



GOLDEN news

JANUARY | VOLUME 45, ISSUE 1 | 2023

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

Happy New Year, and welcome to 2023!

With the pandemic in our rear-view mirror and the changes we've faced over the past year, we're ready to focus on new and exciting things here at the Center, and we hope you are too! We have several new activities and classes beginning in January and over the next few months (Essential Oil Make & Take class, Prevent Type 2 Diabetes, Geri-Fit, and more)!

With new faces joining us and Mother Nature bringing us snow and ice, this is a good time to remind you all of our weather polices:

In following the levels set by the Muskingum County Sheriff, the Center will go by the established level at 8:00 AM.

Level 1: Home-delivered meals and transportation will continue as scheduled. Evening activities will be cancelled.

Level 2: The Center will open on a 2-hour delay. Home-delivered meals and transportation will be cancelled. Shelf stable meals are to be used. Evening activities will be cancelled.

Level 3: The Center is CLOSED. 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

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

MCCFS will be CLOSED on the following dates in 2023:

Monday, January 16—Martin Luther King, Jr. Day

Monday, February 20—Presidents' Day

Monday, May 29—Memorial Day

Monday, June 19—Juneteenth

Tuesday, July 4—Independence Day

Monday, September 4—Labor Day

Monday, October 9—Columbus Day

Tuesday, November 7—Election Day (Meals on Wheels WILL run)

Friday, November 10—Veterans' Day

Thursday/Friday, November 23-24—Thanksgiving

Monday/Tuesday, December 25-26—Christmas

Monday/Tuesday, January 1-2, 2024—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.

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

NEED A REASON TO CELEBRATE?

Check out these holidays for **JANUARY**


- 2 National Buffet Day
- 3 Toss the Fruitcake Day
- 4 National Spaghetti Day
- 5 Bird Day
- 6 National Technology Day
- 7 National Bobblehead Day
- 8 National Sunday Supper Day
- 9 National Apricot Day
- 10 National Bittersweet Chocolate Day
- 11 National Milk Day
- 14 Organize Your Home Day
- 15 National Hat Day
- 16 National Fig Newton Day
- 19 National Popcorn Day
- 20 Cheese Lovers Day
- 22 Chinese New Year
(2023: Year of the Rabbit)
- 23 National Clean Out Your Inbox Week
- 24 National Peanut Butter Day
- 25 National Irish Coffee Day
- 26 National Spouses Day
- 27 National Chocolate Cake Day
- 28 National Kazoo Day
- 29 National Puzzle Day
- 31 Inspire Your Heart with Art 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 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 2022. We have been and continue to be blessed by your contributions, which enable us to provide quality service to the seniors of Muskingum County!

Weather 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.

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/m²; 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 10th at 2:00 PM**, and registration is required.

~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 this month are:

Tuesday, January 10—Annual Wellness Visits

Tuesday, January 24—How to Advocate for Yourself When Talking to Your Doctor

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:

January 4— Added Sugars

Recipe: Blueberry muffin in a mug

Bailey Cleary-Foeller from Mid-Ohio Food Collective will discuss SNAP benefits information and applying for assistance.

January 18—Going Nuts for Seeds & Nuts

Recipe: Almond Rice Pudding

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, **JANUARY 19th:**



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

TUESDAY LINE DANCING IS BACK!

9:30—10:00 AM New dances
10:00—11:00 AM Regular class

"CARD CREATIONS BY KAREN"

Karen Bay - Instructor
Offering Handmade Card Classes
3rd Thursday of each month at 1:00 PM
(January 19th)
\$1⁰⁰ and \$2⁰⁰ 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!

HEART WREATH CRAFT

Wednesday, January 25th—12:00 noon
Cost: \$10.00

Registration required—see Tara.
Please bring scissors & glue gun.

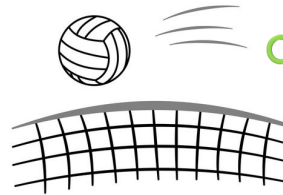


ESSENTIAL OIL MAKE + TAKE CLASS

Wednesday, January 25th—5:00 PM
Cost: \$25.00

~ Includes 1 small
room/linen spray and
1 roller bottle

* Please register
in advance



CHAIR VOLLEYBALL FUN

Friday, January 6th
10:00 AM

Good Ol' Gospel Music Night

Our monthly gospel music night will be held
on **THURSDAY, JANUARY 19TH at 6:00 PM**,
sponsored by Helen Purcell. Admission is
\$2.00. Join us for fellowship and music,
featuring **PureHeart**. Doors open at 5:00 PM.

