



March 2024

# PRIME TIME

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

## Solar Eclipse Preparedness

A total solar eclipse is a rare and spectacular event in the United States. Only 21 total solar eclipses have crossed the lower 48 states in the entire existence of the United States. The last total solar eclipse visible in Ohio was in 1806 and the next total solar eclipse in Ohio will be in the year 2099.

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**. Residents are encouraged to prepare for the day like you would a snow storm by following these tips:

1. Top off gas tanks, grab groceries, medication re-fills, and other necessary supplies before April 8th to avoid possible traffic congestion.
2. You may want to consider rescheduling doctor's visits or other appointments for another day.
3. Special glasses are needed to view the eclipse. You cannot look directly at the sun without special solar viewing glasses.



**March 14th at 6:00pm: 10 Warning Signs of Alzheimer's** by Alzheimer's Association at Marysville Public Library, 231 S. Plum St. Marysville, Oh 43040. RSVP not required.

**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.

**Upcoming Events:**

## 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

## Free Senior Legal Aid

Legal Aid Society of Columbus (LASC) is a nonprofit regional law firm that provides high quality civil legal representation to low-income individuals throughout central Ohio.

Types of legal help provided include:

- Consumer Rights
- Tax Issues
- Housing
- Public Benefits

LASC will assist Union County Residents age 60 and older at no cost with Living Wills, Advance Directives, or avoid probating your home and automobiles. To schedule an appointment, call 740.383.2161 or toll free 888.301.2411.



### FRUITS AND VEGETABLES ON ANY BUDGET

For many people, the cost of fruits and vegetables can be seen as a barrier to buying and serving vegetables and fruits. Did you know that there are over 75 different kinds of fruits and vegetables that cost less than 80 cents per serving? There are many tricks you can use to make buying vegetables and fruits more affordable. Consider these few ideas before your next shopping trip.

- Comparing canned/frozen/fresh for best deals. Some people have the misconception that fresh produce is the healthiest and that canned or frozen fruits and vegetables can be lacking in nutrients. However, this is not the case at all! In fact, a recent study suggested that canned or frozen fruits and vegetables are cost-effective and nutritious options for meeting daily vegetable and fruit recommendations in the context of a healthy diet. Canned and frozen fruits & veggies store longer so you have access to produce all week long!
- Consider buying in bulk for some fruits or vegetables. Buy large bags of frozen vegetables. When choosing canned vegetables, look for “low sodium” or “no added salt” on the label.
- Buy fresh fruit in season - it generally costs less.
- Keep it simple. Buy veggies & fruits in their simplest form. Pre-cut, prewashed, ready-to-eat, and processed foods are convenient, but often cost much more than when purchased in their basic forms.

SNAP-Ed is funded by USDA's Food and Nutrition Service in partnership with the Ohio Department of Job and Family Services and Ohio State University Extension. The goal is to improve the likelihood that families and individuals who receive SNAP benefits will make healthy food choices and choose active lifestyles. Contact Angie Greene, SNAP-Ed Program Assistant for more information: contact Angie Greene at [green.853@osu.edu](mailto:green.853@osu.edu) or 614.247.5549.

### Tax Preparation

Every year each of us must file a federal, state, and local income tax return. Bridges Community Action Partnership (CAP) provides quality free tax preparation services using IRS certified tax preparation volunteers, trained site coordinators, direct deposit options, and the ability to deposit refunds into multiple accounts, such as Savings and Checking Accounts.

Bridges CAP serves seniors to assist in income tax preparation and information through our Tax Counseling for the Elderly (TCE). IRS certified volunteers will prepare your taxes and electronically file them with the IRS. If you are a senior you may be eligible for free tax preparation through our tax sites.

Services May Include:

- Free tax preparation services from IRS-certified volunteers.
- Direct deposit refund, which is available 7 to 10 days after submitting refund.

Who Is Eligible?

- Anyone who's annual income is less than \$57,000.
- Anyone who's over the age of 60 regardless of income.

Contact Bridges CAP at 937.642.4986 to schedule.



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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).