

VENANGO COUNTY AREA AGENCY

AGING TIMES



NEWSLETTER 6

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Memorial Contributions

From Irene Lineman, Sally Reed,
and Rebecca Cratty



Rosemaire Meisel of Titusville celebrated her 100th birthday on April 27th and received a very special birthday gift from our very own Super Bowl Champions, The Pittsburgh Steelers. The Steelers' sent Ms. Meisel a personalized birthday letter along with an autographed football. We extend our birthday wishes to Rosemaire and many more to come.





Beating the Heat



Higher temperatures are a part of the summer season, but over the last few years it seems that not a summer goes by without a fatal heat wave. Seniors especially are at risk from heat related health problems. These conditions can range from mild discomfort to full-fledged emergencies.

Heat Related Conditions

Heat syncope is sudden dizziness experienced after exercising in the heat. The skin appears pale and sweaty but is generally moist and cool. The pulse may be weakened, and the heart rate is usually rapid. Body temperature is normal.

Heat stroke can be LIFE-THREATENING! Victims of heat stroke almost always die so immediate medical attention is essential when problems first begin. A person with heat stroke has a body temperature above 104° F. Other symptoms may include confusion, combativeness, bizarre behavior, faintness, staggering, strong rapid pulse, dry flushed skin, lack of sweating, possible delirium or coma.

Preventing Heat Related Health Conditions

Wear a hat or use an umbrella when outside, even if you are not in the direct sun. Use sunscreen with an SPF of 15 or greater anytime you go outside. Drink water before outdoor activities and drink water at regular intervals during the day. Avoid beverages with caffeine or alcoholic beverages that can aid dehydration. Try to schedule outdoor activities for cooler times of the day--before 10 a.m. and after 6 p.m. During outdoor activity, take rest breaks frequently and drink water every 15 to 20 minutes, even if you don't feel thirsty. If you have clear, pale urine, you are probably drinking enough fluids. If you have a chronic medical problem, talk with your doctor about additional precautions you should take to prevent heat related illness. Some conditions and medications may place you at higher risk.

If you show any signs of heat related illness try to get to a cooler place as soon as possible, sip some cool fluids and sponge yourself off with lukewarm tap water

Creekside Center moves their Exercise Class!!

With the addition of 5 new members, the exercise area has moved back downstairs to the main center area. The members are also discussing adding a walking exercise video program and video Tai-Chi class to Wednesday and Friday because there are no classes held those days.

Pam Moon, Center Manager states, "Watching the classes grow and evolve has been like a breath of fresh air. Area Seniors are passing the word about the programs. It's great to see more active seniors taking advantage of the exercise equipment available at the center. In these hard economic times Seniors are realizing that they can get a quality workout without the fees while they attend the center. "

Betty Hoke, a center manager conducts classes on Monday, Tuesday and Thursday at 10:30 AM

Pennsylvania Empowered Experts Residents



Starting with the four ladies in the front:

Ida Anderson, Alice Bell, Tillie Karns, Loise Weckerly. Back row starting from left- Helen Cannon, Larry Lewis, John Nadig and Elliot Van Gorden.



On July 31, 2009 eight residents graduated from Sugarcreek Station. These Residents are now Peers which stands for **P**ennsylvania **E**mpowered **E**xpert **R**esidents. PEER is open to all residents who reside in a personal care home, assisted living, or nursing facility. The PEER program educates residents on resident rights, provides self advocacy training, and empowers the residents to act for themselves. The PEER program is a magical opportunity for residents to improve the quality of life and the quality of care for themselves and for other residents.

The residents invited family, friends, residents, and other staff members to share in their special graduation day. The training for the residents consisted of 5 sessions, two hours each to learn about the program and to empower the residents. The PEERs were given a certificate to show the successful completion of the program. There was about 60 people there to share the special day. A short ceremony explaining the program and announcing the graduates was held at Sugarcreek Station followed by a reception to honor the accomplishments of each one of the eight residents.

Currently we have started PEER programs at Golden Living Center and the Caring Place as well. Our goal is to establish this program into every facility in Venango county. The program has been a success with the individuals who have decided to join this magical journey.

Care Giver Connection Program

The Family Caregiver Support Program is looking for a few volunteer for the Caregiver Connection Program. It is like a support group on wheels. If you are a caregiver or have been in the past and would like to share your experience and connect with other caregivers, please consider volunteering for this program. All it takes is one afternoon! You would accompany a care manger on home visit to a caregiver's home. You could make a connections with those caregivers who are isolated and unable to get out to support group meeting. You would be that ear to listen and friendly smile to cheer someone. For further information, please contact the Area Agency on Aging at 432-9711 and ask for Julie Beichner. Don't miss out on this rewarding experience.



