

THE ACCOA NEWS CENTER FOR ACTIVE LIVING

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

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



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

April 2022

Issue #42022

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!

Good Friday Celebration	April 15, 2022
April Breakfast Club	April 27, 2022
Mothers Day Tea	May 6, 2022
Alzheimer Association	May 18, 2022
Rock garden craft	May 18, 2022
May Breakfast Club	May 25, 2022
June Breakfast Club	June 29, 2022
July Breakfast Club	July 27, 2022
August Breakfast Club	August 24, 2022

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



1:15 pm to 4:00 pm (break at 2:30 pm)

Monday, April 4, 2022 - Lakepoint
Monday, April 11, 2022
Monday, April 18, 2022 - Lakepoint
Monday, April 25, 2022
Monday, May 2, 2022 - Lakepoint
Monday May 9, 2022
Monday May 16, 2022 - Lakepoint
Monday May 23, 2022
WEDNESDAY June 1, 2022 - Lakepoint

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 cut-off date may conceivably 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.

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 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!

Carol Haight	4/1	Carol Haight	4/14	Henry Brooks	4/22
Don Sarna	4/2	Lorene Detore	4/15	Norma Miller	4/22
Mary Ferguson	4/3	Kathy Wade	4/15	Kathy debevc	4/23
Hugh VanWinkle	4/3	Patricia Blume	4/16	Dianne Hall	4/23
Richard Voelker	4/3	Barbra earing	4/16	Dick Sarri	4/23
Jackie Heath	4/4	Al Eager	4/16	Dianne Emery	4/24
Gloria Robinson	4/6	Ed Pickard	4/18	Jan Simmons	4/24
Thelma Yale	4/8	Gib Ingwer	4/19	Juanita Dragon	4/26
Tony Graham	4/9	Byron Kohli	4/19	Mary Martin	4/27
Louis Johnson	4/10	Albina Cellitti	4/21	Barb Braden	4/28
Clair Nieminen	4/10	Elizabeth Van'tVeer	4/21	Dave Hazeltine	4/28
Doug White	4/12	Ethel Allen	4/22	Sheila Gallo	4/30

Please join us for a birthday party to honor our friends
 who have April birthdays!!
 on Friday, April 8, 2022 at 1:30pm
 Cupcakes, Ice Cream and Coffee will be provided
 RSVP by April 1, 2022 by calling 440-998-6750 or on line
 at <https://schedulesplus.com/ashtabula>

Are you friends with any of the May 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., April, 26, 2022, 1:30 to 2:30 pm
 For an adult conversation about the
 book titled: The River by Peter Heller
 College students on a canoe trip, hear a
 man and woman arguing. Fleeing a
 wildfire these men stop to warn the
 campers but find no one. The college
 students the next day, meet a man who
 says his wife has disappeared.
BRING YOUR BOOK WITH YOU!

Wednesday, April 20 at 1:30
 Join Kristen Kitchen (you'll love her)
 From United Way
 for a "grab bag" of conversational topics
 and a sweet treat for a sweet story

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.

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

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.

Like us on **facebook**
& **check in**

ACCOA Center For Active Living - Ashtabula Senior Center

The whole month of May each time you visit the Center - check in and like us on Facebook and receive free coffee for the day!

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

MYO Fit
Wed., April 27, 2022
at 10:00 am
Percussion therapy

Percussive therapy is a massage technique designed to treat soft tissue pain. It is often done using a massage gun which delivers strong pulses and vibrations into the muscle tissue.

Reservations are required by Wed., April 20, 2022 and can be made by calling 440-998-6750, or on line at <https://schedulesplus.com/ashtabula>

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

A Bit of History of Ashtabula County

Ashtabula County has a famous museum with a good amount of history, the Victorian Perambulator Museum located in Jefferson. The Little-known historical museum has been visited by pop-sensations such as Lady GaGa and is family owned by Janet Pallo and her twin sister Judy Kaminisky.

The museum features a wide collection of antique dolls and child carriages dating back to the mid-1800s.

Many of the older carriages once pulled double duty first as mail delivery vehicles before being refashioned into baby carriers. They originally had seat belts in them and braking system. That's where they got the idea for antique cars' braking system, from the carriages.

