

CRAWFORD COUNTY COUNCIL ON AGING



July 2026 "Your Community Senior Center"

200 SOUTH SPRING ST.
BUCYRUS, OHIO 44820

419-562-3050 or 800-589-7853

SENIOR CENTER HOURS

Monday-Friday 8:30am—5pm

Email: coa@cccda.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,
200 S. Spring St.,
P.O. Box 166,
Bucyrus, OH 44820

4TH of JULY

JOIN US IN CELEBRATING INDEPENDENCE DAY
WITH A VARIETY OF FUN ACTIVITIES!

THURSDAY, JULY 2

10:00AM - 03:00PM

GAMES | CRAFTS | LUNCH | DOOR PRIZES
PATRIOTIC SING-ALONG | VISIT FROM
COLONEL WILLIAM CRAWFORD

200 S. SPRING ST.
BUCYRUS, OH 44820

Protecting Senior Services

Across Ohio, discussions continue regarding changes to property taxes and public funding. While these conversations are important, it is also important to recognize the vital role local senior services play in helping older adults remain healthy, independent, and connected to their communities.

Senior service levies help fund programs such as transportation, home-delivered meals, homemaking assistance, personal care services, caregiver support, wellness programs, and senior center activities. These services often allow older adults to remain safely in their homes, delaying or preventing the need for more costly institutional care.

As Ohio's older adult population continues to grow—with the number of Ohioans age 60 and older projected to increase by approximately 30% by 2030—the demand for supportive services is expected to rise as well.

Local senior service organizations work diligently to maximize available resources and ensure funding is directed toward services that have a meaningful impact on the lives of older adults. Every effort is made to provide quality services efficiently while meeting the growing needs of seniors in our communities.

Critical senior services are supported by property taxes in 74 of Ohio's 88 counties. If local funding sources were reduced or eliminated, many services that older adults rely on could be affected, including:

- Home-delivered meals
- In-home care and personal assistance
- Transportation and adult day services
- Home repair and accessibility modifications
- Care coordination, wellness, and social programs
- Telephone reassurance and safety monitoring

Additionally:

- Many senior centers could face reductions in programs and services.

- Some older adults may require more intensive and costly care sooner if community-based supports are reduced.
- Resources available to identify and respond to cases of elder abuse, neglect, and exploitation could be reduced.

Our community's older adults have contributed greatly to the growth and strength of Crawford County. As their needs change, it is important that they continue to have access to services, resources, and opportunities that help them remain active, safe, and connected.

Our senior center is committed to educating the community on issues that may affect older adults and local services. An informed community helps protect the resources older adults depend on every day.



Health Tips

Staying Safe in the Summer Heat

- *Stay Hydrated*—Carry a water bottle and set reminders to drink regularly. Also avoid alcohol and caffeine which increase fluid loss.
- *Protect Against the Sun*—Use SPF 30+ and reapply every 2 hours, even on cloudy days.
- *Stay Cool*—Take tepid showers or cool baths. Close blinds and use fans or air conditioning.
- *Adjust Activity and Diet*—Schedule exercise and errands for the morning or evening and eat light, hydrating foods like watermelon, cucumbers, and leafy greens.
- *Watch for Heat-Related Illness*—Signs of dehydration include weakness, dizziness, confusion, muscle cramps and headache. Seek medical help if symptoms worsen.

Summer Safety Tips



Stay Hydrated

Drink 8 or more glasses of water per day to stay healthy & hydrated



Know the Side Effects of Medications

Some medications have side effects such as drowsiness or sun sensitivity



Stay Cool

Stay in the A/C, indoors, go swimming, etc.



Wear Light, Loose Fitting Clothing

Wear breathable clothing and light colors that reflect the sun



Have Emergency Contacts

Have a list of people to call in case of emergency



Know the Weather Forecast

Plan your days accordingly depending on the weather

Keep Space Blank For Ads

Activities

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

Recurring Events

Golden Girl Fitness

10am Mondays

This class utilizes fitness videos teaching us yoga, chair stretches, and balance training.

Weekly Trivia/Brain Games

11am Mondays

Each week, new trivia or brain games will be released. Turn your completed worksheet in to Michelle for a small prize by Thursday. All participants with completed and correct answers will then be entered in a weekly drawing for a special themed prize every Friday.

Chair Exercises

10am Tuesdays

We will work through gentle, controlled movements done while sitting on a sturdy chair, designed to help you stay active even with limited mobility or balance concerns. These exercises will strengthen muscles, improve circulation, help you maintain independence, and reduce fall risk without putting excessive strain on joints.

