GREETINGS!!

This has certainly been a winter to remember, but Spring is just around the corner, and for that, we can get excited! The cold and snow will soon be behind us and the flowers will be blooming before we know it. Hopefully you have been able to get out and get your COVID vaccine in an effort to return things to normal. If you still need information regarding vaccination locations, please call us—we can provide transportation if you have a scheduled appointment during our business hours. If you have general questions regarding the COVID-19 vaccine, please refer to our Frequently Asked Questions on page 5.

Due to this winter’s unprecedented number of Level 2 snow days, you have most likely received numerous recorded telephone calls from us here at the Center. We are pleased to inform you that the caller ID number associated with those calls has changed. Those calls now show up as coming from our LOCAL number, 740-454-9761 (Muskingum County). This should make it easier to identify us calling when we need to reach you regarding cancellations and other urgent matters.

Don’t forget to set your clocks ahead on Saturday evening, March 13th!

Happy Spring!!
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:
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

Don’t forget to set your clocks AHEAD one hour on Saturday night, March 13th.

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.
LOOKING FOR A REASON TO CELEBRATE?
Try these for the month of MARCH

1  National Peanut Butter Lover's Day
2  Dr. Seuss' Birthday
2  Read Across America Day
4  Hug a GI Day
4  National Marching Music Day
7  National Cereal Day
7  The Birthday of Monopoly
8  International Women’s Day
9  National Meatball Day
11 World Kidney Day
12 National Day of Unplugging (digital detox)
12 National Girl Scout Day
12 National Plant a Flower Day
12 World Glaucoma Day
13 National Genealogy Day
13 National Good Samaritan Day
14 Daylight Saving Time Begins
14 Learn About Butterflies Day
14 National Potato Chip Day
14 National Write Your Story Day
14 Pi Day | 3.14
15 National Napping Day
17 St. Patrick’s Day
18 National Sloppy Joe Day
19 National Let’s Laugh Day
20 International Day of Happiness
20 National Quilting Day
20 Spring Begins
20 World Oral Health Day
23 American Diabetes Assoc. Alert Day
23 National Puppy Day
26 Epilepsy Awareness Day
29 National Vietnam War Veterans Day
30 National Take a Walk in the Park Day

CURRENT 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, rides are limited to one person at a time, and masks must be worn.** 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.

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.

Thank you for your generosity!
We would like to express our thanks to those who made donations to the Center for Seniors during January & February. Your contributions are greatly valued!
HOW TO AGE WITH OPTIMISM

Having a "glass half full" approach to life has long been considered important for overall wellness. But evidence suggests that there may be truth in this folk wisdom.

Humana recently surveyed 2,000 people aged 60 and over and found that 87 percent of seniors who identify themselves as "most optimistic" reported their health as good to excellent. This is compared to 44 percent for those who said they're "least optimistic."

Also, the most optimistic people reported nine fewer physically unhealthy and seven fewer mentally unhealthy days per month than their least optimistic counterparts.

Seniors who rated themselves as most optimistic also reported positively on other attributes linked to health, including sleep, confidence, and overall happiness—the most attention.

- 91 percent of the most optimistic respondents reported feeling confident in the past week, while only 57 percent of the least optimistic respondents did, a difference of 34 percentage points.
- 90 percent of the most optimistic respondents reported feeling happy in the past week, compared to 44 percent of the least optimistic respondents, a difference of 46 percentage points.
- Only 31 percent of the most optimistic respondents reported getting a restless night's sleep in the past week, while 62 percent of the least optimistic respondents did, another difference of 31 percentage points.

Despite these impressive numbers, having an optimistic mindset is often easier said than done. The stresses of life, social stereotypes, and one's natural temperament can all impede approaching aging with optimism.

Dr. Yolangel Hernandez Suarez, Humana vice president and chief medical officer for care delivery, has the following advice for anyone struggling to stay on the sunny side of life:

1. **Take ownership** and recognize that your health is your own. To achieve your best health, you need to set personal goals, just for you.
2. **Engage** with your doctor or other health care professional and build a trusting relationship.
3. **Find a higher purpose** that makes you excited to get up in the morning. Humana's survey found that the majority of respondents (88 percent) who identify as optimists also rank a sense of purpose as an important attribute for aging.
4. **Remain socially engaged.** Not isolated, and nurture close relationships. The importance of social engagement is recognized by the 71 percent of Humana survey respondents who identify as optimists and get together with friends or relatives either monthly or weekly. Further, 80 percent of optimists say maintaining an active social life is an important motivator to stay healthy.
5. **Stay active** and remember that physical activity is important. Find something that's right for you and that you enjoy. Almost all of the most optimistic survey respondents (87 percent) say remaining physically active is a major motivator for retaining good health.
6. **Practice gratitude** and make it a habit to look for and appreciate everything you’re thankful for in life.

