

# THE ACCOA NEWS

## CENTER FOR ACTIVE LIVING

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

www.accoacenterforactiveliving.com  
 program@ashtabulaseniors.org  
 Hours: 8:30 am - 4:30pm  
 Monday through Friday  
 Issue #122022



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

December 2022

### 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 Party	February 14, 2023
St Patrick's Day Party	March 17, 2023
Good Friday Celebration	April 7, 2023
Mothers Day Tea	May 12, 2023
Fathers Day Celebration	June 16, 2023
Senior Prom Dinner Dance	July 2023
Summer Picnic	August 2023
Grandparents Day Ice Cream Social	September 8, 2023
Halloween Party	October 31, 2023
Friends Giving	November 22, 2023
Christmas Party	December 2023
Noon Years Party	December 29, 2023

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

## IMPORTANT MESSAGE

### IF YOU ARE NOT FEELING WELL STAY HOME

Don't endanger the lives of other people by continuing to come to the center...

Don't expose your friends, staff, or people with autoimmune issues or on immunosuppressant drugs to your ick...

Rest. Don't neglect your self-care...

#### DO YOU HAVE A FEVER OR CHILLS, A COUGH OR SORE THROAT?

If "yes," you may have the flu or COVID. Symptoms include fever, chills, cough and or sore throat. Other symptoms can include runny nose, body aches, headache, tiredness, diarrhea, or vomiting.

Please DO NOT come to the senior center if you are sick with a fever, cough or sore throat.

The Centers for Disease Control and Prevention (CDC) recommend that sick individuals stay home if they are sick with flu-like symptoms until at least 24 hours after they are free of fever (100 degrees Fahrenheit or 38 degrees Celsius) or signs of a fever (have chills, feel very warm, have a flushed appearance, or are sweating). This should be determined without the use of fever-reducing medicines (any medicine that contains ibuprofen or acetaminophen).

If you are at higher risk for complications from the flu or COVID and you feel sick, contact your health care provider as soon as possible. People of any age with chronic medical conditions (such as pulmonary disease, asthma, diabetes, neuromuscular disorders, or heart disease), and people 65 years of age and older are more likely to get complications from the flu and COVID. Your health care provider may prescribe antiviral drugs, and they are most effective when started within 2 days of getting sick.

In addition, EMERGENCY WARNING SIGNS that you NEED URGENT medical attention include:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough



# Birthdays of the Month

## It's a BIG Birthday Bash!

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

Gary Chandler	12/1	MaryEllen Higley	1/17
Susan Lillie	1/3	Patricia Jackson	1/20
Willie Miller	1/4	John McEndree	1/22
Roger Arkelin	1/6	Marguerite Whitney	1/22
Jayne Colin-Currie	1/6	Louie Dipacido	1/23
Ann Peji	1/9	Terry Osburn	1/23
James Camplese	1/10	Glenn Harvey	1/25
Fred Wheeler	1/13	Beth Howell	1/25
Dick Ballo	1/14	Richard Redline	1/29
Harvey Eliason	1/16	Barbara Laughlin	1/31
		Diane Young	1/31

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

on Friday, January 27, 2023 at 1:30 pm

Cupcakes, Ice Cream and Coffee will be sponsored by

RSVP by January 20, 2023 by calling 440-998-6750 or online at <https://schedulesplus.com/ashtabula>

Are you friends with any of the January birthday peeps?

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



## LET'S PLAY BINGO

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

Wednesday, January 4, 2023 - Health Markets Insurance Agency  
Monday, January 9, 2023 - Lake Point  
Wednesday, January 18, 2023 - Health Markets Insurance Agency  
Monday, January 23, 2023 - Lake Point  
Monday, January 30, 2023 - Health Markets Insurance Agency  
Monday, February 6, 2023 - Lake Point

AND EVERY FRIDAY 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.



## Tech Tutor at the Center

Tuesday, January 24, 2023  
fourth Tuesday of the month at  
2:30 pm

Susan from the Ashtabula Library will be 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, dancing/line dancing, 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

TUESDAY, JANUARY 24, 2023 @ 1:30 PM

A is for Alibi by Sue Grafton – Private investigator, Kinsey Millhone, takes on a new client, Nikki Fife. Nikki wants Kinsey’s help finding the person who killed Nikki’s husband.

