



THE SCOOP



Northumberland County Area Agency on Aging
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April ~ May ~ June 2017 Edition

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Rabbittransit: 1-800-632-9063
Social Security Admin: 1-866-593-3796
Agency Website: www.ncaging.org
PA Aging Website: aging.pa.gov



Dates To Remember

Easter Sunday
April 16, 2017

Earth Day Celebration - April 21

Volunteer Tea at Senior Centers
April 26 at 12:30

Spring Fling Senior Ball
Masser's Banquet Hall
May 3, 2017 - Doors open at 4:30

Mothers' Day
May 14, 2017

Senior Picnic at Knoebel's
June 7, 2017

Fathers' Day
June 14, 2017

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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 12, 2017
May 10, 2017
No June Meeting**

April 23 to 29 National Volunteer Week

National Volunteer Week is when we can all take time to recognize volunteers and celebrate the power of volunteers in our community.



Volunteers reach out beyond themselves, to engage in kindness and caring for others. People from all walks of life engage in volunteerism for a variety of reasons some of which are to tackle the issues of poverty, the environment, homelessness, and most importantly, to be the voice and hands of compassion and hope.

Volunteers are everyday individuals who answer the call for change. Many come together as strangers, connect through a cause, and end up with lasting friendships.

Volunteers come from different backgrounds and experiences from all ages to be the roots of strong communities.

Older Americans Act

The Older Americans Act (OAA), enacted in 1965, supports a range of home and community-based services, such as meals-on-wheels and other nutrition programs, in-home services, transportation, legal services, elder abuse prevention and caregivers support. These programs help seniors stay as independent as possible in their homes and communities. In addition, OAA services help seniors avoid hospitalization and nursing home care and, as a result, save federal and state funds that otherwise would be spent on such care.

The intent of the OAA is to promote the dignity of older adults by providing services and support that enable them to remain independent and engaged citizens within their communities. The original OAA established the Administration on Aging (AoA) and the aging services network that provides essential home and community-based supportive services. AoA is now part of the Administration for Community Living (ACL) within the Department of Health and Human Services (DHHS). OAA funding is distributed to 56 state agencies, over 200 tribal organizations, two native Hawaiian organizations, more than 600 area agencies on aging and 20,000 local service providers. While the program is open to older individuals, generally defined as 60 and older, it focuses on offering assistance to persons with the greatest social or economic need, such as low-income or older adults living in rural areas. Most services do not require means testing or copayments, but donations may be requested and some newer programs may have cost sharing on a sliding scale. Unfortunately, years of limited funding have restricted access to OAA services, resulting in waiting lists for many of these essential programs. The benefits of OAA programs are not just for older adults. They also support families by offering services to caregivers, and they provide jobs in the health and long-term care sectors in local communities around the country.

May is Older Americans Month.

The Administration on Aging, part of the Administration for Community Living, is pleased to announce the theme for Older American's Month 2017.



The theme, "Age Out Loud", is intended to give aging a new voice, one that reflects what today's older adults have to say about aging.

The 2017 theme gives us an opportunity to shine a light on many important issues and trends. More than ever before, older Americans are working longer, trying new things, and engaging in their communities.

They're taking charge, striving for wellness, focusing on independence, and advocating for themselves and others. They expect to continue to live their lives to the fullest, and they're insisting on changes that make that possible. What aging means has changed, and Older American Month is the perfect opportunity to recognize and celebrate what getting older looks like today.

Elder Abuse Awareness Day

June 15, 2017 is World Elder Abuse Awareness Day. It's not a celebratory day, but rather a day to talk about preventing, identifying, and responding to elder abuse and financial exploitation. Whether you are an older adult, care for one, or simply know someone who is a senior, you can do something to prevent elder financial abuse. Here are some tips and tools to help you play a part:

The Federal Trade Commission's "Pass it On" campaign will help you talk to friends, family, and loved ones about avoiding common scams. You may know about scams like identity theft, imposters, and charity fraud, but chances are, you know someone who doesn't. There are many ways to use "Pass it On" to share what you know, like writing an article, giving a presentation, or distributing materials in your community.

If you are a financial caregiver for an older person who is unable to handle their finances, or work with aging clients, then the Consumer Financial Protection Bureau has tools for you. Serving as a financial caregiver is a great responsibility, and you may be thrust into the role with little time to plan ahead. The "Managing Someone Else's Money" guides for agents under powers of attorney, court-appointed guardians, trustees and government fiduciaries

Continued:

(such as Social Security representative payees,) can help you better understand your duties and responsibilities in this new role.

Does reading this make you think about an older person you know? Call or visit and ask how they're doing. If there's a caregiver, consider filling in for a few hours. And check out common signs of financial exploitation, and know how to spot potential problems.

