NEW HORIZONS

York County Area Agency on Aging

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OLDER AMERICANS MONTH MAY 2015

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthdays. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing. In April of 1963, President John F. Kennedy's meeting with the National Council of Senior Citizens served as a prelude to designating May as "Senior Citizens Month." Thanks to President Jimmy Carter's 1980 designation, Senior Citizens Month is now called "Older Americans Month," and has become a tradition.

The Older Americans Act was signed into law by President Lyndon Johnson in 1965. It provides a nationwide aging services network and funding that helps older adults live with dignity in the communities of their choice for as long as possible. These services include home-delivered and congregate meals, caregiver support, community-based assistance, preventive health services, personal care, transportation, job training, ombudsman services, legal assistance, and elder abuse prevention. By providing a variety of resources in these areas, the Administration for Community Living works year-round to support the goals of the Older Americans Act and hopes to use this Older Americans Month as a vehicle for individual and community empowerment. By promoting and engaging in activity, wellness, and inclusivity, more Americans than ever before can **"Get into the Act",** which is the 2015 theme for Older Americans Month.

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since Kennedy has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities. Older Americans Month is celebrated across the country through ceremonies, events, fairs, and other

GET INTO THE ACT
OLDER AMERICANS MONTH
MAY 2015

such activities.

Each May, the Administration for Community Living celebrates Older Americans Month to recognize older Americans for their contributions to the nation. This year, in honor of the 50th anniversary of the Older Americans Act (OAA), they are focusing on how older adults are taking charge of their health, getting engaged in their communities, and making a positive impact in the lives of others.

While the York County Area Agency on Aging provides services, support, and resources to older adults year-round, Older Americans Month offers us an opportunity to encourage older adults to take charge of their health and get engaged in their community.

Consider making a positive impact on another's life by volunteering. If you're looking for something to do with that extra time on your hands, visit with our Volunteer Coordinator to learn more about our volunteer opportunities. Page three of this issue provides a schedule of community locations to meet and speak with her one-on-one. An hour a week can change someone's life, including your own.

Take charge of your health by attending "A Matter of Balance" classes. These classes help older adults manage concerns about falling and increase activity levels. Anyone concerned about falls or who has fallen in the past should "get into the act" and attend. This program emphasizes making changes to reduce fall risks at home and exercising to increase strength and balance. Class schedules can also be found on page three.

Important information about exercise can be found on page sixteen. Exercise can be fun and has many benefits. You don't need to belong to a gym or buy special clothes to be more active. Find an activity you enjoy and make it a part

(con't. on page 15)

Fond Farewell!

Over the years, I've encouraged you to explore all the possibilities that may define retirement. Now I am exploring mine.

It has been my great pleasure to spend the majority of my career at York County Area Agency on Aging, thirty years. Thank you to all of the dedicated people and organizations that have shared that journey with me.

Mark W. Shea has been selected as the new Director of York County Area Agency on Aging. He has served as Deputy Director since 2013, but actually began his employment within the agency in 2003, as an Aging Care Manager.

Prior to coming to the agency, Mark worked in the business sector, following service in the U.S. Army.

Mark shares my commitment to coordinate and provide services to older adults and their families that empower them to maximize their independence and quality of life.

"I feel fortunate to have been granted this opportunity and will work hard to ensure York County Area Agency on Aging continues to provide the highest level of services to older adults in York County."

Please welcome him as he embarks on this new adventure.

Dianna Benakovic

From the Director

Dear Reader:

Spring has always been a special time for me as I am able to spend more time outdoors. I remember my mother mulching and planting the flowerbeds that provided a burst of color. She would finish each bed by strategically positioning a few of her handmade ceramic decorations.

My father would set his sights on the vegetable garden. He would begin by turning over the earth and then adding the special country fertilizer that forced us to close all the windows, but supplied the vegetables with nutrients during the growing season.

Both of my parents are active people and enjoy spending time outdoors after a long winter. I inherited this yearning for the outdoors.

My preteen years were spent fishing and catching as many outdoor critters as I could find. I searched for the elusive Spotted Salamander that I saw in a library book picture. I always thought it would be an interesting animal to catch, if just for a moment, and I was sure it would be under the next rock I turned over.

As a teenager I camped outside, pretending that I could survive on my own in the wilderness. There was always a new adventure to be had.

As an adult, I continue to have a childlike fascination with nature and the outdoors. I sit outside for hours just to see what wildlife might be out and about. I keep a log of the birds that visit the feeders outside my home. I also still enjoy fishing. These are simple activities, but they help me to maintain balance in my life.

In our modern times, spending time in nature and learning by discovery frequently takes a back seat to searching the internet. A child can spend one minute googling what a Spotted Salamander looks like instead of half the day turning over enough rocks to actually find one. This concerns me.

This is not to say that the time we spend using technology is not valuable. Smart phones, tablets and laptops have made it possible to keep us in contact almost anywhere on earth.

But it has become increasingly more difficult to "unplug" from the world. We worry so much about not responding to our texts and tweets that sometimes our messages lack substance.

I too am guilty of checking my email and sending pictures and messages almost everywhere I go. I still have one place, however, where I can totally unplug. I head outside on my quest to find the Spotted Salamander, no electronics required.

It is important to have our own place to unplug as we age. A place where we can shed the drama of the world and focus on those things that are truly important to us.

Some people may head to a certain restaurant or take a long car ride. Others may just take the dog for a walk for some one-sided conversation. No matter where the place may be, or who you go there with, the important thing is making sure you take the time to go there.

At this point in my life, I enjoy helping my parents with their flower and vegetable gardens. I understand how important these activities are and how much of an impact these simple activities make on their lives.

I admit to never having caught a Spotted Salamander. It is probably best that I never found one; because I know it's still out there waiting for me to turn over the right rock. I wish you luck in finding the right rock in your life.

Mark W. Shea

NEW HORIZONS

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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.

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Spring 2015

Please notify YCAAA to discontinue your mailed issue.

OUR VOLUNTEERS MAKE A DIFFERENCE!

Volunteers are a vital part of the Agency on Aging. They help to supplement and expand the agency's services to the community. The agency is proud to recognize and thank the 180 agency volunteers who have provided more than 12,715 hours at a value of $278,000 this past fiscal year on behalf of older adults in York County. We couldn't do what we do without you!

The agency offers many different volunteer programs to choose from depending on your personality. If you love to socialize with others, someone is always in need of a friend to talk to. To volunteer as a friendly visitor or to have telephone conversations with older adults who are homebound can also make a difference. If you are missing the workforce, there are programs to help older adults. From financial counselors for timely budgeting, to an APPRISE insurance counselor to answer all those questions about Medicare issues, there is always work to help others in need. Take the time to consider volunteering and make a difference for yourself and others.

To learn more about exciting volunteer opportunities our Volunteer Coordinator, Evelyn Godsey, will be available at various community locations to speak with interested individuals one-on-one about the many York County Area Agency on Aging volunteer programs. Stop by one of the following locations:

- **Collinsville Community Library**
  2632 Delta Road, Brogue
  Tuesday, March 10
  5:00 – 7:00 p.m.
- **Red Land Community Library**
  48 Robin Hood Drive, Etters
  Saturday, March 21
  10:00 a.m. – 1:00 p.m.
- **Kreutz Creek Village Public Library**
  66 Walnut Springs Road, Hellam
  Thursday, April 9
  2:30 – 5:00 p.m.
- **Mason-Dixon Public Library**
  250 Bailey Drive, Stewartstown
  Monday, April 13
  2:00 – 5:00 p.m.

