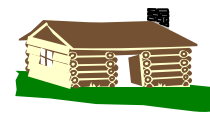


Chester County Department of Aging Services



No place like home?



Volume 2, Issue 2

April 2010

Director's Corner

Wanda Stonebraker

Director, Chester County Department of Aging Services

I have been thinking about my family's history and realize I don't know a lot. As a kid I saw my aunts, uncles and cousins often. We would gather at my grandparents' home for afternoons in the summers, every Thanksgiving and Christmas Eve were extended family celebrations and a family reunion was held every year. I was fortunate enough to know some of my great aunts and uncles and felt a close relationship with my great grandmother. That was just with my mother's family. When I remember my dad's family, some of his brothers and sisters lived with us for a period of time, we had the summer afternoon gatherings and a family reunion every year. As a kid it was lots of fun, both of my parents had large families so I had a lot of cousins. As a teen, I was way too cool to be spending time with adults.

As an adult I moved to Indiana and stayed there until 10 years ago. I seldom had contact with my extended family. My two daughters were born and raised in Indiana. Fortunately there were opportunities for them to

(See Directors Corner, page 2)

Program Spotlight!

Are you part of a Grandfamily?



Heidi Carlson

Supervisor, Care Management

Are you a Grandparent or Older Relative who is raising your grandchild or younger relative? If so you are not alone. We, at the Chester County Department of Aging Services, are seeing a growing trend of grandparents accepting the role of primary caretaker for their grandchild/relative. This may occur for various reasons – perhaps the parents are deceased, incarcerated, or unable to care for their child for other reasons. Grandparents are increasingly accepting the challenge of raising younger children while often having to deal with a sudden loss of their own child or tragic event.

In order to provide support to Older Relatives who are in this situation the Chester County Department of Aging Services along with two organizations: Children Youth and Families and Child and Family Focus are creating a Grandfamilies Support Group. The first meeting is scheduled for Saturday May 15, 2010 and will provide information to Grandfamilies on benefits that may be available to assist with the care of children. For example, did you know that Grandfamilies may be eligible for food stamps to help pay for groceries. Children may be able to receive health insurance benefits from the Department of Public Welfare. Day Care Subsidies may also be available as well as services from the Department of Aging.

Attached is a flyer about an information session scheduled for Saturday, May 15th addressing the issues confronting Grandfamilies and supports available to them. Also included is a survey that can be completed and mailed to the Chester County Department of Aging Services or brought to the session. Please join us to learn more about what is available to Grandfamilies and the children to whom they are providing care. ■

Parenting Again: Support for Grandfamilies

Please Join Us

Saturday, May 15, 2010

1:00 – 3:00 p.m.

Chester County Government Services Center 601 Westtown Road, West Chester, PA

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The Department of Aging Services is funded by the Chester County Board of Commissioners, Pennsylvania Department of Aging, and private contributions.

Chester County Commissioners

Carol Aichele

Terence Farrell

Kathi Cozzone



(Director's Corner continued from page 1)

spend time with their grandparents, aunts, uncles and cousins but I'm not sure they have that 'sense of family', that network of family support you can reach out to when you need a shoulder to lean on. I think that may be my biggest regret for my children.

Families no longer have the comfort of living close to one another and the network of family support is stretched very thin. Those of us who move away can manage to find support among our close friends and neighbors. The one thing they cannot provide us is our family history.

My mother has never had good penmanship and has always blamed that on being left handed. Of course, she also maintained that left handed people are smarter than right handed people. I never bought into that tale. Anyway, as she has gotten older and her hands have become crippled from arthritis, it has become painful for her to write. That leaves out a written autobiography. She was willing to record her family history and made seven cassette tapes. The bonus for her children was the recording process triggered memories she had not thought of in years.

I want to encourage you to share your story, either by writing or recording. How else can children begin to know and understand the circumstances that helped to shape their parents? I remember what I have learned about my parents' childhood, being raised during the depression, surviving World War II and rebuilding their lives afterwards. When I put it all together I wonder how they managed to raise four children, all of whom are contributing in some way to the society in which we live. If you share your story your future generations will know you. That would be quite a legacy.

My personal goal for 2010 is to have those tapes my mother recorded transcribed. I can then share them with my children, my siblings and their children. The family history will live on!

