MUSKINGUM COUNTY
CENTER for SENIORS
Learning Always. Laughing Together. Living Well.

GOLDEN news

OCTOBER | VOLUME 43, ISSUE 9 | **2021**

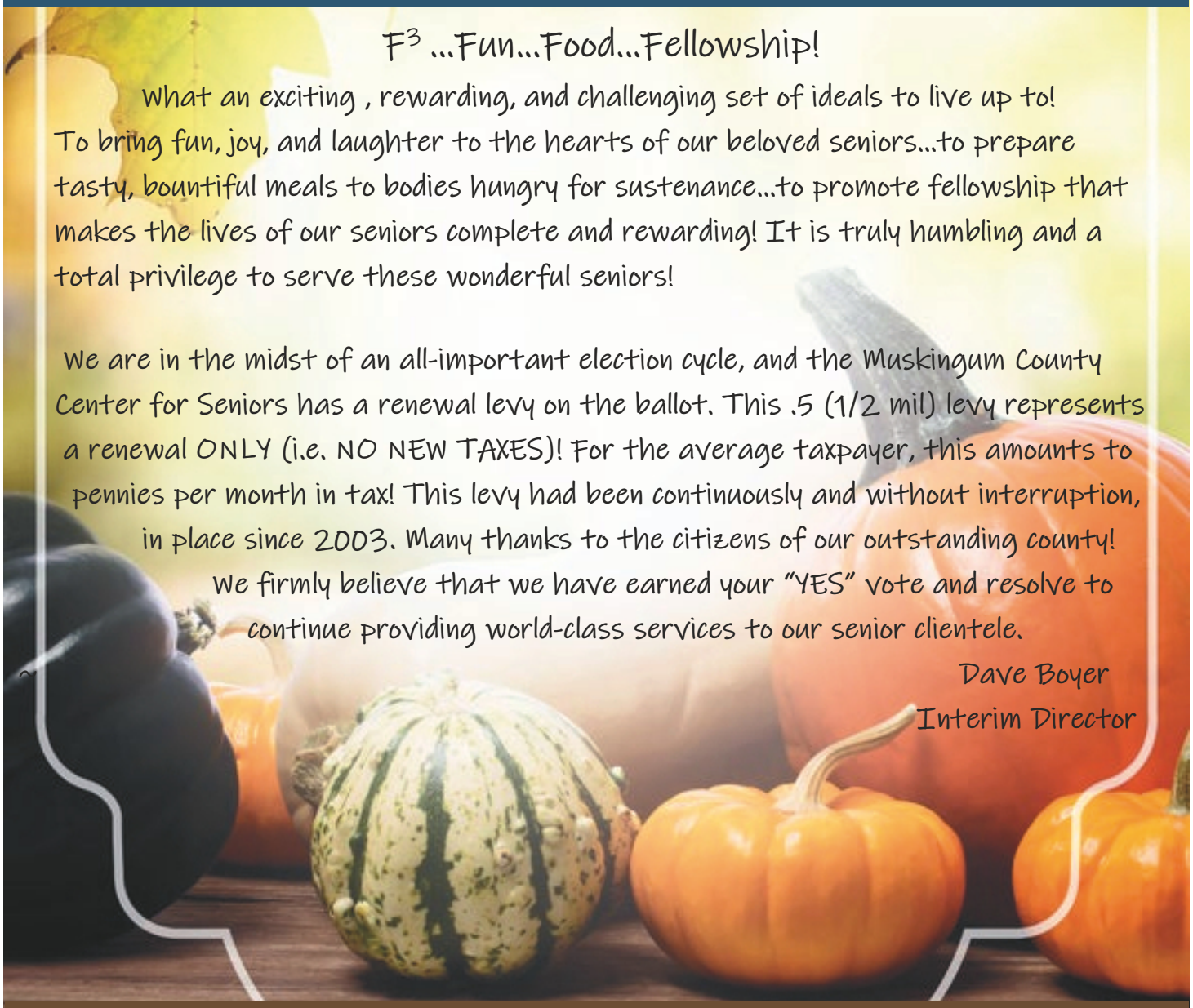
Business Hours: 8:00 am - 4:00 pm
Phone: 740.454.9761 Fax: 740.454.3309
Website: www.mccfs.org

F^3 ...Fun...Food...Fellowship!

