

Senior Spark



MAY 2026



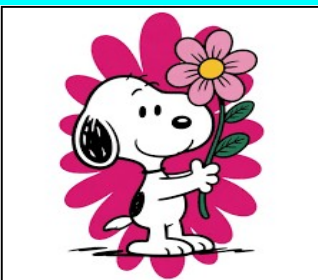
ASHLAND COUNTY
COUNCIL ON AGING

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

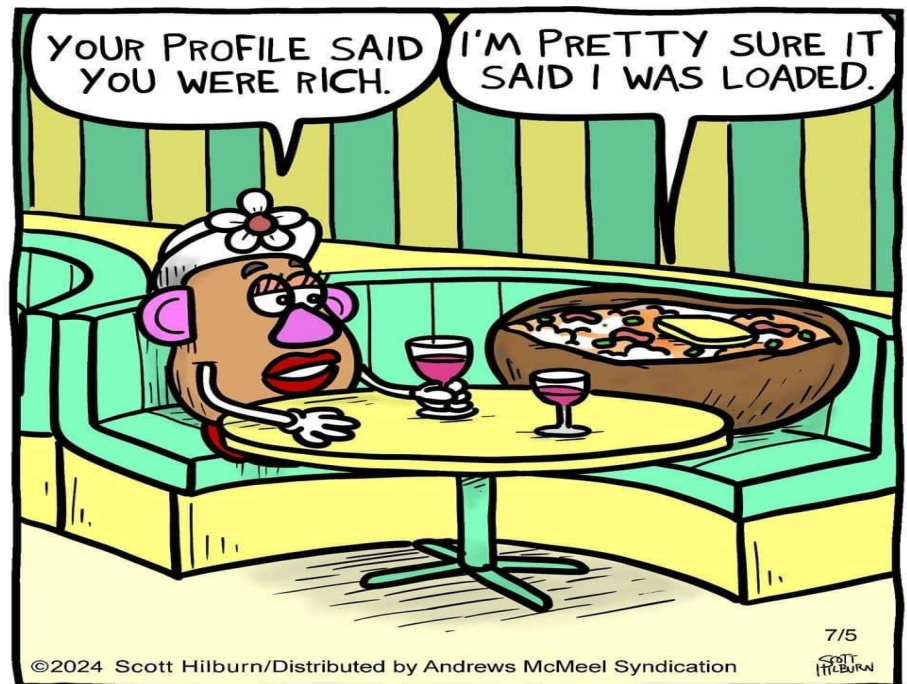
**Executive Director
Sandy Enderby LPN**

**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.

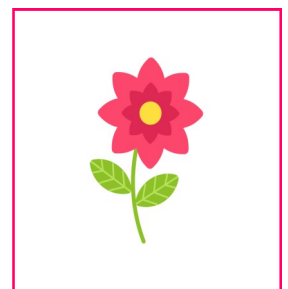
We can help please call us!



Gardening Day

We are hosting a gardening day here at the Agency on Thursday, May 7th, at 1:00 PM.

Please bring your gardening gloves and any small tools to help us clean up and plant flowers for everyone to enjoy.



Message from Sandy



Aloha Friends!

I hope you're enjoying the sunshine! As May rolls in like a gentle tide, it's the perfect time for our senior community to dive into health and well-being. Think of this month as your personal tropical getaway for the soul. Whether you're strolling along the shore, practicing some "sand-between-your-toes" gentle stretches, or fueling up with fresh, wholesome foods, every small ripple makes a big splash for your physical and mental health. Just like checking the horizon, don't forget to stay on top of those regular check-ups—prevention is the best way to keep your sails high! Let's lift each other up like a rising tide by sharing healthy recipes and keeping each other moving. Aging

gracefully is a beautiful journey, and we're all in the same boat. The best way to kick off your wellness journey? Coast on over to our **Annual Senior Health Fair & Luncheon on May 21st.**

"Catch the Healthy Wave" is waiting for YOU!

To really get into the spirit, we invite you to **dress in your favorite beachy attire**—think floral Hawaiian shirts, sun hats, and bright, breezy colors!

