

# The Senior Connection

April



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April is recognized as **National Stress Awareness Month** to bring attention to the negative impact of stress. Managing stress is an essential component of a healthy lifestyle. Knowing how to manage stress can improve mental and physical well-being as well as minimize exacerbation of health-related issues. It's critical to recognize what stress and anxiety look like, take steps to build resilience, and know where to go for help.

Stress management and resilience building are particularly important to the health of women. Here are several tips to help women as well as men (from the National Institutes of Health website):

- 1. Recognize and counter signs of stress.** Your body sends signals that it's stressed, including difficulty concentrating, headaches, cold hands, tight muscles, a nervous stomach, clenched teeth, feeling on edge, fidgety, irritable or withdrawn. Knowing how your body communicates can help you deal with stressful moments. Learn to not only recognize but also to name these feelings, either to oneself or to a friend. Then, take action to counter their effects. For example, deep breathing, stretching, going for a walk, writing down your thoughts and taking quiet time to focus can help induce relaxation and reduce tension.
- 2. Take time for yourself.** Make taking care of yourself a daily routine. It's not selfish or self-indulgent — and it might require saying “no” to requests or prioritizing yourself along with your responsibilities. Start with small changes in your routine to help build resilience to stressful circumstances. Work in time to exercise, eat healthy foods, participate in relaxing activities and sleep. In fact, including a regimen of exercise, which for some may include yoga or meditation, can be very important when feeling stressed. Also, take time to notice the “good minutes” in each day or to do something that you enjoy, such as reading a book or listening to music, which can be a way to shift your attention and focus on the positive rather than the negative.
- 3. Try new routines.** From scheduling bath and bedtimes to blocking off time to plan and prioritize tasks, additional structure can provide a daily framework that allows you to attune to your body's signals. Then, you can take steps to potentially manage stress earlier than you once did.
- 4. Stay connected and make new friends.** Stay in touch with family, friends and groups in your life — technology makes this easier than ever. Having or being a person to talk with can be reassuring and calming. Using video features can enhance the connection in telecommunication or online communications for some people.
- 5. See problems through a different lens.** Experts call changing the way we think about and respond to stress “reframing.” View sitting in traffic or around the house as an opportunity to enjoy music, podcasts or pleasant views. Reduce anger in response to rude or aggressive behavior by imagining what might be happening in that person's life. Keeping situations in perspective is an important way to boost stress resilience. Other steps include positive thinking and creating plans before you begin to resolve problems. You can practice reframing and get better at it over time.
- 6. Seek help with problems.** Many people experience the same day-to-day strains related to caregiving, relationships, health, work and money. Look to friends and family, as appropriate, or other trusted individuals or resources for tips and information.
- 7. Talk to a health professional if stress is affecting your well-being, you feel you cannot manage the stress you're experiencing, or stress has caused you to engage in or increase substance use.** Seek appropriate care if stress is harming your relationships or ability to work. If you have suicidal thoughts, call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255). Lifeline chat is a service available to everyone 24 hours a day, 7 days a week. In addition, if you need help locating a mental health provider, the Substance Abuse and Mental Health Services Administration (SAMHSA) offers a site that can assist you at <https://findtreatment.samhsa.gov>. People who have experienced traumatic stress (directly or indirectly experiencing life-threatening and dangerous events) should find a treatment provider who practices trauma informed care — see <https://go.usa.gov/xvydm> for details. Additionally, in times of disasters and other sorts of emergencies, the National Disaster Distress Helpline (Call 1-800-985-5990 or text “TALKWITHUS” to 66746) can provide crisis counseling, emotional support and referrals to care related to disasters and public health emergencies.

**Wear your favorite brightly colored clothing and JOIN US on Friday, April 12th for a spirit boost! As April is Stress Awareness Month, we will wear happy colors and enjoy root beer floats after lunch is served! A special “Thank You!” to Anne Randles at Adult Protective Services for sponsoring this event!**

In observance of Stress Awareness Month, we are pleased to welcome Krysten Smalley on Friday, April 19th from 10:00



until noon for chair massages. These will last for ten minutes only and are first come, first served, so please sign up for an appointment starting April 1st— these will go FAST! You will need to fill out a health history questionnaire prior to having a massage.





