

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

Issue #562023



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

May/June 2023

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!

Maple Ridge Golf Outing	June 15, 2023
Fathers Day Celebration	June 16, 2023
Elvis Tribute Band/Dinner Dance	June 22, 2023
Hickory Grove Golf Outing	July 20, 2023
Summer Picnic	August 2023
Ice Cream Social	September 8, 2023
50 th Anniversary Celebration	October 2023
Halloween Party	October 31, 2023
Friends Giving	November 22, 2023
Christmas Party	December 8, 2023
Noon Years Party	December 29, 2023

Reservations can be made NOW ONLINE at

<https://schedulesplus.com/ashtabula>

2023 ACCOA Center for Active Living GOLF SEASON IS HERE

Check out what we have scheduled this year!

Please Join Us on the Third Thursday of the Month!

9 holes, cart, lunch, beverage, & prizes

In addition, you can opt to play skins (\$8/team)

and enter the 50/50 drawing (6/\$5.00)

All outings will be "shot gun" start at 9:00 am

MAY 18: Andover Golf Course - \$21
5762 Route 7 South, Andover

JUNE 15: Maple Ridge Golf Course - \$23
8921 Center Rd, Austinburg

JULY 20: Hickory Grove - \$23
1490 fairway St, Jefferson

AUGUST 17: Village Green - \$23
7048 N. Main S., North Kingsville

SEPTEMBER 21: Hickory Grove - \$23
1490 fairway St, Jefferson

**For more information, reserve a spot for yourself
or your team by the Monday prior to the outing
call Lisa at (440)998-6750**

*Please have team captains collect all the
money and turn it in all at once...*

See you there!

Birthdays of the Month

It's a BIG Birthday Bash!

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

Donna Parmigian	5/1	Marjorie Helton	5/20	Caroline Patterson	6/8
Sandy Leonard	5/4	Lorean Shaffer	5/22	Russell Litton	6/11
John Parmarter	5/4	Phil Stutzman	5/22	Rosemary Peck	6/11
Paula Moore	5/6	Sarah Cooper	5/24	Jane Churchya	6/12
Douglas Chatman	5/7	RuthAnn Falcione	5/24	Mariann Pete	6/12
Sharon Kozak	5/7	Russ Johnson	5/24	James Pananen	6/13
Ruth Rebera	5/9	Robyn Ambrose	5/25	Arlene Ryan	6/13
Gordon Shears	5/9	Beverly Santee	5/25	Donna Camplese	6/17
Martha Mosinski	5/10	Richard Bender	5/28	James Fortune	6/18
Evelyn Thomas	5/10	Sue Pirigy	5/28	Kenny Green	6/21
Ilse Whited	5/10	Gregory Kerns	5/31	MaryGrace DiSalvatore	6/25
John Ambrose	5/12	David Butler	6/1	James Pilcher	6/25
Tom Lucas	5/12	Jim Smith	6/1	Mike Lloyd	6/29
Mary Ball	5/16	Debra Etling	6/2	Pamela Omeis	6/29
Bill Tobias	5/19	Frenchie Lesperance	6/6	Barbara Gubanyar	6/30

Please join us for a birthday party to honor our friends who have April and May birthdays!! on Friday, May 26, 2023 at 1:30 pm

And June Birthdays on Friday, June 30, 2023 at 1:30pm
Cupcakes, Ice Cream and Coffee

RSVP by May 19, 2023

Are you friends with any of the April, May or June birthday peeps?

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

Happy Birthday!

Dear Valued Members,

The Center for Active Living is getting a new ceiling in our main activity room. We are hopeful that the remodeling will be complete mid May. Our front doors are locked. But we are still here to serve your needs over the phone and by entering through the back door.

We are holding small group activities in our conference room and you are welcomed to play cards in one of our small rooms.

Community Action is offering grab and go lunches in the back.

Everything with a fee on April's calendar has been rescheduled in May. Check the newsletter for the new dates and times.

The Mothers Day Tea Party date changed to May 19th 2:00pm to 5:00pm. Our entertainment has to serve for jury duty on May 12th and I could not find a replacement with such short notice.

We apologize for any inconvenience caused during our renovations and cannot wait to see everyone again!

Tech Tutor at the Center

Tuesday, May 23, 2023

Tuesday, June 20, 2023

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.

NEW PROGRAM SUGGESTIONS

Is there any interest in bringing a program for jewelry making, Zumba, sign language, gardening, cooking, foreign language, , karate or crafts.

We would also be looking for instructors! Classes can be scheduled around your schedule.

