

# CRAWFORD COUNTY COUNCIL

ON AGING



February 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@cco.co](mailto:coa@cco.co)

[Crawfordcountyaging.com](http://Crawfordcountyaging.com)

## Senior Tidings

# BINGO

Seniors love bingo and we love seniors! This month we are offering 4 games of bingo in partnership with some great organizations.

### Love Songs Musical Bingo

1 to 3 p.m. Feb. 6  
at the COA

Sponsored by Heartland Hospice  
Attendance Limit: 30

### Bucyrus Bingo

1 to 3 p.m. Feb. 27  
at the COA

Sponsored by CenterWell Home  
Health & Gentiva Hospice  
Attendance Limit: 50

### Crestline Medicare Bingo

1 to 3 p.m. Feb. 11  
at Crestline Public Library

Sponsored by Devoted Health  
Attendance Limit: 20

\*Priority sign up for Crestline  
and Galion residents

### Crestline Bingo

1 to 3 p.m. Feb. 18  
at VFW Post 2920 in Crestline

Sponsored by Ohioans Home  
Healthcare  
Attendance Limit: 40

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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

Must sign up to attend. Call Courtney at 419-562-3050 opt. 4  
Council on Aging activities are open to ages 55+

# Winter Crisis Program

## At Risk of Losing Your Heating Source? The Winter Crisis Program Can Help!

The Winter Crisis Program (WCP) is available for eligible households once from Nov. 1 to March 31. Must have a shut off notice, had service shut-off, need to set up new service or pay to transfer service, have a Percentage of Income Payment Plan (PIPP Plus) default or need to enroll in PIPP, OR have less than 25% supply of bulk fuel.

### **TO APPLY:**

- Start an application online and/or find your local Energy Assistance Provider at [www.energyhelp.ohio.gov](http://www.energyhelp.ohio.gov).
- Call Crawford County's local provider for Energy Assistance at Ohio Heartland Community Action, (419) 928-3236 or log on to [ohcac.itfrontdesk.com](http://ohcac.itfrontdesk.com) to schedule an appointment.
- Complete an application & interview with your local Energy Assistance Provider/Community Action agency.
- Submit proof of income for all household members 18 years & older
- Provide a list of all household members, including birth dates, Social Security numbers, & proof of citizenship (or legal residency).

Applicants must submit all required documentation and have an appointment with the local Energy Assistance Provider/community action agency. Once the appointment is made, utilities regulated by the Public Utilities Commission of Ohio must delay disconnection for 30 days after that appointment.

2024-2025 Income Guidelines	
Size of household*	175% of Total Gross Annual Household Income
1	\$26,355
2	\$35,770
3	\$45,185
4	\$54,600
5	\$64,015
* For families/households with more than 5 persons, please contact your local Energy Assistance Provider.	

## Terms for Understanding Brain Health

"Cognitive decline" refers to changes in the ability to think that happen as people age. Some changes are a normal part of getting older, but you can take steps to slow that decline. More significant decline or severe changes are not normal and may be a sign of Alzheimer's disease or other dementia.

"Dementia" is a general term used to describe problems with thinking and memory that are severe enough to interfere with a person's daily life. Alzheimer's is the most common cause of dementia but there are several kinds of dementia. Dementia is not a normal part of aging.

Positive, everyday actions can make a difference in brain health, even lowering the risk of cognitive decline and possibly Alzheimer's and dementia.

Take charge of your brain health today — it's never too early or too late to start.



# Transportation Senior Focus Group

Great Lakes Community Action Partnership's, Mobility Management, team invites seniors to participate in a focus group to discuss your transportation experiences. We want to hear about your current transportation options, any barriers you face, and how we can help improve mobility in your community. Your insights will play a crucial role in shaping better, more accessible transportation solutions for seniors. Join us and share your thoughts!

**For more information regarding the Senior Focus Group, call 419-562-3050.**

**Location:**

Council on Aging Senior Center  
200 S. Spring St., Bucyrus

**Date:** Tuesday, Feb. 18, 2025

**Time:** 10:00 a.m.



# 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.

**You may begin signing up Jan. 28**

## Weekly

### **Senior Fitness**

10 a.m. Mondays

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

*New time for February & March*

Wood carvers, soap carvers and related craftsmen welcome. Beginners welcome! Bring your supplies and meet at 3 p.m. in the congregated lunch area. Those interested in learning are encouraged to attend and check out needed supplies and projects. This group is led by Connie Kennedy.

