

Staying Cool—



If you live in a home without air conditioning or fans, try to keep your space as cool as possible. Limit use of the oven; keep shades, blinds, or curtains closed

during the hottest part of the day; and open windows at night.

If your living space is hot, try to spend time during midday in a place that has air conditioning.

For example, go to the shopping mall, movies, library, senior center, or a friend's home.

PA 211 can help you locate a cooling shelter: call 211.

Alzheimer's Care Giver Support Group

When: Every first Tuesday of the month.

Location: The Keifer Building—

341 East Jamestown Road, Greenville, Pa 16125.

This group is open to the public and welcomes: caregivers, care partners, family members, friends, neighbors, community members and professionals.

Contact: Michelle O'Malley
724-588-9613 ext. 1427

2024 Senior Farmer Market Voucher Schedule

Greenville Senior Community Center, 45 Alan Ave., Greenville

Distribution from 1:30 P.M. to 4:00 P.M. on the following

Wednesdays: July 10, July 24, July 31,

August 7, August 21 & September 18

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

Distribution Tuesday, July 16 and 23 from 9:30 A.M.—11:00 A.M.

Distribution Wednesday, July 3, 10 and 17

from 1:00 P.M.—3:00 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.

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

Shenango Valley Senior Center, 220 N. Buhl Farm Drive, Hermitage

Distribution Mondays from 1:30 P.M. to 3:30 P.M.

70% OF DEMENTIA CAREGIVERS

FEEL STRESSED WHEN COORDINATING CARE

AND MORE THAN HALF OF CAREGIVERS SAID NAVIGATING HEALTH CARE IS DIFFICULT



3 IN 5 DEMENTIA CAREGIVERS

SAY LESS STRESS AND MORE PEACE OF MIND ARE POTENTIAL BENEFITS OF HAVING A CARE NAVIGATOR

56% SAY IT COULD HELP THEM BE

BETTER CAREGIVERS

Monthly Health & Wellness Tips

How to Protect Your Skin from the Sun— According to the United States Centers for Disease Control (CDC), skin cancer is the most popular cancers among Americans. Please see a few tips to keep your skin safe this summer. The first that is important is staying under shade when possible like an umbrella for example. Remember even when you're in the shade it is best practice to use protective clothing and sunscreen. When possible, wear long-sleeved shirts and long pants and skirts, which can provide protection from UV rays. If wearing this type of clothing isn't practical, try to wear a T-shirt or a beach cover-up. Clothes made from tightly woven fabric offer the best protection. A wet T-shirt offers much less UV protection than a dry one, and darker colors may offer more protection than lighter colors. Some clothing is certified under international standards as offering UV protection. For the ultimate protection wear a hat with a brim all the way around that shades your face, your ears, and the back of your neck. Avoid straw hats with holes that let sunlight through. The next important tip is to protect your eyes by wearing sunglasses. Sunglasses that block both UVA and UVB rays offer the best protection. Most sunglasses sold in the United States, regardless of cost, meet this standard. Wrap-around sunglasses work best because they block UV rays from sneaking in from the side. The last tip is to make sure you remember to use broad spectrum sunscreen that filters out both UVA and UVB rays and has an SPF of 15 or higher. Don't forget to check the expiration date, sunscreen does expire and becomes less effective over time. Sunscreen needs to be reapplied at least every two hours. *This article was adapted from an article published by The CDC.

Preventing Falls in Older Adults

By: Tricia Ryan

Falls are a major threat to the health of older adults and can reduce the ability to remain independent. According to the United States Centers for Disease Control (CDC), for adults aged 65 and older, falls are the leading cause of injury. In the year 2021, almost 3 million emergency room visits for older adults were caused by a fall. Did you know that most falls are preventable? There are several strategies that can reduce a person's risk of falling:

1. Balance and strength training: Always talk with your doctor before beginning an exercise program. An adult should aim for at least 150 minutes of moderate activity weekly. A plan might include 10-15 minutes of exercise 2 or 3 times a day. Popular exercises for older adults include walking, swimming, cycling, aerobics, and yoga.

2. Regular medical appointments: Attending regular medical appointments and following medical advice for the care of chronic conditions such as diabetes and heart disease is very important. A physician or pharmacist can also let you know if any of the medications you take regularly might also cause dizziness or muscle weakness which could lead to a fall. Regular eye exams can also detect changes in vision that could also increase the risk for falls.

3. Fall-proofing your home: According to the National Council on Aging, most falls happen at home.

Some simple changes, such as better lighting, can significantly reduce a person's fall risk.

