

WESTMORELAND COUNTY

AREA AGENCY ON AGING

INSIDE LINE

SPRING 2013

THE SENIOR FUND

Honor the memory of a loved one or celebrate a special occasion with a gift to the Seniors' Fund. You will support our mission by enriching lives of the most needy, and the honoree will be notified that a tribute gift has been received. All tribute gifts are tax-deductible and can be made payable to "Community Foundation of Westmoreland County – Seniors' Fund". Please send to the attention of Seniors' Fund Coordinator, Westmoreland County Area Agency on Aging, 200 South Main Street, Greensburg, PA 15601.

CUT YOUR RISK OF A FATAL HEART ATTACK

Stop reading this for one minute and go get yourself a glass of water. Seriously, go ahead and drink it. You are now on your way to cutting your heart attack risk by up to 51%!

In a six year study of 34,000 participants, researchers found that men who drank 5 or more glasses

of water daily had up to 51% fewer fatal heart attacks than those who drank less than 2 glasses. Women water drinkers had up to 35% fewer.

The explanation could be that water dilutes your blood a bit and makes it less prone to clot, which can trigger a deadly heart attack. And the calcium and magnesium in the water doesn't seem to hurt either!

FOOT HEALTH TIPS

Diseases, disorders and disabilities of the foot or ankle affect the quality of life and mobility of millions of Americans. However, the general public and even many physicians are unaware of the important relationship between foot health and overall health and well-being. With this in mind, the American Podiatric Medical Association would like to share a few tips to help keep your feet healthy.

- **Don't ignore foot pain.** It is not normal. If the pain persists, see a podiatric physician.

- **Inspect your feet regularly.** Pay attention to changes in color and temperature. Look for thick or discolored nails (a sign of developing fungus), and check for cracks or cuts in the skin. Peeling or scaling on the soles of the feet could indicate athlete's foot. Any growth on the foot is not considered normal.
- **Wash your feet regularly.** Be sure to wash between the toes and dry them completely.
- **Trim toenails straight across.** Be careful not to cut nails in corners or on the sides; it can lead to ingrown toenails. Persons with diabetes, poor circulation or heart problems should not treat their own feet, because they are more prone to infection.
- **Make sure that your shoes fit properly.** Purchase new shoes later in the day when feet tend to be at their largest and replace worn out shoes as soon as possible.

- **Select and wear the proper shoe.** Choose the shoes that fit the activity that you are engaged in (i.e. running shoes for running).
- **Alternate shoes.** Don't wear the same pair of shoes every day.
- **Avoid walking barefooted.** Your feet will be more prone to injury and infection. At the beach or when wearing sandals always use sun block on your feet, in addition to the rest of your body.
- **Be cautious when using home remedies.** Self-treatment can often turn a minor problem into a major one.
- **Visit your podiatrist yearly for a check-up,** if you are a person with diabetes.

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.

MEMORIAL DAY ORIGINS

Memorial Day is a U.S. federal holiday observed on the last Monday of May. Formerly known as Decoration Day, it commemorates American men and women who died

while in military service. First enacted to honor Union soldiers of the American Civil War, it was expanded after WWI.

According to Professor David Blight of Yale University, the first Memorial Day was observed by former slaves, at the Washington Race Course (today the location of Hampton Park) in Charleston, South Carolina.

The race course had been used as a temporary Confederate prison camp in 1865 as well as a mass grave for Union soldiers who died there. Immediately after the cessation of hostilities, former slaves exhumed the bodies from the mass grave and reinterred them properly with individual graves. They built a fence around the graveyard with an entry arch and declared it a Union graveyard. The work was completed in only 10 days.

On May 1, 1865, the Charleston newspaper reported that a crowd of up to ten thousand, mainly black residents proceeded to the location for a celebration which included sermons, singing and a picnic on the grounds, thereby creating the first Decoration Day.

However, the official birthplace of Memorial Day is Waterloo, New York. The village was credited with being the place of origin because it observed the day on May 5, 1866, and each year thereafter.

Many of the states of the U.S. South refused to celebrate Decoration Day,

due to lingering hostility towards the Union Army and also because there were relatively few veterans of the Union Army who were buried in the South. A notable exception was Columbus, Mississippi, which on April 25, 1866, at its Decoration Day commemorated both the Union and Confederate casualties buried in its cemetery.