Although there are many different opportunities to choose from, at the present time volunteers are especially needed for the following programs:

APPRISE Insurance Counselors provide objective information and assistance to Medicare beneficiaries with Medicare and other insurance related issues. Counselors receive extensive training by local and state program staff. Time commitment for this program is twelve to fifteen hours a month within a flexible timeframe.

Financial Counselors offer their financial skills with budgeting, interpreting and processing household bills, and completing applications for benefits to older adults who have been authorized for service by an Agency on Aging care manager. A time commitment from four to eight hours per month is required following training provided by the Agency.

Friendly Visitors touch the lives of older adults by one-to-one visits to an older adult who is homebound and in need of a friend. The volunteer visits about once a week, bringing companionship, information, and sharing activities. Training is provided by the Agency.

Studies indicate that the benefits of volunteering include improved physical and mental health, lower rates of depression, and higher levels of happiness, self-esteem and life satisfaction. So what are you waiting for!

For more information contact Evelyn Godsey, Volunteer Coordinator, at (717) 852-4902 x338 or 1-800-632-9073, or at evgodsey@yorkcountypa.gov. Volunteer applications can be downloaded from www.ycaaa.org.

YCAAA STARS

Volunteer of the Month

MARCH
Lynette Myers
FRIENDLY VISITOR

APRIL
Karen Claycombe
FRIENDLY VISITOR

MAY
Pat Hauer
APPRISE AND FINANCIAL COUNSELOR

YCAAA ADVISORY COUNCIL

The next York County Area Agency on Aging Advisory Council meeting will be held at 12:30 PM on Monday, April 13 at the York County Department of Emergency Services, 120 Davies Drive, York.

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
Mondays and Wednesdays
March 30 to April 22, 2015
10:30 AM-12:30 PM
Deadline to register March 16, 2015

OR

West Manchester Township
380 East Berlin Road, York
Tuesdays and Thursdays
April 21 to May 14, 2015
1:00 PM – 3:00 PM
Deadline to register April 7, 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.

20th Annual

Prime of Life Festival

York Expo Center
Old Main

Thursday, May 21st
9:00am-2:30pm
Bingo starts at 8am

Exhibitors, Free Seminars, Free Entertainment, Raffle, Health Screenings, Red Cross Blood Drive, WSBA Live and so much more!

Come Join the Fun!

FREE
Parking and Admission

Safe Driving Competition for Seniors

The second annual Safe Driving Competition for Seniors will be held during the Prime of Life Festival on May 21st. Teams of Seniors from Senior Centers and AARP Organizations have been invited to compete in this activity. The competition will include three challenging categories of skill: driving range, perceptual driving test, and a written test based on the Pennsylvania Driver's Manual.

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Visit "CarFit" During the Prime of Life Festival

As we age, changes in our vision, flexibility, and strength, range of motion and even size and height may make us less comfortable and reduce our control behind the wheel. Sitting too close to the steering wheel or not wearing a seat belt properly can make all of the difference in the comfort as well as safety of a senior driver.

Seniors are invited to learn about proper steering wheel settings and many other valuable lessons through the **CarFit Program** that will be offered by the Center for Traffic Safety during the **Prime of Life Festival**.

Older drivers are often the safest drivers because they are more likely to wear their seatbelts, and less likely to speed or drink and drive. However, older drivers are more likely to be killed or seriously injured when a crash does occur due to the greater fragility of their aging bodies.

Driver safety programs improve adult driver safety by addressing cognitive abilities and skills, however, older drivers can also improve their safety by ensuring their cars are properly adjusted for them. A proper fit in one's car can greatly increase not only the driver's safety but also the safety of others.

What is the CarFit Program?

CarFit is an educational program that offers older adults the opportunity to check how well their personal vehicles "fit" them. A team of trained technicians will lead the participant through a 12-point checklist with their vehicle to ensure they "fit" their vehicle properly for maximum comfort and safety.

Among the items checked will be:
- Is the person positioned correctly in the driver's seat?
- Can the pedals be easily reached?
- Does the person know how to adjust the mirrors properly or have the flexibility to use the mirrors?
- Is the steering wheel positioned properly?
- Is there adequate space between the front air bag/steering wheel?
- Are head restraints property adjusted?

Here are three quick examples that underscore the importance of road safety to the CarFit program.
1. Knowing how to properly adjust one's mirrors can greatly minimize blind spots for drivers who may wish to change lanes.
2. Good foot positioning on the gas and brake pedals is important. If the driver is reaching with his or her toes to press on the pedals, it can cause fatigue in one's leg and slowed reaction times.
3. Drivers run a risk of serious injury if they are sitting closer than 10 inches to the steering wheel.

A CarFit check takes approximately 20 minutes to complete.

Be sure to stop by the "CarFit" event offered throughout the day at the Prime of Life Festival on May 21st. Take advantage of this free program and learn more about how well your "car fits" you!

"10 KEYS™ TO HEALTHY AGING"

York County Area Agency on Aging is pleased to introduce a new program, "10 Keys™ to Healthy Aging." This health promotion program was 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 one or two topics per session, once or twice a week. A certified Health Ambassador conducts the work shop 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!

For more information about a program close to you call (717) 771-9610.

DRIVING SAFELY AS YOU GET OLDER

When it comes to safe driving, it is not age but ability that matters. As you age, it is important to be aware of your changing abilities. Some things improve, as you learn from past experience. Other things don't come as easily as they used to. You need to understand your limitations and adjust how, when and where you drive. Staying safe on the road as you get older may mean making adjustments for age-related physical changes and health conditions and taking steps to improve your driving.

Here are some tips to help you drive safely if you experience changes in **vision, hearing, attention and reaction time.**

Make Sure You See Well Enough

There are several steps to take to make sure you see well enough to drive safely.

- Have your vision checked every 1 to 2 years. An eye doctor can treat many vision problems. For example, surgery can remove cataracts.
- If you wear glasses or contact lenses, ask your eye doctor or optometrist if you need a new prescription. Anti-reflective lenses and polarized sun glasses can help reduce glare. Always wear corrective lenses while driving.
- Limit driving to daytime hours if you have trouble seeing in the dark.
- Keep your windshield, mirrors, and headlights clean. Turn the brightness up on the instrument panel.
- Adjust your seat height so you can see the road for at least 10 feet ahead of your car.

Check Your Hearing

You can also take several steps to make sure you hear well enough to drive safely.

- Have your hearing checked every 3 years.
- If necessary, get a hearing aid – and use it when you drive.
- Keep the inside of the car as quiet as possible while driving. If the radio or conversations with other people are distracting, limit those, too.
- Watch for the flashing lights of emergency vehicles. You may not hear a siren from a distance.

Address Attention and Reaction Time

Here are some helpful tips to address changes in attention and reaction time.

- Leave enough space between you and the car in front of you. Find a marker ahead of you, such as a tree or sign. When the car ahead of you passes this mark, count "1001, 1002, 1003, 1004." Leave enough space so that you get to 1004 before you reach the marker.
- Start braking early when you need to stop.
- Avoid high-traffic areas if possible. Drive during the day and avoid rush hour. Find other routes with less traffic.
- When on the highway, drive in the right-hand lane, where traffic moves more slowly.
- Scan far down the road so you can anticipate problems and plan your actions.
- Avoid left turns if they make you uncomfortable. Often, you can make three right turns instead one left turn to get where you want to go. If you must turn left, pay attention to the speed of oncoming traffic.

Other things that you can do to keep driving safely include the following:

Planning before you leave:

- Plan to drive on streets you know.
- Limit your trips to places that are easy to get to and close to home.
- Take roads that will avoid risky spots like ramps and left turns.
- Add extra time for travel if driving conditions are bad.
- Don't drive when you are stressed or tired.

While you are driving:

- Always wear your seat belt.
- Stay off the cell phone.
- Avoid distractions such as eating, listening to the radio, or having conversations.
- Use your window defrosters to keep both the front and back windows clear.
- Keep your headlights on at all times.

