



THE SCOOP



Northumberland County Area Agency on Aging
322 N. 2nd Street, Sunbury, PA 17801
PH: 570-495-2395 ~ FAX: 570-495-2396

Volume I ~ Fall 2013 Edition

Community Phone Numbers

Administrator's Corner

AAA Toll Free: 1-877-622-2251

After Hours: (Crisis Line) 1-855-313-4387

Pace-Pacenet: 1-800-225-7223

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

Rabbittransit: 1-800-479-2626

Social Security Admin: 1-866-593-3796

Agency Website: www.ncaging.org



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There is no doubt about it, the older I get the quicker the seasons change. Summer flew by, fall is here and winter will be here before you know it. Fall is a beautiful season with its vibrant colors, cool breezes and pumpkin pie. Fall is also the beginning of the holiday season. Thanksgiving and Christmas are wonderful holidays where we attend family gatherings, eat more than we should, and thank God for all of our blessings.

During a normal day at the Area Agency on Aging, our staff sees the seniors in Northumberland County who have no family, attend no celebrations, have no Thanksgiving Dinner, and get no Christmas gifts. Please be mindful of those people who are less fortunate. During the holidays please consider taking a Thanksgiving platter to a senior who has no family, buy a small gift and give it to someone who will spend Christmas alone or check up on a neighbor just to let them know someone cares. Your kindness will never be forgotten and the amount of satisfaction you get is indescribable. As Gandhi once said "Be the change you want to see in the world."

Patricia Rumberger, Administrator
Karen Leonovich, Deputy Administrator



If you would like this newsletter E-mailed to you, please give your E-mail address to your Senior Action Center.

Alzheimer's Support Meetings

The Northumberland County Area Agency on Aging in conjunction with Geisinger-Shamokin Area Community Hospital has monthly 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 all aspects of care giving 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:

October 9, 2013

November 13, 2013 (No regular meeting.)

December 11, 2013



Alzheimer's Dinner 2012

The Alzheimers/Caregiver Dinner will be held at the Wayside Inn November 13, 2013. Doors will open at 5:00. Dinner at 6:00.



Food Pantry Information

HANDS UP FOUNDATION

262 Willow Street, Milton

Phone: 570-742-3000.

Days: 2nd & 4th Wed.

Hours: 9am to 3pm.

KULPMONT BORO

860 Spruce Street, Kulpmont

Phone: 570-373-1521. Days: Monthly Giveout.

MT. CARMEL BORO

215 S. Oak Street, Mt. Carmel

Phone: 570-339-3669. Days: Monthly Giveout

2nd Saturday.

NORTH'D COUNTY HOUSING AUTHORITY

50 Mahoning Street, Milton

Phone: 570-713-9091. Days: Mon. Wed.

Thurs. Hours: 7am to 4pm

NEIGHBORS HELPING NEIGHBORS

1960 8th Street Drive Watsontown

Phone: 570-490-3230. Days: 1st and 3rd Wed.

SALVATION ARMY

PO Box 544, Shamokin

Phone: 570-644-0486. Days: Tues. thru Friday

Hours: 9am to 3pm

SALVATION ARMY

PO Box 254, Sunbury

Phone: 570-286-4131. Days: Mon. thru Friday

Hours: 8:30am to 4pm

If you still have your Farmer's Market Vouchers, they must be used by November 30, 2013.

Medicare Advantage Enrollment



Each year, you have a chance to make changes to your Medicare Advantage or Medicare prescription drug coverage for the following year.

Enrollment period is **Oct. 15 to Dec. 7, 2013**

What can I do?

- * Change from Original Medicare to a Medicare Advantage Plan.* Change from a Medicare Advantage Plan back to Original Medicare.
- * Switch from one Medicare Advantage Plan to another Medicare Advantage Plan.
- * Switch from a Medicare Advantage Plan that doesn't offer drug coverage to a Medicare Advantage Plan that offers drug coverage.
- * Switch from a Medicare Advantage Plan that offers drug coverage to a Medicare Advantage Plan that doesn't offer drug coverage.
- * Join a Medicare Prescription Drug Plan.
- * Switch from one Medicare drug plan to another Medicare drug plan.
- * Drop your Medicare prescription drug coverage completely.

