

Deadline Extended - Plus More People Can Qualify for the PA Property Tax/Rent Rebate Program

Beginning with the tax year 2006, the Pennsylvania rebate program that has been in place since 1971 has been greatly expanded. And, the deadline to apply has been extended from June 30 to December 31, 2007.

This program provides rebates on property tax or rent for those with a qualifying income who are over 65 years of age, widows/widowers 50 and older, and people with disabilities over 18.

The income limit has been raised from \$15,000 to \$35,000 AND applicants only have to include ONE-HALF of their Social Security or SSI payments as income. The new amounts are:

Rebate	Income
\$650	\$0-8,000
\$500	\$8,001-15,000
\$300	\$15,001-18,000
\$250	\$18,001-35,000

Application forms and instructions are available by calling 1-888-222-9190, or online at www.revenue.state.pa.us. The forms, along with assistance in completing them, are also available at many senior centers and local area agencies on aging.

OLIVE OIL OBSERVATIONS

The experts are sure about this – olive oil is good for us. Instead of avoiding it because it is “a fat”, we are now told that meals containing the fat from olive oil (or anything high in monounsaturated fat), which helps the meal be more filling and satisfying, and less amount of starchy items like bread and pasta, are actually better for our heart and make weight control easier.

Two problems, though. Extra virgin olive oil has a definite bitter taste that doesn’t appeal to everyone. And it is not a good idea to cook with it.

The solution: “extra light” olive oil. Does extra light mean less calories? Not at all. The only thing missing is the bitter taste and the tiny particles that cause the oil to smoke when cooking.

Extra light olive oil can be used in any recipe where corn oil or other vegetable oils have been used. This includes baking cakes and cookies, popping popcorn, and sautéing meat and vegetables.

A bowlful of frozen vegetables with some extra light olive oil drizzled on them can be microwaved until they are thawed and hot and then eaten directly from the bowl they were cooked in. Have a variety of frozen vegetables on hand, and everyone can have the vegetable of their choice.

The third problem, of course, is cost. The best way to buy extra light olive oil is in a very large bottle, once you have tried using it and know that it will be used often in your meal preparations. Another way to save money is to also buy canola oil, which is much less expensive, and alternate. **Bon appetit!**

Words of Interest from our Friends!

Someone in our community who recently made a donation to Interfaith, did so with a wonderful little note attached, which read, "You have not lived until you have done something for someone who can never repay you." Enjoy each day! That must be the basis on which our volunteers perform their duties. The best way to repay someone for something kind they have done for you is to do something kind for another person as repayment.

Would you like to join our wonderful group of compassionate and caring volunteers? What a great way to "Live".

Please contact us at 724-438-0709 and tell us that you are ready to "Give Back".

Following is a poem written by Twila Jean Williams:

I count the days wisely spent
In which I usually do some good
For someone who is far away
or just someone in my neighborhood.

A day devoted to a deed
That lends a helping hand
It, to me, demonstrates a willingness
To care and understand.

I try my best to be of some usefulness
In little ways or large
Without a selfish motive or
Without even the slightest charge.

Because in my way of thinking
There has never been a doubt
That each and every one of us
Should help those in need, out.

I feel that days are fruitful
And time helping others is worthwhile
When I promote the happiness of
One endearing smile

Magical Cookie Tour 2007

Summer is over and the holidays will soon be here. The 3rd annual Magical Cookie Tour is in the planning stages. The tentative date is Thursday, December 13th from 3:00 p.m.- 7:00 p.m. Interfaith will be baking Peanut Butter Blossoms and they will be available for purchasing at The Nemaocolin Collection. Interfaith will receive 100% profit from the sale of the cookies. This project was very successful last year and we are hoping for continuing community support this year.

You can support us in two ways. You can buy cookies from us or bake peanut butter blossom cookies for us. We want to use uniform packaging this year, so please call us if you have questions about packaging. If you need to have your cookies picked up or have any questions please contact our Interfaith Office at 724-438-0709. Thank you, in advance for your support.

+++++

*HIGH GASOLINE PRICES SEEM TO BE HERE TO
STAY, AND MAY GET
\$ WORSE \$*

Do you have less opportunity to provide rides to our elderly carereceivers because of the rising cost of gasoline?

We are becoming concerned that there are some volunteers or potential volunteers who are finding it difficult to afford the cost involved when using their vehicles to help others.

We have a very small discretionary fund that could be used to help with the cost of gasoline for those in need who make trips for us regularly. If you need help paying for gasoline, simply call Carol Ashton (724-438-0709). All requests will be kept confidential.

On the other hand, if you want to help Interfaith Volunteer Caregivers but CANNOT provide rides, a donation that is earmarked for our discretionary fund is a great way to help us help others.

These warnings are received from different sources and are worthy of passing on if only to make you aware of some of the ways people are being duped today.

INTERESTING ?!

