

NEW HORIZONS

York County Area Agency on Aging

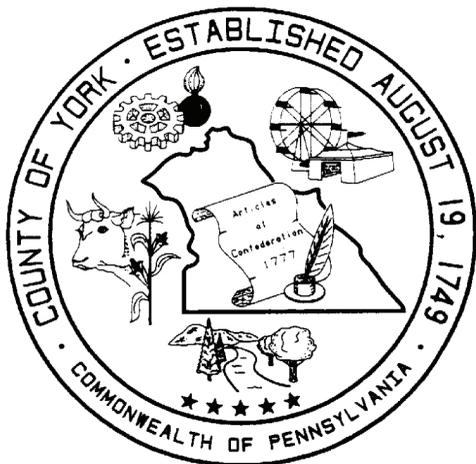
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Summer 2014

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KEEP YOUR COOL THIS SUMMER!

People suffer heat-related illness when the body's temperature control system is overloaded. The body normally cools itself by sweating. But under some conditions, sweating just isn't enough. In such cases, a person's body temperature rises rapidly. Very high body temperatures may damage the brain or other vital organs. Several factors affect the body's ability to cool itself during extremely hot weather. When the humidity is high, sweat will not evaporate as quickly, preventing the body from releasing heat quickly.

Those at greatest risk for heat-related illness include infants and children up to four years of age, people 65 years of age and older, people who are overweight, and people who are ill or on certain medications.

Even short periods of high temperatures can cause serious health problems. During hot weather health emergencies, keep informed by listening to local weather and news channels or contact local health departments for health and safety updates. Doing too much on a hot day, spending too much time in the sun or staying too long in an overheated place can cause heat-related illnesses. Know the symptoms of heat disorders and overexposure to the sun, and be ready to give first aid treatment.

Heat Stroke

Heat stroke is the most serious heat-related illness. It occurs when the body becomes unable to control its temperature: the body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down. Body temperature may rise to 106°F or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not provided.

Warning signs of heat stroke vary but may include the following:

- An extremely high body temperature (above 103°F)
- Red, hot, and dry skin (no sweating)

- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Nausea
- Confusion
- Unconsciousness

If you see any of these signs, you may be dealing with a life-threatening emergency. Have someone call for immediate medical assistance while you begin cooling the victim. Do the following:

- Get the victim to a shady area.
- Cool the victim rapidly using whatever methods you can. For example, immerse the victim in a tub of cool water; place the person in a cool shower; spray the victim with cool water from a garden hose; sponge the person with cool water; or if the humidity is low, wrap the victim in a cool, wet sheet and fan him or her vigorously.
- Monitor body temperature, and continue cooling efforts until the body temperature drops to 101-102°F.
- If emergency medical personnel are delayed, call the hospital emergency room for further instructions.
- Do not give the victim fluids to drink.
- Get medical assistance as soon as possible.

Sometimes a victim's muscles will begin to twitch uncontrollably as a result of heat stroke. If this happens, keep the victim from injuring himself, but do not place any object in the mouth and do not give fluids. If there is vomiting, make sure the airway remains open by turning the victim on his or her side.

Heat Exhaustion

Heat exhaustion is a milder form of heat-related illness that can develop after several days of exposure to high temperatures and inadequate unbalanced replacement of fluids. It is the body's response to an excessive loss of the water and salt contained

(cont'd on pg. 11)

From the Director

Dear Reader:

When the majority of Pennsylvanians plan for retirement, they are not looking to move to Florida or Arizona. For the most part, they age in the same community that they have lived in for many years; near family, friends, and familiar services.

As part of the mission of our agency, we help many older adults remain safely in their homes by providing services and supports. We focus on those most in need, both physically and financially.

Almost twenty percent of York County's population is age sixty or older, and the numbers continue to increase each year. For the last several years, it has been a financial struggle to meet the increasing need, but this year our agency received an increase in funding from the Pennsylvania Lottery.

The additional funds have allowed us to once again offer assistance with grocery shopping and laundry for those determined eligible. We expanded our home delivered meals program to include seven meals per week instead of five.

Individuals needing help with bathing and dressing are receiving those services without a wait, and additional days of Adult Day Care have been made available for families needing respite.

The agency is also fully covering the transportation co-pay costs for participants attending Adult Day Care and Senior Centers.

That's good news for older adults and their families in York County, but it gets even better.

Through a partnership with Servants, Inc., the agency hopes to support opportunities for senior homeowners to improve the safety and livability of their homes.

Servants, Inc. is a faith based service organization located in Hellam. In 2007, they expanded services to include home maintenance and repairs for eligible homeowners. All work is completed by dedicated groups of supervised volunteers. They have been able to work on about 100 homes each year.

Kin Hubbard, an early nineteenth century humorist once stated that "The fellow that owns his own home is always just coming out of a hardware store." Every house always has something that needs to be fixed or replaced, and the costs add up quickly. Many older homeowners have neither the skills nor resources to make needed repairs.

One of the challenges of Servants, Inc. has been the cost of materials, which is where our partnership comes in. Some of the additional funding we received

this year will be used to purchase the supplies and materials needed to complete additional projects. There are currently older adults on a waiting list for repairs, and we hope that volunteers supporting Servants, Inc. will now be able to serve many of them.

The projects are generally small and include things like adding a ramp, making a bathroom more accessible, and repairing things that pose a safety risk. Every repair helps an older adult remain safer and more independent in their home.

A brief assessment will be completed by Servants, Inc. and also by staff from our agency. Information on the program is available by contacting the York County Area Agency on Aging at 717-771-9610. Some individuals may be asked to share in the cost of the materials, depending on income.

We're excited about this new partnership, and grateful for all of the partners that support services for older adults in our community.

Now that summer is finally here, enjoy the warmer weather and the wonderful smells and tastes of the season. I hope to see many of you at Senior Games!

Enthusiastically,
Dianna Benaknin



NEW HORIZONS

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

By

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Mission Statement

York County Area Agency on Aging promotes the independence of older adults through education, advocacy, and coordination of community-based services. Our primary commitment is to deliver quality services to older adults with the greatest social or economic needs: as resources allow we may serve others with similar characteristics.

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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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,
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Summer 2014

Please notify YCAAA to discontinue your mailed issue.



YCAAA STARS

Volunteer of the Month

JUNE

Bill Einsig

JUDICIAL TOUR GUIDE

JULY

Patricia Egger

SENIOR GAMES, APPRISE, ADVISORY COUNCIL

AUGUST

William Tileston

FINANCIAL COUNSELOR



YCAAA ADVISORY COUNCIL

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

- **Monday, June 9**
- **Monday, August 11**

They will be held at the York County Department of Emergency Services, 120 Davies Drive, York.

2014 YORK COUNTY SENIOR GAMES



'Go for the Gold' at the 13th annual York County Senior Games being held June 22nd through June 28th. There's still plenty of time to register for one or more of the events

being offered during the Games.

The Games will feature York County residents 50 years of age and older joining together in 48 events at 7 different locations throughout York County. Medals will be awarded to the top three winners in each designated age group.

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 with a membership of community and business volunteers.

Any York County resident 50 years of age or older as of December 31, 2014 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.

There is a \$12.00 registration fee for an unlimited number of events.

Registrations must be received by May 31st. After May 31st, the

registration fee is \$15.00. 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!**

13th Annual York County Senior Games Opening Ceremony

**Monday, June 23rd, 8:30 AM
Central York High School
Soccer Stadium**



Join us for an exciting event of fellowship and celebration as we open the 13th Annual York County Senior Games.

**Parade of Athletes and Banners
kick off at 8:30 AM.**

All current and past Participants are needed for the Parade of Athletes (meet at the Soccer Stadium entrance by 8:15 AM)

Activities will 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 2014 sponsors whose contributions have made the Games possible:

PLATINUM

ManorCare Health Services

GOLD

Lutheran Social Services of South Central PA

Pennsylvania LOTTERY SeniorLIFE York

The Brunswick at Longstown & Colonial Manor Nursing and Rehab York ADRC LINK

SILVER

Gateway HealthSM Heritage Senior Center Rest Haven York

BRONZE

Glatfelter Insurance Group
The Nutrition Group
VFW Post 2493
Visiting Angels

MEDIA

WGAL 8
NewsRadio 910 WSBA
On-Line Publishers, Inc.

