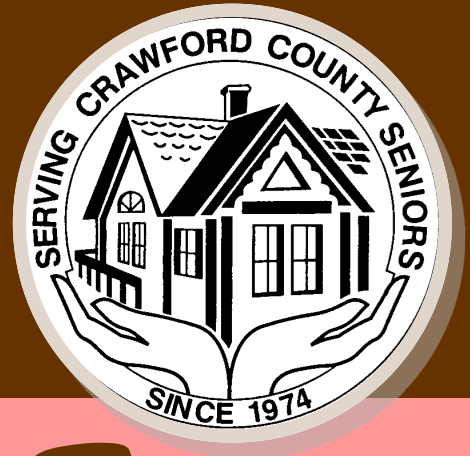


CRAWFORD COUNTY COUNCIL ON AGING



April 2026 "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@cccga.org
Crawfordcountyaging.com

Senior Tidings

INSIDE THIS ISSUE:

- Spring Spectacular.....Pg 2
- Community Sponsors.....Pg 3
- ActivitiesPg 4-6
- CalendarPg 6
- MenuPg 7
- Cont. Activities.....Pg 8
- Spring ColoringPg 9
- Medicare.....Pg 10

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,
200 S. Spring St.,
P.O. Box 166,
Bucyrus, OH 44820



SPRING FLING DANCE

Music by
Phoenix 432

Thursday April 16 1p-3p

ENTERTAINMENT SPONSORED BY TRUSTWELL LIVING
AND REFRESHMENTS PROVIDED BY
OHIOANS HOME HEALTH AND HOSPICE



Senior Spring Spectacular

CRAWFORD COUNTY COUNCIL ON AGING PRESENTS

VIVA LAS VEGAS

Celebration

LIVE PERFORMANCE BY

Elvis's Lost Brother

14 MAY

DOORS OPEN AT 9:15 AM

Trillium Event Center
630 E. Southern Ave., Bucyrus

REGISTRATION: APRIL 27TH

CALL 419-562-3050, OPTION 4

Live game shows, resource fair,
and door prizes.
Vegas Casino Glam Contest—show
off your Vegas look!

“Viva Las Vegas Celebration”

In celebration of Older Americans Month our Senior Spring Spectacular will be held at the Trillium Event Center, 1630 E. Southern Ave., Bucyrus on Thursday, May 14th, 2026. The theme this year is “Viva Las Vegas!”

The event will feature the following:

- ♣ Live Game Shows
- ♣ FREE boxed lunch provided by Unger Park Post Acute Skilled Nursing
- ♣ Resource Fair
- ♣ Vegas Casino Glam Contest—Show off your Casino Look!
- ♣ Door Prizes
- ♣ Live performance by “Elvis’s Lost Brother ”!

Lunch will be FREE of charge, but a ticket must be obtained at the Council on Aging, 200 S. Spring St., Bucyrus, in order to reserve a seat and a lunch.

Lunch tickets and transportation reservations are on a first come first served basis and are limited to the number of seats and transportation availability.

**Call to reserve your ticket on
Monday, April 27.**

419-562-3050, Option 4.

Special Thanks to our Community Sponsors



LUNCH SPONSORED BY:



SNACK PROVIDED BY:

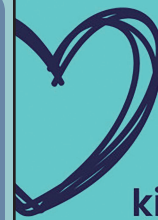


YOUR LIFESTYLE. YOUR FAMILY COMMUNITY.

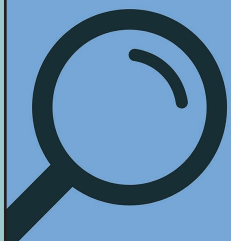
(419) 562-4927 *Call for a tour*

1721 WHETSTONE ST, BUCYRUS, OH 44820

www.trustwellliving.com/communities/carlisle-place/



No act of kindness is ever wasted



Advertise Here!

Increase visibility in your community.

Never miss our publication!



Get each new issue delivered straight to your inbox.



Scan to subscribe on MyCommunityOnline.com



In-Home Care Services
Northern Ohio



Veterans
We Work With VA Services to Cover Your In-Home Care

Call us at 440-935-3848 to learn about our services and caregiver positions.

