

# NEW HORIZONS

## York County Area Agency on Aging

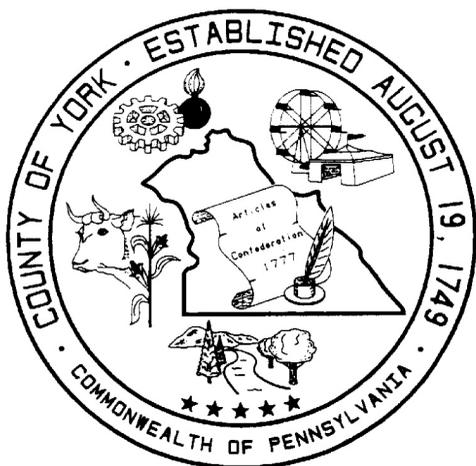
Volume 24, NO. 1

Spring 2017

**Telephone:**  
(717) 771-9610 or  
1-800-632-9073

**Email:**  
aging@yorkcountypa.gov

**Website:**  
www.ycaaa.org



**President Commissioner**  
Susan P. Byrnes

**Vice President Commissioner**  
Doug Hoke

**Commissioner**  
Christopher B. Reilly

### Inside This Issue . . .

From the Director .....	2
Diabetes Self-Management Program.....	3
2017 Senior Farmers Market Nutrition Program .....	4
Thank You For Changing Lives.....	5
Medicare to Pay for More Skilled Care .....	6
Make Your Car Fit You.....	7
2017 York County Senior Games .....	8&9
2017 Memorial Day Service.....	10
Be Fire Safe! .....	11
PACE and PACENET .....	12
Pre-Retiree Seminar Scheduled .....	13
Fraud Alert Bulletin .....	14
A Journey through StAGES .....	15
Gardening Health and Safety Tips.....	16

## Older Americans Month 2017



**AGE OUT LOUD: MAY 2017**

Getting older doesn't mean what it used to. For many aging Americans, it is a phase of life where interests, goals, and dreams can get a new or second start. Today, aging is about eliminating outdated perceptions and living the way that suits you best.

Take Barbara Hillary, for example. As a nurse for 55 years, she dreamed of travel. At age 75, Hillary became the first African American woman to set foot on the North Pole. In 2011, at age 79, she set another first when she stepped onto the South Pole. Also noteworthy is Congressman Mike Honda; after a 30-year career in education, he was elected to the House of Representatives at age 60. Actress Betty White, now 95 years old, became the oldest person to host Saturday Night Live in 2010, coincidentally during May—the same month recognized as Older Americans Month (OAM).

Since 1963, OAM has been a time to celebrate older Americans, their stories, and their contributions. Led by the Administration for Community Living (ACL), the annual observance offers a special opportunity to learn about, support, and recognize our nation's older citizens. This year's theme, "**Age Out Loud,**" emphasizes the ways older adults are living their lives with boldness, confidence, and passion while serving as an inspiration to people of all ages.

The York County Area Agency on Aging will use OAM 2017 to focus on how older adults in our community are redefining aging, whether through work or family interests, by taking charge of their health and staying independent for as long as possible, or through their community and advocacy efforts. We can also use this opportunity to learn how we can best support and learn from our community's older members.

The Agency on Aging provides many worthwhile activities and valuable information designed to highlight health and wellness, independence and beneficial resources. We encourage you to get involved!

Choose from the many opportunities included in this issue of the *New Horizons* to "**Age Out Loud.**" Strive for independence and wellness, know your rights, stay engaged and explore new things!

York County Senior Centers provide many wonderful health promotion programs and engaging activities, in addition to a nutritious meal – and there is no cost to attend! Visit page 15 for their contact information.

Strive for wellness and independence by preventing falls. *A Matter of Balance* classes are being offered to assist older adults in managing their concerns about falling and increasing activity levels. Anyone with a fear of falling or has fallen in the past should attend. Class schedules can be found on page five.

Learn about the many no cost and low cost preventative services available to help keep you healthy and well through "10 Keys™ to Healthy Aging" workshops. Participants will receive a resource manual which provides a wealth of information on preventative, proven strategies that work! Registration information is on page three.

Is advance care planning confusing to you or something you delay doing? If so, plan to attend an educational session conducted by professionals from Your Life Your Wishes Community Task Force. Topics will include how to have conversations with loved ones to make sure your healthcare wishes are honored, information about advance care options and a review of Advance Directives documents. Information about these free offerings is found on page 7.

Stay engaged and learn about the Senior Farmers Market Nutrition Program and Supplemental Nutrition Assistance Program (SNAP) on page four. Learn about the federal VA decision that affects local veterans and surviving spouses on page 11. If Medicare is confusing, check out pages 12 and 13, which include programs that can help you understand.

Explore new things. Do you have a few hours to spare that will change the life of an older adult? Volunteer and change your own life! The Agency on Aging has many volunteer programs, some of which are listed on page five.

Pages eight and nine offer many opportunities for wellness and fitness. Save the date: the

(Continues on page 3)



# From The Director

Dear Reader:

As we enter the New Year, I am taking inventory of all the things for which I am thankful. Many of these are related to

family and friends; however, many are work related.

I became the Director of the York County Area Agency on Aging two years ago. While I had an idea of what the position involved, I did not realize how rewarding the position would be. I have been given the opportunity to serve the older adults of our community while working for a wonderful organization. This is truly a blessing of which I am very grateful.

One of the most important jobs I have as the Director is to advocate at all levels of government. I have the opportunity to lend a voice to those who may otherwise not be heard and to amplify the voices of those who are speaking out.

At this time, our country is in the midst of a transition on the federal level. All programs and associated funding will be evaluated. The

future will be determined based on the analysis of these evaluations. Much of the decision-making will involve programs that provide services to older adults. This is where the advocacy must be directed.

I will be working with the National Association of Area Agencies on Aging and the Pennsylvania Association of Area Agencies on Aging to ensure there is a voice for those who may not otherwise have one. I am also encouraging you to raise your voice and reach out to your legislators. Inform them that services for older adults must meet the needs of a growing population and must be well funded. Only by fully funding these programs can we ensure that older adults, and their caregivers, have the services and supports they need to age with dignity, independence and health in their homes and communities.

The timing of this advocacy falls right in line with the annual celebration of Older Americans Month. The May 2017 National theme is "Age Out Loud". How appropriate this theme is at a time when so much change is occurring. More than ever before, older Americans are taking charge and advocating for

the programs and services they need to live long, healthy and happy lives.

Along with advocating for themselves, older adults are also helping one another in the form of volunteerism. In April, we celebrate National Volunteer Month and show our appreciation to all of our volunteers for their dedication and service over the past year. As funding streams shrink and the number of older adults grows, we are more reliant than ever on volunteers. Erma Bombeck wrote, "Volunteers are the only human beings on the face of the earth who reflect this nation's compassion, unselfish caring, patience, and just plain love for one another." These are special people helping others and they are true champions for seniors.

Spring brings us a time of rebirth and renewed sense of hope. We may face some difficult times ahead. Let's together, approach these with a sense of optimism. We will get where need to be - we just may have to be on the road a little longer.

*Mark W. Shea*



## NEW HORIZONS

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

**York County Area Agency on Aging**  
100 West Market Street, York, PA. 17401  
Phone: (717) 771-9610  
1-800-632-9073  
FAX: (717) 771-9044  
E-Mail: [aging@yorkcountypa.gov](mailto:aging@yorkcountypa.gov)  
Website: [www.ycaaa.org](http://www.ycaaa.org)

**Mark W. Shea** YCAAA Director  
**Ross Stanko** Director of Operations and Outreach  
**Jenny Nace** Editor/Advertising Sales/Circulation

### 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**

**Spring 2017**

*Please notify YCAAA to discontinue your mailed issue.*



## YCAAA STARS Volunteers of the Month

March

*Holly DeVries*

**Ombudsman & Friendly Visitor**

April

*John Cassel*

**New Horizons Delivery**

May

*Connie Nelson*

**General Office Assistance &  
Volunteer Banquet Committee**



## YCAAA Advisory Council

The next York County Area Agency on Aging Advisory Council meeting will be held at 12:30 PM on Monday, April 10 at the York County Department of Emergency Services, 120 Davies Drive, York.

# "10 Keys™ to Healthy Aging"

## OWN YOUR HEALTH

### 10 KEYS TO HEALTHY AGING PROVIDED BY: YORK COUNTY AREA AGENCY ON AGING

Join us for a **FREE** series of FIVE educational workshops to learn about the "10 Keys" to Healthy Aging and the many NO COST and low cost preventative services available to help keep you healthy and well.

A light lunch will be served.

Please register in person or by calling YMCA Member Services.

**WHEN:** Thursdays, March 23 - April 20, 2017

**TIME:** 12:00 p.m. - 2:00 p.m.

**LOCATION:** YORK BRANCH YMCA, Loucks Conference Room

**REGISTRATION:** 717-843-7884

**INSTRUCTOR:** Megan Craley, York County Area Agency on Aging



The "10 Keys™ to Healthy Aging" is a health promotion program developed by the Center of Aging and Population Health at the University of Pittsburgh. Their research team, along with the CDC Prevention Research Center, learned a great deal about how to keep adults healthy as they age. They have translated what has been learned into the "10 Keys™ to Healthy Aging." Each key is an important step in preventing disease and improving the quality of our lives.

The "10 Keys"™ include information on how to:

1. Lower Systolic Blood Pressure
2. Stop Smoking
3. Participate in Cancer Screenings
4. Get Immunized Regularly
5. Regulate Blood Glucose
6. Lower LDL Cholesterol
7. Be Physically Active
8. Maintain Healthy Bones, Joints and Muscles
9. Maintain Social Contact
10. Combat Depression

The information is presented in workshop settings, with two topics per session, weekly. An Area Agency on Aging certified Health Ambassador conducts the workshop and an APPRISE counselor provides supplemental information about Medicare preventative benefits. Participants receive a Resource Manual which provides a wealth of information on preventative, proven strategies that work!

