

THE Council Messenger



MARCH 2021



ASHLAND COUNTY
Council On Aging
Hands that Serve, Hearts that Care

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419-281-1477 or
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Visit our Web page at
www.ashcocoa.org

Executive Director
Sandy Enderby

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

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

IRISH BLESSING

As you slide down
the banister of life,
May the splinters never
point the wrong way.

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.

Order up! If you ever head to Ireland,
be sure to try these "favorites!"

Champ- No not Muhammad Ali, a type of mashed potato that is whipped up with milk and butter.

Back Rashers- No not some tropical disease but the Irish name for bacon. Sizzling rashers on the pan, sweet Irish tea, and soda bread – ah, the perfect breakfast.

Drisheen -No, not some obscure Irish town but beautiful black pudding made from cows or pigs blood – a rare delicacy.

Crubeens- No, not some swear word, but wonderful pig's feet or trotters. Perfect in a sandwich.

Irish trifle -Not some insignificant thing, but actually a beautiful dessert made with fresh cream, jello, and custard.

Boxty- No, not someone who wants to box you but yet another variation on the humble potato—which proves that the Irish still love the spud.

Dublin Coddle- Not what you do with the missus, but a dish made of sausage and bacon – delicious.

Fish fingers- No, not fish that can count, but fish in finger shape cooked in deep batter – delicious.

Hello Everyone,

When I think of March, I think of the first day of Spring or Day Light Saving Time. March is of course the third month of the year. It has 31 days and is named after Mars, the Roman god of war. During March, there are some cold days and some warmer days. This gives us hope and a feeling that warm weather is just around the corner but also allows some people to enjoy the cold one last time. Spring means that flowers are blooming and the leaves will finally start to grow on the trees again. According to folklore, if you wear a sprig of rosemary in your hair it will help to improve your memory?? I probably should be drinking rosemary with the forgetfulness I seem to be having lately, per my family. LOL

We all here at the agency is patiently awaiting when we can officially open our doors up safely. I never thought that we would be closed so long and I bet you all are thinking the same thing. However, we are thankful to be able serve you in a very different capacity. As I said before, we are just a phone call away Please reach out to us, if you need us!!

Usually around this time we are knee deep in preparation for our annual senior fair, and we would be busy all the way up the to that date in May. Unfortunately, with the still uncertainty of times that we are in, and the undetermined sizes of mass gathering we are regrettably cancelling again this year's senior fair held at AU in May. We here at the agency are very disappointed but promises to make 2022 senior fair event unbelievable. We do still have on schedule our two annual senior picnics but will be updating status on these as it gets closes to summer, fingers crossed!!! Diane, Gigi and I will be ready to call some BINGO

On a more serious note... Did you know that our agency is primarily funding by a local Levy? This levy will be placed on November's ballot for a vote. Without this community support, we would not be able to continue our mission to keep our clients safe, healthy, active, independent and in their homes as long as possible. I will be discussing more information later in the year of how you can help us to continue the vision to serve the senior citizens of Ashland County. Thank you in advance for your support!!!

I will leave you all with this quote by Robert H Schuller....

"Tough times never last, but tough people do"



*Take Care,
Sandy xoxo*

***Hands that Serve,
Hearts that Care.***

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!

Celebrate St. Paddy's Day!

P E D A R A P G R E E N B E E R N I O
 E R P O T O F G O L D E R E E U H I Y
 E A N E R B S R T M R M C X A E T O E
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 R B Y A D I L O H G F Y V E G A K T R
 E T S K C U L P C E L T I C A L I E G

Word List:

BAGPIPE
 CASTLE
 CHEER
 DANCE
 GREEN
 IRELAND
 LEPRECHAUN
 MUSIC
 SAINTPATRICK
 TOPHAT

BLARNEY
 CELEBRATE
 CLOVER
 DRINKING
 GREENBEER
 IRISH
 LIMERICK
 PARADE
 SEVENTEENTH
 TOPOFTHEMORNING

BLESSINGS
 CELTIC
 COINS
 ERINGOBRAH
 HARP
 JIG
 LUCK
 POTOFGOLD
 SHAMROCK
 TRADITION

CABBAGE
 CHARM
 CORNEDBEEF
 FOLKLORE
 HOLIDAY
 KISS
 MARCH
 RAINBOW
 SNAKES
 WISH

For each petal on the shamrock. This brings a wish your way good health, good luck, and happiness for today and every day.

