



*Learning Always. Laughing Together. Living Well.*

# GOLDEN news

APRIL | VOLUME 45, ISSUE 4 | 2023

Business Hours: 8:00 am - 4:00 pm

Phone: 740.454.9761 Fax: 740.454.3309

Website: [www.mccfs.org](http://www.mccfs.org)

April is Stress Awareness Month, and I think we can all relate, on at least some level.

As boomers retire from their jobs at unprecedented rates in the U.S., you'd think they'd be spending their free time with friends or lingering over the morning newspaper and coffee. But many seniors are finding themselves in a predicament that few anticipate in retirement: parenting for a second time. Census reports indicate that 2.7 million grandparents are responsible for their grandchildren. Their added duties may be fulfilling, but they may be stressful, too.

In fact, many things can trigger stress among retired adults — paying bills on a fixed income, failing health, caring for ill parents or spouses, or even grandparenting. Excessive stress can lead to serious health problems.

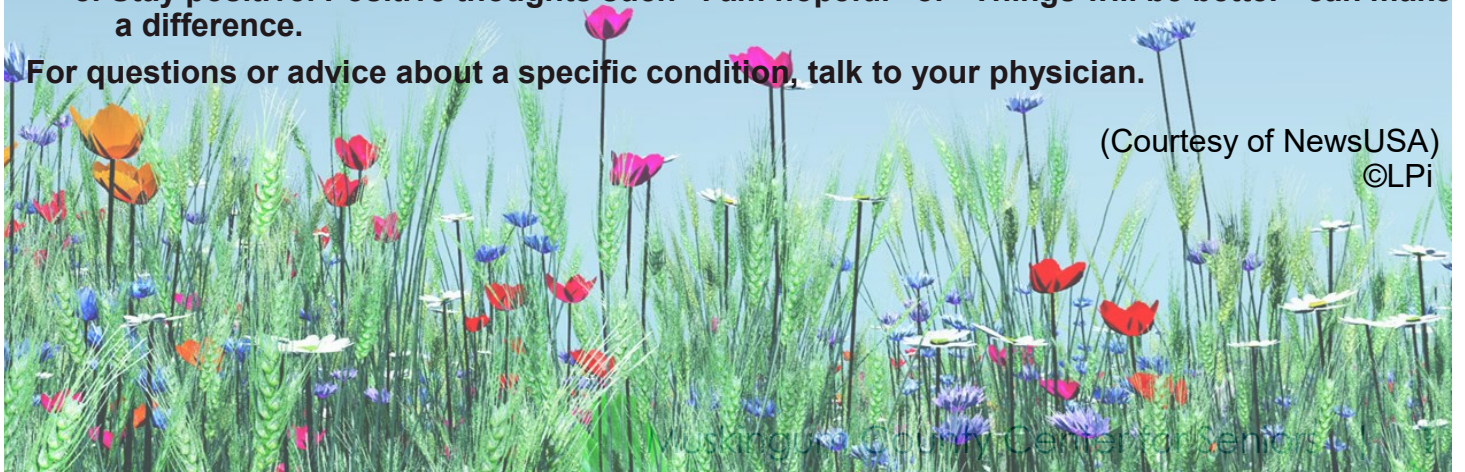
When stressed, the body releases cortisol and adrenaline that affect every organ and can cause muscle tension, insulin secretion, and increased heart rate. You can't avoid stress, but managing it can help preserve your health and well-being. It is helpful if you can identify and understand the cause of your stress and find ways to relieve it, by trying these eight tips:

1. Pace yourself. Don't take on too much. Be aware of your limitations.
2. Set realistic goals and expectations, and don't be afraid to ask for help.
3. Plan time for yourself. Recharge your batteries.
4. Exercise and eat a balanced diet. Get plenty of fruits, vegetables, and whole grains.
5. Try relaxation techniques such as meditation or yoga.
6. Get enough sleep. If you have problems sleeping, talk to your doctor. Drinking caffeinated beverages and alcohol can affect your ability to get a good night's sleep.
7. Talk with a loved one or write in a journal.
8. Stay positive. Positive thoughts such "I am hopeful" or "Things will be better" can make a difference.

For questions or advice about a specific condition, talk to your physician.

