



# THE SCOOP



Northumberland County Area Agency on Aging  
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*Volume I ~ Winter 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](http://www.ncaging.org)**



**Area Agency on Aging Staff**

## Administrator's Corner

The new year brings all of us hope for a wonderful beginning to another year.

It's the time of year to make resolutions and a time to renew our spirit.

My wish for all of us is to be kinder to people in 2014. There is a sign in my office that says, "Be kind, everyone is fighting a battle."

Life throws us curves and there are a many bumps along the road, but if we face difficult times with kindness in our heart, a smile on our face and a helping hand to others, our spirit will be renewed.

Have a wonderful, blessed 2014.

*Patricia Rumberger, Administrator  
Karen Leonovich, Deputy Administrator*

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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.***

## 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 care giving 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:

**January 8, 2014**

**February 12, 2014**

**March 12, 2014**

## Nutritional Greenhouse Named for Its "Driving Force"

BY ROB WHEARY(STAFF WRITER)

SHAMOKIN NEWS ITEM

Published: November 9, 2013

The Patricia C. Rosini Nutritional Greenhouse at the Northumberland County Career and Technology Center was dedicated to the late Rosini on November 8, 2013.

The Intergenerational Nutritional Greenhouse at the Northumberland County Career and Technology Center has been bridging the gap between young and old for two years, fulfilling a dream of the late Patricia "Pat" C. Rosini.

She was remembered as the project's driving force when the facility was dedicated as the Patricia C. Rosini Nutritional Greenhouse.

"It was a lovely ceremony, and a lovely dedication to her memory," said her daughter, Paige Rosini.

Pat Rosini was killed in a February 2012 vehicle crash in Everglades City, Fla., that also claimed the lives of her husband, Jim, Jim's brother, William Rosini, and William's companion, Deborah Korbich.

Pat Rosini, as deputy administrator of the county Area Agency on Aging, was integral in the design and planning of the 2,160-square-foot greenhouse. It features radiant floor heating, geothermal and solar capabilities, computerized venting and shading systems and a 500-gallon water reclamation tank.

During the ceremony, Area Agency on Aging administrator Patricia Rumberger spoke about how well the program is working.

"Both the students and the seniors love this program," she said. "A lot of credit goes to (school) director Jim Monaghan and culinary arts instructor Jim Schiavoni, because they are so easy to work with." Local senior citizens help the students grow vegetables at the greenhouse, and culinary arts students in turn use the food to prepare dishes for the local senior centers.

"The seniors love the meals and the students love making them with fresh, off-the-vine vegetables that they get right from the greenhouse," Rumberger said.

Brian Duke, Pennsylvania's Secretary of Aging, said he was honored to be the keynote speaker. He said he remembered hearing about the greenhouse, but that when he came for the opening two years ago and approached the school grounds, he thought he was at the wrong place.

"When I pulled into the driveway and saw Pat, I knew we were in the right place," he said. Friday's ceremony was also a chance for attendees to remember a friend and colleague. A slide show of photos of Rosini ran in a loop while honored guests spoke, and the program featured photos of Rosini.

*Continued on page 3*

## Greenhouse Dedication

Continued from Page 2

Duke said every time he thinks of the Department of Aging's mission statement - "To enhance the quality of life of all older Pennsylvanians by empowering diverse communities, the family and the individual" - a voice inside reminds him of Rosini. "I am reminded of her vitality and the connection that she had to her community and her ability to do the right good for it," Duke said. "Pat was a connector, and without those connections, nothing gets done."

"Exactly one year and nine months ago, we lost Pat, Jim, Bill and Deb, but they will all live on in our hearts," Rumberger said. "Her memory will always live in the good works that are done through this greenhouse, and we dedicate it today to her with love." Following the ceremony, members of the Rosini family, agency staff and invited guests gathered outside to unveil a plaque with the new name. They also released environmentally safe green balloons into the air.



## Low Income Energy Assistance Program (LIHEAP)

You can apply for the LIHEAP benefits online by using [COMPASS](#). Download an application for LIHEAP benefits by clicking on the links below and return it to your [local county assistance office](#), or file an application at your [local county assistance office](#). For more information, please contact your [local county assistance office](#) or contact the LIHEAP hotline at **1-866-857-7095**, Monday through Friday or online at: <http://www.dpw.state.pa.us/foradults/heatingassistance/liheap>

## Staying Healthy This Winter

Winter is here and as the temperature drops, it's important for older adults to prepare for the potential risks that cold weather can bring.