### **Senior Walking Group**

This group meets Thursdays at Aumiller Park. Those interested in attending may contact Judy Frey or call Courtney to be put in contact with Judy.

### **Cardio Drumming (Cardio Crew)**

10 a.m. Fridays

This class is full, but we will take people for a con-

tingent list. If someone drops out of this class or is unavailable for a certain date we will call someone on the contingent list to fill the seat.



## Calendar

### **Canvas Painting**

10 to 11 a.m. Feb. 4

\*Rescheduled from January\* 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.

### **Love Songs Musical Bingo**

1 to 3 p.m. Feb. 6

This is our 3rd time hosting a musical bingo and we've had a lot of fun at these. Limited attendance so be sure to sign up—we only have 30 cards. **Sponsored by Heartland Hospice.**

### **Crafty Companions**

1 to 3 p.m. Feb. 13

Bring your supplies and work on your project while chatting with other crafters. Adult coloring, junk journal and other basic supplies available.

### **MEMBERS ONLY Galentine's Games**

2 to 3 p.m. Feb. 14

Get together with your Gal Pals and enjoy this sweet activity for Valentine's Day, or shall we say Galentine's Day! Altercare of Bucyrus is providing hot dogs. Kingston Residence of Marion is providing dessert. Carlisle Place is sponsoring a game of Price is Right to play at this event.

# Activities



## Multimedia Watercolor Animals

2 to 3:30 p.m. Feb. 20

This class is inspired by the photo above. We will have different animal outlines for you to fill with watercolors. Once dried, we'll use ribbon and paper to add accessories and features. Cost: donation

## Film Friday

1 p.m. Feb. 21

An Irish immigrant in 1950s New York falls for an Italian Plumber but faces temptation from another man when she returns to her homeland for a visit. PG-13, about 2 hrs., 2015 Drama

## Monthly Birthday Celebration

1 to 3 p.m. Feb. 25

Come enjoy some cake and play cards and games. Let us know if you are celebrating a birthday this month. Sponsored by Ohioans Home Healthcare.

## Bucyrus Bingo

1 to 3 p.m. Feb. 27

Free to play! Win prizes! Begins with social time and snack, with bingo to follow. Sponsored by CenterWell Home Health and Gentiva Hospice.

## Offsite Activities

The purpose of activities offered in Crestline is to reach more seniors around the county. Therefore, we may have limited seating available to those who are not Crestline or Galion residents.

### Feb. 11: Crestline Medicare Bingo, 1 to 3 p.m. at the Crestline Library.

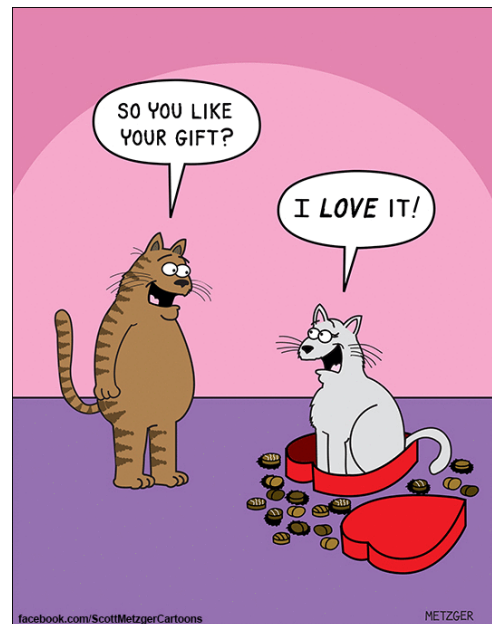
Come to this Educational Bingo to learn more about Medicare and win prizes. \*Priority sign up for Crestline and Galion residents.

**Sponsored by Devoted Health.**

### Feb. 18: Crestline Bingo, 1 to 3 p.m. at VFW Post 2920.


Free to play! Win Prizes! Please SIGN UP in advance.

