

Area Agency on Aging of Somerset County



Senior News

March 2010



National Nutrition Month

March is National Nutrition month, and “Nutrition From The Ground Up” is this year’s theme. Nutrition month was created by the American Diabetic Association in 1973; the observance promotes healthful eating with practical nutritional guidance. Attention is focused on making informed food choices and developing sound physical activity habits.

Simply adopting a few small changes to your diet by adding a piece of fruit and eating appropriate portions will help you manage your calorie intake and improve your general health. Regular physical activity is important for overall health and fitness, and to manage your weight. Set a goal to be physically active at least 30 minutes a day. A few minutes of walking can be a great way to start being more active. As always, consult your physician before starting any new physical exercise program.

Our nutritional needs change as we get older. It has been found that more calcium and vitamin D are needed to maintain good bone health. Many persons over 50 do not get enough Vitamin B12, which is important for the development and function of red blood cells. Maintaining a fiber sufficient diet will help lower your risk for heart disease and control your weight. Increasing your intake of potassium along with reducing your salt intake may help lower your risk of high blood pressure. All these elements in their proper amounts help us to maintain a healthy body and life style as we age.

Most older adults need fewer calories as they age. The number of calories you need each day depends on your gender and activity level. The following chart will help you determine the amount of calories that are needed for men and women 51 and older. (see diagram)

To help you stay food safe and healthy in your home you can follow some of the basic food safety guidelines:

- *Wash your hands often
 - *Refrigerate all leftover food
 - *Cook or reheat foods completely to kill harmful bacteria
 - *In doubt about a food’s safety? Throw it out
- The Area Agency on Aging is required to provide 1/3 of the recommended daily allowances with every meal that is served. These meals are sent through out the county to consumers in their homes or at our Senior Centers. The RDA (Recommended Daily Allowance) is the estimated amount of a nutrient or calories per day considered necessary for the maintenance of good health for persons from the age of 2 thru adult. The RDA is periodically reviewed and updated every 5 years. It has been estimated you can receive a 3 year increase in life expectancy, 25% less coronary heart disease, and 35% less congestive heart failure and stroke, simply by eating healthy and achieving a normal body weight. Remember eating right and staying fit is important no matter what your age.

How Many Calories Do Older Adults Need?

Activity Level	Calories per Day For	
	Woman Age 51+	Men Age 51+
Sedentary (not Active)	1,600	2,000
Moderately Active	1,800	2,000-2,400
Active	2,000-2,200	2,400-2,800

Legal



Issues

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

The topic for this month's feature is "Charitable Organizations".

Seniors who are solicited by charitable organizations can call the Pennsylvania Department of State's Bureau of Charitable Organization's toll free number at 1-800-732-0999 to find out if the organization is registered to solicit contributions; how much income the organization receives; how much the organization spends on programs, services, administration and fundraising. Seniors can also call the toll free number with any complaints they have about the organization which has solicited funds from them.

Here are some precautions when you are called for donations:

*Ask for written information, including the charity's name, address and telephone number.

*Ask for identification, if the solicitor refuses, hang up.

*Call the charity to check whether they are aware of the solicitation. If they are not responsible, you should call your local police department so they can investigate the potential for fraud.

*Watch out for organizational names which sound like established charities; some phony groups use titles that closely resemble respected legitimate organizations.

*Know that "tax-exempt" is not the same as "tax-deductible". The exemption refers to the organization, but your contribution may or may not be deductible and, if that is important to you, ask for a receipt for the amount of your contribution.

*Be skeptical if someone thanks you for a pledge you do not remember making. Keep records and check them.

*Refuse high pressure appeals. No legitimate organization should pressure you for your gift.

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.

The Somerset Senior Center received a donation from Veil and Christopher Schiffhauer in memory of Dorma Raupach. Thank you Mr. and Mrs. Schiffhauer for the donation.

Please remember cash donations are always welcome to be given in memory or honor of someone or you can also purchase a leaf to be added to our Tree of Life in the Somerset Center in memory or honor of someone. Stop in and see our Tree of Life.



Caregiver Assistance

Windber Caregiver Support Group

March 11, 2010 at 10:00 AM

Somerset Caregiver Support Group

March 25, 2010 at 10:00 AM

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

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 this achievement, and their biography will be featured in a future edition of the Senior News.



Easter Lunch



Come and join us for our **Easter Lunch** scheduled for Thursday, April 1, 2010! Please make reservations by contacting your Senior Center on or before Monday, March 22, 2010.

We look forward to seeing you there and hope you will come back and join us again!

Medicare, APPRISE & You

The following information is provided by the Area Agency on Aging State Health Insurance Program (SHIP) known as the APPRISE Program in PA. This information is taken from the **2010 Medicare & You Handbook**.

Using Computers to Manage Your Health Information

You can help manage your health information and improve how you communicate with your doctors and other health care providers by using a computer. Computers can also help you get and share access to your health information like never before. This technology (also called Health Information Technology or Health IT) reduces paperwork, medical errors, and health care costs and can also improve your quality of care.

