



Caregiver Support Newsletter



Fall 2024

Hello! I hope everyone is doing well! We've had some changes here at Armstrong County Area Agency on Aging. I am now the Executive Director. Although, I am still involved in the Caregiver Support Program, we also have Charlene Bundy, who many of you already know. Charlene and I work great as a team! I wanted to make you aware of some funding changes at the state level. At this point we are able to maintain our current caregivers, but may not be able to increase cost caps and/or provide home modifications at this time. I'm also very sad to say we will not be doing an in-person Caregiver Summit this year. We will provide links on our website for education. With that being said, if you ever get a chance to speak with a legislator or local politician, please let them know how AAA is impacted you and encourage funding for aging.

Thank you for everything you do!

Lisa

Inshaffer@co.armstrong.pa.us 724-548-3290



We appreciate everyone's cooperation in turning in receipts and paperwork. Here are just a few reminders.....

- * Receipts are due to our office no later than the **5th** of the month.
- * Please do not highlight or markup receipts.
- * All items need to be pre-approved. If it wasn't discussed prior to purchase and part of your care plan, it won't be reimbursed.
- * Please make sure all forms are signed before turning in. (Caregiver and Contractor if applicable)

Personal Care, Respite and Other Services....

We don't need a lot of details.

Receipts....

- We reimburse for tax and shipping for approved items.
- It needs to show the name of the store and the date of purchase
- Remember to check (and subtract) for rewards, coupons, discounts, etc.
- Please write what the item is on the form, not necessarily what the receipt says.
- We prefer actual receipts.
- Receipts must be legible.
- We do not reimburse for prescriptions.
- All pre-approved assistive devices need an insurance denial and a doctor's recommendation.

We have provided examples:

You could win a \$1000 GiftCard!
 Visit survey.walmart.com/718550L3402
 For more details, see back of receipt.

Walmart *

name of store

Walmart Supercenter
 814-678-0037 Not: ALLAMA
 10 KIMBERLY LN
 CRANFORD PA 16319
 S18 02591 OPB 007324 TER 18 TR# 04592
 8 ITEMS SOLD 9
 ICB 2002 5066 5032 7346 2803 5



DISCREET UMR	003077202617H	27	81	N
POTISE LMG	39 00360005 2940H	23	46	N
POTISE LMG	36 00360005 2940H	23	46	N
CHRY SU1	003077202617H	32	98	N
PEACHES	0766140001 F			
1 1/2 lb	0 10 28 74	3	77	N
STRAWBERRIES	005407700709 F	4	39	N
NEWAY 1/1 4	007230001124H	7	37	N
NEWAY 1/1 4	007230001124H	7	37	N
POTISE LMG	36 00360005 2940H	23	46	N
SUBTOTAL		152	10	
TOTAL		152	10	

no highlighting
or
marks

All legible

CAPITAL ONE **** 8888 8888 8888 1 2
 APPROVAL # 09775P
 REF # 1042000314
 AID 4000000041010
 A/C REQUEST 40233905
 TERMINAL # 80010002
 AND SIGNATURE REQUIRED

date

10/18/24 15:07:01 0.00
 CUSTOMER COPY



Get free delivery
 from this store
 with Walmart+

Scan for 30-day free trial.

Low Prices You Can Trust. Every Day.
 10/18/24 15:07:02

DOLLAR GENERAL STORE #5817
 4065 3RD ST,
 NU MINE, PA 16244
 (814) 718-0996
 SALE TRANSACTION

name of store

NURACELL COPPERTO	41333704647	\$16 00
NURACELL COPPERTOP	AA-16	-\$2 00
Tax	\$14.00 @ 6.0%	\$0 84
Balance to pay		\$14 84
Visa Debit		\$14 84
Merchant Scheme Number	** **** 3617	

* coupon
* taxes

All legible

US DEBIT *****
 Exp Chip Read Auth Code 140826
 AID A0000000980840 PAN Seq
 IVR 8000048000 TSI 6C00
 IAD 06011203A0A000
 AFD *****27013 IID ****6000
 TOTAL PURCHASE \$14 84

Mfr Coupons	\$2 00
Total Coupons	\$2 00
Total Savings today is	\$2 00

coupon

Save Time Save Money
 Every Day! At Dollar General

STORE	TILL	TRANS	DATE
5817	1	217972	09-14-24 3:08 PM

date

Please read this alert from the Fusion Center.