To spot financial abuse, look for sudden changes in the older person's financial situation, such as:

- Suspicious changes in wills or powers of attorney. Out of the blue, your grandfather wills all of his belongings to his new nurse.
- Financial activity the person couldn't have done herself. You discover repeated ATM withdrawals from your bedridden mother's bank account.
- Bills not being paid. When visiting a neighbor, you see mail piling up on his desk. Maybe his caregiver is using his money for something other than paying bills.
- Large withdrawals or unusual purchases. You notice charges for fancy electronics on your thrifty aunt's credit card bill.

If you see these signs and you're worried that someone's misusing a loved one's personal information, IdentityTheft.gov explains what steps to take.

Often, older adults are in the best position to recognize and prevent elder abuse and scams. That's why the FTC's "Pass It On" gives older adults tools to start conversations about scams and pass on their knowledge. If you think you see elder abuse, report it. If someone's in immediate danger, call 911. Otherwise, contact adult protective services at North'd County Area Agency on Aging toll-free at **1-800-490-8505**.

Working together, we can each do our part on World Elder Abuse Awareness Day.

Our society must make it right and possible for old people not to fear the young or be deserted by them, for the test of a civilization is the way that it cares for its helpless members. *Pearl S. Buck*

Prescription and Drug Abuse



Taking a prescription medication as directed by a doctor is generally safe and effective and is what usually happens. But lately there has been a rise in the number of older adults who are using

their medicines improperly, including for non-medical reasons, and suffering the consequences. Recent reports show increased hospitalizations and visits to emergency rooms by older people involving improper use of prescription and illicit drugs.

Painkillers, Depressants, and Stimulants

The types of prescription medications most commonly abused by people of any age are painkillers (such as Vicodin, OxyContin), depressants (such as Xanax, Valium), and stimulants (such as Adderall). Hospital admissions for older adults were mostly linked to overdoses from pain medication and withdrawal symptoms from other addictive drugs such as sleeping pills.

Problems Taking Medications

Many older adults take medications that play an important role in treating various health conditions like pain and heart disease. Most take their medications properly, but some older adults have problems taking them the way they should. This includes unintentionally taking a medication the wrong way, as well as intentional abuse.

Unintentional Abuse

Some people accidentally take medicines incorrectly, often without knowing it or without intending to. They may forget to take their medicine, take it too often, or take the wrong amount. As people get older, trouble with vision or memory can make it hard to use medications correctly. Taking lots of medications at different times of the day can be confusing. Another common problem is having more than one doctor who prescribes medicines, but no single doctor who monitors them and checks for any interactions.

Intentional Abuse

Intentional abuse occurs when a person knowingly uses prescription medications the wrong way, takes medicines not prescribed for them, or combines them with alcohol or illicit drugs. People may do this to feel good, to feel better, or to calm down. Sometimes a big change, such as retirement, the death of a loved one, or failing health, can lead to loneliness, boredom, anxiety, or depression. That can prompt a person to begin, continue, or increase the abuse of medications or other drugs. A person may think that taking the medicine is safe, no matter what, because a doctor prescribed it. But taking too much of a medication, or taking it in ways other than how the doctor ordered, is not safe.

Risks for Older Adults

Older adults may suffer serious consequences from even moderate drug abuse because of several risk factors. As the body ages, it cannot absorb and break down medications and drugs as easily as it used to. As a result, even when an older adult takes a medication properly, it may remain in the body longer than it would in a younger person. As people age, they may also become more sensitive to alcohol's effects. Aging brains are also different than young ones and may be at greater risk for harmful drug effects (on memory or coordination, for example). Having other medical conditions (such as heart disease) and taking medications to treat them while abusing prescription drugs at the same time also present unique risks for older adults.

Spring Fling Senior Dance Kentucky Derby Theme



May 3, 2017
Doors open at 4:30

Come out for a night of dining, dancing
and lots of fun!

Sign up at your senior center.
Cost is \$15

SENIOR ACTION CENTER ACTIVITIES

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

Elysburg Senior Action Center
570-672-2438

Elysburg Center is open Mon - Wed - Fri

Mon: Exercise, 8:30. Pokeno, 11:30-2:00.

Wed: Exercise, 8:30. Bingo, 11:30-2:00.

Fri: Crafts, 9:00. Cards, 12:00.

April:

- 6 Vo-tech luncheon at Herndon SAC.
- 7 Members' meeting, 12:00, followed by cards.
- 12 Hoagies, 10:30
- 18 Trip to Red Lobster, 11:00-1:00.
- 19 Easter Program with Daycare, 10:30. VNA blood pressure, 11:00
- 21 Earth Day program, 10:00 - 11:00.
- 26 Volunteer recognition, 10:30. Birthday party, 11:30.

May:

- 3 Cinco de Mayo celebration, 10:30. Spring Fling at Masser's. Please sign up. Cost is \$15.
- 5 Members' meeting, 12:00 followed by cards
- 10 Covered dish, 11:00.
- 12 Crafts, project for Daycare.
- 17 Family Medical BP screening, 11:00. Mother's Day party, 11:30.
- 24 VNA BP/BS screening, 11:00
- 29 Closed for Memorial Day.
- 31 Birthday celebration, 11:30.

