

# CRAWFORD COUNTY COUNCIL

ON AGING



May 2020

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](mailto:coa@cccoa.org)  
[Crawfordcountyaging.com](http://Crawfordcountyaging.com)

## Senior Tidings

### INSIDE THIS ISSUE:

- Older Americans Month ...Pg 2-5
- COVID-19 Scams.....Pg 5
- Menu.....Pg 6
- NEW Activities Director...Pg 7
- Legal Services for Seniors...Pg 7
- Thank You Voters.....Pg 8
- FREE Check-in Services....Pg 9
- Dear Marci.....Pg 10

## Thank you Voters!



# 2020

## Older

### Americans Month

MAKE YOUR MARK: MAY 2020

# Older Americans Month

## History of Older Americans Month

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as “Senior Citizens Month,” the prelude to “Older Americans Month.”

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since Kennedy has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities.

## Older Americans Month 2020:

### Make Your Mark

Around the nation, older adults make their marks every day as volunteers, employees, employers, parents, grandparents, mentors, and advocates. They offer their time, talents, and experience to the benefit of our communities.

For 57 years, Older Americans Month (OAM) has been a special time to recognize these contributions. Led by the Administration for Community Living (ACL) each May, OAM also provides resources to help older Americans stay healthy and independent, and materials to help communities support and celebrate their citizens. This year’s OAM theme, Make Your Mark, highlights older adults’ unique and lasting contributions to their communities—everything from

sharing a story with grandchildren to leaving a legacy of community action. In the spirit of this theme, here are a few ways to make your mark this May and all year long:

Volunteer your time. Local schools, shelters, food kitchens, and hospitals always need support. Help a neighbor by prepping a meal, picking up groceries, or giving them a ride. Or, take time to pass on your knowledge. Why not tutor a student who could use extra help in math, music, or science?

Share your story. There are so many ways to do this, from showing your grandkids around your old neighborhood to writing a book. Take a class and learn how to express yourself with the arts! Or, assemble a photo album of important moments in your life.

Get involved in your neighborhood. Join a homeowner or resident association, organize a block party, or sign up for a book club or other social group. Have a green thumb? Small projects like planting flowers in your yard or cleaning up the community. Even during these unprecedented times we all need to think how we can help each other in ways we have never done before. We can still do some of these from a distance.

## Engage Virtually

### SOCIALIZE



- Stay in touch with friends and loved ones, or even reconnect with people you haven’t seen in years, through social media platforms like Facebook, Twitter, and Instagram.
- Check out video call platforms such as Skype, FaceTime, and Google Hangouts, so you can see the faces of family and friends while you talk to them.

# Older Americans Month

## EXPLORE



- Browse more than 2,500 free courses available on edX. With subjects ranging from computer science to arts and humanities to foreign languages, there's something for everyone.
- Explore zoos and aquariums across the country, including Smithsonian's National Zoo, through virtual behind the scenes tours and lessons. Many have live webcams so you can watch the animals any time.
- Enjoy artwork from around the world. Thousands of museums and galleries have partnered with Google Arts & Culture to display their collections through virtual tours.
- Tour one of the many national parks offering

digital tours and experiences that you can access anytime.

- Learn from the pros. MasterClass Live is currently offering one free streaming class per week.

## UNWIND



- Check your library's free e-books and audiobooks you can borrow without leaving home. Consider joining a virtual book club to connect with others enjoying the same book.
- Host dinner or a game night with friends over video chat. Good Housekeeping has 10 game ideas to get you started.

# Heartland

**Courtney Hartline** 1170 W. Mansfield Street  
Admissions Director Bucyrus, Ohio 44820  
courtney.hartline@hcr-manorcare.com 419.562.9907  
hcr-manorcare.com 419.562.1611 fax



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

## Health Insurance Questions?

Cal Dan Rankin  
1 614 621 45/4



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



**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



4-D-5-5

For ad info. call 1-800-477-4574 • www.4pi.com



14-1553



# Older Americans Month

- ? What do you wish the world knew about you?
- ? Was there a time when an older adult helped you feel strong in a tough time?
- ? What does it mean to be a caregiver? What did you learn from the experience?

## Many ways to share

Whether you're a family or a community-based organization, here are some ideas for sharing stories. These can be done once or many times. If you want to organize a story-sharing series, try to make it as easy as possible for people to participate. Remember that everyone has different interests, access to technology, and comfort levels. The best sharing activities are those where people feel encouraged and at ease.