Walking Group

9:30am Wednesdays

We are excited to launch our walking group that will rotate between Bucyrus, Galion, and Crestline, giving us the opportunity to connect with seniors across the county. We'll occasionally have guest speakers/local "celebrities" join us as we explore both town and nature.

Sip & Share

9am Fridays

We'll provide the drinks (coffee and surprise

specialty drinks)...you bring your stories to share!

Cardio Drumming

10am Fridays

A fun, low-impact activity to improve physical health, cognitive function, mood, and social connection.

Wood Carvers

July 8 & 22—1-3pm

Wood carvers, soap carvers and related craftsmen welcome! Bring your supplies and meet in the congregate lunch area.

Euchre

July 13 & 27—1-3pm

Test your skills in some friendly competition among peers.

BINGO: Red, White, & Blue Themed Prizes

July 21—Crestline VFW

July 23—Galion Golden Age Center

July 30—Bucyrus Senior Center

Calendar Events

Independence Day Party

July 2—10am-3pm

See the front cover for more details—come and go as you please or make it a full day of fun!!
Lunch is a \$5 requested donation.

Be Scam Aware

July 6—1pm

The Ohio Consumer's Council will be onsite to share the latest guidance on protecting yourself from deceptive businesses, unfair debt collectors, and data breaches

Candle Making with Fern Engelhorn

July 7—1pm



Step back in time as we use the traditional dipping method to create patriotic tapered candles \$2/member; \$4/non-member

Activities

Popsicle Door Decor

July 9—10am

We'll use fabric, ribbon and patriotic embellishments to create this simple, yet chic holiday door décor! \$2/member; \$4/non-member



Members Only Luau

July 9—1pm

Grab your grass skirts and flip-flops — We're throwing a Luau you won't want to miss!

Ice Cream Cone Bookmarks

July 10—1pm



Cool off your reading time with a sweet treat that never melts! This adorable ice cream cone bookmark is the perfect way to mark your place in style. Donations greatly appreciated.

Talent Show

July 14—1pm

Spotlighting local talent, we invite you to join us for an afternoon full of talent, heart, and unforgettable memories!

Tabletop Volleyball

July 15—1pm

We're serving up smiles at our Tabletop Volleyball games! A perfect way to stay active, sharpen your reflexes, and enjoy time with friends. Come play, cheer, or just soak in the fun!

Lighted Garland Craft

July 16—10am

Light up your celebration with a dazzling red, white, and blue garland! Twinkling lights weave through festive stars and stripes, bringing a warm patriotic glow to your 4th of July night. \$8/member; \$10/non-member -OR- \$4/member; \$6/non-member w/out lights



Ice Cream Sandwich Bar

July 16—1pm

Indulge in a little frozen magic — our Ice Cream Sandwich Bar awaits! Crown your ice cream

sandwich with toppings galore. \$2/treat

Tech 101: Emojis

July 17—11am

Discover the Fun of Emojis! Learn how to add personality, warmth, and a little sparkle to your messages. This hands-on session will guide you step-by-step in finding, choosing, and using emojis to express yourself with ease.

Rescued Rollers

July 17—1pm



Help us welcome some very special furry visitors and learn about the organization giving them a new lease on life. Since 2016, Rescued Rollers has been saving 15-20 special needs dogs per year and this is your opportunity to learn more about their mission.

Bucyrus Firehouse Visit

July 20—1pm

Step inside the firehouse for a day of learning, laughter, and community! See the fire trucks up close, meet the heroes who keep us safe, and pick up valuable safety advice.

Sunflower Coasters w/Ellen Shifley

July 22—1pm

Bring a little sunshine to every sip!

Design your own handmade sunflower coaster to brighten your table and your day — the perfect blend of beauty and function. \$2/member; \$4/non-member



Open Craft: Summer Fun

July 22—1pm



Why settle for ordinary when you can make a cone full of carnations? Our Carnation Ice Cream Cone Craft is a whimsical way to celebrate creativity, color, and summer vibes—no freezer needed! Donations greatly appreciated for this activity. Feel free to bring your own crafts as well...we're celebrating all things summer and can't to see what you create.

Picnic @ Aumiller Park

July 27—1pm

Join us for a sunny afternoon of picnicking, bird watching, and connecting with nature's wonders. Boxed lunches from Coopers will be served and we'll make bird seed ornaments to conclude our day of fun. Donations are greatly appreciated for this event!



