



THE SCOOP



Northumberland County Area Agency on Aging
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Volume VI~ January~February March~ 2016 Edition

Administrator ~ Karen Leonovich
Editor ~ Carolyn Mull

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: 1-800-632-9063

Social Security Admin: 1-866-593-3796

Agency Website: www.ncaging.org

PA Aging Website: aging.pa.gov

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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.

Welcome 2016!

As we begin our new year at the Area Agency on Aging, we are looking towards future changes – locally, state-wide, and federally.

- On January 4, 2016, Northumberland County will be welcoming a new Board of Commissioners and several new departmental leaders.
- Pennsylvania has a new budget - hopefully.
- We will continue to follow the Presidential debates and cast our votes for a new President of the United States of America.

To quote Japanese scholar *Kakuzo Okakura*: "The art of life is a constant readjustment to our surroundings." Our lives are constantly changing. The change can be something simple, like how much cream we like in our morning coffee, to something monumental, like starting a new job with a new company. Successfully adjusting to these constant changes in our lives is truly an art and skill.

Our agency will also be experiencing changes during 2016. Some of the changes will be easier than others. We will work together to adjust to these changes, from the simple to the monumental.

During one of my first days as the Agency Administrator, I opened a fortune cookie to discover a very important fortune – a fortune we will share throughout the agency: *TEAMS – Together Everyone Achieves More Success*. During 2016, the Area Agency on Aging and our devoted employees will “constantly readjust to our surroundings” in order to achieve success. By working as a team, we will continue to provide outstanding services and supports to the older adults of Northumberland County. ~ Karen Leonovich

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:

January 13, 2016
February 10, 2016
March 9, 2016

Pennsylvania Senior Law Helpline

**Address :100 South Broad Street Ste. 1810
Philadelphia, PA 19110**

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

Office Phone : (215) 988-1244

Information Phone : (877) 727-7529

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
10:00AM to 2:00PM**



Food Pantry Information

HANDS UP FOUNDATION

262 Willow Street Milton

Phone: 570-742-3000

Days: 2nd & 4th Wednesdays

Hours: 9 AM to 3 PM

KULPMONT BORO

860 Spruce Street Kulpmont

Phone: 570-373-1521

Days: Monthly Giveout

MT. CARMEL BORO

215 S. Oak Street Mt. Carmel

Phone: 570-339-3669

Days: Monthly Giveout 2nd Saturday

NORTH'D COUNTY HOUSING AUTHORITY

50 Mahoning Street Milton

Phone: 570-713-9091

Days: Monday thru Thursday

Hours: 7 AM to 4 PM

NEIGHBORS HELPING NEIGHBORS

1960 8th Street Drive Watsonstown

Phone: 570-490-3230

Days: 1st and 3rd Wednesdays

SALVATION ARMY

1300 W Spruce St., Coal Twp

Phone: 570-644-0486

Days: Tuesday thru Friday

Hours: 9 AM to 3 PM

SALVATION ARMY

40 South 4th St, Sunbury

Phone: 570-286-4131

Days: Monday thru Friday

Hours: 8:30 AM to 4 PM

The Grandparent Scam

It's that time of year that families spend time together and travel to be with one another. It is also the time of year when scammers target seniors to try and get their hard earned money. The Grandparent Scam is a one of these scams and is one that is more active this time of year.



Here is what you need to know about the Grandparent Scam:

- 1 This scam typically occurs over the telephone but can involve email.
- 2 The scammer will claim to be your grandchild but not give their name in hopes that you will say it first.
- 3 The scammer will state that they are out of the state visiting a friend but got into a car accident. They typically will then state that they are in jail as they were arrested for a DUI and need bail money.
- 4 The scammer will tell you not to tell anyone especially their parents as they don't want to get into trouble. This ensures that the scam goes through because most grandparents want to protect their grandchildren.
- 5 The scammer will then ask you to wire the money via Western Union or to go and purchase visa cards and then they will call you asking for the numbers on the back of the cards.
- 6 The scammer will tell you that they will have to call you back because they are in jail and you won't be able to call them. They will give you a specific time that they will call you back to give you enough time to get the visa cards or the western union money sent.
- 7 Once the transfer is completed they won't call you again or they call again asking for more money for a lawyer.

