

Area Agency on Aging of Somerset County



Senior News

May 2010



Annual Poetry/Photo Contest in State College, March 4th and 5th

The Pennsylvania Association of Senior Center (PASC) hosted their 5th Annual Poetry/Photo Contest in State College, March 4th and 5th. This year's theme was "The Winds of Change-A Vision of the Future".

Poetry had 49 entries.

1st Place

Diane Curley, Selingsgrove PA \$100 prize

2nd Place

Nancy Zacherl, Clarion PA \$ 75 prize

3rd Place

Runett Ebo-Gray, Philadelphia PA \$ 50 prize

Photo had 17 entries.

1st Place

Robert Pagni, Souderton, PA \$100 prize

2nd Place

Perlita Baptista, Philadelphia, PA \$ 75 prize

3rd Place

Yvonne Tilghman, Philadelphia, PA \$ 50 prize

The first place winning poem was entitled "Our Dance" by Diane Curley.

Our Dance

By Diane Curley

When a young girl in my bloom
I sat and watched others dance about the room
To my surprise and delight
A young man, a prize, so young and bright
Stepped up and asked "Would you dance with me"
My heart replied "I'd dance with you till the end of time"

We danced and danced till we wed
Then we danced through life with laughter and some tears to shed
Children came and children went
Together we managed whatever was sent
And still he'd ask "would you dance with me"
My reply "till the end of time"

The years, so many, where have they fled
Our youth, our spryness have all been tread
Anniversary upon anniversary we have shared
And still he asked "would you dance with me"
More sure then ever I reaffirm "I would dance with you till the end of time."

My life mate, my heart, my soul, my joy
Your time is done, you dance no more
But wait for me, I won't be long
You'll open your arms and ask once more "will you dance with me"
And my heart will answer with peace and love

I'll dance with you till the end of time.

A Library for Your Special Needs

Many older adults find it is increasingly difficult to read newspaper-size print, even with glasses. Conditions such as macular degeneration, diabetes, or cataracts may be the cause. Others with severe arthritis or Parkinson's disease may not be able to easily hold books or turn pages. Such readers may have exhausted the supply of large print books or audio books at their local library.

There is a library that provides large print books, digital audio books and books on tape free by mail to readers with visual or physical limitations. Many of this Library's customers are seniors who are not blind, but can no longer read standard size print. Individuals with reading disabilities caused by conditions such as dyslexia or stroke can also benefit from these services. The Carnegie Library for the Blind and Physically Handicapped (LBPH) mails books postage-free to eligible readers in 36 counties of western and central Pennsylvania.

LBPH offers bestsellers, mysteries, history, sports, biographies, romance, cookbooks and many other types of books. It also loans players for the audio books free of charge.

To order books, simply call the library's toll-free number. Staff are available to help with your selections. You may also arrange to have your favorite types of books sent to you automatically on a regular basis. When you have finished the books, simply return them in their postage-free containers.

Digital audio books are the newest addition to the LBPH collection. Many readers find that digital books and players produce better sound quality and are easier to use than audiocassette books and players. The digital cartridges never need to be flipped or re-wound, and are practically indestructible. If you have a computer, you may order or download books online. Whichever type of service you choose, staff are available by phone or e-mail to answer your questions.

Registration for library service can be done by mail. All that is required is an application with a signature by a professional such as a family doctor, social worker, librarian, or optometrist.

To learn more or to request an application, call LBPH toll-free at 1-800-242-0586, e-mail the library at lbph@carnegielibrary.org or visit the LBPH website: www.carnegielibrary.org/lbph.

Commodity Supplemental Food Program (CSFP)

The Commodity Supplemental Food Program (CSFP) is a federally funded nutrition program aimed at supporting the nutritional needs of low income seniors. Through increased funding this program is NOW being made available to senior citizens throughout Somerset County.