TRIATHLON

Join us at the Senior Games for a special CHALLENGE! Compete in the 2014 Triathlon!

The 2014 Triathlon will consist of three events: Softball Throw, 50 yard Freestyle Swimming and 100 Meter Run. To participate in the Triathlon you 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, and time in swimming and running events. Highest points win in age brackets as follows: 50-59; 60-69; 70-79; 80-89, and 90+; Men's and Women's Divisions. Awards will be announced during the Closing Celebration.

Closing Celebration

**Saturday, June 28, 2014
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; Door Prizes 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!

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 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.

- 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 23rd to June 28th.
- 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*.

WEATHERING THE STORM

As we have seen, storms can develop quickly and occur with little to no warning. Heavy winds and lightning caused by storms can cause extended power outages, uprooted trees, landslides, and downed or broken utility lines. In addition, hail can cause significant property damage and heavy rains can cause flash floods, also experienced by many of us over the last year.

Prior to a storm: be familiar with the different types of weather warnings and watches the National Weather Service might issue:

- **Severe Thunderstorm Watch** means conditions are favorable for the development of severe thunderstorms in and close to the watch area. This watch is normally issued well in advance of the actual occurrence of severe weather. During the watch, people should review severe thunderstorm safety rules and be prepared to move to a safe place if threatening weather approaches.
- **Severe Thunderstorm Warning** means a severe thunderstorm is indicated by radar or a spotter has reported a thunderstorm. People in the affected area should seek safe shelter immediately. Severe thunderstorms can produce tornadoes with little or no warning.
- **Tornado Watch** means conditions are favorable for the development of tornadoes in and close to the watch area. This watch is normally issued well in advance. During the watch, people should review tornado safety rules and be prepared to move to a safe place if threatening weather approaches.
- **Tornado Warning** means a tornado is indicated by radar or has been sighted by spotters. People in the affected area should seek safe shelter immediately.

Facts About Thunderstorms

- They may occur singly, in clusters or in lines.
- Some of the most severe occur when a single thunderstorm affects one location for an extended time.
- Thunderstorms typically produce heavy rain for a brief period, anywhere from 30 minutes to an hour.
- Warm, humid conditions are highly favorable for thunderstorm development.

Facts About Lightning

- Lightning's unpredictability increases the risk to individuals and property.
- Lightning often strikes outside of heavy rain and may occur as far as 10 miles away from any rainfall.
- "Heat lightning" is actually lightning from a thunderstorm too far away

from thunder to be heard.

- Most lightning deaths and injuries occur when people are caught outdoors in summer in the afternoon and evening.
- Your chances of being struck by lightning are estimated to be 1 in 600,000 but could be reduced even further by following safety precautions.
- Lightning strike victims carry no electrical charge and should be attended to immediately.

During the storm:

- The most important action is to immediately go to a safe shelter.
- If you are outside, avoid taking shelter under trees or in small sheds. Stay away from tall objects such as towers, fences, telephone poles, and power lines.
- Utility lines and metal pipes can conduct electricity. Unplug appliances.
- Avoid using the telephone or any electrical appliances. Use phones only in an emergency.
- Do not take a bath or shower during a thunderstorm.
- Avoid downed power lines and broken gas lines. Report them to 9-1-1.
- Stay tuned to a NOAA (National Oceanic and Atmospheric Administration) weather radio or local news stations for instructions and updated information. Be aware of Emergency Alert System (EAS) messages.

There is no such thing as guaranteed safety during a tornado. The most violent tornadoes can level and blow away almost any house and its occupants. However, most tornadoes are weaker and can be survived using safety tips.

Facts About Tornadoes

- They may strike quickly, with little or no warning.
- They may appear nearly transparent until dust and debris are picked up or a cloud forms in the funnel.
- The average tornado moves Southwest to Northeast, but can move in any direction.
- The average forward speed of a tornado is 30 mph, but may vary to 70 mph.
- Tornadoes can accompany tropical storms and hurricanes as they move onto land.
- Peak tornado season in the northern states is late spring through early summer.
- Tornadoes are most likely to occur between 3 & 9 pm, but can occur any time.

Prior to a Tornado:

Make a Plan

- Pre-designate a safe place to take shelter in case a tornado warning is issued. Such places include: a basement, an interior

room (bathroom or closet) or a hallway on the lowest possible level of the building.

- Learn the "protection position" – crouch as low as possible to the floor with knees bent, facing down; and cover your head with your hands, fingers locked behind your head.
- Designate a meeting place for family members (in case you get separated).

Know the signs of a tornado:

- Strong, persistent rotation in the cloud base.
- Whirling dust or debris on the ground under a cloud base – tornadoes sometimes have no funnel!
- Hail or heavy rain followed by either dead calm or a fast, intense wind shift. Many tornadoes are wrapped in heavy precipitation and can't be seen.
- During the day or night – loud, continuous roar or rumble, which doesn't fade in a few seconds like thunder does.
- During the night – small, bright, blue-green to white flashes at ground level near a thunderstorm (as opposed to silvery lightening up in the clouds). These mean power lines are being snapped by very strong wind, maybe a tornado.
- During the night – persistent lowering from the cloud base, illuminated or silhouetted by lightning – especially if it is on the ground or there is a blue-green-white power flash underneath.

During a Tornado:

- Move to a pre-designated safe place, such as a basement, an interior room (bathroom or closet) or a hallway on the lowest level possible. A bath tub may offer partial protection.
- Stay away from windows.
- Brace yourself under a sturdy piece of furniture, such as a workbench or heavy table. Even in an interior room, you should cover yourself with some sort of thick padding (mattress, blankets, etc.) to protect against falling in case the roof and ceiling fall.
- Assume the protection position – crouch low to the floor, knees bent, facing down; cover your head with your hands.
- Know where very heavy objects rest on the floor above (pianos, refrigerators, waterbeds, etc.) and do not go under them. They may fall through a weakened floor and crush you.
- Listen to the TV or radio for updated weather information and instructions.

So use these safety tips and stay safe during bad weather this summer!

Source: www.ready-york.org; www.ready.gov

It Can Happen to You! Crime and Older People

Older people and their families worry about crime. Though older people are less likely to be victims of crime than young people, the number of crimes that happen to them is hard to ignore. Older people are often targets for robbery, purse snatching, pick-pocketing, car theft, or home repair scams. During a crime, an older person is more likely to be seriously hurt than someone who is younger.

But, even though there are risks, don't let the fear of crime stop you from enjoying life. Here are some things that you can do to avoid crime and stay safe.

Be Safe at Home

Try to make sure that your locks, doors, and windows are strong and cannot be broken easily. A good alarm system can help.

- Keep your doors and windows locked—when you are in the house and when you're away.
- Look through the peephole or a window before you open your door. Ask a stranger for identification before you open the door. Remember, you don't have to open the door if you feel uneasy.
- Avoid keeping large amounts of money in the house.
- Get to know your neighbors. Join a Neighborhood Watch Program if your community has one.

Be Street Smart

- Stay alert when you are out. Walk with a friend. Try to avoid unsafe places like dark streets or parking lots. Keep your car doors locked at all times.
- Don't open your car door or roll down your window for strangers
- Park in well-lit areas.
- Carry your purse close to your body with the strap over your shoulder and across your chest.
- Don't resist a robber. Hand over your cash or any other items that the robber demands right away if confronted.

Be Safe With Your Money

- Have your monthly pension or Social Security checks sent right to your bank for direct deposit. Try not to go to the bank at the same time each week.
- Put your wallet, money, or credit cards in an inside pocket. Try not to carry a lot of cash.
- Keep your checkbook and credit cards in different places. That makes it harder for a thief to forge your signature on checks.

