

# THE Council Messenger



## Ashland County Council on Aging

240 East Third Street  
 Ashland, OH 44805  
 419-281-1477 or  
 1-800-246-1057

Visit our Web page at  
[www.ashcocoa.org](http://www.ashcocoa.org)

Executive Director  
 Sandy Enderby

Nutrition Manager:  
 Gina Thomas  
 Transportation Manager:  
 Alisha Sapyta  
 Social Services Director:  
 Nicole Coletta RN  
 Senior Program Director:  
 Amy Noel RCP,CRT  
 Activity Director:  
 Anita Good



## WE WOULD LOVE TO HELP YOU

We are available to help you or a loved one 60 and over living in Ashland County. We offer Meals, Transportation, Legal, Social Services, Information, and Activities. This includes help with Medicare, Social Security, Hep, Golden Buckeye Cards and more.  
If we can help please call us!



LOGO



— ASHLAND COUNTY —  
**COUNCIL ON AGING**



*Cheers to Fifty Years*

*Senior Fair*

*May 23rd, 2024*

*Ashland University*

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# A Message from Sandy



Hello Everyone~

First, this month we are excited to start up our monthly lunch trip outings. Please look for more information on page 3 in this newsletter to see where our maiden voyage will be! Once again, we will have a client rotation sign up list for all trips. This will ensure everyone who would like to go with us, will get an opportunity. Lets hope for really great weather and lots of fun!!. Secondly, here at the agency we have started to gear up for our Senior Fair Event scheduled in May. The theme this year is **Cheers to Fifty Years**. We are excited to announce that we will be back at Ashland University Myers Convocation Center. We are also extremely excited to announce that this year because of many gracious donors and vendors who want to participate, **NO** Ashland County Senior will have to pay for admission or lunch on May 23rd, it will be all FREE. We are expecting a full house with 60 vendors and over 600 of our closest senior friends, so this event isn't one you want to miss out on! 650 tickets will be available at the agency for pick up between April 15th– May 15th. You will need to present your ticket at the door the day of the fair, no exceptions. Thank you and we look forward to seeing you at AU. Please spread the word to all your friends. Lastly, there are many activities at the agency being held each month, please take the time to look over the calendar on page 5. Spring is here, so lets start seeing you soon!

Take Care  
Sandy



### Senior Citizen Day

On Thursday, April 4 from 1-3 p.m., senior citizens are invited to visit the Ashland County Health Department for:

- Falls prevention, education, and strength training exercises;
- Free height, weight and/or blood pressure checks;
- One-on-one vaccination reviews with a public health nurse (please bring your immunization records if you can);
- Genealogy information;
- And more!

The Ashland County Health Department is located at 1211 Claremont Avenue in Ashland.

Reservations are not required for this event.

If you have any questions, please call

419-282-4356.

### Did you know the City of Ashland offers this Senior Service?

- Senior Citizens, 65 or older, and physically handicapped persons, may request that the Sanitation Department carry household garbage from house at a predetermined location, i.e. carryout.
- Limit 2 bags household garbage.
- Recycling may also be requested to be carried out.
- Call office to request this assistance. 419-289-9791



# Agency Happenings..

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## Monthly Walkie Talkie Group

**Monday April 1st & Monday April 15th**

Come and join our senior walking group at Freer Field. (Rain or Shine.) Please dress appropriate for the weather. Walking will start at 9:30 and talking will start as soon as you get there. We are excited to see you all !!! There is plenty of parking spots and restrooms are available.

Who doesn't want to walk off those extra pounds while enjoying each others company.

All is welcome

## Alzheimer's Caregiver Support Group

**Wednesday April 17th**

Join us from 1pm– 2pm at the agency to build a support system with people who understand by talking through issues, sharing feelings, needs and concerns. Learn mindfulness techniques to bring some balance to challenging days.

All is welcome but please RSVP to Amy. ( 419-496-0429)



## Craft Time

**Thursday April 18th**

Join us here at the agency for a Spring Craft with Morgan from Kingston of Ashland. Limited spots are available. Please call Anita or Amy by April 15th to reserve your spot



## New Card Game– Golf

**Friday April 19th**

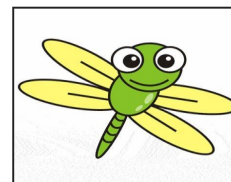
Come join in on fun with a new game in our activity room. The game is called Golf... I was told that you don't need a club or a ball to play. It is easy and a lot of fun. We all might me in there learning to play Golf. All is welcome to learn and play!

