



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 ~ October- November - December ~ 2015 Edition

Agency Administrator ~ Patricia Rumberger
Co-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

Administrator's Corner

One of the most fulfilling rewards one can have in life is to provide service to others. Over the past 32 years I have been proud to serve as part of a team working in Northumberland County on behalf of the Area Agency on Aging. I have been blessed to love my work. It has been an honor and privilege to work with the "Greatest Generation."

As many of you may know, I will be retiring December 14, 2015 and I will miss working with all of you. I want to thank everyone for the amazing support you have given me along this public service journey. It's because of your tremendous support that we have together built a strong system of aging services in Northumberland County.

You have taught me so much over the years and I thank you for sharing yourselves with me.

With love to you all,

Pat Rumberger

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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 14, 2015
December 9, 2015

10 Tips For Family Caregivers

1. Seek support from other caregivers. You are not alone!
2. Take care of your own health so that you can be strong enough to take care of your loved one.
3. Accept offers of help and suggest specific things people can do to help you.
4. Learn how to communicate effectively with doctors.
5. Caregiving is hard work so take respite breaks often.
6. Watch for signs of depression and don't delay in getting professional help when you need it.
7. Be open to new technologies that can help you care for your loved one.
8. Organize medical information so it's up to date and easy to find.
9. Make sure legal documents are in order.
10. Give yourself credit for doing the best you can in one of the toughest jobs there is.

November is National Caregiver Month



Healthy Body-Healthy Brain

People who want to stay sharp as they age often turn to brain teasers, puzzles and games, figuring correctly that they'll lose it if they don't use it. But a healthy body is also the key to maintaining a healthy brain. Eating right and exercising and maintaining your health can play into the graceful aging of your brain."

Medical science cannot stop the progression of either dementia or Alzheimer's disease, but everyone can take steps to maintain their ability to think, problem solve and remember as they grow older.

Maintaining the health of your heart and your circulatory system appears to be a key factor in protecting your mental capabilities.

The Alzheimer's Association urges everyone to:

- Engage in regular physical activity. Quit smoking. Smoking increases risk of brain decline.
- Treat chronic problems like obesity, high blood pressure, high cholesterol and diabetes. They can take a toll on your brain as well as your heart.
- Get enough sleep. Studies have linked sleeplessness with problems in memory and thinking.
- Maintain your mental health. Depression, anxiety and stress can speed a person's brain aging, if they are left untreated.
- Protect your head. Brain injuries as mild as a concussion can increase risk of brain decline and dementia.
- Eat a healthy low-fat diet that's rich in fruits and vegetables.
- Keep learning. It can help reduce risk of brain decline and dementia.

Dennis Thompson, *Health Day Reporter*

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HAPPENINGS

Understanding Medicare Seminar*
October 15, 10:00 AM
 AAA Office, 322 N. 2nd St., Sunbury
 Seating is limited.
 Call for Reservation - 570-495-2395

~
Fall Craft Show
 Line Mountain High School
 November 7, 2015
 9:00 AM to 2:00 PM

~
Caregiver Dinner - November 18
 6:00 PM
 Masser's Banquet Hall

Property Tax/Rent Rebate Program Deadline Extended



Pennsylvania's Property Tax/Rent Rebate Program application deadline has been extended from June 30 to Dec. 31. The program provides property tax

and rent relief for eligible Pennsylvanians age 65 and older; widows and widowers age 50 and older; and people with permanent disabilities age 18 and older.

The income limit is \$35,000 a year for homeowners and \$15,000 annually for renters. Fifty percent of Social Security income is excluded when determining eligibility. The maximum standard rebate is \$650.

Website for application: www.revenue.pa.gov

Phone: 1-888-222-9190

*The APPRISE Program is a free, confidential health insurance counseling program offered by the PA Department of Aging to all Medicare enrollees.



DON'T FORGET

winter relief
wrap
 assistance program



PH: 1-888-232-6302

WRAP services may include:

- Energy education and a home-energy savings plan.
- Energy saving LED lights.
- Energy-efficient replacements of refrigerators, air conditioners and electric water heaters.
- Installation or cleaning of heating/ air-conditioning filters.

