

# Area Agency on Aging of Somerset County



## Senior News



February 2010

### AAA UPDATE

Dear Community Friends:

In December, the Area Agency on Agency [AAA] applied for State funding to make some exciting changes to its meal programs. The grant request included suggestions that came directly from ideas we received you and others from the community. These ideas included creating a café type meal service in each senior center and offering a more pleasing, attractive dining experience; increasing meal choices for consumers served in their homes and making improvements at the Agency's main kitchen site for better storage and work efficiency. We also want to spread the word about the changes we are making and have asked for funding to expand marketing and outreach efforts, in the hopes of serving even more consumers. The AAA has requested a total of \$ 150,000 from the State for these important upgrades.

This opportunity is important for several reasons. First, many people have told the Agency that our current meal programs do not reflect the interests and lifestyles of today's senior. Secondly, the number of seniors served AAA meals over the last 10 years has steadily declined and, if this trend continues, it could force the closing of centers and meal sites, as has occurred in at least 52 other places within the State. Third, the chance to obtain increased funding for senior programs doesn't happen too often these days.

The word "change" can cause us to be fearful of giving up what we know. At the same time, we must accept the fact that change needs to happen, if the AAA programs are to survive. With the conditions facing the meal service and senior centers, it's clear we must all make changes now, so we can keep the centers and the AAA meals program running. We appreciate the direction that you have given us to try to make positive change occur.

Before we make any changes, the Area Agency wishes to assure you that we will involving members of the community in the decisions we will be making, to the fullest extent possible. We view you, your friends and neighbors as valuable resources for finding the best way to go making the changes that are needed.

By March, we should know how much State money we will receive. We can then begin our discussions about how those changes will be made. These changes will happen quickly, as the State says the money must be spent by June 30, 2010. We've been told that the competition for this money should be stiff, as other Area Agencies, meal sites, and centers in the State will be asking for a share of it.

The Area Agency on Aging wants to work cooperatively with you in the coming months. Through your patience and support, we can find real solutions to the challenges we face. Please know that many of your friends and neighbors are counting on your help. On behalf of all of them, I thank you.

Very truly yours,

Arthur N. DiLoreto  
Administrator

# Legal



# Issues

A partnership between  
the Area Agency on Aging  
and the

Somerset County Bar Association

The topic for this month's feature is "Do Not Call List".

Under this law, those who telemarket in Pennsylvania, with some major exceptions, such as charities and political groups, are required to check their lists on a quarterly basis to monitor who not to call. In order to be placed on the do-not-call list, you can sign up on the internet at [www.nocallsplease.com](http://www.nocallsplease.com) or by telephone at 1-888-777-3406.

If you believe a telemarketer is violating the law, you can file a complaint on line or by calling the above number.

Prerecorded calls are more problematic but a complaint can be filed with the FCC by calling 1-888-225-5322 or online at [www.fcc.gov/cbg/complaints.html](http://www.fcc.gov/cbg/complaints.html) or by letter to the FCC Consumer and Governmental Affairs Bureau, Consumer Inquiries and Complaints Division, 445 12th Street, S.W. Washington, D.C. 20554. Prerecorded calls are illegal if made to residential phone lines. Exceptions include calls from tax-exempt nonprofits or from companies with which you already have an established business relationship.

**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.

## Social Security Tips for Making Tax Time Easier:

1. Check the names and numbers. It is not enough for everyone on your tax return to have a Social Security number—they also must be the correct numbers, and they must match your names exactly. The IRS checks all the names and Social Security numbers on your tax return against Social Security's records.
2. Social Security tax on Social Security benefits. If you receive Social Security benefits and your total income, including benefits and any other income such as wages, pensions, or investment income is high enough you may have to pay taxes on a portion of your benefits.

These simple tips can move taxes from monumental to manageable when the time to file comes.

Learn more about Social Security at [www.socialsecurity.gov](http://www.socialsecurity.gov).

The Area Agency on Aging of Somerset County announces the appointment of several individuals to the Agency's Advisory Council for a two[2] year term that runs from December 1, 2009 through November 30, 2011. These individuals and the community or organization they represent include:

David Ankeny-County Assistance Office; Kathryn Bell-Berlin; Dolores Block-Windber; Sharon [ Mrs. David] Clapper-Meyersdale; LuAnn Gore-Boswell; Art Gotjen-Somerset; Reverend Frank Harpster-Meyersdale; A.Lloyd Lamp-Somerset; Katherine Livengood-Rockwood; Agnes Mihalko-Windber; Nancy Miller-Allegheny Lutheran Social Ministries; Margaret Minnick-Confluence; Carol Neuhof-Jennerstown; Reverend Randy Newell-Shanksville; Charlotte Ross-Somerset; Clair Saylor-Rockwood; Jane Siemon-Walters-Siemon Lakeview Manor Estates; William Stahl-Windber, and Dolores Wasylczak-Somerset

## Caregiver Assistance

### Windber Caregiver Support Group

February 11, 2010 at 10:00 AM

### Somerset Caregiver Support Group

February 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.

