

NEW HORIZONS

York County Area Agency on Aging

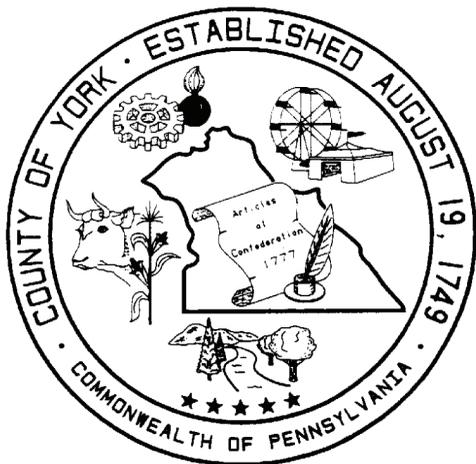
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Summer 2015

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“Hyperthermia: Too Hot for Your Health”

Almost every summer, there is a deadly heat wave in some part of the country. Too much heat is not safe for anyone. It is even riskier if you are older or if you have health problems. It is important to get relief from the heat quickly. If not, you might begin to feel confused or faint. Your heart could become stressed and maybe stop beating.

Your body is always working to keep a balance between how much heat it makes and how much it loses. Too much heat causes sweating. When the sweat dries from your skin, the surface of your body cools, and your temperature goes down.

But being hot for too long can be a problem. It can cause several illnesses, all grouped under the name hyperthermia (hy-per-ther-mee-uh).

Heat syncope is a sudden dizziness that may happen when you are active during hot weather. If you take a kind of heart medication called a beta blocker or are not acclimated to hot weather, you are even more likely to feel faint. Drinking water, putting your legs up, and resting in a cool place should make the dizzy feeling go away.

Heat cramps are the painful tightening of muscles in your stomach, arms, or legs. Cramps can result from hard work or exercise. While your body temperature and pulse usually stay normal during heat cramps, your skin may feel moist and cool.

These cramps are a sign that you are too hot. Find a way to cool your body down. Rest in the shade or in a cool building. Be sure to drink plenty of fluids, but not those with alcohol or caffeine (coffee, tea, and some sodas). Caffeine can cause you to become dehydrated.

Heat edema is a swelling in your ankles and feet when you get hot. Putting your legs up should help. If that doesn't work fairly quickly, check with your doctor.

Heat exhaustion is a warning that your body can no longer keep itself cool. You might feel thirsty, dizzy, weak, uncoordinated and nauseated. You may sweat a lot. Even though your body temperature stays normal, your skin feels cold and clammy. Some people with heat exhaustion have a rapid pulse. Rest in a cool place and get plenty of fluids. If you don't feel better soon, get medical care. Be careful—heat exhaustion can progress to heat stroke.

Signs Of Heat Stroke A Medical Emergency

- Fainting, possibly the first sign
- Body temperature over 104°F
- A change in behavior—confusion, being grouchy, acting strangely, or staggering
- Dry flushed skin and a strong rapid pulse or a slow weak pulse
- Not sweating even if it is hot, acting agitated, or being in a coma

Heat stroke can be life threatening! You need to get medical help right away. Older people living in homes or apartments without air conditioning or fans are at most risk, as well as those who become dehydrated or have chronic diseases or alcoholism.

Who Is At Risk?

Most people who die from hyperthermia each year are over 50 years old. Health problems that put you at greater risk include:

- Heart or blood vessel problems, poorly working sweat glands or changes in your skin caused by normal aging.
- Heart, lung, or kidney disease, as well as any illness that makes you feel weak all over or results in a fever.
- Conditions treated by drugs such as diuretics, sedatives, tranquilizers and some heart and high blood pressure medicines. These may make it harder for your body to cool itself by sweating.
- Taking several prescription drugs. Keep taking your medicine, but ask your doctor what to do if the drugs you take make you more likely to become overheated.
- Being very overweight or underweight.
- Drinking alcoholic beverages.

How Can I Lower My Risk?

Things you can do to lower your risk of heat-related illness:

- Drink plenty of liquids—water, fruit or vegetable juices. Aim for eight glasses every day.

Continued on page 4



From The Director

Dear Reader:

If you calculate the number of days between June 1, 1975 and June 1, 2015, your result will be 14,610

days including leap years.

I like numbers and find they tell a story when you work with them.

The problem with the numbers is they do not provide the small details every good story needs.

Our Agency was established 40 years, or 14,610 days, ago this year. The initial Agency staff and service offerings were small, but the mission was vital. The Agency's original mission was to assist older citizens to remain safe, healthy, and independent in the community for as long as possible.

While some of the terminology has changed, the Agency's mission remains very much the same today. We are here to help older adults maintain their independence and quality of life.

While we celebrate our Agency's anniversary, we are also celebrating the 50th anniversary of the Older Americans Act. The Older Americans Act was signed into law by President Lyndon Johnson in 1965 and became the foundation for national planning and social services related to Older

Americans.

It is the Older Americans Act that authorized the formation of the current 56 State Agencies on Aging and the 629 Area Agencies on Aging across our nation. Pennsylvania has 52 Area Agencies on Aging, of which York County was the 25th authorized.

The Older Americans Act was also the catalyst and funding source for critical services like home-delivered and congregate meals, family caregiver support, in-home assistance, preventive health services, transportation, job training, protection from abuse, and other supportive services.

Unfortunately Congressional authorization for the Older Americans Act expired in 2011, and the legislature has been unable to reach an agreement on its reauthorization due to numerous fiscal difficulties and disputes.

Without the reauthorization of the Older Americans Act and a significant increase in its funding for services, it will be difficult to provide the 77 million Baby Boomers with the services they will require.

Many State programs are already severely underfunded and there are waiting lists for services throughout the country. In Pennsylvania we are very fortunate to have the only State lottery that designates all of its proceeds to programs that

benefit older residents. These proceeds provide funding for many of the services our Agency provides and currently allows us to operate without a waiting list.

When President Johnson signed the Older Americans Act, he made the following comment: "The Older Americans Act clearly affirms our Nation's sense of responsibility toward the well-being of all of our older citizens. But even more, the results of this Act will help us to expand our opportunities for enriching the lives of all of our citizens in this country, now and in the years to come."

I remain confident the Older Americans Act will continue to enrich the lives of our senior population and the powers that be will put aside their differences to ensure this important piece of legislation is reauthorized. We have as much a sense of responsibility to our senior population today as we did 50 years ago.

Since 1975 our Agency has had 14,610 opportunities to touch people's lives. There could be no greater gift. Please join us in celebrating those who provide the service, just as they celebrate those who allow them to help.

Mark W. Shea



NEW HORIZONS

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

By

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Mission Statement

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

Acceptance of Advertising

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

New Horizons Donation

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

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New Horizons**

**100 West Market Street,
York, PA 17401**

Summer 2015

Please notify YCAAA to discontinue your mailed issue.



YCAAA STARS

Volunteer of the Month

JUNE

DOUG THOMPSON

OMBUDSMAN

JULY

CARL ZIMMERMAN

*TELEPHONE REASSURANCE &
SANTA DELIVERY*

AUGUST

CAROL MCDERMOTT

FRIENDLY VISITOR

YCAAA

Advisory Council

The next York County Area Agency on Aging Advisory Council meetings will be held at 12:30 PM on Monday, June 8 and Monday, August 10 at the York County Department of Emergency Services, 120 Davies Drive, York.



2015 York County Senior Games



'Go for the Gold' at the 14th annual York County Senior Games being held June 23rd through June 27th. There's still plenty of time to register for one or more of the events being offered during the Games

The mission of the York County Senior Games is to promote healthy lifestyles and fitness to older residents of York County. The Senior Games are organized by the York County Area Agency on Aging (YCAAA) in conjunction with the Senior Games Planning Committee which consists of community and business volunteers.

Participants need to be York County residents aged 50 or older. This year, 44 events will be hosted at 6 different locations throughout York County. Two of the Games' larger events will be offered the week prior; bowling on June 15 and mini golf on June 16. Any past participant who registers a new participant for one of these two preview events will receive a special gift.

Any York County resident 50 years of age or older as of December 31, 2015 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 to the top three winners in each designated age group. Some events are open to men and women separately.

There is a \$15.00 registration fee for an unlimited number of events. Registrations should be submitted as early as possible, as some events have limited openings. The registration fee is non-refundable. Registration booklets can be obtained by contacting YCAAA at (717) 771-9001 or 1-800-632-9073. Registration booklets and registration forms can also be downloaded from the website at www.ycaaa.org, on the "Forms and Documents" page.

Games for Fun, Games for Life!

Senior Games Banner Contest

*Join in the fun to make our Opening Ceremony special!
Have an opportunity to win a prize!*

All participants – groups of athletes, individuals, Senior Centers and others - are invited to make a banner symbolizing the events of the Games, what the Games mean to you or reflections of your personalities.

- There are no size or material limitations for the banners.
- One or more people must be able to carry the banner in the Parade of Athletes.
- All banners should be left with the Senior Games Committee after the Opening Ceremony for display in the lobby of Central York High School from June 24th to June 27th.
- Judging of the banners will be done during this time by your peers and the Senior Games Committee.

Prizes will be awarded at the Closing Celebration for the People's Choice Award and the Senior Games Committee Award.

VOLUNTEER for the Senior Games!

Volunteers are still needed to assist with the 2015 York County Senior Games.

- Do you know someone who has a few hours to spare and can help?
- Would your club or organization be willing to volunteer?
- Do you know of a youth group or team who is looking for a volunteer opportunity?
- Would your employer or business allow employees to volunteer?

There are many different volunteer opportunities from which to choose. 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.

