



THE SCOOP



Northumberland County Area Agency on Aging
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PH: 570-495-2395 ~ FAX: 570-495-2396

Volume II ~ Summer 2014 Edition

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



Administrator's Corner

Governor Corbett announced the 2013-2014 Senior Community Center Grant Awards. Over \$2 million in grants from the state budget were awarded to 36 senior centers across the state out of 166 grant applications. The Northumberland County Area Agency on Aging was awarded a grant of \$18,465 to install a gas efficient boiler and hot water heater in the center. The Agency is grateful to have been selected to receive this grant.

Senior Centers serve as a wonderful resource for older adults in obtaining services to help individuals stay healthy and independent. Our Centers offer a variety of programs and services that include: healthy and nutritious meal programs; enrichment programs; educational opportunities; transportation services; insurance counseling and social and recreational activities. If you have never come to one of our senior centers please come and enjoy all they have to offer.

Inside This Issue:

Administrator's Corner	1
Alzheimer's Support Meetings	2
PACE News	2
Aging With Attitude	2
Elder Abuse	3
Protect Your Bones	3
Help With Cooling Bills	3
Farmer's Market Vouchers	4
Senior Action Center News	5-9
Caregiver Fatigue	10
Reverse Mortgages	11
Warm Weather Tips	11
Foods To Keep Your Mind Sharp	12

HAPPY SUMMER!!!

Patricia Rumberger, Administrator

Karen Leonovich, Deputy Administrator

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:

July 9, 2014

Aug 13, 2014

Sept 10, 2014

Income Guidelines for PACE & PACENET Modified



Governor Corbett has signed Legislation (Act 12) to modify the income eligibility requirements for both PACE and PACENET. Medicare Part B premiums will no longer be counted as income. Previously denied new enrollment applications submitted during 2013 that now meet the income guidelines due to this new requirement will be processed and approved.

If you have any questions, please contact PACE/PACENET at 1-800-225-7223.

Aging With Attitude

By Virginia Baty

Do you feel a bit startled when you see your reflection in the mirror? Maybe you are like my eldest daughter, who looked in the mirror one day and saw "my mother." Although she still looks quite young, it reminded her that she was getting older. Growing older is not for sissies, but you can face inevitable changes with a spirit of fun and fearlessness. We don't have to lose our youth as we grow older if we take to heart the following wisdom, by George Carlin on how to stay young.

1. Throw out nonessential numbers. Your age, weight and height. Let the doctor worry about them. That is what you pay him/her for.
2. Keep only cheerful friends. The grouches pull you down.
3. Keep learning. Learn more about the computer, crafts, gardening, whatever. Never let the brain stand idle. "An idle mind is the devil's workshop."
4. Enjoy the simple things. Visit a friend or read a good book, just for fun.
5. Laugh often, long and loud. Laugh until you gasp for breath.
6. The tears happen. Endure, grieve, and move on. Be alive while you are alive.
7. Surround yourself with what you love, whether it's family, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.
8. Cherish your health. If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.
9. Don't take guilt trips. Take a trip to the mall, to the next county, to a foreign country.
10. Tell the people you love that you love them, at every opportunity.

So, put a spring in your step and a lilt in your voice, and grow older gracefully without losing your youth. Remember, life is not measured by the number of breaths we take, but by the moments that take our breath away.



Elder Abuse Neglect & Exploitation

Call:

**Northumberland County
Area Agency on Aging**
570-495-2395 or 1-877-622-2251

Abuse by Caregiver

The elderly man was “brutalized” by a burly male home health aide employed by the victim’s “wife”. The victim, as he lay on a gurney in an emergency room, repeatedly told the same story of the home health aide’s beatings and neglect, while the aide and the victim’s wife insisted that the elderly man had fallen. Ultimately, the bruises on the man’s chest were determined to be the result of repeated beatings.

(Jane Gross, “Forensic Skills Seek To Uncover Hidden Patterns of Elder Abuse,” NY Times, Sept 27, 2006; available at <http://www.NYTimes.com>)

Perpetration by Family

Miss Mary faced ongoing demands and financial exploitation by her grandson and his wife that culminated one night in a five hour sexual and physical attack by the grandson in which Mary was seriously injured and threatened with death. She was dragged across broken glass and gravel; her nose was twisted, leaving her face black and blue.

