



Medicaid 101 Senior/Disability Medicaid Programs

WEDNESDAY, MARCH 6 11:45AM

Medicare Premium Assistance Program

Who is eligible? Individuals receiving Medicare and who meet specific income and resource requirements.

Description: Helps people who are eligible for Medicare and have limited income or assets get assistance with paying their Medicare premiums, deductibles, and coinsurance.

Medicaid BUY-IN for Workers with Disabilities (MBIWD)

Who is eligible? Individuals 16-64 years old who are disabled as per the Social Security Administration or as determined by Ohio Medicaid or eligible under the MBIWD medically improved category.

Description: Medicaid BUY-IN for Workers with Disabilities (MBIWD) is an Ohio Medicaid program that provides health care coverage to working Ohioans with disabilities.

Medicaid for Older Adults and People with Disabilities

Who is eligible? Individuals who are age 65 and older, or are legally blind, or are determined disabled by the Social Security Administration.

Description: Provides health care coverage consisting of primary and acute-care benefit packages, along with long-term care, for older adults and people with disabilities.

Long Term Care The Ohio Department of Medicaid offers the following long-term services and supports:

Home and Community-Based Services

Long-term services and supports are programs or services that help older adults and people with disabilities accomplish everyday tasks. These tasks may include bathing, getting dressed, fixing meals, and managing a home.

Services in a Facility

Individuals who cannot care for themselves at home may require services through a facility-based care setting (such as a nursing home or other long-term care setting.)

Veterans on Medicaid

Veterans receiving assistance from Medicaid may also be eligible for Veterans Affairs health care, even if they served many years ago.

Additional Services

Additional resources, programs and services are available for individuals who have long-term care needs. These needs may include private duty nursing, hospice services, and targeted case management.

OUR COMMUNITY

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The MCCFS
Board of Trustees
will hold its next meeting on
Tuesday, March 12th, 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:

* 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 **MARCH**

- 1 National Peanut Butter Lover's Day
- 2 Dr. Seuss' Birthday
- 4 National Marching Music Day
- 7 National Cereal Day
- 7 The Birthday of Monopoly
- 8 International Women's Day
- 9 National Meatball Day
- 11 National Napping Day
- 12 National Plant a Flower Day
- 13 National Good Samaritan Day
- 14 National Potato Chip Day
- 14 National Write Your Story Day
- 14 Pi Day | 3.14
- 15 National Quilting Day
- 17 St. Patrick's Day
- 18 National Sloppy Joe Day
- 19 National Let's Laugh Day
- 20 International Day of Happiness
- 23 National Puppy Day
- 26 American Diabetes Association Alert Day
- 29 National Vietnam War Veterans Day
- 30 National Take a Walk in the Park Day
- 31 National Crayon 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 February. 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, March 1st



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

Bring your friends!

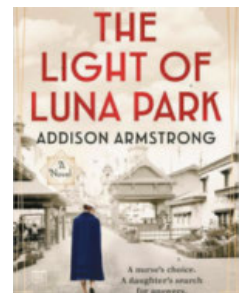
Admission: \$5.00 - the fun starts at 6:00 PM!
(Doors open at 5:00)



Join us for **CHAIR VOLLEYBALL!**
Friday, March 1st
10:00 AM



Our Book Club will meet **March 12th** in the Frazeyburg Room.



Our current book may be checked out at the Muskingum County Library.

Monday, March 4th at 6:00 PM

TRIVIA NIGHT

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

Come with us to visit the children at Mid-East Preschool on March 12th at 9:30 AM.

We are sure to have a **Fun** time!

See the Activities Department to sign up.



Join us on **Tuesday, March 5th** at 5:00 PM to create a fun Easter canvas!
Cost: \$10.00
(8 X 10 painting)



EASTER CRAFT
Wednesday, March 13th
12:00 PM

Cost: \$15.00

Registration is available online or at the Center.



Don't forget to set your clocks forward one hour before going to bed on Saturday, March 9th.

"CARD CREATIONS BY KAREN"

Karen Bay - Instructor
Offering Handmade Card Classes
Thursday, March 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!



Follow us on Facebook for updates and announcements



When: Friday, March 15th—6:00 PM
(Doors open at 5:00)
Cost: \$3.00

LUNCH BUNCH

WHEN: Tuesday, March 26th at 11:30 AM
WHERE: El Parian (145 N. Maysville Avenue)



El Parian
Steaks and tequila

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

- March 6—Oaks at Northpointe
- March 8—Alter Care
- March 13—Dolbow Senior Services
- March 15—**2:00 PM** Dolbow Senior Services
- March 20—Easter Bonnett Bingo!!
- March 22—**SPRING** Bingo
- March 27—**BIRTHDAY BINGO!**
~sponsored by The Winland Team/Coldwell Banker




Good Ole Gospel Music Night

Join us at the Center



Thursday,
March 14



Doors open at 5:00pm
Music begins at 6:00pm

Cathy Goss
Sponsored by
Helen Purcell

Bring your friends and family.
Prepare to be blessed.
Admission \$2



Open to the Public

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, March 14th & 28th** from **10 AM until 2 PM.**

NO experience is necessary, and the more, the merrier. Invite your friends to join this meaningful mission!

