

PRIME TIME

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LANCASTER COUNTY OFFICE OF AGING



Processed Foods: What's OK And What To Avoid

Processed food has a bad reputation. It's blamed for our nation's obesity epidemic, high blood pressure and the rise of Type 2 diabetes. But processed food is more than boxed macaroni and cheese and drive-through hamburgers. It may be a surprise to learn that whole-wheat bread,



homemade soup or a chopped apple also are processed foods. While some processed foods should be consumed with caution, many actually have a place in a balanced diet.

Andrea Giancoli,

MPH, RD, of the Academy of Nutrition and Dietetics, shares these tips on how to sort the nutritious from the not-so-nutritious.

Processed food falls on a spectrum from minimally to heavily processed.

- Minimally processed foods — such as bagged spinach, cut vegetables and roasted nuts — are often simply pre-prepped for convenience.
- Foods processed at their peak to lock in nutritional quality and freshness include canned tomatoes, frozen fruit and vegetables, and canned tuna.
- Foods with ingredients added for flavor and texture (sweeteners, spices, oils, colors and preservatives) include jarred pasta sauce, salad dressing, yogurt and cake mixes.
- Ready-to-eat foods — such as crackers, granola and deli meat — are more heavily processed.

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The Office of Aging will be closed:

Friday, April 14, 2017
(Good Friday)



Volunteers— Our Greatest Resource

For more than 40 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 at the Office of Aging and Senior Centers, as well as for special projects, to include Senior Games, the Holiday Gift Program and Sertoma BBQ. More recently volunteers have been recruited to assist with the completion of applications for Pennsylvania's property tax/rent rebate program.

Last fiscal year 612 individual volunteers and groups provided more than 31,700 hours of service. For their incredible service to the agency and community, we extend our thanks to all of our volunteers!



**29th Annual
Lancaster Senior Games**

May 1-5, 2017

~See Registration Brochure Enclosed~

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Elizabethtown Senior Center Participates in Creative Aging Project

On Tuesday mornings from March 9 to May 9, participants at the Elizabethtown Senior Center will be able to create history by telling a story about themselves. Professional storytellers Julie and Barnaby Holmes will be on hand to help the older adults recall details, and will assist in creating or organizing visual aids, such as memorabilia or photos. The authors of their stories will be given the chance to be filmed and have their work made into a keepsake DVD. The workshop will conclude with a group screening of the story if the author chooses to do so. There is no fee, but preregistration is required. Call 717-367-7984.

This new opportunity is based on a pilot program called the Creative Aging Pilot Training and Residency Project, developed by Steven Horner of the PA Department of Aging and Jamie Dunlap of the PA Council on the Arts, with the collaboration of Senior Community Center administrators. Other centers across Pennsylvania have launched programs similar to that being offered at the Elizabethtown location.

This pilot program is based on the Creativity and Aging Study, an evidence based research project. At the end of the study, subjects in the intervention group reported a higher overall rating of physical health, fewer doctor visits, less medication use, fewer instances of falls, better morale, fewer feelings of loneliness, and a trend toward increased activity than did those in the control group.



May 18, 2017
9 a.m. to 2 p.m.

Shady Maple Conference Center

Smorgasbord Building
129 Toddy Drive, East Earl
(717) 285-1350

www.50plusExpoPA.com

Free!

County Commissioners

Dennis P. Stuckey, Chairman
Joshua G. Parsons, Vice-Chairman
Craig E. Lehman, Commissioner

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.lancoaging.org.

Processed Foods, cont. from page 1

- The most heavily processed foods often are frozen or pre-made meals, including frozen pizza and microwaveable dinners.

Processed food can be beneficial to your diet. Milk and juices are sometimes fortified with calcium and vitamin D, and breakfast cereals may have added fiber. Canned fruit (packed in water or its own juice) is a good option when fresh fruit is not available. Some minimally processed food such as pre-cut vegetables are quality convenience foods for busy people.

Eating processed food in moderation is fine, but consumers should be on the lookout for hidden sugar, sodium and fat.

Added sugars: If a product says 'organic' or 'natural,' that doesn't always mean it's better and healthier for us. Be wary of products with added high-fructose corn syrup or natural cane sugar.

Added sugars aren't just hidden in processed sweets. They're added to bread, jarred pasta sauces, and cereal. The number of carbohydrates on the nutrition label also includes naturally occurring sugars, which may be a significant amount in foods such as yogurt and fruit. Review a product's ingredients list and look for added sugars among the



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Property Tax/Rent Rebate Available

The Pennsylvania Revenue Department has announced that it is accepting applications for the 2016 Property Tax and Rent Rebate program. The deadline is June 30, 2017.

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.