For the thousands of seniors living in the Northeast, winter may pose a number of risks. Reports have shown much higher incidences of injury and illness due to icy sidewalks, cold and dry air, flu viruses and in many cases, hypothermia.

Keep these tips in mind to ensure safety and optimum health this winter:

Older adults are more susceptible to hypothermia, which occurs when too much heat escapes from the body. It is important to dress warmly and keep dry. When going outdoors, remember to dress warmly. Wear layered, loose-fitting clothing and mittens. When possible, wear a hat to protect against heat loss since close to half of all body heat is lost through the head.

You can prevent many winter hazards simply by planning ahead. Before winter arrives, check all the windows and doors in your home for cracked or worn sealants. A new application of caulking may be needed; in a pinch, staple a sheet of plastic tarp over really old windows.

Talk to your electric or gas companies to see if you can be put on a level billing system that averages your energy payments equally over 12 months. This doesn't save money, but it does help to budget during the heating season and prevent your heat from being shut off.

To avoid slips and falls, wear non-skid boots or other shoes with plenty of traction.

Cold weather can put extra strain on the heart. When doing winter chores such as shoveling snow, do some warm-up exercises first and take many breaks.

To conserve energy, heat only those rooms that you use. Close off the attic, garage, basement, spare bedrooms or storage areas.

When using a portable heater, plug the heater directly into an outlet, not to an extension cord. Make sure the outlet and wiring are in good condition. Keep the area around the heater clear of furniture, newspaper or other flammable materials and take special care to avoid tripping over cords.

## 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*

### January:

- 16 - Trip to Country Cupboard
- 21 - Movie and Pizza.

### February:

- 12 - Valentine Party, this will be a covered dish.
- 20 - Trip to Goodwill Restaurant.

### March:

- 12 - St. Patty's Party
  - 20 - Trip to Gourmet Buffet.
- Blood pressure and blood sugar 3rd Wednesday of every month. Pokeno every Monday. Bingo every Wednesday. Crafts and Pinochle every Friday.
- Healthy Steps every Mon. and Wed. morning.

**Herndon Senior Action Center**  
570-758-1570

- Exercise every Mon. and Wed. 10.45am.  
Bingo every Monday and Wednesday 12:30pm  
Card party every 1<sup>st</sup> Monday of month 6:00pm.  
Card party every 4<sup>th</sup> Thursday of month 1:00pm.  
Members breakfast every 3<sup>rd</sup> Tuesday of month 9:00am.  
Birthday party every 3<sup>rd</sup> Thursday of month 1:00pm.  
Members meetings 1st Wednesday of the month 1:30pm.  
Officers' meetings 3<sup>rd</sup> Thursday of month following Birthday party.

### January:

- 15 - Vo-Tech Luncheon at center 11:00. Menu: chicken and waffles, visit from Mt Carmel, Trevorton, Sunbury and Shamokin SACs, entertainment 12:00noon. Cost \$6.00.

### Febuary:

- 14 - Valentine's party 12:00 Crowning of 2014 King and Queen, Entertainment.



*Kulpmont Seniors having a great time!*

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

### January:

- 9 - Hot dogs and sauerkraut, no charge but you must participate in the activity of the day.
- 14 - Bible Study 12:30
- 15 - Movie Day: "A Day in a Life", light refreshment will be served.
- 17 - Janet Pauling will be doing vision screening at 12:00, checking your visual acuity, color and depth perception and peripheral vision; a \$1.00 donation.
- 23 - Breakfast sandwiches will be sold at 9:00. Cost \$3.00.
- 29 - Blood pressure & blood suger, must fast.

### February:

- 4 - Family Medical will be doing free Blood Pressure and Blood Sugar 9:30 to 10:30, you must fast to have your blood sugar taken.
- 6 - Trip to Vo-Tech.
- 11 - Bible Study 12:30.
- 14 - Valentine's Day Party. Menu: Pizza, salad and dessert. Cost \$5.00.
- 27 - Appetizers and all kinds of dips for those who participate in the activity of the day.