Western Pennsylvania All Hazards Fusion Center



**(U//FOUO) 2024
Scams**

The following is far from a comprehensive list of known scams affecting every one of us almost daily. Attempts to get your personal information, steal your money, and other nefarious purposes, are always evolving and changing. The following are a highlight of scams known to the area or expected to impact the area. Please share this with your employees, co-workers, family, neighbors, and friends. Please especially share this with the elderly population you know. Often, they are targeted, and often do not know who to turn to. This list is only to help you recognize some ways and actions used to steal from you.

If you have an attempted scam against you, pause. Please contact a family member or friend and ask if something is legitimate or not. Please contact your local police department to assist in the same and so they are aware of scams in their area. If it sounds too good to be true, it is. Do not give out personal information, bank information, or other identifiers. None of these are needed in a true emergency over the phone. Time is your friend. Hang up. Do not respond. Think it through.

If you become a victim, please contact your local police department for an investigation. Do not feel embarrassed. It happens to all ages, demographics, and populations. At the least you might help the next person avoid becoming the next victim.

1. PA Turnpike Scam

- Individual will receive an unsolicited text, email, or message claiming to be a PA Turnpike Toll Services. The message will state there is an overdue balance, and the account will incur additional charges if not settled.

2. Tickets Scam

- Online ads claiming 4 tickets can be purchased at a discounted price but need to be purchased quickly.

3. Clergy Member Scam

- Individual will receive a message or email from someone posing to be a clergy member of the church asking for money/gift cards or personal information.

4. Outstanding Warrant Scam

- An officer from a law enforcement agency calls an individual to state they have an outstanding warrant, and it needs to be paid. They will try to get banking credentials or gift cards.

5. Computer Security Notification Scam

- An individual's computer displayed a security notification and froze the screen. The notification provided a number to call, where a scammer posed as an Apple employee, stating that money needed to be withdrawn from various banks and need to be deposited into a bitcoin machine. The scammer stated that this was a government funded program.

6. Grandparent Scam

- Individual received a call stating their grandchildren in in distress and need financial assistance.
- Someone may also pose as a bail bondsman, judge, law enforcement officer, or doctor, claiming their grandchild needs financial assistance.
- Examples include Bail money, medical needs, issues traveling aboard, issues with military leave, etc.
 - Anything to instill urgency and fear in the grandparent

7. Health Insurance Scam

- An individual will receive an email or phone call, requesting personal information to update records. They may also be billed for fake services.

8. Lottery Scam

- An individual is told they have won a prize, i.e. a luxury vacation or large sum of money, however, to claim said prize they must pay taxes and fees.

9. IRS Scam

- An individual will receive a call from someone posed as an IRS employee claiming they owe back taxes that must be paid, or they will face consequences such as jail time.

10. Prescription Drug Scam

- An individual will be offered discounted or free pharmaceutical drugs from companies claiming to be legitimate or individuals posing as a well-known company. The medicine is often counterfeit or expired.

11. Grocery Store Skimming Devices

- A scammer will place a skimming device to the card reading device. This skimmer will allow scammer to access scanned cards.

12. Romance Scams

- A scammer will use a fake identity online gain an individuals trust and affection. The scammer uses the illusion of a relationship to manipulate and/or steal from the victim

13. Gas Money Scam

- A scammer will appear to be broken down on the side of the road and when good Samaritans approach trying to help the scammer will solicit cash for gas. They will not accept gallons of gas if offered.

14. Student Loan Forgiveness Scam

- An individual will be contacted and be urged to apply for debt relief but needs to do so quickly. The application will come with expensive fee and request personal information. Resulting in the scammer getting important information and money.

15. Zelle Scams

- Scammer will contact individual claiming fraudulent activity on their account, will then walk them through how to fix problem, ultimately sending money into scammer's account

16. Text Scams

- A scammer poses as a legitimate business (bank, retailer, delivery company, or government agency) and will send a text instructing the individual to follow a link or call to resolve the stated issue.

