

CRAWFORD COUNTY COUNCIL

ON AGING



December 2019

"Your Community Senior Center"

200 SOUTH SPRING ST.
BUCYRUS, OHIO 44820

419-562-3050 or 800-589-7853

CENTER HOURS

Monday-Friday 8:30am—5pm

Email: coa@cccoa.org

Crawfordcountyaging.com

Senior Tidings

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Newsletter Donations

Donations for the Council on Aging newsletter, Senior Tidings, are always appreciated. The mailing cost for each home is estimated to be \$3.00 per year.

Mail donations to:
Council on Aging,

LET'S CELEBRATE!

SENIOR CHRISTMAS PARTY

December 17
1:00PM

LIVE MUSIC
&
LUNCH

\$5
per guest

RSVP
BY CALLING
(419) 562-3050,
OPTION 4 BY
12/10

AT THE
CRAWFORD
COUNTY COUNCIL
ON AGING

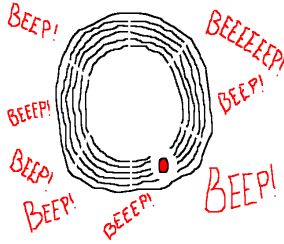
Reservations are limited and available starting December 2nd.

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Council on Aging Info.

Smoke Detector

Are you in need of a smoke detector? The Bucyrus Fire Department is giving away smoke detectors to Bucyrus Residents. You must live within the city limits of Bucyrus to receive one. Contact Janell at 419-562-3050, opt. 5 to reserve your smoke detector. The Bucyrus Fire Dept. will then contact you to make an appointment to install the smoke detector for you.



Aging Population Statistics

* Crawford County's age 60 and older population is projected to be at a percentage of 29.1% by 2020. This percentage has increased 5% in the last ten years.

* By 2030 Crawford County is projected to have a 60 and older population of 31.0%.

* All counties bordering Crawford County will take 30 years (2050) before they reach the percentage of Crawford County's aging population.

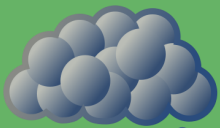
* The over 60 population in America is growing at the fastest pace ever in our nation's history.

* Every day, 10,000 boomers turn age 65, and adults age 85+ are growing at the fastest rate.

* By 2030, all baby boomers will be older than age 65. This will expand the size of the older population so that 1 in every 5 residents will be retirement age.

* Beginning in 2035, older adults are expected to outnumber children for the first time in U.S. history.

* By 2060, nearly one in four Americans will be 65 years and older. The number of 85-plus will triple, and the country will add a half million centenarians.



Cancellation of Congregate Meals During inclement weather



In Bucyrus, when Bucyrus City Schools cancel, the congregate meal site located at the Crawford County Council on Aging is also canceled.

In Galion, when the Galion City Schools cancel, the congregate meal site located at the Galion Golden Age Center is also canceled.

We still deliver to our clients in their homes when the congregate sites are closed. Only when the weather is extremely severe do we cancel the home delivered meals.

Stay informed regarding closings by listening to the radio or go online to the following:

- listening to Q92.7 WQEL
- <http://wqel.com/closings/>
- <http://crawfordcountynow.com/closings/>

Happy Holidays!

from COA Staff



Upcoming Trips

2020 Trips by the

Wyandot County Council on Aging

The Wyandot County Council on Aging hosts many trips that are also open to Crawford County residents. For more information on these upcoming trips please call the Wyandot County Council on Aging and ask for Amy, Ron, or Pat at (419) 294-5733.

March 3-12 Africa Adventure

April 18 Amy Grant Concert in Marion, Ohio

April 19-25 New Orleans

May 1 Mystery Trip #1

May 21 Spring Food Tour, Southwest Ohio

June 10 *A Simple Sanctuary* at the Ohio Star

Theatre in Sugarcreek, Ohio.

June Cleveland Indians Home Game

July 15 Mystery Trip #2

July 21 Hollywood Casino in Toledo, Ohio

August Summer Food Tour, somewhere in Ohio

August 6 & 7 *Tecumseh*, Chillicothe, Ohio

September Day Trip, somewhere in Ohio

October 26-29 New York, New York

November 17 *Christmas is for the Birds* at Turkeyville Dinner Theatre in Marshall, Michigan

November 20 Coffee House Hop in Columbus, Ohio

December 14 Toledo Zoo Lights, Toledo, Ohio

Keep Space Blank For Ads

Activities



Chair Yoga *

December 2, 9, & 16, 30, 10:30 a.m.-11:00 a.m.

