

# CRAWFORD COUNTY COUNCIL ON AGING



August 2021 "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](mailto:coa@cccoa.org)

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

# Senior Tidings

The Crawford County Council on Aging presents:

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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



- Aug. 23: Harvey & Friends country music 2-3 p.m.**
- Aug. 24: Cardmaking for Caitlin's Smiles 9:30-11 a.m.**
- Aug. 25: Breakfast & a Movie 9 a.m.**
- Aug. 26: Canvas Painting\* 12:45-3 p.m.**
- Aug. 27: Southern Social\* 2-3 p.m.**

Activities with a \* require a fee.

# Did You Know?

## Activities Membership

Beginning August 2021, the Crawford County Council on Aging is offering memberships to participate in Activities. Members receive discounts on activities that require a fee and other perks throughout the year. This is an annual, rolling membership. Memberships are for 12-months, and renewal is needed 12 months after original purchase.

Memberships are available to senior citizens 55 and older. Membership fees are \$30 for single/individual and \$55 for a married couple applying together. Fees benefit the Activities Department, which is a self-funded program. No refunds or partial refunds will be accepted.

### Why are we adding memberships?

Many senior centers in our district offer memberships. Membership fees give the Activities Department funds in advance of events and allow us to purchase needed supplies. Memberships also save seniors money over time by offering more in discounts and benefits than the cost of a membership.

### Can non-members still attend activities?

**YES!** This is your “Community Senior Center!” The center is open to both members and guests (non-members) and both may attend activities! However, some activities may have specific member benefits such as discounts, early sign-up opportunities or an annual members-only activity or trip.

For more information about current activities, registration, & fees:

**Go to Our Senior Space to sign up for activities:**

<https://ourseniorspace.com/businesses/337/public>

**Go to We Share to see events & donation options:**

<https://crawfordcountyaging.weshareonline.org/>

**Ask to sign up for our monthly Senior Tidings newsletter:**

<https://crawfordcountyaging.weshareonline.org/>

## COA Services

The Crawford County Council on Aging is **NOT** a government agency, but a private non-profit organization that relies heavily on federal funding. The CCCOA receives federal funding through the Older Americans Act which must be matched with local funds. Local funding comes from the Senior Services Levy, clients, organizations, churches, and private donors which allows us to provide services to older adults by helping them to remain independent in their homes and communities as health and function decline.

The Council on Aging provides:

**Home Delivered Meals**

**Congregate Meals**

**Transportation**

**Homemaker**

**Personal Care**

**Information & Referral**

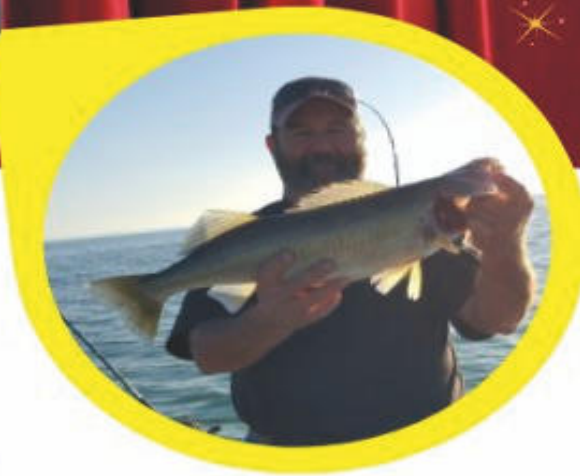
**Legal Aid Services**

**Medicare Assistance**

To be eligible, clients must live in Crawford County, be 60 and older, and unable to perform certain daily activities without needing help. Services are flexible and can increase and decrease as a client's needs change. Caregivers may also call to inquire about services at 419-562-3050.

