

CRAWFORD COUNTY COUNCIL

ON AGING



JANUARY 2025 "Your Community Senior Center"

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

Crawfordcountyaging.com

Senior Tidings

INSIDE THIS ISSUE:

Inclement Weather.....Pg 2
Activities Registration....Pg 3
ActivitiesPg 4-6
CalendarPg 6
MenuPg 7
Jan. Birthdays.....Pg 8
Word Find.....Pg 9
Medicare.....Pg 10

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

BRING A FRIEND Social



JANUARY 30

Begins at 2 p.m.

If you arrive early you will have to wait in the lobby

**at the Council on Aging
200 S. Spring St., Bucyrus**

*You must bring a friend (age 55+) who would be new to coming to the Council on Aging.

For registration and questions, call 419-562-3050 opt. 4

Inclement Weather

Cancellation of Meals During Inclement Weather

Just a reminder, when congregate meals are canceled, seniors will receive an automated call or text message by 8:30 a.m. alerting you of the cancellation. Please be sure we have your correct telephone number on file.

We will continue to deliver to our seniors in their homes when the congregate sites are closed. Only when the weather is extremely severe do we cancel the home delivered meals.

Closings/cancellations will also be listed on local radio stations 92.7 FM and 1540AM. Call 419-562-3050 or 1-800-589-7853 for more information.

Staying Safe in Winter Weather

Winter can be an enjoyable time of the year, with holidays, time with family, and winter scenery. But it can bring challenges, especially for older adults. Keeping a home warm enough can be expensive, staying warm while outside is more difficult, and driving, and even walking can be more dangerous. Here are some ways older adults can stay safe and warm during the winter months.

Preventing Falls

Snow and ice can make outdoor areas dangerously slippery. Falls are a significant risk for older adults and can result in serious injuries. Here are some ways to reduce the risk of falling:

- **Wear Proper Footwear:** Wear shoes or boots with good traction and nonslip soles to provide more stability on icy or wet surfaces. Choose waterproof footwear to keep feet dry and warm.
- **Use Assistive Devices:** Canes and walkers can help with balance. For added safety in slippery conditions, attach an ice tip to the end of the cane or walker supports.
- **Walk Carefully:** When walking outdoors, take small, slow steps, and try to keep your center of gravity directly over your feet. Avoid rushing or carrying too many items that could throw off your balance.
- **Keep Walkways Clear:** If possible, enlist help from family or neighbors to keep your sidewalks, driveway, and porch free of

snow and ice. Use ice melt or sand for added traction.

- **Install Handrails:** Handrails on steps and pathways can provide added support, especially in icy conditions.

Driving Safely

Winter roads can be hazardous due to snow, ice, and reduced visibility. Older adults should take extra precautions when driving during winter weather. Here are some tips for driving safely during the winter:

Check the Weather: Avoid driving in severe winter storms. Check the forecast before planning trips and postpone any non-essential travel if conditions are poor.

Prepare Your Car: Get your vehicle winter-ready; keep tires in good condition, top off anti-freeze, and have a full gas tank. Consider keeping emergency supplies in the car, such as blankets, a flashlight, extra gloves, and nonperishable snacks.

Drive Slowly: Reduce speed on icy or snowy roads and increase the distance between your car and the vehicle in front of you. Use headlights to improve visibility.

Avoid Distractions: Stay focused on the road. Keep your hands on the wheel, eyes on the road, and avoid phone use or other distractions.

Why Pre-Register for Activities?



Question are often asked, “Do I have to sign up for an activity?” 99% of the time the answer is Yes! So why do you need to pre-register for most activities? We’ve been getting a lot of newcomers to the senior center and activities fill up quickly. Our maximum occupancy for larger events, like bingo, is 50 and lately we pre-register 50 by day two of registration, then take a waitlist.

Many crafts we offer have limited supplies that we pre-order during planning times, which makes it important for pre-registration.

