



AmeriCorps Seniors

RSVP Newsletter
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May - June 2022

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

sponsored by



May is Older Americans Month

Older adults play vital, positive roles in our communities – as family members, friends, mentors, volunteers, civic leaders, members of the workforce, and more. Just as every person is unique, so too is how they age and how they choose to do it. There is no “right” way, and that is why the theme for Older Americans Month (OAM) 2022 is *Age My Way*.



Age my way!

Every May, the Administration for Community Living (ACL) leads the celebration of OAM. This year's theme focuses on how older adults can age living independently for as long as possible and participating in their communities in whatever ways they choose. Diverse communities are strong communities. Ensuring that older adults remain involved and included in our communities benefits everyone.

While *Age My Way* will look different for each person, here are common things everyone can consider:

Planning: Think about what you will need and want in the future, from home- and community-based services to community activities that interest you.

Engagement: Remain involved and contribute to your community through work, volunteer and/or civic participation opportunities.

Access: make home improvements and modifications, use assistive technologies, and customize supports to help you better age in place.

Connection: Maintain social activities and relationships to combat social isolation and stay connected to your community.

For an array of helpful resources, visit the ACL website at <https://acl.gov/>



RSVP Volunteer Recognition Events in June

Every year, RSVP hosts events to acknowledge and thank AmeriCorps Seniors who serve in Blair and Huntingdon counties for their continued commitment to addressing the needs in our communities.

Invitations for the 2022 events were mailed to AmeriCorps Seniors who have been active in RSVP during the current fiscal year. These volunteers have been invited to attend the drive-through event in the county where they serve:

- Huntingdon County on Thursday, June 16, 2022, at Smithfield Fire Hall
- Blair County on Monday, June 20, 2022, at Blair County Convention Center

AmeriCorps Seniors are asked to return their response card and volunteer survey (included with their invitation letter) to Dorcey Cuzzolina, RSVP Project Coordinator **no later than Friday, May 27**. Questions regarding the events can be directed to Dorcey at dcuzzolina@ccaofpa.org or 814-506-5267.

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



Senior Assistance

Accessing appropriate help is dependent on identifying your needs. You may already understand the changes that are or will be required to continue to live independently. Or, you may want to enlist family, health care providers or social services professionals to help you determine those needs. Once they are identified, the next step will be to determine what resources are available in your community to meet your needs.

Your local Area Agency on Aging (AAA) is a good starting point. They have programs specific to assisting older adults and referral lists of additional agencies that meet the needs of seniors. Don't hesitate to ask for help! The purpose of most community agencies is to provide services to individuals who need help. You are entitled to these services since many of them are paid for by your taxes, contributions, or fees for service.

Blair County AAA
Blair Senior Services, Inc.
1320 12th Avenue
Altoona, PA 16601
814-946-1235
800-245-3282
www.blairsenior.org

Huntingdon County AAA
Huntingdon/Bedford/Fulton
Area Agency on Aging
307 10th Street
Huntingdon, PA 16652
814-643-5115
800-528-9155
www.hbfaaa.org

When you begin contacting community care organizations, be aware that it can be a time-consuming experience to locate and arrange appropriate services. You may need to make a series of phone calls or go through a maze of referrals before you find the right program or person to help you. If the process becomes too difficult, don't just give up. Recruit a family member, friend or other advocate who can assist you. If you have a care manager or other health care provider who helped assess your needs, he or she should be able to assist. It is a care manager's job to help you find resources, so don't be afraid to ask for their assistance.

Helpful tips for contacting service agencies:

- Begin looking for resources before your situation becomes overwhelming. By anticipating certain needs, you can avoid having to make important decisions during a crisis. Additionally, you might be placed on a waiting list at an agency. If you can anticipate your needs, you'll minimize the length of this waiting period.
- When you make your call, be prepared with specific information about your needs. Have ready a list of your physician's name, diagnostic information, what care you currently receive, who is providing it and if there is special equipment in the home already. Also have your insurance information (i.e. Medicare, Medicaid, etc.) on hand.
- Write down all information you are given. Be sure to document the date and name of each agency you call, phone number or website, who you speak with, which services you requested, and any agreed-upon decisions.
- Don't hang up until you understand the follow-up procedures and next steps.
- If a fee is charged for a recommended service, be sure to ask for a rate sheet that documents the service provided for each fee.
- Be aware that "free" online referral services, especially for senior housing, may only promote those facilities that pay for a listing or placement fee. The listing or recommendation is not an indication of the quality of care provided.
- Ask people you know, or look online for opinions and feedback from others who have used specific services and/or agencies.