Join Candy for this class that helps relieve stress while improving strength and flexibility. Reservations are recommended.

Essentials Bingo

December 2, 1:00 p.m.-2:00 p.m.

Enjoy Bingo while winning household essentials such as toiletries and cleaning supplies. Sponsored by the Crawford County Council on Aging. **Free.**

Blood Pressure Checks

December 3, 11:00 a.m.-12:00 p.m.

Cambridge Home Health will check your blood pressure for **free**.

Movie and Donuts *

December 6, 9:30 a.m.-11:30 a.m.

Start your morning right with donuts, coffee, and a movie. **(Movies are posted at the C.C.C.O.A.).**

Please R.S.V.P. **Free.**

Soda Can Carolers Craft *

December 9, 1:00 p.m.-3:00 p.m.

Join us for this simple, fun, and adorable craft that we use a soda can to make. Please R.S.V.P. by 12/6. This craft will be free.

Food for Thought *

December 10, 9:30 a.m.

Rise and shine and learn! Food for Thought for December will include 2 eggs cooked the way you want, 2 slices of bacon, 2 slices of toast, orange juice, and coffee. Candy will be speaking on winter safety tips for seniors. Please **R.S.V.P.** by December 5th for this program if you would like to attend. **Cost:** \$3 to cover the cost of the breakfast.

Blanket Making Party *

December 10, 2:30 p.m.-4:30 p.m.

The Salvation Army, Richland New Hope, and the Crawford County Council on Aging activity participants will be making no sew fleece blankets together to distribute to seniors in need this holiday season. Pizza and soda will be provided. **R.S.V.P. by the morning of 12/10** if you would like to help these organizations help the seniors in our community. No experience necessary

Pipe Cleaner Snowflakes *

December 11, 1:30 p.m.-2:30 p.m.

Marilyn S. will be here volunteering and showing you how to make pipe cleaner snowflakes. Reservations are required and limited to 15. **Cost:** \$1 for supplies.

Pizza and a Movie *

December 12, 1:00 p.m.-3:00 p.m.

Enjoy a movie and popcorn on us! Pizza will also be provided. Reservations are required. **(Movies are posted at the C.C.C.O.A.).** Please **R.S.V.P.** Donations are appreciated.

Card Making for Caitlin's Smiles *

December 13, 9:00 a.m.-10:30 a.m.

Caitlin's Smiles is a program to help children with chronic and life-threatening illnesses by giving them hope, laughs, and smiles. We will be making cards to donate to this program to deliver to these children. **Free.**

Trivia Contest

December 16, 11:00 a.m.-11:30 a.m.

Do you like trivia? The winner of this educational contest receives a gift certificate provided by McDonald's. **Free.**

Activities

Painting Class *

December 16, 1:00 p.m.-4:00 p.m.
(R.S.V.P. by 12/9)

Choose from a variety of winter themed paintings. Class size is limited. **Cost:** \$5 donation encouraged. Reservations are required.

Fabrics, Fiber, and Fun

December 17, 7:00 p.m.

This group gathers together to share (quilting, sewing, various) projects and talent the third Tuesday of every month from 7-9 p.m. The annual cost to join Fabrics, Fiber, and Fun is a \$20 membership fee. Feel free to join us for a meeting to see if you enjoy it.

Hot Dog Bar *

December 19, 1:00 p.m.

Come enjoy a hot dog with all of the fixings! Reservations are required. **Cost:** Each hot dog is \$1, chips and soda will be available for an additional cost.

Senior Bingo

December 19, 2:00 p.m.-3:00 p.m.

Community members ages 55 and over are welcome to participate in this Bingo. December's Bingo is sponsored by American Nursing Care. **Free.**

Ice Cream Social *

December 19, 3:00 p.m.-3:30 p.m.

Join us for an ice cream sundae while visiting with other seniors in the community. **Cost:** \$1 donation recommended. Reservations are required.

Artist Trading Card Group *

December 20, 2:00 p.m.-3:30 p.m.

Join Mona to create, trade, and collect miniature trading card art! Each month will have a different

theme. This month's theme will be Christmas. Feel free to bring your own supplies. Class is \$1 if you bring your own supplies, \$2 if you use one of the kits here. For more information on this group please call (419) 562-3050, option 4. Reservations are required.

Movie & Popcorn

December 30, 1:00 p.m.-3:00 p.m.

Enjoy a movie and free popcorn. **Free.** (Movie is posted at the C.C.C.O.A.).

Wood Carving

Wednesdays, 1:00 p.m.-3:00 p.m.