14th Annual York County Senior Games Opening Ceremony

Wednesday, June 24th
8:15 AM

Central York High School
Soccer Stadium

Join us for an exciting event of fellowship and celebration as we open the 14th Annual York County Senior Games.

Parade of Athletes and Banners
kick off at 8:15 AM

*All current and past participants are needed for the Parade of Athletes
(meet at the Soccer Stadium entrance by 8:00 AM)*

Activities include:

- Veterans Color Guard Presenting the Flag Ceremony
- Singing of the National Anthem
- Greetings from York County Commissioners and Director of York County Area Agency on Aging
- Welcome from Platinum Sponsor, ManorCare Health Services
- Lighting of the Torch

You are invited to make a special banner to carry in the Parade of Athletes and Banners.

The York County Senior Games would like to thank the 2015 sponsors whose contributions have made the Games possible:

PLATINUM

ManorCare Health Services

GOLD

Pennsylvania LOTTERY
SpiriTrust Lutheran™

SILVER

Heritage Senior Center
Rest Haven York
Senior LIFE York
The Brunswick at Longstown & Colonial Manor
Nursing and Rehab

BRONZE

Gateway HealthSM
Glatfelter Insurance Group
HealthSouth Rehabilitation Hospital of York
Memorial Hospital
Normandie Ridge Senior Living Community
VFW Post 2493
Visiting Angels
WellSpan Sports Medicine

MEDIA

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Closing Celebration

Saturday, June 27, 2015
3:30 PM

Central York
High School Cafeteria

Join the fun as we celebrate the week of events!

Ice Cream; Music; Medal Winner Recognition; Fellowship; Pictures; Wall of Fame; and other Special Awards!

Triathlon winners will be announced as well as the Banner Contestants. Must be present to win.

All participants and their families are invited to come together for the Closing Celebration!

Transient Ischemic Attack: A Warning Sign for a Stroke



By: **Andre Schulze, MD**
Thomas Hart Family Practice
York Hospital

A stroke occurs when oxygen is cut off from part of the brain. This causes brain cells to die. Just like a heart attack impairs the function of the heart, a stroke is like a “brain attack” that causes part of the brain to stop working. A stroke results in symptoms such as difficulty speaking, difficulty walking, and weakness. These symptoms can be permanent and have a big impact on a person’s quality of life and ability to live independently. A stroke is caused by either bleeding in the brain or a blockage in one of the blood vessels in the brain. Clearly, it is important to prevent strokes if possible.

One way to prevent strokes is to identify and treat people who have transient ischemic attacks. A transient ischemic attack, or TIA, is a temporary blockage and lack of oxygen to part of the brain. This causes the same symptoms as a stroke, but the symptoms go away on their own within a few minutes to hours. It is like a “temporary stroke”. **A TIA is an important event because it is a warning sign for future strokes.** A person who has a TIA has a greatly

increased risk of later having a stroke, especially in the next 24 hours. It is very important that a person who has a TIA be treated to reduce the risk for a stroke in the future.

Symptoms of a TIA can include:

- **sudden difficulty speaking or slurred speech**
- **sudden loss of vision**
- **difficulty swallowing**
- **facial droop**
- **weakness on one side of the body**
- **sudden change in behavior**
- **loss of coordination**
- **difficulty walking**

There may be one symptom or multiple symptoms. The symptoms occur suddenly. When the symptoms start it is not possible to distinguish a stroke from a TIA. **A person who experiences any of these symptoms should go to the emergency room right away, even if the symptoms go away completely.** They need to be evaluated by a doctor and may require tests, medications, and admission to the hospital for

observation to reduce the risk of stroke.

Controlling risk factors can prevent strokes in some people. This is especially important for people who have had TIAs but everyone can talk to their doctor about how to decrease their risk of having a stroke. **Risk factors for TIAs and strokes include increased blood pressure (hypertension), diabetes, smoking, high cholesterol, atrial fibrillation (irregular heart beat), older age and family history of stroke.** Doctors can prescribe medications to control these risk factors and reduce a person’s risk of stroke. These medications may include medications for blood pressure, medications to reduce cholesterol, aspirin or other medications that prevent blood cells from sticking to one another. If a patient has an irregular heartbeat sometimes blood thinners are used to prevent strokes. Some people have blockages in the arteries in their neck that put them at risk for strokes. A procedure can be done to remove the blockages and prevent future strokes.

Remember, if you experience any symptoms of a stroke or TIA like weakness, facial droop, or difficulty speaking, seek medical help immediately!

“Hyperthermia: Too Hot for Your Health”

Continued from page 1

Heat tends to make you lose fluids, so it is very important to remember to keep drinking liquids when it’s hot. Try to stay away from drinks containing alcohol or caffeine. If your doctor has told you to limit your liquids, ask what you should do when it is very hot.

- If you live in a home or apartment without fans or air conditioning, try to keep your house as cool as possible.
- Limit your use of the oven. Cover windows with shades, blinds or curtains during the hottest part of the day. Open your windows at night.
- If your house is hot, try to spend at least 2 hours during mid-day some place that has air conditioning—for example, go to the shopping mall, movies, library, senior center or a friend’s house.
- If you need help getting to a cool place, ask a friend or relative. Don’t stand outside in the heat waiting for a bus.
- Dress for the weather. Some people find natural fabrics such as cotton to be cooler than synthetic fibers. Light-colored clothes feel cooler. Don’t try to exercise or do a lot of activities when it’s hot.
- Avoid crowded places when it’s hot outside. Plan trips during non-rush hour times.

Listen To Weather Reports

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

What Should I Remember?

Headache, confusion, dizziness or nausea could be a sign of a heat-related illness. Go to the doctor or an emergency room to find out if you need treatment.

Older people can have a difficult time dealing with heat and humidity. The temperature inside or outside does not have to reach 100°F to put them at risk for a heat-related illness.

To keep heat-related illnesses from becoming a dangerous heat stroke, remember to:

- Get out of the sun and into a cool place—air-conditioning is best.
- Drink fluids, but avoid alcohol and caffeine. Water, fruit, or vegetable juices are good choices.
- Shower, bathe, or at least sponge off with cool water.

- Lie down and rest in a cool place.
- Visit your doctor or an emergency room if you don’t cool down quickly.

A Senior Watch

During hot weather, think about making daily visits to older relatives and neighbors. Remind them to drink lots of water or juice. If there is a heat wave, offer to help them go some place cool, such as air-conditioned malls, libraries, or senior centers

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

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Take Charge of Your Health

“Get into the Act” was the 2015 theme for Older Americans Month in May. There are many local opportunities to “Get into the Act” and take charge of your health, well beyond the month of May. This is just a partial list of the wonderful exercise and physical activity programs our county senior centers have to offer.

CRISPUS ATTUCKS ASSOCIATION

605 South Duke Street, York
848-3610

- Chair exercises
- Wii Sports

DELTA AREA SENIOR CENTER, INC.

5 Pendyrus Street, Suite 1, Delta
456-5753

- Aerobics (Low Impact)
- Chair Exercises
- Pickleball
- Sports Challenges (changes every session)

DILLSBURG SENIOR ACTIVITY CENTER, INC.

1 North Second Street, Dillsburg
432-2216

- Chair Exercise
- Aquacise (Messiah Village)
- Bowling (ABC West Lanes)
- Chair Massages

HERITAGE SENIOR CENTER, INC.

3700-4 Davidsburg Road, Dover
292-7471

- Strong Body – strength and balance class
- Healthy Steps in Motion
- Tai Chi
- Zumba

NORTHEASTERN SENIOR COMMUNITY CENTER

131 Center Street, Mount Wolf
266-1400

- Zumba
- Chair Aerobics
- Fitness class
- Get Moving Games (shuffleboard, etc.)

RED LAND SENIOR CENTER, INC.

736 Wyndamere Road, Lewisberry
938-4649 or 938-4640

- Zumba Gold
- Strong Women (strength exercise to prevent osteoporosis)
- Walking club
- Wii Bowling

RED LION SENIOR CENTER, INC.

20-C Gotham Place, Red Lion
244-7229

- Healthy Steps in Motion
- Stepping into Fun Cardio Workout
- Aerobics
- Tai Chi Chih

SEPTEMBER HOUSE SENIOR CENTER

1251 West King Street, York
848-4417

- Dance classes
- Exercise equipment room
- Fit & Fun
- Bocce, Bowling, Croquet & Shuffleboard

SOUTH CENTRAL YORK COUNTY SENIOR CENTER, INC.

150 East Main Street, New Freedom
235-6060

- Tai Chi, Yoga & Dancercise (seated exercise)
- Line Dancing, Zumba Gold & Hoopfit
- Healthy Steps in Motion & Chair Exercises
- Movers & Shapers (walking in the gym)

STEWARTSTOWN SENIOR CENTER, INC.

26 South Main Street, Stewartstown
993-3488

- Aerobics
- Wii bowling
- Sit & Fit (DVD available)
- Tai Chi-Z

SUSQUEHANNA SENIOR CENTER

2427 Craley Road, Wrightsville
244-0340

- Line Dancing
- Yoga & Fitness classes
- Walking in the gym
- Healthy Steps in Motion (in late summer)



WHITE ROSE SENIOR CENTER

27 South Broad Street, York
843-9704

- Zumba Gold
- Chair exercises
- Tai Chi/ Chair Yoga combo
- Walking club

WINDY HILL ON THE CAMPUS

1472 Roth's Church Road, Suite 103, Spring Grove
225-0733

- Tai Chi, Chair Exercises & Zumba Gold
- Line Dancing, Stepping Healthy & Yoga
- Fitness room & Open gym
- Basketball & Bowling

YORKTOWN SENIOR CENTER

509 Pacific Avenue, York
854-0693

- Chair Exercises
- Walking in the park when the weather is nice

Contact the Centers for more information on any of these programs.

