

# PRIME TIME

Volume XLVI, Number 4 - Sept/Oct 2020

LANCASTER COUNTY OFFICE OF AGING



## Our Commitment to Serve

Due to the COVID-19 pandemic, over the last 5 months, the delivery of Office of Aging services to seniors has gone through many changes. From mid-March through May all agency staff were working remotely from home. During this time calls were received daily, care managers and assessors conducted visits by phone with their consumers, protective service reports were taken and investigated, and consumers continued to receive in-home care and home delivered meals without interruption. Ombudsmen supported families and residents on matters related to the effects of the pandemic. And our Information & Referral team fielded several thousand calls for resources and information over this period. Even though our senior centers were closed, wellness calls and weekly supplies of frozen meals were made available. Similarly, during the time adult daily service centers were closed additional in-home support was provided and regular wellness calls conducted. We are most thankful to ALL our staff, our providers, and meals on

wheels organizations for continuing to provide these essential services throughout this very challenging time.

Once the County Government building opened for business in late May, the Office of Aging also reopened. Since that time office staff and supervisors have continued to phase back operations to the agency. This is a process that continues. Workers are beginning to conduct in-home visits with all necessary safety precautions. Lancaster’s adult day service centers are planning gradual, and limited capacity reopenings. Starting in late August into September, with guidance from the Office of Aging, Lancaster’s eight senior centers are also opening their doors following all necessary precautions.

As we look to the weeks and months ahead, while the manner by which the service is being delivered may look different please know that our commitment to service you to the best of our ability will not change.

## Planning for the Future

In accordance with direction from the Federal Older Americans Act and the Administration on Community Living, the Lancaster County Office of Aging is in the process of seeking approval for the agency’s next **Four-Year Area Plan** (October 1, 2020- September 30, 2024). This strategic plan will guide the agency and ensure older adult service needs are aligned with the agency’s limited funding resources. During the summer months, public comment was sought and resulted in input from over 600 individuals. This information was used to identify needs and set priorities. The areas most commonly identified as priorities for the coming 4 years were: 1. Expand agency’s visibility in the community 2. Prioritize outreach to underserved populations 3. Increase informational resources and services for caregivers 4. Establish “best practices” to combat loneliness and social isolation in the senior population 5. Expand health and wellness programming, especially in rural areas, and 6. Identify strategies to address food insecurity among older persons. These suggestions are the basis for the development of the plan which consists of 38 specific actions. Upon approval, the

Lancaster County Office of Aging Four-Year Area Plan will be available in its entirety on the agency’s website [Lancoaging.org](http://Lancoaging.org), under “Events and Notices”.

### The Office of Aging will be closed:

Monday, Sept 7, 2020  
(Labor Day)

Monday, Oct 12, 2020  
(Columbus Day)



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## Senior Center Program Update

We are happy to announce that the Lancaster County Senior Centers will reopen in August and September 2020. All 8 Senior Centers closed their doors to participants in March but continued to provide meals, information, and frequent telephone calls to our clients. During the closure, the centers offered programs including phone bingo, a food bank, mailed activity books, virtual exercise classes, meal delivery, social visits, and some grocery store pick up.

When our centers reopen, we will be taking precautions to keep participants and staff safe. The number of people allowed in the center will be limited based on the size of the area. Participants will have to make reservations to keep the number within our guidelines. Temperatures and screenings will take place outside of the center and frequent disinfecting/sanitizing will occur during and after hours. "To-Go" meals will be provided to participants as well as curbside pick-up for seniors 60+. There is no cost for Senior Center meals but participants have the opportunity to give a donation if they wish. Center activities will be modified to maintain social distancing and will be based on the participants and location capabilities. Our popular exercise programs such as Geri-Fit will begin the first week in October, but as with everything else, reservations and limited number of participants are required.

Because we have to limit the number of people in the centers at a time, we will be offering new virtual programming. With the programming, we are hoping to attract new people and current Senior Center participants with virtual exercise programs such as Yoga, Barre, Chair Stretching, Chair Yoga, Zumba, and Move. We will also have virtual games, art programs, and informational programs. Once we have everything in place, the virtual site will go live in September. If you are interested in attending a Senior Center, taking a virtual class or reserving a curbside meal, please email paulsonl@co.lancaster.pa.us or call 717-299-7979.

—Lisa Paulson  
*Senior Center Program Director*

## Stay Tuned...

For 25 years Online Publishing has hosted community expos and this year the Expo will gather online to continue to connect businesses and service organizations with consumers. Dates to be announced soon.

## Save the Dates: The Medicare Annual Open Enrollment Period is October 15<sup>th</sup> through December 7<sup>th</sup>, 2020

APPRISE is a free health insurance counseling program designed to help all Pennsylvanians with Medicare.

APPRISE Counselors work with Medicare beneficiaries during this time to run comparisons for Medicare Advantage Plans and Prescription Drug Plans so you get the fullest coverage for the least expense in the upcoming year.

