



**Black History Month 2024** Since 1976, every U.S. president has officially designated the month of February as Black History Month. The story of Black History Month begins in 1915, half a century after the Thirteenth Amendment abolished slavery in the United States. The celebration of Black History Month began as “Negro History Week” in 1926 by Carter G. Woodson. It became a month-long celebration in 1976.

The Black History Month 2024 theme is “African Americans and the Arts,” exploring the key influential African Americans in the fields of visual and performing arts, literature, fashion, folklore, language, film, music, architecture, culinary and other forms of cultural expression. Today, Black History Month is a time to honor the contributions and legacy of African Americans across U.S. history and society—from activists and civil rights pioneers such as Harriet Tubman, Sojourner Truth, Marcus Garvey, Martin Luther King Jr., Malcolm X and Rosa Parks to leaders in industry, politics, science, culture and more.

### Applications for the 2023 Property Tax/Rent Rebates are due by June 30, 2024.

**AMERICAN HEART MONTH** Did you know February is American Heart Month? Heart disease is the leading cause of death in the United States, but the good news is most cases are preventable. Heart disease is preventable when people adopt a healthy lifestyle, which includes not smoking, maintaining a healthy weight, controlling blood sugar and cholesterol, treating high blood pressure, getting at least 150 minutes of moderate-intensity physical activity a week, and getting regular checkups.

**Are you looking for physical activity?**

**Check out your local senior center for any exercise classes that may interest you!**

**What to learn more about heart disease?**

**Tom Hall a Community Health Nurse with Primary Health Network is discussing heart disease at all four senior centers this month!**

**KNOW the warning signs of a heart attack:**

- Chest pain that may feel like pressure, tightness, pain, squeezing or aching.
- Pain or discomfort that spreads to the shoulder, arm, back, neck, jaw, teeth or sometimes the upper belly.
- Cold sweat.
- Fatigue.
- Heartburn or indigestion.
- Lightheadedness or sudden dizziness.
- Nausea.
- Shortness of breath.

**If you think you're having a heart attack, immediately call 911.**

**Have you heard about Bingocize?**

**Bingocize** is an evidenced based program that strategically combines the game of bingo, exercise, and/or health education.

**Health outcomes:**

- Improved lower/upper body strength, gait, balance, and range of motion.
- Improved aspects of cognition (executive function).
- Increased social engagement.
- Improved knowledge of falls risk reduction and nutrition.
- Improved patient activation.

For more information or to find a class near you, call the Shenango Valley Senior Center at 724-981-7950.

## Hard-to-Recycle (H2R) 2024 Event Calendar



Recycling/Solid Waste Department  
724-658-6925  
Like us on Facebook!

### NEW in 2024: Bring us your BOOKS!

# YES

- ◆ Holiday Lights
- ◆ Thermostats
- ◆ Shoes (athletic pairs, no holes)
- ◆ Media
- ◆ VHS Tapes
- ◆ Cassette Tapes
- ◆ CDs and DVDs
- ◆ Floppy disks
- ◆ Plastic Bags & Film
- ◆ Books

# NO

- ◆ Cell Phones
- ◆ Fluorescent Tubes
- ◆ CFLs
- ◆ Electronics
- ◆ Paint, Chemicals, etc.
- ◆ Batteries

Visit the Department's  
**Electronics Recycling Guide**  
for the proper disposal of

The Lawrence-Mercer Recycling/Solid Waste Department offers a program for the collection of select hard-to-recycle items. Collection days are held the 2nd Tuesday of each month from 9 AM to 1 PM, and transition between locations in Mercer and Lawrence counties. This makes the program accessible to as many people as possible. Please contact us with any questions about acceptable materials.

