



GOLDEN news

FEBRUARY | VOLUME 44, ISSUE 2 | 2022

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

A Note from Our Director, Kate:

Where has the time gone? January has come and gone so fast! It was an exciting month getting to know the staff and friends of the Center for Seniors. I have felt very welcomed by everyone. Thank you!

As February starts, I am looking forward to learning more about our Center's community, activities and meeting more of our friends. I am anxious to get more involved in the community and start working towards new and exciting projects for our seniors of Muskingum County. Be on the lookout for an opportunity to share your thoughts with us coming soon!

Announcements

- **The health and safety of our staff and friends is very important to us. As the surge of illnesses has increased, I have asked the staff and friends of the Center to please wear a mask while here at the Center. There are masks available at the front desk.**
- **Winter weather advisories**
 - * **The safety of staff and friends of the Center are important to us.**
 - * **The Center will be operating on the level that is determined at the time of the Center opening.**
For example, if the Sheriff has declared a level 2 snow emergency at 8:00AM, the Center will be operating on the level two schedule through that business day.
 - * **If the weather advisory upgrades the Center will operate on that level.**
For example: There is NO snow emergency declared at 8:00AM, then during the day, a level 1 snow emergency is declared, we will immediately implement the operating schedule of the level 1.
- **The Snow Emergency Policies:**
 - * **Level 1**
 - ~ All day time services and activities will be held.
 - ~ Evening activities will be cancelled.
 - * **Level 2**
 - ~ The Center will open on a two hour delay.
 - ~ Transportation and Home-Delivered Meals will be cancelled.
 - ~ Congregate meals will be served.
 - ~ No evening activities.
 - * **Level 3**
 - ~ The Center for Seniors programs and services will be closed.

OUR COMMUNITY

Mission:

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

STAFF

Executive Director

Kate Paul 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

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Mollie Crooks

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Megan Durst

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Janice McFerren

James McDonald

Brian Wagner

Keely Warden

MCCFS will be CLOSED on the following dates in 2022:

Monday, February 22—Presidents' Day

Monday, May 30—Memorial Day

Monday, June 20—Juneteenth

Monday, July 4—Independence Day

Monday, September 5—Labor Day

Monday, October 10—Columbus Day

Tuesday, November 8—Election Day (Meals on Wheels WILL run)

Friday, November 11—Veterans' Day

Thursday/Friday, November 24-25—Thanksgiving

Friday, December 23/Monday, December 26—Christmas

Friday, December 30/Monday, January 2, 2023—New Year's

* 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.

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.

The MCCFS Board of Trustees will meet on Tuesday, February 8, 2022 at 7:30 AM in the Trinway Room.

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
FEBRUARY

- 1 Change Your Password Day
- 2 Groundhog Day
- 2 Rheumatoid Awareness Day
- 3 National Carrot Cake Day
- 4 National Homemade Soup Day
- 4 National Wear Red Day
- 4 Thank a Mail Carrier Day
- 6 National Frozen Yogurt Day
- 7 National Fettuccine Alfredo Day
- 7 Send a Card to a Friend Day
- 8 National Potato Lover’s Day
- 9 National Pizza Day
- 11 National Shut-In Visitation Day
- 13 National Tortellini Day
- 14 Clean Out Your Computer Day
- 14 National Donor Day
- 16 National Almond Day
- 17 Random Acts of Kindness Day
- 18 National Caregivers Day
- 20 National Cherry Pie Day
- 20 National Love Your Pet Day
- 22 National Margarita Day
- 23 National Banana Bread Day
- 24 National Chili Day
- 25 National Clam Chowder Day
- 26 National Pistachio Day
- 26 Tell a Fairy Tale Day
- 28 Floral Design Day

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. It is **VERY IMPORTANT** that we have current information so that you can be reached, should an emergency arise.



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 a ride.

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.



We would like to thank all who made donations to the Center for Seniors in January. We sincerely appreciate all of 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.



Just For giggles

Case Cured

A woman went to the doctor's office. She was seen by one of the new doctors, but after a few minutes in the examination room, she burst out and ran screaming down the hall.

An older doctor stopped and asked her what the problem was, and she explained. He had her sit down and relax in another room.

The older doctor marched back to the new doctor and demanded, "What's the matter with you? Mrs. Smith is 63 years old with four grown children and seven grandchildren, and you told her she was pregnant?!"

The new doctor smiled smugly as he continued to write on his clipboard and said, "Cured her hiccups though, didn't it?"



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



American Heart Association 

Friday,
February
4th

PAINTING WITH WATERCOLORS
Wednesday, February 2nd & 16th at NOON



* Please provide your own supplies. *

Good Ol' Gospel Music Night

We are hosting a good old-fashioned gospel music night on **THURSDAY, FEBRUARY 10TH at 6:00 PM**, sponsored By Helen Purcell. Admission is \$2.00 and this event is open to the public. Come join us and enjoy great music & fellowship! This month's concert features the music of GRACE NOTES (from Market Street Baptist Church).



