

## FROM THE DIRECTOR



### We are your Advocate.

We don't talk about it, but we know it's there. Western society – as a whole – does not treat older people with the same regard and respect as they treat young and middle-age adults.

This prejudicial treatment has a name. It's called "ageism". Ageism is discriminatory treatment practiced against people of older age. It doesn't matter if you are 60 or 65, if you appear or sound "older" your needs are not treated with the same degree of respect or promptness when compared to a young or middle aged adult.

If you have ever had this experience, remember this... Serving Our Seniors is your advocate. An advocate is someone who speaks on your behalf in those areas where you may lack the necessary knowledge or understanding to get the action you need.

Common examples we have seen that require our advocacy are: Getting bureaucrats to take action on fraudulent Medicare claims; choosing a prescription drug plan that actually covers your

prescribed medications; finding the best deal on natural gas; and taking a stand on outrageously high electric rates, etc..

If you have problems/concerns that haven't been given the attention they deserve because you aren't being taken seriously; or you don't understand the issue well enough to take the necessary action, this is where our office comes in...

Serving Our Seniors advocates for Erie County residents age 60+. We are here to help these residents maintain their ability to live independently.

So, if you have a question, problem, or concern and you don't know who to call, I invite you to **call any of our "Senior Advocate Assistants" – Nancy Rodriguez, Kevin Lee or Kristen Harkness at 419-624-1856 or 800-564-1856.** They want to help you age successfully.

Sincerely,

Sue Daugherty  
Director



**Q: What is geriatrics?**

**Answer:** A professional practice that specializes in the care & treatment of older people. **Serving Our Seniors is a geriatric social service.**

# Dispelling Ageism

For 10 years, Serving Our Seniors has been working with Perkins High School sociology classes; and over the last 5 years, we have been working with Sandusky High School sociology classes. Why? To create a week-long intergenerational experience to dispel the myths & misunderstandings younger people have about people of older age.

The only way to combat prejudicial treatment is through education and interaction. There is no better place to begin this education than in our high schools. Why? Because today's students are tomorrow's leaders – running governments, businesses, health care services, etc..

**Serving Our Seniors is seeking interested "senior citizens" to participate and interact with the sociology students at Perkins High and Sandusky High in the fall of 2010.**

**Please call our office (419-624-1856 or 800-564-1856) if you would consider participating to any extent that you desire. You are under no obligation. All we ask is for your name and phone number. We will contact you once the new school year begins.**

Has the intergenerational experience been successful? You decide...



**Senior citizens Terry & Judy Graham  
Eucherize sociology students at PHS**



**Ruth Glass (R) astounds sociology teacher  
& students with her speed & agility  
playing "Paddleball"**



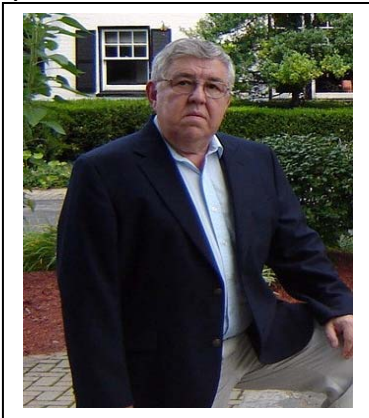
**Nancy Linker plays Virtual  
Bowling with sociology students**

# ***VOLUNTEER IMPACT***

***“You must be the change that you want to see in the world” -- Gandhi***

## **Meet Those Who Are Making A Positive Impact**

Never underestimate the power of one person to create a caring community. The next two pages will show you how a variety of individuals are using their time and skills to help Serving Our Seniors make Erie County a more compassionate place for older people.



**José Suarez, Volunteer  
Spanish Interpreter**

Hispanic older adults who can't speak English should no longer hesitate to call Serving Our Seniors. Meet our newest volunteer, José. José has volunteered his time to be an interpreter for Spanish speaking Erie County residents age 60+ who need the help of Serving Our Seniors. Thank you, Jose!

## **Out of Town Transportation Volunteers**

Imagine you need to get to a medically necessary appointment, and you no longer drive on the interstate. Or suppose you still drive, but your spouse requires a wheelchair.

