

The Council Messenger

HELLO february



FEBRUARY 2026



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 Director:
Nicole Coletta RN

Information/Referral Specialist
Crystal Baker

Activity Director:
Anita Good

WEATHER INFORMATION!

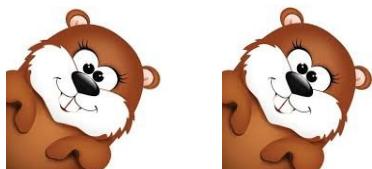
Listen for the ACCOA closings
on Cleveland Channels 3, and
Mansfield channel 39, WMFD.



THE COUNCIL ON AGING

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.

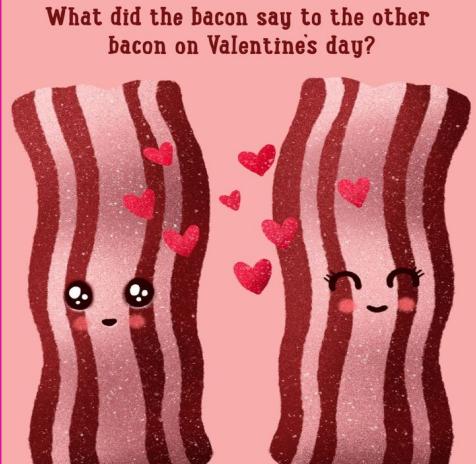
(This includes help with Medicare, Social Security, HEAP, Golden Buckeye Cards plus much more)
Call us at 419-281-1477



**Happy Ground
Hog Day**

Will Punxsutawney Phil see
his shadow???

Tune in February 2nd



Don't go bacon my heart!

LearnFunnyJokes.com

Senior Friendship Call Line

If you or you know someone that might need a friendly call, please reach out to us. This service can provide emotional support, a check in on the well being and we can also provide additional help with further resources in the community as needed.

Call Us to Chat - 419-281-1477

Message from Sandy

Hello Everyone~

I have highlighted below just a few of the special happenings going on this month here at the agency. I am thrilled to mention that we will be having three BINGO's this month so please pay attention to the dates on the calendar or highlighted in last box on this page.

In addition, please take the time to review the activity calendar on page 5 in this newsletter for the WHOLE list of activities. Anita has been working hard to bring more events monthly for you all to enjoy! And Lastly..... It has come to my desk that our dining-in clients have been reserving lunch spots in addition to their own. Unfortunately, we can no longer accept this as a reservation for our daily lunch count due to no-shows. **As of now**, if you want to have lunch with us, you are responsible for calling to reserve only your spot. Also, if you have signed up and cannot come in due to circumstances, please call to cancel as well. We try our very best to ensure everyone who needs a meal, gets a meal in the most effective way.

Thank you for your understanding

Take Care
Sandy



What did one watermelon say to the other on Valentine's Day?

"You're one in a melon!"

BOREDPANDA.COM

“
What did one plate say to the other on Valentine's Day?

“Tonight, dinner's on me.”

GH

“All you need is love. But a little chocolate now and then doesn't hurt.”

—CHARLES M. SCHULZ

RD

Agency Happenings

Bingos for February

Come join in on the fun this month, we are lucky to be able to offer to offer Bingos for the month of February.

Monday February 2nd at 1pm– Hosted by Kingston of Ashland

Tuesday February 10th at 1pm– Hosted by Pain Management Group

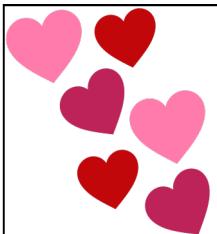
Monday February 23rd at 1pm– Hosted by Care Patrol



All are Welcome!

Agency Happenings

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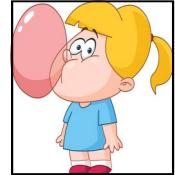


Valentine Day Craft

Tuesday February 3rd at 1pm:

Join us for a craft of love with Denise of Silver Birch Living on February 3rd in our Activity Room.

All are welcome



Friday February 6th

Join us for a Bubble Blowing Contest at 11:30 in our dining room. Show you raw talent on who can blow the biggest bubble. Winner takes home a PRIZE. Please sign up or let Anita know if you are interested in being a participant by Thursday February 5th.



Valentine Box Craft

Monday February 9th at 12:45pm:

Join us in the activity room as we decorate our Valentine Box for our Valentine Party on the 13th. **Please if you have an extra shoe box, bring it.**



Valentine Party

Friday February 13th at 11-12:30pm

Love is in the air... Come join us for our Valentine Exchange & Sweet Treat Party. We all will be feeling the love today!!! **Don't forget to wear Red or Pink !!**

Antibiotic/ Probiotic Stewardship

Thursday February 19th at 1pm:

Lisa with the Laurels of New London will present the correct usage of Antibiotic. Plus, how to use probiotic. Come learn something new and enjoy some cookies from the Laurels here in the activity room.

Paint and Sip

Thursday February 26th at 1pm:

This new class is a step by step painting session with acrylics . Supplies will be provided . You are welcome to bring in your favorite beverage to sip while you paint.

