MERRY Christmas

and HAPPY NEW YEAR from the Muskingum County Center for Seniors staff!!
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:
- Thursday/Friday, December 23-24—Christmas
- Thursday/Friday, December 30-31—New Year’s

**STAFF**

- **Interim Executive Director**
  Dave Boyer  Ext. 103
- **Administrative Assistant**
  Erica Silvia  Ext. 102
- **Supportive Services Director**
  Becky Bruce  Ext. 114
- **Outreach Specialist**
  Debbie Moore  Ext. 113
- **Activities Director**
  Tara Rock  Ext. 116
- **Activities Assistant**
  Carol Morgan  Ext. 123
- **Receptionist**
  Cindy Sheppard  Ext. 101
- **Nutrition Director**
  Earl Stapleton  Ext. 107
- **Home Delivered Meal Supervisor**
  John Brookover  Ext. 112
- **Transportation Director**
  Jodi Paul  Ext. 111
- **Fiscal Officer**
  Kurt Ufholz  Ext. 115

**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

The MCCFS Board of Trustees will meet on Wednesday, December 8th, 2021 at 7:30 AM in the Trinway Room.

* NOTICE REGARDING CANCELLATIONS/CLOSINGS *

Any cancellations due to weather (or other emergencies) will be announced using our All-Call system, Facebook, and WHIZ TV and radio. REMINDER: Our automated calls will show up as “Muskingum County” on Caller-ID. PLEASE make sure that we have your current contact information so that you will receive these important messages.

**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.**
NEED A REASON TO CELEBRATE?
Check out these holidays for DECEMBER
1 Eat a Red Apple Day
1 National Pie Day
2 National Mutt Day
4 National Dice Day
5 International Volunteers Day
7 Pearl Harbor Remembrance Day
11 Gingerbread Decorating Day
12 Poinsettia Day
13 National Cocoa Day
15 National Cupcake Day
17 National Maple Syrup Day
17 National Ugly Christmas Sweater Day
18 Bake Cookies Day
18 Wreaths Across America Day
21 Crossword Puzzle Day
22 National Cookie Exchange Day
24 National Eggnog Day
28 National Card Playing Day
28 Pledge of Allegiance Day
30 Bacon Day
31 National Champagne 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 November. 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.

COMING SOON!!

Please rejoin us for “Geri-Fit”. 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’s proven to be effective in rebuilding strength, balance and range of motion. And, it’s great for chronic disease management. If you have any questions, please contact Becky or Tara. For those interested, there will be a sign-up sheet at the front desk or you may call the Center to do so. Join us for the F-U-N!

***Class times and location will be announced in the January Golden News.
**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 rumba).

**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 known 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

HOLIDAY/WINTER CRAFT CLASS
Wednesday, December 8th
10:00 AM—1:00 PM
Cost: $10.00
Pre-registration required; class limited to 10.

PAINTING WITH WATERCOLORS
Wednesday, December 1st and 15th at NOON
* Please provide your own supplies. *

Good Ol’ Gospel Music Night
We are hosting a good old-fashioned gospel music night on THURSDAY, DECEMBER 9TH 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 talent of The Greater Zanesville Singers.

MUSIC FUN with RICK & SUE!
Wednesday, December 15th at 11:45 AM

ZHS Blue Knights Band
Wednesday, December 22nd
10:00 AM
Join us for fun & festivities at our CHRISTMAS PARTY on Wednesday, December 22nd—10:00 AM

BINGO
Dec. 1—sponsored by INTERIM HOSPICE
Dec. 8—NO sponsor
Dec. 10—sponsored by HUMANA
Dec. 15—sponsored by FSPT
Dec. 29—sponsored by SHRIVER’S HOSPICE

Join us on Monday, December 13th at 6:30 PM for a toe-tapping, finger-snapping good time with the Y-City Barbershoppers!

Wednesday, DECEMBER 8th
Wear your favorite Christmas sweaters and socks!

