CRAWFORD COUNTY COUNCIL ON AGING, INC.

"YOUR COMMUNITY SENIOR CENTER"

CONTACT

200 S. Spring Street
Bucyrus, OH44820
Phone: 419-562-3050

COA email: coa@cccoa.org
Website: crawfordcountyaging.com
FB: CrawfordCountyCouncilonAging

CENTER HOURS

Monday	**8:30am—5:00pm**
Tuesday	**8:30am—5:00pm**
Wednesday	**8:30am—5:00pm**
Thursday	**8:30am—5:00pm**
Friday	**8:30am—5:00pm**

CENTER STAFF

Cassie Herschler
Executive Director

Michele Hoffman
Fiscal Manager

Janell Croneis
Social Service Coordinator

Ruth Culver
Transportation Coordinator

Brittany Locker
Nutrition Coordinator

Jennifer Morgan
Homecare Coordinator

Courtney Moody
Activities Coordinator

HAVE QUESTIONS FOR OUR STAFF?

Call the Council on Aging and connect with each of our departments by choosing the following options:

Transportation Services: Option 1
Nutrition Services: Option 2
Homecare Services: Option 3
Activities Department: Option 4
Information & Referral: Option 5

YOUR SENIOR CENTER

FROM THE DIRECTOR

A YEAR IN REVIEW

What an interesting year it has been for 2021! Our Grand Reopening in July, after being closed for over a year due to COVID, was a huge success! Activities and congregate meals brought seniors in adding some normalcy for those of us in the office. Reflecting over the last 6 months, I have to say I do enjoy the hustle and bustle of seniors and staff coming and going in the building. It was too quiet when the building was closed to the public. It's good to hear the laughter and socialization of people in the building again.

We were unable to celebrate a few of our annual events like Senior Day at the Fair and Golden Years Hall of Fame, but we are looking forward to scheduling these events for 2022. Watch for information regarding Senior Day at the Crawford County Fair this year. You won't want to miss it!

We continued with our Third Annual Thanksgiving Dinner serving a free catered Thanksgiving Dinner to 300 (increased 100 more from last year) seniors as a drive-thru style meal. A BIG thank you to our Bucyrus Kiwanis, Bucyrus Lions Club, Dane Kennedy, Sandra Ehrhart, and Arthur Rank for their donation.

What can I say about our Secret Santa Tree? This year was a bigger success for our seniors than last year. This year we more than doubled the amount of gift tags on our tree with a total of 91 seniors requesting a gift for the holidays. The COA staff worked like elves wrapping, organizing and delivering packages all over the county. Our building was filled with gifts, stockings, goodie bags, holiday treats, etc., all to be delivered the week of Christmas.

Thank you to the following for all your help during the holiday season:
--COA Staff who is always so compassionate thinking of our seniors!! Next time you see a COA Staff member, please thank them for all their hard work and dedication!

--Lisa Hurtley and A Gift for You for the senior stockings.

--Tramec Sloan, Carlisle Place, Tammy Hansford, LouAnne Holman, Grace's Light Foundation and the Lion's Club for the extra gifts to be given to each of our recipients.

--Mildred Humphry, Charles & Marjorie Auck, Mr. and Mrs. Hammontree, Mrs. Raybuck and Deb and Ken Cameron for the monetary donations.

Thank you to the Crawford County Community for all your suppport.!

---Cassie Herschler,
Executive Director

COUNCIL ON AGING INFORMATION

In Bucyrus, when Bucyrus City Schools cancel, the congregate meal site located at the Crawford County Council on Aging is also canceled. If Bucyrus schools are cancelled for the day, Activities in Bucyrus will also be cancelled for the day.

In Galion, when Galion City Schools cancel, the congregate meal site located at the Historic Grace Church is also cancelled. 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 home delivered meals. Stay informed regarding closings by listening

CANCELLATION OF CONGREGATE MEALS DURING INCLEMENT WEATHER

to the radio or go online to the following:

-listening to Q92.7 WQEL,
-wqel.com/closings or
-crawfordcountynow.com/closings

PROMEDICA
WENDY DOLYK Administrator
419.562.9907
419.357.2877 cell
1170 W. Mansfield Street
Bucyrus, Ohio 44820
Wendy.Dolyk@Promedica.org

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

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

THIS SPACE IS AVAILABLE

Be the first to know about upcoming Palace Theatre events like...
DEBBY BOONE'S White Christmas
movies, concerts, musicals & more.
Sign up to receive the Applause Newsletter by phone (740) 383-2101 or visit marionpalace.org.

