



GOLDEN news

AUGUST | VOLUME 44, ISSUE 8 | 2022

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



COME ONE, COME ALL...

Join us on Tuesday, August 16th for **SENIOR DAY** at the 176th annual Muskingum County Blue Ribbon Fair! We will be showcasing senior talent at the North Stage beginning at 10 AM. We will be entertained by Cathy Goss Ministries, Pat Wess, The Dancing Divas, Donnie & Patty Evans, Jim Schaper & Mark Burckholter, as well as our MCCFS Cardio Dance class and line dancers. We will close our time out with a good old-fashioned square dance from 1:00 to 3:00 PM. Our sound system is being proudly sponsored by Humana.

Speaking of entertainment...

If you haven't been to the Center lately, we have recently acquired four gaming/slot machines through a grant from the Straker Foundation! They are located on our lower level at the bottom of the stairs (in the former library). They are all FREE PLAY, so stop down and try your luck!

If you're looking for our library, have no fear; it's still here! It has just been relocated on the lower level, just past the lounge area. It is a bigger and better space for books and puzzles, or just a nice place for some quiet time. You may take or return books and puzzles at any time.

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. 104

Transportation Director

Jodi Paul Ext. 111

Fiscal Officer

Kurt Ufholz Ext. 115

Board of Commissioners

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Mollie Crooks

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Board of Trustees

Anthony Adornetto

Jay Benson

Sheryl Derry

Megan Durst

Ann Hollingsworth

R. Susan Jones

James McDonald

Brian Wagner

Keely Warden

The MCCFS
Board of Trustees
will meet on Tuesday,
August 9, 2022 at 7:30 AM

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:

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.

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 **AUGUST**



- 1 Respect for Parents Day
- 2 National Ice Cream Sandwich Day
- 3 National Watermelon Day
- 6 National Mustard Day
- 6 National Root Beer Float Day
- 7 National Friendship Day
- 8 National Frozen Custard Day
- 9 National Book Lover's Day
- 10 National S'mores Day
- 13 Left-Hander's Day
- 13 National Garage Sale Day
- 14 National V-J (Victory Over Japan) Day
- 15 National Relaxation Day
- 16 National Bratwurst Day
- 17 National Thrift Shop Day
- 19 National Hot & Spicy Food Day
- 20 National Honeybee Day
- 21 National Senior Citizens Day
- 21 National Sweet Tea Day
- 22 National Eat a Peach Day
- 24 National Waffle Day
- 26 National Dog Day
- 30 National Toasted Marshmallow 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 extend a huge THANK YOU to George "Bud" Hardesty for his many years of service as a dedicated homebound meal delivery driver!

You are appreciated!!

SUPPORT SERVICES

Summer Crisis Program

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, AUGUST 4th at 6:00 PM**, sponsored by Helen Purcell. Admission is \$2.00 and is open to the public. Come join us for music & fellowship! This month features the music of Jim Mayercak.



**** Please note: This is a date change due to the Secrest Summer Concert Series.**

Greeting Card Class

Tuesday, **August 23rd**
at **10:00 AM**.

Reservations are required

Cost: \$5.00 (includes card kit)

You must provide your own tools.

SHOW & TELL



Thursday, August 25th—12:00 PM

Bring in your favorite antique and share its story with others!

REMINDER!

There are **NO EVENING activities** on
Monday, August 1st
or
Tuesday, August 16th.



Aug. 3—sponsored by **HUMANA**
Aug. 10—**SUMMER FUN BINGO!**
Aug. 12—**BINGO FUN!**
Aug. 17—sponsored by **HUMANA**
Aug. 19—(12:15 pm) - sponsored
by **RIVERSIDE LANDING**

Aug. 24—**THRIFTY BINGO!**

Aug. 26—sponsored by **OAKS at NORTHPOINTE**

Aug. 31—sponsored by **SHRIVER'S HOSPICE**

WII GAMES, BILLIARDS, BOARD GAMES, AND PUZZLES ARE AVAILABLE ALL DAY EVERY DAY!!
PLAYING CARDS ARE AVAILABLE AT THE FRONT DESK. OUR DOWNSTAIRS WALKING TRACK IS ALSO ACCESSIBLE YEAR-ROUND.

