

WESTMORELAND COUNTY

AREA AGENCY ON AGING

INSIDE LINE

MAY/JUNE 2006

"MANEUVERING THE MEDICATIONS MAZE" COMING TO ROSTRAVER IN JUNE

The Westmoreland County Area Agency on Aging is sponsoring a free Medication Management Seminar for older adults on Thursday, June 22, 2006 at the Holiday Inn in Rostraver Township.

Various community professionals will address a variety of topics related to medication management. Those speakers include Paul Ament, Registered Pharmacist with Excelsa Health/Latrobe Area Hospital, Angela Rinchuse, Registered Dental Hygienist, Associate Professor/Director of the Dental Hygiene/Dental Assisting Programs at Westmoreland County Community College and Lori Loughner, Registered Dietician at Nutrition, Inc.

The Holiday Inn is located at the junction of Interstate 70 and State Route 51 in Rostraver Township. Registration begins at 8:00 a.m. with the program promptly starting at 9:00 a.m. The program will conclude at 1:30 p.m. There will be time after the seminar for Westmoreland

County residents to sign up for Farmers Market vouchers.

Older adults are invited to register and attend at no charge. A complimentary continental breakfast and luncheon is included. The Holiday Inn 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-serve basis. You may copy this form. You will receive a letter confirming your reservation.

HEALTH & EDUCATION EXPO NEW KENSINGTON SENIOR CENTER WEDNESDAY, MAY 24, 2006

The Westmoreland County Area Agency on Aging, Westmoreland Casemanagement and Supports, Inc., Westmoreland Human Opportunities, the Westmoreland County Health and Welfare Council, and the Westmoreland County Board of Commissioners are sponsoring

the 2006 Health and Education Expo.

WHO? Caregivers, seniors, persons with disabilities and the general public are welcome.

WHAT? Free health screenings and information, refreshments, free parking, Farmers Market vouchers, adaptive equipment demonstrations.

WHERE? New Kensington Senior Center, 1039 Third Avenue

New Kensington
WHEN? Wednesday, May 24, 2006

10:00 a.m. – 2:00 p.m.

HOW? Seniors age 60 and older can use their red card for transportation with a one-day advanced reservation through their local taxi company.

WHY? You don't want to miss this opportunity to obtain all this valuable information in one place.

Contact the Area Agency on Aging at 724-830-4488 or 1-800-442-8000 for more details.

**FARMERS MARKET
VOUCHERS AVAILABLE**

The 2006 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, 2006 until November 30, 2006.

The eligibility guidelines are:

- You must be age 60 or older (as of December 31, 2006)
- A Westmoreland County resident
- Income must be less than:
\$18,130 per year for one person
\$24,420 per year for a married couple

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
 - Birth certificate
 - Social Security documents
 - Utility receipts
- Homebound individuals may have someone apply for

them with the required documentation of age and residency. Residents of personal care homes are not eligible.

The schedule for the county's senior centers is listed below. **All times are 9:00 a.m. to 1:00 p.m., except where noted.**

New Kensington Senior Center

1039 Third Avenue
New Kensington
724-335-8597
Wednesday, May 24
10:00 a.m. – 2:00 p.m.

McKenna Senior Center

971 Old Salem Road
Greensburg
724-837-8832
Thursday, May 25

West Newton Senior Center

103 Main Street
West Newton
724-872-4976
Friday, May 26

Herminie Senior Center

Sewickley Avenue
Herminie
724-446-3282
Thursday, June 1

Mount Pleasant Senior Center

424 Washington Street
Mount Pleasant
724-547-4593
Monday, June 5

New Florence Senior Center

Ligonier Street
New Florence
724-235-2800
Tuesday, June 6

Laughlintown Senior Center

Center Avenue
Laughlintown
724-238-7942

Wednesday, June 7

Jeannette Senior Center

Gaskill & Third Streets
Jeannette
724-527-3200
Thursday, June 8

Latrobe Senior Center

Avenue C
Latrobe
724-539-0237
Friday, June 9

Avonmore Senior Center

Railroad Street
Avonmore
724-697-4014
Thursday, June 15

New Alexandria Senior Center

Main Street
New Alexandria
724-668-7055
Monday, June 19

Monessen Senior Center

1925 Grand Blvd.
Monessen
724-684-6105
Tuesday, June 20

East Vandergrift Senior Center

400 McKinley Avenue
East Vandergrift
724-568-2692
Wednesday, June 21

These other sites have also been scheduled at this time. Vouchers will be distributed while quantities last.

Hempfield Towers

2500 S. Grande Blvd.
Greensburg
Thursday, May 25
4:00 p.m. – 5:30 p.m.

Filburn Manor
410 N. Water Street
West Newton
Friday, May 26
2:00 p.m. – 3:00 p.m.

Sutersville Community Center
Fourth Street
Sutersville

Lower Burrell Manor
200 Sylvan Drive
Lower Burrell
Thursday, June 8
10:00 a.m. – 12:00 p.m.

