

# CAREGIVER SUPPORT PROGRAM

## 2<sup>nd</sup> QUARTER NEWSLETTER

Happy Spring!! (Let's just forget about that bit of snow last week and move on!) Welcome to our 2<sup>nd</sup> quarter newsletter. We hope you are enjoying this piece of quarterly mail as much as we do making it. I recently attended a webinar where The MIND diet was discussed. Now, I'm not one to push diets upon anyone but I found this very interesting. I've included information about it near the end of the newsletter.

This newsletter is for YOU, so please let us know how we can help. Is there a topic, diagnosis, tips, education or anything else that you would like to hear about? Please feel free to contact me.

Enjoy the bits of sunshine we are seeing and take care of yourself.

All the best,

Lisa

Lisa Shaffer Aging Care Manager Supervisor | [Inshaffer@co.armstrong.pa.us](mailto:Inshaffer@co.armstrong.pa.us)

### LOCATION LOCATION LOCATION

On the first day of spring, a person at the North Pole would see the sun skimming across the horizon, beginning six months of uninterrupted daylight. A person at the South Pole would see the sun skimming across the horizon, signaling the start of six months of darkness.



### Rain, Wind, Sun...is your house ready.

You can weatherize your house in warmer months too...

[Armstrong County Community Action Agency](#) provides state funded weatherization free to qualified individuals regardless of whether you rent or own. Spring can be a great time to get this completed. Depending on need, a home can have its air infiltration measured; attic insulated and ventilate; walls and floors insulated; pipes wrapped; incidental repairs completed and the electric baseload measured.

There are some stipulations such as the home must be free of standing water, mold, and mildew along with being free of certain health and safety issues. Please call ACCAA for further details.

Eligibility for this free service depends entirely upon the income of the applicant.

If you are at or below 200% of the Federal Poverty guidelines where a family of

- 1 makes \$25,760 or less a year
- 2 makes \$34,840 or less a year
- 3 makes \$43,920 or less a year

Call ACCAA at 724-548-3408

## Pennsylvania Department of Aging News

### PROPERTY TAX/RENT REBATE info:

The PA Department of Revenue has debuted a new online system this year that allows Property Tax and Rent Rebate applicants to file their applications online. We are encouraging applicants to use the new online system available at [mypath.pa.gov](http://mypath.pa.gov)

If you prefer to file a paper copy and need assistance, AAA will assist by completing the application and mailing the completed form back to you for sending. Please have all necessary materials and the booklet and drop off in the bin outside the agency. No face-to-face assistance permitted at this time.

## **April**

### Senior Center Update

Effective April 5, Senior Centers have expanded their hours of operations from 10am-1pm allowing limited center activities to begin again with continued adherence to safety precautions.

Grab & Go and Home Delivered Meals will still be available due to the participant cap in effect during the pandemic, for each center in relation to its size. Any questions, please call your participating center or the Area Agency on Aging at 724-548-3290.

## **June**

### Senior Farmers Market Voucher Program

Distribution information is unavailable at this time. However, typical guidelines include: Armstrong County residents who are 60 and older (by 12/31/2021), with household income for 1 person less than 25,760; 2 persons less than 34,840; 3 persons less than 43,920 are eligible for four \$6 vouchers totaling \$24 to be used at participating PA Farmers Markets.



## Holidays/Celebrations/Remembrances

### **May 15<sup>th</sup> – Armed Forces Day**

A day to celebrate those who give our nation their all. Armed forces Day is the day to honor all of the men and women currently serving. Created on August 31, 1949, by then Secretary of Defense Louis Johnson, to replace separate Army, Navy and Air Force days. The event stemmed from the Armed Forces' unification under on Department of Defense by President Harry S. Truman.

### **May 31 - Memorial Day**

Originally known as Decoration Day and first widely observed on May 30, 1868 to commemorate the sacrifices of the Civil War soldiers, Decoration Day officially became Memorial Day in 1971 through an act of Congress. Celebrated the last Monday in May to honor ALL soldiers who lost their lives protecting our freedom. Many people observe the holiday by wearing a red poppy, participating in a moment of silence at 3pm, displaying the United States flag, visiting a national cemetery or memorial, attending a parade or donating to a military service operation or charity.

