



## Staying Safe During Cold Weather

For older adults, being cold can quickly turn into a more serious problem known as hypothermia. This occurs when the body temperature gets too low. A temperature below 95 degrees can cause problems such as heart attack, kidney or liver damage, and even death. You can reduce the risk of hypothermia by doing the following:

- Set thermostat at 68 degrees or higher.
- Close off rooms not being used to save on heating bills.
- Put rolled towels or blankets under drafty doorways, or weather stripping around doors and windows.
- Wear layers of clothing and extra blankets at night.
- Use a hat to avoid losing important body heat.
- Stay inside when it is windy.
- Ask a neighbor or friend to check on you.

- Talk with your doctor about health conditions making it harder to keep warm.

If you notice these warning signs of hypothermia, wrap the person in blankets and call 911 immediately. (Do not rub arms and legs or try to warm them or use warm water or a heating pad):

- Cold hands and feet
- Puffy or swollen face
- Shivering
- Pale skin
- Slurred speech
- Acting or feeling sleepy
- Moving slowly or clumsily
- Acting confused or angry
- Slow heartbeat
- Loss of consciousness



## PennDOT Launches Yellow Dot Program

PennDOT has launched a program that will aid emergency responders in providing medical and emergency contact information for those involved in motor vehicle accidents or other emergencies.

The Yellow Dot program provides a form for participants to fill out with their emergency contact, medical contact, and medical information. They place this form in the yellow folder provided and keep it in their glove compartment. Participants then place a yellow dot sticker on the rear window of their vehicle. This sticker alerts emergency responders to check the glove compartment for information.

More information about this program can be found at [www.YellowDot.pa.gov](http://www.YellowDot.pa.gov). Enrollment packets can be picked up at the Office of Aging or mailed upon request by calling 299-7979.

## The Office of Aging will be closed:

Monday, January 21, 2013  
(Martin Luther King, Jr., Birthday)

Monday, February 18, 2013  
(Presidents' Day)



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# HOLIDAY PROGRAM EXCEEDS EXPECTATIONS

Thanks to the generosity of many individuals and groups throughout the community, the response to our annual Holiday Program was overwhelming! Volunteers and staff delivered much-needed grocery store gift cards to 210 agency-referred individuals during the weeks leading up to Christmas. The appreciation expressed by recipients was most evident and no doubt, brightened the season for many.

A special thanks is extended to the Holiday Program planning committee and volunteers who assisted with this year's effort. Thank you again to all our donors ... we couldn't have done it without you!

Abby McMichael & Family  
Adele Francis  
Alcoa Mills Products  
Alice & Richard McComsey  
Anne & Charles Tomasetti  
Arla Dietrich  
Arlene Eisenhardt & A. Betz  
B. E. Keener  
Beth Roland  
Brenda Marshall  
Brian Brooks & Family  
Carolyn & Claude Yoder  
Cindy & Mike Butz  
Daniel & Laurie Mellinger  
Dean & Rebecca Gianopoulos  
Deanna Miller  
Dennis Bixler  
Donna Anderson, Online Publishers  
Dorothy Ezard  
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Joseph & Dorothy Armstrong  
Joseph & Jennifer Glessner  
Judith Fauser  
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Kari Fisher  
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Kim Long  
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Lancaster County Domestic Relations  
Lancaster County-Wide Communications  
Lancaster Neighborhood Senior Center  
Lancaster Recreation Commission Senior Center  
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Linda Hutchins  
Lisa Paulson  
Lynne McCabe  
M. Flanagan & Pat Kratzer  
M. Jean Navikas  
Major John Hoogerwerff  
Marge Mateer  
Marilyn Kirkpatrick  
Marjorie Worley  
Mary E. Fox-Keech  
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Mrs. Becky Vickers  
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Philip Siegel  
QVC, Inc.  
Riverside Camping Association  
Robert & Beulah Shank  
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Robert & Gloria Grossman  
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Shari Riley  
Steve & Debbie Milliken  
Sue Horst  
Teresa Purdue  
Teresa V. Book  
Trinity United Church of Christ, East Petersburg  
Trudi Snively  
Victoria Syvertson  
W.D. & S.L. Wanner  
W. Randall & Doris Sweitzer  
William & Anna Schmidt  
William Alexander

## Office Of Aging 2013 Advisory Council Meetings

150 North Queen Street  
Lancaster, PA 17603  
Planning Commission Conference Room 104  
Meetings begin at 12:00 noon.

**February 4**

**April 1**

**June 3**

**August 5**

**October 7**

**December 2\***

*\*Location to be announced*



## Advisory Council 2013 Members

Joseph D. Armstrong	Carl J. Kanaskie
Trudy Brandt	William T. Kelley
Edward M. Faulkner, Sr.	Kim M. Long
Mary E. Fox-Keech	Wayne K. McKinley
Gwyneth Harner	Jennifer Opinaldo
William C. Haynes	Bob Sauders
Jo Ann B. Hentz	

### County Commissioners

Scott Martin, Chairman  
Dennis P. Stuckey, Vice-Chairman  
Craig Lehman

### Lancaster County Office of Aging

Jacqueline A. Burch, Executive Director  
Lynne McCabe, **PRIMETIME** Editor

### PRIMETIME

is a publication of the  
**Lancaster County Office of Aging**  
150 North Queen Street, Suite 415  
Lancaster, PA 17603-3562

Hours are Monday through Friday  
**8:30 AM to 5:00 PM**

For information on programs, services or issues concerning older adults, stop in or call (717) 299-7979 or TOLL FREE at 1-800-801-3070 or visit the agency's web site at [www.co.lancaster.pa.us/lanco\\_aging](http://www.co.lancaster.pa.us/lanco_aging).