Jeannette Manor
S. Fourth Street
Jeannette
Thursday, June 8
2:00 p.m. – 3:00 p.m.

Cloverleaf Estates
200 Cloverleaf Circle
Delmont
Friday, June 16
9:00 a.m. – 12:00 p.m.

Pershing Square
209 West Third Street
Greensburg
Tuesday, June 20
9:00 a.m. – 11:00 a.m.

Scottdale Manor
20 Pearl Street
Scottdale
Tuesday, June 20
10:00 a.m. – 12:00 noon

Trafford Manor
545 Britton Avenue
Trafford
Tuesday, June 20
9:00 a.m. – 11:00 a.m.

Irwin Manor
100 Western Avenue
Irwin
Monday, June 26
12:30 p.m. – 2:00 p.m.

Oak Hollow YMCA
1800 Morris Avenue
N. Huntingdon
Monday, June 26
10:00 a.m. – 12:00 p.m.

Scottdale Volunteer Fire Hall
405 Porter Avenue
Scottdale
Tuesday, June 27
9:00 a.m. – 12:00 p.m.

Allegheny Township Community Building
136 Community Building Road
Leechburg
Wednesday, June 28
10:00 a.m. – 12:00 p.m.

Derry Station
301 Derry Station Circle
Derry
Wednesday, June 28
10:00 a.m. – 12:00 noon

Loyalhanna Apartments
1111 Jefferson Street
Latrobe
Beginning Wednesday, June 28
2nd & 4th Wednesdays through July
1:00 p.m. – 3:00 p.m.

Vandergrift Senior Center
306 Spruce & Linden Streets
Vandergrift
Monday, July 3
10:00 a.m. – 12:00 p.m.

Arnold Towers
1531 Horne Blvd.
Arnold
Wednesday, July 5
10:00 a.m. – 12:00 p.m.

Trafford Municipal
c/o Borough Building
Trafford
Wednesday, July 5
9:00 a.m. – 12:00 p.m.

High View Acres Community Center
500 Meadowlark Drive
Apollo
Friday, July 7
10:00 a.m. – 12:00 p.m.

Export Italian American Club
5930 Kennedy Avenue
Export
Monday, July 10
10:00 a.m. – 12:00 p.m.

St. Barbara's Church
Raymaley & Waugaman Road
Harrison City
Tuesday, July 11
9:00 a.m. – 12:00 p.m.

Parnassus Manor
325 Main Street
New Kensington
Wednesday, July 12
10:00 a.m. – 12:00 p.m.

Slickville Civic Organization
PO Box 157
Slickville
Tuesday, July 18
10:00 a.m. – 12:00 noon

Murrysville Senior Satellite
3091 Carson Street
Murrysville
Wednesday, July 19
10:00 a.m. – 12:00 p.m.

For more information, contact the Westmoreland County Area Agency on Aging at 724-830-4444 or toll-free 1-800-442-8000 or contact your local senior center.

EDITOR'S CORRECTION PATF TELEPHONE NUMBER

In the last edition of the newsletter, an incorrect telephone number was listed for the Pennsylvania Assistive Technology Foundation (PATF) in the article entitled "From Computers to Hearing Aids to Ramps . . . Assistive Devices Create Independence". The correct toll-free telephone number for PATF is 1-888-744-1938. You can also visit their website at www.patf.us. I apologize for any inconvenience this may have caused.

ALZHEIMER'S ASSOCIATION SUPPORT GROUP

Attend this support group meeting at St. Mark's Lutheran Church in New Stanton which began on Thursday, April 20, 2006. The group will meet the third Thursday of the month at 6:30 p.m. Contact Brenda Metal at 724-337-7581.

The support group is a gathering of people from many different circumstances who come together on a regular basis because they have a common concern – they have a loved one who suffers from Alzheimer's disease or some other type of dementia. Participating in a support group offers numerous benefits: education, sharing and problem solving, etc. Anything that helps the caregiver to adjust, to cope, to relax a little, helps the loved one afflicted with Alzheimer's disease.

What are the goals of a support group?

- We provide information to the caregiver and family members

regarding Alzheimer's disease and what community resources are available. With increased knowledge about what is happening and why, the caregiver's ability to care for the impaired person increases and stress decreases.

- The loneliness and frustration a caregiver often feels are reduced in the nonjudgmental company of others facing similar situations.
- Interaction among caregivers with similar concerns and experiences helps develop skills in stress management, problem solving and possibly home care techniques.
- Some members find enduring mutual help and friendship and are encouraged to take care of themselves as the caregiver.
- Participants are encouraged to take an active role in public policy advocacy.

What are the benefits of being part of an Alzheimer's Association-affiliated Support Group?

Credibility: The Alzheimer's Association is the only voluntary organization dedicated to conquering Alzheimer's disease through research and providing support to people with Alzheimer's disease, their families and caregivers.

