

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

October 2022

Issue #102022

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!

October Rummikub tile game	October 5, 2022
October Breakfast Club	October 26, 2022
Halloween Party	October 28, 2022
Turkey Bowling	November 16, 2022
Friendsgiving Dinner	November 23, 2022
November Breakfast Club	November 30, 2022
Christmas Party	December 9, 2022

Seating is limited and reservations are required.
Reservations can be made NOW ONLINE at
<https://schedulesplus.com/ashtabula>

LET'S PLAY BINGO

Monday's - 1:15 pm to 4:00 pm
Thursday's - 9:00 am to 11:30 am

Monday, October 3, 2022 - Lake Point
Wednesday, October 12 - Health Markets Insurance Agency
Monday, October 17, 2022 - Lake Point
Monday, October 24, 2022 - Health Markets Insurance Agency
Monday, October 31, 2022 - Lake Point
Monday, November 7, 2022 - Health Markets Insurance Agency
Every THURSDAY's at 9:00 am

Rummikub tile game

Wed., October 5, 2022 at 1:30 pm
Lets get together and play
Seating limited to eight
Call 440-998-6750 to reserve a spot or online
at <https://schedulesplus.com/ashtabula>



TUESDAY'S
AT 5PM
AT THE CENTER
NEW
PEOPLE WELCOME
BRING A DISH TO SHARE

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.

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.
NOT A VALID TRANSIT PASS/COUPON

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 responsible for a \$5 cancellation fee.



It's a BIG Birthday Bash!

Wishing you a magical birthday filled with all kinds of smiles and surprises!!

Happy birthday! Happy birthday! Happy birthday!

Happy birthday! Happy birthday! Happy birthday!

Dorothy Smock	10/1
Dorothy snock	10/1
Ellen Weir	10/2
Mary Jo Duncan	10/2
Melodie Phelps	10/2
John Smith	10/3
Terry Hamilton	10/5
Millie Rapose	10/7
Dick Perrerney	10/10
Bill Wiley	10/13
Monte Foltz	10/14
Richard Depenbrok	10/14

Fred Smith	10/16
Anne Ray	10/18
Margaret Tomlinson	10/18
Denny Evans	10/19
Donna Lorelli	10/20
Howard Stewart	10/22
Linda DiCamillo	10/27
Ardyth Ashley	10/29
Albert Cherry	10/30
Deborah Boyd-Tressler	10/30
Hazel Craig	10/30
Judy Frasure	10/30

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

on Friday, October 14, 2022 at 1:30 pm

Cupcakes, Ice Cream and Coffee will be sponsored by
RSVP by October 7, 2022 by calling 440-998-6750
or online at <https://schedulesplus.com/ashtabula>

Are you friends with any of the
October birthday peeps?

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

Happy birthday! Happy birthday!

Book Club

Join Dwight, from the Ashtabula County Public Library
Tues., October 25, 1:30 - 2:30 For
an adult conversation about the
book titled: The Girl with the
Dragon Tattoo by Stieg Larson,
Reg Keeland

A murder mystery, family saga,
love story and financial intrigue.
Its about the disappearance forty
years ago of Harriet Vanger and
about her octogenarian uncle,
determined to know the truth
about what he believes was her
murder.

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

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
Senior Center, Done.



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.



VILLA AT
THE LAKE

A Randall Residence

Assisted Living
& Memory Care
in Conneaut

(440)599-1999

RandallResidence.com

Chair Stretching/Yoga
Hosted By: MYO Fit

Wed., October 26, 2022
at 10:30 am

This is a FREE event
open to the public.

Reservations are required by
Wed., October 19, 2022
and can be made by calling
440-998-6750, or online at
<https://schedulesplus.com/ashtabula>

- 11/30-Winter Outdoor Walking Safety
 - 12/14-Holiday Party
- Sponsored by Myo Fit

Monday, Oct., 24th

Tuesday, November 8th

Toni Tulajew-Spahr from Ann Wiley Insurance

She will be available at the center to review your drug plan 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

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



Would you benefit from a FREE monthly 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

UNO FLIP card game
 Tues., Oct. 18th and
 Thurs., Nov. 3rd at 1:30 pm

Call 440-998-6750 to reserve a spot
 Or online at
<https://schedulesplus.com/ashtabula>

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, October 17, 2022
 Entertainment & refreshments provided.
 All welcome.
 At 6:00 pm

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 Olive at 440-998-6750

The Month of October

This months name stems from Latin
 word coto, meaning “eight,” because
 this was the eighth month of the
 early Roman calendar. When the
 Romans converted to a 12 month
 calendar, the name October stuck
 despite the fact that it’s now the
 10th month.

