

THE Council Messenger



DECEMBER 2023



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 Director:
Nicole Coletta RN

Senior Program Director:
Amy Noel RCP, CRT

Activity Director:
Anita Good ADC



THE COUNCIL ON AGING

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

This includes help with Medicare, Social security, Heap, Golden Buckeye Cards and much, much more!

If we can help, please give us a call 419-281-1477



AGENCY CLOSING INFORMATION

Sometimes it is necessary to close due to inclement weather.

You can always check for the closings on Fox 8, Channel 3 and Channel 39 (out of Mansfield.) and our Face Book Page



Hello Everyone~

Here at the Ashland County Council on Aging we are thankful to have served so many in our community and we look forward to making more of a difference in 2024; which will include new programs and services to better serve the community more efficiently. Whether we provided you with meals, transportation, information & referrals, legal assistance or activities; we want you to know that we will always be a source that you can turn to for assistance. Also, during the holiday seasons more than ever, our thoughts turn gratefully to those who have made our progress possible. In 2024, we will be celebrating 50 years of caring for the senior community. Planning has already begun for the anniversary celebration. More details to follow in the New Year. We are looking forward to celebrating it all with you. On behalf of the Ashland County Council on Aging Staff and our Board of Directors I want to say Best Wishes and Thank you for giving us this opportunity to keep you and other Ashland County seniors in their homes longer, safer and healthier.

Sincerely~
Sandy

Just a reminder our agency will be closed December 25th and January 1st in observance of the Christmas Holiday & New Year's Day. May the magic and the wonder of this holiday season stay with you throughout the coming year.

Merry Christmas & Happy New Years

WE'RE GOING TO HAVE SO MUCH
FUN

WE'LL NEED PLASTIC SURGERY TO
GET THE SMILES OFF OUR FACE

Agency Happenings....



Ugly Christmas Sweater Day & Hot Chocolate Bar

These two favorites always go together !! Come join us on December 4th wearing your best ugly Christmas Sweater and enjoy a Hot Chocolate Bar, with plenty of marshmallows and extra goodies to share.

Cant wait to see you ALL!!!



Winter Craft

Please join us on Wednesday December 6th for our December Craft with Jennifer from Southern Care Hospice. I am sure that it will be a festive delight..

20 spots are available, RSVP to Amy or Anita by December 4th if you want to make a Christmas Wreath . Must be present to enjoy this activity!!!

Agency Happenings Cont.....

3



NEW Fitness Program– Fitness Fiesta

If you want extra help with strengthening and balance, then this chair exercising class is for you. It will be held every **Tuesdays & Thursdays from 10–10:30** in the activity room with Anita.

All is welcome to join in on the fun.

S.A.L.T. Christmas Luncheon

Join us on December 7th at the Ashland County Sheriff Annex located at 1205 East Main Street at 11:00 am for our annual Christmas Luncheon. All is welcome to attend, bring a covered dish or dessert if you want but I am sure we will have enough to fill our bellies full.



Senior Citizen Christmas Luncheon at Ashland High School

Friday, December 8th: Door open at 10:30 am. Please come and enjoy the Annual Senior Citizen Holiday Concert and Luncheon at Ashland High School. Please turn to page 8 in this Newsletter for further details. Don't miss out on this great opportunity

Cookie Decoration Day

Tuesday, December 19th:

Join us for this fun activity that you will be able to take home and enjoy some sweetness later in the day. **We do have availability for 25 clients, so please RSVP to Amy or Anita if you would like to participate.**

Must be present to enjoy this activity

See you then!



Alzheimer's Caregiver Support Group



Wednesday, December 20th:

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)

Christmas Bingo with Agency Staff

Thursday, December 21st:

Come and join us for an extra Bingo being called this month, starting at 1pm by our very own staff members and perhaps a jolly fellow.

All is welcome to come and play.



Holiday Lunch with Music

Friday, December 22nd:

Please join us for our Annual Christmas Lunch. Call to RSVP your spot! Don't forget to dress in Festive **Red & Green attire** as we kick off the Holiday Weekend. Thanks in advance to Joe Linder for entertaining us while we enjoy each others company and have a terrific feast. Hope to see you!

