

CRAWFORD COUNTY COUNCIL

ON AGING



February 2020

200 SOUTH SPRING ST.
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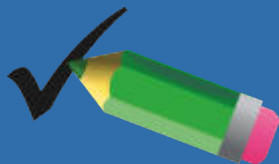
CENTER HOURS

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**Vote YES on
March 17th for
Senior Services Levy**



Senior Tidings

Everyone is Welcome!

CRAWFORD COUNTY SENIOR SERVICES

Levy Kickoff

THURSDAY, FEB 6 | 4 TO 6:30 PM



appetizers & refreshments
COURTESY OF KFC BUCYRUS

Live music!
FEATURING HARVEY & FRIENDS



#SupportOurSeniors

CRAWFORD COUNTY COUNCIL ON AGING | 200 S SPRING ST | BUCYRUS

Support Our Seniors

Vote YES ✓ on March 17th for Senior Services

Levy Kick-off Event

Join us for our **Levy Kick off** on Feb. 6th, from 4-6:30 pm at the Crawford County Council on Aging. Everyone is Welcome. Appetizers & Refreshments compliments of Kentucky Fried Chicken and Harvey & Friends will be present to provide musical entertainment. (Bucyrus) Community support is vital in helping to pass the **Senior Services Levy on March 17th**.

Help spread the word in Crawford County:

- Place a yard sign outside your home or business.
- Distribute fact sheets to community partners and businesses in Crawford County.
- Talk to your family, friends, and neighbors in Crawford County about our upcoming election.
- Follow us on Facebook and share posts with your friends- #SupportOurSeniors

When was the first Senior Services Levy approved?

Crawford County voters have approved a levy every five (5) years beginning in 1995 to fund services for senior citizens provided by the Crawford County Council on Aging, Inc. On March 17, 2020, Crawford County voters are being asked to continue services for senior citizens which is essential at the present level and the means to expand to meet the needs of the growing number of older adults in our county.

This Levy correspondence is paid for by the Citizens Committee for Crawford County Council on Aging, Inc., John Kennedy, Treasurer.

What does the Council on Aging do?

The Crawford County Council on Aging is a non-profit organization that has spent more than 46 years keeping older and disabled adults in Crawford County safe, healthy, and independent in their own homes. We administer services such as Home Delivered Meals, Congregate Meals, Transportation, Homecare Services, and Information and Referral.

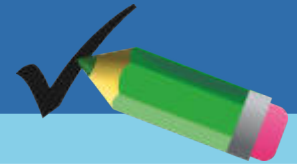
Who does the Senior Services Levy Serve?

Crawford County residents age 60 and older. Eligibility is not based on income, but rather the need for services, regardless of income or assets. Levy services makes a difference for family members caring for older loved ones. And for those seniors who have no family nearby, it makes a difference in their quality of life.

Why is a Senior Services Levy needed?

Crawford County is the fastest growing 60+ population in our area. Crawford County has increased 6% with a conservative estimate of growth remaining at 30% through the year 2050. Surrounding counties in our area will take 30 years to reach our aging population. Current funding sources cannot meet the growing need of our 60+ population. Voting YES for the senior services levy allows us to keep pace with the rapid growth of our older adults.

Support Our Seniors



How much will it cost?

The Council on Aging is requesting a renewal of 1.0 mills of an existing levy with an additional .75 mills over 5 years. This will cost a \$100,000 homeowner \$58.44 a year.

Does the Council on Aging receive funds from the County's General Fund?

No, the Crawford County Council on Aging, Inc. is a **non-profit organization** that has been serving seniors since 1974. We do not receive funds from the County's General Fund. The Council on Aging does receive some State and Federal funding which must be matched with local funds. Local funding comes from levy, client donations, organizations, churches, and private donors.

What did the Senior Services Levy provide in Crawford County in the last 5 years?

78,138 Hours of Homemaker Services

279,832 Home Delivered Meals

27,647 Congregate Meals

147,028 Transportation trips

126,942 Requests for Senior Services and Information & Referral

This Levy correspondence is paid for by The Citizens Committee for Crawford County Council on Aging, Inc., John Kennedy, Treasurer.

