Senior Citizens Friendship Center

CARROLL COUNTY OHIO

MAY 2021

WELCOME!

P.O. BOX 14
100 KENSINGTON ROAD NE
CARROLLTON, OH 44615

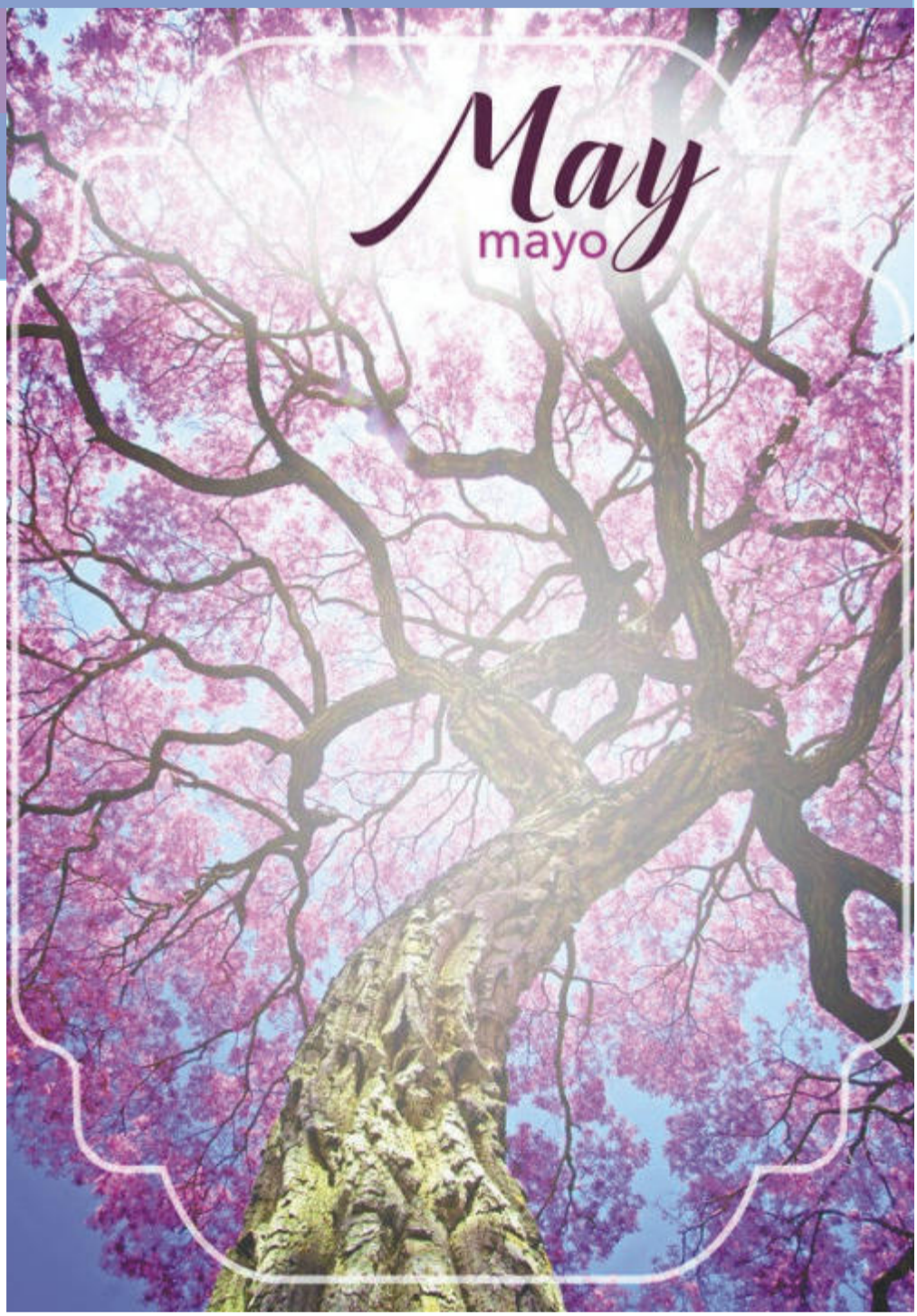
CENTER INFORMATION

Hours
Monday-Friday
8:00 am-4:00 pm
Contact
Phone: 330-627-7017
Fax: 330-476-6402
Email: friendshipcenter@carrollcountyohio.us