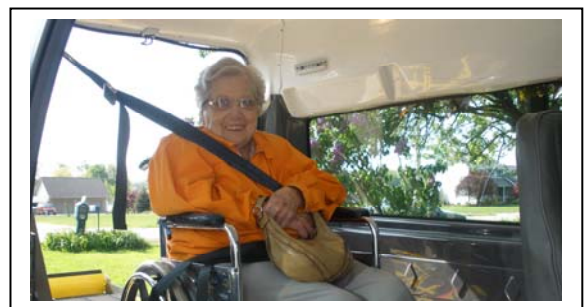
Who can help you get to this medical appointment? ***A volunteer!!***



**Volunteer Ken Woods with Phyllis & Alden**

**Meet Ken Woods.** Ken is a new volunteer who drives Serving Our Seniors' clients to their medical appointments.

If you are interested in making a positive impact on the life of another, consider volunteering for the Out of Town Transportation Program. You pick the day you want to volunteer. You can volunteer as little as one day per month, or as often as you like.



**Phyllis in the Van**

Thanks to the volunteers who donate their time to drive, the cost of a ride is an anonymous donation. The passenger is given a donation envelope. Any amount the person gives is accepted and greatly appreciated.

# VOLUNTEER IMPACT

“You must be the change you want to see in the world” -- Gandhi



## Meet Linda Thomas

Linda comes to the office and volunteers her time calling our volunteer drivers to ask if they are available to drive an Out of Town trip to a medical appointment. Then she completes all the paperwork, and puts the trip into motion.

Linda volunteers 6 hours/ week to help Serving Our Seniors . THANK YOU, LINDA!!



## CELL PHONE/INKJET DRIVE

**Barb Herb** has volunteered her time to help Serving Our Seniors coordinate its cell phone & computer ink cartridge drive.

Serving Our Seniors has asked Erie County service clubs to select a date, time, and neighborhood, and then walk those neighborhoods and collect unwanted cell phones & computer ink cartridges.

Barb has agreed to coordinate this effort by keeping track of neighborhood assignments.

Serving Our Seniors is striving to raise \$20,000.00, to be used toward the direct purchase of injectable insulin.



## Meet Shirley McKillips & Mary Lou Napka \$\$ Redeeming Work \$\$

Each Friday, Shirley & Mary Lou donate their time to sort, record, and package the donated cell phones and printer cartridges. These items are mailed and redeemed for 10 cents to \$5.00 for each item.

## Volunteer Help Wanted

Early riser who can give  $\frac{1}{2}$  to 1 hour each weekday morning from 8am - 9am at Serving Our Seniors' office . Some computer experience is helpful. Will train anyone willing to learn. Call Pat Davis for more information. 419-624-1856.

# Forums & Other Enlightening Experiences

Don't stop learning as long as you're still breathing

## Consumer Be Aware: UNDERSTANDING LONG TERM CARE INSURANCE

Mark your calendar for Wed. June 9<sup>th</sup>, 2010  
10 am – noon  
Erie County Office Building (downtown)  
247 Columbus Ave. (3<sup>rd</sup> Floor) – Sandusky

Who should have long term care insurance?  
Who can get it? Do you need it? What will it cover? Will it really protect me from losing my house if I move into a nursing home – or not?

Come and get straight talk about how Long Term Care Insurance works, who needs it, who doesn't need it, and why.

- Long Term Care Insurance Agent, **Ben Lindsley**
- Elder Law Attorney, **Michael Brumbaugh**
- Billing Coordinator for Providence Care Centers, **Dee Walker**
- Business Office Manager, Parkvue Healthcare & Parkvue Place, **Paula Weisenberger**

An audience of 25 or more is required.  
Please **RSVP by June 8<sup>th</sup> 12 noon**. Call  
Serving Our Seniors at 419-624-1856 or 800-564-1856.

