



OLDER AMERICANS MONTH



AGE OUT LOUD: MAY 2017

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty and there were few programs to meet their needs. It was during this time that interest in older people and their concerns was growing, and subsequently what led to President Kennedy and members of the National Council of Senior Citizens designating May as 'Senior Citizens Month' – the prelude to the nationally proclaimed "Older Americans Month".

Historically, Older Americans Month has been a time to acknowledge and pay tribute to the many contributions and roles older people play in our country, state, and local communities. Clearly a lot has changed since 1963! Not only has the older

population grown considerably in numbers (approximately 46 million over age 65 today), but so too has their life expectancy, income level (10% poverty rate compared to 30% in 1963), and educational status.

These improving trends are important to note as more than ever before, older people are working longer, trying new things, and engaging in their communities. They're taking charge, striving for wellness, focusing on independence, and advocating for themselves and others.

Just as what it means to 'age' has changed, so too is Older Americans Month in 2017 a perfect opportunity to recognize and celebrate what getting older looks like today!

Getting older doesn't mean what it used to. For many it is a phase of life where interests, goals, and dreams can get a new or second start. Today, aging is about eliminating outdated perceptions and living the way that suits you best. Take Barbara Hillary, for example. A nurse for 55 years who dreamed of travel, at age 75 became the first African American

continued on page 3

Creative Aging Project Starts At Millersville Senior Center

In partnership with South Central PaARTners and the Pennsylvania Council of the Arts, the Millersville Senior Center will be hosting a 10 session Creative Aging program. Professional poet, playwright, arts educator and performer Jenny Hill will lead participants through an interactive creative storytelling poetry workshop. Participants will create a visual and written portrait of themselves that illustrates their personal stories through the use of photographs, artwork, recipes and sensory prompts. Sessions will be held at the Millersville Senior Center (St. Paul's Lutheran

Church), 222 North George Street, in Millersville from 9:00 am to 10:30 am. The sessions will begin on Wednesday May 24 and will continue weekly through July 7. Participation in all 10 sessions is recommended. Free parking is available.

To register or for more details, please call Val Dunn at 717-871-9600.

The Office of Aging will be closed:

Monday, May 29, 2017
(Memorial Day)



INSIDE this issue:

World Elder Abuse Awareness Day	2
Relief for Dementia Caregivers	2
Chronic Disease Self-Management	3
Farmers' Market Vouchers	3
Job Opportunities	4

World Elder Abuse Awareness Day (WEAAD) Is June 15

This year's theme is "**One person. One action. One Nation. United against elder abuse.**"

Did you know that every day 10,000 people turn 65 in the US alone? At the same time that the population is growing, we know that a startling number of older adults face abusive conditions. Every year an estimated 5 million, or 1 in 10, older Americans are victims of elder abuse, neglect, or exploitation. And that's only part of the picture: Experts believe that for every case of elder abuse or neglect reported, as many as 23.5 cases go unreported. WEAAD serves as a call to action for individuals, organizations, and communities to raise awareness about abuse, neglect, and exploitation of older adults.

On June 2, the Office of Aging will be participating in a Crime Prevention Summit, a full day of workshops hosted by the Crime Prevention Task Force, part of

the Lancaster County District Attorney's office. One of the workshops, "Staying Safer After 65," will address crime prevention for seniors.



WORLD ELDER ABUSE AWARENESS DAY
ONE PERSON, ONE ACTION, ONE NATION
UNITED AGAINST ELDER ABUSE

WEAAD is in support of the UN's International Plan of Action acknowledging the significance of elder abuse as a public health and human rights issue.

Anyone who suspects that an older adult is being abused, neglected, or exploited should call the Office of Aging at 717-299-7979. Staff are available 24 hours a day to take these reports.

Grant Provides Relief for Dementia Caregivers

Caregivers of individuals living with Alzheimer's and other types of dementia may be eligible for in-home care grants. The Hilarity for Charity Fund, part of the Alzheimer's Association, hosts fundraising comedy performances hosted by well-known actors. The money raised is used to provide respite care. The Home Instead Senior Care network provides the in-home care.



To be eligible for an Alzheimer's and Dementia Care Grant, the caregiver(s) as well as the person living with dementia must fit within the following criteria:

- Currently living at home with Alzheimer's or another type of dementia.
- The caregiver is facing financial or emotional hardship due to the unique challenges of Alzheimer's and related dementia.
- Resides in the United States or Canada.

The program awards three types of grants: yearlong grants, which consist of 25 hours of care for 52 weeks; "mid-length" grants, which consist of 15 hours per week of care for 52 weeks to be used in hourly increments agreed upon by the caregiver and local provider; and short-term relief grants, which

consist of a one-time 25-hour grant, to be used in hourly increments.