The attack ended when the grandson passed out and Mary was able to call 911. The abusive tactics did not end with the arrest. The wife cashed out Mary’s insurance policy without telling Mary. The family shunned Mary and supported the grandson at the trial.

(U.S. Department of Justice Office for Victims of Crime and the National Clearinghouse on Abuse in Later Life, “I’m Having To Suffer For What He Did,” In Their Own Words.

Protect Your Bones

Will a silent disease shatter your life? Every year, a growing number of Americans are finding out that they have osteoporosis—a disease that causes bones to weaken and be more likely to break. Medicare can help you prevent or detect osteoporosis at an early stage, when treatment works best. Learn the facts so you can protect your bones!

Many people believe:

1. Osteoporosis is a natural part of aging that only affects older women.
2. Bone loss can’t be treated once it starts
3. The only risk of osteoporosis is broken bones from falls

None of these myths are true. What is true is:

1. While 1 in 3 women over 50 will develop osteoporosis, 1 in 5 men will too
2. It is possible to make bones stronger.
3. Almost 25 % of people die within the first 6 to 12 months after a hip fracture.

Fortunately, there are many ways to prevent or lessen the severity of osteoporosis. Making sure you get enough calcium, vitamin D, and exercise are 3 important ways to make your bones stronger. Talk to your doctor about getting a bone mass measurement—it may be free.



Help With Cooling Bills

The federal Low-Income Home Energy Assistance Program, or LIHEAP, provides some assistance with utility bills and air conditioners to those 65 and older, the disabled and others.

Individuals with a yearly income of \$21,660 or less (\$29,140 or less for couples) can apply for help with the current month’s utility bills. The program also covers the cost of air conditioners and fans.

For more about the LIHEAP program, call the toll-free number 1-800-692-7462 or contact the Northumberland County Area Agency on Aging at 570-495-2395.



Pennsylvania Farmers Market Nutrition Program Vouchers
will be available for
Northumberland County Senior Citizens on June 2, 2014

The Northumberland County Board of Commissioners, in cooperation with the Northumberland County Area Agency on Aging and the Pennsylvania Department of Aging, is pleased to announce the Farmers Market Nutrition Program. The program sponsored by the Pennsylvania Department of Agriculture, is offering eligible senior citizens who reside in Northumberland County an opportunity to obtain \$20.00 in vouchers to purchase fresh fruit and vegetables from participating farm markets.

Northumberland County residents who are age 60 or older, (including those who will reach their 60th birthday by December 31, 2014); and who meet the gross income guidelines may apply. All income must be taken into consideration which includes Social Security, Black Lung, SSI, and all pensions.

* The official income guidelines for this year's program are as follows:

1 person - \$21,590

2 people - \$29,101

3 people - \$36,612

4 people - \$44,123

Proof of age/residency is necessary, and proof of income is self-declared. Senior citizens must sign the designated register when they receive the vouchers and eligible senior citizens may receive the vouchers only once per calendar year.

Proxy forms are available for home bound consumers. The proxy form must be signed by the consumer requesting vouchers and also by the person (who is the proxy) delivering the vouchers. The form is then returned to the Senior Action Center before vouchers will be distributed.

Vouchers will be distributed by the Northumberland County Area Agency on Aging on a first come basis until September 30, 2014 or until the supply is exhausted. Vouchers are redeemable June 1, 2014 through November 30, 2014.

The vouchers will be available daily, beginning June 2, 2014, at all nine (9) Senior Action Centers from 8:30 AM – 3:30 PM.

Please contact your local Senior Action Center for any other details regarding the Farmer Market Vouchers. Vouchers are only available Monday, Wednesday and Friday at the Elysburg Senior Action Center.

SENIOR ACTION CENTER ACTIVITIES

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



Seniors and children Celebrating Earth Day.

