

It's hard to believe that the "BER" months (September - December) are already here! We all know what that means—football, falling leaves, cooler temperatures, and unfortunately... more colds and flu. You may notice staff members wearing masks more frequently. This does not mean that we are sick; we simply want to take precautions to ensure our ability to remain open. We will keep masking as long as the County COVID Community Level remains HIGH. We love to see you all, but in an effort to protect others, please stay home if you have any symptoms of illness. If you take a flu shot, now is the time to get one!



### **Announcing our new & improved website!!**

Our new website is now up and running, and we believe it is an improvement over our previous one. Please check it out at [www.mccfs.org](http://www.mccfs.org) and let us know what you think! One of the newest features of our website is the capability of making donations electronically. This link will take you to our donation page, or simply scan the QR code below.

<https://square.link/u/JXF83xrC>



# 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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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,  
September 13, 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:**

### **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 **SEPTEMBER**

- 3 National Baby Back Ribs Day
- 5 National Cheese Pizza Day
- 6 National Read a Book Day
- 7 National Beer Lovers' Day
- 8 World Physical Therapy Day
- 9 Stand Up to Cancer Day
- 11 Pet Memorial Day
- 12 National Chocolate Milkshake Day
- 12 National Video Games Day
- 13 National Peanut Day
- 14 National Cream-Filled Doughnut Day
- 15 National Linguine Day
- 16 National Cinnamon-Raisin Bread Day
- 17 Citizenship Day
- 18 National Cheeseburger Day
- 18 Wife Appreciation Day
- 19 Talk Like a Pirate Day
- 22 National Ice Cream Cone Day
- 23 Restless Leg Syndrome Awareness Day
- 24 National Hunting and Fishing Day
- 25 National Food Service Workers Day
- 25 National Tune-Up Day
- 26 National Key Lime Pie Day
- 27 National Chocolate Milk Day
- 28 National Good Neighbor Day
- 29 National Coffee Day
- 30 National Mulled Cider Day

**MEDICARE OPEN ENROLLMENT**

We will have Medicare counselors here to assist with the open enrollment process on the following dates:

- Monday, October 24th**
- Monday, November 14th**
- Monday, November 28th**

Please call to schedule an appointment—spots **WILL FILL QUICKLY!!**



**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.

**Policy Update:**

Please help us ensure we have a healthy and safe place to enjoy a meal and socialize. It is the policy of the Muskingum County Center for Seniors to maintain an environment free from pests. (e.g. fleas, roaches, lice, etc.) If an individual or individuals are bringing in the pests that cause the infestation they will be asked to leave the premises immediately. Upon proof of treatment they may return to the Center. Proof may consist of proper receipts, clearance of infestation, and/or doctor's report.

# 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 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 various levels of difficulty, and all are welcome to attend any class.

**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

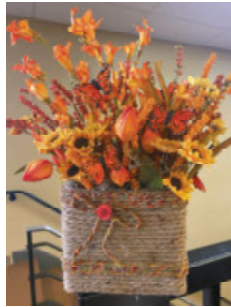
Muskingum County Library will be here!  
**Sept. 1st @ NOON**  
Topic: "COLLECTIBLES"  
(Crooksville-Roseville Pottery)

## CRAFT CLASS with MARILYN



**September 6th**  
**4:00 PM**

You provide  
your own  
materials:  
Small box or can  
Glue gun  
Glue sticks  
Scissors



Choice of decorations & cord to cover container

*Come and craft together!!*

## Good Ol' Gospel Music Night

Our monthly gospel music night will be held on **THURSDAY, SEPTEMBER 8th at 6:00 PM**, sponsored by Helen Purcell. Admission is \$2.00 and this event is open to ALL. Join us for fellowship and music, featuring Tom Shelton.



## Greeting Card Class

Tuesday, **September 27th at 10:00 AM.**

Reservations are required

**Cost: \$5.00** (includes card kit)

You must provide your own tools.

Sept. 7—sponsored by **Shriver's Hospice**

Sept. 9—**BINGO FUN!**

**Sept 14—FOOTBALL BINGO!**

Sept. 16 (12:15 pm)—sponsored  
by **Riverside Landing**

Sept. 21 - sponsored by **Humana**

Sept. 23—sponsored by


**The Oaks @ Northpointe**

Sept. 28—sponsored by **Shriver's Hospice**



**End of Summer Dance** \$3.00 admission  
*Rock & Roll*

**Friday, September 16th—6:00 PM**  
with DJ Adonis Brooks

 **VOLLEYBALL FUN**  
with the **YMCA**

**Tuesday, September 27**  
**9:30 AM**

**SHOW & TELL**

**ANTIQUES**

**Thursday, September 29—11:45 AM**  
Bring in your favorite antique and share its story with others!

Join us at

**McDonald's Greenhouse & Corn Maze**

**When:** Friday, September 30<sup>th</sup> (rain date: Oct. 7)  
11:00 AM -1:00 PM

**Cost: \$10**—includes Small Pumpkin, Corn Maze, Hayride, Petting Zoo, & Agricultural Exhibits, with hotdog lunch that you roast over an open fire! Friends & family members welcome, but they

**MUST** be registered! See Tara with any questions.

**SEPTEMBER FARM DAY BIRTHDAY PARTY**

**Wednesday, September 28 @ 11:45 AM**

**Entertainment by Pat Wess**





### **FAITH & SPIRIT upcoming schedule:**

**September 8--Bible/Scripture Stories--**We will recall and discuss 2-3 familiar stories from the Bible, complete with visual and tactile props, followed by reflection and prayer time with practical application of the stories discussed.

