



*Learning Always. Laughing Together. Living Well.*

# GOLDEN news

DECEMBER | VOLUME 44, ISSUE 12 | 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)



**from the Muskingum County Center for Seniors staff!**  
**Wishing you a safe & blessed holiday season!**

\*\*\*\*\*

COMING IN 2023: Watch for details about new classes, including Cookie Decorating, Make & Take Essential Oils, and a Financial Literacy class. We will also begin hosting monthly Volunteer Informational Meetings.

# OUR COMMUNITY

## STAFF

Executive Director  
Kate Paul Ext. 103

Business Director  
Chad Tyson Ext. 111

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. 122

## Board of Commissioners

Cindy Cameron  
Mollie Crooks  
Jim Porter

## Board of Trustees

Anthony Adornetto  
Jay Benson  
Sheryl Derry  
Megan Durst  
Ann Hollingsworth  
R. Susan Jones  
James McDonald  
Brian Wagner  
Keely Warden

The MCCFS  
Board of Trustees  
will hold its next meeting on  
Tuesday, January 10, 2023.

## 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 remaining dates this year:  
Friday, December 16—FOP Dinner (NO home-delivered meals)  
Friday, December 23—Christmas Eve  
Monday, December 26—Christmas Day  
Friday, December 30—New Year's Eve  
Monday, January 2, 2023—New Year's Day

## \* 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 DECEMBER



- 1 Eat a Red Apple Day
- 2 National Mutt Day
- 4 National Dice Day
- 5 International Volunteers Day
- 7 Pearl Harbor Remembrance Day
- 10 Gingerbread Decorating Day
- 12 Poinsettia Day
- 13 National Cocoa Day
- 15 National Cupcake Day
- 16 National Ugly Christmas Sweater Day
- 17 National Maple Syrup Day
- 18 Bake Cookies Day
- 21 Crossword Puzzle Day
- 22 National Cookie Exchange Day
- 24 National Eggnog Day
- 25 Christmas
- 28 National Card Playing Day
- 30 Bacon Day
- 31 National Champagne Day


According to the calendar, winter is on its way, even though the thermometer tells me it's already here! With that being said, the snowy weather is bound to follow. As a reminder, all weather delays, closings, and emergencies for the Center will be reported on WHIZ-TV & radio, as well as our Facebook page and website. In certain situations, you may also receive one of our automated All-Calls. We will do our best to keep you informed of all cancellations, and you can be assured that we make these decisions with the safety of our staff and seniors in mind.



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 advanced notice is required. Please call 740-969-6200 to schedule a ride.

WE NEED YOUR INPUT!!

Scan here  to take a short (but important) transportation survey.



\* Survey is also accessible on our website & Facebook.

Leave a Legacy

The Muskingum County Center for Seniors depends on private contributions to help us provide services to the seniors of Muskingum County. Through the Leave a Legacy program, private citizens can establish memorial funds or endowments for their favorite charities. Please call the Center for more information.



We would like to thank everyone who made donations to the Center for Seniors during the month of November and throughout the past year. We are very appreciative of your contributions, which help us continue serving the seniors of Muskingum County.

# SUPPORT SERVICES / OTHER

## PREVENT TYPE 2 DIABETES

Prevent T2 is an evidence-based program focused on helping participants make positive lifestyle changes including eating healthier, getting more physical activity and reducing stress. Participants can potentially cut their risk of developing Type 2 diabetes by at least 58%. This is a year long program taught by a trained lifestyle coach that is designed for those who have pre-diabetes or are at risk for developing type 2 diabetes. To take part in the program you must meet the following requirements: 1.) BMI of >25kg/m<sup>2</sup>; 2.) Lab results that show a fasting glucose of 110-125 (results must be provided); 3.) Plasma glucose of 140-199 mg/dl measured 2 hours after a 75 gm glucose load; 4.) HbA1C of 5.7 to 6.4; or 5.) A positive screening for gestational diabetes during a previous pregnancy. Participants cannot have a diagnosis of Type 1 or Type 2 diabetes prior to enrollment. *Sessions will begin on Tuesday, January 10<sup>th</sup> at 2:00 PM.* If you are interested in joining this group or have any questions, please contact Becky. Class size is limited.

