

The Senior Scoop

From the Senior Resource Center

Gallia County Council on Aging

February 2026

Bringing in 2026 Together



The Noon Year's Eve Party was a blast! There was lots of fun – counting down until noon, toasting to the new year, and interesting trivia!

Christmas for the Veterans



Gallipolis Elks Lodge #107 partnered with the Gallia County Senior Center to provide Christmas gifts to 49 Veterans in the local nursing homes.



Rock Painting

Join us again for community rock painting on April 6th from 10 to 2.



A message from Marlene

Marlene Stout
Executive Director



Hello,

As we step into February, we're reminded of the warmth and kindness that Valentine's Day brings—a time to celebrate love, friendship, and the connections that make our community so special. It may be a heartfelt note, a shared smile or laughter, or simply taking a moment to appreciate those around us, that remind us of the strength we find in each other.

Come into the center to share a noon time meal, join an activity, and watch the progress of the new building. The exterior work continues such as sewer lines, drainage, and electric poles are being placed. The interior work has also begun. A-1 glass has windows and doors ordered. Carter's Plumbing, First Choice for HVAC, Crisenberry Electric, and Amish Construction have all been at the site. Excitement is growing as the facility continues to evolve.

Happy Valentines Day! See you soon!

Marlene

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64 Blizzard Bags were sent out, comprised of non-perishable food items that consumers can keep on hand in case of a winter storm.

Tax Time

VITA-The Volunteer Income Tax Assistance program is an IRS-sponsored initiative that provides free basic income tax preparation with electronic filing to qualified individuals through IRS-certified volunteers. There is an office open from January 21-April 8 at the First Presbyterian Church, 51 State St., Gallipolis. To check eligibility and set up an appointment call 740-446-1030.

The Gallia County Council on Aging has partnered again this year with Peter A. Smith, EA and Angell Bookkeeping and Tax LLC to provide tax vouchers for lower to mid-income Gallia County senior citizens. To check eligibility and set up an appointment call Peter A. Smith at 740-645-2484 or Angell Bookkeeping at 740-446-8677.

There are a limited number of vouchers available.
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Puzzle Swap

The Puzzle Swap has been growing. There are over 300 jigsaw puzzles of various piece sizes to choose from. Bring your puzzles in and swap for other puzzles. No need to purchase new costly jigsaw puzzles. Put all the pieces in a Ziploc bag inside the box, bring to the center, and exchange for a different puzzle. Exchange one puzzle per one puzzle. If you bring 5 puzzles in take 5 puzzles home. This is a free monthly event open to all ages and all jigsaw puzzles. There is a new Facebook page for individuals who enjoy jigsaw puzzles called Tristate Jigsaw Puzzlers. Check it out, join and follow.

Submitted by Stephanie Sprague RN MSN



Health Secretary Robert Kennedy Jr. announced big changes to the food pyramid. The changes reflect current nutritional research and common sense. The food pyramid is evaluated every five years and updated as necessary.

The food pyramid was first developed in 1974 in Sweden (Britannica) and has similarities to the U.S.'s 2025 revised food pyramid. The U.S. adopted the food pyramid in 1992. (Britannica). The goal of the food pyramid is to help people make healthy food choices.

The Department of Health and Human Resources (HHS) state, "The U.S. government has recommended and incentivized low quality, highly processed food and drug intervention instead of prevention." The new food pyramid emphasizes the opposite.

The U.S. Department of Agriculture (USDA) recommended that food such as potato chips, candy, and processed lunch meats to name a few be eliminated from diets. They recommend adding real food. Fresh meat, vegetables and fruits are the number one choice.

Deli meats are considered fresh meat and anything from the real meat section. Meat is filled with protein, which is always important, but the aging population may be lower on acceptable protein levels. Thus, real protein from real foods is important to this group (www.usda.gov).

Some saturated fats in the diet are encouraged. The brain needs saturated fats to function properly. Vegetable oils are discouraged or should be limited. Olive oil and similar healthy oils are a better choice.

