



## THE SENIOR SPARK 2026



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 LPN**

Nutrition Manager:  
Gina Thomas

Transportation Manager:  
Alisha Sapyta

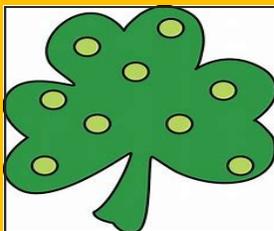
Social Services Director:  
Nicole Coletta RN

Information/Referral Specialist:  
Crystal Baker

Activity Director:  
Anita Good

### WEATHER INFORMATION!

Listen for the ACCOA closings  
on Cleveland Channels 8 & 3, and  
Mansfield channel 39, WMFD.



## THE COUNCIL ON AGING

We are available to help you or a loved one 60 years and over living in Ashland County. We offer Meals, Transportation, Legal, Social Services, Information, and Activities.

(This includes help with Medicare, Social Security, Heap, Golden Buckeye Cards plus much more)  
Call us at 419-281-1477

SAVE *the* DATE

*Senior Health Fair  
& Luncheon*

*May 21 2026*

*More Details to Follow*

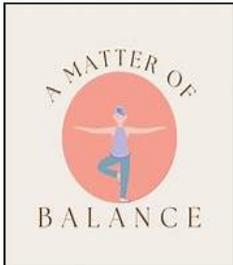


Hello Everyone~

Spring is just around the corner and here we are ready for some warmer days! However, over this winter we have been hibernating and we can't wait to start again our day trips outings in April and our two healthy program series . We will be kicking off in March with our Matter of Balance Series. It is learning how to reduce fall risks by making simple changes. The second program is called DEEP. It is geared towards diabetic teaching and empowerment. We are looking to start the DEEP Series in April . Please see flyer on page six in this newsletter. Our mission has always been to provide educational opportunities for you to be able to remain safe, healthy, active and independent in your home as long as possible. Why not take advantage of this time to educate yourself, a loved one or a friend. We hope to see you!!

Take Care,  
Sandy

## March Agency Happenings.....



### Matter of Balance Series

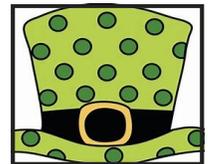
Join Anita & Crystal for a Balance Workshop held here at the agency. The series kicks off March 5th. This workshop will teach you how to prevent falls by making simple changes to your home and health. Call Anita to register at 419-281-1477  
Limited spots are available.

We will be providing this workshop another time this year if you do not get into this class series.

### Craft with Lisa From the Laurels

#### **Tuesday March 10th: 1pm**

Join us in our activity room for St. Patrick Day Trivia and Craft with Rep.Lisa. I am sure it will be a fun time. Be sure to sign up by Monday March 9th , if you would like to attend.



### Happy St Patrick Day Celebration, Sweet Bar & Craft



#### **Tuesday March 17th : 12pm**

The luck of the Irish will be upon us today. Don't forget to wear your GREEN or you just might get a PINCH. Also, join us for another super sweet tooth dessert bar. All desserts will be made by our agency staff for all of you.

Don't get mad if you end up with green teeth.....

### National Backyard Day

**Thursday, March 19th**, is an annual observance that encourages people to enjoy their outdoor spaces for relaxation, creativity, and connection with nature, celebrating everything from gardening to backyard camping. Common ways to celebrate include gardening, outdoor games, nature walks, or simply relaxing in your yard. So celebrating your backyards or outdoor space with fun, freedom, and outdoor activities.

# Agency Happenings.....

3



Be Advised.... If we have low attendance for our Matter of Balance Series scheduled for this month, we will reschedule it later this year. However, we will replace that programming with the following listed below. Start time for these activities will be 1 pm.

