

Area Agency on Aging of Somerset County



Senior News

March 2009



Domiciliary Care Program—An Alternative Care Option

The Domiciliary Care Program –most usually referred to as the Dom Care Program, has been in existence as a service of The Area Agency on Aging of Somerset County since 1976. The Dom Care Program offers a residential, community-based alternative for housing and assistance for adults, ages 18 and older, who do not require skilled nursing care. Persons referred for possible consideration for admission to a Dom Care Home are usually unable to live alone due to a variety of physical, mental, or visual impairments, which result in a need for supervision and companionship.

Individuals are referred to AAA for consideration for Dom Care through a variety of sources, medical offices, family, and friends. Following receipt of a referral, a medical form is sent to the individual's physician for completion in order to get an accurate listing of medical facts, necessary medication, and any medical restrictions. An Area Agency on Aging care manager then meets with the person to complete additional assessment details to determine other care needs and the appropriateness for consumer's placement into a Dom Care Home. In working with the interested consumer, the case-worker makes every attempt to "match" the consumer with an available home provider, taking into consideration the consumer's care needs and preferences, as well as the home provider and any consumers who already reside in the home. A trial visit may be arranged in order for all involved to meet and explore the possibility of the planned placement.

A Dom Care Home is a private residence, which has been inspected and approved by Dom Care Staff as being qualified to provide a home and care for consumers. Safety and Program standards and regulations must be met prior to home certification and yearly recertification. Most Dom Care Homes (all new homes) are certified to provide care for only 1 to 3 consumers. The size is limited in order to preserve the family-like atmosphere that is characteristic of Dom Care Homes. Currently there are openings in both urban and rural settings in the 9 Dom Care Homes Somerset AAA currently has certified.

Dom Care Home Providers provide room, meals and a variety of personal care services to their residents. Home Providers assure a supportive and supervised environment where residents are assisted in developing and maintaining self help skills determined to be within their capabilities and are assisted with care needs they are unable to accomplish independently; such as arranging medical appointments, taking medication, or personal care and grooming. Dom Care consumers are encouraged to participate in social and recreational activities within the Home and the community.

The Commonwealth of Pennsylvania will provide a financial supplement to any individual who may be determined eligible because their own income is under \$1,108 and has very limited assets.

If you are interested in additional information or wish to make a referral, please contact The Area Agency on Aging and request to speak to an intake worker.

Legal



Issues

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

The topic for this month's feature is "Advanced Directive".

Anyone of sound mind who is 18 years of age or older or who graduated from high school or has married may execute a living will at any time. The Pennsylvania law states that the document must be witnessed by two individuals each of whom are 18 years of age or older. A sample advanced directive is available at your local Area Agency on Aging office. The form may be tailored to meet your specific desires.

It is a good idea to discuss this with your doctor the kinds of medical treatment you may wish to withhold and the effects on your body. One copy of your advanced directive should be given to your primary care physician who will place it on your medical records. A surrogate may be designated to carry out your specific directions when you are unable to make them. You may also expressly exclude certain persons from acting as your surrogate.

Next Month's Feature: Social Security Benefits

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

March 25, 2009 at Noon

At the Town Hall

Don't forget to bring table settings.

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

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 St. Patrick's Day

St. Patrick, patron saint of Ireland, was one of Christianity's most widely known figures. Even for all his celebrity his life remains somewhat of a mystery.

It is known he was born in Britain to wealthy parents near the end of the fourth century. He is believed to have died on March 17, around 460 A.D. Although his father was a Christian deacon, it has been suggested that he probably took on this role for tax incentives as there is no evidence that he came from a particularly religious family. At age 16 he was taken prisoner by a group of Irish raiders who attacked his family's estate. They transported him to Ireland where he spent 6 years in captivity. During this time, he worked as a shepherd, outdoors and away from people. Lonely and afraid, he turned to his religion for solace. After more than 6 years as a prisoner he escaped. He walked for nearly 200 miles to the Irish coast. After escaping to Britain he had a dream that tells him to go back to Ireland as a missionary. Soon after that he began religious training, a course of study that lasted more than 15 years. After his ordination as a priest he was sent to Ireland with a dual mission-to minister to Christians already living in Ireland and to begin to convert the Irish.

