

NEW HORIZONS

York County Area Agency on Aging

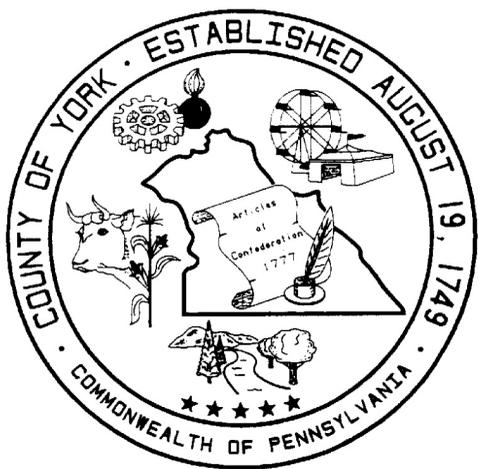
Volume 24, NO. 4

Winter 2017

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1-800-632-9073

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Hypothermia at Home The Basics for Older Adults

Most people feel cold every now and then during the winter months. But older adults lose body heat fast – faster than when you were younger. Changes in your body that come with aging can make it harder for you to be aware of getting cold. Being chilled can turn into a big problem for you before you realize what is happening. This danger is called “hypothermia”.

Hypothermia is what happens when your body temperature gets very low. A body temperature colder than 95°F can cause many health problems for an older person, including heart attack, kidney problems, liver damage, or worse.

Mary's Story

My old farmhouse can get very cold in the Pennsylvania winter winds. Last January, I wanted to save some money, so I turned my heat down to 62°F. I did not know that would put my health in danger. Luckily, my daughter Hannah came by to check on me. She saw that I had on a lighter-weight shirt, and my house was cold. Hannah noticed that I was speaking slowly, shivering, and having trouble walking. She wrapped me in a blanket and called 911. Turns out I had hypothermia. My daughter's quick thinking saved my life. Now, on cold days, I keep my thermostat at least at 68°F, and wear a sweater in the house.

Living in a cold house, apartment, or even in a nursing home can cause hypothermia if the rooms are not kept warm enough. Do not let it get too cold inside, and dress warmly. Even if you keep your temperature between 60°F and 65°F, this may not be warm enough to keep you safe! If you live alone, the risks are increased because there is no one else there to feel the chilliness of the house or notice if you are having symptoms.

Here are some quick tips for keeping warm inside your home:

- Keep your heat at 68°F or higher.
- Keep your blinds and curtains closed.
- Dress warmly on cold days. Throw a blanket over your legs and wear socks and slippers.
- Wear long underwear under your pajamas to bed. Use extra covers. Wear a cap or hat.

- Eat enough food to keep up your weight. Body fat keeps you warm.
- Note that alcoholic drinks can make you LOSE body heat. Limit them.
- Ask family or friends to check on you.
- In an outage, stay with friends or relatives.

Try to avoid space heaters, due to the risk of fire hazards as well as carbon monoxide poisoning.

Some illnesses and medications make it harder for you to stay warm. These include diabetes, thyroid problems, Parkinson's, memory loss, and arthritis. Talk to your doctor about how these issues can make it more difficult for you to stay warm in your own home. Ask your doctor about safe ways to stay active in the cold.

Symptoms of Hypothermia

Early signs of hypothermia include:

1. Cold hands and feet
2. Puffy or swollen face
3. Pale skin
4. Shivering (sometimes)
5. Slower than normal speech or slurring
6. Acting sleepy
7. Being angry or confused

Later signs of hypothermia include:

- A. Clumsiness, trouble walking, slow
- B. Stiff/jerky arms and leg movement
- C. Slow heartbeat
- D. Slow, shallow breathing
- E. Blacking out or losing consciousness

CALL 911 RIGHT AWAY IF YOU THINK SOMEONE HAS WARNING SIGNS OF HYPOTHERMIA!

After you call 911, try to move the person to a warmer place, wrapping them in a blanket, towels or coats. Your body warmth will also help. Give the person something warm to drink, but avoid alcohol or caffeine, such as coffee. Do **NOT** rub legs or arms. Do **NOT** put the person in a warm bath. Do **NOT** use a heating pad.

For help paying your heating bills in Pennsylvania, call 1-866-857-7095 (PA hotline), or 717-771-1100 (York CAO).

Source: National Institute on Aging, www.nia.nih.gov

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From The Director

Dear Reader:

I am hoping the holiday season has filled you with joy and happiness. This is always a special time as we close one year

and start a brand new one. Each New Year brings the promise of peace and prosperity and the hope that this year will be better than the last. Let us hope that 2018 is a wonderful year for all of us.

As we move into the winter months, we start to think about the cold weather and the possibility of snow. Winter can be a time of great beauty; however, it can also present special challenges that we do not often think about during much of the rest of the year. One of these challenges is the cost of heating our homes during the cold winter months. For those who qualify, there may be help with keeping you warm this winter. The Low-Income Home Energy Assistance Program (LIHEAP) helps low income households pay for their heating bills. Should the Farmer's Almanac prove correct, the northeast will see more snow than normal, and a little help keeping the house warm will go a long way. The LIHEAP program

is open now and runs through April 6th of next year. I would encourage anyone who is eligible to apply for the program. More information about the program is included in this issue of the *New Horizons*.

The beginning of a new year in Pennsylvania can often usher in some of our heaviest snowfalls of the year. While many older adults have friends or family that can help with the shoveling, there are many that do not have this support. This is where the Agency's Rent-A-Kid Program can be of assistance. The Rent-A-Kid Program matches older adults over the age of 60 with students in grades 7 through 12 to assist with completing routine light-duty household chores, yardwork, grass cutting, and **snow shoveling**. To start the matching process, older adults can contact the Rent-A-Kid coordinator at 717-771-9103, who will provide names and telephone numbers of available youth in their area. It is the responsibility of the older adults to contact the youth and discuss the job to be done, when it is to be done, the rate of pay for the job, and any other arrangements that need to be made.

Every year after a snowstorm we receive numerous frantic telephone calls requesting a Rent-A-Kid match to come help with the

shoveling. **If the snow has already fallen, it is unfortunately too late to get the help you need. Obtaining a match before the winter weather starts is the best idea.** The best part of the program is that the older adult and the youth often forge a friendship that lasts for many years and the youth often becomes more like a family member than an employer/employee relationship. Again, should you be interested in the Rent-A-Kid Program, call 717-771-9103 or 1-800-632-9073.

I wish you a safe and happy end to 2017 and hope that 2018 brings you peace. Happy New Year to All!

Mark W. Shea



YCAAA Advisory Council

The next York County Area Agency on Aging Advisory Council meetings will be held at 12:30 PM on:

- December 11
- February 13

at the York County Department of Emergency Services, 120 Davies Drive, York.



NEW HORIZONS

Published the first day of March, June, September and December
By

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Mission Statement

The primary focus of the York County Area Agency on Aging is to provide education, advocacy, and coordination of community-based services to empower older adults to maximize their independence and quality of life.

Acceptance of Advertising

The advertisements in this newspaper are based on information supplied by the Advertisers. Inclusion in the newspaper does not imply endorsement of the product or service by YCAAA or the York County Commissioners, nor does exclusion imply disapproval. YCAAA accepts no responsibility for the quality of service provided by any organization listed.

New Horizons Donation

The *New Horizons* is free to residents of York County, Pennsylvania. As publishing and postage costs continue to rise, donations are gladly accepted to offset the cost.

Name (Please Print Clearly) _____

Amount of Donation _____

Please add me to the Mailing List:

Name _____

Address _____

City, State, Zip _____

Please mail this form and make donation to:

**York County Area Agency on Aging
New Horizons
100 West Market Street
York, PA 17401**

Winter 2017

Please notify YCAAA to discontinue your mailed issue.

YCAAA STARS Volunteers of the Month



November
Suzanne Piccolo
**APPRISE Counselor,
Special Events & General
Office Assistance**



December
Frederick Henbery
**Friendly Visitor, Special
Events & New Horizons**



January
Bernard Frick
**APPRISE Counselor &
Financial Counselor**



February
Beverly Boyd
**APPRISE Counselor,
Special Events & General
Office Assistance**



A Look at the York County Area Agency on Aging

OUR MISSION

The primary focus of the York County Area Agency on Aging is to provide education, advocacy, and coordination of community-based services to empower older adults to maximize their independence and quality of life.

YCAAA ADVISORY COUNCIL MEMBERS 2016 - 2017

*Nina Aimable
(Deceased)*

Richard Bear

Diane Berkheimer

Sharon Bixler

Debra Daniels

Patricia Egger

Richard Farr

Dr. Robert Fawcett

*William Gordon
(until August 2016)*

Joni Griffin

Jacquelin Harrington

Susan Heinle

Robert Jensenius

Dr. Sardari Khanna

William Long

Carol Lyons

Kimberly Maglaughlin

John Manley

Phyllis Seelig

Serving the 103,000 Older Adults in York County during Fiscal Year 2016-2017 – Facts and Figures...

