

West Oak Lane NORC

NEWS YOU CAN USE*Help for People Over 60***West Oak Lane NORC Program Opens Its Doors**

On August 16, 2007, the West Oak Lane NORC (Naturally Occurring Retirement Community) program opened for business. Funded by grants from Ogontz Avenue Revitalization Corporation and the Chestnut Hill Health Care Foundation, the West Oak Lane NORC provides assistance to people over 60.

The program helps Northwest Philadelphia by giving older adults and those who care for them easier access to the information

and resources they need to remain at home as they age.

This is a free service. The word has started to spread, and the program is growing. The NORC helps people connect to area resources, including social services, in-home support, insurance information, educational and recreational activities, employment, home maintenance, and more!

We can visit older adults in their homes (in West Oak Lane only), if they are unable to easily travel to us. We help people navigate government

programs, understand insurance options available to them, and assist with paperwork completion for both. We also offer monthly programs and seasonal events, including last month's flu shot/blood pressure check event (more info on page 2).

If you or someone you know could use our assistance, please call us at 215-924-4815. If we are not in the office, please leave a message on our confidential voicemail. We look forward to talking with you!



*Our Grand Opening:
August 16, 2007*

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Join Us for Our Upcoming "Lunch and Learn"

Friday, November 16 kicks off our monthly "Lunch and Learns."

This month's topic is senior safety and scams. Officers Baynard and Blackford, from the 35th Police District, will provide information and answer questions.

A free boxed lunch will also be provided.

This program is available to members of the West Oak Lane Senior Center and to people 60 and over who live in 19138 and part of 19126 (West of Broad, South of Cheltenham). If you are unsure whether you fall in this area, please call us.

"Lunch and Learn" info:

Friday, November 16

11:30 a.m. to 1 p.m.

West Oak Lane

Senior Center

PRE-REGISTRATION

IS REQUIRED

Space is limited

215-924-4815

“Say Boo to the Flu!” Comes to the West Oak Lane Resource Center



*This woman says
“Boo!” to the flu.*

On Wednesday, October 3, the West Oak Lane NORC program helped area residents get immunized for the flu season.

A family-friendly event featuring complimentary flu shots and blood pressure checks, “Say Boo to the Flu!” came to fruition through the generous support of The Visiting Nurse Association of Greater Philadelphia and a grant from Clorox. Over 200 neighborhood residents took part in this fun afternoon.

*“The West Oak Lane
NORC Program
provided area
residents with
free flu shots.”*

The West Oak Lane NORC is an Einstein initiative with partner agencies in Northwest Philadelphia that assists people 60 and over in their efforts to remain at home as they age. The NORC program connects older adults to supportive resources, community education, and socialization opportunities.

For more information on ways the program can help you or your loved ones, please call Sara Popkin, Project Director, at 215-924-4815.

Meet the West Oak Lane NORC Staff



Betty, Sara, and Sue

*Sara Popkin is our NORC
Project Director.*

A social worker who earned her Master’s Degree at the University of Pennsylvania, Sara has always been passionate about helping older adults.

*Betty Faison is our NORC
Outreach Worker.*

People who cross Betty’s path always remember her bright, smiling face and may even receive one of her famous hugs.

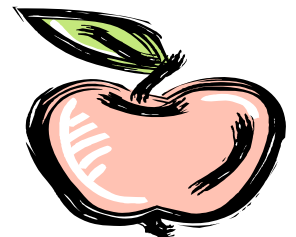
*Sue Quinn is our NORC
Student Intern.*

A warm and enthusiastic member of the NORC team, Sue is currently working on her Master of Social Work degree at Temple University.

Thanksgiving Apple-Cranberry Crisp

3 cups cubed Granny Smith apple (about 1 pound)
2 cups fresh cranberries
½ cup sugar
cooking spray
1/3 cup whole-wheat flour
1 cup regular oats
½ cup packed brown sugar
¼ cup canola oil

*Calories: 202
Fat: 6.2 gm
Protein: 2 gm
Fiber: 3 gm
Cholesterol: 0 gm
Sodium: 5 mg*



Adapted from Cooking Light Magazine

1. Preheat oven to 350°.
2. Combine the first 3 ingredients in a medium bowl; spoon into an 8 x 8 inch baking dish coated with cooking spray. Lightly spoon the flour into a dry measuring cup, and level with a knife. Combine flour, oats, sugar, and oil, stirring with a fork until crumbly. Sprinkle over the apple mixture. Bake at 350° for 40 minutes or until bubbly.

