



THE SCOOP



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

Volume IV ~ July - August - September ~ 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: 1-800-479-2626

Social Security Admin: 1-866-593-3796

Agency Website: www.ncaging.org

PA Aging Website: aging.pa.gov

Summertime Fun

We had a dreadful snowy winter this year and finally have the wonderful summer months to look forward to. Enjoy the beautiful warm summer days while they last. Even though age may bring some limitations to what you can do this summer to have fun, there are many seniors that amaze me.

I have a co-worker who is over 65 years old and is a race car driver. She has been drag racing for almost 30 years and is a true inspiration, both as a woman and as an older adult.

My mother at 87 years old, swam laps every day after work during the summer at the community pool, which she belonged to for 83 years. She always had fun, especially in the summer.

Another husband and wife in my neighborhood, who are well into their eighties, walk three miles every day, all year around. They are remarkable!

The message I want to leave with you is to enjoy life every day because it is a blessing given to us. Summer days need to be cherished and enjoyed. This summer do something out of the ordinary! Enjoy your life. You only have one shot at it. Happy summer!

Patricia Rumberger

Inside This Issue:

<i>Alzheimer's Support Meetings.....</i>	2
<i>What It's Like to Have Alzheimer's.....</i>	2
<i>Happenings.....</i>	3
<i>Earth Day's Winners.....</i>	3
<i>PP&L Scams.....</i>	3
<i>10 Ways To Save On Food.....</i>	4
<i>Rent Rebate Extension.....</i>	4
<i>Senior Action Center News.....</i>	5 - 9
<i>50 Years of Medicare.....</i>	10
<i>APPRISE Seminar.....</i>	10
<i>Domestic Violence.....</i>	11
<i>Tips to Avoid Heat Stroke.....</i>	12

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 8, 2015

August 12, 2015

September 9, 2015

What It's Like To Have Alzheimers

"When will the madness end?" "When will things get better?" Questions we all ask. And you will see some answers, from some "experts." But is it what a patient really goes through? Here is my take on this disease. From a patient's perspective:

The truth of the matter is this madness will never end. It will sometimes subside. You will see glimpses of your loved one from time to time. But end? Not so much. This is the only disease known to mankind for which there is no cure, there is no reversing it, there is no slowing the progression and there are no survivors.

Dementia has a predetermined outcome for you. It only takes a little at first, some of your short term memories. Then, slowly but surely, it takes all of them. Then, in time, it begins to take your long term memories as well. And in the end, dementia will indeed take all of them. All along, you do realize that this is happening. And there isn't one thing you can do about it.

I think many times what will happen when I can no longer remember who I am? And who those are around me? What will it be like? Will I be scared? More scared than I am now at times? Is that even possible? Many times I am asked what it is like to have Early On-Set Alzheimer's.

There is a drug called Versed. It is used for minor surgeries, dental procedures, etc. What this drug does is erase your memory, your short term memory, to be exact. It has a short half-life, meaning it only lasts ten or fifteen minutes, but the effect is astounding. You give this drug to someone and they will not have any recollection of anything that has happened in the last few minutes, and with some, maybe a few hours. It completely erases one's memories; short term ones, anyways.

I say, give this drug to someone. Then when they come to, have them in a strange building, one they have never seen. Surround them with items they have never seen. Things you are sure they would not recognize. Then don't have anyone in the room with them. They are all alone for say five minutes, and then one by one, people, complete strangers, begin to enter this room and talk to them as if they have known them their entire lives. Talk about things they have never heard of before. Talk as if one of them is their daughter or their spouse.

All this time, the person will be wondering what is going on. Then tell them that you have decided because of their prognosis that you would be taking food and water from them. And then, tell them that everything is going to be alright. Everything will be okay.

Then leave the room. Tell them you will see them later. Then leave them alone. This wouldn't begin to show what a dementia patient goes through. But it would be a whole lot closer to reality. Trust me. Why? Because I am a patient, not someone who talks about dementia as if they have had it, but someone who lives with this disease day in and day out.

That is dementia. And this is something we live with, as patients. Caregivers, too, die a little bit each day along with the patient. It is the most devastating thing you will ever encounter in your lifetime. As a patient, or as a caregiver. It just is.

Rick Phelps and his journey with Early Onset Alzheimer's Disease is chronicled in "Fade to Blank: Life Inside Alzheimer's," an in-depth look at the real lives of families impacted by the Alzheimer's epidemic.

