



December 2023

PRIME

TIME

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

Essential Winter Weather Tips for Seniors

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1. Dress Warm for the Weather

Layering clothing is key to staying warm. Seniors should wear thermal or woolen undergarments, followed by sweaters and coats made of insulating materials. Opt for fabrics that provide warmth while allowing moisture to escape.

2. Winterize Your Home

Preparing the home for winter is essential to maintain a comfortable indoor environment. Ensure that the heating system is functioning optimally by scheduling regular maintenance checks. Set the thermostat to a comfortable temperature, ideally between 68-70°F (20-21°C).

3. Prevent Snow-Related Injuries

Snow and ice can create hazardous conditions, increasing the risk of falls and injuries. Seniors should clear walkways, driveways, and stairs promptly after snowfall. Use salt or sand to provide traction on slippery surfaces. Wear footwear with proper grip and consider using ice grips or traction aids for shoes when venturing outdoors.

4. Manage Seasonal Depression

Many individuals experience seasonal affective disorder (SAD) or winter-related depression during the colder months. Seniors should prioritize self-care and mental well-being. Spend time in well-lit rooms, open curtains to let in natural light, and consider using light therapy devices.

6. Eat a Well-Balanced Diet

Maintaining a nutritious diet is crucial during winter. Consume a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats to support overall health and immunity. Include foods rich in vitamin C, such as citrus fruits, to boost immune function. Stay hydrated by drinking water, herbal teas, and warm soups.

7. Prepare an Emergency Plan

Winter storms and extreme weather conditions can sometimes lead to power outages or restricted mobility. Seniors should have an emergency plan in place. Stock up on essential supplies like non-perishable food, bottled water, medications, and batteries. Keep a list of emergency contacts readily available.

Happening Events:

Medicare Open Enrollment - Closes December 7th, 2023

Union County Christmas Lighting

* **November 27th, 2023**— Christmas Walk and Tree Lighting, Uptown Marysville and Partners Park 5:00pm—8:00pm

* **December 2nd, 2023**—Christmas Under the Clock, 101 S. Chillicothe St. Plain City, Oh 4:00pm—7:00 pm

* **December 2nd, 2023**—Christmas in Richwood, Parade downtown followed by lights in the park, starting 4:00pm, lights in park to be lit after the parade.



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



be the voice behind the data



take the Union County
Community Survey

Union County Residents:
20 minutes of your time helps us tell
the story of health in Union County.



Survey trouble? Contact Mary: (937) 642-2053 - mary.merriman@uchd.net

Residents of Union County are being asked to complete a community survey during the month of November. The survey, which can be found at <https://uchd.net/community-survey/>, helps to tell the story of health and the factors that shape health for the people who call Union County home.

The community survey is estimated to take about 20 minutes to complete. The survey can be done online at <https://uchd.net/community-survey/>. The survey is open through Nov. 30. The survey asks about a wide array of factors that influence health and health conditions such as diet, exercise, risk behaviors, mental health, substance abuse, health insurance, healthcare, and housing.

The goal of the community assessment workgroup is to gather 400 responses from Union County residents age 18 and older. The workgroup is working to promote the survey in a manner that invites a variety of respondents in terms of age, gender, and location of home within the county.



Christmas Cheer for all to hear

- * Did you hear about what happened to the man who stole the advent calendar? He got 25 days
- * Where do mistletoe go to become famous? Holly-wood
- * Why did Scrooge keep a pet lamb? Because it would say, "Baaa humbug!"
- * What falls in the winter but never gets hurt? Snow
- * How do you lift a frozen car? With a Jack Frost
- * What did one Christmas tree say to the other? Lighten up!

Medicare

Medicare Open Enrollment is **October 15th through December 7th**. During Open Enrollment, trained Senior Services staff at Union County Senior Services can assist you with reviewing options and making Medicare selections. You can schedule a free, unbiased, private consultation by calling 937-644-1010 option 5.

- ◆ Review and compare 2024 Part D plans
- ◆ Review and compare Medicare Advantage
- ◆ Learn ways to save on Prescription and Medicare costs



Questions?

Call OSHIIP 800-686-1578

Ohio Senior Health Insurance Information Program (OSHIIP)

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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.