(Can be served with ½ cup low-fat vanilla ice cream on top)

Yield: 10 servings. (Serving size: ½ cup)

Diabetes Information and Free Expo

Are you or someone you know affected by diabetes? Diabetes is a group of diseases marked by high levels of blood glucose resulting from defects in insulin production, insulin action, or both. According to the Centers for Disease Control in 2005, diabetes affects nearly 10% of U.S. adults and 21% of adults age 60 and over (CDC, 2005). A total of 14.6 million persons have diabetes and an estimated 6.2 million persons have diabetes but have not been diagnosed.

Diabetes is widely recognized as one of the leading causes of death and disability in the United States.

Diabetes is associated with long-term complications that affect al-

most every part of the body. The risk of death among people with diabetes is about twice that of people without diabetes of a similar age. The disease often leads to heart disease and stroke, high blood pressure, blindness, kidney failure, amputations, and nerve damage. Uncontrolled diabetes can complicate pregnancy, and birth defects are more common in babies born to women with diabetes.

There are three main types of diabetes. The most common form is type 2. About 90 to 95 percent of people with diabetes have type 2. This form of diabetes is associated with older age, obesity, family history of diabetes, previous history of gestational diabetes, physical

inactivity, and ethnicity. About 80 percent of people with type 2 diabetes are overweight.

- Black and Latino adults are more likely to have diabetes than white adults.
- Male adults are equally likely to have diabetes as female adults.
- Increasing age is a factor in diabetes prevalence. Older adults ages 75+ and those ages 60-74 are more likely to have diabetes compared to younger adults.

Due to the close association of diabetes with other diseases, it is important that people with diabetes have a regular source of care to help monitor their health status and obtain specific disease-related health screenings such as eye and dental exams and blood pressure checks.



Free Diabetes Expo
Sat., Nov 17, 2007
10 a.m. - 4 p.m.
Pennsylvania
Convention
Center
Call 610-828-5003
for more info

Take care of yourself and get regular checkups. Your body will thank you!

(Special thanks to Philadelphia Health Management Corp.)

Thanksgiving Fun in Moderation

The holidays are a time of celebration and traditions, which inevitably include a plethora of food. We look forward to this time of year and our favorite recipes that unfortunately are typically full of fat and calories.

How can we possibly keep our bellies satisfied and not bust our belt? Try a sample of the delicious offerings instead of a hefty helping. Choose only one appetizer to savor instead of overindulging and consuming all your calories before the

turkey's done. Drink water or low calorie beverages between bites to help curb your appetite. Try to include dark colored fruits and vegetables, such as sweet potatoes, cranberries, and spinach, to increase antioxidants and fiber.

Lastly, if possible, do some activity with your family to burn off some of the extra calories and have fun.

HAPPY THANKSGIVING!

Kristen Manhardt,
 Registered Dietitian,
 Albert Einstein Medical Ctr.

A MESSAGE FROM THE DIRECTOR OF CENTER IN THE PARK TO THE WEST OAK LANE COMMUNITY



Intergenerational fun at Center in the Park

Center in the Park is a community center that promotes positive aging and fosters community connections for older adults (55+) in Northwest Philadelphia, whose voices are critical instruments in shaping its activities and direction. CIP is accredited by the National Institute of Senior Centers, a unit of the National Council on Aging, as a provider of excellent programs, activities and services for its active membership of more than 5,000 and its 1,000 homebound clients.

www.centerinthepark.org

As Center in the Park strives to accomplish its mission: *“Center in the Park promotes positive aging and fosters community connections for older adults in Northwest Philadelphia whose voices are critical instruments in shaping its activities and direction.”* - it is evident that “community connections” are essential . . . that is why I have welcomed the opportunity to work, over the past several years, with the NW Strategic Alliance for the Elderly (SAFE) to establish the West Oak Lane NORC, which has recently opened for business in the West Oak Lane Resource Center.