Nutritional Support

218,133 Home Delivered Meals

193,136 Congregate Meals

Transportation

43,144 rabbitransit Trips

Level of Care Determination

3,172 Assessments

Personal Care

38,465 Hours of Care

Home Support

8,259 Hours of Care

Older Adult Protective Services

886 Elder Abuse Investigations

Volunteer Service

193 Volunteers

10,890 Hours

\$262,885 Value

New Horizons Newspaper

28,000 Households Receive

Farmers Market Nutrition Program

10,544 Vouchers

2,636 Seniors

Information and Assistance

13,632 Contacts

34,961 Website Visits

Medicare Presentations

1,466 Attendees

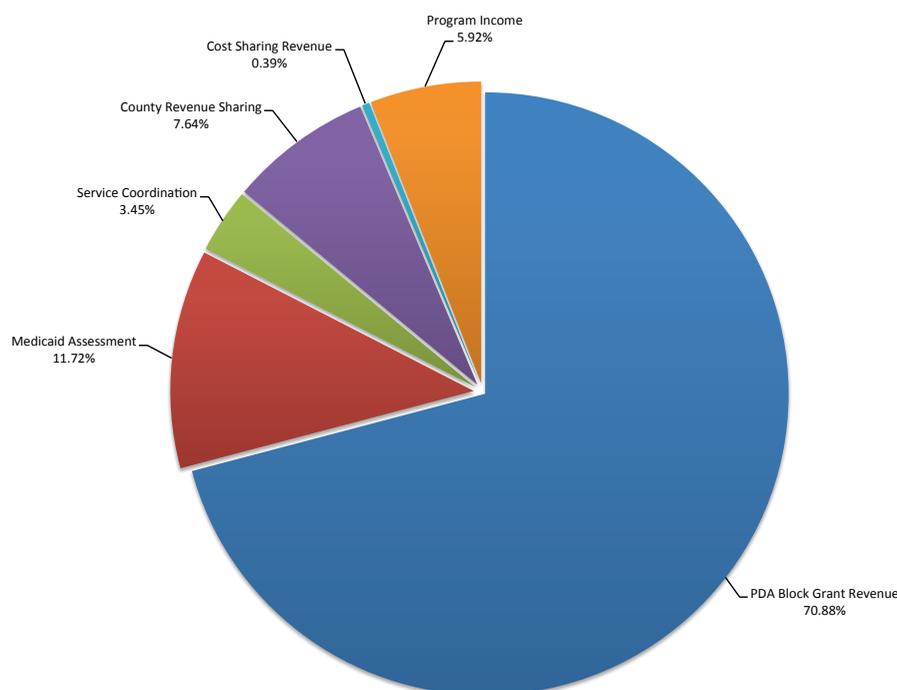
Assisted by APPRISE Program

5,947 Client Contacts

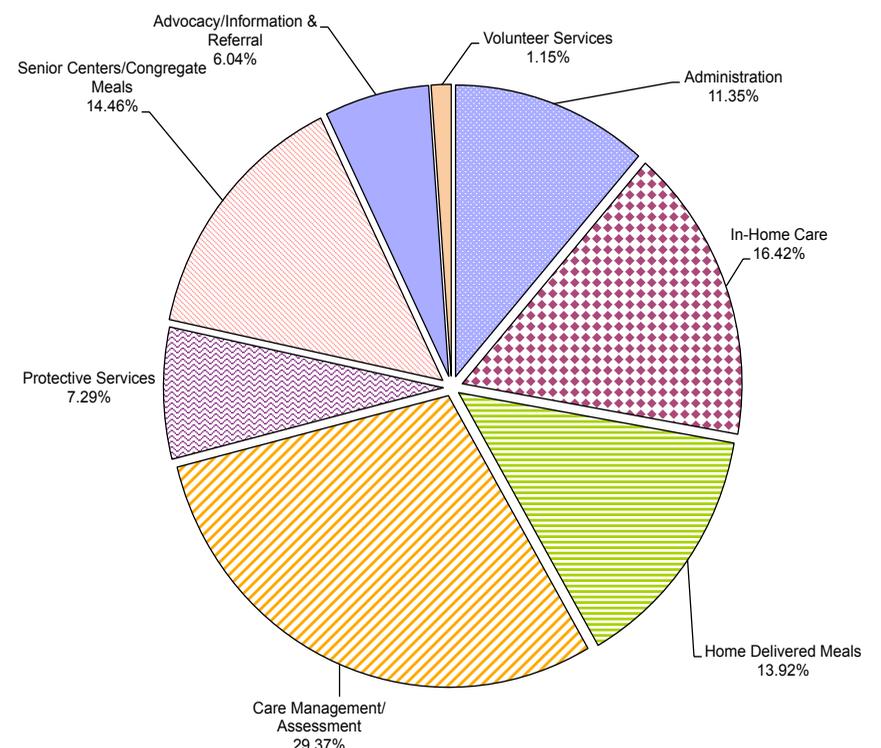
York County Senior Games

800 Participants & Volunteers

Revenue by Category FY 2016/2017



Expenditures by Category FY 2016/2017



Tips for Using Your New Medicare Drug Coverage

If you've just joined a Medicare Prescription Drug Plan (Part D) for the first time, or you switched to a new Medicare drug plan, there are some things you can do to make sure your first visit to the pharmacy goes smoothly.

The first time you use your new Medicare drug plan, you should come to the pharmacy with as much information as possible. Here's what you need to bring to the pharmacy:

- *Your red, white, and blue Medicare card*
- *Photo ID (like a state driver's license or passport)*
- *Your plan membership card*

If you don't have a plan membership card, you should also bring these to the pharmacy:

- An acknowledgement or confirmation letter from the plan, if you have one
- An enrollment confirmation number from the plan, if you have one (Note: Only confirmation numbers from the plan will work, not those from Medicare's Online Enrollment Center at Medicare.gov.)
- The name of the Medicare drug plan you joined (Note: If you have not received a plan membership card or any plan enrollment materials, letting your pharmacist know the name of your plan can help them confirm your plan enrollment and get the information they need to bill your plan. The

pharmacist may have to search for your plan information, and it may take extra time for them to fill your prescription.)

If you have both Medicare and Medicaid or qualify for Extra Help

If you have both Medicare and Medicaid or qualify for Extra Help with drug plan costs, you should also bring proof of your enrollment in Medicaid or proof that you qualify for Extra Help with you to the pharmacy. This is to help make sure you pay the right amount for your drugs.

Proof of Medicaid may include:

- Your Medicaid card
- A copy of your current Medicaid award letter
- A copy of your yellow automatic enrollment letter from Medicare

Proof of Extra Help may include:

- A copy of your Medicaid card
- A copy of your purple, yellow, orange, green, tan, or blue Extra Help letter from Medicare
- A copy of your Extra Help "Notice of Award" letter from Social Security
- A copy of your Supplemental Security Income (SSI) award letter

- Other proof that you qualify for Extra Help (like a "Notice of Award" letter from a state Medicaid program)

You don't need to have all of these items, but anything you can bring will help the pharmacist confirm your Medicare drug plan enrollment and/or that you qualify for Medicaid or Extra Help, to make sure you pay no more than the right amount to fill your prescriptions.

What if the pharmacist can't confirm my drug plan or Extra Help status?

In some rare cases, the pharmacist may not be able to confirm your plan enrollment or that you qualify for Medicaid or Extra Help. If this happens, your doctor may be able to give you a sample of your drug to help until your coverage is confirmed. You can also pay out-of-pocket for the drug. You should save the receipts and work with your new Medicare drug plan to get paid back for the drugs that would normally be covered under your plan.

If you paid for drugs out-of-pocket before you were enrolled in a Medicare drug plan but after you qualified for both Medicare and Medicaid or Supplemental Security Income (SSI), you may be able to get paid back for those costs. Call Medicare's Limited Income NET Program at 1-800-783-1307 to see if you qualify. TTY users should call 711.

Need Help with Medicare? APPRISE Can Help!



APPRISE is the State Health Insurance Assistance Program which provides counseling for people with Medicare in Pennsylvania. It was created by the Pennsylvania Department of Aging to help Pennsylvanians understand Medicare and their other health insurance benefits. Locally this program is offered by the York County Area Agency on Aging.

APPRISE counselors are specially-trained volunteers who have direct access to state and federal Medicare resources. They are able to answer questions about Medicare, Medicaid, Medigap, Medicare Advantage plans and the prescription drug program. They can help you to:

- Understand your Medicare benefits by explaining which services are covered under Part A and B and your Medicare Summary Notice.
- Make informed choices about Medicare coverage options, including Medicare appeals process and assist with appeals paperwork.
- Select a Medigap insurance policy.

APPRISE counselors also:

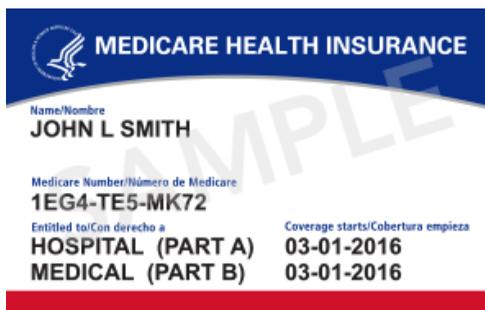
- Explain financial assistance programs that may be available to assist in paying for your Medicare premiums, deductibles and coinsurance, as well as your prescription drug needs.
- Explain the Medicare prescription drug benefit.
- Make presentations on Medicare to your organization.

In our local York APPRISE Program, we have wonderful volunteers who assist in the office, as well as in the community at numerous sites. To schedule an appointment for one-on-one counseling call the APPRISE Help Desk at 717-771-9008 or 1-800-632-9073. The monthly APPRISE counseling sites from January through September are as follows:

- **Delta Senior Center**
5 Pendyrus Street, Suite 1, Delta
First Thursday of the month
- **Spring Garden Township Office**
340 Tri Hill Road, York
First Thursday of the month

- **Red Lion Senior Center**
20-C Gotham Place, Red Lion
Second Monday of the month
- **Windy Hill on the Campus Senior Center**
1472 Roth's Church Road, Suite 103,
Spring Grove
Second Wednesday of the month
- **Manchester Township Municipal Office**
3200 Farmtrail Road, York
Second Thursday of the month
- **Yorktown Senior Center**
509 Pacific Avenue, York
Third Tuesday of the month
- **Springettsbury Township Municipal Office**
1501 Mt. Zion Road, York
Third Wednesday of the month
- **Windy Hill on the Campus Senior Center**
1472 Roth's Church Road, Suite 103,
Spring Grove
Fourth Monday of the month
- **West Manchester Township Municipal Office**
380 East Berlin Road, York
Fourth Wednesday of the month

Find the site near you and call us for an appointment.



