

THE Senior Spark



MAY 2024



ASHLAND COUNTY
COUNCIL ON AGING

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

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Social Services:
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Amy Noel RCP, CRT
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Anita Good



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, Hep, Golden Buckeye Cards and much more.

We can help please call us!

Solar Eclipse 2024



"Total Solar Eclipse" presented by David DeFelice took place at our agency on March 19th. David is a proven and trusted communicator with extensive experience in event planning. David retired after 38 years as an engineer and communicator at NASA's John H. Glenn Research Center in Cleveland, OH. All our seniors thought the presentation was out of this world!!

Thank you so much, David!!!



Hello Everyone~

I hope this letter finds you in good spirits and health. As May unfolds, it brings with it a renewed emphasis on health and well-being, particularly for our cherished senior community. May serves as a reminder to prioritize our health, both physically and mentally. It's a time to embrace the beauty of spring and the opportunity it presents for rejuvenation and revitalization. Let's take advantage of this season by engaging in activities that promote wellness, such as walking outdoors, practicing gentle exercises, and nourishing our bodies with wholesome foods. Additionally, May serves as an important reminder to schedule regular check-ups and screenings. Prevention is key to maintaining good health, and staying proactive with our healthcare can help detect any potential issues early on. As we navigate through May, let's remember to support one another in our health journeys. Whether it's offering a listening ear, sharing healthy recipes, or encouraging one another to stay active, our community plays a vital role in promoting overall well-being. In closing, I urge each of you to embrace May as an opportunity to prioritize your health and vitality. Let's make this month a celebration of wellness, resilience, and the beauty of aging gracefully.

With warm regards and best wishes for your continued health!!!

Take Care
Sandy

May's Day Trip Outing– Fire House Museum & Fazoli's

On Wednesday May 29th we will be leaving our agency at 9:15 am and heading to the Fire House Museum in Mansfield, Ohio. We will be having a guided tour to include Historic firefighting equipment and plenty of stories to fill up the morning. After that we will be taking a short trip to Ontario to dine at Fazoli's. The cost of this trip is \$10, which will include a donation to the Fire House Museum. Lunch will be on your own. Expected time to be back at the agency is 2:30 pm.

[RSVP will be open on May 8th](#)

Please contact our Transportation Coordinator Alisha if you would like to come with us.

Limited seating available.



Agency Happenings....



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OSU Nutrition Education Series

Please join us for a SNAP-Nutritional Education Series with Lori Lowman from the OSU Extension. Mark your calendars for May 6th, 13th, & 20th @ 12:30. I am sure this will be an informative and enjoyable learning experience about healthy eating and why it benefits us as we age in life.

Let Us Hear(Hearing Life)



TUESDAY May 7: 9am-12pm

Our hearing has never been a more significant part of life than it is today. Without it, we lose touch with life and those around us. Hearing care can be life-changing for those with hearing loss in how we connect, navigate, communicate, and make sense of the world. The more sounds we hear, the more we're able to participate in and enjoy life. Our goal is to provide life-changing hearing health by delivering the best personalized care. Please see or call Anita to **SIGN UP**.

DoTERRA

THURSDAY May 9th: 10am-11am

Please join us for an hour of Well Being and hand massages starting at 10am. Beckie McKee certified Pure Therapeutic Trade Essential Oils with DoTerra, will share her knowledge of scents that help the mind, body and general wellbeing.

Come meet Beckie on Thursday May 9th and receive a hand massage



Mothers Day Celebration



FRIDAY MAY 10th:

In celebration of our moms, grandmothers and great grandmothers. Please come and enjoy a special day with us as we celebrate with a beautiful spring theme cake for our favorite home town bakery- Miller's.. Cake Cutting at 12:00 All is welcome!

UH Presentations

TUESDAY MAY 21st:

Join us at 10am in the activity room for Music Therapy with Bekah Smith from University Hospital. I am sure music will heal our souls. After lunch, starting at 12:30 University Hospital will present a class in regards to Nutrition in relation to cancer prevention by UH outpatient dietitian. This day will surely be a worthwhile opportunity for our overall wellness

Senior Health Fair- 50th Anniversary



THURSDAY MAY 23:

Looking forward to seeing you all at our Annual Senior Fair at Ashland University. Doors open 9:30. We will have 50 vendors and a lot of good information about services that can assist you in our community. Lots of chances to win door prizes. Free tickets for lunch and this event are

available at the agency until May 15 or until tickets are gone.

Don't miss this great opportunity to celebrate 50 years with us!



