



GOLDEN news

JUNE | VOLUME 44, ISSUE 6 | 2022

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

Dear Friends of the Center for Seniors,

I hope you are enjoying the start of the warmer weather! I wanted to take a few minutes to share a few updates from the Center.

One update I would like to share with you is our meal delivery program. This program has been serving our community seniors for years! We still want to continue to support our seniors and as many as we can. However, there are times we need to re-evaluate who and how we serve due to program changes and funding guidelines. If you are on the meal program, our staff will be reaching out to you in the coming weeks to discuss the options available to you as a homebound meals participant.

To help us serve you and others as efficiently as possible, plus ensure those in greatest need are being served, we need your help! How can you help? Here are a couple of ideas:

- Please remember to cancel your meal each day you will not be home to get it.
(Please see your meal plan contract)
- Would you consider coming into the Center for socialization and meals rather than being delivered a meal? We aren't just open for lunch; we are open Monday through Friday 8:00 to 4:00!

We want to serve and support you as best we can but we also want to make sure we are doing it in the best way possible.

Our commodity distribution day is still the 3rd Thursday of the month. We have been working very hard to identify people who are interested and qualify for each box we receive from Mid-Ohio. Because of this, we will only be able to give out what each household qualifies for. We often have more of a line and wait at the beginning of our pick-up time window. We are outside until 2:00 and if you are on the list you will get your monthly commodity box. If you have been through the line and we have asked you to fill out an application, please do so; we want to make sure you get a commodity box.

I'll save the best news for last - we have some fun new opportunities here at the Center. Some are "behind the scenes" and some we will be sharing soon! But it is all because of local Foundations who awarded us funding for several projects! I would like to say a HUGE thank you to each of the selections committee for these opportunities. They are **The Muskingum County Community Foundation, The Fellers Foundation and The Straker Foundation**. I don't want to ruin the surprises planned, but be on the lookout for announcements in the upcoming months as we finalize the details!

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

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Cindy Sheppard Ext. 101

Nutrition Director

Earl Stapleton Ext. 107

Transportation Director

Jodi Paul Ext. 111

Fiscal Officer

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MCCFS will be CLOSED on the following dates in 2022:

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.

**The MCCFS
Board of Trustees
will meet on Tuesday,
June 7th, 2022 at 7:30 AM**

NEED A REASON TO CELEBRATE?

Check out these holidays for
JUNE

- 1 National Say Something Nice Day
- 2 National Rotisserie Chicken Day
- 3 National Donut Day
- 4 National Cheese Day
- 5 National Cancer Survivors Day
- 6 National Gardening Exercise Day
- 7 National Chocolate Ice Cream Day
- 8 National Jelly-Filled Doughnut Day
- 10 National Iced Tea Day
- 11 National Corn on the Cob Day
- 13 National Weed Your Garden Day
- 14 National Strawberry Shortcake Day
- 17 National Flip-flop Day
- 18 National Go Fishing Day
- 20 National Vanilla Milkshake Day
- 21 First Day of Summer
- 22 National Onion Ring Day
- 23 National Hydration Day
- 26 National Chocolate Pudding Day
- 27 National Sunglasses Day
- 29 National Camera Day
- 30 National Meteor Watch 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 during the month of May. We sincerely appreciate your contributions, which help us continue our work of serving the seniors of Muskingum County.



SUPPORT SERVICES

Heating Assistance Available

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.

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 740-454-9761 for more information 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

Good Ol' Gospel Music Night

Our monthly gospel music night will be held on **THURSDAY, June 9th at 6:00 PM**, sponsored by Helen Purcell. Admission is \$2.00 and is open to the public. Come join us for great music & fellowship! This month's concert features the music of the **Greater Zanesville Singers**.



What's NEW?

JUNK JOURNALING class will be led by Sue Hall in the Dresden Room at 12:00 noon on the 2nd Wednesday of the month & at 5:00 PM on the 4th Tuesday of the month in the Zanesville Room. There is a \$2.00 donation for supplies, or you can bring your own. A **JUNK JOURNAL** is a book often made through found and recycled materials to be used as a way to collect and record memories, thoughts, ideas, and inspiration. Junk journals can serve any purpose you want, particularly if you're creating one from scratch.



Greeting Card Class

Tuesday, **June 28th**
at **10:00 AM**.

Reservations are required

Cost: \$5.00 (includes card kit)

You must provide your own tools.



OHIO NATURE EDUCATION

is coming to the
Muskingum County
Center for Seniors

Can animals help us predict the weather?
Let's learn together during this live animal
encounter, brought to you by your
Muskingum County Library System.

Animals as Meteorologists

Monday, June 13 at
11:45 AM



Wednesday, June 15th

**Wear your favorite summer attire and
decorate your tables!!**

Ice cream treats after lunch!

June 21st



**Wear PURPLE to support
Alzheimer's Awareness**

Day Trip!!!

Join us in Exploring Muskingum County!