Additional services for electric heat customers, or those who meet electricity usage criteria, may include:

- Attic, floor and wall insulation.
- Weatherstripping.
- Whole-house foam insulation
- New door sweeps and thresholds.
- Duct insulation.
- New thermostats.
- Heating system repair or replacement

Medicare Open Enrollment
October 15, to December 7, 2015

Pennsylvania Senior Law Helpline
 100 South Broad Street Ste. 1810
 Philadelphia, PA 19110

Website : <http://www.seniorlawcenter.org>
 Office Phone : (215) 988-1244 ~ National Toll
 Free Phone : (877) 727-7529

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

Hours : Monday through Thursday from
 10AM to 2PM

Website: www.pplelectric.com/WRAP

Have you checked out your local senior center lately?

Whether you are 55 or 95, there are many ways to celebrate **LIFE** at senior centers. Here are 4 good reasons to plan a visit:

1. Learning-Expand your knowledge

It's never too late to learn a new skill, and senior centers offer a wide range of stimulating educational activities to keep your mind sharp. Whether you're taking an art class, learning to dance, or attending computer training, there's no lack of opportunities to stay engaged and pursue your passions.

2. Independence-Live on your terms

By joining a senior center, you'll be connected to programs and people that can give you the tools to choose your own course in life. You'll find programs focused on remaining healthy, economically secure, and aging positively, as well as giving back to the community. You'll meet older adults who have "been there, done that" as they share life skills. Senior centers also offer a way to conveniently access public services in one location, including meal and nutrition programs, transportation services, benefits counseling and more.

3. Friends-Enjoy life

Having great friends is one of life's most wonderful rewards, and senior centers can be a perfect place to meet new people in your neighborhood. Today, nearly 11,000 senior centers serve 1 million older adults every day.

4. Energy-Discover health and vitality

Senior centers have expanded their health and fitness offerings in recent years, holding group fitness classes like aerobics, yoga, and Tai Chi, as well as other health programs that have been proven to make people healthier.

Now is the time to celebrate **LIFE** by taking full advantage of everything senior centers have to offer!

Low-Income Energy Assistance

The Low-Income Home Energy Assistance Program (LIHEAP) helps low-income families pay their heating bills. LIHEAP is a grant. You do not have to repay it.

- You don't have to be on public assistance.
- You don't need to have an unpaid heating bill.
- You can either rent or own your home.

How does LIHEAP work?

LIHEAP offers both cash and crisis grants. Families may apply for:

Cash Grants. Cash grants help families pay their heating bills. The grant payment is sent directly to your utility company or fuel provider, and it will be credited on your bill. (In some cases, the check may be mailed to you directly.)

Crisis Grants. Crisis grants may be available 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 or of having utility service terminated, (received a notice that service will be shut off within the next 60 days).

If you have a heating emergency please call your local county assistance office.

How do I apply?

- Apply online at: www.compass.state.pa.us
- Request an application by calling the Statewide LIHEAP Hotline at 1-866-857-7095 or TDD for the hearing impaired 1-800-451-5886.
- Applications are available at your local county assistance office.

To apply, you will need

- Names of people in your household.
- Dates of birth for all household members.
- Social Security Numbers for all household members.
- Proof of income for all household members.
- A recent heating bill.

Who is eligible?

You may qualify for a LIHEAP grant if your income meets the following income guidelines:

Household Size*	Max Income Level (Per Year)
1	\$17,655
2	\$23,895
3	\$30,135
4	\$36,365
5	\$42,615
6	\$48,855
7	\$55,095
8	\$61,335

*For households with more than eight people, add \$6,240 per additional person.

SENIOR ACTION CENTER ACTIVITIES

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



Knoebel's picnic 2015

Elysburg Senior Action Center 570-672-2438

Elysburg Center is open Mon - Wed - Fri

Mon and Wed- Healthy Steps & Royal Rummy at 10:30 AM.

Mon-Pokeno at 11:30.

Fri-Crafts at 9:30 AM. Pinochle 1:00 PM.

October:

- 2 Members meeting.
- 12 Closed for Columbus Day.
- 14 VNA will speak on Mental Illness Awareness.
- 22 Trip to Olive Garden.
- 28 Linda Walker will speak on Disaster Preparedness.
- 28 Halloween party.

November:

- 2 to 6 Rummage sale.
- 3 Closed for Election Day.
- 6 Members meeting.
- 18 Blood Pressure and Blood Sugar, VNA will speak on Diabetes Awareness.
- 25 & 26 Closed for Thanksgiving Holiday.

December:

- 2 Trim the tree party.
- 3 Red Lobster trip.
- 4 Members meeting.
- 11 Christmas party.
- 16 VNA will speak on Alzheimer Awareness.
- 25 Closed for Christmas.