This will continue until they get as much money as they can from you. Don't be fooled. Here are ways to protect yourself from this scam:

- 1 Resist the urge to act quickly. The scammer will pressure you to act as quickly as possible saying things like "I don't want to stay in jail" or "I will lose my job if I miss work because of this".
- 2 Contact other family members, attempt to contact the alleged grandchild that called you asking for money. This will help determine if the call was legitimate or not.
- 3 Never wire money to anyone requesting it over the telephone or via email. Wiring money is like giving them cash. Once you send it you will not be able to get it back.

If you have fallen victim to this scam here is what you can do about it:

- 1 Contact the local authorities or state consumer protection agency. You can also contact the Attorney General's Office at 717-787-3391.
- 2 File a complaint with the FBI Internet Crime Complaint Center, which may refer the case to federal, state, local or international law enforcement or regulatory agencies for possible investigation, or [The Federal Trade Commission](#). You can also call the FTC at 1-877-382-4357 to report a complaint.

Please remember that anyone can fall victim to this scam. This scam is real and it has affected people locally. I know this because a year ago a family member of mine fell victim to this scam. I would hate to hear that anyone of you reading this had this happen to you. Please remember these tips and do not send money to anyone over the phone.

By Tiffini Wernett, PS Supervisor

LIHEAP - HELP WITH HEATING BILLS

The Low-Income Home Energy Assistance Program, also known as LIHEAP, helps low-income families pay their heating bills. LIHEAP is a grant that offers assistance in the form of a cash grant, sent directly to the utility company, or a crisis grant for households in immediate danger of being without heat. You may qualify for LIHEAP if your income meets the following guidelines:

2015-2016 LIHEAP GUIDELINES for homeowners and renters	
Household Size	Maximum Income
1	\$17,655
2	\$23,895
3	\$30,135
4	\$36,375
5	\$42,615
6	\$48,855
7	\$55,095
8	\$61,335
Add \$6,240 for each additional person	

Cash Grants

Funds are limited! Take the time to apply online or in person.

Go to the state's website, <https://www.compass.state.pa.us>. Look for "Welcome to Compass" and click on "apply now."

By mail or in person: Download an application from the website and mail it or take it to your county assistance office.

Crisis Grants

The LIHEAP Crisis Program is administered by the Pennsylvania Department of Public Welfare. The first day you can apply for the LIHEAP Crisis Program is November 2, 2015. If you've applied and been approved for a LIHEAP cash grant and still need more help, the LIHEAP Crisis Program may be able to assist you if you have an emergency situation and are in jeopardy of losing your heat.

Emergency situations include:

- Broken heating equipment or leaking lines that must be fixed or replaced
- Lack of fuel
- Termination of utility service
- Danger of being without fuel (less than a 15-day supply) or of having utility service terminated (received a notice that service will be shut off within the next 60 days)

Apply for a crisis grant at your local county assistance office. The program opened November 2, 2015 and closes April 1, 2016.

For more information:

Call the LIHEAP hotline at 1-866-857-7095 (TDD: 1-800-451-5886)

SENIOR ACTION CENTER ACTIVITIES

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

Elysburg Senior Action Center
570-672-2438

Herndon Senior Action Center
570-758-1570

Elysburg Center is open Mon - Wed - Fri

Monday: Pokeno at 11:30.

Monday and Wednesday: Healthy steps at 8:30 AM.

Wednesday: Bingo at 12:00 noon.

Friday: Crafts at 9:30. Pinochle at 12:00.

January

- 1 Closed.
- 8 Members meeting at 12:00 noon.
- 14 Trip to Green's Restaurant.
- 18 Closed for Martin Luther Day.
- 20 Center birthday party.

February

- 3 Members meeting.
- 10 Valentine Party.
- 15 Closed for Presidents 'Day.
- 17 Center birthday party.

March

- 4 Members meeting at 12:00 noon.
- 16 St. Patty's Day party.
- 23 Center birthday party.
- 25 Closed for Good Friday.

10 Keys to Healthy Aging

- 1 Prevent bone loss and muscle weakness.
- 2 Lower your LDL cholesterol ("bad cholesterol").
- 3 Lower your blood pressure.
- 4 Regulate your blood glucose (sugar).
- 5 Be physically active at least 2.5 hours a week.
- 6 Stop smoking.
- 7 Maintain social contact.
- 8 Get recommended cancer screenings.
- 9 Seek help for depression.
- 10 Get immunized regularly.