DO YOU HAVE CONCERNS ABOUT FALLING?



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. You 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

A MATTER OF BALANCE classes are free and held twice a week for 4 weeks for 2 hours each. Classes will be offered at:

York Township Park Building

25 Oak Street, York

on

Mondays and Wednesdays

August 3 to August 26, 2015

10:30 AM to 12:30 PM

Deadline to register is July 24, 2015

OR

Mondays and Wednesdays

September 21 to October 19, 2015

(No class on October 12)

10:30 AM-12:30 PM

Deadline to register Sept. 11, 2015

For more information and pre-registration please call the York County Area Agency on Aging at (717) 771-9610 or 1-800-632-9073, or by email aging@yorkcountypa.gov.

Medicare Facts for New or Pre-Retirees

Are you recently retired or considering retirement in the near future? If so you should plan to attend the "Medicare Facts for New or Pre-Retirees" seminar. It will be held on Thursday, July 23 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. APPRISE is the free State Health Insurance Counseling Program for people with Medicare in Pennsylvania. APPRISE counselors are specially trained volunteers.

Topics to be covered include:

- Review of Medicare benefits
- Original Medicare and Medicare Advantage Plan options
- Medicare prescription drug coverage and the "Drug Plan Finder"
- Medicare Savings Programs
- Medicare Preventive Services
- Supplemental Insurance Medigap Plans

Pre-registration is required as seating is limited. Please call (717) 771-9008 or 1-800-632-9073 for registration and further information. Registration can also be completed online by selecting July 23 on the York County Area Agency on Aging's Calendar of Events, available at www.ycaaa.org.

APPRISE Volunteers Needed!

Do you enjoy meeting new people? How about learning new and challenging things? You can do both by becoming an APPRISE volunteer.

APPRISE is Pennsylvania's State Health Insurance Assistance Program (SHIP) for Medicare beneficiaries. APPRISE has been providing services to the community since 1992.

The state Department of Aging created APPRISE to help older adults understand their health insurance options so they can make informed decisions about their health care.

APPRISE is a public service. Counselors are not affiliated with any insurance company and do not sell insurance plans.

This volunteer program provides an opportunity to learn more about Medicare in Pennsylvania. APPRISE volunteers provide information and public education related to Medicare issues and benefits as well as one-on-one counseling, both in person or over the phone, to York County seniors.

APPRISE counselors are specially trained to answer questions about Medicare, Medicare Advantage, Medicare prescription drug plans, Medicaid, filing appeals, and preventive care. They explain benefits and rights under various health insurance programs and are essential in providing reliable, unbiased, and understandable information to people with Medicare.

Training is provided to interested APPRISE volunteers. Initially volunteers attend a training program offered by the Department of Aging. In addition, volunteers receive additional local and state training, certification and support from local APPRISE staff. Involvement in this program requires a time commitment of eight to ten hours a month.

You're probably asking yourself - why volunteer for this program? Here are some of the reasons current APPRISE volunteers have given.

Larry states that he decided to volunteer with the APPRISE program because he personally experienced the benefit of the program when being assisted by other volunteers. He likes to help others so they can make appropriate choices. Larry encourages new volunteers to participate in shadowing and learn while doing it hands on.

Alicia decided to volunteer in APPRISE after reading about it in the New Horizons. She enjoys talking to people and assisting them in solving the puzzles of their Medicare situations. Alicia encourages others who want to volunteer for this program to be very patient and understanding. Putting yourself in the shoes of others helps to provide customer satisfaction.

Patricia's previous experience with older adults has given her the motivation to continue serving this population by volunteering. She understands the complexity of Medicare as an APPRISE counselor and is able to assist Medicare beneficiaries by providing options. "Volunteering is more fun than you think," Patricia states "It is an opportunity to meet people, have new experiences and see immediate benefits." Patricia also assists with bimonthly APPRISE presentations offered in the community.

So if you enjoy learning new things and are willing to accept a challenge, this program is right for you. For more information or to apply to be a volunteer with YCAAA contact Evelyn Godsey, Volunteer Coordinator (717) 852-4902 ext. 338 or 1-800 632-9073 or email her at EVGodsey@yorkcountypa.gov. Volunteer applications can be found on the Volunteer Programs page of the website at www.ycaaa.org.

What's So Great About ... Summer Squash



Squashes are gourds that belong to the same family as melons and cucumbers. Most varieties have a creamy white flesh on the inside protected by an outside rind or soft shell.

Summer squash is more than 95% water. Squash is low in calories, sodium, and fat. When eaten with the skin, summer squash is a good source of vitamin C. To get the most nutrients, eat the entire vegetable including the flesh, seeds, and skins.

Squash is inexpensive and can be eaten raw or cooked. It has a mild flavor and nice texture that fits many different dishes.

Selecting and Storing Summer Squash

Summer squash is available all year but is best from May to August.

Look for: Squash that are tender and firm. Tender squash has glossy skin instead of dull. It is neither hard nor tough. Select squash that have no bruises.

Avoid: Stale or over-mature squash. This squash will have a dull skin and a hard, tough surface. Squash with these qualities will also have a dry, stringy texture inside. Avoid squash with discolored or pitted areas.

Storage: Place in a plastic bag and store in the crisper of the refrigerator. Summer squash will keep for up to a week in the refrigerator.

Source: www.panen.org

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It's Spring - Time to Prevent Lyme Disease

Before gardening, camping, hiking, or just playing outdoors, make tick bite prevention part of your outdoor plans.

Lyme disease is the most commonly occurring vector-borne disease in the United States. An estimated 300,000 infections occur each year, of which only 30,000 are reported to CDC by state health departments.

The risk is greatest among those living in or visiting New England, the mid-Atlantic states, and the upper Midwest. A recent national survey found that nearly 20 percent of people in areas where Lyme disease is common were unaware of the danger. Fortunately, there are several tactics you and your family can use to prevent tick bites and reduce your risk of tickborne disease.

Lyme disease is caused by the *bacterium Borrelia burgdorferi*. People become infected with the Lyme disease bacteria when they are bitten by an infected blacklegged tick.

As we start spending more time outdoors during spring and into summer, we have to be aware of the risk of tick bites. Gardening, camping, hiking, and just playing outdoors are all great spring and summertime activities, but make tick protection part of your outdoor plans as well.

Immature ticks (larvae and nymphs) are so small that they can be difficult to see. However, all stages of ticks need to feed on blood to continue on to the next stages—therefore these tiny ticks can be an important threat. You may come into contact with ticks when walking through infested areas or by brushing up against infested vegetation (such as leaf litter, tall grass or shrubs). Ticks also feed on mammals and

birds, which play a role in maintaining ticks and maintaining the Lyme disease bacteria.

Ticks (including species other than the blacklegged ticks) can also transmit diseases other than Lyme disease, including Rocky Mountain spotted fever, ehrlichiosis, anaplasmosis, Colorado tick fever, and Powassan encephalitis.

Fortunately there are several tactics you and your family can use to prevent tick bites and reduce your risk of tick-borne disease.

Protect Yourself from Tick Bites

- **Know where to expect ticks.** Blacklegged ticks live in moist and humid environments, particularly in or near wooded or grassy areas. You may come into contact with ticks during outdoor activities around your home or when walking through vegetation such as leaf litter or shrubs. To avoid ticks, walk in the center of trails.

- **Use a repellent with DEET** (on skin or clothing) **or permethrin** (on clothing) and wear long sleeves, long pants and socks. Products containing permethrin can be used to treat boots, clothing and camping gear which can remain protective through several washings. Repellents containing 20% or more DEET (N, N-diethyl-m-toluamide) can be applied to the skin, and they can protect up to several hours. **Always follow product instructions!**

- It may sound silly, but **tuck your pant legs into your socks** so that ticks cannot crawl up inside of your pant legs. Some ticks can crawl down into shoes and are small enough to crawl through most socks.

Perform Daily Tick Checks

Check your body for ticks after being outdoors, even in your own yard. Conduct a body check upon return from potentially tick-infested areas by searching your entire body for ticks. Use a hand-held or full-length mirror to view all parts of your body and remove any tick you find. Take special care to check these parts of your body for ticks:

- **Under the arms**
- **In and around the ears**
- **Inside the belly button**
- **Back of the knees**
- **In and around all head and body hair**
- **Between the legs**
- **Around the waist**

Check your clothing and pets for ticks.

Ticks may be carried into the house on clothing and pets. Both should be examined carefully, and any ticks that are found should be removed. Placing clothes into a dryer on high heat effectively kills ticks.

What to Do If You Are Bitten by a Tick

Remove an attached tick using pointy tweezers as soon as you notice it. If a tick is attached to your skin for less than 24 hours, your chance of getting Lyme disease is extremely small. But to be safe, watch for signs or symptoms of Lyme disease such as rash or fever, and see a healthcare provider if these develop.

Your risk of acquiring a tick-borne illness depends on many factors, including where you live, what type of tick bit you, and how long the tick was attached. If you become ill after a tick bite, see a healthcare provider.

Source: CDC

7 Tips for Cleaning Fruits and Vegetables

Fruits and vegetables are an important part of a healthy diet. Your local markets carry an amazing variety of fresh fruits and vegetables that are both nutritious and delicious. As you enjoy fresh produce, it is important to handle these products safely in order to reduce the risks of foodborne illness.

