



GOLDEN news

MAY | VOLUME 44, ISSUE 5 | 2022

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

Spring has sprung here at the Center, and with it comes a flurry of new activities to promote healthy minds and bodies!

First, beginning this month, Rambo Health will be here twice monthly on the second and fourth Tuesdays providing wellness checks for any interested senior.

We are also starting a new dance class called Movin' & Groovin' led by Carol Morgan on the first and third Wednesday of the month at 1:00 PM. You can see all the details on page 6. To keep our minds active, Sarah Brinkman from the Muskingum County Library System will be here on May 26th at 11:00 AM for an introduction to the Summer Reading Program. Did you know that the Summer Reading Program isn't JUST for kids!? Come learn more about it — I hear there are even prizes to be won!

Another new group, "Full of Faith, Strong in Spirit" will be meeting on the second and fourth Thursdays of the month. Karen Linser from JEVA Ministry will be leading a Prayer Pocket activity on the 26th at 10:00 AM. During this session, we will create prayer pockets to be kept or given away. They are meant to serve as encouragement or inspiration to the person carrying them. Following the completion of the prayer pockets, there will be a brief devotional time to bless the pockets and those who will receive them.

Finally, because animals are also good for emotional well-being, the Animal Shelter will be visiting with pets on the second Tuesday of each month at 11:30 AM. So, if you are looking for a new friend (or just want some cuddle time with a cute dog or kitty), be sure to come on May 10th.

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.

COMING NEXT MONTH:

We would like to decorate our June bulletin board with WEDDING Pictures! If you would like to bring in a photo, please give it to TARA or leave it at the front desk. We will hang them for all to enjoy the first week of June!

OUR COMMUNITY

Mission:

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

STAFF

Executive Director

Kate Paul Ext. 103

Administrative Assistant

Erica Silvia Ext. 102

Supportive Services Director

Becky Bruce Ext. 114

Outreach Specialist

Debbie Moore Ext. 113

Activities Director

Tara Rock Ext. 116

Activities Assistant

Carol Morgan Ext. 123

Receptionist

Cindy Sheppard Ext. 101

Nutrition Director

Earl Stapleton Ext. 107

Home Delivered Meal Supervisor

John Brookover Ext. 112

Transportation Director

Jodi Paul Ext. 111

Fiscal Officer

Kurt Ufholz Ext. 115

Board of Commissioners

Cindy Cameron

Mollie Crooks

Jim Porter

Board of Trustees

Anthony Adornetto

Jay Benson

Sheryl Derry

Megan Durst

R. Susan Jones

Janice McFerren

James McDonald

Brian Wagner

Keely Warden

The MCCFS Board of Trustees will meet on Tuesday, May 10, 2022 at 7:30 AM in the Trinway Room.

MCCFS will be CLOSED on the following dates in 2022:

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

Monday, May 30—Memorial Day

Monday, June 20—Juneteenth

Monday, July 4—Independence Day

Monday, September 5—Labor Day

Monday, October 10—Columbus Day

Tuesday, November 8—Election Day (Meals on Wheels WILL run)

Friday, November 11—Veterans' Day

Thursday/Friday, November 24-25—Thanksgiving

Friday, December 23/Monday, December 26—Christmas

Friday, December 30/Monday, January 2, 2023—New Year's

* NOTICE REGARDING CANCELLATIONS/CLOSINGS *

Any cancellations due to weather (or other emergencies) will be announced using our All-Call system, Facebook, and WHIZ TV and radio. REMINDER: Our automated calls will show up as "Muskingum County" on Caller-ID. PLEASE make sure that we have your current contact information so that you will receive these important messages.

My Senior Center

Just a reminder to please sign in to MY SENIOR CENTER when you come in for lunch and/or activities. This process is VERY important for us to maintain accurate records and is our only way to track our meals and activity attendance. If you are a regular attendee and do not have a card, please stop at the front desk or see a staff member.

Every effort is made to ensure the accuracy of dates, times, and activities in The Golden News. Unfortunately, there are times when changes take place after the newsletter has gone to print. Schedule changes will be posted online and at the front door of the Center.

USDA prohibits discrimination on the basis of race, color, national origin, gender, age, or disability.