AUGUST BIRTHDAY PARTY
Wednesday, August 31st @ 11:45 AM



Entertainment: Music with Jim



This month the **Faith and Spirit** group will be making beaded Prayer Bracelets on August 11th. The different beads on the bracelet will represent different aspects of Christian beliefs and/or prayer intentions. We will pray related to the beliefs and the intentions represented by the beads when the bracelets are completed. A \$1.00 donation is requested for those participating.

On August 25th, we will use a simple painting technique with sponges and watercolors to create a mural which will include a number of Christian faith based symbols. During the session, we will discuss these symbols and their meanings in our lives. Participants will be able to take a part/piece of the mural with them as desired at the end of the session.

HEALTHY LIVING

Healthy Living 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. Class dates and topics for August are:

Tuesday, August 9—Aging with Dignity and Grace

Tuesday, August 23—Polypharmacy Issues

Come join the **LUNCH BUNCH!**

WHEN: Tuesday, August 30th—11:00 AM

WHERE: Fazoli's (2600 Maple Avenue)

Enjoy lunch & fellowship 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.

See Tara to sign up today, 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, August 24th
from 9:00 AM to 3:00 PM**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>ARTHRITIS EXERCISE 9:30 AM SUMMER READING 11:15 AM ART CLASS 12:00 PM—\$1.00 NO EVENING ACTIVITIES</p>	<p>2</p> <p>CLOSED</p> 	<p>3</p> <p>BINGO 9:45 AM WATERCOLORS 12:00 PM LINE DANCING 1:00 PM</p>	<p>4</p> <p>CARDIO DANCE 9:00 AM ARTHRITIS EXERCISE 9:30 AM P.E.R.I. 11:30 AM EUCHRE 12:00 PM GOSPEL NIGHT 6:00 PM</p>	<p>5</p> <p>DUPLICATE BRIDGE 12:30 PM</p>
<p>8</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 DUPLICATE BRIDGE 6:00 PM EUCHRE 6:00 PM</p>	<p>9</p> <p>Rambo WELLNESS CHECKS 10:00 AM HEALTHY LIVING 10:00 AM ANIMAL SHELTER PET VISIT 11:30 AM Y-BRIDGE (CARDS) 12:00 PM NO BUTTON CLUB ROUND DANCE 12:00 PM LINE DANCE 6:00 PM EUCHRE 6:00 PM</p>	<p>10</p> <p>BINGO 9:45AM</p>  <p>Music with The Four Cousins 11:15 AM</p>	<p>11</p> <p>CARDIO DANCE 9:00 AM ARTHRITIS EXERCISE 9:30 AM FAITH & SPIRIT 10:00 AM—\$1.00 P.E.R.I. 11:30 AM EUCHRE 12:00 PM OSU SNAP-ED 12:15 PM (Shop Smart to Fill Your Cart the My Plate Way; Gut Health)</p>	<p>12</p> <p>BINGO 9:45 AM DUPLICATE BRIDGE 12:30 PM EUCHRE 6:00 PM SQUARE DANCE 6:00 PM (Ohio Swing Band) - \$3.00</p>
<p>15</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 DUPLICATE BRIDGE 6:00 PM EUCHRE 6:00 PM</p>	<p>16</p> <p>Y-BRIDGE (CARDS) 12:00 PM SENIOR DAY at the</p>  <p>NO EVENING ACTIVITIES</p>	<p>17</p> <p>BINGO 9:45AM WATERCOLORS 12:00 PM LINE DANCING 1:00 PM</p>	<p>18</p> <p>NO CARDIO DANCE ARTHRITIS EXERCISE 9:30 AM COMMODITIES 10:00 AM-2:00 PM EUCHRE 12:00 PM</p>	<p>19</p> <p>BINGO 12:15 PM DUPLICATE BRIDGE 12:30 PM</p>
<p>22</p> <p>ARTHRITIS EXERCISE 9:30 AM SUMMER READING 11:15 AM ART CLASS 12:00 PM—\$1.00 FOSTER GRANDPARENTS 1:00 PM YOGA 4:00 PM LINE DANCE 5:00 PM CARDIO DANCE 6:00 PM DUPLICATE BRIDGE 6:00 PM EUCHRE 6:00 PM</p>	<p>23</p> <p>GREETING CARD CLASS 10:00 AM HEALTHY LIVING 10:00 AM Y-BRIDGE (CARDS) 12:00 PM ROUND DANCE 12:00 PM LINE DANCE 6:00 PM EUCHRE 6:00 PM</p>	<p>24</p> <p>BINGO 9:45 AM WATERCOLORS 12:00 PM MVHC MOBILE UNIT ONSITE 9:00 AM—3:00 PM OSU SNAP-ED 12:15 PM (Variety Really IS Key; Food In, Activity Out: The Energy Balance Equation)</p>	<p>25</p> <p>CARDIO DANCE 9:00 AM ARTHRITIS EXERCISE 9:30 AM FAITH & SPIRIT 10:00 AM EUCHRE 12:00 PM ANTIQUUE SHOW & TELL 12:00 PM * Bring in and share with others!</p>	<p>26</p> <p>BINGO 9:45 AM DUPLICATE BRIDGE 12:30 PM EUCHRE 6:00 PM SQUARE DANCE 6:00 PM (Brenda Sue & the Out-of-Towners) - \$3.00</p>
<p>29</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 DUPLICATE BRIDGE 6:00 PM EUCHRE 6:00 PM</p>	<p>30</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 LINE DANCE 6:00 PM EUCHRE 6:00 PM</p>	<p>31</p> <p>BINGO 9:45 AM HAWAIIAN LUAU BIRTHDAY PARTY 11:30 AM (Music w/Jim)</p> 		

