



# THE SCOOP



Northumberland County Area Agency on Aging  
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Volume V July ~ Aug ~ Sept 2016 Edition

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## Community Phone Numbers

**AAA Office: 570-495-2395**

**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: 1-800-632-9063**

**Social Security Admin: 1-866-593-3796**

**Agency Website: [www.ncaging.org](http://www.ncaging.org)**

**PA Aging Website: [aging.pa.gov](http://aging.pa.gov)**



## HAPPENINGS

**Northumberland Pineknitter Days**  
**July 4 to 8, 2016**  
**King Street Park, Northumberland, PA**

**Sunbury Celebration**  
**Rides, Crafts, Games & Fireworks**  
**July 9, 2016**  
**North 4th Street, Sunbury**

**Rep. Lynda Schlegel-Culver's**  
**Senior Expo**  
**July 28, 2016, 10 AM to 1 PM**  
**Shikellamy High School**

**Sunbury River Festival**  
**Cameron & River Front Parks**  
**Aug 18-19-20, 2016**

**Rep. Kurt Masser's Senior Expo**  
**Sept. 15, 2016, 10 AM to 2 PM**  
**Elysburg Park**

**Milton Harvest Festival Senior Expo**  
**Sept 17, 10 AM to Noon**  
**Merle Phillips Park**

**Gratz Fair - Sept. 18 - 24, 2016**  
**Seniors \$4.00 every day**

**Bloomsburg Fair - Sept. 24 to Oct 1**  
**Seniors Free, Mon. Sept 26**

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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

**T**he 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:**  
**July 13, 2016**  
**Aug 10, 2016**  
**September 14, 2016**

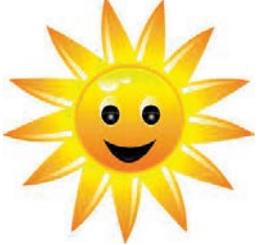
### Property Tax/ Rent Rebate

The Property Tax/Rent Rebate program deadline for older adults and residents with disabilities to apply for rebates of rent and property taxes paid in 2015 has been extended from **June 30 to Dec. 31, 2016.**

Applicants may obtain Property Tax/Rent Rebate claim forms (PA-1000) and related information online at [www.revenue.pa.gov](http://www.revenue.pa.gov) or by calling, toll-free, 1-888-222-9190.

It costs nothing to apply for a rebate, and the department reminds residents that free application assistance is available at hundreds of locations across the state, including Department of Revenue district offices, local Area Agencies on Aging, senior centers and state legislators' offices.

## Things To Do In The Heat Of Summer

- 1 **Take a morning walk.** Get up early and you can avoid the hottest times of the day and the strongest sunlight. Be sure to bring along a bottle of water.
- 2 **Visit a museum or indoor event.** If it's too hot to take a walk outdoors, take one indoors. Many places offer discounts to seniors, too! 
- 3 **Join a Senior Action Center.** Many offer indoor exercise classes designed for seniors, so you won't feel left behind. Some even offer classes geared towards people who have trouble standing or walking.
- 4 **Go for a swim.** Find a community pool or rec center with a pool and dive in! The water will help keep your body temperature down while you get your heart rate up. One of the best exercise routines for seniors is water aerobics since it is low impact.
- 5 **Use that green thumb.** Many people don't think about gardening as a physical activity, but it requires a lot of movement and burns more calories than you realize.
- 6 **Volunteer your time.** Summer is a great time to look for ways to get out and give back to your community.
- 7 **Continue your normal routine.** If you regularly engage in exercises during the other months, it's likely that you can keep it going even in the summer. Just take it down a notch or schedule it earlier in the day. Talk to your doctor to find out what's safe for you. Remember, if you're going to spend an extended period of time in the sun, don't forget to dress appropriately, stay hydrated, and protect your skin with sunblock and a hat.

## Save On Drug Costs

If you meet certain income and resource limits, you may qualify for Extra Help from Medicare to pay the costs of Medicare prescription drug coverage.

In 2016, you may qualify if you have up to \$17,820 in yearly income (\$24,030 for a married couple) and up to \$13,640 in resources (\$27,250 for a married couple).

Countable resources include:

- Money in a checking or savings account
- Stocks
- Bonds

Countable resources **don't** include:

- Your home
- One car
- Burial plot
- Up to \$1,500 for burial expenses
- Furniture
- Other household and personal items

You automatically qualify for Extra Help if you have Medicare and meet any of these conditions:

- Have full Medicaid coverage
- Get help from your state Medicaid program paying your Part B premiums
- Supplemental Security Income (SSI) benefits
- Even if you automatically qualify this year, you may not qualify for Extra Help next year if changes in your income or resources cause you no longer to qualify for one of the programs listed above. You'll get a notice by the end of September if you no longer automatically qualify.
- If your copayment amounts change for 2017, you'll get a notice (on orange paper) in the mail in early October with the new amounts.
- If you don't get a notice from Medicare, you'll get the same level of Extra Help that you got for last year.