Medicare Advantage Disenrollment

Disenrollment period is **January 1–February 14**

What can I do?

- * If you're in a Medicare Advantage Plan, you can leave your plan and switch to Original Medicare.
- * If you switch to Original Medicare during this period, you'll have until February 14 to also join a Medicare Prescription Drug Plan to add drug coverage. Your coverage will begin the first day of the month after the plan gets your enrollment form.

What can't I do?

- * Switch from Original Medicare to a Medicare Advantage Plan.
- * Switch from one Medicare Advantage Plan to another.
- * Switch from one Medicare Prescription Drug Plan to another. Join, switch, or drop a Medicare Medical Savings Account (MSA) Plan.

For Assistance: Contact:

APPRISE, Northumberland County Area Agency on Aging. **Ph: 570-495-2395**



LIHEAP Low-Income Home Energy Assistance Program

How to Apply: There are three different ways you can apply for LIHEAP: Online, on paper, or in person

1. You can apply for the LIHEAP benefits online by using [COMPASS](#). COMPASS is the name of the website where you can apply for LIHEAP and many other services that can help you make ends meet.
2. Download an application for LIHEAP benefits by clicking on the links below and return it to your [local county assistance office](#), or
3. File an application at your [local county assistance office](#).

For more information, please contact your [local county assistance office](#) or contact the LIHEAP hotline at **1-866-857-7095**, Monday through Friday (individuals with hearing impairments may call the TDD number at 1-800-451-5886).

Online at: <http://www.state.pa.us/foradult/heatingassistanceliheap>

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

October:

30 - The center Halloween Party. This will be a covered dish. Also TLC Daycare will visit the center with their Halloween Costumes at 10:30 A.M.

November:

4 to 13 - The center will hold a Rummage Sale.
20 - Thanksgiving Dinner with TLC Daycare 11:30

December:

6 - A "Trim the Christmas Tree" Party will be held at 9:30 AM.

13 - The Center Christmas Party will be held at Massers Restaurant at 12:30 PM. Entertainment will be Vic Boris. Menu and cost of the dinner will be announced later. Tickets will be available at the center.

Kulpmont Senior Action Center
570-373-1112

October:

1 Family Medical will be doing Free Blood Pressure and Blood Sugar check 9:30 to 10:30 AM. You must fast to have Blood Sugar taken.

4 - Pep Rally with Mt. Carmel football player's and cheerleader's at 12:00.

10 - VNA will be doing Flu Shots 9:00 to 11:00.

31 - Halloween Party 12:00. Cost \$5.00. Deadline to signup Fri. Oct. 25th. Menu: Hotdogs on grill with side dishes. We will be giving a prize for the best costume.

November:

6 - Covered dish 12:00. There will be a \$5.00 charge if you do not bring a covered dish.

December:

5- Cookie Party 12:00. Entertainment will be announced.

12 - Christmas Party 12:00. Party will be catered by Scicchitano's. Contact center for details.

Herndon Senior Action Center
570-758-1570

October:

3 - VNA Flu Clinic 9:00 to 11:00 AM.

24 - Pinochle Card Party 1:00 PM.

31 - Vo-Tech luncheon at 11:30. Cost \$6.00, Lasagna, Salad, Garlic Bread, dessert. Followed by Halloween Party.

December:

6 - Center Annual Christmas Banquet 12:00 Noon. Hickory Corners Fire Hall.

There will be no 4th Thursday Card party for November and December because of the Holidays. They will resume in January.

Every 1st Monday of the month Pinochle Card Party 6:00 PM.

Every 1st Wednesday of the month Members Meetings 1:30 PM.

Every 1st Wednesday of the month Commodity Food Delivery 10:00 AM.

Every Monday and Wednesday of the month Exercise class 10:45 AM.

Every Monday and Wednesday of the month Nickel Bingo 12:30

Every 3rd. Tuesday of the month Members Breakfast, Compliments of center 9:00 AM.