4

The Real Story of St. Patrick



St. Patrick, considered the patron saint of Ireland, was actually born in Banna Venta Berniae, a town in Roman Britain, sometime in the late 300s AD. That's right, Patrick wasn't Irish. And his name wasn't Patrick either—it was Maewyn Succat, but he didn't care for that so he chose to be known as Patricius down the line. He actually had many monikers throughout his life: he was known by many as Magonus, by others as Succetus, and to some as Cothirthiacus. But we'll just call him Patrick since everybody else does.

His father, Calpurnius, was a deacon in the early Christian church, but Patrick wasn't much of a believer himself. It wasn't until he was captured by Irish pirates at the age of 16 and enslaved for six years as a shepherd that he chose to convert to Christianity. While in northeastern Ireland, Patrick learned the Irish language and culture before attempting to escape back to Britain. But Patrick wasn't very good at escaping apparently, because he was captured again. This time by the French. He was held in France where he learned all about monasticism before he was released and sent home to Britain where he continued to study Christianity well into his twenties. Eventually, Patrick claimed he had a vision that told him to bring Christianity to the Irish people, who were predominantly pagan and druidic at the time, so Patrick he made his way back to Ireland and brought Christianity with him. When Patrick arrived back in Ireland, however, he and his preaching ways were not welcomed, so he had to leave and land on some small islands off the coast. There he began to gain followers, and he eventually moved to the mainland to spread Christian ideologies across Ireland for many years to come. During this time, Patrick baptized thousands of people (some say 100,000), ordained new priests, guided women to nun hood, converted the sons of kings in the region, and aided in the formation of over 300 churches.

Folklore also tells of Patrick banishing all the snakes from Ireland, but as cool as that may sound, there were never actually any snakes on the island to begin with. But Patrick may be the one responsible for popularizing the shamrock, or that three-leafed plant you'll see plastered all over the place today. According to legend, Patrick used it to teach the Irish the concept of the Christian Holy Trinity. They already had triple deities and regarded the number three highly, so Patrick's use of the shamrock may have helped him win a great deal of favor with the Irish.

These days, Patricius is known to most as Saint Patrick. he's not technically a canonized saint by the Catholic Church, he's well-regarded throughout the Christian world. But why the holiday? Why always March 17? What's with the green? And why do we think of a non-Irish, non-snake charmer as a symbol of Ireland?

St. Paddy's Day started as a religious celebration in the 17th century to commemorate the life of Saint Patrick and the arrival of Christianity in Ireland. This "Feast Day" always took place on the anniversary of Patrick's death, which was believed to be March 17, 461 AD. In the early 18th century, Irish immigrants brought the tradition over to the American colonies, and it was there that Saint Patrick started to become the symbol of Irish heritage and culture that he is today. As more Irish came across the Atlantic, the Feast Day celebration slowly grew in popularity. So much so, in fact, the first ever St. Patrick's Day parade was held in Boston in 1737.

By the mid-19th century, the United States saw a massive influx of Irish immigrants hoping to escape the Great Famine. This transformed the relatively small-scale Feast Day observance into a full-blown celebration that people wanted to be a part of whether they were Irish or not. In 1903, Feast Day became a national holiday in Ireland, and over time it transformed into what is now called St. Patrick's Day. The holiday has since been celebrated all over the world in countries like the United States, Great Britain, Canada, Argentina, Australia, New Zealand, Switzerland, Russia, and even throughout Asia. As it happens, St. Paddy's Day is so popular, it's thought to be celebrated in more countries than any other national festival. What was once a fairly chill day of going to mass, watching a parade, and eating a hearty meal with family has transformed into the biggest party in the world.