If you're not sure if you're paying the right amount, call your drug plan. If you aren't already enrolled in a Medicare drug plan and paid for prescriptions since you qualified for Extra Help, you may be able to get back part of what you paid. Keep your receipts, and call your plan. Call **1-800-783-1307** for more information.



## Seniors Love Facebook

When Facebook was born in 2004, the oldest baby boomers were in their late 50s. If you thought they were going to sit back and let status updates pass them by, you were wrong.

In a survey of over 350 American adults between the ages of 60 and 86, researchers found that older people enjoy the same things younger people do: using Facebook to bond with friends and develop relationships with people. They also like to keep tabs on their loved ones. Seeing photos and videos of grandchildren, along with the ease with which they can maintain social surveillance, and keep an eye on what's going on with their children and grandchildren.

Some seniors successfully avoided social media for years. But then, their curiosity about what others are up to was a big motivator in finally learning to navigate Facebook. Then, like the rest of us, they were hooked. They can wish happy birthday to their friends, comment on their status updates and share your own life's highlights.

As Facebook continues to be a bigger part of American life, the ever-growing population of older Americans is figuring out how to adapt. As people grow older, peer communication through chatting, status updates and commenting will become more important and Facebook will need to adapt tools that are suited for an aging audience.

Older Americans are living longer than previous generations, and many of them prefer to stay in their homes, aging in place. Independent seniors will need to learn to use digital tools that will keep them engaged and allow them to reach out for help if they need it. The whole idea of Facebook is to give people a chance to be social when there are physical constraints.

## Banks Can Help Prevent Scams

An octogenarian consumer approaches the bank teller and asks to withdraw a big sum from her account. She's won the lottery, she explains to the teller, and she needs to send the organizers this money in order to win even more.



The teller's response could mean the difference between the woman getting swindled out of her life savings or not. Training employees to spot signs of fraud and exploitation is just one way that banks are working to protect their older customers, and their own bottom lines.

The Consumer Financial Protection Bureau's Office for Older Americans issued guidelines last month for financial institutions to receive training in ways to prevent and respond to elder financial abuse.

Seniors can do their part, experts say, by visiting the bank to see what kind of protections it employs. They can ask the branch manager about the kind of training tellers receive. If an account holder wants to withdraw a large amount of money, some tellers are trained to start asking questions. Lottery scams usually involve consumers walking to the teller's window to withdraw more than an ATM machine would allow in one transaction.

Helpful protections include the option for an older consumer to designate a trusted person whom the bank can contact if fraud is suspected. This allows a bank representative to call the designated person without obtaining the consumer's permission when fraud is suspected, as long as a form has been signed beforehand. This also allows a trusted person to watch for irregular activity in accounts without the ability to make any transactions.

Older people can be resistant to the idea that they might need help with banking. So while cognitive decline can make older people particularly vulnerable, families can work together to make sure it doesn't happen to them, educating themselves about scams and banking protections.

## Keep Your Skin Healthy



Some sun can be good for you, but to keep your skin healthy, be careful:

- **Limit time in the sun.** It's okay to go out during the day, but try to avoid being in sun during peak times when the sun's rays are strongest. For example, during the summer try to stay out of the sun between 10 a.m. and 4 p.m. Don't be fooled by cloudy skies. The sun's rays can go through clouds. You can also get sunburned if you are in water, so be careful when you are in a pool, lake, or the ocean.
- **Use sunscreen.** Look for sunscreen with an SPF (sun protection factor) number of 30 or higher. It's best to choose sunscreens with "broad spectrum" on the label. Put the sunscreen on 15 to 30 minutes before you go outside. Sunscreen should be reapplied at least every 2 hours. You need to put sunscreen on more often if you are swimming, sweating, or rubbing your skin with a towel.
- **Wear protective clothing.** A hat with a wide brim can shade your neck, ears, eyes, and head. Look for sunglasses that block 99 to 100 percent of the sun's rays. If you have to be in the sun, wear loose, lightweight, long-sleeved shirts and long pants or long skirts.

Your skin may change with age. But remember, there are things you can do to help. Check your skin often. If you find any changes that worry you, see your doctor.