NEED A REASON TO CELEBRATE?
Check out these holidays for
MAY

- 1 National Lemonade Day
- 3 Garden Meditation Day
- 4 National Weather Observers' Day
- 5 National Enchilada Day
- 6 National Nurses Day
- 6 National Space Day
- 7 National Herb Day
- 8 Astronomy Day
- 8 National Coconut Cream Pie Day
- 9 National Women's Checkup Day
- 11 Eat What You Want Day
- 12 Limerick Day
- 13 National Fruit Cocktail Day
- 14 National Miniature Golf Day
- 15 National Chocolate Chip Day
- 16 National Barbecue Day
- 17 Pack Rat Day
- 18 International Museum Day
- 20 National Pick Strawberries Day
- 20 National Pizza Party Day
- 21 Armed Forces Day
- 22 National Vanilla Pudding Day
- 25 National Wine Day
- 27 National Poppy Day
- 28 National Hamburger Day
- 30 Memorial Day
- 30 National Mint Julep Day
- 31 National Meditation Day



Transportation Guidelines

Medical appointments are our top priority. If schedule permits, grocery trips may be arranged. We transport only within Muskingum County and do not provide emergency transports. The suggested donation for transportation is \$3.00 per trip (each way). **All transportation is by appointment only, and an advance notice of 5 BUSINESS DAYS is required.** Please call 740-454-9761, Ext. 111 to schedule a ride.

Leave a Legacy

The Muskingum County Center for Seniors depends on private contributions to assist us in providing services to the seniors of Muskingum County. The Leave a Legacy program provides a means for private citizens to establish memorial funds or endowments for their favorite charities. Please call the Center for more information.

Golden Buckeye Card

If you did not receive your Golden Buckeye Card at age 60 or need a replacement card, you can call 1-800-422-1976.



We would like to thank everyone who made donations to the Center for Seniors in the month of April. We sincerely appreciate your contributions, which help us continue our work of serving the seniors of Muskingum County.



SUPPORT SERVICES

Heating Assistance Available - Application Deadline: May 31, 2022

The Ohio Department of Development and the Muskingum County Center for Seniors want to remind Muskingum County residents that assistance is available to help with their home energy bills. The Home Energy Assistance Program (HEAP) helps Ohioans at or below 175% of the federal poverty guidelines pay their heating bills.

Applied directly to the customer's utility or bulk fuel bill, the benefit can help manage heating costs. Ohioans can visit www.energyhelp.ohio.gov to apply online, download a copy of the application, get a printed application at the Center front desk or find contact information for a local Energy Assistance Provider (EAP). When applying, individuals need to have copies of the following documents:

- Most recent utility bills
- A list of all household members (including birth dates and Social Security numbers)
- Proof of income for the past 30 days for all household members (12 months for certain income types)
- Proof of U.S. citizenship or legal residency for all household members
- Proof of disability (if applicable)

HEAP benefits are applied to an individual's energy bill after January 1st . **Applications for the HEAP program must be received by May 31, 2022.**

For more information about HEAP, contact Becky or call MEOAG/Community Action at 740-453-5703. To be connected to your local Energy Assistance provider, call (800) 282-0880 (hearing impaired clients may dial 711 for assistance) or visit www.energyhelp.ohio.gov.

We have openings in our Commodity Food Supplemental Program! CFSP is a once monthly food distribution. All boxes are assigned. The box includes shelf stable foods such as cereal, peanut butter, canned fruits and vegetables, juice, canned meat and cheese. You must be at least 60 years of age, live in Muskingum County, be able to pick up your box on a monthly basis, or have someone that can, and fall within income guidelines. If you have questions about the Commodities program please call Becky at the Center. Applications can be picked up at the front desk or mailed.

MONTHLY INCOME GUIDELINES are as follows:

- 1 Person – \$1473**
- 2 Persons – \$1984**
- 3 Persons – \$2495**
- 4 Persons – \$3007**



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

Drivers will deliver meals to Muskingum County seniors participating in our home-delivered meal program.

HOURS: Monday through Friday 8:30-2:00.

Call John for more information or to schedule an appointment at 740-454-9761, ext. 112 OR stop in and fill out an application!

*Interested candidates must have a valid driver's license and are subject to background checks.

WHAT TO DO at the MUSKINGUM COUNTY CENTER FOR SENIORS

ARTHRITIS EXERCISE is a joint-friendly exercise that improves pain, function, mood, and quality of life. It aids in managing other chronic diseases. Our arthritis program is done from a seated position and can be done at any fitness level.