Bring your book with you!

February 28, 2023 @ 1:30 pm - Educated by Tara Westover – A homeschooled young woman gets her PHD from Cambridge University in the United Kingdom.

## Medical Equipment Lending

Need a walker or wheelchair?

We have all kinds of medical equipment for rent. You can borrow for a small deposit! When you return the equipment, your deposit will be returned to you!



### Some items available:

Wheelchairs, Walkers, Rollators, Bedside Commodes,  
 Shower Chairs & Raised Toilet Seats.

Call 440-998-6750 for more information



VILLA AT  
 THE LAKE

A Randall Residence

Assisted Living  
 & Memory Care  
 in Conneaut

(440)599-1999

RandallResidence.com

Blood Pressure Screenings  
 Every Wednesday  
 at 11:00am

Glucose Screening  
 Thursday, January 26, 2023  
 10:00am - Noon

## Community HEALTH FAIR

Tuesday, January 25, 2023

10:30am to 1:30pm

Sponsored by: MyoFIT Clinic—Ashtabula  
 At the Center for Active Living  
 4148 Main Avenue :: Ashtabula

Learn about community resources, receive free health screenings,  
 and enjoy light refreshments.



## Breakfast CLUB

Wednesday, January 25, 2023  
 9:30 - 10:30

Menu: French Toast & sausage

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

Pre-pay only - Sorry no refunds  
 Reservations are required by 1/18/23

## Movie and Popcorn

*Slumberland*

Fri., February 3, 2023 at 1:30 pm  
 Joined by a larger-than-life outlaw,  
 a daring young orphan journeys  
 through a land of dreams to find a  
 precious pearl that will grant her  
 greatest wish.

Staring Lisa’s favorite!  
 Jason Mamoia (Aquaman)  
 RSVP by 1/27/23

## Movie and Popcorn

*The Swimmers*

Friday, March 3, 2023 at 1:30 pm  
 Based on a true story of Olympian  
 Yusra Mardini and her sister Sara  
 Mardini, who escaped their home  
 country of Syria during their Civil  
 War to the 2016 Rio Olympics,  
 two sisters embark on a risky voy-  
 age, putting their hearts and their  
 swimming skills to heroic use.

RSVP by 2/24/2023

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>



## 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 2023 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 and low-cost computer classes
- 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.
- Two complimentary tickets to one of ACCOA's parties.

**\$200.00**

### Platinum Subscription:

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

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

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>

## DIGESTIVE HEALTH ISSUES SEMINAR

Friday, January 20, 2023  
at 1:30pm

Do you find yourself feeling bloated, constipated, experiencing low energy levels, or excessive weight gain?

The health of our digestive system plays a vital role in our entire health. Find out how your diet and lifestyles may be compromising your digestive system

## 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



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



# Cards & Games

Join us for cards daily  
10am to 4pm

## Wii BOWLING

Thursday's  
Thurs., Jan. 5 at 2:30pm  
Thurs., Jan. 12 at 1:30pm  
Thurs., Jan. 19 at 2:30pm  
Thurs., Jan. 26 at 3:00pm

## BRAIN BONANZA

Wed., January 11 at 10:00am  
Put your brain to work with fun and exciting ways through trivia, games, puzzles, and riddles.

UP THE RIVER  
DOWN THE RIVER  
Tues., Jan. 17<sup>th</sup> at 1:30pm

LEFT RIGHT CENTER  
Wed., Jan. 25<sup>th</sup> at 3:00 pm  
bring 9 nickels  
AFTER THE HEALTH FAIR

Improve your reaction speed, critical thinking, and communication skills by playing games with others.

These are important to keep the mind sharp. Interaction with other adults improves relationships, decreases social isolation and depression among older adults.

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>

## PINOCHLE

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

The winners of our Pinochle Tournament on Tues., November 9, 2022 were:  
1<sup>st</sup> Place Howard Stewart  
2<sup>nd</sup> Place Tom Sarell  
3<sup>rd</sup> Place Olive Jones

Many thanks to all participants and congratulations to the winners!

