

# THE ACCOA NEWS CENTER FOR ACTIVE LIVING

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

www.accoacenterforactiveliving.com  
Hours: 8:30 am - 4:30pm  
Monday through Friday

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

Issue #022025

February 2025

## Services Available

Bill Pay - Pay all your bills in one place  
TSA Precheck through Idemia  
Prescription Assistance - Let us help you afford your Prescriptions.  
Fitness Classes  
Education - Guest speakers to keep you current on the latest health trends.  
Nurse - A nurse comes to do blood pressure and glucose screenings.  
Computer Tutor - Internet & Phone Classes

# THINGS TO WATCH FOR!

Valentine's Day Party	February 14, 2025
St. Patty's Day Party	March 14, 2025
Good Friday Service/Dinner	April 18, 2025
Mothers Day Tea	May 9, 2025
All County Senior Picnic	May 30, 2025
Father's Day Party	June 13, 2025
Prom Dinner Dance	June 26, 2025
ACCOA Summer Picnic	July 23, 2025
Ice Cream Social	September 26, 2025
SCN Picnic	Date to be announced

Reservations are required one week prior to the event and can be made by calling 440-998-6750 or online at <https://schedulesplus.com/ashtabula>

## It's time to renew your newsletter subscrip-

To renew your NEWSLETTER SUBSCRIPTION, please update your information below and mail it back with your payment. We appreciate your support, and hope to see you soon. Thank You for subscribing to the ACCOA Center for Active Living's newsletter.

PLEASE PRINT CLEARLY

Name: \_\_\_\_\_  
Address: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Last 4 digits of your SS#: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Emergency Contact Ph.#: \_\_\_\_\_

Male  Female Household Size \_\_\_\_\_

Marital Status:  Married  Divorced  Single  
 Separated  Widowed

Ethnicity:  Hispanic or Latino  
 Not Hispanic or Latino

Estimated Annual Income: \$ \_\_\_\_\_

Abused/Neglected/Exploited  Yes  No

Disabled:  Yes  No Veteran:  Yes  No

Female Head of Household:  Yes  No

Frail:  Yes  No Home bound:  Yes  No

Medicare Eligible:  Yes  No

Receiving Social Security:  Yes  No

Enclosed is my check for my 2025 Newsletter Subscription.

Please choose one:

Platinum \$200  Gold \$100

Silver \$55  Bronze \$20

Patron \$10  Patron Plus \$25

\*\*Subscriptions are individual subscriptions\*\*

\$10.00

Patron Subscription:

- A monthly Newsletter
- Recognition in the newsletter

\$25.00

Patron Plus Subscription:

- All Patron benefits.
- Center for Active Living T-shirt.

\$20.00

Bronze Subscription:

- All Patron benefits (no t-shirt).
- Discounted copy services (5¢ each).

\$55.00

Silver Subscription:

- All Patron & Bronze benefits.
- Free use of in house computers.
- Discounted Notary Services. (\$1.00 per item, when Notary is available)
- One complimentary ticket to one of ACCOA's parties.

\$100.00

Gold Subscription:

- All Patron, Bronze & Silver benefits
- Discounted fax services available.
- Free notary service (when available).
- One complimentary tickets to two of ACCOA's parties.

\$200.00

Platinum Subscription:

- All Patron Bronze, Silver & Gold benefits.
- Free Coffee for yourself.
- One complimentary tickets to two of ACCOA's parties.
- ACCOA Center for Active Living T-shirt.

Mail To: ACCOA - Newsletter

4148 Main Ave

Ashtabula, OH 44004

# Birthdays of the Month

## It's a BIG Birthday Bash!

Wishing you a year of amazing moments and reasons to smile. Happy Birthday!

