



September 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>

Fun at the Fair

We had over 200 seniors come out for Senior Day at the Union County Fair
Thank you to all who participated!



Be sure to come out to Richwood Independent Fair Senior Day August 31st for Dinner, Bingo and Entertainment

Happening Events:

August 30th, 11am-12pm Alzheimer Association Class—Healthy Living for your Brain and Body, 940 London Ave, Conference Room D, Marysville, Oh.

August 31st, 4pm-7pm Richwood Independent Fair, Senior Day, Join for Dinner, Bingo, and Entertainment.

September 17th, 12pm-3pm Hospets Free Vaccinations: Union County Services Partking Lot, 940 London Ave, Marysville, Oh. No RSVP required.

September 26th, 1pm-3pm Medicare Check-Up Class. Already on Medicare and want to know about changes for 2024? Union County Services Building Conference Room A, 940 London Ave Marysville, Oh. To RSVP call 937-644-1010 option 5.

October 15th, Open Enrollment starts for Medicare. Senior Services will start scheduling appointments on Oct. 9th to begin Oct. 16th.

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



Who: Seniors age 60 and over with a monthly income of \$2,430 for single and \$3,287 for two-person may qualify for a food voucher to be used at a local grocery store.

When: Applications will be accepted starting 9/5/2023. Deadline is Wednesday, 11/1/2023.

Where: Drop off to Union County Senior Services 940 London Ave, Suite 1800, Marysville OH, 43040.

Mail to Union County Senior Services, PO Box 389, Marysville OH 43040. Or Fax to 937-644-8700.

Questions: contact Senior Services 937-644-1010 Option 5.

Care Train assists eligible families with children, disabled adults and seniors living in Union County by providing food vouchers during the holidays. Since 1987, Care Train has served Union County families, disabled adults and seniors.

National Falls Prevention Week Activities

September 18-22



For More Info Contact:
Noel.Williams@uchd.net



— UNION COUNTY —
HEALTH DEPARTMENT

"From Awareness to Action"

The Health Department will be holding various activities at the following locations all week long.

- **Monday 9/18 from 11am-12pm** at Richwood Civic Center
- **Tuesday 9/19 from 10am-11am** at Bluebird Retirement Community
- **Wednesday 9/20 from 11am-12pm** at Community and Seasoned Citizens
- **Thursday 9/21 11am-12pm** at Windsor and Community Seniors
- **Friday 9/22 10am-11am** at Marysville Library and Partner Park

Help Prevent Falls by:

- * Keeping up with your Doctor appointments: can help address underlying medical issues that increase risk for falls.
- * Stay Physically Active: staying active has shown to help improve balance.
- * Eating a nutritious diet and stay hydrated: diet is essential for building muscles and maintaining muscle strength.
- * Wear Stabilizing shoes: study show 52% of in-home falls occur while barefoot. Choose shoes that have low heels and slip resistant soles.

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.