

# PRIME TIME

Volume XLV, Number 3 - May/June 2019

LANCASTER COUNTY OFFICE OF AGING



## Older Americans Month 2019: Connect, Create, Contribute

Each year, more and more older adults are making a positive impact in and around Lancaster County. As volunteers, employees, employers, educators, mentors, advocates, and more, they offer insight and experience that benefit the entire community. That's why Older Americans Month (OAM) has been recognizing the contributions of this growing population for 56 years.

Led by the Administration for Community Living (ACL) each May, OAM provides resources to help older Americans stay healthy and independent, and resources to help communities support and celebrate their diversity.

This year's OAM theme, *Connect, Create, Contribute*, encourages older adults and their communities to:

- **Connect** with friends, family, and local services and resources.
- **Create** through activities that promote learning, health, and personal enrichment.

- **Contribute** time, talent, and life experience to benefit others.

Lancaster County Office of Aging supports our community members and encourage you to take part in helping Lancaster County to celebrate OAM.

Communities that support and recognize older adults are stronger!

—Administration for Community Living, [www.acl.gov](http://www.acl.gov)



CONNECT, CREATE, CONTRIBUTE MAY 2019

## Long Term Care Advocates

Are you looking for a rewarding volunteer position? The Lancaster County Office of Aging trains community members to serve as Volunteer Ombudsmen, advocating for residents of long-term care facilities. Duties include:

- Educating residents about their rights
- Encouraging and assisting residents to ask questions & express concerns
- Helping them reach solutions, in collaboration with facility staff and family

Training includes online modules and in-person sessions, conducted by the PA Department of Aging.

Background clearances are also required. Schedule and assignments are flexible, based on the volunteer's location and availability. Facility visits can be made days, evenings and/or weekends. Contact Ellen Berfond or Sheri Snyder at Office of Aging for more information at 717-299-7979. Or email directly to [eberfond@co.lancaster.pa.us](mailto:eberfond@co.lancaster.pa.us) or [snyders@co.lancaster.pa.us](mailto:snyders@co.lancaster.pa.us).

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

Monday, May 27, 2019  
(Memorial Day)



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## Health and Wellness Corner



### Spring Into The Warm Weather With Our Health And Wellness Programs!

#### Arthritis Foundation's: Walk with Ease

FREE 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. While walking is the central activity, Walk with Ease is a multi-component program that also includes health education, stretching and strength exercises, and motivational strategies. Each participant will receive a workbook that provides information on arthritis, managing pain and stiffness, self-monitoring, and how to overcome barriers.

#### **Next Gen Senior Center**

184 South Lime St., Quarryville  
Tues/Thurs 10:30 - 11:30am, Friday 12 - 1:00pm  
May 7 - June 14, 2019

#### Healthy Steps for Older Adults

Healthy Steps for Older Adults is a unique, comprehensive, community-based falls prevention program. It is designed to raise participants' knowledge and awareness, introduce steps they can take to reduce falls, improve their health and well-being, and provide referrals and resources.

#### **Elizabethtown Senior Center**

70 South Poplar St., Elizabethtown  
May 16 & May 30  
9:00 - 11:30am

#### Chronic Disease Self-Management Program

The program is structured to help participants better manage their ongoing health conditions such as arthritis, diabetes, high blood pressure, anxiety, and heart disease. Discussions include; finding better ways of dealing with pain and fatigue, easy exercises to help improve or maintain strength and energy, learning the appropriate use of medications, and improving nutrition. The program covers a new topic each week and provides opportunities for interaction and group problem solving.

#### **Lititz Senior Center**

201 East Market St., Lititz  
5/29, 6/5, 6/12, 6/19, 6/24, 6/26  
9:00 - 11:30am

### 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>.

### Outdoor Summer Aquatics

Certified instructors will lead participants through a one-hour class that incorporates cardiovascular and strength exercises. Aquatic exercise is a low impact activity and has been shown to increase flexibility, improve muscle strength, and cardiovascular endurance.

#### **Leola Community Pool**

23 East Main St., Leola  
Mon & Wed 12:30 - 1:30pm  
June 17 - August 7, 2019

#### **Manheim Community Pool**

504 East Adele Ave., Manheim  
Tues & Thurs 12:00 - 1:00pm  
June 18 - August 8, 2019

#### **SECA Community Pool**

299 Park Ave., Quarryville  
Mon, Wed, Fri 9:00 - 10:00am  
July 1 - August 23, 2019

#### **Millersville Lions Club Pool**

314 N. Prince St., Millersville  
Mondays & Wednesdays  
July 8 - July 31, 9 - 10:00am  
August 5 - August 14, 10:30 - 11:30am



**For Additional Information Contact:  
Lancaster County Office Of Aging  
(717) 299-7979**

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## May is Skin Cancer Awareness Month

Memorial Day, May 27th 2019, is traditionally seen as the start of the summer season and many of us will find ourselves spending more time outdoors. May also brings us Skin Cancer Awareness month and an opportunity to learn more about prevention.

