



January 2023

# PRIME TIME

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<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, 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)
- **Legends Lift and Transport**—call to schedule at 937.358.2024
- **WINGS** - call to schedule at 937.642.9555

Cancellations and no-shows of riders has been on the increase. When you cancel the same day or are a no-show, you have reserved resources that other riders may not utilize. If you need to cancel your trip, please do so as far in advance as possible.



### Union County Falls Coalition Noel Williams, Health Planner

Union County Falls Coalition is planning fall prevention activities for seniors. Please complete the following anonymous survey:

<https://tinyurl.com/mvnydxwx>

Union County Senior Services partners with the Falls Coalition by providing home safety assessments to reduce fall risks. Call us at 937.644.1010 option 5.

### SCAM ALERT - [www.fbi.gov](http://www.fbi.gov)

The two most prevalent of these holiday scams are non-delivery and non-payment crimes. In a non-delivery scam, a buyer pays for goods or services they find online, but those items are never received. Conversely, a non-payment scam involves goods or services being shipped, but the seller is never paid.

### WHAT IS 211?

211 is a three digit easy to remember number to call in Union County to get help by:

- Speaking with a knowledgeable, experienced, skilled staff trained to connect with callers compassionately without judgment, assess their situation, help them evaluate options and provide the most updated and appropriate referral information to help address their issue. Could be as simple as providing a phone number to helping a person in crisis, overwhelmed by multiple issues and needing help to make decisions on where to start.
- Callers may be a person in need, a friend, professional, government official - anyone seeking health and human services help for themselves or someone else.



## 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 Resources for Caregivers



Trualta is a free online resource that provides caregivers with new information and skills needed to manage care for a loved one in the home. Trualta delivers quick videos, articles, tip-sheets, and professional-level trainings that are tailored to meet the caregiver's learning style. Central Ohio Area Agency on Aging (COAAA) is partnering with

Trualta to offer this resource at no cost to central Ohio caregivers who live in COAAA's eight-county area (Delaware, Fairfield, Fayette, Fairfield, Franklin, Licking, Madison, Pickaway, and Union).

Trualta:

- Offers practical caregiving tips and techniques
- Covers many topics caregivers face including personal care, brain health, safety, self-care, managing challenging behaviors, and more
- Connects caregivers to local resources
- Provides opportunities to connect with other caregivers
- Can be accessed from any computer or mobile device connected to the internet

Registration is required to access the platform. COAAA's Trualta Support Specialist can answer questions about eligibility, assist with registration, and help individuals navigate the Trualta website. To learn more about [Trualta](#) and how to register, contact Tammy Smith, COAAA Caregiver Specialist, at [tsmith@coaaa.org](mailto:tsmith@coaaa.org) or call 614-645-7705.

## Bridges Community Action Partnership

- Did you know that Union County Senior Services awarded a grant to Bridges Community Action for 2023 specifically to assist Union County Seniors with furnace cleaning and tune up? **Project Safe Heat** is designed to prevent furnace failure and make the furnace run more efficiently. This program will also provide and install a carbon monoxide detector in the home, if the home does not have one.
- Did you know that Union County Senior Services awarded a grant to Bridges Community Action for 2023 specifically to assist Seniors with home repair? **Elderly Home Repair Program** will provide necessary repairs so that the client can stay safely in their homes.

**Contact Bridges Community Action Partnership at 937.642.4986**

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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).