



# GOLDEN news

DECEMBER | VOLUME 46, ISSUE 12 | 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)



The cold weather is upon us, so as a reminder, we are sharing our winter weather policy, based on the levels issued by the Muskingum County Sheriff's Office.

**Level 1: Congregate & Home-delivered meals, daytime activities, and transportation proceed as scheduled. Evening activities are cancelled.**

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

**Level 3: The Center is CLOSED. All services are cancelled. Shelf stable meals are to be used by Meals on Wheels clients.**

# OUR COMMUNITY

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### Business Director

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Debbie Moore Ext. 113

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### Community Involvement Coordinator

Jill Jones Ext. 123

### Nutrition Administrator

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## 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 Monday, December 25th and Tuesday, December 26th for Christmas, as well as Monday, January 1st and Tuesday, January 2nd in observance of New Year's.

## \* NOTICE REGARDING CANCELLATIONS/CLOSINGS

*\* Any cancellations due to weather (or other emergencies) will be announced using our All-Call system, our website, Facebook, and WHIZ TV and radio.*

*REMINDER: The call should show up as "Muskingum County" on Caller-ID. PLEASE make sure we have your current contact information so that you receive these important messages.*

## My Senior Center

Just a reminder to please sign in at the kiosk 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.

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

*USDA prohibits discrimination on the basis of race, color, national origin, gender, age, or disability.*

**NEED SOMETHING TO CELEBRATE?**

Check out these holidays for **DECEMBER**

\*\*\*\*\*

- 1 Eat a Red Apple Day
- 2 National Mutt Day
- 4 National Dice Day
- 5 International Volunteers Day
- 7 Pearl Harbor Remembrance Day
- 9 Gingerbread Decorating Day
- 12 Poinsettia Day
- 13 National Cocoa Day
- 15 National Ugly Christmas Sweater Day
- 16 Wreaths Across America Day
- 17 National Maple Syrup Day
- 18 Bake Cookies Day
- 21 Crossword Puzzle Day
- 22 National Cookie Exchange Day
- 24 National Eggnog Day
- 28 National Card Playing Day
- 30 Bacon Day
- 31 National Champagne 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 November. We continue to be blessed by your generosity, which enables us to continue providing quality service to the senior citizens of Muskingum County!



**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.

# What's Happening

Do you love to sing?

Join us for **JINGLE JAM** KARAOKE



on Friday, December 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!



Join us for  
**Santa Hat**  
**CHAIR VOLLEYBALL!**

Friday, December 1st  
10:00 AM

Monday, December 4th at 6:00 PM



Grab your friends and snacks, and join us for a night of fun and entertainment!

## JINGLE TOES!!

Wednesday, December 6th

Wear your favorite or most unique pair of Christmas socks to show off!



## SNOWMAN CRAFT

Wed. December 13th  
12:00 PM

Cost: \$10

(Includes one snowman with lights and one bulb)

\* Bring glue guns & scissors.

Register online or at the Center.



It's time to decorate **CHRISTMAS COOKIES!!**

Tuesday, December 12th  
12:00 PM

Cost: \$8.00

~ Includes 1 dozen cookies, icing, and take-home container.

Feel free to bring sprinkles and other decorations!

Register online or at the Center.



Wednesday, December 13th—join the fun!

## "CARD CREATIONS BY KAREN"

Karen Bay - Instructor

Offering Handmade Card Classes

Thursday, December 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!



## Three Sister's Studio Craft Day

December 18th  
at 4:00 PM



Choose 2 crafts for \$5.00.

Please pre-register online or at the Center.

## HELEN PURCELL Good Ol' Gospel Music Night

Our gospel music night will be held on **Thursday, December 7th at 6:00 PM.**

Join us for fellowship and music, featuring the music of **PUREHEART.**



## JOIN US TO MAKE A FROSTY FRIEND & FUN MEMORIES WITH YOUR GRANDS

At a **FREE**  
Paint with me holiday  
break event!

Location:



With:  
**GOOD  
CREATIVES**



### December Special Musical Guests:

- 12/6—Bishop Fenwick Preschool
- 12/20—Zanesville Middle School Choir  
Mid-East Preschoolers
- 12/21 Blue Knights Jazz Band

## LUNCH BUNCH

**WHEN:** Tuesday, December 19th at 11:30 AM

**WHERE:** Chef Steve's

*Enjoy lunch & fun with friends!*

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

See Tara to sign up.