For larger events, like our recent pie auction, and parties, reservations are required. You must be signed up to attend. We will NOT let anyone jump ahead on the waitlist. If you show up for an event and you are not on the list, you’ll have to wait until everyone on the list is in attendance. If there is an open spot, you will then be offered a

chance to attend the event. We want to be fair to those who pre-register for an event. Please understand the COA must be mindful of maximum capacity in attendance due to building fire codes.

We are limited by the space we have available. Another reason to pre-register, especially during the winter months, is that those who are on the list will receive an automated call and/or text letting them know that an activity has been canceled. We also post this information on Facebook. If you are unsure whether or not something is canceled due to weather, please call the office to check before venturing out.

We also offer an optional activities membership that is \$30/year. Members receive an early sign up perk by using their online profiles.

— Courtney Moody, Activities Coordinator

Activities

Please pre-register for all activities you want to attend by signing up with Courtney, using the Kiosk in the lobby, or members may sign up early online using their MyActiveCenter profiles.

Sign up is required for accurate planning and preparation. Some activities may have a limited class size. Call 419-562-3050 Opt. 4. **Remember to use the kiosk to check-in upon arrival.**

All activities take place at our senior center in Bucyrus unless otherwise noted.

Weekly

Senior Fitness

10 a.m. Mondays

No class Jan. 20

We follow senior fitness videos and use various equipment such as resistance bands, medicine balls, balloons and more. Each class is different.

Wood Carvers

12:30 to 3 p.m. Wednesdays

Wood carvers, soap carvers and related craftsmen welcome. Beginners welcome! Bring your supplies and meet at 12:30 p.m. in the congregate lunch area. Those interested in learning are encouraged to attend and check out needed supplies and projects.

Cardio Drumming Crew

10 a.m. Fridays

NEW

This class is instructed by Courtney. We are limited on supplies and space. Once you sign up for the Cardio Crew you are automatically signed up for all cardio drumming classes for 2025. We will take a contingent list for when a regular member cannot make class. **CLASS BEGINS JAN. 10**

Calendar

NAMI Program and Craft

12:30 p.m. Jan. 3

Alena Fox, program coordinator and volunteer director at NAMI Marion and Crawford Counties, will present a program and offer a craft. She will speak about the free support groups offered by NAMI and Seasonal Affective Disorder (SAD). Those attending will make an aromatherapy sachet.

Coloring and Coffee

10 to 11:30 a.m. Jan. 7

Come enjoy a cozy cup of coffee (or tea) and enjoy some adult coloring with friends. Make a reservation to stay for lunch afterward!

Members Tutorial

1 p.m. Jan. 7

This is for current paid members. MyActiveCenter has had some changes. Come learn how to navigate your online profile.

Canvas Painting

12:30 to 3 p.m. Jan. 9



We will use a traceable and video tutorial to paint a cute highland cow on canvas using acrylic paint. Class is \$6, members are \$3. Limited sign up.

Activities

Bucyrus Bingo

1 to 3 p.m. Jan. 16

Free to play! Win prizes! Social time begins at 1 p.m. Hot dogs served for \$1.25, cans of pop \$1. **Members** get a free pop with hot dog purchase. Prizes provided by Unger Park (formerly Legacy).

Try It Day!

2 p.m. Jan. 23

Do you ever see interesting foods and drinks at the store and not sure what they are or how they taste? Here is your chance to try some weird, exotic or unknown-to-you food and drinks You'll get to try a variety of foods and drinks for just \$3. Limited sign up. Must sign up to attend.

Crafty Companions

1 to 3 p.m. Jan. 24

Bring your supplies and work on your project while chatting with other crafters. Junk journal and adult coloring supplies available upon request.

Birthday Celebration

1 to 3 p.m. Jan. 28

Come celebrate January birthdays. Those who have a birthday this month will get their dessert first. Stay to play cards and games. [Cake provided by Kingston Residence of Marion.](#)

Bring a Friend Social

2 p.m. Jan. 30

To attend this social you'll need to bring a friend (ages 55+) who has never been to the Council on Aging before. Must sign up with Courtney. Attendance is limited. Light refreshments will be served, provided by the Activities Program. Donations appreciated. Door prize drawing will take place at the

end of the social. Community partners like Unger Park and Altercare of Bucyrus are supporting this event.

