



April 2024

PRIME TIME

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<https://www.unioncountyohio.gov/senior-services-home>

SPRING AND SUMMER SAFETY FOR OLDER ADULTS OHIO DEPARTMENT ON AGING

Severe spring and summer weather can be hard for anyone to deal with but, for many reasons, older adults may have a harder time adjusting to severe weather. Severe spring and summer weather in Ohio may include severe thunderstorms, tornados, floods and flash floods, high winds, excessive heat, fog, and more.

Prepare for Severe Weather

Disasters Don't Wait. Make an Emergency Plan Now.

Every household should have an emergency kit and plan. Older adults may have additional things to consider including in their kit and plans.

- Medications - Keep a backup supply of the medications you take every day (check expiration dates every couple of months and replace if necessary).
- Medical supplies - Keep a backup stash of medical supplies such as bandages, wraps, alcohol, lotions, over-the-counter medications, etc.
- Equipment and assistive devices - Make sure your medical equipment and assistive devices (such as canes, walkers, wheelchairs, lifts, oxygen tanks, etc.) are easy to locate in an emergency and note their locations in your emergency plan. Have spare batteries for equipment that uses batteries. Have non-powered options for any equipment that will not work if there is no electricity. Keep written instructions on how to locate, operate, and move your medical and adaptive equipment in your kit.
- Cell phone - Store emergency contacts in your cell phone and pack an extra charger, cord, or battery backup in your emergency kit.

The National Weather Service monitors weather conditions and may issue watches, warnings, or advisories when dangerous weather is expected. **Watches** - A weather watch means that a potentially dangerous weather event could happen in your general area, but forecasters do not yet know exactly if, when, or where. **Warnings** - A weather warning means that a dangerous weather event is happening or is very likely to happen. **Advisories** - A weather advisory means that a serious weather event is happening or about to happen. Advisories are generally issued for weather that is less dangerous, but still requires caution protect yourself and your property

Often, following severe weather, contractors may roll into a neighborhood, offering to repair damage caused by the storm. While many respectable businesses still go door-to-door to meet potential customers, you should always be careful about people who come to your home unexpectedly. They don't always have your best interests in mind. The Ohio Attorney General warns consumers to be alert to signs of home repair scams, such as: They claim they can start work immediately, have the materials left over from another job, or offer some other reason you should accept their offer right away. They ask for a large down payment or ask you to sign over your insurance settlement check. Once you've paid, they may not return to do the work, or the work they do may be incomplete or poor-quality. They pressure you to decide right away and refuse to give you written information about their work. If you're not sure whether you can trust a contractor, refuse their offer and call local law enforcement to report a suspected scam.

Adult Protective Services

Do you have concerns that a senior, 60 or over, is being maltreated? Examples include physical harm/injury, neglect, self-neglect, financial exploitation, verbal/emotional abuse, sexual abuse.

Contact the Abuse Hotline at 937-644-1010 Option 1



NAMI Family-to-Family

National Alliance on Mental Illness

A free educational program for family, partners, and friends of those with mental health conditions. With lived experience, our instructors understand and remind you that you are not alone. Research shows that our program significantly improves the coping and problem-solving abilities of those closest to those with a mental health condition. Join us to better understand your loved one's diagnosis and its impact.

Contact Makayla at Makayla@NotAloneOhio.org or call 740.815.1767 for questions.




Starting March 25th - May 13th, 6pm -8:30pm, 8-session education program at St. John's Lutheran Church, 16561 Kandel Rd., Marysville, OH 43040. Registration Required. Call 740.815.1767 to register.

Solar Eclipse Preparedness

Union County is along the Path of Totality, meaning the sun will be completely obscured by the moon, plunging the daytime sky into darkness for several minutes. Because of our location within the Path of Totality and easy drive from Columbus, there is potential for a significant increase in traffic and visitors headed to or through Union County for the eclipse. Heavy traffic or long delays are possible in the afternoon/evening of **April 8th, 2024**.

Mary- Go -Round!

A free shuttle service for adults 50+ Scheduled stops to Meijer, Walmart, Kroger and other community destinations. Call 614.398.8846 to register and more Information.

-  No Bag Limit
-  Ride for Free
-  Ride to Win Prizes

Happening Events:

April 4th 10:00am - 3:00pm: Mary- Go- Round, A free shuttle service for adults 50 and older to run every Thursday. Call 614.398.8849 for more information.

April 8th beginning 3:08pm - 3:19pm, Total Solar Eclipse will pass over Ohio.

April 30th, 2:00pm-3:00pm: Welcome to Medicare, 940 London Ave, Marysville, Oh Conference RM A.

Welcome to Medicare

Presented by the Ohio Senior Health Insurance Information Program (OSHIIP)

- Will you be eligible for Medicare soon?
- Already enrolled and still have questions?
- Do you provide assistance to a family member?

Then this Event is for you!

Come learn about Medicare A and B benefits, prescription coverage (part D), Advantage plans, and Supplemental insurance.

When: April 30th, 2024 at 2pm

Where: Union County Services Building, 940 London Ave, Marysville, Oh 43040 Conference Room A
To **RSVP** call 937.644.1010 option 5



HOW DOES A TREE FEEL
ONCE SPRING HAS ARRIVED?
IT FEELS RELEAF.

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PRIME TIME

is published monthly and mailed to Union County seniors and community members. If you would like to be added to the mailing list please contact Union County Senior Services at 937-644-1010 **Option 5**. If you would like to receive an electronic copy via email contact janell.alexander@jfs.ohio.gov.