



GOLDEN news

MARCH | VOLUME 44, ISSUE 3 | 2022

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



SENIOR NUTRITION PROGRAM
CELEBRATE • INNOVATE • EDUCATE

Senior Nutrition Program 50th Anniversary

Nutrition is a vital component of our health and well-being, especially as we age. But in communities throughout the U.S., older adults sometimes lack access to the high-quality, nutritious food they need to remain healthy and independent.

Since 1972, the national Senior Nutrition Program has been there to support older adults by providing nutrition services across the country. Funded by the Older Americans Act, the Administration for Community Living (ACL) provides grants to states to support a network of local programs that deliver nutrition services to older adults. These programs promote healthy eating, decrease social isolation, and support better health. They also provide a gateway for older adults to access other home and community-based services such as falls prevention programs, chronic disease management services, and more.

This March, MCCFS is proud to celebrate the 50th anniversary of the national Senior Nutrition Program with others across the country. The theme for the 50th anniversary celebration is *Celebrate. Innovate. Educate.* With this theme in mind, we invite you to join us in:

- Celebrating** the accomplishments of senior nutrition programs over the past 50 years,
- Highlighting **innovative approaches** that have been used to support seniors, and
- Educating** communities so that they can understand and use nutrition services.

To this end, we will be inviting local public officials, celebrities, and Board members to participate in MARCH FOR MEALS by helping prepare, serve, and/or deliver lunch on Thursday, March 24th. Be on the lookout—you never know who might show up at your door with lunch!

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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Board of Trustees

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James McDonald

Brian Wagner

Keely Warden

MCCFS will be CLOSED on the following dates in 2022:

Tuesday, May 3—Primary Election Day (Meals on Wheels WILL run)

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, March 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
MARCH

- 1 National Pancake Day
- 1 National Peanut Butter Lover's Day
- 2 Dr. Seuss' Birthday
- 4 National Marching Music Day
- 5 National Genealogy Day
- 7 National Cereal Day
- 8 International Women's Day
- 9 National Meatball Day
- 10 World Kidney Day
- 12 National Girl Scout Day
- 12 National Plant a Flower Day
- 13 Daylight Saving Time Begins
- 13 National Good Samaritan Day
- 14 National Napping Day
- 14 National Potato Chip Day
- 14 Pi Day (3.14)
- 17 St. Patrick's Day
- 18 National Sloppy Joe Day
- 19 National Let's Laugh Day
- 19 National Quilting Day
- 20 International Day of Happiness
- 20 World Oral Health Day
- 22 American Diabetes Alert Day
- 23 National Puppy Day
- 29 National Vietnam War Veterans Day
- 30 National Take a Walk in the Park Day
- 31 National Crayon Day
- 31 National Tater 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 everyone who made donations to the Center for Seniors in the month of February. We sincerely appreciate your contributions, which help us continue our work of 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.

We have openings in our Commodity Food Supplemental Program! CFSP is a once monthly food distribution. All boxes are assigned. The box includes shelf stable foods such as cereal, peanut butter, canned fruits and vegetables, juice, canned meat and cheese. You must be at least 60 years of age, live in Muskingum County, be able to pick up your box on a monthly basis, or have someone that can, and fall within income guidelines. If you have questions about the Commodities program please call Becky at the Center. Applications can be picked up at the front desk or mailed.

MONTHLY INCOME GUIDELINES are as follows:

- 1 Person – \$1473**
- 2 Persons – \$1984**
- 3 Persons – \$2495**
- 4 Persons – \$3007**



We are looking for volunteers, substitutes and part-time drivers!

Drivers will deliver meals to Muskingum County seniors participating in our home-delivered meal program.

HOURS: Monday through Friday 8:30-2:00.

Call John for more information or to schedule an appointment at 740-454-9761, ext. 112 OR stop in and fill out an application!

*Interested candidates must have a valid driver's license and are subject to background checks.

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 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 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.

What's Happening

Friday, March 4th



**NATIONAL
WEAR BLUE
DAY!!**



PAINTING WITH WATERCOLORS
Wednesday, March 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, MARCH 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 The Four Cousins.



MARCH 17TH

**HAPPY
ST. PATRICK'S DAY!!**

Fun with Buckeye Hospice!

10:00 AM

** Wear your GREEN! **



Greeting Card Class

Tuesday, March 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

March 2—sponsored by **HUMANA**

March 9—**BROWN BAG BINGO!**

March 11—sponsored by **HUMANA**

March 16—**FSPT**

March 18—***AFTERNOON BINGO***—1:00 PM

March 23—sponsored by **HUMANA**

March 25—**SPRING CLEANING BINGO!**

March 30—sponsored by **SHRIVER'S HOSPICE**



Sunday, March 13th

Wednesday, March 30—11:45 AM



Entertainment by John Trimmer

DAILY ACTIVITIES

Monday

ARTHRITIS EXERCISE: 9:30 AM - **NO class 3/10**
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 (*4th Tuesday of month ONLY*)
BUTTON CLUB: 12:00 PM (*1st Tuesday of month ONLY*) - *March 1st*
LINE DANCE: 10:00 AM
HEALTHY LIVING (formerly Diabetic Support): **NO meetings in March or April**
Y-BRIDGE: 12:00 NOON
ROUND DANCE: 12:30 PM (*except 2nd Tuesday of month*)
LEVEL III LINE DANCE: 6:00 PM
EUCHRE: 6:00 PM