Wishing you happy writing/recording and a great spring.

As always, I welcome any comments or suggestions you may have about our newsletter. You can email me at wstonebraker@chesco.org ■



Older Americans Month, May 2010 Age Strong! Live Long!

May is Older Americans Month—a tradition dating back to 1963 to honor the legacies and ongoing contributions of older Americans and support them as they enter the next stage in life.

This year's Older Americans Month theme—**Age Strong! Live Long!**—recognizes the diversity and vitality of today's older Americans who span three generations.

As part of this year's activities and events to honor older Americans, **the U.S. Administration on Aging is inviting individuals to share their "recipe for strength" in a national contest.**

Entries should creatively promote the Older Americans Month 2010 theme "Age Strong! Live Long!" and may be submitted as a video, photograph, poem or essay. Whether it's an exercise routine, a healthy diet, a tradition with friends or remembering to look on the bright side of life, we want to find out what you've done to age strong and live long! **Entries must be submitted by April 30, 2010.** To find out more and to enter the contest, visit www.olderamericansmonth.org.

Older Americans are living longer and are more active than ever before. And with the aging of the baby boomer generation—the largest in our nation's history—America's senior population is expected to number 71.5 million by 2030.

While keeping the growing population of older Americans healthy and active will increase the demand for senior services, what is remarkable is the extent to which older Americans themselves are supporting each other.

In fact, older Americans are a core component of service delivery to seniors—embodying and modeling the drive to Age Strong! Live Long! They volunteer at group meal sites, deliver food to homebound seniors, help with home repairs, shopping and errands, and they provide vital counseling, information and referral services.

Americans of all ages and backgrounds can volunteer. For more information visit the Chester County Department of Aging Services website at www.chesco.org/aging to find out what you can do to provide services and support for older Americans all year round. ■

Source: US Administration on Aging

Got Questions?? Contact us!!!

Information and Assistance services are always free of charge and available to all interested persons.

Call: 610-344-6350

Toll-free: 1-800-692-1100 extension 6350

TTY #: 610-344-5233 (Text Telephone for the Hearing Impaired)

601 Westtown Road, Suite 130

P.O. Box 2747

West Chester, PA 19380-0990

Send us an e-mail inquiry:

ccaging@chesco.org

Suicide in the Elderly An Unspoken Problem

Carol Harkins

Supervisor, Care MJanagement

The highest rate of suicide in the United States population is in people over the age of 65. While adults over the age of 65 comprise 13% of the population they represent between 16 and 20% of completed suicides. An elderly person completes suicide every 90 minutes in America, 16 deaths every day. Caucasian men over the age of 85 die by suicide at six times the national average, 84% of elderly suicides are men. In late life the rate of male suicides is eight times that of females in comparison to the general population in which males complete suicide four times as often as females.

The elderly tend to use highly lethal means of completing suicide resulting in a ratio of one death for every four attempts. The average across age groups is one death for every twenty five attempts. The most common means of suicide in the elderly in order of prevalence are firearms, hanging and poisoning.

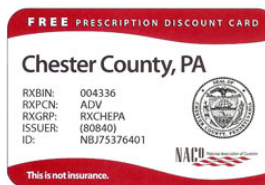
Despite these statistics it is widely accepted that deaths by suicide, especially in the aging population are extremely underreported. Many elderly have no relatives or friends who request information regarding the cause of death. Other factors such as the stigma attached to this kind of death as well as the assumption that an older person's death is expected and therefore due to natural causes contribute to the underreporting of elderly suicides. This problem will continue to increase with this age group being the fastest growing segment of our society.

Untreated depression is believed to be the leading cause of suicide in the elderly. Almost one third of seniors over the age of 65 are suffering from depression. Although an increase in incidence of depression is associated with some medical conditions it is not a normal condition of aging. It is important that an elderly person showing symptoms of depression be evaluated by a medical professional. Other risk factors associated with elderly suicide are: previous suicide attempts, family history of suicide, alcohol or other substance abuse, physical, social and emotional isolation, loss of spouse, loved one or pet, financial difficulties, debilitating or life threatening illness, chronic pain, loss of independence, and feelings of

hopelessness and helplessness. 80 % of seniors who completed suicide have visited their family doctor in the last 30 days.

