

PRIME TIME

Volume XXXIX, Number 3 - May/June 2013

LANCASTER COUNTY OFFICE OF AGING



County Commissioners
Scott Martin, Chairman
Dennis P. Stuckey, Vice-Chairman
Craig Lehman
Chief Clerk
Andrea M. McCue

Office of the Commissioners

150 North Queen Street
Suite #715
Lancaster, PA 17603
Phone: 717-299-8300
Fax: 717-293-7208
www.co.lancaster.pa.us

PROCLAMATION



Recognizing 50th Anniversary of "Older Americans Month" 2013 May 1, 2013

WHEREAS, Lancaster County is home to more than 106,000 citizens ages 60 and older; and

WHEREAS, The Lancaster County Office of Aging is committed to valuing all individuals and recognizes the importance of sharing life experiences with family, friends, and neighbors; and

WHEREAS, Older adults in Lancaster County play a vital role by continuing to contribute time, talent, experience, knowledge, wisdom, and accomplishments; and

WHEREAS, Older adults are active, productive and influential, and essential members of society involved in volunteering, mentorship, arts and culture, and civic engagement; and


WHEREAS, Recognizing the successes of community elders encourages their ongoing participation and further accomplishments; and

WHEREAS, Our community can provide opportunities to allow older citizens to continue to flourish by:

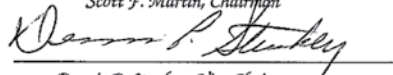
- Emphasizing the importance of their leadership by publicly recognizing their contributions;
- Presenting opportunities for them to share their wisdom, experience, and skills; and
- Recognizing older adults as a valuable asset in strengthening American communities.

NOW, THEREFORE, WE, THE BOARD OF COMMISSIONERS OF LANCASTER COUNTY, PENNSYLVANIA, Do hereby proclaim May 2013 to be Older Americans Month, celebrating this year's theme "Unleash the Power of Age". We urge every citizen to take time this month to recognize older adults and the people who serve and support them as powerful and vital citizens who greatly contribute to the community.

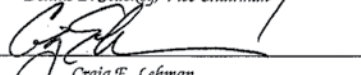




Scott F. Martin, Chairman



Dennis P. Stuckey, Vice Chairman



Craig E. Lehman
Board of Commissioners of
Lancaster County, Pennsylvania

INSIDE this issue:

Office Closure Dates 2

Rebate Program 2

APPRISE Award 2

Volunteer Thank You 3

Ombudsman Award 3

Nutrition Vouchers 4

Senior Games Registration Form Insert

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.

The Office of Aging will be closed:

Monday, May 27, 2013
(Memorial Day)

Thursday, July 4, 2013
(Independence Day)



Office of Aging's Volunteer Coordinator Wins State Award



Volunteer Coordinator, Bev Via, was one of six people recognized by the Pennsylvania Department of Aging for service to older Pennsylvanians. Ms. Via was awarded the BRAVO Client Service Award for "consistently providing consumers with accurate, comprehensive information in a warm, caring and empathetic manner." The awards were presented on April 18, 2013, at the annual State APPRISE conference in State College, Pa. APPRISE is the State Health Insurance Program that assists Medicare beneficiaries.

Property Tax/Rent Rebate

Many older adults live on fixed incomes, but their property taxes or rent still keep going up. The Pennsylvania Department of Revenue's Property Tax/Rent Rebate Program can help reduce these expenses.

Those age 65 or older, widows/widowers age 50 or older, or disabled individuals age 18 or older may qualify for a property tax rebate if they earn up to \$35,000 a year (excluding half of their Social Security income). Renters can receive a rebate if they earn up to \$15,000, excluding half of their Social Security income.

The deadline to apply is June 30. Checks will be issued beginning July 1. If you need an application, you may call the Revenue Department at 1-888-222-9190 or go to www.revenue.state.pa.us. Applications can also be downloaded at that web site. You may call the Office of Aging at 717-299-7979 or one of the following locations for help completing the application.

