CRAWFORD COUNTY COUNCIL ON AGING

August 2020 "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

INSIDE THIS ISSUE:

Council on Aging info…..Pg 2
Hot Weather Tips……..Pg 3
Activities.....Pg 4
Closed Calendar……..Pg 5
Open Calendar .....Pg 6
Menu ……Pg 7
Mad Libs…….....Pg 8
Coloring page…….....Pg 9
Word search…….....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 per year.

Mail donations to:
Council on Aging,
200 S. Spring St., P.O. Box 166,

Council on Aging Info.

Meals Available for Seniors Age 60 and Older

Are you unable to get to the grocery store or feel uneasy about going due to the Pandemic?

CALL THE COUNCIL ON AGING…..We Can Help!!!

Meals are available (Home Delivered and Grab & Go) for any senior age 60 and older who may be in need of meals during the pandemic. These meals are designated through a special fund through the Cares Act to assist seniors through the COVID-19 pandemic. Home delivered meals are available Monday through Friday serving seniors through out Crawford County. Grab & Go Meals are available at the Senior Center in Bucyrus, Monday-Friday.

Contact the Council on Aging at 419-562-3050, option 2, for more information.

Ohio Senior Health Information Insurance Program

OSHIIP is offering a series of Medicare 101 webinars from Sept 14-Oct 14. A total of 9 webinars will be presented a week at different days and times. The webinars will contain important Medicare information and will give participants an opportunity to ask questions. As always, the OSHIIP hotline is available Monday-Friday 7:30 am- 5:00 PM

During the presentation, the following will be discussed: Medicare Parts A, B, & D; Medicare Supplement; and Medicare Advantage Plans. The focus will be on the upcoming Medicare Open Enrollment Period and Year 2021 changes and updates. The webinar will also discuss how to compare plans and make changes during the Oct 15-Dec 7 Medicare Open enrollment period.

The link to register is below:

https://register.gotowebinar.com/rt/4987248812118591502

Re-Opening Plans

The CCCOA has established Re-Opening guidelines for the Senior Center and we are prepared to restart congregate meals and activities when Gov. DeWine announces the potential health risk for older adults is low. We will be announcing an opening date for activities and congregate meals to resume, so please watch for more information on our Facebook page and in the newspaper.

When entering the building you will be required to wear a mask; have your temperature taken, answer a series of health questions and will be directed to visit a sanitation station before participating in any activities or congregate meals.

Activities will be limited and require reservation to participate. More than one session of each activity will be offered. Participants may only sign up for one session. Participants may sign up by phone, email or Facebook. Activities will be listed in our monthly newsletter and Facebook events will be created for activities.

We understand this will be a little different than what we are used to, but we will do all we can to ensure your health and safety is our top priority when you visit the Senior Center again.

Be Careful & Stay Safe!!

Health Tip....Hot Weather

Spending too long in high temperatures can be dangerous for anyone, and your risk of heat-related illness can increase as you get older. The National Institute on Aging provides these tips for lowering your risk of heat-related illnesses:

• Drink plenty of liquids, like water or fruit or vegetable juices, and avoid drinks containing caffeine or alcohol.

• If you live in a home or apartment without fans or air conditioning, try to keep your house as cool as possible. Limit your use of the oven, keep your shades closed during the hottest part of the day, and open your windows at night

• If your house is hot, and you need help getting to a cool place, as a friend or relative. Some religious groups, senior centers, and Area Agencies on Aging provide this service.

• Dress for the weather.

• Don't try to do exercise or a lot of activities outdoors when it's hot.

Source: The Medicare Rights Center

Heartland

Tiffany Remmert
Administrator & Admissions
desiree.sharp@hcr-manorcare.com
hcr-manorcare.com

1170 W. Mansfield Street
Bucyrus, Ohio 44820
419.562.9907
419.562.1611 fax

HOSPICE OF MORROW COUNTY, INC.
Serving Crawford County
Quality. Local. Care you can count on.
Information / Referrals Please call 419.946.9822
On-Call nurse available 24-7

Health Insurance Questions?
Cal Dan Rankin
1 614 621 4574
MEDICAL MUTUAL

Nationally recognized care that feels like it's coming from family.
Altercare of Bucyrus Center
for Rehabilitation & Nursing Care, Inc.
419.562.7644

