



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

sponsored by



Older Americans Month



AGING UNBOUND: MAY 2023

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by the Administration for Community Living, OAM is a time to acknowledge the contributions and achievements of older Americans, highlight important trends, and strengthen our commitment to honoring our older citizens.

This year's theme, *Aging Unbound*, encourages exploring opportunities of a wide range of aging experiences. It also promotes the importance of enjoying independence and fulfillment by paving our own paths as we age.

Here are some ways to participate in *Aging Unbound*:

- **Embrace the opportunity to change.** Find a new passion, go on an adventure, and push boundaries by not letting age define your limits. Invite creativity and purpose into your life by trying new activities in your community to bring in more growth, joy, and energy.
- **Explore the rewards of growing older.** With age comes knowledge, which provides insight and confidence to understand and experience the world more deeply. Continue to grow that knowledge through reading, listening, classes, and creative activities.
- **Stay engaged in your community.** Everyone benefits when everyone is connected and involved. Stay active by volunteering, working, mentoring, participating in social clubs, and taking part in activities at your local senior center or elsewhere in the community.
- **Form relationships.** As an essential ingredient of well-being, relationships can enhance your quality of life by introducing new ideas and unique perspectives. Invest time with people to discover deeper connections with family, friends, and community members.



RSVP Volunteer Recognition Events – Save the Date!

RSVP is hosting the following volunteer recognition events to thank AmeriCorps Seniors serving in RSVP of Blair and Huntingdon counties for their service over the past year:

- Blair County event: Tuesday, June 20, at the Blair County Convention Center
- Huntingdon County event: Thursday, June 22, at the Smithfield Fire Hall

Both events will be drive-through from noon until 1pm at which time AmeriCorps Seniors will receive a take-out meal and token gifts of appreciation.

Invitation letters were mailed to AmeriCorps Seniors in early April. Attendance response cards were included in the mailing and volunteers are asked to **return them no later than Friday, May 26, whether or not they plan to attend.** Contact Dorcey Cuzzolina, RSVP Project Coordinator, at 814-506-5267 or dcuzzolina@ccaofpa.org with questions about the events and/or if you are an AmeriCorps Seniors volunteer who did not yet receive your invitation. Volunteers unable to attend the events should contact Dorcey to arrange for their gift pick-up in the 2 weeks following event dates.

Center for Community Action staff and RSVP Advisory Council members assisted during the 2022 volunteer recognition events.





Social Security Scams

Criminals continue to impersonate the Social Security Administration (SSA) and other government agencies in an attempt to obtain personal information or money. Scammers might call, email, text, write, or message you on social media claiming to be from the SSA or the Office of the Inspector General (OIG). They might use the name of a person who really works there and might send a picture of attachment as “proof.”

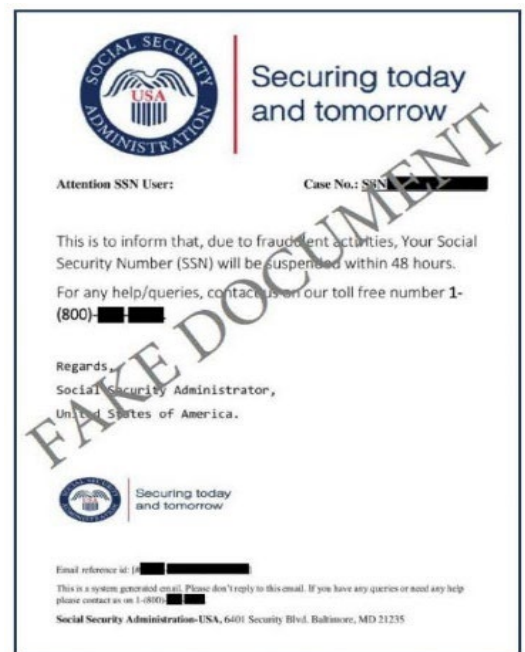
Recognizing the signs of a scam gives you the power to ignore criminals and report the scam. Scams come in many varieties, but they all work the same. These are four basic signs of a scam:

1. Scammers **pretend** to be from an agency or organization you know to gain your trust.
2. Scammers say there is a **problem** or a prize.
3. Scammers **pressure** you to act immediately.
4. Scammers tell you to **pay** in a specific way.

Be skeptical and look for red flags that can alert you to a scam.

Social Security will never:

- Threaten you with arrest or legal action because you don't agree to pay money immediately.
- Suspend your Social Security number.
- Claim to need personal information or payment to activate a cost-of-living adjustment (COLA) or other benefit increase.
- Pressure you to take immediate action, including sharing personal information.
- Ask you to pay with gift cards, prepaid debit cards, wire transfers, cryptocurrency, or by mailing cash.
- Threaten to seize your bank account.
- Offer to move your money to a “protected” bank account.
- Demand secrecy.
- Direct message you on social media.



If you receive a suspicious call, text, email, social media message, or letter from someone claiming to be from the SSA or OIG, you can take steps to protect yourself.

Remain calm. If you receive a communication that causes a strong emotional response, take a deep breath. Talk to someone you trust.

Hang up or ignore the message. Do not click on links or attachments.