Caregiver's Meet and Eat Group

The Venango County Area Agency on Aging is conducting a Caregiver's Meet and Eat Group for those caring for loved ones and friend over the age of 60. The meetings are held every fourth Wednesday of each month, at the Human Services Complex, 1 Dale Ave, Franklin PA 16323. The meetings are from 12:00 PM to 1:30 PM, a light lunch is served free of cost along with presentations, speakers, videos, caring and sharing times with other caregivers. Reservations at least the day before are appreciated but not necessary. For more information, please call 432-9711.



Start Saving Today!!!!!!!!!!

Have no Health Insurance?

Have no Prescription Coverage?

USE ***THE SOLUTION CARD*** NOW— no cost to sign up

NO FEE— No membership fee or enrollment forms are required. Use card and save. Available for immediate use.

NO LIMITS— There are no restrictions or limits on how many times you use your discount card.

NO HASSLE— Simply present your card at a participating pharmacy and save up to 50% , with an average savings of 20% on your prescription drugs.

Contact AAA to find out more information— 432-9711

Rent Rebate Extension

Property tax and rent rebate checks were mailed today and should arrive in mailboxes later this week and will begin being distributed beginning July 1.

The deadline to apply for the 2008 rebate was extended to Dec. 31; rebates will continue to be distributed through the rest of the year.

FUN FACTS

Celery freshness - Celery will retain its freshness and crispness longer if wrapped in aluminum foil before storing in refrigerator.

Unroll plastic wrap easier - Darned plastic-wrap is hard to unroll and won't tear very well. Let's solve these problems by.. keeping the roll in the freezer!

Food-splatters in microwave - To avoid this place a coffee filter over the plate/dish/bowl. Handy when you don't have a lid!



Old TV Shows

S I L L I G E I B O D E E R A N N O D
W A L T O N S P E Y T O N P L A C E T
A F N G I X A T V H O D D C O U P L E
L L E A R M E R E H W E S L E T S O Y
A I R A M E M U R P H Y B R O W N V D
L P M E R E E Y L M I A M I V I C E O
J P A E T G L N Y S Y M N K S T Y B O
E E D V F N S F H L E C O O O P E O D
T R A I L I E R I O E R N D N J Y A Y
S E B T Y T M C L R R R C E S N A T D
O D O I I H I L L G R N A A G Q A K W
N I U G N G T A B A O I E D N R U C O
S H T U G I D S I E C M N T L E E A H
M W Y F N L O S L A N I E T E I E M D
P A O S U N O I L L O C D R I D K R E
O R U R N O G E I I E S A E P N U R G
E D I S N O R I E C H I P S M Y T A D
H Y N A P M O C S E E R H T E O L I M
O O R A G N A K N I A T P A C Y W E N

Words to find

ALICE
BEN CASEY
BEVERLY HILLBILLIES
CHIPS
CANNON
CAPTAIN KANGAROO
DOBIE GILLIS
DONNA REED
DR. KILDARE
EMERGENCY
FLIPPER
FLYING NUN
FUGITIVE
GOMER PYLE
GOOD TIMES
GREEN ACRES
GREEN HORNET
HOWDY DOODY
I SPY
IRONSIDE
JETSONS
KOJAK
L.A. LAW
LASSIE
LOVE BOAT
MAD ABOUT YOU
MAUDE

Venango County
Area Agency on Aging
1 Dale Avenue
Franklin, PA 16323
Phone: 814-432-9711
Fax: 814-432-9759



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Senior Center Services Advisor
(814) 676-8316
E-mail: swalters@co.venango.pa.us

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

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

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 Street
Pleasantville, PA 16341
Every Thursday, 10:00 am—2:00 pm
Contact: Susan Walters
(814) 676-8316

Franklin Towers Senior Comm. Center
1220 Chestnut Street
Franklin, PA 16323
Every Wednesday, 10 am to 2:00 pm
(814) 437-3343

Cranberry Area Senior Center
Wanda Thomas, Volunteer Manager
3490 State Rt. 257 (Fire Hall Social Hall)
Seneca, PA 16346
Every Monday, 10:00 am to 2:00 pm
(814) 676-6439

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

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