

# THE ACCOA NEWS

## CENTER FOR ACTIVE LIVING

"We're not aging, we're actively living..."

www.ashtabulaseniorcenter.com  
 program@ashtabulaseiors.org  
 Hours: 8:30 am - 4:30pm  
 Monday through Friday



4148 Main Ave  
 Ashtabula, Ohio 44004  
 (440) 998-6750

November 2022

Issue #112022

### Services Available

- Bill Pay - Pay all your bills in one place
- Shuttle Rides - Let us take you to the store
- Prescription Assistance - Let us help you afford your Prescriptions.
- Exercise - Gentle Yoga
- Education - Guest speakers to keep you current on the latest health trends.
- Nurse - A nurse comes weekly to do blood pressure and glucose screenings.
- Room Rental - We have multiple rooms.
- Computer Tutor - Internet & Phone Classes

## THINGS TO WATCH FOR!

Christmas Party	December 9, 2022
December Birthday Bash	December 16, 2022
Christmas Eve Lunch	December 23, 2022
New Year's Party	December 30, 2022
January Birthday Bash	January 13, 2023
January Breakfast Club	January 25, 2023
Valentines Day Party	February 15, 2023
February Breakfast Club	February 22, 2023
St Patrick's Day Party	March 17, 2023
March Breakfast Club	March 22, 2023

Seating is limited and reservations are required.

Reservations can be made NOW ONLINE at

<https://schedulesplus.com/ashtabula>

## IMPORTANT MESSAGE

### IF YOU ARE NOT FEELING WELL STAY HOME

Don't endanger the lives of other people by continuing to come to the center...

Don't expose your friends, staff, or people with autoimmune issues or on immunosuppressant drugs to your ick...

Rest. Don't neglect your self-care...

#### DO YOU HAVE A FEVER OR CHILLS, A COUGH OR SORE THROAT?

If "yes," you may have the flu or COVID. Symptoms include fever, chills, cough and or sore throat. Other symptoms can include runny nose, body aches, headache, tiredness, diarrhea, or vomiting.

Please DO NOT come to the senior center if you are sick with a fever, cough or sore throat.

The Centers for Disease Control and Prevention (CDC) recommend that sick individuals stay home if they are sick with flu-like symptoms until at least 24 hours after they are free of fever (100 degrees Fahrenheit or 38 degrees Celsius) or signs of a fever (have chills, feel very warm, have a flushed appearance, or are sweating). This should be determined without the use of fever-reducing medicines (any medicine that contains ibuprofen or acetaminophen).

If you are at higher risk for complications from the flu or COVID and you feel sick, contact your health care provider as soon as possible. People of any age with chronic medical conditions (such as pulmonary disease, asthma, diabetes, neuromuscular disorders, or heart disease), and people 65 years of age and older are more likely to get complications from the flu and COVID. Your health care provider may prescribe antiviral drugs, and they are most effective when started within 2 days of getting sick.

In addition, EMERGENCY WARNING SIGNS that you NEED URGENT medical attention include:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough





Happy birthday! Happy birthday! Happy birthday! Happy birthday!

Happy birthday! Happy birthday! Happy birthday! Happy birthday!

Ricky Ball	11/3
Janis Oros	11/6
Dorothy Hedrick	11/7
Magaret Distler	11/7
Twila Lucero	11/7
Tim Mizer	11/8
Jayne Crawford	11/9
John Bruckman	11/9
Norma Massena	11/9
Olive Jones	11/9
R. Earl Simmons	11/9
Judy Perkins	11/13

Bernadette Izzi	11/14
Iris Auciello	11/14
Shirley Rohm	11/17
Leonard Deneen	11/18
Linda Caudill	11/21
Ronald Hartwell	11/23
Susan Broadstreet	11/25
Judy Pallutch	11/26
Carol Shinabery	11/27
Jennie Reed	11/28
Sue Hawn	11/29
Margaret Ketchem	11/30

Please join us for a birthday party to honor our friends who have November birthdays!!

on Friday, November 4, 2022 at 1:30 pm

Cupcakes, Ice Cream and Coffee will be sponsored by

RSVP by November 1, 2022 by calling 440-998-6750

or online at <https://schedulesplus.com/ashtabula>

Are you friends with any of the November birthday peeps?

Give them a call and wish them Happy Birthday!!!