Fight Fraud

Older people may be victims of con

games and frauds that involve insurance, home repair, telephone, or Internet scams. Even "trusted" friends or family members have been known to steal an older person's money or property. The following tips may help:

- You can say no to any telephone sales pitch. You can hang up on telephone salespeople. That's not being rude—that's taking care of you!
- Don't give your credit card or bank account numbers to people who call you, even if they say they are from the bank, Medicare, or other trusted sources. Neither your bank nor Medicare will ever call you asking for this information.
- If a stranger tells you to take money out of your bank account, don't do it. In one common swindle, a thief pretends to be a bank employee and asks you to take out money to "test" a bank teller. Banks do not check their employees this way.
- Deals that seem too good to be true are often rip-offs. Beware if you are asked to give someone a lot of money with the promise you will get more money later. Check with your local Better Business Bureau at www.bbb.org for more information about the record of any company before you do business with them.
- Be on guard about hiring people who come door-to-door looking for home repair work. They may not be trained to do the work. They may overcharge you. Try to get referrals for home repairs from friends and family. Always be very clear about the details of the work you want done. Never pay for the whole job in advance.

Avoid Identity Theft

If someone uses your name, Social Security number, Medicare number, or credit card without your permission, it's a crime. It's called identity theft.

- Keep information about your checking account private. Put all new and cancelled checks in a safe place, report any stolen checks right away, and carefully look at your monthly bank account statement.
- Do not give your Medicare number to anyone other than a trusted healthcare provider.
- Shred or tear up everything that has personal information about you on it.

The Internet can give online scammers, hackers, and identity thieves access to your computer, personal information, and finances. You can reduce the chance of a crime by following these tips:

- Don't respond to emails asking for personal information like the

numbers of your credit card or bank account.

- Be very careful when buying things online. Look for an address and phone number and call the number to see if it works. Only use websites of companies you trust.
- Use anti-virus and anti-spyware software. Keep your computer protection up-to-date.
- Security programs on your computer can help protect you from getting unwanted requests. If you need help, ask someone who knows about computers to guide you about "firewalls" and other protections.
- Make sure your computer is protected with a password. Keep your passwords in a safe place. Don't share them on the Internet, over email, or on the phone.

Report any identity theft to the Federal Trade Commission at www.ftc.gov/idtheft or call 1-877-438-4338. Get tips about protecting yourself by visiting the website.

Elder Abuse—It's a Crime

It's hard to believe, but elder abuse can happen anywhere. It can take place at home by family or friends or in a nursing home by professional caregivers. Abuse can take many forms such as physical harm, financial loss, sexual abuse, or neglect by someone you trust. Verbal threats or rude words are another form of elder abuse. Elder abuse is a crime. If someone you know is being abused, or if you need help, remember:

- You can help yourself and others by reporting the crimes when they happen. Reporting abuse is the right thing to do and a legal responsibility in most States.
- Contact the York County Area Agency on Aging for your local Older Adult Protective Services program for help at (717) 771-9610 or 1-800-632-9073.
- If you have been hurt, go to a doctor as soon as possible. Even though you may not see anything wrong, there is always the possibility you've been injured.
- If needed, a lawyer can assist you in any legal action that should be taken. You can find a lawyer who specializes in elder law by contacting the National Academy of Elder Law Attorneys at www.naela.org. If you can't afford an attorney, ask about "pro bono" or reduced cost legal services.

Source: National Institute on Aging;
www.nia.nih.gov/health.

Save The Date!



The **Falls Free York Coalition** will be at the **50plus EXPO** on **September 17, 2014** from **9:00 a.m. to 2:00 p.m.**

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

Visit the **Falls Free York** area which will include interactive displays, educational screenings, falls prevention demonstrations, falls trivia with prizes and much more!

IF THE SHOE FITS...

Everyone knows how important a solid foundation is when building a house, but do you realize that it is just as important for you to have firm footing? Wearing properly-fitted, sturdy shoes can give you a solid foundation and decrease your risk of falling.

Did you know that:

- Falls are the leading cause of injury death in people over the age of 65?
- Falls result in approximately 200,000 hip fractures in older adults each year?
- A study of falls in older adults showed that poorly-fitting or improperly-designed shoes significantly increased the risk of suffering a hip fracture from a fall?
- Two-thirds of the falls resulting in hip fractures occurred in people wearing poorly-fitting or improperly-designed shoes?
- Individuals at high risk for falls report less frequent use of "safe" shoes?

Don't be a victim of poorly-fitting or improperly-designed shoes.

Take the time to try on both shoes to make sure that each one fits comfortably. Walk down the aisle a few times to make sure you feel balanced in the shoes. Shoes should feel comfortable when you try them on. If they don't feel

comfortable and/or they don't give you a solid foundation, don't buy them.

It is important to wear the proper shoes for the activity you are doing. For example when walking for exercise, wear solid, cushioned athletic or walking shoes, not sandals.

You can take other steps to reduce your risk of falling because of poorly-fitting or improperly-designed shoes.

- Wear well-fitted shoes or sandals that cover your entire foot. Have firm soles to give you great confidence and stability when walking.
- In dry weather, wear supportive, thin, smooth, non-leather soled shoes. If it is raining or snowing, wear shoes or boots with non-skid soles.
- Wear low-heeled shoes; heels should be 1-1/2 inches high or less.
- Avoid wearing smooth-soled slippers or socks on stairs and waxed floors.
- Wear comfortable socks and hose.
- Consult your doctor if you are a diabetic, or if you have any foot diseases or problems. Your doctor will tell you how to keep your feet healthy, and instruct you on how to purchase properly-fitted shoes for your feet.
- Replace shoes that are worn out. They may no longer have the support they once did.

(I HAVE)
**trust in my
homecare**

Lutheran Home Care & Hospice is the area's only not-for-profit, faith based home care agency providing home health care, in-home support and hospice care. When it comes to caring for you or a loved one, insist on an agency you can trust. Ask for us by name!



**Lutheran Home Care
& Hospice, Inc.**

A Ministry of Lutheran Social Services

Call 800-840-9081
www.lutheranhomecare.org

IT'S "A MATTER OF BALANCE"



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. They will be offered at:

York Township Park Building
25 Oak Street, York
Mondays and Wednesdays
August 4 to August 27, 2014
10:30 AM-12:30 PM
Pre-register by July 28
Call 771-9610 to register

OR

Springettsbury Township Farm House
1501 Mt. Zion Road, York
Mondays and Wednesdays
August 18- September 15, 2014
9:30-11:30 AM
Pre-register by August 11
Must register through Springettsbury Township Parks and Recreation at www.springettsbury.com

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

Conditions of the Mouth



**By: Lauren Cashman, MD
Thomas Hart
Family Medicine
York Hospital**

Do you see your dentist as often as you see your physician? Chances are, the answer to the question is “no,” but mouth care is a very important topic. Better tooth and gum care reduces the risk of tooth loss and dental infections. It has also been found to improve chronic health conditions like diabetes, heart disease, wound healing, and musculoskeletal issues.

What are some of the oral changes that occur as patients get older?

One of the first changes is yellowing or darkening of the teeth. This is caused by changes in the thickness of the hard outer covering of the tooth, which is called the ‘enamel.’ Your teeth may also start to feel less sensitive than they did in the past. This is because the number of blood vessels that enter the tooth decreases as we age. When the teeth become less sensitive, they are no longer able to fight decay. The substance that covers the roots of the teeth, cementum, thickens. It makes the teeth more vulnerable to the harmful effects of sugar, acids from sodas, and tobacco.

One specific mouth problem is called ‘periodontitis.’ This is when teeth loosen from the gums and eventually fall out. This condition has been linked to heart disease, higher sugars in diabetics, and even pneumonia. It is important to try to prevent this. Treatment of periodontitis involves daily brushing and flossing and a visit to the dentist if your doctor recommends it. Sometimes patients are started on oral antibiotics to decrease the need for tooth removal surgery.

