

WESTMORELAND COUNTY

AREA AGENCY ON AGING

INSIDE LINE

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Summer 2014

WHEN THUNDER ROARS, GO INDOORS!

The U.S. has averaged 54 reported lightning fatalities annually over the last 30 years, according to storm data from the National Weather Service. While only about 10 percent of people who are struck by lightning are killed, 90 percent are left with varying degrees of devastating disabilities. Here are a few tips to help you protect yourself from being in the wrong place at the wrong time during a storm:

- Stay indoors. Houses and enclosed buildings are the safest shelters because they have an abundance of grounding paths that electrical currents can follow to reach the ground. Such paths may include a steel framework, plumbing, cable, or telephone lines.
 - Avoid using wired appliances during a storm. Stay away from showers, tubs, toilets, sinks, and electrical boxes, since lightning can jump through the air to reach a better grounding path.
 - Avoid damp basement floors or other areas with excessive moisture, which are ground current danger zones.
 - Hardtop vehicles offer better protection than being out in the open. Roll up the windows, do not use electronics that are plugged in, and do not touch the metal frame, including the steering wheel.
 - Stay away from metal fences, railroad tracks, and shorelines which can carry current for long distances.
 - Crackling or popping sounds on an AM radio mean lightning is nearby.
- If you can't reach shelter, never lie flat on the ground. Rather, crouch low and keep your feet close together.
 - If you witness a lightning strike incident, remember lightning victims are safe to touch. They don't retain any electrical charge from a strike.
 - To calculate your distance from approaching lightning, count the seconds between a flash of lightning and the accompanying crack of thunder, then divide by five. For example, 10 seconds is two miles.

For more on lightning safety, visit www.lightningsafety.noaa.gov.

CREATIVE INGREDIENT SUBSTITUTIONS

Nothing's more frustrating than starting to cook or bake and only later realizing you don't have the correct (or enough) ingredients to finish what you've started. Here are a few creative ingredient substitutions to try next time you're in a pinch:

- Replace one cup of mayonnaise with one cup of sour cream or plain yogurt.
- Replace one tsp. of baking powder with $\frac{1}{4}$ tsp. of baking soda plus $\frac{1}{2}$ tsp. of cream of tartar. You can also use $\frac{1}{4}$ tsp. of baking soda plus $\frac{1}{2}$ cup of buttermilk and then decrease the liquid in the recipe by $\frac{1}{2}$ cup.
- Replace one tsp. of allspice with $\frac{1}{2}$ tsp. of cinnamon, $\frac{1}{4}$ tsp. of ginger, and $\frac{1}{4}$ tsp. of cloves.
- Replace one cup of brown sugar with one cup of white sugar plus $\frac{1}{4}$ cup of molasses (and decrease the liquid in the recipe by $\frac{1}{4}$ cup), or $1\frac{1}{4}$ cups of confectioners' sugar.
- Replace one cup of beer with one cup of chicken broth.
- Replace one cup of ketchup with one cup of tomato sauce plus one tsp. of vinegar and one Tbsp. of sugar.
- Replace one cup of buttermilk with one cup of plain yogurt, or mix one Tbsp. of lemon juice or vinegar with enough milk to make one cup.
- Replace one can of condensed cream of mushroom soup with one can condensed cream of celery, or cream of chicken or golden mushroom soup.
- Replace one cup of corn syrup with one cup of honey or $1\frac{1}{4}$ cups of white sugar plus $\frac{1}{3}$ cup of water.
- Mash half a banana with $\frac{1}{2}$ tsp. of baking powder to replace one egg.
- Replace one cup of evaporated milk with one cup of light cream.
- Replace one tsp. of hot pepper sauce with $\frac{3}{4}$ tsp. of cayenne pepper plus one tsp. of vinegar.
- Replace one tsp. of lemon juice with $\frac{1}{2}$ tsp. of vinegar, one tsp. of white wine, or one tsp. of lime juice.
- Replace one cup of molasses with a mixture of $\frac{3}{4}$ cup of brown sugar and one tsp. of cream of tartar.
- Replace one cup of vegetable oil (in baking) with one cup of applesauce.

