



THE SCOOP



Northumberland County Area Agency on Aging
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Social Security Admin: 1-866-593-3796
Agency Website: www.ncaging.org
PA Aging Website: aging.pa.gov



*"The sun came out,
And the snowman cried.
His tears ran down
on every side.
His tears ran down
Till the spot was cleared.
He cried so hard
That he disappeared."*

Margaret Hillert, January Thaw

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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.

Dates To Remember

Martin Luther King Day
January 16, 2017

President's Day
February 20, 2017

Ash Wednesday
March 1, 2017

Daylight Savings Time Begins
March 12, 2017

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:

January 11, 2016

February 8, 2016

March 8, 2016

Hang up on PP&L scams

Scam artists got more sophisticated when their calls to PP&L customers looked like they were coming from PP&L and even sounded like it.

These criminals falsely told customers they were delinquent on their accounts, and then threatened to turn off the customer's power unless they received an immediate payment via a prepaid debit card.

Please don't fall for these scams. PP&L doesn't call customers and threaten them. And don't accept prepaid debit cards as bill payments. The scammers were using a variety of telephone numbers, but there is only one number for PP&L residential customers to remember and call:

1-800-342-5775.

Be sure you're familiar with the status of your account. If something doesn't seem right, hang up and call PP&L for verification. If the call turned out to be a scam attempt, also call the police. PP&L continues to work with law enforcement as they work to catch the scammers. Even one successful scam attempt is too many.

Winter Energy-Saving Tips



This article will help you find strategies to help you save energy during the cold winter months. Some of the tips are free and can be used every day to increase your savings, others are simple and inexpensive actions you can take to ensure maximum energy savings through the winter.

Take Advantage of Heat from the Sun

Open curtains on your south facing windows during the day to allow sunlight to naturally heat your home and close them at night to reduce the chill you may feel from cold windows.

Cover Drafty Windows

Use a heavy-duty clear plastic sheet on a frame or tape clear plastic film to the inside of your window frames during the cold winter months. Make sure the plastic is sealed tightly to the frame. Install tight fitting insulated drapes or shades on windows that feel drafty.

Adjust the Temperature

When you are home and awake, set your thermostat as low as is comfortable. When you are asleep or out of the house, turn the thermostat back 10 to 15 degrees for eight hours and save 10% a year on your heating bills. A programmable thermostat can make this easy.

Find and Seal Leaks

Find and seal leaks around pipes, gaps around chimneys and unfinished spaces behind cupboards and closets. Add caulk or Weatherstripping to seal air leaks around doors and windows.

Maintain Your Heating System

Schedule service for your heating system. Find out what maintenance is required to keep it working efficiently. Replace your furnace filter as needed. For wood burning and pellet stoves, clean the flue regularly.

Lower Water-heating Costs

Water heating accounts for 18% of the energy used in your home. Turn down the temperature on your heater to 120 degrees. You'll not only save energy, but you will avoid scalding your hands.

Six At-Home Stress Relievers

As a caregiver, you know you need to de-stress. There are ways to lower stress without leaving your home, and without spending money. You're surrounded by everyday household items right now that have the power to help you relax and unwind. Try these six things:

Hand towel

Soak a hand towel in water and then microwave it for two minutes until it's steamy. Place the towel on the back of your neck and then over your face. As the soothing heat hits your skin, your body will instinctively relax.

Water

Not only is running water a great noise muffler, but the sound and feel of water is therapeutic. Take 10 minutes for a hot, unhurried shower or a steamy bath and feel the stress melt away. Massage your head as you shampoo, use a scented body wash. When you emerge, you will feel rejuvenated and ready to take on the day.



Paper

Don't keep your anger, fear and frustration all bottled up. Vent it by putting pen to paper. Studies show that writing about stressful events in your life dramatically lowers your stress. Experts aren't exactly sure why it works. Perhaps it's because the transfer of your stress through your hand, out your body and onto the paper simply stops you from thinking about your problems. The result is less stress and a better mood.

Tea

Skip the coffee and opt for tea instead. Research has shown that drinking tea on a daily basis can help lower stress hormones and induce greater feelings of relaxation. Try stress-busting brews, like Chamomile or black tea.

Music

Music does wonders to alleviate stress. Experts suggest that it is the rhythm of the music or the beat that has a calming effect on us.

