

CRAWFORD COUNTY COUNCIL ON AGING



April 2021 "Your Community Senior Center"

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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



HELP US CELEBRATE

EARTH DAY 2021

THURSDAY, APRIL 22ND

Come celebrate Earth Day with the
Crawford County Council on Aging.
See page 2 for more details.

Celebration of Earth Day

In celebrating Earth Day, the Council on Aging will be handing out Earth Day items to Crawford County seniors age 60 and older on Thursday, April 22, from 1-3 pm. You **MUST** sign up in order to drive-thru to pick up the Earth Day items. Registration is April 14-16 by calling 419-562-3050, option 4. Availability will be first-come first-serve. If you are unable to pick up the items, please let us know so we can make arrangements otherwise.



THE FIRST EARTH DAY

Every year on April 22, Earth Day marks the anniversary of the birth of the modern environmental movement in 1970.

ORIGINS OF EARTH DAY

Earth Day 1970 gave a voice to an emerging public consciousness about the state of our planet — In the decades leading up to the first Earth Day, Americans were consuming vast amounts of leaded gas through massive and inefficient automobiles. Industry belched out smoke and sludge with little fear of the consequences from either the law or bad press. Air pollution was commonly accepted as the smell of prosperity. Until this point, mainstream America remained largely oblivious to environmental concerns and how a polluted environment threatens human health.

THE IDEA FOR THE FIRST EARTH DAY

Senator Gaylord Nelson, a junior senator from Wisconsin, had long been concerned about the deteriorating environment in the United States. Then in January 1969, he and many others witnessed the ravages of a massive oil spill in Santa Barbara, California. Inspired by the student anti-war movement, Senator Nelson wanted to infuse the energy of student anti-war protests with an emerging public consciousness about air and water pollution. Senator Nelson announced the idea for a teach-in on college campuses to the national media, and persuaded Pete McCloskey, a conservation-minded Republican Congressman, to serve as his co-chair. They recruited Denis Hayes, a young activist, to organize the campus teach-ins and they choose April 22, a weekday falling between Spring Break and Final Exams, to maximize the greatest student participation.

Recognizing its potential to inspire all Americans, Hayes built a national staff of 85 to promote events across the land and the effort soon broadened to include a wide range of organizations, faith groups, and others. They changed the name to Earth Day, which immediately sparked national media attention, and caught on across the country. Earth Day inspired 20 million Americans — at the time, 10% of the total population of the United States — to take to the streets, parks and auditoriums to demonstrate against the impacts of 150 years of industrial development which had left a growing legacy of serious human health impacts. Thousands of colleges and universities organized protests against the deterioration of the environment and there were massive coast-to-coast rallies in cities, towns, and communities.

EARTH DAY TODAY

Today, Earth Day is widely recognized as the largest secular observance in the world, marked by more than a billion people every year as a day of action to change human behavior and create global, national and local policy changes.

Now, the fight for a clean environment continues with increasing urgency, as the ravages of climate change become more and more apparent every day.



Outside Activities Restarting - Welcome Back Courtney

Courtney Moody, Activities Coordinator, will be returning to the Council on Aging on Monday, April 12th. With Spring coming, we will be restarting our Activities Program during the month of April. Due to the pandemic we are still required to practice social distancing, wear masks, and participate outside with all scheduled activities.

We know it has been a long time since we were able to participate indoors, but we are going to give our best effort to utilize the warm weather so everyone can participate and have the opportunity to socialize and be outdoors. Watch for upcoming events during the month of April on Facebook in case other events are scheduled before receiving the May newsletter.

Courtney will be busy planning and getting organized when she returns in April. If there is an activ-

ity you would like to see scheduled again this year or if you have a new idea for an activity, please give Courtney a call at 419-562-3050, option 4. We are always open to new ideas!

The COA staff is looking forward to seeing all of you at the Senior Center again! Stay safe & stay healthy!