Recognition: A list of local support groups is used as a resource for families and caregivers by the Greater

Pennsylvania Chapter staff. This list is also provided to healthcare professionals and service providers. An Alzheimer's Association-affiliated support group enjoys the status of meeting our training standards and having access to the latest information regarding Alzheimer's disease.

Information and Training: The Alzheimer's Association can provide materials and resources to Support Group Facilitators for use in conducting groups. We can also provide the latest in research information and statistics regarding Alzheimer's disease. Support Group Facilitators may also request Speaker's Bureau presenters from the chapter. Ongoing Facilitator training is also conducted by the Alzheimer's Association.

Advocacy and Involvement: The Alzheimer's Association is a public policy advocate in an effort to influence and educate policy makers regarding Alzheimer's disease and the necessary research efforts to find a cure. Support Group Members play an active role in this committed effort.

Alzheimer's Association

The compassion to care, the leadership to conquer

WINNING AT LOSING HOW TO KEEP THAT WEIGHT OFF

Getting your weight under control can help you avoid many health problems. While there are many ways to successfully lose weight, most people regain it over time. Ongoing research is now giving us insights into how to keep that weight off.

Dr. Rena Wing of Brown Medical School and The Miriam Hospital spoke at NIH recently about the latest research in weight control. She explained how the National Weight Control Registry (NWCR), an effort funded in part by NIH, is helping researchers find out not only how people lose weight but how they can maintain their weight loss.

The NWCR is a different kind of study. Rather than randomly putting people into groups and testing different methods, the researchers set up a registry that anyone can join if they've lost at least 30 pounds and kept it off at least a year. Those who enroll fill out questionnaires about how they lost weight, how they're trying to keep it off and other aspects of their health. There are now over 6,000 people in the study. They've lost an average of about 70 pounds and have maintained their weight loss for an average of 5.7 years.

Wing said that the methods people in the registry used to lose weight varied. They included cutting down on certain foods, eating less overall, liquid diets and many others.

In contrast, there isn't a whole lot of difference in how they maintain their weight. People who successfully control their weight, Wing explained, tend to eat a low-fat diet, watch their total calories and do a lot of physical activity.

Can the lessons learned from the NWCR teach others how to control their weight? Wing just completed an NIH-funded study called STOP-Regain to find out. She and her

research team enrolled 314 people who'd recently lost at least 10% of their body weight. They were randomly divided into three groups. One group had meetings and weight-control lessons in person. A second group got their lessons over the Internet and met in on-line chat rooms. For comparison, the third group got only quarterly newsletters.

The researchers devised a color-coded system for the in-person and Internet groups. People in the green zone (less than 2 pounds over their starting weight) got gifts. Those 3-4 pounds above their starting weight were in the yellow zone, where they were encouraged to be careful and figure out why they were gaining weight. Those 5 or more pounds above were in the red zone; they got individual counseling to help them start losing again.

The study confirmed that people who've recently lost weight are at high risk of regaining it. Almost 75% of those in the newsletter group had regained 5 pounds or more by the end of 18 months. The lessons and meetings, however – in person or by Internet – helped reduce the amount of weight people regained.

Those who succeeded in keeping their weight off, Wing explained, got on the scale every day and took action immediately if they saw changes they didn't like. "People in the (in-person and Internet) groups have learned to use that information from the scale to self-regulate their eating and exercise behaviors," she said.

There are several proven ways to lose weight. With a

little change in your thinking, you can keep it off.

Wise Choices – Keeping Weight Off

The National Weight Control Registry continues to give us clues about how to keep weight off:

- **Keep eating fewer calories.**
- **Exercise regularly.** Over 90% of those who've kept their weight off use physical activity as part of their weight control program.
- **Eat a healthy breakfast.**
- **Weigh yourself daily.** Plan for how to get back on track if your weight begins to creep up.
- **Watch the fast food.** People in the registry eat fast food less than once a week, and eat out no more than three times a week.
- **Don't be a couch potato.** Almost 2 of every 3 people in the registry watch less than 10 hours of TV per week – much less than average. Try to exercise instead of eating while you watch.
- **Stay consistent.** Those who "go off their diet" on weekends, vacations or holidays have a harder time keeping weight off.

National Weight Control Registry:

www.nwcr.ws

Aim for a Healthy Weight:

www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.htm

Weight-control Information Network:

win.niddk.nih.gov/index.htm
From the National Institutes of Health

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 1-800-262-2103 and ask for the Lifelong Learning Center.

Available Training Positions

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.

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

Positions available in the Laughlintown area.

Maintenance/Groundskeeper

– Positions available in the Monessen, Greensburg, Ligonier and Scottdale areas.

Shop keeping – Learn aspects of retail sales and shop management in non-profit setting. Positions available in Scottdale, Ligonier and Greensburg areas.

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