

# THE Council Messenger



FEBRUARY 2022



## 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](http://www.ashcocoa.org)

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Sandy Enderby

**Homemaking:** Missy Keck  
**Information & Referral /**  
**Activities:** Diane Cawood  
**Transportation:** Alisha Sapyta  
**Nutrition Manager:**  
Gina Thomas

*Hands that Serve,  
Hearts that Care.*



## THE COUNCIL ON AGING

We are happy 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, Hep, 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.*

## Celebrate Your Plate

Lori Lowman from OSU extension office will be here to talk about nutrition, make and share a healthy snack! This will be a series of three classes. The first being on February 7th, the second one on February 28th, and the third one on March 14th. Each will be at 12:45. We actually had this class scheduled two years ago at the same time that COVID broke out and are so excited to be able to offer this now. Join us for this fun, educational and YUMMY discussion!

*Every year in the middle of February, something wonderful and heartwarming happens. Tons of candy goes on clearance!*



*Hello Everyone~*

*Happy February*

Why do we observe American Heart Month every February? It reminds us to take care of our HEART. American Heart Month motivates us to examine our own health habits or risks and take steps to improve our heart health. It promotes education about heart health. Knowing the risk factors for heart disease can help people lead healthier lives and diminished their risk from heart attacks and cardiovascular disease. Every year more than 600,000 Americans die from heart disease. This is the number one cause of deaths for most groups; heart disease affects all ages, genders, and ethnicities. Risk factors to this disease include high cholesterol, high blood pressure, smoking, diabetes and excessive alcohol use. Do you know how to keep your heart healthy? You can take active role in reducing your risk from heart disease by eating a healthy diet, engaging in physical activity, and managing your cholesterol and blood pressure. There is not time like today to start some heart healthy habits! Did you know..... The human heart is responsible for pumping blood throughout our body, supplying oxygen and nutrients and removing toxins and waste. Weighing between 8-12 ounces, the heart is a mighty organ divided into four chambers that work together to pump blood in and out. The heart gets oxygenated blood from the lungs and pumps it throughout the rest of the body; it does this by contracting at a rhythmic pace, about 60-80 times per minute. Heart disease occurs when the arteries leading to the heart become clogged. Although heart disease has been around for thousands of years, we do know that many aspects of modern life exacerbated risk factors and make people prone to heart disease and heart failure. Today, one in four deaths in the U.S. is attributable to heart disease. Heart disease can affect everyone, but taking stock of your prior health risks, activities and diet can help reduce your risk. Here are five interesting facts about heart health.

1. **Heart attacks can be silent-** one in five heart attacks occur without the person even knowing that they had one.
2. **Heart attacks affect women differently-**Women may experience different symptoms than men, these include pain the back, arm, neck, or shoulder: nausea: fatigue shortness of breath and vomiting.
3. **Young women are at a higher risk than men-** Woman under the age of 50 are twice as likely to die of a heart attack as men in the same age group.
4. **Another reason to hate Mondays-** Heart attacks are more likely to occur on Monday mornings than other days of the week. Scientists attribute this to the disruption in the circadian rhythm over the weekend, which leads to increased blood pressure and other changes to the nervous system.
5. **Diet soda raises heart attacks risk-** If you drink one or more diet sodas a day, your chances of having a heart attack are 43% higher than those who drink regular soda or none at all.

Although we have learned about how the heart works, there are still many unanswered questions about heart health and the cardiovascular system. As far as we know, the best way to protect the heart is to stay active, eat a healthy and balanced diet, reduce the daily stress and keep follow up appointments with your primary care physician as needed.

I hope that all of you are staying warm, healthy and safe.

*Happy Valentine's Day  
Take Care~ Sandy*



Did you know having a personal [my Social Security](#) account is almost like having super powers? Think about it. It protects you, and you can even look into your financial future. Check out these four features that can empower all working Americans who pay into Social Security.

### **Saves You Time**

You may think you need to speak with a Social Security representative to check your application status, set up or change direct deposit, or request a replacement Social Security card. But you don't! All you have to do is log in or create your personal [my Social Security account](#). Take care of your Social Security business from home or away when it's convenient for you.

### **Security Protection**

Your personal information is very important to us. When you create an account, it prevents someone else from possibly creating an account in your name. We use two-step authentication to verify you are the one logging in to your account. Our security measures allow you to access your personal information safely and securely using [my Social Security](#).

