My father mentioned to me once, if not a thousand times, that the 7 most impactful, important words in the English language are Please...May I...Thank you...I’m sorry. Train yourself to use those words extremely generously and with humility and you are well on the way to living an enriched, blessed life! With your permission and with the aforementioned in mind, I am going to concentrate this letter on the THANK YOU. As we enter the month of November, we are officially entering the holiday season, starting with the bounty of Thanksgiving, followed by the peace, hope, and joy of Christmas, and culminating with the ushering in of a brand new year!

Let us all commit the entire month of November to being THANKFUL for all of the many blessings that we enjoy! It is absolutely inevitable that we will all face barriers, grief, loss, and hardship in this life (it is part of the circle of life). It is also true that victory comes to those of us who face that inevitable adversity with grace, optimism, hope, and a positive mental attitude. Giving thanks for all of our blessings, no matter how large or small, is a key component in ultimately overcoming these adverse events.

Always strive to do a “WOW” each and every day; it is a powerful, wonderful way to demonstrate THANKS!

David Boyer
Interim Executive Director

PLEASE NOTE (UPDATE):
The Center will be CLOSED on Tuesday, NOVEMBER 9th for mandatory Staff Training.
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 dates:

* Tuesday, November 2—Election Day
  (Meals on Wheels WILL be delivered)
* Tuesday, November 9—Staff Training

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
NOVEMBER
3  National Sandwich Day
3  National Stress Awareness Day
5  National Senior Games
7  DAYLIGHT SAVINGS TIME ENDS—
    Don’t forget to FALL BACK one hour!!
11  National Sundae Day
11  Veterans Day
12  World Pneumonia Day
13  Caregiver Appreciation Day
13  World Kindness Day
14  National Guacamole Day
15  National Clean Out Your Refrigerator Day
17  Homemade Bread Day
17  National Take a Hike (or a walk!) Day
18  Great American Smokeout
19  National Play Monopoly Day
25  Thanksgiving Day
26  Black Friday
26  National Cake Day
27  Small Business Saturday
28  Hanukkah
29  Cyber Monday
29  National Square Dancing Day
30  Computer Security Day
30  Giving Tuesday

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

The MUSKINGUM COUNTY LIBRARY SYSTEM is now offering House Call Delivery Service. This is open to any Muskingum County resident who has difficulty visiting the library due to illness or disability. They will deliver books, audiobooks, DVDs, CDs, and magazines. All items will be checked out to you (and delivered to your home, hospital, assisted living facility, etc.) for 4 weeks, and will be picked up and dropped off by Library Outreach staff. Call 740.453.0391 (Ext. 142) or email outreach@muskingumlibrary.org with any questions.
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.

Oasis Senior Advisors will be hosting a “Self Defense - How to Keep Safe in the Community” event on Tuesday, November 30th at 10:00 AM. A local law enforcement officer will be facilitating the event, which will be held in the Roseville Room. Please join us for this very beneficial event. If you have any questions please contact Becky.
**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 ballroom 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 **THURSDAY, NOVEMBER 4TH at 6:00 PM**, sponsored by Helen Purcell. Admission is $2.00 and this event is open to the public. Take this opportunity to enjoy great music and fellowship! This month’s concert features the music of Jim Mayercak.

**ICE CREAM SUNDAES**
Wednesday, November 3rd after lunch

**PAINTING WITH WATERCOLORS**
Wednesday, November 3rd & 17th at NOON

* Please provide your own supplies.*

**CRAZY SOCK DAY!!**
FRIDAY, November 5th

**THANKSGIVING PIE RAFFLE & FUN!!**
Wed. NOV. 17th

Join us after lunch on FRIDAY, NOVEMBER 19th for a

**ROOT BEER FLOAT**

**BINGO**
Nov. 3—sponsored by INTERIM HOSPICE
Nov. 10—sponsored by HUMANA
Nov. 12—sponsored by HUMANA
Nov. 17—sponsored by FIRST SETTLEMENT PHYSICAL THERAPY
Nov. 24—sponsored by SHRIVER’S HOSPICE