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14-1553

Avoiding Scams and Nuisance Calls

Avoid Coronavirus Scams

Here are some tips to help you keep the scammers at bay:

- Don't click on links from sources you don't know. They could download viruses onto your computer or device.
- Watch for emails claiming to be from the Centers for Disease Control and Prevention (CDC) or experts saying they have information about the virus. For the most up-to-date information about the Coronavirus, visit the Centers for Disease Control and Prevention (CDC) and the World Health Organization (WHO).
- Ignore online offers for vaccinations. There currently are no vaccines, pills, potions, lozenges, lozenges or other prescription or over-the-counter products available to treat or cure Coronavirus disease 2019 (COVID-19) — online or in stores.
- Do your homework when it comes to donations, whether through charities or crowdfunding sites. Don't let anyone rush you into making a donation. If someone wants donations in cash, by gift card, or by wiring money, don't do it.

For more information, visit <https://www.consumer.ftc.gov/features/coronavirus-scams-what-ftc-doing>

Protecting Consumers from Unwanted Telemarketing and Scams

Are you frustrated with frequent telemarketing calls? The Consumers' Counsel recommends you sign up for the national Do Not Call Registry. You can avoid receiving unwanted telemarketing calls by placing your phone number on the national Registry at www.donotcall.gov or by calling 1-888-382-1222. If you are on the Registry,

telemarketers may only call you if you have done business with them within the past 18 months, and telemarketers must stop calling you upon your request. Charities, political organizations, and telephone survey companies are exempt from this rule, meaning they can still call you if you are on the Registry.

If you registered with the Do Not Call Registry and still receive telemarketing calls, you may file a complaint. Three agencies will accept complaints about unwanted telemarketing calls, the Federal Trade Commission, the Federal Communications Commission and the Ohio Attorney General's Office.

The Federal Trade Commission enforces Do Not Call laws and will accept complaints at 1-888-382-1222 or at www.donotcall.gov. The Federal Communications Commission accepts complaints regarding telemarketers and telecommunications issues at 1-888-CALL-FCC or at www.consumercomplaints.fcc.gov.

to occ@occ.ohio.gov, or send your complaint via postal mail to: Office of the Ohio Consumers' Counsel; 65 East State Street, 7th Floor, Columbus, Ohio 43215-4213.

You may also contact the Public Utilities Commission of Ohio (PUCO) at 1-800-686-7826. Complaints about cramming or slamming of telephone service can also be made to the Federal Communications Commission (FCC) at 1-888-225-5322.

You also may contact the Governor's Office at 614-466-3555 and your state senator or state representative at 800-282-0253.

Regarding “Consumers’ Calling History for Sale” Consumers also can report any concerns or complaints to their wireless company or enforcement agencies such as the Ohio Attorney General's Office and the FCC.

Regarding “Caller ID Spoofing Scam” Complaints about violations of the Do Not Call, illegal robocalls or other federal telecom rules can be submitted to the Ohio Attorney General's Office or to federal agencies.

Regarding “Call Splashing Scam” For more information on telephone scams, visit the FCC's website at www.fcc.gov. In addition, by clicking here consumers can file complaints at the FCC regarding such issues as junk faxes, Do Not Call violations and prerecorded telephone messages.

Regarding “Unwanted Robocalls” Ohioans can report unwanted robocalls by texting “ROBO” to 888111, visiting OhioProtects.org or calling 1-800-282-0515.

General Consumer Tips:

Consumers should be vigilant in their dealings with persons seeking to sell utility products or services over the telephone or door-to-door.

Keep the following tips in mind:

- Ask for the salesperson’s name and, if a face-to-face meeting, ask to see the salesperson’s company identification;
- Keep your utility bill and account number private;
- Beware of saying “yes” on the phone. An affirmative response to a salesperson’s question can be taken as consent to enrollment in a service you did not request;
- Know what you are currently paying for telephone, electricity or natural gas services, and use your current rate as a comparison for other offers; and
- Do not give in to high-pressure tactics. There are other ways to sign up for an offer.

Emergency Payment Scam

What is it? There have been reports in Ohio about telephone scammers calling consumers and convincing them to pay their utility bill using a credit card or a prepaid card.

