

WESTMORELAND COUNTY

AREA AGENCY ON AGING

INSIDE LINE

FALL 2012

2012 HEALTH AND EDUCATION EXPO OCTOBER 24, 2012

The Westmoreland County Area Agency on Aging, Westmoreland Casemanagement & Supports, Inc., Westmoreland Community Action, and the Westmoreland County Board of Commissioners are proud to sponsor the 2012 HEALTH AND EDUCATION EXPO. Seniors, caregivers, persons with disabilities and the general public are welcome to attend.

There will be many activities, free health screenings and information, light refreshments, giveaways, free parking and a live radio broadcast by 1480 WCNS. A variety of vendors are participating, providing their assistance and information to address every health and care issue imaginable. Those attending will have access to a stroke screen, bone density screen, blood pressure, breathing screen, body fat analysis, oxygen levels, vision and hearing screens, massages,

reiki and nutrition information – **ALL FOR FREE**. Also, Excelsa Health speakers will be presenting programs throughout the day. Flu shots will be available at no charge with certain health plans, although some people may be charged depending on their Medicare and supplemental health plan coverage. Please be prepared with cash or check if yours' is not one of the accepted insurance plans.

Mark your calendar for:
**Wednesday, October 24,
2012**

9:00 a.m. to 3:00 p.m.
**Ramada Hotel &
Conference Center
(formerly the Four Points
Sheraton)**
**100 Sheraton Drive,
Greensburg, PA**

Come anytime, stay as long as you like and bring a friend. No pre-registration is required.

Need a ride??? If you're 65 or older or disabled, you may be eligible for discounted public transportation. If you're a Westmoreland County

resident age 65 or older (or age 60-64 and registered for senior transportation prior to February 2012), you're eligible for a 95% discount for transportation to this event through Byers Taxi, Manor Valley Taxi, Tri County Access, Valley Transportation, Veterans Cab of Latrobe, and Greensburg Yellow Cab. You must be pre-registered for the senior citizen transportation program, and your trip must be scheduled in advance. Contact the Westmoreland County Area Agency on Aging for more information at 724-830-4444 or 1-800-442-8000.

If you're a disabled Westmoreland County resident, the Westmoreland County Transit Authority (WCTA) has the Americans with Disabilities Complementary Service and the Persons with Disabilities Program. Call WCTA at 724-832-2211 for further information.

You don't want to miss this once-a-year OPPORTUNITY to obtain all this valuable information in

one place. For more details, contact the Area Agency on Aging at 724-830-4444 or 1-800-442-8000.

EAGLE TREE APARTMENTS

After many years of providing quality nursing care and rehabilitation services for the residents of Westmoreland County, Westmoreland Manor now offers leases for independent living apartments. The Eagle Tree Apartments look out on Westmoreland Manor's wooded backyard with walking paths, patio and picnic pavilions. The units allow for independent living in a protective environment.

The Eagle Tree Apartments enables you to enjoy the privacy and security of your apartment while being part of a larger community. Tenants have access to Westmoreland Manor's recreation activities, church services, purchasing of on premise beauty and barber services, medication reminders, and response from Nursing Supervisors if needs arise.

There are 21 apartments which open into a common hall that leads to a bright and comfortably decorated community dining room. There you can enjoy your daily delivered meal with your neighbors if you so choose. This room also holds a complete kitchen and living room area with big screen television.

The laundry facilities are equipped with state of

the art washer and dryer available 24 hours a day, as well as, a lounge with a television and bathroom.

All apartments are furnished; including an apartment refrigerator and microwave, and equipped with individually controlled heating and air conditioning. Rates include all utilities, cable, telephone service, storage area, one daily delivered meal, weekly housekeeping in bathroom, laundry facilities, maintenance, and security. For more information and rates, call Carole Weber at 724-830-4092.

MEDICARE ENROLLMENT EVENT

Beginning October 15, 2012 and ending December 7, 2012, all Medicare Beneficiaries will have an opportunity to change or review their healthcare and prescription plans.