Herndon Senior Action Center 570-758-1570

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

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

Thursdays: Bible Study, 9:30.

October:

- 5 Card party, 6:00.
- 6 Center trip, Dutch Apple Theatre "Night Fortress"
- 7 Commodity food delivery, 10:00. Members meeting, 1:30.
- 8 VNA flu shot clinic, 9:00 to 11:00.
- 9 Shopping Walmart, 10:00 to 1:00.
- 12 Center closed for Columbus Day.
- 13 Kitchen band at Emmanuel Home, 2:00. Blood pressure check, 9:30 to 11:00.
- 14 Golden Living Mansion visit and presentation.
- 15 Birthday party, 1:00, officers meeting following.
- 20 Members breakfast, 9:00.
- 21 AAA dinner dance.
- 22 Card party, 1:00.
- 28 Sun Home Health blood pressures.

November:

- 1 Daylight savings time ends, turn clocks back.
- 2 Card party, 6:00 PM.
- 3 Center closed, Election Day.
- 4 Commodity food delivery 10:00, Members meeting 1:30
- 10 Kitchen band at Mountain View Manor, 2:30.
- 11 Center closed, Veteran's Day.
- 12 Center trip, Peddlers Village.
- 17 Members Breakfast 9:00.
- 19 Birthday party 1:00 Officers Meeting following.
- 25 Sun Home Health Blood pressures 2:00.
- 26 & 27 Center Closed, Thanksgiving.
- No November 26th card party.**

December:

- 2 Commodity food delivery, 10:00, members meeting 1:30.
- 11 Christmas banquet, 12:00, Hickory Corners.
- 15 Members breakfast, 9:00.
- 17 Birthday party, 1:00. Officers meeting following.
- 18 Trip to American Music Theatre Christmas Show and lunch at Shady Maple.
- 25 Center closed. Merry Christmas. Ho! Ho! Ho!
- 30 Sun Home Health blood pressures, 2:00.

No December 24th card party.

Will resume on the 4th Thursday in January.

Kulpmont Senior Action Center
570-373-1112

*Every Monday, 5:30 to 6:30, God's Chuck Wagon Mobile Soup Kitchen is in the municipal parking lot behind the Kulpmont SAC.
Every Wednesday 4:30 to 6:00, Holy Angels Church, Kulpmont serves a meal in the former Ann Joachim House for those who are interested in socializing and meeting new people.*

Mon- Pokeno, 12:30.

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

Tues- Cards at 12:00.

Wed- LCR at 12:30.

Thurs- Bingo, 12:30.

Fri- Nickel Bingo, 12:30.

October:

1 Member's meeting, 12:30.

6 Family Medical BP check 10:00 to 10:30.

8 Urgent Care will speak at 12:00. Topic: How to stay out of the emergency room.

9 Lunch at Kreekside, 11:00.

12 Closed for Columbus Day

15 Family Medical will speak at 12:00 on Health effects of humor & quizzes.

16 VNA will speak at 12:00.

23 Life Geisinger, 12:00 on Elder Abuse.

29 Halloween party, 12:00. \$5.00. Sign up by Oct. 26, Pizza & Salad served, costume is optional.

November:

3 Closed for Election Day.

5 Member's meeting, 12:30.

10 VNA with BP/BS check, 9:30 to 10:30.

11 Closed for Veterans Day.

13 Life Geisinger will speak at 12:00 on Reminiscing.

18 Lunch at Wayside, 11:00.

19 FHM will speak at 12:00 on Arthritis.

20 VNA will speak at 12:00 on Diabetes.

26 & 27 Closed for Thanksgiving.

December:

1 Decorating for Christmas, 10:00.

3 Member's Meeting 12:30.

10 Christmas Party 12:00. Catered by Scicchitano's. Contact center for details.

11 Life Geisinger will speak at 12:00 on Winter Safety.

17 FHM will speak at 12:00 on Winter Blues.

18 VNA will speak at 12:00 on Alzheimer's.

25 Closed for Christmas.

Milton Senior Action Center
570-742-9435

Mon: Pinochle at 12:30.

Wed: Dime Bingo 12:30.

Thurs: Bible Study at 12:30. Rummikube & Pinochle, 12:30.

Fri: Dime Bingo at 9:30.

