



# THE SCOOP



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

*Volume II ~ Oct-Nov-Dec ~ 2014 Edition*

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

## Community Phone Numbers

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

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

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

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

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

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

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

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



## *About Growing Older*

**1st** ~ Eventually you will reach a point when you stop lying about your age and start bragging about it.

**2nd** ~ The older we get, the fewer things seem worth waiting in line for.

**3rd** ~ Some people try to turn back their odometers. Not me; I want people to know why I look this way. I've traveled a long way, and some of the roads weren't paved.

**4th** ~ When you are dissatisfied and would like to go back to youth, think of Algebra.

**5th** ~ You know you are getting old when everything either dries up or leaks.

**6th** ~ I don't know how I got over the hill without getting to the top.

**7th** ~ One of the many things no one tells you about aging is that it's such a nice change from being young.

**8th** ~ One must wait until evening to see how splendid the day has been.

**9th** ~ Being young is beautiful, but being old is comfortable.

**10th** ~ Long ago, when men cursed and beat the ground with sticks, it was called witchcraft. Today it's called golf.

**And Finally** ~ If you don't learn to laugh at trouble, you won't have anything to laugh at when you're old.

*Will Rogers*

***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.***

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## 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 8, 2014**

**November 12, 2014**

**December 10, 2014**

## Food Pantry Information

### Hands Up Foundation

262 Willow St., Milton  
Ph: 570-742-3000  
2nd & 4th Weds.  
Hrs: 9:00AM to 3PM

### Mt Carmel Boro

215 Oak Street  
Mt Carmel, PA  
Ph: 570-339-3669  
Monthly Giveout

### Neighbors Helping Neighbors

1960 8th Street  
Watsonstown  
Ph: 570-644-0486  
1st & 3rd Weds.

### Salvation Army

PO Box 254, Sunbury  
Ph: 570-286-4131 - Monday thru Friday  
Hrs: 8:30AM to 4PM (Closed 12:00 to 1:00)

### Kulpmont Boro

860 Spruce St.  
Kulpmont  
Ph: 570-373-1521  
Monthly Giveout

### North'd Housing Auth.

50 Mahoning Street  
Milton, PA  
Ph: 570-713-9091  
Mon. thru Thurs.  
Hrs: 7AM to 4PM

### Salvation Army

PO Box 544  
Shamokin  
Ph: 570-490-3230  
Hrs: 9AM to 3PM



The 1914-1915 LIHEAP program opens in late fall. If you received LIHEAP assistance last year you will automatically receive an application in the mail this year. If you did not receive LIHEAP assistance last year or if you have moved, you will not receive an application and need to apply.

**How to Apply:** There are three different ways you can apply for LIHEAP: Online, on paper, or in person

1. You can apply for the LIHEAP benefits online by using [COMPASS](#). COMPASS is the name of the website where you can apply for LIHEAP and many other services that can help you make ends meet.
2. Download an application for LIHEAP benefits by clicking on the links below and return it to your [local county assistance office](#), or
3. File an application at your [local county assistance office](#).

In order to qualify, you must have an annual income (before taxes) that is below the following amounts:

Household Size*	Maximum Income Level (Per Year)
1	\$17,505
2	\$23,595
3	\$29,685
4	\$35,775
5	\$41,865
6	\$47,955
7	\$54,045
8	\$60,135

\*For households with more than eight people, add \$6,090 per additional person. Always check with the appropriate managing agency to ensure the most accurate guidelines.

For more information, please contact your [local county assistance office](#) or contact the LIHEAP hotline at **1-866-857-7095**, Monday through Friday (individuals with hearing impairments may call the TDD number at 1-800-451-5886).

Online at: <http://www.state.pa.us/foradult/heating>

# FALL DINNER DANCE

OCTOBER 22, 2014, 5 :00 PM

at

MASSER'S BANQUET HALL

"Music by The Midlife Cowboys"



**DANCING**



**PRIZES**



Tickets cost \$15.00

Deadline for sign-up is October 10, 2014

**Come in costume and prepare  
to have a great time!**

## October is Resident's Rights Month

Residents' Rights Month is celebrated in October to honor residents living in all long-term care facilities, including nursing homes, sub acute units, assisted living, board and care and retirement communities. It is a time for celebration and recognition offering an opportunity for every facility to focus on and celebrate awareness of dignity, respect and the value of each individual resident. The theme for Residents' Rights Month 2014 is, "*Better Staffing: The Key to Better Care*" with the goal of encouraging residents and others to be educated about staffing and long-term care.