Monday, December 20th at 11:30 AM

Wednesday, December 29th—11:45 AM

Entertainment by The Four Cousins!
Cake provided by Shriver’s Hospice
<table>
<thead>
<tr>
<th>Day</th>
<th>Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>ARTHRITIS EXERCISE: 9:30 AM</td>
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<tr>
<td></td>
<td>ART CLASS: 12:00 NOON</td>
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<tr>
<td></td>
<td>YOGA: 4:00 PM</td>
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<td></td>
<td>LEVEL I LINE DANCE: 5:00 PM</td>
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<tr>
<td></td>
<td>DUPLICATE BRIDGE: 6:00 PM</td>
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<tr>
<td></td>
<td>EUCHRE: 6:00 PM</td>
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<tr>
<td>Tuesday</td>
<td>GREETING CARD CLASS: 10:00 AM - NO December classes</td>
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<tr>
<td></td>
<td>BUTTON CLUB: 12:00 PM (1st Tuesday of month ONLY) - December 7th</td>
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<td></td>
<td>LINE DANCE: 10:00 AM</td>
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<tr>
<td></td>
<td>HEALTHY LIVING (formerly Diabetic Support): 10:00 AM (2nd &amp; 4th Tuesdays)</td>
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<tr>
<td></td>
<td>Y-BRIDGE: 12:00 NOON</td>
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<tr>
<td></td>
<td>ROUND DANCE: 12:30 PM (except 2nd Tuesday of month)</td>
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<tr>
<td></td>
<td>MAHJONG: 1:00 PM</td>
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<tr>
<td></td>
<td>LEVEL III LINE DANCE: 6:00 PM</td>
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<tr>
<td></td>
<td>EUCHRE: 6:00 PM</td>
</tr>
<tr>
<td>Wednesday</td>
<td>BINGO: 9:45 AM</td>
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<tr>
<td></td>
<td>PAINTING WITH WATERCOLORS: 12:00 NOON (1st &amp; 3rd Wednesdays)</td>
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<tr>
<td></td>
<td>BIRTHDAY CELEBRATION: Last Wednesday of the month at 11:45 AM</td>
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<tr>
<td>Thursday</td>
<td>CARDIO DANCE: 9:00 AM - Bring hand weights (1-5 lbs)</td>
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<td></td>
<td>ARTHRITIS EXERCISE: 9:30 AM</td>
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<td></td>
<td>PERI: 11:00 AM (1st Thursday of the month) - December 2nd</td>
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<td></td>
<td>EUCHRE: 12:00 NOON</td>
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<td></td>
<td>MAHJONG: 1:00 PM</td>
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<tr>
<td>Friday</td>
<td>BINGO: 9:45 AM (2nd Friday of month) - Dec. 10th</td>
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<tr>
<td></td>
<td>DUPLICATE BRIDGE: 12:30 PM</td>
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<tr>
<td></td>
<td>EUCHRE: 6:00 PM (2nd Friday of month) - Dec. 10th</td>
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<tr>
<td></td>
<td>SQUARE DANCE: 6:00 PM (2nd Friday)</td>
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<tr>
<td></td>
<td>December 10—Brenda Sue, with special guest - SANTA!!!</td>
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</tbody>
</table>

**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.**
Christmas Word Search

Bells    Stockings    Celebrate
Stockings    Wreath    EggNog
Wreath    Elves    Tree
Elves    Sled    Jolly
Sled    Santa    Merry
Sled    Mistletoe    Chimney
Sled    Chimney    Reindeer
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
</tr>
<tr>
<td>Salisbury steak</td>
<td>Baked chicken</td>
<td>Lasagna casserole</td>
<td>Sausage gravy</td>
<td>Baked chicken</td>
</tr>
<tr>
<td>Mashed potatoes</td>
<td>Rice pilaf</td>
<td>Tossed salad</td>
<td>Biscuit</td>
<td>Mashed potatoes</td>
</tr>
<tr>
<td>California blend</td>
<td>Broccoli</td>
<td>Broccoli soup</td>
<td>Gravy</td>
<td>Brussels sprouts</td>
</tr>
<tr>
<td>Pears</td>
<td>Cucumber/tomato</td>
<td>Green beans</td>
<td>Hash browns</td>
<td>Stewed tomatoes</td>
</tr>
<tr>
<td>Brownie</td>
<td>salad</td>
<td>Warm peaches</td>
<td>Warm apples</td>
<td>Fruit juice</td>
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<tr>
<td></td>
<td>Grape juice</td>
<td>Breadstick</td>
<td>Orange juice</td>
<td>Garlic bread</td>
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<tr>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
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<tr>
<td>Baked fish</td>
<td>Baked chicken</td>
<td>Cabbage/potato/</td>
<td>Meatloaf</td>
<td>Sliced turkey</td>
</tr>
<tr>
<td>Hash browns</td>
<td>Mashed potatoes</td>
<td>Kielbasa</td>
<td>Baby carrots</td>
<td>Mashed potatoes</td>
</tr>
<tr>
<td>Beets</td>
<td>Capri blend</td>
<td>Green beans</td>
<td>Lima carrots</td>
<td>Lima beans</td>
</tr>
<tr>
<td>Apricots</td>
<td>Banana pudding</td>
<td>Warms applesauce</td>
<td>Pears</td>
<td>Green peas</td>
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<tr>
<td></td>
<td>Apple juice</td>
<td></td>
<td></td>
<td>Pears</td>
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<tr>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
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<tr>
<td>Baked steak</td>
<td>Chicken &amp; noodles</td>
<td>Sliced turkey</td>
<td>Baked steak</td>
<td>Tuna &amp; noodles</td>
</tr>
<tr>
<td>Mashed potatoes</td>
<td>Peas</td>
<td>Mashed potatoes</td>
<td>Mashed potatoes</td>
<td>Peas</td>
</tr>
<tr>
<td>Broccoli</td>
<td>Carrots</td>
<td>Stuffing</td>
<td>Stew tomatoes</td>
<td>Peas</td>
</tr>
<tr>
<td>Pineapple</td>
<td>Tropical fruit</td>
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<td></td>
<td>Mixed fruit</td>
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<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
</tr>
<tr>
<td>Tuna &amp; noodles</td>
<td>Sloppy Joe</td>
<td>Pork chop</td>
<td>Sloppy Joe</td>
<td>Sloppy Joe</td>
</tr>
<tr>
<td>Peas</td>
<td>Potato soup</td>
<td>Redskin potatoes</td>
<td>Peas</td>
<td>Peas</td>
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<tr>
<td>Stewed tomatoes</td>
<td>California blend</td>
<td>Carrots</td>
<td>Mixed fruit</td>
<td></td>
</tr>
<tr>
<td>Mixed fruit</td>
<td>Crackers</td>
<td>Banana</td>
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</tbody>
</table>