HAPPENINGS

August. 7, 2015

**Rep. Lynda-Schlegel Culver's
Senior Expo
Shikellamy HS - 8:00 to 3:00**

September 17, 2015

**Rep. Kurt Masser's
Senior Expo
Elysburg Fair Grounds - 10:00 to 2:00**

September 19, 2015

**Milton Harvest Festival
Phillips Park, Milton - 9:00 to 4:00
Senior Health Fair 10:00 to 12:00**



Earth Day Winners

All of the centers did a wonderful job with their Earth Day Celebrations. The intergenerational programs, Earth Day speakers and all of the clever ideas were amazing. It was very difficult to choose the winners because they are all winners. However, after voting the winners were:

\$100.00 - Overall Green Experience – Sunbury SAC for the wonderful gift they gave to the city of Sunbury when they cleaned, pulled weeds and raked the Merle Phillips Park on Front Street along the river.

\$100.00 – Most Member Participation – Herndon SAC. The Lower Northumberland County SAC had 46 members and 17 children from Faith Lutheran Pre-school participate in Earth Day.

\$50.00 – Group Prize – Milton SAC. They made a fairy garden in a tire, an adorable hanging planter.

\$50.00 – Individual Prize – Anita Mattucci, who made homemade lava lamps. Very Clever.

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, that is available to give Pennsylvania residents, 60 and older, legal information and advice.

Hours : Monday through Thursday from
10AM to 2PM

PP&L Warns, Don't fall for scams

We continue to get reports of customers being targeted by scammers pretending to represent PPL Electric Utilities. These thieves call customers, falsely claim an overdue bill, and threaten to shut off the customer's power unless immediate payment is made with a prepaid debit card. They seek out both residential and business customers. We want our customers to know two key facts that will help foil scam artists: **We don't accept any prepaid debit card as a bill payment. We don't call you and threaten to cut your service.**

Service termination always is a last resort. We attempt to work with all customers who have overdue balances. There are numerous programs, including payment agreements and payment assistance that can help. If we must turn off power for non-payment, we send a letter 10 days in advance and make other attempts to reach the account owner. If you have any doubts about someone claiming to be from PPL Electric Utilities, hang up and call us at **1-800-DIAL-PPL**



Farmers Market Checks are available until September 30, 2015.

Please contact your Senior Action Center for details.

10 Ways To Save On Food

1. Plan, Plan, Plan

Before you head to the grocery store, plan your meals for the week. Include meals like stews, casseroles or stir-fries, which stretch expensive items into more portions. Check to see what foods you already have and make a list of what you need to buy.

2. Get the best price

Check the local newspaper and at the grocery store for sales and coupons. Ask about a loyalty card for extra savings where you shop. Look for specials on meat and seafood-often the most expensive items.

3. Compare

Locate the "Unit price" on the shelf directly below the product. Use it to compare different brands and different sizes of the same brand to determine which is more economical.

4. Buy in bulk

It is almost always cheaper to buy foods in bulk. Smart choices are family packs of chicken, steak or fish and larger bags of potatoes and frozen vegetables. Remember to check if you have enough freezer space.

5. Buy in season

Buying fruits and vegetables in season can lower the cost and add freshness! If you are not going to use them all right away, buy some that still need time to ripen.



6. Convenience costs...Go back to basics

Convenience foods like frozen dinners, pre-cut vegetables and instant rice or oatmeal will cost you more than if you were to make them from scratch. Prepare your own and save!

7. Easy on your wallet

Certain foods are typically low-cost options all year around. Try beans for a less expensive protein food. For vegetables, buy carrots, green beans or potatoes. As for fruits, apple and bananas are good choices.

8. Cook once.....eat all week

Prepare a large batch of favorite recipes on your day off (double or triple your recipe). Freeze in individual containers. Use them throughout the week and you won't have to spend money on take-out meals.

9. Get your creative juices flowing

For example, try leftover chicken in a stir-fry or on a garden salad, or to make chicken chili. Remember throwing away food is throwing away your money!

10. Eating out

Restaurants can be expensive. Save money by getting the "Early Bird Special", going out for lunch instead of dinner. Stick to water instead of other beverages, which add to the bill.

Go to www.ChooseMyPlate.gov for more information.