Let Lisa know.

PLEASE SAVE:

Your old newspapers, egg cartons, and Styrofoam coolers the kind medication gets shipped to you in. The newspapers will be used in whelping boxes for a litter of puppies arriving soon. The egg cartons will be used for eggs and bought to the soup kitchen. The Styrofoam coolers will be converted into stray cat shelters for winter.

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

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



**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

May 23, 2023 @ 1:30 pm

Book Thief by Markus Zusak – It is 1939 Nazi Germany. A young girl steals books from book burnings, the mayor's wife's library, or wherever there are books to be found.

June 27, 2023 @ 1:30 pm

Little Fires Everywhere by Celeste Ng – When Mia Warren and her 15 year old daughter, Pearl, rent a home from the Richardsons, a prominent Shaker Heights family – their lives will become intertwined in ways they never could have imagined.

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

MyoFit Seminar

10:30am - AFTER BREAKFAST

Importance of Staying Active
Wednesday, May 31, 2023

Staying active helps improve all aspects of your life, including cognitive functioning, physical strength and social interaction.

Wednesday, June 28, 2023

Summer Walking Safety

Learn the best strategies for walking in the summer heat.

Breakfast CLUB

9:30 - 10:30

Wednesday, May 31, 2023
Menu: Eggs, Fruit and Toast

Wednesday, June 28, 2023
Tater Tot Casserole

AT THE SENIOR CENTER
\$1.00 ACCOA NEWSLETTER SUBSCRIBERS
non newsletter subscribers \$6.00

Pre-pay & Eat in only - Sorry no refunds
Reservations are required by 5/24/23

Blood Pressure Screenings
Every Wednesday at 11:00am

Wed., May 31st

Wed., June 7, 14, 21, 28

Cholesterol Screening
Tues., May 23 at 11:00am

Wed., June 21 at 11:00am

Glucose Screening

Thursday, May 25, & June 22
10:00am - Noon

In Observance of
Memorial Day, Juneteenth
and Independence Day
the Center will be CLOSED
on the following day.

Monday, May 29th

Monday, June 19th and

Tuesday, July 4th.

Movie and Popcorn

Lyle Lyle Crocodile

Friday, July 7, 2023 at 1:30 pm

When a family moves to New York City, their son, struggles to adapt to his new school and friends. All of that changes when he discovers Lyle, a singing crocodile that loves baths, caviar and great music. The two become fast friends, but when evil neighbor threatens Lyle's existence, the family bands together to show the world that family can come from the most unexpected places.

RSVP by 6/30/2023

Movie and Popcorn

Dog Gone Gonker

Fri., June 2, 2023 at 1:30 pm

When golden retriever, Gonker goes missing along the Appalachian Trail, his owner will stop at nothing to get him back. Based on a true story, Dog Gone shows the lengths one family will go to keep their beloved pet safe.

RSVP by 5/26/23

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!

BINGO WILL RESUME MAY 31ST

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

Unless Monday is a holiday, then we play on Wednesday

EVERY FRIDAY MORNING - 9:30 AM TO 11:30 AM

Cans for Cats!

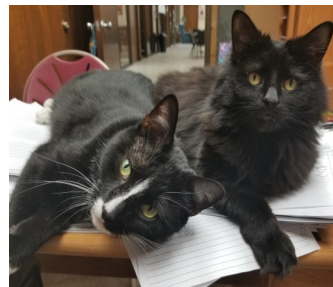
Purrlease start saving all of your soda cans, or other aluminum items for recycling!

Your aluminum cans can be dropped off at

Monday through Friday 9 am to 4 pm

to help support our "Pet Therapy" Program.

PLEASE KEEP THE ALUMINUM CANS SEPARATE FROM THE TIN CANS.



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>

THURS., MAY 30TH AT 1:30PM

HOSPICE 101 WITH

Michelle Kalifon from

Bella Care Hospice

An educational seminar that provides an opportunities for patients, families and friends to help them navigate hospice and palliative care processes.

Sign up by 5/24/23

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.



PLEASE JOIN US FOR A
*Mother's Day
Tea Party*

FRIDAY, MAY 19, 2023 AT 2:00 PM

Entertainment: Valerie Marini 2:30 - 3:30pm
Enjoy pastries and hot tea, dinner at 3:45pm

LOCATION: Ashtabula Chamber of Commerce
4536 MAIN AVENUE, ASHTABULA

COST: \$5 NEWSLETTER SUBSCRIBERS
\$10 NON SUBSCRIBERS

RSVP By: 5/5/2023 BY CALLING 440-998-6750
OR ONLINE AT [HTTPS://SCHEDULESPUS.COM/ASHTABULA](https://schedulesplus.com/ashtabula)

SORRY NO REFUNDS. PRE-PAY ONLY. NO CARRYOUT.

