



Senior

Spark



ASHLAND COUNTY
COUNCIL ON AGING

OCTOBER 2026

THE COUNCIL ON AGING

We are available to help you or a loved one 60 years and older living in Ashland County. We offer Meals, Transportation, Social Services, Legal, Information, and Activities. This includes help with Medicare, Social Security, Hep, Golden Buckeye Cards and much more.

If you need help please call us at 419-281-1477.

Ashland County Council on Aging

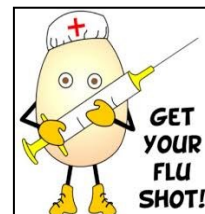
240 East Third Street
Ashland, OH 44805
419-281-1477 or
1-800-246-1057
Visit our Web page at
www.ashcocoa.org

Executive Director Sandy Enderby LPN

Nutrition Manager:
Gina Thomas
Transportation Manger:
Alisha Sapyta
Social Service :
Nicole Coletta RN
Information/Referral Specialist:
Crystal Baker
Activity Director:
Anita Good



**Ashland County
Health Department**



Flu/Covid Vaccine Clinic

Ashland Council on Aging – 240 E 3rd St,
Ashland, OH 44805

Wednesday, October 14, 2026 – 1PM–3PM

Flu/Covid shots only by reservation

- **Please call 419-281-1477 by Friday, October 9, 2026**
- Must Bring Driver's License or state ID and Insurance cards

The following insurances can be billed for Flu shots
Aetna, Anthem BC/BS, CareSource, Cigna, Humana, Medi-
caid, Medicare Part B & D, Medical Mutual, Molina, United
Healthcare Community Plan, United Healthcare, RR Medicare,
SummaCare, Ryan White

Please make sure that the shots are covered by your insurance and that we are in-network. You will be responsible for any unpaid amount

Cash and Checks also accepted

****For additional dates/times please call 419-282-4357****

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Message From Sandy



Hello Everyone~

Happy October! Fall is officially here, bringing crisp air, colorful leaves, and the perfect excuse to gather with friends. We wish you a wonderful season and are excited to share our upcoming autumn events. Please take a look through this month's newsletter to see what is happening. We would love for you to drop by, participate in our programs, or join us for lunch. Sign up today—we can't wait to see you! Just a reminder— don't forget to turn in your Kay Conrad's Day of Caring application to the agency or call us, we will be happy to fill out the form over the phone.

Take Care ~ Sandy

Time to Schedule Your Medicare Review

Give Nicole or Crystal a call to get yours scheduled between October 15th and December 7th.

Support Our Seniors Vote to Renew the Human Services Levy November 3rd

What does the Ashland County Council on Aging do?

For more than 50 years, the Ashland County Council on Aging has dedicated itself to keeping local older adults safe, healthy, and independent in their own homes. As a trusted non-profit organization, we provide vital daily support through our Home-Delivered and Congregate Meals programs, reliable transportation, and an active Respite Care Program. We also have a working partnership with Adult Protective Services. In addition, we offer engaging daily activities, legal assistance, information and referrals, and expert guidance on complex benefits like Medicare, Social Security, HEAP, and Golden Buckeye cards.



Who Does the Human Service Levy Serve?

Available to all Ashland County residents age 60 and older, our services are based entirely on personal need—regardless of your income or assets. These levy-funded programs provide crucial relief and support for family members caring for older loved ones. For seniors who do not have relatives living nearby, this vital care dramatically improves their daily quality of life and helps them maintain their independence.

This November, you can protect these essential services by voting **YES to renew the Human Services Levy**. It is a straight **renewal**, meaning it continues vital care **WITHOUT** raising your taxes! Let's stand up for those who spent a lifetime building our community.

Let us know if you would like a yard sign to show support!!

Agency Happenings

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Learn More about Schmidt Security Pro

Did you know that there may come a time when emergency assistance is needed in the home? For seniors who live alone, an Emergency Response System (ERS) can provide an easy and affordable way to get help when it is needed.

Schmidt Security Pro provides state-of-the-art wireless home security solutions that help you stay connected to what is happening in your home. Their services include alert notifications and interactive security features such as:

- * Video monitoring
- * Thermostat adjustment
- * Customized lighting control
- * Emergency response assistance

Come learn more about Schmidt Security Pro and discover how their technology can help provide added safety, security, and peace of mind in your home.

Monday, October 5th 12:30 PM

Don't miss your chance to learn more and see how Schmidt Security Pro can assist you!



