

PRIME TIME

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LANCASTER COUNTY OFFICE OF AGING



National Family Caregiver Month: "CARE COMES HOME"

Your loved one's care does not always take place in hospitals, nursing homes, or doctors' offices. Most care actually occurs in the home – and that's a good thing. People are healthier at home, and health care costs are reduced. Family caregivers have the best interests of their loved ones at heart. But caregiving at home can take its toll, and it certainly takes a lot of planning. The nation's 90 million family caregivers are front and center in providing care every day, enabling their loved ones to stay at home longer.

NATIONAL FAMILY CAREGIVERS MONTH
November 2014

Most adults prefer to age in place. 90% of adults over age 65 would prefer to stay in their current home as they age. Family, friends, and neighbors provide 80% of the care for older adults.

Two of every five adults are family caregivers. 39% of all adult Americans are caring for a loved one who is ill, disabled, or living with limitations that come with aging. That's up from 30% in 2010.

Family caregivers are the only persons who are present with their loved ones in all care settings. Patients may have more than one doctor, nurses change shifts, and prescriptions may be filled at different pharmacies. But family caregivers are there as full partners with their loved ones through it all.

Complex care happens in the home. Almost half of family caregivers perform sophisticated medical/nursing tasks for their loved ones, such as providing wound care and operating specialized medical equipment. Up to 70% manage medications for their loved ones.

Caregiving affects the whole family. Men are now almost as likely to say they are family caregivers as

women are (37% of men; 40% of women). And even 36% of younger Americans between ages 18 and 29 say they are family caregivers!

Many families make changes at home because of their caregiving responsibilities. Some families have to tighten their belts at home to pay for out-of-pocket caregiving costs (an average of \$5,500 per year). Many more have to make home modifications to ensure safety for their loved ones.

During National Family Caregivers Month, we celebrate the valuable role that family caregivers play when **"Care Comes Home."**

Source: Caregivers Action Network

- **The following links from the Alzheimer's Association (www.alz.org) provide helpful resources and information for caregivers of those with memory loss:**
- **ALZConnected®:** Allows caregivers to connect with one another in an online community.
- **Educational resources:** Educational workshops and the Caregiver Center offer strategies and proactive advice.
- **24/7 Helpline:** Provides reliable information and support to all those who need assistance day or night at 800.272.3900.
- **Community Resource Finder:** A comprehensive listing of Alzheimer's and dementia resources, community programs and services.
- **Alzheimer's Navigator:** A powerful online tool to help caregivers identify their needs and plan next steps.

The Office of Aging will be closed:

Thursday, November 27, and Friday, November 28, 2014
(Thanksgiving Holiday)

Thursday, December 25, and Friday, December 26, 2014
(Christmas Holiday)



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LIHEAP Grants Now Available



Applications are now being accepted for the 2014-2015 Low-Income Home Energy Assistance Program (LIHEAP).

LIHEAP provides assistance with home heating bills and is available to renters and homeowners. Crisis and regular LIHEAP grants began November 3.

Online applications can be completed by visiting www.compass.state.pa.us. Paper applications are available from the Office of Aging by calling 299-7979 or at the local county assistance office, 832 Manor St., 299-7411. Applications also can be downloaded and printed from the Department of Public Welfare website, www.dpw.state.pa.us. Click on "For Adults."

For helpful tips on keeping warm throughout the winter while saving money on utility costs, visit www.energysavers.gov.

Eligibility for the 2014-15 LIHEAP season is set at 150 percent of the federal poverty income guidelines. The chart below shows the maximum income allowed for eligibility based on household size. Each additional person in the household adds \$6,090 to the maximum income allowed for eligibility.

Household Size	Maximum Income
1	\$17,505
2	\$23,595
3	\$29,685
4	\$35,775
5	\$41,865
6	\$47,955
7	\$54,045
8	\$60,135
9	\$66,225
10	\$72,315

Property Tax/Rent Rebate Program

Income Guidelines Increased to Accommodate Social Security Cost-of-Living Increases

Income eligibility guidelines for the Property Tax/Rent Rebate Program have changed so that income increases due solely to Social Security cost-of-living adjustments (COLAs) will no longer disqualify claimants from receiving rebates.

Any homeowner who receives Social Security, was paid a property tax rebate in 2013 for claim year 2012 and had annual income up to \$35,298 last year is encouraged to apply for a rebate for claim year 2013. Also, renters who receive Social Security, were paid a rent rebate in 2013 for claim year 2012, and had annual incomes last year up to \$15,128 are also encouraged to apply.

The deadline to apply for a rebate on property taxes or rent paid in 2013 is Dec. 31, 2014. The Property Tax/Rent Rebate Program benefits eligible Pennsylvanians age 65+; widows/widowers age 50+; and people with disabilities age 18+. The income limit is \$35,000 a year for homeowners and \$15,000 annually for renters. Half of Social Security income – and now Social Security COLAs – are excluded.

