

# PRIME TIME

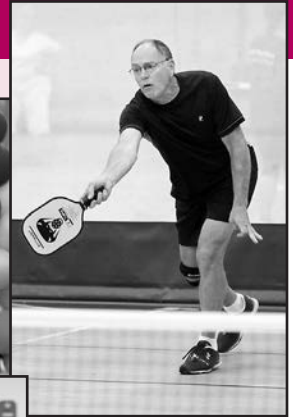
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LANCASTER COUNTY OFFICE OF AGING



## LANCASTER SENIOR GAMES CELEBRATES 25<sup>TH</sup> ANNIVERSARY

Over 950 older adults took part in 42 events to celebrate the 25<sup>th</sup> anniversary of Lancaster Senior Games from June 10-14.



### Property Tax/Rent Rebate Deadline Extended

The deadline to apply for the state's 2013 Property Tax/Rent Rebate program has been extended from June 30 to December 31. Eligible participants can receive a rebate based on their rent or property taxes paid in 2012. The program benefits eligible Pennsylvanians who are 65 years or older, widows and widowers 50 years or older, and those 18 years or older with disabilities.

Property Tax/Rent Rebate claim forms are available by contacting the PA Revenue Department at 1-888-222-9190. Help with completing the forms is available by appointment at the Office of Aging (299-7979), your state legislator's office, or Community Action Program offices.

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## Help with Medicare and Prescription Co-Pays

The Office of Aging's APPRISE program can help older adults with the cost of their Medicare premiums and prescription co-pays.

**The Low Income Subsidy (LIS) program helps to pay for medication co-pays. The income and asset requirements are outlined below:**

### 2013 LIS INFORMATION – SOCIAL SECURITY – Help With Prescription Costs

Beneficiary Group	Income Eligibility Requirement	Asset Eligibility Requirement
<b>Full Low-Income Subsidy</b>		
Dual Eligible (people with Medicare & full Medicaid) who reside in long-term care facilities	Meet State Medicaid financial eligibility rules	Meet State Medicaid financial eligibility rules
Other people with Medicare and Medicaid, including those enrolled in a Medicare Savings Program (MSP)	Meet State Medicaid/MSP financial eligibility rules	Meet State Medicaid/MSP financial eligibility rules
Non-duals with income < 135% Fed Poverty Level (FPL)	\$1,293/month or less if single; \$1,745/month or less if married	\$8,580 or less if single, \$13,620 or less if married**
<b>Partial Low-Income Subsidy</b>		
Non-duals with income <135% FPL <b>AND</b> assets between \$6,940 and \$11,570 if single, or between \$10,410 and \$23,120 if married*	\$1,293/month or less if single; \$1,745/month or less if married	between \$8,581 and \$13,300 if single; between \$13,621 and \$26,580 if married**
Non-duals with income between 135 and 150% FPL	\$1,436/month or less if single; \$1,939/month or less if married	\$13,300 or less if single; \$26,580 or less if married**

*Info provided by National Council on Aging*

**\*\* All asset eligibility limits include \$1,500/person burial allowance**

**Medicare Savings Plans (MSPs) provide help paying for Medicare Part B premiums. The requirements and benefits are listed in the following chart:**

### MEDICARE SAVINGS PROGRAMS (MSPS) - ELIGIBILITY AND COVERAGE 2013

Type of MSP	Financial Eligibility	Benefits Covered by MSP
Qualified Medicare Beneficiary (QMB)	<b>Income:</b> At or below 100% of Fed Poverty Level (FPL): \$958/single; \$1,293/married  <b>Assets:</b> \$7,080/single; \$10,620/married	Part A hospital deductible (\$1,184/per benefit period) Part A hospital copays, days 61-90 (\$296 daily) and days 91-150 (\$592 daily) Part A SN F co-pays, days 21-100 (\$144.50 daily) Part A premium (\$441 for most for voluntary enrollees not eligible for \$0 Part A coverage) Part B deductible (\$147) Part B premium (\$104.90 for most beneficiaries, see Note below for more info) Part B coinsurance (amount varies)
Specified Low Income Medicare Beneficiary (SLMB)	<b>Income:</b> Between 100-120% of FPL: \$959-\$1,149/single; \$1,293-\$1,551/married  <b>Assets:</b> \$7,080/single; \$10,620/married	Part B premium (\$104.90 for most beneficiaries, see Note* below for more info)
Qualifying Individual (QI)	<b>Income:</b> 120-135% of FPL: \$1,150-\$1,293/single; \$1,551-\$1,745/married  <b>Assets:</b> \$7,080/single; \$10,620/married	Part B premium (\$104.90 for most beneficiaries, see Note* below for more info)

*Income/asset limits listed are after all disregards and deductions are taken—  
info provided by PA Health Law Project*