LUNCH Menu

AUGUST

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

1
Baked steak
Roasted redskins
Peas
Apple juice

8
Smoked sausage
Mashed potatoes
Sauerkraut
Fruit cup

15
Baked fish
Brown rice
Stewed tomatoes
Green beans
Orange juice

22
Roast pork
Sweet potatoes
Green beans
Applesauce
Brownie

29
Grilled chicken
salad
Vegetable soup
Fruit cup
Crackers
Breadstick

TUESDAY

2 **CLOSED**



9
Swiss steak
Mashed potatoes
Green beans
Apricots

16
Chicken penne
pasta
Spinach
Cucumber/tomato
salad
Apple crisp

23
Chicken & rice
casserole
Cauliflower
Baked apples
Tossed salad

30
Baked steak
Mashed potatoes
Green beans
Fresh pear

WEDNESDAY

3
Sliced turkey
Dressing
Sweet potatoes
Capri blend
Pineapple

10
Sausage gravy
Hash browns
Biscuit
Orange juice
Baked apples

17
Baked chicken
Redskin potatoes
Capri blend
Pears
Cookie

24
Sloppy Joe
Tater tots
Pickled beets
Peaches

31
Turkey Cobb salad
Tropical fruit
Crackers
Breadstick

THURSDAY

4
Chicken salad
on a croissant
Potato soup
Pickled beets
Fruit cup

11
Spinach salad
Boiled egg
Potato soup
Grapes
Crackers
Fruit muffin

18
Beef & noodles
Mashed potatoes
Beets
Fruit cocktail
Pudding

25
Chicken sandwich
Broccoli soup
Crackers
Grape juice

FRIDAY

5
Taco salad
Refried beans
Tortilla chips
Warm peaches

12
Johnny Marzetti
Baby carrots
Cherry crisp
Coleslaw
Garlic bread

19
Chef salad
Boiled egg
Melon cup
Crackers
Pound cake

26
Meatloaf
Mashed potatoes
Green beans
Pears

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

DOG Word Search

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



- | | | |
|-----------------|---------------|-----------|
| ALASKAN HUSKY | BASSETT HOUND | BEAGLE |
| BICHON FRISE | BLOODHOUND | BOXER |
| BULLDOG | CHIHUAHUA | COLLIE |
| DACHSHUND | DALMATION | DOBERMAN |
| GERMAN SHEPHERD | GREAT DANE | GREYHOUND |
| IRISH SETTER | JACK RUSSELL | LABRADOR |
| MALTESE | PAPILLON | PIT BULL |
| POMERANIAN | POODLE | PUG |
| ROTTWEILER | SCHNAUZER | SHEEPDOG |
| SHIH TZU | WEIMARANER | WHIPPET |

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, AUGUST 18TH.**

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, **AUGUST 18:**

Birthday Celebration 



We are looking for volunteers, substitutes and part-time homebound meal 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.

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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.

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- Help Understanding Medicare Plan Options

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- 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:

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