Maplecrest Assisted Living
Angela Mathys, Administrator
maplecrestkds@yahoo.com
717 Roger Street
Bucyrus, Ohio 44820
Phone: **419-562-4988** Fax: 419-562-4883
CARING FOR ALL GOD'S CHILDREN THROUGH SERVICE IN HIS NAME

PALACE
★ Stay in the Know! ★
SIGN UP FOR THE APPLAUSE NEWSLETTER
Be the first to know about Palace concerts, movies, and more. Send your mailing address to **info@marionpalace.org** or sign up to receive Applause e-mails online at **marionpalace.org**.

R&B ROTH & BACON ATTORNEYS, LLC
JEFFREY P. ROTH DAVID F. BACON
JESSICA B. MOON
Wills, Trusts, Medicaid, Estate and Business Planning
Upper Sandusky, OH Port Clinton, OH
Marion, OH Fort Myers, FL
Telephone: 419-294-2232 or 800-475-2611
www.rothbaconlaw.com

Activities

You'll notice there are two activity calendars in your newsletter this month. At the time of newsletter production, we are still awaiting news from the state on whether senior centers may open. We have prepared two calendars, one for if we remain closed and one for if we are permitted to open.

When the center does reopen, new protocols will be in place, such as limited capacity. Therefore, we are planning one type of activity each week and offering 5 sessions. Participants may only sign up for one session, unless space allows. Reservations will be required.

On our *if we are closed* calendar, we have planned the following activities:

Crochet Circle

1 p.m. Aug. 6

We will have our chairs set up in a large circle outside the front entrance under the awning. Bring your crochet hooks and yarn to continue working on a project or start a new one with a group of other fiber artists! Knitters also welcome! This activity is limited to 8 participants. Reservations required. We will have a fan blowing, if needed.

Parking lot concert

1 p.m. Aug. 13

The Fun Center Chordsmen will perform live in front of the COA entrance for a parking lot concert. Due to the coronavirus, the group has not performed since Christmas! Come out and enjoy the music of this men's a cappella chorus. The performance will last approximately 30 minutes. No registration required for this free event.

National Senior Citizens Day

Noon to 4 p.m. Aug. 21

In celebration of National Senior Citizens Day we are hosting a food truck, Saums Bratty Wagon, in our parking lot from noon to 4 p.m. We will also have senior bingo from 1:30 to 3 p.m. with prizes sponsored by the COA. This event will take place whether the center is open or closed. Bingo will be outside if center is closed.

Outdoor games and Tie-Dye

1 p.m. Aug. 25

We will have outdoor games available in the area next to the COA garden. Wear your sunscreen, bring a water and have fun! A few chairs will be provided.

We will also have a tie-dye area. Bring something to tie-dye or buy a shirt from us to use to make a fun, colorful piece of wearable art. Reservations are required for tie-dye.

Activities (If Center is CLOSED)

AUGUST 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6 Crochet Circle 1 p.m.	7	8
9	10	11	12	13 Parking Lot Concert 1 p.m.	14	15
16	17	18	19	20	21 Senior Citizens Day! Come celebrate	22
23	24	25 Outdoor Games & Tie-Dye 1 p.m.	26	27	28	29
30	31					

Activities (If Center is OPEN)

AUGUST 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Movie & snack	4 Movie & snack	5 Movie & snack	6 Movie & snack	7 Movie & snack	8
9	10 Games	11 Games	12 Games	13 **Concert**	14 Games	15
16	17 Bingo	18 Bingo	19 Bingo	20 Bingo	21 **Senior Day**	22
23	24 Craft	25 Craft	26 Craft	27 Craft	28 Craft	29
30	31 Movie & snack					

