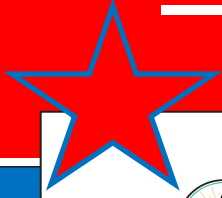


THE

Senior

Spark



ASHLAND COUNTY
COUNCIL ON AGING

JULY 2025

THE COUNCIL ON AGING

We are available to help you or a loved one 60 years and older living in Ashland County. We offer Congregate Meals, Home Delivered Meals, Transportation, Social Services, Legal, Information, and Activities. This includes help with Medicare, Social Security, Hep, Golden Buckeye Cards and much more. If we can 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 Director:
Nicole Coletta RN
Information/ Referral Specialist:
Crystal Baker
Activity Director:
Anita Good



HEAT EXHAUSTION

OR

HEAT STROKE

Faint or Dizzy

Excessive Sweating



Cool, Pale,
Clammy Skin

Nausea or Vomiting

Rapid, Weak Pulse

Muscle Cramps

Throbbing Headache

No Sweating

Body Temperature
Above 103°
Red, Hot, Dry Skin

Nausea or Vomiting

Rapid, Strong Pulse

May Lose
Consciousness

Get to a cooler,
air conditioned place

Drink water if fully conscious

Take a cool shower or
use cold compresses

CALL 9-1-1

Take immediate action to cool
the person until help arrives

Ashland County Council on Aging located at 240 East Third Street is a Public Cooling Station. Our hours of operation are Monday through Friday, 8:30am-4:30pm



Hello Everyone,

If we don't know, we can't help.

As summer is flying by; let me just mention that we are here for our senior community. Please reach out if a family member, neighbor or you needs help.

Our mission is to keep our senior friends safe, healthy, active, independent and in their homes as long as possible. We also serve as an advocate for those who need additional assistance. A great team awaits your call.... (419-281-1477) Let us help!!
Take Care~ Sandy



Inspiring the Dream of Space Travel

Adult workshop with Larry Bounds

Wednesday - July 16th, 2025

at 1:00 p.m.

Ashland County Council on Aging



This is a photo tour of the life of Wernher von Braun, focused on the people, places, art, and literature that inspired him to pursue his own quest to conquer space. It concludes with von Braun's own cultural contributions that inspired a new generation of space enthusiasts, including his three nationally televised appearances with Walt Disney.

See the complete Ashland Chautauqua schedule online!
ashlandchautauqua.org



August Trip Outing

On August 13, 2025 we will be going to Akron Zoo. We have seating availability for 18 guests. The cost of the trip will be the price of admission, which is \$10. We will be leaving the agency at 9:15 am and returning around 3:30pm. Lunch will be on your own at the Zoo. If you would like to go with our group, we would love to have you! . The Akron Zoo, officially known as the Akron Zoological Park, is a non-profit zoo located just west of downtown in Akron, Ohio, United States. The zoo sits on 77-acre of which 35-acre are occupied with by habitats, amenities, and support. The Akron Zoo is home to over 1,000 animals representing over 100 different species and it has around 400,000 visitors annually.

Suggestions for lunch- *Komodo Kingdom Cafe or Concession*

[Registration will start July 14th.](#)

****Please call the agency and ask for Alisha in transportation to reserve your spot. ****



Agency Happenings...

3

Summer Citrus Drinks & Food DoTERRA

TUESDAY JULY 1st 10am-11am

Please join us for an hour of Well Being starting at 10am. Beckie McKee certified Pure Therapeutic Trade Essential Oils with DoTerra, will share her knowledge of scents that help the mind, body and general wellbeing.

All is Welcome!



Red, White & Boom Treat



Wednesday JULY 2nd:

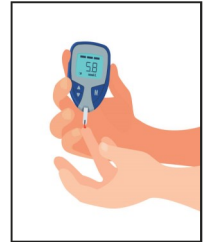
Wear your favorite patriotic colors and enjoy a special Red, White & Blue Treat on this day. If you cannot make into the agency for lunch and you receive our home delivered meals, you will be receiving the same treat in your bag! Enjoy!!!

DEEP Education Kick- Off Workshop

TUESDAY JULY 8th:

Please join us every Tuesday for a six week workshop at the agency for our Free Diabetes Empowerment Education Program Series from 1-3 pm in our activity room. Nicole & Sandy will be educating and providing hand on strategies to understand blood sugar levels and help develop skills to decrease risks of complications with this disease process. Please see flyer on page six in this newsletter for more information.

