

**MARCH
2010**

CARROLL COUNTY SENIOR CITIZENS' FRIENDSHIP CENTER

Nutrition Sites

Friendship Center
100 Kensington Rd
P.O. Box 14
Carrollton, O 44615
330-627-7017
330-627-7205
Fax 330-627-7936

Sherrodsville

Lion's Club
80 Hill Dr.
Sherrodsville, Oh
740-269-2200

Malvern Manor

750 Malvern Manor
Malvern, Oh
330-863-2202

Home Repair Program

Bud Smith

Volunteers

Lois Hilliard
Dorothy Foster
George Abel
Earl Cattrell
Millie Myers
Ruth Walker

**"Spring is
when you feel
like whistling
even with a
shoe full of
slush."**

- Doug Larson



Director: Sue Henderson

E-mail: carrollcoseniorcenter@verizon.net

Hours: Monday – Friday 8:00 a.m. – 4:00 p.m.

www.carrollcountyohio.us/seniorcenter.html

THE FRIENDSHIP CENTER



The Carroll County Senior Citizens' Friendship Center is a multipurpose senior center and serves as the county focal point

providing a variety of services to county residents age 60 and over. This newsletter contains a brief listing and description of the services we provide; for more detailed information, call us at: 330-627-7017.

STAFF

DeeDee Miller, Asst. Director

Sherry Casper, Data Entry

Debbie Herrington, I & R

Cheryl Williams, Sherrodsville Site

Bev Wallace, Malvern Site

Donna Schissler, Head Cook

Wendy King, Asst. Cook

Sandy DeLong, Kitchen

Lorraine Pratt, Maintenance

Kathy Crum, HDM Driver

Karla Houyouse, HDM Driver

Freda Luyster, HDM Driver

Patty Babe, HDM Driver

Elizabeth Neider, Sub Van Driver

**Sarah Johnson,
Maintenance/Kitchen**

WHAT'S NEW THIS MONTH?

HEAP income guidelines have increased, see Pg 3

**Euchre
Tournaments -
Thursdays
12:00-3:00**

**Friday - Movie after
lunch**

Tax Season has arrived – see inside for information on **free** tax preparation
Details inside!

CARROLL COUNTY COUNCIL ON AGING

The Carroll County Council on Aging meets the first Thursday of each month at 10:00 a.m. at The Friendship Center. The next meeting is Thursday, March 4th. These meetings are open to the public and we encourage your attendance.

Current officers are:

President - Adele Miller

V Pres. – Ruth Ann Tinlin

Sec. - Beulah Bland

Treas. - Margaret McCort

Trustee – Bernard Yost

Trustee – Donna Walters

Trustee - Lois Hilliard

Something New

We are trying some new activities at the Friendship Center. Please stop by and join in.

Thursday- Euchre tournaments from 12-3 for \$1 per person



Friday – Movie day. We will be showing a movie each Friday after lunch.



MISSED MEALS
Please remember to call by 9 a.m. if you will not be home to receive your meal. If you cancel too late or aren't home, those meals are wasted and must be thrown away. Please help us to avoid wasting food & money by calling before 9 a.m. or communicating with your driver the day before.

CONGREGATE MEALS

A hot nutritious meal is served each day at the Senior Citizens' Friendship Center and our two satellite sites 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 the meals each day without an accurate count, so **please call to make your reservation by 9 a.m.** and please call to cancel if you have registered and find that you will be unable to attend.

Please make your reservation by 9 a.m.

* **Friendship Center,**
call Debbie at
330-627-7017

* **Sherrodsville
Lions' Club,**
80 Hill St., call
Cheryl at
740-269-2200

* **Malvern Manor II,**
750 Malvern Drive,
call Bev at
330-863-2202

**Suggested donation
is \$2.00 per meal.**

**IRROLL COURT &
IRROLL SQUARE**

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 the refrigerator. Please communicate with your driver about this issue. Suggested donation is \$2.00 per meal. When paying for home-delivered meals, please remember to make checks payable to: "Friendship Center" or "Carroll County Council on Aging." Post-dated checks cannot be accepted.

Carroll Court and Carroll Square have been added to our congregate locations on a one-day-per-week basis. Meals will be delivered to the community room at Carroll Square on Thursdays at noon and Carroll Court on Fridays at noon. Registration for meals must be made by noon the day before. Sign-up sheets will be available each week in the community rooms.

jing through

CARROLL COUNTY SENIOR CENTER

SNOW DAYS!!

If Carrollton schools are closed due to inclement weather, we will be closed. Carrollton Schools may be using a 2 hour delay in some cases. If classes are held following the 2 hour delay, we will likely be open. If school is delayed and then cancelled, you can call the Friendship Center to see if we will be open or not. Please feel free to call us anytime with questions. 330-627-7017.

