



Community News

This issue of Community News is brought to you by the Union-Snyder Community Action Agency
(570) 374-0181 Snyder County
(877) 497-1257 Union County

The Road to Recovery Begins with You

Everyday, thousands of people with cancer need transportation to hospitals or doctors offices for treatment. You can help save a life by volunteering as a driver.

Requirements



- A current and valid driver's license
- Proof of adequate automobile insurance
- A good driving record
- Access to a safe and reliable vehicle
- You must attend a Road to Recovery volunteer training.



Limited mileage reimbursement is available to drivers. For more information on becoming a volunteer driver, please contact the American Cancer Society at (570) 326-4149.

Cancer Patients:

Road to Recovery is a free service for patients in which volunteer drivers provide door to door transportation to and from scheduled medical appointments. Contact Road to Recovery for more information at (800) 227-2345.



When you see this symbol you will find a quick tip to help you in various areas of your life.

Did you know that State Health Centers offer vaccines for Adults at a low cost or if you qualify, at no cost. Contact your local State Health Center for more information...

Snyder County:	(570)837-5915	Union County:	(570)523-1124
	Northumberland County:		(570)988-5513

Warning Signs of a Stroke & Stroke Symptoms

There are 5 main warning signs of a stroke. It is important to know what these signs are, because when stroke symptoms start, they move rapidly and time is limited. Strokes are often fatal and knowing the warning signs of stroke symptoms can save the life of yourself or a loved one.

Strokes are a leading cause of death in the U.S.. Even worse, strokes are also the leading cause of disability, creating major speech, memory and movement problems. And sadly, more young adults and children are having strokes than in the past.



What is a Stroke and What are the Warning Signs?

What is a stroke? A stroke can be thought of as a brain attack that kills brain cells. There are two types of strokes, ischemic and hemorrhagic. Ischemic strokes occur when the brain is not able to get enough oxygen. This could be due to blocked arteries or blood clots.

Hemorrhagic strokes occur when a weak blood vessel in the brain starts to leak or ruptures.

Strokes can cause damage to the brain much like a heart attack damages the heart. If you suspect someone you're with may be having a stroke ask them to:

- **Smile**
- **Is one side drooping?**
- **Raise both arms**
 - **Does one arm drift down?**
- **Repeat a simple sentence**
 - **Does their speaking sound strange?**



The 5 Warning Signs of Stroke Symptoms

Stroke symptoms begin suddenly. And it's important to note the starting time for any of these 5 warning signs:

1. A numbness or weakness, generally on only one side of the face or body, in an arm or a leg, that occurs quite suddenly.
2. Confusion that causes sudden slurred speech and difficulty in finding the right words or understanding what others are saying.
3. Problems walking, maybe even stumbling around, because of sudden dizziness, loss of balance or lack of coordination.
4. Sudden blurred vision, that can cause trouble seeing out of one or both eyes, double vision or even a total blacking out.
5. An unusual extremely intense headache that's like a sudden jolt. It can also be accompanied by dizziness and vomiting.

Although these are the most common warning signs of a stroke for both men and women, research shows that warning signs of a stroke for women may also include the following additional 5 stroke symptoms:

- Sudden nauseous or tired feeling,
- Sudden fainting, falling or a seizure,
- Sudden racing or pounding heartbeat,
- Sudden painful chest, arm, leg or face,
- Sudden shortness of breath or hiccups.

A stroke is a major emergency. Seek immediate medical attention if you or a loved one experiences any of the warning signs of a stroke, no matter how small.

For more information on strokes and techniques on how you can prevent having a stroke, and other healthy living tips, visit www.common sensehealth.com.



Do you need help understanding Medicare or Medicaid?



The Medicare open enrollment period begins October 15 and ends on December 7, 2011. During this time you have the opportunity to compare your present prescription drug plan with what is available for the year 2012. All plans make yearly changes, so it is in your best interest to take advantage of a yearly comparison. Medicare beneficiaries, both seniors and those with disabilities, who have not previously enrolled may do so at this time.