MONTHLY SPOTLIGHT

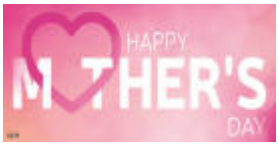
OLDER AMERICANS MONTH

COMMUNITIES OF STRENGTH: MAY 2021



- **05/05**

- **05/09**



- **05/31**

Facebook: https://www.facebook.com/CarrolltonFriendshipCenter

INSIDE OUR CENTER

CCCOA Information & Contact

CENTER INFORMATION

STAFF

Tonya Myers, Director
Jenna Aukerman, Asst. Director
Sherry Casper, Data Entry, I&R
Janice Nape, Head Cook
Deb Toussant, Asst. Cook
Cindy Sandefur, Kitchen
Annette Welch, Kitchen
Crystal Woodburn, Kitchen
Freda Luyster, HDM Driver
Patty Babe, HDM Driver
Cindy Grindstaff, HDM Driver
Robert Hull, HDM Driver
Carl Leonard, HDM Driver
Aneissa Randal, Activities Instructor
Heather Smalley, Wellness Worker
Sue Miller, Sub
Tom Barnett, Sub
Dick Walters, Sub
Lexxus, Grimes, Sub
April, Rogers, Sub

WE ♥ OUR VOLUNTEERS

Earl Cattrell
Dean Rinehart
Donna Rinehart
Greg & Amy Harkless
Dave Myers
Denny Roudebush
Kris DeWitt
Deb Hull
Vi Williamson
Paul Jackubowski
Chuck Lutton
Donna Wey

CONGREGATE MEALS

WE WILL CONTINUE TO RUN CURBSIDE PICK-UP FOR THE MONTH OF MAY!

CALL TO MAKE YOUR RESERVATION THE DAY BEFORE .

HOME-DELIVERED MEALS

The same meal served at the Center is also available for individuals or couples through our home-delivered meals program. Individuals must be 60 years of age or older, homebound, and a Carroll County resident. Frozen meals are also available for the weekend for those who want them. Regulations forbid leaving meals in a cooler, but they may be left in a refrigerator. Please communicate with your driver about the issue. Suggested donation is $2.00 Payable to "Carroll County Council on Aging". Post-dated checks will not be accepted. This is also a great opportunity for a daily wellness check for a loved one!

LEGAL ASSISTANCE

Funds are provided to pay up to $250 per person per year for a wide variety of legal services from participating Carroll County attorneys. There is an hourly fee cap for these services. This program is first come first serve basis until funds are exhausted. Please call the Friendship Center for information.

THANK YOU TO OUR PARTICIPATING ATTORNEYS:

Kelly Broadwater
Cathy Stoneman
Maureen Stoneman
Jennifer Thomas

INFORMATION & REFERRAL

This service provides specific information as to the particular agency to call regarding certain needs you may have. The Center will assist in making appointments and will follow up to ensure your needs have been met. 330-627-7017

SOCIAL ACTIVITIES

Our Centers are designed to promote socialization and stimulate mental, physical, and emotional health. With a wide array of options, every Senior should be able to find an activity to join in with! Call with any questions and we will introduce you to the activity to get you started.

In May, socially distanced OUTDOOR activities will be added.

GROCERY ORDERING

We will be continuing grocery shopping and delivery! Call in to the center and give us your grocery list with either Sanders or Discount Drug Mart. Prescription pick-up at either Discount Drug Mart or Rite Aid pharmacy.

Stay home and stay safe!

WELCOME AND WELLNESS

We offer a supportive social structure with wellness employee, Heather Smalley. We are available through the week to provide positive interactions to seniors in Carroll County. Through ongoing assessments, recurring home and telephone visitations, the program identifies clients unmet needs and offers ongoing assistance in securing access to appropriate health and social resources. If you or someone you know are interested in a porch visit or social phone call please call 330-627-7017 .