The Nursing Home Reform Law, passed in 1987, guarantees nursing home residents their individual rights, including but not limited to: individualized care, respect, dignity, the right to visitation, the right to privacy, the right to complain, and the right to make independent choices. Residents who have made their home in other types of facilities such as personal care homes, maintain their rights as citizens. Residents' Rights Month raises awareness about these rights and pays tribute to the unique contributions of long-term residents.

The National Long-Term Care Ombudsman Program has worked for more than 30 years to promote residents' rights daily. More than 8,000 volunteers and 1,000 paid staff are advocates for residents in all 50 states plus the District of Columbia, Guam and Puerto Rico. Authorized under the Older Americans Act and administered by the Administration on Aging, the program also provides information on how to find a facility, conducts community education sessions, and supports residents, their families and the public with one-on-one consultation regarding long-term care.

For more information, contact:  
Northumberland County Area Agency on Aging  
Long Term Care Ombudsman Program  
Toll Free: 1-877-622-2251



## Do You Have Medicare?

**Did you know there are programs that could help you save money on you medicare cost?  
The Medicare Savings Program can help you save money with your medicare premiums,  
deductibles and co-pays.**

<u>PROGRAM</u>	<u>MONTHLY INCOME</u>	<u>ASSETS</u>
MEDICARE SAVINGS PROGRAM	\$1,313 - Single \$1,770 - Couple	\$13,440 - Single \$26,860 - Couple

**The Extra Help Program helps reduce or eliminate the cost of Medicare Part D.**

<u>PROGRAM</u>	<u>MONTHLY INCOME</u>	<u>ASSETS</u>
EXTRA HELP	\$1,459 - Single \$1,966 - Couple	\$13,440 - Single \$26,860 - Couple

**An APPRISE counselor will be available by appointment to discuss Medicare options available to you.**

**Please call the Northumberland County Area Agency on Aging to set up a referral to speak withan APPRISE counselor: 570-495-2395.**



## Medicare Enrollment Period

The Northumberland County Area Agency on Aging APPRISE Program will be available to assist Medicare Enrollees in changing their drug or Advantage plan during the annual enrollment period of **October 15, 2014 to December 7, 2014** with an effective date of January 1, 2015. Enrollment is by appointment only.

You must provide your medical card, list of medications and current health and drug plan information.

Appointments are available at the following Senior Action Centers:

**Oct. 15 - Elysburg, 9:00 - 3:00, 570-672-2438**  
**Oct. 20 - Mt Carmel, 9:00 - 3:00, 570-339-4457**  
**Oct. 21 - Herndon, 9:00 - 3:00, 570-758-1570**  
**Oct. 24 - Trevorton, 9:00 - 3:00, 570-797-1996**  
**Oct. 29 - Shamokin, 9:00 - 3:00, 570-644-0772**  
**Oct. 31 - Kulpmont, 9:00 - 3:00, 570-373-1112**  
**Nov. 6 - Sunbury, 9:00 - 3:00, 570-286-1820**  
**Nov. 13 - Milton, 9:00 - 3:00, 570-742-9435**

Appointments will also be available at the Area Agency on Aging office at 322 North 2<sup>nd</sup> Street, Sunbury, PA 17801.

Call: **570-495-2395** to arrange a date and time.

# 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

- 1 - VNA will give Flu Shots, 9:00 AM to 12:00.
- 3- Members Meeting.
- 13 - [Closed for Columbus Day.](#)
- 15 Birthday Party.
- 22 Harvest Dinner/Dance.
- 23 Olive Garden.
- 29 Center Halloween Party.