ACCEPTING NEW CLIENTS & CAREGIVERS

www.SeniorCareNorthernOhio.com



Activities

Please pre-register for all activities by signing up with Michelle Tuttle, Activities Coordinator, using the Kiosk in the lobby, or members may sign up early online using their MyActive-Center profiles. All activities take place at our senior center in Bucyrus unless otherwise noted. Some activities may have a limited class size. Call Michelle Tuttle, 419-562-3050 Opt.4/receptionist. **Remember to use the kiosk to check-in upon arrival.**

Weekly Events

Golden Girl Fitness

10am Mondays

During this class we will do a mixture of fitness videos. We do yoga, chair stretches, and balance training.

Cardio Drumming

10am Fridays

Come join us for cardio drumming. We will have fun and get some exercise along the way.

Euchre

April 13th & April 27th

Let's have some card fun!

Wood Carvers

April 9th

Wood carvers, soap carvers, and related craftsmen welcome. Bring your supplies and meet in the congregated lunch area. If your interested in learning come and check out the items being carved.

Calendar Events

Painting Tulips Art

April 1—1pm

Join us while we paint some beautiful tulips so we can continue to celebrate that it's finally spring. This class is \$4 for nonmembers and \$2 for members.

Easter Eggs!

April 2—8:30am-4:30pm

There will be eggs all around the Council on Aging and when you collect one bring it to a staff member and you will receive a small prize.

Easter Bake Sale

April 3—11:30am-1pm

Stop in and buy a yummy treat! All proceeds go towards the Activities Dept.

Pen Holder Craft

March 7—1pm

Let's make a pen holder out of an aluminum can and a decorative napkin. This class is \$4 for nonmembers and \$2 for members.

Book Club

April 6—1p

This is the first meeting of our book club. We will meet once a month. Let's get together to choose what book we should read. Can't wait to start this new adventure with all of you.

Activities

Lunch and Learn

April 8—1pm

Presentation about pain management. Lunch and presentation by the Pain Management Group.

Together at the Table

April 9—11:30am

This month we are going to meet at Pickwick Café for lunch. Please call Michelle to sign up. There is limited space. You are responsible for purchasing your own meal.

International Moment of Laughter Day!!

April 14

Tell your friend or family member a good joke. There will be joke books in the lobby and jokes will be posted in the building. Lets have a moment of laughter.

Theater Tuesday

April 14—1p-3p

This film follows Hal Jordan, a reckless test pilot who is selected to become Green Lantern Corps first human member. He is given a ring that grants him superpowers and must confront Parallax, a being who threatens to upset the balance of power in the universe.

Open Craft Time

April 15—1pm

Let's get together and work on crafts. You can bring your projects from home or just come in and see if Michelle has anything she has for you to get into.

Spring Fling Dance

April 16—1pm-3pm

The band Phoenix 432 will be performing. Let's listen and dance to the music. Entertainment is sponsored by Trustwell Living and light refreshments will be provided by Ohioans Home Health and Hospice. It should be a great event!

Crawford County Park District Animal Presentation

April 20—1pm

A member from the Crawford County Park District will be visiting, along with some of their animals. Information about the animals will be provided and if we want we might even get to pet them.

Activities Continued on Page 8.

Crestline Bingo

April 21—1p-3p

Bingo at VFW Post 2920 sponsored by Ohioans Home Health and Hospice.

Galion Bingo

April 30—1p-3p

Bingo at the Galion Golden Age Center sponsored by Lexington Court and Woodside Village.

