



March 2023

# PRIME TIME

940 London Avenue, Suite 1800  
Marysville, OH  
Voice: 937-644-1010 Option 5  
Fax: 937-644-8700

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

## Transportation for Seniors

Union County Senior Services wants to ensure Union County residents 60 years of age or more are getting their transportation needs met to the best of our ability with available resources. UCATS, A Way Out, Legends Lift & Transport, and WINGS are contracted to transport seniors to their activities of daily living (medical, shopping, banking, legal, exercise, library, miscellaneous civic needs, etc.) and activities of socialization free of charge to the senior. The only eligibility criteria is to be 60 years of age or older and a resident of Union County. There is no cost for the riders. Below is the contact information for transportation.

- **UCATS** - call 937.642.5100 to schedule a ride or complete a request online at [www.unioncountyohio.gov/ucats](http://www.unioncountyohio.gov/ucats)
- **A Way Out** - call to schedule at 614.381.1979
- **Legends Lift and Transport** - call to schedule at 937.358.2024
- **WINGS** - call to schedule at 937.642.9555

## Mark Your CALENDARS !!

- 👉 **May 9th at 10am: Welcome to Medicare** in Conference Room A, 940 London Ave, Marysville, OH. RSVP at 937.644.1010 option 5.
- 👉 **May 21st, 10am-3pm: Hospets Event** Come vaccinate your pet for FREE. Location: Human Services parking lot, 940 London Ave, Marysville, OH. No RSVP required.



## Plain City “Active Agers” Indoor Walking

The “Active Agers” indoor walking program has kicked off for 2023 in the Village of Plain City. On Monday, Wednesday, and Friday from 9:00-11:00 am, adults age 18 and over may walk indoors at The Ballhouse, 327 West Bigelow Ave, Plain City. There are clean restrooms, the climate is controlled, and you can walk at your own pace. For questions or more information contact Denton Kitts, Plain City Parks and Recreation at (614)873-3527 extension 108.



## 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

## Four Signs That It's a Scam

Federal Trade Commission



### 1. Scammers PRETEND to be from an organization you know.

Scammers often pretend to be contacting you on behalf of the government. They might use a real name, like the [Social Security Administration, the IRS, or Medicare](#), or make up a name that sounds official. Some pretend to be from a business you know, like a [utility company](#), a [tech company](#), or even a [charity](#) asking for donations. They use technology to change the phone number that appears on your caller ID. So the name and number you see might not be real.

### 2. Scammers say there's a PROBLEM or a PRIZE.

They might say you're in trouble with the [government](#). Or you [owe money](#). Or [someone in your family had an emergency](#). Or that there's a [virus on your computer](#). Some scammers say there's a [problem with one of your accounts](#) and that you need to verify some information. Others will lie and say you won money in a [lottery or sweepstakes](#) but have to pay a fee to get it.

### 3. Scammers PRESSURE you to act immediately.

Scammers want you to act before you have time to think. If you're [on the phone](#), they might tell you not to hang up so you can't check out their story. They might threaten to arrest you, sue you, take away your driver's or business license, or deport you. They might say your computer is about to be corrupted.

### 4. Scammers tell you to PAY in a specific way.

They often insist that you pay by [using cryptocurrency](#), by [wiring money](#) through a company like MoneyGram or Western Union, or by putting money on a [gift card](#) and then giving them the number on the back. Some will send you a [check](#) (that will later turn out to be fake), then tell you to deposit it and send them money.

## Gait Speed: The 6<sup>th</sup> Vital Sign

JENNIFER SEGNER-MAXWELL, PT, DPT, DIRECTOR OF PHYSICAL THERAPY AND SPORTS MEDICINE, MEMORIAL HOSPITAL

Slowing down is not a normal part of aging, in fact, slow walking can be a predictor of future falls, fractures or hospitalizations. People often slow down drastically as they age because they think this is normal or because they have been told to slow down. However, research shows us that our gait speed does not change drastically between each decade of life. And if yours has, you should not consider this a normal part of aging. Falls should not be considered a normal part of the aging process, either. If you notice that you have trouble walking across the street in a timely manner, if you feel slower than your peers in the community, or if you feel like you need to have a piece of furniture by you when you are walking at home, you may want to contact your primary care physician.

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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](mailto:janell.alexander@jfs.ohio.gov).