Car safety:

- Drive a car with air bags.
- Check your windshield wiper blades often and replace them when needed.
- Keep your headlights clean and aimed in the right direction.
- Think about getting hand controls for both the gas and brake pedals if you have leg problems.

How do you know when it's time to give up the keys?

It's not age but ability that matters when it comes to safe driving. Be aware of your changing abilities. It may be time to hang up the keys when any of the following occur:

- Familiar places become difficult to locate.
- You feel unsafe on the road.
- Your health care provider has encouraged you to restrict or stop driving.
- You've had several moving violations, near misses or actual crashes.
- You find yourself inadvertently drifting into other lanes.
- You feel anxious or confused by the presence of other drivers.
- You have difficulty reading road signs.
- Medicine you take makes you feel sleepy or dizzy.
- Other drivers honk at you frequently.
- Police, family or friends have expressed concern about your driving.

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Mark Your Calendars for the 2015 Memorial Day Service

The 2015 York County Department of Veterans Affairs will hold its Memorial Day Service on Monday, May 25, 2015, beginning at 11:00 a.m. The ceremony will be held 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 (717) 771-9218.

PENNSYLVANIA INHERITANCE TAX UPDATE

By: ROBERT CLOFINE
Certified Elder Law Attorney in York

In this article, I am going to give an update on one of the questions that my clients ask most often. That question is "How will my property be taxed at the time of my death?" Many are pleased to know that they need not worry about federal estate tax since Uncle Sam imposes this levy in the year 2015 only if the estate exceeds $5.43 million. The same, however, cannot be said of Pennsylvania inheritance tax. If you die as a Pennsylvania resident, then the Pennsylvania inheritance tax applies regardless of the size of your estate.

The Pennsylvania inheritance tax is technically a tax on the beneficiary's right to receive your property. The amount of tax a beneficiary pays depends on the value of the property they receive and their relationship to you. The first class of beneficiaries includes parents, children, grandchildren, stepchildren and other so-called "lineal" beneficiaries. Assets that pass these relatives are taxed at the rate of 4.5% percent. Property passing siblings is taxed at 12%. Siblings are defined to include those who have at least one parent in common with the decedent, whether by blood or adoption. Assets that you leave to "collateral" beneficiaries, including nieces and nephews, are taxed at 15 percent. There is a zero tax rate for transfers to a spouse or transfers from a decedent 21 years of age or younger to a parent or stepparent.

For many, these tax rates sound steep. Fortunately, however, the tax is not imposed on the gross value of your estate. First, when your executor or administrator prepares the tax return, they will get to deduct debts that you owed, funeral expenses and any other estate settlement costs. A $3,500 family exemption may also be available as an additional deduction. Secondly, certain property is exempt from the tax altogether. The most important exemption is for property that is owned jointly by a husband and wife. Therefore, if you and your spouse own all of your property jointly, upon death of the first spouse there will be no Pennsylvania inheritance tax. As a technical matter, property owned individually by one spouse is subject to tax even though it passes to the surviving spouse under the terms of a Will. However, since the current tax rate on property passing to a spouse is zero percent, it doesn't create any tax.

Life insurance proceeds are also exempt from Pennsylvania inheritance tax. So, too, are the benefits from many retirement plans, but you have to weave through technical rules to make sure it's exempt. Unfortunately, IRAs are subject to inheritance tax if the decedent was over age 59 ½ at the time of death.

There a couple new exemptions that were passed in recent years. The first exemption is for agricultural lands. If the land qualifies for the "clean and green" preferential real estate tax assessment and that land passes to a lineal descendant or sibling, it is now exempt from Pennsylvania inheritance tax. If you don't meet this exemption, the land might still be exempt if it meets the requirements of the more technical "business of agriculture" exemption. Another new exemption applies to the transfer of a "qualified family-owned business." In general terms, a "family-owned business" with less than 50 employees and a book value of less than $5 million will not be subject to tax if left to lineal descendants, siblings or other "qualified transferees."

While these exemptions are nice, certain other property is subject to tax even though you may no longer own it at the time of your death. For instance, if you give your entire estate to a child, but fail to survive that gift for a period of one year, then the gift would be subject to a 4.5% percent inheritance tax to the extent it exceeds $3,000. Also, suppose you give your house to your son, but reserve the right to live there for the rest of your life. Because you reserved this right, the entire value of the house would be taxed upon your death.

As you can see, many factors will influence the amount of inheritance tax your estate will have to pay. These include the type of property you own, the manner in which you own your property and the relationship of your intended beneficiaries. As is the case with any other tax matter, proper planning can save taxes and ensure that you pass along all that you're worth.

Making A Difference
In the Lives of People with Dementia
Please join us for this FREE educational seminar

Friday April 10
Zion United Methodist Church
1030 Carlisle Ave., York, PA
RSVP **717.751.2488**

Registration 8:00 - 8:30AM
Presentation by Good News Consulting & Kenneth Brubaker, M.D.,: 8:30 - 11:30 AM
Panel Discussion: 11:30 - 12:30 PM
Kenneth Brubaker M.D., Former Chief Medical Director for the Pennsylvania Dept. of Aging and the Office of Long Term Living, will be joining us at all locations as a speaker and a panelist.
Seminar will also be held on May 1st in Lancaster and June 5th in Hanover.

FREE gift for the first 25 attendees
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SOCIAL SECURITY TO EXPAND FIELD OFFICE HOURS NATIONWIDE

Social Security announces the agency will expand its hours nationwide and offices will be open to the public for an additional hour on Mondays, Tuesdays, Thursdays and Fridays, effective March 16, 2015. A field office that is usually open from 9:00 a.m. to 3:00 p.m. will remain open until 4:00 p.m. Offices will continue to close to the public at noon every Wednesday so employees have time to complete current work and reduce backlogs. The York Social Security Administration office is located at 2670 Industrial Highway, Suite 2 in Springettsbury Township.

"This expansion of office hours reaffirms our commitment to providing the people we serve the option of top-notch, face-to-face assistance in field offices even as we work to expand online services for those who prefer that flexibility," said Carolyn W. Colvin, Acting Commissioner of Social Security. "The public expects and deserves world-class customer service and thanks to approved funding, I am pleased we will continue our tradition of exceptional service."

In recent years, Social Security reduced public office hours due to congressional budget cuts, growing backlogs and staffing losses. The agency began recovery in fiscal year 2014 by replacing some field office staffing losses and providing overtime support to process critical work. With the commitment of resources in fiscal year 2015, the agency is able to restore some service hours to the public.

Most Social Security business does not require a visit to a local field office. Many services, including applying for retirement, disability and Medicare benefits, creating a "*my* Social Security" account, replacing a Medicare card, or reporting a change of address or telephone number are conveniently available anytime at www.socialsecurity.gov. Social Security also offers assistance via a toll-free number, 1-800-772-1213 (Voice) and 1-800-325-0778 (TTY). Representatives are available from 7AM to 7PM Monday through Friday.

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 who meet the income criteria are eligible for the program. The income guidelines have not been announced for the 2015 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 <u>must be shown</u> to obtain your 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 Department of Agriculture provided document. This form will be available at local Senior Centers and on the Agency on Aging web site at www.ycaaa.org **after May 1.**
- 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 **<u>only once</u>** per calendar year.
- Vouchers can be redeemed from June 1 through November 30.

