

THE

Senior Spark



JANUARY 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



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)





Hello Everyone~

Happy New Year! Experts state that time flies by as we get older. Some experts think that the way our brain absorbs images impacts our perception of time. How we process what we see can also influence how we view time. Our brains receive many images when we are infants. Absorbing so many new images as kids may feel like our months and years are more extended. As adults, the brain receives fewer images than it did when it was young. Therefore, time goes by more quickly. In other words, physiological factors influence our perception of time; the older we get, the faster it feels. While you can't slow time, you can do things to feel like it's moving a little slower. Everybody wants to live longer and is encouraged to do more and better things with the available time. One way to do this is to experience new things that are not your usual regimen. Such as picking up a childhood hobby, taking an overnight trip to a city you've never visited, or signing up for a cooking class. Learning new things is another good way to make your time feel longer when you reflect on your life. **Variety is the spice of life.** You should get out of your routine and take advantage of the time you have, which will only help make you feel like your year has more time to fill. Living a routine-only life makes the year fly fast. None of us know how much time we have, but interestingly, we have much control over how we experience that time. I encourage everybody to make the most of the time that you've got. With this being said, if you haven't been to the agency for a visit, had lunch with us, or participated in an activity or presentation! Please do so! More routine variation can help with the familiar statement: time is flying by!!

Hope to see you soon.

Take Care
Sandy

Just a reminder.....our agency will be closed in observance of the holidays, New Years Day January 1, 2025 and January 20, 2025 Martin Luther King Jr Day.

Thank you

Agency Happenings...



Winter Craft

Thursday, January 9th:

Please join us at 1pm for the 1st craft of the year with Alicia from Kingston of Ashland.

Please Rsvp by December 8th, if you would like to attend. All are welcome!

Agency Bingo

Monday, January 13th:

If you like to play Bingo, then you won't want to miss out on our agency bingo. I am sure it will be a lot of fun with many different callers throughout the games.

We will start at 1pm sharp.! All are welcome to attend. Hope to see you then!



Winter Craft #2



Thursday, January 16th:

How do you beat the cold?? We will offer another chance for a craft sponsored by the Mansfield Place. Please join Rep Chantil as she will be instructing some winter fun.

If you would like to attend, please RSVP by Wednesday December 15th. All are welcome to attend!

Bingo with Ohioans

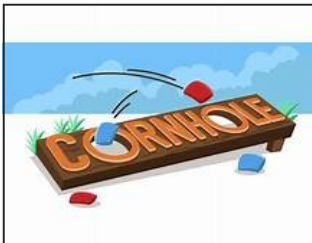
Thursday, January 23rd:

Please join us at 1pm with Rep Bev from Ohioans Healthcare . Bev is excited to be our caller for our 2nd Bingo of the New Year.

All is welcome!



"New" Game—Corn Hole





This month of January we will be hosting a Corn Hole play for Fun. It will be starting at 12:45 on January 7th, January 14th, and January 21st. Don't worry if you have never played, we can teach you! Hopefully you will take this chance to get up and move for fun.