Heartland

Courtney Hartline

Admissions Director

courtney.hartline@hcr-manorcare.com

hcr-manorcare.com

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14-1553

Activities

Chair Yoga *

February 3, 10, & 24, 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

February 3, 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.**

Senior Aerobics *

February 4, 18, & 25, 10:00 a.m.-10:30 a.m.

This low impact aerobics class will be led by Candy. Please R.S.V.P. if you would like to attend.

Blood Pressure Checks

February 4, 11:00 a.m.-12:00 p.m.

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

Movie & Popcorn

February 4 & 25, 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.).**

Card Making for Caitlin's Smiles *

February 7, 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.**

Adult Coloring

February 10, 9:00 a.m.-10:00 a.m.

Did you know that coloring helps with stress relief? Come choose from a variety of cards to color. **Free.**

Tech Time *

February 10, 2:00 p.m.-4:00 p.m.

(30 or 60 minute classes available by appointment)
Do you need help learning how to use your smart phone, tablet, or laptop? Call to make an appointment for a one on one class. **Free.**

Food for Thought *

February 11, 9:30 a.m.

Rise and shine and learn! Food for Thought for February will be biscuits and gravy, scrambled eggs, orange juice, coffee, and water—all for \$3. The pro-

gram will be Heart Healthy Habits for Seniors. Please **R.S.V.P.** by February 7 for this program if you would like to attend.

Pizza and a Movie *

February 11, 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.

Grief Support Group Lunch Bunch at Bob Evans

February 12, 11:30 a.m.- 1:00 p.m.

Everyone has experienced a loss in this life, whether it be the loss of a spouse, a loved one, a job, loss of a pet, or loss of independence- adjusting to the new reality is tough. You don't have to walk alone. This group will be led by our social worker Janell Croneis, MSW, LISW-S. Participants must pay for their own lunch.

Harvey and Friends Live Music *

February 12, 1:00 p.m.-2:00 p.m.

Join us for some great live music! Harvey and his friends will be performing old country, rockabilly, and other types of music here at the C.C.C.O.A. This event is free, but donations are appreciated to cover the band's travel costs.

Valentine's Day White Chocolate and M&M Popcorn Recipe

February 13, 9:30 a.m.-10:30 a.m.

This sweet treat is fun and easy to make. Make your own batch to bring home. **Cost:** \$3 donation for supplies.

Exercises for Balance *

February 14 & 21

10:30 a.m.- 11:00 a.m.

This class helps with balance and stamina. Please call the center if you are interested.

Artist Trading Cards

February 18, 1:00 p.m.-3:00 p.m.

Join Mona to create, trade, and collect trading card sized art. Each month has a different theme. February's theme is Valentine's Day. This class is \$2 if you use the supplies provided here. Reservations are required.

Activities

Fabrics, Fiber, and Fun

February 18, 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.

Alzheimer's Caregiver Support Group

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

This support group lead by a trained facilitator will meet at the Crawford County Council on Aging every third Wednesday at 2:00 p.m. Learn about community resources while building a support system with people who understand. This is a place for caregivers, family, and friends of people with dementia to share information, needs, concerns, and to talk through issues and ways of coping. All ages are welcome.

Hot Dog Bar *

February 20, 1:00 p.m.

Come enjoy a hot dog with all of the fixings! We will also have shredded chicken while it lasts. Reservations are required. **Cost:** Each hot dog or shredded chicken sandwich is \$1, chips and soda will be available for an additional cost. R.S.V.P.

Senior Bingo

February 20, 2:00 p.m.-3:00 p.m.

Community members ages 55 and over are welcome to participate in this Bingo. January's Bingo is sponsored by the Crawford County Council on Aging. **Free.**

Ice Cream Social *

February 20, 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. R. S.V.P.

Trivia Contest

February 24, 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.**

Painting Class *

February 24, 1:00 p.m.-4:00 p.m.

(R.S.V.P. by 2/14)

Class size is limited. This month's theme is spring. No experience necessary, all supplies are provided. **Cost:** \$5 donation encouraged. Reservations are required.

Fibromyalgia & Sjogren's Syndrome Support Group

February 26, 2:00 p.m.-3:00 p.m.

This volunteer led group meets monthly on the fourth Wednesday of every month at the C.C.C.O.A.

