

THE

Senior

Spark

JULY



ASHLAND COUNTY
COUNCIL ON AGING

JULY 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 Congregate Meals, Home Delivered Meals, Transportation, Social Services, Legal, Information, and Activities. This includes help with Medicare, Social Security, HEAP, 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 Manager:
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

**What did one
American flag say
to the other flag?**

Nothing. It just waved.



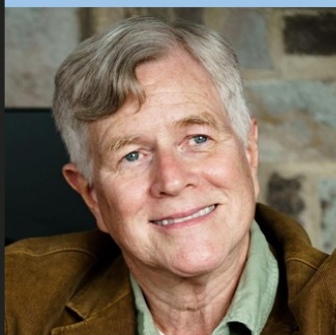
RD

Washington Irving in American Popular Culture

Adult workshop with
John Dennis Anderson

Wednesday – July 22, 2026

at 1:00 p.m.



Ashland County Council on Aging

Hear how Irving and his work have been a pervasive presence in American pop culture, from Joseph Jefferson's 40-year-run on stage as Rip Van Winkle, to Irving himself as a character in the 1938 Broadway musical *Knickerbocker Holiday*, to many comic book, film, and TV adaptations of his work, including Walt Disney's 1949 animated version of *The Legend of Sleepy Hollow*, Tim Burton's 1999 horror film *Sleepy Hollow*, and a popular 2013-2017 TV series.

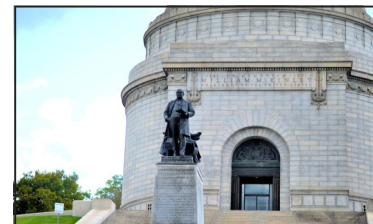
See the complete Ashland Chautauqua schedule online!
ashlandchautauqua.org



August Day Trip Outing

On August 26, 2026 we will be going to McKinley Presidential Museum . The cost of the trip will be the price of admission, which is \$15. We will be leaving the agency at 9:15 am and returning around 3:30pm. Lunch will be on your own at Taggart's Ice-cream. If you would like to go with our group , we would love to have you! .

Registration will open for Museum August 3rd at 9am.



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



August Lunch Bunch

On August 13, 2026 we will be heading to Lorenzo's Pizzeria in Oberlin. Lorenzo's Pizzeria has been delivering outstanding quality, service & Italian flavors to Northeast Ohio for over 40 years and we're committed to making it better every day, from our family to yours!" We will be leaving the agency at 11am. If you would like to go with our group, please reach out to Alisha.

Registration will open for the Lunch Bunch Trip August 7th at 9am



Agency Happenings...

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Thursday July 2 Piano Music

Join us on July 2 as Joe Linder performs patriotic piano music from 11:30 AM to 12:30 PM. Celebrate 250 years of America with an hour of inspiring music, festive spirit, and community fun!

Bingo, Bingo and more Bingo

Come join us for Bingo all throughout July! Thanks to our wonderful sponsors, we have several exciting Bingo events planned this month:

July 2 – Sponsored by Crystal Care of Ashland

July 21 Sponsored by Care Patrol

July 23 – Sponsored by The Ohioans Home Health

July 30 – Dr. Jackie Kirby Wilkins.

All Bingo games begin at 1:00 PM. We would love for you to join us for fun, prizes, and great company!

Loudonville Bingo

Calling all our Loudonville Community friends! The Council on Aging visits the Golden Center at the Loudonville Public Library on the second Tuesday of every month for Bingo. Come join us for an afternoon of fun, friendship and great company. We would love to see you Tuesday July 14th at 1:00 PM.

Christmas in July

The agency will be celebrating Christmas in July on Friday, July 24! Join us for a festive day of fun and holiday cheer. Don't forget to wear your red and green and maybe even add a little extra Christmas spirit to your outfit! We look forward to celebrating with you!

Birthday Celebration

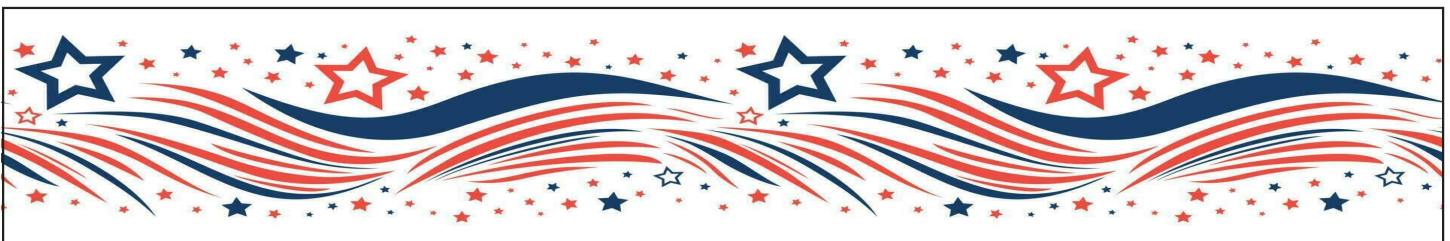
Birthday Celebrations are getting a fun new twist this July! Join us on Thursday, July 16, as we celebrate all of our July birthdays together. This special celebration is proudly sponsored by Silver Birch of Mansfield. We look forward to celebrating with you!

