FARMERS’ MARKET TIME!
Details on page 10
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

Change of Information Reminder
If you have moved or changed your phone number, please be sure to update it with a staff member. Also, if you have a change in emergency contact information, including name or phone number, please make us aware. This information is important to have on hand should an emergency arise.

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; these calls will now come from our local number, 740-454-9761. 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.
LET US HELP YOU

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.

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.

LOOKING FOR A REASON TO CELEBRATE?

Check out these holidays for APRIL

1. April Fool’s Day
2. National Fun Day
3. Peanut Butter ‘n’ Jelly Day
4. Find a Rainbow Day
5. Vitamin C Day
6. Caramel Day
7. Egg Salad Sandwich Day
8. Coffee Cake Day
9. No Housework Day
10. Walking Day
11. Burrito Day
12. Zoo Lovers Day
13. Cherish an Antique Day
14. Golfer’s Day
15. Siblings Day
16. Barbershop Quartet Day
17. Pet Day
18. Grilled Cheese Sandwich Day
19. Library Day
20. Scrabble Day
21. Plant Appreciation Day
22. Pecan Day
23. Glazed Spiral Ham Day
24. Orchid Day
25. Bicycle Day
26. Garlic Day
27. Pineapple Upside-Down Cake Day
28. Tea Day
29. Earth Day
30. Jelly Bean Day
31. Picnic Day
32. Dance Day
33. Zucchini Bread Day
34. Pretzel Day
35. Tell a Story Day
36. Pay It Forward Day
37. Arbor Day
38. Hairstylist Appreciation Day
39. Oatmeal Cookie Day
40. Raisin Day

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 thank all who made donations to the Center for Seniors during the month of March. Your contributions are greatly valued!
DON'T DELAY THE TALK: AN EARLY ALZHEIMER’S DIAGNOSIS CAN MAKE A BIG DIFFERENCE

After 30 years of painting commercial buildings, Mario Martinez of San Jose, California, had experienced days like this before — grueling hours under a sun-soaked sky, doing back-breaking work. He loved his job, but after spending hours outside he was ready to go home. Mario bent down to pick up his paintbrush, roller and can. Turning back to look at his day’s work, he paused. His heart sank. He knew something was wrong.

“Mario came home and told me he had painted the wrong side of the doors on the building,” his wife Veronica said. “It was alarming because he’s been painting buildings for years and never made this kind of mistake. It worried us both.” The couple had both noticed that Mario seemed to be more forgetful recently, but neither had shared their concerns with the other. Now that Mario’s memory lapses were interfering with his work, it was time to talk.

TAKE ACTION THROUGH CONVERSATION:

“Veronica told me I was asking for more and more help,” Mario said. “I told her that I was forgetting a lot of the things she asked me to do. The more we talked, the more I realized I had a problem. I was forgetting many moments in my life and not enjoying activities that I had enjoyed before.”

The couple’s difficult conversation led Mario to his doctor’s office, and he was eventually diagnosed with Alzheimer’s disease.

Mario is not alone. He is one of more than 5 million Americans living with Alzheimer’s — a fatal brain disease that causes problems with memory, thinking, and behavior. Every 65 seconds someone in the United States develops Alzheimer’s disease and it’s the country’s sixth-leading cause of death.

Despite Alzheimer’s growing impact, many families struggle with discussing the issue. A recent Alzheimer’s Association survey reveals that 72 percent of Americans say that talking to close family members about cognitive decline would be challenging for them. However, having these difficult, but important conversations sooner can prevent a crisis and improve health options and outcomes.

Reach out for help

To encourage and help more families discuss cognitive problems sooner, the Alzheimer’s Association, in partnership with the Ad Council, has launched the “Our Stories” campaign. “Our Stories” features real stories of people who noticed cognitive changes in a family member and took the first, difficult step to initiate a conversation.

“It’s understandable that many families are reluctant to express their concerns and start a conversation, but there are good reasons to do so,” said Ruth Drew, director of information and support services, Alzheimer’s Association. “Initiating conversations sooner can enable early diagnosis, which offers many important benefits, including allowing more time for critical care planning, better disease management and providing diagnosed individuals a voice in their future care.”

The “Our Stories” website, [https://ourstories.alz.org](https://ourstories.alz.org), offers families tools and resources, including customizable conversation starters, a list of early signs and symptoms of Alzheimer’s, benefits of early diagnosis, a downloadable discussion guide and other resources.

Whether you’re noticing changes in yourself or a loved one, starting a conversation about Alzheimer’s can be difficult, but it can make a big difference and there are resources to help. When something feels different, it could be Alzheimer’s — now is the time to talk.