ASHTABULA COUNTY TRANSPORTATION SYSTEM



Seniors age 60 and over
Ride the bus "FREE"

WITH A SENIOR LEVY PASS

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

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

Call 994-2032 for details.

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

FREE SENIOR TRANSPORTATION

Are you 60 or older and live in
Ashtabula?

Do you need a ride to the store?

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

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

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

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

Cards & Games

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

Tuesday, May 23 at 1:00pm	Pinochle
Wednesday, May 24 at 1:30pm	Up the River, Down the River
Thursday, May 25 at 1:00pm	Pinochle
Tuesday, May 30 at 1:00pm	Pinochle
Tuesday, May 30 at 1:30pm	Beginners Pinochle/Learn to play
Wednesday, May 31 at 1:30pm	Bingo
Thursday, June 1 at 1:00pm	Pinochle
Tuesday, June 6 at 1:00pm	Pinochle
Tuesday, June 6 at 1:30pm	Beginners Pinochle/Learn to play
Tuesday, June 6 at 1:30pm	Chicken Foot
Wednesday, June 7 at 1:30pm	Wii Bowling
Thursday, June 8 at 1:00pm	Pinochle
Thursday, June 8 at 1:30pm	Beginners Pinochle/Learn to play
Thursday, June 8 at 1:30pm	LRC - Bring 12 Nickels
Tuesday, June 13 at 1:00pm	Pinochle
Tuesday, June 13 at 1:30pm	Beginners Pinochle/Learn to play
Tuesday, June 13 at 1:30pm	Rummikub Card Game
Wednesday, June 14 at 1:30pm	Wii Bowling
Thursday, June 15 at 1:00pm	Pinochle
Thursday, June 15 at 1:30pm	Beginners Pinochle/Learn to play
Thursday, June 15 at 1:30pm	Uno Flip
Tuesday, June 20 at 1:00pm	Pinochle
Thursday, June 22 at 1:00pm	Pinochle
Tuesday, June 27 at 1:00pm	Pinochle
Tuesday, June 27 at 1:30pm	Beginners Pinochle/Learn to play
Tuesday, June 27 at 1:30pm	Fact or Fiction
Wednesday, June 28 at 1:30pm	Wii Bowling
Thursday, June 29 at 1:00pm	Pinochle
Thursday, June 29 at 1:30pm	Beginners Pinochle/Learn to play
Thursday, June 29 at 1:30pm	Phase 10
Friday, June 30 at 1:30pm	Birthday Party

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

Wednesday, June 14th at 5pm.

Host: Joslin Seeds

Open to the public.

As people join, all types of loss will be represented and welcomed. Including pet loss. You do not ever have to share. There is no certain way to be here. Some people listen every week and some talk off. It is a place for you to share your loved one with others. To know that other people are struggling too. Maybe make a connection that makes you feel less alone. Maybe it's just a place to go because you lost your companion. Always feel free to bring photos, mementos, music- whatever you want to share your life or loved ones. Maybe you leave feeling unencumbered. 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.

Don't be worried or embarrassed.

What is said in the room stays in the room.

There is no fee to join us.

There is no church affiliation.

See you soon!



**OHIO
SNAP-ED**
Better food choices for healthier Buckeyes

SNAP-Ed focuses on good nutrition, stretching food dollars, living physically active lifestyles, and engaging partners to build healthier communities. This helps to ensure the healthy choice is the easiest choice to make where people live, work, shop, play, eat, and learn.

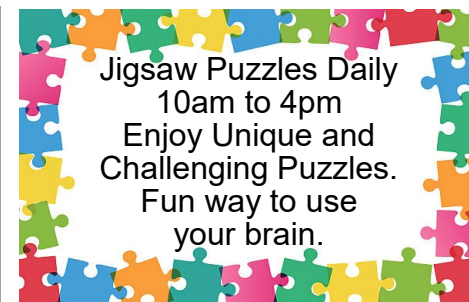
June 6th at 11:00

June 20 at 11:00

July 11 at 11:00

July 18 at 11:00

August 1 at 11:00



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

Happy Travelers News

Next Meetings:

May 15, 2023 at 6:00 p.m.

June 19, 2023 at 6:00pm

We will have discussion
regarding our trips.

Happy Traveler dues will be
collected, \$15.00.

