The COVID-19 Pandemic has certainly turned many lives, both personally and professionally “upside-down.” The Muskingum County Center for Seniors has not been exempt from the heartbreak that this cruel virus can cause. It is my humble opinion that we are beginning to win this war, but we must continue to be vigilant and act in accordance with all scientifically proven activities and eradication interventions.

Ann Combs, the Center’s Executive Director, is taking some time off from her duties to attend to some medical issues directly tied to this pandemic. We wish nothing but the best for Ann, and our heartfelt and urgent prayers for healing are being sent her way.

I have just started this week (Monday, May 17th) as Interim Director on a part-time, 6 month basis to help facilitate our growth and transition during these perilous, yet exciting, times! It is true that we are not able to completely (100%) open the Center at present; however, that time is coming and we cannot wait for it to actually become a reality! We love our seniors...you hold a special place in our hearts and we truly cannot wait to become fully operational and welcome your smiling faces back to the Center!

Many blessings to you and yours!

David E. Boyer
Interim Director
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, 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 JUNE!!

1. Say Something Nice Day
2. Rotisserie Chicken Day
4. Cheese Day
4. National Donut Day
5. National Trails Day (Hike a Trail!)
6. D-Day
6. Cancer Survivors Day
6. Drive-In Movie Day
6. Eyewear Day
6. Gardening Exercise Day
7. Chocolate Ice Cream Day
8. Jelly-Filled Doughnut Day
10. Herbs and Spices Day
10. Iced Tea Day
11. Corn on the Cob Day
13. Cupcake Lovers’ Day
13. Sewing Machine Day
13. Weed Your Garden Day
14. Flag Day
14. Strawberry Shortcake Day
17. Eat Your Vegetables Day
18. Flip-flop Day
18. Go Fishing Day
20. American Eagle Day
20. Father’s Day
20. Vanilla Milkshake Day
22. Onion Ring Day
23. Hydration Day
26. Beauticians’ Day
26. Chocolate Pudding Day
27. PTSD Awareness Day
27. Sunglasses Day
29. Camera Day
30. Meteor Watch 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 the Center 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 thank all who made donations to the Center for Seniors during the month of May. Your contributions are greatly appreciated!
5 RULES TO PREVENT FALLING FOR ONLINE SCAMS

Here are five rules to follow when you’re faced with an offer or request that promises to make you money or get you out of debt.

1. Trust your gut. If it sounds too good to be true, it probably is. You can ignore the testimonials with photos of big piles of cash, the fancy cars and the flashy jewels they displayed with captions of their “success” — scammers may tell you that they work for a money transmitter and have “tricks” on how to double your money. However, monetary systems cannot be “manipulated” by adding a few “extra 0s” to any transaction in an attempt to turn a small investment into big money in minutes. Cons claim they will keep a percentage of the profit as commission, but as soon as a victim sends the upfront investment money, they will unfriend or block you on social media, not answer texts or calls and disappear with your dough without a trace.

2. Don’t be fooled by a text from a “friend.” Even if a text or SMS appears to be from someone you know, if someone’s asking you for money for any reason, you should think twice before taking action. If you really think it’s from a friend or a social media acquaintance, contact them directly in another way (by phone, via email or in person) to confirm the situation. Chances are that it’s really a hacker who is masquerading as someone you know to try to convince you to take the bait.

3. Use your head. Does it seem realistic that someone could turn your $200 into $2,000 by the end of the day? If I were that easy, so rely everyone would be doing it. If it doesn’t make sense to you, that’s because it’s nonsense. Consider how it would be legal if it did work. In this instance, there is no logical, legal way that such a scam could be effective and legitimate. Never let your emotions blind you to these facts. Even if it were possible to modify the amount of a transfer, it would be criminal to defraud a legitimate business by participating in this scheme. Never invest in something you don’t totally understand.

