



# THE SCOOP



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

Volume V Oct ~ Nov ~ Dec 2016 Edition

**Administrator ~ Karen Leonovich**  
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**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](http://www.ncaging.org)**

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



## HAPPENINGS

**Covered Bridge Festival at Knoebel's  
October 6-9, 2016**

**Columbus Day  
October 10, 2016**

**Line Mountain Holiday Craft Fair  
Line Mountain High School  
9AM to 2PM, November 5, 2016**

**Turn clocks back November 6, 2016**

**Election Day  
November 8, 2016**

**Alzheimer's/Caregiver Dinner  
Masser's Banquet Hall  
6:00 PM, November 9, 2016**

**Kulpmont Wine Festival  
Holy Angels Picnic Grounds  
November 15, 2016**

**Thanksgiving Day  
November 24, 2016**

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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:

**October 12, 2016**

**November 9, 2016**

**December 14, 2016**

## Property Tax/ Rent Rebate

The Property Tax/Rent Rebate program deadline for older adults and residents with disabilities to apply for rebates of rent and property taxes paid in 2015 has been extended to

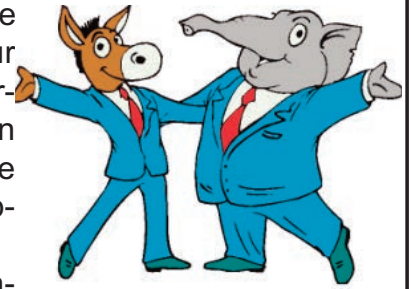
**December 31, 2016.**

Applicants may obtain Property Tax/Rent Rebate claim forms (PA-1000) and related information online at [www.revenue.pa.gov](http://www.revenue.pa.gov) or by calling, toll-free, 1-888-222-9190.

It costs nothing to apply for a rebate, and the department reminds residents that free application assistance is available at hundreds of locations across the state, including Department of Revenue district offices, local Area Agencies on Aging, senior centers and state legislators' offices.

## Absentee Ballots

If you are unable to attend your polling place in person on Election Day, you may be able to vote by absentee ballot.



To vote by absentee ballot, a voter must apply to the County Board of Elections for an absentee ballot.

The County Board of Elections will send a paper absentee ballot to the voter. The voter then completes the ballot and returns it to the County Board of Elections at 320 North 2nd St., Sunbury, PA 17801.

In Pennsylvania, the County Board of Elections must receive your application for an absentee ballot no later than 5 PM on the Tuesday before the election. In emergency situations (such as an unexpected illness or disability) You can submit an Emergency Application for an Absentee Ballot, which must be submitted no later than 5:00 PM on the Friday before Election Day.

In presidential election years, absentee ballots received by the close of the polls on Election Day will be counted for the offices of president and vice-president.

Make sure you're registered before you apply to vote by Absentee Ballot.

What to know:

- ID requirements took effect November 2012.
- Voters must provide drivers' license number, last four digits of Social Security number or a copy of an acceptable photo ID when applying for an Absentee Ballot.
- Voters may provide identifying number to County over the phone, by mail or E-mail.
- Identification will be verified by the County Board of Elections before the voter's ballot will be counted.

To obtain an absentee ballot application:

Call the Northumberland County Voter Registration office at 570-988-4208 and request an absentee ballot starting in September. The last day being November 1.

## Eat to Snooze



**A** good night's sleep is essential for maintaining health. If worry and stress are keeping you up at night, you've probably searched for information to help you cope with anxiety. What you eat right before you go to bed can also play a role. While no particular foods are known to induce sleep; knowing what, when, and how much to eat and drink can help you get a sound snooze.

Here are six things to keep in mind when preparing midnight munchies:

### **Keep your bedtime beverages Decaf:**

Stay away from alcohol and caffeine in the hours preceding your bedtime. It's true that alcohol, which is a depressant, can help you fall asleep, but it won't help you stay that way. Alcohol can wreck a person's sleep cycles, first by reducing the amount of time they spend in the REM stage, and then by causing them to awaken multiple times throughout the night. On the opposite end of the spectrum lies caffeine. It can take anywhere from 8 to 14 hours for the effects of caffeine to fully wear off, depending on how acclimated you are to it. That's why it's a good idea to lay off caffeine, including: coffee, tea and chocolate.

