

EMPLOYEE SPOTLIGHT

Donna Tucker

Donna Tucker started working at the Center for Seniors on January 3, 1994 at her first job outside of the home. There was a new program that was opening at the Center, and she was offered the job as a homemaker. She helped clients clean their homes, fixed meals, and helped with grocery shopping. Her role transitioned over time to also include personal care. Later, Donna started working with congregate transportation and delivering meals. She has met so many wonderful people over the years.

In 2000, Donna started working directly with transportation. She has been through seven or more directors. Carol Matthews hired Donna and asked her how long she planned to be here. She replied, "Until I retire." "I got one of the jobs I love the most. It was either animals or seniors, and I got seniors," Donna said. The Center and our Seniors hold a special place in her heart. She always goes above and beyond. She recalled working as a homemaker in her early days and noticed that the senior she was cleaning for had dirty windows, and they were the kind that had to be taken out to be cleaned. The apartment was on the fifth floor, and she was hanging out the window to clean it and almost gave some seniors a heart attack. She says that you can learn so much from the seniors. She loves to listen to their stories; they are awesome. Donna now works strictly in transportation. She loved it when she started and still loves it now.



We appreciate Donna's commitment to the Center for Seniors and all her hard work and dedication over the last 30 years!

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

Receptionist

Cindy Sheppard Ext. 101

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The MCCFS
Board of Trustees
will hold its next meeting on
Tuesday, February 13th, 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, February 19th—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 **FEBRUARY**

- 1 Change Your Password Day
- 2 National Wear Red Day
- 3 National Carrot Cake Day
- 4 National Homemade Soup Day
- 6 National Frozen Yogurt Day
- 7 Send a Card to a Friend Day
- 8 National Potato Lover's Day
- 9 National Pizza Day
- 10 Chinese New Year (Year of the Dragon)
- 11 National Shut-In Visitation Day
- 12 Clean Out Your Computer Day
- 13 National Pancake Day
- 14 Ash Wednesday
- 14 National Donor Day
- 16 National Caregivers Day
- 17 Random Acts of Kindness Day
- 18 National Battery Day (collect and recycle)
- 20 National Love Your Pet Day
- 22 National Margarita Day
- 23 National Banana Bread Day
- 25 National Clam Chowder Day
- 26 Tell a Fairy Tale Day
- 28 Floral Design Day
- 29 Leap 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 in January. We continue to be blessed by your generosity, which enables us to continue providing quality service to the senior citizens of Muskingum County!

February 2nd

**HAPPY
GROUNDHOG
DAY**



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, February 2nd



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, February 2nd
10:00 AM



Monday, February 5th at 6:00 PM



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

Join us **VALENTINE'S DAY**

(Wed. Feb. 14th)
at 12:00 noon for



"CARD CREATIONS BY KAREN"

Karen Bay - Instructor

Offering Handmade Card Classes

Thursday, February 15th 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!

Kelly's Hilltop Goats

Body Butter Making Class

Thursday, February 29th - 12:00 PM

Cost: \$10.00—includes one 4 oz. body butter
(Registration is required)



Discover the art of using different oils, white beeswax, and shea butter.



Three Sister's Studio
Painting Class

When: **Mon. February 26th**

Cost: **\$10.00**

(one 8 X 10 canvas)



***Register online or at the Center!**



When: Friday, February 16th—6:00 PM
 (Doors open at 5:00)
Cost: \$3.00

LUNCH BUNCH

WHEN: Tuesday, February 27th at 11:30 AM
WHERE: Russo's (2526 Maple Avenue)

Enjoy lunch & fun with friends!
 A \$5.00 deposit is required!
 Registration begins February 1st.



