

WESTMORELAND COUNTY

AREA AGENCY ON AGING

INSIDE LINE

MAY/JUNE 2010

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 Denise Kummick, Westmoreland County Area Agency on Aging, 200 South Main Street, Greensburg, PA 15601.

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 2010 Senior Games will take place May 4 – 14 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 2010 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."

The Westmoreland County Senior Games are sponsored by Excelsa Health and its Partners Advocating Total Health, Amber House at Harmon House Care Center, 1480 WCNS, SuperValu, Leaps and Bounds Daycare Center, John Gulisek Construction, Unison Advantage, Gibson-Thomas Engineering, Wholistic Health Center, and the Nutrition Group. To receive a registration booklet, call the Westmoreland County Bureau of Parks and Recreation at 724-830-3950 or email [@co.westmoreland.pa.us](mailto:co.westmoreland.pa.us).

SUNSHINE VITAMIN

Vitamin D sufficiency, along with diet and exercise, has emerged as one of the most important preventive factors in human health. Hundreds of studies now link vitamin D deficiency with significantly higher rates of many forms of cancer, as well as heart disease, osteoporosis,

multiple sclerosis and many other conditions and diseases.

Because sunshine is a free commodity, the Sunshine Vitamin Alliance was established as a coalition of physicians, individuals and organizations who advocate natural vitamin D production through regular, non-burning sun exposure.

Humans make 90 percent of our vitamin D naturally from sunlight exposure to our skin – specifically, from ultraviolet B exposure to the skin, which naturally initiates the conversion of cholesterol in the skin to vitamin D3. Unlike dietary or supplementary vitamin D, when you get your 'D' from sunshine your body takes what it needs, and de-metabolizes any extra. That's critical, as experts and many health groups now advocate 1,000 to 2,000 IU of vitamin D daily. It only takes 10-15 minutes of safe sun exposure to the arms and legs to get 3,000 to 20,000 IU.

The amount of vitamin D produced depends on the intensity of the UVB in the sun and many other factors. Darker-skinned individuals may need 5-10 times more exposure than a fair-skinned person to make the same amount of vitamin D. Also, in northern climates the sunlight is too weak during parts of the year to make any vitamin D; referred to as 'Vitamin D Winter'. No

matter where you live, it is essential to your health to allow some sun exposure in order to increase your body's amount of vitamin D. For more information, visit [.sunshinevitamin.org](http://sunshinevitamin.org).

BIENNIALS

Most popular flowers fall into two categories: annuals, which you plant anew each season, and perennials, which you plant once and they re-bloom every year. But a few old-fashioned favorites, such as hollyhock, foxglove, and sweet William, are biennials, which grow leaves one year and flower the next. They reward your patience with spectacular blooms rarely available in nurseries. And most self-sow reliably, meaning you plant them once and the work is done!

A biennial spends its first season producing a rosette of leaves. Below ground is a fleshy taproot – the storage depot for starches and sugars. In winter, the plant goes dormant. Come spring, it wakes up with a big burst of energy and produces a tall beauty of a flower stalk followed by a full load of seeds, ensuring survival – of the species, that is. The original plant expires from the effort.

Fortunately, hardy biennials are champion self-sowers. So even though the parent plant turns brittle and dies, there are offspring to take its place. And you can easily move these young

plants in their first year anywhere you want them.

Some growing tips:

- Learn to recognize the first-year foliage so you don't inadvertently pull it out.
- Give young plants a boost by thinning them as needed and mulching with compost.
- Transplant only in the first year of growth, not the second.

So that you're never without biennials' graceful beauty, follow the advice of Roberta McQuaid, staff horticulturist at Old Sturbridge Village, in Massachusetts: Plant the seeds of biennials for two consecutive years. That way you'll always have plants coming into bloom. If your growing season is sufficiently long, seedlings may even appear that same year – to then bloom after the winter dormancy.

PROTECT YOUR FINANCES: PREVENT IDENTITY THEFT

Nearly 2 million of the estimated 9 million Americans who will become victims of identity theft this year are older adults. Identity theft now tops the Federal Trade Commission's list of consumer complaints, with credit card fraud the most common form of reported identity theft to authorities.

Recently, a Cumberland County couple

was forced into bankruptcy after their granddaughter stole their identities, ruining their good name and their credit, to the tune of \$47,000. Sadly, this is not an isolated crime. Anyone can be a victim.

In challenging economic times, it's especially important to keep track of your credit card and bank card statements – including all receipts – as well what cards we carry in our wallets. It's also important to be careful about what sort of information you provide when shopping in person, online or over the telephone.

Awareness is the best defense against identity theft. The Pennsylvania Commission on Crime and Delinquency offers tips to help you guard your identity, including:

- Keep a list or photocopy of all your credit cards, bank account numbers and phone numbers of customer service and fraud departments in a secure place such as a lock box, but never in your wallet.
- Carry credit cards only when needed.
- Report all lost or stolen cards immediately to the credit card company, the three credit bureaus and your local police department.
- Memorize your Social Security Number,

passwords and PIN numbers – do not use your date of birth, home telephone number or last four numbers of your Social Security number for a PIN number.