17. Employment Scam

- A Scammer will pose a job recruiter, interview the individual, offer the position, then they will ask for personal information complaining it is for employment paperwork. In some instances, they will send an invoice for work supplies, claiming it will be reimbursed.

18. Cryptocurrency Scams

- An individual will be pressured to invest their money into a phony investment platform, with the promise they will see large returns. In some instances, scammers will impersonate a celebrity to get someone to make an investment.

19. Voter Registration Scams

- A scammer will attempt to find unregistered voters and claim to help them register. The scammer will use phony links or apps to obtain personal information.

20. Donation Scams

- Scammers will pose as campaign volunteers or send a email/ text messages with links to a phony donation website.

21. SNAP Benefits Scam

- Commonly found on Facebook, a link will be posted to a Google Form that implies SNAP recipients are eligible for additional money if they fill out their personal information.

22. AI Spoofed Call Scam

- A scammer will use artificial intelligence to spoof the voice of a loved one and their number and call the victim. The scammer will state they are in some form of trouble and need help.

23. Online Shopping Scams

- A scammer will post a phony listing on popularly used third party sites used to sell items. They will accept payment, or request payment in a method harder to trace and never send the merchandise.

24. Kidnapping Scam

- Scammers use the tagged location on social media posts to target the families with members traveling outside of the U.S. The caller will claim that individual has been kidnapped or they are in danger.

25. Deepfakes of C-suite executive

- A CEO's voice can be replicate using deep fake technology to impersonate them in a fraudulent audio message. The fabricated message could include instructions to an employee to transfer funds to a fraudulent account, resulting in substantial financial loss for the organization.

26. Quick Change

- Scammers will attempt to make a purchase with large bills. During the interaction the scammer will confuse the cashier, resulting in the incorrect cash being presented in the transaction. The Scammer untimely makes money off of this interaction.

27. Driveway Scheme

- A contractor will show up at their victim's door claiming they were doing work in the area and noticed the condition of their driveway. The contractor may claim they have leftover supplies and can offer the victims a discounted rate with a

percentage of the fee paid upfront. Once the payment goes through, the contractor may disappear completely and be impossible to contact or leave the victim's property in poor conditions.

28. Skimming Devices

- Scammers will place devices on or inside ATMs, point-of-sale (POS) terminals, or fuel pumps capture card data and record cardholders' PIN entries. The data will be used to create fake payment cards and then make unauthorized purchases or steal from victims' accounts.

29. PA Department of Human Services Scam

- There are scam Facebook messages sent promising \$50,000 from the PA Department of Human Services, but you must pay a "fee" to receive this money.

30. EBT Card Cloning

- Food and Nutrition Services has received reports of people attempting to use photocopies of EBT cards at retailers and pressuring them to manually enter EBT card numbers.

31. PNC/Citizens Bank (General bank scam)

- An individual will receive an unsolicited text, email, or message claiming to be from a western PA bank directing them to login to their account for a variety of reasons, to include authorization to make a payment, due to a low balance, or a problem with their account. When the individual logs into their account via the bank app or website, the issues mentioned in the message were not accurate and identified as an attempt to scam the individual.

32. Shipping Scam

- An individual will receive an unsolicited text, email, or message claiming to be from UPS, FedEx, Amazon, or USPS indicating they are holding a package because of a problem with the destination address.



PA Link Welcomes All Caregivers to Caring for the Caregiver: An Afternoon of Education & Relaxation



Join us on **Monday, November 18, 2024** from **2:00 PM to 3:30 PM** at the **Vandergrift Library** for a special event designed to support caregivers. Whether you're caring for a child with disabilities, an elderly parent, a spouse, or working as a professional caregiver, we understand the challenges of caregiver burnout.



Come learn practical ways to care for yourself, so you can continue providing the best care for others. Enjoy a relaxing craft activity to help you unwind, and connect with others who share your journey.



Location: Vandergrift Library
128 Washington Avenue
Vandergrift, PA 15690

Note: The program room is located on the second floor, accessible by stairs only. Space is limited.

