

# Laurel Area Faith in Action

hello  
S U M M E R

2024

**"Be someone's sunshine when their skies are grey!"**

Every time I read that quote, I feel energized! Energized to smile at others. To speak with kindness. To exhibit patience when driving. To take time and stop and marvel at the rebirth of flowers that color our world. As evening approaches to watch in awe at the sparkling light show provided by the fireflies. Each of us goes through things in life that can block our "vision" of life's sunshine from time to time. However, I challenge you to read the above quote and step up and shine rays of hope and help to lighten someone's grey sky.

The art of kindness involves living with a spirit of helpfulness, being generous and considerate, and doing so without expecting anything in return. Rather than viewing kindness as something to do, embrace it as a way to live.

A simple gesture means so much. You never know what another person is going through or what challenges they are facing. Kindness does not cost money or even a lot of time. Kindness is free. It can be a small, random act that can have a positive impact on both the recipient and the person performing the act. Some acts of kindness can include:

- Giving a compliment
- Removing a harmful object from a public path (when safe to do so)
- Helping a friend complete a task
- Holding the door open for someone
- Calling a friend or relative
- Donating to a non-profit
- Sharing a smile

There is so much news coverage concerning mental health. Kindness can make the person performing the act feel good because they made someone else feel good. Kindness can also have positive effects on mental health, such as:

- Increasing a sense of connection with others
- Decreasing loneliness
- Combating low mood
- Improving relationships
- Reducing stress
- Bringing a fresh perspective
- Deepening friendships
- Boosting self-esteem

Kindness can be contagious, encouraging others to perform their own kind acts. Just imagine what a community we could have if everyone would just "Be someone's sunshine when their skies are grey!"

Kindness is free. Sprinkle it everywhere!

*Amy*





An extreme heat event is a series of hot days, much hotter than average for a particular time and place. Extreme heat is deadly and kills more people than any other weather event. Climate change is making extreme heat events more frequent, more severe and last longer. But we can take action to prepare. Prepare now to protect yourself and your loved ones.

## What to Do: Before

### ◆ Learn How to Stay Hydrated

You need to drink enough water to prevent heat illness. An average person needs to drink a gallon of water daily. Everyone's needs may vary. \*You can check that you are getting enough water by noting your urine color. Dark yellow may indicate you are not drinking enough.

\*Avoid sugary, caffeinated and alcoholic drinks.

\*If you are sweating a lot, combine water with snacks or a sports drink to replace the salt and minerals you lose in sweat.

\*Talk to your doctor about how to prepare if you have a medical condition or are taking medication.

### ◆ Gather Emergency Supplies

Gather food, water and medicine. Stores might be closed. Organize supplies into a Go-Kit and a Stay-at-Home Kit. In the event of a power outage, you may lose access to clean drinking water if you have a well. Set aside a least one gallon of drinking water per person per day. Consider adding drinks with electrolytes. Include sunscreen and wide-brimmed hats.

\*Go-Kit: at least three days of supplies that you can carry with you. Include back-up batteries and chargers for your devices (cell phone, CPAP, wheelchair, etc.)

\* Stay-at-Home Kit: at least two weeks of supplies.

\*Have a 1-month supply of medication in a child-proof container and medical supplies or equipment

\*Keep personal, financial and medical records safe and easy to access.

\*Consider keeping a list of your medications and dosages on a small card to carry with you.

### ◆ Make a Plan to Stay Cool

Do not rely only on electric fans during extreme heat. When temperatures are in the high 90s, fans may not prevent heat-related illnesses. Taking a cool shower or bath or moving to an air-conditioned place is much better way to cool off.

\*Spending a few hours each day in air conditioning can help prevent heat illness.

-If you have air conditioning, be sure that it is in working order.

-If you do not have air conditioning or if there is a power outage, find locations where you can stay cool. For example, a public library, shopping mall or a public cooling center. Plan how you will get there.

\*Make sure you have plenty of lightweight, loose clothing to wear.

\*Create a support team of people you may assist and who can assist you. Check in with them to make sure that everyone is safe.

### ◆ Learn Emergency Skills

\*Learn how to recognize and respond to heat illness.

\*Learn First Aid and CPR

\*Be ready to live without power. Utilities may be offline. Be ready to be without power, gas, and water. Plan for your electrical needs, including cell phones and medical equipment. Talk to your doctor. Plan for backup power.

