



Senior Citizens Friendship Center

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

APRIL 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

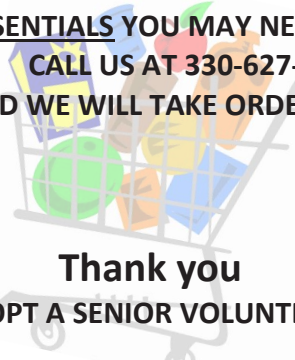
Email: carrollcoseniorcenter@frontier.com

MONTHLY SPOTLIGHT

PLEASE LET US KNOW IF YOU OR
SOMEONE YOU KNOW NEEDS
HELPING RUNNING
ERRANDS!
STAY SAFE-STAY INSIDE!

WE HAVE VOLUNTEER SHOPPERS
AVAILABLE TO PICK UP ANY
ESSENTIALS YOU MAY NEED!

CALL US AT 330-627-7017
AND WE WILL TAKE ORDERS.



Thank you

ADOPT A SENIOR VOLUNTEERS



DUE TO THE CORONAVIRUS "COVID-19"

ALL IN HOUSE ACTIVITIES ARE SUSPENDED UNTIL
THE HEALTH DEPT. ADVISES DIFFERENTLY, AS ARE
ROOM RENTALS.

WE WILL CONTINUE WITH OUR
"GRAB N GO DINING" CURB SIDE PICK UP
AND

ALL HOME-DELIVERED MEALS
AS LONG AS WE ARE ALLOWED.

WE WILL ADVISE WHEN WE ARE GIVEN THE
"ALL CLEAR".



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
Cindy Grindstaff, HDM Driver
Aneissa Randal, Activities
Heather Smalley, Wellness Worker
Lisa Rininger, Maintenance
Sue Miller, Sub
Annette Welch, Sub
Tom Barnett, Sub
Crystal Woodburn, Sub
Robert Hull, Sub

VOLUNTEERS

Earl Cattrell	Dean Rinehart
Tom Shafer	Donna Rinehart
Greg & Amy Harkless	Paul Jakubowski
Dave Myers	Vi Williamson

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 household 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. **Thank you**-Kelly Broadwater, Sean R. Smith, Kathy Stoneman, Maureen Stoneman and Jennifer Thomas for serving our seniors.

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.

7 EASY EXERCISES

Try these exercises twice a week to build up your strength, balance and flexibility.

Warm-Up



1. Stationary March with Arm Swing/Seated March

Strength Exercises



2. Sit to Stand



3. Standing Hip Extension

Balance Exercises



4. Side Leg Raise



5. Single Leg Stand

Flexibility Exercise



6. Triceps Stretch

Cool Down



7. Standing Quadriceps Stretch



****PLEASE BE AWARE OF SCAM INCREASES!****

If something seems strange or does not look right call and ask . Take caution before you;

- Open emails
- Click ads
- Answer questions on the phone
- Answer doors to strangers
 - etc.

****WELCOME & WELLNESS****

Do you know someone that needs to know more about our services or senior services in Carroll County?

IF SO—

CALL 330-627-7017

Refer a friend.

Heather will be doing home visits to help our seniors complete assessments.

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



Spring Word Search



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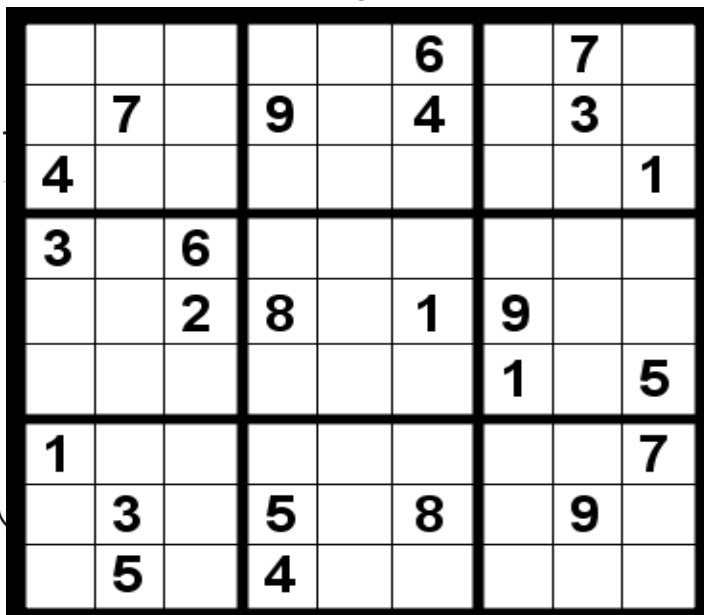
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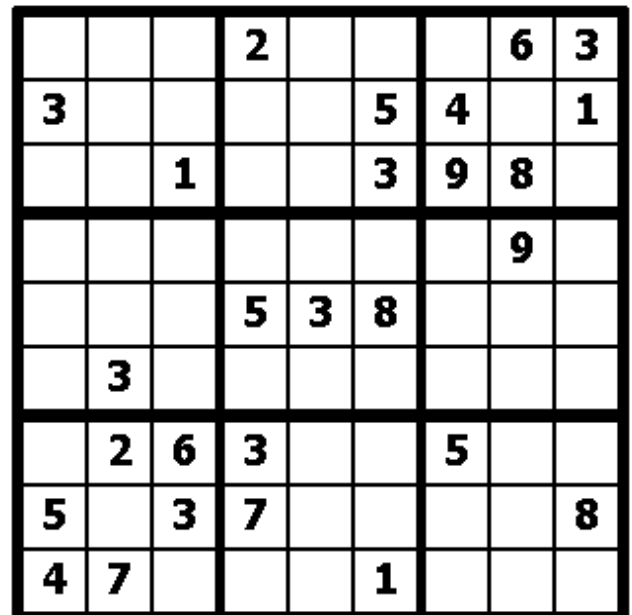
BUNNY
 BLOSSOM
 RAINBOW
 SEEDS
 GARDEN
 APRIL

KITES
 BUTTERFLY
 EGGS
 EASTER
 BIRDS
 SPRING

MEDIUM
























HARD



7

FIVE-MINUTE DINNERS NUTRITIONISTS EAT

EGG 	+	SPINACH 	+	BEANS 
BLACK BEANS 	+	BROCCOLI 	+	BROWN RICE 
WAFFLE 	+	PEANUT BUTTER 	+	BLUEBERRIES 
FISH 	+	CARROTS 	+	GREEN BEANS 
TOMATO 	+	BASIL 	+	MOZZARELLA 
LETTUCE 	+	AVOCADO 	+	GRILLED CHICKEN 
WRAP 	+	DELI MEAT 	+	ROMAINE 

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
PUBLIC TRANSPORTATION PUBLIC TRANSPORTATION PUBLIC TRANSPORTATION
330/627/1900



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:
April 2@ 10:00 AM

**** This month will be via phone conference. If you wish to participate please call in to 330-627-7017 for conference number and code.**

Sorry for any inconvenience.

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

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.

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.