With winter in full swing, it's easy to get into a funk of sorts. We're already tired of being stuck indoors due to the circumstances of a global pandemic. And now there's the possibility of getting snowed in. BUT, it doesn't have to be all bad! Here are some ways to spend a snow day if you're tired of just lounging on the couch:

* Clean your house
* Read a book
* Bake cookies
* Knit a scarf
* Take a relaxing bath
* Do a puzzle
* Clear out your emails
* Call a friend you haven't talked to lately
* Watch that movie you've been wanting to see
* Paint something
* Reorganize your closet
* Clean out your fridge

Being stuck inside doesn’t have to be a bad thing—take the time and do something for yourself!

Also, remember that during times of inclement weather, the Muskingum County Sheriff’s Department communicates with the public as to the safety of travel by issuing Level 1, 2, or 3, determined by the severity of the weather. MCCFS will abide by the levels set forth by the Muskingum County Sheriff and operate as follows:

**Level 1:** Home-delivered meals and Transportation will continue as scheduled.

**Level 2:** Home-delivered meals and Transportation will be cancelled. Shelf stable meals are to be used.

**Level 3:** All services are cancelled. Shelf stable meals are to be used.

Enjoy the snow, stay safe & healthy, and look with anticipation to a much better 2021!! We can’t wait to see you all again when it’s safe!
OUR COMMUNITY

Mission:
Muskingum County Center for Seniors will enhance the quality of life for individuals over 60 through opportunities to learn, laugh, and live well.

MCCFS will be CLOSED on the following holidays:
Friday, January 1, 2021—New Year’s Day
Monday, January 18—Martin Luther King Jr. Day
Monday, February 15—Presidents’ Day
Monday, May 31—Memorial Day
Monday, July 5—Independence Day
Monday, September 6—Labor Day
Monday, October 11—Columbus Day
Thursday, November 11—Veterans’ Day
Thursday, November 25—Thanksgiving Day
Friday, November 26—Black Friday
Thursday/Friday, December 23-24—Christmas
Thursday/Friday, December 30-31—New Year’s

CANCELLATION/CLOSING INFORMATION
Once we are permitted to reopen, information regarding schedule changes will be posted on our website, Facebook page and/or radio & television. You may also receive phone calls regarding these events; please keep in mind that this automated call may come from an out-of-state number.
At this time, you may also receive updates regarding the COVID-19 pandemic.

Every effort is made to ensure the accuracy of dates, times, and activities in The Golden News. Unfortunately, there are times when changes take place after the newsletter has gone to print. Schedule changes will be posted online and at the front door of the Center.

USDA prohibits discrimination on the basis of race, color, national origin, gender, age, or disability.

The MCCFS Board of Trustees will meet on Tuesday, January 19, 2021 at 7:30 AM via Zoom.

STAFF
Executive Director
Ann Combs
Administrative Assistant
Erica Silvia
Supportive Services Director
Becky Bruce
Outreach Specialist
Debbie Moore
Activities Director
Tara Rock
Activities Assistant
Carol Morgan
Receptionist
Cindy Sheppard
Nutrition Director
Earl Stapleton
Home Delivered Meal Supervisor
John Brookover
Transportation Director
Jodi Paul
Maintenance Director
Mark Burwell
Fiscal Officer
Kurt Ufholz
Board of Commissioners
Cindy Cameron
Mollie Crooks
Jim Porter
Board of Trustees
Anthony Adornetto
Jay Benson
Sheryl Derry
Megan Durst
Ginger Hamilton
R. Susan Jones
Janice McFerren
James McDonald
Brian Wagner
Keely Warden

GOLDENnews
## Leave a Legacy

The Muskingum County Center for Seniors depends on private contributions to assist us in providing services to the seniors of Muskingum County. The Leave a Legacy program provides a means for private citizens to establish memorial funds or endowments for their favorite charities. Please call Ann Combs for more information.

## Golden Buckeye Card

If you did not receive your Golden Buckeye Card at age 60 or need a replacement card, you can call 1-866-301-6446.

## Transportation Guidelines

Medical appointments are our top priority. If schedule permits, grocery trips may be arranged. We transport only within Muskingum County and do not provide emergency transports. **During this time of pandemic, please call your doctor’s office to see if they are keeping scheduled appointments.** The suggested donation for transportation is $3.00 per trip (each way). **All transportation is by appointment only, and an advance notice of 5 BUSINESS DAYS is required.** Call 740-454-9761, Ext. 111 to schedule an appointment.