Property Tax/Rent Rebate Program Extended

The deadline has been extended from June 30th to December 31st, 2015. The program provides property tax and rent relief for eligible Pennsylvanians age 65 or older and people with permanent disabilities age 18 and older.

The income limit is \$35,000 a year for homeowners and \$15,000 for renters. 50% of Social Security is excluded when determining eligibility. The maximum standard rebate is \$650.

For more information, go to: www.revenue.pa.gov or calling toll free 1-888-222-9190.

SENIOR ACTION CENTER ACTIVITIES

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

Elysburg Senior Action Center
570-672-2438

Elysburg Center is open Mon - Wed - Fri

Mon: Healthy Steps, 8:30. Royal Rummy, 10:00.

Mon: Pokeno, 11:30.

Wed: Healthy Steps, 8:30. Royal Rummy, 10:00.

Fri: Crafts, 9:30. Pinochle, 12:00.

July:

3 Center closed for Independence Day.

10 Members meeting. VNA with a program on "Sun Safety".

15 Family Medical, blood pressure and blood sugar, 10:00-11:00.

23 Trip to Olive Garden.

August:

5 VNA with a program on flu prevention, 11:00.

7 Members meeting, 12:00 noon.

12 Indoor picnic.

19 VNA, blood pressure and blood sugar.

September :

4 Members meeting.

16 VNA with a program on cholesterol.

23 Family Medical, blood pressure and blood sugar.

24 Trip to Red Lobster.

Herndon Senior Action Center
570-758-1570

Mon. & Weds: Exercise class, 10:45. Nickel bingo, 12:30.

Thursdays: Bible Class, 9:30.

July:

1 Commodity food delivery, 10:00. Members meeting, 1:30.

3 Center closed for 4th of July

6 Evening card party, 6:00 PM.

9 One day Mystery trip.

14 Kitchen band visit to Friendly Nursing Home, 2:00.

15 VNA BP/blood sugar, 9:30 to 10:30.

16 Members birthday party, 1:00. Officers meeting, 2:00.

20 Mohegan Sun trip. Cost, \$25.00. Free play and food voucher.

21 Members breakfast, 9:00.

23 Card party, 1:00.

29 Sun Home, blood pressure, 2:00.

August:

3 Evening card party, 6:00 PM.

5 Commodity food boxes, 10:00, Members meeting, 1:30.

10 Blood pressure check, 9:30 to 11:00.

11 Kitchen band visit to Manor Care, 2:00.

13 Trip to PA Opry.

18 Members breakfast, 9:00.

20 Birthday party, 1:00. Officers meeting, 2:00.

26 Sun Home Health blood pressures, 2:00.

September:

2 Commodity food boxes, 10:00. Members meeting, 1:30.

3 Trip to Dutch Apple Theatre to see "West Side Story".

4 End of summer picnic, 11:30 to 3:00.

7 Center closed-Labor Day.

8 Kitchen band at Susquehanna Village, 2:00.

16 VNA, blood pressure check, 9:30 to 10:30.

17 Birthday party, 1:00. Officers Meeting, 2:00.

21 to 24 Ocean City, Maryland trip.

23 Fall Prevention Day. Larry Straub (physical therapist) will speak about falls, 1:30.

24 Card party, 1:00.

30 Sun Home Health, blood pressure, 2:00.

Milton Harvest Festival



Senior
Health Fair

Hosted by
**Home Instead
Senior Care**

Saturday, Sept. 19th

10:00am to Noon

Phillips Park - Downtown Milton

✓ Proceeds Benefit the Merle Phillips Exercise Park for Seniors

✓ Over 10,000 in attendance at Milton's Annual Harvest Festival

✓ Free Health Screenings by Evangelical Hospital

✓ Vendors - For more details contact george.venios@homeinstead.com

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.

Tues: Cards, 12:30.

Wed: Exercise, 10:00. LCR, 12:30.

Thurs: Wii bowling, 10:30. Bingo, 12:30.

Fri: Nickel bingo, 12:30.