**Master melatonin:** Melatonin is a hormone produced by the brain that plays a big role in regulating sleep cycles. When daylight fades, your body begins to churn out more of the sleep-inducing chemical. It is also available in supplement form and is a popular alternative to prescription sleep aids. As a person ages, they generally become less capable of producing melatonin. Cherries are one of the few foods that can lay claim to being a natural source of melatonin and studies done by scientists have indicated that consuming tart cherry juice can facilitate sleep in certain people. Certain snacks, including: bananas, some fish (salmon, tuna and cod), pistachios, peanut butter, chickpeas and fortified cereals contain significant amounts of the vitamin B6, a key component for making melatonin.

**Smaller is better:** The Mayo Clinic advises hungry insomniacs to keep their midnight meals small and low-fat. A big meal can make you feel bloated and may cause painful heartburn. A small bowl of cereal with milk, or a banana with a bit of peanut butter will generally be enough to fight off hunger pangs so you can get some shut-eye.

**Insufficient nutrients can equal insufficient sleep:** A rumbling tummy and certain vitamin deficiencies can contribute to insomnia. Research has shown that maintaining a healthy level of vitamin D in particular is essential for sound slumber. Aim for a nighttime snack that includes: fortified cereals and dairy products, and eggs.

**Carbohydrate-loading:** Carbs are a key component of sleep-inducing snacks. Consuming carbohydrates makes it easier for your brain to pick up and convert tryptophan (an essential amino acid found in a variety of different foods, including: eggs, cheese, oatmeal, potatoes, bananas and poultry) into serotonin and melatonin, two hormones that make you more relaxed and drowsy. When creating your bedtime snack, it's probably best to stick with complex carbs, such as: fruits, oats, whole grain cereals and breads, and veggies.

**Cut your pre-bedtime fluids:** In order to prevent unwanted trips to the bathroom at one o'clock in the morning, the Mayo Clinic recommends avoiding drinking too much in the hour or so right before you go to bed.

## Fed Govt Nutrition programs

**The Supplemental Nutrition Assistance Program (SNAP)** Formerly the Food Stamp Program, helps qualified people buy groceries. This program helps people with low incomes get enough to eat while encouraging good nutrition and health. For more information, go to SNAP. <http://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program-snap>

**The Senior Farmers' Market Nutrition Program** gives older adults with low incomes coupons that can be used at farmers' markets, roadside stands, and some other places. The coupons can be exchanged for fresh, nutritious, locally grown vegetables, fruits, and herbs. For more information, go to Senior Farmers Market Nutrition Program. <http://www.fns.usda.gov/sfmnp/senior-farmers-market-nutrition-program>

**The Child and Adult Care Food Program** provides meals and snacks to eligible older adults taking part in adult day care programs. For more information, go to Child and Adult Care Food Program. <http://www.fns.usda.gov/cacfp/child-and-adult-care-food-program>

**The Commodity Supplemental Food Program** provides some vegetables, fruits, grain products, dry beans, and canned meats to eligible older people to supplement their own food. For more information, go to Commodity Supplemental Food Program. <http://www.fns.usda.gov/csfp/commodity-supplemental-food-program>

**The Emergency Food Assistance Program** provides food needed by low-income older adults who might not have enough to eat. For more information, go to the Emergency Food Assistance Program. <http://www.fns.usda.gov/tefap/emergency-food-assistance-program>

For more information about these and other food assistance programs, including home-delivered meals, contact your **Area Agency on Aging**

## Anti-Virus Software Tips

1. Only get anti-virus software from trusted sources. Hackers like to electronically sell you malware branded as "Anti-Virus Software."



2. Make sure that you always keep your subscription current and keep the database up-to-date. If your computer has been off or not connected to the internet make sure to update when you are connected again.

3. Make sure your anti-virus software is set to automatically scan any USB device (flash drives, external hard drives, etc.)

4. DO NOT dismiss the on-screen warnings and alerts generated by your anti-virus software. Most alerts include the option of getting more information or a recommendation about what to do next. If you get an alert on a work-supplied computer, be sure to contact the IT department immediately.

5. Do not install multiple anti-virus programs on your computer at the same time. Doing so will most likely cause the programs to conflict with each other and may actually reduce the security of your computer.

6. Learn to recognize the warnings that your anti-virus software produces. Cyber attackers can set up malicious websites that contain realistic but fake anti-virus warnings and offer to help you "fix" your computer. Clicking on the links or buttons on these websites can actually harm your computer.

*A clean house is a sign of a broken computer.*



# 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***

## October:

- 7 Member's meeting, 12:00.
- 12 Covered dish, 11:00.
- 13 Culinary Arts luncheon at Herndon SAC, 11:00. Cost \$6.00.
- 19 VNA blood pressure, 10:30.
- 20 Country Cupboard, 11:00.
- 26 Daycare program, 10:30. Birthday celebration, 11:30.
- 31- Nov. 4 Rummage sale 9AM to 1:30PM.