### ◆ Plan to Stay Connected

\*Monitor local weather and news.

\*A WATCH means BE PREPARED! A WARNING means TAKE ACTION!





# Extreme Heat Preparedness Checklist

## What to Do: During

- **Stay Hydrated**

- \*Drink plenty of fluids. Encourage others to drink plenty of fluids, too.
- \*Replace salt and minerals with snacks or a sports drink.

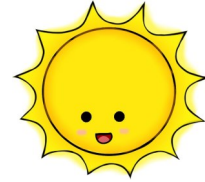
- **Stay Cool**

- \*Stay in an air-conditioned place as much as possible.
- \*If your home does not have air conditioning, go to your predesignated cool location.
- \*Wear lightweight, loose clothing and take cool showers or baths.
- \*Limit your outdoor activity. If you must work outdoors, schedule tasks earlier or later in the day. Avoid the mid-day sun.

- **Prevent Heat Illness**

Check on your friends, family, and neighbors. Help them prevent heat illness. Act fast if you notice someone with symptoms. Anyone can develop heat illness. People at greater risk are:

- \*Older adults
- \*Infants, children and pregnant women
- \*People with medical conditions
- \*Outdoor workers
- \*People with limited personal resources
- \*People living in places that lack green spaces



Heat Illness	What to Look For	What to Do
<b>Heat Cramps</b> are muscle spasms caused by a large loss of salt and water in the body.	Heavy sweating with muscle pain or spasms.	<ul style="list-style-type: none"> <li>◆ Move to a cool place,</li> <li>◆ Drink water or a sports drink</li> <li>◆ Get medical help right away if:               <ul style="list-style-type: none"> <li>*Cramps last longer than 1 hr</li> <li>*Person affected has heart condition</li> </ul> </li> </ul>
<b>Heat Exhaustion</b> is severe and may require emergency medical treatment.	<ul style="list-style-type: none"> <li>• Heavy sweating</li> <li>• Cold, pale and clammy skin</li> <li>• Fast, weak pulse</li> <li>• Nausea or vomiting</li> <li>• Muscle cramps</li> <li>• Tiredness or weakness</li> <li>• Dizziness-Headache-Passing Out</li> </ul>	<ul style="list-style-type: none"> <li>• Move to a cool place</li> <li>• Loosen tight clothing</li> <li>• Cool the body using wet cloths, misting, fanning or a cool bath</li> <li>• Sip water slowly</li> <li>• Get medical help right away if               <ul style="list-style-type: none"> <li>*Vomiting occurs</li> <li>*Symptoms last &gt;1 hr. or worsen</li> </ul> </li> </ul>
<b>Heat Stroke</b> is deadly and requires immediate emergency treatment	<ul style="list-style-type: none"> <li>◆ High body temperature (104 F+)</li> <li>◆ Hot, red, dry or damp skin</li> <li>◆ Fast, strong pulse</li> <li>◆ Headache-Dizziness</li> <li>◆ Nausea-Confusion Passing out</li> </ul>	<p><b>CALL 911 RIGHT AWAY, THEN:</b></p> <ul style="list-style-type: none"> <li>◆ Move to a cool place</li> <li>◆ Cool the body using wet cloths, misting, fanning or a cool bath</li> <li>◆ Do NOT give the person anything to drink</li> </ul>

## What to do: After

- ◆ **Take care of yourself**

It is normal to have a lot of bad feelings, stress or anxiety, Eat healthy food and get enough sleep to help you deal with stress. You can contact the Disaster Helpline for free if you need to talk to someone. Call or text **1-800-985-5990**.



# SUMMER Pet Safety Tips

 DO NOT LEAVE PET IN CAR	 PROVIDE ENOUGH WATER
 PROTECT FROM SUNBURN	 AVOID HOT PAVEMENT
 CHECK FOR TICKS	 WATCH TEMPERATURE
 GIVE A HAIRCUT	 SHOWERING / BATHING

 LONG BEACH  
ANIMAL CARE SERVICES



Pups love snacks with a crunch. Switch up your pet's favorite fresh treat by freezing it before serving it to them. Not only will it taste chilled and delicious, but your fur baby will also take extra time enjoying it as they lick the treat while it softens. My pup loves frozen green beans and carrots.

