



# Senior Citizens Friendship Center

CARROLL COUNTY OHIO

JANUARY 2021

## 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: 330-476-6402

Email: [friendshipcenter@carrollcountyohio.us](mailto:friendshipcenter@carrollcountyohio.us)

- 01/01: CLOSED-New Years



- 01/18: CLOSED- MLK day



Don't forget to turn in your  
2020 SURVEY!



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  
Deb Toussant, Asst. Cook  
Cindy Sandefur, Kitchen  
Annette Welch, Kitchen  
Freda Luyster, HDM Driver  
Patty Babe, HDM Driver  
Cindy Grindstaff, HDM Driver  
Robert Hull, HDM Driver  
Aneissa Randal, Activities Instructor  
Heather Smalley, Wellness Worker  
Sue Miller, Sub  
Tom Barnett, Sub  
Dick Walters, Sub  
Crystal Woodburn, Sub  
Carl Leonard, Sub

### WE ♥ OUR VOLUNTEERS

Earl Cattrell	Kris DeWitt
Dean Rinehart	Deb Hull
Donna Rinehart	Vi Williamson
Greg & Amy Harkless	Paul Jackabowski
Dave Myers	Chuck Lutton
Denny Roudebush	Donna Wey

### CONGREGATE MEALS

**WE WILL CONTINUE TO RUN  
CURBSIDE PICK-UP FOR THE  
MONTH OF JANUARY!**  
**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.

#### THANK YOU TO OUR PARTICIPATING ATTORNEYS:

**Kelly Broadwater  
Cathy Stoneman  
Maureen Stoneman  
Jennifer Thomas**

**THANK YOU SEAN SMITH FOR YOUR MANY YEARS OF SERVICE FOR 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 appoint-

ments 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.

**\* Currently Postponed due to COVID\***

### GROCERY ORDERING

We will be continuing grocery shopping and delivery! Call in to the center and give us your grocery list with either Sanders or Discount Drug Mart. Prescription pick-up at either Discount Drug Mart or Rite Aid pharmacy.

Stay home and stay safe!

### WELCOME AND WELLNESS

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

**CALL 330-627-7017**

**As we enter a new year, we want to make sure YOU or a LOVED ONE are safe, healthy, and happy! There are many programs available to ensure our elderly population has tools to stay in their home while maintaining effective activities of daily living. If you have questions or feel you need help in a certain area we can help!**



With bad weather coming.....

## WE ARE GOING VIRTUAL!

Continue exercising in a group format in the comfort of your own home.

### HOW TO:

1. Download Microsoft Office Teams
2. Instructor Aneissa will send a LINK via email
3. Click on the link and verify JOIN MEETING WITH TEAMS
4. Have fun exercising every **TUESDAY, WEDNESDAY, and THURSDAY @ 9:30 AM.**

Class will be INVITE ONLY, so call in for the link request.

\* We know this is new so we are happy to help get you started!

Call in for an appointment to talk you through the process.



Bridget with OSU Extension office will be hosting an informative class  
"COPING WITH COVID"

Once finished, there will be opportunity for questions and socialization.

**January 13th @ 1:00 PM**

Call us to reserve a spot with email address  
(330)627-7017 by January 11th, 2020

If you haven't met these ladies already, we want to introduce you to you Welcome and Wellness employee and Activity Coordinator. They have been taking on COVID-19 while shopping, prescription pick up, and deliveries!

### .Welcome and Wellness:

Thanks to DJFS, Title XX funding, Heather is here to help in any way! If you have any questions about our services, Medicaid, passport, community based programs, etc. call in and Heather can point you in the right direction. Once it is safe, Heather will visit homes again.

### Activities:

On top of errand services, you may see Aneissa online with exercise courses or monthly activities. Call to find out how to sign up for Geri-fit, Matter of Balance, Crafts, Etc

Heather Smalley



Aneissa Randal



## 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



**GROCERY/  
PRESCRIPTION  
PICKUP AND  
DELIVERY!**

Call in your orders to us and we do the rest!

Participating stores; **Sanders, Discount Drug-Mart, and Rite-Aid** for prescriptions will call for payment method.

We then will drive them right to your door for free!

We want you to stay safe!



**Caregivers  
Support Group**

A **VIRTUAL MEETING** will be held on the 3rd Monday of every month.

