

PRIME TIME

Volume XLV, Number 4 - July/Aug 2019

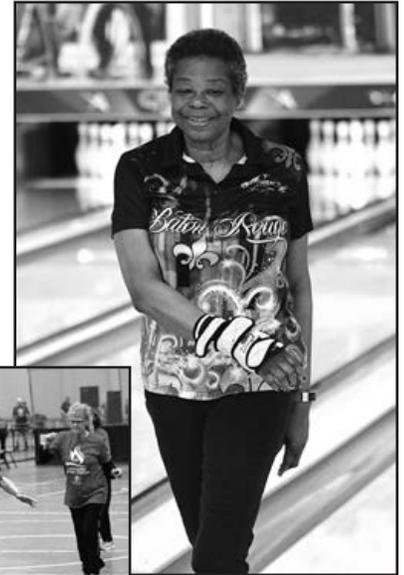
LANCASTER COUNTY OFFICE OF AGING



Senior Games: Celebrating Older Athletes

This year 1,008 older adults in Lancaster County showed their athletic abilities at the 31st Annual Senior Games throughout the week of May 6-10.

Athletes participated in 57 different competitive and non-competitive events. New events for the Senior Games included Pilates, Ladder Golf, Rock Climbing Demonstration, and Group Exercise. The most popular events were Darts, Bocce and Cornhole. Our oldest participant was 97 and participated in 3 events! Everyone had a wonderful time and the end of the week was celebrated with a dance. Participants had light refreshments, watched a picture video from the week, danced, and picked up their medals. We're hoping to register 1,100 participants next year! There's something for everyone and we hope you can join us in 2020.



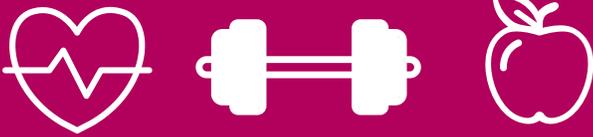
Senior Centers—Expanded Hours!

During periods of extreme heat conditions Lancaster County Senior Centers will expand hours of operation. Announcements will be made on our website, www.lancoaging.org.

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Health and Wellness Corner



2019 Outdoor Summer Aquatics

Make a splash this summer with our summer aquatics classes.

The Office of Aging is offering free aquatic classes at local community pools, per the following schedule.

Participants must be age 60 or older.

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.

SECA- Southern End Community Association

299 Park Ave., Quarryville

July 1 - August 23

Mondays Wednesdays Fridays

9:00 - 10:00am

Millersville Lions Club Pool

314 N. Prince St., Millersville

Mondays and Wednesdays

July 8 - July 31 from 9:00 - 10:00am

August 5 - August 14 from 10:30 - 11:30am

The Office of Aging has indoor aquatics available year round at local community pools.

For additional information on our aquatics classes, please contact the Lancaster County Office of Aging, (717) 299-7979.

COMING THIS FALL!

The Office of Aging has new programs starting this fall.

Bingocize



10-week health promotion program that strategically combines the fun game of bingo with exercise and falls prevention education; designed to increase functional performance, health knowledge, cognition, and social engagement of older adults. Bingocize classes are held twice a week for 1-hour sessions. Classes are led by a certified instructor.

County Commissioners

Joshua G. Parsons, Chairman

Dennis P. Stuckey, Vice-Chairman

Craig E. Lehman, Commissioner

Lancaster County Office of Aging

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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>.

Powerful Tools for Caregivers

A self-care education program for family caregivers to improve; self-care behaviors, management of emotions, self-efficacy, and use of community resources. This community-based program is held for 6 consecutive weeks, with sessions lasting 90 minutes. Classes are led by two certified leaders and participants are educated in group interaction, self-care, stress management, communication strategies, and self-confidence. Family caregivers of adults living with chronic conditions are the target audience for this program.

Eat Smart, Move More, Weigh Less

Weight management program that uses strategies proven to work for weight loss and maintenance. Each lesson informs, empowers and motivates participants to live mindfully as they make choices about eating and physical activity. This online program provides information about why behavior is important for weight loss/maintenance, tips/concepts that can be adopted by the whole family, opportunities for sharing, and guided discussions of strategy on a weekly basis.

Keep you eye out for more information or call the Lancaster County Office Of Aging, (717) 299-7979.

