



Senior Citizens Friendship Center

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

SEPTEMBER 2023

PHONES WILL NOT BE ANSWERED FROM
11:30-12:30 DAILY DURING LUNCH TIME

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

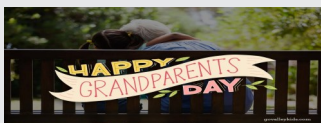
Email: Friendship-
center@carrollcountyohio.us

MONTHLY HIGHLIGHTS

SEPTEMBER 4: CLOSED



SEPTEMBER 10:



SEPTEMBER 11:



SEPT EMBER 21: WALK AT FC @ 9:30
SEPTEMBER 29: 10 MILLION STEP DAY
TURN SHEETS IN TODAY



Monthly Update
Miles Traveled- 6587
Meals Served-7352



Carroll County Council on Aging Inc | Facebook

INSIDE OUR CENTER

CCCOA Information & Contact



CENTER INFORMATION

STAFF

Tonya Myers, Director
Jenna Aukerman, Asst. Director
Janice Nape, Head Cook
Tiffany Myers, Asst. Cook
Deb Toussant, Kitchen
Annette Welch, Kitchen
Anitra Meek, Kitchen
Rosemarie O'Donnell, Kitchen
Lisa Jones, Kitchen
Noah Carrothers-Kitchen
Sam Magallanez-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
Michael Mc Cartney, Sub

VOLUNTEERS

Maretta Babe	Darci Baker
Cathy Carlton	Marty Colaprete
Barb Cronin	Kris DeWitt
Theresa Furbee	Amy & Greg Harkless
Darla Hutchison	Chuck Lutten
Dave Myers	Dean Rinehart
Denny Roudebush	Tom Shafer
Jeanne Strawder	Donna Wey
Vi Williamson	Cindy Wood

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	Katthy Stoneman
Maureen Stoneman	Jennifer Thomas

**SORRY! PROGRAM FUNDS
EXHAUSTED FOR 2023 YEAR**

CONGREGATE MEALS

CURBSIDE PICK-UP: DAILY 10:30AM
IN-HOUSE DINING: DAILY 11:30 AM
MALVERN: DAILY 10:15 AM
121 W. WOOD ST MALVERN
SHERRODSVILLE: DAILY 10:15 AM
802 HILL DR SHERRODSVILLE
CALL TO MAKE YOUR RESERVATION THE DAY BEFORE OR BY 8:15 AM DAY OF SERVICE.

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 ap-



CAREGIVERS GROUP

Option 8



Caregivers
Support Group



**To pre-order please call
before 11:00 am daily.
Meals on Wheels**

Fundraiser \$\$\$\$\$\$

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



We have Boost available to fill any nutritional gaps you may experience! Boost comes in cases of 24 pouches in each. Call for available flavors.

Regular: \$22.00 per case
Plus: \$23.00 per case
Diabetic: \$30.00 per case



Monday 12:30-1:00

EVENTS

Upcoming COA Happenings

****NEW ACTIVITIES****

Fall Prevention Month
10 million steps
Keep track of your steps..
(see insert) in-



WANT TO BE MORE INVOLVED!?!?!?
JOIN A COMMITTEE
MEETINGS ARE THE LAST MONDAY OF THE MONTH
10:00 FOOD
10:30 ACTIVITIES

Here is your chance to come and see our **NEW KITCHEN!!!**
OPEN HOUSE
WEDNESDAY
9/20/2023 4-6 pm



SENIOR FARMERS MARKET
NUTRITION PROGRAM
SFMNP provides \$50 worth of vouchers for seniors over 60 July through October. Call the Friendship Center 330-627-7017 for more details and to get an application for eligibility.



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

ACTIVITIES-

Birthday Celebration

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 **SEPTEMBER 12**

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, Centreville, United Healthcare, and the Friendship Center. Thank you to our sponsors!!

BRIDGE / EUCHRE/ GAMES DAILY 1-3 PM

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. Bridge on Thursday.

