

The Senior Connection



Happy
4th of
July!

©LPI

Celebrate National Ice Cream Month: A Scoop of Fun in July!

July isn't just about fireworks and beach days—it's also *National Ice Cream Month*! This sweet tradition dates back to 1984, when President Ronald Reagan declared July the official month for ice cream lovers to unite. So grab your favorite cone, and let's dig into the delightful world of frozen treats.

Cool Facts to Chill With

Did you know...? **Americans love ice cream**—we consume an estimated 1.6 billion gallons of it per year! The **most popular flavor**? It's still the classic *vanilla*! But chocolate and cookies & cream aren't far behind. Brain freeze is *real*—it happens when something cold touches the roof of your mouth too fast.

Ways to Celebrate National Ice Cream Month

Try a new flavor. Host an ice cream social—DIY sundaes, waffle cones, and toppings galore! Support local ice cream shops—many offer special deals in July. Take the ultimate challenge—visit every ice cream parlor in town and find your favorite!

A Little History Behind the Creamy Goodness

Ice cream has a surprisingly deep history, dating back to ancient China and Persia. But the modern-day ice cream we know and love became popular in America in the 18th century, enjoyed by presidents like Thomas Jefferson. Today, innovations like dairy-free and nitrogen-frozen ice cream keep the tradition exciting for every generation.

*Listen up,
here's
the scoop!*

**We are having an ice cream social!
Scoops will be here!!**

*You're invited to an Ice Cream Social.
Sponsored by Carol Goff & Associates.*

*Come indulge in your favorite ice
cream flavors and pile on the toppings
of your choice! it's going to be a day
filled with sweet treats, great company,
plenty of fun- you won't want to miss*

Tuesday July 2nd from 11 to Noon

Make It at Home!

Why not whip up your own batch? Here's a simple **no-churn vanilla ice cream** recipe: 2 cups heavy whipping cream; 1 can sweetened condensed milk; 2 teaspoons vanilla extract

Mix, whip, freeze, and voila!

Customize with fruit,
sprinkles, or chocolate syrup for a unique twist.



Celebrating Elder Abuse Awareness Day with the Walhonding Rube Band

A heartfelt thank you to the Walhonding Rube Band for their energizing performance at the Center! Their lively and engaging music created an unforgettable experience, bringing joy to everyone in attendance. It was a wonderful way to honor Elder Abuse Awareness Day, highlighting the importance of respect, protection, and appreciation for our elders.

Seeing the people come together for this special occasion was truly inspiring. Music has a unique way of connecting people, and the Walhonding Rube Band's performance did just that—lifting spirits and reinforcing the significance of supporting older adults. We appreciate the band's time and talent in making this event memorable. Thank you to everyone who joined us in celebrating and raising awareness for such an important cause!

Sincere thank you's also go out to **Anne Randles with Adult Protective Services** for providing the tent for the entertainment, speaking with us as lunch was served, and manning a table to hand out informational materials about Elder Abuse Awareness. We would also like to extend our warm thanks to **Roscoe Gardens, Traditions Health** and **Shrivers Hospice** for being in attendance and providing their knowledge and informational materials as well! We could never do all that we do without our partners!

Rev Up Your Engines for a Nostalgic Ride with American Graffiti!

Get ready to cruise down memory lane with one of the most iconic films of all time! This month's Movie Matinee on Wednesday, July 9th at 1:00 is bringing *American Graffiti* to the big screen—a classic that defined an era, captured youthful dreams, and delivered a soundtrack that still rocks today.

Join us for a cinematic joyride through 1962, a "night" of fast cars, neon-lit diners, and unforgettable friendships. Whether you're a fan of classic cars, rock 'n' roll, or coming-of-age stories, *American Graffiti* is a film that never loses its charm.

Why You Can't Miss This Movie: Legendary Hot Rods tearing up the streets. A soundtrack packed with rock 'n' roll hits. So grab your popcorn, settle in, and let's cruise through one unforgettable "night". Be there, or be square!