RSVP will be accepted until July 3rd.



Chautauqua

WEDNESDAY JULY 16th: Inspiring The Dream of Space Travel – Adult workshop with Larry Bounds will start promptly at 1pm here at the agency.

All is welcome and more details are on Page 2 in this newsletter.

Christmas in July

FRIDAY JULY 25th:

Come join us in your favorite red or green attire for our Christmas in July Celebration at 12:45. A prize for the ugliest Christmas sweater will be awarded. And we will be signing Christmas Carols.

All is welcome



UH Pharmacy Presentation



THURSDAY JULY 31st:

Join Kristen Gillespie from UH Meds at 12:45 to learn about retail pharmacy services provided by UH Samaritan. Instructions will be provided on how to easily transfer prescriptions to fill at UH Samaritan. Convenient free home delivery is available in addition to pick up.

All is welcome to join us!

July Menu



Mon

Tue

Wed

Thu

Fri



1. Cheesy Ham & Pasta Casserole
Peas
Pineapple Tidbits
W. Wheat Bread

2. Chicken Tenders
Sweet Potatoes
Succotash
Applesauce
W. Grain Roll

3. Cheeseburger
W/Bun
Baked Beans
Broccoli
Cole Slaw
Peaches



7. Ham & Cheddar Cheese on a Mini Bun
Three Bean Salad
Pineapple Chunks
W. Grain Pretzels

8. Pizza Casserole
Green Beans
Mandarin Oranges
Whole Grain
Garlic Toast

9. Chicken Drumsticks
Baby Bakers
Mixed Vegetables
Fresh Cantaloupe
W. Wheat Bread

10. Egg, Turkey Sausage, w/Cheese on a Whole Grain English Muffin
Stewed Tomatoes

11. Fish Sandwich w/Cheese on a Bun
Nantucket Blend
Lima Beans
Grapes

14. Turkey Chef Salad, Lettuce
Pulled Turkey, Egg, Shredded Cheese, Tomato, Croutons
Fresh Fruit
W. Grain Muffin

15. Chili Mac
Harvest Blend Vegetables
Applesauce
W. Grain Roll

16. Grilled Chicken
Rice
Spinach
Tropical Fruit
W. Wheat Bread

17. Meatball Sub
Squash
Carrots
Pears

18. Turkey Reuben
Sweet Potatoes
Green Beans
Fresh Apple

21. Taco Salad, Lettuce
Taco Meat, Tomato, Shredded Cheese, Kidney Beans.
Dorito Chips
Pineapple Chunks

22. Tuna & Noodle Casserole
Peas
Zucchini
Mandarin Oranges
W. Grain Roll

23. Chicken Cordon Bleu
Baby Bakers
Brussel Sprouts
Mixed Fruit
W. Wheat Bread

24. Bratwurst w/Bun
Roasted Root Vegetables
Coleslaw
Pineapple Tidbits

25. Meatloaf w/Gravy
Mashed Potatoes
Corn
Fresh Orange
W. Wheat Bread

28. Chicken B.L.T. Salad, Lettuce, Chicken, Bacon, Tomato, Shredded Cheese,
Croutons
Fresh Cantaloupe

29. Lasagna Roll Ups
Peas
Snack Pak Carrots
Applesauce
Peanut Butter
W. Wheat Bread

30. Cowboy Beans
Nantucket Blend
Peaches
Cornbread

31. Chicken Broccoli & Rice Casserole
Mixed Vegetables
Tropical 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 PIZZA BURGER. PLEASE GIVE 24 HOURS NOTICE TO REQUEST A SUBSTITUTION.

