

PRIME TIME

Volume XL, Number 4 - July/Aug 2014

LANCASTER COUNTY OFFICE OF AGING



MARKING 40 YEARS OF HISTORY AND SERVICE

1974 – 2014

While it is hard to believe four decades have passed since the birth of the Lancaster County Office of Aging, it's even harder to capture and reflect all that has gone on in the span of the last 40 years! From humble beginnings – (when the County first agreed to create the area agency on aging with a \$7000 in-kind share to go with \$50,000 of federal and state funds) – to the current \$10 million+ annual budget, the agency's mission has been all about a demonstrated commitment to serving those most in need.

As part of the nationally authorized Older Americans Act of 1965 and with oversight from the state Department of Public Welfare, the agency was launched with Peter Dys, a 'twenty-something' social worker named as the first executive director. Early program offerings included information and outreach, senior centers, homemaker/chore assistance, and telephone reassurance calls by volunteers. The initial handful of agency staff grew quickly as new services emerged and others were developed. Even in the 1970's and 80's, coordinating and contracting with outside providers was a key component to the effective delivery of needed care.

In the second decade of our history, implementing additional state and federally mandated programs drove changes to the agency's structure and function. These included Pre-Admission Assessment, Family Caregiver Support, and Protective Services. By this time, such landmark 'growing pains' were being capably managed and directed by Dys' successor Patricia Mann, who is also credited with the establishment of the County's first adult day care programs. Under Mann's watch, many innovative special projects also began such as Senior Games, smoke detector distributions, volunteer insurance counseling, job fairs for older workers, art and essay contests, and the homebound holiday program – several of which not only continue to this day, but served as models on the state level.

Serving as deputy director with Mrs. Mann for eight years was good preparation for following in her footsteps, although I had no idea how big those shoes really were or would need to be upon her retirement at the end of 1995.

Over the years, the County experienced several changes in leadership and administration, resulting in several relocations and new addresses for the agency. Successive years of insufficient funding created the need for long waiting lists that grew with the increased demand for services. The Aging Waiver and Nursing Home Transition programs were introduced as new mandates for our agency to deliver, requiring yet more organizational change.

The emphasis on home and community based care brought increased state and federal funding, along

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Dive In—Free Summer Aquatic Exercise Programs!

No pre-registration is required; just show up!

**Manheim Central Park & Recreation Commission
Manheim Pool**

504 E Adele Ave, Manheim

Managed by Lititz Rec-626-5096, ask for Megan

June 17 to Aug. 7, Tuesday/Thursday 12-1pm

Mt. Joy Lions Club Pool

100 Fairview St, Mt Joy; 653-1101

July 8 to Aug. 14, Tues – Thurs 11am-12pm

SECA Pool

SECA Park, S. Lime St, Quarryville; 786-4052

July 7 to Aug. 15, Mon-Wed-Fri, 9-10am

Millersville Lions Club Pool

314 Prince St, Millersville; 872-2017

Mon-Wed-Fri: July 28 to Aug. 1, 9-10am

Aug. 4 to Aug. 22, 10-11am

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with new regulatory compliance and related directives from the PA Department of Public Welfare's Office of Long Term Living, and Centers for Medicare & Medicaid. Several key changes to the Older Adults Protective Services law impacted the nature, number, and players involved in mandatory reporting of those alleged to be abused or financially exploited. Lastly, the mandated role of the APPRISE program was elevated and expanded significantly, with the advent of Medicare Part D and national annual open enrollment season.

Keeping up with the dramatic and rapid changes in the local, state and federal aging landscape has been quite challenging. More people are living longer with greater needs and fewer resources. Impacts of the economy, technology, politics, and an increasingly ethnic and culturally diverse service population have greatly shaped and directed that change, and will no doubt continue to do so. But through it all, we've remained true to the original agency mission established forty years ago ... *'to develop a continuum of care where aging persons can choose the type and level of assistance needed to maintain maximum independence and dignity in living in accordance with their desires.'*

We inherited a firm organizational foundation, built and enhanced by exemplary leaders early in our agency's history. But it has been the incredibly skilled and dedicated staff, volunteers, providers, and countless community partners who have helped us get this far, and to whom I am most grateful on this anniversary!