~The Centers for Medicare & Medicaid Services (CMS) will be mailing the new Medicare card starting in April 2018 and continuing through April 2019. Understand

that mailing everyone a new card will take a year. **Your card might arrive at a different time than your friend's or neighbor's!** Continue to use your current card until the new one arrives.

~Your new Medicare card will NOT have a Social Security Number on it. This will help protect your identity. Your new Medicare card will have a new Medicare number which is unique to you, and will be an 11-digit identifier that's a mix of numbers and letters. Just present your new card at your next provider visit.

~You do not need to do anything! This change will be automatic. CMS will send your new Medicare card in the mail. Just make sure you keep your mailing address updated with the Social Security office in York by calling 1-888-329-5732 if you move. If someone calls you and says they need to confirm your identity, or your Medicare number, **it's a SCAM**. If you get a call from someone and you're just not sure, **hang up** and call the Pennsylvania Senior Medicare Patrol (PA-SMP) for help at 1-800-356-3606.

~Your benefits will stay the same. Let's say that again – **your benefits will stay the same!** You can start using your new card as soon as you receive it. When you receive your new card, **shred your old card**.

~There is no charge for the new card. The card is free. No one should tell you there is a one-time fee or that you will lose benefits if you don't pay a fee, or answer their questions.

SCAM ALERT

Scammers posing as Medicare reps may call asking for your current Medicare number & offer to send you a new card. Stay alert! **Never give your information to anyone who calls you on the phone or comes to your door!**

Be Fire Safe! Our Turn to Take Care of You....

Reflections by: Kraig E Herman, IAAI-CFI, Public Education Specialist at Pennsylvania Office of the State Fire Commissioner

Last month, I received an email from a group of fire and life safety educators regarding a National Institute of Standards and Technology (NIST) study. The results suggest that "frailty" makes the elderly more likely to die in a home fire. Because elderly people can be more frail (physically delicate), this factor hinders their ability to escape. Frailty should be recognized as a key factor in home fire deaths of aging citizens. Escaping a fire, even with a disability or mobility issues, can be achieved if you **PLAN YOUR ESCAPE AROUND YOUR ABILITIES**, our final fire safety message from *Remembering When: A Fire and Fall Prevention Program for Older Adults*.

It is important for you to plan your escape routes ahead of time, BEFORE an emergency arises. You should identify the two fastest ways out of each room of your home. You also need to think about what might be a necessity to you if you are unable to return to your home right away. We highly recommend that you prepare a "Go-Bag" ahead of time, and place it somewhere strategic in your house. That way, you can grab it on your way out. The "Go-Bag" could contain such things as a change of clothing, a one-day supply of medication, a cell phone charger, a flashlight, and a blanket.

If you know you will not be able to leave your home unless you have assistance, consider sheltering in place until help arrives and can rescue you. If you plan ahead and decide your best option is to shelter in place, make sure doors remain closed in the room where you are. Keep doors closed to contain the fire and hold the smoke back to a manageable level. Also, plan ahead and contact your local 9-1-1

Dispatch Center and Fire Department. Let them know your address, and that in the case of a fire, you will be **sheltering in place** because of your mobility issues.

At night time, keep your walker, cane, wheelchair or scooter next to your bed, ready to go. Have a landline telephone or cell phone near your bed, in case you need to call for help. Consider subscribing to a medical alert system, which will provide you with a button to wear as a necklace or a bracelet. When you have an emergency you press the button, and the service will send first responders. Other items you should have readily available are a flashlight and a whistle. The flashlight can be used to signal for help. It can also light your way out of the darkness. The whistle can be used to alert others of your location.

None of the aforementioned ideas will work unless you **practice your escape plan**. It is important to identify and anticipate any problems you may have, **BEFORE** an emergency occurs. After practicing and identifying any potential issues, plan an alternative method or formulate a different option. The key though, is to **PRACTICE, PRACTICE, PRACTICE and DO NOT BE ASHAMED TO ASK FOR HELP!**

In the next issue of *New Horizons*, we will discuss another new fire topic. Until then, remember that **SMOKE ALARMS DO SAVED LIVES!**

If you are interested in Remembering When: A Fire and Fall Prevention Program for Older Adults, being presented to your group, please contact Kraig Herman at krherman@pa.gov

Kraig E. Herman is also a Volunteer Firefighter/EMT for the Liberty Fire Co. of North York Borough, and an EMT for Red Lion Area Ambulance.

Considering Retirement Soon?

Are you near retirement or recently retired, and confused about choosing Medicare plans? We can help! **Attend this free seminar** to get the facts and learn to better navigate the Medicare system. It will be held on Thursday, January 25, 2018 from 6 p.m. to 9 p.m. in Meeting Room 1 of the Penn State Extension Offices. The Penn State Extension Offices are located in the York County Annex, 112 Pleasant Acres Road in Springettsbury Township.

This free event will be presented by the York County Area Agency on Aging APPRISE Program. **Seminar topics include:**

- Review of benefits provided under Medicare
- Original Medicare and Medicare Advantage Plan coverage options
- Medicare prescription drug coverage and tools to navigate the "Drug Plan Finder"
- Medicare Savings Programs
- Medicare Preventive Services
- Supplemental Insurance/Medigap Plans
- MyMedicare.gov and other technological tools

Pre-registration is required as seating is limited. Please call 717-771-9008 or 1-800-632-9073 or email aging@yorkcountypa.gov for registration and further information.

LIHEAP May Be Able To Help You...

...If you need help paying your heating bills, or have a heating emergency.



What is LIHEAP?

The Low-Income Home Energy Assistance Program, also known as LIHEAP, helps low-income families pay their heating bills. LIHEAP is a grant. You do not have to repay it.

To receive help...

- You don't have to be on public assistance
- You don't need to have an unpaid heating bill
- You can either rent or own your home

The 2017-2018 Low-Income Home Energy Assistance Program (LIHEAP) began accepting applications on November 1, 2017, and will close on April 6, 2018.

How does LIHEAP work?

LIHEAP offers both cash and crisis grants. Families may apply for:

1) Cash Grants

Cash grants help families pay their heating bills. In most cases, the one-time payment is sent directly to your utility company or fuel provider, and credited on your bill.

2) Crisis Grants

Crisis grants may be available if you have an emergency and are in jeopardy of losing your

heat. You can receive more than one Crisis grant, as necessary, during the season until the maximum benefit of \$500 is reached.

Crisis situations include:

- Broken heating equipment or leaking lines that must be fixed or replaced
- Lack of fuel
- Termination of utility service
- Danger of being without fuel (less than a 15 day supply) or of having utility service terminated (received a notice that service will be shut off within the next 60 days)

If you have a heating emergency please call the York County Assistance Office at 717-771-1100 or Toll-Free: 1-800-991-0929.

How to Apply:

1. Apply online by using COMPASS at www.compass.state.pa.us.
2. Request an application by calling the Statewide LIHEAP Hotline at 1-866-857-7095 or TDD for the hearing impaired 1-800-451-5886.
3. Applications are available at the York County Assistance Office, 130 N. Duke Street P.O. Box 15041, York, PA 17405-7041

To apply, you will need:

- Names of people in your household
- Dates of birth for all household members
- Social Security Numbers for all household members
- Proof of income for all household members
- A recent heating bill

Who is eligible?

You may qualify for a LIHEAP grant if your income meets the following income guidelines:

INCOME GUIDELINES

2017-2018 LIHEAP (For Homeowners and Renters)

Household Size	Maximum Income
1	\$18,090
2	\$24,360
3	\$30,630
Each Additional Person Add	\$ 6,270

After your application is processed, you will receive a written notice that will tell you if you qualify. If eligible, it will tell you the amount of your grant.

The last months of life should be more beautiful.

Your last months of life should not be spent in a hospital room or ER. You can write the final chapter to be how you want it... and hospice can help you live it.

Not ready for hospice? Consider our home health palliative care program - providing relief, support and guidance to help you through the treatment, stress and uncertainty of living with a serious illness.

Visit our website or call to learn more about this program.

 **Spiritrust Lutheran**
Home Care & Hospice

Call (800) 840-9081  
www.SpiritrustLutheranHomeCare.org

Do you know a senior homeowner who could use some help with home repairs?

GROUP Cares is a non-profit, interdenominational Christian volunteer home-repair organization based in Colorado. This local GROUP Cares Workcamp is sponsored by Eastern York Workcamp Initiative in Wrightsville, York County.

Every summer, almost 25,000 young people and adults participate in 39 workcamps in communities across the U.S. During the workcamp, teenagers and adults – all members of youth groups from around the country – volunteer a week of their time. They perform hands-on-home-repair projects for elderly, low-income, and disabled families - for free - and will be in the York County area this summer. Volunteers will be housed at Eastern York Middle School, sleeping on the floors, eating in the cafeteria, and enjoying evening programs in the gym. There will be 300-400 volunteer workers attending, including local youth groups.

The Workcamp will occur
June 17 – 23, 2018.

E.Y.W.I, the local sponsor, is still seeking York County senior citizens who need the following repairs done to their home:

- Porch repair/contruction
- Weatherization
- Step repair
- Wheelchair ramp repair/construction
- Exterior painting
- Mobile home skirting
- Interior painting

Both labor and materials are free.

Applications must be RECEIVED by
January 31, 2018!

To apply to the program for home repairs, please call 717-757-3998 and ask Nadine for an application. Or, you can email Nadine at Christchurch5main@gmail.com

Depending on the size of the response, some homes in outlying areas of York County may be ineligible, due to excessive travel time not allowing enough time for the actual construction. However, these seniors should feel encouraged to apply, and will be considered.



Who Can Help

The following is a listing of some of the local organizations that can provide assistance with applications for heating, or have limited emergency funding for heating purposes.