When: Tuesday, June 28th



**Where: Conn's Potato Chip Factory
5'B's Factory
Shopping at 5'B's Sportswear Outlet
Lunch - Creno's East- (on your own)**

**8:45 am
10:00 am
11:15 am
12:30 pm**



Cost: \$5.00 per person

You provide your own transportation & tour as a group accompanied by
Tara Rock, Activity Director

If you have any questions please see Tara.
Must be registered by Tuesday, June 17th, and payment is due at registration.



- June 1—sponsored by **HUMANA**
- June 8—sponsored by **FSPT**
- June 10—GRAB BAG BINGO
- June 15—~~BEACH PARTY~~ BINGO
sponsored by **Senior Task Force**
- June 17 (12:15 PM)—sponsored by
Riverside Landing
- June 22—sponsored by **HUMANA**
- June 24—sponsored by **OAKS AT
NORTHPOINTE**
- June 29—sponsored by **Shriver's Hospice**

JUNE BIRTHDAY PARTY
Wednesday, June 29th
11:45 AM



Entertainment by Jan Smith

COMING NEXT MONTH:

The MCCFS Art Class will be showcasing their art pieces at John McIntire Library in July and August. They will be having an open reception on **Friday, July 1st (4-6 PM)**.

We will be adding an additional **Cardio Dance class on Mondays at 6:00 PM.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>6 ARTHRITIS EXERCISE 9:30 AM ART CLASS 12:00 PM—\$1.00 SUMMER READING 11:15 AM YOGA 4:00 PM LINE DANCE 5:00 PM DUPLICATE BRIDGE 6:00 PM EUCHRE 6:00 PM</p>	<p>7 HEALTHY LIVING 10:00 AM Y-BRIDGE (CARDS) 12:00 PM BUTTON CLUB 12:00 PM LINE DANCE 6:00 PM EUCHRE 6:00 PM</p>	<p>1 BINGO 9:45 AM WATERCOLORS 12:00 PM MOVIN' & GROOVIN' 1:00 PM</p>	<p>2 NO CARDIO DANCE NO ARTHRITIS EXERCISE P.E.R.I. 11:30 AM EUCHRE 12:00 PM</p>	<p>3 DUPLICATE BRIDGE 12:30 PM</p>
<p>13 ARTHRITIS EXERCISE 9:30 AM SUMMER READING 11:15 AM OHIO NATURE ANIMAL VISIT Sponsored by MCLS 11:45 AM ART CLASS 12:00 PM—\$1.00 YOGA 4:00 PM LINE DANCE 5:00 PM DUPLICATE BRIDGE 6:00 PM EUCHRE 6:00 PM</p>	<p>14  FLAG DAY Wear Red, White, & Blue! WELLNESS CHECKS w/Rambo 10:00 AM ANIMAL SHELTER PET VISIT 11:30 AM Y-BRIDGE (CARDS) 12:00 PM LINE DANCE 6:00 PM EUCHRE 6:00 PM</p>	<p>8 FUN / CRAZY T-SHIRT DAY! BINGO 9:45 AM JUNK JOURNALING CLASS 12:00 PM</p> 	<p>9 CARDIO DANCE 9:00 AM NO ARTHRITIS EXERCISE FAITH & SPIRIT 10:00 AM (American flag snacks) EUCHRE 12:00 PM NO FOSTER GRANDPARENTS GOSPEL NIGHT 6:00 PM</p>	<p>10 DUPLICATE BRIDGE 12:30 PM BINGO 9:45 AM EUCHRE 6:00 PM SQUARE DANCE 6:00 PM (Ohio Swing Band)</p>
<p>20 CLOSED</p>	<p>21 THE LONGEST DAY—Wear purple HEALTHY LIVING 10:00 AM Ice Cream Social—w/Buckeye Hospice Y-BRIDGE (CARDS) 12:00 PM ROUND DANCE 12:00 PM LINE DANCE 6:00 PM EUCHRE 6:00 PM</p>	<p>15 BEACH DAY BINGO 9:45 AM WATERCOLORS 12:00 PM MOVIN' & GROOVIN' 1:00 PM</p>	<p>16 CARDIO DANCE 9:00 AM ARTHRTIS EXERCISE 9:30 AM COMMODITIES 10:00 AM-2:00 PM EUCHRE 12:00 PM</p>	<p>17 DUPLICATE BRIDGE 12:30 PM BINGO 12:15 PM</p>
<p>27 ARTHRITIS EXERCISE 9:30 AM ART CLASS 12:00 PM—\$1.00 SUMMER READING 11:15 AM YOGA 4:00 PM LINE DANCE 5:00 PM DUPLICATE BRIDGE 6:00 PM EUCHRE 6:00 PM</p>	<p>28 GREETING CARD CLASS 10:00 AM Rambo WELLNESS CHECKS 10:00 AM Y-BRIDGE (CARDS) 12:00 PM ROUND DANCE 12:00 PM JUNK JOURNALING CLASS 5:00 PM LINE DANCE 6:00 PM EUCHRE 6:00 PM</p>	<p>22 BINGO 9:45 AM MUSIC w/JIM 11:15</p>	<p>23 CARDIO DANCE 9:00 AM ARTHRTIS EXERCISE 9:30 AM FAITH & SPIRIT 10:00 AM (Cross frames) EUCHRE 12:00 PM</p>	<p>24 DUPLICATE BRIDGE 12:30 PM BINGO 9:45 AM EUCHRE 6:00 PM SQUARE DANCE 6:00 PM (Brenda Sue & the Out-of-Towners))</p>
<p>29 BINGO 9:45 AM JUNE BIRTHDAY PARTY 11:30 AM</p>	<p>29 BINGO 9:45 AM JUNE BIRTHDAY PARTY 11:30 AM</p>	<p>30 CARDIO DANCE 9:00 AM ARTHRTIS EXERCISE 9:30 AM EUCHRE 12:00 PM</p>		

