

FROM THE DIRECTOR



Sue Daugherty, Director

HOW TO AGE WELL – AND HAPPY

Jose Suarez is an ambitious volunteer/retiree, who donates a significant amount of time to Serving Our Seniors. In July he asked if Serving Our Seniors would work on a project that taught people how to retire – **happily!**

He wasn't referring to a course on how to retire \$\$ rich \$\$\$. He was referring to being rich in the sense of being a happy, socially productive, socially connected retiree.

The lack of purpose and the lack of meaningful responsibility can be fatal. By **responsibility**, I mean having the ability to respond – i.e., the physical or mental ability to respond, and a sense of duty to respond/act.

Excusing yourself from having to be "responsible" for the activities of day to day living – when you have the ability to respond -- has detrimental effects on

human beings of all ages. But it is especially injurious in later life.

We all look forward to the day when fewer expectations are placed upon us. It may sound good, but if you are not careful, you can easily confuse "retirement" with "disengagement". Disengagement can kill you.

There is a theory on aging called the "Activity Theory". Research shows that older people, who have a high degree of social interaction and a high activity level, find more satisfaction and happiness in later life. In other words, they continue to respond to life's demands – intellectually, socially and physically.

Because of the geriatric research supporting the "Activity Theory" on aging, you will see Serving Our Seniors piloting a new approach to helping senior citizens maintain their independence. At the foundation of our new approach will be the "Activity Theory".

Sincerely,

Sue Daugherty
Director

WHERE DOES SERVING OUR SENIORS GET ITS MONEY? – The majority of the programs and services are funded by the Erie County Senior Citizens Tax Levy. We also apply for grants and accept donations.

Serving Our Seniors

The Eldergazette

Issue #96

Aug/Sept 2010

Serving Our Seniors is funded by the Erie County Senior Services Tax Levy & Private Donations

**SENIOR FEST 2010 at the
ERIE COUNTY FAIR**



**JOIN US AT SENIOR FEST
AUGUST 13, 2010**

9:00am

Doors open

10:00 am – 10:15 am

Marine Corp. Color Guard & National Anthem; Marilyn Monroe Impersonator Welcomes you to Sr. Fest 2010

10:15am – 10:30 am

Lyme Village
Pioneer Band

10: 30am -10:45am

Bingo

10: 45am – 11:00am

Bathing Suits through the Ages

11:00am – 11:20 am

Melody Music Makers - 1950's tunes

11:20am – 11:30 am

Jr. Fair Royalty entertains the Sr. Fair Royalty on stage

11:30am – 12 noon

Variety Show

12 noon – 1:00pm

Vacationland Band will entertain while lunch is served. Please stay seated.

**LUNCH CATERED BY THE ERIE CO. HEALTH
DEPARTMENT**

- Spring Mix Chef Size Salad with marinated Chicken Breast
- Lemonade/Iced Tea/Water
- Fruit Cup
- Roll & Butter
- Tofts Raspberry, Lime, or Orange Sherbet

12:45pm – 1:00pm

The Price is Right

1:00 pm – 1:20pm

Talented Dog Show

1:20 pm – 1:40pm

Karate Demonstration

1:40 pm – 1:50pm

It's a SEXY secret. Come to find out what this event is all about ☺

1:50 – 2:00pm

Bingo

2:00pm – 3:00pm Oldies Rock n Roll

Denny R & the Smooth Grooves -

MoTown Sound from the 50's & 60's!!

Senior Fest is a day-long event to celebrate older age. It is a time to honor & commemorate all that people age 60 & better, for their contributions to our community & our country!

**CONSUMER BEWARE: How Senior Citizens
Are Targeted for Scams**

If you missed the public forum *Scams, Cons & the Aging Population*, an edited version will be available on DVD.

*If you would like to pick the DVD up at our office the cost is \$1.00.

*To produce & mail the DVD is \$6.00.

To place your order call Serving Our Seniors
419-624-1856 or 1-800-564-1856.

Here are some tips to avoid being scammed out of your money:

* The **“You Won The Lottery”** trick.

Someone calls you out of the blue, to say you won a very large cash prize. But, to receive the money, you have to send money to cover the taxes on the prize. **IF YOU REALLY WON THE LOTTERY...** you don't have to pay anything before you receive your full cash prize.

The Culprits Can't Be Caught. If you fall for this trick and wire them the money to cover the “taxes”, the culprits can't be caught. Because the criminals live outside of the United States, it is beyond the US law enforcement jurisdiction. **Your money is gone.**

Report scams & cons to your local police department and the Ohio Attorney General's office “Help Center” at 800-282-0515 between 8am-7pm Mon - Friday

Thoroughly question any checks you receive, that you didn't expect. It's easy to make fake checks look authentic. If you receive a large check, asking you to:

1. Accept & deposit a check, i.e., a \$10,000.00 check.
2. Send money to cover the taxes on your prize, i.e., send \$4,000.00 of the \$10,000.00 to them - **DON'T DO IT!! The check they sent YOU will bounce. You're out \$4000.**

* **The “I Can Give You A Deal On A New Driveway” Trick**

Someone you don't know knocks on your door. He offers to redo your driveway, because he “has extra asphalt that's just going to go to waste”. If you pay him 50% now, he will do the job. He takes your money and doesn't return.

