The Senior Connection | September 2021

COSHOCTON SENIOR CENTER NEWSLETTER

Join us September 20th-24th, 2021 for Falls Prevention Week, a nationwide effort to raise awareness that falls are preventable.

10 Myths About Older Adults and Falls

Myth 1: Falling happens to other people, not to me.

Reality: Many people think, "It won't happen to me." But the truth is that 1 in 4 older adults fall.

Myth 2: Falling is something normal that happens as you get older.

Reality: Falling is NOT a normal part of aging. Strength and balance exercises, managing your medications and having your vision checked are all steps to prevent a fall.

Myth 3: If I limit my activity, I won't fall.

Reality: Performing physical activities will actually help you stay independent.

Myth 4: As long as I stay at home, I can avoid falling.

Reality: Over half of all falls take place at home. Inspect your home for fall risks.

Myth 5: Muscle strength and flexibility can't be regained.

Reality: While we do lose muscle as we age, exercise can partially restore strength and flexibility.

Myth 6: Taking medication doesn't increase my risk of falling.

Reality: Taking any medication may INCREASE your risk of falling. Medications affect people in many different ways and can sometimes make you dizzy or sleepy.

Myth 7: I don't need to get my vision checked every year.

Reality: Vision is another key risk factor for falls. Aging is associated with some forms of vision loss that increase risk of falling and injury. People with vision problems are more than TWICE as likely to fall as those without visual impairment.

Myth 8: Using a walker or cane will make me more dependent.

Reality: Walking aids are very important in helping many older adults maintain or improve their mobility. However, make sure you use these devices safely

Myth 9: I don't need to talk to family members or my health care provider if I'm concerned about my risk of falling. I don't want to alarm them, and I want to keep my independence.

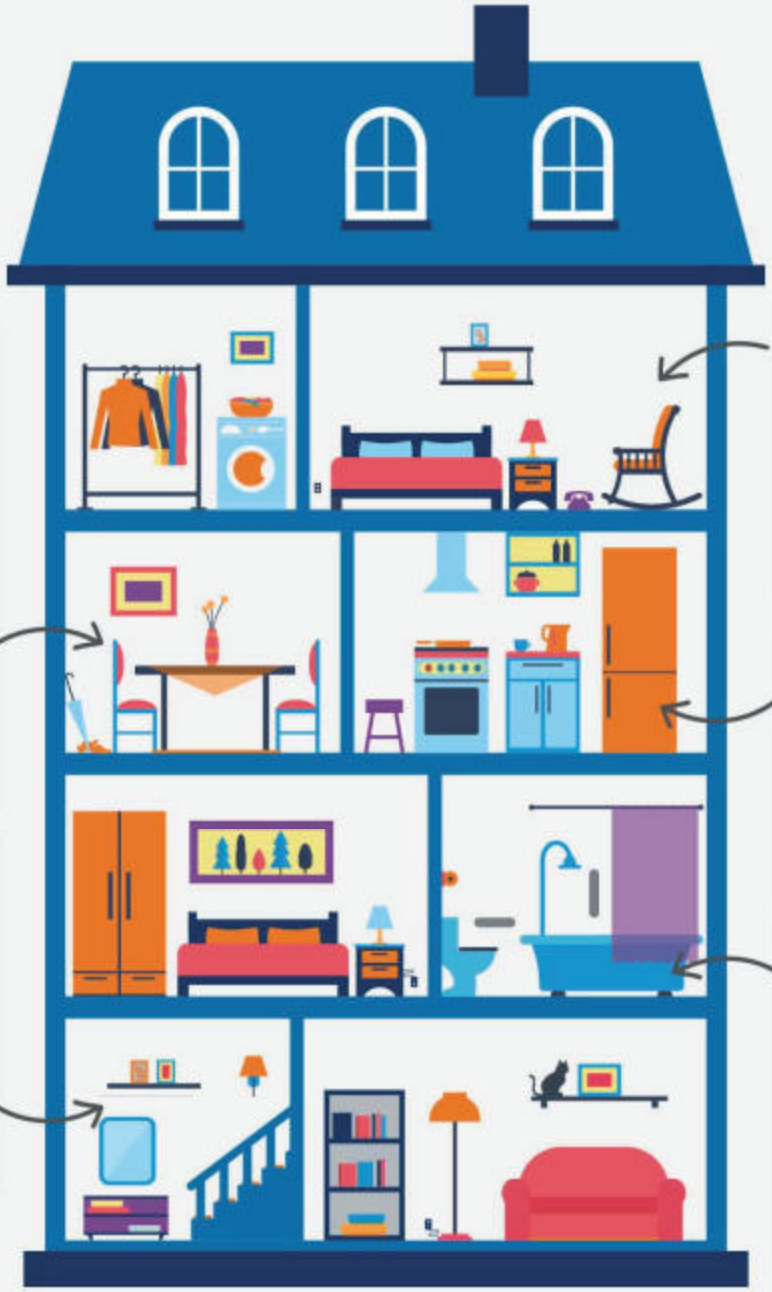
Reality: Fall prevention is a team effort. Bring it up with your doctor, family, and anyone who is in a position to help. They want to help you maintain your mobility and reduce your risk of falls.