Candles

Lavender or chamomile are the most relaxing. Imagine that the scents are entering your nose and spreading throughout your body, relaxing tight muscles and alleviating tension.

Avoid Drug Interactions

Taking multiple medications and supplements could cause serious problems.

Potentially serious drug interactions are a daily threat to people who take multiple medications and supplements, according to the U.S. Food and Drug Administration. One drug can affect the effectiveness of other drugs and how your body uses them. The FDA says these safety tips will help prevent harmful drug interactions or side effects:



Follow your doctor's directions. You shouldn't take drugs that your doctor doesn't know about. Follow your prescription. Don't skip or change your dosage even if you feel fine or think the medicine isn't working. Let your doctor know if you develop symptoms or side effects. Medication can't work unless you take it. Medications that treat chronic conditions such as high blood pressure and diabetes typically only work when taken regularly and as directed.

Keep a medication list. Jot down the brand and generic names along with doses and instructions for all drugs you take, and keep this list with you at all times. If anything changes, update your list. Consider giving a copy to a friend or relative in case of emergency, especially when you travel.

Learn about possible drug interactions and side effects. Some drugs affect how others work and some interactions are dangerous. Even over-the-counter drugs or herbal remedies can affect how your medicines work. Alcohol can, too. It's important to read the drug-facts label on medications and any special instructions from your doctor. If you have more than one doctor, tell each one about all prescription, OTC drugs and supplements you take. Your pharmacist can also explain possible side effects and drug interactions.

Routinely go over your medication list with your doctor. This will help ensure that all drugs and supplements you take are still necessary and appropriate. Let your doctor know if you can't afford any of your medications. Sometimes there are cheaper, yet effective alternatives. Let your doctor know if you think any medication isn't working.



Benefits of Senior Centers

LIHEAP provides assistance for home heating bills to keep low-income Pennsylvanians warm and safe during the winter months. Assistance is available for renters and homeowners. Crisis and regular LIHEAP grants begin November 1, 2016 through March 31, 2017.

LIHEAP is an important part of statewide efforts to help struggling families pay their bills and keep their homes warm during the winter. Now is the time for consumers to enroll in LIHEAP, and to explore other assistance programs that are available through their utilities or from various non-profit groups.

Eligibility for the 2016-17 LIHEAP season is set at 150 percent of the federal poverty income guidelines. The chart below shows the maximum income allowed for eligibility based on household size.

Household size	Maximum Income
1	\$17,820
2	\$24,030
3	\$30,240
4	\$36,450
5	\$42,660
6	\$48,870
7	\$55,095
8	\$61,335
9	\$67,575
10	\$73,815

Each additional person in the household adds \$6,240 to the maximum income allowed for eligibility.

Online applications can be completed by visiting www.compass.state.pa.us. Paper applications are still available through local county assistance offices, or interested applicants can download and print an application from the department's website.

For helpful tips on keeping warm throughout the winter while saving money on utility costs, visit:

www.energysavers.gov.

For more information on LIHEAP, visit:

www.dhs.pa.gov.

Northumberland County has nine senior action centers, but most people don't think much about it until they realize one day that they are old enough to attend. The benefits associated with senior centers are significant in the lives of older people.

We never outgrow the need for a social life. This desire doesn't fade as we grow older. In fact, some people become lonely after the passing of a spouse, less frequent visits from family and the physical limitations that may prevent getting out on a regular basis. Senior centers provide a variety of peers to spend time with.

There are regularly scheduled activities, bingo, meals, card games, entertainment and exercise. These activities keep them active, which promotes their mental and physical well-being. Senior centers give older people a renewed sense of independence. With a full schedule of social activities and friends to meet at the center, they feel like they are doing their own thing.

When seniors rely on their families for all of their transportation and human contact, it can make them feel dependent and unhappy. Our senior centers provide free transportation for seniors to and from their homes so that they can come and go as they please, furthering the feeling of independence and freedom.

Senior centers regularly schedule health screenings and make flu shots and other treatment available. This convenient option encourages seniors to get checked for health problems without making additional appointments with doctors, and they get to do it in a place they want to go anyway. These screenings and treatments benefit seniors by providing early detection of health problems and increasing their chances for longevity.

**Don't forget to pay your 2017 dues
at your Senior Action Center**

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: Exercise, 8:30. Cards, 9:30. Pokeno, 11:30.

Wed: Exercise, 8:30. Cards, 9:30. Bingo, 11:30. Bible Study, 1:30.