## POKENO

Friday, January 27, 2023  
PO KE NO is a game that is a combination of poker and keno, though it is pretty much like playing bingo with cards.

Bring a roll of pennies with you.

## UNO FLIP

Tues., Jan. 17<sup>th</sup> at 1:30pm

RUMMIKUB TILE GAME  
Thursday, February 2, 2023

To join any of these classes go to <https://live.televeda.com/signup>  
Enter "ASHTA2021"  
Click on CREATE ACCOUNT, AGREE to Waiver of Liability,  
Enter your Name, email address and cell phone number.  
They will send you an unique code by email/text enter it in the box they provide for you, click enter and you will be able to join a class!  
Join live, virtual classes Monday-Friday to get active, make friends, and have fun. Use your internet device to go to <https://live.televeda.com/signup> and click the purple "join class" button!  
See you there!

### January 2023 VIRTUAL CALENDAR

MON	TUE	WED	THU	FRI
2	3 4pm Brain Games 7pm Musical Happy Hour 7pm Zumba Gold 8:45pm Beyond Barre	4 1pm Creative Writing Workshop 2pm Chair Yoga	5 1pm Zentangle 7pm Musical Happy Hour 7pm Zumba Gold 8:45pm Beyond Barre	6 7pm Musical Happy Hour
9	10 2pm Drawing & Painting 4pm Brain Games 7pm Musical Happy Hour 7pm Zumba Gold 8:45pm Beyond Barre	11 1pm Creative Writing Workshop 2pm Chair Yoga 7pm Heart Healthy-Food Labels & Shopping	12 1pm Zentangle 7pm Musical Happy Hour 7pm Zumba Gold 8:45pm Beyond Barre	13 7pm Musical Happy Hour
16	17 2pm Drawing & Painting 4pm Brain Games 7pm Musical Happy Hour 7pm Zumba Gold 8:45pm Beyond Barre	18 1pm Creative Writing Workshop 2pm Chair Yoga	19 1pm Zentangle 7pm Musical Happy Hour 7pm Zumba Gold 8:45pm Beyond Barre	20 7pm Musical Happy Hour
23	24 2pm Drawing & Painting 4pm Brain Games 7pm Musical Happy Hour 7pm Zumba Gold 8:45pm Beyond Barre	25 1pm Creative Writing Workshop 2pm Chair Yoga	26 1pm Zentangle 7pm Musical Happy Hour 7pm Zumba Gold 8:45pm Beyond Barre	27 7pm Musical Happy Hour
30	31 2pm Drawing & Painting 4pm Brain Games 7pm Musical Happy Hour 7pm Zumba Gold 8:45pm Beyond Barre	1 1pm Creative Writing Workshop 2pm Chair Yoga	2 1pm Zentangle 7pm Musical Happy Hour 7pm Zumba Gold 8:45pm Beyond Barre	3 7pm Musical Happy Hour

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>

## 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!

Happy Travelers Social Club  
NO MEETING IN JANUARY  
Entertainment & refreshments provided.  
ALL ARE WELCOME.

## Mackinac Island Trip

June 5-9, 2023 - \$642.00/Double

Includes: 4 nights lodging in Northern Michigan; 8 meals: 4 breakfasts and 4 dinners. Guided Tour of Mackinaw City; Visit to Mackinac Island, including a Guided Carriage Tour; Boat ride through the Soo Locks and free time and sight-seeing in Sault Sainte Marie; Visit to Mackinaw Crossings; Admission to Colonial Michilimackinac; Gaming excitement at Kewadin Sault Casino. FMI: Contact Sara or Betty at 440-998-6750

TAKING DEPOSITS NOW!

Look!

For all of our 2023 trips in next months newsletter

## 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

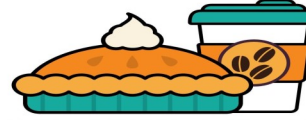
Meets Thurs., Mornings  
At the Center

Weigh In Time: 10:00am  
Program Start Time: 10:15am

NEW MEMBERS WELCOME

# Socials and Food

## PIE & COFFEE SOCIAL



Tuesday, January 10<sup>th</sup> at 3pm

Come join us for some pie, coffee and fellowship. There is no cost, so just come enjoy the company of others and a slice of pie, we'd love to have you.

