



GOLDEN news

SEPTEMBER | VOLUME 46, ISSUE 9 | 2023

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



**When: Tuesday, September 19th
12:30 - 6:30 PM**

**Where: Muskingum County Center for Seniors (Zanesville Room)
160 N. 4th Street, Zanesville**

All donors will receive a coupon for a haircut at Sports Clips.

As an added BONUS incentive, all donors will receive an entry into a drawing for tickets to the **OSU vs. Indiana** football game on October 21st.

Go to the following website or scan the QR code below to schedule your appointment:

<https://www.redcrossblood.org/give.html/drive-results?zipSponsor=MCE>



OUR COMMUNITY

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The MCCFS
Board of Trustees
will hold its next meeting on
Tues., September 12, 2023
at 8:00 AM.

Mission:

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

MCCFS will be CLOSED on the remaining dates in 2023:

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.

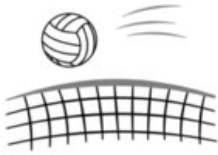
My Senior Center

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.

What's Happening



CHAIR VOLLEYBALL FUN

Friday, Sept. 1st at 10:00 AM

Pick your own FLOWERS at Curly Girl Farm

Tuesday, Sept. 12th—10:00 AM
Cost: \$15

Bring your own vase or pick one onsite. This event can take place in light rain, so please wear appropriate shoes. Parking is limited--please carpool if you can.



Lunch is available for purchase. Please see Tara for details and to register.

Spa Night

Tuesday, Sept. 19th at 6:00 p.m.

Guests will learn how to take care of their skin from head to toes! We will try Satin Hands, sample skin care, use a mask of choice, and hydrogel eye patches.

Guests get to use samples for skin care, mask and gel patches, and will take home a Mary Kay mini Satin Hands set.

Cost: \$10.00

See Tara to register!

"CARD CREATIONS BY KAREN"

Karen Bay - Instructor

Offering Handmade Card Classes

Thursday, September 21st at 1:00 PM

CLASS FEE: \$10.00 (4 cards included)

Additional cards: \$2.50 each

No supplies or experience needed.

Come join us for a fun & creative time!

Sept. 6—The Oaks at Northpointe

Sept. 8—AlterCare

Sept. 13—Dolbow Senior Solutions

Sept. 15—2:00 PM (new time)

Sept. 20—APPLE Bingo

Sept. 22—Dolbow Senior Solutions

Sept. 27—Shriver's Hospice



Do you love to sing?

Join us for **KARAOKE** the first Friday of the month (September 1st)!

~ We have professional sound, multiple mics, and over 55,000 songs!

Bring your friends!

Admission: \$5.00 - the fun starts at 6:00 PM!

Jill's Unique Boutique Shopping Party!

Tuesday, September 12th—5:00-7:00 PM



Join us for a private shopping party exclusively for US!!

Enjoy discounts, hors d'oeuvres, and free fashion tips!!

ROCK-n-ROLL Dance

with DJ Kurtus

Friday, September 15th—6:00 PM

(Doors open at 5:00)

Admission: \$3.00



BIRTHDAY CELEBRATION

September 27th

11:15 AM

Entertainment by Dale Tom



Friday, September 29th

(rain date: October 6th)

11:00 AM - 1:00 PM

Cost: \$10.00 (tour only—petting zoo, hayride, exhibits, and a small pumpkin) or \$15.00 (includes a hot dog lunch over an open fire)

** There is walking involved—you MUST be able to park your car and walk through the exhibits.

See Tara to register!



FAITH & SPIRIT

September 14—Sunflowers and Faith--We will review how characteristics of sunflowers can be likened to our faith lives. Participants will have the opportunity to choose and complete a seasonal sunflower craft.

September 28—Community--We will talk about the importance of community in our faith. We will continue the sunflower theme, making healthy sunflower seed snacks as a group.



Our newly established Book Club will meet the second Tuesday of the month at 1:00 PM. The first (organizational) meeting will be held on September 12th.

The first two books we will read and discuss are *The Atomic Girls* by Janet Beard and *A Man Called Ove* by Fredrik Backman.



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

The group will meet this month on Thursday, September 14th & 28th. NO experience is necessary, and the more, the merrier. If you don't sew but would like to help, we can always use pattern cutters or people to disassemble basket liners using seam rippers. If you like to crochet, we have a Pocket Prayer Square pattern that you can also make .