# Employee Spotlight

Mike Browning



## Each month we will highlight a Crawford County Council on Aging Employee.

Mike Browning has been with the Council on Aging transportation department for nearly 15 years. Mike is also our Mr. Fix-It. He is our go-to person when something is broken or not working correctly. He said along with driving clients where they need to go, his job is to "fix minor van problems and keep the boss happy." He describes himself as

"a very cheerful fella with a big heart" and all of us here at the COA would agree! Mike enjoys the outdoors and being around people. He has lived in Bucyrus his entire life. Mike's hobbies include hunting, fishing, ice fishing and smoking meats. He can't live without money and fishing!

"I got my 'brains' or GED when I turned 50 just to see if I still had what it takes!" Next time you see Mike driving one of our COA buses, give him a wave!

## Heartland

**Tiffany R Emmert**  
Administrator & Admissions  
tiffany.remmert@hcr-manorcare.com  
hcr-manorcare.com

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Bucyrus, Ohio 44820  
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419.562.1611 fax



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## Health Insurance Questions?

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Angela Mathys, Administrator  
maplecrestkds@yahoo.com  
717 Roger Street  
Bucyrus, Ohio 44820  
Phone: 419-562-4988



Fax: 419-562-4883

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# Activities

**ANNOUNCEMENTS:** To sign up for an activity, call 419-562-3050 Opt. 4. Remember to check in at our Senior Space kiosk in the lobby prior to your activity or congregating meal. Some activities have a suggested donation or specified cost. The activities program runs on donations and fundraising. Membership benefits begin this month. If an activity has applicable member benefits, those benefits will be listed in the activity description.

## Chair Yoga

**9:30 a.m. Aug. 2, 16 and 30**

This class includes some standing positions and requires an exercise waiver. Chair yoga can help improve core strength and balance, increase flexibility and promote mobility. FREE.

## Euchre

**12:30-3 p.m. Mondays**

Come play euchre after lunch. A group plays at the small round tables in the lobby. No sign up needed.

## Scrapbook

**9:30-10:45 a.m. Aug. 4**

Bring your photos and supplies, or use supplies we have here, to work on your scrapbook. FREE.

## Membership Presentation

**11 a.m. Aug. 4**

Join Cassie and Courtney for this quick overview of our new COA memberships. Membership benefits begin this month.

## Senior Walking Club

**8:30 a.m. Thursdays at Aumiller Park**

Meet at the Friendship Shelter. Distance varies but is usually around 2 miles. Easy terrain. New attendees should call Courtney at 419-562-3050.

## Free Craft Friday

**10-11 a.m. Aug. 6**

Decorate a paper picture frame. Yellow flared rectangles and pink heart shapes available. Some stickers, adhesive decorations and ribbon available to use. Bring a 4x6 picture to be taped to the frame. Adhesive magnet pieces will be put on the back so you can show off your picture on your fridge at home. Sign up required as supplies are limited.

## Grief Support Group

**11:30 a.m. Aug. 10 at Bob Evans**

Everyone has experienced loss in this life, whether it be loss of a spouse, a loved one, a job, a pet or loss of independence. You don't have to walk this path alone. Join us for a grief support group led by our social worker Janell Croneis, MSW, LISW-S. The group will meet at Bob Evans, 1517 N. Sandusky Ave., Bucyrus. Call Janell to RSVP: 419-562-3050 ext. 234. Attendees pay for their own food.

## Pipe Organ Concert & Ice Cream Social

**1 p.m. Aug. 11 in Galion**

Come visit the Historic Grace Church in Galion and listen to beautiful music from its H.D. Blanchard Pipe Organ. Following the music, we will have an ice cream social at the church. Meet at the church, located at 126 W. Walnut Street, Galion, across from Brownella Cottage. Those attending will be entered to win a DK's Drive-In gift card! Ice Cream cost: donation

## Movie & Peanuts

**1 p.m. Aug. 12**

Celebrate World Elephant Day with us! We will be watching a Disney Nature documentary about Elephants, narrated by Meghan, The Duchess of Sussex. The film follows African elephant Shani and her 1-year-old son Jomo as they set out on an epic journey with their herd traveling hundreds of miles across the vast Kalahari Desert. Shani and her fami-

# Activities

ly are among the last elephants on the planet to make these lengthy migrations. During the film, we will snack on peanuts and circus peanuts. FREE.

