

# GOLDEN news

JANUARY | VOLUME 44, ISSUE 1 | 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)



HAPPY  
NEW YEAR  
2022

Well, 2021 is in the books, and we're looking ahead with a positive outlook and anticipation of only good things to come in 2022!

Our Board of Trustees has recently appointed a new Executive Director and you will be meeting her very soon! We are excited for what the future holds here at MCCFS!

As is the case every year, the weather is about to change, and that 4-letter "S" word is quickly coming our way—SNOW, that is! So, it is time to remind everyone of our weather policy here at the Center, following the levels set by the Muskingum County Sheriff:

**Level 1:** Home-delivered meals and Transportation will continue as scheduled.

**Level 2:** Home-delivered meals and Transportation will be cancelled. Shelf stable meals are to be used.

**Level 3:** All services are cancelled. Shelf stable meals are to be used.

**\*\* PLEASE NOTE** that these directives are subject to change at the discretion of the Executive Director at any time.

# 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

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

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Megan Durst

Ginger Hamilton

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Brian Wagner

Keely Warden

**MCCFS will be CLOSED on the following dates in 2022:**

**Monday, January 17—Martin Luther King, Jr. Day**

*Monday, February 22—Presidents' Day*

*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.

The MCCFS Board of Trustees will meet on Wednesday, January 4, 2022 at 7:30 AM in the Trinway Room.

*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  
**JANUARY**

- 2 National Buffet Day
- 2 Science Fiction Day
- 3 Toss the Fruitcake Day
- 4 National Spaghetti Day
- 4 National Trivia Day
- 5 Bird Day
- 6 National Technology Day
- 7 National Bobblehead Day
- 8 National Bubble Bath Day
- 9 National Sunday Supper Day
- 10 Houseplant Appreciation Day
- 10 National Bittersweet Chocolate Day
- 11 National Milk Day
- 14 Dress Up Your Pet Day
- 14 Organize Your Home Day
- 15 National Hat Day
- 15 National Strawberry Ice Cream Day
- 16 National Fig Newton Day
- 19 National Popcorn Day
- 20 Cheese Lovers Day
- 24 National Peanut Butter Day
- 25 National Spouses Day
- 27 National Chocolate Cake Day
- 28 National Kazoo Day
- 29 National Puzzle Day
- 31 Inspire Your Heart with Art Day

**Change of Information  
Reminder**

If you have moved or changed your phone number, please be sure to update it with a staff member. Also, if you have a change in emergency contact information, including name or phone number, please make us aware. It is **VERY IMPORTANT** that we have current information so that you can be reached, should an emergency arise.



**CURRENT  
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 an appointment.

**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 1-866-301-6446.

**THANK YOU**  
*for your generosity*

We would like to thank all who made donations to the Center for Seniors during 2021. We sincerely appreciate all of your contributions, which help us continue 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](http://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](http://www.energyhelp.ohio.gov).



### COMING SOON!!

Please rejoin us for "Geri-Fit". 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's proven to be effective in rebuilding strength, balance and range of motion. And, it's great for chronic disease management. If you have any questions, please contact Becky or Tara. For those interested, there will be a sign-up sheet at the front desk or you may call the Center to do so. Join us for the F-U-N!

\*\*\*Class times and location TBA.

## 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 rhumba).

**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 has scores 10 points.

**MAHJONG** is played with a set of 144 tiles based on Chinese characters and symbols. Each player begins by receiving 13 tiles. In turn players draw and discard tiles until they complete a legal hand using the 14th drawn tile to form four melds (or sets) and a pair (eye).



# What's Happening



Please join us on  
January 7th for a  
**NEW YEAR'S  
CELEBRATION!!**

**PAINTING WITH WATERCOLORS**  
Wednesday, January 5th & 19th at NOON



\* Please provide your own supplies. \*



**Guitar Music**  
with  
**John Trimner**  
January 12th at 11:30 AM  
in the Zanesville Room

Friday, January 14



**Wear your favorite (or craziest) hat!!**

## Good Ol' Gospel Music Night

We are hosting a good old-fashioned gospel music night on **THURSDAY, JANUARY 13TH at 6:00 PM**, sponsored by Helen Purcell. Admission is \$2.00 and this event is open to the public. Take this opportunity to enjoy great music and fellowship!