Bring in your wood carving project and supplies for this group that meets weekly to talk about the craft while working on their own projects. **Free.**

"A Brand New Deck" Card Group

Fridays, 1:00 p.m.-3:00 p.m.

This group will gather in our front lobby to play euchre. Please join us and invite your friends!



Events with an * require a reservation. Some events have limited reservations. To make a reservation or for more information, you may call (419) 562-3050, option 4 or stop at the Center to sign up for events. Reservations will be available December 2nd. Some activities encourage a small donation to participate. **If Bucyrus City Schools are cancelled due to inclement weather, Activities for that day will be cancelled.**

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>Chair Yoga 10:30-11 *</p> <p>Essentials Bingo 1-2</p>	<p>3</p> <p>Blood Pressure Checks 11-12</p>	<p>4</p> <p>Dominoes 12:30-3</p> <p>Wood Carving 1-3</p>	<p>5</p>	<p>6 Movie and Donuts 9:30-11:30 *</p> <p>"Brand New Deck" Card Group 1-3</p>
<p>9</p> <p>Chair Yoga 10:30-11 *</p> <p>Soda Can Carolers Craft (R.S.V.P. by 12/6) 1-3 *</p>	<p>10 Food for Thought (R.S.V.P. by 12/5) 9:30-10:30 *</p> <p>Blanket Making Party (R.S.V.P. by 12/10) 2:30-4:30 *</p>	<p>11</p> <p>Dominoes 12:30-3</p> <p>Wood Carving 1-3</p> <p>Pipe Cleaner Snowflakes 1:30-2:30 *</p>	<p>12</p> <p>Pizza and a Movie 1-3 *</p>	<p>13 Card Making for Caitlin's Smiles 9-10:30*</p> <p>"Brand New Deck" Card Group 1-3</p>
<p>16</p> <p>Chair Yoga 10:30-11 *</p> <p>Trivia 11-11:30</p> <p>Painting Class (R.S.V.P. by 12/9) 1-4 *</p>	<p>17</p> <p>Christmas Party 1-2 *</p> <p>Fabric, Fiber & Fun 7-9</p>	<p>18</p> <p>Dominoes 12:30-3</p> <p>Wood Carving 1-3</p> <p>Fibromyalgia and Sjogren's Syndrome Support Group 2-3</p>	<p>19</p> <p>Hot Dog Bar 1-2 *</p> <p>Senior Bingo 2-3</p> <p>Ice Cream Social 3-3:30 *</p>	<p>20</p> <p>"Brand New Deck" Card Group 1-3</p> <p>Artist Trading Cards Group 2-3:30 *</p>
<p>23</p>	<p>24</p> <p>Closed</p>	<p>25</p> <p>Closed</p>	<p>26</p>	<p>27</p> <p>"Brand New Deck" Card Group 1-3</p>
<p>30</p> <p>Chair Yoga 10:30-11 *</p> <p>Movie and Popcorn 1-3</p>	<p>31</p>	<p>Activities with * by time require reservations. Reservations are available December 2nd by calling 419-562-3050, option 4.</p>		

Monday	Tuesday	Wednesday	Thursday	Friday
2. Veal Patty <u>OR</u> Southern Pork Chop Corn Oriental Vegetable	3. Meat Lasagna <u>OR</u> Chicken Alfredo Baked Apples California Blend Cereal Bar	4. Shredded Chicken Sandwich <u>OR</u> Sliced Beef Italian Green Beans Peach Crisp	5. Popcorn Chicken <u>OR</u> Chipped Beef Mashed Potatoes Corn Banana	6. Stuffed Pepper Soup <u>OR</u> Minestrone Soup Tossed Salad Whole Tomato Tropical Fruit Crackers
9. Turkey Burger <u>OR</u> Chicken Patty Green Beans Baked Potato Orange Juice	10. Grilled Chicken Breast <u>OR</u> Meatballs Over Noodles Peas Cauliflower	11. Chicken & Noodles <u>OR</u> Beef & Noodles Brussel Sprouts Corn Banana	12. Pork Chop <u>OR</u> Chicken Gordon Bleu Corn Mashed Potatoes	13. Egg Salad <u>OR</u> Roast Beef Tropical Fruit Apple Sauce Fruit Punch Bun
16. Chicken Leg <u>OR</u> Pork Chop Corn Baked Potato Fruit Punch	17. Cheese Manicotti <u>OR</u> Marzetti Cheesy Broccoli Peas & Onions Tropical Fruit	18. Turkey Burger <u>OR</u> Spicy Chicken Sandwich Lettuce/Tomato Italian Green Beans Banana	19. Meatloaf <u>OR</u> Pork Roast Mixed Vegetables Mashed Potatoes Mandarin Oranges	20. Taco Soup <u>OR</u> Chicken Tortilla Soup Tossed Salad Whole Tomato Fritos
23. Sliced Pork <u>OR</u> Turkey Breast Green Beans Mashed Potatoes Pears & Blueberries	24. CLOSED— CHRISTMAS EVE	25. CLOSED— 	26. Swedish Meatballs <u>OR</u> Turkey Tetrizzini Capri Blend Peach Crisp Fresh Orange	27. Chicken Salad <u>OR</u> PB&J Tropical Fruit Pickled Beets & Egg Apple Juice
30. Stuffed Pepper <u>OR</u> Sweet & Sour Chicken Rice Cauliflower Oriental Veg.	31. Chicken Enchilada <u>OR</u> Beef, Bean & Cheese Burrito Fiesta Corn Prince Charles Vegetables	1. CLOSED— HAPPY NEW YEAR!!	To Receive Your Meal You Must Be Home At Time Of Delivery.	Menu Subject To Change At Anytime Without Notice.

