



## STAYING SAFE DURING COLD WEATHER

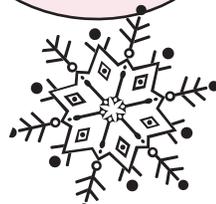
For older adults, being cold can quickly turn into a more serious problem known as **hypothermia**. This occurs when the body temperature gets too low. A temperature below 95 degrees can cause problems such as heart attack, kidney or liver damage, and even death. You can reduce the risk of hypothermia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



*Here are some other suggestions to make winter safer and more enjoyable:*

- 1. Check your car.** If you haven't done so already, have your car serviced so it is in peak operating condition. Checking things like the oil, tires, battery, and wipers can make a big difference on icy roads. Ask family, friends, or neighbors for help with transportation if you feel unsafe driving. If you are 65 or over, call the Office of Aging for information on how to sign up for the Red Rose Access shared ride service.
- 2. Prepare for power outages.** Make sure you have easy access to a flashlight, battery-powered radio, and nonperishable foods that can be eaten cold. Stockpile warm blankets. If the power goes out, use those blankets and wear layers of clothing, including a hat. Check local TV and radio stations during very cold weather for information on "warming centers." The Office of Aging may keep senior centers open for longer periods if needed in the winter; call 299-7979 to check.
- 3. Prevent carbon monoxide poisoning.** Get a carbon monoxide detector if you don't already have one. Don't forget to check the batteries. Fireplaces and gas heaters are potential sources of carbon monoxide poisoning. If you feel unusually sleepy, weak, or confused, call 911 for help.
- 4. Try to stay active and avoid isolation.** Walk at the mall or other indoor space. Take an exercise class or just socialize at a senior center. Check in with friends and family by phone, and ask them to check in on you.

**The Office of Aging  
will be closed:**

**Monday, February 16, 2015**  
(Presidents' Day)



## INSIDE this issue:

In the Spirit of Giving . . . . .	2
Holiday Donors . . . . .	2
New Plan to Combat Elder Abuse . . . . .	3
2015 Advisory Council Meetings . . . . .	3
Job Opportunities . . . . .	4

## In the Spirit of Giving

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 237 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 delivery volunteers who assisted with this year's effort. Thank you again to all our donors and volunteers ... we couldn't have done it without you!

### County Commissioners

Dennis P. Stuckey, Chairman  
Scott Martin, 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).

## Thank You Holiday Program Donors and Volunteers!

Adele Francis  
Arla Dietrich  
Assumption of the BVM Church  
(St. Mary's Church)  
Alan & Vicki Ingram  
Becky Vickers-Gross  
BJ & DE Parmer  
Bonita Bowman  
Brenda Keener  
Carolyn & Claude Yoder  
Christine & Donald House  
Cynthia & Michael Butz  
Dawn Fryer  
Dennis & Julie Steffy  
Dorothy Ezard  
Dorothy Witmer  
Elaine Mazakas  
Elizabethtown Senior Center  
Eugenia Calderon  
Gregory & Janet Foster  
Harrison & Edna Vickers  
Iris MacRae  
James & Joan Gadd  
Jamie Hackman  
Janet Hesse  
Jennifer Cochran  
Joan Ritzman

Joan Siegrist  
Joann & David Irwin  
Joann & Paul Hentz  
John & Florence Hoogerwerff  
Jonathan Early  
Joseph & Diana Reeves  
Joseph & Dorothy Armstrong  
Joseph & Karen Choppa  
Judith Maxine Fauser  
Kari Fisher  
Katherine Wood-Jacobs  
Kathy & James Smeltzer  
Ken & Joyce Adams  
Ken & Wanda Winters  
Kim Long  
Kim Showalter  
Kim & Tom Sullenberger  
Lisa Paulson  
Lynne McCabe  
Mabel Seventko  
Marge Mateer  
Marilyn Kirkpatrick  
Mary E. Fox-Keech  
Marry Lapp  
M. Jean Navikas  
Nancy Griesemer  
Patricia Heffner