Mon

Tue

Wed

Thu

Fri

		1. Ham & Potato Soup W/Crackers Carrots Mandarin Oranges W. Grain Roll	2. Chicken & Noodles Mashed Potato's Green Beans Applesauce W. Wheat Bread	3. Taco Casserole Mexican Rice Corn Pineapple Tidbits Corn Chips W. Grain Roll
6. Hawaiian Chef Salad Ham, Tomato, Swiss Cheese, Pineapple Tidbits Tortilla Strips, Apricots W. Grain Muffin	7. Barbecue Chicken Drumsticks Lima Beans Capri Vegetable Blend Tropical Fruit W. Wheat Bread	8. Chili w/Crackers Peas Peaches Cornbread	9. Pollock Sweet Potato's California Blend Mixed Fruit W. Wheat Bread	10. Chicken Cordon Bleu Baby Bakers Mixed Vegetables Orange W. Grain Roll
13. Turkey Chef Salad Egg, Tomato, Cheese, Croutons. Pears W. Grain Muffin	14. Meatball Sub Potato Wedges Spinach Applesauce	15. Broccoli Chicken & Rice Casserole Carrots Mixed Fruit W. Wheat Bread	16. Alfredo Chicken Tortellini Bake Zucchini Squash Pineapple Tidbits W. Grain Roll	17. Stuffed Peppers Mashed Potato's Corn Grapes W. Wheat Bread
20. Egg Salad on a Croissant Pickled Beets Baby Carrots Fruit Cocktail	21. Meatloaf w/Gravy Mashed Potato's Green Beans Tropical Fruit W. Wheat Bread	22. Chicken Tenders Baby Bakers Succotash Mandarin Oranges W. Grain Roll	23. Tuna & Noodle Casserole Peas Carrots Peaches W. Wheat Bread	24. Shredded Chicken On a bun Whole Potato's w/Parsley Broccoli Apple
27. AGENCY CLOSED 	28. Cheeseburger w/ Bun Baked Beans Corn Mixed Fruit Special Treat	29. Chicken & Dumplings Mashed Potato's Mixed Vegetables Peaches W. Wheat Bread	30. Barbecue Pulled Pork w/Bun Mac & Cheese Hominy Tropical Fruit	31. Sausage Gravy Over a Biscuit Home Fries Stewed Tomato's Applesauce Yogurt
	PLEASE GIVE 24 HOURS NOTICE TO CANCEL IF YOU WILL NOT BE HOME FOR YOUR HOME DELIVERED MEAL	SUBSTITUTION OF THE MONTH IS A TUR- KEY BURGER PLEASE GIVE 24 HOURS NOTICE TO REQUEST A SUBSTI-		MENU IS SUBJECT TO CHANGE WITHOUT NOTICE

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Ashland Co Council on Aging Activities</p> <p>May 2024</p> <p><i>If you need transportation please allow 48 hour notice to Alisha in transportation NOT including weekends</i></p>		<p>10:30 Bible Study</p>  <p>1:00 Euchre for Fun</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>11:00 Tai Chi with Krissy</p>  <p>12:45 Movie & Snack-<i>The Man Who Shot Liberty Valance</i> 1962 PG-13 2h3m</p>
<p>9:30 Walkie Talkie Group (rain or shine)</p>  <p>9:30 Garbage Play</p> <p>12:30 SNAP-ED</p> <p>1:00 Wii Bowling</p> 	<p>6 9 to 12 Free hearing screen (Sign Up Needed)</p> <p>10-10:45 Fitness Fiesta</p> <p>1:00 Bingo Tournament with Kim from CenterWell</p>	<p>10:30 Bible Study</p> <p>1:00 Euchre for Fun</p> 	<p>10-11 DoTERRA Well Being and hand massages</p> <p>1:00 Bingo The Good Shepherd</p> 	<p>10 9:30 Open Play</p> <p>12:00 Happy Mother's Day Celebration</p> <p>12:45 Movie & Snack- <i>Mother's Day 2016</i> 1h50m</p>
<p>13 10:30 Sequence</p>  <p>12:30 SNAP-ED</p>	<p>14 10-10:45 Fitness Fiesta</p> <p>11:00 Wellness Checks Nicole</p> <p>1:00 Loudonville Bingo</p>	<p>15 10:30 Bible Study</p> <p>1:00 Care Giver Support Group</p> 	<p>16 10-10:45 Fitness Fiesta</p> <p>1:00 Cooking for One or Two</p> 	<p>17 9:30 Garbage</p> <p>12:45 Movie & Snack- <i>The Horse Soldiers</i> 1959 PG 2h</p> <p><i>Blessings and prays to the men and women in the Arm Forces</i></p>
<p>20 9:15 Newsletter Mailing Help Needed</p> <p>12:30 SNAP-ED</p> <p>1:00 Wii Bowling</p> 	<p>21 10:00 Music Therapy & movement with Bekah Smith</p> <p>12:30 Nutrition in relation to cancer prevention with UH</p>	<p>22 10:30 Bible Study</p> <p>1:00 Euchre for Fun</p> 	<p>23 9:30 to 1:00 Senior Health Fair at AU</p> 	<p>24 12:30 Movie & Snack- <i>Rio Bravo</i> 1959 2h21m PG</p> <p>Happy Memorial Day</p>
<p>27 Agency Closed</p> 	<p>28 10-10:45 Fitness Fiesta</p> <p>1:00 Euchre Tournament</p> 	<p>29 9:30 Fire House Museum Trip Lunch Fazoli's</p> <p>10:30 Bible Study</p> <p>COME JOIN OUR BIBLE Study</p> 	<p>30 10-10:45 Fitness Fiesta</p>  <p>12:30 Open Play</p>	<p>31 10:00 Phase 10</p> <p>12:45 Movie & Snack- <i>The Odd Couple</i> 1968 1h45m G</p>

Memorial Day

WORD SCRAMBLE

Can you guess these Memorial Day terms?

