

# 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 #022024

February 2024

## 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!

St Patties Day	March 15, 2024
Good Friday	March 29, 2024
Mothers Day Tea Party	May 10, 2024
All County Senior Picnic	May 24, 2024
Fathers Day Party	June 14, 2024
Prom Dinner Dance	June 27, 2024
ACCOA Summer Picnic	July 31, 2024
SCN Picnic	August 16, 2024
Ice Cream Social	September 27, 2024
Senior of the Year	October 4, 2024
Halloween Party	October 31, 2024
Friendsgiving Dinner	November 27, 2024

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>

Hello Happy Travelers,

Time to leap into the New Year, 2024. I hope you are enjoying our mild weather?

There are plans being made for day trips and a few longer ones.

Our first meeting is March 18, 2024 at 6:00pm. Dues are also due at this time. Also nominations for officers will be taken with election at our April 15, 2024 meeting.

See you in March!

Tech Tutor at the Center  
Tuesday, February 27, 2024

Tuesday, March 26, 2024  
fourth Tuesday of the month  
at 2:30 pm

Susan from the Ashtabula  
Library will here to assist  
you "one on one" with cell phone  
and tech questions and concerns.

## Movie and Popcorn

*Ticket to Paradise*

Fri., Feb 2<sup>nd</sup> at 1:30 pm

A divorced couple teams up and travels to Bali to stop their daughter from making the same mistake they think they made 25 years ago. Staring George Clooney and Julia Roberts,  
RSVP by 1/26/2024

## Movie and Popcorn

*Iron Jawed Angels*

Friday, March 1, 2024

at 1:30pm

President Wilson refuses to give women the right to vote, but Alice Paul is prepared to go to prison for her cause. Starring Hillary Swank and Anjelica Huston  
R.S.V.P. By 2/23/2024

### 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.

# Birthdays of the Month

## It's a BIG Birthday Bash!

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

Sam DiSalvatore	2/1	Shari Hazeltine	2/13
Hazel O'Neal	2/3	Sue Deak	2/14
Jacquelyn McBride	2/3	Jeanne Janosik	2/15
Shirley Coxe	2/3	Doug Hansford	2/16
Jayne Lieber	2/4	Harry Corbissero	2/17
Bonnie Elliott	2/5	Mike Watts	2/18
Richard Coski	2/5	Mildred Dixon	2/18
Susan Church	2/7	Carl Barile	2/20
Ruth Leonardt	2/8	Valerie Polke	2/21
Helena Mazura	2/9	Joni Hapach	2/25
Phyllis Shimko	2/10	Marianne Hornbeck	2/26
Jane Urwin	2/11	Susan Thomas	2/26
Teresa Krumins	2/12	Ted Fronk	2/26
Janet Frazee	2/13	Mary L. Lewis	2/27
Phyllis Wayman	2/13	Raymond Lee	2/28

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

Fri., February 23, 2024 at 2:30pm - RSVP BY 2/16/24

Fri., March 22, 2024 at 2:30—RSVP BY 3/15/24

Cupcakes, Ice Cream and Beverage

*Birthday surprise for all guests that attend the birthday bash during their birthday month!*

(must attend the entire party scheduled during your birthday month)

Are you friends with any of the birthday peeps?

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

## It's time to renew your newsletter subscription!

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 2024 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 three of ACCOA's parties.
- ACCOA Center for Active Living T-shirt.

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

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.



## Book Club

Join Susan, from the Ashtabula County Public Library

Tuesday, February 27, 2024 at 1:30 pm

### **Immortal Life of Henrietta Lacks by Rebecca Skloot**

Henrietta Lacks: scientist knew he as HeLa. Her cells, taken without her knowledge, became one of the most important tools in medicine. Yet

Henrietta Lacks remains virtually unknown. This is her story.

Tuesday, March 26, 2024 at 1:30pm

### **All the Light We Cannot See by Anthony Doerr**

The paths of a blind French girl and a German boy collide in occupied France during World War II.

Bring your book with you!

