

West Oak Lane NORC

News You Can Use

Help for People Over 60

West Oak Lane NORC Teams up with Pennsylvania Lumbermens Mutual Insurance Company for United Way Day of Caring

On Wednesday, September 10, West Oak Lane NORC staff, along with volunteers from Pennsylvania Lumbermens Mutual Insurance Company, provided window washing and gardening to area residents. Eighteen older homeowners received this free service, which was generously funded by the United Way and Home Depot. Ogontz Avenue Revitalization Corporation also provided support for this initiative.

The West Oak Lane NORC is one of the programs located in the West Oak Lane Resource Center. The NORC helps people over 60 access services and resources. We are available to help you Monday-Friday, 9:30-5. Appointments are recommended to ensure we are available (and not on home visits or doing outreach in the community) when you come in. Please call us for more information at 215-924-4815!



Many thanks to our staff and volunteers for a job well done!



Your Vote Counts!

As you know, we have an important presidential election coming up this November. Did you know this election will also be your chance to vote for other important policymakers, including

the Pennsylvania State House and Senate? Let your voice be heard. Be sure to register if you have not yet done so. If you have difficulty getting to the polls, you may want to consider obtaining an absentee ballot.

October 6:

Last date to register

October 28:

Last date to apply for absentee ballots

October 31:

Last date for ballots to be received at County Board of Elections

For more info or to obtain these forms, please contact the NORC office at 215-924-4815, or call Patty Davis, Supportive Older Women's Network, at 215-487-3000

Don't forget to vote!



*Enjoy fresh fruits
and vegetables!*

Don't Forget to Use Your Vouchers!

Philadelphia seniors have until November 30 to make use of Senior Farmers' Market Nutrition Program (SFMNP) vouchers distributed through Philadelphia Corporation for Aging this past summer.

Nearly 36,000 eligible low-income older Philadelphians received the produce vouchers this year. Each participant received \$20 worth of vouchers for purchasing fresh fruits and vegetables that are vital to good nutrition and may

help decrease the risk of chronic disease.

The annual SFMNP vouchers are made available through funds from the U.S. Department of Agriculture and the Pennsylvania Department of Agriculture. The program encourages seniors to include fresh fruits and vegetables in their diet and promotes Pennsylvania agriculture and local farmers' markets.

If you are having trouble getting out and about,

the West Oak Lane NORC Initiative may be able to pick up your produce for you at no cost, depending on where you live. Please call Sara, Theresa, or Sue at 215-924-4815 to see if you qualify.

For more information on farmers' markets accepting produce vouchers, call the PCA Helpline at 215-765-9040 or visit www.pcacares.org.

Roasted Potatoes and Asparagus

1 1/2 lbs. potatoes, cut in half-inch pieces

10 cloves garlic, sliced

1 1/2 tbsps. cooking oil

1/2 tsp. salt

1 lb. fresh asparagus spears, trimmed

Servings: 4

Preheat oven to 425 degrees.

In a large bowl, combine potatoes, garlic, and salt. Pour oil over the top and toss to coat.

Spread potato mixture in a roasting pan and roast for 25 minutes, stirring once.

Cut asparagus into two-inch pieces.

Add asparagus to potatoes, toss gently. Bake for 15 minutes or until vegetables are soft when tested with a fork. Enjoy!

Stay Hydrated for Good Health!

Drinking enough water can be a challenge for most people. I'm sure everyone has heard the recommendation by now. You need to drink eight glasses of water every day to stay healthy and adequately hydrated. But is that true for everyone? While there is no perfect number for drinking enough fluid, eight glasses per day is a good guideline to follow unless your doctor has told you that you need to restrict fluids.

According to the American Dietetic Association's *Complete Food and Nutrition Guide*, the average adult loses about two and a half quarts of fluid per day or about ten cups of water daily. Therefore, you need to

replace this fluid. Because our bodies are made up of about 50 to 75 percent water, fluid is crucial for life. Not getting enough fluid can be detrimental to our bodies. In older adults, dehydration, or not getting enough fluid, can result in constipation, fecal impaction, functional decline and mental impairment. Some of the early signs of dehydration can be thirst, flushed skin, fatigue, increased body temperature, faster breathing and pulse rate. Later signs of dehydration include increased weakness, dizziness and labored breathing with exercise.