### **June 6 - D-Day**

On June 6, 1944 the Allied Forces of Britain, America, Canada, and France attacked German forces on the coast of Normandy, France. With a huge force of over 150,000 soldiers, the Allies attacked and gained a victory that became the turning point for World War II in Europe. The D in D-Day is a code designation used to indicate a day of important invasion or military operation. There were many D-Days of World War II.

### **June 14 - Flag Day**

Many Americans celebrate Flag Day by displaying the Red, White and Blue in front of their homes and businesses. The day commemorates the adoption of the Stars and Stripes as the official flag of the United States. **Pennsylvania** is the only state that recognizes Flag Day as a legal holiday.

Pennsylvania's  
**Yellow Dot Program**

Created to assist citizens in the "golden hour" of emergency care following a traffic crash when they may not be able to communicate themselves. Placing a yellow dot in your vehicles' rear window alerts first responders to check your glove compartment for vital information to ensure that you receive the critical medical attention you need.

For more information or to request a kit, please call:

PennDot Sales Store at 717-787-6746 or go online at [ww.YellowDot.pa.gov](http://ww.YellowDot.pa.gov)

Caregiver Word Search

C V S S U P P O R T  
P C V P C A R I N G  
R A O U E Q L O V E  
E H R M X C I D D T  
L U I E P V I J V C  
I G P O N A I A U H  
A S F Z N T N T L I  
B F R I E N D I N L  
L A U G H T E R O D  
E U A T R U S T C N

companion  
parent  
friend

reliable  
support  
caring

laughter  
child  
trust

special  
love  
hugs

*Honor Your Mother*

Anna Jarvis is recognized as the founder of Mother's Day. To honor her mother, Ann organized and held the first Mother's Day celebration in 1908 at St. Andrew's Methodist Church in Grafton, West Virginia.

In 1868 Anna's mom, Ann, established a "Mother's Friendship Day" to reunite families that had been divided during the Civil War. Prior to that she also organized "Mother's Day Work clubs to improve sanitation and health for both Union and Confederate encampments during the typhoid outbreak. Anna wanted to recognize the good works her mother and others had done.

A day to honor mothers quickly caught on and in 1914, Woodrow Wilson signed a proclamation designating Mother's Day, held on the second Sunday in May, as a national holiday.

**Celebrating Fathers, Fathering, and Fatherhood!**

**Father's Day first began in the United States in the early 20<sup>th</sup> century as a complement to Mother's Day. Sonora Smart Dodd organized and celebrated the first Father's Day in Spokane, Washington. Sonora wanted to honor her father, William Jackson Smart, a single parent of six children and a Civil War veteran like Anna Jarvis had honored her mother with a celebration that became Mother's Day.**

**It took many years for Father's Day to catch on as a holiday but in 1966, President Lyndon B. Johnson issued the first presidential proclamation honoring fathers, designating the third Sunday in June as Father's Day. In 1972, six years later, the day was made a permanent national holiday when President Richard Nixon signed it into law.**

**It's TICK season!**



American Dog tick



Blacklegged (deer) Tick

Adult ticks, which are approximately the size of sesame seeds, are the most active from March to mid-May and from mid-August to November though they can be active anytime the temperature is above freezing. Two types of ticks are prevalent in South Western Pennsylvania: American Dog tick and Blacklegged (deer) tick. Both nymphs (which are the size of a poppy seed) and adults can transmit Lyme disease. According to the DEP (Department of Environmental Protection), about 51% of blacklegged ticks in Southwestern Pa carry Lyme disease.

To guard against tick bites, apply insect repellent containing diethyltoluamide or DEET; tuck pants into boots or socks; wear light clothing; check for ticks on your body, especially behind your knees, groin and hairline areas; and take a shower promptly after walking outdoors. Toss outdoor clothing in a dryer to kill any ticks and/or treat clothing with the chemical permethrin to guard against ticks. **Stay safe!**

## **COVID 19 VACCINATION INFORMATION:**

Armstrong County Memorial Hospital is administering both the MODERNA and PFIZER COVID-19 vaccines to Phase 1A individuals. The vaccine you receive is dependent upon supply, and there is not an option to choose between the two. All second doses of the vaccine will match the first dose brand.