- 1) aamerici _____
- 2) authnecit _____
- 3) eefrmod _____
- 4) wokrsrife _____
- 5) brvae _____
- 6) cei maerc _____
- 7) regsbur _____
- 8) toh gsdo _____
- 9) dayiloh _____
- 10) mmusre _____
- 11) ormemlai _____
- 12) nuf _____
- 13) erd _____
- 14) yam _____
- 15) mmwsiing _____
- 16) elub _____
- 17) kooctou _____
- 18) tewhi _____
- 19) oriesemm _____
- 20) ualann _____



Name: _____

Score: _____

Thankyou.....

7

May holds two significant observances for so many in our community.

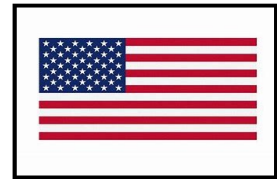
First Mother Day, which is celebrated on May 12th. We appreciate all the love, sacrifices and endless support from moms everywhere. Thank you for your unconditional love, boundless strength and endless wisdom.

I want to wish all of a very Happy Mother's Day.



Secondly, as much as we may enjoy Memorial Day as part of a weekend that heralds the start of summer fun, it's still important to remember that the holiday observed is on May 27th. It is about remembering those who made the ultimate sacrifice in the service of our country. I will never forget that I live in the land of the free because of the brave.

Thank you for your service!



8

Home Improvement Scams

Warmer weather ushers in the season of home-improvement projects, from staining decks to installing new roofs. Although many contractors do excellent work, others, unfortunately, are less than reputable. That's why it's crucial to do due diligence before hiring a contractor. Home-improvement scammers often exploit unsuspecting homeowners by demanding large down payments, only to take the money and run, leaving homeowners with no repairs and no refunds. Others perform substandard work, which then leaves homeowners with costly repairs.

To avoid home-improvement scams, thoroughly vet potential contractors by:

- Getting recommendations. Successful contractors make it easy to access feedback on their work and related documentation.
- Researching multiple contractors. Obtaining at least three written estimates from three contractors can help weed out bad apples. Beware of contractors with only a few projects for you to review.
- Asking for licensing, certification and proof of insurance. Depending on the project, this may be vital to the safety of your renovation.
- Going online. Check out the company's reputation with the [Ohio Attorney General's Office](#) and the [Better Business Bureau](#). You can also search for any [previous lawsuits](#) filed by the Attorney General's Consumer Protection Section.

To further protect yourself:

- Do *not* make a large down payment. Instead, pay in increments – say, a third of the cost at the beginning of the job, a third after half of the work is completed to your satisfaction, and the final third at job completion.
- Avoid paying in cash. If something goes wrong, you'll have a limited paper trail.
- Get all promises in writing.
- Be cautious of contractors who want a payment check made out to them personally, instead of a business.
- Understand that Ohio's Home Solicitation Sales Act provides consumers with a three-day cancellation period for most contracts signed at their own home. The law also applies to contracts signed at any location that is not a company's normal place of business (such as a home-improvement show).
- Look for the red flags of a traveling scam artist. If a contractor claims to have leftover materials from a nearby job or offers unbelievably low prices, be suspicious. Have your guard up if you need storm-related damage repaired, as many fly-by-night contractors prey on homeowners in difficult situations who need work completed quickly.

Consumers who suspect a scam or an unfair business practice should contact the Ohio Attorney General's Office at www.OhioProtects.org or 800-282-0515.



Local Food Banks

9

NEW HOPE Mobile Food Pantry

Fri., May 3rd 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., May 17th 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 May 18th 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, May 21st @ 5:30 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 PERRYVILLE FOOD DISTRIBUTION

Wed., May 22nd @ 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

Mother's Day Find-a-Word

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



Mom
 Hugs
 Family
 Flowers
 Mama

Loving
 Thankful
 Mother
 Kisses
 May

Caring
 Quality
 Sunday
 Grandma
 Cards

Special
 Time
 Gifts
 Children
 Brunch

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

NON-PROFIT ORGANIZATION
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PERMIT NO. 37



Or Current Resident:



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Marcy Doyle– Vice President
Kristi Kirtland– Secretary
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Terrence Webb

David Hunter
Duane Fishpaw
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