

PRIME TIME

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LANCASTER COUNTY OFFICE OF AGING



Commemorating 40 Years Of The Ombudsman Program

Residents in Lancaster County's nearly 200 long term care facilities have a team of advocates at the Office of Aging, and our team is growing. Long Term Care Ombudsmen (LTCO) assist residents who have questions or concerns about care or a facility's practices but want more information before approaching facility staff. Ombudsmen work directly with residents to resolve issues, and make general visits to speak with groups of residents, encouraging them to exercise their rights.

2019 marks the 40th year of the Long-Term Care Ombudsman program. According to nationwide data, the most frequent concerns are improper eviction and inadequate discharge planning. In 2018, Lancaster County Ombudsmen conducted 515 unannounced facility visits, responded to 457 requests for assistance, presented resident rights information to 39 groups or events, and completed nearly 100 case investigations.



An important component of our local program is a corps of dedicated volunteers who visit residents in every nursing and personal care home quarterly. They also help with presentations and providing Ombudsman posters required by facility regulations.

This month we are happy to introduce a new addition to the ombudsman team. Dianne Bucolo has joined staff ombudsmen Ellen Berfond, Leanne Garner and Jamie Schell and supervisor Sheri Snyder.

For more information about the LTCO program and resident rights, the Consumer Voice for Quality Long Term Care is a helpful resource. Visit their website at www.theconsumervoice.org.



31st Annual Lancaster Senior Games May 6-10, 2019

See registration brochure enclosed



**The Office of Aging
will be closed:**

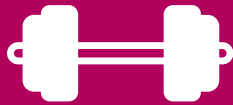
Friday, April 19, 2019
(Good Friday)



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Health and Wellness Corner



Put Some Spring In Your Step With Our Health And Wellness Programs!

Chronic Disease Self-Management Program

FREE for Lancaster County residents 60 and older. The program is structured to help participants better manage their ongoing health conditions such as arthritis, diabetes, high blood pressure, anxiety, and heart disease.

Columbia Senior Center

510 Walnut Street, Columbia 17512
Thursdays 9:00 – 11:30am
March 7 – April 11, 2019

Wellness Initiative for Senior Education (WISE)

The WISE Program is a wellness and prevention program for adults aged 60 and older. The class is 6 weeks long with each class lasting 2 hours. Participants are educated with a mixture of small group work, individual exercises, and discussion.

Bethel AME Church

450 E. Strawberry St, Lancaster 17602
Thursdays 10:00 – 12:00pm
March 7 – April 11, 2019

Elizabethtown Senior Center

70 South Poplar St, Elizabethtown 17022
Wednesdays 9:00 – 11:00am
March 27 – May 1, 2019

Arthritis Foundation's Walk with Ease

This six-week program is an interactive workshop that was specifically developed for people with arthritis who want to be more physically active. It is also appropriate for people without arthritis, particularly those with diabetes, heart disease and other chronic conditions. Class is for individuals 60 and older.

Lancaster Rec Senior Center

525 Fairview Ave, Lancaster 17603
Monday, Wednesday, Friday 12:30-1:30pm
April 8 – May 24, 2019

Ephrata Rail Trail Site

Grace Fellowship Church of Ephrata/Rail Trail
822 Pointview Ave, Ephrata 17522
Monday Wednesday Friday 1:30-2:30pm
April 8 – May 16, 2019

**For More Information or to Enroll,
Call 717-299-7979 or
Visit www.lancoaging.org**

Volunteers do not necessarily have the time; they just have the heart.

–Elizabeth Andrew



April is National Volunteer Month and Office of Aging would like to take this opportunity to thank our volunteers for sharing their time and talents throughout the year.

Our Ombudsman volunteers

help us to educate, advocate, and encourage residents of long-term care facilities.

Our Office volunteers

help us to organize and to assist individuals with completing applications and receiving information.

Our Apprise volunteers

help us to walk individuals through the Medicare maze and answer Medicare questions.

Thank you to all of our volunteers!

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

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

Yoga

The Millersville Senior Center will be offering FREE yoga classes to anyone 55 and older in Lancaster County. Led by a certified instructor, students are encouraged to work at their own pace as modifications will be provided. Students must provide their own mats.

Millersville Senior Center

222 North George Street, Millersville 17551
Fridays 10:00 – 10:45am, Ongoing through
May 17, 2019 (No class 4/19, 4/26).



Nutrition Spotlight

What Is Potassium?

Source: Reviewed by Taylor Wolfram, MS, RDN, LDN

According to the 2015-2020 Dietary Guidelines for Americans, potassium is an under-consumed nutrient, making it a nutrient of public health concern. In May 2016, the FDA announced food manufacturers are required to include potassium content on the Nutrition Facts label.

Potassium is one of the most important minerals in the body. It helps regulate fluid balance, muscle contractions and nerve signals. What's more, a **high-potassium diet** may help reduce blood pressure and water retention, protect against stroke and prevent osteoporosis and kidney stones.