Academy Award winner Patty Duke and the former head of the U.S. Food and Drug Administration, David Kessler, M.D., have teamed up with the Social Security Administration to launch a flu prevention public service campaign. Here are a few simple steps to prevent the spread of the flu:

1. Cover your mouth and nose when sneezing or coughing
2. Encourage those around you to do the same
3. Wash your hands often with soap and water; and
4. Get a flu shot

If you need service from the Social Security Administration you don't have to visit the office. Many services are available on line at [www.socialsecurity.gov](http://www.socialsecurity.gov) and by phone at (814) 443-9650.

## 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**.

### Medicare Savings Programs (Help with Medicare Costs)

States have programs that pay Medicare premiums (the periodic payment to Medicare, an insurance company, or a health care plan for health or prescription drug coverage) and, in some cases, may also pay Part A and Part B deductibles (the amount you must pay for health care or prescriptions, before Original Medicare, your prescription drug plan, or your other insurance begins to pay) and coinsurance (an amount you may be required to pay as your share of the cost for services after you pay any deductibles. Coinsurance is usually a percentage (for example, 20%). These programs help people with Medicare save money each year.

To qualify for Medicare Savings Program, you must meet all of these conditions:

- Have Part A
- Single person—have monthly income less than \$1,239 and resources less than \$8,100
- Married and living together—have monthly income less than \$1,660 and resources less than \$12,910

**Note:** These amounts may change each year. Many states figure your income and resources differently or may not have limits at all, so you may qualify in your state even if your income is higher. Resources include money in a checking or savings account, stocks, and bonds. Resources don't include your home, car, burial plot, up to \$1,500 for burial expenses (per person), furniture, or other household items.

#### For More Information or to Apply

- Call or visit the State Medical Assistance (Medicaid) office, and ask for information on Medicare Savings Programs or call if you think you qualify for any of these programs, even if you are not sure. The phone number is (814) 443-3681.
- Contact the APPRISE program at the Area Agency on Aging for free health insurance counseling. The phone number is (814) 443-2681 .



### ELIZABETH WELFLEY HONORED FOR 100 YEARS

Mrs. Elizabeth “Sue” Welfley, a resident of the Patriot in Somerset, has been recognized as the latest honoree for the Area Agency on Aging’s Centenarian Program. Mrs. Welfley was presented with a special certificate at a gathering of family, friends and staff at the Patriot on December 24, 2009. The certificate and remarks were presented by Area Agency on Aging administrator, Art DiLoreto.

Elizabeth Mae Miller was born in Meyersdale on December 24, 1909, as one of 8 children bestowed to Ulysses S. and Elizabeth M. Miller. After completing high school, she married Harold N. Welfley. This union lasts 63 years, until the death of her husband.

Elizabeth’s work life included duties at the Meyersdale Shirt Factory and at the family-owned business, Welfley’s Department Store in Salisbury. Her favorite activities included visiting relatives, dining out and knitting afghans.

Her advice on how to live a long life consists of working hard and not taking yourself too seriously.

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If you know of any Somerset County resident who will be turning 100 years of age, please contact the Area Agency on Aging of Somerset County at (814) 443-2681.

## 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.

**Meals on Wheels**-Hearty Somerset Countians from the northern area are needed to be substitute drivers for this critical service during the winter months. Contact RSVP or Shirley Verna at (814) 479-4289.

**Somerset Elementary Schools**-Volunteering to help a child succeed in school is a very rewarding assignment. Work with children one-on-one or in small groups under the direction of the classroom teacher. One hour, once a week, can make a difference for a child needing caring adult encouragement.

**Somerset Historical Center**-The Center has been an RSVP site for years, but with recent financial changes, volunteers will be needed in more areas of operation to insure the continuing availability of this local resource. Please call RSVP to learn how you can help or attend a meeting there February 8 at 7 PM.

**American Red Cross**-High on the list for disaster preparedness is the need for an adequate supply of blood. Bloodmobiles are held in almost every community and volunteers are key to their operation. On-site jobs and at-home phone volunteers both help to save lives. Call to sign up.

This Agency is a branch of Somerset County Government under the Commissioners of Somerset County  
Pamela A. Tokar-Ickes  
John P. Vatauvuk  
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](http://www.somersetaaa.org)



Return Service Requested

Website: [www.somersetaaa.org](http://www.somersetaaa.org)  
Email: [webmaster@somersetaaa.org](mailto:webmaster@somersetaaa.org)  
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