HELEN PURCELL

Good Ol' Gospel Music Night

Our gospel music night will be held on **THURSDAY, September 14th at 6:00 PM.**

Join us for fellowship and music, featuring the music of Mark & Cindy Maynard.

Doors open at 5:00 PM.

This will be an OSU themed evening with door prizes, so feel free to wear your favorite Buckeye attire.

Admission: 1 BUCK!!

Bring your friends!



LUNCH BUNCH

WHEN: Tuesday, September 26th at 11:30 AM

WHERE: APPLEBEE'S (Maple Avenue)



Enjoy lunch (at your cost) & fun with friends!
A \$5.00 deposit is required to hold your spot, and registration is **REQUIRED**.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 CHAIR VOLLEYBALL 10:00 AM DUPLICATE BRIDGE 12:30 PM CARDIO DRUMMING 1:00 PM KARAOKE NIGHT Admission: \$5.00
4 	5 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	6 BINGO 9:45AM ALZHEIMER'S REP. ONSITE 10:00 AM - 12:00 PM WATERCOLORS 12:00 PM BEGINNERS BRIDGE 12:30 PM SENIOR-FIT 1:00 PM	7 NO CARDIO DANCE NO ARTHRITIS EXERCISE 9:30 AM BUTTON CLUB 11:00 AM P.E.R.L. 11:30 AM EUCHRE 12:00 PM	8 BINGO 9:45 AM DUPLICATE BRIDGE 12:30 PM CARDIO DRUMMING 1:00 PM EUCHRE 6:00 PM SQUARE DANCE 6:00 PM Pleasant Valley Boys Admission: \$3.00
11 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	12 LINE DANCE 9:30 AM (new) / 10:00 AM Rambo WELLNESS CHECKS 10:00 AM <i>Curly Girl Farm Flower Cutting</i> 10 AM JOY LIGHTS PRAYER GEUP 12:00 PM Y-BRIDGE (CARDS) 12:00 PM SENIOR CENTER BOOK CLUB 1:00 PM JUNK JOURNALING 5:00 PM <i>Jill's Unique Boutique</i> Shopping Event 5:00 - 7:00 PM LINE DANCE 6:00 PM EUCHRE 6:00 PM	13 BINGO 9:45AM <i>OSHIP Medicare Checkup</i> 12:00 PM OHIO SNAP-ED 12:15 PM BEGINNERS BRIDGE 12:30 PM SENIOR-FIT 1:00 PM	14 CARDIO DANCE 9:00 AM ARTHRITIS EXERCISE 9:30 AM FAITH & SPIRIT 10:00 AM EUCHRE 12:00 PM NO TURBAN PROJECT GOSPEL NIGHT 6:00 PM— \$1.00	15 DUPLICATE BRIDGE 12:30 PM CARDIO DRUMMING 1:00 PM BINGO 2:00 PM DJ DANCE w/Kurtus Nichols 6:00 PM Admission: \$3.00
18 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	19 NO LINE DANCE (morning or evening) Y-BRIDGE (CARDS) 12:00 PM RED CROSS BLOOD DRIVE 12:30-6:30 PM <i>NAMI Family Support Group</i> 2:30 PM JUNK JOURNALING 5:00 PM EUCHRE 6:00 PM <i>Mary Kay Spa Night</i> 6:00 PM	20 BINGO 9:45 AM MCLS CHARLIE CART 10:00 AM BEGINNERS BRIDGE 12:30 PM SENIOR-FIT 1:00 PM	21 CARDIO DANCE 9:00 AM ARTHRITIS EXERCISE 9:30 AM COMMODITIES 10:00 AM-2:00 PM EUCHRE 12:00 PM CARD CREATIONS 1:00 PM	22 BINGO 9:45 AM DUPLICATE BRIDGE 12:30 PM CARDIO DRUMMING 1:00 PM EUCHRE 6:00 PM SQUARE DANCE 6:00 PM Brenda Sue Admission: \$3.00
25 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	26 LINE DANCE 9:30 AM (new) / 10:00 AM Rambo WELLNESS CHECKS 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	27 BINGO 9:45 AM BIRTHDAY PARTY 11:15 AM WATERCOLORS 12:00 PM <i>(* Note date change)</i> OHIO SNAP-ED 12:15 PM BEGINNERS BRIDGE 12:30 PM SENIOR-FIT 1:00 PM	28 CARDIO DANCE 9:00 AM ARTHRITIS EXERCISE 9:30 AM FAITH & SPIRIT 10:00 AM BOOMERTUNES w/ JIM SCHAPER 11:15 AM THE TURBAN PROJECT 12:00 PM EUCHRE 12:00 PM	29 McDonald's Greenhouse & Corn Maze 11:00 AM DUPLICATE BRIDGE 12:30 PM CARDIO DRUMMING 1:00 PM




