



# THE SCOOP



Northumberland County Area Agency on Aging  
322 N. 2nd Street, Sunbury, PA 17801  
PH: 570-495-2395 ~ FAX: 570-495-2396

*Volume IV ~ April-May-June ~ 2015 Edition*

**Agency Administrator ~ Patricia Rumberger**  
**Deputy Administrator ~ Karen Leonovich**

## Community Phone Numbers

**AAA Office: 570-495-2395**

**AAA Toll Free: 1-877-622-2251**

**After Hours: (Crisis Line) 1-855-313-4387**

**Pace-Pacenet: 1-800-225-7223**

**North'd Co. Veteran's Affairs: 570-988-4213**

**Rabbittransit: 1-800-479-2626**

**Social Security Admin: 1-866-593-3796**

**Agency Website: [www.ncaging.org](http://www.ncaging.org)**

**New! PA Aging Website: [aging.pa.gov](http://aging.pa.gov)**



## Get excited for spring!

**F**lower buds are starting to peek out. Birds are returning to the neighborhood. The sun feels warmer and brighter than it has in months and the arrival of daylight saving time means it stays light later, too. Leave those thoughts of snowstorms behind. Spring is here and we have some fun ideas to get you in the mood for the loveliest season:

- Grow something you can eat. Try tomatoes, beets, or any kind of beans.
- Take an evening stroll. Walk through your neighborhood or a local park and see the flowers. Savor the light of dusk. Wave to the neighbors. Enjoy the little things.
- Go to a farmer's market. Take advantage of the comfortable temperatures and see what local farmers are offering.
- Get dirty in the yard. Mow the grass. Pull weeds. Till flower beds. Replant. Find the fun in getting sweaty.
- Just do something that makes you happy!

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***If you would like this newsletter E-mailed to you, please give your E-mail address to your Senior Action Center or call our office at (570) 495-2395 and ask to be put on our newsletter E-mail list.***

## Alzheimer's Support Group Meetings

The Northumberland County Area Agency on Aging in conjunction with Geisinger-Shamokin Area Community Hospital has meetings on the second Wednesday of every month at 6:30 PM in the hospital cafeteria.

The support group engages a guest speaker to provide information on aspects of caregiving at every meeting. The presentations provide knowledge, encouragement and positive strategies for dealing with caregiving duties.

One does not have to be a caregiver to attend the support meetings; those who are interested in obtaining information about Alzheimer's disease are welcome.

If you have any questions regarding the support group or Alzheimer's disease, please contact the Northumberland County Area Agency on Aging at **570-495-2395**. Northumberland County Area Agency on Aging is a member of the South Central Chapter of the Alzheimer's Association.

### Meeting dates are:

**April 8, 2015**

**May 13, 2015**

**June 10, 2015**



## Older Driver Safety Tips

1. Have regular eye and medical exams. Near and distance vision is needed to drive safely.
2. Aging eyes become more sensitive to bright light and glare, so limit nighttime driving and try to avoid looking directly into headlights of approaching vehicles.
3. Avoid stressful driving situations such as rush hour travel, driving at night or driving in bad weather. Plan ahead. Know your route and try to stay on familiar roads.
4. Avoid travelling in bad weather, if at all possible.
5. Avoid taking medications before driving. Many medications, prescription and over-the-counter, cause drowsiness and can affect safe driving.
6. Make sure your driver's seat and mirrors are properly adjusted prior to beginning a trip.
7. Maintain a safe speed and look ahead. Controlling your speed and looking down the road for possible hazards allow you to make adjustments before encountering a problem.
8. Always keep a safe distance from the vehicle ahead of you. A four-second gap between your vehicle and the vehicle in front of you is recommended.
9. When driving long distances, especially in winter, call ahead for weather and road condition updates.



**Area Agency on Aging  
Senior Picnic  
Knoebels, Pavillion J  
June 10, 2015  
Beverages & Donuts at 9 AM  
Bingo at 1 PM  
Dinner at 4:45 PM  
Also  
VNA Health Fair**

**Contact your Senior Action Center  
for More Info.**

## HAPPENINGS

**Ham & Dandelion Supper  
Hickory Corners Fire Co.  
April 11, 2:00 to 7:00 PM**

**Volunteer tea at the Senior Centers  
April 14, 2015, 12:30 PM**

**Earth Day at the Senior Centers  
April 22, 2015**

**ConAgra Health Fair, Milton, PA  
May 22, 7 AM to 1 PM.**

**Community Days-Montandon  
May 23 & 24**

**Senior Picnic, Knoebels Grove  
Pavillion J  
June 10, 2015  
Dinner at 4:45 PM**

### Pennsylvania Senior Law Helpline

100 South Broad Street Ste. 1810  
Philadelphia, PA 19110

Website : <http://www.seniorlawcenter.org>

Office Phone : (215) 988-1244 ~ National Toll

Free Phone : (877) 727-7529

The SeniorLAW Helpline is a free, confidential telephone legal service, staffed by attorneys, that is available to give Pennsylvania residents, 60 and older, legal information and advice.