(Courtesy of NewsUSA)

©LPi



# 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 McGuire 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

Melissa Bell

Mollie Crooks

### Board of Trustees

Anthony Adornetto

Jay Benson

Sheryl Derry

Megan Durst

Wendy Harris

Ann Hollingsworth

R. Susan Jones

James McDonald

Brian Wagner

Keely Warden

## MCCFS will be CLOSED on the following dates in 2023:

Tuesday, May 2—Election Day/Staff Training (**NO** meal delivery)

Monday, May 29—Memorial Day

Monday, June 19—Juneteenth

Monday, July 3 & Tuesday, July 4—Independence Day

Monday, September 4—Labor Day

Monday, October 9—Columbus Day

Tuesday, November 7—Election Day

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, April 11, 2023 at 8:00 AM.

# LET US HELP YOU

## NEED SOMETHING TO CELEBRATE?

Check out these holidays for **APRIL**



- 1 National Fun Day
- 2 National Peanut Butter & Jelly Day
- 3 National Find a Rainbow Day
- 4 *International Carrot Day*
- 5 National Dandelion Day
- 6 National Burrito Day
- 7 National No Housework Day
- 8 National Zoo Lovers Day
- 9 National Cherish an Antique Day
- 10 National Egg Salad Sandwich Day
- 11 National Pet Day
- 12 National Grilled Cheese Sandwich Day
- 13 National Peach Cobbler Day
- 14 National Pecan Day
- 15 National Glazed Spiral Ham Day
- 16 National Orchid Day
- 17 National Haiku Poetry Day
- 18 Pet Owners Day / *Animal Crackers Day*
- 19 Bicycle Day / *Banana Day*
- 20 *Lima Bean Respect Day*
- 21 National Tea Day
- 22 National Jelly Bean Day
- 23 National Picnic Day
- 26 National Pretzel Day
- 27 National Tell a Story Day
- 28 Pay It Forward Day
- 29 National Go Birding Day
- 30 National Oatmeal Cookie 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.

## 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, individuals can establish memorial funds or endowments for their favorite charities. Please call the Center for more information.



We would like to thank everyone who donated to the Center during the month of March. We continue to be blessed by your contributions, which enable us to provide continued quality service to the seniors of Muskingum County!



Would you be interested in going on an **OPEN-AIR SAFARI TOUR AT THE WILDS?**

We are planning on a Tuesday morning in June, but we cannot purchase tickets until we have at least 15 reservations.)

**Cost: \$40 per person** – Parking & Lunch on your own.  
(Parking: \$8.00 per vehicle—pay upon arrival)

There will be a \$20.00 deposit that must be paid when we reach the 15 person minimum. Tickets will be non-refundable unless we can sell your tickets.

**If you have any questions call Tara – 740.969.6183**

## Refer-a-Friend Program

**We all love the Center for Seniors, so why not share that love with others?**

Our Refer-a-Friend program is underway!

When you invite a NEW senior to join us for lunch, an activity, or special event AND that person REGISTERS with the Center, both you and your friend will be entered into a monthly MYSTERY PRIZE DRAWING!

Your new visitor must fill out our First-time Visitor postcard AND complete our membership questionnaire (assessment) on their return visit in order to be eligible.

## ~HEALTHYLIVING~

Healthy Living is an informal class led by Becky Bruce that focuses on various health issues that may affect anyone. The class meets on the third Tuesday of the month at 10:00 AM, and ALL are welcome to attend any or all sessions. The date of class this month is **Tuesday, April 18th**, and since April is Stress Awareness Month, we will do a Make & Take stress relief activity.

## OHIO SNAP ED PROGRAM

The OSU Snap-Ed program is offering 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:

**April 12—Healthy Eating Patterns**

*Recipe: Unstuffed Peppers*

**April 26—Saving Money: It's Part of the Plan**

*Recipe: Cheesecake*


## 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

FRIDAY: **Chair Volleyball** at 10:00 AM

Tuesday, **April 11th : PIE DAY!** 

Wednesday, **APRIL 12th: EUCHRE DAY** (12:00 PM)

Wednesday, **APRIL 19th: Movie Matinee** (12:00 PM)

Thursday, **APRIL 20th:**  Cake provided by Shriver's Hospice

Wednesday, **APRIL 26th: DESSERT DAY!**

## 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.

**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

Spring Cookie Decorating with Tara  
Tuesday, April 4th at noon  
\$7.00 per dozen—must be registered



## Easter Fun Day

Wednesday, April 5th  
Wear your Easter Bonnets  
& Bunny Ears!!