To reserve your place, register by **November 11** by email to Suzy.Chertik@wfspa.org



HUNTERS:

Share Your Deer

The PA Hunters Sharing the Harvest Program HUNTERS DO NOT PAY THE PROCESSING FEES

HOW TO DONATE YOUR DEER:

Enjoy A Safe and Successful Hunt



**Carefully Field-Dress, Legally-Tag
and Report Your Deer Harvest**



**Take the Whole Deer to Any HSH
Processor Near Where You Hunt
or Live**



**Complete the HSH Deer Donor
Receipt Form Verifying Your
Donation**



**Know You Just Helped Feed
the Hungry in Pennsylvania**



www.sharedeer.org

Approved Armstrong County HSH Processors:

Graham's Custom Butchering
Zach Graham
12876 State Rt. 422
Kittanning, PA 16201
724.664.9312
zgraham55@yahoo.com

Gutherie Deer Processing
Gutherie, Jim
168 Gutherie Road
Cowansville, PA 16218
724.526.5997

Myers Deer Processing
Brad Myers
110 Garden Lane
Kittanning, PA 16201
724.664.7637

Toy's Deer Processing
Richard E. Toy Jr.
1988 State Route 60
Ford City, PA 16226
724.763.7070

ARMSTRONG COUNTY COORDINATORS:
Tim and Gretchen Blystone of Apollo, PA
724.478.1893 - timandgretchen@comcast.net



Worthington West Franklin Community Library

214 E. Main St Bldg B Worthington 724-297-3762

M-W 12:00-5:00; Th 10:30-7:00; F 10:30-6:00; S 10:30-4:30

November 2 - STEM Saturday 12:00-2:00 Children ages 8 and up are invited to drop to conquer challenges while playing with science. Registration requested for planning purposes.

November 4 - Storytime 1:30-2:30 Enjoy stories, games, activities and crafts. Geared toward ages 3-5. Registration requested for planning purposes.

November 4 - Lego Club 4:00-5:00 Make something awesome with Legos and explore your imagination. Registration requested for planning purposes.

November 5 - Election Day CLOSED The library is closed. Please return materials in the book drop or renew by phoning the library or online.

November 7 - Kim Runan, author talk, 5:30-7:00 Listen to local author, Kim Runyan, discuss her most recent young adult novels. Registration requested for planning purposes.

November 8 - DEADLINE to order \$14 pies or \$10 pumpkin rolls through the End of the Hall Used Bookstore. Call 724-297-3762 to order or for more information.



November 11 - Veteran's Day CLOSED The library is closed. Please return materials in the book drop or renew by phoning the library or online.

November 14 - Fiber Friends 5:00-7:00 If you crochet, embroider, spin yarn, cross stitch, knit, weave or use fibers in other ways, join us for a relaxing time while you work on your project and enjoy conversation.

November 14 - Medical Foster Home Program for Veterans 5:00-7:00 Learn about this Nation program to help our veterans in need of long term care with Inger Jensen of Butler County VA Health Care System. Registration requested for planning purposes

November 18 - Storytime 1:30-2:30 Enjoy stories, games, activities and crafts. Geared toward ages 3-5. Registration requested for planning purposes.

November 21 - NAMI - Navigating the holidays while coping with mental health conditions 5:00-7:00 Donna Lamison from the Butler branch of NAMI will discuss challenges and strategies of mental health condition during the holiday season. Registration requested for planning purposes.

November 22 - PICK UP PIES AND PUMPKIN ROLLS

November 25 - Storytime 1:30-2:30 Enjoy stories, games, activities and crafts. Geared toward ages 3-5. Registration requested for planning purposes.

November 25 - Jr. Book Club (ages 8-12) 4:00-5:00 Tween will be discussing the books from the Junior reading area of the library. Library membership is required to check books out for this free program. Registration requested for planning purposes.

November 27 - Thanksgiving Eve CLOSED AT 2:00

November 28 - Thanksgiving CLOSED The library is closed. Please return materials in the book drop or renew by phoning the library or online.

November 29 - Day after Thanksgiving CLOSED The library is closed. Please return materials in the book drop or renew by phoning the library or online.



Happy Thanksgiving

November

Ford City Public Library

1136 Fourth Avenue, Ford City, PA 16226 | 724.763.3591

www.armstronglibraries.org/ford-city

Mon 3-8 | Tues, Weds, & Thurs 10-8 | Fri 10-3 | Sat 8-3

Weekly Programs

Yarn Collectors (Ages 16+)

Every Monday @ 5:30pm and Thursday @ 10am (Ages 16+) meet up with this snotty group for knitting and crocheting! Learn, work on your own project, or work together to benefit the community.