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

January:

6 Members' meeting, Make your own sundae.

11 Sun Home Health- blood pressure, 11:00.

16 Closed for Martin Luther King Day.

17 Sweet Treats, Shamokin, for lunch. 11:30.

18 Covered dish lunch.

25 Birthday party.

February:

3 Members' meeting.

8 Valentines program.

9 Culinary Luncheon at Shamokin SAC.

14 Trip to Olive Garden.

15 Covered dish. Wear red-white-blue for Presidents Day.

20 Closed.

21 Open for Monday's programs.

22 Birthday party.

March:

3 Members' meeting.

8 Covered dish lunch.

15 St Patrick's Day program.

22 Spring program, pizza party.

29 Birthday party.

Herndon Senior Action Center
570-758-1570

Mon: & Wed: Exercise, 10:45, bingo, 12:30.

Thurs: 9:30 Bible study, unless noted.

January:

2 Center closed. 6 PM card party.

4 Commodity food delivery, 10:00, members meeting, 1:30, swearing in of new officers.

6 Movie, 12:00, refreshments.

11 Last day to sign for luncheon.

13 Sweet Tooth Diner trip, 11 to 1.

16 Closed Martin Luther King Day.

17 Members breakfast, 9:00.

18 No exercise class. Center Luncheon, bingo, 12:30.

19 Birthday party, 1:00, officers meeting.

20 Walmart, 10:00 to 1:00.

21 Cash bingo, 6:00PM. Doors open at 5:00.

25 Grab & Go orders delivered, BP check, 2:00.

26 Card party, 1:00.

February:

1 Commodity Food delivery 10:00, Members Meeting 1:30.

2 Shamokin Luncheon count due.

6 Card party, 6:00 PM.

9 Shamokin luncheon.

13 Sunbury Hospital Blood pressures 9:30 to 11:00.

15 Grab & Go breakfast delivery.

16 Birthday party, 1:00. Officers meeting.

18 Cash Bingo 6:00 PM.

20 Center closed for Presidents Day.

21 Members breakfast, 9:00.

22 Blood Pressure, 2:00.

23 Card party, 1:00.

March:

1 Commodity food delivery 10:00, Members Meeting 1:30

6 Card party 6:00pm

8 Luncheon count due

15 Mt Carmel luncheon.

16 Birthday party 1:00, Officers meeting.

18 Cash bingo.

21 Members breakfast.

23 Card party 1:00.

29 Sun Home Health Blood Pressures 2:00.

30 Trip to Washington DC. Call for details.

Websites for Seniors

medicare.gov

aarp.com

seniorliving.org

suddenlysenior.com (Humor)

seniors.lovetoknow.com

Kulpmont Senior Action Center
570-373-1112

Every Wed. 4:30 to 6:00. Holy Angels Church serves a meal in the former Ann Joachim House.

The Kulpmont SAC moved to it's new location on December 11th. It is now located at the corner of 8th and Chestnut Street.

Mon. Pokeno 12:30.

Tues. Pinochle, 12:00, Rummy 12:30.

Every 2nd Tues. Commodity food pickup.

Wed. LCR, 12:30.

Thur. Bingo, 12:30.

Fri. Nickel bingo, 12:30.

January:

- 2 Center Closed
- 5 Member's meeting, 12:30.
- 10 FHM BP/BS, 9:30 to 10:00. Commodity food pick up.
- 11 Hot dogs and sauerkraut, \$4.00.
- 12 Guest speaker on bullying, Tara Venna, 12:00.
- 13 Hot chocolate and popcorn.
- 16 Center Closed.
- 17 Bible study, 12:30.
- 18 Luncheon at the Herndon SAC, \$6.00.
- 25 Lunch at OIP, \$2.00.
- 27 Speaker on beating the Winter Blues, 12:00, also making a winter craft.

February:

- 1 Wedding soup and sandwich for lunch
- 2 Member's meeting, 12:30.
- 9 Luncheon at Shamokin SAC, \$6.00.
- 14 Commodity food pick up.
- 15 Valentine's Day party with pizza & salad, 11:30. \$5. Wear Red. Speaker, Valentine trivia.
- 20 Center closed.
- 21 Bible study, 12:30.
- 23 Lunch at Masser's, \$2.00.

