Happy Mothers' Day

Happy Memorial Day!
OUR COMMUNITY

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Debbie Moore
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Activities Assistant
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Keely Warden

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.
**NEED A REASON TO CELEBRATE?**
Check out these holidays for **MAY**

1. May Day
2. National Lemonade Day
3. Garden Meditation Day
4. Melanoma Monday
5. National Weather Observers’ Day
6. Star Wars Day (May the Fourth Be With You)
7. Cinco de Mayo
8. National Enchilada Day
9. National Hoagie Day
10. National Day of Prayer
11. National Nurses Day
12. World Password Day
13. Military Spouse Appreciation Day
14. National Space Day
15. Kentucky Derby
16. National Coconut Cream Pie
17. National Herb Day
18. National Miniature Golf Day
19. Stamp Out Hunger Food Drive
20. **Mother’s Day**
21. National Foodies Day
22. National Women’s Checkup Day
23. Eat What You Want Day
24. Limerick Day
25. National Fibromyalgia Awareness Day
26. National Fruit Cocktail Day
27. National Chocolate Chip Day
28. National Barbecue Day
29. National Love a Tree Day
30. National Pick Strawberries Day
31. National Pizza Party Day
32. Armed Forces Day
33. National Maritime Day
34. National Vanilla Pudding Day
35. National Tap Dance Day
36. National Wine Day
37. National Senior Health & Fitness Day
38. National Brisket Day
39. National Hamburger Day
40. National Poppy Day
41. National Mint Julep Day
42. National Meditation Day
43. National Save Your Hearing Day

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**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.

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**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.

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**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.

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**THANK YOU**

for your generosity

We would like to thank all who made donations to the Center for Seniors during the month of April. Your contributions are greatly valued!
TIPS FOR A SPARKLING KITCHEN

You wipe down the counters, clean the floor and run the dishwasher regularly. Your kitchen appears clean on the surface, but there’s probably a lot that could use a refresh. It’s time to pay attention to frequently used but often forgotten items in your kitchen.

Make sure to include these kitchen items on the next round of cleaning so you get the sparkling kitchen you deserve.

Thoroughly clean your dishwasher
Why would a machine with the main job of cleaning need cleaning itself? Because food debris and mineral buildup from water can clog important components, causing your dishwasher to work inefficiently. To thoroughly clean your dishwasher, start by removing the filter and cleaning it out. Then fill a dishwasher-safe coffee cup with white vinegar, put it on the top rack and run the hottest cycle to remove soap scum and other buildup. Try to do this monthly for a sparkling clean dishwasher that works great.

Clean your microwave with water and lemon
Food steams, spurts, and splatters in a microwave every day, and even if it appears visually clean, there’s probably a lot of grime on the inside walls. Rather than scrubbing harshly, make it easy to get off the grime with a simple solution. Fill a microwave-safe bowl with one cup water and then slice a lemon in half. Squeeze the lemon in the water and then add the halves. Microwave for three minutes and then let sit for five so the steam can penetrate the build-up. Finally, open the microwave, remove the bowl and easily wipe away grime with a washcloth.

Leave kitchen knobs and handles looking like new
You make it a habit of wiping down your faucet knobs when you clean the sink, but what about the other knobs in your kitchen? The knobs on the cabinets are sometimes touched hundreds of times in a month by different people, which can transfer germs and bacteria, not to mention grease and other grime on fingertips. Start by wiping all knobs down with disinfectant wipes. For grime buildup, use hot water with a touch of dish soap and wipe down with a rag to break down grime and leave knobs looking good as new.

The kitchen is the heart of the home and deserves a good clean. Add these items to your next round of kitchen cleaning and you’ll have a sparkling clean space you can enjoy.

(Courtesy of APS)
6 Steps for Avoiding Dehydration

We face unique challenges when it comes to staying safe during the hot days of summer. These challenges range from health conditions that increase sun sensitivity to more fragile skin. They can also put an older adult at higher risk for heat-related illnesses such as sun poisoning and heat stroke.

It’s important that people to take steps to avoid dehydration, especially with the summer months approaching.