## November:

- 3 OIP, Shamokin, 11:00.
- 4 Member's meeting, 12:00. Nomination of 2017 officers.
- 8 Closed for Election Day.
- 10 Culinary luncheon at Shamokin, 11:00. Cost \$6.00.
- 11 Closed for Veteran's Day.
- 16 Covered dish, 11:00.
- 23 VNA blood pressure, 10:30.
- 24 & 25 Closed for Thanksgiving.
- 30 Birthday celebration, 11:30.

## December:

- 2 Member's meeting, 12:00.
- 9 Christmas party at Masser's, 12:00.
- 13 Culinary luncheon, Mt. Carmel, 11:00. \$6.00
- 14 Sun Home Health program, 10:30.
- 21 Daycare program, 10:30. Covered dish meal, 11:00.
- 26 Closed for Christmas.
- 28 Birthday celebration, 11:30.

**Programs and activities are subject to change. Please contact the center for more information.**

Don't forget to use your  
Farmer's Market Vouchers  
by Nov. 30, 2016

**Mon & Wed:** Exercise, 10:45. Bingo, 12:30. Cards after.

**Thurs:** Bible study, 9:30.

## October:

- 3 Card party, 6 PM.
- 5 Commodity food delivery, 10:00. Members meeting, 1:30. Trip to Dutch Apple Theatre. Leaving th center, 9:30.
- 7 Movie and refreshments, 12:00.
- 10 Closed for Columbus Day
- 11 BP check, 9:30 to 11:00. Kitchen Band visit to Nottingham Village, 2:00.
- 15 Cash bingo, 6:00 PM. Doors open at 5:00.
- 18 Members breakfast, 9:00.
- 20 Birthday party, 1:00. Officers meeting, 2:00.
- 26 Sun Home Health BP check, 2:00.
- 27 Card party, 1:00.

## November:

- 2 Commodity food delivery, 10:00, Members meeting, 1:30
- 6 Daylight Savings ends, turn clocks back.
- 8 Closed for Election Day.
- 10 Trip to Rainbow Theatre. Leaving at 9 AM.
- 11 Center closed for Veterans Day.
- 15 Members breakfast, 9:00.
- 17 Birthday party, 1:00, with Judy Knorr.
- 19 Cash bingo, 6 PM. Doors open at 5:00.
- 22 Movie and treats, 12:00.
- 24 Closed for Thanksgiving. No card party.
- 25 Closed.
- 30 Sun Home Health BP check, 2:00.

## December:

- 5 Card party, 6:00 PM.
- 7 Commodity food delivery, 10:00. Members meeting, 1:30.
- 8 Advisory Board meeting, 10:00. AAA office.
- 9 Christmas banquet-Hickory Corners, 12:00.
- 12 SCH, BP check, 9:30 to 11:00.
- 15 Birthday party, 1:00. Officers meeting.
- 16 Trip to Shady Maple, leaving at 10:30.
- 17 Cash bingo, 6 PM, doors open at 5:00.
- 20 Breakfast, 9:00.
- 23 Movie and treats, 12:00.
- 26 Closed.
- 28 Sun Home Health BP check, 2:00.