January Menu

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Mon	Tue	wed	Thu	Fri
		1. AGENCY CLOSED 	2. Chicken Salad on a Croissant Cucumber Salad Applesauce Chips	3. Stuffed Peppers Mashed Potatoes Mixed Vegetables Fresh Orange W. Wheat Bread
6. Coney Dog W/Bun Baby Bakers Baked Beans Tropical Fruit Granola Bar	7. White Chicken Chili w/ Crackers Carrots Peaches Cornbread	8. Pollock Sweet Potatoes Peas Pineapple Tidbits W. Grain Roll	9. Barbecue Grilled Chicken Rice Spinach Mandarin Oranges W. Wheat Bread	10. Taco Casserole Corn Apple W. Grain Roll
13. Ham & Cheddar on a Mini Bun Cole Slaw Pineapple Chunks Pudding	14. Sausage Gravy Over a biscuit Breakfast Potatoes Baby Carrots Warm Applesauce Yogurt	15. Turkey Burger W/Cheese Butter Beans Nantucket Blend Mixed Fruit	16. Chicken Tenders Zucchini Squash Tropical Fruit W. Grain Roll	17. Ham & Scalloped Potatoes California Blend Peas Grapes W. Wheat Bread
20. AGENCY CLOSED 	21. Tuna Salad On Wheat Bread Zesty Pasta Salad Fruit Cocktail Strawberry Craisins	22. Mushroom Swiss Burger Baby Bakers Corn Pears	23. Chicken & Noodle Peas Carrots Applesauce W. Grain Roll	24. Meatloaf w/Gravy Mashed Potatoes Green Beans Peaches W. Wheat Bread
27. Egg Salad on a Croissant Pickled Beets Tropical Fruit Salad Cookie	28. Cheeseburger w/Bun Cubed Potatoes Scandinavian Blend Mixed Fruit	29. Lasagna Roll Ups Normandy Blend Mandarin Oranges W. Wheat Bread	30. Creamed Turkey Over Stuffing Roasted Root Vegetable Blend Country Apples W. Grain Roll	31. Tater Tot Casserole Zucchini & Tomatoes Fresh Pear W. Wheat Bread
	PLEASE GIVE 24 HOURS NOTICE TO CANCEL IF YOU WILL NOT BE HOME FOR YOUR HOME DELIVERED MEAL	SUBSTITUTION OF THE MONTH IS A CHICKEN PATTY. PLEASE GIVE 24 HOURS NOTICE TO REQUEST A SUBSTITUTION.		MENU IS SUBJECT TO CHANGE WITHOUT NOTICE

Monday	Tuesday	Wednesday	Thursday	Friday
		Agency Closed 	10:00 S.A.L.T 10-11 Fitness Fiesta 12:00 Birthday Celebration 12 Activity Room Closed 1:00 Open Play	11:00 Tai Chi with Krissy  12:45 Movie & Snack- <i>Ordinary Angels</i> PG 1h58m 2024
9:30 Open Play 12:45 Wii Bowling 	10-11 Fitness Fiesta 12:45 Corn Hole 	10:30 Bible Study  12:45 Trivia with Mindi 1:30 Euchre for Fun 	10-11 Fitness Fiesta 1:00 Crafts with Alicia of Kingston 	9:30 Garbage 12:35 Movie & Snack- <i>Jesus Revolution</i> PG-13 2023 
9:30 Open Play 1:00 Agency Bingo 	10-11 Fitness Fiesta 11:00 Wellness B/P Checks Nicole  12:45 Corn Hole 1:00 Loudonville Bingo Golden Center	10:30 Bible Study  1:00 Care Giver Support Group 	10-11 Fitness Fiesta 1:00 Crafts with Chantil of Mansfield Place 	9:30 Phase 10  12:45 Movie & Snack- <i>Heaven is for Real</i> PG 1h40m 2014
Agency Closed 	9:15 Newsletter Mailing Help Needed  11:30 Pen Pal Club 12:45 Corn Hole 	10:30 Bible Study  1:00 Euchre for Fun 	10-11 Fitness Fiesta 1:00 Bingo with Bev of Ohioans 	9:30 Uno/Uno Flip  12:45 Movie & Snack- <i>I can Only Imagine</i> 1h50m 2018
9:30 Open Play 12:45 Wii Bowling 	10-11 Fitness Fiesta 1:00 Euchre Tournament 	10:30 Bible Study  1:00 Euchre for Fun 	10-11 Fitness Fiesta 1:00 Cooking for One or Two 	9:30 Garbage 12:45 Movie & Snack – <i>Strong Fathers Strong Daughters</i> 1h34m 2022 

Winter WORD SCRAMBLE

WSNO _____

TNIEWR _____

CEI _____

IEDLDSGN _____

FRZENO _____

OFTSR _____

ICE SAINGTK _____

WNDI _____

OSWN ABLL _____

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CAEPLIFRE _____

WAOMNNS _____

OFKLEWNAS _____

OVSSEL _____

ATH _____



WE
CAN
HELP
YOU



High Heating Bills? HEAP Can Help!