Activities

APRIL 2026

Mon	Tue	Wed	Thu	Fri
		1 Painting Tulips Art 1pm	2 Easter Egg Hunt at Council on Aging 8:30am-4:30pm	3 Cardio Drumming 10am Easter Bake Sale 11:30am-1pm
6 Golden Girl Fitness 10am Book Club 1pm	7 Pen Holder Craft 1pm	8 Pain Management Speaker Lunch and Learn 1pm	9 Together at the Table (Pickwick Café) 11:30am Wood Carvers 1pm-3pm	10 Cardio Drumming 10am
13 Golden Girl Fitness 10am Euchre 1pm-3pm	14 International Moment of Laugh- ter day!! Theater Tuesday 1pm	15 Open Craft Time 1pm	16 Spring Fling Dance Music by Phoenix 432 1pm-3pm	17 Cardio Drumming 10am
20 Golden Girl Fitness 10am Crawford County Park District Animal Presentation 1pm	21 Crestline Bingo Sponsored by Ohioans Home Health and Hos- pice 1pm-3pm	22 From My Kitchen to Yours 1pm	23 Bucyrus Bingo Sponsored by Altercare and Crestwood Care 1pm-3pm	24 Cardio Drumming 10am
27 Golden Girl Fitness 10am Euchre 1pm-3pm	28 Simple Egg Shell Craft 1pm	29 Color and Sip 1pm	30 Galion Bingo— Sponsored by Lexington Court and Woodside Village 1pm-3pm	

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Major Food Allergens: Milk, Egg, Fish, Crustacean Shellfish, Tree Nuts, Peanuts, Wheat, Soy & Sesame.</p>	<p>To Receive Your Meal You Must Be Home At Time Of Delivery.</p>	<p>1. Turkey Pot Roast Mashed Potatoes Brussel Sprouts Apple Juice</p>	<p>2. Meatball Sub Potato Salad Peach Crisp Fruit & Veggie Juice</p>	<p>3. Beef Vegetable Soup Lima Beans Baked Apples Orange/Pineapple Juice</p>
<p>6. Meatloaf Mashed Potatoes Green Beans Grape Juice</p>	<p>7. Chicken Leg Maple Sweet Potatoes California Blend Peaches</p>	<p>8. French Toast Bake Baked Apples Redskin Potatoes Fresh Orange</p>	<p>9. Beef Meatballs over Rice Brussel Sprouts Corn Pickled Beets & Egg</p>	<p>10. Egg Salad on Croissant Cucumber Salad Grapes Fruit Punch</p>
<p>13. Mac & Cheese Cheesy Broccoli Baked Apples Orange/Pineapple Juice</p>	<p>14. Country Fried Steak Mashed Potatoes Mixed Vegetables Banana</p>	<p>15. Ham & Bean Soup Tossed Salad with Tomato, Egg & Ranch Mango Wango Juice</p>	<p>16. BBQ Pulled Pork over Baked Potato Cheesy Cauliflower Fruit & Veggie Juice</p>	<p>17. Broccoli Cheddar Chicken Scalloped Potatoes Lima Beans Mandarin Oranges</p>
<p>20. Salisbury Steak Mashed Potatoes Sliced Zucchini Fruit & Veggie</p>	<p>21. Smothered Pork Chop with Sliced Potatoes Baked Apples Orange Juice</p>	<p>22. Chicken & Waffles Hash Browns Warm Cinnamon Apple Sauce</p>	<p>23. Homemade Hamburger Helper Garlic & Rosemary Potatoes Cheesy Broccoli Peaches</p>	<p>24. Beef Pot Roast Mashed Potatoes & Gravy Roasted Sweet Corn Fruit Juice</p>
<p>27. Chipped Beef over Mashed Potatoes Lima Beans Banana</p>	<p>28. Stuffed Pepper Oriental Vegetable Vegetable Spring Roll Fruit Juice</p>	<p>29. Smoked Sausage Yukon Potatoes Green Beans Peach Crisp</p>	<p>30. Marzetti Cheesy Cauliflower Sugar Snap Peas Apple Crisp Fruit Juice</p>	

Continue of Activities

Presentation by Jill Tuttle

April 24—1pm

Join us for the Good Life Good Death Café a presentation by Jill Tuttle about celebrating the end of life on your terms.

From my Kitchen to Yours (recipe swap)

April 22—1pm

Bring in your favorite Easter side-dish recipe. We will discuss our recipes and then vote on our favorite so we can try it next month at our next group meeting.