Care Giver Support Group

Join us on Wednesday, July 15, as we talk about **Grief and Loss** with the Alzheimer's Association Support Group. This group is designed for individuals who are caring for or supporting someone living with a form of dementia. Take this opportunity to build a strong support system, talk through challenges, and learn about available resources. Connect with others who understand your experience and gain valuable insight to help you navigate the journey ahead.

Anchor Foot Care

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



July Menu

Mon

Tue

Wed

Thu

Fri

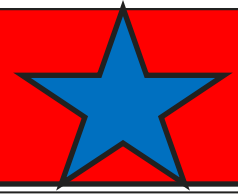
		1. Lasagna Roll Up Broccoli Florets Mixed Fruit W. Grain Garlic Bread	2. Beef Hotdog w/Bun Baked Beans Warm Potato Salad Pineapple Tidbits Cherry Gelatin	3. AGENCY CLOSED 
6. Hawaiian Salad, with Lettuce, Diced Ham, Swiss Cheese, Pineapple Tidbits, Tortilla Strip Cantaloupe Chunks W. Grain Muffin	7. Cheese Omelet W. Grain French Toast Sticks Broccoli Florets Applesauce	8. Chicken Cordon Bleu California Blend Peas Tropical Fruit W. Grain Roll	9. Turkey Burger w/Bun Baby Bakers Mixed Vegetables Mandarin Oranges	10. Hamburger Gravy Mashed Potatoes Carrots Grapes W. Wheat Bread
13. Chicken Chef Salad, Lettuce, Chicken, Diced Eggs, Cheese, Tomato, Croutons Fresh Fruit W. Grain Muffin	14. Sausage Gravy Mashed Potatoes Spinach Corn Peaches W. Grain Roll Cheese Stick	15. Garlic Parmesan Chicken Drumsticks Sweet Potatoes Green Beans Mixed Fruit W. Grain Roll	16. Tuna & Noodle Casserole Peas Carrots Tropical Fruit W. Wheat Bread	17. Taco Casserole Mexican Rice California Blend Fresh Apple
20. Egg Salad on a Mini Bun Three Bean Salad Fruit Cocktail W. Grain Sun Chips Cherry Gelatin	21. Chicken Fried Rice Stir Fry Vegetables Warm Applesauce Fortune Cookie	22. Cowboy Beans Nantucket Blend Peaches Cornbread	23. Barbecue Grilled Chicken Baby Bakers Corn Pineapple Tidbits W. Wheat Bread	24. Beefy Mac & Cheese Broccoli Florets Caribbean Vegetable Pears W. Grain Roll
27. Cold Plate w/ Deli Turkey, Cottage Cheese, Pickled Egg Tomatoes & Cucumbers Mandarin Oranges W. Grain Muffin	28. Shredded Chicken w/Bun Paco Vegetables Brussel Sprouts Tropical Fruit	29. Scalloped Potatoes & Ham Lima Beans Warm Applesauce W. Grain Roll	30. Chipotle Fiesta Bowl w/ Chicken, Brown Rice, Fajita Vegetables Pinto Beans Peaches Tortilla Chips	31. Open Face Roast Beef over Mashed Potatoes Green Beans Carrots Fresh Pear
MENU IS SUBJECT TO CHANGE WITHOUT NOTICE		PLEASE GIVE 24 HOURS NOTICE TO CANCEL IF YOU WILL NOT BE HOME FOR YOUR HOME		SUBSTITUTION OF THE MONTH IS A HAMBURGER PLEASE GIVE 24 HOURS NOTICE TO REQUEST A SUBSTITUTION.