- 3-5 Thursday Doodle & Sip
- 3-9 Monday Chair Volleyball
- 3-12 Thursday Cooking for One or Two
- 3-16 Monday Chair Volleyball
- 3-19 Thursday Paint & Sip
- 3-23 Monday Chair Volleyball
- 3-26 Thursday Drawing & Sip
- 3-30 Monday Chair Volleyball

We will announce a change if needed on March 3



## ASHLAND AREA VIETNAM ERA VETERANS RECOGNITION DINNER

Saturday March 28, 2026 • 5:00 PM–8:00 PM  
Ashland Eagles • 400 Eastlake Drive, Ashland

Greg Gorrell, *Speaker – Ashland Native  
9th Infantry Army Division Combat Veteran*



For information  
call 419-289-1454

\$15.00 ticket  
Pick up tickets at DeSanto & Kellogg  
after February 15th  
(432 Center Street)

Limited Seating



## LEARN COMPUTER BASICS

University Hospitals Digital Learning

*\*\*Space is limited to 15. Keep provided laptop upon class completion.*

6 weekly sessions 10:00am to noon  
Beginning on April 2, 2026



### WHAT YOU WILL LEARN

- Introduction to Computers & Hardware
- Introduction to Software & Cybersecurity Basics
- Internet & Cybersecurity Basics Part 2
- Personalization & Maintenance
- MyChart & Telehealth

### WHO CAN JOIN?

Must be a University Hospital patient  
Must be enrolled in Medicaid or Medicare  
Must commit to all 6 sessions on Tuesdays:  
4/2; 4/9; 4/16; 4/23; 4/30; 5/7

### LOCATION

- UH Samaritan Medical Center 663 East Main Street, Ashland, 44805
- Contact Christina Vanderpool 419-207-7856, for more information





# March Madness Menu

4

Mon	Tue	Wed	Thu	Fri
2. Chicken Salad on a Mini Bun Three Bean Salad Cantaloupe Chunks W. Grain Sun Chips Low Sodium V-8	3. Pulled Pork w/Bun Potato Wedges Brussel Sprouts Mixed Fruit	4. Taco Casserole Mexican Rice Corn Pineapple Tidbits	5. Chicken Fried Rice Stir Fry Vegetables Spinach Warm Pears W. Grain Roll	6. Turkey Reuben Casserole Mashed Potatoes Green Beans Fresh Orange
9. Chili w/Crackers Peas Carrots Peaches W. Grain Corn Bread	10. Scalloped Potatoes & Ham California Blend Mandarin Oranges W. Grain Roll String Cheese	11. Lasagna Roll Up Mixed Vegetables Zucchini Applesauce W. Grain Roll	12. Chicken Drumsticks Sweet Potatoes Nantucket Blend Tropical Fruit W. Wheat Bread	13. Swedish Meatballs Over Pasta Capri Vegetables Cauliflower Florets Grapes Yogurt W. Wheat Bread
16. Turkey Burger w/Bun Baby Bakers Corn Mixed Fruit	17. Corned Beef Hash Egg Patty Cooked Cabbage Warm Applesauce W. Grain Roll	18. Ham & Cheese Slider w/Mini Bun Peas & Red Potatoes Caribbean Blend Peaches Sun Chips	19. Chicken Tortellini Bake Lima Beans Carrots Mandarin Oranges W. Wheat Bread	20. Stuffed Peppers Mashed Potatoes Green Beans Fresh Apple W. Wheat Bread
23. Cowboy Beans Nantucket Blend Tropical Fruit W. Grain Cornbread	24. Egg Omelet W/Cheese Turkey Sausage Links Stewed Tomatoes Applesauce W. Grain Muffin	25. Chicken Pot Pie Over a Biscuit Broccoli Florets Pineapple Tidbits String Cheese	26. Breaded Fish w/Bun Sweet Potatoes Corn Mixed Fruit	27. Barbecue Grilled Chicken Rice Brussel Sprouts Fresh Pear
30. Tuna Salad On Wheat Bread Pickled Beets Fresh Citrus Salad Hard Boiled Egg	31. Meatball Bowl W/ Mozzarella Cheese and Marinara Sauce Mixed Vegetables Fresh Orange W. Grain Garlic			
MENU IS SUBJECT TO CHANGE WITHOUT NOTICE		PLEASE GIVE 24 HOURS NOTICE TO CANCEL IF YOU WILL NOT BE HOME FOR YOUR HOME DELIVERED MEAL		SUBSTITUTION OF THE MONTH IS A CHEESEBURGER PLEASE GIVE 24 HOURS NOTICE TO REQUEST A SUBSTITUTION.

