

Area Agency on Aging of Somerset County



Senior News



August 2010

Senior Centers' Answer to Healthy Aging-Exercise Classes



All Somerset County Senior Centers offer exercise classes in various forms of presentation. Our facilities have for a long time offered the programming that Hospitals and medical insurance companies are encouraging, exercise for senior citizens. Our programs are appropriate for individuals who have not exercised in many years or who have never been physically active, as well as individuals who regularly engage in exercise classes. Sit or stand, keep up or exercise at your own pace, the main objective is to join in and reap the benefits of exercise.



Senior Center Exercise Class Schedules:

Boswell: Every Monday 8:30 AM
(814) 629-9926

Central City: Every Wednesday 10:00 AM
(814) 754-5615

Confluence: Every Wednesday 10:00 AM
(814) 395-5117

Conemaugh Twp: Mon/Wed/Thurs 10:30 AM
(814) 479-2216

Meyersdale Every Wednesday 10:30 AM
(814) 634-0713

Somerset: Every Thursday 11:00 AM
(814) 445-7772

Center For Life:
(814) 467-5912



Mon/Fri 10:30 AM Strong Bones Class

Tuesday 10:30 AM Body Strengthening Class

Wed. 10:30 AM Tap Dance Class

Thursday 10:00 AM Tai Chi Class

Coming this Fall: Zoomba Class

For more details or to get involved please contact your local Senior Center.



Senior Center Café Demonstration

Senior Centers all across the country are looking at ways to enhance nutrition programs, making them more appealing to the lifestyles of today's seniors. The Area Agency on Aging was recently awarded a grant from the state through the Federal Economic Stimulus Act for Senior Nutrition Programs to implement café dining in its senior centers. On June 23, the Area Agency on Aging debuted the program to invited guests including County Commissioners Pamela Tokar-Ickes and John Vatauvuk and seniors and staff representing all of the Somerset County Senior Centers. Attendees were given an opportunity to sample appetizing soup and an assortment of salads, sandwiches, cookies, and beverages that will be offered in the cafés.

Implementation of the café project is planned during the fall, with this café experience dining option to be offered eventually at all county senior centers.

The light a la carte fare offered through the café will provide an alternative to the congregate meal while providing more choices and options to local seniors. Specific details will become available as the café roll-out continues throughout the summer.

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 2010-2011 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 Thursday, July 1, 2010 through Wednesday, September 15, 2010. If you have any questions, please call the Athletic Office at (814) 444-3230.

Medicare and the New Health Care Law-

What It Means for You from the **Center for Medicare & Medicaid Services**.

What Stays the Same

The guaranteed Medicare benefits you currently receive will remain the same. During open enrollment this fall, you will continue to have a choice between Original Medicare and a Medicare Advantage plan. Medicare will continue to cover your health costs the way it always has, and there are no changes in eligibility. But, there are some important benefits that you and your family can take advantage of starting this year. Look for more details in your **Medicare and You Handbook** coming this fall.

Improvements in Medicare You Will See Now

More Affordable Prescription Drugs

*If you enter the Part D “donut hole” this year, you will receive a one-time, \$250 rebate check if you are not already receiving Medicare Extra Help. These checks will begin mailing in mid-June, and will continue monthly throughout the year as beneficiaries enter the coverage gap.

*Next year, if you reach the coverage gap, you will receive a 50% discount when buying Part D-covered brand-name prescription drugs.

*Over the next ten years, you will receive additional savings until the coverage gap is closed in 2020.

Important New Benefits to Help you Stay Healthy

*Next year you can get free preventative care services like colorectal cancer screening and mammograms. You can also get a free annual physical to develop and update your personal prevention plan based on current health needs.

Improvements to Medicare Advantage

*Today, Medicare pays Advantage insurance companies over \$1,000 more per person on average than Original Medicare. These additional payments are paid in part by increased premiums by all Medicare beneficiaries—including the 77% of seniors not enrolled in a Medicare Advantage plan.

*The new law levels the playing field by gradually eliminating Medicare Advantage overpayments to insurance companies.

*If you are in a Medicare Advantage plan, you will still receive guaranteed Medicare benefits.

*Beginning in 2014, the new law protects Medicare Advantage members by taking strong steps to ensure that at least 85% of every dollar these plans receive is spent on health care, rather than administrative costs and insurance company profits.

Improvements in Medicare You Will See Soon

Better Access to Care

*Your choice of doctor will be preserved.

*The law increases the number of primary care doctors, nurses and physician assistants to provide better access to care through expanded training opportunities, student loan forgiveness and bonus payments.

*Support for community health centers will increase, allowing them to serve some 20 million new patients.

Better Chronic Care

*Community health teams will provide patient-centered care so you won't have to see multiple doctors who don't work together.

*If you're hospitalized, the new law also helps you return home successfully—and avoid going back—by helping to coordinate your care and connecting you to services and supports in your community.

To Be Continued Next Month.

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.

Caregiver Assistance

Windber Caregiver Support Group

August 12, 2010 at 10:00 AM

Somerset Caregiver Support Group

August 26, 2010 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, Salvation Army, New Day, Inc., Somerset office. Phone RSVP for details.

Quecreek Mine Rescue Site – Volunteers interested in speaking to the public about the miraculous rescue of the nine 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.

Escort Drivers – Volunteers are needed throughout Somerset County. Escort drivers use their own vehicles to transport consumers to needed treatment such as dialysis, chemotherapy or doctor's visits. Trips are scheduled through a coordinator for the Area Agency in Somerset. Reimbursement applies.

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.

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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
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Phone: (814) 443-2681

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