

THE Council Messenger



JANUARY 2021



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419-281-1477 or
1-800-246-1057

Visit our Web page at
www.ashcocoa.org

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Sandy Enderby

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Nutrition: Mindy Meininger
Homemaking: Missy Keck
Information & Referral /
Activities: Diane Cawood
Social Services: Gigi Oakley

WEATHER INFORMATION!

Listen for the ACCOA closings
on Cleveland Channels 8 & 3,
and Mansfield channel 39,
WMFD.



THE COUNCIL ON AGING

A New Year's Prayer

May God make your year a happy one!
Not by shielding you from all sorrows and pain,
But by strengthening you to bear it, as it comes;
Not by making your path easy,
But by making you sturdy to travel any path;
Not by taking hardships from you,
But by taking fear from your heart;
Not by granting you unbroken sunshine,
But by keeping your face bright,
even in the shadows;
Not by making your life always pleasant,
But by showing you
when people and their causes need you most,
and by making you anxious to be there to help.
God's love, peace, hope and joy to you
for the year ahead.

~Anonymous

We are available to help you or a loved one 60 and over living in Ashland County. We offer Meals, Transportation, Homemaking, Legal, Information, and Activities. This includes help with Medicare, Social Security, Heap, Golden Buckeye Cards and more. If we can help please call us! Since March 2020 our building has been closed to the public, we do continue to offer home delivered meals, transportation, social services, and information and referral. Please be sure to note our correct phone number as we have been getting calls on our fax line!!



Hello Everyone and Happy New Year!!!

I hope that this newsletter finds all of you well! As we are starting this New Year, new resolutions and goals might be on everyone's mind. However, I wonder what are we feeding our minds??? You can ask any life coach or motivational speaker and they will tell you if you control your thoughts, you can dominate your thinking. You might have asked why this matters??? Well, this matters because your thoughts control your behavior and your whole well-being. When you want to reach a goal, you will try to learn all you could about achieving it. You will be filling your mind with information that allowed you to move in that direction. You could probably watch videos and read books or articles about others who have done what you are striving to do. It does not matter if you achieved the goal or not, the message here is that you filled your mind with something useful and is important to YOU! The thoughts that we have about our life, our situation, our relationships, our careers, or ourselves will mimic the emotional messages of the world we take in. The television shows we watch, the social media we take in, the news we read, watch, listen to, all contribute to our outlook and the voices in our heads. My suggestions for 2021: Cut out the drama; anything that demands that you feel extreme emotions is a target for reducing your time and attention. When we instead feed ourselves with positive, healthy and feel-good information, we are a better person, we will be a better friend and we will be a better community. I had hoped that we would be opening our doors in January however at this time we are still unable to open safely.

I would like to thank everyone for their patience as we welcome our new transportation coordinator, Alisha Sapyta! Alisha is looking forward to working with all of our clients and keeping them safe in their travels.

I would like to share a few safety rules regarding transportation services for moving forward safely into the New Year!

- During this time of COVID, we are requiring our drivers to take all of our client's temperatures before you are able to be transported. Any temperatures that are over 100.3, you will **not** ride that day.
- **PLEASE** don't give the drivers a hard time in the event that you are running a temperature. This is for your safety as well as ours.
- We will also be calling the morning of your scheduled ride to ask a few questions regarding your overall wellness. If you are not feeling well, please call to cancel your transportation for that day.
- For those of you that have used our transportation in the past, your routine scheduled appointments will continue as they always have with NO changes!
- Please give us as much advanced notice as possible to ensure we can accommodate you, we cannot promise any same day transportation, and Thursday's tend to be CRAZY!

We here at the Council On Aging are doing our part to keep you and our team safe, healthy and happy going into our New Year! We all here are looking forward to seeing everyone, enjoying the fun, and hearing the laughter that radiated through our agency when you are all here!!!

Sandy



Important information

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PROTECT YOURSELF FROM SCAMS REGARDING THE COVID-19 VACCINE

TIPS ON HOW TO AVOID THESE SCAMS:

- It is likely you will not need to pay anything out of pocket to get the vaccine during this public health emergency.
- You cannot pay to put your name on a list to get the vaccine.
- You cannot pay to get early access to the vaccine.
- No one from Medicare or the Health Department will contact you.
- No one from a vaccine distribution site or health care payer, like a private insurance company, will call you asking for your Social Security number, your credit card, or bank account information to sign you up to get the vaccine.
- Beware of providers offering other products, treatments, or medicines to prevent the virus. Check with your health care provider before paying for or receiving any COVID-19-related treatment.
- If you get a call, text, email — or even someone knocking on your door — claiming they can get you early access to the vaccine, **STOP. That's a scam.**

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New Years Traditions!