The Caring Ministry of First Presbyterian www.fpcyork.org

First Presbyterian Church of York
225 East Market Street
York, PA 17403
717-848-8869

Provides help with applications for Dollar Energy, Customer Assistance Program (CAP) (Columbia Gas) and Pennsylvania Customer Assistance program (Met Ed).

Community Progress Council (CPC) <http://yorkcpc.org/>

CPC – Hanover
(located at New Hope Ministries)
135 Baltimore St., Suite 201
Hanover, PA 17331
717-632-9191

CPC – Lewisberry
(located at Red Land Community Action Program)
308 Market Street

Lewisberry, PA 17339
717-938-4621
These CPC Community Centers provide assistance with applications for Dollar Energy (Met Ed), Customer Assistance Program (CAP-Columbia Gas) and Pennsylvania Customer Assistance Program (PCAP-Met Ed).

Mason-Dixon Community Service, Inc.
<http://www.mason-dixon.org/>

5 Pendyrus St., Suite #2
Delta, PA 17314
717-456-5559
Provides assistance with applications for Dollar Energy (Met Ed), CAP (Columbia Gas) and PCAP (Met Ed).

New Hope Ministries – Dillsburg
www.nhm-pa.org

6 North Second Street
Dillsburg, PA 17019
717-432-3053

New Hope Ministries - Dover

1836 Industrial Court
Dover, PA 17315
717-292-3441
(Dover residents only)

New Hope Ministries - New Oxford
120 N. Peters Street
New Oxford, PA 17350
717-624-4700
(Serves some nearby York County Residents)

New Hope Ministries - Hanover
135 Baltimore Street
Hanover, PA 17331
717-698-3365

New Hope Ministries provides assistance with applications for Dollar Energy, Community Assistance Program (CAP-Columbia Gas) and Pennsylvania Community Assistance Program (PCAP-Met Ed). Also assists with Crisis applications for LIHEAP in their designated areas.

Red Lion Community Reach, Inc.
(in the Ruthann Young Center)
<http://www.commreach.org/>
15 First Avenue
Red Lion, PA 17356
717-244-6934

Serves Dallastown, Eastern York, and Red Lion School Districts. Limited assistance for heating fuel and utilities is not guaranteed. May be requested by contacting the

office for an appointment, at least one week prior to shut off. A copy of a termination notice must be available. Assistance depends on availability of funding and individual circumstances. Client information must be current or processed before consideration. Referral information to other agencies may be available.

Salvation Army
www.use.salvationarmy.org

50 East King Street
York, PA 17401
717-848-2364
Provides assistance with applications for CAP (Columbia Gas) and PCAP (Met Ed). Very limited emergency funding, when and if available, for crises, determined on a case by case basis.

Southern Community Services
<http://www.penn-mar.org/scs/>
44 South Main
Shrewsbury, PA 17361
717-227-0048

Provides help with applications for Dollar Energy, Community Assistance program (CAP-Columbia Gas), Pennsylvania Community Assistance Program (PCAP-Met Ed), and Helping Hands (Adams County Electric). Also assist with Cash applications for LIHEAP in their designated area.

York Benevolent Association
301 Kings Mill Road
York, PA 17403
717-854-2494

Provides assistance to persons in York County with termination notices (all heating sources), or for those individuals just starting service.

Utility companies may offer their own assistance programs. Here are additional phone numbers for area heat and utility providers:

Columbia Gas 1-800-537-7431
LIHEAP 1-800-991-0929
Met Ed Energy Fund 1-888-282-6816
Adams Electric 1-888-232-6732
PA Public Utility Commission 1-800-692-7380 (PUC)

HOME WEATHERIZATION PROGRAM SAVES MONEY

The State and Federal government and the County of York through the York County Planning Commission provide a Home Weatherization program to help people who have a limited income, so that they can lower their fuel bills, save energy, and have more comfortable homes in the process.

The Weatherization Program has offered these services since 1972 and more than 10,000 families have benefited from taking part in the program. (Homes that have been previously served are not eligible for re-service.)

Both homeowners and renters are eligible to apply for the services. Renters need to have the consent of their landlord to participate.

The work is done free of charge for those eligible.

Specially trained workers make specified repairs to your home so that it becomes more snug, secure, and cheaper to heat and cool.

Services include, but are not limited to, attic and basement insulation, hot water heater and pipe insulation, window and door weather stripping, caulking, broken glass replacement, and glazing.

No lien is filed against your home.

Also, as part of the Weatherization Program your furnace and hot water heater will be tested for its efficiency and safety. Inefficient or unsafe furnaces will be repaired or replaced. All work is done on an as-needed basis.

In addition, the program provides education on ways that you can use and save energy.

Income eligibility guidelines are as follows:

Household size	Income
1	\$24,120
2	\$32,480
3	\$40,840
4	\$49,200
Each additional household member:	+\$8,360

For more information, please contact:

York County Planning Commission
717-771-9870

PRESS "1" for the Weatherization Program – an application will be sent to you.

Volunteers Provide Free Tax Preparations

AARP Tax-Aide volunteers will be available to assist you in completing income tax returns at sites throughout York County beginning in February. Select the site most convenient for you and call to schedule an appointment.

The volunteers can assist with several different forms and returns.

Federal Income Tax Return

If your taxable income is such that you are required to file a return, the volunteers will prepare one.

You **must** file a return if any of the following special situations apply to you:

1. You sold securities (e.g., mutual funds, stocks and bonds).
2. Had taxes withheld and qualify for a refund.
3. Wish to apply for the Earned Income Credit.
4. Are self-employed and your net earnings were more than \$400.
5. Have taxable income above the minimum amount taxable amount.
6. Paid estimated taxes during the year.
7. If you received a Premium Tax Credit as part of the Affordable Care Act.

You **may** have to file a Federal tax return if you received distributions from Individual Retirement Arrangements (IRA) or if you sold your home.

State Income Tax Return

Many persons who do not have to file a Federal return still must file a return for Pennsylvania. If you have \$33 or more of taxable income such as interest, dividends, capital gains and earnings, and life insurance annuity distributions, you need to file a return.

Although it is necessary to file, many persons may be eligible for “tax

forgiveness”, a set of rules that can reduce or eliminate any state income tax owed. The AARP volunteer will assist in helping to determine whether you qualify.

Rent/Property Tax Rebates

If you meet the income and age guidelines, Property Tax and Rent Rebate forms will be completed. Please bring a rent certificate completed by your landlord or property tax bills marked paid.

No Need To File

If you do not need to file a federal and state return and only want to complete a Property Tax Rebate application or Rent Rebate Application, **please indicate that need when you call for an appointment.** You may be given an appointment time for a rebate-only return.

If you are not sure you need to file a federal or state return, please bring your documents to one of our sites and we can review them and help you to make that determination.

WHAT SHOULD YOU BRING TO YOUR TAX APPOINTMENT?

After you have made an appointment at the site, the next step is to **make sure that you are properly prepared.**

It is important that you bring with you the information and documents that will be needed to complete the tax returns and other forms.

Bring the following:

1. All tax forms that you received through the mail or printed from the internet.
2. Verification of all types of income you have received during the year, e.g., wages (W-2 or 1099-MISC forms).

3. All 1099 forms for interest, dividends, capital gains, unemployment payments, IRA distributions, pensions, Social Security benefits, etc.
4. 2017 property tax receipts, both County and School, (for tax rebate applicants – with the tax collectors “Paid” stamp on them)
5. Rent certificates completed by landlord (for rent rebate applicants)
6. Brokerage statements.
7. Please bring copy of last year’s income tax returns - federal, state and local income tax forms, and property tax/rent rebate forms.
8. You and your dependents’ Social Security cards and picture identification cards, such as drivers’ licenses.
9. Affordable Care Act forms and papers, 1095-A, 1095-B, 1095-Cs.
10. Record of gambling and lottery winnings and proof of gambling losses.
11. If you want to itemize deductions, totals for medical expenses, charitable contributions, union dues, business expenses, mortgage interest, and medical mileage.
12. A copy of a check or other document that displays bank account number and bank name for direct deposit of any refund

It is important that you come fully prepared. This will allow the volunteers to assure that you receive all benefits that are rightfully yours, and will usually eliminate the need for you to make a second trip.

Homebound individuals should schedule an appointment at a site and have a designated representative take your paperwork to the appointment.

IS IT REALLY THE IRS CALLING?

Many older adult taxpayers have encountered individuals impersonating IRS officials – in person, over the telephone and via email. Don’t get scammed! The IRS wants you to understand how and when they contact taxpayers, and help you determine whether a contact you may have received is truly from an IRS employee.

The IRS initiates most contacts through regular mail delivered by the United States Postal Service.

Taxpayers who get an unexpected or unsolicited phone call from the IRS should be wary. Phone calls continue to be one of the most common ways that thieves try to get taxpayers to provide personal information. These

scammers then use that information to gain access to the victim’s bank or other account.

Here are several tips that will help taxpayers avoid becoming a scam victim.

TIPS: The Real IRS Will NOT...

- Call to demand immediate payment
- Call someone if they owe taxes **without first sending a bill in the mail**
- Demand tax payment and not allow the taxpayer to question or appeal the amount owed
- Require that someone pay their taxes a certain way, such as with a prepaid debit card

- Ask for credit or debit card numbers over the phone
- Threaten to bring in local police or other agencies to arrest a taxpayer who doesn’t pay
- Threaten a lawsuit

E-mail scams

If a taxpayer receives an unsolicited email that appears to be from the IRS, report it by sending it to **phishing@irs.gov**.

Or, if someone believes they have been scammed, call the Tax Inspector General for Tax Administration at **1-800-366-4484**.

Sources: IRS Scams & Fraud Wirelines, October 2017.