ADT-Monitored Home Security
Get 24-Hour Protection From a Name You Can Trust
• Burglary • Flood Detection
• Fire Safety • Carbon Monoxide

ADT Authorized Provider SafeStreets
1-855-225-4251

ACTIVITIES

Pre-register for activities by calling Courtney at 419-562-3050 ext. 236

Tech Time
By Appointment
Jan. 4 and 5

Have questions about your smart phone, tablet or laptop? Bring your questions and your tech to your appointment with Courtney and she'll do her best to help you out.

Beginner's Crochet Class
1 p.m. Jan. 6

Have you always wanted to learn to crochet or forgotten how to start? Come to this beginner's class and learn a few basics. You will learn how to make a simple beanie hat. Must bring yarn, a 5.5 or 6 mm crochet hook and pair of scissors. Suggested yarn: Red Heart Super Saver Acrylic Yarn. This will be a small class size and sign up is required and limited.

Cards
12:30 p.m. Fridays

New day of the week! A group of card players meet in the lobby after lunch to play Euchre. No sign up needed.

Activities Meeting
2 p.m. Jan. 10

Join Courtney and Cassie in the activities room to discuss the program. An anonymous survey will be handed out. Tell us what your favorite activities were this past year and share your suggestions for 2022. Members are encouraged to attend as we will go over your online Senior Space member profile and how to access early sign up. Light refreshments will be offered during this casual sit-down.

Hot Dog Bar and Bingo
1 to 3 p.m. Jan. 11

Hot dogs will be served at 1 p.m. for $1 each. Chips and drinks available for 50-cents. Members receive free drink with hot dog purchase. Bingo will start around 2 p.m. Prizes sponsored by Willow Run Community of Crestline.

Continued on Page 5

Film Fridays
1 p.m. Fridays

Movie titles will be listed on the bulletin board at our building.

Jan. 7: This 2021 film is the true story of eccentric British artist Louis Wain whose playful, psychedlic pictures transformed the public's perception of cats forever. Set in the early 1900s. Rating: PG-13. The snack bar will be open with items available for purchase.

Jan. 14: This 2020 comedy/ action film follows a hardened CIA operative who has been demoted and finds himself at the mercy of a precocious 9-year-old girl after he is sent undercover to surveil her family. Rating: PG-13. Homemade chicken salad on a croissant will be available for $3 (Allergen alert: contains pecans)

Jan. 21: This 2021 biographical documentary is an inside look at the legendary life of adventurer Jacques-Yves Cousteau Rating: PG-13. Popcorn will be available.

Jan. 28: This 2019 film is a retelling of the 1955 animated classic following a pampered house dog and a tough-but-lovable stray. A meal of spaghetti, meatballs, garlic bread and drink will be served for a donation of $4.

ACTIVITIES

How-to series
12:30 p.m. Jan. 12
We will take suggestions of what to offer throughout this series. For Jan. 12, Courtney will lead a how-to program about grocery store apps for smart phones and tablets.

DIY Valentine Cards
12:30 p.m. Jan. 19
Courtney will show you how to make a few styles of cards. All supplies, including envelopes will be provided. Cost is $3 and each participant may make up to 6 cards.

Board Games
12:30 to 3 p.m. Jan. 20
Board games will be out on the tables. Coffee and hot tea will be offered.

Adult Coloring
12:30 p.m. Jan. 24
Relax and enjoy coloring. Coffee and hot tea will be offered. Variety of adult coloring pages will be available and limited amount of colored pencils, crayons and markers.

Puzzle Bingo
1 p.m. Jan. 25
Prizes for this bingo will be jigsaw puzzles and puzzle books (word searches, crosswords, etc.). Prizes sponsored by Willow Run Community of Crestline.

Canvas Painting & Treat
1 p.m. Jan. 27
For this class we will create silhouette paintings of famous Disney characters. We'll eat a copycat Disney World treat. Cost is $10, Members pay $5.

Crochet Circle
1:30 p.m. Jan. 31
Crocheters, knitters and handcrafters gather to work on their projects.

If you sign up for an activity and need to cancel, please call Courtney at 419-562-3050 ext. 236 and let her know.