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viel glück! !

Did you ever wonder why it is a tradition for us to eat pork and sauerkraut on New Year's day? Germans have been eating pork and sauerkraut on New Year's for generations because they believe it brings good luck (*viel glück* in German). As these kraut lovers immigrated to the Midwest, they brought their traditions with them, including this one. That's why in Ohio and Pennsylvania, which received many German immigrants in the 17th and 18th centuries, people are almost religious about this delicious duo.

Legend also says that pork is enjoyed because pigs look forward when they root for food, rather than chicken and turkeys which scratch backward, just as the Germans were looking ahead to the New Year. They also wished each other as many riches as there are shreds of cabbage in the sauerkraut they eat. We like that one.

If you want to break with Pennsylvania tradition but still ensure you have good luck in the new decade, you can also eat these foods — also considered lucky:

Lentils: Thought to resemble coins, lentils are a popular food in Italy on New Year's Day. They are often served on Jan. 1 with pork sausage.

Ring-shaped cakes: Cakes shaped like rings are considered lucky because they are a symbol of coming full circle. ...I think donuts count!!

Noodles: A tradition in many Asian countries, eating noodles on New Year's Day ensures long life.

Pomegranates: If you're hoping to add to your family in the new year, you'll want to eat pomegranate seeds as they are thought to bring fertility. In Greece, they will throw whole pomegranates onto the floor to release seeds that symbolize life and abundance. At our age, we don't want to do this, as I would forget what I did with a baby???

Greens: Dark leafy greens (collard greens, kale, etc.) resemble money (plus they are good for you and can fit into any New Year's resolution to eat healthier.)

Cornbread: It resembles gold, and who wouldn't want a pile of gold!

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Pork & Kraut for a lucky New Year!



Best Ever Pork Roast and Sauerkraut

Ingredients

4 pound pork loin roast – boneless and at room temperature
2 pounds sauerkraut (I do not rinse mine)
1 Tbl caraway seeds * optional, but tastes wonderful!
1 cup chopped yellow onion
1 peeled apple (gala or any sweet apple), chopped
1/2 cup light brown sugar *add less if you like it more bitter/sauerkraut tangy. see note
1 tsp kosher salt
1 tsp black pepper
1/2 tsp smoked paprika
1 cup water *optional
2 Tbl olive oil

Instructions

Preheat oven to 325F, rack in the middle. Pat the pork dry and sprinkle the entire roast with salt, pepper and smoked paprika. Heat a large non-stick pan over medium-high heat and add in the olive oil. When the olive oil starts to simmer carefully place the pork roast in. Sear on all sides until golden brown – ~5-8 minutes per side.

In a lidded 6qrt Dutch Oven place the sauerkraut all over the bottom. Sprinkle over the caraway seeds, onions, apples and brown sugar. Place the seared pork roast on top nestling it in the sauerkraut. If you've drained your sauerkraut, add the water. If you did not you do not need the water. You want at least a cup of liquid in the pot.

Cover tightly with a lid and bake for about 2 hours or until a meat thermometer reads between 145F-150F. While it's cooking check the pot to ensure that it's not drying out. If needed, add more water. I have never had to but I always add at least a cup of liquid. Remove from the oven once the thermometer reads 145F-150F. Carefully remove the roast from the pan and place on a cutting board covering loosely with foil.

Allow to cool for about 15 minutes before slicing.

Crock Pot Instructions:

If you want to make this in the **crock pot**, pan sear the meat following the recipe and in the bottom of a 6qrt crock pot add in the sauerkraut, caraway seeds, onions, brown sugar and pork (water if you drained the kraut). Cover and cook on low for about 8-9 hours. OR If you want your sauerkraut to retain more 'bite' cook the pork for ~6 hours without the kraut (make sure to add liquid though!) and then add the kraut in the last few hours of cooking!



