

# RSVP ELDERCARE & HELP ON CALL NEWS



of Montgomery County

*Volunteer - Share a lifetime of experience!*

[www.rsvpmc.org](http://www.rsvpmc.org)

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## S.N.A.P.

The Supplemental Nutrition Assistance Program (SNAP) is the new name for the federal food stamp program. The program is now focusing on nutrition and making healthy food available to lower income households. Households must meet certain income guidelines: if you are a single senior and your gross income is \$1733/month or \$2,333/month if you're married or at 200% of the poverty level, you may qualify for the program. There are deductions that are made for each individual when income is calculated. For instance, if you are a senior and are paying more than \$35 in medical expenses that are not covered by insurance you may be eligible for a deduction.

SNAP users are issued an electronic card that is used for shopping just like your bank or ATM card. It is accepted at most grocery stores.

Call RSVP at (610) 834-1040, ext. 25 and leave your name and phone number. Someone will contact you to help see if you qualify for SNAP.

We all deserve to eat healthier, give us a call today!

## Fall 2009/Winter 2010

### READING MADE EASY

Did you know that the library has a free book delivery service for Montgomery County residents who are homebound? You may order as many items as you wish and can keep them for up to one month.

After signing up with the library you should receive your first requested materials within two weeks. A new order card and a return mailing label will come with the books. When you have finished reading everything, simply use the same package to return the books. All mailing costs to your home and all return postage will be paid by the library. If you are interested, call Ginger Atkins in Extension Services, 610-278-5100, Ext 5.

There is also a public bookmobile that travels throughout the county. This service is sponsored by the County Commissioners and local municipalities. Call the library to find when the mobile will be in your area.



### HOME VOLUNTEERS

Are you interested in being an RSVP volunteer from your home? Can you sew, or knit/crochet, or make a friendly phone call to someone? There might be opportunities for you. Call your field coordinator and discuss the possibilities. Everyone's effort is appreciated.

# THANK YOU ELDERCARE & HELP ON CALL VOLUNTEERS !

## MOVING or DOWNSIZING??

It is never easy to part with a lifetime's collection of furniture, photos and memories. Medical Maze Solutions refers to the process of organization as "rightsizing". As our lives change it is important to look at our belongings and consider what really matters. Photos are important; they may mean more to someone else if they are placed in a book with a note or caption.

The shirt or dress that is a little snug may never be used again. Your daughter's high school yearbook could go to her house. Don't spend time being upset with yourself for collecting and saving so much. Instead look ahead and schedule a day to tackle one small area. You can't possibly organize a whole house in just a few days. So enjoy the memories as you tackle each area but consider whether you really need or are going to use the item.

Make a plan and don't get discouraged. Enjoy a break or a conversation or laugh about the items you are organizing.

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■ *RSVP's Eldercare program is supported by the*  
■ *Montgomery County Office of Aging and Adult Services,*  
■ *Corporation for National & Community Service,*  
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■ *AmerisourceBergen,*  
■ *McNeil Consumer Health Care,*  
■ *Patricia Kind Family Foundation and the*  
■ *PA Department of Community & Economic Development*  
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## DO NOT CALL LIST

Seniors are often targeted for consumer fraud. Protect yourself!

The National Do Not Call Registry gives you an opportunity to limit the number of telemarketing calls you receive. After you register, telemarketers have 31 days to remove your name from call lists.

To register, call **1-888-382-1222** from the phone you want to register. Political organizations, charities and telephone surveyors are still permitted to call as well as companies that you have an existing business relationship with.

## E-MAIL

E-mail has become a quick and easy way to communicate with our friends and family.

We would like to be able to use email to keep in touch with you so we can forward information about seniors, safety concerns, volunteer issues and new opportunities. If you have an email address, please let me know and send me a note. My address is

donnau@rsvpmc.org

**Please report your hours of service each month!**

*Not sure how?*

**Call Tina at (610) 834-1040, ext. 23.**

## MEMORY LOSS

As we age there are often noticeable signs of memory loss. Research has shown that learning new things, doing puzzles and playing games helps the mind stay active.

Memory loss can't be prevented but perhaps it can be slowed down. Memory games are one way of "exercising our brains". It's just like exercising and stretching our muscles to increase our physical wellbeing. A balance of physical and mental exercises as well as a balanced diet will keep you healthy, stronger and alert longer.

So dig out those jigsaw or crossword puzzles. Play games like *Wheel of Fortune* with a friend. Enjoy exercising your memory and your body!

***Eldercare/Help on Call volunteers provide non-medical support to the frail and isolated elderly in our communities. Referrals come from Montgomery County Aging and Adult Services, VNA, Montgomery County Association for the Blind and other agencies.***