

The Senior Connection



GROCERY SHOPPING & DELIVERY PROGRAM

FOR COSHOCTON COUNTY SENIORS 60+



Can't get out for groceries? The Coshocton Senior Center has a grocery shopping and delivery program. If you give us your list, we will shop it and bring your groceries to your home! Please call the Center for more information at **740-622-4852.**

Did you know?

Our dedicated staff will make every effort to deliver meals during inclement weather. With the threat of winter weather upon us this time of year, please remember that if the Coshocton Senior Center should close or if meal delivery should be limited or cancelled, this will be announced on WTNS radio (99.3 FM). Please listen to your radio when the weather is bad! We will also post cancellations on our Facebook page. For home delivered meals, we have a mass call system for notifications— PLEASE keep your phone number updated with us!

One of the requirements of the Ohio Department of Aging for senior service providers, like the Coshocton Senior Center, is to conduct routine assessments and updates on every senior who utilizes our services. A staff member will conduct these over the phone, so please be sure to keep your phone number updated with us. We appreciate your assistance and cooperation as we complete these!





We have an amazing staff that is second to NONE! They are appreciated beyond measure, and we take this opportunity to say **THANK YOU** to each and every one of them! Above and beyond the call of duty is a normal occurrence in our day-to-day and we couldn't do what we do without them- **THANK YOU!**

And from all of us to all of you... we hope that 2024 finds everyone safe and well! **HAPPY NEW YEAR!**

Join us on Monday, January 8th at 1 pm for a Paint Party with the Coshocton Art Guild, sponsored by Senior Benefit Advantage.

Sign-up is required as space is limited.



January's Movie Matinee will be on Wednesday, January 10th at 1:00. Join us for a showing of *Indiana Jones and the Dial of Destiny*, the final installment in the series! Light refreshments will be provided.

Winter Heating Assistance

The Kno-Ho-Co-Ashland Community Action Commission's Emergency HEAP Winter Crisis Program began November 1st. Winter Crisis Program is a federally funded program administered by the Ohio Development Services Agency, Office of Community Assistance that provides financial assistance to low-income households that are threatened with disconnection from their heating source, or have already had service disconnected. Those households serviced by a PUCO-regulated utility are encouraged to sign up for the Percentage of Income Payment Plus Plan (PIPP Plus) or an alternate budget payment plan. Eligible households include those in disconnect status or notice of disconnection, transferring or establishing new service. Households utilizing bulk fuel must have a tank containing less than 25% of its capacity. Income documentation for all household members along with social security numbers, electric and gas bills, proof of U.S. citizenship/legal residency for all household members, proof of disability if disabled, and other documentation must be presented. Income guidelines are based at 175% of the Federal Poverty Level. For a household of one person annual income must fall at or below \$25,515, household of two is \$34,510, family of three is \$43,505, family of four the annual income must be at or below \$52,500. Income may also be calculated using the past 30 days which for a single household is \$2,097.12. Approved applicants will also have their application automatically processed for the Regular HEAP program, where additional assistance may be available.

Eligible households may receive financial assistance once per heating season. The HEAP heating season is November 1, 2023 - March 31, 2024. The benefit amounts are as follows: PUCO regulated gas or electric customers may receive a benefit of up to \$175, non-regulated electric or gas (i.e. co-ops) may receive a benefit amount up to \$750. Income eligible bulk fuel customers may receive up to \$650 for wood or coal, and up to \$1,200 is available for bulk fuel propane/bottled gas and fuel oil consumers. Assistance for furnace repair is also available up to \$1,500.

To learn more or to apply, phone the Kno-Ho-Co-Ashland Community Action Commission's HEAP office at 622-9801.