June:

- 2 Members' meeting, 12:00 followed by cards.
- 7 Knoebels picnic. Sign up ahead.
- 14 Closed for Flag Day.
- 16 Crafts, project for Daycare
- 19 Pizza party, 11:30.
- 21 Fathers' Day program, 11:00. Covered dish, 11:30. Wear red, white & blue.
- 28 Hoagies, birthday party, 11:00.

Herndon Senior Action Center
570-758-1570

Mon/Wed. Exercise, 10:45, Bingo, 12:30, cards after.

Thurs. Bible study, 9:30 to 11:30.

April:

- 3 Card party, 6:00.
- 4 Crafts with Dianne, 11:00.
- 5 Commodity delivery, 10:00. Members meeting, 1:30.
- 6 Luncheon, \$6, 11:30, bingo, 12:30. Trip "Steam into History" leaving at 6:30 AM, returning 6:00 PM.
- 7 Country Cupboard, 11:30 to 1:00.
- 11 Kitchen Band visit to Emmanuel Home, 2:00,
- 13 Dying Easter eggs for Lion's Club egg hunt, 9:00.
- 14 Center Closed GOOD FRIDAY.
- 15 Cash Bingo 6:00 PM. Doors open at 5:00.
- 18 Members breakfast, 9:00.
- 20 Birthday party, 1:00, Officers meeting following.
- 21 EARTH DAY. Pre-school will visit. many other events taking place. Please join us.
- 25 Movie/treats, 12:00. Walmart, 10:00 to 1:00.
- 26 Volunteer Tea, 1:30. Sun Home BP, 2:00.
- 27 Card party, 1:00.
- 28 Anniversary banquet, Hickory Corners, 12:00.

May:

- 1 Card party 6:00pm
- 3 Commodity food delivery, 10:00. Members meeting, 1:30. Spring Fling at Masser's, 4:30.
- 4 Trip, Rainbow Dinner Theatre, 9:00AM-6:30PM.
- 9 Kitchen Band visit to Polk Assistant Living, 2:00.
- 11 Luncheon, 11:30. Cost, \$7.00. Entertainment.
- 16 Members breakfast, 9:00.
- 17 VNA Blood pressures, 9:30 to 10:30.
- 18 Birthday party, 1:00. Officers meeting.
- 20 Cash bingo, 6:00 PM. Doors open at 5:00.
- 25 Card party, 1:00.
- 29 Center closed for Memorial Day.
- 31 Sun Home Health Blood Pressure.

June:

- 5 Members meeting, 1:30. Card party, 6:00 PM.
- 7 Knoebels Senior Picnic, VNA Health Fair.
- 9 Movie/treats, 12:00.
- 12 SCH Blood Pressures, 9:30 to 11:00.
- 13 Kitchen Band at Green Valley Nursing Home.
- 14 Center closed! Trip to Dutch Apple Theatre.
- 15 Birthday party, 1:00, Officers meeting.
- 16-17 Herndon Center Yard Sale, 8:00 to 3:30.
- 17 Cash Bingo, 6:00 PM.
- 19 Sunbury City Band, 7:00pm
- 20 Members Breakfast 9:00am
- 22 Card party, 1:00
- 28 Sun Home Health Blood Pressures, 2:00

Senior Picnic at
Knoebel's Grove.
June 7, 2017.



Doughnuts and beverages, 9:00.
Meal served at 4:00.

VNA Health Fair!

Lots of fun throughout the day with bingo and prizes! See your center manager for details and to sign up.

Kulpmont Senior Action Center
570-373-1112

Every Monday 5:30-6:30 PM, God's Chuck Wagon soup kitchen is in the municipal parking lot behind the old Kulpmont SAC. Every Wed 4:40-6:00, Holy Angels Church serves a meal in the former Ann Joachim House.

Mon Pokeno 12:30.

Tues. Pinochle 12:00. Rummy 12:30.

2nd Tues. Commodity food pickup, call to make sure boxes arrived

3rd Tues. Bible Study with Dr. Romanic, 12:30.

Wed. LCR, 12:30.

1st Thurs. Member's meeting, 12:30. Every Thurs. Bingo, 12:30.

Fri Nickel bingo, 12:30.

April:

3 VNA doing BP/BS screenings, 10:00-11:00. Guest speaker 11:00 on "Oral Cancer".

6 Vo-tech luncheon at Herndon. Chicken & broccoli casserole.

10 CSSS will be doing vision screenings, 12:00.

11 Commodity food pickup.

13 Lunch at Independence Fire Co.

14 Closed

21 Earth Day activities and dirty bingo, 12:30.

26 Volunteer Tea, 12:30, refreshments will be served.

May:

1 Guest speaker from VNA 11:00 on Osteoporosis.

3 Spring Fling. Theme is Kentucky Derby.

9 FHM doing free BP/BS screenings, 9:30-10:00. Commodity food pickup.

11 Herndon SAC vo-tech Demo Shrimp Scampi w/pasta, salad; cream puffs will be served \$7.00

18 Donate baby items to Birthright.

19 Lunch at Red Lobster

25 Memorial Day picnic, \$5.00.

29 Closed

Farmer Market vouchers will be available June 1st; they will be given out Monday, Tuesday, Thursday and Fridays NO EXCEPTIONS

June:

7 AAA picnic at Knoebels.

12 BP/BS screenings 10:00-11:00. Speaker, 11:00 on "Summer Safety".

13 Commodity food pickup

14 CLOSED

15 Pizza and salad for lunch, \$5.00

21 Lunch at Country Cupboard

27 Dirty Bingo, 12:30.

Milton Senior Action Center
570-742-9435

Mon: Pinochle, 12:30.