### March:

- 6 - Trip to Vo-Tech.
- 11 - Bible Study 12:30.
- 13 - Doagie Party and fund raiser \$3.00.
- 17 - Corn beef and cabbage, \$3.00 a bowl.
- 27 - Blood pressure & blood sugar, must fast.

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

Pokeno - Monday and Friday at 1pm.  
Unlucky 7's - Tuesday at 12:30 pm.  
Pinochle - Tuesday and Thursday at 12:15 pm.  
Bingo - Wednesday at 1 pm.

**January:**

**8** - 10:30 am, CSO will be here for a "grocery-getter" workshop. Learn how to stretch a tight budget a little further when visiting the grocery store.  
**15** - Mt Carmel Senior Action Center will be visiting the Herndon Center for a Culinary Arts Luncheon.  
**21** - 10:30 am, Ellen from Life Geisinger is coming for a presentation on "Aging Gracefully."  
**23** - Lunch at the Olive Garden.  
**February:**  
**14** - Valentine's Party at the Center  
Mt Carmel SAC will be planning the Valentine's Party and an April Anniversary banquet after the installation of new officers in January. For details about these events or other upcoming activities, call the center at 339-4457.

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

**Card Parties: 12:15**

**Jan 30** - Refreshments available.  
**Feb 27** - Refreshments available  
**Mar 27** - Refreshments available  
**Special Meals at 11:30**  
**Jan 16** - Saucy Winter Casserole  
**Feb 4** - Meatloaf  
**Feb 14** - Stuffed Shells  
**Mar 6** - Pigs in a Blanket  
**Jan 8** - Dairy Princess, Ashley Wetzal, to speak at 10:00.  
**Jan 9** - Trip to Vo-Tech for cosmetology. 11:30, Lunch may be available.  
**Feb 13** - Trip to Vo-Tech for cosmetology. 11:30.  
**Feb 28** - Going to Sunbury SAC for a covered dish meal and nickel bingo.  
**Mar 13** - Trip to Vo-Tech for cosmetology. 11:30. Wii Games are played every Thursday morning starting at 9:30.  
We are starting a "learn to knit" class Jan. 13th at 9:30. To be held every Monday.  
Every other Friday we make jewelry.

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

**January:**

**6** - Nickel bingo 12:00-1:15. Member's meeting 1:30. Refreshments will be served.  
**9** - New Year's Party. Hot Dogs & Sauerkraut.  
**14** - Our first of 6 week program "Chronic Disease Self Management Program", conducted by Family Medical, 12:00-2:30. Refreshments will be served.  
**21** - Chronic Disease Self Management Program, 12:00-2:30. Refreshments available.  
**28** - Chronic Disease Self Management Program, 12:00-2:30. Refreshments available.  
**7, 14, 21, 28** - Shamokin HS Students will be at the center to give computer lessons.

**February:**

**3** - Nickel Bingo 12:00-1:15. Members' meeting 1:30. Refreshments will be served.  
**4** - Chronic Disease Self Management Program, 12:00-2:00. Refreshments available.  
**11** - Chronic Disease Self management Program, 12:00-2:30. Refreshments served.  
**13** - Valentine's Day Party. Luncheon will be served at 11:00 to those that signed up.  
**18** - Final week of Chronic Disease Self Management Program, 12:00-2:30. Refreshments will be served and certificates will be presented to those completing the program.

**March:**

**3** - Nickel Bingo 12:00-1:15. Members meeting 1:30. Refreshments will be served.  
**13** - St Patrick's Day Party. Luncheon will be served at 11:00 to those that signed up.  
Mondays: Crafts at 12:30.  
Tuesdays & Thursdays: Walk a Mile 9:30.  
Tuesdays: Bridge at 12:00.  
Wednesdays: Bridge lessons at 9:30. Wii bowling at 10:00. Pinochle & Pokeno 12:30.  
Thursdays: Nickel Bingo 12:30. Refreshments served. Great Jackpot!  
Fridays: Yoga 9:30. Nickel Bingo 12:00.  
Saturday nights: Cards at 7:00. Doors open at 6:00. Enjoy a night playing cards.  
Use our treadmill Monday through Friday. Must have a note from your doctor saying you are physically able.  
Don't forget to pay your 2014 Membership dues.