Happy birthday! Happy birthday!

# LET'S PLAY BINGO

Monday's - 1:15 pm to 4:00 pm

Friday's - 9:30 am to 11:30 am

Monday, November 7, 2022 - Health Markets Insurance Agency

Monday, November 14, 2022 - Lake Point

Monday, November 21, 2022 - Health Markets Insurance Agency

Monday, November 28, 2022 - Lake Point

Monday, December 5, 2022 - Health Markets Insurance Agency

Every FRIDAY at 9:30 am

## What are all these Medicare Insurance advertisements?

Medicare's Annual Enrollment Period runs through Dec 7. If you have a Medicare Advantage Plan or a Prescription Drug Plan this is the time to review your options and make changes. We are overwhelmed with TV ads, phone calls and mail that are simply solicitations for your business. Mailings are often designed to look like "official" notices from Medicare, but they are advertisements. Be aware, if you call the 1-800 number, you will be directed to a sales agent looking to sell you a new plan.

These agents are not local and want to sell you any plan to get your business, not necessarily what is best for you. Consider calling a local agent who lives and works in your area, they can help you compare your options and choose a plan that fits your individual situation.



DO YOU OWN YOUR OWN HOME?  
ARE YOU OVER 60 YEARS OLD?  
DO YOU NEED HELP WITH MINOR HOME REPAIRS?

The Center for Active Living can help you with home maintenance. We can install grab bars, replace fixtures, perform minor plumbing, minor electrical, minor carpentry, and odd jobs. We will supply the labor and time you supply the materials.



Current wait time is minimal

Call 440-998-6750 to schedule an appointment.  
Funded by the Ashtabula County Senior Services Levy.

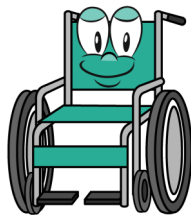
Enrollment for Medicare Part D is currently taking place through December 7th, and while it might seem quicker and easier to stick with what you currently have, there are numerous reasons to review your plan and compare it to others. Your overall health and plan specifics can change each year, so putting in the extra research can potentially reduce your out-of-pocket expenses by a significant amount.

Toni Tulajew-Spahr from Wiley Insurance will be available on **Tuesday, November 8th from 11:30am to 2:30pm** to review your prescription coverage and advantage plans for 2023.

This is a FREE service and there is no obligations.  
Just bring a list of your current medications and your insurance card.  
Walk-ins Welcome

## Medical Equipment Lending

Need a walker or wheelchair?  
We have all kinds of medical equipment for rent. You can borrow for a small deposit! When you return the equipment, your deposit will be returned to you!



### Some items available:

Wheelchairs, Walkers, Rollators, Bedside Commodes,  
Shower Chairs & Raised Toilet Seats.

Call 440-998-6750 for more information



## VILLA AT THE LAKE

*A Randall Residence*

Assisted Living  
& Memory Care  
in Conneaut

(440)599-1999

RandallResidence.com

### Country Club Retirement Campus at Ashtabula

*A Senior Health Care Community*

*Our Home. Your Home.  
... because there's no place like Home.*

Independent and Assisted Living Apartments  
Spacious 1 and 2 Bedroom Apartments  
Meals, Housekeeping, and Transportation  
Small Pets Welcome!

Rehabilitation and Therapy Services  
Physical, Occupational, and Speech Therapy  
Skilled & Restorative Nursing

Sanctuary Home Health Care  
Skilled Nursing and Therapy Services  
Home Care Services

(440) 992-0022

925 E. 26th St. Ashtabula, OH 44004

countryclubretirementcampus.com sanctuaryhomehealth.com



## Breakfast CLUB

NOVEMBER

Wednesday, November 30, 2022

9:30 - 10:30

Menu: Pancakes and Sausage

Reservations are required by 11/23/2022

DECEMBER

Wednesday, December 14, 2022

Menu: Breakfast Sandwich & Hash brown

Reservations are required by 12/7/2022

AT THE SENIOR CENTER  
\$1.00 ACCOA NEWSLETTER SUBSCRIBERS  
non newsletter subscribers \$5.00

Reservations can be made on line at  
<https://schedulesplus.com/ashtabula>  
Or by calling 440-998-6750

Pre-pay only - Sorry no refunds

## Winter Outdoor Walking Safety

Hosted By: **MYO Fit**

Wed., Nov. 30th  
at 10:30 am

This is a FREE event  
open to the public.

