



November 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>

Medicare

Protect yourself against Fraud:

Marketing rules for Medicare plans **NOT** allowed:

- ♦ Ask for your personal information (Medicare, Social Security, bank account, or credit card numbers) over the phone. Plans don't need your personal information to give a quote.
- ♦ Call you unless you're already a member of the plan. If you're a member, the agent who helped you join can call you.
- ♦ Ask you for payment over the phone or online. The plan must send you a bill.
- ♦ Come to your home uninvited to sell or endorse anything.

Protection Against Medicare Fraud

- ♦ Report improper agent activity to 800-686-1527 such as:
 - Door to Door sales
 - Giving out cash gifts or gifts exceeding \$15
 - High pressure sales tactics
 - Misrepresenting a plan or giving incomplete information
 - Representing themselves as Medicare
- ♦ ProSeniors is Ohio's Senior Medicare Patrol who responds to Medicare fraud. Call 800-488-6070 to report suspected fraud.



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

An OSHIIP rep will be taking appointments on **October 27th, 2023** at Union County Services Building 940 London Ave Marysville, Oh 43040. By appointment only, to RSVP call 937-644-1010 option 5.



Questions?

Call OSHIIP 800-686-1578

Ohio Senior Health Insurance Information Program (OSHIIP)

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

Daily internet use may reduce dementia risk in seniors

Mark Huffman, reporter of Consumer Affairs

A study published in the Journal of the American Geriatrics Society found that seniors who use the internet regularly can reduce their risk of dementia by as much as 50%. Even after allowing for other factors that could affect cognitive ability, the researchers discovered that browsing the web for six minutes to two hours a day appeared to provide the most protection.

This isn't the first study to explore this area. Previous studies have shown that being engaged online can reduce aging's natural tendency to produce cognitive decline. Some studies have also shown that internet users display better verbal command and memory than those who seldom or never use the internet.

Researchers point out that the study was conducted over a 17-year period and involved thousands of participants between the ages of 50 and 65, giving it added credibility. None of the participants displayed any signs of dementia at the start of the study period.

"Regular internet users experienced approximately half the risk of dementia than non-regular users," the authors concluded. "Being a regular internet user for longer periods in late adulthood was associated with delayed cognitive impairment, although further evidence is needed on potential adverse effects of excessive usage."

The authors said the difference in risk between regular and non-regular users did not vary by educational attainment, race-ethnicity, sex, and generation.

According to the Alzheimer's Association, dementia is an overall term for a particular group of symptoms. The characteristic symptoms of dementia are difficulties with memory, language, problem-solving and other thinking skills. Dementia has several causes reflecting specific changes in the brain.



The Alzheimer's Association care and support programs including the 24/7 Helpline (800.272.3900), care consultation, and Community Education programs are open to anyone who needs assistance. The caregiver support groups are open to the public without eligibility requirements. The Central Ohio Chapter supports Union County seniors and their caregivers, call 614.457.6003 for more information.

Winter Crisis Program

The Winter Crisis Program provides a one-time emergency gas/electric payment to eligible households that are without heat, in danger of having their heat disconnected, or in danger of running out of fuel in their tank. The program runs from **November 1 to March 31**.

WHO IS ELIGIBLE?

- Total household income must be at or below 175% of federal poverty guidelines
- Gas and/or electric service is currently off, in disconnection status, or needs started
- Bulk fuel (propane, fuel oil, wood, coal, etc.) is at 25% or less

QUESTIONS?

If you have any questions about eligibility requirements, how to apply, or services provided, please contact Bridges Community Action at 937-642-4986.

Union County Meal Services

Memorial Community Meals:

Richwood Civic Center Meals - 235 Grove St.
Richwood, OH (614)949-4382

Pleasant Valley Senior Center Meals - 390 B
Allgyer Dr. Plain City, Oh 43064 (614)873-8870

Windsor Senior Center Meals - 376 Rosehill Dr.
Marysville, Oh (937)644-8459

Hope Center Community Meals

Marysville Church of the Nazarene - 1126 N.
Maple St. Marysville, Oh (937)303-4209 Mon-
day - Friday 4:30-6:30pm

Happening Events:

October 15th, Open enrollment starts for Medicare. Senior services have started scheduling appointments.

October 27th, OSHIP rep will be taking Medicare appointments, Union County Services building 940 London Ave, Marysville, Oh. To RSVP call 937.644.1010 option 5.

November 1st, Deadline for Care Train applications

November 3rd, 12:30pm—3:00pm Wellness Fair by Union County Activity Center, Union County Services building 940 London Ave, Marysville, Oh, Conference room A/B



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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.