- ◆ Use video chat technology to hold a storytelling party. Select a theme or question from the list, and each person gets five minutes to tell a story that relates to that theme.
- ◆ Interview a relative—record the call or take notes and write up the story they tell you.
- ◆ Draw a picture that answers one of the above questions or captures a favorite day or memory.
- ◆ Keep a journal of stories to share with friends or family when you can get together again.
- ◆ Write a letter to a friend or relative and tell them what you love about them.
- ◆ Use your phone or computer to record a story.
- ◆ Post a story on Facebook. If you can, include a photo. Respond to the comments.
- ◆ Pick a song that means a lot to you and sing it to someone. Tell the person why you chose it.
- ◆ Call a relative and tell them you have a story to tell. Set up a time that works for both of you so you can be relaxed and focused.
- ◆ Talk to your grandchildren about your favorite activities as a child. Did you prefer to ride a bi-

cycle, play team sports, or read a book while sitting in a tree?

- ◆ Read a favorite book, poem, or passage to loved one by video chat or phone. If by phone, describe the pictures as well as reading the words. Tell them why you chose that story.

Don't forget to #MakeYourMark by sharing #OAM2020 plans, stories, & events on social media.

## Look out for COVID-19 Scams

Unfortunately, scammers are using the COVID-19 pandemic to try to steal your Medicare Number, personal information, and money. And they're using robocalls, social media posts, and emails to do it.

Remember, if anyone reaches out to get your Medicare Number or personal information in exchange for something, you can bet it's a scam.

### Prevent Medicare Fraud

Be on the lookout, so you can stop scams before they happen. Here are recent Coronavirus scams to watch for:

- Robocalls offering you respiratory masks they'll never send
- Social media posts fraudulently seeking donations for non-existent charities, or claiming to give you stimulus funds if you enter your bank account information
- Fake testing kits, cures, "immunity" pills, and offers for protective equipment

Visit [Medicare.gov/fraud](https://www.medicare.gov/fraud) for more information and tips on preventing Medicare scams and fraud.

Monday	Tuesday	Wednesday	Thursday	Friday
1. Broccoli Cheddar Chicken <b>OR</b> Pork Chop Corn Baked Potato Juice	2. Chicken Breast <b>OR</b> Sliced Beef Stewed Tomatoes Broccoli Fruit & Jello Roll	3. Turkey Burger <b>OR</b> Spicy Chicken Sandwich Tomato/Lettuce Italian Green Beans Banana	4. Vegetable Lasagna <b>OR</b> Turkey Pot Roast Brussel Sprouts Baked Potato Pineapple	5. Pepperoni Pizza <b>OR</b> Corndog Grapes Orange/Pineapple Juice Pickled Beets & Egg
8. Meatloaf <b>OR</b> Southern Pork Chop Princes Charles Vegetables Baked Potato	9. Mini Pancake Wraps <b>OR</b> Turkey Sausage & Egg McMuffin Redskin Potatoes Baked Apples	10. Hamburger <b>OR</b> BBQ Pork Rib Baked Beans Coleslaw Orange/Pineapple Juice	11. Cheese Manicotti <b>OR</b> Marzetti Peas & Onions Cheesy Broccoli Grape Juice	12. Chicken Salad <b>OR</b> PB&J Tropical Fruit Pickled Beets & Egg Apple Juice
15. Country Fried Steak <b>OR</b> Salisbury Steak Green Beans Mashed Potatoes Pears & Blueberries	16. Ravioli <b>OR</b> Spaghetti Cheesy Broccoli Grape Juice	17. Meatloaf <b>OR</b> Pork Chop Mixed Vegetables Mashed Potatoes Mandarin Oranges	18. Sloppy Joe <b>OR</b> Sloppy Jack Brussel Sprouts Sweet Potato Fries Fruit & Jello	19. Egg Salad <b>OR</b> Roast Beef Sandwich Pineapple Fresh Melon Fruit Punch
22. Chicken Leg <b>OR</b> Smothered Hamburger Mashed Potatoes Corn Orange Juice	23. Cheese Omelets <b>OR</b> Breakfast Scramble Baked Apples Redskin Potatoes	24. Meat Lasagna <b>OR</b> Chicken Alfredo Cheesy Broccoli California Blend Tropical Fruit	25. Cheeseburger Meatloaf <b>OR</b> Broccoli Cheddar Chicken Italian Green Beans Peach Crisp Apple Juice	26. Grilled Chicken Salad <b>OR</b> Turkey/Ham Salad Diced Tomatoes Pineapple Italian Dressing
29. Turkey Meatballs <b>OR</b> Grilled Chicken Breast Peas Cauliflower Apple Juice	30. Stuffed Pepper <b>OR</b> Orange Chicken Over Rice Brussel Sprouts Corn Pineapple		<b>To Receive Your Meal You Must Be Home At Time Of Delivery.</b>	<b>Menu Subject To Change At Anytime Without Notice.</b>

# Activities Coordinator



## Welcome Courtney Moody!!

Courtney, our new Activities Coordinator, was to start in April, but due to COVID-19 it was pushed to May 18th, 2020.