## HARTSTONE POTTERY TOUR

April 11th—11:00 AM

Cost: \$20

Includes a hand decorated Traditional Mug of your choice with a hot chocolate bar to create a delicious treat to make & take. Ten person minimum to participate in the Make & Take activity. **Tour ONLY is free.**

See Tara to register!



## QUILTING & CROSS-STITCH

2nd & 4th Tuesdays of the month  
(4/11 & 4/25)  
12:00 PM in the Dresden Room

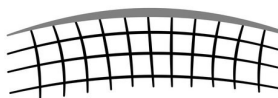
## "CARD CREATIONS BY KAREN"

Karen Bay - Instructor  
Offering Handmade Card Classes  
April 20th at 1:00 PM  
\$1<sup>00</sup> and \$2<sup>00</sup> cards available  
(Limit=8 cards)  
No supplies or experience needed.  
Come join us for a fun & creative time!



## CHAIR VOLLEYBALL FUN

Friday, April 7th  
10:00 AM



## VISITORS

On Thursday, April 20th,  
the Mid-East preschoolers will be visiting us  
for some fun & games!  
Join us at 1:00 PM while we teach the kids  
to play BINGO!  
**HUGS and LAUGHTER guaranteed!!**

## ROCK-n-ROLL Dance

with DJ Adonis Brooks

Friday, April 21st

6:00 - 9:00 PM (Doors open at 5:00)

Admission: \$3.00

Light refreshments provided by  
Shriver's Hospice

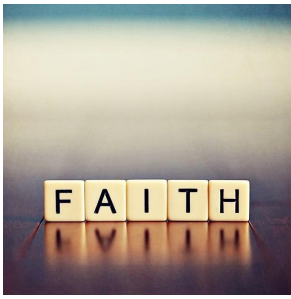


April 5—The Oaks at Northpointe  
April 12—Adams Lane Health Care  
April 14—AlterCare  
April 19  
April 21— 12:15 PM  
April 26—Shriver's Hospice  
April 28



BIRTHDAY PARTY— April 26th  
Entertainment: Dale & Friends





## FAITH & SPIRIT

**April 27**—In this post Easter season, we will discuss the legend of the Easter lily---its Scriptural significance and its symbolism in Christianity. We will read Scripture and view images of lilies. Then we will finish by making beautiful paper lilies, which each participant can take home. All are welcome!

## The TURBAN PROJECT .com

The Turban Project began with one woman making a turban for a friend who had lost her hair due to treatment for breast cancer. The idea was shared with the Ladies Knights of Columbus Assembly 0830 in Licking County. The Turban Project has produced and distributed over 216,300 turbans and courage caps since June of 2012.

The project is run **100% by volunteers and donations**, and the turbans are distributed to oncology/radiation centers **totally free of charge**.

**This month's meeting dates are Thursday, April 13th and 27th.** NO experience is necessary. We are currently in need of fabric scissors, ball point needles, sewing thread, angel charms, and safety pins. Monetary or gift card donations are always welcome as well. If you don't sew but want to help, we can use pattern cutters or people to disassemble basket liners using seam rippers.

Also, if anyone is a crocheter, we have a Pocket Prayer Square pattern that is a need as well.

## LUNCH BUNCH

**WHEN: Tuesday, April 25th at 11:30 AM**

**WHERE: Muddy Misers**



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

A \$5.00 deposit is required to hold your spot, and **registration is REQUIRED** due to seating limitations.

Deposits will be returned to you upon arrival that day. See Tara to sign up.

## Good Ol' Gospel Music Night

Our monthly gospel music night will be held on **THURSDAY, APRIL 13th at 6:00 PM**, sponsored by Helen Purcell. Admission is \$2.00. Join us for fellowship and music, featuring **Cathy Goss Ministries**.

