



**SUPPORT SERVICES UPDATE:**

For your convenience and to ensure staff availability, if you need to utilize our Support Services Department, please call to schedule an appointment. This change will take effect April 1st.

Spring is here! As seasons are changing so are we! We are looking forward to the upcoming months of revamping of programs, bringing back popular activities and adding new activities. We have some ideas for programs and educational sessions too. Stay tuned and follow us on Facebook for additional information and announcements as they are made.

We truly love sharing our day with our friends at the Center. We are so excited to see more people coming to the Center and enjoying the activities and meals! I enjoy visiting and seeing all the smiling faces at lunch and activities. Then it brightens my day to hear the music, laughter, and conversations coming from upstairs when I am stuck in my office. Our friends at the Center make our day fun! If you haven't visited us at the Center, stop in and take a tour. We would be glad to show you around and have lunch with you! We look forward to meeting you!

*Kate Paul*  
*Executive Director*

# 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

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The MCCFS Board of Trustees will meet on Tuesday, April 5, 2022 at 7:30 AM in the Trinway Room.

## MCCFS will be CLOSED on the following dates in 2022:

*Tues., May 3—Election Day (STAFF TRAINING / ALL SERVICES CANCELLED)*

*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.

*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  
**APRIL**

- 1 National Fun Day
- 2 National Peanut Butter & Jelly Day
- 3 National Find a Rainbow Day
- 4 Vitamin C Day
- 5 Caramel Day
- 5 National Dandelion Day
- 6 National Walking Day
- 7 National No Housework Day
- 8 National Zoo Lovers Day
- 9 National Cherish an Antique Day
- 10 Golfer's Day
- 11 National Pet Day
- 12 National Grilled Cheese Sandwich Day
- 13 National Scrabble Day
- 14 National Pecan Day
- 15 National Glazed Spiral Ham Day
- 16 National Orchid Day
- 17 National Haiku Poetry Day
- 18 National Egg Salad Sandwich Day
- 19 National Garlic Day
- 20 Pineapple Upside-Down Cake Day
- 21 National Tea Day
- 22 National Jellybean Day
- 22 American Diabetes Assoc. Alert Day
- 23 National Picnic Day
- 24 National Dance Day
- 25 National Zucchini Bread Day
- 26 National Pretzel Day
- 27 Administrative Professionals' Day
- 28 Pay It Forward Day
- 29 National Arbor Day
- 30 National Oatmeal Cookie Day
- 31 National Crayon Day



**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 1-800-422-1976.



We would like to thank everyone who made donations to the Center for Seniors in the month of March. 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](http://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](http://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 scores 10 points.

# What's Happening

## APRIL FOOLS TURKEY RAFFLE

April 1st — 10:45 AM  
Tickets: \$1.00 each



## BOARD GAMES & CARDS Friday, April 1st—9:00-11:00 AM



## PAINTING WITH WATERCOLORS

Wednesday, April 6th & 20th at NOON



\* Please provide your own supplies. \*

## MID-EAST PRESCHOOL VISITATION

April 14th & 15th  
10:00AM

## Good Ol' Gospel Music Night

We are hosting a good old-fashioned gospel music night on **THURSDAY, APRIL 14th 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 **Victory Trio**.



## EASTER FUN DAY!! (Wed., April 13th)

Wear your Easter bonnets and decorate your tables!

Easter treats will be provided by Buckeye Hospice & Palliative Care.



## B I N G O

April 6—sponsored by **FIRST SETTLEMENT PT**  
April 8—sponsored by **HUMANA**  
April 13—**SPRING FUN!!**  
April 15—**AFTERNIOON BINGO (12:45)**  
April 20—sponsored by **HUMANA**  
April 22—sponsored by **OAKS AT NORTHPOINTE**  
April 27—sponsored by **SHRIVER'S HOSPICE**

## Greeting Card Class

Tuesday, April 26th  
at 10:00 AM.

Reservations are required  
**Cost: \$5.00** (includes card kit)

You must provide your own tools.

Wednesday, April 27—11:45 AM



Entertainment by Jim & Mark  
"Rockin with the Oldies"

# 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 (*4th Tuesday of month ONLY*)  
BUTTON CLUB: 12:00 PM (*1st Tuesday of month ONLY*) - *April 5th*  
LINE DANCE: 10:00 AM  
HEALTHY LIVING (formerly Diabetic Support): **NO meetings in 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*) - *April 7th*  
EUCHRE: 12:00 NOON  
FOSTER GRANDPARENTS: 1:00 PM (*2nd Thursday of the month*) - *April 14th*

## Friday

BINGO: 9:45 AM (*2nd & 4th Friday of month*) - *April 8th & 22nd*  
DUPLICATE BRIDGE: 12:30 PM  
EUCHRE: 6:00 PM (*2nd & 4th Friday of month*) - *April 8th & 22nd*  
SQUARE DANCE: 6:00 PM (*2nd & 4th Friday*)  
*April 8—Ohio Swing Band—FREE admission*  
*(sponsored by Humana)*  
*April 22—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.**

