

Westmoreland County Area Agency On Aging **Inside Line**

If you need help paying your heating bill, or have a heating emergency...

LIHEAP MAY BE ABLE TO HELP YOU

Apply online at

www.compass.state.pa.us

Important Information about an Energy Assistance Program

Statewide Toll-Free Hotline

1-866-857-7095

What is LIHEAP?

The Low-Income Home Energy Assistance Program (LIHEAP) helps low-income families pay their heating bills. LIHEAP is a grant. You do not have to repay it.

To receive help...

- You don't have to be on public assistance
- You don't need to have an unpaid heating bill
- You can either rent or own your home

How do I apply?

- **Apply online at:** www.compass.state.pa.us
- Request an application by calling the Statewide LIHEAP Hotline at 1-866-857-7095 or TDD for the hearing impaired 1-800-451-5886
- Applications are available at your local County Assistance Office

MLTSS/CHC UPDATES

Managed Long Term Services and Supports/Community Health Choices (MLTSS/CHC) is an initiative from the PA Departments of Aging and Human Services, at the direction of Governor Wolf, to introduce managed care to senior care and persons with disabilities. This initiative will be rolled out over four years. Western Pennsylvania is the first region of the state to begin transitioning into a managed care system. That will begin on January 1, 2017. The managed care system may affect most of the systems for seniors but will most significantly affect how nursing home care is administered.

The Westmoreland Area Agency on Aging (AAA) is likely to play two key roles, as we understand the plans as of today. One is to help educate the public on this initiative. Two, is to conduct the assessments for levels of care for consumers. We may play other roles as well.

We at the AAA are continuing to learn more about this process as well as meeting with Managed Care Organizations to help them understand all of the services that we offer.

EARN WHILE YOU LEARN: JOB TRAINING OPPORTUNITY

The Senior Community Service Employment Program (SCSEP) at Westmoreland County Community College offers paid training for unemployed, job-willing residents who are 55-years-of-age and older, and who meet income eligibility guidelines. Public agencies, government offices, or 501 (c)(3) nonprofit organizations serve as training sites for program participants who

can update skills and learn new skills while continuing their job search.

Positions are available throughout Westmoreland County, earn \$7.25 per hour, and average 20 hours per week. For more information, call Mimi Owens or Rebecca Dunn: 724-925-4066 or toll-free 1-800-262-2103 extension 4066.

Available Training Opportunities

Clerical Assistant: Update office skills.

Custodial/Maintenance Assistant: Learn methods of professional cleaning, groundskeeping, and maintenance.

Dietary Aide: Learn safe food preparation techniques.

Docent: Apply interest in history and customer service at local museums

Library Aide: Individuals should possess an inquisitive, helpful attitude and customer service focus.

Program Aide: Assist senior center managers with activities, announcements, and office support.

Retail Associate: Learn customer service, cash handling, and display techniques.

Teacher's Aide: Assist in pre-school children's center.



Income Guidelines

1 Person	\$17,655
2 People	\$23,895
3 People	\$30,135

INCOME TAX ASSISTANCE 2016 - REVISED

The AARP Tax Counseling for the Elderly (TCE) program offers free tax help to people who cannot afford professional assistance. Volunteers from the Retired and Senior Volunteer Program (RSVP) help prepare simple tax returns for lower income, elderly, and persons with disabilities.

Taxpayers are reminded to bring their accurate records, income, interest and dividend statements, and copies of last year's federal and state tax returns when they seek help.

Those individuals who do not have the required documents or show up past the cut-off time will be asked to return at a later date.

Please check the local radio/television stations for site closings in the event of inclement weather.

Assistance will be offered beginning February 1, 2016, at the following locations:

DELMONT AREA

FRIDAYS

These dates only: February 12th and 26th, March 11th and 25th, and April 8th

8:00 am - 1:00 pm

(no appointment needed)

Cloverleaf Community Center
200 Cloverleaf Circle
Delmont, PA 15626

GREENSBURG - YOUNGWOOD AREAS

TUESDAYS

9:00 am - 1:00 pm

(no appointment needed)

(closed 3-15-16)

Maplewood United
Presbyterian Church
108 Woodland Road
Greensburg, PA 15601

THURSDAYS

9:00 am - 1:00 pm

(no appointment needed)

(college closed 3-24-16)

WCCC
145 Pavilion Lane
Commissioners Hall
Youngwood, PA 15697

FRIDAYS

9:00 am - 1:00 pm

(no appointment needed)

(closed Good Friday 3-25-16)

Our Lady of Grace Church
1001 Mt. Pleasant Road
Greensburg, PA 15601

IRWIN - NORTH HUNTINGDON AREAS

TUESDAYS AND THURSDAYS

9:00 am - 1:00 pm

(no appointment needed)

