

# CRAWFORD COUNTY COUNCIL ON AGING



MARCH 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@cccda.org](mailto:coa@cccda.org)

[Crawfordcountyaging.com](http://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

3rd Annual

# Easter Bake Sale

**11 a.m. to 3 p.m.**  
**Friday, March 29**  
**at the Council on Aging**  
**200 S. Spring St., Bucyrus**

**Some items may show a suggested price but most are by donation**

**Proceeds benefit the**  
**Senior Activities Program**



# Desk of the Director

## Healthy Aging in Crawford County

Are you 60 and older, live in Crawford County,  
and need help with essentials?

*We may be able to help!*

If the following questions apply to you, then you may be eligible:

- **Utilities, internet, propane:** *Are you unable to make payments or initiate services due to financial hardship? Have you received a shut off notice? Do you have cost restrictions impacting the delivery of propane?*
- **Property tax/rent:** *Are you delinquent on taxes/rent? Are you homeless or need assistance with securing a rental deposit.*
- **Chores, such as heavy/deep cleaning or bug extermination:** *Do you need chore services that's necessary due to health and safety risks? Is it a financial hardship to hire a provider to do an extermination?*
- **Vehicle/Transportation cost assistance:** *Do you need financial assistance with transportation costs?*
- **Support/education with internet or related equipment costs:**
- **Gym membership:** *Do you have Insurance benefits that do not cover a gym membership? Is it a financial strain to cover a membership (full or partial)?*
- **Emergency Response Systems:** *Are you in need of a medical alert button? Must have a landline to be eligible.*
- **Knox Box** (allows First Responders to enter the home without forced entry): *Are you at risk of an emergency requiring quick access to your home by EMS?*
- **Grab & Go meals:** *Available in Bucyrus, Crestline, & Galion, Monday-Friday. It's fast and easy! You don't have to get out of your car, just drive thru and pick up your meal.*

Call Cassie Herschler, Executive Director, at the Council on Aging for more information at 419-562-3050, ext. 228.

Funding is limited. Assistance is available based on identified need and availability of funding.

*Take advantage of these services while assistance is available now!*

## Newsletter Mailing List

Our *Senior Tiding's* newsletter reaches over 900 homes throughout Crawford County. It has been a few years since we have tried to condense our newsletter mailing list to those individuals who want to continue to receive the newsletter. We are thrilled to be reaching so many homes but we are finding there are some individuals who no longer wish to receive the newsletter; or some who have moved, etc.

If you no longer wish to be on our newsletter mailing list or know of someone who is no longer interested, please contact the Council on Aging by calling 419-562-3050, ext. 236, or send an email to [coa@cccoa.org](mailto:coa@cccoa.org). We appreciate your efforts in helping us to streamline our list so we can better serve the seniors in our county.

## Activities Program Survey

If you're interested in voicing your ideas and would like to make a suggestion regarding any new or reoccurring activities, please contact Courtney Moody, Activities Coordinator, 419-562-3050, ext. 236. Surveys are also available in our lobby. Surveys can be filled out anonymously or you may put your contact information on the survey so we can contact you to inquire more about your ideas/suggestions.

## Solar Eclipse 2024

The last total solar eclipse visible in Ohio was in 1806. The next total solar eclipse in Ohio will be in the year 2099. Learn more at [eclipse.ohio.gov](http://eclipse.ohio.gov).

A total solar eclipse occurs when

# Solar Eclipse 2024

the moon completely blocks the sun's bright face, also known as totality, and day momentarily turns into night.

The only safe time to look at the sun without solar filters is during the 2-4 minutes of total eclipse. It is never safe to look at the sun without solar filters during any other phases of the eclipse.

Only look at the eclipse through a special-purpose solar filter. Safe eclipse glasses should comply with ISO 12312-2 international standard.

- Homemade filters or ordinary sunglasses, even very dark ones, are unsafe. They transmit too much sunlight and could damage the eyes.
- Inspect your solar filter; discard if scratched or damaged. Follow any instructions for the filter.
- Always supervise children using solar filters.
- Stand still, cover your eyes with your eclipse

glasses or solar viewer before looking at the sun.

Afterward, turn away before removing your filter — never remove it while looking at the sun. ! The only safe time to look at the sun without solar filters is during the 2-4 minutes of total eclipse. It is never safe to look at the sun without solar filters during any other phases of the eclipse. The only safe way to look directly at the sun during an eclipse is through special-purpose solar filters, like eclipse glasses or handheld solar viewers.

Do not look at the uneclipsed or partially eclipsed sun through an unfiltered camera, telescope, binoculars, or other optical device. Similarly, do not look at the sun through a camera, a telescope, binoculars, or any other optical device while using your eclipse glasses or hand-held solar viewer — the concentrated solar rays will damage the filter and enter your eye(s), causing serious injury

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.