Elysburg Senior Action Center
570-672-2438

Elysburg Center is open Mon - Wed - Fri

July

- 11 Members meeting
- 16 Family Medical blood pressure and blood sugar from 10:00 AM to 11:00 AM.
- 16 Marisa McAnnaney from AAA will speak on elder abuse at the center at 11:00 AM.
- 24 Trip to O.I.P. in Shamokin.
- 30 Bob Schaffer will be at the center to speak on highway safety.

August

- 1 Members meeting at noon.
- 13 Indoor picnic hot dogs and hamburger. Also a covered dish.
- 20 Auction. This will be a fundraiser for the center. Please donate a \$5.00 gift to be auctioned off.
- 20 VNA will be here for blood pressure and blood sugar from 9:30 to 10:30 AM.

September

- 5 Members meeting at noon.
- 17 Family Medical will be here for blood pressure and blood sugar from 10:00 to 11:00 A.M.
- 24 Linda Walker will be here to speak on Shingles at 11:00 A.M.

Healthy Steps every Mon. and Wed. at 8:30 AM.
Royal Rummy every Mon. and Wed. at 10:30AM
Pokeno every Monday at 11:30.
Bingo every Wednesday at noon.
Line Dancing every Friday at 9:30 AM.
Crafts every Friday at 9:30 AM.
Pinochle every Friday at noon.

Herndon Senior Action Center
570-758-1570

July

- 7 Pinochle card party, 6:00 PM.
- 10 Blood pressure screen, 9:30 to 10:30 AM.
- 14 Sunbury City Band to visit 7:00 PM. Refreshments will be served.
- 14 Mohegan Sun, \$25.00 rebate, \$5.00 food voucher. Cost \$20.00. Leaving center 7:15 AM depart from casino 3:00 PM, SHARP! Money due by July 1st.
- 15 Members breakfast 9:00 AM. Linda Culver will be here to speak on the state budget and current legislations. Also to listen to questions and concerns.
- 17 Birthday party with entertainment.
- 24 Pinochle card party 1:00.

August

- 4 Pinochle card party 6:00 PM
- 11. Sunbury Hospital blood pressure screening 9:30 to 11:00 AM.
- 19 Members breakfast.
- 21. Birthday party-entertainment.
- 28. Pinochle card party 1:00.

September

- 1 Labor Day. Center closed.
- 3 Commodity food delivery 10:00 AM. Members meeting 1:00 PM.
- 8 Pinochle card party 6 PM.
- 16 Members breakfast 9:00 AM.
- 18 Birthday party 1:00. With entertainment.
- 25 Pinochle card party 1:00.

Bingo is held every Mon. and Wed. at 12:30.
Exercise every Mon. and Wed. at 10:45.
Every 1st Wednesday of the month commodity food delivery for those who signed up. 10:00.
Every 1st Wed. of the month, members meeting at 1:30.

My definition of an intellectual is someone who can listen to the William Tell Overture and not think of the Lone Ranger!

Kulpmont Senior Action Center
570-373-1112

Mon. 5:30-6:30, God's Chuck Wagon Mobil Soup Kitchen in the parking lot behind the SAC.

1st Tues. of month Bible study 12:30.

2nd Tues. Movie & refreshments. Also commodity food pickup for those who are signed up.

Wed. LCR game, 12:30.

Thurs. Computer lessons, 12:30. Bingo, 12:30.

Fri. Nickel bingo, 12:30.

July

- 3 Picnic 12:30. Menu: Barbeque, pasta salad, potato salad, deviled eggs etc. There is no charge, but we ask if you would donate a canned good for the food pantry.
- 11 Marisa McAnaney will be speaking at 12:00. Topic: Signs of Abuse.
- 18 Linda Walker will speak at 12:00 on "Acts of Being Nice".
- 23 VNA blood pressure & blood sugar, 9:30-10:30. Must fast to have your blood sugar taken.
- 25 Lunch at Quaker Steak & Lube.

August

- 1 Linda Walker will speak on diabetes, 12:00.
- 5 Family Medical blood pressure & blood sugar 9:30-10:30. Must fast to have blood sugar taken.
- 6 Lunch at End Zone, 12:00. We will meet at the center and walk to the End Zone.
- 7 Member's meeting, 12:30.
- 20 Rood Beer Floats.
- 29 Picnic, \$5.00 call center for details.