### Looking for Something to Celebrate!

Try these for the month of **JANUARY**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>National Buffet Day</td>
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<tr>
<td>2</td>
<td>Science Fiction Day</td>
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<td>3</td>
<td>Toss the Fruitcake Day</td>
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<td>4</td>
<td>National Spaghetti Day</td>
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<td>4</td>
<td>National Trivia Day</td>
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<td>6</td>
<td>National Technology Day</td>
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<td>7</td>
<td>National Bobblehead Day</td>
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<td>National Bubble Bath Day</td>
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<td>National Apricot Day</td>
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<td>10</td>
<td>Houseplant Appreciation Day</td>
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<td>10</td>
<td>National Bittersweet Chocolate Day</td>
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<td>10</td>
<td>National Cut Your Energy Costs Day</td>
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<tr>
<td>11</td>
<td>Cigarettes are Hazardous to Your Health Day</td>
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<tr>
<td>11</td>
<td>National Milk Day</td>
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<td>14</td>
<td>Dress Up Your Pet Day</td>
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<td>14</td>
<td>Organize Your Home Day</td>
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<tr>
<td>15</td>
<td>National Hat Day</td>
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<tr>
<td>15</td>
<td>National Strawberry Ice Cream Day</td>
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<td>16</td>
<td>National Fig Newton Day</td>
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<tr>
<td>19</td>
<td>National Popcorn Day</td>
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<td>20</td>
<td>Cheese Lovers Day</td>
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<td>23</td>
<td>National Pie Day</td>
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<td>24</td>
<td>National Peanut Butter Day</td>
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<tr>
<td>25</td>
<td>National Clean Out Your Inbox Week</td>
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<tr>
<td>25</td>
<td>National Irish Coffee Day</td>
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<tr>
<td>26</td>
<td>National Spouses Day</td>
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<tr>
<td>27</td>
<td>National Chocolate Cake Day</td>
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<td>28</td>
<td>Data Privacy Day</td>
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<tr>
<td>28</td>
<td>National Kazoo Day</td>
</tr>
<tr>
<td>29</td>
<td>National Puzzle Day</td>
</tr>
<tr>
<td>31</td>
<td>Inspire Your Heart with Art Day</td>
</tr>
</tbody>
</table>

We would like to express our thanks to all of those who made donations to the Center for Seniors during 2020. Your contributions are greatly valued!
8 Tips to Help Seniors Conquer Stress

As boomers retire from their jobs at unprecedented rates in the U.S., you’d think they’d be spending their free time with friends, lingering over the morning newspaper and coffee, or taking January vacations in a warm place. But many seniors are finding themselves in a predicament that few anticipate in retirement: parenting for a second time.

Census reports indicate that 2.7 million grandparents are responsible for their grandchildren. Their added duties may be fulfilling, but they may be stressful, too. In fact, many things can trigger stress among retired adults — paying bills on a fixed income, failing health, caring for ill parents or spouses, or even grandparenting. Excessive stress can lead to serious health problems.

“When stressed, the body releases substances such as cortisol and adrenaline that affect every organ and can cause muscle tension, insulin secretion, and increased heart rate,” said Arthur Hayward, M.D., a geriatrician and the clinical lead physician for elder care with Kaiser Permanente’s Care Management Institute.

“You can’t avoid stress, but managing it can help preserve your health and well-being,” Dr. Hayward added. He recommends identifying and understanding the cause of your stress and finding ways to relieve it, such as these eight tips:

1. Pace yourself. Don’t take on too much. Be aware of your limitations.
2. Set realistic goals and expectations, and don’t be afraid to ask for help.
4. Exercise and eat a balanced diet. Get plenty of fruits, vegetables, and whole grains.
5. Try relaxation techniques such as meditation or yoga.
6. Get enough sleep. If you have problems sleeping, talk to your doctor. Drinking caffeinated beverages and alcohol can affect your ability to get a good night’s sleep.
7. Talk with a loved one or write in a journal.
8. Stay positive. Positive thoughts can make a difference, such as “I am hopeful” or “Things will be better.”