Myth 10: I don't need to talk to my parent, spouse. Or other older adult if I'm concerned about their risk of falling. It will hurt their feelings, and it's none of my business.

Reality: Let them know about your concerns and offer support to help them maintain the highest degree of independence possible. There are many things you can do, including removing hazards in the home, finding a fall prevention program in the community, or setting up a vision exam.

Senior Fall Prevention Home Checklist

Prevent falls — the leading cause of injury-related hospitalizations and deaths in Ohioans 65-plus — with this simple home checklist.



Floors

- ☐ Use nonskid rugs.
- ☐ Coil or tape extension cords or wires.
- ☐ Keep pathways clear of excessive furniture.
- ☐ Keep floors clear of things that can trip seniors, like shoes.

Stairs

- ☐ Fix loose or uneven steps.
- ☐ Install handrails on both sides, and lights.
- ☐ Attach nonslip rubber tread to steps.

Bedroom

- ☐ Ensure lamps are easy to reach.
- ☐ Plug in night lights.
- ☐ Install phone on the floor in case of emergency.

Kitchen

- ☐ Keep often-used items in easy-to-reach places.
- ☐ Never use a chair as a step stool.

Bathroom

- ☐ Install grab bars next to toilets and inside showers.
- ☐ Use nonslip mats.
- ☐ Consider a shower chair.

OhioHealth | *Talk to your doctor or PT about a Falls Risk Assessment.*

Source: Ohio Department of Health and CDC

Your Help Is Needed!

Due to COVID Coshocton County Mobility Management was unable to pass out their normal amount of surveys. Please take a few minutes and help them get that valuable feedback for their program.

Your Input Makes A Difference In Our Community

In order to keep mobility/transportation initiatives moving forward in Coshocton County we conduct an annual needs assessment survey. Survey results are used to measure where we are in meeting identified unmet needs and to idenify new unmet needs.

YOU can make an important difference by taking this brief survey!

This survey can be accessed:
- at https://forms.office.com/r/UWjqSVt40x
- by scanning the QR code with your phone camera
- by stopping in/contacting CCCTA or Mobility Management

THANK YOU FOR DOING YOUR PART!

Coshocton County Mobility Management

401 Main Street, Coshocton, OH 43812 Phone: 740-623-2564

Some Of What's Happening In Coshocton

- Coshocton Public Library has several programs offered monthly including: Featured Art Exhibit (West Lafayette Branch), Public Technology Education, and Bookmarked (monthly book club). For more information call 740-622-0956
- National September 11th Commemoration 20th year to be held at the Coshocton County Court Square at 12pm on September 10th.
- Coshocton County Clothing Drive 2021 will be held September 17th-18th 9am-3pm at the Coshocton County Fairgrounds.

Face-to-face appointments available this year. Call the Senior Center beginning October 15th to reserve your spot at 740-622-4852.

Save the Dates

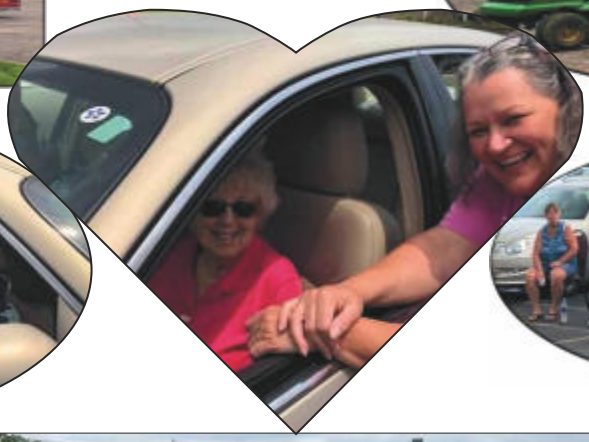
- **Nov. 3rd**
- **Nov. 17th**
- **Dec. 3rd**

