

The Senior Connection





Don't forget to set your clocks ahead before going to bed on Saturday, March 8th! This is also a good time to check batteries in carbon monoxide and smoke detectors, discard any expired medications, rotate your mattress, change furnace, fridge and water filters, and restock first aid kits in your house and car.

Join us on Monday, March 17th for St. Patrick's Day! The menu will be Reuben Casserole, Parslied Red Skin Potatoes, Asparagus Cuts, and Sugar-Free Lime Jell-O with Crushed Pineapple— a meal with lots of green for all you "Irish" folks out there! And just a reminder...



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.

UNDERSTANDING ALZHEIMER'S AND DEMENTIA

An education program presented by the Alzheimer's Association®



ALZHEIMER'S IS NOT NORMAL AGING.

It's a disease of the brain that causes problems with memory, thinking and behavior.

Join us to learn about:

- » The impact of Alzheimer's.
- » The difference between Alzheimer's and dementia.
- » Alzheimer's disease stages and risk factors.
- » Current research and treatments available to address some symptoms.
- » Alzheimer's Association resources.

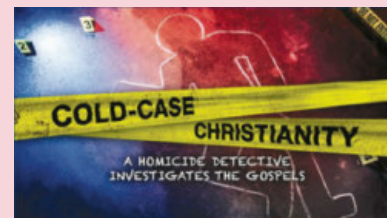
Friday, March 14
11:30 a.m. - 12:30 p.m.

Coshocton Senior Center
201 Brown Lane
Coshocton, OH 43812

Visit alz.org/CRF to explore additional education programs online and in your area.

Cold Case Christianity Book Study

*J Warner Wallace was a devout atheist. He was also a great homicide detective. Any and all are welcome to delve into his "investigation" of the claims of the Gospels in an exciting 8 week book study led by Christa Ciotola. See how logic, history and science are actually compatible with the Bible and become more confident in sharing your faith. Books are available for \$10 but not required for the study, or you can buy on your own if preferred. Please call Christa at 570-956-2323 if you plan on attending or would like a book. The study is on **Mondays at 2:00** starting **March 10th** meeting between an hour to an hour and a half.*



Join us for jambalaya pasta on **Tuesday, March 4th** in honor of Mardi Gras!



And note that we will enjoy cod nuggets on

Wednesday, March 5th on Ash Wednesday.

Did you know that we typically have meatless Fridays between Ash Wednesday and Easter?

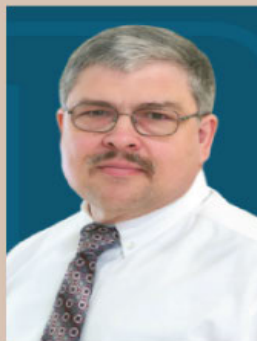
Coshocton Public Health District Presents:

Coffee With A Doc

Join us for a group discussion on Cardiovascular Disease Prevention with Dr. Douglas Virostko.

Dr. Virostko graduated from OSU with his MD degree in 1990. He is board certified in Family Medicine at CRMC.

He's the Medical Director for Respiratory Care at CRMC, the Public Health District, and the KnoHoCo Ashland Clinic. He also carries the title of 'Coshocton County Coroner' since December 2019.



FREE COFFEE & TREATS

CARDIOVASCULAR HEALTH

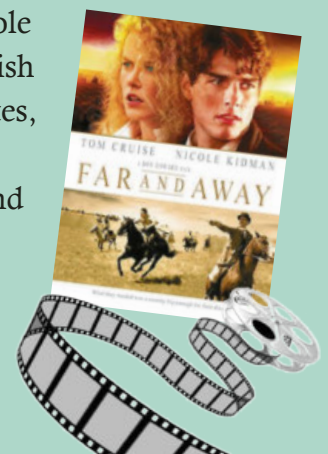
Tuesday, March 18th @ 11:00am
Coshocton Senior Center
201 Browns Lane in Coshocton

Coshocton Regional Medical Center

April Event: Dr. Jess Bahan (Location/Time - TBD)

Please join us on Wednesday, March 5th at 1:00 for our monthly movie matinee! March movie will be 1992's *Far and Away*, starring Tom Cruise and Nicole Kidman. A young Irish couple flee to the States, but subsequently struggle to obtain land and prosper freely.