It is important to note that not all current prescription drug plans including Advantage plans will be available next year. Watch your mail as your current plan will notify you in writing of any changes for 2012. Every year insurance companies make changes to the list of medicines their plan includes. Look for differences in your plans co-pays, deductibles and coverage during the gap.

Assistance will be available for one-on-one counseling sessions with APPRISE (PA State Health Insurance Counselors) during this upcoming open enrollment period. Items to bring along to your appointment include your Medicare card, insurance cards and list of medications with milligrams and dosages or the actual containers medications are dispensed in. Keep in mind the plan you have now may not be the best plan for you next year.

Appointments with an APPRISE counselor will be held at each of the Senior Centers. We partner with The Susquehanna Valley Mall who is once again hosting an enrollment event for residents of Union and Snyder counties. We are currently taking appointment requests for all of these locations by calling 524-2100 or 374-5558. The Union-Snyder Agency on Aging also partners with Evangelical Community Health Education allowing additional opportunities for enrollments. Please call Evangelical Community Health Education at 522-2693 or 800-377-3826 ext. 2693 for an appointment being held in their Lewisburg Staples Plaza location.



TIP

Many brand name prescriptions have customer assistance programs to help lower the cost of prescriptions. Visit www.needymeds.com to see if your prescription has a program available. Applications can be printed from the website and most require a letter from the prescribing doctor.

Union-Snyder Community Action Agency Services

Despite the move of the PA CareerLink, the Union-Snyder Community Action Agency continues to remain at 713 Bridge Street, Selinsgrove. To check out our services visit www.union-snydercaa.org, call 570-374-0181 or 877-497-1257 or visit us Monday through Friday from 8:30am to 4:00pm, Tuesday from 9:00am to 4:00pm.

If you find yourself in need, or know of someone in need--contact Union-Snyder CAA to inquire how to qualify for the following services:

Information & Referral	Housing Assistance
Energy Assistance	GED classes
Rental Assistance	Family Literacy classes
Transportation Assistance	Work Ready training
Emergency Food Referrals	AmeriCorps

All applicants must meet federal/state eligibility requirements to receive service.

In addition:

CAA is a site for the Volunteer Income Tax Assistance program. The **VITA** Program provides certified volunteers to assist income eligible households prepare basic tax returns at no cost.

CAA administers the 4 local Food Pantries in Snyder & Union County
Poverty Simulation Coordinators for the local community

In partnership with Snyder County Children and Youth Services provides Family Development Credentialing Training.

Union-Snyder CAA's mission is to strengthen families and individuals by working cooperatively with families to build skills and to work in partnership with organizations and communities to address community needs.

Disaster Relief

If you have been affected by the recent flood in Pennsylvania, you may be eligible for some help. The deadline has been changed to December 15, 2011.

Please contact the Federal Emergency Management Agency (FEMA) at 1-800-621- FEMA (3362).

FEMA can also be found on the web at DisasterAssistance.gov or on your mobile phone at m.fema.gov.



Community News to go digital

The Community News will be going digital within the upcoming year. If you would like to receive your copy of this newsletter by email, please contact Christine Hart at chart@union-snydercaa.org or (570)374-0181 ext. 145.

If we don't hear from you, you will still receive your Community News as a paper copy. Thank you for your cooperation as we try to save a few trees!

Renting on a Budget

Whether you are moving into your first apartment, need a bigger house for a bigger family, or if you are downsizing, apartment hunting is a huge task. When you are on a budget, you want to pay attention so that you know that you are getting your money's worth when renting. The first step to renting an apartment is to determine your budget that you want to stay within.



The general rule of thumb is that 30% of your income should be devoted towards housing expenses. Another 10% of your income should be set aside for household items like toilet paper, paper towels, toothbrushes, cleaning supplies and similar items. For example, a one income household where the breadwinner is working full time and making minimum wage, about \$1,257 monthly or \$15,080 yearly, ideally, you would spend about \$375 towards your housing.

