Can you believe it!? How is it possible!?
2021 is half over, and on top of that, it has been nearly a year and a half since we’ve seen all of your smiling faces!

Well…
The time we’ve all been patiently awaiting is finally here and we can’t wait to welcome you back! So, you’re invited to an Independence Day Ice Cream Social here at the Center on Thursday, July 1st from 1:00 to 3:00 p.m.
Then, on Friday, July 2nd, our dining room will open for Congregate lunch with serving beginning at 11:30 a.m.
* Please note that Activities will not resume until Monday, July 12th.
Be sure to check the calendar, as there have been a few changes to our Activities schedule.

We are all looking forward to getting back to “normal,” and as always, there are suggested guidelines:
1. Vaccines are suggested (and are a personal choice), but are NOT mandatory.
2. Masks are not required, but are welcome.
3. Staff will be sanitizing on a regular basis; hand sanitizer and disposable masks are available for your use. Please practice routine hand-washing and social distancing.
4. If you do not feel well, are exhibiting ANY viral symptoms, or have a fever, please remain at home until you recover.

If you have any reservations regarding your health or safety, please use your best judgment about returning to the Center.
OUR COMMUNITY

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

MCCFS will be CLOSED on the following holidays:
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.

My Senior Center
Just a reminder to please sign in to MY SENIOR CENTER when you come in for lunch and/or activities. This process is VERY important for us to maintain accurate records and is our only way to track our meals and activity attendance. If you are a regular attendee and do not have a card, please stop at the front desk or see a staff member.

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

NEED A REASON TO CELEBRATE?
Check out these holidays for JULY!!

2  World UFO Day
3  Dog Days of Summer Begin
4  National Barbecue Day
6  National Fried Chicken Day
7  World Chocolate Day
9  Collector Car Appreciation Day
10 Pick Blueberries Day
11 National Cheer Up the Lonely Day
12 National Pecan Pie Day
13 National French Fry Day
15 National Give Something Away Day
16 National Ice Cream Day
17 World Emoji Day
19 National Daiquiri Day
20 National Ice Cream Sundae Day
21 National Junk Food Day
23 Hot Dog Day
24 National Cousins Day
25 Parents' Day
27 National Scotch Day
29 National Chili Dog Day
31 National Mutt 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. 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 June. Your contributions are greatly appreciated!
WELCOME BACK!

It has been a LONG 16 months, but we are thrilled to be back in business! We are excited to resume activities here at the Center and would like to make you aware of some changes we have made. Some of the changes are due to COVID, while others have been made to improve efficiency by making better use of our time and resources. First and foremost, our hours have changed slightly. We continue to open our doors at 8:00AM and will still close at 4:00PM on Wednesday and Thursday. However, our closing time on Monday, Tuesday, and Friday will now be 9:00 PM. This means that some of our evening activities will begin earlier than in the past. Please note these time changes on our Activity page (p. 7).

Another important change involves our Friday evening hours, which will affect our square dance attendees and Euchre players. There are a number of reasons for this change, and we hope this will give you the opportunity to enjoy other activities in the area (e.g. First Friday Art Walk, etc.). We will only be open for euchre and square dances on the 2nd and 4th Fridays of the month. Our first square dance will be held on Friday, July 23rd with music and calling by Brenda Sue & the Out-of-Towners.

COVID PREVENTION
WHAT TO DO AT the MUSKINGUM COUNTY CENTER FOR SENIORS

ARTHRITIS EXERCISE is a joint-friendly exercise that improves pain, function, mood, and quality of life. It aids in managing other chronic diseases. Our arthritis program is done from a seated position and can be done at any fitness level.

CARDIO DANCE is a fun, fast paced fitness program that includes easy to follow dance steps. It is a fun workout that gives you the opportunity for social interaction, while improving health and mobility. It provides stress relief, builds stronger muscles & bones, and aids in weight loss.

GERI-FIT is a 45 minute, evidence-based, ongoing strength training exercise class that works toward increasing strength and balance and helps improve gait and flexibility. Anyone at any age and fitness level can participate. It is effective in rebuilding strength, balance and range of motion, and it’s great for chronic disease management.

LINE DANCE is the perfect form of exercise, providing the benefits of an aerobic workout, which helps maintain a healthy heart. It also gives you social interaction, which is great for mental wellness. There are offerings at three levels of difficulty, so there is a class for everyone.

