

Elder NET

OF LOWER MERION & NARBERTH



++ April 2011 ++ NetWork News ++ NetWork News ++

ElderNet of Lower Merion and Narberth is a non-profit community agency whose mission is to help older people remain living in their own homes with dignity, for as long as safely possible.

ElderNet's staff and volunteers provide free, practical services to older and disabled adults with low to moderate incomes who live in Lower Merion and Narberth. Services include:

- escort driving to medical appointments, to the bank, and to grocery stores
- telephone reassurance 7 days a week for those living alone
- help with small home repairs and odd jobs
- friendly visiting
- help with paperwork
- information and referrals
- emergency financial assistance

2011

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“Picnic in the Park” at Appleford Estate in Villanova

On Sunday, May 1, 2011 from 3:00 to 5:00 PM, ElderNet will host its annual Spring fundraiser, “A Picnic in the Park,” at the beautiful Appleford Estate in Villanova.

Make plans to join your neighbors, local officials and businesses in supporting this festive celebration. A wine bar will complement the picnic supper, with live entertainment provided by The Orpheus Club of Philadelphia. There will also be an exciting silent auction.

This year's event will celebrate the successful first year of our Food Cupboard, located at the Ada Mutch Community Resource Center. This much-needed resource has provided help to more than 450 residents of Lower Merion and Narberth, but the demand often exceeds the supply of provisions.

The Food Cupboard is the newest addition to ElderNet's free services that enable both elders and younger disabled adults to live at home independently. Our volunteers also provide transportation to medical appointments, grocery shop, do odd jobs, and make friendly visits and daily telephone calls.



For the past 20 years, ElderNet has recognized outstanding community leaders. This year, our **Community Leadership Award** will be presented to **Sherry Tillman, proprietor of Past*Present*Future**, an Ardmore gift boutique, and founder of First Friday in Ardmore.

The Good Neighbor Award will be given to **Karen Cunningham** of Villanova for her tireless efforts to help make ElderNet's Food Cupboard so successful in its first year. In addition, **The Church of St. Asaph, Bala Cynwyd, will receive special recognition for its ongoing efforts in collecting provisions for the Cupboard.**

ElderNet is unique. No other community can boast of an agency that provides so many practical and much needed services at no charge. In these difficult times, more and more older residents and families in our community depend on ElderNet and on our Food Cupboard.

We hope that you will join us on May 1st from 3-5 PM for a delightful afternoon. Tickets are \$75. For more information, please call Nancy Davis at 610.525.0706.

Property Tax or 2010 Rent Rebate Deadline is June 30, 2011

More than 450,000 Pennsylvania senior citizens will receive a Property Tax/Rent Rebate this year by filing form PA 1000 for the tax year 2010. More households now qualify for a rebate because the income ceiling continues to be raised. Even if you did not qualify just a few years ago, you may now qualify. **The deadline for filing for the 2010 tax year is June 30, 2011.**

To file, you need **either** a tax receipt or an affidavit signed by your landlord. **You also must provide proof of income.** The income limits are calculated excluding half of any income from Social Security. **If it is the first time you have filed**, you also must show status as a widow or widower 50 and older, **or** proof of age (65 or older) **and/or** proof of disability.

If you have filed in previous years, you may receive a form in the mail. If you do not, forms are available from ElderNet and from you Pennsylvania State Legislator's office. For more information, please call Elaine Swyer at ElderNet at 610-525-0706.

Are You Being (Ob)Served?

By Nancy Schofield, Advocacy Chair

When you go to the Emergency Department at the hospital and they decide that you should stay, you may think that you are being admitted to the hospital. Today, however, **the hospital may not be admitting you—they may be placing you on 'observation' status. Do you know the difference?**

To be admitted to the hospital, a set of criteria must be met. Sometimes people do not meet these criteria, even though they need an in-patient period to improve their condition. In these situations, more and more hospitals are using the 'observation' status. An 'observation' status patient has a hospital bed and receives care like any admitted patient. **However, there are a few differences between being admitted and being on 'observation' status.** First, 'observation' hospital stays are generally only one-two days. **More importantly, days in 'observation' do not count toward the three day Medicare qualifying stay needed to be eligible for home care or rehabilitation in a facility. Also, Medicare coverage for 'observation' status is covered under Medicare Part B - not Part A that covers most hospitalizations.**

So, the next time the physician in the Emergency Department tells you that (s)he wants to keep you in the hospital, **ask whether you will be an in-patient (that is, admitted), or whether you will be on 'observation' status.** The difference could mean a lot to you.

It's all about the phone: Nuisance or Necessity? How to sign up for the "Do Not Call" List

How can we make phones easier to live with? Each of the potential solutions seems to have limitations, but how can you strike a balance?

Once a customer of the phone company could pay for an unpublished phone number and avoid many solicitation calls. **Now we have "robo-calls" where a machine calls systematically and does not exclude a number unless it has been placed in a "do not call" category.** Some people feel that being designated as "do not call" does not mean that the phone won't ring, just that you will be hung-up upon if you answer the call.

"Do not Call" for mobile phones can be especially important because the customer pays for both incoming and outgoing airtime and minutes of call time. You should be able to opt out of paying for unsolicited commercial calls that you do not want to receive. The FCC maintains a do not call listing. The process for getting on the list is fairly simple, and according to many, very effective.

Call the FCC

Call 1-888-382-1222 and follow the voice prompts to reach the Federal Communications Commissions.