Karen Palo	1/1
Toni Whalen	1/2
Alan Butler	1/6
Ann Peji	1/9
Susan Cline	1/10
Jane Stewart	1/11
Ann Bates-Stock	1/12
MaryEllen Higley	1/17
Patricia Jackson	1/20
Lori Welch	1/25
Gerald Goodman	1/27
Valerie Strailey	1/27

Barbara Laughlin	1/31
Dana Cleveksy	2/2
Shirley Coxe	2/3
Jacquelyn McBride	2/3
Hazel O'Neal	2/3
Sandra Caudill	2/7
Phyllis Shimko	2/10
Janet Frazee	2/13
Shari Hazeltine	2/13
Sue Deak	2/14
Mildred Dixon	2/18
Marianne Hornbeck	2/26

Please join us for a birthday party to honor our friends who have birthdays in January and February 2025!!

Fri., February 28, 2025 at 1:30 p.m.

RSVP BY 02/21/25

Fri., March 28, 2025 at 1:30 p.m.

RSVP BY 03/21/25

Games, Cake, Ice Cream and Beverage

Are you friends with any of the birthday peeps?  
Give them a call and wish them Happy Birthday!!!

Reservations are required one week prior to the event and can be made by calling 440-998-6750 or online at <https://schedulesplus.com/ashtabula>

## HAPPY TRAVELER'S BUS TRIPS

Seneca Allegany Casino

Cost: \$53.00

Saturday, March 22, 2025

Includes: \$25.00 in Slot Play, and \$5.00 in Dining Dollars  
Call for more details

### Happy Travelers Meeting

No Meeting in

January or February 2025

2025 Trips have been announced  
Stop in and pick up the trip fliers!

Kraynak's Easter Bunny Lane

Thursday, April 10, 2025

Cost: \$55.00

Seating will be limited to 11 guests.

Minimum of at least 10

\$30.00 non refundable deposit at time of reservation  
Balance in full by March 31, 2025

### Red-Eye Bus Trip

New York City

Departing: Dec. 5, 2025

at 11:15 pm

Returning: Dec. 7, 2024

at 8:00 am

Cost: \$160.00 per person.

A non refundable deposit of \$60.00 will hold your seat.

Open to adults 18 and older.

Children over 6 when accompanied by a parent.

### 2025 Trips

- Noah - Sight and Sound Theater  
April 29-30, 2025  
Cost: \$399.00/pp double occupancy
  - Wait Until Dark  
Thursday, May 29, 2025  
Dinner and a Show  
Cost: \$59.00
  - Seneca Allegany Casino  
June 5, 2025  
Cost: \$53.00
  - Lunch & Shopping in Sugar Creek  
June 27, 2025  
Cost: \$55.00
  - Victorian Princess Lunch Cruise  
July 9, 2025  
Cost: \$109.00
  - New Hampshire  
July 14 - July 19, 2025  
Cost: \$929.00/pp double occupancy
  - Calendar Girls  
July 24, 2025  
Cost: \$59.00
  - Charleston, SC  
October 20 - October 25, 2025  
Cost: 789.00/pp double occupancy
  - Seneca Allegany Casino  
November 15, 2025  
Cost: \$53.00
- Stop by the center for more details.

Reservations are required one week prior to the event and can be made by calling 440-998-6750 or online at <https://schedulesplus.com/ashtabula>

**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.



Reservations are required one week prior to the event and can be made by calling 440-998-6750 or online at <https://schedulesplus.com/ashtabula>

# valentine's PARTY

Dancing  
Music Bingo  
Prizes



Friday, February 14, 2025  
2:00 - 5:00pm

at ACCOA Center for Active Living  
4148 Main Avenue, Ashtabula  
entertainment, food, fun and games!

\$5 - newsletter subscribers  
\$10 - non-subscribers

RSVP by: Friday, February 7, 2025

Eat in only, no to go orders.

You've likely heard a "crybaby bridge" story, but what do you know about Rogues Hollow? Or how about Eugene the Mummy? There are so many tales that pass from the mouths of locals, young and old, and they make Ohio a pretty creepy place to explore, which you may find appealing if you're enthusiastic about the supernatural.

