

THE

Senior Spark



MAY 2025



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

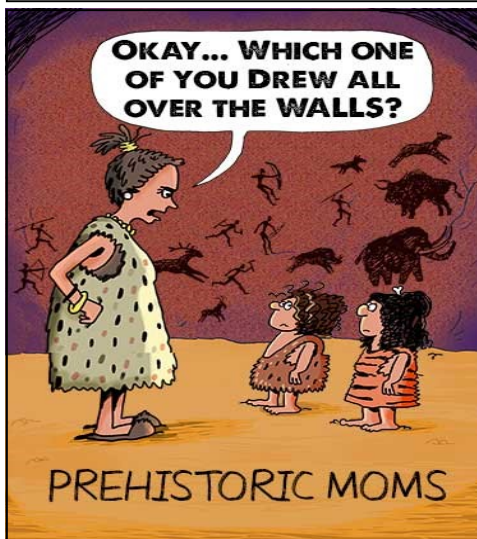
Executive Director
Sandy Enderby

Nutrition Manager:
Gina Thomas
Transportation Manager:
Alisha Sapyta
Social Services:
Nicole Coletta RN
Information/Referral Specialist:
Crystal Baker
Activity Director:
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!



Cinco de Mayo

Celebration
May 5th at Noon
Wear your brightest color shirt and enjoy a surprise.....
Mexican Drink.





Hello Everyone~

I hope this letter finds you well. As May unfolds, let's focus on health and well-being, especially for our senior community. This month is a wonderful opportunity to prioritize our physical and mental health. Engaging in activities like walking outdoors, practicing gentle exercises, and eating wholesome foods can greatly benefit us. May also reminds us to schedule regular check-ups and screenings, as prevention is key to good health. Let's support one another in our health journeys by sharing healthy recipes and encouraging each other to stay active. Embrace May as a time to prioritize your well-being and celebrate the beauty of aging gracefully. I can't think of a better way to prioritize your well-being other than attending our Annual Senior Health Fair & Luncheon on May 14th.

"A Pathway to Wellness" is awaiting YOU.

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

Take Care~

Sandy

May's Day Trip Outing– Greater Cleveland Aquarium

On Wednesday May 28th we will be leaving our agency at 9:15 am and heading to the Greater Cleveland Aquarium , Cleveland, Ohio. We will have plenty of time to look at all the sea life. Lunch will be at The Flat Iron Café. The cost of this trip is \$20, which includes your ticket into the Aquarium. Lunch will be on your own. Expected time to be back at the agency is 3:30 pm. **RSVP will open on May 12th**



Please contact our Transportation Coordinator Alisha if you would like to join us for these outings. TY

June's Day Trip Outing– Marblehead Lighthouse Trip

On Wednesday June 11th we will be leaving our agency at 9:30 am and heading to Marblehead Lighthouse, in Sandusky Ohio. We will have plenty of time to visit the lighthouse and take pictures. Lunch will be at the Marblehead Galley Restaurant. Lunch will be on your own. We will try to have some time to shop around the village if time permits. Expected time to be back at the agency is 3:45pm.

RSVP will open up May 19th.



Agency Happenings....

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Straw Hat Craft

THURSDAY MAY 1st :

Join Anita here at the agency at 1pm for a craft involving a Straw Hat. I am sure it will be a HAT-TERRIFIC good time. All is welcome!



Let Us Hear(Hearing Life)

THURSDAY May 8th: 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.**

Cooking for One or Two (Strawberry Crunch Cheese Cake Tacos)

THURSDAY May 8th: 1PM

Doesn't this sound interesting and yummy?? Join Anita at 1pm in our activity room as she shares the secrets to this sweet treat. All is welcome!



Mothers Day Celebration

FRIDAY MAY 9th:

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!



Senior Luncheon & Health Fair (A Pathway to Wellness)

Wednesday May 14th

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 7th or until tickets are gone.

Don't miss this great opportunity to learn with us!



