



THE SCOOP



Northumberland County Area Agency on Aging
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Volume V April ~ May ~ June 2016 Edition

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Pace-Pacenet: 1-800-225-7223

North'd Co. Veteran's Affairs: 570-988-4213

Rabbittransit: 1-800-632-9063

Social Security Admin: 1-866-593-3796

Agency Website: www.ncaging.org

PA Aging Website: aging.pa.gov



HAPPENINGS

Ham-Dandelion Supper
Hickory Corners Fire Co Hall
April 9, 2016 4:00 PM

Alzheimer's-Caregiver Dinner
Masser's Banquet Hall
April 20, 2016, 5:00 PM

Senior Health & Lifestyle Expo
at Silver Moon Banquet Hall, Lewisburg
May 3, 2016, 7:30 AM to 2:00 PM

Con-Agra Health Fair
Milton, PA
May 5, 2016 7:00 AM

Spring Fling
Masser's Banquet Hall
May 17, 2016, 5:00 PM

Oak Street Arts Festival
Mt Carmel, PA
May 14, 2016 9 AM to 3 PM

Senior Picnic at Knoebel's
with VNA Health Fair, Pavillion V
June 8, 2016, starts at 9:00 AM

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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.

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:

April 13, 2016

May 11, 2016

June 8, 2016

Alzheimer's Poem

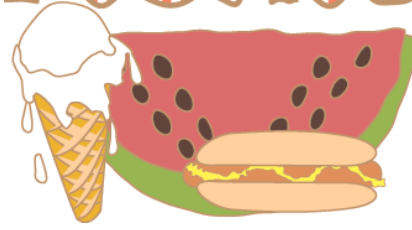
Do not ask me to remember.
Do not try to make me understand.
Let me rest and know you're with me.
Kiss my cheek and hold my hand.

I'm confused beyond your concept.
I am sad and sick and lost.
All I know is that I need you.
To be with me at all cost.

Do not lose your patience with me.
Do not scold or make me cry.
I can't help the way I'm acting.
Can't be different, though I try.

Just remember that I need you.
That the best of me is gone.
Please don't fail to stand beside me.
Love me till my life is done.

PICNIC



Area Agency on Aging Senior Picnic

at

Knoebel's Grove June 9, 2016

Beverage & donuts at 9 AM

Bingo at 1 PM

Dinner at 4:45 PM

VNA will be having their Health Fair at pavillion V

Representative Lynda Schlegel Culver of the 108th Legislative District and her staff would like to take this time to remind you that their office can assist with completing and mailing various PennDOT applications and renewal forms with expedited processing.

Examples of common forms they assist with are vehicle registration renewals (including reduced registration for retired individuals whose income does not exceed \$19,200), driver's license renewals, disability parking placards, duplicate titles, applications for photo ID cards, change of address, and more.

Also, their office offers complimentary notary services. For assistance you can visit their office at 106 Arch Street, Sunbury.

Monday-Friday, 8:30AM-4:30PM, or you can call the office at 570-286-5885 (toll-free at 1-800-924-9060).

Forgot Something Again?



Losing the ability to think and remember is pretty scary. We know the risk of dementia increases with age. But if you have memory lapses, you probably needn't worry.

There are pretty clear differences between signs of dementia and age-related memory loss. After age 50, it's quite common to have trouble remembering the names of people, places and things quickly, says Dr. Kirk Daffner, chief of the division of cognitive and behavioral neurology at Brigham and Women's Hospital in Boston.

The brain ages just like the rest of the body. Certain parts shrink, especially areas in the brain that are important to learning, memory and planning. Changes in brain cells can affect communication between different regions of the brain. And blood flow can be reduced as arteries narrow. Simply put, this complex organ just isn't functioning like it used to. Forgetting the name of an actor in a favorite movie, for example, is nothing to worry about. But if you forget the plot of the movie or don't remember even seeing it, that's far more concerning.

When you forget entire experiences, he says, that's "a red flag that something more serious may be involved." Forgetting how to operate a familiar object like a microwave oven or forgetting how to drive to the house of a friend you've visited many times before can also be signs something is wrong.

But even then, Daffner says, people shouldn't panic. There are many things that can cause confusion and memory loss, including health problems like sleep apnea, high blood pressure, or depression, as well as medications like antidepressants. Even over-the-counter remedies like antihistamines can contribute to memory loss.