Join us as we explore 14 Creepy Ohio Locations, Lore, And Legend

On Tuesday, March 25, 2025 at 10:30am

Some of these Ohio legend, many of which have been laced with folklore throughout the years — but some of which are based on facts that are truly stranger than fiction.

Quilting Tuesdays at 5 pm  
with Regina Hill

\*no class the third Tuesdays\*

What is a New Year's resolution?  
Something that goes in one year and  
out the other.

## 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

### 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 a refund for that activity's registration fee. Should you cancel an activity, you registered for, that has a registration fee, you will not receive a refund for the registration fee unless there is a waiting list and/or ACCOA is able to fill your place at the activity/program.

Reservations are required one week prior to the event and can be made by calling 440-998-6750 or online at <https://schedulesplus.com/ashtabula>

## Dan from Snap Ed

Learn how to eat healthier by making small changes.

These are stand alone sessions, not a series, so you can pick and choose which days work best for you. Seminar includes information, a recipe, and a snack.

Thurs., February 13, 2025

Thurs., February 27, 2025

11:00 am

RSVP the week before.

## St. Patrick's Day Party

Friday, March 14, 2025

2:00pm to 5:00pm

\$5 - Newsletter subscribers

\$10 - Non-subscribers

RSVP by Friday, March 7, 2025

More information to follow

Eat in only - no take out

## Book Club

February 25 at 1:30 pm

*First Lie Wins* by Ashley Elston

Evie Porter has everything a nice southern girl could want; a doting boyfriend, a house with a white picket fence, a tight group of friends. The only catch. Evie Porter doesn't exist.

You can find this book at the Ashtabula Public Library

## Grief/Loss Support Group

Tues., Feb. 25, 2025 at 12:00pm

Tues., Mar. 25, 2025 at 12:00pm

Host: Joslin Seeds

Open to the public.

We all experience loss, whether it is through the death of a loved one, loss of a relationship, loss of mobility, health concerns, or the passing of a pet. All types of loss is welcomed.

Having a safe place to talk about it and learning ways to cope will help you work through the feelings and emotions. Being with others who are experiencing the same thoughts and feelings, is helpful knowing that you are not alone.

See you soon!

## Bible Study with Pastor Jeff

Every FRIDAY (NEW DAY)

At 10:15

No RSVP needed

## HEARTstrings Orchestra

will perform for us on:

Thursday, March 20, 2025

The orchestra plays multiple events around the county and is directed by

Dr. Carol Linsenmeier.

Start time is 1:00 pm prompt!

Bingo will start at 2:15pm

Reservations are required one week prior to the event and can be made by calling 440-998-6750 or online at <https://schedulesplus.com/ashtabula>



## Wiley Insurance

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**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.

## INVITE A FRIEND...

To attend the Center for Active Living. They must be 55 years of age or older and be willing to have FUN and meet new people.

Subscribe to our newsletter. It provides you with all the activities, programs and trips that we offer. The annual fee is \$10.00.

We would be happy to answer any questions they may have.

## PLEASE SAVE:

Your old newspapers, egg cartons, and Styrofoam coolers the kind medication gets shipped to you in. If you have any of these items, please bring them to the center, we will make sure they get to where they need to go.

Reservations are required one week prior to the event and can be made by calling 440-998-6750 or online at <https://schedulesplus.com/ashtabula>

# Cards & Games

Join us for Cards Daily 10:00am to 4:00pm

Wii	1:30pm	Every Wednesday (No Wii 2/19/25)
Pinochle	1:00pm	Every Tuesday & Thursday
Pokeno	10:30am	Wednesday, February 5, 2025
LRC	10:30am	Wednesday, February 12, 2025
Family Feud	10:30am	Tuesday, February 18, 2025
Pokeno	10:30am	Wednesday, February 19, 2025
Pass Gas	10:30am	Tuesday, February 25, 2025
LRC	10:30am	Wednesday, February 26, 2025
LRC	10:30am	Wednesday, March 5, 2025
Pokeno	10:30am	Wednesday, March 19, 2025
LRC	10:30am	Wednesday, March 26, 2025

## “Bored Games” (get it?)

Are you bored and looking for something fun to do?  
Join us on Thursday mornings at 10:30am as we explore  
new and different board games.

