

PRIME TIME

Volume XL, Number 3 - May/June 2014

LANCASTER COUNTY OFFICE OF AGING



"LANCASTER CELEBRATES SENIORS" A BIG SUCCESS

The week of May 5-9 was a busy one for older adults in Lancaster County. Senior Games kicked off on May 5 at Spooky Nook Sports in Manheim. Throughout the week, athletes competed in basketball, track and field, pickleball, swimming, and numerous other activities.

The popular Fifty Plus Expo on May 5, cosponsored by OnLine Publishers and the Office of Aging, drew throngs to exhibitors' booths and entertainment. See if you can find your friends (or yourself) in these photos! More photos from the event can be found on page 2.



Older Americans Month 2014: Safe Today. Healthy Tomorrow.

Older adults have made countless contributions and sacrifices to ensure a better life for future generations. Since 1963, communities across the country have shown their gratitude by celebrating Older Americans Month each May. This celebration recognizes older Americans for their contributions and demonstrates our nation's commitment to helping them stay healthy and active.

This year's theme for Older Americans Month is "Safe Today. Healthy Tomorrow." The theme focuses on injury prevention and safety to encourage older adults to protect themselves and remain active and independent for as long as possible.

Unintentional injuries to this population result in at least 6 million medically treated injuries and more than 30,000 deaths every year. With an

emphasis on safety during Older Americans Month, we encourage older adults to learn about the variety of ways they can avoid the leading causes of injury, like falls.

While the Office of Aging provides services, support, and resources to older adults year-round, Older Americans Month offers an opportunity for us to provide specialized information and services around the important

continued on page 2



The Office of Aging will be closed:

Monday, May 26, 2014
(Memorial Day)



INSIDE this issue:

Nutrition Vouchers	2
Casey Launches New Website	3
Volunteers—Our Greatest Resource	3
Job Opportunities	4

Farmers' Market Nutrition Vouchers Available

Farmers' Market nutrition vouchers, with a \$20 value, will be available again this year to eligible older adults. They can be exchanged for Pennsylvania grown fruits and vegetables from June through November at participating farmers' markets and roadside stands. To be eligible, an individual must be 60 years of age or older, reside in Lancaster County, and have an annual household income of \$21,590 or less for one person or \$29,101 or less for two persons. This program does not include seniors who are living in nursing homes or other residential facilities where meals are provided.

Proxy forms are available at each site for seniors unable to sign in person. The proxy must bring the completed form with the signature and a photo ID of the eligible senior at the time of distribution. Call the location site or the Office of Aging to have proxy forms mailed to you.

Vouchers will be available on Tuesday, June 3, or Wednesday, June 4, beginning at 9:00 am depending on the location. They are distributed on a first come, first served basis, as funding is limited. The distribution sites and dates are listed below:

Cocalico Senior Association: 336-7489, June 4

Columbia Senior Center: 684-4850, June 4

Elizabethtown Area Senior Center: 367-7984, June 4

Lancaster Neighborhood Senior Center: 299-3943, June 4

Lancaster Recreation Commission Senior Center: 399-7671, June 4

Lititz Senior Center: 626-2800, June 4

Millersville Senior Center: 871-9600, June 4

NextGen/Solanco Senior Center: 786-7984, June 4

SACA Senior Center: 295-7989, June 4

Paradise Township Building, 2 Township Drive: 768-8222, June 3, 9am-noon

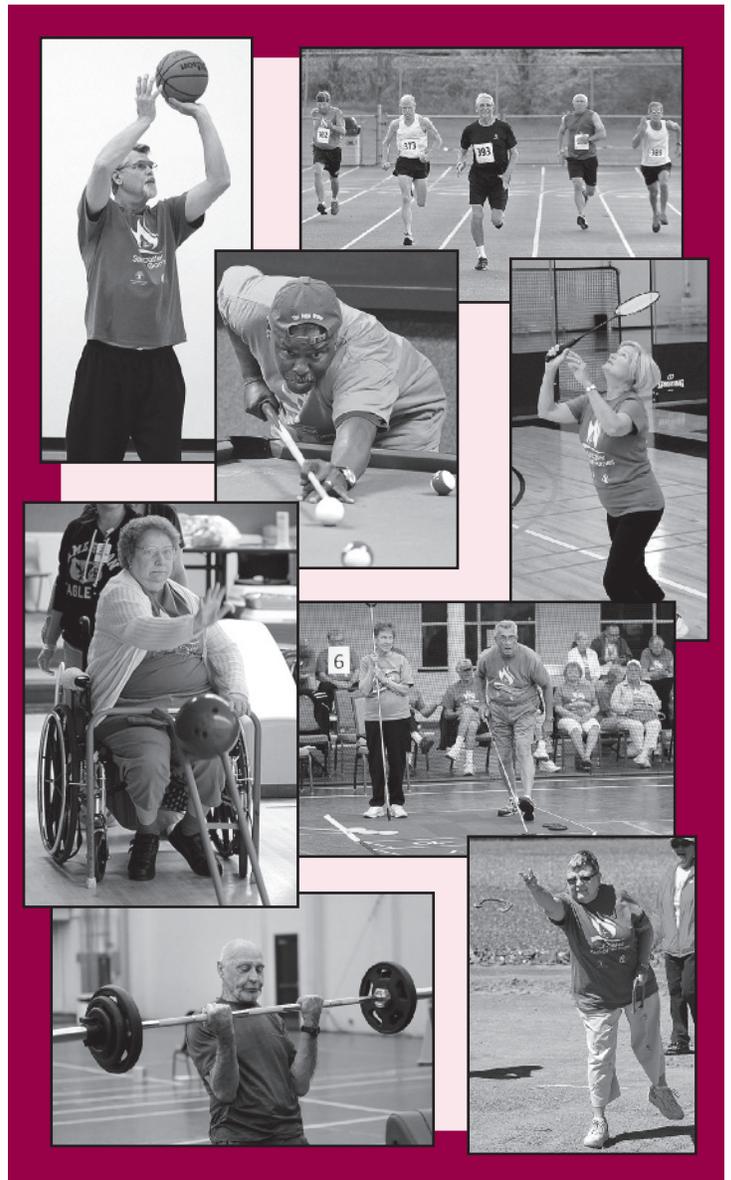
Ephrata Recreation Center, 130 S. Academy Drive: 738-1167, June 3, 1-4 pm

