

Volun-PEER Newsletter

A Publication of the Schuylkill County
Ombudsman Program



Dedicated to Volunteers and PEERs



World Elder Abuse Awareness Day

World Elder Abuse Awareness Day (WEAAD) was launched on June 15, 2006 by the International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations.

The purpose of WEAAD is to provide an opportunity for communities around the world to promote a better understanding of abuse and neglect of older persons by raising awareness of the cultural, social, economic and demograph-

ic processes affecting elder abuse and neglect.

In addition, WEAAD is in support of the United Nations International Plan of Action acknowledging the significance of elder abuse as a public health and human rights issue. WEAAD serves as a call-to-action for individuals, organizations, and communities to raise awareness about elder abuse, neglect, and exploitation.



In Schuylkill County, and all across the nation, the Protective Services Unit at your local Area Agency on Aging is available to take your call 24/7. All calls are confidential and can be made anonymously.

If you suspect elder abuse, or are a victim of elder abuse, yourself, call for a confidential referral.

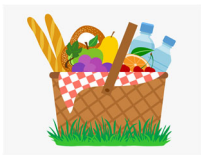
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Did you know?

- The term “June Bug” refers to any large bug that is seen in May or June
- July was named after Julius Caesar
- Only 1 US President died during the month of August – Warren G. Harding

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Training Calendar



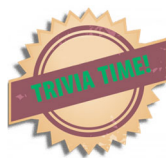
Volunteers are invited and encouraged to attend trainings offered by the Ombudsman Program and the **Learning Management System (LMS)** through its in-person and online modules. **The**

Continuing Education Modules for Ombudsman Certification are scheduled for the second Thursday of each month at 1:30 pm. Check your emails for registration information. Modules are

available on LMS for future review if you cannot attend at their scheduled time.

PEER Meetings will be re-scheduled as soon as we are able to safely gather in person.

Summer Time Trivia



What Old English Word Did The Word "Summer" Come From?

Sumor. Not much of a change!

When Did The First Swimming School Open In The United States?

1827. The school was founded on July 23, 1827 in Boston, MA by German-American intellectuals and polymaths Francis Lieber and Charles Follen, who also introduced gymnastics to the U.S. educational system.

The Term SPF Is Seen On All Sunscreen Bottles. What Does It Stand For?

Sun Protection Factor. You should use sun protection factor every day. Regular use of SPF 15 can help reduce the instance of melanoma by 50%, plus it helps with premature aging.

Which President Hosted The First Barbecue At The White House?

President Lyndon B. Johnson. President Johnson held the first "formal" barbecue on the South Lawn of the White

House as a thanks to his supporters after he announced he would NOT be running for re-election. However, presidential BBQs have been a "thing" since the time of President Washington.

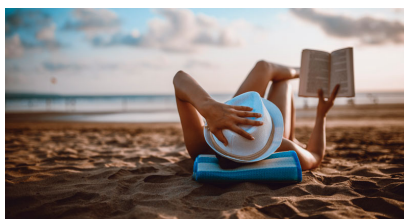
What Is The Longest Continuous Beach In America?

Long Beach, Washington. It's 28 miles long!

When Was "The Year Without Summer" Because Mount Tambora Erupted?

1816. The most destructive eruption in 10,000 years killed an estimated 10,000 people on the island nation of Tambora in an instant. Volcanic debris in the atmosphere chilled the Northern Hemisphere for months, resulting in epidemics, crop failure, and famine, which killed thousands in Europe and North

America.



What Is The Oldest Beach In America?

Revere Beach in Revere, MA. In 1896 it became America's first public beach.

What Is The Longest Day Of The Year?

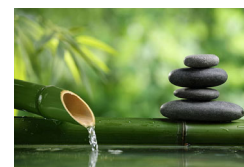
Summer Solstice. The word "solstice" comes from the Latin work "solstitium", meaning sun-stopping.

What U.S. Holiday Unofficially Signifies The End Of The Summer Season?

Labor Day. It is celebrated on the first Monday of September. Traditionally, Labor Day was considered the last day of the year when it was acceptable to wear white clothing.

What Is The Most Sold Item In The Summer?

Swimsuits! What else could it possibly be!?



Tips to Manage Stress

The last two years have added to the stress already in our lives. Here are some tips from Seniorcare.com advocate Carol Marak.

Practice Meditation or Prayer: Sit and breathe deeply for a minute or two.