Together at the Table

July 28—11am



Join us for good food and even better company this month at Frank's Treat Time in Crestline. Please call Michelle to register and remember that you are responsible for the cost of your own meal.

From My Kitchen to Yours

July 28—1pm

Bring your favorite red, white, and blue recipes for us to share while we enjoy the winning summer cookout side dish selected in June.



Watch it Wednesday

July 29—1pm

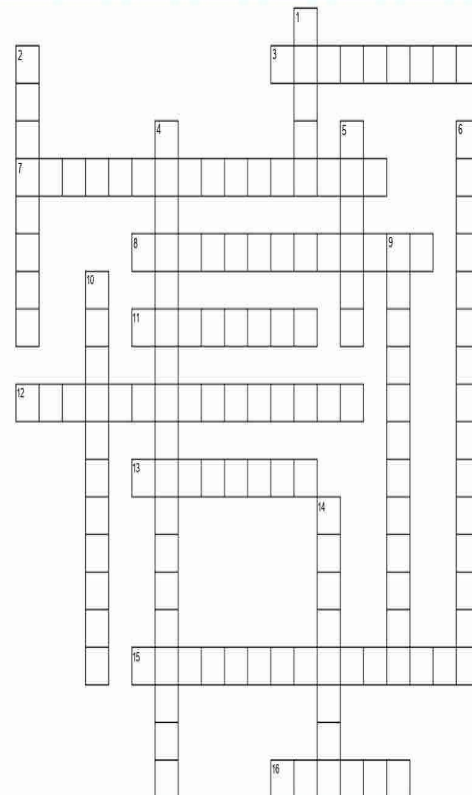
Full of humor and nostalgia, this month's movie is a sweet, insightful coming-of-age comedy about the summer that changed everything. Join us where love, laughter, and life lessons are just a ride away. Pizza will be served in addition to popcorn this month.

Cooking for 1 or 2

July 31—1pm



Craving something spicy, cheesy, and comforting? This month we'll learn how to make buffalo ranch chicken potato skins that are portioned just for you (or you and a lucky plus-one) You'll find this dish crispy, saucy, and impossible to resist.



WORD BANK:

FIFTY
FIREWORKS
FOUNDING FATHERS
INDEPENDENCE
INDEPENDENCE DAY
JOHN HANCOCK
OLD GLORY
PARADE
REVOLUTIONARY WAR
SPARKLER
STAR SPANGLED BANNER
STATUE OF LIBERTY
SUMMER
THIRTEEN
TREATY OF PARIS
UNCLE SAM

DOWN:

- The number of stars on the American flag.
- The number of stripes on the American flag.
- The name of the national anthem of the USA.
- Public holiday procession with marching bands, floats, classic cars and more.
- A statue in New York that symbolizes freedom.
- The Declaration of _____, signed on July 4, 1776, announcing the separation of the Thirteen Colonies from Great Britain.
- First person to sign the Declaration of Independence.
- Personification of the United States, depicted as a man pointing and wearing a top hat.

ACROSS:

- Pyrotechnics launched into the sky that produce colorful lights and loud noises.
- The war that granted the United States independence from Great Britain.
- Document signed in 1783 that formally ended the Revolutionary War, and granted the United States their independence.
- A handheld firework that produces sparks.
- A group of men who created the framework for the United States.
- Nickname for the American flag.
- Another name for the 4th of July.
- Season when the 4th of July occurs.

