

Polish American Social Services "PASS"

PolishAmericanSocialServices.com

Polish American Social Services "PASS" United Social Services Outreach Program

Main Office:

308 Walnut Street • Philadelphia, PA 19106

Open Monday to Friday • 9 A.M. to 4 P.M.

Telephone: (215) 923-1900

Outreach Services in and around the Philadelphia area

If you, a family member, or friend have a question concerning social services, call PASS and discuss your needs with a representative. All calls are CONFIDENTIAL, and PASS will either give you the information you need, handle your service directly, or refer you to the proper agency that can assist you.

Clients wishing to visit the main office at 308 Walnut Street, or one of the outreach sites, are asked to call in advance so that a Social Service Representative can tell you what documentation you will need to bring with you to process your request.

You can view an outline of several programs available to senior citizens and individuals of all ages on the PASS Internet site at PolishAmericanSocialServices.com.

For additional information, call PASS, Monday through Friday, between 9 A.M. and 4 P.M. at (215) 923-1900.

Summer Air Conditioning Bills Around the Corner PECO Offers CAP Program

With the summer heating up, high electric bills from running the air conditioner will soon replace the high heating bills from the winter. PECO Energy offers a discount on the price of kilowatts to low income customers with the CAP Program. What's even better, if there is a previous balance on your bill, PECO may forgive it if you pay the new agreement for six months. This CAP Program may also prevent a shut-off of your electric service.

To qualify, household income must be:

Number in Household	Approximate Monthly Income	Annual Income
1	\$1,225	\$14,700
2	\$1,650	\$19,800
3	\$2,075	\$24,900
4	\$2,500	\$30,000
For each additional person add:	\$425	\$5,100

Customers are asked to call PECO at 1-800-774-7040 or they can call PASS for more information at 215-923-1900.

Seniors Can Save on Motor Vehicle Registrations Why Pay \$36.00 When You Can Pay Only \$10.00?

Pennsylvania senior citizens who are retired, and have an annual income of \$19,200, can qualify for a discount to register their automobiles. A husband or wife may qualify depending on how the automobile is titled. To receive an application or more information about this discount, you can call the Department of Motor Vehicles at 1-800-932-4600 or 1-717-412-5300 or you can call PASS at (215) 923-1900.

When is the last time you checked your Social Security Statement?

A Social Security Statement is a concise, easy to read personal record of the earnings on which you have paid Social Security taxes during your working years and a summary of the estimated benefits you and your family may receive as a result of those earnings. Social Security statements are usually sent automatically to workers and former workers.

Why are Social Security Statements important? These statements can help you plan for your future financial well being. Social Security should be only a part of your finances while retired, so you must know what you will be getting. Also, if there are any mistakes in your Social Security records, it would be important to catch them early and correct them.

If you have not received a Social Security statement recently, or have never received one and would like to get one, you can call Social Security at 1-800-772-1213, go on the internet at www.socialsecurity.gov or visit a local office.

Pennsylvania Department of Health Public Notices Beat The Heat!

Tips for Preventing Heat-Related Illness

The best defense is prevention. Here are some prevention tips:

- * Drink more fluids (nonalcoholic), regardless of your activity level. Don't wait until you're thirsty to drink. Warning: If your doctor generally limits the amount of fluid you drink or has you on water pills, ask him how much you should drink while the weather is hot.
- * Don't drink liquids that contain caffeine, alcohol, or large amounts of sugar—these actually cause you to lose more body fluid. Also, avoid very cold drinks, because they can cause stomach cramps.
- * Stay indoors and, if at all possible, stay in an air-conditioned place. If your home does not have air conditioning, go to the shopping mall or public library—even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat.
- * Electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat-related illness. Taking a cool shower or bath, or moving to an air-conditioned place is a much better way to cool off.
- * Wear lightweight, light-colored, loose-fitting clothing.
- * NEVER leave anyone in a closed, parked vehicle.
- * Although any one at any time can suffer from heat-related illness, some people are at greater risk than others. Check regularly on:
 - * Infants and young children
 - * People aged 65 or older
 - * People who have a mental illness
 - * Those who are physically ill, especially with heart disease or high blood pressure
- * Visit adults at risk at least twice a day and closely watch them for signs of heat exhaustion or heat stroke. Infants and young children, of course, need much more frequent watching.

If you must be out in the heat:

- * Limit your outdoor activity to morning and evening hours.
- * Cut down on exercise. If you must exercise, drink two to four glasses of cool, nonalcoholic fluids each hour. A sports beverage can replace the salt and minerals you lose in sweat. Warning: If you are on a low-salt diet, talk with your doctor before drinking a sports beverage. Remember the warning in the first "tip" (above), too.
- * Try to rest often in shady areas.
- * Protect yourself from the sun by wearing a wide-brimmed hat (also keeps you cooler) and sunglasses and by putting on sunscreen of SPF 15 or higher (the most effective products say "broad spectrum" or "UVA/UVB protection" on their labels). To view more information on extreme heat visit:
 - * Centers For Disease Control and Prevention at: <http://www.bt.cdc.gov/disasters/extremeheat/>
 - * Pennsylvania Department of Aging at: <http://www.aging.state.pa.us>
 - * Pennsylvania Emergency Management Agency at: <http://www.pema.state.pa.us>

Water Bill Assistance

PASS reminds senior citizens living in the city of Philadelphia that they can apply for the 25% water and sewer discount program.

To qualify, you or your spouse must be:

- * 65 years of age or older
- * have an annual household income of less than \$26,700, (approximately \$2,225 per month.)

Those who qualify will receive a 25% discount on every monthly water bill. There are many people still eligible who have not applied.

For more information or an application, contact Polish American Social Services "PASS", Monday through Friday, between 9 A.M. and 4 P.M. at (215) 923-1900.

