

FDA Has 5 Medication Tips to Keep You Safe:

1. Take medication as prescribed. Take prescriptions following the directions on the label and your doctor's instructions. Don't skip doses or stop taking a prescribed drug without first consulting with your doctor.
2. Store medicines properly. Most medicines are best kept in a cool, dry place. Avoid exposing drugs to extreme heat or cold.
3. Watch out for potential drug interactions and side effects. Over-the-counter remedies, herbal remedies and supplements can also cause a drug interaction. Drug labels should contain information on potential interactions. Doctors and pharmacists also can help you avoid interactions.
4. Keep a medication list. Writing down all the medicines you're taking can help you keep track of doses and detect any potential drug interactions. The list should include the name of everything you are taking, including over-the-counter drugs, vitamins, and supplements. For prescription drugs, note who prescribed it and why.
5. Dispose safely. Remove the drugs from their original containers and mix them with something undesirable, such as used coffee grounds, dirt, or cat litter. This makes the medicine less appealing to children and pets and unrecognizable to someone who might intentionally go through the trash looking for drugs. Put the mixture in something you can close (a re-sealable zipper storage bag, empty can, or other container) to prevent the drug from leaking or spilling out. Throw the container in the garbage. Scratch out all your personal information on the empty medicine packaging to protect your identity and privacy. Throw the packaging away.

The American Red Cross asks everyone to TURN and TEST as daylight saving time begins this Sunday, March 10 – TURN your clocks forward one hour and TEST your smoke alarms.

Aging Our Way, PA.

The Pennsylvania Department of Aging has designed a 10-year strategic plan to help transform the infrastructure and coordination of services for Pennsylvania's older adults. This plan also known as Aging Our Way, PA, is a 10-year roadmap to meet the needs of the Commonwealth's older adults and improve services for this rapidly growing population. You are invited to make general comments as well as specific comments based on the 5 priorities presented in the plan. This can be done by going to the following link: www.aging.pa.gov/masterplan.

Saint Patrick, who lived during the fifth century, is the patron saint of Ireland and its national apostle. St. Patrick's Day is celebrated annually on March 17, the anniversary of his death in the fifth century. The Irish have observed this day as a religious holiday for over 1,000 years. On St. Patrick's Day, which falls during the Christian season of Lent, Irish families would traditionally attend church in the morning and celebrate in the afternoon. Lenten prohibitions against the consumption of meat were waived and people would dance, drink and feast on the traditional meal of Irish bacon and cabbage.



4 Things to Know About Depression and Older Adults

Depression is a common problem among older adults, but it is not a normal part of aging.

It can affect the way you feel, act, and think.

1. Depression can be treated. It's important to seek help early on.
2. Signs and symptoms of depression vary. For some older adults with depression, sadness may not be their main symptom.
3. Friends and family can help offer support. They can help watch for symptoms and encourage treatment.
4. Living a healthy lifestyle can help reduce feelings of depression. This may include eating a balanced diet and being physically active.

Mercer County Area Agency on Aging, Inc. Newsletter

March 2024



March Highlights at The Senior Centers:

Greenville Senior Community Center: Enjoy Pickleball every day!

Monday, March 11th Property Tax & Rent Rebate Clinic 9-11 AM and 1-4 PM

Get ready for the Bike Club beginning in May!

Grove City Senior Community Center: Enjoy Coffee every morning!

Tuesday, March 12th Join Tom Hall with PHN, Talking about Senior Health.

Thursday, March 21st Join Atty. Hartle with a presentation on Estate Planning.

McQuiston Center by the Park: Enjoy Shuffleboard every Tuesday.

Wednesday, March 20th Participate in a Pie Cook Off at 10:45 AM.

Shenango Valley Senior Center: Enjoy pie for a snack on Pi Day! Thursday, March 14th.

Seniors for Safe Driving A driver improvement course designed specifically for mature drivers (55yrs+). This opportunity allows you to refresh your driving techniques, regain lost confidence, and develop a positive driving attitude. Upon completion of the Mature Driver Improvement Course, you may be eligible to receive a reduction on your auto insurance premium for a period of three (3) years, as mandated by state law.

Upcoming courses:

March 12 9:00am - 1:00pm
McGonigle Ambulance Service
1615 East State Street
Hermitage, PA 16148

March 22 1:00pm - 5:00pm
Greenville Senior Center
45 Alan Avenue
Greenville, PA 16125

Community Garden--Are you interested in getting together with other people to plant a garden? The Good Shepherd Center in Greenville is looking for people to get involved in a community garden. Experience gardener or beginner, you are welcome to participate in this adventure. The first class will be Wednesday, April 10, 4pm in the thrift store dining room. For more information call 724-866-1340.