## Craft Time with Anita

**Tuesday, April 23rd**

Who loves dragon flies.. Anita sure does. Please join her at 1pm here at the agency as she will help you to make a dragon fly out of a wire whisk.

Limited seats are available .



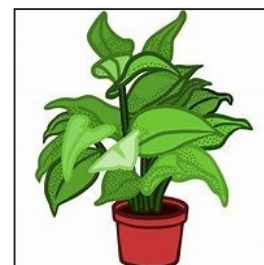
## Ashland County Council on Aging Day Trip Outing

For the month of April , we have selected to visit the Groovy Plant Ranch for our outing. This is scheduled for April 24, 2024. We will be leaving from our agency at 9:30 am and heading to Marengo. After that, we will be taking a short 30 minute van ride to the DerDutchman ,which is located in Bellville, Ohio. Expected time to be back at the agency is 3pm. The cost of the trip is \$10.00 a person. Lunch will be on your own.

RSVP will open April 3rd

**Please contact our Transportation Coordinator Alisha, if you would like to join us!**

**\*\*We have 18 seats available\*\***





Mon

Tue

Wed

Thu

Fri

1. Tuna Salad on W. Wheat Bread Cucumber Salad Apricots Baby Carrots	2. Cabbage Rolls Mashed Potato's Peas Mixed Fruit W. Wheat Bread	3. Orange Chicken over Rice Far East Vegetable Blend Pineapple Tidbits W. Wheat Bread	4. Sloppy Joes w/Bun Potato Wedges Corn Mandarin Oranges	5. Cheese Omelet Turkey Sausage Links Stewed Tomato's Apple W. Grain Muffin
8. AGENCY CLOSED 	9. Ham & Swiss on /Bun Pickled Beets Pears Fruit Juice Sun Chips	10. Swedish Meatballs Over Pasta Carrots Tropical Fruit W. Grain Roll	11. Chicken Pot Pie Over a Biscuit Mashed Potato's Spinach Peaches	12. Pulled Pork & Bun Potato Wedges California Blend Grapes
15. Beef Hot Dog & Bun Baked Beans Zucchini & Squash Mixed Fruit	16. Grilled Chicken Scandinavian Vegetable Blend Cauliflower Mandarin Oranges W. Wheat Bread	17. Taco Casserole Mexican Rice Corn Tropical Fruit W. Wheat Bread	18. Turkey Burger On a Bun w/Cheese Brussel Sprouts Peaches	19. Hamburger Gravy Mashed Potato's Green Beans Orange W. Wheat Bread
22. Oriental Chicken Salad Lettuce, Cheese, Craisins, Chow Mein Noodles Pineapple Chunks W. Grain Muffin	23. Chili w/Crackers Peas Carrots Mixed Fruit Corn Bread	24. Fish Sticks Sweet Potato's Mixed Vegetables Applesauce W. Grain Roll	25. Lasagna Roll Ups Broccoli Green Beans Peaches W. Grain Roll	26. Turkey Rueben Casserole Mashed Potato's Key West Blend Fresh Pear
29. Chicken Chef Salad Lettuce, Egg, Tomato, Cheese, Croutons Fruit Cocktail W. Grain Muffin	30. Philly Cheese Casserole Carrots Succotash Tropical Fruit W. Wheat Bread			
	PLEASE GIVE 24 HOURS NOTICE TO CANCEL IF YOU WILL NOT BE HOME FOR YOUR HOME DELIVERED MEAL	SUBSTITUTION OF THE MONTH IS A GRILLED CHEESE PLEASE GIVE 24 HOURS NOTICE TO REQUEST A SUBSTITUTION.		MENU IS SUBJECT TO CHANGE WITHOUT NOTICE