October:

5 Members meeting, 11:00.

13 Crafts, 9:30.

14 Mind Matters "Food Satisfaction", 10:00. BP check, 11:45. Birthday party, 12:00.

22 Fun Bingo, 10:00.

27 Popcorn & movie, 9:00.

29 Halloween party, 10:00.

November:

2 Members meeting, 11:00.

4 Blood pressure, 11:45.

10 Crafts, 9:00.

11 Mind Matters "Campaign Practices Then & Now", 10:00.

18 Birthday party, 12:00.

25 Fun bingo, 10:00.

December:

2 Blood pressure, 11:45.

7 Members meeting, 11:00.

8 Crafts, 9:30.

9 Mind Matters "Quilts", 10:00.

16 Birthday party, 12:00.

21 Christmas party, 10:00.

24 Fun bingo, 10:00.

Attention

Rabbittransit Riders

Effective October 1, 2015

Please note that all Rabbittransit calls; including trip reservations, should be directed to:

717-846-7433

or

1-800-632-9063

The following numbers will no longer be available after October 1, 2015:

570-644-4464 ~ 1-800-479-2626.

Mt. Carmel Senior Action Center
570-339-4457

**Center closed: Oct 12, 23. Nov. 3, 11, 26, 27.
 Dec. 25.**

October:

- 1 Movie, pizza party, 12:00, cost, \$4.00.
- 7 Members meeting, 1:00.
- 9 VNA flu clinic, 1:00-3:00.
- 13 CSFP commodity food pick up, 12:30-3:30.
- 14 Blood pressure checks, 10:30-11:30.
- 16 Breakfast, 9:00, speaker, 12:30.
- 21 Make-n-Take, 10:00.
- 22 Fundraiser lunch. Cost, \$5.00.
- 28 Daycare singing, 10:00. Fitness class, 12:30.
- 30 Pumpkin carving and decorating, 10:00.

November:

- 4 Members meeting, 1:00.
- 5 Movie Pizza Party, 12:00, cost, \$4.00
- 6 Speaker, 12:00. Nachos at break.
- 9 Speaker from Vintage Knolls, 12:30.
- 10 CSFP commodity food box, 12:30-3:30.
- 13 Breakfast, 9:00.
- 18 Winnie the Pooh visit, 10:00. Speaker, 12:30.
- 19 Pot luck Thanksgiving feast, 12:00.
- 19 Speaker from VNA "Grateful for" 12:30.
- 20 VNA BS/ BP Checks 10-11. Fudge at break.
- 25 Make-n-take 10:00.

December:

- 2 Members meeting, 1:00.
- 3 Bingo, proceeds for Xmas Family gifts, 12:30.
- 4 VNA ,BP/BS Check 10:30-11:30.
- 8 CSFP commodity food, 12:30-3:30.
- 11 Make ugly Christmas sweaters, 10:00.
- 16 Daycare to sing, 10:00. Speaker, 12:30.
- 18 Breakfast, 9:30. (Free for helping with crafts for nursing home residents).
- 21 Visiting Nursing Home to take gifts, 10-11:30.
- 22 Movie pizza party, 12:00, cost, \$4.00.
- 24 Christmas Movies and breakfast treats.
- 31 Annual New Year's Eve Bash, 11AM -4PM.
- Mon**-Games 9:30, exercise 10:00, Pokeno 1:00.
- Tues**-Wii Games, 10:00, Unlucky 7's and Pinochle, 12:30.
- Wed**-Games 9:30. Exercise 10:00, Nickel Bingo 1:00.
- Thurs**-Wii Games 10:00, Unlucky 7's 12:30.
- Fri**- News 9:00 Exercise 10:00, Pokeno 1:00.

North'd Senior Action Center
570-473-9373

Mon: Cards, Wii. Bingo, 12:15.

Tues: Chorus, Cards, Wii. Penny poker, 12:15.

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

Thurs: Cards. Wii games, 9:30, Poker, 12:15.

Fri: Cards, Wii. Nickel Bingo, 12:15.

Center is Closed:

Oct. 12 – Columbus Day,

Nov. 3 – Election Day,

Nov. 11 – Veterans Day,

Nov. 26 & 27 – Thanksgiving,

Dec. 25 – Christmas

October:

- 2 Speaker, 10:00 "Flu Season & Immunization".
- 5 Members meeting at 10:00.
- 8 Making beef veg. soup & chili.
- 9 Pinochle card party.
- 13 Pizza day! Salad, pizza, dessert, cost, \$5.00.
- 14 Trip to Mohegan Sun.
- 15 Evening bingo, 4:00 PM.
- 16 & 17 Rummage & food sale.
- 19 Flu shots available, 9:00-11:00.
- 21 A.A.A. Dinner dance, 5:00 PM, Masser's Banquet Hall.
- 27 Halloween party, pork & sauerkraut, costumes, free bingo.
- 29 Card party, 12:00.