Register for the "10 Keys™ to Healthy Aging" Workshops at the York YMCA by calling (717) 843-7884.



YORK COUNTY AREA AGENCY ON AGING • 100 W. MARKET ST. • YORK, PA 17401 • 717-771-9610 • WWW.YCAAA.ORG  
YORK BRANCH YMCA • 90 N. NEWBERRY ST. • YORK, PA 17401 • 717-843-7884 • WWW.YORKCOYMCA.ORG



## Diabetes Self-Management Program

### Steps to Healthier Living™

The Diabetes Self-Management Program, developed by Stanford University Patient Education Research Centers, 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?

- Age 60+ and living with type 2 diabetes
- Age 18+ and living with a disability and type 2 diabetes
- Caregiver of one of the above eligible categories

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 Workshops are being offered by the York County Area Agency on Aging:**

**HealthSouth Rehabilitation Hospital of York**  
1850 Normandie Drive, York, PA 17408  
Tuesdays, April 4, 11, 18, 25 and May 2, 9  
6 PM-8:30 PM

**York County ANNEX Building, Meeting Room 3**  
112 Pleasant Acres Road, York, PA 17402  
Thursdays, April 20, 27 and May 4, 11, 18, 25  
9 AM - 11:30 AM

**St. Peter's Lutheran Church**  
947 N. George Street, York, PA 17404  
Thursdays, July 13, 20, 27 and August 3, 10, 17  
9 AM - 11:30 AM

Pre-registration is required. Please call (717) 771-9610 or 1-800-632-9073 for more information or to register for the workshops.

### Spring Forward!

Don't forget to set your clocks ahead one hour during Daylight Savings which occurs on Sunday, March 12, 2017.



## Older Americans Month 2017

(cont. from pg. 1)

2017 York County Senior Games will be held June 19 through June 23. York County residents, 50 years of age by December 31, 2017, are eligible to participate. There is sure to be an event for everyone; *A Walk in the Park with a York County Doc*, Cornhole, ladder golf, running, swimming and table tennis are just a few. Register to participate by June 14, or offer to volunteer. Volunteering can be just as much fun as participating in the Games!

**Take advantage of these opportunities to speak up and Age Out Loud!**

# 2017 Senior Farmers Market Nutrition Program



The York County Area Agency on Aging, in conjunction with the Pennsylvania Department of Agriculture, will again distribute fruit and vegetable vouchers to

qualifying seniors. This program provides \$20.00 in vouchers to eligible York County seniors to buy fresh fruit and vegetables from participating local farm markets.

York County residents who are 60 years of age or older by December 31, 2017, and who meet the income criteria, are eligible for the program. The income guidelines have not been announced for the 2017 program as of the printing of this publication. The income criteria will be announced via local media, at all Senior Centers and on the Area Agency on Aging website when available.

***Other important information includes:***

- **Proof of age and York County residency must be shown to obtain your vouchers.**
- If an individual is unable to pick up their vouchers, another person (proxy) can do so. A 2017 Farmers Market Proxy Form

is required, along with **proof of age and residency** for the eligible individual, as well as the proxy's ID. **Only 2017 Proxy forms will be accepted.** This form will be available at local Senior Centers and on the Agency on Aging web site at [www.ycaaa.org](http://www.ycaaa.org).

- One individual may not pick up vouchers with a 2017 Proxy Form for more than four people.
- Seniors who are living in a nursing home, personal care home, or other residential facilities where meals are provided are ineligible to receive vouchers.
- Individuals are eligible to receive the vouchers **only once per calendar year.**
- Vouchers can be redeemed from June 1 through November 30.

**Vouchers will be distributed at the following locations for as long as the supply lasts:**

**Calvary United Methodist Church (NEW SITE)**

11 North Richland Avenue, York  
**Tuesday, May 23 9:30 AM– 12:30 PM**

**Golden Connections Community Center**

20-C Gotham Place, Red Lion  
**Thursday, May 25 9:00 AM – 11:30 AM**

**Delta Area Senior Center**

5 Pendryus Street, Suite 1, Delta  
**Tuesday, May 30 9:30 AM – 11:30 AM**

**Yorktown Senior Center**

509 Pacific Avenue, York  
**Wednesday, May 31 9:30 AM – 11:30 AM**

**Heritage Senior Center**

3700 Davidsburg Road, Dover  
**Thursday, June 1 9:00 AM – 11:30 AM**

**Stewartstown Senior Center**

26 South Main Street, Stewartstown  
**Friday, June 2 9:30 AM – 11:30 AM**

**Northeastern Senior Community Center**

131 Center Street, Mt. Wolf  
**Monday, June 5 9:30 AM – 11:30 AM**

**South Central York County Senior Center**

150 East Main Street, New Freedom  
**Tuesday, June 6 9:30 AM – 11:30 AM**

**Windy Hill on The Campus**

1472 Roth's Church Rd, Suite 103, Spring Grove  
**Thursday, June 8 9:30 AM – 11:30 AM**

**Crispus Attucks Association**

605 South Duke Street, York  
**Friday, June 9 9:30 AM – 11:30 AM**

**Susquehanna Area Senior Center**

2427 Craley Road, Wrightsville  
**Wednesday, June 28 9:30 AM – 11:30 AM**

**White Rose Senior Center**

27 South Broad Street, York  
**Thursday, June 29 9:00 AM – 11:30 AM**

**Dillsburg Senior Activity Center**

1 North Second Street, Dillsburg  
**Thursday, July 6 9:30 AM – 11:30 AM**

**Golden Connections Community Center**

20-C Gotham Place, Red Lion  
**Friday, July 7 9:30 AM – 11:30 AM**

**White Rose Senior Center**

27 South Broad Street, York  
**Tuesday, July 11 9:00 AM – 11:30 AM**

**Red Land Senior Center**

736 Wyndamere Road, Lewisberry  
**Wednesday, July 12 9:30 AM – 11:30 AM**

**Hanover Council of Churches**

136 Carlisle Street, Hanover  
**Thursday, July 13 9:30 AM – 11:30 AM**

**Brown's Orchards & Farm Market**

(Pavilion)  
8892 Susquehanna Trail South, Loganville  
**Tuesday, July 18 9:30 AM – 11:30 AM**

**Flinchbaugh's Orchard & Farm Market**

110 Ducktown Road, York (Pavilion)  
**Thursday, July 20 9:30 AM – 11:30 AM**

**Calvary Bible Church**

603 Wilson Avenue, Hanover  
**Tuesday, July 25 9:30 AM – 11:30 AM**

**Calvary United Methodist Church**

11 North Richland Avenue, York  
**Thursday, August 3 9:30 AM– 11:30 AM**

**Brown's Orchards & Farm Market**

(Pavilion)  
8892 Susquehanna Trail South, Loganville  
**Tuesday, August 8 9:30 AM – 11:30 AM**

**White Rose Senior Center**

27 South Broad Street, York  
**Tuesday, August 15 9:30 AM – 11:30 AM**

**Heritage Senior Center**

3700 Davidsburg Road, Dover  
**Thursday, August 24 9:30 AM – 11:30 AM**

## SNAP

### Supplemental Nutrition Assistance Program

SNAP, formerly known as food stamps, helps eligible low-income households in Pennsylvania buy the food they need, so they can stretch their budgets and make ends meet. SNAP participants receive an Electronic Benefits Transfer (EBT) ACCESS Card, which acts like a debit card to make food purchases.

Pennsylvania residents who are 60 years of age or older, and have a gross monthly income of \$1,980 or less for a single person or \$2,670 gross monthly income for a two person household, are eligible to apply. Resources or assets are no longer considered in determining eligibility.

Applicants can call the Central PA Food Bank Helpline at 1-877-999-5964 for assistance in applying by phone. Applications can be downloaded or filed online using COMPASS at [www.dhs.pa.gov](http://www.dhs.pa.gov) or in person at the York County Assistance Office. Anyone with questions about SNAP can call the PA Department of Human Services Helpline at 1-800-692-7462.

# Grow Veggies to Eat & Share this Summer!

By: York County Food Alliance

The York County Food Alliance hopes everyone has an opportunity to enjoy fresh home-grown vegetables this summer. Below are tips for saving money and sharing your harvest with others!

## SNAP 'n Save



To learn more about local efforts to improve access to fruits and vegetables, go to: [yorkcountyfoodalliance.com](http://yorkcountyfoodalliance.com) or [facebook.com/YorkCountyFoodAlliance](https://www.facebook.com/YorkCountyFoodAlliance)

Did you know that SNAP benefits can help people grow their own food? With SNAP, participants can buy food-producing seeds and plants. It's a great way to get fresh produce right at home! For every \$1 dollar spent on seeds and fertilizer, home gardeners can grow an average of \$25 worth of produce. For example, a \$2 tomato plant grown in a container can produce about 10-20 tomatoes! Growing food from seeds and plants makes SNAP benefits last longer, allowing people who use SNAP to double the value of their benefits over time. SNAP participants have found that eating homegrown food makes it possible to buy food products that they wouldn't normally be able to afford. Home gardeners can also take pride in eating their own homegrown, healthy

fruits and vegetables! SNAP benefits can be used to buy food-producing plants and seeds at locations that already accept SNAP, such as Walmart, grocery stores, and some farm markets.

## Plant2Share

Calling all backyard gardeners! About 12% of York County households need help feeding their family. Food pantries and other



emergency feeding programs – like soup kitchens and summer feeding programs – provide support to families in our community, but have difficulty collecting enough healthy fresh produce to meet the need. The York County Food Alliance encourages backyard gardeners to plant an extra plant or row of vegetables, and share the extra harvest with a neighbor in need or a program in your community. To look for a food pantry that accepts fresh produce, search online at [www.AmpleHarvest.org](http://www.AmpleHarvest.org).