Programs

Fibromyalgia & Sjogren's Syndrome

Support Group Fibromyalgia & Sjogren's Syndrome Support Group

December 18, 2:00 p.m.

(date change for month of December)

This group will meet monthly on the fourth Wednesday of every month at the C.C.C.O.A., except for the month of December due to it falling on Christmas. It has been rescheduled for December 18th. This group will provide support, education, and the opportunity to meet others that are going through the same experiences.

Program Ideas

The Crawford County Council on Aging Activities Program is always looking for better ways to serve our seniors to provide for their recreational and social needs. Do you have a senior card or game group that needs a place to meet? Do you have a skill you would like to teach other seniors? Are you interested in hosting a craft class? Is there something that you would like to see offered? Volunteer opportunities are always available if you would like to help out in the community. Please feel free to call Candy at (419)562-3050, option 4 with any suggestions and ideas for the new year for activities or if you are interested in learning about our current programs.

Keep Space Blank For Ads

Giving Back during the Holidays

Adopt-A-Senior for the Holidays

Many times friends and family ask what they can do for our older adults during the holiday season. Why not **Adopt-A-Senior** to provide services as a way of giving back?

As a non-profit organization, the Crawford County Council on Aging relies on contributions to support its mission of enabling seniors with long-term care needs to live independently in their homes. As our senior population continues to grow rapidly in the coming years, we need to provide essential services to assist independence, safety, and quality of life.

Adopt-A-Senior helps to support **Home Delivered Meals; In-Home Care** (including personal care and homemaking); and **Transportation**. Any donations made will be used to expand and enhance our existing programs. Below are some ways you can help during the holiday season.

Adopt-A-Senior: **Meals for One Week-\$25**

This enables one home bound senior to enjoy one meal a day for one week.

Adopt-A-Senior: **Transportation for Two Weeks-\$40**

This enables one senior transportation (round trip) once a day for two weeks.

Adopt-A-Senior: **Homemaker or Personal Care Services for One Month-\$250**

This enables one senior to receive homemaking or personal care services for two hours two times a week.

Thanksgiving Dinner

The Crawford County Council on Aging held their second annual Thanksgiving Feast on November 21st at the Trillium Event Center. There were over 200 seniors in attendance for this free holiday meal. This meal was made possible by a generous donation by the Cathcart family which paid for the catered meal from Special Occasions catering, but also for the venue. We would like to give our heartfelt thanks to the Cathcart family for making this event possible.

During the event the Crawford County Council on Aging had many door prizes to give away thanks to local organizations and businesses. The City of Bucyrus donated ten turkeys. American Nursing Care, Heartland of Bucyrus, and Kingston Residence of Marion provided pies.

Thank you to all of the volunteers that helped serve the meal, everyone that attended, and to everyone that made this day possible. We look forward to next year and are looking for sponsors to make next year's meal available to even more seniors.

Stuff the Bus

During the month of November the Salvation Army and the Crawford County Council on Aging partnered for a **"Stuff the Bus"** event. The goal was to fill a bus with new or gently used coats, hats, gloves, and socks for senior citizens. The C.C.C.O.A. served as a drop off location. The Salvation Army of Bucyrus will be providing the donated items to seniors in need, starting this month.

This event received a tremendous amount of support from the local community—we truly **"Stuffed the Bus"** with all these items. Pioneer Career & Technology Center donated a banner to help get the word out about the program. Thanks to all who helped us help our seniors!