I appreciate the opportunity, in this inaugural newsletter, to remind you of the programs and services available at Center in the Park (CIP), many of which are free of cost or moderately priced. Membership is free – just call for an appointment with our Center Counselor, 215-848-7722, to register. CIP’s primary focus areas are: Lifelong Learning, including arts and humanities; Social Services & Housing, including an In Home Support Program, Family Caregiver Support Program, and Housing Counseling; Health Promotion; and, Volunteer Opportunities, including intergenerational programs and Civic Engagement, such as the CIP Senior Environment Corps which monitors water quality in our local creeks and streams.

Over the past several months, we have provided Healthy

Steps falls prevention workshops to more than 1,000 participants throughout the city and beyond. It is our privilege to be able to bring programs to the community that people appreciate, want and need.

Again this year, CIP artists are presenting another exceptionally beautiful Annual Art Without Boundaries Exhibition, from October 27 through November 8 at the Moore College of Art & Design on the Benjamin Franklin Parkway. At a special opening event on the evening of the 1st of November, we will honor Germantown resident George A. Beach, Founder of Beach Creative Communications, the oldest African American owned and operated advertising firm in the state, with our Art Without Boundaries Award. Last year’s awardee was the Honorable Dwight Evans.

Whatever your interest, there is bound to be a program or activity for you, at Center in the Park . . . from belly dancing, to guitar taught by Monette Sudler-Honesty, to Brain Health Workshops to help improve your memory, to computer classes in our tech lab, or work outs in our fitness center, or trips to locales near or far.

Here are some special events at CIP for the month of November. Please call 215-848-7722 for more information and to sign-up; or, visit us at 5818 Germantown Avenue in historic Vernon Park. Off-street parking is available at Rittenhouse & McCallum Streets:

Mon., November 12 –
10:00AM – 1:00PM -
CarFit Program

Wed., November 14 –
10:00AM-11:30AM –
“Connect the Dots – Diabetes and Your Heart: How Medicare Helps” – a consumer awareness program provided by the National Council on Aging and the Center for Medicare & Medicaid Services.

Thurs., November 15 –
9:30AM-11:30AM - Flu
Shots – limited supply

Thurs., November 20 at
Noon – Annual Thanksgiving Luncheon

Thurs., November 29 –
1:00PM – Birthday Party –
All are welcomed

November 9, 16 & 30 –
12:30PM-2:30PM - Feng
Shui Classes, taught by Feng
Shui Studio owner, Janice S.
Girgenti. Learn to adjust
your space to allow more
energy to flow in your life!

We look forward to our continuing partnership with the West Oak Lane NORC and to meeting many of you in the coming days and months during your visits to Center in the Park. HAPPY THANKSGIVING – I hope to see many of you at our festive Thanksgiving and Holiday events!

Sincerely,

Lynn Fields Harris

Fall is Flu Season

That's right! Just about the time we get used to the idea that summer is coming to an end and we only have a couple of months before the snow and ice storms hit, we have to deal with the **flu!**

According to the Centers for Disease Control (CDC), between 5-20% of the United States population get the flu, more than 200,000 people are hospitalized from flu complications, and about 36,000 people die from it each year. Most of the people who die from the flu are over 65 years of age and may also have a chronic illness such as diabetes, asthma, HIV or any illness that has weakened their immune system.

There are currently two types of vaccines that protect against the flu (the "shot" and nasal FluMist.) Each vaccine contains three influenza viruses that represent the influenza vaccine strains recommended for that year. The vaccines work by helping you make antibodies against the viruses in the vaccine, which generally takes about two weeks.

Occasionally, people who get the flu shot will feel feverish or have a reddened area at the injection site. This is not an allergic reaction but a sign that you are starting to build the antibodies that will protect you in the event that you are exposed to the flu. The flu vaccine is between 70 to 90% effective against the flu, which means that even if you get the flu shot you may still get the flu. But the shot will not give you the flu!

