

Volunteer Newsletter

Volume 2, Issue 1



UPCOMING EVENTS

Music Jam

featuring The Twisted Racquet-Tears

Friday, January 4 | 1:00 PM - 2:30 PM

Clinton County Community Center
124 East Walnut Street, Lock Haven

Martin Luther King, Jr. Day 2019

Peace Walk

Sat., January 19 | 10:00 AM

First United Methodist Church
604 Market Street, Williamsport

MLK Day of Service

Mon., January 21 | 9:00 AM - Noon

Lycoming College Rec. Center
College Place, Williamsport

*"Life's most persistent and urgent question is,
"What are you doing for others?"
- Martin Luther King, Jr.*

Blood Drive

Wednesday, February 13 | 10:00 AM - 2:00 PM

Conference Room 1
2138 Boyd Street, Williamsport

AmeriCorps is a national service program that provides thousands of Americans of all ages and backgrounds with education awards in exchange for a year or two of community service.

The vision of STEP AmeriCorps is to provide service opportunities that meet critical needs in our communities. The STEP AmeriCorps program partners with various nonprofit organizations, government entities, and schools in Clinton, Lycoming, and Union counties providing service opportunities to meet the region's community needs. The program focuses on the area of Economic Opportunity and Capacity Building to engage unemployed individuals in service that leads to employment for members seeking employment and builds the capacity of partner host sites to increase efficiency and effectiveness in their service deliveries.

Members, as a corps, identify and provide opportunities for diverse individuals and families to become engaged in their community through volunteerism. MLK Day of Service, 911 Memorial Motorcycle Run, Newberry Clean-Up, Santa Seniors, and Carpenter's Farm Fall Gleaning are just a few of the projects STEP AmeriCorps generate volunteers for and participate in.

STEP AmeriCorps members serve our communities at a variety of nonprofit organizations, including:

American Red Cross

Annie Halenbake
Ross Library

Central PA Food Bank

City of Williamsport
Recreation Department

Clinton County
Housing Authority

Covation Center, Inc.

**Family Promise of
Lycoming County**

Favors Forward

Firetree Place

Greater Lycoming Habitat
for Humanity

Lock Haven University

North Penn Legal Services

Pennsylvania College of
Technology

**River Valley Health &
Dental Center**

River Valley Regional
YMCA Jersey Shore Branch

STEP Office of Aging

STEP Transportation

West End Christian
Community Center

Williamsport Area School
District





APPRISE COUNSELORS

APPRISE

APPRISE is a free health insurance counseling program designed to help older Pennsylvanians with Medicare. Our counselors are specially trained volunteers who can answer your questions about Medicare and provide you with objective, easy-to-understand information about Medicare, Medicare Supplemental Insurance, Medicaid, and Long-Term Care Insurance.

APPRISE Counselors can help you:

- Understand your Medicare benefits by explaining what services are covered under Medicare Parts A and B and your Medicare Summary Notice
- Understand your Medicare Prescription Drug (Part D) benefit
- Make informed choices about Medicare coverage options, Medigap policies and Medicare Advantage Plans
- Understand Medicare eligibility and enrollment
- Understand financial assistance programs that may be available to help pay for your Medicare premiums, deductible and co-pays, as well as your prescription drug needs (Extra Help and Medicare Savings Plan)
- Understand and assist with the Medicare appeal process
- Understand benefits under Long Term Care policies

Become an APPRISE volunteer!

Most APPRISE counselors are volunteers who start out as concerned citizens who have a question or issue regarding their own health insurance. Once they find the answer, they want to learn more and share what they have learned with others.

You will receive free training about Medicare, Medicaid, Medicare Advantage, Medigap, Medicare prescription drug coverage, appeals, fraud and abuse and more.

To find out more about the APPRISE program or to become an APPRISE Volunteer, contact Patricia Jackson at 570-601-9574.

DID YOU KNOW?

TIPS FOR STAYING WARM & SAFE THIS WINTER

Frosty mornings and falling snow certainly have their positive points, but older adults and cold weather don't always mix well. For some older adults, cold weather can cause serious health issues. Taking a few precautions can help keep you and the seniors in your life safe and healthy this winter.

Wear an under-layer such as long-underwear, undershirts, stockings, and leggings.

Wear a waterproof coat if it's raining or snowing.

Wear a heat-retaining layer of clothing such as wool, down, or neoprene.

Keep your head, hands, and feet covered with waterproof articles of clothing.

Use handwarmers.

Carry warm beverages with you to warm you from the inside out.

Make sure your clothing fits loosely. This creates a protective layer of warmth between the environment and your skin.

Keep moving. Moving around will burn energy, thus keeping you warm.

HEALTHY HABITS



Happy New Year!!!!

A new year is upon us and with it, a chance to renew our resolve to live well, be healthy, and strive for deeper, more meaningful connections. Here's a look at 2019's popular New Year's resolutions.

1. Spend more time with friends and family
2. Get fit
3. Get rid of fat
4. Quit smoking
5. Enjoy life more
6. Get out of debt
7. Quit drinking
8. Learn something new
9. Help others
10. Get organized

Happy 2019 STEP Volunteers!

May the new year find you renewed, refreshed, remarkable, and hopefully ready for another great year of making a difference.

Your commitment and dedication to our community through volunteering is priceless!