North Huntingdon Townhouse
11279 Center Highway
North Huntingdon, PA 15642

JEANNETTE - HARRISON CITY AREAS

WEDNESDAYS

9:00 am - 1:00 pm

BY APPOINTMENT ONLY

724-527-3200

Jeannette Center for Active Adults
211 Gaskill Street
Jeannette, PA 15644

FRIDAYS

9:00 am - 1:00 pm

BY APPOINTMENT ONLY

724-744-4414 ext. 0

Penn Area Library
2001 Municipal Court
Harrison City, PA 15636

LATROBE AREA

MONDAYS

9:00 am - 1:00 pm

BY APPOINTMENT ONLY

1-800-262-2103 ext. 3848

or 724-539-3390

WCCC Latrobe
130 Depot Street
Latrobe, PA 15650

TUESDAYS

9:00 am - 1:00 pm

BY APPOINTMENT ONLY

724-539-0237

Latrobe Center for Active Adults
Fifth Ward School Building
15 Avenue C
Latrobe, PA 15650

MT. PLEASANT AREA

WEDNESDAYS

9:00 am - 1:00 pm

BY APPOINTMENT ONLY

724-547-4593

Mt. Pleasant Center for Active Adults
424 Washington Street
Mt. Pleasant, PA 15666

MURRYSVILLE AREA

FRIDAYS

These dates only: February 5th and 19th, March 4th and 18th, and April 1st

8:00 am - 1:00 pm

(no appointment needed)

Murrysville Community Center
3091 Carson Avenue
Murrysville, PA 15668

TRAFFORD AREA MONDAYS

These dates only: February 8th and 22nd, March 7th and 21st, and April 4th

8:00 am - 1:00 pm

(no appointment needed)

St. Regis Catholic Church
517 Homewood Avenue
Trafford, PA 15085

WEST NEWTON AREA

MONDAYS

8:30 am - 12:30 pm

BY APPOINTMENT ONLY

724-872-4976

West Newton Center for Active Adults
103 E. Main Street
West Newton, PA 15089

YOUR BRAIN WILL THANK YOU

- **BE ACTIVE:** Hormones released during physical activity may help improve your memory.
- **LEARN SOMETHING NEW:** Taking on new tasks like playing an instrument, writing poetry or even reading a book you have never read before can help keep your brain sharp.
- **STAY SOCIALLY CONNECTED:** Stay involved in your community and with friends. Go to dinner or have a friend over. Go to a local Center for Active Adults. Volunteer at your church or local animal shelter, just stay involved. Staying connected can help with depression and helps boost brainpower.
- **MEDITATION:** This can be a great stress reducer and may help improve resistance in your brain. Meditation can be as simple as sitting in your favorite chair, no sound, and clearing your mind or praying.
- **BRAIN-TRAINING GAMES:** These are problem-solving games that challenge you. Try puzzles, mazes or Sudoku.
- **GET ENOUGH SLEEP:** A lack of sleep can affect the Frontal Lobe of the brain. The Frontal Lobe helps to control many important processes such as memory.
- **REDUCE STRESS:** Stress causes a hormone called Cortisol. Cortisol can cause long-term changes in brain structure, and this can lead to a cognitive decline.
- **INCREASE WATER INTAKE:** Not enough water can cause your brain to be "foggy".
- **DON'T SMOKE:** Cigarette use can thin the area of the brain that is used for memory, thinking skills and language.
- **MAINTAIN A SENSE OF PURPOSE:** Please realize you are important and you are needed. As mentioned earlier, volunteering and maintaining social connections are very important.

SMART DRIVER COURSE CLASS SCHEDULE (55 ALIVE) - SPRING 2016 REVISED

Course Identification No.

Course Location

Westmoreland County Community College 145 Pavilion Lane, Youngwood, PA

RSVL 2150-01	M/T	Mar. 21 & 22	9:00 a.m. – 1:00 p.m.
RSVL 2150-02	M/T	Apr. 25 & 26	6:00 p.m. – 10:00 p.m.
RSVL 2150-03	T/W	May 10 & 11	9:00 a.m. – 1:00 p.m.
RSVL 2154-01	*M	Mar. 14	9:00 a.m. – 1:00 p.m.
RSVL 2154-02	*W	Apr. 13	6:00 p.m. – 10:00 p.m.
RSVL 2154-03	*Th	May 19	9:00 a.m. – 1:00 p.m.

WCCC Latrobe Education Center 130 Depot Street, Latrobe, PA

RSVL 2150-60	T/W	Apr. 19 & 20	9:00 a.m. – 1:30 p.m.
RSVL 2154-60	*M	Feb. 22	9:00 a.m. – 1:30 p.m.

Latrobe Senior Center 5th Ward School Building, Avenue C, Latrobe, PA

RSVL 2154-71	*T	Apr. 26	9:00 a.m. – 2:00 p.m.
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*Indicates 4 hour Refresher Class

(You must have first completed an 8-hour class and bring proof of previously taking the class.)

Registration for these classes begins December 14, 2015.

To register, call WCCC's Registration Center at any of the following:

724-925-4204

Or 1-800-262-2103, extension 4204

These sessions are sponsored by the Retired and Senior Volunteer Program (RSVP) of Westmoreland County

Please remember to bring your sweater as the rooms may be chilly.