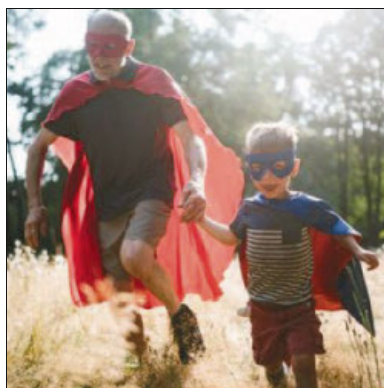
### **Reassurance**

Did you know you can see your entire earnings history with your personal [my Social Security](#) account? Do you know why it's important to check it and make sure it's accurate? Your future benefits are based on your earnings history. You won't receive all the benefits you should if our records understate your real earnings. Use your account to verify if your employers reported your earnings to us correctly. We tell you how to correct an error if you find one.

### **Plan for your Future**

Retirement planning is essential for a secure future. And your personal [my Social Security](#) account makes it easy. You can view your retirement estimates when you enter the age or date when you expect to begin receiving benefits and your estimated future salary amount. You can also view your estimated disability benefit on the Estimate Benefits page.

Please share this information with your family and friends – and post it on social media.





Mon	Tue	Wed	Thu	Fri
	1. TUNA NOODLE CASSEROLE PEAS PEACHES W. WHEAT BREAD	2. GRILLED CHICKEN W. WHEAT BUN WHOLE POTATO'S W/PARSLEY CARROTS GRAPES	3. STUFFED PEPPERS MASHED POTATOES GREEN BEANS PEARS W. WHEAT ROLL	4. CHICKEN ENCHILADA W. GRAIN BROWN RICE CORN APPLESAUCE
7. COLD TURKEY CHEDDAR W.WHEAT BUN CUCUMBER SALAD YOGURT APPLE JUICE	8. HAMBURGER GRAVY MASHED POTATOES BROCOLLI MIXED FRUIT W. WHEAT ROLL	9. CHICKEN TENDERS POTATO WEDGES MIXED VEGETABLES ORANGE  	10. FISH SANDWICH COLE SLAW CORN PEARS	11. HOMEMADE GOLUASH CALIFORNIA BLEND PEACHES W. WHEAT ROLL
14. BLT CHICKEN CHEF BACON BITS, RED ONION TOMATO, CHEESE CROUTONS FRUIT SALAD	15. SLOPPY JOE'S MAC AND CHEESE GREEN BEANS TROPICAL FRUIT  	16. REUBEN CASSEROLE SLICED POTATO'S CARROTS MANDARIN ORANGES W. WHEAT BREAD	17. CHEESE OMELET TURKEY SAUSAGE LINKS BAKED APPLES W. GRAIN BANANA MUFFIN	18. CHILI PEAS PEACHES CORN BREAD  
21. AGENCY CLOSED  	22. EGG SALAD CROISSANT WHOLE BEETS PEARS   NO SUBSTITUTIONS	23. SHREDDED CHICKEN W. WHEAT BUN DICED POTATOES CORN PEARS	24. SPAGHETTI W/ MEAT SAUCE ROMAINE SALAD PEACHES W. WHEAT BREAD  	25. BEEF HOT DOG/ BUN BAKED BEANS SUN CHIPS MANDARIN ORANGES  
28. HAWAII CHEF SALAD HAM, TOMATO, SWISS CHEESE, PINEAPPLE TIDBITS, TORTILLA STRIPS APPLE CIN. MUFFIN		SUBSTITUTION OF THE MONTH IS PIZZA BURGER NEED 24 HOUR NO- TICE .	PLEASE GIVE 24 HOUR NOTICE TO CANCEL IF YOU WILL NOT BE HOME FOR DELIVERY	MENU IS SUBJECT TO CHANGE WITHOUT NOTICE  





# TAX TIME

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## TAX TIPS FOR FILING FOR 2021

This is not an exhaustive list, but merely some of the most common items used in tax preparation. If you are expecting forms and have not received them by the middle of February, please wait for them and make your appointment for mid-March. If forms do not arrive prior to your appointment date call the business immediately and, if necessary, cancel your appointment. You must have all your documents *before* you attend your appointment. Ashland's AARP Tax Prep runs from **February 1 – April 14, 2022, with appointments every hour from 8:30 a.m. – 3:00 p.m.** **If you need more information on deductions or credits go to [irs.gov](https://www.irs.gov)**

### To Make an Appointment in Ashland: Call 211 (844-984-1151) during these hours

8:30 a.m. - 7:00 p.m.

