

# WESTMORELAND COUNTY

## AREA AGENCY ON AGING

# INSIDE LINE

January/February 2006

### WOULD YOU LIKE TO BE A FRIENDLY VISITOR?

By Francine Leggett

Seton Center is subcontracted by the Westmoreland County Area Agency on Aging to provide Friendly Visitor services to the county's seniors.

We are in need of partners to join hands and hearts to restore hope in the lives of lonely or isolated seniors throughout Westmoreland County. With our volunteers, it's an ongoing, in-depth commitment measured in time and emotional involvement. We see our homebound consumers transformed by our volunteers' gift of time!

Our volunteers recognize and respect the dignity of others and are the catalysts to improve the condition and the quality of life for our consumers. Some of our consumers' more serious problems would go unaddressed if not for our volunteers. Our volunteers go about their lives with courage and patience, with competence and cheerful persistence and a lot of kindness . . . they put their love into action.

We need volunteers to visit one hour a week with a

lonely senior just for fellowship. Some measure of caring, sharing and being our brothers' and sisters' keepers. Please call Francine Leggett, Volunteer Coordinator of the Outreach Program at Seton Center at 724-837-1264 if you are interested in making a difference in someone's life.

### WESTMORELAND SYMPHONY TICKETS AVAILABLE

The Westmoreland County Area Agency on Aging is pleased to announce that tickets are available for the Westmoreland Symphony Orchestra's "March Mélange" on Saturday, March 18, 2006 and "Season Finale" on Saturday, April 22, 2006. The concerts are both at 8:00 p.m. at the Palace Theatre in downtown Greensburg.

*From the Westmoreland Symphony Orchestra's 2005-2006 brochure: The French word mélange means mix, and at "March Mélange" you will hear a spirited Haydn symphony and Brahms' most elegant symphony sandwich the jazzy and adventurous concerto for clarinet by Aaron Copeland. This concerto was written for and premiered by Benny*

*Goodman. At our concert, it will be performed by Young Concert Artists International Competition winner, José Franch-Ballester.*

*"Season Finale" on April 22 features pianist Paul Sisco. After his stunning performance in 2003, Mr. Sisco is returning to perform Beethoven's Piano Concerto No. 1. John Corigliano's Elegy, a warm and lyrical piece, opens the program and Tchaikovsky's passionate and triumphant Symphony No. 5 brings a satisfying close to our 37<sup>th</sup> season.*

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

- Name
- Address
- Telephone number
- Number of tickets requested (1 or 2)
- March or April concert and a self-addressed, stamped envelope to:

Karen Theis  
Area Agency on Aging  
200 S. Main Street  
Greensburg PA 15601

The random drawings will be held at the agency on Wednesday, February 15, 2006 at 9:00 a.m. You must be a Westmoreland County resident age 60 or older to receive these tickets.

## USING YOUR MEDICARE PRESCRIPTION DRUG COVERAGE

### *Quick Tips on Your First Pharmacy Trip:*

Did you enroll in a Medicare Rx plan but have not yet received your ID card? Are you covered by Medicaid and not sure how to get your medicines in the New Year?

If you enrolled in Medicare Prescription Drug Coverage by December 31, 2005, you will receive your coverage effective January 1, 2006.

- An acknowledgement letter will arrive about a week after you enroll. A plan ID card will arrive 3 to 5 weeks later.
- If you need to go to the pharmacy before your ID card arrives, bring the acknowledgement letter from your plan, your Medicare and/or Medicaid card and a photo ID.
- Save your receipts from your pharmacist.
- Call **1-800-MEDICARE** 24 hours a day for assistance or go to [www.medicare.gov](http://www.medicare.gov).

Reminder: People with Medicare who are still reviewing their options have until May 15, 2006 to enroll in a Medicare Part D drug plan.

## LISTEN TO THE RAINBOW HEAR WELL, LIVE WELL

Listen to the Rainbow, a hearing wellness campaign, is a public awareness initiative created by the Center for Hearing and Deaf Services, Inc. (HDS). The campaign's primary objective is to raise hearing healthcare to the same level of concern as vision and dental care are for most people.

This hearing campaign reaches out to tri-state area residents through on-site group presentations along with electronic media and informational literature. By helping people understand hearing loss prevention, detection, treatment and technology, Listen to the Rainbow will raise the quality of life for everyone.

### TYPES OF HEARING LOSS

No two hearing losses are alike. Your ability to hear is unique. Aging, childhood and adult illnesses, workplace noise, and genetics produce different types of hearing loss.

