



Thank You To Our Holiday Program Donors

Thanks to the generosity of many individuals and groups throughout the community, our annual Holiday Gift Program was a success! Volunteers and staff delivered much needed and appreciated grocery store gift cards to 231 older adults referred by Care Managers in the weeks leading up to Christmas.



A special thanks is extended to Lisa Paulson and Derek Bendetti, the project coordinators, and to delivery volunteers and staff who assisted with this year's efforts.

Thank you again to all donors and volunteers who helped to brighten the season for so many.

We couldn't have done it without you!

Can The Danish Help You Get Through This Winter?

We are not referring to pastry, but to a Danish philosophy known as hygge.

Hygge was created by Danish to cope with boredom of the cold, dark winter. Hygge focuses on establishing a mindset of comfort, contentedness, and connection.

Hygge only requires consciousness and the ability to be present. Below are some small ways that may make a big difference to your spirit this winter.

- Get out. Don't be shut in. Break out of your routine and seek warmth and companionship. No need for extravagance: a walk, going for a latte, or singing at your place of worship can help you get fresh air every day.
- Have frequent, low-key and simple get-togethers. Employ soft lighting, good music and comfortable chairs.
- Start groups: Book clubs, salons, Bunco, mahjong as well as cooking, knitting and poker parties are wonderful ways to form lasting connections.

- Limit alone screen time, but do consider inviting friends for the Super Bowl, the Oscars, sporting events, *Victoria*, or any TV series that promotes a great discussion.
- Share meals. Cook, bake and just order in. A simple stew, delivery pizza, scrambled eggs or coffee will delight your guests.
- Create a cozy feeling with warm seasonal lighting and candles instead of overhead lighting. If it's dark, light candles, even at breakfast.
- Scuttle the clutter of unread books, bills, too many photos, dying plants and outdated collectibles. Get rid of objects you never touch and that bring you no joy. (You can't promote hygge with junk all around.)
- Instigate and initiate. Contact friends, family and those you love and miss, with whom you've lost touch. Set dates; make plans; look forward to it.

From www.nextavenue.org, www.hyggehouse.com

The Office of Aging will be closed:

Tuesday, January 1, 2019
(New Year's Day)

Monday, January 21, 2019
(Martin Luther King Day)

Monday, February 18, 2019
(Presidents' Day)



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Health and Wellness Corner



LOOKING FOR A WAY TO EXERCISE OVER THE WINTER?

Consider The Arthritis Foundation Walk With Ease Program.

Want to continue your daily walks during the winter months but don't want to deal with the cold weather? The Lancaster County Office of Aging and Elizabethtown Senior Center will be offering a free indoor program entitled Walk with Ease. Developed by the Arthritis Foundation, it is an interactive workshop specifically developed for people with arthritis who want to be more physically active. It's also appropriate for those living with diabetes, heart disease and other chronic conditions. The central activity of the program is walking but each session begins with education tailored towards those living with arthritis. Each participant will receive a workbook that provides information on arthritis, pain management, self-monitoring, and how to overcome barriers. Sessions will be held at the Elizabethtown Senior Center, 70 South Poplar Street, Elizabethtown.

The program will run from January 7 to February 14 on Monday, Thursday, and Friday from 12:30-1:30pm. For more information or to enroll call Derek Bendetti Lancaster County Office of Aging 717-299-7979.

Attend A Year-Round Aquatics Class.

Lancaster City YMCA

265 Harrisburg Pike, Lancaster
Tuesdays & Thursdays, 9:30-10:30am

Lampeter YMCA

800 Village Road, Lancaster
Fridays, 9:00-10:00am

New Holland YMCA

123 Shirk Road, New Holland
Mondays, 11:30am-12:30pm

Lititz Rec Center

301 Maple Street, Lititz
Wednesdays, 10:45-11:45am

Are You 55+?

Consider Attending Yoga.

Millersville Senior Center

222 N. George Street, Millersville
Fridays, 10-10:45am
Jan. 1 – May 31, 2019

Lancaster County Office Of Aging 2019 Advisory Council Meetings

150 North Queen Street
Lancaster, PA 17603

Planning Commission Conference Room #102
Meetings begin at 12:00 p.m.

February 4, 2019

April 1, 2019

June 3, 2019

August 5, 2019

October 7, 2019

December 2, 2019



HAPPY NEW YEAR



County Commissioners

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

Lancaster County Office of Aging

Lon Wible, Executive Director
Kristin Jones, **PRIMETIME** Editor

PRIMETIME

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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>.

Hand Washing And Flu Prevention

According to the Centers for Disease Control and Prevention (CDC) the single best way to prevent seasonal flu is a vaccination. But healthy habits like washing your hands can help stop the spread of germs.