Wednesday

BINGO: 9:45 AM
PAINTING WITH WATERCOLORS: 12:00 NOON (*1st & 3rd Wednesdays*)
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: 11:30 AM (*1st Thursday of the month*) - *March 3rd*
EUCHRE: 12:00 NOON

Friday

BINGO: 9:45 AM (*2nd & 4th Friday of month*) - *March 11th & 25th*
DUPLICATE BRIDGE: 12:30 PM
EUCHRE: 6:00 PM (*2nd & 4th Friday of month*) - *March 11th & 25th*
SQUARE DANCE: 6:00 PM (*2nd & 4th Friday*)
March 11—Pleasant Valley Boys—FREE admission
(sponsored by Humana)
March 25—Tim & Friends

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.**

St. Patrick's Day Wordsearch

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

Blarney	Emerald	Lucky	Rainbow
Celebrate	Green	March	Saint
Charm	Gold	Parade	Shamrock
Clover	Ireland	Patrick	Shillelagh
Coins	Leprechaun	Pinch	Wishes



LUNCH Menu

MARCH

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 Stuffed pepper Redskin potatoes Carrots Applesauce	22 Roast pork Sweet potatoes Green beans Tropical fruit Pudding	23 Beef stew Mashed potatoes Fruited Jell-O	24 Ham loaf 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	29 Chili soup Baked potato Broccoli & cheese Pears Cornbread	30 Creamed chicken over biscuit Redskin potatoes Mixed vegetables Mandarin oranges	31 Salisbury steak Mashed potatoes Yellow squash Peaches Graham crackers	

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, MARCH 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.**



Did you know that if a fire starts in your home, you may have just **two minutes** to escape?

Call the American Red Cross at **1-844-207-4509** to request your **FREE** home safety visit and smoke alarm installation.



**American
Red Cross**

Our partners and volunteers want to help you, your family, and our community stay safe. Remember to test your smoke alarms monthly and practice your fire escape plan.

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, **MARCH 17:**



Birthday Celebration!

Do you know about 2-1-1?

The Muskingum County Center for Seniors provides many resources and support for seniors in our community. However, we'll never be able to do it all! Frequently when someone calls us for assistance with an issue that we can't resolve on our own, we refer them to the Pathways of Central Ohio 2-1-1 phone line. 2-1-1 is a simple, easy-to-remember number to connect you to all the help and information you need in Knox, Licking, Marion, Morgan, Muskingum, Perry, Pickaway, and Washington counties.

Just as 9-1-1 eliminated the need to remember the number to call the fire and police, 2-1-1 is the number to dial when you want to be connected to a wide variety of social, human, and governmental services. This is a list of some of the things 2-1-1 can help you with:

- Food, shelter, and housing
- Financial assistance with mortgage/rent
- Medication assistance
- Substance abuse
- Mental illness
- Elder services
- Relationships
- Suicide & depression
- Employment
- Legal assistance
- Child and Elder abuse
- Domestic violence
- Child care/parenting
- Disaster recovery
- Crisis intervention
- Veteran Services
- Volunteer opportunities
- Health & dental care

2-1-1 is a free and confidential referral service staffed by exceptional people, who stay professional, calm, and compassionate as they interact with callers who may be facing one of the most challenging days of their lives.

For more information, visit <https://pathwaysofcentralohio.com/2-1-1-crisis-hotline-information-center/>.





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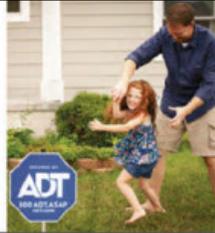


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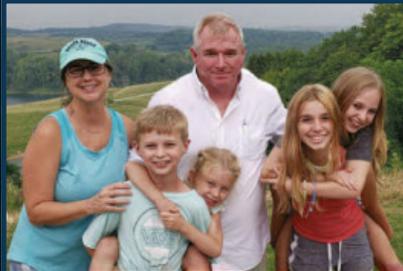
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SPINAL ARTHRITIS?

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

"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!



Dr. Russ Schroder
Chiropractic Neurologist



Dr. Heather Schroder
Naturopath

300 Main St
Zanesville, OH
740.454.1747

771 Dover Rd NE
Sugarcreek, OH
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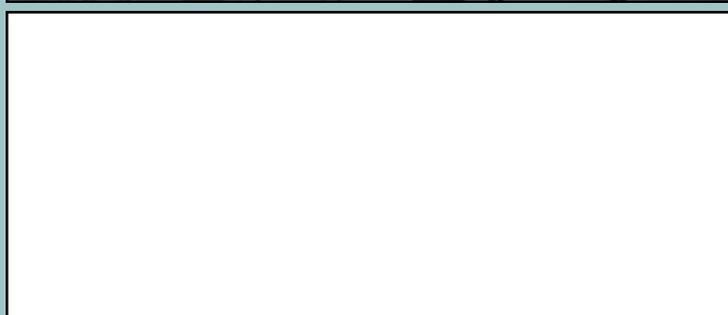
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SeniorBenefitAdvantage.com

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...

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MUSKINGUM COUNTY CENTER FOR SENIORS

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

Funded in part by the Older Americans Act through the Area Agency on Aging Region 9, Inc. and the Ohio Department of Aging

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