Federal health officials estimate that nearly 48 million people are sickened by food contaminated with harmful germs each year, and some of the causes might surprise you.

Although most people know animal products must be handled carefully to prevent illness, many don't realize that produce can also be the culprit in outbreaks of foodborne illness. In recent years, the United States has had several large outbreaks of illness caused by contaminated fruits and vegetables—including spinach, tomatoes, and lettuce.

Glenda Lewis, an expert on foodborne illness with the Food and Drug Administration, says fresh produce can become contaminated in many ways. During the growing phase, fruits and veggies may be contaminated by animals,

harmful substances in the soil or water, and poor hygiene among workers. After produce is harvested, it passes through many hands, increasing the contamination risk. Contamination can even occur after the produce has been purchased, during food preparation, or through inadequate storage.

FDA says to choose produce that isn't bruised or damaged, and make sure that pre-cut items—such as bags of lettuce or watermelon slices—are either refrigerated or on ice both in the store and at home. In addition, follow these recommendations:

- Wash your hands for 20 seconds with warm water and soap before and after preparing fresh produce.
- Cut away any damaged or bruised areas before preparing or eating.
- Gently rub produce while holding under plain running water. There's no need to use soap or a produce wash.
- Wash produce **BEFORE** you peel it, so dirt and bacteria aren't transferred from the knife onto the fruit or vegetable.



- Use a clean vegetable brush to scrub firm produce, such as melons and cucumbers.
- Dry produce with a clean cloth or paper towel to further reduce bacteria that may be present.
- Throw away the outermost leaves of a head of lettuce or cabbage.

Lewis says consumers should store perishable produce in the refrigerator at 40 degrees or below.

Source: U S Food and Drug Administration.

YCAAA Will Distribute Senior Farmers Market Nutrition Program Vouchers

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 and have a gross annual 2015 household income at or below \$21,775 for a single person or \$29,471 for a couple are eligible to participate. All income is included when calculating total gross income.

Other important information includes:

- **Proof of age and York County residency must be shown** to obtain vouchers.
- A **2015 Farmers Market Proxy Form** is required, along with **proof of age and residency** for anyone picking up vouchers for another eligible individual. The only acceptable Proxy Form will be the 2015 Department of Agriculture provided document. This form is available at most Senior Centers and can be downloaded from the 'Forms and Documents' page of the Agency on Aging web site at www.ycaaa.org.
- One individual may not pick up vouchers with Proxy Forms 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**:

Prime of Life Festival

York Expo Center, Old Main
Thursday, May 21 9:30 AM – 2:30 PM

Stewartstown Senior Center

26 South Main Street, Stewartstown
Wednesday, May 27 9:30 AM – 11:30 AM

Northeastern Senior Community Center

131 Center Street, Mt. Wolf
Thursday, May 28 9:30 AM – 11:30 AM

Red Lion Area Senior Center

20-C Gotham Place, Red Lion
Friday, May 29 9:30 AM – 11:30 AM

Yorktown Senior Center

509 Pacific Avenue, York
Tuesday, June 2 9:30 AM – 11:30 AM

Crispus Attucks Association

605 South Duke Street, York
Wednesday, June 3 9:30 AM – 11:30 AM

Heritage Senior Center

3700-4 Davidsburg Road, Dover
Thursday, June 4 9:30 AM – 11:30 AM

Windy Hill on The Campus

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

White Rose Senior Center

27 South Broad Street, York
Wednesday, June 10 9:30 AM – 11:30 AM

Red Land Senior Center

736 Wyndamere Road, Lewisberry
Thursday, June 11 9:30 AM – 11:30 AM

Delta Area Senior Center will be distributing at the Delta-Peach Bottom Elementary School
1081 Atom Road, Delta (Cafeteria Entrance)
Tuesday, June 30 9:30 AM – 11:30 AM

Dillsburg Senior Activity Center, Inc.

1 North Second Street, Dillsburg
Thursday, July 2 9:30 AM – 11:30 AM

Hanover Council of Churches

136 Carlisle Street, Hanover
Tuesday, July 7 9:30 AM – 11:30 AM

Susquehanna Senior Center

2427 Craley Road, Wrightsville
Tuesday, July 14 9:30 AM – 11:30 AM

White Rose Senior Center

27 South Broad Street, York
Wednesday, July 15 9:30 AM – 11:30 AM

South Central Senior Center

150 East Main Street, New Freedom
Thursday, July 16 9:30 AM – 11:30 AM

Hanover Hospital Wellness & Education Center

400 York Street, Hanover
Friday, July 17 9:30 AM – 11:30 AM

Brown's Orchards & Farm Market

8892 Susquehanna Trail South, Loganville
Tuesday, July 21 9:30 AM – 11:30 AM

Flinchbaugh's Orchard & Farm Market

110 Ducktown Road, York (Hellam)
Thursday, July 23 9:30 AM – 11:30 AM

Red Lion Area Senior Center

20-C Gotham Place, Red Lion
Friday, July 31 9:30 AM – 11:30 AM

Smart Shopping for Veggies and Fruits



10 Tips for Affordable Vegetables and Fruits

It is possible to fit vegetables and fruits into any budget. Making nutritious choices does not have to hurt your wallet. Getting enough of these foods promotes health and can reduce your risk of certain diseases. There are many low-cost ways to meet your fruit and vegetable needs.

Celebrate the season

Use fresh vegetables and fruits that are in season. They are easy to get, have more flavor, and are usually less expensive. Your local farmer's market is a great source of seasonal produce.

Why pay full price?

Check the local newspaper, online, and at the store for sales, coupons, and specials that will cut food costs. Often, you can get more for less by visiting larger grocery stores (discount grocers if available).

Stick to your list

Plan out your meals ahead of time and make a grocery list. You will save money by buying only what you need. Don't shop when you're hungry. Shopping after eating will make it easier to pass on the tempting snack foods. You'll have more of your food budget for vegetables and fruits.

Try canned or frozen

Compare the price and the number of servings from fresh, canned, and frozen forms of the

same veggie or fruit. Canned and frozen items may be less expensive than fresh. For canned items, choose fruit canned in 100% fruit juice and vegetables with "low sodium" or "no salt added" on the label.

Buy small amounts frequently

Some fresh vegetables and fruits don't last long. Buy small amounts more often to ensure you can eat the foods without throwing any away.

Buy in bulk when items are on sale

For fresh vegetables or fruits you use often, a large size bag is the better buy. Canned or frozen fruits or vegetables can be bought in large quantities when they are on sale, since they last much longer.

Continued on page 11

June is Elder Abuse Awareness Month

World Elder Abuse Awareness Day is observed on June 15. The day serves as a call-to-action for individuals, organizations and communities to raise awareness about the growing problem of elder abuse, neglect and exploitation.

Each year hundreds of thousands of older persons are abused, neglected, and exploited by family members and others. Many victims are people who are older, frail, and vulnerable and cannot help themselves and depend on others to meet their most basic needs.

In Pennsylvania, elder abuse is most concentrated among older adults over the age of 85 (32%). Since they comprise 12% of Pennsylvania's age 60+ population, those over age 85 are being abused at a rate more than twice as high as their proportion of the general aging population. The 80-84 age group is the next highest at 22%. The majority of these older adults needing protective services are females (68%) and dependent on their abusers. Females represent 58% of all Pennsylvanians over 60 year of age. Based on this data and national statistics, females are abused more often than males.

The Older Adults Protective Services Annual Report by the Pennsylvania Department of Aging has found the following:

- 600 Reports of Need were received for protective services in fiscal year 2013-2014 in York County. Of those reported 600 (69%) were investigated and unannounced visits made. Of the 408 investigated cases, 150 (36%) were substantiated as needing protective services.
- In PA in fiscal year 2013-2014, 20,612 Reports of Need were taken for protective services, 11,048 (54%) were investigated and of those, 3,419 (31%) were substantiated as needing protective services.
- York County ranks above the state average in Reports of Need taken, investigations and substantiated cases.
- Perpetrators age 31-60 represent 46% of alleged perpetrators. 58% of perpetrators are female, based on the fact that most caregivers are female. 42% are male abusers.
- Non-related females (37.7%) are the most frequent perpetrators, compared to daughters (16.6%), sons (15.6%) and non-related males (9.2%).
- When a spouse was the abuser, it was more likely to be the husband.

Generally Accepted Definitions

Elder abuse is an umbrella term referring to any knowing, intentional, or negligent act by a caregiver or any other person that causes harm or a serious risk of harm to a vulnerable adult.

- Physical abuse is inflicting, or threatening to inflict, physical pain or injury on a vulnerable elder, or depriving them of a basic need.
- Sexual abuse is the infliction of non-consensual sexual contact of any kind.

- Emotional or psychological abuse is the infliction of mental or emotional anguish or distress on an elder person through verbal or nonverbal acts.
- Financial or material exploitation is the illegal taking, misuse, or concealment of funds, property, or assets of a vulnerable elder.
- Neglect is the refusal or failure by those responsible to provide food, shelter, health care, or protection for a vulnerable elder.
- Abandonment - The desertion of a vulnerable elder by anyone who has assumed the responsibility for care or custody of that person.
- Self-neglect is characterized as the behavior of an elderly person that threatens his/her own health or safety.

Warning signs of elder abuse

While one sign does not necessarily indicate abuse, some tell-tale signs that there could be a problem are:

- Bruises, pressure marks, broken bones, abrasions, and burns may be an indication of physical abuse, neglect, or mistreatment.
- Unexplained withdrawal from normal activities, a sudden change in alertness, and unusual depression may be indicators of emotional abuse.
- Bruises around the breasts or genital area can occur from sexual abuse.
- Sudden changes in financial situations may be the result of exploitation.
- Bedsores, unattended medical needs, poor hygiene, and unusual weight loss are indicators of possible neglect.
- Behavior such as belittling, threats and other uses of power and control by spouses are indicators of verbal or emotional abuse.
- Strained or tense relationships, frequent arguments between the caregiver and elderly person are also signs.

