

VENANGO COUNTY AREA AGENCY

AGING TIMES



NEWSLETTER 4

AAA SERVICES OFFERED

Home Delivered Meals
Personal Care
Family Caregiver Support
Senior Centers

Prime Time Health
Adult Daily Living Services
Pre-Admission Assessment
Community Based Services

FREE TAX ASSISTANCE

There will be free tax assistance offered through TCE programs sponsored by AARP. Trained and certified volunteer tax counselors will offer help with basic income tax returns. Locations are as follows:

- ◆ Starting February 24, 2009, every Tuesday and Wednesday thru April, 8:30 am until 4:00 pm, at the Oil City Library (basement).
- ◆ Starting February 19, 2009, every Thursday thru April, 8:00 am until 3:00 pm, at the First Baptist Church in Franklin.
- ◆ Titusville residents may call 814-827-9134 to make an appointment with the Health and Aging Center

Taxpayers seeking assistance should bring all income statements for 2008 (including W2 forms, interest 1099 forms, dividend 1099 forms, misc. 1099 forms, and rent or royalty 1099 forms). If filing for rebate, bring rent payment receipts and paid real estate receipts. Please bring a copy of your 2007 tax return.

Property Tax/Rent Rebate for 2008

The forms for the 2008 program will not be available until sometime in February or March of 2009. If you filed for 2007, you will automatically be sent a form when they are ready.



SUICIDE PREVENTION FOR OLDER ADULTS

DID YOU KNOW?

- ◆ Older adults (age 65+) represent only 13% of the US population, but account for nearly 20% of US suicides.
- ◆ Older adults are less likely to report suicidal thoughts compared to younger adults.
- ◆ Suicide attempts are more likely to be deliberate and fatal.
- ◆ Men account for 82% of suicides among older adults.
- ◆ More than half of older adults contact their primary care provider within one month of considering suicide.

Major Risk Factors:

- ◆ Older age
- ◆ Being male
- ◆ Race
- ◆ Ethnicity
- ◆ Depression
- ◆ Substance abuse
- ◆ Prescription drugs (such as valium)

Protective Factors:

- ◆ Effective clinical care
- ◆ Family and community support
- ◆ Skills in problem solving, conflict resolution, and nonviolent handling or arguments

As we all face financial burdens during these trying times, there is one thing that goes a long way and that does not cost a cent, as the poem goes...

The Value of a Smile

The thing that goes the farthest towards making life worthwhile.
That cost the least and does the most, is just a pleasant smile.
The smile that bubbles from the heart that loves it's fellow man, and will drive
away the clouds of gloom and coax the sun again.
It's full of worth and goodness, too, with genial kindness lent.
It's worth a million dollars, and it doesn't cost a cent.



Keeping Your Loved Ones at Home



The Pennsylvania Department of Aging (PDA) Waiver program is a long term care program that assists individuals who are 60 years of age, and older, with services they need to live independently in their own homes.

Each PDA Waiver consumer will have the support and assistance of Area Agency on Aging. The Agency's staff will regularly assess your needs, help develop and maintain an adequate and appropriate plan of care, assist in selecting medical assistance and program approved services and product providers, and monitor the quality of these services provided. For further information, call our office at 814-432-9711.

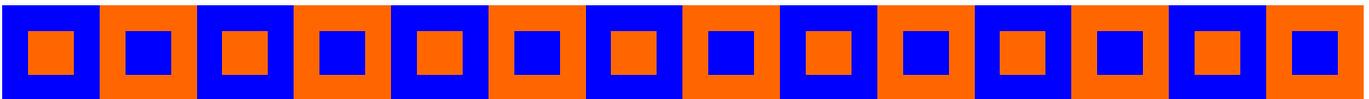
Services Available

1. Personal care services
2. Home support
3. Respite care
4. Adult day care
5. Transportation
6. Home modifications
6. Home Modifications
7. Specialized medical Equipment and supplies
8. Home delivered meals
9. Personal emergency response system

All services provided by our Local Venango County Area Agency on Aging.

