

The Senior Connection



©LPi

DEMENTIA CONVERSATIONS

An education program presented by the Alzheimer's Association



When someone shows signs of dementia, it's time to talk. Often, conversations with family about changing behaviors can be challenging and uncomfortable. This program offers tips on how to have honest and caring conversations to address some of the most common issues.

Topics covered in program include:

- ◇ Going to the doctor
- ◇ Deciding when to stop driving
- ◇ Making legal and financial plans

Friday, June 13

11:30a.m. – 12:30p.m.

Coshocton Senior Center

201 Browns Lane

Coshocton, Ohio 43812

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



Join Us for Elder Abuse Awareness Day – June 16th!

11:15 AM (Regularly scheduled activities are cancelled.)

Let's come together as a community to raise awareness about elder abuse, its impact, and ways to prevent it. Protecting and supporting our seniors is a shared responsibility, and this day is dedicated to education, advocacy, and action. Enjoy a **sack lunch** while we engage in meaningful discussions about safeguarding older adults. We are honored to welcome **Anne Randles from Adult Protective Services**, who will share valuable insights, and representatives from **various home health agencies and nursing facilities**, providing an abundance of information and resources.

Adding to the energy and excitement, the **Walhonding Rube Band** will be here, bringing fantastic music to the event!

WEAR YOUR PURPLE to show your support and solidarity. Let's stand together for a safer, more caring world for our elders!

Reservations are requested for this event. Stop by the desk or call us at **(740) 622-4852**.

June is Elder Abuse Awareness Month: What You Need to Know

Every year, June marks Elder Abuse Awareness Month, a time to shine a light on a serious issue affecting older adults across the world. Elder abuse can take many forms—physical, emotional, financial, neglect, or even abandonment—and often goes unnoticed.

Understanding Elder Abuse

Elder abuse occurs when an older person is harmed or exploited, often by someone they trust, such as caregivers, family members, or professionals. Some common signs include:

- **Unexplained injuries** like bruises or burns
- **Sudden changes in financial situation** due to fraud or exploitation
- **Social withdrawal or depression** caused by emotional abuse
- **Poor hygiene or untreated health conditions** pointing to neglect

What Can You Do?

- **Stay vigilant:** If you have elderly loved ones, check in on them regularly.
- **Educate yourself:** Learn to recognize the signs of abuse.
- **Report concerns:** If you suspect elder abuse, contact local authorities or adult protective services.
- **Support older adults:** Encourage community programs that protect and empower seniors.

Raising awareness and taking action can make a huge difference in the lives of older adults. Let's work together to ensure they are treated with dignity, respect, and care.

FRAUD BUSTERS

Bingo

Learn how to fight back against medical identity theft while having fun with Bingo!

WEDNESDAY, JUNE 4th

12:30 p.m. Coshocton Senior Center

For questions, see April.



Supported by the ACL, US Dept of HHS, as part of a financial award totaling \$967,420 with 100% funding by ACL/HHS.

Medicare fraud can not only impact your finances, it can also harm your health. Sharpen your fraud fighting skills while having fun playing bingo. A representative from the Ohio Senior Medicare Patrol will be onsite Wednesday, June 4th at 12:30 p.m. to share more information about preventing, detecting and reporting fraud.



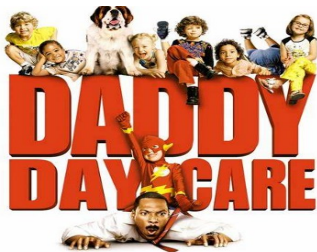
Join Us for a Craft in June!

Get creative with us this June as Vicki Young leads a fun crafting session! She'll be showing us how to make beautiful bookmarks, perfect for adding a personal touch to your favorite reads.

Date: June 11th **Time:** 1:00 PM
Sign-up Required

All supplies will be provided, so just bring yourself and your love for crafting! To reserve your spot, call the center to sign up.