You don't have to figure this out on your own. Daffner suggests going to your doctor to check on medications, health problems and other issues that could be affecting memory.

And the best defense against memory loss is to try to prevent it by building up your brain's cognitive reserve. Read books, go to movies that challenge, take on new hobbies or activities that force one to think. In other words, keep your brain busy and working. Keep your body moving. Physical activity is essential!

Bring Light to Others' Lives

Consider making time right now to pick up the phone and bring some sunshine into the life of a shut-in.

Talking with them will brighten your day and theirs, too.

No matter how behind in life you are, make time right now to pick up the phone and bring some sunshine into the lives of others.

AAA Tidbit:

The Northumberland County Area Agency on Aging was established in 1972 after the Agnes Flood and will be celebrating its 45th year anniversary in June 2017.

PA Lottery Information

August 26, 1971: The Pennsylvania Lottery is created with enactment of Act 91 of 1971. Pennsylvania Lottery proceeds were initially targeted to provide property tax relief for Pennsylvania seniors.

Since 1971, PA Lottery-funded programs have grown to include rent rebates, free and reduced-fare transit, the low-cost prescription drug programs PACE and PACENET, long-term living services, and the 52 Area Agencies on Aging, including full- and part-time senior centers across Pennsylvania.

The Pennsylvania Lottery remains the only state lottery that designates all proceeds to programs that benefit older residents.

January 2016 – The Pennsylvania Lottery reports its best sales month in history, thanks to a world-record, \$1.5 billion Powerball jackpot that was split by three winning tickets sold in California, Tennessee and Florida in the Jan. 13 drawing. Powerball players across Pennsylvania also won over \$33 million during the record jackpot run, which began the previous November.

May is Older Americans Month

In April of 1963, President John F. Kennedy's meeting with the National Council of Senior Citizens served as a prelude to designating May as "Senior Citizens Month." Thanks to President Jimmy Carter's 1980 designation, it is now called "Older Americans Month," and has become a tradition.

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since JFK has issued a formal proclamation during or before the month of May asking that the entire nation to pay tribute in some way to older persons in their communities. Older Americans Month is celebrated across the country through ceremonies, events, fairs and other such activities.



Be on the Lookout for Tax Refund Fraud, ID Theft

The Pennsylvania Department of Revenue is warning taxpayers to be vigilant during this tax season. Both the Revenue Department and Internal Revenue Service (IRS) are implementing new safeguards to help prevent cybercriminals from using stolen data to file fraudulent tax returns.

Taxpayers should know that the state Department of Revenue does not initiate contact with taxpayers by email, text message or other electronic means to request personal or financial information. Do not open attachments or click on any links within an unsolicited email claiming to be from the Department of Revenue or IRS.

This year, as part of a national effort by states to combat stolen-identity tax fraud, software programs are asking tax filers to provide their driver's license number or state-issued identification card number with their filing. Providing this information gives the Department of Revenue an extra security measure to help prevent refund fraud related to identity theft. Providing the number is strictly voluntary and may help speed the processing of your return.

If a taxpayer suspects a notice or call concerning tax records is a scam, he or she may call the Pennsylvania Department of Revenue (717-787-8201) or IRS (1-800-829-1040) to validate the contact.

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: Pokeno, 11:30.

Wed: Bingo, 12:00.

Fri: Crafts, 9:30. Pinochle, 12:00.

April:

1 Members Meeting.

11 Volunteer tea. Crazy Hat and covered dish.

14 Trip to Red Lobster.

20 VNA, 9:30.

22 Earth Day. Pizza party, daycare program.
Trash to treasures.

27 Hoagie sale, birthday party.

May:

6 Members meeting.

12 Country Cupboard trip.

16 Pizza and movie, 10:00 AM.

17 Spring Fling at Masser's.

18 Family Medical, 10:00.

25 Hoagie sale. Birthday party.

30 Closed for Memorial Day.

June:

3 Members meeting.

8 Knoebel's picnic and VNA Health Fair.

15 VNA, BP at 9:30. Flag Day program with
covered dish meal.

23 Trip to Green's Restaurant.

29 Hoagie sale. Birthday party.

Schedule is subject to change. Call the center with any questions.

Herndon Senior Action Center
570-758-1570

Mon and Wed: Exercise 10:45. Bingo, 12:30.

