

LANCASTER COUNTY OFFICE OF AGING HEALTH AND WELLNESS PROGRAM



In accordance with the Pennsylvania Department of Aging, the Lancaster County Office of Aging's mission for the Health and Wellness program is to promote healthier lifestyles among older Pennsylvanians through the implementation of evidence-based programs. Evidence-based disease prevention and health promotion programs reduce the need for more costly medical interventions, support older adults in making lifestyle changes to improve their health and empower older adults with the information they need to age well.

Lancaster County Office of Aging
150 N. Queen Street, Suite 415
Lancaster, PA 17603
Phone: 717-299-7979 or 1-800-801-3070
Website: <http://www.lancoaging.org/>

BINGOCIZE

A 10-week health promotion program that 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 one-hour sessions. Classes are led by a certified instructor. Call 717-299-7924 to register.

Program Website: <https://www.wku.edu/bingocize/>

Workshop Location: Conducted virtually through LCOA's Virtual Connections Senior Center

When: Fall 2023

Cost: FREE

CHRONIC DISEASE SELF MANAGEMENT PROGRAM (CDSMP)

Developed by Stanford University, this six-week program is for individuals 50 and older living with a chronic disease. 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. Call 717-299-7924 to register.

Program Website: <https://www.selfmanagementresource.com/>

Workshop Location: Conducted as a telephone conference call

When: To Be Determined

Cost: FREE

DIABETES SELF MANAGEMENT PROGRAM (DSMP)

Developed by Stanford University, this six-week program is for individuals 50 and older living with diabetes or those who are at risk of developing diabetes. This interactive workshop will cover topics including techniques to deal with symptoms, exercise for maintaining and improving strength, healthy eating, appropriate use of medication, and working more effectively with health care providers. Call 717-299-7924 for more information.

Program Website: <https://www.selfmanagementresource.com/>

Workshop Location: Conducted as a telephone conference call

When: Fall 2023

Cost: FREE

EAT SMART, MOVE MORE, WEIGH LESS

A 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 on-line 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. Call 717-299-7924 for more information.

Program Website: <https://esmmweighless.com/>

Workshop Location: Conducted online

When: Winter 2024

Cost: FREE

FARMERS MARKET NUTRITION PROGRAM (FMNP) FOR SENIORS

This is a Pennsylvania Department of Agriculture program that benefits both Seniors and Farmers. Each year from June 1st to September 30th Lancaster County Office of Aging distributes FMNP vouchers at local Senior Centers. Eligible participants receive \$50 in vouchers to purchase Pennsylvania grown fruits and vegetables from local farmers. Participants are eligible once per year and vouchers must be used by November 30th. People living in facilities where meals are provided are not eligible.

2023 Eligibility:

Participant must be age 60 or older by 12/31/2023

Participant must be a Lancaster County Resident

Income limit is per household and is gross income (before deductions): 1 person \$26,973; 2 people \$36,482; 3 people \$45,991; 4 people \$55,500

Vouchers are available to be picked up in person at local Senior Centers. You do not need an application or proof of income if picking up vouchers for yourself. It is suggested that you take ID in case proof of age is requested.

If you are not able to pick up your own vouchers, applications are available from Lancaster County Office of Aging. Complete the application and have a representative take your application (proof of ID or income is not needed) to the Senior Center to pick up vouchers on your behalf. Vouchers are available until September 30th or until they are gone.

FROZEN MEAL BOXES

Lancaster County Office of Aging Senior Centers are offering FREE frozen microwavable meals to Seniors. Older adults can pick up 4 free boxes of frozen meals from a Senior Center once a month. Participants must be 60 years of age or older and live in Lancaster County. People living in facilities where meals are provided are not eligible. There is no income limit. Senior Centers cannot deliver these meals and they must be picked up immediately due to lack of Senior Center freezer space. Individuals interested in frozen meals can call their local Senior Center directly for more information. The frozen meal program is anticipated to continue through June 2024.

FRUIT AND VEGETABLE DISTRIBUTION

Lancaster County Office of Aging provides fresh produce to Senior Center participants, once a month. Each Senior Center receives produce and distributes it to Center participants (regardless of income) on a regular day each month. Participants in this program must be appropriate for a Senior Center, must register for the center, and be present for the distribution. For more information on this FREE program, call your local Senior Center (a list of all the Centers is on the last page of this packet). The produce monthly distribution is anticipated to continue through June 2024.