Commodity Box Participants

please note:

If you are on the Commodity Supplemental Food Program, it is very important to pick up your box on the distribution date each month. We have volunteers scheduled specifically for the purpose of loading the boxes into vehicles that day. Picking up boxes outside of this timeframe can cause hardship to Senior Center staff who are devoting their time to the many OTHER things that are available to seniors at our facility. What you should know:

- On distribution day, you may drive through and your box will be loaded.
- You MAY be removed from the program as a result of missing pickups.
- If you are removed from the program, you may NOT reapply for six months.
- You may designate a proxy to pick up your box if you are not able to come during the scheduled time.
- The week following the distribution date, we will start calling people from the wait list and cannot guarantee you a box.

We thank you kindly for your consideration.

2024 Pick-Up Dates:

January 9

February 13

March 12

April 9

May 14

June 11

July 9

August 13

September 10

October 8

November 12

December 10

**Next date: January
9th**

11:30 am – 4 pm



Dates to Remember

Check our monthly calendar for a complete listing of events and times!

- | | |
|---|--|
| 1/1– Closed for New Year’s Day | 1/15– Closed in observance of Martin Luther King, Jr. Day |
| 1/8– Paint Party with Coshocton Art Guild | 1/17– Birthday Party– sponsored by Altercare |
| 1/9– Commodity Supplemental Food Program box pick-up | 1/24– Mike Hoskins– piano |
| 1/10– Movie Matinee– <i>Indiana Jones and the Dial of Destiny</i> | 1/31– Open House Bingo– sponsored by Danbury Senior Living |
| 1/11– John Dotson– music | |

For more information on any of our services, please call us at **(740) 622-4852**.
Our business hours are Monday-Friday 8AM-4:30PM.

CONGREGATE MEALS: Served to seniors 60 & over at 12:00PM. Voluntary contribution of \$2.00 is suggested.

HOME DELIVERED MEALS: Delivery of hot, well-balanced nutritious meals, a friendly visit and a safety check to qualifying seniors.

NUTRITION EDUCATION: Scheduled to present nutrition information specifically for seniors.

AAA 9 PASSPORT SERVICES: Ohio Medicaid waiver program helping individuals who qualify to receive care and support services. We make referrals.

SOUPS/SALADS: Available Monday thru Friday between 11:00 am and 1:00 pm - \$3 for a 16 oz. cup of soup or a salad.

GROCERY ORDERING & DELIVERY: Call us with your order, we will shop for and deliver your groceries.



EXERCISE CLASSES: There are a variety of classes available; please see activity calendar to learn more.

GOLDEN BUCKEYE CARD: If you are 60+, or if you are 18–59 and can show proof of being permanently disabled, we can assist you with getting a Golden Buckeye Card.

COMMODITY SUPPLEMENTAL FOOD PROGRAM (CSFP): Monthly food program for those age 60+ who live in Coshocton County and meet income guidelines.

PRODUCE DAY: Fresh produce available to anyone age 60 or over. 1st Tuesday of the month at 1:30 pm when available. Not available during winter months.