Wed: Dime bingo, 12:30.

Thur: Pinochle & Bible study, 12:30.

Fri: Dime bingo, 9:30.

April:

3 Members meeting, 11:00.

5 Kramm's Health Care with entertainment, 9:30.

11 Crafts, 9:30.

12 Vo-tech Lunch at Herndon, \$6. B/P check, 11:45.

13 Easter party, 10:00.

14 Closed (Good Friday)

19 Evan Hospital to speak on "Stress", 10:00. Birthday party, 12:00.

20 Fun Bingo 10:00

21 Earth Day

25 Popcorn & Movie 9:30

26 Speaker, James White on "Oral Cancer", 10:30. Volunteer Tea, 11:30.

May:

1 Members meeting, 11:00.

3 Blood pressure, 11:45.

10 Stroke screening, 10:00.

11 Vo-tech cooking demo at Herndon, \$7.

16 Crafts, 9:30.

17 Birthday party, 12:00.

24 Speaker, James White, "Osteoporosis" 10:30.

25 Fun bingo, 10:00.

26 Older Americans picnic, 11:30.

29 Closed (Memorial Day).

30 Popcorn & movie, 9:30.

June:

5 Members meeting, 11:00.

7 Knoebels picnic.

13 Crafts, 9:30.

14 Closed, Flag Day.

21 Birthday party, 12:00 pm

22 Fun bingo, 10:00.

27 Popcorn & movie, 9:30.

APPRISE Insurance Counseling Program is Scheduling Appointments at the Milton SAC

Do you have questions about Medicare or supplemental insurance? An APPRISE Counselor can:

- * Review your current coverage.
- * Discuss insurance options, whether you are new to Medicare or looking to change plans during open enrollment.
- * Apply for government assistance programs.
- * Offer assistance with filing appeals.

For more information, or to set up an appointment, contact the North'd County Agency on Aging; APPRISE Program at 570-495-2371! We will be happy to schedule an appointment to meet with you one on one!

Mt. Carmel Senior Action Center
570-339-4457

Mon: Board games 9:30. Exercise 10:30. Pokeno, 1:00.

Tues: Coupon club 10:00, Wii games 10:30, Unlucky 7's 12:30.

Wed: Board games 9:30 am, exercise 10:30am, nickel bingo 1pm

Thur: Wii games 10:00 am, movie at 12:30.

Fri: News, 9:00, Exercise 10:30, Pokeno, 1:00. **April:**
5 Members meeting, 1:00, followed by a birthday party.

6 Vo-tech luncheon at Herndon SAC, \$6.00.

11 Commodity food box pick up, 12:30-3:30.

12 VNA speaking at 12:15.

13 Pot luck lunch, 11:30.

14 Closed- Good Friday.

17 BP check by FHM, 10:30-11:30.

21 Earth Day Celebration all day, breakfast, Winnie the Pooh kids, Fun!

26 Volunteer recognition tea.

27 Pokeno, 12:30.

28 Closed for Church yard sale.

May:

3 Members meeting, 1:00, followed by a birthday party

9 Commodity food box pick up, 12:30-3:30.

10 BP & BS Check by VNA, 10:30-11:30.

11 Vo-tech demo at Herndon SAC, Cost \$7.00.

16 Closed, Primary Election.

18 Mother's/Father's Day luncheon, 11:30.

22 BP check by FHM, 10:30-11:30.

29 Closed for Memorial Day.

31 Members meeting, 1:00, followed by a birthday party.

June:

7 Knoebel's picnic.

13 Commodity food box pick up, 12:30-3:30.

14 Closed, Flag Day!!!!

15 Fundraiser lunch, \$6.00. Nickel bingo.

19 BP Check by VNA 10:30.

21-22-23 Center Closed for church festival.

28 VNA speaking at 12:15.

North'd Senior Action Center
570-473-9373

Mon: Crafts, cards, Wii, bingo 12:15.

Tues: Cards, Wii, chair exercise 9:30, penny poker 12:15.

Wed: Cards, Wii, Bible study 9:30, bingo 12:15.

Thur: Cards, Wii 9:00, penny poker 12:15.

Fri: Cards, Wii, nickel bingo 12:15.

Activities are subject to change. Please call the center to check.

