



Calling all GRANDS!!

Looking for something fun to do with your grandchildren? On Thursday, June 15th, we will be having a GRAND day with GRAND BINGO at 1:00 PM. We're looking forward to an afternoon of great fun! Registration is not required, but IS appreciated.

Did you know.....?

- You DO NOT have to reside in Muskingum County to attend or participate in our congregate meals or programming!
- We have members that drive from Columbus, West Virginia, St. Clairsville and many other counties!
- We encourage friends and family members to come and enjoy our facility with our members!!
- We are excited to give tours! If you would like to schedule a tour to learn more about our facility and programs, give us a call.

COMING SOON:



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

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

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

*** 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, May 9th 2023
at 8:00 AM.

NEED SOMETHING TO CELEBRATE?

Check out these holidays for **MAY**

- 3 Garden Meditation Day
- 4 National Weather Observers' Day
- 4 World Password Day
- 5 Cinco de Mayo
- 5 National Space Day
- 6 National Nurses Day
- 7 National Lemonade Day
- 8 National Coconut Cream Pie
- 11 Eat What You Want Day
- 12 Limerick Day
- 13 National Miniature Golf Day
- 14 Mother's Day
- 15 National Chocolate Chip Day
- 16 National Barbecue Day
- 17 Pack Rat Day--Do Some Spring Cleaning!
- 19 National Pizza Party Day
- 20 National Pick Strawberries Day
- 22 National Vanilla Pudding Day
- 25 National Wine Day
- 26 National Poppy Day
- 27 Astronomy Day
- 28 National Hamburger Day
- 31 National Senior Health and Fitness 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 April. We continue to be blessed by your contributions, which enable us to provide continued quality service to the seniors of Muskingum County!

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



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.

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.

**WINNERS for MARCH: Belinda Murphy referred by Nancy Sandbrink
WELCOME to THE CENTER!!!**

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

Wednesday, **May 10th: EUCHRE DAY** (12:00 PM)

Wednesday, **May 17th: Movie Matinee** (12:00 PM)

Thursday, **May 18th:**



Cake provided by Shriver's Hospice

Tuesday, **May 23rd : PIE DAY!**



Tuesday, **May 30th: DESSERT DAY!**



Are you interested in going on an

OPEN-AIR SAFARI TOUR AT THE WILDS?

When: Tuesday, June 27th, 2023

Where: The Wilds—14000 International Road

Time: 10:00 AM (Must arrive 30 minutes early)

Cost: \$40.00 pp—Parking & Lunch on your own (Parking \$7.00)

**** Tour is Rain or Shine—dress accordingly; there will be some walking involved.**

**** Fee is non-refundable unless we can sell your ticket or trip is cancelled due to lack of participants**

DEADLINE to register is MONDAY, JUNE 12th

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.

SENIOR-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.

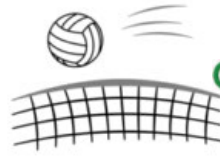
EUCHRE is a trick taking game with a trump, played by four players in teams of two. The game is played over several rounds until one team scores 10 points.

What's Happening

Cupcake Decorating Class Monday, May 8th at 6:00 PM "Flower Theme"

Open for all ages, but should be old enough to handle a piping bag. Each person will receive 9 cupcakes to Decorate into a cupcake flower arrangement.

\$30 per person
See Tara to register.



Cinco De Mayo

CHAIR VOLLEYBALL FUN

Friday, May 5th
10:00 AM

* Wear your Sombrero!



Red, White, and Blue Day!!!

Decorate your tables and wear your patriotic colors!



Wednesday, May 24th

APRON DAY!

HAPPY Mother's DAY

Wear your favorite apron
in honor of
Mother's Day



Wednesday, May 10th

ROCK-n-ROLL Dance with DJ Adonis Brooks

Friday, May 19th 7:00 PM

Boomertunes at 5:30 PM

Admission: \$5.00

Hotdogs, Snacks, Half/Half

(Doors open at 5:00)



Did you know...?

We have a library located on the lower level at the Center. We have lots of organized books and puzzles that you can take and return at your convenience

"CARD CREATIONS BY KAREN"

Karen Bay - Instructor
Offering Handmade Card Classes
May 18th at 1:00 PM

\$1⁰⁰ and \$2⁰⁰ cards available
(Limit=8 cards)

No supplies or experience needed.
Come join us for a fun & creative time!