ACTIVITIES & EVENTS

SENIORS' FARMERS MARKET NUTRITION PROGRAM

The Senior Farmers' Market Nutrition Program is a federally funded program administered by the United States Department of Agriculture's Food and Nutrition Services Agency and in Ohio, by the Ohio Department of Aging. ODA provides additional state funds to support SFMNP operation within Ohio. The AAA enters into a Grant Agreement with ODA to administer SFMNP within their planning and service region. The SFMNP provides l**ow-income** older adults with coupons to purchase eligible, locally grown produce at farmers' markets and road-side stands.

In 2021, the program will run from **May 1 through October 31.**

CALL TODAY TO SEE IF YOU CAN QUALIFY FOR CARROLL COUNTY!

SENIOR COVID-19 VACCINATION

In collaboration with Carroll County Health Department, we will be helping seniors get vaccinated AT HOME!
Please RSVP by **May 3rd** by calling 330-627-7017.
WE WILL register you through Amorvax app that is required.
(Please have ready your name, date of birth , phone #, and address).
A Health Department staff will ride along with a *Meals on Wheels* staff to offer vaccine and monitoring
MAY 10TH.

OHIO ATTORNEY GENERAL "SENIOR SCAMS"

The Ohio Attorney generals office is providing a *VIRTUAL MEETING* to give us updated information on current scams in our areas. The best line of defense is to be in the know! Please RSVP by **May 17th** to get computer invite via email.
MAY 19TH @ 1:00PM

Health & Wellness

BOOST

We have Boost available to fill in any nutritional gaps you may experience! Boost is provided per case with 27 pouches in each.
Regular:$28.00 per case
Plus:$30.00 per case
Diabetic:$40.00 per case

GROCERY/ PERSCRIPTION PICKUP AND DELIVERY!

Call in your orders to us and we do the rest!
Participating stores; **Sanders, Discount Drug-Mart,** and **Rite-Aid** for prescriptions will call for payment method.
We then will drive them right to your door for free!
We want you to stay safe!

Caregivers Support Group

A **VIRTUAL MEETING** will be held on the 3rd Monday of every month.
MAY 17th
From 2:00-4:00pm
Call: 833-600-1761
Enter ID: 814500572#

1. Multiple cities claim to be the birthplace of Memorial Day.
According to the Library of Congress, President Lyndon Johnson declared Waterloo, New York, to be the "Birthplace of Memorial Day," referencing a celebration the town had in 1866. However, other places are known to have celebrated the holiday earlier, and exactly where the first celebration took place remains in dispute.

2. It was originally called Decoration Day.
The holiday was celebrated by "decorating" the graves of fallen soldiers with flowers, flags, and more, hence the name "Decoration Day." Over time, it became known as Memorial Day.

3. Union General John A. Logan founded the holiday.
Although people were already decorating graves of fallen Civil War soldiers in an unofficial way, General Logan codified the holiday. "The 30th of May, 1868, is designated for the purpose of strewing with flowers, or otherwise decorating the graves of comrades who died in defense of their country during the late rebellion, and whose bodies now lie in almost every city, village and hamlet churchyard in the land," he famously said.

4. Memorial Day wasn't celebrated on the "last Monday in May" until relatively recently.
When General Logan officially launched the holiday, he called for it to be observed on May 30. After the Uniform Monday Holiday Act took effect in 1971, however, it was moved to the final Monday in May.

5. It's customary for the U.S. president or vice president to give a speech.
And traditionally, that speech is delivered at the Tomb of the Unknown Soldier at Arlington National Cemetery. Ahead of Memorial Day weekend, the 3rd U.S. Infantry also place American flags in front of Arlington's over 260,000 graves and niches

6. **History of Memorial Day: Red Poppies**
In 1915, inspired by the poem "In Flanders Fields," Moina Michael replied with her own poem:
We cherish too, the Poppy red That grows on fields where valor led, It seems to signal to the skies That blood of heroes never dies.

7. Originally, only soldiers who had died in the Civil War were honored.
After WWI, though, the holiday began to encompass members of the American armed forces who had fallen in any conflict.