Electronic Health Records (EHRs)-An EHR is a record with important information about your health and treatment (like lab reports) that are maintained and used by **your doctor**, your doctor's staff, or a hospital.

*EHRs can help all of your providers have the same information about your conditions, treatments, tests, and prescriptions.

*EHRs can help lower the chances of medical errors and can help improve your overall quality of care.

Personal Health Records (PHRs)-A PHR is a record with information about your health that **you** maintain and keep for easy reference.

*These easy-to-use online tools can help you manage your health information from anywhere you have internet access.

*With a PHR, you can keep track of health information, like the date of your last physical, major illnesses, operations, allergies, or a list of your medicines.

*PHRs are often offered by providers, health plans, and private companies. Some are free, while others charge a monthly or annual fee.

Visit www.medicare.gov/phr to learn more.

Electronic Prescribing(E-Prescribing)-A way for your prescribers (your doctor or other health care provider who is legally allowed to write prescriptions) to send your prescriptions to your pharmacy using a secure computer.

*E-prescribing lets your prescribers send secure electronic prescriptions directly to your pharmacy, instead of writing prescriptions on paper.

*E-prescribing helps to avoid harmful drug interactions and allows your prescriber to see what drugs your plan offers, including lower-cost generics.

Ask your prescribers if they e-prescribe.

There are strict rules about protecting the privacy and security of electronic information. When you use a secure Web site, you usually have to create a unique user ID and password, and the information you type is encrypted (put in code) so other people can't read it. More work is being done to make sure that this new technology is even more secure.

Food Groups

Find and circle all of the Food Group items that are hidden in the grid. The words may be hidden in any direction.

A	F	B	R	E	V	B	N	M	A	F	U	L
P	U	S	N	P	E	S	T	V	S	E	S	L
E	C	I	R	A	G	G	B	R	E	A	D	S
S	R	R	N	S	E	R	S	R	E	R	M	E
E	L	S	A	T	T	L	N	P	I	A	I	E
E	E	I	M	A	A	I	O	U	L	F	L	S
V	C	E	O	E	B	U	U	R	T	S	K	E
G	A	H	R	L	L	G	T	R	E	S	R	S
H	T	E	E	T	E	M	R	U	F	Y	T	S
S	C	T	R	E	S	T	U	H	I	A	M	S
I	E	Y	T	E	S	E	G	I	F	E	U	E
F	T	E	G	G	S	E	O	E	A	T	F	S
S	T	E	E	W	S	A	Y	T	L	F	I	R

BREADS, CEREAL, RICE, PASTA

VEGETABLES

FRUITS

MILK, YOGURT, CHEESE

MEAT, POULTRY, FISH, BEANS, EGGS,

NUTS

FATS, OILS, SWEETS

Did you enjoy this puzzle? Visit:

<http://www.puzzles.ca/wordsearch.html>

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.

Those who love the outdoors-Celebrate Earth Day at Laurel Hill State Park on April 24, 2010. This annual event commemorates National Earth Day and also is a kick-off for the park's opening on Memorial Day weekend. Volunteers are needed to do various activities, including raking, garbage pick up, planting and visitor store set up. This is a nice day spent with those who enjoy the outdoors. Laurel Hill State Park has numerous volunteer opportunities throughout the summer including working at the visitor center, helping with wood sales and refreshments at the campground on Saturday nights. The park is a true treasure to the Laurel Highland, don't miss out on spending time outdoors sharing our beautiful area with others.

A special 2 day event will be held on May 6 and 7, 2010 at the Summer's Best Two Weeks camp at the Quemahoning Dam. Outdoor Adventures 2010 is a locally sponsored event celebrating our environment with participation from 1,000 elementary students from public, private and home schools. This is an excellent opportunity for RSVP volunteers to make a difference in the lives of our youth by sharing in a fun filled day of activities including learning tools, recycling, water sports and many more events. Volunteers are needed for set up on Wednesday, May 5 from Noon-4 PM and on Thursday and Friday from 8:30-3:30. Don't miss out on an annual event you won't soon forget.

And finally, throughout the spring, summer and fall, spend time walking the Great Allegheny Passage as a trail ambassador. Trail ambassadors are local volunteers who walk the trail and assist those traveling the trail with information on local attractions, including restaurants, lodging and other activities in the area. The trail ambassador program gives our local RSVP members an opportunity to share what they know about their communities with those traveling from all over the world. This is a great way to stay in shape and share the love you have for the Laurel Highlands with others.

This Agency is a branch of Somerset County Government under the Commissioners of Somerset County
Pamela A. Tokar-Ickes
John P. Vatavuk
James C. Marker

Arthur N. DiLoreto,
Administrator
Nancy Miller, Chairperson of
the Advisory Council.

This project is funded, in part, under contract with the PA Department of Aging.

**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

Somerset, PA 15501
1338 South Edgewood Avenue
Area Agency on Aging of Somerset County

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