

The Senior Connection



Every May, Administration for Community Living (ACL) leads the nation's observance of Older Americans Month (OAM), a time to recognize older Americans' contributions, highlight aging trends, and reaffirm our commitment to serving older adults.

The 2025 theme, ***Flip the Script on Aging***, focuses on transforming how society perceives, talks about, and approaches aging. It encourages individuals and communities to challenge stereotypes and dispel misconceptions. This year, join us in honoring older adults' contributions, exploring the many opportunities for staying active and engaged as we age, and highlighting the opportunities for purpose, exploration, and connection that come with aging.

Our annual Senior Day celebration will be held on **Thursday, May 15th** at the Senior Center. We will have taco salad for lunch, and many prizes donated by local businesses. Please call (740) 622-4852 for reservations, as we expect a busy day! Also, if you haven't checked us out lately, stop in ANY day and see what we have to offer!



FLIP THE SCRIPT ON AGING: MAY 2025

Please join us on **Wednesday, May 14th at 11:30** for a Long-Term care Ombudsman presentation with Suzi Pachmayer.

Suzi has been a social worker for 9 years and has been working with the elderly for the entirety of her social work career. She is passionate about educating seniors on their rights and the choices they can make for themselves.



Long-Term Care
Ombudsman

Advocates for Excellence in Your Care

GET THE CARE & SERVICES YOU DESERVE



DO YOU NEED HELP FINDING THE RIGHT LONG-TERM CARE SERVICES?

THE LONG-TERM CARE OMBUDSMAN PROGRAM CAN HELP WITH SELECTION ASSISTANCE BASED ON YOUR NEEDS AND PREFERENCES.



DO YOU HAVE A COMPLAINT ABOUT THE QUALITY OF YOUR CARE IN A NURSING HOME, ASSISTED LIVING HOME OR A GROUP HOME?

THE LONG-TERM CARE OMBUDSMAN PROGRAM CAN HELP PROTECT YOUR RIGHTS AND ENSURE THAT YOU RECEIVE THE BEST CARE POSSIBLE.



ARE YOU UNHAPPY WITH THE CARE AND SERVICES YOU ARE RECEIVING IN YOUR HOME THROUGH MEDICAID OR MEDICARE, A WAIVER PROGRAM OR THROUGH A HOME HEALTH AGENCY?

OMBUDSMEN CAN ADVOCATE ON YOUR BEHALF WITH PROVIDERS OF THESE SERVICES AND EVEN HELP WITH APPEALS.

OUR SUPPORT SERVICES ARE FREE AND AVAILABLE TO ALL CONSUMERS RECEIVING LONG-TERM CARE AT HOME, IN A NURSING HOME OR ASSISTED LIVING FACILITY, OR IN AN ADULT CARE HOME.

Contact your Regional Long-Term Care Ombudsman Program: 1-800-967-0615

Serving Belmont, Carroll, Coshocton, Guernsey, Harrison Holmes, Jefferson, Muskingum, and Tuscarawas Counties

Important Update: Suggested Contribution Increase

To Our Valued Seniors,

Beginning **May 1**, the **suggested contribution for each meal** will increase from **\$2 to \$5**.

We understand this is a significant change—especially since the contribution amount has remained the same for more than **20 years**. This decision was not made lightly. However, due to the **rising costs of food, supplies, and gas (for delivered meals)**, this adjustment has become necessary in order to keep our meal programs running strong.

It's also worth noting that **5 of the 8 surrounding counties in our region** are already at or above the \$5 contribution level. We've worked hard to keep costs down for as long as possible, but aligning with regional trends will help ensure the long-term sustainability of our programs.

In addition, the **charge for a meal for individuals under age 60** will increase from **\$4.50 to \$8**.

This change reflects the true cost of preparing and providing a balanced, nutritious meal.

Please remember: **No one over 60 will ever be denied a meal due to inability to contribute.** The contribution is *completely voluntary*, and every dollar helps us continue to serve older adults throughout our community.

We appreciate your understanding and continued support.

If you have any questions or concerns, please don't hesitate to reach out.

