Senior Citizens Friendship Center

CARROLL COUNTY OHIO

JANUARY 2023

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: Friendship-center@carrollcountyohio.us

MONTHLY HIGHLIGHTS

JANUARY 2: CLOSED FOR NEW YEAR'S DAY

JANUARY 16: CLOSED MARTIN LUTHER KING JR DAY

Monthly Update
Miles Traveled- 6284
Meals Served- 7675

Carroll County Council on Aging Inc | Facebook

INSIDE OUR CENTER

CCCOA Information & Contact

CENTER INFORMATION

STAFF

Tonya Myers, Director
Jenna Aukerman, Asst. Director
Laura Liber, Data Entry, I&R
Janice Nape, Head Cook
Tiffany Myers, Asst. Cook
Deb Toussant, Kitchen
Annette Welch, Kitchen
Anitra Meek, Kitchen
Freda Luyster, HDM Driver
Patty Babe, HDM Driver
Robin Haun, HDM Driver
Carl Leonard, HDM Driver
Cassie Cogan, HDM Driver
James Wood, Utility Worker
Aneissa Randal, Activities Instructor
Heather Smalley, Wellness Worker
Tom Barnett, Sub
Cindy Grindstaff, Sub
Sue Miller, Sub
Sabrina Seal, Sub

VOLUNTEERS

Maretta Babe
Darci Baker
Nancy Campbell
Cathy Carlton
Marty Colaprete
Barb Cronin
Jackie DeWitt
Kris DeWitt
Theresa Furbee
Amy & Greg Harkless
Darla Hutchison
Chuck Lutton
Dave Myers
Dean Rinehart
Denny Roudebush
Tom Shafer
Donna Wey

CONGREGATE MEALS

CURBSIDE PICK-UP: DAILY 10:30AM
IN-HOUSE DINING: DAILY 11:30 AM

CALL TO MAKE YOUR RESERVATION THE DAY BEFORE.

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. This program is a first come first served basis until funds are exhausted. Please call the Friendship Center for information.

THANK YOU TO OUR PARTICIPATING ATTORNEYS:

Kelly Broadwater
Kathy Stoneman
Maureen Stoneman
Jennifer Thomas

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

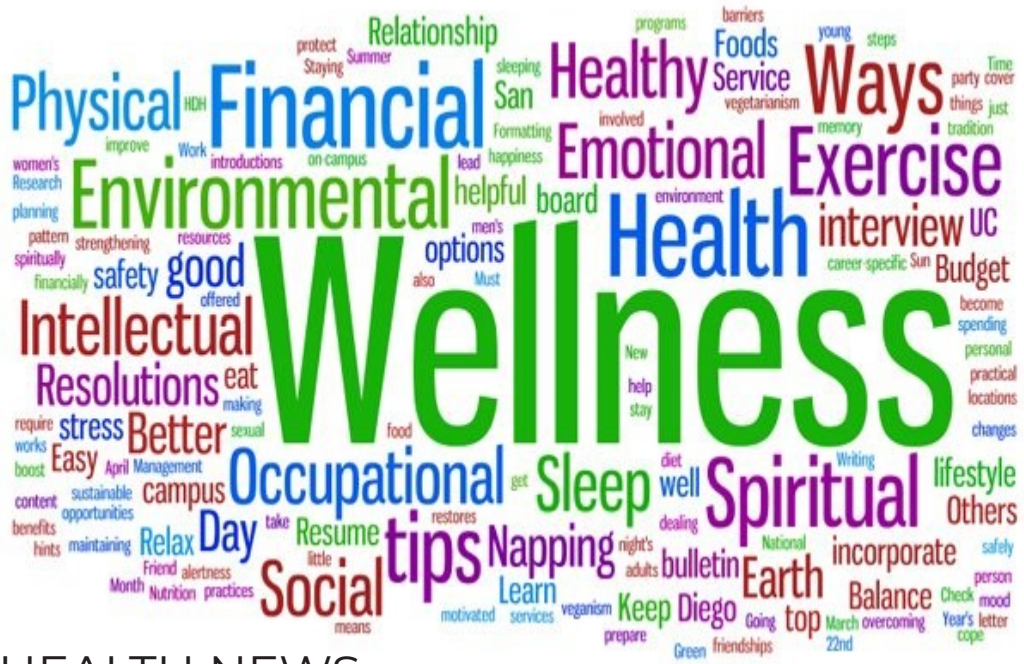
Our Centers are designed to promote socialization and stimulate mental, physical, and emotional health. With a wide array of options, every Senior should be able to find an activity to join in with! Call with any questions and we will introduce you to the activity to get you started.

WELCOME AND WELLNESS

We offer a supportive social structure with wellness employee, Heather Smalley. We are available through the week to provide positive interactions to low income seniors in Carroll County. Through on-going assessments and recurring home and telephone visitations, the program identifies clients' unmet needs and offers ongoing assistance in securing access to appropriate health and social resources. Call in for more information at (330)627-7017.

