

PRIME TIME

Volume XL, Number 2 - Mar/Apr 2014

LANCASTER COUNTY OFFICE OF AGING



Lancaster Celebrates Seniors

This year the Lancaster County Office of Aging and On-Line Publishers, Inc. have pooled their resources, brainpower, and collective community spirit to bring the county's boomers and seniors the first-ever Lancaster Celebrates Seniors event.

"Lancaster Celebrates Seniors" will combine the 26th annual Lancaster County Senior Games and the 15th annual Lancaster County 50plus EXPO on Monday, May 5, at Spooky Nook Sports, 2913 Spooky Nook Road, Manheim.

While the two events will retain their own identities and function independently, Lancaster Celebrates Seniors will offer local seniors the opportunity to participate in both the 50plus EXPO and the Senior Games in one convenient location.

"It was a natural fit, as On-Line Publishers has supported our Lancaster Senior Games almost since the inception," said Lon Wible, deputy director of the Lancaster Office of Aging, "and the Lancaster County Office of Aging has been co-sponsoring On-Line Publishers' 50plus EXPOs throughout the county for nearly 20 years."



The 50plus EXPO, which will be held from 9 a.m. to 3 p.m. Monday, May 5, has always been a free, one-day event, offering visitors free access to exhibitors, health screenings, live entertainment, and seminars.

"The exhibitors love [the 50plus EXPO] because they can meet with people face to face who are interested in what they have to offer," said Donna Anderson, president of On-Line Publishers. "Visitors love it because their needs change from year to year, and they can pick up information relevant to what's going on in their lives."

Organized by the Lancaster County Office of Aging, the Lancaster County Senior Games has been and still will be a weeklong event celebrating the athleticism and camaraderie of the county's seniors.

The majority of the Senior Games will be held this year from May 5 to 9 at this new location, although a few, such as golf and bowling, will be held off site. The 50plus EXPO and the Senior Games will simply join together at Spooky Nook Sports for Lancaster

continued on page 2

Volunteer Ombudsman Team Growing

Long term care residents in Lancaster County have a team of advocates to help them address concerns and speak with staff regarding questions and policies. These advocates are the Long Term Care Ombudsmen. These dedicated staff and volunteers visit each of the nearly 200 facilities in Lancaster County to advise residents of their rights and help them get answers.

In March, the PA Department of Aging conducted training here, bringing our Ombudsman program to two staff and fourteen volunteers. The goal of the Long Term Care Ombudsman program, which is required by federal law, is helping residents become educated, empowered and active participants in

their own care and the operation of the facilities they call home.

Volunteer Ombudsmen made over 200 facility visits in Lancaster County in 2013. Our heartfelt appreciation goes out to our experienced and newly trained volunteers!

If you have any questions about the role of these unique volunteers, contact us at (717) 299-7979, or aging@co.lancaster.pa.us.



INSIDE this issue:

Rebate Application Information	2
Nutrition Month	3
Social Security Benefit Verification.	3
Job Opportunities.	4
Senior Games Registration Form	Insert

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

**Friday, April 18, 2014
(Good Friday)**



Property Tax/ Rent Rebate Available

Many older adults live on fixed incomes, but their property taxes or rent still keep going up. The PA 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. For assistance in completing the application, please call the Office of Aging in advance for an appointment at 717-299-7979. You may also call or visit one of the following locations for help in filling out 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

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.

Celebrate Seniors, cont. from page 1

Celebrates Seniors on Monday, May 5.

The Senior Games are traditionally held in June, but a move to May this year allowed the two events to coexist while also fitting in nicely with May's designation as Older Americans Month.

"We thought, 'Wouldn't it be fantastic to have one huge event in Lancaster for seniors?'" Anderson said. "After all, without all of the work and commitment our seniors have made to the community, we wouldn't be where we are today."

The Senior Games' opening ceremony will kick off at 8:30 a.m. Monday, followed by the start of the EXPO at 9 a.m. Seniors will be able to participate in Senior Games events throughout the day while also attending the EXPO's screenings and entertainment and checking out the booths of local businesses and organizations.

Senior Games participants will submit their registration form and \$10 fee in advance. Brochures will be mailed out to past participants, but forms can be obtained at the Office of Aging, any senior center, Senior Games sponsors, golf courses, and bowling lanes.

Attending the 50plus EXPO will be free, as always.

Event organizers believe Lancaster Celebrates Seniors will be "a win-win-win event," with Spooky Nook Sports' ability to accommodate the Senior Games' multiple, simultaneous sports activities while offering event space large enough to host the EXPO's approximately 100 exhibitors.

For details on how you can participate in the Senior Games, call the Lancaster County Office of Aging at (717) 299-7979. For information on how to become an exhibitor at the 50plus EXPO or for general information, visit www.50plusExpoPA.com or call On-Line Publishers at (717) 285-1350.

Give Your Plate a Taste Lift without Forfeiting Nutrition

When it comes to choosing what to eat, nutrition is important but flavor is likely the true motivator and also the key to eating right, according to the Academy of Nutrition and Dietetics. This March, during National Nutrition Month®, experiment with new flavors and flavor combinations in healthy meals and “Enjoy the Taste of Eating Right.”