**Sponsored by: Ohioans Home Healthcare**



# Activities

## FEBRUARY 2025

Mon	Tue	Wed	Thu	Fri
<p>3 <b>Senior Fitness</b> 10 a.m.</p>	<p>4 <b>Canvas Painting</b> 12:30 to 3 p.m. *rescheduled from January</p>	<p>5 <b>Wood Carvers</b> <b>*NEW TIME*</b> 3 to 4:30 p.m.</p>	<p>6 <b>Love Songs Musical Bingo</b> 1 to 3 p.m. <b>Sponsored by:</b> <b>Heartland Hospice</b></p>	<p>7 <b>Cardio Crew</b> 10 a.m.</p>
<p>10 <b>Senior Fitness</b> 10 a.m.</p>	<p>11 <b>Crestline Medicare Bingo</b> 1 to 3 p.m. <b>Sponsored by:</b> <b>Devoted Health</b>  *Crestline/Galion Priority Sign Up</p>	<p>12 <b>Wood Carvers</b> 3 to 4:30 p.m.</p>	<p>13 <b>Crafty Companions</b> 1 to 3 p.m.</p>	<p>14 <b>Cardio Crew</b> 10 a.m.  <b>*Members Only*</b> <b>Galentine's Games</b> 2 to 3 p.m.  </p>
<p>17 <b>CLOSED</b></p> 	<p>18 <b>Crestline Bingo</b> 1 to 3 p.m. <b>Sponsored by:</b> <b>Ohioans Home Healthcare</b> <b>Senior Focus Group</b> 10:00 a.m.</p>	<p>19 <b>Wood Carvers</b> 3 to 4:30 p.m.</p>	<p>20 <b>Multimedia Watercolor Animals</b> 2 to 3:30 p.m.</p>	<p>21 <b>Cardio Crew</b> 10 a.m.  <b>Film Friday</b> 1 p.m.</p>
<p>24 <b>Senior Fitness</b> 10 a.m.</p>	<p>25 <b>Monthly Birthday Celebration</b> 1 to 3 p.m.  <b>Sponsored by:</b> <b>Ohioans Home Healthcare</b></p>	<p>26 <b>Wood Carvers</b> 3 to 4:30 p.m.</p>	<p>27 <b>Bucyrus Bingo</b> 1 to 3 p.m.  <b>Sponsored by:</b> <b>CenterWell &amp; Gentiva</b></p>	<p>28 <b>Cardio Crew</b> 10 a.m.</p>

Please register for all activities you are interested in attending. Yes, even Bingo! Many activities fill up quickly and we offer a waitlist. Some activities have limited supplies available. Need to cancel? Just call Courtney at 419-562-3050 option 4.

Monday	Tuesday	Wednesday	Thursday	Friday
3. Chicken Leg <b>OR</b> Mini Corndogs Corn Mashed Potatoes Banana	4. Homemade Hamburger Helper <b>OR</b> Turkey Meatballs Cheesy Broccoli Blueberry Crisp Peaches	5. Chili <b>OR</b> BBQ Pulled Pork Baked Potato Brussel Sprouts Ambrosia Salad Cheddar Cheese Sour cream	6. Sliced Turkey <b>OR</b> Ham Slice Sweet Potatoes Green Beans Apple Juice	7. Homemade Lasagna Soup <b>OR</b> Unstuffed Cabbage Bowls Tossed Salad Baked Apples Fruit Juice
10. Broccoli Cheddar Chicken <b>OR</b> Meatloaf Green Beans Mashed Potatoes Fruit & Jello	11. Smothered Hamburger Patty <b>OR</b> Smothered Pork Chop Sliced Potatoes Snap Peas Fruit Vegetable Juice	12. Cabbage Roll <b>OR</b> Sweet & Sour Chicken Succotash Fresh Orange Pickled Beets & Egg	13. Hotdog Casserole <b>OR</b> Bratwurst Casserole Coined Carrots Apple Crisp Orange/ Pineapple Juice Brownie	14. Chicken & Noodles <b>OR</b> Beef & Noodles Brussel Sprouts Blueberry Fluff Banana
17. <b>CLOSED- Presidents Day</b> 	18. Turkey Meatballs <b>OR</b> Grilled Chicken Breast Peas Mashed Potatoes Apple Juice	19. Marzetti <b>OR</b> Cheese Stuffed Shells Cheesy Cauliflower Peas & Onions Cantaloupe	20. Shredded Chicken Sandwich <b>OR</b> Sloppy Joe Mashed Potatoes Mixed Vegetables Pineapple/Orange Juice	21. Beef Vegetable Soup <b>OR</b> Chicken Vegetable Soup Baked Apples Fresh Banana Fruit Juice
24. Salisbury Steak <b>OR</b> Country Fried Steak Peas & Pearl Onions Cheesy Cauliflower Fruit vegetable Juice	25. Cheesy Taco Pasta <b>OR</b> Vegetable Lasagna Brussel Sprouts Peach Crisp Pears	26. Popcorn Chicken Bowl <b>OR</b> Beef Pot Roast Mashed Potatoes W/ Gravy Corn Apple	27. Mac & Cheese <b>OR</b> Cheese Pizza Bites Cheesy Broccoli Blueberry Crisp Fresh Orange	28. Ham & Bean soup <b>OR</b> Italian Sausage Soup w/ Tortellini Carrot Raisin Salad Apple Juice Succotash

