

Area Agency on Aging of Somerset County



Senior News



April 2009

Phone Numbers to Find Help:

There are times that people need help and they don't know where to turn. Here are a few guides to help you figure out where to call for information.

SCTS for transportation (814) 444-8539
or toll free at 1-800-452-0241

Weatherization/Furnace Repairs (814) 445-9628
or toll free at 1-800-452-0148

LIHEAP for help with fuel for heating-
(814) 443-3681 or toll free at 1-800-248-1607
Runs from October-March

MOWs for food deliveries (not Windber)-
(814) 443-2787

Volunteer Escort for rides to medical appointments
(814) 445-9165

Call between 8 AM and 12 Noon or leave a message

MH/MR for mental health issues-
(814) 443-4891 or toll free at 1-877-814-4891

Crisis Line for an emergency -(814) 443-3639 or
toll free at 1-800-452-0218

Area Agency on Aging for referrals for meals, personal care, house cleaning, PDA Waiver services, shopping, Personal Care Home/Nursing Home Supplements,
(814) 443-2681 or toll free at 1-800-452-0825

Questions regarding Medicare problems/changing coverage/PACE/PACENET, filling out rebate forms for Rent/Property, call the Area Agency on Aging of Somerset County and make an appointment with an **APPRISE** counselor- (814) 443-2681 or toll free at 1-800-452-0825

Bi Lo in Windber for grocery deliveries
(814) 467-6624

Questions regarding **Property Tax/Rent Rebates**
1-888-728-2937

Questions with **Social Security/Medicare**
(814) 443-9650 or
toll free at 1-800-772-1213

Questions regarding **PACE/PACENET-**
1-800-225-7223

Questions regarding poor vision/ help for someone with poor vision- **The Somerset County Blind Center**
(814) 445-1310

Questions regarding property taxes-
Assessment Office (814) 445-1536

Questions regarding housing developments for Seniors-
Housing Authority-(814) 629-5147

Places to Volunteer-**RSVP** (814) 443-2681 or
toll free at 1-800-452-0825

Places to obtain meals/socialization for seniors-

Boswell Senior Center-(814) 629-9926
Mondays only

Central City Center- (814) 754-5615

Conemaugh Twp Center-(814) 479-2216

Confluence Center-(814) 395-5117

Meyersdale Center-(814) 634-0713

Somerset Center-(814) 445-7772

CFL/Windber Center-(814) 467-5912

Veteran's Assistance-

Veteran's Affairs-(814) 445-1551

Legal



Issues

A partnership between
the Area Agency on Aging
and the
Somerset County Bar Association

The topic for this month's feature is
"Social Security Benefits"

The Social Security Administration operates a variety of programs and benefits, including retirement and survivor benefits, Social Security disability insurance benefits, Medicare health insurance and Supplemental Income benefits. The Somerset County Social Security number is (814) 443-9650.

Anyone that has internet can check the website which offers comprehensive information about all of its programs and benefits. The website is www.ssa.gov and it offers more than 10,000 pages of information. You can do a variety of tasks at this website: request a copy of your earnings record and an estimate of the benefits you and your family will receive when eligible, find out how to file a claim, find out how to replace a lost social security card or change the name on your records, locate the nearest office and get a statement to verify amount of social security benefits you receive.

Next Month's Feature: Driver's Licenses

Disclaimer: The information presented in the Legal Issues feature has been prepared for informational purposes only. It is not offered for and does not represent legal advice or a legal opinion on any specific fact or issue.

Rockwood Seniors Club

April 22, 2009 at Noon

At the Town Hall

Reserve your meal. Bring your place settings.

Please call Katherine Livengood at
(814) 352-7655 for more details and to make

reservations.

Accepting New Members!!!

Know of Someone Who's 100 Years Old?

Should you know of anyone who has reached this remarkable milestone, please contact the Agency at (814) 443-2681 or Toll Free at 1-800-452-0825 between the hours of 8:00 AM and 4:00 PM any Monday through Friday (except those days designated as county holidays).



History of Easter

Easter is one of the most celebrated festivals of the modern Christian church. Easter owes its origin from the word Eostre. Eostre was the ancient Greek goddess of spring. It was believed every year Eostre returned to earth after a long, cold winter and she brought along with her the light and warmth of spring. This is why ancient Greeks held pagan festivals to welcome Eostre and herald the onset of spring.

These Pagan festivals always coincided with the vernal Equinox on the 21st of March every year.

The Christian church however changed the Pagan festival from a celebration of spring to a celebration of the resurrection of Jesus. In 325 AD the church changed the date of the festival. This festival was no longer held on the spring equinox. It was held on the first Sunday following the full moon on or after the vernal equinox. That is why today Easter is celebrated on different dates every year and can occur as early as March 22nd or as late as April 25th.