# 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:** Exercise, 8:30, cards, 9:30 & 1:30.  
**Wed:** Exercise, 8:30, cards, 9:30, bingo, 12:00, Bible Study, 1:30  
**Fri:** Crafts, 9:30, cards, 11:30, Pinochle, 12:00

**July:**  
**1** Members' meeting, make a sundae, 12:00.  
**4** Closed. (4<sup>th</sup> of July)  
**5** Open. Doing all of Mondays programs.  
**6** Covered dish. Wear red, white and blue. Daycare program, 10:00.  
**13** Program, 11:00 on "Ticks & Lyme Disease."  
**14** Trip to Marzoni's  
**20** Program, 10:30 on "Summer Safety."  
**27** Birthday celebration, 11:30.

**August:**  
**5** Members' meeting, 12:00.  
**10** Program, 11:00, "How to get a Good Night's Sleep."  
**12** Set up for Chinese auction, 9:00. **Need donations by Aug 8<sup>th</sup>.**  
**13** Chinese auction. Doors open at 10:30. Auction begins at 1:00. Need not be present to win. Must have phone number to call. Winners who are not present will be called on Monday to make arrangements for pick-up.  
**18** Trip to Red Lobster, 10:30-1:30.  
**31** Birthday celebration, 11:30.

**September:**  
**2** Members' meeting, make your own sundae, 12:00.  
**5** Closed. (Labor Day).  
**6** Open. Doing all Monday activities.  
**7** Labor Day covered dish. Sun Home Health program on "Fall Prevention."  
**15** Olive Garden, Bloomsburg, 10:30-1:30.  
**19** Pizza & movie, 10:00.  
**21** Family Medical, BP, 10:30-11:30.  
**28** Birthday celebration, 11:30.

**All trips are subject to change due to van availability.**

**Farmer's Market Vouchers will be given out Mon, Wed, Fri, 8:30-2:00.**

**Herndon Senior Action Center**  
570-758-1570

**Mon: & Wed:** Exercise, 10:45, bingo, 12:30.  
**Thurs:** Bible study, 9:30.

**July:**  
**1** Movie & refreshments.  
**4** CLOSED (Independence Day).  
**4** Evening card party, 6:00PM.  
**6** Commodity Food, 10:00. Members meeting, 1:00.  
**7** Center mystery trip.  
**8** Shopping at Walmart, 10:00 to 1:00.  
**12** Kitchen Band visit to Mt View Manor, 2:30.  
**19** Breakfast, 9:00.  
**20** VNA Blood Pressure, 9:30 to 10:30.  
**21** Birthday party, 1:00, Officers meeting.  
**22** Movie & refreshments  
**27** Speaker, 1:30. "Ticks and Lyme Disease."  
**28** Card party, 1:00

**August:**  
**3** Commodity food, 10:00. Meeting, 1:00.  
**8** Sunbury Hospital 9:30 to 11:00.  
**9** Kitchen Band at Manor Care, 2:00.  
**12** Movie/ice cream social  
**16** Breakfast, 9:00.  
**18** Birthday party, 1:00. Officers meeting.  
**25** Card party, 1:00.  
**26** End of Summer picnic. Covered dish & \$3.00 donation. Music by Klinger Sounds.  
**31** Sun Home Health BP, 2:00.

**September:**  
**5** Closed for Labor Day. Evening Card party, 6:00 PM.  
**7** Commodity food, 10:00, Members meeting, 1:00.  
**8** Trip to Huntington Hills Playhouse "SQUABBLES".  
**13** Kitchen Band to visit Susquehanna Village, Millersburg, 2:00.  
**15** Birthday party, 1:00. Officers meeting following.  
**16** Movie & refreshments.  
**20** Breakfast, 9:00.  
**21** VNA blood pressure, 9:30 to 10:30.  
**22** Card party, 1:00.  
**26** Bloomsburg Fair Senior Day-sign up for transportation.  
**28** Sun Home Health BP, 2:00.

**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.

Every Wednesday 4:30 to 6:30, Holy Angels in Kulpmont serves a meal. Meet new people in the former Ann Joachim House.