All are welcome, please sign up with Anita by Friday February 20th.

National Set a Good Example Day

National Set a Good Example Day, observed every February 26, is a celebration of the power of positive influence. It's a day to remember that our choices, big or small, can inspire others and shape the world around us. From acts of kindness and honesty to showing patience and respect, leading by example creates a ripple effect that encourages others to do the same. This day is more than a reminder—it's a call to action to live in a way that uplifts, motivates, and strengthens our communities, proving that change often begins with one good example.



February Menu

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Mon	Tue	Wed	Thu	Fri
2. Egg Salad on Wheat Bread Pickled Beets Applesauce W. Grain Sun Chips Yogurt	3. Shredded Chicken On a Bun Steak Fries Broccoli Peaches	4. Goulash Peas Carrots Mixed Fruit W. Grain Roll	5. Chicken Drumsticks Parsley Potatoes Nantucket Blend Tropical Fruit W. Grain Roll	6. Cabbage Roll Mashed Potatoes Green Beans Fresh Orange W. Wheat Bread Cheese Stick
9. Mushroom Swiss Burger w/Bun Roasted Root Vegetables Spinach Pineapple Tidbits	10. Chicken Tenders Cheesy Potatoes Lima Beans Mandarin Oranges W. Grain Roll	11. Swedish Meatballs Over Pasta California Blend Mixed Fruit W. Wheat Bread	12. Egg Bites w/Bacon Peppers, Cheese, Hash Browns Stewed Tomatoes Warm Applesauce W. Grain Muffin Yogurt	13. W. Grain Breaded Pollock Sweet Potatoes Corn Fresh Pear W. Wheat Bread
16. AGENCY CLOSED 	17. Deli Turkey On a Mini Bun Cottage Cheese Baby Carrots Peaches W. Grain Sun Chips Cherry Gelatin	18. Hamburger Soup Brussel Sprouts Country Apples W. Grain Corn Muffin	19. Chicken Cordon Bleu Cauliflower Florets Pineapple Tidbits W. Grain Roll	20. Salisbury Steak w/Gravy Mashed Potatoes Mixed Vegetables Fresh Grapes W. Wheat Bread
23. Sloppy Joes w/Bun Baby Bakers Corn Mandarin Oranges	24. Chicken & Dumplings Green Beans Normandy Blend Peaches W. Wheat Bread Low Sodium V-8	25. Chef's Choice	26. Marinated Chicken Breast W. Grain Rice Carrots Tropical Fruit W. Wheat Bread	27. Tuna & Noodle Casserole Peas Zucchini Fresh Apple 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 BEEF HOTDOG PLEASE GIVE 24 HOURS NOTICE TO REQUEST A SUBSTITUTION.

February Activities

Monday

Tuesday

Wednesday

Thursday

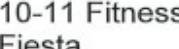
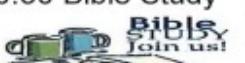
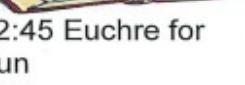
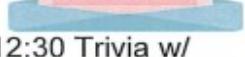
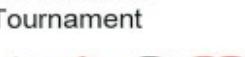
Friday

National Bird Feeding Month

February 2026

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



<p>9:30 Phase 10  1:00 Bingo with Kingston of Ashland </p>	<p>2 10-11 Fitness Fiesta  1:00 Valentine Craft Denise of Silver Birch Living Mansfield </p>	<p>3 10:30 Bible Study  12:45 Euchre for Fun </p>	<p>4 10:00 S.A.L.T 10-11 Fitness Fiesta 12:00 Birthday Celebration 1:00 Draw & Doodle Class</p>	<p>5 National Bubble Gum Day 11:00 Tai Chi with Krissy  12:45 Movie & Snack- <i>An Affair to Remember</i> 1957 1h59m</p>
<p>9:30 Garbage  12:45 Valentine Box Craft </p>	<p>9 10-11 Fitness Fiesta 11:00 Wellness B/P Checks Nicole 1:00 Bingo w/ Lindsey Pain Management Group 1:00 Loudonville Bingo Golden Center</p>	<p>10 10 Pen Pal letters Due  10:30 Bible Study  12:45 Euchre for Fun </p>	<p>11 10-11 Fitness Fiesta 1:00 Memory Lane Games with Ashland Public Library </p>	<p>12 10-11 Chair Mind & Body Exercise 11-12 Valentine Card Exchange 12:00 Sweet Treat Bar after meal 12:35 Movie & Snack- <i>Roman Holiday</i> 1953 G 1h58m</p>
<p>Agency Closed </p>	<p>16 9:15 Newsletter Mailing Help Needed  12:30 Trivia w/ Mindi of Arbors 1:15 Cooking for One or Two (sign up)</p>	<p>17 10:30 Bible Study  12:45 Euchre for Fun </p>	<p>18 10-11 Fitness Fiesta 1:00 Antibiotic/Probiotic Stewardship w/ Lisa of Laurel Health care</p>	<p>19 10-11 Chair Mind & Body Exercise 12:35 Movie & Snack- <i>Dave</i> 1993 PG-13 1h50m </p>
<p>9:30 Open Play  1:00 Bingo w/ Ashley of Care Patrol </p>	<p>23 10-11 Fitness Fiesta 12:45 Euchre Tournament </p>	<p>24 10:30 Bible Study  12:45 Euchre for Fun </p>	<p>25 National Set a Good Example Day 10-11 Fitness Fiesta 1:00 Paint & Sip (sign up) </p>	<p>26 10-11 Chair Mind & Body Exercise 12:35 Movie & Snack- <i>Up</i> PG 2009 1h35m </p>