To reserve a spot call 440-998-6750

## Trivia and Snacks

Wed. January 11, 2023 at 1:30pm

Gather your friends and join us for an afternoon of fun, friendly competition...and prizes!!

In partnership with Bob from Country Club Retirement Campus.  
Sign up by Mon. January 9, 2023

## National Glazed Donut Day!

Thursday, January 12, 2023 at 3:00pm

Join us for a glazed donut and coffee.  
Sign up by Jan., 9, 2023

COME IN & WARM UP!  
PLEASE JOIN US FOR



**Cookies & COCOA**  
Fir., Jan. 13<sup>th</sup> at 1:30pm  
To reserve a spot call  
440-998-6750

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>

## Cook and Taste Wednesday's at 11:00 am

1/4 - Chili

1/11 - Cheeseburger Macaroni

1/18 - Broccoli Cheese Soup

1/25 - Shepherds Pie

2/1 - Ramen Noodle Dump Dinner

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

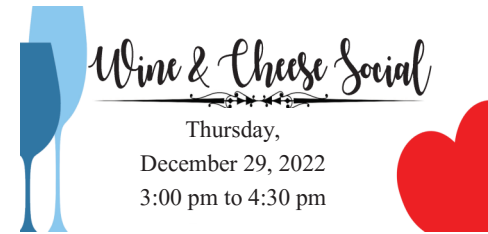
RSVP by the week prior.  
The cost is \$1.00 for all.

## NATIONAL POPCORN DAY

Thurs., January 19, 2023 at 3pm

A day bursting with goodness and good taste.

Join us to taste different flavors and fun!



## Wine & Cheese Social

Thursday,

December 29, 2022

3:00 pm to 4:30 pm

## CHIPS AND SALSA

Thurs., January 26, 2023 at 1:30pm

Fresh homemade salsa prepared in front of you

## CUP OF SOUP

Wed., Feb. 1, 2023 at 3:00pm

Join us for a nice piping hot cup of chicken noodle soup!

Sign up by Wed., January 25, 2023

# Arts & Crafts

## CROCHETING WITH JACKIE

Every other Thursday at 1:00pm

January 5<sup>th</sup> & 19<sup>th</sup>, 2023

February 2, 2023

*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

## BATH BOMBS

Tues., Jan. 17, 2023 at 1:30pm

Made with natural ingredients &  
perfect to hydrate winter skin.

Cost \$5/\$10 non-subscribers

Three moisturizing bath bombs

Sign up by: Tues., Jan. 10, 2023

Seating limited to 12

## COLORING CLUB

Wed., Jan 18, 2023 at 10am

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.

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>

## 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

## Flower Heart Wreath

Simple yet beauti-  
ful



Tues., Jan. 30, 2023

At 1:30pm

Cost: \$5/\$10 non-subscribers

Sign up by: Tues., Jan. 23,  
2023

Seating is limited to 10  
Be prepared to use the hot



Jigsaw  
Puzzles  
Daily  
10am  
to  
4pm

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

## Privacy and the Comforts of Home

### Ashtabula County Nursing and Rehabilitation Center

Whether you or your loved one needs a place for  
**short-term recovery or long-term care**, we provide  
**ALL PRIVATE ROOMS** to help you rest and recover.  
Feel at home while you're away from home — with  
the comfort and care you need.

Call us today to learn more.



5740 Dibble Road, Kingsville  
**440-224-2161**  
[AshtabulaCountyNursing.com](http://AshtabulaCountyNursing.com)

## Holly's Hearing Aid Center

2845 North Ridge Rd. East  
Ashtabula, OH 44004  
**440-992-0101**  
(Next to AAA)

FREE hearing test  
and  
FREE batteries  
First-time visitors only.