Thurs., February 13, 2025 at 10am	Thursday, March 13, 2025
Thursday, February 20, 2025	Thursday, March 20, 2025
Thursday, March 6, 2025	Thursday, March 27, 2025

## Conversation Cafe

JOIN US FOR COFFEE HOUR EVERY  
Monday 10:30am - 11:30am  
Enjoy coffee & conversation.  
We will keep you entertained and  
explore topics that interest to you!  
Bring a snack to share if you like!

## Brain Games!

Join us on the third Monday of  
the month to see if you can solve  
these tricky brain teasers?  
10:30 a.m.  
No Brain Games February 17, 2025  
March 17, 2025

Reservations are required one week prior to the event and can be made by  
calling 440-998-6750 or online at <https://schedulesplus.com/ashtabula>

Movie and Popcorn  
Groundhogs Day  
Fri., February 7, 2025 at 1:30 pm  
RSVP by 1/31/2025

Movie and Popcorn  
God's Not Dead  
Fri., March 7, 2025 At 1:30 p.m.  
RSVP by 2/28/2025

Ilana from Community Action  
Will be at the Center on  
Wed., March 12, 2025 at 10:30am  
to speak to you about  
Senior Nutrition Education



LET'S PLAY BINGO  
EVERY MONDAY-1:00PM TO 4:00PM  
Unless Monday is a holiday, then we play on Wednesday  
NO BINGO MONDAY, FEBRUARY 17, 2025  
EVERY THURSDAY-1:00PM TO 4:00PM

# Country Club Rehabilitation Campus at Ashtabula

*A Senior Health Care Community*

Rehabilitation & Therapy Services • Skilled & Restorative Nursing  
Independent & Assisted Living Apartments

**(440) 992-0022**

925 E. 26<sup>th</sup> St. Ashtabula, OH 44004 [countryclubretirementcampus.com](http://countryclubretirementcampus.com)

Reservations are required one week prior to the event and can be made by  
calling 440-998-6750 or online at <https://schedulesplus.com/ashtabula>

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# Socials and Food

EAT IN ONLY—NO TAKE OUT

## Armchair Travel

Will take you to faraway places without leaving home.

Friday, April 11, 2025

at 1:30 pm

Biltmore Estate

No Armchair Travel in February or March

What you can expect: food or snacks from the area, music, trivia, videos or photographs related to the destination.

RSVP by 04/04/2025

## Fitness Corner

All fitness classes are free for newsletter subscribers

Non subscribers \$5/class

TUESDAY ONLY:

1pm - Stretching & Range of Motion

this workout will help increase flexible, and improve movement. Perfect for beginners or advanced.

TUESDAY & THURSDAY:

9am - Walk Aerobics:

high energy workout, but easy for beginners to do at their own pace.

10am - Cardio Drumming:

high-intensity drumming, that incorporates adequate movement to be a whole body workout, easy enough for anyone to do.

11am-Mobility & Flexibility:

walking in place workout that can be performed standing or sitting to burn calories and work on your cardiovascular system.

Wear comfortable, exercise clothing:  
Please RSVP at least one week prior to the scheduled class.

## Wellness Clinic with ARMC

March 27, 2025 at 11:00 am

Blood Pressures,  
Glucose and  
Cholesterol screening

## Breakfast CLUB

9:30 - 10:00 a.m.

Wed., February 26, 2025

Menu: Continental Breakfast Bar  
RSVP BY 2/19/2025

Wed., March 26, 2025

Menu: French Toast and sausage  
\$1.00 NEWSLETTER SUBSCRIBERS  
non newsletter subscribers \$6.00

Pre-pay & Eat in only. Sorry no refunds

## Heart Health with Susan

From ARMC

Tues., Feb. 18, 2025 at 1:00 pm

Show your heart some love.