FLOWER PLANTING CRAFT



POTTED PLANTS

With Jessie

Join Us for a Creative & Colorful Craft Day!

Get ready to **dig in** and let your creativity bloom! On **July 23rd**, we're hosting a fantastic **Craft Day** with the amazing **Jessie**, and you won't want to miss it!

This time, we're **planting flowers**—adding a touch of beauty and life to your space! Whether you're a seasoned gardener or just love getting your hands a little dirty, this is the perfect way to **have fun, connect, and create something special!**

Stop by and reserve your spot for a day of hands-on creativity!

Let's make this Craft Day one to remember! **See you there!**

SENIOR PROTECTION

On **Thursday, July 10th at 11:00 a.m.**, Chrishana Carroll and Emily McBurney, of the Coshocton County Prosecutor's Office will be giving us a presentation on the importance of recognizing the need for Senior Protection. Specifically, they will be discussing financial frauds, and how to recognize it when you see it. They will cover topics such as mail scams, online scams, and telephone scams as it relates to fraud as well as the ever-increasing issue regarding romance scams and how they often relate to financial fraud. Additionally, they will be discussing senior protection for seniors who are homebound and are dependent on the kindness of others to assist them, and how to report if they feel they are not safe or are in need of legal assistance. They will also be available after the presentation for a question and answer period to address any immediate concerns.

Application portal for Senior Farmers Market Nutrition Program vouchers is NOW OPEN at

<https://portal.homegrownbenefits.com/apply/ohio>.

A Heartfelt Thank You to Our Local Businesses for Making Senior Day Unforgettable

Our recent Senior Day was a resounding success, and it would not have been possible without the incredible generosity of our local businesses and all the wonderful Seniors that attended that day. The donations helped create a day filled with joy, excitement, and appreciation for the older generation who have paved the way for all of us.

From the moment the event began, the atmosphere was electric with anticipation. Seniors gathered with smiles, enjoying the festivities and eagerly awaiting the announcement of door prize winners. Their faces lit up with excitement as their numbers were called, making every donation and every act of kindness truly meaningful.

We are deeply grateful to the many businesses that stepped forward to support this special occasion. Your generosity allowed us to celebrate and honor our seniors in a way that was truly memorable. A special thanks to:


KFC Coshocton
Bradford Financial
Owens and Manning
Princes Wrecker Services
Buehler's
Village Inn and Suites
Marilyn's Natural Foods
Home Loan Savings Bank (Brandy Burchett)
Frontier Power
Kelly Bratton, Attorney (Dogwood Title)
Dean Young, Concorde Mortgage
Coshocton Supply



Hathaway's General Contractors
Vic Allen Construction
Linnet's on the Square
Shriver's Hospice
Canal Cargo
Ladies Auxiliary American Legion
Nicole Maynard, Realtor (Carol Goff & Associates)
Lity's Scrap Yard
Wilson's Furniture
Lafayette Pointe
Danbury Senior Living
Dairy Queen

Your kindness and generosity made this day truly special, and we cannot thank you enough for your support. Seeing the joy on the faces of our seniors was a reminder of the impact that community can have when we come together to celebrate and uplift one another.

To all who contributed, attended, and helped make the event a success—thank you from the bottom of our hearts. This day was a beautiful tribute to the generation that built the foundation for the world we live in today, and it was all made possible by your generosity.




55 OR OLDER?

Ready to be a superhero in a young student's life? Introducing the GrandPal Pen Pal Program, where you can be a letter-writing rockstar from the comfort of your own home. The mission: brighten up a 5th grader's day in your community!

GrandPal Pen Pal Program with local 5th Graders!

VOLUNTEER WITH

RSVP 

CONTACT: LAURA LEPROTTI
740-856-1321

Please join us in welcoming Laura, the RSVP Coordinator from COAD, on Wednesday, July 9th at 11:30! She will be here to talk with the group about volunteer opportunities for seniors, as well as the GrandPal Pen Pal Program, which is done along with local 5th graders.

If this sounds like something you would be interested in, we encourage you to join us!



VOLUNTEER WITH US!!

