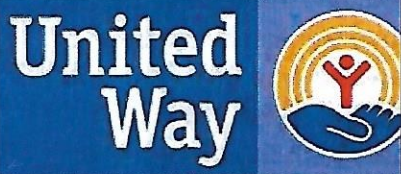


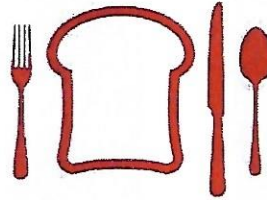
Zoom exercise class

We will continue to do Zoom exercise class online every Tuesday through the month of April. If you would like to join the classes, please email lisawilsoncss@gmail.com prior to the Tuesday class to be added. Missy Lamp will email you the zoom link, code & password. This is strength chair yoga just like we would do in our room!

We received a \$5,000 grant from the United Way of Knox County to fund programs like these. Thank you, United Way!



Centerburg Senior Services April 2021



Mid-Ohio Foodbank

This Photo by Unknown Author is licensed under CC BY-SA-NC

Mid Ohio Produce Market April 27th 10am-12pm

First produce giveaway for the year! This is available for **all of Knox County residents** and is based on **HOUSEHOLD income**. Market will take place in the Centerburg Church of Christ parking lot at 3830 Columbus Rd. It will be a drive thru so remain in your cars and we will load your produce for you! Please see chart below to see if you are eligible. This chart is dated 2019 but no changes have been made that we have been notified of.

Ohio Department of Job and Family Services
THE EMERGENCY FOOD ASSISTANCE PROGRAM
STATE FUNDED FOOD PROGRAM
HOUSEHOLD ELIGIBILITY GUIDELINES EFFECTIVE JULY 1, 2019

HOUSEHOLD SIZE	INCOME		
	YEAR	MONTH	WEEK
1	\$24,978	\$2,081	\$480
2	\$33,819	\$2,818	\$650
3	\$42,659	\$3,564	\$820
4	\$51,499	\$4,291	\$990
5	\$60,339	\$5,028	\$1,160
6	\$69,179	\$5,764	\$1,330
7	\$78,019	\$6,501	\$1,500
8	\$86,859	\$7,238	\$1,670
9	\$95,699	\$7,974	\$1,840
10	\$104,539	\$8,711	\$2,010
FOR EACH ADDITIONAL HOUSEHOLD MEMBER ADD	\$8,840	\$737	\$170

Clients certify that their current gross household income is at or below the income listed on this form for households with the same number of people in the household. Clients also certify that, as of today, the household lives in the area served by this agency. This information is provided in connection with the receipt of Federal assistance through The Emergency Food Assistance Program and/or the state funded food program.

Please remember to **REMAIN** in your car & we will hand out food until 12pm unless it runs out before. **NEXT MARKET IS MAY 25, 2021.** Then we will have one **AUGUST 24th** & last one on **OCTOBER 26th.**

FACEBOOK

If you are on Facebook please follow us. Newsletters come once a month, but Facebook has updates all throughout the month.

Website

Please take time to check out our website at centerburgseniorservices.com. Crystal has done an amazing job at adding a resource tab. This tab will be added to as we get request so keep checking it out for useful information!

CSS Board members

Terry Bumpus- President
 Jeff Perry – Vice President
 Skip McWilliams
 Fred Altizer
 Sarah Johnson
 Janet Rogers
 Todd Sands

CSS Staff:

Lisa Wilson – Director
 Crystal McElhaney- Asst Director/financial Mgr.
 Bonnie Rutherford – room helper



This Photo by Unknown Author is licensed under CC BY-ND

Covid update for CSS

Board members met March 16, 2021 and have made the decision to remain closed at this time and will re-evaluate come middle of June at our next meeting. Area of Aging sent Governor DeWine a letter on March 12 asking for all pretesting to be lifted on senior centers as this is the main reason none of them in Ohio have felt comfortable reopening, including CSS. If pretesting gets lifted, this will allow us to have a starting date in the near future. There IS light at the end of the tunnel, PLEASE continue to be patient! Lisa, Crystal, and Bonnie will do everything within their power to reopen as soon as they can AND as safely as they can. Please remember we do not have our own facility where we can control everything, we have a room inside a school building. We must think of not only all our seniors, but also preschool children, teachers, and CSS staff.

Food bag April 15 & 16

If you are in need of an extra bag of food please CALL US at 740-625-5056 and leave your name, address and phone number. As soon as we hear your message, we will automatically add you to our list. Most bags will go out on April 15th. If Anna delivers your meals early in the morning this is because she is delivering them as she is coming into Centerburg with all the meals. She then gets loaded with food bags. If she has already been to you instead of back tracking all those miles, she keeps the bags and drops them to you the next morning on the 16th!

