THE Senior Spark



NOVEMBER 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 Manger:
Alisha Sapyta
Social Service :
Nicole Coletta RN
Information/Referral Specialist:
Crystal Baker
Activity Director:
Anita Good





AGENCY CLOSING INFORMATION

Sometimes it is necessary to close due to inclement weather. You can always check for closings on our Facebook Page, Fox8, Channel 3 and Channel 39 (out of Mansfield).





2 MESSAGE FROM SANDY



Hello Everyone~

November is a beautiful reminder to pause and count our blessings

I want to start by honoring our brave veterans, whose courage and selfless service have protected the freedoms we enjoy today. Their commitment inspires us to live each day with purpose.

As we move closer to Thanksgiving, our hearts are full of gratitude for our families, friends, and community. Thank you for the love and generosity you bring into our lives. Let's make this month meaningful by lending a helping hand and remembering all those who lift us up.

May your season be filled with peace, joy, and time together.

Sandy

In observance of these holidays, please note that our agency will be closed on

- **Wednesday, November 11** (Veterans Day)
- **Thursday, November 26 & Friday, November 27**(Thanksgiving)



Thanksgiving Feast

Wednesday November 25th

We will be hosting our annual early Thanksgiving Dinner Meal at Noon with all the fixings!! Please feel free to bring family or friends. If you decide to join us, please RSVP your count in your party by Wednesday November 18th. So we have plenty of time to prepare.

Thank you!!!





Calling All Bingo Fans!

Join us for a fun-filled month of bingo this November with our Bingo Sponsors
Village Care Giving: Tuesday, November 3 at 1:00pm
RSVP: Monday, November 9 at 1:00pm
Loudonville Bingo at Golden Center on Tuesday, November 10 at 1:00pm
Pain Management Group: Monday, November 16 at 1:00pm
Come enjoy great games, prizes and fun with friends. We can't wait to see you there

