

MUSKINGUM COUNTY
CENTER for SENIORS

Learning Always. Laughing Together. Living Well.

GOLDEN news

OCTOBER | VOLUME 46, ISSUE 10 | 2023

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

Together, We Will Deliver

Our goal is to take care of our own.

Muskingum County Center for Seniors has poured heart, soul and resources into the **Meals on Wheels** program to keep it moving forward and protecting our community members who need nutrition, care and a helping hand.

**Big Numbers...
Big Responsibility,
BIG IMPACT**

12

current delivery
routes

450

average miles
driven a day

\$9.50

per meal cost for
home delivery*

500+

seniors served
a week

5

days a week
served***



Qualified Seniors are
on the waiting list

MEALS on WHEELS



* Cost of Home Delivery Cost Per Meal includes salaries and benefits for employees, cost of meal, meal prep, packaging, supplies, utilities, insurance, vehicle maintenance, licenses, and trainings.

** projected numbers based on daily averages through August 2023

*** frozen meal option on weekends

511

meals served a day

125,000

meals served a year**

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. 113

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

Board of Commissioners

Cindy Cameron

Melissa Bell

Mollie Crooks

Board of Trustees

Anthony Adornetto

Jay Benson

Sheryl Derry

Megan Durst

Wendy Harris

Ann Hollingsworth

R. Susan Jones

Flora Martin

James McDonald

Brian Wagner

Keely Warden

Melissa Wood

The MCCFS

Board of Trustees

will hold its next meeting on
Tuesday, October 10, 2023
at 8:00 AM.

Mission:

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

MCCFS will be CLOSED on the remaining dates in 2023:

Monday, October 9—Columbus Day

Tuesday, November 7—Election Day

(Meals on Wheels WILL be delivered)

Friday, November 10—Veterans' Day

Thursday/Friday, November 23-24—Thanksgiving

Monday/Tuesday, December 25-26—Christmas

Monday/Tuesday, January 1-2, 2024—New Year's

* NOTICE REGARDING CANCELLATIONS/CLOSINGS

* Any cancellations due to weather (or other emergencies) will be announced using our All-Call system, our website, Facebook, and WHIZ TV and radio. **REMINDER:** The call should show up as "Muskingum County" on Caller-ID. **PLEASE** make sure that we have your current contact information so that you receive these important messages.

My Senior Center

Just a reminder to please sign in 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.

LET US HELP YOU

NEED SOMETHING TO CELEBRATE?

Check out these holidays for **OCTOBER**

- 1 Homemade Cookies Day
- 2 Custodial Worker's Recognition Day
- 3 Look at the Leaves Day
- 4 National Taco Day
- 5 National Do Something Nice Day
- 6 National Noodle Day
- 8 National Chess Day
- 9 Fire Prevention Day
- 10 National Cake Decorating Day
- 12 Pumpkin Pie Day
- 14 National Dessert Day
- 16 Dictionary Day
- 17 National Pasta Day
- 21 Astronomy Day
- 22 National Nut Day
- 26 National Pumpkin Day
- 27 National Mother-in-Law Day
- 28 National Chocolate Day
- 29 National Cat Day
- 29 National Oatmeal Day
- 30 National Candy Corn Day
- 31 Halloween



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 September. We continue to be blessed by your generosity which enables us to continue providing quality service to the senior citizens of Muskingum County!



Come spend some time with officers from the Zanesville Police Department and the

*Muskingum County Sheriff's Office! They will be here to socialize with us on **Wednesday, October 4th** from **8:30 until 10:00 AM**. Be sure to thank them for their service to our community!*

MEDICARE OPEN ENROLLMENT

We will have Medicare counselors here to assist with the open enrollment process on the following dates:

Monday, October 23rd

Monday, November 13th

Monday, November 27th

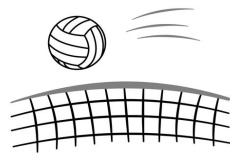
Please call to schedule an appointment—spots **WILL FILL QUICKLY!!**

What's Happening

Monday, October 2nd at 6:00 PM



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



CHAIR VOLLEYBALL FUN

Friday, Oct. 6 at 10:00 AM

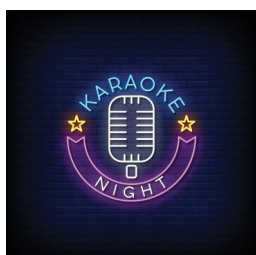


SCARECROW CRAFT

October 11th—12:00 PM

Cost: \$10.00

Registration is required and may be completed on our website or with Tara.