September

- 4 Member's meeting, 12:30.
- 18 Pizza party & tossed salad, \$5.00.
- 23 Jim White will speak at 12:00. Topic: Fall Prevention.
- 24 VNA blood pressure & blood sugar, must fast to have your blood sugar taken.

If anyone is interested in making jewelry or scrapbooks, please contact the center. We have a lady that is willing to teach us how to do both. All we need to do is contact her and she will set a date.

Milton Senior Action Center
570-742-9435

Mondays: Pinochle 12:30.

Wednesdays: Tripoley at 10:00 AM and Nickle Bingo at 12:30.

Thursdays: Bible Study at 12:30, also Rummikub at 12:30.

Fridays: Nickle Bingo at 9:30 AM and Penny Poker at 12:30.

July

- 1 4th of July Picnic & White Elephant Sale 11:30
- 2 Blood Pressure 11:45. Crafts with Milton Baptist Church 6-8:00 PM.
- 7 Members Meeting 11:00 AM.
- 14 Fish Fry 11:30 AM.
- 15 Crafts.
- 16 Birthday Party 12:00.
- 17 Attorney Mark Varano (Questions and answers).
- 24 Fun Bingo 10:00 AM.
- 25 Picnic at Marina with Northumberland S.A.C 10:00 – 2:00.
- 28 Highway Safety Program 10:00 AM.
- 29 Nickel Bingo 5:30 – 8:00 PM.
- 30 Popcorn & Movie 9:00 AM.

August

- 4 Members Meeting 11:00 AM.
- 6 Blood Pressure 11:45 AM.
- 12 Crafts 9:00 AM.
- 13 Ice Cream Sundaes 12:00, Cost \$2.00.
- 14 Rep. Lynda Culver 10:00 AM. Questions & Answers.
- 20 Birthday Party 12:00 PM.
- 21 Fun Bingo 10:00 AM.
- 25 Speaker, Marisa McAnaney from AAA Elderly Abuse & Protective Services Program.
- 26 Nickel Bingo 5:30 – 8:00 PM.
- 28 Popcorn & Movie 9:00 AM.

September

- 2 Members Meeting 11:00 AM.
- 3 Blood Pressure 11:45 AM.
- 16 Crafts 9:00 AM.
- 17 Birthday Party 12:00.
- 18 Fun Bingo 10:00 AM.
- 24 Ice Cream Sundaes 12:00, Cost \$2.00.
- 25 Popcorn & Movie 9:00 AM.
- 30 Labor Day Picnic. Nickel Bingo 5:30- 8:00 PM.

Mohegan Sun Trip Sunday, September 15. \$20.00. You'll get \$25.00 in play money and \$10.00 food voucher. No Ticket Refunds. Games, Puzzles, and Wii Daily.

Mt. Carmel Senior Action Center
570-339-4457

July

- 9 Attorney Varano will answer questions, 11:00-1:00.
- 10 Trip to Harry's Restaurant. Cost \$7.00.
- 17 Barbeque with fries for lunch. Cost \$7.00.
- 22 Trip to Susquehanna Valley Mall, 10:00-1:00.

August

- 6 AAA Protective Services Program, 1:00. Member's Meeting, 1:30.
- 13 Family Home Medical blood pressure screening, 10:00-11:00.

September

- 18 VNA blood pressure and blood sugar screening, 9:30-10:30.

Mondays: God's Chuckwagon, 4:00 to 6:00 on 4th Street between Apple and Maple.

2nd Tues. of the month: CSFP Food Program.

2nd Thurs. of the month: Book Club, 10:30.

Tues. Unlucky 7's, 12:30.

Tues. and Thursday Pinochle at 12:15.

Wed. Bingo at 1:00.

Pokeno every Monday and Friday at 1:00.
Members' meeting, the 1st Wednesday of every month, 12:00.



Mt. Carmel Senior Action Center

Gather with friends and beat the summer heat at your Senior Center!