Swap frozen veggies with frozen fruit for a sweet treat your dog will love! Dice or puree fruit (remove the rind, seeds, or other hazards which may be hard on a dog's stomach to break down). Mix the fruit with plain yogurt and freeze. The fruit dogs seem to enjoy the most are cantaloupe, watermelon, strawberries, raspberries, blueberries, pineapple, and apple. We all love chilled summer sweets and now your pup can enjoy a special treat, too!

Even though cats can be a little more selective at what they enjoy eating, they too can be pampered with a frozen treat. Simply open up a can of your cat's favorite pate canned food, add a bit of extra water, scoop into ice cube tray, and freeze! You can even mix in some catnip or crunchy treats for a little something extra. Another cool treat for your purr-fect pal is frozen broth. Make sure that the broth doesn't contain salt and other seasonings that are not good for cats. Just pour some into ice cube tray and freeze. What kitty would not love a frozen chicken broth ice cube?

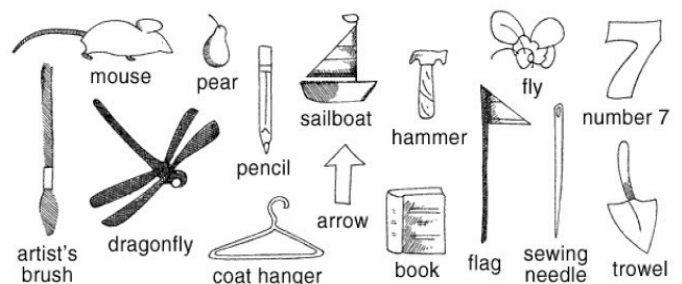
Never underestimate the allure of frozen water. This is the easiest recipe ever! Many cats are fascinated by ice cubes and will lick at them and playfully bat them around.

# Picnic Paradise

Hidden Pictures by Lynn Adams



In this big picture find the arrow, trowel, artist's brush, flag, pear, fly, oat hanger, sewing needle, mouse, hammer, dragonfly, number 7, pencil, book, and sailboat.







# SUMMER

## WORD SEARCH

### WORD LIST

AUGUST  
BASEBALL  
BEACH  
CAMP  
FISHING  
FLIP FLOPS  
HOT  
ICE CREAM  
JULY  
JUNE  
LEMONADE  
OCEAN  
PICNIC  
POOL  
SAND  
SHORTS  
SPRINKLER  
SUMMER  
SUNGLASSES  
SUNSCREEN  
SUNSHINE  
SWIM SUIT  
SWIMMING  
TOWEL  
UMBRELLA  
VACATION  
WATERMELON

S	T	S	P	R	I	N	K	L	E	R	D	T
J	B	N	N	V	V	L	K	T	O	W	E	L
P	U	V	A	C	A	T	I	O	N	I	M	M
O	I	L	W	Z	G	F	I	S	H	I	N	G
Y	U	C	Y	E	B	O	U	Y	T	F	W	H
N	X	D	N	N	M	A	O	U	P	K	O	O
Y	O	L	N	I	B	F	S	D	P	T	H	F
G	A	L	X	E	C	R	A	E	K	M	L	Y
Z	L	A	E	L	E	P	O	V	B	I	A	S
X	L	S	H	M	I	R	B	C	P	A	A	C
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E	M	M	H	B	P	H	H	A	M	U	C	S
M	U	M	S	S	C	O	S	U	W	E	S	U
O	S	I	V	W	Y	Z	S	I	C	H	E	N
N	S	N	N	R	I	M	C	R	H	R	N	S
A	O	G	S	O	X	M	E	G	Y	V	U	H
D	S	U	N	G	L	A	S	S	E	S	J	I
E	Y	F	M	U	M	U	W	U	M	F	Z	N
B	F	G	L	O	O	P	S	T	I	K	E	E
T	S	U	G	U	A	D	U	X	T	T	G	L





# Understanding Cyber Scams Protect Yourself in the Digital Age

By: Taylor Ramezan, Marketing Director

Cyber scams are deceptive schemes carried out online to trick people into giving away personal information, money, or other valuable assets. These scams can take many forms, such as phishing emails, fake websites, online shopping fraud, and social media scams. The scammers often pose as legitimate entities to gain the victim's trust. Cyber scams impact people of all ages!

While the prevalence of cyber scams can seem alarming, it is important not to be paralyzed by fear. Instead, by learning how to recognize and protect against these scams, you can still navigate the digital world with confidence. Knowledge and vigilance are your best tools for staying safe online.