## 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

## GET YOUR LEPRECHAUN ON



### **ST. PATRICK'S DAY PARTY**

**MARCH 15, 2024 - 2:00 TO 5:30 PM**

**ACCOA Center for Active Living; 4148 Main Ave., Ashtabula**

**Entertainment: Lock 4 Barber Shop Quartet**

**Cost: \$5 - newsletter subscribers | \$10 - non-subscribers**

**Includes: Entertainment, Meal, Beverage, Dessert and tons of fun!!**

**RSVP BY 3/8/2024**

**Pre-pay, Eat in only, Sorry no refunds.**

Blarney Friday, March 8, 2024 at 10:30 am

Blarney is defined as skillful flattery or nonsense and as the legend of the Blarney stone is said to give you the gift of gab if you kiss it. Get your Blarney on with our word game challenge and see if you can figure out all 115 different words you can make from "BLARNEY".

## SENECA RESORT & CASINO DAY TRIP

**Wednesday, April 10, 2024**

**\$53.00 a person**

**Includes: Round Trip Motor Coach transportation  
\$25.00 Free Slot Play and \$5.00 Food Credit**

**\$53.00 Due at time of reservation**

**Leave on 4/10/24 at 8:30am from Key Bank Parking Lot  
Return on 4/10/24 at 6:00pm to Key Bank Parking Lot**

**Reservations are required by February 16, 2024**

**For more information contact**

**ACCOA Center for Active Living at 440-998-6750**

**Minium of 45 people**

**No refunds after February 9, 2024**

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>

## Blood Pressure Screenings

11:00 am to Noon

Wednesday, February 28, 2024

Wednesday, March 20, 2024

## Glucose & Cholesterol Screening

11:00 am to Noon

Wednesday, February 7, 2024

Wednesday March 6, 2024



ACCOA Center for Active Living  
Invites you to join them for a  
**Good Friday Ceremony and Luncheon**  
Friday, March 29, 2024  
Ceremony starts at 11:00 am  
Lunch will be at 12:30pm  
4148 Main ave, Ashtabula

Cost: \$4 per person for newsletter subscribers  
\$10 for non-newsletter subscribers

RSVP BY March 22, 2024  
Sorry no refunds, 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>

## Grief Group

Wed., February 28, 2024 at 5pm.

Wed., March 27, 2024 at 5pm.

Host: Joslin Seeds

Open to the public.

All types of loss is welcomed. Including pet loss. You do not ever have to share. It is a place for you to share your loved one and know that other people are struggling too. Maybe make a connection and feel less alone. Maybe it's a place to go because you lost your companion. Feel free to bring photos, mementos, music- whatever you want to share of your life or loved ones.

Maybe you say things you've never said. Maybe you feel like your loved one is less gone to you. We are not affiliated with a particular church or religion. What is said in the room stays in the room. There is no fee to join and there is no church affiliation.  
See you soon!

## Glamor Shots

Wed., February 7, 2024

10:30 a.m.

We'll do your make-up, your hair and pamper you. Then we will take a beautiful photograph of you!

Cost is \$3.00

Sign up by: 1/31/24

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>

## 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.

## INVITE A FRIEND

Invite your friends 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.

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



440-992-4411

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?

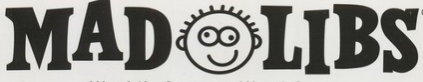
We can assist you with transportation for essential items. Call 440-998-6750 to schedule an appointment.

- ◆ 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 responsible for a \$5 cancellation fee.

# Cards & Games

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

Mad Mad Mad Mad Mad Libs



World's Greatest Word Game

The world's greatest word game for anyone who likes to laugh and a super funny way to fill in the blanks!

10:30 a.m.  
 Thur., Feb. 15, 2024  
 Tues., March 26, 2024

**Chocolate History Month**  
 Celebration of Chocolate Month is celebrated in February and is dedicated to everyone's favorite decadent treat. It is dedicated to celebrating the tasty goodness that is chocolate. Chocolate is nearly as old as time, as the earliest known history of it took the form of a drink consumed by the Aztecs.

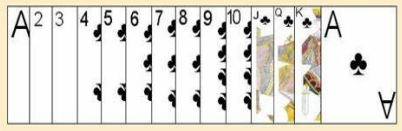
Join us on February 22, 2024 at 10:30 a.m. and learn all about chocolate and compete for chocolate prizes

**CHECKERS**  
 10:30 a.m.  
 Tuesday, Feb. 27, 2024  
 Wed., March 14, 2024

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>

**Rummy**  
 The objective of this classic card game is to be the first to get rid of all your cards, by creating melds, 3 or 4 cards of the same rank, or runs, which are 3 or more cards of the same suit.

