings
- Red Cross Blood Mobiles
- Hospice Events
- Lioness Meetings
- Ohio Consumer Council Seminars
- Medicare Seminars
- Personal Estate & Financial Planning Seminars
- AARP Tax Assistance
- Volunteer Opportunities
- Clothes Closet
- Equipment & Assistive Devices Loan Closet
- PERS Retiree Meetings
- Musical Performances
- & Many Other Special Activities & Events...



Social Membership

- \$7.00 donation per year
- Receive a monthly *Senior Times* Newsletter
- Membership is not a requirement to receive services nor does non-membership impact the quality of services that you receive
- Discounts on fee-based social activities and trips



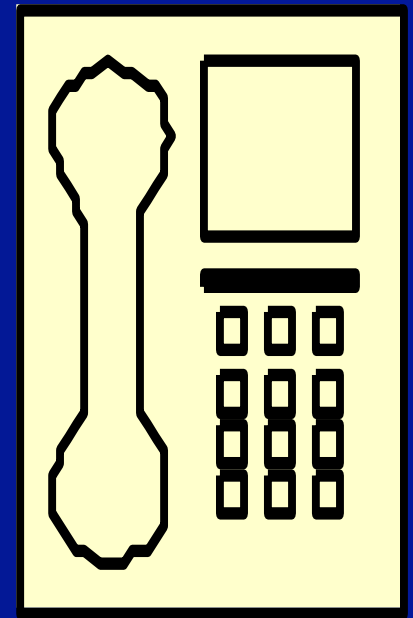
*“Come & Visit The
Guernsey County Senior
Citizens Center*

*...Discover What Fun Is
All About For Seniors”*



How To Contact Us

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- Fax (740) 439-7478
- Toll-Free 1-866-534-2349
- Web:
www.guernseysenior.org
- Email:
gcsc@guernseysenior.org
- In Person





Thank You

For additional information, please contact:

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