

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 #122023

January 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!

Valentines Day	February 14, 2024
St Patties Day	March 15, 2024
Good Friday	March 29, 2024
Mothers Day Tea Party	May 10, 2024
Fathers Day Party	June 14, 2024
Prom Dinner Dance	June 2024
Summer Picnic	July 31, 2024
Ice Cream Social	September 27, 2024
Senior of the Year	October 11, 2024
Halloween Party	October 31, 2024
Friendsgiving Dinner	November 27, 2024
Christmas Party	December 19, 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>

A Message From Lisa:

Happy Holidays!! Hope this message finds you well, warm, happy and safe. Hope everyone enjoyed Thanksgiving and you're getting ready for the December celebrations.

Please take time to appreciate and delight in this special time of year. Spend time with family and friends, let someone know you care, make a new friend and get to the center!

We're here for you and we value you! Wishing you peace, love, health and joy this holiday season and throughout the coming year!

Tech Tutor at the Center

Tuesday, Jan 23, 2024

Tuesday, February 27, 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

Murder Mystery

Friday Jan 5th at 1:30 pm

A New York cop and his wife go on a European vacation to reinvigorate the spark in their marriage. A chance encounter leads to them being framed for the murder of an elderly billionaire.

Starring Jennifer Aniston and Adam Sandler. 1 hour 37 minutes long. Rated PG-13 RSVP by 12/29/23

Movie and Popcorn

Ticket to Paradise

Fri. Feb 2nd 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

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!

Joseph Rapose	12/1	Billy Brown	12/23	Anne White	1/7
Judy Pasqualone	12/2	Charles Casm	12/23	Ann Peji	1/9
Linda Potts	12/2	Brenda Craine	12/23	James Camplese	1/10
John King	12/3	Stan Schosler	12/24	Susan Cline	1/10
Barbara Bulfinch	12/4	Linda Yankie	12/24	Deborah Beckwith	1/11
Judy Eddy	12/5	Beth Yost	12/25	Debra Friedstrom	1/12
Donnell White	12/5	Geraldine Foltz	12/27	Dick Ballo	1/14
Ed Laughlin	12/6	Jack Howe	12/28	Harvey Eliason	1/16
Mary Fanelli	12/7	Charlene Vlassich	12/28	Gail Sedmak	1/16
Judy Fronk	12/7	Bob Niemi	12/29	MaryEllen Higley	1/17
Beverly Deneen	12/9	Susan Niemi	12/30	Cindy Cufr	1/20
Walter Gee	12/9	Ken Reed	12/31	Edward Duffin	1/20
Kathryn Winebrenner	12/9	Rudy Uclaker	12/31	Mary Firster	1/21
Robert Phillips	12/14	Eugene Carpenter	12/31	John McEndree	1/22
Barbara Dahlbeck	12/15	Steve Niro	1/1	Marguerite Whitney	1/22
Steve Strmac	12/17	Regina Robinson	1/1	Terry Osburn	1/23
Kathy Brewer	12/17	Richard Taylor	1/1	Connie Dixon	1/25
Tim Phelps	12/17	Deborah Thorpe	1/1	Glenn Harvey	1/25
Darla Welser	12/18	Nancy Vallen	1/1	Lori Welch	1/25
David Hine	12/19	Willie Miller	1/4	Jennifer Demshar	1/28
Glmond Monroe	12/20	Roger Arkelin	1/6	Carol L. Vargo	1/29
Bev Niemi	12/21	Alan Butler	1/6	Barbara Laughlin	1/31
Sandy Morton	12/22	Linda Forsty	1/6	Diane Young	1/31

Please join us for a birthday party to honor our friends who have birthdays in December & January!!