SEPTEMBER

LUNCH MENU

The suggested donation for all SENIOR meals is \$3.00.

For those under 60, the required cost is \$5.50.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Turkey bacon wrap Pickled beets Peaches Fruit juice Cookie
4 	5 Baked chicken Redskin potatoes California blend Pears Cookie	6 Hamburger gravy over mashed potatoes Lima beans Pears Brownie	7 Meatball sub Wedge fries Mixed vegetables Peaches	8 Baked fish Macaroni & cheese Stewed tomatoes Fresh orange Fruit juice
11 Smoked sausage Mashed potatoes Sauerkraut Pears	12 Scrambled eggs Sausage links Hash browns Orange juice Applesauce Biscuit	13 Chef salad Boiled egg Grapes Tropical fruit Crackers Breadstick	14 Chili dog Tater tots Coleslaw Peaches	15 Beef tips w/gravy Mashed potatoes Carrots Fruit cup Animal crackers
18 Cheeseburger Baked beans Tater tots Tropical fruit	19 Mushroom steak Mashed potatoes Green beans Apricots	20 Sloppy Joe Tater tots Corn Pineapple	21 Ham & cheese Potato chips Macaroni salad Tomato wedges Fresh orange	22 Chicken sandwich Broccoli Diced potatoes Peaches
25 French toast sticks Sausage links Applesauce Hash browns Grape juice	26 Beef tips w/gravy Mashed potatoes Peas Fruit cup Animal crackers	27 BBQ pork Wedge fries Green beans Pineapple	28 Meatloaf Mashed potatoes Carrots Mixed fruit	29 Taco salad Refried beans Tortilla chips Mandarin oranges

**** Please note: Meal preparation and staff availability may affect lunch delivery times. We will do our best to maintain a consistent schedule; please do not call before 1:00 report a meal not being delivered on time.**

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:

September 13th & September 27th

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.

All boxes need to be picked up on the assigned day during the scheduled times by the Commodity recipient OR the proxy designated on your application ONLY. **If you fail to pick up your box for 2 consecutive months, you may be removed from the program.**

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

Below are the remaining dates for the 2023 Commodity Supplemental Food Program pickup:

September 21st
November 16th

October 19th
December 21st

**** If you change your phone number, PLEASE update it with us. This enables us to send you a reminder call each month.**

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

WEDNESDAY: **Euchre** at 12:00 noon

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

Thursday, **September 21st:**

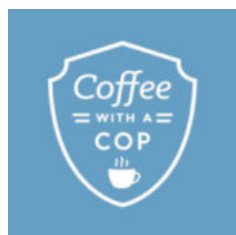


Cake provided by Shriver's Hospice

COMING IN OCTOBER:



Beginning October 2nd at 6:00 PM, we will be hosting Trivia Night on the first Monday of each month. The topics will be of interest and multiple choice. Grab your friends and snacks, and join us for a night of fun and laughter!



Come spend some time with local law enforcement! Officers from the Zanesville Police Department and Muskingum County Sheriff's Department will be here to socialize with us on Wednesday, October 4th from 8:30 until 10:00 AM.

Kelly's Homemade Soap Class – Thursday, October 12th at 9:00 AM

Cost: \$60.00

Gwinda Kelly from "Kelly's Hilltop Goats" will be teaching a 2 hour class from beginning to end of creating your very own soap! Price includes the class and 10 bricks (bars) of soap. These make great gifts, or you can share with a friend. Payment required upon registration—see Tara to register!