**Mon:** Pokeno, 12:30.

**Tues:** Pinochle, 12:00. Rummy, 12:30.

**Wed:** LCR, 12:30.

**Thur:** Bingo, 12:30.

**Fri:** Nickel bingo, 12:30.

**July:**

**4** Closed, Independence Day.

**7** Member's Meeting, 12:30.

**12** Family Medical blood pressure screening, 9:30-10:00. Commodity food pickup.

**13** Lunch at Edith's Kitchen.

**19** Bible study, 12:30.

**21** Build a sundae, \$2.00. Drawing for the Lottery tree winner.

**22** VNA speaking at 12:00 on Dehydration.

**28** Hoagies for lunch.

**August:**

**4** Member's meeting, 12:30.

**9** Commodity food pickup.

**16** Bible study, 12:30.

**17** Root beer floats, \$1.00.

**26** VNA doing BP screening 12:00-1:00.

**September:**

**1** End of Summer picnic, menu to be announced. Member's meeting, 12:30.

**5** Closed for Labor Day.

**13** Family Medical, BP screening, 9:30-10:00. Commodity food pickup.

**15** Pizza and salad for lunch, \$5.00.

**22** Fall Prevention Day, with Healthy Steps exercise to prevent falls.

**23** VNA speaking at 12:00. Topic: "Flu Prevention."

**Milton Senior Action Center**  
570-742-9435

**Mon:** Pinochle, 12:30.

**Tues:** Penny poker, 9:00.

**Wed:** Bingo, 12:30.

**Thur:** Bible study, Rummikub or Pinochle, 12:30.

**Fri:** Bingo, 9:30.

**July:**

**4** Closed. (Fourth of July)

**6** Blood pressure, 11:45.

**11** Members meeting 11:00. Picnic, 12:30.

**12** Crafts 9:30 am

**20** Birthday party, 12:00.

**21** Fun bingo, 10:00.

**28** Popcorn & movie, 9:00.

**29** Picnic at Marina with Northumberland SAC, 10:00.

**August:**

**1** Members meeting, 11:00.

**3** Blood pressure, 11:45.

**9** Crafts, 9:30.

**17** Birthday party, 12:00.

**22** Ordering Chinese for lunch, 11:30.

**25** Fun bingo, 10:00 am

**30** Pop corn & movie, 9:00.

**September:**

**5** Closed. (Labor Day)

**7** Blood pressure, 11:45.

**9** Ice Cream social for Grandparents Day, 12:00.

**12** Members meeting, 11:00.

**13** Crafts, 9:30.

**21** Birthday party, 12:00.

**22** Fun bingo, 10:00.

**26** Ordering hoagies for lunch, 11:30.

**29** Popcorn & movie, 9:00.



2016 Senior Prom King & Queen

**Mt. Carmel Senior Action Center**  
**570-339-4457**

**Mon:** Board Games, 9:30, exercise, 10:30, Pokeno, 1:00.

**Tues:** Coupon club, 10:00. Wii games, 10:30, Unlucky 7's and Pinochle, 12:30, exercise, 10:30, nickel bingo, 1:00.

**Thur:** Wii games, 10:00, Unlucky 7's and Pinochle, 12:30.

**Fri:** News, 9:00, exercise, 10:30, Pokeno, 1:00.

**July:**

**4** Closed. Happy 4<sup>th</sup> of July.  
**5** Pinochle team at Trevorton, 10:00.  
**6** Members' meeting, 1:00.  
**12** Commodity food box pick up, 12:30-3:30.  
**12** Bowling team at Trevorton, 10:30.  
**14** Fundraiser, spaghetti & meatballs, \$6.00.  
**18** BP/BS check by VNA, 9:30-10:30.  
**18** Sun Home Health with "Fun in the Sun", 12:15.  
**21** Ice cream social and visit to the nursing home, 2:00.

**26** Traveling bowling teams here, 10:30.

**27** FHM with pulmonary assessments, 12:15.

**August:**

**2** Traveling Pinochle teams here, 10:00.  
**3** Members' meeting, 1:00.  
**9** Commodity food box pick up, 12:30-3:30.  
**10** BP check by Family Medical, 10:30-11:30.  
**15** VNA Speaking on cataracts, 12:15.  
**15-19** Collecting items for yard sale, 9-3.  
**20** Yard sale open to the public, 8:00-2:00.  
**24** Family Medical to speak on Sodium, 12:15.  
**26** Summer beach bash! Cost, \$6, 11:00.

**September:**

**1** Movie and snacks, 12:15, no cost.  
**5** Closed for Labor Day!  
**7** Members meeting, 1:00.  
**12** BP/BS check by VNA, 9:30am-10:30.  
**15** Picnic lunch, 12:00, \$3.00.  
**22** Fall Prevention Day! Breakfast, speakers, treats, 9:30.  
**30** Flu clinic by VNA, 10:00-12:00.

**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

**Thurs:** Cards, Wii, 9:00, penny poker, 12:15

**Fri:** Cards, Wii, nickel bingo, 12:15

**The center is open July 4<sup>th</sup> for Pineknott Days from 9:00-3:00. Chicken Corn & Ham/Bean Soup, Hot Dogs, BBQ, Pierogies, and baked goods for sale.**

**July:**

**7** Wii team going to Sunbury SAC, 9:30.

**11** Members meeting, 10:00.

**12** 35th Anniversary Banquet at the Front St. Station. The Four Cowboys entertaining. Doors open at 4:30, dinner is at 5:00. Cost is \$16, must sign up by July 1.