For more information, go to kp.org/healthyaging. For questions or advice about a specific condition, talk to your physician.

(Courtesy of NewsUSA)
©LPi
UNDERSTANDING THE ROLE NURSE PRACTITIONERS PLAY IN HEALTH CARE

If you've visited a doctor's office, an urgent care center, or been a patient in a hospital recently, you've likely been treated by a nurse practitioner (NP). You'll also find NPs working in nursing homes, assisted living communities, schools, and hospices. There are an estimated 290,000 nurse practitioners serving patients nationwide.

In an increasingly busy health care industry, nurse practitioners are playing more essential roles than ever before. According to the American Association of Nurse Practitioners (AANP), people in this country make 1.06 billion visits to an NP every year.

Let's take a look at the training NPs undergo, and what kind of licenses are required to practice.

WHAT IS A NURSE PRACTITIONER?

According to AANP, nurse practitioners are licensed, independent healthcare clinicians who are trained to concentrate on wellness and disease prevention, as well as aid in treating injuries and illnesses.

NPs are required to have a master's degree in nursing, though a doctoral degree in nursing practice (DNP) is becoming increasingly common. Nurse practitioners are licensed as advanced practice registered nurses (APRNs). All states use the District of Columbia's training requirements for those who practice in the state.

While family practice is the focus of the majority of nurse practitioners, many NPs also specialize in specific areas of medicine. Here are a few of the most common specialties:

- Dermatology
- Cardiology
- Oncology
- Behavioral health
- Women's health
- Pediatric/child health
- Geriatrics
- Gastroenterology
- Neurology

What role do nurse practitioners play in these and other specialties and why are NPs so important in health care? Here's what patients across the country should know.

WHY NPS ARE AN IMPORTANT PART OF HEALTH CARE

Anyone who has had an encounter with the health care system that required seeing a specialist or returning for a follow-up visit knows how busy physicians are. Depending upon the specialty and the city, patients can wait months for an appointment.

Experienced nurse practitioners help ease these scheduling difficulties and other challenges in a variety of ways.

Treat primary care patients:
As the nationwide shortage of physicians continues, the need for experienced nurse practitioners is increasing. NPs can see and treat patients for many primary care health conditions. This frees up physicians' time for more complex, medical issues. Depending upon the state, nurse practitioners can even prescribe medications.

Cost effective care: When patients have quicker access to care and are seen by a health professional who can spend quality time with them, diseases and serious illnesses can be treated earlier. This prevents small problems from becoming big ones, which helps control the cost of health care.

Focus on the whole person: While nurse practitioners, especially those who specialize, can address and treat medical issues, they also focus on wellness. An NP is trained to focus on caring for the whole person. This approach helps keep patients on track with preventative screenings and annual physicals, both of which are necessary parts of a proactive approach to care.

If you are wondering what nurse practitioners can legally do for patients in your state, the State Practice Environment Tool breaks it down for you, state-by-state.

An increasingly popular option for older adults to consider is a virtual appointment with their doctor. Are virtual physicians really an option? Can he or you decide if it’s a good choice for you, or is it a derided one.
WINTER RECONNECT PROGRAM
Ohio’s electric and gas customers have the opportunity to use the Winter Reconnect Order, in the amount of $175, now through April 15, 2021 to reconnect or to avoid disconnection of their utilities. This order does not apply to rural co-ops. Customers owing more than $175 will need to make payment arrangements for the rest of their past due amount. For some customers this may include enrolling in the Percentage of Income Payment Plan, 1/3 payment plan, 1/6 payment plan or 1/9 payment plan. The WRO does not have any income restrictions. For information about applying for this program, please contact either Community Action at 740-453-5703, AEP at 800-277-2177 or Columbia Gas at 800-344-4077.

HOME ENERGY ASSISTANCE PROGRAM
The Home Energy Assistance Program (HEAP) is a federally funded program administered by the Ohio Development Services Agency to help eligible Ohioans pay their home heating bill. The benefit is applied directly to a customer’s utility bill, and the amount of the benefit is determined by the number of people in the household, heating source, and region of residence. You must be at or below 175% of the federal poverty guidelines. For assistance with your HEAP application, please call Community Action at 740-453-5703.