## Bingo & Hot Dog Bar

**1 p.m.-3 p.m. Aug. 20**

Bingo will take place from 2 to 3 p.m. Prizes are sponsored by Kindred Hospice and Cindy Jeffries will, volunteer coordinator with KH, will be here to help. Prior to bingo, we will offer a hot dog bar. Hot dogs and choice of toppings will be available for \$1 each; chips and drinks at an additional cost. **Members** receive a free drink with hot dog purchase. Reservations for hot dog bar are encouraged.

## COA Brat Fest Celebration

**1 p.m. Aug. 20**

It's bratwurst time! We will offer bratwurst, chips and a drink for \$4. Pre-order meal by Aug. 11. We will also host accordion players Wayne Golob and Anthony Culkar. Cool down with an ice cream sundae. Ice cream cost: \$2; Members: \$1.

## Southern Week

Each month, we are planning a theme week.

## Harvey & Friends

**2-3 p.m. Aug. 23**

The band is back! Come join us for some country and bluegrass tunes! FREE.

## Cardmaking for Caitlin's Smiles

**9:30-11 a.m. Aug. 24**

Caitlin's Smiles is a program to help children with chronic and life-threatening illnesses by giving them hope, laughs and smiles. We will be making cards to donate to this program. FREE.

## Breakfast & a Movie

**9 a.m. Aug. 25**

We will watch an epic Southern romance drama starring Ryan Gosling and Rachel McAdams and enjoy some breakfast! Sign up is required. Breakfast: \$3 **Members:** \$1.50

## Canvas Painting

**12:45-3 p.m. Aug. 26**

We will follow a video tutorial to create a beautiful wildflower painting using acrylic paint and white canvas. All supplies are provided. No experience needed. Volunteers to help are wanted! Painting class: \$8 **Members:** \$4. Sign up is required.

## Southern Social

**2-3 p.m. Aug. 27**

Let's get together, y'all! This social will feature a variety of Southern appetizers and desserts. Cost to attend is \$5 and includes food and an entry to win a prize! Sign up and payment is required by Aug. 23.

## Crestline Bingo

**2-3 p.m. Aug. 25**

Bingo will take place at the Crestline Community Center, across from the fire department. All supplies will be provided. Free to play! Win prizes! Sign up is required.

## Crochet Circle

**1:30-3 p.m. Aug. 30**

Crocheters, knitters and handcrafters are welcome to join this circle. Bring your own supplies and project and chat with other crafters. FREE.

## New Washington Bingo

**2-3 p.m. Aug. 31**

We need seniors from New Washington to participate! Free to play! Win prizes! All supplies provided. Sign up is required. We need at least 10 players to have the game.

**Total member savings this month:  
\$7.00**

It pays to be a member! Memberships are \$30 per year—that's just \$2.50 per month! \*Membership must be paid in full at time of purchase.