If you need an application, you may call the Revenue Department at 1-888-222-9190 or go to www.revenue.pa.gov. Applications can also be downloaded at that website. The Office of Aging provides assistance with completing the application, as well as local legislators' offices and Community Action Program offices.



Processed Foods, cont. from page 2

first two or three ingredients, including sugar, maltose, brown sugar, corn syrup, cane sugar, honey and fruit juice concentrate. Beginning in July 2018, grams of added sugars will be included on the Nutrition Facts Label.

Sodium: Most canned vegetables, soups and sauces have added sodium, which enhances taste and texture and acts as a preservative. We need some sodium, but we often consume much more than the *Dietary Guidelines for Americans'* recommendation of less than 2,300 milligrams a day. Three quarters of Americans' sodium intake comes from processed foods.

Canned vegetables, soups and beans can be packed with nutrients, so don't cross them off your shopping list entirely. Instead, look for reduced or low sodium on labels. Always rinse canned beans and vegetables — this simple step reduces sodium content by about 40 percent.

Fats: Added fats can help make food shelf-stable and give it body. Trans fats — which raise our bad cholesterol while lowering our good cholesterol — are on the decline in processed foods, but nutrition labels should still be read. According to the FDA, a product can still claim it has zero trans fats if each serving has less than half a gram of the fat. If a product contains partially hydrogenated vegetable oils, then it's going to have some amount of trans fat in it.

What You Should Know About the SSI Program

The Supplemental Security Income (SSI) program provides cash assistance to people with limited income and few resources. SSI provides monthly payments to people who are age 65 or older, completely or partially blind, or considered disabled under Social Security's strict definition of disability. Social Security pays benefits to people who aren't able to work due to a medical condition that's expected to last at least one year or result in death. Blind or disabled children of parents with limited income and resources can also be eligible for the program.



To qualify for SSI, strict income and resources requirements need to be met. Income is money that is earned, such as wages, disability benefits, and pensions. Income can also include the value of items received from someone else, like food and shelter. Social Security doesn't count all income, or Supplemental Nutrition Assistance Program (SNAP, food stamps) benefits. Resources include the things that are owned by the applicant, although Social Security doesn't count everything. For instance, a house the applicant owns and lives in is not counted, and a car is usually not counted. Social Security does count income from rental property, bank accounts, cash, stocks, and bonds. Also, to receive SSI, one must meet other program rules about residency and citizenship. You can find more information about income and resources and eligibility requirements on our website, www.ssa.gov.

SSI payments are the same amount nationwide. In 2016, the basic monthly SSI payment was \$733 for an individual and \$1,100 for a couple. However, the amount received may be different, depending on income and living arrangements. Pennsylvania also adds money to the basic benefit.

Call toll-free at **1-800-772-1213** (TTY **1-800-325-0778**) to set up an appointment to apply for SSI at your local Social Security office.

Lancaster County Office of Aging
150 North Queen Street
Suite 415
Lancaster, PA 17603-3562

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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.

Security Guard – PT

Retirement complex needs an experienced person to monitor the campus and provide emergency response as needed to ensure the safety of residents and staff. Requires HS Diploma/GED; plus 2 years security experience. Must be able to work weekends 7:00 AM – 3:30PM.

PT020027.01

Benefits Manager – FT

Local institution seeks an individual to communicate benefit options/eligibility to employees; handle enrollment; administer policies; provide info. for resignation/retirement. BA degree; +3 yrs. benefits experience. Preferably in a multi-union environment.

PT020064.02

Night Auditor – FT

Hotel is looking for a person to handle guest services duties for check-in/out; perform clerical duties; complete daily financial reports; and other duties as assigned. Requires HS Diploma or GED; or 1-3 months related experience. Hours are 3rd shift, Sun.-Thurs.

PT020092.03

Customer Experience Coordinator - FT

Store is searching for a responsible individual to handle operational controls at the front-line service desk, layaway/jewelry departments ensuring for prompt, courteous/knowledgeable service, resolution of customer issues. Must be able to work a flexible schedule.

PT020084.04

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.

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 and any other co-sponsoring 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 1-5, 2017 at the aforementioned locations.

I execute this release in consideration for the sponsoring of these Senior Games by the Lancaster County Office of Aging and any other co-sponsoring organizations.

If a lawsuit is initiated on my behalf against the Lancaster County Office of Aging or any other co-sponsoring 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 or any other co-sponsoring organizations for any moneys required to be paid by them.

The Lancaster County Office of Aging 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 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 1-5, 2017, at the aforementioned locations.

Registration Fee: \$10/participant

Late Registration: \$15 (after March 31)

Golfing Fee: \$

TOTAL FEES ENCLOSED:

\$

Couples can send one check.

Signature _____

Date _____

Please return this signed waiver with your registration form.