Potassium is a mineral that, among other things, helps muscles contract, helps regulate fluids and mineral balance in and out of body cells, and helps maintain normal blood pressure by blunting the effect of sodium. Potassium also may reduce the risk of recurrent kidney stones and bone loss as we age.

Guidelines issued by the Institute of Medicine of the National Academies of Science encourage adults to consume of at least 4,700 milligrams of potassium every day. That's almost double what most of us actually consume.

Potassium is found in a wide range of foods, especially fruits and vegetables such as leafy greens, tomatoes, cucumbers, zucchini, eggplant, pumpkins, potatoes, carrots and beans, such as lentils. It's also found in dairy foods, meat, poultry, fish and nuts.

Reach your recommended daily intake of potassium by frequently adding these foods to your daily menu:

- 1 medium baked potato w/ skin: 930 milligrams
- 1 cup cooked spinach: 840 milligrams
- 1 cup cooked broccoli: 460 milligrams
- 1 cup cubed cantaloupe: 430 milligrams
- 1 cup chopped tomatoes: 430 milligrams
- 1 medium banana: 420 milligrams
- 1 cup chopped carrots: 410 milligrams
- 1 cup low-fat milk: 350 to 380 milligrams
- 1 cup cooked quinoa: 320 milligrams

Or try the recipe idea to the right: the Powerhouse Potassium Smoothie from www.parsnipsandpastries.com. It is creamy, fruity, and made with potassium-rich foods including avocado, mango, coconut water, spinach, orange, and banana.

Save the Dates!



April 30, 2019 • 9 AM – 2 PM

Shady Maple Conference Center
Smorgasbord Building
129 Toddy Drive, East Earl
(717) 285-1350

www.50plusExpoPA.com • Free

Presented by OLP Events, the EXPO will feature exhibitors providing up-to-date information for baby boomers and seniors. With free health screenings, door prizes, educational seminars, and live entertainment, the 50plus EXPO is a unique fusion of timely, relevant information and a fun, relaxed atmosphere.

Annual Barnstormers Baseball Game Thursday, May 23, 2019

Lancaster County Office of Aging is celebrating Older Americans Month with our annual Barnstormers baseball game! Join us at a special game as the Barnstormers pay tribute to Older Americans. More information will be posted in the May PrimeTime newsletter.

2019 Making A Difference Day May 3, 2019

Viva Center at Woodcrest Villa
Free seminar for family caregivers; limited space available, RSVP: 717-393-3450

Registration & Continental Breakfast.. 8:00 – 8:30am
Presentations 8:30 – 11:30am
Panel Discussion..... 11:30am – 12:30pm
Lunch 12:30 – 1:15pm
Small Group Sessions 1:30 – 3:30pm

Powerhouse Potassium Smoothie

Ingredients

- 1 medium-small **banana**, preferably frozen
- 1 cup packed fresh baby **spinach**
- 1 small **avocado**, pit and skin removed
- 1 large **orange**, juiced
- 1 cup frozen chopped **mango** (or papaya)
- 1 cup **coconut water**
- 1 teaspoon **honey** (optional; leave out for vegan)

Instructions

- Combine all of the ingredients in a high-speed blender and blend until completely smooth. Serve topped with chia seeds or unsweetened coconut.



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.

TEACHER'S AIDES - PT

Staffing firm is inviting Seniors to apply for positions as student monitors in buildings, lunch rooms and playgrounds at a local school district. Agency will facilitate required TB test, child abuse, criminal background and FBI clearances.

PT020021.01

RECEPTIONIST – PT

Local ophthalmology practice looking for a person to provide reception duties for their busy office. Requires HS Diploma/GED. Must be able to multi-task. Prior experience preferred. Schedule covers Mon. – Wed.

PT020079.02

SECURITY OFFICERS – PT

Local firm is filling multiple positions in the Manheim/Lancaster area. Need HS Diploma/GED; valid PA Driver's License; and clear criminal history. Company supplies all equipment. Full-time positions also available on all three shifts.

PT020080.03

SALES REPRESENTATIVE – FT

Local radio broadcast company is seeking one to assist in maintaining their current client base of advertisers and to engage in prospecting to secure new accounts. Need HS Diploma/GED; plus 1 year sales experience; a valid driver's license and reliable vehicle.

PT020087.04

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.

PLEASE PRINT

2019 SENIOR GAMES REGISTRATION FORM

Please return ENTIRE form with signature.

Please check each event in which you wish to compete. Use only one form per person. A \$10 registration fee must accompany each registration. Make checks payable to Lancaster County Office of Aging, (717) 299-7979. Registration and payment can be delivered to the Lancaster County Office of the Aging at 150 N. Queen St, Lancaster or Groff Funeral and Cremation Services at 528 W. Orange St, Lancaster from 9 a.m.-4:30 p.m., Mon.-Fri.

Name _____

Address _____

Street # or Apt. # _____

City _____

Zip _____

Township/Borough _____

Phone _____ Age on May 1, 2019 _____ 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): Mon. Tues. Wed.