Offsite activities

Jan. 14: Crestline Craft Day, 1 to 3 p.m. at the Crestline Public Library.

We will have a variety of crafts available, including diamond art, card making and more!

Jan. 21: Crestline Bingo, 1 to 3 p.m. at VFW Post 2920.

Free to play. Win prizes! Social time begins at 1 p.m. Bingo to follow. [Prizes provided by Devoted Health.](#)



Activities

JANUARY 2025

Mon	Tue	Wed	Thu	Fri
		<p>1 CLOSED</p> 	2	<p>3 No Fitness</p> <p>NAMI Program & Craft 12:30 p.m.</p>
<p>6 Senior Fitness 10 a.m.</p>	<p>7 Coloring & Coffee 10 to 11:30 a.m.</p> <p>Members Tutorial 1 p.m.</p>	<p>8 Wood Carvers 12:30 to 3 p.m.</p>	<p>9 Canvas Painting 12:30 to 3 p.m.</p>	<p>10 Cardio Drumming 10 a.m.</p> 
<p>13 Senior Fitness 10 a.m.</p>	<p>14 Crestline Craft Day at the library 1 to 3 p.m.</p>	<p>15 Wood Carvers 12:30 to 3 p.m.</p>	<p>16 Bucyrus Bingo 1 to 3 p.m. Sponsored by: Unger Park Post Acute (formerly known as Legacy)</p>	<p>17 Cardio Drumming 10 a.m.</p>
<p>20 CLOSED</p> 	<p>21 Crestline Bingo At VFW Post 2920 1 to 3 p.m. Sponsored by: Devoted Health</p>	<p>22 Wood Carvers 12:30 to 3 p.m.</p>	<p>23 Try It Day! 2 p.m.</p>	<p>24 Cardio Drumming 10 a.m.</p> <p>Crafty Companions 1 to 3 p.m.</p>
<p>27 Senior Fitness 10 a.m.</p>	<p>28 Birthday Celebration 1 p.m. Sponsored by: Kingston Residence of Marion</p>	<p>29 Wood Carvers 12:30 to 3 p.m.</p>	<p>30 Bring a Friend Social 2 p.m.</p> 	<p>31 Cardio Drumming 10 a.m.</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menu Subject To Change At Anytime Without Notice.</p>	<p>To Receive Your Meal You Must Be Home At Time Of Delivery.</p>	<p>1. CLOSED Happy New Year!</p> 	<p>2. Smothered Hamburger OR Broccoli Cheddar Chicken Scalloped Potatoes Green Beans Roll</p>	<p>3. Turkey Ham Salad OR Fajita Chicken Salad Club Crackers Apple Juice</p>
<p>6. Chicken Breast OR Stuffed Pepper Roasted Sweet Corn Sliced Potatoes Fruit Punch</p>	<p>7. Country Fried Steak OR Chicken Tenders Mashed Potatoes Green Beans Blueberry Fluff</p>	<p>8. Cheese Tortellini Alfredo OR Veal Parmesan Cheesy Broccoli Peach Crisp Banana</p>	<p>9. Mini Pancake Wraps OR Canadian Bacon & Egg McMuffin Baked Apples Redskin Potatoes Fresh Orange</p>	<p>10. Three Bean Chili OR Beef Vegetable Soup Peas Blueberry Crisp Fruit Juice Cornbread</p>
<p>13. Mini Corn-dogs OR Sliced Pork Green Beans Mashed Potatoes Pears/ Blueberries Cheese Cubes</p>	<p>14. Turkey Pot Roast OR Breaded Egg Plant Brussel Sprouts Peach Crisp Pineapple Cheese Stick</p>	<p>15. Sloppy Joe OR Shredded Chicken Sandwich Steamed Cabbage Mixed Veggies Pineapple/Orange Juice</p>	<p>16. Stuffed Pepper Casserole OR Cheese Burger Casserole Fruit & Jello Succotash Fruit Juice</p>	<p>17. Shepherds Pie OR Breakfast Casserole Baked Apples Banana Fruit Vegetable Juice</p>
<p>20. CLOSED MLK JR. Day</p> 	<p>21. Chicken Leg OR Pork Chop Broccoli Peach Crisp Tropical Fruit</p>	<p>22. Chili OR BBQ Pulled Pork Brussel Sprouts Baked Potato Ambrosia Salad Cheddar Sour Cream</p>	<p>23. Sliced Roast Beef OR Ham Slice Sweet Potatoes Green Beans Fresh Orange</p>	<p>24. Chicken Salad OR PB&J Blueberry Fluff Pineapple Fruit Juice</p>
<p>27. Mesquite Chicken Breast OR Meatloaf Broccoli Corn Fruit Punch</p>	<p>28. Marzetti OR White Cheddar Mac & Cheese Cheesy Cauliflower Cinnamon Applesauce Fruit Juice</p>	<p>29. Salisbury Steak OR BBQ Chicken Breast Coined Carrots Mashed Potatoes Peaches</p>	<p>30. Smoked Sausage OR Diced Ham Green Beans Yukon Potatoes Pineapple Betty</p>	<p>31. Chicken Corn Chowder Soup OR Cheeseburger Soup Fiesta Slaw Blueberry Crisp Orange/Pineapple Juice Pretzel Bites</p>