Every 3rd Thursday of the month Members Birthday Party 1:00 PM.

Every Thursday 9:30 AM. Bible study

Harvest Ball

The 2013 Harvest Ball is being held at Masser's Banquet Hall on October 23. Doors open at 5:00. Dinner will be served at 6:00.



Milton Senior Action Center
570-742-9435

October:

- 9 - Anniversary Banquet 5:00 PM, Masonic Temple
- 21 - Ice Cream Sundae's 12:00 PM. \$2.00
- 23 - AAA Dinner Dance Masser's Restaraunt
- 30 - Pizza Day! 11:30 AM. \$5.00
- 31 - Halloween Party!! 9:30 AM to 11:00 AM. Prize for Best Costume.

November:

- 8 - Sadie Hawkins Day Party 9:30 to 11:30 AM
- 15 - Hoagie Lunch! 11:30 AM. \$5.00
- 22 - Ice Cream Sundae's 12:00 PM. \$2.00
- 26 - Thanksgiving Lunch – 11:30 AM

December:

- 4 - Christmas Banquet 5:00 PM, Masonic Temple
- 18 - Pizza Day! 11:30 AM. \$5.00
- 24 - Christmas Party 10:30 AM to 2:00 PM.

Pinochle every Monday at 12:30 PM
 Tripoli every Wednesday at 10:00 AM
 Nickle Bingo every Wednesday at 12:30 PM
 Bible Study every Thursday at 12:30 PM
 Rummikub every Thurs. at 12:30 PM
 Nickle Bingo every Friday at 9:30 AM
 Penny Poker every Friday 12:30 PM

Mt. Carmel Senior Action Center
570-339-4457

October:

- Every Thursday in October starting October 3 Chronic Disease Self-Management Class 1:00 – 3:30 PM
- 15 - Trip to the Susquehanna Valley Mall
- 16 - Soup and Sandwich fund-raiser
- 29 - Visit from Winnie the Pooh Daycare... snacks & songs 10:00 AM

November:

- 7 - Chronic Disease Self-Management Class 1:00 – 3:30 PM
- 20 - Culinary Arts Luncheon w/Vo-Tech.

December:

- 11 - Christmas Party. Call center for details.



Northumberland Senior Action Center
570-473-9373

October:

- 4 - Flu Clinic 9:00-11:00 AM by VNA of Shamokin
- 10 & 11 - Rummage Sale, Hot Dogs, Barbecue, Beef Veg. Soup, Chili, Periogies. 9:00 to 3:00
- 16 - Trip to Mohegan Sun. Open to anyone.
- 17 - Center Meal. Open to anyone. Cost \$5.00 Pig Stomach, Red Beets, Cole Slaw, Dessert
- 21 - Speaker Linda Walker 10:00 AM "Friendship"
- 23 - Fall Dinner Dance at Masser's Restaraunt. Doors open at 5:00 P.M. Van available Tickets available at the center. Cost \$15.00. Mid-Life Cowboys for entertainment.
- 30 - Center Meal. Open to anyone Cost \$5.00 Pork & Sauerkraut, Hot Dogs, Applesauce, Dessert and Free Bingo
- 31 - Card Party starting at 12:15 PM.

November:

- Center Closed: 5th, 11th, 28th, & 29th
- 14 - Center Meal. Open to anyone Cost \$5.00 Turkey, Filling, Mashed Potatoes, Sweet Potatoes, Lima Beans, Pumpkin Pie
- 20 - Free Blood Pressure/Blood Sugar 9:30-11:00
- 21 - Card Party starting at 12:15
- 26 - Center Meal. Open to anyone Cost \$5.00 Roast Beef, Gravy, Mashed Potatoes, Succotash, Dessert.

December:

- 6 - Brownie Day
- 10 - Christmas Banquet at the Edison Hotel. Vic Boris for Entertainment. Eating at 5:00 P.M.
- 17 - Baking Christmas Cookies.
- 19 - Center Meal. Open to anyone. Cost \$5.00 Chicken Pot Pie, Applesauce and Christmas Cookies for Dessert

Please Support your local Senior Action Center. The Staff, Officers and members are interested in new ideas to promote center growth.