April:

3 Members meeting 10:00.

4 Making Peanut Butter & Coconut Eggs to sell.

6 Culinary lunch at Herndon, chicken broccoli casserole with rice pilaf, must sign up by Mar. 30.

13 Easter meal, ham, sweet potatoes, hot lettuce & dessert. Wii with Sunbury SAC at 9:00.

14 Closed for Good Friday.

17 Speaker, Jim White, "Oral Cancer Awareness" 10:00.

20 Cash bingo. Doors open to public at 4:00. 20 games for \$20. Games at 5:00. Food available.

21 Earth Day. Jon Beam from Montour Recreation will present a program on Sugar Maple. Free lunch for those who participate.

25 Make a hat for the Kentucky Derby.

26 Volunteer Day, catered meal

27 Card Party 12:00, Wii at Sunbury SAC, 9:00.

May:

1 Members meeting 10:00.

2 Set up for rummage sale. We need help.

3 Spring Fling at Masser's. Theme is Kentucky Derby. Cost, \$15.00. Sign up at center

9 Final set up for rummage sale. Please help.

11 Culinary meal at Herndon. Sign up by May 4.

12-13 Rummage sale 9:00-3:00.

15 Mother's Day lunch, 11:30.

17 B/P check by SCH.

18 Wii at Sunbury SAC, 9:00. Cash bingo. Doors open to public at 4:00. 20 games for \$20. Games at 5:00. Food available.

22 Speaker at 10:00 "Osteoporosis Awareness".

25 Card party, 12:00. Wii here with Sunbury, 9:00.

29 Closed for Memorial Day.

June:

5 Members meeting 10:00.

7 AAA picnic at Knoebles.

14 Closed for Flag Day.

15 Wii at our SAC with Sunbury at 9:00. Cash bingo at 5:00. Doors open to public at 4:00. 20 games for \$20. Food available.

16 Indoor picnic. Hot dogs supplied by center. Please bring a covered dish.

19 Speaker, Jim White, 10:00 "Aphasia/Alzheimer's Brain Awareness". Father's Day lunch 11:30.

22 Wii game at Sunbury SAC 9:00.

29 Card party.

**See your center manager
to pay 2017 dues!**

Shamokin Senior Action Center
570-644-0772

Mon: Poker game 8:30. Unlucky 7's 12:00.
Tues: Pinochle 8:30. Walk a Mile 9:00. Bridge lessons 9:30. Bridge 12:00. Aquacize 12:00.
Wed: Pinochle 8:30. Wii bowling 10:00. Pinochle & Pokeno 12:30.
Thur: Pinochle 8:30. Walk a Mile 9:00. Wii bowl 10:00. Nickel Bingo 12:30.
Fri: Pinochle, shuffleboard 8:30. Wii 10:00. Nickle Bingo 12:00.
Sat: Pinochle at 7:00. Doors open 6:00.

April:

4 Shopping at Susquehanna Mall. 10:00-1:00. \$2.00
5 CSFP pick up. 1:00-3:00.
6 Exec. Board meeting, 9:30. Members meeting, 10:30. Speaker on "Stress Awareness", 12:00.
13 Family Medical will check B/P, 10:30-11:00. Easter party, Ham sandwiches, Colored eggs & chips.
20 Natalie Tamkus from Family Medical will speak at 12:00 on "Low Sodium Foods."
21 Earth Day. A video "Environmental & Climate Literacy will be shown. Bring something crafted from recycled items to display. Refreshments served. Activities start at 10:00. Sign up to attend.
26 Volunteer Tea, 11:30. A special THANK YOU to our faithful volunteers. Sign up to attend.

May:

2 Shopping at Susquehanna Valley Mall. 10:00-1:00.
3 CSFP pick up. 1:00-3:00. Spring Fling tonight at Masser's Banquet Hall.
4 Wendy Rishel, Life Geisinger will speak at 12:00 on "Personal Hygiene."
9 Lunch at Red Lobster. 11:30-1:00. Cost \$2.00.
11 VNA will check B/P & B/S, 10:00-11:00.
17 Natalie Tamkus from Family Medical will speak at 12:00 on "Fall Safety."
25 Memorial Day picnic at 11:00. Menu will be announced.
31 Exec. Board meeting, 9:30. Members meeting, 10:00.

June:

6 Shopping Susquehanna Valley Mall. 10:00-1:00. Cost \$2.00.
7 AAA Picnic at Knoebels. Free transportation.
8 Family Medical will check B/P, 10:30-11:00. Wendy Rishel, will speak at 12:00 on "Beat the Heat."
13 Lunch at Jay's Tiffany 11:30-1:00. Cost, \$2.00.
22 Natalie Tamkus will speak at 12:00 on "Warning Signs of Dehydration."

Sunbury Senior Action Center
570-286-1820

Mon: Shuffleboard, 1:00.
Tue: Shuffleboard, 9:00, bingo, 12:30, cards, 31 2:00.
Wed: Wii, 10:00, penny poker 12:30.
Thur: Bible study, 10:15, bingo 12:30, cards 31 2:00.
Fri: Bingo, 12:30, cards 31, 2:00.

