

Aging Times



AAA Service Offered

Home Delivered Meals —
PrimeTime Health

Personal Care —Adult Daily Living Service
Family Caregiver Support — Pre-Admission
Assessment —Senior Center — Home and
Community Based Services



We would like to thank the following people
who graciously made donations to the
Venango County Area Agency on Aging:



- Grace Whitling
- John & Gladys Eichholtz
- Elaine Standley
- Lester Dean Hoffman
- Ethel Brink
- Mary Alice Shreffler
- Barbara Riddle
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- Pamela Cronkhite



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Group Bus Tour!



Hartville Marketplace & Flea Market — *Thursday, May 27th*

* Join us for a day at a two-story facility that holds over 110 independently-owned shops. We will depart the Market place at 3:00p.m. and stop in town at Hartville Kitchen, before we head home. This trip is less than 3 hours away, just below Akron, Ohio.

* Reservation & \$20.00 bus fee due by April 19th. For information and to RSVP, contact Pam Moon at 814-676-1710.

Departure Points & Times on the Fullington Bus:

~ 7:00 am at Creekside Center

228 Seneca Street, Oil City

(There will be a \$2.00 ticket for parking in the parking ramp)

~ 7:30 am at Rocky Grove Fire Hall

~ 8:00 am at King's Restaurant, Barkeyville



R.M.S. Titanic — *Thursday, August 26th*

* Travel back in time to one of history's greatest tragedies during our visit to the Center of Science and Industry in Columbus, Ohio.

* Reservation & \$40.00 bus fee due by June 30th.

* Museum admission is \$10.50 and bring your spending money, which is not included. For information and to RSVP, contact Pam Moon at 814-676-1710.

Departure Points & Times on the Fullington Bus:

~ 6:00 am at Oil City Giant Eagle Store

~ 6:30 am Rocky Grove fire hall

~ 7:00 am King's Restaurant in Barkeyville

Snack and water will be provided on the bus at no additional cost, but you may bring additional snacks if you wish.



**FREE HEALTH SCREENING
KIDNEY DISEASE
BEFORE IT STARTS!**



If you are: 18 years or older, have a parent or sibling with diabetes, high blood pressure or chronic kidney failure, or if you have high blood pressure or diabetes, the National Kidney Foundation Serving the Alleghenies would like to invite you to participate in a free health screening.

When: Venango Technology Center
1 Vo-Tech Drive
Oil City, PA 16301

Where: Tuesday, April 6,
Time: 10:00 am to 2:00 pm

Appointments are limited. Call today!
800-261-4115

National Kidney Foundation®



TAX ASSISTANCE

Free income tax assistance is provided every Thursday & Friday February 4th through April 15th, 8AM to 3PM at First Baptist Church, 1041 Liberty Street, Franklin PA. This service is offered by AARP and the IRS, is available to Seniors and low income taxpayers. If property is owned, please bring tax receipts. Bring records and all forms for tax year 2009.



DAFFODIL DAYS



Daffodil Days is one of the American Cancer Society's oldest and most beloved fundraising programs. As the first flower of spring, the daffodil represents hope and renewal. Daffodil Days involves offering daffodils every spring to donors in appreciation for their contributions.

I am proud to inform you that the Human Service Complex raised a total of \$493 headed up by Aging's Steph Puleo and Jessica Crawford.

Prescription Drug Abuse and the Elderly

It is imperative that older adults and the people who care for them understand the impact that misuse of prescription medicine can have and are able to recognize warning signs or problems. A first step is to rule out dementia, Parkinson's disease, Alzheimer's disease, and depression as there may be common symptoms.

According to the National Institute on Drug Abuse, there are concerns that trends regarding prescription drug abuse can be seen among older adults. Studies report that older adults consume, on average, between 2 and 6 prescription medications and between 2 and 3 over-the-counter (OTC) medications per day. In addition, older adults are more likely to be prescribed long-term medications and several prescriptions which could lead to unintentional misuse. Prescription drugs that are abused or used for non-medical reasons can alter brain activity and lead to dependence.

Common signs of medication misuse, abuse, or addiction include:

- Unexplained memory loss or forgetfulness
- Excessive tiredness
- Failing to bathe or keep clean
- Lack of coordination (falling)
- Moodiness
- Lack of interest in usual activities
- Not wanting to see friends or family (isolation)

Commonly misused or abused prescriptions among older adults are:

- Narcotics such as oxycontin, morphine, methadone, or a combination of these drugs for chronic pain; and benzodiazepines such as diazepam, clonazepam, or lorazepam for anxiety.