Protect your money. Scammers will insist that you pay with a gift card, prepaid debit card, cryptocurrency, wire transfer, money transfer, or by mailing cash. Scammers use these forms of payment because they are hard to trace.

Protect your personal information. Be cautious of any contact claiming to be from a government agency or law enforcement telling you about a problem you don't recognize, even if the caller has some of your personal information.

Spread the word to protect your community from scammers.

Report the scam to the Office of the Inspector General at oig.ssa.gov/report and/or report fraud to the federal trade commission at <https://reportfraud.ftc.gov/#>

Scammers frequently change their approach with new tactics and messages to trick people. Stay up to date on the latest news and advisories by following SSA and OIG on LinkedIn, Twitter, and Facebook or subscribing to receive email alerts.

If you have been scammed, find advice on what to do through the Federal Trade Commission Consumer Advice at <https://consumer.ftc.gov/articles/what-do-if-you-were-scammed>



RSVP Mileage Reimbursement Benefit

June 30 marks the end of the 2022-2023 RSVP fiscal year. A final mileage reimbursement to AmeriCorps Seniors who claim this benefit will be paid at the end of July. It will include the fourth quarter requests (April/May/June) as well as any unpaid mileage from previous quarters this fiscal year. However, only outstanding totals of \$5.00 or more will be reimbursed per the RSVP travel reimbursement policy.

Volunteer logs for June, and any previous months that might have been missed, should be submitted to RSVP station supervisors no later than July 5 to be included in the final payout. Requests made late cannot be reimbursed from the next fiscal year budget.



Famous Foursomes Quiz

Following are clues about famous foursomes. Can you name the group and/or the individual members?

1. From a 1939 film, these 4 characters followed the yellow brick road.
2. This American male vocal group had a string of hits in the late 1950's including "Yakety Yak." They were the first group inducted into the Rock and Roll Hall of Fame.
3. A coming-of-age novel written by Louisa May Alcott and published in 1868 featured these 4 sisters.
4. This foursome gained superhero powers from exposure to cosmic rays in a mission to outer space. They first appeared in an American comic book published by Marvel Comics in 1961.
5. This world-famous male rock band formed in Liverpool, England, in 1960.
6. Both books and movies have been based on these 4 high-ranking, rapier and musket wielding French soldiers of Louis XIII elite regiment of the 1860's.
7. Featured in a 1984 American supernatural, comedy film, this foursome established a paranormal investigation and elimination service operating out of a disused firehouse in New York City.
8. This American sitcom first aired in 1985 and featured 4 older, single women who shared a home in Miami.
9. Stories published starting in 1904 followed the life and adventures of this one family's 2 sets of fraternal twins.
10. A granite sculpture carved on a mountain in South Dakota was completed in 1941 and features these 4 presidents' faces.
11. This American quartet consisted of 4 sisters who appeared regularly on The Lawrence Welk Show from 1955 to 1968.
12. Originally introduced as comic book characters in 1984, these four anthropomorphic turtle brothers are trained in ninjutsu and fight evil in New York City.

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

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



MAY

- 03 - Delmar Raudabaugh
- 05 - Duane Ehredt, Sr.
- 06 - Frederick Lear
- 13 - Patricia Gildea
- 15 - Elizabeth Hayes
- 15 - Eileen Porta
- 15 - Nellie Wright
- 17 - Virginia Cooper
- 17 - Ronald Harella
- 18 - Mary Kay Kovach
- 19 - Alice Kline
- 19 - Gisela Peace
- 21 - Kathleen Amman
- 21 - Rosemary Gill
- 22 - Carolyn Snow
- 23 - James Croyle
- 24 - Deborah Peterman
- 27 - John Hoover
- 27 - Cameron Pickens
- 27 - Reeder Swartz



JUNE

- 03 - Lois Beer
- 05 - Linda Watson
- 07 - Constance Diller
- 09 - Lucinda Corle
- 11 - Margaret Loibl
- 12 - Robert Geissinger
- 15 - Carolyn Brown
- 15 - Kevin Hallahan
- 17 - Kenneth Graham
- 19 - Ruth McKinney
- 20 - Jennifer Clark
- 21 - Frank Chalan
- 23 - John Prendergast
- 25 - Daniel Miller
- 25 - Gary Reid

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

Answers to Anatomy Idioms Quiz

from March/April newsletter.



Following are expressions we use that refer to parts of our bodies.

1. Very happy to see something or someone - A sight for sore eyes.
2. Avoid being connected to someone or something - Keep at arm's length.
3. Pay for total expenses - Foot the bill.
4. To be almost able to remember something - On the tip of my tongue.
5. Talk with someone to find out information from them - Pick someone's brain.
6. Take a risk - Stick your neck out.
7. Try to stay positive when things seem negative - Keep your chin up.
8. Ignore someone - Give the cold shoulder.
9. Give someone your full attention - All ears.
10. To be very crowded - No elbow room.
11. Information offered quickly, without research or calculation - Off the top of my head.
12. Tell someone your problems or frustrations - Get something off your chest.
13. Help someone - Lend someone a hand.
14. Involved in many things - Have a finger in many pies.
15. Pay too much for something - Pay through the nose.