Monday through Thursday

8:30 a.m. – 4:30 p.m. Fridays

9:30 a.m. – 4:30 p.m. Saturdays.

#### 1. Bring the Following Items:

Social Security card and/or statement  
Social Security card(s) for all dependents  
Photo ID for both filers – Ohio Driver's  
License or State ID  
2019 & 2020 Tax returns

#### 2. All Income Received in 2021:

Social Security Statement (SSA-1099)  
W-2s and 1099s  
Self-employment Income (1099-NEC/1099-  
MISC)  
Advanced Child Tax Credit Payments  
(Letter 6419)  
Premium Tax Credit for Health Insurance  
(1095-A)  
Capital Gains (1099-B)

Interest and Dividend Statements (1099-INT/  
DIV/OID)  
Retirement Distributions (1099-R/RRB-1099)  
Gambling Winnings (W-2G)  
Rents & Royalties (K-1)  
Unemployment Compensation (1099-G)

#### 3. Medical Expenses (totaled by category):

Doctors/Dentists  
Prescriptions  
X-rays/Lab work  
Nursing Help  
Hospital Care  
Medical Aids (glasses/hearing aids)  
Medical Mileage  
Long-term Care Premiums  
Supplemental Medical/Dental Insurance  
Premiums  
Other Medical Expenses

#### 4. Stimulus received in 2021 only



## 2021 Board of Directors

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*Sponsored by Title III Grants under the Older Americans Act Administered through the Ohio Department of Aging and the Ohio District 5 Area Agency on Aging, 1-800-860-5799, with local funding through Ashland County Levy, Villages, Clubs, Organizations, Churches and Private Donations. Services are offered to all 60+ residents of Ashland County regardless of race, creed, color, national origin, sex, or handicap.*

# Meet Our Staff

Please, join us in saying “Hello” to Ann Mohr! Ann is our Finance Manager. Collectively, Ann has been with the agency for 4 ½ years. Her birthday is February 26th. Ann and her husband, Rodney, have been married for 38 years. They have two children. Daughter, Kate and their son, Ben. They also have two grandchildren. Kate’s son, Wesley and Ben’s daughter, Alyssa. Her favorite color is Blue, always has been. Ann and her husband, own and operate three businesses. All of them related to the making and restoration of violin bows. Mohr & Mohr Bows, they started 36 years ago!! That is their first. Learning Trade Secrets, is the 2<sup>nd</sup>. This is where they are teaching students how to make bows. They recently received a patent for their Bamboo bow. That one is called, NuBow, and their 3<sup>rd</sup> business. Each bow comes with a Certificate of Authenticity and they have shipped their bows worldwide. It was most fascinating talking with Ann and getting to learn all this. They have two retired Racing Greyhounds, Tatty & Tilly. In her spare time, they like to go Antiquing. Ann has put going to Ireland, on her Bucket List. Their most exciting trip, Albuquerque, N.M., to see the albino diamond back, at the Rattle Snake Museum. Their greatest adventure, nearly 20 years ago, was having their home moved. That is cool!! When asked for words of advice or words to live by, she responded... 1. If you don’t have anything nice to say, don’t say anything at all. 2. If we don’t start being nice, there will be nothing left. 3. We need to care, not be right. Thank you for an interesting interview!! Ann, Thank You for being an amazing part of the Council on Aging!!!

## HELLO DOLLIES

From my mother Carle Blasius 1929-2001

Preparation Time: 8 minutes

Melt 1/4 lb. butter (1 stick) in measuring cup and pour into 9x13 pan.

Layer:

1 cup crushed graham crackers (1 package) making it even as the bottom layer

6 oz. chocolate chips

6 oz. butterscotch chips

1 cup coconut

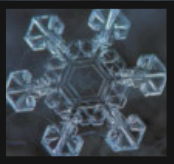
1 cup chopped pecans

Top with 1 can condensed milk and bake at 350 degrees for 30-40 minutes until brown. Cool before cutting and then refrigerate. These are very difficult to cut when cold. Serve on a cookie platter.

Enjoy!

