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County Ombudsman Program

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Did you know:

- Infants born in the Autumn season have a higher chance of living to age 100
- Monarch butterflies are the only insect to migrate 2,500 miles to a warmer environment
- Pumpkin is derived from the Greek word "pepon", which means "big melon"

PEER Graduation at Ridgeview Healthcare

3 residents from Ridgeview Healthcare and Rehabilitation Center in Shenandoah Heights are the most recent group to complete PEER Training.

Graduation ceremonies took place on September 12 following 5 weeks of intense training.

Theresa Riga, Melinda Boyer, and Heather Rupert received their badges at a celebration

attended by residents, staff, and invited guests.



Ridgeview has served as a training site in the past and this class marks the second time the home has hosted the program.

The PEER Program was formed in 2002 and Schuylkill County was a pilot site for the initiative. To date, 222 county residents have completed the 5-session training.

We welcome our newest PEERs and assure them of our full support in their new endeavors.



Training Calendar

Volunteers are invited and encouraged to participate in online training modules offered by the **PA Department of Aging, Consumer Voice, and the Learning Management System (LMS)** as well as in-person Network Meetings.

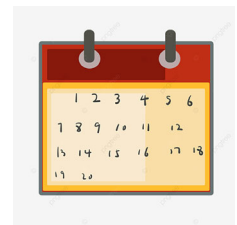
All Certified Ombudsmen (Staff and Volunteers) are required to log 18 hours of continuing education for each federal fiscal year (October 1 through September 30).

The next **Network Meeting** will be held November 6 from

10 am to 2 pm at the Lackawanna County 911 Center.

PEER Meetings are done in individual homes until we are able to gather safely as a large group.

Contact Eileen for additional information.



Resident Rights BINGO is Back!



One of the most popular things to do in long-term care is to play BINGO! At the request of the PEER Advisory Council and residents who participate in the PEER Conference Call, we will again provide Virtual Resident Rights BINGO!

Two dates were chosen to accommodate those

homes with activities that will not conflict with morning or afternoon programs. In addition, BINGO will be held earlier in the month so as not to interrupt Halloween parties.

BINGO dates are:
October 17 at 10 am and
October 18 at 1:30 pm
PEER Coordinators will

provide the link to each session, as well as prizes, dabbers, and snacks for the participants.

All PEERs are invited to join us for this fun and informative time together.

Stay tuned for further details!



Candy Corn: A Most Controversial Candy



In its traditional form, candy corn is a small triangular candy consisting of three colored sections: white, orange, and yellow. It is mainly sold around Halloween.

The sweet treat was invented in the 1880s by candy maker George Renninger, with the recipe bought by the Goelitz

Confectionery Company (today Jelly Belly) in 1898.

In 1900, many men hand-produced candy corn for several months of the year. Today it involves more machine labor. About 35 million pounds (around 9 billion pieces) are produced each year with the vast majority sold during the

Halloween season.

In a poll conducted by the National Confectioners Association, candy corn ranks second as America’s favorite Halloween candy, followed by chewy and gummy candy ranking 3rd and 4th. Naturally, chocolate ranks #1!

Candy corn: Do you Love it or Leave it?

Congratulations to Richard Weikel



The PEER Program extends its heartfelt congratulations and best wishes to Richard “Pickle” Weikel, a PEER from Broad Mountain Health and Rehab Center in Frackville. Rick graduat-

ed from PEER Training in August, 2022 and was a great advocate for his fellow residents. He was seen in the hallways greeting residents and making them feel welcome.

Weikel was able to transi-

tion from his skilled facility back in to the community this summer.

The PEERs in Schuylkill County are thrilled for Rick and wish him all the best as he begins this new chapter in his life!

October is Residents' Rights Month

Residents' Rights Month is celebrated each October and is designated by the National Consumer Voice for Quality Long-Term Care* (Consumer Voice), each year to highlight residents living in all long-term care settings. It is a time to reflect on the importance of the Nursing Home Reform Law of 1987 that promises quality of life, quality of care and rights for each resident.

Residents' Rights Month origi-

nated as Residents' Rights Week in 1981 at a Consumer Voice annual meeting. Several nursing home residents in attendance from across the United States decided it would be special for all residents if time were set aside to celebrate residents and their rights, separate from annual National Nursing Home Week events always held in May. Consumer Voice organized a successful petition drive to persuade Congress to designate a "Residents' Rights

Day." Resident Rights Day was expanded to Resident Rights Week and in 2011, the entire month was set aside to honor the rights of all residents.

The theme for this year is "The Power of My Voice".



Linda DaRosa - Our "Golden" Girl

The Ombudsman Program offers sincerest congratulations to Ombudsman, Linda DaRosa, on achieving Gold Award status during the annual RSVP Volunteer Appreciation Brunch.

The Brunch is held each year to recognize and honor volunteers throughout Schuylkill

County who offer their time at a variety of volunteer "stations".

Volunteer Service Awards are presented in Bronze, Silver, and Gold categories. In order to achieve Gold Level, a volunteer must offer between 500 and 3,999 hours of service.

Linda visits The Gardens at

York Terrace in Pottsville and apprises newly admitted residents of their rights and checks in with residents who have lived in their home for an extended period of time.

Keep up the great work, Linda! We're so proud of you and grateful to have you as part of our program!



Easy Banana-Banana Bread

Delicious. Moist. Full of Flavor. Perfect for Autumn!

INGREDIENTS: 2 cups all-purpose flour; 1 tsp. baking soda; 1/4 tsp. salt; 3/4 cup brown sugar; 2 large eggs (beaten); 2-1/3 cups mashed, overripe bananas

DIRECTIONS: Preheat

oven to 350 degrees. Lightly grease a 9 x 5 inch loaf pan.

Combine flour, baking soda, and salt in a large bowl. Beat brown sugar and butter with an electric mixer in a separate large bowl until smooth. Stir in eggs and mashed bananas until well blended. Stir banana

mixture into flour mixture until just combined. Pour batter into the prepared loaf pan.

Bake in the preheated oven until toothpick inserted comes out clean, about 60 minutes. Let cool in pan 10 minutes, then turn onto wire rack to cool completely.





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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.*



Bloom Where You are Planted

The office where I work has an apartment 2 stories above with a wonderful tenant. She commutes between PA and Rehoboth, Delaware. During the summer months when she is away on an extended visit, I "plant sit". Now, let's be clear... my office already looks like the botanical gardens, so another 8 plants will just add to the ambiance! The windows in my office are conducive to growing practically anything (including the year I

"started" tomatoes!), and my green friends just thrive on the eastern exposures, tons of natural light, and lots of music when I'm present. Yes, I do talk to the plants, make sure they are properly fed, occasionally give them a "haircut", and make certain they are living their best (plant) lives.

Our volunteers do much the same. When they visit our residents, they assure everyone is content, being



provided with nutritious food, routine grooming, and activities that will allow them to grow and flourish.

If you have a nurturing spirit, consider volunteering with our program. We'll help you grow!

Eileen