March:

- 2 Member's meeting, 12:30.
- 9 Lunch at Pondeuce, \$2.00.
- 14 BP/BS, 9:30- 10. Commodity food pick up.
- 15 Luncheon at Mt. Carmel SAC, \$7.00.
- 17 St. Patrick's Day party, serving hoagies. Speaker on St. Patrick's Day fun.
- 21 Bible study, 12:30.

Milton Senior Action Center
570-742-9435

Mon: Pinochle, 12:30.

Wed: Dime bingo, 12:30.

Thur: Pinochle & Bible study, 12:30.

Fri: Dime bingo, 9:30.

January:

- 2 Closed
- 4 Blood pressure, 11:45.
- 9 Members meeting 11:00.
- 10 Crafts, 9:30.
- 16 **Closed**, Martin Luther King Day
- 18 Birthday party 12:00.
- 20 Fun bingo, 10:00.
- 24 Pop corn & movie, 9:30.
- 27 Hoagies for lunch, 11:30.

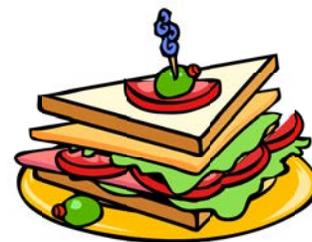
February:

- 1 Blood pressure, 11:45.
- 6 Members meeting, 11:00.
- 7 Crafts, 9:30.
- 14 Valentine's Day party, 10:00.
- 17 Fun Bingo, 10:00.
- 20 **Closed**, President's Day
- 22 Birthday party, 12:00.
- 24 Pop corn & movie, 9:30.

March:

- 1 Blood pressure, 11:45.
- 6 Members meeting, 11:00.
- 15 Birthday party, 12:00.
- 17 ST. Patrick's Day.
- 18 Pop corn & movie, 9:30.
- 23 Fun bingo, 10:00.
- 31 Pizza for lunch, 11:30.

Frey's now offers a new menu. You can get the regular menu or the lighter menu which consists of soups, sandwiches or salads.



Fish is always an option along with a meat substitute.

Mt. Carmel Senior Action Center
570-339-4457

January:

- 2** Closed. Happy New Year.
- 4** Meeting Day! Officers, 10:00, Members, 1:00. Birthday party and bingo.
- 5** Trip to Vo-Tech Cosmetology, 8:00-10:00.
- 10** Commodity food box pick-up 12:30-3:30.
- 16** Closed.
- 18** Vo-tech luncheon at Herndon. Last day to order Grab N Go.
- 20** Speaker at 12:00 on arthritis.
- 23** BP check by Family Medical, 10:30-11:30.
- 25** Grab n Go orders arrive around 9ish.

February:

- 1** Meeting Day! Officers, 10:00, Members, 1:00. Birthday party and bingo.
- 2** Trip to Vo-Tech Cosmetology, 8:00-10:00.
- 9** Vo-Tech luncheon at Shamokin.
- 10** Family Medical with a health questions and answer session. Wear red for a prize.
- 13** BP check by Family Medical 10:30-11:30.
- 14** Valentine's Day Brunch, 11:00, Commodity food box pick-up 12:30-3:30.
- 20** Closed.

March:

- 1** Meeting Day! Officers, 10:00, Members, 1:00. Birthday party and bingo.
- 2** Trip to Vo-Tech Cosmetology, 8:00-10:00.
- 7** National Pancake Day! Pancakes at 9:30.
- 8** Last Day to sign up for Vo-tech lunch, \$7.00.
- 14** Commodity food box pick-up, 12:30-3:30.
- 15** Vo-Tech Luncheon at Mt. Carmel Center.
- 20** BP check by Family Medical, 10:30-11:30.
- 30** Fundraiser lunch, 12:00, cost \$6.00. Call for menu.

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

Tues: Coupon club, 10:00, Wii, 10:00, Unlucky 7's and Pinochle, 12:30.

Wed: Board games, 9:30, exercise, 10:30, nickel bingo, 1:00.

Thur: Wii games, 10:00. Movie at 12:30.

Fri: News, 9:00, exercise, 10:30, Pokeno, 1:00.

North'd Senior Action Center
570-473-9373

Mon: Crafts, cards, Wii, bingo 12:15.

Tues: Cards, Wii, chair exercise, 9:30. Penny poker, 12:15.

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

Thurs: Cards, Wii, 9:00, penny poker, 12:15.