4. Remember that you don’t really know who you’re talking to. Even if the person posting on social media or messaging you says that they work in the financial industry, or that they’ve successfully made wads of cash and are just sharing their good fortune out of the kindness of their heart, remember that you have no idea who that person really is, even if they insist they want to get you a good deal or help you get rich quick.

5. Never click any links or give out personal information. Someone trying to scam you on Facebook or any other social media site will often lure you into a continuing conversation over text or SMS, then try to get you to click a link to a compromised site — or may even try to get you to reveal personal information like your bank account or Social Security number. Anyone asking you for your money or sensitive financial details is not a giver; they’re just a taker.

Never give money to anyone promising to make you quick and easy money. There is no such thing as free money.

For more tips and awareness information about consumer fraud, visit www.sba.gov/fraudawareness. If you believe you may be a victim of fraud using Western Union, call the Western Union Fraud Hotline number at 1-800-448-1492. (Courtesy of BPT)
4 EXERCISES TO IMPROVE STRENGTH AND BALANCE

Having a “glass half full” approach to life has long been as you grow older, being physically active is one of the most important things you can do to stay healthy. Whether you’re well into your golden years, a baby boomer, or younger, studies show regular exercise can lower your risk of heart disease, some cancers, diabetes, and dementia. It also helps improve your mood, energy level, and overall well-being.

“The great thing is, no matter what your age, size or fitness level, it’s never too late to start exercising,” said Jaza Marina, M.D., a Kaiser Permanente physician who specializes in elder care. “We strongly recommend seniors do exercises that maintain strength, balance, and flexibility. Our goal is to reduce their risk of falls and injuries, so they can stay healthy and independent.”

Dr. Marina advises that good ways to exercise include low-impact aerobic activity, swimming, tai chi, and yoga if you’re physically able. “We have 80-year-olds who run 5k or 10k races. Everyone is different, so pick an exercise that you enjoy.”

She believes walking is probably the easiest exercise. All you need is 30 minutes a day, five times a week. If that’s too much, you can break that up — 10 minutes in the morning, 10 in the afternoon, and 10 in the evening. Some seniors walk at their local indoor shopping mall.

“The important thing is to get off the recliner, turn off the T.V., and get active,” said Dr. Marina. Below are four basic exercises to get you started:

1. Knee bends. Holding on to a sturdy chair or counter at your side, keep your back straight, feet on the ground, and gently bend your knees and lower your body. Then, raise your body back up. It’s a slight squat but not a deep one. Repeat 10-15 times.

2. Heel raises. Holding on to a chair or counter at your side, raise up on toes slowly and then lower the heels to the ground slowly. Heel raises strengthen the calf muscles. Repeat 10-15 times.

3. Side leg raises. Holding on to a chair or counter at your side, raise one leg out to the side and bring it back down. Repeat 10-15 times and switch to other leg.

4. Sit to stand. If you’re able, sit in a chair and rise to a standing position with arms stretched in front of you. Make sure the chair is in a stable position or against a wall so it won’t fall over. Sit back down and repeat 10 times.

