County fairs in many ways define and represent the quintessential American experience. Communities coming together for the sake of fun, food, and fellowship! Warm breezes, untimely rain showers, young people proudly showing their livestock, marching bands, temptingly delicious baked goods and garden vegetables, curious games of chance, talented community members showcasing their crafting ability, fun rides, and absolutely wonderful entertainment are all part of this wonderfully American experience! The Muskingum County Center for Seniors is pleased and proud to have, once again, been a part of this yearly celebration on the American spirit!

The Center for Seniors hosted many wonderful performers during the morning and early afternoon of Senior Day at the fair on Tuesday, August 17th. Fairgoers were treated to uplifting Gospel music performed by Dave & Cathy Goss, country music with flair performed by Pat Wess, selected oldies and patriotic-themed numbers by Rick & Sue Hildebrand, and Carol Morgan’s line dance troupe “moving & shaking” to the beat of many classics.

Many thanks to Shriver’s Hospice for the donated water for the event; it was certainly necessary in the heat, and very much appreciated!

Finally, thanks to the Muskingum County Center for Seniors staff who were involved in the success of this event: Tara, Erica, Becky, Carol, Anita, Donna, and Kurt! Without your hard work and planning, there would have been a few less smiles in Muskingum County on Tuesday, August 17th!

~ Dave Boyer
Interim Director
OUR COMMUNITY

STAFF

Interim Executive Director
Dave Boyer
Administrative Assistant
Erica Silvia
Supportive Services Director
Becky Bruce
Outreach Specialist
Debbie Moore
Activities Director
Tara Rock
Activities Assistant
Carol Morgan
Receptionist
Cindy Sheppard
Nutrition Director
Earl Stapleton
Home Delivered Meal Supervisor
John Brookover
Transportation Director
Jodi Paul
Fiscal Officer
Kurt Ufholz

Board of Commissioners
Cindy Cameron
Mollie Crooks
Jim Porter

Board of Trustees
Anthony Adornetto
Jay Benson
Sheryl Derry
Megan Durst
Ginger Hamilton
R. Susan Jones
Janice McFerren
James McDonald
Brian Wagner
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, 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.
LETS US HELP YOU

NEED A REASON TO CELEBRATE?
Check out these holidays for SEPTEMBER
3 National Baby Back Ribs Day
4 National Tailgating Day
5 National Cheese Pizza Day
6 National Read a Book Day
7 National Acorn Squash Day
7 National Beer Lovers’ Day
8 World Physical Therapy Day
10 Stand Up to Cancer Day
12 Grandparents’ Day
12 National Chocolate Milkshake Day
12 National Day of Encouragement
12 National Video Games Day
12 Pet Memorial Day
12 Report Medicare Fraud Day
13 International Chocolate Day
13 National Peanut Day
14 Eat a Hoagie Day
14 National Cream-Filled Doughnut Day
15 National Linguine Day
16 National Cinnamon-Raisin Bread Day
16 Stepfamily Day
17 Citizenship Day
18 National Cheeseburger Day
19 National Butterscotch Pudding Day
19 National Cleanup Day
19 Talk Like a Pirate Day
22 Falls Prevention Awareness Day
22 National Ice Cream Cone Day
25 National Food Service Workers Day
25 National Hunting and Fishing Day
25 National Lobster Day
26 National Key Lime Pie Day
27 National Chocolate Milk Day
28 National Good Neighbor Day
28 National Voter Registration Day
29 National Coffee Day
29 National Women’s Health/Fitness Day
30 National Mulled Cider 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. Please 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 August. Your contributions are sincerely appreciated and help us continue serving seniors in Muskingum County.
Summer HEAP Crisis Program July 1 - September 31, 2021

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.

Sunday, September 12th
**WHAT TO DO at the MUSKINGUM COUNTY CENTER FOR SENIORS**

**ARTHRITEIS 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-cha, 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 Thursday, September 9th at 6:00 PM, sponsored by Helen Purcell. Admission is $2.00. This event is open to the public, and offers an opportunity to enjoy great music and fellowship! This month’s concert features the music of Pure Heart.

Painting with Watercolors
Monday, September 1st & 15th at 12:00 NOON.
* Please provide your own supplies. *

Greeting Card Class
Tuesday, September 14th & 28th at 10:00 AM.
Reservations are required
Cost: $5.00 (includes card kit)
You must provide your own tools.

September 10
Wear your PATRIOTIC ATTIRE in honor of 9/11
Patriot Day

September 24th
Wear PURPLE in support of Alzheimer’s Awareness Day!!

Painting with Watercolors
Monday, September 1st & 15th at 12:00 NOON.