Vouchers will be distributed at the following locations <u>for as long as the supply lasts</u>:

<u>Prime of Life Festival</u>
York Expo Center, Old Main
Thursday, May 21, 9:30 AM – 2:30 PM

<u>Stewartstown Senior Center</u>
26 South Main Street, Stewartstown
Wednesday, May 27, 9:30 AM – 11:30 AM

<u>Northeastern Area Social Service Center</u>
131 Center Street, Mt. Wolf
Thursday, May 28, 9:30 AM – 11:30 AM

<u>Red Lion Area Senior Center</u>
20-C Gotham Place, Red Lion
Friday, May 29, 9:30 AM – 11:30 AM

<u>Yorktown Senior Center</u>
509 Pacific Avenue, York
Tuesday, June 2, 9:30 AM – 11:30 AM

<u>Crispus Attucks Association</u>
605 South Duke Street, York
Wednesday, June 3, 9:30 AM – 11:30 AM

<u>Heritage Senior Center</u>
3700 Davidsburg Road, Dover
Thursday, June 4, 9:30 AM – 11:30 AM

<u>Windy Hill on The Campus</u>
1472 Roth's Church Rd,
Suite 103, Spring Grove
Tuesday, June 9, 9:30 AM – 11:30 AM

<u>White Rose Senior Center</u>
27 South Broad Street, York
Wednesday, June 10, 9:30 AM – 11:30 AM

<u>Red Land Senior Center</u>
736 Wyndamere Road, Lewisberry
Thursday, June 11, 9:30 AM – 11:30 AM

<u>Delta Area Senior Center</u>
5 Pendryus Street, Suite 1, Delta
Tuesday, June 30, 9:30 AM – 11:30 AM

<u>Dillsburg Senior Activity Center, Inc.</u>
1 North Second Street, Dillsburg
Thursday, July 2, 9:30 AM – 11:30 AM

<u>Hanover Council of Churches</u>
136 Carlisle Street, Hanover
Tuesday, July 7, 9:30 AM – 11:30 AM

<u>Susquehanna Senior Center</u>
2427 Craley Road, Wrightsville
Tuesday, July 14, 9:30 AM – 11:30 AM

<u>White Rose Senior Center</u>
27 South Broad Street, York
Wednesday, July 15, 9:30 AM – 11:30 AM

<u>South Central Senior Center</u>
150 East Main Street, New Freedom
Thursday, July 16, 9:30 AM – 11:30 AM

<u>Hanover Hospital Wellness & Education Center</u>
400 York Street, Hanover
Friday, July 17, 9:30 AM – 11:30 AM

<u>Brown's Orchards & Farm Market</u>
8892 Susquehanna Trail South,
Loganville
Tuesday, July 21, 9:30 AM – 11:30 AM

<u>Flinchbaugh's Orchard & Farm Market</u>
100 Ducktown Road, York (Hellam)
Thursday, July 23, 9:30 AM – 11:30 AM

<u>Red Lion Area Senior Center</u>
20-C Gotham Place, Red Lion
Friday, July 31, 9:30 AM – 11:30 AM

Why Eat Fruits and Vegetables?

Eating fruits and vegetables provides health benefits — people who eat more fruits and vegetables as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits and vegetables provide nutrients vital for health and maintenance of your body.

Health benefits

Eating a diet rich in fruits and vegetables as part of an overall healthy diet has many health benefits:

- May reduce the risk for stroke and perhaps other cardiovascular diseases.
- May reduce the risk for type 2 diabetes.
- May protect against certain cancers, such as mouth, stomach, and colon-rectum cancer.
- Diets rich in foods containing fiber, such as fruits and vegetables, may reduce the risk of coronary heart disease.
- Eating fruits and vegetables rich in potassium may reduce the risk of developing kidney stones and may help to decrease bone loss.
- Eating foods such as fruits and vegetables that are low in calories per cup instead of some other higher-calorie food may be useful in helping to lower calorie intake.

Nutrients

- Most fruits and vegetables are naturally low in fat and calories. Fruits are also low in sodium. None have cholesterol. (Sauces or seasonings may add fat, calories, or cholesterol.)
- Fruits and vegetables are important sources of potassium, dietary fiber, folate (folic acid) and vitamin C. Vegetables are also important sources of vitamins A and E.
- Diets rich in potassium may help to maintain healthy blood pressure.
- Dietary fiber from fruits and vegetables helps reduce blood cholesterol levels and may lower risk of heart disease. Fiber is important for proper bowel function. It helps reduce constipation and diverticulosis. Fiber-containing foods help provide a feeling of fullness with fewer calories.
- Vitamin A keeps eyes and skin healthy and helps to protect against infections.
- Vitamin E helps protect Vitamin A and essential fatty acids from cell oxidation.
- Vitamin C is important for growth and repair of all body tissues. It helps heal cuts and wounds and keeps teeth and gums healthy and aids in iron absorption.

Source: United States Department of Agriculture

ManorCare Health Services

2015 YORK COUN

The excitement is building as we plan for the 14th annual York County Senior Games! The Games will be held Tuesday, June 23 through Saturday, June 27.

The York County Senior Games have grown significantly since they were first held in 2002 as a one-day event. There is an event for everyone who wants to participate, from card games to hoops, swimming to shuffleboard, bocce to 9-hole golf, and much more.

The majority of the events will be held at Central York High School, with the exception of 8 events - bowling, mini golf, 9-hole golf, horseshoes, trap shooting and target shooting. These events will be held at other community locations.

A new feature this year will be two days of *Preview Events* held the week prior to the Games. The Bowling event will be held on Monday, June 15 and the Mini Golf event will be held on Tuesday, June 16. Any past participant who registers a new participant for one of these two *Preview Events* will receive a special gift.

The Senior Games registration area will be open at Central York High School beginning at 9:00 a.m. on Tuesday, June 23rd and will remain open every day from 9:00 a.m. to 3:00 p.m. through June 27th. Participants can pick up their participant bag, including senior games t-shirt, and register for additional events at this area.

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 through competitive and noncompetitive activities. The Senior Games are organized by the York County Area Agency on Aging in conjunction with the Senior Games Planning Committee, with a membership of agency staff and community volunteers.

All 2014 York County Senior Games participants will receive a Registration Booklet in the mail by April 1. If you did not participate in 2014 and would like to receive a Registration Booklet, call (717) 771-9001 or 1-800-632-9073 to get your name on the mailing list.

Opening and Closing Events

The Opening Ceremony will be held on Wednesday, June 24th at 8:15 a.m. at Central York High School Soccer Stadium. Bring your family and join us as we celebrate the official opening of the 2015 York County Senior Games. Opening Ceremonies will include a Color Guard, the Parade of Athletes, a banner competition and the Lighting of the Torch.

The week of events will end with our Closing Celebration. It will be held on Saturday, June 27th beginning at 3:30 PM at Central York High School Cafeteria. This event will celebrate the week of activities, recognize medal winners and be a special time of sharing. Special awards, door prizes, and picture memories will be shared during this special celebration. All participants and their families are invited to come together for the Closing Celebration.

Eligibility and Age Divisions

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 within each age group. Some events are open to men and women separately.

Registration

There is a $12.00 registration fee that enables you to participate in an unlimited number of events. Fee for all registrations postmarked after May 31 is $15.00. The registration fee is non-refundable. There will be additional fees for some events.

Registration booklets will be available after April 1. Contact the York County Area Agency on Aging at (717) 771-9001 or 1-800-632-9073 for further information. The registration booklet and registration form can also be downloaded from our website at **www.ycaaa.org,** after April 1.

Sponsors and Donations

The Senior Games are made possible by the financial support of local businesses, organizations, and individuals. We welcome back **ManorCare Health Services** as our Platinum Sponsor. We also welcome back **Lutheran Social Services of South Central PA** and the **PA LOTTERY** as Gold Sponsors, **Rest Haven York, The Brunswick at Longstown** and **Colonial Manor Nursing and Rehab** as Silver Sponsors, and **Glatfelter Insurance Group** and **Visiting Angels** as Bronze Sponsors. We welcome new Bronze Sponsors **HealthSouth Rehabilitation Hospital of York, Normandie Ridge Senior Living Community** and **WellSpan Sports Medicine**. Other 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 expansion and success. Businesses and organizations that are interested in making financial contributions to the Senior Games can call (717) 771-9001.