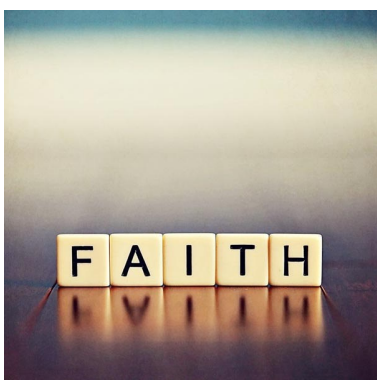
- Feb. 7—**SUPER BOWL BINGO!** 
- Feb. 9—**Alter Care**
- Feb. 14—**Dolbow Senior Services**
- Feb. 16—2:00 PM
- Feb. 21—**RED** Bingo! Wear **RED**
- Feb. 23—**Dolbow Senior Services**
- Feb. 28—**BIRTHDAY BINGO!** 

HELEN PURCELL
Good Ol' Gospel Music Night
 Our gospel music night will be held on **Thursday, February 8th at 6:00 PM.**
 Join us for fellowship and entertainment, featuring the music of **Four Cousins.**
 Doors open at 5:00 PM.
Admission: \$2.00

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, February 15th from 10 AM until 4 PM.** NO experience is necessary, and the more, the merrier. Invite your friends to join this meaningful mission!

FAITH & SPIRIT



February 8—**Winter Beauty**--This session will focus on finding the beauty in nature and the inner beauty we all have even in the "winter" or challenging times. We will listen to a devotional and read some Scripture. Participants will have the opportunity to create a winter collage.

February 22—**God's Love**--This session will focus on different aspects of God's love for us. We will discuss how we have experienced this and how we can love others. Participants will then complete an adult coloring **activity with the word LOVE.**

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:**

February 15th	3 rd Thursday of the month
March 21st	3 rd Thursday of the month
April 18th	3 rd Thursday of the month
May 16th	3 rd Thursday of the month
June 20th	3 rd Thursday of the month
July 18th	3 rd Thursday of the month
August 29th	5 th Thursday due to FAIR
September 19th	3 rd Thursday of the month
October 17th	3 rd Thursday of the month
November 21st	3 rd Thursday of the month
December 19th	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 are implementing a new process with Commodities and 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 February:

February 14th—Liven Up Your Meals with Legumes
Recipe: White Bean Kale Soup

February 28th—It's All About Choice
Recipe: Microwave Potato Corn Chowder

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@shivershospice.com


QUESTIONS?
Email: g!gagne@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.

**ALL
Caregivers
WELCOME!!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>5 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>6 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>7 BINGO 9:45 AM Alzheimer's Representative 10:00 AM—12:00 PM WATERCOLORS 12:00 PM BEGINNERS BRIDGE 12:30 PM</p>	<p>1 ZUMBA CARDIO DANCE 9:00 AM ARTHRTIS EXERCISE 9:30 AM BUTTON CLUB 11:00 AM P.E.R.I. 11:30 AM EUCHRE 12:00 PM</p>	<p>2 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>12 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>13 LINE DANCE 9:30 AM (new) / 10:00 AM Rambo WELLNESS CHECKS 10:00 AM PRAYER, CARE & SHARE 10:00 AM Y-BRIDGE (CARDS) 12:00 PM JOYLIGHTS PRAYER GROUP 12:00 PM BOOK CLUB 1:00 PM Caregivers' Support Group 1:00 PM JUNK JOURNALING 5:00 PM LINE DANCE 6:00 PM EUCHRE 6:00 PM</p>	<p>14 BINGO 9:45 AM Not So Newlywed Game 12:00 PM OHIO SNAP-ED 12:15 PM BEGINNERS BRIDGE 12:30 PM</p> <p style="text-align: center;">H A P P Y <i>Valentine's Day</i></p>	<p>15 ZUMBA CARDIO DANCE 9:00 AM ARTHRTIS EXERCISE 9:30 AM COMMODITIES 10:00 AM-2:00 PM TURBAN PROJECT 10AM - 4PM EUCHRE 12:00 PM CARD CREATIONS 1:00 PM</p>	<p>16 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>19 </p> <p>26 ARTHRITIS EXERCISE 9:30 AM ART CLASS 12:00 PM—\$1.00 ENER-CHI 2:00 PM YOGA 3:00 PM 3 SISTERS PAINT CLASS 4:00 PM LINE DANCE 5:00 PM DUPLICATE BRIDGE 6:00 PM EUCHRE 6:00 PM</p>	<p>20 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>21 BINGO 9:45 AM WATERCOLORS 12:00 PM BEGINNERS BRIDGE 12:30 PM</p>	<p>22 ZUMBA CARDIO DANCE 9:00 AM ARTHRTIS EXERCISE 9:30 AM FAITH & SPIRIT 10:00 AM BOOMERTUNES 11:15 AM EUCHRE 12:00 PM</p>	<p>23 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>27 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</p>	<p>28 BINGO 9:45 AM BIRTHDAY PARTY w/ John Trimmer 11:15 AM OHIO SNAP-ED 12:15 PM BEGINNERS BRIDGE 12:30 PM</p>	<p>29 ZUMBA CARDIO DANCE 9:00 AM ARTHRTIS EXERCISE 9:30 AM EUCHRE 12:00 PM BODY BUTTER CLASS 12:00 PM</p>	<p>29 ZUMBA CARDIO DANCE 9:00 AM ARTHRTIS EXERCISE 9:30 AM EUCHRE 12:00 PM</p>	