Don't miss this chance to unleash your creativity and make something wonderful. We can't wait to see you there!



BIG MOVIE MATINEE ALERT!

Get ready to **laugh, cheer, and maybe even shed a happy tear**—because we're rolling out the red carpet for our **Father's Day** Movie Matinee! Join us **Wednesday, June 18th @ 1:00** for our monthly movie. Light refreshments will be provided!

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

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



Supporting Local Seniors with Convenient Grocery Shopping and Delivery

In our community, ensuring that seniors have access to essentials is a top priority. That's why the local senior center offers a fantastic grocery shopping and delivery service for those who may struggle to get out on their own.

With just a simple phone call, seniors can provide their grocery list, and a dedicated driver will shop for them at our local Buehler's and deliver the groceries right to their doorstep. This service not only makes daily life easier for older residents but also fosters a sense of care and support within the community.

For seniors who face mobility challenges or health concerns, this program eliminates the stress of grocery shopping while ensuring they have everything they need to maintain a comfortable lifestyle. It's a wonderful initiative that truly makes a difference in the lives of those who need it most.

Call us at **(740)622-4852** for more information or to schedule a delivery.

Grandma's Peanut Butter Fudge

Original recipe (1X) yields 24 servings

- 4 cups white sugar
- 1 (12 fluid ounce can evaporated milk
- 1 cup butter
- 1 cup peanut butter

(creamy or crunchy your preference)

- 1 (7 ounce) jar marshmallow crème (or 4 large marshmallows= 1 oz)

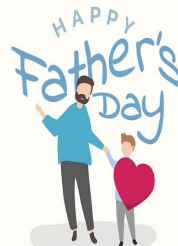
1. Butter a 9x13 inch baking dish and set aside. Butter a 3 quart saucepan.

2. Place buttered saucepan over medium heat, and combine sugar, evaporated milk and 1 cup butter within. Heat to between 234 and 240 degrees F (112 to 116 degrees C), or until a small amount of syrup dropped into cold water forms a soft ball that flattens when removed from the water and placed on a flat surface.

3. Remove from heat and stir in peanut butter and marshmallow creme. Beat vigorously until smooth. Pour quickly into prepared baking dish. Let cool completely before cutting into squares.

FATHER'S DAY CELEBRATION

FRIDAY JUNE 13, 2025



**COME CELEBRATE
FATHER'S DAY WITH US
HERE AT THE SENIOR
CENTER!! LIGHT BRUNCH
WILL BE READY AT 10,
AND SALISBURY STEAK
WILL BE SERVED AT
NOON!**

June is the time
for being in the
world in new ways,
for throwing off
the cold and dark
spots of life.

JOAN D. CHITTISTER

Commodity Supplemental

Food Program 2024-25

Pick-Up Dates:



June 10

Next date: June 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.