Tech Tutor Tuesdays

Every Tuesday @ 12:30-3pm (Ages 18+) Want to learn how to face line, pay bills online, work your net-tablet, or more? Make an appointment or walk-in for Tech Tutoring hours!

Afterschool Tutoring (K-12)

Every Tuesday 3:30pm-6pm (Ages 5+) Need homework help? Stuck on a subject? Whatever area of tutoring you could use some help with, make an appointment or walk-in to get back on track!

Storytime

Every Wednesday @ 11:30am (Ages 3+) Join Miss Katie for a story along with songs, puppets, and craft/activity!

Weight-to-Go Wednesdays

Every Wednesday @ 6pm (Ages 18+) Meet up with others on their weight loss and healthy living journeys each week for talk, tips, and support. Weigh-ins start at 5:30pm. Guest presentations begin at 6:15pm on select weeks - check back for upcoming speakers!

Library Playgroup

Every Thursday @ 1pm (Ages 0-5) Feel like you're stuck at home with the kids? Meet up at the library for fun and friends!

Baby Bookworms

Every Friday @ 11:30am (Ages 0-2) Baby Bookworms is a simple early literacy program with a short story and lots of songs, movement, and sensory exploration.

Lunch & Learn: Wills, Trusts, & Estate Planning

Saturday 11/2 @ 11am (Ages 18+) The library is excited to host its first in a NEW series of programs offering free informational sessions on important life topics! Join Kim Ferringer from Mechling & Heller to learn the basics about wills, trusts, and estate planning. Light refreshments will be provided. No charge! Registration required.

Maker Night: Gratitude Jars

Thursday 11/5 @ 6pm (All Ages) Make your own Thanksgiving gratitude jars! All supplies included free of charge and will be available for the remainder of the month (while supplies last!).

Historical Book Club

Thursday 11/7 @ 6pm (Ages 18+) Join us for a discussion of this month's featured books by author Thomas White on local PA folklore. Registration and library membership required to reserve a copy of the book.

Young Adult Entrepreneur Christmas Sale

Saturday 11/9 @ 10am to 2pm We are proud to have our Young Adult Entrepreneur Club back for a second Christmas craft show! Show up to shop and support these ambitious local teens & pre-teens!

Bestsellers Book Club

Tuesday 11/12 @ 6pm (Ages 18+) Good reads and discussion of recent bestselling books! Registration and a library membership is required to borrow a copy of the book.

Thursday Classic Theatre

Thursday 11/14 @ 2pm (Ages 18+) During the fall and winter, stop in for a showing of a classic movie on select Thursdays - free popcorn included. This month's film is *At War with the Army*.

Story Night DINOvember!

Thursday 11/14 @ 6pm (Ages 3+) Storytime at night! Join us for a special dinosaur-themed evening - it's DINOvember! Registration encouraged for planning purposes.

LEGO Club

Tuesday 11/19 @ 6pm (Ages 6+) Put your building skills to the test! We'll have design ideas, challenges, and more set up and ready for builders.

DIY Thursday: Grab & Go Thread Art Leaves

Thursday 11/21 @ 6pm (Ages 18+) You can do-it-yourself! Grab a kit with all supplies and instruction included to make your own leaves with thread art. Registration required.

Ukulele Night - Third Fall Session

Thursday 11/21 @ 6pm (All Ages) Registered ukulele beginners - join us for session #3 to work on your newfound uke skills! Returning students with their own ukes are also invited to join to help others learn and play along with some popular tunes!