## November

- 3, 5, 6 & 7 - Rummage Sale.
- 4 - [Closed for Election Day.](#)
- 7- Members Meeting.
- 11 - [Closed for Veterans Day.](#)
- 19 - Birthday Party
- 19 - Focus Health, Program on Shingles.
- 20 - Trip to OIP.
- 27 & 28 - [Closed for Thanksgiving.](#)

## December

- 2 - Trim The Tree Party.
- 5 - Members Meeting.
- 12 - Christmas Party at Masser's Restaurant.
- 25 - [Closed for Christmas.](#)

**Mondays** - Pokeno 11:30 AM.

**Monday and Wed.** - Health Steps at 8:30 AM.

**Mon. and Wed.** - Royal Rummy at 10:30 AM.

**Wednesdays** - Bingo 12:00 noon.

**Friday** - Crafts at 9:30, Line Dancing at 10:30, Pinochle at 12:00 noon.



**Don't forget!**  
**The last day to use your**  
**Farmer's Market Vouchers is**  
**November 30, 2014**

## October

- 2 - Flu Shot Clinic 9:00 to 11:00 AM
- 6 - Card party 6:00.
- 9 - Rep Lynda Culver Senior Forum 1:00. Specialist Jerry Mitchell from Pa Office of Attorney General will present "The Senior Crime Prevention University". Identity fraud, scams, living wills, and elder abuse. Please RSVP in advance by calling 570-286-5885. Refreshments will be served.
- 13 - [Closed for Columbus Day.](#)
- 16 - Birthday Party, 1:00. Entertainment, Ed Petrovich.
- 21 - Members Breakfast 9:00 AM.
- 22 - AAA Fall Costume Dinner Dance 5:00 PM, Masser's (Vans will be provided).
- 23 - Center Card Party 1:00.
- 31 - Happy Halloween! Halloween Bash 12:00 to 3:00.

## November

- 3 - Card party, 6:00 PM.
- 4 - [Closed for Election Day.](#)
- 11 - [Closed for Veterans Day.](#)
- 18 - Members Breakfast 9:00.
- 20 - Birthday Party, 1:00. Entertainment, Crystal Snyder.
- 27 & 28 [Closed for Thanksgiving!](#)

## December

- 8 - Card party 6:00 PM.
- 16 - Members Breakfast 9:00.
- 18 - Birthday party 1:00.
- 25 - [Closed for Christmas.](#)

We will be holding a Christmas party in December either the 5<sup>th</sup> or 12<sup>th</sup>, so please check the bulletin for further details.

Every Monday and Wednesday, Exercise Class at 10:45 and bingo at 12:30.

Every 1<sup>st</sup> Wednesday of the month, 1:30 Members Meeting.

\*\*\*\*\*

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

**Mondays** - Pokeno at 12:30.

**1<sup>st</sup> Tuesday** of the month, Bible Study with Dr. Romanic 12:30.

**Tuesdays** - Cards at 12:00.

**Wednesdays** - LCR at 12:30.

**Thursdays** - Bingo at 12:30.

**Fridays** - Nickel Bingo at 12:30.

**October**

**2** - Member's Meeting 12:30.

**6** - Member's breakfast 9:00. Serving breakfast sandwiches. Cost \$2.00.

**7** - Family Medical with free blood pressure and blood sugar check 9:30 -10:30.

**9** - Flu Shot Clinic 9:00-11:00 by VNA.

**13** - Closed for Columbus Day.

**17** - Tara Venna from Family Medical will speak at 12:00. Topic: "Home Safety Tips".

**30** - Halloween Party 12:00. Cost \$5.00. Deadline to signup, Oct. 28<sup>th</sup>. We will be having hoagies. This will also be a fundraiser.

**November**

**4** - Closed for Election Day.

**6** - Italian Wedding Soup & Sandwich for lunch at 11:30. Cost to be announced. Member's Meeting 12:30.

**11** - Closed for Veterans Day.

**27 & 28** Closed for Thanksgiving!

We will be collecting canned goods for the Mount Carmel food pantry during the month of November.

**December**

**1** - Decorating for Christmas 9:00.

**4** - Member's Meeting 12:30.

**11** - Christmas Party 12:00. It will be catered by Scicchitano's. Contact center for details.

**17** - Donating gifts to birthrights.

**25** - Closed for Christmas.

We will be collecting baby items for birthrights. Everyone who attends the Christmas Party is asked to donate a gift for this worthy cause.

Every Monday 5:30 to 6:30 God's Chuck wagon Mobil Soup Kitchen is in the municipal parking lot behind the Kulpmont SAC.

