



Karen McHenry has been with the Muskingum County Center for Seniors since November 9, 1998. If you have been to the Center for Seniors for lunch, you will recognize her familiar face. Karen started out as a part-time meal driver and cook. As you can imagine, things have changed over the years. Karen is a vital part of our staff at the Center. When she started working at the Center, we served 200 home delivered

meals and had an average of 60 congregate meals daily. Currently, the home delivered meal program serves up to 400 meals and the congregate meal service averages around 100 people daily. During the Covid shutdown, Karen ran all home delivered meals. She took on the responsibility of Head Cook and worked in that role for the last 24½ years. In September of 2023, Karen was promoted to Nutrition Administrator. With this new role, it added more responsibilities. She oversees the operations of the kitchen, coordinates meal prep, and plans the meals that are delivered and served to our seniors. She ensures that the meals we serve are compliant with the Area Agency on Aging and the Health Department. She also oversees the cooks and works with the Operations Director to ensure there is a team effort. Karen ensures that our Meals on Wheels program delivers meals Monday through Friday. She orders the food and supplies for daily meals and special events, which is a large part of planning a smooth operation in the kitchen.

When you enjoy a meal with us at the Center, be sure to let Karen know how much you appreciate her and all of her hard work in the kitchen for the last 25 years. We are lucky to have her on our Team!



OUR COMMUNITY

STAFF

Executive Director

Kate Paul Ext. 103

Business Director

Chad Tyson Ext. 111

Operations Director

Jodi Paul Ext. 122

Administrative Assistant

Erica Silvia Ext. 102

Quality Compliance Coordinator

Debbie Moore Ext. 114

Activities Director

Tara McGuire Ext. 116

Community Involvement Coordinator

Jill Jones Ext. 123

Nutrition Administrator

Karen McHenry Ext. 104

Activities Assistant

Carol Morgan

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The MCCFS
Board of Trustees
will hold its next meeting on
Tuesday, January 9, 2024
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 following dates in 2024:

* Monday, January 15th—Martin Luther King, Jr. Day

Monday, February—Presidents' Day

Tuesday, March 19th—Election Day

Monday, May 27th—Memorial Day

Wednesday, June 19th—Juneteenth Day

Thursday/Friday, July 4th & 5th—Independence Day

Monday, September 2nd—Labor Day

Monday, October 14th—Columbus Day

Tuesday, November 5th—Election Day

Monday, November 11th—Veterans' Day

Thursday/Friday, November 28th & 29th—Thanksgiving

Tuesday/Wednesday, December 24th & 25th—Christmas

Tuesday/Wednesday, December 31st & January 1, 2025
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.

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

NEED SOMETHING TO CELEBRATE?

Check out these holidays for **JANUARY**

- 2 Science Fiction Day
- 3 Festival of Sleep Day
- 4 National Trivia Day
- 5 National Whipped Cream Day
- 6 National Shortbread Day
- 7 National Old Rock Day
- 8 National Bubble Bath Day
- 9 National Static Electricity Day
- 10 Houseplant Appreciation Day
- 11 Learn Your Name in Morse Code Day
- 12 National Hot Tea Day
- 13 National Rubber Ducky Day
- 14 Dress Up Your Pet Day
- 15 National Strawberry Ice Cream Day
- 16 National Nothing Day
- 17 Customer Service Day
- 18 Maintenance Day
- 19 Good Memory Day
- 20 National Coffee Break Day
- 22 National Polka Dot Day
- 23 National Rhubarb Pie Day
- 24 Mobile Phone Recycling Day
- 24 Belly Laugh Day
- 25 Clashing Clothes Day
- 26 National Peanut Brittle Day
- 27 National Chocolate Cake Day
- 28 National Kazoo Day
- 29 Bubble Wrap Appreciation Day
- 30 National Croissant Day
- 31 National Eat Brussels Sprouts 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 2023. 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 **KARAOKE!**
Friday, January 5th



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

Bring your friends!