The alternative name of "Memorial Day" was first used in 1882, but it did not become more common until after World War II. It was officially declared the name of the holiday by Federal Law in 1967.

NEW LIGHT THERAPY PRESERVES VISION

Photodynamic therapy involves injecting a light-sensitive medication called verteporfin (Visudyne) into a vein in the arm of a patient with age-related macular degeneration (AMD). The drug circulates through the body to the eyes. When a laser is shone into the eyes, the drug is activated and destroys the abnormal blood vessels that cause the loss of central vision in AMD. The procedure is now considered the preferred treatment to slow the progression of AMD and it is covered by most insurance plans.

SENIOR CITIZENS DRIVER 'S SERVICES

There are several special services that the Bureau of Motor Vehicles and Driver

Licensing offer to senior citizens. Some of these include:

- Retired Person's Vehicle Registration – If you are retired and receiving Social Security or other pension and your annual income from all sources is \$19,200 or less, you may qualify to register your passenger vehicle or light truck for a \$10 processing fee per year instead of the annual registration fee.
- Photo Licenses: Two-Year and Four-Year – Persons at least 65 years of age have the option of obtaining a two-year license. The two-year license is \$19 as compared to \$29.50; however you need to renew your license every two years as compared to the regular four-year renewal.
- Renewing your non-commercial Driver's license or Vehicle registration early – If you plan to be out of the state for an extended period of time, and would like to renew your license or registration for up to six months ahead of time you may do so by completing the appropriate form from the DMV.
- Mature Driver Re-Examination Program – Each month, 1900 drivers over the age of 45 are chosen for retesting six months prior to the date of their driver's license renewal. Each selected driver is required to

undergo vision and physical examinations. If warranted by the results of the medical examination, those selected may also be required to successfully complete a driver's examination and knowledge test.

- Photo Identification Card – If you are a Pennsylvania driver and would like to receive a non-driver photo ID card you may complete the appropriate form with the DMV. There is no cost to an individual who surrenders their license for medical reasons or who is determined not able to obtain a license from PennDOT. Individuals who have never held a Pennsylvania Driver's license may apply for a Photo ID at any Driver License Center for a fee of \$13.50.
- All forms for the above service are available on www.dmv.state.pa.us or by visiting your local Driver License Center.

WESTMORELAND COUNTY SENIOR GAMES

For over twenty years, the Westmoreland County Senior Games has grown by leaps and bounds. The slogan for the games has been "Bring a Friend for Fun and Fitness." The senior population has taken that to heart as the Senior Games have had more athletes than ever in recent years. The ultimate goal of the games is to

encourage an active lifestyle and continued participation in recreational activities beyond age 50.

The 2013 Senior Games will take place May 7 – 17 at Mammoth Park and several other Greensburg area locations. Anyone age 50 and over is eligible to participate. Registration cost is \$10. A few of the events include bocce, bowling, cycling, golf, horseshoes, and swimming. Medals will be awarded to the top three finishers of each event in each age bracket. Each participant will also receive the official 2013 Westmoreland County Senior Games t-shirt.

The Games are more about fun and fitness than serious competition. "The vast majority of people who participate in the Senior Games are not drawn to it for the competition," said Dan Carpenter, Program Coordinator for Westmoreland County Parks and Recreation. "They like the fellowship and fun atmosphere. A lot of people think that they have to be a super athlete to come to the Games, but that is not the case."

To receive a registration booklet, call the Westmoreland County Bureau of Parks and Recreation at 724-830-3950 or email ljones@co.westmoreland.pa.us

PEANUT BUTTER LOVERS DAY IS MARCH 1ST

Show your peanut IQ by sharing some of these fun facts with your friends:

- Peanuts are native to the tropics of the Americas, and were mashed to become a pasty substance by the Aztec Native Americans hundreds of years ago.
- Peanuts are not actually nuts at all! They are legumes, like beans, peas and lentils.
- Americans eat 3 pounds of peanut butter per person every year. That's about 700 million pounds, or enough to coat the floor of the Grand Canyon!
- Peanuts may be a favorite food, but there are many uses for their shells too! You might find peanut shells in kitty litter, wallboard, fireplace logs, paper, animal feed and sometimes as fuel for power plants.
- Two peanut farmers have been elected for President of the United States: Thomas Jefferson and Jimmy Carter.
- One acre of peanuts will make 30,000 peanut butter sandwiches.