October 4th - marks the start of
 Yom Kipper at sundown

October 10th - is a busy day, with
 three holidays packed into it:

Canadian Thanksgiving
Columbus Day (U.S.)
Indigenous Peoples’ Day

a holiday that celebrates the history
 and cultures of Indigenous
 people native to what is today the
 United States.

October 18th, is St. Luke’s Little
 Summer

October 24th, is United Nations
 Day


October 31st, is Halloween
 (All Hallows’ Eve)! Do you know
 the true story history of Halloween?
 Halloween is an old astronomical
 holiday, traditional called “All
 Hallows’ Eve”, is celebrated on the
 evening before the Christian holy
 day of All Hallows’ Day or All Saints
 Day (November 1st). The origin of
 Halloween can be traced to an
 ancient festival called Samhain,
 meaning summer’s end.

Cans for Cats!

We have started a project to help fund the pet
 therapy program at the Center for Active Living.
 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



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


 LIVE VIRTUAL COOKING CLASSES

10/5 – Porcupine Patties
 10/12 – Cheesy Chicken Broccoli and Rice Bake
 10/19 – Pumpkin Muffins
 10/26 – Mexican Rice

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.

Crocheting with Jackie at the Senior Center
 Every other Thursdays at 1:00 pm
 October 13th, October 27th

 HOW TO CROCHET FOR ABSOLUTE BEGINNERS

What you will need: Bring yarn and crochet hook if you
 have one. We have limited colors of yarn and various
 sizes of hooks available to purchase if you do not want to
 bring them with you. Jackie prefers a J/5.75 mm hook.

FREE with a Newsletter Subscription
 \$5.00 for non-newsletter subscribers

Wii Bowling 1:30 pm
 We are starting a bowling competition

Wednesday, **October 19th at 9:00 am** and 26th at 1:30
 Wednesday, November 2nd and 30th
 Wednesday, December 7th and and **Monday, December 12th at 10:30**
Wednesday, December 21st will be the play off incase of a tie(s) and prizes will be awarded

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

What is Sodium: Co-sponsored by the Iola Public Library, learn how to self-monitor your blood pressure and discuss nutrition education, specifically your sodium intake this month. This event is part two of a 4-part Healthy Hearts series.

Drawing & Painting: Learn from internationally acclaimed artist Tal Dvir on a blend of drawing and painting modalities.

Everyday Well-Being with Banner: Learn everyday tips and tricks that can keep you healthy and safe. This interactive program covers exercise and balance training, wellness and community resources, fire and burn safety, and much more.

Beyond Barre: Enjoy this new weekly class to gain strength, flexibility, and tone through a barre workout. Barre workouts are hybrid classes that combine ballet-inspired movement with Pilates, dances, yoga, and strength. Most sessions incorporate a barre or another at-home item that can safely provide balance as you complete small range movements and stretches.

THE Breakfast CLUB

OCTOBER Breakfast Club 9:30 - 10:30

Wednesday, October 26, 2022

Menu: Breakfast Burrito and Hash brown

Reservations are required by 10/19/22

NOVEMBER Breakfast Club 9:30 - 10:30

Wednesday, November 30, 2022

Menu: Pancakes and Sausage

Reservations are required by 11/23/22

AT THE SENIOR CENTER

\$1.00 NEWSLETTER SUBSCRIBERS

non newsletter subscribers \$5.00 if there are any available seats

Reservations can be made online at

<https://schedulesplus.com/ashtabula>

Or by calling 440-998-6750

Pre-pay only - Sorry no refunds

To join any of these classes go to <https://live.televeda.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.televeda.com/signup> and click the purple "join class" button!
 See you there!