Skin cancer is the most common cancer in the United States and fortunately it is also one of the most preventable. The majority of skin cancer cases are associated with exposure to ultraviolet (UV) radiation



from the sun. The Skin Cancer Foundation, [www.skincancer.org](http://www.skincancer.org), believes in raising awareness of the dangers of unprotected sun exposure and encouraging sun safe habits.

Here is a list of the Skin Cancer Foundation's skin cancer prevention tips:

- **Seek the shade**, especially between 10:00am and 4:00pm.
- **Avoid sunburn**
- **Avoid tanning and never use UV tanning beds.**
- **Cover up** with clothing, including a broad-brimmed hat and UV-blocking sunglasses.
- **Use a broad spectrum (UVA/UVB) sunscreen** with an SPF of 15 or higher every day. For extended outdoor activity, use a water-resistant, broad spectrum (UVA/UVB) sunscreen with an SPF of 30 or higher.
- **Apply 1 ounce (2 tablespoons) of sunscreen** to your entire body 30 minutes before going outside. Reapply every two hours or after swimming or excessive sweating.
- **Keep newborns out of the sun.** Sunscreens should be used on babies over the age of six months.
- **Examine your skin** head-to-toe every month.
- **See a dermatologist at least once a year** for a professional skin exam.

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## Senior Farmers' Market Nutrition Program

The Pennsylvania Department of Agriculture is once again offering vouchers through the Senior Farmer's Market Nutrition Program. The vouchers will be distributed to eligible persons.

Each eligible individual receives four \$5.00 vouchers to be used for Pennsylvania grown fruits and vegetables through November at participating farmer's markets and roadside stands.

To be eligible, an individual must be at least 60 years of age and live in Lancaster County. Income guidelines apply.

Persons unable to pick up the vouchers may send someone else to pick them up, using a proxy form. To receive a proxy form by mail prior to the distribution, contact any Lancaster County Office of Aging Senior Center (listed below) or the Office of Aging at 717-299- 7979.

Farmers Market Nutrition Program vouchers will be distributed at the following locations from 9:00am – 1:00pm, *beginning on the dates noted below:*

### June 5

**SACA Senior Center**, 545 Pershing Ave., Lancaster, 295-7989

### June 12

**Columbia Senior Center**, 510 Walnut St., Columbia, 684-4850

**Elizabethtown Area Senior Center**, 70 S. Poplar St., Elizabethtown, 367-7984

**Lancaster Neighborhood Senior Center**, 33 E Farnum St., Lancaster, 299-3943

**Lancaster Rec Commission Sr. Center**, 525 Fairview Ave., Lancaster, 399-7671

**Lititz Senior Center**, 201 E. Market St., Lititz, 626-2800

**Millersville Senior Center**, 222 N. George St., Millersville, 871-9600

**Next Generations/Solanco Senior Center**, 184 S. Lime St., Quarryville, 786-4770

Nutrition vouchers will also be available *for one day only* from 9:00am-1:00pm at the following locations:

### June 19

**Ephrata Rec Center**, 130 S. Academy Dr., Ephrata

### June 20

**New Holland United Methodist Church**, 120 W. Main St., New Holland

**Lancaster County Office of Aging**

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

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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.

**DRIVER – PT**

Human services provider seeks a person to transport clients to appointments, assist them in/out of the vehicle, perform maintenance checks and keep the unit clean. Need license, good record, and ability to drive a van. Hours are 20-25/week, split for AM and PM runs.

**PT040104.01**

**LEASING REPRESENTATIVE – PT**

Residential community needs someone to handle leasing, service orders, phone calls, greeting visitors, and processing rental terminations. Need HS Diploma/GED; interpersonal skills; data entry, filing, mailing, and ordering supplies. Hrs. are 1:00-5:00 PM, 1-2 days/wk.

**PT040116.03**

**CLEANERS – PT**

Commercial cleaning business looking for reliable individuals to assist owner to perform wet/dry mopping, dusting, vacuuming and trash removal at multiple locations. Need own transportation. Hours are mid-afternoon to early evening, averaging 10-12 each week.

**PT040106.02**

**COOK – FT**

Educational franchise has an opening for a person to prepare meals/snacks for children in their centers using a nutritionist developed menu; maintain kitchen/equipment; order food/supplies, and complete documentation according to licensing/regulations.

**PT040118.04**

**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.*