

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

sponsored by



Transportation Options

Transportation is an important resource for older adults to remain independent. Through the Pennsylvania Department of Transportation (PENNDOT), multiple transportation options exist for older adults and persons with limited mobility depending on the county in which they live. The options include free transit programs, shared ride programs and medical assistance transportation programs. These services are provided free or at a reduced cost. Following is a summary of these services. For additional details and information to connect you to the services in your county, visit the PENNDOT website at www.penndot.pa.gov and search public transport options for seniors.

Free Transit Program allows senior citizens to ride at no cost on local fixed-route service whenever the local public transit system is operating. To ride free, the person must present a **senior citizen transit identification card**. The card can be obtained at no cost from participating local transit operators. The person must be age 65 or older and provide acceptable proof of age to get a card. Contact the Blair County transit operator for more details including what ID is accepted for proof of age: Altoona Metro Transit (AMTRAN), 3301 Fifth Avenue, Altoona, PA 16602, 814-944-4074, <http://www.amtran.org>



There is no service provider in Huntingdon County.

Shared Ride Program operates multi-seat vans that provide rides for numerous people heading in similar directions. Riders are picked up at their door and dropped off at requested locations for medical appointments, shopping, etc. Rides must be scheduled in advance. Fees may be charged depending on the rider's age.

Medical Assistance Transportation Program (MATP) is available to Medical Assistance consumers to provide transportation to medical appointments or to any service Medical Assistance pays for. This may include therapies, tests, dental visits, trips to the pharmacy to get prescriptions, mental health treatment, drug & alcohol treatment, and trips to medical equipment suppliers.

Shared Ride and Medical Assistance Transportation Program Providers

Following is the contact information for service providers in Blair and Huntingdon Counties. Contact them for details on scheduling and fees. Transportation services may not provide rides between different counties. Or, if they do, there may be an increased cost. Verify with the service provider.



Blair Senior Services, Inc.
 Transportation Office
 1-800-458-5552 or 814-695-3500
 Office hours Monday through Friday, 7:00 a.m. to 4:30 p.m.
<https://www.blairsenior.org/transportation/>

Huntingdon/Bedford/Fulton Area Agency on Aging
 CART Office
 1-800-333-9004 or 814-635-3653
 Office hours Monday through Friday, 8:00 a.m. to 2:00 p.m.
<https://www.hbfaaa.org/cart/>



Veteran Transportation Services

Disabled American Veterans (DAV) operates a fleet of vehicles around the country to provide free transportation for veterans. DAV van resources work with county Veterans Affairs directors to provide transportation for veterans to and from veteran health care centers for scheduled medical appointments. In Blair and Huntingdon counties, veterans are picked up at their home and transported to VA facilities including the James E. Van Zandt VA Medical Center in Altoona, Huntingdon County VA Outpatient Clinic in Mapleton Depot and State College VA Outpatient Clinic.

The DAV van will also transport veterans to other medical appointments that are referred by the VA. Riders must be ambulatory, able to board and exit the van without the driver's help. Caretakers and family members can accompany the veteran on the transport if approved by the veteran's medical primary care provider.

Veterans can schedule DAV transportation by calling the service in the county where they live:

- Blair County: 814-943-8164, ext. 7383
- Huntingdon County: 814-643-4202

A veteran shuttle service is also available to transport veterans from the Altoona VA Medical Center to the VA Hospital in Pittsburgh. The local county DAV van service will transport veterans to the Altoona VA Medical Center to meet the shuttle and pick up the veterans upon their return to the Altoona Center to transport them back to their homes. Veterans should contact the VA Medical Center in Altoona for information and scheduling of this shuttle service.

Information about the DAV transportation services can be found online at: va.gov/altoona-health-care/dav-vans-transportation-for-veterans/



Van Drivers Needed

DAV van drivers are local community members who volunteer their time to ensure our veterans can make it to their medical appointments and get needed treatment. There is an ongoing need for volunteers to drive the DAV vans to continue this important service. Any person aged 21 or older can apply to become a DAV van driver. They do not need to be a veteran. A volunteer application can be completed through the James E. Van Zandt VA Medical Center. Van use expenses (i.e. gas, maintenance, etc.) are covered by the VA. For more information on becoming a VA volunteer, contact Joe Hughes at the James E. Van Zandt VA Medical Center Voluntary Service Program at 814-943-8164 ext. 7141 or joseph.hughes4@va.gov.



Prohibited AmeriCorps Seniors Volunteer Activities

As part of receiving federal grant funding, RSVP of Blair and Huntingdon Counties must adhere to federal guidelines of prohibited activities regarding AmeriCorps Seniors serving in RSVP. Organizations that are in partnership with RSVP are also required to adhere to these guidelines when placing AmeriCorps Seniors in volunteer activities for which they are counting RSVP service hours.

Following is the list of volunteer activities AmeriCorps Seniors should not participate in as part of their RSVP service hours:

- **Prohibited Political Activities** - Voter registration, political and/or lobbying activities that seek to influence decisions concerning any candidate, political party, election issue, or voting decision.
- **Prohibited Religious Activities** - Providing religious instruction, conducting worship services and/or engaging in any form of proselytizing. *Note: Volunteers may assist a client to a religious service and remain with them during the service as part of their RSVP volunteer hours. However, the volunteer cannot lead any part of the religious service during those hours.*
- **Non-Discrimination** - May not discriminate based on race, color, national origin, gender, age, religion, sexual orientation, disability, gender identity or expression, political affiliation, marital or parental status, or military service.
- **Non-Displacement of Employed Workers and Non-Impairment of Contracts for Service** - May not engage in any service or activity which would otherwise be performed by an employed worker, or which would cause the displacement of employed workers, or impair existing contracts for service.
- **Prohibition on Fee-for-Service** - May not request or receive any fees for volunteer services.
- **Volunteer Status** - Volunteers may not be an employee of the program sponsor (Center for Community Action), RSVP volunteer station, AmeriCorps, or the Federal Government. *Note: There are exceptions to this (i.e. a part-time employee could be a volunteer in a different department of the same organization.)*
- **Prohibitions on Abortion Service** - May not engage in providing abortion services or referrals for receipt of such services.