Other Locations For Rebate Application Assistance

Rep. Ryan Aument's Office: 2938 Columbia Ave., Suite 501, Lancaster, 295-5050; no appt needed; call first to make sure staff are in the office; office hrs Mon-Fri, 9AM-4:30PM

Rep. Bryan Cutler's Office: 207 E. State St., Quarryville, 786-4551, no appt needed; call first to make sure staff are in the office; office hrs Mon-Fri, 9AM-4:30PM

Rep. Mindy Fee's Office: 47 Market Square, Manheim, 664-4979 or 503 Main St, Denver, 336-2199, no appt needed at Manheim office but appt is needed at Denver office; office hrs at both locations Mon-Fri, 9AM-4:30PM

Rep. Keith Greiner's Office: 852 Village Rd., Lancaster, 464-5285, no appt needed; office hrs Mon-Fri, 8AM-4:30PM

Rep. Dave Hickernell's Office: 236 Locust St., Columbia, 684-5525 or 222 S. Market St., Suite 103, Elizabethtown, 367-5525, no appt needed at either location (but do not come over lunch hours, 11:30AM-1:30PM); office hrs at both locations 9AM-4:30PM

Rep. Steven Mentzer's Office: 1555 Highlands Dr., Suite 110, Lititz, 626-1776, appt needed; office hrs Mon-Fri, 9AM-5PM

Rep. Mike Sturla's Office: 150 E. King St., Suite B, Lancaster, 295-3157, no appt needed; office hrs Mon-Fri, 9AM-5PM

Sen. Michael Brubaker's Office: 301 E. Main St., Lititz, 627-0036, appt needed; office hrs Mon-Fri, 9AM-5PM

Community Action Program, Lancaster City office: 601 S. Queen St., Lancaster, 299-7301, appt needed

Community Action Program, Ephrata office: 24 Orange St., Ephrata, 626-4154 or 733-6562, appt needed

Community Action Program, Columbia office: 400 Chestnut St., Columbia, 684-8047, appt needed

Community Action Program, Quarryville office: 349 Buck Rd., Suite 1, Quarryville, 786-4468, appt needed

The Factory Ministries: 3098 Lincoln Highway East, Paradise, 687-9594

Volunteer Ombudsman Award

Volunteer Ombudsman, Bill Kelley (pictured third from left), recently received recognition from the Pennsylvania Department of Aging (PDA) for his service to and advocacy with long-term care residents in Lancaster County. This presentation took place at the statewide annual conference in Hershey, and included several staffers from PDA and the Lancaster County Office of Aging.



Volunteers—Our Greatest Resource

For more than 35 years, volunteers at the Lancaster County Office of Aging have helped support the agency's mission and enhance the quality of life for many older people. However over time, the type and scope of services provided by volunteers has evolved to meet changing needs.

Early on volunteers began serving as friendly visitors and phone pals to the homebound, but soon expanded to assisting with chores such as grocery shopping and laundry. Several specialized volunteer programs were then established in response to various state and federal mandates. Volunteers now provide valuable assistance to Medicare beneficiaries through the APPRISE program, and nursing and

personal care facility residents are informed of their rights by trained Ombudsmen.

Volunteers also perform a variety of supportive tasks in the office and help with the annual Senior Games, Holiday Program, and Sertoma Chicken BBQ delivery. More recently volunteers have been recruited to assist with the completion of applications for Pennsylvania's property tax/rent rebate program.

Last fiscal year 115 individual volunteers and groups provided more than 4,000 hours of service, including delivering grocery store gift cards to 210 consumers around the holidays. For their incredible service to the agency and community, we extend our thanks to the following volunteers and groups!

