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April is National Volunteer Month

April is both National Volunteer Month and National Volunteer Appreciation Month. At Cumberland County Aging and Community Services we continually seek volunteers for a variety of programs and activities. Our Ombudsman Program trains volunteers to educate residents about their rights and empower them to speak up for quality care. Our Apprise Program trains volunteers to counsel Medicare recipients regarding choices of Medicare Insurance Programs sharing information on premiums, co-pays, prescription coverage and the like. Our volunteer Advisory Board provides guidance regarding the administration and delivery of our services. We even have a small group of dedicated volunteers who knit items of clothing year round to provide warmth for those in need during winter weather.

People volunteer or don't volunteer for a variety of reasons. Besides the intrinsic rewards of helping others, volunteering promotes good physical and mental health and helps seniors pursue their passions in retirement. Regardless of an individual's reasons for volunteering, here are five reasons why volunteering is beneficial to Senior Citizens.

5 Reasons Volunteerism is Great for Seniors¹

As a volunteer, retirement can afford you the chance to work on a project or issue that is important to you – simply for the passion of it, rather than for a paycheck. Seniors have a unique set of skills and knowledge to offer as volunteers: a lifetime of experience can help you help others in a myriad of ways, from mentoring and tutoring younger generations, to providing career guidance, to offering companionship and care.

Volunteerism isn't just beneficial for those being helped – research shows that volunteering confers mental and physical health benefits for those doing the helping. It also fosters positive social and family relationships and contributes to a positive image of seniors as a healthy and vital part of our society. Here are just a handful of reasons volunteer activity is beneficial:

1. **It helps bridge the generation gap.** Young people are often encouraged to volunteer as a way to broaden their horizons, improve their college prospects, build their resumes and help others while doing it. Seniors who volunteer have a unique opportunity to work with and assist younger generations — and learn from them, too.

April Is National Volunteer Month (Continued)

5 Reasons Volunteerism is Great for Seniors¹ (Continued)

- 2. It helps change the way people think about older adults.** By using their talents and skills out in the world in a variety of ways, seniors demonstrate that they are active, involved and essential to a healthy community.
- 3. It is good for mental health and can help prevent Alzheimer's.** The National Institute on Aging has reported that participating in social leisure activities and meaningful, productive activities such as volunteering may lower the risk of health problems in seniors, including dementia, as well as improving longevity. Being a volunteer can help keep the brain and the body active, which contributes to continuing cognitive health, according to numerous studies.
- 4. It helps prevent senior isolation and depression.** In addition to getting seniors out of the house and into the community, volunteering has a positive effect on psychological wellness: according to the Corporation for National and Community Service, those who volunteer experience greater life satisfaction, a sense of purpose and accomplishment, more stress resilience, and lower rates of depression.
- 5. It promotes healthy physical activity.** Volunteering can be good for keeping the body active, whether you're building houses for Habitat for Humanity or walking around your favorite museum as a volunteer docent. Maintaining a healthy level of physical fitness as we age helps ward off disease, injury and even dementia.

Adapted from: ¹[Senior Living Blog](#) By Sarah Stevenson

Volunteer Appreciation Luncheon



Cumberland County Aging and Community Services will be hosting a Volunteer Appreciation Luncheon on Friday, April 15, 2016 at 11:30 am. The event will be held at the Comfort Suites, 10 South Hanover Street, Carlisle. The guest speaker for the event will be Teresa Osborne, PA Secretary of Aging.

Cumberland County Aging and Community Services would like to thank all the wonderful volunteers for all their hard work and dedication that they put into the programs to serve the people in the community.

**Symposium On
Social Capital and Community Engagement**

Friday, April 22

9:00 am-12:00 pm

Tuscarora Room, Reisner Dining Hall



Come join faculty, students, people with disabilities, parents and staff from agencies in the area that provide services for people with disabilities to discuss “The Importance of Social Capital” and “How to Support People with Disabilities Build Social Capital.” The symposium will provide interactive sessions that allow participants the opportunity to brainstorm and discuss how they can begin to implement their new ideas. This is accomplished through a SHOULD-COULD-WILL exercise.

The symposium will also feature four leaders from the Interdependence Network:

- ⇒ **Dr. Al Condeluci**, co-author of Social Capital: The Key to Macro Change and CEO of Class of Pittsburgh
- ⇒ **Jeff Fromknecht**, co-author of Social Capital: The Key to Macro Change and the President of Side Project Inc.
- ⇒ **Jamie Curran**, Manager of the Outcomes Support Team, Community Living Mississauga, Toronto, Canada
- ⇒ **Debbie Moffatt**, Director of Quality and Community Development at Community Living, Mississauga, Toronto, Canada

Seats are limited, so reserve your place by e-mailing insinc@ship.edu or by completing the respective registration form at www.ship.edu/INSINC/Events/



Organized by the Institute for Social Inclusion (INSINC) in collaboration with the Interdependence Network and Cumberland Link to Aging & Disability Resources.

Supported by the Department of Social Work and Gerontology and the Disability Studies Minor.