**Entertainment by Ohio Swing Band!!**
Cake provided by Shriver’s Hospice
<table>
<thead>
<tr>
<th>Day</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>ARTHRITIS EXERCISE: 9:30 AM</td>
</tr>
<tr>
<td></td>
<td>ART CLASS: 12:00 NOON</td>
</tr>
<tr>
<td></td>
<td>YOGA: 4:00 PM</td>
</tr>
<tr>
<td></td>
<td>LEVEL I LINE DANCE: 5:00 PM</td>
</tr>
<tr>
<td></td>
<td>DUPLICATE BRIDGE: 6:00 PM</td>
</tr>
<tr>
<td></td>
<td>EUCHRE: 6:00 PM</td>
</tr>
<tr>
<td>Tuesday</td>
<td>GREETING CARD CLASS: 10:00 AM (twice monthly)</td>
</tr>
<tr>
<td></td>
<td>BUTTON CLUB: 11:00 AM (1st Tuesday of month ONLY) - November 3 (date change)</td>
</tr>
<tr>
<td></td>
<td>LINE DANCE: 10:00 AM</td>
</tr>
<tr>
<td></td>
<td>HEALTHY LIVING (formerly Diabetic Support): 10:00 AM (2nd &amp; 4th Tuesdays)</td>
</tr>
<tr>
<td></td>
<td>Y-BRIDGE: 12:00 NOON</td>
</tr>
<tr>
<td></td>
<td>ROUND DANCE: 12:30 PM (except 2nd Tuesday of month)</td>
</tr>
<tr>
<td></td>
<td>MAHJONG: 1:00 PM</td>
</tr>
<tr>
<td></td>
<td>LEVEL III LINE DANCE: 6:00 PM</td>
</tr>
<tr>
<td></td>
<td>EUCHRE: 6:00 PM</td>
</tr>
<tr>
<td>Wednesday</td>
<td>BINGO: 9:45 AM</td>
</tr>
<tr>
<td></td>
<td>PAINTING WITH WATERCOLORS: 12:00 NOON (1st &amp; 3rd Wednesdays)</td>
</tr>
<tr>
<td></td>
<td>BIRTHDAY CELEBRATION: Last Wednesday of the month at 11:45 AM</td>
</tr>
<tr>
<td>Thursday</td>
<td>CARDIO DANCE: 9:00 AM - Bring hand weights (1-5 lbs)</td>
</tr>
<tr>
<td></td>
<td>ARTHRITIS EXERCISE: 9:30 AM</td>
</tr>
<tr>
<td></td>
<td>PERI: 11:00 AM (1st Thursday of the month) - November 4th</td>
</tr>
<tr>
<td></td>
<td>EUCHRE: 12:00 NOON</td>
</tr>
<tr>
<td></td>
<td>LEVEL II LINE DANCE: 1:00 PM</td>
</tr>
<tr>
<td></td>
<td>MAHJONG: 1:00 PM</td>
</tr>
<tr>
<td>Friday</td>
<td>BINGO: 9:45 AM (2nd and 4th Fridays of month) - Oct. 8th and 22nd</td>
</tr>
<tr>
<td></td>
<td>DUPLICATE BRIDGE: 12:30 PM</td>
</tr>
<tr>
<td></td>
<td>EUCHRE: 6:00 PM (2nd Friday)</td>
</tr>
<tr>
<td></td>
<td>SQUARE DANCE: 6:00 PM (2nd Friday)</td>
</tr>
<tr>
<td></td>
<td>November 12—Pleasant Valley Boys, sponsored by Humana (FREE Admission)</td>
</tr>
</tbody>
</table>

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.**
Thanksgiving Wordsearch

Words to find:

- America
- Autumn
- Celebrate
- Corn
- Cranberry sauce
- Family
- Give thanks
- Gravy
- Harvest
- Indians
- Mashed potatoes
- Mayflower
- November
- Pilgrims
- Pumpkin pie
- Stuffing
- Thanksgiving
- Turkey
### November Menu