Diane & Bill Alexander	Amanda Flurry	John Lucey	Nancy Rodriguez
Jane Appleyard	Mary Fox-Keech	Jeanette Mateer	RR Donnelly Printing Co.
Ellen & Bill Arms	Florence Freedman	Marge Mateer	RR Donnelly & Sons Co.
Joe Armstrong	Bonni Greiner	Barb Mavraganis	Susan Ryan
Jody Sue Benfer	Ginger Hahn	Carol McElroy	Bob Sauders
Polly Benner	Penny Hayas	Edward McGeehan	Judith Scayler
Emily Booker	Kyle Haywood	Joseph McIlhenney	Anna & Bill Schmidt
Eleanor Bosserman	Artemis Heiselman	Erin McKenna	Kim & Kevin Schrum
Alice Bove	Donna Herr	Kitty Moranz	Esther Stauffer
Trudy Brandt	Linda Hook	Betty Myers	Julie Steffy
Joe Brogan	Ginny & Dave	Carmen Napolitan	Barbara Sutton
Mary Brosey	Hunsberger	Diana Nesbit	Mary & Clark Taylor
Darlene Byrd	JoAnn & Dave Irwin	Phyllis Peters	Anne & Charlie
Georgianna Dorm	Shirley Jones	Teresa Purdue	Tomasetti
Christine Dulaney	Bill Kelley	Carol Ragaller	Juanita Torres-Donovan
Jane Earley	Larry Kendron	Diana Reeves	Sandra VanDusen
Engle-Hambright &	Penny & Joel Kettering	Jack Richards	Todd Weiss
Davies, Inc. Employees	Richard Kita	Teri Robinson	Itaska Welch
John "Jack" Esbenshade	Glee & Al Kling & Emily	Laurie & Lauren Rogers	Irene Witman
Dottie Ezard	Dianne Lewis		
Crystal Flanagan	Irv Lilley		
Stuart Fleishman	Judy Lopez		

Thank You Volunteers!

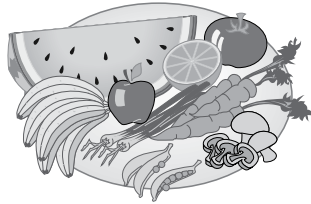
Lancaster County Office of Aging

150 North Queen Street
Suite 415
Lancaster, PA 17603-3562

PRSR STD
U.S. POSTAGE
PAID
LANCASTER, PA
PERMIT NO. 360

Time For Fresh Fruits and Vegetables

The Pennsylvania Department of Agriculture is once again offering vouchers through its 'Farmers Market Nutrition Program'. These vouchers worth \$20 can be used to purchase Pennsylvania-grown fruits and vegetables at area farmers markets. Eligible individuals must be at least 60 years of age, reside in Lancaster County, and have an annual income of less than \$21,257 (\$28,694 two persons). Persons living in residential facilities where meals are provided are not eligible.



Those unable to travel to the distribution sites can still obtain vouchers through a proxy, provided a signed form and photo identification of the older person is presented. Proxy forms can be obtained by calling your local senior center or the Office of Aging at 299-7979. Vouchers will be distributed at the following locations on June 19:

- Cocalico Sr Association:** 336-7489
- Columbia Sr Center:** 684-4850
- Lititz Sr Center:** 626-2800
- Millersville Sr Center:** 871-9600
- Lancaster Neighborhood Sr Center:** 299-3943
- Lancaster Recreation Commission Sr Center:** 399-7671
- NextGen Sr Center:** 786-4770
- Elizabethtown Sr Center:** 367-7984
- Spanish American Civic Association (SACA) Senior Center:** 295-7989
- Paradise Township Building:**
2 Township Drive (9 AM – 1 PM), 768-7684
- Ephrata Recreation Center:**
130 South Academy Drive (8:30 AM – Noon), 738-1167
- New Holland United Methodist Church:**
120 West Main Street (1PM – 4 PM), 354-0226

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.

Senior Games Registration Form

Please return ENTIRE form with signature on back.

