

The Senior Connection



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During 2024, the Coshocton Senior Center went almost **120,000** miles to deliver over **125,000 meals!** We also served more than **10,000 meals** at the center and completed over **400 grocery trips** for Coshocton County seniors!

We also held MANY exercise classes, as well as bingo, movies and craft classes! There are even a few card groups that meet at the center- there is truly something for everyone!

If you or someone you know are in need of our services, or would simply like to learn more, please stop and see us or give us a call at **(740) 622-4852!**

Just a quick reminder to follow the Coshocton Senior Center **Facebook** page and/or listen to **WTNS 99.3 FM** on your radio dial for closing and cancellations. Did you know that you can listen to WTNS on your smart phone by entering mywtnsradio.com into your phone's browser?

The results are IN! The results of our annual satisfaction survey shows a 98.3% approval rating for home delivered meals and a 100% approval rating for congregate meals (of the surveys returned). This worked out to a 98.7% overall approval rating!



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.



Please join us on **Wednesday, February 5th at 1:00pm** for a showing of 1942's *Casablanca*, starring Ingrid Bergman and Humphrey Bogart. Filmed and set during World War II, it focuses on an American expatriate who must choose between his love for a woman and helping her husband, a Czech resistance leader, escape from Casablanca to continue his fight against the Germans.

Light refreshments will be provided!



It is with broken hearts that we share news of the passing of Co-Director Jean Jacobs. Jeannie began working at the Senior Center in October 2007 as a home delivered meal driver and held a number of positions during her seventeen years here. Beloved by colleagues and the seniors she served, her loss will be felt by many. Please keep Jeannie's family in your thoughts as they navigate the difficult days ahead.

Please join us on **Wednesday, February 12th** for painting fun with Michelle from Shrivvers Hospice! The craft will be a DIY Valentine canvas bag. Sign-up is required as space and supplies are limited. You may sign up beginning February 1st.



Coshocton Public Health District Presents:

Coffee With A Doc



Join us for a group discussion on Nutrition with Leslie Mayle, RDN, LD.

Leslie graduated from The Ohio State University with a Bachelor of Science and specialty in Medical Dietetics.

Leslie is currently the Director of Nutrition Services for CRMC where she provides outpatient counseling, works with community partners to provide Diabetes classes and Nutrition Fairs, acute inpatient care and directs the hospital's food service operations.



FREE COFFEE & TREATS

NUTRITION

Thursday, February 20th 2025
(11:00AM)

Coshocton Senior Center
201 Browns Lane in Coshocton

Coshocton Regional Medical Center

March Event: Dr. Douglas Virostko - Cardiovascular Health



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



February 11

March 11

April 8

May 13

June 10

**Next date: February 11th
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.

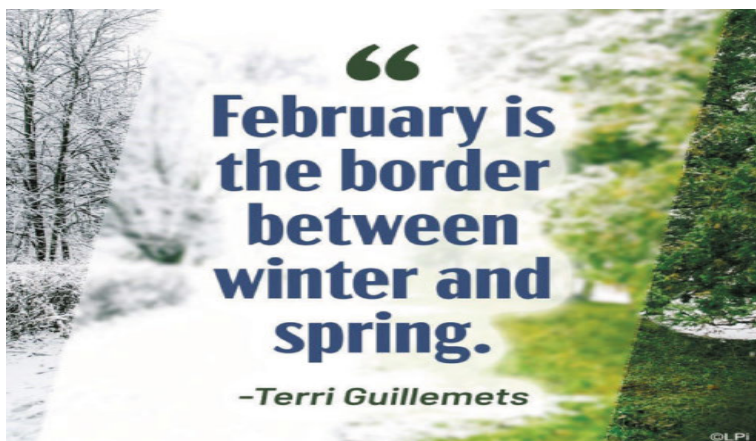
***Powerful Tools for Caregivers
is a program you can count on
to make a positive difference
in your life.***