It is helpful but not absolutely necessary to call from the phone number that you want to list with them. In a few weeks you



should notice a drop in unsolicited commercial calls! The process should be repeated for all telephone numbers that you wish to list, including cell phones. *After a few years*, you may need to make the call to the FCC again to stay at the top of the list. There is no charge for the call or to be on the "Do Not Call" list.

Keep in mind that not all calls can be stopped in this way! Political speech, the calls at election time, in particular, is not covered under the communication commission ban. If you are a customer of a commercial enterprise, such as a credit card company, they may continue to call you for many reasons.

Some companies will permit you to "opt out" of special offers or other calls not directly related



Eligibility Requirements for Disabled Parking



A *Person with Disability Parking Placard* is a special parking placard issued by PennDOT to a person who meets the qualifications as listed in “Who is Eligible?” This parking placard is to be displayed on the rearview mirror when a vehicle is utilizing a parking space reserved for person with disabilities.

A person whose disability listed below is certified by a health care provider. Eligibility includes a person who:

- 1) Is blind.
- 2) Does not have full use of an arm or both arms.
- 3) Cannot walk 200 feet without stopping to rest.
- 4) Cannot walk without use of, or assistance from a brace, cane, crutch, another person, prosthetic device, wheelchair or other assistive device.
- 5) Is restricted by lung disease to such an extent the person forced (respiratory) expiratory volume for one second, when measured by spirometry, is less than one liter or the arterial oxy tension is less than 60 MM/HG on room air at rest.
- 6) Uses portable oxygen.
- 7) Has a cardiac condition to the extent that the person’s functional limitations are classified in severity as Class III or Class IV according to the standards set by the American Heart Association.
- 8) Is severely limited in his or her ability to walk due to an arthritic, neurological or an orthopedic Condition.
- 9) Is in loco parentis of a person specified in one of the above mentioned disabilities.

NOTE: Only one *Person with Disability Parking Placard* may be issued to an individual. In addition, only one *Person with Disability Registration Plate* may be issued to an individual. However, a qualifying individual may apply for both a placard and a registration plate.

There is no fee required for the issuance of a *Person with Disability Parking Placard*.

There are two different forms available to be completed in order to obtain a *Person with Disability* or *Severely Disabled Veteran Placard* or *Severely Disabled Veteran Motorcycle Decal*.

Call your State Representative’s office for either of the forms listed below. These applications require notarization. ElderNet can help with the notary.

Form [MV-145A](#), “*Person with Disability Parking Placard Application*.”

Form [MV-145V](#), “*Application for Disabled Veteran, Severely Disabled Veteran Registration Plate or Severely Disabled Veteran Motorcycle Plate Decal.*”

**Submit either of the above forms to:
Penn DOT
Bureau of Motor Vehicles
P.O. Box 68268
Harrisburg, PA 17106-8268**



Santa’s Helpers at Bryn Mawr Hospital



Pictured left to right: Michelle Geer, Judy Matusky, Kara Chivalette,, Maureen Kearney, Nicole Caldwell, Capre Caldwell, Gail Wright and Tracey Blickos.

Every year, employees at Bryn Mawr Hospital, their families and friends, as well as local businesses, work with ElderNet, Southeastern Regional Services Network (SRSN) and local churches in a combined effort to bring Holiday Cheer to hundreds of local families.

At the hospital, the Community Health Services Department organizes the Adopt-A-Family program. For Christmas in 2010, Bryn Mawr Hospital provided food and gifts for 60 local families. They also provided food for 70 families at Thanksgiving and 4 families for Hanukkah.

“The employees get great joy in helping others and their generosity is obvious in the hundreds of wrapped presents and boxes of food they donate,” says Gail Wright, Administrative Director of Community Health and Volunteer Services at BMH and coordinator of the Adopt-A-Family project. ElderNet thanks all of the churches, businesses, groups, schools, clubs, civic organizations and individuals/families who helped our neighbors at the winter holidays.



Food Donations for the Ada Mutch Center Food Cupboard

ElderNet is thankful for all of the food that we get for the Food Cupboard during the holidays, but it is often a very dry spell in the summer, when even more people seem to need food and grocery items.

Please help your neighbors in the Spring, Fall, and Summer **by donating non-perishable food and groceries** to the Ada Mutch Community Resource Center and Food Cupboard.

The Mutch Center is located behind the ElderNet Office, and is open

every Tuesday and Thursday from 10:00 a.m. to noon and 2:00 to 4:00 p.m.

In addition to the Food Cupboard, the Center offers Bryn Mawr Hospital nurses, a care manager, and a Center coordinator.

The Cupboard also needs volunteers to greet clients.



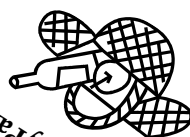
ElderNet's Wish List

- Volunteer drivers for flexible assignments;
- Volunteers who know and can use the DRUPAL operating system for ElderNet's website maintenance;
- Potential volunteer Board members skilled in:
 - * Grants writing & grant research
 - * Fundraising & Fundraising events
 - * Finances in order to be able to serve on our Finance Committee;
- Snow shovelers in the winter and volunteers to mow lawns in the summer;
- Office volunteers skilled in data entry.

**ElderNet is a
United Way
Donor Option
Agency #03022**



*Make plans to Attend
"A Picnic in the Park"
on May 1st, 3:00 - 5:00 pm!
Order tickets by Paypal on our website.*



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