Most important is to be alert. The suffering is often in silence. If you notice changes in personality or behavior, you should start to question what is going on.

Signs of Self-Neglect

Tragically, sometimes elders neglect their own care, which can lead to illness or injury. Self-neglect can include behaviors such as:

- Hoarding
- Failure to take essential medications or refusal to seek medical treatment for serious illness
- Leaving a burning stove unattended
- Poor hygiene
- Not wearing suitable clothing for the weather
- Confusion
- Poor nutritional habits
- Inability to attend to housekeeping
- Dehydration

Self-neglect accounts for the majority of cases reported to adult protective services. Oftentimes, the problem is paired with declining



health, isolation, Alzheimer's disease or dementia, or drug and alcohol dependency.

In some of these cases, elders will be connected to supports in the community that can allow them to continue living independently. Some conditions like depression and malnutrition may be successfully treated through medical intervention. If the problems are severe enough, a guardian may be appointed.

Voluntary Reporting Suspected Elder Abuse

Any person who believes that an older adult is being abused, neglected, exploited or abandoned may file a report 24 hours a day with any Area Agency on Aging or call the statewide elder abuse hotline at 1-800-490-8505.

Abuse reports can be made on behalf of an older adult whether the person lives in the community or in a care facility such as a nursing home, personal care home, hospital, etc.

Reporters may remain anonymous and they will have legal protection from retaliation, discrimination and civil or criminal prosecution.

Mandatory Reporting

Employees and administrators of nursing homes, personal care homes, domiciliary care homes, adult day care centers and home health care are mandated by Act 13 of 1997 to immediately report any suspected abuse of a recipient of care to the Area Agency on Aging. If the abuse involves serious injury, sexual abuse or suspicious death, reporters must also call police and the Pennsylvania Department of Aging. In addition, the reporter may also call the Pennsylvania Department of Health Nursing Home Complaint Line at 1-800-254-5164. Failure to report as required by Act 13-1997 can result in administrative or criminal penalties.

Every report of abuse received by the Area Agency on Aging must be investigated to determine if the reported victim needs help to protect him/herself from abuse, neglect, exploitation or abandonment. Each report must be classified as emergency, priority or non-priority. Emergency reports are investigated immediately; non-priority reports are investigated within 72 hours.

Source: Pennsylvania Department of Aging

York County Libraries Tech Guru



Technology is here whether we like it or not. The younger generation probably doesn't remember what it was like not having a cell phone and probably doesn't know what stationery is. There is a program to help you understand the latest technology and it's free!

York County Libraries has their very own Tech Guru. The Tech Guru is available to help patrons who are puzzled by their electronic gadgets. Learn how to use eReaders and download books. They can help you protect your computer, deal with system or program errors, or provide purchasing advice. The Tech Guru can even help you with your tablets and smartphones.

All you need to do is bring your gadget along to a library.

Their monthly schedule is as follows:

FIRST WEDNESDAY 2:00 – 4:00 PM
Collinsville Community Library
2632 Delta Road, Brogue
(717) 927-9014

SECOND WEDNESDAY 2:00 – 4:00 PM
Kaltreider-Benfer Library
147 South Charles Street, Red Lion
(717) 244-2032

THIRD WEDNESDAY 2:00 – 4:00 PM
Dover Area Community Library
3700-3 Davidsburg Road, Dover
(717) 292-6814

FOURTH WEDNESDAY 2:00 – 4:00 PM
Glatfelter Memorial Library
101 Glenview Road, Spring Grove
(717) 225-3220

FIRST THURSDAY 10:00 AM – 12:00 PM
Paul Smith Library of Southern York County
80 Constitution Avenue, Shrewsbury
(717) 235-4313

FIRST THURSDAY 2:00 PM – 4:00 PM
Arthur Hufnagel Public Library of Glen Rock
32 Main Street, Glen Rock
(717) 235-1127

SECOND THURSDAY 10:00 AM – 12:00 PM
Guthrie Memorial Library, Hanover's Public Library
2 Library Place, Hanover
(717) 632-5183

SECOND THURSDAY 2:00 PM – 4:00 PM
Kreutz Creek Valley Library Center
66 Walnut Springs Road, Hellam
(717) 252-4080

THIRD THURSDAY 10:00 AM – 12:00 PM
Red Land Community Library
48 Robin Hood Drive, Etters
(717) 938-5599

THIRD THURSDAY 2:00 PM – 4:00 PM
Village Library
35-C North Main Street, Jacobus
(717) 428-1034

FOURTH THURSDAY 10:00 AM – 12:00 PM
Dillsburg Area Public Library
17 South Baltimore Street, Dillsburg
(717) 432-5613

FOURTH THURSDAY 2:00 PM – 4:00 PM
Mason-Dixon Public Library
250 Bailey Drive, Stewartstown
(717) 993-2404

Martin Library Information Services Department is always available to help:
159 East Market Street, York
(717) 846-5300

For more information email them at techguru@yorklibraries.org or visit their website www.yorklibraries.org.

Get More of It: Fiber

What It Is:

Fiber, or "dietary fiber," is sometimes called "roughage." It's the part of food that can't be broken down during digestion. So because it moves through your digestive system "undigested," it plays an important role in keeping your system moving and "in working order."

What You Should Know:

Fiber is a "nutrient to get more of." In addition to aiding in digestion, fiber has a number of other health-related benefits. These benefits are especially effective when you have a high fiber diet that is also low in saturated fat, cholesterol, trans fat, added sugars, salt, and alcohol.

- Eating a diet that is low in saturated fat and cholesterol and high in fruits, vegetables, and grain products that contain some types of dietary fiber, particularly soluble fiber, may help lower your cholesterol and reduce your chances of getting heart disease, a disease associated with many factors.
- Healthful diets that are low in fat and rich in fruits and vegetables that contain fiber may reduce the risk of some types of cancer, including colon cancer, a disease associated with many factors. In addition,

such healthful diets are also associated with a reduced risk of type 2 diabetes.

- Fiber also aids in the regularity of bowel movements and preventing constipation. It may help reduce the risk of diverticulosis, a common condition in which small pouches form in the colon wall. This condition often has few or no symptoms; people who already have diverticulosis and do have symptoms often find that increased fiber consumption can reduce these symptoms. It's also important to note that if the pouches caused by diverticulosis rupture and become infected, it results in a more severe condition called diverticulitis.

Soluble vs. Insoluble Fiber:

Where To Get It, and What It Does

Fiber comes in two forms – insoluble and soluble. Most plant foods contain some of each kind.

- **Insoluble fiber** is mostly found in whole-grain products, such as wheat bran cereal, vegetables and fruit. It provides "bulk" for stool formation and helps wastes move quickly through your colon.
- **Soluble fiber** is found in peas, beans, many vegetables and fruits, oat bran, whole grains, barley, cereals, seeds, rice and some pasta, crackers, and other bakery products.

It slows the digestion of carbohydrates, and can help stabilize blood sugar if you have diabetes. In addition, it helps lower "bad cholesterol." This, in turn, reduces the risk of heart disease.

Check the **Nutrition Facts Label** to see which foods have a higher percent daily value of fiber.

Fiber Label Reading Tips:

- **Read food labels.** The Nutrition Facts Label tells you the amount of dietary fiber in each serving, as well as the percent daily value (%DV) that food contains. When comparing the amount of fiber in food, remember:
 - 5% DV or less is low in fiber
 - 20% DV or more is high in fiberThe label won't indicate whether fiber is "insoluble" or "soluble," so it's best to try to get some of both.
- **Compare foods and choose the ones with high fiber.** Look for and compare labels on whole-grain products such as bulgur, brown rice, whole wheat couscous or kasha and whole-grain breads, cereals and pasta. In addition, compare different styles/types of canned or frozen beans and fruit.

Source: U.S. Food and Drug Administration, www.fda.gov

Knowledge to Combat Fraud Schemes

Know who you are donating to!

Want to give to the less fortunate or a cause you are passionate about? Make sure you know to whom you are donating and where your money will go!

Be on the lookout for any charity or fundraiser that:

- Uses a name that closely resembles that of a better-known, reputable organization;
- Uses high-pressure tactics like trying to get you to donate immediately, without giving you time to think about it and do research;
- Requires donations in cash, a check made out to an individual instead of an organization, or via wire transfer;
- Offers to send a courier or overnight delivery service to collect the donation immediately; and/or
- Guarantees sweepstakes winnings in exchange for a contribution. (By law, you never have to give a donation to be eligible to win a sweepstakes.)

Before you donate, check to see if the organization is legitimate!

- Donate to local organizations you are involved in, such as your church or neighborhood school groups.
- Call your local Better Business Bureau at (717) 364-3250 or the PA State Attorney General's Office at 1-800-441-2555 to

find out more information about the organization.

- Research (or have a family member) research the organization online.

And remember: do not give out your personal or financial information—including your credit card or bank account number—unless you know the charity is reputable!

WANT TO REPORT A POSSIBLE FRAUD?

General Reports: Anti-Fraud Hotline (provided by the U.S. Senate Aging Commission) 1-855-303-9470 or www.aging.senate.gov/fraud-hotline

Telephone or online fraud scheme? Federal Trade Commission (877.FTC.Help, www.ftccomplaintassistant.gov) or Internet Crime Complaint Center (www.ic3.gov)

Mail fraud scheme? United States Postal Inspection Service 1-717-257-2330 or www.postalinspectors.uspis.gov

Scheme involving money sent with GreenDot, MoneyGram or Western Union?