COA members may sign up early by creating a login on Senior Space and accessing all activities before the newsletter is delivered to your door. Attend the Activities Meeting Jan. 10 to learn how to set up an online login with Senior Space.

Pre-registration is encouraged for all activities and required for most. Some activities have limited sign up. If an activity has food, pre-registration is especially important so enough is prepared.

Remember to check in at the Senior Space kiosk! This is REQUIRED before your activity. Please ask for help if you need assistance.

Stay Warm!

JANUARY ACTIVITIES

M	T	W	T	F
03	04 Tech Time by appointment	05 Tech Time by appointment	06 Beginner Crochet Class 1 p.m.	07 Cards 12:30 p.m. Film Friday 1 p.m.
10 Activities Meeting 2 p.m.	11 Hot Dog Bar & Bingo 1 to 3 p.m.	12 How-to Series 12:30 p.m.	13	14 Cards 12:30 p.m. Film Friday 1 p.m.
17 **CLOSED**	18	19 DIY Valentine Cards 12:30 p.m.	20 Board Games 12:30 to 3 p.m.	21 Cards 12:30 p.m. Film Friday 1 p.m.
24 Adult Coloring 12:30 p.m.	25 Puzzle Bingo 1 p.m.	26	27 Canvas Painting 1 p.m.	28 Cards 12:30 p.m. Film Friday 1 p.m.
31 Crochet Circle 1:30 p.m.				

Call 419-562-3050 ext. 236 or Opt. 4 to pre-register for activities.
Member savings this month: $5.50
It pays to be a member! Since our memberships began in August, members have saved more than $31! A rolling, annual COA membership is $30 for an individual and $55 for a couple. Ask Courtney for a membership packet. Members receive discounts and other special perks.

JANUARY MENU

M	T	W	T	F
03 Pizza Burger **OR** Hamburger Peas & Pearl Onions Stewed Tomatoes Apple Juice	**04** Baked Chicken **OR** Sliced Beef Maple Sweet Potatoes Broccoli Fruit & Jello Roll	**05** Stuffed Pepper **OR** Orange Chicken Rice Peach Crisp Brussel Sprouts Pineapple	**06** Chicken Nuggets **OR** Sliced Pork Corn Mashed Potatoes Fruit Juice	**07** Chicken Taco Salad **OR** Beef Taco Salad Bean & Corn Blend Club Crackers Tortilla Strips
10 BBQ Chicken **OR** Meatloaf Peas & Onions Sweet Potato Fries Apple Juice	**11** Cheese Ravioli **OR** Chicken Lasagna Cheesy Broccoli Mandarin Oranges Baked Apples Garlic Bread	**12** Cheeseburger **OR** Shredded Chicken Zucchini Peach Crisp Apple Juice	**13** Chicken Leg **OR** Sliced Beef Baked Potato Corn Brownie	**14** Beef Vegetable Soup **OR** Chili Tossed Salad Mixed Fruit Crackers
17 **CLOSED - In Observance of MLK Jr. Day!**	**18** Turkey Burger **OR** Chicken Patty Peas & Onions Coined Carrots Apple Juice	**19** Meatloaf **OR** Broccoli Cheddar Chicken Italian Green Beans Fresh Orange	**20** BBQ Pulled Pork **OR** Sloppy Joe Yellow Squash Potato Cake Pineapple/Orange Juice	**21** Potato Soup **OR** Broccoli Cheddar Soup Tossed Salad Cucumber Salad Crackers
24 Turkey Meatballs **OR** Grilled Chicken Breast Peas Cauliflower Apple Juice	**25** Salisbury Steak **OR** Country Fried Steak Mashed Potatoes Green Beans Peaches & Cottage Cheese	**26** Sweet & Sour Chicken **OR** Peppered Steak Rice Mini Vegetable Egg Rolls Pickled Beets &	**27** Sliced Pork **OR** Bratwurst Sauerkraut Mashed Potatoes Peaches & Cottage Cheese	**28** Turkey & Cheese Sandwich **OR** Ham & Cheese Sandwich Banana Sliced Peaches Watermelon
31 Popcorn Chicken **OR** Chipped Beef Mashed Potatoes Corn Banana				

To Receive Your Meal You Must Be Home At Time Of Delivery.

Menu Subject To Change At Anytime Without Notice.