In order to prevent dehydration, start now by slowly increasing the amount of fluid that you

take in. Having a water bottle next to you at all times may remind you that you need to drink it. Try eating foods with a high water content such as lettuce, watermelon, broccoli, grapefruit, milk, orange juice, carrots, yogurt, or an apple. If you are only drinking one or two glasses of water daily, aim to get two more cups of water and then slowly build from there. Small steps make it easier to achieve your goal of being properly hydrated. Remember that not only water will help you to be adequately hydrated—all fluids except alcohol count.

*Dana Howard, RD
Outpatient Dietitian
Albert Einstein Medical
Center*



Did you know that we lose ten cups of water daily? Stay hydrated for good health!



Did you know that Home Depot is teaming up with the West Oak Lane NORC to provide free, hands-on weatherization and minor home repair training to our clients?



If you would like to participate in these free sessions at the Cheltenham Home Depot, please call us at the West Oak Lane NORC office: 215-924-4815. We are also open to your specific repair topic suggestions...



Where, Oh Where Did This Summer Go? The Flu and You...

With September upon us, it's not too soon to think about flu season. Adults most at risk for getting the flu are over 65 years of age; persons with chronic health conditions like rheumatoid arthritis, congestive obstructive pulmonary disease, and diabetes; and those who have had organ transplants or are receiving dialysis for kidney failure.

I used to think getting a flu shot every year was something the drug companies liked us all to do because it put money in their pockets. That was until I read an article in **The Pennsylvania Gazette** by Eileen A. Lynch: "It started with a cough in the summer of 1918. In the next 120 days, nearly 22 million people around the world would die in one of the worst epidemics in modern times and Philadelphia was to be the American city with the highest death toll."

The flu pandemic of 1918 killed close to 30 million people worldwide in 6 months.

What can we do to prevent something like this from happening again?

The US Centers for Disease Control and Prevention suggest:

Take time to get a vaccine.

The flu vaccine protects us against three different flu viruses. Those with chronic health conditions are most at risk. There is plenty of flu vaccine for this season (October through March).

Take everyday preventive actions.

Cover your nose and mouth with a tissue when you cough or sneeze, and throw the tissue away after you use it.

Take antiviral drugs if your doctor tells you to.

There are flu antiviral drugs that can treat the flu or prevent infection with flu viruses. For treatment, antiviral drugs should be started within 48 hours of getting sick. For prevention, antiviral drugs are 70-90% effective in preventing infection. If you develop flu-like symptoms (usually a high fever, headache, extreme tiredness, dry cough, sore throat, runny or

stuffy nose and muscle aches) or are exposed to the flu before you get a flu vaccine, your health care professional will decide whether you should take antiviral drugs.

Wash your hands often with soap and water, especially after you cough or sneeze.

If you are not near water, use an alcohol-based hand cleaner. Stay away as much as you can from people who are sick. If you get the flu, stay home from work or school. If you are sick, do not go near other people so that you don't make them sick. Try not to touch your eyes, nose, or mouth, since germs are often spread this way.

For more information visit www.cdc.gov/flu or call 1-800-CDC-INFO.

Where can I go to get the vaccine and when?

Most vaccines will be available in October and there is an abundant supply this year. Philadelphia Health Clinics are generally able to supply these vaccines. The telephone number for the District 9 Health Care Center is 215-685-

5745. If you are a resident of Philadelphia you can make an appointment with the Center and receive your vaccine free of charge. This is only one of the options available to receive your vaccine. Information will be forthcoming from other sites during the month of September.

Let's all work toward creating a healthier world for us all! Best of health to you and your family!