*****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 your 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 CANCELLING, 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
2 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize Turkey Cobb Salad (Turkey, Lettuce, Tomato, Onion, Cheese, Peas, Cucumber, Egg) Tangerine Vanilla Wafers Crackers & Milk	3 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Hausey Sloppy Joe w/ Bun Sweet Potato Tots Brussels Sprouts Tropical Fruit Milk	4 10:00 Senior Exercise 10:30 Geri-Fit 12:30 Fraud Busters BINGO Bacon Cheeseburger Casserole Tater Tots Lima Beans Grapes Milk	5 8:00 Yoga 10:00 Tai Chi 10:30 Chair Yoga 11:15 Price is Right 11:30 Blood Pressure Checks w/ Lafayette Pointe 12:45 Bingocize Mac-n-Cheese Stewed Tomatoes Green Beans Applesauce Milk	6 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Euchre Chicken Patty w/ Bun Au Gratin Potatoes California Blend Vegetables Diced Pears Milk
9 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize Scrambled Eggs Hash Brown Sausage Links Raisins V-8 Juice Muffin & Milk	10 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 Popcorn Chicken w/ Gravy Mashed Potatoes Corn Apricots Bread & Milk	11 10:00 Senior Exercise 10:30 Geri-Fit 11:15 Mike Hoskins– piano 1:00 Craft Class– Sign-up is required as space and supplies are limited. All Beef Hot Dog w/ Bun Roasted Redskin Potatoes Battered Cauliflower Coleslaw Milk	12 8:00 Yoga 10:00 Tai Chi 10:30 Chair Yoga 12:45 Bingocize Chicken & Wild Rice Soup Spinach Salad w/ Tomato Banana Carrots w/ Ranch Crackers & Milk	13 10:00 Senior Exercise 10:00 Father's Day Brunch 10:30 Geri-Fit 11:30 Dementia Conversations w/ Alzheimer's Assoc. 1:00 Euchre Salisbury Steak w/ Brown Gravy Scalloped Potatoes Peas Sugar-Free Jell-O w/ Mandarin Oranges Cookie & Milk
16 11:15 Walhonding Rube Band <i>Elder Abuse Awareness Day</i> Ham & Cheese Croissant Loaded Potato Salad Carrot & Celery Sticks w/ Ranch Paradise Punch Brownie & Milk	17 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 11:45 Nutrition Education– Superfoods for Healthy Aging 1:00 Hausey Cheeseburger w/ Bun (Lettuce, Tomato, Onion) Potato Wedges Capri Blend Veggies Pineapple Milk	18 10:00 Senior Exercise 10:30 Geri-Fit 11:30 Blood Pressure Checks w/ Ember Complete Care 12:00 Birthday Party– sponsored by Altercare 1:00 Movie Matinee– <i>Daddy Day Care</i> Cod Nuggets Mac-n-Cheese Broccoli & Cauliflower Carrot Raisin Salad Apple Slices Milk	19 	20 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 Chicken Bacon Ranch Casserole Normandy Blend Vegetables Peach Crisp Cucumber & Onion Salad Milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
23 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize Spaghetti w/ Meat Sauce Brussels Sprouts Warm Chunky Applesauce Tossed Salad w/ Dressing Italian Bread & Milk	24 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Book Club 1:00 Hausey Grilled Chicken w/ Cheese Roasted Sweet Potatoes California Blend Vegetables Ambrosia Salad Dinner Roll & Milk	25 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Open House Bingo Sponsored by Shrivvers Hospice Beef Stroganoff Mashed Potatoes Succotash Pears Milk	26 8:00 Yoga 10:00 Tai Chi 10:30 Chair Yoga 12:45 Bingocize Country Fried Steak w/ Pepper Gravy Tater Kegs Green Beans Fresh Cut Fruit Biscuit & Milk	27 10:00 Senior Exercise 10:30 Geri-Fit 11:30 Blood Pressure Checks w/ Shrivvers Hospice 1:00 Euchre Chicken Salad Wrap Broccoli Salad Mandarin Oranges 100% Fruit Juice Sidekick Whole Grain Cookie & Milk
30 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize Tater Tot Casserole Peas w/ Pearl Onions Baked Apples Fruit Cocktail Fruit Muffin & 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.

Ice Cream Flavors

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

WORD LIST

VANILLA
CHOCOLATE
STRAWBERRY
MOOSE TRACKS
REESES
TRIPLE TORNADO
PECAN
FUDGE

COOKIE DOUGH
MAPLE WALNUT
COCONUT
COTTON CANDY
HOKEY POKEY
NEOPOLITAN
GREEN TEA
BANANA



**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.....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

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.





Kno-Ho-Co-Ashland

Community Action Commission



Serving Knox, Holmes, Coshocton & Ashland Counties

Coshocton Senior Center

201 Browns Lane

Coshocton, Ohio 43812

NONPROFIT ORG.

U.S. POSTAGE

PAID

PERMIT NO. 120

COSHOCTON, OHIO

Return Service Requested