New! Gentle Tai Chi for Seniors – Thursdays at 10:00 AM

Starting **May 1st**, join us every Thursday morning at 10:00 AM for *Tai Chi*, a relaxing class for seniors. This class is perfect for all ability levels and can be done either seated or standing—whatever feels best for you.

Tai Chi is known for improving balance, flexibility, and mental focus, all while promoting a sense of calm and well-being. Whether you're new to Tai Chi or have tried it before, this is a great opportunity to move your body gently and mindfully in a supportive and welcoming environment.

No experience necessary. Come give it a try!

Please join us on **Wednesday, May 7th at 1:00** for 2016's *Mother's Day*, starring Jennifer Aniston, Kate Hudson, Julia Roberts, and Jason Sudeikis.

Light refreshments will be served.





Senior Farmers' Market Nutrition Program



Application assistance
Friday, May 23rd
10:00 a.m. – 2:00 p.m.

Please bring your plastic benefits card from 2024, if you have one.



Application portal for Senior Farmers Market Nutrition Program vouchers is NOW OPEN at <https://portal.homegrownbenefits.com/apply/ohio>.

Exciting Entertainment Coming to the Senior Center!



Mark your calendars for a delightful afternoon of music and energy! The River View 7th and 8th Grade Show Choir will be performing at the Senior Center on **May 16, 2025 at 11:30**. This talented group of students is sure to impress with their lively performances and youthful enthusiasm.



Don't miss this opportunity to enjoy a wonderful show and support these hardworking young performers. Invite your friends, and join us in celebrating the joys of music and community!

Join us for the monthly craft on **Wednesday, May 14th at 1:00**, with Michelle from Shrivvers Hospice! She will be painting flowerpots with you!

Please note that sign-up is required as space and supplies are limited.



Coshocton Public Health District Presents:

Coffee With A Doc



Sheila Mayse has a Master of Social Work Degree from West Virginia University and is a Licensed Independent Social Worker with a Supervision Endorsement. She has more than 30 years of experience providing social work services to a variety of populations.

As owner of MSW Solutions, she provides outpatient mental health services to adults, teens, and children through individual, couples, family, and group therapy. She has a specialization in treating the symptoms of PTSD through Cognitive Processing Therapy.

"MENTAL HEALTH"
(Topic: TBD)



Tuesday, May 20th @ 11AM
Coshocton Senior Center
(201 Browns Lane)

June Event: Sheila Mayse, MSW Solutions LLC - Part 2

Come on Down!

Get ready for a fun-filled event at the Senior Center! On **May 1st at 11:15 AM**, our friends from Lafayette Pointe will be hosting "**The Price is Right**"—a lively game where you can showcase your price-guessing skills and win some exciting prizes. Each participant will guess the "price" of each household item, and whoever is closest wins the item!

Don't miss this chance to enjoy laughs, friendly competition, and great company. Mark your calendars and join us for a fun time! See you there!



Commodity Supplemental
Food Program 2024-25 Pick-

Up Dates:



May 13

June 10

Next date: May 13th

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.

REMINDER that your application must be up-to-date and needs to be re-certified yearly. Please be patient as we work to complete this process! If your application expires, you will need to re-apply and will be added to the bottom of the wait list.



There will be no chair massage for the month of May. If you are interested in making an appointment for a 10-minute massage for \$10, please stop at the front desk or give us a call. Next date will be Friday, June 20th.

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 \$5.00 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
				