Friday, December 22nd 2023 at 2:30pm

Friday, January 26, 2024 at 2:30

RSVP BY 12/15/23

Cupcakes, Ice Cream and Beverage

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, December 26, 2023 at 1:30 pm

Tuesday, January 23, 2024 at 1:30pm

The Midnight Library by Matt Haig

An enchanting blockbuster novel, Nora Seed finds herself faced with this decision. Faced with the possibility of changing her life for a new one, following a different career, undoing old breakups, realizing her dreams of becoming a glaciologist; she must search within herself as she travels through the Midnight Library to decide what is truly fulfilling in life, and what makes it worth living in the first place. 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

What is Hygge? Staying Cozy this December

Picture yourself wearing a cable-knit sweater with hot chocolate in hand, cuddled up by a fire with a nice blanket and a warm pet. If this image brings up feelings of coziness in you, you are not alone. In fact, the Danish and Norwegians have a word for the comfortable, contented mood this scene stirs up: hygge.

“Hygge” (pronounced “hoo-guh”) comes from a Norwegian term, hugga, meaning “to comfort” or “to console.” Hygge is associated with relaxation and indulgence and has long been considered a part of the Danish national character. Scandinavian countries like Denmark, Norway, and Sweden are often reported to be among the happiest in the world.

If you’re ready to embrace a hygge lifestyle, here are some tips for getting cozy and staying happy this winter:

- Create a warm atmosphere – light a candle, keep blankets nearby, and use amber lighting in your home instead of harsh white light.
- Enjoy a warm beverage – if coffee isn’t your thing, try apple cider, hot chocolate, or tea!
- Host a potluck – the hygge lifestyle is about comfort and joy. There’s no better way to de-stress than to spend quality time with loved ones.

1. What is a New Year’s resolution? Something that goes in one year and out the other.
2. What do snowmen like to do on New Year’s Eve? Chill out.
3. Youth is when you’re allowed to stay up on New Year’s Eve. Middle age is when you’re forced to.
4. What do New Year’s Day parades have in common with Santa Claus? No one is awake to see either of them.
5. My grandparents had resolutions like donating more time and money to charities. I’ve decided to make my own coffee once a week.

Join us at 1:30pm on Wednesday, January 10, 2024

for an Elvis Presley Tribute Rock Concert. We will have Elvis’s music and trivia in honor of his birthday. We will even enjoy one of his favorite foods!

Sign up by Wednesday, January 3, 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

11:00am to Noon

Wednesday, December 13, 2023
Wednesday, December 20, 2023
Wednesday, December 27, 2023
Thursday, December 28, 2023
Wednesday, January 3, 2024
Wednesday, January 10, 2024
Wednesday, January 17, 2024
Wednesday, January 24, 2024
Thursday, January 25, 2024
Wednesday, January 31, 2024

Glucose & Cholesterol Screening

11:00am to Noon

Wednesday, January 3, 2024
Wednesday, February 7, 2024

Personal Safety Seminar

presented by Officer Murphy
Wednesday, January 24, 2024
at 3:00pm

Situational Awareness and
Violence Prevention Seminars
Customized for Seniors.
Sign up by: 1/17/2024

Sandbar Suds'

will be at the Center
Tuesday, January 9, 2024 at 1:30pm
To discuss why natural soaps,
containing nourishing coconut,
palm, olive oils, phthalate and
paraben free fragrance is beneficial
for our skin.
Sign up by 1/2/2024

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>

Grief Group

Wed., January 31, 2024 at 5pm
Wed., February 28, 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

They focus on the beauty of the
person in the photograph.
We'll do your make-up, your hair
and pamper you. Then we will take
a beautiful photograph of you!
Wednesday, February 7, 2024
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
and we will make sure they get
to where they need to go.

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

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.

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 Libs is the world's greatest word game for anyone who likes to laugh! Write in the missing words to create your own hilariously funny stories.

Thur., Dec. 21, 2023 at 10:30am

Tues., Dec. 26, 2023 at 10:30am

Tues. Jan. 2, 2024 at 10:30am

A super funny way to fill in the blanks!



Rummy is a classic card game. The objective 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.