### New Address for Rabbittransit

415 Zarfoss Drive  
York PA 17404

Phone: 717-846-7433  
Toll free: 1-800-632-9063

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

**Every Wednesday 4:30 to 6:30, Holy Angels in Kulpmont serves a meal in the former Ann Joachim House.**

**Mon:** Bean Bag, 10:30. Pokeno, 12:30.

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

**Wed:** LCR, 12:30.

**Thurs:** Bingo, 12:30.

**Fri:** Nickel bingo, 12:30.

#### October:

3 Nicoya from Frey's, 12:00.

6 Member's meeting, 12:30.

7 Flu shot by VNA, 9:00 to 11:00. Life Geisinger to play Trivia, 12:00.

10 Closed for Columbus Day.

11 Commodity foods pick up.

12 Lunch at the Cracker Barrel 11:00 to 12:30.

18 Bible Study 12:30.

27 Halloween party.

31 Nutrition Education program, 9:00

#### November:

3 Member's Meeting 12:30.

4 Lunch, Red Barn Inn, 11:00 to 12:30. VNA with BP/BS, 12:00 to 1:00.

8 Closed for Election Day

11 Closed for Veterans Day

15 BP screening, 9:30 to 10:00. Bible study, 12:30.

24 & 25 Closed for Thanksgiving

#### December:

1 Member's meeting, 12:30.

2 VNA will be speaking at 12:00. "Older driver safety awareness."

7 Christmas party.

13 Commodity food pick-up.

14 Lunch at the Independence Fire Co., 11:00 to 12:30.

16 Donating gifts to Toys for Tots.

20 Bible study, 12:30.

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

**Mon:** Pinochle, 12:30.

**Wed:** Dime bingo, 12:30.

**Thur:** Bible study, Pinochle, 12:30.

**Fri:** Dime bingo, 9:30.

#### October:

3 Members meeting, 11:00.

4 Picnic at Marina with Norry center, 10-2.

5 Blood pressure, 11:45.

10 Closed (Columbus Day)

12 Speaker, Rep. Lynda Schlegal Culver, 10:00

13 VO-Tech Luncheon at Herndon SAC. \$6

19 Birthday party, 12:00.

20 Fun bingo, 10:0.

25 Popcorn & movie, 9:30.

26 Speaker, Nicoya Frey, 10:00.

31 Halloween party, 10:00.

#### November:

2 Blood pressure, 11:45.

7 Members meeting, 11:00.

8 Closed for Election Day.

10 VO-Tech Luncheon at Shamokin SAC. \$6.

11 Closed for Veterans Day.

15 Crafts, 9:30.

16 Birthday party, 12:00.

17 Fun bingo, 10:00.

24 & 25 Closed for Thanksgiving Day.

29 Popcorn & movie, 9:30.

#### December:

5 Members meeting, 11:00.

7 Blood pressure, 11:45.

12 Making Christmas cookies, 9:30.

13 VO-Tech luncheon at Mt. Carmel SAC. \$6.

15 Fun bingo, 10:00.

20 Crafts, 9:30

21 Birthday party, 12:00.

22 Christmas party, 10:00.

26 Closed.

27 Popcorn & movie, 9:30.

**If you would like to have "The Scoop" E-mailed to you, please give your E-mail address to Deb Conway..**

**Milton SAC will be used as an APPRISE counseling location to receive help with your Medicare insurance.**

**An APPRISE counselor will be available on Mondays from 9:30 to 3:30 starting Sept. 12, 2016.**

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

**October:**

- 3 Speaker, Nicoya from Frey's, 11:30.
- 5 Members meeting, 1:00.
- 10 Closed for Columbus Day.
- 11 Commodity Food pick up, 12:30-3:30.
- 12 BP check, 10:30-11:30.
- 13 Vo-Tech Lunch at the Herndon SAC, \$6.00.
- 18 Trip to Pottsville Mall.
- 20 Apprise Part D Appt. day. Call Erica to schedule a time to see Amy.
- 21 Closed for church event.
- 25 Day Care here for Halloween party, 10:00.
- 26 Grab n Go breakfast arrives 9ish.

**November:**

- 2 Members meeting, 1:00.
- 8 Closed (Election Day) Go Vote!
- 10 Vo-Tech Luncheon at the Shamokin SAC, \$6.00. Commodity food pick up, 12:30-3:30.
- 11 Closed (Veteran's Day) Hug a Veteran!
- 14 BP/BS Check, 9:30-10:30.
- 16 Daycare Thanksgiving program, 10:00.
- 17 Thanksgiving pot luck 12:00. Nickel bingo.
- 24 & 25 Closed for Thanksgiving.
- 28 VNA speaking on Prescriptions, 12:15.

**December:**

- 7 Members meeting, 1:00.
- 12 Decorate gingerbread house, 10:00.
- 13 Vo-Tech Lunch at Mt. Carmel SAC, \$6.00.
- 14 Day Care coming for Christmas Party, 10:00. Commodity food pick up, 12:30-3:30.
- 15 Christmas party, 12:00.
- 19 BP/BS checks, 9:30-10:30.
- 22 Cookies, hot cocoa & Christmas movies. Nutrition Education by our Dietitian.
- 26 Closed for Christmas.
- 30 Annual New Year's Eve Bash, 11:00.

**Mon:** Games 9:30, Exercise, 10:30, Pokeno.

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

**Wed:** Board games, 9:30 am, exercise 10:30am, nickel bingo 1:00.

**Thur:** Wii Games, 10:00, Movie at 12:30.

**Fri:** News 9:00. Exercise 10:30, Pokeno, 1:00.

**North'd Senior Action Center**  
570-473-9373

- Mon: Crafts, cards, Wii. Bingo, 12:15.
- Tues: Cards, Wii, 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.
- Fridays – Cards, Wii, nickel bingo, 12:15.