Maybe you’re lucky enough not to

experience periodontitis – either because you have all of your teeth or because you have dentures. But do you ever suffer from an overly dry mouth? About three to six out of ten older patients experience ‘xerostomia,’ a dry mouth sensation caused by a decrease in the mouth’s ability to make saliva. Saliva is important because it protects teeth against fungal and bacterial infections, keeps the mouth wet, and prevents decay. Xerostomia can also make it difficult to swallow and speak due to the dryness of the mouth. Let your doctor know if you’re experiencing this. It’s possible that your doctor will look at all of your medications and decrease any that may have the side effect of a dry mouth. Drink plenty of water while avoiding alcohol and decreasing sugary drinks that will cause decay. There are even medications that your doctor can prescribe to increase your amount of saliva.

How often do you take a good look at your tongue in the mirror? If you’ve ever noticed a white coating on the tongue, you may have a common fungal infection called ‘thrush.’ This may lead to a red and swollen roof of the mouth in patients with dentures. It can also lead to red, scaly, and painful cracks at the corners of the lips. Your doctor may prescribe you a cream to use, a pill to take, or even a liquid to gargle for the fungal infection.

The most serious mouth topic is oral cancer. The risk for oral cancer is highest in patients who smoke and use alcohol. If you notice any abnormal color or growth on the inside of your cheek, side of the tongue or on the floor of your mouth, please let your doctor or dentist know!

How to Improve Your Mouth

People over age 65 have on average

about half of their teeth, and 25% actually have zero teeth left. It is difficult to eat without a full set of teeth and can lead to malnutrition. Dentures can improve this! Caring for dentures is important. Taking them out at night is a good idea to prevent the growth of bacteria. Brush the dentures with a denture cleaning paste – but if it’s too expensive, liquid hand soap or even dishwashing liquid works just fine. Soak them overnight in a cup of water or denture cleaner.

Important Tips for a Healthy Mouth:

- Avoid sugary snacks and drinks
- Avoid alcohol and tobacco
- Use fluoride-containing toothpaste
- Brush at least twice a day with a soft toothbrush
- Floss regularly, not just to remove food particles, but to clean the sides of the teeth
- Ask your doctor to take a look in your mouth – and request to see a dentist!

Remember, proper care of your teeth not only improves your mouth’s health, but it has also been shown to improve diabetes and heart disease. So brush those teeth or dentures and smile proudly while you make yourself healthier!



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 3 from 6 p.m. to 8:30 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 3 on the York County Area Agency on Aging’s Calendar of Events, available at www.ycaaa.org.

High-quality care FOR LOWER-INCOME SENIORS.

A better quality of life. A caring, qualified healthcare team. The Pennsylvania LIFE program is a great alternative to nursing homes. Senior LIFE provides members with a homecare plan that allows them to live at home longer and more comfortably. Senior LIFE is perfect for seniors who want their independence, but require help with medication, treatments, transportation, meals and more. With Senior LIFE, you’ll feel at home.

At home.



CALL TODAY TO SEE IF YOU QUALIFY.



717-757-5433

www.SeniorLifeYork.com

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 have a **gross annual** 2014 income at or below \$21,590 for a single person or \$29,101 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 your vouchers.**
- A 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 is available at most Senior Centers and can be downloaded from the 'Forms and Documents' page of the Area 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 facility 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:

Susquehanna Senior Center
2427 Craley Road, Wrightsville
Tuesday, June 3
9:30 AM - 11:30 AM

Windy Hill On The Campus
1472 Roth's Church Road, Suite 103
Wednesday, June 4
9:30 AM - 11:30 AM

Heritage Senior Center
3700 Davidsburg Road, Dover
Thursday, June 5
9:30 AM - 11:30 AM

Red Land Senior Center
736 Wyndamere Road, Lewisberry
Friday, June 6
9:30 AM - 11:30 AM

White Rose Senior Center
27 South Broad Street, York
Tuesday, June 10
9:30 AM - 11:30 AM

Delta Area Senior Center
5 Pendyrus Street, Suite 1, Delta
Thursday, June 12
9:30 AM - 11:30 AM

Hanover Council of Churches
136 Carlisle Street, Hanover
Tuesday, July 8
9:30 AM - 11:30 AM

Red Lion Area Senior Center
20-C Gotham Place, Red Lion
Thursday, July 10
9:30 AM - 11:30 AM

White Rose Senior Center
27 South Broad Street, York
Tuesday, July 15
9:30 AM - 11:30 AM

Hanover Hospital Wellness & Education Center (*Updated change in location*)
400 York Street, Hanover
Thursday, July 17
9:30 AM - 11:30 AM

Brown's Orchards & Farm Market
8892 Susquehanna Trail South, Loganville
Tuesday, July 22
9:30 AM - 11:30 AM

Flinchbaugh's Orchards
100 Ducktown Road, York
Wednesday, July 23
9:30 AM - 11:30 AM

Yorktown Senior Center
509 Pacific Avenue, York
Tuesday, July 29
9:30 AM - 11:30 AM

Red Lion Area Senior Center
20-C Gotham Place, Red Lion
Thursday, July 31
9:30 AM - 11:30 AM

BUILD A HEALTHY MEAL PLAN

A healthy meal starts with more vegetables and fruits and smaller portions of protein and grains. Think about how you can adjust the portions on your plate to get more of what you need without too many calories. And don't forget dairy—make it the beverage with your meal or add fat-free or low-fat dairy products to your plate.

10 Tips for Healthy Meals

1. Make half your plate veggies and fruits

Vegetables and fruits are full of nutrients and may help to promote good health. Choose red, orange, and dark green vegetables such as tomatoes, sweet potatoes, and broccoli.

2. Add lean protein

Choose protein foods, such as lean beef and pork, or chicken, turkey, beans, or tofu. Twice a week, make seafood the protein on your plate.

3. Include whole grains

Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on

the food label. Whole grains provide more nutrients, like fiber, than refined grains.

4. Don't forget the dairy

Pair your meal with a cup of fat-free or low-fat milk. They provide the same amount of calcium and other essential nutrients as whole milk, but less fat and calories. Don't drink milk? Try soy milk (soy beverage) as your beverage or include fat-free or low-fat yogurt in your meal.

5. Avoid extra fat

Using heavy gravies or sauces will add fat and calories to otherwise healthy choices. For example, steamed broccoli is great, but avoid topping it with cheese sauce. Try other options, like a sprinkling of low-fat parmesan cheese or a squeeze of lemon.

6. Take your time

Savor your food. Eat slowly; enjoy the taste and textures, and pay attention to how you feel. Be mindful. Eating very quickly may cause you to eat too much.

7. Use a smaller plate

Use a smaller plate at meals to help with portion control. That way you can finish your entire plate and feel satisfied without overeating.

8. Take control of your food

Eat at home more often so you know exactly what you are eating. If you eat out, check and compare the nutrition information. Choose healthier options such as baked instead of fried.

9. Try new foods

Keep it interesting by picking out new foods you've never tried before, like mango, lentils, or kale. You may find a new favorite! Trade fun and tasty recipes with friends or find them online.

10. Satisfy your sweet tooth in a healthy way

Indulge in a naturally sweet dessert dish—fruit! Serve a fresh fruit cocktail or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.

Source: www.ChooseMyPlate.gov; U.S. Department of Agriculture

Add More Vegetables to Your Day

It's easy to eat more vegetables! Eating vegetables is important because they provide vitamins and minerals and most are low in calories. To fit more vegetables in your meals, follow these simple tips. It is easier than you may think.

10 Tips to Help You Eat More Vegetables

1. Discover fast ways to cook

Cook fresh or frozen vegetables in the microwave for a quick-and-easy dish to add to any meal. Steam green beans, carrots, or broccoli in a bowl with a small amount of water in the microwave for a quick side dish.

2. Be ahead of the game

Cut up a batch of bell peppers, carrots, or broccoli. Pre-package them to use when time is limited. You can enjoy them on a salad, with hummus, or in a veggie wrap.

3. Choose vegetables rich in color

Brighten your plate with vegetables that are red, orange, or dark green. They

are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes, or collard greens. They not only taste great but also are good for you, too.