Reservations are required by  
Wed., November 23, 2022  
and can be made by calling  
440-998-6750, or on line at  
<https://schedulesplus.com/ashtabula>

- 12/14-Holiday Party  
Sponsored by Myo Fit

## Book Club

Join Ryan, from the  
Ashtabula County Public  
Library

Tues., Nov. 22nd, 1:30 - 2:30  
For an adult conversation about  
the book titled: The Hitchhikers  
Guide to the Galaxy by Douglas  
Adams

The adventures of the only  
man to survive the destruction  
if Earth; while roaming outer  
space, he comes to learn the  
truth behind Earth's existence.

BRING YOUR BOOK WITH YOU!

## Ashtabula Towers

 A ROSE COMMUNITY



One Bedroom Apts.

Utilities Included Shopping Nearby  
Transportation Social Activities

*This is an elderly admission  
preference community.*

325 W. 48th St  
Ashtabula, OH 44004  
(888)257-8260 TTY:711  
Ashtabulatowers.com



Cooking Classes Wednesday, 11:00 am  
at the Center for Active Living

11/2 – Mexican Tortilla Soup  
11/9 – Potato Soup  
11/16 – Pasta & Peas  
11/23 – Crescent Roll Cheesecake  
11/30 - California Potato Medley

Everyone will receive a sample of the  
prepared dish and a copy of recipe.

Registration is required by the MONDAY  
before. The cost is \$1.00 for all.

### Wii Bowling 1:30 pm

Wed., Nov. 2nd and 30th

Wed., Dec. 7th and 14th

Wed., Dec. 21st

To reserve a spot call 440-998-6750  
or online at

<https://schedulesplus.com/ashtabula>

Wed., Nov. 16, 2022

Bus will leave at 10:00 am

Seating is limited to 12

Cost is \$1.00



**DISCLAIMER:** While we make every effort to provide accurate and complete information in ACCOA's newsletters, we are "PERFECTLY IMPERFECT" and cannot guarantee that there will be no errors. Occasionally, it is possible that an event date, day, time or "register by" date may be incorrect. Therefore, as a standard of practice, registration cut-off dates will be a minimum of seven (7) days prior to the scheduled event. At times it may be necessary to make the registration cut-off date earlier to accommodate caterers or order supplies.

### Center for Active Living

## TELEPHONE REASSURANCE PROGRAM

The Telephone Reassurance Program  
serves seniors and the disabled.

Daily/weekly calls from trained volunteers  
ensure their health & well being, and help  
identify concerns before they escalate into  
more serious hardships.



Call 998-6750 for more information  
or to sign up.

### DID YOU KNOW THAT YOU COULD PAY YOUR BILLS AT THE CENTER FOR ACTIVE LIVING?

You can make payments to many  
of the companies that send you a  
monthly bill including: Electric, Gas,  
Wireless, Cable/Satellite, Insurance,  
Credit Cards, Car Loans, Leases and  
many more!

Right at the Senior Center!  
Paying bills in person has benefits.  
Receive a receipt as proof of  
payment.

Pay bills using cash...  
Pay multiple bills in one location...  
Same day posting...

Bills have a small transaction  
fee of less than \$2.00

Walk In. Pay Bills. Support your  
Activity Center, Done.

### ASHTABULA COUNTY TRANSPORTATION SYSTEM



Seniors age 60 and over  
Ride the bus "FREE"

**WITH A SENIOR LEVY PASS**

**Monday-Friday: 10:00 a.m. - 2:00 p.m.**

**Saturday: 10:00 a.m. - 4:00 p.m.**

Call 994-2032 for details.

Funded in part by  
ODOT, FTA, Other Local Sources,  
and Senior Services Levy

### FREE SENIOR TRANSPORTATION

Are you 60 or older and live in  
Ashtabula?

Do you need a ride to the store?

Do you or someone you know  
need assistance accessing food  
or supplies?

We can assist you with  
transportation for essential  
items. Call 440-998-6750 to  
schedule an appointment.