Friday, February 2, 2024 at 10:30 am  
 Friday, February 16, 2024 at 10:30 am




Like us on  
**Facebook**

**Left Right Center**  
 February 20, 2024 at 1:30 p.m.  
 Bring 9 nickels

**Kings in the Corner**  
 Daily pick up games


**Family Feud**  
 10:30 am  
 February 23, 2024

# Cards & Games

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



Wednesday's at 1:30 p.m.  
 February 7, 2024  
 March 13, 2024  
 March 20, 2024  
 Come join our Wii Bowling league!



**National Oreo Day**  
 Wed., March 6, 2024  
 10:30 a.m.  
 Join us for Oreo roulette

**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)

**Let's play HANGMAN**  
 This game takes an Easter twist as we try to guess the word before Kim can draw a bunny (full disclosure Kim can't draw) and win Easter prizes.  
 Tuesday, March 5, 2024 at 10:30 am

**Mardi Gras Trivia**  
 Friday, February 9, 2024 at 10:30am  
 Think you know all about Mardi Gras in New Orleans? Give our Mardi Gras Trivia Quiz a shot.

**What Is a Leap Year?**  
 It takes approximately 365.25 days for Earth to orbit the Sun — a solar year. We usually round the days in a calendar year to 365. To make up for the missing partial day, we add one day to our calendar approximately every four years.  
 That is a leap year.

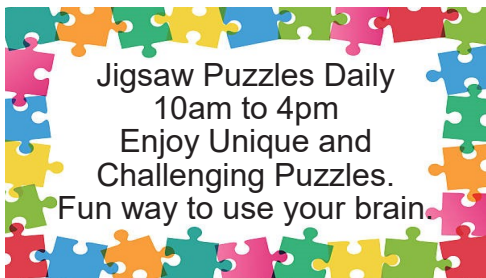
Join us for PB rice crispy treats  
 Fri., Mar. 1, 2024 at 10:30 a.m.  
 Everyone will leave with a sample.

**Arsenic & Old Lace**  
 Join us as we hunt a killer. This is a multi week event.  
 Thursdays at 10:30am  
 February 29, 2024  
 March 28, 2024

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 Talks Nutrition

February 8, 2024 at 11:00 am  
Proper nutrition helps keep up energy levels. Most people hear nutrition and think boring veggies, but like Dan says “chocolate milk is still milk”. Learn how to eat healthy in your lifestyle and budget  
So far we’ve tried chocolate brownies, white bean salad, and mushroom and barley soup. Curious to taste what’s next? Stop on in and join us.



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

### Mothers Day Tea Party

SAVE THE DATE!  
Friday, May 10, 2024  
\$7.00 for newsletter subscribers  
\$13.00 non subscribers  
More information to follow



### Take Off Pounds Sensibly

Meets Thurs. Mornings  
At the Center  
Weigh In Time: 9:30am  
Program Start Time: 10:00am  
NEW MEMBERS WELCOME

## Fitness Corner

Tuesday & Thursday

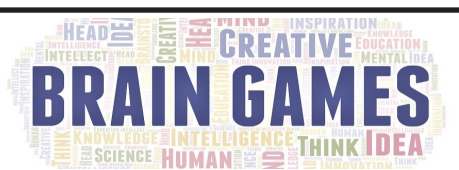
9am - Walk Aerobics:  
with Sara Wetzel - a high energy workout, but easy for beginners to start out at their own pace.

10am - Cardio Drumming:  
with Sara Wetzel - high-intensity drumming, that in corporates 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.

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

Please wear comfortable, cotton exercise clothing: dress light.



Join us on the third Wednesday of the month to see if you can solve these tricky brain teasers?

10:30 a.m.

February 21, 2024  
March 20, 2024  
April 17, 2024

# Socials and Food

EAT IN ONLY—NO TAKE OUT

## Breakfast CLUB

9:30 - 10:30

Wed., February 28, 2024

Menu: Breakfast pizza

RSVP BY 2/1/2024

March 27, 2024

Menu: Biscuits and gravy casserole

AT THE ACCOA

CENTER FOR ACTIVE LIVING

\$1.00 NEWSLETTER SUBSCRIBERS

non newsletter subscribers \$6.00

Pre-pay & Eat in only

Sorry no refunds

## SHARE THE LOVE

Join Us on February 6, 2024

From 10:30 am until 2:30 pm

To make Tie Blankets for the

Share the Lover Drive

Everything will be supplied by

ACCOA

This is open to all groups: church, youth, girl or boy scouts.

Bring friends and family.

A light lunch will be provided for the participants.