Mondays: Exercise, 10:45, bingo, 12:30.

Wednesdays: Exercise, 10:45, bingo, 12:30.

Thursdays: Bible Study, 9:30.

Mons & Weds: Exercise 10:45 and Bingo 12:30

Thursdays: Bible study 9:30

January

- 1 Center closed. HAPPY NEW YEAR!
- 4 Evening card party, 6:00.
- 6 Commodity delivery, 10:00, meeting, 1:00.
- 13 Grab and Go breakfast, (orders due 6th).
- 14 Movie, 12:00, with snacks.
- 15 Walmart shopping, 10:00 to 1:00.
- 18 Center closed.
- 19 Members breakfast, 9:00, Susquehanna Vision screening, 9:30.
- 20 Mt Carmel luncheon.
- 21 Birthday party, 1:00. Officers meeting.
- 27 Sun Home Health, BP check, 2:00.
- 28 Card party, 1:00.

February

- 1 Evening card party, 6:00.
- 3 Commodity delivery, 10:00, meeting, 1:30.
- 8 Sunbury Hospital BP check, 9:30 to 11:30.
- 10 Grab and Go breakfast, (orders due 3rd).
- 15 Center Closed Presidents Day.
- 16 Members breakfast, 9:30 Valentine's Day party, crowning of King and Queen.
- 18 Birthday party, 1:00.
- 25 Card party, 1:00.

March 2016

- 2 Commodity delivery 10:00, members meeting, 1:30
- 7 Evening card party, 6:00.
- 8 Kitchen band practice and visit
- 9 Center luncheon, 11:30, chicken and waffles.
- 11 Movie/snacks, 12:00.
- 15 Members breakfast.
- 17 Birthday party, 1:00, officers meeting.
- 24 Card party, 1:00.
- 25 Center closed for Good Friday.

10 Keys to Healthy Aging will be held in March and April. This is a 10-step program developed to improve the health of adults as they age. Watch your newsletter for further information or call the center.

Kulpmont Senior Action Center
570-373-1112

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

Wednesdays 4:30 to 6:00, Holy Angels Church, serves a meal in the former Ann Joachim House.

Mon: Movie, 10:00, Pokeno, 12:30.

Tue: Cards, 12:30. **3rd Tues:** Bible Study, 12:30.

Wed: LCR, 12:30.

Thurs: Bingo, 12:30.

Fri: Nickel bingo, 12:30.

January:

1 Center closed.

7 Hot dog & sauerkraut fund raiser, \$4.00.

Member's meeting 12:30.

12 Commodity food pickup. VNA with BP/BS check, 9:30 to 10:30. Must fast for blood sugar.

14 Tara Venna, RN will be speaking at 12:00.

Topic: "Healthy Effects of Humor."

15 Lunch at the Independence Fire Company, 11:30. Cost \$2.00. Must sign up.

18 Center closed.

19 Bible study, 12:30.

20 Luncheon at the Mt. Carmel SAC.

February:

2 Family Home Medical checking BP/BS, 10:00 to 10:30. Must fast for blood sugar test.

4 Member's meeting, 12:30.

9 Commodity food pickup.

11 Valentine's Day party. Wear red, pink or white. FHM speaking at 12:15. Topic: "Go red for heart disease."

15 Center closed.

16 Bible study, 12:30.

18 Luncheon at the Shamokin SAC

19 Lunch at OIP in Shamokin, 11:30. Cost \$2.00. Must sign up for this trip.

25 Pigeons for lunch, this is a fund raiser.

March:

3 Member's meeting 12:30 p.m.

8 Commodity food pickup. VNA will be doing BP/BS check, 9:30 to 10:30. Must fast for blood sugar.

9 Luncheon at the Herndon SAC.

11 Lunch at Brewser's, 11:30. Cost \$2.00. Must sign up for this trip.

17 St. Patrick's Day party, serving bar-b-que for lunch. Cost to be announced.

25 Center Closed.



Milton Senior Action Center
570-742-9435

Mon: Pinochle, 12:30.

Wed: Dime bingo, 12:30.

Thur: Bible study, Rummikub or Pinochle, 12:30.