July:

1 Picnic, 12:00. Barbeque, pasta & potato salad, etc. \$5.00.

2 Member's meeting, 12:30.

3 CLOSED. Independence Day.

9 Buy a bingo card get one free.

10 Lunch at Kreeside, 2:00.

14 VNA checking BP and sugar, 9:30 to 10:30.

15 Build a sundae, \$2.00.

17 VNA, speaking at 12:00. Topic: "Home Safety".

21 Bible study, 12:30.

23 Tara Venna, RN speaking at 12:00.

31 Atty Varano with questions & answers, 12:00.

August:

4 Family Medical with BP check, 10:00 to 10:30.

5 Lunch at Cracker Barrel.

6 Member's meeting, 12:30.

12 Root beer floats, \$1.00.

14 VNA speaking at 12:00 on Flu prevention.

18 Bible study, 12:30.

20 Hoagies for lunch, \$5.00.

26 Lunch at the End Zone, 12:00. We will meet at the center and walk to the End Zone.

27 New bingo players play free today.

September:

2 Picnic, 12:00. Cost \$5.00 call for details.

3 Member's meeting, 12:30.

7 Closed for Labor Day.

8 VNA will do blood pressure, 9:30 to 10:30.

10 Pizza and salad. Cost \$5.00.

15 Bible Study, 12:30.

16 Lunch at Jay Tiffany's.

18 VNA speaking at 12:00 about cholesterol.

23 Mary Stout will be speaking at 12:00 on how to prevent falls.

Milton Senior Action Center
570-742-9435

Mon: Pinochle, 12:30.

Tues: Penny poker, 9:00.

Wed: Bingo, 12:30. Nickel bingo card game, 9:30.

Thurs: Rummikube or Pinochle, 12:30. Bible study, 12:30.

Fri: Bingo, 9:30.

July:

1 Blood pressure check, 11:45.

3 Closed

6 Members meeting, 11:00.

10 Genealogy program, 10:00.

13 Speaker Dr. Crofoot. Topic: "Joints and Arthritis", 12:30.

14 Crafts, 9:30.

15 Birthday party, 12:00.

16 Fish fry, 12:00.

20 Ice cream sundaes, 12:00.

22 Trip to Lewisburg Farmers Market, 10:30-12:00.

24 Fun bingo, 10:00.

30 Popcorn & movie, 9:00.

31 Picnic at Marina with North'd SAC, 10:00-2:00.

August:

3 Members meeting, 11:00.

5 Blood pressure, 11:45.

11 Crafts, 9:00.

19 Birthday party, 12:00.

20 Fun bingo, 10:00.

24 Ice cream sundaes, 12:00.

27 Popcorn & movie, 9:00.

September:

2 Blood pressure, 11:45.

4 Picnic.

7 Closed

14 Members meeting, 11:00.

16 Birthday party, 12:00.

17 Fun bingo, 10:00.

23 Speaker, James White, "Preventing Falls", 10:00.

24 Popcorn & movie, 9:00.

Don't forget to pay your
Senior Action Center
dues for 2015

Mt. Carmel Senior Action Center
570-339-4457

Mon: Board games, 9:30. Exercise, 10:00. Pokeno, 1:00.

Tues: Wii games, 10:00. Unlucky 7s, pinochle, 1:00.

Wed: Board games, 10:00. Exercise, 10:00. Nickel Bingo, 1:00.

Thurs: Wii games, 10:00. Unlucky 7s, 12:30.

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

July:

1 Executive meeting, 10:00. Members meeting, 1:00.

3 Closed. (Happy Fourth of July)

6 Root beer floats, \$1.50, 2:00.

8 Speaker, Ellen Walker, 12:30.

10 Speaker from VNA on home safety 12:30.

14 Make and take activity, 10:00. Commodity food boxes, 12:30-4:00.

16 Horseshoes, 11:00.

17 Breakfast, 9:00. Speaker 12:00, Dr. Crofoot.

20 Speaker on "Summer Safety Tips."

22 Speaker on dementia, 12:30.

23 Hot dog and sauerkraut lunch. Cost \$5.00.

24 Blood pressure check. 10:30-11:30.

30 Make and take activity, 10:00. Horse-shoes, 11:00.

August:

5 Executive meeting, 10:00. Members mtg, 1:00.

6 Movie and pizza party, cost \$4.00, 12:00.

7 Speaker, Linda Walker 12:30.

11 Commodity food boxes, 12:30-4:00.

12 Blood pressure checks, 10:30-11:30.

18 Make and take activity, 10:00.

19 Brownie sundaes, \$2.00, at 2:00.

21 Chair fitness with Family Medical at 12:30.

28 End of summer beach bash. Cost, \$5.00
11AM-4PM.

September:

2 Executive meeting 10:00. Members, 1:00.

7 Closed

9 Milkshakes, \$2.00. 2:00.

11 Speaker, Linda Walker

15 Make and take activity, 10:00.

18 National Cheeseburger Day! Cheeseburger, \$5.00, 12:00.

23 National Fall Prevention Day! Breakfast, 9:30. Speaker, Family Med. 10:30. Bingo, 12:30.

25 Blood pressure checks, 10:30-11:30.



Mt Carmel Senior Action Center

North'd Senior Action Center
570-473-9373

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

Tues: 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 closed: July 3 and Sept. 7.

July:

2 Making soup, BBQ.

4 Open for Pineknottter Day, food & bake goods available.

6 Members meeting, 10:00.

7 Kreekside Restaurant, 11:00 to 1:00.

8 Attorney Varano, 10:00. Questions & Answers.

9 Pinochle card party, 12:15.

15 Anniversary banquet at Front St. Station.

16 Evening bingo. Doors open, 4:00.

22 Blood pressure, 9:30-11:00.

23 Pizza, salad & dessert for lunch.

30 Card party, 12:15

31 Picnic at Marina with Milton Center

August:

3 Members meeting, 10:00.

4 Salad, spaghetti, dessert for lunch.

13 Pinochle card party 12:15.

20 Evening bingo, doors open at 4:00.

21 Picnic at center. Free bingo.

25 Ham & string beans, potatoes, pickled cabbage.

September:

10 Afternoon pinochle, 12:15.

14 Members meeting, 10:00.

16 Blood pressure, 9:30-11:00.

22 Chicken & waffle meal.

23 Fall Prevention, speaker, Jim White, 1:00.

24 Card party, 12:15.

28 Senior day at Bloomsburg Fair.

30 Fair day at center.

Shamokin Senior Action Center
570-644-0772

Cards, board games, shuffle board, puzzles every day starting at 8:30.

Mon: Poker game 10:00. Unlucky 7's 12:00. New players welcome.

Tues: Walk a mile 9:30. Bridge 12:00. Aquacize at YMCA 12:00.

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

Thurs: Walk a mile 9:30. Wii Bowl 10:15. Aquacize 12:00. Nickel bingo 12:30

Fri: Wii bowl 10:00. Nickel Bingo 12:00.

Sat: Cards at 7:00. Doors open 6:00.

July:

1 Sun Home will speak at 12:00, on "PA Ticks." Food Commodity boxes distributed 1:00-3:00.

2 Member's meeting, 10:30.

7 Shopping, Boscov's 10:00-1:00.

9 Focus Health on "Heat, Hydration", 12:00.

14 Lunch at El Rancho Rest. 11:30-1:00.

15 Family Medical, 12:00. "Summer Safety."

16 VNA will check blood pressure, 9:30-10:30.

Picnic, 11:00. \$5.00. Bring desserts/side dishes.

August:

Tickets on sale for our 46th Anniversary Dinner Sept. 17th at Wayside Inn.

3 Executive board meeting 10:30.

4 Boscov's 10:00-1:00.

5 Food commodity boxes, 1:00-3:00.

6 Members meeting, 10:30.

11 Lunch at Hannah's Rest, 11:30-1:00.

13 Sun Home speaking at 12:00 on "Arthritis."

18 Family Med. checking B/P & B/S 10 to 11.

20 VNA will check B/P & B/S 9:30-10:30.

27 Advisory Board Mtg, 9:00 at the AAA office. Picnic at 11:00.

September:

1 Shopping trip to Boscov's, 10:00-1:00.

2 Food commodity boxes, 1:00-3:00.

7 Center closed "Labor Day".

8 Lunch at Annabelle's, 11:30-1:00.

17 Our 46th Anniversary dinner at the Wayside Inn. Dinner, 6:00 PM. Don Schwartz, Magic Show, Vic Boris, dinner music & sing-a-long. Transportation available.

23 Focus Health will speak at 12:00. Topic is "Fall Prevention."

23 Members meeting, 10:30.

Sunbury Senior Action Center
570-286-1820

Movies, 9:00, Mon. Tues. Fri.

Shuffleboard, Mon, 1:30 - Tues, 9:00.