(Courtesy of BPT)
3 Remedies for Managing Spring Allergies

An itchy nose, watery eyes, painful congestion, and intense sneezing can all be signs you have a seasonal allergy. Depending on your geographical location, these symptoms might be caused by flowering trees or pollen-filled flowers. Allergies can be uncomfortable, but can be managed with a little help. Here’s what you should know as you head into the spring allergy season.

How Allergies Impact Us

Allergies are the body’s reaction to the immune system becoming sensitized to something in the environment. Experts say allergies can be problematic for a variety of reasons. One concern is that allergy symptoms can exacerbate other chronic illnesses, such as COPD. Another concern is the use of antihistamines (over-the-counter medications that people often turn to in an effort to self-treat allergies). Antihistamines often lead to increased blood pressure which can be especially dangerous for those with heart disease.

What Triggers Allergies?

The first step in managing allergies is to identify the triggers. Here are a few of the most common spring and summer allergy triggers:

* Outdoor elements: Pollen, mold, grass, or dust, which unfortunately can be tough to avoid.
* Pool chemicals: Chlorine in swimming pools, especially for red, scratchy eyes.
* Smoke: Summer barbeques and bonfires are popular, but the smoke they generate can be irritating.
* Bites: Insect bites and stings can be more than annoying for some. This is often due to decreased immunity that is more common with aging.

While many of the symptoms associated with allergies can be present year-round, they often peak when the weather is warmer. There are steps you can take to manage allergies without medication.

3 Natural Remedies for Spring Allergies

1. Limit time outdoors (during peak allergy season): When you do head outside, take a few precautionary steps. Make sure you wear a mask that covers your mouth and nose. Another way to limit exposure is to take off your shoes and change your clothes in the garage or mud room. This not only reduces the amount of pollen you might be breathing in, but also prevents pollen from making its way into the house.

2. Control your environment: When the pollen count is high or when it’s windy outdoors, keep your windows closed to limit the amount of pollen and dust from getting inside. Instead, use your air conditioner to cool the house.

3. Work around the pollen count: Be sure to monitor the pollen count. This is easier if you take advantage of one of the many free weather apps you can download on your smart phone. Your local television station likely has one. If not, The Weather Channel does. You can use your zip code to track allergens that are high in your area.
**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*
- *If you rent, Landlords name, address and phone number*
- *Medicaid Card, if applicable*
- *Driver’s License / State ID*
- *Recent Electric Bill*
- *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.
PUZZLES OF THE MONTH

Sudoku

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

Exercise YOUR BRAIN!

CROSSWORD PUZZLE

ACROSS
1. Breach
2. Design
3. Première
4. Hate
5. Fanatical
6. Wood sorrel
7. Rudderfish
8. Flat molding
9. "Cantique de Noel" composer
10. Kemo

DOWN
11. Turk, bile
12. Jap. fish
13. 21 Inmate
14. 24 Amazon tributary
15. 25 Grab
16. 26 Kwa language
17. 27 "Abner"
18. 29 "Fables in

Answer to Sudoku

PREVIOUS SOLUTION: "In addition to the crazy, there’s also a mix of standard numbers."

ENIGMA CRYPTOGRAM

"W FoY K Du M HTQ Y WOOGDM RQ RBOGKM FHMK WC HCYK BU GBLD."

— YKHCQJJQ EVNQVR

©2018 Satori Publishing
APRIL 1, 1889: The first dishwashing machine went on the market in Chicago.

APRIL 2, 1932: A $50,000 ransom was paid for the infant son of Charles and Anna Lindbergh. He was not returned and was found dead the next month.

APRIL 3, 1953: The “TV Guide” was published for the first time and is still in publication today.

APRIL 4, 1973: In New York, the original World Trade Center twin towers opened and were the tallest buildings in the world at the time.

APRIL 5, 1951: Americans Julius and Ethel Rosenberg were sentenced to death for committing espionage for the Soviet Union.

APRIL 6, 1924: Four planes left Seattle on the first successful flight around the world. Two of them returned to the same location 157 days later.

APRIL 7, 1963: At the age of 23, Jack Nicklaus became the youngest golfer to win the Green Jacket at the Masters Tournament.

APRIL 8, 1986: Clint Eastwood was elected mayor of Carmel, California. He served for two years.

APRIL 9, 1983: The space shuttle Challenger completed its first flight.

APRIL 10, 1925: F. Scott Fitzgerald first published “The Great Gatsby.”

APRIL 11, 1921: The first live sports event on radio aired. It was a boxing match between Johnny Ray and Johnny Dundee.

APRIL 12, 1861: Fort Sumter was shelled by the Confederacy, starting America’s Civil War.