What an exciting , rewarding, and challenging set of ideals to live up to! To bring fun, joy, and laughter to the hearts of our beloved seniors...to prepare tasty, bountiful meals to bodies hungry for sustenance...to promote fellowship that makes the lives of our seniors complete and rewarding! It is truly humbling and a total privilege to serve these wonderful seniors!

We are in the midst of an all-important election cycle, and the Muskingum County Center for Seniors has a renewal levy on the ballot. This .5 (1/2 mil) levy represents a renewal ONLY (i.e. NO NEW TAXES)! For the average taxpayer, this amounts to pennies per month in tax! This levy had been continuously and without interruption, in place since 2003. Many thanks to the citizens of our outstanding county! We firmly believe that we have earned your "YES" vote and resolve to continue providing world-class services to our senior clientele.

Dave Boyer
Interim Director



PLEASE NOTE: The Center will be CLOSED to the public on Election Day, November 2nd. In addition, there will be NO EVENING activities on Monday, November 1st. Meals on Wheels <u>WILL</u> de delivered.

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

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Ginger Hamilton
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Janice McFerren
James McDonald
Brian Wagner
Keely Warden

The MCCFS Board of Trustees will meet on Tuesday, October 5, 2021 at 7:30 AM in the Trinway Room.

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, October 11—Columbus Day
Tuesday, November 2—Election 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
OCTOBER

1 Homemade Cookies Day
1 International Day for Older People
2 Custodial Worker's Recognition Day
3 Look at the Leaves Day
3 National Pumpkin Seed Day
4 National Golf Lover's Day
4 National Taco Day
5 National Do Something Nice Day
6 National Noodle Day
8 National Online Banking Day
9 Fire Prevention Day
10 National Cake Decorating Day
10 National Chess Day
10 World Mental Health Day
11 World Sight Day
12 Astronomy Day
12 Pumpkin Pie Day
12 World Arthritis Day
14 Clergy Appreciation Day
14 National Dessert Day
16 Dictionary Day
16 Sweetest Day
16 World Food Day (food collection)
17 National Pasta Day
20 World Osteoporosis Day
22 National Nut Day
24 Make a Difference Day
26 National Pumpkin Day
27 National Mother-in-Law Day
28 National Chocolate Day
29 National Cat Day
29 National Oatmeal Day
29 World Stroke Day
30 National Candy Corn Day
31 Halloween

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 September. We sincerely appreciate your contributions; which help us continue serving the seniors of Muskingum County.

SUPPORT SERVICES

Heating Assistance Available
Application Deadline: May 31, 2022

The Ohio Department of Development and the Muskingum County Center for Seniors want to remind Muskingum County residents that assistance is available to help with their home energy bills. The Home Energy Assistance Program (HEAP) helps Ohioans at or below 175% of the federal poverty guidelines pay their heating bills.

Applied directly to the customer's utility or bulk fuel bill, the benefit can help manage heating costs. Ohioans can visit www.energyhelp.ohio.gov to apply online, download a copy of the application, get a printed application at the Center front desk or find contact information for a local Energy Assistance Provider (EAP). When applying, individuals need to have copies of the following documents:

- Most recent utility bills
- A list of all household members (including birth dates and Social Security numbers)
- Proof of income for the past 30 days for all household members (12 months for certain income types)
- Proof of U.S. citizenship or legal residency for all household members
- Proof of disability (if applicable)

HEAP benefits are applied to an individual's energy bill after January 1st . Applications for the HEAP program must be received by May 31, 2022.