## OHIO SNAP ED PROGRAM

Good news! The OSU Snap-Ed program will continue to offer beneficial workshops at our site. This program offers valuable information on healthy eating, being a savvy shopper and many more nutrition related topics. You do not have to attend every session, so feel free to join in for what interests you. Class meets at 12:15 PM in the Fultonham Room on the following dates:

December 7—"Eat a Rainbow of Snacks"

*Recipe: Apple Cinnamon Bars*

December 21—"Power Packed Calcium Rich Snacks"

*Recipe: Veggie Bagel Buddies*

### COMMODITIES RECIPIENTS:

In order for the commodities distribution to run safely and smoothly, we need your cooperation. It is very important that you pick up your box on the scheduled day. 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! Distribution is from 10:00 AM until 2:00 PM. The pick-up date for this month is **THURSDAY, DECEMBER 15TH**. Please bring your COMMODITY SCAN CARD or your MySeniorCenter card. This helps to ensure the speed and efficiency of the process.

**\*\* Please note, there will be a change in the Commodity Distribution location beginning January 2023. Information will be given out at the December distribution. Once the information is received it is very important that you notify your proxies of this change.**

### 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, DECEMBER 15th:



# 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.

**ENER-CHI** combines easy to learn tai chi forms and qigong exercises through mindful movement. While learning and practicing, attention is given to transferring weight smoothly, maintaining postural control and focused breathing techniques. Benefits include increased muscular endurance, improved balance, and a calm mind. Chair support is offered to facilitate standing stability and seated exercise options. Join Megyen Green on Mondays at 2:00 PM; cost is \$1.00.

**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. **Classes begin on Wednesday, January 11th at 1:15 PM. Please contact Becky if you are interested in taking part in this program.**

**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 ballroom 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. Instructor: Megyen Green

**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.

**CARD CREATIONS** is a greeting card making class. No experience is necessary, and no tools are required. A variety of cards are available at a cost of \$1.00 or \$2.00 (Limit 12 per class)

**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

## Special Days:

December 2—MERRY Monday!

Wear **red** and **green**!

December 6—SANTA HAT Day!

December 14—**UGLY SWEATER** Day!



December 21—Center CHRISTMAS PARTY!!

\*Fun, games, music, and a special bearded guest...



## CHAIR VOLLEYBALL FUN

Tuesday, December 6th  
10:00 AM

## Good Ol' Gospel Music Night

Our monthly gospel music night will be held on THURSDAY, DECEMBER 8TH at 6:00 PM, sponsored by Helen Purcell. Admission is \$2.00. Join us for fellowship and music, featuring VICTORY TRIO.

Doors open at 5:00 PM.

December 8th —11:45 AM

## CHRISTMAS SHOW & TELL

Bring in your favorite items and share their stories with others!



## CHRISTMAS COOKIE DECORATING

Tuesday, December 13th  
at 12:00 PM

\$6.00 per dozen

(includes cookies, decorating supplies, and take-home container)

Register with Tara—Space is limited!

## ROCKIN' Around the Christmas Tree DANCE

with  
DJ Adonis Brooks  
December 9th  
6:00 - 9:00 PM  
(Doors open at 5:00)

Admission:  
\$3.00

## QUILTING & CROSS-STITCH

2nd & 4th Tuesdays of the month  
12:00 PM in the Dresden Room



## Zanesville Blue Knights Jazz Band

Thursday, December 22nd  
11:30 AM

Dec. 2—sponsored by Humana  
Dec. 7—**JINGLE BELL** BINGO!  
Dec. 9—sponsored by Humana  
Dec. 14—**Ugly Sweater** BINGO!  
Dec. 28—sponsored by **Shriver's**



## "CARD CREATIONS BY KAREN"

Karen Bay - Instructor

Offering Handmade Card Classes  
3rd Thursday of each month at 1:00 PM  
(December 15th)

\$1<sup>00</sup> and \$2<sup>00</sup> cards available to make  
(Limit=8 cards)

Choose from a large selection of cards.  
No supplies or experience needed.