How does it happen? The scammers pretend to be affiliated with the utility and threaten the disconnection of utility service if the payment is not made immediately by credit card or by a particular prepaid card sold at convenience and drug stores. As a result, either the scammer has the customer’s credit card information, or the customer is stuck with a prepaid card that the utility might not honor.

AEP has been alerting customers about this tactic by including the note in its monthly bill: “Scam Alert: Telephone scammers are calling customers claiming to represent AEP or AEP Ohio. The caller threatens to cut off electricity service if money is not paid immediately by credit card or some other means. We don't call to ask for personal information, banking information, or credit/debit card payments.”

Vectren has reported that a similar scam was being used to coerce its Indiana and Ohio energy customers to make payments with a prepaid debit or credit card. And a similar scam involving FirstEnergy was reported by the Cleveland Plain Dealer.

How to avoid it: Consumers should be aware that utilities do not generally require their customers to make immediate payments using credit cards nor do they request personal information in this manner. Consumers should be cautious before giving sensitive personal information over the telephone.

Monday

Tuesday

Wednesday

Thursday

Friday



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2



6

7

8

9

12
Courtney
Moody returns
to restart
Activities
Program

13

14
*Earth Day-
items-sign up*

 An illustration of an orange pencil with a pink eraser and a sharpened lead tip.

15
*Earth Day-
items-signup*

 An illustration of an orange pencil with a pink eraser and a sharpened lead tip.

16
*Earth Day-
items-signup*

 An illustration of an orange pencil with a pink eraser and a sharpened lead tip.

19

20

21

22 *Earth Day-
drive-thru
pick up 1-3pm*

 A graphic for Earth Day featuring a globe, green leaves, and a banner that says "Earth Day April 22".

23

26

27

28

29

30

Monday	Tuesday	Wednesday	Thursday	Friday
<p>To Receive Your Meal You Must Be Home At Time Of Delivery.</p>	<p>Menu Subject To Change At Anytime Without Notice.</p>		<p>1. BBQ Chicken Breast OR Meatloaf Peas & Onions Sweet Potato Fries Cereal Bar</p>	<p>2. Beef Vegetable Soup OR Chili Soup Salad Blend Fruit Salad Bread Crackers</p>
<p>5. Southern Pork Chop OR Meatloaf Prince Charles Vegetables Baked Potato Fresh Orange</p>	<p>6. Sliced Turkey OR Salisbury Steak Green Beans Corn Pears & Blueberries</p>	<p>7. Beef & Noodles OR Vegetable Lasagna Baked Apples California Blend Tropical Fruit</p>	<p>8. Sliced Beef OR Chicken Breast Maple Sweet Potatoes Broccoli Fruit & Jell-O</p>	<p>9. Taco Soup OR Chicken Tortilla Soup Corn Chips Tossed Salad Apple Juice</p>
<p>12. Smothered Hamburger OR Country Fried Steak Green Beans Yellow Squash</p>	<p>13. Chicken & Dumplings OR Hamburger Gravy Mashed Potatoes Corn Banana</p>	<p>14. Mini Sausage/ Pancake Bites OR Turkey Sausage Baked Apples Redskin Potatoes Fresh Orange</p>	<p>15. Sloppy Joe OR Sloppy Jack Broccoli Scalloped Potatoes Fruit & Jell-O</p>	<p>16. Pepperoni Pizza OR Corndog Mandarin Oranges Orange/Pineapple Juice Pickled Beets & Egg</p>
<p>19. Popcorn Chicken OR Chipped Beef Mashed Potatoes Corn Banana</p>	<p>20. Spaghetti OR Jumbo Ravioli Cheesy Broccoli Garlic Bread Mandarin Oranges</p>	<p>21. Stuffed Pepper OR Sweet & Sour Chicken Rice Corn Pineapple</p>	<p>22. Turkey Pot Roast OR Stroganoff Baked Potato Brussel Sprouts Fruit</p>	<p>23. Chicken Salad OR PB&J Tossed Salad Grapes Apricots Juice</p>
<p>26. Turkey Meatballs OR Grilled Chicken Breast Peas Cauliflower Apple Juice</p>	<p>27. Chicken Nuggets OR Sliced Pork Mashed Potatoes Corn Fruit Juice</p>	<p>28. Ham & Cheese Omelet OR Turkey Sausage Hash Browns Peaches & Cottage Cheese Bagel</p>	<p>29. Cabbage Roll OR Orange Chicken Succotash Orange/Pineapple Juice Rice</p>	<p>30. Sausage Pizza OR Mozzarella Pizza Tossed Salad Fruit Juice Tomato</p>