Thur: Bible Study, 9:30.

April:

1 41st Anniversary banquet, 12:00, Hickory
Corners Fire Hall.

4 "10 Keys" 9:30 to 10:30. Lower your LDL.

6 Commodity food, 10:00, members mtg, 1:30.

8 Walmart Shopping, 10:00 to 1:00.

11 "10 Keys" 9:30 to 10:30, SCH BP, 9:30 to
11:00. Volunteer tea, 12:00.

12 Kitchen band at Emmanuel Home, 2:00.

13 Mt Carmel Luncheon, 11:30.

15 Trip to Sight and Sound, leaving center,
11:30. Red Lobster, 11:00.

16 Cash Bingo, 6:00 PM.

18 "10 Keys" 9:30 to 10:30.

19 Members Breakfast, 9:00.

20 "10 Keys" 9:30 to 10:30. Grab and Go
Breakfast, 10:00. Speaker, 1:15.

21 Birthday Party, 1:00. Kitchen Band.

22 Earth Day. Celebrate Earth Day with us,
Treats and door prizes.

26 Dollar Store Selinsgrove, 10:00 to 1:00.

27 Sun Home Health BP, 2:00.

28 Card Party 1:00

May:

2 6:00 PM card party.

4 Members meeting 1:30 Commodity Food,
10:00.

10 Kitchen Band at Polk Assistant Living 2:00.

12 Mt Carmel Center Vo-tech demo.

13 Trip to Shawnee Playhouse, Leaving, 8:45.

17 Members breakfast, 9:00. "Spring Fling",
Masser's. Doors Open at 4:40.

18 VNA Blood Pressure, 9:30 to 10:30.

19 Birthday party, 1:00. Officers meeting.

25 Sun Home Health Blood Pressures

26 Card party, 1:00

30 Center closed for Memorial Day

June:

1 Commodity Food, members meeting.
Farmer Market vouchers available.

6 Card party 6:00PM

8 AAA Knoebels picnic.

13 Sunbury Hospital BP, 9:30 to 11:00.

14 Center Closed. Kitchen Band at Green
Valley Rehab, 2:00.

16 Birthday party, 1:00 Entertainment, St.
Peter's Angels. Officers meeting.

20 Sunbury City Band will be at our center,
7:00 PM.

21 Members Breakfast, 9:00.

23 Card Party, 1:00.

29 Center Trip to Dutch Apple Theatre leaving,
9:30. BP check, 2:00.

Don't forget to pay your dues, still \$5.00.

FARMER'S MARKET VOUCHERS

WILL BE AVAILABLE JUNE 1, 2016

**Call or visit your Senior Center
for more information about eligibility.**

Kulpmont Senior Action Center
570-373-1112

Every Monday from 5:30 to 6:30 PM. God's Chuck Wagon soup kitchen is in the municipal parking lot behind the Kulpmont SAC.

Mon: Pokeno, 12:30.

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

2nd Tues: Commodity food pickup.

3rd Tues: Bible Study, 12:30.

Wed: LCR 12:30.

1st Thurs: Member's Meeting 12:30.

Thur: Bingo 12:30.

Fri: Nickel Bingo, 12:30.

April:

5 Mt. Carmel SAC to play cards 10:00 to 1:30.

11 Volunteer Tea 12:30, refreshments served.

12 Commodity food pickup. Trev. SAC to bowl.

13 Mt. Carmel SAC Vo-tech luncheon.

14 Lunch at Sweet Tooth Café, 11:00 to 12:30.

19 Bible Study, 12:30 p.m.

22 Earth Day & pizza party, \$5. Activities.

26 Trevorton & Mt. Carmel will be here to bowl.

28 Bring a bag of snacks and get a free bingo card.

29 VNA, BP screening 12:00 to 1:00.

May:

3 Mt. Carmel SAC here to play cards, 10:00 to 1:30.

10 Trevorton SAC to bowl. BP, 9:30 to 10:00.

12 Mt. Carmel SAC vo-tech DEMO.

13 Lunch at the Country Cupboard, 11:30.

17 Commodity food. Bible study, 12:30. Spring Fling, Masser's.

20 VNA will be speaking at 12:00.

24 Trevorton & Mt. Carmel SAC here for bowling.

27 Memorial Day picnic, \$5.00.

30 CLOSED.

June:

7 Trevorton & Mt. Carmel SAC here to play cards.

8 AAA picnic at Knoebels.

14 CLOSED.

17 Lunch at Olive Garden, 11:30 to 12:30.

21 Trevorton & Mt. Carmel SAC here to bowl. Bible study, 12:30.

24 VNA will be doing BP, 12:00. to 1:00.

28 Trip to Mt. Carmel SAC to bowl.

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

April:

4 Members meeting, 11:00. Taco salad, \$6.

6 Blood pressure, 11:45.

11 Volunteer tea, 12:30.

12 Crafts, 9:30.

13 Vo-Tech Lunch at Mt. Carmel SAC, \$6.

20 Birthday party, 12:00.

22 Earth Day.

25 Breakfast, 9:15, \$5.

28 Fun bingo, 10:00.

May:

2 Members meeting, 11:00.

4 Blood pressure, 11:45.

10 Crafts, 9:30.

17 "Spring Fling" at Masser's Banquet Hall.

18 Birthday party, 12:00.

26 Fun bingo, 10:00.

27 Picnic, 11:30.

30 Closed for Memorial Day

June:

6 Members meeting, 11:00.

8 Knoebels picnic.

14 Closed for Flag Day.

15 Birthday party, 12:00.

23 Fun bingo, 10:00.

30 Popcorn & movie, 9:30.

In the Spring, at the end of the day, you should smell like dirt!

Margaret Atwood

Spring is nature's way of saying, "Let's party!"

Robin Williams

In the spring, I have counted 136 different kinds of weather inside of twenty-four hours.

Mark Twain

The sun was warm but the wind was chill. You know how it is with an April day.

Robert Frost

Mt. Carmel Senior Action Center
570-339-4457

April:

- 5 Host for traveling pinochle group, 10:00-1:30.
- 6 BP check, 10:30-11:30. Members meeting 1:00.
- 7 Vo-tech cosmetology trip, 8:00-10:00.
- 11 Volunteer recognition tea, 12:30.
- 12 CSFP food box pick up 12:30-3:30.
- 12 Wii Bowling teams at Trevorton, 10-1:00.
- 13 Vo-Tech luncheon, 11:30. Cost, \$6.00.
- 18 VNA Speaking on colon cancer, 12:15.
- 20 Grab-n-Go breakfast from Vo-tech.
- 22 Earth Day celebration (all day event), 9-4.
- 26 Closed. Wii bowling at Kulpmont, 10-1:00.
- 28 Meatloaf, mac & cheese fundraiser, \$6.00.
- 29 Closed (church event)

May:

- 3 Host for traveling pinochle groups 10:00-1:30.
- 4 Members meeting 1:00.
- 10 CSFP food box pick up 12:30-3:30. Wii bowling traveling teams at Trevorton, 10:00-1:00.
- 12 Vo-Tech luncheon, 11:30. \$6.00. Beef stir fry.
- 16 BP/BS checks, 10:30-11:30 by VNA.
- 17 "Spring Fling" dance at Masser's Hall.
- 19 Mother's/Father's Day luncheon, 12:00.
- 24 Wii bowling teams at Kulpmont, 10:00-1:00.
- 30 Closed. (Happy Memorial Day).

June:

- 1 Members meeting, 1:00.
- 7 Traveling pinochle at Kulpmont, 10:00-1:30.
- 8 Knoebel's picnic, more info to come.
- 14 Closed (Flag Day).
- 15 BP checks, 10:30-11:30 by Family Medical.
- 21 Wii bowling teams at Kulpmont, 10:00-1:00.
- 22 -24 Closed (Church picnic).
- 27 VNA speaking, 12:15, Hearing info.
- 28 Host for Wii bowling teams, 10:00-1:00.
- Mon:** Board games, 9:30. Exercise, 10:30. Pokeno, 1:00.
- Tues:** Coupon club, 10:00. Wii games, 10:30. Unlucky 7's/Pinochle, 12:30.
- Wed:** Board games, 9:30. Exercise, 10:30. Nickel bingo, 1:00.
- Thur:** Wii games, 10:00. Unlucky 7's/Pinochle, 12:30.
- Fri:** News, 9:00. Exercise, 10:30. Pokeno, 1:00.

Don't forget your 2016 membership dues. Still only \$7.00.

