

West Oak Lane NORC

News You Can Use

Help for People Over 60

Heating Season Is Here!

It's that time of year when heating bills go through the roof! While trying to conserve the energy, gas, and oil that you use will reduce your bills, there are also several programs that will help keep some money in your wallet this winter.

The LIHEAP Cash and LIHEAP Crisis programs started on November 3, and usually run until the end of March (but have ended early in the past, so don't wait to apply).

Inside this issue:

Are You Ready for Digital Television?	2
Help for Caregivers Is Here!	3
"Lunch and Learn" Info	3
How to Boost Your Energy	4
Home Repair Classes and Loans	5
Home Care Can Help!	6
Volunteer in Your Own Community!	7
West Oak Lane NORC Info	8

LIHEAP Cash Grant:

\$300 minimum

Helps pay for heating costs once a program year (November-March)

No shut-off notice or past-due notices needed

Applies to oil, gas, electric, and water, but only if water is connected to heating system

Is a non-emergency grant, so it will take some time to be processed

Crisis Grant:

Can provide up to \$800 in heating assistance

Helps pay for heating costs multiple times a program year up to the monetary limit

Grant can be split among different heating sources

Utility shut off and/or shut-off notices required

(except for oil)

Applies to oil, gas, electric, and water, but only if water is connected to heating system

Some other private oil resources may be available during the season, but you want to be sure that your oil is running low. Some programs may come out and not return if they find your tank to be full.

Proof Documents:

Driver's or Non-driver's license

Social Security cards for all household members (or at least the numbers for all members)-try to at least bring your own

Proof of all household income (SS, pension statements, etc.)

Recent heating bills and shut-off notices, oil receipt (if applicable)

Income Guidelines:

\$23,110 is the upper limit for a one-person household (pre-tax, pre-deduction income)

\$30,221: Two-person household

\$37,332: Three-person household

If you are unable to get to us, the West Oak Lane NORC staff are able to come to you [if you are 60 and over and live in or near West Oak Lane (19126, 19138, 19141, 19150)].

The Nicetown CDC, the agency that works with us at the West Oak Lane Resource Center, processes both LIHEAP and Crisis applications.

For more information on heating assistance and other programs, please contact us at the West Oak Lane NORC: 215-924-4815.

Are You Ready for Digital Television?

Was your TV set manufactured before 1998? Does your TV have a digital input connection? Is your TV set analog or digital? Do you purchase cable from a paid cable, satellite or other pay service? These are questions to answer when deciding if your TV set will require a digital converter box in February 2009.

What is a digital TV set?

A digital TV set has a digital tuner already built in. The easiest way to find this out is to consult your owner's manual, if you are unable to locate it check your TV to see if it has an input connection. This input would be labeled digital input or ATSC (Advanced Television Systems Committee). If your TV was made before 1998 chances are your TV is not ready for digital TV.

What does this mean for me?

If your TV does not have a digital input or tuner and you do not already purchase paid cable, satellite or other pay service your TV set will require a digital converter box. If you purchased a TV after 2004, your chances are greater that your TV is already equipped with digital input and you will not need a digital converter box.

Why? Congress mandated the digital transition to provide a better viewing experience for consumers and help emergency responders protect your community.

What are my options?

Buy a converter box to use with your current TV (coupons available-see below)

Buy a TV with a digital tuner.

Connect the analog TV to a paid cable, satellite or

other pay service.

How do I obtain a digital converter box? Two coupons valued at \$40 are available for each household to assist in the cost of the converter box. To obtain these coupons you can apply one of the following ways.

Online:

www.DTW2009.gov

By Phone: 1-888-DTV-2009 (1-888-388-2009)

TTY: 1-877-530-2634 (English)

1-866-495-1161 (Span.)