Scam Alerts with Ashland Police Department

THURSDAY MAY 15 th@ 12:45 or THURSDAY MAY 29th @ 12:45

Join us for one or both discussions as we take part in Scam Alert Seminar with one of our favorite police forces, Ashland Police Department. Learn how to protect yourself and what scams are around our town



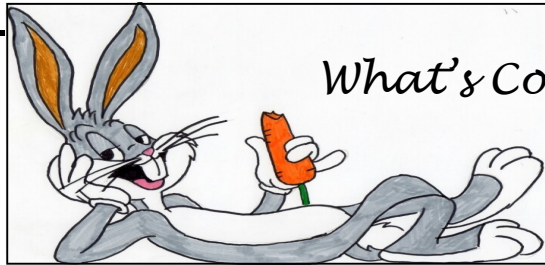
Mon

Tue


Wed

Thu

Fri



What's Cooking???

			1. Coney W/Bun Baby Bakers Broccoli Cole Slaw Mixed Fruit	2. Grilled Chicken Peas Carrots Fresh Orange W. Wheat Bread
5. Cheesy Chicken Tortilla Soup Mexican Rice Warm Beets Tropical Fruit W. Grain Roll	6. Open Face Turkey Sandwich Mashed Potatoes Key West Blend Applesauce	7. Beef Philly Steak Sub Scalloped Potatoes Spinach Peaches	8. Chicken Parmesan Over Spaghetti Riviera Blend Mandarin Oranges W. Grain Roll	9. Hobo Casserole Caribbean Blend Lima Beans Fresh Pear W. Wheat Bread
12. Tuna Salad on a Croissant Pea Salad Fresh Fruit Granola Bar	13. Alfredo Chicken Tortellini Bake California Blend Peaches Garlic Toast	14. Cheeseburger w/Bun Potato Wedges Baked Beans Mixed Fruit	15. Sweet & Sour Chicken over Rice Far East Vegetable Mandarin Oranges W. Grain Roll	16. Beef Stroganoff Squash Zucchini Apple Slices W. Wheat Bread
19. Chicken Chef Salad w/Chicken, Egg, Tomato, Cheese, Croutons Cantaloupe Chunks W. Grain Muffin	20. Barbecue Chicken Drumsticks Hash Brown Casserole Peas	21. Omelet Turkey Sausage Links Stewed Tomatoes Tropical Fruit	22. Turkey Burger W/Cheese Corn Carrots Peaches	23. Meatloaf w/Gravy Mashed Potatoes Green Beans Grapes W. Wheat Bread
26. AGENCY CLOSED 	27. Egg Salad on a Mini Bun Pickled Beets Diced Pears Fruit Snack	28. Stuffed Peppers Ranch Whole Potatoes Italian Green Beans Mandarin Oranges W. Wheat Bread	29. Ham & Scalloped Potatoes Mixed Vegetables Warm Cinnamon Applesauce W. Grain Roll	30. Tuna & Noodle Casserole Nantucket Blend Mixed Fruit W. Wheat Bread
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 BEEF HOTDOG. PLEASE GIVE 24 HOURS NOTICE TO REQUEST A SUBSTITUTION.



May Fun!!!!

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Monday Tuesday Wednesday Thursday Friday

May 2025

If you need transportation please allow 48 hour (2 days) notice to Alisha NOT including weekends

