

CRAWFORD COUNTY COUNCIL ON AGING



SEPTEMBER 2020 "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

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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 per year.

Mail donations to:

Council on Aging,
200 S. Spring St., P.O. Box 166,
Bucyrus, OH 44820

Council on Aging presents

MEET FRENCHIE

200 S. Spring St., Bucyrus

1 p.m.
Sept. 29

Frenchie the pony was born May 19 at her family's farm in Wharton, Ohio. Frenchie's dad, Firey French Bullion, is a two-time world palomino champion in pole bending and barrel racing.

The week before she visits the COA. Frenchie will be competing at the 2020 Palomino World Show in Springfield, Illinois.



Council on Aging Info.

Medicare Part D Open Enrollment Oct.15 - Dec. 7th

Schedule your appointment today to compare your current prescription drug costs to find a drug plan that works best for you in 2021. Contact Janell Croneis, Social Services Coordinator, at the Crawford County Council on Aging at 419-562-3050, ext. 234.

Don't wait until October to schedule an appointment. Appointments fill up fast and with the uncertainty of being able to meet in person this year, **ALL** appointments will be scheduled over the telephone.

Things to consider when choosing Medicare drug coverage.

If you:

- Take specific drugs, look at drug plans that include your drugs on their formulary (a list of prescription drugs covered by a drug plan). Then, compare costs.
- Want your drug expenses to be balanced throughout the year, look at plans with no or a low deductible, or with additional coverage in the coverage gap.
- Take a lot of generic prescriptions, look at plans with "tiers" that charge you nothing or low copayments for generic prescriptions.
- Don't have many drug costs now, but want coverage for peace of mind and to avoid future penalties, look at plans with a low monthly premium for drug coverage. If you need prescriptions in the future, all plans still must cover most drugs used by people with Medicare.
- Like the extra benefits and lower costs available by getting your health care and prescription drug coverage from one plan, and you're willing to accept the plan's restrictions on what doctors, hospitals, and other health care providers you can use, look for a Medicare Advantage Plan with prescription drug coverage.

Remember, Medicare drug plans change each year and so do the cost, so it's important to do a comparison each year.

More detailed information regarding Medicare PDP on page 4.

Update on Re-Opening the Senior Center

Governor DeWine announced senior centers may open at a reduced capacity beginning on September 21. We must meet certain safety standards outlined in a forthcoming health order before we can open our doors.

As we wait on the health order to be announced, we want our seniors to understand we may not have the capability to open on Gov. DeWine's announced date of Sept. 21. If there is a delay opening the senior center, it's because we want to be sure we are prepared to reopen safely for all our guests entering the building.

The senior center will be following guidance designed to maintain health and safety requirements and physical distancing, while providing much-needed services for our older adult population. It is crucial we **ALL** do what we can to minimize the risk of spreading the coronavirus.

Please watch for more information on our Facebook page and on Crawford County Now for an opening date specific to Crawford County Council on Aging.

Be Careful & Stay Safe!!



Staying Connected at Home During COVID

Ways to Create Connections Using Technology

Use online tools to connect with friends and family. Need help getting started? "Stuck at Home Guide: How to Get Online," a guide from enGAGED partner Senior Planet, contains helpful tips for getting started online, on social media and on Zoom meetings. Visit www.seniorplanet.org/stuck-at-home-guideget-online.

Attend events and concerts or tour museums from home. During the COVID-19 crisis, many museums have developed virtual tours that help visitors see world-renowned artwork. Theaters, both large and small, are taking music, dance and other performances online.

Read a book online. Visit www.USA.gov/libraries to find your local library's free offerings. Want to discuss the book? Start an informal book club with friends or family members.

Want to help others? Volunteer and share your skills from home. Develop a virtual mentoring relationship with a student through a local college or connect with your local Area Agency on Aging to find opportunities to help others during the COVID-19 crisis.

Stay fit. Take a virtual exercise class. Many Area Agencies on Aging provide fitness classes. In addition, the YMCA (www.ymca360.org) provides many prerecorded and live fitness classes that allow you to take things at your own pace.