OCTOBER 2022 VIRTUAL CALENDAR						
MON	TUE	WED	THU	FRI		
3 2pm Drawing & Painting	4 4pm Brain Games 7pm Musical Happy Hour 7pm Zumba Gold 8:45pm Beyond Barre	5 1pm Creative Writing Workshop 2pm Chair Yoga	6 1pm Zentangle 7pm Musical Happy Hour 8:45pm Beyond Barre	7 7pm Musical Happy Hour		
10 2pm Drawing & Painting	11 1pm Everyday Well-Being 4pm Brain Games 7pm Musical Happy Hour 7pm Zumba Gold 8:45pm Beyond Barre	12 1pm Creative Writing Workshop 2pm Chair Yoga 7pm What is Sodium?	13 1pm Zentangle 7pm Musical Happy Hour 8:45pm Beyond Barre	14 7pm Musical Happy Hour		
17 2pm Drawing & Painting	18 4pm Brain Games 7pm Musical Happy Hour 7pm Zumba Gold 8:45pm Beyond Barre	19 1pm Creative Writing Workshop 2pm Chair Yoga	20 1pm Zentangle 7pm Musical Happy Hour 7pm Zumba Gold 8:45pm Beyond Barre	21 7pm Musical Happy Hour		
24 2pm Drawing & Painting	25 4pm Brain Games 7pm Musical Happy Hour 7pm Zumba Gold 8:45pm Beyond Barre	26 1pm Creative Writing Workshop 2pm Chair Yoga	27 1pm Zentangle 7pm Musical Happy Hour 7pm Zumba Gold 8:45pm Beyond Barre	28 7pm Musical Happy Hour		
31 2pm Drawing & Painting						

Dementia Discussion
Friday, October 7, 2022
At 1:30

Join Tom from Primary Health
for a seminar on understanding
dementia

Dementia is a chronic or persistent
disorder of the mental processes
caused by brain disease or injury and
marked by memory disorders,
personality changes, and impaired
reasoning

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

Stress Management
Wednesday, Oct. 19, 2022
At 1:00 pm

Join Peggy Senskey from
Signature Health
For a seminar on how
to manage Stress.

Stress is a feeling of emotional or
physical tension. It can come from
any event or thought that makes
you feel frustrated, angry, or
nervous.

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

SKIP-BO

Thurs., Oct. 6th & Nov. 1st
1:30

Limited to six players

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

Puzzle Piece Christmas crafts
Thursday, October 20th
At 1:30 pm

Reservations required by Oct.13th and can be made online at
<https://schedulesplus.com/ashtabula>
or by calling 440-998-6750
Cost: \$3.00 for newsletter subscribers
\$5.00 - non-newsletter subscribers



Gentle Yoga with Lisa P.

from The Yoga House

Monday's at 10:00 am

Free for ACCOA newsletter subscribers
Non newsletter subscribers \$5.00/class

DRAWING: Every program you
attend in its entirety, you will receive
a raffle ticket. On November 4th 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.

Pinocle Tournament (seating limited to 32)

Wednesday, November 9, 2022

Entry fee: \$ 3.00

Time: 1:30 - 4:00 pm a light snack will be provided

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

Reservations are required by Wednesday, November 2nd and can be
made by calling 440-998-6750 or online at <http://schedulesplus.com/ashtabula>



Cell Phone Lessons

Tuesday, October 25, 2022
2:30 pm

Rick from the Ashtabula Library
will be here on the 4th Tuesday of
every month to help you with any
cell phones questions and concerns.

Call 440-998-6750 to reserve a spot
or online at
<https://schedulesplus.com/ashtabula>

Uno the card game

Tues., Oct. 4th and Thurs., Oct.13
1:30pm

Call 440-998-6750 to reserve your spot
or online at
<https://schedulesplus.com/ashtabula>

Upcoming 2023

Medicare Enrollment Period

Friday, October 14th at 2:00 pm

Sponsored by: Ann Wiley Insurance

- Confused with all the TV ads?
- Not sure what your insurance plan changes are for next year?
- Not sure your prescription plan will cover your meds?

Come get information with no cost or
obligation.

