

The Senior Connection



DECEMBER

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:

- * Use your emergency food only when you have a real emergency.*
- * 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.*
- * Store paper plates, cups, and plastic utensils to use when there is no water to wash the dishes.*
- * 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.*
- * Remember to place a hand-operated can opener on the shelf with your emergency supply in case of power outage.*
- * 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— PLEASE 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.



Please join us **Tuesday, December 17th** for our Christmas luncheon! Sarah from Traditions Hospice will be singing Christmas carols beginning at 11:30, and lunch will be served at noon. Sarah performs for seniors and patients throughout Tuscarawas, Guernsey, Holmes, Coshocton and Carroll counties, and is the lead singer of SLiCK31– a local party band.

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!



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.

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.

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.

***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.****

Medicare's annual open enrollment period to select
coverage is October 15– December 7. We will have
counselors from Ohio Senior Health Insurance Infor-
mation program (OSHIIP) for help with plan compar-
ison 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.

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 no-show 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 development.ohio.gov.

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>2 9-3 Medicare Counseling w/ OSHIP by appointment 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize</p> <p>Bacon Breakfast Scramble Hash Brown Baked Cinnamon Apples V-8 Juice Bagel w/ Cream Cheese Milk</p>	<p>3 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Hausey</p> <p>Taco Salad (Lettuce, Tomato, Meat, Beans, Cheese, Taco Sauce & Sour Cream) Corn Chips Fresh Orange Brownie & Milk</p>	<p>4 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Book Club</p> <p>Shredded Chicken w/ Bun Baked Potato w/ Butter & Sour Cream California Blend Vegetables Apricots Milk</p>	<p>5 8:00 Yoga 9:15 Cardio Drumming 10:00 Foster Grandparents 10:30 Chair Yoga 12:45 Bingocize</p> <p>Potato Soup Egg Salad Croissant Carrots w/ Ranch Tropical Fruit Crackers & Milk</p>	<p>6 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Euchre</p> <p>Fish Filet w/ Bun Scalloped Potatoes Lima Beans Sugar-Free Orange Jell-O w/ Pineapple Milk</p>
<p>9 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize</p> <p>Tuna Noodle Casserole Normandy Blend Vegetables Peach Crisp Spinach Salad w/ Tomato Bread & Milk</p>	<p>10 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 11:00 Coffee with a Doc 1:00 Hausey</p> <p>11:30-4 Commodity Box Pick-up Popcorn Chicken Cheddar Mashed Potatoes Corn Mixed Fruit Bread & Milk</p>	<p>11 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Christmas Craft w/ Traditions Health</p> <p>Mac-n-Cheese Stewed Tomatoes Sweet Baby Peas Pears & Cottage Cheese Bread & Milk</p>	<p>12 8:00 Yoga 9:15 Cardio Drumming 10:30 Chair Yoga 12:45 Bingocize</p> <p>Soup Beans & Ham Cucumber & Tomato Salad Banana String Cheese Cornbread Crackers & Milk</p>	<p>13 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Euchre 1:00 Movie Matinee- <i>A Christmas Story</i></p> <p>Sloppy Joes w/ Bun Roasted Sweet Potatoes Butter Beans Broccoli Salad Christmas Cookie Milk</p>
<p>16 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 11:30 Blood Pressure Checks w/ Interim 12:45 Bingocize</p> <p>Chef Salad (Turkey & Ham, Lettuce, Tomato, Cucumber, Onion, Egg & Cheese) Apple Slices Fruit Muffin Crackers & Milk</p>	<p>17 8:00 Yoga 10:00 Meditation 11:30 Carols w/ Sarah 1:00 Hausey</p> <p>Christmas Luncheon Ham Slice Sweet Potato Casserole Green Bean Casserole 100% Grape Juice Angel Food Cake w/ Strawberries Dinner Roll & Milk</p>	<p>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</p> <p>Cheeseburger w/ Bun (Lettuce, Tomato, Onion) Potato Wedges Baked Beans Pickle Spear Milk</p>	<p>19 CLOSED FOR</p>  <p>Employee Recognition</p>	<p>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</p> <p>Salisbury Steak w/ Onions & Mushrooms Au Gratin Potatoes Peas & Carrots Peaches Macaroni Salad & Milk</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
23 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize Chicken Patty w/ Bun Parslied Red Skin Potatoes Italian Blend Vegetables Pears Sugar-Free Pudding Milk	24 	25 	26 8:00 Yoga 9:15 Cardio Drumming 10:30 Chair Yoga 12:45 Bingocize BBQ Pork Sandwich w/ Bun Baby Bakers Broccoli & Cheese Coleslaw Milk	27 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Euchre Spaghetti w/ Mini Meatballs Asparagus Apple Crisp Tossed Salad w/ Dressing Sugar-Free Pudding Garlic Cheddar Biscuit & Milk
30 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize Mini Corndogs Mac & Cheese Green Beans Loaded Potato Salad Fig Newton Milk	31 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			



Soups of the Month:

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



WORD LIST

CHRISTMAS MANGER PRESENTS
 CRACKERS NATIVITY GRINCH
 TREE MERRY JACK FROST
 DECORATIONS SANTA CLAUS ANGEL
 FAMILY JOLLY
 FRIENDS JINGLE BELLS
 GIFTS SCROOGE

**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
 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:



**OHIO ASSOCIATION
 OF SENIOR CENTERS**



**MEALS ON WHEELS
 AMERICA 2024 MEMBER**

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

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