April:

4 Members meeting, 12:30
5 Adult coloring contest, 10:00, pizza, 11:30. \$3.
6 Trip to Mohegan Sun. Herndon SAC Vo-Tech luncheon, \$6
11 Hoagie, chips, dessert \$3.50 11:30
12 Announcing winner of coloring contest, 10:00. B/P check, 9:30-11:00. Grilled cheese/tomato soup, \$3
14 CLOSED
20 Speaker Jim White on oral cancer, 12:00.
21 Earth Day. Planting flowers in the flower bed. Beck Elementary 2nd grade class will be here making crafts and snacks at 1:00. Please plan to attend!
24 Accepting rummage for our sale!
25 Tour meeting 10:00.
26 Officers meeting, 10:00. Volunteer recognition, 1:00.

May:

2 Members meeting, 12:30.
3-5 Rummage sale, 9:00-3:00.
4 Spring Fling, Theme: Kentucky Derby, tickets \$15.
8 Birthday party 12:30. Karaoke with Roger.
10 VNA Blood pressure 9:30-10:30.
11 Trip to Penns Peak. Herndon SAC for Vo-Tech Demo.
15 Pinochle, 12:30.
18 VNA speaker, Jim White, on osteoporosis, 12:00.
19 Anniversary banquet, 11:30. \$12 for meal. Entertainment by Billie D and Rosie.
23 Lucky penny bingo buy a card at regular price and buy the 2nd for a penny.
26 Covered dish, 11:30. Chicken and dessert provided, sign up a week ahead. Bring a dish or donate \$5. White elephant auction after. Bring a new wrapped gift for this fundraiser!
29 CLOSED.
30 Tour meeting, 10:00. **31** Officers meeting, 10:00.

June:

5 Chef salad and sherbert, \$4. 11:30.
6 Members meeting, 12:30.
7 AAA Picnic at Knoebels.
8 Trip to Silver Birches.
14 CLOSED.
15 B/P, 9:30-11:00. VNA speaker, 12:00 on aphasia and Alzheimer's
16 Blueberry pancakes, sausage, 11:30. \$3.
22 Hoagie, chips, dessert, \$3.50. 11:30.
27 Tour Meeting 10:00.
28 Officers meeting, 10:00.
29 Trip to Mohegan sun

Trevorton Senior Action Center
570-797-1996

April:

- 1 Trip to Christian Life Church, "One Voice".
- 5 Center meal Meatloaf and Scalloped Potatoes.
- 6 Luncheon at Herndon. Sign up by March 31, \$6.00.
- 7 Members meeting, 10:30 followed by lunch and bingo.
- 11 Crafts, 10:00. Shopping at Weis Market, 12:30.
- 13 Shopping at Columbia Mall.
- 14 Closed for Good Friday.
- 17 Patsies meeting at 1:00.
- 18 Lunch at The Indies, 11:30.
- 20 BP Screening, 10:00-11:00. Soup sale, Italian Wedding / Split Pea. Birthday party, 1:00.
- 21 Earth Day activities, 10:00-2:00. Blood Sugar Screening 10:00- 11:00.
- 24 Members breakfast, 9:00. Serving S.O.S. Card party, 1:00.
- 25 Crafts, 10:00. Shopping at Wal-Mart, 12:30.
- 26 Volunteer Tea, 12:30.
- 27 Center meal, hot beef sandwich/vegetable and dessert.

May:

- 3 Spring Fling at Masser's. Doors open at 4:30.
- 4 Members meeting, 12:30 followed by cards or bingo.
- 9 Shopping at Weis Market 12:30 pm
- 10 Mother's Day celebration at 12:30.
- 11 Culinary demo, Shrimp Scampi w/pasta at Herndon. \$7.00. Sign up by May 4.
- 12 VNA presentation, 10:30.
- 15 Patsies meeting, 1:00.
- 18 Members birthday party, 1:00.
- 22 Members breakfast, 9:00, pancakes/sausage. Card Party, 1:00.
- 23 Shopping ,Wal-Mart, 12:30.
- 26 SCH Blood Pressure Screening, 9:00-10:30.
- 29 Closed.
- 30 Crafts, 10:00.

June:

- 1 Members meeting, 12:30 followed by cards or bingo.
- 4 to 8 Trip to Wildwood, New Jersey.
- 7 AAA Picnic at Knoebels.
- 9 VNA Blood Sugar Screening, 10:00-11:00.
- 13 Crafts, 10:00. Shopping at Weis Market, 12:30.
- 14 Closed for Flag Day.
- 15 Members birthday party, 1:00.
- 19 Patsies meeting, 1:00.
- 22 Blood Pressure Screening, 10:00-11:00.
- 26 Members breakfast, 9:00. Card Party, 1:00.
- 27 Crafts, 10:00. Shopping at Wal-Mart, 12:30.