BRILLIANT BRAHMS

The Westmoreland County Area Agency on Aging is pleased to announce that tickets are available for

the Westmoreland Symphony Orchestra's "Brilliant Brahms" concert on Saturday, April 13, 2013 at 8:00 p.m. at the Palace Theatre in Greensburg.

This performance features pianist, Angela Cheng and features musical selections from Brahms' "Piano Concerto No. 1".

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 March 22, 2013. You must be a Westmoreland County resident age 60 or older to receive these tickets.

THE KENTUCKY DERBY

- Churchill Downs opened on May 17, 1875. Its model was the *Epsom Derby*, a 1.5 mile grass race that has been run in England since 1780. The very first race was won by a horse named *Bonaventure*.
- The 1.25 mile distance has been standard since 1896. The first 21 Derbies were contested at 1.5 miles.

- The winning trainers in two of the first three Derbies were former slaves; Ansel Williamson (*Aristides*, 1875) and Ed Brown (*Baden-Baden*, 1877). Thirteen of the 15 riders in the first Derby were African-Americans. Black jockeys won 15 of the first 28, with Isaac Murphy taking three. Dudley Allen, in 1891, was the last African American trainer to win the Derby.
- The 1905 Kentucky Derby had only 3 horses running.
- *Donerail* became the longest shot to win the Kentucky Derby in 1913, with 91.45-1 odds.
- The horseshoe atop the Kentucky Derby was originally pointing down, and was turned around to point upward in 1924.
- The Kentucky Derby trophy is made of 56 ounces of gold (14/18 carat), and is 24 inches tall.
- "My Old Kentucky Home," the song played when the horses are led onto the field, has been played by the University of Louisville Marching Band since 1936.
- The Derby was nationally telecast for the first time on May 3, 1952.
- The phrase "Run for the Roses" was coined by NY sports columnist Bill Corum, who would later become president of Churchill Downs.
- Racing silks were adopted in order to help distinguish jockeys and horses from one another.
- *Northern Dancer* won the 1964 Derby in 2 minutes flat. *Secretariat* holds the record by running the 1973 Kentucky Derby in 1:59.40. The slowest run was by *Stone Street* in 1908, at 2:15.20.
- Twelve Derby winners have fathered other Kentucky Derby winners, with *Bold Venture* siring two.
- There has never been a winner to come out of posts 15, 17 or 19. Oddly, since 1900, post 1, often called "the dreaded rail," is tied for post 5 with 12 victories.
- Of the last 20 Derby winners, only four were post-time favorites. Only seven finished first in their final prep, although none was worse than fourth.
- The last horse to win the Triple Crown was *Affirmed* in 1978.
- The Mint Julep, an iced drink consisting of bourbon, mint and sugar syrup is the traditional beverage of the race.
- Burgoo, a thick stew of beef, chicken, pork and vegetables, is a popular Kentucky dish served at the Derby.
- The infield, a spectator area inside the track, offers general admission prices but little chance of seeing much of the race.
- Millionaire's Row are the expensive box seats that attract the rich and famous.

INCOME TAX ASSISTANCE

The Tax Counseling for the Elderly (TCE) program offers free tax help for lower income, elderly and persons with disabilities. Taxpayers are reminded to maintain accurate records, bring this year's tax package, income, interest and dividend statements, and copies of last year's federal and state tax returns when they seek tax help. For more information call RSVP at 1-800-262-2103 ext. 4213. Assistance will be offered beginning February 1 through April 12, 2013 at the following locations:

McKenna Senior Center
Greensburg, PA 15601
Mondays & Tuesdays
10:00am-1:30pm
(closed February 18)
By appt (724) 837-8832

WCCC
Youngwood, PA 15697
Thursdays, 10:00am-1:00pm

Our Lady of Grace Church
Greensburg, PA 15601
Fridays, 9:00am-1:00pm
(closed March 29)

Maplewood United Presby. Church
Greensburg, PA 15601
Tuesdays, 9:00am-1:00pm

Westmoreland Multi-Service Center

Mount Pleasant, PA 15666
Mondays & Wednesdays
9:00am-1:00pm
By appt (724) 547-4593