Hours : Monday through Thursday from  
10AM to 2PM

**Effective March 16, 2015, all Social Security  
offices will be open an hour longer on Mon-  
day, Tuesday, Thursday and Friday.**

**Hours are 9 AM to 4 PM**

**Weds. hours will remain 9AM to Noon.**

**A toll free number is available 7AM to 7PM  
1-800-772-1213**

### Top 5 Senior Scams

State Attorney General Kathleen Kane announced the top five ways con artists scammed Pennsylvanians in 2014. Here's a look at the top five complaint categories:

#### 1. Telephone scams

There are several ways people can lure marks over the phone, but tricking grandparents was a big one in York County. Jenny Nace, a spokeswoman for the York County Area Agency on Aging, said people will call the county's older residents insisting that they represent a grandchild who is in trouble, but could be saved if the grandparent just sends money their way. This scam, more than others, plays on the emotions of the mark.

#### 2. Email scams

Unlike the phone, email scammers can use corporate logos to appear legitimate to consumers. It's the time of year for tax fraud scams. Just like over the phone, scam emails can hide in the guise of an official communication from the IRS, but, according to the Attorney General's office, "the IRS or other taxing bodies will not communicate by email." The Attorney General recommends contacting financial institutions immediately for confirmation.

#### 3. Energy cost-savings scams

According to the report, consumers have been approached with offers to change energy providers in order to save money. Sometimes the savings aren't there at all or maybe the offer is just a "teaser rate" that goes back up after a short time. Approved energy suppliers are listed on the PUC website at [www.puc.state.pa.us](http://www.puc.state.pa.us).

#### 4. Home improvement scams

The attorney general recommends that people take more precautions to verify the legitimacy and proven competency of contractors before they hire them. Homeowners can verify a contractor's registration status by going to [www.AttorneyGeneral.gov](http://www.AttorneyGeneral.gov) or by calling (800) 441-2555. Still, the report says people should do their homework before hiring any contractor.

#### 5. Motor vehicle purchases and repairs

Anyone whose car is in need of immediate repairs is often in a vulnerable position that makes them great targets to be taken advantage of. The report recommends not being afraid of getting a second opinion.

## Malnutrition In Seniors

**M**alnutrition threatens many seniors seen at emergency rooms. Depression, dental problems and difficulty buying groceries are among the most common reasons.

A new study reveals that more than half of American seniors seen at emergency departments are either malnourished or at risk for malnutrition. Among ER patients aged 65 and older, 16 percent were malnourished and 60 percent were at risk for malnutrition. Of those who were malnourished, more than three-quarters said they had not been previously diagnosed with malnutrition.

Those most likely to be malnourished included seniors who had depression, lived in assisted-living facilities, had difficulty eating or swallowing due to problems such as denture troubles or pain or had difficulty buying groceries.

"We were surprised by the levels of malnutrition or risk of it among mentally competent seniors visiting the ER, and even more surprised that most malnourished patients had never been told they were malnourished," Dr. Timothy Platts-Mills, of the University of North Carolina department of emergency medicine in Chapel Hill, said in a journal news release.

Depression and dental problems appear to be important contributors, as is difficulty buying groceries. Given that seniors visit ERs more than 20 million times a year in the U.S., emergency physicians have an opportunity to screen and intervene in ways that may be very helpful without being very costly.

For patients who report difficulty buying groceries, Supplemental Nutrition Program, Meals on Wheels, Congregate Meals Programs or community-based food charities can be helpful, although other factors may also need to be addressed.

*WebMD News from HealthDay By Robert Preidt*

**Farmer's Market Checks will be available June 1, 2015.**



**Please contact your Senior Action Center for details.**



**S**ome Pennsylvanians who receive Social Security benefits could see some extra cash in their wallets as part of an expansion of the state's property tax and rent rebate program. The expansion, signed into law by Gov. Tom Corbett recently, raises the income limits of those who can receive rebates.

New Guidelines, which expire at the end of 2016, set the income limits at \$35,298 for homeowners and \$15,128 for renters. Qualifying homeowners could receive up to \$975 in rebates this year.

Who can apply:

Rebates are offered to Pennsylvanians age 65 and older, widows and widowers age 50 and older and people with disabilities age 18 and older.

The program is funded by the Pennsylvania Lottery and gaming slot machines.

If you qualified for the 2013 rebate program and received a rebate in 2014, you will automatically receive a booklet in the mail. The deadline to apply for a rebate is June 30, 2015. Checks will not be issued until July 2015.

Contact the Northumberland County Area Agency on Aging at 570-495-2395 for an application or appointment for assistance in completing the form.