THESE SERVICES ARE PROVIDED INPART BY THE OHIO DEPARTMENT ON AGING THROUGH AREA AGENCY ON AGING REGION 9 AND CARROLL COUNTY

CARROLL COUNTY TRANSIT

Carroll County Transit provides transportation in and around Carrollton and outside Carroll County. Transportation to the Senior Friendship Center is available on a daily basis M-F. For medical transportation, seniors with residence within the Village of Carrollton, over 60, please call Transit at 330-627-1900. For seniors with residence outside of the Village of Carrollton, over 60,
please call Senior Friendship Center at 330-627-7017.
It is your responsibility to notify transit no later than (two) 2 hours prior to your scheduled pick-up time if you need to cancel your transportation. Voicemail messages may be left after hours for cancelations only. Hours of operation are
6:00 a.m. to 6:00 p. m. Monday through Friday.

For your information

The Carroll County Council on Aging is a local, non-profit 501(C)(3), senior services provider serving Carroll County senior citizens aged sixty and older. Due to a growing need for senior based services and programs, the services provided include congregate meals, home delivered meals, transportation services, and more. Private, tax deductible contributions greatly assist us in providing reliable quality services to senior citizens living throughout Carroll County. We are asking for your help in continuing our services and programs by making a donation in support of our mission of serving seniors. Growing expenses require us to share this reminder about how crucial your donations are and how they go directly toward the mission of serving our senior citizens. Together we can better serve aging adults living here in our very own community, helping those who once filled our farms and factories maintain an independent life in their own home as long as possible. Please remember the work of the Carroll County Council on Aging in all your giving, in the structure of your will, and when memorials are appropriated. Your gifts will aid and assist many and be appreciated for years to come by a senior population in need of a helping hand to remain independent and in their own home as long as possible. Thank you!

CARROLL COUNTY COUNCIL ON AGING

The Carroll County Council on Aging meets the 1st Thursday of each month at 10:00 AM at the Friendship Center. The next meeting will be held:
MAY 6TH @ 10:00 AM
These are open to the public and we encourage your participation. Current officers are: President-Rose Weiss, Vice President-Dean Rinehart, Secretary–Elaine Myers, Treasurer-Amy Harkless,
and 3 Trustees–Bob Herron, Mark Spears, and Doris Logan.

MEDICARE ASSISTANCE

Are you turning 65 this year? Brenda Gregory with the KAZ company may be able to help.
Let her help you find a plan that works best with your situation.
Office Phone: 330-533-6903
Work Cell: 330-720-4864

SOCIAL SECURITY AND MEDICARE

The New Philadelphia Social Security Office is located at 1260 Monroe St. Suite 1C and can be reached at 1-866-731-4236. The Steubenville Office is located at 500 Market St. on the 4th floor and the number is 1 -866-253-6889.
The Medicare number is 1-800-633-4227.

Golden Buckeye Cards

Applications are available at the Senior Center. You must present proof of identity and age (60 or older). Suitable forms of ID included a driver's license or birth certificate.

Society For Equal Access

Jason Donley is a representative from SEA that can help our areas seniors with physical, cognitive, emotional, or developmental disabilities.
Please call 330-343-9292 if you have any questions or need an appointment.

MAKING A DIFFERENCE

YOUR TAX DEDUCTIBLE DONATIONS AND LEGACY HELPS PROVIDE SENIOR CITIZENS WITH SERVICES!

The Carroll County Council on Aging, Inc is a registered 501 (C) 3 non-profit senior center providing multiple services to Seniors in Carroll County. Funding sources include Friendship Center Taxy Levy , Part by the Ohio Department of Aging through the Area Agency on Aging-Region 9 , as well as donations and contributions that are made from countywide supporters. No one funding source provides full coverage of our services.

We have been challenged with current events to cover our expenses. As we continue to grow, continuous generosity and kindness from our community will continue to fill those gaps. We would not be able to continue to serve WITHOUT YOUR SUPPORT!