To protect yourself from cyber scams, consider these five tips:

1. **Educate Yourself:** Stay informed about common types of cyber scams and how they work. Knowledge is your first line of defense.
2. **Verify Sources:** Be cautious of unsolicited emails, messages, or phone calls. Always verify the sender's identity before responding or clicking on any links or attachments.
3. **Use Strong Passwords:** Create complex passwords and change them regularly. Avoid using the same password for multiple accounts. Do not use common passwords such as birthdates or the names of children or pets.
4. **Enable Two-Factor Authentication:** Two-factor authentication (2FA) is a security process that requires you to verify your identity using two different methods, such as a password and a code sent to your phone through text. This adds an extra layer of protection to your accounts, making it more difficult for users to access them.
5. **Limit Sharing Personal Information:** Be cautious about the amount of personal information you share online, especially on social media platforms. Scammers can use this information to craft more convincing attacks.

By staying vigilant and adopting these protective measures, you can reduce the risk of falling victim to cyber scams and safeguard your digital life. If you have fallen victim to a scam accept your emotions and begin the healing process. Reach out for support from family and friends. Report the scam to the police. The police can initiate investigations that may lead to arrests and legal action against the scammers. This not only brings about justice for victims but also serves as a deterrent for would-be scammers.

**Stay tuned:  
Laurel Area Faith in Action is excited to share a valuable educational resource on cyber scams and cyber security with you! More information will be coming soon!**




**Laurel Faith in Action**  
 PO Box 854, Latrobe, PA 15650  
 724-539-4357  
 faithinaction@msn.com  
 www.laurelfia.org





# UPCOMING EVENTS

- ⇒ August 13, 2024 Volunteer Appreciation Dinner
- ⇒ August, 2024 Kickoff of Fall Fundraiser Raffle
- ⇒ August 24-25, 2024 Come see us at the Robindale Great American Banana Split Celebration (Look for our purple tent)
- ⇒ Late summer watch for the release of our Cyber Security Educational Opportunity
- ⇒ Last Quarter of 2024: Announcing Big Change. Be in the know! To stay up to date follow our Facebook page at Laurel Faith in Action or visit our website at [Laurelfia.org](http://Laurelfia.org)



**HEAR YE...HEAR YE...**

If you are a member of an organization, club, church, or business and would like for Laurel FIA to come and speak to your group, please reach out to us at 724-539-4357 or email us at [faithinaction@msn.com](mailto:faithinaction@msn.com).

We would be delighted to come and share opportunities for volunteerism, services provided for our recipients, and other ways to support the much needed missions and work of Laurel Area Faith in Action. We look forward to hearing from you soon.



Laurel Area Faith in Action will kickoff our Raffle Fundraiser in August. If you could help us sell tickets, please contact the office at 724-539-4357. We will have these Raffle Tickets available for sale at all events coming up.

Faith in Action relies on donations, grants and fundraising to provide the funding needed to sustain our organization and continue our mission. Please support us with this fundraiser and help it be a roaring success.



## Our History

In 2001, at a meeting of the Latrobe Ministerium, the idea for Laurel Area Faith in Action (LAFIA) took root. The area churches were seeking a solution to the increasing needs of the areas' aging population. Rides to appointments, help with grocery shopping, feelings of loneliness and isolation, as well as physical limitations when caring for their homes are only a few of the needs that were identified. The Ford Foundation as well as the local faith community provided the initial capital. LAFIA welcomed the first volunteers and recipients in 2002. LAFIA was up and running with Jane Kerr as the founding Executive Director. In October 2019, Jane retired from LAFIA. In January of 2020, Amy McLendon joined the LAFIA family as the new Executive Director, and is carrying the mission, vision, and values of LAFIA into the future.

LAFIA stands on the principles of serving the seniors in the communities of Latrobe, Unity Township, Derry, Derry Township, Ligonier, and Ligonier Township areas.

The program operates under a governance structure that consists of a volunteer Board of Directors and a volunteer Advisory Board. The paid staff of LAFIA consists of a full-time Executive Director, a part-time Director of Marketing, and four part-time Administrative Specialists (aka Miracle Workers).

We are working in our 23rd year of service to our communities. We rely on the generosity and compassion of our community to keep us going. We hope that you can find it in your heart to be part of the legacy that will allow LAFIA to continue to provide services to our aging neighbors for many years to come.