Northumberland Senior Action Center
570-473-9373

Everyday – Cards, Wii

Mondays & Wednesdays – Bingo 12:15

Fridays – Nickel bingo 12:15

Tuesdays & Thursdays – Penny poker 12:15

Every Thursday at 9:00 – Wii bowling competition

Members meetings – July 7, August 4, Sept. 1

July

4 Center is open for Pineknotters Days, 9:00-3:00. Selling hot dogs, BBQ, ham & bean and chicken noodle soup, pierogies & bake sale.

10 Trip to Lake Tobias. Cost is \$2.00 for the van and \$12.00 to get into park.

14 Evening pinochle card party starting at 4:30 PM. Food available.

16 Anniversary banquet at Front Street Station. Entertainment by Patsy Cline & Friends. \$15.00.

21 Speaker from protective services at 10:00.

22 Center made meal: meatloaf, mashed potatoes, baked beans & dessert. Cost \$5.00.

25 Picnic at Shikellamy Marina with the Milton SAC. Bring your own hoagie. Drinks provided, bring a dessert if you wish.

28 Rep. Linda Schlegel Culver will be here at 10:00 for updates and questions and answers.

31 Card party 12:00. Food available.

August

1 Ice cream & peaches.

8 Covered dish meal 11:30.

11 Evening pinochle card party starting at 4:30 PM. Food available.

14 Night bingo. Doors open at 5:00 P.M. Playing at 6:00 PM. \$20.00 for 20 games.

15 Make your own hoagies, also potato chips, fruit. Cost \$5.00.

18 Chorus performs at Chestnut Towers at 6:30.

22 Chorus goes to Sunbury SAC for lunch and to perform after lunch.

28 Card party, 12:00. Food available.

September

1 Closed for Labor Day.

5 Pizza & salad for lunch. Cost \$5.00.

8 Evening pinochle card party starting at 4:30 PM. Food available.

16 Center meal. Pig stomach, pepper slaw, succotash, applesauce. Cost \$5.00.

22 Senior Day at Bloomsburg Fair.

24 Fair day at center. Sausage sandwich, funnel cakes and games.

25 Card party, 12:00. Food available.



Shamokin Senior Action Center
570-644-0772

Cards, board games, puzzles are played every week day starting at 8.

Monday: Poker game, 10:00. Crafts 12:30.

Tuesday: Walk a Mile, 9:30. Bridge, 12:00. Aquacize at the YMCA, 12:00.

Wednesday: Bridge lessons, 9:30. Wii bowling, 10:00. Pinochle & Pokeno, 12:30.

Thursday: Walk a Mile, 9:30, Wii bowling, 10:15, nickel bingo, 12:30, aquacize, 12:30

Friday: Yoga, 9:30. Wii bowling, 10:15, nickel bingo 12:00.

Saturday nights: Cards, 7:00. Doors open at 6:00.

July:

3 Picnic at 11:00. Hamburgers, baked beans, chips. \$5.00. Desserts & side dishes needed.

9 Linda Walker will speak at 12:00. Topic is "Summertime Fun."

10 Members meeting, 10:30.

17 Bob Shaffer, Highway Safety will speak at 12:00.

18 Movie Day. Movie starts at 10:00. Root beer floats served.

24 Blood pressure & blood sugar checked by VNA, 9:00-10:30.

August:

7 Members meeting at 10:30.

19 Blood pressure checked by Family Medical, 10:00-11:00.

21 Picnic at 11:00. Cost \$5.00. Menu to be announced.

September:

1 Center is closed. Labor Day.

4 Members meeting, 10:30.

18 Shamokin & CT SAC 45th anniversary party at the Wayside Inn. Tickets available August.

25 Blood pressure & blood sugar checked by VNA, 9:00-10:30.

29 Senior Day at Bloomsburg Fair. There will be a van taking seniors to the fair.

Sunbury Senior Action Center
570-286-1820

Mon: Cards- "31" at 12:30.

Tues: Shuffleboard, 9:00.

Weds: Movie, 10:00. Crafts and poker, 12:30.

Thurs: Bible study 10:15.

Tues., Thurs. & Fri., bingo 12:30. "31", 2:00.