**Activities are subject to change.**

**October:**

- 3 Members meeting is at 9:00. Frey's Commissary will speak at 10:00.
- 4 Picnic at Marina with Milton SAC, 10:00-2:00. Bring sandwich and a dish to share. Nickel bingo after lunch.
- 10 Closed for Columbus Day.
- 13 Making soup.
- 14 & 15 Rummage & food sale.
- 17 Speaker, 10:00. "Proper storage & disposal of medications"
- 20 Wii players go to Sunbury SAC. 9:00.
- 20 Cash bingo, doors open at 4:00, games start at 5 PM.
- 25 Flu shots, 8:30-11:00 by VNA. Halloween Party, Pork & Sauerkraut, \$6.00. Free Bingo.
- 27 Sunbury Wii Players come here, 9:00. Five Hundred Card party, 12:00.

**November:**

- 7 Members meeting at 10:00. Nominations.
- 8 Closed for Election Day.
- 10 Wii players go to Sunbury, 9:00.
- 11 Closed for Veterans Day.
- 14 Speaker, 10:00 "Living with COPD."
- 16 Blood pressure by Lois Stettler, 9:30-11:00.
- 17 Sunbury Wii players come here 9:00. Cash bingo starts at 1:00.
- 22 Thanksgiving catered meal, \$7.00.
- 24 & 25 Closed for Thanksgiving.

**December:**

- 5 Members meeting at 10. Election of Officers.
- 6 Center meal, roast beef & sides, \$6.00.
- 8 Wii players go to Sunbury SAC, 9:00. Advisory board meeting, 10:00.
- 12 Speaker, 10:00 "Info for the Senior Driver".
- 13 Christmas party, meal, \$6.00. Entertainment by "The Hunter Family" at 1:00.
- 15 Sunbury Wii players come here at 9:00. Cash bingo starts at 1:00.
- 26 Closed for Christmas.

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

**Mon:** Poker 8:30. Unlucky 7's 12:00.  
**Tue:** Walk a Mile, 9:00. Bridge lessons, 9:30. Aquacize at YMCA, 12:00. Bridge, 12:00.  
**Wed:** Wii, 10:00. Pinochle & Pokeno, 12:30.  
**Thur:** Walk a Mile, 9:00. Wii, 10:00. Aquacize, 12:00. Nickel bingo, 12:30.  
**Fri:** Wii, 10:00. Nickel bingo, 12:00.  
**Sat Night:** Cards, 7:00. Doors open 6:00. Treadmill for exercising available daily if you have a Dr's permission slip.  
**October:**  
 4 Shopping Boscov's, 10:00-1:00. \$2.00.  
 5 Food boxes, 1:00-3:00. Recertification.  
 6 Exec. board mtg, 9:30. Member's mtg, 10:30.  
 10 Closed for Columbus Day.  
 11 Lunch at Indy Fire Co. 11:30-1:00. \$2.00.  
 12 Tara Venna, RN, will speak at 12:00.  
 13 Flu shots 9:00-11:00. Phoenix Rehab speaking at noon, "Physical Therapy."  
 20. **Ham hoagie sale. Hoagies are made fresh. \$3.50. Deadline to order is Oct. 12.**  
 20. Tiffani Wernett will speak at 12:00 on "General Protective Services".  
 21. Frey's will be at the senior center at 10:30.  
 27. Halloween Party at 11:00.  
**November:**  
 1 Shopping at Lycoming Mall, 10:00-1:00. \$2.00.  
 2 CSFP food boxes, 1:00-3:00. Recertification.  
 3 Exec. board mtg, 9:30. Member's mtg, 10:30. Family Medical will speak at 12:00.  
 8. Center is closed today. Election Day.  
 10. Culinary luncheon, 11:00. \$6.00.  
 11. Closed for Veterans Day.  
 15. Lunch at Hannah's, 11:30-1:00. \$2.00.  
 24 & 25. Closed for Thanksgiving Holiday.  
**December:**  
 1 Executive board meeting 9:30. Members meeting 10:30.  
 6 Shopping Boscov's, 10:00-1:00. \$2.00.  
 7 CSFP food boxes, 1:00-3:00.  
 8 Christmas Party, 11:00. Catered by Brewer's. Pay for what you order. Desserts are needed. There will be an optional \$5.00 gift exchange.  
 13. Lunch at OIP 11:30-1:00.  
 16. VNA will check BP & BS, 10:15-11:15.  
 26. Closed for Christmas.