July 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 July 2026				
9:30 Walkie Talkie Group (rain or shine) 9:30 Open Play 1p Chair Volleyball	10-11 Fitness Fiesta 12:45 Euchre for Fun	10:30 Bible Study 12:45 Euchre for Fun	10-11 Fitness Fiesta 10:00 S.A.L.T 11:30- 12:30 Piano Music w/ Joe 12:00 Red White Blue Treat 1:00 Bingo w/ Kelsey of CCC of Ashland	Agency Closed
9:30 Walkie Talkie Group (rain or shine) 9:30 Open Play 1p Chair Volleyball	10-11 Fitness Fiesta 12:45 Euchre for Fun	9:15 Charles Mill Boat Ride then Lunch at Chuy's 10:30 Bible Study	10-11 Fitness Fiesta 11:00 Lunch Bunch Moosehead Hoof & Ladder Restaurant Olmsted Falls	10-11 Fitness Fiesta 12:45 Movie & Snack Top Gun PG 1h50m 1986
9:30 Walkie Talkie Group (rain or shine) 9:30 Phase 10 1:00 Cooking for One or Two (sign up)	10-11 Fitness Fiesta 11:00 Wellness B/P Checks Nicole 12:45 Euchre for Fun 1:00 Loudonville Bingo	10:30 Bible Study 1:00 Alzheimers Caregiver Support Group Grief and Loss	10-11 Fitness Fiesta 12:00 Birthday Celebration Sponsor Denise of Silver Birch of Mansfield 12:30 Trivia with Mindi	10-11 Chair Mind & Body Exercise 12:30 Movie & Snack Top Gun Maverick PG-13 2h11m 2022
9:30 Walkie Talkie Group (rain or shine) 9:15 Newsletter Mailing Help Needed 1p Chair Volleyball	10-11 Fitness Fiesta 1:00 Bingo with Chantel of Care Patrol	10:30 Bible Study 1p Chautauqua Workshop	10-11 Fitness Fiesta 1:00 Bingo with Bev of Ohioans Home Health	Christmas in July Wear Red & Green 10-11 Fitness Fiesta 12:30 Movie & Snack Christmas in July 1h8m 1940
9:30 Walkie Talkie Group (rain or shine) 9:30 Garbage 1:00p Red White Blue Crafts w/ Anita	10-11 Fitness Fiesta 12:45 Euchre Tournament	10:30 Bible Study 12:45 Euchre for Fun	9:00 to 1:30 Anchor Foot Care w/ Lauren Johnson (call for apt) 10-11 Fitness Fiesta 1:00 Bingo w/ Dr. Jackie Kirby Wilkins	9:30 Open Play 12:30 Movie & Snack National Treasure PG 2h10m 2004



NEW HOPE Mobile Food Pantry

Fri., July 10th 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 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 July 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, July 21st @ 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 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

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



Ashland County Council on Aging 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@ashcocoa.org

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

Thank you.....

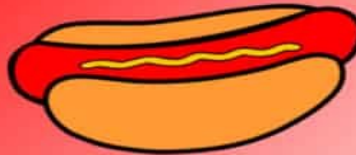
If you are wondering...

11

4TH

**DAY IN
JULY**

Americans eat
150,000 each
year on the 4th



John Adams is
credited with adding
fireworks to the 4th
of July celebrations.



The # of stars represent
the 50 states and the
stripes represent the
original 13 colonies



4TH OF JULY FUN FACTS



Uncle Sam's hat
has become a
recognizable
symbol of
American
patriotism

Massachusetts was
the 1st state to
recognize July 4th
as an official
holiday in 1781.



One World Trade
stands 1776 feet tall
after the year of
Independence



Santa Clara, CA
hosts the "All-City
Picnic & Parade,"
where participants
dress up as fruits &
vegetables



Eating Salmon is a
traditional 4th of July
food in New England



The 4th of July
Parade in Bristol,
Rhode Island, holds
the record for being
the oldest.



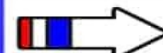
July 4th, 1776 adopted
the Declaration of
Independence & marks
the birth of American
Independence

The 1st celebration took
place at the White House,
was in 1801

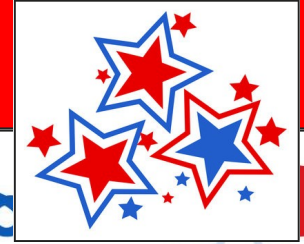
The Liberty Bell was rung
to announce important
events & to gather
people for meetings
about freedom



1776



MADEWITHHAPPY.COM



4th of July

WORD SEARCH PUZZLE

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

Fourth of July
Celebration
Parade
Party

Independence
Barbecue
Freedom
White

United States
America
Picnic
Fireworks

Blue
Flag
Red

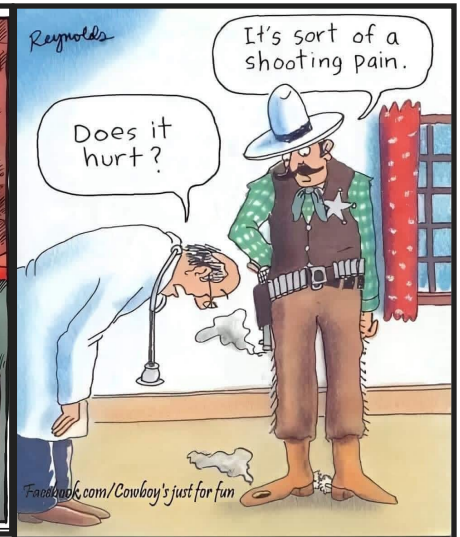
Ashland County Council on Aging

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