INSIDE LINE STAFF

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FARMERS MARKET VOUCHERS AVAILABLE

The 2014 Farmers Market Nutrition Program provides eligible seniors with vouchers to purchase produce grown in Pennsylvania. This program, sponsored by the Pennsylvania Department of Agriculture, provides four \$5.00 vouchers to be used at participating Farmers Markets from June 1, 2014 until November 30, 2014. A list of participating Farmers Markets will be available at the sign-up sites. Applicants must bring proof of age and residency. Examples of proof are:

- Driver's license
- Photo identification card
- AAA transportation card
- Birth certificate
- Utility receipts

Homebound individuals may have someone apply for them with the required documentation of age and residency, as well as a completed proxy form. The proxy form will be available at the sign-up sites and the Area Agency on Aging office. The form requires both the signature of the senior and the individual picking up the vouchers, therefore, the proxy form needs completed prior to receiving the vouchers. Residents of personal care, domiciliary care homes and convents are not eligible.

You must be age 60 or older (as of December 31, 2014), a Westmoreland County resident and meet income guidelines (up to \$21,590 per year for a single person and \$29,101 per year for a couple). Income of all individuals residing in a household must be considered. There is a one time sign-up per season. The scheduled sign-up sites and times are listed below.

New Kensington Senior Center
1039 Third Ave., New Kensington
724-335-8597, Wednesday, June 18
9:00am – 1:00pm

McKenna Senior Center
971 Old Salem Rd., Greensburg
724-837-8832, Wednesday, June 4
8:30am – 1:00pm

West Newton Senior Center
103 Main St., West Newton
724-872-4976, Monday, June 9
9:00am – 12:00pm

Latrobe Senior Center
15 Avenue C, Latrobe
724-539-0237, Tuesday, June 10
8:30am – 1:00pm

Herminie Senior Center
101 Sewickley Ave., Herminie
724-446-3282, Monday, June 23
9:00am – 12:00pm

Mt. Pleasant Senior Center
424 Washington St., Mt. Pleasant
724-547-4593, Monday, June 16
8:30am – 1:00pm

New Florence Senior Center
216 Ligonier St., New Florence
724-235-2800, Wednesday, June 11
9:00am – 12:00pm

Valley Senior Center
135 Kalassay Dr., Ligonier
724-238-7942, Wednesday, June 25
9:00am – 12:00pm

Jeannette Senior Center
211 Gaskill St., Jeannette
724-527-3200, Friday, June 20
9:00am – 1:00pm

Avonmore Senior Center
458 Railroad St., Avonmore
724-697-4014, Friday, June 6
9:00am – 12:00pm

New Alexandria Senior Center
207 Main St., New Alexandria
724-668-7055, Thursday, June 26
9:00am – 11:00am

Monessen Senior Center
1925 Grand Blvd., Monessen
724-684-6105, Friday, June 6
9:00am – 12:00pm

East Vandergrift Senior Center
400 McKinley Ave., East Vandergrift
724-568-2692, Thursday, June 19
9:00am – 12:00pm

**Area Agency on Aging
Monessen Satellite Office**
100 B 7th St., Monessen
724-684-3141, Tuesdays,
June 24 & July 29
and Monday, August 4 and ongoing
10:00am – 2:00pm

**Area Agency on Aging
Troutman Building**
200 S. Main St., Greensburg
724-830-4444, Mondays,
June 30 & August 4
10:00am – 2:00pm

Delmont VFD
2360 State Route 66, Delmont
Wednesday, July 9
10:00am – 1:00pm

Derry Station
200 W. Second Ave., Derry
Tuesday, July 22
10:00am – 12:00pm

St. Elizabeth Ann Seton Church
200 Leger Rd., Mack Hall
N. Huntingdon
Thursday, July 24
9:00am – 12:00pm

Trafford Municipal
Trafford Municipal Building
412 Brinton Ave., Trafford
Wednesday, July 2
9:00am – 12:00pm

St. Barbara Church
Raymaley & Waugaman Rd.
Harrison City
Tuesday, July 8
9:00am – 12:00pm

Cloverleaf Estates
200 Cloverleaf Circle, Delmont
Thursday, August 7
10:00am – 12:00pm

Murrysville Senior Center
3091 Carson St., Murrysville
Wednesday, July 9
9:00am – 12:00pm

Lower Burrell Manor
200 Sylvan Dr., Lower Burrell
Thursday, August 14
10:00am – 12:00pm

Export Italian American Club
5930 Kennedy Ave., Export
Monday, July 14
10:00am – 12:00pm

Scottdale Firehall
405 Porter Ave., Scottdale
Tuesday, July 1
10:00am – 12:00pm

Allegheny Township
136 Community Building Rd.
Leechburg
Wednesday, July 16
10:00am – 12:00pm