GERI-FIT STRENGTH EXERCISE

Geri-Fit is a FREE strength training program for individuals 60 and older. Geri-Fit is a 45-minute class that has been proven to improve balance, flexibility, and strength. Participants will perform exercises using dumbbell weights and resistance bands. One-on-one instruction is provided in the group setting by a certified instructor, and each person is encouraged to work at his/her own pace. Dumbbell weights and resistance bands will be provided; bring water. Classes run September through June.

Program Website: <https://www.gerifit.com/>

Cost: FREE

Sites:

- **Columbia Senior Center-510 Walnut St, Columbia**
Mondays and Wednesdays, 10:30-11:15 AM, call 717-684-4850 to register
- **Elizabethtown Area Senior Center-70 S Poplar St, Elizabethtown**
Mondays and Thursdays, 1:30-2:15 PM and 2:30-3:15 PM, call 717-367-7984 to register
- **Ephrata Rec Center-130 S Academy Dr, Ephrata**
Tuesdays and Thursdays, 1:00-1:45 PM, call 717-299-7924 to register
- **Lancaster Rec Center-525 Fairview Ave, Lancaster**
Tuesdays, 10:15-11:00 AM, and Fridays, 9:15-10:00 AM, call 717-399-7671 to register
- **Millersville Senior Center-222 N George Street, Millersville**
Mondays and Wednesdays, 8:45-9:30 AM, call 717-871-9600 to register
- **Next Gen Senior Center-184 S Lime Street, Quarryville**
Tuesdays and Thursdays, 12:30-1:15 PM, call 717-786-4770 to register

HEALTHY STEPS FOR OLDER ADULTS (HSOA)

Healthy Steps for Older Adults is a unique, comprehensive, community-based falls prevention program. It is designed to raise participants' knowledge and awareness of fall prevention, introduce steps they can take to reduce falls, improve their health and well-being, and provide referrals and resources. Call 717-299-7924 for more information.

Workshop Location: Conducted online through LCOA's Virtual Connections

When: Winter 2024

Cost: FREE

INDOOR AQUATIC EXERCISE

The Lancaster County Office of Aging sponsors 3 indoor aquatic exercise classes year-round. Classes are for individuals 60 and 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. Call 717-299-7924 for more information.

Cost: FREE

Ongoing sites:

- **Lancaster City YMCA - 265 Harrisburg Pike, Lancaster
Tuesdays and Thursdays, 9:30-10:30 AM**
- **Lampeter Strasburg YMCA - 800 Village Rd, Lancaster
Wednesdays, 9:00-9:45 AM**
- **Lititz Rec Center - 300 W Maple St, Lititz
Wednesdays, 10:45-11:45 AM**

LANCASTER SENIOR GAMES

This annual event is held during the first week of May. Since starting in 1989, thousands of athletes aged 55 and older have participated in the Games. With over 50 events throughout the week, over 40 sponsors and 300 volunteers, the Senior Games truly have something for everyone.

When: May 2024

Cost: \$15.00 (Includes registration, t-shirt, and lunch)

Registration Deadline: Registration Currently Closed

Website: <https://www.lancseniorgames.org/>

OUTDOOR SUMMER AQUATICS

The Lancaster County Office of Aging, in conjunction with community pools, sponsors outdoor aquatic exercise classes during the summer. Classes are for individuals 60 and older. Certified instructors will lead participants through a 45-minute class that incorporates cardiovascular and strength exercises. Aquatic exercise is a low impact activity and has been shown to increase flexibility and improve muscle strength and cardiovascular endurance. Call 717-299-7924 for more information.

Cost: FREE

2023 Sites:

- **Ephrata Outdoor Community Pool – 418 Vine St, Ephrata
Wednesdays, 7/5/23-8/23/23, 8:15-9:00 AM**
- **Millersville Lions Club Pool - 314 N Prince St, Millersville
Mondays and Wednesdays, 7/10/23-7/31/23, 9:00-9:45 AM;
Mondays and Wednesdays, 8/2/23-8/16/23, 10:30-11:15 AM**
- **SECA Community Pool – 299 Park Ave, Quarryville
Mondays, Wednesdays, and Fridays, 7/5/23-8/31/23, 9:00-10:00 AM**

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. Call 717-299-7924 to register.