**As you get older, three things happen.....  
First, you start to lose your memory.  
And.....  
I can't remember the other two!**

# SENIOR ACTION CENTER ACTIVITIES

All Center Hours are 8:00 AM to 4:00 PM



All of the Senior Action Centers are celebrating Earth Day on April 22, 2015

Call or visit your local center to find out what fun things are going on there.

**Elysburg Senior Action Center**  
570-672-2438

***Elysburg Center is open Mon - Wed - Fri***

## April:

- 1 VNA will speak on identity protection.
- 10 Members meeting.
- 14 Volunteer tea.
- 15 VNA, blood pressure and blood sugar.
- 15 Birthday party.
- 22 Earth Day.
- 23 Olive Garden.
- 29 State Representative Kurt Masser will be at the center.

## May:

- 1 Members meeting.
- 13 Open house.
- 20 VNA will speak on high blood pressure.
- 20 Birthday party.

## June:

- 5 Members meeting
- 10 Knoebels picnic
- 17 Birthday party
- 17 VNA, blood pressure and blood sugar
- 29 Movie and pizza.

**Herndon Senior Action Center**  
570-758-1570

**Mon & Weds:** Exercise, 10:45. Bingo, 12:30.  
**Thurs:** Bible study, 9:30.

## April:

- 1 Commodity food delivery, 10:00. Members meeting, 1:30.
- 3 CENTER CLOSED GOOD FRIDAY
- 6 Card party, 6:00 PM
- 9 Bus trip sponsored by Rep. Culver and Masser. Tour of Capitol and lunch, leaving center 8:30.
- 11 Ham and dandelion dinner, Hickory Corners.
- 14 Volunteer tea, 12:00. Entertainment by The Kitchen Band.
- 13 Sunbury Hospital BP check, 9:30 to 11:30.
- 16 Birthday party, 1:00. Entertainment, Mike Klinger.
- 17 Trip to Shawnee Playhouse, meal at noon, show at 2:00. Leaving center 9:00.
- 21 Members breakfast 9:00
- 23 Card party, 1:00.
- 24 Anniversary banquet, Hickory Corners, 12:00.

## May:

- 4 Evening card party, 6:00 PM.
- 6 Commodity food delivery, 10:00. Members meeting, 1:30.
- 19 Members breakfast, 9:00.
- 20 VNA, blood pressures and blood sugars, 9:30 to 10:30.
- 21 Birthday party, 1:00. Entertainment by Chris Beilharz.
- 25 MEMORIAL DAY CENTER CLOSED.
- 28 Card party, 1:00.

## June:

- 1 Evening card party, 6:00 PM.
- 3 Commodity food delivery 10:00. Members meeting, 1:30.
- 8 Sunbury Hospital, blood pressures 9:30 to 11:30.
- 15 Flag Day CENTER CLOSED.
- 16 Members breakfast, 9:00.
- 18 Birthday party, 1:00. Entertainment by Terry Bowman.
- 22 Sunbury City Band, 7:00.
- 25 Card party, 1:00.



**Earth Day 2014 at the Kulpmont Center**

**Kulpmont Senior Action Center**  
570-373-1112

*Every Monday, 5:30 to 6:30, God's Chuck Wagon Mobile Soup Kitchen is in the municipal parking lot behind the Kulpmont SAC.*

*Every Wednesday, 4:30 to 6:00, Holy Angels Church in Kulpmont serves a meal for those who are interested. Go to socialize and meet new people. The meal is served in the former Ann Joachim House.*

**April:**

- 3** Closed, Good Friday.
- 7** Family Medical BP/BS screening, 9:30 – 10:30.
- 9** Member's meeting, 12:30.
- 10** Focus Health's Linda Walker with hands on CPR.
- 14** Volunteer tea, 12:30.
- 17** VNA, Jennifer discussing identity protection.
- 22** Earth Day Celebration.
- 24** Ellen Popson, 12:00, tips on the environment to keep you healthy.

**May:**

- 7** Member's meeting, 12:30.
- 11** Mother's Day celebration, 12:00.
- 12** VNA BP/BS screening, 9:30 – 10:30.
- 15** VNA, Jennifer discussing hypertension.
- 25** Closed for Memorial Day.

**June:**

- 2** Family Home Medical, blood sugar check 9:30 – 10:30.
- 4** Member's meeting, 12:30.
- 10** AAA Senior picnic at Knoebels.
- 15** Closed for Flag Day.
- 19** VNA, Jennifer discussing skin safety and skin cancer awareness.

**Milton Senior Action Center**  
570-742-9435

- Mon:** Pinochle, 12:30.
- Wed:** Card game, 9:30. Nickel bingo, 12:30.
- Thurs:** Bible Study, 12:30. Rummikub or Pinochle, 12:30.
- Fri:** Nickel bingo, 9:30.