Shamokin Senior Action Center
570-644-0772

October:

- 3** - Flu Shots (VNA) 9:00 to 11:00
- 7** - Nickel Bingo 12:00 to 1:15. Members meeting 1:30. Refreshments will be served.
- 15** - Family Medical will be checking Blood Pressure and Blood Sugar 10:00 to 11:00 AM.
- 23** - Harvest Dinner Dance at Masser's Banquet Hall. Tickets are on sale at the senior center. There is Transportation to and from the banquet.
- 31** - Halloween Party starting at 11:00 AM. Dress-up is optional. Luncheon will be served at 11:00. Nickel Bingo at 12:30.

November:

- 4** - Nickel Bingo 12:15 to 1:00. Members meeting. Refreshments will be served.
- 14** - Ham Hoagie sale. Cost: \$3.50. Taking orders till Fri. Nov 8th. We are selling lottery calendars for \$5.00 as a fund raiser for the senior center. The calendars are for the month of Dec.

December:

- 2** - Nickel Bingo 12:15-1:00. Members Meeting after. Refreshments will be served.
- 12** - Christmas Party catered by Martin's Chicken & Ribs at 11:00. Pay for what you order. Christmas carols will be sung 10:00 to 11:00. There will be an optional \$5.00 gift exchange. (\$5 calendars make great gifts.) Nickel Bingo at 12:30.

Mondays & Fridays: Yoga at 9:30 AM. Nickel Bingo at 12:00 Noon.

Tuesdays: High impact power walk at 9:30. Bridge at 12:00.

Wednesdays: Bridge lessons at 9:30, Pinochle and Pokeno at 12:30. Refreshments served.

Thursdays: Low-impact power walk at 9:30. Nickel Bingo at 12:30. "Great Jackpot"

Saturday night: Cards at 7:00 PM. Doors open at 6:00.

Winter weather is coming so please check the local radio station for any cancellations and delays for the Area Agency on Aging Office or the Senior Action Centers.

Sunbury Senior Action Center
570-286-1820

October:

- 8** - Flu shots with VNA 9:00-11:00 AM
- 10** - Trip to Woodloch, Fall foliage trip.
- 11** - Anniversary banquet 11:30 at center. Cost is \$15 for catered meal by S&M, includes filled chicken breast and pineapple glazed ham with entertainment by Dan and Gala
- 16** - Breakfast 9:00. Just \$2 for eggs, homefries and toast.
- 18** - National chocolate cupcake day.
- 23** - Open enrollment for Medicare part D 10:00 AM
- 23** - Fall Dinner dance at Massers Restaraunt , 5:00 PM cost is \$15
- 30, 31, Nov 1** - Large Rummage Sale!!!! Food includes hotdogs and soup and baked items.
- 31** - Mohegan Sun trip.

November:

- 7** - Trip to Shady Maple /American Music Theatre Christmas show .
- 19** - Birthday Party with Kingdom Kidz Puppet Ministry 12:30.

December:

- 5** - Trip to see Miracle of Christmas at Sight and Sound/ Shady Maple.
- 7** - Basket raffle at Shikellamy High School.
- 13** - Christmas party 12:00.
- 18** - National Bake Cookies Day. Come join the fun, baking cookies !

Trevorton Senior Action Center
570-797-1996

October:

- 28** - Free Member's Breakfast.

November:

- 7** - Trip to American Music Theatre.
- 12**- Anniversary Banquet.

December:

- 14** - Christmas Show at Christain Life Assembly Church.
- Rep. Kurt Masser will have a representative at the Trevorton Senior Action Center on Tuesdays from 9:00 to 11:00, starting in October.

Contact the center for additional information on activities and programs.



Preventing Fraud

Seniors are at a greater risk for identity theft than most people. Learn how to guard against identity theft and spot suspicious signs of fraud. Catch identity theft early before it damages your finances.