North'd Senior Action Center
570-473-9373

Mon: Cards, Wii, bingo 12:15

Tues: Cards, Wii, penny poker 12:15

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

Thur: Cards, Wii, 9:00, penny poker 12:15

Fri: Cards, Wii, nickel bingo 12:15

Center is closed May 30 and June 14, 2016
Dues are still \$7.00.

April:

- 4 Members meeting, 10:00.
- 5 Trip to Sight & Sound.
- 7 Center meal, pig stomach.
- 11 Volunteer Day, catered meal.
- 13 Lunch at Mt. Carmel, \$6.00, sign up by 6th.
- 13 "Mind Matters" webinar, 10:00
- 14 Pinochle party, 12:00
- 18 Speaker, 9:30 "Alcohol & the Older Adult"
- 21 Evening bingo, 20 games for \$20, 4:00 PM.
- 22 Earth Day. With an Earth Day swap & craft.
- 28 Card Party, 12:00.

May:

- 2 Members meeting, 10:00.
- 3. Wear 2 different colored shoes.
- 4 Trip to Ehrhardts, Elvis show.
- 6 Mother's Day, hoagies & root beer floats.
- 10 Center meal, fish & mac'n cheese.
- 11 "Mind Matters", "A Crash Course on Politics & Religion" 10:00.
- 12 Lunch at Mt. Carmel. Pinochle party, 12:00.
- 13 & 14 Rummage & food sale.
- 16 Speaker, 9:30, "Are You at Risk for a Brain Attack".
- 17 A.A.A. "Spring Fling" at Masser's.
- 18 Free blood pressure, 9:30-11:00.
- 19 Evening bingo, 4:00 PM. 20 games for \$20.
- 20 Pizza party.
- 26 Card party, 12:00. Advisory board, 9:00, at AAA office.

June:

- 3 Donut day
- 6 Members meeting, 10:00.
- 8 A.A.A. picnic at Knoebels.
- 9 Pinochle party, 12:00.
- 13 Speaker, 9:30, "You Should Hear What You're Missing"
- 16 Evening Bingo, 4:00 PM. 20 games for \$20.
- 20 Father's Day, hoagies & root beer floats.
- 23 Wear Pink Day. Prize for the most pink. Covered dish, chicken. Please bring a dish to go with it.
- 30 Card party 12:00.

Shamokin Senior Action Center
570-644-0772

Sunbury Senior Action Center
570-286-1820

Mon: Poker game, 8:30. Unlucky 7's, 12:00.
Tues: Walk a mile, 9:00. Bridge lessons, 9:30. Bridge, 12:00. Aquacize, 12:00.
Wed: Wii, 10:00. Pinochle & Pokeno 12:30.
Thur: Walk a mile, 9:00. Wii, 10:00. Aquacize, 12:00. Nickel Bingo, 12:30
Fri: Cards, games, shuffleboard, 8:30. Wii, 10:00. Nickel bingo, 12:00.
Sat: Cards at 7:PM.

April:

5 Susquehanna Mall trip, 10:00-1:00. \$2.00.
6 CSFP pick up, 1:00-3:00.
7 Exec. board meeting, 9:30. Members, 10:30.
8 VNA with BP/BS check, 10:15-11:15.
10 Volunteer Tea, 11:30.
11 Lunch at KFC. 11:30-1:00. Cost \$2.00.
13 Bus trip to Mohegan Sun. Call for details.
20 Delivery of Grab n Go breakfast.
21 Earth Day. Shamokin Creek Restoration Alliance will present a program at 11:00. Seniors will display projects made of recycled items.
28 Ham Hoagie sale. \$3.50. Order by Apr. 21.

Our "10 Keys to Healthy Living" classes start May 2 and will go on twice a week for 5 weeks. Dates are: May 2, 10, 12, 17, 19, 24, 26, 31, June 7, 9. Classes start at 10:00.

May:

3 Susquehanna Mall trip. 10:00-1:00. \$2.00.
4 CSFP pick up between 1:00-3:00.
5 Exec. board meeting, 9:30. Member's, 10:30.
10 Lunch at Red Lobster. 11:30-1:00.
17 Spring Fling at Masser's Banquet Hall.
19 Family Medical checking BP, 10:30-11:00.
26 Memorial Day picnic, 11:00 for those signed up. Desserts & sides needed.
30 Center closed for Memorial Day.