Please bring the following to your HEAP appointment:
* Proof of Income for all household members
* Driver’s License / State ID
* Social Security Card for all household members
* Recent Electric Bill
* Recent Gas/Propane/Fuel Oil Bill
* If you rent, Landlords name, address and phone number
* Medicaid Card, if applicable

WORD LIST:
BLIZZARD  BOOTS
CHILLY  COLD
FIREPLACE  FROSTY
FROZEN  GIVING
GLOVES  HAT
HOLIDAYS
HOTCHOCOLATE
ICE  ICESKATE
ICICLE  MITTENS
PINETREE  SCARF
SNOW  SNOWBALL
SNOWFLAKE
SNOWSUIT  WIND
WINTER
PUZZLES OF THE MONTH

Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

<table>
<thead>
<tr>
<th>6</th>
<th>4</th>
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<th>7</th>
<th>2</th>
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Exercise YOUR BRAIN!

CROSSWORD PUZZLE

ACROSS
1 Arabic letter (7)
2 Fr. priest (7)
3 Barge (5)
4 Kmono sash (7)
5 Mayan year (7)
6 Sayings (suf.) (7)
7 E. Indian timber tree (7)
8 Calm (5)
9 Lap (5)
10 Fr. artist (7)
11 Month abbr. (5)
12 Musical instrument (string) (7)
13 Bonga (2 words) (7)
14 Counsel (7)
15 River (Sp.) (7)
16 13 * 14 (7)
17 Sheep disease (7)
18 Fraction of a rupee (7)
19 Kind of gypsum (7)
20 Small arvil (7)
21 Licensed practical nurse (abbr.) (7)
22 44 Book of the Apocrypha (7)
23 Growl (7)
24 51 Pierettes (2 words) (7)
25 Amazon tributary (7)
26 Polish border river (7)
27 Melville’s captain (7)
28 Cut edge of coin (7)
29 Jewish title of honor (7)
30 Similar (7)
31 Girl Scouts of America (abbr.) (7)
32 ”To Toit Olr N (7)
33 Ninestes (7)
34 Enigma cryptogram are created from quotations and proverbs from around the world. Each letter stands for another letter. Hint: "J" = "N" (7)
35 Westlake (7)
36 N.Y. Barnum (7)
37 Nun head (7)
38 Roman numeral (7)
39 Roman first day of the month (7)
40 Unity (7)
41 Gob (7)
42 Pro (7)
43 Harrier into the North Sea (7)
44 Palestine (7)
45 Levittown Oysermans (7)
46 Basic (7)
47 Need (7)
48 Give up (7)
49 Unruly child (7)
50 One (7)
51 Naft Park Service (abbr.) (7)
52 Shiokhinne (7)
53 Sesame (7)
54 Celus (7)
55 To the rear (7)
56 Negative population growth (abbr.) (7)
57 Stowe character (7)
58 Golden wine (7)
59 Yahzi tribe survivor (7)
60 Tree (7)
61 Galatea’s haven (7)
62 Indian music (7)
63 Mine roof support (7)
64 Mountain on Crete (7)
65 Modernist (7)
66 Compass direction (7)
67 January 2021 (7)

DOWN
1 Tufted plant (7)
2 Dayak people (7)
3 Stele (7)
4 Asian gazelle (7)
5 Judges’ bench (7)
6 Pressure (pref.) (7)
7 Ivory (7)
8 Steve (7)
9 Italian island (abbr.) (7)
10 Toto (7)
11 Uta (7)
12 North Sea in 1940 (7)
13 Levittown Oysermans (7)
14 Basic (7)
15 Need (7)
16 Give up (7)
17 Unruly child (7)
18 One (7)
19 Naft Park Service (abbr.) (7)
20 Shiokhinne (7)
21 Sesame (7)
22 Celus (7)
23 To the rear (7)
24 Negative population growth (abbr.) (7)
25 Stowe character (7)
26 Golden wine (7)
27 Yahzi tribe survivor (7)
28 Tree (7)
29 Galatea’s haven (7)
30 Indian music (7)
31 Mine roof support (7)
32 Mountain on Crete (7)
33 Modernist (7)
34 Compass direction (7)
35 January 2021 (7)
36 Sue (7)
37 Steele (7)
38 Small rain (7)
39 Judge’s bench (7)
40 Pressure (pref.) (7)
41 Ivory (7)
42 Steve (7)
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44 Toto (7)
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46 North Sea in 1940 (7)
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65 Mine roof support (7)
66 Mountain on Crete (7)
67 Modernist (7)
68 Compass direction (7)
69 January 2021 (7)

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JANUARY 1, 1968: Daredevil stunt performer Evel Knievel lost control of his motorcycle midway through a jump over the fountains in front of Caesar’s Palace in Las Vegas.