The above information is just a few of the suggestions that are posted online at www.engagingolderadults.org. Visit the website for additional ideas.

Heartland 

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 Administrator & Admissions Bucyrus, Ohio 44820
tiffany.rimmert@hcr-manorcare.com 419.562.9907
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Medicare Open Enrollment

Things to think about when you compare Medicare drug coverage

There are 2 ways you can get Medicare prescription drug coverage: Join a Medicare Prescription Drug Plan and keep your health coverage under Original Medicare **-OR-** Join a Medicare Advantage Plan that offers prescription drug coverage to get your Medicare benefits through a private insurance company.

Whichever you choose, prescription drug coverage can vary by cost, coverage, convenience, and quality. Some of these things might be more important to you than others, depending on your situation and prescription drug needs.

No matter which type of Medicare drug plan you join, your plan will send you information about plan changes each fall. You should review your prescription drug needs and compare Medicare drug plans during Medicare Open Enrollment, which runs between October 15–December 7.

Cost: When you have drug coverage, you pay part of the costs, and Medicare pays part of the costs. Your costs will vary depending on which drug plan you choose and whether or not you receive Extra Help. You should look at your current prescription drug costs to find a drug plan that works with your financial situation.

Monthly premium: Most drug plans charge a monthly fee that varies by plan. You pay this fee in addition to the Medicare Part B (Medical Insurance) premium. If you have the type of Medicare Advantage Plan or Medicare Cost Plan that includes Medicare prescription drug coverage, the monthly premium you pay to your plan may include an amount for drug coverage.

Yearly deductible: This is the amount you must pay before your drug plan begins to pay its share of

your covered drugs. Some drug plans don't have a deductible.

Copayment/coinsurance: This is the amount you pay for each of your prescriptions after you've paid the deductible (if the plan has one). Some drug plans have different levels or "tiers" of coinsurance or copayments, with different costs for different types of drugs. Coinsurance means you pay a percentage (25%, for example) of the cost of the drug. With a copayment, you pay a set amount (\$10, for example) for all drugs on a tier. For example, you might have to pay a lower copayment for generic drugs than brand-name drugs, or lower coinsurance for some brand-name drugs than for others.

Coverage gap: Most drug plans have a coverage gap (also called the "donut hole"). This means that there's a temporary limit on what the drug plan will cover for drugs. The coverage gap begins after you and your drug plan have spent a certain amount for covered drugs. Once you and your plan have spent \$4,020 on covered drugs in 2020 (\$4,130 in 2021), you're in the coverage gap (this amount may change each year). You'll pay 25% of the plan's cost for covered brand-name drugs and for covered generic drugs until you reach the end of the coverage gap. Not everyone will enter the coverage gap.

All these amounts will count toward you getting out of the coverage gap: Your yearly deductible, coinsurance, and copayments; the discount you get on brand-name drugs in the coverage gap; what you pay in the coverage gap. These amounts won't count toward you getting out of the coverage gap: • Your Medicare drug plan premium; what you pay for non-covered drugs; what's paid by other insurance. Some plans offer additional coverage during the gap, like for generic drugs, but they may charge a higher monthly premium. Check with the plan first to see if your drugs would be covered during the gap.

Activities

While we are still closed due to COVID-19, your Council on Aging is continuing to offer outdoor programs. All outdoor activities are subject to weather conditions and may be canceled due to rain. If you are concerned an activity might be canceled, call the day of the event: 419-562-3050. Opt. 4

Crochet Circle

1:30 to 3 p.m. Sept. 8 and 22

A small group will gather on the COA's "front porch" just outside the entrance and work on crochet or related projects. Registration is limited. Call 419-562-3050 Opt. 4 to sign up.

Parking Lot Concert

1 to 2 p.m. Sept. 16

Harvey & Friends will perform live in the COA parking lot. Listen from your car or sit in the shade to the right of the stage. Donations will be collected for the band.