We have some exciting changes coming before the end of the year. To stay up to date, follow our Facebook and check our website.

Together we can build a future of service that we can be proud of!!!

## 2023 BY THE NUMBERS



**323 ACTIVE RECIPIENTS**



**500+ OPPORTUNITIES FOR  
SOCIALIZATION**



**212 PROGRAM VOLUNTEERS**



**200+ SPECIAL PROJECT  
VOLUNTEERS**



**4,902 SERVICES**



**9,835 HOURS**



Visit our website for more  
information at  
[www.Laurelfia.org](http://www.Laurelfia.org) or scan  
the QR code

# \$329,374.15

**Value of 2023**

## **Laurel Area Faith in Action Volunteer Hours**

This dollar figure is the value of the 9,835 volunteer hours from 2023 by the LAFIA family multiplied by the updated value of volunteer hour. We are a Community Benefit Nonprofit Organization that relies on the philanthropic generosity of the community.

Independent Sector, with the Do Good Institute at the University of Maryland announced on 4-24-24 the current value for per volunteer hour rose 5.3% from 2022, bringing the current valuation of a volunteer hour to \$33.49.

No dollar amount can fully reflect the value of volunteers to the physical and mental wellbeing of our community. LAFIA is honored to continue to be a benefit to the communities we serve.



Do you want to be the reason someone smiles  
today?

**Donate your Time!**

Laurel Area Faith in Action is always seeking volunteers to ensure that we can continue to serve our aging neighbors. Visit our website at [Laurelfia.org](http://Laurelfia.org) or scan the QR code and download the application. Simply fill it out and send it in to the office address. Before you know it, you will become the reason someone smiles today.



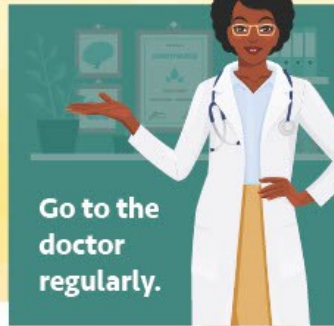
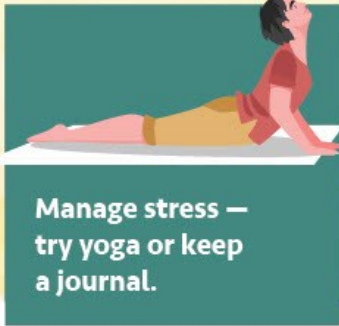
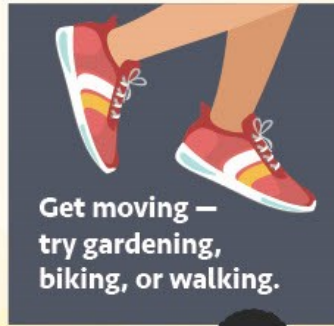
### How do I qualify to be a recipient?

- ◆ Be ages 60 or older
- ◆ Live in Latrobe, Unity Township, Derry, Derry Township, Ligonier and Ligonier Township areas
- ◆ Be mobile enough to get in and out of home and into and out of transportation
- ◆ Fill out, sign, and submit application. Application can be printed from our website [Laurelfia.org](http://Laurelfia.org) or call and request one from our office at 724-539-4357.

ALL services are provided **FREE** of charge. There are no income or asset restrictions.

# Tips To **BOOST** Your Health as You Age

Did you know that making lifestyle changes can help you live longer and better? Try these tips to get started.



Learn more about steps you can take to promote healthy aging at [www.nia.nih.gov/healthy-aging](http://www.nia.nih.gov/healthy-aging).



