

# Older Americans Month



## Communities of Strength, May 2021

In tough times, communities find strength in people—and people find strength in their communities. In the past year, we've seen this time and again in Crawford County as friends, neighbors, and businesses have found new ways to support each other.

In our community, older adults are a key source of this strength. Through their experiences, successes, and difficulties, they have built resilience that helps them to face new challenges. When communities tap into this, they become stronger too.

Each May, the Administration for Community Living leads the celebration of Older Americans Month (OAM). This year's theme is Communities of Strength, recognizing the important role older adults play in fostering the connection and engagement that build strong, resilient communities.

Strength is built and shown not only by bold acts, but also small ones of day-to-day life—a conversation shared with a friend, working in the garden, trying a new recipe, or taking time for a cup of tea on a busy day. And when we share these activities with others—even virtually or by telling about the experience later—we help them build resilience too.

This year, Crawford County Council on Aging will celebrate OAM by encouraging community members to share their experiences. Together, we can find strength—and create a stronger future.

### **Here are some ways to share and connect:**

Look for joy in the everyday: Celebrate small moments and ordinary pleasures by taking time to recognize them. Start a gratitude journal and share it with others via social media, or call a friend or family member to share a happy moment or to say thank you.

Reach out to neighbors: Even if you can't get together in person right now, you can still connect with your neighbors. Leave a small gift on their doorstep, offer to help with outdoor chores, or deliver a homecooked meal.

Build new skills: Learning something new allows us to practice overcoming challenges. Take an art course online or try a socially distanced outdoor movement class to enjoy learning with others in your community. Have a skill to share? Find an opportunity to teach someone, even casually.

Share your story: There's a reason storytelling is a time-honored activity. Hearing how others experience the world helps us grow. Interviewing family, friends, and neighbors can open up new conversations and strengthen our connections.

When people of different ages, backgrounds, abilities, and talents share experiences—through action, story, or service—we help build strong communities. And that's something to celebrate!

Please join the Council on Aging ....Tell Us Your Story!!! On the next page (3) you will find how to tell us and what to tell us about yourself.

For more resources, visit the official OAM website, follow ACL on Twitter and Facebook, and join the conversation via #OlderAmericansMonth.



# Tell Us Your Story!

In celebrating Older Americans Month, tell us your story!! Answer the three questions below and your story will be included in our upcoming newsletter. Don't worry...we won't include your name, but we will include your story.

The pandemic and its resulting social isolation have been hard on people of all ages. We can help each other through this time by sharing our strengths and our experiences—the resilience we have developed in our lives and what has gotten us through tough times in the past. Let us hear about your life experiences and share your wisdom for all of us to learn from!

Mail to the Council on Aging (or) drop your answers off in the brown slotted box located outside the front door of our main building:

Crawford County Council on Aging  
200 South Spring Street  
Bucyrus, OH 44820

1. What would you tell your 20-year-old self?
2. What do you think your 20-year-old self would tell you now?
3. What lessons have you learned from tough times in your life? How have those experiences made you stronger?



## Heartland

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## Maplecrest Assisted Living

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# Flower Power



- |          |             |           |
|----------|-------------|-----------|
| ASTER    | HONEYSUCKLE | ORCHID    |
| CROCUS   | LAVENDER    | PANSY     |
| DAFFODIL | LILAC       | SUNFLOWER |
| DAISY    | LILY        | TULIP     |
| GERANIUM | MARIGOLD    | VIOLET    |

Find more word searches at [www.puzzles-to-print.com](http://www.puzzles-to-print.com)

# Activities

The following activities and events will be offered in May. All outdoor activities are subject to cancellation due to adverse weather conditions.

To sign up for an activity, call 419-562-3050, Option 4.

## **Cinco de Mayo Giveaway**

**1-3 p.m. May 5**

In celebración of the popular Mexican holiday we will hand out themed goodie bags to pre-registered seniors. Registered seniors may stop by the COA between 1 and 3 p.m. May 5. A very limited number of bags are available. Registration is required to receive a bag. Call to sign up.

## **Senior Walking Club**

**8:30 a.m. May 6, 13, 20 & 27**

Meet Courtney at 8:30 a.m. each Thursday in May at the new Galion bike path, across from Pizza Hut. This path is paved and easy terrain; it mostly follows the Olentangy River. Please call to sign up. Duration of walk will be determined by the group.

## **Drive-thru Treats**

**9:30-10:30 a.m. May 11**

Free coffee and donuts will be handed out to Crawford County senior citizens while supplies last. **Turn in alley from Rensselaer St. (behind main building), enter parking lot and drive up to main entrance doors.**

## **Outdoor Bingo-COA**

**1:30-3 p.m. May 20**

**(Rain date: May 25)**

We will host an outdoor bingo 1:30 to 3 p.m. using paper bingo cards,

daubers and clipboards; no tables. Chairs will be spaced out. Registration is required and limited. Prizes will be awarded to winners.

## **Crochet Circle**

**1:30-2:30 p.m. May 24**

Meet in front of the COA entrance. We sit on the "front porch" and chat while working on projects. Knitters, other handcrafters and beginners welcome! Call Courtney and let her know you will attend.

## **Outdoor Bingo-Crestline**

**1:30-3 p.m. May 26**

Bingo is planned from 1:30 to 3 p.m. May 26 at the United Methodist Church pavilion in Crestline (where the farmers market takes place). Participants will use provided paper bingo cards, daubers and clipboards. Prizes will be awarded to winners. Bingo is open to Crawford County seniors ages 55 and older. Sign up is required and limited. Call 419-562-3050 Opt. 4 to reserve a spot. This activity is tentative as we await approval from the church board.

## **Free Boxed Meal**

**3-4 p.m. May 27**

In celebration of Older Americans Month, the COA will hand out free boxed meals to pre-registered seniors. Sign up is required and limited. Sign up deadline is May 20. Seniors will pick up meals between 3 and 4 p.m. May 27. **Turn in alley from Rensselaer St. (behind main building), enter parking lot and drive up to main entrance doors.**

# Word Scramble

Can you unscramble these bird and flower names?

DACRAILN \_\_\_\_\_

WARPORS \_\_\_\_\_

BLAWRER \_\_\_\_\_

POCKWEEDRO \_\_\_\_\_

MUDRBINGHIM \_\_\_\_\_

BBCARDILK \_\_\_\_\_

LADYILY \_\_\_\_\_

MUGNEARI \_\_\_\_\_

PITLU \_\_\_\_\_

FOILFADD \_\_\_\_\_

READYNAHG \_\_\_\_\_

MOLEBUNCI \_\_\_\_\_

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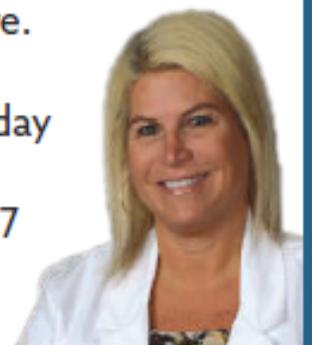
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