**13** Hollywood Casino, \$25. You get \$30 in free play and \$5 voucher for food.

**18** Speaker at 10:00, on "Heat Exhaustion."

**20** Free blood pressure, 9:30-11:00.

**21** Wii team playing Sunbury team at the North'd. SAC, 9:30.

**21** Evening bingo. Doors open at 4:00, games start at 5:00. \$20 for 20 games. Refreshments, cash prizes

**28** 500 card party, 12:00.

**29** Picnic at the Marina with the Milton SAC, 10:00-2:00. Bring a sandwich for yourself and a dessert to share. Nickel bingo after lunch.

**August:**

**1** Members meeting, 10:00.

**2** Ice Cream Sandwich Day.

**11** Indoor picnic, bring a covered dish to share.

**15** Jim White to talk on "Blurry vision".

**18** Wii players at Sunbury SAC, 9:30.

**18** Evening bingo, 20 games for \$20. Doors open at 4:00, games start at 5:00.

**23** Spaghetti meal, \$5.00 for members.

**25** Sunbury comes to Norry, 9:30.

**September:**

**1** Wii players go to Sunbury, 9:30.

**5** Center is closed for Labor Day.

**8** Center meal. Meatloaf, scalloped potatoes, green beans and dessert, \$5.

**12** Members meeting, 10:00.

**14** Hoagie Day. Hoagies, chips, & dessert, \$5.

**15** Evening bingo. Doors open at 4:00, games start at 5:00. Refreshments available.

**19** Speaker, 10:00. "Taking Steps to Avoid Flu".

**21** Free blood pressure, 9:30-11:00 by Sunbury Community Hospital.

**22** Fall Prevention Month. We will do "Healthy Steps for Older Adults."

**27** Sausage sandwiches, baked beans & funnel cakes

**29** Sunbury comes to Norry for Wii, 9:30.

**Shamokin Senior Action Center**  
570-644-0772

**Mon:** Poker, 8:30. Unlucky 7's, 12:00.  
**Tues:** Walk a Mile, 9:00. Bridge lessons, 9:30. Aquacize at YMCA, 12:00. Bridge, 12:00.  
**Wed:** Wii, 10:00. Pinochle & Pokeno, 12:30.  
**Thur:** Walk a Mile, 9:00. Wii bowling, 10:00. Aquacize at YMCA, 12:00. Nickel bingo, 12:30.  
**Fri:** Wii bowling, 10:00. Nickel bingo, 12:00.  
**Sat Night:** Cards at 7:00. Doors open 6:00.

Treadmill available daily 8:30-3:30. Must have Doctor's permission.

**July:**

**4** Closed. Independence Day.  
**5** Shopping at Boscov's. 10:00-1:00. \$2.00.  
**7** Executive board meeting, 9:30. Members meeting 10:30.  
**12** Lunch at Country Cupboard, 11:30-1:00. Cost \$2.00.  
**14** Family Medical with BP check, 10:30-11:30.  
**21** Picnic, 11:00. Hamburgers, baked beans, pasta salad, \$5.00. Desserts & sides needed.

**August:**

**2** Shopping at Boscov's, 10:00-1:00. \$2.00.  
**4** Executive board meeting, 9:30. Members meeting at 10:30.  
**9** Lunch at Harry's Bar & Grill, 11:30-1:00.  
**12** VNA will check BP & BS, 10:15-11:15.  
**18** Picnic at 11:00. Menu will be announced.

**September:**

**1** Executive board meeting, 9:30. Members meeting at 10:30.  
**5** Closed. Labor Day.  
**6** Shopping Boscov's. 10:00-1:00. \$2.00.  
**8** Family Medical checking BP, 10:30-11:00.  
**13** Lunch at Annabelle's, 11:30-1:00. \$2.00.  
**15** Shamokin & CT SAC's 47<sup>th</sup> Anniversary at the Wayside Inn. Dinner, 6:00 PM. Don Schwartz with his Magic Show at 7:00. Vic Boris will play and have a sing along. Selling tickets in August. Trans. available.  
**22** Linda Walker will speak at 12:00 for Fall Prevention.

We will be selling Lottery Calendars for the month of November. Cost is \$5.00. (Evening lottery number.)

