

PRIME TIME

Volume XLIV, Number 6 - Nov/Dec 2018

LANCASTER COUNTY OFFICE OF AGING



Holiday Program Needs Gift Cards



The Lancaster County Office of Aging's 2018 Holiday Program is underway! Again, this year, the agency plans to distribute grocery store gift cards to our low-income clients that need assistance.

You can help by purchasing a gift card in any denomination up to \$25 from Giant or Weis Markets. 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 Monday, December 10, 2018 and can either be dropped off at the Lancaster County Government Center during regular business hours, Monday through Friday from 8:30am to 5:00pm, or mailed to the agency at 150 North Queen Street, Suite 415, Lancaster, PA 17603. For more information or questions about the Holiday Program, contact Derek Bendetti at 717-299-7979.

LIHEAP Grants

Applications are now being accepted for the 2018-2019 Low-Income Home Energy Assistance program (LIHEAP).



LIHEAP provides assistance with home heating bills and is available to renters and homeowners.

Crisis and Regular grants begin November 1, 2018.

Online applications can be completed by visiting www.compass.state.pa.us.

Paper applications are available after November 1, 2018 from the Lancaster County Office of Aging or at the local county assistance office 717-299-7543.

Applications can also be downloaded and printed from the Department of Human Services website, www.dhs.pa.gov/citizens/heatingassistanceliheap/index.htm.

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

2018-2019 LIHEAP Income Guidelines

Household Size	Maximum Annual Income
1	\$18,210
2	\$24,690
3	\$31,170
4	\$37,650
5	\$44,130
6	\$50,610
7	\$57,090
8	\$63,570
9	\$70,050
10	\$76,530
Each additional person add \$6,480	

The Office of Aging will be closed:

Monday, November 12, 2018
(Veterans' Day)

Thursday, November 22 and Friday,
November 23, 2018
(Thanksgiving)

Tuesday, December 25, 2018
(Christmas)



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Older Driver Safety Awareness Week

Did you know that December 3-7, 2018 is Older Driver Safety Awareness Week?

The week started in 2009 as an initiative of the American Occupational Therapy Association with the goal to raise awareness about the safety issues that impact mature drivers.

It is normal for driving to change as we age but safe driving practices and reducing risk factors can allow older drivers to remain safe on the road.

Driver safety requires more than understanding road signs and traffic laws. As you get older, you'll likely notice physical changes that can make certain actions — such as turning your head to look for oncoming traffic or braking safely — more challenging. Still, older drivers can remain safe on the road. Consider these seven tips for older drivers from Mayo Clinic Staff:

1. Stay physically active

Staying physically active improves your strength and flexibility. In turn, physical activity can improve driver safety by making it easier to turn the steering wheel, look over your shoulder, and make other movements while driving and parking.

Look for ways to include physical activity in your daily routine and don't forget to consult your physician.

2. Schedule regular vision and hearing tests

Some senses, such as hearing and vision, tend to decline with age. Impaired hearing can be a concern for older drivers by limiting the ability to hear an approaching emergency vehicle or train. Common age-related vision problems — such as cataracts, glaucoma and macular degeneration — also can make it difficult to see clearly or drive at night.

Ask your doctor how often to schedule vision and hearing tests and stick to your doctor's recommended exam schedule. Regular exams and timely treatments or recommendations can reduce your risk of an accident.

3. Manage any chronic conditions

Work with your doctor to manage any chronic conditions — especially those that might impact driver safety, such as diabetes or seizures. Follow your doctor's instructions for managing your condition and staying safe behind the wheel. This might include adjusting your treatment plan or restricting your driving.

It's equally important to know your medications and remember that many drugs, including pain medications, sleep medications, antihistamines and muscle relaxants, can affect driver safety without realizing it. Read your medication labels so that you know what to expect from each one.

Don't drive if you've taken medication that causes drowsiness or dizziness. If you're concerned about side effects or the impact on driver safety, consult your doctor or pharmacist.

4. Understand your limitations

Consider your physical limitations and make any necessary adjustments.

For example, adjusting the position of the driver's seat to make it easier to reach the steering wheel or pedals.

You might ask your doctor for a referral to an occupational therapist, who can offer assistive devices to help you drive or suggest exercises to help you overcome your physical limitations.

You might also consider a different vehicle to better meet your needs. For example, vehicles that feature larger, easier-to-read dials on the dashboard are often popular with older drivers.

In addition, some newer models offer safety features that can help you avoid collisions, change lanes safely, manage your blind spot, and more.

5. Drive when the roads — and you — are in good condition

You can improve driver safety by driving during the daytime, in good weather, on quiet roads and in familiar areas. If visibility is poor, consider delaying your trip or using public transportation.