10 HEALTHY HABITS TO KICK OFF THE NEW YEAR

BY COURTNEY MOODY, ACTIVITIES COORDINATOR

After a busy December full of holiday events, comfort food, and staying cozy under warm blankets out of the winter cold, many see January as an opportunity to get "back on track" or make new goals for both health and general life. Consider these 10 healthy habits when setting your New Year's goals (and, hopefully, sticking to those goals).

1. **More Movement.** Let's start this list with the first two items on everyone's list. The first is exercising. January is statistically the month with the most gym membership sales (see Bloomberg.com). But after a few months, many fall off the wagon and stop going. Instead of thinking of exercising as going to a gym, think of it as moving your body more. Walking is great exercise for seniors and budget friendly. Start by setting a goal like walk one mile. Then after a few days, increase your goal. Once you hit a distance that is good for you, try to increase your pace. Crawford County has many great areas for walking: Aumiller Park in Bucyrus, the paved bike path in Galion, Lowe-Volk Park near Crestline, as well as many other Crawford Park District parks, downtown shopping areas and cemeteries.

2. **Lay off the junk.** The second item on everyone's list is healthier eating. Preparing a meal for just one person can be tough – especially if you've been used to cooking for more. Most also believe that healthier food options are too expensive. Cooking for one and using fresh, healthy ingredients can be done with proper meal prep and planning (this may be a future activities presentation!) Seniors 60 and older are also welcome to have a weekday,

10 HEALTHY HABITS TO KICK OFF THE NEW YEAR

healthy lunch at our congregate meal sites in Bucyrus and Galion.

3. Take notice of mental health. One of the most overlooked aspects of health has been mental health. Mental health includes emotional, psychological and social well-being; it affects how we think, feel and act. Recognizing the importance of mental health has gotten better over the years and there is no longer a stigma associated with seeking professional help. Some local options include Crawford-Marion ADAMH and Community Counseling. Take time out of your day for activities that promote calmness and relaxation such as adult coloring, chair yoga, reading, etc. Also take time to interact with others in a positive, no-pressure setting like one of our movie and snack days at our senior center.

4. Socializing is important, too. Since early 2020 we've gone through COVID, quarantines and restrictions that took a toll on everyone's mental health. Many were isolated from family and friends, spending most time alone at home. Socializing is important. It keeps your mind active. It gets you out of the house and in the fresh air. Check out our activities calendar for some great opportunities to socialize with your peers and make new friends.

5. Give back to the community. One of my constant sayings is "a community is only as good as the efforts of its people." There are so many ways to give back to your community – many without spending a dime! It can be as simple as picking up litter along your street, volunteering your time with a local non-profit, or joining an organization or committee that gives back to the community or organizes events. Help is always needed.

6. Learn something new. We as humans are constant learners. There is an opportunity every day to learn something new. Set a goal to learn something new this year. Maybe a new language, dance, recipe or hobby. Not sure where to start? Try your local library, Pinterest or YouTube for a tutorial.

7. Go somewhere new. Whether it is near or far, we have a large country to explore. Traveling isn't in the budget? Consider making a staycation day themed after a far away destination. For example, you could have a Hawaiian day at home easily by watching a tropical film ("Blue Hawaii" and "Moana" are fun choices), listening to come beach music and eating fresh, tropical fruit.

8. Become more thoughtful. Have you lost touch with any friends or family members? Maybe you've thought "well, they never call me." Push that thought from your mind. Become the caller. Send a handwritten note. We're all human; we all get busy and caught up in our day-to-day lives that we can easily lose track of staying in touch.

9. Let go of what you cannot change. This might be the hardest habit on this list – even more difficult than keeping up with exercise! When things appear to be out of our control, it can be frustrating. An unexpected expense or other major inconvenience can cause a lot of stress and anxiety. Turning to your religion, if you have one, or to a calming habit can help alleviate. Maybe listening to music or stepping away from the issue can help you to refocus and clear your mind so you can tackle the problem with a level head.