Come join us for a fun,  
creative and relaxing time!

## Christmas Music with Mid-East Preschool



December 19th  
10:45 AM

## DECEMBER BIRTHDAY PARTY



Dec. 28th-11:45 AM  
Entertainment by  
Mike Ward



### FAITH & SPIRIT upcoming schedule:

On *Thursday December 8* there will be a short ecumenical Advent Prayer Service prior to lunch. This service is open to all and will take the place of our regular Faith and Spirit group for December. The service will be from 10:15-10:45am and will include a short message on the Advent season, prayer, music, reflection and Scripture reading. Participants may simply observe or may more actively participate. Each participant will be provided with an Advent season memento to take with them.

### ~HEALTHYLIVING~

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 this month are:

Tuesday, December 13—What You Need to Know About Depression

Tuesday, December 27—New Year, New You!

## LUNCH BUNCH

WHEN: Tuesday, December 20th at ~~11:00~~ AM

WHERE: LongHorn Steakhouse  
3557 Maple Avenue  
(in front of Colony Square Mall)



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

A \$5.00 deposit is required to hold your spot.

Registration is **REQUIRED**.

Deposits will be returned to you upon arrival that day.

See Tara for more information or to sign up.

## MVHC Mobile Health Services


Muskingum Valley Health Center visits the Center for Seniors twice monthly. Their unit has a full exam room and provides services including 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:

December 14th & 28th  
9:00 AM to 3:00 PM



MVHC accepts all patients regardless of insurance, income, or ability to pay. Services received on the Mobile Unit can be billed through insurance. Patients can also receive payment assistance through a sliding fee program.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>5 <b>Merry Monday!</b>            ARTHRITIS EXERCISE 9:30 AM            ART CLASS 12:00 PM—\$1.00            ENER-CHI 2:00 PM—\$1.00            YOGA 3:00 PM—\$1.00            LINE DANCE 5:00 PM            DUPLICATE BRIDGE 6:00 PM            EUCHRE 6:00 PM</p>	<p>6 <b>SANTA HAT DAY!</b>            CHAIR VOLLEYBALL 10:00 AM            Y-BRIDGE (CARDS) 12:00 PM            ROUND DANCE 12:00 PM            JUNK JOURNALING 5:00 PM            LINE DANCE 6:00 PM            EUCHRE 6:00 PM</p>	<p>7            MWHC MOBILE UNIT 9-3            BINGO 9:45AM            WATERCOLORS 12:00 PM            OHIO SNAP ED 12:15 PM            FOSTER GRANDPARENTS            1:00 PM</p>	<p>1            CARDIO DANCE 9:00 AM            ARTHRITIS EXERCISE 9:30 AM            BUTTON CLUB 11:00 AM            P.E.R.I. 11:30 AM            EUCHRE 12:00 PM</p>	<p>2            BINGO 9:45 AM *DATE CHANGE            DUPLICATE BRIDGE 12:30 PM            SQUARE DANCE 6:00 PM            Ohio Swing Band            ~ sponsored by Humana            (FREE admission)            * DATE CHANGE</p>
<p>12            ARTHRITIS EXERCISE 9:30 AM            ART CLASS 12:00 PM—\$1.00            ENER-CHI 2:00 PM—\$1.00            YOGA 3:00 PM—\$1.00            LINE DANCE 5:00 PM            DUPLICATE BRIDGE 6:00 PM            EUCHRE 6:00 PM</p>	<p>13            Rambo WELLNESS CHECKS 10:00 AM            HEALTHY LIVING 10:00 AM            Y-BRIDGE (CARDS) 12:00 PM            CHRISTMAS COOKIE DECORATING            12:00 PM—\$6.00            QUILTING &amp; CROSS STITCH 12:00 PM            JUNK JOURNALING 5:00 PM            LINE DANCE 6:00 PM            EUCHRE 6:00 PM</p>	<p>14 <b>Ugly Sweater Day!</b>            BINGO 9:45AM            WATERCOLORS 10:00 AM            * DATE &amp; TIME CHANGE            SNOWMAN CRAFT—\$10.00            12:00 PM            (* Must be registered)</p>	<p>15            CARDIO DANCE 9:00 AM            ARTHRITIS EXERCISE 9:30 AM            COMMODITIES 10:00 AM-2:00 PM            GREETING CARD CLASS 1:00 PM</p>	<p>16            F.O.P. DINNER 11 AM—1 PM            * Tickets are REQUIRED!!             CLOSED for ALL ACTIVITIES</p>
<p>19            ARTHRITIS EXERCISE 9:30 AM            MUSIC w/ MID-EAST PRESCHOOL            10:45 AM            BOOMERTUNES w/JIM 11:15 AM            ART CLASS 12:00 PM—\$1.00            ENER-CHI 2:00 PM—\$1.00            YOGA 3:00 PM—\$1.00            LINE DANCE 5:00 PM            DUPLICATE BRIDGE 6:00 PM            EUCHRE 6:00 PM</p>	<p>20            LUNCH BUNCH <b>11:30 AM</b>            *TIME CHANGE            Y-BRIDGE (CARDS) 12:00 PM            JUNK JOURNALING 5:00 PM            LINE DANCE 6:00 PM            EUCHRE 6:00 PM</p>	<p>21  <b>CHRISTMAS PARTY!</b>  <b>- Music with Chuck Hunt</b>            MWHC MOBILE UNIT            9:00 AM-3:00 PM            BINGO 9:45 AM            OHIO SNAP ED 12:15 PM  <b>** CLOSING at 1:00 PM **</b></p>	<p>22            CARDIO DANCE 9:00 AM            ARTHRITIS EXERCISE 9:30 AM  <b>ZHS BLUE KNIGHTS JAZZ BAND</b>            11:30 AM            EUCHRE 12:00 PM</p>	<p>23            CLOSED            for  </p>
<p>26            CLOSED  </p>	<p>27            Rambo WELLNESS CHECKS 10:00 AM            HEALTHY LIVING 10:00 AM            Y-BRIDGE (CARDS) 12:00 PM            QUILTING &amp; CROSS STITCH 12:00 PM            JUNK JOURNALING 5:00 PM            LINE DANCE 6:00 PM            EUCHRE 6:00 PM</p>	<p>28            BINGO 9:45 AM            BIRTHDAY CELEBRATION            11:30 AM</p>	<p>29            CARDIO DANCE 9:00 AM  <b>NO</b> ARTHRITIS EXERCISE            EUCHRE 12:00 PM</p>	<p>30            CLOSED            for  </p>



# LUNCH Menu

## DECEMBER

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

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

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

5  
Sausage gravy  
Hash browns  
Fruit cup  
Orange juice  
Biscuit

6  
Stuffed pepper  
Tossed salad  
California blend  
Peaches

7  
Pork roast  
Redskin potatoes  
Broccoli  
Banana

1  
Chicken breast  
Mashed potatoes  
Spinach  
Grapes

2  
Baked fish  
Rice pilaf  
Lima beans  
Cauliflower  
Pears

12  
Chicken sandwich  
Broccoli soup  
Peas  
Fruited Jell-O  
Crackers

13  
Salisbury steak  
Mashed potatoes  
California blend  
Pears  
Brownie

14  
Ham & bean soup  
Tater tots  
Warm peaches  
Cornbread

8  
Chicken Alfredo  
Peas  
Stewed tomatoes  
Fruit juice

9  
Baked steak  
Mashed potatoes  
Capri blend  
Pineapple

19  
Swiss steak  
Mashed potatoes  
Green beans  
Fruit juice  
Cookie

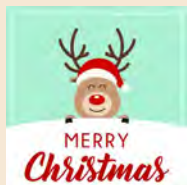
20  
BBQ pork on bun  
Wedge fries  
Lima beans  
Mandarin oranges