May 3 —The Oaks at Northpointe

May 10—Mother's Day Bingo

May 12—Alter Care

May 17—Humana

May 19—12:15 PM—Y-City Reality

May 24—Patriotic Day Bingo

May 26—Humana

May 31— Shriver's Hospice



BIRTHDAY PARTY— May 31st

Entertainment: Bob Pletcher & Friends
Square Dance Exhibition 11:30





FAITH & SPIRIT

May 11th—In this session, we will talk about the spiritual practice of journaling. We will decorate a prayer journal and try some journaling techniques.

May 25th—In this session we will discuss some current issues in our country where faith is needed. We will then pray for our country. We will finish by making a patriotic snack to share.



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, May 11th and 25th. 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, May 23rd at 11:30 AM

WHERE: Red Lobster



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, May 18th at 6:00 PM**, sponsored by Helen Purcell. Admission is \$2.00. Join us for fellowship and music, featuring **Zanesville Greater Singers**

Doors open at 5:00 PM.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</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</p> <p>* CENTER CLOSING AT 4:00 PM</p>	<p>2</p> <p>CLOSED <i>Election Day</i></p>	<p>3</p> <p>BINGO 9:45AM WATERCOLORS 12:00 PM INTRO to BRIDGE 1:00 PM SENIOR-FIT 1:15 PM</p>	<p>4</p> <p>ARTHRITIS EXERCISE 9:30 AM CARDIO DANCE 9:00 AM BUTTON CLUB 11:00 AM P.E.R.I. 11:30 AM EUCHRE 12:00 PM</p>	<p>5</p> <p>Cinco De Mayo! Wear your Sombreros CHAIR VOLLEYBALL 10:00 AM DUPLICATE BRIDGE 12:30 PM</p>
<p>8</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 CUPCAKE DECORATING 6:00 PM CARDIO DANCE 6:00 PM DUPLICATE BRIDGE 6:00 PM EUCHRE 6:00 PM</p>	<p>9</p> <p>Rambo WELLNESS CHECKS 10:00 AM LINE DANCE 9:30 AM (new) / 10:00 AM Y-BRIDGE (CARDS) 12:00 PM JOYLIGHTS PRAYER GROUP 12:00 PM JUNK JOURNALING 5:00 PM LINE DANCE 6:00 PM EUCHRE 6:00 PM</p>	<p>10</p> <p>APRON DAY!! MVHC MOBILE UNIT ONSITE 9:00 AM—3:00 PM BINGO 9:45AM OHIO SNAP ED 12:15 PM INTRO to BRIDGE 1:00 PM SENIOR-FIT 1:15 PM</p>	<p>11</p> <p>CARDIO DANCE 9:00 AM ARTHRITIS EXERCISE 9:30 AM FAITH & SPIRIT 10:00 AM THE TURBAN PROJECT 12:00 PM EUCHRE 12:00 PM</p>	<p>12</p> <p>BINGO 9:45 AM DUPLICATE BRIDGE 12:30 PM EUCHRE 6:00 PM SQUARE DANCE 6:00 PM Pleasant Valley Boys Admission: \$3.00</p>
<p>15</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 CARDIO DANCE 6:00 PM DUPLICATE BRIDGE 6:00 PM EUCHRE 6:00 PM</p>	<p>16</p> <p>LINE DANCE 9:30 AM (new) / 10:00 AM HEALTHY LIVING 10:00 AM ROUND DANCE 12:00 PM Y-BRIDGE (CARDS) 12:00 PM NAMI Family Support Group 2:30 PM JUNK JOURNALING 5:00 PM LINE DANCE 6:00 PM EUCHRE 6:00 PM</p>	<p>17</p> <p>BINGO 9:45AM WATERCOLORS 12:00 PM BEE FLOWER POT CRAFT 12:00 PM INTRO to BRIDGE 1:00 PM SENIOR-FIT 1:15 PM</p>	<p>18</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 GOSPEL NIGHT 6:00 PM—\$2.00</p>	<p>19</p> <p>BINGO 12:15 PM DUPLICATE BRIDGE 12:30 PM Friday FUN Night!! BOOMERTUNES 5:30 PM DJ DANCE 7:00 PM Admission: \$5.00</p>
<p>22</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 LINE DANCE 5:00 PM CARDIO DANCE 6:00 PM DUPLICATE BRIDGE 6:00 PM EUCHRE 6:00 PM</p>	<p>23</p> <p>Rambo WELLNESS CHECKS 10:00 AM LINE DANCE 9:30 AM (new) / 10:00 AM LUNCH BUNCH 11:30 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>24</p> <p>RED, WHITE & BLUE DAY!! BINGO 9:45 AM OHIO SNAP ED 12:15 PM INTRO to BRIDGE 1:00 PM SENIOR-FIT 1:15 PM</p>	<p>25</p> <p>CARDIO DANCE 9:00 AM ARTHRITIS EXERCISE 9:30 AM FAITH & SPIRIT 10:00 AM THE TURBAN PROJECT 12:00 PM EUCHRE 12:00 PM</p>	<p>26</p> <p>BINGO 9:45 AM DUPLICATE BRIDGE 12:30 PM EUCHRE 6:00 PM SQUARE DANCE 6:00 PM Tim & Friends Admission: \$3.00</p>
<p>29</p> <p>CLOSED <i>Memorial Day</i></p>	<p>30</p> <p>LINE DANCE 9:30 AM (new) / 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>31</p> <p>MVHC MOBILE UNIT ONSITE 9:00 AM—3:00 PM BINGO 9:45 AM BIRTHDAY CELEBRATION 11:00 AM INTRO to BRIDGE 1:00 PM SENIOR-FIT 1:15 PM</p>		