FEBRUARY



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 by 9:00 AM at 740-969-6189 if you need to cancel your meal for ANY reason.</p>			<p>1 Coney dog Tater tots Mixed vegetables Peaches</p>	<p>2 Baked fish Au gratin potatoes Carrots Pears</p>
<p>5 Ham salad sandwich Potato salad Pickled beets Pineapple</p>	<p>6 Chicken soft taco w/lettuce & tomato Mexican corn Rice</p>	<p>7 Hamburger gravy over mashed potatoes Lima beans Pears Cookie</p>	<p>8 Turkey sandwich Potato soup Coleslaw Peaches</p>	<p>9 Meatball sub Tater tots Carrots Mandarin oranges</p>
<p>12 Cheeseburger Wedge fries Baked beans Tropical fruit</p>	<p>13 Pork chop stuffing casserole Sweet potatoes Lima beans Apricots</p>	<p>14 Beef stew Mashed potatoes Peaches Fruit juice Biscuit</p>	<p>15 Baked chicken Wedge fries Peas & carrots Ambrosia salad Cookie</p>	<p>16 Chef salad Boiled egg Pickled beets Grapes Crackers Muffin</p>
<p>19 CLOSED</p>	<p>20 Smoked sausage Mashed potatoes Cabbage Peaches</p>	<p>21 Chicken & noodles Green beans Applesauce Grape juice</p>	<p>22 Meatloaf Mashed potatoes Carrots Tropical fruit</p>	<p>23 Fish sandwich Mac & cheese Stewed tomatoes Pears</p>
<p>26 Stuffed pepper Mashed potatoes California blend Juice Cookie</p>	<p>27 Taco salad Refried beans Tortilla chips Applesauce</p>	<p>28 Sausage gravy over biscuit Hash browns Peaches Orange juice</p>	<p>29 Super chicken casserole Sweet potatoes Carrots Pears</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.**

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, February 15th: **BIRTHDAY CELEBRATION**

**** Please call the Nutrition lines directly to reserve your meal for the day in Dresden.**

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 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.

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.

ZUMBA is a fun, fast paced fitness program that includes easy to follow dance steps. It is a cardiovascular 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.

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.

HOME ENERGY ASSISTANCE PROGRAM (HEAP)

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) 453-5278, Ext. 109.

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

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.*

MUSKINGUM COUNTY CENTER FOR SENIORS

160 N. 4th Street
Zanesville, OH 43701
(740) 454-9761
www.mccfs.org

Funded in part by the Older Americans Act through the Area Agency on Aging Region 9, Inc. and the Ohio Department of Aging

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



Scan to donate!