Cards-31, Tues, Thurs, Fri, 2:00

Bingo, Thurs. and Fri, 12:30

Wii, Wed, 9:00. Penny Poker, 12:30.

Bible Study, Thurs. 10:15.

July:

1 Crafts, 10:00.

2 Flag cheesecake, 12:00 must sign up.

3 CLOSED

7 Strawberry Sundae Day! 12:00 must sign up.

Members meeting 12:30.

8 Blood pressure, 9:30-10:30.

9 Mystery trip.

13 Trip to Damons Restaurant.

14 Mid-Summer carnival, 10:00-2:00. Free to members!

15 Manicures, 10:00.

17 Hoagies, chips and dessert, \$3.50, must sign up and pay by 15th.

20 Pinochle, 12:30.

23 Hotdog Day! 11:30 Free hot dogs, macaroni and potato salad for members, must sign up.

24 Question session, Attorney Varano, 12:00.

27 Game Night, 4:00-7:00. Pizza and dessert for \$3.50, must sign up and pay by 22nd.

28 Tour meeting, 10:00

29 Andy's pineapple sundae, 12:00, \$1.00 must sign up and pay by 27th.

31 Covered dish, 11:30, Baked ziti. Please bring a dish to share or see Judy with your donation. Bring a \$2 Instant scratch off lottery ticket to play a game. Trivia also.

August:

3 National Watermelon Day! Free, 12:00, Must sign up ahead.

4 Members meeting, 12:30

6 Mohegan Sun. National Root beer Float Day, 12:00, \$1.00. Must sign up by 4th.

10 Birthday party, 12:30. Acoustic Show!!

11 Steakum sandwich and fries, 11:30. \$3.50 must sign up and pay by 7th.

12 Blood pressure 9:30-11:00

14 Picnic At Marina. Free to Members! 10:00-2:00 Games and Prizes, Lunch and entertainment.

17 Pinochle.

19 Manicures, 10:00.

20 Ehrhardts trip.

21 Taco salads, 11:30. Sign up & pay by 19th.

Sunbury continued:

24 National Peach Pie Day free to members 12:00, Must sign up.

25 Tour meeting, 10:00. Banana Split Day! 12:00, \$1.25. Must sign up and pay by 21st.

28 Covered dish, 11:30. Baked Ham provided, Please bring a dish or donation.

31 Bingo night, 4:00-7:00. Dagwood sandwiches, chips and dessert for sale. Must sign up.

September:

1 Members meeting.

2 Crafts, 10:00.

4 Spaghetti w/meat sauce, garlic bread and dessert, 11:30. Free to members. Must sign up.

7 CLOSED.

9 Blood Pressure 9:30-10:30.

10 Breakfast for lunch, 11:30. Bacon, egg, and cheese bagel, hash browns, fruit, \$3.50. Sign up and pay by 8th.

14 thru 18, Trip to Villa Roma.

14 Hoagie Day and Cream Filled Donut Day! 11:30. Will have both for \$3.50. sign up and pay by 10th.

16 Manicures, 10:00.

18 Cheeseburger Day, 11:30. Fries and small milkshake for \$3.50. Sign up and pay by 16th.

21 Accepting donations for rummage sale starting today. Pinochle, 12:30.

22 National Ice Cream Cone Day! Free for members, 12:00. Must sign up ahead.

23 "Fall Prevention", By Life Geisinger, 10:30.

25 Covered dish, 11:30. Meatloaf provided, please bring a dish or give a donation.

28th Bloomsburg Fair sign up by 18th

National Strawberry Cream Pie Day 12:00 Free to members.

must sign up ahead.

29th Tour meeting 10:00.

Trevorton Senior Action Center
570-797-1996

Bingo every Tuesday evening at 5:30 PM.

July:

1 CSFP distribution, 11:00 - 3:00.

2 Members meeting, 12:30.

3 Closed for Independence Day

8 Trip to Palmero's Restaurant, 11:00 - 2:00.

10 Evening card party 7:00 PM.

17 "Home Safety" by VNA, 10:30. Members birthday party 5:00. We will be serving pigeons, cost, \$3.00.

22 Hoagie sale, \$4.00. Order by July 17.

Trevorton cont.