APRIL 13, 1964: Sidney Poitier became the first black to win an Oscar for best actor in the movie “Lilies of the Field.”

APRIL 14, 1912: On its maiden voyage, the Titanic hit an iceberg and sank the next day, killing 1,517 people.

APRIL 15, 1947: Jackie Robinson played his first major league baseball game for the Brooklyn Dodgers.

APRIL 16, 1922: Annie Oakley shot 100 clay targets in a row, to set a women’s record.

APRIL 17, 1629: Horses were first imported into the colonies by the American Massachusetts Bay Colony.

APRIL 18, 1924: Simon and Schuster, Inc. published the first “Crossword Puzzle Book.”

APRIL 19, 1897: The first annual Boston Marathon was held. It was the first race of its type in the U.S.

APRIL 20, 1832: Hot Springs National Park was created by an act of the U.S. Congress. It was the first time a piece of land was set aside by the U.S. government to preserve the area for recreation.

APRIL 21, 1989: The Game Boy handheld video game device was released in Japan.

APRIL 22, 1976: Harry Reasoner announced that Barbara Walters would become his ABC Nightly News co-anchor, making her the first female nightly network news anchor that October.

APRIL 23, 1954: Hank Aaron of the Milwaukee Braves hit his first major-league home run. He would go on to hit a total of 755 in his career.

APRIL 24, 1962: MIT sent a TV signal by satellite for the first time.

APRIL 25, 1901: New York became the first state to require license plates for cars. The fee was $1.

APRIL 26, 1986: The world’s worst nuclear disaster to date occurred at Chernobyl. Thirty-one people died in the incident and thousands more were exposed to radioactive material.

APRIL 27, 2006: Construction began on the 1,776-foot One World Trade Center on the site of former World Trade Center.

APRIL 28, 1957: Mike Wallace was seen on TV for the first time. He was the host of “Mike Wallace Interviews.”

APRIL 29, 1985: Billy Martin was brought back, for the fourth time, to the position of manager for the New York Yankees.

APRIL 30, 1945: After one day of marriage, Adolf Hitler and Eva Braun committed suicide. One week later, Germany surrendered unconditionally.
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cubed steak</td>
<td>Mac &amp; cheese</td>
<td>Sloppy Joe</td>
<td>Pizza casserole</td>
<td>Baked chicken</td>
</tr>
<tr>
<td>Mashed potatoes</td>
<td>Mixed vegetables</td>
<td>Cheesy hash</td>
<td>Tossed salad</td>
<td>Broccoli</td>
</tr>
<tr>
<td>Peas &amp; carrots</td>
<td>Cauliflower</td>
<td>brownes</td>
<td>Peas</td>
<td>Rice Pilaf</td>
</tr>
<tr>
<td>Pears</td>
<td></td>
<td>Buttered corn</td>
<td>Apple crisp</td>
<td>Cucumber/tomato salad</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Fruited Jell-O</td>
<td>Breadstick</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
</tr>
<tr>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
</tr>
<tr>
<td>Beef hot dog</td>
<td>Fried chicken</td>
<td>Beef &amp; noodles</td>
<td>Chicken salad on a croissant</td>
<td>Stuffed pepper</td>
</tr>
<tr>
<td>Tater tots</td>
<td>Redskin potatoes</td>
<td>Mashed potatoes</td>
<td>Pickled beets</td>
<td>Cheddar potatoes</td>
</tr>
<tr>
<td>Baked beans</td>
<td>Lima beans</td>
<td>Green beans</td>
<td>Corn chowder</td>
<td>Stewed tomatoes</td>
</tr>
<tr>
<td>Fruited Jell-O</td>
<td>Apricots</td>
<td>Banana</td>
<td>Peaches</td>
<td>Pears</td>
</tr>
<tr>
<td></td>
<td>Pudding</td>
<td></td>
<td></td>
<td>Fruit muffin</td>
</tr>
<tr>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
</tr>
<tr>
<td>Baked steak</td>
<td>Turkey &amp; cheese</td>
<td>Pork roast</td>
<td>Chicken broccoli</td>
<td>Baked fish</td>
</tr>
<tr>
<td>Mashed potatoes</td>
<td>Sandwich</td>
<td>Sweet potatoes</td>
<td>Rice pilaf</td>
<td>Scalloped potatoes</td>
</tr>
<tr>
<td>Green beans</td>
<td>Broccoli soup</td>
<td>Green peas</td>
<td>Cucumber/tomato salad</td>
<td>Beets</td>
</tr>
<tr>
<td>Peaches</td>
<td>Coleslaw</td>
<td>Tropical fruit</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Fruit cup</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Crackers</td>
<td></td>
<td></td>
<td></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.