Chronic disease classes. Tentative dates: Oct. 6th, 20th, 27th Nov. 3rd, 17th, 24th. 12:30-2:30.

Call 570-286-1820 to sign up.

Rummage sale. Oct. 1st, 2nd, 3rd. 9:00 to 3:00.

July:

3 Chef salad and fruit for \$3.50 at 11:30.

8 Baking sugar cookies, 1:00.

9 Farmers Market trip, Lewisburg. 11:00-12:00

10 Mystery Trip.

11 Banana splits, 12:00 \$1.50.

14 Hoss's night.

17 Atty. Varano question and answers, 12:00.

18 Hoagies, chips and dessert, 11:30 \$3.50.

21 Pinochle, 12:30.

23 Bingo for prizes 50 cents a card, 4:00-7:00. Hotdogs and meatball hoagies.

25 Covered Dish, 11:30.

28 Hometown Eatery, Mifflinburg 11:30-1:00.

August:

4 Eunice's story- "Being Raised Amish" 10:00.

6 Mohegan Sun trip.

7 Blood pressure check, 9:30-10:30.

8 Brownie sundaes, 12:00 \$1.50.

11 Birthday party, 12:30 with Billie D and Rosie.

12 AAA. Signs of abuse, what to look for 12:00.

13 Picnic at the Marina (ordering hoagies).

18 Pinochle, 12:30

20 Trip to Rainbow Dinner Theatre.

22 Covered Dish, 11:30 with Northumberland SAC Chorus after lunch.

25 La Primavera Restaurant, Lewisburg 11:30-1:00

26 Game night, 4:00-7:00, pizza, salad \$3.50.

27 National Burger Day, burger and fries, \$3.50.

September:

5 National Pizza Day, 11:30 pizza, salad, dessert. \$3.50. Rail and Sail Trip 8:00 to 12:00.

9 Breakfast for lunch, 11:30, \$3.50. Ham, eggs, home fries, toast.

12 Milkshakes, 12:00. \$1.00.

15 Pinochle, 12:30.

17 Farmers Market Lewisburg 10:00-11:00.

22 Bloomsburg fair trip.

26 Covered dish, 11:30.

30 Bingo, 4:00-7:00. Sandwiches & chips.

Trevorton Senior Action Center
570-797-1996

July

- 2 Independence Day Celebration.
- 3 Members Meeting, 12:00 PM. Attorney Varano, 1:00 PM.
- 11 Evening Card Party, 7:00 PM.
- 16 Trip to Mohegan Sun.
- 18 AAA Protective Services, 11:00 AM. Members Birthday Party, 5:00 PM Pizza & Salad
- 23 Making potato cake batter, 8:00 AM. Call to order at \$6.00 a quart.
- 23 & 30 10 Keys program starts, 12:30 PM. Will continue every Wed. for 10 weeks.
- 25 SCH blood pressure screening, 9:00 -10:30 AM.
- 28 Members Breakfast, 8:30 AM. Evening Card Party, 7:00 PM.
- 31 Hawaiian Beach Party.

August

- 5 National Night Out. We are collecting Items to make baskets for National Night Out.
- 6 VNA Blood Sugar and Blood Pressure Screening 9:30 -10:30 AM.
- 6 10-Keys Program, then every Wed. in August at 12:30 PM.
- 7 Members meeting, 12:15 PM.
- 8 Evening Card party, 7:00 PM.
- 14 Picnic at Susquehanna Marina, 10:00-1:00.
- 15 Members Birthday party, 5:00 PM.
- 20 Making Hoagies, 8:00 AM. Call to order \$3.50 each, Ham & Cheese, Turkey & Cheese or Reg.
- 25 Members Breakfast , 8:30 AM. Evening Card Party, 7:00 PM.

September

- 3 10-Keys Program, then every Wed. in Sept. at 12:30 PM.
- 4 Members Meeting, 12:15 PM.
- 12 Evening Card party, 7:00 PM.
- 19 Members Birthday party, 5:00 PM.
- 26 SCH blood pressure, 9:00-10:30 AM.
- 29 Members Breakfast, 8:30 AM. Evening Card Party, 7:00 PM.