Mon	Tue	Wed	Thu	Fri
<b>2</b> Chair Yoga 9:30 a.m.  Cards 12:30-3 p.m.	<b>3</b>	<b>4</b> Scrapbooking 9:30-10:45 a.m.  Membership presentation 11 a.m.	<b>5</b> Walking Club 8:30 a.m.	<b>6</b> Free Craft Friday 10-11 a.m.
<b>9</b> Cards 12:30-3 p.m. 	<b>10</b> Grief Support Group 11:30 a.m.	<b>11</b> Pipe Organ concert & ice cream in Galion 1 p.m.	<b>12</b> Walking Club 8:30 a.m.  Movie & Peanuts 1 p.m. 	<b>13</b>
<b>16</b> Chair Yoga 9:30 a.m.  Cards 12:30-3 p.m.	<b>17</b> Hot dog bar 1-2 p.m.  Bucyrus bingo 2-3 p.m.	<b>18</b>	<b>19</b> Walking Club 8:30 a.m.	<b>20</b> Bratwurst Fest Celebration 1 p.m. 
<b>23</b> Harvey & Friends 2-3 p.m.  Cards 12:30-3 p.m.	<b>24</b> Cardmaking 9:30-11 a.m. 	<b>25</b> Breakfast & a movie 9 a.m.  Crestline Bingo 2-3 p.m.	<b>26</b> Walking Club 8:30 a.m.  Canvas Painting 12:45-3 p.m.	<b>27</b> Southern Social 2-3 p.m.
<b>30</b> Chair Yoga 9:30 a.m.  Cards 12:30-3 p.m.  Crochet Circle 1:30-3 p.m.	<b>31</b> New Washington Bingo 2-3 p.m.	<div style="background-color: #fff9c4; padding: 10px; border: 1px solid black;"> <p><b><u>Activities with a fee</u></b></p> <p>-Hot dog bar                      -Bratwurst celebration                      -Breakfast                        -Canvas Painting</p> <p>*Other activities may request a donation.</p> </div>		

Monday	Tuesday	Wednesday	Thursday	Friday
2. Mini Corndogs <b>OR</b> Chicken Nuggets Peach Crisp Broccoli Fruit Punch	3. BBQ Pulled Pork <b>OR</b> Philly Beef Steak Sweet Potato Fries Capri Blend Vegetables Apple Juice	4. Turkey Burger <b>OR</b> Spicy Chicken Sandwich Lettuce/Tomato Italian Green Beans Banana	5. Chicken Cavatappi Pasta <b>OR</b> Beef Stroganoff Baked Potato Brussel Sprouts Pineapple	6. Tossed Salad With Turkey <b>OR</b> Tossed Salad With Ham/Bacon Tomatoes/ Cheese Hard Boiled Egg
9. Veal Patty <b>OR</b> Broccoli Cheddar Chicken Baked Potato Italian Green Beans	10. Vegetable Lasagna <b>OR</b> Beef & Noodles Baked Apples California Blend Tropical Fruit	11. BBQ Pulled Pork <b>OR</b> Shredded Chicken Sandwich Pierogis Grapes Fruit Juice	12. Turkey Sausage McMuffin <b>OR</b> Mini Sausage/ Pancake Bites Baked Apples Redskin Potatoes Fresh Orange	13. Chicken Salad <b>OR</b> Cottage Cheese Peaches Ranch Seashell Pasta Salad Club Crackers
16. BBQ Chicken <b>OR</b> Meatloaf Peas & Onions Sweet Potato Fries Juice	17. Salisbury Steak <b>OR</b> Country Fried Steak Mashed Potatoes Green Beans Orange/Pineapple	18. Chicken Alfredo <b>OR</b> Stuffed Shells Cheesy Broccoli California Blend Tropical Fruit	19. Hotdog <b>OR</b> Bratwurst Baked Beans Coleslaw Cantaloupe	20. Egg Salad <b>OR</b> PB&J Spiced Apples Pineapple Juice
23. Cabbage Roll <b>OR</b> Sweet & Sour Chicken Rice Succotash	24. Beef & Noodles <b>OR</b> Chicken & Noodles Baked Apples California Blend Tropical Fruit	25. Chicken & Dumplings <b>OR</b> Hamburger Gravy Mashed Potatoes Corn Banana	26. Pork Roast <b>OR</b> Meatloaf Green Beans Potatoes Pears & Blueberries Roll	27. Smoked Sausage <b>OR</b> Diced Ham Green Beans Yukon Potatoes Peach Crisp
30. Chicken Leg <b>OR</b> Pork Chop Mixed Vegetables Baked Potato Juice Granola	31. Popcorn Chicken <b>OR</b> Chipped Beef Mashed Potatoes Corn Banana Graham Cracker		<b>To Receive Your Meal You Must Be Home At Time Of Delivery.</b>	<b>Menu Subject To Change At Anytime Without Notice.</b>

# Word Finder

A Boggle-inspired game!