Okay, so why all the drinking then? It's part historical subtext, part us succumbing to advertising, and part stereotyping. Originally, St. Patrick's Day, or Feast Day, saw the lifting of Lent restrictions for the day, giving Christians a breather as they made their way to Easter. Basically, it was a day to eat and drink as much as you please in celebration, hence the traditional Irish meal of bacon and cabbage. But imbibing on whiskey and beer was not part of the equation. In fact, pubs in Ireland were forced by law to shut down for the holiday until later in the 20th century, and drinking alcohol on St. Patrick's Day was greatly frowned upon until the late 1970s. Then, a huge marketing push from Budweiser in the 80s convinced thirsty revelers that drinking beer and St. Patrick's Day were one in the same. Much like Cinco de Mayo, many people now use the holiday as an excuse to binge drink, which fosters negative stereotypes by incorrectly associating the act of getting wasted with Irish culture. But, at least now you can take a swig of your Guinness in pride because you know the real story. **Sláinte!** ("to your health" in Gaelic!)

Thank you to "Lifehacks" online research.



Mon	Tue	Wed	Thu	Fri
<p>1. Western Omelet Home Fries Baked Apples Banana Muffin</p> 	<p>2. Pulled Pork/Bun Macaroni & Cheese Carrots Mandarin Oranges</p>	<p>3. Chicken Salad/ Croissant Broccoli Salad Hawaiian Delight Fruit Salad Grape Juice NO SUBSTITIONS</p>	<p>4. Spaghetti/Meat Sauce Tossed Salad Peaches Garlic Toast</p> 	<p>5. Tuna Noddle Casserole Far East Blend Strawberry/ Applesauce Wheat Bread</p>
<p>8. Oriental Chef Salad Chicken ,Cheese, Craisins, Chow Main Noodles Blueberry Muffin NO SUBSTITIONS</p>	<p>9. Meatloaf Mashed Potato Spinach Pineapple Juice Wheat Bread</p> 	<p>10. Beef & Bean Burrito Mexican Rice Corn Tortilla Chips/Salsa Grapes</p> 	<p>11. Stuffed Shells Green Beans Tropical Fruit Wheat Roll</p>	<p>12. Pollock Normandy Blend Cole Slaw Wheat Bread Fruit Juice</p>
<p>15. Homemade Chili Beets Mandarin Oranges Corn Bread</p> 	<p>16. Grilled Chicken Mushroom & Swiss Italian Green Beans Grape Juice Roll</p>	<p>17. Corn Beef Reuben Casserole Succotash Irish Fluff Salad Roll</p> 	<p>18. Cube Steak / Gravy Red Skin Mashed Potato Broccoli Peaches Wheat Bread</p>	<p>19. Macaroni & Cheese Zucchini & Tomato Tropical Fruit Pudding Roll</p>
<p>22.. Beef & Noodles Whole Potatoes Peas Banana Roll</p>	<p>23. Pizza Burger /Bun Tossed Salad Lima Beans Mandarin Oranges</p> 	<p>24. Hamburger Steak Peppers & Onions Rice Blend Mixed Fruit Wheat Bread</p>	<p>25. Chicken Alfredo Green Beans Pineapple Juice Roll</p> 	<p>26. Egg Salad/ Croissant Greek Pasta Salad Pickled Beets Peaches NO SUBSTITIONS</p>
<p>29. BLT Chicken Chef Salad Bacon Bits, Red Onion, Tomato, Cheese, Croutons Mandarin Oranges NO SUBSTITIONS</p>	<p>30. Tater Tot Casserole Glazed Carrots Fruit Jello Roll</p>	<p>31. Chicken Tenders Mixed Vegetables Pears Wheat Bread</p> 	<p>YOU MUST BE HOME TO RECEIVE YOUR MEAL, PLEASE CALL TO CANCEL IF YOU WILL NOT BE HOME FOR DELIVERY WE CAN NOT LEAVE MEAL</p>	<p>SUBSTITION OF THE MONTH IS BEEF HOT DOG. NEED 24 HOUR NOTICE. THE MENU IS SUBJECT TO CHANGE WITHOUT NOTICE</p>

May the wings of the butterfly kiss the sun. And find your shoulder to light on. To bring you luck, happiness and riches. Today, tomorrow and beyond.

7

Ham and Potato Soup !