JANUARY 2, 1929: The United States and Canada reached an agreement on joint action to preserve Niagara Falls.


JANUARY 4, 1974: U.S. President Nixon refused to hand over tape recordings and documents subpoenaed by the Senate Watergate Committee.

JANUARY 5, 1934: For the first time in 33 years, the National and American baseball leagues decided to use a uniform-size baseball.

JANUARY 6, 1942: Pan American Airlines became the first commercial airline to complete an around-the-world flight.

JANUARY 7, 1990: Due to an accelerated rate of leaning, the Leaning Tower of Pisa was closed to the public for renovations.

JANUARY 8, 1877: In Montana, Crazy Horse and his warriors fought their final battle against the U.S. Cavalry.

JANUARY 9, 2007: Steve Jobs, Apple Inc.’s CEO, announced the first generation iPhone.

JANUARY 10, 1990: Time Inc. and Warner Communications Inc. completed a $14 billion merger, making Time Warner the world’s largest entertainment company.

JANUARY 11, 1964: “Ring of Fire” by Johnny Cash became the first country album to top the U.S. pop album chart.

JANUARY 12, 1960: Dolph Schaves of the Syracuse Nationals became the first pro basketball player in the NBA to score more than 15,000 points in his career.


JANUARY 14, 1954: The Hudson Motor Car Company merged with Nash-Kelvinator, creating the American Motors Corporation.

JANUARY 15, 1908: Alpha Kappa Alpha Sorority became America’s first Greek-letter organization established by African-American college women.

JANUARY 16, 1956: The Cavern Club opened for business in Liverpool, England. The rock club was where the Beatles began.

JANUARY 17, 1990: Due to his practice of polygamy, Brigham Roberts was denied a seat in the U.S. House of Representatives.

JANUARY 18, 1944: Louis Armstrong, Benny Goodman, Lionel Hampton, Artie Shaw, Roy Eldridge, and Jack Teagarden performed the first jazz concert at the Metropolitan Opera House in New York City.

JANUARY 19, 1955: U.S. President Eisenhower allowed a televised news conference to be used on television for the first time.

JANUARY 20, 1974: Stevie Wonder played his first show after an auto accident that almost took his life five months earlier.

JANUARY 21, 1957: Patsy Cline appeared on Arthur Godfrey’s nighttime TV show and sang “Walking after Midnight.”

JANUARY 22, 1905: 500 people were killed when insurgent workers were fired on in St. Petersburg, Russia, resulting in “Bloody Sunday.”

JANUARY 23, 1971: In Prospect Creek Camp, Alaska, the lowest temperature ever recorded in the U.S. was reported as minus 80 degrees.

JANUARY 24, 1848: Some 300,000 people traveled to California after James W. Marshall found gold in Coloma, California, thereby starting the California Gold Rush.

JANUARY 25, 1961: John F. Kennedy presented the first live presidential news conference from Washington, DC. The event was carried on radio and television.

JANUARY 26, 1992: Boris Yeltsin announced that Russia would stop targeting U.S. cities with nuclear weapons.

JANUARY 27, 1951: Atomic testing began in the Nevada desert as an Air Force plane dropped a one-kiloton bomb on Frenchman Flats.

JANUARY 28, 1956: Elvis Presley made his first appearance on national television on “The Dorsey Brothers Stage Show” on CBS.

JANUARY 29, 1886: The first successful petrol-driven motorcar, built by Karl Benz, was patented.

JANUARY 30, 1933: “The Lone Ranger” was heard on radio for the first time. After 2,956 episodes, the program ended in 1955.

JANUARY 31, 1893: The trademark “Coca-Cola” was first registered in the United States Patent Office.
### January Menu

Currently, and until further notice, we are only serving Home-delivered meals. The suggested donation is $3.00 per meal. **FYI**: For those who may not care for a particular day’s menu, please request the alternative.