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 SEPTEMBER 8TH FOR CRAFT SEPTEMBER 13TH



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, Malvern: Thursdays 11:45-12:30PM

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.****

SEPTEMBER 13TH & 27TH

SEWING QUILTERS GUILD

Meets 2nd Tuesday of Month 9-12 AM. **SEPTEMBER 12TH**

TV CLUB OR MOVIE OF THE WEEK

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

SENIOR STROLLERS is back for FALL PREVENTION MONTH!!!

Walking every Tues and Thursday mornings from 10am to 10:30am

Wii BOWLING- OPEN Wii ANYTIME- TENNIS, BOWLING, JUST DANCE, FAMILY FEUD *OPEN BOWLING - MONDAYS @ 10 AM**



NUTRITION SNAP-Ed FREE NUTRITION SESSIONS

STARTING 09/11/2023

JOIN US TO LEARN ABOUT...

- ◆ MAKING HEALTHY CHOICES WITH **MYPLATE**
 - ◆ COST EFFECTIVE WAYS TO BUY FRUITS AND VEGETABLES
 - ◆ STRETCHING FAMILY FOOD DOLLARS- SAVING MONEY!
 - ◆ HEALTHY EATING PATTERNS FOR THE WHOLE FAMILY!
- SIX WEEKS OF CLASSES OFFERING NUTRITION EDUCATION AND FOOD SAMPLES FROM YOUR WEEKLY COOKING LESSON

LET'S ALL



WELCOME
MADDY
TRBOVICH
OF OSU EXT
CARROLL COUNTY



THE OHIO STATE UNIVERSITY

THESE SERVICES ARE PROVIDED INPART BY THE OHIO DEPARTMENT ON AGING THROUGH AREA AGENCY ON AGING REGION 9 AND CARROLL COUNTY



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.

TRANSIT SCHEDULING TIPS

BEFORE CALLING THE FRIENDSHIP CENTER TO SCHEDULE YOUR APPT YOU WILL NEED TO HAVE THE FOLLOWING INFORMATION: WHERE YOUR APPOINTMENT IS (INCLUDING FACILITY NAME AND DOCTORS NAME, ADDRESS, PHONE NUMBER,), APPOINTMENT DATE, TIME, AND ESTIMATED LENGTH OF APPOINTMENT.. *IF YOU HAVE AN AIDE GOING YOU WILL ALSO NEED THEIR NAME, DATE OF BIRTH, PHONE NUMBER, AND ADDRESS.**

- CALL AND SCHEDULE AS SOON AS YOU KNOW ABOUT AN UPCOMING APPOINTMENT—THE SOONER THE BETTER.
- IF YOU HAVE AN APPOINTMENT OUT OF TOWN TRY SCHEDULING BETWEEN THE HOURS OF 7:30 AM-3:00 PM MONDAY-FRIDAY.
- NEED ASSISTANCE TO AN APPOINTMENT OR THE STORE, BRING ALONG AN AIDE, FRIEND, OR FAMILY MEMBER TO HELP. THEY RIDE FREE OF CHARGE, JUST LET SCHEDULER KNOW SO WE CAN ENSURE THERE IS ROOM.



CARROLL CO 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 **SEPTEMBER 7.**

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

LEVY COMMITTEE

**MEETING 2ND
THURSDAY OF MONTH 09/14
AT 10:00 AM!**

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 appreciated. 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!