**\*Your cost for the part B premium may vary if your income is over \$85,000/year as a single, or over \$170,000 as a married couple.**

## Thank-A-Vet Program Provides Discounts

The “Thank A Vet” Discount Program, organized by Lancaster County Recorder of Deeds Bonnie Bowman, is a new way for the community to express its gratitude and recognize the service and sacrifices made by our veterans. Participating merchants throughout the County provide special discounts on purchases or services when presented with the “Thank A Vet” photo identification card. Participating merchants and sponsors are identified by a poster or decal in the window and are listed on the Recorder of Deeds website, <http://www.lancasterdeeds.com>. The site is updated monthly, and printed copies are also available by calling 299-8238.

This program will provide a free photo ID to Lancaster County veterans who have the DD-214 honorable discharge papers filed on record in the Recorder of Deeds office. Those who do so will be able to obtain up to four certified copies. This document is a permanent record. Discharge papers are held in the strictest confidence and can only be accessed by the service member, his or her legal guardian, or individuals with signed and notarized authorization from the service member. Both the recording and certification of the DD-214 is free.

Veterans who have already recorded their DD-214 may call the office to verify that their discharge is recorded and to obtain their “Thank-A-Vet” ID card.

### County Commissioners

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**PRIMETIME** is a publication of the  
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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).

## Heat Stress in Older Adults

Older adults are more prone than younger people to heat related illness, because their bodies do not adjust as well to sudden temperature changes. They are also more likely to have medical conditions that change normal body responses to heat, and more likely to take prescription drugs that impair the body’s ability to regulate its temperature or inhibit perspiration.

**Heat Exhaustion** is a mild form of heat-related illness. It can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids. Signs and symptoms include:

- Heavy sweating
- Paleness
- Muscle cramps
- Tiredness
- Weakness
- Dizziness
- Headache
- Nausea or vomiting
- Fainting
- Skin may be cool and moist
- Pulse rate: fast and weak
- Breathing: fast and shallow



**Heat Stroke** is the most serious heat-related illness. It occurs when the body becomes unable to control its temperature. As body temperature rises rapidly, the body loses its ability to sweat or cool down. Signs and symptoms of heat stroke include:

- Extremely high body temperature (above 103 F)
- Red, hot, and dry skin (no sweat)
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Nausea

**The Center for Disease Control and Prevention suggests the following to stay safe in the heat:**

- Slow down. Reduce or reschedule strenuous activities.
- Wear loose fitting, light colored clothing.
- Drink plenty of water or cool, non-alcoholic non-caffeinated beverages, even if you don’t feel thirsty. Caffeine and alcohol are mild diuretics, so it’s best to avoid them in hot weather.
- Spend more time in air-conditioned buildings. If you do not have air conditioning, visit a local senior center, library, shopping mall, or designated “cooling center.” There will be announcements on local radio and TV stations if senior centers will be open for extended hours.
- Eat smaller meals more frequently. Don’t leave foods requiring refrigeration out in the heat.
- Take a cool shower, bath or sponge bath.
- When outdoors, find a shady area to rest. Wear sunscreen, sun glasses, and a brimmed hat.
- Ask your doctor or other health professional if the medications you take can increase your susceptibility to heat-related illness.
- Take note of the color of your urine. Brown or dark yellow urine suggests dehydration.
- Check on your senior friends, family, and neighbors. Watch for signs of heat related illness.
- Listen to local news or weather channels for health and safety updates. Beside the forecast temperature, pay attention to the heat index, which factors in the humidity level to get the “real feel” temperature. Sweating is not as effective at cooling you down when the humidity is very high.
- Call 911 if medical attention is needed.

## 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.

### **Direct Support Specialist – PT**

Social services provider needs persons to assist clients in a residence program or their home to achieve inter-dependence, self-directed care and community involvement. Requires HS Diploma/GED, first-aid/CPR, and administration of medications as permitted.

**PT070020.01**

### **Sales Consultant – PT**

Consumer electronics retailer seeking techno learners who excel at selling products and services. Get to know customer needs, build joint solutions and develop long-term relationships. Requires 6 months retail sales or customer service experience.

**PT070024.02**

### **Material Handler - FT**

Local thrift store is seeking an individual to load/unload trucks, receive and process inventory, and ship goods to various locations. Must be able to lift up to 50 lbs. and stand for an entire shift. Benefits available after 90 days.

**PT070035.03**

### **Payroll/Benefits Processor – FT**

Community services agency is seeking an individual to assist with weekly payroll, submission of medical, voluntary life insurance, COBRA enrollments, terminations, personnel payroll changes and reports. Need HS Diploma/GED, plus 1 yr. related experience.

**PT070041.04**

**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.*