November:

- 2 Members meeting, nomination of officers, 10:00.
- 6 Nacho day.
- 9 Chorus goes to Sunbury S.A.C.
- 10 Center meal, meatloaf.
- 12 Pinochle Card Party 12:00
- 18 Free blood pressure.
- 20 Peanut butter fudge day.

December:

- 1 Red apple day.
- 2 Trip to American Music Theatre & Shady Maples.
- 4 Cookie day.
- 7 Members meeting, 10:00. Election of officers.
- 8 Center meal, ham pot pie.
- 10 Advisory meeting, 10:00. Pinochle party, 12:00.
- 11 Christmas party, Chicken meal. Ugly sweater contest.
- 16 Chocolate covered anything day.
- 17 Card party, 12:00.

Shamokin Senior Action Center
570-644-0772

Mon: Poker game 10:00. Unlucky 7's 12:00.
Tues: Walk a mile 9:00. Bridge 12:00.
Wed: Bridge lessons 9:30. Wii bowling 10:00.
Pinochle & Pokeno 12:30.
Thurs: Walk a mile 9:00. Wii Bowl 10:00. Nickel
Bingo, 12:30
Fri: Cards, games, shuffleboard, 8:00. Wii bowl-
ing, 10:00. Nickel Bingo 12:00.
Sat: Card party at 7:00. Doors open 6:00.

We are selling Lottery Calendars for the month of October to benefit the Shamokin & Coal Township Senior Center. \$5.00. Great money prizes on the evening Lottery number.

October:

1. Members meeting 10:30.
6. Shopping Boscov's 10:00-1:00. Cost \$2.00.
12. Closed for Columbus Day.
13. Lunch at Fire Co. 11:30-1:00. Cost \$2.00.
14. Sun Home will speak at 12:00. "The Importance of flu & pneumonia shots."
15. VNA will give flu shots 10:00-12:00.
20. Family Medical will check BP 10:00-11:00.
21. Dinner Dance at Masser's Banquet Hall.
28. Ellen Popson, RN from Life Geisinger will speak at 12:00. Topic is "Maintain Your Brain."
29. Halloween Party at 11:00. Speaker at 12:00.

November:

3. Closed for Election Day.
5. Breakfast at 9:00. Members meeting, 10:30.
10. Shopping Boscov's. 10:00-1:00. Cost \$2.00.
11. Closed for Veteran's Day.
17. Lunch at Masser's Rest. 11:30- 1:00. \$2.00.
18. Ellen Popsen, RN from Life Geisinger will speak at 12:00 on "The Threads of Caregiving."
26. & 27 Closed for Thanksgiving Day.

December:

1. Shopping, Lycoming Mall. 10:00-1:00.
3. Breakfast at 9:00. Members meeting 10:30.
10. Christmas Party at 11:00 catered by Brewser's Sports Bar. Pay for what you order. Desserts are needed. There will be a \$5.00 optional gift exchange.
15. Lunch at OIP. 11:30-1:00. Cost \$2.00.
17. VNA will check B/P & B/S 9:30-10:30.
25. Closed for Christmas

Sunbury Senior Action Center
570-286-1820

Mon: Shuffleboard, 1:00
Tues: Shuffleboard 9:00, Bingo, 12:30, Cards-31,
Wed: Wii, 9:00, Penny Poker, 12:30
Thurs: Bible Study, 10:15, Bingo, 12:30, Cards-31, 2:00
Fri: Bingo, 12:30, Cards-31, 2:00
Center closed October 12, November 3, 11, 26, 27 and December 25.

October:

- 1 Making cookies at 9:00.
- 6 Macaroni and cheese, 11:30. Members meeting 12:30.
- 7, 8, 9 Rummage sale, 9:00-3:00, baked goods and homemade soups and hot dogs.
- 13 Trip to Woodloch Pines, ice cream and toppings, 12:00 must sign up.
- 14 Free Blood Pressure, 9:30-11:00, Flu Shots 9:00-11:00, Webinar 10:00 "Glorious Food".
- 15 National I love Lucy Day movies at 9:00.
- 16 Pizza and salad, 11:30, \$3.50, must sign up.
- 21 Manicures, 10:00. Fall Ball at Masser's 5:00.
- 22 Hollywood casino trip.
- 23 Boston Cream Pie Day, free piece at 12:00.
- 26 Trip to Red Lobster.
- 27 Tour Meeting, 10:00.
- 29 Speaker on Home Health Care.
- 30 Covered Dish, 11:30, bring a dish to share or donation. Chicken provided.