Greeting Card Class
Tuesday, September 14th & 28th at 10:00 AM.
Reservations are required
Cost: $5.00 (includes card kit)
You must provide your own tools.

Friday, September 17—TAILGATE PARTY!!
Decorate your table and wear your GAME DAY outfits!

Wednesday, September 29th—11:45 AM
Cake provided by Shriver’s Hospice

Birthday Celebration!

September 1—Sponsored by Interim Hospice
Sept. 8—Sponsored by Humana
Sept. 10—NO sponsor
Sept. 15—Sponsored by First Settlement
Physical Therapy
Sept. 22—Sponsored by Humana
Sept. 24—Sponsored by Senior Task Force
Sept. 29—Sponsored by Shriver’s Hospice
### 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)* - Sept. 7
- **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)*
- **Support of Seniors (SOS) Class:** COMING SOON!
- **Birthday Celebration:** Last Wednesday of the month at 11:45 AM
- **Gerifit:** To be Announced

### Thursday
- **Cardio Dance:** 9:00 AM - Bring hand weights (1-5 lbs) *(No class Sept. 2)*
- **Arthritis Exercise:** 9:30 AM
- **PERI:** 11:00 AM *(1st Thursday of the month)* - September 2
- **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)* - Sept 10th & 24th
- **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)* *September 10—Ohio Swing Band; September 24—Pleasant Valley Boys*

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.

**Please take note - Some activities have changed days and/or times.**
BACK TO SCHOOL WORD SEARCH

X G O W P Z D R A M A F K Y R A R B I L
R N S N S T C E J B U S H E Q M A T H V
L I T A O F Y S E N X P K A I C W G D Z
M T U K E I B H V L A Q N O L U R J T S
Y I D H C W T X T R E Z F A O S E N E P
J R E Q O A N A G L U M S K V B A I B Y
S W N X S M P O C H A S E T A Z D R A F
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U F R I L B M H C T G R A D E S U K E P
H M Y T O C G S N R A E L S D N E I R F

- alphabet
- Art
- backpack
- books
- classroom
- crayons
- desk
- Drama
- elementary
- English
- friends
- Geography
- grades
- Health
- History
- homework
- Language Arts
- learn
- library
- Math
- Music
- numbers
- pencil
- Physical Education
- reading
- recess
- school
- scissors
- Science
- Social Studies
- Spelling
- students
- subjects
- teacher
- writing
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<th>THURSDAY</th>
<th>FRIDAY</th>
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<td></td>
<td></td>
<td>1 Spinach salad</td>
<td>2 Fish sandwich</td>
<td>3 Stuffed pepper</td>
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<td>Vegetable soup</td>
<td>Stewed tomatoes</td>
<td>Redskin potatoes</td>
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<td>Grapes</td>
<td>Mac &amp; cheese</td>
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<td>Crackers</td>
<td>Apple juice</td>
<td>Carrots</td>
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<td>Fruit muffin</td>
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<td>Peaches</td>
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<td>6 CLOSED</td>
<td>7 Sausage gravy</td>
<td>8 Tater tot</td>
<td>9 Chef salad</td>
<td>10 Grilled chicken</td>
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<td>over biscuit</td>
<td>casserole</td>
<td>Tomato/cucumber/</td>
<td>Swiss steak</td>
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<td></td>
<td>Hash browns</td>
<td>Tossed salad</td>
<td>onion</td>
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<td></td>
<td>Baked apples</td>
<td>Succotash</td>
<td>Pineapple</td>
<td>Green beans</td>
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<td></td>
<td>Tomato juice</td>
<td>Peach crisp</td>
<td>Pound cake</td>
<td>Applesauce</td>
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<tr>
<td>13</td>
<td>13 Chicken Alfredo</td>
<td>14 Swiss steak</td>
<td>15 Chicken sandwich</td>
<td>16 Turkey cobb salad</td>
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<tr>
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<td>13 Swiss steak</td>
<td>Mashed potatoes</td>
<td>Tater tots</td>
<td>Tomato/cucumber/</td>
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<tr>
<td>Alfredo</td>
<td>14 Ham &amp; beans</td>
<td>Green beans</td>
<td>Asian blend</td>
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<td>vegetables</td>
<td>Applesauce</td>
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<tr>
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<td>21 Ham &amp; beans</td>
<td>Warm peaches</td>
<td>Pears</td>
<td>Crackers</td>
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<td>Baby carrots</td>
<td>Cornbread</td>
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<td>Warm peaches</td>
<td>Rice Krispie treat</td>
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<td>22 Grilled chicken</td>
<td>23 Meatloaf</td>
<td>24 Chicken salad</td>
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<td>Chicken</td>
<td>salad</td>
<td>Mashed potatoes</td>
<td>on a croissant</td>
<td>BBQ pork</td>
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<td>Green beans</td>
<td>Tomato wedges</td>
<td>Tater tots</td>
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<td>Peaches</td>
<td>Pea salad</td>
<td>Broccoli w/cheese</td>
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<td>Fresh fruit cup</td>
<td>Cookie</td>
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<td>27</td>
<td>28 Taco salad</td>
<td>29 Turkey &amp; dressing</td>
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<td>Smoked</td>
<td>Refried beans</td>
<td>Sweet potatoes</td>
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<td>sausage</td>
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<td>Capri blend</td>
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<td>Cookie</td>
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<td>Pineapple</td>
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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.
**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, September 16th.*