Due to the growing popularity of in-home care for seniors, it's important to make sure you and your loved ones are aware of the potential dangers present in the home for seniors living alone. You can help prevent falls and accidents by making changes to unsafe areas in the home with these tips:

**GENERAL HOME SAFETY**

- Consider a medical alert or a buddy system.
- Keep a fire extinguisher and smoke detector on every floor.
- Never smoke when alone or in bed.
- Always get up slowly after sitting or lying down. Make sure you have your balance.
- Wear proper fitting shoes with low heels.
- Use a correctly measured walking aid.
- Remove or tack down all scatter rugs.
- Remove cords from traffic areas.
- Avoid using slippery wax on floors.
- Wipe up spills promptly.
- Avoid standing on ladders or chairs.
- Have sturdy rails for all stairs.
- Make sure that all stairs have good lighting with switches at top and bottom.
- Have a non-slip surface on all stairs.

BATHROOM SAFETY

- Leave a light on in your bathroom at night.
- Have bath aids securely installed in the bath/shower stall and the sides of the toilet.
- Skid-proof the tub and make sure the bath mat has a non-slip bottom.
- To avoid scalds, turn water heater to 120° Fahrenheit or below.
- Mark cold and hot faucets clearly.
- Use door locks that can be opened from both sides.
- If possible, bathe only when help is available.

KITCHEN SAFETY

- Keep floors clean and uncluttered.
- Illuminate work areas.
- Mark "on" and "off" positions on appliances.
- Store sharp knives in a rack.
- Use a kettle with an automatic shut-off.
- Store heavier objects at waist level.
- Avoid wearing long, loose clothing when cooking over the stove.
- Be sure to check expiration dates on food.

Free Workshop for People Joining Medicare

People who are new to Medicare are invited to attend a “Get Ready for Medicare: The Basics for People Who Are Joining”, a free community workshop.

The upcoming dates are as follows: April 21st, May 17th and June 7th from 10:00-12:00 in the Northumberland County Human Services Building B, 322 N. 2nd Street, Sunbury, PA. The event is sponsored by APPRISE, a program of the Pennsylvania Department of Aging.

This workshop is specifically designed to assist people who will be enrolling in Medicare, either because they will turn 65 years old or because they receive Social Security disability benefits. The workshop is also appropriate for spouses and caregivers.

To register, please call 570-495-2384. The Northumberland County Agency on Aging is a local affiliate of APPRISE, a program of the Pennsylvania Department of Aging, the designated State Health Insurance Program (SHIP) in Pennsylvania. SHIPs receive grant funding from the Centers for Medicare and Medicaid Services to provide direct, local assistance to Medicare beneficiaries through one-on-one, counseling sessions (both in-person and over the phone), presentations, and public education programs.

APPRISE is a free health insurance counseling program designed to help Pennsylvanians with Medicare. For more information, visit North'd County Agency on Aging website at: www.ncaging.org.

Make a Difference in Your Community

Join the APPRISE Volunteer Team

Are you.....

- Looking for a Challenge
- Interested in Helping Others
- Patient & Kind

You can become an APPRISE Health Insurance Counselor. You can make a difference in the life of others by assisting them with their health insurance issues.

APPRISE Volunteers help beneficiaries understand their Medicare and supplemental insurance benefits, compare Medicare Prescription Drug Plans and provide assistance with applications for government assistance programs.

If you'd like to learn more about Medicare and share that knowledge to help your family, friends, neighbors and fellow older Pennsylvanians, contact the North'd County Area Agency on Aging 570-495-2395 or 570-495-2371 for more information on becoming an APPRISE volunteer.

DO YOU HAVE MEDICARE

Are you eligible to save money?

The APPRISE Program wants to make sure you know about the Extra Help and Medicare Savings Programs. Extra Help can help lower your prescription co-payments and premiums and cover the cost of the coverage gap (“donut hole”).

If you are **single** and have a total monthly income of less than \$1471/month; And less than \$13,640 in resources.

If you are **married** and have a total monthly income of less than \$1991/month; and less than \$27,250 in resources. Medicare Savings Program can help you with the payment of your Part B premium and possibly with the payment of your Medicare Part A and Part B cost-sharing.

If you are **single** and have a total monthly income of less than \$1324/month; and less than \$7280 in resources.

If you are **married** and have a total monthly income of less than \$1792/month; and less than \$10,930 in resources. There is NO COST for the APPRISE Program's help for enrollment into these programs.

For an appointment with an APPRISE Counselor, Call: Northumberland County Area Agency on Aging at: **570-495-2395**





Healthy Steps for Older Adults

Healthy Steps for Older Adults was developed by the Fall Prevention Initiative of the Pennsylvania Department of Aging, and is an evidence-based falls prevention program for adults ages 50 and over. The program is designed to raise participants' knowledge and awareness, introduce steps they can take to reduce falls and improve their health and well-being, and provide referrals and resources. Healthy Steps for Older Adults is a unique, comprehensive, community-based falls prevention program.