Green Dot: 1-866-795-7597

MoneyGram: 1-800-MONEYGRAM or 1-800-666-3947

Western Union Fraud Hotline: 1-800-448-1492

Source: United States Postal Inspection Service

Smart Shopping for Fruits and Veggies

Continued from page 8

Store brands = savings

Opt for store brands when possible. You will get the same or similar product for a cheaper price. If your grocery store has a membership card, sign up for even more savings.

Keep it simple

Buy vegetables and fruits in their simplest form. Pre-cut, pre-washed, ready-to-eat, and processed foods are convenient, but often cost much more than when purchased in their basic forms.

Plant your own

Start a garden—in the yard or a pot on the deck—for fresh, inexpensive, flavorful additions to meals. Herbs, cucumbers, peppers, or tomatoes are good options for beginners. Browse through a local library or online for more information on starting a garden.

Plan and cook smart

Prepare and freeze vegetable soups, stews, or other dishes in advance. This saves time and money. Add leftover vegetables to casseroles or blend them to make soup. Overripe fruit is great for smoothies or baking.

Source: United States Department of Agriculture; www.ChooseMyPlate.gov

WARNING: Lottery and Sweepstakes Scams

It happens every day. Thousands of people are notified by mail that they have won a free prize. Usually, it's a postcard that says your prize will be one of four or five "valuable" items — like a new car, a color television, or a \$1,000 savings bond. Sometimes it is a letter that says you won millions of dollars!

Typically, con artists whose sole purpose is to rip you off mail these notices. When you contact the company by phone to claim your prize, the scam artist will tell you that you are required to pay a "processing" or "insurance" fee and pressure you to give out your credit card number.

Don't do it! The con artist may make thousands of dollars in unauthorized charges to your account. If you refuse to give out your credit card number, beware of the con artist's other scam — convincing you to cover the processing or insurance fee by sending a check for hundreds of dollars by overnight courier, or by wiring the fee to a person or business in the United States or a foreign

location like Canada.

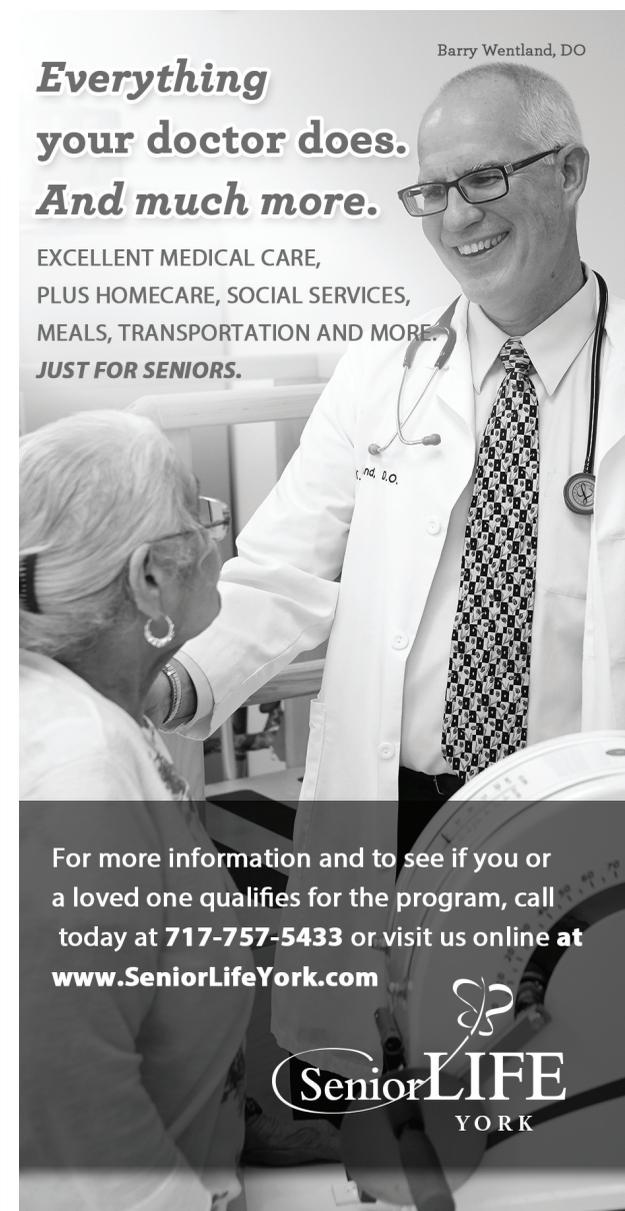
Either way, you can be certain that your prize will cost you more than it is worth — or it may never arrive at all.

- Watch out for mailings that make you feel like you will miss out on a huge benefit if you do not send the requested info!
- While you may want to help, your money will not go to the listed causes!
- You will NOT have to pay to get your winnings for any legitimate lottery or sweepstakes!

Remember: if it sounds too good to be true, it probably is!

If you or someone you know has been victimized by a lottery or sweepstakes scam, call the United States Postal Inspection Service at 717.257.2330. For more information, visit <https://postalinspectors.uspis.gov/>.

Source: United States Postal Inspection Service



Barry Wentland, DO

Everything your doctor does. And much more.

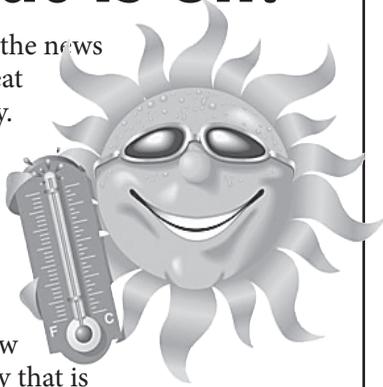
EXCELLENT MEDICAL CARE, PLUS HOMECARE, SOCIAL SERVICES, MEALS, TRANSPORTATION AND MORE. **JUST FOR SENIORS.**

For more information and to see if you or a loved one qualifies for the program, call today at **717-757-5433** or visit us online at www.SeniorLifeYork.com

Senior LIFE YORK

The Heat is On!

We often listen to the news and hear about a heat warning or advisory. It is important for everyone to understand these terms and take precautions against extreme summer temperatures. Below is some terminology that is important to understand in order to prepare for the summer heat.



Heat Warning

Life threatening heat is occurring, imminent or highly likely.

Heat Advisory

High and potentially dangerous values of heat index are occurring, imminent or highly likely.

Heat Watch

Excessive heat is possible in the next day or two.

The UV Index

The UV Index forecasts the strength of the sun's harmful rays; the higher the number, the greater the chance of sun damage.

Source: PA Public Utility Commission; EPA

Summer Storm Safety

Summer is the peak season for one of the nation's deadliest weather phenomena--lightning. Though lightning strikes peak in summer, people are struck year round.

There is no safe place outside when thunderstorms are in the area. If you hear thunder, you are likely within striking distance of the storm. Just remember, "When Thunder Roars, Go Indoors." Too many people wait far too long to get to a safe place when thunderstorms approach. Unfortunately, these delayed actions lead to many of the lightning deaths and injuries in the U.S.

A safe shelter is a building with electricity and/or plumbing or a metal-topped vehicle with windows closed. Picnic shelters, dugouts, small buildings without plumbing or electricity are not safe.

KEY INDOOR SAFETY TIPS

- Stay off corded phones. You can use cellular or cordless phones.
- Don't touch electrical equipment or cords.
- Avoid plumbing. Do not wash your hands, take a shower or wash dishes.
- Stay away from windows and doors.
- Stay off porches.
- Do not lie on concrete floors or lean against concrete walls.



Bring in your pets

Dog houses are not safe shelters. Dogs that are chained to trees or on metal runners are particularly vulnerable to lightning strikes.

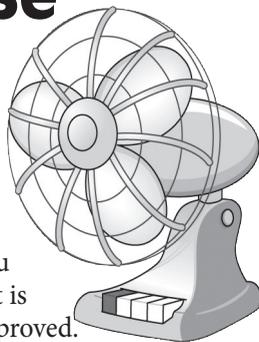
Protect Your Personal Property

Lightning generates electric surges that can damage electronic equipment some distance from the actual strike. Typical surge protectors will not protect equipment from a lightning strike. The American Meteorological Society has tips for protecting your electronics from lightning. Do not unplug equipment during a thunderstorm as there is a risk you could be struck.

Source: National Weather Service,
www.lightningsafety.noaa.gov/

Safe Fan Use

Use your fan in or next to a window. Box fans are best. Use a fan to bring in cooler air from outside at night or to vent hot air out during the day. Use your fan by plugging it directly into the wall outlet. If you need an extension cord, be sure it is UL (Underwriter Laboratory) approved.



- **DON'T** ever use a fan in a closed room without windows or doors open to the outside.
- **DON'T** use a fan anywhere near water.
- **DON'T** believe that fans cool air. **THEY DON'T!** A fan will only move air around and can help you feel cooler by evaporating your sweat.
- **DON'T** ever use a fan to blow directly on you when the temperature is 95 degrees or above. This can actually increase your temperature and cause heat stroke.
- **DON'T** use an old fan without protective guards to protect fingers from injury.

If you are age 60 or older, have been recently ill, or live alone without air conditioning, it is strongly recommended that you spend part of each day in air conditioning when a heat warning is in effect.