Program Website: <https://www.powerfultoolsforcaregivers.org>

Workshop Location: To Be Determined

When: Fall 2023

Cost: FREE

TAI CHI for ARTHRITIS

Tai Chi for Arthritis is an 8-week program that promotes exercise and injury/disease prevention. The program is designed to improve movement, balance, strength, flexibility, and relaxation. In addition, the program has also been shown to decrease pain and falls. Classes meet once a week for 45-60 minutes and include warm-up/cool-down exercises, core movements, advanced extension movements, and breathing instruction. Intended for adults with or without arthritis, rheumatic disease, or related musculoskeletal conditions, and is appropriate for people with mild, moderate, and severe joint and back pain. Call 717-299-7924 to register.

Program Website: <https://taichiforhealthinstitute.org/>

Cost: FREE

Workshop Locations: To Be Determined

When: Fall 2023

WALK WITH EASE (WWE)

Developed by the Arthritis Foundation, 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. While walking is the central activity, Walk with Ease is a multicomponent 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. Class is for individuals aged 60 and older. Call 717-299-7924 to register.

Program Website: <https://www.arthritis.org/living-with-arthritis/tools-resources/walk-with-ease/>

Workshop Locations: To Be Determined

When: Fall 2023

Cost: FREE

WELLNESS INITIATIVE for SENIOR EDUCATION (WISE)

The WISE Program is a wellness and prevention program for adults aged 60 and older. The program is 6 weeks long, with each weekly class lasting 2 hours. Participants are educated with a mixture of small group work, individual exercises, and discussion. The lessons in the program include: (1) factors that contribute to the aging process and how to live longer, happier, healthier lives, (2) what it means to age as a member of our society and as an individual, (3) exploring diversity and developing an appreciation for differences, (4) medication misuse among older adults and how to avoid, (5) substance misuse and understanding the disease of addiction, (6) how to improve and enhance the quality of life as we age. Call 717-299-7924 for more information.

Program Website: <https://www.njpn.org/wise>

Workshop Location: To Be Determined

When: To Be Determined

Cost: FREE

LANCASTER COUNTY OFFICE OF AGING SENIOR CENTERS

Columbia Senior Center *

Columbia United Methodist Church
510 Walnut Street
Columbia, PA 17512
Phone: 717-684-4850
Fax: 717-684-3822
Hours: 7:30am-1:30pm; Mon-Fri
Manager: Brenda Kelliehan
E-mail: bkelliehan@caplanc.org

Elizabethtown Senior Center *

70 S. Poplar St., P.O. Box 225
Elizabethtown, PA 17022-0225
Phone: 717-367-7984
Fax: 717-361-7235
Hours: 9:00am-4:00pm; Mon-Fri
Manager: Jessica Rausch
E-mail: seniorcenter@getintogears.org

Lancaster Neighborhood Senior Center *

33 East Farnum St.
Lancaster, PA 17602
Phone: 717-299-3943
Fax: 717-299-9341
Hours: 8:00am-1:00pm; Mon-Fri
Manager: Lydia Perez
E-mail: lperez@caplanc.org

LRC Senior Center *

525 Fairview Ave.
Lancaster, PA 17603
Phone: 717-399-7671
Fax: 717-735-0794
Hours: 8:30am-3:00pm; Mon-Fri
Manager: Elaine Campbell
E-mail: ecampbell@lancasterrec.org

Lititz Senior Center *

United Methodist Church
201 East Market Street
Lititz, PA 17543
Phone: 717-626-2800
Fax: 717-626-0662
Hours: 8:30am-1:00pm; Mon, Wed, Thurs
Manager: Lucy Weaver
E-mail: lititzseniorcenter@gmail.com

Millersville Senior Center

St. Paul Lutheran Church
222 North George St
Millersville, PA 17551
Phone: 717-871-9600
Fax: 717-872-0759
Hours: 8:00am-1:00pm; Mon, Tues, Wed
Manager: Starr Brubaker
E-mail: sbrubaker@co.lancastercountypa.gov

Next Gen Senior Center *

184 South Lime St.
Quarryville, PA 17566
Phone: 717-786-4770
Fax: 717-786-3330
Hours: 8:00am-2:00pm; Mon-Fri
Manager: Michelle Reeves
E-mail: nextgenseniorscenter@gmail.com

SACA Senior Center *

545 Pershing Ave.
Lancaster, PA 17602
Phone: 717-295-7989
Fax: 717-509-2833
Hours: 8:00am- 4:30pm; Mon- Fri
Manager: Yirmares Cuevas
E-mail: ycuevas@sacapa.org

LCOA Virtual Connections

Virtual Senior Center
Phone: 717-299-7979
Manager: Debbie Groff
E-mail: dgroff@lancastercountypa.gov

* indicates subcontracted Senior Center Program

ADDITIONAL STAFF

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