May 6-10, 2019

Spooky Nook Sports

75 Champ Blvd.,
Manheim, PA 17545

MONDAY, May 6, 2019

DROP-IN EVENTS: 9:30 a.m.-2 p.m. <input type="checkbox"/> Bench Press <input type="checkbox"/> Bicep Curl <input type="checkbox"/> Dead Lift <input type="checkbox"/> 3-Point Shooting <input type="checkbox"/> Darts <input type="checkbox"/> Foul Shooting <input type="checkbox"/> Wii			
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 <input type="checkbox"/> Ladder Golf Age 70-74
10:15 a.m.		<input type="checkbox"/> Bocce Age 70-74	<input type="checkbox"/> Rock Climbing Demo <input type="checkbox"/> Ladder Golf Age 80*
10:30 a.m.			<input type="checkbox"/> Tai Chi
11:30 a.m.	<input type="checkbox"/> Badminton Age 75*	<input type="checkbox"/> Bocce Age 80*	<input type="checkbox"/> Ladder Golf Age 55-69
12:30 p.m.	<input type="checkbox"/> Prochle Tournament		<input type="checkbox"/> Pilates
1:30 p.m.			<input type="checkbox"/> Gerfit
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		
1:45 p.m.	<input type="checkbox"/> Badminton Age 70-74	<input type="checkbox"/> Bocce Age 55-69	<input type="checkbox"/> Ladder Golf Age 75-79

TUESDAY, May 7, 2019

DROP-IN EVENTS: 9:00 a.m.-1:30 p.m. <input type="checkbox"/> Frisbee Throw <input type="checkbox"/> Football Throw <input type="checkbox"/> Hotshot Basketball <input type="checkbox"/> Softball Throw			
7:30 a.m.	<input type="checkbox"/> Walking-Men		
8:45 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	<input type="checkbox"/> Chair Yoga <input type="checkbox"/> Tennis Age 75*
10:15 a.m.		<input type="checkbox"/> Horseshoes Age 75*	<input type="checkbox"/> Group Exercise Sampler <input type="checkbox"/> Tennis Age 55-69
Noon	<input type="checkbox"/> Table Tennis Age 70*		
12:30 p.m.		<input type="checkbox"/> Horseshoes Age 55-69	<input type="checkbox"/> Zumba Gold <input type="checkbox"/> Tennis Age 70-74
2 p.m.	<input type="checkbox"/> Shuffleboard Age 55-69		

WEDNESDAY, May 8, 2019

DROP-IN EVENTS: 9:00 a.m.-1:30 p.m. (unless otherwise noted)			
<input type="checkbox"/> Javelin Throw (8-11 a.m.) <input type="checkbox"/> Shotput <input type="checkbox"/> Frisbee Golf <input type="checkbox"/> Home Run Derby <input type="checkbox"/> Soccer Penalty Kick			
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"/> Cornhole Age 55-64	<input type="checkbox"/> Shuffleboard Age 80*	
10 a.m.	<input type="checkbox"/> Cornhole Age 70-79		
11:30 a.m.	<input type="checkbox"/> Cornhole Age 80*	<input type="checkbox"/> Shuffleboard Age 70-79	
1 p.m.	<input type="checkbox"/> Cornhole Age 65-69		
3:30 p.m.	<input type="checkbox"/> \$6.00 Pitch 'n Putt 18-hole SHOTGUN START at Evergreen Golf Course. GOLF FEES MUST BE PAID WITH REGISTRATION *Attach names if wishing to golf with others.		

THURSDAY, May 9, 2019

Pay at 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"/> Billiard Age 70*
10:45 a.m.	<input type="checkbox"/> Putting Contest
11 a.m.	<input type="checkbox"/> Billiard Age 55-69
1 p.m.	<input type="checkbox"/> Singles Bowling <input type="checkbox"/> Modified Bowling
Play Pickleball at Buchmiller Park (below)	
9 a.m.	<input type="checkbox"/> Pickleball Age 55-64
11 a.m.	<input type="checkbox"/> Pickleball Age 70*
1 p.m.	<input type="checkbox"/> Pickleball Age 65-69

FRIDAY, May 10, 2019

7:30 a.m.	<input type="checkbox"/> \$28.00 18-Hole Golf* SHOTGUN START at Overlook Golf Course
	<input type="checkbox"/> \$8.50 9-Hole Golf* SHOTGUN START at Evergreen Golf Course GOLF FEES MUST BE PAID WITH REGISTRATION *Attach names if wishing to golf with others.
9 a.m.	<input type="checkbox"/> \$7.00 9 Pin No Tap Bowling Pay at Rocky Springs Entertainment Center
1-3:30 p.m. Drop in	<input type="checkbox"/> Celebration Dance at Vika Center at Wood Crest Villa, Gamber Auditorium, 2001 Harrisburg Pike, Lancaster, Pa 17601

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 6-10, 2019 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 6-10, 2019, at the aforementioned locations.

Registration Fee: \$10/participant

Late Registration: \$15 (after April 5)

Golfing Fee: \$ _____

TOTAL FEES ENCLOSED:

\$ _____ Couples can send one check.

Signature _____

Date _____

Please return this signed waiver with your registration form.