(Courtesy of NewsUSA)
FATHER’S DAY WORD SEARCH

BBQ  BRAVE  CARING
CHILDREN  DADDY  DEVOTED  FAMILY
FATHER  FISHING  FOOTBALL
FUNNY  GIFTS  GIVING  HEART
HOLIDAY  HOME  HONOR
HUGS  JOKES  JUNE  KISSES
LAUGHTER  LOVE  MEMORIES
NURTURE  PARENT  PROTECT
RESPECT  SPECIAL  SPORTS
STRONG  SWEET  THOUGHTFUL
TIE  TOOLS
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>2</th>
<th>3</th>
<th>9</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>9</td>
<td>6</td>
</tr>
<tr>
<td>7</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>5</td>
<td>7</td>
<td>3</td>
</tr>
<tr>
<td>2</td>
<td>4</td>
<td>1</td>
</tr>
</tbody>
</table>
```

Exercise YOUR BRAIN!

CROSSWORD PUZZLE

ACROSS
1. Cooch insect
2. Former Korean president
3. Genetic letters
4. Toulon bird
5. Male noble
6. Eide (Icel.
7. Saying (sukt.
8. Vex
9. Uneven (auf.
10. Shout
11. Formula
12. Fish with bait
13. On the surface
14. Hatchet mark
15. Nirvana
16. Held a session
17. Offensive
18. Trouble
19. Mortar mixer
20. Shoshonite
21. River into the North Sea
22. Cisland
23. Oriental
24. Month abbr.
25. Jot

DOWN
1. Greek Keller
2. Caribbean lizard
3. Card game
4. Abbey (Sp.)
5. Queen (Fr.)
6. Slap
7. Judge
8. Educate
9. Old Eng. gold piece
10. National (abbr.)

ENIGMA CRYPTOGRAM

ARDEURQ XUX TQI JEOU D NEDYB DQXDHC EDMIN D GIQDKIJKY.

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Answer to Sudoku
JUNE 1, 1892: The General Electric Company (GE) began operations after the merging of the Edison General Electric and the Thomson-Houston Electric companies.

JUNE 2, 1979: Pope John Paul II arrived in his native Poland on the first visit by a pope to a Communist country.

JUNE 3, 1937: The Duke of Windsor, who had abdicated the British throne, married Wallis Warfield Simpson.

JUNE 4, 1984: Bruce Springsteen released his most successful album, “Born in the U.S.A.”

JUNE 5, 1851: Harriet Beecher Stowe published the first installment of “Uncle Tom’s Cabin” in “The National Era.”

JUNE 6, 1944: The D-Day invasion of Europe took place on the beaches of Normandy, France.


JUNE 8, 1949: George Orwell published his novel, “1984.”

JUNE 9, 1973: Secretariat won the 105th Belmont Stakes by 31 lengths and ran the fastest 1-1/2 miles on dirt at 2:24.

JUNE 10, 1935: Alcoholic Anonymous was founded by William G. Wilson and Dr. Robert Smith.

JUNE 11, 1937: The Marx Brothers movie, “A Day at the Races,” was released.

JUNE 12, 1987: Ronald Reagan challenged Mikhail Gorbachev to “tear down this wall.”

JUNE 13, 1994: A jury in Anchorage, Alaska, found Exxon Corp. and Captain Joseph Hazelwood to be reckless in the Exxon Valdez oil spill.

JUNE 14, 1777: The Continental Congress in Philadelphia adopted the “Stars and Stripes” as the national flag of the United States.

JUNE 15, 1752: Benjamin Franklin experimented by flying a kite during a thunderstorm, showing the relationship between lightning and electricity.


JUNE 17, 1885: Hundreds of thousands of spectators in New York celebrated the arrival of the Statue of Liberty from France.

JUNE 18, 1815: Napoleon suffered a shattering defeat at the Battle of Waterloo.

JUNE 19, 2002: American adventurer Steve Fossett took off on his record-breaking solo balloon flight around the world.

JUNE 20, 1948: Hosted by Ed Sullivan, “Toast of the Town” debuted on CBS-TV.

JUNE 21, 1893: The Ferris Wheel was introduced at the World’s Columbian Exposition in Chicago, Illinois.

JUNE 22, 1990: Checkpoint Charlie, the crossing point on the sector border between East Berlin and West Berlin, was dismantled.

JUNE 23, 1894: The International Olympic Committee (IOC) was founded.


JUNE 25, 1950: North Korea invaded South Korea, initiating the Korean War.

JUNE 26, 1844: John Tyler married Julia Gardiner, becoming the first U.S. President to marry while in office.

