



Senior Citizens Friendship Center

C A R R O L L C O U N T Y O H I O

JANUARY 2020

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: 330-627-7936

Email: carrollcoseniorcenter@frontier.com

MONTHLY SPOTLIGHT

SNOW DAYS REMINDER-

IF CARROLLTON SCHOOLS ARE CLOSED
FOR A SNOW DAY-SO ARE WE-WATCH
TV STATIONS WTOV-9 & WKYC-3

CLOSED JANUARY 1ST & 20TH



Center update

Meals served: 5,298

Miles Traveled: 2,940



Facebook: <https://www.facebook.com/CarrolltonFriendshipCenter/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
Audrey Grove, Malvern
Cheryl Moffat, Sherrodsville
Deb Toussant, Asst. Cook
Cindy Sandefur, Kitchen
Freda Luyster, HDM Driver
Patty Babe, HDM Driver
Dick Walters, HDM Driver
Julie Maple, HDM Driver
Aneissa Randal, Utility Worker
Heather Smalley, Wellness Worker
Lisa Rininger, Maintenance
Cindy Grindstaff, Sub
Sue Miller, Sub
Annette Welch, Sub
Tom Barnett, Sub

VOLUNTEERS

Earl Cattrell
Tom Shafer
Greg & Amy Harkless
Dave Myers

SATELLITE NUTRITION SITE

Malvern Nutrition Site

121 Wood Street
330-205-6654

Sherrodsville Nutrition Site

80 Hill Street
740-269-2200

CONGREGATE MEALS

A hot, nutritious meal is served each day at the Senior Citizens' Friendship Center and our satellite site in MALVERN and SHERRODSVILLE at 11:30 am. The Center's meals are no salt added and diabetic substitutes are available. This meal gives seniors the opportunity to gather together and alleviate the loneliness of eating alone. It is very difficult for our nutrition coordinator to plan and prepare meals each day without an accurate count, so PLEASE

**CALL TO MAKE YOUR
RESERVATION BY
8:30 AM.**



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. Please call the Friendship Center for information and a list of participating attorneys.

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

Start your day socializing with coffee and donuts and extend it to an afternoon activity! 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.



HEALTH NEWS

BLOOD PRESSURE CHECKS

CCVNA- Tuesday, January 7th @ 11:00 am
SEA-Monday, January 13th @ 11:00 am

MATTER OF BALANCE

Matter of Balance is an 8-week structured group intervention that emphasizes practical strategies to reduce fear of falling and increase activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance (National Council on Aging).

Due to weather-we take a break in winter

Get on wait list for Spring course!

HEALTHY LIFE WITH CHRONIC PAIN

Do you suffer from continuous Living a Healthy Life with Chronic Pain is designed to help individuals with learning proven strategies to manage chronic pain to live a better life. The class is not a substitute for medical treatment, but can give tools to complement treatments and efforts to manage chronic pain. This six-week course will start later this winter!!

Call to reserve a seat!

HEALTH TRIVIA

The Carroll County Visiting Nurses entertain us with a fun way to learn some health facts! Trivia will be every last Tuesday of the month at 11:00 AM.

Tuesday, January 28th @ 11:00AM

*****NEW NEW NEW*****

Please welcome Heather Smalley as our new welcome and wellness worker. Heather will be doing home visits to help our seniors complete assessments. Make the appropriate community connections and needed help to our seniors in any way to navigate services.

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

Call for available flavors.

CAREGIVERS GROUP

Support group meets at the Friendship Center every 3rd Monday of the month.

January 20th @ 2:00-4:00PM

HOSPICE BEREAVEMENT

Support group meets every 2nd Tuesday of the month at the Airport Restaurant.

January 14th @ 9:00AM

SENIOR STROLLERS

MONDAY AND THURSDAY @ 2:00pm
IN THE RENTAL ROOM



EXERCISE CLASSES

TAI CHI

Entry level Tai Chi is taught by instructor Aneissa with 8 basic moves.

If Tai Chi is new to you, see Aneissa for one on one instruction.

Tuesday & Thursday @ 10:30am

GERI-FIT

Come join licensed instructor Aneissa for weekly exercise the provides multiple health and emotional benefits!

EARLY BIRD:

Mon,Tues,Thurs & Fridays @ 9:00AM

LATE FLIERS:

Monday & Fridays @ 10:30AM

**Please note: Above exercises can be done seated or standing*

LINE DANCING

Line dancing classes are held each Wednesday at the Carrollton Friendship Center. Beginners meet from 8:00-9:00AM and intermediate to advance join in from 8:00-11:00AM. Come join Sue Frase and the dancers for a fun time!

DO YOU HAVE A NEW YEARS' RESOLUTION??