Level Green Community Building
123 Murrysville Road
Level Green
Thursday, July 10
9:00am – 11:00am

Norwin Community Resource Ctr.
231 Jennie Dr., N. Huntingdon
Thursday, July 17
9:00am – 12:00pm

PART D: MANAGE MEDICATIONS AND HEALTH

by the National Council on Aging

Part D members may be eligible for a program that can help them better manage their health and medications. Medication Therapy Management (MTM) is a free program available through all Part D plans to certain members who have multiple chronic conditions, take multiple medications, and are at risk for spending more on annual Part D covered drug costs than a certain cost threshold. Federal law has required these MTM programs since Part D was launched in 2006; however, MTM programs are severely underutilized yet can be of huge benefit to an eligible member, especially vulnerable populations.

MTM includes an annual comprehensive review of medications, including a face-to-face or telehealth consultation and written summary provided by a pharmacist or other qualified health provider (e.g., physician), and quarterly follow-ups for ongoing monitoring and assistance.

MTM services can improve medication use and health quality outcomes. For example, MTM can help prevent adverse drug interactions for members taking multiple medications. MTM also offers shared costs savings. Through improved medication use, members may spend less annually on their medications, which in turn save costs to the overall Part D program. MTM programs also provide opportunities for vulnerable members to ask qualified health care professionals (e.g., pharmacists) questions or share concerns about their medications and use.

There are three general requirements to be eligible for this service. Current federal guidelines require Part D plans to target plan members who have multiple chronic conditions (at least two or more of the “core” chronic conditions listed below), **AND** are taking multiple Part D drugs (two to eight drugs), **AND** are likely to spend more than \$3,017 in annual out-of-pocket costs for covered Part D drugs. The “core” chronic conditions include (and plans must target at least five of nine core chronic conditions):

- Diabetes
- Dyslipidemia (abnormal amount of lipids, such as cholesterol or fat, in the blood)
- Hypertension
- Heart failure
- Respiratory disease (asthma, chronic obstructive pulmonary disease, or COPD) or chronic lung disorder

- Bone arthritis (osteoporosis, osteoarthritis, rheumatoid arthritis)
- Mental health disorder (depression, schizophrenia, bipolar disorder, chronic or disabling disorder)
- Alzheimer’s disease
- End-Stage Renal Disease (ESRD)

Within these eligibility guidelines, Part D plans can select their MTM criteria, such as deciding which of the chronic conditions they want to focus their MTM on, and how many Part D drugs are required for eligibility (eight drugs). Members will need to check with their Part D plan to find out the specific MTM criteria.

HEALTHIER AIR TRAVEL

Ask people who fly frequently, and they will tell you that it takes a mental and physical toll on them. Psychologically, air travel can make you feel like a nameless face in a herd of sameness. The combination of spending hours in airport lines, dragging around luggage to avoid bag fees and being wedged into tiny seats drive people to near madness. The confluence of monotony and feeling unappreciated has made air travel a lethargic chore instead of, at the very least, a necessary means to an end.

The possible physical effects of air travel are even more troubling. Dry cabin air and altitude changes can compromise a passenger’s immune system. Long stretches of inactivity can also contribute to circulatory conditions such as Deep Vein Thrombosis (DVT), which some have contentiously called Economy Class Syndrome.

The good news is that there are common sense ways to keep your mind and body healthy while traveling.

- **Hydrate to energize** – Dehydration can lower energy, and also affect your mood and the ability to think clearly, according to a study conducted at the University of Connecticut. Pack a refillable bottle in your carry-on and be sure to fill it once through security. When in the air, ask for water or juice instead of soda or alcohol, which can increase dehydration. Hydration can boost energy levels once you arrive at your destination.
- **Assert your personality** – Find a way to bring along something that reminds you of home. This keeps you grounded and can spark conversations that make air travel more enjoyable. A new and unique way to do this is with a MyFlyBag.

This personalized luggage features a photo or image of your choice; your family, a pet, a favorite vacation spot, turning an otherwise boring piece of luggage into a personal billboard.

- **Limit stress** – Stress is the body’s enemy. Mitigate it by arriving at the airport early, so you can navigate the ticketing and security lines without having to constantly look at your watch. Arriving at the gate early also gives you a chance to meet new people.
- **Stimulate the mind** – At the airport, pick up a book of crossword puzzles, math games or even a newspaper from a foreign country printed in English to stretch the brain in new directions.