So don't delay! Sign up with a friend or family member and GO FOR THE GOLD in the 2015 York County Senior Games! It's sure to be an exciting and memorable week!

PREVIEW EVENTS
WEEK PRIOR TO GAMES
Monday, June 15, 2015

Bowling-Singles *Hosted by Hanover Bowling Centre*
Location: **Hanover Bowling Centre 1630 Broadway, Hanover**
Time: **9:00 AM**

Bowling-Doubles *Hosted by Hanover Bowling Centre*
Location: **Hanover Bowling Centre 1630 Broadway, Hanover**
Time: **12:00 PM**

Tuesday, June 16, 2015

Mini Golf *Hosted by Heritage Hills Golf Resort*
Location: **Heritage Hills Mini Golf 2700 Mt. Rose Avenue, York**
Time: **Compete in this event anytime between 12:00 PM to 5:00 PM**

Tuesday, June 23, 2015

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
Location: **John Rudy Park 400 Mundis Race Rd, York**
Time: **8:00 AM**

Senior Games Banner Contest

All Senior Games 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 that reflects 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 at the Opening Ceremony on Wednesday, June 24, 2015. All banners will be displayed throughout the week and Banner prizes will be awarded at the Closing Celebration on Saturday, June 27th.

TY SENIOR GAMES

SCHEDULE OF EVENTS

Horseshoes-Doubles
Location: **John Rudy Park 400 Mundis Race Rd, York**
Time: **12:00 PM**

Volleyball *Hosted by Josh Kehler*
Location: **Central York High School**
Time: **5:30 PM**

Wednesday, June 24, 2015
(ALL events at Central York High School except Target and Trap Shooting)

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

Wii Archery *Hosted by Patricia Egger*
Time: **Compete in this event anytime between 9:00 AM to 3:00 PM**

Ladder Golf *Hosted by ManorCare Health*
Time: **Compete in this event anytime between 9:00 AM to 2:00 PM**

Washers *Hosted by Crystal Poe*
Time: **Compete in this event anytime between 9:00 AM to 2:00 PM**

Soccer Kick *Hosted by ManorCare Health*
Time: **Compete in this event anytime between 9:00 AM to 2:00 PM**

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**

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**

Thursday, June 25, 2015
(ALL events at Central York High School)

Shuffleboard *Hosted by SOS and SING*
Time: **Beginning at 9:00 AM. Specific times for age groups will be listed in the Registration Booklet.**

Tennis-Singles *Hosted by David Meanor*
Time: **8:30 AM**

Tennis-Doubles *Hosted by David Meanor*
Time: **11:00 AM**

Throws Hosted by Manchester Township Recreation
Time: **Football, Softball, and Frisbee Compete in these events anytime between 9:00 AM to 2:00 PM**

Wii Bowling *Hosted by Dick and Sandy Bear*
Time: **Compete in this event anytime between 9:00 AM to 3:00 PM Event also offered on Saturday, June 27, choose one day.**

Friday, June 26, 2015
(ALL events at Central York High School)

Darts *Compliments of Staff Music and Amusements-Hosted by Katie Fink*
Time: **Compete in this event anytime between 9:00 AM to 3:00 PM. Event also offered on Saturday, June 27, choose one day.**

Pinochle *Hosted by Kim Maglaughlin*
Time: **9:30 AM**

Swimming *Hosted by Mary Ann and Brian Wayne*
Time: **Beginning at 11:00 AM. Specific times for events will be listed in the Registration Booklet**

Poker *Hosted by John Brenner*
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 5:00 PM. Event also offered on Saturday, June 27, choose one day.**

Saturday, June 27, 2015
(ALL events at Central York High School)

Running Events *Hosted by Pete Klotz*
Time: **Beginning at 8:00 AM. Specific times for events will be listed in the Registration Booklet**

Table Tennis *Hosted by Fredric Malmberg*
Time: **9:00 AM**

500 *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 8:00 AM to 11:00 AM. Event also offered Friday, June 26 from 3:00 PM to 5:00 PM, choose one day.**

Wii Bowling *Hosted by Dick and Sandy Bear*
Time: **Compete in this event anytime between 9:00 AM to 1:00 PM Event also offered on Thursday, June 25, choose one day**

Darts *Compliments of Staff Music and Amusements- Hosted by Katie Fink*
Time: **Compete in this event anytime between 9:00 AM to 2:30 PM. Event also offered on Friday, June 26, choose one day**

Men's 3 on 3 Basketball
Hosted by Randy Grove
Time: **12:30 PM**

Triathlon

The Triathlon, a special challenge, will be offered during the 2015 Senior Games!

The 2015 Triathlon will consist of three events: Softball Throw, Freestyle Swimming, 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 win in age brackets as follows: 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85--89; and 90+. Men's and Women's Divisions. Awards will be announced during the Closing Celebration.

Need Help With Medicare?

APPRISE CAN HELP!

APPRISE
State Health Insurance Assistance Program
... counseling for people with Medicare in Pennsylvania

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

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

- Help you understand your Medicare benefits by explaining which services are covered under Part A and B and your Medicare Summary Notice.
- Help you make informed choices about Medicare coverage options, including Medicare appeals process and assist with appeals paperwork.
- Help you understand the Medicare appeal process and assist with appeals.
- Help you select a Medigap insurance policy.
- Explain financial assistance programs that may be available to assist in paying for your Medicare premiums, deductibles and coinsurance, as well as your prescription drug needs.
- Explain the Medicare prescription drug benefit.
- Make presentations on Medicare to your organization.

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

- **Delta Senior Center**
  5 Pendyrus Street, Suite 1, Delta
  First Thursday of the month
- **Spring Garden Township Office**
  340 Tri Hill Road, York
  First Thursday of the month
- **Red Lion Senior Center**
  20-C Gotham Place, Red Lion
  Second Monday of the month
- **Windy Hill on the Campus Senior Center**
  1472 Roth's Church Road, Suite 103, Spring Grove
  Second Wednesday of the month
- **Manchester Township Municipal Office**
  3200 Farmtrail Road, York
  Second Thursday of the month
- **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.

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 Tuesday, March 17 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 March 17 on the York County Area Agency on Aging's Calendar of Events, available at www.ycaaa.org.

MEDICARE SAVINGS PROGRAMS (MSPs)

The Medicare Savings Programs provide assistance to low-income older adults and persons with disabilities pay for their Medicare Part B premium costs. Some people may also qualify for help with their Medicare deductibles and coinsurance.

The table below shows the monthly income and resource amounts to qualify for this program:

Household Size	Income	Resources
1	$1,324	$7,280
2	$1,792	$10,930

Individuals could have higher income and resources than those listed because the Department of Human Services (DHS) may not count all of their income and assets.

The Department of Human Services (DHS) will not count certain assets at all when determining eligibility for the Medicare Savings Program. Those that are **not** counted include:

- The person's residence and the property surrounding it
- One motor vehicle
- Burial plots and
- Prepaid burial accounts also called irrevocable burial reserves.

Applications for this program are available online at www.compass.state.pa.us or by contacting the APPRISE Program of the York County Area Agency on Aging at (717) 771-9008 or 1-800-632-9073.

CAN YOU REDUCE YOUR DRUG COSTS?

Prescription drug costs don't have to be a huge burden for older adults. The Medicare prescription drug coverage has helped reduce costs for many people; however there are other options to be considered that can provide additional assistance for some individuals.