# April Activities.....

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>9:30 Walkie Talkie Group (rain or shine) </p> <p>9:30 Garbage Play </p> <p>1:00 Wii Bowling </p>	<p>2</p> <p>10-10:45 Fitness Fiesta</p> <p>11:30 Piano Music with Joe Linder</p> <p>1:00 Bingo Tournament with Kim from CenterWell</p>	<p>3</p> <p>10:30 Bible Study <b>Bible Study</b> Join us! </p> <p>1:00 Euchre for Fun</p>	<p>4</p> <p>10-10:45 Fitness Fiesta</p> <p>10:00 S.A.L.T</p> <p>12:00 Birthday Celebration</p> <p>1:00 Sequence</p>	<p>5</p> <p>11:00 Tai Chi with Krissy </p> <p>12:45 Movie &amp; Snack-<i>Earth to Echo 2014</i> (PG 1h31m)</p>
<p>8</p> <p><b>Agency Closed</b></p> <p></p>	<p>9</p> <p>10-10:45 Fitness Fiesta</p> <p>11:00 Wellness Checks Nicole</p> <p>1:00 Loudonville Bingo</p>	<p>10</p> <p>10:30 Bible Study </p> <p>1:00 Euchre for Fun </p>	<p>11</p> <p>10-10:45 Fitness Fiesta</p> <p>12:45 Trivia with Mindi </p>	<p>12</p> <p>9:30p Open Play</p> <p>12:45 Movie &amp; Snack- <i>Shane 1953 Western</i> (Not Rated 1h58m)</p>
<p>15</p> <p>9:30 Walkie Talkie Group (rain or shine) </p> <p>9:30 Open Play</p> <p>1:00 Wii Bowling </p>	<p>16</p> <p>10-10:45 Fitness Fiesta </p> <p>1:00p Card Game of Choice</p>	<p>17</p> <p>10:30 Bible Study</p> <p>1:00 Care Giver Support Group </p>	<p>18</p> <p>10-10:45 Fitness Fiesta</p> <p>1:00p Kingston Crafts from Morgan (Sign Up) </p>	<p>19</p> <p>10:00 New Card Game called Golf</p> <p>12:45 Movie &amp; Snack- <i>Singin' in the Rain 1952</i> (G 1h43m)</p>
<p>22</p> <p>9:15 Newsletter Mailing <b>Help Needed</b></p> <p>1:00p Cooking for One or Two </p>	<p>23</p> <p>10-10:45 Fitness Fiesta</p> <p>1:00p Crafts with Anita (sign Up) </p>	<p>24</p> <p>9:30a Groovy Plant Ranch Trip plus lunch at Der Dutchman with return at 3:00p (sign up with Alisha)</p> <p>10:30 Bible Study</p>	<p>25</p> <p>10-10:45 Fitness Fiesta</p> <p>1:00p Agency Bingo (prize glazed donut) </p>	<p>26</p> <p>9:30 Phase 10</p> <p>12:45 Movie &amp; Snack- <i>The Little Rascals</i> (1hr30m)</p>
<p>29</p> <p>9:30 Garbage Play </p> <p>1:00 Wii Bowling </p>	<p>30</p> <p>10-10:45 Fitness Fiesta</p> <p>1:00 Euchre Tournament </p>	<p>Ashland Co Council on Aging Activities</p> <p><b>April 2024</b></p> <p> </p> <p>If you need transportation please allow 48 hour notice to Alisha in transportation</p> <p><b>NOT including weekends</b></p>		

## Ashland County Cancer Association

**RUMMAGE SALE***MEGA-FUNDRAISER, SUPPORTING ASHLAND CO. CANCER PATIENTS****ACCEPTING DONATIONS*****February 5, 2024 - May 24, 2024***ACCA Office*

M- Thurs., February 5 - May 14 , 9am - 3:30 pm. No large items at this time.

*Ashland Fairgrounds*

Gold Bldg., May 15-18, May 20-24, 10am-4pm. Large items accepted, with prior approval. Simply text the number below with a picture, description, and your name.

*Acceptable Donations*

Purses • Newer Reads • Office • Crafts &amp; Sewing • Electronics • Household &amp; Home Décor • Kitchenware • Bed &amp; Bath • Games • Jewelry • Kid's Items • Sports &amp; Outdoor • Tools • Pet • Furniture • New &amp; Pre-loved Infant to Adult Clothes &amp; Shoes

No broken, stained, torn or outdated items accepted.