Fri: Dime bingo, 9:30.

January:

1 Closed New Year's Day.

4 Members meeting, 11:00.

6 Blood pressure check, 11:45.

11 Homemade chicken & pot pie lunch, \$5.00.

13 Birthday party.

18 Closed, Martin Luther King Day.

20 Vo-Tech Luncheon at Mt. Carmel, \$6.00.

21 Fun bingo, 10:00.

28 Popcorn & movie, 9:00.

February:

1 Members meeting, 11:00.

3 Blood pressure check, 11:45.

11 Valentines Day party, 10:00.

12 "Home Safety" with Lois Passi, 1:00.

15 Closed for Presidents' Day

17 Birthday party, 12:00.

18 Vo-Tech luncheon at Shamokin, \$6.00.

22 Breakfast at the center, 9:15, \$5.00.

25 Nickel bingo, 10:00.

26 Vision tests, 10:00.

29 Popcorn & movie, 9:00.

March:

2 Blood pressure, 11:45.

7 Members meeting, 11:00.

9 Vo-Tech Luncheon at Herndon, \$6.00.

14 Ordering Chinese for lunch.

16 Birthday party, 12:00.

17 St. Patrick's Day, (Wear Green.) Fun bingo, 10:00.

24 Easter party, 10:00.

25 Closed, Good Friday

31 Pop Corn & movie, 9:00.

Mt. Carmel Senior Action Center
570-339-4457

Mon: Board games, 9:30, exercise, 10:00, Pokeno, 1:00.
Tues: Coupon club, 10:00, Wii games, 10:30, Unlucky 7's and Pinochle, 12:30.
Wed: Board games, 9:30, exercise, 10:00, nickel bingo, 1:00.
Thur. Wii games, 10:00, Unlucky 7's, 12:30.
Fri: News, 9:00, exercise, 10:00, Pokeno, 1:00.

January:

1 Closed.
6 Grab n Go breakfast orders due. Members meeting, 10:00.
8 Trip to Vo-tech Cosmetology, 8:00-10:00.
12 CSFP Food Box Pick up, 12:30-3:30.
13 Grab n Go Arrives. FHM memory screenings, 12:15.
15 BP/BS checks from VNA, 10:00-11:00.
18 Closed.
20 Vo-tech Luncheon at our center. Cost, \$6.
28 Movie & pizza party, cost \$4.00, 12:00.

February:

3 Members meeting, 1:00. Grab-n-go orders and money due.
4 Trip to Vo-tech cosmetology, 8:00-10:00.
9 CSFP Food Box Pick up, 12:30-3:30.
10 Grab N Go arrives. FHM speaking, 12:15. (Wear Red to receive a prize.)
15 Closed.
18 Vo-tech luncheon at Shamokin, Cost, \$6.00
23 Movie & pizza party, cost \$4.00, 12:00.
26 BP/BS check 10:00. VNA speaker, 10:30.

March:

2 Members meeting, 1:00.
3 Trip to Vo-tech cosmetology, 8:00-10:00.
8 CSFP food box pick up, 12:30-3:30.
9 Vo-Tech Luncheon at Herndon, cost, \$6.00.
16 FHMI, speaking "Laughter is The Best Medicine" 12:30.
18 VNA speaking at 11:00.
23 Movie & pizza party, cost, \$4.00. 12:00.
25 Closed

Don't forget to pay your dues!
Pay in person or mail a check to
your Senior Action Center.

North'd Senior Action Center
570-473-9373

Mon: Cards, Wii, bingo 12:15.
Tues: Chorus 9:30, starts on Feb. 16. Cards, Wii, 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.
Closed: Jan. 1 and 18, Feb. 15, and Mar. 26.

January:

4 Members meeting 10:00. Spaghetti meal, \$5.00.
12 Roast beef/pork, mashed potatoes, filling, etc. cost \$5.00.
13 Mind Matters: "Human trafficking". 10-11.
14 Round Robin pinochle, 12:00.
15 Strawberry ice cream with lunch.
20 Free blood pressure, 9:00-11:00. Officers meeting. after bingo, lunch at Mt. Carmel.
21 Bingo, 20 games for \$20.00. Selling at 12:00, games start 1:00, food available.
28 500 card party, 12:00.

