



# 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](http://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

### Fiscal Officer

Kurt Ufholz Ext. 115

### Board of Commissioners

Cindy Cameron

Mollie Crooks

Jim Porter

### Board of Trustees

Anthony Adornetto

Jay Benson

Sheryl Derry

Megan Durst

R. Susan Jones

James McDonald

Brian Wagner

Keely Warden

## 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](http://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.



**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 13<sup>th</sup>  
from 9:00 AM to 3:00 PM**

and

**Wednesday, July 27<sup>th</sup>  
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><b>BASEBALL DAY w/Buckeye Hospice</b> CARDIO DANCE 9:00 AM ARTHRITIS EXERCISE 9:30 AM FAITH &amp; 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 <b>CARDIO DANCE 6:00 PM—NEW!</b> 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' &amp; 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 <b>CARDIO DANCE 6:00 PM—NEW!</b> 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 <b>BEACH PARTY</b> <b>SQUARE DANCE 6:00 PM</b> (Tim &amp; Friends) <i>* Wear your beach attire and decorate your tables! *</i></p>
<p>25</p> <p>ARTHRITIS EXERCISE 9:30 AM PRAYER, SHARE &amp; 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 <b>CARDIO DANCE 6:00 PM—NEW!</b> 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' &amp; 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 &amp; 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.



**NOW ACCEPTING APPLICATIONS**

## POLLOCK APARTMENTS

- Conveniently Located Downtown
- Locked Entry Senior Building "62" and Over
- One Bedroom Apartments
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**(740)452-1770**  
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♿ Seniors 62 and older - Section 8-202

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- Full-Time with Benefits
- Serve Your Community
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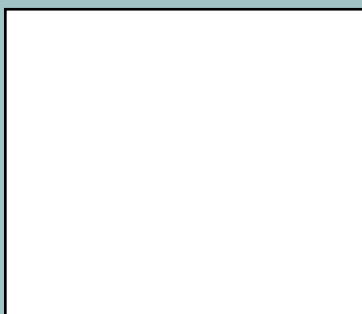
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## SPINAL ARTHRITIS?

Many patients have been told by their doctors (AND Chiropractors) that they have Arthritis in their spine and that is why the treatments aren't working or "there's nothing more they can do." For the past 12 years, a Chiropractic Neurologist has studied the problem of spinal arthritis and damaged discs (slipped, bulged, herniated and degenerated).

After seeing what types of patients weren't responding to traditional Chiropractic, since he graduated from Palmer College nearly 20 years ago, Dr. Russ Schroder, DC, DACNB, FACFN, began gradually incorporating different technologies to treat this arthritis in the back (and neck). Plus with his advanced degrees in Chiropractic Neurology and Functional Neurology, he has sought out more and more treatments that help discs and nerves to heal naturally.

These combined therapies (including Cold Laser Decompression) led to the CTX Method a couple of years ago. The results have been phenomenal!

### Just listen to what patients have to say:

"After six years of pain from the waist down, I could not even hold a small child. It was worth it all, and I would surely recommend it to anyone. Treatment was all I could wish for."

- Lloyd & Anna Gehman

"I have seen very rapid improvement in my lower back pain from thinning discs that I've had in my back since I was x-rayed at the chiropractor a couple of years ago" - V. Stutzman

*Dr. Russ has offices in Sugarcreek and Zanesville Ohio and is accepting patients for a winter program in February. Call today for a free report on How to Avoid Back and Neck Surgery!*



Dr. Russ Schroder  
Chiropractic Neurologist



Dr. Heather Schroder  
Naturopath

300 Main St  
Zanesville, OH  
740.454.1747

771 Dover Rd NE  
Sugarcreek, OH  
330.852.5131



## 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.

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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

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