Light refreshments will be provided.



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



March 11

April 8

May 13

June 10

Next date: March 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 |
|--|--|--|--|---|
| <p>3 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize Chef Salad (Lettuce, Tomato, Cucumber, Onion, Turkey & Ham) 100% Fruit Punch Crackers Sugar-Free Vanilla Pudding Milk</p> | <p>4 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Hausey Jambalaya Pasta Carrot Coins Blueberry Cobbler Potato Salad Cornbread & Milk</p> | <p>5 10:00 Senior Exercise 10:00 Foster Grandparents 10:30 Geri-Fit 1:00 St. Patrick's Day Craft Sign-up is required as space and supplies are limited. Cod Nuggets Au Gratin Potatoes Harvard Beets Orange Pineapple Fluff Vanilla Wafers & Milk</p> | <p>6 8:00 Yoga 10:30 Chair Yoga 11:15 Diamond in the Rough 12:45 Bingocize Cheeseburger w/ Bun (Lettuce, Tomato, Onion) Potato Wedges Broccoli & Cauliflower Cuts Apricots Milk</p> | <p>7 10:00 Senior Exercise 10:30 Geri-Fit 11:15 Mike Hoskins— piano 1:00 Euchre Cheese Pizza Capri Blend Vegetables Baked Cinnamon Apples Celery Sticks w/ WOW! Butter Milk</p> |
| <p>10 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize 1:00 Cold Case Christianity Book Study Salisbury Steak Scalloped Potatoes Lima Beans Pear Chunks Dinner Roll & Milk</p> | <p>11 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 11:30 Blood Pressure Checks w/ Interim 1:00 Hausey 11:30-4 Commodity Box Pick-up Chicken Patty w/ Bun Sweet Potato Tots Brussels Sprouts Tropical Fruit Milk</p> | <p>12 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Movie Matinee- <i>Far and Away</i> All Beef Hot Dog w/ Bun Green Beans Battered Cauliflower Coleslaw Fresh Kiwi Milk</p> | <p>13 8:00 Yoga 10:30 Chair Yoga 12:45 Bingocize Turkey & Swiss Sub Cheddar Potato Soup Pea Salad Carrots w/ Ranch 100% Fruit Juice Sidekick Milk</p> | <p>14 10:00 Senior Exercise 10:30 Geri-Fit 11:30 Understanding Alzheimer's and Dementia 1:00 Euchre Marinara Penne Pasta w/ Cheese California Blend Vegetables Cherry Crisp Cucumber, Onion & Tomato Salad Cottage Cheese Italian Bread & Milk</p> |
| <p>17 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize 1:00 Cold Case Christianity Book Study  Happy St. Patrick's Day! Reuben Casserole Parslied Red Skin Potatoes Asparagus Cuts Sugar-Free Lime Jell-O w/ Crushed Pineapple Milk</p> | <p>18 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 11:00 Coffee With A Doc 1:00 Hausey Italian Sausage w/ Peppers & Onions Cheddar Tots Italian Blend Vegetables Pasta Salad 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 Taco Salad (Meat & Beans, Lettuce, Tomato, Cheese, Sour Cream & Salsa) Fresh Orange 100% Fruit Juice Sidekick Corn Chips Cookie & Milk</p> | <p>20 8:00 Yoga 10:30 Chair Yoga 12:45 Bingocize Chicken Salad Croissant Cream of Mushroom Soup Broccoli Salad Banana Milk</p> | <p>21 10-2 Chair Massage w/ Krysten Smalley— by appt. 10:00 Senior Exercise 10:30 Geri-Fit 11:30 Blood Pressure Checks w/ Roscoe Gardens 1:00 Euchre Pancakes Scrambled Eggs Hash Brown Cantaloupe Chunks V-8 Juice Milk</p> |