MATTER OF BALANCE WORKSHOP

Learn to reduce the risk of falling

Join us for a free Matter of Balance workshop that will teach you how to prevent falls by making simple changes to your home, health, and habits to help build your confidence in your ability to manage falls.



WHERE: ASHLAND COUNTY COUNCIL ON AGING, INC.
240 EAST 3RD ST., ASHLAND, OH 44805

WHEN: MONDAY & THURSDAY
MARCH 5 – MARCH 30, 2026

TIME: 1:00 PM – 3:00 PM

To Register – call Anita at
419-281-1477



AREA AGENCY ON AGING
Ohio District 5 | Serving North Central Ohio
419-524-4144 | 800-860-5799 | www.aaa5ohio.org

FUNDED IN PART BY A TITLE III GRANT UNDER THE OLDER AMERICANS ACT
ADMINISTERED THROUGH THE OHIO DEPARTMENT OF AGING





Just a Reminder for taxes....

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Mansfield Clinic dates are on Mondays and Fridays beginning February 2nd through April 13th with earliest appointment times at 9am and the latest appointment time offered at 2:30pm. Any household wishing to be scheduled for this location should call their 2-1-1 line between the hours of 8:30am to 7:30pm Mondays-Thursdays; 8:30am to 4:30pm Fridays; 9:30am to 4:30pm Saturdays and 1pm to 4:30pm on Sundays. The taxpayer does not need to be a senior citizen nor an AARP member. This free service is offered through the AARP Foundation for low to moderate income households with filing requirements falling within the AARP Tax Aide scope of services.

Additional AARP Tax Aide sites will be offered at:

Loudonville Public Library on Tuesdays, Wednesday, and Thursdays starting in February. Contact the library at 419-994-5531 during their normal open hours to schedule for this location.

Wooster Community Center on Tuesdays and Wednesdays February 10th through April 8th. Contact the community center at 330-264-5207 after January 12th to schedule for this location.

Anyone needing an alternative phone number to access the Ohio 211 system can use the following options: **Ashland County**, 844-984-1151; **Holmes County**, 330-263-6363; **Huron County**, 833-933-0507; **Knox County**, 800-544-1601, **Lorain County**, 800-275-6106; **Medina County**, 330-376-6660; **Richland County**, 419-522-4636; **Wayne County**, 330-263-6363 or elsewhere across **Ohio**, 888-644-6211.

Terry Carter
211 Coordinator
Ashland//Holmes/Huron/Richland/Wayne counties

Winter Driving Tips



DRIVE IN THE LANE

that's been most recently plowed, and avoid changing lanes unless necessary.



DO NOT USE CRUISE CONTROL

when driving on any slippery surface.



INCREASE FOLLOWING DISTANCE

to 8-10 seconds when driving on icy, slippery surfaces.



STEER AND BRAKE

with smooth, careful, and precise movements rather than quick, jerky motions.



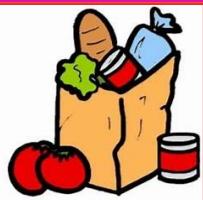
TAKE EXTRA CARE

when driving on shaded spots, bridges, overpasses, and intersections.



WHEN DRIVING UP AND DOWN HILLS,

observe how other vehicles are reacting and maintain safe distance.



Local Food Bank

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NEW HOPE Mobile Food Pantry

Fri., February 6th 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., February 20th 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 February 28th 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, February 17th @ 6pm until food is gone

This Mobile Food Pantry is located at United Methodist Church 424 N. 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
Hot Free Meal at the same place 5:30-7pm

ASSOCIATED CHARITIES PERRYSVILLE FOOD DISTRIBUTION

Wed., February 25th @ 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

Valentine's Day

WORD SEARCH

QOHLOIENVBLMOJN
GAXALSCHHEARTSSH
ICHOCOLATECKDNG
FNLMKSRLZIAWSXS
THODFWVGOFRCCZK
SOXJTERAXVDSARH
VLSGGEHFLZERNTY
VIOHMTDLMEJCDHB
RDRMHHAODWNJYFA
OACYUETWPYVTDKP
MYPPIGAEEQWOTIPN
AROYCRFRIENDSNQ
NFOENTXSXCUPIDE
CZKISSXEWKZJPGJ
EOUZAKAVYCBSXKT

Sweetheart
Friends
Cupid
Kiss

Valentine
Flowers
Candy
Date

Chocolate
Holiday
Gifts
Card

Romance
Hearts
Love
Hug



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
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.