Meet and Greet-

Donuts with the C.C.C.O.A. Staff

February 27, 10:00 a.m.-11:00 a.m.

Start the morning with free coffee and donuts with Cassie Herschler (Executive Director), Ruth Culver (Transportation Coordinator), Jennifer Morgan (Homecare Coordinator), Brittany Locker (Nutrition Coordinator), and Candy Yocum (Activities Coordinator). Learn about the different departments and services available at the Crawford County Council on Aging.

Donuts and a Movie *

February 28, 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. **Donations appreciated.**

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! The more, the merrier. Coffee will be provided.

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. Some activities encourage a small donation to participate.

Activities

FEBRUARY 2020

Mon	Tue	Wed	Thu	Fri
3 Chair Yoga 10:30-11 * Essentials Bingo 1-2	4 Senior Aerobics 10-10:30 * Blood Pressure Checks 11-12 Movie and Popcorn 1-3	5 Dominoes 12:30-3 Wood Carving 1-3	6 Levy Kickoff Party 4-6:30	7 Card Making for Caitlin's Smiles 9-10:30 * "Brand New Deck" Card Group 1-3
10 Adult Coloring (Valentine's Day Cards) 9-10 * Chair Yoga 10:30-11 * Tech Time (by appointment) 2-4 *	11 Food for Thought 9:30-10:30 * Pizza and a Movie 1-3 *	12 Grief Support Group Lunch Bunch (at Bob Evans) 11:30-1:00 Dominoes 12:30-3 Wood Carving 1-3 Harvey and Friends Live Music 1-2 *	13 Valentine's Day White Chocolate and M & M Popcorn Recipe Class 9:30-10:30 *	14 Exercise for Balance 10:30-11 * "Brand New Deck" Card Group 1-3 Valentine's Day Party 2-3:30 *
17 Closed 	18 Senior Aerobics 10-10:30 * Artist Trading Card Group 1-3 * Fabric, Fiber, and Fun 7-9	19 Dominoes 12:30-3 Wood Carving 1-3 Alzheimer's Caregiver Support Group 2-3 *	20 Hot Dog Bar 1-2 * Senior Bingo 2-3 Ice Cream Social 3-3:30 *	21 Exercise for Balance 10:30-11 * Karaoke 11:00-11:30 "Brand New Deck" Card Group 1-3
24 Chair Yoga 10:30-11 * Trivia Contest 11-11:30 Painting Class (R.S.V.P. by 2/14) 1-4 *	25 Senior Aerobics 10-10:30 * Movie and Popcorn 1-3 Senior Bingo at Crestline Community Center 2-3	26 Dominoes 12:30-3 Wood Carving 1-3 Fibromyalgia and Sjogren's Syndrome Support Group 2-3	27 Meet and Greet-Donuts with C.C.C.O.A. Staff 10-11 *	28 Donuts and a Movie 9:30-11:30 * "Brand New Deck" Card Group 1-3
6 Crawford County Council on Aging				

Monday	Tuesday	Wednesday	Thursday	Friday
3. Popcorn Chicken <u>OR</u> Chipped Beef Mashed Potatoes Corn Banana	4. Chicken Enchilada <u>OR</u> Bean & Cheese Burrito Fiesta Corn Princes Charles Vegetables	5. Stuffed Pepper <u>OR</u> Sweet & Sour Chicken Beets & Egg Cheesy Broccoli Banana Rice	6. Meat Lasagna <u>OR</u> Chicken Alfredo Baked Apples California Blend Tropical Fruit	7. Chicken Salad <u>OR</u> PB & J Sandwich Pineapple Pickled Beets & Egg Apple Juice
10. Chicken Leg <u>OR</u> Pork Chop Corn Baked Potato Fruit Punch	11. Sliced Pork <u>OR</u> Turkey Breast Green Beans Mashed Potatoes Pears & Blueberries Roll	12. Turkey Burger <u>OR</u> Spicy Chicken Sandwich Tomato/Lettuce Italian Green Beans Banana	13. Vegetable Lasagna <u>OR</u> Turkey Pot Roast Brussel Sprouts Baked Potato Pineapple	14. Sausage Gravy <u>OR</u> Breakfast Bake Baked Apples Rosemary Potatoes Orange
17. CLOSED— President's Day!	18. Cabbage Roll <u>OR</u> Orange Chicken Succotash Beets & Egg Rice Juice	19. Pork Fritter <u>OR</u> Grilled Chicken Bites Cauliflower Prince Charles Vegetable Tropical Fruit	20. Chicken Dumpling Filling <u>OR</u> Hamburger Gravy Mashed Potatoes Corn Banana	21. Beef Vegetable Soup <u>OR</u> Chili Soup Tossed Salad Fruit Salad Apple Juice
24. Meatloaf <u>OR</u> Southern Pork Chop Prince Charles Vegetable Baked Potato Orange	25. Sliced Beef <u>OR</u> Baked Chicken Ranch Fries Broccoli Apple Juice	26. Swedish Meatballs <u>OR</u> Turkey Tetrazzini Capri Blend Peach Crisp Potato Roll	27. Bean & Cheese Chalupa <u>OR</u> Beef & Cheese Burrito Tomato/Lettuce Tropical Fruit Grape Juice Rice	28. Egg Salad <u>OR</u> Roast Beef Sandwich Pineapple Fresh Melon Fruit Punch
			To Receive Your Meal You Must Be Home At Time Of Delivery.	Menu Subject To Change At Anytime- Without Notice.