ROUND DANCE is a choreographed and cued PARTNERS ballroom dance class that progresses in a circular counter-clockwise pattern around the dance floor. The two major categories of ball room dances are the smooth and international ballroom styles (such as foxtrot and waltz) and the Latin dances (such as cha-cha-chá, salsa, and rhumba).

SQUARE DANCE is a dance for four couples (eight dancers in total) arranged in a square, with one couple on each side, facing the middle of the square. The dancers are generally prompted or cued through a sequence of steps by a caller to the beat and/or words of the music. Cost is $3.00

YOGA is a calm, tranquil, and restorative fitness program that focuses on breathing and listening to your body. Yoga has physical and psychological advantages. It improves balance and stability, strengthens muscles, improves flexibility and joint health, reduces high blood pressure and anxiety, improves respiration, and encourages mindfulness. It can be done from a seated position or on the floor. A yoga mat is suggested for comfort, and the cost is $1.00

ART CLASS is a watercolor painting class with supplies provided; on occasion, there may be additional arts & crafts opportunities. The cost for this class is $1.00. On Wednesdays, some of the artists meet here to paint; however, on Wednesdays, you must supply your own materials.

GREETING CARD CLASS is the class formerly know as Stamp Art, and the creations made in this class look as professional as Hallmark! The cost for the class is $5.00, reservations are required, and you must provide your own tools. Card kits are provided.

BRIDGE is a four-player partnership trick-taking card game with thirteen tricks per deal. Players bid how many tricks they can win and the goal is to successfully estimate how many tricks one’s partnership can take.

EUCHRE is a trick taking game with a trump, played by four players in teams of two. The game is played over several rounds until one team has scores 10 points.

MAHJONG is played with a set of 144 tiles based on Chinese characters and symbols. Each player begins by receiving 13 tiles. In turn players draw and discard tiles until they complete a legal hand using the 14th drawn tile to form four melds (or sets) and a pair (eye).
Fourth of July Word Search

John ADAMS
AMERICA
BOSTON
CELEBRATE
COLONIES
CONGRESS
CONSTITUTION
DECLARATION
DOCUMENT
FIREWORKS
FLAG
FOURTH

(Benjamin) FRANKLIN
FREEDOM
(Great) BRITAIN
(John) HANCOCK
HOLIDAY
INDEPENDENCE
(Thomas) JEFFERSON
JULY
LIBERTY
PARADE
PATRIOT
PHILADELPHIA

PICNIC
REVOLUTION
SALUTE
SIGN
SPEECHES
STARS
STRIPES
SUMMER
TAXES
TEA
(George)
WASHINGTON
**DAILY ACTIVITIES**

**Monday**
- **ARTHRITIS EXERCISE:** 9:30 AM  
  *BEGINNING IN AUGUST*
- **ART CLASS:** 12:00 NOON
- **YOGA:** 4:00 PM *(Bring your own mat)*
- **LEVEL I LINE DANCE:** 5:00 PM
- **DUPLICATE BRIDGE:** 6:00 PM
- **EUCHRE:** 6:00 PM

**Tuesday**
- **GREETING CARD CLASS:** 10:00 AM *(twice monthly)* - **FIRST CLASS July 27th** - $5.00
- **BUTTON CLUB:** 11:00 AM *(1st Tuesday of month ONLY)*
- **LINE DANCE:** 10:00 AM
- **HEALTHY LIVING:** 10:00 AM *(2nd & 4th Tuesdays of month)* - **BEGINNING IN AUGUST**
- **Y-BRIDGE:** 12:00 NOON
- **MAHJONG:** 1:00 PM - *Looking for players!*
- **ROUND DANCE:** 12:30 PM *(except 2nd Tuesday of month)*
- **LEVEL III LINE DANCE:** 6:00 PM
- **EUCHRE:** 6:00 PM

**Wednesday**
- **BINGO:** 9:45 AM - **BEGINNING IN AUGUST**
- **PAINTING WITH WATERCOLORS:** 12:00 NOON *(1st & 3rd Wednesdays of the month)*
- **SUPPORT OF SENIORS (SOS) CLASS:** 12:30 PM - **BEGINNING IN AUGUST**
- **BIRTHDAY CELEBRATION:** Last Wednesday of the month at 11:30 AM
- **GERI-FIT:** 2:00 PM - **BEGINNING IN AUGUST**

**Thursday**
- **CARDIO DANCE:** 9:00 AM - Bring hand weights *(1-5 lbs)* - **BEGINNING IN AUGUST**
- **ARTHRITIS EXERCISE:** 9:30 AM - **BEGINNING IN AUGUST**
- **LINE DANCE:** 10:00 AM
- **PERI:** 11:00 AM *(1st Thursday of the month)*
- **EUCHRE:** 12:00 NOON
- **LEVEL II LINE DANCE:** 1:00 PM
- **MAHJONG:** 1:00 PM - *Looking for players!*