Teen Tuesday

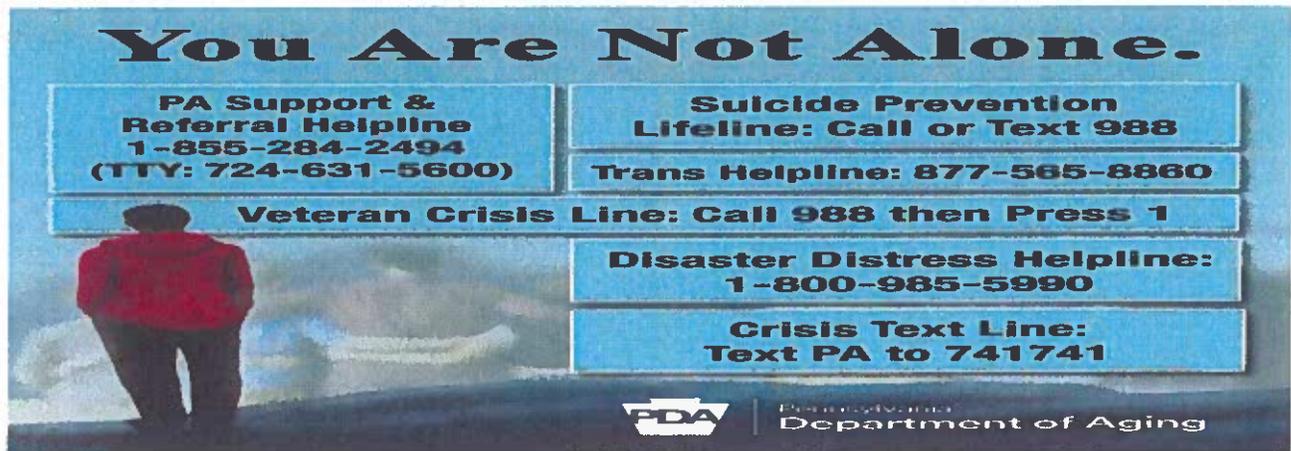
Tuesday 11/26 @ 6pm (Ages 12-17) For teens by teens! Use YOUR library for YOU! Art, games, food, and more. This month we're having an ugly Christmas sweater party! Bring an old sweater to upcycle into a new holiday favorite (t-shirts will also be available). Registration encouraged!

Cookie Crawl & Holiday Craft Market

Saturday 11/30 @ 9:30am to 2pm Stop in the library during Ford City Area Business & Professional Association's Cookie Crawl to grab some cookies & shop our Holiday Craft Market featuring our Yarn Collector ladies and talented local artists! For more information on the Cookie Crawl, visit FC46PA's Facebook page!

Happy Thanksgiving

The library will be closed Monday 11/11 (Veterans Day) and Thursday 11/28 - Friday 11/29 (Thanksgiving)



You Are Not Alone.

PA Support & Referral Helpline
1-855-284-2494
(TTY: 724-631-5600)

Suicide Prevention Lifeline: Call or Text 988

Trans Helpline: 877-565-8860

Veteran Crisis Line: Call 988 then Press 1

Disaster Distress Helpline:
1-800-985-5990

Crisis Text Line:
Text PA to 741741

PDA | **Department of Aging**

Review Medications with Your Doctor or Pharmacist: 5 Tips for Success

Many people take more than one prescription and use over-the-counter medications. As we grow older and our bodies change, taking multiple medications increases the chance of side effects and risk of falling. It is important to review your medications often with your doctor and pharmacist to make sure your medications are not increasing your risk of falls and other problems.

1. **Take prescriptions only as prescribed.** Follow medication instructions such as when to take, how often, how much, and with or without food. Do NOT skip doses, take multiple doses, or take any medications that were not prescribed to you.
2. **Keep a list of your medications.** Keep an up-to-date list of all your medications, including prescriptions (those taken by mouth, applied to the skin, eye drops, and injectables), over-the-counter medications, herbal supplements, and vitamins and minerals.
3. **Set reminders for a medication review.** Bring your medication list to your doctor or local pharmacist, have them reviewed, and ask questions about your medicines. Make sure to get your medications reviewed at least once a year, if a new medication is added, or if your health changes.
4. **Report side effects.** Some medications can cause side effects that make you dizzy or woozy, sleepy during the day, confused, need to urinate more often, and can even affect coordination in your legs. Talk with your doctor if you are experiencing these problems.
5. **Stick to one pharmacy.** Using one pharmacy will keep you safer as the pharmacist tracks all the medicines you are taking. They can contact your doctor if they identify any medicines that do not work well together, that may be similar to another medication you are taking, or too high a dose.