Medicare, APPRISE & You

The following information is provided by the Area Agency on Aging SHIP known as the APPRISE Program in PA. This information is taken from the **2009 Medicare and You** handbook.

Your Medicare Rights

No matter what type of Medicare coverage you have, you have certain guaranteed rights. As a person with Medicare, you have the right to all of the following:

- Be treated with dignity and respect at all times
- Be protected from discrimination
- Access to doctors, specialists, and hospitals
- Have your questions about Medicare answered
- Learn about all of your treatment choices and participate in treatment decisions
- Get information in a way you understand from Medicare, its providers, and contractors under certain circumstances
- Get emergency care when and where you need it
- Get a decision about health care payment or services, or prescription drug coverage
- Get a review of (appeal) certain decisions about health care payment, coverage of services, or prescription drug coverage
- File complaints (sometimes called grievances), including complaints about the quality of care
- Have your personal and health information kept private

What is an Appeal?

An appeal is the action you can take if you disagree with a coverage or payment decision made by Medicare or your Medicare plan. You can appeal if Medicare or your plan denies one of the following:

- A request for a health care service, supply, or prescription that you think you should be able to get.
- A request for payment for health care or prescription drug you already got.
- A request to change the amount you must pay for a prescription drug.

You can also appeal if Medicare or your plan stops payment for an item or service you think you still need.

If you decide to file an appeal, ask your doctor, health care provider, or supplier for any information that may help your case.

Recipe Corner

Scalloped Pineapple

- 8 slices bread
- 3 eggs, beaten
- 3/4 cup low-fat milk
- 1 cup butter, melted
- 2 cups white sugar
- 1 (20 ounce) can pineapple chunks, undrained
- 3 Tablespoons powdered sugar

Preheat oven to 350 degrees. Grease a 9 X 13 baking dish.

Cut the bread into 1 inch pieces and place on a baking sheet. Toast for 8 to 10 minutes, stirring occasionally, until lightly browned. Remove from oven and reserve.

Beat the eggs, milk, butter and sugar in a large bowl until well combined. Stir in the undrained pineapple and the toasted bread cubes and toss until coated. Pour mixture into the prepared pan.

Bake until puffed and golden, about 45 minutes. Serve warm with a sprinkle of powdered sugar for garnish.

Caregiver Assistance

Windber Caregiver Support Group

April 10, 2009 at 10:00 AM

Somerset Caregiver Support Group

April 30, 2009 at 10:00 AM

Please contact the Area Agency on Aging at (814) 443-2681 or 1-800-452-0825 for further information.

Please remember to look at the **Caregiver's Corner** in the Daily American the last Wednesday of the month.

Volunteer Opportunities Through RSVP

The Retired and Senior Volunteer Program of Somerset County provides placement services and support benefits to people age 55 and over who wish to serve their community by volunteering for one of 70 organizations county-wide. For information about these and other volunteer opportunities, please call RSVP at (814) 443-2681 or 1-800-452-0825.

Laurel Hill State Park— The Park's April Earth Day Celebration is a great way to welcome spring and is a great place for outdoor volunteering. Stewardship of the park takes many hands to pick-up litter, clean pavilions and fire rings or plant trees and maintain trails. Call RSVP and ask for Ruthie for details.

Camp Allegheny- Volunteers are needed for light maintenance and spring cleaning at this youth camp. Both outside work, such as mowing lawns, and inside work, such as cabin maintenance and cleaning are available. Phone RSVP or the Camp for more information.

Great Allegheny Passage- Do you enjoy meeting people-visitors from across PA, the USA and even foreign countries? Goodwill ambassadors are needed May through October 2009 to introduce guests to its historic 1912 Western Maryland Railway Station in Meyersdale, to the Great Allegheny Passage hiking/biking trail and to beautiful Somerset County. Training provided, work in teams of 2. Hours are 10 until 3 Friday, Saturday or Sunday.

New Day, Inc.- Volunteers are needed to support building maintenance and spring cleaning at the Missoura Street building in Somerset. Volunteers for reception and office functions such as mailings are welcome. Hands on service include youth programs or fund raising.

This Agency is a branch of Somerset County Government under the Commissioners of Somerset County
Pamela A. Tokar-Ickes
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Arthur N. DiLoreto,
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Cheryl Brill, Chairperson of
the Advisory Council.

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If you would like to obtain further information about any newsletter topics or Agency services please call the Somerset office at 443-2681 or 1-800-452-0825

Find us online at:
www.somersetaaa.org



Return Service Requested

Website: www.somersetaaa.org
Email: webmaster@somersetaaa.org
Fax: (814) 445-4398
Phone: (814) 443-2681

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