GOAT Soap can be used by anyone and everyone. No matter your age, skin type or sensitivities, GOAT Soap is safe and naturally hypoallergenic. It's moisturizing and supports healthy skin.



Three Sister's Studio – Hand Paint your VERY own Beautiful Sunflower Vase AND take home 8 sunflowers (from Curly Girl Farms)!

When: Monday, October 16th @ 6:00 PM

Cost: \$30.00

You receive a vase with step-by-step guide on painting the sunflowers. Also, you will receive 8 sunflowers (from Curly Girl Farms). Payment due upon registration; see Tara to sign up.



Be Well Cookie Co. is back with more amazing cookies!

When: Tuesday, October 17th @ 6:00 PM

Cost: \$30.00 (includes instruction and 4 cookies)



FOOTBALL WORD SEARCH

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

BACKFIELD
CENTER
CORNERBACK
DOWN
DRIVE
END ZONE
EXTRA POINT
FAIR CATCH

FIELD GOAL
FULLBACK
FUMBLE
GUARD
HALFBACK
HAND OFF
HUDDLE
INCOMPLETION

INTERCEPTION
KICKOFF
LINEBACKER
OFFENSIVE LINE
PUNT
QUARTERBACK
RED ZONE
RETURN

RUSHING
SACK
SAFETY
SNAP
SPECIAL TEAMS
TACKLE
TIGHT END
WIDE RECEIVER

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.

CARDIO DRUMMING combines cardio exercise and drumming to the rhythm of the music in an easy but effective workout. It's a fun, fast-paced way to get your heart rate up, improve your rhythm and burn calories.

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.

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.

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. Class fee is \$10.00 and includes four cards. Additional cards may be purchased for \$2.50 apiece.

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.



Summer Crisis Program Starts July 1

The Ohio Department of Development and the Muskingum County Center for Seniors will help income-eligible Ohioans stay cool during the hot summer months. The Home Energy Assistance Summer Crisis Program provides eligible Ohioans assistance paying an electric bill or assistance paying for central air conditioning repairs. The program runs from July 1 through Sept. 30, 2023.

To apply for the program, clients are required to schedule an appointment with Community Action. Appointments can be scheduled by calling 740-302-8404, option 2.

Clients need to bring copies of the following documents to their appointment:

- Copies of their most recent energy bills.
- A list of all household members and proof of income for the last 30 days or 12 months for each member.
- Proof of U.S. citizenship or legal residency for all household members.
- Proof of disability (if applicable).
- Physician documentation that cooling assistance is needed for a household member's health (if there isn't a household member over the age of 60).

The Summer Crisis Program assists low-income households with an older household member (60 years or older) who can provide physician documentation that cooling assistance is needed for their health, have a disconnect notice, have been shut off, are trying to establish new service on their electric bill, or require air conditioning. Conditions can include such things as lung disease, Chronic Obstructive Pulmonary Disease, or asthma.

Eligible households can receive up to \$500 if they are a customer of a regulated utility, or \$800 if they are a customer of unregulated utilities such as electric cooperatives and municipal utilities. The assistance is applied to their utility bill, or to purchase an air conditioning unit or fan, or pay for central air conditioning repairs. Ohioans must have a gross income at or below 175% of the federal poverty guidelines to qualify for assistance. For a family of four the annual income must be at or below \$52,500.00.

Also, Ohioans enrolled in the Percentage of Income Payment Plan Plus (PIPP) program who meet the above criteria may be eligible for assistance towards their default PIPP payment, first PIPP payment, central air conditioning repairs, or may receive an air conditioning unit and/or fan.

For more information about the features of the Summer Crisis Program and what is needed to apply, contact Community Action's customer service line at 740-453-5703. To be connected to your local Energy Assistance provider, visit www.energyhelp.ohio.gov or call (800) 282-0880.

The Ohio Department of Development empowers communities to succeed by investing in Ohio's people, places, and businesses. Learn more about our work at development.ohio.gov.

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Muskingum County Center for Seniors Contact:

Erica Silvia, 740.454.9761, edsilvia@muskingumcounty.org

Development Contact:

Sarah Wickham

Sarah.Wickham@Development.ohio.gov



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- Medicare Supplements
- Medicare Drug Plans
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FINANCIAL GROUP

**THRIVE
LOCALLY**

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!



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

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