This month's concert features the music of **Philip Tabler** from **Hands of Faith Church**.



January 5—sponsored by **HUMANA**  
January 12—sponsored by **FSPT**  
January 14—NO sponsor  
January 19—sponsored by **HUMANA**  
January 26—sponsored by **FSPT**  
January 28—NO sponsor

Celebrate

**NATIONAL POPCORN DAY**

with us on  
Wednesday,  
January 19th!



Wednesday, January 26—11:45 AM



Entertainment by **Chuck Hunt**  
Cake provided by **Shriver's Hospice**

# DAILY ACTIVITIES

## Monday

ARTHRITIS EXERCISE: 9:30 AM  
ART CLASS: 12:00 NOON  
YOGA: 4:00 PM  
LEVEL I LINE DANCE: 5:00 PM  
DUPLICATE BRIDGE: 6:00 PM  
EUCHRE: 6:00 PM



## Tuesday

GREETING CARD CLASS: 10:00 AM - **NO January classes**  
BUTTON CLUB: 12:00 PM (*1st Tuesday of month ONLY*) - **January 4th**  
LINE DANCE: 10:00 AM  
HEALTHY LIVING (formerly Diabetic Support): 10:00 AM (*2nd & 4th Tuesdays*)  
Y-BRIDGE: 12:00 NOON  
ROUND DANCE: 12:30 PM (*except 2nd Tuesday of month*)  
MAHJONG: 1:00 PM  
LEVEL III LINE DANCE: 6:00 PM  
EUCHRE: 6:00 PM

## Wednesday

BINGO: 9:45 AM  
PAINTING WITH WATERCOLORS: 12:00 NOON (*1st & 3rd Wednesdays*)  
BIRTHDAY CELEBRATION: Last Wednesday of the month at 11:45 AM

## Thursday

CARDIO DANCE: 9:00 AM - Bring hand weights (1-5 lbs)  
ARTHRITIS EXERCISE: 9:30 AM  
PERI: 11:00 AM (*1st Thursday of the month*) - **January 6th**  
EUCHRE: 12:00 NOON  
MAHJONG: 1:00 PM

## Friday

BINGO: 9:45 AM (*2nd & 4th Friday of month*) - **January 14th & 28th**  
DUPLICATE BRIDGE: 12:30 PM  
EUCHRE: 6:00 PM (*2nd & 4th Friday of month*) - **January 14th & 28th**  
SQUARE DANCE: 6:00 PM (*2nd & 4th Friday*) - \$3.00 admission  
*January 14—Ohio Swing Band; January 28—Pleasant Valley Boys*

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.

**\*\* PLEASE TAKE NOTE - SOME ACTIVITIES HAVE CHANGED DAYS and/or TIMES.**

# Happy New Year!



AULD LANG SYNE  
BABY  
BALL  
BALLOONS  
CALENDAR  
CELEBRATION  
CHAMPAGNE  
CLOCK  
CONFETTI  
COUNTDOWN  
DANCING  
DECEMBER  
EVE

FATHER TIME  
FIRECRACKER  
FIRST  
FLUTE  
GAMES  
GOWN  
HAPPY  
HAT  
HOURGLASS  
INVITATION  
JANUARY  
KISS  
MIDNIGHT

