

Mercer County Area Agency on Aging, Inc. Newsletter

June 2024



What is Juneteenth? Wednesday, June 19, 2024 is a Federal Holiday known as Juneteenth. Juneteenth is the oldest-known celebration marking the end of slavery in the United States. This day was first recognized by the state of Texas. You may also have heard it called “Freedom Day”, “Juneteenth National Independence Day,” or “Emancipation Day.” Harriet Tubman the famous American abolitionist and political activist once said ““Now I’ve been free, I know what a dreadful condition slavery is. I have seen hundreds of escaped slaves, but I never saw one who was willing to go back and be a slave.” On January 1, 1863 President Abraham Lincoln issued the Emancipation Proclamation. This proclamation granted freedom to

“all persons held as slaves” in ten Confederate-controlled states. However this order was not put into place until the Union soldiers could advance into these areas after the end of the Civil War. Freedom finally came on June 19, 1865 when about 2,000 Union troops arrived in Galveston Bay, Texas.



Alzheimer’s and Brain Awareness Month

For the month of June you may see people wearing the color purple, that is because June is Alzheimer's and Brain Awareness Month. Please find **TEN** tips from the Alzheimer’s Association to keep your brain healthy.

1. Challenge your mind. Be curious! Put your brain to work and do something that is new for you. Learn a new skill. Try something artistic. Challenging your mind may have short- and long-term benefits for your brain.
2. Stay in school. Education reduces the risk of cognitive decline and dementia. Encourage youth to stay in school and pursue the highest level of training possible. Continue your own education by taking a class at a local library or college, or online.
3. Get moving. Engage in regular exercise. This includes activities that raise your heart rate and increase blood flow to the brain and body. Find ways to build more movement into your day — walking, dancing, gardening — whatever works for you!
4. Protect your head. Help prevent an injury to your head. Wear a helmet for activities like biking, and wear a seat-belt. Protect yourself while playing sports. Do what you can to prevent falls, especially for older adults.
5. Be smoke-free. Quitting smoking can lower the risk of cognitive decline back to levels similar to those who have

not smoked. It's never too late to stop.

6. Control your blood pressure. Medications can help lower high blood pressure. And healthy habits like eating right and physical activity can help, too. Work with a health care provider to control your blood pressure.
7. Manage diabetes. Type 2 diabetes can be prevented or controlled by eating healthier, increasing physical activity and taking medication, if necessary.
8. Eat right. Eating healthier foods can help reduce your risk of cognitive decline. This includes more vegetables and leaner meats/proteins, along with foods that are less processed and lower in fat. Choose healthier meals and snacks that you enjoy and are available to you.
9. Maintain a healthy weight. Talk to your health care provider about the weight that is healthy for you. Other healthy habits on this list — eating right, exercising and sleeping well — can help with maintaining a healthy weight.
10. Sleep well. Good quality sleep is important for brain health. Stay off screens before bed and make your sleep space as comfortable as possible. Do all you can to minimize disruptions. If you have any sleep-related problems, such as sleep apnea, talk to a health care provider.

Please visit www.alz.org/abam for more information.

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SENIOR FARMERS MARKET NUTRITION PROGRAM

Summer is almost here and with the warm weather comes locally grown, fresh fruits and vegetables. Mercer County Area Agency on Aging, Inc., is offering the Senior Farmers Market Nutrition Program (SFMNP) to eligible Mercer County Seniors. This program is made possible through the Pennsylvania Department of Agriculture, Bureau of Food Distribution. The purpose of this program is to encourage older adults to eat more fresh fruit and vegetables produced by local growers as well as to support local growers. The SFMN provides \$50.00 in vouchers to eligible older adults.

To be eligible to receive the vouchers in Mercer County, a consumer must be:

- a resident of Mercer County;
- and 60 years or older as of 2024;
- and have a gross annual income (including interest, Social Security, wages, etc.) at or below 27,861 for a single person, or \$37,814 for a couple.

(Income includes income before any deductions such as income taxes, Social Security taxes, insurance premiums, charitable contributions, bonds, etc.) Proof of age and residency is required (driver's license, photo ID, etc.).

A representative may pick up the vouchers for an eligible Senior as long as they have a signed and completed proxy form and the consumer's proof of age and residency. The proxy form is available at any of the Agency's Senior Community Centers or the Administrative Office.

Mercer County Distribution Schedule:

Greenville Area

Greenville Senior Community Center

724-588-3155

45 Alan Ave., Greenville

Distribution from 1:30 P.M. to 4:00 P.M. on the following Wednesdays: June 26, July 10, July 24, July 31, August 7,

August 21 & September 18.

Grove City Area

Grove City Senior Center

724-458-6844

301 S. Broad St., Grove City

Distribution Wednesday, June 26 from 1:00 P.M.—3:00 P.M.

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.

Mercer Area

MCAAA, Inc., Administrative Office

724-662-6222

133 N. Pitt St., Mercer

Distribution Monday through Friday from 10:00 A.M.—3:00 P.M.

Beginning Monday, June 17.

Sandy Lake Area

McQuiston Center by the Park

724-376-3608

29 Railroad St., Sandy Lake

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

Beginning Monday, June 17 .

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

Beginning Thursday, June 20 .

Shenango Valley Area

Shenango Valley Senior Center

724-981-7950

220 N. Buhl Farm Drive,
Hermitage

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

Beginning Monday, June 17 .





MONTHLY SCAM CORNER



Tech Scam— Next time you're playing Solitaire or checking your email on your computer, be ware of a pop-up or ad offering a free scan to keep you computer safe. This is a scam that is impersonating well known companies such as Microsoft, the fraudster company lies and say you have corrupted files on your computer. What happens is you will see a pop up or ad alerting you that your computer has malware or corrupted files then you will be offered a "free" service to repair your computer. This scam has targeted many adults and cost them tens of millions of dollars for software and services to repair made-up problems. The Federal Trade Commission says these companies have charged people \$27-\$58 to repair fake computer threats

and warnings, however this isn't where it ends. People are often told that their problem cannot be fixed and recommend services by a technician that costs between \$199-\$499. To avoid these types of scams:

1. Know that legitimate tech companies won't contact you by phone, email, or text message to tell you there is a problem with your computer.
2. Never click a link or call a number in a pop-up warning. Honest tech companies won't contact you unexpectedly and ask you to do that.

To learn more visit www.ftc.gov/techsupportscams.

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

In a world where you can be anything, BE kind.

—Unknown



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 welcomes: caregivers, care partners, family members, friends, neighbors, community members and professionals.

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

Open to the public.

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**Reminder! All MCAA, Inc. locations will be closed:
Juneteenth, Wednesday, June 19, 2024**

Senior Resources

AARP (www.aarp.org)— The National site for AARP a non-profit, 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.

Please try our new QR Code.



www.mercercountyaging.org

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

2024 Mercer County Senior Games

Monday, June 3rd through Saturday June 15th.

To see schedule of events please visit
www.mercercountyaging.org.

Local Volunteer Opportunities:

Long-term Care Ombudsman Program

PA MEDI Counselor

Mercer County Area Agency on Aging, Inc
724-662-6222

Front Desk Volunteer Position

Greenville Senior Center 724-588-3155

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

MCAA, 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