Anchor Foot Care

Do you have difficulty reaching your feet or trimming and filing your nails? Lauren Johnson, Footcare 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.

Walkie Talkie Group– Mondays

Come join our Senior Walking Group for the last month of the season at Freer Field!
Rain or Shine!

Please dress appropriately for the weather.

Walking begins at 9:30 AM

Talking begins as soon as you arrive!

There is plenty of parking available, and restrooms are available at the field.

Last Month of the Season!

Come walk, talk, laugh, and enjoy some time with friends before we wrap up another great season of the Walkie Talkie Group!

We hope to see you there!



Trick or Treat Senior Drive Thru Fundraiser



Thursday October 29th:

Join us again this year for a Trick or Treat Drive-Thru at the Ashland County Fairgrounds from 11am -12pm. All Proceeds will benefit the Alzheimer's Association. Further details are on Page 6 in this Newsletter.

Hope to see all our spooky friends, costumes are permitted.



Mon	Tue	Wed	Thu	Fri
PLEASE GIVE 24 HOURS NOTICE TO CANCEL IF YOU WILL NOT BE HOME FOR YOUR HOME DELIVERED MEAL			1. Grilled Chicken W/Bun Baby Bakers Green Beans Peaches	2. Ham & Bean Soup Peas Fresh Orange Cornbread Wheat Crackers
5. Turkey Chef Salad, Turkey, Lettuce, Diced Eggs, Tomato, Shredded Cheese Blueberries	6. Taco Casserole Mexican Rice California Blend Tropical Fruit	7. Chicken & Dumplings Carrots Green Beans Mandarin Oranges	8. Egg Bites w/Bacon, Peppers, Cheese, & Hashbrowns Spinach Country Apples	9. Meatloaf w/Gravy Mashed Potatoes Nantucket Blend Fresh Pear W. Wheat Bread
12. AGENCY CLOSED	13. Fish Sandwich On a Bun W/Cheese Sweet Potatoes Mixed Vegetables Pineapple Tidbits	14. Chicken Tortellini Peas Applesauce W. Grain Garlic Toast	15. Sloppy Joe w/Bun Parsley Potatoes Brussel Sprouts Mixed Fruit	16. Country Fried Chicken w/Gravy Mashed Potatoes Corn Grapes
19. Oriental Salad with Chicken, Lettuce, Cheese, Chow Mein Noodles, Craisins Fresh Pineapple W. Grain Muffin	20. Barbecue Drumsticks Baby Bakers Capri Vegetables Peaches W. Grain Roll	21. Chili w/Crackers Peas Mandarin Oranges Corn Bread Muffin	22. Chipotle Fiesta Bowl w/Chicken, Brown Rice Fajita Vegetables Pinto Beans Tropical Fruit	23. Sausage Gravy Over Mashed Potatoes Carrots Broccoli Florets Fresh Apple
26. Two Hard Boiled Eggs Cottage Cheese Baby Carrots Peaches W. Grain Muffin	27. Swedish Meatballs Over Pasta Green Beans Normandy Blend Pineapple Tidbits	28. Turkey Reuben Mashed Potatoes Corn Mixed Fruit	29. Scalloped Potatoes & Ham Lima Beans Carrots Applesauce	30. Cowboy Beans Nantucket Blend Mandarin Oranges Cornbread
MENU IS SUBJECT TO CHANGE WITHOUT NOTICE				SUBSTITUTION OF THE MONTH IS CHICKEN TEN- DERS PLEASE GIVE 24 HOURS NOTICE TO RE- QUEST A SUBSTITUTION.



October Activities

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Monday

Tuesday

Wednesday

Thursday

Friday

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

October 2026

9:30 Walkie Talkie Group (rain or shine) 5



9:30 Garbage



12:30 Schmidt Security Pro Devices for Seniors

10-11 Fitness Fiesta 6

1:00p Crafts with Missy



10:30 Bible Study 7



12:45 Euchre for Fun



10-11 Fitness Fiesta 1

10:00 S.A.L.T

12:00 Birthday Celebration sponsored by Ohio's Hospice Life Care

1:00 Chair Volleyball



10-11 Chair Mind & Body Exercise

12:45 Movie & Snack Penelope PG 2006 1h44m



Agency Closed 12



10-11 Fitness Fiesta 13

11:00 Wellness B/P Checks Nicole



12:45 Euchre for Fun

1:00 Loudonville Bingo

10:30 Bible Study 14



1:00 to 3:00 Flu Clinic with Ashland Co Health Dept. (sign up)