**Menu Subject To Change At Anytime Without Notice. To Receive Your Meal You Must Be Home At Time Of Delivery.** If you need to cancel, please call 419-562-3050, option 2 any day before your scheduled delivery or no later than 8am the day of delivery. Crawford County Council on Aging Meals provide half of the Recommended Daily Allowance (RDA) for adults age 60 and older.

Menus approved by a licensed dietician.

# Cute Valentine Ideas

Here are some cute Valentine ideas to make at home with or for your friends and grandkids.

1. All you need: Red Tootsie Pops, green tape and green paper to make these adorable Valentine cherries.

2. All you need: DumDum Lollipops and scrapbook or construction paper. Cut out a basic 5-petal flower shape. Make a small hole to insert the lollipop. Add a leaf shape with note.

1



2







C A R L I W Y A W C  
 M B E V V L N Y G S L F H J  
 Q X W K I Z A T B J E Y B L M H O N F Q  
 R M O V I I J N E H H U G E W T T Z F L N B C D  
 X L E N Q Y T Z J W T V U X Z R C D M D Y G E W E T  
 W F W U Z L Q Q F P E C X P R E S I D E N T S Y D G K B T L  
 Z Y I K M H O F I E A S K B S Q W F F U S A D R H L V Y R F  
 J X I M G V L V G G F A Z I A O B K G X L L M K P L G X A G  
 P U W T A D U U M R E V Z G M F U V Y Q F D H O K F P U S V  
 Q D C P S A H W C G N X L N Q B N J Z I E Z L U R E G O I N  
 Y D Q V H Y N J P Y I D K U Y D A P I N K Q W D N B O J S X  
 D Y S A H N H H I Y T Q I M K E B L K U R K J I L R N E F S  
 Z P Z L S O J T W A N U S K G L G S C S Y P Q B A U T I N F  
 G F P C W A J E B E C S W H R A Q K U Q R T Y V A R A C  
 N U Z I Q E F E M L R M L C X O X S H O G A Y L R Q I K  
 V N P N I E J T A V B G S M P U M R C P E O T Y H O  
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 M V H O K E D Y I W E N D P P H A L Y E  
 V H M X G A P E U D Q A V C A O Y M  
 T S C X I R W G C P B G O R I G  
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 B B



ROMANCE  
 AMETHYST  
 PINK  
 HUG  
 GROUNDHOG  
 HEART



KISS  
 PRESIDENTS  
 LOVE  
 CHOCOLATES  
 RED

SWEETHEART  
 FLOWER  
 VALENTINE  
 CUPID  
 FEBRUARY

## What Is Hypothermia?

Hypothermia is a medical emergency that occurs when the body's core temperature drops below 95°F. It is often caused by exposure to cold temperatures, but it can also occur at cool temperatures (above 40°F) if you become chilled from rain, sweat, or being in cold water. Hypothermia affects the brain and makes it difficult to think clearly, so people may not realize what is happening and that they need help.