July Activities

5



Monday	Tuesday	Wednesday	Thursday	Friday
 9:30 Walkie Talkie Group (rain or shine)  9:30 Open Play 1:00 Meet Greg Gorrell 	1 10:00 DoTerra Summer Citrus Drinks & Food  1p Corn Hole 	2 10:30 Bible Study  Red White Blue Treat 12:45 Euchre for Fun 	3 10-11 Fitness Fiesta 11:30 Music w/ Piano Joe 12:00 Birthday Celebration   1p Chair Volleyball	4 Agency Closed 
7 9:30 Walkie Talkie Group (rain or shine)  9:30 Open Play 1:00 Meet Greg Gorrell 	8 10-11 Fitness Fiesta 11:00 Wellness B/P Checks Nicole 1p-3p Diabetes Empowerment Education Program (DEEP) Kick Off 1:00 Loudonville Bingo	9 10:30 Bible Study  12:45 Trivia W/ Mindi 1:00 Forever in Our Hearts Club 	10 10:00 S.A.L.T 10-11 Fitness Fiesta 1:00 Bingo with Lisa of The Laurels of New London 	11 11:00 Tai Chi with Krissy  12:45 Movie & Snack- The Ultimate Gift PG 1h58m 2006
14 9:30 Walkie Talkie Group (rain or shine)  9:30 Open Play 11:30 Music w/ The Warriors 1:00 Crafts w/ Anita (sign up)	15 10-11 Fitness Fiesta 1p-3p Diabetes Empowerment Education Program (DEEP) Series 2 	16 10:30 Bible Study  1p Chautauqua Workshop Inspiring the Dream Of Space Travel 	17 10-11 Fitness Fiesta 1:00p Crafts w/ Chantil of Mansfield Place 	18 9:30 Phase 10  12:30 Movie & Snack-The Gir Who Believes in Miracles PG 1h40m 20021
21 9:15 Newsletter Mailing Help Needed 9:30 Walkie Talkie Group (rain or shine)  1:00 Bingo with Amy of LSS The Good Shepherd	22 10-11 Fitness Fiesta 1p-3p Diabetes Empowerment Education Program (DEEP) Series 3 	23 9:15 Charles Mill Boat Ride then Lunch at Chuy's  10:30 Bible Study	24 9:00 to 2:00 Anchor Foot Care w/ Lauren Johnson 	25 Christmas in July Wear Red & Green 9:30 Uno/Uno Flip  12:45 Movie & Snack National Lampoon's Christmas Vacation PG-13 1h37m
28 9:30 Walkie Talkie Group (rain or shine)  9:30 Open Play 1:00 Cooking for One or Two (sign up) 	29 10-11 Fitness Fiesta 1p-3p Diabetes Empowerment Education Program (DEEP) Series 4 	30 10:30 Bible Study  12:45 Euchre Tournament 	31 10-11 Fitness Fiesta 12:45 UH Pharmacy Opportunities  	If you need transportation please allow 48 hour (2 days) notice to Alisha NOT including weekends 

6



Program

DEEP

Diabetes Empowerment Education Program

It is never too late to learn how to be healthy!



Diabetes Empowerment Education Program (DEEP) is a free workshop that provides hands-on strategies, including interactive visuals to understand blood sugar levels, activities to develop skills to decrease risks of complications, tips to improve eating habits and increase physical activity.



Tuesdays
July 8th – August 12, 2025



1:00 PM – 3:00 PM



Ashland County Council on Aging, Inc.
240 E. 3rd Street,
Ashland OH 44805



To register, call Nicole
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



Let Us Help

7

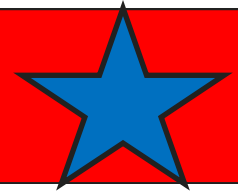
Care Giver Relief Financial Assistance Program

As a caregiver, you should never feel guilty wanting to take some time for yourself. This new program is designed to relieve stress in the senior caregiver who provides around-the-clock care for their loved one at home. With this program, the caregiver will be able to have some “ME” time away while their loved one is being care for by a home health agency nursing assistant. The Ashland County Council on Aging will be offering up to 4 hours of financial assistance two times a month to help give some “ME” time away for the caregiver. Our agency is proud to be partnering with several home health agencies that can offer a state tested nursing assistant (STNA), to care for their ill or disabled loved one. This service is available Monday through Friday to all seniors age 60+ in Ashland County. Our office hours are from 8:30am to 4:30pm.

We do require a short assessment survey prior to acceptance. For more details, please call the agency (419) 281-1477 and ask for Nicole or email socialservices@zoominternet.net

Please help to get the word out about this service resource for our senior community.

Thank you.....



MONDAY JULY 7th:

We are excited to announce we will be hosting Greg Gorrell as a guest speaker. Mr. Gorrell is a local Ashlander who has written a book dedicated to deceased and surviving Vietnam Veterans and their families. It is his recollection of events of his life. We will have copies of the book available for purchase, and Greg has kindly agreed to sign them. The cost of the book is \$20. All proceeds from the book will be donated back to the Veterans Appreciation Events in Ashland County.

Please join us Monday July 7th at 1pm in Our Activity Room
All is welcome

Thank you Greg for your service!