Wishing you sunny skies and smooth sailing,

Take Care ~Sandy

Lunch Bunch Outing for May

Please join us for May's Lunch Bunch outing to **Carlyle's Restaurant in Marion** on Thursday, May 14th. We will depart from the agency at 11:15 am. Carlyle Restaurant offers a wide variety of favorites, including specialty sandwiches, appetizers, home-cooked daily specials, and made-from-scratch pies. **RSVP will open May 4 after 9am**

**Friendly reminder ...NO voice messages are accepted when calling in.
You do need to speak to Alisha for all trips**



June's Day Trip Outing— Marblehead Lighthouse Trip

On Wednesday June 10th we will be leaving our agency at 9:30 am and heading to Marblehead Lighthouse, in Marblehead Ohio. We will have plenty of time to visit the lighthouse and take pictures. Trip price will be cost of the packed lunch. We will also be stopping for ice-cream, it will be on your own expense. 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 27th after 9am

Agency Highlights....

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Anchor Foot Care

Do you have difficulty reaching your feet or trimming and filing your nails? Lauren Johnson, foot care RN, provides specialized foot care services for seniors here at the Agency. Lauren will be visiting monthly. Please check the activity calendar for specific dates and contact her at 937-738-1761 to schedule an appointment and discuss pricing for your foot care needs.

Mothers Day Celebration



FRIDAY MAY 8th:

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 themed cake for our favorite home town bakery– Miller's.. Cake Cutting at 12:00 All is welcome!

Paint & Sip and Draw & Sip

Please remember to sign up for our upcoming Paint & Sip and Draw & Sip events so we can ensure there are enough supplies for everyone. The Paint & Sip will take place on Monday, May 18th, and the Draw & Sip will be on Thursday, May 28th.

You are welcome to bring your favorite coffee, tea, or energy drink to enjoy during the session.

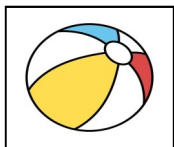
Cooking for One or Two

Come join us Tuesday, May 19 at 1:00 PM for Cooking for One or Two! We'll be preparing a special Mother's Day dish as we celebrate moms this month. Enjoy good food, learn helpful cooking tips, and share a fun, relaxed time with others. Whether you're cooking for yourself or a loved one, this is a great opportunity to try something new and connect!



try

Senior Luncheon & Health Fair (Catch the Healthy Wave)



Thursday May 21th

Looking forward to seeing you all at our Annual Senior Fair at Ashland University. Doors open 9:30. We will have 55 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 15th or until tickets are gone.

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



Care Giver Support Group



Join us on Wednesday, May 20 at 1PM as we come together to **Plan for the Future** with the Alzheimer's Association Support Group. This group is designed for individuals who are caring for or supporting someone living with a form of dementia. Take this opportunity to build a strong support system, talk through challenges, and learn about available resources. Connect with others who understand your experience and gain valuable insight to help you navigate the journey ahead.