Do you love to sing?

Join us for **KARAOKE** the first Friday of the month (**October 6th**)!

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

Bring your friends!

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

Kelly's Homemade Soap Class

Thursday, October 12th at 9:00 AM

Cost: \$60.00

Gwinda Kelly from "Kelly's Hilltop Goats" will be teaching a 2 hour class from beginning to end of creating your very own soap!

Price includes the class and 10 bricks (bars) of soap. These make great gifts, or you can share with a friend.

REGISTRATION is available on our website, or you may register in person with Tara.



Three Sisters Studio –

Hand Paint your VERY own Beautiful Sunflower Vase AND take home 8 sunflowers (from Curly Girl Farms)!

Monday, October 16th @ 6:00 PM

Cost: \$30.00

REGISTER online or see Tara!



Be Well Cookie Co.

is back with more amazing cookies!



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

Cost: \$30.00

(includes instruction and 4 cookies)

Registration details at mccfs.org (or see Tara).

HELEN PURCELL

Good Ol' Gospel Music Night

Our gospel music night will be held on **THURSDAY, October 12th at 6:00 PM.**

Join us for fellowship and music, featuring the music of GRACE 4 FAITH.

Doors open at 5:00 PM.

Admission: \$2.00

Bring a **NEW guest** and they get in

FREE!



PUMPKIN COOKIES!

Grab your apron and your friends for some decorating fun!

WHEN: Oct. 18th at 12:00 PM

COST: \$8.00 ~ includes one dozen cookies, icing, and container. You are welcome to bring your favorite sprinkles and decorations.

**** Advance registration required. ****

"CARD CREATIONS BY KAREN"

Karen Bay - Instructor

Offering Handmade Card Classes

Thursday, October 19th 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!

ROCK-n-ROLL HALLOWEEN Dance

with DJ Adonis

Friday, October 20th—6:00 PM

(Doors open at 5:00)

Admission:
\$3.00



**** Halloween Costume contest & FUN!!**

LUNCH BUNCH

WHEN: Tuesday, October 24th at 11:30 AM

WHERE: Buffalo Wild Wings

(Brandywine Blvd.)



**BUFFALO
WILD
WINGS®**

Enjoy lunch (at your cost) & fun with friends!

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

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

Oct. 4—The Oaks at Northpointe
Oct. 11—Dolbow Senior Solutions
Oct. 13—AlterCare
Oct. 18—**OSU Buckeye BINGO!**
Oct. 20—**2:00 PM** (new time)
Oct. 25—Shriver's Hospice
Oct. 27—**SPooky BINGO!**



Join us for a **GRAND NIGHT** of **PUMPKIN PAINTING!**

Thursday, October 19th at 5:30 PM

\$5.00 per pumpkin

**Bring your family & friends for painting,
refreshments and FUN!!**



*** Must be registered by 10/16/23.**

Wine Bottle Painting

**Tues., October 24th
1:00 PM**



**Host, Ann Rudinsky will provide bottles,
paint, lights, and painting tips.**

No experience necessary! Bring your
friends and family!

Register at mccfs.org or see Tara.

