

Aging Times



AAA Service Offered

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



Memorial Contributions

Albert & Irene Allen
 Jesse & Betty Reis

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John Long, Steven Kennedy, Activity Director - Mike Winger, Amber Hardin and Steve Miller

PEER Graduates from Sugar Valley Lodge



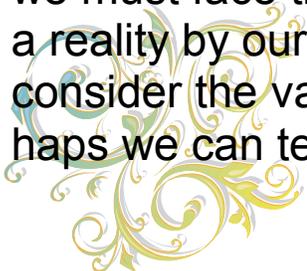
An open letter of response from Gary Dittman, Administrator of the Venango County Area Agency on Aging



Dear Senior Citizen (90 years of age-or so),

I received both of your letters recently and read each with interest, pondered over your words, and want to thank you for taking the time to share your thoughts, ideas and feelings with me by letter. Your letter vividly describes what I know many people experience after “retiring” and finding they miss the activity and the associated feelings of belonging or satisfaction or usefulness that come from being engaged in meaningful work. Work has changed so much in the last 100 years, and what have we really learned?? Life is full of paradoxes and here you have posed one to me. Some spend a major part of their time trying to get out of doing any real work while you make the argument for engaging seniors in projects that will stretch a person’s mind and keep their hands busy. Why indeed would we want to overlook any person, regardless of age, who is capable of meaningful work, especially one who has been blessed with many years and is so rich in experience, developed an extraordinary work ethic and who values so highly service to their community and all mankind????

The idea proposed in your letter is the creation of a senior workshop. Along with many of the people with whom you have already shared your idea, I agree it is a wonderful idea that should be considered. You make the argument that there are workshops for inmates, for high school students, for persons with disabilities — why not a workshop for senior citizens? It may relieve the feelings of boredom, depression, uselessness and lethargy that have become the norm for so many once vibrant and still experienced individuals. However, I think we must face the fact that neither you nor I can make something this big a reality by ourselves. Perhaps, together, we can get others to seriously consider the value of a new workshop and how this might be done. Perhaps we can test the waters, as they say, to see if the time is right?





What if we brainstorm ways that we could achieve the goal with the whole community working together? That may give us an indication of whether there is enough support to plan and develop the senior workshop of your dreams. What if I host a public meeting on the topic as part of the process for discussing how lottery funds are budgeted and expended in our county? Perhaps interested business people, community leaders, planners, local and county government officials, and foundation representatives will accept an invitation to participate. We could invite representatives from RSVP Retired Senior and Volunteer Program, Venango County Toy Makers, VTDC (who operate successful workshops for others), the County Commissioners and others. You may have some recommendations to add. I can probably find a central location (a senior center would be easy, but others may be available to consider too) and see what type of interest it will draw. Does this sound like a plan?



Winter Safety Tips for Seniors



With the upcoming holiday season fast approaching, and all the traveling that is required, the winter weather can cause potentially dangerous and hazardous conditions for everyone, but particularly senior citizens and the elderly.

According to the National Center for Injury Prevention and Control, one third of all adults over age 65 fall each year. Winter conditions are easily the most hazardous time of the year for this occurrence. To help prevent such accidents here are some winter safety tips for seniors:

1. Keep all walkways and driveways free from snow and ice.
2. Modify canes with metal grips on the bottom for additional stability on slippery surfaces.
3. Improve lighting in high-traffic areas both inside and outside the home.
4. Use a well-secured floor mat by the entrance door to catch any falling snow or ice from shoes or clothing. Wipe all puddles immediately. Also, caution seniors to be aware of any newly-placed mats or rugs.
5. In case of severe weather or storms, make sure seniors have plenty of food, pet food and medication supplies during the winter months. Cancel all non-emergency appointments during these times.
6. Exercise whenever possible to maintain muscle strength, coordination and balance.
7. Keep all eyeglass prescriptions up to date.



Senior Health & Fitness

Healthy Hints for the Holidays

By Jim Evans



The holidays are here again, and the average American can expect to gain from 1-12 pounds during the holiday season depending on what statistic you want to believe. It's the same old story every year. Most Americans will make the same New Year's resolution every year too — to lose weight! How to break the cycle of failure? Try these healthy hints to help you control your weight while still enjoying the holiday.

1. **Walk After Every Meal.** Instead of sitting around feeling stuffed and uncomfortable after every big meal get up and walk.
2. **Drinks Lots of Water.** Drink a full 8 oz. glass of water when you first get up in the morning right before you sit down to eat that big meal. Another helpful trick is to take a drink of water between every bite of food. All of this will help you to eat less and improve your digestion too.
3. **Eat Smaller Portions.** Serve yourself smaller portions—you can always get back for another serving if you are really that hungry—and cut the servings into several smaller pieces. Eat more slowly, too, instead of trying to wolf your food down as if there was no tomorrow—what's the hurry? Enjoy!
4. **Eat Breakfast.** Be sure to eat breakfast on the day of any big holiday meal—even if you sleep in late and the meal is only a few short hours away. It will keep you from eating too much at one time and your food will digest more efficiently.
5. **Walk in Place.** Most people will be watching lots of television during the holidays. Between all the football games and Christmas specials, during those commercials just stand up and walk in place in the middle of the room. You can log a lot of miles and burn a lot of calories without even leaving the house.
6. **Stand Up and Suck It In.** Make a concentrated effort to stand up straight, throw your shoulders back, hold your chest up high, suck in your tummy and walk with a purpose. Try it while you are Christmas shopping.