July

Activities

Monday	Tuesday	Wednesday	Thursday	Friday
Check out these locations for printed copies of the monthly newsletter: <u>Bucyrus</u>: Pelican Coffee House, YMCA, Post Office, Library, Kettle Run Senior Community, Ridgewood Senior Villas <u>Galion</u>: Three Bean Coffee House, Post Office, YMCA, Library <u>Crestline</u>: Library, Post Office		1 Walking Group (Bucyrus) 9:30am 4th of July Trivia 11am	2 Independence Day Party 10am-3pm	3 Senior Center Closed 
6 Golden Girl Fitness 10am Patriotic Crossword 11am Be Scam Aware 1pm	7 Chair Exercises 10am Candle Making 1pm	8 Walking Group (Bucyrus) 9:30am Farmer's Market 11-12:30 Wood Carvers 1pm	9 Popsicle Door Decor 10am Members Only Luau Party 1pm	10 Sip & Share 9am Ice Cream Cone Bookmark 1pm
13 Golden Girl Fitness 10am Patriotic Trivia 11am Euchre 1pm	14 Chair Exercises 10am Talent Show 1pm	15 Walking Group (Galion) 9:30am Tabletop Volleyball 1pm	16 Lighted Garland Craft 10am Ice Cream Sandwich Bar 1pm	17 Sip & Share 9am Cardio Drumming 10am Tech 101: Emojis 11am Rescued Rollers 1pm
20 Golden Girl Fitness 10am Visit to Bucyrus Fire House 1pm	21 Chair Exercises 10am Crestline Bingo 1pm	22 Walking Group (Bucyrus) 9:30am Woodcarvers 1pm Sunflower Coasters 1pm	23 Galion Bingo 1pm	24 Sip & Share 9am Cardio Drumming 10am Summer Crafts 1pm
27 Golden Girl Fitness 10am Patriotic Crossword 11am Euchre 1pm Picnic @ Aumiller Park 1pm	28 Chair Exercises 10am Together @ the Table 11am From My Kitchen to Yours 1pm	29 Walking Group (Crestline) 9:30am Watch it Wednesday 1pm	30 Bucyrus Bingo 1pm	31 Sip & Share 9am Cardio Drumming 10am Cooking for 1 or 2 1pm

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Major Food Allergens:</u> Milk, Egg, Fish, Crustacean Shellfish, Tree Nuts, Peanuts, Wheat, Soy & Sesame.	To Receive Your Meal You Must Be Home At Time Of Delivery.	1 Turkey Pot Roast Mashed Potatoes Brussel Sprouts Apple Juice	2 Beef Hotdog Baked Beans Tater tots Watermelon	3 Closed 
6 Meatloaf Mashed Potatoes Green Beans Grape Juice	7 Chicken Leg Sweet Potatoes California Blend Peaches	8 French Toast Bake Redskin Potatoes Baked Apples Orange juice	9 Beef Meatballs over Rice Brussel Sprouts Corn Pickled Beets & Egg	10 Egg Salad Cucumber Salad Grapes Fruit Punch
13 Mac & Cheese Cheesy Broccoli Baked Apples Orange Pineapple Juice	14 Country Fried Steak Mixed Veggies Mashed Potatoes Banana	15 Ham & Bean Soup Salad w/ Tomato, Egg & Ranch Wango Mango Juice Cornbread	16 BBQ Pulled Pork over Baked Potato Cheesy Cauliflower Fruit & Veggie Juice	17 Broccoli Cheddar Chicken Scalloped Potatoes Lima Beans Mandarin Oranges
20 Salisbury Steak Mashed Potatoes Sliced Zucchini Fruit & Veggie Juice	21 Smothered Pork Chop Sliced Potatoes Baked Apples Orange Juice	22 Chicken & Waffles Hash Browns Cinn. Applesauce Cantaloupe	23 Hamburger Helper Cheesy Broccoli Roasted Potatoes Peaches	24 Beef Pot Roast Mashed Potatoes w/ Gravy Cream Corn Fruit Juice
27 Chipped Beef Mashed Potatoes Lima Beans Banana	28 Stuffed Pepper Oriental Veggies Veg. Spring Roll Fruit Juice	29 Smoked Sausage Green Beans Yukon Potatoes Peach Crisp	30 Marzetti Cheesy Cauliflower Snap Peas Fruit Juice	31 Shredded Chicken Sandwich Succotash Apple Crisp Fruit Juice

A Trip Down Memory Lane

During our Older Americans Month Celebration in May, we asked attendees to complete an activities survey to help us better align opportunities and programming with the interests of the seniors in our community.

One of the recommendations submitted was to record and share memories our seniors have of Crawford County—past and present. With that, we are excited to launch a new column in our monthly newsletter, dedicated to a trip down memory lane.

To help us get started in our August Newsletter, we want to know—Do you remember the laughter, the music, and the magic of **Seccaium Park?**

Whether you have a treasured photo, a funny story, or just a fond memory, your voice

will help keep the spirit of Seccaium alive for future generations.

To share your memories, contact Michelle at the Bucyrus Senior Center:

- Call: 419-562-3050
- Email: mtuttle@cccoa.org
- Stop In: M-F 8:30am-4:00pm
200 S. Spring Street



Keep Space Blank For Ads

What should I do if I think I've been targeted by a Medicare scam?