Classic Rock Dance

with

DJ Adonis Brooks

January 20th

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

Jan. 4—**NEW YEAR BINGO!**

Jan. 11—sponsored by **Humana**

Jan. 13—**snowman BINGO!**

Jan. 18—**HAT & SCARF BINGO!**

Jan. 20—sponsored by **Riverside Landing**

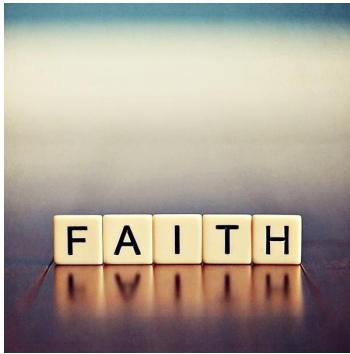
Jan. 25—sponsored by **Shriver's Hospice**

Jan. 27—**JACK FROST BINGO!**



JANUARY BIRTHDAY PARTY—Wed. January 25th
Entertainment by The Four Cousins





FAITH & SPIRIT upcoming schedule:

January 12--

Tidings of Comfort and Joy--During this session we will continue the Christmas theme and focus on the comfort and joy we receive from our faith. We will have some faith based readings and some share time centering on God's comfort and joy in our lives. We will decorate faith inspired mugs and take home a bit of a "comfort" beverage! All are welcome.

January 26--

Unique Children of God--During this session we will focus on how God has made each of us special and unique. We will read Scripture and reflect on our strengths and gifts and how God uses those in our lives. We will make large paper bag snowflakes--each different and unique! All are welcome.

LUNCH BUNCH

WHEN: **Tuesday, January 24th at 11:00 AM**

WHERE: **Bob Evans** (Underwood St.)



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.

Call the Center or check the MVHC website for dates and times.



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>2</p> <p>CLOSED</p> 	<p>3</p> <p>LINE DANCE 10:00 AM (New dances @ 9:30) Y-BRIDGE (CARDS) 12:00 PM JUNK JOURNALING 5:00 PM LINE DANCE 6:00 EUCHRE 6:00 PM</p>	<p>4</p> <p>BINGO 9:45AM OHIO SNAP ED 12:15 PM</p>	<p>5</p> <p>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>6</p> <p>CHAIR VOLLEYBALL 10:00 AM DUPLICATE BRIDGE 12:30 PM</p>
<p>9</p> <p>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>10</p> <p>Rambo WELLNESS CHECKS 10:00 AM LINE DANCE 10:00 AM (New dances @ 9:30) HEALTHY LIVING 10:00 AM JOYLIGHTS PRAYER GROUP 12:00 PM Y-BRIDGE (CARDS) 12:00 PM QUILTING & CROSS STITCH 12:00 PM JUNK JOURNALING 5:00 PM LINE DANCE 6:00 PM EUCHRE 6:00 PM</p>	<p>11</p> <p>BINGO 9:45AM</p>	<p>12</p> <p>CARDIO DANCE 9:00 AM ARTHRITIS EXERCISE 9:30 AM FAITH & SPIRIT 10:00 AM EUCHRE 12:00 PM</p>	<p>13</p> <p>BINGO 9:45 AM DUPLICATE BRIDGE 12:30 PM SQUARE DANCE 6:00 PM</p>
<p>16</p> <p>CLOSED</p> 	<p>17</p> <p>LINE DANCE 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>18</p> <p>BINGO 9:45AM WATERCOLORS 12:00 PM OHIO SNAP ED 12:15 PM</p>	<p>19</p> <p>CARDIO DANCE 9:00 AM ARTHRITIS EXERCISE 9:30 AM COMMODITIES 10:00 AM-2:00 PM BOOMERTUNES 11:15 AM GREETING CARD CLASS 1:00 PM GOSPEL NIGHT 6:00 PM—\$2.00</p>	<p>20</p> <p>BINGO 12:15 PM DUPLICATE BRIDGE 12:30 PM DJ DANCE 6:00 PM—\$3.00</p>
<p>23</p> <p>ARTHRITIS EXERCISE 9:30 AM PRAYER, CARE & SHARE 10:00 AM ART CLASS 12:00 PM—\$1.00 ENER-CHI 2:00 PM—\$1.00 YOGA 3:00 PM—\$1.00 MIKE BRYAN—"Learn How to Protect Your Assets, Estate Planning, etc." 3:30 PM LINE DANCE 5:00 PM DUPLICATE BRIDGE 6:00 PM EUCHRE 6:00 PM</p>	<p>24</p> <p>Rambo WELLNESS CHECKS 10:00 AM LINE DANCE 10:00 AM HEALTHY LIVING 10:00 AM LUNCH BUNCH 11:30 AM Y-BRIDGE (CARDS) 12:00 PM ROUND DANCE 12:00 PM QUILTING & CROSS STITCH 12:00 PM JUNK JOURNALING 5:00 PM LINE DANCE 6:00 PM EUCHRE 6:00 PM</p>	<p>25</p> <p>BINGO 9:45 AM BIRTHDAY CELEBRATION 11:30 AM HEART CRAFT 12:00 PM (\$10.00 / registration required) ESSENTIAL OILS CLASS 5:00PM</p>	<p>26</p> <p>CARDIO DANCE 9:00 AM ARTHRITIS EXERCISE 9:30 AM FAITH & SPIRIT 10:00 AM EUCHRE 12:00 PM</p>	<p>27</p> <p>BINGO 9:45 AM DUPLICATE BRIDGE 12:30 PM SQUARE DANCE 6:00 PM</p>
<p>30</p> <p>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>31</p> <p>LINE DANCE 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>			

LUNCH Menu

JANUARY

The **suggested donation** for all meals is **\$3.00** per meal.