A	M	A	L	P
E	T	N	N	S
S	R	U	E	R
E	W	O	N	O
T	N	K	C	H

How many words can you make? All letters in a word must connect & you can't use the same tile twice in one word.

3 and 4-letter word: 1pt, 5-letter: 2pts, 6-letter: 3pts,

7-letter: 5pts, 8 or more letters: 10 pts

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

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# Summer Crisis Program

## Summer electric assistance available for low-income households

Help is available for eligible Ohioans working to cope with the summer heat. The Summer Crisis Program allows eligible consumers of regulated utilities to a benefit amount up to \$500, while customers of unregulated utilities may receive a benefit not to exceed \$800. These benefits can help pay an electric utility bill, pay towards a central air conditioning repair, and/or an air conditioning unit or fan.

To be eligible for assistance, households must have a gross annual income that is at or below 175 percent of the federal income guidelines. In addition to the income guidelines, households must meet at least one of the following additional eligibility requirements:

- A household member is 60 years of age or older;
- A household member has a medical necessity documented by a qualified medical professional;
- A household member has a documented COVID-19 diagnosis within the last 12 months;
- The household has a disconnection notice, has been disconnected, or is establishing new electric service; or
- The household is enrolling in the Percentage of Income Payment Plan (PIPP Plus) for the first time or has a PIPP default.

**New for 2021:** The utility assistance benefit is separate from the additional benefit for central air conditioner repair and receiving an air conditioner unit or fan.

### Additional information

To apply for the Summer Crisis Program, consumers need to contact their local community action agency. The community action agency determines the benefits that can be provided. **The program is available from July 1 until September**

**30, 2021.**

For additional information on the Summer Crisis Program, and to locate the nearest community action agency, contact the Ohio Development Services Agency (ODSA) at 1-800-282-0880 (TDD 1-800-686-1557) or online at:

[https://development.ohio.gov/is/is\\_heapsummer.htm](https://development.ohio.gov/is/is_heapsummer.htm).

For information on other utility assistance available, visit: [www.occ.ohio.gov/utilityassistance](http://www.occ.ohio.gov/utilityassistance)

## UV Light Safety Awareness

While many of us may be familiar with the importance of sunscreen to protect our skin from UV rays, did you know that our eyes need plenty of protection, too? Too much exposure to UV rays can lead to eye cancer, cataracts, or eye growths.

Follow these tips from the [American Academy of Ophthalmology](https://www.aao.org/) to protect your eyes in every season:


- Wear a hat and sunglasses.
- Know that UV light can pass through clouds and haze.
- Never look directly at the sun.

[When shopping for sunglasses](#), look for those that offer 100% UV protection. Remember that the darkness or color of the lenses do not correlate to their level of protection



## How can I appeal a denial from a Medicare Advantage Plan?

Dear Marci,

 I received a denial notice for an appointment with a specialist that I think should have been covered based on my plan's coverage rules. How can I appeal a denial from a Medicare Advantage Plan?

—Ricky (Conroe, TX)

Dear Ricky,

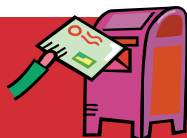
If you have a Medicare Advantage Plan and were denied coverage for a health service or item that you have already received, you may choose to appeal to ask your plan to reconsider its decision. Follow the steps below if you think the denied health service or item should be covered by your plan.