(Courtesy of NewsUSA)
COVID-19 Frequently Asked Questions

**Question:** When will vaccines be available for the general public?
**Answer:** The vaccine is being rolled out in phases and we are currently in Phase 1B, which includes people over 65, those younger than 65 with congenital, developmental or early-onset medical conditions, and all adults working in schools. The vaccine is expected to be available to the general public by the second quarter of 2021.

**Question:** When or how will I know when the vaccine is available for the general public?
**Answer:** There will be widely publicized announcements in news outlets, social media, and local businesses. There are multiple locations that have been pre-authorized to provide vaccinations when it is available to the general public, so it should not be difficult for anyone to receive.

**Question:** How much will the vaccine cost?
**Answer:** There will be no out of pocket costs to the vaccine. The federal government will be covering the cost of the vaccine for all Americans. Medicare, Medicaid, and private insurers will cover the cost of the vaccine administration. And for those without insurance, the Health Resources and Services Administration will cover the costs of administering it.

**Question:** What are possible side effects of the vaccine?
**Answer:** Most people should not have significant side effects. In the clinical trials, any side effects were minor, such as a sore arm at the injection site or a low-grade fever. Other mild side effects could include muscle pains, chills, and fatigue. These types of side effects are from your body doing what it is supposed to do – developing immunity. The side-effects may be more pronounced after the second injection.

**Question:** Should I get the vaccine even if I had COVID-19?
**Answer:** Yes. It is not known how effective or long-lasting the immunity is from having the actual illness. Data from clinical trials suggests that the vaccines are safe and effective in individuals with evidence of a prior infection. Vaccination should be offered to individuals regardless of history of prior symptomatic or asymptomatic SARS-CoV-2 infection, after their isolation, and once symptom-free.

**Question:** Should I get the vaccine if received Monoclonal Antibodies?
**Answer:** Yes, but it is recommended that you wait for 90 days after receiving the antibodies.

**Question:** How long will it take for COVID-19 vaccines to take effect?
**Answer:** There is some protection within a couple weeks of your first shot. But, your immunity reaches its greatest effectiveness in 2-4 weeks after the second shot. It is important that you receive both shots.

**Question:** Do I need to wear a mask after I get the vaccine?
**Answer:** Yes. The vaccine is very effective at about 95%, but it is not perfect. The mask is still the most effective means to protect those around you if you happen to be infected and do not know it. When “Herd Immunity” is reached (when 70+% of the population is immune) we can think about removing masks.

**Question:** How long will my immunity last after I receive the vaccine?
**Answer:** It is not yet known how long the immunity will last. It is thought that it will be more than a year and may last several years. This will be closely monitored, and new recommendations will be made as we learn more.
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
* Social Security Card for all household members
* Recent Gas/Propane/Fuel Oil Bill
* Driver’s License / State ID
* Recent Electric Bill
* Medicaid Card, if applicable
* If you rent, Landlords name, address and phone number
* Medicaid Card, if applicable

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.

WORD LIST

GREEN POT CABBAGE BREAD
POT OF PUDDING CORNED BEEF
GOLD IRISH CORNED SHEPHERDS
EMERALD IRELAND SHEPHERDS PIE
ISLE POTATO PIE
IRELAND PIE
LEPRECHAUN FAIRIES
RAINBOW CLOVER
SAINT SHILLELAGH
SHAMROCK PARADE
MARCH BLARNEY
LIMERICK STONE
MISCHIEF HAT
SNAKES
GAELIC
PUZZLES OF THE MONTH