February:

1 Members meeting, 10:00.
5 Wear Red Day for heart awareness. Hot dogs, chili, & dessert.
10 Mind Matters: "Be A Spring Chicken, Stay Young Forever" 10:00-11:00.
11 Afternoon pinochle starting at 12:00
12 Valentine Day. Chicken from Giant, please bring a covered dish or donate towards chicken.
18 Bingo, 20 games for \$20.00. Selling at 12:00 games start at 1:00. Lunch at Shamokin.
23 Making soup
24 Soup sale. Ham & Bean and Chicken Corn Soup, \$6.00 a quart, \$3.00 a pint.
25 500 card party, 12:00.

March:

We are making PB & coconut eggs to sell.
3 Cold Cut Day. Hoagies for lunch.
7 Member meeting, 10:00.
9 Mind Matters: "The Climate of Belief". 10:00-11:00. Lunch at Herndon.
10 Afternoon pinochle, 12:00.
16 Blood pressure, 9:30-11:00.
17 Corn beef & cabbage, \$5.00. Bingo, 20 games for \$20.00. Games start at 1:00.
22 Easter meal, cost, \$5.00.
23 Trip to Mohegan Sun.

Shamokin Senior Action Center
570-644-0772

Mon: Poker, 8:30. Unlucky 7's, 12:00.
Tues: Walk a Mile, 9:00. Bridge, 9:30. Aquacize at YMCA, 12:00.
Wed: Wii bowling, 10:00. Pinochle & Pokeno, 12:30.
Thurs: Walk a Mile, 9:00. Wii bowling, 10:00. Aquacize at YMCA, 12:00. Bingo 12:30.
Fri: Wii bowling, 10:00. Nickel bingo, 12:00.
Saturday: Cards at 7:00. Doors open 6:00.

January:

1 Closed. Happy New Year.
5 Boscov's, 10:00-1:00. Cost \$2.00
7 Exec. board, 9:30. Members meeting 10:30.
12 Lunch, Coal Town Diner, 11:30-1:00. \$2.00.
13 Grab n Go Breakfast. Sign up by Jan. 06.
14 Speaker at 12:00 on "Hoarding."
18 Closed. Martin Luther King birthday.
20 Vo-Tech luncheon at Mt Carmel, \$6.00. Sign up by Jan.13. Free transport to Mt Carmel.
21 Susquehanna Sight Services vision screening, 11:00. There is a \$2.00 fee.

February:

2 Shopping at Boscov's, 10:00-1:00. \$2.00.
4 Exec. board, 9:30. Members meeting 10:30.
9 Breakfast delivery. Order by Feb. 03.
10 Lunch at Indy Fire Co. 11:30-1:00, \$2.00.
11 Valentine's Party at 11:00. Desserts needed.
15 Closed. President's Day.
18 Vo-Tech luncheon at Shamokin, 11:30, \$6.00. Sign up by Feb. 11. Nickel bingo, 12:30.

March:

1-8-15-22-29: Shamokin Area HS students will be at the center giving computer lessons 9:00-11:00.

1 Shopping Boscov's. 10:00-1:00. Cost \$2.00.
3 Executive board meeting, 9:30. Members meeting, 10:30.
8 Lunch at OIP. 11:30-1:00. Cost \$2.00.
9 Vo-Tech luncheon at Herndon, 11:30. Cost, \$6.00. Sign up by Mar 2. Free transportation.
17 St. Patrick's Day Party 11:00. Menu will be announced.

We will be selling Lottery Calendars for the month of March. Cost is \$5.00. Based on the evening lottery number.

Sunbury Senior Action Center
570-286-1820

Mon: Shuffleboard, 1:00 and **Tues.** at 9:00.
Wed: Wii bowling, 9:00. Penny Poker, 12:30.
Thurs: Bible study, 10:15.
Tues, Thurs. Fri. Bingo at 12:30. Cards, 2:00.
January:
5 Members meeting, 12:30.
11 Trip to Olive Garden
13 Webinar, 10:00 on "Human Trafficking."
15 Winter Festival! Movie, snacks, bingo, lunch, talent contest, Karaoke.
18 Closed
19 Tour meeting, 10:00. Popcorn served.
20 Manicures, 10:00. Trip to Mt Carmel for Vo tech luncheon, \$6.00, must sign up by 12th.
22 Hoagies, chips and dessert 11:30, \$3.50 must sign up by 19th.
25 Pinochle, 12:30
29 Covered dish, 11:30. Entertainment by Kingdom Kidz, 1:00.