MARCH EVENTS

11th - Life Planning Expo, Malvern High School 5:30-8:00
21st - Hospice of Carroll County's "Treasures of Time" - Antique Appraisals & Auction, Days Inn 1-5
27th - Family-style Swiss Steak Supper, Kilgore Firehouse 4-8

FREE INCOME TAX PREPARATION

Volunteers from the IRS/AARP Foundation Tax-Aide Service are working at the Carroll County Friendship Center on Wednesdays and Thursdays and at the Minerva Senior Center on Fridays. Call 330-627-7017 to make an appointment in Carrollton, 330-868-6004 for Minerva. Please bring a copy of last year's completed returns along with W-2s, 1099s, and other tax documents including your Social Security or Railroad statement. Also, bring the amount of real estate taxes paid in 2009. If you sold stock, you **MUST** contact your broker for the cost basis. Remember if Carrollton Schools are closed due to bad weather, the Friendship Center will be closed as well.

HEAP APPLICATIONS 2009-2010

HEAP applications are out for this winter. If you need assistance completing an application, please call Sherry Casper for an appointment, M-F 8-4. HEAP is a federally funded program administered by the Ohio Department of Development. The program is designed to help lower income Ohioans meet the high cost of winter heating. This is a one-time credit which is usually applied to your energy bill by your utility company. Applications will be accepted from Aug 1, 2009 – May 31, 2010. Early submission is encouraged! Yearly income guidelines based on household size:

NEW!! 1 - \$21,660; 2 - \$29,140;
To check the status of your HEAP application, call 1-800-282-0880.

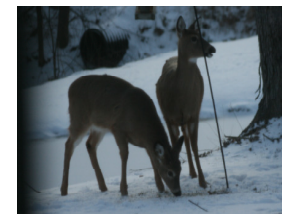
CENSUS
Census forms will be in the mail soon. Please complete your form promptly. Doing so is required by law and cuts down on the opportunities for Census fraud against you!

"It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade."

- Charles Dickens



February was a snowy month to say the least, but spring is just around the corner!



AIRPORT RESTAURANT BREAKFAST

The Airport Restaurant is now offering a widows' and widowers' breakfast on the second Tuesday of each month at 9:00. Please stop by on March 9th for breakfast and conversation!
Participants purchase their own breakfast from the menu.

These services are provided in part by the Ohio Department of 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. Routine stops include Discount Drug Mart, Mondays and Wednesdays at 12:00, Dollar General Market Thursdays at 12:00, and Thornes on Tuesdays at 8:30 and 12:00. Transportation to the Senior Center is also available on a daily basis M-F. Other transportation services are also available. To take advantage of transit locally and out of town, please call them at 330-627-1900.



MEDICAL TRANSPORTATION

The Carroll County Transit is now providing all of our transportation for medical appointments. You must, however still call the Friendship Center at 330-627-7017 to schedule your medical trips. We MUST have at least 72 hours notice to arrange your transportation. More notice is always better.

Donations to offset costs are welcome and appreciated and may be given to the driver or to the Friendship Center.

PRODUCTS

products are available at the Friendship Center. Other products are: Vanilla, Butter & Strawberry. We have 4-Packs of Pudding available by the case.

SOCIAL SECURITY/ MEDICARE

The New Philadelphia Social Security Office moved Feb 16th. It is now 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: 740-282-6265. 1-800-772-1213. The Medicare number is 1-800-282-0530.

DEN BUCKEYE CARDS

Applications and various cards are available at the Friendship Center. You must present proof of identity and age (18 or older). We will provide forms of ID, provide a driver's license or birth certificate.

BLOOD PRESSURE CHECKS

The Carroll County Visiting Nurses will be at the Friendship Center on **Tuesday, March 9th** to administer blood pressure/pulse screenings from 10:30 - 11:30. Great Trail Care Center will provide the services **Tuesday, March 23rd.**



LEGAL SERVICES

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.

ARE YOU ONLINE?

Would you be interested in receiving your newsletter via email? If so, give us a call at 330-627-7017 or email dherrington@carrollcountyohio.us.

We can save money on copies and postage by emailing the information to those of you using the internet.



"Springtime is the land awakening. The March winds are the morning yawn."

- Lewis Grizzard

TELEPHONE REASSURANCE

Volunteers are utilized to provide a daily phone call to persons who are home-bound or just in need of companionship.

ADDITIONAL & REFERRAL

For specific information or an agency to call, we will assist you in making referrals. We will follow up to ensure needs have been met. Call 330-627-7017.