St. Regis Catholic Church

Trafford, PA 15085
Alternating Mondays,
8:00am-1:30pm
Feb. 11, 25, March 11, 25,
and April 8

Jeannette Senior Center

Jeannette, PA 15644
Wednesdays, 9:00-1:00pm
By appt (724) 527-3200

Penn Area Library

Harrison City, PA 15636
Fridays, 9:00am-1:00pm
(closed March 8)
By appt (724) 744-4414

West Hempfield Presbyterian Church

Irwin, PA 15642
Mondays, 10:00am-2:00pm

North Huntingdon Townhouse

North Huntingdon, PA 15642
Tuesdays & Thursdays,
9:00am-12:00pm

Herminie Senior Center

Herminie, PA 15637
Wednesdays, 9:00am-
12:00pm

WCCC's Laurel Center, Room 6001

Latrobe, PA 15650
Mondays, 9:00am-1:00pm
By appt (724) 539-3390

Ligonier YMCA

Ligonier, PA 15658

Tuesdays, 9:00am-2:00pm
By appt (724) 238-7580

Latrobe Senior Center

Latrobe, PA 15650
Tuesdays, 9:00am-1:30pm
By appt (724) 539-0237

New Alexandria Senior Center

Community Center Building
New Alexandria, PA 15670
Thursdays, 9:00am-1:30pm
By appt (724) 668-7055

Aluminum City Terrace Activity Center

New Kensington, PA 15068
Mondays, 8:30am-12:00pm

Alle Kiski Valley Senior Citizens Center

New Kensington, PA 15068
Tuesdays, 8:30am-12:00pm
&
Fridays, 12:00pm-3:00pm
By appt (724) 335-8597

New Kensington City Hall

Senator Brewster's Office
New Kensington, PA 15068
Tuesdays, 12:00pm-4:00pm
By appt (724) 334-1143

People's Library

Main Branch
New Kensington, PA 15068
Thursdays, 1:00pm-5:00pm

People's Library

Lower Burrell, PA 15068
Mondays, 1:00pm-5:00pm

Avonmore Senior Citizens Center

Avonmore, PA 15618
Wednesdays, 9:00am-
12:00pm
By appt (724) 697-4014

Vandergrift Public Library

Vandergrift, PA 15690
Thursdays & Fridays
8:30am-12:00pm
By appt (724) 568-2212

East Vandergrift Senior Citizens Center

East Vandergrift, PA 15629
Fridays, 8:30am-12:30pm
By appt (724) 568-2692

Murrysville Senior Center

Murrysville, PA 15668
Alternating Fridays, 8:00am-
1:30pm
Feb. 1, 15, March 1, 15, 29
& April 12

Cloverleaf Community Center

Delmont, PA 15626
Alternating Fridays, 8:00am-
1:30pm
Feb. 8, 22, March 8, 22 and
April 5

Filbern Manor

West Newton, PA 15089
Mondays, 9:00am-12:00pm
(closed February 18)

Rostraver Library

Belle Vernon, PA 15012
Wednesdays, 10:00am-
2:00pm
Saturdays, 9:00am-1:00pm
By appt (724) 379-5511

WCCC's Mon Valley Ed Ctr, Rm 2

Belle Vernon, PA 15012
Fridays, 9:00am-12:00pm
(closed March 29)

AMAZING BENEFITS OF BANANAS

Most people know that bananas are an excellent resource for potassium (one

ripe banana supplies more than 10% of an adult's daily requirement), but here are some lesser-known facts about bananas:

- Supply proper carbohydrates necessary to replace the muscle glycogen (muscle sugar) used.
- Help the body's circulatory system deliver oxygen to the brain, helping maintain regular heartbeat, proper water balance and increase alertness.
- Contain vitamin B6, which regulates blood glucose levels and helps us in times of stress.
- Rich in iron, which stimulates production of hemoglobin in the blood, helps individuals with anemia.
- Tryptophan, a mood regulating substance is converted to serotonin in the brain; thus elevating our mood and making us happier.
- High in soluble fiber which helps stop constipation and helps to restore and maintain regular bowel function.

INSIDE LINE STAFF

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INSIDE LINE is published quarterly by the Westmoreland County Area Agency on Aging, 200 South Main Street, Greensburg, Pennsylvania 15601 (Phone 830-4444), the Westmoreland County Commissioners and the PA Department of Aging.