

Mercer County Area Agency on Aging, Inc. Newsletter

August 2024



Senior Farmer Market Vouchers

Mercer County Area Agency on Aging, Inc. still has
Senior Farmer Market Vouchers available.

The vouchers can be used until **November 30, 2024.**

Please see distribution schedule below:

Greenville Senior Community Center

45 Alan Ave., Greenville

Distribution from 1:30 P.M. to 4:00 P.M.

on the following days:

August 7, August 21 & September 18.

Grove City Senior Center, 301 S. Broad St., Grove City

Friday, August 2, 10:00 A.M. to 11:00 A.M.

Tuesday August 6, 10:00 A.M. to 12:00 P.M.

Tuesday, August 20, 1:00 P.M. to 3:00 P.M.

Wednesday, August 28, 2:00 P.M. to 4:00 P.M.

MCAAA, Inc., Administrative Office

133 N. Pitt St., Mercer

Distribution Monday through Friday

from 10:00 A.M.—3:00 P.M.

McQuiston Center by the Park

29 Railroad St., Sandy Lake

Distribution Mondays from 1:00 P.M.—3:00 P.M.

and Thursdays from 9:00 A.M.—11:00 A.M.

Shenango Valley Senior Center

220 N. Buhl Farm Drive, Hermitage

Walk-ins Monday through Friday

from 1:00 P.M.—3:00 P.M.

Please bring Photo ID

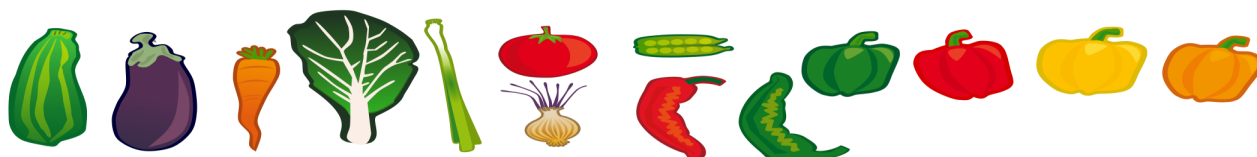
Nutrition

How many servings of fruits and vegetables should an older person eat a day? The 2020-2025 Dietary Guidelines for Americans recommend 1.5 to 2 cup equivalents of fruits and 2 to 3 cup-equivalents of vegetables daily for adults. In general, 1 cup of cooked or raw vegetables counts as a serving. For uncooked leafy greens (e.g., spinach), 2 cups count as a serving. For seniors, eating enough fruits and veggies is essential to staying healthy, active, and independent. This is because our nutrition needs change as we age.

Freeze your vegetables if you can't eat them right away.

Freezing vegetables at home is a fast and easy way to preserve nutrients and enjoy the taste of summer vegetables all year long. Most vegetables need to be blanched before they are frozen. This means that you should boil the whole or cut up pieces of the vegetable for 1-2 minutes and then immediately place in ice cold water to stop the cooking process. This will keep your vegetables from getting freezer burn. Frozen vegetables will be fine for up to one year.

Freezing is not recommended for artichokes, Belgian endive, eggplant, lettuce greens, potatoes (other than mashed), radishes, sprouts and sweet potatoes.



Monthly Health & Wellness Tips

Trauma Response

According to the National Library of Medicine, up to 90% of older adults have experienced at least one traumatic event in their lifetime, such as military combat, the unexpected death of someone close, serious illness or injury to self or someone close. People who have experienced trauma or have PTSD have higher rates of cardiovascular diseases and related risk factors (e.g., hypertension, coronary artery disease, hyperlipidemia), as well as other common medical conditions (e.g., osteoarthritis, diabetes). In addition to these conditions, did you know trauma can get trapped in the body?

Why does trauma get trapped in the body?

When trauma is experienced, the body is alerted to begin processes that would enable a person to survive. Increased heart rate (to run away), increased blood flow (to increase clotting and healing), dilation of pupils (to focus), and increased adrenaline (to keep us moving) all make it more likely that we will be able to fight or flee from danger. When danger has subsided, the brain tells the body to calm itself and to allow the body to release this hard-wired response. In animals, you may notice that they begin to shake. This reaction has been documented as the way for their bodies to discharge the energy of the event. If the body is unable to flee or fight and responds by freezing, the response may never be expressed and may become stuck. Our bodies crave the release of this energy to begin healing.

Please also see: Van der Kolk, B. A. (1994, January). THE BODY KEEPS THE SCORE: Memory and the evolving psychobiology of post-traumatic stress. Harvard Review of Psychiatry.