By Mail: PO Box 2000
Portland, OR 97208

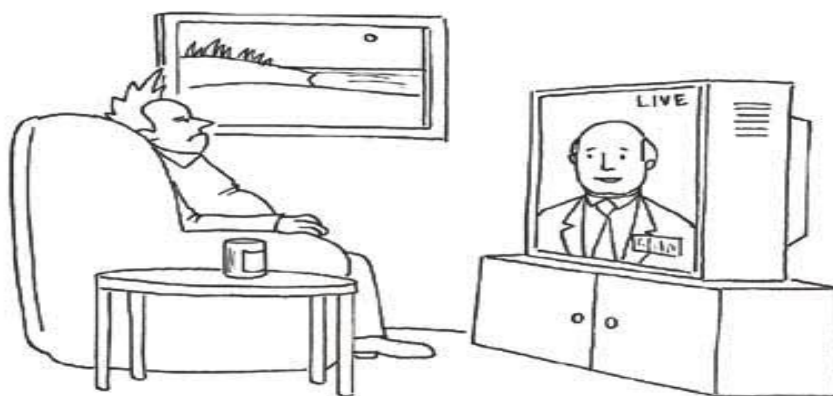
By Fax: 1-877-DTV-4ME2

These coupons do expire 90 days after they are mailed. All requests for the coupons need to be made before 3/31/09.

Center in the Park will be collecting any unused coupons to help assist our members and consumers in this digital TV transition. If your TV does not require a digital converter box, please request the coupons anyway and bring them into Center in the Park. Center in the Park will be distributing these coupons to members and consumers whose coupons have expired or who did not request a coupon before the deadline.

For more information about Center in the Park programs, call 215-848-7722. For information about Center in the Park's Social Services programs, call 215-849-5100.

*Courtney White
Social Svcs Supervisor
Center in the Park*



MTN

"Although I was defeated in the election, I'd like your blessing to come on TV and make speeches anyway."

Caregiver Stress: Recharge Those Batteries

Taking care of an older person with mental and/or physical infirmity can affect every aspect of your life. Even if you find caregiving deeply gratifying, you may notice that as you give and give and give, and sacrifice many of your own needs and wants, you start feeling empty, drained, or not like yourself anymore. You also may be trying to balance employment, parenting, grandparenting, and other activities with the ongoing demands of caring for an aged loved one. While the realities of caregiving may not change much, it IS possible to find ways to care for your own needs more.

Many caregivers neglect their own health as they stretch themselves to care for another. While finding the time to attend your own medical appointments or the

money to pay for your own medications may be very challenging, these will enable you to be a better long-term caregiver, as will getting adequate nutrition, sleep, and exercise. If friends or family are available to help out, allow yourself to take breaks for respite. If you lack these supports, consider hiring help or seeking assistance through Philadelphia Corporation for Aging.

Facing the illness, disability, and prospect of death of a close relative or friend forces one to face many of life's ultimate mysteries. Why do good people suffer? Why is the aging process such a trial? How will I go on after my loved one is gone? These questions, while normal and expected, can also be deeply disturbing. Struggling alone may cause a care-

giver to feel isolated and depressed. When possible, talk about these questions with friends, relatives, support group members, or clergy. If that is not possible or comfortable, find books, Internet support or pamphlets that address these important concerns.

Many people feel revived and comforted through activities such as walking, spending time outdoors, exercising, and socializing. Finding beauty through music, art, nature, or clothing may help a caregiver to feel better. For those who have a religious faith, comfort may be found through prayer, meditation, scripture, or inspirational readings. Each person has their own favorite activities that help them to feel calm and centered. These activities are important. You deserve to feel



You can care for others, but don't forget to care for yourself!

whole, and your caregiving will only improve as a result.

Counseling for Caregivers provides home visits to those who care for their elderly loved ones in the community. We offer counseling, education, support, and respite to prevent depression and improve caregiver coping. Please call us at 1-800-995-8949 for further information.

*Patty Rich, LCSW
Counseling for Caregivers
Program*

Join Us for the West Oak Lane NORC "Lunch and Learn!"

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

complimentary lunch. Past topics have included safety, stress reduction, memory tips, utility assistance, and more! We also welcome your speaker and topic suggestions.

This program is available for people aged 60 and over who live in West Oak Lane (19138 and 19126—West of Broad Street). We hold this program in the West Oak Lane Senior Center.

For more information about this free event, please contact the West Oak Lane NORC at 215-924-4815. We hope you can join us!

Sara and Theresa

Don't Let the Holidays Steal Your Energy!

Unitarian Universalist House (UUH) Outreach staff completed our three-session fall educational series, “**Creative Strategies for Challenging Times,**” with the goal of “beating the budget blues.”

September's session covered personal energy: when we have it, when we don't; when and how we spend it, and how to conserve it. Have you ever taken time to quietly think about how you spend your energy? Asking ourselves when we have the most energy, then using that information to help us perform our tasks, can be transformational.