### **PLEASE READ BEFORE SCHEDULING YOUR VACCINE:**

- Vaccines will be administered **BY APPOINTMENT ONLY**
- First doses are administered at the Health and Wellness Education Pavilion located at 79 Glade Drive, Kittanning (next to Dr. Hepner's office and ArmsCare)
- Second doses are administered at the Richard G. Snyder YMCA at 1150 North Water Street, Kittanning
- Participants must bring photo ID
- Participants can bring a support person if they are disabled or need a caregiver; otherwise, we are limiting the number of persons in the building
- Only persons with a scheduled appointment are permitted to enter the vaccination site
- No walk-ins or scheduling in-person is permitted

**Pfizer vaccines will be administered Mondays and Tuesdays (MUST be 16 yrs. or older)**

**Moderna vaccines will be administered Wednesdays, Thursdays and Fridays (MUST be 18 yrs. or older)**

### **PHASE 1A INDIVIDUALS**

- Long-term care facility residents
- Health care personnel including, but not limited to:
  - Emergency medical service personnel
  - Nurses
  - Nursing assistants
  - Physicians
  - Dentists
  - Dental hygienists
  - Chiropractors
  - Therapists
  - Phlebotomists
  - Pharmacists
  - Technicians
  - Pharmacy technicians
  - Health professions students and trainees
  - Direct support professionals
  - Contractual HCP not directly employed by the health care facility
  - Clinical personnel in school settings or correctional facilities
- Persons not directly involved in patient care but potentially exposed to infectious material that can transmit disease among or from health care personnel and patients
- Persons ages 65 and older
- Persons ages 16-64 with high-risk conditions\*:
  - Cancer
  - Chronic kidney disease
  - COPD
  - Down Syndrome
  - Heart conditions, such as heart failure, coronary artery disease, or cardiomyopathies
  - Immunocompromised state (weakened immune system) from solid organ transplant or from blood or bone marrow transplant, immune deficiencies, HIV, use of corticosteroids, or use of other immune weakening medicines
  - Obesity (body mass index [BMI] of 30 kg/m<sup>2</sup> or higher but < 40 kg/m<sup>2</sup>)
  - Severe Obesity (BMI ≥ 40 kg/m<sup>2</sup>)
  - Pregnancy
  - Sickle cell disease
  - Smoking
  - Type 2 diabetes mellitus

\* For the Moderna vaccine, the minimum age is 18. The minimum age for the Pfizer vaccine is 16.

**Scheduled by phone or online @ [www.acmh.org/covid-19-vaccine](http://www.acmh.org/covid-19-vaccine)**

**Phone lines are open daily from 9:00 a.m. – 3:30 p.m., Monday – Friday, at 724-543-(VACC) 8222.**



# Need some "ME" time?

Here are some fun, interesting, enlightening things happening near you!



## April 10, 11

Mable's Market flea Market/Yard Sale  
Sat. 8am- 5pm, Sun. 11am- 4pm  
Sugarcreek Community Park  
1511 PA-268, Cowansville Pa  
Bethanie 724-664-8880

## April 10<sup>th</sup>

Spring Open House – 6 year Anniversary  
ONLINE EVENT  
10am-5pm  
25 Eileen Dr., Smicksburg, Pa

## April 10<sup>th</sup>

April Vendor Fair  
9am – 2pm  
St James Parish Center  
109 Owen View Ave, Apollo  
Linda 724-882-8776

## April 15<sup>th</sup>

PWP (people with Parkinson's) and Care Partners Support Group  
1pm  
Richard G Snyder YMCA  
Grace Caves 724-545-2713

## April 17<sup>th</sup>

Wine 'N Dine 2Go Food Truck Fest  
12-8pm  
Leechburg Volunteer Fire Co  
268 Canal St. Leechburg, Pa