## What You Didn't Know about Small Grandchildren

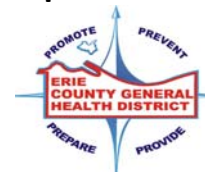
Do you transport your grandchildren? Did you know that 80% of child restraints are used incorrectly? Bring your grandchildren

to the Sandusky Community Church of the Nazarene, 1617 Milan Road and park in church parking lot on June 10<sup>th</sup>, (rain date is June 17<sup>th</sup>), from 9:00 am – 4:00 pm. Serving Our Seniors is putting on this workshop to help you, as a grandparent.



**The Ohio Highway Patrol** Troopers will teach grandparents how to properly use car seats, booster seats, and seatbelts in your own car and with grandchild (if present).

**If we have 25 or more grandparents that RSVP, these groups will be there also...**



The Erie County Health Department will also come and teach grandparents the safest methods of providing a proper sleep environment for a young infant. And...



The Ohio Bureau of Motor Vehicles will also be there to promote "ID R Kids" Ohio photo ID cards for children. ID's help in the event that a child is reported missing and in cases of child identity theft.

**Please RSVP by June 9<sup>th</sup>, 12noon, at 419-624-1856.**

# Forums & Other Enlightening Experiences

Don't stop learning as long as you're still breathing

## **Consumer Be Aware:**

### **Understanding the New Pricing System of Natural Gas**

Did you receive a letter from Columbia Gas trying to explain something about an "Auction Price", an SSO (Standard Service Offer) and how the SSO will replace the GCR (Gas Cost Recovery) rate. If this sounds like "gibberish" to you... Join the club.

Come to the forum that will explain how natural gas pricing has changed & why; learn if it is in your best interest; and how a consumer can tell?

Join us at our upcoming forum on **Consumer Be Aware: Understanding the Pricing of Natural Gas**

**Wed. June 23<sup>rd</sup>**  
**2pm – 4pm**  
**Erie Co. Service Center (next to fairgrounds)**  
**2900 Columbus Ave., 3<sup>rd</sup> Floor**  
**Sandusky**

**An audience of 25 or more is required to justify the time and travel of the speakers. Call Serving Our Seniors 419-624-1856 or 800-564-1856. RSVP by noon on June 22<sup>nd</sup>.**

### **June 14<sup>th</sup> Public Transit Hearing**

The City of Sandusky is considering the addition of a new route with an additional bus for the SPARC. Please come to the public comment session

**June 14, 2010 at 5:00pm**  
**Sandusky City Bldg. 222 Meigs St.**  
**Sandusky.**

## **AARP SAFE DRIVING COURSE**

Lowell Johnson, Safe Driving Instructor, and AARP volunteer, is holding an **AARP Safe Driving Course**

**June 16<sup>th</sup> from 8:30 am – 12:30 pm**

**Serving Our Seniors**

**310 E. Boalt Street**  
**Sandusky**

Payment is required at time of registration. Cost - \$12 for AARP members and \$14 for non-members. Make check payable to AARP.

### **Scams, Cons & The Aging Population**

Mark your calendar for **June 30<sup>th</sup>, 10 am – noon at the Erie County Office Building, (downtown) 3<sup>rd</sup> Floor, 247 Columbus Avenue – Sandusky.**

**Greg Benedict, Retired Lead Investigator** with the Ohio Attorney General's office – Bureau of Consumer Affairs; **Anthony Pool, Senior Advocate** with Serving Our Seniors; and **Pam Gross, Assistant Prosecutor** with the Erie County Prosecutors office will discuss and enlighten the audience on the various tactics used to get senior citizens to part with their money. Some are legal tactics – most are not.

**Wed. June 30<sup>th</sup>**

**10 am – noon**

**Erie Co. Office Building (downtown)**  
**247 Columbus Avenue , 3<sup>rd</sup> Floor**  
**Sandusky**

**An audience of 25 or more is required. Please RSVP by noon on June 29<sup>th</sup> . Call Serving Our Seniors at 419-624-1856**

# EVENTS & COMING EVENTS

Fight the doldrums...do more, see more & try what you never tried before"

## SENIOR FEST 2010

**AUGUST 13<sup>TH</sup> AT THE ERIE COUNTY FAIR**

Senior Fest is coming up, and we are changing it all around. Serving Our Seniors has been doing Senior Fest for over 10 years. And we are seeing a new generation enter the senior years. What a senior citizen found as being fun/funny/entertaining in 2000, is not the same for the growing population of new senior citizens.

