



October 2021

PRIME

TIME

940 London Avenue, Suite 1800  
Marysville, OH

Voice: 937-644-1010 Option 5

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

**Union County is a GREAT Place to be a Senior!**  
Call Union County Senior Services for Information 937-644-1010 Option 5

**Community**

*Increase community connection for  
mental health and well being*

**Age  
60+**

In this issue, Senior Services is sharing some of the resources in the community, provided by Senior Services and community partners to increase connectedness for health and well-being for seniors in this county. This list of services is only a sample. Future articles will be dedicated to financial resources and ways to improve outlook through supportive services. Senior Services can assist with referrals, additional resources and more information about the options below.

- Join the YMCA to stay active and involved. The YMCA offers several programs for seniors including arthritis exercise sessions, group walks, chair yoga, Tai Chi, Warm Zone Aquatone Therapy, and a Silver Sneakers group exercise. Free one-week trial membership is available.
- Volunteer for Neighbor to Neighbor. Seniors are both member service recipients and service volunteers. You could help by driving a senior to appointments or social events. Help with household tasks, social visits, read out loud to someone with poor eyesight, or deliver care packages.
- Volunteer at the Hope Center. You could help prepare community meals, assist in the furniture bank, help with the clothing ministry, assist with youth programs, or help to clean.
- Join a Senior Center to socialize and stay involved in your community. All three centers offer social and physical activities, special events, trips and entertainment. These centers also welcome volunteers to assist with events or become Board members. Contact a center near you:
  - Windsor and Community Seniors (WASC) at 376 Rosehill Dr., Suite C. Phone: 937-644-8464.
  - Richwood Civic Center at 21 N. Franklin Street in Richwood. Phone: 740-943-2310.
  - Community & Seasoned Citizens (CASC) at 900 Columbus Ave., in Marysville. Phone: 937-644-9801.
- Go to the Marysville Library for events and education. There are many events you could volunteer to be a part of such as school age craft or senior craft projects, story time, or join a book club. Did you know the library delivers books to seniors on topics they enjoy?
- Save your history. Reach out to LifeBio to preserve your stories and life history. The LifeBio staff will help you capture facts, moments, and revelations, for your family, your community and for history.
- Stay connected with others through the Wings Support and Recovery. Wings offers a Grief & Loss Support Group, art classes, exercise activities and individual peer support programs.

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## Union County is a great place to be a senior continued...

- If you know someone feeling isolated, contact Senior Services. Senior Services can meet with individuals and assist with providing community outreach services such as support groups, weekly phone calls from MyHello Line or Union County Sheriff Senior Outreach program. Senior Services also provides transportation through UCATS to help seniors travel in the community.

## ALZHEIMER'S ASSOCIATION EDUCATION PROGRAMS

alzheimer's  association®

Registration is required: Call 800-272-3900

Central Ohio Chapter

### 10 Warning Signs of Alzheimer's

Join us to learn about:

- The difference between normal aging and Alzheimer's.
- Common warning signs.
- The important of early detection and benefits of diagnosis.
- Next steps and expectations for the diagnostic process.
- Alzheimer's Association resources.

Thursday, October 7

6:00 PM-7:00 PM

Marysville Public Library

231 S. Plum Street

Marysville, Ohio 43040

Call 800-272-3900 to Register

**Masks are required**

### Medicare Counseling Available at Senior Services

Union County Senior Services is providing in person Medicare Counseling during Medicare Open Enrollment, October 15<sup>th</sup> through December 7<sup>th</sup>. During open enrollment, you may switch, add or drop Medicare Part D Plans (Prescription Drug Coverage), Advantage plans or go back to original Medicare (Part A, B and D).

Trained Service Coordinators at Senior Services can assist you with making Medicare changes. You may schedule a free, unbiased private consultation by calling 937-644-1010, Option 5.

Please bring your Medicare card, a list of your physicians, and medications to the appointment.

### Senior Services in the Community

Senior Services is looking forward to having office hours in the community at the Union County Senior Centers: Richwood Civic Center, Windsor and Community Seniors (WASC) and Community and Seasoned Citizens (CASC) on the following dates:

October 20th from 10:00 AM to 12 noon

November 17th from 10:00 AM to 12 noon

For your convenience, Service Coordinators will be available to answer questions and help you with service referrals.

No appointment is necessary. Additional dates and times will be developed to meet your needs.

  
Centers for Medicare & Medicaid Services

### UCATS Shopping and Banking

Tuesday Banking 9:00 AM to 12:00 PM

Thursday Shopping 11:00 AM to 1:00 PM

October 7 Kroger

October 14 Walmart

October 21 Aldi/Dollar General

October 28 Meijer

Please call Julie to schedule: 937-642-5100

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is published monthly and mailed to over 800 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 [karen.chuvalas@jfs.ohio.gov](mailto:karen.chuvalas@jfs.ohio.gov).