### 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.



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 JOIN US FOR A  
**Valentine's**  
PARTY

TUESDAY, FEBRUARY 14TH :: 2:00 - 5:30 PM  
*Entertainment :: Valerie Marini at 2:30pm*

Fun :: Games :: Dinner :: Dancing :: Appetizers  
Beverage :: Chocolate Bar :: Photos (\$1)

Hosted by: ACCOA Center for Active Living  
4148 Main Ave, Ashtabula

RSVP by: Tuesday, February 7, 2023

**COST: \$4.00**  
for newsletter subscribers  
\$9.00 non subscribers

### 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.

## Ashtabula Towers

 A ROSE COMMUNITY



One Bedroom Apts.  
Utilities Included Shopping Nearby  
Transportation Social Activities

*This is an elderly admission preference community.*

325 W. 48th St  
Ashtabula, OH 44004  
(888)257-8260

## Tips to Beat the Winter Blues

- \* Brighten your home - Vitamin D from natural light can help improve your mood. Make it a daily routine to open your blinds and curtains. Consider purchasing a light therapy lamp.
- \* Eat well - Eating the right combination of proteins, carbohydrates, dairy, fruits and vegetables is a natural way to boost your mood and energy.
- \* Stay active - Exercise can be vital to lifting up your mood during the winter months. Stretching, walking, yoga and lifting light weights are a few ideas to get you started.
- \* Accomplish a goal - Motivate yourself by adding a goal to your to-do list, big or small, and once it's finished, cross it off.
- \* Try something new - Consider taking up a new hobby like puzzles, crosswords, knitting or walking or volunteering for a local organization.
- \* Visit the Center for Active Living and participate in one or two of our fun activities.

## INCOME TAX ASSISTANCE

Once again ACCOA will offer the Income Tax Assistance program at the Center for Active Living. Ashtabula County residents aged 60 and older may participate. Call 440-998-6750 to schedule your appointment.

## Gran Signora Manor



Cindy Licate  
MANAGER

440-998-7551  
440-992-6011 FAX

1210 EAST TWENTY-FIRST STREET  
ASHTABULA, OHIO 44004

## ELDER CARE OPTIONS SEMINAR

Tuesday, January 10, 2023  
at 1:30pm

Senior care can be extremely costly and figuring out how to fund high quality care for your loved one is an overwhelming task. The might not have saved up enough for care costs, which can make it challenging to navigate between other financial obligations and make sure their needs are addressed.

Regardless of the obstacles, you might be facing, the good news is there are many solutions out there to make your life less stressful.

Join Eric Sailor from Care Patrol to learn about elder care options and how to pay for them.

Refreshments will be provided.

## Board Members and Director

Ann Wiley, Board President, Ann Wiley Insurance Service  
Brenda MacNaughton, Board VP, Jefferson Healthcare Center  
Mary Church, Board Treasurer, Ashtabula City  
Carissa Allen, Board Secretary, Saybrook Landing  
Rev Jeff Stoll, Saybrook United Methodist  
Hazel O'Neal, Senior Member  
Dawn Dale - Geneva Center for Rehabilitation and Nursing  
Brittany Larko, Adoration Home Health and Hospice  
Dr. Celine Pollander, Dr. of Physical Therapy MYO Fit  
Lisa Bruckman, Executive Director



FREE FREE 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"**  
Kardohely's  
1730 West Prospect  
Ashtabula

Friday, January 20, 2023  
at NOON

RSVP by Friday, Jan. 13, 2023

Dessert After Upper Crust at  
Center for Active Living  
Dessert and Coffee and a little fun

Fri., Dec. 2, 2022 at 2:00 pm  
RSVP by Friday, Jan. 13, 2023  
by calling 440-998-6750 or on line at  
<https://schedulesplus.com/ashtabula>  
Games to follow

February 2023

Upper Crust  
Friday, February 17, 2023  
Crows Nest

## YOU MAY QUALIFY FOR RX ASSISTANCE

This service is designed to assist Ashtabula County residents age 60 years old and older to obtain *FREE or low cost* prescriptions from pharmaceutical companies and help navigating through Social Security Part D programs.

Call (440) 998-6750 for  
an appointment!





# 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)

**440-576-0060**

# 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**

A United Way and Ashtabula County Senior Service Agency



Current Resident or :

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

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