Earth Day 2014 Winners:

Overall Green Experience – Herndon Center \$100.00.

Most Member Participation – Shamokin Center and Milton Center were tied. Each got \$50.00.

Group prize – Kulpmont Center for recycling boots and purses into flower containers. \$50.00.

Individual Prize – Ginny Butler from Milton Center for her Picture frame with chicken wire concept. \$50.00.



Rep. Lynda Schlegel Culver

Date: August 8, 2014

Place: Shikallamy High School

Time: 10:00 till 3:00

Rep. Kurt Masser

Date: September 11, 2014

Place: Elysburg Community Park

Time: 10:00 till 2:00.

Caregivers Fatigue

The initial symptoms of fatigue from caregiver stress are important for people to recognize so they take action to manage their own energy, health and spirits. The signs usually include:

1. Nervousness or tension.
2. Situational bouts of sadness, "the blues" or tearing-up.
3. Forgetfulness, inability to concentrate and/or mental sluggishness.
4. Intermittent feelings of frustration, anger or guilt due to frequent interruptions and not being able to get things done.
5. Sporadic feelings of resentment, impatience or irritability at colleagues, family members or the person you are "just" helping.
6. Poor or interrupted sleep.
7. A looming feeling of isolation.
8. A growing realization of the sacrifices of time, money, opportunities, etc. that you are experiencing.
9. An increase in aches, pains and, not surprisingly, blood pressure.

Here are some strategies to help you manage the emotional stressors that can come early in the caregiver journey:

Put a name on what you are doing. Caregiving isn't only helping out, it's taking on responsibility for the wellbeing of another person. The quicker a person self-identifies as a caregiver, the quicker they'll be able to recognize and deal with the emotional roller-coaster symptoms that can come as caregiver responsibilities increase.

Listen to your emotions. The feelings of stress and weariness are normal responses to caregiving. The realization will go a long way toward helping you take action for your own well-being and not react to them in a negative way.

Embrace change. Early on, people need to understand that the keys to being a successful caregiver are flexibility and adaptability on the journey.

Let go. Most causes of emotional fatigue are out of the caregiver's control. Early on, caregivers need to recognize their limitations and give themselves permission to let go of or delegate some of the responsibilities they have taken on.

Get help. A recent study in the International Journal of Geriatric Psychiatry shows that, even at the earliest stages of caregiving, caregivers experience increased feelings of well-being when they seek help. But every caregiver's situation is different so the options that are going to help them have to be individualized.

Home and Community Services

To find individualized options, tap into the wide array of home-based services and community programs and supports that are widely available. Some are paid for on an hourly or daily basis, some are provided for a small or sliding fee, and some are free.

For caregivers who are employed, perhaps the fastest way to find assistance you can afford is to check with your company's HR department. More and more companies have recognized that their employees are also caregivers and use consultants to help them deal with caregiver issues.

To find information on your own, start with your local local Agency on Aging Family Caregiver Program, then widen your search to include, religiously-affiliated service groups and reputable caregiver websites or help-lines.

Probably the most overlooked options for help are support groups. Connecting with others who get what you're experiencing gives you a safe place to talk about your feelings and hear about the strategies and tips you can use to cope with your emotional stress. And they can help you deal with isolation, too.

"Volunteers are not paid -- not because they are worthless, but because they are priceless."

Reverse Mortgages!

The National Council on Aging (NCOA) has provided a toll-free number for those who are considering a reverse mortgage. Those interested in a reverse mortgage can call 1-855-899-3778 to speak with a counselor. The counselor will review the caller's situation, including the benefits and drawbacks of a reverse mortgage, and alternative solutions which may be available. Federal law states that "anyone considering the FHA Home Equity Conversation Mortgage must receive counseling from a government-approved agency."

Reverse mortgages allow homeowners aged 62+ to use a portion of their home equity and continue living in their home. Federal law requires that anyone considering the FHA Home Equity Conversation Mortgage must receive counseling from a government-approved agency. NCOA is one of nine groups approved by the U.S. Department of Housing and Urban Development (HUD) to provide this service.