First, start by reading your denial notice closely. It should explain what you need to do to appeal and the reason your care is not being covered. If you do not understand the reason for denial, you should call your plan directly to request more information. **Understanding the basis for the denial will really help you in writing your appeal!**

Start your appeal by following the instructions on the notice you received from your plan. Make sure to file your appeal within 60 days of the date on the notice (If you have a good reason for missing your appeal deadline, you may be eligible for a [good cause extension](#)). You will most likely need to send a letter to the plan explaining why you needed the service you received. **You may also want to ask your doctor to write a letter of support, explaining why you need care and addressing the plan's reason for denial.** Make sure to keep copies of all the documents you received and sent during this process.

Your plan should make a decision within 60

## Medicare Info.



days. If your appeal is successful, your service or item will be covered. If your appeal is denied, you should receive a written denial notice. If your appeal is denied, the plan should automatically forward your appeal to the next level, the Independent Review Entity (IRE). You can read about the following levels of appeal [here](#).

Note that you will follow different appeal processes if your plan has denied coverage for [care you have not yet received](#) or a [prescription drug](#). Please see this chart for a brief outline of the [Medicare Advantage appeal process](#).

If you need further assistance and counseling around your appeal, I recommend contacting your local **State Health Insurance Assistance Program (SHIP)**. You can locate your SHIP by visiting [www.shiphelp.org](http://www.shiphelp.org) or calling 877-839-2675.

Best of luck! —Marci

## COVID-19 Vaccine

Getting the COVID-19 vaccine is more important than ever. **The [Delta variant](#), a new variant of the virus now in the U.S.**, is more easily spread and can cause severe disease.

If you're fully vaccinated, that's great. **The COVID-19 vaccines are highly effective against this variant.** But if you're unvaccinated, you're at risk.

The more a virus spreads, the more it mutates, and the more variants can emerge. Help stop the spread of Delta and other COVID-19 variants by **getting vaccinated as soon as you can.**

**How to find a COVID-19 vaccine near you:**

- Search <http://www.vaccines.gov>
- Text your ZIP code to **438829**
- Call **1-800-232-0233**

**Reminder: [Medicare covers the COVID-19 vaccine](#), so there's no cost to you.**



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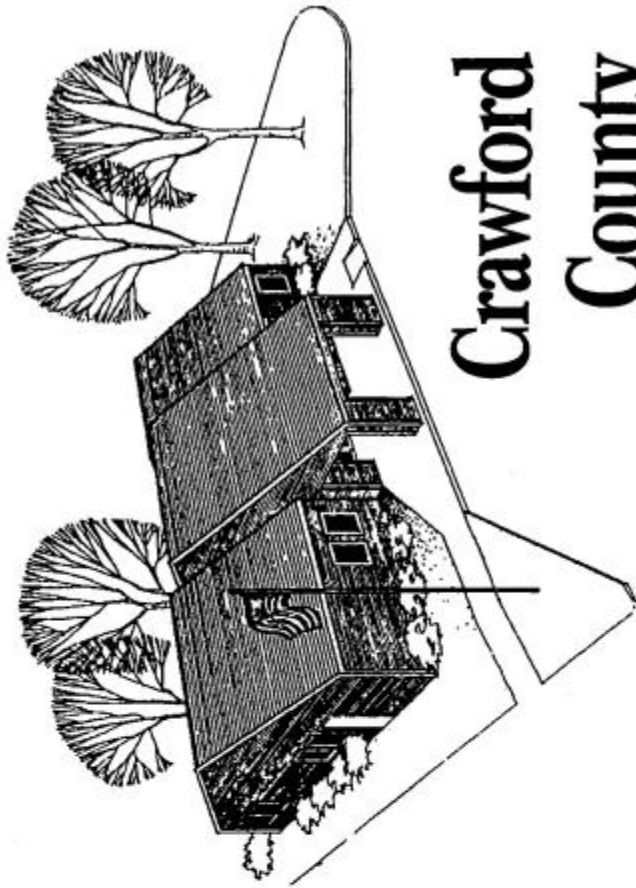
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# Crawford County Senior Center

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