10-11 Fitness Fiesta 15

12:30 Treats and Trivia with Mindi



10-11 Chair Mind & Body Exercise 16

12:45 Movie & Snack Casper PG 1995 1h40m



9:15 Newsletter Mailing 19

Help Needed

9:30 Walkie Talkie Group (rain or shine)



1:00 Chair Volleyball



10-11 Fitness Fiesta 20

11:30 Piano Music w/ Joe

12:45 Euchre for Fun



9:00 to 4:00 Activity Room Closed 21

9:30 Trip Cuyahoga Valley Scenic Railroad



10-11 Fitness Fiesta 22

Kay Conrad's Day of Caring



10-11 Chair Mind & Body Exercise 23

12:45 Movie & Snack Hocus Pocus PG 1993 1h36m



9:30 Walkie Talkie Group (rain or shine) 26



9:30 Phase 10



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

10-11 Fitness Fiesta 27

12:45 Euchre Tournament



10:30 Bible Study 28



12:45 Euchre for Fun



9:00-1:30 Anchor Food Care w/ Lauren Johnson (call for apt & \$) 29

10-11 Fitness Fiesta

11:00-12:00 Trick or Treat Drive Thur Fairgrounds



10-11 Chair Mind & Body Exercise 30

11:30 Costume Party (Prize for best dressed)

12:45 Movie & Snack Hocus Pocus 2 PG 2022 1h44m



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Come Join in on the Fun



A FREE EVENT FOR ALL SENIORS
OF ASHLAND COUNTY

Ashland County
Council on Aging
will host a Trick
or Treat Senior
Drive-thru
Fundraiser

EVERY
DONATION
WILL
RECEIVE A
FULL SIZE
CANDY
BAR AND A
BAG FULL
OF
GOODIES.

OCTOBER 29, 2026

11am-12pm

Entrance: Gate 2

Ashland County Fairgrounds

COSTUMES
ARE
ENCOURAGED

All proceeds will benefit the Alzheimer's Association





Local Food Banks

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NEW HOPE Mobile Food Pantry

Fri., October 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., October 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 October 24th 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, October 20th @ 5:30 pm until food is gone

This Mobile Food Pantry is located at 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 PERRYSVILLE FOOD DISTRIBUTION

Wed., October 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

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



Come Join Us for a Costume Party!

Come join us on Friday, October 30th, for a fun-filled Costume Party here at the Agency!

Wear your favorite or best costume and join us for some Halloween fun with friends. Our COA team will be the judges, and the person with the best costume will win a prize!

Party Starts: 11:30 AM

Costume Parade & Judging: 11:30 AM in the Dining Room

Come dressed to impress and ready to have some fun!

We can't wait to see all of your creative costumes!

Welcome Rev. Dean Pierce

Starting December 16th and then every third Wednesday of each month, Rev. Dean Pierce who is an ordained minister in The Wesleyan Church with more than 36 years of leadership experience in pastoral ministry, community service, counseling, and senior adult care will be joining our Bible Study. He currently serves as Campus Chaplain at Brethren Care Village in Ashland, Ohio, where he provides spiritual care, emotional support, and guidance to residents, families, and staff. Chaplain Pierce has earned a Master of Christian Ministry degree from Ashland Theological Seminary and a Bachelor of Arts in Religion from Mount Vernon Nazarene University. His lifelong commitment to serving others, particularly older adults and their families, reflects his desire to strengthen communities and enhance the quality of life for those he serves. Please join us !

Name: _____ Date: _____

Happy Halloween!



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

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

AFTERLIFE
AUTUMN
BAT
BLACK
BLOOD
BOO
BROOMSTICK
CACKLE
CADAVER
CANDY
CASKET
CAT
CAULDRON

COBWEB
COFFIN
CREEPY
DEMON
EERIE
GHOST
GHOUL
GRIM REAPER
HAUNT
HOWL
MASK
MIDNIGHT
MOON

MUMMY
OCTOBER
OGRE
OWL
PHANTOM
PRANK
SKELETON
SPIDER
TOMBSTONE
TRICK
VAMPIRE
WEREWOLF
WITCH

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
Joanna Riffle—Secretary
Josh Hiller – Treasurer
Terrence Webb

David Hunter
Dean Pierce
Duane Fishpaw

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.