# March Madness Activities

5

Monday	Tuesday	Wednesday	Thursday	Friday
<p>9:30 Phase 10 </p> <p>1:00 Bingo with Laura of COAD </p>	<p>10-11 Fitness Fiesta</p> <p>1:00 Bingo with Bev of Ohioans </p>	<p>10:30 Bible Study </p> <p>1:00 Fraud Bingo with Huntington Bank </p>	<p>10:00 S.A.L.T</p> <p>10-11 Fitness Fiesta</p> <p>12:00 Birthday Celebration</p> <p>1-3 Matter of Balance Series Kick Off </p>	<p>National Oreo Cookie Day</p> <p>11:00 Tai Chi with Krissy </p> <p>12:45 Movie &amp; Snack- <i>Citizen Kane</i> PG 1h59m 1941</p>
<p>9:30 Garbage </p> <p>1-3 Matter of Balance Series 2 </p>	<p>10-11 Fitness Fiesta</p> <p>11:00 Wellness B/P Checks Nicole</p> <p>1:00 St. Patrick Trivia &amp; Crafts with Lisa of Laurels</p> <p>1:00 Loudonville Bingo Golden Center</p>	<p>10 Pen Pal letters Due </p> <p>10:30 Bible Study </p> <p>12:45 Euchre for Fun</p>	<p>10-11 Fitness Fiesta</p> <p>1-3 Matter of Balance Series 3 </p>	<p>10-11 Chair Mind &amp; Body Exercise</p> <p>12:45 Movie &amp; Snack- <i>On Golden Pond</i> PG 1h49m 1981</p>
<p>9:15 Newsletter Mailing <b>Help Needed</b> </p> <p>1-3 Matter of Balance Series 4 </p>	<p>Happy St Patrick's Day</p> <p>10-11 Fitness Fiesta</p> <p>12:30 Dessert Bar</p> <p>1:00 St Patrick's Craft with Katy of KOA </p>	<p>10:30 Bible Study </p> <p>12:45 Euchre for Fun </p>	<p>National Back Yard Day</p> <p>10-11 Fitness Fiesta</p> <p>1-3 Matter of Balance Series 5 </p>	<p>10-11 Chair Mind &amp; Body Exercise</p> <p>12:45 Movie &amp; Snack- <i>Singin' In The Rain</i> G 1h43m 1952</p>
<p>9:30 Open Play </p> <p>1-3 Matter of Balance Series 6 </p>	<p>10-11 Fitness Fiesta</p> <p>1:00 Bingo with Denise of Silver Birch Living Mansfield </p>	<p>10:30 Bible Study </p> <p>12:45 Euchre for Fun </p>	<p>10-11 Fitness Fiesta</p> <p>1-3 Matter of Balance Series 7 </p>	<p>10-11 Chair Mind &amp; Body Exercise</p> <p>12:45 Movie &amp; Snack- <i>Wonder</i> PG1h51m 2017</p>
<p>9:30 Skip Bo </p> <p>1-3 Matter of Balance Series 8 </p>	<p>10-11 Fitness Fiesta</p> <p>12:45 Euchre Tournament </p>	<p>National Craft Month</p> <h1>March 2026</h1> <p><i>If you need transportation please allow 48 hour notice to Alisha in transportation NOT including weekends</i></p> 		

# DEEP

## Diabetes Empowerment Education Program

*It is never too late to learn how to be healthy!*



**Diabetes Empowerment Education Program (DEEP)** is a free workshop that provides hands-on strategies, including interactive visuals to understand blood sugar levels, activities to develop skills to decrease risks of complications, tips to improve eating habits and increase physical activity.