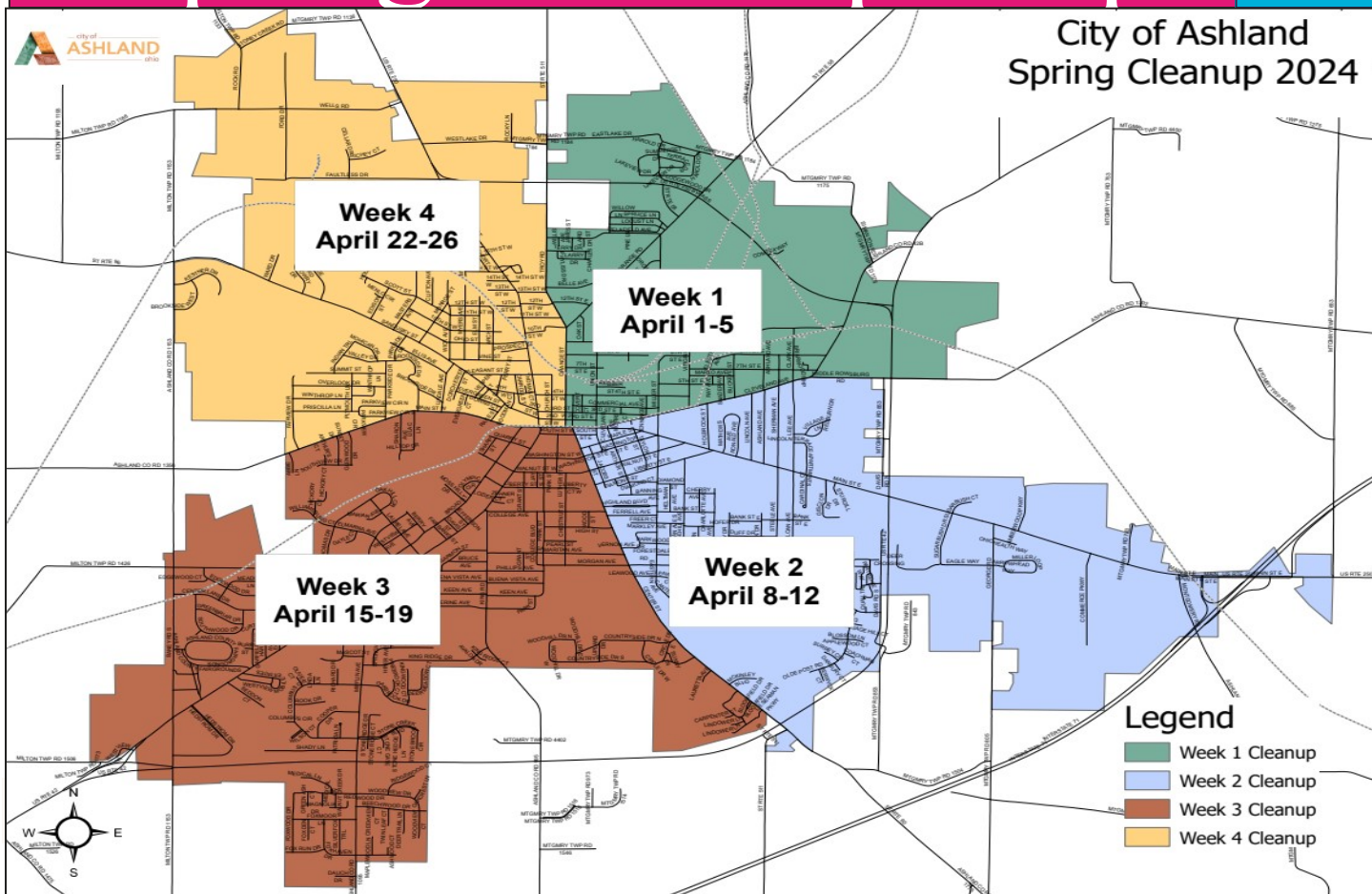
***RUMMAGE SALE*****Ashland County Fairgrounds, Claremont Avenue**

Green &amp; Gold Bldgs. No early birds. Rain or shine. Cash or Debit. Food Available.

**Thursday May 30 | 3 PM - 8 PM****Friday May 31 | 9 AM - 6 PM****Saturday June 1 | 9 AM - 2 PM***Questions? 419-281-1863 - Text only: 419-606-0549*

# Spring Clean up Map

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## Spring Cleanup

It's time to join your neighbors in cleaning out your homes, garages, and yards. Unwanted items will be picked up during our annual event.

Here is how to properly prepare and participate in the City of Ashland Spring Cleanup!

Sanitation Department  
419-289-9791

City Arborist  
419-289-8239

Dates/routes can be seen on the backside of this sheet and on [ashland-ohio.com](http://ashland-ohio.com). Please place your items along the curb no earlier than one week before your scheduled time.