Doors open at 5:00 PM.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</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>4</p> <p>LINE DANCE 9:30 AM (new) / 10:00 AM <b>JULIE'S ARTERY WORKSHOP 10:00 AM</b> ALZHEIMER'S ASSOC. 10:00AM-2:00PM Y-BRIDGE (CARDS) 12:00 PM ROUND DANCE 12:00 PM SPRING COOKIE DECORATING with TARA - 12:00 PM JUNK JOURNALING 5:00 PM <b>BE WELL COOKIE CLASS 6:00 PM</b> LINE DANCE 6:00 PM EUCHRE 6:00 PM</p>	<p>5</p> <p><b>Easter Fun Day!</b> with Buckeye Hospice BINGO 9:45AM WATERCOLORS 12:00 PM INTRO to BRIDGE 1:00 PM GERI-FIT 1:15 PM</p>	<p>6</p> <p><u>NO</u> ARTHRITIS EXERCISE CARDIO DANCE 9:00 AM BUTTON CLUB 11:00 AM P.E.R.I. 11:30 AM EUCHRE 12:00 PM</p>	<p>7</p> <p>CHAIR VOLLEYBALL 10:00 AM DUPLICATE BRIDGE 12:30 PM</p>
<p>10</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>11</p> <p>Rambo WELLNESS CHECKS 10:00 AM LINE DANCE 9:30 AM (new) / 10:00 AM <b>HARTSTONE POTTERY TOUR 11:00 AM</b> Y-BRIDGE (CARDS) 12:00 PM JOYLIGHTS PRAYER GROUP 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>12</p> <p><b>MVHC MOBILE UNIT ONSITE</b> 9:00 AM—3:00 PM BINGO 9:45AM OHIO SNAP ED 12:15 PM INTRO to BRIDGE 1:00 PM GERI-FIT 1:15 PM</p>	<p>13</p> <p>CARDIO DANCE 9:00 AM ARTHRITIS EXERCISE 9:30 AM THE TURBAN PROJECT 12:00 PM EUCHRE 12:00 PM GOSPEL NIGHT 6:00 PM—\$2.00</p>	<p>14</p> <p>BINGO 9:45 AM DUPLICATE BRIDGE 12:30 PM EUCHRE 6:00 PM SQUARE DANCE 6:00 PM Ohio Swing Band Admission: \$3.00</p>
<p>17</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 <b>MIKE BRYAN PRESENTATION / Q&amp;A</b> 3:00PM LINE DANCE 5:00 PM DUPLICATE BRIDGE 6:00 PM EUCHRE 6:00 PM</p>	<p>18</p> <p>LINE DANCE 9:30 AM (new) / 10:00 AM <b>JULIE'S ARTERY WORKSHOP 10:00 AM</b> HEALTHY LIVING 10:00 AM Y-BRIDGE (CARDS) 12:00 PM <b>NAMI Family Support Group 2:30 PM</b> JUNK JOURNALING 5:00 PM LINE DANCE 6:00 PM EUCHRE 6:00 PM</p>	<p>19</p> <p>BINGO 9:45AM WATERCOLORS 12:00 PM INTRO to BRIDGE 1:00 PM GERI-FIT 1:15 PM</p>	<p>20</p> <p>CARDIO DANCE 9:00 AM ARTHRITIS EXERCISE 9:30 AM COMMODITIES 10:00 AM-2:00 PM BOOMERTUNES 11:15 AM EUCHRE 12:00 PM CARD CREATIONS 1:00 PM MID-EAST PRESCHOOL VISITORS 1:00 PM</p>	<p>21</p> <p>BINGO <b>12:15 PM</b> DUPLICATE BRIDGE 12:30 PM FOSTER GRANDPARENTS 1:30 PM DJ DANCE 6:00 PM—\$3.00</p>
<p>24</p> <p>ARTHRITIS EXERCISE 9:30 AM PRAYER, CARE &amp; SHARE 10:00 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>25</p> <p>Rambo WELLNESS CHECKS 10:00 AM LINE DANCE 9:30 AM (new) / 10:00 AM <b>LUNCH BUNCH 11:30 AM</b> Y-BRIDGE (CARDS) 12:00 PM ROUND DANCE 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>26</p> <p><b>MVHC MOBILE UNIT ONSITE</b> 9:00 AM—3:00 PM BINGO 9:45 AM BIRTHDAY CELEBRATION 11:00 AM OHIO SNAP ED 12:15 PM INTRO to BRIDGE 1:00 PM GERI-FIT 1:15 PM</p>	<p>27</p> <p>CARDIO DANCE 9:00 AM ARTHRITIS EXERCISE 9:30 AM FAITH &amp; SPIRIT 10:00 AM THE TURBAN PROJECT 12:00 PM EUCHRE 12:00 PM</p>	<p>28</p> <p>BINGO 9:45 AM DUPLICATE BRIDGE 12:30 PM EUCHRE 6:00 PM SQUARE DANCE 6:00 PM Brenda Sue Admission: \$3.00</p>