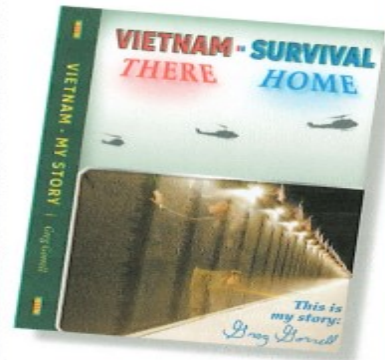
Missed Book Signings by Greg Gorrell? Ashland Native – Vietnam Veteran

VIETNAM - SURVIVAL
THERE - HOME

1967 VIETNAM 2024 HOME

Signed Books are available • Cost \$20 or a check to Greg Gorrell

Ashland County
Council On Aging



100% of proceeds to American Veterans Appreciation Events

This is my story . . .

**Story of LIFE, DEATH, HEARTACHE
and FAITH, FORGIVENESS, HOPE and HEALING**
A story of one of the living and the 58,000 plus dead.

THIS BOOK IS DEDICATED TO DECEASED AND SURVIVING
VIETNAM VETERANS AND THEIR FAMILIES

April 2025 marks 50 years since the end of the Vietnam War



Local Food Banks

9

NEW HOPE Mobile Food Pantry

Fri., July 11th 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., July 18th 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 July 26th 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, July 15th @ 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., July 23rd @ 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



Fourth of July

WORD SEARCH

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

United States
 Liberty
 States
 Parade

Independence
 America
 Stars
 Flag

Revolution
 Freedom
 Flag
 Summer

Fireworks
 Picnic
 Patriotic
 July

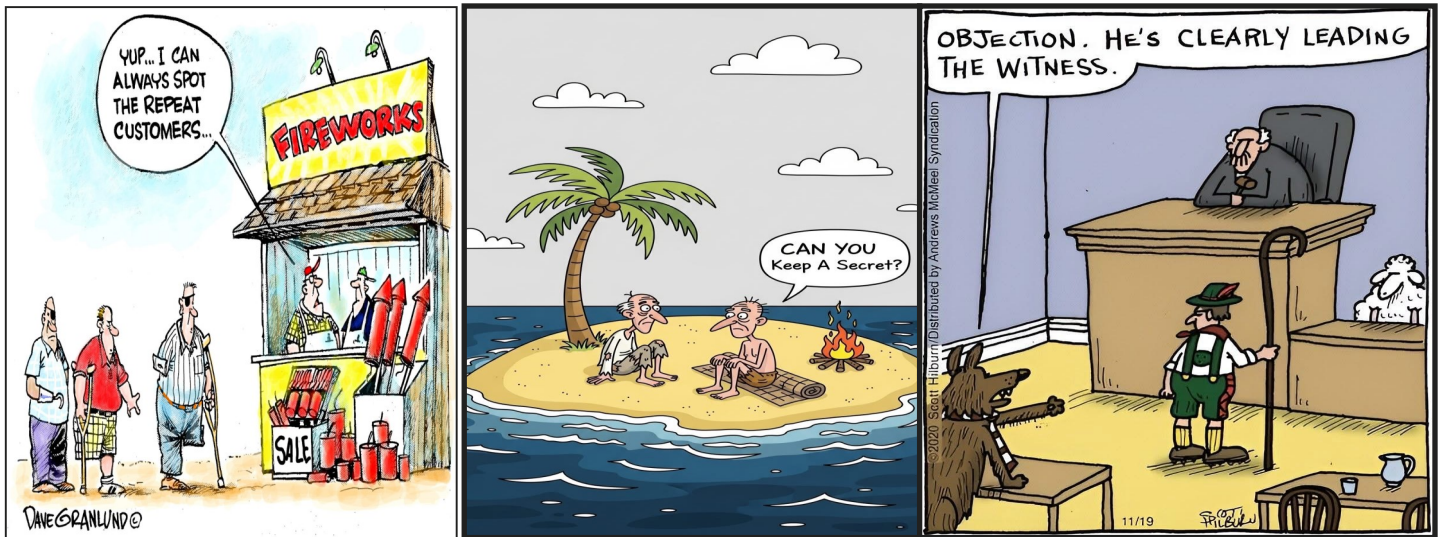
Ashland County Council on Aging

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
Ron Huiatt – Treasurer
Terrence Webb

David Hunter
Dean Pierce
Duane Fishpaw
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