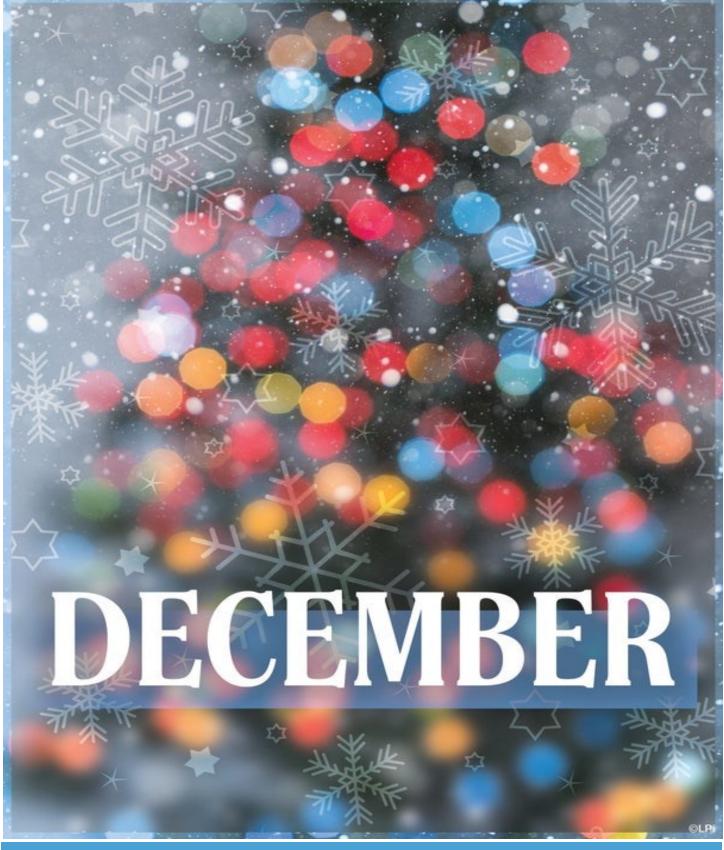
The Senior Connection



Please join us for **Coffee With A Doc** on **Tuesday, December 10th at 11:00am!** This group discussion on Digestive Health with Dr. Jess Bahan is being sponsored by Coshocton Public Health. A brief Q&A session will follow the presentation.



In Case of Bad Weather....



With the threat of winter weather right around the corner, it is always a good idea to think about what you should have on hand in the case of weather-related emergencies and/or loss of power. Remember the following when selecting food for your supply:

- * Keep several sealed store-bought jugs of water on the shelf for drinking and cooking in case the pipes freeze and you have no running water.
- *Powdered milk stays fresh on the shelf. It will provide protein, calcium, calories and fluid. You can make one glass at a time. It tastes best cold.
- ☼ Canned potatoes can supply some of the starch and calories you need in your meal.
- *Place a box of your favorite cold cereal on your emergency shelf for breakfast and snacks. Choose one you like well enough to eat dry if necessary.
- * Canned food from the store can be eaten without heating.
- *Peanut butter, processed cheese spread, and canned meats such as tuna, chicken and salmon are good protein sources. Keep them and foods like beef stew, chili, canned spaghetti, and canned vegetables on your emergency shelf.
- **Store** a variety of canned fruits on the shelf.
- *Once the threat of winter storms and spring tornadoes has passed, you can gradually use your emergency food as part of your daily meals. Canned food should be eaten within six months. Replenish your emergency shelves each fall when you turn your clocks back.

Our dedicated staff makes 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 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— <u>PLEASE</u> keep your phone number updated with us!



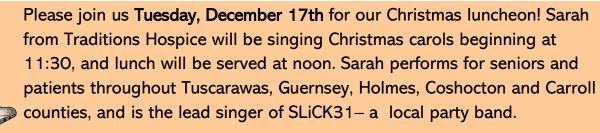
Join us on Wednesday,

December 11th for a

Christmas craft with

Traditions Health.

Sign-up is required as space and supplies are limited. Please sign up starting on December 1st.



