

THE Council Messenger



JANUARY 2022



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

Ashland County Council on Aging

240 East Third Street
Ashland, OH 44805
419-281-1477 or
1-800-246-1057
Visit our Web page at
www.ashcocoa.org

Executive Director
Sandy Enderby

Nutrition Manager:
Gina Thomas

Homemaking: Missy Keck
Information & Referral /

Activities: Diane Cawood

Transportation: Alisha Sapyta

THE COUNCIL ON AGING

We are happy to be able to be open daily for lunch which is served at noon, activities, and free time to socialize and play games with your friends this month. If you have any questions please feel free to give us a call.

We are available to help you or a loved one 60 and over living in Ashland County. We offer Meals, Transportation, Legal, Information, and Activities. (This includes help with Medicare, Social Security, Heap, Golden Buckeye Cards) and Homemaking continues to be on hold at this time.

If we can help please call us at 419-281-1477.

If you need to make a change to your transportation or meal schedule that you call us as soon as possible.

Please do not leave us uninformed.



Reminder from Alisha our Transportation Coordinator:

Please make sure you are ready at your scheduled time for transport. We hope this will ensure no matter the weather or traffic conditions, you will be on time. We really appreciate your helpfulness. In addition, we ask for grace and understanding in situations that are out of our control and it might take us a little longer than we had expected to pick you up. In addition, we are still mandating the wearing of masks while in our vehicles and we will continue to take your temperatures daily. Thank you for your understanding. If you have any further questions or concerns, please don't hesitate to call the agency (419-281-1477) and ask for me. I would be happy to speak with you.

INCLIMENT WEATHER

CLOSINGS

Sometimes it is necessary to close due to inclement weather. You can always check for closings on Fox8, Channel 3 and Channel 39 (out of Mansfield).

I Have Too
Many Flaws To
Be Perfect
But I Also Have
Too Many
Blessings To
Be Ungrateful.

Hello Everyone~

Happy New Year 2022 ☺ ☺

It is time to be hopeful, have new dreams and make some new resolutions for the New Year. We need to move on and embrace what makes us happy. Please take a few moments to reflex on these ten questions below. Is it likely that it will help ensure you a happier new year?? ☺ Only you can decide!

1. What did you learn about yourself from this past year?
2. Which relationship(s) meant the most to you this past year and why?
3. What was one of the biggest challenges you faced this past year and how did you handle it?
4. What was one of your proudest moments from this past year and why?
5. What was one of the most meaningful compliments you received this past year? Why was it so meaningful to you?
6. What did you do for fun this past year? What was one of your favorite memories?
7. If you could change one thing from this past year, what would you change and why?
8. What was the most meaningful thing someone did for you this past year? What was the most meaningful thing you did for someone else?
9. If you were to brag about one of your accomplishments from this past year, which one would it be and why?
10. Given all your experiences, insights, and lessons learned from last year, what is the best advice you could give yourself for this year?

I think these ten questions could give us the optimism that we can start the New Year off on a positive note and be looking forward to what 2022 can bring to our community and us ☺



Speaking of a positive note, I am excited to announce that we are going to try again to get back to our normal scheduled hours of operation at the agency. However, we need to limit activities to only one activity a day in the TV room for the month of January. This will allow our staff ample time to sanitize that area. Please refer to the activity calendar for what days you might want to come and join your friends. Just a reminder as always, if you are not feeling well, please stay home until symptoms subside. Thanks! In addition, the staff will continue precautionary measures and will be wearing masks while in the agency. However, you will have the option of wearing your mask while in the building, either way it is your personal choice and we all will respect it. Please don't wear it when you are eating.. LOL.. That would be messy Some of 😊 😊 you might be thinking the questions, do I still have to wear my mask when I am using the transportation service to an appointment or coming to the agency for lunch or an activity? The answer is yes, there is no exception to this rule. I do hope that in the coming months we will be able to do away with this, but until then; 😊 mask up If anyone has any needs that we can help assist with, please do not hesitate to reach out to us. We are here for you and are more than happy to help! I just want again to thank you all for your support and cooperation as the agency continues to navigate this time. Ashland community is truly some place special and so are all of YOU!!

My warmest thoughts and best wishes for a Happy New Year. May peace, love, and joy follow you into this year!