Name _____

Address _____
 Street # or Apt. # _____ City _____ Zip _____

Phone _____ Age on June 10, 2013 _____ Gender: M ___ F ___

E-mail Address _____ Attending the Games as a Spectator ONLY? Yes

T-Shirt size (circle one): S M L XL XXL Lunch (circle days): Monday Tuesday Wednesday

MONDAY, JUNE 10 **9:30 a.m.-2 p.m. DROP-IN EVENTS**

<input type="checkbox"/> 3-Point Shooting <input type="checkbox"/> Darts <input type="checkbox"/> Foul Shooting <input type="checkbox"/> Javelin Throw <input type="checkbox"/> Shotput				
MONDAY EVENTS	9:30 a.m.	<input type="checkbox"/> Badminton Age 55-69	<input type="checkbox"/> Bocce Age 75+	<input type="checkbox"/> Easy-Does-It Exercise
	10:15 a.m.	<input type="checkbox"/> Tai Chi		<input type="checkbox"/> TRIATHLON
	10:30 a.m.	<input type="checkbox"/> Bocce Age 70-74	<input type="checkbox"/> Wii till 2 p.m.	
	1 p.m.	<input type="checkbox"/> Badminton Age 70+	<input type="checkbox"/> Bocce Age 55-69	
	2 p.m.	<input type="checkbox"/> Bridge Tournament	<input type="checkbox"/> Line Dance Clinic	
	6 p.m.	Running <input type="checkbox"/> 100m <input type="checkbox"/> 200m <input type="checkbox"/> 400m <input type="checkbox"/> 1600m <input type="checkbox"/> 3000m <input type="checkbox"/> 5000m		

TUESDAY, JUNE 11 **9 a.m.-2 p.m. DROP-IN EVENTS**

<input type="checkbox"/> Bench Press <input type="checkbox"/> Bicep Curl <input type="checkbox"/> Frisbee Throw <input type="checkbox"/> Football Throw <input type="checkbox"/> Hotshot Basketball <input type="checkbox"/> Softball Throw				
TUESDAY EVENTS	9 a.m.	<input type="checkbox"/> Table Tennis Age 55-69	<input type="checkbox"/> Horseshoes Age 75+	
	9:30 a.m.	<input type="checkbox"/> Pilates		
	10:30 a.m.	<input type="checkbox"/> Horseshoes Age 70-74	<input type="checkbox"/> Zumba Gold till 11:30 a.m.	
	12:30 p.m.	<input type="checkbox"/> Table Tennis Age 70+		
	1 p.m.	<input type="checkbox"/> Horseshoes Age 55-69		
	1:30 p.m.	Swimming <input type="checkbox"/> 25 yd Freestyle <input type="checkbox"/> 25 yd Breaststroke <input type="checkbox"/> 50 yd Freestyle <input type="checkbox"/> 50 yd Backstroke <input type="checkbox"/> 100 yd Freestyle <input type="checkbox"/> 100 yd Freestyle Relay		
	2 p.m.	<input type="checkbox"/> Pinochle		
	5:30 p.m.	<input type="checkbox"/> Shuffleboard Age 55-69		

WEDNESDAY, JUNE 12 **9 a.m.-2 p.m. DROP-IN EVENTS**

<input type="checkbox"/> Frisbee Golf <input type="checkbox"/> Home Run Derby <input type="checkbox"/> Soccer Penalty Kick				
WEDNESDAY EVENTS	7:15 a.m.	<input type="checkbox"/> Walking		
	9 a.m.	<input type="checkbox"/> Shuffleboard Age 70-79	3:30 p.m. SHOTGUN START	<input type="checkbox"/> \$6.25 Pitch 'n Putt 18 hole. Held at Evergreen Golf Course. Attach names if wishing to golf with others.
	9:30 a.m.	<input type="checkbox"/> Pickleball Age 55-69	6 p.m.	<input type="checkbox"/> Tennis
	9:30-10:30 a.m.	<input type="checkbox"/> Pickleball Clinic		
	12:30 p.m.	<input type="checkbox"/> Shuffleboard Age 80+		
	1 p.m.	<input type="checkbox"/> Pickleball Age 70+		
	1-2 p.m.	<input type="checkbox"/> Pickleball Clinic		

Don't forget these great Wednesday afternoon events!