December Menu



Mon

Tue

Wed

Thu

Fri

PLEASE GIVE 24 HOURS
NOTICE TO CANCEL IF YOU
WILL NOT BE HOME FOR
YOUR HOME
DELIVERED MEAL

4. Deli Turkey w/Cheese
On Wheat Bun
Pea Salad
Pears
Sun Chips

5. Taco Casserole
Mexican Rice
Corn
Applesauce
W. Wheat Bread

6. Chicken Pot Pie
Over a Biscuit
Mashed Potato's
Spinach
Mixed Fruit

7. Potato & Ham
Soup
w/ Crackers
Carrots
Pineapple Tidbits
W. Grain Roll

1. Chicken Broccoli Rice
Casserole
Mixed Vegetables
Apple
W. Grain Roll

8. Scrambled Eggs
Pancake w/Syrup
Turkey Sausage
Stewed Tomato's
Links
Orange
W. Grain Muffin

11. Deli Ham & Swiss
On Wheat Bread
Three Bean Salad
Fruit Cocktail
Fig Bar

12. Barbecue Grilled
Chicken
Sweet Potato's
Brussel Sprouts
Peaches
W. Wheat Bread

13. Chili w/Crackers
Peas
Mixed Fruit
W. Grain Roll

20. Fish Sandwich
w/Cheese /Bun
Baby Bakers
Succotash
Peaches

15. Lasagna
Roll Ups
Broccoli
Grapes
W. Grain Roll

18. Chicken Salad
On W. Wheat Bread
Cucumber Salad
Apricots
Rice Krispy Treat

19. Hamburger Gravy
Over Mashed
Potato's
California Blend
Tropical Fruit
W. Wheat Bread

14. Pulled Pork
On a Bun
Potato Wedges
Lima Beans
Mandarin Oranges

21. White Chicken
Chili
Carrots
Country
Apples
Cornbread

22. Sliced Ham
Cheesy Potato's
Green Bean
Casserole
Orange
W. Wheat Bread
Dessert

25. AGENCY CLOSED

MERRY CHRISTMAS

26. Beef Hotdog/Bun
Baked Beans
Warm Applesauce
Cheese Stick

27. Tuna & Noodle
Casserole
Peas
Tropical Fruit
W. Grain Roll

28. Sloppy Joe w/Bun
Potato Wedges
Zucchini & Yellow
Squash
Peaches

29. Smoked Sausage
w/ Sauerkraut
Mashed
Potato's
Corn
Grapes



MENU IS
SUBJECT TO
CHANGE
WITHOUT
NOTICE

SUBSTITUTION IS A
GRILLED CHEESE.
PLEASE GIVE 24
HOURS NOTICE TO
REQUEST A
SUBSTITUTION.

December Activities

5




Mon

Tue

Wed

Thu

Fri

				<p>1.</p> <p>11:00 Tai Chi with Krissy from Kingston 12:45– Movie & Snack Santa Clause</p>
<p>4.</p> <p>Wear your Ugliest Christmas Sweater Day</p> <p>10:30 –12 Hot Chocolate Bar</p>	<p>5.</p> <p>10-10:30 Fitness Fiesta</p> <p>1:00 Bingo Tournament with Kim from Centerwell</p>	<p>6.</p> <p>10:30 Bible Study</p>  <p>1:00 Winter Craft</p>	<p>7.</p> <p>10-10:30 Fitness Fiesta 11:00 SALT Christmas Luncheon 12:00 Monthly Birthday Celebration</p>	<p>8.</p> <p>Luncheon at Ashland High School</p> <p>12:45 Movie & Snack– Santa Clause II</p>
<p>11.</p> <p>9:30 Garbage Play</p>	<p>12.</p> <p>10-10:30 Fitness Fiesta 11:00 B/P Check with Nicole 1:00 Bingo at Loudonville Golden Center</p>	<p>13.</p> <p>10:30 Bible Study</p> 	<p>14.</p> <p>10-10:30 Fitness Fiesta</p> <p>12:45 Movie & Snack—Santa Clause III</p>	<p>15.</p> <p>10:00 Open Play</p>
<p>18.</p> <p>9:15 Newsletter Mailing <u>Help Needed</u></p>	<p>19.</p> <p>10-10:30 Fitness Fiesta</p> <p>1:00 Christmas Cookie Decoration</p>	<p>20.</p> <p>10:30 Bible Study</p>  <p>1:00 Care Giver Support Group</p>	<p>21.</p> <p>10-10:30 Fitness Fiesta</p> <p>1:00 Christmas Bingo with Agency Staff</p>	<p>22</p> <p>Wear Red and Green Attire</p> <p>11:30-12:30 Christmas Piano Music with Joe Linder while enjoying Holiday lunch</p>
<p>25.</p> <p>Agency Closed</p> 	<p>26.</p> <p>10-10:30 Fitness Fiesta</p> <p>1:00 Euchre Tournament</p>	<p>27.</p> <p>10:30 Bible Study</p> 	<p>28.</p> <p>10-10:30 Fitness Fiesta</p>	<p>29.</p> <p>12:45 Movie & Snack</p> <p>A Shoe Addict's Christmas</p>

Always Ready to Help!!!!