June:

1 Exec. board meeting, 9:30. Members, 10:30.
1 CSFP pick up between 1:00-3:00.
7 Susquehanna Mall. 10:00-1:00. Cost \$2.00.
8 Picnic at Knoebels. Senior Day at park. Free transportation.
10 VNA will check BP/BS, 10:15-11:00.
14 Center closed for Flag Day.
16 Picnic today @ 11:00 for those signed up. Sides & desserts needed.
21 Lunch at Perkin's, 1:30-1:00. Cost \$2.00.

Mon: Shuffleboard, 1:00 and **Tues.** at 9:00.
Wed: Wii bowling, 9:00. Penny Poker, 12:30.
Thurs: Bible study, 10:15.
Tues, Thurs. Fri. Bingo at 12:30. Cards, 2:00.

"Ten Keys to Healthy Living" classes begin at 10:00 AM. Dates are: May 23, 26, June 2, 6, 9, 13, 16, 27, 29, 30. Please plan to attend!

April:

5 Sausage sandwich, 11:30. \$2 deposit to be returned. Sign by 30th. Members Meeting, 12:30.
7 Trip to Lycoming Mall.
11 Volunteer tea, 1:00. Treat for volunteers attending.
13 Blood Pressure, 9:30-11:00. Trip to Mt. Carmel for luncheon, \$6. Sign up by 5th.
14 Trip to Mohegan Sun.
15 Covered dish, pork loin, please bring a dish to share or \$5 donation.
18 Pinochle, 12:30.
19 Slice of pecan pie, 12:00, must sign up.
20 Manicures, 10:00.
21 Mystery trip.
22 Earth Day, 12:30. Kids from Beck School will visit. Come help children with crafts & snacks!
25 Accepting items for Rummage sale today.
26 Tour meeting, 10:00.
27 Officer meeting, 10:00. Trip to Edith's Kitchen, 11:30-1:00.
28 Alcohol Awareness by VNA, 12:00.

May:

3 Members meeting, 12:30.
4, 5, 6 Rummage sale, 9:00-3:00. 1:00 Friday.
9 Birthday party 12:30, Entertainment by Rick and Harv.
11 Blood Pressure, 9:30-11:30. Crafts 10:00.
12 Trip to Mt Carmel SAC for Culinary Demo.
13 Anniversary banquet, 12:00, \$5. Must sign up by 4th. Entertainment by Hunter Family.
17 Spring Fling, Masser's Banquet Hall.
19 Trip to Hunterdon Hills.
23 Red Lobster trip, 11:30-1:00.
24 Tour meeting, 10:00. Free Ice cream, 12:00.
25 Officers meeting, 10:00.
26 Stroke Awareness by VNA, 12:00.
27 Covered dish, 11:30 Meat provided. White elephant auction after. Wrapped NEW gifts appreciated for this fundraiser!!!

Sunbury SAC, Continued**June:**

- 2 Hollywood Casino.
- 6 Lycoming Mall, 10:00-1:00.
- 7 Members meeting, 12:30.
- 8 Blood Pressure, 9:30-11:00. AAA Knoebels Picnic.
- 10 Mothers and Father's Day lunch, 11:30. \$2.
- 14 Closed.
- 15 Manicures, 10:00. Trip to County Line Restaurant, 11:30-1:00.
- 17 Covered dish, chicken, bring a dish, 11:Entertainment.
- 20 Pinochle, 12:30.
- 23 Better Hearing by VNA, 12:00.
- 24 Shawnee Trip.
- 28 Tour Meeting, 10:00. Pizza, \$3.50, 11:30

Trevorton Senior Action Center
570-797-1996

April:

- 1 Trip to Red Lobster in Williamsport.
- 2 Pinochle at Mount Carmel SAC.
- 3 Pulmonary assessment by Family Medical, 10:30.
- 7 Members meeting, 12:30.
- 8 Evening Card Party, 7:00 PM.
- 11 Volunteer Tea, 12:00. Card Party-Pinochle, 1:00.
- 12 Wii Bowling here with Mt. Carmel & Kulpmont, 10:00.
- 13 Culinary Lunch at Mt. Carmel. Sign up by April 6. \$6.00.
- 14 Movie & Snack "The Choice".
- 15 BS/BP, 9:00-10:00. Birthday party, 5:00 PM. Bring a covered dish.
- 18 Soup sale, Chicken Corn Chowder and Beef Vegetable.
- 19 Shopping at Weis Market
- 20 Grab and Go. Order by April 13.
- 21 Skin Care Class by Diane Smeltz, Mary Kay Rep.
- 22 Earth Day festivities planned.
- 25 Members breakfast 8:30. Shopping at Wal-Mart. Evening Card Party 7:00 PM.
- 26 Wii Bowling at Kulpmont SAC 10:00
- 27 BP check, 10:00-10:30. Movie & Snack.
- 28 Lycoming Mall trip, 10:00-1:00.

