



# Senior Connection

An E-Newsletter of B/S/S/T Area Agency on Aging, Inc.

October 2020

*"In the entire circle of the year there are no days so delightful as those of a fine October."*

*-Alexander Smith*

## Long-term Care Residents Honored During Residents' Rights Month, October 2020

Across the country, residents of nursing homes and other long-term care facilities along with family members, ombudsmen, citizen advocates, facility staff and others will honor the individual rights of long-term care residents by celebrating Residents' Rights Month. Residents' Rights Month is an annual event held in October by the National Consumer Voice for Quality Long-Term Care (Consumer Voice) to celebrate and focus on awareness of dignity, respect and the value of long-term care residents.

The theme for Residents' Rights Month 2020 is, "Connection Matters"- to emphasize connections - to family, to friends, and to the community - as an essential component of good health and quality of life for residents.



"The months of restrictions on visitation in long-term care facilities and the inability of residents, families, and friends to be together during the coronavirus pandemic has emphasized the importance of connection, of relationships, and the impact they have on all of our well-being," said Lori Smetanka, Executive Director of the Consumer Voice.

Several residents and Pennsylvania Empowered Expert Residents (PEERS) from the B/S/S/T Area Agency on Aging area, have submitted entries into the national Resident Rights Voice Challenge. A Pennsylvania statewide Virtual Resident Rights Bingo is planned for PEER members later in October.

The Nursing Home Reform Law, passed in 1987, guarantees nursing home residents their individual rights, including but not limited to: individualized care, respect, dignity, the right to visitation, the right to privacy, the right to complain, and the right to make independent choices. Residents who have made their home in other types of facilities. Personal Care Home and Assisted Living residents maintain their rights as U.S. Citizens. Residents' Rights Month raises awareness about these rights and pays tribute to the unique contributions of long-term residents. The National Long-Term Care Ombudsman Program has worked for more than 40 years to promote residents' rights daily. More than 8,000 volunteers and 1,000 paid staff are advocates for residents in all 50 states plus the District of Columbia, Guam and Puerto Rico.

Authorized under the Older Americans Act and administered by the Administration on Aging, the program also provides information on how to find a facility, conducts community education sessions, and supports residents, their families and the public with one-on-one consultation

regarding long-term care.

To learn more about the local Ombudsman program or to become a volunteer, please contact local staff Ombudsman at 1-800-982-4346.

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## Active Living Center Menus



Meals on Wheels Endless Mountains is operating on an alternative delivery schedule and menu at this time to protect the health and safety of recipients, volunteers, and staff.

Questions?  
Call us! 1-800-982-4346

Stay well, everyone!



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## Upcoming Events

### Flu Shot Clinic

October 8, 10am-11:30am  
Canton Active Living Center

### Flu Shot Clinic

October 13, 10am-11:30am  
Garrett Miller Active Living Center

### Flu Shot Clinic

October 14, 10am-11:30am  
Warren Center Active Living Center

### Flu Shot Clinic

October 15, 10am-11:30am  
Gillett Active Living Center

### Sullivan County Drive-thru Flu Shot Clinic

October 17, 9am-12 noon  
Forksville Fairgrounds



## Event Calendar



## Annual Medicare Open Enrollment Period

October 15 - December 7

Every year beginning October 15 and ending December 7 the Annual Medicare Open Enrollment period (AOEP) takes place. The coverage and costs of Medicare Prescription Drug Plans and Medicare health plans, known as Advantage Plans, can change from year to year, and

this is an opportunity for Medicare beneficiaries to review any changes, and choose the coverage that will best suit their needs.

The APPRISE program, Pennsylvania's State Health Insurance Assistance Program, has counselors available to Medicare beneficiaries for assistance with plan comparisons, helping to ensure individuals' insurance and prescription drug plan needs will be met in the coming year.

In order to protect the health and safety of the community during the COVID-19 pandemic, the APPRISE program will be offering service by telephone appointment only during the AOEP. APPRISE Program services are free, confidential, unbiased, and open to all Medicare beneficiaries.

**For more information or to schedule an appointment for a plan review, call your local B/S/S/T Area Agency on Aging, Inc. office at 1-800-982-4346.**

## Wishing a Happy Retirement to Rosemary Bear

Rosemary Bear, Garrett Miller Active Living Center Manager, retired On September 29, 2020. On her last day after her party wound down, she was busy training her fill-in manager and tying up loose ends. Luckily though, she was kind enough to sit down and share a little bit about her journey through life.



Rosemary was born in Philadelphia along with her brother and twin sisters. She and her siblings suffered the loss of their mother early on, but were blessed when they were able to stay together throughout their childhood as their mother wished. If you ask Rosemary, they were also very fortunate to grow up in one of the best children's homes in the area. There she met Mom & Dad Norton - two people who were supportive and influential throughout Rosemary's life, and even became grandparents of sorts to her two children.