4. Check the freezer aisle

Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies. Try adding frozen corn, peas, green beans, spinach, or sugar snap peas to some of your favorite dishes or eat as a side dish.

5. Stock up on veggies

Canned vegetables are a great addition to any meal, so keep on hand canned tomatoes, kidney beans, garbanzo beans, mushrooms, and beets. Select those labeled as "reduced sodium," "low sodium," or "no salt added."

6. Make your garden salad glow with color

Brighten your salad by using colorful vegetables such as black beans, sliced red bell peppers, shredded radishes, chopped red cabbage, or watercress.

Your salad will not only look good but taste good, too.

7. Sip on some vegetable soup

Heat it and eat it. Try tomato, butter-nut squash, or garden vegetable soup. Look for reduced- or low-sodium soups.

8. While you're out

If dinner is away from home, no need to worry. When ordering, ask for an extra side of vegetables or side salad instead of the typical fried side dish.

9. Savor the flavor of seasonal vegetables

Buy vegetables that are in season for maximum flavor at a lower cost. Check your local supermarket specials for the best-in-season buys. Or visit your local farmer's market.

10. Try something new

You never know what you may like. Choose a new vegetable—add it to your recipe or look up how to fix it online.

Source: www.ChooseMyPlate.gov;
U.S. Department of Agriculture

Focus on Fruits

Eating fruit provides health benefits. People who eat more vegetables and fruits as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health, such as potassium, dietary fiber, vitamin C, and folate (folic acid). Most fruits are naturally low in fat, sodium, and calories. None have cholesterol. Any fruit or 100% fruit juice counts as a part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.

10 Tips to Help You Eat More Fruits

1. Keep visible reminders

Keep a bowl of whole fruit on the table, counter, or in the refrigerator.

2. Think about taste

Buy fresh fruits in season when they may

be less expensive and at their peak flavor. Add fruits to sweeten a recipe.

3. Think about variety

Buy fruits that are dried, frozen, and canned (in water or 100% juice) as well as fresh, so that you always have a supply on hand.

4. Don't forget the fiber

Make most of your choices whole or cut-up fruit, rather than juice, for the benefits that dietary fiber provides.

5. Be a good role model

Set a good example for children by eating fruit every day with meals or as snacks.

6. Include fruit at breakfast

At breakfast, top your cereal with bananas, peaches, or strawberries; add blueberries to pancakes; drink 100% orange or grapefruit juice. Or, try a fruit mixed with fat-free or low-fat yogurt.

7. Try fruit at lunch

At lunch, pack a tangerine, banana, or

grapes to eat, or choose fruits from a salad bar. Individual containers of fruits like peaches or applesauce are easy and convenient.

8. Experiment with fruit at dinner, too

At dinner, add crushed pineapple to coleslaw, or include orange sections, dried cranberries, or grapes in a tossed salad.

9. Snack on fruits

Dried fruits make great snacks. They are easy to carry and store well.

10. Keep fruits safe

Rinse fruits before preparing or eating them. Under clean, running water, rub fruits briskly to remove dirt and surface microorganisms. After rinsing, dry with a clean towel.

Source: www.ChooseMyPlate.gov;
U.S. Department of Agriculture

Visit a Local Farmer's Market for Seasonal Fruits & Vegetables

Although this is a partial list of available seasonal fruits and vegetables, hopefully it will help with your shopping choices.

Available in Early Summer

Asparagus	Radishes
Cherries	Rhubarb
Greens	Strawberries
Lettuce	Spinach
Peas	Swiss Chard

Available in Summer

Apricots	Mushrooms
Beans	Nectarines
Berries	Okra
Cantaloupe	Peaches
Celery	Peppers
Corn	Squash
Cucumbers	Tomatoes
Eggplant	Watermelon
Melons	

Available Late Summer into Fall

Apples	Parsnips
Beets	Pears
Broccoli	Plums
Brussels Sprouts	Potatoes
Cabbage	Pumpkins (For eating only)
Carrots	Rutabagas
Cauliflower	Sweet Potatoes
Grapes	Squash
Kale	Turnips
Kohlrabi	Yams
Leeks	Zucchini
Onions	

Source: "Let's Go To The Market!"; USDA

Tips for Preventing Heat-Related Illness

The best defense is prevention. Here are some prevention tips:

- Drink more fluids (nonalcoholic), regardless of your activity level. Don't wait until you're thirsty to drink. **Warning:** If your doctor generally limits the amount of fluid you drink or has you on water pills, ask him how much you should drink while the weather is hot.
- Don't drink liquids that contain alcohol or large amounts of sugar—these actually cause you to lose more body fluid. Also, avoid very cold drinks, because they can cause stomach cramps.
- Stay indoors and, if at all possible, stay in an air-conditioned place. If your home does not have air conditioning, go to the shopping mall, a senior center or public library—even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat. Call your local health department to see if there are any heat-relief shelters in your area.

- Electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat-related illness. Taking a cool shower or bath, or moving to an air-conditioned place is a much better way to cool off.
- Wear lightweight, light-colored, loose-fitting clothing.
- NEVER leave anyone in a closed, parked vehicle.
- Although any one at any time can suffer from heat-related illness, some people are at greater risk than others. Check regularly on:
 - Infants and young children
 - People aged 65 or older
 - People who have a mental illness
 - Those who are physically ill, especially with heart disease or high blood pressure
- Visit adults at risk at least twice a day and closely watch them for signs of heat exhaustion or heat stroke. Infants and young children, of

course, need much more frequent watching.

If you must be out in the heat:

- Limit your outdoor activity to morning and evening hours.
- Cut down on exercise. If you must exercise, drink two to four glasses of cool, nonalcoholic fluids each hour. A sports beverage can replace the salt and minerals you lose in sweat. **Warning:** If you are on a low-salt diet, talk with your doctor before drinking a sports beverage. Remember the warning in the first "tip" (above), too.
- Try to rest often in shady areas.
- Protect yourself from the sun by wearing a wide-brimmed hat (also keeps you cooler) and sunglasses and by putting on sunscreen of SPF 15 or higher (the most effective products say "broad spectrum" or "UVA/UVB protection" on their labels).

Source: The National Center for Environmental Health's Health Studies Branch (HSB) at the CDC

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 sick lately, 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

BE PREPARED FOR SUMMER HEAT WAVES



The Pennsylvania Public Utility Commission has launched its Summer Heat Wave Awareness Campaign to inform 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.

Did You Know?

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

10 EASY WAYS TO STAY COOL AND CONSERVE ENERGY

- 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 over-drying.
- 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.pa.gov.

Source: PA PUC

Be Cautious Before Giving Away Your Home

By: **ROBERT CLOFINE**
Certified Elder Law Attorney
in York

One's home is certainly a special place, and as many people grow older, they wish to take steps to protect the home for future generations. Quite often, the parents will consider making a gift of the home while they are living, rather than leaving the home to their children as part of their will. This lifetime gift of the home has certain advantages. Since the gift happens while you are living, it avoids the probate process at the time of death. Another benefit is that it shifts the responsibility for upkeep to the new owner. Finally, it may be a way of encouraging a child to live with you and assist with your care. However, the disadvantages of such a gift can often outweigh the advantages. As such, there are a number of other factors to consider before making a gift of your home.

The most obvious disadvantage of a transfer of your home is the loss of control. Since you are no longer the owner, you may have no say in whether the home is sold, mortgaged or used for purposes you don't like. You could even lose your right to live in your home, or to rent it out. In this same regard, if the new owner runs into financial problems, his or her creditors may be able to make claims against the house. This could include the claims of a divorcing spouse. To highlight the potential problems, I recently handled a case where a mother had given her home to her daughter and, unfortunately, the daughter suddenly became ill and died before the mother.

A transfer of the home could impact on your entitlement to Pennsylvania's property tax rebate and any other "homestead" property tax breaks that may come down the road. As a general rule, you must be obligated to pay the property tax in order to qualify for

these breaks. Unless special arrangements are made, once you transfer your home to another, you will not be eligible for these tax incentives since you are not the property owner and are not required to pay the property tax.

