

CRAWFORD COUNTY COUNCIL

ON AGING



FEBRUARY 2024 "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@cccwa.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

Sweetheart Social

2 p.m. Feb. 14
at the Council on Aging

We would love for you to bring in a photo of you and your sweetheart — especially wedding photos if you have them. We will display the photos on a table for all to see. Great opportunity to bring valentines to give to friends.

Pizza provided by Legacy Bucyrus.
Treats provided by Kingston Residence of Marion.

LEGACY Bucyrus

SKILLED NURSING & REHABILITATION
Part of the Legacy Health Services family



KINGSTON
RESIDENCE
of MARION

Council on Aging Info.

DRIVE-THRU



Grab & Go Meals

Are you 60 and older and a resident of Crawford County, and in need meals? We may be able to help!

The Crawford County Council on Aging will be providing Grab & Go meals designated through the Healthy Aging Grant to assist seniors living in Crawford County. Pick up for Grab & Go meals are available in Bucyrus, Crestline, and Galion. Contact the Council on Aging at 419-562-3050, option 2, for more information.

Other areas of assistance is also available:

- Utilities, property taxes, a deposit, or rent
- Chores, such as heavy/deep cleaning or bug extermination
- Vehicle/transportation cost assistance
- Support/education with internet or related equipment costs
- Enrollment om Wellness and Physical Programs
- Emergency response systems
- Knox Box—Allows first responders to enter the home without forced entry.

***Funding is limited. Assistance is based upon identified need and the availability of funds.**

Call 419-562-3050 to Request Assistance.

*The Healthy Aging Grants program is administered by the Ohio Department of Aging and provides funding in support of local aging services focused on helping Ohioans ages 60 and older stay healthy, live longer, and maintain independence. The Area Agency on Aging is a subgrantee through the Crawford County Commissioners.

Solar Eclipse 2024



Monday, April 8, 2024, people within a 124-mile-wide band in the state of Ohio will experience a total solar eclipse.

Fun Facts:

- A total solar eclipse is a rare and spectacular event
- Temperature will likely drop about 15 degrees once the eclipse reaches its peak.
- On average, one happens somewhere on the Earth only once every 1.5 years. Only 21 total solar eclipses have crossed the lower 48 states in the entire existence of the United States.
- The last total solar eclipse visible in Ohio was in 1806. The next total solar eclipse in Ohio will be in the year 2099.
- After the total solar eclipse on April 8, 2024, the next total solar eclipse that can be seen from the contiguous United States will be on August 23, 2044.

Safely Viewing the Total Solar Eclipse:

- With the exception of the very brief total phase of a total solar eclipse, when the Moon completely blocks the Sun's bright face, it is not

Solar Eclipse 2024

safe to look directly at the Sun unless you are using eye protection specifically for solar viewing.

- Do not view any part of the bright Sun through a camera lens, binoculars, or a telescope without a special-purpose solar filter secured over the front of the eyes as this will instantly cause severe eye injury.
- Homemade filters or ordinary sunglasses, even very dark ones, are not safe for looking at the sun. They transmit thousands of times too much sunlight and could damage the eyes.

Planning: The Ohio Emergency Management team has been planning for the eclipse since 2021

Challenges for eclipse:

- Heavy to gridlocked traffic conditions before and after the eclipse;
- Travelers stopped on roadways (heat, water, food, bathroom challenges);
- Limited cell phone service due to heightened network use; and
- Potentially limited food and gasoline availability on the routes due to an influx of travelers.

Look for more information in our, Senior Tidings, March newsletter to sign up for an educational virtual presentation regarding the eclipse. The meeting will be at the Council on Aging, with give aways, and lunch will be served!

Keep Space Blank For Ads

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. Members may start signing up as early as 10 a.m. Jan. 22. All others may start signing up Jan. 25. Call 419-562-3050 Ext. 236 or Opt. 4.
*Remember to use the kiosk to check-in upon arrival.

Weekly

Cardio Drumming

10 a.m. Mondays at Lightning Nutrition

Sign up is limited. Class fee of \$3 due to instructor.
Takes place at Lightning Nutrition. No class Feb. 19.

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.

Senior Fitness

10 a.m. Fridays

We follow senior fitness videos and use various equipment such as resistance bands, medicine balls, balloons and more. Each class is different. Line Dancing instructor Joy Sanders teaching beginner classes Feb. 2 and 16.

Calendar

Valentine Craft

1 to 3 p.m. Feb. 1

Limited to 8 participants

Each person will receive a valentine décor craft kit

to paint your own wooden letters (XOXO). You can keep the paint and brushes that come with the kit. This class is \$2, members are just \$1.

Crestline Bingo

1 to 3 p.m. Feb. 6

Takes place at the Crestline Community Center, corner of Thoman and Bucyrus streets. Free to play. **Sponsored by Legacy Bucyrus.** Please sign up.