LUNCH Menu

JUNE

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 Cheeseburger Tater tots Macaroni salad Fruited Jell-O	2 Pizza casserole Tossed salad Peas Baked apples Breadstick	3 Fish sandwich Wedge fries Brussels sprouts Fruit cup
6 Swedish meatballs Mashed potatoes Italian blend Banana	7 Sliced turkey Dressing Mashed potatoes Carrots Fruit cocktail	8 Baked chicken Brown rice Broccoli Tossed salad Peaches	9 Swiss steak Au gratin potatoes Cooked cabbage Fruited Jell-O Graham crackers	10 Macaroni & cheese Mixed vegetables Cauliflower Peaches
13 Baked chicken Redskin potatoes Lima beans Apricots Pudding	14 Cabbage roll Mashed potatoes Stewed tomatoes Pears	15 Chicken Alfredo California blend Tossed salad Baked apples Breadstick	16 Beef & noodles Mashed potatoes Green beans Banana	17 Chicken salad on a croissant Potato soup Beets Peaches
20 CLOSED	21 Roast pork Sweet potatoes Peas Tropical fruit Fruit muffin	22 Hot dog on a bun Potato salad Baked beans Banana	23 Meatloaf Mashed potatoes Green beans Pears	24 Baked fish Scalloped potatoes Beets Apple juice Brownie
27 Smoked sausage Mashed potatoes Sauerkraut Pineapple Cookie	28 Shredded chicken sandwich Mixed vegetables Tater tots Mandarin oranges	29 Stuffed pepper Redskin potatoes Carrots Applesauce	30 Cheeseburger Lettuce/onion/ pickle 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.

Flag Day

DIRECTIONS: Find and circle the vocabulary words in the grid.
Look for them in all directions including backwards and diagonally.

ALLEGIANCE
BANNER
BETSY
BLUE
CEREMONY
CONGRESS
FIFTY
FOURTEENTH
JUNE
OLD GLORY
PARADE
PLEDGE
RAISE
RED
ROSS
SALUTE
SPANGLED
STARS
STATES
STRIPES
THIRTEEN
TRUMAN
WHITE
WILSON



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, JUNE 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 **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.**

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.

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, **JUNE 16:** *Birthday Celebration* 

COMEDY CORNER

A wife was making a breakfast of fried eggs for her husband. Suddenly, her husband burst into the kitchen.

“Careful,” he said, “CAREFUL! Put in some more butter! Oh my gosh! You're cooking too many at once. TOO MANY! Turn them! TURN THEM NOW! We need more butter. Oh my gosh! WHERE are we going to get MORE BUTTER? They're going to STICK! Careful. CAREFUL! I said be CAREFUL! You NEVER listen to me when you're cooking! Never! Turn them! Hurry up! Are you CRAZY? Have you LOST your mind? Don't forget to salt them. You know you always forget to salt them. Use the salt. USE THE SALT! THE SALT!”

The wife stared at him, “What in the world is wrong with you? You think I don't know how to fry a couple of eggs?”

The husband calmly replied, “I just wanted to show you what it feels like when I'm driving.”



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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
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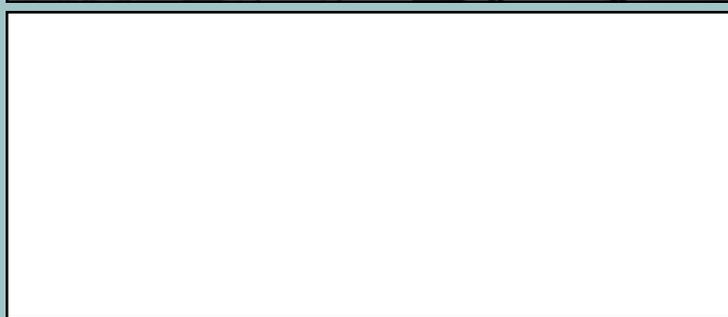
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Rhonda K. Kraus, MSW

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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