CARDIO DANCE is a fun, fast paced fitness program that includes easy to follow dance steps. It is a fun workout that gives you the opportunity for social interaction, while improving health and mobility. It provides stress relief, builds stronger muscles & bones, and aids in weight loss.

GERI-FIT is a 45 minute, evidence-based, ongoing strength training exercise class that works toward increasing strength and balance and helps improve gait and flexibility. Anyone at any age and fitness level can participate. It is effective in rebuilding strength, balance and range of motion, and it's great for chronic disease management.

LINE DANCE is the perfect form of exercise, providing the benefits of an aerobic workout, which helps maintain a healthy heart. It also gives you social interaction, which is great for mental wellness. There are offerings at three levels of difficulty, so there is a class for everyone.

ROUND DANCE is a choreographed and cued PARTNERS ballroom dance class that progresses in a circular counter-clockwise pattern around the dance floor. The two major categories of ball room dances are the smooth and international ballroom styles (such as foxtrot and waltz) and the Latin dances (such as cha-cha-chá, salsa, and rumba).

SQUARE DANCE is a dance for four couples (eight dancers in total) arranged in a square, with one couple on each side, facing the middle of the square. The dancers are generally prompted or cued through a sequence of steps by a caller to the beat and/or words of the music.
Cost is \$3.00

YOGA is a calm, tranquil, and restorative fitness program that focuses on breathing and listening to your body. Yoga has physical and psychological advantages. It improves balance and stability, strengthens muscles, improves flexibility and joint health, reduces high blood pressure and anxiety, improves respiration, and encourages mindfulness. It can be done from a seated position or on the floor. A yoga mat is suggested for comfort, and the cost is \$1.00.

ART CLASS is a painting class with supplies provided; on occasion, there may be additional arts & crafts opportunities. The cost for this class is \$1.00. On Wednesdays, some of the artists meet here to paint; however, on Wednesdays, you must supply your own materials.

GREETING CARD CLASS is the class formerly know as Stamp Art, and the creations made in this class look as professional as Hallmark! The cost for the class is \$5.00, reservations are required, and you must provide your own tools. Card kits are provided.

BRIDGE is a four-player partnership trick-taking card game with thirteen tricks per deal. Players bid how many tricks they can win and the goal is to successfully estimate how many tricks one's partnership can take.

EUCHRE is a trick taking game with a trump, played by four players in teams of two. The game is played over several rounds until one team scores 10 points.

What's Happening

MOVIN' & GROOVIN' with CAROL

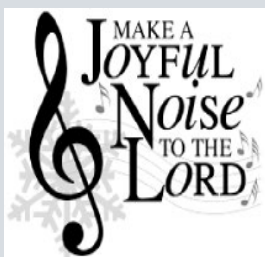
Seniors moving to the beat of the music is the perfect form of exercise for older people. Studies have shown that line dancing as well as other forms of dance are perfect for seniors because they provide the benefit of an aerobic workout, helping to maintain a healthy heart, as well as a social opportunity which is great for mental wellness. Dancing improves strength and muscle function, helps increase balance and flexibility, bone strength, and brain function. Line dance doesn't require a partner and it's an excellent way to stay healthy!

MOVIN' & GROOVIN' will meet on the first and third Wednesdays of the month at 1:00 PM.



Good Ol' Gospel Music Night

We are hosting a good old-fashioned gospel music night on **THURSDAY, MAY 12th at 6:00 PM**, sponsored by Helen Purcell. Admission is \$2.00 and this event is open to the public. Come join us and enjoy great music & fellowship! This month's concert features the music of Cathy Goss Ministries, with a SURPRISE GUEST!!



Greeting Card Class

Tuesday, May 24th
at 10:00 AM.

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



WEDNESDAY, May 11th

APRON DAY!

Men & women -
Wear your favorite
aprons!

WREATH MAKING CLASS with MARILYN MAY 17th at 4:00 PM

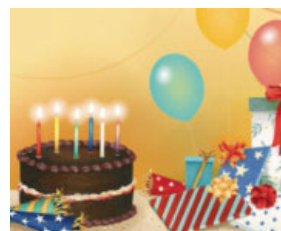
We are making indoor/outdoor wreaths. You provide 2 rolls of 12"X10' self grip shelf liner in color(s) of your choice. Please bring your own scissors and ruler. All other supplies will be provided.

