

**Area Agency on Aging of Somerset County**



# **Senior News**

**July 2009**



# Legal



# Issues

A partnership between

the Area Agency on Aging  
and the  
Somerset County Bar Association

The topic for this month's feature is "Personal Records".

It is important to keep complete written records so that your personal information is readily available when needed. In only one place, record where the originals of your will, power of attorney, and living will are kept. Also include information such as your Social Security number, bank accounts and other investments, real estate holdings, insurance policies, and other important legal and financial information.

Here is a checklist for your personal filing system:

- \* Income Tax Returns
- \* Birth, Marriage, Divorce, Custody, Adoption and Death Certificates
- \* Naturalization Papers
- \* Military Records
- \* Papers documenting real estate and home leases and purchases, mortgages and home improvements
- \* Medical records and health insurance cards
- \* Social Security records and communications
- \* Bank account, brokerage and mutual fund statements
- \* Business and partnership agreements
- \* Stock options, IRA's and pension fund agreements

Five years of complete financial records should be saved at all times.

**Next Month's Feature:** Social Security

**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.

## 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.

## ALSM Services Respond to Financial Stress

Allegheny Lutheran Social Ministries (ALSM) has been serving individuals for more than 60 years. ALSM has responded to the financial burdens of many with options that meet families' needs at a discounted cost.

Serving Somerset County, the Senior Daily Living Centers and the Community Support Home Care Services program have developed cost-saving options for their services.

### Senior Daily Living Centers

The Senior Daily Living Centers (SDLC) offer adult day services for adults who face physical, mental or social limitations. The service cares for adults throughout the day as their caregivers work, handle other responsibilities or take a break from caregiving duties.

The Somerset center is located at 231 Tabernacle Drive and the Meyersdale center is located on the first floor of the Senior Center at 120 North Street. The SDLC's are home-like centers that provide a protective environment, nursing services, exercise/strengthening programs, personal care, arts/crafts, mental stimulation, and emotional support from highly qualified staff. For more information call Nancy Miller at (814) 445-8506.

### Community Support Home Care Services

This program provides care for seniors to keep them in their own homes. Services include personal care, light housekeeping, laundry services, respite care, accompaniment for errands, etc. For more information contact Patty Churchey at (814) 443-0854.

## 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 is required to protect the privacy of your personal medical information. Medicare is also required to give you this notice to tell you how Medicare may use and give out (“disclose”) your personal medical information held by Medicare.

Medicare must use and give out your personal medical information to provide information to the following:

- \* To you or someone who has the legal right to act for you (your personal representative).
- \* To the Secretary of the Department of Health and Human Services, if necessary, to make sure your privacy is protected.
- \* Where required by law.

Medicare has the right to use and give out your personal medical information to pay for your health care and to operate the Medicare Program. Examples include the following:

- \* Companies that pay bills for Medicare use your personal medical information to pay or deny your claims, to collect your premiums, to share your benefit payment with your other insurer(s), or to prepare your Medicare Summary Notice.
- \* Medicare may use your personal medical information to make sure you and other people with Medicare receive quality health care, to provide customer service to you, to resolve any complaints you have, or to contact you about research studies.

Medicare may use or give out your personal information for the following purposes under limited circumstances:

- \* To State and other Federal agencies that have the legal right to receive Medicare data
- \* For public health activities
- \* For governmental health care oversight activities
- \* For judicial and administrative proceedings
- \* For law enforcement purposes
- \* For research studies, including surveys, that meet all privacy law requirements
- \* To avoid a serious and imminent threat to health or safety
- \* To contact you about new or changed coverage under Medicare
- \* To create a collection of information that can no longer be traced back to you

(To Be Continued in August’s Newsletter)

## 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

July 9, 2009 at 10:00 AM

### Somerset Caregiver Support Group

July 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.

## 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.

**Rails to Trails**-Trail Ambassadors are needed to help promote and monitor the Somerset County section of the Great Allegheny Passage. Ambassadors ride or walk their chosen section of the trail to help visitors with local information and to monitor and report trail conditions. This is a great opportunity for active, outdoor, outgoing individuals or couples. Training and identification as an Ambassador are provided. If you would like to greet trail visitors, but don't want to be an outdoor Ambassador, the Train Station in Meyersdale needs you inside.

**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 maintenance jobs. There are behind the scenes jobs, such as preparing a special bear, that can be done in your home. Please phone RSVP for training dates and other information.

**Somerset County 4-H Program**-The Somerset County 4-H program is seeking volunteers who enjoy working with youth and are willing to share their knowledge about a particular subject. The 4-H program offers over 150 4-H projects. If you're willing to share your experiences with youth in your area, contact RSVP.

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](http://www.somersetaaa.org)



Return Service Requested

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