<p>9:30 Walkie Talkie Group (rain or shine) </p> <p>9:30 Open Play</p> <p>12:00 Cinco De Mayo Celebration</p> <p>1p-3p Matter of Balance Series Kick off </p>	<p>10-11 Fitness Fiesta</p> <p>1:00 Bingo w/ RSVP & COAD </p>	<p>10:30 Bible Study </p> <p>12:45 Trivia w/ Mindi</p> <p>1:30 Euchre for Fun</p>	<p>10:00 S.A.L.T</p> <p>10-11 Fitness Fiesta</p> <p>12:00 Birthday Celebration </p> <p>1:00 Straw Hat Craft w/ Anita</p>	<p>11:00 Tai Chi with Krissy </p> <p>12:45 Movie & Snack- <i>Big Jake</i> PG-13 1h50m 1971</p> <p>9:30 Phase 10 </p> <p>12:00 <i>Happy Mother's Day Celebration</i></p> <p>12:30 Movie & Snack- <i>True Grit</i> G 2h12m 1969</p>
<p>9:30 Walkie Talkie Group (rain or shine) </p> <p>9:30 Open Play</p> <p>1p-3p Matter of Balance Series 2 </p>	<p>10-11 Fitness Fiesta</p> <p>11:00 Wellness B/P Checks Nicole</p> <p>11:30 Reagan Elementary Friends</p> <p>12:45 Corn Hole</p> <p>1:00 Loudonville Bingo </p>	<p>9:30 to 1:00 Senior Health Fair at AU </p> <p>10:30 Bible Study </p>	<p>10-11 Fitness Fiesta</p> <p>12:45 Scam w/ APD </p> <p>1:15 Chair Volleyball </p>	<p>10:00 Chair Volleyball </p> <p>12:45 Movie & Snack- <i>Rio Lobo</i> G 1h54m 1959</p>
<p>9:30 Walkie Talkie Group (rain or shine) </p> <p>9:15 Newsletter Mailing Help Needed</p> <p>1p-3p Matter of Balance Series 3 </p>	<p>10-11 Fitness Fiesta</p> <p>12:45 Corn Hole </p>	<p>10:30 Bible Study </p> <p>1:00 Care Giver Support Group </p>	<p>10-11 Fitness Fiesta</p> <p>1:00 Craft with Mary of Southern Care </p>	<p>9:30 Uno/Uno Flip </p> <p>12:45 Movie & Snack- <i>Donovan's Reef</i> PG 1h49m 1963</p>
<p>Agency Closed </p>	<p>10-11 Fitness Fiesta</p> <p>12:45 Euchre Tournament </p>	<p>9:00 Cleveland Aquarium Trip </p> <p>10:30 Bible Study </p>	<p>10-11 Fitness Fiesta</p> <p>12:45 Scam w/ APD </p> <p>1:15 Chair Volleyball </p>	<p>9:30 Garbage </p> <p>12:45 Movie & Snack- <i>The Searchers</i> PG 1h59m 1956</p>

Memorial Day

WORD SCRAMBLE



Can you guess these Memorial Day terms?



- 1) aamerci _____
- 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

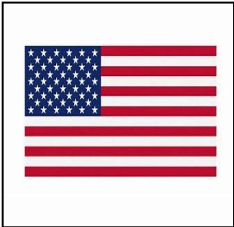
May holds two significant observances for so many in our community.

Mother's Day 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 you a very Happy Mother's Day.



Secondly, while we may enjoy Memorial Day as part of a weekend that marks the beginning of summer fun, it's important to remember that the holiday, observed on May 26th, is dedicated to honoring those who made the ultimate sacrifice in service to our country.



I will never forget that I live in the land of the free because of the brave.



What is an Ombudsman?

Get to know your Ombudsman

[ohm] + [buhdz] + [muhn]

Established under the federal Older Americans Act, the **Office of the State Long-Term Care Ombudsman** advocates for excellence in long-term care services and supports wherever you live.

The Office of the State Long-Term Care Ombudsman is made up of:

- A state office with dedicated staff employed by the Ohio Department of Aging; and
- Twelve regional offices throughout Ohio with more than 100 paid staff and nearly 200 volunteers.

Ombudsman representatives perform a variety of services to improve the quality of care being offered. All ombudsman staff and volunteers are carefully screened, trained, and certified to serve and advocate for you.

How an ombudsman can help you:

- Listen to your concerns about care and help you find solutions.
- Stand up for your rights to make your own choices.
- Teach community members about long-term care and resident rights.
- Help you understand your care needs, compare providers, and know your options to pay for your care.
- Support resident and family councils.
- Visit facilities and residents often.
- Work with policy-makers to create laws and regulations that help long-term care consumers.

Remember, ombudsman services are free.

How to connect with an ombudsman

Report concerns about your health, safety, welfare, or rights by contacting your local ombudsman.

1-800-860-5799

What happens next?

1. An ombudsman representative will be assigned to work with you. They will call you to learn more about the situation and explain the help available to you.
2. Your ombudsman will visit you to review the facts and investigate the reasons the problem occurred.
3. Your ombudsman will speak with you about what they discovered, and work with you and the facility to resolve the complaint.
4. Your ombudsman will follow-up to determine if the solution is working.

Is my information private?