- Check your credit report regularly to watch for unauthorized activity.
- Be very careful when dealing with unscrupulous telemarketers, who may try to befriend you to win your trust. Don't be fooled.

For these and other tips, visit [.identitythefactionplan.com](http://identitythefactionplan.com). The website offers an action plan that you can print out, complete and hide in a safe place, such as a lock box. In addition, the website provides links to other state and federal agencies, who to contact for more information, and first-person accounts from Pennsylvanians who were victims of identity theft. If you are victimized, don't be afraid to report it right away. The sooner you take action, the faster your credit and good name can be restored.

“Rx FOR A HEALTY LIFESTYLE” COMING TO LOWER BURRELL IN JUNE

The Westmoreland County Area Agency on Aging is sponsoring a free Medication Management Seminar for older adults on Wednesday, June 16, 2010 at the

Veterans of Foreign Wars (VFW) in Lower Burrell.

Various community professionals will address a variety of topics related to medication management including Jane Holmes, Pharmacist from Alle-Kiski Medical Center, Amy Halula, RSVP Coordinator of Apprise, Connie Frazier, Registered Dietician and Certified Diabetes Educator with the Joslin Diabetes Center of Western Pennsylvania Hospital and Becky Maier, Public Relations Director of the Better Business Bureau.

The VFW is located just off Route 56 at 1601 Wildlife Lodge Road in Lower Burrell. Registration begins at 8:00 am with the program promptly starting at 8:45 am. The program will conclude at 1:45 pm.

Older adults are invited to register and attend at no charge. A complimentary continental breakfast and luncheon are included. The VFW is handicapped accessible.

You may register no more than two older adults by sending the registration form in this newsletter to the Area Agency on Aging. You must pre-register for this seminar, as space is limited. Registration is on a first come, first served basis. You may copy this form. You will receive a letter confirming your reservation. We hope to see you there!

**FARMERS MARKET
VOUCHERS AVAILABLE**

The 2010 Farmers Market Nutrition Program provides eligible seniors with vouchers to purchase produce grown or growable in Pennsylvania. This program, sponsored by the Pennsylvania Department of Agriculture, provides up to \$20 in vouchers per person, and the vouchers can be used at participating Farmers Markets from June 1, 2010 until November 30, 2010. A list of participating Farmers Markets will be available at the distribution sites. Applicants must bring proof of age and residency. Examples of these proofs are:

- Driver's license
- Photo identification card
- AAA transportation card
- Birth certificate
- Social Security documents
- 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 and domiciliary care homes are not eligible.

The scheduled sign-up sites and times are listed below.

New Kensington Senior Center

1039 Third Ave.,
New Kensington
724-335-8597,
Monday, June 21
9:00am – 1:00pm

McKenna Senior Center

971 Old Salem Rd.,
Greensburg
724-837-8832,
Tuesday, June 1
9:00am – 1:00pm

West Newton Senior Center

103 Main St.,
West Newton
724-872-4976,
Monday, June 7
9:00am – 1:00pm

Latrobe Senior Center

Avenue C, Latrobe
724-539-0237,
Wednesday, June 9
9:00am – 1:00pm

Herminie Senior Center

101 Sewickley Ave.,
Herminie
724-446-3282,
Tuesday, June 15
9:00am – 1:00pm

Mount Pleasant Senior Center

424 Washington St.,
Mount Pleasant
724-547-4593,
Monday, June 28
9:00am – 1:00pm

New Florence Senior Center

Ligonier St., New Florence

724-235-2800,
Tuesday, June 22
9:00am – 1:00pm

Valley Senior Center

135 Kalassay Dr., Ligonier
724-238-7942,
Monday, June 7
9:00am – 1:00pm

Jeannette Senior Center

211 Gaskill St., Jeannette
724-527-3200,
Friday, June 18
9:00am – 1:00pm

Avonmore Senior Center

Railroad St., Avonmore
724-697-4014,
Friday, June 4
9:00am – 1:00pm

New Alexandria Senior Center

Main St., New Alexandria
724-668-7055,
Wednesday, June 2
9:00am – 1:00pm

Monessen Senior Center

1925 Grand Blvd., Monessen
724-684-6105,
Tuesday, June 1
9:00am – 1:00pm

East Vandergrift Senior Center

400 McKinley Ave., East Vandergrift
724-568-2692, Thursday,
June 10
9:00am – 1:00pm

**Area Agency on Aging
Monessen Satellite Office**
100 B 7th St., Monessen

724-684-3141, June 2 and ongoing
9:00am - 3:00pm
Troutman Building
200 S. Main St., Greensburg
724-830-4444
Thursday, June 24 & Tuesday, August 2
10:00am – 2:00pm

Vandergrift Senior Center
306 Spruce & Linden St., Vandergrift
724-568-3547, Tuesday, June 8
10:00am – 12:00pm