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.**



Winter Crisis Program November 1-March 31st

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



FEBRUARY

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<p>3 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize</p> <p>Shredded Chicken w/ Bun Scalloped Potatoes Carrot Coins Pineapple Tidbits Milk</p>	<p>4 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Hausey</p> <p>Swedish Meatballs Alfredo Noodles Cauliflower Florets Warm Cinnamon Applesauce Coleslaw Bread & Milk</p>	<p>5 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Movie Matinee- Casablanca</p> <p>Pizza Burger w/ Bun Tater Tots Brussels Sprouts Grapes Milk</p>	<p>6 8:00 Yoga 10:30 Chair Yoga 12:45 Bingocize</p> <p>Broccoli & Cheese Soup Chicken Salad Croissant Mixed Fruit Carrots w/ Ranch Sugar-Free Chocolate Pudding Milk</p>	<p>7 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Euchre</p> <p>Smoked Sausage Mashed Potatoes Sauerkraut Apricots Dinner Roll & Milk</p>
<p>10 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize</p> <p>Vegetable Lasagna Green Beans Spiced Peaches Spinach Salad w/ Tomato Italian Bread & Milk</p>	<p>11 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 11:30 Blood Pressure Checks w/ Interim 1:00 Hausey</p> <p>11:30-4 Commodity Box <u>Pick-up</u> Sloppy Joe w/ Bun Warm Chunky Applesauce Capri Blend Vegetables Pasta Salad Pears Milk</p>	<p>12 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Craft Class w/ Shrivers Hospice</p> <p>Chicken Fajita (Chicken, Peppers & Onions, Lettuce, Tomato, Cheese, Sour Cream & Taco Sauce) Fiesta Corn w/ Black Beans Cherry Crisp Milk</p>	<p>13 8:00 Yoga 10:30 Chair Yoga 12:45 Bingocize</p> <p>Vegetable Soup Tuna Salad w/ Bun Fresh Cut Fruit Celery & Carrot Sticks Crackers & Milk</p>	<p>14 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Euchre <i>Happy Valentine's Day!</i></p> <p>Beef & Noodles Mashed Potatoes Italian Blend Vegetables Sugar-Free Jell-O w/ Fruit Cocktail Valentine's Cookie Milk</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>17</p>  <p>PRESIDENTS' DAY</p>	<p>18 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Hausey</p> <p>Taco Salad (Meat & Beans, Lettuce, Tomato, Cheese, Sour Cream & Taco Sauce) 100% Fruit Juice Sidekick Tortilla Chips Brownie Milk</p>	<p>19 10:00 Senior Exercise 10:30 Geri-Fit 11:30 Blood Pressure Checks w/ Ember Complete Care 12:00 Birthday Party—sponsored by Altercare</p> <p>BBQ Rib Sandwich w/ Bun Feather River Potatoes Lima Beans Applesauce Milk</p>	<p>20 8:00 Yoga 10:30 Chair Yoga 11:00 Coffee With A Doc 12:45 Bingoize</p> <p>Potato Soup Turkey Bacon Ranch Wrap Chilled Beets Apple Slices Crackers & Milk</p>	<p>21 10-2 Chair Massage w/ Krysten Smalley— by appt. 10:00 Senior Exercise 10:30 Geri-Fit 11:15 Mike Hoskins— piano 11:30 Blood Pressure Checks w/ Roscoe Gardens 1:00 Euchre</p> <p>Chicken Cavatappi Roasted Sweet Potatoes Asparagus Mandarin Oranges Breadstick & Milk</p>
<p>24 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingoize</p> <p>Sloppy Charlie w/ Bun Baby Bakers California Blend Vegetables Tropical Fruit Milk</p>	<p>25 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Book Club 1:00 Hausey</p> <p>Mac-n-Cheese Stewed Tomatoes Peas Ambrosia Salad Milk</p>	<p>26 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Open House Bingo</p> <p>Whole Grain Waffle Scrambled Eggs Tater Kegs Banana 100% Grape Juice Yogurt Milk</p>	<p>27 8:00 Yoga 10:30 Chair Yoga 12:45 Bingoize</p> <p>Cream of Tomato Soup Italian Sub Cucumbers w/ Ranch Cottage Cheese Raisins Milk</p>	<p>28 10:00 Senior Exercise 10:30 Geri-Fit 11:30 Blood Pressure Checks w/ Shrivvers Hospice 1:00 Euchre</p> <p>Creamed Chicken over Mashed Potatoes Stuffing Green Beans Tossed Salad w/ Dressing Milk</p>



Soups of the Month:

- Stuffed Pepper
- 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.

Valentine

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



WORD LIST

LOVE	DATE
ROMANCE	FEBRUARY
VALENTINE	CUPID
BE MINE	ADMIRER
SWEETHEARTS	BOUQUET
RED ROSES	CHERUB
CHAMPAGNE	BOYFRIEND
CHOCOLATES	

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
Jessica Phillips.....	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
Rick Phelps.....	HDM Driver
Amber Sells.....	HDM Driver
Wesley Morris.....	HDM Driver
Tammie Waite.....	HDM Driver

**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.



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!



