

West Oak Lane NORC

News You Can Use

Help for People Over 60

Older Americans Month: Join Us to Celebrate on May 15!

We hope you can join us for our annual Health and Resource Fair, in partnership with the West Oak Lane Senior Center. It will be a fun day, with entertainment, food, and resource information. Expect great performances from the West Oak Lane Line Dancers and other performers. Learn about different programs and resources available

This year's fair will take place from 10 a.m. to 2 p.m. at the West Oak Lane Senior Center, 7210 Ogontz Ave.

to you and your family.

Lunch is available to those who pre-register by Wednesday, April 6.

For more information or to register, please call the West Oak Lane NORC at 215-924-4815. We hope you join us!



Don't Miss Our Next "Lunch & Learn" on Apr. 17

Every month, the West Oak Lane NORC offers a "Lunch and Learn." This program provides speakers on many topics, along with a free lunch.

This month, we'll hear from the folks at the Greater Philadelphia Urban Affairs Coalition (GPUAC), who will talk about wills and estate planning.

This program is available to members of the West Oak Lane Senior Center, and also to people aged 60 and over who live in zip codes 19138 and part of 19126.

Please call the NORC office (215-924-4815) to pre-register by Thursday, April 9. Advance registration is required so we can prepare lunch for you. Hope to see you!

Did You Know That Loans and Rebates Are Available to Help Make Your Home More Energy Efficient?



*You may qualify
for up to a \$500
rebate!*



The Keystone HELP Energy Efficiency Loan & Rebate Program is designed to help homeowners improve energy efficiency with special financing and rebates for high-efficiency heating, air conditioning, insulation, windows, doors, geothermal and “whole house” improvements. Principally supported by the Pennsylvania Department of Environmental Protection, the Pennsylvania Treasury Department, and the Pennsylvania Housing Finance Agency, the Keystone HELP program is administered by AFC First Financial Corpo-

ration, a Pennsylvania energy-efficiency lender.

Pennsylvania homeowners who make qualifying improvements to their one- or two-unit primary residence located in the state and whose combined annual household income does not exceed \$150,000 are eligible to apply for loans and rebates under this program. Eligible applicants may receive only one rebate or loan during each fiscal year, but they may apply for additional rebates or loans in future years, as long as the additional projects comply with the published

guidelines current at the time of application. Rebates are available only for projects completed after February 23, 2009. Loans are available only for projects initiated after February 23, 2009. All installed equipment and material must be new, and work must be performed by a qualifying contractor. A list of qualifying contractors is available on the program web site, www.keystonehelp.com. More information is also available by phone, at 1-888-232-3477.

Information compiled from www.dsireusa.org.

Property Tax Rebates and Freezes: What You Need to Know

Each year, thousands of Pennsylvanians qualify for a property tax or rent rebate. The new rebate applications (for the 2008 calendar year) are now available, so why wait?

You are eligible for a rebate if you fall into one of the following categories:

- *Age 65 and older
- *A widow or widower age 50-64
- *Over 18 with a permanent disability

If you are a renter,

your income must be no more than \$15,000.

If you own your home, your income must be no more than \$35,000.

** Only 1/2 of Social Security, SSI, and SSP counts towards these income limits. If you aren't sure whether you meet the income requirements, please give us a call. We're happy to help!*

This year's deadline to submit your application is

June 30, 2009 (may be extended until Dec. 2009).

The sooner you submit your form, the sooner you receive your rebate, so don't wait!

We can help you complete these applications. We can also help you apply for the property tax payment "freeze," and review letters you may receive from the Department of Revenue.

Contact us at 215-924-4815 to schedule your free appointment.



Help is available for those high property taxes! Don't miss out!

Only 1/2 of your Social Security income counts towards the income limits of \$35,000 (property owner) and \$15,000 (renter)

Over 65? You May Qualify for a Property Tax Freeze!

What is a property tax freeze?

It is a program through the city of Philadelphia to keep your prop-

erty taxes from going up every year.

Am I eligible?

To qualify, total income must be

\$23,500 or less for a single person, and \$31,500 or less for a married couple.

What if I'm

younger than 65?

If you're over 50, and your deceased spouse was over 65 when he or she died, you may also qualify.



Center in the Park and CARAH staff reap the benefits of their successful collaboration....



“In Touch” helps the mind, body, and spirit...

