



### Celebrating Older Americans Month: Powered by Connection

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by a federal agency, the Administration for Community Living (ACL), OAM is a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving the older adults in our communities. This year's theme, "Powered by Connection," focuses on the profound impact that meaningful connections have on the well-being and health of older adults — a relationship underscored by the U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community.

What can individuals do to connect?

- Invite more connection into your life by finding a new passion, joining a social club, taking a class, or trying new activities in your community.
- Stay engaged in your community by giving back through volunteering, working, teaching, or mentoring.
- Invest time with people to build new relationships and discover deeper connections with your family, friends, colleagues, or neighbors.

### The Sunshine is on its way!

Now that the days are getting longer and Spring flowers are basking in the warmer weather outdoors, it is time to look around your home. The time-honored tradition of spring cleaning is important for all of us.

Spring is the season for new beginnings, so please find a few tips for tidying up from the long winter.

- Discard expired packaged foods.
- Remove clutter from the closet and living space.
- Remove winter clothes and make sure all clothes are labeled.
- Remove boxes from the floor.
- And please remember that shower stalls are not for storage or hanging clothes.

Partner up with a friend or neighbor to make it fun!



**Understanding the Medicare Savings Program:** The Medicare Savings Programs (MSPs) help older adults and people with disabilities pay their Medicare Part B monthly premium. Some people also qualify for help with their Medicare Part A premium, if any, as well as Part A and Part B deductibles and coinsurance. To qualify for MSP, you must have limited income and resources. For information call PA MEDI at your local Area Agency on Aging, 724-662-6222.



### SCAMS TO BE ON THE LOOKOUT FOR THIS MONTH.



**How to Avoid Scams** Another day, another round of spam texts and emails trying to sell you things. At best, spam is annoying. At worst, it's pushing scams or trying to install malware on your device. If you're tired of getting spam, there are some ways to help. When scammers send spammy messages that seem legit (but aren't), they're often trying to trick you into clicking links and giving them personal or financial information. Things like your passwords or bank account and Social Security numbers are valuable to scammers. With that access to your accounts, scammers could try to steal your money or your identity. Or both. To help you cut down on spam and avoid scams:

1. Use filters. Your mobile phone probably has options to filter and block texts from unknown senders. Some wireless providers and call blocking apps can also help block unwanted messages. Many popular email providers (like Gmail) have strong spam filters turned on by default. But if any spam gets into your inbox, mark it as spam or junk.
2. Protect your personal information. Before you enter personal information on a website, email, or text chain, stop. Ask yourself: Why do they need this information? And what's going to happen to it? Remember, too: never share your Social Security number with someone who reaches out to you.
3. Unsubscribe from unwanted emails. Getting fewer unwanted emails helps you avoid clicking on links that can lead to a phishing attack.

Report unwanted messages. Unwanted messages often lead to scams. Report them. Use your phone's "report junk" option or forward unwanted texts to 7726 (SPAM) and unwanted emails to your email provider.

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

### May is Mental Health Awareness Month

You are NOT  
ALONE.

Get your  
life BACK.

# You Matter!

There is  
HOPE. Break the  
SILENCE

**Have you heard about Healthy IDEAS?** Depression, anxiety, and loneliness are not a normal part of aging and should not be considered as such. Healthy IDEAS (Identifying Depression & Empowering Activities for Seniors) is an evidence-based program that integrates depression awareness and management into existing services provided to older adults in-person or virtually/telephonically in their in own home by local Area Agencies on Aging. The program promotes social connections for older adults experiencing isolation or loneliness that often occur with chronic illness and other losses later in life. Healthy IDEAS improves quality of life for older adults by:

- Screening for symptoms of depression and assessing their severity.
- Educating older adults and caregivers about depression.
- Linking older adults to primary care and mental health providers.

Empowering older adults to manage their depression through a behavioral activation approach that encourages involvement in meaningful activities. Older adults who participate in Healthy IDEAS may experience the following benefits:

- Fewer symptoms of depression
- Decreased physical pain.
- Better ability to recognize and self-treat symptoms.
- Improved well-being through achievement of personal goals

For more information, call Anna Shoaf at 724-662-6222.