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

**Bingo most days at 12:00, Cards 31 at 2:00.**  
**October:**  
 3 Texas Roadhouse Fundraiser 5:00-8:00 See Karen for coupon to take!  
 4 Tacos, \$3, signup by Sept 28 please 11:30. Members meeting, 12:30  
 5 Halloween craft, 10:00. Wii, 10:00, poker, 12:30.  
 6 Mohegan Sun Trip. Tuna noodle casserole, \$3, 11:30.  
 7 Making soup for rummage sale, 9:00. Funnel cake, \$1. 2:00.  
 10 Closed for Columbus Day.  
 11 Making soup for rummage sale, 9:00. Sausage pizza, 11:30, \$3.50.  
 12, 13, 14 Rummage Sale 9:00-3:00. BP, 9:30-11:00.  
 13 Herndon SAC Vo Tech Luncheon. Bible study, 10:15.  
 17 Baked Ziti, 11:30. \$2 deposit, pay by 11<sup>th</sup>. Pinochle 12:30.  
 19 Rainbow Dinner Theater trip. Manicures, 10:00.  
 20 Norry Sac at our center for Wii, 9:00. Bratwurst with sauerkraut, 11:30 \$1.50.  
 21 Nicoya Frey will talk about their service, 12:00. Free Ice Cream Sundaes 2:00  
 25 Shuffleboard 9:00, tour meeting, 10:00.  
 26 Officers meeting, 10:00. Wii 10:00. Pumpkin pie, 12:00.  
 27 At Norry Sac for Wii, 9:00. Flu Shots 9:30-11:30. VNA on "Prescriptions", 12:00.  
 28 Covered Dish 11:30 Must sign up. Please bring a dish or donate \$5. Sausage provided. Representative Linda Culver will be speaking after the meal. Chocolate Day, bring a KING size Candy Bar to play a game after the speaker.  
**November:**  
 1 Shuffleboard 9:00, Members meeting, 12:30.  
 2 Thanksgiving craft, 10:00  
 3 Bible study, 10:15. Homemade hoagies, \$3.50.  
 8 Closed for Election Day  
 9 Eggs, scrapple, homefries, 11:30. \$3.50 Sign up and pay by 2<sup>nd</sup>.  
 10 Norry Sac at our center for Wii, 9:00. Shamokin SAC luncheon. *Cont. on Pg 9*



**Sunbury SAC, Continued.**

- 11 Closed for Veterans Day.  
 14 Mt Airy Trip. Shuffleboard 1:00.  
 15 Birthday party, 12:30. Entertainment by Rick and Harv!  
 16 Manicures, 10:00. Wii 10:00. Taking Burger King Orders.  
 17 Sunbury Sac at Norry Sac, Wii 9:00. Bible study, 10:15. COPD awareness, 12:00.  
 18 Covered dish, meatloaf provided, please bring a dish or donate \$5, 11:30. Mickey Mouse birthday! Bring something with Mickey Mouse and get a free bingo card with purchase.  
 22 Roast beef meal, \$2. 11:30. Sign up and pay by 15<sup>th</sup>.  
 24 & 25 Closed for Thanksgiving  
 28 French toast served with sausage, 11:30. \$3.50. Sign up and pay by 21<sup>st</sup>.  
 29 Shuffleboard 9:00, tour meeting, 10:00.  
 30 Officers meeting, 10:00. Ice cream sundaes 12:00

**December:**

- 1 American Music Theater trip  
 5 Baking cookies, 8:30. Shuffleboard 1:00  
 6 Shuffleboard 9:00, members meeting, 12:30.  
 7 Christmas craft, 10:00.  
 8 Norry SAC here for Wii, 9:00, Brownie sundaes, 12:00.  
 9 Christmas party, 12:00.  
 13 Mt Carmel SAC Vo Tech luncheon.  
 14 Blood Pressure 9:30-11:00  
 15 Sunbury Sac at Norry Sac, 9:00 for Wii. VNA, "Older driver safety awareness" 12:00  
 16 Bring a covered dish or \$5 donation. Also a lottery ticket or an ornament to play a game.  
 21 Manicures, 10:00.  
 22 Bible study 10:15. Hot Turkey Sandwich, \$2. 11:30. Karaoke with Roger after the meal!  
 26 Closed for Christmas  
 29 Bible study 10:15, BLTs, 11:30. \$3.50. Sign up and pay by 22<sup>nd</sup>.