**Sunbury Senior Action Center**  
570-286-1820

**Mon:** Shuffleboard, 1:00  
**Tues:** Shuffleboard, 9:00, bingo, 12:30, cards-31, 2:00  
**Wed:** Wii, 10:00, penny poker, 12:30  
**Thur:** Bible study, 10:15, bingo, 12:30, cards-31, 2:00  
**Fri:** Bingo, 12:30, Cards 31, 2:00

**July:**

**4** Closed  
**5** Members Meeting 12:30  
**6** Crafts 10:00. Handing out vouchers at Scott Towers 1:00-2:00.  
**7** Wii, 9:30 at our center with Norry Sac.  
**8** Marina picnic, 9:00-3:00. Lunch at 11:30, \$2 deposit at signup to be returned.  
**11** Trip to The Mansion with muffins, 10:00.  
**12** Chestnut Towers handing out vouchers 1:00-2:00.  
**13** VNA, BP check 9:30-10:30.  
**14** Farmers Market vouchers at River Front Apts. 12:00-3:00.  
**15** Mystery Trip.  
**18** Trip to Walmart 10:00-11:30 \$2.  
**20** Grace Buffet and Grill, 11:30-1:00, \$2.  
**21** Wii at Norry Sac, 9:30.  
**22** Taco salad and fruit pizza 11:30 \$3.50.  
**26** Tour meeting, 10:00. Bagel sandwich.  
**28** VNA on Dehydration, 12:00.  
**29** Covered Dish, 11:30. Lasagna, please bring a dish to share or \$5. Chinese auction after.

**August:**

**2** Members meeting, 12:30.  
**4** Mohegan Sun trip.  
**5** Hawaiian Luau, 12:30, \$2 deposit.  
**8** Birthday party, 12:30. Entertainment!  
**10** Smores Day. Blood Pressure 9:30-11:00.  
**11** PA Opry trip.  
**12** Cheese steak and dessert \$3.50.  
**15** Lemon Meringue Pie. Pinochle 12:30.  
**18** Pizza, salad, dessert, \$3.50, 11:30.  
**24** Ice cream waffles, 12:00, free.  
**25** Banana splits, 12:00, \$1.50. VNA on Cataract awareness, 12:00.  
**26** Covered dish, 11:30. Hotdogs provided, please bring a dish to share or donate \$5.  
**30** Tour Meeting, 10:00. Turkey club, \$3.00, 11:30.

Sunbury SAC, *Continued***September:**

- 5 Closed
- 6 Ice cream, 12:00. Members meeting, 12:30.
- 9 Spaghetti, \$2. Teddy Bear Day, bring a teddy bear and get a bingo card with a purchase, 12:30.
- 12-17 Myrtle Beach Trip. Chocolate Milkshake Day, 12:00, \$1
- 14 Blood Pressure, 9:30-10:30. Cream filled Donut & Eat a Hoagie Day, 11:30, \$3.50.
- 15 Cheeseburger Day with fries and fruit, \$4.
- 19 Pinochle, 12:30.
- 20 Grilled ham and cheese sandwich, \$3.50, 11:30.
- 22 Elephant appreciation day. Bring something with an elephant on it and get a free bingo card with purchase, 12:30.
- 23 Covered dish, sausage provided, bring a dish to share or \$5 donation, 11:30.
- 26 Pancake Day, served with fruit, \$2, 11:30.
- Bring rummage for sale starting today.**
- 27 Tour meeting, 10:00.
- 28 Strawberry Cream pie day, 12:00.
- 29 Flu Prevention with VNA, 12:00.



**Thanks to everyone who participated in our Earth Day activities!**

**Winners for this year are:**

- Overall Green Experience (\$100)** – Sunbury Senior Action Center.
- Most Members Present (\$100)** – Elysburg Senior Action Center.
- Group Project (\$50)** – Northumberland Senior Action Center – dusters.
- Individual Project (\$50)** – Joanie Kase – place-mats.

**Great job, everyone!!**

## Trevorton Senior Action Center

570-797-1996

**July:**

- 1 Independence Day party, 12:30.
- 4 CLOSED.
- 6 Weis Market, 12:00.
- 7 Members meeting, 12:30.
- 8 Program on Dehydration by VNA, 10:30.
- Card party, 7:00
- 11 Card party, 1:00
- 13 Hamburg BBQ and 2 sides. Movie N Snack, 12:30.
- 14 Lycoming Mall, 10:00-1:30. Craft day, 10:00.
- 15 Members birthday party, 5:00.
- 18 Wal-Mart, Coal Township, 12:00-1:30.
- 19 Making Pierogies, preorder by July 14.
- 21 Trip to County Line Diner, 11:30.
- 22 BP Screen, Sunbury Hospital, 9:00-10:30.
- 25-29 Christmas in July Week.
- 25 Breakfast, 9:00. Evening card party, 7:00.
- 26 Wii bowling at Mt. Carmel, 10:30.
- 27 Craft day 10:00. Movie N Snack, 12:30.
- 28 Masser's Senior Expo in Elysburg.