Sugar Blossom's (Kelly Shumate, Instructor)

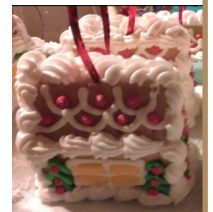
Gingerbread House Ornament Class

\$18.00—includes 2 ornaments
and materials

(fee is non-refundable, but may
reschedule for another class)

**Classes available on October 24th,
November 14th, or December 5th.**

*** Register at mccfs.org or with Tara.**



**Tarot Art History and
Iconography - Oct. 26**

Come learn about how the art
on tarot decks have changed
and evolved over the centuries, what symbols and
images have stuck, and why is the art still so
recognizable today.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>2</div> <div>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 CARDIO DANCE 6:00 PM DUPLICATE BRIDGE 6:00 PM EUCHRE 6:00 PM TRIVIA NIGHT 6:00 PM</div>	<div>3</div> <div>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</div>	<div>4</div> <div>BINGO 9:45AM ALZHEIMER'S REP. ONSITE 10:00 AM - 12:00 PM ALZHEIMER'S EDUCATION "Effective Communication" 12:00 PM WATERCOLORS 12:00 PM BEGINNERS BRIDGE 12:30 PM SENIOR-FIT 1:00 PM</div>	<div>5</div> <div>CARDIO DANCE 9:00 AM ARTHRITIS EXERCISE 9:30 AM BUTTON CLUB 11:00 AM P.E.R.I. 11:30 AM</div>	<div>6</div> <div>CHAIR VOLLEYBALL 10:00 AM DUPLICATE BRIDGE 12:30 PM CARDIO DRUMMING 1:00 PM KARAOKE NIGHT Admission: \$5.00</div>
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OCTOBER

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
2 Sweet 'n sour Chicken Rice Peas Fruit cup	3 Stuffed pepper Mashed potatoes Carrots Juice	4 BBQ pork sandwich Wedge fries Green beans Mandarin oranges	5 Chili Baked potato Pears Cornbread Applesauce	6 Tuna salad sandwich Potato salad Tossed salad Mixed fruit
9 CLOSED 	10 Hot dog Baked beans Tater tots Peaches	11 Chicken soft taco Lettuce/tomato Mexican rice Mandarin oranges	12 Spaghetti w/meat sauce Broccoli Applesauce Fruit juice Breadstick	13 Fish sticks Mac & cheese Stewed tomatoes Pineapple Fresh orange
16 BBQ riblette Red potatoes Mixed vegetables Mandarin oranges	17 Ham salad sandwich Potato soup Pickled beets Pineapple	18 Creamed chicken sandwich Au gratin potatoes Peas & carrots Apricots	19 Meatloaf Mashed potatoes Green beans Peaches	20 Beef & noodles Carrots Broccoli Grape juice
23 Meatballs in gravy Mashed potatoes Spinach Juice Cookie	24 Smoked sausage Cabbage Potato wedges Tropical fruit	25 Beef stew Mashed potatoes Tossed salad Mandarin oranges Biscuit	26 Cabbage roll Italian blend Peaches Fruit juice	27 Super chicken casserole Carrots Sweet potatoes Pears
30 Popcorn chicken Mashed potatoes Corn Applesauce	31 Ham & cheese Potato chips Macaroni salad Tomato wedges Fresh orange	Home delivered meal clients can help the Center save food, gas and money by calling our Nutrition Department by 9:30 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 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 October:

October 11th - Healthy Eating Patterns

Recipe: Corn Casserole

October 25th - Dairy: It's Not Just for Breakfast

Recipe: Ham & Swiss Breakfast Casserole

COMMODITIES NEWS:

Commodity can be picked up at the **Muskingum County Fairgrounds at 1300 Pershing Road. Please enter through Gate 1 at the east end of the fairgrounds and follow the traffic (parallel to Pershing) to the North Stage to pick up your box, and then exit through Gate 3. Gates will NOT open until 9:30 AM.** Please do NOT show up early. Through traffic on Pershing Road CANNOT be disrupted.

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

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

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

October 19th

November 16th

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, **October 19th:**

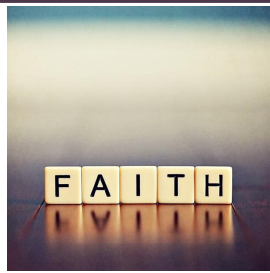


Cake provided by Shriver's Hospice



Our newly established Book Club will meet the second Tuesday of the month at 1:00 PM. The next meeting will be October 10th in the Frazeysburg Room.