**April**

- 2** Easter party, 10:00.
- 3** Closed for Good Friday.
- 6** Members meeting, 11:00.
- 8** Blood pressure, 11:45.
- 9** Morley Family entertainment, 6:30-7:30 PM.
- 14** Volunteer tea 10:00. Al Shade entertainment, 12:30-1:30.
- 15** Birthday party, 12:00.
- 16** Fun bingo, 10:00
- 21** Crafts, 9:00. \$3.00.
- 22** Earth Day.
- 23** Pop corn & movie, 9:00.
- 28** Nickel bingo, 5:30.
- 30** Chronic disease program begins, 9:00-11:30.

**May**

- 4** Members meeting, 11:00.
- 6** Blood pressure, 11:45.
- 8** Cake & ice cream for Mother's Day, 12:30.
- 19** Fun bingo, 10:00.
- 20** Birthday party, 12:00.
- 25** Closed for Memorial Day.
- 26** Nickel bingo, 5:30-8:00 PM
- 27** Popcorn & movie, 9:00.

**June**

- 1** Members meeting, 11:00.
- 3** Blood pressure, 11:45.
- 10** Knoebels picnic.
- 15** Closed for Flag Day.
- 17** Birthday party, 12:00.
- 18** Fun bingo, 10:00.
- 19** Cake and ice cream for Father's Day, 12:30.
- 25** Popcorn and movie, 9:00.
- 30** Nickel bingo, 5:30-8:00 PM.



**Mt. Carmel Senior Action Center**  
570-339-4457

- Mon.** Board games 9:30, Pokeno 1:00.  
**Tue.** Wii games 9:00, exercise 10:00, Unlucky 7 and Pinochle, 12:30.  
**Wed.** Board games, 9:30, nickel bingo, 1:00.  
**Thur.** Wii games, 9:00, exercise, 10:00, Unlucky 7's, 12:30.  
**Fri.** Pokeno, 1:00.

**April:**

- 1 Members meeting, 1:00. **Hoagie sale begins**, Cost \$4.00. Sale ends April 24. **Pick-up 29th.**  
 2 Trip to Vo-Tech Beauty School 11:45-2:00.  
 3 **Closed for Good Friday.**  
 7, 21 Bean bag competition 11:00.  
 8 Blood pressure check from Family Medical 10:00-11:00. Speaker from UNB bank, 12:30.  
 10 **Closed.**  
 13 to 17 Working on Earth day projects.  
 14 Volunteer tea. Commodity pick up, 12:30.  
 15 Vo-Tech luncheon at center, 11:00.  
 16, 30 Horseshoe competition, 11:00.  
 22 Earth Day breakfast, 9:00, Winnie the Pooh kids, 10:00, pizza, 12:00, then planting flowers.  
 24 VNA Speaker on identity protection, 12:30.  
 27 & 29 Keys to Healthy Living Program, 10:00.  
 29 Pulmonary Assessment/Family Med., 12:30.

**May:**

- Every Mon & Wed** Ten Keys to Healthy Living Program, 10:00.  
 5, 26 Bean bag competition, 11:00.  
 6 Members meeting, 1:00.  
 7 Trip to Vo-Tech Beauty School, 11:45-2:00.  
 8 VNA blood pressure/sugar check, 10:45.  
 12 CSFP commodity food box pick up 12:30.  
 13 Speaker on Summer Safety tips 12:30.  
 14, 28 Horseshoe competition, 11:00.  
 16 Chinese auction 11:00-2:00. Drawing, 2:00.  
 19 **Closed.**  
 22 Speaker from VNA on Hypertension, 12:30.  
 25 **Closed (Happy Memorial Day.)**

**June:**

- 2, 16 Bean Bag competition, 11:00.  
 3 Members meeting, 1:00.  
 5 Speaker from VNA on skin safety, 12:30.  
 9 CSFP commodity food box pick up, 12:30.  
 10 Knoebels Picnic.  
 11 Horseshoe competition, 11:00.  
 15 **Closed (Flag Day.)**  
 17 BP checks/Family Medical, 10:00-11:00.  
 24, 25, 26 **Closed.**  
 29 Speaker from Family Medical, 12:30.

**Northumberland Senior Action Center** 570-473-9373

- Mon:** Cards, Wii, bingo, 12:15.  
**Tues:** Cards, Wii, chorus, 9:30, penny poker, 12:15.  
**Wed:** Cards, Wii. Bible study 9:30, exercise 10:30, bingo 12:15  
**Thur:** Cards, Wii, 9:30, penny poker, 12:15.  
**Fri:** Cards, Wii, nickel bingo, 12:15.

**Center Closed:** April 3, May 25 and June 15.

**April:**

**We are making peanut butter and coconut eggs.**

- 6 Members meeting, 10:00.  
 8 Tomato soup, toasted cheese sandwich.  
 9 Trip to Career & Tech. School for Cosmetology, Pinochle card party, 12:00.  
 13 Speaker, Jim White at 9:30 on "Skin & Sun Safety."  
 14 Volunteer Day, catered lunch and activities.  
 15 Culinary lunch at Mt. Carmel, cost \$6.00. Van is free.  
 16 Evening bingo, 4:00.  
 20 Speaker, Paris Gillian at 9:30 on "Disaster Preparedness."  
 22 Earth Day, PP&L E-Power Team, 9:30. Other activities to be announced.  
 30 Card party, 12:00.