In an effort to provide the beneficiaries of Westmoreland County with information and assistance during this period, the **APPRISE Program** will be holding comparison, enrollment, and informational events throughout the county. These events will assist beneficiaries in comparing health or prescription plans in order to make informed decisions and provide information and counseling concerning assistance programs available in the state of Pennsylvania.

These events are by appointment only. Call 1-800-262-2103, ext. 4213 to schedule an appointment.

Beneficiaries must bring:

- Medicare cards
- Insurance cards
- List of current medications including dosage

The following are the 2012 dates, times, and locations for the Medicare Prescription Drug Plan Comparison and Enrollment Events for Westmoreland County:

- **October 18**
Monessen Library, 10:00-1:00
- **October 23 WCCC Campus, Bushy Run, 9:00-12:00**
- **October 25 New Alexandria Senior Center, 11:00-1:00**
- **October 30**
Vandergrift Library, 1:30-3:30
- **November 2**
WCCC Campus, Mon Valley, 11:00-2:00
- **November 6**
Greensburg YMCA, 1:00-3:00
- **November 8**
Norwin Library, 1:30-3:30
- **November 13**
New Florence Library, 11:30-1:30
- **November 15**
WCCC Campus, Laurel Center, 9:00-12:00
- **November 20**
WCCC

Youngwood, 9:00-2:00

- **November 27**
WCCC

Campus, New Kensington, 9:30-12:30

- **November 29**
Laurel Valley Senior Center, 10:00-1:00

- **December 4**
WCCC
Youngwood, 9:00-1:00

The APPRISE Program is a free health insurance counseling program for Medicare Beneficiaries. The Westmoreland County APPRISE program is funded, in part, under a contract with the Westmoreland Board of County Commissioners, the Area Agency on Aging, the Pennsylvania Department of Aging and the Administration of Aging. The volunteers are members of the Retired and Senior Volunteer Program of Westmoreland County (RSVP). RSVP is sponsored locally by Westmoreland County Community College and is funded, in part, by the Corporation for National and Community Service.

GET AN EYE EXAM DURING DIABETES MONTH

If you haven't had a dilated eye exam lately, November is an ideal time to make an appointment for one. It's

American Diabetes Month, and eye disease is one of the most common and debilitating complications of diabetes.

Diabetes is the leading cause of blindness in adults nationwide. An eye disorder known as diabetic retinopathy arises in about 40% of U.S. adults with diabetes. It occurs when blood vessels of the retina swell and leak fluid. In some cases, blood vessels become blocked and rupture, or new vessels grow on the retina, leading to permanent vision loss.

People with diabetes are also at risk for cataracts, which cause clouding of the eye lens, and glaucoma, which damages the optic nerve.

Comprehensive, dilated eye exams allow eye care professionals to monitor the eye, including the retina, for signs of disease. Diabetic retinopathy usually has no symptoms until vision loss occurs, but annual dilated eye exams can identify signs of it. In fact, about 90% of diabetes-related blindness is preventable through early detection, timely treatment and appropriate follow-up care.

The Westmoreland County Area Agency on Aging operates a Vision Center located at Westmoreland Manor in Greensburg for county residents age 60 and older. The Vision Center is staffed by a licensed optometrist and offers cataract and

glaucoma screenings. Eye exams are offered yearly. Eyeglasses are available yearly for patients whose prescription changes; otherwise, eyeglasses are available every two years.

A sliding fee scale based on income is used to determine your cost. Costs start at \$45.00 which includes the eye examination and glasses. Frames include both metal and plastic. Progressive (no-line) bifocals and Transitions lenses are also available at an additional charge. Monthly payments are accepted. For more information or to schedule your Thursday appointment, please contact the Area Agency on Aging at 724-830-4444 or toll-free at 1-800-442-8000.

MASSAGE THERAPY

by The National Institutes of Health

Many people associate massage with vacations or spas and consider them something of a luxury. But research is beginning to suggest this ancient form of hands-on healing may be more than an indulgence, it may help improve your health.

Massage therapists use their fingers, hands, forearms and elbows to manipulate the muscles and other soft tissues of the body. Variations in focus and technique lead to different types of massage, including Swedish, deep tissue and sports massage.