Lunch is served from approximately 11:15 AM until 12:00 noon.

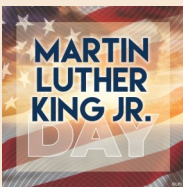
MONDAY

2 CLOSED



9
Chicken sandwich
Potato soup
Italian blend
Pineapple
Crackers

16 CLOSED



23
Salisbury steak
Mashed potatoes
Yellow squash
Peaches
Graham crackers

30
Swiss steak
Mashed potatoes
Corn
Fruit cup
Cookie

TUESDAY

3
Swiss steak
Redskin potatoes
California blend
Pears
Brownie

10
Roast pork
Cooked cabbage
Lima beans
Mandarin oranges

17
Smoked sausage
Sauerkraut
Mashed potatoes
Tropical fruit

24
Shredded chicken sandwich
Au gratin potatoes
Green beans
Fresh orange

31
BBQ pork sandwich
Tater tots
Baby carrots
Tropical fruit

WEDNESDAY

4
Ham & bean soup
Potato wedges
Mixed fruit
Cornbread

11
Taco salad
Refried beans
Warm apples
Tortilla chips

18
Chili soup
Baked potato
Broccoli w/cheese
Pears
Corn muffin

25
Beef & noodles
Redskin potatoes
Peas & carrots
Peaches

THURSDAY

5
Baked chicken
Rice pilaf
Tossed salad
Broccoli
Baked apples

12
Baked chicken
Hashbrowns
Brussels sprouts
Ambrosia salad
Graham crackers

19
Creamed chicken over biscuit
Buttered potatoes
Mixed vegetables
Mandarin oranges

26
Meatloaf
Mashed potatoes
Baby carrots
Fruit juice

FRIDAY

6
Baked fish
Scalloped potatoes
Beets
Mandarin oranges

13
Lasagna casserole
Cauliflower
Tossed salad
Apple crisp
Breadstick

20
Pork loin
Sweet potatoes
Green beans
Tropical fruit
Pudding

27
Chicken parmesan
Capri blend
Breadstick
Fruit cup

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

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

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.**

WINTER WORD SEARCH

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

ICICLE
PEPPERMINT
SNOW PLOW
JANUARY
BOOTS
BLIZZARD
SLED
ICESKATE

SNOW DAY
EAR MUFFS
SHOVEL
DECEMBER
SCARF
SNOWSTORM
SNOWFLAKES
WINTER

SNOWBALL FIGHT
TURTLENECK
MARCH
WINTER OLYMPICS
HOT COCOA
EVERGREEN
HANNUKAH

FIREPLACE
SWEATER
FEBRUARY
SKI
MITTENS
SNOWMAN
CHRISTMAS

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 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

COMMODITIES NEWS:

Commodity boxes will now be picked up at the **Muskingum County Fairgrounds at 1300 Pershing Road**. **You will enter through Gate 1 at the east end of the fairgrounds and follow the traffic (parallel to Pershing) to the North Stage to pick up your box, and then exit through Gate 3. Gates will NOT open until 9:30 AM.** Please do NOT show up early.

Through traffic on Pershing Road CANNOT be disrupted.

Below are the dates for the 2023 Commodity Supplemental Food Program deliveries.

All boxes need to be picked up on the assigned day during the scheduled times.

We understand that emergencies arise, but it is **VERY** important to arrange for someone to pick up for you on the scheduled day if you are unable to do so. We cannot hold boxes.

Please be courteous to others. All boxes are assigned. Distribution begins at 10:00 AM and ends at 2:00 PM.

January 19th

July 20th

February 16th

August 31st

March 16th

September 21st

April 20th

October 19th

May 18th

November 16th

June 15th

December 21st

All dates are the 3rd Thursday of the month, EXCEPT August, which is the 5th Thursday, due to the Muskingum County Fair.

Coming in February:

Sweetheart Dinner - Wednesday, February 15th—6:00 PM

Menu: Baked steak, Red skinned mashed potatoes, Smothered green beans,
Dessert (catered by Chef Steve)

Cost: \$15.00 single / \$25.00 couples

Entertainment provided by the West Muskingum High School Jazz Band

***Tickets available beginning January 25th** (until February 8th)

* Must have 50 paid reservations for event to be held

Valentine Cookie Decorating - \$6.00 per dozen. **Sign-ups begin January 17th.**

Candy Grams -

We will be selling Candy Grams for Valentine's Day for \$1.00 each.

They will include a piece of candy with a personalized note to be delivered here at the Center on Valentine's Day (February 14th). They will be on sale February 6th-10th.

MUSKINGUM COUNTY CENTER FOR SENIORS

160 N. 4th Street
Zanesville, OH 43701
(740) 454-9761
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.