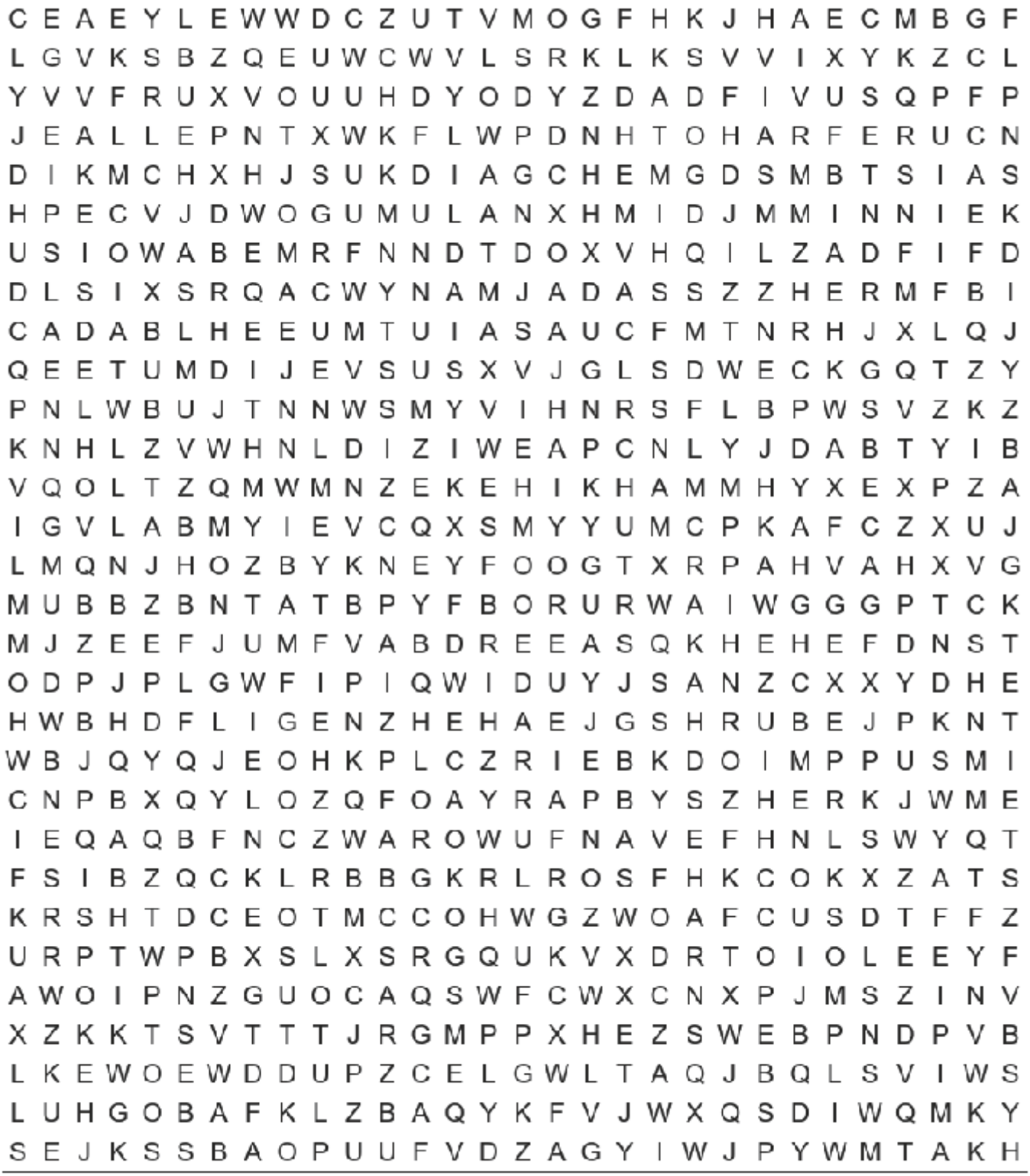
10. Plan on small acts of kindness. It's the little things in life that keep our hearts warm. Greet a stranger. Send a note to a friend. Thank a veteran for their service. Take a treat to your local first responders. Show appreciation for those in your life, no matter how "small" a part they play.

WORD SEARCH

Name:_____

Created with TheTeachersCorner.net Word Search Maker

Where Dreams Come True



MICKEY
DAISY
CINDERELLA
JASMINE
MINNIE
GOOFY
ARIEL
MULAN
DONALD
PLUTO
BELLE
AURORA

NEVER MISS A NEWSLETTER!

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

AVAILABLE FOR A LIMITED TIME!

ADVERTISE HERE NOW!

Contact Jayne Pandy to place an ad today!

JPandy@lpicommunities.com or (800) 477-4574 x6401

CRAWFORD COUNTY COUNCIL ON AGING
200 South Spring Street
Bucyrus, OH 44820

NONPROFITY
ORGANIZATION
U.S. Postage
PAID
Permit NO. 1

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.