Bucyrus Bingo

April 23—1pm-3pm

Free bingo Sponsored by Altercare and Crest-

wood Care. Cupcakes will be provided by Mill Creek.

Simple Egg Shell Craft

April 28—1pm

Let's make some springtime crafts. We are going to use toilet paper and create an egg shell and a few other crafts to accompany the egg shell. This class is \$4 for nonmembers and \$2 for members.

Color and Sip

April 29—1pm

Come in and let's enjoy some tea or coffee while we color. We will provide coloring material and something warm to drink.

LOCAL EXPERIENCED DEDICATED HONEST



Complete
Real Estate &
Auction Services

mileyrealty.com

Health Insurance Questions?

Call Dan Rankin
1-614-621-4574



UNGER PARK
POST ACUTE
Skilled Nursing Bucyrus
419-562-9907

1170 W. Mansfield St., Bucyrus
WWW.UNGERPARKPA.COM



WE ARE HERE FOR YOU
For Hospice Services and Volunteering

740-223-3452
cara.fry@gentivahs.com

making a difference when it matters most

**Support Our
Advertisers!**

SYMPHONIC HEARING AID CENTER

*The path to better hearing
is easier than you think!*

- COMPLETE HEARING EVALUATION
- HEARING AIDS - including rechargeable!
- HEARING ACCESSORIES - the latest tech!

1008 S. Sandusky Ave.
Bucyrus, OH 44820

Open: Monday - Friday

Hours: 9am - 5pm

Call: 419-562-0707

*We accept most
insurance plans*



Sonya Keller, M.A., CCC-A

FREE hearing survey and guide on our website
www.symphonichearingcenter.com





Dear Marci,

What emergency and ambulance care services are covered under Medicare?

-Mahesh (Baltimore, MD)

Dear Mahesh,

If you have Original Medicare, Part B covers emergency room services anywhere in the U.S. Medicare Advantage Plans must also cover emergency services anywhere in the country. For emergency care, remember that:

Your plan can't require you to see an in-network provider.

- You don't need a referral.
- There are limits on how much your plan can bill you if you receive emergency care out of your plan's network. Specifically, you will be billed either \$50 or your plan's in-network cost for emergency services, whichever is less.
- Your plan must cover medically necessary follow-up care related to the medical emergency if delaying care would endanger your health.
- You have the right to appeal if your plan denies a claim for emergency care.

If you have Original Medicare, Part B covers emergency ambulance services if:

- An ambulance is medically necessary, meaning it's the only safe way to transport you.
- The reason for your trip is to get a Medicare-covered service or return from getting care.
- You are transported to and from certain locations, And, the transportation provider meets Medicare ambulance requirements.

To be eligible for coverage of non-emergency ambulance services, you must be bedbound or need essential medical services during your trip that are only available in an ambulance. This could include administration of medications or monitoring of vital functions. Original Medicare never covers ambulance services.

If you have a Medicare Advantage Plan, your plan must cover the same ambulance services that Original Medicare covers but can do so with dif-

Medicare

ferent costs or network restrictions. Contact your plan directly to learn more about how it covers ambulance transportation.

If your condition was not an emergency but appeared to be an emergency, Original Medicare or your Medicare Advantage Plan must still cover your care.

Hope this helps!

—Marci

Health Tip

Prevention and early detection are key to protecting long-term kidney health. Below are some tips for protecting your kidney health.

- **Manage chronic conditions:** Keep blood pressure and blood sugar in a healthy range.
- **Move your body daily:** Regular physical activity supports blood pressure, weight, and stress.
- **Take medications wisely:** Limit frequent use of NSAIDs like ibuprofen and naproxen, which can harm kidneys over time.
- **Avoid smoking:** Smoking damages blood vessels and raises kidney disease risk.
- **Stay connected with your care team:** Regular check-ins with your clinician support early detection and overall kidney wellness.

To learn more about Kidney Health visit National Institute of Diabetes and Digestive and Kidney Disease website.

Need Help With Medicare?