These simple suggestions can help you to have a healthier holiday season this year and every year hereafter!



Help With Heating

The 2009-2010 Low-Income Home Energy Assistance Program (LIHEAP) opened on Monday, November 2, 2009. ***Customers are encouraged to apply immediately for assistance, as funds are limited this year, and will be distributed on a first-come, first-served basis.***

The size of the grant is based upon your income and household size. If you are having difficulty paying your heating bills, LIHEAP may be able to help you. If you are eligible, National Fuel will receive a grant on your behalf to help pay your bill. If you are applying for a crisis grant, you will need your shut-off notice or a form from the utility company stating how much is needed in order to have service turned on. The crisis grants will be available January 4, 2010.

To find out if you qualify or to apply for LIHEAP:

- **Call or visit your local County Assistance Office.** Be sure to apply in the county where you live.
- **On Line at www.compass.state.pa.us.**
- **Have the following information ready when you apply:**
 - Names of all household members
 - Dates of birth of all household members
 - Social Security numbers for all household members
 - Proof of income
 - A recent heating bill



These grants are provided by the Pennsylvania Department of Public Welfare through the federally funded Low Income Home





Top Five Senior Scams

Following are the top five senior scams provided by the National Association of Triads, Inc., an 18-year-old organization that is part of the National Sheriffs' Association, and Home Instead Senior Care:

Prizes and sweepstakes scams. Seniors are told they've won a sweepstakes and asked to send a check to cover the taxes. Or, they receive a fake check for \$5,000 and are encouraged to deposit the money and send back \$2,000 to cover the taxes. By the time it's determined that these checks, which often come from an overseas bank, are worthless, the senior has lost his or her money. Magazine sale scams, where seniors order fraudulent magazine subscriptions, also are prevalent.

Home improvement frauds. Criminals knock on a senior's door offering to fix the driveway, then paint it black and charge \$3,000. Or seniors are asked to pay up front for roof repairs but never see the alleged repairman again.

Phishing schemes. Seniors receive a call from someone claiming to represent a bank or other reputable financial institution. They're warned that their financial information or credit card has been compromised and are asked to verify their bank account number or call an 800 number where they're asked for their personal financial information.

Internet fraud. Seniors, unfamiliar with how to use the Internet, can unwittingly give their credit card number to a scammer.

Identity theft. Seniors who give up their birth date and Social Security number can open up their entire financial history to a thief.



Important Medicare Reminders

Medicare Part D annual open enrollment began November 15 and continues through December 31. During this time, Medicare beneficiaries can make a change to their current drug plan or, if they have yet to enroll, can choose a plan to provide them with prescription drug coverage that will begin January 1.



The **Medicare and You 2010 Handbook** has been mailed to all households with Medicare beneficiaries. Additional help with comparisons is available by calling 1-800-MEDICARE, utilizing Medicare's web site www.medicare.gov or contacting the Area Agency on Aging's APPRISE Health Insurance Counseling Program at 814-432-9711. When comparing plans, keep in mind, the **cost, coverage and convenience** of each plan.



Words to Find

L S O S E K A L F W O N S E L C I C I N	BLACK ICE
L E Y C E K R A I M N D D R A Z Z I L B	BLIZZARD
A S C A W V K A I O E C I K C A L B R D	BOOTS
B W A R D R O T E S N O W S H O V E L C	CARNIVAL
W E R F A I T L C W A F I R E P L A C E	HOCKEY
O A N P I E L I G E R N H E A D B A N D	HOLIDAYS
N T I S N C P O L S Y E S E T A K S S W	ICE FISHING
S S V S N M E T H K E A D N D F R N E M	ICICLES
T H A M Y O S F S C K T N N O L O H A R	KNIT CAP
Y I L L R A W E I O C W O E U W O G S W	LONG UNDERWEAR
E R O S C O R S W S O I I B B G M C O I	MITTENS
S T E W A I T S H L H V T O O S N A N N	FOG
N K O P T M O S P O G I A S T G O O N D	FREEZE
D N I W P L T W T O E R N C O E G U L C	FROST
S E O I S I O S N W D S R G A R E A P H	GLOVES
E N L T N N L G I F R E E Z E T F L N I	HAIL
S R I S S G G S M R O N B O O D I K S L	HEADBAND
T C F I R E W O O D H A I L S T O O B L	HIBERNATION
E H S S T N A P I K S C H P A C T I N K	CHRISTMAS
	COLD
	EGG NOG
	FIREPLACE
	FIREWOOD
	OLYMPICS

**Venango County Area
Agency on Aging**

1 Dale Avenue

Franklin, PA 16323

Phone: 814-432-9711

Fax: 814-432-9759

E-mail: 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 - Friday

9:15 am - 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 - 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 - 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 - 2:00 pm

Contact: Susan Walters

(814) 676-8316

Franklin Towers Senior Comm. Center

1220 Chestnut Street

Franklin, PA 16323

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