Admission: \$5.00 - the fun starts at 6:00 PM!
(Doors open at 5:00)



Join us for **CHAIR VOLLEYBALL!**

Friday, January 5th
10:00 AM



Our Book Club will meet January 9th in the Frazeyburg Room.

Monday, January 8th at 6:00 PM



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

"CARD CREATIONS BY KAREN"

Karen Bay - Instructor

Offering Handmade Card Classes

Thursday, January 18th 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

Come and create a special Valentine decoration, with instructional painting and lots of fun!

JANUARY 22nd
5:00 PM

Cost: \$10.00
per set

Registration is available online or at the Center.



Join us on Wednesday,
January 10th
for all things
ELVIS!

- Jan. 3—**The Oaks at Northpointe**
- Jan. 10—**ELVIS Day**—Lepi & Associates
- Jan. 12—**BINGO**
- Jan. 17—**Dolbow Senior Services**
- Jan. 19—**2:00 PM**
- Jan. 24—**HAT DAY Bingo**
- Jan. 26—**BINGO**
- Jan. 31—**Shriver's Hospice**





with Adonis

When: Friday, January 19th—6:00 PM
(Doors open at 5:00)
Cost: \$3.00

HELEN PURCELL Good Ol' Gospel Music Night

Our gospel music night will be held on **Thursday, January 11th at 6:00 PM.**

Join us for fellowship and entertainment, featuring the music of *Hands of Faith*.

Doors open at 5:00 PM.

Admission: \$2.00

LUNCH BUNCH

WHEN: Tuesday, January 23rd at 11:30 AM
WHERE: The Downtown Exchange



Enjoy lunch & fun with friends!
A \$5.00 deposit is required to hold your spot, and registration is REQUIRED.
Sign-ups begin January 3rd

The TURBAN PROJECT .com

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, January 11th** from **10 AM until 4 PM.** NO experience is necessary, and the more, the merrier.

FAITH & SPIRIT



January 11—**Light in the Darkness**--This session will continue Christmas images of the light coming into the world. We will review related Scripture and practical application for this time of year. Participants will have the opportunity to make a paper bag luminary.

January 25—**Winter Joy**--This session will focus on the spiritual aspects of joy and ways to experience more joy in our lives. We will review and discuss related Scripture and share things which give us joy. We will then complete a "cup of joy" activity for use on a daily basis.

COMMODITIES NEWS:

Commodity boxes 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 to the North Stage to pick up your box, and then exit as instructed.**

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 will be removed from the program.** Please be courteous to others. All boxes are assigned. **The distribution dates for 2024 are as follows:**

January 18 th	3 rd Thursday of the month
February 15 th	3 rd Thursday of the month
March 21 st	3 rd Thursday of the month
April 18 th	3 rd Thursday of the month
May 16 th	3 rd Thursday of the month
June 20 th	3 rd Thursday of the month
July 18 th	3 rd Thursday of the month
August 29 th	5 th Thursday due to FAIR
September 19 th	3 rd Thursday of the month
October 17 th	3 rd Thursday of the month
November 21 st	3 rd Thursday of the month
December 19 th	3 rd Thursday of the month

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



We will be implementing a new process with Commodities beginning in January. We appreciate your patience and cooperation to make this run smoothly.

The new procedure will make checking in take a little longer as we become acquainted with the new system.

With this in mind, we are asking that you come at the designated timeframe for your LAST NAME in the alphabet.

A—M: 10 AM—12 PM
N—Z: 12 PM—2 PM

We understand that you may have appointments that may not allow you to adhere to the specified time; however, to keep us from having a long line that requires you to wait for an extended period of time, we ask for your cooperation as we transition to the new system. Long lines and longer wait times will cause traffic congestion and we do not want to inconvenience others by blocking the roadways.

Thank you for your understanding as we find better ways to serve you!

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 January:

January 3rd—Variety is Key

Recipe: Catfish Stew

January 17th - Whole Grains—How Much for Your Plate?

Recipe: Pumpkin Oatmeal

January 31st—Orange, Yellow, & White - They're ALL Right!