STOP Unwanted Calls

Telemarketing to Wireless Phones

Some customers have received warnings that if they do not add their wireless phone number to the national Do Not Call list, it will be sold to telemarketers or placed in a national wireless directory. These warnings are not accurate. According to the FCC and other sources, consumers should know that it is illegal for most telemarketers to place calls to wireless phones. While most telemarketing calls to a wireless phone are illegal, consumers may still feel more secure adding their wireless phone number to the national Do Not Call list.

Telemarketers may not:

- Make calls to your home phone before 8 a.m. or after 9 p.m.;
- Take money from your bank account without your permission; or

- Send advertisements to your fax machine, computer, or cellphone without your permission.
- Ask you to pay by providing the PIN from a cash reload card.

There are exceptions to these rules. For example, robocalls may be used to contact you if they provide informational messages, like school announcements, emergency messages from government officials, and flight information. Phone surveys are allowed, even if they are robocalls, so long as they are not used to sell a product or service. Calls from political or nonprofit organizations are also allowed.



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Marci's Medicare Answers

What home health services does Medicare cover?



Dear Marci,



I need to start physical therapy, but it is very difficult for me to leave my home due to my injury. What home health services does Medicare cover?

-Ada (Rockville, MD).

Dear Ada,

Home health care includes a wide range of health and social services delivered in your home to treat illness or injury. If you qualify for the home health benefit, Medicare covers the following:

- **Skilled nursing services**, such as injections, tube feedings, catheter changes, observation and assessment of your condition, and wound care

Provided up to seven days per week for generally no more than eight hours per day and 28 hours per week. In some circumstances, Medicare can cover up to 35 hours per week.

- **Skilled therapy services**, such as physical therapy, speech language pathology, and occupational therapy

Note: You cannot qualify for Medicare home health coverage if you only need occupational therapy. However, if you qualify for home health care on another basis, you can also get occupational therapy. When your other home health needs end, you can continue receiving Medicare-covered occupational therapy under the home health benefit if you need it.

- **Home health aide**, who provides personal care services like bathing, toileting, and dressing

Note: Medicare pays in full for an aide if you required skilled care. Medicare will not pay for an aide if you only require personal care and do not need skilled care.

- **Medical social services**, such as counseling or help finding resources in your community

Medical social services are ordered by your doctor to help with social and emotional concerns you have related to your illness.

Medical supplies, such as wound dressings and catheters

- **Durable medical equipment (DME)**, such as wheelchairs and walkers

There are certain requirements one must meet to be eligible for the home health benefit. For example, an individual must be considered homebound and have a plan of care approved by their doctor. Do note, however, that during the current coronavirus public health emergency, some of these requirements have been changed to allow for greater access to home health care. It is also important to know that your home health care is covered by Medicare even if your condition is chronic or if you are not showing signs of improvement.

Speak with your doctor to begin home health care. If you have Original Medicare, call 1-800-MEDICARE or visit www.medicare.gov/care-compare to find a list of Medicare-certified home health agencies (HHAs). If you have a Medicare Advantage Plan, you should contact the plan directly for a list of HHAs in your plan's network.

-Marci

How can I appeal my SNF discharge?

Dear Marci,



I have been recovering from surgery at a skilled nursing facility (SNF), but recently was told I am being discharged this week. How can I appeal my discharge from a SNF?