February:

2 Members meeting, 12:30.
3 Crafts, 10:00.
8 Birthday party, Music by Billie D and Rosie, 12:30
10 Free Blood Pressure, 9:30-11:00
12 Valentines Day party. Bring a \$2 lottery ticket to play a game. Also win a prize!
15 Closed.
17 Manicures, 10:00. Making soup for orders.
18 Pizza, \$3.50, 11:30. Pick up soup orders.
22 Pinochle, 12:30
23 Tour meeting, 10:00, ice cream and toppings, 12:00. Must sign up.
26 Covered dish meal, 11:30. Chinese auction.
29 Trip to Country Cupboard

March:

1 Members meeting, 12:30
9 Trip to Herndon SAC for Vo Tech Lunch, \$6.
15 Free Ice Cream and toppings, 12:00.
16 Manicures, 10:00.
17 Submarine Day, Dagwoods, chips and dessert, \$3.00, 11:30.
21 Soda floats, 12:00, \$1.00. Pinochle, 12:30
23 Trip to Ric Mar Restaurant.
24 Covered Dish, 11:30. Ham provided, bring a covered dish. Nickel bingo after the meal.
25 Closed.
29 Tour meeting, 10:00, Breakfast for lunch, 11:30. \$3.50, must sign up by 22nd.
31 Sight and Sound/ Shady Maple trip.

Start thinking about your projects for
Earth Day 2016!

The date is:
Friday, April 22, 2016

Trevorton Senior Action Center
570-797-1996

Dealing With Loneliness

January:

- 1 Closed.
- 7 Members meeting, 12:30. Installation of 2016 officers.
- 8 VNA Health lecture, 10:30. Evening card party 7:00 PM.
- 11 Craft day, 10:30.
- 12 Shopping at Weis Market, 12:00-1:00.
- 13 Grab and Go, 9:00. Webinar on "Human Trafficking," 10:00.
- 14 Susquehanna Valley Mall trip, 10:00-1:00.
- 15 Members birthday party, 5:00 PM.
- 18 Closed.
- 20 Culinary luncheon at Mt. Carmel SAC, 11:00.
- 22 Blood pressure, 9:00-10:30.
- 25 Members breakfast, 8:30. Wal-Mart, 11:30-1.
- 25 Evening card party, 7:00 PM.
- 27 "Beat the Winter Blues" by Life Geisinger, 10:30. Lunch, 11:30.
- 28 Craft day, 10:30.

February:

- 4 Members meeting, 12:30.
- 9 Donut Day. Trip to Weis Market, 12:00-1:00.
- 10 Grab and Go, 9:00. Webinar "Be A Spring Chicken", 10:00.
- 11 Valentines Day party, 12:30.
- 12 Blood pressure/blood sugar screening, 9:00-10:00. Evening card party, 7:00.
- 15 Closed.
- 18 Culinary luncheon at Shamokin SAC, 11:30.
- 19 Members birthday party, 5:00 PM.
- 29 Members breakfast, 8:30. Trip to Wal-Mart, 11:30-1:00. Evening card party, 7:00 PM.

March:

- 2 Last day to order Culinary lunch on Mar 9.
- 3 Members meeting, 12 :30.
- 9 Culinary luncheon at Herndon SAC, 11:30.
- 11 Health lecture by VNA, 10:30. Evening card party, 7:00 PM.
- 17 St. Patty's Day party, 12:30.
- 18 Members birthday party, 5:00 PM.
- 24 Blood pressure by SCH, 9:00-10:30.
- 25 Closed.
- 28 Members breakfast, 8:30. Trip to Wal-Mart, 11:30-1:00. Evening card party, 7:00 PM.

Whether you're missing the grandkids or retirement has been more solitary than you expected, it's natural to be lonely sometimes. In fact, it's part of being human. But when you're chronically lonely, it can seriously damage your health. Research shows that chronic loneliness leads to dementia, cognitive decline, immunity issues, and heart disease, among other problems.

What is loneliness, exactly?