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>

BRAIN GAMES

Can you solve these tricky brain teasers?

From brain-busting riddles to fun quizzes, and puzzles will certainly keep you entertained.

Wednesday, June 14, 2023

Wednesday, July 12, 2023

10:00am to 11:30am

Fathers Day Celebration

Friday, June 16, 2023

2:00pm to 4:30pm

Entertainment By: Marty Gitlin

A Dawg Pound Presentation: History of the Cleveland Browns at 2:30pm

This program will take you through the history of the Cleveland Browns.

Gitlin will discuss the greatest and most interesting players and moments since the Browns were born.

Watch exploits of such superstars as Otto Graham, Marion Motley, Jim Brown and Paul Warfield through the 1960s.

Relive the Kardiac Kids and Dawgs of the 1980s. Learn more about the loss of the franchise when Art Modell hijacked the club to Baltimore, as well as the struggles after their return throughout the twenty-first century.

Q&A following the program.

Lunch will be provided 3:30pm

\$5 -newsletter subscribers

\$10- non subscribers

Sign up by 6/9/23

Fitness Corner

Monday: 10am -Gentle Yoga

with Lisa Piaser

Tuesday & Thursday

9am - Walk Aerobics:

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

10am - Cardio Drumming:

with Sara Wetzel - high-intensity drumming, that 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.



Take Off
Pounds Sensibly

Meets Thurs., Mornings
At the Center

Weigh In Time: 10:00am

Program Start Time: 10:15am

NEW MEMBERS WELCOME

Socials and Food

EAT IN ONLY—NO TAKE OUT

Tue., May 23 at 3:00pm	Chocolate Ice Cream Day	Sign up by 5/16/23
Wed., May 24 at 3:00pm	Coffee and Donuts	Sign up by 5/17/23
Thur., May 25 at 2:30pm	Mexican Fiesta	Sign up by 5/18/23
Tue., May 30 at 3:00pm	Wine & Cheese	Sign up by 5/23/23
Wed., May 31 at 11:00am	Cook and Taste	Sign up by 5/24/22
Tue., June 6 at 3:00pm	Peach Cobbler	Sign up by 5/30/23
Wed., June 7 at 11:00am	Cook and Taste	Sign up by 5/31/22
Wed., June 7 at 3:00pm	Smoothies	Sign up by 5/31/23
Thur., June 8 at 3:00pm	Pineapple Upside Down Cake	Sign up by 6/1/23
Tue., June 13 at 3:00pm	Grilled Cheese Sandwiches	\$1 -newsletter subscribers \$6- non subscribers Sign up by 6/6/23
Wed., June 14 at 11:00am	Cook and Taste	Sign up by 6/7/22
Wed., June 14 at 3:00pm	Dilly Bars	Sign up by 6/7/23
Thur., June 15 at 3:00pm	Fruit Cups	Sign up by 6/8/23
Tue., June 20 at 3:00pm	Ice Cream Sodas with UH	Sign up by 6/13/23
Wed., June 21 at 11:00am	Cook and Taste	Sign up by 6/14/22
Tue., June 27 at 3:00pm	Garlic Parmesan Pasta	\$2 -newsletter subscribers \$7- non subscribers Sign up by 6/20/23
Wed., June 28 at 11:00am	Cook and Taste	Sign up by 6/21/22
Wed., June 28 at 3:00pm	Cookies and Coffee	Sign up by 6/21/23
Thur., June 29 at 3:00pm	International Mud Day	Sign up by 6/22/23



Monday, June 5, 2023 2:00pm to 3:00pm
(yes during our regularly held Monday Bingo)

Sponsored By: Karen Anderson

From Traditions Health

Sign up by: Tuesday, May 30, 2023

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

CROCHETING WITH JACKIE

Every other Thursday at 1:00pm

May 11th & 25th, 2023

June 8th & 22nd

What you will need: bring yarn and crochet hook if you have one.

Jackie prefers a J/5.75 hook.

FREE—newsletter subscribers
\$5.00 non-newsletter subscribers

YES YOU CAN

Tole Painters

Mondays 9:30 to 11:30 am.

\$2.00 (plus materials).

Instructor: Rosemary Peck

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

BRING A DISH TO SHARE

COLORING CLUB

10:00am

Wed., May 17 and June 21, 2023

Get out of the house and enjoy the company of others while having fun coloring.

Adult coloring has been shown to help reduce stress, boost mental clarity, exercise fine motor skills, and help train the brain to focus.

Bring your own coloring supplies or use ours.