Who is Eligible

1. You must be a resident of PA
2. At least 60 years of age
3. Meet the following criteria:
 - ◆ Required the level of care of nursing facility.
 - ◆ Meet the financial requirements
 - ◆ Agree to the requirements and responsibilities of the program



LIHEAP-May Be Able to Help You

LIHEAP is a grant so you do not have to pay it back, you don't have to be on public assistance, you don't need to have an unpaid heating bill, and you can either rent or own your home. LIHEAP applications will be accepted November 3, 2008 until March 31, 2009. Applications are available at your local County Assistance Office, apply online at www.compass.state.pa.us, or by calling the Statewide LIHEAP Hotline at 1-866-857-7095, TTD for hearing impaired at 1-800-451-5886.



Caregiver's Support Meet and Eat Group

The Venango County Area Agency on Aging and the Visiting Nurses Association are conducting a Caregiver's Meet and Eat Group for caregivers providing care to a family member or friend over the age of 60. The meetings will be held every fourth Wednesday of each month, at the Human Services Complex, 1 Dale Avenue, Franklin, from 12:00 noon until 1:30 pm. A light lunch will be provided along with presentations, speakers, videos focusing on care giving and time to share with other caregivers like you. Reservations at least a day before are appreciated, but not necessary. For more information, please call 432-9711.

Grandparent Kinship Care Group

The Venango County Area Agency on Aging has developed a local support group for grandparents or other relatives who are raising related grandchildren without the help of the child's biological parent. The meetings are held on the first Wednesday of each month, at the Human Services Complex, 1 Dale Avenue, Franklin, from 5:00 pm until 7:00 pm. A light supper and child care is provided, along with discussions and/or speakers. Please RSVP by calling 814-432-9711.



SCRUBGRASS SENIOR CENTER NEWS **(Debra Letke, Manager)**

Here we are with the holidays come and gone, wishing you all a very "Happy New Year". We had a wonderful Christmas celebration with the Enchante Cabaret performing *A Cabaret Christmas*. Mrs. Clause told the story of "Believing" to a group of homeless kids on the streets as they sang and had a couple of fun twists. If you ever have the opportunity to hear the voice of Todd Wagner, you will be amazed. The seniors were able to send three loaded boxes of goodies overseas to the servicemen. The seniors also used the money that was for their gift exchange and donated it the local food pantries. I am so touched by what they can do here as we reflect on what we can do for others. During the holidays, the seniors invited their grandchildren to attend the center. It was a huge success. The children are looking forward to coming back to the center in the summer months. We are all looking forward to the upcoming events at the center, along with educational programs to help us stay healthy. We will continue our bowling for the season. The losing team will prepare a special treat for the winning team.



Venango County
Area Agency on Aging
1 Dale Avenue (effect. 8/6/08)
P.O. Box 1130
Franklin, PA 16323

Phone: 814-432-9711
Fax: 814-432-9759
vcaaa@co.venango.pa.us
Web site: www.aging.state.pa.us
www.co.venango.pa.us/aging
Gary Dittman, Administrator

Susan Walters
Sr. Ctr. Services Advisor
(814) 676-8316
E-mail: swalters@co.venango.pa.us

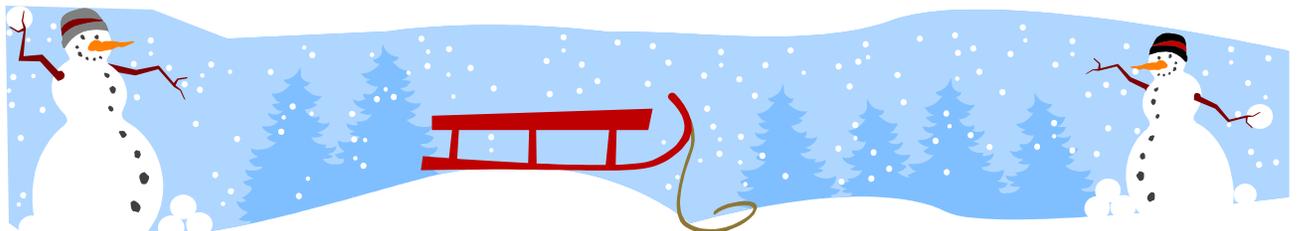


Venango County Senior Centers

Scrubgrass Neighborhood Senior Center
5104 Emlenton-Clintonville Road
Emlenton, PA 16373
Hours Monday through Friday, 9:15 am
to 2:15 pm
Deborah Letke, Manager
(724) 867-2323;
E-mail: scrubgrassaaa@csonline.net