- ◆ By appointment only,
- ◆ Seating is limited.
- ◆ Social distancing observed.
- ◆ Rides must be scheduled or canceled  
at least 48 hours in advance.
- ◆ If you forget to cancel you could be

# Arts & Crafts

## Cheese Grater Snowman

Friday, Nov. 4th at 10:00  
seating limited to six



Reservations required by October 28<sup>th</sup> and can be made by calling 440-998-6750 or online at <https://scheulesplus.com/ashtabula>  
Cost: \$7.00 - newsletter subscribers  
\$10 for non-membership subscribers



## Clothes Pin Angel

Tues., Nov. 8th at 1:30pm  
seating limited to six

Reservations are required by November 1<sup>st</sup> and can be made by calling 440-998-6750 or online at <https://schedulesplus.com/ashtabula>  
Cost: \$5.00 for newsletter subscribers  
\$7.00 for non-newsletter subscribers

## Macramé Angel Ornaments

Thurs., Dec. 8<sup>th</sup> at 1:30pm  
seating limited to ten



Reservations required by December 1<sup>st</sup> and can be made by calling 440-998-6750 or online at <https://scheulesplus.com/ashtabula>  
Cost:  
\$5/ea. - newsletter subscribers  
\$7/ea. - non-newsletter subscribers

# YES YOU CAN

Tole Painters  
Mondays 9:30 to 11:30 am.  
\$2.00 (plus materials).  
Instructor: Rosemary Peck

# Wiley Insurance

LEADING YOU IN THE RIGHT DIRECTION SINCE 1984



**440-599-7559**

**888-232-2452**

Medicare Supplements  
Medicare Advantage  
Prescription Plans  
Life Insurance  
Dental/Vision

**NO COST CONSULTATION!**  
[www.awileyinsurance.com](http://www.awileyinsurance.com)

Would you benefit from a FREE box of groceries?  
Are you 60 or older?  
You may qualify for a free food once a month if your income is below \$1,316 for a single person household or \$1,784 for a two person household. Bring your drivers license & utility bill to the Center for Active Living to see if you qualify or call 440-998-6750 FMI.

**Commodity Supplemental Food Program**  
a Senior Food Assistance Program

## NOVEMBER 2022 VIRTUAL CALENDAR

MON	TUE	WED	THU	FRI
	1 4pm Brain Games 7pm Musical Happy Hour 7pm Zumba Gold 8:45pm Beyond Barre	2 1pm Creative Writing Work-shop 2pm Chair Yoga	3 1pm Zentangle 7pm Musical Happy Hour 7pm Zumba Gold 8:45pm Beyond Barre	4 7pm Musical Happy Hour
7 2pm Drawing & Painting	8 4pm Brain Games 7pm Musical Happy Hour 7pm Zumba Gold 8:45pm Beyond Barre	9 1pm Creative Writing Work-shop 2pm Chair Yoga 7pm Heart Healthy-Food Labels & Shopping	10 1pm Zentangle 7pm Musical Happy Hour 7pm Zumba Gold 8:45pm Beyond Barre	11 7pm Musical Happy Hour
14 2pm Drawing & Painting	15 4pm Brain Games 7pm Musical Happy Hour 7pm Zumba Gold 8:45pm Beyond Barre	16 1pm Creative Writing Work-shop 2pm Chair Yoga	17 1pm Zentangle 7pm Musical Happy Hour 7pm Zumba Gold 8:45pm Beyond Barre	18 7pm Musical Happy Hour
21 2pm Drawing & Painting	22 4pm Brain Games 7pm Musical Happy Hour 7pm Zumba Gold 8:45pm Beyond Barre	23 1pm Creative Writing Work-shop 2pm Chair Yoga	24 1pm Zentangle 7pm Musical Happy Hour 7pm Zumba Gold 8:45pm Beyond Barre	25 7pm Musical Happy Hour
28 2pm Drawing & Painting	29 4pm Brain Games 7pm Musical Happy Hour 7pm Zumba Gold 8:45pm Beyond Barre	30 1pm Creative Writing Work-shop 2pm Chair Yoga		

To join any of these classes go to <https://live.televoda.com/signup>  
Enter "ASHTA2021"  
Click on CREATE ACCOUNT, AGREE to Waiver of Liability,  
Enter your Name, email address and cell phone number.  
They will send you an unique code by email/text enter it in the box they provide for you, click enter and you will be able to join a class!  
Join live, virtual classes Monday-Friday to get active, make friends, and have fun. Use your internet device to go to <https://live.televoda.com/signup> and click the purple "join class" button!  
See you there!