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



FAITH & SPIRIT

October 12—We will compare how being a Christian is like being a pumpkin (based on the popular saying). We will then complete a fall pumpkin craft.

October 26—We will focus on the warmth of love--the love of God and others. We will make and enjoy warm cider!



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, October 12th and 26th. NO experience is necessary, and the more, the merrier. If you don't sew but would like to help, we can always use pattern cutters or people to disassemble basket liners using seam rippers. If you like to crochet, we have a Pocket Prayer Square pattern that you can also make .

A WORD FROM MARJORIE...

The Center for Seniors opened in Sunrise Center in 1998. At that time, I was going to The Fieldhouse next door three days a week. It was easy to stop in at the Center to line dance, eat lunch, etc.

In the Fall of 1999, the Activity Director held a meeting to ask for suggestions for activities. At that time, I was taking art classes at night in Cambridge. I suggested that we have a time and space to just come in and paint. Sara Winn volunteered to lead a watercolor class, and Phyllis Taylor volunteered to lead the acrylic class. Shortly before the Center moved to the 4th Street location, Phyllis became ill and could no longer lead the class, so I have kept it going until now.

I have enjoyed all of the art classes and working with all of the creative people for the past 24 years. I will certainly miss the people and all the fun we share, but it is time for me to let someone else take over.



Please join us in celebrating Marjorie's 24 OUTSTANDING YEARS of service to the Muskingum County Center for Seniors, with a reception for her at 2:00 PM on Monday, October 30th.



JOIN US at our **OPEN HOUSES** Come and see **YOUR Senior Center**

Monday, October 16

Join us for Fun - 5:00-7:00 PM

~ Beginner Line Dance Class 5-6PM, Cardio Dance 6-7PM, Euchre 6PM, Bridge 6PM and Sunflower Painting Class 6PM (registration required)

Wednesday, October 18

Join us for Health - 1:00-2:00 PM

~ featuring Senior Fit with Megyen from Y on the Fly for anyone at any age and fitness level, as well as healthy snacks and tours

Friday, October 20

Join us for Lunch at 11:00 AM

~ Tours will be available before and after lunch, Stay for Bingo at 2:00 PM

For more information, contact:
Muskingum County Center for Seniors
160 N. 4th Street
Zanesville, OH 43701
Phone: 740.454.9761 / Fax: 740.454.3309
www.mccfs.org
Kate Paul, Executive Director



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.



Public Health
Prevent. Promote. Protect.
Zanesville-Muskingum County

Drive Thru Flu Shot Clinic

October 3rd

8:00AM-6:00PM

at Muskingum County Fairgrounds

Flu Vaccine 6 months+
High Dose Flu Vaccine 65+
Available

COVID Vaccine 12+
Depending on availability

Muskingum County
Residents

Please bring with you to
cover cost of vaccine:

- Photo ID
- Insurance Card



JOIN US - October 4, 2023 Dementia EDUCATION PROGRAM



Muskingum County Center for Seniors ALZHEIMER'S EDUCATIONAL PROGRAM

Please Join us for an educational event

Effective Communication



Muskingum County Center
for Seniors
160 North 4th Street
Zanesville, OH 43701

Wednesday, October 4, 2023
12:00 pm

For more information contact:
Ginger Gagne
glgagne@alz.org
740.337.0343

Communication is more than just talking and listening – it's also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect.

Join us to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

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

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

800.272.3900 | alz.org

ALZHEIMER'S ASSOCIATION®

CENTER FOR
SENIORS
HOLIDAY CRAFT
SHOW

DECEMBER 8,
2023

MCCFS
5:00PM-8:00PM
\$30 /space

DURING STORYBOOK
CHRISTMAS

Contact Jill (740)969-6097

SAVE THE DATE

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!