INFORMATION & REFERRAL: Assistance with senior services in our community. Information and referrals available.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1		2	8:00 Yoga 9:15 Line Dancing 10:00 Meditation 11:30 Blood Pressure Checks w/ Lafayette Pointe 1:00 Hausey Hot Dog w/ Bun Mac-n-Cheese Baked Beans Coleslaw Sidekick & Milk	3	10:00 Senior Exercise 10:30 Geri-Fit 11:30 Blood Pressure Checks w/ Danbury Senior Living Cream of Chicken over Biscuit Mashed Potatoes Peas Tropical Fruit Dinner Roll & Milk	4	8:00 Yoga 9:15 Cardio Drumming 10:30 Chair Yoga 12:45 Bingocize Vegetable Soup Spinach Salad w/ Tomato Cottage Cheese Banana Fruit Muffin Crackers & Milk	5	10:00 Senior Exercise 10:30 Geri-Fit 1:00 Euchre Swiss Steak w/ Onions & Tomatoes Au Gratin Potatoes Harvest Blend Vegetables Assorted Fruit Dinner Roll & Milk
		9	8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Hausey 11:30-4 Commodity Box Pick-up BBQ Rib Sandwich Baby Redskin Potatoes Carrot Coins Pasta Salad Fresh Orange Milk	10	10:00 Senior Exercise 10:30 Geri-Fit 1:00 Movie Matinee- <i>Indiana Jones and the Dial of Destiny</i> Turkey & Noodles Mashed Potatoes Green Beans Banana Pudding Grapes Bread & Milk	11	8:00 Yoga 9:15 Cardio Drumming 10:30 Chair Yoga 11:00 John Dotson- music 11:30 Blood Pressure Checks w/ Coshocton Public Health 12:45 Bingocize Taco Salad (Lettuce, Tomato, Meat, Beans, Cheese, Sour Cream & Taco Sauce) Corn Chips Apple Slices Cookie & Milk	12	10:00 Senior Exercise 10:30 Geri-Fit 1:00 Euchre Johnny Marzetti Asparagus Cherry Crisp Side Salad w/ Dressing Breadstick & Milk
15	 Martin Luther King Jr. Day	16	8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Hausey Shredded Chicken w/ Bun Baby Bakers Broccoli & Cheese Cucumber, Tomato & Onion Salad Chocolate Pudding Milk	17	10:00 Senior Exercise 10:30 Geri-Fit 12:00 Birthday Party- Sponsored by Altercare Bratwurst w/ Bun Parslied Red Potatoes Baked Beans Peaches Milk	18	8:00 Yoga 9:15 Cardio Drumming 10:30 Chair Yoga 12:45 Bingocize Italian Sub Sandwich Cheddar Potato Soup Carrots w/ Ranch Pears String Cheese Milk	19	10:00 Senior Exercise 10:30 Geri-Fit 11:30 Blood Pressure Checks w/ Signature 1:00 Euchre Cornbread Taco Bake Spanish Rice Caramel Apple Crisp Broccoli Salad Fresh Plum Milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
22 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize Grilled Chicken Breast w/ Mozzarella Cheese over Al- fredo Noodles Peppers, Onions & Mush- rooms Italian Blend Vegetables Fruit Cocktail Italian Bread & Milk	23 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Hausey Country Fried Steak Mashed Potatoes Mixed Veggies Grapes Bread & Milk	24 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Mike Hoskins– piano Chicken Fajita (Chicken Strips w/ Peppers & Onions, Lettuce, Tomato, Cheese) White Rice w/ Vegetables Fiesta Corn Apple Slices & Milk	25 8:00 Yoga 9:15 Cardio Drumming 10:30 Chair Yoga 12:45 Bingocize Sloppy Charlie w/ Bun Scalloped Potatoes Maple Glazed Carrots Pineapple Tidbits Milk	26 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Euchre Meatball Sub Potato Wedges Capri Blend Vegetables Orange Jell-O w/ Mandarin Oranges Milk
29 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize Chicken Vegetable Stew Stuffing Warm Cinnamon Ap- plesauce Side Salad w/ Dressing 100% Grape Juice Bread & Milk	30 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Hausey Whole Grain Waffles Scrambled Eggs Hash Brown Banana V-8 Juice Milk	31 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Open House Bingo Ham & Bean Soup Carrot Raisin Salad Cottage Cheese Apricots Cornbread & Milk		



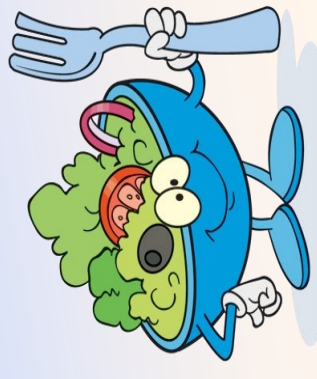
Soup of the Month:

Chicken Noodle

Take-Out Salads:

Choice of toppings and dressings, includes crackers

***Served 11-1. Cost is \$3 each.**



To access ingredient content, visit www.knohoco.org or call 740-622-4852. Choice of bread & milk with meal. There are no substitutions available.

Menu subject to change.