## Laughter is the best medicine!

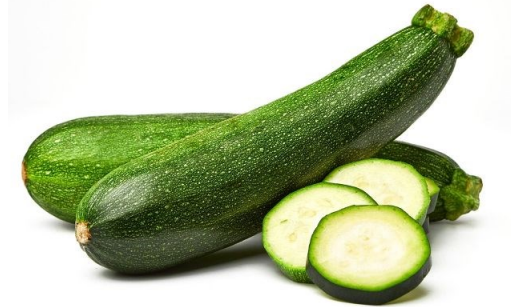


1. What did one hat say to the other? You stay here. I will go on ahead.
2. How do you organize a space party? You planet.
3. Knock Knock. Who's there? Candice. Candice who? Candice joke get any worse?
4. I couldn't figure out why the baseball kept getting larger. Then it hit me.
5. What do you call a beehive without an exit? Unbelievable.
6. What did the cucumber say to the pickle? You mean a great dill to me.
7. Hands down, what is the best time on the clock? 6:30
8. Which is faster, hot or cold? Hot, because you can catch a cold.
9. What did one ocean say to the other? Nothing, they just waved.
10. Why can't you trust duck doctors? They are all quacks.
11. What is the difference between a hippo and a zippo? One's pretty heavy and the other's a little lighter.
12. The rotation of the Earth really makes my day!
13. What do you call an alligator detective? An investi-gator.
14. Did you hear the rumor about the butter? I am not going to spread it!
15. What do you get from a pampered cow? Spoiled milk.
16. Why couldn't the pony talk? She was a little hoarse.
17. A cheese factory exploded in France. Da brie was everywhere.
18. What do dentist's call their x-rays? Tooth pics
19. I tried to catch fog yesterday. Mist
20. What happens when frogs park illegally? They get toad.



# Zucchini

One thing I love about summer, is all of the fresh vegetables. Living in a small community, it seems like neighbor's gardens always have zucchini to share. Transform this bounty into a healthy dinner recipe: Stuffed Zucchini. Filled with ground beef, rice, and cheese, this zucchini recipe makes it fun to eat your veggies.



## Stuffed Zucchini

Similar to Stuffed Peppers but assembled inside one of summer's most common vegetables, zucchini, this plant-forward dinner recipe will lure even the pickiest of eaters to the table.



### Ingredients

4 medium zucchini trimmed and cut in half lengthwise  
1 Tablespoon olive oil (vegetable oil can be substituted)  
1 medium onion finely chopped  
1 pound ground beef  
1 8 ounce can tomato sauce  
1 Tablespoon minced fresh parsley (dried can be substituted)  
1 cup cooked rice  
Salt and pepper to taste  
1/2 cup shredded mozzarella cheese  
1/2 cup shredded parmesan cheese

### Instructions

1. Preheat oven to 450 degrees. Prepare a rimmed baking sheet with parchment paper for easy cleanup. Using a spoon, remove the seeds and flesh from the zucchini halves, ensuring to not pierce the sides of the zucchini and leaving a 1/2 inch thick wall. Finely chop the zucchini flesh.
2. In a large skillet or Dutch oven, over medium-high heat, heat oil until shimmering. Add chopped zucchini and onion and cook until softened, about 5 minutes.
3. Add ground beef and cook until browned, about 3 to 5 minutes, breaking up any large clumps. Stir in tomato sauce, parsley, and cooked rice, bring to a simmer. Season to taste with salt and pepper.
4. Place zucchini halves cut side-up on the prepared baking sheet. Evenly divide the beef mixture between the zucchini shells. Sprinkle each half with 1 Tablespoon of both mozzarella and parmesan cheese.
5. Bake until golden brown and mixture is bubbling, about 15 to 20 minutes. Garnish with more parmesan cheese and serve.

This recipe makes 8 stuffed zucchini halves, four servings of two. Store leftovers in the refrigerator for up to 4 days. You can also make this up to 2 days ahead. Make the filling and stuff the zucchini, but do not sprinkle on the cheese. Wrap the baking dish with foil and refrigerate. When you are ready to cook this for dinner, sprinkle on the cheese and bake at 450 degrees until zucchini is tender, cheese is bubbling and browning. The filling should reach 265 degrees on a digital thermometer. If you have an over abundance of zucchini and like to have casseroles frozen, simply assemble stuffed, unbaked zucchini and freeze in an airtight container up to 6 months. To prepare, thaw the container overnight in the refrigerator and bake as directed.

### Nutritional Information

Serving Size: 2 halves	Protein: 31g	Fat: 33g	Saturated Fat: 13g
Calories: 506kcal	Trans Fat: 1g	Sugar: 6g	Carbs: 21G

Mission:  
To enhance the quality of life for persons 60 years and older who reside in Latrobe, Unity Township, Derry, Derry Township, Ligonier and Ligonier Township areas by providing companionship and assistance.

**Big changes are coming!  
Stay up to date by following us on  
Facebook or by visiting [LaurelFaitha.org](http://LaurelFaitha.org).**

**We are so excited!**



Nonprofit Organization  
U.S. Postage PAID  
Latrobe, PA  
Permit No. 59

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