Awareness on the part of medical professionals, social service agencies and caregivers could be the most important tool in preventing elderly suicide. Some common behaviors in those contemplating suicide include talking about death and suicide, making statements indicating hopelessness, inability to sleep, increased use of alcohol or prescription drugs, failure to care for one's self, social withdrawal or saying goodbyes, stockpiling medications, a sudden interest in firearms and overt threats of suicide. Some of the factors that protect the elderly and counteract risk factors are one's genetic makeup, attitudinal and behavioral characteristics such as optimism, family and community support, effective care for mental, physical and substance abuse disorders, having access to medical interventions, restricting access to lethal means, religious and cultural beliefs that support self preservation, learned skills that promote problem solving, conflict resolution and non-violent management of disputes. In addition to awareness and open communication it is important to identify professionals who may help the suicidal person.

It is important when dealing with a person who is suicidal to trust one's instinct that the person may attempt suicide and to act on that concern. It is vital to listen to the person without judgment, never to agree to secrecy, and to have someone stay with them in a crisis situation. There exists a common misconception that addressing concerns with a potentially suicidal person will put thoughts of harming themselves into their head. Although difficult to discuss it is vital to ask questions such as "Would you really want to die" and "Do you have a plan." Calling for emergency help even if the person becomes angry may save a life.■



Chester County Discount Prescription Drug Card

This program, sponsored by the National Association of Counties, offers average savings of 22% on the

retail price of commonly prescribed drugs. **There is no cost to Chester County taxpayers for this program.** For more information email the Chester County Health Department at cchd@chesco.org or call 610-344-6225.

Lyme Disease

Jacquelyne Hanes, RN

As summer approaches, people are enjoying the warm weather by spending more time outside, unaware of the danger posed by arthropods, including mosquitoes and ticks. They are as common as backyard picnics and swimming pools. They are also enjoying the weather but for a different reason: the increase in warm-blooded prey. They bring with them not only the discomfort of bites, but the possibility of transmitting human and animal disease. Two diseases of concern that occur in the United States are West Nile encephalitis, transmitted by mosquitoes, and Lyme disease, transmitted by ticks. Much of Chester County is rural and suburban, making it a prime habitat for deer ticks which can carry the Lyme disease bacteria.

If Lyme disease is not properly diagnosed and treated promptly, it can become crippling and debilitating. Lyme disease is treatable. The earlier it is detected, the easier it is to treat. Some symptoms that may occur anytime from 3 to 32 days after a tick bite are: Fever, Headache, Swollen lymph nodes, Chills and Fever, Muscle and joint pain and Bull's Eye Rash.

Diagnosis of Lyme disease in the elderly is possibly the most difficult because of health conditions that are associated with the aging process. Joint pains, heart problems, dementia/mental confusion such as Alzheimer's disease, incontinence, dizzy spells and more are seldom considered abnormal if the patient is elderly. Other potential signals of Lyme are joint pain, dizziness, and muscle aches, which are common complaints among seniors. For generations, the prevailing notion has been that old people simply tend toward absent-mindedness, arthritis and fatigue. Therefore, older people's symptoms are less likely to signal anything out of the ordinary to a doctor or health care practitioner. The information about the patient's lifestyle, work history and hobbies can be crucial for a correct diagnosis.

It's more important than ever for an elderly person to have an informed medical advocate. More families are separated by miles today than ever before due to careers, globalization and the decline of traditional family structure. Visits and family gatherings are few and far between, giving little chance for family members to notice gradual physical changes in older members. If not properly diagnosed, no antibiotics are subscribed and the patients' chances of healing from the Lyme infection dramatically decrease.

Here are some tips to prevent Lyme disease.

- Be aware of tick habitats-tall grass, bushes and woods.
- Wear appropriate clothing-a hat, long-sleeved shirt,

- long pants tucked into socks, and closed shoes.
- Clothing should be light in color so a tick can be easily spotted. Wear light-weight clothing to keep cool.
- Spray tick repellent only on clothing. If using a tick repellent containing DEET, consult your physician
- Inspect and dust off clothing before going inside
- Makes sure you do tick-checks daily
- Remove attached ticks using clean fine pointed tweezers

If you are bitten, note on the calendar the date, consult your physician if signs or symptoms occur. ■



CHESTER COUNTY SENIOR GAMES AND SENIOR PICNIC 2010

Due to ongoing funding issues, we have had to make some changes for our upcoming 28th Annual Chester County Senior Games. In order to reduce costs for the Senior Games and Senior Picnic, we have decided to combine the events and hold them in mid to late September 2010.