## YOU'RE INVITED!



**WHAT:** F.O.P. Christmas Party  
**WHO:** Muskingum County Seniors **ONLY** (age 60+)  
**WHEN:** Friday, December 15th—10:45 AM  
(Doors open at 9:30 AM)  
**WHERE:** Muskingum County Center for Seniors  
160 North 4th Street, Zanesville  
**COST:** FREE, but tickets are **REQUIRED!**  
Tickets are available at the Center Monday-Friday  
8:00 AM-4:00 PM



## Center CHRISTMAS PARTY!!

\*Fun, games, music with  
Chuck Hunt, and a  
special appearance by...



The festivities will begin  
at 10:00 AM on Friday,  
December 22nd—don't  
miss the celebration!!



## CELEBRATING DECEMBER BIRTHDAYS!

Wednesday, 12/27  
11:00 AM



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;"> <b>Merry Christmas</b></p> <p><b>4</b> ARTHRITIS EXERCISE 9:30 AM ART CLASS 12:00 PM—\$1.00 ENER-CHI 2:00 PM YOGA 3:00 PM LINE DANCE 5:00 PM DUPLICATE BRIDGE 6:00 PM EUCHRE 6:00 PM TRIVIA NIGHT 6:00 PM</p>	<p><b>5</b> 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><b>6</b> <i>Jingle Tees</i> Christmas Sock Day <b>Bishop Fenwick Preschool 9:30 AM</b> BINGO 9:45AM Alzheimer's Rep. onsite 10-12 WATERCOLORS 12:00 PM OHIO SNAP-ED 12:15 PM BEGINNERS BRIDGE 12:30 PM SENIOR-FIT 1:00 PM</p>	<p><b>7</b> CARDIO DANCE 9:00 AM ARTHRITIS EXERCISE 9:30 AM BUTTON CLUB 11:00 AM P.E.R.L. 11:30 AM EUCHRE 12:00 PM CARDIO DRUMMING 12:00 PM *Date/Time change GOSPEL NIGHT 6:00 PM</p>	<p><b>1</b> CHAIR VOLLEYBALL 10:00 AM DUPLICATE BRIDGE 12:30 PM CARDIO DRUMMING 1:00 PM JINGLE JAM KARAOKE NIGHT Admission: \$5.00</p>
<p><b>11</b> <i>Merry Monday</i>—Wear red &amp; green ARTHRITIS EXERCISE 9:30 AM ART CLASS 12:00 PM—\$1.00 ENER-CHI 2:00 PM YOGA 3:00 PM LINE DANCE 5:00 PM DUPLICATE BRIDGE 6:00 PM EUCHRE 6:00 PM</p>	<p><b>12</b> LINE DANCE 9:30 AM (new) / 10:00 AM Rambo WELLNESS CHECKS 10:00 AM Y-BRIDGE (CARDS) 12:00 PM <b>COOKIE DECORATING 12:00 PM</b> Alzheimer's Support Group 1:00 PM BOOK CLUB 1:00 PM JUNK JOURNALING 5:00 PM LINE DANCE 6:00 PM EUCHRE 6:00 PM APPLEBEES FUNDRAISER 11 AM—11 PM</p>	<p><b>13</b> <i>Ugly Holiday Sweater Day!</i> BINGO 9:45AM BOOMERTUNES 11:15 AM <b>SNOWMAN CRAFT 12:00 PM</b> BEGINNERS BRIDGE 12:30 PM SENIOR-FIT 1:00 PM</p>	<p><b>14</b> CARDIO DANCE 9:00 AM <b>NO</b> ARTHRITIS EXERCISE FAITH &amp; SPIRIT 10:00 AM TURBAN PROJECT 10AM - 4PM EUCHRE 12:00 PM CARDIO DRUMMING 12:00 PM *Date/Time change</p>	<p><b>15</b> F.O.P. Dinner 10:45 AM ** Tickets are REQUIRED!</p>
<p><b>18</b> ARTHRITIS EXERCISE 9:30 AM ART CLASS 12:00 PM—\$1.00 ENER-CHI 2:00 PM YOGA 3:00 PM <b>3 SISTERS STUDIO CRAFT 4:00 PM</b> LINE DANCE 5:00 PM DUPLICATE BRIDGE 6:00 PM EUCHRE 6:00 PM</p>	<p><b>19</b> 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 JUNK JOURNALING 5:00 PM EUCHRE 6:00 PM</p>	<p><b>20</b> Zanesville M.S. Choir 9:30 AM BINGO 10:00 AM * <b>Mid-East Preschoolers 11:30AM</b> WATERCOLORS 12:00 PM OHIO SNAP-ED 12:15 PM BEGINNERS BRIDGE 12:30 PM SENIOR-FIT 1:00 PM <b>** Center CLOSING at 2:00 PM</b></p>	<p><b>21</b> CARDIO DANCE 9:00 AM ARTHRITIS EXERCISE 9:30 AM COMMODITIES 10:00 AM-2:00 PM <b>Blue Knights Jazz Band 11:30 AM</b> EUCHRE 12:00 PM CARD CREATIONS 1:00 PM</p>	<p><b>22</b> <i>Christmas Party!!</i> 10:00 AM DUPLICATE BRIDGE 12:30 PM CARDIO DRUMMING 1:00 PM</p>
<p>Dec. 6—The Oaks at Northpointe Dec. 8—Dolbow Senior Solutions Dec. 13—UGLY SWEATER BINGO Dec. 20—JINGLE BELL BINGO (10:00 AM) Dec. 27—Shriver's Hospice Dec. 29—<del>Happy</del> NEW YEAR!!</p>			<p><b>28</b> CARDIO DANCE 9:00 AM <b>NO</b> ARTHRITIS EXERCISE EUCHRE 12:00 PM <b>CHRISTMAS BREAK "GRAND"</b> PAINTING EVENT 1:00 PM</p>	<p><b>29</b> BINGO 9:45 AM DUPLICATE BRIDGE 12:30 PM CARDIO DRUMMING 1:00 PM EUCHRE 6:00 PM NEW YEAR'S SQUARE DANCE Pleasant Valley Boys <b>FREE Admission</b> (sponsored by HUMANIA)</p>