Exercise: Walk outside (if you can)

for 30 minutes a day.

Eat Nutritious Foods: Add more fruits and vegetables, legumes and healthy snacks and less sugar.

Take a Break from the News: The latest news can throw you into a tizzy. Don't tune in all day.

Journaling: Record your feelings and be sure to write three uplifting things that happened each day.

Talk with a Friend: Talking distracts you from stressful thoughts and releases tension by discussing it.



Easy Crescent Veggie Pizza

If you are looking for a quick and easy summertime appetizer, try this top-rated, much loved favorite.

INGREDIENTS:

2 cans (8 oz.) refrigerated Pillsbury Original Crescent Rolls (8 count) or 2 cans (8 oz.) refrigerated Pillsbury Original Crescent Dough Sheet

1 package (8 oz.) cream cheese, softened

1/2 cup sour cream

1 teaspoon dried dill weed

1/8 tsp. garlic powder

1/2 cups small fresh broccoli florets

1/3 cup quartered cucumber slices

1 plum (Roma) tomato, seeded, chopped

1/4 cup shredded carrot

DIRECTIONS:

1. Heat oven to 375 degrees F.
2. If using crescent rolls: Unroll both cans of dough; separate dough into 4 long rectangles. In ungreased 15 x 10 x 1 inch pan, place dough. Press in bottom and up sides to form crust. If using dough sheets: Unroll both cans of dough. In ungreased 15 x 10 x 1 inch pan, place dough; press in bottom and up sides to form crust.
3. Bake 13 to 17 minutes or until golden brown. Cool completely,

ly, about 30 minutes.

4. In a small bowl, mix cream cheese, sour cream, dill and garlic powder until smooth. Spread evenly over crust. Top with vegetables. Serve immediately, or cover and refrigerate 1 to 2 hours before serving. Cut into 8 rows by 4 rows.



Volunteer Opportunities

The following homes and centers have openings for a caring volunteer:

NURSING HOMES:

Broad Mountain, Green Valley Nursing, Hometown Nursing, Orwigsburg Center, Ridgeview, Rosewood, Schuylkill Center, Seton Manor, Shenandoah Manor, and

St. Luke's / Miner's.

PERSONAL CARE:

Heritage Mills, Providence Place (Pottsville and Pine Grove), The Birches at Shenandoah Manor

ASSISTED LIVING:

Luther Ridge at Seider's Hill



ADULT DAY LIVING:

Eldergarden and Golden Years

LIFE CENTER:

LIFE Geisinger / Minersville

Free training is provided. Contact Eileen for further details.



Eileen Barlow, Ombudsman
 MidPenn Legal Services
 315 North Centre Street
 Suite 101
 Pottsville, PA 17901

Phone: 570-628-3931, x 3304
 866-638-0606
 Fax: 570-628-9697
 Email: ebarlow@midpenn.org

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Ombudsman services are provided by
 MidPenn Legal Services under a contract with
 the Schuylkill County Office of Senior
 Services. The program is monitored by the
 Pennsylvania Department of Aging.



Going It Alone



Summertime is upon us and that means it's time for vacation! If we've learned anything over the past 2 years it's that we are a social society and need people around us - to get us where we're going, to make sure we are safe, and to care for our needs.

In June, I'm going on vacation - completely alone - and I'm terrified! Sure I've gone on vacation before - with family, with friends, with people who told me where to go and how to get there. But this time is different - it's just me and my suitcase. No one to meet me at the airport, no one to shuttle me around. And to add insult to injury,

I'm going to **TEXAS!** Yes, the country of **TEXAS** - a place I've never been - you know, where everything is **BIGGER** (and **SCARIER**)?!? What was I thinking? Well, I was invited- by my brother who lives there. Since we don't get to see each other as often as we'd like, it seemed like a good opportunity to experience something new. After a few days there, I'm taking a "hop" over to Florida to visit my brother and sister-in-law and to go to my happy place - Walt Disney World - a lot less intimidating and much more familiar.

So where am I going with all of this?
 Our residents are probably terrified at

the prospect of going to a place they've never been. It's big and it's scary. They need qualified people to provide everything they need - the Administrator/ DON (the pilot), the nursing staff (hotel staff), social service (travel agent), and all the people behind the scenes who make sure the whole experience goes smoothly. If the whole team works together, everyone gets where they need to go and they don't feel as if they have to do it alone.

Come join our crew. We'll get you where you need to go!

Eileen