We examined how worrying zaps our energy. Other energy zappers include being around negative people and allowing negative thoughts to rule our lives. Unexpressed an-

ger and procrastination can steal our energy, as can dealing with past-due bills. Making a plan to tackle the money issues, then sticking to the plan, can help rebuild our energy reserves, both personal and financial. It was fun to learn about energy boosters like exercise, deep breathing, walking, laughter, playing music, reading a good book, doing a puzzle, and learning how to say no without feeling guilty, all of which can help increase our energy reserves.

October's session included a cooking demonstration by UUH's dining services manager. We discussed food as an energy source and shared information about different foods that can increase our energy. Brighter-colored fruits and vegetables offer the most nutrition: broccoli, beets, blueberries, oranges, avocado,

apples, spinach, kale, collard greens, Swiss chard, tomatoes, and sweet potatoes, to name a few.

We learned to cut a recipe's fat content by 1/3 to 1/2: if the recipe calls for 1/2 cup of oil, try using half oil and half applesauce or fruit puree instead. When decreasing the amount of fat in a recipe you may need to adjust the moisture by adding broth, non-fat milk, fruit juice, dried fruit, or applesauce.

November's session covered energy consumption, and how to conserve both our financial and fossil fuel resources. We reviewed budgeting basics, discussed ways to stretch our budgeted dollars, and encouraged participants to apply for LI-HEAP (Low Income Home Energy Assistance Program), since income levels have been raised this year. Partici-

pants shared tips for saving money, such as shopping together and splitting the grocery order or eating a meal at a local church-based ElderDiner program. (Contact us for a list of ElderDiner programs.)

Outreach staff wish you all a very happy and healthy holiday season. Our program's goal is to help older adults in the Northwest remain in their homes as long as possible. Our services are free. If you are interested in receiving a visit from one of our staff, please call us at 215-843-5881. If our machine should answer your call, please leave us a message so we can return your call in a timely manner.

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

There are many ways to boost our physical and emotional energy, including deep breathing, walking, laughing and taking a little time for ourselves...



Financial Help for Home Repairs and Past Utility Bills

The *Mini-PHIL Loan* is available for home repairs and improvements to Philadelphia homeowners whose credit scores fall a little short of what banks normally require. Improvements may include, but are not limited to, energy conservation projects such as insulation, new heaters, storm windows or storm doors, handi-capped accessibility renovations, roof repairs, bathroom or kitchen improvements or plumbing and electrical work. At least half of

this loan can be used to pay off existing debts including past utility bills. The maximum loan size is \$10,000.

The Mini-PHIL loan was introduced in 2003 by a partnership of the City of Philadelphia, Greater Philadelphia Urban Affairs Coalition (GPUAC), nonprofit housing counseling agencies and banks to reduce and/or eliminate predatory lending. Participating lenders currently include Citizens Bank, TD/Commerce

Bank, PNC Bank and United Bank of Philadelphia.

The application process begins with a consultation with one of the 32 city-funded, nonprofit housing counseling agencies. To find the counseling agency nearest to you, call 215-851-1740 or 215-851-1847.

The Mini-PHIL Home Improvement Loan Program is administered by the Greater Philadelphia Urban Affairs Coalition.



Have you been waiting to get those home repairs done?



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



Our first class, on weatherization techniques, took place on Thursday, November 20. The helpful staff at the Cheltenham Home Depot went above and beyond in their efforts to teach us the basics to keep our homes and bodies warm and our heating bills down!



If you are aged 60 and over and 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. Our next class will be scheduled in January. We hope to see you at these fun and informative sessions!



What Is Home Care?

Home health care can help you live independently at home. It can also help you get better at bathing, dressing, moving around, and taking your medicines, and help keep you from going to the emergency room or hospital.

Home health care includes skilled nursing care, as well as other skilled services, such as physical and occupational therapy and speech-language therapy. Services may also include medical,

social service, and home health aide assistance. Home health care staff provide care and coordinate the services you need.

Some examples of skilled home health care include:

- Wound care
- Patient and caregiver education
- Injections
- Monitoring of a serious illness or health condition

- Help with medications
- Training in walking and climbing stairs
- Rehabilitation exercise program
- Swallowing, speech, and language training

The goal of home health care is to help you reach and keep your best physical, mental and social well-being...at home where you want to be.

If you or someone you love needs help at home,

such as help with moving around, taking medication, or managing a serious illness or chronic health condition, please call us to find out how we can help and what your insurance may cover. Please call Jane Bradley at 215-581-2022, or our main number at 215-473-0772. You can also contact the West Oak Lane staff for more information: 215-924-4815.