TEN ways to release trauma:

1. Acknowledge Your Feelings—it's okay to acknowledge how you are feeling and learn ways to express yourself.
2. Practice Yoga—research indicates that some of the benefits of yoga include self-regulation, increased self-esteem, connection, self-compassion, open-mindedness, positive emotions, and mindfulness.
3. Shadow Work Exercise—shadow work promotes turning inward and looking at the part of yourself that you may be uncomfortable with.
4. Practice Stillness, when we practice stillness it allows us to recognize how our body is feeling.
5. Meditation— is about being in the present moment, noticing thoughts that come up, and allowing them to float past.
6. Self Care—consists of small acts such as diaphragmatic breathing, eating mindfully, avoiding alcohol/drugs, setting boundaries, and getting enough rest.
7. Journaling—can be a way to express things that you weren't able to express at the moment your body experienced the trauma.
8. Massage—can provide relief from physical, emotional, and psychological stress.
9. Breathwork—type of yoga that teaches you how to control breath.
10. Exercise—includes things such as 30-minute walks, taking an aerobics class, going for a swim, taking a hike, or lifting weights.

*This article was adapted from the National Library of Medicine and Choosing Therapy.

August is National Eye Exam Month

This August, observe National Eye Exam Month by learning about ways to keep your vision clear and healthy. As we age, getting a baseline eye exam can detect early signs of disease or damage to your eyes. Ophthalmologists recommend periodic eye exams every 2-4 years from the ages of 40 to 65, and every 1-2 years after the age of 65. While most symptoms are often disregarded, getting a simple checkup and following a doctor's orders can greatly lower risks of more severe and future damage, and you can continue to enjoy healthy vision.



Monthly Scam Corner

How to protect yourself against bank text scams

Some tips from the American Bankers Association and other sources include:

- Never click on links on texts or emails in a text or email notification. Instead, go to the bank's website (even if you've signed up for text alerts). Use the URL listed on your statements or that you've previously bookmarked, and check for any alerts on your account.
- If you get a robocall or call from someone claiming to be from your bank, hang up. Then contact your bank in a way you know to be legitimate, either online or by calling the phone number on your statement or debit card.
- Never provide account data or personal info. As ABA's Banksneveraskthat.com website explains, "our bank will never ask for your PIN, password, or one-time login code in a text message. If you receive a text message asking for personal information, it's a scam."
- Don't rely on caller ID. Scammers can use technological tricks to display actual bank phone numbers or even the name of the bank.
- Be wary of a message or caller insisting that you take immediate action. Scammers try to put you under pressure to act quickly, to make it more difficult for you to think clearly.
- When in doubt, seek assistance. If you're unsure what to do in response to what appears to be an alert from your bank, stop and ask a trusted person — a friend, family member or coworker — to help you.

Call the Federal Trade Commission to report suspected fraud at 1-877-FTC-HELP (382-4357).

ATM Safety Tips

Protecting Your ATM Card

- Always protect your ATM card and keep it in a safe place, just like you would cash, credit cards or checks.
- Do not leave your ATM card lying around the house or on your desk at work. No one should have access to the card but you. Immediately notify your bank if it is lost or stolen.
- Keep your Personal Identification Number (PIN) a secret. Never write it down anywhere, especially on your ATM card.
- Never give any information about your ATM card or PIN over the telephone. For example, if you receive a call, supposedly from your bank or possibly the police, wanting to verify your PIN, do not give that information. Notify the police immediately.
- Visually inspect the ATM for possible skimming devices. Potential indicators can include sticky residue or evidence of an adhesive used by criminals to affix the device, scratches, damaged or crooked pieces, loose or extra attachments on the card slot, or noticeable resistance when pressing the keypad.
- Be careful that no one can see you enter your PIN at the ATM. Use your other hand or body to shield the ATM keyboard as you enter your PIN into the ATM.
- To keep your account information confidential, always take your receipts or transaction records with you.
- Do not count or visually display any money you received from the ATM. Immediately put your money into your pocket or purse and count it later.
- If you are using a drive-up ATM, be sure passenger windows are rolled up and all doors are locked. If you leave your car and walk to the ATM, lock your car.

Using an ATM

- Be aware of your surroundings, particularly at night. If you observe or sense suspicious persons or circumstances, do not use the machine at that time.
- Have your ATM card ready and in your hand as you approach the ATM. Don't wait to get to the ATM and then take your card out of your wallet or purse.

Special Precautions for Using an ATM at Night

- Park close to the ATM in a well-lighted area.
- Take another person with you, if at all possible.
- If the lights at the ATM are not working, don't use it.
- If shrubbery has overgrown or a tree blocks the view, select another ATM and notify your bank.

\$CAM JAM!

A program to help you spot and avoid frauds and scams

Friday, August 23, 2024 - 10:00 a.m. to 12:00 p.m.

Shenango Valley Senior Center
220 N Buhl Farm Dr, Hermitage, PA 16148

Don't miss this fun and interactive event!

**Representative Parke Wentling
invites you to hear from:**

PA Department of Banking
and Securities
Mercer Co. District Attorney's Office
Hermitage Police Department
PA Attorney General's Office
AARP Pennsylvania



JOIN US FOR GREAT RESOURCES!

This is a free, non-commercial event and attendance is limited -
registration is strongly recommended!