**CALL FOR UPDATED HOME CARE,
CAREGIVER,
CLEANING LIST 330-627-7017**

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
--	--	--	--	-1-
<input type="checkbox"/> OTHER ACTIVITIES <input type="checkbox"/> BOOKMOBILE <input type="checkbox"/> BINGO/SPONSORS <input type="checkbox"/> TV CLUB/MOVIE <input type="checkbox"/> QUILTERS GUILD <input type="checkbox"/> LUNCH <input type="checkbox"/> CARDS WITH THE COOK <input type="checkbox"/> CRAFT <input type="checkbox"/> EXERCISE	OPEN SPACE DAILY FOR GAME/CARD TABLES Get a group together or meet up with others to play cards, games, etc. at anytime while the center is open.			BREAKFAST 8:00-9:00 LUNCH 11:30 TV CLUB: SWEET MAGNOLIAS 12:30 4 PM SUPPER CLUB KNICKERS 
-4-	-5-	-6-	-7-	-8-
LUNCH 11:30 Wii BOWLING 10-11 SENIOR DRUMMING WITH NESS 12:30-1:00	GERI-FIT 9:30 SENIOR STROLLERS 10-10:30 LUNCH 11:30 CARDS WITH THE COOK 12:00	LINE DANCING 8:30-10:30 BOOKMOBILE 10:45-11:15 LUNCH 11:30	GERI-FIT 9:30 SENIOR STROLLERS 10-10:30 LUNCH 11:30 MOVIE: HAPPINESS FOR BEGINNERS 12:30 EUCHRE 1:00-3:00	BREAKFAST 8:00-9:00 LUNCH 11:30 TV CLUB: SWEET MAGNOLIAS 12:30 4 PM SUPPER CLUB NORMANDY 
-11-	-12-	-13-	-14-	-15-
LUNCH 11:30 Wii BOWLING 10-11 FC BINGO 12:00 SENIOR DRUMMING WITH NESS 12:30-1:00 SNAP-Ed 1-2	QUILTERS GUILD 9:00-12:00 GERI-FIT 9:30 SENIOR STROLLERS 10-10:30 LUNCH 11:30 	LINE DANCING 8:30-10:30 FC CRAFT 10:00 BOOKMOBILE 10:45-11:15 LUNCH 11:30 MUSIC FOR MEALS 6-8	GERI-FIT 9:30 BUS TRIP WHITEHOUSE FRUIT FARM 9:30 AM LUNCH 11:30 THIRSTY THURSDAY W/ DENISE 12:00 BEACH BALL VOLLEYBALL 12:30 EUCHRE 1:00-3:00	BREAKFAST 8:00-9:00 LUNCH 11:30 TV CLUB: SWEET MAGNOLIAS 12:30 4 PM SUPPER CLUB CARROLL COUNTY COFFEE COMPANY 
-18-	-19-	-20-	-21-	-22-
LUNCH 11:30 Wii BOWLING 10-11 SENIOR SUITES BINGO 12:00 SENIOR DRUMMING WITH NESS 12:30-1:00 SNAP-Ed 1-2	GERI-FIT 9:30 SENIOR STROLLERS 10-10:30 LUNCH 11:30	LINE DANCING 8:30-10:30 LUNCH 11:30 BOOKMOBILE 10:45-11:15 Open House 4-6pm 	GERI-FIT 9:30 SENIOR STROLLERS 10-10:30 LUNCH 11:30 BEACH BALL VOLLEYBALL 12:30 MOVIE: 12:30 EUCHRE 1:00-3:00 10 MILLION STEP WALKING DAY 9:30 @ FC	BREAKFAST 8:00-9:00 LUNCH TV CLUB: SWEET MAGNOLIAS 12:30 4PM SUPPER CLUB FIREHOUSE 
-25-	-26-	-27-	-28-	-29-
LUNCH 11:30 Wii BOWLING 10-11 CENTREVILLE BINGO 12:00 SENIOR DRUMMING WITH NESS 12:30-1:00 SNAP-Ed 1-2	GERI-FIT 9:30 SENIOR STROLLERS 10-10:30 LUNCH 11:30	LINE DANCING 8:30-10:30 BOOKMOBILE 10:45-11:15 LUNCH 11:30 WILD WEDNESDAY TRIVIA & TREATS W/ GWEN 12:00 MUSIC FOR MEALS 6-8	GERI-FIT 9:30 SENIOR STROLLERS 10-10:30 LUNCH 11:30 CROSSROADS BINGO 12:00 BEACH BALL VOLLEYBALL 12:30 EUCHRE 1:00-3:00	BREAKFAST 8:00-9:00 LUNCH TV CLUB: SWEET MAGNOLIAS 12:30 4PM SUPPER CLUB MARKET ON MILO 