# Mercer County Area Agency on Aging, Inc. Newsletter

## May 2024



### Senior Farmers Market Nutrition Program (SFNP) Coming Soon!

Mercer County residents can start getting their vouchers starting June 17<sup>th</sup>. Senior Farmers Market Nutrition Program (SFMNP) provides low-income seniors with fresh, nutritious, unprepared, locally grown fruits, vegetables, and herbs from approved farmers in Pennsylvania. Seniors must be 60 years of age or older and meet the federal income guidelines. The checks are available on a first come first serve basis. The 2024 household income guidelines are as follows:



# of People in Household	Total Income Cannot Exceed
1	\$27,861
2	\$37,814
3	\$47,767
4	\$57,720



Mercer County Area Agency on Aging, Inc. SFMNP Schedule:

#### Administrative Office

133 N. Pitt Street, Mercer, PA 16137  
M-F 10:00am-3:00pm

#### Greenville Senior Community Center

45 Alan Ave, Greenville, PA 16125

1:30 – 4:00 at the Senior Center on the following days:

Wednesday, June 26

Wednesday, July 10

Wednesday, July 24

Wednesday, July 31

Wednesday, August 7

Wednesday, August 21

Wednesday, September 18

After September 18<sup>th</sup>, you may come to the Senior Center any Wednesday after 1:30pm.

#### Grove City Senior Community Center

301 S. Broad Street, Grove City, PA 16127

Wednesdays June 26, 2024, 1:00pm-3:00pm

Tuesdays July 16, 23, 2024 9:30am-11:00am

Wednesdays July 3, 10, 17, 2024

1:00pm-3:00pm

#### McQuiston Center by The Park

29 Railroad Street, Sandy Lake, PA 16145

Mondays from 1:00pm-3:00pm

Thursdays from 9:00am-11:00am

#### Shenango Valley Senior Center

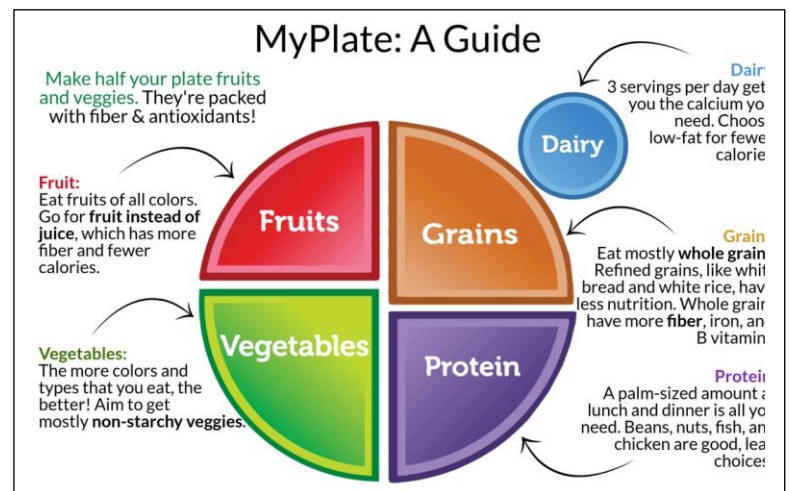
220 N. Buhl Farm Drive, Hermitage, PA 16148

Mondays from 1:30pm to 3:30pm

in the dining room.

A few reminders about SFMNP Vouchers:

- ❖ FMNP and SFMNP checks cannot be used before June 1, 2024, or after November 30, 2024.
- ❖ FMNP customers may buy only fruits, vegetables, and fresh cut herbs grown in Pennsylvania.
- ❖ Recipients must sign in the "Signature Recipient or Proxy" block on the front of the checks. Do this before going to the market or take a pen with you.
- ❖ At the market, look for stands displaying the white Farmers Market Nutrition Program poster.
- ❖ Each check is worth \$10. Farmers are not permitted to give change for purchases less than \$10.
- ❖ Program recipients may place orders on line with FMNP approved farmer; however, you must pay with your paper FMNP checks. A proxy may go to markets to make the purchase for you.
- ❖ Checks cannot be redeemed at grocery stores or other wholesalers.



# Mercer County Area Agency on Aging, Inc. Newsletter

## May 2024



**Reminder! All MCAAA, Inc. locations will be closed:  
Memorial Day, Monday 27, 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

### 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

### 2024 Mercer County Senior Games

Save the dates:

Monday, June 3<sup>rd</sup> through Saturday June 5<sup>th</sup>.

To receive program booklet and application please visit  
[www.mercercountyaging.org](http://www.mercercountyaging.org).

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

### 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