Due to lack of building space and limited staff, we will **NOT** be having produce pickup this season. We apologize for any inconvenience this causes. There is produce pickup at the Canal Lewisville United Methodist Church on the first Wednesday of each month at 9 am.

Get in the baseball season spirit with our monthly movie matinee— *The Hill* on **Wednesday, April 17th at 1:00!** Based on a true story, this film is about Rickey Hill, overcoming a physical handicap to try out for a legendary major league baseball scout.



Please join us! Light refreshments will Be provided.

### HEALTHY LIVING FOR YOUR BRAIN AND BODY: TIPS FROM THE LATEST RESEARCH

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices

that may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. Please plan to attend on **Friday, April 5th @ 11:15** as we welcome Laura from the Alzheimer's Association for this valuable information!



Help CCCTA build a better public transit system!

*We need your survey input!*



USE THE QR CODE OR WEBLINK TO ACCESS OUR SURVEY

### First Touch Emergency Response Presentation

First Touch Emergency Response was born from a vision to empower individuals with the confidence to live independently while ensuring swift assistance is always within reach. Founded by Matthew Gross in 2014, the company set out to redefine the landscape of medical alert systems, blending cutting-edge technology with compassionate care. In the realm of healthcare, every second counts. It's the swift response to emergencies that can make all the difference. This ethos lies at the heart of First Touch, a pioneering company dedicated to revolutionizing safety for individuals in need.

Please join us for a presentation with Matthew Gross on **Thursday, April 18th @ 11:30.**



Take the survey now and make your voice heard. To express our appreciation for your participation, we're offering two \$50 gift cards as incentives for completing our survey. Survey deadline: April 30, 2024!

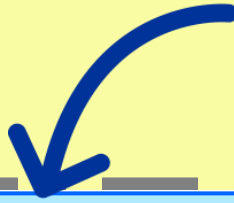
\*\* The winners of the \$50 gift cards will be selected randomly using a computerized system. All completed survey responses will be assigned a unique number, and two winners will be chosen impartially. The selected winners will be notified via email. \*\*

## Commodity Supplemental Food Program 2024 Pick-Up Dates:

April 9  
May 14  
June 11  
July 9  
August 13  
September 10  
October 8  
November 12  
December 10



**Next date: April  
9th  
11:30 am– 4 pm  
We thank you  
for picking up  
ON THE DATE  
LISTED when we  
schedule help to  
load your box  
into your car.  
\*\*\*Please note:  
we will be doing  
recertifications  
during the April  
distribution.**



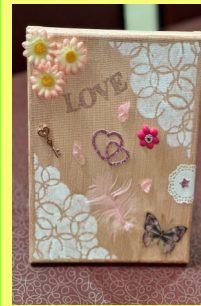
### **Tuesday, April 9<sup>th</sup> from 11:30 until 4:00 Application Renewal & Pick-up date for Commodity Boxes**

This month we will renew your application. If you are physically unable to come in, please send an authorized representative to recertify your application for you. Please bring (or have your authorized representative bring) proof of your age and residency such as driver's license, state ID, birth certificate, utility bill, etc. You will also need to know the amount of your monthly income.

If you are 60 or over, live in Coshocton County and meet income guidelines, you could be eligible for the Commodity Supplemental Food Program. If you would like to apply for this program, Please call the Senior Center Monday through Friday from 9AM until 4:00PM to apply at **740-622-4852**.



**Make Giving Back Your Second Act** Get involved with COAD Senior Programs! Join other adults, who, like yourself, are making new friends, learning new skills, and enjoying life while serving in ways that benefit others and improve communities with COAD Senior Programs. Laura with Retired Senior Volunteer Program (RSVP) and Melissa with Foster Grandparents (FGP) and Senior Companions will be here on **Wednesday, April 10th at 11:30am** to share information on how you can join and use your skills and talents.