Center in the Park and Jefferson’s Center for Applied Research on Aging and Health Receive NOMA Award

Center in the Park (CIP) and Thomas Jefferson’s Center for Applied Research on Aging and Health (CARAH) have won recognition from the American Society on Aging’s (ASA) Network of Multicultural Aging. The NOMA Award for Excellence in Multicultural Aging was presented to CIP and CARAH at the ASA/NCOA (National Council on Aging) Annual Conference last month in Las Vegas. CIP and CARAH received the award for the In Touch: Mind Body and Spirit Program, an inno-

vative collaborative partnership between an academic research center and a nationally accredited senior center. In Touch is funded by the National Institute of Mental Health and promotes health aging and mental wellness for older African Americans. There are several programs at Center in the Park which are a result of In Touch, including Brain Health Workshops which are designed to improve memory. In Touch also trains health professionals in mental health and aging research.

Center in the Park is a community center that promotes positive aging and fosters community connections for older adults (55+) whose voices are critical instruments in shaping its activities and direction. CIP is accredited by the National Institute of Senior Centers, a unit of the National Council on Aging, as a provider of excellent programs, activities and services for its active membership of more than 5,000 (and 1,000 homebound clients).

www.centerinthe park.org

Oops, I Forgot to Take Those Pills Again!

Does this sound familiar? “I did not take my blood pressure pill this morning because I was coming to the Center and well, you know, I didn’t want to be running to the bathroom every five minutes. I’ll take it when I get home.”

The problem is that when you get home you may get distracted and forget to take your medication until the next day when the cycle may happen all over again. We’re all prone to forgetfulness if we don’t stick to a routine that will help us to remember to take our medications. (And I am no ex-

ception!) That’s why pill reminders were created and the ones that specify the day and time and are portable may be the ones that will be the best reminders. Some of the newer models even have vibrating timers on them as well.

Did you know that 125,000 deaths per year and 10 to 25% of the hospitalizations and nursing home admissions are the result of people taking their medications incorrectly? Translated into annual dollars and cents: 23% of nursing home admissions equals 380,000 people and \$31.1

*billion dollars; 10% of nursing home admissions equals 3.5 million people and \$15.2 billion dollars. Of the two billion prescriptions written annually, only 50% are filled and of those one billion medications only 1/3 are taken correctly, 1/3 somewhat correctly and 1/3 not filled at all.**

So, if your medications are giving you some troublesome side effects, discuss the matter with your doctor to see if there may be another time of the day you can take your medication.

If you are having trouble remember-



Don’t forget to take those medications to maintain your health!

ing to take your medications try putting them somewhere that will jog your memory. If you never forget your first cup of coffee, perhaps you could place them next to your coffee pot. Some people will never forget their first cup of coffee!

Lynn Trimborn, RN
Neighborhood Nurse
UU House Outreach

*Statistics collected from a medication compliance article at www.epill.com

West Oak Lane NORC

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We're on the Web!
www.einstein.edu/norc

Newsletter Editor: Sara Popkin

The West Oak Lane NORC Initiative opened its doors in August, 2007. Its mission is to connect older adults with the resources that they need to remain in the community as they age. A non-profit program with free services available to area residents, the West Oak Lane NORC is funded by Ogontz Avenue Revitalization Corporation (OARC) and the Green Tree Community Health Foundation.

The NORC began through the Strategic Alliance for the Elderly (SAFE), a partnership in Northwest Philadelphia that came to fruition in 2004. SAFE strives to strengthen the community's capacity to meet the needs of older adults by sharing knowledge, pooling resources, and pursuing collaborative opportunities that improve service delivery and enable older adults to make informed choices and enjoy greater access to health and social services, while remaining a vital part of the neighborhoods in which they live.

SAFE MEMBERS:

*Albert Einstein Healthcare Network
Belmont Behavioral Health
Center in the Park
Jaisohn Center
Neighborhood Interfaith Movement*

*Ogontz Avenue Revitalization Corp.
Philadelphia Corporation for Aging
Stapeley in Germantown
Unitarian Universalist House Outreach
The VNA of Greater Philadelphia
West Oak Lane Senior Center*

Don't Let the DTV Transition Sneak Up on You!

The DTV transition is coming...don't get caught unprepared!

As you may know, the change from analog to digital television signals has been officially postponed until June 12.

How do I reduce the cost of converter boxes? Every household may request up to two coupons (while supplies last) to

lower the expense of converter boxes. If your coupons have expired, you may put in a new request by phone or DTV website (info at the end of this article).

Is there anyone who can help me install the converter boxes? Help is available for Philadelphians by dialing "311." "311" operators can give you information

about the local DTV help centers. If you have trouble getting out and about, Staff from the Mayor's Commission on Technology can come to your home to install the boxes for you.

To request coupons:

1-888-DTV-2009
www.dtv2009.gov

Any questions? Call the NORC at 215-924-4815.