**Friday**
- **BINGO:** 9:45 AM - **BEGINNING IN AUGUST**
- **WHAT’S TRUMP?:** 12:00 NOON
- **DUPLICATE BRIDGE:** 12:30 PM
- **EUCHRE:** 6:00 PM *(2nd and 4th Fridays of month)*
- **SQUARE DANCE:** 6:00 PM *(2nd and 4th Fridays of month)*

**PLEASE TAKE NOTE - SOME ACTIVITIES HAVE CHANGED DAYS and/or TIMES.**

WII GAMES, BILLIARDS, BOARD GAMES & PUZZLES ARE AVAILABLE ALL DAY EVERY DAY!! PLAYING CARDS ARE AVAILABLE AT THE FRONT DESK. OUR DOWNSTAIRS WALKING TRACK IS ALSO ACCESSIBLE YEAR-ROUND.
**THIS DAY IN HISTORY**

**JULY 1, 1979:** Sony introduced the Walkman.

**JULY 2, 1962:** Wal-Mart Discount City opened in Rogers, Arkansas. It was the first Walmart store in the country.

**JULY 3, 1922:** “Fruit Garden and Home” magazine was introduced but was later renamed “Better Homes and Gardens.”

**JULY 4, 2004:** In New York, the cornerstone of the Freedom Tower (One World Trade Center) was laid on the former World Trade Center site.

**JULY 5, 1975:** Arthur Ashe became the first black man to win a Wimbledon singles title when he defeated Jimmy Connors.

**JULY 6, 1948:** Frieda Hennok became the first woman to serve as the commissioner of the Federal Communications Commission.

**JULY 7, 1981:** Ronald Reagan appointed Sandra Day O'Connor to the U.S. Supreme Court, the first woman to be appointed to the highest court in the U.S.

**JULY 8, 2011:** Space Shuttle Atlantis was launched for the last time.

**JULY 9, 1962:** Andy Warhol’s iconic Campbell’s Soup Cans made their debut at the Ferus Gallery in Los Angeles, California.

**JULY 10, 1991:** Boris Yeltsin took the oath of office, becoming the first popularly elected president in Russia’s thousand-year history.

**JULY 11, 1914:** Babe Ruth made his MLB debut with the Boston Red Sox.

**JULY 12, 1967:** Race riots break out in Newark, New Jersey, killing 26 people and injuring several others.

**JULY 13, 1985:** Held simultaneously in London and Philadelphia, the Live Aid concert raised millions in benefit of those affected by famine in Ethiopia.

**JULY 14, 1789:** The fall of the Bastille occurred at the beginning of the French Revolution.

**JULY 15, 1973:** Nolan Ryan of the California Angels became the first pitcher in two decades to win two no-hitters in a season.

**JULY 16, 1935:** Oklahoma City became the first city in the U.S. to install parking meters.

**JULY 17, 1950:** The television show “The Colgate Comedy Hour” debuted featuring Dean Martin and Jerry Lewis.

**JULY 18, 1985:** At the age of 23, Jack Nicklaus II made his playing debut on the pro golf tour at the Quad Cities Open in Coal Valley, Illinois.

**JULY 19, 1946:** Marilyn Monroe acted in her first screen test.

**JULY 20, 1969:** A global audience watched on television as Apollo 11 Astronaut Neil Armstrong took his first step onto the moon.

**JULY 21, 1899:** Ernest Hemingway was born in Oak Park, Illinois.

**JULY 22, 1934:** Bank robber John Dillinger was shot and killed by FBI agents in Chicago.

**JULY 23, 1952:** Egyptian army officers launched a revolution changing Egypt from a monarchy to a republic.

**JULY 24, 1956:** Dean Martin and Jerry Lewis ended their team after a decade together.

**JULY 25, 1943:** Mussolini was deposed two weeks after the Allied attack on Sicily.

**JULY 26, 1856:** Irish playwright George Bernard Shaw was born in Dublin, Ireland.

**JULY 27, 1953:** The Korean War ended with the signing of an armistice by U.S. and North Korea.

**JULY 28, 1998:** Monica Lewinsky received immunity from prosecution to testify before a grand jury about her relationship with U.S. President Clinton.