THURSDAY, JUNE 13 **FRIDAY, JUNE 14**

<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td>7-9:30 a.m.</td> <td><input type="checkbox"/> Golf Longest Drive</td> </tr> <tr> <td>8:30 a.m.</td> <td><input type="checkbox"/> Putting Contest</td> </tr> <tr> <td>9 a.m.</td> <td><input type="checkbox"/> Billiards Age 70+</td> </tr> <tr> <td>10:45 a.m.</td> <td><input type="checkbox"/> Putting Contest</td> </tr> <tr> <td>11 a.m.</td> <td><input type="checkbox"/> Billiards Age 55-69 <input type="checkbox"/> Modified Bowling</td> </tr> <tr> <td>1 p.m.</td> <td><input type="checkbox"/> Singles Bowling Tournament</td> </tr> </table>	7-9:30 a.m.	<input type="checkbox"/> Golf Longest Drive	8:30 a.m.	<input type="checkbox"/> Putting Contest	9 a.m.	<input type="checkbox"/> Billiards Age 70+	10:45 a.m.	<input type="checkbox"/> Putting Contest	11 a.m.	<input type="checkbox"/> Billiards Age 55-69 <input type="checkbox"/> Modified Bowling	1 p.m.	<input type="checkbox"/> Singles Bowling Tournament	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td>7:30 a.m.</td> <td rowspan="2" style="text-align: center;">GOLF FEES MUST BE PAID WITH REGISTRATION</td> <td><input type="checkbox"/> \$28 18-Hole Golf SHOTGUN START 4 Seasons Golf Course</td> </tr> <tr> <td></td> <td><input type="checkbox"/> \$8 9-Hole Golf SHOTGUN START Evergreen Executive Golf Course</td> </tr> <tr> <td>1-4 p.m.</td> <td></td> <td><input type="checkbox"/> Celebration Dance at Willow Valley Cultural Center, 900 Willow Valley Lakes Dr., Willow Street</td> </tr> </table>	7:30 a.m.	GOLF FEES MUST BE PAID WITH REGISTRATION	<input type="checkbox"/> \$28 18-Hole Golf SHOTGUN START 4 Seasons Golf Course		<input type="checkbox"/> \$8 9-Hole Golf SHOTGUN START Evergreen Executive Golf Course	1-4 p.m.		<input type="checkbox"/> Celebration Dance at Willow Valley Cultural Center, 900 Willow Valley Lakes Dr., Willow Street
7-9:30 a.m.	<input type="checkbox"/> Golf Longest Drive																				
8:30 a.m.	<input type="checkbox"/> Putting Contest																				
9 a.m.	<input type="checkbox"/> Billiards Age 70+																				
10:45 a.m.	<input type="checkbox"/> Putting Contest																				
11 a.m.	<input type="checkbox"/> Billiards Age 55-69 <input type="checkbox"/> Modified Bowling																				
1 p.m.	<input type="checkbox"/> Singles Bowling Tournament																				
7:30 a.m.	GOLF FEES MUST BE PAID WITH REGISTRATION	<input type="checkbox"/> \$28 18-Hole Golf SHOTGUN START 4 Seasons Golf Course																			
		<input type="checkbox"/> \$8 9-Hole Golf SHOTGUN START Evergreen Executive Golf Course																			
1-4 p.m.		<input type="checkbox"/> Celebration Dance at Willow Valley Cultural Center, 900 Willow Valley Lakes Dr., Willow Street																			



**Lancaster
Senior Games**
Exercising Body, Mind & Spirit