Any AmeriCorps Seniors volunteer serving in RSVP and partner organization having questions regarding these prohibited activities should contact Dorcey Cuzzolina, RSVP Project Coordinator, at 814-506-5267 or dcuzzolina@ccaofpa.org.



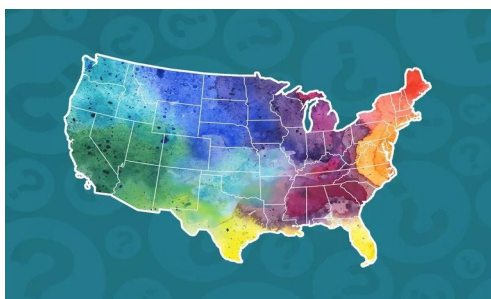
September

- 01-Laura Shope
- 07-Monica Marko
- 09-Ruth Noel
- 10-Barbara Purdy
- 12-Robert Nicholl
- 23-Jeffrey Smeltzer
- 24-Jill Smeltzer
- 25-Elaine Buchanan
- 26-Arthur Speck
- 28-Barbara Henry
- 29-Diane Yost
- 30-Deslee Hanlon

October

- 01-Sandra Morelli
- 06-Starina Gardner
- 12-Marian Dietz
- 17-Lawrence Bowers
- 20-Rose Huntsman
- 20-Patricia Reidy
- 24-Sr. Jane Miller
- 30-Karen Morrow
- 31-Judith Hoover

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



Answers to U.S.A. Geography Quiz

Following are the answers to the United States geographic features quiz from the previous newsletter:

1. Which river flows through the Grand Canyon? Colorado River
2. Name the smallest and largest states by area. Rhode Island and Alaska
3. What two countries border the U.S.? Canada and Mexico
4. Name the 5 Great Lakes. Lake Erie, Lake Huron, Lake Michigan, Lake Ontario and Lake Superior
5. Name the three major mountain ranges. Appalachian Mountains, Rocky Mountains and Sierra Nevada
6. What is the longest river? Missouri river
7. Name the 4 largest bodies of water that touch U.S. borders. Atlantic Ocean, Pacific Ocean, Gulf of Mexico and Arctic Ocean (Alaska)
8. How many states are considered part of "contiguous" U.S.? Forty-eight
9. What is the area called that is not a state but represents the capital of our country? Washington, District of Columbia
10. Name the four major deserts. Great Basin, Mojave, Sonoran, and Chihuahuan deserts
11. What is the largest canyon and where is it located? Grand Canyon in Arizona
12. What is the driest, hottest place in the U.S.? Death Valley in the Mojave Desert
13. What river forms a border between Texas and Mexico? The Rio Grande
14. Name the largest body of salt water within the U.S. borders and its location. Great Salt Lake in Utah
15. What five states have the most active volcanoes? Alaska has 141, California has 18, Oregon has 17, Washington has 7 and Hawaii has 5

Local Tourist Attractions Quiz

Blair and Huntingdon counties are rich in history and local sites that people from around the world visit. Can you identify these popular tourist attractions by the clues given?



1. This engineering marvel in Blair County was built in the 1850's as a railroad line to provide a route through the Allegheny Mountains.
2. This structure in Huntingdon County was built in 1889 out of wood and stone to cross Shade Creek.
3. This feature near Mount Union was constructed in 1936 by local laborers to have easier access to the quarry at the top of Jacks Mountain where they worked.
4. This natural rock formation in Hollidaysburg has been described in local legend as a lookout point for Native Americans living and traveling in the vicinity.
5. This cave structure in Huntingdon County was first discovered in 1930 during the construction of U.S. Route 22.
6. This museum in Huntingdon County, which started in 1960, provides rides on electric streetcars that once operated in the early 1900s.
7. In the Sinking Valley area of Blair County, there is a reconstructed replica of a structure that housed a regional garrison of the Continental Army. The original structure was built in 1778 to protect local lead mining activities.
8. These structures located in Canoe Creek State Park were once used to produce lime which was critical for the iron furnaces to remove impurities from molten iron as part of the steel-making process.
9. This area was first developed by the Simpson family of Huntingdon as a hydroelectric project. In 1973, the Army Corps of Engineers completed its expansion into an 8,300-acre project to control floods, provide electricity, and support recreational activities.
10. This museum in Huntingdon County displays over 40,000 items from everyday life in the 19th and 20th centuries.
11. This wooden structure amusement ride built in 1902 and located at Lakemont Park, Altoona, is the oldest of its kind in the world.
12. This museum in Altoona focuses on the history of railroad workers and the communities in central Pennsylvania where they lived.

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

RSVP contact: Dorsey Cuzzolina, RSVP Project Coordinator,
814-506-5267; dcuzzolina@ccaofpa.org
RSVP Facebook page: RSVP of Blair and Huntingdon Counties