Some activities may have a limited class size. Call 419-562-3050 Ext. 236 or 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 and Fridays

\*No Class March 22

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

Line Dancing classes are March 1, 15 and 29.

## Calendar

### **Film Friday**

1 p.m. March 1

After a global blackout erases humanity's memory of the Beatles, a struggling musician performs the group's music and becomes a pop sensation. 2019 Comedy/Musical PG-13, Runtime: 2 hrs.

### **Eclipse Presentation**

1 p.m. March 5

**\*This event is FULL. We will take a short waitlist.**

This presentation is limited to 30 seniors aged 60 and older. Sign up is required. The Area Agency on Aging will go over important information about the upcoming eclipse. Those attending will receive a free lunch, t-shirt and solar eclipse glasses.

### **Welcome Signs**

1 p.m. March 7

Use your creativity to design and paint round, wooden signs. We have some large circles that are blank and some smaller circles that have wooden words on them. First come, first to pick. Some traceables provided. Class limited to 12. Sign up required. Cost is \$4, **members** are \$2.

### **Crafty Companions**

1 to 3 p.m. March 8

Crocheters, knitters and handcrafters are welcome to come work on their projects and chat with friends. Some patterns available. Bring your own supplies to work with.

### **Gallery Tour: Crawford County Art Center**

1:30 p.m. March 12 at the Art Center

Meet Courtney at the Crawford County Art Center, 1810 E. Mansfield St., Bucyrus, for a free gallery tour and craft. Please sign up.

### **Pressed Flowers with Marilyn Smith**

1:30 p.m. March 14

Marilyn will lead this activity. Choose to do a plaque or jar—depending on supplies we may have enough to do both. Limited to 10 people. Those who have not previously done this craft with Marilyn will have first priority sign up. Others may be put on the waitlist.

### **Members Only St. Patrick's Day Social**

1 p.m. March 15

**\*\*Must be a current, paid member to attend. \*\*** Enjoy food, dessert and a chance to win prizes. Food sponsored by **Trustwell Living at Carlisle Place**. **MUST sign up by March 12 to attend.**



# Activities

## Crestline Bingo

1 to 3 p.m. March 19

**\*\*\*New Location\*\*\***

Bingo will take place at the Crestline Library on the main floor. Prizes and snack provided by **Trustwell Living at Carlisle Place**. **MUST SIGN UP**. We will need to know how many people are attending in advance for space set up.

## Edu Presentation: Primrose

1 p.m. March 20

Morgan Bell from Primrose Retirement Community will present “Primrose Senior University” — a health presentation focusing on “brain fog.” She will also provide a snack and drink. Please sign up so we have enough food available.

## Junk Journals

1 to 3 p.m. March 21

Think of a scrapbook of collages. This is a very popular craft trend right now. Bring your own journal. Some supplies available but you are welcome to bring your own or some to share.

## Coffee Chat with the COA

10 a.m. March 22

Open to all ages. Come to our building at 200 S. Spring Street in Bucyrus and hear from our director and staff about how the Council on Aging serves seniors in Crawford County. Free donuts and coffee provided.

## Eclipse Craft with Alena Fox

12:30 p.m. March 22

Create a camera obscura—also known as a pinhole camera. You will need to bring a cardboard box — like a shoebox or similarly-sized box — for this craft. All other supplies provided.

## Birthday Celebration

1 p.m. March 26

Come celebrate March birthdays with us. Open to all seniors. Those with March birthdays get their dessert first! **Sponsored by Legacy Bucyrus.**

## Bucyrus Bingo

1 to 3 p.m. March 28

Free to Play! Social time with snacks at 1 p.m. Bingo starts closer to 2 p.m. but we always start early! **Sponsored by Kingston Residence of Marion.**

Guess how many shamrocks appear in this newsletter to be entered in a prize drawing. (There is one on this page!) Must be present to win. Turn in guesses at Bucyrus Bingo. Drawing takes place just before we start the game.

## Easter Bake Sale

11 to 3 p.m. March 29

Come buy some goodies at our 3rd annual Easter Bake Sale. The sale will be set up in our lobby at 200 S. Spring St., Bucyrus. Most items are by donation. Proceeds benefit Senior Activities.

## COA Commodity Closet




**Open dates:**

**12:30 to 1:30 p.m. March 4 & 18.**



Quantity and variety of items are dependent upon community donations. Items are limited per person. Earn bonus items by attending congregate lunches and by attending activities and checking in at the kiosk. Full list of rules and policies posted on Commodity Closet door in congregate lunchroom. Please call Courtney if you want to know more about the rules & policies.



