



GOLDEN news

JULY | VOLUME 44, ISSUE 7 | 2022

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

Beginning in July, we have the opportunity to participate in a free educational program through the OSU Extension Office. The SNAP-Ed program provides participants with the tools and resources to improve their overall health and wellness, which in turn improves their well-being. It is completed as a series of workshops and lessons, each providing evidence-based nutrition education in alignment with the USDA's My Plate guidelines. There are six sessions, each lasting 45-60 minutes. Although we strongly encourage participation in all six sessions, it is not a requirement. Come have lunch and then join in for learning and interaction on the following dates:

- * Wednesday, July 13th—*Introducing My Plate; Keeping Your Portions Under Control*
- * Wednesday, July 27th—*Orange, Yellow & White, They're All Right; Powerful Purples & Radical Reds*
- * Thursday, August 11th—*Shop Smart to Fill Your Cart the My Plate Way; Gut Health*
- * Wednesday, August 24th—*Variety is Key; Food In, Activity Out: The Energy Balance Equation*
- * Wednesday, September 7th—*Getting to Know Whole Grains; Color Your Diet with Fruits & Vegetables*
- * Wednesday, September 21st—*Bone Building Calcium: Osteoporosis*

All sessions will be held at 12:15 PM. Please contact Becky with any questions.

COMING NEXT MONTH:

SENIOR DAY at the Muskingum County Fair—Watch for details!!

OUR COMMUNITY

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

Transportation Director

Jodi Paul Ext. 111

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Mission:

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

MCCFS will be CLOSED on the following dates in 2022:

Monday, July 4—Independence Day

Tuesday, August 2—Election Day (NO Meals on Wheels)

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 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,
July 12, 2022 at 7:30 AM

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
JULY

- 1 National Mahjong Day
- 2 World UFO Day
- 3 The Dog Days of Summer Begin
(until August 11)
- 4 National Barbecue Day
- 6 National Fried Chicken Day
- 7 National Macaroni Day
- 8 Collector Car Appreciation Day
- 9 National Sugar Cookie Day
- 10 National Pina Colada Day
- 10 Pick Blueberries Day
- 11 National Blueberry Muffin Day
- 11 National Cheer Up the Lonely Day
- 12 National Pecan Pie Day
- 13 National French Fry Day
- 15 National Give Something Away Day
- 16 National Ice Cream Day
- 17 World Emoji Day
- 19 National Daiquiri Day
- 20 Hot Dog Day
- 20 National Ice Cream Sundae Day
- 21 National Junk Food Day
- 24 National Cousins Day
- 27 National Scotch Day
- 28 National Chili Dog Day
- 29 National Chicken Wing Day
- 29 National Lasagna Day
- 30 National Cheesecake Day
- 31 National Mutt Day

To our Current Volunteers:

We are updating our records and ask that you fill out new applications. If you have not yet received your packet from Becky, please see her. Thank you in advance for your cooperation. We can't do what we do without YOU!!



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 June. We are very appreciative of your contributions, which help us continue our work of serving the seniors of Muskingum County.

SUPPORT SERVICES

Summer Crisis Program Starts July 1

The Ohio Department of Development and Community Action will help income-eligible Ohioans stay cool during the hot months. The Home Energy Assistance Summer Crisis Program provides eligible Ohioans assistance paying an electric bill or assistance paying for central air conditioning repairs. The program runs from July 1, 2022 until September 30, 2022. To apply for the program, clients are required to schedule an appointment with Community Action. Appointments can be scheduled by calling 740-302-8404, option 2.

Clients need to bring the following documents to their appointment:

- Copies of their most recent energy bills;
- A list of all household members and proof of income for the last 30 days or 12 months for each member;
- Proof of U.S. citizenship or legal residency for all household members;
- Proof of disability (if applicable);
- Physician documentation that cooling assistance is needed for a household member's health (if there isn't a household member over the age of 60).

Please do not call the Center to schedule appointments. You must call Community Action's automated phone system to schedule an appointment. The number is 740-302-8404, option 2. For the hearing impaired TTDY system please call 1-702-676-1834. If you need assistance scheduling your appointment or gathering the needed documents please contact Becky at the Center.