5 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize Chicken Fajita & Rice Casserole (Lettuce, Tomato, Sour Cream & Taco Sauce) Capri Blend Vegetables Baked Cinnamon Apples Sugar-Free Vanilla Pudding Milk	6 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Hausey Hamburger Gravy over Mashed Potatoes Corn Spiced Peaches Bread & Milk	7 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Movie Matinee- <i>Mother's Day</i> 2:00 Foster Grandparents Pizza Burger w/ Bun Oven Roasted Redskin Potatoes Crinkle Cut Carrots Tropical Fruit Milk	8 8:00 Yoga 10:00 Tai Chi 10:30 Chair Yoga 12:45 Bingocize Vegetable Soup Turkey Sub w/ American Cheese Sugar-Free Jell-O w/ Mandarin Oranges Celery & Carrot Sticks w/ Ranch Milk	9 10:00 Senior Exercise 10:30 Geri-Fit 11:15 Mike Hoskins– piano 1:00 Euchre Grilled Chicken Breast Strips w/ Peppers & Onions Alfredo Noodles Broccoli & Cauliflower Cuts Tossed Salad w/ Dressing 100% Fruit Juice Sidekick Chocolate Chip Cookie Milk
12 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize Sausage Gravy w/ Biscuit Scrambled Eggs Hash Brown Banana V-8 Juice & Milk	13 9:15 Line Dancing 10:00 Meditation 11:30 Blood Pressure Checks w/ Interim 1:00 Hausey <u>11:30-4 Commodity Box Pick-up</u> Pepperoni Pizza Asparagus Cuts Fruit Crisp Spinach Salad w/ Tomato Milk	14 10:00 Senior Exercise 10:30 Geri-Fit 11:30 Ombudsman 1:00 Craft Class– Sign-up is required as space and supplies are limited. Liver & Onions w/ Brown Gravy Au Gratin Potatoes Lima Beans Apricots Bread & Milk	15 10:00 Tai Chi 10:30 Chair Yoga 11:30 Blood Pressure Checks w/ Lafayette Pointe <i>Senior Day!</i> Taco Salad (Meat & Beans, Lettuce, Tomato, Cheese, Taco Sauce & Sour Cream) Tortilla Chips Fresh Orange Chocolate Chip Cookie & Milk	16 10:00 Senior Exercise 10:30 Geri-Fit 11:30 RV 7th & 8th Grade Show Choir 11:30 Blood Pressure Checks w/ Roscoe Gardens 1:00 Euchre Broccoli & Cheese Soup Ham & Swiss on Bun Loaded Potato Salad Apple Slices Milk
			1 8:00 Yoga 10:00 Tai Chi 10:30 Chair Yoga 11:15 Price is Right w/ Lafayette Pointe 12:45 Bingocize Sloppy Joe w/ Bun Sweet Potato Tots Asparagus Cuts Pears Milk	2 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Euchre Smoked Sausage Diced Redskin Potatoes w/ Cabbage Peas Mandarin Oranges Bread & Milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
19 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize Cheeseburger w/ Bun (Lettuce, Tomato, Onion, Pickle) Potato Wedges Italian Blend Vegetables Pineapple Tidbits Milk	20 9:15 Line Dancing 10:00 Meditation 11:00 Coffee with a Doc 1:00 Hausey Cod Nuggets Mac-n-Cheese Peas & Carrots Coleslaw 100% Fruit Punch Milk	21 10:00 Senior Exercise 10:30 Geri-Fit 11:30 Blood Pressure Checks w/ Ember Complete Care 12:00 Birthday Party– sponsored by Altercare Sweet & Sour Chicken over Brown Rice Oriental Vegetable Blend Veggie Egg Roll Tropical Fruit Milk	22 10:00 Tai Chi 10:30 Chair Yoga 12:45 Bingocize Johnny Marzetti Normandy Blend Vegetables Warm Chunky Applesauce Cucumbers, Onions & Ranch Garlic Cheddar Biscuit & Milk	23 10-2 Senior Farmers Market Nutrition Program (SFMNP) Application Clinic 10:00 Senior Exercise 10:30 Geri-Fit 11:30 Blood Pressure Checks w/ Shrivvers Hospice 1:00 Euchre Shredded Chicken w/ Bun Baby Bakers Broccoli & Cheese Grapes Milk
26 	27 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Book Club 1:00 Hausey Meatball Sub w/ Bun Baked Beans Carrot Coins Cantaloupe Chunks Milk	28 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Open House Bingo Sponsored by Roscoe Gardens Turkey & Noodles Mashed Potatoes Green Beans Orange Pineapple Fluff Italian Bread & Milk	29 8:00 Yoga 10:00 Tai Chi 10:30 Chair Yoga 12:45 Bingocize Chili Baby Bakers California Blend Vegetables w/ Cheese Fruit Cocktail Cornbread & Milk	30 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Euchre Chicken Salad Croissant Broccoli Salad 100% Tomato Juice Carrots w/ Ranch String Cheese & Milk



Soups of the Month:

Chicken & Rice

Ham & Bean

Take-Out Salads:

Choice of toppings and dressings, includes crackers.