Thurs., Dec. 14, 2023 at 10:30am

Thurs., Dec. 28, 2023 at 10:30am

Fri., January 5, 2024 at 10:30am

Fri., January 19, 2024 at 10:30am

Fri., February 2, 2024 at 10:30am

Cards & Games

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



At 1:30pm

Wednesday, January 17, 2024

Wednesday, January 24, 2024

Wednesday, January 31, 2024

Wednesday, February 7, 2024



Arsenic & Old Lace
Join us as we hunt a killer.

This is a multi week event.

Thursday,

Dec. 28, 2023 at 1:30pm

Thursday,

Jan. 25, 2024 at 10:30am

Halcyon day

Tuesday, December 19, 2023 at 1:30pm

Join us for a calm peaceful afternoon of 50 and 60 nostalgia trivia. Halcyon Days are kind of unique as days go.

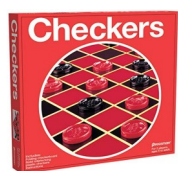
They refer to a period of happiness and calm — especially in the past. Weather-wise, they are a time of calm during the winter, when storms do not occur. Although not a holiday per se, Halcyon Days are still wonderful because they define nostalgia and warmth.

Trivia and Donuts

Fri., Jan. 12, 2024 at 10:30am

Sign up by 1/5/2024

CHECKERS



Tuesday

Dec. 19, 2023

Jan. 30, 2024

At 10:30am

POKENO

Friday, December 22, 2023

at 3:00pm

Bring your pennies

Kings in the Corner

Tues., Jan. 9, 2024 at 10:30am

Thur., Jan. 11, 2024 at 10:30am

Wheel of Fortune

Thurs., Jan. 18, 2024 at

10:30am

Family Feud

Thurs., January 4, 2024 at

10:30am

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

Wiley Insurance

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

Second Annual
Senior Care Network
Christmas Cookie

Give-a-way

December 20, 2023

2:00pm to 4:00pm

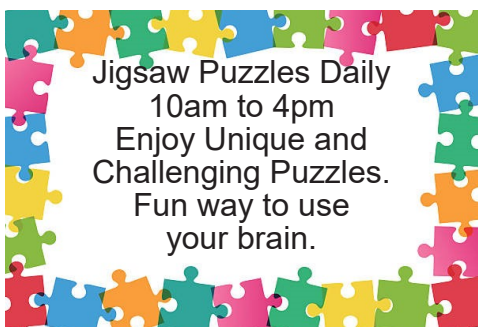
Spots are limited and you must sign up by December 13, 2023

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>

Chair Dancing

Chair dancing is a low-impact program that is great for seniors because it combines the benefits of aerobic exercise and toning. It can be done sitting in a chair and moving the upper body up and down while keeping the lower body still and alternating sides. Chair dancing is an excellent choice for seniors who want to try something new with minimal risk and would benefit from better balance, strength, flexibility, and muscle tone.

Wednesday, January 31, 2024
At 10:30am,



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



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:

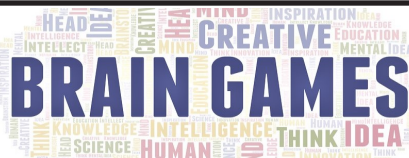
with Sara Wetzel - high-intensity drumming, that incorporates sufficient movement to be a whole body workout while fun enough for anyone to do.

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.



Can you solve these tricky brain teasers?

Wednesday, Dec. 20, 2023

Wednesday, Jan 17, 2024

Wednesday, Feb. 21, 2024

Wednesday, Mar. 20, 2024

10:30am to 11:30am

Socials and Food

EAT IN ONLY—NO TAKE OUT

Breakfast CLUB

9:30 - 10:30

Wednesday, January 24, 2024

Menu: Breakfast Casserole

RSVP BY 1/24/2024

Wed., February 28, 2024

Menu: Eggs & Bacon

RSP BY 2/1/2024

AT THE ACCOA

CENTER FOR ACTIVE LIVING

\$1.00 NEWSLETTER SUBSCRIBERS

non newsletter subscribers \$6.00

Pre-pay & Eat in only

Sorry no refunds

Oven Roasted Chicken Quarters Dinner

Tues., Dec 26, 2023 at Noon

Cost: \$5 - newsletter subscribers

\$10 - non subscribers

It will include: potato, vegetable, dessert and a beverage.

