

# Area Agency on Aging of Somerset County



## Senior News

September 2010



### PDA WAIVER PROGRAM

The PDA Waiver program is for people aged 60 or older. Under this program, home and community-based long-term care services can be provided to you as an alternative to nursing home care. It is called a “waiver” program because services are funded through a special waiver of certain Medicaid restrictions, allowing payments typically used for nursing home care to be used for home-care services.

Only older persons who can be cared for in the community are eligible to participate in the program. You must meet **all** of the following criteria:

- \*Be age 60 or older
- \*Meet Medicaid financial guidelines:  
maximum monthly income of \$2022.00  
and no more than \$8000.00 in assets.
- \*Require the level of care of a nursing home.
- \*Choose community-based services rather than a nursing home.

There are not specific limits to the number of services the person may receive but the care plan is based on consumer’s needs. The cost cannot exceed a budget based on a percentage of the cost of Pennsylvania’s average Medicaid nursing home daily charge.

When a person enrolls in the PDA Waiver program, they are assigned a Care Manager or Registered Nurse who will meet with them to discuss services needed. The individual can choose from a list of local agencies who are participating providers. All providers are certified by the Pennsylvania Department of Public Welfare to ensure that they meet Medicaid standards.

If someone is eligible for the program, the services will be at no cost to you and may include the following:

- \*Adult Day Care
- \*Caregiver Respite Services
- \*Counseling
- \*Durable Medical Supplies/Equipment
- \*Emergency Response System
- \*Home Delivered Meals
- \*Home Environment Modifications
- \*Home Health Aide
- \*Home Support
- \*Nursing Services
- \*Occupational Therapy
- \*Personal Care
- \*Physical Therapy
- \*Speech Therapy
- \*Transportation

The other side to this program is the medical assistance estate recovery feature. Under a federal law, this program requires the Department of Public Welfare to recover the Medical Assistance costs paid to certain individuals who have died. If an individual was receiving medical assistance benefits and dies, the department will reimburse the medical assistance program by recovering these costs from the assets of the person’s probate estate. A probate exists when a person dies and their assets are distributed by a will or by state law.



Gladys Hemmings planted the flowers, weeds the flowers and takes care of them all summer long at the Meyersdale Senior Center.



Ruth Tissue, Gladys Hemmings and Mike Tissue admire the beautiful flowers that Gladys has planted and takes care of at the Meyersdale Senior Center.

### 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.

## 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.

## Caregiver Assistance

### Windber Caregiver Support Group

September 09, 2010 at 10:00 AM

### Somerset Caregiver Support Group

September 30, 2010 at 10:00 AM

Please contact the Area Agency on Aging at (814) 443-2681 or 1-800-452-0825 for further information.

# Medicare and the New Health Care Law-

## Improvements Beyond Medicare That You and Your Family Can Count On

### Improves Long-Term Care Choices

\*New tools and resources in the Elder Justice Act, which was included in the new law, will help prevent and combat elder abuse and neglect, and improve nursing home quality.

\*The new law creates a new voluntary insurance program called CLASS to help pay for long-term care and support at home.

\*Individuals on Medicaid will receive improved home- and community- based care options, and spouses of people receiving home- and community- based services through Medicaid will no longer be forced into poverty.

### Helps Early Retirees

\*To help offset the cost of employer-based retiree health plans, the new law creates a program to preserve those plans and help people who retire before age 65 get the affordable care they need.

### Helps People with Pre-existing Conditions

\*The new law provides affordable health insurance through a transitional high-risk pool program for people without insurance due to a pre-existing condition.

\*Insurance companies will be prohibited from denying coverage due to pre-existing condition for children starting in September, and for adults in 2014.

\*Insurance companies will be banned from establishing lifetime limits on your coverage, and use of annual limits will be limited starting in September.

### Expands Health Coverage for Young People

\*Young people up to age 26 can remain on their parents' health insurance policy starting in September.

## The New Law Preserves and Strengthens Medicare

### New Tools to Fight Fraud and Protect Your Medicare Benefits

\*The new law contains important new tools to help rack down on criminals seeking to scam seniors and steal taxpayer dollars.

\*It reduces payment errors, waste, fraud, and abuse to make Medicare more efficient and return savings to the Trust Fund to strengthen Medicare for years to come.

\*You are an important resource in the fight against fraud. Be vigilant and rely only on your trusted sources of information about your Medicare benefits.

\*Call 1-800-MEDICARE if you have any questions or want to report something that seems like fraud.

### Keeps Medicare Strong and Solvent

\*Over the next 20 years, Medicare spending will continue to grow, but at a slightly slower rate as a result of reductions in waste, fraud, and abuse. This will extend the life of the Medicare Trust Fund by 12 years and provide cost savings to those on Medicare.

\*In 2018, seniors can expect to save an average of almost \$200 per year in premiums and over \$200 per year in co-insurance compared to what they would have paid without the new law.

\*Upper-income beneficiaries (\$85,000 of annual income for individuals or \$170,000 for married couples filing jointly) will pay higher premiums. This will impact about 2% of Medicare beneficiaries.

For more information about the new health care law now, visit [www.medicare.gov](http://www.medicare.gov).

## Recipe



## Corner

### Zucchini Relish

Recipe from Christine Fitzgerald

12 cups ground zucchini  
Remove seeds & peel if tough skinned  
Some green skin gives nice color  
5 cups ground onion  
5 Tablespoons salt  
Mix together. Let stand overnight.  
Rinse with cold water.  
Drain well.

Add following to above:  
2 1/4 cups cider vinegar  
4 1/2 cups sugar  
1 Tablespoon Turmeric  
2 Tablespoons cornstarch  
2 Tablespoons celery seed  
1/2 teaspoon pepper

Mix together and cook. Bring to a boil. Let relish cook at slow boil. Continue cooking for approximately 45 minutes or more. Relish will change color. Stir often to prevent scorching on bottom of pot. Remove from heat. Place relish in clean/hot jars. Seal.

Makes about 6 pints.

## 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.

**Career Link**-Somerset Career Link is in need of basic computer instructors to lead small groups of adult students in their computer lab once a week for a three-hour class. Laptop computers and instruction materials are provided for the volunteer use. Students are instructed on basic internet, Microsoft Word and Excel courses. For more information contact RSVP at (814) 443-2681.

**Schools and volunteers**-Volunteers are a great asset to children and teachers. Regular interaction with children enhances their academic, emotional and behavioral success. Working one-on-one or with small groups of children from K through fifth grade improves reading and math skills. Children stay focused and seek approval. Fall placement is available. To learn more about how you can help a child with as little as one hour a week, contact RSVP to learn about September placement.

**Meals on Wheels**-has an urgent need for drivers for the Berlin Route. The Berlin Route is a 5 day a week route and you may choose any regular day or sign on as a substitute. Reimbursement for some mileage is available. Please call RSVP today to learn how you can enhance your day as well as help others.

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



Return Service Requested

Website: [www.somersetaaa.org](http://www.somersetaaa.org)  
Email: [webmaster@somersetaaa.org](mailto:webmaster@somersetaaa.org)  
Fax: (814) 445-4398  
Phone: (814) 443-2681

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