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>4</td>
<td>5</td>
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<td>7</td>
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</tr>
<tr>
<td>Swiss steak</td>
<td>Ham &amp; beans</td>
<td>Monterey chicken</td>
<td>Beef &amp; noodles</td>
<td>CLOSED</td>
</tr>
<tr>
<td>Redskin potatoes</td>
<td>Potato wedges</td>
<td>Rice Pilaf</td>
<td>Mashed potatoes</td>
<td>Chicken patty</td>
</tr>
<tr>
<td>California blend</td>
<td>Peaches</td>
<td>Broccoli</td>
<td>Peas &amp; carrots</td>
<td>Au gratin potatoes</td>
</tr>
<tr>
<td>Pears</td>
<td>Cornbread</td>
<td>Tossed salad</td>
<td>Pineapple</td>
<td>Lima beans</td>
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<tr>
<td>Brownie</td>
<td></td>
<td>Baked apples</td>
<td></td>
<td>Mandarin oranges</td>
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<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
</tr>
<tr>
<td>BBQ pork</td>
<td>Chili soup</td>
<td>Chicken parmesan</td>
<td>Salisbury steak</td>
<td>Creamed chicken</td>
</tr>
<tr>
<td>Baked beans</td>
<td>Baked potato</td>
<td>Capri blend</td>
<td>Mashed potatoes</td>
<td>over biscuit</td>
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<tr>
<td>Brussels sprouts</td>
<td>Peaches</td>
<td>Fruit cup</td>
<td>Yellow squash</td>
<td>Redskin potatoes</td>
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<tr>
<td>Tropical fruit</td>
<td>Cornbread</td>
<td>Breadstick</td>
<td>Pears</td>
<td>Mixed vegetables</td>
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<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
</tr>
<tr>
<td>CLOSED</td>
<td>Smoked sausage</td>
<td>Taco salad</td>
<td>Chicken sandwich</td>
<td>Mac &amp; cheese</td>
</tr>
<tr>
<td></td>
<td>Mashed potatoes</td>
<td>Baked potato</td>
<td>Potato soup</td>
<td>Stewed tomatoes</td>
</tr>
<tr>
<td></td>
<td>Sauerkraut</td>
<td>Peaches</td>
<td>Italian blend</td>
<td>Peas</td>
</tr>
<tr>
<td></td>
<td>Tropical fruit</td>
<td>Cornbread</td>
<td>Pineapple</td>
<td>Grape juice</td>
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<tr>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
</tr>
<tr>
<td>Chicken Alfredo</td>
<td>Hot ham sandwich</td>
<td>Meatloaf</td>
<td>Baked chicken</td>
<td>Hamburger gravy</td>
</tr>
<tr>
<td>California blend</td>
<td>Wedge fries</td>
<td>Cheesy potatoes</td>
<td>Hash browns</td>
<td>Mashed potatoes</td>
</tr>
<tr>
<td>Tossed salad</td>
<td>Coleslaw</td>
<td>Baby carrots</td>
<td>Brussels sprouts</td>
<td>Green beans</td>
</tr>
<tr>
<td>Baked apples</td>
<td></td>
<td>Fruit carrot</td>
<td>Pears</td>
<td>Fruited Jell-O</td>
</tr>
</tbody>
</table>

For reservations at BLSC & Hi-Rise: Please call 454-9761 before 9:00 AM. Menu is subject to change without notice.
COMMODITIES
In order for the commodities distribution to run safely and smoothly, clients must watch for direction from the staff on duty. **When approaching the garage to pick up your box, pull forward as far as possible – do not block the intersection, and stay in your vehicle.** It is very important that you pick up your box on your scheduled day due to lack of storage. Please have your proxy pick up for you if you are unable to do so. **Make up days are a courtesy and cannot be guaranteed.** Pick up time is from 10:00 AM until 2:00 PM. **The pick-up date for this month is THURSDAY, JANUARY 21st.**

FOOD PANTRY
Our food pantry remains closed at this time. All current clients have been temporarily reassigned to Eastside Community Ministry. If you have any questions, please call 2-1-1.

