

PRIME TIME

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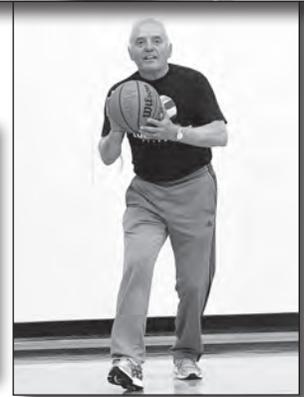
LANCASTER COUNTY OFFICE OF AGING



Senior Games: Celebrating Older Athletes

More than 920 older adults in Lancaster County showed their athletic abilities at Senior Games throughout the week of May 7–11.

Athletes participated in over 50 different competitive and non-competitive events, including basketball, track and field, pickle ball, and swimming.



Summer Heat Safety

While many of us enjoy the warm summer weather, it's important to take precautions in case extreme heat strikes. People aged 65 years or older are more prone to heat-related problems as they generally don't adjust as well as younger people to sudden changes in temperatures. They're more likely to have a chronic medical condition that changes normal body responses to heat. And, they are more likely to take prescription medicines that affect the body's ability to control its temperature or sweat. By evaluating your needs, you can plan for any heat related situation.

- Slow down! Reduce or reschedule strenuous activities until the extreme heat breaks.
- Stay hydrated! Drink plenty of water or cool, nonalcoholic, non-caffeinated beverages, even if you are not thirsty.
- Consider how potential power outages during periods of extreme heat might affect you. Plan to be temporarily self-sufficient if the electricity goes out.
- Identify the resources you use on a daily basis and what you can do if they are limited or not

available. Make provisions for medications that require refrigeration, and plan arrangements to get to a cooling center if needed.

- Think about what you need to maintain your health, safety, and independence. Gather any specialized items such as extra wheelchair batteries, oxygen, catheters, and medications. Also include non-perishable food and water, items for service animals, pets, and a cooler.

continued on page 2

INSIDE this issue:

| | |
|----------------------------------|---|
| Health and Wellness Corner | 2 |
| New Deputy Director | 3 |
| Rebate Deadline Extended | 3 |
| SCSEP Award | 3 |
| Job Opportunities | 4 |

Health and Wellness Corner



Coming To a Senior Center Near YOU This September:

Geri-Fit Exercise Program

The Lancaster County Office of Aging will be offering a free ongoing strength training program for individuals 60 and older. Geri-Fit is a 45-minute class that meets twice a week and has been proven to improve balance, flexibility and strength. Participants will perform exercises using dumbbell weights and resistance bands. One-on-one instruction is provided in the group setting by a certified instructor and each person is encouraged to work at his/her own pace. Dumbbell weights and resistance bands will be provided, bring water.

Classes will be held at the following Senior Centers this September:

Columbia, Lancaster Rec, Lititz, Millersville, and Next Gen Senior Centers.

The day and time will be announced. For more information call Derek Bendetti at Lancaster County Office of Aging 717-299-7979.

2018 Outdoor Summer Aquatics

The Office of Aging is offering free aquatic exercise classes at local community pools, per the following schedule. Participants must be age 60 or older.

SECA- Southern End Community Association

299 Park Ave, Quarryville PA 17566

July 2 – August 24

Mondays Wednesdays and Fridays
9:00-10:00am

Millersville Lions Club Pool

314 N. Prince Street, Millersville, PA 17551

Mondays and Wednesdays

July 9 – July 30 from 9:00-10:00am

August 1 – August 15 from 10:30-11:30am

Leola Community Pool

23 East Main Street, Leola, PA 17540

Mondays and Wednesdays 12:15-1:15pm

June 18 – August 8

For additional information, contact Lancaster County Office of Aging, 717-299-7979.

Summer Heat Safety, cont.

- Check on older or ill family, friends and neighbors. This is especially important for people who do not have air conditioning or those who spend much of their time alone.
- Be watchful for signs of heat stroke and dehydration. These include shallow breathing, a lack of perspiration, dizziness, dry mouth, and headaches.
- If you do go outside, stay in the shade and wear a wide brim hat and light colored, loose fitting clothing.



Tips for Caregivers – Keep a close eye on those in your care by visiting them at least twice a day, and ask yourself these questions:

Are they drinking enough water?

Do they have access to air conditioning?

Do they know how to keep cool?

Do they show any signs of heat stress?

Senior Centers-Expanded Hours!

During periods of extreme heat conditions Lancaster County Senior Centers will expand hours of operation. Announcements will be made on local TV stations, and you can also check our website, www.lancoaging.org.