2017 TAX YEAR ASSISTANCE SCHEDULE

Tax assistance sites, preferably for those ages 60 or older, are open on the days listed, from February 1 to April 17, 2018. All Federal and State income tax forms are prepared and filed electronically at no cost. Local tax forms and state property tax/rent rebate forms are prepared on paper at no cost.

Appointments are required for all locations.

Call 717-771-9042 ON OR AFTER JANUARY 16, 2018 to schedule an appointment for these FOUR locations:

1) Messiah United Methodist Church

1300 N. Beaver St., York
Tuesdays 8:30 AM – 1:30 PM

2) York Alliance Church

501 Rathton Rd., York
Fellowship Hall behind church
Wednesdays 8:30 AM – 12:30 PM
Saturdays on March 3 & March 31

3) Union Fire Company

201 York St., Manchester
Fridays 8:30 AM – 12:30 PM
February 2, 16; March 2, 16, & March 31, April 16

4) Aldersgate U.M. Church

397 Tyler Run Road, York
Saturdays on February 17 & March 17
8:30 AM – 12:30 PM

For anyone age 60 and older, please call the following locations on or after January 16, 2018 (at the call times if indicated) to schedule your appointment:

Delta Senior Center

717-456-5753
5 Pendyrus St., Delta
Monday, March 12 only
9 AM – 3 PM

Dover Area Community Library

717-292 -6814
3700 Davidsburg Rd., Dover
Thursdays, 8:30 AM – 12:30 PM

Eastern Area Senior Center

717-252-1641
243 Hellam St., Wrightsville
Wednesdays 8:30 AM – 12:30 PM

Shrewsbury Grace United Methodist Church

473 Plank Rd., New Freedom (Shrewsbury)
Mondays 8:30 AM – 1 PM

Call Times for Grace/Stewartstown Senior Center:

Mon. – Fri. 9 AM – 1 PM
717-993-3488

Hanover Church of the Brethren

601 Wilson Ave., Hanover
Mondays 8:30 AM – 12:30 PM

For Hanover Brethren call

Council of Churches
Mon. – Fri. 9 AM-1 PM
717-633-6353

Golden Connections Community Center

717-244-7229

20C Gotham Place, Red Lion
Thursdays 8:30 AM – 12:30 PM

Windy Hill on the Campus

1472 Roths Church Rd., Spring Grove
Tuesdays 8:30 AM – 12:30 PM

Call Times for Windy Hill

Mon. OR Fri. 9:30 AM – 1:30 PM
717-225-0733

The following locations schedule for their members, and those age 60 or older with limited mobility. Please call them directly on or after January 16, 2018 to schedule your appointment.

Red Land Senior Center

717-938-4649

736 Wyndamere Rd., Lewisberry
Fridays, February 9, March 9, April 6
9 AM – 1 PM

White Rose Senior Center

717-843-9704

27 S. Broad St., York
Fridays, February 23 & March 23
8:30 AM – 11:30 AM



Classes Announced for 2018

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.



This program emphasizes practical strategies to manage falls.

Participants will learn to:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks at home
- Exercise to increase strength and balance

Who should attend?

- Anyone concerned about falls
- Anyone interested in improving balance, flexibility and strength
- Anyone who has fallen in the past
- Anyone who has restricted activities because of falling concerns.

Below are upcoming workshops offered through the Falls Free Coalition of York County.

WellSpan Trauma and Critical Care

300 Pine Grove Commons, York, PA 17403
January 8 to February 26
Mondays, 9:30 AM–11:30 AM
Register by calling Reda Willis at 717- 851-3082

WellSpan Trauma and Critical Care

300 Pine Grove Commons, York, PA 17403
January 9 to February 27
Tuesdays, 1 PM– 3 PM
Register by calling Reda Willis at 717- 851-3082

York Township Park Building

25 Oak Street, York, PA 17402
February 26 to March 21
Mondays & Wednesdays, 10 AM – 12 PM
Register by calling Megan Craley at 717-771-9610

WellSpan Trauma and Critical Care

300 Pine Grove Commons, York, PA 17403
March 5 to April 23
Mondays, 9:30 AM– 11:30 AM
Register by calling Reda Willis at 717- 851-3082

WellSpan Trauma and Critical Care

300 Pine Grove Commons, York, PA 17403
March 6 to April 24
Tuesdays, 1PM– 3 PM
Register by calling Reda Willis at 717- 851-3082

Adams County Emergency Services

Training Facility
230 Greenamyer Lane, Gettysburg, PA 17325
March 14 to May 2
Wednesdays, 9:30 AM to 11:30 AM
Register by calling Reda Willis at 717- 851-3082

Medicare Advantage Disenrollment Period (MADP) starts in January!

Beneficiaries in Medicare Advantage plans have an opportunity, after the start of the year, to leave their plan if they change their minds. This opportunity is known as the **Medicare Advantage Disenrollment Period (MADP)**, and it runs each year from **January 1 to February 14**. As the name implies, the Medicare Advantage Disenrollment Period is just that – **an opportunity to disenroll from Medicare Advantage**.

During this period, clients can leave their Medicare Advantage plan, and then get Medicare Parts A and B through Original Medicare. During this time, clients also have a Part D Special Enrollment Period (SEP), to enroll in a stand-alone Prescription Drug Plan (PDP) if they need it.

HOW TO MAKE CHANGES:

There are three ways to disenroll from a Medicare Advantage plan during this time:

1. Call the plan. If you choose this option, be sure to note the date, time, and person you spoke with to disenroll the client. Usually, plans require written documentation so be sure to keep detailed notes and copies of correspondence sent to the plan.
2. Call 1-800-MEDICARE (1-800-633-4227) to disenroll.
3. Enroll in a Prescription Drug Plan (PDP), which will automatically disenroll you from the MA plan.

A beneficiary's new coverage will take effect the first of the month after the month they disenroll.

Quick-Reference Chart: What's Allowed and Not Allowed During the MADP

If you have:	You may switch to:	You may NOT switch to:
Original Medicare	Cannot make switch	Cannot make switch
Medicare Advantage plan with prescription drug coverage (MA-PD)	Original Medicare and a Prescription Drug Plan (PDP) or Original Medicare	A different Medicare Advantage plan (with or without prescription drug coverage)
Medicare Advantage plan without prescription drug coverage and a PDP	Original Medicare and you must keep your same PDP	A different PDP
Medical Savings Account	Cannot disenroll	Cannot disenroll

FOR QUESTIONS OR FURTHER ASSISTANCE, PLEASE CALL THE APPRISE HELP DESK AT 717-771-9008.

Source: © 2016 National Council on Aging
www.NCOA.org

Rent-A-Kid

An intergenerational program bringing youth and older adults together



The Rent-A-Kid Program allows older adults to hire local youth to assist them with various chores.

To be eligible for the program you must be:

- A York County resident
- 60 years of age or older
- Agreeable to reimbursement of a minimum of \$5/ hour or a negotiated rate based on the job.

The various indoor and outdoor chores and other odd jobs can include:

- Snow Shoveling
- Computer and Electronic Device Support
- Letter Writing
- Light Housekeeping
- Holiday Decorating and much more!

Arrange for help BEFORE you need it.

Call the **Rent-A-Kid Coordinator**
at the **York County Area Agency on Aging**
717-771-9103 or 1-800-632-9073

email aging@yorkcountypa.gov

MEDICARE 2018

Premiums, Deductibles & Coinsurance

MEDICARE PART A:

Hospital:

Deductible	\$1,340 (per spell of illness)
Days 61-90	\$335.00 (per day)
Days 91-150	\$670.00 (per day)

Skilled Nursing Facility:

Days 1-20	\$0.00
Days 21-100	\$167.50 (per day)

MEDICARE PREMIUMS:

Part A: Premium is \$0 for most people

Those without enough quarters pay:
\$422.00 per month if less than 30 quarters
\$232.00 per month 30-39 quarters

MEDICARE PART B:

Deductible	\$183.00 (per year)
Coinsurance	20%

Part B: Up to \$134.00 per month

for those previously paying \$109.00 per month and Social Security cost of living increase equals \$25 or more per month.

(Increase in premium will not exceed your Social Security increase)

Part B: \$134.00 per month

for those who are not collecting Social Security benefits, those who enroll in Part B for the first time in 2018 and beneficiaries who pay an additional income-related premium.

10% additional with 12 month late enrollment

Your premium may be more if your income is above \$85,000 (single) or \$170,000 (couple)

MEDICARE REMINDER

General Enrollment Period

If you didn't sign up for Part A (if you have to buy it) and/or Part B (for which you must pay premiums) during your Initial Enrollment Period, and you don't qualify for a Special Enrollment Period, you can sign up between January 1 – March 31 each year.

Your coverage won't start until

July 1 of that year, and you may have to pay a higher Part A and/or Part B premium penalty for late enrollment.



Federal Government Takes Action on Elder Abuse

By: Robert Clofine, Certified Elder Law Attorney practicing in York

It's quite obvious that the folks in Washington have had a hard time agreeing on the best way to tackle some of the nation's biggest problems. Fortunately, however, they have reached across the aisle and have agreed on a plan to deal with elder abuse. The deal is in the form of the Elder Abuse Prevention and Protection Act of 2017 (the "Act") that was signed by President Trump on October 18, 2017.

The new law was adopted in recognition of the fact that elder abuse has become a serious societal problem, with studies estimating that five to ten percent of individuals over 65 suffer from elder abuse each year. Still more cases go unreported, and those that are reported are often difficult to prosecute. Elder abuse includes not just sustained physical or psychological assault, but also financial exploitation of the elderly. Sadly, elder abuse is often committed by family members and caregivers in stressful situations.

Federal funding of elder abuse prevention efforts has been minimal in the past, leaving states to develop their own adult protective

services provisions. York County operates such a program through the Area Agency on Aging. Since many state-level programs are underfunded or are based on existing laws relating to child abuse that may not provide the best framework for combating elder abuse, federal lawmakers stepped-in to create a framework to provide for the safety and well-being of vulnerable seniors who are at risk of suffering abuse, neglect or financial exploitation. However, since achieving this goal requires increased government involvement, it comes with the risk that the rights of older adults will be eroded—particularly the right to self-determination.