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

**Mondays** - Pinochle at 12:30

**Wednesdays** - Tripoley 10:00, nickel bingo at 12:30

**Thursdays** - Bible study at 12:30, also rummikub at 12:30

**Fridays** - nickel bingo at 9:30, penny poker at 12:30

**October**

**1** Blood Pressure 11:45

**6** Members Meeting 11:00

**13** Closed for Columbus Day

**15** Birthday Party 12:00

**21** Fun Bingo 10-11:00 AM

**22** AAA Harvest Dinner Dance Masser's Re-straunt, 6:00 PM

**23** Pop Corn & Movie 9:00 am

**28** Nickel Bingo 5:30-8:00 PM

**30** Halloween Party!! 10:00. Prize for best male, female, and original costume.

**November**

**3** Members Meeting 11:00

**4** Closed for Election Day

**5** Blood Pressure 11:45.

**11** Closed for Veterans' Day

**14** Pizza Day! 11:30 am. \$5.00

**19** Birthday Party 12:00

**20** Fun Bingo 10-11:00 AM

**25** Pop Corn & Movie 9:00, nickel bingo 5:30-8:00 PM

**27 & 28** Closed for Thanksgiving

**December**

**1** Members meeting 11:00

**3** Blood pressure 11:45

**10** Christmas banquet 6-8:00 PM

**17** Birthday party 12:00

**18** Pop corn & movie 9:00 AM

**19** Family Christmas party 6-8:00 PM

**22** Fun bingo 10-11:00

**23** Christmas party 10:00

**25** Closed for Christmas

**30** Nickel bingo 5:30-8:00 PM



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

**October**

- 1 Members meeting, at 1:00 PM. Bingo will follow the meeting.
- 7 Trip to the Frackville Mall 10:00 to 1:00.
- 8 Family Medical, for blood pressure/blood sugar, 10:00 to 11:00.
- 9 & 23 Bean bag competition at 11:00 AM.
- 13 [Closed for Columbus Day.](#)
- 15 Guest speaker, Michelle from CSO. Topic: SNAP program.
- 16 Hoagie sale. Please contact center for more information.
- 17 [Center closed.](#)
- 22 Harvest Dinner Dance. Tickets on sale until Oct.10, \$15.00.
- 23 Trip to Olive Garden, Bloomsburg 11AM-1PM.
- 28 Guest speaker from Life Geisinger on adaptive equipment & uses. 12:30PM.
- 30 Halloween party with Winnie the Pooh Day-care at 10:00.

**November**

- 4 [Closed for Election Day.](#)
- 5 Members meeting at 1PM. Bingo will follow.
- 11 [Closed for Veterans' Day.](#)
- 12 Fundraiser. Call center for more information.
- 27 & 28 [Closed for Thanksgiving.](#)

**December**

- 3 Members meeting at 1PM. Bingo will follow the meeting.
- 11 Bean bag at 11AM.
- 16 Christmas party for the center, call for more information.
- 18 Christmas party for Winnie the Pooh Day-care.
- 25 [Closed for Christmas.](#)

**Mon, Weds, Fri.** Exercise at 10:30 AM.

**Wednesdays,** Bingo at 1:00 PM.

**Tues. and Thurs.** Pinochle at 12:30 PM.

**Mon. and Fri.** Pokeno at 1:00 PM.

**Tuesdays,** Unlucky 7 at 12:30 PM.

**You know you're getting old when you bend down to tie your shoelace and wonder what else you could do while you're down there!**

*George Burns*

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

**Mondays-** Cards, wii, bingo, 12:15.

**Tuesdays-** Cards, wii, penny poker, 12:15.

**Wednesdays-** Cards, wii, bible study, 9:30, exercise 10:30, bingo 12:15.

**Thursdays-** Cards, wii games, 9:30, penny poker, 12:15.

**Fridays-** Cards, wii, nickel bingo, 12:15.

**October**

- 6 - Members meeting at 10:00.
- 8 - Fall trip, Hiawatha, Turkey Farm for lunch.
- 9 - Making soup.
- 10 & 11- Rummage sale.
- 13 - [Closed for Columbus Day.](#)
- 16 - Center lunch, fried chicken, baked potato, creamed cabbage, succotash, & dessert.
- 17 - Flu shots, starting at 9:00.
- 22 - A.A.A. Fall dinner dance. Tickets, \$15.00.
- 27 - Speaker, stroke awareness.
- 28 - Center lunch. cost, \$5.00, fish fry & seafood, french fries, pepper slaw, dessert.
- 30 - Afternoon card party, 12:15.