23 Lunch at Goodwil's in Montandon, 11:30-1.

24 BP screening/Sunbury Hospital 9:00-10:30

27 Members breakfast, 8:30. Trip to Wal-Mart, 11:30-1:00. Evening card party, 7:00 PM.

29 Picnic at the Marina, 10:00-2:00. Bring your favorite covered dish.

August:

4 National night out, 6:00-8:00 at Trevorton Foundry. Come join us.

5 CSFP distribution, 11:00-3:00.

6 Members meeting, 12:30.

10 1st of our Healthy Steps In Motion (HSIM) exercise classes, 10:00 AM.

11 Weis Market, 12:00-1:00 P.M.

12 VNA blood sugar and pressure screening 9:00-10:00 AM. HSIM, 10:00 AM.

14 Evening card party, 7:00 PM.

17 Healthy Steps, 10:00 AM.

19 Healthy Steps, 10:00 AM. "Bake-less" bake sale.

21 "Flu Prevention-Avoiding the Flu", from VNA, 10:30 AM. Member birthday party, 5:00.

24 Healthy Steps, 10:00 AM.

26 Healthy Steps, 10:00 AM.

31 Members breakfast, 8:30. Healthy Steps, 10:00. Wal-Mart trip, 11:30-1:00. Evening card party 7:00.

September

1 BP screening by Family Home Med. 9:30-10:30.

2 Healthy Steps, 10:00 AM. CSFP, 11:00-3:00.

3 Members meeting, 12:30.

7 Closed in observation of Labor Day.

8 Shopping at Weis Markets, 12:00-1:00.

9 Healthy Steps, 10:00 AM.

10 Healthy Steps 10:00 AM.

11 Evening card party, 7:00 PM.

14 Healthy Steps, 10:00 AM.

16 Healthy Steps, 10:00 AM.

17 Haluski sale.

18 Program on "Cholesterol Education, 10:30. Members birthday party, 5:00 PM.

21 Healthy Steps, 10:00 AM.

23 Fall Prevention Day. HSIM, 10:00 AM.

25 Blood pressure screening by Sunbury Community Hospital, 9:00-10:30 AM.

28 Members breakfast, 8:30. HSIM, 10:00. Trip to Wal-Mart, 11:30-1:00. Evening card party, 7:00.

30 Last Healthy Steps class, 10:00.



MEDICARE

**Northumberland County
Agency on Aging
is offering a Medicare seminar
Wednesday, July 8, 2015 at 10:00 AM
at the Agency Conference Room
322 North 2nd Street
Sunbury PA**

**Call 570-495-2395
to confirm your attendance.**

***The APPRISE program is a free, unbiased,
confidential health insurance counseling pro-
gram offered by the PA Dept of Aging to all
Medicare enrollees.***



Mark Your Calendar

Medicare Open Enrollment
October 15, to December 7, 2015

Fall Dinner Dance
at Masser's Banquet Hall
October 21, 2015



50 Years of Medicare

July 1965, President Lyndon Johnson signed into law Medicare, which provides low-cost hospitalization and medical insurance for the nation's elderly. The legislation remains an important legacy of LBJ's "Great Society" initiative.

Thirty years earlier, congress had shelved the first government-mandated health insurance proposal, put forward as a companion to the then-new Social Security program. Ten years after that, as World War II ended, President Harry Truman asked the lawmakers to create a national health insurance plan.

By the time Truman prepared to leave office in early 1953, he had backed off from his original plan of universal coverage. The focus increasingly turned toward insuring Social Security beneficiaries. Nearly two decades of futile debate ensued, with conservative opponents, joined by the American Medical Association, repeatedly warning of the dangers of "socialized medicine."

When the long-stalled Medicare effort came before the 89th Congress in January 1965, congressional leaders designated the bills as H.R. 1 and S. 1. Despite determined resistance by organized medicine and some of its congressional allies, the Medicare bill moved forward. The Senate approved its version on July 9 by 68-21.

At the White House bill-signing ceremony, Johnson enrolled Harry Truman as the first Medicare beneficiary and presented him with the nation's first Medicare card. ~

Domestic Violence Later In Life And What You Can Do

By: Tiffani Wernett, PSS

Domestic violence later in life occurs when someone (usually a loved one such as a family member, close friend, or partner), uses power and/or control to inflict physical, sexual, or emotional injury or harm upon an older adult. Although domestic violence is seen as a problem that mostly affects women, it also happens to men. Domestic violence knows no race, ethnicity, age, economic status, religious background, or sexual orientation. In most cases of domestic violence, the abuser usually uses tactics such as isolation, coercion, threats, physical violence, manipulation, and intimidation to keep control over their victim. Abusers say things such as “You are too stupid to be able to live without me”, “You are just a crazy person with dementia”, “No one will believe you if you tell anyone”, or “If you tell anyone what I did, I will hurt you and your family”. These abusers use these threats and physical violence to maintain the control over the person.