## Conversation CAFE

JOIN US FOR COFFEE HOUR EVERY  
Tuesday 10:30am - 11:30am

Enjoy coffee & conversation as we provide the setting to keep you entertained and explore topics that are of interest to you!

We'll bring the Coffee, you bring the fun!  
Bring a snack to share if you like!

### Happy Travelers Social Club

Monday, November 21, 2022

At 6:00 pm

Entertainment & refreshments provided.  
ALL ARE WELCOME.

### Mackinac Island Trip

June 5-9, 2023 - \$642.00/Double

Includes: 4 nights lodging in Northern Michigan; 8 meals: 4 breakfasts and 4 dinners. Guided Tour of Mackinaw City; Visit to Mackinac Island, including a Guided Carriage Tour; Boat ride through the Soo Locks and free time and sight-seeing in Sault Sainte Marie; Visit to Mackinaw Crossings; Admission to Colonial Michilimackinac; Gaming excitement at Kewadin Sault Casino. FMI: Contact Sara or Betty at 440-998-6750

TAKING DEPOSITS NOW!

QUILT CLUB

TUESDAY'S  
AT 5PM  
AT THE CENTER  
NEW  
PEOPLE WELCOME

BRING A DISH TO SHARE

## Fitness Corner

Monday: 10am - Gentle Yoga  
with Lisa Piaser

Tuesday & Thursday

9am - Walk Aerobics:  
with Sara Wetzel - a high energy workout, but easy for beginners to start out at their own pace.

10am - Cardio Drumming:  
with Sara Wetzel - high-intensity drumming, that incorporates sufficient movement to be a whole body workout while fun enough for anyone to do.

11:00am - Easy Walking:  
with Sara Wetzel - a walking in place workout that can be performed standing or sitting to burn calories and work on your cardiovascular system.

Wednesday & Friday

10:30am - Tai Ji Quan  
with Mallory Wiand - improve stability, coordination and range of motion.

Free for newsletter subscribers  
Non newsletter subscribers \$5/class

Please wear comfortable, cotton exercise clothing: dress light.

Reservations can be made online at <https://schedulesplus.com/ashtabula> or by calling 440-998-6750



Take Off  
Pounds Sensibly

Meets Thurs., Mornings  
At the Center

Weigh In Time: 10:00am  
Program Start Time: 10:15am

NEW MEMBERS WELCOME

# Cards & Games



Join us for  
cards daily  
10am to 4pm

### Uno the card game

Thurs., November 10, 2022 at 1:30

To reserve a seat call 440-998-6750

or online at

<https://schedulesplus.com/ashtabula>

### Up the River, Down the River

Tuesday, November 15<sup>th</sup> at 1:30

Bring a roll of pennies to play

To reserve a seat call 440-998-6750

or online at

<https://schedulesplus.com/ashtabula>

### Rummikub tile game

Thurs., November 17, 2022 at 1:30

Seating limited to eight

To reserve a seat call 440-998-6750

or online at

<https://schedulesplus.com/ashtabula>

### UNO FLIP Card Game

Thurs., Nov. 3<sup>rd</sup> at 1:30

Tues., Nov. 29<sup>th</sup> at 1:30

Tues., Dec. 6<sup>th</sup> at 1:30

To reserve a seat call 440-998-6750

or online at

<https://schedulesplus.com/ashtabula>

### Left Right Center

Fri., Nov. 18, 2022 at 3:15 pm

bring 9 nickels

To reserve a seat call 440-998-6750

or online at

<https://schedulesplus.com/ashtabula>

### SKIP-BO

Tues., Nov. 2<sup>nd</sup> & 22<sup>nd</sup> at 1:30

Limited to six players

To reserve a seat call 440-998-6750

or online at

<https://schedulesplus.com/ashtabula>



### Pinochle

Tues. & Thurs.