Mon	Tue	Wed	Thu	Fri
				<b>1</b> <b>Senior Fitness</b> <b>-Line Dancing</b> 10 a.m. <b>Film Friday</b> 1 p.m.
<b>4</b> <b>Senior Fitness</b> 10 a.m.  <b>Commodity Closet</b> OPEN 12:30 to 1:30	<b>5</b> <b>Eclipse Presentation</b> 1 p.m.  	<b>6</b>	<b>7</b> <b>Welcome Signs</b> 1 p.m.	<b>8</b> <b>Senior Fitness</b> 10 a.m.  <b>Crafty Companions</b> 1 to 3 p.m.
<b>11</b> <b>Senior Fitness</b> 10 a.m.	<b>12</b> <b>Meet Courtney at</b> <b>the Art Center</b> 1:30 p.m.	<b>13</b>	<b>14</b> <b>Pressed Flowers</b> <b>with Marilyn Smith</b> 1:30 p.m.  	<b>15</b> <b>Senior Fitness</b> <b>-Line Dancing</b> 10 a.m. <b>Members-Only</b> <b>St. Patrick's Day</b> <b>Social 1 p.m.</b> Sponsored by Trustwell Living at Carlisle Place
<b>18</b> <b>Senior Fitness</b> 10 a.m.  <b>Commodity Closet</b> OPEN 12:30 to 1:30	<b>19</b> <b>Crestline Bingo</b> <b>@Crestline Library</b> 1 to 3 p.m. Sponsored by Trustwell Living at Carlisle Place	<b>20</b> <b>Edu Presentation:</b> <b>Primrose</b> 1 p.m.	<b>21</b> <b>Find Courtney at the</b> <b>Health &amp; Wellness</b> <b>Fair 7-10 a.m. at</b> <b>Real Life Naz in</b> <b>Galion</b>  <b>Junk Journals</b> 1 to 3 p.m.	<b>22</b> <b>Coffee Chat with the</b> <b>COA</b> 10 a.m.  <b>Eclipse Craft</b> <b>With Alena Fox</b> 12:30 p.m.
<b>25</b> <b>Senior Fitness</b> 10 a.m.	<b>26</b> <b>Birthday Celebration</b> 1 p.m. Sponsored by Legacy Bucyrus	<b>27</b>	<b>28</b> <b>Bucyrus Bingo</b> 1 to 3 p.m. Sponsored by Kingston Residence of Marion	<b>29</b> <b>Senior Fitness</b> <b>-Line Dancing</b> 10 a.m.  <b>Easter Bake Sale</b> 11 a.m. to 3 p.m. 