Center will be making the following meals in April: Stuffed Shells, salad, garlic bread and dessert, Chili, Rice and Corn Bread.

May:

- 3 Pinochle at Mt Carmel SAC, 10:00.
- 5 Cinco De Mayo. Members meeting, 12:30.
- 9 Mothers Day breakfast. Card party, 1:00.
- 10 Bowling with Kulp. and Mt Carmel, 10:00.
- 12 Culinary Demo at Mt Carmel.
- 13 Stroke Awareness by VNA, 10:30.
- 17 Trip to Weis Market, 12:00-1:00. AAA "Spring Fling" at Masser's 4:30.
- 20 Members birthday party, 5:00 PM.
- 23 Members breakfast, 8:30. Wal-Mart, 12:00.
- 24 Wii bowling at Kulpmont, 10:00.
- 27 BP by Sunbury Community Hospital, 9:00.
- 30 Closed.

June:

- 1 Summer Safety by Family Medical, 10:30.
- 5-9 Trip to the beach.
- 7 Pinochle at Kulpmont, 10:00.
- 8 AAA picnic at Knoebels.
- 10 Evening Card Party 7:00 p.m.
- 13 Afternoon Card Party 1:00 p.m.
- 14 Closed
- 15 Shopping at Weis Market 12:00
- 17 BS/BP, 9:00-1:00. Birthday party, 5:00 PM.
- 21 Wii bowling at Kulpmont, 10:00.
- 27 Members breakfast, 8:30. Wal-Mart, 12:00-1:30. Card Party, 7:00 PM.
- 28 Wii Bowling at Mt Carmel, 10:00.
- 29 BP by Family Medical, 10:00-10:30.

Strawberry-Banana Trifle

**Ingredients:**

- 1 (5 ounce) package instant vanilla pudding
- 3 cups cold milk
- 1 angel food cake, cut into cubes
- 4 sliced bananas
- 2 cups sliced strawberries
- 1 (12 oz.0 tub whipped cream

Instructions:

Prepare pudding with milk according to package directions. In a trifle bowl or other glass serving dish, layer half the cake pieces, half the pudding, half the bananas, half the strawberries and half the whipped topping. Repeat layers. Cover and chill in refrigerator 4 hours before serving.

This a light easy recipe for a spring day!

Preparing for a disaster.

1. Learn about Potential Threats

Learn what disasters or emergencies may occur in your area. From those affecting only your family, like a home fire or medical emergency, to those affecting your entire community, such as a hurricane.



2. Locate Community Resources

Learn how local authorities notify you during a disaster, whether through local radio or TV. Learn about community response plans, evacuation plans, and designated emergency shelters.

3. Plan Escape Routes

Know two ways to escape from every room. If you see smoke or fire in your first escape route, use your second way out. Select a safe location away from the home where you can escape to.

4. Establish a Communication Plan

Your family may not be together when disaster strikes, so plan how you will contact one another.

5. Make an Emergency Kit

You may need to survive on your own after a disaster. Assemble a disaster recovery kit and make sure everyone knows where it is. Include in your kit:

- 3-day supply of food, water
- Battery-powered radio and extra batteries
- Flashlight and extra batteries
- First aid kit, sanitation and hygiene items
- Matches in a waterproof container
- Extra clothing and blankets
- Basic utensils, manual can opener
- Multi-purpose tool
- Copies of credit and ID cards, cash/coins
- Cell phone, Extra car and house keys

6. Maintain Your Disaster Supply Kit

Just as important as putting your supplies together is maintaining them so they are safe to use when needed.

7. Make Emergency Contact Cards

Complete an emergency contact and health card. Include information about medications, adaptive equipment, blood type, allergies, immunizations, and communication difficulties, as well as emergency contact information.