21  
Beef stew  
Tossed salad  
Fruit cup  
Cookies

15  
Meatloaf  
Mashed potatoes  
Green beans  
Applesauce

16  
CLOSED  
for  
F.O.P.  
DINNER

26 CLOSED



27  
Pizzaburger  
Tater tots  
California blend  
Peaches

28  
Mac & cheese  
Green peas  
Stewed tomatoes  
Mixed fruit

22  
Sliced turkey  
Au gratin potatoes  
Green beans  
Fresh orange

23 CLOSED  
for

29  
Chicken breast  
Au gratin potatoes  
Brussels sprouts  
Ambrosia salad

30 CLOSED

Home delivered meal clients can help the Center save food, gas and money by calling our Nutrition Department by 9:30 AM at 740-969-6189 if you need to cancel your meal for ANY reason.

# CHRISTMAS WORD SEARCH

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

plum  
 Silent Night  
 bells  
 Christmas  
 Donner  
 ho ho ho  
 manger  
 Prancer  
 snowflakes  
 yuletide

greetings  
 merry  
 Bethlehem  
 Comet  
 elf  
 holiday  
 milk  
 presents  
 stockings

cinammon  
 list  
 Blitzen  
 Cupid  
 elves  
 holly  
 mistletoe  
 pudding  
 toys

candles  
 advent calendar  
 bows  
 Dancer  
 eve  
 jolly  
 naughty  
 red suit  
 tree

wrapping  
 angels  
 carols  
 Dasher  
 feast  
 joy  
 nice  
 Rudolph  
 turkey

ribbon  
 baubles  
 chimney  
 December  
 gifts  
 Kris Kringle  
 North Pole  
 sack  
 Vixen

tinsel  
 beard  
 chocolate  
 decorations  
 hat  
 lights  
 ornaments  
 sleigh  
 workshop

# MORE SUPPORT SERVICES

## HEAP

The HEAP program provides a credit once per winter heating season toward a household's primary heating source. Consumers may apply from July through May by completing an online application at [www.energyhelp.ohio.gov](http://www.energyhelp.ohio.gov) or by scheduling an appointment here at the Center or with our local Community Action Agency. Funding will not be released until January. To complete an application, you will need:

- A list of all members of the household with birth dates and social security numbers.
- Proof of income for all household members 18 years of age and over for at least the previous 30 days.
- Proof of citizenship or legal residence for household members.
- Copies of recent utility bills.
- Disability verification (if applicable).

## Winter Crisis Program/E-HEAP

The Winter Crisis Program (WCP), also called E-HEAP, provides financial aid once per heating season beginning November 1 through March 31 to income-eligible consumers who:

- Have been disconnected or received a shut-off notice;
- Have less than a 25 percent supply of bulk fuel; or
- Need to establish new service or pay to transfer service.

*Customers are ineligible until any current medical certification filed with their utility expires.*

Consumers must:

- Complete an application during an interview, usually with a Community Action Agency;
- Be an adult member of the household;
- Submit proof of income for all household members 18 years and older;
- Submit shut-off notice and most recent utility bills; and
- Provide a list of all household members, including birth dates, Social Security numbers and proof of citizenship (or legal residency) for all household members.

Applicants should call to make an appointment with our local Community Action Agency and verify what documentation they should bring with them to verify eligibility. Once a consumer has been approved for the WCP/E-HEAP, the local agency will authorize the payment to the utility. The payment will cover disconnection prevention, reconnection of service, or 30 days of bulk fuel. Households served by a state-regulated utility with a remaining outstanding balance will be required to sign up for a payment plan, such as the Percentage of Income Payment Plan Plus (PIPP Plus).

Size of household*	175% of Total Gross Annual Household Income
1	\$23,783
2	\$32,043
3	\$40,303
4	\$48,563

# MUSKINGUM COUNTY CENTER FOR SENIORS

160 N. 4th Street  
Zanesville, OH 43701  
(740) 454-9761  
[www.mccfs.org](http://www.mccfs.org)

*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.***