TEST YOUR DRIVING SKILLS

Participation in the AARP Smart Driver Course will:

AARP Smart Driver Course is eight hours of **classroom** instruction developed by AARP and sponsored by the Westmoreland County Community College's Retired and Senior Volunteer Program. **We are now offering a 4 hour Refresher Class for those who have already completed the 8 hour class.** There is no actual driving or written test involved with the program. A million graduates have completed the course to date.

The instructors are trained **volunteers**, aged 50 and older, who are concerned about safety on the road. These volunteers are recruited and trained by AARP to help others learn how to handle adverse driving conditions and traffic hazards, in addition to learning about the effects of aging and medications on driving.

Insurance reduction - Automobile insurance companies in PA voluntarily provide premium reductions to graduates of the AARP Smart Driver Course.

CAN YOU ANSWER THESE?

- How does the aging process affect your driving ability?
- What is the recommended way to determine safe following distance?
- (Hint: It's not the car-length formula.)
- Which drugs and medications could cause problems for you behind the wheel?
- What are the recommended ways to help you see and be seen on the road?
- When are you expected to yield the right-of-way?
- How can you best respond to adverse driving conditions, such as snow, ice, rain, fog, and dark of night?
- Where are the danger spots in a parking lot?

AARP Smart Driver Course CAN! It really works!

An examination of the records of more than 115,000 older drivers by the California Department of Motor Vehicles revealed that course graduates were involved in 16% fewer accidents resulting in injuries or fatalities and were convicted of 15.7% fewer traffic violations than older drivers in a control group. A majority (91%) of the drivers in the California test group were graduates of the AARP Smart Driver Course. The study is consistent with previous findings by the New York State Department of Motor Vehicles.

◆◆◆ NOTE: The costs have changed.

Fee - \$20.00 Check payable to AARP at the first class

\$15.00 for AARP members

(Membership card is needed for the \$15.00 fee.)

Checks only, please.

Call registration - 724-925-4204

Or 1-800-262-2103, extension 4204

Monday-Thursday 8:00 a.m. to 7:00 p.m.; Friday 8:00 a.m. to 5:00 p.m.

Peanut Butter Banana Smoothie

1 Banana

1 cup or Single Serve Container of Vanilla Yogurt

1/4 cup Peanut Butter

1 cup Milk, Almond Milk, Soy Milk or Coconut Milk

1/2 cup Ice

1/4 Teaspoon Vanilla Extract

Put items into a blender and blend for a few minutes or until ice is smooth. The items do not need to be measured exactly.

Optional items to consider adding:

Chocolate Syrup,
Flax Seed
or Berries





Westmoreland County
**Area Agency
On Aging**

Historic Troutman's Center
200 South Main Street
Greensburg, PA 15601

Presorted Standard
U.S. Postage
Paid
Greensburg, PA
Permit No. 130

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Volunteer Opportunity

Watch the Wild™, a program of Nature Abounds needs your help in observing the "wild" in your community. As a Watch the Wild™ volunteer, you observe and report what is taking place in your community, from trees and plants to weather and wildlife activity. In as little as ten

minutes, your observations help us to understand how our eco-systems are changing and helps us to adapt for the future.

Being a Watch the Wild™ volunteer is very easy. All you need to do is:

- choose a location or route to observe, whether it be your backyard, a route you drive regularly, or an area that you play, visit, or hike in regularly
- record your observations and
- report your observations to us via mail or email.

For more information go to natureabounds.org
If you are interested and do not have internet access please call 724-830-4444, ask for Michele.

WESTMORELAND SYMPHONY ORCHESTRA

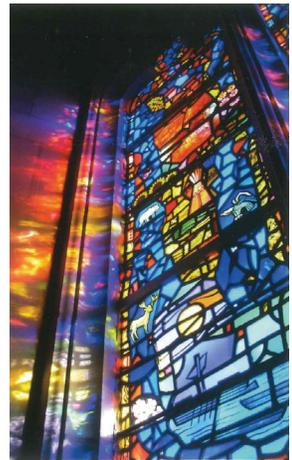
The Westmoreland County Area Agency on Aging is delighted to announce that tickets are available for the WSO's Mozart's Requiem, which will be performed at the Palace Theatre in Greensburg, Saturday April 23, 2016 at 7:30 PM.

Tickets will be distributed by a random drawing. Please forward your request with the following information:

- Name
- Address
- Telephone number
- Number of tickets (1 or 2)
- Self-addressed stamped envelope to: Sharon Casario

Westmoreland County
Area Agency on Aging
200 South Main Street
Greensburg, PA 15601-3110

All requests must be postmarked no later than March 25, 2016. You must be a Westmoreland County resident age 60 or older to receive these tickets.



APRIL 23, 2016
**MOZART'S
REQUIEM**

Ives
The Unanswered Question

Fauré
Pelléas et Mélisande Suite

Mozart
Requiem
WSO Chamber Singers