“According to consumer research, taste tops nutrition as the main reason why consumers buy one food over another. The foods we most commonly eat are often those we enjoy the most,” says registered dietitian and Academy spokesperson Joy Dubost. “So make taste a priority when preparing nutritious meals.”

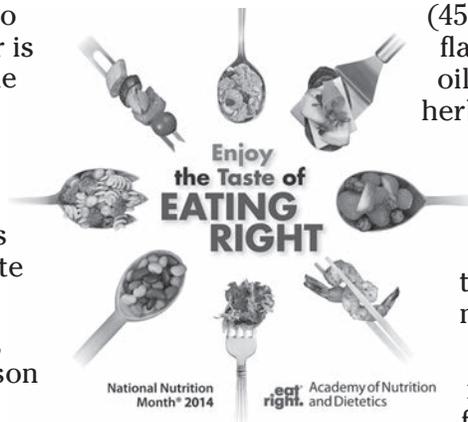
Preparing meals can be healthy, rewarding and cost-effective. Dubost offers cooking tips to help enhance flavor without adding extra fat, calories or salt.

To maximize food’s flavor and nutrition, choose high-quality ingredients at their peak quality, and be sure to store and handle foods properly.

“Proper food handling and storage can enhance the natural flavors of food and keep nutrient loss to a minimum,” Dubost says. “Overcooking can destroy both flavor and nutrients. So be sure to cook foods properly to retain nutrients and enhance flavor, color, texture and overall appeal.”

Try some of these simple techniques to enhance flavor while experimenting with flavor combinations,” Dubost says.

- Intensify the flavors of meat, poultry and fish with high-heat cooking techniques such as pan-searing, grilling or broiling.
- Pep it up with peppers. Use red, green and yellow peppers of all varieties—sweet, hot and dried. Or add a dash of hot pepper sauce.
- Try grilling or roasting veggies in a very hot



(450°F) oven or grill for a sweet, smoky flavor. Brush or spray them lightly with oil so they don’t dry out. Sprinkle with herbs.

- Caramelize sliced onions to bring out their natural sugar flavor by cooking them slowly over low heat in a small amount of oil. Use them to make a rich, dark sauce for meat or poultry.
- Simmer juices to make reduction sauces. Concentrate the flavors of meat, poultry and fish stocks.

Reduce the juices by heating them—don’t boil. Then use them as a flavorful glaze or gravy.

- For fuller flavors, incorporate more whole grains such as brown rice or quinoa, or experiment with amaranth and wild rice.
- Add small amounts of ingredients with bold flavors like pomegranate seeds, chipotle pepper or cilantro.
- Add a tangy taste with citrus juice or grated citrus peel: lemon, lime or orange. Acidic ingredients help lift and balance flavor.
- Enhance sauces, soups and salads with a splash of flavored balsamic or rice vinegar.
- Give a flavor burst with good-quality condiments such as horseradish, flavored mustard, chutney, wasabi, bean purees, tapenade and salsas of all kinds.

“These simple cooking steps can really transform your favorite meals and foods,” Dubost says. “But keep in mind the average adult has 10,000 taste buds, and people sense the same foods differently. So don’t be afraid to try *new* foods, flavors and taste combinations. There’s truly a world of flavors to explore.”

Visit the Academy’s website at www.eatright.org to view a library of recipes designed to help you “Enjoy the Taste of Eating Right.”

Social Security Benefit Verification Available Online

Individuals needing proof of their Social Security or Supplemental Security Income benefits can get a benefit verification letter, payment history, and earnings record online instantly through a “My Social Security” account. To set up your own personalized account, go to www.ssa.gov and click on “My Social Security.”

Social Security no longer offers benefit verification information at local Social Security offices. Beneficiaries needing a verification letter should use the online service or call Social Security toll free at

1-800-772-1213 to request one.

The benefit verification letter is official proof of:

- Benefit amount and type;
- Medicare start date and withholding amount; and
- Age.

In addition, Social Security beneficiaries also can change their address and start or change direct deposit information online.

Senior Games Registration Form

Please return ENTIRE form with signature on back.