**August:**

- 4 Members Meeting 12:30
- 8 Afternoon card party 1:00
- 9 Shopping at Weis Market 12:00 - 1:00
- 19 BS/BP Screen by VNA, 9:00-10:00, must fast. Birthday party, 5:00.
- 20 Hunterdon Hills Playhouse, "Rock, Roll and Soul."
- 22 Wal-Mart, 12:00-1:30.
- 29 Breakfast, 9:00. Evening card party, 7:00.
- 31 BP Screen by FHM, 10:00-10:30.

**September:**

- 1 Labor Day luncheon. Members meeting, 12:30.
- 5 CLOSED.
- 9 Health Program "Flu Prevention" 10:30.
- Card party, 7:00.
- 12 Card party, 1:00.
- 13 Shopping, Weis Market, 12:00.
- 15 Birthday party, 5:00 PM.
- 19 Breakfast, 9:00. Wal-Mart, 12:00.
- 22 Fall Prevention Day.
- 23 BP Screen by Sunbury Community Hospital, 9:00-10:30.
- 26 Senior Day at Bloomsburg Fair.

## Vaccinations For Adults

**M**ost people think that vaccinations are just for kids, but adults, especially seniors who tend to have weaker immune systems, need their shots too.

Here's a rundown of what vaccines are recommended for seniors 65 and older.

**Flu (Influenza):** While you probably already know that flu shots are recommended every fall to all seniors, you may not know that those over 65 also have the option of getting a high-dose flu vaccine instead of a regular flu shot.

**Td/Tdap (tetanus, diphtheria, pertussis):** A one-time dose of the Tdap vaccine, which covers tetanus, diphtheria and pertussis is recommended to all adults. If you've already had a Tdap shot, you should get a tetanus-diphtheria (Td) booster shot every 10 years.

**Pneumococcal:** This vaccine protects against pneumonia. It's now recommended that all seniors, 65 or older, get two separate vaccines - Pnevnar 13 and Pneumovax 23 - at different times. Medicare Part B covers both shots if they are taken at least 11 months apart.

**Shingles (zoster):** Caused by the same virus that causes chicken pox, shingles is a painful, blistering skin rash that affects more than 1 million Americans each year. All people over age 60 should get the Zostavax vaccine, even if they've had shingles before.

**Hepatitis A:** Recommended for those with liver disease, clotting factor disorder or more than one sex partner. Also those who travel to areas with high incidence of Hepatitis. These vaccinations are covered by Medicare Part D.

Talk to your doctor during your next visit about what vaccinations you should get. If you can't remember which vaccines you've already had, check with your past doctors to see if they have any records, or contact your state's health department. Some agencies have vaccination registries.

## The Healing Power of Pets



**F**or elderly pet owners, who often live alone, pets can help reduce stress, lower blood pressure, and increase social interaction and physical activity. Dogs, and other pets, live very much in the here and now. They don't worry about tomorrow. And tomorrow can be very scary for an older person. By having an animal with that sense of now, it tends to rub off on people. And pets can reduce depression and lessen loneliness. They have the ability to rev up elder owners' memories. Interacting and accessing memories from long ago. Having a pet helps to focus on something other than physical problems. Pets benefit, too, particularly when older folks adopt older pets. These lucky pets go from the pound to paradise.

Here are some things to consider before purchasing a pet:

**Are you set in your ways?** If you don't like change, you may not be a good candidate.

**Have you had a pet before?** It's best if the elderly person is an experienced owner.

**Do you have disabilities?** Dogs can be great companions who encourage a senior with no major physical limitations to walk and interact with others. For those who are physically challenged, cats often need less care than dogs.

**Do you need a therapy pet?** If you are very infirm or impaired, you may be a candidate for an assistance or therapy dog to help function or interact.

**Is the pet the right age?** A puppy or kitten may not be the best choice for elderly owners because of the care they require.

**Are finances an issue?** Pets cost money. A puppy can run more than \$810 its first year for food, medical care, toys and grooming.



## Fall Prevention Week Sept. 22 to 28

Among older adults, falls are the leading cause of injury deaths, unintentional injuries, and hospital admissions for trauma. Falls can take a serious toll on older adults' quality of life and independence.

A state law was passed in 2008 declaring the first week of Fall each year as Fall Prevention Awareness Week.

At the heart of this initiative is the message that falls are preventable. During Fall Prevention Awareness Week, health care providers, and senior service agencies will hold presentations, health fairs, screenings, and workshops to raise awareness among older adults and their families and caregivers, elder care professionals, and the general public about the seriousness of falls and ways to reduce fall risk.