January Birthdays



1

Jan. 31, 1947

Hall of Fame MLB pitcher who set league records by striking out 5,714 batters and recording 7 no-hitters in his twenty-seven year career.



2

Jan. 26, 1961

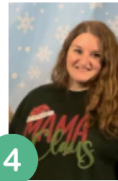
Four-time Stanley Cup Champion during his time with the Edmonton Oilers



3

Jan. 8, 1935

He appeared in over 30 movies, with his big screen debut coming in the 1956 film Love Me Tender.



4

Jan. 27, 1990

Your favorite activities gal!



5

Jan. 27, 1921

Her acting career spanned more than 40 years but she is well known for her role in "It's a Wonderful Life."



6

Jan. 5, 1946

We've watched many of her movies here, but did you know that she has 2 children she adopted in her 50s? Daughter Dexter and son Duke.

Answers: 1. Nolan Ryan; 2. Wayne Gretzky; 3. Elvis Presley; 4. Courtney Moody; 5. Donna Reed; 6. Diane Keaton.



U N R

O J N N S I L T S

P U V A N V T W U P Q W V

D N E D E P D H Q Y A J O W C W F

T J U L C G B C Q H M F L G U Y P V W

P U P K T C D F I U N R F M R V F D C N H

T G X D W D M M O W U R I O K U K Q V A A

G D R D T J E S L U Y R G R N P Q S M X O Y L

I O E Z W S R X P K G P N V E Y S T L Y A M S

A G W G F O U G C L B Y I Q E U I P H L P K D I F

W X A O O V U U G U V J R I V L E N L T N J P Z E

L M T M G X E G D R J L O P N N O A D O B F E K F

Z O S O E V O U S B N D S H T G J E V D E L J G K T S

S R Z L F A L X M Z M K P B U P S P A N N E D I N Z M

A C G G P N Q L B U O K Z I K M X W F Y W G R Q P B S

A H H V O M S I E D F N E O W K W P Y J P S S U Z

X A F O A L F H N N L L Y U U H T Y W S G B R T P

S X K T F Y A I H K A B O T K J Q N A I C X T Y N

B E S Z P Y R S T S E P I S C O A K F W H M J

W X A R F O X B W I G H U G G W R U Y N U H Q

F D R H K O I E V R B Q I Z Z W C J D V V

U B R H K G S W A E Y D I E E H M K K S L

O O X Q V X D V R M R P S M A U H V M

Y O O M Q W B Z I M J I Q L V D J

A Y Q F E J J S N O K M R

H O P O L I M M H

H Z V



Narwhal



PENGUIN
SEAL
MOOSE
REINDEER

POLARBEAR
WOLF
ORCA

WALRUS
NARWHAL
FOX

Dear Marci,



My doctor put me on a few new medications and my drug costs are becoming more difficult to afford. Is there any way to reduce my Part D costs?