The Summer Crisis Program assists low-income households with an older household member (60 years or older), that can provide physician documentation that cooling assistance is needed for a household member's health, have a disconnect notice, have been shut off, are trying to establish new service on their electric bill, or require air conditioning. Conditions can include such things as lung disease, Chronic Obstructive Pulmonary Disease, or asthma. Also, Ohioans enrolled in Percentage of Income Payment Plan Plus Program who meet the above criteria may be eligible for assistance towards their default PIPP payment, first PIPP payment central air conditioning repairs, or may receive an air condition unit and/or fan. For more information about the features of the Summer Crisis Program and what is needed to apply, contact Community Action's customer service line at 740-453-5703. To be connected to your local Energy Assistance provider visit www.energyhelp.ohio.gov or call 1-800-282-0880.

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 the Center. Applications may be picked up at the front desk.

MONTHLY INCOME GUIDELINES are as follows:

1 Person – \$1473

2 Persons – \$1984

3 Persons – \$2495

4 Persons – \$3007

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, JULY 7th 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 **Pure Heart**.



Thursday, July 7th
Wear your favorite team gear!!

What's NEW?

Junk Journaling Class will be led by Sue Hall in the Zanesville Room at **12:00 noon on Wednesday, July 19th**. There is a \$2.00 donation for supplies, or you can bring your own.

What is a Junk Journal, you ask?

A junk journal is a book which is 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 have any purpose you want them to, particularly if you're creating one from scratch.*



WREATH CLASS with Marilyn

Tuesday, July 12th at 4:00 PM.
Registration is required —
sign up board is located in the
Zanesville Room.



July 6—sponsored by **FSPT**
July 8—sponsored by **HUMANA**
July 13—**CHRISTMAS BINGO**
July 15 (12:15 PM)—sponsored
by **RIVERSIDE LANDING**
July 20—sponsored by **HUMANA**
July 22—sponsored by **OAKS at NORTHPOINTE**
July 27—sponsored by **SHRIVER'S HOSPICE**

Greeting Card Class

Tuesday, July 26th
at 10:00 AM.

Reservations are required
Cost: \$5.00 (includes card kit)
You must provide your own tools.



JULY BIRTHDAY PARTY
Wednesday, July 27th @ 11:45 AM

Entertainment by The Dancing Divas



This month the **Faith and Spirit** group will be making hope collages on July 7th. Each participant will cut out pictures and words which represent hope in his/her life. These will be arranged on art paper to complete the collage. We will be making gratitude journals on the 28th. These will be constructed from paper bags; each page will identify something the person completing is thankful for. We will have paper, stickers, etc. to add to the journals. Each of these two sessions will conclude with a devotional and prayer.

HEALTHY LIVING (formerly known as Diabetic Support)

is an informal class led by Becky Bruce that focuses on various health issues that may affect anyone. The class meets twice monthly at 10:00 AM, and ALL are welcome to any or all sessions. July's class dates and topics are:

Tuesday, July 5—Muscle Mass Changes

Tuesday, July 19—Sensory Impairments

Join the **LUNCH BUNCH** for something different!

WHEN: **Tuesday, July 26th—11:00 AM**

WHERE: **Tom's Ice Cream Bowl
(House next door)**

Enjoy lunch, fellowship (and of course, Tom's famous ICE CREAM) with friends!

The cost of lunch is yours.

A \$5.00 deposit is required to hold your spot.

Deposits will be returned to you upon arrival that day.

Sign up **NOW**, as space is limited!!