**November**

- 3 - Members meeting, 10:00.
- 4 - [Closed for Election Day.](#)
- 10 - Night pinochle card party, 4:00.
- 11 - [Closed for Veteran's Day.](#)
- 13 - Night bingo. Doors open at 4:00.
- 14 - Center lunch. Beef pot pie, Harvard beets, fruit, dessert, cost, \$5.00.
- 17 - Center's Thanksgiving meal, cost, \$5.00.
- 19 - Trip to a Christmas show at Allenberry Playhouse.
- 27 & 28 - [Closed for Thanksgiving.](#)

**December**

- 1 - Members Meeting, 10:00.
- 4 - Center Lunch, \$5.00. Fried ham, boiled fried potatoes, string beans, hot lettuce, dessert.
- 8 - Night pinochle, 4:00.
- 11 - Baking Christmas cookies.
- 15 - Christmas party. Entertainment, Vic Boris. Menu: Chicken, baked potato, cabbage, dessert
- 25 - [Closed for Christmas](#)

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

**Mondays:** Poker 10:00. Unlucky 7's 12:00.  
**Tuesdays:** Walk a mile, 9:30. Bridge, 12:00.  
**Wednesdays:** Bridge lessons, 9:30. Wii bowling, 10:00. Pinochle & pokeno, 12:30.  
**Thursdays:** Walk a Mile, 9:30. Wii bowling, 10:30. nickel bingo, 12:30.  
**Fridays:** Yoga, 9:30. Wii bowling, 10:30. Nickel bingo, 12:00.  
**Every week day:** Cards, games and shuffle board, 8:30. Lunch is served everyday at 11:30. Call or give 2 day notice if you are eating lunch.  
**Saturday Nights:** Card party, 7:00 PM.

*We are selling Lottery Calendars for the month of Dec. to benefit Shamokin & CT SAC. \$5.00. Money prizes on the evening lottery number.*

**October:**

**2** Breakfast at 9:00. VNA will be giving flu shots 9:00-11:00. Member's meeting 10:30.  
**7** Shopping at Boscov's 10:00-1:00. Cost \$2.00.  
**13** Closed for Columbus Day.  
**14** Lunch at Jay's Tiffany, 11:30-1:00. Cost \$2.00.  
**16** VNA will be giving flu shots 9:00-11:00.  
**21** Blood pressure/blood sugar check 10:00-11:00.  
**22** Harvest dinner dance at Masser's Banquet Hall. Transportation available at no charge.  
**23** Halloween party, 11:00. Pork, stuffing, vegetable, coleslaw, \$5.00. Desserts needed.  
**30** Lunch made by Culinary Arts students 11:00. Menu to be announced.

**November:**

**3** Executive board meeting 10:30.  
**4** Closed. Election Day.  
**5** Boscov's, 10:00-1:00. Cost \$5.40 each way.  
**6** Breakfast at 9:00. Member's meeting 10:30.  
**11** Closed. Veteran's Day.  
**12** Lunch at Pete's Pizzeria. 11:30-1:00. \$2.00.  
**18** Shopping, Lycoming Mall 10:00-1:00. \$2.00.  
**27 & 28** Closed Thanksgiving.

**December:**

**1** Executive board meeting 10:30.  
**2** Shopping Boscov's 10:00-1:00. Cost \$2.00.  
**4** Breakfast 9:00. Member's meeting 10:30.  
**9** Lunch at Anna Bell's Rest. 11:30-1:00.  
**11** Christmas party catered by Martin's Chicken & Ribs 11:00. pay for what you order. Desserts needed. \$5.00 gift exchange optional.  
**25** Closed for Christmas.

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

**October**

**1, 2, 3** - Annual rummage sale, 9:00-3:00. Lots of stuff for all ages! Food and bake sale too!  
**6, 20, 27** - Chronic disease classes, 12:30-2:30 call to sign up today for this FREE class!  
**7** - Flu shots at center, 9:00-11:00.  
**8** - Mohegan Sun trip.  
**9** - Lunch special egg salad sandwich, pickles, vegetables and dip, \$3.  
**10** - National Angel food Cake Day with fruit topping and whip cream just 50 cents!  
**13** - Closed for Columbus Day.  
**14** - Dessert Day, bring a favorite dessert to share!  
**15** - Red Lobster trip.  
**16** - Mystery trip.  
**17** - Chef salad and dessert, \$3.75.  
**20** - Pinochle, 12:30.  
**22** - Massers dinner dance.  
**24** - Breakfast for lunch! Bacon, egg and cheese bagel and fruit, \$3.50.  
**27** - Hoss's night.  
**31** - Covered dish and white elephant auction.