RHONDA K. KRAUS, MSW
Licensed Insurance Agent/Broker

YOUR LOCAL MEDICARE ADVISORS

603 S 2ND ST. IN COSHOCTON, OH 43812

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REHAB SERVICES - CLINICAL SERVICES
LIFE ENRICHMENT - SPIRITUALITY PROGRAM

740.622.1220 • shcofcoshocton.com
100 S. Whitewoman Street | Coshocton, OH 43812



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When you're looking for a quality healthcare provider, experience means everything. Find out more and connect with one of our healthcare professionals today!

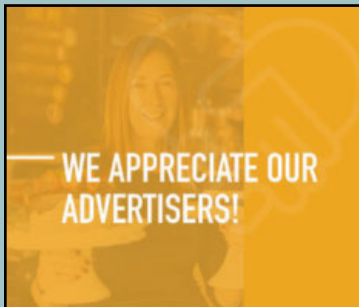
For more information, contact Amanda Snow
Lafayette Pointe 740.364.8457

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- Friendly and Caring Staff
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ASK US ABOUT:

- Private Room Eligibility for Medicaid
- Insurance Contracts including Medicare, Medicaid



TAKE OFF POUNDS SENSIBLY



OHIO TOPS 506 - Coshocton
Call Rebecca For Meeting Information:
740-502-1152
WEIGHT LOSS SUPPORT GROUP



Michelle Dougherty
Referral Advocate

phone 740.487.1241 | cell 740.221.8675 | fax 740.487.1253
email mdougherty@shrivvershospice.com





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(740) 623-4600

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COAD RSVP SENIOR PROGRAM

**** Volunteers Needed ****
55+ years to help with food pantries, local transport, disaster relief and many other choices!

CONTACT YOUR RSVP COORDINATOR

Laura Leprotti

lleprotti@coadinc.org

740-856-1321



URGENT CARE
7 DAYS A WEEK!

406 S. 15TH ST.
COSHOCOTON

ACROSS THE STREET FROM THE HOSPITAL



Coshocton Regional
Medical Center

LET COSHOCTON PUBLIC TRANSIT GET YOU THERE!



401 Main St.
Coshocton, OH

740-622-7139

AFFORDABLE • DOOR TO DOOR • STATE-WIDE
Funded in part by ODOT and The Area Agency on Aging Region 9, Inc.

Coshocton County Mobility Management

740-623-2564

www.coshoctoncounty.net/mobility

Managing Mobility Options for Coshocton County residents.

- Medical Appointments • Daily Living Needs
- Veterans • Shopping

WHEELCHAIR ACCESSIBLE

Better Begins Here

in Coshocton County



48439 Genesis Drive, Coshocton
740-722-9560

genesishcs.org



FREE support for unpaid individuals that provide care to a loved one, family member, friend, or neighbor.



Caregiver Support Program

SUPPORT INCLUDES:

- Respite Services
- Information & Assistance
- 1:1 Consultations and Routine Check In's
- Caregiver Cafe
- Multi-Media Lending Library
- Evidence Based Programming
- Access to Trualta's Online Education Platform
- Direct Mailing of Printed Caregiver Materials
- Outreach Programs & Referrals
- Workshops & Speaking Engagements
- Linkage to Kinship Support

1-800-945-4250
www.aaa9.org
caregiver@aaa9.org

Heating Assistance Available Application Deadline: May 31, 2025



The Ohio Department of Development and the Area Agency on Aging, Region 9 want to remind older Ohioans that assistance is available to help with their home energy bills. The Home Energy Assistance Program (HEAP) helps Ohioans at or below 175% of the Federal Poverty Guidelines for a household of up to seven members and 60% of State Median Income for a household of eight or more members to pay their heating bills.

When applying, individuals need to have copies of the following documents:

- Most recent utility bills.
- A list of all household members (including birth dates and Social Security numbers).
- Proof of income for the past 30 days for all household members (12 months for certain income types).
- Proof of U.S. citizenship or legal residency for all household members.
- Proof of disability (if applicable).

HEAP benefits are applied to an individual's energy bill after Jan. 1.

For more information or assistance with applying for a HEAP benefit, contact the Area Agency on Aging, Region 9 at 800-945-4250.

WE APPRECIATE OUR
ADVERTISERS!





Kno-Ho-Co-Ashland

Community Action Commission

Serving Knox, Holmes, Coshocton & Ashland Counties

Coshocton Senior Center

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