RSVP by 2/11/2025

## Cherry Pie Social

Tues., Feb. 18, 2025 at 2:00 pm

RSVP by 2/11/2025

The 97th Oscars will take place Sunday, March 2, 2025 at 7 p.m. Join us Tues., March 4, 2025 at 10:30am to recap the best and worst moment, winners and loser's, best dressed and not so dressed, and anything else we would like to discuss.

Donuts & coffee for all who participate.

## Freezer Meals

Learn to make healthy, budget friendly recipes that can be frozen without any cooking ahead of time!

Wednesdays at 3 pm

February 5, 2025

February 12, 2025

February 26, 2025

March 5, 2025

March 12, 2025

March 19, 2025

March 26, 2025

Everyone who attends will receive a copy of all the recipes.

Participants in the class will also be able to take home the freezer meals we prepare for \$5.00 each, on a first come basis.

If you are unable to attend, catch our livestream on Facebook. You can comment or ask questions during the stream.

## Good Friday Service

Friday, April 18, 2025

Service 11am · Lunch 12:30pm

\$5 - Newsletter subscribers

\$10 - Non-subscribers

RSVP by Friday, April 11, 2025

More information to follow

Eat in only - no take out

Reservations are required one week prior to the event and can be made by calling 440-998-6750 or online at <https://schedulesplus.com/ashtabula>

## Genealogy with Carrie

Monthly Classes Starting

Tues., February 4, 2025

Tues., March 11, 2025

at 10:30 am

Archives. Newspapers.

Military Records Family Bibles????

Join us on the first Tuesday of the month to learn how to research your family's story. There are many tools to search through records, and these seminars will help you navigate through them.

No RSVP is needed

## Take Off

## Pounds Sensibly

Meets Thursday Mornings At the Center

Weigh In Time: 9:30am

Program Start Time: 10:00am

NEW MEMBERS WELCOME



# Arts & Crafts

## Heart Pendant

Tuesday, February 4, 2025

At 1:30 pm

We'll shape the hearts with wire and decorate with beads.

Cost is \$3.00 for subscribers

\$8.00 for non-subscribers

RSVP by 1/28/2024

## Graphic String Art

Tuesday, February 11, 2025

At 10:30 am

Cost is \$3.00 for subscribers

\$8.00 for non-subscribers

RSVP by 1/4/2024

## Valentine's Craft

with Lori from UH

Tuesday, February 11, 2025

At 1:30 pm

Cost is \$1.00 for subscribers

\$6.00 for non-subscribers

RSVP by 1/4/2024

## Sock Bunnies

Tuesday, March 4, 2025

At 1:30pm

Cost is \$3.00 for subscribers

\$8.00 for non-subscribers

RSVP by 2/25/25

Reservations are required one week prior to the event and can be made by calling 440-998-6750 or online at <https://schedulesplus.com/ashtabula>

## CROCHETING

WEDNESDAYS AT 1:30PM

Beginner-Friendly. If you're ready to try your hand and your hook at a crochet project, these patterns are perfect for you!

FREE - newsletter subscribers

\$5.00 non - subscribers

PLUS MATERIALS

FEB. 5 - EAR WARMER

FEB. 12 - LOVE BUG

FEB. 19 - EYE GLASSES CASE

FEB. 26 - STEGOSAURUS

MAR. 5 - BOOKMARK

MAR. 12 - KEY WRISTSTRAP

MAR. 19 - NO SEW HIPPOPOTAMUS

MAR. 26 - WIND SPINNER

\*\*WRITTEN PATTERN PROVIDED EVERY WEEK!\*\*

## Valentines Day Gift/Craft

Join Ashley from the

New Thrift Store on Main Ave

Thursday, February 6, 2025

At 10:30am

As she guides you through a Valentines Craft that you can either keep or gift to someone special.