Medicare Open Enrollment Coming Soon Oct. 15th - Dec. 7th

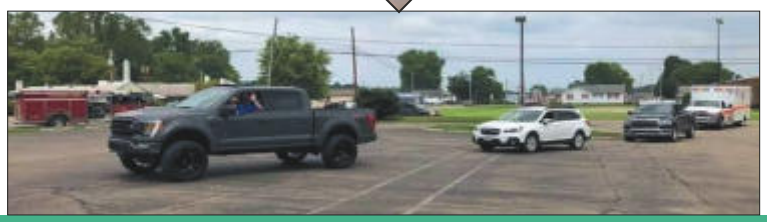
Some questions to start asking yourself

- Are your doctors still in network
- Are your co-pays affordable
- Has your plan satisfied your needs this year
- Have your drug costs been reasonable
- Are all your medications still in formulary
- Have you been in the Donut Hole

Every July we like to celebrate birthdays for our 90 (+) year old Seniors. So, on July 21, 2021 we did just that. We had several in attendance for this outdoor event. As our Seniors enjoyed some time to reminisce with others, they listened to love being shown for them as people driving by blew their horns. They were then surprised by a cruise-thru parade. Some residents from Windsorwood Place joined us, and even made some signs for the parade! Each 90+ year old in attendance was given a cupcake and a gift card. The event was a great success and we got 90(+) years of smiles.



- Donna E. Smith 93
- Betty Marble 94
- Lois Farmer 95



- Lois Jennings 95
- Kate Alford 95
- Jim Helmick 91

For more information on any of our services, please call us at **(740) 622-4852.**
Our business hours are Monday-Friday 8AM-4:30PM.

HOME DELIVERED MEALS: Delivery of hot, well-balanced nutritious meals, a friendly visit and a safety check.

PASSPORT SERVICES: Ohio Medicaid waiver program helping 60+ individuals who qualify receive care and support services. Available by referral.

GRAB & GO MEALS: Served to seniors 60+ from 11:30 until noon.

SOUPS/SALADS: Available Monday thru Friday between 11:00 am and 1:00 pm - $3 for a salad or 16 oz. cup of soup.

GROCERY ORDERING & DELIVERY: Call us with your order, we will schedule a day to shop for and deliver your groceries.

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 supplement food box for those age 60+ who live in Coshocton County and meet income guidelines.

PRODUCE DAY: Fresh produce available to anyone age 60 or over. 1st Wednesday of the month at 1:00 pm (please check menu calendar incase of date change).

INFORMATION & REFERRAL: Assistance with senior services in our community. Information and referrals available.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 *NO MEAL DELIVERY*	2 Chicken Cavatappi Capri Blend Vegetables Warm Diced Peaches Tossed Salad w/ Dressing Breadstick & Milk	3 Bratwurst w/ Bun Peppers & Onions Cheesy Potatoes Fresh Cut Fruit Brownie & Milk
6 Center closed for Labor Day	7 Meatloaf Scalloped Potatoes Lima Beans Diced Peaches Dinner Roll & Milk	8 1:00 pm Produce Pick-up *NO MEAL DELIVERY*	9 Club Croissant (Turkey, Ham, Bacon) Cream of Broccoli Soup Baby Carrots w/ Ranch Diced Pears Milk	10 Beef & Noodles Mashed Potatoes Mixed Vegetables Mandarin Oranges Dinner Roll & Milk
13 Turkey Cobb Salad (Lettuce, Grape Tomatoes, Onions, Cucumbers, Peas) Orange Rice Krispy Treat Crackers & Milk	14 11:30 Commodity Box Pick-up Rib Patty w/ Bun Cheesy Potatoes Buttered Corn Mixed Fruit BBQ Sauce & Milk	15 *NO MEAL DELIVERY*	16 Swedish Meatballs Alfredo Noodles Italian Vegetables Ambrosia Salad Breadstick & Milk	17 Breaded Baked Fish Square w/ Bun Seasoned Potato Wedges Green Beans Grape Juice Milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
20 Pizza Broccoli & Cauliflower Applesauce Tossed Salad w/ Dressing Cookie Milk	21 Ham, Green Beans & Potatoes Cherry Crisp Baby Carrots w/ Ranch Yogurt Biscuit & Milk	22 *NO MEAL DELIVERY*	23 Chicken Fajitas (Peppers, Onions, Beans, Lettuce, Tomato, Cheese) Apple Slices Milk	24 Salisbury Steak Mashed Potatoes California Blend Veggies Pears Dinner Roll & Milk
27 Taco Salad (Meat, Beans, Lettuce, Tomato, Cheese, Sour Cream & Salsa) Orange Cookie Tortilla Chips & Milk	28 Chicken Cordon Bleu Parslied Red Potatoes California Blend Veggies Pear Halves Cookie Bread & Milk	29 *NO MEAL DELIVERY*	30 Italian Sub Cream of Potato Soup Coleslaw Banana Crackers & Milk	

Soup of the Month:

Vegetable Beef Soup with Crackers

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. There are no substitutions available.