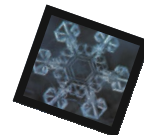
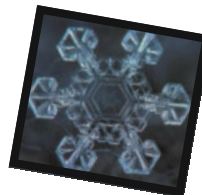
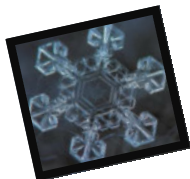
Ann Mohr





# Fun Making Snowman

7



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# Activity

Mon	Tue	Wed	Thu	Fri
	1. 1:00 BINGO Tournament	2. 10:30 Bible Study	3. 12:45 Valentine Craft	4. <b>Activity Room Open</b> <i>You can even play Wii</i>
7. 12:45 <u>Celebrate Your Plate</u> (see front page for more information)	8. 12:45 Trivia	9. 10:30 Bible Study	10. <b>Activity Room Open</b> <i>You can even play Wii</i>	11. 12:45 Movie & Snack: "The Letter Writer" A great chance to bring your sweetie.
14. 11:45 Valentine Activity	15. <b>Activity Room Open</b> <i>You can even play Wii</i>	16. 10:30 Bible Study	17. <b>Activity Room Open</b> <i>You can even play Wii</i>	18. 10:00 Loudonville Foodbank <b>Activity Room Open</b> <i>You can even play Wii</i>
21 AGENCY CLOSED	22. 9:30 Newsletter Mailing  1:00 Euchre Tournament	23. 10:30 Bible Study	24. 12:45 St. Patrick's Day Craft	25. <b>Activity Room Open</b> <i>You can even play Wii</i>
28. 12:45 <u>Celebrate Your Plate</u> (see front page for more information)		<b>The activity room will not be open on the days activities are planned. Please watch this calendar to know which days are free play.</b>		



## LOUDONVILLE Mobile Food Pantry

**Fri., February 18 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, February 26 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.



## 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. As always our medical appointments are a priority, doctors don't like to wait. 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.

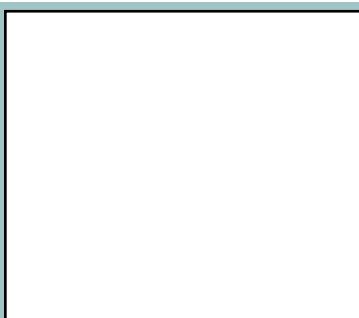
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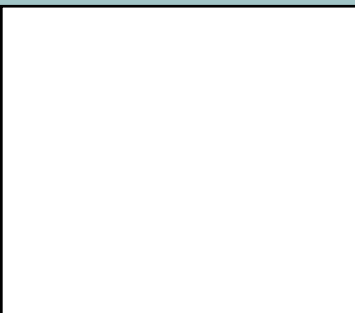
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## Ashland County Council on Aging

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### ***A Good Laugh***

A lady is writing a letter to her friend. It reads in part.....

Remember old folks are worth a fortune. With *silver* in their hair, *gold* in their teeth, *stones* in their kidneys, *lead* in their feet, and *gas* in their stomachs. I have become a little older since I saw you last and a few changes have come into my life. Frankly, I have become quite a frivolous old gal. I am seeing five gentleman every day.

As soon as I wake up, Will Power helps me get out of bed. Then I go to see John. The Charlie Horse comes along, and when he is here he takes a lot of my time and attention. When he leaves, Arthur Ritis shows up and stays the rest of the day. He doesn't like to stay in one place very long. So he takes me from joint to joint. After such a busy day I'm really tired and glad to go to bed with Ben Gay....What a life!

P.S. The preacher came to call the other day. He said at my age I should be thinking about the hereafter. I told him, Oh, I do all of the time. No matter where I am in the parlor, upstairs, in the kitchen or down in the basement. I ask myself now.....

"WHAT AM I HERE AFTER?"

### INCLEMENT 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).**

*BowTies*

### *Inspirational Stories*

I've spent the last couple of years struggling with the fact that I haven't been able to fit into some of my clothes. Clothes that, just a short time before, I wore with no problem. They even looked great on me.

It's been frustrating and discouraging to say the least. It's affected my mood, my self-esteem, my attitude, and dare I admit had me bordering on depression. To say it's had a negative impact on my life would be an understatement.

Yesterday I hit my breaking point.

Fighting back tears, I thought enough was enough and finally decided to take control and do something about it. So I got up off the couch, put my sweats on, and went right out and bought some bigger clothes.

-Anonymous