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|--|
| <p>24 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize 1:00 Cold Case Christianity Book Study</p> <p>Tater Tot Casserole Capri Blend Vegetables Spiced Peaches Tossed Salad w/ Dressing Fruit Muffin & Milk</p> | <p>25 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Book Club 1:00 Hausey</p> <p>Popcorn Chicken w/ Gravy Mashed Potatoes Corn Pineapple Tidbits Milk</p> | <p>26 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Open House Bingo Sponsored by Shrivvers Hospice</p> <p>BBQ Beef w/ Bun Baked Potato Broccoli & Cheese Fresh Cut Fruit Milk</p> | <p>27 8:00 Yoga 10:30 Chair Yoga 12:45 Bingocize</p> <p>Ham & Bean Soup Carrot Raisin Salad Potato Salad Mandarin Oranges Cornbread & 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>Mac-n-Cheese Stewed Tomatoes Green Beans Ambrosia Salad Milk</p> |
| <p>31 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize 1:00 Cold Case Christianity Book Study</p> <p>Swedish Meatballs Alfredo Noodles Italian Vegetables Fruit Cocktail Spinach Salad w/ Tomato Bread & Milk</p> | | | | |



Soups of the Month:

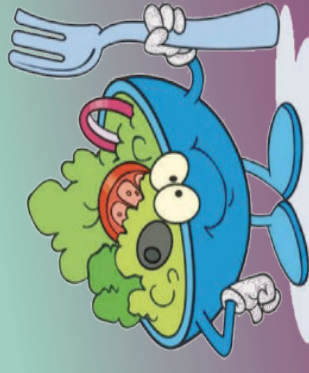
Beef Vegetable

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.

St. Patrick's Day

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WORD LIST

LEPRECHAUN
WHISKEY
IRELAND
GOLD
GREEN
DUBLIN
CELTIC
FESTIVAL
SAINT

CATHEDRAL
SHAMROCK
PARADE
MARCH
SNAKES
MUSIC
RAINBOW
LUCKY
HARP

Senior Center Hours

Monday-Friday

8am-4:30pm

(740) 622-4852

Staff

April George.....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

NEVER A FEE!
HERE TO HELP! 740-502-2784

SeniorBenefitAdvantage.com

Visit Us on Facebook!



SENIOR INDEPENDENT LIVING COMMUNITY

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377 Clow Lane Coshocton **Seton Coshocton**
(740) 622-7664

www.borror.com/senior-living



REHAB SERVICES - CLINICAL SERVICES
LIFE ENRICHMENT - SPIRITUALITY PROGRAM

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



EXPERIENCE OUR CULTURE OF CARE

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

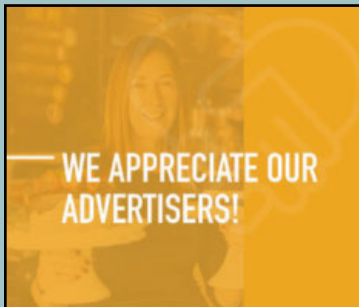
For more information, contact Amanda Snow
Lafayette Pointe 740.364.8457

WHAT YOU CAN EXPECT AT LAFAYETTE POINTE:

- **LARGE PRIVATE ROOMS**
- 24-Hour Professional Medical Care
- Friendly and Caring Staff
- Designated Smoking Areas
- On-Site Salon Services
- Therapy Services
- Personalized Temperature Control in Each Room
- Wireless Internet Access
- Vacation Care (Respite Care)

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





An Abbington Assisted Living Community
Privately Owned and Operated

255 Brown's Lane
Coshocton, Ohio 43812
(740) 623-4600

"A wonderful place to call home"

Independent • Assisted • Respite Care
www.abbingtononline.com



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!





Serving Knox, Holmes, Coshocton & Ashland Counties

Coshocton Senior Center

201 Browns Lane

Coshocton, Ohio 43812

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Return Service Requested



*Coshocton
Senior Center*

Caring People. Caring for You

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