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>Smoked sausage</td>
<td>Swiss steak</td>
<td>Beef stew</td>
<td>Shredded chicken sandwich</td>
<td>Swedish meatballs</td>
</tr>
<tr>
<td>Mashed potatoes</td>
<td>Scalloped potatoes</td>
<td>Tossed salad</td>
<td>Broccoli soup</td>
<td>Mashed potatoes</td>
</tr>
<tr>
<td>Sauerkraut</td>
<td>Squash</td>
<td>Pineapple</td>
<td>Peas &amp; carrots</td>
<td>Yellow squash</td>
</tr>
<tr>
<td>Peaches</td>
<td>Apple juice</td>
<td>Biscuit</td>
<td>Fruited Jell-O</td>
<td>Tropical fruit</td>
</tr>
<tr>
<td></td>
<td>Cookie</td>
<td>Pound cake</td>
<td></td>
<td>Cookie</td>
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</tbody>
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<thead>
<tr>
<th>8</th>
<th>9</th>
<th>10</th>
<th>11</th>
<th>12</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salisbury steak</td>
<td>Lasagna casserole</td>
<td>Staff Training</td>
<td>Baked chicken</td>
<td>Baked chicken</td>
</tr>
<tr>
<td>Mashed potatoes</td>
<td>Tossed salad</td>
<td></td>
<td>Brussels sprouts</td>
<td>Mashed potatoes</td>
</tr>
<tr>
<td>California blend</td>
<td>Green beans</td>
<td></td>
<td>Stewed tomatoes</td>
<td>Mashed potatoes</td>
</tr>
<tr>
<td>Pears</td>
<td>Warm peas</td>
<td></td>
<td>Fruit juice</td>
<td>Fruit juice</td>
</tr>
<tr>
<td>Brownie</td>
<td>Breadstick</td>
<td></td>
<td>Garlic bread</td>
<td>Garlic bread</td>
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</tbody>
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<tr>
<th>15</th>
<th>16</th>
<th>17</th>
<th>18</th>
<th>19</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baked fish</td>
<td>Baked chicken</td>
<td>Cabbage/potato/</td>
<td>Sliced turkey</td>
<td>Meatloaf</td>
</tr>
<tr>
<td>Hash browns</td>
<td>Mashed potatoes</td>
<td>Kielbasa</td>
<td>Mashed potatoes</td>
<td>Baby carrots</td>
</tr>
<tr>
<td>Beets</td>
<td>Capri blend</td>
<td>Green beans</td>
<td>Green peas</td>
<td>Lima beans</td>
</tr>
<tr>
<td>Apricots</td>
<td>Banana pudding</td>
<td>Warm applesauce</td>
<td>Green peas</td>
<td>Pineapple</td>
</tr>
<tr>
<td></td>
<td>Apple juice</td>
<td></td>
<td></td>
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</tbody>
</table>

<table>
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<tr>
<th>22</th>
<th>23</th>
<th>24</th>
<th>25</th>
<th>26</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baked steak</td>
<td>Chicken &amp; noodles</td>
<td>Sliced ham</td>
<td>Happy Thanksgiving</td>
<td>CLOSED</td>
</tr>
<tr>
<td>Mashed potatoes</td>
<td>Peas</td>
<td>Scalloped potatoes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Broccoli</td>
<td>Carrots</td>
<td>Green beans</td>
<td>Crackers</td>
<td></td>
</tr>
<tr>
<td>Pineapple</td>
<td>Tropical fruit</td>
<td></td>
<td>Pumpkin pie</td>
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</tr>
</tbody>
</table>

**FYI:** For those who may not care for a particular day’s menu, please request the alternative.

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For reservations at Dresden & Hi-Rise: Please call 454-9761 before 9:00 AM.

Menu is subject to change without notice.

The **suggested donation** for all meals is **$3.00** per meal.
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, NOVEMBER 18TH.

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.

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.

November 9—CENTER CLOSED
November 23—Tips for Eating Healthy over the Holidays

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

Thursday, NOVEMBER 18:
* Cake donated by Shriver’s Hospice *
MINDFULNESS AND ITS PROVEN IMPACT ON LONELINESS:

WHAT YOU SHOULD KNOW

Maybe you know someone who stands by taking five minutes each morning to meditate or finds time after lunch to quiet his or her mind and focus on breathing. Whatever the method may be, incorporating “mindfulness” practices into your life can have a wide range of positive health benefits like improving your memory, sleep, and immune system, reducing stress and feelings of loneliness, and increasing compassion toward others and yourself.