Here are some tips to reduce falls:

1. Talk with your physician about your risk of a fall, and how you can manage certain health conditions that can lead to a fall.
2. Have your medications reviewed by your doctor and pharmacist to discuss which medications may contribute to dizziness, imbalance and fatigue.
3. Take part in exercise programs that promote strength and balance, and have your vision checked at least once a year.
4. Fall-proof your home, and talk to your family about how to help you live an independent lifestyle.

It's crucial for seniors to get medical care after a fall. Older adults who suffer a serious fall have much better chances of survival and overall better health outcomes if they are treated at a trauma center where specialized surgeons are available. Seniors can significantly reduce their risk of falls through certain lifestyle changes and prevention programs.

## What To Eat

### 1. Fruits and Vegetables



The darker the red, the deeper the green, the more yellow, the more orange, they're the foods that have function. Their natural color means they're loaded with vitamins and antioxidants.

Blueberries, red raspberries, and dark cherries are ideal fruits, and you can't miss with any of the dark, leafy vegetables like spinach, kale, and Swiss chard. You can have them all year because, when it comes to nutrients, frozen is just as good as fresh.

### 2. Dairy

This is an incredibly important food group for people as they get older. Calcium needs are high and they stay high, and you can't get any other foods with as much calcium as dairy. Milk, for example, gives you nearly all the calcium you need in three 8-ounce servings. Dairy is also a great source of vitamin D, it's essential for healthy bones. Many people don't get enough of it, and with age, it gets harder for your body to make vitamin D just by being out in the sunshine. Stick to low-fat or nonfat milk, yogurt, and cheese.

### 3. Whole Grains

These powerhouse foods are pantry essentials. A good source of B vitamins, they are also loaded with fiber. Whole-grain foods are easy to find. There's a whole variety beyond oatmeal and whole wheat, such as quinoa, which is incredibly high in protein.

### 4. Lean Protein

A lot of foods will give you the protein you need, like fish, poultry, meat, beans, legumes, nuts, and dairy products. If you choose to eat meat, make it lean. If you can see a layer of fat, it is saturated fat and associated with bad cholesterol. Steer clear of huge portions. visualize a deck of cards when choosing a serving of meat.

### 5. Fish With Omega-3s

Oily fish like salmon, tuna, and mackerel are great sources of omega-3 fatty acids, which are good for you. Just two servings of fatty fish per week are enough to meet your requirements for this healthy fat. Canned salmon is a good choice because it is often packed with some edible fish bones, adding a calcium boost. If you don't eat fish at home, order it when you go out.

**Pennsylvania Farmers Market Vouchers  
are available for North'd County Seniors beginning June 1, 2016**

The Northumberland County Board of Commissioners, in cooperation with the Northumberland County Area Agency on Aging and the Pennsylvania Department of Aging, is pleased to announce the Farmers Market Nutrition Program. The program sponsored by the Pennsylvania Department of Agriculture, is offering eligible senior citizens who reside in an opportunity to obtain \$20.00 in vouchers to purchase fresh fruit and vegetables from participating farm markets.

North'd County residents who are age 60 or older, (including those who will reach their 60<sup>th</sup> birthday by December 31, 2016); and who meet the gross income guidelines may apply. All income must be taken into consideration, including Social Security, Black Lung, SSI, and all pensions.

\* The official income guidelines for this year's program are as follows:

<b>1 person</b>	-	<b>\$21,978</b>
<b>2 people</b>	-	<b>\$29,637</b>
<b>3 people</b>	-	<b>\$37,296</b>
<b>4 people</b>	-	<b>\$44,955</b>
<b>5 people</b>	-	<b>\$52,614</b>
<b>6 people</b>	-	<b>\$60,273</b>

**Proof of age/residency is necessary.** Senior citizens must sign the designated register when they receive the vouchers and eligible senior citizens may receive the vouchers only once per calendar year. Proxy forms are available for home bound consumers. The proxy form must be signed by the consumer requesting vouchers and also by the person (who is the proxy) delivering the vouchers. The form is then returned to the before vouchers will be distributed.

Vouchers will be distributed by the North'd Co. Area Agency on Aging on a first come basis until Sept. 30, 2016 or until the supply is exhausted. Vouchers are redeemable June 1, 2016 through November 30, 2016.

The vouchers will be available daily at all nine Senior Action Centers from 8:30-3:30. Please contact your local Senior Action Center for any other details regarding the Farmer Market Vouchers. Vouchers are only available Monday, Wednesday and Friday at the Elysburg Senior Action Center 8:30-2:00.

### 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. 2<sup>nd</sup> St., Sunbury, PA 17801

Name: \_\_\_\_\_ Amount of Donation\$ \_\_\_\_\_

Address: \_\_\_\_\_ Zip \_\_\_\_\_

May we print your name as a donor?      Yes \_\_\_\_\_ No \_\_\_\_\_