# DECEMBER

# 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
<p>Home delivered meal clients can help the Center save food, gas and money by calling our Nutrition Department <b>by 9:00 AM</b> at <b>740-969-6189</b> if <b>you need to cancel your meal for ANY reason.</b></p>				<p>1 Ham/bean soup Pickled beets Apricots Fruit juice Cornbread</p>
<p>4 Grilled chicken salad w/tomato &amp; cheese Vegetable soup Mandarin oranges Crackers</p>	<p>5 Hot dog Baked beans Potato rounds Peaches</p>	<p>6 Sloppy Joe Wedge fries Peas &amp; carrots Fruit cup</p>	<p>7 Fish Mac &amp; cheese Stewed tomatoes Pineapple Juice</p>	<p>8 Hamburger gravy over mashed potatoes Broccoli Pears Cookie</p>
<p>11 Cheeseburger Wedge fries Lettuce/tomato/pickle Peaches</p>	<p>12 Sausage gravy over biscuit Hash browns Orange juice Applesauce</p>	<p>13 Meatball sub Tater tots Carrots Mandarin oranges</p>	<p>14 Chicken sandwich Au gratin potatoes Capri blend Tropical fruit</p>	<p>15 <b>F.O.P. Dinner</b> (tickets required)</p>
<p>18 Popcorn chicken Mashed potatoes Corn Applesauce Cookie</p>	<p>19 Taco salad Refried beans Tortilla chips Mandarin oranges</p>	<p>20 BBQ chicken Hash browns Peas &amp; carrots Grape juice Cookie</p>	<p>21 Meatloaf Mashed potatoes Green beans Applesauce</p>	<p>22 Sliced ham Sweet potatoes Lima beans Fruited Jell-O</p>
		<p>27 Unstuffed cabbage roll Carrots Peaches</p>	<p>28 Turkey club w/lettuce/cheese/tomato Potato salad Applesauce</p>	<p>29 Baked fish Scalloped potatoes Beets Peaches</p>

**\*\* 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 PM to report a meal not being delivered on time.**

## OHIO SNAP ED PROGRAM

The OSU Snap-Ed program continues to offer beneficial workshops at our site. This program offers valuable information on healthy eating, savvy shopping, and many other nutrition related topics. Join in for whatever interests you. Class meets at 12:15 PM in the Fultonham Room, and these are the dates & topics for November:

**December 6th - Discover Dark Green Vegetables**

*Recipe: Green Bean & Rice Casserole*

**December 20th - How Can MyPlate Help Me Eat More Fruits & Vegetables?**

*Recipe: Sweet Potato & Apple Bake*

## 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. **The final distribution date for 2023 and 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

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, **December 21st: BIRTHDAY CELEBRATION**

**\*\* Effective immediately, we are asking Dresden patrons to call the nutrition lines directly to reserve your meal for the day, in order to serve the Dresden Center as efficiently as possible.**

**Karen McHenry (Nutrition Administrator): 740-969-6189**

**Jodi Paul (Operations Director): 740-969-6200**



Our Book Club meets the second Tuesday of the month at 1:00 PM. The next meeting will be December 12th in the Frazeyburg Room.





## FAITH & SPIRIT

**December 14**—This session will highlight angels in Scripture, particularly the angels in the nativity story. We will review known information on angels and read Scriptural accounts of angels, including the Christmas story. Participants will also have the opportunity to craft a small angel to take home.



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, December 14th from 10 AM until 4 PM. NO** experience is necessary, and the more, the merrier.

## Muskingum County Caregiver Support Group

alzheimer's association®



**Muskingum County Center for Seniors**  
**Second Tuesday of every month**

**1:00 PM - 2:00 PM**

**\*In-Person only**

**160 N 4th Street**  
**Zanesville, OH 43756**

**Facilitator: Michelle Roush**  
**[mroush@shivershospice.com](mailto:mroush@shivershospice.com)**

### QUESTIONS?

Email: [glgagne@alz.org](mailto:glgagne@alz.org)

740.373.0343

### Build a support system with people who understand.

Alzheimer's Association® support groups, conducted by trained facilitators, are a safe place for people living with dementia and their care partners to:

- Develop a support system.
- Exchange practical information on challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.

To learn more about caregiver programs and resources, call our 24/7 Helpline at 800-272-3900 or visit our website at [alz.org](http://alz.org)

# TOGETHER WE CARE TUESDAY



SERVING OUR NEIGHBORHOODS TOGETHER

## December 12 from 11AM-11PM

### Three-Cheese Chicken Penne

Asiago, Parmesan and white Cheddar cheeses are mixed with penne pasta in a rich Parmesan cream sauce then topped with grilled chicken breast and bruschetta tomatoes.

### Fiesta Lime Chicken

Grilled chicken glazed with zesty lime sauce is drizzled with tangy Mexi-ranch and smothered with a rich blend of Cheddar cheeses. Served on a bed of crispy tortilla strips with Spanish rice and house-made pico-de-gallo.

### Classic Bacon Cheeseburger

All-beef patty topped with your choice of two cheese slices and two strips of Applewood-smoked bacon. Served with lettuce, tomato, onion and pickles on a Brioche bun.

### Chicken Tenders Platter

Crispy breaded chicken tenders served with honey Dijon mustard, signature coleslaw and fries.

### Grilled Chicken Caesar Salad

Crispy romaine tossed in garlic Caesar dressing topped with grilled chicken, croutons and shaved Parmesan.

Proceeds from this menu will benefit MCCFS



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Only at participating Apple Legacy Locations.

Drink Responsibly.  
Drive Responsibly.

## 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.



MUSKINGUM COUNTY  
**CENTER** for  
**SENIORS**



*Holiday*  
**CRAFT**  
*Show*



BROWSE OUR VENDOR  
TABLES, ENJOY LIGHT  
REFRESHMENTS AND  
BRING THE KIDS FOR  
MAKE AND TAKE CRAFTS

**DECEMBER 8, 2023 | 5PM - 8PM**  
**STORYBOOK CHRISTMAS**



## POLLOCK APARTMENTS

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**Rich Fernbach**

[rfernbach@lpicommunities.com](mailto:rfernbach@lpicommunities.com)

**(800) 477-4574 x3675**

## Michelle Roush

Referral Advocate

phone **740.487.1241** | cell **740.221.5625**

email [mroush@shrivershospice.com](mailto:mroush@shrivershospice.com)

web [www.shrivershospice.com](http://www.shrivershospice.com)



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**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  
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