When it comes to paying the cost of a nursing home stay, owning your own home will not keep you from being eligible for Pennsylvania nursing home Medicaid benefits. As long as you intend to return home or your spouse still lives in the house, the Department of Public Welfare will not take any action against your home while you are alive. However, they might be able to take action to collect after your death. With this being the case, certain transfers of the home are wise when dealing with Medicaid, but making the wrong transfer can render you ineligible for nursing home coverage. Under the current law, most transfers of the home will make you ineligible for nursing home Medicaid if the transfer occurs within 5 years of your application for benefits. Special rules do, however, permit transfers of the home that are not subject to this so-called "5-year lookback". These exceptions include transfers to a spouse, a disabled or minor child, a child who has lived with you for a period of at least two years and provided care that enabled you to remain at home and to a sibling with an equity interest in the home who resided there for at least one year.

Taxes are often the biggest factor to consider before making a gift of the home. There are income tax, inheritance tax and gift tax issues to consider. The income tax issue is often the most significant. Most homeowners can avoid all federal and state income tax on the sale of their home provided they use it as their principal residence. However, if you make a gift of the home to a child, when the child sells the home they may have a large capital gain that is subject to tax because they did not use the

property as their principal residence. This gain generally goes away if the child inherits the property since the child receives a new income tax basis for inherited property equal to the fair market value of the property at the date of the parent's death. For this reason alone, it is often better to inherit the home instead of receiving it as a lifetime gift. The downside is that Pennsylvania imposes a 4.5% tax on property that a child inherits from a parent. That tax can be avoided by a lifetime gift by the parent provided the parent survives the gift for a period of at least one year. Quite often, however, it is better to pay the 4.5% Pennsylvania inheritance tax in order to reap the capital gain tax savings.

RENT-A-KID

An intergenerational program bringing youth and older adults together

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

To be eligible for the program you must be:

- A York County resident
- 60 years of age or older
- Agreeable to reimbursement of a minimum of \$5.00/ 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 Training
- Dog Walking
- Gardening
- Lawn Mowing
- Letter Writing
- Light Housekeeping
- Pulling Weeds



Call the Rent-A-Kid Coordinator 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.

KEEP YOUR COOL THIS SUMMER!

(cont'd. from page 1)

in sweat. Those most prone to heat exhaustion are elderly people, people with high blood pressure, and people working or exercising in a hot environment.

Warning signs of heat exhaustion include the following:

- Heavy sweating
- Paleness
- Muscle cramps
- Tiredness
- Weakness
- Dizziness
- Headache
- Nausea or vomiting
- Fainting

The skin may be cool and moist. The victim's pulse rate will be fast and weak, and breathing will be fast and shallow. If heat exhaustion is untreated,

it may progress to heat stroke. Seek medical attention immediately if any of the following occurs:

- Symptoms are severe
- The victim has heart problems or high blood pressure

Otherwise, help the victim to cool off, and seek medical attention if symptoms worsen or last longer than 1 hour.

Cooling measures that may be effective include the following:

- Cool, nonalcoholic beverages
- Rest
- Cool shower, bath, or sponge bath
- An air-conditioned environment
- Lightweight clothing

Remember to "keep your cool" this summer!

Source: *The National Center for Environmental Health's Health Studies Branch (HSB) at the CDC*

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Serving York, Cumberland and Dauphin Counties



FIRST (Free Information & Referral Systems Teleline) is now PA211

What is PA211?

PA211 is a comprehensive information and referral service for all of South Central Pennsylvania which includes York County. Phone lines are answered 24 hours a day, 7 days a week, by trained and certified information and referral specialists. All calls are free and confidential when you dial 2-1-1.

What does PA211 Do?

PA211 maintains information on various health and human service organizations that provide help such as:

- Basic needs assistance; including food, clothing, diapers, & household items
- Rental payment assistance
- Health care; including dental and eye care
- Employment & job training programs
- Utility expense assistance
- Emergency shelter and low-income housing
- Public welfare benefits
- Mental health care and counseling
- Drug and alcohol services
- Support groups
- Youth programs
- Animal services
- Government and municipal services
- Special interest clubs and organizations
- Volunteer opportunities and donation information
- A trained helpline specialist will direct a caller to services in their area.

Who does PA211 help?

PA211 serves all of South Central Pennsylvania, including York County. PA211 answers on average 35,000 calls from York County residents annually. Of those calls, 15% are from seniors, ages 60 and older. Seniors are calling PA211 most frequently for assistance with:

- Senior specific programs; including senior centers, in-home assistance, transportation, outreach and companionship, protective services
- Medical care and medical equipment
- Prescription expense assistance
- Heating expense assistance
- Food and basic needs assistance
- Senior housing options
- Home repairs and weatherization
- Tax information; including property and rent rebates
- Social security benefits
- Senior employment programs
- Emotional support

How can I contact PA211?

Call PA211 at the easy to remember phone number 2-1-1. Want to search for yourself? Visit their website at <https://pa211.communityos.org>.

For emotional support call the **CONTACT Helpline** at 1-800-932-4616. All services are 24 hours a day, 7 days a week.

FITTING EXERCISE AND PHYSICAL ACTIVITY INTO YOUR DAY

To get the most out of exercise and physical activity, they need to be a regular part of your life.

Here are some tips to help you put physical activity at the top of your “to do” list every day.

Make it a priority.

Remember that being active is one of the most important things you can do each day to maintain and improve health. Try being active first thing in the morning before you get too busy.

Make it easy.

You are more likely to exercise if it's a convenient part of your day.

- Walk the entire mall or every aisle of the grocery store when you go shopping.
- Join a gym that's close to your home and easy to get to.
- Take one or more flights of stairs up and two down

Make it social.

Many people agree that an “exercise

buddy” keeps them going.

- Take a walk during lunch with coworkers.
- Try a dance class—salsa, tango, square dancing—it's up to you.

Make it fun.

Do things you enjoy, but pick up the pace a bit. If you love the outdoors, try biking or hiking. Listen to music while you garden or wash the car. Sign up for the York County Senior Games!

Make it happen.

Choose to be active in many places and many ways.

- Get off the bus one or two stops early and walk the rest of the way.
- Do toe-stands or wall push-ups while you're waiting for your spouse to get ready to go out.

Quick Tip

Try scheduling 30 minutes of exercise every day. Mark it on your calendar.

Source: National Institute on Aging, **Go4Life®** is a registered trademark of the U.S. Department of Health and Human Services. www.nia.nih.gov/Go4Life

CHANGES IN SOCIAL SECURITY SERVICES

To protect the integrity of the Social Security number and prevent fraud, Social Security will no longer provide Social Security number printouts to customers effective August 1, 2014. If you need proof of your Social Security number and you do not have your Social Security card, you will need to request a replacement Social Security card by completing the Application for a Social Security Card (Form SS-5) and providing the required documentation.

Also, effective October 1, 2014, Social Security will stop providing benefit verification letters in their offices. You will still be able to get an instant letter online with a personal **my Social Security** account or you may call them toll-free to request a letter by mail.

How to get replacement Social Security cards

Your Social Security card is your legal proof of your Social Security number. If you need proof of your number, and you can't find your card, you will need a replacement card.

To get a replacement card, you must complete an Application for a Social Security Card (Form SS-5), which you can find online at

www.socialsecurity.gov/ssnumber. You also will need documents proving your identity, age and citizenship or lawful immigration status.

In most cases, you can take, or mail, your completed application and original documents to the York Social Security office at 2670 Industrial Highway, Suite 2, York, PA 17402. After your application is processed your documents will be returned to you.

How to get benefit verification letters

If you need proof of your Social Security or Supplemental Security Income benefits, you can get a benefit verification letter online instantly through a **my Social Security** account. To create an account, visit **www.socialsecurity.gov/myaccount**. With **my Social Security**, you can easily view, print or save an official letter that includes proof of your:

- Benefit amount and type;
- Medicare start date and withholding amount (if applicable); and
- Age.