Reservations are required by
October 7th and can be made
by calling 440-998-6750 or online at
<https://schedulesplus.com/ashtabula>

Rummikub Card Game

Friday, Oct. 7th at 10:30

Friday, Oct. 21st at 10:00

A twist in the tile game, try your luck with
this card game
Call 440-998-6750 to reserve a spot or online
at <https://schedulesplus.com/ashtabula>



Up the River,
Down the River
Friday,

October 14th, at 10:00

Bring a roll of pennies to play
Call 440-998-6750 to reserve a spot or
online at
<https://schedulesplus.com/ashtabula>

Scarecrow

Popsicle Craft at 1:30
Tuesday, October 11th

Seating limited to 12

Reservations required by 10/4/22
and can be made by calling 440-998-6750
or online at
<https://schedulesplus.com/ashtabula>
\$3.00 for newsletter subscribers
\$5.00 - non-newsletter subscribers



Cheese Grater Snowman

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

Reservations required by
October 28th by calling
440-998-6750 or online at
<https://schedulesplus.com/ashtabula>
Cost: \$7.00 for newsletter subscribers
\$10.00 - non-newsletter subscribers

Left Right Center
dice game
Thurs., Oct. 27th
at 1:30

bring 15 nickels

Reservations required by Oct. 20th and
can be made by calling 440-998-6750
or online at
<https://schedulesplus.com/ashtabula>





Join us for
cards daily
10am to 4pm

YES YOU CAN

Tole Painters

Mondays 9:30 to 11:30 am.

\$2.00 (plus materials).

Instructor: Rosemary Peck

Blood Pressure Screenings

11:00 am

Wednesday, October 5th

Wednesday, October 12th

Wednesday, October 19th

Wednesday, October 26th



In Observance of Columbus Day
The Center
will be closed

Monday, October 10th

This is an annual federal American holiday that occurs on the second Monday in October each year. Columbus Day 2022 is a day that commemorates the arrival of Christopher Columbus in the Americas and his discovery of America on October 12, 1492



Pinochle

Tues. & Thurs.

1:00 to 4:00 pm

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.

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

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.



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

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.

Gran Signora Manor



Cindy Licate
MANAGER

440-998-7551
440-992-6011 FAX

1210 EAST TWENTY-FIRST STREET
ASHTABULA, OHIO 44004

FREE Tai Ji Quan

Wednesday & Friday at 10:30

Tai Chi movements to improve stability, coordination and range of motion.

Instructor: Mallory Wiand
Wellness Coordinator

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

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!



Jigsaw Puzzles
Daily
10am
to
4pm

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



Date: Friday, October 28, 2022 **Time:** 2:30 to 5:30 pm
Place: ACCOA Center For Active Living (4148 Main Ave, Ashtabula)

We're Having A Party And You're Invited!

Details: Games. Dinner. Dancing. Costume Contest (Best, Funniest, Scariest)
Music By: Nicely Done (2:30pm—4pm)

\$4.00 FOR EVERYONE
TO SECURE YOUR SEAT CALL 440-998-6750 OR
GO TO <https://schedulesplus.com/ashtabula>

SEATING IS LIMITED TO 40 GUEST—RSVP BY: Friday, October 21, 2022

Wednesday, November 23, 2022 2:30 to 5:00

Friendsgiving Dinner (more information will be in the November newsletter)

\$2.00 for everyone

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.

Board Members and Director

Ann Wiley, Board President, Ann Wiley Insurance Service
Brenda MacNaughton, Senior Member
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.

OCTOBER UPPER CRUST

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

***“UPPER CRUST Lunch
Bunch”***

Kardohely's Family Restaurant
1730 W. Prospect Road
Ashtabula
Friday, October 21, 2022
at 11:30

RSVP by Friday, Oct. 14, by calling
998-6750 or online at

<https://schedulesplus.com/ashtabula>

Dessert After Upper Crust at
Center for Active Living
Dessert and Coffee and a little fun
Fri., Oct. 21, 2022 at 1:30 pm
RSVP by Friday, Oct. 14, 2022
by calling 440-998-6750 or online at
<https://schedulesplus.com/ashtabula>

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.

NOVEMBER Upper Crust
Friday, November 18, 2022
Location will be announced

IMPORTANT MESSAGE

IF YOU ARE NOT FEELING WELL . . .

Rest. Don't neglect your self-care.

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...

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

BE SAFE

**IF YOU FEEL SICK
STAY HOME**
(IT'S NOT PERSONAL)



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



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JEFFERSON HEALTHCARE CENTER

222 East Beech Street, Jefferson, OH 44047

Contact **Brenda MacNaughton**

Admission Director at bmacnaughton@jefferson-healthcare.net

440-576-0060

Saybrook Landing

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For more information please contact Admissions Director,
Carissa Allen at: 440-969-1509 or email to 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



2022

Current Resident or :

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

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