**JULY 29, 2005:** Astronomers announced that they had discovered a new planet, Xena, in orbit around the sun.

**JULY 30, 1956:** The phrase “In God We Trust” was adopted as the U.S. national motto.

**JULY 31, 1928:** MGM’s Leo the lion roared for the first time.
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 CLOSED</td>
<td>6 Sausage gravy</td>
<td>7 Tater tot casserole</td>
<td>8 Chef salad</td>
<td>9 Grilled chicken</td>
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<td></td>
<td>over biscuit</td>
<td>Tossed salad</td>
<td>Tomato/cucumber/</td>
<td>Redskin potatoes</td>
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<td></td>
<td>Hash browns</td>
<td>Succotash</td>
<td>onion</td>
<td>Mashed potatoes</td>
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<td></td>
<td>Baked apples</td>
<td>Peach crisp</td>
<td>Pineapple</td>
<td>Carrots</td>
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<td></td>
<td>Tomato juice</td>
<td></td>
<td>Pound cake</td>
<td>Peaches</td>
</tr>
<tr>
<td>12 Chicken Alfredo</td>
<td>13 Swiss steak</td>
<td>14 Chicken sandwich</td>
<td>15 Turkey cobb salad</td>
<td>16 Baked steak</td>
</tr>
<tr>
<td>Broccoli</td>
<td>Mashed potatoes</td>
<td>Tater tots</td>
<td>Tomato/cucumber/</td>
<td>Mashed potatoes</td>
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<tr>
<td>3 bean salad</td>
<td>Green beans</td>
<td>Asian blend</td>
<td>onion</td>
<td>Beets</td>
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<tr>
<td>Warm apples</td>
<td>Apricots</td>
<td>vegetables</td>
<td>Applesauce</td>
<td>Fruit cocktail</td>
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<td></td>
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<td>Melon cup</td>
<td>Crackers</td>
<td>Pudding</td>
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<tr>
<td>19 Chicken breast</td>
<td>20 Ham &amp; beans</td>
<td>21 Grilled chicken</td>
<td>22 Roast pork</td>
<td>23 Chicken salad</td>
</tr>
<tr>
<td>w/cheese</td>
<td>Baby carrots</td>
<td>salad</td>
<td>Mashed potatoes</td>
<td>on a croissant</td>
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<tr>
<td>3 bean salad</td>
<td>Warm peas</td>
<td>Tomato/cucumber/</td>
<td>Sauerkraut</td>
<td>Tomato wedges</td>
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<tr>
<td>Warm apples</td>
<td>Cornbread</td>
<td>onion</td>
<td>Applesauce</td>
<td>Pea salad</td>
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<tr>
<td>Cookie</td>
<td>Rice Krispie treat</td>
<td></td>
<td>Brownie</td>
<td>Mixed fruit cup</td>
</tr>
<tr>
<td>26 Smoked sausage</td>
<td>27 Taco salad</td>
<td>28 Turkey &amp; dressing</td>
<td>29 Meatloaf</td>
<td>30 BBQ pork</td>
</tr>
<tr>
<td>Mashed potatoes</td>
<td>Refried beans</td>
<td>Sweet potatoes</td>
<td>Mashed potatoes</td>
<td>Tater tots</td>
</tr>
<tr>
<td>Sauerkraut</td>
<td>Tortilla chips</td>
<td>Capri blend</td>
<td>Lima beans</td>
<td>Broccoli &amp; cheese</td>
</tr>
<tr>
<td>Pineapple</td>
<td>Warm apples</td>
<td>vegetables</td>
<td>Banana</td>
<td>Fresh fruit cup</td>
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<tr>
<td>Cookie</td>
<td></td>
<td>Pineapple</td>
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</tbody>
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The **suggested donation** for all meals 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, JULY 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.

OUTSIDE FOOD POLICY
**REMINDER:** It is the policy of the Muskingum County Center for Seniors that NO HOMEMADE foods are permitted to be brought in for activities. Store bought, pre-packaged items ARE permitted. This policy has been made to protect you, our Seniors, as well as the security of our food license. Thank you for your understanding in this matter!

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**PLANNING A SAFE AND HEALTHY SUMMER PICNIC**

First, plan your menu with care. If you don’t already know, ask friends who will be attending your picnic if they are diabetic, on a low sodium diet, or have any other dietary restrictions. You’ll want to take those into account as you plan.

**Serve fruit:**
Berries, pineapple, melon, apples, and grapes are packed with vitamins, nutrients, and antioxidants. They also contain a lot of water, making them good for hydration.