JUNE 27, 1967: Two hundred people were arrested during a race riot in Buffalo, New York.

JUNE 28, 1939: Pan American Airways began the first transatlantic passenger service.

JUNE 29, 1986: British businessman Richard Branson broke the record for the fastest Atlantic crossing by boat. It took him three days to cross the ocean in his speedboat.

JUNE 30, 1936: Margaret Mitchell’s novel, “Gone with the Wind,” is published.
### LUNCH Menu

**MONDAY**

1. Sliced turkey
   - Dressing
   - Mashed potatoes
   - Baby carrots
   - Fruit cocktail

2. Fish sandwich
   - Tater tots
   - Brussels sprouts
   - Tropical fruit

3. Swedish meatballs
   - Mashed potatoes
   - Italian vegetables
   - Banana

4. Baked chicken
   - Broccoli
   - Rice Pilaf
   - Cucumber/tomato salad

7. Cubed steak
   - Mashed potatoes
   - Peas & carrots
   - Pears

8. Mac & cheese
   - Mixed vegetables
   - Cauliflower
   - Peaches

9. Sloppy Joe
   - Cheesy hash browns
   - Buttered corn
   - Fruited Jell-O

10. Pizza casserole
    - Tossed salad
    - Peas
    - Apple crisp
    - Breadstick

14. Beef hot dog
    - Tater tots
    - Baked beans
    - Fruited Jell-O

15. Fried chicken
    - Redskin potatoes
    - Lima beans
    - Apricots
    - Pudding

16. Beef & noodles
    - Mashed potatoes
    - Green beans
    - Banana

17. Chicken salad on a croissant
    - Pickled beets
    - Corn chowder
    - Peaches
    - Crackers

21. Smoked sausage
    - Mashed potatoes
    - Sauerkraut
    - Pineapple
    - Cookie

22. Cheeseburger
    - Lettuce/tomato/Pickle
    - Wedge fries
    - Fruit juice
    - Crackers

23. Scrambled eggs
    - Sausage links
    - Hash browns
    - Warm apples
    - Orange juice

24. Meatloaf
    - Au gratin potatoes
    - Carrots
    - Tropical fruit
    - Vanilla wafers

28. Baked steak
    - Mashed potatoes
    - Green beans
    - Peaches

29. Turkey & cheese sandwich
    - Broccoli soup
    - Coleslaw
    - Fruit cup
    - Crackers

30. Pork roast
    - Sweet potatoes
    - Green peas
    - Tropical fruit

**TUESDAY**

2. Fish sandwich
   - Tater tots
   - Brussels sprouts
   - Tropical fruit

3. Swedish meatballs
   - Mashed potatoes
   - Italian vegetables
   - Banana

4. Baked chicken
   - Broccoli
   - Rice Pilaf
   - Cucumber/tomato salad

8. Mac & cheese
   - Mixed vegetables
   - Cauliflower
   - Peaches

9. Sloppy Joe
   - Cheesy hash browns
   - Buttered corn
   - Fruited Jell-O

10. Pizza casserole
    - Tossed salad
    - Peas
    - Apple crisp
    - Breadstick

14. Beef hot dog
    - Tater tots
    - Baked beans
    - Fruited Jell-O

15. Fried chicken
    - Redskin potatoes
    - Lima beans
    - Apricots
    - Pudding

16. Beef & noodles
    - Mashed potatoes
    - Green beans
    - Banana

17. Chicken salad on a croissant
    - Pickled beets
    - Corn chowder
    - Peaches
    - Crackers

22. Cheeseburger
    - Lettuce/tomato/Pickle
    - Wedge fries
    - Fruit juice
    - Crackers

23. Scrambled eggs
    - Sausage links
    - Hash browns
    - Warm apples
    - Orange juice

24. Meatloaf
    - Au gratin potatoes
    - Carrots
    - Tropical fruit
    - Vanilla wafers

28. Baked steak
    - Mashed potatoes
    - Green beans
    - Peaches

29. Turkey & cheese sandwich
    - Broccoli soup
    - Coleslaw
    - Fruit cup
    - Crackers

30. Pork roast
    - Sweet potatoes
    - Green peas
    - Tropical fruit

**WEDNESDAY**

2. Fish sandwich
   - Tater tots
   - Brussels sprouts
   - Tropical fruit

3. Swedish meatballs
   - Mashed potatoes
   - Italian vegetables
   - Banana

4. Baked chicken
   - Broccoli
   - Rice Pilaf
   - Cucumber/tomato salad

8. Mac & cheese
   - Mixed vegetables
   - Cauliflower
   - Peaches

9. Sloppy Joe
   - Cheesy hash browns
   - Buttered corn
   - Fruited Jell-O

10. Pizza casserole
    - Tossed salad
    - Peas
    - Apple crisp
    - Breadstick