Things to remember if you are a first time renter....

When meeting the landlord, put your best foot forward.

Sometimes there are many people looking to rent the same apartment, you want to do everything you can to show that you are responsible.

Landlords are legally able to do background checks on you.

This is typically at cost to you. Be sure that you have a way to pay for a credit check and make sure that your credit reflects good borrowing habits and responsibility.

Talk to the neighbors. Be sure to ask them about the community. Do other neighbors play their stereos late at night? Is there a lot of traffic that could be a safety concern if there are children in the community?

Read the lease

Your lease is a legally binding contract. Make sure that you are able to play your guitar in the apartment and that you can have visitors when you choose. Check to see if you can have guests spend the night or if subletting might be an option if you have to move from the area for any reason.

Stop by at night and on weekends

Visit the apartment at night, make sure that it suits your lifestyle. You want to know ahead of time if your new next door neighbor has parties every weekend.

The example was determined by using these calculations:

$$\begin{array}{rclcl} \text{weekly income} & \times & \text{52 weeks} & = & \text{yearly income} \\ 290 & \times & 52 & = & \$15,080 \end{array}$$

$$\begin{array}{rclcl} \text{yearly income} & \div & \text{12 months} & = & \text{monthly income} \\ \$15,080 & \div & 12 \text{ month} & = & \$1,257 \end{array}$$

$$\begin{array}{rclcl} \text{monthly income} & \times & .30 & = & \text{30\% of income} \\ \$1,257 & \times & .30 & = & \$375 \end{array}$$



Now that you have your budget, stick to it! The next step in apartment hunting is to sit down and make a list of things you are looking for.

Do you want a free parking space?

If you have to pay for a parking space, is that added cost worth it?

If there is no parking, how close to the home can you find cheap or inexpensive parking?

Do you want heat and utilities included in the rent, or do you want to pay for those bills?

If heating and utilities are not included, be sure to ask previous tenants what the electric bill would run, so that you have an idea how much you should budget.

Do you want to rent a home or an apartment in a complex?

If you want to rent in a complex, remember your neighbors will be only a walls width away.

If you rent a home, typically upkeep of the property is your responsibility (mowing lawn, keeping bushes trimmed, shoveling etc.)

Do you want a pet-friendly apartment?

If you can't find a pet-friendly apartment, do you have somewhere that Fido and Fifi can go?

Do you want to move closer to your job?

If you move closer to your job, you will be able to save money!



GED and Family Literacy Schedule

Union-Snyder Community Action Agency

713 Bridge Street
Selinsgrove, PA 17870
(570) 374-0181

*Transportation provided for Family Literacy

Assessments: Appointments available

Families Learning Together:

Monday-Thursday 10am-2pm

GED: Monday-Thursday 9am-12pm

Lewisburg GED Classes

Creamery Building– Room 202
130 Buffalo Road
Lewisburg, PA 17837

GED: Monday-Thursday 9am-12pm

Tuesday & Thursday 5pm-8pm

American Cancer Society Greater Susquehanna Valley

The American Cancer Society Greater Susquehanna Valley Unit recently opened its wig bank.

Located in the new Selinsgrove office, this program offers new wigs, prostheses and bras to area cancer patients for free. The office has a private wig and resource room.

The American Cancer Society Greater Susquehanna Valley Unit serves Columbia, Montour, Snyder, Union and Northumberland counties.

To register with the American Cancer Society please call 800-227-2345 or visit cancer.org. For more information, please call 888-227-5445, option 3.

The new office is located off of Lori Lane, behind Wendy's and adjacent to Perkins.

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We're on the WEB
WWW.UNION-SNYDERCA.A.ORG

Phone: 570-374-0181 or 1-877-497-1257
Fax: 570-374-2330
E-mail: glong@union-snydercaa.org

Return Service Requested
Selinsgrove, PA 17870
713 Bridge Street, Suite 10

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CAA

