

THE Council Messenger

HELLO
March

MARCH 2025



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

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 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, Hep, Golden Buckeye Cards plus much more)
Call us at 419-281-1477



*Senior Health Fair
& Luncheon*

May 14 2025

More Details to Follow



*An old Irish blessing
May love & laughter light your days,
and warm your heart & home.*

*May good & faithful friends be yours
where ever you may roam.*

*May peace & plenty bless your world
with joy that long endures*

*May all life's passing seasons
bring the best to you & yours.*





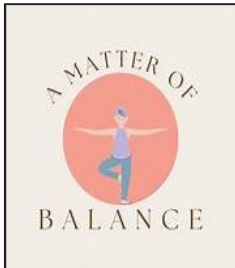
Hello Everyone~

Spring is just around the corner and here we are ready for some warmer days! However, over this winter we have been attaining certifications in a couple of new programs that will be offered at the agency. The first FREE program series kicking off in March is Matter of Balance. It is learning how to reduce fall risks by making simple changes. The second program is called DEEP. It is geared towards a diabetic teaching and empowerment. We are looking at a start date for DEEP in May or June. More details to follow. Our mission has always been to provide educational opportunities for you to be able to remain safe, healthy, active and independent in your home as long as possible. Why not take advantage of this time to educate yourself, a loved one or a friend. We hope to see you!!

Take Care,
Sandy

March Agency Happenings.....

Matter of Balance Series



Join Anita & Crystal for a Balance Workshop held here at the agency. The series kicks off March 6th. This workshop will teach you how to prevent falls by making simple changes to your home and health. To register and additional information is on page 6 in this newsletter.

Limited spots are available.

We will be providing this workshop another time this year if you do not get into this class series.

Craft with Anita

Monday March 10th: 1pm

Join us for a Spring Wood Painting Craft with Anita! And a special shout to our clients John and Durita Kirby for providing the wooden pieces.

We are Blessed.



Happy St Patrick Day Celebration and Sweet Bar



Monday March 17th : 12pm

The luck of the Irish will be upon us today. Don't forget to wear your GREEN or you just might get a PINCH. Also, join us for another super sweet tooth dessert bar. All desserts will be made by our agency staff for all of you.

Don't get mad if you end up with green teeth.....

Alzheimer's Caregiver Support Group

Wednesday March 19th

Join us from 1pm– 2pm at the agency to build a support system with people who understand by talking through issues, sharing feelings, needs and concerns. Learn mindfulness techniques to bring some balance to challenging days.

[All is welcome but please RSVP by calling 419-281-1477](tel:419-281-1477)



Agency Happenings.....

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NEW ACTIVITY- Chair Volleyball

Friday March 21st: 10am

Come join the fun with a great group. No experience necessary. Your body has to stay in the chair -(which makes it more fun) - easy to move (as much as possible) and trust us—it is a lot of fun.

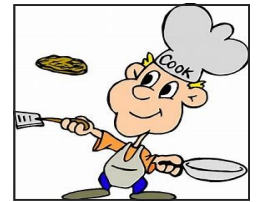
Please wear comfortable clothes



March 24th: 1pm

Come join Anita at 1pm in our Activity Room for Cooking for One or Two. Anita will be cooking up Shrimp Pad Thai. It surely will be a hit on a cold evening. Recipe will be given after the class. Sign up by March 21st with Anita if you are attending class. See you here!

Cooking for One or Two



Meryl Streep:
You have to embrace getting older. Life is precious, and when you have lost a lot of people, you realize each day is a gift.

Helen Mirren:
"I try to sleep as much as possible. It's very important and, as you get older, even more so."

On Aging...

George Bernard Shaw:
"You don't stop laughing when you grow old, you grow old when you stop laughing."

Albert Einstein:
"Do not grow old, no matter how long you live. Never cease to stand like curious children before the great mystery into which we were born."