For more information about HEAP, contact Becky or call MEOAG/Community Action at 740-453-5703. To be connected to your local Energy Assistance provider, call (800) 282-0880 (hearing impaired clients may dial 711 for assistance) or visit www.energyhelp.ohio.gov.

MEDICARE OPEN ENROLLMENT

The Ohio Senior Health Insurance Information Program will be here from 9:00 AM to 3:00 PM, BY APPOINTMENT ONLY, on 10/25, 11/8 and 11/29. Please call the Center to schedule an appointment. If you prefer the virtual option, go online to: https://ohiomedicarecounseling.as.me/schedule.php to schedule an online appointment. For questions about Medicare or Open Enrollment call OSHIIP at 1-800-686-1578.

Remember: the Open Enrollment period runs from October 15th through December 7th.

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 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).

What's Happening

Interim Healthcare
Hospice/Palliative 101 presentation
"Living with Hope"
Wednesday, **OCTOBER 6th**
12:00 NOON in the Roseville Room

Wednesday, October 6th
8:30—10:00 AM
in the Zanesville Room

Greeting Card Class

Tuesday, **October 12th & 26th**
at 10:00 AM.
Reservations are required
Cost: $5.00 (includes card kit)
You must provide your own tools.

PAINTING WITH WATERCOLORS

Monday, **October 6th & 20th at**
12:00 NOON.

* Please provide your own supplies. *

October 13th
after lunch

Sponsored & hosted by
SENIOR TASK FORCE!!

October 22 Wear **PINK** for BREAST CANCER AWARENESS

Wednesday, October 27th—11:45 AM

Entertainment by Rick & Sue!
Cake provided by Shriver's Hospice

Friday, October 29th
Costumes welcome!
Fun begins at
10:00 AM

Good Ol' Gospel Music Night

We are hosting a good old-fashioned gospel music night on **THURSDAY, OCTOBER 14TH 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 **Cathy Goss**.

Oct. 6—sponsored by Interim Hospice
Oct. 8—NO SPONSOR
Oct. 13—sponsored by Humana
Oct. 20—sponsored by First Settlement Physical Therapy
Oct. 22—sponsored by Humana
Oct. 27—sponsored by Shriver's Hospice

DAILY ACTIVITIES

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)* - October 5th
LINE DANCE: 10:00 AM
HEALTHY LIVING (formerly Diabetic Support): 10:00 AM *(2nd & 4th Tuesdays)*
Y-BRIDGE: 12:00 NOON
ROUND DANCE: 12:30 PM *(except 2nd Tuesday of month)*
MAHJONG: 1:00 PM
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)*
BIRTHDAY CELEBRATION: Last Wednesday of the month at 11:45 AM

Thursday

CARDIO DANCE: 9:00 AM - Bring hand weights (1-5 lbs) NO CLASS OCT. 21
ARTHRITIS EXERCISE: 9:30 AM NO CLASS OCT. 14
PERI: 11:00 AM *(1st Thursday of the month)* - *October 7*
EUCHRE: 12:00 NOON
LEVEL II LINE DANCE: 1:00 PM
MAHJONG: 1:00 PM

Friday

BINGO: 9:45 AM (*2nd and 4th Fridays of month*) - Oct. 8th and 22nd
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)*
October 8— Brenda Sue & the Out-of-Towners
October 22—Pleasant Valley Boys, sponsored by Humana
(FREE Admission)

BUCKEYE FRIDAYS!! Wear your OSU gear!!

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.**

FOOTBALL WORD SEARCH

BACKFIELD
CENTER
CORNERBACK
DOWN
DRIVE
END ZONE
EXTRA POINT
FAIR CATCH
FIELD GOAL
FULLBACK
FUMBLE
GUARD
HALFBACK
HAND OFF
HUDDLE
INCOMPLETION
INTERCEPTION
KICKOFF
LINEBACKER
OFFENSIVE LINE
PUNT
QUARTERBACK
RED ZONE
RETURN
RUSHING
SACK
SAFETY
SNAP
SPECIAL TEAMS
TACKLE
TIGHT END
WIDE RECEIVER