Mindfulness means taking time to pay attention to yourself and your thoughts and feelings. Read on to learn how you can put mindfulness into practice in your life to help improve your overall health.

How to make mindfulness a routine part of your day.

1. Find five to ten minutes each day to sit quietly and focus on your breath. (Helpful hint: Put your phone on silent or in another room so you can concentrate) Take the time to notice where your mind goes and how your body is feeling. You just might find that this helps you focus and prioritize your day.

2. Before you go to bed take time to focus on the good things that happened that day. Write your thoughts down in a journal. Writing them down can help you deliberately recognize the positive, even on a tough day.

3. Search for “mindfulness apps” on your smartphone or tablet that lead you in a mindfulness exercise. For many people, using an app is an easy way to remain consistent with the practice. And many of these apps are free!

Feeling lonely? Mindfulness can help.

Mindfulness has been shown to help older adults overcome a silent but urgent health issue: loneliness. It is estimated that more than half of adults age 65 and over regularly experience moderate to severe loneliness. Loneliness is characterized by a marked difference between someone’s desired companionship and actual relationships. Through unique studies conducted by UnitedHealthcare and AARP, researchers are applying the techniques of mindfulness to help combat loneliness in older adults.

Loneliness poses a serious threat to the quality of life for older adults. It is linked to negative health outcomes such as higher risk of dementia, mortality and disability.

“The health risk of chronic loneliness, in older adults, is equivalent to smoking 15 cigarettes a day, and has a greater impact on mortality than obesity,” said Dr. Charlotte Yeh, M.D., chief medical officer, AARP Services Inc. “That is why UnitedHealthcare and AARP Services Inc. are collaborating to identify actionable solutions, geared for any individual across the spectrum of loneliness.”

Researchers looked at whether mindfulness interventions, like breath awareness, self-compassion and kindness exercises, could positively impact a person’s optimism and quality of life — all factors that help reduce loneliness.

Conclusions were encouraging: Mindfulness activities were shown to decrease loneliness among older adults. The research demonstrated that mindfulness reduced stress, and improved memory, sleep, the immune system, resiliency, and compassion for self and others.

Although loneliness is complex and challenging to address, a mindfulness practice may help you live your best life.

(Courtesy of BPT)
POLLOCK APARTMENTS
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We provide Peace of Mind and Control over your life and possessions with plans tailored for you through probate law, estate planning, trusts and powers of attorney
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- Medicare Supplements
- Medicare Rx Plans
- Final Expense Insurance

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Lynn Richardson
740-405-6631
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TheComBank.com

Park National Bank

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740.588.2153

National Church Residences
ZANE TRACE VILLAGE
(740)452-1770
1600 Adams Ln, Zanesville, OH 43701
Independent Senior Living Apartments
Seniors 62 and older - Section 8-202

THIS SPACE IS AVAILABLE

THIS SPACE IS AVAILABLE

THIS SPACE IS AVAILABLE

THIS SPACE IS AVAILABLE

THIS SPACE IS AVAILABLE

THIS SPACE IS AVAILABLE

THIS SPACE IS AVAILABLE

THE COMMUNITY BANK
SPINAL ARTHRITIS?

Many patients have been told by their doctors (ANU 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 and 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. 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 has studied the problem of arthritis in the knees (and hip and spine) when the cushion at “cartil-
age” begins to wear out and degenerate. After seeing what types of patients weren’t responding to traditional Chiropractic after gradu-
ating 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 incorpo-
rating 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 Unbel-
lievable 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 limit my walking. I am so much better now. I definitely feel better and have referred him to family” – N. Troyer

“I’m 86 years old and was having pain in my knees, and couldn’t be on my feet for more than 15 minutes, and now I don’t have any pain.” – A. 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. Stieglitz

Dr. Russ has offices in Sugarcreek and Zanes-
ville, Ohio and is accepting patients for a winter program in February. Call today for a free report on how to avoid knee surgery!

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