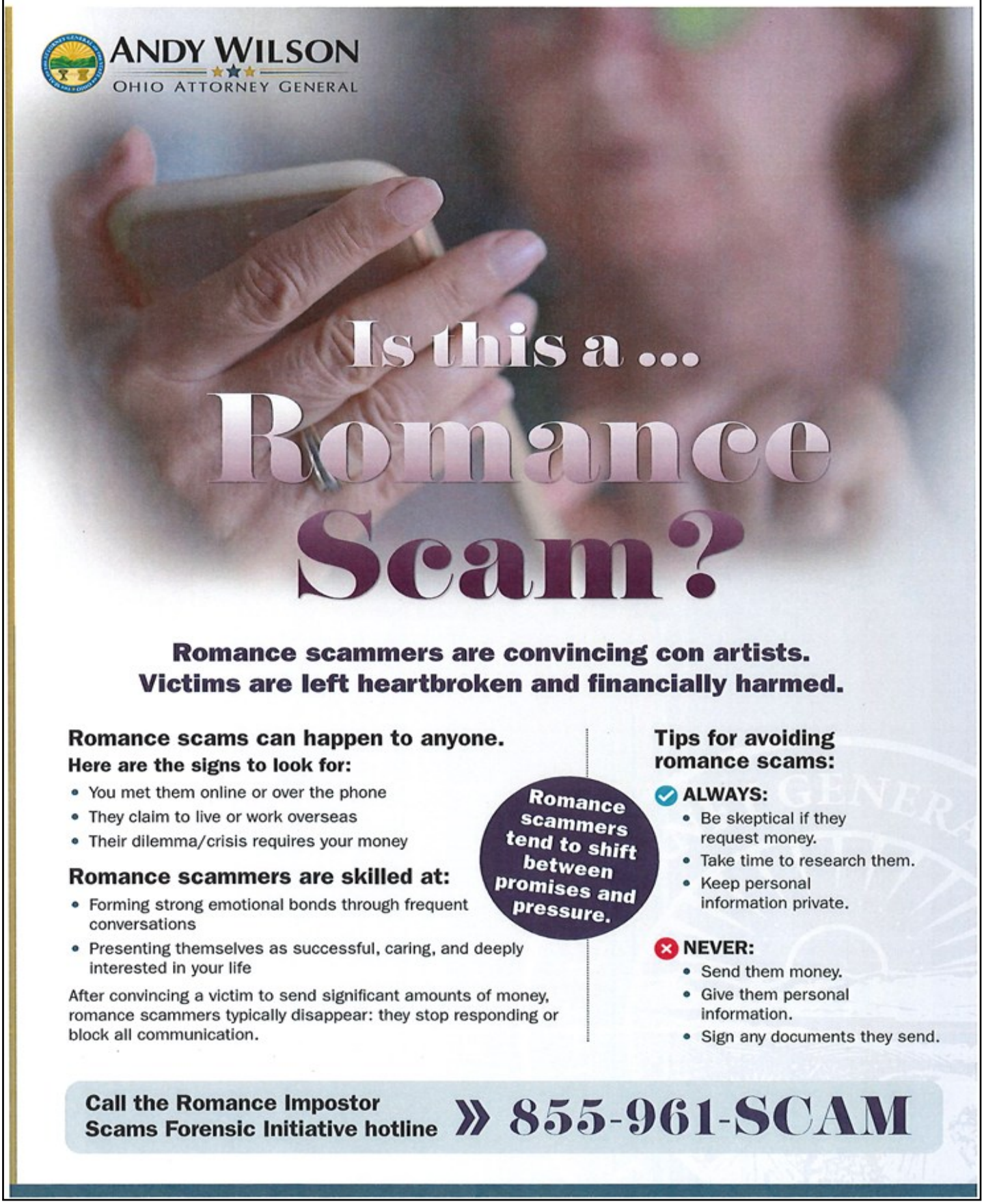
Dessert Bar of Deliciousness

Wednesday November 18:
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 Dessert Bar Extravaganza.

All are Welcome !!!



Be Aware Part 1.....



4 November Menu

Mon	Tue	Wed	Thu	Fri
2. Chicken B.L.T Salad w/Chicken, Bacon, Tomato, Lettuce, Shredded Cheese, Croutons Fresh Fruit	3. Goulash Peas Corn Tropical Fruit W. Grain Roll	4. Shredded Chicken Sandwich Paco Blend Lima Beans Peaches	5. Tuna & Noodles Casserole Carrots Broccoli Pineapple Tidbits W. Wheat Bread	6. Open Face Roast Beef w/Gravy Mashed Potatoes Green Beans Cauliflower Florets Fresh Apple
9. Hawaiian Salad w/ Dice Ham, Lettuce, Swiss Cheese, Pineapple, Tortilla Strips Cantaloupe Chunks	10. Cheese Omelet Stewed Tomatoes Spinach Warm Applesauce W. Grain Cinnamon Raisin Bagel	11. AGENCY CLOSED 	12. Barbecue Grilled Chicken Nantucket Blend Sweet Potatoes Mixed Fruit W. Wheat Bread	13. Pasta Fagioli Soup California Blend Fresh Orange Greek Yogurt W. Grain Roll
16. Swiss Mushroom Burger Baby Bakers Carrots Tropical Fruit	17. Dolly Parton Casserole Green Beans Roasted Fuji Apples W. Grain Roll Low Sodium V-8	18. Pulled Pork W/Bun Baked Beans Brussel Sprouts Peaches	19. Chicken Cordon Bleu Capri Vegetables Winter Mix Vegetables Mandarin Oranges W. Wheat Bread	20. Pollock Macaroni & Cheese Corn Pineapple Tidbits W. Grain Roll
23. Chili w/Crackers Peas Warm Pears W. Grain Roll	24. Lasagna Roll Up Mixed Vegetables Mixed Fruit Garlic Knot	25. Turkey w/Gravy Over Mashed Potatoes Stuffing Green Beans Fresh Orange W. Wheat Bread	26. AGENCY CLOSED 	27. AGENCY CLOSED
30. Egg Salad On a Mini Bun Pickled Beets Fresh Fruit Chips				
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 BEEF HOTDOG . PLEASE GIVE 24 HOURS NOTICE TO REQUEST A SUBSTITU-TION.

November Activities 5

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:30 Garbage  1:00 Pumpkin Ribbon Crafts w/ Anita	**3** 10-11 Fitness Fiesta 1:00 Bingo w/ Emily of Village Caregiving	**4** 10:30 Bible Study  12:45 Euchre for Fun 	**5** 10:00 S.A.L.T 12:00 Birthday Celebration with Ohioans Home Health & Hospice 1:00 Chair Volleyball 	**6** 10-11 Chair Mind & Body Exercise 12:45 Movie & Snack *Christopher Robin PG 2018 1h44m* 
9 9:30 Phase 10  1:00 Bingo w/ Laura of RSVP and Foster Grandparent Program	**10** 10-11 Fitness Fiesta 11:00 Wellness B/P Checks Nicole  12:45 Euchre for Fun 1:00 Loudonville Bingo 	**11** Agency Closed 	**12** 10-11 Fitness Fiesta 1:00 Crafts w/ Chantal of Care Patrol (sign up) 	**13** 10-11 Chair Mind & Body Exercise 12:45 Movie & Snack *Love at the Thanksgiving Day Parade G 2012 1h27m* 
16 9:15 Newsletter Mailing Help Needed 1:00 Bingo w/ Lindsey of Pain Management Pain Management Group BALANCED PAIN TREATMENT CENTERS	**17** 10-11 Fitness Fiesta 12:45 Euchre for Fun 	**18** 9:00 to 4:00 Activity Room Closed 12:00 Dessert Bar  12:45 Euchre for Fun	**19** 9:00-1:30 Anchor Foot Care w/ Lauren Johnson (call for apt & $)  10-11 Fitness Fiesta 1:00 Wills & Estate Planning with Legal Aid of Western Ohio (Sign up)	**20** 10-11 Chair Mind & Body Exercise 12:45 Movie & Snack *Home for the Holidays PG13 1995 1h44m* 
23 9:30 Open Play  1:00 Chair Volleyball 	**24** 10-11 Fitness Fiesta 12:45 Euchre Tournament 	**25** 10:30 Bible Study  12:00 Thanksgiving Dinner (sign up) 12:45 Euchre for Fun	**26** Agency Closed 	**27** Agency Closed 
30 9:30 Uno/Uno Flip 1:00 Cooking for One or Two (sign up) 				