In Swedish massage, the focus is general and the therapist may use long strokes, kneading, deep circular movements, vibration and tapping. With a deep tissue massage, the focus is more targeted as therapists work on specific areas of concern or pain. These areas may have muscle "knots" or places of tissue restriction.

Some common reasons for getting a massage are to relieve pain, heal sports injuries, reduce stress, relax, ease anxiety or depression, and aid general wellness. Unfortunately, scientific evidence on massage therapy is limited. Researchers are actively trying to understand exactly how massage works, how much is best, and how it might help with specific health conditions. Some positive benefits have been reported.

A study published earlier this year looked at how massage affects muscles at the molecular level. The findings suggest that kneading eases sore muscles after exercise by turning off genes associated with inflammation and turning on genes that help muscles heal.

A recent NIH-supported study found that an hour-long Swedish massage once a week was optimal for knee pain from osteoarthritis, especially when practical matters like time, labor and convenience were considered. Other

research suggests that massage therapy is effective in reducing and managing chronic low-back pain, which affects millions of Americans.

If you're considering massage therapy for a specific medical condition, talk with your health care provider. Never use massage to replace your regular medical care or as a reason to postpone seeing a health-care professional.

MOUNT RUSHMORE

Mount Rushmore was completed in October of 1941, after a team of 400 workers under the leadership of sculptor Gutzon Borglum spent 14 years sculpting it. The 60-foot high sculpting of the faces of presidents George Washington, Thomas Jefferson, Theodore Roosevelt and Abraham Lincoln represent the first 150 years of American history.

These presidents were selected by Borglum because of their role in preserving the Republic and expanding its territory. The image of Thomas Jefferson was originally intended to appear in the area at Washington's right, but after the work at that place was begun, the rock was found to be unsuitable, so the work on the Jefferson figure was dynamited, and a new figure was sculpted to Washington's left.

SENIOR CENTER NEWS

- McKenna Senior Center will have a speaker from the PA Alliance for Retired Americans on August 29, 2012 at 11:30 a.m. Topics include the new voter id laws, Social Security and Medicare. Please call Dan Waters, Supervisor at 724-837-8832 for more information.
- Mt. Pleasant Senior Center will have a booth at the Mt. Pleasant Glass Festival held September 28th, 29th, & 30th, 2012. The booth will be located directly in front of the senior center on Washington Street. They will be selling their homemade noodles, peanut butter fudge, hotdogs & sauerkraut, Italian roast beef sandwiches, chili, walking tacos and Pepsi products. The

Mt. Pleasant Senior Center appreciates all community support and looks forward to seeing you at their booth!

- West Newton Senior Center has an Amish Country bus trip scheduled for September 29, 2012. The cost is \$79.00, and the bus will leave the West Newton fire hall at 7:00 a.m. and return approximately 6:30 p.m. For more trip information call LouAnn Petronick, Supervisor at 724-872-4976.
- Mt. Pleasant Senior Center will be scheduling a Chicken & Biscuit Dinner in October, 2012. Please contact the center at 724-547-4593 for additional information.

JOB TRAINING OPPORTUNITIES

The Senior Community Service Employment Program (SCSEP) at Westmoreland County Community College

enrolls low-income older adults to update skills or to get training in new skills, allowing you to earn while you learn in preparation for re-entering the job market.

If you are 55 years of age or older, a resident of Westmoreland County, unemployed, and your income falls within our guidelines, you may be eligible for our training program.

All positions earn \$7.25 per hour, 20 hours per week, and are available throughout Westmoreland County. For more information, please call Mimi Owens or Rebecca Dunn 724-925-4066 or toll-free at 1-800-262-2103 extension 4066.

Available Training Opportunities

Clerical Assistant: Update office skills; computer training opportunity.

Customer Service: Use and develop people skills in the workplace.

Dietary Aide: Learn safe food preparation techniques.

Direct Care Workers: If you are interested in the Home Health Care field, the Senior Community Service Employment Program (SCSEP) may be able to provide training.

Library Aide: Individuals should possess an inquisitive, helpful attitude.

Custodial /Maintenance Assistant: Learn methods of professional cleaning, grounds keeping, and maintenance.