Menu includes ham slice, sweet potato casserole, green bean casserole, 100% grape juice, angel food cake with strawberries, and a dinner roll.

Please make your reservations as soon as possible, as we expect a large crowd that day! You can let us know at the front desk or call (740) 622-4852.



Each and every day of the year, but even more so this time of year, we are thankful for each and every one of YOU! From all of us at the Coshocton Senior Center to all of you– have a safe and happy holiday season!

The handbell players from River View Junior High will be here for your musical entertainment on **Wednesday, December**



18th at 11:00. Please join us for what is always a fun, festive performance!

Tuesday, December 31st we will have Mike Hoskins to entertain you on the piano at 11:00am.

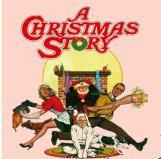


Lunch will follow at noon and will include pork and sauerkraut, mashed potatoes, maple glazed carrots, orange pineapple fluff, fortune cookie and a dinner roll. Please join us in ushering 2024 out and welcoming in 2025.

We respectfully request advance reservations by giving us a call at (740) 622-4852 or stopping at the front desk.

We will be closed on

Wednesday, January 1st in
observance of New Year's Day.



December's movie matinee will be on **Friday, December 13th at 1:00pm**. Please join us

for a showing of *A Christmas Story*! Light refreshments will be provided.

We will be closed on **Thursday, December 19th** for employee recognition. Senior Center staff receiving service awards this year are: **Bud Moore and Kenny Zimmerman for 15 years, John Elson and Vicky Piper for 10 years, and Michelle Bassett for 5 years**. Congratulations to these employees and THANK YOU for your years of dedicated service!

We will also be closed on **Tuesday, December 24th and Wednesday, December 25th** for Christmas. There will be no meals delivered on these days, but a frozen meals is available upon request for those who participate in the home delivered meal program.



Commodity Supplemental Food Program 2024-25 Pick-Up Dates:

December 10

January 14

February 11

March 11

April 8

May 13

June 10

Next date: December 10th
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 that there is NO
EARLY PICK-UP.

Please remember that failure to pick up your box two times in a row will result in the forfeiture to participate in this program.

We ask that you please call (740) 622-4852 if you will not be able to pick up your box on the distribution day.

Medicare's annual open enrollment period to select coverage is October 15— December 7. We will have counselors from Ohio Senior Health Insurance Information program (OSHIIP) for help with plan comparison and enrollment for the upcoming year.

Appointments will be available on December 2nd.

Please call the Senior Center at (740) 622-4852 to set up an appointment.

Powerful Tools for Caregivers is a program you can count on to make a positive difference in your life.

Caring for a family member or friend with a chronic condition can be physically, emotionally, and financially draining. This highly effective, evidenced-based, self-care education program for family caregivers builds the skills caregivers need to take better care of themselves as they provide care for others. Caregiver participants learn to minimize the potentially negative impacts of caregiving and enhance self-care and empowerment.



This program consists of six classes that are held at the Coshocton Senior Center. These classes will provide you with tools and strategies to better handle the caregiver challenges you face.

Registration is required - for more information call the Center at **740-622-4852**.

Winter Crisis Program Starts November 1

The Ohio Department of Development and Kno-Ho-Co-Ashland Community Action Commission will help income-eligible Ohioans stay warm during the winter months.

From November 1st through March 31st, income-eligible Ohioans can receive assistance with utilities facing disconnection and/or bulk fuels or assistance paying for heating system repairs through the Ohio Department of Development's Home Energy Assistance Winter Crisis Program.

To qualify for assistance, Ohioans must have a gross income at or below 175 percent of the Federal Poverty Guidelines for a family of up to seven members, and 60 percent of the State Median Income for a family of eight or more members. For a family of four, the annual income must be at or below \$54,600.

To apply for the program, clients are required to schedule an appointment with Kno-Ho-Co-Ashland Community Action Commission. Appointments can be scheduled by calling 740-622-9801. Clients need to bring copies of the following documents to their appointment:

- Copies of their most recent energy bills.
- A list of all household members and proof of income for the last 30 days or 12 months for each member.
- Proof of U.S. citizenship or legal residency for all household members. Proof of disability (if applicable).