Cost is \$1.00 for subscribers

\$6.00 for non-subscribers

RSVP by 2/3/2025

## COLORING CLUB

Join us on the second Wednesday of the month at 10:30am  
Monday, February 10 2024  
Monday, March 10, 2024  
Bring your own supplies or use ours.

## Shamrock Paper Quilt

Tuesday, March 11, 2025

At 1:30pm

Cost is \$3.00 for subscribers

\$8.00 for non-subscribers

## PEN PAL CLUB

TUESDAY, MARCH 18, 2025

at 10:30am

This Pen Pal Club aims to simply connect people from all walks of life who probably would never meet and share the joy of sending and receiving a letter in the mail.

Joining our Pen Pal Club will enrich your life beyond your expectations! If you are impassioned by the idea of hand writing a wonderful letter and popping it in the mail to someone faraway, then this Pen Pal Club is for you. It's non-religious, non-political and we hope, non-judgmental. You will be able to connect with people from different countries, backgrounds, and lives.

Reservations are required one week prior to the event and can be made by calling 440-998-6750 or online at <https://schedulesplus.com/ashtabula>

Join Lori Reese Spivey  
Tuesday, March 11, 2025  
At 4:00—5:00 pm  
To learn how Reiki, Reflexology, Meditation and Sound can benefit your health and wellbeing.

Reiki, reflexology, meditation and sound baths are alternative therapies that aim to promote balance and well-being in the body.

By combining Reiki with reflexology or meditation and sound you create a powerful approach to holistic healing.

Reiki is a Japanese technique that uses the practitioner's hands to channel energy into the patient's body, while reflexology is a practice that involves applying pressure to specific points on the feet, hands, or ears to stimulate healing in corresponding areas of the body.

Sound bath meditation is a practice used for centuries to promote healing and well-being. Sound waves can lead to deep relaxation and calmness. Sound bath and meditation have numerous benefits for the mind and body, including reducing stress, improving sleep and releasing negative emotions.

Check out Lori's website at [www.energgirlllc.com](http://www.energgirlllc.com)

This seminar is open to the public. Refreshments will be provided.



## Skilled Nursing and Rehabilitation Facility

Long-Term Care | Short-Term Care | Secure Dementia Unit

2300 Center Road | Ashtabula, Ohio 44004  
440.969.1509  
www.saybrook-landing.net



### TELEPHONE REASSURANCE PROGRAM

Not able to visit the Center?  
Need someone to chat with?  
Need more human conversation?  
Our Telephone Reassurance program provides a daily check-in calls to help you start your day off the right!  
To join our call list call 440-998-6750

### PRESCRIPTION ASSISTANCE PROGRAM

ACCOA will help Ashtabula County residents age 60 years old and older enroll in pharmaceutical prescription assistance programs, and help you navigating through Social Security Part D programs.  
Call 440-998-6750 for an appointment!

### Membership Updates

If you have changed your address, phone or an other vital information, please be sure to check in with Geri at the front desk so they can update your file. Be sure to renew your membership so you will continue receiving the mailing. You can find your expiration date on your membership card. If you need a new card, let us know and we will gladly make a new one for you.

Reservations are required one week prior to the event and can be made by calling 440-998-6750 or online at <https://schedulesplus.com/ashtabula>

### 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 people up to \$29,420
  - 3 people up to \$37,060
  - 4 people up to \$44,700
  - 5 people 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: Pay your electric bill or 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.

### 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.

Jigsaw Puzzles Daily  
10am to 4pm  
Enjoy Unique and Challenging Puzzles.  
Fun way to use your brain.