MARCH 2024



# Menu

Monday

Tuesday

Wednesday

Thursday

Friday

**To Receive Your Meal You Must Be Home At Time Of Delivery.**

**Menu Subject To Change At Anytime Without Notice.**

**Kerri Edison, SNAP Educator for Crawford County, will give a presentation during lunch on March 1, 8 and 15.**

1. Minestrone Soup **OR** Taco Soup  
Apricots  
Pickled Beets & Egg  
Orange/  
Pineapple Juice

4. Meatloaf **OR** BBQ Chicken  
Green Beans  
Mashed Potatoes  
Peaches & Cottage Cheese

5. Smothered Pork Chop **OR** Smothered Hamburger  
Sliced Potatoes  
Cheesy Cauliflower  
Fruit Juice

6. Chicken & Noodles **OR** Beef Stroganoff  
California Blend  
Corn  
Pineapple

7. Meat Lasagna **OR** Mac & Cheese  
Winter Blend  
Vegetables  
Apple Juice

8. Chicken Vegetable Soup  
**OR** Pasta Fagioli  
Baked Apples  
Banana Juice

11. Country Fried Steak **OR** Chicken Leg  
Baked Apples  
California Blend  
Tropical Fruit

12. Chicken Tenders **OR** Sliced Pork  
Mashed Potatoes  
Pears & Blueberries  
Corn

13. Stuffed Pepper **OR** Orange Chicken  
Pickled Beets & Egg  
Succotash  
Orange/Pineapple Juice  
Rice

**14.** Beef Hotdog **OR** Boneless Pork Rib  
Baked Beans  
Potato Salad  
Grape Juice

15. Sausage Pizza **OR** Mozzarella Pizza  
Tossed Salad  
Tropical Fruit

18. Fajita Chicken **OR** Peppered Steak  
Oriental Vegetables  
Veggie Egg Rolls  
Veggie Fried Rice

19. Vegetable Lasagna **OR** White Cheddar Mac & Cheese  
Baked Apples  
California Blend  
Fresh Orange

20. Turkey Burger **OR** Spicy Chicken Sandwich  
Succotash  
Tomato/Lettuce

21. Salisbury Steak **OR** Broccoli Cheddar Chicken  
Mashed Potatoes  
Green Beans  
Graham Cracker

22. Spaghetti **OR** Chicken Cavatappi Pasta  
Tossed Salad  
Peach Crisp  
Tropical Fruit  
Garlic Bread

25. Popcorn Chicken **OR** Chipped Beef Over Mashed Potatoes  
Corn  
Banana

26. Swedish Meatballs **OR** Turkey Tetrizzini  
Capri Blend  
Baked Apples  
Potato Roll

27. Cabbage Roll **OR** Chicken Broccoli & Rice Casserole  
Italian Green Beans  
Baked Apples

28. BBQ Pulled Pork Over A Baked Potato **OR** Chili Over A Baked Potato  
Cheesy Cauliflower  
Tropical Fruit

15. Sliced Ham **OR** Sausage Gravy  
Shredded Hashbrowns  
Baked Apples  
Biscuit

**Members Only**  
*St. Patrick's Day Social*  
**1 p.m. March 15**

**Members MUST sign up by March 12**

**Enjoy food, dessert and a chance to win prizes!**  
**MUST have a current, paid activities membership to attend.**

Food provided by:  
Trustwell Living at Carlisle Place



Keep Space Blank For Ads



# Supports ***Healthy Aging*** in Crawford County

**ARE YOU 60 AND OLDER, A RESIDENT OF **CRAWFORD** COUNTY,  
AND NEED SUPPORT WITH ESSENTIALS?**

*We may be able to help!*

- 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 in Wellness and Physical Programs
- Emergency response system
- Knox Box - *Allows first responders to enter the home without forced entry.*

FOR MORE INFORMATION CONTACT:  
CRAWFORD COUNTY COUNCIL ON AGING, INC.  
CASSIE, HERSCHLER, EXECUTIVE DIRECTOR  
**419-562-3050 ext. 228**



\*FUNDING IS LIMITED. ASSISTANCE IS BASED UPON  
IDENTIFIED NEED AND THE AVAILABILITY OF FUNDING.



# STEPPING ON PROGRAM

*Stepping On has been researched and proven to reduce falls by 30%.*

Join us for a free **Stepping On** program that is grounded in behavior change, preventative framework, and principles of adult education with a focus on four critical domains: balance and strength exercises, medication review, vision review, and home modifications.

**WHERE:** CRAWFORD COUNTY COUNCIL ON AGING  
200 SOUTH SPRING STREET  
BUCYRUS, OH 44820

**WHEN:** WEDNESDAYS  
MAY 1 – JUNE 12, 2024

**TIME:** 1:00 PM – 3:00 PM



To register, call Karen  
at 567-247-6487

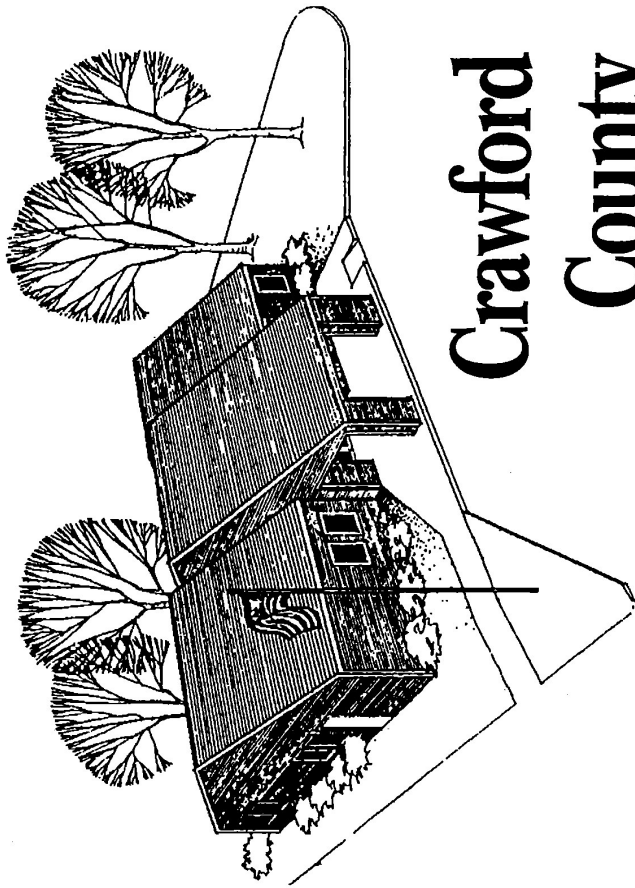


 **AREA AGENCY ON AGING**  
Ohio District 5 | Serving North Central Ohio  
419-524-4144 | 800-860-5799 | [www.aaa5ohio.org](http://www.aaa5ohio.org)

**SteppingOn**  
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FUNDED IN PART BY A TITLE III GRANT UNDER THE OLDER AMERICANS ACT ADMINISTERED THROUGH THE OHIO DEPARTMENT OF AGING





# 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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PLEASE DELIVER PROMPTLY!

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