Upcoming Events

Crawford County Council on Aging's 3rd Annual

SENIOR VALENTINE'S DAY PARTY

at the C.C.C.O.A. - 200 S.Spring St, Bucyrus
Must R.S.V.P. by calling (419)562-3050, option 4

Karaoke!
(with Ron)

Door Prizes!

Lunch!
(chili, grilled cheese, & drink)

February 14th
2:00 p.m.

Only \$4

Deadline to reserve transportation is 2/7

Senior Bingo **FUN!**

FREE!

REFRESHMENTS!

February 25, 2:00 p.m.
at the
Crestline Community Center
120 N. Thoman Street, Crestline

Refreshments provided by
Crestline Nursing Home

Prizes provided by
Crawford County Council on Aging

For seniors age 55 and over.
Please call the C.C.C.O.A. for transportation if needed or with any questions-
(419)562-3050.
Deadline for transportation requests is February 18.

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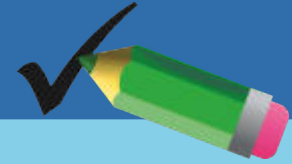
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Vote

Election Day is Tuesday March 17, 2020

**Go to the Crawford County
Board of Elections where you can:**

Register to Vote
Find your Polling Place
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Change Your Address

Important Dates:

Early and Absentee Voting Period

Now-March 14

Voter Registration Deadline:

Feb. 18th

Absentee Ballots must be mailed by noon

March 14th

The Crawford County Council on Aging Transportation Department will be available on Election Day March 17th for those of you who may need a ride to your designated polling place. If you're in need of a ride to the Board of Elections to vote by absentee ballot, you may also request a ride. Please call in advance to schedule a ride at 419/562-3050 or 1-800-589-7853.

**This Levy correspondence is paid for by
The Citizens Committee for Crawford County
Council on Aging, Inc., John Kennedy, Treasurer.**

Services

Any Crawford County resident age 60 years or older is eligible for Home Delivered Meals; Congregate Meals; Transportation (serving Specialized Transportation to seniors and individuals with a disability); Homemaker & Personal Care; Chore; Information & Referral and Social Recreational services.

These services are administered and operated out of the multipurpose Senior Center located at 200 S. Spring Street, Bucyrus. The Galion Nutrition Site is located at the Galion Golden Age Center, 301 South Market Street, in Galion. Space is rented from the Galion Golden Age Center so meals can be served to individuals living in the Galion area. All hot meals are prepared in our Nutrition Building located at 214 S. Spring Street, Bucyrus.

Home Delivered Meals: Hot meals are delivered 5 days a week to residents within a 1/2 mile of Bucyrus, Crestline, and Galion city limits. In other areas of the county, frozen, microwaveable meals for the week are delivered. Frozen meals are available for weekends, if needed.

Congregate Meals: A hot noon meal served in a congenial atmosphere with opportunities to meet new friends and to socialize with old friends, is available Monday through Friday in Bucyrus and Galion. The Bucyrus site is located at the Senior Center, 200 S. Spring Street. The Galion site is located at the Galion Golden Age Club, 301 S. Market Street.