*Take Care~
Sandy*











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January Menu

Mon	Tue	Wed	Thu	Fri
3. AGENCY CLOSED New Year	4. CHICKEN SALAD / CROSSANT WHOLE BEETS TROPICAL FRUIT YOGURT NO SUBSTITUTIONS	5. SLOPPY JOE / BUN DICED POTATOES GREEN BEANS GRAPES 	6. Stuffed Shells / Sauce Carrots Peaches Whole Wheat Roll	7. Beef Hot Dog / Bun Baked Beans Sun Chips Mandarin Oranges 
10. Turkey Burger/ Bun California Blend Banana Oreo Cookie	11. Philly Cheese Casserole Corn Mixed Fruit W. Wheat Roll 	12. Cabbage Rolls Mashed Potatoes Italian Green Beans Fresh Pear	13. Baked Fish Sliced Potatoes Cole Slaw Applesauce W. Wheat Bread 	14. Chili Peas Peaches Corn Bread
17. AGENCY CLOSED 	18. Cheese Omelet Home Fries Turkey Sausage Links Country Apples	19. Scalloped Pot / Ham Broccoli Peaches W. Wheat Roll 	20. Salisbury Steak Gravy Mashed Potatoes Spinach Pears W. Wheat Bread	21. Cream Chicken Over Biscuits Peas and Carrots Mandarin Oranges
24. Oriental Salad Grilled Chicken Cheese/ Craisen Chow Mein Noodles W. Grain Muffin	25. Pork Rib Madori Blend Mixed Fruit W. Wheat Bread	26. Cheeseburger/ Bun Potato Wedges Zucchini & Tomato's Apple Slices	27. Grilled Chicken Broccoli Salad Pears Roll 	28. Spaghetti Meat Sauce Tossed Salad Peaches W. Wheat Bread
31. Barbecue Pork Bun Macaroni Salad Orange 	YOU HAVE TO BE HOME TO RECEIVE YOUR MEAL. IF YOU ARE NOT YOU WILL NOT BE GET- TING A MEAL THAT DAY.	SUBSTITUTION OF THE MONTH IS GRILLED CHEESE NEED 24 HOUR NOTICE .	PLEASE GIVE 24 HOUR NOTICE TO CANCEL IF YOU WILL NOT BE HOME FOR DELIVERY	MENU IS SUBJECT TO CHANGE WITHOUT NOTICE



Greetings to All Taxpayers!

Tax time is quickly approaching, and the AARP Ashland group wanted to let you know that we will be back at Christ United Methodist Church on Claremont Avenue in 2022. However, we will be working **by appointment only** on Tuesdays and Thursdays from 8:30 am to 3:00 pm. **Please call 211** or the direct line **(844) 984-1151** beginning in January to schedule your appointment. The tax preparation appointments are scheduled in one increments so should you bring information for multiple returns, please schedule accordingly. With all the tax law changes we need the full hour to prepare your return. The first day of tax preparation is Tuesday, February 1 and the last day is Thursday, April 14, so mark your calendar. Just a reminder that we do not prepare city returns so take your AARP packet with you when you file with the city.

Even if you typically do not file a tax return and need to file to obtain a stimulus payment not received for 2020 or 2021, it is still necessary for you to bring your social security statement and any additional information for income earned during the tax year. Also, don't forget to bring your social security card, driver's license and/or picture ID and 2020's tax return with you to your appointment. We look forward to seeing you again!



FREE TAX PREP & E-FILING

Sponsored by the AARP Foundation

For taxpayers with low to moderate income,
with special attention to those age 60 and older.

February 1- April 14, 2022

Christ United Methodist Church

Tuesday: 8:30-3:00 pm

Thursday: 8:30-3:00 pm

By Appointment Only!

For Appointment Call 211

Bring Driver's License, Social Security
Card, and 2019 & 2020 Tax Return



Meet Our Staff

Please join with us in saying “Hello” to our Diane Cawood! Diane is our Information & Referral guru!! She has been with the Agency 13 years, May will be her 14th year. Diane and her husband, Paul, have been married for 42 ½ years. They have two sons. Luke and his wife, Cara. Scott and his wife, Courtney. And of course...Diane’s granddaughter, Claire. Her favorite color is Salmon. Diane’s favorite food is black olives! In her spare time, and as hobbies, Diane enjoys camping, hiking, sewing, crafting and weaving baskets. FYI, she teaches others to weave, also. Diane grew up in Redhaw. Her birthday is October 19th. Diane and her family, had the great joy of getting to ride in the GOODYEAR Blimp...how cool is that?? Her bucket list, she wants to ride in a hot air balloon and to be able to travel out West. Diane said her greatest adventure was raising her two sons. Diane has three sisters. Deb, Martha and Sandy... I wonder, if the greatest adventure of her parents, was raising four daughters??? Diane said she loves working with the seniors and with her co-workers. Church is very important to her. Diane strives, each day, to treat others as she wants to be treated. She does that well. When asked if she had any words to live by, she responded, “Focus on God. You can never go wrong.” Strong words for all of us to live by. Diane, we THANK YOU so much for all you do. Medicare Open Enrollment is over, so relax!! Thank you for being such a valuable part of the Council on Aging!!!

