

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.

Driver – PT

Health care services provider needs a reliable person to provide transport services; assist clients in/out of the company van; maintain mileage log; schedule inspection and perform safety checks; and be able to work a flexible schedule.

PT060033.01

Administrative Assistant II – FT

Local bank needs an experienced individual to provide support for executive, other management, or administrative unit staff. Need in depth knowledge of practices, policies, programs, product line, and 2-3 yrs. experience in a similar position.

PT060069.02

Woodworkers - TF

Educational product company seeks 1st and 2nd shift seasonal help for their local woodworking shop to operate table saws, drill presses and other related equipment including air-driven power tools. Must be able to read a tape measure.

PT060046.03

Food Service Workers – PT

Educational facility seeking persons to assist operations in various food service areas including dish room, kitchen, prep and serving functions, dining rooms, deli/convenience stores, catering, and receiving. Prefer 6 mo. food service experience.

PT060055.04

VIEW OUR JOB LIST: We list jobs on our website at www.lancoaging.org.

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.

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 milder 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 recommend 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, nonalcoholic, 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 as much time as you can in air-conditioned buildings. If you do not have air conditioning at home, 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, sunglasses, and a hat with a brim.
- Ask your doctor or other health professional if the medicines 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 ask them to 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.

Property Tax/Rent Rebate Deadline Extended

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

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. The income limit is \$35,000 a year for homeowners and \$15,000 annually for renters, and half of Social Security income is excluded. A new provision this year aims to help homeowners and renters whose income is over these limits **solely because of a Social Security cost of living increase and who received a rebate last year**. Homeowners with income up to \$36,129, excluding half of Social Security, are encouraged to apply for a rebate for claim year 2014. Any renter who collected Social Security and had annual income last year – discounting half of Social Security – up to \$15,484, is also encouraged to apply.

Property Tax/Rent Rebate claim forms are available by contacting the PA Revenue Department 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.

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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.