# Easter Word Search

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



Basket  
Bonnet  
Bunny  
Candy  
Chicks  
Chocolate  
Daffodil  
Decorate  
Ducks



Dye  
Easter  
Egg Hunt  
Eggs  
Family  
Flowers  
Grass  
Happy  
Jellybeans

Lily  
Parade  
Peeps  
Rabbit  
Spring  
Sunday  
Tradition  
Tulips



# LUNCH Menu

APRIL

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 Fish sandwich Wedge fries Brussels sprouts Fruit cup
4 Swiss steak Au gratin potatoes Cooked cabbage Fruited Jell-O Graham crackers	5 Sliced turkey Dressing Mashed potatoes Carrots Fruit cocktail	6 Baked chicken Brown rice Broccoli Tossed salad Peaches	7 Swedish meatballs Mashed potatoes Italian blend Banana	8 Macaroni & cheese Mixed vegetables Cauliflower Peaches
11 Baked chicken Redskin potatoes Lima beans Apricots Pudding	12 Cabbage roll Mashed potatoes Stewed tomatoes Pears	13 Hot dog on a bun Potato salad Baked beans Fruited Jell-O	14 Beef & noodles Mashed potatoes Green beans Banana	15 Chicken salad on a croissant Bean soup Beets Peaches
18 Baked steak Mashed potatoes Spinach Melon cup	19 Roast pork Sweet potatoes Peas Tropical fruit Fruit muffin	20 Chicken Alfredo California blend Tossed salad Baked apples Breadstick	21 Turkey & cheese on a bun Broccoli soup Coleslaw Fruit cup	22 Baked fish Scalloped potatoes Beets Apple juice Brownie
25 Smoked sausage Mashed potatoes Sauerkraut Pineapple Cookie	26 Shredded chicken sandwich Mixed vegetables Tater tots Mandarin oranges	27 Stuffed pepper Mashed potatoes Carrots Applesauce	28 Meatloaf Au gratin potatoes Green beans Tropical fruit Vanilla wafers	29 Cheeseburger Lettuce/onion/ Pickles Baked beans Tater tots Banana

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, APRIL 21ST.**

## HOME-DELIVERED MEAL CLIENTS: WE NEED YOUR HELP

Home delivered meal clients can help the Center save food, gas and money by calling our Nutrition Department **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: **Line Dancing** at 10:00 AM

TUESDAY/THURSDAY: **Golf Card game** at 10:00 AM

**Hausey & Canasta** at 12:00 noon

Thursday, **APRIL 21:**



*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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## 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

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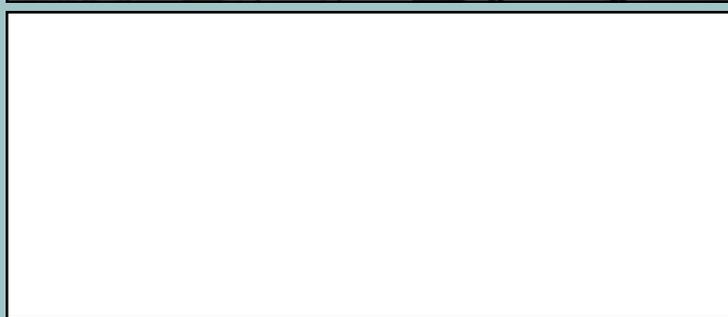
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**Let Senior Benefit Advantage be your advocate beyond your insurance PLAN**

**Rhonda K. Kraus, MSW** is the Director of Client Services at Senior Benefit Advantage and has 30 years' experience in the insurance industry, with a background in social work that is focused on serving Medicare Beneficiaries. Senior Benefit Advantage serves clients who request our help with choosing Medicare Plan Options. We are licensed Independent Insurance Brokers who are certified and compensated by the plans we represent. We do not charge a fee for any service we provide.

**Senior Benefit Advantage Provides Access to Better Healthcare through:**

**Medicare Counseling:**

- Help Understanding Medicare and Medicaid
- Help Understanding Medicare Plan Options

**Prescription Assistance:**

- Help with finding companies that offer low-cost prescription medications
- Help with applying for Extra-Help with Prescription Drugs through Social Security
- Help finding and applying for Patient Assistance Programs

**Help with applying for Medicaid and Medicare Premium Assistance Programs:**

- We will serve as your Authorized Representative at Jobs and Family Services

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

- Transportation
- Dental Coverage- Dentures
- Vision Coverage
- Hearing Aid Appointments
- Medical Alerts
- And More...

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# MUSKINGUM COUNTY CENTER FOR SENIORS

160 N. 4th Street  
Zanesville, OH 43701  
(740) 454-9761  
[www.mccfs.org](http://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.*