PHISHING

'Phishing' is a term that refers to the on-line imitation of a company's branding in spoofed e-mail messages and web sites, created with the intent of fooling unsuspecting users into divulging personal information such as passwords, credit card numbers, PINs, etc. Typically this type of e-mail will appear to come from a financial institution such as a bank or credit card company, informing the recipient that some type of problem has affected his account and directing him to follow a provided hyperlink to clear up the problem. That link, however, leads not to a legitimate site, but rather to a server, usually in another country, on which an imitation web site has been set up. The fooled customer is then prompted to enter confidential personal information allowing the scammer to accomplish his goal of stealing the customer's identity. Following are some examples:

- **Citibank** - e-mail claims your Citibank ATM/Debit card PIN must be updated due to "a large number of identity theft attempts.
- **Social Security Administration** - e-mail claims the SSA is requiring benefits recipients to register for passwords and provide their banking information

- **Wells Fargo** - e-mail claims Wells Fargo is sending out e-mails requesting personal information as part of their "regular update and verification of their ATM Service
- **U.S. Bank** - e-mail claims your account at U.S. Bank has been suspended or needs to be reactivated due to a technical update or problem.
- **IRS** - e-mail pretends to be the IRS sending out e-mails directing taxpayers to a web form to use to obtain tax refunds.

Interfaith Volunteer Caregivers recently received one of these bogus e-mails from a local bank and reported it by telephone to their fraud line. Please be extra cautious if you receive any emails such as those indicated above and immediately contact your bank by telephone to inquire about the email.

The Interfaith Volunteer Caregivers of Fayette, Inc. Newsletter is published quarterly.

<i>Editor</i>	<i>Sharon K. Waltz</i>
<i>Reporter</i>	<i>Marlene McCann</i>
<i>Executive Director</i>	<i>Carol J. Ashton</i>
<i>Volunteer Coordinator</i>	<i>Charlotte F. Steich</i>

Comments/questions are welcome and should be directed to IVCF at 724-438-0709 or via our new email address: info@ivcgf.org.

In Memory of

Donor List

July 1, 2007 – September 30, 2007
*the following have contributed recently to
Interfaith and their generous support is greatly
appreciated!*

Congregations

Calvary United Methodist Church – United
Methodist Women
First United Methodist Church
Interfaith Assembly of Christ Church
Pleasant View Presbyterian Church –
Benevolence Fund
St. Peter's Church
Third Presbyterian Church – Deacons Fund
Trinity United Presbyterian Church
Trinity United Presbyterian Church – Bible
Class

Corporations/Organizations

B.E.S.T. Copier Company, Inc.
Brothers Lazer Services, Inc.
McMillen Engineering

Grant/Allocations

Golden Living Center
Southwestern PA Area Agency on Aging, Inc.
United Way of South Fayette, Inc.
United Way of Westmoreland County

United Way Support (Through Donor Option)

United Way of Mon Valley (Individual names
not available)
United Way of Westmoreland County
United Way of South Fayette, Inc.

In Honor of...

Mildren, Bill by Clara Delaney
Mildren, Bill by Enio J. Loreti
Mildren, Bill by Maud Porter
Rugh, Dick by Patricia Johnson

Ansell Parents by J. Paul & Viola Ansell
Ashton, Kathryn by Catherine Morrow
Ashton, Kathryn by Diana & Martin Runnion
Ashton, Kathryn by Donald Miller, Inc.
Ashton, Kathryn by Jean & Richard Mullen
Ashton, Kathryn by Faye Allman
Ashton, Kathryn by Ken & Judi Dannecker
Ashton, Kathryn by Ron & Mary Hawthorne
Ashton, Kathryn by Dick & Jennie Dupont
Ashton, Kathryn by Ronnie & Bonnie Harper
Ashton, Kathryn by Delbert Dupont
Ashton, Kathryn by Mike & Donna Opalko
Ashton, Kathryn by Rhonda & Peter Loeb
Ashton, Kathryn by Charlotte Steich & George
Bodnar
Ashton, Kathryn by Sharon Waltz
Ashton, Kathryn by Mary Polvinale
Ashton, Kathryn by Pat Dearth
Ashton, Kathryn by Julia Campbell
Ashton, Kathryn by Nathaniel & Nikki
Dantzler
Ashton, Kathryn by Pamela Moore
Ashton, Kathryn by Marty & Naomi Marcus
Ashton, Kathryn, by Friends of Carol & Don
Ashton on Water Street
Blose, Carolyn by Jane Overdorff & Rene
Broesicke, Christine by Margaret Broesicke
Brownfield, Harry by Tom & Gerry Slebodnik
Brownfield, Harry by Dolores & Daniel
Lukotch
Brownfield, Harry by Lorraine Bradstock
Brownfield, Harry by Lawrence & Mary Tajc
Brownfield, Harry by Lillian Rogers
Brownfield, Harry by Sue Ann McBride
Brownfield, Harry by Tony & Mary Smolley
Brownfield, Harry by Charles & Florence
Watson
Brownfield, Harry by South Union Class of
1946
Brownfield, Harry by Mary Jane & Webb
Barber
Brownfield, Harry by 21st Century Appraisals,
Inc.
Brownfield, Harry by Mr. & Mrs. George Plava
Brownfield, Harry by Anna Jane Moser
Brownfield, Harry by Betty Merti, Lisa &
Edward Cottingham, Marcy & Mike
Rufalini, Francis & Adele Merti, & Mark &
Kristene Merti
Brownfield, Harry by Charles & Julia Ortmann
Brownfield, Harry by Rose Marie Galik
Christopher, Walter by Emma Christopher

**Brothers LAZER
SERVICE, INC.
AND
B.E.S.T COPIER
COMPANY
(The Office Heroes)**

472 Coolspring Street Uniontown PA 15401
Phone 724-439-4988
Hewlett Packard Sales & Service Center

Toner Cartridges
Laser Printers
Computer Supplies
Computer Systems
Printer repairs

Are proud supporters of Interfaith Volunteer
Caregivers of Fayette, Inc.