Retail Associate: Learn customer service, cash handling, and display techniques.

Teacher's Aide: Assist in pre-school children's center.

HOME FOR THE HOLIDAYS

The Westmoreland County Area Agency on Aging is pleased to announce that tickets are available for the Westmoreland Symphony Orchestra's "Home for the Holidays" concert on Saturday, December 22, 2012 at 8:00 p.m. at the Palace Theatre in Greensburg.

It's the most wonderful time of the year when WSO Artistic Director Daniel Meyer conducts their annual concert. Sing along with your favorite holiday music featuring the All-Star Choir of Westmoreland County under the direction of Marc Toure.

Tickets will be distributed by a random drawing. Please send your request with the following information:

- Name
- Address
- Telephone number
- Number of tickets (1 or 2)
- Self-addressed, stamped envelope to:

Jean Healey

Westmoreland County Area Agency on Aging
200 S. Main Street
Greensburg, PA 15601-3110

Your request must be postmarked no later than

November 16, 2012. You must be a Westmoreland County resident age 60 or older to receive these tickets.

U.S. MARINE CORP DAY IS NOVEMBER 10

The Marine Corps was founded in 1775 to serve as infantry aboard naval vessels and was responsible for the security of the ship and its crew. They conducted offensive and defensive combat during boarding actions and defended the ship's officers from mutiny.

America's first amphibious assault landing occurred early in the Revolutionary War, on March 3, 1776 as the Marines gained control of Fort Montague and Fort Nassau, a British ammunition depot and naval port in New Providence, the Bahamas. The role of the Marine Corps has since expanded significantly, including the use of Marines in the seizure of bases and other duties on land to support naval campaigns.

Throughout the late 19th and 20th centuries, Marine detachments served aboard Navy cruisers, battleships and carriers, serving as the ship's landing force, manning the ship's weapons and providing shipboard security. Marines would also develop tactics and techniques of amphibious assault on defended coastlines in time for use in World War II. The Corps' original mission of providing shipboard security

finally ended in the 1990's when nuclear weapons were withdrawn from active deployment and the battleships were retired.

WAYS TO GIVE

The Westmoreland County Area Agency on Aging established the Seniors' Fund through the Community Foundation of Westmoreland County. Your support will enrich the lives of our county's neediest elderly to enable them to maintain independent living. Here are some ways that you can make a gift to the Seniors' Fund:

CHECK: Please make your check payable to the Community Foundation of Westmoreland County – Seniors' Fund and mail to:
Denise Kummick
Westmoreland County Area Agency on Aging
200 South Main Street
Greensburg, PA 15601

SECURITIES: Gifts of appreciated stock (held for at least one year) may provide you with two tax benefits: a charitable deduction for the full fair market value of the stock that you give and avoidance of the assessment of capital gains that you may pay if you sold the stock.

BEQUEST: Please remember the Seniors' Fund in your Will. Your gift will insure that the Area Agency on Aging is able to continue to provide quality service and programs.

Here is simple language: I give _____ to the

Community Foundation of Westmoreland County – Seniors' Fund or any successor thereto, currently located at 951 Old Salem Road - Penthouse Suite, Greensburg, Pennsylvania 15601.

You can decide to give a specific dollar amount, a percentage of your estate, or the residue or a portion of the residue of your estate.

MEMORIAL TRIBUTES: You can make a gift to the Seniors' Fund to honor someone's memory. We will notify the family of the person whom you honor with your gift in his or her name.

LIFE INSURANCE: There are many ways in which you can make a charitable gift of insurance. The most common way is to designate the Community Foundation of Westmoreland County – Seniors' Fund as charitable beneficiary.

RETIREMENT BENEFITS: You can designate the Community Foundation of Westmoreland County – Seniors' Fund as charitable beneficiary of qualified retirement benefits. This is a very tax effective way to make a charitable gift.

As you consider these options, please contact your advisor to determine the tax and financial implications for you and your family.

WORRIED SICK

by The National Institutes of Health

Anxiety is an uneasy feeling that something may harm you or a loved one.