# Thank You for Changing Lives... Including Your Own!

The Agency on Aging is very appreciative of the 200+ volunteers who give tirelessly of their time and talents to the many older adults in the community. Their dedication and commitment is extremely valuable and makes a difference in the lives of those they touch. Thank you!

Volunteering has many benefits. Rewards include increased mental functionality, physical fitness, sense of purpose, social connection and longevity, while reducing depression, chronic pain, stress, risk of disease and social isolation. So what are you waiting for? Volunteer and start enjoying these worthwhile benefits!

The Agency offers many exciting volunteer opportunities. From the *Friendly Visitors* who touch the lives of older adults to the *Volunteer Ombudsmen* who advocate for residents in long term care settings. *Financial Counselors* who offer their financial skills to the *Judicial Center Tour Guides* who lead tours of our courthouse. *Office Volunteers* who assist with Rent-a-Kid and other office activities to the *Advisory Council* members who serve as advisors to our agency. *New Horizon Delivery Drivers* who assure that our newspaper is distributed to the *Special Event volunteers* who assist with fruit and veggie vouchers and Senior Games. *APPRISE insurance counselors* who assist with Medicare issues to the *Telephone Reassurance* volunteers who provide a regular telephone contact to a shut-in, to *Peer Educators* who lead classes promoting fall prevention, diabetes self-management, or healthy aging.

For more information contact the Area Agency on Aging at (717) 771-9610 or 1-800-632-9073, or at [aging@yorkcountypa.gov](mailto:aging@yorkcountypa.gov). Volunteer applications can be downloaded from the Forms and Documents page of our website at [www.ycaaa.org](http://www.ycaaa.org).

Source: n4a, *Doing Good is Good for You*; Corporation for National & Community Service-The Health Benefits of Volunteering: A Review of Recent Research, May 2012



## A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

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.

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

### York Township Park Building

25 Oak Street, York, PA 17402

March 6 to March 29, 2017

Mondays & Wednesdays, 10:00 AM-12:00 PM

Register by calling (717) 771-9610

### Bob Hoffman YMCA

1705 Palomino Rd, Dover, PA 17315

March 7 to April 25, 2017

Tuesdays, 9:30 AM-11:30 AM

Register by calling (717) 851-3082

### Apple Hill Medical Center, Community Room

25 Monument Road, Suite 188, York, PA 17403

March 27 to May 15, 2017

Mondays, 9:30 AM-11:30 AM

Register by calling (717) 851-3082

### St. Peter's (Lishey's) United Church of Christ

5671 Lischeys Church Rd., Spring Grove, PA 17362

April 4 to April 27, 2017

Tuesdays & Thursdays, 9:30AM-11:30AM

Register by calling (717) 225-3932

### Roth's Farm Village

1472 Roths Church Rd., Spring Grove, PA 17362

May 2 to May 26, 2017

Tuesdays & Fridays, 9:30AM-11:30AM

Register by calling (717) 771-9610

## Table Tennis Anyone?



Stewartstown United Methodist Church's Table Tennis Club (SUMCTTC) plays pick-up

games on Mondays and Thursdays from 7-9 pm at Stewartstown United Methodist Church, 26 South Main Street, Stewartstown, PA. SUMCTTC has 5 tables and a table tennis robot. Instruction available if requested. Contact Jim Starr at 171-993-3552, or email at [jim@jimstarr.com](mailto:jim@jimstarr.com). For more information visit [www.sumcttc.org](http://www.sumcttc.org).

# MEDICARE TO PAY FOR MORE SKILLED CARE

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

More than three years ago, I wrote about a class action lawsuit called *Jimmo v. Sebelius*, where the government agreed that the “failure to improve” standard should not be the deciding factor in terminating an individual’s Medicare skilled nursing benefit. When the case was settled in 2012, the Centers for Medicare and Medicaid Services (CMS) agreed to revise the relevant portions of the Medicare manual to reflect that a patient does not need to be improving in order to continue receiving skilled care. Unfortunately, after the case settled, nothing really changed. As such, the parties were back before the judge, and on February 1, 2017, the court entered an order to force compliance with the settlement. This finally means good things for those covered by Medicare.

To understand the significance of this settlement, you need to know a little about Medicare’s coverage for nursing home care and home health care. For nursing home care, Medicare coverage is limited to “skilled” care only for a maximum of 100 days. If you are in a skilled nursing facility after a 3-day hospital stay (observation status does not count) and meet all the other requirements, then traditional Medicare Part A will cover up to 100 days of skilled care for each benefit

period, subject to certain co-pays. Medicare also has a home health care benefit that provides coverage for those that are homebound and require certain “skilled” services. If you are covered by a Medicare Advantage plan instead of traditional Medicare, then your coverage may be slightly different.

The key, however, is that Medicare only pays for “skilled care” as opposed to “custodial care”. Thus, the determination as to whether you need custodial care or skilled care is crucial to obtaining Medicare coverage. If you are in a nursing home and don’t qualify for Medicare, then you must find another source of payment for the nursing home, such as private payment or Medicaid. If you are homebound, and the provider says you don’t need skilled services, then you might be denied coverage for therapy that is needed to keep you healthy enough to remain in your home.

Medicare deems your care as “skilled” when you need skilled nursing or rehabilitation staff to manage, observe, and evaluate your care. Quite often, it is physical, occupational or speech therapy that you receive which qualifies you for the Medicare skilled care coverage. In the nursing home context, that coverage can continue for up to 100 days. However, once the care is no longer considered to be “skilled” your Medicare coverage ends. That is, there is no guarantee you will receive 100 days of

coverage because Medicare Part A benefits end when the care no longer meets the “skilled” criteria.

The problem is that for decades many people (including those in the nursing home industry) have believed that coverage ceases as soon as you “plateau”, i.e. as soon as you cease to improve. This means that Medicare beneficiaries – particularly those with long-term or debilitating conditions and those who need rehabilitation services – have been denied necessary care based on the “Improvement Standard”. As a result of the *Jimmo* settlement, the government has agreed that this “Improvement Standard” is not correct. The *Jimmo* case confirms that Medicare coverage is available for skilled nursing and therapy that is needed to maintain a person’s condition or prevent or slow deterioration. As such, even if full recovery or medical improvement is not possible, you are entitled to Medicare coverage if skilled services are needed to prevent further deterioration or preserve current capabilities. Of course, you need to meet all of Medicare’s criteria for coverage, but if you do, skilled maintenance services will now be covered in a nursing home, at home or as an outpatient.

While the *Jimmo* case settlement was actually effective in 2012, as noted above, providers never followed the change. However, with the new court order, CMS is required to implement a “Corrective Action Plan.” Among other things, the Corrective Action Plan requires CMS to create a new webpage dedicated to *Jimmo*; they must publish a corrective statement disavowing the improvement standard and post a list of Frequently Asked Questions. Finally, CMS must conduct a new training for contractors making coverage decisions. CMS must comply with the Corrective Action Plan no later than September 4, 2017.

With this most recent development, Medicare decision-makers and providers should no longer require improvement as a condition of continued coverage. Instead, health care providers must recognize that “maintenance only therapy” is covered and they are to make decisions based on whether a beneficiary needs skilled care that must be performed or supervised by a professional nurse or therapist.

If your Medicare coverage is terminated because you have “plateaued” or you are told that you are “maintenance only,” then you should check this website for more information on how to get the Medicare coverage that you have always been entitled to: <http://www.medicareadvocacy.org/medicare-info/improvement-standard/>.

## MAKING A DIFFERENCE In The Lives of People with Dementia

**Friday, April 7, 2017**

Zion United Methodist Church  
1030 Carlisle Avenue, York

**Registration** 8:00 a.m. – 8:30 a.m.  
**Presentations** 8:30 a.m. – 11:30 a.m.  
**Panel Discussion** 11:30 a.m. – 12:30 p.m.

Do you know someone with dementia? Are you a caregiver, child or spouse of someone with dementia? Have you been diagnosed with dementia? If you answered “yes” to any of these questions, consider attending this free seminar.

The “Making a Difference in the Lives of People with Dementia” seminar, sponsored by Visiting Angels and Good News Consulting, will provide education and community resources for families who have a loved one with dementia. Following registration, information will be presented by Good News Consulting and Dr. Kenneth Brubaker, the former Chief Medical Director for the Pennsylvania Department of Aging and the Office of Long Term Living. The speakers have over 25 years of experience working with individuals with dementia and their families.

Topics include:

- What to expect as the disease progresses
- How to improve communication with someone who has dementia or memory loss
- Techniques and approaches for different stages of dementia
- Simple activities and games
- Updated medical advances and research

A panel of experts will be available following the presentations to answer questions and provide additional information.

Community organizations, including the York County Area Agency on Aging, will also be present to assist families as they navigate through the medical, legal, financial and personal aspects of the disease. Representatives will be available to answer individual questions and provide valuable resources.

Pre-registration is required for this FREE seminar as seating is limited. Call (717) 751-2488 to pre-register and reserve your seat. Door prizes and light refreshments will also be provided.

# MAKE YOUR CAR FIT YOU LIKE YOUR FAVORITE PAIR OF SHOES

By: **Barbara Zortman, Director**  
**Center for Traffic Safety**

With all the many facets of change that comes with aging, we have two options: 1) realize our physical changes and adapt to them or 2) realize our physical changes and ignore them. When it comes to driving, the latter is not an option.



Changes in our hearing, vision, concentration, and mobility sneak up on us. We may not hear the subtle sounds we used to take for granted.

