



Northampton County Area Agency on Aging

# News You Can Use

## Northampton County Centenarians-2016



On Thursday September 29, Northampton County honored 20 county residents 100 years or older at a luncheon at Green Pond Country Club. County officials gave remarks. Each centenarian was given a photograph, a cake, a souvenir, and proclamations.

### Newsletter Advisory Council Committee

- President: Fran Greene
- Gil Greene
- Mary Jane Long
- Eileen Segal
- Ann Terres



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(L-R) First Row: Elsie Caddington, Walnutport; Robert Williamson, Bethlehem; Muriel Hartline, Easton

Second Row: Mildred Vosper, Nazareth; Clara Uhler Schweitzer, Bangor; Ed Christman, Nazareth; Gladys Hancock, Nazareth; Miriam Mabus, Nazareth;

Third Row: Alois Himsl, Palmer Twp.; Harold Brunell, Hellertown; Mildred Clancy, Slate Belt; Mae Trexler, Bethlehem Township; Grace DeMarco, Bethlehem Township; Alverta Reddinger, Bangor; Elsie Moyer, Nazareth.

Unable to attend: "Hattie" Etta Holden, Nazareth; Rose Salazar, Roseto; Naomi Smith, Northampton; Helen Soloi, Bethlehem; Lucille Whitmer, Bethlehem.

## How Important is the “Best If Used By” Date on Products?

Food date labels, including “sell by,” “use by,” and “best if used by,” are manufacturers’ suggestions for peak freshness and taste, rather than indicators of food safety or health concerns. Such labels, however, are not standardized and can vary by product type and manufacturer.

As a general rule, most foods can be consumed days, or weeks, or even months past the date on the packaging. A person can usually tell when food is spoiled; it will smell bad, look slimy, or taste bad. Beware of mold, however, since some types of mold can produce toxins. Use caution with such food as deli meats, ready-to-eat refrigerated foods, and hot dogs and sausages that aren’t fully cooked.

Some recommendations: freeze foods like sliced bread if not used in a few days; store cheese in wax paper, which will hold freshness longer than plastic wrap. Pasteurized dairy products tend to be among the safest foods. Eggs can be eaten 3 to 5 weeks after the “use by” date. One test is to drop an egg in a glass of water; it will float if it’s bad and sink if it’s good. More food storage tips can be found at

[www.savethefood.com](http://www.savethefood.com), a public service campaign sponsored by the Natural Resources Defense Council, an advocacy group, and the Ad Council.



## Choice Magazine Listening for the visually and physically impaired

Choice Magazine Listening (CML) is a nonprofit organization, founded in 1962 by the philanthropist LuEsther T. Mertz so that all Americans can enjoy the best writing from leading magazines. CML produces a 12-hour audio magazine anthology four times a year and distributes it *absolutely free of charge* to eligible adults in the U.S. Every issue is packed with outstanding (unabridged) articles, short stories, essays, and poetry, professionally read by talented and award-winning audiobook narrators.

Listeners can choose to download each issue or receive it by mail as a talking-book digital cartridge. The special player is provided at no cost by the National Library Service for the Blind and Physically Handicapped. Recipients enjoy the issue for several weeks, then return it in the postage-free mailer it arrives in.

Any adult who has difficulty reading or even holding a magazine is eligible. CML’s subscribers include those with conditions such as low vision, macular degeneration, blindness, MS, diabetes, cerebral palsy, ALS, dyslexia, and Parkinson’s. Some of the publications available are Time, Sports Illustrated, Scientific American, The New Yorker, Harper’s, and many more (100 total publications).

Questions? Call 9 am to 4 pm eastern time and speak to a friendly person toll free, 1-888-724-6423; internet, [www.choicemagazinelistening.org](http://www.choicemagazinelistening.org).

## FTC Advice to Avoid Fraud

There are many ways to protect yourself from fraud, but here are the top three from the Federal Trade Commission (FTC).

1. **Hang up on robocalls.** If you pick up the phone and hear a recorded sales pitch, hang up and report it to the FTC. These calls are illegal. And plentiful. Do not press 1, 2, or any number to get off a list or speak to a person. That just means you will get even more calls.
2. **Do not trust your caller ID.** Scammers can make your caller ID look like anyone is calling: the IRS, a business or government office...even your own phone number. If they tell you to pay money for any reason, or ask for your financial account numbers, hang up. If you think the caller might be legitimate, call back to a number you know is genuine – not the number the caller gave you.
3. **Talk to someone.** Talk to someone you trust before you ever give up money or information. Scammers want you to make decisions in a hurry and without consulting anyone else. Slow down, check out the story, search online – or just tell a friend. We find that people who talk to someone – anyone – are much less likely to fall for a scam.

For more tips and information from the FTC, visit [www.consumer.ftc.gov](http://www.consumer.ftc.gov).

## Still Getting Telemarketing Calls?

If you signed up for the state's Do-Not-Call list but are still receiving telemarketing calls, you may need to renew your registration. Under state law, registrations are only active for five years. The Do-Not-Call list, established in 2002, has been successful in reducing solicitations to both residential and mobile numbers. However, exceptions to the Do-Not-Call law allow political candidates, charitable organizations, and entities with whom you have a business relationship to place calls to your phone number.

Legislation has passed in the PA House to make the registrations permanent, but that bill is stalled in the state Senate.

Many Pennsylvanians are also on the national Do-Not-Call list, and registrations on that list are permanent.

To renew your state registration or for more information, call toll free 1-888-777-3406 or go to the Office of the Attorney General website:

[https://www.attorneygeneral.gov/Consumers/Do\\_Not\\_Call\\_List/](https://www.attorneygeneral.gov/Consumers/Do_Not_Call_List/)

**Questions? Contact:**

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**Helpful Sites****Nursing Home Compare: Picking the right nursing home**

The Centers for Medicare & Medicaid Services, an agency of the U.S. Department of Health and Human Services, has updated its online tool to compare nursing homes. Nursing homes receive four different ratings, ranging from one to five stars: health inspections, staffing, and quality measures, plus an overall rating. Go to [www.medicare.gov/nursinghomecompare/search.html](http://www.medicare.gov/nursinghomecompare/search.html).

**SENIOR HANDBOOK: A Guide to Services and Benefits for Pennsylvania's Older Adults**

This booklet is designed to give you a quick, comprehensive guide to the dozens of services and programs offered by the state. Northampton County residents may call 610-559-3270 for the free booklet which can be sent to them.

**Siesta Time!** A short midday nap (siesta) may improve your mood, focus, and alertness. Naps can also reduce blood pressure, which, in turn, can lead to fewer blood pressure prescriptions. In a study presented at the annual European Society of Cardiology Congress in London, researchers found that those who took a midday nap had, on average, a 5% (6 mmHg) lower 24-hour systolic blood pressure reading than those who did not nap. That may seem small, but as small as 2 mmHg can cut the risk of cardiovascular events by as much as 10%.

**Free Movie for Seniors - *Inferno***

Lehigh Valley AARP Members can see the new movie *Inferno* free! *Inferno* is a mystery/thriller based on the novel by Dan Brown, starring Tom Hanks and Felicity Jones, and directed by Ron Howard. Learn more about the movie and see the trailer at <http://www.imdb.com/title/tt3062096/>.

October 28, 2016, at 7:00 p.m.

AMC Tilghman Square 8

4608 Broadway, Allentown, PA 18104

610-366-7360

To attend, register after October 15 by calling AARP at 1-877-926-8300.