Please R.S.V.P before

January 30, 2024

by calling (440) 998-6750

## Celebrate National Pie Day

February 20, 2024 at 3:00p.m.

R.S.V.P by February 13, 2024

## Eggstravaganza

March 21, 2024

Bought to you by

Senior Care Network

R.S.V.P by March 14, 2024

Stay tuned for details.



## Coffee and Donuts

Thurs., Feb. 1, 2024

10:30 a.m.

## King Cake

Tues., Feb. 13, 2024 at 10:30am

Who will find the baby?

What does it mean if you find one? Tradition dictates that finding the baby in your cake symbolizes luck and prosperity, and the finder becomes the “king” or “queen” of the evening.

## Six Healthy Freezer Meals with Six Ingredients or Less

Wednesdays at 3pm

March 6, 13, 20 & 27

April 3, 10, 17 & 24

Everyone who attends will get a copy of all the recipes and shopping list used in the class, no need to try and take notes or scramble to write down ingredients!

If you participated in the class you will also be able to take home the freezer meals we prepare for \$3.00 each on a first come basis.

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>

# Arts & Crafts

Learn to make rice paper  
Tuesday, March 5, 2024  
1:30 p.m.

In the beginning of the Tang Dynasty a paper was made from straw of rice in the Xuan Cheng region. The first known use of this paper was by Zang Yan Yuan, a painter in the 9th century

## Buckeye Demo

February 13, 2024 at 1:30 p.m.

Join Lori from University Hospital for a demo on how she makes her famous chocolate peanut butter Buckeyes.

She will come share her secrets for this tasty peanut butter treat.

## Join us in making

Spring gnomes

March 6, 2024 at 1:30 p.m.

R.S.V.P. by February 28, 2024

## COLORING CLUB

10:30am

Wed., Feb. 14, 2024

Wed., Mar. 13, 2024

Bring your own supplies or use ours.

Learn to make Pretty Origami  
Paper flowers

February 20, 2024 at 10:30 am

Is there a craft you really want to try? Let us know.

Call Kim at (440) 998-6750

Or drop off your ideas at the center. Looking forward to seeing you here.

## CROCHETING WITH JACKIE

Every other Thursday at 1pm

February 1, 15 & 29

March 14 & 28

Join us to crochet small, meaningful items to be placed in random locations throughout our communities for anyone to find (kind of like the rocks, but with crochet items).

FREE - newsletter subscribers  
\$5.00 non - subscribers

Soap simply isn't what it used to be. Many so-called soaps on supermarket shelves share more in common with washing powder than actual soap.

Join Sandbar Suds

On March 19th at 2:00 p.m.

To learn the benefits of using a natural soap product.



## Bleach Flannel Shirts

Tue., Feb. 28, 2024 at 1:30pm

Cost is \$1.00

Bring your own flannel shirt.

Sign up by 2/21/2024

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>

# LET'S PLAY BINGO!

EVERY MONDAY-1:00PM TO 4:00PM

Unless Monday is a holiday, then we play on Wednesday

EVERY THURSDAY-1:00PM TO 4:00PM

Wednesday, March 6, 2024

## PINOCHLE TOURNAMENT

Time: 1:30 - 4:00pm

Refreshments  
will be  
provided.

Prizes for 1st, 2nd  
and 3rd place.  
Limited to 32 players.  
Eight tables.

**ACCOA Center for Active Living**  
Reservations are required by Wednesday, February 28, 2024  
and can be made by calling 440-998-6750 or online at  
<https://schedulesplus.com/ashtabula>  
\$3.00 per player to enter tournament.  
(will be used to payout 1st, 2nd & 3rd place prizes)

# SNAP OUTREACH PROGRAM

Are you a senior aged 60 or older?

Is your monthly income less than \$2,005 for an individual?

You may qualify for SNAP assistance!

Join us on Thursday, February 8, 2024

between 10:00 am and Noon to see if you qualify.

Bring your Ohio Driver License or state Id. Social Security Card and income verification.

A representative will be here to walk you through the process.

The Center will be closed on the following dates:

- Monday, February 19, 2024  
In Observance of Presidents Day.
- Monday, May 27, 2024  
In Observance of Memorial Day.
- Wednesday, June 19, 2024  
In Observance of Freedom Day.
- Thur. & Fri., July 4 & 5, 2024  
In Observance of Independence Day.

Daylight savings time begins  
March 10, 2024.