March Madness Menu

4

Mon

Tue

Wed

Thu

Fri

<p>3. Egg Salad on a Mini Bun Pickled Beets Pineapple Chunks Sun Chips</p>	<p>4. Pollock Sweet Potatoes Corn Mixed Fruit W. Grain Roll</p>	<p>5. Cheeseburger w/Bun Peas Carrots Peaches</p>	<p>6. Grilled Chicken Rice Mixed Vegetables Mandarin Oranges W. Wheat Bread</p>	<p>7. Macaroni & Cheese Zucchini & Tomatoes Broccoli Fresh Apple W. Grain Roll</p>
<p>10. Chicken Salad on a Croissant Three Bean Salad Fresh Fruit Fig Bar</p>	<p>11. Chicken Alfredo Tortellini Bake Succotash Brussel Sprouts Tropical Fruit W. Wheat Bread</p>	<p>12. Meatball Sub Potato Wedges Mixed Vegetables Mixed Fruit</p>	<p>13. Chicken Drumsticks Roasted Potatoes Spinach Peaches W. Wheat Bread</p>	<p>14. Tuna Noodle Casserole Peas Fresh Orange W. Grain Roll</p>
<p>17. Turkey Reuben Mashed Potatoes Green Beans Tropical Fruit</p> 	<p>18. Ham & Scalloped Potatoes California Blend Mandarin Oranges W. Wheat Bread</p>	<p>19. Taco Casserole Corn Mixed Fruit W. Grain Roll Tortilla Chips</p>	<p>20. White Chicken Chili Carrots Peaches Corn Bread</p>	<p>21. Cheese Omelet Stewed Tomatoes Country Apples W. Grain Muffin Yogurt</p>
<p>24. Ham & Cheese on a Mini Bun Cottage Cheese Baby Carrots Apricots</p>	<p>25. Chicken Broccoli & Rice Casserole Lima Beans Applesauce W. Wheat Bread</p>	<p>26. Goulash Peas Corn Tropical Fruit W. Grain Roll</p>	<p>27. Bratwurst w/Bun Potato Wedges Nantucket Blend Pears</p>	<p>28. Lasagna Roll Ups Green Beans Squash Grapes W. Grain Roll</p>
<p>31. Turkey Burger w/Bun Baby Bakers Baked Beans Mixed Fruit</p>				
<p>MENU IS SUBJECT TO CHANGE WITHOUT NOTICE</p>		<p>PLEASE GIVE 24 HOURS NOTICE TO CANCEL IF YOU WILL NOT BE HOME FOR YOUR HOME DELIVERED MEAL</p>		<p>SUBSTITUTION OF THE MONTH IS A PIZZA BURGER. PLEASE GIVE 24 HOURS NOTICE TO REQUEST A SUBSTITUTION.</p>

March Madness Activities

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>9:30 Open Play 3</p> <p>12:45 Corn Hole</p> 	<p>10-11 Fitness Fiesta 4</p> <p>1:00 Bingo with Center Well & Gentiva</p> 	<p>10:30 Bible Study 5</p> <p><i>Bible Study Join us!</i></p>  <p>12:45 Euchre for Fun</p> 	<p>10:00 S.A.L.T 6</p> <p>10-11 Fitness Fiesta</p> <p>12:00 Birthday Celebration</p> <p>1p-3p Matter of Balance Series Kick off</p> 	<p>11:00 Tai Chi with Krissy 7</p>  <p>12:45 Movie & Snack- <i>Miracles from Heaven 2016</i> PG 1h49m</p>
<p>9:30 Garbage 10</p> <p>1:00 Spring Wood Painting Craft</p> 	<p>10-11 Fitness Fiesta 11</p> <p>1p-3p Matter of Balance Series 2</p> 	<p>10:30 Bible Study 12</p> <p><i>BIBLE STUDY</i></p>  <p>12:45 Trivia w/ Mindi</p> <p>1:30 Euchre for Fun</p>	<p>10-11 Fitness Fiesta 13</p> <p>1p-3p Matter of Balance Series 3</p> 	<p>9:30 Phase 10 14</p>  <p>12:45 Movie & Snack- <i>I Still Believe 2020</i> PG 1h55m</p>
<p>9:15 Newsletter Mailing 17</p> <p><u>Help Needed</u></p>  <p>11:30 Pen Pal Club</p> <p>12:00 Happy St Patrick's Day Sweet Bar</p>  <p>12:45 Corn Hole Wear Your Green</p>	<p>10-11 Fitness Fiesta 18</p> <p>1p-3p Matter of Balance Series 4</p> 	<p>10:30 Bible Study 19</p>  <p>1:00 Care Giver Support Group</p> 	<p>10-11 Fitness Fiesta 20</p> <p>1p-3p Matter of Balance Series 5</p> 	<p>10:00 Chair Volleyball 21</p>  <p>12:45 Movie & Snack- <i>Unsung Hero 2024</i> PG 1h53m</p>
<p>9:30 Garbage 24</p> <p>1:00 Cooking for One or Two (sign up)</p> 	<p>10-11 Fitness Fiesta 25</p> <p>1p-3p Matter of Balance Series 6</p> 	<p>10:30 Bible Study 26</p> <p><i>BIBLE Study</i></p>  <p>12:45 Euchre Tournament</p> 	<p>10-11 Fitness Fiesta 27</p> <p>1p-3p Matter of Balance Series 7</p> 	<p>9:30 Uno/Uno Flip 28</p>  <p>12:45 Movie & Snack- <i>Evan Almighty 2007</i> PG 1h36m</p>
<p>9:30 Open Play 31</p> <p>1:00 Bingo with Southern Care Hospice</p> 	<div style="text-align: center;"> <h1>March 2025</h1> <p><i>If you need transportation please allow 48 hour (2 days) notice to Alisha</i></p> </div>			

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Top of the morning to you...