Yes! Your information is private. Anyone may call the ombudsman to voice a concern or obtain information about long-term care. The ombudsman acts only with your consent, or in some cases, your legal representative.

Ohio Nursing Home Quality Navigator

Explore and Compare Nursing Home Care

- Locate nursing homes near you
- Research nursing home quality
- Explore resident satisfaction data
- Create side-by-side comparisons

Learn more:

Aging.Ohio.gov/Navigator



MyCareOhio
Connecting Medicare + Medicaid

Ombudsmen can help you with concerns about any aspect of care available through MyCare Ohio. Ombudsmen provide information and investigate complaints impacting MyCare Ohio consumers.

Advocacy for Consumers of Home and Community-Based Services

Regional ombudsmen help people living in their own homes by offering solutions for challenges with home care, transportation, and other support services.



Beverly Tatro, LSW

LTC Ombudsman Program Director

Direct: (419) 525-6756

Toll Free: (800) 522-5680 ext. 1129

btatro@aaa5ohio.org

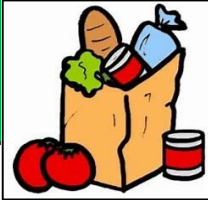
2131 Park Avenue West

Ontario, OH 44906

Fax (419) 522-9482

www.aaa5ohio.org





Local Food Banks

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NEW HOPE Mobile Food Pantry

Fri., May 2nd 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 16th 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 17 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 20th @ 5:45 until food is gone

This Mobile Food Pantry is located at Polk Methodist Church, Polk OH 44867. **Please bring ID and own food bags**

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

Also a hot meal will be served at the church on this Tuesday for anyone.

ASSOCIATED CHARITIES PERRYVILLE FOOD DISTRIBUTION

Wed., May 28th @ 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

Happy Mothers Day



APPRECIATION

BEAUTIFUL
 BREAKFAST
 CANDY
 CHARMING
 COMFORT
 DEVOTED
 FLOWERS
 FORGIVING
 GIFTS

GUIDANCE

HUGS
 JEWELRY
 JOY
 KISSES
 LAUGHTER
 LOVE
 MATERNAL

MOM

MOTHER
 NURTURE
 PERFUME
 PROTECTIVE
 SHARE
 TELEPHONE
 TENDER

THE BEST

WARM
 WISE

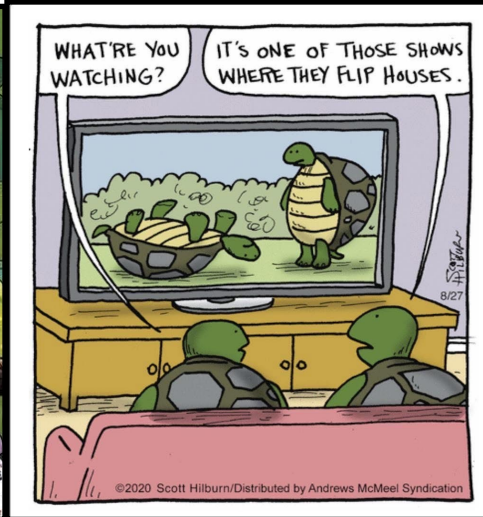
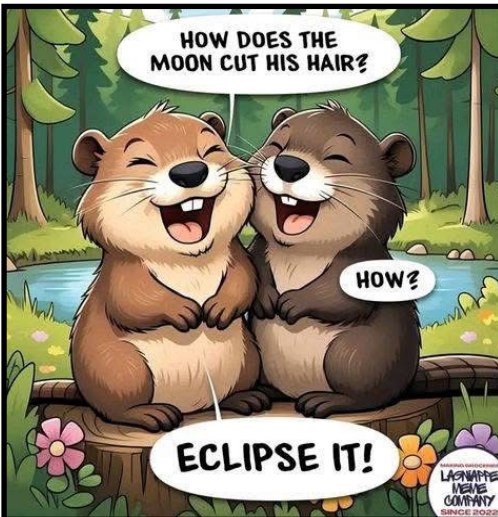
DIRECTIONS:
 Find and circle the
 vocabulary words
 in the grid. Look
 for them in all
 directions including
 backwards and
 diagonally.

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:



2025 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.