1:00 to 4:00 pm

### Pinochle Tournament

Wednesday, November 9, 2022 at 1:30pm

(seating limited to 32)

Entry fee: \$ 3.00

Prizes for 1st, 2nd, and 3rd place

a light snack will be provided

Reservations are required by Wednesday, November 2nd

and can be made by calling 440-998-6750 or online at

<https://schedulesplus.com/ashtabula>



PLEASE JOIN US FOR OUR ANNUAL  
*Christmas Party*

FRIDAY, DECEMBER 9, 2022  
Time: 2:30 - 5:00pm  
Hosted By: ACCOA Center for Active Living  
Ugly Sweater White Elephant Party!  
If you want to participate in the White Elephant gift exchange,  
bring ONE wrapped gift, value not to exceed \$5.  
Dress to impress in your worst Christmas Sweater!  
Categories: Ugliest, Clever, Funniest  
Music By: Dennis Ford  
Cost: \$5.00 for everyone  
Includes: Games, Dinner, Music, Dancing  
Dinner at 4:00pm

Seating is limited to 40 guests RSVP by December 2, 2022  
By calling 440-998-6750 or go to <https://schedulesplus.com/ashtabula>

## Cans for Cats!

Purrlease start saving all of your soda cans, or other aluminum items for recycling!  
Your aluminum cans can be dropped off at  
4148 Main Avenue, Ashtabula,  
Monday through Friday 9 am to 4 pm  
to help support our "Pet Therapy" Program



## Cell Phone Lessons

Tuesday, November 22, 2022  
at 2:30 pm

Rick from the Ashtabula Library will be at the Center on the 4th Tuesday of the month to assist you with cell phone questions and concerns.

To reserve a seat call 440-998-6750 or online at <https://schedulesplus.com/ashtabula>

## LOOKING

FOR SOMETHING TO DO?

ACCOA needs individuals to lead groups such as, gardening, cooking, foreign language, sign language, dancing/line dancing, karate or crafts. The class can be scheduled around your schedule. If you are interested in leading a class/group and can commit to a minimum of eight weeks, please contact Lisa at 440-998-6750.

## Privacy and the Comforts of Home

### Ashtabula County Nursing and Rehabilitation Center

Whether you or your loved one needs a place for short-term recovery or long-term care, we provide ALL PRIVATE ROOMS to help you rest and recover. Feel at home while you're away from home – with the comfort and care you need.

Call us today to learn more.



5740 Dibble Road, Kingsville  
440-224-2161

[AshtabulaCountyNursing.com](http://AshtabulaCountyNursing.com)

## Holly's Hearing Aid Center

2845 North Ridge Rd. East  
Ashtabula, OH 44004  
440-992-0101  
(Next to AAA)

FREE hearing test  
and  
FREE batteries  
First-time visitors only.



## TURKEY BOWL



Wed., November 16th at 1:30  
Sponsored by:  
Wiley Insurance  
Saybrook Landing  
Adoration Home Health & Hospice  
Reservations are required by 11/9/22  
and can be made online at  
<https://schedulesplus.com/ashtabula>  
or by calling 440-998-6750

Melissa from Apex Skin will be here to teach us how to transform our lives through healthy skin  
 Mon., Nov.14, 2022 at 9:30  
 Reservations are required by 11/7/22 and can be made online at <https://schedulesplus.com/ashtabula> or by calling 440-998-6750

Blood Pressure Screenings  
 Every Wednesday  
 at 11:00am

Tom from Primary Health Will be here to discuss UTTS  
 Friday, November 18th at 2:15  
 Reservations are required by 11/10/22 and can be made online at <https://schedulesplus.com/ashtabula> or by calling 440-998-6750

The Center for Active Living will be closed on the following dates:  
 Veterans Day  
 Friday, Nov. 11<sup>th</sup>  
 Thanksgiving Day  
 Thursday, Nov. 24<sup>th</sup>  
 Friday, Nov. 25<sup>th</sup>  
 Christmas  
 Monday, Dec. 26  
 New Year's  
 Monday, January 2, 2023

*Noon Year's Party*  
*Let's Party Like it's Midnight!*  
 COUNTDOWN TO NOON WITH US  
 FRI., DECEMBER 30TH  
 AT 11:00 AM  
 Balloon Drop & Toast at 11:59am!  
 at the Center for Active Living  
 4148 Main Ave., Ashtabula  
 Cost: \$2.00 for everyone  
 Food | Drinks | Entertainment | Games | and more!  
 Seating is limited RSVP by December 23, 2022,  
 by calling (440) 998-6750 or go to <https://schedulesplus.com/ashtabula>



Activity Registration Information

ACCOA Center for Active Living offers various types of in-person and virtual programming to keep members engaged and connected. Mask requirement for in-person activities are based on current CDC, Governor and local Health Department guidelines. Due to social distancing guidelines, in-person activities will have a limited number of participants, so please sign up early to reserve your seat.