If you are 60 years of age or older and meet the guidelines listed below you can receive a **FREE** box of CSFP food every month. During the month of **May** the items in the CSFP box included:

- Vegetables: Mixed vegetables, Carrots, Green Beans, Sweet Potatoes, Corn
- Juice: Orange, Apple and Grape
- Fruit: Peaches, Pears
- Protein: Canned chicken, Peanut Butter, 2 lb block of reduced fat American Cheese, Evaporated milk
- Cereal/Pasta: Spaghetti, Macaroni, a box of Rice Krispies and a box of Corn Flakes

The first time you register you should plan to show proof of your age and income.

Please help us spread the word to other seniors you think might be eligible. For more information or to find out where you can register, please call the Area Agency on Aging at (814) 443-2681 or toll free at 1-800-452-0825 .

Monthly Income Limits for Program

Household Size	130%
1	\$1,173
2	\$1,578
3	\$1,984
4	\$2,389
5	\$2,794
6	\$3,199

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**.

Continued from last month:

Where to Get Your Medicare Questions Answered:

Department of Health and Human Services 1-866-447-8477
TTY 1-800-377-4950
Office of Inspector General
If you suspect billing fraud

Office of Civil Rights
If you think you were discriminated against or if your health information privacy rights were violated. 1-800-368-1019
TTY 1-800-537-7697

Department of Veterans Affairs 1-800-827-1000
TTY 1-800-829-4833
If you are a veteran or have served in the U.S. military

Office of Personnel Management 1-888-767-6738
TTY 1-800-878-5707
To get information about the Federal Employee Health Benefits Program for current and retired Federal employees.

Railroad Retirement Board (RRB) Local RRB office or 1-877-772-5772
If you have benefits from the RRB, call them to change your address or name, check eligibility, enroll in Medicare, replace your Medicare card, and report a death

Quality Improvement Organization (QIO) Call 1-800-MEDICARE to get the telephone number for your QIO
To ask questions or report complaints about the quality of care for a Medicare-covered service or if you think your service is ending too soon



ELSIE DULL LAUDED FOR 100 YEARS OF LIFE

Mrs. Elsie Knavel Dull, a life-long resident of Somerset County, was recently named the latest honoree by the Area Agency on Aging's Centenarian Program. In recognition of this unique distinction, Mrs. Dull received a special certificate from Agency Administrator, Art DiLoreto, at her residence in the Pettikoffer House, an independent-living complex on the campus of the Church of the Brethren residential facilities in Windber.

Born on a farm in Hillsboro [a village in northern Somerset County] to Edgar and Velma [Berkey] Knavel on February 27, 1910, Elsie attended school and became a 1929 graduate of Windber Area High School. After school, she married the late Howard Dull. This union lasted 48 years and it produced two sons: Edward of Shade Township and Charles of Mechanicsburg. Currently, Elsie has 8 grandchildren and 9 great-grandchildren.

The largest part of Elsie's work life included helping to farm with both her father and her husband. She proudly describes her tireless efforts of canning vegetables and freezing fruits so the families could depend on a healthy, nutritious diet.

When asked about her hobbies, Elsie replies: "I like to do some chores around my place, watch the news on TV and do Word Search puzzles." She adds "I like to keep my mind active."

Her advice on how to live a long life: "You need to trust in the Lord. I go to bed every night and thank Him for all my blessings. It's also important to work hard in everything you do."

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.

Mary S. Beisecker Library-If you love reading and being in the library, consider volunteering at the Mary S. Beisecker Library. Volunteers are needed to shelf read books. This includes making sure they are in alphabetical order and numerical order. Job does require standing and a sharp eye. If interested contact Lee Ann Schrock at 445-4011.

In Touch Hospice House-Consider volunteering a few hours a week for Somerset's In-Touch Hospice. Volunteers are needed to greet visitors, answer phones and some simple clerical. Shifts are available Monday thru Sunday at the Hospice House. Contact Becky Gregory at 443-5047 for more information.

Next Step Center-The center needs shelter hosts to work in pairs for a 2-4 hour time period once a month for 12 months. Applications, background check and orientation session are required. Duties include maintaining a safe, comfortable environment and social interaction with guests. Call RSVP to help.

Laurel Hill State Park- 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 Highlands; don't miss out on spending time outdoors sharing our beautiful area with others.

This Agency is a branch of Somerset County Government under the Commissioners of Somerset County
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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

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