AUGUST 2020 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3. Popcorn Chicken **OR** Chipped Beef Mashed Potatoes Corn Banana	4.Vegetable Lasagna **OR** Turkey Pot Roast Brussel Sprouts Baked Potato Pineapple	5. Sliced Beef **OR** Shredded Chicken Zucchini Peach Crisp Apple Juice	6. Sliced Pork **OR** Turkey Breast Green Beans Mashed Potatoes Pears & Blueberries Roll	7. Beef Vegetable Soup **OR** Chili Tossed Salad Fruit Salad Apple Juice
10. Grilled Chicken Bites **OR** Pork Fritter Baked Potato Brussel Sprouts Tropical Fruit	11. Spaghetti **OR** Jumbo Ravioli Cheesy Broccoli Mandarin Oranges Garlic Bread	12. Sloppy Joe **OR** Sloppy Jack Green Cabbage Seasoned Potatoes Pineapple	**13.** Hotdog OR Bratwurst Baked Beans Coleslaw Cantaloupe	14. Chicken Salad **OR** PB&J Tropical Fruit Beets & Egg Apple Juice
17. Chicken Leg **OR** Meatloaf Baked Potato Italian Green Beans Fresh Orange	18. Beef & Noodles **OR** Chicken & Noodles Brussel Sprouts Corn Banana	**19.** Ham Salad OR Cranberry/ Pecan Chicken Salad Macaroni Salad Cucumber Salad Apple Juice Bun	20. Turkey Burger **OR** Spicy Chicken Patty Tomato/Lettuce Italian Green Beans Banana	21. Beef Taco **OR** Chicken Taco Tropical Fruit Lettuce/Tomato/ Cheese Toppings Tortilla Shell
24. Broccoli Cheddar Chicken **OR** Pork Chop Corn Baked Potato Juice	25. Salisbury Steak **OR** Chicken Fried Steak Green Beans Corn	26. Cheese Manicotti **OR** Marzetti Peas & Onions Cheesy Broccoli Grape Juice	27. Cheese Omelet **OR** Breakfast Scramble Baked Apples Redskin Potatoes Fresh Orange	28. Grilled Chicken Salad **OR** Turkey/Ham Salad Tomato Pineapple Italian Dressing
31. Smothered Hamburger **OR** Country Fried Steak Peas & Onions Coined Carrots Apple Juice Cereal Bar			**To Receive Your Meal You Must Be Home At Time Of Delivery**	**Menu Subject To Change At Anytime Without Notice**

Mad Libs

Trip to the Park

Yesterday, _____ and I went to
person
the park. On our way to the

_____ park, we saw a _____
adjective adjective
_____ on a bike. We also saw

big _____ balloons tied to a
noun
_____.
noun

Once we got to the park, the sky

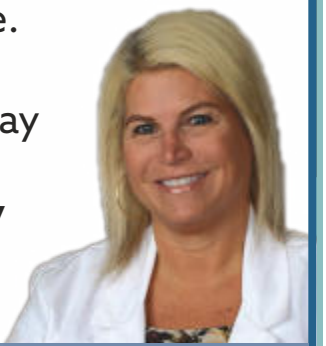
turned _____. It started to
adjective
_____ and _____.
verb verb
_____ and I _____ all the way
person verb
home. Tomorrow we will try to go to

the _____ park again and hope
adjective
it doesn't _____.
verb

HERITAGE HEALTH CARE
Quality Home Care Centered Around You
Excellence in Skilled Nursing Home Care,
In Home Therapy and Aide Services
Priority Referral Line 1-866-476-4700
(419) 747-9199

Carle's Hot Deli always has home-cooked favorites hot and ready.
Dine in or to-go
Monday to Saturday, 11-6.
Since 1929
Carle's market
419-562-7741

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

Just Color

Word Search

Popular Pizza Toppings

L	C	T	O	E	I	S	S	C	U	T	S	N	S
C	O	N	N	R	I	C	O	T	A	A	M	I	A
S	A	A	O	S	G	A	E	N	U	N	U	N	V
C	A	L	C	L	P	I	A	S	O	O	S	C	O
T	U	P	A	M	O	E	A	H	R	O	H	I	C
H	B	G	B	B	L	G	A	O	U	R	R	N	A
O	T	G	A	S	E	O	E	N	O	N	O	I	D
N	T	E	U	O	N	E	B	A	U	U	O	H	O
S	P	I	N	A	C	H	F	S	A	T	M	C	S
T	R	C	H	I	C	K	E	N	T	C	S	C	U
O	T	T	I	U	C	S	O	R	P	E	I	U	P
S	U	N	O	S	A	L	A	M	I	P	R	Z	U
T	A	P	I	N	C	I	L	A	N	T	R	O	H
T	G	N	S	S	S	N	O	I	N	O	M	C	H