April dates to
mark down!

Friday April 2

No meal deliveries.

We will observe
Good Friday

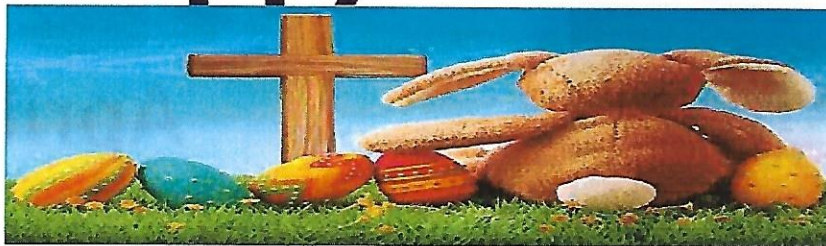
If you receive
commodity boxes
they will come out
April 13

April 15 & 16
Emergency Food
bag distribution

April 22
Earth Day

April 27
Produce Market
10am-12pm

Happy Easter



This Photo by Unknown Author is licensed under CC BY

From our homes to yours, we would like to say Happy Easter to everyone! Looking forward to the day we can all gather again. It is hard on all of us, please know you are never alone. If you ever need to talk just call us and we will return your call!

Please welcome our newest CSS board member, Todd Sands!

Todd graduated from Centerburg High School in 1995. In 1999 he graduated from MVNU with a bachelor's degree in Business Management & Sports Management. He then opened his own business in January 2004 called Animal Station, located on Ewing Street in Centerburg. Todd is a father of 3 and a stepfather to 3 more and has one grandson. His wife is named Lynne. Her mother, Nancy Israel, was an active member at Centerburg Senior Services. If you have come in for Bingo you may have seen Todd, Lynne, and a couple of his daughters as the Animal Station became a Bingo sponsor in 2019. Todd will make a great addition to the board.

Meals on Wheels

Requirements:

- *Over the age of 60
- *Live in the Centerburg village, Milford, Liberty, or Hilliar Township

We deliver a warm meal made by KCH.
Monday- Friday
except holidays.

Delivery Drivers are:

Long Route:

Anna Smith

Intown Route:

M & T Dannette McKee
W,TH,F Emma Winings

THANK THESE LADIES
WHENEVER YOU SEE
THEM!



They do an amazing job!

2021 Produce Markets

April 27th

May 25th

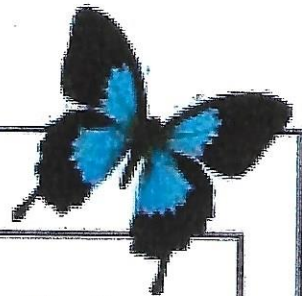
August 24th

October 26th

We will start at 10am, pending the truck has arrived on time. You may start lining up anytime after 9am and we will start checking you in from your vehicle. You may pick up for other people, but you must know their name and address. This is all based on household income levels and is for all of KNOX COUNTY RESIDENTS that are eligible!!

We will continue to do these markets as a drive thru so please always remain in your car.

Spring



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

Find the following words in the puzzle.
Words are hidden → ↓ and ↘.

BLOSSOM
BUDS
CROCUS
DAFFODIL
FLOWER
GARDEN
GREEN



GROW
LILACS
MELTING
PUDDLE
RAIN
RAINBOW
ROBIN
SEASON



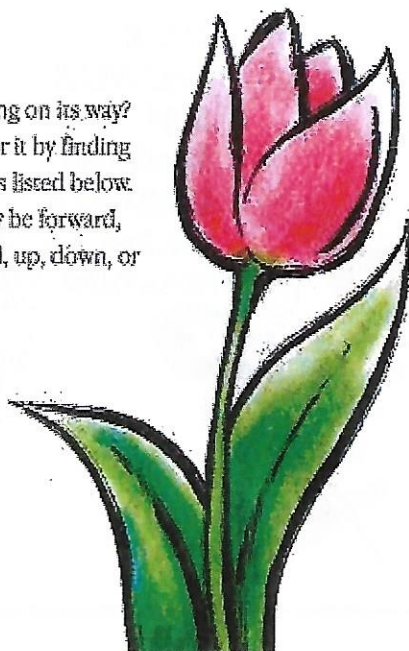
SEEDS
SHOWERS
SUN
SUNSHINE
UMBRELLA
WARM
WEATHER



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

Search for Spring

Is spring on its way?
Search for it by finding
the words listed below.
They may be forward,
backward, up, down, or
diagonal.