November:

- 5 Dutch Apple Dinner Theater trip.
- 6 Taco salad 11:30 \$2 deposit for members.
- 9 Birthday Party, 12:30, entertainment by the North'd SAC choir. Members meeting, 12:30.
- 12 Pizza and dessert, \$3.50 must sign up.
- 13 Thanksgiving lunch, 11:30, cost is \$5. Must sign up by 4th. Price is Right Game after meal.
- 16 Fast Food Day, ordering from Burger King. 11:00. Pinochle 12:30.
- 18 Manicures 10:00.
- 19 Jill Hoot will speak today, 12:00. Funnel cakes, 2:00. \$1-\$1.50 must sign up.
- 20 Sausage sandwiches. Please sign up and bring a dish or donation, 11:30 White elephant auction after meal. Bring new wrapped gifts for this fundraiser.
- 23 Trip to County Line Restaurant.
- 24 Tour Meeting 10:00. Apple pie and ice cream, 12:00, free but must sign up.
- 30 Free ice cream and toppings 12:00. (Cont.)

(Sunbury Continued:)

December:

- 1 Members meeting, 12:30.
- 2 Crafts, 10:00. Stromboli and dessert, \$3.50, 11:30 Must sign up.
- 3 American music Theater trip.
- 4 Baking cookies, starting at 8:30.
- 8 Brownie sundaes, 12:00, free, must sign up.
- 9 BP check from 9:30-11:00, Manicures 10:00, Webinar 10:00. "Quilts crafting". Home Instead Wrapping party 3:30-?
- 11 Christmas Party 12:00, Must sign up and pay by 2nd. Shikellamy HS Chorus 1:00.
- 16 Cracker Barrell, Buckhorn 11:30-1:00.
- 17 Breakfast for lunch, pancakes, 11:30. \$2.
- 18 Ugly Christmas Sweater Day! Wear one to the center and receive a free bingo card with purchase of one card.
- 22 Christmas lunch, \$3.00, must sign up. Bring a \$5.00 wrapped gift for a man or a woman, for a gift exchange. Bingo, 12:45.
- 29 Tour meeting 10:00.
- 30 BLTs and Fries for \$3.50 at 11:30.

Trevorton Senior Action Center
570-797-1996

Wednesday Night Bingo at 5:30 PM.

Friday afternoon bingo at 12:30 PM.

Closed Oct. 12, Nov. 4, 11, 26, 27, and Dec. 25

No evening parties in December.

October:

- 1 Members meeting 12:30
- 3 We will have a stand at the Trevorton Fall Festival, 12:00-5:00. We are raffling off baskets.
- 6 Making a craft from wine bottles, 10:30. Shopping at Weis, 12:00 - 1:00.
- 8 Shopping at Lycoming Mall, 10:00 - 1:00.
- 9 Evening card party, 7:00 PM.
- 13 Wii bowling at Kulpmont SAC, 10:00.
- 14 BS/BP by VNA, 9:00-10:00. Hoagie Sale.
- 16 Flu clinic, 9:00-11:00. Program on Mental Illness Awareness "Depression", 11:00. Birthday party 5:00 PM. Serving soup and sandwich.
- 22 Craft day, 10:30. Sign up by the Oct 15.
- 23 Program on hoarding, 11:00.
- 26 Members breakfast, 8:30. Shop at Walmart, 12:00. Evening card party, 7:00 PM.
- 27 Wii bowling at Trevorton SAC with Kulpmont SAC, 10:00.
- 29 Halloween party, 12:30. Prize for Best Costume, please come dressed up!
- 30 Lunch at Hannah's Diner, 11:30.