Mimi Schaible, RN, MSN, MBA
The Visiting Nurse Association of Greater Phila.



Do you have projects around your home that never seem to get done?

West Oak Lane NORC Partners with LaSalle University's "Neighbor to Neighbor" Program

The West Oak Lane NORC has recently partnered with LaSalle University's "Neighbor to Neighbor (N2N)" program.

A community service group made up of caring and committed college students, N2N provides free in-home service to older adults and people with disabilities.

Do you keep the basement door closed so you don't have to look at the disorganized clutter?

Do you have a room that needs a fresh coat of

paint, but you don't have the energy or supplies to do the job?

Do you need a bathtub caulked or doorknob installed?

N2N may be able to help. Once they receive your information, N2N student supervisors will come out to your home to assess your needs. If your job seems reasonable for a group of college students (who are quite handy, but are NOT professional contractors), N2N supervisors will set up a time to complete the job, and

also recruit the college volunteers required to get the job done. N2N may also be able to provide the supplies needed for the job. Work is generally performed on Saturday mornings.

This program is only available in Germantown, Logan, Olney, and West Oak Lane.

N2N students will be returning from their winter break at the end of January. Please contact the West Oak Lane NORC at 215-924-4815 to get connected to this helpful service!

Volunteer in Your Own Community!

To: Members and Friends of the West Oak Lane NORC

We invite you to join hundreds of Experience Corps members who help thousands of children in elementary schools throughout Philadelphia. Just a few hours a week in a neighborhood school can make a world of difference in a child's life and yours.

Experience Corps Members:

Tutor individual children

Read aloud to small

groups of children
Experience Corps members come from all walks of life. They receive:

Comprehensive training

Excellent support services

Personal in-school orientation

Experience Corps members serve in all regions of the city:

North

South

Central

Northeast

Northwest

West

Experience Corps members choose the commitment that works best for them:

School year :

(Leadership) level 15 hours per week

Monthly – Associate Role

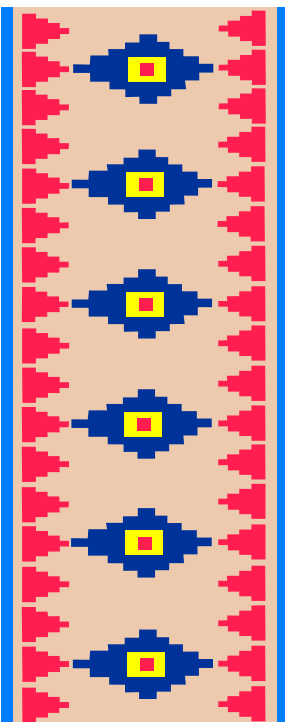
Occasional – Episodic Associate

Please call us today at (215) 204-5302 and we will show you how easy it is to help!

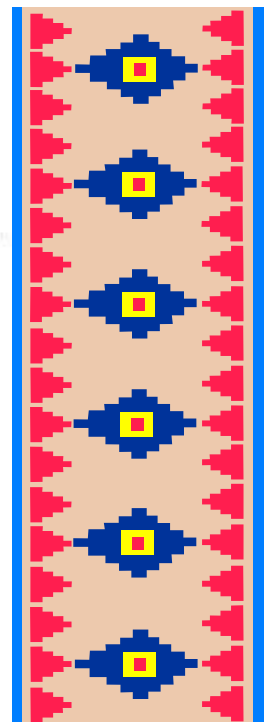
*Kiyona Dobson-Crabbe
Deputy Director
Experience Corps*



Make a world of difference in a child's life and yours!



"I'm not saying it'll work for everyone, but twenty years of sleep and my headache was gone, just like that."



6812 Ogontz Avenue
Philadelphia, PA 19138
Phone: 215-924-4815
Fax: 215-924-4816



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 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.

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

SAFE MEMBERS:

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

*Ogontz Avenue Revitalization Corporation
Philadelphia Corporation for Aging
Stapeley in Germantown
Unitarian Universalist House Outreach Program
The Visiting Nurse Association of Greater Philadelphia
West Oak Lane Senior Center*

*Call the West Oak Lane NORC if:
You need help applying for programs and services
You do not understand a letter you received in the mail
You need some help and you don't know where to begin
You have a problem you need to discuss with someone
you can trust*

The West Oak Lane NORC is here to help!