Menu subject to change.

SEPTEMBER THINGS

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

WORD LIST:

Pumpkins
Marching Band
County Fair
Football
Bonfires
French Fries
Cotton Candy
Ferris Wheel
Grandparents
Back-To-School
Harvest
School Bus
Morning Dew
Mums
Corn Maze
Labor Day

Senior Center Hours

Monday-Friday

8am-4:30pm

(740) 622-4852

Coshocton Senior Center Staff

Christy Neighbor.....Director
April George.....HDM Coordinator
Jean Jacobs.....Center Assistant
Christi Emmert.....Office Technician
Bud Moore.....Dietary Manager
Michelle Bassett.....Head Cook
Beth Vojacek.....Kitchen Assistant
Anna Spaulding.....Kitchen Aide
Austin Buckmaster.....Kitchen Aide
Jennifer Kempf.....Kitchen Aide
Mark Carpenter.....Kitchen Aide
Kenny Zimmerman.....Custodian
John Elson.....HDM Driver
Vicky Piper.....HDM Driver
Kim Williams.....HDM Driver
Elizabeth Wilcox.....HDM Driver
Jessica Jones.....HDM Driver
Stacey Reiman.....HDM Driver
Shawne Quinn.....HDM Driver
Jessica Hebert.....HDM Driver
Logan Eddy.....HDM Driver
Reanna Ackley.....HDM Driver
Laurie Celeschi.....HDM Driver
Sarah Stanley.....HDM Driver
Greg Shumaker.....SCSE Program

For Cancellations and Center Announcements Tune In To:

WTNS FM99.3 The Spirit of Coshocton

Follow Us On:

All of our senior programming is provided at no charge for seniors, and no senior will be denied services sue to an inability or unwillingness to contribute toward the cost of any service. Voluntary contributions however, are encouraged and enable us to serve a larger number of seniors in Coshocton County.

MEMBER OF:

OASC OHIO ASSOCIATION OF SENIOR CENTERS

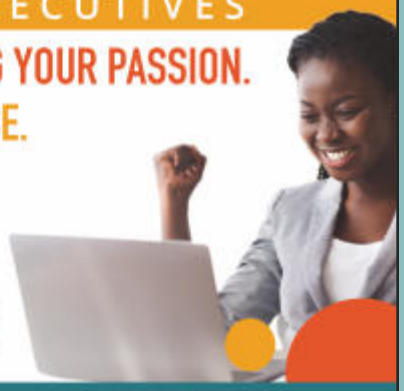
MEALS ON WHEELS AMERICA 2021 MEMBER

THE COSHOCTON COUNTY 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!

WE'RE HIRING

AD SALES EXECUTIVES

BE YOURSELF. BRING YOUR PASSION.
WORK WITH PURPOSE.



- Paid Training
- Some Travel
- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community

Contact us at careers@4lpi.com
www.4lpi.com/careers

"Serving Veterans Who Served"

Coshocton County
Veterans Service Office
318 Main St., Courthouse
Coshocton, OH 43812
740-622-2313
coshoctoncounty.net/veterans

HALF THE JOY OF THE HOLIDAYS IS HEARING THEM

The holiday season is a festive time filled with many wonderful gatherings of family and friends.
But for those with difficulty hearing, the festivities aren't as joyful as they should be.
Come to our **Holiday Open House** and give yourself, or a loved one, the gift of hearing.

5 DAYS ONLY! Monday - Friday • November 6th - 10th

To celebrate the season, we're inviting you to our Holiday Open House, where we'll be offering these FREE services:

> **FREE** hearing consultation.
> **FREE** examination of your ears to check for wax build-up.
> **FREE** demonstration of the Muse™ iQ hearing aids.
> **FREE** clean and check of your current hearing aids.

This event will be **5 days only!** We are only sending this invitation to a select few. Please call early to make an appointment on the date of your choice. Appointments will go fast! Be sure to bring a friend or loved one, someone whose voice is familiar to you.