The department is automatically reviewing previously denied claim year 2013 applications where the rebate was denied for income in excess of \$35,000 for homeowners and \$15,000 for renters. In cases where the overage is due solely to Social Security COLAs, the department will reopen, process and pay these claims.

Claim forms (PA-1000) and related information are available online at www.revenue.state.pa.us or by calling, toll-free, 1-888-222-9190. The Office of Aging also provides applications.

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PRIMETIME is a publication of the
Lancaster County Office of Aging
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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.

Senior Art Exhibit ... "And The Winners Are ..."

The 21st Annual Senior Art Exhibit displayed contestants' entries at the Lancaster General Outpatient Pavilion from October 21-24. Local art professionals judged the exhibit, which consisted of works in watercolor, oil, pastels, acrylics, photography and mixed media.



Watercolor:

- 1st place: Beverly Felter – *Pretty Pink*
- 2nd place: Marjorie Maninger – *Pumpkin Patch*
- 3rd place: John Kimmich –
Bridge on Log Cabin Road

Oil:

- 1st place: Beverly Felter – *Still Life With Crock #2*
- 2nd place: Sylvia Goodling – *Cherries and Cream*
- 3rd place: Julie Zourides – *Homeward Bound*

Acrylic:

- 1st place: Peggy Stoll – *Poppiness*
- 2nd place: Robert Davenport – *Covered Bridge*
- 3rd place: Larry Hostetter – *The Lost is Found*

Pastel:

- 1st place: Helena Dueck – *Mother and Son*
- 2nd place: Herb Ackerman – *Venice*
- 3rd place: Thomas Santosusso – *Summer*

Photography:

- 1st place: Donald Frey – *Havana*
- 2nd place: William Lau – *Paisley Patterns*
- 3rd place: Tony Harnish – *Rockford*

Mixed Media:

- 1st place: Janet Ray –
Boys Growing Up Circa 1945
- 2nd place: Herb Ackerman – *3 Generations*
- 3rd place: Dottie Ezard – *Bluebirds*

Peoples' Choice Award

Joseph Caranella for his acrylic, *The Host*

2014-15 Senior Community Center Grants Awarded

Three Lancaster County Senior Centers have been selected to receive grants that will provide opportunities for them to modernize, expand programming, and better meet the needs of their current and future participants.

Luis Munoz Marin Senior Center on Pershing Avenue in Lancaster city was awarded \$22,500 to buy three computers for visitors' use. Because of the added technology and enhancements, the center will remain a focal point in the community for health and wellness activities.

Horizons of Northern Lancaster County, which operates senior community centers in Reinholds and Lititz, was awarded \$37,200 to better coordinate activities between the two centers, purchase an audio system for the Lititz center, and fund bus service for the two locations.

The Corbett Administration has provided \$2 million to 67 centers across Pennsylvania. The grant program is in its second year and is part of the largest-ever single investment in home- and community-based services through the Pennsylvania Department of Aging.



Holiday Program Needs Gift Cards

The Office of Aging's 2014 Holiday Program is underway! Again this year, the agency plans to provide grocery store gift cards to clients in need. This will allow them to choose fresh foods specific to their diet or other favorite items.

You can help by purchasing a gift card in any denomination up to \$25 from Giant, Weis, Darrenkamps', Weaver's Market, or Musser's Market. Monetary contributions in the form of checks should be made payable to the Lancaster County Office of Aging.

Donations for this year's Holiday Program will be gratefully accepted until Wednesday, December 7, 2014 and can either be dropped off at the Lancaster County Government Center during regular business hours, Monday through Friday from 8:30 am to 5:00 pm, or mailed to the agency at 150 North Queen Street, Suite 415, Lancaster, PA 17603.

For more information or questions about the Holiday Program, please contact Derek Bendetti at 717-299-7979.

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.

Merchandise Associate - PT

Retail clothing/furnishings store needs dependable persons to provide daily assistance in merchandise presentation, processing, cashiering and customer service. Must be outgoing with good verbal communication skills, and present a professional appearance.

PT110003.01

Receptionist - PT

Media/broadcast firm needs a resourceful, pro-active individual to handle phone inquiries, greet visitors, clients and customers. Need administrative, clerical, computer skills; excellent verbal, written communications; and ability to operate multi-line phone system.

PT110027.03

Painter – FT

Local fabricating company searching for an experienced individual to perform various operations to prepare, paint specified areas of production units in accordance with drawings and specs. Need a minimum 9 months experience performing similar work.

PT110025.02

Modular Home Assembler – FT

County manufacturer searching for persons with basic construction knowledge, or ones who have worked with hand tools and have the ability to do light carpentry, woodworking, siding installation, for work in a fast-paced environment.

PT110029.04

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.