APPRISE Counselors are specially trained staff and volunteers who can answer your questions about Medicare and provide you with objective, easy-to-understand information about Medicare.

During this time you can:

- Change how you receive your health care coverage
- Add, change or drop Medicare Part D prescription drug coverage

To ensure the health and safety of beneficiaries and counselors enrollment individual assistance will be provided this year in three ways:

- Virtual visit with a counselor
- Telephonic visit with a counselor
- Mail-in

Virtual Medicare Educational Sessions

- Wednesday, Sept. 9<sup>th</sup> from 10–11 AM
- Thursday, Oct. 1<sup>st</sup> from 12:30–1:30 PM
- Wednesday, Oct. 14<sup>th</sup> from 2:30–3:30 PM

For the link to a Virtual Medicare Educational session, information on Medicare enrollment or to schedule a virtual counselor session, please call 717-299-7979

### County Commissioners

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### Lancaster County Office of Aging

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

### PRIMETIME

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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>.



## BOOSTING IMMUNITY THROUGH HEALTH

**Samantha Zlotorzynski, MA - PSU Extension**

*Extension Educator, Food, Families & Health & Health and Food Safeties & Quality Teams*

The Covid-19 pandemic has impacted our daily lives and routines. Now more than ever you may feel out of routine, stressed or have low energy levels.

With so much out of our control, taking the time to focus on the foods you eat is one way to help you feel motivated and feel your best.

The immune system plays an important role to limit or prevent infections in the body by attempting to remove harmful substances.

The immune system is comprised of cells that work together to provide a defense for foreign microbes such as bacteria, viruses, and parasites. Thus, the immune system plays an important role to limit or prevent infections in the body by attempting to remove harmful substances. For the immune system to fight off those microbes, you want to keep the defense system in the best shape possible.

Immunity and health go hand in hand. A healthy immune system equals overall good health.

The Academy of Nutrition and Dietetics believes that good nutrition is essential to a strong immune system.

No one food or supplement can prevent disease, but you can help support your immune system by including many vitamins and minerals in your overall eating plan on a regular basis.

Specific dietary components like macronutrients, micronutrients, and antioxidants have specific roles for an effective immune system throughout life.

Nutrients that show a positive impact on the immune system to function efficiently includes vitamin A, folic acid, vitamin B6, vitamin C, vitamin D, vitamin E, Zinc, and iron.

Certain vitamin and mineral deficiencies are common throughout a lifespan. Deficiencies or poor food intake can lead to a lack of energy and nutrients that are required for a functional immune system.

Research has provided credible evidence that plant-based foods including vegetables, fruits, whole grains, legumes, and nuts, enable the body to achieve optimal health.

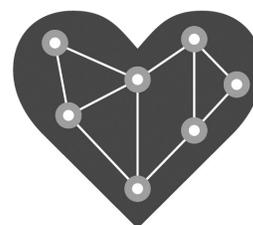
Research supports that you can restore the immune system and increase resistance to infection by adding the deficient nutrients back into the diet.

## Long-Term Care Residents Honored During Residents' Rights Month

October 2020 has been designated Residents' Rights Month across the United States. This is a time to honor the individual rights of long-term care residents.

This year's theme - "Connection Matters" - emphasizes connections to family, friends, and the community as an essential component of good health and quality of life for residents. During the coronavirus pandemic, residents experienced months of restrictions on visitation, unable to be with their usual visitors and even separated from other residents. This crisis emphasized the importance of these relationships, and the impact they have on all of our well-being. Many creative ways of staying connected were shared that can be replicated and built upon in the future such as using technology to visit with loved ones. Some residents even reported talking with distant family more than ever, using these new tools.

We can all work to make Residents' Rights Month meaningful for residents, by staying connected with them, especially during this difficult time, and continuing to do so in future months.



**Connection Matters**  
NATIONAL CONSUMER  
VOICE FOR QUALITY  
LONG-TERM CARE

## 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.

### **RETAIL ASSOCIATE - PT**

Apparel store needs an individual to provide for a positive customer experience through proper merchandise presentation and additional tasks to achieve customer service goals including the operation of a cash register and PC. Must be able to stand for long periods.

**PT080028.01**

### **FOOD SERVICE ASSISTANT - PT**

Suburban school district is recruiting staff for their cafeteria to assist with line serving, prepping food, cashiering, kitchen sanitation, and other duties including sweeping, mopping, and cleaning tables. Need transportation; adherence to health/safety requirements.

**PT080046.02**

### **JANITOR – PT**

Senior friendly agency recruiting for dependable persons for positions with a local school district client. Requires HS Diploma/GED; the ability to lift up to 50 lbs.; and perform common house-keeping/maintenance tasks. Prior experience preferred.

**PT080054.03**

### **ADMINISTRATIVE ASSISTANT – FT**

Local business is searching for a sharp individual to serve as part of their support team providing receptionist/secretarial duties for a large staff. Need HS Diploma/GED; 5 yrs. experience with MS Office Suite/Adobe; and excellent communication skills.

**PT080064.0**

**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.*