The museum is also host to some of the rarest pieces of carriage history include the Regent. Arguably one of the museum's most famous pieces, which was used to transport the children in the British royal family and has been featured in Hollywood film productions.

The museum is also home to the perambulator of famous television personality Lucille Ball of the television hit "I Love Lucy."

The museum is also home to various historical toys and memorabilia including a large collection of Dionne quintuplets' books and dolls, as well as two pewter carousels from renown pewter smith Michael Ticker.. Their largest Ricker piece is one of only 50 in existence.

The Ashtabula Maritime Museum features over 25,000 maritime, railroad, Hulett, Titanic, Naval and Coast Guard historic items on display. The museum itself is attached to the rear of the Keepers' house which was previously used by the U.S. Coast Guard chief and his family and was originally built for the lighthouse keepers family in 1871.

This year, 2022, will represent the 38 anniversary of the founding of the museum, which was in 1984.

Cans for Cats!

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

Purrllease 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



Crockpot Wednesday

10:00 am at the Ashtabula Senior Center

April 6, 2022 - Honey Chicken

April 3, 2022 - South of the Border Veggies

April 20, 2022 Warm Spiced Cider

April 27, 2022 Macaroni and Cheese

Registration is required the cost is \$1.00 for all.

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



Friday, April 1, 2022 at 1:30

Join us for a movie and popcorn afternoon

At the center



Seed Bead Egg

Wednesday, April 13, 2022 at 1:30 seating is limited to SIX

Reservations are required by Wednesday, April 6, 2022

And can be made by calling 440-998-6750 or

on line at <https://scheduleplus.com/ashtabula>

Cost is \$5.00 for ACCOA newsletter subscribers, Non newsletter subscribers \$10.00 if any available seats
Pre-pay only -Sorry no refunds



String Egg

Tuesday, April 5, 2022 at 9:00

Join us in making these easy string eggs

Seating limited to 12. Reservations are required by Friday, April 1, 2022
and can be made by calling 440-998-6750, or on line at

<https://scheduleplus.com/ashtabula>

Cost \$1 - ACCOA newsletter subscribers, \$5 - non newsletter subscribers if seats are available
Pre-pay only - Sorry no refunds

Happy Travelers 2022 Trips
Pittsburgh Flower Show & Duquesne Incline
 Tuesday, April 12, 2022
 \$145.00 pp (includes lunch)

NIAGARA FALLS American side
 Tuesday, August 9, 2022
 before 7/9/22 - \$154.00
 After 7/9/22 - \$169.00
 Lunch will be on your own

May - The Wilds & House of Garbage
June - Flight 93
July - Put-In-Bay
Sept.- Cape Cod & Martha's Vineyard
 Call Olive at 440-998-6750 for more details.

Happy Travelers Social Club
 Monday, May 16, 2022
 At 6:00 pm



Blood Pressure Check ups
NEW TIME
11:00 am

Wednesday, April 13
 Wednesday, April 27
 Wednesday, May 11

SNAP-ED

Starting May 5 at 11:00

Snap education will teach us how to shop for and cook healthy foods and help make your SNAP dollars stretch
 Reservations are required by Thursday, April 28 and can be made on line at <https://scheduleplus.com/ashtabula>
 Or by calling 440-998-6750

THE Breakfast CLUB

APRIL Breakfast Club
 Wednesday, April 27, 2022 - 9:30 - 10:30 AM
 Menu: Bacon sausage cheese burrito, hash brown, coffee or juice
 Reservations are required by 4/20/2022

MAY Breakfast Club
 Wednesday, May 25, 2022 - 9:30 - 10:30
 Menu to be announced
 Reservations are required by 5/18/2022

AT THE SENIOR CENTER
\$1.00 ACCOA NEWSLETTER SUBSCRIBERS
 non newsletter subscribers \$5.00 if there are any available seats

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

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/si> gnup and click the purple "join class" button!
 See you there!