Loneliness is when people feel isolated, left out or lack companionship. Someone who is alone isn't necessarily lonely. Some people simply prefer seclusion. Loneliness doesn't discriminate; it affects all people. It's long been known to have damaging effects on people over 65. The risk of loneliness can increase with age because of an increase in impairments and increased social isolation.

How does loneliness affect your health?

Research shows that chronic loneliness keeps the brain in self-preservation mode, activating chemical responses that affect you physically. This stress leads to health issues like heart disease, fatigue, and memory loss. One study found that consistently lonely people are 64% more likely to develop dementia. In regards to well-being overall, experts claim loneliness is on par with obesity, smoking, and alcoholism. People who are lonely tend to smoke more, don't eat healthy or exercise, sometimes because they've lost a sense of purpose or meaning. In terms of mental health, loneliness frequently coexists with depression, anxiety, hostility, and nervousness, making it even more difficult to finally seek help.

How you can tackle loneliness?

Social contact is crucial to your physical health. You have to first acknowledge that you're lonely. The second step is to reach out by contacting your family or friends. The internet can be helpful in maintaining contact, but also phone and in-person interactions are important. You can join new groups in the area, try your local senior center. Do something new. Trying new things can be a good way to connect with others. It won't be easy at first, but socialization is vital to your health. Though loneliness is a growing problem, it's one that can be remedied. But it's up to you to take the first step.

Carbon Monoxide Poisoning

Carbon monoxide is an odorless gas that causes thousands of deaths each year in North America. Breathing in carbon monoxide is very dangerous. It is the leading cause of poisoning death in the United States. Carbon monoxide is a chemical produced from the incomplete burning of natural gas or other products containing carbon.

The following may produce carbon monoxide:

- * Anything that burns coal, gasoline, kerosene, oil, propane, or wood
- * Automobile engines
- * Charcoal grills
- * Indoor and portable heating systems
- * Portable propane heaters
- * Stoves (indoor and camp stoves)
- * Water heaters that use natural gas

When you breathe in carbon monoxide, the poison replaces the oxygen in your bloodstream. Your heart, brain, and body will become starved of oxygen. Symptoms vary from person to person. Those at high risk include young children, the elderly, people with lung or heart disease, people who are at high altitudes, and smokers.

Symptoms of poisoning may include:

Breathing problems	Irritability
Confusion	Dizziness
Drowsiness	Fatigue
Dull Headache	Vomiting

Animals can also be poisoned by carbon monoxide. People who have pets at home may notice that their animals become weak or unresponsive. Often the pets will get sick before humans. If a person or animal breathed in the poison, immediately move them to fresh air. Seek immediate medical help.

Make sure there's plenty of ventilation. Install a carbon monoxide detector on each floor of your home. Place an additional detector near any major gas-burning appliances. Many carbon monoxide poisonings occur in the winter months when furnaces, gas fireplaces, and portable heaters are being used and windows are closed. Have appliances regularly inspected to make sure they are safe to use.

How to Stay Active in the Winter



As the days turn colder, it can become more difficult to get out and about, and more tempting to stay inside on the couch. The benefits of activity, even just 30 minutes a day, help control diabetes, high blood pressure, and the effects of heart disease, and help maintain flexibility and muscle integrity. In the winter months, getting regular activity can also help battle the winter blues and elevate mood and energy levels.

If you enjoy warmer-weather activities like walking or swimming, you can keep these up during the colder months by simply relocating. You can take your routine to the mall and walk in a climate-controlled environment. Swimming and water aerobics can remain on your list of to-dos by finding an indoor pool. Your local YMCA most likely features an indoor pool where you can swim laps or participate in group exercise classes like water aerobics or aqua yoga.

Many people really enjoy the colder weather, by all means, get out and enjoy! Just remember your safety and health. The top tip for outdoor activities in the winter is layering your clothing; this ensures you stay warm when first going outside, but you can uncover if and when your body warms up. Be sure to cover your extremities, and wear a hat (60% of body heat escapes through your head). Also remember to wear plenty of sunscreen and sunglasses with UV protection. Remember that sunlight reflects off snow, and protect your skin from windburn as well.

The social aspects of winter activities can be just as beneficial as the physical aspects; being around others and having fun together is an important element in fighting off seasonal depression or loneliness. Try your Senior Action Centers, community centers, libraries, or churches that host social clubs. The winter can be a perfect time to learn a new hobby, brush up on your computer skills, and make new friends. You may also consider volunteering in your community. Remember that every activity counts to stay fit and flexible in body and mind.