November 2026

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

9 Be Aware Part 2.....

Some common romance scams



FAKE DATING SITES

Scammers use fraudulent dating platforms that steal personal data or install malware.



FAKE INVESTMENT OPPORTUNITIES

Scammers pose as successful crypto traders or business moguls and falsely promise huge returns upon investment.



CATFISHING

Scammers create fake profiles using stolen or AI-generated photos, build trust over time but often avoid video calls or in-person meetings, and ask for money or personal information.



PACKAGE OR CUSTOMS FEES

Scammers falsely claim they sent a valuable gift but require payment to cover a customs or shipping fee.

Any money you send will be lost because the relationship was never genuine.



MILITARY ROMANCE

Scammers pretend to be soldiers stationed overseas who claim to need money for travel, a medical emergency, or a communication fee.



SEXTORTION

Scammers persuade victims to share intimate photos, then threaten to expose these images unless victims pay them money.

Romance Impostor Scams Forensic Initiative: the process

1. Complaint filed
2. Forensic team investigates
3. Referral to local law enforcement

Additional Resources:

Tips for avoiding scams:
https://ohioattorneygeneral.gov/Consumer-Tips-on-Avoiding-Scams

ANDY WILSON
OHIO ATTORNEY GENERAL

Local Foodbanks



NEW HOPE
Mobile Food Pantry
Fri., November 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., November 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 November 21st 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

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



Did You Know???

Are you homebound?

Would you like to receive a flu shot and COVID vaccination in the comfort of your own home? The Ashland County Health Department can send nurses to your house to give you a flu shot, a COVID vaccination, or both!

To schedule this service, please call the Ashland County Health Department's Nursing Division at 419-282-4357

Attention Home Delivered Meal Clients

We will continue to offer Shelf Stable Meals. I like to be proactive and have a procedure in place, just in case of a harsh Ohio winter. These meals will be arriving this month or the first week of December. You might remember from last year or you might be new to our agency and wonder what it is and why is it important?? This year we will be distributing four (nonperishable extra meals) in the month of November to all of our Home Delivered Meal clients. It is important because these meals are designed to be used in the event that we are closed due to an emergency or weather related condition. These meals are **NOT** to be consumed right away but used as a ration.

If you have any further questions, please reach out to the agency and ask for the Nutrition Department.

Thank you

11 Thankful Word Search



M Y L P U M P K I N I F O O T B S G
F A M I L O C R N U G R A T I D I N
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PUMPKIN
STUFFING
THANKFUL
THURSDAY
TURKEY
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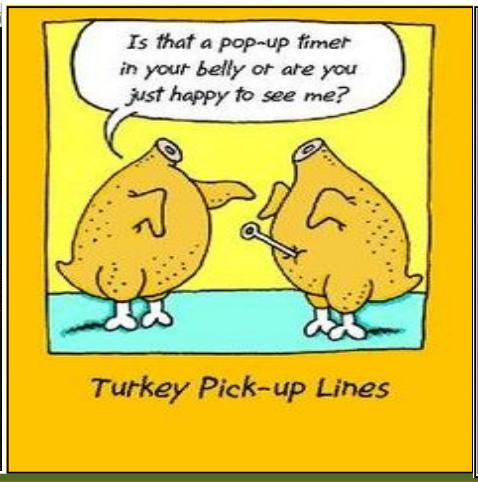
Ashland County Council on Aging
240 E. Third Street
Ashland, OH. 44805

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Or Current Resident:







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Terrence Webb
David Hunter
Duane Fishpaw
Dean Pierce
Joanna Riffle

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.