Sudoku

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

```
 6 4 1 5 7 |
 2 8 9 1 6 7 |
 5 7 8 3 4 5 |
 3 6 9 2 1 7 |
 9 1 6 5 8 4 |
 1 2 3 4 7 6 |
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Exercise YOUR BRAIN!

CROSSWORD PUZZLE

ACROSS
1 Luzon people
4 Fascerine
8 Inspire
12 Eat
13 Vivacity
14 Bad (pref.)
15 According to (2 words)
16 Paludal
17 Biblical giants
18 Ankles
20 Site of Hamath's defeat
22 N. Caucasian language
25 Glacial pinnacle
26 Tube
28 Cancel
32 Bantu language
34 Common
35 Son-in-law
36 Standard
37 Soft (Scot.)
38 Nutmeg husk
39 Migratory
40 Siberian antelope
42 High definition television
44 Yemen capital
46 Rockies peak
50 "At fite" (survivor)
52 "Cantique de Noel" composer
55 Age
56 Sign
57 Inclined way
58 Turk, title
59 Defy
60 Revise
61 The (Ger.)

DOWN
1 Anti-satellite (abbr.)
2 Non-ferrous alloy
3 Three-handed armadillo
4 Mild
5 Axilla
6 Rom. first day of the month
7 Swat prince
8 Environment
9 Atle
10 1 here (abbr.)
11 13 Read-only memory
12 19 Fr. author
13 21 Heb. zitherlike instrument
14 23 Fancy
15 24 Easy job
16 26 High (pref.)
17 27 Pel lamb
18 28 Approve
19 29 Design
20 30 Emery
21 31 Act
22 35 Federal agent
23 37 Egg (pref.)
24 41 Pedestal for a bust
25 43 Allure
26 45 Berne's river
27 47 Conduct
28 48 Goad
29 49 Mordain tributary
30 50 Iodine (pref.)
31 51 Small (Scot.)
32 52 Family member
33 54 Male friend (Fr.)

ENIGMA CRYPTOGRAM

"KII UKD EDIIOD CDQ MJJQHIOO LG NJATH UKHS KH NLS, HSNDWJLHIB AG."

– BHSHNL

Answer to Sudoku

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DIFFICULTY: ★★★

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MARCH | 2021

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MARCH 1, 1692
With four women the first to be charged, the Salem witch trials began in Salem Village in the Massachusetts Bay Colony.

MARCH 2, 1965
“The Sound of Music” movie starring Julie Andrews and Christopher Plummer had its world premiere in New York.

MARCH 3, 1952
The U.S. Supreme Court upheld New York’s Feinberg Law that banned Communist teachers in the U.S.

MARCH 4, 1902
The American Automobile Association (AAA), was founded in Chicago, Ill., in response to a lack of roads and highways suitable for automobiles.

MARCH 5, 1960
Elvis Presley completes his two-year stint in the U.S. Army.

MARCH 6, 1957
Ghana gained its independence from Britain, becoming the first black African country to become independent.

MARCH 7, 1965
Police brutally attacked 600 civil rights marchers in Selma, Alabama.

MARCH 8, 1969
The Pontiac Firebird Trans Am (officially titled the Trans Am Performance and Appearance Package) was introduced, beginning the American muscle car movement.

MARCH 9, 1959
Designed by Ruth Handler and introduced by Mattel Toy Company, the Barbie doll made its debut at the American Toy Fair in New York.

MARCH 10, 1976
Alexander Graham Bell made the first successful call with the telephone. He said, “Mr. Watson, come here, I want to see you.”

MARCH 11, 1918
The first cases of one of the worst influenza epidemics in history are reported at Fort Riley, Kansas. It would eventually kill more than half a million Americans.

MARCH 12, 1933
President Roosevelt gave his first “fireside chat” radio broadcast just 8 days after his inauguration.

MARCH 13, 1936
Work on Boulder Dam is completed two years ahead of schedule.

MARCH 14, 1958
The Recording Industry Association of America awarded its first official Gold Record to Perry Como for his smash hit single “Catch a Falling Star.”

MARCH 15, 1990
Mikhail Gorbachev was elected the first, and only, executive president of the Soviet Union.

MARCH 17, 1905
Franklin D. Roosevelt married his distant cousin, Eleanor Roosevelt, in New York City.

MARCH 18, 1925
A giant tornado (often called the Tri-State Tornadoes) struck Missouri, Illinois, and Indiana, killing several hundred.

MARCH 19, 1987
Amid controversy, televangelist Jim Bakker resigned as chairman of his PTL ministry organization and handed over control to Jerry Falwell.

MARCH 20, 1952
Harriet Beecher Stowe published her novel, anti-slavery novel “Uncle Tom’s Cabin.”

MARCH 21, 1939
Kate Smith recorded her signature song, “God Bless America,” for RCA Victor.

MARCH 22, 1997
At the age of 14 years and 10 months, Tara Lipinski became the youngest female figure skating world champion.

MARCH 23, 2001
After 15 years in space, Mir, the Russian space station plunged into the sea as part of a controlled crash.

MARCH 24, 1882
German scientist Robert Koch (aided the father of modern bacteriology) discovered the bacterium responsible for tuberculosis.

MARCH 25, 1968
The 58th and final episode of “The Monkees” TV show aired.

MARCH 26, 1885
Eastman Kodak (Eastman Dry Plate & Film Co.) produced the first commercial motion picture film in Rochester, New York.

MARCH 27, 1980
Mount St. Helen’s blasted a mushroom cloud over most of the state of Washington. Just 2 months later, it catastrophically erupted on May 18th.

MARCH 28, 1967
Raymond Burr starred in a TV movie titled “Ironsides,” it would later become a TV series.

MARCH 29, 2004
Ireland became the first country to ban smoking in workplaces.

MARCH 30, 1964