FAITH & SPIRIT



March 14—During this session we will focus on the Lenten season. We will discuss seasonal practices that help us draw closer to our faith. Participants will have the opportunity to decorate a wooden cross.

March 28—During this session we will focus on the Easter season. We will discuss the meaning and symbols of both Jesus' death and resurrection. Participants will make resurrection gardens to conclude the session.

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 without contacting us with a valid reason, you will be removed from the program.** Please be courteous to others. All boxes are assigned. **The remaining distribution dates for 2024 are as follows:**

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	5th 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 have implemented 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:

March 13th—Benefit with Beans
Recipe: Easy & Healthy Black Bean Soup

March 27th—Eat a Rainbow of Snacks
Recipe: South of the Border Salad

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: 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.

ALL
Caregivers
WELCOME!!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <h1 style="color: green; margin: 0;">Happy St. Patrick's Day!</h1> <h2 style="color: green; margin: 0;">March 17</h2>				
<p>4 ARTHRITIS EXERCISE 9:30 AM ART CLASS 12:00 PM—\$1.00 ENER-CHI 2:00 PM CHAIR YOGA 3:00 PM GUITAR LESSONS 3:00 PM LINE DANCE 5:00 PM DUPLICATE BRIDGE 6:00 PM EUCHRE 6:00 PM TRIVIA NIGHT 6:00 PM</p>	<p>5 LINE DANCE 9:30 AM (new) / 10:00 AM Y-BRIDGE (CARDS) 12:00 PM ROUND DANCE 12:00 PM CRAFTING FUN 5:00 PM 3 SISTERS CANVAS PAINTING 5:00 PM LINE DANCE 6:00 PM EUCHRE 6:00 PM</p>	<p>6 BINGO 9:45AM Alzheimer's Representative 10:00 AM—12:00 PM Medicaid 101 11:45 AM WATERCOLORS 12:00 PM BEGINNERS BRIDGE 12:00 PM FITNESS FUN 1:00 PM</p>	<p>7 ZUMBA 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>1 ZUMBA 8:15 AM ** 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>11 ARTHRITIS EXERCISE 9:30 AM ART CLASS 12:00 PM—\$1.00 ENER-CHI 2:00 PM CHAIR YOGA 3:00 PM GUITAR LESSONS 3:00 PM LINE DANCE 5:00 PM DUPLICATE BRIDGE 6:00 PM EUCHRE 6:00 PM</p>	<p>12 Visiting Mid-East Preschool 9:30 AM 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 CRAFTING FUN 5:00 PM LINE DANCE 6:00 PM EUCHRE 6:00 PM</p>	<p>13 BINGO 9:45 AM ST. PATRICK'S DAY PARTY WITH SHRIVER'S HOSPICE 11:00 AM—12:00 PM OHIO SNAP-ED 12:15 PM BEGINNERS BRIDGE 12:00 PM EASTER CRAFT 12:00 PM FITNESS FUN 1:00 PM</p>	<p>14 ZUMBA 9:00 AM ARTHRITIS EXERCISE 9:30 AM FAITH & SPIRIT 10:00 AM TURBAN PROJECT 10 AM - 2 PM EUCHRE 12:00 PM GOSPEL NIGHT 6:00 PM ** Doors open at 5:00 PM</p>	<p>15 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>18 ARTHRITIS EXERCISE 9:30 AM ART CLASS 12:00 PM—\$1.00 ENER-CHI 2:00 PM GUITAR LESSONS 3:00 PM * Center closes at 4:00 PM NO Evening Activities</p>	<p>19  ELECTION DAY</p>	<p>20 BINGO 9:45 AM WATERCOLORS 12:00 PM BEGINNERS BRIDGE 12:00 PM FITNESS FUN 1:00 PM</p>	<p>21 ZUMBA 9:00 AM ARTHRITIS EXERCISE 9:30 AM COMMODITIES 10:00 AM-2:00 PM BOONERTUNES 11:15 AM EUCHRE 12:00 PM CARD CREATIONS 1:00 PM</p>	<p>22 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>25 ARTHRITIS EXERCISE 9:30 AM ART CLASS 12:00 PM—\$1.00 ENER-CHI 2:00 PM CHAIR YOGA 3:00 PM GUITAR LESSONS 3:00 PM LINE DANCE 5:00 PM DUPLICATE BRIDGE 6:00 PM EUCHRE 6:00 PM</p>	<p>26 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 CRAFTING FUN 5:00 PM LINE DANCE 6:00 PM EUCHRE 6:00 PM</p>	<p>27 BINGO 9:45AM BIRTHDAY PARTY w/Bob & Friends 11:15 AM (sponsored by The Winland Team) OHIO SNAP-ED 12:15 PM BEGINNERS BRIDGE 12:00 PM FITNESS FUN 1:00 PM</p>	<p>28 ZUMBA 9:00 AM ARTHRITIS EXERCISE 9:30 AM FAITH & SPIRIT 10:00 AM TURBAN PROJECT 10 AM - 2 PM EUCHRE 12:00 PM</p>	<p>29 ACTIVITIES CHOICE!! DUPLICATE BRIDGE 1:00 PM CARDIO DRUMMING 1:00 PM</p>