If you are unable to go online, you can call the York Office at **1-888-329-5732** or toll-free number, **1-800-772-1213** (TTY **1-800-325-0778**) to request your letter be mailed to you. You can also use your annual cost-of-living adjustment notice or SSA Form 1099 as proof of income from Social Security.

Source: www.socialsecurity.gov

What Is Alzheimer's?

Alzheimer's is a type of dementia that causes problems with memory, thinking and behavior. Symptoms usually develop slowly and get worse over time, becoming severe enough to interfere with daily tasks.

Alzheimer's and Dementia Basics

Alzheimer's is the most common form of dementia, a general term for memory loss and other intellectual abilities serious enough to interfere with daily life. Alzheimer's disease accounts for 50 to 80 percent of dementia cases.

Alzheimer's is not a normal part of aging, although the greatest known risk factor is increasing age, and the majority of people with Alzheimer's are 65 and older. But Alzheimer's is not just a disease of old age. Up to 5 percent of people with the disease have early onset Alzheimer's (also known as younger-onset), which often appears when someone is in their 40s or 50s.

Alzheimer's worsens over time. Alzheimer's is a progressive disease, where dementia symptoms gradually worsen over a number of years. In its early stages, memory loss is mild, but with late-stage Alzheimer's, individuals lose the ability to carry on a conversation and respond to their environment. Alzheimer's is the sixth leading cause of death in the United States. Those with Alzheimer's live an average of eight years after their symptoms become noticeable to others, but survival can range from four to 20 years, depending on age and other health conditions.

Alzheimer's has no current cure, but treatments for symptoms are available and research continues. Although current Alzheimer's treatments cannot stop Alzheimer's from progressing, they can temporarily slow the worsening of dementia symptoms and improve quality of life for those with Alzheimer's and their caregivers. Today, there is a worldwide effort under way to find better ways to treat the disease, delay its onset, and prevent it from developing.

Symptoms of Alzheimer's

The most common early symptom of Alzheimer's is difficulty remembering newly learned information. Just like the rest of our bodies, our brains change as we age. Most of us eventually notice some slowed thinking and occasional problems with remembering certain things. However, serious memory loss, confusion and other major changes in the way our minds work may be a sign that brain cells are failing.

The most common early symptom of Alzheimer's is difficulty remembering newly learned information because Alzheimer's changes typically begin in the part of the brain that affects learning. As Alzheimer's advances through the brain it leads to increasingly severe symptoms, including disorientation, mood and behavior changes; deepening confusion about events, time and place; unfounded suspicions about family, friends and professional caregivers; more serious memory loss and behavior changes; and difficulty speaking, swallowing and walking.

People with memory loss or other possible signs of Alzheimer's may find it hard to recognize they have a problem. Signs of dementia may be more obvious to family members or friends. Anyone experiencing dementia-like symptoms should see a doctor as soon as possible. If you need assistance finding a doctor with experience evaluating memory problems, your local Alzheimer's Association chapter can help. Early diagnosis and intervention methods are improving dramatically, and treatment options and sources of support can improve quality of life. Two helpful support resources you can tap into are ALZConnected, messages boards and online social networking community, and Alzheimer's Navigator, a web tool that creates customized action plans, based on answers you provide through short, online surveys.

Alzheimer's and the brain

Microscopic changes in the brain begin long before the first signs of memory loss. The brain has 100 billion nerve cells (neurons). Each nerve cell connects with many others to form communication networks. Groups of nerve cells have special jobs. Some are involved in thinking, learning and remembering. Others help us see, hear and smell.

To do their work, brain cells operate like tiny factories. They receive supplies, generate energy, construct equipment and get rid of waste. Cells also process and store information and communicate with other cells. Keeping everything running requires coordination as well as large amounts of fuel and oxygen.

Scientists believe Alzheimer's disease prevents parts of a cell's factory from running well. They are not sure where the trouble starts. But just like a real factory, backups and breakdowns in one system cause problems in other areas. As damage spreads, cells lose

their ability to do their jobs and, eventually die, causing irreversible changes in the brain.

Alzheimer's is not the only cause of memory loss. Many people have trouble with memory — this does NOT mean they have Alzheimer's. There are many different causes of memory loss. If you or a loved one is experiencing symptoms of dementia, it is best to visit a doctor so the cause can be determined.

Help is available

If you or a loved one has been diagnosed with Alzheimer's or a related dementia, you are not alone. The Alzheimer's Association is the trusted resource for reliable information, education, referral and support to millions of people affected by the disease. You can call their 24/7 Helpline at 800.272.3900 or contact the **Alzheimer's Association Greater Pennsylvania**, South Central Regional Office at 2595 Interstate Drive, Suite 100, Harrisburg, PA 17110.

Source: Alzheimer's Association; www.alz.org

KEEPING YOUR MEMORY SHARP

People with some forgetfulness can use a variety of techniques that may help them stay healthy and maintain their memory and mental skills. Here are some tips that can help:

- Plan tasks, make "to do" lists, and use memory aids like notes and calendars. Some people find they remember things better if they mentally connect them to other meaningful things, such as a familiar name, song, book, or TV show.
- Develop interests or hobbies and stay involved in activities that can help both the mind and body.
- Engage in physical activity and exercise. Several studies have associated exercise (such as walking) with better brain function, although more research is needed to say for sure whether exercise can help to maintain brain function or prevent or delay symptoms of Alzheimer's.
- Limit alcohol use. Although some studies suggest that moderate alcohol use has health benefits, heavy or binge drinking over time can cause memory loss and permanent brain damage.
- Find activities, such as exercise or a hobby, to relieve feelings of stress, anxiety, or depression. If these feelings last for a long time, talk with your doctor.

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

PREVENTING MEDICARE FRAUD: THE SENIOR MEDICARE PATROL

Did you know that over \$60 billion is lost to Medicare fraud and abuse each year? Money lost to fraud means increased premiums for beneficiaries, increased taxes for all of us, and less money available for programs that assist caregivers. In addition to the financial cost, there is a human cost. Health care fraud diminishes the quality of care received by older adults and can result in the denial of medically necessary treatment.



The U.S. Administration on Aging developed the Senior Medicare Patrol (SMP) to help consumers understand more

about health care fraud. Retired Medicare beneficiaries teach their peers about fraud and what they can do about it. The message is simple: **Protect** your personal information, know how to **Detect** fraud, and know where to **Report** fraud.

What is Medicare Fraud and Abuse?

Fraud occurs when an individual or organization deliberately deceives others in order to gain some sort of unauthorized benefit. Medicare fraud generally involves billing for services that were never rendered or billing for a service at a higher rate than is actually justified. Health care abuse occurs when providers supply services or products that are medically unnecessary or that do not meet professional standards. It is important to note that not all health care providers participate in fraud; most health care professionals are honest, trustworthy, and responsible. The goal of this initiative is to weed out the few health care providers who operate with the intention of using Medicare as a pipeline to personal profit.

Examples of Fraud

- Billing for services or supplies never provided
A woman finds a charge on her Medicare Summary Notice for a \$5,000 scooter that she never received.
- Double billing or over billing for a service or supplies
A man visits his doctor one time but Medicare is billed and pays for two visits
- Incorrectly reporting diagnoses, procedures, medications, or equipment to get a higher payment
A Podiatrist clips patients' toenails but bills it as a toenail extraction

Beware of Scammers

Unfortunately, due to common telephone, mail, and door-to-door solicitation scams, the above examples can happen without you ever having stepped inside a doctor's office. Scammers often use aggression and fear-based tactics to get what they want: your Medicare number. Con artists can use that number to submit false claims to Medicare and receive payment for a variety of services and supplies that you never received. Or, you may wind up with piles of supplies that you never ordered, don't want, and can't use. If you fall victim to this type of scam and give out your personal information, the effects can be far-reaching. It's important to note that your Medicare number is also your Social Security number, so *Medicare fraud and identity theft are two sides of the same coin.*

Since Medicare has limits on how many times they will pay for certain services and items, there is the risk that future claims submitted by legitimate providers will be denied, which means that you will have to pay out-of-pocket or go without a service or product that is medically necessary. For example, a senior who gives their Medicare number to an unsolicited caller later discovers that Medicare has been billed and has paid for a \$5000 scooter in her name. If that same beneficiary has a true medical need for a scooter in the future, Medicare may not pay, because according to their records, she already has a scooter, and they've already paid for it.

