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# Volun-PEER Newsletter



## Congratulations, PEER Graduates

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Our PEER group is larger by two! On March 27, a gathering was held at Seton Manor to honor Mary Ann Reber and Cheryl Pitrowski, who completed PEER training. Residents and members of the administrative staff were on hand to wish the new PEERs well. Seton Activity Director, Christine Keefer, and her

staff provided the new PEERs and their friends

Both ladies worked hard to achieve this goal and are anxious to “get to work” advocating for their fellow residents.



We wish Cheryl and Mary Ann all the best as they begin this chapter and look forward to working with them in the future.

with snacks and drinks. A large cake and balloons made for a festive venue.

Any resident is welcome to join the PEER Program. Contact Eileen for further info.

### Did you know?

- The hottest temperature ever recorded on planet Earth was 134.1 degrees
- A beginning surfer is called a “KOOK”
- The average American eats 20 pounds (4 gallons) of ice cream each year
- Bees have 5 eyes

## Training Calendar

Ombudsmen who volunteer their time and talent are invited and encouraged to participate in online training modules offered by the **PA Department of Aging, Consumer Voice, the Learning Management System (LMS)**, as well as in-person Network Meetings.

All Certified Ombudsmen (Staff and Volunteers) are required to log 18 hours of continuing education for each federal fiscal year (October 1 through September 30).

**Network Meetings** are held quarterly at the Lackawanna

County 911 Center in Jessup. The next meeting will be held **August 20 at 10 am.**

**PEER Meetings** are held in individual homes and when requested.



# No Bake Pineapple Dream Dessert



**INGREDIENTS:**

8 oz cream cheese (softened), 1 cup powdered sugar, 1 cup crushed pineapple (drained), 1 8 oz tub Cool Whip

**CRUST:**

1/2 cup granulated sugar, 1/2 cup melted butter, 20 individual graham crackers, crushed

**TOPPING:**

1/4 cup shredded coconut, 1/4 cup diced pineapple (drained)

**INSTRUCTIONS:**

In a medium bowl, blend the cream cheese with an electric mixer until slightly fluffy. Gradually add the powdered sugar, and mix until well combined. Mix in the whipped topping, and beat until fluffy. With a spatula, fold in the crushed pineapple, then set aside. In a small bowl, mix the crushed graham crackers, granulated sugar, and melted butter until well combined, then pat mixture into a 9 x 9 baking

dish. Spoon the filling over the crust, and smooth with spatula until even. Top with shredded coconut and diced pineapple, and refrigerate for 2 hours or until firm.

**NOTES:** The 20 graham crackers equal 20 individual small rectangles - breaking the squares in half. In other words, 10 squares, like you would use to for s'mores, or 5 large unbroken rectangle sheets straight from the package.

# PEER Graduation at Ridgeview

Two new PEERs completed training at Ridgeview Healthcare and Rehab Center on May 15. The graduation was celebrated to coincide with the conclusion of National Nursing Home Week.

Deb Stoudt and Bob Strause participated in the 5 week course where they learned how to hone their advocacy skills.

During our time together, both PEERs offered insight into how they can make their home a better place to live.

They learned that they are

the most important person in their home; how to



introduce new residents to the key staff; how to run a better, more effective resident council; the

importance of respecting differences from cultural, to racial, and cognitive abilities. Finally, the PEERs learned the most valuable lesson of all - that they have the right to feel safe in their own home and the importance of reporting suspicions of elder abuse.

We congratulate Deb and Bob on taking this step to helping other residents and wish them all the best in this new adventure!

Great job, PEERs!

Welcome to the group!



# Volunteer Opportunities

The following Homes and Centers have openings for a caring volunteer:

**NURSING HOMES:**

Broad Mountain (Frackville), Edenbrook (Pottsville), Green Valley (Pottsville), Greenwood Center (Hometown), Orwigsburg Center, Ridgeview (Shenandoah Heights), Rosewood (Schuylkill Haven), Seton Manor (Orwigsburg), Shenandoah Senior Living Community, and St. Luke’s University

Health Network Long-Term Care Unit (Coaldale).

**PERSONAL CARE:**

Heritage Mills (Tower City), Renaissance Senior Living at Pinebrook (Orwigsburg), Providence Place (Pottsville and Pine Grove campuses), The Birches at Shenandoah Senior Living Community.

**ASSISTED LIVING:**

Luther Ridge at Seider’s Hill (Pottsville)

**OLDER ADULT DAY**

**LIVING CENTER:**

Eldergarden (Pottsville)

**LIFE CENTER:**

LIFE Geisinger at Miner’s Loft (Minersville)

Free training is provided, including on-line and virtual modules.

Contact Eileen for further details.



# “Tic Talk” for Outdoor Safety

Ticks are small arachnids that feed on blood and can transmit diseases, making identification, prevention, and proper removal essential for human and pet safety.

Remove the tick with a pair of tweezers. Clean the area

with soap and water, alcohol, or hand sanitizer.

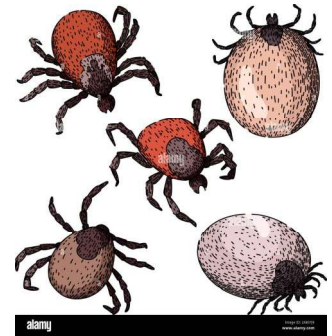
Avoid wooded and brushy areas with high grass and leaf litter. Walk in the center of trails.

Wear light-colored clothing that will show any “hitchhikers”. Be sure to

tuck pants into your socks and wear a hat.

Check clothes, pets, and any exposed parts of your body when returning home.

Seek medical attention if you develop a rash or fever within several days after removing the tick.



# Strawberry Facts

It’s Strawberry Season! Here are some fun facts about one of our favorite sweet treats.

Strawberries belong to the “rose” family and are technically not a berry because the fleshy part develops from a “receptacle”. Each “seed” on the surface is a small fruit con-

taining a seed inside.

Strawberries originated in Europe in the 18th Century.

Strawberries are an excellent source of Vitamin C and Manganese. They are rich in antioxidants which may have benefits for heart health and blood sugar control.

These berries are used in a variety of jams, jellies, and desserts.

Strawberries are 91% water and contain 2 grams of fiber per serving.

What is your favorite way to eat a strawberry???





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Ombudsman Services are provided by MidPenn Legal Services under a contract with the Schuylkill County Office of Senior Services. The program is monitored by the Pennsylvania Department of Aging.

## Here We Go Again



Two years ago our family was preparing for the high school graduation of my oldest granddaughter, Haley. On June 4 we went through the process all over again with granddaughter #2, Molly.

I've written about Molly in a past column, describing her as adventurous, feisty, occasionally moody, naturally intelligent, and having never met a challenge she couldn't overcome. As she grew older, she became more goal-oriented. This year it was her intention to win a medal in Track and Field. She won two at the League Championships. Another goal was

to go to run in the District Track and Field Championships. Done. She and her teammates set out all year to break the school record in the 4x100 m relay. They did it - on the very last race of their careers. At the beginning of the school year, Molly was determined to make it into the Top 10 of her class of 164 students. She did not want to be Valedictorian - because you have to make a speech. So why this particular goal? Because the top ten students get to sit in the front row at graduation! I'm happy to report Molly moved up from the #12 spot

to #10, proving that hard work and determination are rewarded in the end.

Our residents can be feisty, moody, attempting to overcome some challenges, and even goal-oriented. With the assistance of a dedicated volunteer, ALL residents can reach the goal of Quality Care and Quality of Life. All it takes is determination.

To the Class of 2026 - CONGRATULATIONS! Especially to my favorite graduate!

*Eileen*