Bringing Fresh Produce To People In Need

In striving to provide nutritious food to our neighbors in need, the Central Pennsylvania Food Bank operates an extensive Fresh Express Program that directly supports low-income communities where residents experience chronic hunger and food insecurity. Since these products have a short shelf life, the Food Bank collaborates with partner agencies to distribute over 10 million pounds of fresh produce and dairy products received annually from both local and national donors directly to our neighbors in need.



This year-round program provides nutritious foods to more than 14,000 individuals at 99 distribution sites in 21 counties. Depending on the harvest season, volunteers distribute a variety of perishable items such as potatoes, onions, lettuce, apples, strawberries and yogurt. Last year nearly 10.2 million pounds of produce and 2.2 million servings of fresh milk were distributed.

The Fresh Express Program follows income guidelines to determine eligibility. There are currently 5 distribution sites at different time of the month in Lancaster County and pre-registration is required. Please contact the Central PA Food Bank for more information, (717) 564-1700.

Park Elementary School
(717) 684-1497
50 S. 6th St., Columbia
4th Friday of each month
3:30 - 5:30pm

The Factory Ministries
(717) 687-9594
3293 Lincoln Highway East,
Lancaster
2nd Saturday of each month
10:00am - 12:00pm

Jean Polite Food Bank
Bethel AME Church
(717) 393-8379
512 E Strawberry St., Lancaster
Every Wednesday
9:30 - 11:00am

Crispus Attucks Community Center
(717) 394-6604
401 Howard Ave., Lancaster
2nd and 4th Wednesday of each month
2:00 - 6:00pm

Spanish American Civic Association
(717) 397-6267
545 Pershing Ave., Lancaster
2nd Friday of each month
10:45am - 12:00pm



Play It Cool This Summer



Older people can have a tough time dealing with heat and humidity. The temperature inside or outside does not have to reach 100°F (38°C) to put you at risk for a heat-related illness.

Headache, confusion, dizziness, or nausea could be a sign of a heat-related illness. To keep heat-related illnesses from becoming a dangerous heat stroke, remember to:

- Get out of the sun and into a cool place – air-conditioning is best.
- Drink fluids but avoid alcohol and caffeine. Water and fruit or vegetable juices are good choices.
- Shower, bathe, or sponge off with cool water. Lie down and rest in a cool place.
- Visit your doctor or go to an emergency room if you don't cool down quickly.
- If you live in a home or apartment without fans or air conditioning, try to keep your house as cool as possible. Limit your use of the oven. Keep your shades, blinds, or curtains closed during the hottest part of the day. Open your windows at night.

- If your home is hot, try to spend time during mid-day some place that has air conditioning—for example, go to the shopping mall, movies, library, senior center, or a friend's house. If necessary, take a taxi or call for senior transportation. Don't stand outside in the heat waiting for a bus.
- Dress for the weather. Some people find natural fabrics, such as cotton, to be cooler than synthetic fibers.
- Don't try to exercise or do a lot of activities outdoors when it's hot.
- Avoid crowded places when it's hot outside. Plan trips during non-rush-hour times.

Listen to Weather Reports

If the temperature or humidity is going up or an air pollution alert is in effect, you are at increased risk for a heat-related illness. Play it safe by checking the weather report before going outside.

Source – National Institutes of Health
<https://www.nia.nih.gov/health/hot-weather-safety-older-adults>

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.

SENIOR MOVE HELPERS - PT

A firm specializing in moving solutions needs a few persons to help Senior clients down-size, de-clutter to prepare for their move, taking the stress, work and worry from the process. Must be organized, have reliable transportation, and able to lift 20-30 lbs.

PT060027.01

PROGRAM ASSISTANT - PT

Youth organization needs a rep to hold meetings in schools, churches, community centers to teach the core values of their program for children age 7-10. Need a basic knowledge of BSA programs/values, and able to generate ideas for programs and activities.

PT060033.02

LIMO WASH/PREP PERSON - PT

Warehouse storage facility for a specialty transport service needs a dependable, detail-oriented individual to support regular staff by washing, vacuuming, dusting and detailing limo units for day-to-day use. No experience necessary. Company will train.

PT060034.03

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.

PT060101.04

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.