MVHC Mobile Health Services



Muskingum Valley Health Center is at the Center twice a month from 9:00 AM to 3:00 PM. Their unit has a full exam room that allows them to provide services that include Primary Care Medical Visits; Lab Services; Immunizations; COVID Testing and Vaccinations; and vital checks such as weight, blood pressure and glucose checks. Their mobile unit will be here on:

**Wednesday, July 13th
from 9:00 AM to 3:00 PM**

and

**Wednesday, July 27th
from 9:00 AM to 3:00 PM**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>4</p> <p>CLOSED</p> 	<p>5</p> <p>HEALTHY LIVING 10:00 AM Y-BRIDGE (CARDS) 12:00 PM BUTTON CLUB 12:00 PM ROUND DANCE 12:00 PM LINE DANCE 6:00 PM EUCHRE 6:00 PM</p>	<p>6</p> <p>BINGO 9:45 AM WATERCOLORS 12:00 PM</p>	<p>7</p> <p>BASEBALL DAY w/Buckeye Hospice CARDIO DANCE 9:00 AM ARTHRITIS EXERCISE 9:30 AM FAITH & SPIRIT 10:00 AM P.E.R.I. 11:30 AM EUCHRE 12:00 PM GOSPEL NIGHT 6:00 PM</p>	<p>1</p> <p>DUPLICATE BRIDGE 12:30 PM ART CLASS OPEN RECEPTION (Muskingum Co Library) 4-6 PM</p>
<p>11</p> <p>ARTHRITIS EXERCISE 9:30 AM SUMMER READING 11:15 AM ART CLASS 12:00 PM—\$1.00 YOGA 4:00 PM LINE DANCE 5:00 PM CARDIO DANCE 6:00 PM—NEW! DUPLICATE BRIDGE 6:00 PM EUCHRE 6:00 PM</p>	<p>12</p> <p>WELLNESS CHECKS w/Rambo 10:00 AM ANIMAL SHELTER PET VISIT 11:30 AM Y-BRIDGE (CARDS) 12:00 PM WREATH CLASS 4:00 PM LINE DANCE 6:00 PM EUCHRE 6:00 PM</p>	<p>13</p> <p>CHRISTMAS IN JULY BINGO 9:45AM MOVIN' & GROOVIN' 1:00 PM MVHC MOBILE UNIT ONSITE 9:00 AM—3:00 PM</p>  <p><i>Wear your festive attire and decorate your tables!</i></p>	<p>14</p> <p>CARDIO DANCE 9:00 AM ARTHRITIS EXERCISE 9:30 AM COMMODITIES 10:00 AM-2:00 PM EUCHRE 12:00 PM</p>	<p>15</p> <p>BINGO 12:15 PM DUPLICATE BRIDGE 12:30 PM</p>
<p>18</p> <p>ARTHRITIS EXERCISE 9:30 AM SUMMER READING 11:15 AM ART CLASS 12:00 PM—\$1.00 YOGA 4:00 PM LINE DANCE 5:00 PM CARDIO DANCE 6:00 PM—NEW! DUPLICATE BRIDGE 6:00 PM EUCHRE 6:00 PM</p>	<p>19</p> <p>HEALTHY LIVING 10:00 AM Y-BRIDGE (CARDS) 12:00 PM ROUND DANCE 12:00 PM JUNK JOURNALING 12:00 PM LINE DANCE 6:00 PM EUCHRE 6:00 PM</p>	<p>20</p> <p>BINGO 9:45 AM WATERCOLORS 12:00 PM</p>	<p>21</p> <p>CARDIO DANCE 9:00 AM ARTHRITIS EXERCISE 9:30 AM EUCHRE 12:00 PM</p>	<p>22</p> <p>BINGO 9:45 AM DUPLICATE BRIDGE 12:30 PM EUCHRE 6:00 PM BEACH PARTY SQUARE DANCE 6:00 PM (Tim & Friends) <i>* Wear your beach attire and decorate your tables! *</i></p>
<p>25</p> <p>ARTHRITIS EXERCISE 9:30 AM PRAYER, SHARE & CARE 10:00 AM ART CLASS 12:00 PM—\$1.00 SUMMER READING 11:15 AM YOGA 4:00 PM LINE DANCE 5:00 PM CARDIO DANCE 6:00 PM—NEW! DUPLICATE BRIDGE 6:00 PM EUCHRE 6:00 PM</p>	<p>26</p> <p>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>27</p> <p>BINGO 9:45 AM JULY BIRTHDAY PARTY 11:30 AM MOVIN' & GROOVIN' 1:00 PM MVHC MOBILE UNIT ONSITE 9:00 AM—3:00 PM</p>	<p>28</p> <p>CARDIO DANCE 9:00 AM ARTHRITIS EXERCISE 9:30 AM FAITH & SPIRIT 10:00 AM EUCHRE 12:00 PM</p>	<p>29</p> <p>DUPLICATE BRIDGE 12:30 PM</p>