Rosemary's professional journey displays her varied talents. Before coming to the Aging field, she worked for well-drilling companies, a cable company, and a bank. Rosemary had her dream job when she was an aquatics director and managed a Y in the 70's. There she developed the first program for people with disabilities, and was even asked to give a lecture on the program at their East Coast Conference. Later in life Rosemary participated in the Experience Works Program, which helps train older workers to return to the workforce. Rosemary's time in the program lead her into a position as a Substitute Center Manager before she transitioned into her role as the long-term Garrett Miller Center Manager. Rosemary gave well over ten years to the center and will be greatly missed by the attendees, though she does plan on keeping in touch and returning to participate in activities of the center.

When asked what she will miss most, it was an easy answer - the seniors. We're sure they will miss her too!

***We thank Rosemary for her years of dedication, and wish her well in her retirement!***

## Lottery Calendar Fundraiser On Hiatus

For every neighbor, friend, and parent receiving in-home supportive care services through B/S/S/T Area Agency on Aging, there's a gracious community donor. As a nonprofit 501c3 organization, we rely on donations and fundraising efforts to provide services such as Meals on Wheels to residents of Bradford, Sullivan, Susquehanna, and Tioga Counties.

While we have held an annual Lottery Calendar fundraiser for several years, this year we will be shifting focus in order to reduce risks posed by COVID-19. The support we have received year after year is astounding, and we're so humbled by it. Every day we see the lives changed by the generosity of our benefactors, so we can't say 'thank you' enough!

We plan on resuming normal fundraising activities in the future, and assure consumers that in-home and community-based services will not be impacted due to the hiatus.

For more information on Area Agency on Aging services please call 1-800-982-4346.

Donations are gratefully accepted and can be mailed to B/S/S/T Area Agency on Aging, Inc. at 220 Main Street, Unit 2, Towanda, PA 18848.



## Wellsboro Active Living Center Participants Celebrate Labor Day with Picnic

Participants at the Wellsboro Active Living Center enjoyed a picnic on September 3 in honor of Labor Day. It was a beautiful day to be outside, safely enjoying the company of friends once again. With plenty of food, games, and fresh air, fun was had by all!

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## Caregiver Support Group Meets Virtually

*"Shared sorrow is half sorrow, while shared joy is double joy."*

The Bradford/Sullivan Counties Caregiver Support Group will continue to meet virtually at 12:00 noon on the second and fourth Tuesdays of each month throughout the remainder of the year. Those providing care to a family member or loved one are invited to participate, as well as family members and friends of long-term care residents.

**For more information and virtual connection information, please call either Kathy Morrison of Leslie Wizelman's office at 570-746-3844 or Carol Dieffenbach of B/S/S/T Area Agency on Aging, Inc. at 1-800-982-4346.**



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## New Brand, Same Legacy

The Corporation for National & Community Service is now AmeriCorps. AmeriCorps updated branding in order to raise awareness and better inform the public about opportunities to serve. By refreshing the brand AmeriCorps can ensure more people know about the opportunity to serve.

National service and volunteering have the power to bring out the best of America. As our nation continues to grapple with coronavirus and natural disaster, national service and volunteering have never been more important. AmeriCorps is bringing people together to help our people and our country prosper. Every year, more than 270,000 AmeriCorps members and AmeriCorps Seniors volunteers serve with organizations working in more than 45,000 locations nationwide to tackle the nation's most pressing challenges.

Locally there are 55 AmeriCorps Senior Foster Grandparent volunteers. AmeriCorps Seniors serve at Head Start centers, day care centers and schools serving at risk children under the supervision of a classroom teacher. Volunteers must be 55 or older, income eligible and pass background clearance. Volunteers participate in pre-service training, in-service training and earn

a stipend and mileage for their service.

For more information on the Foster Grandparent Program and other B/S/S/T Area Agency on Aging, Inc. services please call 1-800-982-4346. The B/S/S/T Area Agency on Aging, Inc. is funded in part by the Pennsylvania Department of Aging and the Bradford, Sullivan, Susquehanna, and Tioga County Commissioners.

The Foster Grandparent Program is sponsored by the B/S/S/T Area Agency on Aging, Inc. and federally funded by AmeriCorps. Funding also provided by the Bradford County United Way, the Susquehanna County United Way, the Lycoming County United Way-Tioga County Fund and the Tioga Downs Regional Community Foundation.

AmeriCorps, a federal agency, brings people together to tackle the country's most pressing challenges, through national service and volunteer. AmeriCorps member and AmeriCorps Seniors volunteers serve with organizations dedicated to the improvement of communities. AmeriCorps helps make service to others a cornerstone of our national culture. Learn more at [AmeriCorps.gov](http://AmeriCorps.gov).



**B/S/S/T Area Agency on Aging, Inc.**  
**Serving Bradford, Sullivan, Susquehanna, and Tioga Counties**

**1-800-982-4346 | [info@bsstaaa.org](mailto:info@bsstaaa.org) | [bsstaaa.org](http://bsstaaa.org)**

B/S/S/T Area Agency on Aging, Inc. is funded in part by the Pennsylvania Department of Aging; the United Way of Bradford County; the Lycoming County United Way; and the United Way of Susquehanna County. For additional information on Area Agency on Aging services, please call 1-800-982-4346.