Name _____

Address _____

Street # or Apt. #

City

Zip

Phone _____ Age on May 5, 2014 _____ Gender: M___ F___

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

Please print

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

MONDAY, May 5		DROP-IN EVENTS 9:30 a.m.–2 p.m.		
		<input type="checkbox"/> 3-Point Shooting <input type="checkbox"/> Darts <input type="checkbox"/> Foul Shooting		
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		
	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		
	5 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, May 6		DROP-IN EVENTS 9 a.m.–2 p.m.		
		<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 70–74	
	9:30 a.m.	<input type="checkbox"/> Pilates		
	10:30 a.m.	<input type="checkbox"/> Horseshoes Age 75+	<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 Tournament		
5:30 p.m.	<input type="checkbox"/> Shuffleboard Age 55-69			
WEDNESDAY, May 7		DROP-IN EVENTS 9 a.m.–2 p.m. (unless otherwise noted)		
		<input type="checkbox"/> Javelin Throw (8–11 a.m.) <input type="checkbox"/> Shotput (8–11 a.m.) <input type="checkbox"/> Frisbee Golf <input type="checkbox"/> Home Run Derby <input type="checkbox"/> Soccer Penalty Kick		
WEDNESDAY EVENTS	8 a.m.	<input type="checkbox"/> Walking		
	9 a.m.	<input type="checkbox"/> Shuffleboard Age 80+	4 p.m. SHOTGUN START	<input type="checkbox"/> \$5.25 Pitch 'n Putt 9-hole. Held at Evergreen Golf Course. Attach names if wishing to golf with others.
	9:30 a.m.	<input type="checkbox"/> Pickleball Age 70+	5 p.m.	<input type="checkbox"/> Tennis
	12:30 p.m.	<input type="checkbox"/> Shuffleboard Age 70–79		
	1 p.m.	<input type="checkbox"/> Pickleball Age 55–69		
Don't forget these great Wednesday afternoon events!				
THURSDAY, May 8		FRIDAY, May 9		
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 Overlook 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	

RELEASE AND WAIVER OF LIABILITY
please read & sign

To the best of my knowledge, information and belief, I have no physical restrictions which would prohibit my participation in the events that I have selected in the Lancaster Senior Games.

I have prepared myself for the event(s) which I have entered by practicing prior to these Senior Games.

I am participating in these events voluntarily and at my own risk; I agree not to sue the Lancaster County Office of Aging/On-Line Publishers, Inc. and any other cosponsoring organizations or any other representatives for any injuries or other damages to me resulting from my participation in the Lancaster Senior Games to be held May 5-9, 2014 at the aforementioned locations.

I execute this release in consideration for the sponsoring of these Senior Games by the Lancaster County Office of Aging/On-Line Publishers, Inc. and any other cosponsoring organizations.

If a lawsuit is initiated on my behalf against the Lancaster County Office of Aging/On-Line Publishers, Inc. or any other cosponsoring organization and it results in a monetary award of damages to me or any other person or legal entity, I agree to reimburse the Lancaster County Office of Aging/On-Line Publishers, Inc. or any other cosponsoring organizations for any moneys required to be paid by them.

The Lancaster County Office of Aging/On-Line Publishers, Inc. has my permission to have a physician attend to me if it is deemed necessary for my health, welfare and safety.

I acknowledge that I was, prior to the date of the release, advised that the Lancaster County Office of Aging/On-Line Publishers, Inc. strongly recommends that each participant consult his/her doctor in regard to practice, preparation and competition in this program or any similar activity.

I, the undersigned participant, hereby waive the right to any interest in pictures taken of me during the Lancaster Senior Games to be held May 5-9, 2014, at the aforementioned locations.

Registration Fee: \$10/participant **TOTAL FEES ENCLOSED: \$** _____
Late Registration: \$15 (after April 4) **Couples can send one check.**
Golfing Fee: \$ _____

Signature

Date

Please return this signed waiver with your registration form.

Official Registration Form



Lancaster Senior Games

Exercising Body, Mind & Spirit

Registration Deadline
Friday, April 4, 2014

Instructions

Please check each event in which you wish to compete. Use only one form per person. A \$10 registration fee must accompany each registration. Late registrations will be accepted April 5-16, if space permits.

Late registration fee is \$15.

Make checks payable to Lancaster County Office of Aging

Return this entire form with the appropriate fee to:

Lancaster County Office of Aging

150 North Queen Street, Lancaster, PA 17603

-OR- drop off form at The Groff's Family Funeral Services,

528 West Orange Street, Lancaster, PA 17603

Monday-Friday, 9 a.m.-4:30 p.m.

No credit cards will be accepted at either location and exact cash or check is required. Couples may send one check (payable to Lancaster County Office of Aging).

www.lancseniorgames.org

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.

Library Assistant - PT

Local office needs a person to assist in daily operations including filing, sorting mail, check in/out books, overdue notices, fines and assist online reference services. Need 3-5 yrs. library experience, good interpersonal, PC, phone and office machine skills.

PT030028.01

Bi-lingual Workforce Specialist - FT

Local employment service needs a person to assist the unemployed in finding jobs through counseling, training and job development. Provide assistance/support related to gaining and/or retaining employment/career advancement. Need BA degree; fluent in Spanish.

PT030031.03

Agri-Business Banking – FT

Local bank looking for a person to expand their agri-business/commercial reach using an assigned portfolio of loan/deposit relationships to generate new business, manage risk/credit decisions and serve existing clients. Need BA degree or 4 yrs. related experience.

PT030030.02

Maintenance Worker – FT

Public organization seeking a person for maintenance of building interiors/exterior, handling of mechanical, plumbing, HVAC, fire, security, and CCTV systems and related equipment. Need HS Diploma/GED plus 1-3 yrs. experience in related service/construction.

PT030029.04

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.