If stretching your dollar is becoming an Olympic event, consider coming to the Unitarian Universalist House Outreach Fall Series entitled **Creative Strategies for Challenging Times**. The series will be held on September 16, October 14, and November 18, at 224 West Tulpehocken Street. We will be discussing creative strategies for beating the "budget blues." Please call **215-843-5881** to let us know if you will be attending! We hope to see you there!

*Lynn Trimborn, RN
Neighborhood Nurse
Unitarian Universalist
House Outreach
Program*

Medicare Savings Programs – Save Nearly \$100/Month!

You should know about a valuable program that puts money back in your pocket and gives you free Medicare. People with Medicare are paying at least \$96.40 each month for Part B coverage. You may not know this because the Social Security Administration subtracts the money from your Social Security payment before you get it.

Even if you once refused Part B coverage because it costs too much, you may be able to get it for free now.

Pennsylvania will pay your Part B premium

every month if you meet two rules. First, your monthly income as a single person must be less than \$1,190. Married couples must have monthly income less than \$1,595. Second, your assets must be less than \$4000 (for a single person) or \$6000 (for married couples). Assets include bank accounts, certificates of deposit, stocks, and the cash value of life insurance. Your house, car, personal belongings, and burial plots do not count as assets for this program.

The program is called

the Medicare Savings Program. You can apply in person at your local County Assistance Office or by mailing a short application. The West Oak Lane NORC has copies of the application. If you have any questions or have problems getting approved for this program, please call for help. Call the Elderly Law Project of Community Legal Services at 215.227.2400.

Beth Shapiro
Attorney
Elderly Law Project
Community Legal
Services



*Put a little
money back in
your pocket!*

Did you know about the West Oak Lane NORC's partnership with the West Oak Lane Library? If you or someone you know has trouble getting out and about, our friendly visitor may be able to check out books, videos, and books on tape, bring them to your home, and return them for you at no cost. Please call the NORC for more info: 215-924-4815.



*"His early stuff was terrible. Then again,
I was married to him at the time."*

Caregiver Support is Available for You!

As the primary caregiver of a parent with Alzheimer's disease, Deb Lacktman dealt with various complications beyond the memory loss. Her mother, Margaret Rimato, continually roamed the house in the middle of the night, for no apparent reason. It turned out that her irregular sleep patterns were due to arthritis in her arm as well as painful kidney infections. Deb had a hard time gauging her mother's pain because her mother couldn't articulate it.



*Margaret and Deb:
Improved quality of life
through Project Cope*

Awareness of non-verbal clues of pain was just one of the techniques Deb learned through her participation in Project COPE. Project COPE is a study designed to help caregivers learn new ways to manage the challenges of caregiving and is conducted by the Center for Applied Research on Aging and Health (CARAH) at Thomas Jefferson University. Project COPE is funded by the Pennsylvania State Department of Health Tobacco grant funds as part of the Pennsylvania Center of Excellence in Alzheimer's disease awarded to the Farber Institute for Neurosciences at Jefferson.

Deb was drawn to Project COPE because it focused on both the needs of caregivers and the quality of life of patients.

Tracey Vause-Earland, one of the occupational therapy interventionists at CARAH, worked directly with Deb in her home to instruct her on practical methods she could use to cope with her mother's progressive

illness. She began by assessing Margaret's cognitive level as well as Deb's caregiving goals, understanding of the disease and willingness to learn new strategies.

Based on the assessments, Ms. Vause-Earland designed an "action plan" for Deb to follow. The plan included specific behavioral goals, a summary of Margaret's remaining abilities, and specific strategies for Deb to implement to enhance her mother's participation in daily activities and decrease her boredom and anxiety. Since Margaret was once a housewife, Ms. Vause-Earland suggested activities such as washing dishes or folding laundry— pain-free activities that brought her satisfaction, a sense of accomplishment, and reflected her previous roles and interests. Ms. Vause-Earland also helped to establish a nighttime routine for Margaret: no coffee, taking a bath, playing soothing music and using a nightlight. The nightly routine prepared her for bed in a relaxed manner and reduced her

erratic nighttime behavior.