Courtney will be redefining our Activities Program to meet the needs of our seniors during the current pandemic. If anyone has any ideas they would like to share on how to connect through technology; having a class outside; new ways of socializing, etc. Please let her know by calling 419-562-3050.

This is a time for all of us to be creative so we are able to stay connected.

### Think of the possibilities:

- ⇒ Virtual Programming
- ⇒ Facebook Group
- ⇒ Bingo with a Twist
- ⇒ FaceTime book club
- ⇒ Internet to travel to your favorite destinations
- ⇒ Classes on how to tackle technology

Watch for our June newsletter and follow us on Facebook to find out more information regarding up-coming activities.



Crawford Cnty Council

## SENIOR LEGAL SERVICES:

LAWO (Legal Aid of Western Ohio) and ABLE (Advocates for Basic Legal Equality) provide free legal services to eligible older Adults (age 60+). We want you to know that we are still working and that we are here for you. Even though our offices are closed to the public to prevent the spread of the COVID 19 virus, we are continuing to provide legal help by phone, online and other ways.

Our services during the COVID 19 crisis include: information; counsel and advice; help with reviewing paperwork, preparing documents and forms; and representation.

LAWO and ABLE services include help with:

- Civil Protection Orders
- Document Preparation including: Health Care Power of Attorney; Living Will; Financial Power of Attorney
- Avoiding Scams & Schemes
- Consumer Issues including: Debt collection and Creditor harassment; Garnishment; Identity theft; Co-signing a loan or a lease; Contractor/Home Repair issues.
- Housing Issues including: Conditions; Eviction; Lock-Out/Utility Shut-off; Subsidized Housing issues including termination.
- Public Benefits issues including: Cash Assistance; Healthcare; Job & Family Services benefits issues; Nutrition Assistance (SNAP); Ohio Works First (OWF) issues; Social Security (SSI & SSDI) benefits; Unemployment

### If You Need Help:

CALL Legal Aid Line of Western Ohio  
Monday – Friday: 9am – 4pm

TOLL-FREE (888) 534-1432

APPLY ONLINE 24 hours/day; 7 days/week

ONLINE [www.LegalAidLine.org](http://www.LegalAidLine.org)

## Thank you, Crawford County Voters!

Thanks to you, the **Crawford County Senior Services Levy** passed, providing funding for Homecare services, Home Delivered Meals, Congregate Meals and Transportation through 2024. The Senior Services Levy will allow the Crawford County Council on Aging to continue offering programs that will allow older adults to remain independent in the community. There are so many people to thank and we want everyone to know how grateful we are to you for thinking about our senior citizens!

We would also like to express our appreciation for the hard work and dedication of the levy committee, staff and volunteers for helping to generate awareness about the Senior Services Levy and their tireless work to help pass the issue.

# Thank You!!

**Thank you, Council on Aging Board of Trustees**, for always having the best interest in mind regarding our older adult population.

**Thank you, John Kennedy**, who has graciously agreed to be our (Levy) Treasurer over the years.

**Thank you, Jim Gerstenslager, Board President**, for always being available to speak on behalf of the Council on Aging, while praising our services and telling your story as a volunteer in appreciation of our seniors.

**Thank you, Deb Cameron, Levy Committee Chairperson**, for your backing and believing in what we do as an organization.



## 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*



**SATURDAY  
AUG 1**

Be the first to know about upcoming  
Palace Theatre events including

### JEFFERSON STARSHIP

movies, classes, and more. Sign up to  
receive the **Applause Newsletter** by  
phone (740) 383-2101 or go online  
[marionpalace.org](http://marionpalace.org).

*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!