RSVP Mileage Reimbursement Benefit

June 30 marks the end of the 2021-2022 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 the station supervisor no later than July 5 to be included in the final payout. Requests made late cannot be reimbursed from the next fiscal year budget.

AmeriCorps Seniors who have had changes in their contact information (i.e. address, phone numbers, email address, etc.) or who have questions about mileage reimbursement should contact the RSVP office.





May

- 4 - Naomi Yon
- 5 - Duane Ehredt, Sr.
- 6 - Frederick Lear
- 13 - Patricia Gildea
- 15 - Elizabeth Hayes
- 15 - Eileen Porta
- 17 - Virginia Cooper
- 17 - Ronald Harella
- 18 - Mary Kay Kovach
- 19 - Alice Kline
- 21 - Kathleen Amman
- 21 - Rosemary Gill
- 22 - Carolyn Snow
- 24 - Deborah Peterman
- 27 - John Hoover
- 27 - Cameron Pickens
- 27 - Reeder Swartz

June

- 3 - Lois Beer
- 5 - Linda Watson
- 7 - Constance Diller
- 9 - Lucinda Corle
- 12 - Robert Geissinger
- 15 - Carolyn Brown
- 15 - Kevin Hallahan
- 16 - Charles Cates
- 17 - Kenneth Graham
- 19 - Ruth McKinney
- 20 - Jennifer Clark
- 21 - Frank Chalan
- 23 - John Prendergast
- 25 - Daniel Miller
- 25 - Maxine Prough
- 25 - Gary Reid

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



Feline Phrases and Words

Using the hints listed below, guess the phrases and words that contain "cat."

Ex: This describes a rich and powerful person: Fat cat.

1. A short sleep during the day.
2. A comment made when someone looks very messy and untidy.
3. Describes someone getting away with dangerous things.
4. A warning to someone who asks too many questions.
5. When a secret is accidentally spilled.
6. Difficult to coordinate, especially a group of people.
7. Someone who is very fearful.
8. When someone or something is very appealing.
9. To tease and toy with someone.
10. Being in a state of extreme nervousness.
11. Someone who uses stealth and agility to do break-ins.
12. When you imitate someone else.
13. Acting very self-satisfied or smug.
14. Describes how unsupervised people will act as they please.
15. A person who is regarded as hip or fashionable.

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



Answers to Spring Things Quiz

Following are the answers to the spring things quiz from the previous newsletter.

1. What is the first day of spring called? Vernal equinox.
2. What does spring symbolize? Rebirth, renewal and regrowth.
3. Why does daylight increase in spring? The earth's axis is increasing its tilt toward the sun.
4. What do visitors travel to Washington, D.C., in spring to see, and which also signals the beginning of spring in Japan? Cherry blossoms.
5. What are a few common flowers that herald spring in Central PA gardens? Crocus, daffodil, tulips, hyacinth, lilacs, lilies, etc.
6. What are the spring zodiac signs? Aries, Taurus and Gemini.
7. What is the animal-related saying used for spring weather predictions? In like a lion, out like a lamb.
8. What weather proverb relates to spring rains? April showers bring May flowers.
9. What English poet wrote 'Daffodils'? William Wordsworth.
10. What bird is associated with the coming of spring in North America? The robin.
11. What annual day in spring is when pranks, practical jokes and hoaxes are played out? April Fools' Day.
12. The early Egyptians built what structure so that it points directly toward the rising sun on the spring equinox? The Great Sphinx.
13. What is the annual event first held on April 22, 1970, to demonstrate support for environmental protection? Earth Day.
14. What is the condition called which includes restlessness and daydreaming some say is caused by the arrival of the spring season? Spring fever.
15. When spring arrives, it is the beginning of six months of daylight with no darkness at what location on Earth? North Pole.