The Alzheimer's and Dementia Care Relief Advisory Board reviews applications on a monthly basis. They will be looking for key factors such as diagnosis, financial or emotional need, and access to social support. Caregivers should be as detailed as possible when submitting information. Applications should be done online at <http://hilarityforcharity.org/programs/grant-program/>.

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.



Chronic Disease Self-Management Program Offered

The Lancaster County Office of Aging will be offering a free Chronic Disease Self-Management Workshop in July 2017. The workshop will be given once a week, for 2.5 hours, for six weeks. Adults 60 and older, with different chronic health problems, attend together. Subjects include:

- *techniques to deal with problems such as frustration, fatigue, pain and isolation*
- *appropriate exercise for maintaining and improving strength, flexibility and endurance*
- *nutrition*
- *appropriate use of medications*
- *communicating effectively with family, friends, and health professionals*
- *decision making*
- *evaluation of new treatments*

Each participant in the workshop receives a copy of the companion book and an audio relaxation CD. Workshops are led by two trained leaders. For additional information, contact Derek Bendetti at 717-299-7979.

Older Americans, cont.

woman to set foot on the North Pole. Then at age 79, set another first when she stepped onto the South Pole. Former George H.W. Bush celebrated his 90th birthday by skydiving. Actress Betty White, now 95, hosted Saturday Night Live, coincidentally during May – the same month as recognized Older Americans Month.

This year's theme – announced by the Administration on Aging, part of the Administration for Community Living (ACL) – “**Age Out Loud**” intends to give a new voice, one that reflects what today's older adults have to say about aging. This annual observance provides a special time to learn about, support, and recognize the ways older people live their lives with boldness, confidence and passion while serving as an inspiration to people of all ages!

As part of celebrating Older Americans Month, the Lancaster County Office of Aging Senior Centers invited community members to join them for a Lancaster Barnstormers baseball game on May 10 against the Southern Maryland Blue Crabs at Clipper Magazine Stadium. This year's Older Americans Month theme is “**Age Out Loud**” – what a fun way to celebrate by cheering for our local community's baseball team!

Farmers' Market Nutrition Vouchers Available

The Pennsylvania Department of Agriculture is once again offering vouchers through the Senior Farmers' Market Nutrition Program. These vouchers are worth \$20 and can be used to purchase Pennsylvania-grown fruits and vegetables at participating area farmers' markets.

Eligible individuals must be at least 60 years of age, reside in Lancaster County, and have an annual income of less than \$22,311 for one person and \$30,044 for two persons. Photo ID with proof of age and residence must be provided. Persons living in residential facilities where meals are provided are not eligible.

Those unable to travel to the distribution sites can still obtain vouchers through a proxy, provided a signed form and photo identification of the older person are presented. Proxy forms can be obtained in advance by calling your local senior community center, other distribution locations, or the Office of Aging at 717-299-7979.

Vouchers are distributed on a first-come, first-served basis, as funding is limited. The distribution sites and dates are listed below:

Cocalico Senior Center

336-7489, June 7, 9am

Columbia Senior Center

684-4850, June 7, 9am

Elizabethtown Senior Center

367-7984, June 7, 9am

Lancaster Neighborhood Senior Center

299-3943, June 7, 9am

Lancaster Recreation Commission Senior Center

399-7671, June 7, 9am

Lititz Senior Center

626-2800, June 7, 9am

Millersville Senior Center

871-9600, June 7, 9am

NextGen Senior Community Center

786-4770, June 7, 9am

SACA Senior Community Center

295-7989, June 7, 9am

Community Action Partnership of Lanc. County

299-7301, June 14, 10am-2pm

Ephrata Recreation Center

738-1167, June 14, 10am-2pm

New Holland United Methodist Church

354-0226, June 14, 10am-2pm

Lancaster County Office of Aging

150 North Queen Street
Suite 415
Lancaster, PA 17603-3562

PRSRT STD
U.S. POSTAGE
PAID
LANCASTER, PA
PERMIT NO. 360

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.

Sales Associate – PT

Non-profit thrift outlet situated on the west edge of Lancaster needs a reliable individual to provide customer service, operate a cash register and organize merchandise. Work a flexible schedule and enjoy store discounts.

PT040033.01

Drivers – PT

Transit service wants reliable individuals to provide limousine service using their vans/vehicles to shuttle to regional airports, transport special needs adults, wedding parties or college teams. Need valid license; good driving record and pass PENNDOT exam/tests.

PT040038.03

Custodians – FT

Local company looking for dependable persons to handle sub-contracted assignments for their clients including a bakery/restaurant and other businesses. Clean rest-rooms, dry/wet mop, vacuum carpet and remove trash. Need personal transportation to worksites.

PT040060.02

Shift Manager - FT

Sandwich franchisee needs a person to supervise the operations of a shift ensuring food safety, product prep, cleanliness and inventory control standards are met. Requires one year experience in restaurant, fast food business. Would accept two part-time persons.

PT040072.04

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.