6 Ways to Prevent Dehydration

1. Maximize fluid intake
   Drinking eight to ten glasses of water each day during the summer is important. It’s advice most people know they should follow, but don’t always do. If the taste of water isn’t appealing to you, foods with a high water content can help you stay hydrated. Popsicles, melon, apples, pears, pineapple, cucumbers, tomatoes, carrots, and leafy greens are a few foods to include in your diet all year round.

2. Limit alcohol consumption
   Summer is a season for outdoor celebrations. Many of these parties include alcoholic beverages. Unfortunately, alcohol contributes to dehydration. When outdoors in the summer sun, you should limit alcoholic beverages or avoid them completely.

3. Avoid caffeinated beverages
   Caffeine is a diuretic. This means when you indulge in sodas, iced coffee drinks, and energy drinks, fluids pass through your system faster. That can contribute to dehydration. Stick to water with lemon or lime slices or other non-caffeinated beverages.

4. Monitor medication side effects
   Some people aren’t aware that medications may increase sun sensitivity. If a medication you or your loved one takes has that as a potential side effect, it means you are at higher risk for sunburn, hives, rashes, and dehydration. Review any medications you may be taking to see if sun sensitivity is listed as a side effect and learn more if it is.

5. Schedule outdoor time wisely
   Try to limit the time you spend outdoors. Stick with the coolest times of day, which are generally before 10:00 a.m. or after 4:00 p.m.

6. Wear a hat
   While many might not consider themselves hat people, wearing a lightweight hat with a brim at least three inches wide is another hydration safety tip. It shades the face and neck, helping to keep you cooler.

Recognizing the Symptoms of Dehydration

Finally, we suggest familiarizing yourself with the symptoms of dehydration. From confusion to irritability, the signs aren’t always obvious. Recognizing when you or a loved one is in the early stages of dehydration can help you get treatment before a more serious health crisis occurs.

©LPI
Mother’s Day Word Search
Find the hidden words associated with Mom’s special day.

BRUNCH
BOUQUET
CANDY
CARDS
CARING
CHILDREN
DAUGHTERS
DEVOTED
DINNER
FAMILY
FLOWERS
FRIEND
GIFTS
GIVING
GRANDMA
HOME
HONOR
HUGS
KISSES
LAUGHTER
LOVING
MAY
MEMORIES
MOTHER
PARENT
ROSES
SUNDAY
SONS
TRIBUTE

H D V G R A N D M A Z A H Z E
M O T H E R U R E N N I D G E
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S G N I V O L D B B W C I I B

6 | GOLDENnews
PUZZLES OF THE MONTH

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

Answer to Sudoku

CROSSWORD PUZZLE

ACROSS
1. Of the kind of (aff)
5. Nerves signal
8. "I'me" (abbr.)
12. Gooseberry
13. List-ending abbreviation
14. Small firearm
15. Fringe of curls or bangs
17. Mother of Horus
18. Hebrew letter
19. Expletive
21. Greek letter
22. Atlantic (abbr.)
23. Film
25. Jup.
28. Foreign-stunged ingredient
29. Euir, porphy
32. Malay law
33. June bug
35. Haw, feast
36. Tamarrack
38. Bank
40. Eng. dramatist
42. Weaken
43. Hor Royal Highness (abbr.)
45. Night (pref.)
47. Hove (Scot.)
50. Autistic (abbr.)
52. Jamb (2 words)
55. Betwixt
56. Deviate
58. King Atahualpa
59. Diagonal
60. Conquers direction
60. Wife of Int.”

DOWN
1. Formerly bereft
2. Pois source
3. In the same place (Lat.)
4. Fr. pronoun
5. All
6. Eight (Ital.)
7. Setting
8. Consumer price index (abbr.)
9. Evening star
10. Egypt, bird
11. Heb. patriarch’s title
12. 1800s (Ital.)
13. Electronic data processing
14. 21st century
15. 1896
16. In a big city
17. 20,000 leagues
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60. In a big city

ENIGMA CRYPTOGRAM

“LND CDAATPA JG VDG LTHB CDAATF QPDGJ VDG.”

—JOYOTAN FODKHOP

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MAY | 2021

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MAY 1, 1941: Directed and starring Orson Welles, “Citizen Kane” premiered in New York.

MAY 2, 1885: The magazine “Good Housekeeping” was first published.

MAY 3, 1937: Margaret Mitchell won a Pulitzer Prize for “Gone with the Wind.”