PLEASE REGISTER by May 12th.





- May 4—sponsored by **HUMANA**
- May 11—GARDEN BINGO—Wear your favorite gardening hat!
- May 13—sponsored by **HUMANA**
- May 18—sponsored by **FSPT**
- May 20—AFTERNOON BINGO (12:30 PM)
sponsored by **RIVERSIDE LANDING**
- May 25—sponsored by **SHRIVER'S HOSPICE**
- May 27—sponsored by **OAKS AT NORTHPOINTE**

Wednesday, May 25th —11:45 AM



Entertainment by Dale & Friends
Wear your patriotic attire & decorate your
table for Memorial Day!

ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>ARTHRITIS EXERCISE 9:30 AM ART CLASS 12:00 PM—\$1.00 for SUPPLIES NO EVENING ACTIVITIES</p>	<p>3</p> <p>CLOSED: ELECTION DAY</p>	<p>4</p> <p>BINGO 9:45 AM WATERCOLORS 12:00 PM MOVIN' & GROOVIN' 1:00 PM</p>	<p>5</p> <p>CARDIO DANCE 9:00 AM ARTHRITIS EXERCISE 9:30 AM P.E.R.I. 11:30 AM EUCHRE 12:00 PM CINCO DE MAYO w/Buckeye Hospice</p>	<p>6</p> <p>MOTHER'S DAY MUSIC with BOB FOX 10:30 AM DUPLICATE BRIDGE 12:30 PM</p>
<p>9</p> <p>ARTHRITIS EXERCISE 9:30 AM ART CLASS 12:00 PM—\$1.00 YOGA 4:00 PM LEVEL 1 LINE DANCE 5:00 PM DUPLICATE BRIDGE 6:00 PM EUCHRE 6:00 PM</p>	<p>10</p> <p>HEALTHY LIVING 10:00 AM WELLNESS CHECKS w/Rambo 10:00 AM LINE DANCE 10:00 AM ANIMAL SHELTER PET VISIT 11:30 AM Y-BRIDGE 12:00 PM BUTTON CLUB 12:00 PM LEVEL 3 LINE DANCE 6:00 PM EUCHRE 6:00 PM</p>	<p>11</p> <p>BINGO 9:45 AM</p>  <p>APRON DAY</p>	<p>12</p> <p>CARDIO DANCE 9:00 AM NO ARTHRITIS EXERCISE FULL OF FAITH, STRONG IN SPIRIT 10:00 AM EUCHRE 12:00 PM FOSTER GRANDPARENTS 1:00 PM GOSPEL NIGHT 6:00 PM</p>	<p>13</p> <p>DUPLICATE BRIDGE 12:30 PM BINGO 9:45 AM EUCHRE 6:00 PM SQUARE DANCE 6:00 PM (Pleasant Valley Boys)</p>
<p>16</p> <p>ARTHRITIS EXERCISE 9:30 AM ART CLASS 12:00 PM—\$1.00 YOGA 4:00 PM LEVEL 1 LINE DANCE 5:00 PM DUPLICATE BRIDGE 6:00 PM EUCHRE 6:00 PM</p>	<p>17</p> <p>LINE DANCE 10:00 AM Y-BRIDGE 12:00 PM ROUND DANCE 12:00 PM WREATH CLASS w/Marilyn 4:00 PM LEVEL 3 LINE DANCE 6:00 PM EUCHRE 6:00 PM</p>	<p>18</p> <p>BINGO 9:45 AM WATERCOLORS 12:00 PM MOVIN' & GROOVIN' 1:00 PM</p>	<p>19</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>20</p> <p>DUPLICATE BRIDGE 12:30 PM BINGO 12:30 PM</p>
<p>23</p> <p>ARTHRITIS EXERCISE 9:30 AM ART CLASS 12:00 PM—\$1.00 YOGA 4:00 PM LEVEL 1 LINE DANCE 5:00 PM DUPLICATE BRIDGE 6:00 PM EUCHRE 6:00 PM</p>	<p>24</p> <p>GREETING CARD CLASS 10:00 AM HEALTHY LIVING 10:00 AM WELLNESS CHECKS w/Rambo 10:00 AM LINE DANCE 10:00 AM Y-BRIDGE 12:00 PM ROUND DANCE 12:00 PM LEVEL 3 LINE DANCE 6:00 PM EUCHRE 6:00 PM</p>	<p>25</p> <p>BINGO 9:45 AM MAY BIRTHDAY PARTY 11:30 AM Wear patriotic attire and decorate your table for Memorial Day!</p>	<p>26</p> <p>CARDIO DANCE 9:00 AM ARTHRITIS EXERCISE 9:30 AM FULL OF FAITH, STRONG IN SPIRIT 10:00 AM SUMMER READING INTRO 11:00 AM MUSIC w/Jim 11:30 AM EUCHRE 12:00 PM</p>	<p>27</p> <p>DUPLICATE BRIDGE 12:30 PM BINGO 9:45 AM EUCHRE 6:00 PM SQUARE DANCE 6:00 PM (Tim & Friends)</p>
<p>30</p>  <p>CLOSED</p>	<p>31</p> <p>LINE DANCE 10:00 AM Y-BRIDGE 12:00 PM ROUND DANCE 12:00 PM LEVEL 3 LINE DANCE 6:00 PM EUCHRE 6:00 PM</p>	<p>WII GAMES, BILLIARDS, BOARD GAMES & PUZZLES ARE AVAILABLE ALL DAY EVERY DAY!! PLAYING CARDS ARE AVAILABLE AT THE FRONT DESK. OUR DOWNSTAIRS WALKING TRACK IS ALSO ACCESSIBLE YEAR-ROUND.</p>		