To register for any activity you can visit

<https://schedulesplus.com/ashtabula> or call 440-998-6750. If you are unable to register online, or have difficulties please contact us.

ACCOA Center for Active Living Refund Policy

If an activity is canceled by ACCOA, which had a registration fee, you will receive credit for that activity's registration fee. Should you cancel an activity, you registered for, that has a registration fee, no less than three (3) business days before the registration cut-off date, you will receive credit for the registration fee, ONLY if there is a waiting list and/or ACCOA is able to fill your place at the activity/program.

If you cancel less than three (3) business days before the registration cut-off date, or do not show without canceling, you will be charged for the cost of the activity/program and there will be no credit issued.

**HELP for Heating/Cooling Bills**  
 There is a programs offered by the State of Ohio to help you with your heating and cooling bill.  
 You may receive financial assistance or efficiency improvements for homes or apartments. If your gross household income from all sources is less than the following amount for the number of members in your household you may qualify:

- 1 person up to \$21,780
- 2 persons up to \$29,420
- 3 persons up to \$37,060
- 4 persons up to \$44,700
- 5 persons up to \$52,340
- \$7,640 each additional household member.

The Ohio Energy Assistance application is available Now.  
 Please call the Community Action toll-free at 440-997-5957 for more information.

**Get Help With Your Electric Bills**  
 The winter/summer crisis program offers electric assistance to low-income elderly households and individuals with certain medical conditions. Money obtained from the winter/summer crisis program can be used either to:

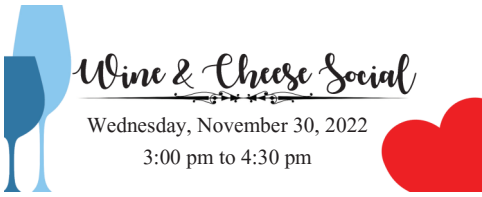
1. Pay your electric bill.
2. Purchase a new air conditioning unit (if you have not received one in the last 3 yrs.)

To be eligible for the crisis program:

- ◆ A household member must be at least 60 years of age OR have a doctor statement establishing a medical necessity.
- ◆ Cannot have a disconnect notice
- ◆ Be below 200% of the federal poverty level.
- ◆ Do not have to be on PIPP.

Applications are available at Community Action Agency 440-997-5957.





## Wine & Cheese Social

Wednesday, November 30, 2022  
3:00 pm to 4:30 pm

### PLEASE SAVE:

Your old newspapers, egg cartons, and Styrofoam coolers - the kind medication gets shipped to you in.

The newspapers will be used in a whelping box for a litter of puppies arriving soon. The egg cartons will be used for eggs and distributed to soup kitchens and the Styrofoam coolers will be converted into stray cat shelters for the winter.

If you have any of these items, please bring them to the senior center and we will make sure they get to where they need to go.



Jigsaw  
Puzzles  
Daily  
10am  
to  
4pm

Fun Way to Use Your Brain. Enjoy Unique and Challenging Puzzles.

**DRAWING:** Every program you attend in its entirety, you will receive a raffle ticket. On December 2nd at 1:30 pm, we will do a Facebook live drawing with those tickets and one person will win a \$25 gift card! You are responsible for keeping track of your ticket stubs, ticket will not be replaced. Prize must be claimed by 1:30pm the Friday after the drawing.

## Gran Signora Manor



Cindy Licate  
MANAGER

440-998-7551  
440-992-6011 FAX

1210 EAST TWENTY-FIRST STREET  
ASHTABULA, OHIO 44004

## Crocheting with Jackie

Every other Thursday at 1:00 pm  
November 10, 2022

*What you will need:* Bring yarn and crochet hook if you have one. Jackie prefers a J/5.75 mm hook.

FREE - Newsletter Subscription  
\$5.00 - non-newsletter subscribers

## YOU MAY QUALIFY FOR RX ASSISTANCE

This service is designed to assist Ashtabula County residents age 60 years old and older to obtain **FREE or low cost** prescriptions from pharmaceutical companies and help navigating through Social Security Part D programs.