8. Check Fire Extinguishers

Keep fire extinguishers in many rooms and mark your calendar with their expiration dates so you can recharge or replace them as needed.

9. Make Copies of Important Papers

Duplicate important documents, such as passport, driver's license, social security card, wills, deeds, financial statements, insurance information, marriage license and prescriptions, and keep copies off-site, either in a safety deposit box or with someone you trust.

10. Plan for Pets

Keep a phone list of pet-friendly hotels/motels, veterinarians and animal shelters that are along your evacuation routes.

Homeless Shelter Locations

HAVEN MINISTRY CENTER
1043 South Front Street
Sunbury, PA 17801
570-286-1672

THE GATE HOUSE
1 Gatehouse Dr. or 77 Hess Hill Rd.
Danville, PA 17821
570-275-6766

JOURNEY HOUSE
202 East 3rd Street
Williamsport, PA 17701
570-326-3308

BETHESDA MISSION
611 Riley Street
Harrisburg, PA 17102
717-257-4440

SHEPHERD OF THE STREETS
669 Center Street
Williamsport, PA 17701
570-322-6538

AMERICAN RESCUE WORKERS
643 Elmira Street
Williamsport, PA 17701
570-323-8401

Volunteer Week in April



This April, National Volunteer Week is observed April 12-18, 2015. But, that doesn't mean that you should limit your service to one week!

The week is all about celebrating service and it's about taking action and encouraging individuals and their respective communities to be at the center of social change, discovering and actively demonstrating their collective power to make a difference.

It's about demonstrating to the nation that by working together, we have the strength to meet our challenges and accomplish our goals.

There's also a lot of history behind the celebration. President Nixon established National Volunteer Week in 1974 with an executive order as a way to recognize and celebrate the efforts of volunteers. Since then, the original emphasis on celebration has widened; the week has become a nationwide effort to urge people to get out and volunteer in their communities. Every April, charities and communities reinforce the week's official theme ("Celebrating People in Action") by recognizing volunteers.

Over the past two decades we have seen a growing body of research that has proven volunteering provides health benefits in addition to social ones. There is a strong relationship between volunteering and health. Those who volunteer have a lower mortality rate, greater functional ability and lower rates of depression than those who do not volunteer. Being a volunteer provides an older person with a sense of purpose at a time when their social lives are changing.

The time and talents of Pennsylvania's 2.7 million adults over the age of 60 are among our commonwealth's greatest untapped resources. Volunteer opportunities exist for people of all ages and levels of physical ability. The benefits of volunteering go beyond the good feeling that comes from helping others; it's also a chance to make new friends. Northumberland County Area Agency on Aging may have opportunities for you to volunteer in the following programs:

- APPRISE - Health Insurance Counseling Program
- Ombudsman Program
- PEER - Pennsylvania's Empowered Expert Residents

Reach out to your local Area Agency on Aging to find out more about volunteering.

What is Elder Abuse?



Elder abuse is any knowing, intended, or careless act that causes harm or serious risk of harm to an older person, physically, mentally, emotionally, or financially. There are many different types of mistreatment:

1. Physical abuse: Use of force to threaten or physically injure a vulnerable elder.

2. Emotional abuse: Verbal attacks, threats, rejection, isolation, or belittling acts that could cause mental anguish, pain, or distress to an elder.

3. Sexual abuse: Sexual contact that is forced, tricked, threatened, or coerced upon another person, including anyone who is unable to grant consent.

4. Exploitation: Theft, fraud, misuse or neglect of authority, used as a lever to gain control over an older person's money or property.

5. Neglect: A caregiver's failure or refusal to provide for a vulnerable elder's safety, physical, or emotional needs.

6. Abandonment: Desertion of a frail or vulnerable elder by anyone with a duty of care.

7. Self-neglect: An inability to understand the consequences of one's own actions or inaction, which leads to harm or endangerment.

Unfortunately, abusers are not always easy to spot. Adding to the problem, victims may not be physically or mentally able to report their abuse, or they may be isolated and too afraid or ashamed to tell someone. The great majority of abusers are family members, most often an adult child or spouse.

Abuse can also occur at a long-term care facility, such as a nursing home or assisted living residence. Employees and temporary staff who have direct contact with residents are the most frequent perpetrators. Other offenders may include other family and old friends, newly developed "friends" who intentionally prey on older adults, and service providers in positions of trust.

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.

Donation Coupon

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 _____