Eligible households can receive up to \$175 if they are a client of a regulated utility, or \$750 if they are a client of an unregulated utility such as electric cooperatives. The main heating source and/or related electric service must be either in disconnect status, have been terminated, need to establish new service, need to transfer service, or have 25% (or less) of bulk fuel supply remaining, or heating unit repair/replacement is needed. The assistance is applied to their utility bill and/or applied to the heating system repair costs. An appointment noshow may result in utilities being shut off.

For more information about the Winter Crisis Program, and what is needed to apply, contact Kno-Ho-Co-Ashland Community Action Commission at **740-622-9801**. To be connected to your local Energy Assistance Provider visit www.energyhelp.ohio.gov or call **(800) 282-0880**.

The Ohio Department of Development empowers communities to succeed by investing in Ohio's people, places, and businesses. Learn more about our work at <u>development.ohio.gov</u>.

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
w/ OSHIIP by appointment 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize Bacon Breakfast Scramble Hash Brown Baked Cinnamon Apples V-8 Juice Bagel w/ Cream Cheese Milk	8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Hausey Taco Salad (Lettuce, Tomato, Meat, Beans, Cheese, Taco Sauce & Sour Cream) Corn Chips Fresh Orange Brownie & Milk	4 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Book Club Shredded Chicken w/ Bun Baked Potato w/ Butter & Sour Cream California Blend Vegetables Apricots Milk	8:00 Yoga 9:15 Cardio Drumming 10:00 Foster Grandparents 10:30 Chair Yoga 12:45 Bingocize Potato Soup Egg Salad Croissant Carrots w/ Ranch Tropical Fruit Crackers & Milk	10:00 Senior Exercise 10:30 Geri-Fit 1:00 Euchre Fish Filet w/ Bun Scalloped Potatoes Lima Beans Sugar-Free Orange Jell-O w/ Pineapple Milk
10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize Tuna Noodle Casserole Normandy Blend Vegetables Peach Crisp Spinach Salad w/ Tomato Bread & Milk	10 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 11:00 Coffee with a Doc 1:00 Hausey 11:30-4 Commodity Box Pick-up Popcorn Chicken Corn Mixed Fruit Bread & Milk	10:00 Senior Exercise 10:30 Geri-Fit 1:00 Christmas Craft w/ Traditions Health Mac-n-Cheese Stewed Tomatoes Sweet Baby Peas Pears & Cottage Cheese Bread & Milk	8:00 Yoga 9:15 Cardio Drumming 10:30 Chair Yoga 12:45 Bingocize Soup Beans & Ham Cucumber & Tomato Salad Banana String Cheese Cornbread Crackers & Milk	13 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Euchre 1:00 Movie Matinee- A Christmas Story Sloppy Joes w/ Bun Roasted Sweet Potatoes Butter Beans Broccoli Salad Christmas Cookie Milk
16 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 11:30 Blood Pressure Checks w/ Interim 12:45 Bingocize Chef Salad (Turkey & Ham, Lettuce, Tomato, Cucumber, Onion, Egg & Cheese) Apple Slices Fruit Muffin Crackers & Milk	8:00 Yoga 10:00 Meditation 11:30 Carols w/ Sarah 1:00 Hausey Christmas Luncheon Ham Slice Sweet Potato Casserole Green Bean Casserole 100% Grape Juice Angel Food Cake w/ Strawberries Dinner Roll & Milk	18 10:00 Senior Exercise 10:30 Geri-Fit 11:00 River View Jr. High Hand Bell Players 11:30 Blood Pressure Checks w/ Ember Complete Care 12:00 Birthday Party— sponsored by Altercare Cheeseburger w/ Bun (Lettuce, Tomato, Onion) Potato Wedges Baked Beans Pickle Spear Milk	CLOSED FOR Employee Recognition	20 10-2 Chair Massage w/ Krysten Smalley – by appt. 10:00 Senior Exercise 10:30 Geri-Fit 11:30 Blood Pressure Checks w/ Signature 1:00 Euchre Salisbury Steak w/ Onions & Mushrooms Au Gratin Potatoes Peas & Carrots Peas & Carrots Peaches Macaroni Salad & Milk