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

**Movie N Snack every Wednesday at 12:30.**  
**Bingo every Friday at 12:30.**

**October:**

- 1 Fall Festival at Foundry, 12:00-7:00 PM.  
 4 Shopping at Weis Market, 12:00-1:00.  
 6 Members meeting, 12:30.  
 7 Trip to Gratz Auction, 12:00-2:00.  
 10 Closed for Columbus Day.  
 12 Crafts, 10:30.  
 13 Culinary Lunch at Herndon SAC, 11:30.  
 14 Evening card party, 7:00 PM.  
 17 Patsies meeting, 1:00.  
 20 Rusty Rail Restaurant, 11:30-1:30.  
 21 Flu clinic, 9:00-11:00. Birthday party, 5 PM.  
 24 Wal-Mart Coal Twp., 12:00-1:30.  
 26 Grab and Go, 9:00. BP, 10:00. Frey's, 1:30.  
 27 Crafts, 10:30.  
 31 Breakfast, 9:00. Halloween party, 12:30. Evening card party, 7:00 PM.

**November:**

- 2 Members meeting, 12:30.  
 3 American Music Theater "Christmas Show".  
 5 Gift Card & Basket Bingo, 1:00.  
 7 Shopping, Weis Market, 12:00-1:00.  
 8 Closed for Election Day.  
 10 Culinary Lunch at Shamokin SAC, 11:30.  
 11 Center closed. 40th Anniversary celebration at Masser's, 1:00. \$15.00 Sign up by Nov. 3.  
 14 Afternoon card party, 1:00.  
 17 Crafts, 10:30.  
 18 Prog., "COPD", 10:30. Birthday party, 5 PM.  
 21 Patsies meeting, 1:00.  
 23 BP Screening, 9:00-10:30.  
 24 - 25 Closed for Thanksgiving.  
 28 Members breakfast, 9:00. Evening card party, 7:00 PM.  
 29 Wal-Mart, 12:00-1:30.  
 30 Crafts, 10:30.

**December:**

- 1 Members meeting, 12:30.  
 3 Trip to see "Christmas Show"  
 5 & 8 Baking Christmas cookies.  
 6 Shopping, Weis Markets, 12:00-1:00.  
 9 BS/BP screening, 9:00-10:00.  
 12 Card party, 1:00.  
 13 Culinary Lunch at Mt Carmel SAC, 11:30.  
 15 Crafts, 10:30.  
 19 Breakfast, 9:00. Patsies meeting, 1:00.  
 22 Christmas party, 12:30.  
 26 CLOSED for Christmas.

**And in the end  
 it's not the years  
 in your life that count;  
 it's the life in your years.**

**Abraham Lincoln**

## New to Medicare Workshops

The North'd County Aging Office, APPRISE Program will be holding several "New to Medicare" Workshops in the coming months! We encourage those who are turning 65, or starting Medicare due to disability to come out and learn how Medicare works, get questions answered and schedule a time to meet one on one with a trained Medicare Counselor. This workshop is specifically designed to assist people who will be enrolling in Medicare and is also appropriate for spouses and caregivers.

Roughly 100,000 Pennsylvanians enroll in Medicare each year. Many struggle to make the right decisions about their coverage because they do not have clear information. The Medicare enrollment process is complex and there are key decisions that must be made according to strict deadlines. There are also programs available that can help Medicare enrollees save money. Beneficiaries are encouraged to take advantage of this opportunity to get information from highly trained people who will offer unbiased advice.

**Space is limited! To register for an upcoming workshop, 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.

### UPCOMING DATES

**October 7<sup>th</sup>**

**November 16<sup>th</sup>**

Medicare's Annual Open Enrollment Period takes place **Oct. 15 thru Dec. 7, 2016** for plans beginning January 1, 2017. Beneficiaries enrolled in Part D and Medicare Advantage plans are encouraged to meet with an APPRISE Counselor to review their plans, and if needed make changes at this time. APPRISE counselors will be available, by appointment, to assist those in need! Please contact the Northumberland County Aging Office, APPRISE Program at 570-495-2395 or 570-495-2371 to schedule a time to meet one on one with a certified Medicare Insurance Counselor.