What are Supplemental Benefits?



Dear Marci,



I am making decisions about Medicare coverage options, and one of my friends told me that I should ask the plans that I'm considering whether they have any supplemental benefits. What are supplemental benefits?

-Emmy (Houston, TX)

Dear Emmy,

A supplemental benefit is an item or service covered by a Medicare Advantage Plan that is not covered by Original Medicare. These items or services do not need to be provided by Medicare providers or at Medicare-certified facilities. Instead, to receive these items or services, you need to follow your plan's rules. Some commonly offered supplemental benefits are:

- Dental care
- Vision care
- Hearing aids
- Gym membership

For the most part, supplemental benefits must be primarily health-related. Beginning in 2020, however, Medicare Advantage Plans can begin covering supplemental benefits that are not primarily health-related for beneficiaries who have chronic illnesses. These benefits can address social determinants of health for people with chronic disease. A social determinant of health is a part of your life that can affect your health in some way, such as not having access to transportation. Examples of the kind of benefits that plans can now cover are:

- Meal delivery
- Transportation for non-medical needs
- Home air cleaners
- Pest remediation

Medicare Info.

- Heart-healthy food or produce

In order to be eligible for this new category of supplemental benefits, you must be considered chronically ill. This means that you:

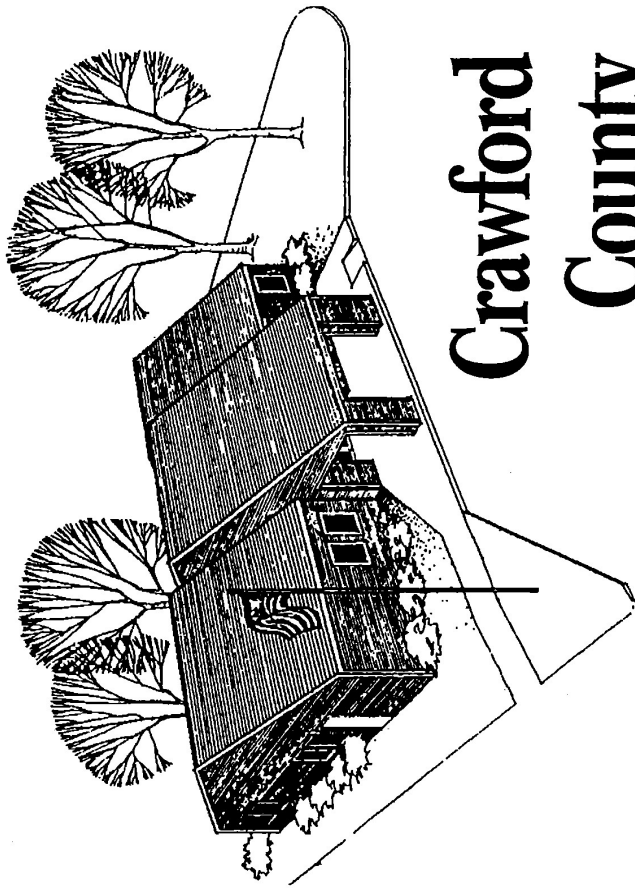
1. Have at least one medically complex chronic condition that is life-threatening or significantly limits your health or function.
2. Medically complex chronic conditions include cardiovascular disorders, diabetes, chronic lung disorders, neurologic disorders, chronic heart failure, chronic and disabling mental health conditions, cancer, dementia, chronic alcohol or drug dependence, autoimmune disorders, stroke, end-stage renal disease (ESRD), severe hematologic disorders, end-stage liver disease, and HIV/AIDS.
3. Have a high risk of hospitalization or other negative health outcomes, and
4. Require intensive care coordination

If you meet the above criteria, a Medicare Advantage Plan may offer you one of these new benefits if it has a reasonable expectation of improving or maintaining your health or function.

Since Medicare Advantage Plans will be able to create sets of supplemental benefits for people with specific chronic illnesses, not every member of a Medicare Advantage Plan will have access to the same set of benefits. For example, a plan might cover services like home air cleaning and carpet shampooing to its members who have asthma. A member of that plan who has asthma may be able to get these services covered, while a member who does not have asthma may not.

Before enrolling in a Medicare Advantage Plan that has these new supplemental benefits, check if you meet the plan's criteria for coverage. Contact your plan to find out how to access these and other supplemental benefits. —Marci





Crawford County Senior Center

200 S. Spring Street
P.O. Box 166
Bucyrus, Ohio 44820

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200 S. Spring Street
Bucyrus, Ohio 44820

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