Recovery from the glare of the sun and vehicle headlights becomes more difficult. Joint pain and stiffness become serious challenges. None of these automatically suggest that we need to stop driving, but they do require us to be more careful by taking certain measures to assure that we remain safe drivers.

Begin by asking yourself these questions:

1. Am I comfortable behind the wheel?
2. Do I have a clear line of sight over the steering wheel?
3. Can I comfortably reach the gas and brake pedal?
4. Does my seat belt rest on my collar bone or on my neck?

5. Can I merge onto the highway or change lanes easily by turning my head or using my mirrors?
6. Do I know how to switch on my emergency flashers, or how to engage my emergency brake?
7. Am I sitting a safe distance from my steering wheel?
8. Do I have airbags? How many? Where are they?

Before we continue, there are no wrong answers to any of the above questions. Often times the issues that make you feel anxious or uncomfortable while driving can easily be fixed by a simple adjustment to the vehicle itself.

Let's face it – vehicles aren't like they used to be. There are so many gadgets and extra functions that many of us have absolutely no idea how to use! You're not alone. **There is help, and it's free!**

The Center for Traffic Safety offers a free 20-minute CarFit vehicle check-up that will make your car fit you like your favorite pair of shoes; functional, safe, and comfortable. Let us help you maintain and strengthen your driving health.

**THIS IS NOT A DRIVER EXAM.** This is a 12-point check-up for your car, to make it fit you and your changing needs. CarFit helps you explore your vehicle adjustments and helps you develop strategies to achieve the safest fit with your vehicle. The bottom line is that CarFit can keep you driving safer and longer.

The CarFit program was developed by AAA, AARP, and AOTA (The American Occupational Therapy Association) to help people of all ages drive with independence and agility.

Call the Center for Traffic Safety at 840-2330 to schedule your CarFit today.

## YOUR LIFE YOUR WISHES TASK FORCE

**Healthy  
York County  
Coalition**

**Learn what you need to know regarding Advance Care Planning!**

If you were ill or injured and unable to speak, would your family and health care team know what kind of care you would want? No matter your age or health condition, it is important to discuss your choices before a health crisis. Learn what you need to know to reduce confusion and stress for your family, by making sure your medical treatment wishes are known in advance.

Completing the "Advance Directive" forms can be done at no cost. Your Life Your Wishes Community Task Force members are here to help you. Their upcoming FREE events will include a few short videos followed by a panel discussion with a lawyer, doctor and social worker. These volunteers will share insights and offer the opportunity for questions and answers.

All participants will receive a packet that includes Advance Directive forms and other helpful information. Please join us for this important conversation!

**Register for an event near you:**

Thursday, March 23, 5:30 p.m.  
**Guthrie Memorial Library**  
2 Library Place, Hanover, PA 17331

Saturday, April 1, 10:00 a.m.  
**Martin Memorial Library**  
159 E. Market Street, York, PA 17401

Tuesday, May 30, 5:30 p.m.  
**Homewood Suites**  
200 Masonic Dr, York, PA 17406

There is no cost for this program.  
Call or email to register:  
(717) 851-2333 or [dgogniat@wellspan.org](mailto:dgogniat@wellspan.org)



## Pennsylvania Yellow Dot Program

Pennsylvania's Yellow Dot Program was created to assist citizens in the "golden hour" of emergency care following a traffic accident when they

may not be able to communicate themselves. Placing a yellow dot in your vehicle's rear window alerts first responders to check your glove compartment for vital information to ensure you receive the critical medical attention you need.

The program is a cooperative effort among the Pennsylvania Departments of Transportation, Health and Aging; the Pennsylvania State Police; the Pennsylvania Turnpike Commission; and first responders and local law enforcement.

### How the Program Works

Participants complete a personal information portion in the booklet, which includes the participant's name, contact information, emergency

contact information, medical history and medications, allergies and the participant's doctors' contact information. A current photo – showing only the participant's head and shoulders - is then taped on the spot allocated in the booklet.

The yellow dot decal provided in the program kit is placed in the lower left corner of the vehicle's rear window. The top of the sticker should be no higher than 3<sup>1/2</sup> inches from the bottom of the window. This decal alerts first responders that vital information can be found in the vehicle.

Place the completed information booklet, with the attached picture, into the vehicle's dashboard glove compartment.

### How to Participate

For more information on Pennsylvania's Yellow Dot Program or to request a free kit, visit [www.YellowDot.pa.gov](http://www.YellowDot.pa.gov). You can also call the PennDOT Sales Store at 717-787-6746.



# 2017 YORK COUNTY SENIOR GAMES

The 16<sup>th</sup> annual York County Senior Games will be held Monday, June 19 through Friday, June 23.

The mission of the York County Senior Games is to promote fitness and healthy

lifestyles for York County men and women aged 50 and older. The Senior Games are organized by the York County Area Agency on Aging in conjunction with the Senior Games Planning Committee.

The majority of the events will be held at Central York High School. See schedule for specific events and community locations. The Senior Games Information Desk, located inside the school's main entrance, will open at 9:00 a.m. on Monday, June 19 and will remain open every day from 9:00 a.m. to 3:00 p.m. through June 23<sup>rd</sup>. Participants can pick up their senior games t-shirt.

## Opening and Closing Events

The Opening Ceremony will be held on Tuesday, June 20<sup>th</sup> at 8:15 a.m. in the Central York High School Cafeteria. Bring your family and join us as we kick off this year's festivities.

The week of events will end with our Closing Celebration. It will be held on Friday, June 23<sup>rd</sup> beginning at 4:00 PM at Central York High School Cafeteria, and will celebrate the week of activities, recognize medal winners and be a special time of sharing. All participants and their families are encouraged to attend.

## Eligibility and Age Divisions

Any York County resident 50 years of age or older as of December 31, 2017 may participate. Age groups are 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89 and 90+. Event coordinators reserve the right to consolidate age divisions for competition based on insufficient

entries, modify rules and formats or to cancel events. Medals will be awarded within each age group. Some events are open to men and women separately.

## Registration

There is a \$15.00 registration fee that enables you to participate in an unlimited number of non-conflicting events. A change to the Senior Games this year is a registration deadline:

**REGISTRATION DEADLINE:**  
**ALL REGISTRATIONS MUST BE RECEIVED BY**  
**WEDNESDAY, JUNE 14.**

Once registered, events can be added during the week of the Games, but **new registrations will not be accepted after June 14**. The registration fee is non-refundable. Additional fees apply for some events.

Registration booklets will be available and mailed to previous 2016 participants. Contact the York County Area Agency on Aging at (717) 771-9001 or 1-800-632-9073 for further information or to be added to the mailing list. The registration booklet and registration form can also be downloaded from our website at [www.ycaaaa.org](http://www.ycaaaa.org), after April 1.

## Sponsors and Donations

The Senior Games are made possible by the financial support of local businesses, organizations, and individuals. Sponsors who commit after the printing of this publication will be recognized in the Summer issue of the *New Horizons*. Sponsors and donations are always accepted, as they will continue to support the Games and ensure future success.

### Committed Sponsors to date:

#### PLATINUM



*The Brunswick at  
Longstown & Colonial  
Manor Nursing and Rehab*



UPMC Health Plan Medicare Program

#### GOLD

SpiriTrust Lutheran™  
PA Lottery

#### SILVER

OSS Health  
United Healthcare  
Coventry- An Aetna Company  
Heritage Senior Center

#### BRONZE

Glatfelter Insurance Group  
HealthSouth Rehabilitation Hospital of York  
Normandie Ridge Senior Living Community  
Providence Place Senior Living  
Visiting Angels Living Assistance Services  
WellSpan Sports Medicine

#### SUPPORTER

Dallastown American Legion Post 605  
Shiloh American Legion Post 791  
The UPS Store, Red Lion

#### MEDIA

Newsradio 910 WSBA  
On-Line Publishers, Inc

## ~Monday, June 19~

### Bowling – Singles

*Sponsored by PA LOTTERY and Hosted by Hanover Bowling Centre*

**Location:** Hanover Bowling Centre  
1630 Broadway, Hanover  
**Time:** 9:00 AM

### A Walk in the Park with a York County Doc - NEW 2017

*Hosted by Healthy York County Coalition's "York County Walks" Initiative*

**Location:** John Rudy Park  
400 Mundis Race Rd, York  
**Time:** 10:00 AM

### Bowling – Doubles

*Sponsored by PA LOTTERY and Hosted by Hanover Bowling Centre*

**Location:** Hanover Bowling Centre  
1630 Broadway, Hanover  
**Time:** 12:00 PM

### Table Tennis

*Hosted by Stewartstown United Methodist Church Table Tennis Club*

**Location:** Hopewell Area Recreation & Parks  
16 College Avenue, Stewartstown  
**Time:** 2:00 PM

## ~Tuesday, June 20~

(ALL events at Central York High School except Mini Golf)

### Bocce

*Sponsored by SPIRITRUST LUTHERAN and Hosted by Elizabeth DiLuigi*

**Time:** Beginning at 9:00 AM. Specific times for age groups will be listed in the Registration Booklet.

### Ladder Golf

*Sponsored and Hosted by MANORCARE HEALTH SERVICES*

**Time:** Compete in this event anytime between 9:00 AM to 2:00 PM

### Soccer Kick

*Sponsored and Hosted by MANORCARE HEALTH SERVICES*

**Time:** Compete in this event anytime between 9:00 AM to 2:00 PM

### Washers *Hosted by Crystal Yunginger*

**Time:** Compete in this event anytime between 9:00 AM to 2:00 PM

### Wii Archery *Hosted by Patricia Egger*

**Time:** Compete in this event anytime between 10:00 AM to 3:00 PM

### Mini Golf

*Hosted by Heritage Hills Golf Resort*

**Location:** Heritage Hills Golf Resort  
2700 Mt. Rose Avenue, York  
**Time:** Compete in this event anytime between 1:00 PM to 5:30 PM