Beyond road conditions, make sure you're in optimal condition to drive. Don't drive if you're tired or angry.

Never drive after drinking alcohol or using other mind-altering substances. This includes marijuana — even if it's been prescribed to you for medical use.

6. Stash your cellphone and focus on the road

Driving while distracted is a frequent cause of accidents. Take steps before you go to ensure your ability to focus.

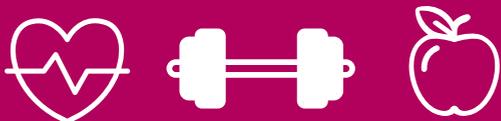
When you get in your vehicle, be prepared. Plan your route ahead of time so that you don't need to



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Health and Wellness Corner



The Lancaster County Office of Aging promotes healthy aging throughout the year through our Health and Wellness program.

This program offers education, exercise, and prevention programs that empower older adults to age well.

For more information call 717-299-7979 or visit www.lancoaging.org.

Ongoing Classes for Seniors 60 or Older:

Geri-Fit Exercise (Sept-June 2019)

Lititz Senior Center

201 E. Market St, Lititz
Mon & Thurs 10-10:45am

Lancaster Rec Senior Center

525 Fairview Ave, Lancaster
Tues & Friday 9:30-10:15am

Columbia Senior Center

510 Walnut St, Columbia
Mon & Wed 10:30-11:15am

Next Gen Senior Center

184 S. Lime St, Quarryville
Tues & Thurs 9:30-10:15am

Millersville Senior Center

222 N. George St, Millersville
Mon & Wed 9-9:45am

Walk with Ease

Lancaster Rec Senior Center

525 Fairview Ave, Lancaster
Mon, Wed, Friday 12:30-1:30pm
Sept 24 – November 7, 2018

Grace Fellowship Church

822 Pointview Ave, Ephrata
Mon, Wed, Friday 1:30-2:30pm
Oct 8 – November 16, 2018

Yoga

Millersville Senior Center

222 N. George Street, Millersville
Fridays 10-10:45am
Sept 14 – May 31, 2019

YWCA Exercise (Sept-June 2019)

Lancaster Neighborhood Senior Center

33 E. Farnum Street, Lancaster
Thursday 10:30-11:30am

SACA Senior Center

545 Pershing Ave, Lancaster
Thursday 9:00-10:00am

Older Driver Safety, cont.

read a map or directions while driving. If you use a GPS device, enter your destination before you start driving. If necessary, call ahead for directions.

While you're driving, don't do anything that takes your focus from the road. Even eating or adjusting the radio can be a distraction.

Make a pledge to never use or even look at your cellphone while driving: no talking, texting or posting of any kind.

The National Safety Council also advises against any type of phone conversation or voice-to-text features while driving, including hands-free and Bluetooth devices.

7. Update your driving skills

Consider taking a refresher course for older drivers. Updating your driving skills might even earn you a discount on your car insurance, depending on your policy. Look for courses through a community education program or local organizations that serve older adults.

If you become confused while you're driving or you're concerned about your ability to drive safely — or others have expressed concern — it might be best to stop driving. Consider taking the bus, using a van service, hiring a driver or taking advantage of other local transportation options. Giving up your car keys doesn't need to end your independence. Instead, consider it a way to keep yourself and others safe on the road.

Sources: www.cars.com; www.mayoclinic.org,
Older Drivers: 7 tips for driver safety

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PRIMETIME

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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>.

Lancaster County Office of Aging

150 North Queen Street
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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.

Lead Van Driver - PT

Staffing agency is searching for an experienced individual to transport employees to/from job sites. Requires valid PA driver’s license; an acceptable driving record; knowledge of Lancaster Co.; ability to work a flexible schedule; and pass drug screen/background check.

PT090093.01

Carpenter - FT

Construction company looking for an experienced individual to perform rough-in, carpentry work including drywall framing/finishing, door/window installation and other intstalls. Requires 3+ yrs. experience; PA driver’s license; and the proper use of hand-tools.

PT090095.03

Cleaning – PT

Commercial company needs dependable persons for cleaning assignments at multiple locations to clean restrooms, mop, empty trash, wax/polish floors and other duties. Requires background check. May need to lift up to 30lbs. No experience/training is provided.

PT090094.02

Assistant Teacher – FT

Local franchise seeks a person to bring warmth/understanding to their classrooms, encouraging children to learn/grow by assisting teachers to implement the curriculum. Need basic PC ability; CPR/First Aid cert. or willingness to obtain; and to meet State guidelines.

PT090096.04

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.