

THE Council Messenger



MARCH 2023



ASHLAND COUNTY
Council On Aging
Hands that Serve, Hearts that Care

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

WEATHER INFORMATION!

Listen for the ACCOA closings
on Cleveland Channels 8 & 3,
and Mansfield channel 39,
WMFD.

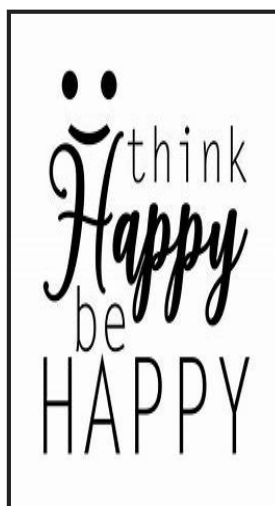


THE COUNCIL ON AGING

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.

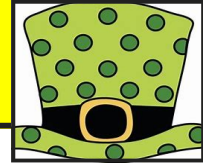
(This includes help with Medicare, Social Security, HEAP, Golden Buckeye Cards plus much more)

Call us at 419-281-1477



Every time you are
able to find humor
in a difficult
situation, you win.





Hello Everyone~

Hope you all are doing well. Is March going to come in as a Lion and go out as a Lamb?? I certainly hope so!!! Tired of that Old Mr. Winter.... However, I hope after reading this consumer alert below; you all are Lions and not Lambs. Please act fierce and protective just as a Lion when you answer the phone.

Don't let scammers get your personal information.

****You all have worked so hard to give it away to thieves. If you need assistance or have questions, or if something looks not right, please reach out to us, we can help!

Take Care~
Sandy

Consumer Alert:
"New Medicare Card" Telephone Scammers Posing as Government Employees to Steal Personal Information

COLUMBUS – Ohio Department of Insurance director Judith L. French is urging Ohioans on Medicare to be alert for telephone scammers posing as representatives of the government to steal their personal information.

Called the "New Medicare Card" scam, the scammers are posing as employees of the Social Security Administration, Medicare, and even the Ohio Department of Insurance. They call their intended victims and say the person needs a new Medicare card or they need to turn in their paper card for a plastic card. The scammers then request the person's personal information.

Government agencies, such as the Social Security Administration, Medicare, and the Ohio Department of Insurance do not cold call Ohioans on Medicare.

How Ohioans on Medicare can protect themselves:

- Never give personal information, including Medicare, Social Security, bank account, and credit card numbers, to anyone who contacts you unsolicited by telephone, email, text, or in person, such as door-to-door sales.
- Know that Medicare will never call you to sell anything, visit your home, or enroll you over the phone unless you called first.
- Keep in mind that Medicare or Medicare health plans will only call and request personal information if you are a plan member or you called and left a message.

Ohioans who suspect or have been victimized by a Medicare scam should contact the Ohio Senior Medicare Patrol at 800-488-6070 or proseniors.org.

Ohioans with Medicare questions can contact the Ohio Department of Insurance's Ohio Senior Health Insurance Information Program (OSHIIP) at 800-686-1578, oshiipmail@insurance.ohio.gov, and insurance.ohio.gov. OSHIIP is the state's official Medicare educational and counseling program.



Agency Happenings.....

~Attention~

We are excited that our activities, crafts and special events are growing so rapidly. We have been posting in the newsletter, if you would like to attend an event, activity or special monthly event, that you RSVP for that event. Everyone is welcome!!!! I am happy to say that some of you are doing this however, we also have some of you that just show up without notice. Moving forward....If you are not signed up for the event, activity or special monthly event as instructed; you will not be able to stay, unless there is a cancellation, an extra spot or enough supplies for you. **Thank you**

Dessert Bar of Deliciousness

THURSDAY MARCH 9: If you have a SWEET Tooth and want a little extra sugar for the day, please join us for lunch and a side of deliciousness for our first Annual Dessert Bar Extravaganza .
All is welcome!!!!

Bunny Towel Craft

MONDAY, MARCH 13: Join us at 1pm in the activity room for a Hoppin Bunny Craft with our very own client friend- Stephanie Brown. Please RSVP by Friday March 10th if you would like to attend. Seats are limited to 20.

Three Days of Bingo

It must be the luck of the Irish that we are able to provide BINGO x3 this month.. Just a reminder to mark your calendar for March 7th, March 16th, and March 23rd, all start times will begin at 1pm..
All is Welcome..... Bingo Callers are from CenterWell, Devoted & Care Companions Organizations

TUESDAY, MARCH 14: UNDERSTANDING ALZHEIMER'S AND DEMENTIA & EFFECTIVE COMMUNICATION STRATEGIES

Learn basic information on the difference between Alzheimer's and dementia, stages, risk factors, research and FDA-approved treatments. Additionally, explore ways that Alzheimer's and other dementias affect an individual's ability to communicate across the stages, and get tips to better communicate with people living with the disease.