# 2017 SCHEDULE OF EVENTS

## ~Wednesday, June 21~

(ALL events at Central York High School except Target and Trap Shooting)

### Running Events Hosted by Ross Stanko

<b>Time:</b>	<b>5K</b>	<b>8:00 AM</b>
	<b>50 meter</b>	<b>9:00 AM</b>
	<b>100 meter</b>	<b>10:00 AM</b>
	<b>4X100 relay</b>	<b>10:45 AM</b>
	<b>400 meter</b>	<b>11:15 AM</b>
	<b>Sprint Medley</b>	<b>11:45 AM</b>
	<b>600 meter</b>	<b>12:15 PM</b>

### Throws

Sponsored by UPMC FOR LIFE and Hosted by Sharon and Clark Focht

**Time:** Football, Softball, and Frisbee  
Compete in these events  
anytime between 9:00 AM to 2:00 PM

### Shuffleboard Hosted by SOS and SING

**Time:** Beginning at 10:00 AM.  
Specific times for age groups  
will be listed in the  
Registration Booklet.

### Target Shooting

Hosted by York Chapter # 67  
Izaak Walton League of America

**Location:** Izaak Walton League of  
America  
7131 Iron Stone Hill Road,  
Dallastown

**Time:** 1:00 PM

### Basketball Hoops Hosted by Randy Grove Foul Shooting and Hot Shot

**Time:** Compete in these events  
anytime between 3:00 PM to  
6:00 PM.

Event also offered on Thursday, June 22,  
choose one day.

### Trap Shooting

Hosted by York Chapter # 67  
Izaak Walton League of America

**Location:** Izaak Walton League of  
America  
7131 Iron Stone Hill Road,  
Dallastown

**Time:** 5:00 PM Optional Practice  
Round  
6:00 PM Event begins

## ~Thursday, June 22~

(ALL events at Central York High School except 9-Hole Golf and Horseshoes)

### 9-Hole Golf

Hosted by Josh Kehler and Little Creek Golf  
Course

**Location:** Little Creek Golf Course  
Rte. 116, Spring Grove, PA

**Time:** 8:00 AM

### Horseshoes-Singles

Hosted by Chris Kessler

**Location:** John Rudy Park  
400 Mundis Race Rd, York

**Time:** 8:00 AM

### Horseshoes-Doubles

Hosted by Chris Kessler

**Location:** John Rudy Park  
400 Mundis Race Rd, York

**Time:** Following Horseshoes -  
Singles

### Wii Bowling

Hosted by Dick and Sandy Bear and  
Heritage Senior Center

**Time:** Compete in this event  
anytime between  
9:00 AM to 3:00 PM

Event also offered on Friday, June 23,  
choose one day.

### Darts

Compliments of Staff Music and Amusements  
and Hosted by Katie Fink

**Time:** Compete in this event  
anytime between  
9:00 AM to 3:00 PM.

Event also offered on Friday, June 23,  
choose one day.

### 500 Card Game Hosted by Patricia DiLuigi

**Time:** 9:30 AM

### Basketball Hoops

Hosted by Randy Grove

**Foul Shooting and Hot Shot**

**Time:** Compete in these events  
anytime between 3:00 PM to  
5:00 PM.

Event also offered on Wednesday,  
June 21, choose one day.

### 3 on 3 Basketball Hosted by Randy Grove

**Time:** 5:30 PM

## ~Friday, June 23~

(ALL events at Central York High School)

### Cornhole - NEW 2017

Sponsored and Hosted by The Brunswick at  
Longstown & Colonial Manor Nursing and  
Rehab

**Time:** Compete in this event anytime  
between 8:30 AM to 12:00 PM.

### Wii Bowling

Hosted by Dick and Sandy Bear and  
Heritage Senior Center

**Time:** Compete in this event  
anytime between 9:00 AM  
to 1:00 PM

Event also offered on Thursday, June 22,  
choose one day

### Darts

Compliments of Staff Music and Amusements  
and Hosted by Katie Fink

**Time:** Compete in this event  
anytime between 9:00 AM  
to 1:00 PM.

Event also offered on Thursday, June 22,  
choose one day.

### Pinochle

Hosted by Kim Maglaughlin, Delta Senior  
Center Director

**Time:** 9:30 AM

### Swimming

Hosted by Mary Ann and Brian Wayne

**Time:** Warm up begins at 9:30 AM.  
Events begin at 9:45 AM.  
Specific times for events will  
be listed in the Registration  
Booklet.

### Poker Hosted by John Brenner

**Time:** 12:00 PM

## Triathlon

2017 Triathlon events include:  
Softball Throw, 50 Yard Freestyle  
Swim and 100 Meter Run.

Participants of the Triathlon  
must compete in all three events during  
each of the scheduled event times.  
Points will be awarded to each athlete  
according to distance/accuracy score in  
softball throw, time in swimming and  
running events. Highest points in each  
of the following age brackets win:  
50-54; 55-59; 60-64; 65-69; 70-74;  
75-79; 80-84; 85-89; and 90+. There  
will be Men's and Women's Divisions.  
Awards will be announced during the  
Closing Celebration.

## NEW 2017 - A Walk in the Park with a York County Doc!

Local doctors will participate in a community walk, starting with a brief motivational update on why exercise is the best medicine for aging well. Walk at your own pace, on a short or long paved trail.

**A drawing will be held at 11:00:**

**1st Prize:** "Fitbit Charge II Heart Rate & Fitness Wristband" (valued at \$130);

**2nd Prize:** 25 walkers will win a pedometer to track their future steps!

This event will be led by volunteers from the Healthy York County Coalition's York County Walks initiative.

# Exercise After Age 65

By: Monique Hall, MD  
Thomas Hart Family Practice  
York Hospital

## Is exercising only a young person's activity?

Well, the short answer for that is emphatically NO! If your next thought is “how do you expect me to do CrossFit, P90X, Zumba, the NYC Marathon, or even a Burpee when I have a cane”; then please continue reading. Exercise is for everyone including those over the age of 65. There are many athletes who shine for the aged population including Ernestine Shepherd, the oldest competitive female bodybuilder in the world at age 74 or Fauja Singh, the oldest marathoner in the 2011 Toronto Marathon at age 100.<sup>1</sup> However, this article is to inspire the less active average joe over age 65 that setting a real goal for exercising is attainable for you. Whether you have diabetes, heart disease, balance and coordination problems, “bad knees”, one leg, no legs, depression or dementia, there is a part of the exercise world that is for you.

## Why even bother exercising? Exercise is Medicine!

If exercise could be manufactured into a pill, then it would be more effective in saving lives after a stroke than aspirin. Exercise is also just as effective in preventing death from heart disease, prediabetes, and heart failure as taking medication.<sup>3</sup>

### Exercise:

- ✓ Protects against osteoporosis
- ✓ Improves muscle tone
- ✓ Helps in weight control
- ✓ Improves sleep quality
- ✓ Improves circulation
- ✓ Increases energy and sense of well-being
- ✓ Decreases stress, anxiety, and depression
- ✓ Improves sexual function

## How do you do it?

There are 3 types of exercise: aerobic, strength building, and balance and flexibility. A combination of all three types of exercise is the most beneficial. It's imperative that you consult with your doctor before starting any physical activity. Physicians and physical therapists can help you explore safe but effective exercise routines and we love to do it.

Aerobic exercise is any activity that uses the large muscles of your body and increases heart rate and breathing rate. Some examples of aerobic exercise include: walking, running, cycling, aerobic classes, and swimming. I have seen plenty of older women in my Zumba class but I will admit Zumba is hard on the knees. Aerobic water classes are easier on the knees yet provide some of the same health benefits.

If you already have heart failure or COPD then ask your physician about specific heart failure clinics or lung disease clinics in your area that provide special exercise classes for those with your condition. If you are on a budget, walking is free. One of my patients walked for one hour everyday around her mobile home park community with her oxygen tank and cane and lost 5 pounds in one month. There are plenty of exercises that you can do right in your home that will build endurance, strength and balance. If you are in a nursing home, most have exercise equipment or seated exercise activities. I frequently pass my nursing home patients while they enjoy their work out on stationary bicycles.

Strength building involves the use of weights or resistance to strengthen your muscles. Muscle strength declines by 15% every decade after age 50 and by 30% every decade after age 70 and more so in women

than in men.<sup>4</sup> This is why I encourage many of my older female patients to pick up a weight, try a resistance band, do some squats, or even start gardening. Weight lifting can also help prevent and treat osteoporosis and reduce your risk of falls and fractures by strengthening your muscles and bones. Combining resistance training with balance training reduces your risk of falls even more.<sup>4</sup> Balance and flexibility exercises help to keep your joints flexible. Some examples of these exercises include: yoga, stretching, and tai chi.

## What is stopping you from exercising today?

There are many barriers to exercising: discomfort, fear of injury, poor balance, or having a severe and debilitating health condition.<sup>2</sup> However, I believe that you can overcome these barriers and find a routine that works for you. I am not able to cover the vast complexity of safe exercises that you can do in this short article but I would like to encourage you to begin thinking of ways that you can start. Ask your doctor which exercise is best suited for you.

In summary, I was not a very good cheerleader in middle school. But, if I need to grab a pair of pom-poms and shout a few cheers to get you off the couch today then here is my best try. “Up, Up, Up! Give it a try. Exercise after 65!”

### References:

1. Bernstein, L. (2014, April 22). Oldest person to... Win the Boston Marathon? Climb Mt. Everest? Win an Oscar? *The Washington Post*.
2. Burghardt, M. M. (1999). *Medscape Family Medicine*. Retrieved November 15, 2016, from Medscape: [http://www.medscape.com/viewarticle/715521\\_7](http://www.medscape.com/viewarticle/715521_7)
3. Naci, H., & P A Ioannidis, J. (2013, October 1). Comparative effectiveness of exercise and drug interventions on mortality outcomes: metaepidemiological study. *The BMJ*, 347.
4. Nied, R. J. (2002). Promoting and Prescribing Exercise for the Elderly. *American Family Physician*, 65 (3), 419-427.