Join us Wednesday, April 10th @ 1:00 for our monthly craft-mixed media! Please sign up beginning on April 1st as space is limited.

A special thank you to Vicki Young for instructing this class!!

## Dates to Remember

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

- |  |   |
|--|---|
| <b>April 3rd– Book Club– <i>The Woman They Could Not Silence</i></b>                                   | <b>April 12th– Wear your favorite brightly colored shirt, hat or scarf!</b> |
| <b>April 5th– Healthy Living for Your Brain and Body Presentation with the Alzheimer’s Association</b> | <b>April 16th– John Dotson– music</b>                                       |
| <b>April 9th– Commodity Supplemental Food Program application renewal and box pickup</b>               | <b>April 17th– Movie Matinee– <i>The Hill</i></b>                           |
| <b>April 10th– RSVP Presentation</b>   | <b>April 18th– First Touch Medical Alert Presentation</b>                   |
| <b>April 10th– Craft w/ Vicki Young– Mixed Media</b>   | <b>April 19th– Chair Massage w/ Krysten Smalley by appointment</b>          |
|  | <b>April 24th– Mike Hoskins– piano</b>                                      |
|  | <b>April 24th– Open House Bingo</b>   |

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 or stop in for brochures.

**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.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY										
<p><b>1</b> 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize</p> <p>Hamloaf Scalloped Potatoes Succotash Fresh Cut Fruit Dinner Roll &amp; Milk</p>	<p><b>2</b> 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 11:30 Blood Pressure Checks w/ Lafayette Pointe 1:00 Hausey Macaroni &amp; Beef Goulash Warm Cinnamon Chunky Applesauce California Blend Veggies Raisins Bread &amp; Milk</p>	<p><b>3</b> 10:00 Senior Exercise 10:30 Geri-Fit 11:30 Blood Pressure Checks w/ Danbury Senior Living 1:00 Book Club</p> <p>Bratwurst w/ Bun Au Gratin Potatoes Sauerkraut Pears Cookie &amp; Milk</p>	<p><b>4</b> 8:00 Yoga 9:15 Cardio Drumming 10:30 Chair Yoga 12:45 Bingocize</p> <p>Bacon Cheeseburger Soup Loaded Baked Potato Salad Cottage Cheese Apple Slices Jell-O w/ Fruit Breadstick &amp; Milk</p>	<p><b>5</b> 10:00 Senior Exercise 10:30 Geri-Fit 11:15 Healthy Living For Your Brain &amp; Body 1:00 Euchre</p> <p>Turkey Pot Pie Brussels Sprouts Spiced Peaches Carrot Raisin Salad Bread &amp; Milk</p>	<p><b>8</b> 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize</p> <p>Chicken &amp; Noodles Mashed Potatoes Peas Pineapple Chunks Bread &amp; Milk</p>	<p><b>9</b> 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Hausey <b>11:30-4 Commodity Box</b> <b>Pick-up</b> Sloppy Joe w/ Bun Baby Bakers Battered Cauliflower Cantaloupe Chunks Vanilla Pudding Milk</p>	<p><b>10</b> 10:00 Senior Exercise 10:30 Geri-Fit 11:30 RSVP Presentation 1:00 Craft w/ Vicki Young</p> <p>Liver &amp; Onions Parslied Red Potatoes Maple Glazed Carrots Tropical Fruit Brownie Bread &amp; Milk</p>	<p><b>11</b> 8:00 Yoga 9:15 Cardio Drumming 10:30 Chair Yoga 11:30 Blood Pressure Checks w/ Coshocton Public Health 12:45 Bingocize</p> <p>Hawaiian Chicken Rice Pilaf Harvest Blend Vegetables Cucumber &amp; Tomato Marinade Fresh Kiwi Bread &amp; Milk</p>	<p><b>12</b> 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Euchre <b>Wear bright colors and join us for Root Beer Floats!