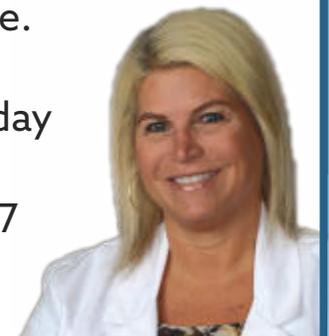
1008 S. Sandusky Ave.  
Bucyrus, OH 44820

**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](http://www.symphonichearingcenter.com)**



4-D-5-5

For ad info. call 1-800-477-4574 • [www.4lpi.com](http://www.4lpi.com)



14-1553

**Thank you, Amber Wertman, Executive Director of United Way of North Central Ohio,** who guided us and gave us tremendous help and encouragement during our levy campaign.

**Thank you, Council on Aging Staff,** for your undeniable passion for caring for our seniors! You are the most dedicated employees an organization could ever ask for.

**Thank you to our Seniors and Volunteers** for showing the community who the Council on Aging is and what we do as an organization.

**Thank you, KFC of Bucyrus** who donated food in support of our Levy Kick-off.

**Thank you again from the Crawford County Council on Aging, Inc. Board of Directors and Staff for your continued support of our Senior Citizens!**

## **Ohio Department of Aging launches free check-in service for older citizens**

Columbus, Ohio – The Ohio Department of Aging (ODA) yesterday announced a free, daily check-in by phone service for Ohio’s older residents to ensure their well-being amid the ongoing coronavirus (COVID-19) public health emergency and beyond. The program was announced during Ohio Gov. Mike DeWine’s daily news conference.

The “Staying Connected” service is open to Ohio residents age 60 or older who have a valid phone number. Those living alone in the community are encouraged to consider enrolling.

“During a time when physical distancing has become necessary, we must create ways to maintain social connectedness,” said ODA Director Ursel McElroy. “The impact of isolation has been linked to higher risks for serious physical and mental conditions, so I am pleased we can provide these check-ins at a critical time.”

“Especially during this very challenging time, we encourage older Ohioans to sign up for the Ohio Department of Aging’s Staying Connected phone program. This program will help reduce isolation

## *Check-In Services*

and support the health and wellbeing of older adults in our state,” said Robert Cornwell, Executive Director, Buckeye State Sheriff’s Association.

The automated service, which is available 7 a.m. to 6 p.m. seven days a week, contacts participants each day within a one-hour window selected by them during sign-up. After confirming the caller is OK, it offers to connect the caller with the local Area Agency on Aging for information about services or assistance.

If a participant does not answer after three attempts, a call is placed to an alternate contact, if one is on file. After multiple failed attempts to reach the participant and the alternate contact, a call is placed to the non-emergency services line of the local sheriff’s office.

Eligible Ohio residents can learn more, or sign up, by visiting [www.aging.ohio.gov/stayingconnected](http://www.aging.ohio.gov/stayingconnected) or calling 1-833-ODA-CHAT (1-833-632-2428).

For more information on Ohio’s response to COVID-19, visit [coronavirus.ohio.gov](http://coronavirus.ohio.gov) or call 1-833-4-ASK-ODH.

About ODA – The Ohio Department of Aging serves and advocates for the needs of Ohioans age 60 and older, as well as their families, caregivers and communities. Programs include home and community based long-term supports and services, as well as initiatives to promote health and wellness throughout the lifespan. Visit [www.aging.ohio.gov](http://www.aging.ohio.gov).

**How it works:** There will be three attempts to contact you. When you respond, you have these options:

(1) Confirm you are OK or (2) Transfer to learn more about aging services in your area.

If you do not answer after three attempts, we:

(1) Reach out to your alternate contact, if one is provided; (2) Place a live call to you and your alternate, if previous contacts fail; (3) Notify local non-emergency services (e.g., sheriff’s office) if live call fails to connect.\*

Dear Marci,



I have Medicare, and I sometimes find it difficult to afford the costs of my health care. One of my friends suggested that I apply for Medicaid. What is Medicaid, and how does it work with Medicare?



-Jeanne (Manchester, NH)

Dear Jeanne,

Medicaid is a federal and state program that provides health coverage for certain people with limited income and assets. Each state runs various Medicaid-funded programs for different groups of people, including older adults, people with disabilities, children, pregnant people, and parents or caretakers of children. All states have Medicaid programs for people with limited income and assets who need nursing home care, long-term care services, and home health care services. Some states also have programs for individual adults who do not fit any of these categories.