Edu Presentation

12:30 p.m. Feb. 7

Jennifer Miller with the Alzheimer's Association will present the program. If you know someone who is experiencing changes in memory, thinking and behavior, this educational program provides tips and strategies for difficult, but important, conversations about changes that may be related to dementia. There will also be an educational bingo.

Heart-shaped Canvas Painting

1 to 3 p.m. Feb. 8

Limited to 6 participants

We will paint lovebirds on a heart-shaped canvas. We only have 6 canvases available. Traceable and supplies provided. Class is \$4, members are \$2.

Make Gourmet Butter

1 p.m. Feb. 13

Those attending will make 2 gourmet butters: garlic herb butter and brown sugar honey cinnamon butter. Bring two small containers, or you can take home your butter in a sandwich bag. Class fee is \$4. Limited to 12 people.

Sweetheart Social

2 to 3 p.m. Feb. 14

We would love for you to bring in a photo of you

Activities

and your sweetheart — especially wedding photos if you have them. We will display the photos on a table for all to see. **Pizza provided by Legacy Bucyrus. Treats provided by Kingston Residence of Marion.** Great opportunity to bring valentines to give to friends. Door prize drawing for members.

Flower Heart Canvas Painting

1 to 3 p.m. Feb. 15

Participants will paint a heart shape that is created by flowers on an 8x10 canvas. Choose 1 of 4 traceable provided. Class is \$6, members are \$3.

Trivia Teams

1 p.m. Feb. 16

Depending on attendance we will have 2-4 teams competing. Questions show on the TV. Your team will use a buzzer to answer the question.

Crafty Companions

2 to 4 p.m. Feb. 20

Do you crochet or knit? Join our Crafty Companions Group. Bring your project and supplies and work on it while chatting with other crafters. Bring previously completed projects to share with the group. Share patterns. Some patterns provided.

Bucyrus Bingo

1 to 3 p.m. Feb. 22

Legacy Bucyrus is sponsoring this bingo. Legacy will provide a snack for social time at 1 p.m. Bingo starts closer to 2 p.m. but we tend to start early! Please sign up!

Junk Journals

1 to 3 p.m. Feb. 27

This is a hot trend in crafts right now. Think of a scrapbook of collages instead of photos. Those at-

tending need to bring their own journal—any size. Limited supplies available. Junk Journals use bits of different types of paper (scrapbook, music, novel pages, etc.), stickers, stamps, fabric, etc. Depending on the number of participants, scissors and glue may be limited.

Birthday Celebration

2 p.m. Feb. 29

It's time for cake! Let's eat some dessert and socialize with friends as we celebrate those who were born in February. **Cake provided by Legacy Bucyrus.**

Film Fridays

Feb. 2: Live to 100: Secrets of the Blue Zones, part 1. ***Sponsored by Devoted Health*** We will show the first 2 episodes of this documentary and Jennifer Muratori from Devoted Health will speak prior to the showing. She will also provide boxed lunches from Cooper's Mill. Limited to the first 20 sign ups. **Event starts at 12:30 p.m.**

Feb. 9: Live to 100: Secrets of the Blue Zones, part 2. ***Sponsored by Devoted Health*** We will show the final 2 episodes of this documentary and Jennifer Muratori from Devoted Health will speak prior to the showing. She will also provide boxed lunches from Cooper's Mill. Limited to the first 20 sign ups. **Event starts at 12:30 p.m.**

Feb. 23: This PG-13 romantic comedy features two young people falling in love on their flight from New York to London. But they lose each other at customs and the possibility of ever meeting each other again seems improbable... destiny may have a way of changing the odds.