Winter

G	Y	D	N	I	W	E	R	G	M	E	K
A	L	W	O	O	L	L	Y	H	A	T	F
B	D	O	R	F	A	I	S	C	W	M	I
L	L	F	V	G	T	F	R	O	S	T	R
A	O	R	O	E	M	K	S	W	T	S	E
N	C	E	N	L	S	W	W	R	Y	L	P
K	E	E	R	S	N	O	W	M	A	N	L
E	C	Z	E	O	T	E	N	T	C	T	A
T	M	I	T	T	E	N	S	I	A	I	C
S	I	N	D	D	A	R	K	C	E	L	E
D	S	G	O	M	L	N	L	E	O	G	T
S	E	K	A	L	F	W	O	N	S	T	T
G	N	I	W	O	N	S	O	S	D	E	I
G	A	L	A	L	O	G	C	O	A	T	S

WORD LIST

COLD	WINDY	SNOWFLAKE
GLOVES	BLANKETS	MITTENS
SNOWING	ICE	WOOLLY
SNOWMAN	FIREPLACE	HAT
COATS	FREEZING	DARK
	FROST	

Senior Center Hours

Monday-Friday

8am-4:30pm

(740) 622-4852

Staff

April George.....	Co-Director
Jean Jacobs.....	Co-Director
Chris Emmert.....	Office Technician
Jessica Jones.....	Office Aide
Bud Moore.....	Dietary Manager
Michelle Bassett.....	Head Cook
Beth Vojacek.....	Kitchen Assistant
Austin Buckmaster.....	Kitchen Aide
Jennifer Kempf.....	Kitchen Aide
Stacey Reiman.....	Kitchen Aide
Kenny Zimmerman.....	Custodian
John Elson.....	HDM Driver
Vicky Piper.....	HDM Driver
Jessica Hebert.....	HDM Driver
Laurie Celeschi.....	HDM Driver
Tracie Shaw.....	HDM Driver
Kyle Kempf.....	HDM Driver
Mason Powell.....	HDM Driver
Renee Raber.....	HDM Driver
John Burt.....	HDM Driver
Karen Bevins.....	HDM Driver
Rick Phelps.....	HDM Driver
Amber Sells.....	HDM Driver
Wesley Morris.....	HDM Driver
Tammie Waite.....	HDM Driver

For Cancellations and Center Announcements



All of our senior programming is provided at no charge for seniors, and no senior will be denied services due to an inability or unwillingness to contribute toward the cost of any service. Voluntary contributions are encouraged and enable us to serve a larger number of seniors in Coshocton County. Coshocton Senior Center is an equal opportunity provider.

MEMBER OF:



**OHIO ASSOCIATION
OF SENIOR CENTERS**



**MEALS ON WHEELS
AMERICA 2023 MEMBER**

THE COSHOCTON SENIOR CENTER IS A SERVICE OF KNO-HO-CO-ASHLAND COMMUNITY ACTION COMMISSION. SERVICES ARE FUNDED IN PART WITH THE OHIO DEPARTMENT OF AGING THROUGH THE AREA AGENCY ON AGING REGION 9, INC., PASSPORT, COSHOCTON DEPARTMENT OF JOB AND FAMILY SERVICES, MID-OHIO FOODBANK, PRIVATE CONTRIBUTIONS, AND THE COSHOCTON COUNTY SENIOR LEVY. THANK YOU TO ALL OF OUR SUPPORTERS!

Scan the QR code below to be taken to our events page on the Coshocton Community Calendar, powered by Yodel. "Favorite" our calendar and add events to be notified of any changes.





Kno-Ho-Co-Ashland

Community Action Commission



Serving Knox, Holmes, Coshocton & Ashland Counties

Coshocton Senior Center

201 Browns Lane

Coshocton, Ohio 43812

NONPROFIT ORG.

U.S. POSTAGE

PAID

PERMIT NO. 120

COSHOCTON, OHIO

Return Service Requested

*Coshocton
Senior Center*

Caring People. Caring for You

*Happy
New Year*

*A Variety of Services
to Meet the Needs of Every Senior*

HIMKOWING
UNIVERSITY