Victims of domestic violence often suffer silently with depression, anxiety, substance abuse, and poor overall health as a result of the abuse. Victims of domestic violence tend to believe what is happening to them is their fault as a result of the perpetual abuse. There are ways that you can help someone who is a victim of domestic violence. Here are some of the indicators that domestic violence may be occurring to someone you know and love:

- **Physical injuries:** such as bruising around the eyes, throat, biceps, or wrists. Other physical injuries such as scratch marks or bite marks are indicators as well. Repeated bruising or other physical injuries that occur over an extended period of time can be an indicator as well, especially if they do not have a reasonable explanation for how the injury occurred. Some excuses commonly heard from victims are “I fell and bumped my eye off the door”, “I don’t know how I did it”, or they just won’t explain the marks at all.
- **Emotional/Psychological:** The victim tends to shy away or stop talking when the aggressor is present. The victim also has patterns of not sleeping, eating, or has lost interest in things that they normally do. Victims also tend to make statements such as “I don’t think I am allowed to do that” or “I need to get permission first”.

Helping someone who is a victim of domestic violence can be a frightening thing, but know that there are resources out there that can help. Showing someone that you love and support them through this is one of the first things you can do to help them. Talk to the victim and let them know that you are there to help them. Here are other steps you can take to help someone suffering from domestic violence later in life:

- Contact your local Area Agency on Aging and speak to someone in the Protective Services Department. Report your concerns about the abuse that is occurring so we can help. You can contact us at **1-855-313-4387**, 24 hours a day, 7 days a week.
- Contact Transitions, an organization that specializes in domestic violence, at **1-800-850-7948**. They have a multitude of services that can help such as emergency housing, obtaining Protection from Abuse Orders, and counseling services for victims of domestic violence.
- Contact the local police if you believe that it is a life or death situation.

Remember that victims of domestic violence suffer in silence and rarely speak up for themselves. Be their voice if you can, report it. Who knows you may save a life.

Tips for Avoiding Heat Stroke & Exhaustion



People's ability to notice changes in their body temperature decreases with age. Many seniors also have health conditions that make them less able to adapt to heat and many medicines that seniors take can contribute to dehydration. Here are some guidelines for keeping safe in hot weather:

Drink Plenty of Liquids:

Dehydration is the root of many heat related health problems. Drink plenty of water or juice, even if you're not thirsty. But remember to avoid alcoholic or caffeinated drinks, as they can actually contribute to dehydration.

Wear Appropriate Clothes:

When it's hot out, wear light-colored, lightweight, loose-fitting clothes and a wide-brimmed hat.

Stay Indoors During Mid-day Hours:

During periods of extreme heat, the best time to run errands or be outdoors is before 10am or after 6pm, when the temperature tends to be cooler. Avoid exercise and strenuous activity when it's very hot.

Seek Air-conditioned Environments:

Seniors whose houses aren't air-conditioned should consider finding an air-conditioned place to spend time during extreme heat. The mall, library, **Senior Action Centers** or movie theaters are all popular options. Seniors without convenient access to any air-conditioned place might consider a cool bath or shower.

Know the Warning Signs of Heat-related Illness:

Dizziness, nausea, headache, rapid heartbeat, chest pain, fainting and breathing problems are all warning signs that help should be sought immediately.

Thank You Robert & Conchita Bennett for your generous donation

We Need Your Help

Northumberland County Area Agency on Aging's goal is to promote the physical, mental, social and emotional well being of older adults to attain or maintain independence and self-care. Your tax-deductible gift provides life-changing help for those among us who are most in need. The names of all contributors will be acknowledged in The Scoop unless anonymity is requested. Donations can also be made in Remembrance.

Donation Coupon

Make your donations payable to **Northumberland County Area Agency on Aging**
Mail to: Northumberland County Area Agency on Aging 322 N. 2nd St., Sunbury, PA 17801

Name: _____ Amount of Donation\$ _____

Address: _____ Zip _____

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