January 18th

From 2:00-4:00pm

**Call: 833-600-1761**

Enter ID: 814500572#

## Count your Blessings...

Thank you to our December donors!

- **Normady/ Civic club** for delivering Thanksgiving meals throughout Carroll County! They delivered to over 120 of our seniors alone!
- **Community Hospice and Suzanne Bates** for providing a lunch for all staff.
- **Ginnye Mills and Barbara Cascial** for providing the gifts of a mug rug to ALL of our home-bound clients.
- **Donna Wey** for holiday reindeer treats for our clients.
- **Crossroad Hospice** for weekly help wherever Needed. We appreciate you Steve!

Many thanks to our last minute volunteers when we needed you most!

- Darcy Baker, Amanda Tubaugh, Maretta Babe, The Leonard Boys, and Vivian Day.

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 cancellations 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

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 7th @ 10:00 AM**

These are open to the public and we encourage your participation. Current officers are: President-Doris Logan, Vice President-Dean Rinehart, Secretary—Elaine Myers, Treasurer—Amy Harkless, and 3 Trustees—Bob Herron, Rose Weiss and Mark Spears.

THANK YOU RUTH ANN TINLIN FOR YOUR YEARS OF SERVICE WITH US!

**PLEASE PRACTICE  
SOCIAL  
DISTANCING**

### 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.

# MAKING A DIFFERENCE

## **YOUR TAX DEDUCTIBLE DONATIONS AND LEGACY HELPS PROVIDE SENIOR CITIZENS WITH SERVICES!**

The Carroll County Council on Aging, Inc is a registered 501 ( C ) 3 non-profit senior center providing multiple services to Seniors in Carroll County. Funding sources include Friendship Center Tax Levy , Part by the Ohio Department of Aging through the Area Agency on Aging-Region 9 , as well as donations and contributions that are made from countywide supporters. No one funding source provides full coverage of our services.

We have been challenged with current events to cover our expenses. As we continue to grow, continuous generosity and kindness from our community will continue to fill those gaps. We would not be able to continue to serve WITHOUT YOUR SUPPORT!

Your donations can be put towards multiple services that we try stive to serve seniors on a "Donation Only" basis so guarantee zero denials 60 and above. Rising needs for In-home delivery, rising food costs, increase packaging costs, and contractual service raises require us to continually share this reminder about how crucial your donations are and how they go directly towards Carroll County's Senior Citizens Needs.

Please remember us when structuring your will; listing beneficiaries, and when making in-memorial contributions are appreciated. Legacy donations are a wonderful way to memorialize your loved one. We sincerely appreciate any support you may be able to offer!

**Thank you for supporting the Mission of Carroll County Senior Citizen Friendship Center**



I WANT TO MAKE A TAX DEDUCTIBLE DONATION TODAY!

I/We wish to contribute to the following beneficial senior based program(s):

Home Delivered Meals_____	Morning Breakfast Program _____
Dining Center Meals_____	Pet Treats/ Food Program_____
General Use _____	CCCOA Foundation/Endowment Fund
Transportations _____	Birthday Dinner Entertainment_____
Exercise_____	Other (Please specify) _____
Pet Treats/ Food Program_____	

In Memory of: \_\_\_\_\_

Please Complete and mail your 2020 tax-deductible donations to:

Carroll County Council on Aging, Inc.

P.O. Box 14

100 Kensington Rd

Carrollton, Ohio 44615

## Winter Wonderland

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

### Word List:

BELOWZERO  
 BOOTS  
 COCOA  
 FIREPLACE  
 FROZEN  
 HIBERNATE  
 JACKFROST  
 SHIVER  
 SLED  
 SNOWSTORM

BLANKET  
 CABINFEVER  
 COLD  
 FLURRIES  
 GLOVES  
 ICICLE  
 MITTENS  
 SHOVEL  
 SLIPPERY  
 SNOWSUIT

BLIZZARD  
 CHILLY  
 EARMUFFS  
 FROSTY  
 HAT  
 ICY  
 PLOW  
 SKATING  
 SNOW  
 WINDY

BLUSTERY  
 COATS  
 FEBRUARY  
 FROSTY  
 HEATER  
 JANUARY  
 SCARF  
 SKIING  
 SNOWMAN  
 WINTER