Source: National Oceanic and Atmospheric Administration; www.crh.noaa.gov

What To Throw Out When The Power Goes Out

During power outages, food spoilage can be a serious problem. Consumers can help avoid spoilage and foodborne illness in their homes by making sure foods stay properly refrigerated during a power outage.

BE PREPARED

- Make sure - before an outage - that the refrigerator is set below 40°F.
- Stock up on non-perishable foods that don't require refrigeration, and choose single-serve sizes if available to avoid the need for refrigeration of unused portions. Consider these easy, healthy, shelf-stable foods:
 - Breads/Grains: single-serving boxes of cereal, trail mix, energy bars, granola bars, cereal bars, bagels, muffins, crackers, popcorn and chips.
 - Fruits and Vegetables: carrot and celery sticks, grapes, single-serve applesauce, whole fruit (apples, peaches, bananas), dried fruit mix and juice boxes.
 - Dairy Alternatives: single-serve milk or soy beverage boxes and non-refrigerated pudding cups.
 - Meat and Other Protein Sources: cans of tuna, peanut butter (for sandwiches or with celery and apples), nuts and single-serve packages of peanut butter and crackers.

WHEN THE POWER GOES OUT:

- During a power outage, keep the refrigerator and freezer doors closed and open them only when necessary.
- If power is restored within four hours, items in the refrigerator should be safe to eat. A full freezer will stay at freezing temperatures for two days if the door remains closed. A half-full freezer will stay at freezing temperatures for one day if the door remains closed.

ONCE THE POWER IS RESTORED:

When power is restored, check the temperature inside of your refrigerator and freezer. If it has risen to 45°F or higher, discard any potentially spoiled foods. Such foods include meat, poultry, fish, dairy and egg products, soft cheese, cooked beans, cooked rice, cooked potatoes, cooked pasta, potato salad, custard and pudding. Allow time for the refrigerator to reach below 40°F before restocking. And of course, when in doubt, throw it out.

Source: www.homefoodsafety.org

Enjoy Mother Nature

The sun is shining, flowers are in full bloom, and the sound of birds chirping is traveling through-out the air. National and State parks are offering discounted passes and free admission to Seniors age 62 or older to take advantage of mother nature and the beautiful spring time weather. At this time, national parks are offering a life time Senior Pass and Pennsylvania state parks are offering free admission for adults age 62 and older.

To take advantage of the National Park discount one must obtain a Senior Pass, be 62 years of age or older, a U.S. resident or permanent citizen, and pay a \$10 fee. An additional \$10 is charged for the document processing fee. Passes can be purchased in person only at any national park, or from a participating federal recreation site or office. Purchasing the pass includes free lifetime admission to national parks, recreation sites and discounted amenity fees such as camping. It includes admission for the pass holder as well as up to 3 additional adults. The pass is honored at all sites where a standard amenity or entrance fee is charged. A few of those sites and parks include; the Forest Service, the National Park Service, Fish and Wildlife Service, Bureau of Land Management, the Bureau of Reclamation, Fort Washington Park, Fort McHenry National Monument and Historic Shrine, Gettysburg National Military Park and many others. The Senior Pass is non-replaceable if lost or stolen; a new pass would need to be purchased or the entrance or amenity fee paid. The pass must be in your possession when entering a park or recreation site. Aside from purchasing the Senior Pass, FREE admission is also available for adults age 62 or older to all Pennsylvania State Parks.

The York area is home to three state parks: Codorus, Gifford Pinchot and Samuel S. Lewis. Adults age 62 or older are eligible for reduced camping fees and reduced costs of park facilities. Each park in York County offers a unique and scenic experience. Travel south to Codorus State Park and enjoy 3,490 acres of scenery and 26 miles of shoreline that will allow you to possibly catch glimpses of the migrating waterfowl or shorebirds. Traveling just north of York is 2,338 acres of wooded hill sides and farm fields surrounded by a peaceful lake at Gifford Pinchot State Park. Located on the East side of York County is the spectacular view from Samuel S. Lewis Sate Park.

More information may be found at <http://store.usgs.gov/pass/senior.html> or at www.dcnr.state.pa.us. Don't let the nice weather pass you by. Enjoy the breeze on one of the many walking and hiking trails or picnic under the shade of a tree and enjoy the scenery Mother Nature has provided at a National or State Park.

Take Cover From The Sun

The sun's ultraviolet (UV) rays can damage your skin in as little as 15 minutes. Follow these recommendations to help protect yourself and your family.

Shade

You can reduce your risk of skin damage and skin cancer by seeking shade under an umbrella, tree, or other shelter before you need relief from the sun. Your best bet to protect your skin is to use sunscreen or wear protective clothing when you're outside—even when you're in the shade.

Clothing

When possible, long-sleeved shirts and long pants and skirts can provide protection from UV rays. Clothes made from tightly woven fabric offer the best protection. A wet T-shirt offers much less UV protection than a dry one, and darker colors may offer more protection than lighter colors. Some clothing certified under international standards comes with information on its ultraviolet protection factor.

If wearing this type of clothing isn't practical, at least try to wear a T-shirt or a beach cover-up. Keep in mind that a typical T-shirt has an SPF rating lower than 15, so use other types of protection as well.

Hat

For the most protection, wear a hat with a brim all the way around that shades your face, ears, and the back of your neck. A tightly woven fabric, such as canvas, works best to protect your skin from UV rays. Avoid straw hats with holes that let sunlight through. A darker hat may offer more UV protection.

If you wear a baseball cap, you should also protect your ears and the back of your neck by wearing clothing that covers those areas, using sunscreen with at least SPF 15, or by staying in the shade.

Sunglasses

Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure.

Sunglasses that block both UVA and UVB rays offer the best protection. Most sunglasses sold in the United States, regardless of cost, meet this standard. Wrap-around sunglasses work best because they block UV rays from sneaking in from the side.

Sunscreen

Put on broad spectrum sunscreen with at least SPF 15 before you go outside, even on slightly cloudy or cool days. Don't forget to put a thick layer on all parts of exposed skin. Get help for hard-to-reach places like your back. And remember, sunscreen works best when combined with other options to prevent UV damage.

How sunscreen works. Most sun protection products work by absorbing, reflecting, or scattering sunlight. They contain chemicals that interact with the skin to protect it from UV rays. All products do not have the same ingredients; if your skin reacts badly to one product, try another one or call a doctor.

SPF Sunscreens are assigned a sun protection factor (SPF) number that rates their effectiveness in blocking UV rays. Higher numbers indicate more protection. You should use a broad spectrum sunscreen with at least SPF 15.

Reapplication Sunscreen wears off. Put it on again if you stay out in the sun for more than two hours and after swimming, sweating, or toweling off.

Expiration date Check the sunscreen's expiration date. Sunscreen without an expiration date has a shelf life of no more than three years, but its shelf life is shorter if it has been exposed to high temperatures.

Cosmetics Some makeup and lip balms contain some of the same chemicals used in sunscreens. If they do not have at least SPF 15, don't use them by themselves

Source: CDC

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PLANNING FOR SPECIAL NEEDS

By: **ROBERT CLOFINE**

Certified Elder Law Attorney in York

When it comes to estate planning there is never a “one-size-fits-all” solution. There are many tools and the estate planner’s job is to determine which one makes sense for each person’s particular circumstances. When that person’s estate plan includes a beneficiary who is disabled, quite often the right tool is a “special needs” trust. Otherwise, you could jeopardize your loved one’s ability to receive Supplemental Security Income (SSI) and Medicaid benefits. By establishing a “special needs trust” in your Will, you can avoid some of these problems.

Government programs like Medicaid and SSI can provide substantial support for seniors and for people with disabilities. But both are “needs-based programs” that only provide benefits to people who meet specific financial standards. Those standards include strict limits on the amount of savings and other assets an applicant can own. As such, if your Will leaves money or other assets directly to a disabled beneficiary, those inherited assets may cause them to lose their entitlement to certain benefit programs, or they may have to spend the assets before they become eligible for benefits. One way to avoid losing eligibility for “needs-based programs” is to create what is known as a “special needs” or “supplemental needs” trust. Then, instead of leaving property directly to your loved one, you leave it to the special needs trust.

The exact terms of such a trust can vary depending upon the beneficiary’s needs, but the general concept of all special needs trusts are the same. That is, the trust states that the trust funds

can be used for the disabled beneficiary, but are not to be considered available to the beneficiary when determining their eligibility for needs-based programs, such as Medicaid. Each program has its own rules, so the exact language used in the trust is extremely important, but the idea is to express a clear intent to preserve the beneficiary’s access to public benefit programs and use the trust only as a supplement. Typically, a trust like this would run for the lifetime of the disabled beneficiary. As such, you need to include a provision listing alternate beneficiaries to receive what is left when the disabled beneficiary dies. Trusts like this can also be used for a disabled spouse. For example, if a husband is suffering from dementia, the wife might want to structure a plan to leave funds to her husband in trust, available for use if needed but not exhausted to pay for nursing home care if Medicaid benefits are available.

With a trust that you create under your Will, you can set the rules as you wish. However, there is another type of “special needs” trust that a disabled person can create using their own funds. For instance, if a disabled person receives funds from a lawsuit, those funds can be placed in a “first party special needs trust” and the disabled person will not lose their SSI or Medicaid benefits. This option is generally available as long as the disabled person is under the age of 65 years. One big difference between this “first party” trust and the trust that you might create under your Will is the “payback” requirement. That is, a “first party” trust must include a “payback” provision which states that any funds remaining in the trust when the

disabled person dies must be used to repay all Medicaid benefits that the beneficiary may have received.