Mon	Tue	Wed	Thu	Fri
<p>Are you an activities member and need help creating an online profile for MyActiveCenter? Call Courtney to make an appointment or ask for a printout of our step-by-step guide. You can use MyActiveCenter to be among the first to sign up for activities.</p>			<p>1 Valentine Craft 1 to 3 p.m.</p>	<p>2 Senior Fitness —Line Dancing 10 a.m. Live to 100, pt. 1 12:30 p.m. Sponsored by Devoted Health</p>
<p>5 Cardio Drumming @ Lightning Nutrition 10 a.m.</p>	<p>6 Crestline Bingo 1 to 3 p.m. Sponsored by Legacy Bucyrus</p>	<p>7 Edu Presentation 12:30 to 1:30 p.m. Wood Carvers 12:30 to 3 p.m.</p>	<p>8 Heart-shaped Canvas Painting 1 to 3 p.m.</p>	<p>9 Senior Fitness 10 a.m. Live to 100, pt. 2 12:30 p.m. Sponsored by Devoted Health</p>
<p>12 Cardio Drumming @ Lightning Nutrition 10 a.m.</p>	<p>13 Make Gourmet Butter 1 p.m.</p>	<p>14 Sweetheart Social 2 p.m. Sponsored by Legacy Bucyrus and Kingston Residence of Marion</p>	<p>15 Flower Heart Canvas Painting 1 to 3 p.m.</p>	<p>16 Senior Fitness —Line Dancing 10 a.m. Trivia Teams 1 p.m.</p>
<p>19 Closed President's Day</p> 	<p>20 Crafty Companions 2 to 4 p.m.</p>	<p>21 Wood Carvers 12:30 to 3 p.m.</p>	<p>22 Bucyrus Bingo 1 to 3 p.m. Sponsored by Legacy Bucyrus</p>	<p>23 Senior Fitness 10 a.m. Film Friday 1 p.m.</p>
<p>26 Cardio Drumming @ Lightning Nutrition 10 a.m.</p>	<p>27 Junk Journals 1 to 3 p.m.</p>	<p>28 Wood Carvers 12:30 to 3 p.m.</p>	<p>29 Monthly Birthday Celebration 2 p.m. Sponsored by Legacy Bucyrus</p>	

Monday	Tuesday	Wednesday	Thursday	Friday
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To Receive Your Meal You Must Be Home At Time Of Delivery.	Menu Subject To Change At Anytime Without Notice.		1. BBQ Pulled Pork OR Beef Stew Over A Baked Potato Cheesy Cauliflower Tropical Fruit	2. Pepperoni Pizza OR Corndog Ambrosia Salad Tossed Salad Juice
5. Ham Slice OR Chicken Nuggets Apple Crisp Broccoli Fruit Juice	6. Chicken Enchilada OR Beef Meatballs Brussel Sprouts Corn Pickled Beets & Egg	7. Smothered Hamburger OR Chicken Fried Steak Yellow Squash Mashed Potatoes Apricots	8. Turkey Ham OR Broccoli Cheddar Chicken Scalloped Potatoes Green Beans Fresh Orange	9. Taco Soup OR Minestrone Soup Tossed Salad Pineapple
12. Mini Corn-dogs OR Sliced Pork Mashed Potatoes Green Beans Pears & Blueberries	13. Sweet & Sour Chicken OR Cabbage Roll Succotash Pickled Beets & Egg Orange/Pineapple Juice	14. Sloppy Joe OR Shredded Chicken Steamed Cabbage Mixed Vegetables Juice	15. Turkey Sausage With Waffles OR Chicken Tender With Waffles Redskin Potatoes Baked Apples Fresh Orange	16. Three Bean Chili OR Beef Vegetable Soup Peach Crisp Green Beans
19. CLOSED - IN OBSERVANCE OF PRESIDENT'S DAY!	20. Popcorn Chicken OR Chipped Beef Mashed Potatoes Corn Pineapple	21. Mesquite Chicken Breast OR Meatloaf Sweet Potato Green Beans Apricots	22. Turkey Pot Roast OR Breaded Egg Plant Brussel Sprouts Peach Crisp Pineapple	23. Mac & Cheese With Hotdogs OR Bratwurst Casserole Coined Carrots Apple Crisp Brownie
26. Chicken Leg OR Salisbury Steak Mashed Potatoes Green Beans Applesauce	27. Cheese Tortellini Alfredo OR Spaghetti Cheesy Broccoli Peach Crisp Banana	28. Mini Pancake Wraps OR Canadian Bacon McMuffin Baked Apples Redskin Potatoes Fresh Orange	29. Beef & Noodles OR Chicken & Noodles Brussel Sprouts Coined Carrots Pineapple	



LIVE TO 100

SECRETS OF THE *BLUE ZONES*



Devoted Health is sponsoring special showings of the 4-part TV mini series “Live to 100: Secrets of the Blue Zones.” The first 2 parts will be shown at 12:30 p.m. Feb. 2, and the conclusion will be shown at 12:30 p.m. Feb. 9. Each event will include a boxed lunch and Jennifer Muratori from Devoted Health will talk prior to film start. Limited to 20. Sign up is required to receive lunch.

Keep Space Blank For Ads

Presidents Day

P K N J R
 Q S A A A D P
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 Z Z E H O I M G F E T Q
 Z Q T T M P M H T F Y U V
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AMERICAN
 DEBATES
 GETTYSBURG
 PENNY

CANDIDATE
 DOLLAR
 LAWYER
 PRESIDENTS

COMMANDER
 ELECT
 LINCOLN
 REPUBLIC

CONGRESS
 FEBRUARY
 MONUMENT
 WASHINGTON

Medicare Hospital Transition and Discharge Planning: What Older Adults Need to Know

Read the full article here: <https://www.ncoa.org/article/hospital-transition-discharge-planning>

When you have an acute illness or injury, a hospital stay may be the best option for getting well. Effective transition and discharge planning can support your recovery afterwards by ensuring a smooth and coordinated continuum of care. It can also help you save on Medicare out-of-pocket costs. Learn more about the discharge planning process in this Frequently Asked Questions (FAQ) article developed for us by the Medicare Rights Center.