SPINACH
CILANTRO
BEEF
ZUCCHINI
SAUSAGE
SALAMI
AVOCADO
LOBSTER
BACON
EGGPLANT
ONIONS
MUSHROOMS
CHICKEN
PEANUTS
RICOTA
PROSCUITTO

Play this puzzle online at : http://thewordsearch.com/puzzle/153/

NEVER MISS A NEWSLETTER !

Sign up to have our newsletter emailed to you at www.ourseniorcenter.com

PROFESSIONAL. RELIABLE. HARDWORKING.

Bess Blvd
REAL ESTATE COMPANY LTD

BessBlvd@Bess.realtor | www.Bess.realtor | 419.310.1016

FREE!
Savings Include an American Standard Right Height Toilet FREE! ($500 Value)

American Standard
Walk-In Tubs

WALK-IN BATHTUB SALE! SAVE $1,500

- Backed by American Standard's 140 years of experience
- Ultra low entry for easy entering & exiting
- Patented Quick Drain® Technology
- Lifetime Warranty on the bath AND installation, INCLUDING labor backed by American Standard
- 44 Hydrotherapy jets for an invigorating massage

Limited Time Offer! Call Today!
844-889-2321
Or visit: www.walkintubinfo.com/safety

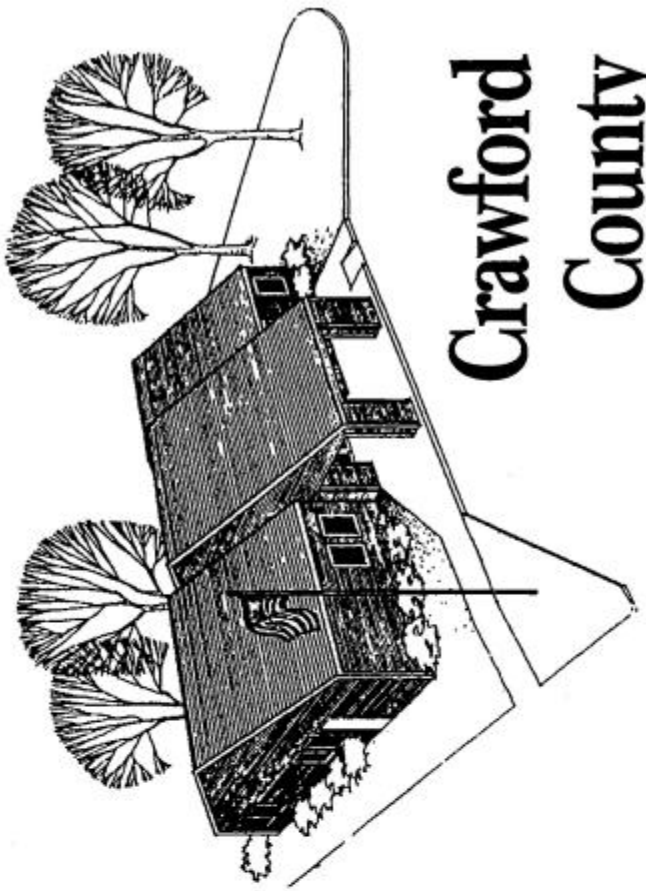
Volunteers of America | Senior Living

Life deserves to be celebrated

Tiffin Rehabilitation Center
is a skilled nursing facility offering the best therapy and care along the serene Mercy Community Nature Preserve.
(567) 207-2300
48 St Lawrence Dr, Tiffin, OH 44883
www.voaseniorliving.org/communities/tiffin-rehabilitation-center

Reach the Senior Market
ADVERTISE HERE
CONTACT

Jayne Pandy to place an ad today!
JPandy@lpiseniors.com or (800) 477-4574 x6401



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!

Sponsored by Title III grant under the Older Americans Act administered through The Ohio Department of Aging, and the District #5 Area Agency on Aging and by local funding from municipal governments, townships and private donors.