NCOA reverse mortgage counselors do not sell any products. They work with seniors to weigh the pros and cons of a reverse mortgage to decide if this option is right for their situation. NCOA counselors also identify benefits and other supportive community services that can help older adults pay for basic necessities and remain independent in their homes as long as possible. "Thousands of older homeowners use counseling to decide if a reverse mortgage is right for them," said Amy Ford, NCOA's director of home equity initiatives. "We're proud to offer this service as a way to help seniors achieve lasting economic security and independence."



Warm Weather Tips

1. Drink plenty of water. Seniors tend to lose fluids faster than other age groups, especially through perspiration. Carry a water bottle with you whenever possible.
2. Avoid alcohol and caffeine. They cause your body to lose more water.
3. Stay in well-ventilated areas. Air circulation helps you keep cool, so open a window or use a fan. On the hottest days, stay where it's air-conditioned.
4. Minimize exposure to the sun. Seniors run a higher risk of skin disease, sunburn, overheating and heat exhaustion.
5. Dress appropriately. Wear loose-fitting, light-colored clothing and a broad-brimmed hat. Don't forget the sunscreen and bug repellent, if necessary.
6. Plan ahead. Arrange for your outside activities to occur during the coolest parts of the day—early in the morning and later in the evening.
7. Know your medications. Sun exposure can affect your reaction to certain drugs, so read the labels.
8. Be aware of the signs of heat exhaustion. These include fatigue, weakness, nausea, heavy sweating (or no sweating), rapid pulse, confusion and fainting. Seek medical attention right away, as heat exhaustion can lead to heat stroke, which is a life-threatening condition.

Seniors are more prone to heat-related health problems than younger people.

Foods to Keep Your Mind Sharp

Incorporating one, or all, of these foods into your diet can boost energy and increase your ability to keep your mind sharp. Read on to find the benefits and suggestions on how to prepare them. As always, consult a doctor before making changes to your diet.

1. Blueberries: Tart and sweet all at the same time, blueberries add a punch of nutritious flavor to any meal or snack. Eat them by themselves or blend them in a smoothie, use them to top oatmeal or bake them into pastries — you can't go wrong.

Tip: Keep fresh, frozen and dried blueberries on hand to make it easier to have some at every meal or snack.

2. Lentils: Try to incorporate lentils into your diet as often as possible. They can take the place of meat at any meal or be used as a side dish.

3. Nuts: A wide variety of nuts do wonders in keeping your mind sharp. Whether you like walnuts, almonds, pistachios or a mixed assortment, try using them as a crunchy topping on salads, yogurt or hot and cold cereals.

4. Salmon: Perfect for baking, broiling and grilling, salmon is versatile and can easily be incorporated into your diet. It's full of Omega-3, which can help improve brain function.

5. Green Tea: White and oolong teas all come from the same plant and are rich in antioxidants. Brewing your own tea from teabags or leaves gives you the most benefit.

6. Avocados: Creamy and packed with flavor, avocados are a perfect addition to salads, sandwiches, wraps and side dishes. They're full of nutrients and antioxidants

7. Whole Grains: Incorporating these fiber-rich foods into your diet is easier than you may think. From toasting them in a simple granola recipe to using them while baking, the possibilities are endless.

8. Dark chocolate: There's nothing better than chocolate to keep morale high. Chocolate acts as an anti-depressive agent — legitimately affecting a person's moods. It contains magnesium, phosphorus, iron and potassium, all of which can help keep your mind sharp. Treat yourself to a piece now and again.

9. Garlic: It's not something that just adds taste to your dishes. Garlic contains sulfur-based compounds that help with blood circulation. And it also contains calcium, iron, magnesium and a variety of other vitamins.

Did You Know?

Certain fruits, vegetables and other plant foods get plenty of recognition for being good sources of antioxidants, but beans are often unfairly left out. Some beans, particularly pinto and red kidney beans, are outstanding sources of antioxidants and should be included in your anti-cancer diet. Beans also contain fiber, and eating a high fiber diet may also reduce your risk of cancer, according to the American Cancer Society.

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 _____