Are you 55 or older

Use your skills and talents learned over a lifetime to serve your community in a variety of areas!

RSVP

Lead With Experience

Please reach out to Laura Leprotti at 740-856-1321



July 8th

Next date: July 8th

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.

IMPORTANT REMINDER: Meals can NOT be left behind at the home if the client is not at home to receive it in person. If you know you are not going to be home or you wish to cancel for that day, Please call the Senior Center. Your courtesy call and respectful efforts help us to eliminate and reduce unnecessary food preparation and packaging cost as well as lower fuel usage and other delivery related expenses, which helps us as a non-profit to curtail expenses so we can continue to serve our seniors while also reducing waste. WHEN CANCELING CALL (740) 622-4852 PRESS 1 AND LEAVE A MESSAGE!

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
 <p>7 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize</p> <p>Macaroni & Cheese Stewed Tomatoes Peas & Carrots Fruit Cocktail Milk</p>	<p>1 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) Tortilla Chips Fresh Orange Rice Krispy Treat & Milk</p>	<p>2 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Ice Cream Social</p> <p>Italian Sub Sandwich Potato Soup Carrots w/ Ranch Grapes Crackers & Milk</p>	<p>3 8:00 Yoga 10:00 Tai Chi 10:30 Chair Yoga 11:15 Price is Right 12:45 Bingocize</p> <p>Shredded Chicken w/ Bun Au Gratin Potatoes Green Beans Tropical Fruit Milk</p>	 <p>4</p>
<p>7 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize</p> <p>Macaroni & Cheese Stewed Tomatoes Peas & Carrots Fruit Cocktail Milk</p>	<p>8 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 11:30 Blood Pressure Checks w/ Interim 1:00 Hausey <u>11:30-4 Commodity Box</u> <u>Pick-up</u> Fish Filet w/ Bun Roasted Redskin Potatoes Lima Beans Apple Slices Milk</p>	<p>9 10:00 Senior Exercise 10:30 Geri-Fit 11:30 RSVP Presentation 1:00 Movie Matinee- <i>American Graffiti</i></p> <p>Ham & Bean Soup Spinach Salad w/ Tomato Cottage Cheese Salad 100% Fruit Juice Cornbread Cookie & Milk</p>	<p>10 8:00 Yoga 10:00 Tai Chi 10:30 Chair Yoga 11:00 Senior Protection Presentation 12:45 Bingocize</p> <p>Beef & Noodles Mashed Potatoes Corn Apricots Bread & Milk</p>	<p>11 10:00 Senior Exercise 10:30 Geri-Fit 11:15 Mike Hoskins— piano 1:00 Euchre</p> <p>Chicken Salad on Bun Carrot Raisin Salad Sugar-Free Jell-O w/ Pineapple Banana Milk</p>
<p>14 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize</p> <p>Chef Salad (Turkey & Ham, Lettuce, Tomato, Onion, Cucumber, Egg & Cheese) Mandarin Oranges Sugar-Free Pudding Crackers & Milk</p>	<p>15 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Hausey</p> <p>Hawaiian Chicken w/ BBQ & Pineapple Roasted Sweet Potatoes Maui Blend Vegetables Peaches Macaroni Salad Milk</p>	<p>16 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>Mushroom Swiss Burger w/ Bun Cheesy Hash Brown Casserole Green Beans Mixed Fruit Milk</p>	<p>17 8:00 Yoga 10:00 Tai Chi 10:30 Chair Yoga 11:30 Blood Pressure Checks w/ Lafayette Pointe 12:45 Bingocize</p> <p>Chicken Patty w/ Bun Parslief Redskin Potatoes Carrot Coins Mandarin Oranges Milk</p>	<p>18 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</p> <p>Swedish Meatballs Alfredo Noodles Italian Blend Vegetables Pears Dragon Punch Italian Bread & Milk</p>

MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
21 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize Chicken Nuggets Baby Bakers Asparagus Apples Dinner Roll & Milk	22 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Book Club 1:00 Hausey French Toast Scrambled Eggs Hash Rounds Banana 100% Tomato Juice Milk	23 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Craft Class– Sign-up is required as space and supplies are limited. Chicken Broccoli Divan Capri Blend Vegetables Veggie Egg Roll Apricots Cookie Milk	24 8:00 Yoga 10:00 Tai Chi 10:30 Chair Yoga 12:45 Bingocize Turkey Bacon Ranch Wrap Broccoli & Cheese Soup 3-Bean Salad Kiwi Crackers & Milk	25 10:00 Senior Exercise 10:30 Geri-Fit 11:30 Blood Pressure Checks w/ Shrivvers Hospice 1:00 Euchre Pizza Burger w/ Bun Tater Tots Carrots Pineapple Milk	
28 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize Tuna Noodle Casserole Crinkle Cut Carrots Cinnamon Applesauce Raisins Bread & Milk	29 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Hausey Swiss Steak w/ Onions & Tomatoes Cheddar Mashed Potatoes Brussels Sprouts 100% Grape Juice Cookie Bread & Milk	30 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Open House Bingo Sponsored by Traditions Chicken Fajita (Chicken w/ Peppers & Onions, Lettuce, Tomato, Cheese, Tortilla) Brown Rice w/ Vegetables Cherry Crisp Milk	31 8:00 Yoga 10:00 Tai Chi 10:30 Chair Yoga 12:45 Bingocize Stuffed Green Pepper Soup Tossed Salad w/ Dressing Grapes Pasta Salad String Cheese Crackers & Milk		



Soups of the Month:

Chicken Noodle

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.



Happy 4th Of July

Fourth of July

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

WORD LIST

FLAG
FREEDOM
LIBERTY
FIREWORKS
AMERICA
UNCLE SAM
STARS
STRIPES
INDEPENDENCE

DECLARATION
PARADE
FAMILY
FRIENDS
RED
WHITE
BLUE
HEROES

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

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**

Hud Subsidized

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

www.borror.com/senior-living



**EQUAL HOUSING
OPPORTUNITY**

Signature.
HealthCARE at Coshocton

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!

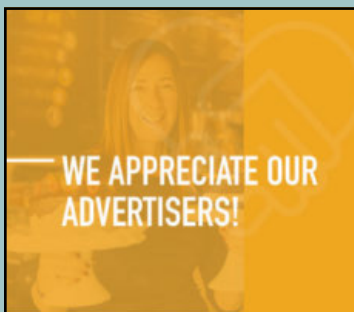
For more information, contact Amanda Snow
Lafayette Pointe 740.364.8457

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

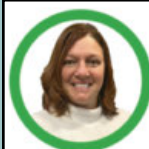


OHIO TOPS 506 - Coshocton

**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@shrivershospice.com**



**SHRIVERS
HOSPICE**



For ad info. call 1-800-477-4574 • **www.lpicommunities.com**

14-1374



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.
COSHOCKTON**

ACROSS THE STREET FROM THE HOSPITAL



**Coshockton 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

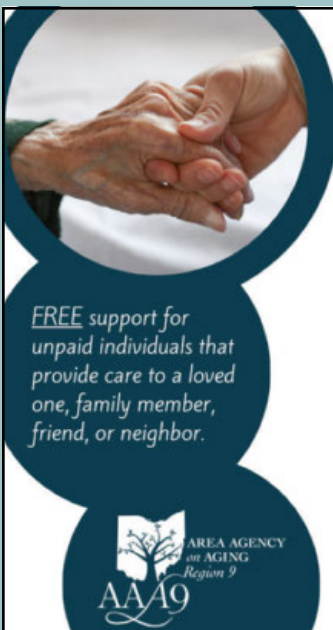
**Better
Begins
Here**

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

NONPROFIT ORG.
U.S. POSTAGE
PAID
PERMIT NO. 120
COSHOCOTON, OHIO

Return Service Requested

Coshocton Senior Center
Caring People. Caring for You

GOD BLESS
AMERICA

A Variety of Services to Meet the Needs of Every Senior