MUSIC  
NOISE MAKER  
PARTY  
RESOLUTION  
SPARKLER  
STREAMER  
TIMES SQUARE  
TOAST  
TRADITION  
TUXEDO  
VOW  
YEAR



# LUNCH Menu

## JANUARY

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

3  
Shredded chicken  
Potato soup  
Italian blend  
Pineapple  
Crackers

10  
Baked chicken  
Hash brown  
casserole  
Brussels sprouts  
Ambrosia salad  
Graham crackers

17  
**CLOSED**

24  
Stuffed pepper  
Redskin potatoes  
Carrots  
Applesauce

31  
Smoked sausage  
Mashed potatoes  
Sauerkraut  
Tropical fruit

### TUESDAY

4  
Macaroni & cheese  
Stewed tomatoes  
Peas  
Grape juice  
Vanilla wafers

11  
Roast pork  
Green beans  
Cooked cabbage  
Mandarin oranges

18  
Chicken patty  
sandwich  
Au gratin potatoes  
Lima beans  
Mandarin oranges

25  
Pork loin  
Sweet potatoes  
Green beans  
Tropical fruit  
Pudding

### WEDNESDAY

5  
Taco salad  
Green beans  
Fresh orange

12  
Baked steak  
Mashed potatoes  
Corn  
Fruit cup  
Cookie

19  
Salisbury Steak  
Redskin potatoes  
Winter blend  
Pears  
Brownie

26  
Beef stew  
Mashed potatoes  
Fruited Jell-O

### THURSDAY

6  
BBQ pork  
Carrots  
Brussels sprouts  
Tropical fruit

13  
Chicken Alfredo  
California blend  
Tossed salad  
Baked apples  
Breadstick

20  
Ham & bean soup  
Wedge fries  
Mixed fruit cup  
Cornbread

27  
Meatloaf  
Mashed potatoes  
Baby carrots  
Fruit juice

### FRIDAY

7  
Lasagna  
Tossed salad  
Cauliflower  
Apple crisp  
Breadstick

14  
Fish sandwich  
Au gratin potatoes  
Beets  
Mandarin oranges

21  
Monterey chicken  
Rice pilaf  
Broccoli  
Tossed salad  
Baked apples

28  
Chicken salad  
on a croissant  
Broccoli soup  
Broccoli Soup  
Potato salad  
Pears

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, JANUARY 20TH.**

## 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.**



The "Diabetic Support Group" has been renamed "**HEALTHY LIVING**" to encompass various health issues and to promote being proactive as you age. Being proactive means caring for your body to prevent decline, disease and illness. There will be various topics throughout the remainder of the year. Join us for all of them or just the ones that interest you. If you have any questions regarding "Healthy Living" please contact Becky. Next meeting dates are:

January 11

January 25

## BONNIE LONGABERGER SENIOR CENTER (DRESDEN)

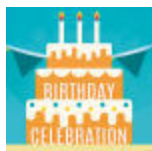
MONDAY: **Bingo** at 12:00 noon

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

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

**Hausey & Canasta** at 12:00 noon

Thursday, **JANUARY 20:**



\* Cake donated by Shriver's Hospice \*

# ARTICLE OF THE MONTH

## 5 HELPFUL TIPS FOR STICKING TO YOUR NEW YEAR'S RESOLUTIONS THIS SPRING

On average, two-thirds of Americans set New Year's resolutions to begin the new year with a fresh outlook. Whether it's changing your diet, saving money or starting a new hobby, it seems almost everyone is trying to accomplish something when January rolls around.

While it might have been easy for so many to start working on these resolutions, few are able to stick to them throughout the year. To stay on track, here are five helpful tips to keep in mind.



### SET DAILY GOALS

Keep your eyes on the prize and focus on what your goals are for each day. By having a clear idea of what you're working toward, and the steps needed to get there, you can track your progress as you strive to achieve your ultimate goal.

### MAKE IT FUN

A resolution is often a big goal that can take some hard work to reach, so why not make it fun? Attend mixers and other events when looking for a new job or grab a friend and go exercise together when you are working on your fitness. If you're looking to make healthier eating decisions, check out the frozen section of your local supermarket, where you'll find plenty of new options like SeaPak Alaskan Salmon Burgers

and Maryland Style Crab Cakes. These tasty seafood products are low calorie and make it easy to pull together a healthy meal in just minutes with little fuss or hassle.

### SWITCH IT UP

If you've been sticking to the same routine since January 1, changing things up is critical to staying motivated. Infuse fresh flavor into mealtime with recipes from SeaPak.com like Shrimp with Garlic Pesto Pasta or enroll in a new fitness class to update your workout regimen. By making changes here and there, it's less likely you'll tire of working toward your goals.

### BOUNCE BACK

No one is perfect, so don't consider your resolution a loss if you have a bad day once in a while. Use any setbacks as

motivation. Then, refocus and determine your next steps to get back on track toward your goals.



### CELEBRATE THE VICTORIES

Whether you are simply working toward some closer targets or halfway to realizing your main goal, celebrate all the steps in between. Doing so will motivate you to work even harder to accomplish what's next, and you'll make each resolution a reality before you know it.





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## SPINAL ARTHRITIS?