THINGS TO DO AT THE SENIOR CENTER

BOOK, VIDEO & PUZZLE LIBRARY

The Friendship Center has a nice selection of books, video tapes, & puzzles available.

Stop by, check out our selection, borrow what you'd like, and return them when you are finished! HDM clients just call Debbie for info.

LINE DANCING

Line Dancing classes are held each Wednesday at the Friendship Center in Carrollton. Beginners meet from 8 a.m. to 9 a.m. Intermediate to advanced dancers meet from 9 a.m. - 11 a.m. Please join instructor Sue Frase and the dancers for a fun-filled day.

ALZHEIMER SUPPORT GROUP

The Alzheimer Support Group of Minerva holds meetings the last Thursday of each month at 11:00 at the Minerva Library. Caregivers can also call the 24/7 Helpline at 1-800-272-3900.

COMPUTER

We have a computer in the social room at the Friendship Center and it is available to any senior citizen age 60 and over who is a resident of Carroll County. If you would like to e-mail us, our address is:

carrollcoseniorcenter@verizon.net

Feel free to come to the Center anytime to surf the net.

BRIDGE PLAYERS

Bridge players meet at the Friendship Center every Wednesday at 12:30. New players are always welcome and can call the Friendship Center.

EXERCISE & TAI CHI

The Friendship Center is offering exercise classes on Monday and Friday at 11:00. Tai Chi classes are held on Tuesday and Thursday at 11:00. We hope that you will join in these classes which are led by Sue Henderson.

CARD PLAYERS

Looking for something to do after lunch? Stop by the Center and enjoy a game of Skip Bo, Euchre, Aggravation or Rummy. Checkers or dominoes too!



FREE COFFEE & DONUTS EACH MORNING!

We offer free coffee and donuts at the Friendship Center in Carrollton at 8 am each morning, Monday through Friday. Please stop by for a bite to eat and some conversation.

BIRTHDAY DINNER

Birthday Dinner will be held on **Wednesday, March 17th**. Our entertainment will be provided by

Our Own Country Line Dancers. Please join us for some great entertainment and a wonderful meal of:

- Open Faced Roast Beef**
- Mashed Potatoes**
- Mixed Vegetables**
- Pineapples & Oranges**
- Dessert**

CHERRY PLAYERS

on break for and resumes in 2010!

Wii

a Wii game available. If you would like to challenge yourself to a gaming or target shooting!



For Your Information

GROCERY DELIVERY

Woods Grocery of Malvern delivers to Carrollton residents on Fridays for a \$2 fee. Call your order in by 10 a.m. Friday to 330-863-0707.

Some websites you might enjoy:

For recipes try:

http://food.aarpmagazine.org/recipe_guide

For weather try:

<http://forecast.weather.gov> or

www.weather.com

Have a great site idea for us to share? Email Debbie at: dherrin@carrollcountyohio.us

Old TV Shows 4

Find and circle all of the old TV shows that are hidden in the grid.
The remaining letters spell the name of an additional old TV show.

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F A L L G U Y T I C N I P S L A R T
I N P E R R Y M A S O N A T A D O N
T E L O U G R A N T B G A D L O L U
L M B A N A C E K A E L E E L H O H
L A R A M I E H Y V I H K A Y R C A
O Y U G E S I W I E C C O R M K G E
S T Y L I M A F N C O U S J C T N S
T R P E Y T O N P L A C E O B S I S
I A E E C O A D T S C G R H E E V E
N H L H N T A A E H H E O N A N I G
S O L T I D M I I E L H E H L Y L D
P T E O R L K N R G Z O R R O T N I
A T N O E O A E G F T R O O P P I R
C R J Z O B S A M O S S O L B M E B
E A A R E L R Y T I C I L E F E P H
M H E A U F R A I D U E S O U T H S
R H C C I E E R E D E V L E B R M A
T H Y E P O H S N A Y R M A R T I N
    
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ALIEN NATION
ALLY MCBEAL
AMEN
BANACEK
BAYWATCH
BLOSSOM
CHICAGO HOPE
CHINA BEACH
COACH
DEAR JOHN

DUE SOUTH
ELLEN
EMPTY NEST
F TROOP
FALL GUY
FAMILY
FELICITY
FRAGGLE ROCK
HART TO HART
HAZEL

HERE'S LUCY
IN LIVING COLOR
LARAMIE
LOST IN SPACE
LOU GRANT
MAJOR DAD
MARTIN
MATLOCK
MR BELVEDERE
NASH BRIDGES

PERRY MASON
PEYTON PLACE
RHODA
RYAN'S HOPE
SEA HUNT
SPIN CITY
THE ROOKIES
VEGAS
WISEGUY
ZORRO



he answer?