

# THE VILLAGE NEWS

ACADEMY VILLAGE CECILIAN VILLAGE SAINT JOSEPH VILLAGE

VOLUME 12

ISSUE 3

MARCH 2020

## ACQUIRING ASSISTANCE TO BE INDEPENDENT

At first the headline may strike one as odd as it seems ironic. Most of us understand being independent as standing on our own, taking care of ourselves and our needs in order to manage our personal affairs.

Everyone who makes a home in the Villages is aging in place. Over time and as we age, physical strength, stamina, mobility, health, vision, hearing and other abilities may change or decrease.

During the New Resident Orientation Process it is communicated to all that every resident must be able to take care of oneself and the apartment. See Policy #9 in the Handbook. It is also explained that it is important to secure help in order to remain independent.

Our Office provides a variety of information regarding resources available to our residents at no cost or low cost that provide in-home assists that support remaining independent.

It is stressed that everyone living here is entitled to a peaceful environment and that while neighbors may do small favors for one another it is not expected that neighbors be full time caretakers or caregivers.

Our Office has information regarding services provided by the Office of Aging for personal care such as bathing, grooming, cleaning, laundry, meal preparation and more. The Office of Aging also assists with advice on choosing medical plans and securing medical assistance. Also, The Office of Aging loans Life Lines to our residents for a one time set up fee of \$30.00 for immediate response to medical emergencies and falls at the push of a button worn around the neck.

If ever needed, the Office of Aging also provides direct assistance to our residents for transition to a nursing facility by completing the paperwork and securing state payment for care. There are occasions when the resident is helped by the Office of Aging to go directly from home to a nursing facility without hospitalization.

Our Office has information on applying for food stamps from the state and a list of area food pantries.

Our Office has applications for free or low cost door to door transportation for medical appointments or shopping through Rabbit Transit.

Our Office has contact information for low cost apartment cleaning services from outside sources.

Our Office has contact information for services for the blind and for folks with low vision. These services include large print materials, gadgets to help with meal prep, keeping time, matching clothing, print magnifiers and more.

The Villages are visited by Dr. Paris for routine foot care if desired.

Each resident has a designated Responsible Party, family and friends. Do not be afraid to call on those people to aid in securing needed services. Never be afraid to ask for assistance in order to remain independent.

Article continues on Page 2.



**HAPPY BIRTHDAY  
TO YOU!!!**

**ACADEMY**

1 Rose Pivec

**CECILIAN**

9 Peg Staub

10 Mary Louise Albiker

11 Donna Tyler, 17 Pat Prato

18 June Neiderer

24 Jenny Brady (Gettysburg)

25 June Messinger

30 Larry Shearer

**ST. JOSEPH**

6 Eileen McWilliams

12 Treva Rohrbaugh

13 Rita Smith

17 Sister Jane

21 Mike Myers

30 Betty Coney



**SET CLOCKS  
ONE HOUR  
FORWARD  
SATURDAY,  
MARCH 7TH**

**CV & SJV BAKE SALE**

**TUESDAY,**

**MARCH 10TH**

10 - 11

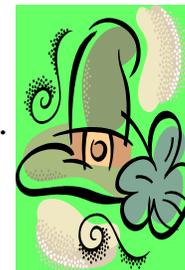
**WHOOPIE PIES,**

**BAKED APPLES,**

**CAKES,**

**CUPCAKES,**

**COOKIES & CANDY.**



**11:30 CV & SJV  
SAINT PATRICK'S  
DAY LUNCH  
HAM, POTATOES  
AND  
GREEN BEANS  
DESSERT AND  
DRINK \$5.00**

Continued from Page 1

SJV resident, Peg Fuhrman has been using Life Line for 3 years. She has had to push the button on several occasions to call for emergency 911 rescue due to heart problems. The Life Line system alerts an emergency call center, 911 and family that immediate response is needed. There is only a one time \$30.00 set up fee for Life Line through the Office of Aging.

Peg Fuhrman wants to give testimony regarding her experience as someone new to receiving in-home services from the Office of Aging. Peg recognized that she was having difficulty accomplishing tasks in her apartment as she needs to be steadied by a walker. Peg learned about the in-home services that are free of charge from another resident.

Peg called the Office of Aging and supplied over the phone info to the case-worker who scheduled a home visit to complete a formal interview. Peg waited only two months before receiving 8 hours of assistance weekly.

Peg is assisted as needed by the aide with bathing, getting in and out of the tub and on and off the shower chair. The aide always wants to know what Peg wishes with regard to chores in the home. Peg's aide does the laundry, strips and makes the bed, organizes drawers and cabinets, cleans, and even prepares a simple meal.

Peg reports that she has less worry and less frustration. Her family is at ease knowing she is receiving assistance and care from friendly, competent, experienced professionals. Peg still does what she wants. Peg still comes and goes as she pleases. Peg reports that her life is greatly improved.

Peg wants to share her wisdom with all of us. Peg says, "If you know you are having trouble taking care of yourself and your needs, reach out and get help. Don't be bashful about it. The help is there for you through the Office of Aging. Call 1-800-548-3240 to request in-home services."

Peg's aide noticed a photo on Peg's wall one day. It turns out the aide provided in-home care to Peg's mother over 20 years ago. What a happy coincidence and a comfort to know. Peg understood she was in good hands right away.

Getting help to be independent is really not that hard to do once the mind is made up to request it. The process is easy. Our residents qualify due to age and income. The services are free. PA lotto funds cover the cost of these valuable, life giving and life changing services for senior citizens.



Once you are sure of your furniture arrangement, submit a maintenance request to Management for any attachments to the walls such as picture hooks, brackets, etc. For AV and SJV we suggest spring rods for curtains.

Do not put wallpaper, decals or contact paper on any walls, cabinets, shelves or doors. Please do not put nails or tacks in the doors.

No painting of walls or alterations by Residents will be permitted without permission of the Management.

Please fill out a work order form for any repairs or adjustments in apartments. Please do not go directly to the Maintenance Personnel to do jobs or personal favors for you or request work in your apartment without first submitting a work order to the office.

Thank you for your cooperation.

## SAINT JOSEPH DAY MARCH 19, 2020



The Sisters of Saint Joseph live and work so that all may be one. The Sisters seek to bring about union with God, neighbor and all creation.

This Saint Joseph Day we plan to focus on enjoying our neighbors and care for and outreach to our dear neighbors.

First, all are invited to spend some time together with our Village neighbors for a \$5.00 French Toast Breakfast including sausage, juice and coffee in the CV and SJV Communi-



ty Room from 9:00 to 10:00. Take time for conversation and catch up with friends. Feel free to invite relatives or friends for breakfast, too.

Following breakfast we will sign cards for men and women in active duty in the military. We will also assemble goodie bags which will be shipped to a base overseas.



SEEK GOD'S  
CONTENTMENT  
IN  
EVERYTHING -  
NOTHING  
ELSE.

SSJ MAXIM #26