Happy Valentine's Day!!

**Sweetheart Sing-a-Long
with Jackie & Friends**

February 14th

Greeting Card Class

Tuesday, **February 22nd**
at **10:00 AM**.

Reservations are required

Cost: \$5.00 (includes card kit)

You must provide your own tools.

B I N G O

February 2—sponsored by **HUMANA**

February 9—sponsored by **FSPT**

February 11—sponsored by **HUMANA**

February 16—**NO SPONSOR**

February 23—sponsored by **Shriver's Hospice**

February 25—sponsored by **HUMANA**

TUESDAY, 2/22/22

HAPPY TWOS DAY!!

Wednesday, February 23—11:45 AM



Entertainment by Pat Wess

DAILY ACTIVITIES

Monday

ARTHRITIS EXERCISE: 9:30 AM
ART CLASS: 12:00 NOON
YOGA: 4:00 PM
LEVEL I LINE DANCE: 5:00 PM
DUPLICATE BRIDGE: 6:00 PM
EUCHRE: 6:00 PM



Tuesday

GREETING CARD CLASS: 10:00 AM -
BUTTON CLUB: 12:00 PM (*1st Tuesday of month ONLY*) - *February 1st*
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)
ARTHRITIS EXERCISE: 9:30 AM
PERI: 11:00 AM (*1st Thursday of the month*) - *February 3rd*
EUCHRE: 12:00 NOON
MAHJONG: 1:00 PM

Friday

BINGO: 9:45 AM (*2nd & 4th Friday of month*) - *February 11th & 25th*
DUPLICATE BRIDGE: 12:30 PM
EUCHRE: 6:00 PM (*2nd & 4th Friday of month*) - *February 11th & 25th*
SQUARE DANCE: 6:00 PM (*2nd & 4th Friday*) - \$3.00 admission
February 11—Ohio Swing Band (sponsored by Humana—FREE Admission)
February 25—Brenda Sue & the Out-of-Towners

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.**

Valentine's Word Search

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

WORD LIST:

ADORE	CANDLELIGHT	DARLING	FLOWERS	LOVE	SECRETADMIRER
AFFECTION	CANDY	DEAR	FOURTEENTH	LOVEBIRDS	SWEETHEART
AMOROUS	CARDS	DESIRE	FRIENDS	PINK	SWEETS
ARROW	CHERISH	DEVOTION	HEART	POEM	TEDDYBEAR
BELOVED	CHERUB	EMBRACE	HONEY	RED	TENDERNESS
BEMINE	CHOCOLATE	ENDEARMENT	HUGS	ROMANCE	
BOUQUET	CUPID	FEBRUARY	KISSES	ROSES	

LUNCH Menu

FEBRUARY

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. in advance.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1
Macaroni & cheese
Stewed tomatoes
Peas
Grape juice
Vanilla wafers

2
Taco salad
Green beans
Fresh orange

3
BBQ pork
Carrots
Brussels sprouts
Tropical fruit

4
Lasagna
Tossed salad
Cauliflower
Apple crisp
Breadstick

7
Baked chicken
Hash brown
casserole
Brussels sprouts
Ambrosia salad
Graham crackers

8
Roast pork
Green beans
Cooked cabbage
Mandarin oranges

9
Baked steak
Mashed potatoes
Corn
Fruit cup
Cookie

10
Chicken Alfredo
California blend
Tossed salad
Baked apples
Breadstick

11
Fish sandwich
Au gratin potatoes
Beets
Mandarin oranges

14
Chicken patty
sandwich
Au gratin potatoes
Lima beans
Mandarin oranges

15
Beef & noodles
Mashed potatoes
Peas & carrots
Peaches

16
Salisbury Steak
Redskin potatoes
Winter blend
Pears
Brownie

17
Ham & bean soup
Wedge fries
Mixed fruit cup
Cornbread

18
Monterey chicken
Rice pilaf
Broccoli
Tossed salad
Baked apples

21
CLOSED



22
Stuffed pepper
Redskin potatoes
Carrots
Applesauce

23
Beef stew
Mashed potatoes
Fruited Jell-O

24
Meatloaf
Mashed potatoes
Baby carrots
Fruit juice

25
Chicken salad
on a croissant
Broccoli soup
Potato salad
Pears

28
Smoked sausage
Mashed potatoes
Sauerkraut
Tropical fruit

For reservations at Dresden & Hi-Rise: Please call 454-9761 before 9:00 AM.
Menu is **subject to change** without notice.