**September 22--Prayer Intention Crosses--**We will paint wooden crosses and attach paper or ribbons containing prayer intentions to the crosses. We will pray for these intentions at the end of the session and participants will take individual crosses home.

**October 27--Harvest Snack--**We will have a devotional related to the harvest and its many blessings. As a group, we will peel and chop fresh harvest vegetables; each participant will have a packet of these vegetables to take home for soup or salad.

### 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 September are:

**Tuesday, September 6—Oral Health**

**Tuesday, September 20—The Anti-Inflammatory Diet**

## Come join the **LUNCH BUNCH!**

**WHEN: Tuesday, September 20th at 11:00 AM**

**WHERE: Pizza Cottage**

**3938 Pond View Drive, Zanesville**

**Enjoy lunch (at your cost) & fun with friends!**

**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, September 14th and 28th  
from 9:00 AM to 3:00 PM**









# LUNCH Menu

## SEPTEMBER

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

5 CLOSED



12  
Baked fish  
Brown rice  
Stewed tomatoes  
Green beans  
Orange juice

19  
Roast pork  
Sweet potatoes  
Green beans  
Applesauce  
Brownie

26  
Grilled chicken salad  
Vegetable soup  
Fruit cup  
Crackers  
Breadstick

6  
Swiss steak  
Mashed potatoes  
Green beans  
Apricots

13  
Chicken penne pasta  
Spinach  
Cucumber/tomato salad  
Apple crisp

20  
Chicken & rice casserole  
Cauliflower  
Baked apples  
Tossed salad

27  
Baked steak  
Mashed potatoes  
Green beans  
Fresh pear

7  
Sausage gravy  
Hash browns  
Biscuit  
Orange juice  
Baked apples

14  
Baked chicken  
Redskin potatoes  
Capri blend  
Pears  
Cookie

21  
Sloppy Joe  
Tater tots  
Pickled beets  
Peaches

28  
Turkey Cobb salad  
Tropical fruit  
Crackers  
Breadstick

1  
Chicken salad on a croissant  
Potato soup  
Pickled beets  
Fruit cup

8  
Spinach salad  
Boiled egg  
Potato soup  
Grapes  
Crackers  
Fruit muffin

15  
Beef & noodles  
Mashed potatoes  
Beets  
Fruit cocktail  
Pudding

22  
Chicken sandwich  
Broccoli soup  
Crackers  
Grape juice

29  
Chicken breast  
Au gratin potatoes  
Brussels sprouts  
Ambrosia salad

2  
Taco salad  
Refried beans  
Tortilla chips  
Warm peaches

9  
Johnny Marzetti  
Baby carrots  
Cherry crisp  
Coleslaw  
Garlic bread

16  
Chef salad  
Boiled egg  
Melon cup  
Crackers  
Pound cake

23  
Meatloaf  
Mashed potatoes  
Green beans  
Pears

30  
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.

# WE ALL SCREAM for ICE CREAM Word Search

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

## WORD LIST:

BANANA SPLIT  
BLACKRASPBERRY  
BLUEMOON  
BUBBLEGUM  
BUNNYTRACKS  
BUTTERPECAN  
CANDYCANE  
CAMELAPPLE  
CHERRY  
CHOCOLATE

COCONU  
COFFEE  
COOKIEDOUGH  
COOKIESANDCREAM  
CUP  
FLOAT  
FUDGERIPPLE  
HOTFUDGE  
MALT  
MAPLEWALNUT

MINTCHOCOLATECHIP  
MOOSETRACKS  
NEAPOLITAN  
PEANUTBUTTERCUP  
PISTACHIO  
RAINBOWSHERBET  
ROCKYROAD  
RUMRAISIN  
SALTEDCAMEL  
SCOOP

SHAKE  
SPRINKLES  
SPUMONI  
STRAWBERRY  
SUGARCONE  
SUNDAE  
SYRUP  
TUTTIFRUTTI  
VANILLA  
WAFERCON

# 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, SEPTEMBER 15TH.**

## HOMEBOUND 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. 104 if **you are not going to be home to receive your meal or need to cancel for any reason.**

### \*\* NOTICE TO HOMEBOUND MEAL RECIPIENTS:

Over the past week or so, you should have received 2 boxes of shelf-stable meals. These are to be used in case of emergency (cancellation of delivery for weather or other emergency). You WILL RECEIVE INSTRUCTIONS as to WHEN THEY SHOULD BE USED. Please do not use these until instructed to do so; we will not have extras to distribute if you consume them early.

Thank you!

## 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, **SEPTEMBER 15:**

*Birthday Celebration* 

Wednesday, **SEPTEMBER 21:**

*Craft DAY* 

Tuesday, **SEPTEMBER 27: PIE DAY!!**







## POLLOCK APARTMENTS

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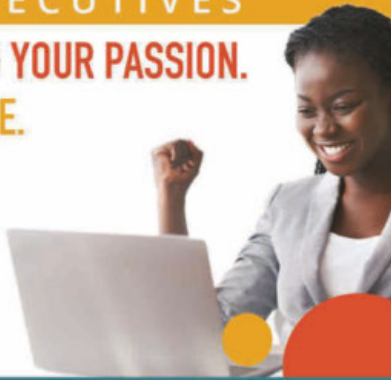
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## SPINAL ARTHRITIS?

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



# Thrive Locally

## STAND OUT

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CONTACT US AT 800-477-4574

## 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



## Feeling Impacts of the COVID-19 Pandemic ?

### Call Us for Assistance

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



4-D-5-5

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*Funded in part by the Older Americans Act through the Area Agency on Aging Region 9, Inc. and the Ohio Department of Aging*

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