Here are some tips:
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 are taking now. Switching to lower-cost drugs can save you hundreds or possibly thousands of dollars a year.

Is there a cheaper way to receive your medications? Explore whether you would save money by getting a 90-day supply or receiving your medications via mail order.

Look into the Pennsylvania's State Pharmaceutical Assistance Program (SPAP). Pennsylvania offers the PACE and PACENET program that may help reduce the cost of your drugs. To be eligible, you must be 65 years of age or older and have been a resident of PA for at least 90 consecutive days; and are not eligible for benefits under Medical Assistance. To be eligible your annual income in the prior calendar year must be less than $23,500 for a single person and $31,500 for a couple. **Effective for 2014** Social Security Medicare Part B premiums are now excluded from income. This change has the same effect as raising the income limits by that amount. For most Medicare beneficiaries, this amount is $1,258.80 per person for a year. For married couples, the excluded amount would be $2,517.60 for a year. Call 1-800-225-7223 for more information.

You may be able to get some assistance from the drug manufacturers. Look into Pharmaceutical Assistance Programs, also called Patient Assistance Programs. Many of the major drug manufacturers offer assistance programs for people enrolled in a Medicare drug plan. Call **1-800-955-0989** for the Pennsylvania Patient Assistance Program Clearinghouse. The Clearinghouse will help you apply for free or low-cost prescription medicines available from drug manufacturing companies and other sources.

Are you eligible for the Special Pharmaceutical Benefit Programs or Chronic Renal Disease Program in PA? There are special drug assistance programs for eligible individuals diagnosed with Chronic Renal Disease, Schizophrenia or HIV/AIDS. For more information on the CRDP call 1-800-225-7223. For more information on the HIV/AIDS program call 1-800-922-9384. For information on the Mental Health program call 1-800-443-4459.

Take advantage of the Retail Store "Low Cost Drugs". Many retail pharmacies now offer some low cost $4.00/$5.00 prescription drugs. Make sure you check out your local retail stores that may cover your medications at very low cost.

Extra Help, also known as Low-Income Subsidy may be a benefit available to you. Individuals with limited income and assets may be eligible for the Extra Help benefit that may reduce the costs of Medicare Part D premiums and co-pays. Medicare and the Social Security Administration work together to provide this benefit to Medicare beneficiaries. If your current monthly income is below $1,471/single or $1,991/married and your assets are below $13,640/single or $27,250/married, you may be eligible for this benefit that will save you money on your Part D plan and medications. You can apply online at www.ssa.gov or call APPRISE at 771-9008 if you need assistance with the application.

VOLUNTEER FOR THE SENIOR GAMES!

The York County Senior Games Planning Committee is seeking volunteers to assist with the 2015 York County Senior Games being held Tuesday, June 23 through Saturday, June 27. We need more than 200 volunteers for a successful week of Senior Games. 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 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 to choose from.

Help is needed in the following areas:

- Registration, keeping score and providing support for the event coordinators during the events.
- Picking up and delivering supplies and equipment during the Games.
- Helping at events, restocking supplies, 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.

SHINGLES: WHAT YOU NEED TO KNOW

By: Sara Siddiqi, MD
Thomas Hart Family Practice
York Hospital

You may have heard a lot about something called "shingles," but do you know exactly what that means? About 1 in 3 people will develop this disease at some point and there are about 1 million new cases of shingles each year. This is even more important to older adults because they are at increased risk for getting shingles.Shingles is caused by a virus also known as herpes zoster, varicella zoster, or just plain zoster. Do not be alarmed by its name! While it *IS* in the herpes virus family, it is not responsible for causing sexually transmitted diseases.

PRIME TIME HEALTH
*PROMOTING THE HEALTH OF OLDER PENNSYLVANIANS

What causes shingles?
Shingles is caused by the Varicella Zoster Virus (VZV), which is the same virus that causes chickenpox. After people recover from chickenpox, the virus lives in their bodies. This virus can then become reactivated many years later and this is what we call shingles. The reason for the reactivation of the virus is unknown.

Who can get shingles?
Anyone can get shingles, including children, although about half of all cases occur in people older than 60 years old. However, people have a higher risk of getting shingles if their immune systems are not working well because of diseases like HIV or certain types of cancer or because of medications that suppress the immune system, like steroids.

Can I have shingles if I have never had chickenpox?
No. If you have never had chickenpox, then you will not have shingles, although if someone around you has shingles, you may catch the virus and get chickenpox. On rare occasions, someone may get shingles if they have had the chickenpox vaccine, although this is very uncommon.

Can I have shingles again if I have already had it before?
It is not common but yes, you may have shingles again, even if you already had it in the past.

How do I know if I have shingles?
Shingles is a painful rash, which then turns into blisters that can develop either on one side of the face or the body in a stripe-like distribution. Sometimes, people can feel a burning or tingling sensation on their skin a few days before the rash develops. Some people may also have fever, chills and an upset stomach.

How long does shingles last?
It takes about 7-10 days for the blisters to scab over and the rash usually heals completely by 2-4 weeks.

What are complications of shingles?
Sometimes the pain where the rash happens can persist and be very severe, even after the rash has resolved. This is called postherpetic neuralgia (PHN) and can last weeks to months and, sometimes even years. Older adults, over 60 years old, are at a higher risk for developing PHN.

Another complication is loss of vision if shingles occurs on the face and close to the eye. Rarely, it has been involved in hearing problems, pneumonia and inflammation of the brain.

Is shingles contagious?
Yes and no. You cannot give shingles to someone else but you can pass the virus to someone who has neither had chickenpox nor received the chickenpox vaccine, and they may get chickenpox.

For how long am I contagious?
You are contagious only when you have the blisters, not before. After all your blisters have crusted, you are no longer contagious.

What is the treatment for shingles?
There are certain antiviral medications, for example acyclovir, valacyclovir, famciclovir, which can help reduce the length of the shingles rash as well as the severity of symptoms. The sooner you start the medication after you get shingles, the more effective it is, so it is important to call your doctor as soon as you feel symptoms.

Other treatments to help symptoms include calamine lotion or oatmeal baths for the itching and over the counter medications such as Tylenol or ibuprofen to help with pain control.

How do I avoid getting shingles?
The only way to avoid getting shingles and all the complications, including the burning pain, is to get the shingles vaccine. The Centers for Disease Control (CDC) recommends that all adults above age 60 receive the shingles vaccine once, even if they have already had shingles.

What is the shingles vaccine?
The shingles vaccine, brand name Zostavax, is a weak version of the chickenpox virus. It is recommended for all adults above age 50.

Will Zostavax protect me from chickenpox?
No. If you have not had chickenpox or the chickenpox vaccine, getting the shingles vaccine does not protect you from chickenpox itself.

Can I still get shingles if I get the Zostavax?
Yes, there is still a chance that you may get shingles even if you have had the vaccination.

Free Skin Screening

"Spot Check"
Let us check skin spots that concern you.

Wednesday, May 27, 2015
6:00 PM – 8:00 PM

at the
Thomas Hart Family Practice Center
York Hospital

Registration is Required
Call (717) 851-3500

Sponsored by
Thomas Hart Family Practice Center
and
The York Cancer Center

NATIONAL HEALTHCARE DECISIONS DAY – April 16, 2015

What is National Healthcare Decisions Day?

This is a day set aside to educate Americans about the importance of advance care planning. It involves having conversations with loved ones about end of life wishes and putting those wishes in writing, in the form of Advance Directives. Here in York County, we have volunteer partners to help you do just that! Your Life- Your Wishes Task Force members offer seminars and guidance to help you through this process.