You can help yourself and others stay healthy during flu season, by washing your hands often, especially during these key times when you are likely to get and spread germs:

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After blowing your nose, coughing, or sneezing
- After using the toilet
- After changing diapers or cleaning up after a person who has used the toilet.
- After touching an animal, animal feed, or animal waste
- After touching garbage.

Take these 3 actions to fight against flu:

1. **Take time to get a flu vaccine.** The CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses. People at risk of serious flu complications include young children, pregnant women, people with chronic health conditions and people 65 and over.
2. **Take every day preventative actions to stop the spread of germs.** This can include avoiding close contact with sick people, limiting contact with others when you are sick as well as washing hands and covering your nose and mouth when you sneeze.
3. **Take antiviral flu drugs if your doctor prescribes them.** If you do get the flu, antiviral drugs can be used to treat your illness. The medications can make illness shorter and milder as well as prevent serious complications.

From www.cdc.gov

New Year, Healthier You

Start the year off right by making resolutions that promote healthy aging. The American Geriatric Society's Health in Aging Foundation recommends these top 10 Healthy New Year's Resolutions:

1. **Chose fruits, vegetables, whole grains, and healthy fats.** In later life, you need healthy food and fewer calories. The USDA's Choose My Plate program (www.choosemyplate.gov) and your healthcare provider can help you make good choices.
2. **Consider a multivitamin.** Talk to your health care provider about any nutrition needs that may be helped by over the counter vitamins or nutrition supplements.
3. **Be active.** Physical activity can be safe and healthy for older adults. Conditions like heart disease, arthritis, and diabetes can improve with mild to moderate physical exercise. Check with your insurance plan to see if you are eligible for Silver Sneakers program, which can provide access to local fitness centers.
4. **See your health provider regularly.** Schedule annual Medicare wellness visits with your health provider to talk about health screenings and updates to your advance directives. While you're there, review all medications and find out if you should get any booster shots or immunizations.
5. **Toast with a smaller glass.** Excessive drinking can cause depression, increase your chance of falls, interrupt sleep and interact with medications. One drink = 12 oz of beer, 5 oz of wine or 1/5 oz of hard liquor. It is recommended women have no more than 7 drinks a week and men no more than 14.
6. **Work to prevent falls.** One in every 3 older adults falls each year. Falls can contribute to injuries and death among older adults. Reduce your risk by increasing your strength, balance and flexibility. Eliminate items in your home that are easy to trip over, improve lighting, and install grab bars to avoid falls.
7. **Work out your brain.** The more you exercise your brain, the better it will work. Read, do crossword puzzles or Sudoku. Socialization also promotes brain health, so join a club or group or visit your local Senior Center.
8. **Quit smoking.** Smoking contributes to your risk of heart disease and many other health problems. You can still improve your energy, breathing, sleep and overall health by quitting. It is never too late!
9. **Speak up.** About 1 in 5 older adults suffers from depression and anxiety. Signs can be lingering sadness, fatigue, loss of appetite or pleasure in doing what you once enjoyed. Anxiety can cause difficulty sleeping, worry, irritability, and isolation. If you experience these symptoms for more than 2 weeks, talk to you family, friends, or healthcare provider.
10. **Get enough sleep.** Older adults need at least 7 to 8 hours of sleep a night. Visit the National Sleep Foundation's website (www.sleepfoundation.org) for more tips on better sleep.

This information is not intended to take the place of medical advice or care from a health provider. Always consult with your health care provider about health concerns and symptoms.

Source: The Health in Aging Foundation- Healthinaging.org

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.

Merchandise Associate - PT

Retail store needs persons to assist their daily operations providing item presentation, processing, mark-downs, fitting room help, cashiering, customer service/relations and layaway. Need good verbal skills, professional appearance and be able to stand for extended periods.

PT120008.01

Drivers – PT

Auto dealer looking for responsible individuals for assignments to transport vehicles to local or more distant locations. Selectees are on-call with very flexible hours and the choice to accept or reject any trips without issue. Need PA Driver's license and acceptable record.

PT120020.02

Teacher - FT

Franchisee seeks someone to provide patience, understanding in their classroom, encourage child learning/growth, implement the curriculum and partner with parents for the care and education of their children. Need CDA and meet NAEYC candidacy requirements.

PT120044.03

Gift Basket Assembly – PT

Staffing agency is recruiting reliable/dependable individuals for a client in the Ephrata area to assemble gift/fruit baskets, pick/pack, and make chocolates for the Holiday season. Work in a casual/fast-paced environment. Personal transport is needed to the site.

PT120069.04

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.