LUNCH Menu

May

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

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

MONDAY

1
Hot dog
Potato salad
Baked beans
Warm peaches

8
Baked steak
Mashed potatoes
Peas & carrots
Pineapple

15
Smoked sausage
Sauerkraut
Mashed potatoes
Pineapple
Cookie

22
Sausage gravy
over biscuit
Hash browns
Tomato juice
Baked apples

29
CLOSED



TUESDAY

2
CLOSED
Election day

9
Sloppy Joe
Tater tots
Corn
Fruited Jell-O

16
Cheeseburger
Lettuce/onion/
pickle
Wedge fries
Applesauce
Animal crackers

23
Turkey & cheese
sandwich
Potato soup
Fruit cup
Coleslaw

30
Swedish meatballs
Mashed potatoes
Italian blend
Banana

WEDNESDAY

3
Swiss steak
Sweet potatoes
Cooked cabbage
Pudding

10
Baked chicken
breast
Tossed salad
Peas
Apple crisp

17
Chicken Alfredo
Broccoli
Banana
Cherry crisp

24
Hot Dog
Baked Beans
Macaroni salad
Banana

31
Turkey & dressing
Mashed potatoes
Baby carrots
Fruit cup

THURSDAY

4
Baked chicken
Redskin potatoes
Carrots
Apricots

11
Chili soup
Baked potato
Cornbread
Pears

18
Meatloaf
Mashed potatoes
Lima beans
Tropical fruit
Vanilla wafers

25
Pork roast
Sweet potatoes
Peas
Tropical fruit
Fruit muffin

FRIDAY

5
Taco salad
Refried beans
Warm apples
Tortilla chips

12
Mac & cheese
Stewed tomatoes
Capri blend
Tropical fruit
Breadstick

19
Chicken sandwich
Vegetable soup
Tater tots
Peaches

26
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.

SUPPORT SERVICES

HEAP - LAST MONTH TO APPLY!!

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 call 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).



We are pleased to announce that the **Alzheimer's Association** is holding office hours here at the Center for Seniors on the first Tuesday of each month from 10 AM to 2 PM (**NO OFFICE hours in MAY– due to Center closure**). 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 learn what the Alzheimer's Association is doing in our community.

COMING NEXT MONTH:

Painting with Three Sisters Studio

June 5th @ 6:00 PM



Charcuterie Workshop

June 22nd @ 5:00 PM



Ice Cream Social

&

Elvis Impersonator

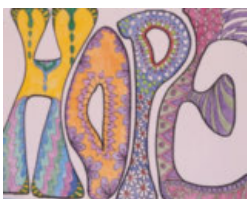
sponsored by
**PRIMROSE RETIREMENT
COMMUNITY**

June 30th



Zentangling with Julie's Artery

June 9th @ 10:00 AM



**** Please watch for details
on Facebook!**

COMMODITIES NEWS:

Commodity can be picked up at the **Muskingum County Fairgrounds at 1300 Pershing Road**. **Please 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.