For a location close to you contact:

Healthy York County Coalition
Deborah Gogniat, Coordinator
Email: dgogniat@wellspan.org
Phone: 717-851-2333

LIHEAP Applications Are Still Being Accepted

The Low-Income Home Energy Assistance Program, also known as LIHEAP, helps low-income families pay their heating bills. LIHEAP is a grant that offers assistance in the form of a cash grant, sent directly to the utility company, or a crisis grant for households in immediate danger of being without heat. The program began on November 3, 2014 and is scheduled to close on April 3, 2015.

Cash grants help families pay their heating bills. The grant payment is sent directly to your utility company or fuel provider, and will be credited on your bill. In some cases the check may be mailed to you directly.

In addition to the LIHEAP cash program, households experiencing a heating crisis may be eligible for the LIHEAP crisis program. Money is available if you have an emergency situation and are in jeopardy of losing your heat. Emergency situations include:

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

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

Who Is Eligible:

Below is a chart showing the gross annual income limits for households to qualify for 2014-2015 LIHEAP cash and crisis benefits.

Household Size	Income Limit
1	$17,505
2	$23,595
3	$29,685
4	$35,775
Each Additional Person Add	$6,090

How To Apply

You can apply online using COMPASS at www.compass.state.pa.us. An application can be requested by calling the Statewide LIHEAP Hotline at 1-866-857-7095, Monday through Friday (individuals with hearing impairments may call the TDD number at 1-800-451-5886). Applications are also available at the York County Assistance Office at 130 North Duke Street, York.

When You Are Eligible

After your application is reviewed, you will receive a written notice explaining your eligibility and the amount of assistance you will receive. Payments are generally sent directly to a utility company or fuel dealer and are credited to your account. Please allow 30 days for a response.

LIHEAP
Low-Income Home Energy Assistance Program

RENT-A-KID

An intergenerational program bringing youth and older adults together

The Rent-A-Kid program allows older adults to hire local youth to assist them with various indoor and outdoor chores and other odd jobs.

To be eligible for the program you must be:

- A York County resident
- 60 years of age or older
- Agreeable to reimbursement of a minimum of $5.00/ hour or a negotiated rate based on the job.

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

- Computer and electronic device support
- Dog Walking
- Gardening
- Lawn Mowing
- Letter Writing
- Pulling Weeds
- Light Housekeeping

Call the Rent-A-Kid Program at the York County Area Agency on Aging 771-9103 or 1-800-632-9073
aging@yorkcountypa.gov
www.ycaaa.org

Arrange for help BEFORE you need it.

"GLEN CAMPBELL... I'LL BE ME"

A free screening of "Glen Campbell... I'll Be Me" is a powerful portrait of American music icon Glen Campbell's journey with Alzheimer's disease. Sponsored by Lutheran Social Services of South Central Pennsylvania, it will be shown on Thursday, March 19, 2015, at the Strand Capitol-Capitol Theater, 50 North George Street, York. The movie will begin at 6:30 p.m. followed by a special panel discussion on Alzheimer's disease and caregiving from 8:45 – 9:30 p.m.

Tickets are complimentary; however, please register by calling (717) 854-4425 or emailing mkoontz@lutheranscp.org.

SPRING FORWARD!

Don't forget to set your clocks ahead one hour during Daylight Savings which occurs on **Sunday, March 8, 2015**.

Free Legal Helpline

The SeniorLAW Helpline, a project of the SeniorLAW Center in Philadelphia, is a toll-free legal Helpline for seniors to call with legal questions and concerns. The Helpline serves older Pennsylvanians, 60 years of age and older, throughout the state. They provide legal advice, counseling, information and referral services.

The Helpline can address a wide variety of legal issues, including:

- **Consumer Problems** – credit, debt, bankruptcy
- **Health Care** – including Medicare Part D
- **Estate Planning** – wills, powers of attorney
- **Pensions** – government and private
- **Family Law** – elder abuse, divorce, custody, domestic violence, support
- **Housing -** landlord-tenant, deeds, utilities
- **Financial Exploitation**
- **Many other areas** of the law.

They provide interpretation services in 150 languages.

SeniorLAW Helpline clients needing representation are referred to their local area legal service or Bar Association.

The Helpline is available Monday through Thursday from 10:00 AM to 12:00 PM. The phone is answered by staff volunteer attorneys. **The Helpline number is 1-877-727-7529.** For more information visit their website at **www.seniorlawcenter.org.**

PHONE SCAMS CONTINUE TO BE SERIOUS THREAT

Remain on IRS "Dirty Dozen" List of Tax Scams

Aggressive and threatening phone calls by criminals impersonating IRS agents remain near the top of the annual "Dirty Dozen" list of tax scams for the 2015 filing season according to the Internal Revenue Service.

The IRS has seen a surge of these phone scams in recent months as scam artists threaten police arrest, deportation, license revocation and other things. The IRS reminds taxpayers to guard against all sorts of con games that arise during any filing season.

"If someone calls unexpectedly claiming to be from the IRS with aggressive threats if you don't pay immediately, it's a scam artist calling," said IRS Commissioner John Koskinen. "The first IRS contact with taxpayers is usually through the mail. Taxpayers have rights, and this is not how we do business."

Phone scams top the Dirty Dozen list this year because it has been a persistent and pervasive problem for many taxpayers for many months. Scammers are able to alter caller ID numbers to make it look like the IRS is calling. They use fake names and bogus IRS badge numbers. They often leave "urgent" callback requests. They prey on the most vulnerable people, such as the elderly, newly arrived immigrants and those whose first language is not English. Scammers have been known to impersonate agents from IRS Criminal Investigation as well.

"These criminals try to scare and shock you into providing personal financial information on the spot while you are off guard," Koskinen said. "Don't be taken in and don't engage these people over the phone."

The Treasury Inspector General for Tax Administration (TIGTA) has received reports of roughly 290,000 contacts since October 2013 and has become aware of nearly 3,000 victims who have collectively paid over $14 million as a result of the scam, in which individuals make unsolicited calls to taxpayers fraudulently claiming to be IRS officials and demanding that they send them cash via prepaid debit cards.

Protect Yourself

These callers may demand money or may say you have a refund due and try to trick you into sharing private information. These con artists can sound convincing when they call. They may know a lot about you.

The IRS reminds people that they can know pretty easily when a supposed IRS caller is a fake. Here are five things the scammers often do but the IRS will not do. Any one of these five things is a tell-tale sign of a scam.

The IRS will never:

- Call to demand immediate payment, nor will the agency call about taxes owed without first having mailed you a bill.
- Demand that you pay taxes without giving you the opportunity to question or appeal the amount they say you owe.
- Require you to use a specific payment method for your taxes, such as a prepaid debit card.
- Ask for credit or debit card numbers over the phone.
- Threaten to bring in local police or other law-enforcement groups to have you arrested for not paying.

If you get a phone call from someone claiming to be from the IRS and asking for money, here's what you should do:

- If you know you owe taxes or think you might owe, call the IRS at 1-800-829-1040. The IRS workers can help you with a payment issue.
- If you know you don't owe taxes or have no reason to believe that you do, report the incident to the Treasury Inspector General for Tax Administration (TIGTA) at 1-800-366-4484 or at www.tigta.gov.
- If you've been targeted by this scam, also contact the Federal Trade Commission and use their Complaint Center at www.ftc.gov/complaint or call them at 1-877-382-4357.

Remember, too, the IRS does not use email, text messages or any social media to discuss your personal tax issue involving bills or refunds. For more information on reporting tax scams, go to www.irs.gov and type "scam" in the search box.

Property Tax/Rent Rebate Program

pennsylvania
DEPARTMENT OF REVENUE

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 2014 rebate is June 30, 2015.