APRIL 2022 VIRTUAL CALANDER				
MON	TUE	WED	THU	FRI
				1 1pm Tai Chi 3:30pm Musical Bingo 4:15pm Strength Building
4 2pm Drawing & Painting 3:15pm Strength Building 3:30pm Musical Bingo	5 1pm Gentle Chair Yoga 2pm Virtual Craft (2) 4pm Brain Games 7pm Zumba Gold	6 1pm Writing Workshop 2pm Chair Yoga	7 12pm Sit & Fit 12:30pm Virtual Travel 7pm Zumba Gold	8 1pm Tai Chi 3:30pm Musical Bingo 4:15pm Strength Building
11 11:30am Televeda Field Trip 2pm Drawing & Painting 3:15pm Strength Building 3:30pm Musical Bingo 4pm Brain Games	12 1pm Gentle Chair Yoga 7pm Zumba Gold	13 1pm Writing Workshop 2pm Chair Yoga	14 12pm Sit & Fit 12:30pm Virtual Travel 1pm Zentangle 7pm Zumba Gold	15 1pm Tai Chi 3:30pm Musical Bingo 4:15pm Strength Building
18 2pm Drawing & Painting 3:15pm Strength Building 3:30pm Musical Bingo 4pm Brain Games	19 1pm Gentle Chair Yoga 2pm Virtual Craft (2) 7pm Zumba Gold	20 1pm Writing Workshop 2pm Chair Yoga	21 12pm Sit & Fit 12:30pm Virtual Travel 7pm Zumba Gold	22 1pm Tai Chi 3:30pm Musical Bingo 4:15pm Strength Building
25 11:30am Televeda Field Trip 2pm Drawing & Painting 3:15pm Strength Building 3:30pm Musical Bingo 4pm Brain Games	26 1pm Gentle Chair Yoga 7pm Zumba Gold	27 1pm Writing Workshop 2pm Chair Yoga	28 12:30pm Virtual Travel 1pm Zentangle 7pm Zumba Gold	29 1pm Tai Chi 3:30pm Musical Bingo 4:15pm Strength Building

LAST ISSUE!
Last chance to renew !

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 2022 Newsletter Subscription.

Please choose one:

Platinum \$200 Gold \$100

Silver \$55 Bronze \$20

Patron \$10 Patron Plus \$25

\$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 and low-cost computer classes
- Discounted Notary Services. (\$1.00 per item, when Notary is available)
- One complimentary ticket to one of ACCOA's holiday party.

\$100.00
Gold Subscription:

- All Patron, Bronze & Silver benefits
- Discounted fax services available.
- Free notary service.
- Two complimentary tickets to one of ACCOA's holiday party.

\$200.00
Platinum Subscription:

- All Patron Bronze, Silver & Gold benefits.
- Free Coffee for yourself.
- Three complimentary tickets to one of ACCOA's holiday party.
- ACCOA Center for Active Living T-shirt.

Mail To: ACCOA - Newsletter
 4148 Main Ave
 Ashtabula, OH 44004

Gentle Yoga for Seniors
 with Lisa Piaser, from The Yoga House
EVERY MONDAY at 10:00 am
 Free for ACCOA newsletter subscribers
 Non newsletter subscribers \$5.00 per class.

TAI JI QUAN: Moving for Better Balance™



Join us to improve your balance through participating in the evidence-based, adapted, Tai Ji Quan program. It is a gentle exercise class based on Tai Ji movements, that have shown to reduce falls and improve quality of life.

BENEFITS

- Improving muscle strength, balance, flexibility, and mobility
- Reducing risks of falls

Wednesday's and Friday's at 10:00 am beginning June 1, 2022
 At ACCOA Center for Active Living
 Instructor: Mallory Wiand Wellness Coordinator
 Direction Home of Eastern Ohio **ATTIRE** Wear comfortable, cotton exercise clothing; dress light.

You Are Invited to an Afternoon Tea Party to Celebrate Mothers Day!

Friday, May 6, 2022, 1:30 - 4:00 pm
 Cost: \$5 for newsletter subscribers
 \$12 for non-subscribers
 Entertainment: 2:00 pm
 Lunch, pastries and hot tea

Reservations are required by:
 Friday, April 29, 2022 and can be made by
 calling 440-998-6750 Or on line at
<https://scheduleplus.com/Ashtabula>
 Pre-pay only - Sorry no refunds.