November:

- 4 BP screening, 9:30-10:30.
- 6 Members meeting, 12:30.
- 10 Craft day, 10:30, sign up by Nov. 5. Shopping, Weis Markets, 12:00.
- 13 Program on Diabetes Awareness. Evening Card Party 7:00 PM.
- 17 Wii bowling at Kulpmont SAC, 10:00.
- 20 Blood pressure screening by SCH, 9:00-10:30. Birthday party, 5:00 PM.
- 24 Wii bowling with Kulpmont SAC at Trevorton, 10:00.
- 30 Members breakfast, 8:30. Wal-Mart, 12:00-1:30. Evening card party, 7:00 PM.

December:

- 3 Members meeting, 12:30.
- 5 Christmas Show at Christian Life Assembly Church. Cost is \$50.00.
- 7 Making pierogies, orders to be in by the 3rd. Cost, \$7. (will continue on the 8th if needed).
- 9 BP/BS screening, 9:00-10:00. Shopping at Weis Markets, 12:00- 1:00.
- 11 Program on Alzheimer's Awareness, "Info For The Caregiver," 10:30.
- 15 Craft day, making a snowman wreath, 10:30.
- 16 Christmas banquet, 5:00. Please bring a \$3 to -\$5 gift to play bingo.
- 23 Christmas party, 12:30. Please bring a \$3-\$5 gift and two \$1.00 lottery tickets.
- 28 Shopping at Wal-Mart 12:00-1:30.



A wife was making a breakfast of fried eggs for her husband. Suddenly, her husband burst into the kitchen. 'Careful,' he said. Put in some more butter! Oh my gosh! You're cooking too many at once. Turn them! Turn them now! We need more butter. Where are we going to get more butter? They're going to stick! Careful, I said be careful! You never listen to me when you're cooking! Turn them! Hurry up! Have you lost your mind? Don't forget to salt them. You know you always forget to salt them. Use the salt! The salt! The wife stared at him. 'What in the world is wrong with you? You think I don't know how to fry a couple of eggs?' The husband calmly replied, 'I just wanted to show you what it feels like when I'm driving.'

Health Insurance Fraud

Senior citizens are frequent targets of Medicare schemes, especially by medical equipment manufacturers who offer seniors free medical products in exchange for their Medicare numbers. Because a physician has to sign a form certifying that equipment or testing is needed before Medicare pays for it, con artists fake signatures or bribe corrupt doctors to sign the forms. Once a signature is in place, the manufacturers bill Medicare for merchandise or service that was not needed or was not ordered.

Tips for Avoiding Health Care Fraud:

1. Never sign blank insurance claim forms.
2. Never give blanket authorization to a medical provider to bill for services rendered.
3. Ask your medical providers what they will charge and what you will be expected to pay out-of-pocket.
4. Carefully review your insurer's explanation of the benefits statement. Call your insurer and provider if you have questions.
5. Do not do business with door-to-door or telephone salespeople who tell you that services of medical equipment are free.
6. Give your insurance/Medicare identification only to those who have provided you with medical services.
7. Keep accurate records of all health care appointments.
8. Know if your doctor ordered equipment for you.

Don't be a target!

Senior citizens are most likely to have a "nest egg," to own their home, or to have excellent credit, all of which make them attractive to con artists.

People who grew up in the 1930s, 1940s, and 1950s were generally raised to be polite and trusting. Con artists exploit these traits, knowing that it is difficult or impossible for these individuals to say "no" or just hang up the telephone.

Older Americans are less likely to report a fraud because they don't know who to report it to, are too ashamed at having been scammed. Elderly victims may not report crimes because they are concerned that relatives may think the victims no longer have the mental capacity to take care of their own financial affairs.

Warning Signs Of Depression



Everyone feels blue now and then. It's part of life. But if you no longer enjoy activities that you usually like, you may have a more serious problem. Being depressed without letup can change the way you

think and feel. "Being "down in the dumps" over a period of time is not a normal part of getting older. For most people, depression will get better with treatment. "Talk" therapy, medicine, or other treatment methods can ease the pain of depression. You do not need to suffer.

How do you know when you need help? Maybe you are having a tough time getting used to retirement and you feel lonely. Or, you might feel like you have lost control over your life. After a period of feeling sad, older people usually adjust and regain their emotional balance. But, if you are suffering from clinical depression and don't get help, your depression might last for weeks, months, or even years.

Here is a list of the most common signs of depression:

- An "empty" feeling, sadness, and anxiety.
- Tiredness, lack of energy.
- Loss of interest in everyday activities.
- Sleep problems, trouble getting to sleep, very early morning waking, and sleeping too much.
- Eating more or less than usual.
- Crying too often or too much.
- Aches and pains that don't go away when treated.
- A hard time making decisions.
- Feeling helpless, worthless, or hopeless.
- Being irritable.
- Thoughts of death or suicide.