Official Registration Form



Lancaster Senior Games

Exercising Body, Mind & Spirit

Registration Deadline
Friday, March 31, 2017

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 3-14, 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 • (717) 299-7979

—OR—

drop off form at

Groff Funeral and Cremation 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

Please return ENTIRE form
with signature on back.

SENIOR GAMES REGISTRATION FORM

Name _____

Address _____
Street # or Apt. #
City
Zip
Township/Borough

Phone _____ Age on May 1, 2017 _____ Gender: M___ F___

E-mail Address _____ Spectator Only? Yes First time participant Yes

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

PLEASE
PRINT

MONDAY, May 1		DROP-IN EVENTS 9:30 a.m.–2:30 p.m.	
<input type="checkbox"/> Bench Press <input type="checkbox"/> Dead Lift <input type="checkbox"/> 3-Point Shooting <input type="checkbox"/> Darts <input type="checkbox"/> Foul Shooting <input type="checkbox"/> Wii			
MONDAY EVENTS	9:30 a.m.	<input type="checkbox"/> Badminton Age 55-69	<input type="checkbox"/> Bocce Age 75-79 <input type="checkbox"/> Easy-Does-It Exercise
	10:15 a.m.	<input type="checkbox"/> Educational Session	<input type="checkbox"/> Bocce Age 70-74
	11:30 a.m.	<input type="checkbox"/> Badminton Age 75+	<input type="checkbox"/> Bocce Age 80+
	12:30 p.m.	<input type="checkbox"/> Pinochle Tournament	<input type="checkbox"/> Tappercize
	1 p.m.	<input type="checkbox"/> Zumba	<input type="checkbox"/> Educational Session
	1:30 p.m.	<input type="checkbox"/> Badminton Age 70-74	<input type="checkbox"/> Bocce Age 55-69
	1:30 p.m.	Swimming <input type="checkbox"/> 25-yd Free <input type="checkbox"/> 25-yd Breast <input type="checkbox"/> 50-yd Free <input type="checkbox"/> 50-yd Back <input type="checkbox"/> 100-yd Free <input type="checkbox"/> 100-yd Free Relay	

TUESDAY, May 2		DROP-IN EVENTS 9 a.m.–2 p.m.	
<input type="checkbox"/> Frisbee Throw <input type="checkbox"/> Football Throw <input type="checkbox"/> Hotshot Basketball <input type="checkbox"/> Softball Throw			
TUESDAY EVENTS	7:30 a.m.	<input type="checkbox"/> Walking-Men	
	8 a.m.	<input type="checkbox"/> Walking-Women	
	9 a.m.	<input type="checkbox"/> Table Tennis Age 55–69	<input type="checkbox"/> Horseshoes Age 70–74
	10 a.m.	<input type="checkbox"/> Horseshoes Age 75+	<input type="checkbox"/> Tai Chi
	Noon	<input type="checkbox"/> Table Tennis Age 70+	<input type="checkbox"/> Fencing
	12:30 p.m.	<input type="checkbox"/> Horseshoes Age 55–69	<input type="checkbox"/> Bridge Tournament
	2 p.m.	<input type="checkbox"/> Shuffleboard Age 55-69	

WEDNESDAY, May 3		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.	Running <input type="checkbox"/> 100m <input type="checkbox"/> 200m <input type="checkbox"/> 400m <input type="checkbox"/> 1600m <input type="checkbox"/> 3000m	
	9 a.m.	<input type="checkbox"/> Shuffleboard Age 80+	
	9:30 a.m.	<input type="checkbox"/> Pickleball Age 70+ List Partner if known:	
	11:30 a.m.	<input type="checkbox"/> Shuffleboard Age 70–79 <input type="checkbox"/> Pickleball Age 65-69 List Partner if known:	
	1 p.m.	<input type="checkbox"/> Pickleball Age 55–64 List Partner if known:	
	3:30 p.m.	<input type="checkbox"/> \$5.50 Pitch 'n Putt 18-hole* SHOTGUN START Evergreen Golf Course. *Attach names if wishing to golf with others.	

THURSDAY, May 4		Leisure Lanes
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	
1 p.m.	<input type="checkbox"/> Singles Bowling Tournament <input type="checkbox"/> Modified Bowling	

FRIDAY, May 5	
7:30 a.m.	<input type="checkbox"/> \$28 18-Hole Golf* SHOTGUN START Overlook Golf Course <input type="checkbox"/> \$8.00 9-Hole Golf* SHOTGUN START Evergreen Golf Course <i>*Attach names if wishing to golf with others.</i>
9 a.m.	<input type="checkbox"/> \$5.00 9 Pin No Tap Bowling Rocky Springs Entertainment Center
1–4 p.m. Drop in	<input type="checkbox"/> Celebration Dance in Gamber Auditorium VIVA Building at Woodcrest Villa, 2001 Harrisburg Pike, Lancaster, PA 17601.