Recipe: Cauliflower Soup

Muskingum County Caregiver Support Group

alzheimer's  association®



 **ALZHEIMER'S
ASSOCIATION**
Central Ohio Chapter

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@shrovershospice.com

QUESTIONS?




Email: 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> 	<p>2</p> 	<p>3</p> <p>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>4</p> <p>ZUMBA CARDIO DANCE 9:00 AM ARTHRITIS EXERCISE 9:30 AM BUTTON CLUB 11:00 AM P.E.R.I. 11:30 AM EUCHRE 12:00 PM</p>	<p>5</p> <p>CHAIR VOLLEYBALL 10:00 AM DUPLICATE BRIDGE 1:00 PM CARDIO DRUMMING 1:00 PM KARAOKE 6:00 PM ** Doors open at 5:00 PM</p>
<p>6</p> <p>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>9</p> <p>LINE DANCE 9:30 AM (new) / 10:00 AM Rambo WELLNESS CHECKS 10:00 AM Y-BRIDGE (CARDS) 12:00 PM JOYLIGHTS PRAYER GROUP 12:00 PM 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</p>	<p>10</p> <p>ELVIS DAY!! BINGO 9:45AM BEGINNERS BRIDGE 12:30 PM SENIOR-FIT 1:00 PM</p>	<p>11</p> <p>ZUMBA CARDIO DANCE 9:00 AM ARTHRITIS EXERCISE 9:30 AM FAITH & SPIRIT 10:00 AM TURBAN PROJECT 10AM - 4PM EUCHRE 12:00 PM GOSPEL NIGHT 6:00 PM</p>	<p>12</p> <p>BINGO 9:45 AM DUPLICATE BRIDGE 1:00 PM CARDIO DRUMMING 1:00 PM SQUARE DANCE 6:00 PM ** Doors open at 5:00 PM ~ Brenda Sue</p>
<p>15</p> 	<p>16</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>17</p> <p>BINGO 9:45 AM WATERCOLORS 12:00 PM OHIO SNAP-ED 12:15 PM BEGINNERS BRIDGE 12:30 PM SENIOR-FIT 1:00 PM</p>	<p>18</p> <p>ZUMBA 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</p>	<p>19</p> <p>DUPLICATE BRIDGE 1:00 PM CARDIO DRUMMING 1:00 PM BINGO 2:00 PM DJ DANCE W/Adonis 6:00 PM ** Doors open at 5:00 PM</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 YOGA 3:00 PM LINE DANCE 5:00 PM DUPLICATE BRIDGE 6:00 PM EUCHRE 6:00 PM</p>	<p>23</p> <p>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>BINGO 9:45 AM BEGINNERS BRIDGE 12:30 PM SENIOR-FIT 1:00 PM</p>	<p>25</p> <p>ZUMBA CARDIO DANCE 9:00 AM ARTHRITIS EXERCISE 9:30 AM FAITH & SPIRIT 10:00 AM BOONERTUNES 11:15 AM EUCHRE 12:00 PM</p>	<p>26</p> <p>BINGO 9:45 AM DUPLICATE BRIDGE 1:00 PM CARDIO DRUMMING 1:00 PM EUCHRE 6:00 PM SQUARE DANCE 6:00 PM ** Doors open at 5:00 PM ~ Pleasant Valley Boys</p>
<p>29</p> <p>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>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>BINGO 9:45AM BIRTHDAY PARTY w/Jan Smith 11:15 AM BEGINNERS BRIDGE 12:30 PM SENIOR-FIT 1:00 PM</p>		