Outdoor Bingo

1 to 2:30 p.m. Sept. 25

Chairs will be set up in the shade next to the COA veggie garden. Participants will use clipboards, paper bingo cards and daubers to play. Prizes will be awarded to bingo winners. Sign up is required as registration is limited. To sign up, call 419-562-3050 Opt. 4.

Meet Frenchie

1 p.m. Sept. 29

Frenchie the pony was born in May at her family's farm in Wharton, Ohio. Her dad is a two-time world palomino

champion. Come meet Frenchie and hear a short presentation about her at the COA. Please sign up so we know how many chairs to provide.

Call 419-562-3050 Opt. 4.



Thank You!

Thank you to our generous sponsors who donated a combined total of \$315 to provide 45 free sandwiches to seniors from our featured food truck on National Senior Citizens Day in August. Thank you Petzone Kennels, Norton's Flowers, Cheryl Carbone, Kevin Myers, Paul Marsano, Ruth Culver, Pat Hammontree and Doug Bear Rentals!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8 Crochet Circle 1:30	9	10	11	12
13	14	15	16 Harvey & Friends 1-2	17	18	19
20	21	22 Crochet Circle 1:30	23	24	25 Outdoor Bingo 1-2:30	26
27	28	29 Meet Frenchie 1 p.m.	30			
						

Monday	Tuesday	Wednesday	Thursday	Friday
	1. Chicken & Dumpling OR Hamburger Gravy Mashed Potatoes Corn Banana	2. Southern Pork Chop OR Chicken Tenders Redskin Potatoes Peach Crisp Apple Juice	3. Sloppy Joe OR Sloppy Jack Yellow Squash Coleslaw Juice	4. Sausage Pizza OR Mozzarella Pizza Tossed Salad Tropical Fruit
7. CLOSED— LABOR DAY!	8. Chicken Leg OR Smothered Hamburger Corn Baked Potato	9. Sliced Beef OR Shredded Chicken Zucchini Peach Crisp	10. Spaghetti OR Jumbo Ravioli Cheesy Broccoli Mandarin Oranges Garlic Bread	11. Chicken Salad OR Turkey/Ham Salad Tomatoes Crackers Pineapple
14. Salisbury Steak OR Chicken Fried Steak Green Beans Yellow Squash	15. Stuffed Pepper OR Orange Chicken Over Rice Brussel Sprouts Corn Pineapple	16. Sliced Ham OR Sliced Beef Mashed Potatoes Baked Beans Fresh Cantaloupe Cornbread	17. Turkey Sausage OR Mini Pancake Wraps Baked Apples Redskin Potatoes Fresh Orange	18. Beef Vegetable Soup OR Chili Soup Tossed Salad Fruit Salad Bread Crackers
21. Smothered Hamburger OR Country Fried Steak Peas & Onions Coined Carrots Cereal Bar	22. Turkey Meatballs OR Grilled Chicken Breast Over Noodles Peas Cauliflower Juice	23. Chick & Rice Casserole OR Cabbage Roll Rice Succotash Beets & Egg	24. Pork Chop OR Chicken Cordon Bleu Peas Brussel Sprouts Banana	25. Ham & Bean Soup OR Chicken & Dumpling Soup Tossed Salad With Tomato Cucumber Salad Cornbread
28. Broccoli Cheddar Chicken OR Meatloaf Baked Potato Italian Green Beans Fresh Orange	29. Egg Omelet OR Turkey Sausage Pancakes Peaches & Cottage Cheese Hash Browns Orange Juice	30. Vegetable Lasagna OR Turkey Pot Roast Brussel Sprouts Baked Potato Sour Cream Pineapple	To Receive Your Meal You Must Be Home At Time Of Delivery.	Menu Subject To Change At Anytime Without Notice.

Word Scramble

Can you unscramble these Fall Season words?

NUUAMT _____

VEALES _____

LEAPP RICED _____

KIPPMUN _____

ROCAN _____

Answers on Page 9.