OCTOBER

*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.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Swedish meatballs Mashed potatoes Yellow squash Tropical fruit Cookie
4 Salisbury steak Mashed potatoes California blend Pears Brownie	5 Grilled chicken Rice pilaf Broccoli Cucumber/tomato salad Grape juice	6 Lasagna casserole Tossed salad Green beans Warm peaches Breadstick	7 Sausage gravy Hash browns Warm apples Biscuit Orange juice	8 Baked chicken Brussels sprouts Stewed tomatoes Fruit juice Garlic bread
11 **CLOSED** COLUMBUS —DAY—	12 Baked fish Hash browns Beets Apricots	13 Cabbage/potato/ Kielbasa bake Green beans Warm applesauce	14 Sliced turkey Mashed potatoes Green peas Pears	15 Hamburger gravy over noodles Baby carrots Lima beans Pineapple
18 Baked steak Mashed potatoes Broccoli Pineapple	19 Chicken & noodles Peas Carrots Tropical fruit	20 Chili soup Baked potato Pears Cornbread Vanilla wafers	21 BBQ beef sandwich Potato wedges Baked beans Mandarin oranges	22 Cabbage roll Mashed potatoes Italian blend Fruit cocktail
25 Tuna & noodles Peas Stewed tomatoes Mixed fruit	26 Sloppy Joe Potato soup California blend Crackers Peaches	27 Boneless pork chop Redskin potatoes Carrots Banana	28 Baked chicken Mashed potatoes Spinach Grapes	29 Johnny Marzetti Tossed salad Corn Apple crisp Breadstick

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, October 21st .**

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!

FARMERS' MARKET

If you received Senior Farmers Market Nutrition Program vouchers this year, please use the entire amount allotted to you by October 31st. It is important that you use them entirely; otherwise it may affect our funding for the program next year.

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

Friday, **OCTOBER 15: Flu Shots w/ Scott (*Please bring your insurance cards)**

Thursday, **OCTOBER 21**:

Entertainment by Larry Prouty & Friends
* Cake donated by Shriver's Hospice *

HEALTHY LIVING

The **"Diabetic Support Group"** has been renamed **"HEALTHY LIVING"** to encompass various health issues and to promote being proactive as you age. Being proactive means caring for your body to prevent decline, disease and illness. There will be various topics throughout the remainder of the year. Join us for all of them or just the ones that interest you. If you have any questions regarding "Healthy Living" please contact Becky.

October 12—Tips for Organizing a Medical History **October 26**—NO meeting

October is FIRE SAFETY MONTH, so...

Think of all the items you replace regularly — your cellphone, lightbulbs, and even your toothbrush. But when was the last time you replaced your smoke alarm batteries, or even the alarms themselves? It's easy to overlook, but the time to think about fire safety is now — before an emergency strikes.

Many assume that because they have smoke alarms in their homes, they're protected in the event of a fire. In reality, smoke alarms need to be installed, maintained, and tested regularly to ensure they're working properly. That means knowing how old smoke alarms and their batteries are, as neither lasts forever. While smoke alarm lifespan and technology have improved in recent years, the fact remains that all smoke alarms — even hardwired and sealed battery models — expire after 10 years.

First Alert offers the following advice to ensure your family is best protected from fire.

• Count the alarms — In most cases, one alarm isn't enough. In fact, the U.S. Fire Administration recommends smoke alarms be installed in every bedroom and on every level of the home, including the basement, as well as one carbon monoxide (CO) alarm on each level and in each sleeping area.

• Install them properly — To maximize coverage, take a moment to review manufacturer guidelines and install alarms in the proper locations. Smoke alarms should be installed at least 10 feet from a cooking appliance to minimize false alarms. You should also install smoke alarms high on walls or ceilings. Don't install them near windows, doors, or ducts, where drafts might interfere with their operation.