**May:**

- 2 Members meeting, 10:00.  
 8 Mother's Day lunch.  
 11 Speaker, Jill Hoot on Nutrition. 10:00.  
 14 Pinochle card party, 12:00. Trip to Career & Tech. School for cosmetology.  
 15-16 Rummage sale.  
 21 Evening bingo 4:00.  
 26 Fish sandwich, mac & cheese, stewed tomatoes, broccoli salad, dessert.  
 28 Advisory meeting. Card Party, 12:00.

**June:**

- 1 Members meeting, 10:00.  
 2 Meal: Filled pork chops, baked potato, harvard beets, cabbage, dessert, \$5.00.  
 10 AAA picnic for seniors at Knoebels.  
 11 Afternoon Pinochle, 12:00.  
 18 Evening bingo, 4:00.  
 19 Father's Day lunch.  
 23 Covered dish lunch.  
 25 Card party, 12:00.

**Shamokin Senior Action Center**  
570-644-0772

**Mon:** Poker, 10:00. Unlucky 7's, 12:00.  
**Tues:** Walk a Mile, 9:30. Bridge, 12:00.  
**Wed:** Bridge lessons, 9:30. Wii bowling, 10:00.  
 Pinochle & Pokeno, 12:30.  
**Thurs:** Walk a Mile, 9:30. Bridge, 9:30. Nickel  
 Bingo, 12:30.  
**Fri:** Wii bowling, 10:00. Nickel bingo, 12:00  
**Sat. Night:** Cards, 7:00. Doors open 6:00.  
**Every Week Day:** Cards, games and shuffle-  
 board, 8:30. Lunch served every day at 11:30.  
 Call or give a two day notice if you are eating  
 lunch.

We will be selling lottery calendars for the month  
 of May. Great prizes! Cost is \$5.00. You get two  
 numbers on the evening lottery number. Listen  
 for your lucky number at 7:00 each night.

**April:**

**2** Breakfast at 9:00. Members meeting, 10:30.  
**3** Center closed, Good Friday.  
**7** Trip to Boscov's 10:00-1:00. Cost \$2.00.  
**14** Volunteer Tea. Luncheon at 11:30. Thanks to  
 all our faithful volunteers.  
**21** Lunch at Masser's Rest. 11:30-1:00. \$2.00.  
**22** Earth Day. Linda Walker will speak at 12:00.  
 Door prize. Must be present to win. Refresh-  
 ments. Seniors will be displaying their projects  
 made from recycled items. Must sign up if you  
 are eating lunch. Deadline to order ham hoagies  
**30** Ham Hoagies . Cost is \$3.50.

**May:**

**4** Executive board meeting, 10:30.  
**5** Trip to Boscov's, 10:00-1:00. Cost \$2.00.  
**7** Breakfast at 9:00. Members meeting, 10:30.  
**12** Lunch at Jay's Tiffany, 11:30-1:00. Cost  
 \$2.00.  
**21** Memorial Day Picnic at 11:00. Menu to be  
 announced. Desserts or sides needed.

**June:**

**1** Executive board meeting at 10:30.  
**2** Shopping at Boscov's, 10:00-1:00. \$2.00.  
**4** Breakfast at 9:00. Members meeting, 10:30.  
**10** AAA Picnic at Knoebels Amusement Resort.  
 Van leaves at 9:00 for those signed up.  
**15** Center closed. Flag Day.  
**18** VNA will be checking B/P & B/S, 9:30-10:30.  
 Picnic today, 11:00 for those signed up.  
**25** Linda Walker will speak at 12:00. Topic,  
 "Taking Care of Your Fellow Man."

**Sunbury Senior Action Center**  
570-286-1820

Movies, 9:00, Mon. thru Fri. Cards 31, 2:00.  
 Pinochle, Third Mon. of month 12:30.  
 Shuffleboard, Mon, 1:30 Tues. at 9:00.  
 Bingo, Tues., Thurs. and Fri, 12:30, Tour Meeting  
 last Tues. of Month, 10:00. Penny Poker, Wed.  
 12:30. Bible Study, Thurs. 10:15.

**April:**

**1** Crafts, 10:00  
**3** Closed for Good Friday.  
**7** Speaker on ticks, etc, 12:00. Members meeting  
 12:30.  
**8** Free BP check 9:30-11:00. Trip to County Line  
 Restaurant.  
**9** Trip to Mohegan Sun.  
**11 & 12** Bob Evans Restaurant fundraiser.  
**13** National Scrabble Day, Play at 12:15.  
**14** Volunteer recognition! Pizza and ice cream  
 sundaes 11:30, free volunteer bingo, 12:30.  
**15** Trip to Mt Carmel SAC for Vo Tech luncheon.  
**15, 16, 17** Rummage and bake sale..  
**22** Earth Day! Beck Elementary 2<sup>nd</sup> graders will  
 arrive at 1:00 for crafts and snacks.  
**23** Hunterdon Hills trip.  
**24** Covered dish. Bring a dish, 11:30.  
**27** Bingo for prizes night, 4:00-7:00.