* **Pressuring You Into Investing**

Don't give your investment info to anyone you don't know. Offer to meet the agent/advisor, and have a trusted friend or family member listen to the presentation with you.

Serving Our Seniors' office is available if you want to meet with an agent/advisor to consider an investment offer. A Serving Our Seniors' Advocate can listen to the sales offer with you, if you desire. Call us at 419-624-1856 or 800-564-1856 for more information.

**Your Very Important Papers (VIP's)...
Do You Know What They Do?**

“Understanding Your Very Important Papers” Is an important matter of personal business in later life. When Serving Our Seniors asked retirees about their Very Important Papers most said:

“I had my attorney do all that for me already. I don't need to go”.

Although they had their important legal documents drawn up, here's what they didn't know:

- They didn't know what legal documents they had in place?
- They didn't know the powers each of those documents possessed
- They didn't know how to revoke any of their legal documents if they wanted to

If you have all of your **very important papers drawn up, that's good. But it's not good enough.** You should also know what each of those documents do, how often should they be updated – and why.

To learn more about managing the powers in **Your Very Important Papers**, Serving Our Seniors is hosting a public forum with a panel of speakers consisting of:

John Ball - ElderLaw Attorney
Marilee Spore – Patient Advocate at Firelands Regional Medical Center
Kimberly Ollom, Social Worker - Stein Hospice

Serving Our Seniors in the process of finding an emergency room physician who may also join the panel and explain how those documents come into play in the emergency room.

Mark your calendar to attend...
UNDERSTANDING YOUR VERY IMPORTANT PAPERS: WILLS, LIVING WILLS, DO NOT RESUSCITATE, & POA'S

Date: Wed. August 18, 2010

Time: 10:00am - noon

Place: Erie Co. Office Bldg (downtown)
247 Columbus Ave - Sandusky

25 people or more are required to justify the time of the speakers.

RSVP by noon on Aug. 17, 2010.

419-624-1856 or 800-564-1856.



**KRISTEN, SENIOR ADVOCATE ASSISTANT
MOVES TO NEW JOB**

Kristen, one of the Senior Advocate Assistants for Serving Our Seniors, will be moving to a new job, effective August 2, 2010. Kristen has been with Serving Our Seniors since March of 2008.

She will be working full time in Mansfield for the Area Office on Aging. She will continue to help advocate for clients at her new job as a Care Coordinator.

We will miss her bright smile and sunny disposition. Thanks a lot, Kristen, for lending us your skills and abilities to help older adults of Erie Co. maintain their independence.

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3 EASY WAYS TO HELP SERVING OUR SENIORS EARN \$\$\$\$

Many hands make light work and the time & effort you donate brings funding to help Erie County senior citizens maintain their independence.

1. WANTED: CELL PHONES & INK CARTRIDGES

Serving Our Seniors receives anywhere from 10 cents to \$5.00 for each donated cell phone or ink jet cartridge. Since February 18th we have raised over \$800.00, which will be used to purchase injectable insulin for a sample population of senior citizens who are unable afford to treat their diabetes. Call our office if you have any cell phones or ink cartridges you would like to donate.

2. \$15.00 FOR EACH VOLUNTEER

Serving Our Seniors can receive \$15.00 for each volunteer we recruit to work at the Triathlon on Sept 12th at Cedar Point. NO PREVIOUS EXPERIENCE NECESSARY! You can help by checking in athletes, handing out water, T-shirts, and a variety of other miscellaneous tasks to choose from. **Serving Our Seniors can**

receive \$1,000.00 if we can place 67 volunteers who work at the Triathlon. Call Sue Daugherty for more information. 419-624-1856 or 800-564-1856.

3. DANCING WITH THE NORTH COAST STARS CHOOSES SERVING OUR SENIORS

Serving Our Seniors was selected by the Dance USA Chapter (a club that promotes the sport of ballroom dancing) to be the recipient of their upcoming fundraiser, ***DANCING WITH THE NORTHCOAST STARS.***

Spectators will enjoy hors d'oeuvres, cash bar and watching local celebs in a dance competition. After the competition the floor opens up to everyone who would like to dance.



(See reverse page for details)

Tickets are \$30/person.

**Tickets are available at
Serving Our Seniors
310 E Boalt St , Sandusky**

What Does Serving Our Seniors Do?



Door to Door Transportation

Serving Our Seniors funds transportation for people, age 60+, who live in Erie County. Last quarter, Erie County senior citizens took 3,442 trips throughout Erie County. Most trips are to doctors, the Erie County Senior Center, and shopping.