Spaghetti w/ Mini Meatballs Garlic Cheddar Biscuit & Milk **Tossed Salad w/ Dressing Sugar-Free Pudding** 10:00 Senior Exercise **Apple Crisp** Asparagus 10:30 Geri-Fit 1:00 Euchre BBQ Pork Sandwich w/ 9:15 Cardio Drumming **Broccoli & Cheese Baby Bakers** 10:30 Chair Yoga Coleslaw 12:45 Bingocize 8:00 Yoga **WEDNESDAY** WISHING YOU A HAPPY HOLIDAY! 24TH & 25TH ecerylaer. CLOSED TUESDAY 24 **Parslied Red Skin Potatoes Italian Blend Vegetables** Chicken Patty w/ Bun **Sugar-Free Pudding** 10:00 Senior Exercise 11:00 Penny Bingo Pears ΞĚ 12:45 Bingocize 0:30 Geri-Fit

Dancing tration

Hoskins—piano

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Calculation

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Edized Carrots

10:00 Senior Exercise

11:00 Penny Bingo

10:30 Geri-Fit

12:45 Bingocize



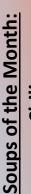
Loaded Potato Salad

Fig Newton

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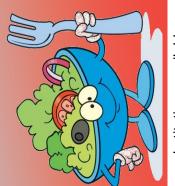
8:00 Yoga
9:15 Line Dancing
10:00 Meditation
11:00 Mike Hoskins- piano
1:00 Hausey
Roasted Pork & Sauerkraut
Mashed Potatoes
Maple Glazed Carrots
Orange Pineapple Fluff
Fortune Cookie
Dinner Roll & Milk

Mini Corndogs Mac & Cheese Green Beans



Chili Ham & Bean 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.

Christmas

S	Т	Υ	L	Р	R	Е	S	Е	N	Т	S
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L	Α	R	N	S	S	Α	Т	G	R	Е	K
Е	N	Е	Т	I	R	F	S	D	S	С	Α
В	Т	М	F	R	1	Е	N	D	S	0	С
Е	Α	С	S	G	Е	R	0	J	G	R	Υ
L	С	Н	С	U	0	Е	С	Α	N	Α	L
G	L	R	R	I	G	R	R	С	Α	Т	1
N	Α	I	0	J	R	Е	Α	K	Т	-1	М
1	U	S	0	0	I	G	С	F	I	0	Α
J	S	Т	G	L	N	N	K	R	٧	N	F
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Е	F	Α	S	Υ	Н	М	R	S	Т	J	Т
G	Α	S	С	I	G	S	S	T	Υ	I	Т



WORD LIST

CHRISTMAS CRACKERS TREE

MANGER NATIVITY MERRY

PRESENTS GRINCH **JACK FROST**

FAMILY FRIENDS

GIFTS

DECORATIONS SANTA CLAUS JOLLY JINGLE BELLS SCROOGE

ANGEL

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	
Jessica Jones	Office Aide
Bud Moore	Dietary Manager
Michelle Bassett	
Beth Vojacek	
Jennifer Kempf	
Stacey Reiman	
Kenny Zimmerman.	
John Elson	
Vicky Piper	HDM Driver
Jessica Hebert	
Laurie Celeschi	HDM Driver
Tracie Shaw	HDM Driver
Kyle Kempf	HDM Driver
Mason Powell	
Renee Raber	HDM Driver
John Burt	HDM Driver
Karen Bevins	HDM Driver
Rick Phelps	HDM Driver
Amber Sells	
Wesley Morris	HDM Driver
Tammie Waite	

MEMBER OF:





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.





Serving Knox, Holmes, Coshocton & Ashland Counties

Coshocton Senior Center

201 Browns Lane Coshocton, Ohio 43812

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COSHOCTON, OHIO