Any form of fruits and vegetables: canned, fresh, or frozen are acceptable. Vegetables are a good source of vitamins, minerals, and fiber (WebMD). Fruit juices are high in sugar. USDA recommends avoiding them or diluting them with water to decrease the sugar concentration.

Dairy is also at the top of the pyramid. Whole dairy products are suggested (USDA). Dairy is a good source of healthy fats, protein, vitamins, and minerals.

The bottom of the pyramid is whole grain. Select whole grain breads and snack crackers. Avoid highly processed white bread and replace it with whole grain bread (USDA). Whole grains are rich in fiber.

Avoid processed, prepacked ready meals, processed or sugar heavy foods and snacks. Processed foods are also full of sodium.

Trying to incorporate a healthy diet makes you healthier. Diabetes labs and daily blood sugars may improve. Lipid values may also improve. A healthier diet can show improvement in many chronic diseases. It could slow the progression of chronic disease.

According to the www.hhs.gov, obesity and diabetes occurrence in the U.S. are the highest in the world. Life expectancy is 4 years lower than in other developed countries. Thus, the U.S. spends 2.5 times more on health care. This can be linked to chronic diseases. Many chronic diseases are linked to diet. A doctor that manages chronic disease should be consulted before making the diet changes. However, processed snacks and sugars should always be avoided. Inform your primary physician of any diet changes made.

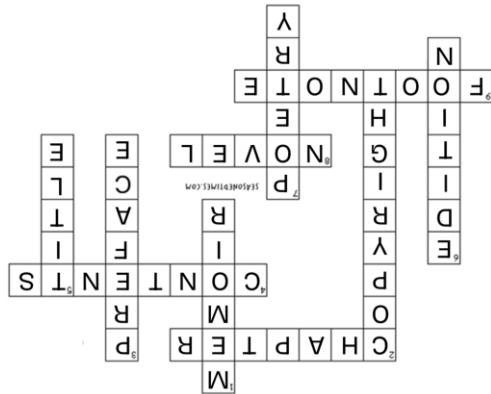
Health sites outside the government may not have updated their food pyramid yet. Government sites are most reliable.

Seed and Plant Exchange

A seed swap is occurring on February 6th, 13th, and 14th as well as April 22nd. Seeds, bulbs, and tubers should be pre-portioned in bags/envelopes and should be labeled with as much information as possible, including crop type and variety. Plant exchanges are scheduled for April 22nd and May 8th. Houseplants, garden plants, succulents, and herbs can be brought. They need to be labelled as well. Cuttings, bareroots, and potted are permitted. Watch for more information on the flyer posted on Facebook and our website.

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Cross Word Puzzle Solution



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Congratulations Regina!

Congratulations to Regina Bing, ADC, Administrative Assistant, for earning the national certification as Activity Director, through the National Certification Council for Activity Professionals. She worked diligently on her classes, practicums, and tests. We are very proud of her accomplishment. Along with her other job duties, Regina plans and implements the activities for the center, including the Adult Day Program.

Food of the Month Soup



Eating soup offers numerous benefits, including boosting hydration, immunity, and digestion, while supporting weight management and providing essential nutrients like vitamins, minerals, and fiber, making it a comforting, easy-to-prepare, and affordable way to nourish your body and fight off illnesses.

Good news! Soups are nutrient-dense, hydrating, affordable, tummy-filling (great for healthy weight loss!), delicious, and easy to whip up with a stove, microwave, or slow cooker. Make a large batch on the weekend for healthy, homemade lunches or dinners throughout the week.

Is vegetable soup as healthy as vegetables? Yes! Vegetable Soup is very healthy. It's packed with a ton of vegetables and sometimes whole grains that are full of vitamins, minerals and antioxidants. Soup is healing and typically nutrient-rich. Ingredients like garlic, onion, ginger and leafy greens have anti-inflammatory, antimicrobial, and immune-supportive properties.

Soup is Affordable. It allows you to use less expensive ingredients like vegetables and beans to create a filling, healthy meal. It is easily modified to accommodate allergies or dietary needs (vegetarian, low-sodium, etc.). Soup is comforting. It provides warmth and comfort, especially when sick, helping with feelings of well-being.