– Arjun (Reno, NV)

Dear Arjun,

I'm sorry to hear that! That's a concern for so many. There are a few programs and strategies that might help you save money on your prescriptions.

If your income is below \$1,903 per month as an individual, or \$2,575 if married, and you also have limited assets, you could be eligible for [Extra Help](#). Extra help is a cost-assistance program that can help you pay for your prescription drugs and pays for a portion of your Part D premium.

There are also [State Pharmaceutical Assistance Programs](#) (SPAPs) offered by most states that can help you pay for your prescription drugs. Some SPAPs also help pay for your Part D plan's premium, deductible, and/or copays. Check this list of [State Pharmaceutical Assistance Programs](#) to find out if your state has an SPAP, to find out if you're eligible, and how to enroll. You can also contact your [State Health Insurance Assistance Program \(SHIP\)](#) to learn about possible SPAPs in your state.

If you do not qualify for these programs, check out [these other options and strategies for those who are having trouble affording drug costs](#). For example, some of your medications may have manufacturer discounts or coupons that you can find on www.NeedyMeds.org.

Also note that beginning in 2025, your Part

Dear Marci

Your out-of-pocket costs will be limited to \$2,000 in deductibles, copays, and coinsurance. [Learn more about Part D changes due to the Inflation Reduction Act here.](#)

Best of luck,

-Marci

Medicare Part A Costs 2025

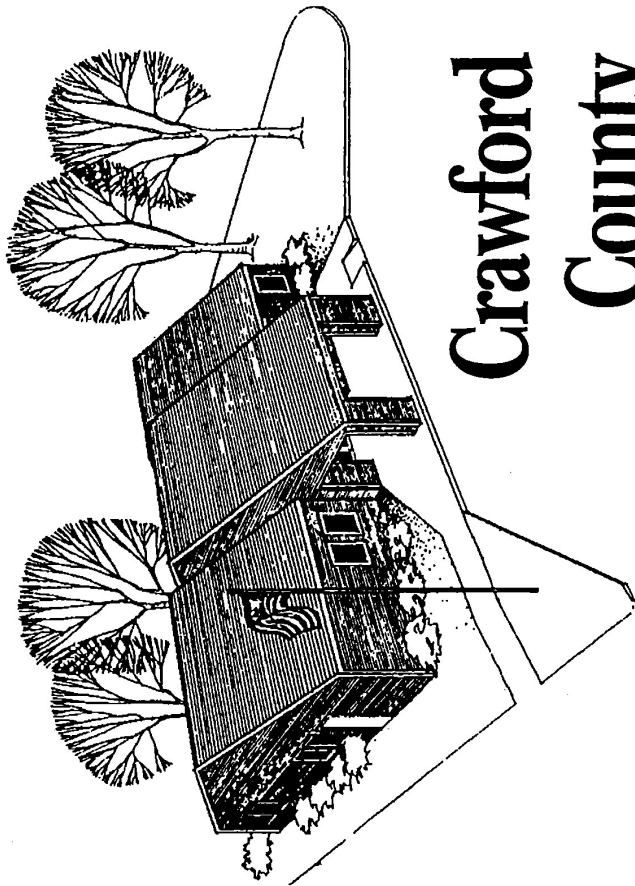
- Premium if you have between 30 and 39 working quarters \$285/month
- Premium if you have fewer than 30 working quarters \$518/month
- Deductible \$1,676/benefit period
- Inpatient hospital daily coinsurance for days 61 to 90 \$419/day
- Inpatient hospital daily coinsurance for 60 lifetime reserve days \$838/day
- Skilled nursing facility (SNF) daily coinsurance for days 21 to 100 \$209.50/day

Medicare Part B Costs 2025

- Premium \$185/month
- Annual deductible \$257

Medicare Part D Costs 2025

- National base premium \$36.78/month
- Annual deductible \$590
- Catastrophic coverage begins \$2,000



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!