Common signs and symptoms of the flu include a high fever, headache, extreme tiredness, sore throat, runny or stuffy nose, muscle aches, or dry cough. Stomach symptoms such as nausea, vomiting, and diarrhea can also occur but are more common in children than adults.

The flu is spread from person to person through coughing and sneezing. Touching something that has the flu viruses on it and then touching your mouth, nose or rubbing your eyes will give the virus a way to enter your body. If you get the flu, you can pass it on to someone else a day before your symptoms develop and up to five days after you become sick!

Covering your mouth with a tissue when you cough or sneeze will help you keep from spreading the flu but **washing your hands frequently with warm soapy water during flu season can help stop the spread of the virus. Prevention, in the form of a flu shot is still the best way to avoid spending a lot of time being sick.**

Fortunately, Philadelphia clinics will be providing **FREE community flu shots** after Thursday, November 1. On that day, a Flu Hotline (**215-685-6458**) will be available in both English and Spanish to help you locate the clinic nearest to you, where the following people may be eligible for free flu shots: Philadelphians 50 years of age and older; adults of any age with weakened immune systems or chronic illness; pregnant women and those who may become pregnant during flu season; day care employees and household caregivers of children under 5 and /or caregivers for adults over 50 years of age. The hotline information will be updated weekly and may also be accessed by logging onto www.phila.gov/health.

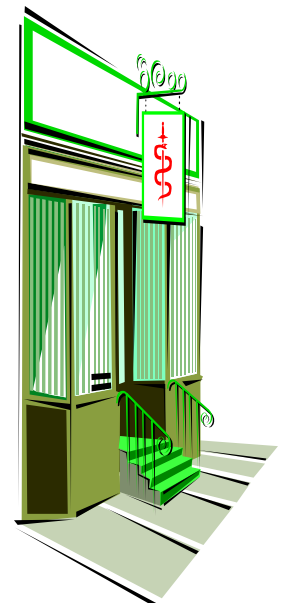
I sincerely wish you all the BEST of HEALTH this flu season!

Lynn Trimborn, RN
Neighborhood Nurse
UU House Outreach Program

Information for this article was compiled from the CDC.gov website; Einstein news e-mails; and PCA's Milestones newspaper.



*It's not too late
to get your free
flu shot!*



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Newsletter Editor: Sara Popkin



The West Oak Lane NORC opened its doors in August, 2007. Its mission is to connect older adults with the resources that they need to remain in the community as they age. A non-profit program with free services available to area residents, the West Oak Lane NORC is funded by Ogontz Avenue Revitalization Corporation (OARC) and the Chestnut Hill Health Care Foundation.

The NORC began through the Strategic Alliance for the Elderly (SAFE), a partnership in Northwest Philadelphia that came to fruition in 2004. SAFE strives to strengthen the community's capacity to meet the needs of older adults by sharing knowledge, pooling resources, and pursuing collaborative opportunities that improve service delivery and enable older adults to make informed choices and enjoy greater access to health and social services, while remaining a vital part of the neighborhoods in which they live.

SAFE MEMBERS:

*Albert Einstein Healthcare Network
Belmont Behavioral Health
Center in the Park
Jaisohn Center
Neighborhood Interfaith Movement*

*Ogontz Avenue Revitalization Corp.
Philadelphia Corporation for Aging
Stapeley in Germantown
Unitarian Universalist House Outreach
The VNA of Greater Philadelphia
West Oak Lane Senior Center*

Property Tax/Rent Rebate Deadline Extended

The Pennsylvania Property Tax and Rent Rebate Program has extended its application deadline until December 31, 2007. This program provides rebates to homeowners and renters who meet the guidelines below:

Maximum Income for Homeowners:
\$35,000

Maximum Income for Renters:
\$15,000

Eligibility:

- Pennsylvanians 65 and older
- Widows and Widowers age 50 and over
- People with Disabilities age 18 and over

The maximum possible rebate has increased to \$650. If you have questions or need an application, please call us at **215-924-4815**.

You can also obtain information and applications on the PA Department of Revenue's website:

www.revenue.state.pa.us

or by calling them directly at:
1-888-222-9190