Although details are still being worked out, we plan to hold as many of our traditional events as possible. In order to provide the most effective experience, Senior Games Day and Senior Picnic will be held on the same day at Brandywine Picnic Park in Lenape.

All dates will be posted in our newsletter and on our website as soon as plans are finalized. If you are a past participant, you will be receiving registration materials in mid-July. If you are a PA State Senior Games participant, you do not have to participate in the Chester County Senior Games to qualify for States.

Your patience and understanding are greatly appreciated as we do our best to bring you the high quality and enjoyable events that you have come to expect. Have a great summer and we look forward to seeing you in September. ■

*Men do not quit playing because they grow old;
they grow old because they quit playing.*

-- Oliver Wendell Holmes



Financial Powers of Attorney – What You Need to Know

by Barbara Paisley, Esquire

What is a Financial Power of Attorney? A financial power of attorney (POA) is a document in which an owner (the “principal or you”) gives authority to another individual (the “agent”) to perform financial transactions on his/her behalf.

What does as a POA look like? In Pennsylvania, a POA is divided into three parts:

- a **notice** signed by you confirming that you know you are giving the agent certain powers;
- the **body** of the POA signed by you outlining those powers; and
- an **acknowledgement** signed by your agent confirming their duties which activates the power of attorney.

What does “durable” mean? The word “durable” simply means that the power of attorney lasts through any future disability you may have. In Pennsylvania, a power of attorney is considered durable unless you indicate otherwise.

When is a power of attorney effective? A power of attorney can either be effective immediately, or upon the occurrence of a triggering event (such as your disability) that you designate. (These are known as “springing” powers of attorney.)

Do I give up all of my power if I sign a power of attorney? No. You are still the owner of your funds, and can revoke your power of attorney at any time.

Who do I choose to be my agent? It is important that you choose someone you trust implicitly.

What Powers does an Agent Generally Receive? Usually, the agent stands in your shoes and can do anything you could do if present. Their powers usually include withdrawing funds from your bank accounts, and could even include selling your home. For this reason, it is critical for you to understand what you are signing, and ask a lawyer if you do not understand.

What types of powers of attorney are there?

- A *bank standard power of attorney* is specific to your bank and typically deals with only financial transactions (although it’s good to be sure). It is effective immediately and is usually readily accepted....and there is no cost.
- A *general power of attorney* is customized to your needs and wants. However, it is generally not readily accepted by banks and investment companies.

- A *limited power of attorney* is for a specific purpose like handling a specific real estate transaction.

It is probably a good idea to have both types.

In Conclusion: Financial powers of attorney can be very effective and useful tool in the right hands. The potential for abuse, however, is very much present, and care should be given in appointing a financial agent whom you really trust.

Disclaimer: This outline is for informational purposes only, and is not intended as a substitute for legal advice. ■

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Pennsylvania Care Planning Council

A State care planning council is a single listing source of community care providers and advisers who help the public deal with current elder care needs. State councils provide a platform for local groups of providers and advisers to offer the following services:

- Educate the public on how to plan for long term care
- Provide a local source of 15 to 20 different eldercare services through one single state contact
- Promote a trusted organization offering reliable services

The **Pennsylvania Care Planning Council (PaCPC)** lists companies and individual providers on its website who help families deal with the crisis and burden of long term care. One purpose of this website is to educate the public on the need for care planning before a crisis occurs. A second purpose is to provide, in one place, all of the available government and private services for eldercare. Finally, its ultimate mission is to offer a trusted listing service that the public will recognize and turn to for expert help in dealing with the challenges of long term care. <http://www.carepennsylvania.org/index.htm>

Editor’s Note: This is an independent resource supported by many of the providers listed in the site. It is **not** affiliated with or endorsed by the PA Department of Aging, Chester County Department of Aging Services or other governmental agencies. However, it contains useful information that may be helpful to our readers. ■

Elder Abuse??