All congregate meals are prepared by our Nutrition Department and are packaged and delivered

to the Galion Golden Age Center. A member of our staff serves the congregate meals and is available for our volunteers to assist with the delivery of the meals in Galion.

In-Home Care: Light housekeeping, laundry, and limited errands and activities necessary to maintain good personal hygiene are provided to senior citizens in their homes by trained caregivers.

Transportation: Van transportation is available to doctor appointments, grocery stores, banks, laundry facilities, etc. Vans are equipped with wheelchair lifts, and drivers are trained in wheelchair management.

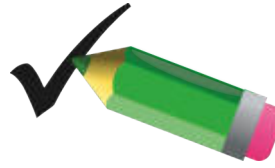
Information & Referral: The growth of the older adult population has increased the demand for information by both older persons and their caregivers. Today, older Americans face a complicated array of choices and decisions about a variety of issues, such as health care, housing, financial management, nutrition, and long term care. With so many overlapping federal and state programs and their different requirements, older adults and their caregivers often need help to know what services are available and whether they qualify.

OUR HISTORY

In 1973, a committee with county-wide representation was organized for the purpose of studying and addressing the needs of the elderly. In 1974, the Committee on Aging for Crawford County was incorporated as the Crawford County Council on Aging and was awarded grants under the Older American's Act to provide services for the elderly of Crawford County.

In 1978, the Board of Trustees established a modest Senior Center in a purchased renovated older building in the downtown business district of the City of Bucyrus. This Center became a community focal point for the provisions of services for the elderly.

Support Our Seniors



February 18, 1984, the Senior Center was destroyed by an extensive fire, which was not renovated because the facility no longer accommodated the variety of activities in operation for the growing number of people using the Senior Center. The land for the site we currently occupy was purchased in 1984, the building began in 1985, and the Center opened for business March 1, 1986. Our facility houses the business offices and services of the Council on Aging, and also serves as a Senior Center providing Social-Recreational Services for Senior Citizens. Our Nutrition Building where all our Home Delivered & Congregate meals are prepared is next door to our main building

MARCH 17
vote yes for
SENIOR SERVICES



**This Levy correspondence is paid for by
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Council on Aging, Inc., John Kennedy, Treasurer.**

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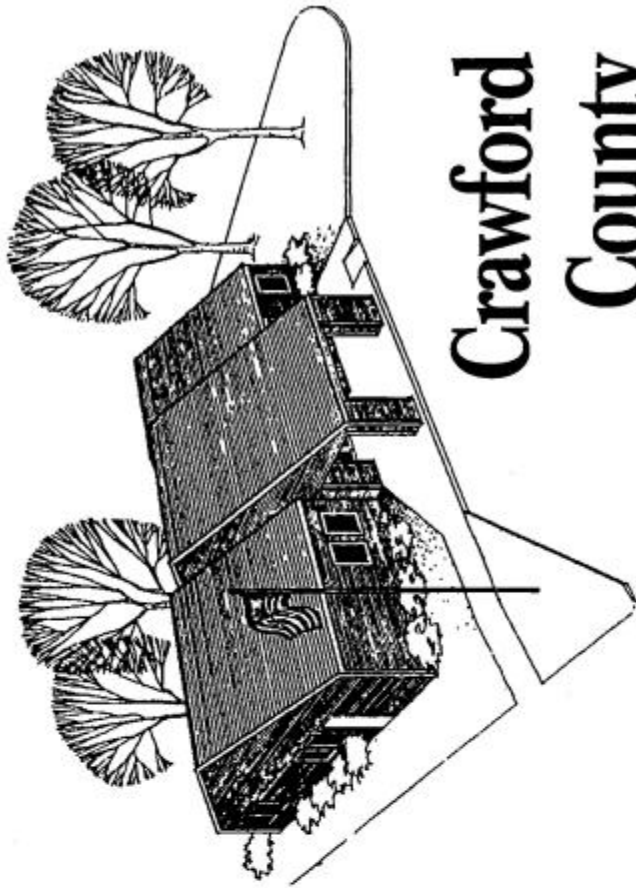


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