Call (440) 998-6750 for an appointment!

## Board Members and Director

Ann Wiley, Board President, Ann Wiley Insurance Service  
Brenda MacNaughton, Board VP, Jefferson Healthcare Center  
Mary Church, Board Treasurer, Ashtabula City  
Carissa Allen, Board Secretary, Saybrook Landing  
Rev Jeff Stoll, Saybrook United Methodist  
Hazel O'Neal, Senior Member  
Dawn Dale - Geneva Center for Rehabilitation and Nursing  
Brittany Larko, Adoration Home Health and Hospice  
Dr. Celine Pollander, Dr. of Physical Therapy MYO Fit  
Lisa Bruckman, Executive Director

## **FREE** FREE FREE Wellness Calls

Could you, or someone you know use a daily friendly check-in call? The Center for Active Living has a program that offers telephone companion calls. Contact the Center for Active Living at 998-6750 to make arrangements to receive a daily call.

## UPPER CRUST

**WE MAKE RESERVATIONS BASED ON THE NUMBER OF GUESTS THAT SIGN UP**

**"UPPER CRUST Lunch Bunch"**  
Beckers Restaurant  
1601 W. Prospect Road  
Ashtabula  
Friday, November 18, 2022  
at NOON

**NEW TIME**  
RSVP by Friday, Nov. 11  
by calling 998-6750 or on line at  
<https://schedulesplus.com/ashtabula>

Dessert After Upper Crust at  
Center for Active Living  
Dessert and Coffee and a little fun  
Fri., Nov 18, 2022 at 1:30 pm  
RSVP by Friday, Nov. 11, 2022  
by calling 440-998-6750 or on line at  
<https://schedulesplus.com/ashtabula>  
Games to follow

## FREE SHOPPING SERVICE

The Center for Active Living is excited to announce their new grocery shopping service program for seniors. If you are 60 or older, live in Ashtabula, Saybrook or Plymouth (44004) we can do your shopping for you and deliver it your home. You must pay for your groceries. The service is free. Call 440-998-6750 for more information or to schedule a delivery.

DECEMBER Upper Crust  
Friday, December 2, 2022  
Location will be announced



# JEFFERSON HEALTHCARE CENTER

*A Culture of Care*

**SPECIALIZING IN:**

- Skilled Rehabilitation
- Long Term Care
- On-Site Dialysis
- Secured Dementia Care Unit



There is no doubt that selecting a nursing center can be a difficult process. We take pride in everything we do at Jefferson Healthcare Center and we invite you to take a tour of our facility and meet our caring service team. We truly are a family and wholeheartedly invite you to become a part of ours.

**JEFFERSON HEALTHCARE CENTER**  
222 East Beech Street, Jefferson, OH 44047

**Contact Brenda MacNaughton**  
Admission Director at [bmacnaughton@jefferson-healthcare.net](mailto:bmacnaughton@jefferson-healthcare.net)

**440-576-0060**

# Saybrook Landing

HEALTH AND REHABILITATION

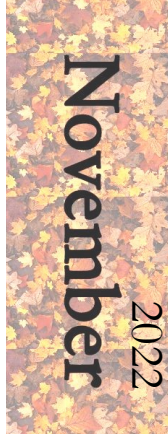


## JUST LIKE "HOME SWEET HOME"

- Large Private Suites
- Private Bath with Walk-In Shower
- Flat Screen TV's
- Complimentary Phone & Cable Services
- Vintner's Café — Open for all residents and visitors
- Offering Respite Stays
- Specializing in Progressive Rehabilitation & Wound Care

For more information please contact Admissions Director,  
Carissa Allen at: 440-969-1509 or email to [callen@saybrook-landing.net](mailto:callen@saybrook-landing.net)  
2300 Center Road, Ashtabula, OH 44004  
**440-969-1509 PHONE • 440-969-1519 FAX**

A United Way and Ashtabula County Senior Service Agency



Current Resident or :

ACCOA Center for Active Living  
4148 Main Ave.  
Ashtabula, OH 44004-6849  
(440) 998-6750  
[www.ashtabulaseniorcenter.com](http://www.ashtabulaseniorcenter.com)  
[program@ashtabulaseiors.org](mailto:program@ashtabulaseiors.org)  
Lisa Bruckman, Director  
Ann Wiley, President

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