Socialization is a Vital Part of Life

We Need to Mix and Mingle

A recent report from the National Academies of Sciences, Engineering, and Medicine (NASEM) revealed that more than a third of adults aged 65 and older are socially isolated and feel lonely.

What’s the difference between loneliness and social isolation? Loneliness is the feeling of being alone, disconnected, or not close to others. Social isolation is not having relationships, contact with, or support from others. Socialization problems for seniors’ stem from life changes like retirement, loss of loved ones, and declining health (mobility, vision, hearing). These lead to isolation, loneliness, depression, anxiety, and cognitive issues. They are often worsened by lack of transportation, financial stress, technology barriers, and feeling a lack of purpose, impacting overall well-being and increasing health risks like dementia, heart disease, and even premature death.

If you are not currently socializing with others, try making a change to correct that for your own mental health. There are many activities and programs right here in our own community. Some local churches sponsor support and programs for seniors. Volunteers are needed throughout the community and that is a good way to make new friends. Taking a class is fun and you get to know others who have the same interests as you. The library offers a slew of interesting activities and programs for all ages. The Senior Center tops them all for socializing.

The Gallia County Senior Resource Center offers more than you can imagine. We all know the Resource Center provides many health-related services to the senior community. But were you aware of all the activities and programs offered? 90% of them are free but of the very few times there is a charge, notice is given ahead of time.

The list is long, you have a lot to choose from. You might consider chair yoga, bible study, line dancing, hand and foot and other card games, playing pool, including pool and cornhole tournaments. There’s more: shopping trips, dinner once a month (\$10.00), legal clinic, puzzle swaps, scrapbooking, rock painting, art classes, travel club, discussion groups, a walking group, open hours at the GDC swimming pool, bingo, noon movies, holiday celebrations and MORE. Get yourself out, make new friends and have fun. *km*



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Mission Statement: To establish and maintain a meeting place for the aged residents of Gallia County, Ohio and to facilitate the aged in recreational, handcrafts, and other activities. To further the general educational process and to foster and promote planning services in assisting the aged throughout Gallia County, Ohio. To motivate and produce better living conditions for the aged.

Events and Happenings

Gallia County Senior Resource Center

Special Events This Month

Free Winter Absolute Beginner Line Dance Class – On Tuesdays at 6:30 PM from February 3rd to March 10th – Open to teens and up.

Advisory Council – February 3rd at 1 PM

Seed Swap – February 6th and February 13th from 10:30-11:30, February 14th from 10-12.

Stained Glass Class – February 6th and 13th at 1 PM – Class on the 6th is full, Feb. 13th class is open. Limited seats available, call to reserve your spot.

National Pizza Day – February 9th at 12:30 PM

Senior Night Out Dinner – February 9th at 5:30 PM – Menu: Country Fried Steak, Mashed potatoes with Country Gravy, Broccoli, Cauliflower, Roll, Lemon Cake

Valentine’s Party – February 13th at 12:30 PM – Join us to celebrate!

Puzzle Swap – February 13th from 9-4 and February 14th from 10-12

CLOSED February 16th for President’s Day

National Pancake Day – February 17th at 9 AM

Board Meeting – February 19th at 12:30 PM

National Banana Bread Day – February 23rd at 12:30 PM

Pool Tournament – February 24th at 9 AM

Upcoming Events

Rock Painting – April 6th from 10-2

Fashion Show – April 17th

Seed and Plant Exchange – April 22nd from 10:30-11:30

Plant Exchange – May 8th

Local Happenings

Traveling Bricks at the Bossard Memorial Library from January 17th through April 19th

Movie Series for Older Adults - Silver Screen VII in Gallipolis and Tri City Theatre in Jackson will be showing free movies. Doors open at 1:30 pm. Film begins at 2:00 pm.

“Driving Miss Daisy”-February 18-Silver Screen VII, Gallipolis

“Secondhand Lions”-March 18- Tri City, Jackson

“On Golden Pond”-April 15- Silver Screen VII, Gallipolis

Comedy Show Event at The Colony – February 7th at 8 PM – Ticketed event. cost is \$20