Hermitage PD Community Safety Series

The City of Hermitage and Hermitage Police Department are hosting another Community Safety presentation series. There is NO cost and NO registration required. These will be at 6:00pm in the Commissioner's Room of the City building. Contact Officer Staples with any questions, sstaples@hermitage.net or 724-983-6780 ext. 1766.

Next presentation:

Emotional & Social Health and Wellness
Tuesday March 12, 2024 @ 6pm

Spring Craft Show - Soup Sale - Easter Egg Hunt

Saturday, March 30, 2024, 10:00 AM - 3:00 PM
Baughman Family Community Center
71 Columbia Avenue, Greenville, PA, 16125

Community Shred Event – Hermitage PA

April 13 @ 9:00 am - 11:00 am
Shenango Valley Senior Center
220 N. Buhl Farm Drive
Hermitage, PA 16148
Hosted by PA State Representative Parke Wentling.
Limit of 4-5 standard boxes or bags with material for shredding.

According to the Federal Trade Commission (FTC) people lost \$10 billion to scams in 2023. That's \$1 billion more than 2022 and the highest ever in reported losses to the FTC – even though the number of reports (2.6 million) was about the same as last year. Imposter scams remained the top fraud category, with reported losses of \$2.7 billion. These scams include people pretending to be your bank's fraud department, the government, a relative in distress, a well-known business, or a technical support expert. To take a closer look at our area, Pennsylvania was ranked number 8 with the highest reports submitted among the 50 states. Identity theft was the top category reported.

Join the Social Security and Inspector General's office to raise awareness of government imposter scams, which continue to spread across the United States. **Slam the Scam Day is Thursday, March 7, 2024**, as part of National Consumer Protection Week, which takes place this year from March 3-9.

How to protect yourself from identity theft—

- Protect documents that have personal information.
Keep your financial records, Social Security and Medicare cards, and any other documents that have personal information in a safe place. When you decide to get rid of those documents, shred them before you throw them away.
- Ask questions before giving out your Social Security number.
Some organizations need your Social Security number to identify you. Those organizations include the IRS, your bank, and your employer. Organizations like these that do need your Social Security number won't call, email, or text you to ask for it.
- Protect your information from scammers online and on your phone.
If you're logging in to an online account, use a strong password and add multi-factor authentication for accounts that offer it. Multi-factor authentication offers extra security by requiring two or more credentials to log in to your account.

Scammers Impersonate the Government

You get a call, email, or text message...

- ▶ They say they're from the Social Security Administration and your benefits will end unless you pay.
- ▶ They say they're from the IRS and you owe taxes.
- ▶ They say you need to give your Medicare number to get a new card.



STOP!

These are all scams.

Government agencies won't call, email, or text you and ask for money or personal information. Only a scammer will do that.

Report the scam to the FTC at
[ReportFraud.ftc.gov](https://www.ftc.gov/report-fraud)



Let's get organized!

Don't Toss my Memories FREE workshop

Steps to help seniors de-clutter and organize



Program sponsored by PA Link

**Wednesday,
April 3
10:00 A.M.
-11:30 A.M.**

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

**Presented by
Vickie Dellaquila of
Organization Rules, Inc.**

Are you a senior or baby boomer who wants to slim down your belongings, organize, and possibly move? Are you overwhelmed and don't know where to start or what to do? Are you the adult child and need to help your parents downsize from their large home of several years to a smaller home? Do you work with seniors and their adult children who face the issue of downsizing and moving and don't know where to turn for assistance? If you answered "yes" to any of these questions, this presentation is for you!

REGISTER TODAY!

**Call Brittany Gilfillan, PA Link Coordinator
724-487-5104 (call or text) or email
bbuzzell@co.butler.pa.us**

Mercer County Area Agency on Aging, Inc. Newsletter

March 2024



Reminder! All MCAA, Inc. locations will be closed:

Good Friday, Friday, March 29, 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.

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



www.mercercountyaging.org

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

Questions about your Medicare?

We are here to

HELP

Call the PA MEDI Helpline, Monday - Friday, 8AM - 5PM



pennsylvania
Medicare Education and Decision Insight

1-800-783-7067

LIHEAP Season is open!

(Low Income Heating Energy Assistance Program)

Apply Until April 5, 2024.

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