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IN THIS ISSUE...
Aging Resources
Older Americans Month
National Safety Month
RSVP News
Birthdays
Common Phrases Quiz
Answers to Riddle Me This Quiz

**The Retired & Senior Volunteer Program
Blair and Huntingdon Counties
1-800-323-9997**

Aging Resources Most older adults state a preference to remain independent and living in their own homes for as long as possible. To do this in a safe and healthy way, they may need to rely on available resources to meet personal challenges. Multiple organizations and resources provide support for the challenges of aging. If you or someone you know could use help, consider contacting these resources to determine what assistance might be available.



Eldercare Locator is a free national service that connects older adults and their caregivers with trustworthy local support resources. It is a service of the US Administration on Aging (AoA) and an initiative of National Association of Area Agencies on Aging (n4a). Through the Eldercare Locator, local resources such as legal and financial support, caregiving services, home repair and modification and transportation can be found. Call the Eldercare Locator toll-free at 800-677-1116 or visit their website at <https://eldercare.acl.gov>.

The Eldercare Locator frequently names local Area Agencies on Aging (AAA) as a primary contact. AAAs provide many needed services for adults age 60+ including:

- Nutrition and meal programs such as home-delivered meals or group meals at senior centers
- Transportation through senior vans
- Insurance counseling to help understand and maximize the benefits of Medicare and supplemental plans
- Caregiver training and respite support
- Information and referrals for assistance programs for food, medicine, utility payments and other necessities

Some AAAs can help families complete applications for programs such as Medicaid, respite care and certain veterans' programs. They may also have case management services for seniors.

Most AAAs serve specific geographical areas. Following is the contact information for the AAAs serving Blair and Huntingdon counties.

Blair Senior Services, Inc.
1320 12th Ave.
Altoona, PA 16601
Main Office: (814) 946-1235
Toll-Free: (800) 245-3282
<http://blairsenior.org>

Huntingdon-Bedford-Fulton Area Agency on Aging
Huntingdon Office
307 10th St.
Huntingdon, PA 16652
Office: (814) 643-5115
Toll Free: (800) 528-9155
<http://www.hbfaaa.org>



The **National Council on Aging** helps people aged 60+ meet the challenges of aging by partnering with nonprofit organizations, government and businesses to provide innovative community programs and services, online help and advocacy. NCOA provides free on-line information about financial security, healthy living and much more. Visit <http://www.ncoa.org> for details.



AARP provides information for people age 50+ to improve and maintain the quality of their life. Their online resources include information on health, caregiving, work, retirement, travel, social security, scams and more. Some information is available at no cost. Special discounts and services are provided to fee-paying members.

Additionally, the AARP Foundation, which is AARP's affiliated charity, provides some services to assist low-income seniors. One example is free income tax return services. For more information, and to determine what services are available in your community, visit <https://www.aarp.org>



National Institute
on Aging

The **National Institute on Aging (NIA)** leads a broad scientific effort to understand the nature of aging and to extend the healthy, active years of life. As part of the National Institute on Health (NIH), the NIA is the primary federal agency supporting and conducting Alzheimer's disease research.

The NIA has free, helpful information and news regarding the nature of aging and the aging process, as well as diseases and conditions associated with growing older. They also run a program called Go4Life. This is an exercise and physical activity campaign designed to help older adults fit exercise and physical activity into their daily life by providing helpful information, videos and tips. NIA details can be found on their website at <https://nia.nih.gov> or by calling toll free 1-800-222-2225



Healthfinder is a free service under the U.S. Department of Health and Human Services. This website provides information for all ages on health conditions and diseases, nutrition, physical activity, finding health care providers, home health care services and more. Visit <https://healthfinder.gov> for information.



U.S. Department of Veterans Affairs

VA benefits for older veterans include the wide variety of benefits available to all U.S. military veterans: disability compensation, pension, education and training, health care, home loans, insurance, vocational rehabilitation and employment, and burial.

Additionally, there are specific VA programs that can provide certain elderly veterans (and in some cases their spouses and/or dependent children) with assistance. Two of these programs are Aid and Attendance (A&A) and Housebound Assistance. Elderly veterans can also receive geriatric and long-term care programs at home, at VA medical centers, or in the community. Information about veteran benefits can be found online at <https://www.va.gov> or by contacting the James E. Van Zandt VA Medical Center in Altoona at 814-943-8164, toll free at 877-626-2500 or online at <https://www.altoona.va.gov>

Older Americans Month

Older adults have a positive impact in our communities. As volunteers, employees, employers, educators, mentors, advocates, and more, they offer insight and experience that benefits us all.

May is recognized as Older Americans Month (OAM). Throughout the month, the Administration for Community Living leads the way to recognize older Americans and to encourage their staying healthy and independent.

This year's OAM theme, *Connect, Create, Contribute*, encourages older adults and their communities to:

- **Connect** with friends, family, and local services and resources.
- **Create** through activities that promote learning, health, and personal enrichment.
- **Contribute** time, talent, and life experience to benefit others.