- I am a local Crestline resident and can explain ALL your rights and options.
- I represent over 200 insurance carriers.
- Medicare plans, long-term and short-term care



Carla Reuer
Licensed Health and
Life Agent Registered
Social Security Analyst

Call for YOUR private, no cost consultation!
419-565-4919

Advertise in Our Newsletter!

Contact Jayne Pandy

jpandy@4LPi.com
(800) 950-9952 x6401



Where Compassion Meets Comfort.

At Galion Meadows, we provide expert **short-term rehabilitation** and compassionate **memory care** in a safe, welcoming environment.

Medicare, Medicaid & most insurances accepted



GALION MEADOWS
SKILLED NURSING AND REHAB

935 Rosewood Ave, Galion, OH
GalionMeadowsHC.com • 419.468.7544

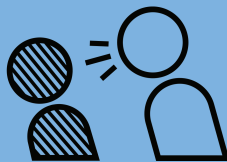


ADULT PROTECTIVE SERVICES

Over 36,000 referrals of abuse, neglect, and exploitation received in Ohio for adults 60 and over from July 1, 2021 through June 30, 2022.

Reference: Ohio Department of Job and Family Services Adult Protective Services Data Sheet for SFY 2022

17%
OF REFERRALS
WERE RELATED
TO ABUSE



“Elder abuse is a significant threat to the health and wellbeing of older adults worldwide.”

U.S. Department of Justice

APPROXIMATELY
1 IN 4
REFERRALS WERE
REPORTS OF EXPLOITATION



**AGING IS
NATURAL,
ABUSE IS NOT.**

**NEGLECT WAS ALLEGED IN
22,017
OF REFERRALS RECEIVED**

You are not alone. The National Council on Aging has estimated that up to **5 million** older adults experience abuse each year.

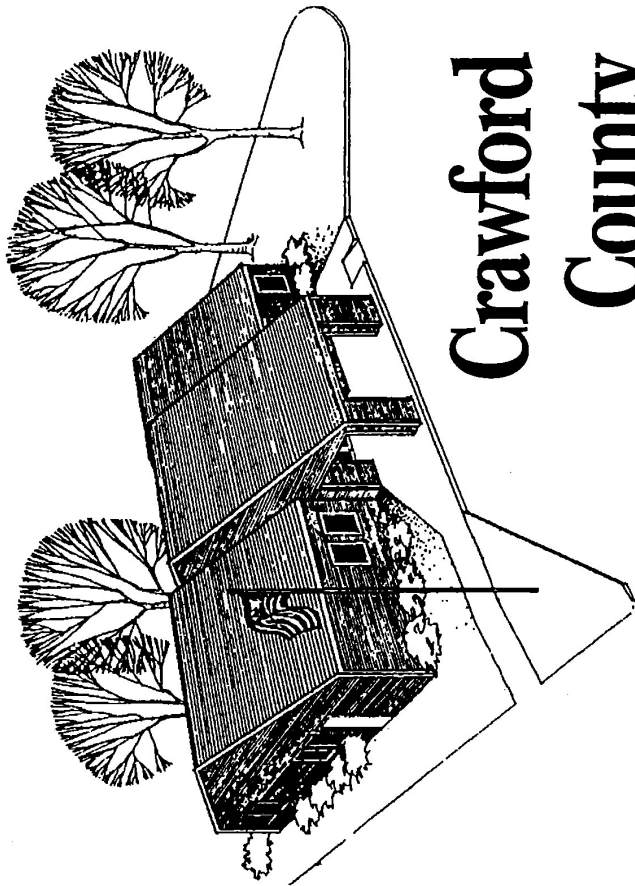
**CRAWFORD COUNTY ADULT
PROTECTIVE SERVICES
567-393-4729**



For ad info. call 1-800-950-9952 • www.4lpi.com

Crawford County Council on Aging, Bucyrus, OH

14-1553



Crawford County Senior Center

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

Crawford County Council on Aging
200 S. Spring Street
Bucyrus, Ohio 44820

NONPROFIT ORGANIZATION U.S. POSTAGE PAID PERMIT NO. 1

DATED MATERIAL
PLEASE DELIVER PROMPTLY!