JANUARY

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 	2 CLOSED	3 Smoked sausage Mashed potatoes Sauerkraut Peaches	4 BBQ beef sandwich Wedge fries Peas & carrots Pineapple	5 Chili soup Baked potato Pears Applesauce Cornbread
8 Sweet 'n sour chicken Rice Peas Pineapple	9 Beef tips & gravy Mashed potatoes California blend Pears	10 BBQ pork Tater tots Broccoli Fruit juice	11 Spaghetti Green beans Applesauce Peaches Breadstick	12 Scrambled eggs Sausage links Hash browns Baked apples Orange juice Biscuit
15 CLOSED	16 Chicken sandwich Tater tots Capri blend Peaches	17 Cheeseburger Mac Peas Carrots Mandarin oranges	18 Ham & potato casserole Lima beans Corn Apricots	19 Turkey sandwich Broccoli soup Potato salad Pineapple
22 Chicken parmesan Brussels sprouts Mixed vegetables Fruit juice	23 Cornbread casserole Broccoli Potato wedges Fresh apple	24 Hot dog Diced potatoes Baked beans Fruit juice	25 Meatloaf Mashed potatoes Carrots Tropical fruit	26 Ham/green beans Potato casserole Carrots Pineapple Cookie
29 Baked chicken Scalloped potatoes Spinach Tropical fruit Brownie	30 Taco salad Refried beans Mandarin oranges	31 Cabbage roll Mashed potatoes Green beans Fruit juice	Home delivered meal clients can help the Center save food, gas and money by calling our Nutrition Department by 9:00 AM at 740-969-6189 if you need to cancel your meal for ANY reason.	

**** 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.**

NUTRITION DEPARTMENT NEWS & UPDATES

MCCFS has recently implemented two new policies for our Meals-on-Wheels program.

1. **ON-HOLD POLICY:**

The client (or their contact person) must give advanced notice to the Nutrition Department when there is a need to put meals on hold. Unexpected events need to be reported as soon as possible. It is the responsibility of the participant or their representative to contact MCCFS to restart meals. We will do our best to restart services immediately, but it may take 3-5 days. Staff members will make efforts to work with the client/representative to keep the meals on hold for a designated amount of time. If, during the on-hold period, the client/representative does not stay in contact with us, they will be removed from the Meals-on-Wheels program.

2. **CANCELLATION AND MEAL RETURN POLICY:**

Cancelling meals:

The client (or representative) must contact the Center by 9:00 AM to cancel a meal for the day.

Meal returns:

When attempting to deliver a meal and there is no response at the client's door or by phone, the meal will be returned. For the concern and safety of our seniors, MCCFS will make a call to the client's emergency contact so they may check on the person. When a client's meals have been returned for 3 consecutive days with no communication from the client/representative, the meals will be placed on hold.

If a client develops a pattern of cancellations or meal returns, MCCFS will try to work with that client to improve the issue before removing them from the program.

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, **January 18th: BIRTHDAY CELEBRATION**

**** Effective immediately, we are asking Dresden patrons to call the nutrition lines directly to reserve your meal for the day.**

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

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

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 rhumba).

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.



For Immediate Release: November 15, 2023

Heating Assistance Available

The Ohio Department of Development and the Muskingum County Center for Seniors want to remind Ohioans assistance is available to help with their home energy bills. The Home Energy Assistance Program (HEAP) helps Ohioans at or below 175% of the federal poverty guidelines pay their heating bills.

Ohioans can visit energyhelp.ohio.gov to apply online, download a copy of the application, or find contact information for a local Energy Assistance Provider. Senior citizens may go to their local Area Agency on Aging office for help with assembling the required documents and completing their HEAP application.

Individuals will need to have copies of the following documents to include with their application:

- Most recent utility bills.
- A list of all household members (including birth dates and Social Security numbers).
- Proof of income for the past 30 days for all household members (12 months for certain income types).
- Proof of U.S. citizenship or legal residency for all household members.
- Proof of disability (if applicable).

HEAP benefits are applied to an individual's energy bill after Jan. 1. If you need immediate assistance with your energy bills, please contact your local Energy Assistance Provider. A list of providers can be found at energyhelp.ohio.gov.

The last day to apply for the regular HEAP benefit is May 31, 2024. For more information or assistance with applying for a HEAP benefit, contact Community Action at (740)452-5703.

For more information on the programs, visit energyhelp.ohio.gov or call your local Energy Assistance Provider.

###

Muskingum County Center for Seniors Contact:

Erica Silvia
edsilvia@muskingumcounty.org

Development Contact:

Mason Waldvogel
Mason.Waldvogel@development.ohio.gov



POLLOCK APARTMENTS

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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



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