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

**January:**

**10** - Pizza, salad and dessert 11:30. National Cut Your Energy Costs Day program at 12:00 with Lari Thomas from CSO.

**15** - Trip to Herndon Senior Center for a luncheon of Chicken and Waffles made by students of the Shamokin Vo-Tech Culinary Arts Program. \$6.00

**17** - Breakfast at 9:00. Sausage gravy on biscuits, fruit, only \$2.50 sign up by 15<sup>th</sup>.

**27** - Trip to *Sakura Buffet* in Williamsport

**31** - National Fun at Work Day! Bring a covered dish to share. White Elephant Auction following lunch. Donated wrapped gifts appreciated.

**February:**

**5** - National Pancake Day, 9:00. Pancakes, sausage and fruit, \$2.50 sign up by the 3<sup>rd</sup>.

**7** - Send a Card to a Friend Day, making cards at 10:30 to take to local nursing homes to cheer residents.

**10** - Birthday Celebration 12:30 w/entertainment.

**12** - Trip to *Red Lobster*.

**14** - Party at 11:30: Baked ziti, salad, bread and ice cream \$4. Bring a candy bar and valentine card to play a game. Newlywed Game with 3 married couples from our center.

**21**-Hoagie, chips and ice cream 11:30. \$3.50 sign up by the 19<sup>th</sup>.

**24** - National Tortilla Chip Day, making taco salads 11:30. \$3.00. Sign up by 20<sup>th</sup>.

**28** - Welcome North'd Senior Center for covered dish at 11:30 and Nickel Bingo after lunch.

**March:**

**6** - National Frozen Food Day: Waffles and ice cream, 12:00. \$1.00. Sign up by the 4<sup>th</sup>.

**12** - Breakfast: Eggs, homefries, toast, \$2.00. 9:00. Sign up by 10<sup>th</sup>.

**17** - St. Patrick's Day. Bring a green dessert to share 12:30.

**19** - "Spamalot" at *Toby's*, Columbia, MD \$75.

**21** - Pizza, salad and dessert, 11:30, cost is \$3.50. Sign up by 19<sup>th</sup>.

**24** - Trip to *County Line Restaurant*.

**28** - Bring a covered dish to share, 11:30.

*Sunbury SAC Cont.*

Bingo every Tues., Thurs. and Friday at 12:30.  
Shuffleboard Tuesday mornings 9:00.

Zumba Mondays at 12:00.

Poker Wednesdays 12:30.

Bible study Thursdays 12:15.

Crafts Wednesdays at 12:30.

Playing 31, Mon 12:30, Tue, Thur, Fri 2:00.

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

**January:**

**9, 16, 23 and 30** Ma-Jong at 12:30.

**10** and **27** Pinochle Card Party 7:00 p.m.

**17** Ashley Wetzel, Dairy Princess 10:30 a.m.,  
Members Birthday Party 5:00 p.m.

**24** Blood Sugar and Blood Pressure Screening  
by Sunbury Community Hospital 9:00 - 10:30.

**27** Members Breakfast 8:30 a.m.

**February:**

**4** Blood Sugar and Blood Pressure Screening by  
VNA 9:30 - 10:30 a.m.

**13, 20** and **27** Ma-Jong at 12:30 p.m.

**14** and **24**, Pinochle Card Party 7:00 p.m.

**19**, Making hoagies. If you would like to order please call the center by Friday the 14th. We will be making Ham and Cheese, regular and turkey. Cost is \$3.50 each.

**21**, Members' Birthday Party 5:00 p.m.

**24**, Members' Breakfast 8:30 a.m.

**25** and **26** (if needed) Making Pierogies, if you would like to order please call the center, \$7.00 a dozen. Orders must be in by Feb. 20th.

**March:**

**4**, Donut Day. We will be making donut holes for refreshments. (Not for sale). Come in and enjoy.

**12**, Soup sale. Place your order by March 6th to make sure you get what you want. We will be selling Ham and Bean, Hamburger and Potato Soup. Cost is \$6.00 a quart.