**May:**

**5** Hoagie Day 11:30. Members meeting 12:30.  
**6** Crafts 10:00  
**11** Birthday party with entertainment 12:30  
**13** VNA free blood pressure check 9:30-10:30  
**15** Anniversary banquet 12:00 with the Douglas's.  
**18** Trip to Massers Restaurant.  
**21** Mystery trip  
**25** Closed.  
**27** Game night 4:00-7:00, Hotdogs, mac and  
 cheese and dessert on sale.  
**29** Covered dish and White Elephant auction.

**June:**

**2** Members meeting 12:30,  
**4** Mohegan Sun trip.  
**8** Best Friends Day, secret pals drawing, 12:00.  
**10** Blood pressure, 9:30-11:00. Also Knoebels  
 Grove AAA picnic.  
**12** Mothers' and Fathers' Day luncheon, 11:30.  
**15** Closed.  
**18** Hunterdon Hills trip  
**24** Bingo Night 4:00-7:00. Serving hamburg BBQ  
**26** Bring a covered dish to share 11:30. Cake  
 wheel after. Donations appreciated.  
**29** Trip to Cracker Barrel Restaurant.

**Trevorton Senior Action Center**  
570-797-1996



**6 Foods That Fight Aging**

**A** healthy diet can do more than simply keep your weight in check. The right foods can actually save your skin, protect your ticker, improve your memory, and more. Just add these six anti-aging foods to your grocery list, and in turn, add years to your life.

**1. ALMONDS:** They'll preserve your *oomph*. Researchers in Italy found that a lack of vitamin E in adults over age 65 led to a noticeable decline in physical function over a few years, but foods rich in this energizing nutrient can help you stay on the move. Hazelnuts, sunflower seeds, and peanut butter are all good sources of vitamin E, but dry roasted almonds pack the most punch; one ounce provides 40 percent of your recommended daily intake.

**2. TURMERIC:** It can boost your brainpower. Turmeric can be found in most curry powders and pastes, so spice up your next meal. After all, scientists have noted that the Alzheimer's rate in India is only one percent. Many yellow mustards contain turmeric, so check the ingredients list on the label. Researchers at Johns Hopkins linked a daily dose of turmeric to a 60 percent drop in the rate of colon polyps.

**3. SALMON:** This fatty fish can keep your heart healthy. Salmon is loaded with omega-3 fatty acids, which cut your risk of a fatal heart attack by one-third. They can also lower your triglyceride level and blood pressure. The American Heart Association recommends eating two servings a week. Exposure to sunlight can also stimulate vitamin D production in your body, but your risk of skin cancer increases with age, so salmon offers a much safer source.

**4. OLIVE OIL:** It can lower your cholesterol. Not all fat is the enemy, and two tablespoons of olive oil each day can actually reduce your risk of heart disease. That's because olive oil contains monounsaturated fats, which help lower your level of low-density lipoprotein (LPL), better known as "bad" cholesterol.

*Continued on Page 10*

**April:**

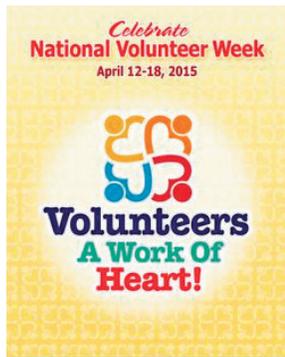
- 1 CSFP pick up. 11:00-3:00. Easter celebration.
- 2 Members meeting , 12:30.
- 3 **Closed, Good Friday.**
- 8 BS/ BP screening, please fast. 9:30 to 10:30.
- 10 Pinochle card party 7:00 PM.
- 13 Trip to Weis Market, Shamokin, 11:30.
- 14 Volunteer tea, 1:00.
- 15 Culinary luncheon at Mount Carmel SAC, 11:30. Cost \$6.00. Sign up by 8<sup>th</sup>.
- 16 Craft day, 12:30. Sign up by 10<sup>th</sup>.
- 17 Jennifer Little, LPN, with a program on Identity Protection, 10:30. Members birthday party, 5 PM.
- 22 Earth Day.
- 23 Salmon, Mac & Cheese for lunch, 11:30. Sign up by 20th. Cost \$3.50
- 24 Vision Screening, 10:00-11:30. Fee of \$1.00.
- 27 Members breakfast, 8:30. Trip to Wal-Mart, 11:30. Pinochle card party, 7:00 PM.