Reserve your space by calling: 724.234.5980



**SNACKS
&
DRINKS**

**FRAUD
BINGO**

PRIZES



**AARP®
Pennsylvania**



\$camJam is organized through the PA Department of Banking and Securities' Investor Education and Consumer Outreach Office and Representative Parke Wentling

UPMC
HEALTH
PLAN



BUHL PARK'S FREE SUMMER CONCERT SERIES

DATE:	BAND:	FEATURING:	Schedule as of 8/1/24
Wed., July 31	Guys Without Ties	Classic rock band with horns -music, from old to new	
Sun., Aug. 4	Grant Street Exit	Funk, Rock, R & B, Motown & Jazz	
Wed., Aug. 7	Backbeat w/ John Reese	Jazz, Oldies, Motown, and Pop Music	
Sun., Aug. 11	Pipe Dreams	Yacht Rock & music from the 70s-80s	
Wed., Aug. 14	12th Street Band	From the 60's 70's & 80's through the music of today	
Sun., Aug. 18	The Reunion Band	A wide variety of music, bring your dancin' shoes	
Wed., Aug. 21*	County Mayo	Irish Favorites	
Sun., Aug. 25	Chris Higbee	Country music artist, expert fiddler, singer & song writer	
Wed., Aug. 28	Chardon Polka Band @ 6PM	Bringing Polka music to a new generation	
Wed., Sept. 4	Full House	Favorites and a few surprises from the 60's and 70's	
Wed., Sept. 11	The Liverpool Lads	A wonderfully fab Beatles Tribute	

***Presenting Sponsor UPMC Health Plan will be on site offering free health screenings

FOR WEATHER RELATED CANCELLATIONS, CHECK OUR FACEBOOK PAGE OR CALL 724-981-5522 EXT. 103 AFTER 3:00PM



City of Hermitage

NIGHT MARKET

July 11 | August 8 | September 12 | October 3
740 N Hermitage Rd, Hermitage PA

WWW.HERMITAGE.NET

Fair Haven Farms Hosts their
3rd Annual

Sunflower Festival



August 26th & 27th

11 AM - 5 PM

\$10 per person

ages 2 & under FREE

Sunflowers: \$2 per stem

The first 250 entrants each day will receive
a bag of sunflower seeds courtesy of The Howe Company!

Enjoy:

60+ Food and Craft Vendors | Music | Games

Hayride | Visit the Hayloft Shop!

Fair Haven Farms
206 Lee Road, Grove City, PA
fairhavenfarms.net



Grove City Area
CHAMBER OF COMMERCE

Senior Resources

AARP (www.aarp.org)— The National site for AARP a nonprofit, nonpartisan membership organization for people, ages 50 and older. Call 1-888-687-2277

Benefits Checkup (www.benefitscheckup.org)— An online questionnaire to help search for a list of all state and federal benefits.

COMPASS (Commonwealth of Pennsylvania Application for Social Services [www.compass.state.pa.us])— Enables Pennsylvania citizens to apply for social service programs online. Call 1-800-692-7462.

Medicare (www.medicare.gov)—The official government site for Medicare consumer information. Call 1-800-633-4227

Mental Health Services

Do you need to talk to someone about loneliness or depression?

Locally:

Mercer County Crisis:

724-662-2227

Community Counseling Center Warm Line:

724-981-1741

1-866-853-7758

National Suicide Prevention Lifeline:

Dial 988 –or- 1-800-273-8255

Veteran Crisis Line: Call 988 then press 1.

PathStone Senior Employment Program

If you are: 55 years old or older

Willing to Work Part-Time

Willing to Learn New Skills or

Willing to Sharpen Old Skills

Willing to Earn as You Learn

If you want to: Retrain for Today's Workplace

Gain Better Economic Independence

Improve the Quality of Your Life

Contribute to your Community

Contact: PathStone in

Mercer County 724-347-9257 Ext. 401

PROPERTY TAX/RENT REBATE APPLICATION DEADLINE

EXTENDED

DECEMBER 31

Deadline to apply for rebates on rent
and property taxes paid in 2023.



<http://revenue.pa.gov/ptrr>



Local Volunteer Opportunities:

Mercer County Area Agency on Aging, Inc.

724-662-6222

American Red Cross 1-800-422-7677

Meals on Wheels 724-342-2042

United Way of Mercer County 724-981-1884

Mercer County Food Bank 724-981-0353

MCAAA, Inc. Contact Information:

www.mercercountyaging.org



Administration / Care Management /

Older Adult Protective Services

133 N. Pitt Street, Mercer, PA 16137

724-662-6222

Greenville Senior Community Center

45 Alan Avenue, Greenville, PA 16125

724-588-3155

Grove City Senior Community Center

301 S. Broad Street, Grove City, PA 16127

724-458-6844

McQuiston Center by the Park

29 Railroad Street, Sandy Lake, PA 16145

724-376-3608

Shenango Valley Senior Center

and Adult Day Care

220 N. Buhl Farm Drive, Hermitage, PA 16148

724-981-7950