

# Volun-PEER Newsletter

## World Elder Abuse Awareness Day

World Elder Abuse Awareness Day (WEAAD) was launched on June 15, 2006 by the International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations.

The purpose of WEAAD is to provide an opportunity for communities around the world to promote a better understanding of abuse and neglect of older persons by raising awareness of the cultural, social, economic, and demographic processes affecting elder abuse and neglect.

During the week of WEAAD, The National Center for Elder Abuse

(NCEA) will be sharing resources, hosting discussions, and promoting awareness about elder abuse around these daily themes:

6/12, Monday: Interdisciplinary partnerships

6/13, Tuesday: Intergenerational collaboration

6/14, Wednesday: Intervention & prevention

6/15, Thursday: Intersectionality of elder abuse

6/16, Friday: International elder justice efforts



In Schuylkill County, and all across the nation, the Protective Services Unit at the local Area Agency on Aging is available to take your calls 24/7. All calls are confidential and can be made anonymously.

If you suspect elder abuse, or are a victim of elder abuse, call for a confidential referral.

570-622-3103 (local)

800-832-3313 (toll free)

PA Elder Abuse Hotline:

800-490-8505

## Training Calendar

Volunteers are invited and encouraged to participate in on-line training modules offered by the **PA Department of Aging, Consumer Voice, Learning Management System (LMS)**, and a host of other options.

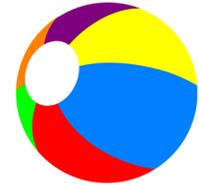
All certified Ombudsmen (Staff and Volunteers) are required to log 18 hours of continuing education for each federal fiscal year (Oct. 1 through Sept. 30).

A variety of modules are offered through the year and links are forwarded

to all Ombudsmen who volunteer their time.

**PEER Meetings** will be rescheduled as soon as we are able to safely gather in person.

Contact Eileen for further information or to register for trainings.



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### Did you know?

- ♦ *The Beach Ball was invented in 1938!*
- ♦ *The first U.S. President to host a Barbecue on the White House lawn was Lyndon Johnson!*
- ♦ *The Frisbee evolved from a pie tin. The original name was the Flying Saucer, then Pluto Platter, and eventually to Frisbee!*



## Welcome, New Volunteers!

The Ombudsman Program is excited to welcome 2 new Volunteer candidates to our group.

Judy Bucher and Edie Kirk are preparing to begin virtual training to become Certified Ombudsmen.

**Judy Bucher** has worked with older Pennsylvanians during her 40-year career as a physical therapist. Her work in the long-term



care arena makes her the perfect candidate for the Ombudsman Program. We look forward to working with Judy and are thrilled that she chose us as part of her volunteer service.

**Edie Kirk** comes to us from the Ohio long-term care system, where she retired as Administrator in a Continuing Care Retirement Community (CCRC). Her working knowledge of the federal

regulations will be a great asset to her time with us. She also holds a BA in Finance and Business and an MA in Non-profit Management. Edie has volunteered in a variety of capacities including at a homeless shelter, diaper/food pantry, Senior Center, Women's Leadership, and Learning in Retirement Groups. We warmly welcome Edie and are grateful for her interest in our program.

Volunteers are the core of the Ombudsman Program. If you would like to join our group, feel free to reach out. The more the merrier!

## What Does SPF Really Mean?

SPF stands for Sun Protection Factor. The SPF number indicates the level of protection against ultraviolet (UV) B rays. Sunscreen with higher SPF offer greater protection from the sun.

SPF refers to the amount of UV radiation it takes to produce sunburn when wearing sunscreen in comparison to how much UV exposure it takes for unprotected skin to get sunburned. But, contrary to popu-

lar belief, SPF does not tell you how long you can stay in the sun without getting burned.

SPF 2 blocks 50% of UV rays

SPF 4 blocks 75% of UV rays

SPF 10 blocks 90% of UV rays

SPF 15 blocks 93% of UV rays

SPF 30 blocks 97% of UV rays

SPF 50 blocks 98% of UV rays



SPF 100 blocks 99% of UV rays

Wearing sun-safe clothing is an added benefit. Seek shade between 10 am and 4 pm. Finally, protect your skin year-round. Sunscreen can be worn in spring, fall, and winter!



## Summer Fruit Salad with Orange Poppy Seed Syrup

**INGREDIENTS:** 2 lbs. fresh strawberries, hulled and halved; 1 lb. grapes, any color, halved; 6 clementines, peeled well and separated into sections; 1 cup fresh blueberries; 1 to 2 apples, cored, cut into sixths and sliced into 1/4" thick pieces; 1 banana, sliced

**SYRUP:** 4 tbsp. liquid honey; juice of 1 large lemon (about 1/4 cup); juice of 1 medium orange (about

1/4 cup); heaping 1/2 tsp. poppy seeds

**OPTIONAL GARNISH:** Mint leaves

**INSTRUCTIONS:** Squeeze juice of 1 lemon and 1 orange. Stir together syrup ingredients, mixing until honey is completely dissolved. Rinse and slice fruit in the order listed. \*Don't



slice apples or bananas until you're ready to add the syrup since the lemon in the syrup will keep them from browning. Drizzle syrup over the fruit and toss to evenly coat the fruit with syrup.