FLOWERS Word Search

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

Amaryllis

Anemone

Aster

Astilbe

Begonia

Bluebell

Buttercup

Carnation

Columbine

Cosmos

Crocus

Daffodil

Dahlia

Echinacea

Foxglove

Freesia

Gardenia

Geranium

Hibiscus

Hyacinth

Impatiens

Iris

Jasmine

Jonquil

Lavender

Lily

Lotus

Marigold

Nasturtium

Orchid

Pansy

Petunia

Rose

Snowdrop

Tulip

Violet

Wisteria

Yarrow

Zinnia

LUNCH Menu

MAY

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

2
Swiss steak
Mashed potatoes
Peas & carrots
Pears

9
Swedish meatballs
Mashed potatoes
Italian blend
Banana

16
Baked chicken
Redskin potatoes
Lima beans
Apricots
Pudding

23
Baked steak
Mashed potatoes
Spinach
Melon cup

30
CLOSED



TUESDAY

3
**CLOSED:
ELECTION
DAY**

10
Sliced turkey
Dressing
Mashed potatoes
Carrots
Fruit cocktail

17
Cabbage roll
Mashed potatoes
Stewed tomatoes
Pears

24
Roast pork
Sweet potatoes
Peas
Tropical fruit
Fruit muffin

31
Shredded chicken
sandwich
Mixed vegetables
Tater tots
Mandarin oranges

WEDNESDAY

4
Cheeseburger
Tater tots
Macaroni salad
Fruited Jell-O

11
Baked chicken
Brown rice
Broccoli
Tossed salad
Peaches

18
Chicken Alfredo
California blend
Tossed salad
Baked apples
Breadstick

25
Hot dog on a bun
Potato salad
Baked beans
Fruited Jell-O

THURSDAY

5
Pizza casserole
Tossed salad
Peas
Baked apples
Breadstick

12
Swiss steak
Au gratin potatoes
Cooked cabbage
Fruited Jell-O
Graham crackers

19
Beef & noodles
Mashed potatoes
Green beans
Banana

26
Meatloaf
Mashed potatoes
Green beans
Pears

FRIDAY

6
Fish sandwich
Wedge fries
Brussels sprouts
Fruit cup

13
Macaroni & cheese
Mixed vegetables
Cauliflower
Peaches

20
Chicken salad on a
croissant
Potato soup
Beets
Peaches

27
Baked fish
Scalloped potatoes
Beets
Apple juice
Brownie

For reservations at Dresden & Hi-Rise: Please call 454-9761 before 9:00 AM.

Menu is **subject to change** without notice.

