

Area Agency on Aging of Somerset County



Senior News

August 2009



“My Home Away From Home”

Very often seniors who attend their local Senior Community Services Centers refer to the center they attend as their “home away from home” or their “second home”. Many times they even tell you that they prefer to be at the center with their friends rather than alone at home. Some of the center participants take great pride in the fact that they have attended and been vital contributing volunteers at their center from it’s inception, which could be for 30 plus years.

It is the mission/purpose of the senior centers of Somerset County to promote healthy, active lifestyles and independent living through:

Socialization and fellowship-Holiday parties, birthday celebrations, recreational trips, dances, entertainment shows.

Mental Stimulation-Educational programming on various subjects such as nutrition, personal and financial safety, health information and services, medical insurance assistance, volunteer opportunities.

Physical Health Support-Exercise classes, exercise equipment, Wii Virtual recreational sporting programs, massage sessions, flu and pneumonia immunizations, blood pressure checks, blood sugar and cholesterol testing.

Nutritional Support-Lunch is served 5 days a week. Seniors reserving a meal may choose between the regular lunch or a salad selection.



With Senior Community Services Centers providing such a large and vital part of the lives of the seniors of the area, it would be greatly appreciated if the families of the members who have attended the centers would consider making a financial tax deductible donation to the center so that the quality of service may continue for present and future generations.

A member of one of the centers recently passed away and the family sent the following note “Thank you so much for everything you did for our father. He really enjoyed going to the center. It really made him happy.” This father really made everyone at the center very happy also. He was always up for the challenge of brightening our times at the center either through his zany Halloween costumes to being our surprise “model” during our ladies fashion show...complete with braided wig and his hairy legs. He was part of the center’s “family”. While the passing of center participants is a sad loss, the memories of members who have passed are wonderful and full of joy and fun. We are a family.

While we “borrow” your mother or father, aunt or uncle, grandma or grandpa when they come to the center, the Area Agency on Aging Senior Center Staff hope it gives you great peace of mind that your family member is enjoying and benefitting their life by attending their local senior center.



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".

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

Next Month's Feature: Medicaid

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.

Secretary of Aging to Visit Somerset County

Pennsylvania's Secretary of Aging John Michael Hall will be coming to Somerset County on Friday, August 14th. This event will mark the first visit to the county by a State aging secretary since 2000. At that time, then-Secretary of Aging Richard Browdie appeared at the dedication ceremony of the Center for Life, the senior community center that serves the Windber area, through a partnership with Windber Medical Center.

Secretary Mike Hall was appointed to the top aging post by Governor Edward G. Rendell in October 2008. Secretary Hall has over a decade of previous state government experience in the health and human services systems of Vermont and Maine. In 2007, he was selected as the Deputy Secretary for Pennsylvania's aging and welfare departments. Now as the State's secretary of aging, he has focused his energies on building a robust, diverse long-term living system that allows seniors and adults with disabilities the right to make their own choices of care, while preserving their independence and dignity.

Area Agency on Aging administrator, Art DiLoreto, states: "I have had the pleasure of working closely with Secretary Hall during these past few years. I've found him to be a very passionate professional who places a high emphasis on integrity. He actively works toward building consensus when trying to solve problems and he is interested in understanding differing points of view on any issue. I'm very pleased that we can serve as the host for the Secretary during his day in Somerset County."

Planned activities for the Secretary of Aging on his August 14th visit include meetings with AAA staff and advisory councils; a press conference with local media; a meeting with the Somerset County Commissioners to discuss State policy issues, and lunch, followed by a question and answer session, at the Somerset Area Senior Community Center.

The question and answer session is open to the public. Those interested in having lunch at the senior center must make a reservation by calling 445-7772 by no later than noon on Monday, August 10th.



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). A Centenarian certificate will be presented by the Area Agency on Aging Administrator recognizing achievement, and their biography will be featured in a future edition of the Senior News.

In the Centenarian article for Maynard Sembower it was misprinted that he volunteered at the Rails and Trails until 1993. He still volunteers at the Rails and Trails. Sorry for the incorrect information.

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.

By law, Medicare must have your written permission to use or give out your personal medical information for any purpose that isn't set out in this notice. You may take back your written permission at any time, except to the extent that Medicare has already acted based on your permission.

By law, you have the right to:

*See and get a copy of your personal medical information held by Medicare.

*Have your personal medical information amended if you believe that it is wrong or if information is missing, and Medicare agrees. If Medicare disagrees, you may have a statement of your disagreement added to your personal medical information.

*Get a listing of those getting your personal medical information from Medicare. The listing won't cover your personal medical information that was given to you or your personal representative, that was given out to pay for your health care or for Medicare operations, or that was given out for law enforcement purposes.

*Ask Medicare to communicate with you in a different manner or at a different place.

*Ask Medicare to limit how your personal medical information is used and given out to pay your claims and run the Medicare Program. Please note that Medicare may not be able to agree to your request.

Visit www.medicare.gov for information on:

*Exercising your rights set out in this notice.

*Filing a complaint, if you believe Original Medicare has violated these privacy rights. Filing a complaint won't affect your coverage under Medicare.

You can also call 1-800-MEDICARE to get this information. Ask to speak to a customer services representative about Medicare's privacy notice.

You may file a complaint with the Secretary of the Department of Health and Human Services. Call the Office for Civil Rights at 1-800-368-1019. You can also visit www.hhs.gov/ocr/hipaa.

By law, Medicare is required to follow the terms in this privacy notice. Medicare has the right to change the way your personal medical information is used and given out. If Medicare makes any changes to the way your personal medical information is used and given out, you will get a notice by mail within 60 days of the change.

Athletic Passes for Senior Citizens in the Somerset Area School District



The Somerset Area School District is offering athletic passes to Senior Citizens, age 62 and older, residing in the Somerset Area School District. The pass is for admission to all home athletic events held during the 2009-2010 school year.

There is no cost for the athletic pass. We are hopeful that many Senior Citizens will take advantage of this opportunity and support the student-athletes in the Somerset Area School District.

Senior Citizens **who reside in Somerset School District** and wish to participate are encouraged to mail their name, address, phone number, and date of birth along with a **self-addressed stamped envelope** to:

ATHLETIC OFFICE
Somerset Area Senior High School
645 S. Columbia Avenue, Suite 130
Somerset, PA 15501

Passes will be available from Wednesday, July 1, 2009 through Tuesday, September 15, 2009. If you have any questions, please call the Athletic Office at (814) 444-3230.

Caregiver Assistance

Windber Caregiver Support Group

August 13, 2009 at 10:00 AM

Somerset Caregiver Support Group

August 27, 2009 at 10:00 AM

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

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.

Golden Living Center-This Meyersdale facility needs volunteers for friendly visiting or to assist with activities such as bingo, reading the newspaper to small groups, games, crafts, special events, holiday celebrations. Any interest, skill or talent to share with residents would be very much appreciated.

Receptionist/Office Support-All of the following organizations welcome volunteers to expand their missions and serve clients better through various in-office jobs: Somerset Blind Center; Next Step Center; American Cancer Society; Salvation Army; New Day, Inc. Somerset office; Area Agency on Aging; Somerset Inc; Laurel Arts. Phone RSVP for details.

Quecreek Mine Rescue Site-Volunteers interested in speaking to the public about the miraculous rescue of the 9 trapped miners in the summer of 2002 are needed from May to October. Education on facts and events, as well as training on the cash register and Visa machine will be provided. Volunteers are also needed for basic outdoor grooming and maintenance jobs. Phone RSVP for training dates and other information.

This Agency is a branch of Somerset County Government under the Commissioners of Somerset County
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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

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