May 18th

June 15th

July 20th

August 31st

September 21st

October 19th

November 16th

December 21st

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

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:

May 10—Healthy Eating Patterns

Recipe: Unstuffed Peppers

May 24—Saving Money: It's Part of the Plan

Recipe: Cheesecake





Summer is quickly approaching, and that means it's time for farmers' markets. If you fall within the income guidelines on the application on the following page and are interested in receiving redeemable vouchers, please feel free to fill out and return the application the Center. **Applications may also picked up at the Center - they WILL NOT be mailed.** You will be notified that you can pick up your vouchers once your application has been approved. Please keep in mind that we have a limited number of vouchers available, and they will be distributed on a first-come, first-served basis to those who qualify.



SENIOR
FARMERS'
MARKET
Nutrition Program

**2023
APPLICATION**

Ohio | Department of
Aging

 <p>AREA AGENCY on AGING Region 9</p>	 <p>AAA9</p>	<p>RETURN COMPLETED APPLICATION TO: Muskingum County Center for Seniors Attn: Farmers Market 160 N. 4th Street Zanesville OH 43701</p>
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Each applicant must complete and submit a separate application for each program year.

First Name		Middle Initial		Last Name	
Birth Date (mm/dd/yyyy) <i>Must be at least 60 years old to participate</i>				Gender	<input type="checkbox"/> Male <input type="checkbox"/> Female <input type="checkbox"/> No Answer
Mailing Address					
City		Zip Code		County	
Telephone Number					
Email Address					
Race (select all that apply)					
<input type="checkbox"/> American Indian/Native Alaskan <input type="checkbox"/> Asian		<input type="checkbox"/> Black/African American <input type="checkbox"/> Native Hawaiian/Other Pacific Islander		<input type="checkbox"/> White, Non-Hispanic <input type="checkbox"/> White, Hispanic	
Nationality (select all that apply)					
<input type="checkbox"/> Hispanic or Latino <input type="checkbox"/> Not Hispanic or Latino <input type="checkbox"/> Unknown					

Complete the following information **ONLY** if applicant is designating an authorized shopper.

Authorized Shopper Name			
Relationship to Participant		Telephone Number	

Check box corresponding to your **TOTAL** annual household income and household size.

<input type="checkbox"/>	1 person in household with income of \$0-\$26,973	<input type="checkbox"/>	2 persons in household with income of \$0-\$36,482	<input type="checkbox"/>	3 persons in household with income of \$0-\$45,991
<input type="checkbox"/>	4 persons in household with income of \$0-\$55,500	<input type="checkbox"/>	5 persons in household with income of \$0-\$65,009	<input type="checkbox"/>	6 persons in household with income of \$0-\$74,518

I certify that I am at least 60 years of age; a resident of this service area; have not received Ohio Senior Farmers' Market Nutrition Program 2023 coupons at any other location; and have a total household income that meets income requirements.

Applicant Signature		Date	
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I have been advised of my rights and obligations under the Ohio Senior Farmers' Market Nutrition Program (SFMNP). I certify the the information I have provided is correct. This form is being submitted for Federal Assistance and is subject to verification. I understand that intentionally misrepresenting, concealing or withholding facts may result in paying the State Agency, in cash, the value of the food benefits improperly issued to me and may subject me to civil or criminal prosecution under State and Federal law. I understand that I may appeal any decision made by the local agency regarding my eligibility for the SFMNP. Information will not be shared except for the specific purposes of responding to your request for assistance.



POLLOCK APARTMENTS

- Conveniently Located Downtown
- Locked Entry Senior Building "62" and Over
- One Bedroom Apartments
- Laundry Facilities on Site
- Income Based Rent (30%) Includes Utilities ♿

NOW ACCEPTING APPLICATIONS

Call Today and
Come Live With Us

740.452.4337

502 E. Market St.,
Zanesville OH 43701
800-750-0750 TTY/TDD



National Church Residences
ZANE TRACE VILLAGE
(740)452-1770
1600 Adams Ln, Zanesville, OH 43701
Independent Senior Living Apartments
♿ Seniors 62 and older - Section 8-202

Helen Purcell

Founded 1885

- One or Two Bedroom Luxury Apartments
- Two Room Suites
- Studio Apartments
- Medical and Respite Stays
- Memory care

Authentic Love.
Legendary Care.

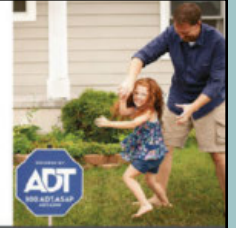
740.453.4099

HelenPurcell.org

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
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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



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!



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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



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