## Deadline Near for Required Electronic Payments

Individuals receiving Social Security benefits, Supplemental Security Income (SSI), or any other federal payment will no longer receive paper checks by March 1. Instead, all such payments will be made electronically either via direct deposit to a bank or credit union account or into a Direct Express® debit card account.

To arrange for direct deposit into an existing account, the following information is needed when logging in at [www.godirect.com](http://www.godirect.com) to sign up:

- Social Security number or claim number
- 12-digit federal benefit check number
- Amount of most recent federal benefit check
- Financial institution's routing transit number
- Account number and type—checking or savings

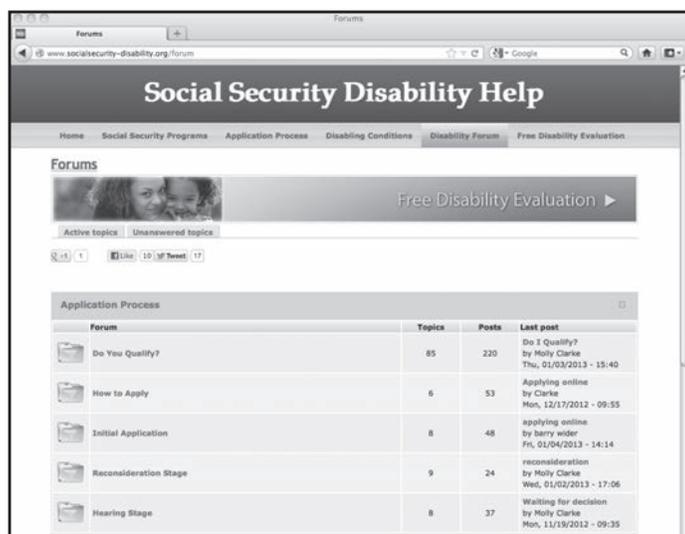
When beneficiaries sign up to receive Social Security or Supplemental Security Income benefits on the Direct Express® card, the money will be automatically deposited to a Direct Express® account on the usual payment date. The card can be used to withdraw cash from Automated Teller Machines (ATMs), make purchases at stores that accept Debit MasterCard®, and get cash back with those purchases. The debit card can also be used for online bill payments and to buy money orders at the U.S. Post Office.



More information and sign-up instructions are available at [www.godirect.org](http://www.godirect.org), or call 1-800-333-1795 from 8 a.m. to 8 p.m. Monday–Friday.

## "SSD Help" Re-Activates Forum

In response to popular demand, Social Security Disability Help has reactivated its online SSD Forum (<http://www.socialsecurity-disability.org/forum>). Individuals who are looking for information about Social Security Disability benefits may interact with one another via the Social Security Disability Help community and receive answers from Social Security Disability Help staff regarding complicated SSD questions. Applicants will receive a free online evaluation of their disability claim.



## New Compassionate Allowances



The Social Security Administration announced 35 additional Compassionate Allowances conditions, bringing the total number of conditions in the expedited disability process to 200. Compassionate Allowances are a way to quickly identify diseases and other medical conditions that, by definition, meet Social Security's standards for disability benefits. Applicants receive their benefit decisions within days instead of months or years. These conditions primarily include certain cancers, adult brain disorders, and a number of rare disorders that affect children.

More information about the Compassionate Allowances program and a list of the new conditions are available at [www.socialsecurity.gov/compassionateallowances](http://www.socialsecurity.gov/compassionateallowances).

## Job Opportunities E.O.E.

Age 55 or over? Unemployed? The 55+ Job Bank is one of three services offered by the Employment Unit at the Office of Aging. Jobs are matched with those looking for work. Based on an evaluation of your skills and abilities, we can match you with a position needed by a local employer. Some employers are specifically looking for older workers because of the reliability and experience they bring to the work place. There is a mix of full-time and part-time jobs covering all shifts, requiring varying levels of skill and experience, and offering a wide range of salaries. The other services available through the Office of Aging are the Senior Community Service Employment Program (SCSEP) and the regularly scheduled Job Search Workshops.

### **Sanitation Associate – FT**

Manufacturer is searching for experienced, reliable persons to handle general cleaning of plant including ovens, conveyer system, catch pans, and other equipment. Must be able to work as a team or independently, and use a barcode scanner.

**PT120055.01**

### **Accounts Receivable Clerk – FT**

Health services provider looking for a person with prior accounting experience to handle A/R, A/P, and cash receipts functions. Requires a HS Diploma/GED, plus 1 yr. experience in accounting related functions, good PC skills, and clean background check.

**PT120052.03**

### **Customer Experience Coordinator - FT**

Home goods store is seeking a responsible individual to manage the operations at their service desk, layaway and jewelry departments ensuring associates provide prompt, courteous service and resolve service issues appropriately. Flexible schedule needed.

**PT120053.02**

### **Service Representative - PT**

Local non-profit thrift organization needs an individual to assist persons with donations, issue tax receipts, and prepare and price hard goods for resale. Must have good customer service skills and be able to lift up to 50 lbs. frequently. Flexible schedule a must.

**PT120050.04**

**VIEW OUR JOB LIST:** We list jobs on the Web at [www.co.lancaster.pa.us/lanco\\_aging](http://www.co.lancaster.pa.us/lanco_aging).

To learn more about applying for the 55+ Job Bank and these jobs, call the Employment Unit at 299-7979.

*Designated by the Commonwealth of Pennsylvania as the Area Agency on Aging for Lancaster County, the Office of Aging is mandated to provide coordinated services to residents age 60 or over and committed to meeting the many needs of older adults, their families, and the community in which they live. Our goal is to assist all older adults maintain their health, safety, and independence.*