Since he was familiar with the Irish language and culture, he chose to incorporate traditional rituals into his lessons of Christianity instead of attempting to eradicate native Irish beliefs. The Irish culture is centered around a rich tradition of oral legend and myth. When this is considered, it is no surprise that the story of St. Patrick's life became exaggerated over the centuries.

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.

Learn How to Compare the Quality of Plans and Providers

You can't always plan ahead when you need health care, but when you can, take time to compare. Medicare collects information about the quality of care and services given by most Medicare plans and other health care providers and information about how satisfied people are with the care they get.

Now you can compare the quality of care and services given by health and prescription drug plans, or health care providers nationwide by visiting www.medicare.gov or by calling your State Health Insurance Program (SHIP). The Somerset County phone number is (814) 443-2681 or toll free at 1-800-452-0825.

When you, a family member, friend, or SHIP counselor visit Medicare's website, select one of the following:

- * "Compare Health Plans and Medigap Policies"
- * "Compare Medicare Prescription Plans"
- * "Compare Dialysis Facilities"
- * "Compare Home Health Agencies"
- * "Compare Hospitals"
- * "Compare Nursing Homes"

These search tools on www.medicare.gov give you a "snapshot" of the quality of care and services these plans and providers give. Find out more about the quality of care and services by doing the following:

*Ask what your plan or provider does to ensure and improve quality of care and services. Every plan and health care provider should have someone you can talk to about quality.

*Ask your doctor what he or she thinks about the quality of care or services the plan or other health care provider gives. Talk to your doctor about Medicare's information about the quality of plans and providers.

Recipe Corner

Irish Potato Candy

- 1/4 cup butter, softened
- 1/2 (8 ounce) package cream cheese
- 1 teaspoon vanilla extract
- 4 cups confectioners' sugar
- 2 1/2 cups flaked coconut
- 1 tablespoon ground cinnamon

Directions:

In a medium bowl, beat the butter and cream cheese together until smooth. Add the vanilla and confectioners' sugar; beat until smooth. Using your hands if necessary, mix the coconut. Roll into balls or potato shapes and roll in the cinnamon. Place on a cookie sheet and chill to set. If desired, roll potatoes/balls in cinnamon again for darker color.

Prep time: 20 minutes

Ready in: 30 minutes

Servings: 60

"Pack Your Bag" Event Coming Soon!

The National Council on Aging and CVS Pharmacy are sponsoring a free "Pack Your Bag" Medication Consultation event each month until September 2009 at the Boswell and Central City Senior Center! Our local CVS Pharmacist will conduct a 15-minute presentation, followed by one-on-one consultations to review your prescription and non-prescription medications. There is a sign up sheet for the one-on-one consultation at the Boswell Center (629-9926) or Central City Center (754-5615).

Caregiver Assistance

Windber Caregiver Support Group

March 12, 2009 at 10:00 AM

Somerset Caregiver Support Group

March 26, 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.

American Cancer Society-Daffodil Days will take place March 16th to 22nd. Orders must be received by February 23. Help is needed to compile orders prior to distribution, and then to deliver orders in March. Please phone the local unit of the American Cancer Society or RSVP for more information.

Community Action Partnership-formerly Tableland-Volunteers are needed daily from 2 to 4 PM to answer phones and send calls to appropriate staff person or voicemail.

Also assistance is needed for additional clerical tasks including-sending letters, stuffing envelopes, making general phone calls, creating address lists, photocopying, etc. Contact Lisa Beam at (814) 445-9628 ext 203.

Compassion House-This Windber faith-based thrift shop needs more helpers for various tasks including sorting and hanging clothing and other items. Volunteer any Monday, Tuesday, Thursday or Friday from 9 until 4 or Saturday from 9 to 1.

Somerset Blind Center-needs a crew of volunteers to act as receptionist/phone attendant for this office. Hours of operation are Monday through Friday, 8 AM to 4 PM-pick your day (s) and time to volunteer each week. If you have other office skills, such as making copies, stuffing mail, your skills can also be put to good use.

Turkeyfoot Food Pantry-help is needed to unload the delivery truck to stock the food pantry. For additional details phone RSVP at 443-2681.

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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