Creekside Center
228 Seneca Street
Oil City, PA 16301
Hours: Monday through Friday, 9:30 am
to 3:30 pm
Pam Moon, Manager
(814) 676-1710;
Fax: (814) 677-9578
E-mail: creeksideaaa@csonline.net
Susan Walters, Sr. Ctr. Services Advisor
(814) 676-8316

Dempseytown Senior Center
Oakland Volunteer Fire Hall
779 Speer Road
Cooperstown, PA 16317
Hours: Wednesday & Friday, 9:30 am
to 2:00 pm
Pam Moon, Manager





Satellite Centers

Pleasantville Senior Center

Pleasantville Community Church
343 West State St.
Pleasantville, PA 16341
Hours: Every Thursday
10:00 am – 2:00 pm
Contact: Susan Walters
(814) 676-8316

Utica Senior Center

Audine Deeter, Volunteer Manager
Utica Fire Hall
Utica, PA 16362
Hours: Every 2nd and 4th Thursday
10:00 am to 2:00 pm
Contact Susan Walters (814) 676-8316

Franklin Towers Senior Comm. Center

1220 Chestnut Street
Franklin, PA 16323
Hours: Every Wednesday
10:00 am to 2:00 pm
Phone (814) 437-3334

Frenchcreek Senior Center

JoAnn Pottle, Volunteer Manager
100 East Atlantic Avenue
Franklin, PA 16323
Hours: Every Tuesday and
Thursday
10:00 am to 2:00 pm
Phone (814) 437-3359

Cranberry Area Senior Center

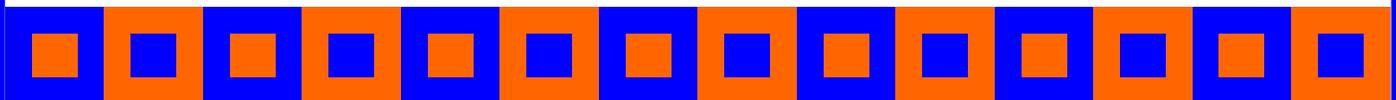
Wanda Thomas, Volunteer Manager
3490 State Route 257
Seneca, PA 16346
Hours: Monday 10:00 am to 2:00 pm
Phone: (814) 676-6439 (Fire Hall Social Hall)





IS It A COLD OR FLU

SYMPTOMS	COLD	FLU
Fever	Rare	Usual; high (100F to 102F; lasts 3 to 4 days)
Headache	Rare	Common
General Aches, pains	Slight	Usual; often severe
Fatigue, weakness	Sometimes	Usual; last up to 2-3 weeks
Extreme exhaustion	Never	Usual; beginning of illness
Stuffy nose	Common	sometimes
Sneezing	Usual	Sometimes
Sore Throat	Common	sometimes
Chest discomfort, cough	Mild to moderate; hacking cough	Common; can become severe
<i>TREATMENT</i>	Antihistamines Decongestant Non-steroidal anti-inflammatory meds.	Antiviral medicines—see your doctor
<i>PREVENTION</i>	Wash hand often Avoid close contact with anyone with a cold	Annual vaccination; antiviral medicines—see your doctor
<i>COMPLICATIONS</i>	Sinus congestion Middle ear infection asthma	Bronchitis, pneumonia; Can be life threatening



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vcaaa@co.venango.pa.us
Web site: www.aging.state.pa.us
www.co.venango.pa.us/aging
Gary Dittman, Administrator



Susan Walters
Senior Center Services Advisor
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E-mail: swalters@co.venango.pa.us

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