All our Welcome

May Menu

Mon

Tue

Wed

Thu

Fri



1. Smoked Sausage w/
Bun
Northwest Blend
Garlic Rosemary
Potatoes
Fresh Apple

4. Chicken B.L.T. Salad
Chicken, Bacon,
Lettuce, Cheese,
Tomato
Cantaloupe Chunks
W. Grain Muffin
Cherry Gelatin

5. Taco Casserole
Mexican Rice
Corn
Pineapple Tidbits

6. Cheese Omelet
Turkey Sausage
Links
Spinach
Mixed Fruit
W. Grain Muffin

7. Salisbury Steak
Mashed Potatoes
w/Gravy
Peas & Carrots
Peaches
W. Wheat Bread

8. Alfredo Chicken
Tortellini
Broccoli Florets
Fresh Orange
W. Grain Roll

11. Deli Ham on a
Mini Bun
Pickled Beets
Hard Boiled Egg
Strawberry/Blueberry
Snack Pak Carrots

12. Barbecue Grilled
Chicken Breast
Harvest Blend
Green Beans
Tropical Fruit
W. Grain Roll

13. Stuffed Peppers
Baby Bakers
Lima Beans
Mixed Fruit
W. Wheat Bread

14. Chicken Bowl
W/Mashed Potatoes
Normandy Blend
Warm Applesauce
String Cheese
W. Grain Roll

15. Scalloped Potatoes
& Ham
Brussel Sprouts
Cauliflower Florets
Peaches
W. Grain Roll

18. Chicken Fiesta Salad
Grapes in the Snow
Pineapple Chunks
Snack Pak Carrots
W. Grain Muffin

19. W. Grain Chicken
Tenders
Chicken Flavored
Rice
Caribbean Blend
Apple Slices

20. Baked Spaghetti
Peas
Side Salad
Tropical Fruit
W. Grain Garlic
Toast

21. Breaded Pollock
Sweet Potatoes
Nantucket Blend
Mixed Fruit
W. Wheat Bread

22. Hamburger Soup
W/Crackers
Zucchini/Squash
Country Apples
W. Grain Cornbread

25. AGENCY CLOSED



26. Lasagna Roll Up
Carrots
Broccoli Florets
Peaches
W. Grain Roll

27. Chicken Pasta
Salad
Three Bean Salad
Apricots
W. Grain Muffin
Low Sodium V-8

28. Sausage Gravy
Mashed Potatoes
Spinach
Corn
Applesauce
W. Wheat Bread

29. Chicken Drumsticks
Parsley Potatoes
Green Beans
Tangerine
W. Grain Roll

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 TURKEY
BURGER PLEASE GIVE 24
HOURS NOTICE TO RE-
QUEST A
SUBSTITUTION.

May Activities

5

Monday

Tuesday


Wednesday

Thursday

Friday

*If you need transportation
Please allow
48 hour notice
to Alisha in
transportation
**NOT including
weekends***

May 2026



9:30 Walkie Talkie 4
Group (rain or shine)



9:30 Phase 10




1:00 Bingo for Fun




10-11 Fitness Fiesta 5

1p-3p Diabetes Empowerment Education Program (DEEP) Series 5

10:30 Bible Study 6



12:45 Euchre for Fun




10:00 S.A.L.T 7

10-11 Fitness Fiesta

12:00 Birthday Celebration w/ Nikki of Inn at Ashland Woods

1:00 Flower Gardening around the Agency
Bring your own gloves


11:00 Tai Chi with Krissy



12:45 Movie & Snack- *Lion* PG-13 1h58m 2016

10-11 Chair Mind & Body Exercise 8

12:00 Happy Mother's Day Celebration



12:45 Movie & Snack *Baby Boom* PG 1h50 1987

9:30 Walkie Talkie 11
Group (rain or shine)



9:30 Garbage



1:00 Bingo w/ Nita of Choice & CCC of Mansfield


10-11 Fitness Fiesta 12

11:00 Wellness B/P Checks Nicole


1p-3p Diabetes Empowerment Education Program (DEEP) Final Series

1:00 Loudonville Bingo

10 Pen Pal letters 13
Due




10:30 Bible Study



12:45 Euchre for Fun

10-11 Fitness Fiesta 14


11:00 Lunch Bunch Carlyle's Restaurant Marion




10-11 Chair Mind & Body Exercise 15

12:45 Movie & Snack- *Steel Magnolia* PG 1h57m 1989

9:30 Walkie Talkie 18
Group (rain or shine)




9:15 Newsletter Mailing
Help Needed



1:00 Paint & Sip (sign up)


10-11 Fitness Fiesta 19

1:00 Cooking for One or Two (sign up)




10:30 Bible Study 20

1:00 Alzheimers Caregiver Support Group *Planning for the Future*



9:30 to 1:00 Senior Health Fair at AU



10-11 Chair Mind & Body Exercise 21


12:45 Movie & Snack *Christain Mingle - PG* 1h43m 2014

Agency Closed 25




10-11 Fitness Fiesta 26


12:45 Euchre Tournament




10:30 Bible Study 27



12:45 Euchre for Fun



9:00 to 1:30 Anchor Foot Care w/ Lauren Johnson (call for apt) 28



10-11 Fitness Fiesta

12:30 Meet Dr. Leb with University Hospital

1:30 Draw & Sip (sign up)