Sign up by: 12/21/2023

Pre-pay only

Eat in only

Sorry no

refunds



Penguins and
Hot Chocolate
January 2, 2024
At 1:30pm



Soup Party!

Wednesday,

January 31, 2024

At 3:00pm

Cost is \$1.00

Sign up by 1/23/2024

Pre-pay & Eat in only



Tea Sampling!

Tuesday, January 16, 2024

At 10:30am

Join us as we sample a variety of different tea flavors.

Sign up by 1/9/2024

Muffins and Coffee

Tues. January 9, 2024

At 3:00 pm

After the Sandbar Suds

presentation

Sign up by 1/2/24

Elvis's Favorite Food!
Join us for a Peanut Butter
and Banana sandwich.
Wed., Jan. 10, 2024
at 3:00pm

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

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>



WOODEN TABLE TOP CHRISTMAS TREE
THURSDAY, DECEMBER 14, 2023 AT 1:30PM
COST IS \$17

WE WILL ASSEMBLE THE TREE, YOUR CHOICE OF PAINT OR STAIN FOR THE WOOD, YOUR CHOICE OF COLORS, CHOICE OF LIGHTS AND DECORATIONS
SEATING IS LIMITED

Pour Paint Soup Bowl
Friday, January 26, 2024
at 10:30am
Cost is \$2.00
Sign up by 1/19/2024



CROCHETING WITH JACKIE
Every other Thursday at 1pm
December 7th & 21st
January 4th & 18th, 2024

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

Join us to make RIBBON CANDY
Thursday, December 21, 2023
at 1:30pm
Sign up by: 12/14/2023
Cost: \$1.00



Spring Wreath
Join Lori from University Hospitals
Tues., February 23, 2024 at 10:30am
Cost: \$2.00 newsletter subscribers
\$10.00 for non-subscribers
Sign up by 2/16/2024

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



LET'S PLAY BINGO!

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
LAST FRIDAY MORNING BINGO, DECEMBER 22, 2023

NO BINGO FRIDAY, 12/29/2023

NO MORE FRIDAY MORNING BINGO...

BUT WE WILL HAVE PLAY BINGO EVERY

THURSDAY AFTERNOON 1 TO 4PM

STARTING JANUARY 4, 2024

COLORING CLUB

10:30am

Wed., Jan. 10, 2024

Wed., Feb. 14, 2024

Wed., Mar. 13, 2024

Bring your own supplies or use ours.

Explore the relationships between diet, exercise, nutrition and chronic disease.

Build your awareness of ways to preserve optimal lifetime health through nutrition.

Hosted by Lantern of Saybrook

Friday, January 5, 2024 at 11:00am

Sign up by 12/29/2024



2 x 4 Snowman Craft
Wednesday, December 13, 2023
at 1:30pm
Join Lori from University Hospital to make this adorable snowman.
Sign up by 12/11/2023
Cost: \$1.00



Join us on Tuesday, February 6, 2024 at 10:30am
To help us make no sew blankets for the "Share the Love" campaign. Our goal is to make a minimum of 16 blankets.
Lunch will be provided.

Crayon Tea Towel
Join us Tues., Jan. 16, 2024 at 1:30pm
To make a one of a kind "Tea Towel" with crayons. Sign up by 2/9/24
Cost: \$2.00 - newsletter subscribers
\$7.00 - non-subscribers



Friday, December 29, 2023 From 10:30am to 1pm

Join us for live music featuring Frank & Shannon to help us ring in the New Year and a countdown to NOON!