If you are eligible for both Medicare and Medicaid (dually eligible), you can enroll in both. If you qualify for a Medicaid program, it may help pay for costs and services that Medicare does not cover. Here are a few examples of how Medicaid can work with Medicare:

Medicaid can provide secondary insurance: For services covered by Medicare and Medicaid (such as doctors' visits, hospital care, home health care, and skilled nursing facility care), Medicare is the primary payer. Medicaid is the payer of last resort, meaning it always pays last. When you visit a provider or facility that takes both forms of insurance, Medicare will pay first and Medicaid may cover your Medicare cost-sharing, including coinsurance charges and copays.

Medicaid can provide premium assistance: In many cases, if you have Medicare and Medicaid, you will automatically be enrolled in a Medicare Savings Program (MSP). In other cases, you can apply for an MSP even if you are not automatically enrolled. MSPs pay your Medicare Part B premium and may offer additional assistance.

Medicaid can provide additional cost-sharing as-

## Dear Marci

sistance: Depending on your income, you may also qualify for the Qualified Medicare Beneficiary (QMB) MSP. If you are enrolled in QMB, you do not pay Medicare cost-sharing, which includes deductibles, coinsurances, and copays, when you see a provider who accepts Medicare.

If you are eligible for Medicaid, you are eligible for prescription drug assistance: Dually eligible individuals are automatically enrolled in the Extra Help program to help with their prescription drug costs.

Medicaid can offer care coordination: Some states require certain Medicaid beneficiaries to enroll in Medicaid private health plans, also known as Medicaid Managed Care (MMC) plans. These plans may offer optional enrollment into a Medicare Advantage Plan designed to better coordinate Medicare and Medicaid benefits. Note: You cannot be required to enroll in a Medicare Advantage Plan.

Make sure to call 1-800-MEDICARE or contact your local Medicaid office to learn more about Medicare and Medicaid costs and coverage, especially if you are dually eligible.

-Marci



# NEVER MISS A NEWSLETTER !

Sign up to have our newsletter emailed to you at [www.ourseniorcenter.com](http://www.ourseniorcenter.com)



PROFESSIONAL. RELIABLE. HARDWORKING.



BessBlvd@Bess.realtor | [www.Bess.realtor](http://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](http://www.walkintubinfo.com/safety)

➤ Reach the Senior Market  
**ADVERTISE HERE**

CONTACT

**Jayne Pandy to place an ad today!**

**[JPandy@lpiseniors.com](mailto:JPandy@lpiseniors.com) or (800) 477-4574 x6401**



**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](http://www.voaseniorliving.org/communities/tiffin-rehabilitation-center)

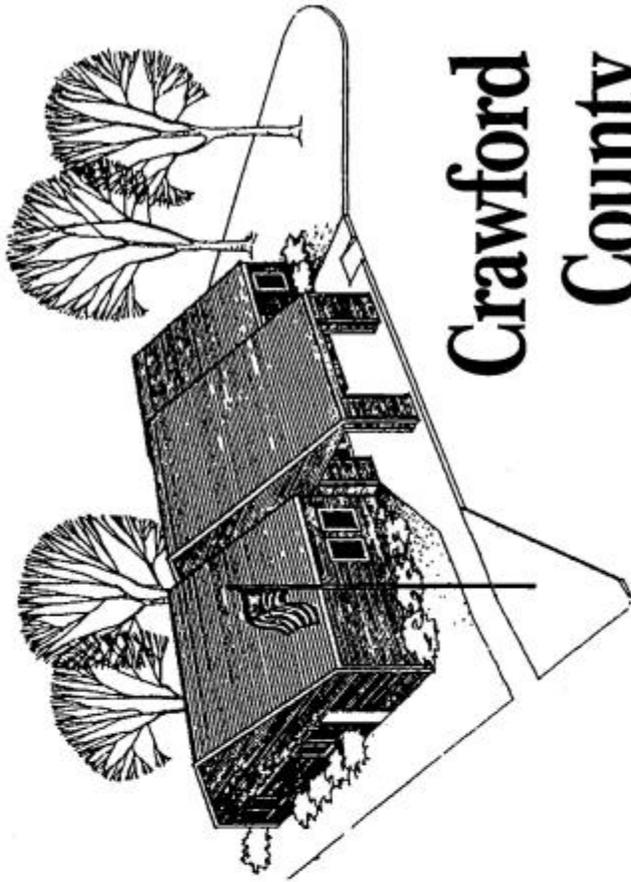


4-D-5-5

For ad info. call 1-800-477-4574 • [www.4lpi.com](http://www.4lpi.com)



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!