**May:**

- 6 CSFP pick up, 11:00-3:00.
- 7 Members meeting, 12:30.
- 8 Pinochle card party, 7:00 PM.
- 11 Mother's Day lunch, 11:30. Sign up by 7th. Cost, \$3.50.
- 12 Trip to Weis Market in Shamokin, 12:00.
- 14 Open house, 10:00-2:00.
- 15 LPN, will present a program on HBP, 10:30.
- 15 Members birthday party, 5:00 PM.
- 18 Members breakfast, 8:30.
- 21 Craft day, 12:30.
- 22 BP screening by SCH., 9:00-10:30.
- 25 **Closed.**
- 26 Trip to Wal-Mart, , 11:30.

**June:**

- 3 CSFP pick up, 11:00-3:00.
- 4 Members meeting, 12:30.
- 6 Selling tickets for theme baskets for the community yard sale, 8:00 until?
- 9 Trip to Weis Market, Shamokin, 12:00.
- 10 Knoebels AAA picnic.
- 12 Pinochle card party, 7:00 PM.
- 15 **Closed.**
- 18 Craft day, 12:30.
- 19 Members birthday party, 5:00.
- 22 Father's Day lunch, Hot dogs/hamburgers., 11:30 a.m. Please bring a covered dish.
- 26 LPN, with a program on skin safety. 10:30.
- 29 Members breakfast, 8:30. Wal-Mart, 11:30. Pinochle card party, 7:00 PM.



### APPRISE Volunteers:

Most **APPRISE** counselors are volunteers who start out as concerned citizens who have a question or issue regarding their own health insurance. They want to learn more and share what they have learned with others.

You too can become an APPRISE volunteer! You will receive free training about Medicare, Medicaid, Medicare Advantage, Medigap, Medicare prescription drug coverage, Medicare Supplemental Insurance and more. Whatever your talents may be, there is an opportunity for you. Please make an investment and make a difference in the lives of others. Become an APPRISE volunteer today and join the nearly 600 volunteers who have assisted over 88,000 Medicare beneficiaries!

To become an APPRISE volunteer, contact the Area Agency on Aging APPRISE program at: **570-495-2395**.

### Ombudsman Volunteers:

Volunteer ombudsmen visit facilities and handle grievances. They listen to residents' concerns as well as solving problems. Sometimes they provide friendly visitation only. Residents of long-term care facilities sometimes have little or no contact with the outside world. Many feel they lack control over their lives.

A friendly volunteer who visits regularly can be a bright spot in an elderly resident's day. Many residents are alone and would be very happy to have your visits. This may also help ensure they get good care if someone from the community is looking in on them regularly. If you are 21 or older, have available transportation and possess genuine care and concern for older adults, you may be able to become a volunteer ombudsman. The most important requirements are compassion, respect for older persons, and common sense. A positive attitude, ability to communicate effectively and time are important.

Ombudsman programs provide training and supervision in developing specific skills. Volunteers benefit through the joy of making a difference in the lives of residents through the development of interpersonal skills and through preparation for their own aging. For more information or to volunteer, contact the Northumberland County Area Agency on Aging Ombudsman Program: **570-495-2395**.

*6 Foods That Fight Aging Continued from page 9*

Olive oil is the granddaddy of 'healthy' fats and well-established as being really good for you. Extra-virgin olive oil, the least processed variety, contains the highest levels of polyphenols; these powerful antioxidants can maintain the elasticity of your skin, helping you look as young as you feel.

**5. BERRIES:** Berries are an excellent source of antioxidants, and studies have hinted that anthocyanins, the chemicals that give berries their deep hues, may actually be able to slow the growth of certain cancers. Strawberries are one of the best sources of vitamin C, with a half-cup serving providing 80 percent of your daily dose. Vitamin C boosts your immune system, maintains connective tissues, and helps your body absorb iron; it's also necessary for the production of collagen, and too little can lead to brittle hair or dry skin.

**6. CHOCOLATE:** Chocolate is loaded with flavanols, antioxidants that can improve blood flow and prevent clots. (The darker the chocolate, the more flavanols it likely contains; look for varieties with 70 percent cocoa or higher.) And while saturated fat is typically frowned upon, the type found in cocoa butter can actually help to lower your cholesterol level. Just remember, chocolate is still high in calories, and excessive amounts can aggravate migraines, hypoglycemia, or kidney stones. Chocolate is an instant mood-booster, and not just because it's so yummy. Chocolate acts as a natural antidepressant by raising endorphin levels in your brain, and the small amount of caffeine provides a quick jolt of energy if you're feeling sluggish.