Subscriptions are individual subscriptions 12



Join us for
cards daily
10am to 4pm



Pinochle
Tues. & Thurs.
1:00 pm to 4:00 pm



Tole Painters are back!
Mondays (for right now) 9:30 am to 11:30 am.
\$2.00 plus materials. Instructor: Rosemary Peck

Alzheimer's causes a gradual decline in memory, thinking, and reasoning skills. Symptoms depend on stage of the disease.

Join the Alzheimer Association on Wednesday, April 27, 2022 at 1:30

Reservation can be made by Wednesday, April 20, 2022 by calling 440-998-6750 or on line at <http://scheduleplus.com/ashtabula>
Refreshments will be provided.

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.

Registration cut-off for an activity/program is usually seven (7) days prior to the scheduled activity/program. At times it may be necessary to make the registration cut-off date earlier to accommodate caterers or to order supplies.

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



Ann M. Wiley Insurance Services LLC



400 Detroit St.
Conneaut, OH 44030

Business/Fax:
440-599-7559

Toll Free:
888-232-2452

wileyinsurance@roadrunner.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.

FREE Tai Ji Quan

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

Instructor: Mallory Wiand
Wellness Coordinator

Wednesday and Friday at 1:00
Starting June 1, 2022

Please wear comfortable, cotton exercise clothing: dress light

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



Jigsaw
Puzzles
Daily
10am
to
4pm

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

Gran Signora Manor



Cindy Licate
MANAGER

440-998-7551
440-992-6011 FAX

1210 EAST TWENTY-FIRST STREET
ASHTABULA, OHIO 44004



QUILT CLUB
IS BACK!

TUESDAY
EVENINGS
AT THE CENTER
STARTING AT 5PM
DAY CHANGE

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!

Good Friday

Remember His Death, Celebrate His Resurrection

Date: Friday, April 15, 2022

Time: 11:00 am

Song/Hymns: 11:30 am & 1:00 pm

Nondenominational Service: Noon

Presented By: Chaplin Harry Hendrickson Easter

Easter lunch: 1:30(menu: Macaroni & Cheese, green beans, beverage and dessert)

Cost: \$4.00 - ACCOA newsletter Subscribers

\$10.00 - non newsletter subscribers

(if there any available seats)

Pre-pay only - Sorry no refunds

Reservations can be made at: <https://schedulesplus.com/ashtabula>

Or by calling 440-998-6750



Toilet Paper Roll Flowers

Wednesday, May 4, 2022 at 1:30

Have fun making a bouquet of flowers that will not wilt.

Seating limited to 15

Reservation are required by Wednesday, April 27, 2022

<https://scheduleplus.com/ashtabula> or by calling 998-6750

Cost: \$1 ACCOA newsletter subscribers, \$5 - non subscribers if any available seats.

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, Board VP Jefferson Healthcare Center
Mary Church, Board Treasurer, Ashtabula City
Carissa Allen, Board Secretary, Saybrook Landing
Elena Marquetti, Capital Home Health
Rev Jeff Stoll, Saybrook United Methodist
Hazel O'Neal, Senior Member
Dawn Dale - Geneva Center for Rehabilitation and Nursing
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.

APRIL UPPER CRUST
WE MAKE RESERVATIONS BASED
ON THE NUMBER OF GUESTS
THAT SIGN UP

“UPPER CRUST Lunch Bunch”
Becker's'
1601 W. Prospect Road
Friday, APRIL 22, 2022
11:30 am

RSVP by Friday, April 15 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., April 22, 2022 at 1:30 pm
RSVP by Friday, April 15, 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.

May Upper Crust
Friday, May 20, 2022
11:30 am
Location to 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





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JEFFERSON HEALTHCARE CENTER

222 East Beech Street, Jefferson, OH 44047

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Admission Director at bmacnaughton@jefferson-healthcare.net

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A United Way and Ashtabula County Senior Service Agency



United Way



Current Resident or :

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