14. Beef hot dog
    - Tater tots
    - Baked beans
    - Fruited Jell-O

15. Fried chicken
    - Redskin potatoes
    - Lima beans
    - Apricots
    - Pudding

16. Beef & noodles
    - Mashed potatoes
    - Green beans
    - Banana

17. Chicken salad on a croissant
    - Pickled beets
    - Corn chowder
    - Peaches
    - Crackers

22. Cheeseburger
    - Lettuce/tomato/Pickle
    - Wedge fries
    - Fruit juice
    - Crackers

23. Scrambled eggs
    - Sausage links
    - Hash browns
    - Warm apples
    - Orange juice

24. Meatloaf
    - Au gratin potatoes
    - Carrots
    - Tropical fruit
    - Vanilla wafers

28. Baked steak
    - Mashed potatoes
    - Green beans
    - Peaches

29. Turkey & cheese sandwich
    - Broccoli soup
    - Coleslaw
    - Fruit cup
    - Crackers

30. Pork roast
    - Sweet potatoes
    - Green peas
    - Tropical fruit

**THURSDAY**

4. Baked chicken
   - Broccoli
   - Rice Pilaf
   - Cucumber/tomato salad

8. Mac & cheese
   - Mixed vegetables
   - Cauliflower
   - Peaches

9. Sloppy Joe
   - Cheesy hash browns
   - Buttered corn
   - Fruited Jell-O

10. Pizza casserole
    - Tossed salad
    - Peas
    - Apple crisp
    - Breadstick

14. Beef hot dog
    - Tater tots
    - Baked beans
    - Fruited Jell-O

15. Fried chicken
    - Redskin potatoes
    - Lima beans
    - Apricots
    - Pudding

16. Beef & noodles
    - Mashed potatoes
    - Green beans
    - Banana

17. Chicken salad on a croissant
    - Pickled beets
    - Corn chowder
    - Peaches
    - Crackers

22. Cheeseburger
    - Lettuce/tomato/Pickle
    - Wedge fries
    - Fruit juice
    - Crackers

23. Scrambled eggs
    - Sausage links
    - Hash browns
    - Warm apples
    - Orange juice

24. Meatloaf
    - Au gratin potatoes
    - Carrots
    - Tropical fruit
    - Vanilla wafers

28. Baked steak
    - Mashed potatoes
    - Green beans
    - Peaches

29. Turkey & cheese sandwich
    - Broccoli soup
    - Coleslaw
    - Fruit cup
    - Crackers

30. Pork roast
    - Sweet potatoes
    - Green peas
    - Tropical fruit

**FRIDAY**

4. Baked chicken
   - Broccoli
   - Rice Pilaf
   - Cucumber/tomato salad

8. Mac & cheese
   - Mixed vegetables
   - Cauliflower
   - Peaches

9. Sloppy Joe
   - Cheesy hash browns
   - Buttered corn
   - Fruited Jell-O

10. Pizza casserole
    - Tossed salad
    - Peas
    - Apple crisp
    - Breadstick

14. Beef hot dog
    - Tater tots
    - Baked beans
    - Fruited Jell-O

15. Fried chicken
    - Redskin potatoes
    - Lima beans
    - Apricots
    - Pudding

16. Beef & noodles
    - Mashed potatoes
    - Green beans
    - Banana

17. Chicken salad on a croissant
    - Pickled beets
    - Corn chowder
    - Peaches
    - Crackers

22. Cheeseburger
    - Lettuce/tomato/Pickle
    - Wedge fries
    - Fruit juice
    - Crackers

23. Scrambled eggs
    - Sausage links
    - Hash browns
    - Warm apples
    - Orange juice

24. Meatloaf
    - Au gratin potatoes
    - Carrots
    - Tropical fruit
    - Vanilla wafers

28. Baked steak
    - Mashed potatoes
    - Green beans
    - Peaches

29. Turkey & cheese sandwich
    - Broccoli soup
    - Coleslaw
    - Fruit cup
    - Crackers

30. Pork roast
    - Sweet potatoes
    - Green peas
    - Tropical fruit

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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.

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.
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, JUNE 17TH.**

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

**6 SUMMER SAFETY TIPS FOR ADULTS**

1. **Apply Sunscreen.** As we age, skin usually becomes thinner and more fragile. That puts adults (especially seniors) at higher risk for sunburn. Remember to apply and reapply sunscreen when spending any time outdoors or riding in a car. Sunscreen with an SPF of 30 to 50 should be applied every two to four hours, more frequently when swimming.