If you are a family member, friend, or health care provider of an older person, watch for clues. Sometimes depression can hide behind a smiling face. Don't ignore the warning signs. If left untreated, serious depression can lead to suicide. Listen carefully if someone of any age complains about being depressed or says people don't care. That person may really be asking for help.

Tips On Road Safety

Did you know?

The larger the vehicle the more slowly it appears to be moving, the larger the blind spot and the longer it takes to stop.

Share the road safely with trucks, buses, and other large vehicles.

Always allow extra space when pulling out in front of a large vehicle.

Don't hang out in "blind spots", where you can disappear from the view of the driver-directly in front or back of the vehicle or along the sides.

Give the driver time to react. Large vehicles weigh more and need more time to stop.

Don't slow down suddenly or turn or make lane changes without signaling

Be Safe. Be Alert. Share the Road.



Attention Senior Citizens!

You may be able to save next time you renew your vehicle registration or driver's license:

A Retired person receiving less than \$19,200 total annual income may register a passenger vehicle for \$10.

If you are at least 65 years of age, you may opt for a 2-year license renewal as opposed to the 4-year one. A 2-year renewal costs \$19.

If you are required to or voluntarily surrender your driver's license for medical reasons, you may receive a PA photo ID card free of charge.

For more information, please visit the PA DOT Website. www.dot.state.pa.us

Stay Warm This Winter



During cold weather, people are at an increased risk for a dangerous drop in body temperature, called hypothermia, and that can lead to heart attack, kidney problems, liver damage and even death.

Older people and those with chronic medical conditions are at highest risk for hypothermia. In seniors, the body's response to cold can be hampered by health problems such as diabetes, or by certain medications, including over-the-counter cold remedies. Older adults can develop hypothermia after relatively short exposure to cold weather or a slight drop in temperature. Signs of hypothermia include:

- * slowed or slurred speech,
- * sleepiness,
- * confusion,
- * shivering,
- * stiffness in the arms and legs,
- * slow reactions,
- * poor control over body movements,
- * a weak pulse.

If you think someone has hypothermia, get them out of the cold if possible, call 911 immediately, remove any wet clothes and cover the person with a coat or blanket.

When going outside in cold weather, wear warm layers of loose clothing, along with a hat, scarf and gloves or mittens to prevent the loss of body heat.

Keep your home warm enough by setting the thermostat to at least 68 to 70 degrees Fahrenheit. Older people can develop hypothermia even in mildly cool homes with temperatures between 60 and 65 degrees Fahrenheit.

Other ways to keep warm at home include wearing long underwear under your clothes, along with socks and slippers. Keep your legs and shoulders warm with a blanket or afghan. Wear a hat or cap indoors to keep your head warm.

Some cannot keep their homes warm enough during the winter. Help is available from the Low-Income Home Energy Assistance Program. Local and state agencies can help you learn if you might qualify.

Pumpkin Sheet Cake

Ingredients:

- 1 (15 ounce) can canned pumpkin puree
- 2 cups white sugar
- 1 cup vegetable oil
- 4 eggs
- 2 cups all-purpose flour
- 2 teaspoons baking soda
- 1 teaspoon ground cinnamon
- 1/2 teaspoon salt



Frosting:

- 1 (3 ounce) package cream cheese
- 5 tablespoons butter, softened
- 1 teaspoon vanilla extract
- 1 3/4 cups confectioners' sugar
- 3 teaspoons milk
- 1 cup chopped walnuts

Directions :

1. In a mixing bowl, beat pumpkin, 2 cups white sugar, and oil. Add eggs, and mix well.
2. In another bowl, combine flour, baking soda, cinnamon and salt. Add these dry ingredients to the pumpkin mixture, and beat until well blended. Pour batter into a greased 15 x 10 inch baking pan.
3. Bake at 350 degrees F for 25 to 30 minutes, or until cake tests done. Cool.
4. In a mixing bowl, beat the cream cheese, butter or margarine, and vanilla until smooth. Gradually add 1 3/4 cups confectioners' sugar, and mix well. Add milk until frosting reaches desired spreading consistency. Frost cake, and sprinkle with nuts.



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. 2nd St., Sunbury, PA 17801

Name: _____ Amount of Donation\$ _____

Address: _____ Zip _____

May we print your name as a donor? Yes _____ No _____