Your donations can be put towards multiple services that we try stive to serve seniors on a "Donation Only" basis so guarantee zero denials 60 and above. Rising needs for In-home delivery, rising food costs, increase packaging costs, and contractual service raises require us to continually share this reminder about how crucial your donations are and how they go directly towards Carroll County's Senior Citizens Needs.

Please remember us when structuring your will; listing beneficiaries, and when making in-memoriam contributions are appreciated. Legacy donations are a wonderful way to memorialize your loved one. We sincerely appreciate any support you may be able to offer!

Thank you for supporting the Mission of Carroll County Senior Citizen Friendship Center

I WANT TO MAKE A TAX DEDUCTIBLE DONATION TODAY!

I/We wish to contribute to the following beneficial senior based program(s):

Home Delivered Meals_____
Dining Center Meals_____
General Use _____
Transportations _____
Exercise_____
Pet Treats/ Food Program_____
Morning Breakfast Program _____
Pet Treats/ Food Program_____
CCCOA Foundation/Endowment Fund
Birthday Dinner Entertainment_____
Other (Please specify) _____

In Memory of: _____

Please Complete and mail your 2020 tax-deductible donations to:
Carroll County Council on Aging, Inc.
P.O. Box 14
100 Kensington Rd
Carrollton, Ohio 44615

MAY CALENDER

Events and Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
-3-	-4-	-5-	-6-	-7-
	9:30: OUTSIDE GERI-FIT **12:00:** SENIOR STROLLERS	**9:30:** OUTSIDE GERI-FIT	**9:30:** OUTSIDE GERI-FIT **11:00: FRIENDSHIP CENTER CAR BINGO** **12:00:** SENIOR STROLLERS	**1:00:** **SPOIL THE MOMS DRIVE-THRU**
-10-	-11-	-12-	-13-	-14-
HOMEBOUND VACCINATIONS	**9:30:** OUTSIDE GERI-FIT **12:00:** SENIOR STROLLERS	**9:30:** OUTSIDE GERI-FIT	**9:30:** OUTSIDE GERI-FIT **12:00:** SENIOR STROLLERS	**12:00:** VIRTUAL/PARKING LOT CRAFT
-17-	-18-	-19-	-20-	-21-
	9:30: OUTSIDE GERI-FIT **12:00:** SENIOR STROLLERS BIRTHDAY DINNER!	**9:30:** OUTSIDE GERI-FIT **1:00:** **OAG SENIOR SCAMS**	**9:30:** OUTSIDE GERI-FIT **11:00: CROSSROADS CAR BINGO** **12:00:** SENIOR STROLLERS	
-24-	-25-	-26-	-27-	-28-
	9:30: OUTSIDE GERI-FIT **12:00:** SENIOR STROLLERS	**9:30:** OUTSIDE GERI-FIT **11:30:** **SENIOR DAY "PICNIC IN THE PARKING LOT"**	**9:30:** OUTSIDE GERI-FIT **12:00:** SENIOR STROLLERS	
-31-	--	--	--	--
CLOSED **MEMORIAL DAY**				

WHAT TO EXPECT AT EACH ACTIVITY:

- ALWAYS BE ON THE LOOKOUT FOR NEW AND UPCOMING ACTIVITIES!

**Notice in advance for participation will be required for all MAY activities as we work through capacity/ spacing requirements. Thank you for your cooperation!

- **FEATURED ACTIVITIES/EVENTS-** Refer to page 3 for more information on each activity.
- **SENIOR CAR BINGO -** Senior bingo will be starting the first and third Thursdays in May! Seniors will be required to stay in you car. Sliding window bingo cards will be provided. Set prizes available to winners!!
- **GERI-FIT-** Weather permitting, we will meet in the parking lot for social distanced group exercise. In preparation for future regulations for opening, please call and RSVP for exercise.

  TUESDAY, WEDNESDAY, and **THURSDAY @ 9:30 AM.**

  *Rainy/ bad weather days will be changed to a virtual team meeting the morning of.

  Expect an email in the morning of for an invite.
- **SENIOR STROLLERS-** Weather permitting, we will meet in the parking lot for social distanced walking group. In preparation for future regulations for opening, please call and RSVP for exercise.