## VOLUNTEER for the Senior Games!

The 2017 York County Senior Games scheduled for June 19 – June 23, needs 200 volunteers.

Do you know someone who can help?

- Can you commit a few hours of your time?
- Would your club or organization be willing to volunteer?
- Do you know of a responsible youth group or team, age 14 and older, who is looking for a volunteer opportunity?
- Would your place of employment allow you, or a team to volunteer?

There are many fun and different volunteer opportunities. Help is needed in the following areas:

- Assisting at the various events.
- Picking up and delivering supplies and equipment during the Games.
- First Aid – medial support, and much more.

Volunteering for the Senior Games can be just as much fun as participating in the events! To learn more about the many volunteer opportunities, call (717) 771-9001 or email [aging@yorkcountypa.gov](mailto:aging@yorkcountypa.gov).

## Mark Your Calendars for 2017 Memorial Day Service

The York County Department of Veterans Affairs will hold a Memorial Day Observance and Wreath Laying on Monday, May 29, 2017, beginning at 11:00 a.m. The ceremony will be held at the Veterans Memorial Gold Star Healing & Peace Garden at Veterans Memorial Park in York City (next to York Catholic High School). For more information contact the York County Department of Veterans Affairs at [yorkvet@yorkcountypa.gov](mailto:yorkvet@yorkcountypa.gov) or (717) 771-9218.

# Be Fire Safe!

## Our Turn to Take Care of You....

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

Welcome back to another article pertaining to fire safety. This issue's focus will be on kitchen fire safety. In our program, *Remembering When*, the fire safety message pertaining to this topic is "**Stay in the kitchen when frying food**". Before I go any further, let me share a joke I always hear when I tell people about being fire safe. "How do you know when dinner is ready? The smoke alarm sounds!" While this is funny, in reality, if your smoke alarm does sound when cooking, you either have one of two problems: your food is burnt or the smoke alarm is too close to the stove.

In 2016, 'cooking area; kitchen' is listed as number 2 when it comes to area of fire origin counts, with 744 fires having been determined to have originated in a 'cooking area; kitchen.' These 744 fires caused an estimated dollar loss of just over \$6.058 million. Looking at these numbers tells me this is an area where I, along with my other fire safety colleagues, need to do more teaching when it comes to fire safety. So here we go!

As the title of fire safety message # 3 says, **stay in the kitchen when frying food**. If you must leave the kitchen, even for a short time, turn off the burner and move the pan to a cool burner. If you are cooking with grease and it were to catch fire, DO NOT put water on the fire. Attempt to slide a lid over the pan that is on fire and turn off the burner. If you feel uncomfortable doing this, then exit the house immediately and call 9-1-1. If you take medication that makes you drowsy, it is a good idea not to take this medication prior to cooking.

To prevent catching your clothes on fire, wear tight-fitting, rolled up, or short sleeves when cooking. In the event you were to catch your clothes on fire, remember to **STOP, DROP and ROLL**.

We know that there are some foods that take awhile to cook or bake. Who wants to stand in the kitchen for 30 minutes to an hour for a cake to bake, or for 4-5 hours to watch a turkey cook? We usually end up doing something else to pass the time by, which is fine, but take something with you to remind you there is something cooking or baking. Take a spatula with you, an egg timer or an oven mitt, something to remind you. Probably the best item is a timer. That way, if you're like me and decide to sit down and watch television, you tend to take a snooze! The timer will hopefully wake you up when time expires and you won't burn Tom Turkey or the grandkids' chocolate chip cookies!

Lastly, when possible, use light-weight manageable pans that you can lift and move around easily. If there is a pan or other cookware you can't easily move, ask someone to move it for you to prevent you from dropping the pan, burning yourself or causing other serious bodily harm. If you would get a burn, use cool water on the area for 3-5 minutes to cool the burn and then seek further medical help.

Earlier I mentioned about **stop, drop and roll**. This happens to be fire safety message # 4 and I would like to discuss this now, instead of waiting until the next issue. Remember, stop (don't run), drop gently to the ground, cover your face with your hands and roll back and forth to put the fire out. If you cannot drop and roll, grab a blanket or towel and smother the flames. For those that use a wheelchair, scooter or other device and are able to get to the floor, lock the device before getting out and then roll until the flames are out.

In the next issue of *New Horizons*, we will discuss the fire safety message dealing with smoke alarms. Until then, please be fire safe. *If you are interested in having a Remembering When: A Fire and Fall Prevention Program for Older Adults presented for your group, please contact Scott Steffen at [rsteffen@pa.gov](mailto:rsteffen@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.

## Federal VA Decision Will Affect Local Veterans and Surviving Spouses

By: **Terry Gendron, Director**  
York County Veteran Affairs

The U.S. Department of Veterans Affairs has established a presumptive service connection for veterans suffering from specific disabilities resulting from the consumption of contaminated water at Camp Lejeune, North Carolina, from Aug. 1, 1953, through Dec. 31, 1987. York County has a large population of United States Marine Corps veterans who served there during this period.

Eight diseases are considered related to service if a veteran served at Camp Lejeune during this time:

- Non-Hodgkin's lymphoma
- Parkinson's disease
- Bladder cancer
- Kidney cancer
- Liver cancer
- Adult leukemia
- Aplastic anemia and other myelodysplastic syndromes
- Multiple myeloma

This decision means veterans and surviving spouses are eligible for financial compen-

sation for these conditions. In addition to veterans with open claims or appeals, York County Veterans Affairs is looking for three other veterans groups to help with the compensation process to maximize their benefits:

- Veterans who have been denied claims for these conditions
- Veterans who have a diagnosis for these conditions but have never filed claims
- Surviving spouses of veterans who have died from one of these conditions or one of these conditions was a contributing factor in the death

The latter group – surviving spouses – are the most difficult to reach. Surviving spouses of veterans who have died a service-connected death may receive benefits for life, but they often are out of the loop regarding VA benefits. Because of the VA's history of denying the claims, many veterans never filed one.

Service officers can interview and process claims from our office. Contact the York County Department of Veterans Affairs at [yorkvet@yorkcountypa.gov](mailto:yorkvet@yorkcountypa.gov) or 717-771-9218.

## Choose care at *home* from people you can trust

Since 1978 we've been helping families with high quality, compassionate in-home support, home health care, palliative care, and hospice. We see each day as an opportunity to live out what's behind our name: a spirit of service, and a legacy of trust. Call us to help you or your loved one.

Call (800) 840-9081

[www.SpiritrustLutheranHomeCare.org](http://www.SpiritrustLutheranHomeCare.org)



**Spiritrust Lutheran®**  
Home Care & Hospice

# 4 Ways to Help Lower Your Medicare Prescription Drug Costs

Are you a person with Medicare who's having trouble paying for prescription drugs? Getting Medicare Prescription Drug Coverage (Part D) may help, even if you have to pay a late enrollment penalty.

There are other ways you may be able to save. Consider switching to drugs that cost less. Ask your doctor if there are generic, over-the-counter, or less expensive brand-name drugs that could work just as well as the ones you're taking now. Switching to lower-cost drugs can save you hundreds or possibly thousands of dollars a year. Visit the Medicare Plan Finder at [www.Medicare.gov/find-a-plan](http://www.Medicare.gov/find-a-plan) to get information on ways to save money in your Medicare drug plan. You can also call 1-800-MEDICARE (1-800-633-4227). TTY users should call 1-877-486-2048.

You can also help lower your Medicare prescription drug costs by:

1. Exploring national and community-based programs that may have programs that can help you with your drug costs, for example, the National Patient Advocate Foundation or the National Organization for Rare Disorders. Get information on federal, state, and private

assistance programs in your area on the Benefits Check Up website at [www.benefitscheckup.org](http://www.benefitscheckup.org). The help you get from some of these programs may count toward your true out-of-pocket (TrOOP) costs. TrOOP costs are the expenses that count toward your Medicare drug plan out-of-pocket expenses—up to \$4,950 in 2017. These costs determine when your catastrophic coverage will begin.

2. Looking at State Pharmaceutical Assistance Programs (SPAPs) to see if you qualify. SPAPs offer some type of coverage to help people with Medicare with paying drug plan premiums and/or cost sharing. In Pennsylvania, the Pharmaceutical Assistance Program is PACE and PACENET. They can be contacted by phone 1-800-225-7223, by email at [papace@magellanhealth.com](mailto:papace@magellanhealth.com) or by visiting their website <https://pacecares.magellanhealth.com/>. SPAP contributions may count toward your TrOOP costs.

3. Looking into Manufacturer's Pharmaceutical Assistance Programs (sometimes called Patient Assistance Programs (PAPs)) offered by the manufacturers of the drugs you take. Many of

the major drug manufacturers offer assistance programs for people enrolled in a Medicare drug plan. Find out whether the manufacturers of the drugs you take offer a Pharmaceutical Assistance Program by visiting [www.Medicare.gov/pharmaceutical-assistance-program](http://www.Medicare.gov/pharmaceutical-assistance-program) or calling 1-800-MEDICARE (1-800-633-4227). TTY users should call 1-877-486-2048. Assistance from PAPs isn't part of Medicare Part D, so any help you get from this type of program won't count toward your TrOOP costs.