Beyond these strategies, Ms. Vause-Earland taught Deb how to build her own sense of efficacy as a caregiver. Through stress-relieving techniques and positive reinforcement, Ms. Vause-Earland gave Deb confidence and built her self-esteem. "Tracey taught me that I didn't need to do everything for Mom; that it was okay to let go. She was the first person to tell me that I was doing a good job," says Deb.

Ms. Vause-Earland saw Deb transform as a result of her participation in Project COPE. "Deb's energy and enthusiasm and readiness to integrate new strategies into her daily caregiving transformed her situation," asserts Vause-Earland. "By the end of her participation in the study, she had much more confidence in her abilities and a sense of mastery. Deb now feels empowered, more in control of her situation."

To learn more, please call 215-503-2897.

Helping You “Beat the Blues”

Feeling sad? Don't enjoy the little things anymore? Feeling anxious, down in the dumps or just can't get moving?

If you are experiencing any of these symptoms you may have the “Blues.” Feeling this way is **not** a natural part of growing older and you do not have to go through it alone. There is help to get you back to feeling more vibrant and energized. *Beat the Blues* is a study that is designed for African Americans, 55 years of age or older who are

feeling blue or down. The purpose of the research program is to help you learn ways to stay active and manage sadness or distress. With the help of a trained Center in the Park social worker, who will visit you in your home, you will be introduced to new strategies that may help you feel like you again. Beat the Blues is a voluntary program, does not involve medications, and occurs within the privacy of your home. Also, participating in Beat the Blues does not interfere with or exclude your

participation in any other services or programs.

If you think this study is right for you or would like to learn more about it, please contact Erika Barber at **215-848-0463**.

“Beat the Blues” is a collaborative study between Center in the Park and Thomas Jefferson University’s Center for Applied Research on Aging and Health and is funded by the National Institute of Mental Health.



Feeling sad is not a natural part of growing older... Let “Beat the Blues” help you!

Do You Qualify for a Stimulus Payment?

Many Americans have not yet applied for their stimulus payment from the federal government.

Did you know that most Americans are eligible, even if you no longer have to file an income tax return?

There is one small catch. Even if you do not usually need to file taxes, you do need to submit a 1040 tax form for 2007 in order to receive your

payment. Also, your annual income needs to be at least \$3000, which can include earnings, Social Security, SSDI, veterans’ benefits, Railroad Retirement, or a combination of these sources. SSI does not count towards the \$3000 minimum.

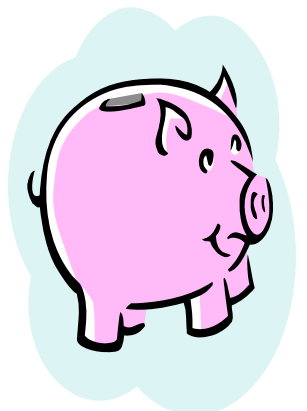
Payments generally range from \$300-\$1200, depending on your household size and annual income. Some families with dependent

children may receive more.

The deadline to apply for this payment is October 15. The West Oak Lane NORC staff are available to help you file for this payment. We can also assist if you have applied for the stimulus payment and have not yet received it.

For more information, please contact us at 215-924-4815. Don't miss out on your payment!

You may qualify for a stimulus payment and not even know it!



6812 Ogontz Avenue
Philadelphia, PA 19138

Phone: 215-924-4815
Fax: 215-924-4816



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

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 Chestnut Hill Health Care 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*

Property Tax and Rent Rebate—Why Wait?

Each year, thousands of Pennsylvanians qualify for a property tax or rent rebate. The new rebate applications (for the 2007 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 and older*
- Over 18, with a 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 December 31, 2008. The sooner you submit your form, the sooner you receive your rebate, so don't wait!

Our staff at the West Oak Lane NORC program are available to assist in the completion of this application. We have extra applications in our office. We can also help you apply for property tax payment plans, and help you understand letters you may receive from the Department of Revenue.

Contact us at 215-924-4815 to schedule your free appointment. Please leave a message if we are not in the office. Don't miss out on your rebate!