It's understandable to be concerned! Luckily, there are steps you can take to be vigilant. Medicare fraud can take different forms and happen at various times. For example, Medicare fraud can happen:

- Before you enroll in a Medicare Advantage or Part D plan
- When you go to a doctor's office or a facility
- When people see your electronic or physical medical records without your permission

Below are some common situations where Medicare fraud can occur, and what to do to recognize and prevent it.

Billing fraud—Billing fraud occurs when Medicare, and you, are charged for services you didn't need or receive. It could be from a provider you didn't see at all. Or a provider could include inaccurate claims along with legitimate ones. Keep in mind that:

- Suppliers should not send you equipment, supplies, or orthotics that you did not ask for.
- Your doctor should not charge you cost-sharing for most **preventive services**.
- Your doctor should not offer tests or other services that you don't need. It is unusual for a provider to offer incentives for using a service. This can be a sign that something is not right.
- If you return **durable medical equipment (DME)**, you no longer need your supplier should not continue to charge you or Medicare for rental fees or maintenance.
- Always check your **Medicare Summary Notice (MSN)** or your **Explanation of Benefits (EOB)** to make sure the services listed are ones that were necessary and that you actually received.

Misleading marketing—**Misleading marketing** can involve misrepresenting the benefits you are entitled to through Medicare or Medicaid. It can also involve pressuring or threatening you with negative outcomes if you do not enroll in a plan. Someone may try to improperly influence your decision to enroll in a Medicare Advantage or Part D plan.

Medicare

Always verify any marketing information you receive in the plan's benefit manual. You can do so online or by calling the plan directly.

Never feel pressured to join any plan. Always make sure you understand what the plan is offering you, and how all your benefits are affected. Ask for written information about the plan's benefits. If you suspect that an agent isn't following the rules, keep documented proof. For example, the agent's business card or marketing materials.

If you enrolled in a plan due to misleading marketing, you may be eligible for a **Special Enrollment Period (SEP)** to disenroll from your plan and switch to another one.

Protect your information—Medicare will not call you to ask for your Medicare number, Social Security Number, or for any financial information. If someone contacts you and says they are from the government or your health insurance plan, use publicly available contact information to confirm that the person is who they say they are.

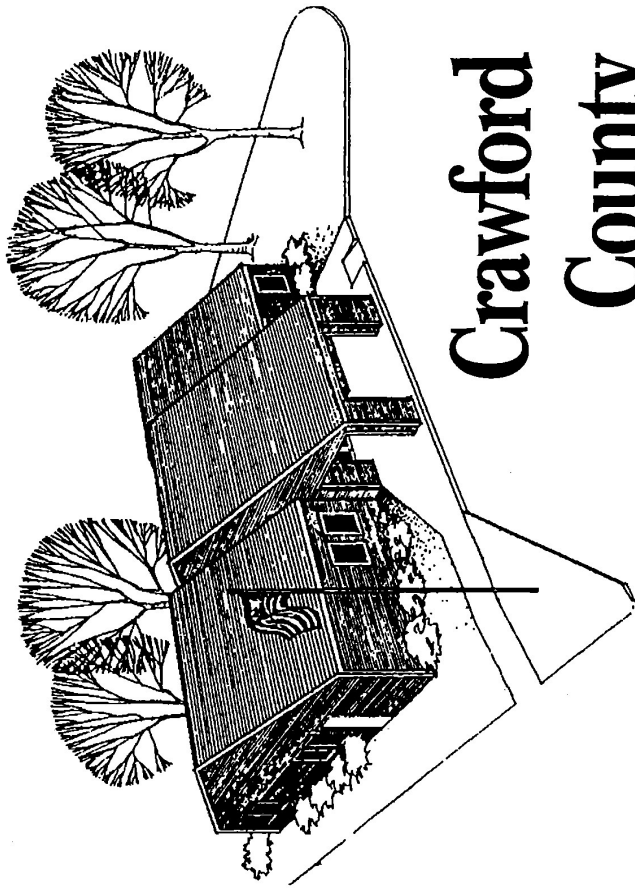
To report fraud contact:

- 1-800-MEDICARE (633-4227)
 - Senior Medicare Patrol (SMP) Resource Center (877-808-2468)
- Inspector General's fraud hotline at 1-800-HHS-TIPS (447-8477)

Remember the three steps from the SMP: Prevent, Detect, Report!

- **Prevent:** Open and read your Medicare statements.
 - **Detect:** Look for things like double charges or services you don't recognize.
- Report:** Contact the SMP for questions or concerns.

Find your local SMP at www.smpresource.org.



Crawford County Senior Center

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

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