HEALTH & WELLNESS

Exercise Classes & Health News



HEALTH NEWS

ALZHEIMERS SUPPORT GROUP

A group meeting will be held at the Friendship Center basement meeting room.
Meetings will be every 2nd Tuesday of the month.
1:00 pm 01/10/2023
Call 330-627-7017 for more details.

CAREGIVERS GROUP

A virtual meeting will be held on every 3rd Monday of the month.
Call to register today!
Register at: 1(800)945-4250
Option 8

Caregivers Support Group

Our café offers different options other than our daily congregate dining menu from 9-3!
Hot foods from 11:30-12:30 only.

GROCERY ORDERING

If going to the store is becoming a challenge, let us help! Call the center and give us your grocery list with either Sanders or Discount Drug Mart. Prescription pick-up's at either Discount Drug Mart or Rite Aid pharmacy.

INDIVIDUAL LUNCH & LEARN

Call us to schedule lunch at your home, church, or favorite spot. We will bring lunch and offer education on "our services", fall prevention, or The Welcome & Wellness program. Please call 330-627-7017

Exercise Classes

GERI-FIT

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

LINE DANCING

Line dancing classes are held each Wednesday at the Carrollton Friendship Center. Beginners to advanced are welcome!
Come join Sue Frase and the dancers for a fun time!

Matter of Balance

MOB is specifically designed to reduce the fear of falling and improve activity levels. The program includes eight two –hour classes. Participants learn the importance of exercise in preventing falls and practices to improve strength, coordination, and balance.

A MATTER OF BALANCE
MANAGING CONCERNS ABOUT FALLS

Call to get on waitlist for next session
330-627-7017! SPRING 2023

*NEW WITS WORKOUT

Every Thursday, join the **Wits Workout** group where you'll engage in all kinds of interactive puzzles and games and learn what you can do in your daily life to keep your brain healthy.

BOOST *NEW PRICE

We have Boost available to fill any nutritional gaps you may experience!
Boost comes in cases of 24 pouches in each.
Regular:$22.00 per case
Plus: $23.00 per case
Diabetic: $30.00 per case
Call for available flavors.

EVENTS
Upcoming COA Happenings

NEW ACTIVITIES

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

GROUP BIBLE STUDY

"THE CHOSEN" season 2 is an 8-week video/bible study which will be hosted by Wendy Gotschall. This drama about the life of Jesus Christ introduces Jesus and the calling of his initial disciples with a discussion after each episode. Starting Tuesday,January3, 2023 at 1:00pm at The Friendship Center.

2023 TAX INFORMATION

CARROLL COUNTY DISTRICT LIBRARY OFFERS HELP WITH FILING TAXES THROUGH UNITED WAY. FOR ADDITIONAL INFORMATION OR TO SCHEDULE APPOINTMENTS CONTACT THE LIBRARY AT 330-627-2613 OR UNITED WAY AT 330-994-8482.

BIRTHDAY DINNER CHANGING TO THE SECOND TUESDAY OF EACH MONTH STARTING JANUARY 2023!

CHECK OUR FACEBOOK PAGE FOR UPDATES, EVENTS, AND MENU.
CALL IF YOU NEED HELP OR

EVENTS-

Every **2nd 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 flower. Suggested donation for the Birthday dinner is $3.00.
This month's birthday lunch will be **JANUARY 10TH**

FREE COFFEE TIME

We offer free coffee every morning from 8:00-9:00AM. Fridays will include a light breakfast in the large dining room! Please stop by for a bite to eat, some conversation, and a look at the morning paper.

BINGO & ACTIVITIES WITH PRIZES

Come join in for an after lunch BINGO game! We appreciate our generous sponsors for providing the time and prizes : Crossroads Hospice, Traditions Hospice, Minerva Healthcare, Senior Suites at Century Farms, and the Friendship Center. Thank you to our sponsors!!

BRIDGE / EUCHRE/ GAMES

Come in and socialize around a card table! We provide the table & treats.
Start coming for game day to socialize around the table and have a few laughs! Featured game is Very Sorry, but other suggestions are welcomed! Bring a game & your friends.

CARDS WITH THE COOK

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

CRAFT

On the 2nd Wednesday of each month 4th Street Art hosts a build your own craft. The craft is made for everyone, whether you are "crafty" or not.

PLEASE RSVP BY JANUARY 6TH
JANUARY 11TH@ 10:00 AM

LENDING LIBRARY & BOOKMOBILE

Keep your mind sharp and sit down with a good book! We 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? No problem, the BOOKMOBILE visits from the Carroll County District Library at Carrollton and Malvern with fun reads.

Carrollton: Wednesdays 10:50-11:15AM
Sherrodsville : Wednesdays 11:00-11:45AM
Minerva: Thursdays 11:45-12:30PM

RUG RATS– RAG RUG MAKING

As a follow-up to the rag rug class, the group will meet to put together their own creations. Work on individual projects.