MAY 4, 1970: The Ohio National Guardsmen opened fire on students during an anti-Vietnam war protest at Kent State University, where four students were killed.

MAY 5, 1865: The Thirteenth Amendment was ratified, abolishing slavery in the U.S.

MAY 6, 1941: Bob Hope gave his first U.S.O. show at California’s March Field.

MAY 7, 1915: The British ocean liner Lusitania was sunk by a German submarine, killing 1,201 civilians.

MAY 8, 1958: U.S. President Eisenhower ordered the National Guard out of Little Rock as Ernest Green became the first black to graduate from an Arkansas public school.

MAY 9, 1958: Richard Burton made his network television debut in the presentation of “Wuthering Heights” on CBS-TV.

MAY 10, 1994: Nelson Mandela was sworn in as South Africa’s first black president.

MAY 11, 1910: Glacier National Park in Montana was established.

MAY 12, 1978: The National Oceanic and Atmospheric Administration announced that they would no longer exclusively name hurricanes after women.

MAY 13, 1989: Thousands of students began a hunger strike on Tiananmen Square in Beijing.

MAY 14, 1878: The name Vaseline was registered by Robert A. Chesebrough.

MAY 15, 1964: The Smothers Brothers, Dick and Tom, gave their first concert in Carnegie Hall in New York City.

MAY 16, 1929: The first Academy Awards were held in Hollywood.

MAY 17, 1985: Bobby Ewing died on the season finale of “Dallas.” He returned the following season.

MAY 18, 1953: Jacqueline Cochran, the first woman to fly faster than the speed of sound, piloted an F-86 Sabrejet over California at an average speed of 652.337 mph.

MAY 19, 1536: Anne Boleyn, the second wife of England’s King Henry VIII, was beheaded after she was convicted of adultery.

MAY 20, 1873: Levi Strauss began marketing blue jeans with copper rivets.

MAY 21, 1980: The movie “The Empire Strikes Back” was released.

MAY 22, 1967: “Mister Rogers’ Neighborhood” premiered on PBS.

MAY 23, 1934: Bonnie Parker and Clyde Barrow were killed by Texas Rangers in Bienville Parish, Louisiana.

MAY 24, 1844: Samuel F.B. Morse formally opened America’s first telegraph line. The first message was sent from Washington, D.C., to Baltimore, Maryland with the message, “What hath God wrought?”

MAY 25, 1992: Jay Leno debuted as the new permanent host of NBC’s “The Tonight Show.”

MAY 26, 1896: The Dow Jones Industrial Average appeared for the first time in the “Wall Street Journal.”

MAY 27, 1995: Christopher Reeve was paralyzed after being thrown from his horse during a jumping event in Charlottesville, Virginia.

MAY 28, 1957: National League club owners voted to allow the Brooklyn Dodgers to move to Los Angeles and that the New York Giants could move to San Francisco.

MAY 29, 1945: Bing Crosby makes his first recording of Irving Berlin’s “White Christmas.”

MAY 30, 1431: Joan of Arc was burned at the stake in Rouen, France, at the age of 19.

MAY 31, 1927: Ford Motor Company produced the last Tin Lizzie in order to begin production of the Model A.
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tr>
<td>3</td>
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<tr>
<td>Swiss steak</td>
<td>Sliced turkey</td>
<td>Fish sandwich</td>
<td>Swedish meatballs</td>
<td>Baked chicken</td>
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<td>Hash browns</td>
<td>Dressing</td>
<td>Tater tots</td>
<td>Mashed potatoes</td>
<td>Broccoli</td>
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<td>Cooked cabbage</td>
<td>Mashed potatoes</td>
<td>Brussels sprouts</td>
<td>Italian vegetables</td>
<td>Rice Pilaf</td>
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<td>Fruited Jell-O</td>
<td>Baby carrots</td>
<td>Tropical fruit</td>
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<td>Cucumber/tomato salad</td>
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<td>Graham crackers</td>
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<td>Cubed steak</td>
<td>Mac &amp; cheese</td>
<td>Sloppy Joe</td>
<td>Pizza casserole</td>
<td>Chili soup</td>
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<td>Mashed potatoes</td>
<td>Mixed vegetables</td>
<td>Cheesy hash</td>
<td>Tossed salad</td>
<td>Baked potato</td>
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<td>Peas &amp; carrots</td>
<td>Cauliflower</td>
<td>Browns</td>
<td>Peas</td>
<td>Pineapple</td>
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<td>Pears</td>
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<td>Buttered corn</td>
<td>Apple crisp</td>
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<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>
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<td>Tater tots</td>
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<td>Baked beans</td>
<td>Lima beans</td>
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<td>Pickled beets</td>
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<td>Corn chowder</td>
<td>Pears</td>
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<tr>
<td>Smoked sausage</td>
<td>Cheeseburger</td>
<td>Scrambled eggs</td>
<td>Meatloaf</td>
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<td>Mashed potatoes</td>
<td>Lettuce/tomato/</td>
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<td>Sauerkraut</td>
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<td>Pineapple</td>
<td>Wedge fries</td>
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<td>Tropical fruit</td>
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<td>Cookie</td>
<td>Fruit juice</td>
<td>Orange apples</td>
<td>Vanilla wafers</td>
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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.