- Are you 60 years of age or older?
- Do you reside in Chester County?
- Are you dependent on others to provide care?
- Are you incapacitated?
- Are you at imminent risk of neglect or physical, financial or sexual abuse?

If you answered yes to all of these questions you can contact the Chester County Department of Aging for help...
1-800-564-7000

Senior Centers

Senior Centers offer a variety of programs that serve many needs of older adults. These include health programs, meals, recreation and socialization activities and information on available programs and services.

In Chester County there are 6 Sr. Centers:

Coatesville Area Sr. Center

22 N. Fifth Street 610-383-6900

Downingtown Area Sr. Center

983 Lancaster Avenue 610-269-3939

Kennett Area Sr. Center

427 S. Walnut Street 610-444-4819

Oxford Area Senior Center

12 E. Locust Street 610-932-5244

Phoenixville Sr. Adult Activity Center

153 Church Street 610-935-1515

West Chester Area Sr. Center

530 E. Union Street 610-431-4242

Call one today or just stop in!!



2009 Property Tax Rebate Forms Available

Of all Pennsylvania homeowners, our seniors face the greatest property tax burden, as they live on fixed incomes but are faced with rising property taxes. The passage of the Taxpayer Relief Act is helping seniors and disabled residents remain in their homes and make ends meet through property tax relief. More seniors than ever before are getting the extra help they need through a major expansion of the state Property Tax/Rent Rebate Program.

The income eligibility level for the Property Tax/Rent Rebate Program has been raised from \$15,000 a year to \$35,000 a year, excluding half of Social Security income, and the maximum rebate was increased from \$500 to \$650 for homeowners.

Claimants or spouses 65 years of age or older; widows or widowers 50 years of age or older; and the permanently disabled 18 years of age or older may qualify for the Property Tax/Rent Rebate Program.

Homeowners now receive:

<u>Income</u>	<u>Maximum Rebate</u>
\$0 to \$8,000	\$650
\$8,001 to \$15,000	\$500
\$15,001 to \$18,000	\$300
\$18,001 to \$35,000	\$250

Renters now receive:

<u>Income</u>	<u>Maximum Rebate</u>
\$0 to \$8,000	\$650
\$8,001 to \$15,000	\$500

The deadline to apply for a rebate on property taxes or rent paid in 2009 is June 30, 2010.

Individuals who received the rebate last year are automatically mailed a form for 2009.

If you need a form you can get one from the Chester County Department of Aging Services
 601 Westtown Road, Suite 130
 West Chester, PA 19380
 or

download/request a form on-line by clicking on the following link [PA Department of Revenue](#) ■

Source: PA Department of Revenue

Meet the Staff!!

Andrea Walker

Supervisor, Care Management

The Department of Aging, to better serve the seniors of Chester County, organizes the staff into teams. The following team primarily serves the Northern part of the county.

Supervisor Kelly Miehl, part of the Department since August 2004, oversees Information and Assistance as well as 4 care managers. Prior to coming to the Department of Aging, Kelly worked as a Social Services Director in a nursing facility in Delaware County. When asked about the job, Kelly stated that she truly believes in the mission and services of the agency; and that we have a lot to learn through the wisdom and knowledge of older adults. Kelly, who is training to run a 10K race this summer, enjoys spending time with her family, camping, shopping, organizing and cake decorating.

Chris McCann, who is the Information and Assistance Care Manager, has been with the Department for a little over 2 years. Chris enjoys interacting with consumers and linking them up with resources that can enhance their lives. Chris, who has completed 2 marathons, enjoys collecting model trains and celebrity autographs.

Care Manager, Ashley Gillespie, has been with the Department for almost a year. When asked about her favorite part of the job, Ashley responded, "I enjoy being able to develop relationships with my consumers through monthly contact, either over the phone or face to face, so that they are able to have confidence in me as their care manager and are able to understand that my job is to help them." When not at work, Ashley enjoys visiting her family in Virginia, especially her nephew.

Ashley Kelley, a Care Manager for almost a year, enjoys the interactions with her consumers. Ashley reports that she loves visiting and learning new things about the people on her caseload. Prior to joining the Department of Aging, Ashley worked as a Residential Advisor for Job Corps in Sullivan County, PA where she had to diffuse volatile, sometimes hostile situations. When not at work, Ashley enjoys going up to the mountains to spend time with her family.