**** RSVP for lunch on Monday if staying to eat after the Alzheimer's Meeting *****

St Patrick Day Celebration

FRIDAY, MARCH 17- Join us for an Irish Lunch and Shamrock Punch...Please feel free to wear your Best St Patrick's Day attire..

Don't forget ... The Ashland City St Patty's Day Parade will kick off downtown at 11am.

New Game Alert- Polish Poker

THURSDAY, MARCH 30th at 10am... Join in on the fun of Polish Poker , I am sure it will be a swietny czas , which means (Good Time in Polish).

March Madness Menu

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Mon	Tue	wed	Thu	Fri
		1. Beef Hot Dog/Bun Potato Wedges Sliced Carrots Orange	2. Chicken Broccoli Rice Casserole Cauliflower Mixed Fruit W. Grain Roll	3. Tuna Noodle Casserole Peas Applesauce Wheat Bread
6. Deli Turkey w/Cheese On a W. Wheat Bun Pasta Salad Pears Pretzels	7. Hamburger Gravy Mashed Potato's Corn Grapes W. Wheat Bread	8. Shredded Chicken W/Bun Diced Potato's Baked Beans Peaches	9. Beef Ravioli Green Beans Tropical Fruit W. Grain Roll	10. Pollock Sweet Potato's California Blend Mandarin Oranges W. Wheat Bread
13. Egg Salad on/Croissant Three Bean Salad Pineapple Chunks C.C. Granola Bar	14. Chicken Drumsticks Potato w/Parsley Spinach Applesauce W. Grain Roll	15. Cheeseburger On W. Wheat Bun Baby Bakers Corn Tropical Fruit	16. Chicken Fettuccine Alfredo Broccoli Mixed Fruit Garlic Bread	17. Cabbage Rolls Mashed Potato's Corn Beef Hash Peaches W. Wheat Bread
20. Chili w/crackers Peas Banana Corn Bread	21. Potato and Ham Soup Diced Carrots Mandarin Oranges W. Grain Roll	22. Egg, Turkey Sausage Patty on Croissant Breakfast Potato's Country Apples Yogurt	23. Meatloaf W/ Gravy Mashed Potato's Waxed Beans Peaches W. Wheat Bread	24. Lasagna Roll Up Brussel Sprouts Tropical Fruit W. Grain Roll
27. Chicken Salad/Croissant Pickled Beets Hawaiian Delight Salad Sun Chips	28. Philly Cheese Casserole Peas Mixed Fruit W. Grain Roll	29. Smoked Sausage W/Sauerkraut Mashed Potato's Green Beans Strawberry Applesauce W. Wheat Bread	30. Turkey Burger /Bun W/Cheese Sliced Potato's Mixed Vegetables Peaches	31. Goulash Carrots Mandarin Oranges W. Grain Roll
	PLEASE GIVE 24 HOURS NOTICE TO CANCEL IF YOU WILL NOT BE HOME FOR YOUR HOME DELIVERED MEAL	SUBSTITUTION OF THE MONTH IS A GRILLED CHEESE. PLEASE GIVE 24 HOURS NOTICE TO REQUEST A SUBSTI- TUTION.		MENU IS SUBJECT TO CHANGE WITHOUT NOTICE