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, MAY 20th.**

**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.

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**WELLNESS**

**FURRY FRIENDS BRING GREAT HEALTH BENEFITS**

Having a four-legged, furry companion is good for our mental and physical well-being. To celebrate National Pet month, here are four reasons to adopt a pet!

1. **Unconditional support:** Animals are typically loyal creatures that stick by us through thick and thin. They are there for us in ways most people can’t be. For an adult who has recently experienced the loss of a loved one, a pet makes an ideal companion during the process of grieving and healing.

2. **Stress and anxiety relief:** Research shows that pets lower stress levels and blood pressure. The very act of petting a furry friend is soothing. Finding natural remedies for reducing stress is important for maintaining optimum health.

3. **Activity:** An older adult might be reluctant to go for a walk around the neighborhood on their own but will happily share the journey with a pet. Walking is one of the best forms of exercise for people of all ages, but especially for seniors. It helps maintain stamina and balance while reducing the risk for depression.

4. **Socialization:** Pets attract attention and make new friends easily. If you routinely take your pet for a walk, it won’t be long before you make new friends, both human and animal. It’s a great way to get to know the neighbors.

**Tips for Adopting a Pet:**
First, consider your budget. Some breeds of cats and dogs are more expensive to maintain. It might be higher grooming expenses, a specialty food, or more frequent veterinary care. Before you adopt a pet, make sure you are confident you can afford the monthly expenses.

Next, learn more about the animal’s disposition and needs. For example, a dog like a Jack Russell Terrier may require more exercise than, for example, a family with two working adults can safely manage. A calmer breed might be better.

Also take the home environment into consideration. If you don’t have outdoor living space or easy access to a park, a cat could be a better choice. Some families also find birds make good companions.
EASY DRUMSTICK-QUINOA SHEET PAN SUPPER

- 8-10 chicken legs
- 1 fennel bulb
- 1 large yellow onion, sliced
- 1 large red onion, sliced
- 2 garlic cloves, sliced
- 3 medium-sized potatoes, cubed
- 1 orange (1/4 cup juice and zest)
- 1/4 teaspoon thyme, dried
- 2 tablespoons olive oil
- 1 teaspoon sea salt
- 1/2 teaspoon black pepper
- 2 tablespoons fresh chopped parsley
- Orange rind curls
- Brown rice, cooked according to package directions
- Quinoa, cooked according to package directions

Heat oven to 400 F. Line large sheet pan with parchment paper.

Place chicken legs on pan. Spread fennel, yellow onion, red onion, garlic and potatoes around and in between legs.

In small bowl, whisk together orange juice and zest, thyme and olive oil. Pour mixture over chicken and vegetables. Season with salt and pepper.

Roast 45 minutes, or until chicken is cooked through and vegetables are tender. Cook rice and quinoa.

Garnish chicken with parsley and orange curls. Serve over brown rice and quinoa.

Recipe courtesy of the National Onion Association and Idaho Eastern-Oregon Onion Committee. 
(Courtesy of Family Features)
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14-1650
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 Schroder, 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:

- 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 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 cartilage “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 Schroder, 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 (L& 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:

- T.J., Millersburg

“I came 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

- Anna Yoder

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