Care Manager Erin Forrest has been with the Department for 6 months. Before coming to the Aging Services, Erin was a full time student and a care manager at Sunrise Assisted Living. When asked about her favorite part of the job, Erin responded, "the people – the consumers and coworkers make coming to work exciting." Erin, who plans on marrying Allen Iverson some day, enjoys Basketball, sporting events and spoiling her niece and nephews. ■

The Parents and the Department of Aging

Nick Fuhr

Care Manager

One thing that working at the Department of Aging requires is being able to relate to and communicate effectively with the senior population. Sometimes it is necessary to gain the trust of our consumers before they will open up and have a good rapport.

One way I try to establish this rapport is to view my consumers as I view and treat my own parents. My parents are consumer age; my father is 88 and my mother is 83. They fit our consumer profile almost exactly. They are the gold standard by which I try to relate to my consumers. My parents are smart, very proud, independent individuals. I find these traits to be quite prevalent in the older generation. They find it difficult to ask for help even when they really need it.

When I visit consumers for the first time, I always address them as Mr. or Mrs. as a way of showing respect. I know my parents would not want to be addressed by their first names at an initial meeting with someone from a government agency. As rapport is established, I then ask if we could be a little less formal. Most consumers will then feel more comfortable with the relationship that we have established.

The assessment forms that we follow have many questions that ask for information of a very personal and intrusive nature – health issues, bathroom habits etc. I know my mother would feel embarrassed to answer some of these very personal questions, especially with a male doing the asking. I really keep that in mind with my consumers. I try to keep it light and even make jokes out of some of the things I need to ask – "I was always told never to ask a lady her age, but how old are you now, or, I was told never to ask a lady her weight but, how much do you weigh?" This seems to lessen some of the tension connected with these questions.

I know that my parents don't like to have things forced upon them. They like to be included in the decision making process. When it comes time to talk about the services we can provide, I make it a real point to ask the consumer what they would like our agency to provide. I explain their options but make it their choice to accept or modify what is being offered. I do not presume to know better what would work for their unique situation.

By holding up my parents as the standard for my actions as a Care Manager, I feel I am able to relate much better to our seniors. I treat them as I would like to see my parents treated. I do not see them as anonymous 'Consumers'. They are my parents and deserve to be treated as such. ■



Census CAUTIONS

The Census counts every resident in the United States, and is required by the Constitution to take place every 10 years.

The 2010 Census will help communities receive more than \$400 billion in federal funds each year for things like: Hospitals, Job training centers, schools, Senior Centers, bridges, tunnels and other-public works projects, and Emergency services

The data collected by the census also help determine the number of seats your state has in the U.S. House of Representatives.

With the U.S. Census process under way, the Better Business Bureau (BBB) advises people to be cooperative, but cautious, so as not to become a victim of fraud or identity theft. The first phase of the 2010 U.S. Census has workers verifying the addresses of households across the country. Eventually, more than 140,000 U.S. Census workers will count every person in the United States and will gather information about every person living at each address including name, age, gender, race, and other relevant data. The big question is - how do you tell the difference between a U.S. Census worker and a con artist? BBB offers the following advice:

If a U.S. Census worker knocks on your door, they will have a badge, a handheld device, a Census Bureau canvas bag, and a confidentiality notice. Ask to see their identification and their badge before answering their questions. However, you should never invite anyone you don't know into your home.

Census workers are currently only knocking on doors to verify address information. **Do not give your Social Security number, credit card or banking information to anyone, even if they claim they need it for the U.S. Census.** While the Census Bureau might ask for basic financial information, such as a salary range, it will not ask for Social Security, bank account, or credit card numbers nor will employees solicit donations.

Eventually, Census workers may contact you by telephone, mail, or in person at home. However, they will not contact you by Email, so be on the lookout for Email scams impersonating the Census. Never click on a link or open any attachments in an Email that is supposedly from the U.S. Census Bureau.

For more information on the Census, click on the following link <http://2010.census.gov>.

For more advice on avoiding identity theft and fraud, visit www.bbb.org ■

Source: www.bbb.org



Sponsor a Senior Citizen

Although the Chester County Department of Aging Services is funded by the PA Department of Aging and the County of Chester, it cannot possibly meet all the needs of the senior population in the county.