*by Kara Wahlgren, Seniors for Living Website*



## UNDERSTANDING MEDICARE

**Northumberland County Area Agency on Aging  
is offering a Medicare seminar  
Wednesday, April 8, 2015 at 10:00 AM  
at the Agency Conference Room  
322 North 2nd Street, Sunbury PA**

**Call 570-495-2395  
to confirm your attendance.**

***The APPRISE program is a free, unbiased,  
confidential health insurance counseling pro-  
gram offered by the PA Dept of Aging to all  
Medicare enrollees.***

### Scary Facts About Shingles



**I**t sounds like something from a sci-fi movie: a virus that lingers in your body, lurking within your nervous system until it one day emerges without warning, often as a cluster of nasty blisters and a world of pain.

The risk of developing shingles grows with age, and just about every American is vulnerable. Nearly a third of us will develop it in our lifetime. While there's no guaranteed way to prevent the disease, its severity can be lessened by prompt treatment.

And the shingles vaccine, approved for those age 60 and older, can lower your chances of getting it.

Shingles is caused by the varicella zoster virus, which is in the herpes family of viruses. Once someone has had chickenpox, or even the chickenpox vaccine, which contains the live virus, the virus sleeps in the roots of some nerves, often for decades, before awakening and reappearing as shingles.

According to the Centers for Disease Control and Prevention, shingles each year affects about a million Americans.

The shingles rate is gradually increasing. Shingles often strikes when people are in their 50s, but about half of the cases occur among those 60 and older, a group that's also more likely to endure a shingles complication called post-herpetic neuralgia (PHN). Affecting a third of those who get shingles after age 59, it results in pain or numbness that can last for months and sometimes years. That's why doctors recommend that people get a shingles vaccine once they turn 60.

The most common early symptoms of shingles are itching, tingling or pain, followed by an angry red rash along the nerve path traveled by the virus, often across the torso, sometimes along the arm or leg. It may feel like a sunburn, or worse.

The pain can be excruciating, some sufferers say. The rash and pain can be less severe if treated early, preferably within the first 48 to 72 hours after symptoms appear.

Note, too, that you aren't going to "catch" shingles; exposure to someone with active shingles is only a danger if you have never had chickenpox or the chickenpox vaccine, or if your immune system is seriously compromised. The risk in that case is developing chickenpox (not shingles), which can be life-threatening in adults. And that can occur only from contact with the fluid in shingles blisters.

Even if you are sure you haven't had chickenpox, CDC recommends the shingles vaccination if you're in the 60-and-older group. The vast majority of Americans born before the chickenpox vaccine was approved in 1995 have been exposed to the chickenpox virus, though some may not recall having symptoms as children. And the CDC advises vaccination even for those who have had shingles, to decrease the chance of recurrence.

*Article in The Washington Post*

## Simple Tips To Help Seniors Maintain Quality of Life

**Get your whole grains.** A recent report from the Centers for Disease Control and Prevention estimates that a mere 18 percent of Americans 60 and older meet the dietary recommendations for daily grain intake. Well-nourished people have fewer illnesses. Seniors can easily add more whole grains into their diets through a wide variety of easy-to-prepare everyday foods, including brown rice, bran flakes, oatmeal, whole wheat bread and popcorn.

**Adopt a pet.** Seniors living alone sometimes experience a sense of isolation, which can lead to feelings of depression. Studies show that when seniors establish an owner-pet relationship, their feelings of loneliness dissolve and the pet-related activities such as walking, feeding, grooming and playing improve their overall well-being as they stay active.

**Get the most out of getting out.** Run a shopping errand, participate in social dialogue with others and get some exercise by walking around a favorite shopping area. Staying active, both physically and socially, is a key element to a healthy lifestyle.

**Take stock of your medications and supplements.** One out of five hospital admissions for elderly patients is related to an adverse drug reaction or negative effects of taking too many medications. Before a doctor’s appointment, remember to place all of your prescription drugs, over-the-counter drugs and nutritional supplements in a bag and take them with you. Your doctor should know what you are taking and the pharmacist can check the labels on the bottles and boxes and let you know if some might be harmful when taken together.

**Activate your mind.** Keep your mind working by doing crosswords, solving word scrambles or tackling Sudoku puzzles. “The old adage, ‘If you don’t use it, you lose it’ especially applies to seniors’ brain health.

*Michael Morton, executive director of Nourish America*

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**We Need Your Help**

Northumberland County Area Agency on Aging’s goal is to promote the physical, mental, social and emotional well being of older adults to attain or maintain independence and self-care. Your tax-deductible gift provides life-changing help for those among us who are most in need. The names of all contributors will be acknowledged in The Scoop unless anonymity is requested. Donations can also be made in Remembrance.

**Donation Coupon**

Make your donations payable to **Northumberland County Area Agency on Aging**  
 Mail to: Northumberland County Area Agency on Aging 322 N. 2<sup>nd</sup> St., Sunbury, PA 17801

**Name:** \_\_\_\_\_ **Amount of Donation\$** \_\_\_\_\_

**Address:** \_\_\_\_\_ **Zip** \_\_\_\_\_

**May we print your name as a donor?**      Yes \_\_\_\_\_ No \_\_\_\_\_