The Center will be closed on the following dates:

- Monday, February 17, 2025  
In Observance of Presidents Day
- Monday, May 26, 2025  
In Observance of Memorial Day
- Thursday, June 19 & 20, 2025  
In Observance of Juneteenth
- Friday, July 4, 2025  
In Observance of Independence Day

## UPPER CRUST

*“UPPER CRUST Lunch Bunch”*  
Friday, February 21, 2025  
at Noon

Purola Harbor Deli  
1033 Lake Avenue, Ashtabula

**Please RSVP by  
Fri., February 14, 2025**  
Reservations are made  
based on the number of  
guests that RSVP.

March 21, 2025  
Upper Crust at the Kays Place

### Loyalty Cards & Digital Coupons

Tuesday, February 25, 2025  
at 3:00 pm

Need help downloading  
coupons on your loyalty card?  
Stop in for a mini tutorial on  
downloading apps, loyalty  
programs, and coupons. Just  
bring your smart phone or  
tablet, loyalty cards (Giant Eagle,  
Drug Mart, etc.) and we'll get  
you saving!  
No RSVP needed

Dessert After Upper Crust  
at Center for Active Living  
Dessert, coffee and a little fun  
Friday, February 21, 2025  
at 2:00p.m.

# Ashtabula Regional Medical Center

## ARMC Healthcare System



## Cleveland Clinic affiliate

[www.armchealth.org](http://www.armchealth.org)

Reservations are required one week prior to the event and can be made by  
calling 440-998-6750 or online at <https://schedulesplus.com/ashtabula>

## Board Members and Director

Dawn Dale, Board President, Geneva Center for Rehab and Nursing  
Lori Slimmer, Board VP, N. M.Ed., CDCES - University Hospital  
Mary Church, Board Treasurer, Ashtabula City  
David Moore, Board Secretary, Capital Home Health Care  
Carissa Allen, Saybrook Landing  
Pastor Jeff Stoll, Retired Pastor/Part-time Chaplain  
Hazel O'Neal, Senior Member  
Kathy Chiacchiero BSN, RN, NPD-BC—ARMC  
Mary Ellen Higley - Senior Member  
Brenda MacNaughton, Flowers on the Avenue  
Ann Wiley, Ann Wiley Insurance Service  
Jim Whalen - Senior Member  
Lisa Bruckman, Executive Director  
ACCOA board meetings are held on the second Thursday  
of the month at 8:00am.

### History of Valentine Cards

Valentine Cards were introduced in the 18th century as hand written notes  
and tokens of affection exchanged between friends and lovers. With the  
improvement in printing processes leading to ready made cards, and postage  
becoming less expensive, the exchange of love notes gained in popularity.  
Esther A. Howland became known as the “Mother of the Valentine” when  
she began to mass produce Valentine cards for the holiday. The Citation  
Information: handcrafted works of art were made using lace, ribbon and  
colorful pictures known as “scrap.”  
Valentine’s Day is second only to Christmas in the number of cards sent for  
a holiday.

### National Nutrition Month: What You Should Know

March is National Nutrition Month, a great time to discuss the importance  
of good nutrition and healthy eating habits. Eating nutritious foods and  
making smart food choices can be fun and essential for our body and the  
key to our overall health and well-being.

Join Zoe Rodick from Capital Health Home Care  
On Tuesday, March 18, 2025 at 1:30pm  
to learn how to make Smoothies that are good for our bodies.  
RSVP by: Tuesday, March 11, 2025

Reservations are required one week prior to the event and can be made by  
calling 440-998-6750 or online at <https://schedulesplus.com/ashtabula>



**Meet New People, Make New Friends**

# **Center for Active Living**

4148 Main Ave.  
Ashtabula, OH 44004-6849  
(440) 998-6750  
www.accoacenterforactiveliving.com  
program@ashtabulaseniors.org  
Lisa Bruckman, Director  
Dawn Dale, President

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Ashtabula, OH 44004



# **February 2025**

**Meet New People, Make New Friends**



# **Center for Active Living**

4148 Main Avenue, Ashtabula, Oh 44004  
www.accoacenterforactiveliving.com

Phone: 440-998-6750

**CELEBRATING 50 YEARS SERVING SENIORS!**