Rather than having its own transportation system, Seniors Our Seniors uses the transportation program operated by the staff of the Erie County Dept. of Developmental Disabilities.

Drivers will assist senior citizens to get on and off of the Share A Ride bus. The cost to the passenger is \$1.50 for a 1 - way trip in the urban areas. \$2.00 for a 1- way trip for the rural areas. It is FREE for any senior citizen who wants to go to the Erie County Senior Center.

Call Share A Ride 419-624-0367 or 1-888-624-0367; or you can call Serving Our Seniors at 419-624-1856 or 800-564-1856 to schedule your ride.

What Else Does Serving Our Seniors Do?



Fostering More Options for Senior Citizen Transportation

Serving Our Seniors contributed \$10,000 to Sandusky Transit System's "SPARC" Route.

Senior citizens can get a pass to ride the SPARC for **FREE**. To get your **FREE** SPARC pass, you must be age 65 or better (under age 65 does not qualify).

Come to Serving Our Seniors' office at 310 E. Boalt Street, Sandusky, and show proof of your age. You will receive a SPARC PASS that allows you to ride the SPARC for **FREE** from **now until December 31, 2010.**

The SPARC is a loop that has several bus stops throughout Sandusky & Perkins Twp. People can quickly and safely access various shopping centers and restaurants, and rely on prompt pick up times for a return trip home.

The SPARC is funded in large part, through a federal grant from the Federal Transit Administration.

What Does Serving Our Seniors Do?



**Nancy (L) Kevin (Center)
Kristen (R)**

Senior Advocate Assistants

What Else Does Serving Our Seniors Do?



**Anthony (L) Senior Advocate
Chris (R) Quality Assurance Manager**

Senior Advocate Assistants Resolve questions/problems/concerns.

In the last quarter, the Senior Advocate and the Senior Advocate Assistants addressed over 2300 inquiries from Erie County residents age 60+, who had questions/problems/concerns.

Here is an example:

Q: I'm a middle income household with no financial difficulties. Do I qualify for home improvements to conserve energy?

A: Serving Our Seniors just learned of Columbia Gas of Ohio "Home Performance Solutions". (Natural gas customers only) For \$50.00 you can receive an Energy Audit and rebates of up to 60% off the cost of the work. For more info call 1-877-644-6674.

Each year, Serving Our Seniors responds to over 10,000 inquiries from Erie County residents age 60+.

Anthony addresses the complicated problems jeopardizing independence of senior citizens. Chris Ferguson supervises all advocacy staff to ensure high quality service. Here is an example...

Q: My husband is living in a nursing home. I never managed the household money. His income goes to the nursing home, and my income can't support me, my health problems, & my home, which needs several repairs.

A: Anthony often helps a single client trouble shoot a variety of issues. He can navigate through home repair programs, legal service, health care issues, credit counseling, and he also attends meetings with clients to advocate for them and facilitate understanding.

THINGS TO DO

Country Cook-Out with Entertainment by singer Tiffany Lee

Tuesday, August 17, 2010

5:00pm.

**Erie County Senior Center, 620 E.
Water Street - Sandusky**

Cost \$12.00/person in advance.

Cattleman's Burgers, Sizzling Sausage,
Texas Baked Beans, Corn-on-the-Cob, Pie
& beverage. Proceeds Benefit the Erie
County Senior Center

* Community Relations Committee

The purpose is to direct and support the development and maintenance of relationships with all major stakeholder groups and other key individuals

* Nominating & Development Committee

The purpose is to develop and direct action plans to assure the skills, attitudes, and knowledge needed on the Board are available to the organization

If you are interested in any of these positions, please call Serving Our Seniors at 419-624-1856 or 1-800-564-1856. A board member will contact you regarding your inquiry.

SERVING OUR SENIORS' BOARD OF TRUSTEES NEEDS MORE VOLUNTEERS

The Nominating & Development Committee of Serving Our Seniors, is seeking individuals to be involved in four of our committees.

Just choose the one you are most interested in, and make a commitment to participate on a regular basis.

* Finance Committee

The purpose is to monitor the short term and long term financial position of the organization and recommend action needed to support the organization's mission.

* Policy & Governance Committee

The purpose is to develop and maintain the internal controls and policies that govern the activities of the organization

CONSUMER BEWARE:

Coins, Gold, Silver and the Aging Population

Date: Sept. 1, 2010

Time: 6pm – 7:30 pm

**Place: Erie Co. Office Bldg (downtown),
247 Columbus Ave – Sandusky.**

Can you tell a good deal from a bad deal, when deciding to trade in your coins or gold jewelry? Rich Bennington, a coin collector enthusiast, has some tips of the trade to share, so you can become a more savvy consumer before you decide to sell your coins, gold or silver.

An audience of 25 or more is required.

RSVP by 12 noon Aug. 31st at 419-624-1856.or
800-564-1856.