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

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

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

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

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

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

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



**Dr. Russ Schroder**  
Chiropractic Neurologist



**Dr. Heather Schroder**  
Naturopath

300 Main St  
Zanesville, OH  
740.454.1747

771 Dover Rd NE  
Sugarcreek, OH  
330.852.5131



# Thrive Locally

## AVOID KNEE SURGERY!

If you have been told by the doctor that you have arthritis in the knees, or even bone-on-bone, then the most commonly recommended treatment is Knee Replacement surgery.

For the past 12 years, a Chiropractic Neurologist has studied the problem of arthritis in the knees (and hip and spine) when the cushion or "cartilage" begins to wear out and degenerate.

After seeing what types of patients weren't responding to traditional Chiropractic after graduating from Palmer College nearly 20 years ago, Dr. Russ Schroder, DC, DACNB, FACFN began gradually incorporating different technologies to treat joint arthritis. When it worked so well with arthritis in the spine, he began incorporating these same Non-invasive therapies to arthritis in the knees (& hips).

Now with his Board Certification in Chiropractic Neurology and Functional Neurology, he has searched the newest medical research and found even more treatments for worn-out cartilage to heal naturally... even severe knee arthritis!

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

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

"I've had knee problems for years. It is Unbelievable how these treatments have helped & I'm still getting better! My one knee was bone-on-bone. May God bless your work!" - S.T. Millersburg

"I came in to see Dr. Russ about treatment for my knee pain that was getting severe and really limiting my walking. I am so much better now! I definitely feel better and have referred him to family!" - Daniel Troyer

"I'm 86 years old and was having pain in my knees and couldn't be on my feet a lot. I had 18 treatments, and now I don't have any pain." - Anna Yoder

"I had severe thinning of the cartilage in my left knee. After completing the program, I must say I am not disappointed with the results I have experienced." - Levi S.

*Dr. Russ has offices in Sugarcreek and Zanesville, Ohio and is accepting patients for a winter program in February. Call today for a free report on how to avoid knee surgery!*



**Dr. Russ Schroder**  
Chiropractic Neurologist



**Dr. Heather Schroder**  
Naturopath

300 Main St  
Zanesville, OH  
740.454.1747

771 Dover Rd NE  
Sugarcreek, OH  
330.852.5131

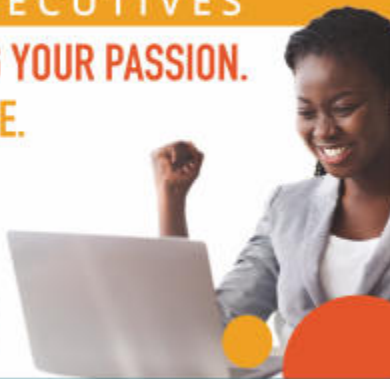


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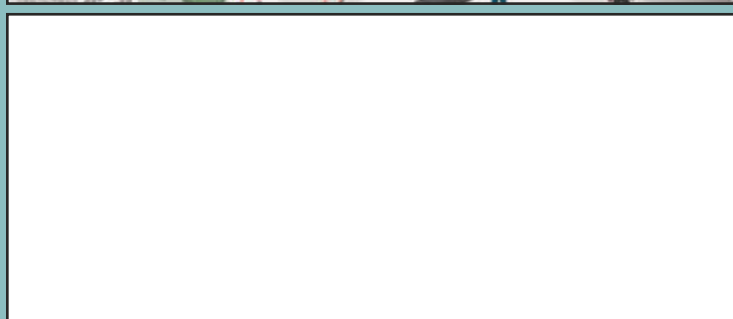
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**Rhonda K. Kraus, MSW**

is the Director of Client Services at Senior Benefit Advantage and has 30 years' experience in the insurance industry, with a background in social work that is focused on serving Medicare Beneficiaries. Senior Benefit Advantage serves clients who request our help with choosing Medicare Plan Options. We are licensed Independent Insurance Brokers who are certified and compensated by the plans we represent. We do not charge a fee for any service we provide.

**Senior Benefit Advantage Provides Access to Better Healthcare through:**

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- Help Understanding Medicare Plan Options

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- Help with applying for Extra-Help with Prescription Drugs through Social Security
- Help finding and applying for Patient Assistance Programs

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