2. **Wear Sunglasses.** Sunglasses are more than just a fashion statement. They are also essential for protecting your eyes from the sun's harmful rays. Research shows that routinely wearing a quality pair of sunglasses aids in preventing cancerous growths and cataracts.

3. **Protect your Feet.** Flip-flops and sandals may not be the best choice if you'll be outside for any length of time. Instead wear shoes that cover the fragile skin on the top of the foot, as well as those that have a sturdy sole to protect against cuts and falls.

4. **Shield the Face and Neck.** The face and back of the neck are two of the first places on the body where skin cancer develops. Augment your sunscreen by wearing a hat with a brim wide enough to shield both.

5. **Stay Hydrated.** Taking extra precautions to stay hydrated is vital. Medication side effects and some health conditions, like chronic obstructive pulmonary disease, diabetes, and heart disease, can increase risk of dehydration.

6. **Invest in Bug Spray.** Insects that make their return during the warmer months are more than just pests. Some carry with them Lyme disease and West Nile virus. Wear bug spray when you are outdoors. Long sleeves and pants offer another layer of protection. Also be sure to check your clothing, skin, and hair for ticks.

We hope these tips help you enjoy a safe summer. Please be sure to share them with loved ones in your life!
**Grilled Bacon-Wrapped Asparagus**

**Prep time:** 5 minutes  |  **Cook time:** 8 minutes  |  **Servings:** 6-8

- 1 pound Michigan Asparagus
- Olive oil
- 1 package uncooked bacon, thin sliced
- Balsamic glaze (optional)
- Salt, to taste
- Pepper, to taste

**Wash asparagus and trim ends.** Place asparagus on tray and drizzle with olive oil. Toss to coat.

**Wrap 2-3 spears** with one slice bacon. Repeat with remaining asparagus and bacon.

**Heat grill** to medium heat and clean grates. Place asparagus bundles on grill and cook 3-4 minutes per side, or until bacon is crispy.

**During last minute** of grilling, brush asparagus bunches with balsamic glaze, if desired. Avoid adding glaze too soon or it may burn.

**Add** salt and pepper, to taste.

For more asparagus inspired recipes and information, visit michiganasparagus.org.

(Courtesy of BPT)
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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 Neurolongist 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:

“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. 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 Neurolongist has studied the problem of arthritis in the knees (and hip 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 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:

“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 knee, and couldn’t be on my feet at all. 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 am not disappointed with the results I have experienced.” – Lest 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!
Let Senior Benefit Advantage be your advocate beyond your insurance PLAN

Rhonda K. Kraus, MSW
is the Director of Client Services at Senior Benefit Advantage and has 30 years’ experience in the insurance industry, with a background in social work that is focused on serving Medicare Beneficiaries. Senior Benefit Advantage serves clients who request our help with choosing Medicare Plan Options. We are licensed Independent Insurance Brokers who are certified and compensated by the plans we represent. We do not charge a fee for any service we provide.

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Help with applying for Medicaid and Medicare

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