A concept invented Benjamin Franklin in 1784, pushing clocks forward was formally adopted during WW1 as an attempt to conserve energy. These changes to our sleep can have health risks. People are at greater risk for mood disturbance, suicide and being involved in traffic accidents. Minimize risk by gradually altering your bedtime and wake up time. And spend time outside. Natural light is a driving force of our circadian rhythm

## Conversation Cafe

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

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>

## 2024 Tax Precreation Clinics

Details:

- ◆ 1040EZ and 1040A
  - ◆ All parties 60 and older only
- What to bring with you:
- ◆ Last year's tax return.
  - ◆ Social Security Cards for taxpayers and dependents.
  - ◆ Picture ID for taxpayer & spouse.
  - ◆ Income for 2023, including:
    - ◆ W-2 showing job income
    - ◆ 1099 showing pension, IRA income, interest or dividend income.
    - ◆ SS year end statement.
    - ◆ Any investment papers with income, sales or changes
  - ◆ Expenses for 2023, including
    - ◆ Medical expenses for 2023
    - ◆ Property Taxes
    - ◆ Mortgage Interest & Insurance
    - ◆ Charitable contributions
  - ◆ Blank check to show bank account number for direct deposit.

Dates are limited and filling up fast  
Call for an appointment  
(440) 998-6750

Tax returns are by donations.

## International Friendship

Month is February.

It is a month dedicated to celebrating the spirit of friendship and companionship.

Visit the Center!  
Come make new friends!

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.

## 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.

## 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.

## 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.





### Armchair Travel

Will take you to faraway places without leaving home.

February 9, 2024 at 1:30 pm  
New Orleans  
Mardi Gras

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

### Armchair Travel

Will take you to faraway places without leaving home.

March 8, 2024 at 1:30 pm  
Ireland

Visit the Isle of Eire, search for leprechauns, and find a pot of gold

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

Tuesday, March 12, 2024 - 10:30 to Noon

Explore the relationships between diet, exercise, nutrition and chronic disease. Build your awareness of ways to preserve optimal lifetime health through nutrition at the Lantern of Saybrook. Lunch will be provided, Seating is limited, Transportation available for \$1.00. R.S.V.P. by Mar. 1, 2024

## Board Members and Director

Brenda MacNaughton, Board President, Flowers on the Avenue  
Ann Wiley, Board VP, Ann Wiley Insurance Service  
Mary Church, Board Treasurer, Ashtabula City  
David Moore - Board Secretary, Intrepid USA Home Care  
Carissa Allen, Saybrook Landing  
Pastor Jeff Stoll, Senior Member  
Hazel O'Neal, Senior Member  
Dawn Dale - Geneva Center for Rehabilitation and Nursing  
Kathy Chiacchiero BSN, RN, NPD-BC—ACMC  
Lori Slimmer, RN. M.Ed., CDCES - University Hospital  
Mary Ellen Higley - Senior Member  
Lisa Bruckman, Executive Director

### 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.

## Please Join Us For A *Valentine's Day Party*

Wednesday | FEB 14TH | 2:30pm to 5:30pm

ACCOA Center for Active Living  
4148 Main Avenue, Ashtabula

Entertainment: 3:00pm Wards Laugh Factory  
Dinner at 4:15pm

\$4.00 a person includes live entertainment and dinner  
\$10.00 non newsletter subscribers

Reservations are required by 02/07/24

Sorry no refunds, no take out.

## UPPER CRUST

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

*"UPPER CRUST Lunch Bunch"*

Friday, February 16, 2024  
at NOON  
Crows Nest

1601 W. Prospect Ave. Ashtabula,  
RSVP by  
Friday, Feb 9, 2024

Dessert After Upper Crust at  
Center for Active Living  
Dessert and Coffee and a little fun  
Fri., February 16, 2024 at 2:00 pm  
RSVP by Fri, February 9, 2024

March 2024 Upper Crust  
March 22, 2024  
at  
Fire Chicken

### Prescription Assistance

This service will help 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!

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>

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>



# 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)

**0900-975-0474**

# 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**



# FEBRUARY 2024

4148 Main Ave.  
 Ashtabula, OH 44004-6849  
 (440) 998-6750  
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[program@ashtabulaseniors.org](mailto:program@ashtabulaseniors.org)  
 Lisa Bruckman, Director  
 Brenda MacNaughton, President

Current Resident or:

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 Ashtabula, OH 44004



**Meet New People, Make New Friends**

# Center for Active Living