Pennsylvania already has the third-highest percentage of older adults in the nation. With the growth of the aging population, one in four state residents will be 60 or older by 2020. Tax and lottery dollars are not keeping pace with this level of growth. This is why contributions of time or money are so greatly appreciated!

Donate Funds

Governmental funding supports specific programs and services designed to address the core needs of qualifying seniors in the county. However, there are currently waiting lists for certain of these programs.

Monetary contributions enable us to expand the number of consumers served by funding services for people currently on a waiting list. For example, a contribution of \$75 can help support the following:

- 100 trips on Rover,
- 4 hours of home support,
- 1 day of adult day care or
- 1 month of medical supplies

Donated funds also help us respond to emergency needs such as:

- Fixing a heater,
- Purchasing food or supplies, or
- Providing shelter.

Traditional funding does not support these services.

Volunteer

Volunteers are also an important way to provide needed services not supported by traditional funding. Programs such as the Apprise Insurance Counseling Program, the Ombudsman Program that advocates for the rights of those receiving long term care, home delivered meals and senior centers are all supported by volunteers.

However, there are other, more personal ways to get involved. Volunteers can:

- Visit a senior to not only check on how they are doing but provide a chance to just sit and talk.
- Help a senior get to appointments or to the store.
- Do minor chores around the house.

To find out how you can donate or volunteer, go to our website at www.chesco.org/aging and look for the Sponsor a Senior Citizen shortcut!

Special thanks to Jean Marie Twisler, a concerned citizen who came to us with this great idea on how to reach out to the community for new ways to support our seniors. ■

Parenting Again: Support for GrandFamilies

What is a GrandFamily? GrandFamilies are households that are headed by Grand parents or other relatives who are sharing their home with nieces, nephews, grandchildren or other related children.



Resources Available for GrandFamilies:

We will have literature and speakers on:

- ◆ Medical Assistance/CHIP program
- ◆ Food Stamps
- ◆ Subsidized Day Care
- ◆ Social Security benefits
- ◆ Child Support.

Please Join Us

Saturday, May 15, 2010

1:00 - 3:00 p.m.

Chester County Government Services Center
601 Westtown Road, West Chester, PA

We will meet in the Cafeteria on the 3rd floor.

Refreshments

Door Prize

Please see the enclosed survey. Feel free to fill it out and bring it with you to the workshop. We will also be distributing the survey at the workshop.

Please register by April 30th by calling Heidi Carlson at 610-344-5757 or email to hcarlson@chesco.org.



Sponsored by:
Chester County Department of Aging
Chester County Department of Children Youth & Families
Child and Family Focus

Grandfamilies Survey

Grandfamilies are households that are headed by grandparents or other relatives who are sharing their home with nieces, nephews, grandchildren or other related children.

We hope to have meetings for **Grandfamilies** on a regular basis, with a presentation on important topics and time to socialize and gather support from other families.

Please reply to this survey to help us plan for the next meetings.

Would you be willing to participate in *Grandfamilies* meetings? Yes ___ No ___

If yes, how often should the meetings be held?

Monthly _____ Every two months _____ Other _____

If yes, what day and time is best for your schedule?

(Specify what day of the week would be best for you.)

Morning _____ Evening _____ Afternoon _____

Would a Saturday be a convenient meeting time? _____ Morning ___ or afternoon _____

Would you need childcare in order to attend these meetings? Yes ___ No ___

Do you need transportation to attend these meetings? Yes ___ No ___

Would you be willing to bring a snack or beverage to these meetings? Yes ___ No ___

Please check each topic that is of interest to you:

___ Medical and health coverage

___ Legal guardianship of the children

___ Financial assistance

___ Adoption of the children

___ Child support payments from the parents

___ Talking with other grandparents in the same situation

___ Food Stamps

___ Babysitting and respite service

___ Day care services

___ Visitation between the parents and the children

___ Drug and alcohol abuse and treatment

___ Reducing conflicts with the parents

___ Counseling services

___ Visitation between the parents and the children

___ School and education

___ Other topics _____

Please return the survey to:

Chester County Department of Aging Services,
Suite 130, 601 Westtown Road
West Chester, PA 19380
Attn: Heidi Carlson