*Served 11-1. Cost is \$3 each.

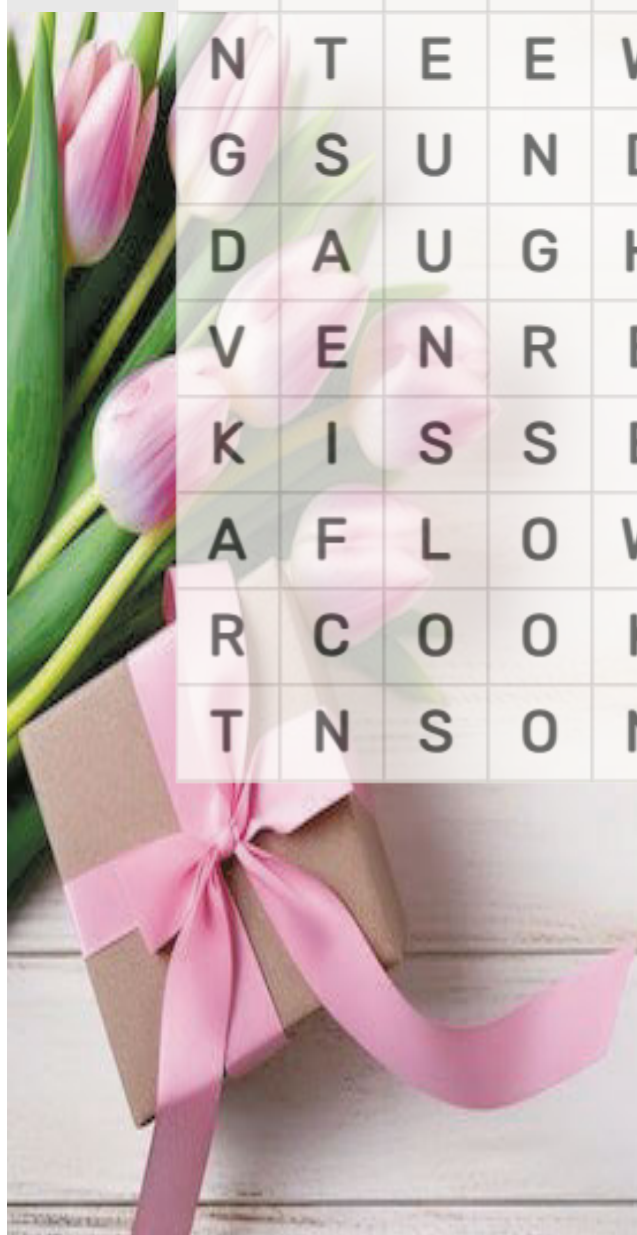


To access ingredient content, visit www.knohoco.org or call 740-622-4852. Choice of bread & milk with meal. There are no substitutions available.

Menu subject to change.

Mother's Day

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



WORD LIST

MOTHER	INLAW	DRIVING
ADVICE	FATHER	GIVING
SONS	FLOWERS	HUGS
CARING	WIFE	PATIENT
DAUGHTERS	GIFTS	KISSES
FEEDING	COOKING	SWEET
LOVE	SUNDAY	LISTEN

Senior Center Hours

Monday-Friday

8am-4:30pm

(740) 622-4852

Staff

April George.....	Director
Chris Emmert.....	Office Technician
Jessica Jones.....	Office Aide
Nicole Maynard.....	Office Assistant
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.

MEMBER OF:



**OHIO ASSOCIATION
OF SENIOR CENTERS**



**MEALS ON WHEELS
AMERICA 2025 MEMBER**

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.





RHONDA K. KRAUS, MSW
Licensed Insurance
Agent/Broker

YOUR LOCAL MEDICARE ADVISORS

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Lafayette Pointe 740.364.8457

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email **mdougherty@shrivershospice.com**





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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



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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

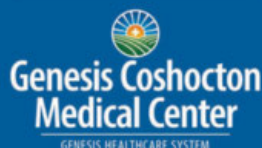
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provide care to a loved
one, family member,
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SUPPORT INCLUDES:

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- 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.

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