### How to prepare for Spring Cleanup:

- Separate different categories of items (metals, cardboard, furniture, recyclables, etc.)
- Break down large items to lengths of no longer than 4 feet (construction materials, carpet, etc.)
- Mark containers that you do not want taken
- Place normal, weekly trash and recyclable items separate from Spring Cleanup items
- Cover all upholstered furniture in plastic wrapping

### Additional fees for:

- Placing your items out earlier than one week before your designated pickup time
- Having more than 3 cubic yards of material (length of a pickup truck bed)
- Placing items on the curb after your designated pickup time

**Any charged amounts will appear on your City of Ashland utility bill.**

### Contact the Arborist for help with:

- Brush chipping

### Items we accept:

- Microwaves
- Dishwashers
- Washers/Dryers
- Furnaces
- Hot water heaters
- Paint cans with dried paint
- Carpet (4 ft. sections)
- Furniture/Mattresses
- Drained engines & transmissions (remove oil pans)
- Drained mowers
- Other assorted items

### Items we do NOT accept:

- Tires
- Gas tanks
- Chemicals
- Wet paint
- Unknown liquids
- Yard waste\*
- Rocks or concrete materials
- Steel drums
- Asbestos materials/items containing asbestos
- Electronics: TV's, computers, copiers\*
- Any unit containing Freon: refrigerators, freezers, AC units\*

\*Contact the Sanitation Department for help with these items





# Local Food Banks

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## **NEW HOPE Mobile Food Pantry**

**Fri., April 5th starting about 10:00**

The Loudonville Mobile Food Pantry is distributed at the Loudonville High School field house, 421 Campus Ave., Loudonville. The food distributed comes from the Cleveland Food Bank and is mostly fresh produce.

## **LOUDONVILLE Mobile Food Pantry**

**Fri., April 19th starting about 10:00**

The Loudonville Mobile Food Pantry is distributed at the Loudonville High School field house, 421 Campus Ave., Loudonville. The food distributed comes from the Cleveland Food Bank and is mostly fresh produce.

## **Matthew 25 Mobile Food Pantry**

**Saturday April 27nd from 10-1**

The Mobile Food Pantry is located at Luray Lanes Parking Lot, 647 E. Main St.. The food distributed comes from the Cleveland Food Bank and is mostly fresh produce

## **ASSOCIATED CHARITIES POLK FOOD DISTRIBUTION**

**Tues, April 16th @ 5:30pm until food is gone**

This Mobile Food Pantry is located at Polk United Methodist Church - 424 North Main Street , Polk OH 44867.

**Please bring ID and own food bags**

\*\*\*Serving families and individuals residing in Troy, Sullivan, Orange, Jackson and Perry Townships

## **ASSOCIATED CHARITIES PERRYSVILLE FOOD DISTRIBUTION**

**Wed., April 24th @ 6pm until food is gone**

This Mobile Food Pantry is located at Perrysville Fire Station, 181 E, 3rd St, Perrysville, OH 44864. **Please bring ID and own food bags**

\*\*\*Serving families and individuals of Perrysville and Loudonville School Districts



## Solar Eclipse

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

path of totality  
 seventy miles  
 orbit  
 safety  
 penumbram  
 umbra  
 glasses

south carolina  
 total  
 eclipse  
 eyes  
 moon  
 solar  
 corona

oregon  
 shadow  
 diamond ring effect  
 sun  
 earth  
 partial

Ashland County Council on Aging  
240 E. Third Street  
Ashland, OH. 44805

NON-PROFIT ORGANIZATION  
U.S. POSTAGE PAID  
ASHLAND, OH. 44805  
PERMIT NO. 37



Or Current Resident:



2024 Board of Directors

**Karen Alsop– President**  
**Marcy Doyle– Vice President**  
**Kristi Kirtland– Secretary**  
**Ron Huiatt– Treasurer**  
**Terrence Webb**

**David Hunter**  
**Duane Fishpaw**  
**Dean Pierce**

Sponsored by Title III Grants under the Older Americans Act Administered through the Ohio Department of Aging and the Ohio District 5 Area Agency on Aging, 1-800-860-5799, with local funding through Ashland County Levy, Villages, Clubs, Organizations, Churches and Private Donations. Services are offered to all 60+ residents of Ashland County regardless of race, creed, color, national origin, sex, or handicap.