To help combat elder abuse, the new law requires at least one U.S. attorney be assigned to each federal judicial district to provide counsel and to prosecute cases involving elder abuse. The Act also implements a training program for FBI agents, who are taught "specialized strategies" for investigating and prosecuting crimes against the elderly. The Department of Justice is tasked with creating a system for effectively sharing information between federal prosecutors in each state.

The Act also addresses fraud committed against seniors via telemarketing and email scams. These scammers commonly target older adults. The legislation increases criminal penalties for crimes committed against the elderly and requires mandatory forfeiture of any assets wrongfully acquired. The hope is that the increased penalties will deter would-be-abusers, while the mandatory forfeiture requires the return of the older individual's property where possible.

The Act is of particular significance to guardians and agents acting under powers of attorney. These are situations in which the older adult may be completely reliant on the guardian or agent, which may leave the older adult vulnerable and isolated. The Act increases federal involvement in the prosecution of guardians and agents who misuse their authority. The legislation also requires the Department of Justice to publish best practices for improving state guardianship proceedings, specifically as it relates to elder abuse. While it is too early to tell whether this will impact Pennsylvania's approach to how we monitor guardians or investigate and prosecute cases of elder abuse, it is encouraging to see federal lawmakers take steps to thwart elder abuse.



Learn to Manage Diabetes

Steps to Healthier Living™

The Diabetes Self-Management Program, developed by Stanford University Patient Education Research Center, is designed for older adults living with Type 2 diabetes to help manage their diabetes.

This interactive program is conducted over 6 workshops, once a week for 2 ½ hours. Participants receive a copy of the companion book, *Living a Healthy Life with Chronic Conditions, 4th Edition*, and an audio relaxation tape. Additional local resource information is available during each session. Sharing ideas and gaining support from peers is a valuable asset of this program.

Who can participate?

- ◇ Anyone age 60 and older living with type 2 diabetes
- ◇ A caregiver, age 60 and older, of someone with type 2 diabetes

The program introduces participants to a Self-Management Tool Box, which includes the following tools: Healthy Eating, Exercise, Stress Management, Monitoring Blood Sugar,

Communication, Dealing with Difficult Emotions, Medications, Working with your Doctor, Avoiding Complications, Action Planning, Problem Solving and Thinking Activities.

This program is designed for those newly diagnosed with type 2 diabetes and as a refresher for older adults who have been living with the disease for some time. Family members are welcome to participate.

The following Diabetes Self-Management Workshop is being offered:

York Township Park Building
25 Oak Street, York
Wednesdays, March 28 to May 2
9:30 AM – 12 PM
Pre-register by calling
Megan at 717-771-9610.



"We'll deliver your medications right to your home."

From physician services to medications and transportation, our local healthcare team strives to meet our members' every need.

There is no cost to enroll in Senior LIFE for those who qualify. To learn more about Senior LIFE, call call **717-757-5433**.

LIFE enrollment starts now.

Choose Senior LIFE to provide all your Medicare and Medicaid services.



Home Today. Home for LIFE.

www.SeniorLIFEYork.com • 717-757-5433
1500 Memory Lane Ext, York, PA 17402



TRAFFIC SAFETY

By: Barbara Zortman, Director
Center for Traffic Safety, York
County

Medication and Driving: A Lethal Combination

Do you read every line of small print on your over-the-counter and prescription medication? If you answered no, you're not alone. Let's face it, if we read all of the warnings, we probably wouldn't swallow the pill! Some of those side effects can be frightening. Television advertisements spend half the time promoting their medication, and the remainder listing all of its potential, unpleasant side effects.

There is one specific, very common, often ignored warning that this article will address: "Do not operate heavy machinery". To many consumers, this translates to "do not operate a chain saw." Do you think of your motor vehicle as heavy machinery? Probably not, and you would be in the majority. If that warning is on your medication, you should not operate a chain saw, a forklift, or a motor vehicle – just to name a few.

In some cases, the adverse effect of a new medication may only temporarily influence your ability to drive safely. Once your body adjusts to the drug, your skills may return to ideal levels. Or they may not. This is important information to know, to be prepared for, and adjust to.

When your doctor talks to you about the medication he's recommending for you, does he/she go over the side effects? If they don't, you should ask them to. Talk to your doctor

or pharmacist about all medications, even over-the-counter. Specifically ask if the medication, or combination of medication that you are taking will affect your driving skills.

Common side effects such as drowsiness, confusion, and blurred vision present serious challenges when you're trying to safely navigate your vehicle. They could lead to loss of consciousness, difficulty recalling the intended destination, misjudging speed/stopping distance, and much more.

If you're unsure what effects your medication may have on your driving, The American Automobile Association (AAA) has an extremely helpful website where you can find out.

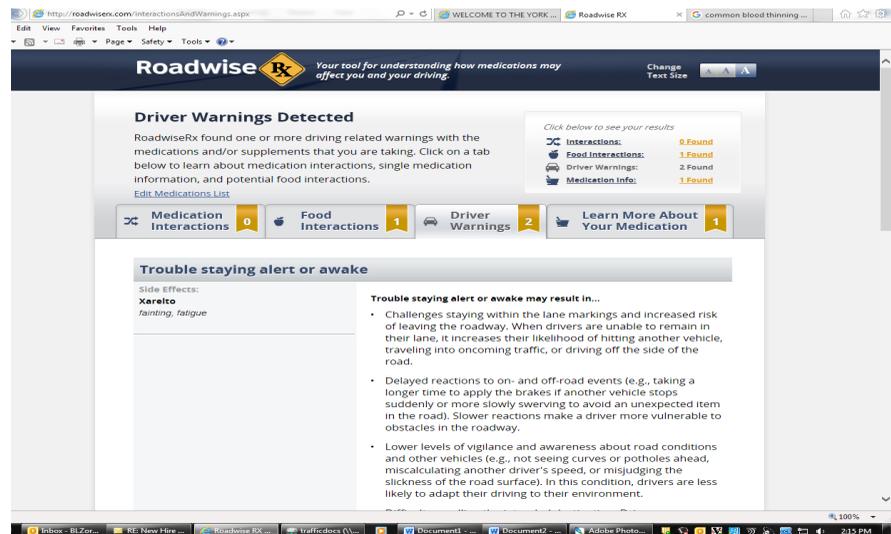
Roadwise is free, confidential, and no personal information is required. The internet address is www.roadwiserx.com

You can access this on your home computer or smart phone. If you don't have one, try the local library, where someone will assist you to locate this information on the web. You could also ask a friend, neighbor, or grandchild for help.

- From the previous link, type the medication names into the box one at a time, including the newest medication as

well as current medication. Include over-the-counter medication.

- Once all medication is added to your list, then go to the bottom of the page and click on the blue icon **View Results >>**.
- Next, at the top of the page, click on the **Driver Warnings** tab, and you'll see detailed information instantly.
- In addition, you can click on the **Medication Interactions** tab to see what combined affects may occur.
- At the bottom of this page are two blue buttons that you can click on to **Print Results** to take to your doctor, or **Print Medication List** for your records.



Don't hesitate. Do this today!

Your life and the lives of those you share the road with depend upon it!



Senior Food Box Program

Senior Citizens in York County age 60 and older, who meet certain income guidelines, are eligible to receive a monthly

Senior Food Box. This program is provided by the U.S. Department of Agriculture (USDA) to improve health and nutrition, and administered by the York County Food Bank. The individual must show valid ID and proof of income at the time of certification for the program. The fiscal-year **2017/2018** income guidelines are shown below.

How the program works: Call the York County Food Bank to set up an appointment for

130 % Federal Poverty Income Guidelines

Household size	Annual Income	Monthly Income
1 person	\$15,684	\$1,307
2 people	\$21,120	\$1,760
3 people	\$26,556	\$2,213
Each additional household member	→	+\$453 each to the monthly income

eligibility review at **717-846-6435**. At the meeting, the senior must present proof of income, and proof of age. Acceptable documentation includes:

Proof of income: Social Security award letter, filed income tax form, bank statement if direct deposit is used, pension statement, and/or letter of financial support as proof of income.

Proof of age: ID with a picture and the applicant's date of birth, or a birth certificate may be used as proof of age.

Staff will determine certification based on the information provided. **If found eligible, staff**

will match the senior to a food box pick-up location closer to home.

Every month, the program's enrollment list continues to grow. And every month, there are leftover food boxes at various locations that are not picked up by recipients in a timely manner. Since there is a time lapse until the USDA can increase the supply of food boxes locally, staff will redistribute those unclaimed boxes to any senior still waiting for a food box. Therefore, most of the time needy recipients should get a food box at some point. (But no one can be guaranteed a food box.)

Each month senior food boxes contain: 4 cans of vegetables, 2 cans of fruit, 2 cartons of shelf-stable milk, 2 bottles of juice, 2 boxes of cereal, 1 can of beef stew or chili, 1 jar of peanut butter, 2 bags of pasta and 1 block of cheese (2lb), about \$50 worth of free food.

For more information or to sign up, call the York County Food Bank at **717-846-6435**. The Food Bank is located at 254 W. Princess St., York.

Constipation in the Elderly

By: **Elsy Santizo-Deleon, MD**
Thomas Hart Family Medicine, York Hospital

Introduction

Chronic constipation is quite common in older adults. In nursing homes, nearly 50% of residents report symptoms of constipation. While patients commonly report decreased number of stools, symptoms also include hard stools or straining with defecation that occurs for several weeks or longer. Anyone who has ever experienced this will be the first to tell you how frustrating and painful this can be. Chronic constipation can be troublesome enough to interfere with one's ability to go about daily tasks.