Derry Station
200 W. Second Ave., Derry
Wednesday, June 16
9:30am – 11:00am

Loyalhanna Apartments
1111 Jefferson St., Latrobe
Wednesday, June 16
12:00pm – 2:00pm

Sutersville Community Center
Fourth St., Sutersville
Thursday, June 17
10:00am – 12:00pm

St. Elizabeth Ann Seton Church
200 Leger Rd., Mack Hall N. Huntingdon
Wednesday, June 30
9:00am – 12:00pm

Trafford Manor
534 Britton Ave., Trafford
Thursday, July 1
10:00am – 12:00pm

Highview Acres
Route 66, Apollo
Friday, July 2

10:00am – 12:00pm
Slickville Civic Organization
PO Box 157, Slickville
Tuesday, July 6
10:00am – 12:00pm

Arnold Towers
1531 Horne Blvd., Arnold
Wednesday, July 7
10:00am – 12:00pm

Trafford Municipal
c/o Boro Bldg., Trafford
Wednesday, July 7
10:00am – 12:00pm

Level Green Community Bldg.
Murrysville Rd., Level Green
Thursday, July 8
9:00am – 11:00am

St. Barbara Church
Raymaley & Waugaman Rd. Harrison City
Tuesday, July 13
10:00am – 1:00pm

Parnassus Manor
325 Main St., New Kensington
Wednesday, July 14
10:00am – 12:00pm

Irwin Manor
100 Western Ave., Irwin
Thursday, July 15
10:00am – 12:00pm

Cloverleaf Estates
200 Cloverleaf Circle, Delmont
Friday, July 16
10:00am – 12:00pm

Scottdale Manor
20 Pearl St., Scottdale
Tuesday, July 20

10:00am – 12:00pm
Murrysville Senior Center
3091 Carson St., Murrysville
Wednesday, July 21
10:00am – 12:00pm

Lower Burrell Manor
200 Sylvan Dr., Lower Burrell
Thursday, July 22
10:00am – 12:00pm

Hempfield Towers
2500 Grande Blvd., Greensburg
Thursday, July 22
2:30pm – 4:00pm

Export Italian American Club
5930 Kennedy Ave., Export
Monday, July 26
10:00am - 12:00pm

Scottdale Firehall
405 Porter Ave., Scottdale
Tuesday, July 27
10:00am – 12:00pm

Jeannette Manor
South Fourth St., Jeannette
Tuesday, July 27
10:00am – 12:00pm

Allegheny Township
136 Community Building Rd. Leechburg
Wednesday, July 28
10:00am – 12:00pm

You must be age 60 or older (as of December 31, 2010) and a Westmoreland County resident. Income guidelines were not available at the time of publication, but the AAA office and senior centers expect to have this information by May 1, 2010. Please contact the

Westmoreland County Area Agency on Aging at 724-830-4444 or toll-free 1-800-442-8000 or your local senior center with any questions.

**AGE STRONG!
LIVE LONG!**

May is Older

Americans Month, a tradition dating back to 1963 to honor the legacies and ongoing contributions of older Americans and support them as they enter the next stage in life. Westmoreland County Area Agency on Aging is joining communities nationwide in celebrating this month.

This year's Older Americans Month theme-*Age Strong! Live Long!*-recognizes the diversity and vitality of today's older Americans who span three generations. They have lived through wars and hard times, as well as periods of unprecedented prosperity. They pioneered new technologies in medicine, communications, and industry while spearheading a cultural revolution that won equal rights for minorities, women, and disabled Americans.

These remarkable achievements demonstrate the strength and character of older Americans, and underscore the debt of gratitude we owe to the generations that have given our society so much. But the contributions of older Americans are not only in the past.

Older Americans are living longer and are more active than ever before. And with the aging of the baby boomer generation-the largest in our nation's history-American's senior population is expected to number 71.5 million by 2030.

While keeping the growing population of older Americans healthy and active will increase the demand for senior services, what is remarkable is the extent to which older Americans themselves are supporting each other. As the new generations of seniors become better educated and more financially secure than their predecessors, they are spending more time making significant contributions in their communities through civic and volunteer opportunities.

In fact, older Americans are a core component of service delivery to seniors- embodying and modeling the drive to *Age Strong! Live Long!* They volunteer at group meal sites and deliver food to homebound seniors; they act as escorts and provide transportation for older adults who cannot drive; they help seniors with home repair, shopping and errands; and they provide vital counseling, information and referral services. Their energy and commitment reminds all Americans-not just senior citizens and their caregivers-to do their part to enhance the quality of life for older generations.

The annual commemoration of Older Americans Month is our opportunity to recognize the contributions of older citizens and join them in providing services and support that empower the elderly. Americans of all ages and backgrounds can volunteer with programs that improve health literacy, increase access to quality health services, offer food and nutrition services, provide financial and housing counseling, sponsor social activities and community engagement, and more.

**INSIDE LINE
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INSIDE LINE is published bimonthly 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.