We pause to mark this milestone, enormously proud of our accomplishments and good work done to date. And while we may 'look good for 40,' we know much awaits us in the decades to come! So here's to '50' (which is really 'the new 30' – right?!)

—Jacqueline Burch,
Executive Director



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
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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.

Beat The Heat!

Older adults are more prone than younger people to heat-related illness because their bodies do not adjust as well to sudden changes in temperature. They are also more likely to have medical conditions that change their body's responses to heat, and 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 is fast and weak
- Breathing is 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 Centers 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, 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 hat with a brim.
- 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 older friends, family, and neighbors and have them check on you. Watch for signs of heat-related illness.
- Listen to local news or weather channels for health and safety updates. Besides 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.

Help Is Available With Medicare And Prescription Co-Pays

The Office of Aging's APPRISE program can help older adults get help with their Medicare Part B premiums or prescription co-pays.

The Low Income Subsidy (LIS) program helps to pay for medication co-pays.

The income and asset requirements are outlined below:

2014 LIS INFORMATION – SOCIAL SECURITY – Help With Prescription Costs

Beneficiary Group	Income Eligibility Requirement	Asset Eligibility Requirement
Full Low-Income Subsidy		
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)	\$1,313/month or less if single; \$1,770/month or less if married	\$8,580 or less if single, \$13,750 or less if married**
Partial Low-Income Subsidy		
Non-duals with income <135% FPL AND assets between \$6,940 and \$11,570 if single, or between \$10,410 and \$23,120 if married*	\$1,313/month or less if single; \$1,770/month or less if married	between \$8,661 and \$13,440 if single; between \$13,751 and \$26,580 if married**
Non-duals with income between 135 and 150% FPL	\$1,459/month or less if single; \$1,966/month or less if married	\$13,300 or less if single; \$26,860 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 2014

Type of MSP	Financial Eligibility	Benefits Covered by MSP
Qualified Medicare Beneficiary (QMB)	Monthly Income: At or below 100% of Fed Poverty Level (FPL): \$973/single; \$1,311/married Assets: \$7,160/single; \$10,750/married	Part A hospital deductible (\$1,216/per benefit period) Part A hospital copays, days 61-90 (\$304 daily) and days 91-150 (\$608 daily) Part A SN F co-pays, days 21-100 (\$152 daily) Part A premium (\$426/mo. 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)	Monthly Income: Between 100-120% of FPL: \$973-\$1,167/single; \$1,311-\$1,573/married Assets: \$7,160/single; \$10,750/married	Part B premium (\$104.90 for most beneficiaries, see Note* below for more info)
Qualifying Individual (QI)	Mo. Income: 120-135% of FPL: \$1,167-\$1,313/single; \$1,573-\$1,770/married Assets: \$7,160/single; \$10,750/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/yr as a single, or over \$170,000 as a married couple.**

Property Tax/Rent Rebate Deadline Extended

The deadline to apply for the state's 2014 Property Tax/Rent Rebate program has been extended to Dec. 31. Eligible participants can receive a rebate based on their rent or property taxes paid in 2013. 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 Dept. 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.

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.

Housekeepers - PT

Local upscale motel/hotel is seeking high energy persons to handle a full range of cleaning responsibilities. Experience is preferred, but will train guest service focused candidates. Hours are 8:30 AM – 4:30 PM, 3-4 days per/wk. Some weekends/holidays necessary.

PT060029.01

Merchandise Coordinator – FT

Local soft-goods/variety store is looking for a self-motivated person to establish and execute merchandising plans to ensure for a fresh flow of goods from backroom to the sales floor. Need good communication skills and prior merchandising experience.

PT060048.02

Food Service Workers - PT

Local institution needs help in various food service areas including dish room, kitchen, prep and serving areas, dining room, catering and receiving. Must be able to learn proper procedures for food handling, sanitation, and cash register operation.

PT060051.03

Direct Sales Representative – FT

Regional service provider has an opening in their local office for a person with special qualities of tenacity, good listening skills, technical thinking, and the ability to structure and close a sale. Product training provided; commission plan; and strong benefits package.

PT060073.04

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.