4. Applying for Extra Help paying for your Medicare prescription drugs. If you have Medicare and have limited income and resources, you may qualify for Extra Help. To apply for Extra Help, contact Social Security by visiting [www.socialsecurity.gov/i1020](http://www.socialsecurity.gov/i1020) or by calling 1-888-329-5732 locally, or 1-800-772-1213. TTY users should call 1-800-325-0778. If you need help finding resources, like the ones described above, contact the York APPRISE Program for free personalized counseling to people with Medicare, by phone at (717) 771-9008 or 1-800-632-9073 or by email at [aging@yorkcountypa.gov](mailto:aging@yorkcountypa.gov).

Source: CMS

## Pennsylvania's Pharmaceutical Assistance Program for Older Adults

### PACE and PACENET

PACE and PACENET offer comprehensive prescription coverage to older Pennsylvanians. They cover most prescription medications, including insulin, syringes and insulin needles. These programs do not cover over-the-counter medicines, medical equipment or doctor, hospital, dental or vision services. There is no application fee to enroll in the program.

#### ELIGIBILITY

##### **PACE**

To be eligible for PACE you must be 65 years of age or older, a Pennsylvania resident for at least 90 consecutive days, not receiving Medicaid (Medical Assistance) and meet the income requirements. Eligibility is determined by your previous calendar year's income. For a single person, your total income must be \$14,500 or less. For a married couple, your combined total income must be \$17,700 or less. Effective February 2014, gross Social Security and SSI income, excluding Medicare premiums, is used when determining eligibility.

Once you are enrolled in the PACE program, a benefit card will be sent to you, and you will pay no more than \$6 for each generic prescription medication and no more than \$9 for

each brand-name prescription at your pharmacy. These copayments are based on a 30-day supply.

##### **PACENET**

To be eligible for PACENET, you must also be 65 years of age or older, a Pennsylvania resident for at least 90 consecutive days, not receiving Medicaid benefits and meet specific income limits.

PACENET's income limits are slightly higher than those for PACE. Eligibility is based on the previous calendar year's income. A single person's total income can be between \$14,501 and \$23,500. A couple's combined total income can be between \$17,701 and \$31,500. Once you are enrolled in the PACENET program, a benefit card will be sent to you. The same is true for PACENET - gross Social Security and SSI income, excluding Medicare premiums, is used when determining eligibility.

PACENET cardholders who do not enroll in a Part D plan will pay a nominal deductible each month at the pharmacy, which will be calculated through the cost of their medications. If the deductible is not met each month, it will accumulate. In addition, the individual will pay no more than \$8 for each generic prescription

medication and no more than \$15 for each brand name.

PACENET cardholders enrolled in one of the program's partner Part D plans will pay the Part D premium at the pharmacy each month, which will be calculated through the cost of the medications. PACENET cardholders enrolled in a Part D plan that is not one of the program's partner plans will pay the Part D premium directly to the Part D plan. In addition, they will pay no more than the PACENET co-payments of \$8 for each generic prescription medication and \$15 for each brand-name.

#### APPLICATION PROCESS

The same application can be used for both PACE and PACENET. You can complete the application online at <https://pacecares.magellanhealth.com> or pick up an application at the Agency on Aging and most State Legislative Offices. For assistance with the application process, call PACE/PACENET Cardholder Services toll free at 1-800-225-7223, or the PACE Application Center (Benefits Data Trust) at 1-866-712-2060, or the York APPRISE Program at (717) 771-9008 or 1-800-632-9073. Completed applications can be faxed to 1-888-656-0372.

# Medicare's "Extra Help" Program:

## helps people with limited income pay for their prescription medications

Making ends meet should not mean going without your medications. If you have limited income and resources, you may qualify for "Extra Help" to pay for some prescription drug costs. Drug costs in 2017 for most people who qualify for "Extra Help" will be no more than \$3.30 for each generic drug and \$8.25 for each brand-name drug. The Centers for Medicare & Medicaid Services estimates that more than 2 million people with Medicare may be eligible for Extra Help, but aren't currently enrolled to take advantage of these savings. It's important to know how your income and assets are counted. For example:

- Life insurance policies don't count as resources
- Any help you get from relatives, friends, and others to pay for household expenses—like food, mortgage, rent, heating fuel or gas, electricity, water and property taxes—doesn't count as income

### Many People Qualify and Don't Know It

Even if you were previously turned down for "Extra Help" due to income or resource

levels, you should reapply. If you qualify, you'll get help paying for Medicare prescription drug coverage premiums, copayments, and deductibles. To qualify, you must make less than \$18,336 a year (or \$24,600 for married couples). Even if your annual income is higher, you may still qualify for some "Extra Help." Your resources must also be limited to \$13,820 (or \$27,600 for married couples). Resources include bank accounts, stocks, and bonds, but not your house or car.

### There's No Cost or Obligation to Apply

It's easy and free to apply for "Extra Help." You, a family member, trusted counselor, or caregiver can apply online at [www.socialsecurity.gov/i1020](http://www.socialsecurity.gov/i1020) or call Social Security at 1-888-329-5732 locally, or 1-800-772-1213. TTY users should call 1-800-325-0778. You can also get help in your community from the APPRISE Program at (717) 771-9008. To learn more about Medicare prescription drug coverage, visit [Medicare.gov](http://Medicare.gov), or call 1-800-MEDICARE (1-800-633-4227). TTY users should call 1-877-486-2048.

Source: U.S. Department of Health and Human Services

### Pre-Retiree Seminar Scheduled

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, March 30, 2017 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 for registration and further information.



## APPRISE Can Help!

APPRISE, Pennsylvania's Health Insurance Assistance

Program, 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.

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
- **Golden Connections Community Center, Inc. (Formerly 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.



### "I chose Senior LIFE."

There are NO costs for Senior LIFE Services for those who qualify. To learn more about Senior LIFE, call **717-757-5433**.

**LIFE enrollment starts now.**

Choose Senior LIFE.



CLOSE & PERSONAL

[www.SeniorLifeYork.com](http://www.SeniorLifeYork.com) • 717-757-5433  
1500 Memory Lane Ext., York, PA 17402

# Property Tax/Rent Rebate Program



The Property Tax/Rent Rebate Program is a rebate based on the property taxes or rent you paid in the previous calendar year. The deadline for applying for the 2016 rebate is June 30, 2017.

## Qualifications are as follows:

- 65 years of age or older as of December 31, 2016; or
- Not age 65 but married to someone 65 years of age or older as of December 31, 2016; or
- 50 years of age or older and a widow or widower during all or part of 2016; or
- 18 years of age or older and permanently disabled during all or part of 2016.

You must have owned and occupied a home or rented and occupied a home, apartment, nursing home, boarding home or similar residence in Pennsylvania during the period for which you are claiming the rebate.

Owners must have paid taxes prior to filing. Renters must make certain their landlords were required to pay property taxes or made payments in lieu of property taxes on the rental property.

One-half of your Social Security benefits, Supplemental Security Income, or Tier I benefits from your Railroad Retirement can be excluded when calculating your total household eligibility income.

Homeowners will receive:

Income	Rebate
\$0 to \$8,000	\$650
\$8,001 to \$15,000	\$500
\$15,001 to \$18,000	\$300
\$18,001 to \$35,000	\$250

Renters will receive:

Income	Rebate
\$0-\$8,000	\$650
\$8,001-\$15,000	\$500

**IMPORTANT:** Homeowners and renters who collected Social Security benefits and received a property tax or rent rebate in 2013 for claim year 2012 may be eligible for a property tax or rent rebate even if their eligibility income is greater than \$35,000 as a homeowner or \$15,000 as a renter. Claimants whose eligibility income becomes greater than these maximum household income limits may be eligible for claim year 2016 if their eligibility income is not greater than \$36,663 for a property owner or \$15,713 for a renter if the department can determine that the increase in the income is solely to Social Security cost-of-living adjustments in 2013, 2014 and 2015.

Property tax and rent rebate claims may also be filed on behalf of claimants who die during a claim year by surviving spouses, personal representatives or estates. To be eligible for a rebate, the claimant must have lived at least one day of a claim year, owned and occupied and paid taxes or rented and occupied and paid rent for the claim year during the time period the claimant was alive. The property tax paid for a deceased claimant will be prorated based upon the number of days the claimant was alive during the claim year.

For additional information contact the Pennsylvania Department of Revenue at 1-888-222-9190 or visit [www.revenue.pa.gov](http://www.revenue.pa.gov). To be added to the mailing list for an application, contact 1-800-362-2050.



## Fraud Alert Bulletin

By: Dave Sunday,  
Chief Deputy  
Prosecutor

Greetings fellow  
York Countians,

This is a Fraud Alert issued by the York County Elder Abuse Task Force. Periodically, members of the York County District Attorney's office who prosecute these devastating financial crimes will offer warnings about the latest financial scams targeting seniors here in York County. Educating seniors about financial fraud is a top priority of the York County Elder Abuse Task Force. With that in mind, we want every senior in York County to remember the **3 Rs**:

- **Recognize** a potential scam;
- **Refuse** to make any hasty decisions; and
- **Report** suspicious activity to police.

Stay safe and feel free to contact either Chief Deputy Prosecutor Dave Sunday or Assistant District Attorney Alison Glunt at the District Attorney's Office (717-771-9600) with any questions.

### **FRAUD ALERT! – Tax Scams**

Many scammers are interested in stealing your personal information so they can file false tax returns or open up credit cards in your name. Attempts to steal your information may be done through email or by phone.

The IRS has provided several tips for attempting to avoid tax scams, including:

- Make sure any communication with your tax preparer is secure. If communication is by email, be sure it is encrypted and password-protected. Communication with your tax preparer is likely safe if done in person!
- Watch out for fake emails! If you're not expecting a request for more information, don't respond by email. Contact your tax preparer by phone at a number you know is legitimate or stop in to his/her office.
- Watch out for fake communications from the IRS! If you receive a call from someone claiming to be from the IRS, watch for the following:
  - Requests for information via email or text.
  - Requests for password information.
  - Links in emails that seem suspicious.
  - Aggressive behavior by the caller.
  - Demands for immediate action.