- **Sensorineural hearing loss** (or "nerve deafness") is usually permanent, and it occurs when there is a problem in the inner ear. It can be caused by infections, ototoxic medications, heredity, excessive noise exposure and/or the aging process.
- **Conductive hearing loss** is usually temporary, and it occurs when there is a problem in the outer ear of the middle ear, such as excessive earwax, fluid behind the eardrum or a middle ear infection.

- **Mixed hearing loss** combines elements from both conductive and sensorineural hearing loss.

If someone you know suspects a hearing loss, see a hearing healthcare professional immediately.

### HEARING LOSS AND AGING

#### Facts:

- Nerve damage, the most common cause of hearing loss in older adults, may be improved with a variety of new technologies.
- Hearing loss that occurs in older adults may be the result of earwax buildup.
- The sooner you get help the easier it is to adapt.

#### Effects:

- Friends and family members may believe that senility is setting in when, in reality, the person is having difficulty hearing.
- Hearing loss can lead to depression, anger, frustration and feelings of social isolation.
- For some people, hearing loss can result in a loss of independence. If you or someone you know is experiencing the effects of hearing loss, see a hearing healthcare professional for help.

The Hearing and Deaf Services (HDS) – Westmoreland office is located at 1011 Old Salem Road, Suite 102, Greensburg. For more information about services, call 724-832-7600 (voice or TTY) or go online at [www.hdscenter.org](http://www.hdscenter.org) or [www.listentotherainbow.com](http://www.listentotherainbow.com).

## SEARCHING FOR A JOB?

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

The Senior Community Service Employment Program (SCSEP) at Westmoreland County Community College enrolls low-income older adults to update old skills or get training in new skills, allowing you to earn while you learn in preparation for re-entering the job market. All positions earn \$5.15 per hour, 20 hours per week.

For more information, please call Mimi Owens 724-925-4098 or Rebecca Dunn 724-925-4231 or toll-free at 1-800-262-2103 and ask for the Lifelong Learning Center.

### **Available Training Positions**

**Docent** – Training provided in archiving, researching and preserving local history.

**Clerical Trainee** – Office work, familiarity with office machines helpful but not required. Primary duties may include receptionist activities, copying and collating materials for mass mailings, assisting with fundraising activities, and maintaining information areas. Positions available throughout Westmoreland County.

**Dietary Aide** – Positions available in Monessen and New Florence. Must be knowledgeable in minimal food preparation techniques and have the ability to work with senior citizens.

**Library Aides** – Positions available throughout Westmoreland County. Individuals should possess an inquisitive, helpful attitude.

## **Maintenance/Groundskeeper**

– Positions available in the Greensburg and Scottdale areas.

### **INSIDE LINE STAFF**

KAREN THEIS, *Editor*

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**NOTICE:** The Income Tax Assistance Flyer for 2006 is located on pages following this Newsletter.

# INCOME TAX ASSISTANCE YEAR 2006

The Volunteer Income Tax Assistance (VITA) and Tax Counseling for the Elderly (TCE) programs offer free tax help to people who cannot afford professional assistance. Volunteers from the Retired and Senior Volunteer program (RSVP) help prepare simple tax returns for lower income, elderly, persons with disabilities and non-English speaking taxpayers.

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. **Assistance will be offered beginning February 1 through April 15, 2006 at the following locations. Homebound taxpayers requiring a home visit should call the RSVP office at 1-800-262-2103, extension 4213.**

## GREENSBURG AREA

### **MONDAYS, 10:00am-2:00pm**

McKenna Senior Center  
971 Old Salem Road  
Greensburg, PA 15601  
**e-file available after 3/1/06  
(closed Feb. 20)**

### **THURSDAYS, 9:00am-1:00pm**

Westmoreland County Community College  
2302 Commissioners Hall  
Youngwood, PA 15697  
**(closed April 13)**

### **TUESDAYS, 9:00am-2:00pm**

South Greensburg Boro Bldg  
Rear 1515 Poplar Street  
Greensburg, PA 15601  
**e-file available**

### **FRIDAYS, 10:00am-2:00pm**

Our Lady of Grace Church  
1001 Mt. Pleasant Road  
Greensburg, PA 15601

### **FRIDAYS, 3:00pm-7:00pm**

Westmoreland Mall  
Route 30 East  
Greensburg, PA 15601

## MOUNT PLEASANT - SCOTTDALE AREAS

### **TUESDAYS, 9:00am-1:00pm BY APPT (724-547-4593)**

Westmoreland Multi-Service Center  
424 Washington Street  
Mount Pleasant, PA 15666