**Healthy veggie dip:**
Summer picnics and parties often include vegetables and dips to snack on. Unfortunately, many dips are loaded with fat and calories. You can make a healthier version of your favorite dip by substituting full-fat sour cream and mayonnaise with low-fat versions or with plain yogurt. An alternative would be to skip serving veggie dip and serve hummus instead. It’s a nutritious and delicious option made with high fiber chickpeas that are linked to low cholesterol.

**Serve plenty of water:**
The hotter the day, the more important it will be. Set up a water station and include enhancements like lemons, berries, limes, and cucumber.

**Food Safety and Summer Picnics**
Hosting a picnic outdoors when the mercury is soaring requires extra planning and precautions:

- **Keep food chilled:**
Never leave food outdoors for more than an hour. If it is especially hot, even one hour is too long. Place foods that contain mayonnaise, eggs, or other ingredients that can spoil back in the cooler immediately after serving.

- **Monitor the cooler:**
Make sure your cooler is stored in a shady spot and that the ice is keeping the contents cold. Plan ahead to determine where you make an ice run near your picnic location.

- **Cooked or raw:**
Don’t partially cook meat with the intention of finishing it on a grill at the park. This increases the risk for food poisoning. Either cook the dish thoroughly before the picnic or wait to start it until you arrive.

Learn more about the steps you can take to avoid food poisoning by visiting the Centers for Disease Prevention and Control Foodborne Germs and Illnesses webpage. This resource contains information on the causes, symptoms, and warning signs of foodborne illnesses.
SIZZLING SHRIMP FAJITA STIR-FRY

Prep time: 15 minutes | Cook time: 10 minutes | Servings: 6

- 1 1/2 pounds large, raw shrimp, peeled and deveined (21-25 shrimp total)
- 2 tablespoons soy sauce, divided
- 4 teaspoons cornstarch, divided
- 1/4 cup NAKANO Roasted Garlic Rice Vinegar
- 3 tablespoons hoisin sauce
- 2 teaspoons grated fresh ginger
- 3 tablespoons vegetable oil, divided
- 1 red onion, cut into thin slivers
- 1 red bell pepper, cut into thin strips
- 1/2 pound shishito peppers, stemmed
- 6 warmed corn or flour tortillas
- 1/2 cup finely shredded red cabbage
- 1/4 cup thinly sliced green onions

**In medium bowl**, combine shrimp, 2 teaspoons soy sauce and 2 teaspoons cornstarch; let stand 5 minutes to marinate.

**In separate bowl**, whisk remaining soy sauce, remaining cornstarch, rice vinegar, hoisin sauce and ginger until blended.

**In large nonstick skillet over medium-high heat**, heat 1 tablespoon oil until shimmering. Add half of shrimp; cook 1 minute on each side. Transfer to clean bowl; repeat with remaining shrimp. Wipe out skillet with paper towel.

**In same pan**, heat remaining oil until shimmering. Add red onion, bell pepper and shishito peppers. Cook, stirring, 2-4 minutes until peppers begin to blister. Add vinegar mixture; cook, stirring, 1-2 minutes, or until sauce is slightly thickened. Add shrimp to pan. Cook, tossing well until shrimp and vegetables are coated with sauce.

**Fill tortillas** with shrimp mixture, cabbage and green onions.
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Lynn Richardson
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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 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. Shulman

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

AVOID KNEE SURGERY!

If you have been told by the doctor that you have arthritis in the knees, or even bone-on-bone, then the most commonly recommended treatment is Knee Replacement surgery.

For the past 12 years, a Chiropractic Neurologist has studied the problem of arthritis in the knees (and hip and spine) when the cushion 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 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 those same Non-Invasive therapies to arthritis in the knees (& 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 1/3. 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.” - W. Stiles

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!
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.

Senior Benefit Advantage Provides Access to Better
Healthcare through:

Medicare Counseling:
• Help Understanding Medicare and Medicaid
• Help Understanding Medicare Plan Options

Prescription Assistance:
• Help with finding companies that offer
  low-cost prescription medications
• Help with applying for Extra-Help with
  Prescription Drugs through Social Security
• Help finding and applying for Patient
  Assistance Programs

Help with applying for
Medicaid and Medicare
Premium Assistance Programs:
• We will serve as your Authorized Repre-
  sentative at Jobs and Family Services

Help with understanding and
accessing benefits available
through certain Medicare
Plans:
• Transportation
• Dental Coverage- Dentures
• Vision Coverage
• Hearing Aid Appointments
• Medical Alerts
• And More…

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