</b></p> <p>Mini Corn Dogs Tater Tots Broccoli &amp; Cheese Mandarin Oranges Fruit Muffin &amp; Milk</p>	<p><b>15</b> 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 11:30 Blood Pressure Checks w/ Interim 12:45 Bingocize</p> <p>Taco Salad (Lettuce, Tomato, Meat, Beans, Cheese, Sour Cream &amp; Taco Sauce) Doritos 100% Fruit Juice Rice Krispy Treat &amp; Milk</p>	<p><b>16</b> 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 11:00 John Dotson– music 1:00 Hausey</p> <p>Chicken Strips Mac-n-Cheese Normandy Blend Vegetables Jell-O w/ Fruit Carrots w/ Ranch Milk</p>	<p><b>17</b> 10:00 Senior Exercise 10:30 Geri-Fit 11:30 Blood Pressure Checks w/ Ember Complete Care 12:00 Birthday Party– sponsored by Altercare 1:00 Movie Matinee– <i>The Hill</i></p> <p>Beef Hot Dog w/ Bun Sweet Potato Tots Corn Coleslaw Pasta Salad &amp; Milk</p>	<p><b>18</b> 8:00 Yoga 9:15 Cardio Drumming 10:30 Chair Yoga 11:30 First Touch Medical Alert Presentation 12:45 Bingocize</p> <p>Stuffed Pepper Soup Spinach Salad w/ Tomato Grapes 100% Apple Juice Fruit Muffin &amp; Milk</p>	<p><b>19</b> 10:00 Senior Exercise 10-12 Chair Massage w/ Krysten Smalley– by appt. 10:30 Geri-Fit 11:30 Blood Pressure Checks w/ Signature 1:00 Euchre</p> <p>Breaded Fish Square w/ Bun Scalloped Potatoes Beets Apricots Milk</p>
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<p><b>22</b> 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize</p> <p>Hamburger Gravy Mashed Potatoes Lima Beans Fruit Cocktail Dinner Roll &amp; Milk</p>	<p><b>23</b> 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Hausey</p> <p>French Toast Bake Sausage Links Hash Brown Banana 100% Orange Juice Milk</p>	<p><b>24</b> 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Mike Hoskins—piano 1:00 Open House Bingo- Sponsored by Danbury Senior Living</p> <p>Lasagna Green Beans Peach Crisp Tossed Salad w/ Dressing Breadstick &amp; Milk</p>	<p><b>25</b> 8:00 Yoga 9:15 Cardio Drumming 10:30 Chair Yoga 12:45 Bingocize</p> <p>Cheeseburger w/ Bun (Lettuce, Tomato &amp; Onion) Potato Wedges Baked Beans Pickle Spear Cantaloupe &amp; Milk</p>	<p><b>26</b> 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Euchre</p> <p>Chicken Parmesan over Penne Pasta w/ Marinara Italian Blend Vegetables Fruit Crisp Broccoli Salad Italian Bread &amp; Milk</p>
<p><b>29</b> 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize</p> <p>Pizza Burger w/ Bun Tater Kegis Mixed Veggies Pineapple Tidbits Milk</p>	<p><b>30</b> 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Hausey</p> <p>Swedish Meatballs Mashed Potatoes Broccoli &amp; Cauliflower Cuts Tropical Fruit Dinner Roll &amp; Milk</p>			



**Soup of the Month:**

**Cream of Potato**

**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](http://www.knohoco.org) or call 740-622-4852. Choice of bread & milk with meal. There are no substitutions available.

**Menu subject to change.**



# Garden Tools

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





# WORD LIST

RAKE  
LAWN MOWER  
FORK  
LEAF BLOWER  
SHOVEL  
WHEELBARROW

PRUNER  
HOSE REEL  
TRIMMER  
TROWEL  
WATERING  
CAN

CHAINSAW  
SPRINKLER  
EDGER  
SHEARS  
GLOVES  
BRUSH

**For Cancellations  
and Center  
Announcements  
Tune In To:**



**Follow Us On:**



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.

## 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



MEMBER OF:



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.



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!



# 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  
COSHOCOTON, OHIO

**Return Service Requested**

 *Coshocton  
Senior Center*

*Caring People. Caring for You*

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