Qualifications are as follows:

- 65 years of age or older as of December 31, 2014; or
- Not age 65 but married to someone 65 years of age or older as of December 31, 2014; or
- 50 years of age or older and a widow or widower; or
- 18 years of age or older and permanently disabled during all or part of 2014.

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 now 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 now 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 because of Social Security cost-of-living adjustments may still be eligible for rebates.

Beginning with claim year 2013, property tax and rent rebate claims may now be filed on behalf of claimants who die during a claim year by surviving spouses, personal representatives or estates. The property tax will be prorated for property tax claims filed on behalf of deceased claimants based upon the number of days the claimant was alive during the claim year. Rent rebate claims filed on behalf of deceased claimants will be paid based upon the amount of rent paid during the claim year. A deceased claimant's household income must also be annualized to determine if he/she is eligible for a rebate.

For additional information contact the Pennsylvania Department of Revenue at 1-888-222-9190 or visit www.revenue.state.pa.us. To be added to the mailing list for an application, contact 1-800-362-2050.

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: www.mtwolfborough.com/NSCC.htm

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

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.southcentralyorkcountysrctr.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

YORK COMMUNITY S.E.N.I.O.R.S.
1251 West King St., York
Director: Susan K. Jones
Phone: 848-4417
Hours: Monday-Friday, 8:00 AM- 4:00 PM

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

OLDER AMERICANS MONTH

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of your everyday life.

York County residents 50 years of age or older by December 31, 2015, are eligible to participate in the 2015 York County Senior Games, June 23 to June 27. There is an event for everyone, from card games to hoops, swimming to shuffleboard, bocce to 9-hole golf, and much more. Visit pages eight and nine for details and the schedule of events.

Senior Centers provide a place for socialization, health promotion and learning. In addition to providing a nutritious meal, they provide many wonderful programs and there is no cost to attend. Their contact information is found at the top of this page.

In addition to the 50th anniversary of the Older Americans Act, the York County Area Agency on Aging is celebrating its 40th anniversary. Special events are being planned for the week of May 18th to honor both anniversaries. Stay tuned to local media and the agency's website for further details.

Please join us and ***Get into the Act!***

"LET'S HAVE THE CONVERSATION: The Start of Advance Care Planning"

No one wants to think about it. What we don't talk about won't happen. The journey that is life spans from birth to death. If you were seriously ill and unable to speak for yourself would your family and healthcare team know your choices? How do you begin these difficult conversations with your loved ones? Where do you start?

Regardless of your age and health conditions, everyone should be "having the conversation". It is important to discuss your choices and preferences with family, friends, faith leaders, and/or healthcare providers, before you experience a critical care situation. By spending time planning now you could save you (and your family) from very difficult and confusing decisions in the future.

Your Life-Your Wishes Task Force is an advisory group formed to educate and empower the community in addressing future healthcare choices and preferences. To begin the conversation the advisory group is again offering a free showing of the award winning documentary film, ***"Consider the Conversation - a documentary on a taboo subject".*** A panel discussion will follow on advance care planning, durable power of attorney and living wills.

Join us on Monday, April 27 at 7 p.m. in the auditorium of the Grace Fellowship Church, 74 East Forrest Avenue, Shrewsbury. Register by April 14 by contacting Deb Gogniat at 717-851-2333 or dgogniat@wellspan.org. This program is sponsored by Cornerstone Health and Wellness Center.

EXERCISE AND PHYSICAL ACTIVITY:
GETTING FIT FOR LIFE

Exercise and physical activity are good for you, no matter how old you are. In fact, staying active can help you:

- Keep and improve your strength so you can stay independent
- Have more energy to do the things you want to do
- Improve your balance
- Prevent or delay some diseases like heart disease, diabetes, and osteoporosis
- Perk up your mood and reduce depression

You don't need to buy special clothes or belong to a gym to become more active. Physical activity can and should be part of your everyday life. Find things you like to do. Go for brisk walks. Ride a bike. Dance. Work around the house. Garden. Climb stairs. Swim. Rake leaves. Try different kinds of activities that keep you moving. Look for new ways to build physical activity into your daily routine.

Four Ways to be Active

To get all of the benefits of physical activity, try all four types of exercise — 1) endurance, 2) strength, 3) balance, and 4) flexibility.

1. Try to build up to at least 30 minutes of activity that makes you breathe hard on most or all days of the week. Every day is best. That's called an endurance activity because it builds your energy or "staying power". You don't have to be active for 30 minutes all at once. Ten minutes at a time is fine.

How hard do you need to push yourself? If you can talk without any trouble at all, you are not working hard enough. If you can't talk at all, it's too hard.

2. Keep using your muscles. Strength exercises build muscles. When you have strong muscles, you can get up from a chair by yourself, you can lift your grandchildren, and you can walk through the park.

Keeping your muscles in shape helps prevent falls that cause problems like broken hips. You are less likely to fall when your leg and hip muscles are strong.

3. Do things to help your balance. Try standing on one foot, then the other. If you can, don't hold on to anything for support. Get up from a chair without using your hands or arms. Every now and then walk heel-to-toe. As you walk, put the heel of one foot just in front of the toes of your other foot. Your heel and toes should touch or almost touch.

4. Stretching can improve your flexibility. Moving more freely will make it easier for you to reach down to tie your shoes or look over your shoulder when you back the car out of your driveway. Stretch when your muscles are warmed up. Don't stretch so far that it hurts.

Who Should Exercise?

Almost anyone, at any age, can do some type of physical activity. You can still exercise even if you have a health condition like heart disease or diabetes. In fact, physical activity may help. For most older adults, brisk walking, riding a bike, swimming, weight lifting, and gardening are safe, especially if you build up slowly. But, check with your doctor if you are over 50 and you aren't used to energetic activity. Other reasons to check with your doctor before you exercise include:

- Any new symptom you haven't discussed with your doctor
- Dizziness or shortness of breath
- Chest pain or pressure or the feeling that your heart is skipping, racing, or fluttering
- Blood clots
- An infection or fever with muscle aches
- Unplanned weight loss
- Foot or ankle sores that won't heal
- Joint swelling
- A bleeding or detached retina, eye surgery, or laser treatment
- A hernia
- Recent hip or back surgery

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

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Safety Tips

Here are some things you can do to make sure you are exercising safely:

- Start slowly, especially if you haven't been active for a long time. Little by little build up your activities and how hard you work at them.
- Don't hold your breath during strength exercises. That could cause changes in your blood pressure. It may seem strange at first, but you should breathe out as you lift something and breathe in as you relax.
- Use safety equipment. For example, wear a helmet for bike riding or the right shoes for walking or jogging.
- Unless your doctor has asked you to limit fluids, be sure to drink plenty when you are doing activities. Many older adults don't feel thirsty even if their body needs fluids.
- Always bend forward from the hips, not the waist. If you keep your back straight, you're probably bending the right way. If your back "humps," that's probably wrong.
- Warm up your muscles before you stretch. Try walking and light arm pumping first.

Exercise should not hurt or make you feel really tired. You might feel some soreness, a little discomfort, or a bit weary, but you should not feel pain. In fact, in many ways, being active will probably make you feel better.

What better time to register for the York County Senior Games! Exercise and be active by participating in one or more of the exciting events being offered during the Senior Games. For more information visit pages eight and nine of this issue.

For More Information

Looking for more information on how to exercise safely? Check out Go4Life®, at www.nia.nih.gov/Go4Life. To sign up for regular email alerts about new publications and other information from the National Institute on Aging, go to www.nia.nih.gov/health or contact the NIA's Information Center at 1-800-222-2225 (toll-free).

Source: www.nia.nih.gov; NIH National Institute on Aging, AgePage "Exercise and Physical Activity: Getting Fit for Life"