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



RSVP volunteers at MOW (l to r), Carol Evans, Jill Smeltzer, Richard Evans and Jean Chalen prepare meals.

Helping the Homebound

What would you do if you could not prepare meals for yourself? Maybe you can't get to the store during winter months to stock up on food. Or, maybe you are recuperating from illness and don't yet have the strength to cook. Whether it is short- or long-term help needed, programs in both Blair and Huntingdon counties provide food delivery to homebound individuals. This service helps older adults remain independent in their own homes and provides a regular safety check and social contact that they may not have otherwise.



Elwood and Alberta Keller, RSVP volunteers at MOW, deliver meals.

Blair Senior Services' Home Delivered Meals (HDM) program and Meals on Wheels (MOW) of Huntingdon provide food support for residents in their respective counties. But there is a catch...Both organizations depend on volunteers to assure that these critical services are available. Meal delivery drivers are needed in both counties. The Huntingdon program is also in need of volunteers to prepare meals.

If you have a few hours each week (usually 3 for MOW kitchen help and 1-2 for meal delivery in either county) to commit to assuring homebound individuals receive nutritious meals delivered to their door, this might be a great volunteer activity for you. New volunteers determine a schedule that works best for them. They are paired with a seasoned volunteer to help them become comfortable with their duties, the clients they serve and the route they drive. It is a great team activity for spouses or friends with one volunteer driving and the other delivering the meal to the door. Some mileage reimbursement is available for volunteers.

If you are interested in volunteering for either program, please contact:
Blair County – Chelsey Rhodes, HDM program, Blair Senior Services at 814-946-1235 or crhodes@blairsenior.org
Huntingdon County – Darla White, MOW at 814-643-0796
Either county – Dorcey Cuzzolina, RSVP Project Coordinator, at 814-506-5267 or dcuzzolina@ccaofpa.org



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|-------------------------|---------------------------|
| September | October |
| 5 - Richard Shakespeare | 9 - Michael Vargo |
| 6 - Cathleen Alberts | 12 - Sharon Grassmyer |
| 7 - Monica Marko | 14 - Robert Lingafelt Jr. |
| 16 - Vincent Lombardi | 17- Lawrence Bowers |
| 18 - Charlotte Dixon | 17 - Laurel Reeseman |
| 21 - Patricia Fownes | 18 - Donald Weir |
| 22 - Linda Dreese | 20 - Patricia Reidy |
| 23 - Jeffrey Smeltzer | 23 - Barbara Moyer |
| 23 - Amelda Weaver | 25 - Leslie Kraft |
| 24 - Jill Smeltzer | 27 - Richard Fownes |
| 29 - Diane Yost | 28 - Marilyn Zeallor |
| | 30 - Sara Jane Kuhn |
| | 31 - Judith Hoover |

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

Drug Take Back Day



The Drug Enforcement Administration (DEA) sponsors the National Prescription Drug Take Back Day which aims to provide a safe, convenient and responsible means of disposing of prescription drugs, while also educating the public about the potential for abuse of medications. The next Take Back Day is Saturday, Oct. 26. Contact your local law enforcement office closer to the date to determine if there is an event being held in your area. They can also provide you with directions to year-round local drug take back locations.



RSVP Holiday Recognition Events

RSVP will be hosting holiday recognition events in Blair and Huntingdon counties at the beginning of December. This is a time for volunteers to share how they support their communities and learn about the many additional volunteer opportunities available through RSVP. It is also a time for RSVP to recognize and thank all volunteers for their continued service.

Volunteers will receive a postcard invitation through the mail in late October. The invitation will include details of the event. Information will also be posted at volunteer stations, so please watch for it and save the date!

Tax Preparers Needed

Blair and Huntingdon counties offer free tax services sponsored by local organizations in partnership with the Internal Revenue Service. Priority is given to older and low-income individuals who may not be able to afford professional tax service fees. These services are provided by trained, certified volunteer tax preparers – who could be YOU!

Every year the number of people who can receive the free tax service is limited by the number of available volunteer tax preparers. The need for volunteers is especially great in Huntingdon County.

No experience or special background training is required to become a volunteer tax preparer. But to know if it might be a good fit for you:

- * Do you enjoy working with the public?
- * Do you enjoy learning new information?
- * Are you comfortable working on the computer?
- * Do you have spare time from February through April (tax season)?
- * Would you like to help people get the most tax return possible, which often pays for needs such as food and medicine?