County Commissioners

Joshua G. Parsons, Chairman

Dennis P. Stuckey, Vice-Chairman

Craig E. Lehman, Commissioner

Lancaster County Office of Aging

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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 <http://www.lancoaging.org>.



New Deputy Director

Lynn M. Smith has been named Deputy Director of the Lancaster County Office of Aging effective June 11, 2018. Ms. Smith is a long-time employee of the agency having started upon graduation from Simmons College in Boston, MA. She has worked in several different units within the agency including Senior Centers, Information & Referral, Caregiver Support, and Assessment for a total of approximately 29 years. Lynn is also Mom to 4 daughters and 3 very spoiled fur babies. She looks forward to her new role at the Lancaster County Office of Aging.



Deadline Extended For Property Tax/Rent Rebate

The Property Tax/ Rent Rebate program deadline has been extended from June 30 to Dec. 31, 2018. The program is for older adults and Pennsylvania residents with disabilities to apply for rebates on rent and property taxes paid in 2017.

Each year the Department of Revenue evaluates the program as the statutory June 30 application deadline approaches to determine if funds are available to extend the deadline. To date, funding has been available to allow all who qualify to benefit from the program.

Because July 1 falls on a Sunday this year, rebates that have been processed and approved will be distributed to applicants via direct deposit on July 2. Other applicants who requested a paper check to be mailed to them — and whose applications have been processed and approved — should expect to receive their payment in the mail in early July. As a reminder, applicants are required to submit their bank account information on their application forms in order to receive their rebates through direct deposit.

After June 30, rebates will be distributed as claims are received and processed. Applications typically take 4-6 weeks to process.

Applicants may obtain Property Tax/Rent Rebate claim forms (PA-1000) and related information on the Department of Revenue's website or by calling, toll-free, 1-888-222-9190. It costs nothing to apply for a rebate. You may call the Office of Aging (717-299-7979) to make an appointment. Many local legislator's offices will also assist.

Claimants who already applied for rebates may check the status of claims online at www.revenue.pa.gov by clicking on the "Where's My Property Tax/Rent Rebate?" link. Claimants may also call, toll-free, 1-888-PATAXES, to check the status of their rebates.

The rebate program benefits eligible Pennsylvanians age 65 and older; widows and widowers age 50 and older; and people with disabilities age 18 and older. The income is \$35,000 a year for homeowners and \$15,000 for renters. Half of the individual's Social Security is excluded.

Senior Community Service Employment Program Award



Pictured L-R, Tom Martin (OOA SCSEP Director), Hermes Almaguer, David Miles (PDA SCSEP), Hermes B. Almaguer de la Rosa (Award Recipient), Margie Earnest (Supervisor), Nerida J. Tejada

Former Lancaster County Office of Aging Senior Community Service Employment Program (SCSEP) participant, Hermes Almaguer de la Rosa, was honored as recipient of the 2018 PA Department of Aging Outstanding SCSEP Participant Award. This award is a part of the Governor's Achievement Awards presented at the Pennsylvania Workforce Development Association's Annual Employment, Training and Education Conference held May 17, 2018 at the Hershey Lodge and Conference Center.

The Senior Community Service Employment Program provides worker trainees to host agencies with the ultimate goal of finding gainful employment. Eligible participants can be assigned to host agencies to work part time hours at minimum wage.

Contact the Lancaster County Office of Aging, 717-299-7979 to learn more about this program.

Lancaster County Office of Aging

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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.

Landscaper – PT/FT

Local retirement community looking for a dependable, experienced person in shrub, tree and turf maintenance to handle duties including bed edging/mulching, maintaining annuals, landscaping beds and applying seasonal decorations. Need valid driver's license.

PT060014.01

Parking Attendants - TP

Tourist area entertainment venue needs friendly individuals with good customer service skills to handle traffic directing duties. Must be able to work outside for most of shift during October to December. Prior experience with traffic control is helpful.

PT060031.02

Respite Worker - PT

Health services group is searching for persons to provide temporary relief for parents/caregivers caring for children or adolescents with behavioral health concerns and mental health issues. Need experience or education in human services; driver's license and reliable vehicle.

PT060040.03

Delivery Drivers – FT

Tire wholesaler seeking individuals to deliver client orders within their marketplace, operating pickup/box-truck type vehicles. Requires valid driver's license; 3 mo. related experience; and the ability to lift, carry, and maneuver items weighing up to 70 lbs. No CDL needed.

PT060045.04

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

To learn more about applying for the 55+ Job Bank and these jobs, call the Employment Unit at 717-299-7979.

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.