Mon	Tue	Wed	Thu	Fri
<p>SUBSTITUTION FOR THE MONTH PIZZA BURGER <u>24 HOUR NOTICE</u> Necessary!!</p>	<p>YOU MUST BE HOME TO RECEIVE MEAL. WE CAN NOT LEAVE MEAL.</p>	<p>THE MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.</p>	<p>PLEASE GIVE 24 HOUR NOTICE TO CANCEL IF YOU WILL NOT BE HOME FOR DELIVERY</p>	<p>1.</p> <p>AGENCY CLOSED</p>
<p>4. <i>Turkey Burger / Bun</i> <i>Diced Potato</i> <i>Lima Beans</i> <i>peaches</i></p>	<p>5. <i>Beef & Noodles</i> <i>Garlic Mashed Potato</i> <i>Peas</i> <i>Pineapple Chunks</i></p>	<p>6. <i>BBQ Pork Rib</i> <i>Macaroni & Cheese</i> <i>Corn</i> <i>grapes</i> <i>Wheat Bread</i></p>	<p>7. <i>Homemade Goulash</i> <i>Green Beans</i> <i>Tropical Fruit</i> <i>Brioche Bun</i></p>	<p>8. <i>Western Omelet</i> <i>Home Fries</i> <i>Mandarin Oranges</i> <i>Banana Muffin</i></p>
<p>11. <i>Cabbage Rolls</i> <i>Broccoli</i> <i>100% Pineapple juice</i> <i>Wheat Bread</i></p>	<p>12. <i>Cheeseburger/ Bun</i> <i>Potato Wedges</i> <i>Mixed Vegetables</i> <i>Strawberry Applesauce</i></p>	<p>13. <i>Spaghetti/ Meat Sauce</i> <i>Lettuce Salad/ Romaine</i> <i>Peaches</i> <i>Garlic Toast</i></p>	<p>14. <i>Scallop Potato & Ham</i> <i>California Blend</i> <i>Tropical Fruit</i> <i>Wheat Roll</i></p>	<p>15. <i>Pollock Baked Potato</i> <i>Cole Slaw</i> <i>Fruit Jello</i> <i>Wheat Bread</i></p>
<p>18.</p> <p>AGENCY CLOSED</p>	<p>19. <i>BLT Chicken Chef</i> <i>Bacon Bits, Red Onion</i> <i>Tomato, Cheese, Croutons</i> <i>Mandarin Oranges</i> NO SUBSTITIONS</p>	<p>20. <i>Philly Steak / Bun</i> <i>Peppers & Onions</i> <i>Baby Bakers</i> <i>3 Bean Salad</i> <i>Applesauce</i></p>	<p>21. <i>Chicken Cordon Bleu</i> <i>Wild Rice</i> <i>Glazed Carrots</i> <i>Pears</i> <i>Roll</i></p>	<p>22. <i>Homemade Chili</i> <i>Beets</i> <i>Peaches</i> <i>Corn Muffin</i></p>
<p>25. <i>Cream Turkey</i> <i>Mixed Vegetables</i> <i>Warm Biscuit</i> <i>Sliced Apples</i></p>	<p>26. <i>BBQ Pulled Pork/Bun</i> <i>Baked Beans</i> <i>Cucumber Salad</i> <i>Tropical Fruit</i></p>	<p>27. <i>Meatloaf / Gravy</i> <i>Mashed Potato</i> <i>Winter Blend</i> <i>100% Grape Juice</i></p>	<p>28. <i>Sweet & Sour Chicken</i> <i>Vegetable Rice</i> <i>Oriental Vegetable</i> <i>mandarin Oranges</i> <i>Roll</i></p>	<p>29. <i>White Cheddar Macaroni & Cheese</i> <i>Italian Green Beans</i> <i>Peaches</i></p>



Nutrition announcements

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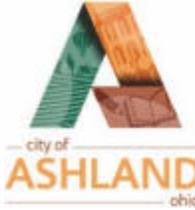


IF you or anyone in your household has tested positive for **COVID**, or you are in quarantine due to exposure, **YOU MUST LET MINDY KNOW ASAP!** We must follow protocol for meal delivery to keep our drivers, staff and other clients safe! It is your responsibility to notify us as soon as possible. Thank you for your cooperation and understanding!



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My friend called me in hysterics. “I just saw a mouse in my kitchen!” she yelled. “I’m so grossed out! It’s so disgusting!”

“What are you going to do?” I asked.

“I’m not sure. But you can bet I’ll never eat the stuff I drop on the floor anymore.”

Try as she might, our granddaughter couldn’t grasp the concept of potty training. Then one day ... Success! Jumping up and down, she threw her arms in the air and yelled in excitement, “I went potty all by myself, and now I can go to Harvard!”