Sharpie Tie Dye Shoes

Tuesday, June 13th at 10:30am

You will need

White Canvas Shoes

(I found some at Walmart for \$15.00)

Cost: 5.00 newsletter subscribers

\$10.00 non subscribers

add \$15.00 plus your shoe size if you want us to pick up a pair of shoes for you.

Sign up and pay by
6/6/2023



Recycled CD Coasters

Thur., May 18, 2023

At 1:30pm

Aren't they pretty? What's fun is that you can customize these to your taste. Mismatch fabrics to suit your personal style. The possibilities are endless to how you can decorate these.

Cost: \$1.00 - newsletter subscribers

\$5.00 - non subscribers

Sign up by 5/11/2023

Tues., May 23rd at 2:30pm

paint a work of art with the guidance from instructor Kim Peters, from Saybrook Landing, all while enjoying refreshments!

Cost: \$1.00 - newsletter subscribers

\$5.00 - non subscribers

Sign up by 5/16/2023

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>

VIVA LAS VEGAS

Senior Prom 2023

Norman D Banquet Center

2720 W. 19th Street

Ashtabula, OH

Thursday, June 22, 2023

5:00 pm - 9:30 pm

Doors open 5:00 pm

Dinner 6:00 pm - 7:00 pm



Advanced Ticket Sales Only

For individuals 55 and over (\$13)

Tickets available at:

ACCOA Center for Active Living

Geneva Senior Center

Jefferson Senior Center

Seniors Together

Entertainment: Nathan Pittorf

performing a tribute show to Elvis, Buddy Holly & More

Catering by: Tony's Deli & Catering

Hosted by:

ACCOA Center for Active Living; Geneva Senior Center;

Jefferson Senior Center; Seniors Together

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

Do you feel overwhelmed and too tired to focus?
Join Tom Hall
Fri. May 26th at 1:30pm
to learn about factors that contribute to stress and anxiety, how to prioritize taking care of your mind and body, and form a plan to manage stress and anxiety and improve your overall well-being.

Tom Hall
from Primary Health Network
for this free seminar.
Sign up by
Friday, May 19, 2023

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www.awileyinsurance.com

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, for the activity you will not receive credit for the registration fee unless there is a waiting list and/or ACCOA is able to fill your place at the activity/program.

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.

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.

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.

Commodity Supplemental Food Program a Senior Food Assistance Program

Would you benefit from a FREE box of groceries?
Are you 60 or older?

You may qualify for a free food once a month if your income is below \$1,580 for a single person household or \$2,137 for a two person household. Bring your drivers license & utility bill to the Center for Active Living to see if you qualify.

May Pick Up Date
Tues., May 16, 2023

June Pick Up Date
Tues., June 20, 2023

Conversation Cafe

JOIN US FOR COFFEE HOUR EVERY
Monday 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!



Like us on
Facebook

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
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Rev Jeff Stoll, Saybrook United Methodist
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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 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.



HAPPY TRAVELERS SPECIALIZING IN DAY & EXTENDED TRIPS

- Mid July - Day trip to Vermillion: boat ride, lunch, shopping
- Mid August Day trip to Chautauqua: boat ride, lunch, shopping
- Mid September Three day trip to Finger Lakes: Letchworth State Park, Theater, Wineries, History tour, Casino
- Mid October Three day trip to West Virginia: Penitentiary, Train Ride, History tour, Casino,
- Mid November Two day trip to Lancaster: Sight and Sound production of Miracle of Christmas, history tour, shopping.

For more information and prices call Sara at 440-998-6750
Looking forward to traveling with you this year!

For More Information Call Sara at 440-998-6750.

Half of the cost of the trip is due at the time of reservation, the balance is due 30 days prior to the trip.

UPPER CRUST

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

"UPPER CRUST Lunch Bunch"

The Lunch Box
1837 State Road, Ashtabula

Friday, June 23, 2023
at NOON

RSVP by
Friday, June 16, 2023

Dessert After Upper Crust at
Center for Active Living
Dessert and Coffee and a little fun
Fri., June 23, 2022 at 2:00 pm
RSVP by Fri, June 16, 2023

July 2023 Upper Crust
Friday, July 21, 2023
Eddies Grille

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>



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

440-576-0060

Saybrook Landing

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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
 2300 Center Road, Ashtabula, OH 44004

440-969-1509 PHONE • 440-969-1519 FAX



A United Way and Ashtabula County Senior Service Agency



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Current Resident or :

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program@ashtabulaseiors.org
 Lisa Bruckman, Director
 Ann Wiley, President