NUTRITION / OTHER

COMMODITIES

In order for the commodities distribution to run safely and smoothly, clients must watch for direction from the staff on duty. **When approaching the garage to pick up your box, pull forward as far as possible – do not block the intersection, and stay in your vehicle. It is very important that you pick up your box on your scheduled day due to lack of storage.** Please have your proxy pick up for you if you are unable to do so. **There will be NO MAKE-UP DAYS so please plan accordingly!** Pick up time is from 10:00 AM until 2:00 PM. **The pick-up date for this month is THURSDAY, MAY 19TH.**

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.***

Summer will be here before we know it, and with it come the various farmers' markets. If you fit the income guidelines on the application on the following page and are interested in receiving redeemable vouchers, please feel free to fill out and return the application the Center. Please keep in mind that we have a limited number of vouchers available, and they will be distributed on a first-come, first-served basis to those who qualify. Once your application has been approved, you will be assigned a date to pick up your vouchers.



BONNIE LONGABERGER SENIOR CENTER (DRESDEN)

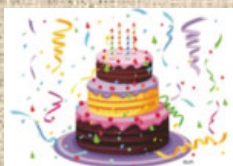
MONDAY: **Bingo** at 12:00 noon

MONDAY/WEDNESDAY: **Line Dancing** at 10:00 AM

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

Hausey & Canasta at 12:00 noon

Thursday, **MAY 19:**



Birthday Celebration!



2022 APPLICATION

Ohio Department of Aging

		RETURN COMPLETED APPLICATION TO:
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Each applicant must complete and submit a separate application for each program year.

First Name	Middle Initial	Last Name
Birth Date (mm/dd/yyyy) <i>Must be at least 60 years old to participate</i>		Gender <input type="checkbox"/> Male <input type="checkbox"/> Female <input type="checkbox"/> No Answer
Mailing Address		
City	Zip Code	County
Telephone Number		
Email Address		
Race (select all that apply)		
<input type="checkbox"/> American Indian/Native Alaskan <input type="checkbox"/> Asian	<input type="checkbox"/> Black/African American <input type="checkbox"/> Native Hawaiian/Other Pacific Islander	<input type="checkbox"/> White, Non-Hispanic <input type="checkbox"/> White, Hispanic
Nationality (select all that apply)		
<input type="checkbox"/> Hispanic or Latino <input type="checkbox"/> Not Hispanic or Latino <input type="checkbox"/> Unknown		

Complete the following information **ONLY** if applicant is designating an authorized shopper.

Authorized Shopper Name		
Relationship to Participant	Telephone Number	

Check box corresponding to your **TOTAL** annual household income and household size.

<input type="checkbox"/> 1 person in household with income of \$0-\$25,142	<input type="checkbox"/> 2 persons in household with income of \$0-\$33,874	<input type="checkbox"/> 3 persons in household with income of \$0-\$42,606
<input type="checkbox"/> 4 persons in household with income of \$0-\$51,338	<input type="checkbox"/> 5 persons in household with income of \$0-\$60,070	<input type="checkbox"/> 6 persons in household with income of \$0-\$68,802

I certify that I am at least 60 years of age; a resident of this service area; have not received Ohio Senior Farmers' Market Nutrition Program 2022 coupons at any other location; and have a total household income that meets income requirements.

Applicant Signature	Date	
---------------------	------	--

I have been advised of my rights and obligations under the Ohio Senior Farmers' Market Nutrition Program (SFMNP). I certify the information I have provided is correct. This form is being submitted for Federal Assistance and is subject to verification. I understand that intentionally misrepresenting, concealing or withholding facts may result in paying the State Agency, in cash, the value of the food benefits improperly issued to me and may subject me to civil or criminal prosecution under State and Federal law. I understand that I may appeal any decision made by the local agency regarding my eligibility for the SFMNP. Information will not be shared except for the specific purposes of responding to your request for assistance.



POLLOCK APARTMENTS

- Conveniently Located Downtown
- Locked Entry Senior Building "62" and Over
- One Bedroom Apartments
- Laundry Facilities on Site
- Income Based Rent (30%) Includes Utilities ♿

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TheComBank.com

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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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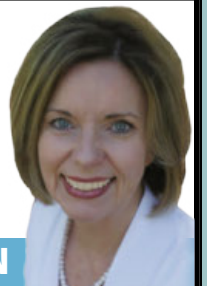
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is the Director of Client Services at Senior Benefit Advantage and has 30 years' experience in the insurance industry, with a background in social work that is focused on serving Medicare Beneficiaries. Senior Benefit Advantage serves clients who request 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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