Cheddar Sausage Muffins

- 1 lb. bulk sausage
- 1 can condensed cheddar cheese soup, undiluted
- 1 c. cheddar cheese, shredded
- 2/3 c. water
- 3 c. Bisquick

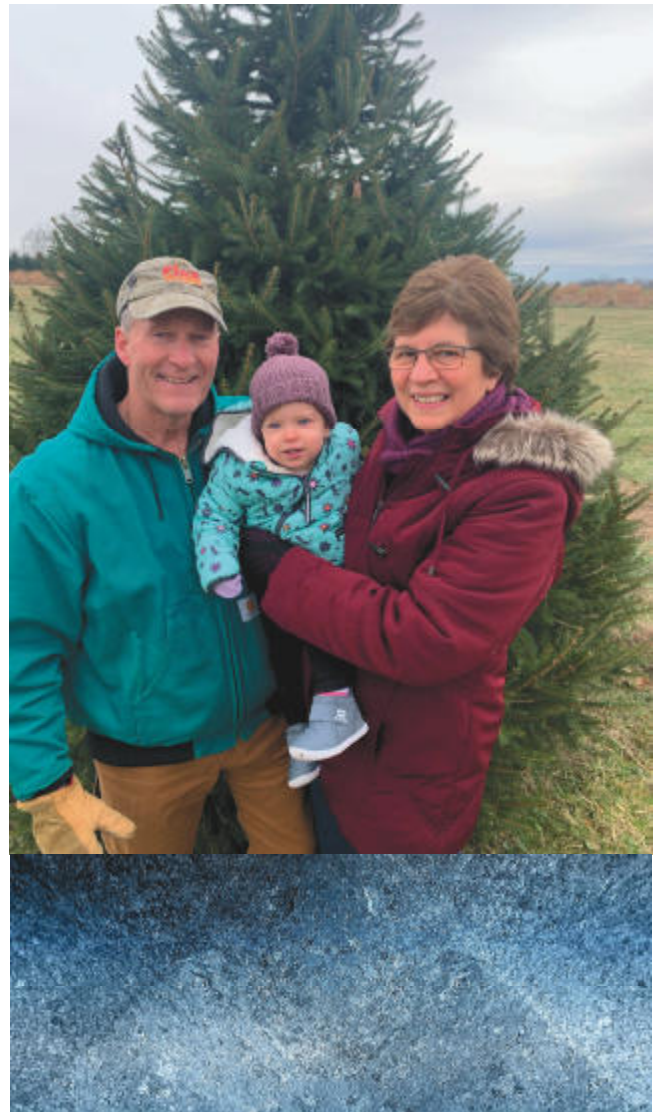
In a skillet brown your sausage until browned and cooked through. Drain good and maybe even pat with paper towel. In a bowl, combine soup, cheese, and water. Stir in the biscuit mix until blended. Add the sausage. Fill greased muffin cups three-fourths full. Bake at 350 degrees for 20-25 minutes or until a toothpick comes out clean. Cool for 5 minutes before removing from the pans to serve warm. These are great to make and freeze the leftovers to warm up for a quick meal.

I like to make my own Bisquick. I think the boxed type is too salty.

- 6 c. flour
- 3 TB. Baking Powder
- ¾ tsp. salt
- 1 c. shortening (I use oleo)

Mix the dry ingredients in a bowl and then cut the shortening into the dry ingredients. I store this in a zip lock baggie in the freezer to have ready whenever I need it.

From the kitchen of Diane Cawood





If you receive a call, text, or email that...

7

- Threatens to suspend your **Social Security number**, even if they have part or all of your Social Security number
- Warns of **arrest of legal action**
- Demands or requests **immediate payment**
- Requires payment by **gift card, prepaid debit card, internet currency, or by mailing cash**
- Pressures you for **personal information**
- Requests **secrecy**
- Threatens to **seize your bank account**
- Promises to increase your Social Security benefit
- Tries to gain your trust by providing **fake "documentation," false "evidence,"** or the name of a **real government official**

...it is a **SCAM!**



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Activity

Mon	Tue	Wed	Thu	Fri
3. AGENCY CLOSED	4. 1:00 BINGO Tournament	5. 10:30 Bible Study	6. Activity Room Available	7. Activity Room Available
10. Activity Room Available	11. 12:45 Trivia	12. 10:30 Bible Study	13. 1:00 Snowman Craft	14. Activity Room Available
17. AGENCY CLOSED	18. Activity Room Available	19. 10:30 Bible Study	20. Activity Room Available	21. 10:00 Loudonville Foodbank
24. 9:30 Newsletter Mailing	25. 1:00 Euchre Tournament	26. 10:30 Bible Study	27. Activity Room Available	28. Activity Room Available
31. Activity Room Available		The activity room will not be open on the days activities are planned. Please watch this calendar to know which days are free play.		

LOUDONVILLE Mobile Food Pantry

Fri., January 21 at 10:00

The Loudonville Mobile Food Pantry is distributed at the Loudonville High School field house, 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 22 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.



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For assistance, contact Certified Elder Law Attorney Nicole Hawks.

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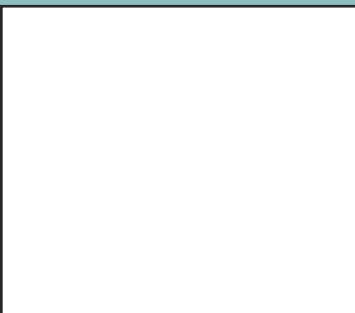
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