



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



Senate Aging Committee Launches New Anti-Fraud Hotline

If you or someone you know suspect you've been the victim of a scam or fraud aimed at seniors, the U.S. Senate Special Committee on Aging has set up a new toll-free hotline to help.

The hotline was recently unveiled to make it easier for senior citizens to report suspected fraud and to receive assistance. It will be staffed by a team of committee investigators weekdays from 9 am to 5 pm EST. The investigators, who have experience with investment scams, identity theft, bogus sweepstakes and lottery schemes, Medicare and Social Security fraud, and a variety of other senior exploitation

issues, will directly examine complaints and, if appropriate, refer them to the proper authorities.



Anyone with information about suspected fraud can call the toll-free fraud hotline at 1-855-303-9470, or contact the committee through its website, <http://www.aging.senate.gov/fraud-hotline>.

As chairman and ranking member of the committee, Sens. Bill Nelson (D-FL) and Susan Collins (R-ME) have made consumer protection and fraud prevention a primary focus of the committee's work. This year the panel has held hearings

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The Office of Aging will be closed:

Monday, January 20, 2014
(Martin Luther King, Jr. Day)

Monday, February 17, 2014
(Presidents' Day)



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New Website Goes 'Live'

In conjunction with all County departments, a new Office of Aging website was rolled out in November, designed to make searching for information easier.



The website at www.co.lancaster.pa.us/lanco_aging, includes frequently-sought information on benefits and services for older adults, volunteer opportunities, senior centers, how to select a long-term care facility, or how to make a referral. Lists of nursing homes, personal care/assisted living facilities, and retirement communities in Lancaster County can also be found here. In addition, multiple links to the PA Department of Aging and other related sites are available, as well as the ability for the user to adjust text or font size for easier browsing.

The County's main website can be accessed from the Office of Aging home page, providing further detail about other county departments' programs and things such as schedules of upcoming public meetings or how to conduct a records search.

Want To Get PrimeTime Faster?

Did you know PrimeTime is available by e-mail? This allows each issue to reach you sooner, bringing timely information about new programs, services and upcoming events. Share it with family, friends, co-workers and others more easily by simply forwarding the e-mail.

To receive PrimeTime by e-mail, notify us at aging@co.lancaster.pa.us. If you want to continue receiving PrimeTime by regular mail, we're happy to oblige. Notifications of any address changes are appreciated.

Lancaster County Office Of Aging 2014 Advisory Council Meetings

150 North Queen Street
Lancaster, PA 17603

Planning Commission Conference Room 102
Meetings begin at 12:00 p.m.

February 3

April 7*

June 2

August 4

October 6*

December 1

**Location to be announced*



Advisory Council Members

Joseph D. Armstrong

Carl J. Kanaskie

Trudy Brandt

William T. Kelley

Mary E. Fox-Keech

Kim M. Long

Gwyneth Harner

Wayne K. McKinley

William C. Haynes

Jennifer Opinaldo

Jo Ann B. Hentz

Bob Sauders

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
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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.



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 202 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.

Special thanks are extended to the Holiday Program planning committee and delivery volunteers who assisted with this year's effort. We couldn't have done it without you!

Thank You

Adele Francis
Alan & Vicki Ingram
Anne Tomasetti
Arla Dietrich
Avis McIver
Barbara & Jere Long
Barbara Miller
Becky Vickers-Gross
Beth Roland
Bob & Gay Williams
Bonita Bowman
Brandt Hipple
Brenda Keener
Brenda Wortz
Carolyn & Claude Yoder
Christine & Donald House
Cindy Butz
Daniel Mellinger
Dareen Miller
Deanna Miller
Denise Scalzo
Dennis & Deborah Doyle
Dennis & Douglas Bixler
Dennis & Julie Steffy
Diana Hill
Donald & Betty Joe Parmer