Sluggish movement of the colon that results in slow passage of stool is a common underlying cause of constipation. In addition, weak muscles of the rectum or those surrounding the rectum (the pelvic floor) make it difficult to pass stool. Poor coordination of these muscles also affects passing stool. As a result, stool accumulates leading to bloating, belly pain, nausea and vomiting.

What causes constipation?

Causes of constipation in the elderly include changes in diet, fluid intake and exercise. Dental problems can affect the ability to eat properly leading to constipation. Medications are a common cause of constipation. Some of these medications include iron supplements, opioids, certain antidepressants, antacids, antihistamines, water pills and medications for Parkinson's. Medical conditions such as diabetes, underactive thyroid, prior stroke or Parkinson's can also lead to constipation. Another important cause of constipation is overuse of laxatives. This causes the colon and rectal muscles to fatigue, which makes them unable to move without chemical stimulation.

When might constipation signal cancer?

While constipation can come and go, there are certain instances which raise the eyebrow. Chronic constipation with any of the following requires further investigation: a family history of colon cancer, blood in the stool, weight loss of greater than 5kg in the last 6 months, persistent constipation despite treatment and sudden onset of constipation with associated severe pain. Any of these scenarios should be taken seriously and discussed with a medical provider.

What can be done to treat constipation?

The primary goal of treatment is to relieve symptoms and improve passage of stool, ideally, in a regular fashion with at least three stools a week. Treatment begins with lifestyle changes. Scheduling bathroom breaks after meals helps to establish a routine and avoids accumulation of stool. The older person should

be allowed adequate time and privacy to move their bowels. Increasing dietary fiber with foods such as whole grain foods, beans, nuts, figs, etc. helps to draw fluid into the intestines and thus facilitates moving stool through the bowels. Eating more fresh fruit and vegetables daily or choosing whole grain breads instead of white bread also helps increase fiber in the diet. Studies have shown that a high fiber diet decreases belly pain caused by constipation further supporting its use. Likewise, increasing fluid intake also helps.

Most older adults whose constipation does not improve with lifestyle changes will require medications for treatment. Medications for constipation fall into the following groups: stool softeners, bulking agents, osmotic laxatives and stimulant laxatives. Stool softeners, such as Colace, work to moisten the stool by easing the interaction of water with solid stool facilitating its passage. There are no reported adverse effects associated and they are generally well tolerated. Bulking agents work by holding water in the stool, softening it which improves the frequency of stools. This class includes Metamucil and Citrucel. Bulking agents can cause some bloating and abdominal distention as a side effect.

There are two classes of laxatives, osmotic and stimulant laxatives. Osmotic agents aid in drawing water into the colon to help stool move along. Commonly used osmotic agents include Miralax, lactulose, Milk of Magnesia or magnesium hydroxide. Patients with kidney disease should not use magnesium based laxatives as magnesium can build up in the body causing abnormally high blood levels.

Stimulant laxatives work by increasing bowel motility and movement of liquid into the colon. These agents include Senna and Dulcolax. Side effects are more common with this class and include diarrhea and abdominal pain. For this reason, the agents should only be used after a trial of increased fiber intake, bulking agents and osmotic laxatives, alone or in combination.

To summarize, constipation increases with age, however, it does not mean it is a normal process in the elderly. Multiple factors may contribute to constipation including changes in diet, decreased exercise, underlying diseases, including cancer, medication use and changes in the muscular function of the colon and rectum. Symptoms are not pleasant and can profoundly impact the quality of a person's life. Thankfully, there are various treatment options, that with guidance from a medical provider, will help regulate bowel function and improve day to day functioning.

HOW TO DISPOSE OF YOUR OLD ELECTRONICS AFTER THE HOLIDAYS

Pennsylvania law bans the disposal or collection of certain electronics at the curb, in your residential garbage.

These include: televisions (there is a limit of five televisions per visit at recycling centers), desktop and laptop computers, computer monitors and computer peripherals (anything that connects to a computer such as a mouse, keyboard, printer, etc.). Other electronic recyclables include cell phones, vacuum cleaners, alarm clocks, irons and coffee makers or **anything with a plug that does NOT contain Freon**. Examples of Freon-containing items include refrigerators, freezers, air conditioners and dehumidifiers, and these items will NOT be accepted as "electronics".

There are several municipal locations available in York County for York County residents to dispose of their old electronics for free. These include:

York County Solid Waste Authority's Residential Electronics Recycling Program - at the York County Resource Recovery Center

<http://www.ycswa.com/recycling/recycle-electronics/>

2651 Blackbridge Rd., York, PA

717-845-1066

M-F from 8 a.m. to 4 p.m. and Saturdays from 8 a.m. to 12 p.m. Closed Sundays & holidays.

Penn Township Recycling Drop Off Center

<http://www.penntwp.com/Recycling.html>

1020 Wilson Ave., Hanover, PA

717-637-1561

M-F from 8 a.m. to 4:15 p.m. and Saturdays from 8 a.m. to 3 p.m. Closed Sundays & holidays.

Sources: York County Solid Waste Authority & Penn Township



MARK YOUR CALENDARS!

The 2018 Senior Games will be held June 18th through June 22nd. If you participated in the 2017 Senior Games, you will automatically receive a registration booklet in April for the 2018 June games. Check the website at www.ycaaa.org for updates. More information will be provided in the next issue of *New Horizons*.

We also need volunteers! We need individuals who can help in leadership roles involving coordinating and transporting athletic equipment, volunteer recruitment, fundraising, and game-day logistics. **Interested volunteers should call Megan Craley at 717-771-9610 or via email at MMCraley@YorkCountyPA.gov.**



HOW TO SAFELY COOK YOUR HOLIDAY TURKEY

(For fresh or thawed turkey:
Set oven to 325 F/cook to 165 °F)

Size of Turkey	Unstuffed	Stuffed
4 to 6 pounds (breast)	1 1/2 to 2 1/4 hours	Not usually applicable
6 to 8 pounds (breast)	2 1/4 to 3 1/4 hours	2 1/2 to 3 1/2 hours
8 to 12 pounds	2 3/4 to 3 hours	3 to 3 1/2 hours
12 to 14 pounds	3 to 3 3/4 hours	3 1/2 to 4 hours
14 to 18 pounds	3 3/4 to 4 1/4 hours	4 to 4 1/4 hours
18 to 20 pounds	4 1/4 to 4 1/2 hours	4 1/4 to 4 3/4 hours
20 to 24 pounds	4 1/2 to 5 hours	4 3/4 to 5 1/4 hours

Source: FoodSafety.gov



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Fraud Alert Bulletins



By Dave Sunday,
Chief Deputy Prosecutor

By now, many of you have heard about the data breach with Equifax, a consumer credit reporting agency. In the data breach, thieves were able to obtain the names, Social Security numbers, birth dates, and addresses of approximately 145.5 million people. A smaller number of driver's license numbers were also compromised. TransUnion and Experian, two other prominent consumer credit reporting agencies, were not part of this breach.

From now until January 31, 2018, Equifax is offering FREE credit freezes. The company will also refund fees to those who froze their credit since September 7, 2017.

A "freeze" means that no one (including you) can access your credit file until you unfreeze it, using a PIN or a passphrase. To be effective, you should place a freeze on all three credit reporting agencies.

Please be aware that you will be required to provide your name, address, date of birth, Social Security number, and other personal information. While the freeze with Equifax will be free of charge, you may have to pay a small fee for other agencies. Here is the contact information for each agency:

- **Equifax – 1-800-349-9960**
- **Experian – 1-888-397-3742**
- **TransUnion – 1-888-909-8872**

If you receive an unsolicited call from someone claiming to be from Equifax, do NOT provide any personal information! Equifax will NOT call you out of the blue. Scammers are attempting to take advantage of the confusion surrounding the Equifax data breach to trick you into providing your personal information. Here are some tips to avoid Equifax phone scams:

- **Don't provide personal/financial information** unless you initiated the phone call and know the phone number is correct.
- **Don't trust caller ID**, because scammers can alter your display readings.
- **If you get a telemarketer/robocall**, hang up.

If you believe that you have already received a fake call, report it to the Federal Trade Commission (FTC) by calling **1-877-382-4357**, or at <https://www.ftccomplaintassistant.gov>

For more information about the Equifax breach, contact Equifax's call center at **1-866-447-7559**, or visit their website at www.equifaxsecurity2017.com

Remember, the York County Elder Abuse Task Force is here to educate you about financial fraud. With that in mind, we want every senior in York County to **remember the 3 R's**: **R**ecognize a potential scam; **R**efuse to make any hasty decisions; **R**eport suspicious activity to police. Feel free to contact Chief Deputy Prosecutor Dave Sunday at the York County District Attorney's Office at 717-771-9600.



By: Frances Weishaar, Business Development
Coordinator Central PA Transportation Authority

"Independence"

Do you schedule your appointments around finding someone who is available to drive you? Do you always feel uncomfortable having to ask someone? If you answered yes to both of these questions, we have a solution for you.

rabbittransit can provide safe, reliable transportation for you. Paratransit, often referred to as "Shared Ride," is a bus service that comes right to your door and will take you to your doctor appointments, grocery store, senior center, pharmacy, bank, shopping, recreation and other places you may want to go. There may be a co-pay each time you board the vehicle. The cost depends on many different factors. You can have your "independence" by scheduling your own appointments.

Call **1-800-632-9063** today to speak with the mobility planning department to discuss your transportation needs and what you need to do to start using **rabbittransit**! You will be glad you did!

YORK COUNTY SENIOR CENTERS

Senior centers are a place for socialization, health promotion, learning, and a gateway to fun, friends and fulfillment! York County residents age 60 and older are welcome to visit a center in their area and enjoy the many activities available to them. Listed below is the contact information for York County senior centers:

CRISPUS ATTUCKS ASSOCIATION

605 South Duke St., York
Director: Robin Beatty-Smith
Phone: 717-848-3610
Hours: Monday-Friday, 9:00 AM - 4:00 PM
Website: www.crispusattucks.org

DELTA AREA SENIOR CENTER, INC.