VAHERTS _____

WORCERACS _____

REYKUT _____

EHDIYAR _____

HAPPY
FALL



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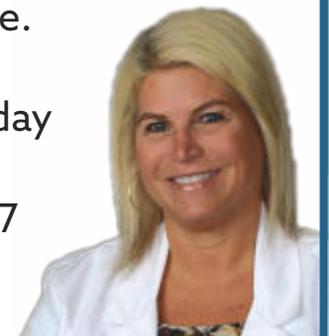
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Harvest Greetings!



Word scramble answers: Autumn, Leaves, Apple Cider, Pumpkin, Acorn, Harvest, Scarecrow, Turkey, Hayride. From page 8.

Falls Prevention

Falls are the leading cause of both fatal injury and nonfatal trauma-related hospital admissions among older adults. Every 11 seconds, an older adult is treated in the emergency room for a fall and every 19 minutes an older adult dies from a fall.

National Falls Prevention Week is Sept. 21-25. The National Council on Aging has put together this Falls Free CheckUp to help you assess your risk for falling.

Circle "Yes" or "No" for each statement below

Yes (2)	No (0)	I have fallen in the past year.
Yes (2)	No (0)	I use or have been advised to use a cane or walker to get around safely.
Yes (1)	No (0)	Sometimes I feel unsteady when I am walking.
Yes (1)	No (0)	I steady myself by holding onto furniture when walking at home.
Yes (1)	No (0)	I am worried about falling.
Yes (1)	No (0)	I need to push with my hands to stand up from a chair.
Yes (1)	No (0)	I have some trouble stepping up onto a curb.
Yes (1)	No (0)	I often have to rush to the toilet.
Yes (1)	No (0)	I have lost some feeling in my feet.
Yes (1)	No (0)	I take medicine that sometimes makes me feel light-headed or more tired than usual.
Yes (1)	No (0)	I take medicine to help me sleep or improve my mood.
Yes (1)	No (0)	I often feel sad or depressed.

TOTAL: _____ Add up the number of points of each "yes" answer. If you scored 4 points or more, you may be at risk for falling.

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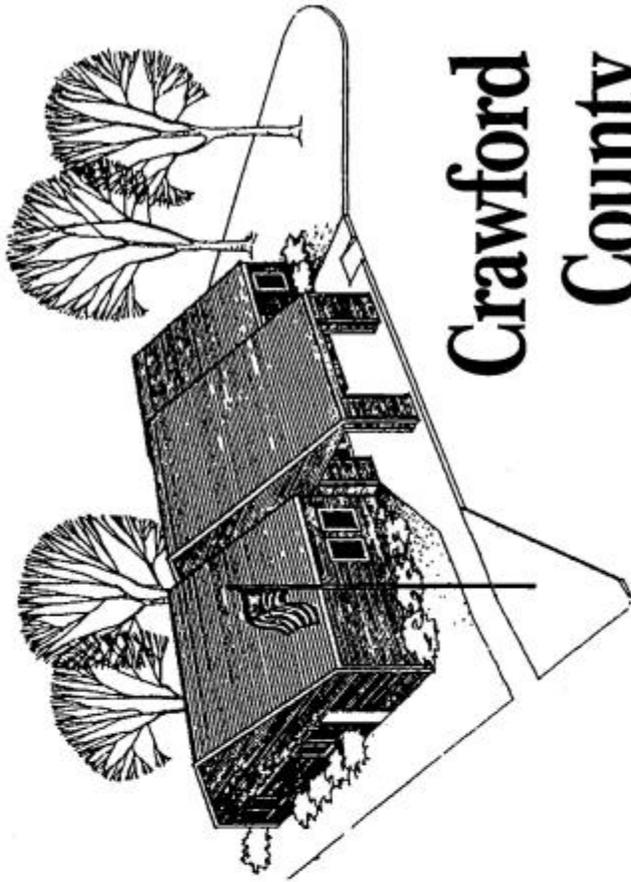
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