New Holland United Methodist Church, 120 W. Main Street: 354-0226, June 4, 8:30-11:30 am

Older Americans Month, cont. from page 1

topic of injury prevention. This information will help older adults take control of their safety and live longer, healthier lives.

The Office of Aging celebrated Older Americans' Month by providing plenty of opportunities for healthy activity during "Lancaster Celebrates Seniors," held May 5-9 at Spooky Nook Sports in Manheim. See pages 1 & 2 for photos from this event.



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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.

Sen. Casey Launches New Website for Older Adults

U.S. Senator Bob Casey has launched a new website to help older adults who need information on preventing or reporting abuse, scams, and other crimes. In Pennsylvania, and across the United States, there are increasing numbers of reports of elder abuse incidents. Elder abuse is any knowing, intentional, or negligent act that causes harm or a serious risk of harm to an older adult. Elder abuse may be physical abuse, sexual abuse, emotional abuse, neglect, abandonment, exploitation, or self-neglect.

Elder abuse is often undetected, unreported, and untreated. One estimate is that only 1 in 14 cases of abuse are reported to authorities, often because older adults or their loved ones don't know where to turn. Older adults often have excellent credit and are

trusting, making them appealing to fraud perpetrators/con artists.

The website includes scam and fraud prevention tips and alerts, hotline information, and reporting options from various organizations, including the FBI, the Federal Trade Commission, National Council on Aging, the National Center on Elder Abuse, and the AARP Fraud Watch Network.

To access the website, log on to www.casey.senate.gov/issues/seniors/scams.

To report immediate concerns about a specific situation, call the Office of Aging at 717-299-7979. Calls of this nature can be reported 24 hours a day, seven days a week.

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 adults. 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 more than 200 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	Christine Dulaney	Larry Kendron	Jack Richards
• Jane Appleyard	Jane Earley	Penny & Joel Kettering	Laurie & Lauren Rogers
• Ellen & Bill Arms	Jack Esbenshade	Glee & Al Kling & Grandkids	Katie Rothenberger
• Joe Armstrong	Amanda Flurry	Molly LeValley	RR Donnelly Printing Co. Employees
• Jody Sue Benfer	Mary Fox-Keech	Dianne Lewis	RR Donnelly & Sons Co. Employees
• Polly Benner	Bonni Greiner	Judy Lopez	Susan Ryan
• Emily Booker	Ginger Hahn	John Lucey	Bob Sauders
• Charles Border	Penny Hayas	Marge Mateer	Judith Scayler
• Eleanor Bosserman	Artemis Heiselman	Barb Mavraganis	Anna & Bill Schmidt
• Alice Bove	Holly Heitmann	Sharon & Elizabeth McIlhenney	Esther Stauffer
• Veronica Boyer	Merly Henry	Doreen Myers	Barbara Sutton
• Trudy Brandt	Donna Herr	Carmen Napolitan	Mary & Clark Taylor
• Joe Brogan	Donna & Heather Hinkledire	Sharon Owens	Sandra VanDusen
• Mary Brosey	Linda Hook	Chris Pappas	Todd Weiss
• Darlene Byrd	Ginny & Dave Hunsberger	Phyllis Peters	Irene Witman
• Judy Cannon	JoAnn & Dave Irwin		
• Ralph Capozzoli	Shirley Jones		
• Marin Cherwin	Bill Kelley		
• Mary Dimter			
• Georgianna Dorm			

Thank You Volunteers!

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.

Retail Support Associate - PT

Nearby regional department store seeks an individual to support customer service by maintaining a neat, clean, organized environment in the backroom area or as part of the merchandising team. Need an energetic/positive attitude to handle multiple priorities.

PT050015.01

Woodworkers – TF

Educational supply company is looking for seasonal help in their wood-working shop to operate table saws, drill presses and other woodworking equipment including air-driven power tools such as screw guns and pin guns. Must be able to read a tape measure.

PT050040.03

Customer Experience Coordinator – FT

Home furnishings/variety store needs a dependable, responsible person to handle operational controls at the front-line service desk, layaway and jewelry departments to assure associates provide prompt, courteous and knowledgeable service.

PT050031.02

Administrative Clerk/Bookkeeper – FT

Non-profit real estate developer and property management firm is searching for someone to handle A/R, A/P, G/L, bank reconciliations, and receptionist/general clerical duties. Requires a HS Diploma/GED and prior accounting/bookkeeping experience.

PT050044.04

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.