**Additional taxpayer tips are periodically added to the secure IRS website at <https://www.irs.gov/uac/tax-scams-consumer-alerts> - Check it out for additional ways to protect yourself!**

**The comforts of your home with peace of mind.**

Light Housekeeping Medication Reminders  
Alzheimer's & Dementia Care FREE In-Home Assessment ...and much more!

**Senior Helpers**  
Caring In-Home Companions  
717-718-8081  
Serving York, Cumberland and Dauphin Counties

# 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: 848-3610  
Hours: Monday-Friday, 9:00 AM - 4:00 PM  
Website: [www.crispusattucks.org](http://www.crispusattucks.org)

## DELTA AREA SENIOR CENTER, INC.

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

## DILLSBURG SENIOR ACTIVITY CENTER, INC.

1 North Second St., Dillsburg  
Director: Scott Shughart  
Phone: 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: 244-7229  
Hours: Monday-Friday, 7:30 AM-2:30 PM  
Website: [www.gcccenter.com](http://www.gcccenter.com)

## HERITAGE SENIOR CENTER, INC.

3700-4 Davidsburg Road, Dover  
Director: Emma Crossley  
Phone: 292-7471  
Hours: Monday- Friday, 8:00 AM- 3:00 PM  
Website: [www.heritagesrcenter.org](http://www.heritagesrcenter.org)

## NORTHEASTERN SENIOR COMMUNITY CENTER

P.O. Box 386  
131 Center St., Mount Wolf  
Director: Deb Davis  
Phone: 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: 938-4649 or 938-4640  
Hours: Monday through Friday, 8:30-3:00 PM  
Website: [www.redlandseniorcenter.org](http://www.redlandseniorcenter.org)

## SEPTEMBER HOUSE SENIOR CENTER

1251 West King St., York  
Director: Susan K. Jones  
Phone: 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: 235-6060  
Hours: Monday- Friday, 8:00 AM-3:00 PM  
[www.southcentrallyorkcountysrctr.webs.com](http://www.southcentrallyorkcountysrctr.webs.com)

## STEWARTSTOWN SENIOR CENTER, INC.

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

## SUSQUEHANNA SENIOR CENTER, INC.

2427 Craley Road, Wrightsville  
Director: Trena Howard  
Phone: 244-0340  
Hours: Monday-Friday, 8:00 AM - 2:30 PM  
Website: [www.susquehannaseniorcenter.org](http://www.susquehannaseniorcenter.org)

## WHITE ROSE SENIOR CENTER, INC.

27 South Broad St., York  
Director: Lisa Krout  
Phone: 843-9704  
Hours: Monday-Friday, 8:00 AM- 4:00 PM  
Website: [www.whiteroseseniorcenter.org](http://www.whiteroseseniorcenter.org)

## WINDY HILL ON THE CAMPUS, INC.

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

## YORKTOWN SENIOR CENTER, INC.

509 Pacific Avenue, York  
Director: Jennifer Stitzel  
Phone: 854-0693  
Hours: Monday- Friday, 8:00 AM- 3:00 PM  
Website: [www.yorktownseniorcenter.org](http://www.yorktownseniorcenter.org)

## A Journey Through StAGEs



Following a full year of successful programming, DreamWrights will once again offer StAGEs, a theatre program designed for adults over 50. This

program encourages active participation in the arts where you will meet new people, 'make art,' and enjoy the benefits of "creative aging." **You are invited to play! Free yourself to live in the moment. Learn and experiment with theatrical techniques to tell stories, create plot and characters, build new (or old) friendships and laugh!**

StAGEs is open to new and returning participants but is limited to the first 20 enrollees. Building on the successes from the 2016 series, this Journey will create a map or a landscape of creative, story-based encounters through a ten-week series in the Spring and another one in the Fall. Using a multi-art, integrative approach to meaning-

making with elders, participants will work with the "building blocks" of improvisational exercises, story building, and narrative-based exercises to create theatrical scenes in which to share their life experience.

Each of the two ten-week series will culminate with a celebratory shareback performance, (open to the public and free of charge). StAGEs participants will share the building blocks, sequences of theatrical narrative they created, and any other artifacts of learning developed through the work. The shareback will allow audiences to see "under the hood" of the exercises and participate in a Q&A talkback with the participants. Following the shareback, an informal "coffee conversation" will provide an opportunity to mix, celebrate and converse in yet another form.

Inspired by the National Council on Creative Aging (NCCA), DreamWrights is honored to provide this one-of-a-kind offering in York County! The first ten-week series will be led by Hilary Adams, DreamWrights

Director of Artistic Programming, along with guest artists, bringing a variety of creative perspectives to the group. The project will also include a video documentary component where participants are invited to learn and share in the filming process.

One of the StAGEs participants, David Walsh comments, "*StAGEs provides an opportunity to grow young through self-expression, creativity and above all – laughter.*"

Enrollment is limited to 20 participants with a nominal fee of \$10 per session. Pay \$80 for the full 10 sessions up front and save \$20! Full scholarships are available upon request.

**StAGES** will meet once a week on Mondays from 10:00 am – 12:00 pm beginning March 13<sup>th</sup> through May 15<sup>th</sup> at DreamWrights, 100 Carlisle Avenue, York, PA 17401. Free off-street, accessible parking!

Call DreamWrights today to register at 717-848-8623 or visit [www.dreamwrights.org](http://www.dreamwrights.org).

# Gardening Health and Safety Tips

Gardening can be a great way to enjoy the outdoors, get physical activity, beautify the community, and grow nutritious fruits and vegetables. If you are a beginner or expert gardener, health and safety should always be a priority.

Below are some tips to help keep you safe and healthy so that you can enjoy the beauty and bounty gardening can bring.

## Dress to protect.

Gear up to protect yourself from lawn and garden pests, harmful chemicals, sharp or motorized equipment, insects, and harmful rays of too much sun.

- Wear safety goggles, sturdy shoes, and long pants to prevent injury when using power tools and equipment.
- Protect your hearing when using machinery. If you have to raise your voice to talk to someone who is an arm's length away, the noise can be potentially harmful to your hearing.
- Wear gloves to lower the risk for skin irritations, cuts, and certain contaminants.
- Use insect repellent containing DEET. Protect yourself from diseases caused by mosquitoes and ticks. Wear long-sleeved shirts, and pants tucked in your socks. You may also want to wear high rubber boots since ticks are usually located close to the ground.
- Lower your risk for sunburn and skin cancer. Wear long sleeves, wide-brimmed hats, sun shades, and sunscreen with sun protective factor (SPF) 15 or higher.

## Put safety first.

Powered and unpowered tools and equipment can cause serious injury. Limit distractions, use chemicals and equipment properly, and be aware of hazards to lower your risk for injury.

- Follow instructions and warning labels on chemicals and lawn and garden equipment.
- Make sure equipment is working properly.
- Sharpen tools carefully.
- Keep harmful chemicals, tools, and equipment out of children's reach.

## Know your limits in the heat.

Even being out for short periods of time in high temperatures can cause serious health problems. Monitor your activities and time in the sun to lower your risk for heat-related illness.

- If you're outside in hot weather for most of the day you'll need to make an effort to drink more fluids.
- Avoid drinking liquids that contain alcohol or large amounts of sugar, especially in the heat.
- Take breaks often. Try to rest in shaded areas so that your body's thermostat will have a chance to recover. Stop working if you experience breathlessness or muscle soreness.
- Pay attention to signs of heat-related illness, including extremely high body temperature, headache, rapid pulse, dizziness, nausea, confusion, or unconsciousness.
- Watch people who are at higher risk for heat-related illness, including infants and children up to four years of age; people 65 years of age or older; people who are overweight; people who push themselves too hard during work or exercise; and people who are physically ill or who take certain medications (i.e. for depression, insomnia, or poor circulation).
- Eat healthy foods to help keep you energized.

## Tips for persons with disabilities and physical activity.

Talk to your health care provider if you have physical, mental, or environmental concerns that may impair your ability to work in the garden safely.

- If you have arthritis, use tools that are easy to grasp and that fit your

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

PRESORTED  
STANDARD  
U.S. POSTAGE PAID  
HARRISBURG, PA  
PERMIT NO. 75

ability. Research shows that 2½ hours per week of moderate physical activity can give you more energy and can help relieve arthritis pain and stiffness.

- If you are taking medications that may make you drowsy or impair your judgment or reaction time, don't operate machinery, climb ladders, or do activities that may increase your risk for injury.
- Listen to your body. Monitor your heart rate, level of fatigue, and physical discomfort.
- Call 911 if you get injured, experience chest and arm pain, dizziness, lightheadedness, or heat-related illness.

## Enjoy the benefits of physical activity.

Gardening is an excellent way to get physical activity. Active people are less likely than inactive people to be obese or have high blood pressure, type 2 diabetes, osteoporosis, heart disease, stroke, depression, colon cancer, and premature death.

- Be active for at least 2½ hours a week. Include activities that raise your breathing and heart rates and that strengthen your muscles. Help kids and teens be active for at least 1 hour a day.
- If you have been inactive, start out with just a few minutes of physical activity each day. Gradually build up time and intensity.
- Vary your gardening activities to keep your interest and to broaden the range of benefits.

## Get vaccinated.

Vaccinations can prevent many diseases and save lives. All adults should get a tetanus vaccination every 10 years. Tetanus lives in the soil and enters the body through breaks in the skin. Because gardeners use sharp tools, dig in the dirt, and handle plants with sharp points, they are particularly prone to tetanus infections.

- Before you start gardening this season, make sure your tetanus/diphtheria (Td) vaccination is up to date.
- Ask your health care provider if you need any other vaccinations.

Source: CDC; <https://www.cdc.gov/family/gardening/>