As if the declining health of my grandmother weren’t enough, my parents suddenly had to contend with an ant infestation. So I was glad to get a text from Mom updating me:

“Exterminator was here; thinks she got the nest behind the microwave. She sprayed, and hundreds came out—dead and woozy. Grandma Marie the same.”

I spotted several pairs of men’s Levi’s at a garage sale. They were sizes 30, 31, and 32, but I was looking for size 33. So I asked the owner if he had a pair. He shook his head.

“I’m still wearing the 33s,” he said. “Come back next year.”

My young son ran to me, crying. “Daddy, I stubbed my toe,” he sobbed. “Let me kiss it and make it better,” I said. “Which toe was it?”

“The one that has no roast beef.”

For serving as flower girl for her aunt, three-year-old Sydney received a doll and bridal-themed gifts. Sydney was so thrilled, she ran to her aunt and announced, “I want this for all your weddings!”

When I bought beer at the grocery store, the clerk asked for my birthdate. I said, “10-3-60.” Her next question: “Is that ‘19’ 60?”

Hanging up with my 90-year-old mother, I sighed, then said to my 96-year-old uncle, “She’s so stubborn.” He shook his head sympathetically and warned, “You’re going to have trouble with her when she gets old.”

When I went to lunch today, I noticed an old man sitting on a park bench sobbing his eyes out. I stopped and asked him what was wrong. He told me, 'I have a 22 year old wife at home. She rubs my back every morning and then gets up and makes me pancakes, sausage, fresh fruit and freshly ground coffee.' I continued, 'Well, then why are you crying?' He added, 'She makes me homemade soup for lunch and my favorite biscuits, cleans the house and then watches sports TV with me for the rest of the afternoon.' I said, 'Well, why are you crying?' He said, 'For dinner she makes me a gourmet meal with wine and my favorite dessert and then we cuddle until the small hours.' I inquired, 'Well then, why in the world would you be crying?' He replied, 'I can't remember where I live.'



Benefits of Laughter!

We know that 2020 was rough, and we struggled to find things to laugh about, but laughter is an important tool for fighting depression and keeping us young. Did you know that laughter is known to:

Stimulate many organs. Laughter enhances your intake of oxygen-rich air, stimulates your heart, lungs and muscles, and increases the endorphins that are released by your brain.

Activate and relieve your stress response. A rollicking laugh fires up and then cools down your stress response, and it can increase and then decrease your heart rate and blood pressure. The result? A good, relaxed feeling.

Soothe tension. Laughter can also stimulate circulation and aid muscle relaxation, both of which can help reduce some of the physical symptoms of stress.

Improve your immune system. Negative thoughts manifest into chemical reactions that can affect your body by bringing more stress into your system and decreasing your immunity. By contrast, positive thoughts can actually release neuropeptides that help fight stress and potentially more-serious illnesses.

Relieve pain. Laughter may ease pain by causing the body to produce its own natural painkillers.

Increase personal satisfaction. Laughter can also make it easier to cope with difficult situations. It also helps you connect with other people.

Improve your mood. Many people experience depression, sometimes due to chronic illnesses. Laughter can help lessen your depression and anxiety and may make you feel happier.

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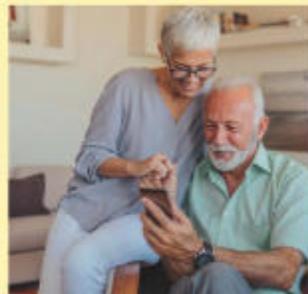



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Answers to last month's word scramble; did you get them all?

Scrooge, caroling, star, chestnuts, Rudolph, Santa, packages, shepherd, manger, angel, mistletoe, nativity, stocking, savior, wreath, sleigh, snowman, Jesus, ornaments, Christmas!



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Or Current Resident:



LOUDONVILLE Mobile Food Pantry
Friday January 15 @ 10:00 am

The Loudonville Mobile Food Pantry is distributed at the Loudonville High School 421 Campus Ave., Loudonville. The food distributed comes from the Cleveland Food Bank and is mostly fresh produce.



MATTHEW 25 Mobile Food Pantry
Sat., January 23 from 10-1

The Mobile Food Pantry is located at LuRay Lanes Parking Lot, 647 E. Main St.. The food distributed comes from the Cleveland Food Bank and is mostly fresh produce.

***Both mobile pantries are no contact; you stay in your car, are parked in the order in which you arrive, and food is loaded for you.**

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