Missy Keck-reception and homemaking

Ingredients:

1 bag of hash browns 2 cups of cubed ham (or bacon is yummy too!)
4 cups of chicken broth 8 ounces of sour cream
1 can cream of broccoli soup 8 ounces shredded cheddar cheese
Salt, pepper and garlic powder to taste

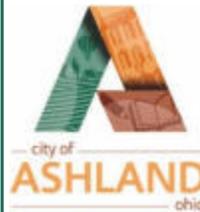


Directions:

Put all into a crock pot and cook on high 3-4 hours or low for all day! It is yummy! Missy likes to serve hers in a bread bowl. This is good on a cold winter day!

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And may trouble avoid you Wherever you go.

ST. PATRICK'S DAY

WORD SCRAMBLE

1. CRLNPAEUH _____
2. AIOWRNB _____
3. AHSMKCRO _____
4. HMRAC _____
5. ARDLIEN _____
6. GNERE _____
7. CYLKU _____
8. ODRNCE EBEP _____
9. TPO FO DLGO _____
10. ONDRTIATI _____
11. DAPARE _____
12. IGJ _____



What's Irish and stays out all night? Patty O'Furniture!

COVID 19 Vaccine Updates

The Ashland County Health Department is now having everyone call 211 to sign up for your vaccination. It is not necessary to call if you have already registered. UH Samaritan and Drug Mart are continuing to register **ONLINE**. Each location will contact you when they have a vaccination available for you. Please feel free to **call us at 419-281-1477** if you would need assistance. The only information you will need is name, address, phone and age group; no other private information is needed. **WE DO NOT KNOW** specific times and dates of when you will receive your vaccination. The location you register will contact you when it is your designated time. If you feel comfortable registering from your own computer, the sites are <https://vaccine.uhhospitals.org/> or <https://discount-drugmart.com/>
Please remember we have lots of seniors in Ashland County and it will take time for everyone to have their turn.

Air Purifiers

The Council on Aging received a grant for 29 air purifiers to distribute to clients in need. Priority will go to clients with respiratory diagnosis. They weigh about 15 pounds and are about 2' tall by 1' wide. A filter comes with the unit, but will need to be replaced annually with normal use. Filters cost about \$60 and will not be provided by the council. Please let us know if you are interested in one of these purifiers.



Be my Valentine word scramble answers:

CUPID, HEARTS, SWEETHEART, BE MINE, FEBRUARY, ROSES, ROMANCE, CHOCOLATE, VALENTINE, HUGS & KISSES, FLOWERS, BOUQUET, ARROW, LOVE BIRDS.

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Winners of the Kingston Health Care “Soup Scramble!”

Robert Seman, Judy Rumsey, Alice McDonald, Gloria Titchenell, Roger Funk, Bill Glas, Leo Lehman, Robert Garlick, Diana Aidone, Judy Ludlam, Barbara Barnes, Linda Gast, Karen Bair, John Auer, Racine Nelson! **Congratulations, and watch for a new puzzle coming in March!**

TAX INFORMATION

Due to the COVID 19 restrictions and AARP guidelines, the AARP Tax-aid program previously held at Christ United Methodist Church on Claremont will not be open until further notice. Seniors are encouraged to call 211 to schedule an appointment with either a Wooster or Mansfield site (which means you must go to their location). Another possible location is at Ashland University Dauch College of Business. For more information or availability you can call 419-207-6239 to leave a message for the College of Business. There are also accountants and tax preparers in Ashland who offer tax services for a fee, but we do not endorse any specific agency or brand.



Meet the team! **Missy Keck!**

Meet our receptionist, homemaking manager and all around helpful gal Missy Keck ! Missy has been with the Council for 10 years! She and her husband Scott, have been married for 35 years and live here in Ashland. Missy and Scott are serious ice cream fans and look forward to evening road trips to satisfy their cravings! Missy collects rocks and has a lovely collection on her desk to show off! Missy's has collected them from all of her travels, her favorite find is one that she dug out of the beach in the Bahama's when the went on a family cruise! Missy and Scott have 3 children, 7 grandchildren and one on the way! Missy enjoys woodworking, cooking and is a serious neat freak! Missy is sharing her recipe this month for Ham & Potato Soup, which will feed all your little leprechauns! Enjoy!



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Or Current Resident:



LOUDONVILLE Mobile Food Pantry
Friday, March 19 starting at 10 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

Saturday, March 27 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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