General Description

Healthy Steps for Older Adults addresses many common causes of falls:

- Environmental safety
- Balance, strength, flexibility, and endurance
- Nutrition
- Foot health
- Sensory deficits (vision/hearing)
- Side effects of medication
- Health/disease status, including substance abuse
- The need to maintain an active lifestyle
- Social connectedness
- Mental and spiritual well-being

Program Goal

The goal of the Healthy Steps for Older Adults program is to prevent falls, promote health and ensure that older adults can remain as independent as possible for as long as possible. Healthy Steps for Older Adults provides a participant guide based on research and best practices in health communication, health literacy, and adult learning.

Healthy Steps for Older Adults is designed to:

- Be fun, sociable, and validating.
- Raise awareness of the causes of falls.
- Learn how falls can be prevented.
- Provide opportunities and ideas for physical activities.
- Identify and problem-solve barriers to change.
- Provide home activities that reinforce what is learned.
- Include frequent breaks and activity changes.

Gov. Wolf Announces Plan to Create Dept. of Health and Human Services*

Harrisburg, PA – Governor Wolf announced his plan to create a Department of Health and Human Services (HHS) in his 2017-2018 budget in order to promote more effective collaboration and service delivery, enhance program effectiveness, and eliminate duplicative processes.

“This new department will streamline government and allow the commonwealth to deliver more effective services to seniors, individuals with intellectual and physical disabilities, and those suffering from a substance use disorder as well as promote the health and well-being of all Pennsylvanians,” said Governor Tom Wolf. “Over the past several months, I have worked closely with these four departments to break down silos and reimagine how we deliver critical services that will provide treatment to those suffering from substance use disorder, ensure children are receiving high quality services, and expand community-based opportunities for seniors. The creation of a new, unified Department of Health and Human Services will not result in any program cuts for Pennsylvanians, but will dramatically improve our ability to deliver services that will improve lives. “

The Departments of Aging (PDA), Drug and Alcohol Programs (DDAP), Health (DOH), and Human Services (DHS) have the same core mission: to improve public health and quality of life for all residents of the commonwealth. These four separate state agencies currently serve similar, and sometimes overlapping, populations.

**This new Department of Health and Human Services will include the Departments of Aging (PDA), Drug and Alcohol Programs (DDAP), Health (DOH), and Human Services (DHS).*

January 30, 2017

(See full article on www.governor.pa.gov)



Pennsylvania Association of Area Agencies on Aging, Inc.

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On Tuesday, February 7, Governor Wolf released his proposed budget for FY 17-18. As part of his proposed budget, the Governor discussed the creation of a new health and human services agency by consolidating four existing state departments. Under the Governor's proposal, the current responsibilities of Pennsylvania's Department of Health, Department of Human Services, Department of Aging, and Department of Drug and Alcohol Programs would be combined to form the Pennsylvania Department of Health and Human Services.

The Pennsylvania Association of Area Agencies on Aging (P4A) represents the 52 Area Agencies on Aging (AAA) across the state. AAAs work to advance the right of all seniors to live happily and healthily in their homes and communities with the support of effective services that allow dignity and choices. As we move forward, P4A and its members will fully analyze the impact the new agency could have on seniors in the Commonwealth. We do, however, support efforts to improve coordination and communication that improves and streamlines the delivery of services provided to seniors. P4A will closely evaluate the proposal in the coming days through the following lens:

- The Lottery Fund was created as a funding mechanism to support older Pennsylvanians continued living in their communities. The Lottery Fund must continue to be preserved through any changes, and administered separately from other funding streams. Additionally, the Lottery Fund must not be appropriated to make up for the state's lack of funding in other areas.
- Pennsylvania's seniors needs are unique from the needs of others receiving services, and this reality must not get lost through any type of governmental transitions or changes.
- Local flexibility is necessary to meet the diverse needs of our seniors living in our varied communities and must continue.

We look forward to actively participating in the discussion regarding the proposed change.

P4A's Mission is to promote the continued physical, social, and economic self-sufficiency of Pennsylvania's seniors, pursue elders' right to choice and dignity in daily living, and strive to furnish its Members with the essential informational/ educational resources to deliver quality service toward this end.

Rebecca May-Cole

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Facts about the current Department of Aging:

- 1 The Pennsylvania Department of Aging (PDA) was created by law in 1978 "to establish a cabinet-level State agency whose jurisdiction, powers and duties specifically concern and are directed to advancing the well-being of Pennsylvania's older citizens."
- 2 Prior to the formation of Pennsylvania Department of Aging (PDA), services to older adults were a program in the Department of Public Welfare (DPW), currently known as the Department of Human Services (DHS).
- 3 The Pennsylvania Department of Aging (PDA) provides a cabinet-level Secretary to represent the interest of older adults to all of State government. PDA is responsible for services to older adults.
- 4 The Pennsylvania Lottery funds are designated for services to older adults. This includes home and community-based services (Meals-on-Wheels, Senior Centers, bathing assistance, etc.), the Property Tax/Rent Rebate Program, shared ride transportation, and the Pharmaceutical Assistance Contract for the Elderly (PACE) program.
- 5 The Pennsylvania Department of Aging (PDA) provides oversight, reviews, and/or comments on the provisions and plans for these lottery-funded programs.