HOME-DELIVERED MEAL CLIENTS: WE NEED YOUR HELP
Home delivered meal clients can help the Center save food, gas and money by calling our Nutrition Department at Ext. 107 if you are not going to be home to receive your meal or need to cancel for any reason.
**RECIPE OF THE MONTH**

**TORTELLINI SOUP IN 30 MINUTES OR LESS**

**SERVINGS:** 4  |  Quick & Easy Winter Soup

- 1 extra-large can (about 49 oz) of low-sodium chicken broth
- 1, 9oz package refrigerated cheese (or your favorite filling) tortellini
- 1-4 Tbsp. tomato paste
- Salt/pepper

BRING the broth to a boil in a large saucepan.

ADD the tortellini and cook according to package directions. Add tomato paste and salt and pepper to taste.

PAIR with a loaf of French bread and a green salad.

**IF YOU HAVE A BIT MORE TIME, TRY THIS VARIATION:**

In the sauce pan, ADD to the broth a carrot peeled and cut in half, a stalk of celery cut in 3 inch chunks, an onion cut in quarters, two or three garlic cloves, peeled, and a sprig each of thyme, rosemary, and basil, tied with cotton string.

BRING to a simmer and cook for 10-15 minutes to meld flavors.

DISCARD solids, bring the broth back to a boil and add the tomato paste and tortellini cooked according to the package directions.
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SPINAL ARTHRITIS?

Many patients have been told by their doctors (and Chiropractors) that they have Arthritis in their spine and that is why the treatments aren't working or “there's nothing more they can do.”
For the past 12 years, a Chiropractic Neurologist has studied the problem of spinal arthritis and damaged discs (slipped, bulged, herniated and degenerated).
After seeing what types of patients weren’t responding to traditional Chiropractic, since he graduated from Palmer College nearly 20 years ago, Dr. Russ Schroeder, DC, DACN, FACFN began gradually incorporating different technologies to treat this arthritis in the back (and neck). Plus with his advanced degrees in Chiropractic Neurology and Functional Neurology, he has sought out more and more treatments that help discs and nerves heal naturally.
These combined therapies (including Cold Laser Decompression) led to the CTX Method a couple of years ago. The results have been phenomenal!!

Just listen to what patients have to say:

"After six years of pain from the waist down, I could not even hold a small child. It was worth it all, and I would recommend it to anyone. Treatment was all I could wish for.”
- Lloyd & Ann Gehman

"I have seen very rapid improvement in my lower back pain from thinning discs that I've had in my back since I was x-rayed at the chiropractor a couple of years ago" - V. Shulman

Dr. Russ has offices in Sugarcreek and Zanesville Ohio and is accepting patients for a winter program in February. Call today for a free report on How to Avoid Back and Neck Surgery!

AVOID KNEE SURGERY!

If you have been told by the doctor that you have arthritis in the knees, or even bone-on-bone, then the most commonly recommended treatment is Knee Replacement surgery.
For the past 12 years, a Chiropractic Neurologist has studied the problem of arthritis in the knees (and hip and spine) when the cushion or "cartilage" begins to wear out and degenerate.
After seeing what types of patients weren’t responding to traditional Chiropractic after graduating from Palmer College nearly 20 years ago, Dr. Russ Schroeder, DC, DACN, FACFN began gradually incorporating different technologies to treat joint arthritis. When it worked so well with arthritis in the spine, he began incorporating those same Non-Invasive therapies to arthritis in the knees (and hips).
Now with his Board Certification in Chiropractic Neurology and Functional Neurology, he has searched the newest medical research and found even more treatments for worn-out cartilage to heal naturally... even severe knee arthritis!
These combined therapies (including Cold Laser Decompression of the Knees) led to the CTX Method a couple of years ago. And the results have been astounding!

Just listen to what patients have to say:

"I’ve had knee problems for years. It is unbelievable how these treatments have helped & I’m still getting better! My one knee was being bone-on-bone. May God bless your work!” - S.T., Millersburg

"I came in to see Dr. Russ about treatment for my knee pain that was getting severe and really limiting my walking. I am so much better now! I definitely feel better and have referred him to family!" - Daniel Troyer

"I’m 86 years old and was having pain in my knees and couldn’t be on my feet a lot. I had 18 treatments, and now I don’t have any pain.” - Anna Veler

"I had severe thieving of the cartilage in my left knee. After completing the program, I must say I am not disappointed with the results (I have experienced).” - Lexi S.

Dr. Russ has offices in Sugarcreek and Zanesville, Ohio and is accepting patients for a winter program in February. Call today for a free report on how to avoid knee surgery!
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