If you answered yes to these questions, then you should consider becoming a volunteer tax preparer.

Tax preparer training is provided at no cost to the volunteer. During both training and provision of tax services, new volunteers work with other tax preparers who have years of training and experience. Volunteers usually schedule to assist with tax returns on the dates/times that work best for them within the range of the overall tax service schedule. The tax program equipment and supplies are provided for the volunteers. Adults of all ages are encouraged to train for this very rewarding, much-needed service.

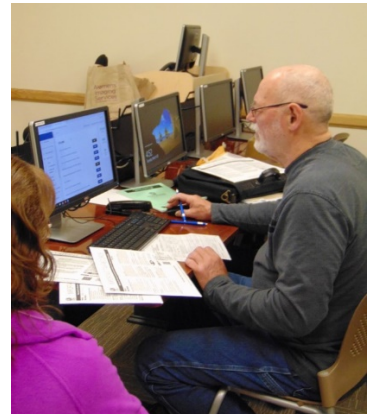
If you or someone you know is interested in becoming a volunteer tax preparer, please contact:

Blair County – Chelsey Rhodes, VITA program, Blair Senior Services at 814-946-1235 or crhodes@blairsenior.org

Blair County – Melanie Shildt, VITA program, United Way of Blair County at 814-317-5108 or mshildt@unitedwayofblaircounty.org

Huntingdon County – Reeder Swartz, AARP Foundation Tax Aide, at 814-599-2299 or reederswartz@hotmail.com

Either county – Dorcey Cuzzolina, RSVP Project Coordinator, at 814-506-5267 or dcuzzolina@ccaofpa.org



(photo: RSVP volunteer Pat Benton provides Volunteer Income Tax Assistance - VITA services through United Way of Blair County.)

Medicare Help Through



APPRISE free, confidential services are available by calling Blair Senior Services, Inc. 814-946-1235; Huntingdon County Area Agency on Aging at 814-643-5115; or the toll free APPRISE Helpline at 1-800-783-7067.

Medicare is a federal government program that provides health insurance for people age 65 and older. When relying solely on original Medicare, seniors can incur significant out-of-pocket costs after a doctor visit or hospital stay. Therefore, many Medicare beneficiaries choose a Medicare supplemental insurance to improve their health care coverage.

Medicare supplemental plans, known as Med Sup or Medigap, are offered through private insurance companies. These plans help pay some costs that original Medicare doesn't cover, such as copayments, coinsurance, and yearly deductibles. There are many options when it comes to choosing a Medicare supplemental plan. One important thing to consider is that choices must be made during the Medicare Annual Open Enrollment which runs from Oct. 15 through Dec. 7.

Older adults in Pennsylvania who wish to review Medicare options and/or are considering making changes to their coverage can receive free help through a program called APPRISE.

APPRISE counselors are specially trained to answer questions and provide objective, easy-to-understand information about Medicare, Medicare supplemental insurance, Medicaid, and long-term care insurance. They can help consumers:

- Understand Medicare eligibility and enrollment
- Understand Medicare benefits by explaining what services are covered under Medicare Parts A and B and Medicare summary notices
- Understand Medicare prescription drug (Part D) benefit
- Make informed choices about Medicare coverage options, Medigap policies and Medicare Advantage Plans
- Understand financial assistance programs that may be available to help pay for Medicare premiums, deductible and co-pays, as well as prescription drug needs (Extra Help and Medicare Savings Plan)
- Understand and assist with the Medicare appeal process
- Understand benefits under long term care policies

(photo: RSVP volunteer Pat Reidy provides APPRISE services through Blair Senior Services, Inc.)



Tools of Yesteryear

Answers from previous newsletter quiz. Can you identify the 10 items in these pictures? They were household tools used by our parents and grandparents.

From left to right across the 3 rows:

1. Meat cleaver/tenderizer
2. Egg holder
3. Washboard
4. Hat pin holder
5. Thimble
6. Ice block tongs
7. Nut grinder
8. Coal bucket
9. Clothing iron
10. Sock darning



Can You Name These Presidents?

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

1. Rode with the Rough Riders
2. Known as the Great Communicator
3. Served as president and chief justice
4. Only president from Pennsylvania
5. His middle name is just "S"
6. Only president to win a Pulitzer Prize
7. Elected twice...non-consecutively
8. Brought a "New Look" to foreign policy
9. President not affiliated with any political party
10. Established Yellowstone as the nation's first national park