**14** and **31**, Pinochle Card Party 7:00 p.m.

**21**, Members' Birthday Party 5:00 p.m.

**28th**, Blood Sugar and Blood Pressure Screening by Sunbury Community Hospital 9:00 - 10:30 a.m.

**31st**, Members' Breakfast 8:30 a.m.



Seniors with children at the Milton SAC

Please Support your local Senior Action Center. The Staff, Officers and members are interested in new ideas to promote center growth.

Websites For Seniors

You might enjoy checking out some of these Websites:

<http://seniorslovetoknow.com> - Resources and games for seniors.

<http://microsoft.com/enable/aging/tips.aspx> Computer tips.

<http://grandmabetty.com> - A bit of everything for Baby Boomers.

<http://geezerquff.com> - For funny and fiesty seniors.

<http://healthfinder.gov> - A source for reliable health information.

<http://AARP.org> - Medical and financial help for seniors.

<http://savvysenior.org> - Information on many topics for seniors.

<http://suddenlysenior.com> - Jokes and funny stuff for seniors.

Senior Smiles

An elderly man driving erratically was stopped by the police around 2 a.m. and was asked where he was going at that time of night.

The man replied, "I'm on my way to a lecture about alcohol abuse and the effects it has on the human body, as well as smoking and staying out late."

The officer then asked, "Really? Who's giving that lecture at this time of night?"

The man replied, "My wife."

\*\*\*\*\*

I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising.

I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour.

But, by the time I got my leotards on, the class was over.

Milton Senior Action Center  
570-742-9435

- Pinocle every Monday at 12:30 pm.
- Tripoley every Wednesday at 10:00 am.
- Nickle Bingo every Wednesday at 12:30 pm.
- Bible Study every Thursday at 12:30 pm.
- Rummikub every Thurs. at 12:30 pm.
- Nickle Bingo every Friday at 9:30 am.
- Penny Poker every Friday 12:30 pm.

January:

- 6 - Members' Meeting 11:00 am.
- 14 - Crafts 9:00 am. \$3.00
- 15 - Pizza Lunch 11:30 am. \$5.00.
- 16 - Pop Corn Movie 9:00 am.
- 21 - Susquehanna Sight 10:00 am. \$1.00.
- Nickel Bingo 5:30 – 8:00 pm.
- 23 - Fun Bingo 10:00 – 11:30 am.
- 30 - Dairy Princess 10:30 am.

February:

- 3 - Members' Meeting 11:00 am .
- 12 - Hoagie Lunch 11:30 am \$5.00.
- 13 - Valentine's Day Party 9:30 am.
- 20 - Pop Corn, Movie 9:00 am.
- 25 - Nickel Bingo 5:30 – 8:00 pm.
- 27 - Fun Bingo 10:00 – 11:30 am.

March:

- 3 - Members' Meeting 11:00 am.
- 12 - Pizza Lunch 11:30 am \$5.00.
- 13 - Fun Bingo 10:00 – 11:30 am.
- 18 - Nickel Bingo 5:30 – 8:00 pm.
- 20 - Pop Corn Movie 9:00 am.

Winter weather is here, so please check the local radio station for any cancellations and delays for the Area Agency on Aging Office or the Senior Action Centers.

15 Reasons to Volunteer

- Make a difference
Find purpose
Enjoy a meaningful conversation
Connect with your community
Feel involved
Contribute to a cause that you care about
Use your skills in a productive way
Develop new skills
Meet new people
Explore new areas of interest
Meet caring people
Help others
Get out of the house
Make new friends
Feel better about yourself



Easy Decadent Truffles

- 1 (8 ounce) Pkg. Cream Cheese , softened
3 cups confectioner's sugar
3 cups semi-sweet chocolate chips, melted
1 1/2 teaspoons vanilla

In a large bowl, beat cream cheese until smooth.

Gradually beat in confectioner's sugar until well blended.

Stir in melted chocolate and vanilla until no streaks remain.

Refrigerate for about 1 hour.

Shape into 1" balls.

Coat with ground nuts, coconut, candy sprinkles or chocolate.

THANK YOU
William Shaffner for the 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.

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 \_\_\_\_\_