Pennsylvania  
Guardianship Assoc.  
Randy & Mary Caldwell  
Robert & Beulah Shank  
Robert & Gloria Grossman  
Robert J. Pauline  
Robert & Rose Ganse  
Ronald Schmitter  
Ruth Secamiglio  
R. Sue Horst  
Sara Resh  
Sarah Bullock  
Sharon Riley  
Senior Helpers  
Shirley M. Jones  
Stephen Rush  
Stephen & Virginia Newcomer  
Stephanie Kaufman  
Steven & Deb Milliken  
Steven & Mary Gingrich  
Tom & Judith Kruse  
Trudi & Richard Snively  
Trinity U.C.C East Petersburg  
William & Diane Alexander III  
W. Randall & Doris Sweitzer  
Zina Clayman

# PA Supreme Court Announces New Plan To Combat Elder Abuse

Abuse of older adults, both physical and financial, has been a problem nationwide. As the number of older Pennsylvanians increases, the problem is expected to worsen. Protective Services programs and courts across the state are regularly handling cases where people 60 or older have been mistreated, neglected, or exploited financially, often by those who were supposed to be looking out for their best interests.

To help combat this increasing problem, a committee tasked by the Pennsylvania Supreme Court and chaired by Supreme Court justice Debra Todd unveiled 130 recommendations that call for everyone from judges to legislators to family members and the general public to get involved. Key suggestions from the Elder Law Task Force, which would require action by the legislature, include mandating training and criminal background checks for those who wish to be guardians of the elderly. Enactment of laws to require banks and other financial institutions to report suspected cases of financial exploitation of older adults is on the list as well, along with a proposed expansion of existing law to make it impossible for someone convicted of abusing an older adult to later benefit from that victim's estate.

Supreme Court Chief Justice Ronald D. Castille called the panel's suggestions a "blueprint" for dealing with mistreatment of older adults. More than 20



**Members of the Elder Law Task Force**

percent of Pennsylvanians, roughly 2.7 million people, are currently age 60 or older, Castille noted, and that number is expected to hit 3.3 million by 2020. Along with the rise in the number of older adults, "court cases dealing with the protection of vulnerable older adults are expected to increase substantially," said Supreme Court Justice Debra Todd, who chaired the task force. The task force cited research indicating that one of every 10 older adults who live at home are abused, neglected or exploited, yet only one in every 24 such cases is reported to authorities.

Todd said her court already has adopted the task force's recommendations to found an Office of Elder Law in the state court system, which will be manned with existing staff, and to create an advisory council on elder law, which is chaired by Superior Court Judge Paula Francisco Ott. If the proposed guardian training mandate becomes law, Pennsylvania might be a pioneer in that regard, Ott said. A version of such a program, which would include training in liability and ethics, is being developed in York County's court system, county Senior Judge Penny Blackwell said. Blackwell said the program already has encountered some guardians who didn't understand basic concepts, including that they should not mingle their own funds with those of the older adult.

One recommendation from the task force's report asks for an increase in the number of people monitoring the problem. The panel is urging everyone who suspects an older adult is being abused to call the Statewide Elder Abuse Hotline at 800-490-8505 or the attorney general's Elder Abuse Hotline at 866-623-2137. The Office of Aging takes reports 24 hours a day, seven days a week, at 717-299-7979.

*(Information obtained from the Harrisburg Patriot-News, photo courtesy of AOPC)*

## Lancaster County Office Of Aging

### 2015 Advisory Council Meetings

150 North Queen Street  
Lancaster, PA 17603

Planning Commission Conference Room 104  
Meetings begin at 12:00 p.m.

**February 2**

**April 6**

**June 1**

**August 3**

**October 5**

**December 7**



## 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.

### **Chef Assistant - FT**

Local resort hotel is seeking a person to assist with kitchen functions including prepping food items, carving meats, preparing made to order items and set-up/decorating smorgasbord and buffet stations. A Serf-Save certification is preferred.

**PT120070.01**

### **Employment Specialist - PT**

Non-profit agency searching for a person to develop/ implement strategy for placement and retention of competitive employment for persons with disabilities and other barriers to job opportunities. Requires BA in Vocational Rehab or related field.

**PT110027.03**

### **Laborer - FT**

Lawn service business needs an experienced, driven, dependable individual who can handle a range of manual labor duties including lifting/moving material, loading/unloading lawn products, and assisting with other grounds routine tasks.

**PT120078.02**

### **Sanitary Worker – PT**

Government office needs an experienced individual for grounds-keeping including mowing, trimming, weeding; light maintenance, and cleaning classroom/offices, restrooms and emptying trash. Requires HS Diploma/ GED, plus 1-2 yrs. experience.

**PT120085.04**

**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.*