March Madness Activities

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Mon

Tue

Wed

Thu

Fri

		<p>1.</p> <p>1030 AM Bible Study</p> 	<p>2.</p> <p>10 AM S.A.L.T. @ Meeting Sheriff Annex 12pm Birthday Party Celebration</p>	<p>3.</p> <p>11AM Tai Chi with K rissy from K ingston</p> <p>1245pm Movie & Snack As Luck would have it</p>
<p>6.</p> <p>Open Play</p>	<p>7.</p> <p>11AM Monthly Blood Pressure Check</p> <p>1PM Bingo Tournament with K im from Centerwell</p>	<p>8.</p> <p>1030AM Bible Study</p> 	<p>9.</p> <p>12pm Dessert Bar Extravaganza</p>	<p>10.</p> <p>1245PM – Movie & Snack</p> <p>St Patrick The Irish Legend</p>
<p>13.</p> <p>1pm Craft with Stephanie Brown</p> <p>Towel Bunny</p>	<p>14.</p> <p>10AM Alzheimer's & Dementia Series 3rd workshop</p> <p>1PM Bingo Loudonville Golden Center</p>	<p>15.</p> <p>1030 AM Bible Study</p> 	<p>16.</p> <p>1pm Bingo Luck of the Irish Bingo with Ashley White Devoted</p>	<p>17.</p>  <p><u>WEAR GREEN</u></p>
<p>20.</p>  <p>9:15 Newsletter Mailing <u>Help Needed</u></p>	<p>21.</p> <p>Open Play</p>	<p>22.</p> <p>1030 AM Bible Study</p> 	<p>23.</p> <p>1PM Bingo with Nita from Care Companions</p>	<p>24</p> <p>1245 PM Movie & Snack</p> <p>The Odd Life of Timothy Green</p>
<p>27.</p> <p>Open Play</p>	<p>28.</p> <p>1PM Euchre Tournament</p> 	<p>29.</p> <p>1030AM Bible Study</p> 	<p>30.</p> <p>10 AM New Game Polish Poker</p>	<p>31.</p> <p>1245 PM Movie & Snack</p> <p>Maid Of Honor</p>



ST. PATRICK'S DAY

MARCH 17

FUN FACTS

1962

Chicago dyed a portion of the Chicago River green for the first time¹

40lbs

of dye is what it takes to dye the Chicago River green for the day²



1737

the first St. Patrick's Day parade took place in Boston³

1 million

spectators attend the New York City St. Patrick's Day parade³



14

is the highest number of leaves found on a clover⁵

10,000:1

chances of finding a three-leaf clover to a lucky four-leaf version⁵

hope, faith, love and luck

are what each leaf represents⁵



34.7 million

U.S. residents with Irish ancestry, which is

7x

the population of Ireland and is also the

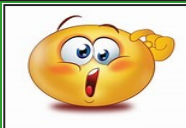
2nd

most frequently reported ancestry, behind German⁴

144,588

current U.S. residents were born in Ireland⁴





If you were wondering.....

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Shamrocks, saint and shillelaghs

St. Patrick's Day, celebrated March 17, honors Ireland's legendary patron saint, who died on that day in 461.

Shamrock

Small, three-leafed plant appears on U.K.'s coat of arms with English rose, Scottish thistle



Irish flag

Green represents Catholics; orange, Protestants; white, the wish for harmony



Leprechauns

Fairies who work day and night mending shoes of other fairies



Shillelagh

(shi-lay'-lee)

Walking stick; Irish for stout oak club or cudgel; also a forest that once stood in County Wicklow



Patrick: Saint and legend

387 A.D. Born in Britain to a Roman family; his father served as a magistrate; his original name was Maewyn

Early 400s Taken to Ireland as a slave; after six years, he escaped to France where he studied for priesthood

432 Sent to Ireland as a Christian missionary by Pope Celestine I, who named him Patricius, which means noble in Latin; he introduced Roman alphabet, Latin literature; Christianized the land

Familiar legend

He drove the snakes from Ireland by beating a drum



Community Event

ASHLAND AREA VIETNAM ERA VETERANS REUNION AND DINNER

Saturday March 25, 2023 from 5:00 PM–9:00 PM

Ashland Eagles • 400 Eastlake Drive, Ashland



*Bob Springer
Ashland's Astronaut/
Vietnam Pilot*



For reservations/information call 419-289-1454
\$10.00 ticket ~ Limited Seating ~ Call early!



Bingo & Crafty Smiles.....



Irish Toast
There are good ships,
& there are wood
ships, the ships that
sail the sea.
But the best ships
are friendships,
& may they always be.





Local Food Banks

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NEW HOPE **Mobile Food Pantry**

Fri., March 3rd 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., March 17th 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 March 25th 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, March 21st @ 6pm until food is gone

This Mobile Food Pantry is located at Polk Fire Station, 209 Congress St, 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., March 22nd @ 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

ST. PATRICK'S DAY WORD SEARCH

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

Saint
Patrick

Leprechaun
Rainbow
Gold

Ireland
Wishes

Shamrock
Green
Lucky

Clover
Parade
March
Pinch
Emerald

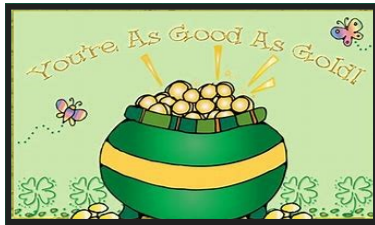


Shake Your Shamrocks; Shake Your Shamrocks; Shake Your



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
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.