The Retired and Senior Volunteer Program of Blair and Huntingdon counties provides opportunities for adults age 55+ to do just that. If you would like to "connect, create and contribute" through RSVP, contact Dorcey Cuzzolina at dcuzzolina@ccaofpa.org. To learn more about OAM, visit <https://acl.gov/oam/2019/older-americans-month-2019>.



CONNECT, CREATE, CONTRIBUTE MAY 2019



June is National Safety Month

June is National Safety Month and a good time to consider the changes that can be made to increase your safety and that of older adults in your life. According to the U.S. Centers for Disease Control and Prevention (CDC), one in four adults age 65+ report a fall each year. Over 31,000 older adults died from preventable falls in 2017, and more than 3 million were treated in emergency departments.

Some of the underlying causes of older-adult falls, such as muscle weakness, medications that cause dizziness, improper footwear, impaired vision, slick floors, poor lighting, loose rugs, clutter and uneven surfaces, can be improved. Following are four tips from the CDC to address these:

1. Speak up. Talk openly with your healthcare provider about fall risks and prevention. Ask your doctor or pharmacist to review your medicines.
2. Keep moving. Begin an exercise program to improve your leg strength and balance.
3. Get an annual eye exam. Replace eyeglasses as needed.
4. Make your home safer. Remove clutter and tripping hazards.

For specific information about fall prevention, including safety checklists, visit the Centers for Disease Control website at <https://www.cdc.gov>

RSVP Volunteer Recognition Picnic in May

The spring volunteer recognition picnic is being held Thursday, May 23, at DelGrosso Park. **RSVP volunteers who plan to attend must sign-up at their Stations no later than Wednesday, May 8.** This is also the deadline to schedule a ride to the picnic on the senior van. Call Dorcey Cuzzolina at 814-506-5267 if you need a ride and have not already scheduled with her.

For the fourth year, we will be collecting donations at the picnic to support James E. Van Zandt veteran programs. A list of needed items can be found at RSVP Stations or by contacting Dorcey.



Mileage Reimbursements

The 2018-2019 fiscal year ends June 30. A final mileage reimbursement to volunteers will be paid in July. It will include the fourth quarter (April/May/June) mileage reimbursement requests as well as any unpaid mileage from previous quarters this fiscal year. However, only outstanding totals of \$5.00 or more will be reimbursed per the RSVP travel reimbursement policy.

Volunteers requesting mileage reimbursement should submit their RSVP logs as soon as possible at the end of each month and/or no later than June 30 to receive final reimbursement for this fiscal year. Please contact the RSVP office if you have questions.



May

2-Cynthia Gardini
4-Naomi Yon
7-Howard Burkhammer
12-Marilyn Householder
13-Patricia Gildea
15-Nellie Wright
17-Susan Nycum
18-Ronald Reese
19-Alice Kline
21-Kathleen Amman
21-Rosemary Gill
22-Carolyn Snow
24-Deborah Peterman
26-Debbie Flinn
27-Cameron Pickens
27-Reeder Swartz
30-Wayne Stuckey Sr.

June

3-Lois Beer
4-Max Moyer
5-Martin Reihart
6-Marie Marasco
9-Lucinda Corle
12-Robert Geissinger
13-Billie Kearney
15-Carolyn Brown
16-Charles Cates
17-Kenneth Graham
19-Ruth McKinney
20-Jennifer Clark
21-Frank Chalan
21-Elizabeth Happeny
21-Kathleen Irvin
23-John Prendergast
25-Daniel Miller
25-Gary Reid
25-Ruth Scalia
28-Margherita Swanhart
29-Carol Weyer

**Birthday wishes to all
of you for a happy,
healthy year!**



Common Phrases Quiz

Can you guess the following common phrases based on the description and hint in parenthesis?

Example:

Description/Hint: Do not rely on something you are not sure of. (think farm animal)

Answer: Don't count your chickens before they are hatched.

1. Holding a grudge. (think body part)
2. Make a wrong assumption about something. (think dog's noises)
3. When something is extremely common and/or simple to acquire. (think coins)
4. A task that is simple to complete; something that is easy to do. (think desserts)
5. Something that's very expensive. (think body parts)
6. Talking about something but avoiding the main point. (think shrubbery)
7. Having to start over. (think shapes and numbers)
8. Ignoring a large, obvious problem. (think large mammal)

Answers to this quiz will be posted on the RSVP Facebook page and in the next newsletter.



Answers to **Riddle Me This...** quiz from the previous newsletter:

1. What do you give to others but still try and keep? A promise
2. What ten letter word starts with gas? Automobile
3. What is something that you always have but always leave behind? Fingerprints
4. I am not alive, but I can grow. I do not have lungs, but I need air to survive. A fire
5. What do the numbers 11, 69, 88 and 96 all have in common? They are all read the same upside down
6. What can you fill a room with that takes up no space? Light
7. What gets bigger the more you take away from it? A hole
8. I have a head and no body, but I do have a tail. A coin
9. What can you serve but not eat? A tennis ball
10. It weighs next to nothing, but no one can hold it for long. Your breath