Contact our appointment desk today to RSVP. (740) 450-7660

Appointments are limited and remember there is no cost for these services during these 5 days!
Please pass this on to a friend if this invitation is not useful to you.

Dec. 8th is here by Christmas!

Limited Time offer!
$500 off
A pair of premium wireless hearing aids

Linka Conkle, BC-HIS
Board Certified in Hearing Instrument Sciences

AMERICAN EAR
HEARING & AUDIOLOGY

830 Bethesda Dr • Zanesville, OH 43701
(740) 450-7660
www.americanear.com

PROTECTING SENIORS NATIONWIDE

MEDICAL ALERT SYSTEM

$29.95/MO
BILLED QUARTERLY

PLUS SPECIAL OFFER

- No Long-Term Contract
- Price Guarentee
- Made and monitored in the USA

MADE IN USA

CALL NOW! 1.877.801.5055
WWW.24-7MED.COM

Senior Benefit ADVANTAGE

Please call me to discuss your Medicare options.

RHONDA KRAUS, MSW • 740-502-2784
SeniorBenefitAdvantage.com

Let Senior Benefit Advantage be your advocate beyond your insurance PLAN

Rhonda K. Kraus, MSW

is the Director of Client Services at Senior Benefit Advantage and has 30 years' experience in the insurance industry, with a background in social work that is focused on serving Medicare Beneficiaries. Senior Benefit Advantage serves clients who request our help with choosing Medicare Plan Options. We are licensed Independent Insurance Brokers who are certified and compensated by the plans we represent. We do not charge a fee for any service we provide.

Senior Benefit Advantage Provides Access to Better Healthcare through:

Medicare Counseling:

- Help Understanding Medicare and Medicaid
- Help Understanding Medicare Plan Options

Prescription Assistance:

- Help with finding companies that offer low-cost prescription medications
- Help with applying for Extra-Help with Prescription Drugs through Social Security
- Help finding and applying for Patient Assistance Programs

Help with applying for Medicaid and Medicare Premium Assistance Programs:

- We will serve as your Authorized Representative at Jobs and Family Services

Help with understanding and accessing benefits available through certain Medicare Plans:

- Transportation
- Dental Coverage- Dentures
- Vision Coverage
- Hearing Aid Appointments
- Medical Alerts
- And More…

Proud to be named a Top 100 Hospital

Watson Health 100 Top Hospitals® 2021

Coshocton Regional Medical Center

FREE AD DESIGN

WITH PURCHASE OF THIS SPACE

CALL 800.477.4574

WINDSORWOOD PLACE
Assisted Living

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

EQUAL HOUSING OPPORTUNITY

LET CCCTA PUBLIC TRANSIT GET YOU THERE!

Coshocton County CCCTA Coordinated Transportation Agency

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

AVAILABLE FOR A LIMITED TIME!

ADVERTISE HERE NOW!

Contact Duane Budelier to place an ad today!
dbudelier@lpicommunities.com or (800) 950-9952 x2525

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide

ADT Authorized Provider | SafeStreets

1-855-225-4251

Riverside Towers
A ROSE COMMUNITY
One Bedroom Apts.

Rent is Based on 30% of Income

- Select Utilities Included
- Pet Friendly
- Social Activities

Elderly admission preference community.

85 Pine St, Coshocton, OH 43812
(740) 622-8702 TTY 711

LAFAYETTE POINTE
NURSING & REHABILITATION CENTER

OAKPOINTE
NURSING & REHABILITATION CENTER

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 Georgia Shivers GShivers@oak-pointe.net

Lafayette Pointe 740.545.6355
Oak Pointe 330.897.4311

What You Can Expect at Lafayette Pointe & Oak Pointe

- 24-Hour Professional Medical Care
- Friendly and Caring Staff
- Therapy Services
- Secure Alzheimer Units with Private Courtyards
- Designated Smoking Areas
- Personalized Temperature Control in Each Room
- Wireless Internet Access
- Vacation Care (Respite Care)
- On-Site Salon Services

Ask Us About

- Private Room Eligibility for Medicaid
- Insurance Contracts including Medicare, Medicaid
- VA Contract Eligibility at Oak Pointe

PROUD MEMBERS
UPDATED 08/20

Kno-Ho-Co-Ashland
Community Action Commission

Serving Knox, Holmes, Coshocton & Ashland Counties

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

Coshocton Senior Center
201 Browns Lane
Coshocton, Ohio 43812

Return Service Requested