### What To Look For

Be aware of warning signs and early symptoms:

- Cold feet and hands
- Puffy or swollen face
- Pale skin
- Shivering or shaking
- Slowed or slurred speech
- Feeling sleepy, angry, or confused

Later symptoms of hypothermia can include:

- Stiff and jerky arm and leg movements
- Slow heartbeat or breathing
- Loss of consciousness

### What To Do

Hypothermia is a medical emergency. If someone has signs of hypothermia, **call 911 right away.**

After you call 911:

- Help the person move to a warmer place, if possible.
- Offer them a warm drink.
- Wrap them in dry blankets, towels, or coats.
- Don't use a heating pad.
- Don't rub the person's legs or arms.
- Don't try to warm the person in a bath.

## What Is Frostbite?

Frostbite is injury to the skin caused by exposure to temperatures below freezing. It can lead to a loss of feeling and color in the affected areas — often, the hands, feet, nose, and ears. Frostbite can permanently damage the body. Because the frozen parts of the body are numb, people may not know they have frostbite.

### What To Look For

In the warning stage of frostbite (called frostnip), affected areas of skin may experience:

- Redness
- Pain
- Sensation of pins and needles

If cold exposure continues, frostbitten skin may become:

- Numb
- White or grayish yellow
- Unusually firm or waxy feeling

### What To Do

If you notice any signs of frostbite, seek medical care. In addition:

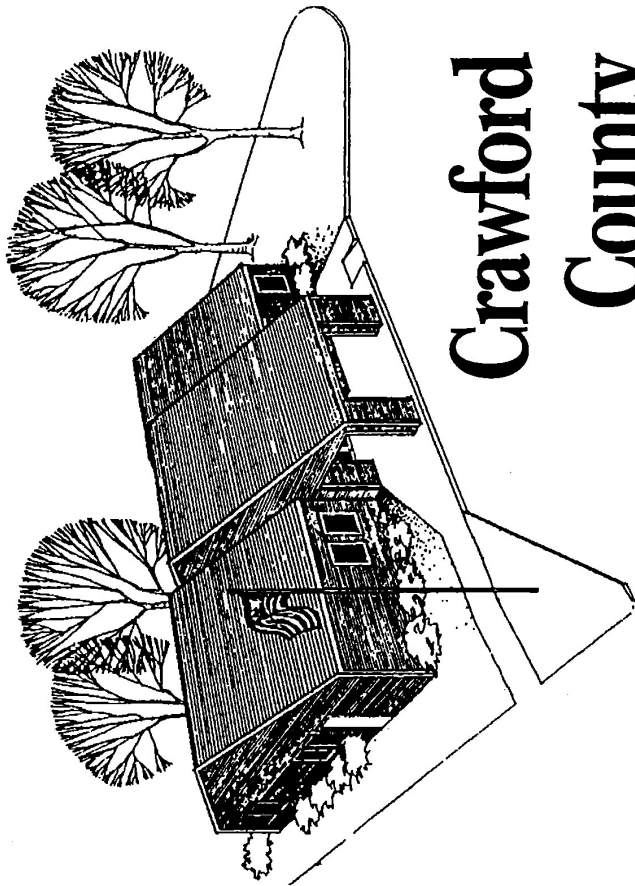
- Protect any exposed skin and get into a warm car or room.
- Avoid walking on frostbitten feet or toes.
- Put the frostbitten area in warm water.
- Use body heat, such as an armpit, to warm the frostbitten area if warm water is not available.
- Don't rub or massage the frostbitten area.
- Don't use a heating pad, heat lamp, or the heat of a stove, fireplace, or radiator for warming.

To learn more about cold weather safety, visit [www.nia.nih.gov/cold-safety](http://www.nia.nih.gov/cold-safety).

National Institute on Aging Information Center  
800-222-2225  
[www.niaic@nia.nih.gov](mailto:www.niaic@nia.nih.gov) | [www.nia.nih.gov/health](http://www.nia.nih.gov/health)  
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# 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

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