Home Energy Assistance Program (HEAP)

Households at or below 175% of the federal income level (see chart) may receive a credit once per winter heating season towards their primary heating source—electric, natural gas, or bulk fuel.

Three ways to apply until May 31, 2024:

- ▶ Online at www.energyhelp.ohio.gov
- ▶ Appointment with your local Community Action Agency
- ▶ Mail in an Energy Assistance application from www.energyhelp.ohio.gov

2023-2024 Income Guidelines	
Size of household*	Total Gross Annual Household Income
	175%
1	\$25,515
2	\$34,510
3	\$43,505
4	\$52,500

* For families/households with more than 8 persons, please contact your local community action agency.

For more utility assistance information visit:
www.occ.ohio.gov/utilityassistance



Office of the Ohio
Consumers' Counsel
www.occ.ohio.gov

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Beware of Scammers

Many utility customers throughout Ohio are being targeted by imposters utility scams everyday

The Public Utilities Commission of Ohio is encouraging Ohio's utility consumers to be informed and avoid common utility scams.

Signs of Potential Scams Activity

1. **Threats of disconnection or shutoff-** Scammers may aggressively tell you that your utility bill is past due and service will be disconnected if a payment is not made as soon as possible.
1. **Requests for prepaid cards or money transfers-**Your utility company has a variety of payment methods and will never instruct you to specifically use prepaid cards or money transfers at a local retail store.
2. **Demands for immediate payments** -Scammers often ask for payment to be made quickly, sometimes within the hour.

You can avoid potential scams with a few simple tips:

1. **Ask for proper identification.** Utility employees should carry a photo ID and wear clothing that identifies their company. If you have doubts about a person at your door or on the phone, call your utility company to verify their information before continuing.
2. **Protect your personal information.** Do not provide account or payment information to a caller that you do not know. If you have questions, call your utility company's number as listed on your bill or the company's website.
3. **Hang up on unverified calls or delete suspicious emails.** If someone threatens immediate disconnection or shutoff, customers should hang up the phone or delete the email. Utility companies will always give advanced disconnection notifications.
4. **Request of account information from your utility bill, either by phone or at or door.** Scammers often ask for information off your utility without disclosing the real reason the information is needed. Make sure you understand the reason that you must provide your account number and how it will be used.

Consumers who think they may have been a victim of a utility scam or fraud should contact the PUCO Call Center at (800) 686-PUCO (7826) or submit a complaint on line at

<https://puco.ohio.gov/help-center/file-a-complaint>



Additionally, the PUCO ensures that utility companies provide quality, safe and reliable service through rules on installation, deposit requirements, payment arrangements and disconnection or interruption of service. Customers who encounter such issues with their utility company should contact the PUCO at (800) 686-PUCO (7826) or submit a complaint on line at-

<https://puco.ohio.gov/help-center/file-a-complaint>





Local Food Banks

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NEW HOPE Mobile Food Pantry

Fri., January 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., January 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 January 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

Wed., January 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 PERRYVILLE FOOD DISTRIBUTION

Wed., January 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**

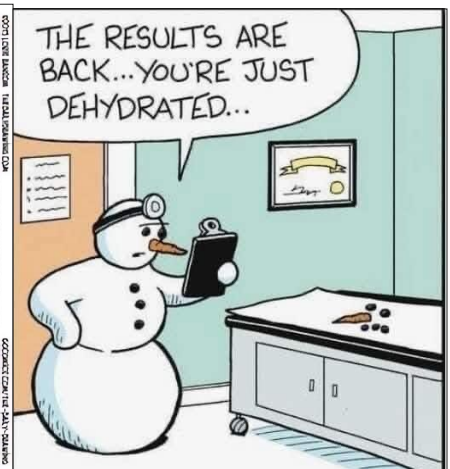
***Serving families and individuals of Perrysville and Loudonville School Districts

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
Duane Fishpaw
Terrence Webb

David Hunter
Ron Huiatt
Dean Pierce
Josh Hiller
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.