**November**

**3** - Grilled ham and cheese/onion rings, \$3.50.  
**3-17-24** - Chronic disease classes, 12:30-2:30.  
**4** - Closed for Election Day.  
**5** - Dutch Apple Dinner Theatre.  
**7** - Ice Cream Sundaes. \$1.50.  
**10** - Birthday party, 12:30, entertainment.  
**11** - Closed for Veterans Day.  
**12** - Trip to Empire Beauty School, 10:00-12:30  
**14** - Breakfast for Lunch! Ham, eggs, homefries.  
**18** - Game Night, pizza and salad, 4:00-7:00  
**21** - Covered dish with horse racing and bingo or cards after lunch.  
**27 - 28** - Closed for Thanksgiving.

**December**

**3** - American Music Theater trip.  
**5** - Milkshakes, \$1.00.  
**8** - Steakum sandwich and salad, \$4.00.  
**10** - Baking Christmas cookies, 9:00.  
**12** - Christmas party.  
**16** - Bingo for prizes. Hoagies and sticky buns for sale at intermission, 4:00-7:00.  
**17** - National Maple Syrup Day breakfast for lunch, French toast, sausage and fruit, \$3.50.  
**22** - Tomato soup and grilled cheese \$3.25.  
**25** - Closed for Christmas.  
**30** - National Bacon Day, BLT's and fries, \$3.50.

## Trevorton Senior Action Center 570-797-1996

### October

- 2 - Trip to see "Drinking Habit" at Rainbow Dinner Theatre.
- 8 - Flu clinic by VNA, 9:00-11:00 AM.
- 10 - Evening Card Party, 7:00 PM.
- 11 - Fall Festival at Trevorton Foundry, 12:00-8:00 (rain date 18th).
- 13 - [Closed for Columbus Day.](#)
- 14 - Shopping at Weis Market Shamokin, 12:00-1:00.
- 17 - Members Birthday Party, 5:00 PM.
- 22 - North'd Co. AAA Dinner Dance at Masser's Restaurant, 5:00.
- 27 - Members Breakfast, 8:30, Trip to Wal-Mart, Coal Township 11:30-1:00.
- 27 - Evening Card Party, 7:00 PM.

### November

- 4 - [Closed for Election Day.](#)
- 5 - Trip to see Christmas Show at Radio City Music Hall.
- 10 - Trip to Weis Market, Shamokin, 12:00-1:00.
- 11 - [Closed for Veterans Day.](#)
- 14 - Evening Card Party, 7:00 PM.
- 21 - Blood Sugar Screening by Sunbury Community Hospital, 9:00-10:30 AM. Members Birthday Party, 5:00 PM.
- 24 - Members Breakfast, 8:30 AM. Shopping at Wal-Mart in Coal Township, 11:30-1:00. Evening Card Party, 7:00 PM.
- 27 - [Closed for Thanksgiving.](#)
- 28 - [Closed for Thanksgiving.](#)

### December

- 6 - Trip to Christian Life Assembly Church for Christmas Show.
- 9-10 - Making Pierogies. Order by 12/3. \$7.00.
- 11 - Shopping, Susquehanna Valley Mall, 10:00-1:00.
- 13 - (Tentative) Evening Christmas Party. Call the center for more info.
- 15 - Making Christmas cookies. To order, please call the center for more details.
- 16 - Trip to Weis Market, Shamokin, 12:00-1:00.
- 18 - Making Christmas cookies. To order, please call the center for more details.
- 19 - Daytime Christmas Party.
- 22 - Shopping Wal-Mart, 11:00-1:00.
- 25 - [Closed for Christmas.](#)

## Senior Centers are Fun Places

Senior centers have become vibrant community centers, offering a broad range of services and activities. From the traditional Bingo to bowling tournaments on the video-based Wii gaming system, from monthly breakfasts, card parties to poker nights, today's senior centers support older residents in their independent lives.