A E
 T A
 O O
 N K
 E M
 M E
 E G
 N U
 T Y
 O L
 L X
 F Y

Atonement
 birds
 blossoms
 breeze
 bugs
 butterfly
 Christ
 Easter
 eggs
 flowers
 fun
 garden
 general conference

grass
 joy
 kite
 puddle
 rain
 Resurrection
 seeds
 spring
 sprouts
 sunshine
 tree
 umbrella





Senior Farmers' Market Nutrition Program



The Seniors Farmers' Market Nutrition Program helps provide low-income seniors with access to locally grown fruits, vegetables, honey, and herbs.

How to apply:

ONLINE APPLICATION

PRINT APPLICATION

Call: (567) 247-7101

E-MAIL

MARKET LOCATION LIST

About:

We are excited to announce the Ohio Senior Farmers' Market Nutrition Program (SFMNP) in three counties of our region:

- Knox
- Richland
- Seneca

This helps low-income seniors access locally grown fruits and vegetables, and supports our local farmers and farmers' markets.

Eligible participants receive ten \$5 coupons to use at participating farmers' markets and roadside stands. Coupons can be redeemed for Ohio-grown fresh vegetables, fruits, herbs and honey. Some restrictions apply - [click for full item list](#).

Vouchers may be redeemed beginning June 1, 2021 and are valid through October 31, 2021.

SERVICES

Services Overview

For Caregivers

For Older Adults

For Individuals Under Age 60



Department of
Aging

APPLICATION

Ohio Senior Farmers' Market Nutrition Program 2021



AREA AGENCY ON AGING
Ohio District 5 | Serving North Central Ohio

AAA5



RETURN COMPLETED APPLICATION TO:

Ohio District 5 Area Agency on Aging, Inc.
2131 Park Avenue West
Ontario, Ohio 44906

419-524-4144

Each applicant must complete and submit a separate application for each program year.

First Name			Last Name						
Date of Birth (mm/dd/yyyy)			Gender	<input type="checkbox"/>	Male	<input type="checkbox"/>	Female	<input type="checkbox"/>	No Answer
Mailing Address									
City			Zip Code			County			
Telephone Number									
Email Address									
Race (select all that apply)	<input type="checkbox"/>	American Indian/Native Alaskan	<input type="checkbox"/>	Native Hawaiian/Pacific Islander					
	<input type="checkbox"/>	Asian	<input type="checkbox"/>	White					
	<input type="checkbox"/>	Black/African American	<input type="checkbox"/>	Other					
Nationality (select all that apply)	<input type="checkbox"/>	Arabic	<input type="checkbox"/>	Hawaii, Guam, Samoa, Pacific Islands origin					
	<input type="checkbox"/>	Chinese	<input type="checkbox"/>	Of Spanish origin or culture, regardless of race					
	<input type="checkbox"/>	Europe, the middle east, or North African origins	<input type="checkbox"/>	Origins in black racial groups of Africa					
	<input type="checkbox"/>	Far East, Southeast Asia, Indian subcontinent origins	<input type="checkbox"/>	Of an ethnic race other than those listed					

Complete the following information ONLY if applicant is designating an authorized shopper.

Authorized Shopper Name			
Relationship to Participant		Telephone Number	

Check box corresponding to your TOTAL annual household income

<input type="checkbox"/>	1 person in household with income of \$0 - \$23,828	<input type="checkbox"/>	2 persons in household with income of \$0 - \$32,227	<input type="checkbox"/>	3 persons in household with income of \$0 - \$40,626
<input type="checkbox"/>	4 persons in household with income of \$0 - \$49,025	<input type="checkbox"/>	5 persons in household with income of \$0 - \$57,424	<input type="checkbox"/>	6 persons in household with income of \$0 - \$65,823

I certify that I am at least 60 years of age; a resident of this service area; have not received Ohio Senior Farmers' Market Nutrition Program 2021 coupons at any other location; and have a total household income that meets income requirements.

Applicant Signature		Date	
---------------------	--	------	--

I have been advised of my rights and obligations under the Ohio Senior Farmers' Market Nutrition Program (SFMNP). I certify the information I have provided is correct. This form is being submitted for Federal Assistance and is subject to verification. I understand that intentionally misrepresenting, concealing or withholding facts may result in paying the State Agency, in cash, the value of the food benefits improperly issued to me and may subject me to civil or criminal prosecution under State and Federal law. I understand that I may appeal any decision made by the local agency regarding my eligibility for the SFMNP. Information will not be shared except for the specific purposes of responding to your request for assistance.