The game show “Jeopardy!” (created by Merv Griffin) aired the first time.

MARCH 31, 1885
Binney & Smith Company was founded in New York City. The company later became Crayola, LLC.
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<td>Fish sandwich</td>
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<td>Taco salad</td>
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<td>Fruit juice</td>
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For reservations at BLSC & Hi-Rise: Please call 454-9761 before 9:00 AM. Menu is subject to change without notice.
NUTRITION

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, MARCH 18th.

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.

WELLNESS

IS STIGMA KEEPING YOU FROM GETTING A HEARING AID?
According to the National Institute on Deafness and Other Communication Disorders, only one out of five people who could benefit from a hearing aid wear one. Some simply don’t know that they need one. Others don’t want to feel old.

But much of the stigma surrounding hearing aids rings false. Siemens Hearing Instruments, (www.medical.siemens.com), one of the largest manufacturers of hearing aids in the world, busts the following myths about hearing aids:

Myth #1: Hearing Aids Will Make Me Look Old
Modern hearing aids are sleeker, better-looking, and more effective than the clunkers you remember your grandparents wearing. And nothing makes you seem old like constantly asking people to repeat themselves or speak louder.

Myth #2: Hearing Aids Will Make Me Hear Screaming Noises
This problem, called “feedback,” is caused when the microphones in the hearing aid amplify one another. Some hearing aids offer features that prevent feedback. For example, Siemens offers a line of hearing aids equipped with BestSound Technology, which features a feedback stopper.

Myth #3: My Hearing’s Not Bad Enough for Hearing Aids
Actually, it’s better to start wearing hearing aids at the first sign of hearing loss. If your brain gets used to not processing sounds, you will have a harder time adjusting when you do get a hearing aid.

Myth #4: Hearing Aids Won’t Work for Me
You may have heard friends say that they gave up on hearing aids, but that doesn’t mean the devices won’t work for you. Look for hearing aids that offer a wide range of features that might be right for different listening situations. For example, Siemens BestSound Technology offers special features for automatically focusing in different directions and learning your preferences for different environments.

Myth #5: Hearing Aids Will Make My Hearing Worse
A properly fitted and maintained hearing aid will not damage your hearing. Visit an audiologist to make sure you purchase a hearing aid that will work for you.

(Courtesy of NewsUSA)
**Grilled Buttermilk Chicken**

**Prep time:** 10 minutes  |  **Cook time:** 16 minutes  |  **Servings:** 4

- 1-1/2 cups buttermilk
- 1 tablespoon mustard powder
- 1 tablespoon Sriracha
- 2 teaspoons minced garlic
- 2 teaspoons paprika
- 4 chicken drumsticks, bone in, skin on
- 4 chicken thighs, bone in, skin on
- Vegetable oil, for grill
- 1/4 cup chopped fresh parsley
- 1 lemon, cut into wedges (optional)

In medium bowl, **whisk** buttermilk, mustard powder, Sriracha, garlic and paprika.

**Place** chicken in large zip-top bag; pour buttermilk mixture over chicken. Seal bag and refrigerate 2 hours or overnight.

**Heat** outdoor grill for direct grilling over medium heat. Remove chicken from marinade, shaking off excess; **discard** marinade. Lightly oil grill grates. Transfer chicken to grill and **cook**, turning occasionally, 18-18 minutes, or until internal temperature reaches 165 F.

**Transfer** chicken to serving platter. Sprinkle with parsley and serve with lemon wedges, if desired.

Recipe courtesy of Lori Yates of Foxes Love Lemons on behalf of Milk Means More

Find more refreshing meal solutions at milkmeansmore.org.

(Courtesy of Family Features)
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SPINAL ARTHRITIS?

Many patients have been told by their doctors (ANZ 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, DACNB, 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 surely recommend it to anyone. Treatment was all I could wish for.”

- Lloyd & Anna 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. Stritzman

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 (hip and spine) and 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, DACNB, FACFN began gradually incorporating different technologies to treat joint arthritis. When it worked so well with arthritis in the spine, he began incorporating these 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 Knee) 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 bone-on-bone. May God bless your work!”

- S.L., 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 118 treatments, and now I don’t have any pain.”

- Anna Yoder

“I had severe thinning of cartilage in my left knee. After completing the program, I must say I am not disappointed with the results I have experienced.”

- Leot 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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