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.
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, APRIL 15th.**

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.**

SENIOR FARMERS’ MARKET NUTRITION PROGRAM (SFMNP)

**What is SFMNP?** This USDA & State of Ohio program provides low-income older adults (age 60+) with coupons to purchase eligible, locally grown produce at farmers’ markets, roadside stands, or farm stands.

**How do I qualify for coupons?**
1. You must be a resident of Muskingum County
2. You must be age 60 or older
3. Your annual household income must be 185% of the Federal Poverty Level:
   1 person household: $ 23, 828  
   2 person household: $ 32,227  
   3 person household: $ 40,626  
   4 person household: $ 49,025

**How do I get coupons?**
1. Call the Muskingum County Center for Seniors (740-454-9761) to request an application.
2. Complete the application in its entirety and mail to MCCFS
   (160 N. 4th St. Zanesville, OH 43701)
3. MCCFS will mail you coupons, along with information regarding how/where/when to use them.
**RECIPE OF THE MONTH**

**WAFFLE IRON ADULT GRILLED CHEESE**

- 2 slices whole wheat bread
- 1 Tbsp olive oil or low-fat mayonnaise
- ¼ cup reduced fat shredded Mexican cheese blend
- 1 large tomato slice
- salt and pepper

**Go beyond the griddle:** A quick glance around your kitchen might reveal a small appliance that doesn’t get as much use as it should. If you’ve got a waffle iron, then you have a panini press that’s perfect for making gooey grilled cheese sandwiches! Best of all, you can lose the butter on the outside of the bread, turning this sandwich into a calorie buster.

---

**While the waffle iron heats**, spread the mayonnaise on both slices of bread. Arrange about half to a third of the shredded cheese on one slice and place the tomato slice on top. Sprinkle salt and pepper to taste on the tomato and top with the remaining cheese.

**Place** the second slice of bread on top and carefully lift the sandwich into the waffle iron. Close the lid as far as it will go—don’t worry about trying to press it down too much.

When you start to get whiffs of deliciousness, open the iron and turn the sandwich so the other side is toward the back. You can also flip the sandwich over if you like — experiment with your waffle iron to see what works best to achieve the right amount of toasting and melting for you.

**Continue cooking** until the cheese is melted and the bread has toasted waffle marks on it.
POLLOCK APARTMENTS
• Conveniently Located Downtown
• Locked Entry Senior Building “62” and Over
• One Bedroom Apartments
• Laundry Facilities on Site
• Income Based Rent (30%) Includes Utilities @ 62.

Call Today and
Come Live With Us
740.452.4337
502 E. Market St.,
Zanesville OH 43701
800-750-0750 TTY/TDD

502 E. Market St.,
Zanesville OH 43701
800-750-0750 TTY/TDD

Authentic Love.
Legendary Care.
740.453.4099
HelenPurcell.org

ARE YOU REACHING
THE SENIORS IN
YOUR COMMUNITY?

TO ADVERTISE HERE CALL 800.477.4574
cr visit www.lpiseniors.com/advertising

Medicare Questions?
Let us help you find the right plan for YOU!
› Medicare Advantage Plans
› Medicare Supplements
› Medicare Rx Plans
› Final Expense Insurance

Representing all major Medicare plan carriers

Jeff Richardson
740-404-2631

Lynn Richardson
740-405-6631

Your local, licensed Medicare Specialists
www.BothHandsFG.com

740.454.1600
TheComBank.com

ADT-Monitored
Home Security
Get 24-Hour Protection
From a Name You Can Trust
• Burglary  • Flood Detection
• Fire Safety  • Carbon Monoxide

LIFELINE
RESPONSE SERVICES
As low as $20.00 per month • GPS available
1122 Taylor Street
Zanesville, Ohio 43701
740.588.2153 • ContinuingHC.com

Never be without help again!

The Community
Bank

Park
NATIONAL BANK

Medicare Questions?
Let us help you find the right plan for YOU!
› Medicare Advantage Plans
› Medicare Supplements
› Medicare Rx Plans
› Final Expense Insurance

Representing all major Medicare plan carriers

Jeff Richardson
740-404-2631

Lynn Richardson
740-405-6631

Your local, licensed Medicare Specialists
www.BothHandsFG.com
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, 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 to 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 & 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. Stutzman

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 ever 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 hips and spine when the cushion at “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 Schrroeder, 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.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 Yoder

"I had severe thinning of the cartilage in my left knee. After completing the program, I must say I was not disappointed with the results I have experienced." - Lea 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!
AVAILABLE FOR A LIMITED TIME!

ADVERTISE HERE NOW!

Contact Jayne Pandy to place an ad today!

JPandy@lpiseniors.com or (800) 477-4574 x6401
NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at

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