Winter Can Be Dangerous For Seniors



During the winter months, ice, snow and cold temperatures can make life challenging for everyone. Slippery sidewalks and cold weather can cause a wide range of injuries and illnesses — especially for seniors.

Here is some helpful advice for preventing common winter dangers that the elderly population faces:

- **Avoid Slipping on Ice**

Icy, snowy roads and sidewalks make it easy to slip and fall. Unfortunately, falls are a common occurrence for senior citizens. Often these falls cause major injuries such as hip and wrist fractures, head trauma and major lacerations. While younger people often recover relatively quickly from such injuries, older adults face complications. Make sure to wear shoes with good traction and non-skid soles, and stay inside until the roads are clear. Replace a worn cane tip to make walking easier.

- **Dress for Warmth**

Cold temperatures can lead to frostbite and hypothermia, a condition where the body temperature dips too low. More than half of hypothermia-related deaths were of people over the age of 65. So don't let indoor temperatures go too low and dress in layers. Going outside? Wear warm socks, a heavy coat, a warm hat, gloves and a scarf. In very cold temperatures, cover all exposed skin. Use a scarf to cover your mouth and protect your lungs. Your body temperature should never dip below 95 degrees, if it does get medical assistance immediately.

- **Fight Wintertime Depression**

Many seniors have less contact with others during cold months because it can be difficult and dangerous to get around. This can cause feelings of loneliness and isolation. To help avoid these issues, family members can check in on seniors as often as possible; even a short, daily phone call can make a big difference. Seniors can also arrange a check-in system with neighbors and friends, where each person looks in on one or two others daily.

- **Check the Car**

Driving during the winter can be hazardous for anyone. But it is especially dangerous for older people, who may not drive as often anymore or whose reflexes may not be as quick as they once were. Get your car serviced before wintertime hits, or ask a family member to bring it to a garage for you. Checking things like the oil, tires, battery and wipers can make a big difference on winter roads.

- **Prepare for Power Outages**

Winter storms can lead to power outages. Make sure you have easy access to flashlights and a battery-powered radio in case the power goes out. Stockpile warm blankets. Longer power outages can spoil the food in your refrigerator and freezer so keep a supply of non-perishable foods that can be eaten cold on hand. If the power goes out, wear several layers of clothing, including a hat. Move around a lot to raise your body temperature.

- **Prevent Carbon Monoxide Poisoning**

Using a fireplace, gas heater or lanterns can lead to carbon monoxide poisoning. Ensure your safety by checking the batteries on your carbon monoxide detector and buying an updated one if you need to.

- **Get Help**

The most important tip to keep in mind during the colder months is to ask for help. If you need to clear your property of snow and ice, don't hesitate to ask for help. Arrange rides to the grocery store and doctor's appointments. Don't be afraid to reach out for help.

Do You Remember When?



When the worst thing you could do at school was smoke in the bathrooms, flunk a test or chew gum.

When a '57 Chevy was everyone's dream car, to cruise, peel out, lay rubber and watch drag races, and people went steady and girls wore a class ring with an inch of wrapped dental floss or yarn coated with pastel frost nail polish so it would fit her finger.

And no one ever asked where the car keys were because they were always in the car, in the ignition, and the doors were never locked. And you got in big trouble if you accidentally locked the doors at home, since no one ever had a key.

Remember lying on your back on the grass with your friends and saying things like "That cloud looks like a..." and playing baseball with no adults to help kids with the rules of the game. Back then, baseball was not a psychological group learning experience, it was a game.

Remember when stuff from the store came without safety caps and hermetic seals because no one had yet tried to poison a perfect stranger.

Remember when being sent to the principal's office was nothing compared to the fate that awaited a misbehaving student at home. Basically, we were in fear for our lives, but it wasn't because of drive-by shootings, drugs, gangs, etc. Our parents and grandparents were a much bigger threat! But we all survived because their love was greater than the threat.

And, with all our progress, don't you just wish, just once, you could slip back in time and savor the slower pace, and share it with the children of the 80's and 90's.

Didn't that feel good, just to go back and say, Yeah, I remember that! And was it really that long ago?

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.

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