Senior centers provide opportunities for older adults to stay active, continue learning, share experiences, and stay connected with friends and community members. These centers also help older adults gain access to services available through Area Agencies on Aging such as legal assistance, health screening, senior employment and volunteer programs.

## Chronic Disease Self-Management

Techniques for dealing with a long term condition. Classes available at:

Sunbury Senior Action Center  
601 Pennsylvania Avenue  
Sunbury, PA 17801

Date: October 21st – November 25th

Time: 12:30 to 2:30, please call for details

Contact: Sunbury Center at 570-286-1820

There is no charge for this class.



## **Volunteers Needed**

Volunteerism is an important part of membership at our Senior Centers. Many center members are active volunteers either at the Senior Center or at various nonprofits in our community.

Some volunteers have regularly scheduled volunteer duties. Others help out with special events, like our Yard Sales.

We have a vast number of volunteer opportunities available at our Senior Centers for our members to choose from depending on their interests, talents and skills

## Red Flags of Abuse

Does someone you know, a senior or adult with a disability, display any warning signs of mistreatment?

### Neglect

- Lack of basic hygiene, adequate food, or clean and appropriate clothing.
- Lack of medical aids (glasses, walker, teeth, hearing aid, medications.)
- Person with dementia left unsupervised
- Person confined to bed is left without care.
- Home cluttered, filthy, in disrepair, or having fire and safety hazards.
- Home without adequate facilities (stove, refrigerator, heat, cooling, plumbing, and electricity.)
- Untreated pressure “bed” sores (pressure ulcers.)

### Financial abuse/exploitation

- Lack of amenities victim could afford.
- Vulnerable elder giving excessive financial reimbursement for needed care and companionship.
- Caregiver has control of elder’s money but is failing to provide for elder’s needs.
- Vulnerable elder has signed property transfers (POA, new will, etc.) but is unable to comprehend the transaction or what it means..

### Psychological/emotional abuse

- Unexplained or uncharacteristic changes in behavior, unexplained changes in alertness.
- Caregiver isolates elder (doesn’t let anyone into the home or speak to the elder.)
- Caregiver is verbally aggressive, controlling, overly concerned about spending money, or uncaring.

### Physical/sexual abuse

- Inadequately explained fractures, bruises, welts, cuts, sores or burns.
- Unexplained sexually transmitted diseases.

**Abuse is abuse; Be nice.. Harsh words don’t break bones but they often break hearts.**



## Property Tax Rebate Extended

The deadline for older adults and residents with disabilities to apply for Pennsylvania’s property tax/rent rebate program has been extended to December 31.

“The department has extended the program deadline to ensure eligible applicants have time to apply for the tax relief they’re owed. About 60,000 older Pennsylvanians and residents with disabilities are expected to benefit from the program.” Secretary of Revenue, Dan Meuser said.

Each year the department evaluates the program as the June deadline nears to determine if funds are available to extend the deadline. To date, funding has been available to all who qualify to take advantage of this tax relief.

The rebate program benefits eligible Pennsylvanians age 65 or older, widows and widowers age 50 or older and people with disabilities age 18 or older. The income limit is \$35,000 a year for homeowners and \$15,000 annually for renters, and half of Social Security is excluded.

The maximum standard rebate is \$650, but supplemental rebates for qualifying homeowners can boost rebates to \$975.

Applicants may obtain Property Tax/Rent Rebate claim forms (PA-1000) and related information online at [www.revenue.state.pa.us](http://www.revenue.state.pa.us) or by calling, toll-free, 1-888-222-9190. It costs nothing to apply for a rebate.

The Department of Aging reminds residents that free application assistance is available at hundreds of locations across the state, including the Dept. of Revenue district offices, local Area Agencies on Aging, senior centers and state legislators offices.



## Quitting Smoking When You're Older

If you're older, you may wonder if it's too late to quit smoking. Or you may ask yourself if it's even possible to quit at your age, especially if you've tried more than once and haven't been successful.

If you are like most smokers 50 and older, you probably have tried to quit before. But it's never too late to quit. Quitting has benefits at all ages. If you have health problems, then many of your symptoms, your quality of life, and your future health will start improving almost immediately if you quit now.