SENIOR MUSIC NIGHT "MUSIC FOR MEALS"

Every 2nd and 4th Wednesday evening of the month from 6PM-9PM musicians come together for open Mic night and dancing. You can sign up to sing or come in to simply enjoy the entertainment. Coffee and punch will be provided. There will be a 50/50 raffle with all donations going to home-delivered meals for seniors in need!

Social room open for cards and games 6-8 PM.
*****JANUARY & FEBRUARY NO MUSIC FOR MEALS*****

SEWING QUILTERS GUILD

Meets 2nd Tuesday of Month 9-12 AM.

TV CLUB OR MOVIE OF THE WEEK

Join in a group setting to continuously watch a featured show together. Enjoy snacks and conversations!

COMMUNITY CONNECT

HARCATUS

HARCATUS OFFERS MANY COMMUNITY PROGRAMS

HOME ENERGY ASSISTANCE PROGRAM

AMERICAN RESCUE PLAN APPROPRIATION HOME RELIEF PROGRAM

***NEW* LOW-INCOME HOUSEHOLD WATER ASSISTANCE PROGRAM**

WINTER CRISIS PROGRAM

CHECK FOR ELIGIBILITY BY CONTACTING HARCATUS AT 330-627-4101

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 whose residence is within the Village of Carrollton, and over 60, please call Transit at 330-627-1900. For seniors with residences outside of the Village of Carrollton, and 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 operated 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 will 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 9:30 AM at the Friendship Center. The next meeting will be held JANUARY 5TH. These are open to the public and we encourage your participation. Current officers are: President-Rose Weiss, Vice President-Dean Rinehart, Secretary-Elaine Myers, Treasurer-Amy Harkless, and 3 Trustees– Bob Herron, Mark Spears, and Doris Logan.

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.

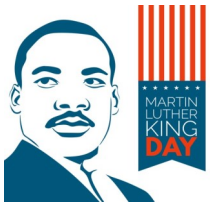
Golden Buckeye Cards

Applications are available at the Senior Center. You must present proof of identity and age (60 or older). Suitable forms of ID include a driver's license or birth certificate.

Society For Equal Access

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

JANUARY ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
-2-	-3-	-4-	-5-	-6-
CENTER CLOSED 	GERI-FIT 9:30 LUNCH 11:30 CARDS WITH THE COOK 12:00 THE CHOSEN 1:00	LINE DANCING 8:30-10:30 BOOKMOBILE 10:45-11:15 LUNCH 11:30	GERI-FIT 9:30 LUNCH 11:30 EUCHRE 1:00-3:00 WITS WORKOUT 12-1	BREAKFAST 8:00-9:00 LUNCH 11:30 MOVIE: THE NOEL DIARY 12:30
-9-	-10-	-11-	-12-	-13-
LUNCH 11:30 HALLMARK MOVIE & TEA 12:30	QUILTERS GUILD 9:00-12:00 GERI-FIT 9:30 LUNCH 11:30 THE CHOSEN 1:00 	LINE DANCING 8:30-10:30 FC CRAFT 10:00 BOOKMOBILE 10:45-11:15 LUNCH 11:30	GERI-FIT 9:30 LUNCH 11:30 THIRSTY THURSDAYS W/DENISE 12:00 EUCHRE 1:00-3:00	BREAKFAST 8:00-9:00 LUNCH 11:30 MOVIE: THE BEST OF ME 12:30
-16-	-17-	-18-	-19-	-20-
CENTER CLOSED 	GERI-FIT 9:30 LUNCH 11:30 THE CHOSEN 1:00	LINE DANCING 8:30-10:30 BOOKMOBILE 10:45-11:15 LUNCH 11:30	GERI-FIT 9:30 LUNCH 11:30 EUCHRE 1:00-3:00 WITS WORKOUT 12-1	BREAKFAST 8:00-9:00 LUNCH 11:30 MOVIE: SLUMBERLAND 12:30
-23-	-24-	-25-	-26-	-27-
LUNCH 11:30 HALLMARK MOVIE & TEA 12:30	GERI-FIT 9:30 LUNCH 11:30 FC BINGO 12:00 THE CHOSEN 1:00	LINE DANCING 8:30-10:30 LUNCH 11:30 BOOKMOBILE 10:45-11:15	GERI-FIT 9:30 CROSSROADS BINGO 12:00 LUNCH 11:30 EUCHRE 1:00-3:00 WITS WORKOUT 12-1	BREAKFAST 8:00-9:00 LUNCH 11:30 MOVIE: HACHI A DOGS TALE 12:30
-30-	-31-	--	--	--
LUNCH 11:30 CENTREVILLE BINGO 12:00 HALLMARK MOVIE & TEA 12:30	GERI-FIT 9:30 LUNCH 11:30			