MARCH

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><i>* Lunch is served at the Hi-Rise and BLSC (Dresden) at 11:00 AM (approximately).</i></p>	<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 Cornbread casserole Broccoli Potato wedges Fresh apple Cookie</p>
<p>4 Popcorn chicken Mashed potatoes Corn Pineapple</p>	<p>5 Sloppy Joe Tater tots Peas & carrots Mandarin oranges</p>	<p>6 Sausage gravy over biscuit Hash browns Baked apples Orange juice</p>	<p>7 Beef tips over Mashed potatoes Broccoli Banana</p>	<p>8 Ham sandwich Sliced tomatoes Potato salad Ambrosia salad</p>
<p>11 Baked steak Mashed potatoes Green beans Grape juice Cookie</p>	<p>12 Ham & bean soup Carrots Potato wedges Peaches Cornbread</p>	<p>13 Creamed chicken over biscuit Redskin potatoes Mixed vegetables Mandarin oranges</p>	<p>14 Stuffed pepper Mashed potatoes Peas Pineapple Brownie</p>	<p>15 Fish sandwich Wedge fries Beets Applesauce</p>
<p>18 Smoked sausage Mashed potatoes Sauerkraut Peaches</p>	<p>19 CLOSED</p>	<p>20 Chicken sandwich Tater tots Capri blend Pineapple</p>	<p>21 Meatloaf Mashed potatoes Peas & carrots Fresh orange</p>	<p>22 BBQ pork sandwich Wedge fries Green beans Apricots</p>
<p>25 Parmesan chicken Broccoli Carrots Apple juice</p>	<p>26 Cheeseburger Mac Green beans Stewed tomatoes Tropical fruit Cookie</p>	<p>27 Unstuffed cabbage roll California blend Peas Fruited Jell-O</p>	<p>28 Turkey sandwich Macaroni salad Potato soup Pickled beets Fruit juice</p>	<p>29 Hot dog Wedge fries Baked beans Mixed fruit</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.**



FLOWER SALE

The days are getting longer and Spring is right around the corner. We are holding a Spring Flower Sale with McDonald's Greenhouse, your local garden center! Orders are due by May 1st. You can order 10" hanging baskets in a variety of colors for \$16 or a Boston Fern for \$18.50.

New this year, you may purchase a \$25 Gift Certificate to McDonald's Greenhouse. Orders will be delivered in time for Mother's Day, Sunday, May 12!



Spring Flower Sale Order Sheet

10" hanging baskets • \$16 each

- _____ Dragon Wing Begonia - red
- _____ Impatiens - pink
- _____ Impatiens - red
- _____ Impatiens - purple
- _____ 10" Boston Fern (**\$18.50**)

- _____ Wave Petunia - hot pink
- _____ Wave Petunia - royal purple
- _____ Ivy Geranium - pink
- _____ Ivy Geranium - red

NEW THIS YEAR!
_____ \$25 Gift Certificate

TOTAL: \$ _____

Customer's Name: _____

Phone: _____

Checks payable to: **MCCFS**

Delivery by Mother's Day from McDonald's Greenhouse - your local garden center!

3220 Adamsville Rd., Zanesville, OH 43701 • 740-819-5814 • 740-819-4553 • mcdonaldsgreenhouse@columbus.rr.com

BONNIE LONGABERGER SENIOR CENTER (DRESDEN)

*** Open Monday—Friday 10:00 AM—2:00 PM (Lunch served 11:00-11:30)**

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, **March 21st: 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 SEN-

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.

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.

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.

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.

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.

CHAIR 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. As an alternative, yoga may also be done on the floor, if desired.

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.

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.

FITNESS FUN with MEGYEN combines a variety of cardio and strength training exercises set to music. This is one class that is part of the Y-on-the-Fly mobile program.

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

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.



HEAP

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) 453-5278, Ext. 109.

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

Fire Safety Training with Zanesville Fire Department Assistant Chief, Doug Hobson on Feb. 21





POLLOCK APARTMENTS

- Conveniently Located Downtown
- Locked Entry Senior Building "62" and Over
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bolindierkesfuneralhome@gmail.com

www.bolin-dierkesfuneralhome.com

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14-1650

**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!



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