A little planning and a positive outlook can change the entire air travel experience for the better. You will stand out, be energized and will be ready to make the most of your business trip or personal vacation.

HONEY IS SWEET FOR MANY REASONS

Honey is popular not only for its sweet taste but also its many health benefits. Here are a few fun facts and tips about one of nature’s oldest sweeteners:

- Purchase honey in its purest raw form (unfiltered, unstrained, and not heated above 115°F) to take advantage of its full vitamins, minerals, and enzymes.
- Honey is loaded with many essential vitamins and minerals. These include B1, B2, B3, B5, B6, vitamin C, magnesium, potassium, calcium, sodium chloride, copper, iron, manganese, sulphur, zinc, and phosphate.
- Use honey to relieve throat irritation, suppress nighttime coughs, and improve sleep.
- Use honey as a topical antibiotic on burns, scrapes, or surgical incisions.
- Apply honey to mosquito bites to reduce the itch and irritation. This soothing effect is due to honey’s anti-inflammatory properties.
- Honey can be an inexpensive alternative to commercial sports gels.
- Consume honey to relieve morning sickness.
- Honey can help relieve bladder infections, arthritis, upset stomach, and bad breath.

For more sweet tips, check out www.honey.com.

STAY SAFE THIS SUMMER

Lyme disease is caused by a bacteria transmitted to humans through tick bites. Left untreated, it can lead to heart problems, neurological symptoms or arthritis. Deer ticks are so small that they can be difficult to see, so you may not realize you've been bitten. The telltale sign of infection is a red expanding rash (usually at the location of the bite) that swells to form a circular or oval shape, like a bull's eye. This rash, called erythema migrans, can show up three to thirty days after transmission and is usually not painful or itchy. Other signs may include fever, headache, muscle and joint pain, stiff neck, sore throat, fatigue and changes in vision.

Most reported cases are concentrated in the coastal Northeast and mid-Atlantic, as well as Wisconsin, Minnesota and

Northern California, but the disease has been reported in nearly every state. Outbreaks tend to occur in the summer and early fall. Walking in tall grass and having a pet that may carry ticks home can also put you at higher risk.

Although many ticks don't carry Lyme disease, bites should be monitored. If you find a tick on your body, carefully remove it using pointed tweezers. If symptoms occur, see your doctor immediately. Early treatment in the form of a three-week course of antibiotics (doxycycline, amoxicillin or ceftin) often provides a full cure, but the cure rate decreases the longer treatment is delayed. Late-stage therapy may include several courses of oral or intravenous antibiotics.

The following lists are ways to prevent Lyme disease in areas where ticks

are prevalent:

- Use insect repellent containing DEET and wear protective clothing (long sleeves, closed-toe shoes).
- Tuck in your shirt and tuck pants into your socks.
- Avoid contact with soil and plants.
- Do not sit directly on the ground or on stone walls.
- Tie back long hair.
- Perform a full-body tick check at the end of the day. Pay special attention to the scalp, armpits, backs of the knees, nape of the neck and groin.
- Spin clothes in the dryer for twenty minutes after being outdoors to kill any unseen ticks.
- Keep your yard landscaped. If necessary, spray insecticide in late May and again in September.

Westmoreland County Area Agency on Aging

Historic Troutman's Center
200 South Main Street
Greensburg, PA 15601

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THE HUBBLE TELESCOPE'S SUCCESSOR

The galleries of stunning images produced by the Hubble Space Telescope since its installation in 1990 is truly a treasure. But nothing proceeds like progress, and even this wonderful piece of equipment has reached a point where it needs an upgrade. Enter the James Webb Space Telescope (JWST).

According to the NASA website, the JWST is a "large, infrared-optimized space

telescope" that is under construction, and projected to be launched into orbit in 2018. At a cost of \$8 billion, the JWST will gaze further into the depths of the universe than we've ever looked before. It is hoped that the JWST will be able to locate the first galaxies that formed in the universe.

It will have a large mirror measuring 21.3 feet (6.5 meters) in diameter, and include a sun shield the size of a tennis court, both of which will need to be launched folded up and deployed in space. According to NASA, it will take

up residence in orbit an amazing 1 million miles from earth. For comparison, the Hubble Space Telescope is in low Earth orbit, at about 350 miles. The moon orbits the Earth at about 250,000 miles away. Being four times farther out than the moon will make servicing the JWST the trickiest part of the project.

The JWST is named after the NASA administrator who created the Apollo program. For more information, see www.jwst.nasa.gov.