This feeling can be normal and sometimes even helpful. If you're starting a new job or taking a test, it might make you more alert and ready for action. But sometimes anxiety can linger or become overwhelming. When it gets in the way of good health and peace of mind, it's called an anxiety disorder.

If you have an anxiety disorder, you're not alone. Each year, tens of millions of Americans of all ages suffer from long-term anxiety. Among children, anxiety disorders are the most common form of mental illness; one they may carry into adulthood.

For those with anxiety disorders, fears, worries and anxieties can cause so much distress that they interfere with daily life. The anxiety grows out of proportion to the stressful situation or occurs when there is no real danger.

Anxiety activates the body's stress response. Nearly all the cells, tissues and organs in your body go on high-alert. This stress response can wear your body down over time. People with chronic anxiety have a higher risk of both physical and mental health problems. Some people visit their doctors because of headaches, racing heart or other physical complaints without realizing that these symptoms may be connected to how anxious they feel.

There are several kinds of anxiety disorders. The major types include:

- **Phobias.** Intense, irrational fears triggered by things that pose little or no real danger, such as heights, dogs or spiders. Among the anxiety disorders, specific phobias are the most common.
- **Social anxiety disorder.** Leads to extreme anxiety and self-consciousness in everyday social situations. Also known as social phobia.
- **Post-traumatic stress disorder.** Caused by trauma. This condition leads to flashbacks, nightmares and insomnia. Often accompanied by depression or substance abuse, post-traumatic stress disorder can occur at any age, including childhood.
- **Generalized anxiety disorder.** Excessive worry about a variety of everyday problems.
- **Panic disorder.** Sudden attacks of terror accompanied by physical symptoms that may include heart palpitations, shortness of breath, dizziness, or abdominal distress. Panic disorder is one of the most treatable of anxiety disorders.

- **Obsessive-compulsive disorder.** Persistent, upsetting thoughts (obsessions) and repetitive rituals (compulsions), like hand washing, counting, checking or cleaning. These behaviors are done in the hope of preventing the thoughts or making them go away.

Treatment for anxiety disorders usually includes both medication and cognitive behavioral therapy (CBT). CBT is a form of talk therapy. It helps people change both the thinking patterns that support their fears and the way they react to anxiety-provoking situations. Current treatments can be highly effective for most people.

NIH-funded researchers are using advanced imaging tools to pinpoint the areas in the brain that underlie anxiety disorders. Still in its very early stages, this approach represents a major shift from how doctors usually diagnose mental illness, which is by looking at symptoms and behaviors. Using an imaging technique called functional MRI, scientists are scanning the brain in action; as it thinks, remembers, feels emotion and regulates the body's reactions to things that cause anxiety. By measuring changes in blood flow related to brain activity, scans produce full-color

images of trouble spots in real time.

Scientists are especially curious about brain regions called the amygdala and the hippocampus. The amygdala plays an important role in fear and anxiety by alerting the brain to danger. The hippocampus translates threatening events into memories. Once scientists discover if and how these areas contribute to illness, they might be able to develop better treatments.

If you are troubled by anxiety, the first person to see is your family doctor or nurse practitioner. He or she can check for any underlying physical illness or a related condition. You may be referred to a mental health specialist, who might help to identify the specific type of anxiety disorder and the appropriate treatment. With proper care, most people with anxiety disorders can lead normal, fulfilling lives.

**VOLUNTEER FAIR
FRIDAY, SEPTEMBER 14,
2012
9:00 A.M. TO 12:00 P.M.
WESTMORELAND
COUNTY
COMMUNITY COLLEGE
FOUNDERS HALL
GYMNASIUM
QUESTIONS – CALL 724-
420-4184**

ANTIQUÉ APPRAISALS

Are you dying to know what grandma's vase is really worth? Come and find out the answer on:

October 3, 2012

Westmoreland County
Community College
Commissioners Hall
Youngwood, Pennsylvania
12:00 p.m. to 3:00 p.m.
\$6.00 per item/\$15 for 3
items

Call for appointment:
1-800-262-2103, ext. 4152
Proceeds benefit RSVP of
Westmoreland County

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