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
240 E 3RD STREET, ASHLAND

WHEN: TUESDAYS AND THURSDAYS
MARCH 6 – APRIL 1, 2025

TIME: 1:00 PM – 3:00 PM



To register, call
Anita or Crystal 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





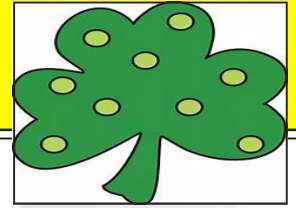
March 20: First Day of Spring

The spring equinox is one of two days in the year when the sun passes directly over the equator, resulting in equal lengths of both day and night. In addition to warmer weather, spring is also when the home buying season heats up.



Don't Forget....
Sunday, March 9th to
Spring Forward

Interesting Dates



31st March - The Eiffel Tower in Paris was officially opened in 1889



30th March - 1853
Vincent van Gogh was born.



26th March - 1934
The driving test was introduced in the United Kingdom.

USELESS FACTS ABOUT MARCH

BROUGHT TO YOU BY
funkyfresh

Gemstone: Bloodstone
Flower: Jonquil



10th March - 1801 - The first official census was held in Britain. There was a population of approximately 10 million people.



17th March - St Patrick's Day



25th March - 1807 - Slave Trade Act
"An Act for the Abolition of the Slave Trade"
was signed. It made slave trading illegal throughout the British Empire.

RHYMES FOR MARCH

'WHEN MARCH COMES IN LIKE A LION IT GOES OUT LIKE A LAMB.'

'A DRY MARCH AND A WET MAY

FILL BARNs AND BAYS WITH CORN AND HAY.'

'AS IT RAINS IN MARCH SO IT RAINS IN JUNE.'

'MARCH WINDS AND APRIL SHOWERS

BRING FORTH MAY FLOWERS.'





Local Food Banks

9

NEW HOPE Mobile Food Pantry

Fri., March 7th 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 21st 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 22nd 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 18th @ 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

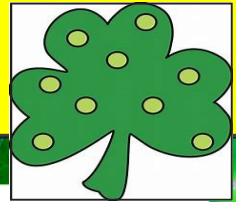
***Serving families and individuals residing in Troy, Sullivan, Orange, Jackson and Perry Townships

ASSOCIATED CHARITIES PERRYVILLE FOOD DISTRIBUTION

Wed., March 26th @ 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

Find the words on the list in the word search below!



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CLOVER
IRISH
SHAMROCK
WISH

GOLD
EMERALD
MARCH
POT

LEPRECHAUN
LUCKY
RAINBOW
IRELAND

GREEN
PATRICK
CHARM
MAGIC

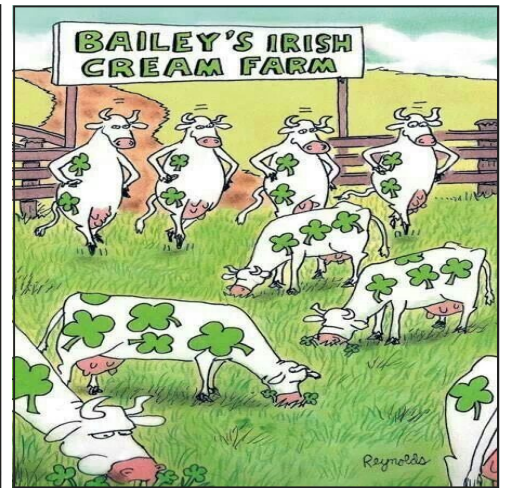


Ashland County Council on Aging
240 E. Third Street
Ashland, OH. 44805

NON-PROFIT ORGANIZATION
U.S. POSTAGE PAID
ASHLAND, OH. 44805
PERMIT NO. 37



Or Current Resident:



2025 Board of Directors

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Terrence Webb

David Hunter
Ron Huiatt
Dean Pierce
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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.