5 Pendyrus St., Suite 1, Delta
Director: Kim Maglaughlin
Phone: 717-456-5753
Hours: Monday- Friday, 7:00 AM -2:00 PM
Website: www.deltaseniorcenter.net

DILLSBURG SENIOR ACTIVITY CENTER, INC.

1 North Second St., Dillsburg
Director: Scott Shughart
Phone: 717-432-2216
Hours: Monday- Friday, 8:00 AM- 3:00 PM

GOLDEN CONNECTIONS COMMUNITY CENTER, INC.

20-C Gotham Place, Red Lion
Director: Heather Goebeler
Phone: 717-244-7229
Hours: Monday-Friday, 7:30 AM-2:30 PM
Website: www.gcccenter.com

HERITAGE SENIOR CENTER, INC.

3700-4 Davidsburg Road, Dover
Director: Emma Crossley
Phone: 717-292-7471
Hours: Monday- Friday, 8:00 AM- 3:00 PM
Website: www.heritagesrcenter.org

NORTHEASTERN SENIOR COMMUNITY CENTER

P.O. Box 386
131 Center St., Mount Wolf
Director: Deb Davis
Phone: 717-266-1400
Hours: Monday-Friday, 8:00 AM -2:00 PM
Website: [http:// www.mtwolf.org/SeniorCenter/](http://www.mtwolf.org/SeniorCenter/)

RED LAND SENIOR CENTER, INC.

736 Wyndamere Road, Lewisberry
Director: Jen Washburn
Phone: 717-938-4649 or 717-938-4640
Hours: Monday - Friday, 8:30 AM -3:00 PM
Website: www.redlandseniorcenter.org

SEPTEMBER HOUSE SENIOR CENTER

1251 West King St., York
Director: Susan K. Jones
Phone: 717-848-4417
Hours: Monday-Friday, 8:00 AM- 4:00 PM

SOUTH CENTRAL YORK COUNTY SENIOR CENTER, INC

150 East Main St., New Freedom
Director: Sandy Wehr
Phone: 717-235-6060
Hours: Monday- Friday, 8:00 AM-3:00 PM
www.southcentrallyorkcountysrctr.webs.com

STEWARTSTOWN SENIOR CENTER, INC.

26 South Main St., Stewartstown
Director: Rosie Horton
Phone: 717-993-3488
Hours: Monday-Friday, 8:30 AM-3:00 PM
Website: www.stewsenior.org

SUSQUEHANNA SENIOR CENTER, INC.

2427 Craley Road, Wrightsville
Director: Trena Howard
Phone: 717-244-0340
Hours: Monday-Friday, 8:00 AM - 2:30 PM
Website: www.susquehannaseniorcenter.org

WHITE ROSE SENIOR CENTER, INC.

27 South Broad St., York
Director: Lisa Krout
Phone: 717-843-9704
Hours: Monday-Friday, 8:00 AM- 4:00 PM
Website: www.whiteroseseniorcenter.org

WINDY HILL ON THE CAMPUS, INC.

1472 Roth's Church Road, Suite 103, Spring Grove
Director: Tammy Miller
Phone: 717-225-0733
Hours: Monday-Friday, 8:30 AM- 2:30 PM
Website: www.windyhillonthecampus.org

YORKTOWN SENIOR CENTER, INC.

509 Pacific Avenue, York
Director: Jennifer Stitzel
Phone: 717-854-0693
Hours: Monday- Friday, 8:00 AM- 3:00 PM
Website: www.yorktownseniorcenter.org

Eliminating Old Registration Stickers from PA License Plates

Pennsylvania drivers are encouraged (but not required) to remove expired registration stickers from their license plates, because out-of-state police officers have pulled over drivers with outdated stickers.

At the end of 2016, PennDOT stopped issuing the stickers, saving taxpayers more than \$3 million. PennDOT has alerted police from other states and Canada of the lack of registration stickers. However, out-of-state police officers have been reported to pull over Pennsylvania drivers who still have the outdated stickers on their plates. Back in August, the Southern Regional Police Department in York County posted about several reports regarding drivers receiving parking tickets and citations while in other states.

Pennsylvania State Police encourages residents who are pulled over to politely explain the change to the officer and show him or her current registration paperwork, which should be in vehicles at all times. Or, to prevent this problem, you should remove the stickers.

If you should choose to remove the stickers, there are several options. According to PennDOT's website, you can cover the stickers with a masking material, such as duct tape. You can also apply for a free, standard issue, duplicate replacement license plate by using PennDOT Form MV-44, which requires a police officer's signature. This will result in a fresh plate with no stickers, having the same plate number. Finally, another option is to try to remove the old stickers by using a sharp tool to scrape or peel, should you choose to take this risk.

Property Tax/Rent Rebate Program Application Deadline Extended

The application deadline for the 2016 Property Tax/Rent Rebate program has been extended to December 31, 2017, benefitting eligible Pennsylvanians age 65+, widows and widowers age 50+, and the disabled age 18+.

The income limit is \$35,000 a year for homeowners and \$15,000 annually for renters. Half of Social Security income is excluded.

Spouses, advocates or estates may also file rebate claims on behalf of claimants who lived at least one day in 2016, and meet all other eligibility criteria.

Claim forms (PA-1000) are available online at www.revenue.state.pa.us. Forms are also available at the Area Agency on Aging, senior centers, state legislators' offices, or by calling toll-free **1-888-222-9190**.

EASY WAYS TO SAVE ENERGY AND MONEY THIS WINTER

With winter weather, comes increased energy usage. The Pennsylvania Public Utility Commission is encouraging all Pennsylvanians to prepare now for winter energy costs. The PUC is committed to helping customers minimize their bills while making the most out of every dollar they spend on energy. We've gathered a number of useful tips that can help you cut natural gas consumption and potentially save money. We encourage you to take a few minutes to review these tips. We're sure you'll see that cutting your energy consumption can be comfortable, convenient, and best of all, *EASY*.

- **Enroll in Budget Billing.** Contact your utility and ask to participate in their budget billing. This requires no income guidelines and averages bills out over a 12-month period giving you a "fixed" amount to pay each month, not just the winter months. Note: Budget billing does not guarantee an annual fixed rate as budget bills are subject to quarterly adjustments based on usage.
- **Low-Income Programs.** If you are on a fixed income or a person with a low income, there are programs available to help you pay your heating bills and weatherize your home. Contact your natural gas company or the PUC at 1-800-692-7380 with questions or to see if you qualify.
- **Program It.** Install a programmable furnace thermostat that will lower the temperature automatically at night and raise the temperature when you are up and about. (This advice does not apply to homes using heat pumps.) For every degree you raise or lower the thermostat setting, you can see a difference of up to 3 percent in energy costs.
- **Turn Down Your Thermostat.** It's one of the most effective ways to cut your energy usage. If you can tolerate it and your health permits a slightly cooler home, lower the thermostat by a couple of degrees.
- **Turn Down Hot-Water Tank.** Turn down your hot-water tank to 120 degrees and set it at 140 degrees if you have a dishwasher to cut your power consumption.
- **Insulate Your Attic.** Make sure your home has a minimum of R-30 insulation in ceilings or attics (a contractor can help you evaluate your current insulation). By adding insulation, your home will be warmer in the winter and cooler in the summer.
- **Take a Look at Your Ductwork.** Dust, lint and other debris can block air vents and reduce the efficiency of your furnace. Be sure to keep ducts and grills clean.
- **Draw the Drapes.** Close your draperies when it gets dark outside. This will help cut heat loss through windows at night.
- **Close the Door.** If you're not using certain rooms in your home, close doors leading to those areas. Keep your garage door closed if you have an attached garage. Close heat registers and radiator valves in unused rooms.
- **Install a Ceiling Fan.** Heat rises to the ceiling of a room, circulate it down to where you are by installing a ceiling fan.
- **Install Storm Windows and Doors.** Drafts entering your home around leaky windows and doors can steal precious heat. Seal out the drafts with storm doors and windows. Replace any missing caulking, worn weather stripping or broken glass that may be letting cold air in.

York County Area Agency on Aging
100 W. Market Street
York, PA 17401
(717) 771-9610

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- **Focus on the Fireplace.** Make sure the damper in your chimney is tightly closed when you're not using the fireplace. Save even more energy by installing glass doors on your fireplace - they can prevent valuable heat from being sucked up the chimney.
- **Put Your Thermostat in the Right Place.** Keep the area around your thermostat clear- drafts created by appliances or lighting fixtures can trick your thermostat into turning the heat on when it isn't needed.
- **Consider Installing New Doors and Windows.** Old windows and doors can let an amazing amount of heat escape from your house. Look into installing energy efficient windows and insulated doors.
- **Change Your Filters.** Clogged, dirty filters slow airflow in your heating system and cause your furnace to work harder and run longer. Consider having your furnace serviced and cleaned at the beginning of each heating season.
- **Don't Pre-Heat.** Most recipes can be completed successfully without pre-heating the oven. If you must pre-heat for baking, turn the oven on for just a few minutes before putting your food in.
- **Keep the Oven Door Closed.** Opening up the oven door lets out heat and drives up energy consumption. To use your oven more efficiently, try cooking several dishes of similar cooking temperatures at the same time.
- **Use Your Slow Cooker.** If you're preparing a roast, use your slow cooker to cook the meat and any vegetables you will be serving with it. This eliminates the need to use both the oven and the stove.
- **Microwave When Possible.** Microwave ovens cook food 75 percent faster and use less energy than conventional ovens.

For more information contact the Pennsylvania PUC at **1-800-692-7380**, or www.puc.pa.gov.