Happy thoughts and wishes to all good friends of the Muskingum County Center for Seniors. Every day is a huge “WOW” as we journey together on this path of becoming fully operational again after 16 months of awful regarding the COVID pandemic. Three things have become abundantly clear as I progress through my short, yet intense experience at the Center for Seniors. Number One: Our friends in the community and our collaborative partners are plentiful, helpful, and enthusiastic. We are VERY fortunate to live in a community that values the senior population as much as we do!

Number two: The staff at the Center for Seniors is second to none! The many signs on our external windows say it loud and proud...Heroes Work Here!

Number three is the seniors themselves that we are here to serve. The blessings of getting to know these wonderful seniors is nothing short of magnificent...it is true, I have made great friends for life! The personal stories and the relationships created will forever be a part of my soul!

In summary, many thanks to our community partners, the Center staff, and our beloved seniors for making this such an unforgettable position and experience.

Respectfully,
Dave 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, 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.
We would like to thank all who made donations to the Center for Seniors during the month of July. Your contributions are greatly appreciated and help us continue serving seniors in Muskingum County.
The 2021 Summer Crisis Program (SCP) will provide eligible households with a one-time benefit to assist with electric utility bills, central air conditioning repairs, and air conditioning unit and/or fan purchases. Household income must be at or below 175% of the Federal Poverty Guidelines and households must have at least one additional eligibility criteria listed below:

- A household member who is age 60 or older.
- A household member who has a documented medical condition verified by a licensed medical professional who is qualified under Ohio law to write prescriptions.
- A household member that was diagnosed with COVID-19 in the last 12 months; may provide a written statement as proof of medical diagnosis.
- Percentage of Income Payment Plan Plus (PIPP) customers are eligible for assistance towards their default PIPP payment, first PIPP payment, central air conditioning repairs, or may receive an air conditioning unit and/or fan.
- A household’s electric utility has a disconnect notice, has been shut off, or new electric service is being established for the household.

These households may also receive an air conditioning unit and/or fan or central air conditioning repairs if the household can maintain electric service for 30 days.

This year the program will be open July 1 – September 30, 2021. The maximum benefit amounts for the 2021 program are: $500 for customers of regulated utilities and $800 for customers of unregulated utilities (municipal utilities or cooperatives). Air conditioning units and/or fans may only be provided to eligible customers who have not received an air conditioning unit or fan in the last three years.

New this year: The utility assistance benefit is separate from the additional benefit. Households may receive the maximum utility assistance benefit towards their electric bill and still receive an additional benefit (i.e., central air conditioner repair, air conditioner unit, and/or fan). SCP appointments should be scheduled with the local energy assistance provider.
**WHAT TO DO at the MUSKINGUM COUNTY CENTER FOR SENIORS**

**ARTHRITEX 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 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).
Good Ol’ Gospel Music Night
We are hosting a good old-fashioned gospel music night on the THURSDAY, AUGUST 5TH at 6:00 PM, sponsored by Helen Purcell. Admission is $2.00. The evening is open to the public, and offers an opportunity to enjoy great music and fellowship! This month’s concert features the music of VICTORY TRIO.

Greeting Card Class
Tuesday, August 10th & 24th at 10:00 AM
Reservations are required
Cost: $5.00 (includes card kit)
You must provide your own tools.

BEACH FUN DAY!!
Friday, August 6th
Come early and decorate your table!
Wear your favorite beach attire, and come prepared for a good time!

Senior Day Fun!!
Tuesday, August 17th
at the North Stage
10:00 AM—12:30 PM
Sign up at the front desk if you need a ride.
** Space is limited! **

ICE CREAM TREAT DAY!
Thursday, August 25th
12:00 NOON

BINGO
August 4—Sponsored by Interim Hospice
August 11—Sponsored by Shriver’s Hospice
August 13—Sponsored by Humana
August 18—Sponsored by First Settlement Physical Therapy
August 25—Sponsored by Humana
August 27—No sponsor
<table>
<thead>
<tr>
<th>Day</th>
<th>Activities</th>
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</thead>
</table>
| Monday  | ARTHRITIS EXERCISE: 9:30 AM  
        | 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)* - $5.00  
        | BUTTON CLUB: 11:00 AM *(1st Tuesday of month ONLY)*  
        | LINE DANCE: 10:00 AM  
        | HEALTHY LIVING (formerly Diabetic Support): 10:00 AM *(2nd & 4th Tuesdays)*  
        | 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  
         | PAINTING WITH WATERCOLORS: 12:00 NOON *(1st & 3rd Wednesdays of the month)*  
         | SUPPORT OF SENIORS (SOS) CLASS: COMING SOON!  
         | BIRTHDAY CELEBRATION: Last Wednesday of the month at 11:30 AM  
         | GERI-FIT: To be Announced |
| Thursday | CARDIO DANCE: 9:00 AM - Bring hand weights (1-5 lbs)  
         | ARTHRITIS EXERCISE: 9:30 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 *(2nd and 4th Fridays of month)*  
         | 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)*  
         | Aug. 13 - Bob Pletcher; Aug. 27 - Brenda Sue |

**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.
COUNTY FAIR / 4-H WORD SEARCH

Community  Service  Hands  Heart
Head  Projects  Livestock  Fair
County  Outagaiame  Rides  Food
Games  Leadership  Cloverbuds  PettingZoo
Poultry  Rabbits  Judging  Friends
Family  OpenClass  Robotics  Painting
Drawing  Ceramics  Photography  Woodworking
Beef  Swine  Goats  Sheep
Dairy
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.