LUNCH Menu

JULY

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

4 **CLOSED**



11
Baked fish
Brown rice
Stewed tomatoes
Coleslaw
Orange juice

18
Roast pork
Sweet potatoes
Green beans
Applesauce
Brownie

25
Grilled chicken salad
Vegetable soup
Fruit cup
Crackers
Breadstick

5
Swiss steak
Mashed potatoes
Green beans
Apricots

12
Chicken penne pasta
Spinach
Cucumber/tomato salad
Apple crisp

19
Chicken & rice casserole
Cauliflower
Baked apples
Tossed salad

26
Baked steak
Mashed potatoes
Green beans
Fresh pear

6
Sausage gravy
Hash browns
Biscuit
Orange juice
Baked apples

13
Baked chicken
Redskin potatoes
Capri blend
Pears
Cookie

20
Turkey Cobb salad
Melon cup
Crackers
Breadstick

27
Sloppy Joe
Tater tots
Pickled beets
Peaches

7
Spinach salad
Boiled egg
Potato soup
Grapes
Crackers
Fruit muffin

14
Beef & noodles
Mashed potatoes
Beets
Fruit cocktail
Pudding

21
Chicken sandwich
Broccoli soup
Crackers
Grape juice

28
Chicken breast
Au gratin potatoes
Brussels sprouts
Ambrosia salad

1
Taco salad
Refried beans
Tortilla chips
Warm peaches

8
Johnny Marzetti
Baby carrots
Cherry crisp
Coleslaw
Garlic bread

15
Chef salad
Boiled egg
Melon cup
Crackers
Pound cake

22
Meatloaf
Mashed potatoes
Green beans
Pears

29
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.

BEACH Word Search

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

bay
 coral
 fishing
 jellyfish
 ocean
 sail salt water
 seagull
 snacks
 sunscreen
 volleyball

beach
 cove
 gull
 kelp
 palm tree
 sand
 seashell
 snorkel
 surf surfboard
 water

beachball
 crab
 hat
 lagoon
 pelican
 sandals
 seashore
 starfish
 swim
 waves

bikini
 currents
 hermit crab
 lake
 pier
 sandbar
 shark
 sun
 tan
 weekend

boardwalk
 dive
 holiday
 lifeguard
 popsicle
 sandcastle
 shell
 sunbathe
 towel
 wet

boat
 dock
 ice cream
 longboard
 reef
 scuba
 ship
 sunburn
 trip
 wharf

coast
 fish
 island
 mussels
 relax
 sea
 shore
 sunglasses
 underwater
 yacht

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, JULY 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.**

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, **JULY 21:** *Birthday Celebration* 



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

Drivers will deliver Meals on Wheels to Muskingum County seniors participating in our homebound 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.



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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



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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!



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Feeling Impacts of the COVID-19 Pandemic ?

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1 in 5 older persons
experienced elder abuse

21.3%



Persons aged 50-80 had worsening
symptoms of depression

19%



Persons aged 50-80 had
worsening symptoms of anxiety

28%



Ohioans age 60 and older experience some
form of elder abuse.



200,000

Of the Ohioans age 60 and older who have experienced
some form of elder abuse, only 34,000 instances were
reported in 2020.

10,000+ instances went
unreported

Reference: American Journal of Geriatric Psychiatry, University of Michigan, Ohio Department of Aging, Ohio Department of Job and Family Services

Due to the pandemic and aftermath, older adults continue to face growing concerns of abuse, neglect, and exploitation. If you or someone you know needs assistance with resources, long term services and supports, or COVID information, contact:

Area Agency on Aging, Region 9: 1-800-945-4250



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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.

PLAN AVAILABILITY VARIES BY REGION AND STATE
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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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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.