**WHY NOT START COMING TO THE
FRIENDSHIP CENTER FOR EXERCISE..**



EVENTS AND TRIPS

Upcoming COA Happenings



****NEW ACTIVITY****

DO YOU HAVE THE WINTER BLUES "BYOG"

**GAME DAY FUN
BRING YOUR OWN GAMES
AND SOME FRIENDS TOO!
WE WILL PROVIDE THE SNACKS
MONDAYS FROM 12:30-2:30**

"MUSIC FOR MEALS"

SENIOR MUSIC NIGHT

NO MUSIC FOR MEALS JAN. 1st.

OPEN MIC AND DANCING

**EVERY WEDNESDAY EVENING
6PM-9PM**

COFFEE AND PUNCH WILL BE PROVIDED.

DONATIONS ACCEPTED. 50/50. ALL

DONATIONS RECEIVED TO CCCOA

MEALS ON WHEELS

CALL TONYA FOR QUESTIONS

330-627-7017

RAISED \$2095.17

1047 MEALS SINCE AUGUST 2019

THANK YOU!

PATTY BABE FOR OUR CHRISTMAS
TREATS FOR THE STAFF CHRISTMAS
PARTY, AND ANYONE WHO
PARTICIPATED WITH SWEET TREATS
IN THE MONTH OF DECEMBER

thank you

EVENTS

Birthday Celebration

Every **3rd Tuesday** of the month come join us for our Birthday Celebration! We will celebrate ALL birthdays for the month. Our oldest birthday attendee will receive a surprise!

Suggested donation for Birthday dinner is \$3.00.

JANUARY 21st @ 11:30 AM

FREE COFFEE AND DONUTS DAILY

We offer free coffee and donuts each morning, Monday-Friday @ 8:00AM. Please stop by for a bite to eat, some conversation, and a look at the morning paper.

BINGO WITH PRIZES

Come join in for an after lunch BINGO game! We appreciate our generous sponsors for providing the time and prizes ; CCBDD, Community Hospice, Crossroads Hospice, Minerva Healthcare, The Friendship Center, and Society for Equal Access

Thank you to our sponsors!!

FC CRAFT

On the 2nd Wednesday of each month Aneissa hosts a build your own craft. The craft is made for everyone, whether you are "crafty" or not. This month will be a salt shaker snowman.

MOVIE OF THE MONTH

Two opportunities to watch a movie and receive a delicious snack and drink to truly enjoy the film. Our "New Release" showing will be the 2nd Friday of every month and the "Oldie, but Goodie" movie is the last Tuesday of every month.

New Release: "THE OVERCOMER"

Oldie, but Goodie: "THE RIVER RUNS THROUGH IT"

LENDING LIBRARY & BOOKMOBILE

Keep your mind sharp and sit down with a good book! Carrollton always provides a rotating Lending library stocked with multiple genres. Come in and borrow a book and return when you're finished! No rush or deadlines.

Can't find something you like in Carrollton? No problem, the BOOKMOBILE from the Carroll County District Library will stop at Carrollton and Malvern with fun reads.

Carrollton: Wednesday 10:45-11:15AM

Malvern: every other Monday 1/10 & 1/24 @ 12:05-12:25PM

RUG RATS- RAG RUG MAKING

As a follow-up to the rag rug class, the group will gather to put together their own creations.

QUILTERS GUILD

Bring your own sewing machine and join in on a group creation! Quilters meet every 2nd Tuesday of the month.

CARDS WITH THE COOK

Come play "Show me the Friend" after lunch with our head cook! Every 1st Friday of the month! It's like bingo, but with cards! Prizes will be given.

BRIDGE & EUCHRE

Come in and socialize around a card table!



MALVERN ACTIVITIES

BINGO:

SEA Jan. 9th @ 10:30am

FC Jan. 15th @ 10:00am

BOOKMOBILE: Every other Monday @ 12:05-12:25pm 1/13 and 1/27

CCVNA BLOOD PRESSURE Jan. 3th @ 11:00am

CRAFT: Jan. 29th @ 10:15

EUCHRE: Jan. 2nd and 16th @ 10:30am

ICE CREAM SOCIAL: Jan. 17th @ 12:00pm

TIA CHI: Mon. and Tues. @ 9:00am



SHERRODSVILLE ACTIVITIES

CARDS

TRIVIA & TREATS

Before lunch daily

Jan. 8th @ 10:30am

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!

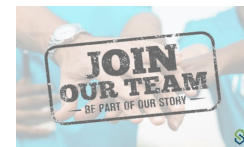
CARROLL COUNTY COUNCIL ON AGING 2019

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:

January 2nd @ 10:00 AM

These are open to the public and we encourage your participation. Current officers are: President-Susan Ziler, Vice President-Doris Logan, Secretary- Beulah Bland, Treasurer-Ruth Ann Tinlin, Co-Treasurer- Amy Harkless, and 3 Trustees- Dean Rinehart, Elaine Myers, and Ollie Scott.

****MAY BE OPEN POSITIONS FOR 2020!****



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 is here every 2nd Monday of the month. Please call 330-343-9292 if you have any questions or need an appointment.

NOW DOING BLOOD PRESSURE CHECKS