### **WEDNESDAYS, 12:00pm-4:00pm BY APPT (724-887-6140)**

Scottdale Library  
235 Pittsburgh Street  
Scottdale, PA 15683

## JEANNETTE - TRAFFORD - HARRISON CITY AREAS

### **WEDNESDAYS, 9am-1pm**

Feb. 1 thru April 12  
Jeannette Senior Center  
Gaskill and Third Streets  
Jeannette, PA 15644  
**e-file available after 3/1/06**

### **ALTERNATING THURSDAYS, 9am-1pm**

Feb. 2 & 16, March 2, 16, & 30  
St. Regis Catholic Church  
517 Homewood Avenue  
Trafford, PA 15085

Harrison City site has not been finalized.

Call RSVP for more information.

## IRWIN - NORTH HUNTINGDON AREAS

### **MONDAYS, 10:00am-1:00pm**

West Hempfield Presbyterian Church  
West Hempfield Avenue  
Irwin, PA 15642

### **TUESDAYS & THURSDAYS, 9:00am-1:00pm**

North Huntingdon Townhouse  
11279 Center Highway  
North Huntingdon, PA 15642

### **FEB 21 & MARCH 21, 10:00am-2:00pm**

United Church of Christ  
Blain & Observatory  
Manor, PA 15665

### **WEDNESDAYS, 8:00am-12:00pm**

Herminie Senior Center  
Sewickley Avenue  
Herminie, PA 15637

**LATROBE - LIGONIER - NEW ALEXANDRIA AREAS**

**MONDAYS, 9:00am-1:00pm BY APPT (724-539-3390)**  
WCCC's Laurel Center, Room 109  
17 Lloyd Avenue  
Latrobe, PA 15650  
**e-file available after 2/7/06**

**TUESDAYS, 9:00am-12:00pm BY APPT (724-238-7580)**  
Ligonier YMCA  
Church Street  
Ligonier, PA 15658

**TUESDAYS, 9:00am-12:00pm &  
12:30pm-1:30pm BY APPT (724-539-0237)**  
Latrobe Senior Center  
Fifth Ward School Building, Avenue C  
Latrobe, PA 15650  
**e-file available**

**THURSDAYS, 9:00am-1:30pm BY APPT  
(724-668-7055)**  
New Alexandria Senior Center  
Community Center Building  
Main Street  
New Alexandria, PA 15670

**NEW KENSINGTON - AVONMORE - VANDERGRIFT AREAS**

**MONDAYS, 8:30am-12:00pm**  
Aluminum City Terrace Activity Center  
New Kensington, PA 15068  
**(Beginning Feb. 13)**

**TUESDAYS, 8:30am-12:00pm &  
FRIDAYS, 12:00pm-3:00pm**  
Alle-Kiski Valley Senior Citizens Center  
1039 Third Avenue  
New Kensington, PA 15068

**WEDNESDAYS, 4:30pm-8:00pm**  
WCCC's Alle-Kiski Center  
899 East Hill Drive  
New Kensington, PA 15068

**THURSDAYS, 1:00pm-5:00pm**  
Peoples Library  
Main Branch  
9th & Barnes Streets  
New Kensington, PA 15068

**MONDAYS, 1:00pm-5:00pm**  
People's Library  
3052 Wachter  
Lower Burrell, PA 15068

**WEDNESDAYS, 8:30am-12:00pm BY APPT (724-697-4014)**  
Avonmore Senior Citizens Center  
Railroad Street  
Avonmore, PA 15618

**THURSDAYS, 8:30am-12:00pm**  
Vandergrift Senior Citizens Center  
306 Spruce Street  
Vandergrift, PA 15690

**THURSDAYS, 8:30am – 12:30pm  
FRIDAYS, 8:30am-12:30pm**  
East Vandergrift Senior Citizens Center  
400 McKinley Avenue  
East Vandergrift, PA 15629

**DELMONT - EXPORT - MURRYSVILLE AREAS**

The locations in this area are not finalized. Please contact RSVP at 1-800-262-2103, extension 4213 for more information.

**MON VALLEY AREA**

**MONDAYS, 9:00am-1:00pm**  
**West Newton Senior Citizens Center**  
103 Main Street  
West Newton, PA 15089

**TUESDAYS & THURSDAYS, 9:00am-12:00pm  
BY APPT (724-684-6105)**  
Monessen Senior Center  
1925 Grand Blvd  
Monessen, PA 15062