- Matthew (Rochester, NY)

Marci's Medicare Answers

Dear Matthew,

If you are receiving care in a non-hospital setting and are told that Medicare will no longer pay for your care (and you will be discharged), you have the right to file a fast appeal if you do not believe your care should end. Non-hospital settings include skilled nursing facilities, Comprehensive Outpatient Rehabilitation Facilities (CORFs), hospice, or home health agencies.

If your care at a non-hospital setting is ending because your provider believes Medicare will not pay for it, you should receive a Notice of Medicare Non-Coverage. You should get this notice no later than two days before your care is set to end. If you receive home health care, you should receive the notice on your second to last care visit. If you have reached the limit in your care or do not qualify for care, you do not receive this notice and you cannot appeal.

If you feel that your care in a non-hospital setting should continue, follow the instructions on the Notice of Medicare Non-Coverage to file an expedited appeal with the Quality Improvement Organization (QIO) by noon of the day before your care is set to end. Once you file the appeal, your provider should give you a Detailed Explanation of Non-Coverage. This notice explains in writing why your care is ending and lists any Medicare coverage rules related to your case.

The QIO will usually call you to get your opinion. You can also send a written statement. If you receive home health or CORF care, you must get a written statement from a physician who confirms that your care should continue.

If you have Original Medicare, the QIO should make a decision no later than two days after your care was set to end. If you have a Medicare Advantage Plan, the QIO should make a decision no later than the day your care is set to end. Your provider cannot bill you before the QIO makes its decision. If the QIO appeal is successful, you should continue to receive Medicare-covered care,

as long as your doctor continues to certify it.

If your appeal is denied at this first level, you can continue to appeal by following instructions on the denial notices you receive. There are five levels of appeal in total; the timing and agency involved depend on whether you have Original Medicare or a Medicare Advantage Plan. You have the right to continue appealing if you are not successful.

Expedited appeals have tight deadlines, so it is important to pay attention to the timeframes for appealing at each level. Keep copies of any appeal paperwork you send out, and if you speak to someone on the phone, get their name and write down the date and time that you spoke to them. It is helpful to have all of your appeal documents together in case you run into any problems and need to access documents you already mailed.

Note that the appeal process is different if your inpatient hospital care is ending or if your care is being reduced but not ending, and you do not agree with that reduction.

—Marci



Medicare



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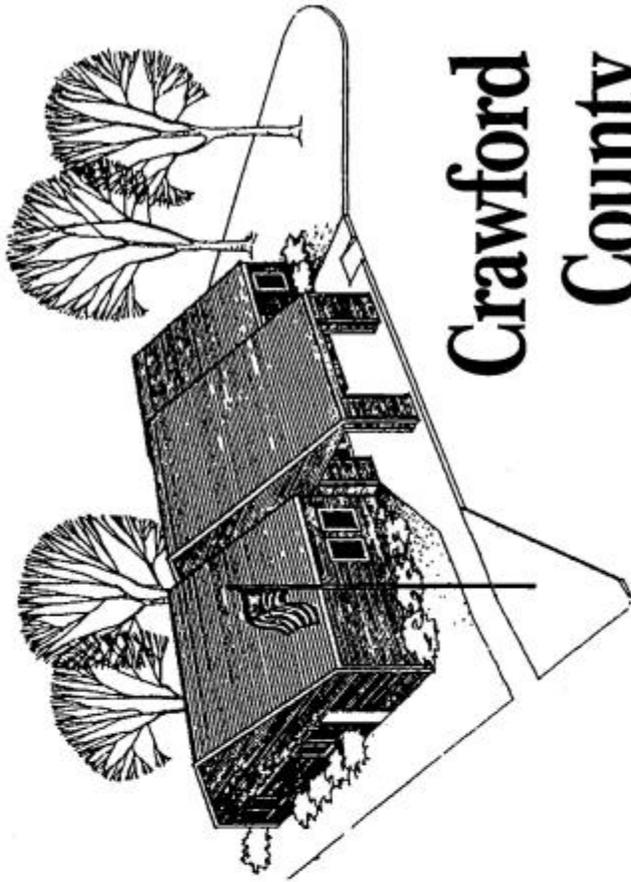
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