Fri: Cards, Wii, nickel bingo, 12:15.

Activities are subject to change.

January:

- 2** Closed for New Year
- 9** Member Meeting at 10:00
- 10** Chicken & Waffles, Mashed Potatoes, Corn, Cabbage, dessert, \$6.00.
- 11** Last day to sign up for the culinary lunch at Herndon
- 16** Closed, Martin Luther King Day.
- 18** Culinary Lunch at Herndon. Cost, \$6.00. Italian subs, soup.
- 19** Cash bingo, 20 Games for \$20. Start at 1:00 PM. Refreshments available
- 24** Covered dish meal.
- 26** Card party, 12:00.

February:

- 2** Last day to sign up for culinary lunch at Shamokin.
- 3** Wear Red for Heart Day. Hot dog, chili, & dessert, \$6.00.
- 6** Members meeting 10:00.
- 9** Culinary lunch at Shamokin, \$6.00. Pasta Primavera.
- 14** Center meal, salad, spaghetti, & dessert.
- 16** Cash bingo, 20 Games for \$20. Games start at 1:00. Refreshments.
- 20** Closed.
- 23** Card party, 12:00.

March:

- 6** Members meeting, 10:00.
- 8** Last day to sign up for culinary lunch at Mt. Carmel.
- 9** Making ham & bean soup and beef veg. soup.
- 10** Soup sale. Quart, \$6.00. Pint, \$3.00.
- 15** Culinary lunch at Mt. Carmel, \$7.00. Fish, mac & cheese.
- 16** Cash bingo 20 games for \$20. Games start at 1:00.
- 17** Corn beef & cabbage & dessert, \$6.00.
- 30** Card party 12:00.

Shamokin Senior Action Center
570-644-0772

Mon: Poker 8:30. Unlucky 7's 12:00.
Tues: Walk a Mile, 9:00. Bridge lessons, 9:30. Aquacize, 12:00. Bridge, 12:00.
Wed: Wii, 10:00. Pinochle & Pokeno, 12:30.
Thur: Walk a Mile, 9:00. Bridge lessons, 9:30. Wii, 10:00. Aquacize, 12:00, Bingo, 12:30.
Fri: Wii bowling 10:00. Nickel Bingo 12:00.
Sat: Cards at 7:00. Doors open 6:00.
Every day: cards, puzzles, board games and shuffleboard starting at 8:30.

There is a treadmill for indoor exercising 8:30 and 3:30 daily. You must have a Doctor's slip saying you are able to use the treadmill.

Membership for 2017 is due, \$8.00. Pay at the center or mail a check and we will send your membership card.

January:

2 Closed.
3 Boscov's trip, 10:00-1:00. Cost, \$2.00.
4 CSFP food boxes. 1:00-3:00.
5 Executive board meeting, 9:30. Members meeting, 10:30.
12 New Year's Party. Hot dogs & sauerkraut will be served.
16 Closed for Martin Luther King day.
18 Herndon SAC Vo-tech lunch, subs, soup & dessert, \$6.00. Sign up by Jan. 11. Free Transportation.

February:

1 CSFP food boxes. 1:00-3:00. Executive board meeting 9:30. Members meeting 10:30.
7 Boscov's trip, 10:00-1:00. Cost \$2.00.
9 Vo-tech lunch at Shamokin SAC, Pasta, salad & dessert, \$6.00. Sign up by Feb. 2.
15 Delivery of Grab n Go breakfast for those who ordered pastries.
16 Valentine's Day party at 11:00. Menu to be announced.
20 Closed for President's Day.

March:

1 CSFP food boxes, 1:00-3:00. Exec. board meeting, 9:30. Members meeting, 10:30.
7 Boscov's trip, 10:00-1:00. Cost \$2.00
15 Mt. Carmel SAC Vo-Tech lunch, fish, mac & cheese, trifle, \$7.00. Order by March 8th. Free transportation.
16 St. Patrick's Day party, 11:00.

Sunbury Senior Action Center
570-286-1820

Mon: Shuffleboard, 1:00.
Tues: Shuffleboard, 9:00, bingo 12:30.
Wed: Wii, 10:00, poker 12:30.
Thur: Bible study, 10:15, bingo, 12:30.
Fri: Bingo, 12:30.

Cards- Tues, Thurs, Fri. at 2:00.