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 Pimento cheese sandwich Tossed salad Potato soup Grape juice Crackers</td>
<td>3 Johnny Marzetti Baby carrots Coleslaw Garlic bread Cherry crisp</td>
<td>4 Spinach salad Vegetable soup Grapes Crackers Fruit muffin</td>
<td>5 Fish sandwich Stewed tomatoes Mac &amp; cheese Apple juice</td>
<td>6 Stuffed pepper Mashed potatoes Carrots Peaches</td>
</tr>
<tr>
<td>9 Roast pork Sweet potatoes Corn Fruited Jell-O Vanilla wafers</td>
<td>10 Sausage gravy over biscuit Hash browns Baked apples Tomato juice</td>
<td>11 Tater tot casserole Tossed salad Succotash Peach crisp</td>
<td>12 Chef salad Tomato/cucumber/ onion Pineapple Pound cake Crackers</td>
<td>13 Grilled chicken Redskin potatoes California blend Pears Cookie</td>
</tr>
<tr>
<td>16 Chicken Alfredo Broccoli 3 bean salad Warm apples</td>
<td>17 Swiss steak Mashed potatoes Green beans Apricots</td>
<td>18 Chicken sandwich Tater tots Asian blend vegetables Melon cup</td>
<td>19 Turkey cobb salad Tomato/cucumber/ onion Applesauce Crackers Brownie</td>
<td>20 Baked steak Mashed potatoes Beets Fruit cocktail Pudding</td>
</tr>
<tr>
<td>23 Chicken breast w/cheese Au gratin potatoes Brussels sprouts Mandarin oranges</td>
<td>24 Ham &amp; beans Baby carrots Warm peaches Cornbread Rice Krispie treat</td>
<td>25 Grilled chicken salad Tomato/cucumber/ onion Pears Crackers</td>
<td>26 Roast pork Mashed potatoes Green beans Peaches</td>
<td>27 Chicken salad on a croissant Tomato wedges Pea salad Mixed fruit cup Crackers</td>
</tr>
<tr>
<td>30 Smoked sausage Mashed potatoes Sauerkraut Pineapple Cookie</td>
<td>31 Taco salad Refried beans Tortilla chips Warm apples Cookie</td>
<td></td>
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</tr>
</tbody>
</table>

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, August 19th.**

FOOD PANTRY UPDATE
The Muskingum County Center for Seniors will no longer be offering a food pantry. **Please call 2-1-1 to be assigned the food pantry nearest you.**

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!

BONNIE LONGABERGER SENIOR CENTER (DRESDEN)
MONDAY: **Bingo** at 12:00 noon
MONDAY/WEDNESDAY/FRIDAY: **Line Dancing** at 10:00 AM
TUESDAY: **Exercise Class** (sponsored by Melissa King, owner of First Choice Nutrition of Dresden)
TUESDAY/THURSDAY: **Golf Card game** at 10:00 AM
    **Hausey & Canasta** at 12:00 noon

Thursday, AUGUST 19: **Birthday Celebration**
    with entertainment by Dale Tom
    * Cake donated by Shriver’s Hospice *

10 | GOLDENnews
HEALTH & WELLNESS

TIPS FOR SHOPPING FARMERS’ MARKETS

Your local farmers’ market is not only a great place to purchase fruits and vegetables that are grown nearby. It’s a good opportunity to score other freshly baked and produced goods, from pastries and jams to handmade jewelry and homegrown flowers. A farmers’ market is also a fun way to spend a few hours on a summer day.

How can you make the most of your weekly trip to the farmers’ market? We have a few tips to help you master the market.

1. Bring your own bag.
A farmers’ market essential is a sturdy bag to stash your goodies in. It’s also an environmentally friendly way to shop. If you have other errands or stops to make afterward, consider bringing a cooler with ice to keep your produce cold.

2. Wear comfortable shoes.
When you shop at a farmers’ market, it’s guaranteed that you will do a lot of walking. Wearing comfortable shoes is a must.

While some farmers might accept credit cards, cash is generally the preferred currency. It’s also a great way to stay on budget and avoid indulging in too many impulsive purchases.

4. Talk with the growers.
Vendors at farmers’ markets can be a great source of information and advice. Make sure to talk with them as you make your rounds. There is much to be gained by talking with those who grow or make ’items to sell at a farmers’ market, from learning how things are grown to getting suggestions on how to prepare produce.

5. Shop early if you can.
Farmers’ markets have gained in popularity in recent years. If you want the largest variety of fruits, vegetables, and other goodies, it’s best to go early. You’ll not only have the first pick of goods, you’ll probably have more time to chat with vendors.

6. Get to know the market.
Most markets have regular vendors who set up in the same place week after week. Once you get familiar with the market, you can visit your favorites each time you shop. It helps you plan your menus and snacks for the week. One tip, however, is not to fall into the trap of visiting only the vendors you’ve shopped before. Continue to explore new vendors and those who sell just a few times a summer.

7. Adhere to market etiquette.
Few farmers’ markets encourage the haggling you often find at flea markets or other sales. Before you try to barter with vendors, take time to learn market etiquette. The market may discourage that type of behavior.

(Courtesy of BPT)
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SPINAL ARTHRITIS?

Many patients have been told by their doctors (AOI 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 highly 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 Neurologist has studied the problem of arthritis in the knees (and hip and spine) and when the 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 (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 me. 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. It 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 bear on my feet at all. I had 10 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 a lot of pain relief.”

- L. 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!
Rhonda K. Kraus, MSW

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