Sandy Enderby—Executive Director



Alisha Sapyta— Transportation Manager



Nicole Coletta— Social Service Director



Amy Noel— Senior CareProgram Director



Gina Thomas— Nutrition Manager



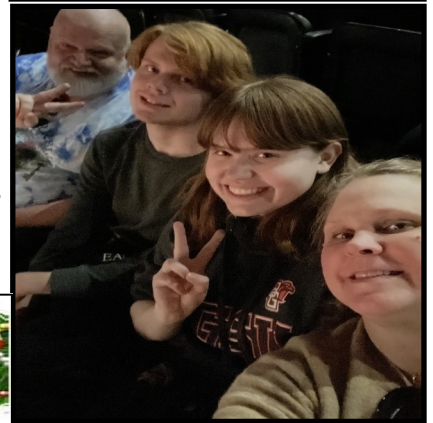
Missy Keck— Receptionist

Meet Newest Team Member.. Anita



7

Hello, my name is Anita Good I'm the new Activity Director here at the Ashland County Council on Aging. I graduated from Ohio University in 1992, with a bachelor's degree in fine Arts and an Associate's Degree in Psychology. I have 31 years' experience as an Activity Director. I am excited about this new opportunity, and am looking forward to getting to know all our seniors, sponsors and volunteers. I have always prided myself on staying positive and Inter-acting well with others, even during challenging situations. We will have a fun place to grow and laugh together. I have lived here in Ash-land now for 27 years. I'm married to a wonderful husband, John. We have two children, Reagan and Jacob. I also have seven cats, two chickens and a turtle that keep me busy. I enjoy caring for my home, flower pot gardening, and exercising. I have several ideas for events and trips, which I hope to implement at the Agency in the coming months. I would also love to hear about activities you would like to see. Please feel free to say hello when you are in the agency, I cant wait to meet everyone.





The Annual Holiday Senior Citizen Concert & Luncheon

Friday, December 8th, 2023-AHS Archer Auditorium

Doors open at 10:30 a.m.

Program at 11:00 a.m. – Ashland High School Archer Auditorium

Lunch at 12:15 p.m. – Ashland High School Cafeteria

Ashland High School-1440 King Road-Ashland, Ohio

Lunch Menu:

Turkey served with Mashed Potatoes and Dressing,
Steamed Green Beans, Dinner Roll, & Pumpkin Dessert

Choice of Coffee, Tea, Water or Punch

Tickets will guarantee your reservation for this event
and help us plan accordingly.


Free Tickets will be distributed by:

Ashland City Administrative Office – 1407 Claremont Avenue

Council on Aging – 240 E. 3rd Street

Please be sure to get your tickets in advance.

For More Information: Call 419-289-4510



Local Food Banks

9

NEW HOPE Mobile Food Pantry

Fri., December 1st 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

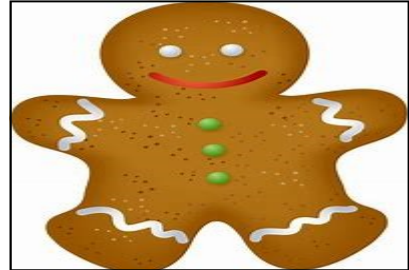
Fri., December 15th starting about 10:00

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 November 16th 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





CHRISTMAS

Word Search Puzzle

Word search grid (15x15):

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



CANDY CANE
CARDS
CAROLERS
CHIMNEY
COOKIES
DECEMBER
ELVES
GARLAND

GIFTS
HOLLY
LIGHTS
MANGER
MISTLETOE
ORNAMENTS
PRESENTS
REINDEER

RUDOLPH
SANTA
SLEIGH
SNOWMAN
STOCKING
TINGEL
TREE
WREATH

Free printable courtesy of PrintFree.net



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:



2023 Board of Directors

Karen Alsop– President
Marcy Doyle– Vice President
Kristi Kirtland– Secretary
Justin Gower– Treasurer
Terrence Webb

David Hunter
Ron Huiatt
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.