Dorothy Ezard
Dorothy Witmer
Elaine Mazakas
Erica Shimp
Gerald & Lorna Lawrence
Gregory & Janet Foster
Harrison & Edna Vickers
Iris MacRae
Jacob & Mary Lapp
James & Joan Gadd
Jamie Hackman
Jay & Marie Suydan
Jean Navikas
Jennifer Cochran
Jennifer Glessner
Joan & J. Siegrist
Joan Hawkins
Joan Ritzman
Joan Schuck
Joann & David Irwin
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John & Florence Hoogerwerff
Joseph & Diana Reeves
Joseph & Dorothy Armstrong
Joseph & Karen Choppa

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Judith Fauser
Kari Fisher
Katherine Wood-Jacobs
Kathryn Froehlich
Keith & Vickie Henry
Kenneth & Joyce Adams
Kerri Steck
Kim & Thomas Sullenberger
Kim Showalter
L. Hempley
Lillian Freund
Mabel Seventko
Marilyn Kirkpatrick
Marilyn Lieber
Marjorie Worley
Mary Fox-Keech
Mike Schiraldi
Nancy & Dave Griesemer
Nerva Ramos
PA Guardianship Association
Patricia Heffner
Paul & Edna Schmid
Penny Hayas
Philip Siegel

Quinn Maddox
Ralph & Joyce Moyer
Randy & Mary Ann Caldwell
Robert & Beulah Shank
Robert & Gloria Grossman
Robert & Rosemary Ganse
Robert Pauline
Sandra Adair
Sarah Bullock
Scott & Sandy Scheffey
Shirley Jones
St Mary's Church
Stephanie Kaufman
Stephen & Virginia Newcomer
Steve & Debbe Milliken
Steve & Mimi Rush
Steven & Mary Gingrich
Sue Horst
Tammy Burk
Theodore & Barbara Mavraganis
Trinity United Church of Christ, East Petersburg
Trudi & Richard Snively
W. Randall Sweitzer
William Alexander III

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examining Jamaican lottery scams, tax-related identity theft, Social Security fraud and payday loans' impact on seniors.

"If you're contacted about an offer that sounds too good to be true, then it probably is," Nelson said. "This new hotline will give seniors a resource to turn to for assistance if they think they've been victimized or have questions about fraudulent activities."

"Ensuring that seniors are as equipped as possible to avoid becoming victims of fraud and other scams is among our committee's top priorities," said Collins. "This new hotline offered by the Senate Special Committee on Aging will help to identify and put a stop to the cruel scams that hurt seniors and their families."

The hotline's unveiling also coincides with the committee's launch of an enhanced senior-friendly website. The site's new features include large print, simple navigation and an uncluttered layout that enables seniors to find information more easily and conveniently. Online visitors can also increase text size, change colors or view a text-only version of the site.

To view the new website, visit www.aging.senate.gov.

Anyone with concerns about financial exploitation of adults 60 and older in Lancaster County may contact the Office of Aging's Protective Services unit at 299-7979.

(Source: US Senate Special Committee on Aging)

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.

Director – Marketing/Sales - FT

Local resort complex is searching for an individual to provide overall leadership to the Sales Dept./Marketing Program including developing/monitoring budgets to ensure effectiveness for achieving company goals. Need BA Degree or 8 yrs. experience.

PT120030.01

Night Cleaner – PT

Local tourist hotel is seeking a self-directed person to handle the cleaning duties and related tasks in order to maintain the facility including cleaning/vacuuming, removing trash, and delivering linens/supplies. Hours are 10:00 PM – 6:30 AM, 2 nights per/wk.

PT120049.02

Custodian - PT

County school district is in need of an experienced, reliable individual to fill a maintenance position to perform sweeping, mopping, dusting, cleaning bathrooms and other related duties. Requires driver's license/reliable vehicle and background check.

PT120056.03

Truck Driver – FT

Local non-profit thrift outlet is searching for a driver with a minimum 2 yrs. verifiable experience, a CDL B license, and clean driving record. Requires some heavy lifting. Schedule may include weekends/holidays. Benefits available after 90 days.

PT120064.04

VIEW OUR JOB LIST: We list jobs on the Web at 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.