20 minutes after quitting, your heart rate drops to more normal levels. 12 hours after quitting, the carbon monoxide level in your blood returns to normal. 2 weeks to 3 months after quitting, your heart attack risk begins to drop and your lung function begins to improve. If you've been diagnosed with a significant health problem, quitting smoking makes it more likely the treatment will be successful and that you'll have fewer side effects. There are a few reasons why it can be difficult for an older person to quit. For someone who has been smoking a long time, smoking has become so much a part of everyday life that it is hard to let it go. It may feel like you're saying goodbye to a friend.

Another reason is that nicotine, the main drug in cigarettes, is very addictive, and this makes it very hard for a smoker to quit. One of the biggest challenges that most smokers face for the first couple of weeks after they quit smoking is getting through the withdrawal symptoms.

Many former smokers who are 50 and older say that their main reason for quitting was for their health or due to their doctor's advice. Another common reason smokers quit is to be in control of their lives and to be free from cigarettes. A lot of former smokers also said that pleasing or helping a loved one was a big part of their decision to quit. These all are good reasons. The most important reasons for quitting are the ones you decide on for yourself.

Older adults have strengths that can help them quit. At this point in their lives, they are likely to be better prepared to take on the challenge of quitting smoking than when they were younger. They know quitting is tough, and they know it won't be easy, so once they decide to try again, they may be more willing to work at it to make sure they succeed. You can be successful. There are challenges in trying to quit smoking no matter what your age, but people quit smoking every day, and many of those who quit are 50+.



## November is National Family Caregivers Month

Day in and day out, more than 65 million family caregivers in the country fulfill a vital role on the care team. No one else is in a better position to ensure continuity of care. Family caregivers are the most familiar with their care recipient's medicine regimen; they are the most knowledgeable about the treatment regimen; and they understand the dietary and exercise regimen.

National Family Caregiver Association coordinates National Family Caregivers Month as a time to thank, support, educate and empower family caregivers. Celebrating family caregivers during National Family Caregivers Month enables all of us to raise awareness of family caregiver issues, celebrate the efforts of family caregivers, educate family caregivers about self-identification and increase support for family caregivers.

For information on the Family Caregiver Support Program in Northumberland County, please contact: Northumberland County Area Agency on Aging at **570-495-2395** or Toll Free: **877-622-2251**

## Fear of Falling



**M**any older adults are afraid of falling. This fear becomes more common as people age, even among those who haven't fallen. It

may lead older people to avoid activities such as walking, shopping, or taking part in social activities. If you're worried about falling, talk with your doctor or another health care provider. Your doctor may refer you to a physical therapist. Physical therapy can help you improve your balance and walking and help build your walking confidence. Getting rid of your fear of falling can help you to stay active, maintain your physical health, and prevent future falls.

### Risk Increases With Age

If you or an older person you know has fallen, you're not alone. More than one in three people age 65 years or older falls each year. The risk of falling and fall-related problems rises with age. Falls are the number one cause of fractures, hospital admissions for trauma, loss of independence, and injury deaths. Most often, fall-related fractures are in the person's hip, pelvis, spine, arm, hand, or ankle.

Hip fractures are one of the most serious types of fall injury. They are a leading cause of injury and loss of independence, among older adults. Most healthy, independent older adults who are hospitalized for a broken hip are able to return home or live on their own after treatment and rehabilitation.

### Tell Your Doctor If You Fall

If you fall, be sure to discuss the fall with your doctor, even if you aren't hurt. Many underlying causes of falls can be treated or corrected. For example, falls can be a sign of a new medical problem that needs attention, such as diabetes or changes in blood pressure, particularly drops in blood pressure on standing up. They can also be a sign of problems with your medications or eyesight that can be corrected. After a fall, your doctor may suggest changes in your medication or your eyewear prescription. He or she may also suggest physical therapy, use of a walking aid, or other steps to help prevent future falls. These steps can also make you more confident in your abilities.

### Ways to Prevent Falls

Exercise to improve your balance and strengthen your muscles helps to prevent falls. Not wearing bifocal or multifocal glasses when you walk, especially on stairs, will make you less likely to fall. You can also make your home safer by removing loose rugs, adding handrails to stairs and hallways, and making sure you have adequate lighting in dark areas. Falls are not an inevitable part of life, even as a person gets older. You can take action to prevent falls.

**Thank You Theresa Deeter  
For your generous donation to The Scoop!**

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