10-11 Chair Mind & Body Exercise 29

12:45 Movie & Snack - *It happened One Night* NR 1h45m 1934

Name: _____ Date: _____

MEMORIAL DAY

Remember & Honor



AMERICAN

ANTHEM

CEMETERY

CEREMONY

COMMEMORATE

DECORATION

FALLEN

FLASS

FLOWERS

FREEDOM

GRAVE

HALF MAST

HEROES

HOLIDAY

HONOR

MAY

MEMORIAL

OBSERVANCE

PATRIOTIC

REMEMBRANCE

SACRIFICE

SALUTE

SERVICE

SOLDIERS

TAPS

VETERANS

WAR

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

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

Thankyou.....

7

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

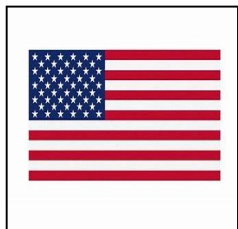
Mother's Day is celebrated on May 10th. We appreciate all the love, sacrifices, and endless support from moms everywhere. Thank you for your unconditional love, boundless strength, and endless wisdom.

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 25th, 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.

Agency Highlights...

Welcome Dr. Robert Leb

Come meet Dr. Robert Leb, MD, on **Thursday May 28 th at 12:30 PM**. Dr. Leb is a highly experienced orthopedic surgeon who joined University Hospitals in March 2023. With over 35 years in the medical field, Dr. Leb brings extensive expertise and compassionate care to his patients. He earned his medical degree from The Ohio State University and is affiliated with University Hospitals Samaritan Medical Center. Dr. Leb sees patients at the UH Baney Road Health Center in Ashland, Ohio.

Dr. Leb is currently accepting new patients and also offers convenient telehealth appointment.

Just In Case.....

Be Advised... If we have low attendance for our Deep Class Series scheduled for this moth, 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 1pm.

May 5 Chair Volley ball
May 12 Bingo for fun

Did You Know???

History - How It All Started



- The first Mother's Day was organized by Anna Jarvis on May 10, 1908, in Grafton, West Virginia, and Philadelphia, Pennsylvania.

- It was such a success across the country that Jarvis asked Congress to set aside a day to honor mothers.

- In 1914, Congress made the second Sunday in May Mother's Day!

*MOM is the same backward and forward.
Turned upside down, she is WOW!*



Local Food Banks

9

NEW HOPE Mobile Food Pantry

Fri., May 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., May 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 May 30 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 19th @ 6:00 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. 5:30-7pm

ASSOCIATED CHARITIES PERRYSVILLE FOOD DISTRIBUTION

Wed., May 27th @ 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

Happy

Mother's Day

WORD SEARCH

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

WORD BANK:

APPRECIATION
CARDS
CARING
CELEBRATE
FAMILY

FLOWERS
GIVING
HUGS
INSPIRING
LOVE

LOVING
MAY
MEMORIES
MOM
MOTHER

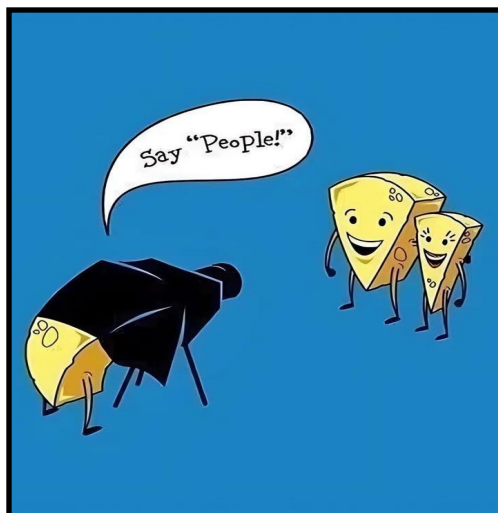
MUM
SUNDAY
SUPPORTIVE
ROLE MODEL
THOUGHTFUL

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:



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Terrence Webb

David Hunter
Ron Huiatt
Dean Pierce
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Josh Hiller

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