**FOOD PANTRY UPDATE**

The Muskingum County Center for Seniors will no longer be offering a food pantry. Our current food pantry clients can pick up at Eastside Monday thru Thursday (9:00 AM—3:00 PM). *New clients need to call 2-1-1 to be assigned to the 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!

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**BONNIE LONGABERGER SENIOR CENTER (DRESDEN)**

MONDAY: *Bingo* at 12:00 noon
MONDAY/WEDNESDAY/FRIDAY: *Line Dancing* at 10:00 AM
TUESDAY/THURSDAY: *Golf Card game* at 10:00 AM

*Hausey & Canasta* at 12:00 noon

Wednesday, September 1: *CIRCUS PARTY* sponsored by Primrose following lunch

Thursday, SEPTEMBER 16: *Birthday Celebration* sponsored by *Entertainment by David Sauver* *Cake donated by Shriver’s Hospice*
ARTICLE OF THE MONTH

THE LINK BETWEEN YOUR LIFESTYLE AND CANCER

Not surprisingly, over two-thirds of all new cancer diagnosis occur in adults over 60 years of age. And as older adults continue to live longer, the number of new cancer cases will increase.

It isn’t unusual for people to think that cancer is “in their genes.” Many believe cancer risk largely depends on your family’s medical history. While there is a genetic link to some forms of cancer, lifestyle also plays an important role. By adopting a healthier lifestyle, you may avoid some types of cancer. Here are some factors that increase your cancer risk.

Tobacco Use and Exposure

The link between tobacco use and cancer is strong, as is the link between secondhand smoke and cancer. Almost 1 out of every 5 deaths in this country is attributed to tobacco use.

If you are a tobacco user, the first step you can take toward a healthier life is working with your doctor on a smoking cessation plan. This applies to whatever type of tobacco you use: cigarettes, cigars, smokeless tobacco, chewing tobacco, and vape pens.

Diet

Research shows another strong link between lifestyle choices and cancer lies in your diet. A diet filled with processed foods, red meat, and sugary snacks increases the odds of developing cancer. Equally important, nutrient-dense foods can lower your risk of cancer.

• Limit or avoid processed foods and red meat. That includes ready-to-eat soups, frozen dinners, processed meats, and foods with a significant amount of preservatives and additives
• Aim for a primarily plant-based diet. Leafy greens, colorful fruits, legumes, whole grains, garlic, and walnuts are believed to help ward off cancer.

Physical activity

A sedentary lifestyle and inactivity are also linked to higher risk for cancers of the colon, breast, prostate, and pancreas. They can put you at risk for weight gain, obesity, and all the health risks associated with both. You can lower your risk for cancer by:

• Avoiding sitting for long periods of time
• Exercising every day for at least 30 minutes
• Controlling your weight

Alcohol consumption

Heavy alcohol consumption is also linked to greater incidences of cancer. Some researchers believe it’s because alcohol consumption impairs good judgment and leaves you tired and sluggish. Both can make you more likely to eat unhealthy food and avoid exercising.

Additional research shows that people who consume high amounts of alcohol are also more likely to smoke, further compounding their risk for cancer.

Take Charge of Your Health!

It can be overwhelming to make these changes all at once. A better approach might be taking smaller steps in the right direction. You’ll be more likely to stick with your new lifestyle if you make changes slowly. Remind yourself that small changes can add up to a longer, healthier life.
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Lynn Richardson
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THIS SPACE IS AVAILABLE
SPINAL ARTHRITIS?

Many patients have been told by their doctors (AND Osteopaths) 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’ve 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. Shultzman

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 (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 (bone-on-bone).

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! - D. Holzer

"I’m 86 years old and was having pain in my knee and couldn’t bear on my foot 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.”

- Len 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 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
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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
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