January:

2 Closed
3 Members meeting, 12:30.
10 Get a free bingo card with purchase if you bring something with an eagle on it, 12:30.
11 Healthy Steps, 9:30-1:30. Please sign up.
13 Hoagies, \$3.50 must sign up by 11th.
16 Closed
18 Herndon Luncheon, \$6. Must sign by 10th.
20 Grilled Cheese, tomato soup, \$3.
23 Pinochle, 12:30.
24 Tour meeting 10:00. Fluffernutter sandwich.
25 Officers' meeting, 10:00.
27 Covered dish 11:30. Chicken provided, please bring a dish to share or donate \$5.

February:

3 Wear red and get a free bingo card with a purchase of one.
7 Members meeting, 12:30
8 Blood pressure, 9:30-11:00
9 Shamokin SAC Vo Tech Luncheon, \$6.
10 Pizza and dessert, \$3, 11:30.
13 Birthday party, 12:30. Entertainment by The Hunter Family!
17 Hot dog, Haluski and dessert, \$3.50.
20 Closed.
22 Officers meeting, 10:00.
24 Covered dish, meat & cheese provided. Bring a covered dish to share or \$5 donation.
27 Pinochle.

March:

2 BBQ, Macaroni Salad and dessert, \$4.
3 Wii at Norry Sac, 9:00.
6 Steakums, fries, dessert, \$4.
7 Members Meeting 12:30.
14 Hoagies, chips and dessert, \$3.50, 11:30.
15 Mt Carmel Vo Tech Luncheon, \$6.
20 Pinochle, 12:30.
22 Ham & eggs, \$3.50.
24 Wii with Norry Sac at our center, 9:00.
28 Tour meeting, 10:00.
29 Officers meeting, 10:00.
31 Covered dish, ham provided, please bring a dish to share or donate \$5.

Trevorton Senior Action Center
570-797-1996

January:

- 2 Closed
- 5 Members meeting, 12:30.
- 10 Craft day.
- 12. Shopping at Susquehanna Valley Mall
- 16 Closed
- 18 Culinary Lunch at Herndon SAC. Subs, chicken noodle soup, cole slaw and cookies.
- 19 Making bandanas for cancer patients.
- 20 Center lunch, spaghetti and meatballs, members birthday party, 1:00.
- 23 Card party, 1:00.
- 24 Craft day.
- 25 Grab and Go today. Making beef vegetable and cheeseburger soup.
- 26 Lunch at County Line Diner.
- 30 Members breakfast, 9:00. French toast and ham.
- 31 Shopping at Wal-Mart. Center lunch, hot turkey.

February:

- 2 Members Meeting 12:30.
- 7 Shopping at Weis Market.
- 9 Culinary lunch at Shamokin SAC. Pasta Primavera, salad, bread.
- 14 Crafts, 10:00. Valentine's Day party, 12:30.
- 15 Soup sale, cream of broccoli and chili.
- 17 Members birthday party, 1:00.
- 20 Closed.
- 23 Trip to Hunterdon Hills to see the production, "From Nashville to Memphis".
- 27 Card party, 1:00.
- 28 Craft day. Shopping at Wal-Mart.

March:

- 2 Members meeting, 12:30.
- 7 Shopping at Weis Markets.
- 14 Craft day.
- 15 Culinary lunch at Mt Carmel SAC. Baked Fish, Macaroni & Cheese, Stewed Tomatoes, Salad and Trifle.
- 17 St. Patty's Day party, 12:00. members birthday party, 1:00.
- 20 Patsy's meeting, 1:00.
- 22 Soup sale, ham & bean and potato soup.
- 27 Members breakfast, 9:00. Card party, 1:00.
- 28 Craft day. Shopping at Wal-Mart.

New Medicare Cards

By Carrie Kerskie



The number one question is, "When is Medicare going to remove my social security number from my Medicare card?" I am happy to report that changes are on the way.

President Obama signed The Medicare Access and CHIP Reauthorization Act of 2015. This bill mandates that social security numbers are to be removed from Medicare cards by April 2019. The distribution of new Medicare cards will begin no earlier than April 2018. Medicare and partnering agencies, such as the Social Security Administration, have used the social security number as beneficiaries' Health Insurance Claim Number (HICN) for years. To make the transition as smooth as possible, Medicare and their partner organizations must enable their systems to recognize the new randomly assigned Medicare policy numbers. This process will take some time. Not to mention, distributing new cards to beneficiaries.