• Get complete coverage — In general, there are two types of fires: quick flaming and smoldering. Today's smoke alarms are effective at detecting both but use unique technologies that make them better suited for particular locations within the home. The NFPA and other safety advocates recommend installing dual-sensor alarms because they provide the best potential for early detection of all types of common household fires while helping to reduce the number of non-emergency alarms.

•Install and maintain — In order to function properly, smoke alarms must be regularly inspected and maintained. Make sure to test the alarm, by simply holding down the test button, at least once a month. When testing, it's important to clean the alarm to remove any dust or debris. Check or replace the battery when you change the time on your clocks each spring and fall.

• Plan your escape — To develop an effective plan, walk through your home and inspect all possible exits and escape routes. Identify two ways out of each room, including windows and doors. Practice your home fire escape plan at least twice a year and make sure to plan a meeting spot.

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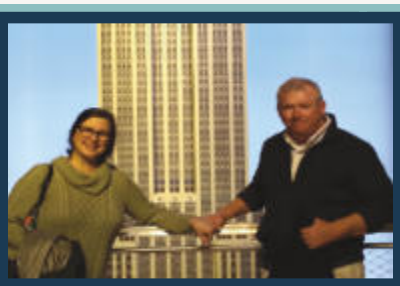

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SPINAL ARTHRITIS?

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 Neurologist has studied the problem of spinal arthritis and damaged discs (slipped, bulged, herniated and degenerated).
After seeing what types of patients weren't responding to traditional Chiropractic, since he graduated from Palmer College nearly 20 years ago, Dr. Russ Schroder, DC, DACNB, FACFN, began gradually incorporating different technologies to treat this arthritis in the back (and neck).
Plus with his advanced degrees in Chiropractic Neurology and Functional Neurology, he has sought out more and more treatments that help discs and nerves to heal naturally.
These combined therapies (including Cold Laser Decompression) led to the CTX Method a couple of years ago. The results have been phenomenal!

Just listen to what patients have to say:

"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!***

300 Main St
Zanesville, OH
740.454.1747

Dr. Russ Schroder Chiropractic Neurologist
Dr. Heather Schroder Naturopath
771 Dover Rd NE Sugarcreek, OH 330.852.5131

Thrive Locally

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 or "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 (& 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 a lot. 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." - Levi 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!***

300 Main St
Zanesville, OH
740.454.1747

Dr. Russ Schroder Chiropractic Neurologist
Dr. Heather Schroder Naturopath
771 Dover Rd NE Sugarcreek, OH 330.852.5131

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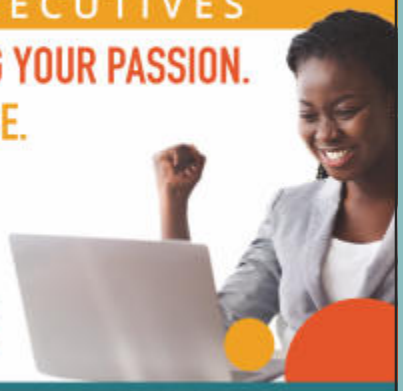

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Let Senior Benefit Advantage be your advocate beyond your insurance PLAN

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.

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…

NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at

www.mycommunityonline.com

MUSKINGUM COUNTY CENTER FOR SENIORS

160 N. 4th Street
Zanesville, OH 43701
(740) 454-9761
www.mccfs.org

Find us on Facebook

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

VOTE YES!!

MUSKINGUM COUNTY CENTER for SENIORS
Learning Always. Laughing Together. Living Well.

RENEWAL ONLY
NO NEW TAXES

HEROES SERVING HEROES!

Did you know?

* While many businesses shut down during the pandemic, MCCFS remained busy delivering Meals on Wheels!
* With 18 different routes, our drivers log 594 miles per day, 5 days a week!
* Our drivers deliver up to 655 meals per day and served 104,018 meals to homebound seniors in 2020!
* There are 40+ activities and groups available to seniors at the Center.
* Meatloaf is the favorite congregate meal we serve - our attendance nearly doubles on Meatloaf Day every month!