What types of hospital care does Medicare cover?

Original Medicare (Parts A and B) covers different health care services and items. Part A, also known as Hospital Insurance, covers inpatient hospital care, skilled nursing facility (SNF) care, home health care services, and hospice care. These services are also covered by Medicare Advantage (Part C) plans. Medicare Part B covers physicians' services received while in the hospital and outpatient hospital care.

Medicare Part A covers inpatient hospital care for up to 90 days each benefit period (see question 4). A benefit period begins the day you're admitted as an inpatient and ends when you've been out of a hospital or SNF for at least 60 days. Part A also covers 60 lifetime reserve days. While Medicare Advantage plans must offer the same benefits as original Medicare, they may offer more services, have additional restrictions, and charge different costs. If you have a Medicare Advantage plan, contact your plan to find out how hospital services are covered for you.

Note: Medicare Part B, not Part A, covers physicians' services received while in the hospital and outpatient hospital care. Please refer to the following list for more details about which part of Medicare covers different services.

What is the difference between an outpatient stay where you receive observation services and inpatient status?

Medicare Info.

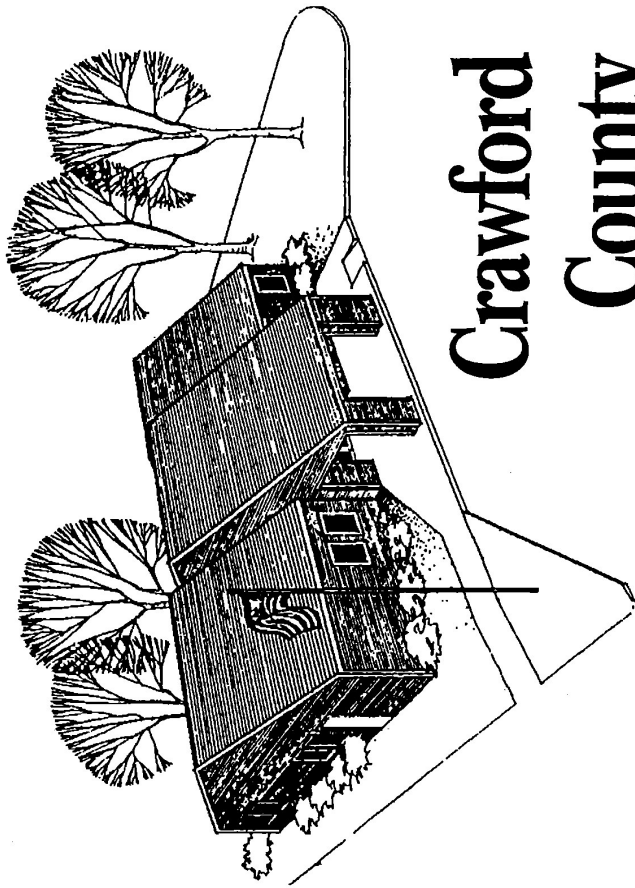
If you are kept in the hospital for monitoring to help the doctor decide if you need to be admitted as an inpatient or can be discharged, you might be receiving observation services. You may stay overnight, but until you have been officially admitted, your services will be billed to Medicare as outpatient services. An outpatient stay can last a few hours or over a day and may include other hospital services in addition to observation services. If a doctor thinks you will need to stay in the hospital for two or more midnights of medically necessary hospital care, you will generally be admitted as an inpatient.

It is important to know whether you are an inpatient or an outpatient because it can affect your out-of-pocket care costs while in the hospital, your out-of-pocket drug costs (see question 3), and your access to skilled nursing facility care after your stay (see question 9). You can ask your attending physician about your status as either a hospital inpatient or outpatient.

If you're an outpatient, Part B covers hospital services. Generally, this means you pay a 20% coinsurance charge for each individual outpatient service you receive. This amount may vary by service. Services may include, but are not limited to, lab tests, outpatient surgery, and X-rays.

If you're an inpatient, Part A covers your inpatient hospital services. Generally, this means you pay a one-time deductible of \$1,632 per benefit period in 2024. Part B covers most of your doctor services when you are an inpatient. You pay 20% of the Medicare-approved amount for doctor services after paying the Part B deductible, which is \$240 in 2024. You must be formally admitted as an inpatient based on your doctor's order.

Note: If you have a Medicare Advantage plan, your costs and coverage may be different. Contact your plan to understand your coverage and learn more about its cost-sharing rules.



Crawford County Senior Center

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

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