\$5.00 includes lunch and a non-alcoholic toast at noon

Registration is required by 12/22/2023

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>

Need help with a passport? Need help with Social Security? Need help navigating Medicare?

A representative from Congressman's Dave Joyce's Office to assist you with anything you need.

Tuesday, January 23, 2024
10:00am - 4:30pm

Stop in and talk to Ariann, she can assist you.

Happy Holidays – But Watch Out for SAD December is National Seasonal Affective Disorder (SAD) Month. SAD is a type of depression that occurs mostly during the winter months. It usually affects women more than men and the risk increases as we age. It's thought that less sunlight from shorter days impacts our brain and that may cause SAD.

Symptoms can include daytime drowsiness and increased sleep, loss in interest in activities, social withdrawal and anxiety, fatigue, headaches, and even weight gain. If you experience any of these more often during the winter months, be sure to discuss it with your doctor. Several treatment options are available including exposure to sunlight, light therapy (phototherapy), psychotherapy, and antidepressants. Getting regular exercise can be very helpful as well. If you've noticed during this time of year that the symptoms above seem more common set an appointment with your primary care doctor to discuss options.

Commodity Supplemental Food Program a Senior Food Assistance Program

Pick Up Dates:

Tues. January 16, 2024
Tues., February 20, 2024
After 1:30pm

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!

The Center will be closed on the following dates:

- Monday, December 25, 2023
In Observance of Christmas Day
- Monday, January 1, 2024
In Observance of New Years Day
- Monday, February 19, 2024
In Observance of Presidents Day
- Monday, May 27, 2024
In Observance of Memorial Day



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

HELP for Heating/Cooling Bills
There is a programs offered by the State of Ohio to help you with your heating and cooling bill.

You may receive financial assistance or efficiency improvements for homes or apartments. If your gross household income from all sources is less than the following amount for the number of members in your household you may qualify:

- 1 person up to \$21,780
- 2 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.

Tues., Dec. 12, 2023 at 1:30pm

A visit to Finland provides pipeline to Santa. Finland is one of Europe's best-kept secrets, featuring epic mountains, towering forests, stunning fjords, and picture-perfect lakes.

RSVP BY: 12/8/2023

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.

Fri., January 12, 2024 at 1:30pm

A visit to Alaska!

Known as "The Last Frontier," Alaska is a stunning exhibition of nature at its finest, from towering glaciers to national parks the size of nations and the ethereal beauty of the Aurora Borealis.

Adventure calls in Alaska!

RSVP BY: 1/5/2024

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

Board Members and Director

Ann Wiley, Board President, Ann Wiley Insurance Service
Brenda MacNaughton, Board VP, Flowers on the Avenue
Mary Church, Board Treasurer, Ashtabula City
Carissa Allen, Board Secretary, Saybrook Landing
Pastor Jeff Stoll, Senior Member
Hazel O'Neal, Senior Member
Dawn Dale - Geneva Center for Rehabilitation and Nursing
David Moore - Intrepid USA Home Care
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.

UPPER CRUST

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

"UPPER CRUST Lunch Bunch"

Friday, January 19, 2024
at NOON
Beckers

1601 W. Prospect Ave. Ashtabula,
RSVP by
Friday, January 12, 2024

Dessert After Upper Crust at
Center for Active Living
Dessert and Coffee and a little fun
Fri., January 19, 2024 at 2:00 pm
RSVP by Fri, January 12, 2024

Feb. 2024 Upper Crust
Friday, February 16, 2024
Crows Nest

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>

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
 2300 Center Road, Ashtabula, OH 44004
440-969-1509 PHONE • 440-969-1519 FAX




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

*Goodbye
2023
Welcome
2024*

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

Current Resident or:

NONPROFIT ORG
 US Postage Paid
 Permit #464
 Ashtabula, OH 44004



Center for Active Living

Meet New People, Make New Friends