Your current Medicare card still displays your social security number and will for some time until you receive a new one. So, to protect yourself from identity theft, do not carry your original Medicare card in your wallet. Use this alternative instead:

1. Make a photocopy of the front and back of your Medicare card. Block out all but the last four digits of your social security number.
2. Place your original Medicare card in a secure location.
3. Carry the photocopy in your wallet instead. Then, if your wallet were to be lost or stolen, your social security number would not be exposed.

When visiting your doctor, it is best to take your original Medicare card with you to ensure your products, services and medications billed through Medicare are covered. It will take time for the government to implement and distribute these new cards, but using your current card responsibly can help prevent fraudulent activity in the meantime.

Elder Abuse

Each year hundreds of thousands of older persons are abused, neglected, and exploited. Many victims are people who are older, frail, and vulnerable and cannot help themselves and depend on others to meet their most basic needs. Abusers of older adults are both women and men, and may be family members, friends, or others. In general, elder abuse is a term referring to any knowing, intentional, or negligent act by a caregiver or any other person that causes harm or a serious risk of harm to a vulnerable adult. Kinds of abuse may be:

Physical Abuse: Inflicting physical pain or injury on a senior, e.g. slapping, bruising, or restraining by physical or chemical means.

Sexual Abuse: Non-consensual sexual contact of any kind.

Neglect: The failure by those responsible to provide food, shelter, health care, or protection for a vulnerable elder.

Exploitation: The illegal taking, misuse, or concealment of funds, property, or assets of a senior for someone else's benefit.

Emotional Abuse: Inflicting mental pain, anguish, or distress on an elder person through verbal or nonverbal acts, e.g. humiliating, intimidating, or threatening.

Abandonment: Desertion of a vulnerable elder by anyone who has assumed the responsibility for care or custody of that person.

Self-neglect: Characterized as the failure of a person to perform essential, self-care tasks and that such failure threatens his/her own health or safety.

The victim's suffering is often in silence. If you notice changes in a senior's personality or behavior, you should start to question what is going on. Most physical wounds heal in time. But any type of mistreatment can leave the abused person feeling fearful and depressed. Sometimes, the victim thinks the abuse is his or her fault.

(Cont.)



Elder Abuse cont.

Remember, it is not your role to verify that abuse is occurring, only to alert others of your suspicions.

To report elder abuse, call the 24 hour Elder Abuse Hotline at **1-800-490-8505**. Or contact Northumberland County Area Agency on Aging's Protective Service Department at **570-495-2395** or toll-free at **1-877-622-2251**.

Abuse reports can be made on behalf of an older adult whether the person lives in their home or in a care facility such as a nursing facility, personal care home, hospital, etc. The reporters may remain anonymous and have legal protection from retaliation, discrimination and civil or criminal prosecution.

To Report A Possible Fraud:

General Reports: Anti-Fraud Hotline: 855.303.9470 or www.aging.senate.gov/fraud-hotline

Identity Theft Resources: www.IdentityTheft.gov

Telephone or online fraud scheme: Federal Trade Commission (877.FTC.Help), www.ftc-complaintassistant.gov) Internet Crime Complaint Center (www.ic3.gov)

Mail fraud scheme: United States Postal Inspection Service: 1.717.257.2330 or www.postalinspectors.uspis.gov

Scheme involving MoneyGram or Western Union: MoneyGram: 1-800.MONEYGRAM or 1.800.666.3947

Western Union Fraud Hotline: 1.800.448.1492

Loneliness Can Affect Your Health

Mother Teresa, the impoverished nun who spent her life helping the poor, described loneliness as the “most terrible poverty.” Everyone feels lonely at predictable times, like when a special friend or relative dies. But doctors are quick to point out that it’s the continuing, persistent kind of loneliness that carries very real health risks. In an AARP survey, 35 percent reported feeling lonely. Of those, nearly half said their loneliness had persisted for at least six years.

Here are some of the consequences of persistent loneliness:

- Loneliness increases the risk of premature death by 14 percent.
- Loneliness affects not only our current mental health; one recent study also suggests it increases the risk for dementia later.
- Loneliness often brings fragmented sleep.
- Loneliness can increase inflammation throughout the body that can increase existing conditions like arthritis and heart disease.