Made possible thanks to funding by Central Pennsylvania Link to Aging & Disability Resources, Office of Social Equity and the Commission on Human Understanding, and the Disability Studies Minor

For more information, e-mail the Institute for Social Inclusion at insinc@ship.edu

symposium

PPL Offers Pilot Program for Heating Upgrades



PPL Electric Utilities, working with the Pennsylvania Public Utility Commission, is looking for your help in locating homeowners to participate in a special pilot program that would provide free heating upgrades.

Specifically, PPL is looking for income-eligible homeowners (up to 150 percent of the federal poverty level) who have broken, unfixable oil furnaces and are using space heaters to heat their homes. The pilot program would replace the oil furnace with ductless multi-split heat pumps and also weatherize the home. This is all free to the customer.

Since the program ends April 30, PPL would like to be able to install the heat pumps before the end of winter.

If you know anyone who might be interested in the program and would qualify, please call Angela R. Tracy, regulatory programs specialist, at 717-257-5707 or 717-579-0535.

Doubling Gap Retreat Fun

May 6, 2016



Cumberland County Senior Center members will be going to the Doubling Gap Church of God Conference Center for a day retreat from 9:00 a.m. to 2:00 p.m. on Friday, May 6, 2016. Gather your friends together, bring along your favorite games, relax, or take a walk around the

Doubling Gap Church of God Center. Simply enjoy the day with their famous BBQ chicken dinner. The cost is \$12 payable by Friday, April 22, 2016. Cash only please. For more information, call your local Senior Center.

May is Older Americans Month



BLAZE A TRAIL: MAY 2016

The 2016 Older Americans Month theme is [Blaze a Trail](#). May is when we celebrate Older American's Month (OAM), acknowledging the perennial contributions of older adults to our nation.

The Administration for Community Living will use this opportunity to raise awareness about important issues facing older adults.

History of Older Americans Month

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as "Senior Citizens Month," the prelude to "Older Americans Month."

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since Kennedy has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities. Older Americans Month is celebrated across the country through ceremonies, events, fairs, and other such activities.

While Cumberland County Aging & Community Services provides services, support, and resources to older Americans year-round, Older Americans Month is a great opportunity to show special appreciation for some of our most beloved citizens. We have many reasons to celebrate them!

Contact Cumberland County Aging & Community Services office at 717-240-6110 or visit www.ccpa.net to find ongoing opportunities to celebrate and support older Americans.

Adapted from: <http://www.acl.gov>

12th Annual Spelling Bee Challenge!

Cumberland County Aging & Community Services will be hosting the 12th Annual Spelling Bee Challenge on May 18, 2016. The Spelling Bee is open to all Cumberland County residents age 50 and better and/or Cumberland County Senior Center participants.

For more information regarding the 12th Annual Spelling Bee Challenge, contact Heather DeWire, Cumberland County Aging & Community Services, at 717-240-6110.

The winners will be announced in the July, August, and September Evergreen Newsletter.



2016 Senior Games



The 2016 Cumberland County Senior Games will return for an annual day of good-natured athletic competition on Wednesday, July 13th, at Mechanicsburg High School. The games are open to all Cumberland County residents age 50 and better and/or Cumberland County Senior Center participants. The event is organized by Cumberland County Aging and Community Services. To register and/or inquire about additional information, please contact Heather DeWire at 717-240-6110.

The Senior Games will feature a variety of events to appeal to all interests and skill levels. The games will include 100M Run, 400M Run, 1600M Run/Walk, Softball Throw, Football Throw, Wii Bowling, Basketball (Foul Shooting), Shuffleboard, Billiards, Bocce, Corn Hole, and Ladder Ball.

Come and enjoy a fun fill day and cheer on your friends and neighbors!



Medicare

Do You Have Medicare?

Are you having problems paying for your prescriptions drugs?



The "Extra Help" Program is offered to Medicare recipients and can:

- ◆ Lower prescription copayments and premiums
- ◆ Eliminate the coverage gap (donut hole)

If you are **Single**; and have a **total monthly income** of less than **\$1,485** per month; and less than **\$13,640** in resources

OR

If you are **Married**; and have a **total monthly income** of less than **\$2,003** per month; and less than **\$27,250** in resources

If you think you or someone you know qualifies for "Extra Help", contact the Cumberland County Aging & Community Services APPRISE Program at 717-240-6110 or 1-888-697-0371 x6110.



THE EVERGREEN





**Cumberland County
Aging & Community Services**

1100 Claremont Road
Carlisle, PA 17015
Phone: 717-240-6110
Fax: 717-240-6118
E-mail: aging@ccpa.net



After Hours Protective Services
Emergency calls:

Carlisle Area
243-4121

West Shore Area
238-9679

Shippensburg Area
532-8878

Designated by the Commonwealth of Pennsylvania as the Area Agency on Aging for Cumberland County, Cumberland County Aging & Community Services is mandated to provide coordinated services to County residents who are age 60 or older. Our goal is to provide programs and services that allow the older adult to maintain their health, welfare and independence. Aging & Community Services is committed to providing excellence in meeting the needs of older citizens, their families and the community in which they live.

In addition to services for seniors, Aging and Community Services also provides a variety of services for adults with disabilities; families; new parents; and communities. Information about these services is available at the number above. For assistance outside the scope of Aging and Community Services programs, we also refer County residents to agencies able to meet their needs.

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