Identity theft is a rapidly growing crime in the United States. About 10 million people are victims of this damaging crime each year. Seniors are especially vulnerable to these crimes because:

- * Seniors often have higher cash reserves and home equity than others
- * Seniors are usually less technologically savvy and do not research scams online.
- * Seniors do not monitor their credit and financial accounts very closely.
- * Retirement home staff and other assistants may have access to and take advantage of a senior's personal records.

According to a recent survey by Experian, 11% of people over the age 65 reported that they have had their financial information stolen. Here are some of the ways that thieves can obtain personal data:

1. Dumpster diving - Digging for personal information in the trash of homes and businesses.
2. Phone scams - Seniors are particularly vulnerable to fraud by phone. Thieves may pose as insurance companies, charities, or other businesses in order to gather personal data over the phone.
3. Personal theft - Theft of personal information by an employee, nurse, relative, or friend.

4. Wallet theft -The theft of a purse or wallet. Seniors are more likely to carry their Social Security card or Medicare card with them, making them a prime target.

5. Record theft - Medical records, Social Security records, and other forms of personal documents are a potential goldmine for thieves.

Monroe County Seniors' Express Times

October is "Resident's Rights" Month

Across the country, residents of nursing homes and other long-term care facilities along with family members, ombudsmen, citizen advocates, facility staff and others will honor the individual rights of long-term care residents by celebrating "Residents' Rights Month", an annual event held in October by the National Consumer Voice for Quality Long-Term Care to celebrate and focus on awareness of dignity, respect and the value of long-term care residents.

The theme for Residents' Rights Month 2013 is, "**Speak Out Against Elder Abuse**" with the goal of encouraging residents and others to be educated about and speak out against elder abuse. The National Long-Term Care Ombudsman Program has worked for more than 30 years to promote residents' rights daily. More than 8,000 volunteers and 1,000 paid staff are advocates for residents in all 50 states plus the District of Columbia, Guam and Puerto Rico.

Authorized under the Older Americans Act and administered by the Administration on Aging, the program also provides information on how to find a facility, conducts community education sessions, and supports residents, their families and the public with one-on-one consultation regarding long-term care.

For more information, contact:

**Northumberland County Area Agency on Aging Long Term Care Ombudsman Program
Toll Free: 1-877-622-2251**

A retired husband is often a wife's full time job!

Sweet Potato Pie

Ingredients:

- 50 Nilla wafers, divided
- 1/3 Cup Butter, melted, divided
- 2 Tbsp Sugar
- 4 oz. Cream Cheese, softened
- 1 1/4 Cup cooked sweet potatoes mashed
- 1/3 Cup sugar
- 1/4 Cup dark corn syrup
- 2 eggs
- 1 tsp pumpkin pie spice
- 1 tsp vanilla
- 1 Cup miniature marshmallows

Heat oven to 325 degrees.

Crush 40 wafers to form fine crumbs; place in bowl and add 1/4 cup butter and 2 Tbsp sugar.

Press into bottom and side of 9" pie plate. Coarsely crush remaining wafers, mix with remaining butter, set aside for later.

Beat all remaining ingredients except marshmallows until well blended and pour into crust.

Bake 50 to 55 Min. until knife inserted comes out clean. Top with crumb mixture and marshmallows and bake 5 more minutes. Cool completely. Refrigerate.

November is National Family Caregivers Month

In 1994, the National Family Caregiver Association began promoting the celebration of Family Caregivers during the week of Thanksgiving.

Day in and day out, more than 65 million family caregivers in the country fulfill a vital role on the care team. National Family Caregiver Association coordinates National Family Caregivers Month as a time to thank, support, educate and empower family caregivers. Celebrating family caregivers during National Family Caregivers Month enables all of us to raise awareness of family caregiver issues, celebrate the efforts of family caregivers, Educate family caregivers about self-identification and increase support for family caregivers.

For information on the Family Caregiver Support Program in Northumberland County, please contact: Northumberland County Area Agency on Aging. Ph: 570-495-2395 or 1-877-622-2251

Happy Holidays
From the Northumberland County
Area Agency on Aging

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 _____