Planning for a disabled beneficiary is never easy and one roadblock is finding a suitable trustee. Most people do not have the expertise to manage a trust, even if they are family members, and so a professional trustee may be a wise choice. For those who may be uncomfortable with the idea of an outsider managing a loved one’s affairs, it is possible to simultaneously appoint a “trust protector,” who has the power to review accounts, hire and fire trustees and instruct the trustee on the beneficiary’s needs. If you don’t have a good candidate to serve as a trustee or if you are leaving a relatively modest sum that doesn’t justify the cost of a separate special needs trust, you should consider a “pooled trust.” These are special needs trusts run by nonprofit organizations that pool and invest funds from many families. Each trust beneficiary has a separate account, and the trustee chosen by the nonprofit spends money on behalf of each beneficiary. For smaller amounts, a new option is also becoming available. These are known as “ABLE Accounts” and I anticipate Pennsylvania will adopt legislation in the near future permitting disabled persons to set aside funds for their own benefit. I’ll cover these in a subsequent article once that law passes.

As I am sure you can tell, this is not simple planning. If your beneficiaries are disabled or may need access to benefit programs, you should seek the advice of a lawyer who has experience in dealing with these issues.

SAVE
the
DATE

SEPTEMBER
30

The Falls Free Coalition of York County will be at the 50plus EXPO on September 30, 2015 from 9 a.m. to 2:00 p.m.

**York Expo Center
Memorial Hall East
334 Carlisle Avenue, York**

Visit the Falls Free area which will include interactive displays, educational screenings, brown bag medicine review, falls prevention demonstrations, falls trivia with prizes and much more!

Fostering Friendships

The Rent-A-Kid program, sponsored by the York County Area Agency on Aging, is an intergenerational program that brings senior citizens and “kids” together. York County senior citizens, 60 years of age or older, who need help with various indoor and outdoor household chores, can contact the York County Area Agency on Aging to hire a “kid” in their area. Seniors are asked to reimburse the kids at \$5/hour.

The kids are York County students in grades 7 through 12. They must complete an application and have it signed by their parent and school guidance counselor. The teens are then entered into a regional data base. When a senior contacts the agency, they are matched electronically with kids in their area. The senior citizens and kids are not screened by the York County Area Agency on Aging.

Many successful matches have been made in the 33 years of the program’s existence. “Betty” from York is very impressed with her Rent-A-Kid stating he is a very polite young man and plans to have him work for her

twice a week this summer. “Janice” is in her 90’s and has used Rent-A-Kids for several years. She has made some memorable relationships with her kids, one calling her “grandma” and another always giving her a hug before she left. “Mary” from Hanover has 2 kids and describes them as awesome great kids, and compliments their parents on doing a terrific job!

The program has given many kids their first employment experience. It has also fostered many friendships between senior citizens and the kids along the way, while providing the seniors the needed assistance around their home.

For more information or to hire a Rent-A-Kid, call the Rent-A-Kid Coordinator at (717) 771-9103 or 1-800-632-9073. Information is also available at www.ycaaa.org.



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

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.com

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

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

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, Tuesday, Wednesday and Friday, 8:30 AM - 3:00 PM
Thursday, 12:00 PM - 3:00 PM
Website: www.redlandseniorcenter.org

RED LION SENIOR 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.redlionseniorcenter.com

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

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

SUSQUEHANNA SENIOR CENTER

2427 Craley Road, Wrightsville
Director: Trena Howard
Phone: 244-0340
Hours: Monday-Friday, 7:30 AM - 2:30 PM
Website: www.susquehannaseniorcenter.org

WHITE ROSE SENIOR CENTER

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

WINDY HILL ON THE CAMPUS

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

YORKTOWN SENIOR CENTER

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

Home Delivered Meals Program

The Home Delivered Meals Program is designed to provide a well-balanced meal to eligible homebound adults who are unable to prepare adequate meals for themselves, and have no other means of assuring healthful nutrition.

The meals are delivered Monday, Wednesday, and Friday. One meal is a hot meal and a cold bag meal for Tuesday and Thursday. Two frozen meals are delivered for the weekend. The delivery may occur any time between 10:00 am and 1:00 pm.

Home delivered meals are delivered by volunteers and/or paid workers from the local Senior Centers.

To be eligible for Home Delivered Meals an individual must meet the following criteria:

- **Be a York County resident**
- **Be age 60 or older**
- **Live alone**
- **Be suffering from a physical, mental or emotional disability which prohibits the individual from leaving his or her residence on a regular basis and prevents them from preparing a nutritious meal**

For more information on Home Delivered Meals and other programs offered by the agency, please contact us at:

York County Area Agency on Aging

(717) 771-9610

1-800-632-9073

Fax: (717) 771-9044

Email: aging@yorkcountypa.gov

www.ycaaa.org

Volunteer Opportunity

Home Delivered Meals Program

Are you looking for a volunteer opportunity, one that will have a very beneficial impact in your community? Why not consider becoming a home delivered meals volunteer for a York County senior center? Meals volunteers donate their time to deliver hot and cold meals door to door. Home delivered meals make a real difference in the lives of the people who receive them. In some cases, receiving a meal is the one service that makes it possible for an older adult to remain independent and living at home, rather than being forced to relocate to a more restrictive setting.

Senior centers depend on volunteer assistance to administer the program. A dedicated volunteer has a positive impact not only the well-being of the person who receives a meal, but also on a senior center's success in both the meal program and the other types of services senior centers provide to the community.

Orientation and training is provided to new volunteers. If you think you might be able to contribute to your community in this way, why not contact one of the senior centers listed above to learn more. Your community will benefit from your involvement!

Sizzling Summer Safety

In a normal year, about 175 Americans succumb to the demands of summer heat. Those at the greatest risk of heat related illness include infants and children up to four year of age, people 65 years of age or older, people who are overweight, people who overexert during work or exercise, and people who are ill or on certain medications.

The following are simple ways to stay healthy and safe during the summer heat:

Find a cool place indoors. Older adults and people with chronic health problems should stay indoors during a heat wave in the coolest available place. If the temperature or humidity is going up you are at increased risk for a heat-related illness.

Spend time in air conditioning. If possible, spend time in air conditioning. Even just two hours a day can significantly reduce the risk of a heat-related illness. If you don't have air conditioning, visit a senior center, local mall, library or a relative's home with air conditioning.

Slow down. Strenuous activities should be reduced, eliminated or rescheduled to the coolest time of the day.

Don't get too much sun. If you must go out in the sun, use sunscreen, wear sunglasses and a wide-brimmed hat. Stay in the shade or under awnings as much as possible.

Dress for summer. Wear light-colored, loose fitting clothing. Light colors will reflect heat and sunlight and help your body maintain normal temperatures.

Drink plenty of fluids. Even if you don't feel thirsty you should drink plenty of water, fruit or vegetable juices. Your body needs fluids to keep cool and stay hydrated. People with epilepsy or heart, kidney or liver disease; or those who are on fluid restricted diets or have a problem with fluid retention, should consult their physician before increasing their fluid intake.

Avoid alcoholic and caffeinated beverages. Alcohol and beverages with caffeine such as coffee, tea and cola make the heat's effect on your body worse.

Eat small meals and eat more often. Avoid foods that are high in protein, which increase metabolic heat and increase water loss.

Avoid using salt tablets unless directed to do so by your physician.

Stay cool. Take a cool shower or bath. Wrap a towel around ice cubes and apply it to your forehead and neck or keep a damp towel in the freezer to cool off. Lie down and rest in a cool place.

Never leave children, older adults or pets in a closed vehicle – even for a few minutes. Temperatures inside a closed vehicle can reach 140-190 degrees within 30 minutes on a hot day.

Check on others. Make a special effort to check in on at-risk neighbors and relatives during a heat wave. Those living in on the top floors of building without air-conditioning are more likely to be exposed to excessive heat. People living in urban areas may be at greater risk from the effects of a prolonged heat wave than people living in rural areas, due to the roads and buildings absorbing the sun's energy.

The next time you hear that the summer temperature is climbing, follow these safety tips and reduce your risk of experiencing a heat related illness.

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

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Stay Cool and Conserve Energy Too!

The Pennsylvania Public Utility Commission provides information for Pennsylvanians about ways they can reduce their energy consumption while staying cool and healthy. It's a matter of energy conservation, but, more importantly, it's a matter of health and safety.

Cooling and heating your home uses more energy and energy dollars than any other system in your home. There are simple and practical ways to conserve energy, save on your utility bills and also stay cool during the hot summer months.

- In hot, humid summer months set your thermostat at 78 degrees when you are home and 85 degrees or off when you are away.
- Keep drapes closed and shades drawn. The amount of energy required to cool your home will be considerably less.
- Replace filters monthly for maximum benefit and check air and return vents on a regular basis to keep circulation air paths clear.
- Request a "home energy audit" from your local utility to identify any areas where energy is being lost and to find out ways to save on your heating and cooling bills.
- Clothes dryers and dishwashers produce a lot of heat. Use them in the early morning or late evening, not in the heat of the day.
- Use only lights and appliances you really need. Even a basic light bulb can add heat to a room.
- Use a microwave oven instead of a conventional range or oven.
- Wash full loads of clothes in cold water whenever possible and avoid overdrying.
- Relax in rooms that do not receive direct sunlight or stay on the lowest floor of your home.
- Air leaks waste energy dollars year-round. Caulking and weather-stripping will help keep cool air in.

For more information on ways to save energy and stay cool, visit the Pennsylvania Public Utility Commission at www.puc.state.pa.us.

Source: Pennsylvania Public Utility Commission, Office of Communications; NOAA's National Weather Service; and FEMA, www.ready.gov; National Institute on Aging, www.nia.nih.gov