**Tuesdays:**  
April 7 to May 12, 2026



1:00 PM – 3:00 PM



**Ashland County Council on Aging, Inc.**  
240 E 3<sup>rd</sup> Street  
Ashland OH 44805



To register, call Nicole  
at 419-281-1477



**AREA AGENCY ON AGING**

Ohio District 5 | Serving North Central Ohio

419-524-4144 | 800-860-5799 | [www.aaa5ohio.org](http://www.aaa5ohio.org)

Don't Forget.....

7



## CAREGIVER SUPPORT GROUP



### PRESENTED BY:

**Alzheimer's Association of Northwest Ohio in partnership  
with Ashland County Council on Aging**

**Meetings are held on the third  
Wednesday of every month 1pm to 2pm**

### Upcoming Support Group Topics

April 15, 2026 - Building Your Support Team  
 May 20, 2026 - Planning for the Future  
 June 17, 2026 - Changes in Relationships  
 July 15, 2026 - Grief and Loss  
 August 19, 2026 - Managing Caregiver Stress  
 September 16, 2026 - Safety

**Ashland County Council on Aging  
240 E 3<sup>rd</sup> Street, Ashland**

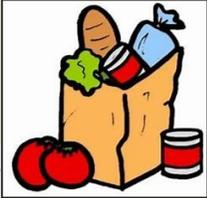
**Care options available through the  
Council on Aging, but advance  
registration is required by contacting  
419-281-1477.**



**Build a support system with  
people who understand.**

Alzheimer's Association support groups are for individuals caring for or supporting an individual with any form of dementia. Groups, conducted by trained facilitators, begin with a monthly educational topic followed by open discussion and sharing.

- Develop a support system
- Exchange practical information on challenges and possible solutions
- Talk through issues
- Share feelings, needs and concerns
- Learn about available resources



# Local Food Banks

9

## NEW HOPE Mobile Food Pantry

**Fri., March 6 th 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., March 20th 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 March 28th 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, March 17th @ 6pm until food is gone**

This Mobile Food Pantry is located at Polk United Methodist Church 424 N Main St Polk OH 44867.

**Please bring ID and own food bags**

**A Free Hot Meal will be Served**

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

## ASSOCIATED CHARITIES PERRYSVILLE FOOD DISTRIBUTION

**Wed., March 25th @ 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

## Helping Hands Food Pantry Loudonville

**Every Tuesday 2-4:30pm**

(excluding holidays)

Distributed at the Loudonville

Community Youth Center on Union Street Lower Level

**Loudonville/Perrysville Residents**



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## MARCH

### Word Search

Find the words listed. Words may appear forward, backward, up, down or diagonal. Words may overlap and cross each other. When you have found a word, be sure to circle it and cross it off the list.

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

- BASKET
- BLOOM
- BUTTERFLY
- CHICK
- CROCUS
- DAFFODIL
- DAYLIGHT
- EASTER
- EQUINOX
- FLOWER
- GREEN
- HATCHING
- IRISH
- KITE
- LAMB
- LION
- LUCKY
- MARCH
- NEST
- RAIN
- REBIRTH
- RENEWAL



- ST. PATRICK
- SUNSHINE
- TULIP
- WINDY



- SAVINGS
- SEASON
- SHAMROCK
- SPRING



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:



### 2026 Board of Directors

**Karen Alsop– President**  
**Marcy Doyle– Vice President**  
**Kristi Kirtland– Secretary**  
**Duane Fishpaw**  
**Terrence Webb**

**David Hunter**  
**Ron Huiatt**  
**Dean Pierce**  
**Joanna Riffle**  
**Josh Hiller**

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.