# LUNCH Menu

APRIL

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

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

## MONDAY

3  
Hot dog  
Potato salad  
Baked beans  
Warm peaches

10  
Baked steak  
Mashed potatoes  
Peas & carrots  
Pineapple

17  
Smoked sausage  
Sauerkraut  
Mashed potatoes  
Pineapple  
Cookie

24  
Sausage gravy  
over biscuit  
Hash browns  
Tomato juice  
Baked apples

## TUESDAY

4  
Baked chicken  
Redskin potatoes  
Carrots  
Apricots

11  
Sloppy Joe  
Tater tots  
Corn  
Fruited Jell-O

18  
Cheeseburger  
Lettuce/onion/  
pickle  
Wedge fries  
Applesauce  
Animal crackers

25  
Turkey & cheese  
sandwich  
Potato soup  
Fruit cup  
Coleslaw

## WEDNESDAY

5  
Swiss steak  
Sweet potatoes  
Cooked cabbage  
Pudding

12  
Baked chicken  
breast  
Tossed salad  
Peas  
Apple crisp

19  
Chicken Alfredo  
Broccoli  
Banana  
Orange juice

26  
Baked chicken  
Rice pilaf  
Cucumber &  
tomato salad  
Cherry crisp

## THURSDAY

6  
Beef & noodles  
Mashed potatoes  
Italian blend  
Banana

13  
Chili soup  
Baked potato  
Cornbread  
Pears

20  
Meatloaf  
Mashed potatoes  
Lima beans  
Tropical fruit  
Vanilla wafers

27  
Pork roast  
Sweet potatoes  
Peas  
Tropical fruit  
Fruit muffin

## FRIDAY

7  
Egg salad sandwich  
Broccoli soup  
3 Bean salad  
Applesauce

14  
Mac & cheese  
Stewed tomatoes  
Capri blend  
Tropical fruit  
Breadstick

21  
Chicken sandwich  
Vegetable soup  
Tater tots  
Peaches

28  
Fish sandwich  
Scalloped potatoes  
Beets  
Apple juice  
Brownie

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

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

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.**

# Earth Day WORD SEARCH

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

ATMOSPHERE

BIODEGRADABLE

CLEAN

CONSERVATION

DISPOSABLE

DISPOSAL

EARTH

ECOLOGY

EMPTY

ENERGY

ENVIRONMENT

FAUCET

GLASS

METAL

PAPER

PLANET

PLASTIC

POLLUTE

POLLUTION

PROCESS

PROTECT

SAVE

SOLAR

RECYCLE

REDUCE

REUSABLE

WASTE

WATER

# 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).

## NEW!


We are pleased to announce that the **Alzheimer's Association** will now hold office hours here at the Center for Seniors on the first Tuesday of each month from 10 AM to 2 PM. The Alzheimer's Association staff provides personalized education, resources, and strategies to help caregivers and family members of individuals with Alzheimer's disease or other dementia provide the best care possible. Stop by during the designated office hours to talk with a staff member about free support services and to learn what the Alzheimer's Association is doing in our community.



Mike Bryan from Stubbins, Watson, Bryan & Witucky Co., LPA will be here on **Monday, April 17th at 3:00 PM** to discuss topics such as Elder Law, estate planning, wills & trusts, and Veterans' benefits. This is a great time to get answers to all those questions you didn't know you needed to ask! Stop by for this educational opportunity to learn how to protect yourself and your assets!

## 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.

**Have you been to our Center?** Either way, we'd love to have your input! Scan here  to complete a quick survey.



## 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.

**April 20<sup>th</sup>**

**May 18<sup>th</sup>**

**June 15<sup>th</sup>**

**July 20<sup>th</sup>**

**August 31<sup>st</sup>**

**September 21<sup>st</sup>**

**October 19<sup>th</sup>**

**November 16<sup>th</sup>**

**December 21<sup>st</sup>**

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

## COMING IN MAY

### BEE Flower Pot craft

May 18th

\$20—must be paid at registration;  
space is limited.



## CUPCAKE DECORATING CLASS

Flower theme

**MAY 8TH, 6PM**

Open for all ages, but should be old enough to handle a piping bag. Younger children may need assistance from an adult. Limited spaces available.

Each person will receive 8 cupcakes to decorate into a cupcake flower arrangement.

**\$30/PERSON**



# 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.***



**Scan to donate!**