Other changes to fall-proof a home include:

- installing railings on both sides of any stairs
- increasing the placement of light controls to avoid having to walk to switches
- using motion- or voice-activated electronics
- keeping walking areas free from clutter or unnecessary furniture
- attaching carpets firmly to the floor with non-slip pads
- avoiding small, unsecured area rugs
- mounting grab bars in high-slip areas like the bathroom
- using night lights
- keeping a flashlight and phone by your bed
- placing cookware and high-use items in easy-to-reach places
- securing cords out of the way
- purchasing furniture at a height easy to get up and down from
- keeping pets away from areas where they are underfoot
- wearing non-slip footwear indoors
- arranging furniture to maximize open space

Take Time to Find Joy

The Best Place to Start Finding Joy in Daily Life for Seniors*

By: Anna Shoaf

When it is not possible to do the activities we've always loved or even to spend time with our friends and family, the best thing we can do for ourselves is to stay busy. Staying busy helps keep minds and bodies active during the day and restful at night. Even though it may feel like we are "faking it until we make it," remember that we can find great joy in the littlest things.

Get on Social Media

Social media is a great way to stay in touch with friends and family. Having a daily interaction with a friend or loved one can do a lot for our state of mind... even if it is online. Social media helps keep our brains active and helps to alleviate feelings of isolation. Pro Tip: For added fun, ask a caregiver, child, or grandchild to help you set up a profile if you're new to social media. It's a great way to spend quality time with someone from a distance.

Practice Good Sleep Hygiene

Sleep is vitally important to our physical and emotional wellbeing. To promote health sleep habits, try going to bed and waking up at the same time daily, avoiding television before bedtime, creating rituals (like a cup of decaf tea before bed), and maybe even speaking with a sleep specialist. Pro Tip: Ask your pharmacist or doctor if insomnia may be a side effect or a negative interaction between any medications that you are taking.

Go For A Walk

The simple act of going on a walk has endless benefits mentally and physically. It helps us to get out of the house, spend time in the outdoors, and strengthen our bodies. Walking can also help to improve sleep quality, prevent injuries, and control weight. Pro Tip: If going on a walk isn't possible, walk around the house once or twice, sit outside, or spend time facing a window for some natural light. That's a success!

Seek Companionship

Having a companion for a game of cards or scrabble, someone to watch a classic movie, read a novel out loud, or even help tend a small garden are excellent to keep active and engaged. Pro Tip: Check out your local senior centers in Greenville, Sandy Lake, Hermitage, and Grove City!

*This article was adapted from an article published by Senior Helpers (www.seniorhelpers.com/va/richmond/resources/blogs) to meet the needs of older adults in Mercer County, PA.

"You are never too old to set another goal or to dream a new dream." —C.S. Lewis





Monthly Scam Corner

Summer Paris Olympics Scam— With the 2024 Paris Olympics arriving in less than 30 days, it is important to be aware of a potential scam. AARP suspects that we may see a revival of the fake emergency scam, which bears similarities to the grandparent scam but is slightly different. A scammer hacks someone’s email account, and shortly after, all of that person’s contacts will receive the same message — something to the effect of, “Hey guys, I’m over in Paris and my wallet got stolen! Can anyone please help me out by sending gift cards or a Venmo deposit?” How to stay safe: Resist the urge to react immediately if you hear from a friend in Paris needing cash. Instead, follow the Federal Trade Commission’s advice and try another way to contact the person who supposedly is in need, such as calling them on the phone. Alternatively, reach out to a trusted source who knows the person and would be aware of whether or not they went on a trip to Paris.

Election Year Scams— This year is a presidential Election year. It is important that you are on high alert for a recent scam targeting individuals with regards to registering to vote. If someone claims you’re not registered to vote and offers to register you by phone, hang up. You cannot register by phone, email or text. In all 50 states, you can only register to vote online, by mail, or in person at a local election office. The safest option is to register at a government location or do so by mail. If you do register online, do not use unsolicited links. Voter registration drives often occur at events such as festivals and farmers markets, and sometimes the filled-out forms are left on tables where anyone can see them, the Identity Theft Resource Center warns. A better option is to take a form, fill it out, and mail it or deliver it in person to an election office. Be suspicious of robocalls and confirm whether the information is accurate. If a robocall tells you that your polling place will be closed on Election Day, for example, don’t believe it. Instead, follow up with your local election office. You can find contact information for the Mercer County Voter Registration and Election Bureau below.

Mercer County Voter Registration and Election Bureau

130 North Pitt St., Suite B

Mercer, PA 16137

Office Hours: Monday through Friday.

8:30 am - 4:30 pm

Except Holidays

Telephone (724) 662-7542 or (724) 962-5711

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

All MCAAA, Inc. locations will be closed: Independence Day
Thursday, July 4, 2024

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.

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.mercercountyyaging.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