A committee of senior citizens between the ages of 60 and 65 have been working with Serving Our Seniors to produce a new SENIOR FEST for 2010.

Here is a quick peek of what we have planned:

Marilyn Monroe - Welcomes you to Senior Fest  
Variety Show of local talent (& talented dogs)  
Bathing Suits thru the ages  
Please give us suggestions for other events  
[mail@ServingOurSeniors.org](mailto:mail@ServingOurSeniors.org) or 419-624-1856

### **Unable to get to the library, but still want to read?**

The **Huron Public Library** wants Huron residents to use their "Books to the Homebound" delivery service! Call the library at 419-433-5009 to get started. A staff member will select books based on your reading preferences, and a volunteer will deliver them to your door.

*Activities at*

**ERIE COUNTY SENIOR CENTER**  
620 E WATER, SANDUSKY

### **ICE CREAM SOCIAL**

Thursday, June 17, 2010

5:00pm – 7:00pm

Sandwiches and Ice Cream

Entertainment by "Just the Two of Us"

\$6/person

### **SMOKY MOUNTAINS "SHOW TRIP"**

July 26-30

5 days/4 nights

Tour the Great Smoky Mountains, watch Joseph & His Amazing Colored Dreamcoat, listen to the "Temptations Review", visit Pigeon Forge & Gatlinburg, and much, much more.

\$399 (single occupancy)

For information on any of these, or other upcoming trips, call the Erie County Senior Center at 419-626-2560 or 1-800-701-3221.

### **THE FAB FOUR – THE ORIGINAL 4 COINS, THE FOUR LADS, AND THE DRIFTERS**

Monday, September 13, 2010

Lunch/show 12:00noon

Hear Shangri-La, Moments to Remember, Under the Boardwalk, Upon the Roof, and much, much more.

More details coming soon.

Call the Erie County Senior Center at 419-626-2560 or 1-800-701-3221

**New!**

## SANDUSKY TRANSIT SYSTEM ENHANCES SERVICES

Sandusky Transit System now offers door to door transportation services to help senior citizens and those with disabilities get to where they want to go.

Prior to May 1<sup>st</sup>, Sandusky Transit would transport anyone who could walk or wheel-chair themselves to the curb. Not anymore! If you need transportation and need to be escorted from your door to the van, Sandusky Transit will do this for you.

If you live in Sandusky and need "door to door" service, you now have two choices – **Sandusky Transit (419-627-0740)** and **Share-A-Ride (419-624-0376 or 888-624-0367)**.

**NEW!!**

## Federal Grant Makes the SPARC free for People age 65+

People age 65 or better can ride the SPARC for free from May 2010 through December 2010.

Serving Our Seniors is issuing a **RIDE THE SPARC FOR FREE PASS**. 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 pass to **ride the SPARC for free** can only be used by the person to whom it was issued.

Call Sandusky Transit System for a list of bus stops and the pick-up times at each bus stop. **419-627-0740**

## Having Trouble Finding A Doctor Who Will See You?

**NEW!**

Some senior citizens are experiencing the high cost of health care in the following ways: **They owe a back balance** to their doctor, so they can't get an appointment to see him or her; their only insurance is **Medicaid and can't find a physician** who will take Medicaid reimbursement; or they only have Medicare and **cannot afford the co-payment**.

If I just described you, then you should know about the Erie County Health Department's new "**Family Practice Services**". They accept ALL patients including uninsured and under-insured.

You can be seen the same day or the next day. Any insurance you have will be billed. If you don't have any insurance, your cost will be based on a sliding fee scale.

"**Family Practice Services**" is located at The Erie County Health Department  
420 Superior Street - Sandusky  
Phone: **419-626-5623 ext. 174**

Monday – Friday 8am – 5pm  
Saturdays 8am – noon

Services include, but are not limited to:

- Immunizations
- Women's Health
- Senior's Health
- Men's Health