Prescription drug abuse and addiction sometimes happens because a person feels that the drug is no longer helping and begins to take more of the prescription drug. A tolerance to the medication is building and they may find themselves accidentally addicted.

What can you do?

- keep a list of all doctors and reasons for seeing them;
- keep a list of all medications you are taking, including supplements such as vitamins and OTC medications;
- take all prescriptions as prescribed;
- never stop or change a dose without first discussing it with your doctor;
- never use another person's prescription; and seek help if you become aware of any problems.



To seek help please contact
Venango County Substance Abuse 432-9152 or
Family Services & Children's Aide Society 432-3466

Gardening Tips and Ideas

Grow Garlic—Garlic is another vegetable/herb that can be grown in containers. As they develop in growth, you might want to add stakes. Garlic adds wonderful flavor to most any food, and is also good for lowering blood pressure and cholesterol levels

Water Plants—basic rule-of-thumb for watering plants is: if leaves droop, you need to water more; if leaves yellow, slow up on the water.

Cutting the Flowers—The best time to cut your beautiful container garden flowers is in the morning after dew has time to dry, or in the evening before dew sets in - never in heat of day. To ensure longer life, cut flowers just before they mature, when not quite open.

Attracting Butterflies—If you would like to attract butterflies to your container garden, try these plants: *Lantana* - a low-growing perennial bush with clusters of small, colorful blooms. *Scabiosa* (pincushion flower) - Blooms, on tall, slender stalks, are usually pink or lavender. *Fennel* - Perennial that has slender stems and clusters of yellow flowers.



The Venango County Area Agency on Aging in cooperation with Alzheimer's Association presents: **Caring for Someone with Memory Loss**.
Special Sessions held in June 2010-

- June 3, 2010- 12:00 to 2:00pm **Understanding Memory Loss**
- June 10, 2010- 12:00 to 2:00pm **Dealing with Behaviors Issues**
- June 17, 2010- 12:00 to 2:00 pm **Caregiving and Legal Issues**
- June 24, 2010- 12:00 to 2:00 pm **Hospice Care And End of Life**

All sessions will be held at the Human Services Complex. Guest speakers from local area organizations and agencies will participate. A light lunch will be offered free of charge, any donations will be accepted. This is open to anyone caring for someone over the age of 60.



● A regular Caregiver Support group is offered by the Area Agency on Aging on the 4th Wednesday of each month. This group is open to anyone caring for someone over the age of 60. The group is held at the Human Services Complex from 12:00 to 2:00 pm. A light lunch is offered and care giving programs given as well as time to share with other caregivers. Please RSVP by calling 432-9711. You may reserve for any number or all the sessions.

Grandparents Raising Grandchildren Group

This is a support group for adults raising related children without involvement of the child's parents. Our group meets the first Wednesday of every month from 5:00 to 7:00. at the Human Services Complex.

This group has been meeting since 2002. Grandparents and other relatives share the experiences of raising children and teens in a kinship care situation. A light supper meal is provided free of charge at every meeting. After eating, the children do activities with a childcare provider while adults attend the support group. We often have speakers, community activities, a picnic in the summer and a Christmas party. Please Join us! For more information call Mary 432-9711.

Venango County Area Agency on Aging

1 Dale Avenue

Franklin, PA 16323

Phone: 814-432-9711

Fax: 814-432-9759

vcaaa@co.venango.pa.us

Web site: www.aging.state.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

(724) 867-2323

E-mail: scrubgrassaaa@csonline.net

Creekside Center

228 Seneca Street

Oil City, PA 16301

Hours: Monday - Friday

9:30 am to 3:30 pm

Pam Moon, Manager

(814) 676-1710

Fax: (814) 677-9578

E-mail: pmoon@co.venango.pa.us

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

Susan Walters

Senior Center Services Advisor

(814) 676-8316

E-mail: swalters@co.venango.pa.us

Satellite Centers

Pleasantville Senior Center

Pleasantville Community Church

343 West State Street

Pleasantville, PA 16341

Every 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

Every Wednesday, 10:00am to 2:00 pm

(814) 437-3343

Cranberry Area Senior Center

Marilyn Brandon 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,

10:00 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

(814)-437-3359

Every Tuesday and Thursday

10:00 am to 2:00