## April 17<sup>th</sup>-19<sup>th</sup>

Kittanning Trout Derby  
Hose, Hook & Ladder Co #1 - 7<sup>th</sup> Annual  
Kittanning Pa  
More info: [www.kittanningtroutderby.com](http://www.kittanningtroutderby.com)

## April 25<sup>th</sup>

Kingsmen Quartet (music)  
6pm  
First Church of God 13374 US422 Kittanning Pa

## May 1

KEN-Ducky Derby  
3-7pm  
Allegheny Mariner  
1301 N. Water Street, Kittanning Pa  
Armstrong County Tourism

## May 6<sup>th</sup>

National Day of Prayer  
7pm  
Riverfront Park Kittanning Pa

## May 8<sup>th</sup>

Dinner and Show  
Featuring Neal Dimond (impersonator)  
8-10pm  
Silver Canoe Campground, Rural Valley, Pa 16249  
Tickets: \$15 Adult, \$7.50 Moms, \$6 13 and under

## May 15<sup>th</sup>

Summer Bash Craft/Vendor Show  
9am-3pm  
The Venue on Main 152 N. Main St, Butler Pa

## May 21<sup>st</sup>

May Mart – Garden and Vendor Expo  
9am-7pm  
S&T Bank Arena  
497 E. Pike Road, Indiana Pa  
Indiana Garden Club - Admission: \$1.00

## June 5<sup>th</sup>

The Clarks  
8-10:30pm  
Starlight Drive Inn  
1985 N. Main Street, Butler, Pa  
1 Car (4 people) tickets \$115 - \$160

## June 18<sup>th</sup>

Fostering Music's Summer Shindig 2021  
Fri 6pm, Sat 10pm  
Presented by Diehl Toyota tickets  
Paradise Park  
1581 PA 268 Cowansville  
Fri. tickets - \$10, Sat. tickets - \$15

## June 19<sup>th</sup>

East Butler VFH – Spring Vendor and Craft Show  
9am-2pm  
East Butler Fireman's Reception



# The MIND diet

The MIND diet is designed to prevent dementia and loss of brain function as you age. It combines the Mediterranean diet and the DASH diet to create a dietary pattern that focuses specifically on brain health. MIND stands for the Mediterranean-DASH Intervention for Neurodegenerative Delay. Currently, there are no set guidelines for how to follow the MIND diet. Simply eat more of the 10 foods the diet encourages you to eat, and eat less of the five foods the diet recommends you limit. The current research on the MIND diet has not been able to show exactly how it works. However, the scientists who created the diet think it may work by reducing oxidative stress and inflammation.

Oxidative stress occurs when unstable molecules called free radicals accumulate in the body in large quantities. This often causes damage to cells. The brain is especially vulnerable to this type of damage.

Researchers also believe the MIND diet may benefit the brain by reducing potentially harmful beta-amyloid proteins. Beta-amyloid proteins are protein fragments found naturally in the body. However, they can accumulate and form plaques that build up in the brain, disrupting communication between brain cells and eventually leading to brain cell death.

In fact, many scientists believe these plaques are one of the primary causes of Alzheimer's disease. Animal and test-tube studies suggest that the antioxidants and vitamins that many MIND diet foods contain may help prevent the formation of beta-amyloid plaques in the brain.

Additionally, the MIND diet limits foods that contain saturated fats and trans fats, which studies have shown can increase beta-amyloid protein levels in mice's brains. Human observational studies have found that consuming these fats was associated with a doubled risk of Alzheimer's disease. Sources: Healthline, Katie Greenawalt

## 10 "brain-healthy" food groups

**Green leafy vegetables** – daily      **other vegetables** – daily

**Nuts** – 5x/week      **Berries** – twice per week ½ cup

**Beans** – every other day ½ cup      **Fish** – at least weekly

**Whole grains** – at least 3 per day      **Poultry** – twice per week

**Olive oil** – use as main cooking oil      **wine** - daily

## Foods to Avoid:

### 5 "Unhealthy Food Groups"

**Red Meats** < 4 servings/week

**Butter and stick margarine** < 1  
Tablespoon/day

**Cheeses** < 1 serving/week

**Pastries and sweets** < 5 servings/week

**Fried or fast food** - none