**NOVEMBER**

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.

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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.*
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, DECEMBER 16TH.

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.

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. Next meeting dates are:

December 14
December 28

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, DECEMBER 16: * Cake donated by Shriver's Hospice *

Wednesday, DECEMBER 22: Christmas Party with entertainment by Dave Mathew.
Pie provided by Home Instead
6 TIPS FOR SHOPPING SAFELY ONLINE THIS HOLIDAY SEASON

Between concerns about the spread of the coronavirus and worries about driving in winter weather, many people are turning to online shopping this holiday season. It’s convenient all around, from ordering with a few mouse clicks to having packages delivered right to your front door.

Unfortunately, not every online store is legitimate. In fact, the FTC’s Internet Crime Complaint Center received nearly 467,361 online-theft complaints in 2019. Losses for shoppers added up to a whopping $3.5 billion!

1. SHOP AT HOME AND NOT ON PUBLIC WI-FI
   It might be tempting to get some of your shopping done while you are waiting at your doctor’s office or for a take-out meal to be prepared. Many health care providers and restaurants offer free Wi-Fi for patients and guests. Unfortunately, it’s easy for hackers to intercept your personal and financial information on public Wi-Fi. Shopping from home on your own password-protected network is best.

2. FAVOR STORES YOU TRUST
   There are a lot of credible websites to shop from online, and an equal number you should avoid. One way to steer clear of the shady websites is to buy from stores you enjoy shopping at in person. That also ensures the quality of the products you order.

3. CHECK THE SITE’S SECURITY
   Have you ever noticed the small lock icon in front of a web address? It’s a signal that the web page you’re visiting has privacy protection installed. That usually indicates the site is reputable.

   Another tip is to check whether the web address starts with “https.” If you don’t see that lock or the “s” after “http,” then the webpage isn’t secure. Using your credit card on a site like this might be risky.

4. BE WARY OF EMAILS WITH LINKS
   The holidays are a peak season for online scams, including phishing emails. Scammers send out emails that look identical to those from popular stores and financial institutions. These emails can look so realistic that it’s impossible to recognize the difference.

   Most contain a link that you are encouraged to click on. They often ask you to update some kind of personal information. Once you follow the link and do so, the scammer has your data and can use it to make purchases in your name or commit identity theft.

5. USE A CREDIT CARD
   You can avoid a lot of problems by using only a credit card, never a debit card, when you shop online. If you use a debit card, a thief can drain your checking or savings account before you realize anything is wrong.

   If your account is hacked, your credit card company will help protect you. Your bank might be able to help, but it usually takes longer.

6. MONITOR MONTHLY STATEMENTS
   One final tip is to closely monitor the monthly statements for any credit cards you use. Make sure the charges listed are for purchases you made. Also be certain that any returns you make are credited. If they aren’t, appeal the charges to your credit card company. Most are able to quickly resolve issues.

BEATING HOLIDAY STRESS
Whether you shop online or in person, finding the right gift for everyone on your holiday shopping list can cause anxiety. Loneliness and loss can also make the season feel more stressful. Reduce Stress During the Holidays is an article you might find helpful this season!
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- Medicare Supplements
- Medicare Rx Plans
- Final Expense Insurance

Jeff Richardson
740-404-2631

Lynn Richardson
740-405-6631

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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 Schroeder, DC. D.ACNB, 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!

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 Schroeder, DC. D.ACNB, 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 newstest 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 tearing of the cartilage in my left knee. After completing the program, I must say I am not disappointed with the results I have experienced." - Lea 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!
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.

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Help with understanding and accessing benefits available through certain Medicare Plans:
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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.