NUTRITION / OTHER

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. **There will be NO MAKE-UP DAYS so please plan accordingly!** Pick up time is from 10:00 AM until 2:00 PM. **The pick-up date for this month is THURSDAY, FEBRUARY 17TH.**

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 **BY 9:30 AM** 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. Next meeting dates and topics are:

February 8—HEART HEALTH 
February 22—Nutrition Label Changes

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, **FEBRUARY 17:**



HEALTH & WELLNESS

9 STEPS TO PROMOTE HEART HEALTH

Heart disease is the leading cause of death for both men and women worldwide. Research shows that 1 in 4 deaths can be attributed to heart disease. Experts say it doesn't have to be this way. Many risk factors that contribute to cardiac diseases can be controlled with a healthy lifestyle.

In honor of National Heart Month, recognized in February each year, here are some steps you can take to lower your risk for heart disease.

1. Eat a healthy breakfast:

Start the day off right with a well-balanced breakfast. This sets the tone for the food choices you'll make all day. A breakfast high in fiber and protein, such as a bowl of oatmeal or a smoothie, will also keep you feeling full longer. That makes you less likely to reach for sugary treats midmorning.

2. Sweets in moderation:

Everyone likes a sweet treat now and then. The key is to indulge only in moderation. Elevated blood sugar levels are linked to heart disease, especially for women. The American Heart Association guidelines recommend no more than 6 teaspoons per day of added sugar for women, and 9 teaspoons for men.

3. Skip processed foods:

Western diets are often filled with packaged and processed foods. Though they may be convenient, most are high in sodium, trans fat, and calories. Too much sodium increases blood pressure putting you at a high risk for

cardiac-related illnesses. The added calories and fat can also contribute to weight gain and obesity.

4. Limit alcohol:

You may be surprised to learn that overindulging in alcohol can increase your risk for heart disease. While some studies seem to indicate red wine is good for your heart, it's important to limit how much you consume. Ask your physician for advice on how much alcohol is safe considering your personal medical history.

5. Stay active:

A sedentary lifestyle, especially when combined with a lack of exercise, also raises your risk for heart disease. In fact, researchers say sitting too much can be as dangerous for your health as smoking! Lower your risk by exercising at least 150 minutes a week and avoid sitting for long periods of time. It might help to invest in a fitness tracker that counts the steps you take, as well as alerts you if you've been sedentary for too long.

6. Sleep well:

Many adults underestimate the importance of a good night's rest. Too little sleep leaves you tired

and groggy. That can cause you to make bad choices during the day, such as watching too much television or indulging in too many carbohydrates. If you aren't able to sleep well or if you feel tired when you wake up, talk to your physician. You might have a medical issue that needs to be addressed.

7. Manage stress:

Finding positive ways to manage stress is another important factor in maintaining a healthy heart. Walking, cycling, swimming, and yoga are a few types of exercise that help. Spending time enjoying friends and family is another stress-buster. Keeping a daily journal may also be a good idea. Documenting the day's ups and downs can help you find perspective that you might not otherwise.

8. See the doctor:

Having a physician you can count on and feel comfortable with is important. You are more likely to stay on track with preventative tests and screenings when you have a doctor you see on a regular basis.

9. Stop smoking:

If you are a smoker, find a cessation program that will allow you to kick the habit. Smoking is a leading cause of heart disease. One out of five heart-related deaths in this country can be linked to smoking.

Learn More about Heart Health

Visit the American Heart Association online where you will find a variety of resources ranging from recipes to exercise tips!





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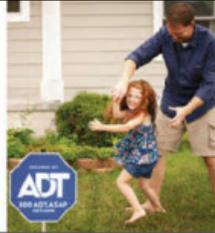


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SPINAL ARTHRITIS?

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!



Dr. Russ Schroder
Chiropractic Neurologist



Dr. Heather Schroder
Naturopath

300 Main St
Zanesville, OH
740.454.1747

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

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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!



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Chiropractic Neurologist



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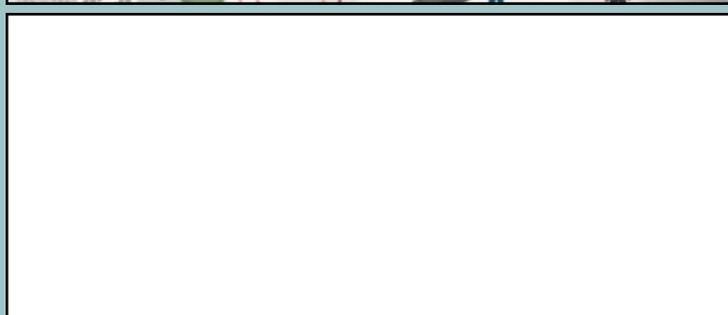
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