Suggestions for combating loneliness:

- Reach out, an unexpected phone call or email, even just to say hello, is a meaningful gesture.
- Be positive, think of friendship as an emotional bank account. Make deposits of kindness and approval, keeping in mind that criticism and negativity draw down the account. Nonstop complaining also puts a strain on a friendship.
- Ask what’s going on in your friends’ lives. Let people know you’re paying close attention through eye contact, body language and reaffirming comments. When friends share details of hard times they are experiencing, be empathetic.
- Invite a friend to join you for coffee or lunch. When you’re invited to a social gathering, say yes. Contact someone who recently invited you to an activity and return the favor.
- Don’t overtax the friendship with your own needs. Remember that friendships require both give and take.

Keep Your Technology Safe



Attackers have learned that the easiest way to bypass most security is by attacking *you*. If they want your password or your credit card, the easiest thing to do is to trick you into giving them this

information. They can call you pretending to be Microsoft tech support and claim that your computer is infected, they’re really just cyber criminals that want you to give them access to it. They could send you an email explaining that your package could not be delivered and ask you to click on a link to confirm your address. You are then taken to a malicious website that will hack into your computer. *The greatest defense against attackers is you.* Be suspicious. Use common sense and you can spot and stop most attacks.

Make sure your computers, mobile devices, apps and anything else connected to a network are running the latest version of their software. Cyber criminals are constantly looking for vulnerabilities in the technologies you use. To stay current, enable *automatic updating* whenever possible.

Passwords are the next step to protecting yourself. It involves using a strong, unique password for each of your devices, online accounts and applications.

Next we recommend the use of encryption. Encryption makes sure that only you or people you trust can access your information. A simple way to verify if encryption is enabled is to make sure that the address of the website you’re visiting starts with “https:” and has the image of a closed padlock next to it.

Sometimes an attacker might even prevent you from accessing your personal files, photos and other information. Your only option might be to restore all of your personal information from a backup. Make sure you are doing regular backups of any important information and verify that you can restore from them. Most operating systems and mobile devices support automatic backups.

What is PA Link? Linking Seniors to Services and Information

By: Melissa Bottorf, PA Lead Link Coordinator

A good quality of life is important to everyone. This is especially true as we age and/or live every day with a physical or intellectual disability. One of the keys to a long, healthy life is to understand the types of services available and learn how to access and pay for those services needed. Unfortunately, in today's society, navigating the complex world of aging isn't easy – it's far from it. As my grandfather – a hugely independent and strong-willed person aged, he would constantly remind me to “never get old” whenever he had a problem. He was lucky to have his family who lived close and could help. He had good insurances and few complicated medical issues, but for many of the most vulnerable people in our communities, they don't have these luxuries.

PA Link to Aging and Disability is a program intended to help seniors and individuals with disabilities understand what services are available in the community and help them navigate through this often-times frustrating system. In Pennsylvania, PA Link is part of the Aging and Disability Resource Center which covers every part of the state. Throughout the state, Lead Link Coordinators (like myself) work to help pull together the resources available and educate consumers.

The idea behind the PA Link program is to help further the federal government's philosophy of a “No Wrong Door” program. “No Wrong Door” is the idea that if someone needs help and they contact a particular agency or organization, the staff from that agency would be able to share resources and provide accurate information to assist the caller. This is tough to do with agencies constantly changing staff and cutbacks, but PA Link is working with all these agencies (profit, non-profit and government) to help train staff and keep updated information at our toll-free call center.

So what does all of this mean to you – the senior, the individual with a disability or a caregiver? Our goal is to help consumers experience a more streamlined process when they have a need. It is also intended to create a stronger network between professionals and agencies so everyone communicates and knows what services are available to any consumer they may be trying to assist. Our goal is to provide efficient solutions to help individuals with a disability and / or our seniors understand their options, know what is available and ultimately, receive the best long-term supports and services for their unique situation. PA Link to Aging and Disability Resource Center can assist consumers and the professionals who care for them in many ways. Over the next few months, we'll explore some of those other options. In the meantime, if you think PA Link can help you or a loved one, please call our toll-free Call Center at 1-800-753-8827 or email me at mbottorf2016@gmail.com.

[Melissa Bottorf is the PA Lead Link Coordinator for the Aging and Disability Resource Center in Clinton, Lycoming, Centre, Union, Snyder, Columbia, Montour, Northumberland and Schuylkill counties.

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.

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 _____