  TUESDAY AND THURSDAYS @ 12:00 PM
- **MAKE & TAKE CRAFTS** available for PICK-UP starting MAY 10th through the DRIVE-THRU window. Call Aneissa to reserve your kit TODAY!! Step by step assembly available through teams meetings (please provide email address)

  MAY 14th @ 12:00PM

  THIS MONTHS FEATURED CRAFT:

MAY MENU

Monthly Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
-3-	**-4-**	**-5-**	**-6-**	**-7-**
CHEESE BURGER LETTUCE/TOMATO FRENCH FRIES GREEN BEANS APRICOTS	**CHICKEN TENDERS** BABY BAKERS MIXED VEGETABLES BANANA COOKIE BREAD/MARGARINE	**SOFT BEEF & CHEESE TACO** LETTUCE/TOMATO MEXICAN RICE BLACK BEANS & CORN TROPICAL FRUIT TORTILLA SHELL 	**CHICKEN & NOODLES** EUROPEAN BLEND VEGETABLES SPICED PEACHES V-8 JUICE BREAD/MARGARINE	**FRESH FRUIT PLATE** COTTAGE CHEESE YOGURT JUICE CINNAMON MUFFIN
-10-	**-11-**	**-12-**	**-13-**	**-14-**
LASAGNA CARROTS PEACHES COOKIE JUICE GARLIC BREAD	**COOKS CHOICE**	**SOUPER CHICKEN** MASHED POTATOES PEAS APPLE SAUCE COOKIE BREAD/MARGARINE	**PIEROGIES W/SAUSAGE** SICILIAN VEGETABLES TOMATOES & ZUCCHINI APRICOTS BREAD/MARGARINE	**BEEF STEW** BEETS WARM PEACHES COLE SLAW BISCUIT/MARGARINE
-17-	**-18-**	**-19-**	**-20-**	**-21-**
CHICKEN STIR-FRY OVER RICE EGG ROLL FORTUNE COOKIE APPLE V-8 JUICE	**CRANBERRY GLAZE PORK** SWEET POTATO CASSEROLE SEASONED GREEN BEANS CRANBERRY PECAN SALAD DESSERT DINNER ROLL/ MARGARINE 	**TURKEY SWISS BURGER** LETTUCE/TOMATO SIDE WINDER FRIES BRUSSEL SPROUTS PINEAPPLE	**HAMBURGER GRAVY** MASHED POTATOES MIXED VEGETABLES PEACHES BISCUIT/MARGARINE	**DELI COLD PLATE** SHRIMP SALAD ON BED OF SPINACH TOMATO WEDGES PEA SALAD GRAPE SALAD JUICE CRACKERS
-24-	**-25-**	**-26-**	**-27-**	**-28-**
MONTEREY CHICKEN BAKED POTATO ITALIAN BLEND VEGETABLES APPLE SAUCE DINNER ROLL/ MARGARINE	**CABBAGE ROLL CASSEROLE** MASHED POTATOES SUCCOTASH PEACHES BREAD/MARGARINE	**HOT DOG** PASTA SALAD 3 BEAN SALAD FRUIT SALAD CHIPS	**SWEDISH MEATBALLS** PARSLEY NOODLES GLAZED CARROTS MIXED FRUIT BREAD/MARGARINE	**CHEESE OMELET** SAUSAGE LINKS ROASTED POTATOES COUNTRY GRAVY APPLE JUICE ENGLISH MUFFIN MARGARINE
-31-	**--**	**--**	**--**	**--**
STEAK HOAGIE BAKED BEANS BABY BAKERS COLE SLAW COOKIE FRUIT **DELIVERED 05/28**				

Carroll County Visiting Nurse Association
"When it comes to health care, there's no place like . . . Home"
1029 Countryside Dr. NW
Carrollton, OH 44615
(330) 627-7625
fax (330) 627-8005
Info@ccvna.net
ccvna.net

Carroll County Transit
OPEN to the public including persons with disabilities
Office Phone: 330.627.1900
Office Fax: 330.627.1088
Hours: M-F 7a-4:30p
GO TO www.carrollcountyohio.us FOR FARE INFO

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