### 2024 LOCATIONS:

January 9	Lawrence County Recycling/Solid Waste Dept. Gettings Annex at Lawrence County Courthouse, New Castle, PA
February 13	Slippery Rock Township Municipal Building 4334 US Route 422, New Castle, PA
March 12	Springfield Township Municipal Building 406 Old Ash Road, Mercer, PA
April 9	Hermitage City Building 800 North Hermitage Road, Hermitage, PA
May 14	North Beaver Township Road Department Garage 437 Kyle Road, New Castle, PA
June 11	Ellwood City Public Works Garage 105 Sixth Street, Ellwood City, PA
July 9	Hempfield Township Municipal Building 278 South Mercer Street, Greenville, PA
August 13	City of Farrell Municipal Building 500 Roemer Boulevard, Farrell, PA
September 10	Mahoning Township Building 4538 West State Street, Hillsville, PA
October 8	New Castle Public Library 207 East North Street, New Castle, PA
November 12	Munnell Run Farm/Mercer County Conservation District 753 Greenville Road, Mercer, PA
December 10	Lawrence County Recycling/Solid Waste Dept. Gettings Annex at Lawrence County Courthouse, New Castle, PA

### Program Details:

- This program is for RESIDENTIAL households only. No commercial or institutional materials are accepted.
- The program is currently free.
- Materials collected are subject to change depending on costs and markets.

Visit our webpages or follow us on Facebook!  
[lawrencecountypa.gov/recycling](http://lawrencecountypa.gov/recycling) and [mercercountypa.gov/recycling](http://mercercountypa.gov/recycling)

## Scam Alert: Tax Refund Communication

IRS impersonators are at it again. This time, the scammers are sending messages about your "tax refund" or "tax refund e-statement." It might look legit, but it's an email or text fake, trying to trick you into clicking on links so they can steal from you. Since we are reaching tax season it is important to remember the real IRS will never contact you by email, text message, or social media.

If someone does reach out, here's what to do:

1. Never click on any links, which can put malware on your computer or phone, letting scammers steal from you.
2. Check the status of any pending refund on the IRS official website. Visit Where's My Refund to see if you're really getting a refund.

Share what you know. By telling your friends and family members about the scam, you can help protect your community.

**Scam Alert:** With Valentine's Day right around the corner, it is very important to be aware of potential romance scams. Romance scams are when fraudsters will use any information they can find about you to gain your trust, build a relationship, and ultimately steal your money or personal identifiable information. This can be done through a dating app, website, or by other means.

### Common Romance Scam Red Flags:

1. The relationship moves very fast.
2. You never meet in person.
3. They ask for money.

If you feel you have been targeted, please call The Office of Attorney General or the Federal Trade Commission.

# Mercer County Area Agency on Aging, Inc. Newsletter

## February 2024



**Reminder! All MCAAA, Inc. locations will be closed:  
Presidents' Day Monday, February 19, 2024**

### Senior Resources

AARP ([www.aarp.org](http://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](http://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](http://www.compass.state.pa.us)])

Enables Pennsylvania citizens to apply for social service programs online.

Call 1-800-692-7462.

Medicare ([www.medicare.gov](http://www.medicare.gov))

The official government site for Medicare consumer information. Call 1-800-633-4227

**LIHEAP Season is open!**  
**(Low Income Heating Energy Assistance Program)**  
**Apply Until April 5, 2024.**

### Free AARP TaxAide program

Mercer County Area Agency on Aging has been asked to help spread the word about the free AARP TaxAide program for the 2023 tax season. This program targets those over 50 years of age along with low-income families. The program offers federal, state, and local tax return preparation and e-filing along with assisting with the PA Property Tax/Rental Rebate program. Starting In January residents can dial United Way 2-1-1 option 1 to make appointments at one of the four sites in Mercer County. Appointments will be scheduled Monday through Thursday 9 AM to 1:30 PM.

### 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.

**Please Check Out Our Updated Website  
and try our new QR Code.**



[www.mercercountyaging.org](http://www.mercercountyaging.org)

### MCAAA, Inc. Contact Information:

[www.mercercountyaging.org](http://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