**\*Other fruit options:** pineapple, kiwi, raspberries, blackberries

\*Courtesy of Natasha's Kitchen

## PNA Survey in Process by PEERs

The PEERs have embarked on another project that will hopefully increase the Personal Needs Allowance.

The PNA was designed to provide a small portion of the resident's monthly income to them for personal spending, provided that they are approved for Medical Assistance Benefits in a nursing home or personal care home.



The national PNA is \$30.00, with each State given the ability to add to that amount for the residents. The current amount of \$45.00 (for nursing homes) and \$85.00 (for personal care home residents receiving SSI benefits) was enacted on 7-1-2007, and has not increased since then.

Residents have noted that the cost of living has increased significantly, but the amount of funds they

can keep has not.

Some examples of items and services residents may no longer be able to afford include newspaper subscriptions, beauty/barber services, cell phone and TV charges, medication co-pays, clothing, postage, personal care items (other than those provided by their homes), activities outside the home, ordering food for delivery.

The PEERs will work on this project through August and all surveys will be forwarded to the Department of Aging.

## Volunteer Opportunities

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

### **NURSING HOMES:**

Broad Mountain, Green Valley Nursing, Greenwood Center for Nursing (formerly Hometown Nursing), Orwigsburg Center, Ridgeview, Rosewood, Schuylkill Center, Seton Manor, Shenandoah Manor, and St. Luke's University Health Network

Long-Term Care Unit.

### **PERSONAL CARE:**

Heritage Mills (Tower City), Providence Place (Pottsville and Pine Grove campuses), The Birches at Shenandoah Manor.

### **ASSISTED LIVING:**

Luther Ridge at Seider's Hill

### **ADULT DAY LIVING:**

Eldergarden



### **LIFE CENTER:**

LIFE Geisinger at Miner's Loft

Free training is provided. Contact Eileen for further details.

## A Brief History of Ice Cream

Who doesn't enjoy a bowl or cone, especially in the summer!?

The first humans who mixed snow with something sweet could be credited as the "inventors" of this treat.

Some suggestions indicate early ice cream may have originated in China, the Orient, or ancient Rome, but may have also been nothing more

than flavored ice.

That knowledge was likely brought to Europe during the Renaissance. This "new dawn" is believed to have begun in Italy, changing "ices" to "ice cream".

Wholesale production of ice cream in the United States began in the 1850s, but took



off between the two World Wars.

Ice cream has become a global business with multinational companies tending to the frozen needs of many! The #1 flavor remains chocolate, followed by vanilla, mint chip, cookie dough, and butter pecan. What's YOUR favorite flavor???



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**“LIKE” us on Facebook  
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County”**



**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.**

## **Dandelions Are Flowers, Too!**

I live in a house that was my Great Grandmother’s funeral home. No fooling! My basement was the morgue. Is it any wonder why I get no visitors! Ha! Ha! When I moved in some 38 years ago, I had a lovely little garden. My Grandmother planted a rambling rose bush at the base of the yard - and, boy, did it ramble! We had tulips, pansies, impatiens, and quite a variety of vegetables, including sweet corn. We were the envy of the neighborhood. But as with all things, activities, work, and other obligations prevented upkeep. All that and the multitude of birds that dropped various “gifts” along the way turned my little victory garden into a collection of weeds, a few Sumac trees, and a plethora of Dandelions.



The Dandelions are the first things to pop up every year, and the hardest to eliminate. They are persistent little devils, but have come to symbolize the will to never give up. Botanists say Dandelions aren’t even a flower - they are actually an herb - and each part, from top to bottom, is edible. Conversely, the Flower Glossary says the yellow heads ARE flowers, and members of the Daisy family. Agree to disagree, I suppose!

The Dandelion is a great aerator of the soil, rich in Vitamins A & C, potassium, and iron. Studies have shown the roots and leaves can

reduce cholesterol and even boost the immune system.

Our residents can be compared to the Dandelion. They are pretty when they first appear - whether in yellow or “fluffy” form - but to some can become an annoyance, unwanted, and in some cases, worthless.

Enter the volunteer who sees the beauty in every resident and appreciates the persistent spirit of each one. They can boost the life of the resident who may be feeling unwanted or unappreciated. I truly believe the feeling is reciprocal!

If you would like to help our residents continue to grow, give me a call. We won’t give up on you!

*Eileen*