## Join the APPRISE Volunteer Team.

You can become a volunteer and make a difference to others lives by assisting them with their health insurance issues. All it takes is a willingness to learn and the wish to help others. APPRISE Volunteers receive training by the PA Dept. of Aging on Medicare supplements and more. If you would like to learn about Medicare and share the knowledge to help your family, friends and neighbors, contact the North'd County Area Agency on Aging at 570-495-2371

## You Can Make A Difference!

### Identity theft: protect yourself

Open Enrollment is upon us and with it, comes the opportunity for Identity theft and possible fraud. Identity theft is a serious crime that happens when someone uses your personal information without your consent to commit fraud or other crimes.

Personal information includes things like your name and your Social Security number, Medicare, or credit card numbers.

Prevent identity theft; keep your personal information safe. Don't give your personal information to someone who calls or comes to your home uninvited to get you to join a Medicare plan.

Give personal information to only:

- Doctors, other health care providers, and plans approved by Medicare.
- Any insurer who pays benefits on your behalf.
- Trusted people in the community who work with Medicare or Social Security.

If you join a Medicare plan, the plan will let you know how it will use your personal information. Check to see if a supplier is approved by Medicare.

If you suspect identity theft, or feel like you gave your personal information to someone you shouldn't have, contact the Federal Trade Commission.

*Source: Medicare.gov*



## Heating Assistance / LIHEAP

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.

### Program Requirements:

The LIHEAP program in your community determines if your household's income qualifies for the program. You must be a resident of the state of Pennsylvania and you must need financial assistance with home energy costs. A person who participates or has family members who participate in certain other benefit programs, such as the Supplemental Nutrition Assistance Program (SNAP), Supplemental Security Income (SSI), Temporary Assistance for Needy Families (TANF) or certain needs-tested Veterans benefits may be automatically eligible. In order to qualify, you must have an annual household income that is below the following amounts:

Household Size*	Maximum Income Level (Per Year)
1	\$17,655
2	\$23,895
3	\$30,135
4	\$36,375
5	\$42,615
6	\$48,855
7	\$55,095
8	\$61,335
9	\$67,575

*\*For households with more than eight people, add \$6,240 per additional person. Always check with the appropriate managing agency to ensure the most accurate guidelines.*

The program reopens in the fall of 2016.

### Crisis Grants:

In addition to the LIHEAP cash program, households experiencing a heating crisis may be eligible for additional benefits through the LIHEAP crisis program. Emergency situations include:

- Broken heating equipment or leaking lines that must be fixed or replaced
- Lack of fuel
- The main heating source or second heating source (a source that is used to operate the main heating source or used if the main heating source is not working) has been completely shut-off
- 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)

Assistance with home heating crisis situations will be available 24 hours a day; in most counties, you should contact your local **County Assistance Office**, online at **COMPASS** or call **1-866-857-7095**.



### PP&L Winter Relief Assistance Program (WRAP)

The WRAP program helps customers that are living on limited or fixed incomes. Through WRAP, qualified customers may receive energy-efficient appliances, energy education, and home weatherization services such as additional insulation and caulking. The goal is to help people both reduce their electric bills and make their homes more comfortable. 1-888-232-6302

# TALKING WITH YOUR DOCTOR

[ TIPS FOR SENIORS ]



You only have  
**18 seconds** –  
that's the average time a  
doctor waits before  
interrupting a patient.

As a patient, it is important you are able  
to **obtain, communicate,  
process, and understand**  
basic health information.



## Be prepared for your visit:

- ✓ Make a list of concerns in order of their importance to you.
- ✓ Write down all your medications, vitamins, and supplements.
- ✓ Note all health and life changes since your last visit.

## Benefits of Exercise

You've probably heard that physical activity and exercise are good for you. Studies have shown that exercise provides many health benefits. Even moderate exercise and physical activity can improve the health of people who are frail or who have diseases that accompany aging. Being physically active can also help you stay strong and fit enough to keep doing the things you like to do as you get older. Making exercise and physical activity a regular part of your life can improve your health and help you maintain your independence as you age.

Be as active as possible. Regular physical activity and exercise are important to the physical and mental health of almost everyone. Staying physically active and exercising regularly can produce long-term health benefits and even improve health for some older people who already have diseases and disabilities. That's why experts say that older adults should aim to be as active as possible. Being Inactive Can Be Risky.

Although physical activity is the healthiest thing you can do for yourself, some older adults are reluctant to exercise. Some are afraid that physical activity will harm them. Yet, studies show that "taking it easy" is risky. Lack of physical activity can lead to more visits to the doctor, more hospitalizations, and more use of medicines for a variety of illnesses. Including exercise in your life will provide you with health benefits that can help you feel better and enjoy life more as you age.

Thank You Charlotte Sabo for your generous donation.

## 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 \_\_\_\_\_