What Can You Do? Protect, Detect, Report PROTECT

- Treat your Medicare card like it is a credit card. Remember, your

Medicare number is your social security number.

- Never give your Medicare number in exchange for "free" services or products. Unscrupulous providers and scammers will use your number to get reimbursed for products or services they never delivered.
- If someone calls you or comes to your door claiming to be from Medicare, remember that they *never* send representatives to your home. Medicare does not call you and ask for personal information.
- Be wary of *any* unsolicited callers or visitors asking for personal information. It's okay to hang up the phone or close the door.
- Never accept durable medical equipment or supplies from someone who calls you or comes to your door. If you need a piece of equipment, call your doctor first. **Remember, if Medicare pays for something you don't need now, it may not pay for something you actually do need in the future.**

DETECT

- Use a health care journal or calendar to record all of your doctor's appointments, hospital stays, and what tests or X-rays are conducted.
- Check your quarterly Medicare Summary Notice and other medical statements carefully to make sure the services and details are correct. Compare your statements with your health care journal and make sure the charges match what you actually received.
- If you spend time in a hospital, make sure the admission date, discharge date, and services listed on your statement are correct.
- If you have internet access, log on to www.MyMedicare.gov, where you can see your Medicare Summary Notices in real time.

REPORT

- If you suspect Medicare fraud or abuse, call the Pennsylvania Senior Medicare Patrol at CARIE at 1-800-356-3606.

Source: Pennsylvania SMP, CARIE
www.carie.org

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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 Street, Dillsburg
Director: Scott Shughart
Phone: 432-2216
Hours: Monday- Friday, 8:00 AM- 3:00 PM

GOLDEN VISIONS SENIOR COMMUNITY CENTER, INC.

250 Fame Avenue, Suite 125, Hanover
Director: Michalene Peticca
Phone: 633-5072
Hours: Monday- Friday, 8:00 AM- 4:00 PM
Website: www.goldenvisionspa.com

HERITAGE SENIOR CENTER, INC.

3700-4 Davidsburg Rd, 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 E. Main Street, 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.

Broadway & Main Street, 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 Rd, 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 Roths Church Road, Suite 103, Spring Grove
Director: Tammy Miller
Phone: 225-0733
Hours: Monday-Friday, 8:30 AM- 2:30 PM
Website: www.windyhillseniorcenter.org

YORK COMMUNITY S.E.N.I.O.R.S.

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

YORKTOWN SENIOR CENTER

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

SENIOR CENTER SPOTLIGHT “Gateway to Fun, Friends and Fulfillment!”

Senior Centers are a place for socialization, health promotion and learning. But more than that, Senior Centers are a gateway to fun, friends and fulfillment! Join other York County residents age 60 and older by visiting a York County Senior Center as they enjoy and experience the exciting programs and services available in York County. Listed below some of the centers’ Showcase events:

Heritage Senior Center

Monday, June 9, 9:30 a.m. to 1:30 p.m.
40th Anniversary Celebration/Showcase Day featuring Dime Bingo, Wii competition, Entertainment, Sundae Bar and door prizes.

Northeastern Senior Community Center

Friday, June 13, 9:30 a.m. to 1:30 a.m.
9:30 a.m. Chalk Artist, Elva Hurst
“Farm Memories”
10:30 a.m. The Rebel Heart Irish Dancers
12:00 p.m. Tall in the Saddle (Country Band)

Susquehanna Senior Center

Tuesday, June 17, 9:00 a.m. to 2:00 p.m.
Showcase will feature live entertainment, crafts, painting, fitness classes, door prizes, games, raffles and food.

White Rose Senior Center

Thursday, June 19, 10:00 a.m. to 1:00 p.m.
“Field Day” will feature friendly competition in a variety of games such as balloon toss, balloon volleyball, relay races and mini turtle races with prizes.

Windy Hill on the Campus

Thursday, June 26, 8:30 a.m. to 2:30 p.m.
Summer Open House and Celebration Activities will include musical entertainment, ice cream sundae bar, and door prizes for members who bring a new member.

York Community S.E.N.I.O.R.S.

Monday, June 30, 9:00 a.m. to 3:00 p.m.
Old Fashion Carnival Days will feature ring toss and bean bag toss, “make your own airplane” contest, and different foods reminiscent of childhood carnival days.

Yorktown Senior Center

Friday, June 13, 8:00 a.m. to 3:00 p.m.
Open House will feature:
9:00 a.m. Exercise
10:00 a.m. Bingo
1:00 p.m. Beach Party with Dan Martin

SHARING FAMILY TRADITIONS AND STORIES

Every family has unique and treasured family traditions and stories. The oldest members of extended families are often the keepers of these riches and pass them from generation to generation. The greater the connection with the generations that came before, the more traditions and stories there are to share with the next generation.

Family traditions vary from culture to culture and family to family. They may include recipes, holiday celebrations, songs, books, or games. These traditions are the legacy one generation can leave for the next. But traditions can mean so much more, when the older members of the family share the stories behind the traditions, the reasons why the family tradition exists. Family stories help to provide valuable perspective and understanding of the past and the present, as well as strengthen family ties across the ages. One way to capture these stories is through oral history.

Oral history is a method of gathering and preserving historical information through interviews. For families, it is a wonderful way for young people to interview older relatives about their personal stories, family history, and cultural traditions. Through oral history interviews and conversations, older relatives give children a better understanding of who they and their family are and the forces that shaped the family's identity. Children and youth give older relatives love, time, and the knowledge that they and their experiences are valued.

Sharing stories through oral history is also fun, but preparation is needed to make sure it is successful. Make sure to take time to prepare, plan questions in advance, respect the schedules and privacy of older relatives, and think ahead about ways to help the older relatives' feel comfortable talking about the past. Older children and youth should take notes and following the interview, write down the stories they learned from their older relatives. Younger children can draw pictures or make collages illustrating the stories they heard. Young people can tap into their creativity by composing poems, songs, or skits based on their conversations with older relatives. The whole family can get involved by performing the song, skit, or play that portrays the family stories.

Tips for Oral History:

- Plan conversations around an older relative's schedule and what times of the day are best.
- Find an activity to do together while talking - cooking, cleaning, gardening, taking a walk, or playing a game.
- Use a 20th century timeline as a conversation starter and to spark children's interest.
- Make a list of questions - see sample list below. Give children and young people the opportunity to develop their own questions. Having questions on hand during the interview can serve as a reminder of subjects to cover and help to revive a conversation if it starts to slow down. Questions should be simple and planned around family or historical events. Ask how things looked, smelled, and sounded. Children should know that they can skip questions and ask questions not on the list during the interview.
- Think about using meaningful objects to help get the conversation going - photos, books, quilts, and other family heirlooms.
- Think about other things older relatives can share - songs, recipes, poems, jokes, family sayings, letters, and newspaper clippings.
- Make sure to have all necessary equipment before starting - pen, pencils, crayons, paper, and tape recorder, if using one. Consider using tape recorder or video camera to record the conversation - make sure the older relative is comfortable with recording before starting. Make sure all

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- equipment works and bring extra batteries and tapes
- Enlist the help of other relatives - siblings, cousins, parents, aunts, and uncles.
- Remember to thank the older relative for taking the time and energy to share valuable family stories.

Sample Questions for Children and Youth to Ask Older Relatives:

- Where were you born?
- Where did you grow up? What was it like?
- How many brothers and sisters did you have?
- Where did you go to school? What was it like?
- What subjects were you good at in school?
- What was your favorite thing to do with your family when you were my age?
- What kind of games did you play?
- Who did you play with?
- What was your house like?
- What was your favorite food?
- What were holidays like in your family?
- What kind of chores did you do?
- Did you have pets?
- What was your first job?
- What is your earliest memory?
- What was your favorite possession/toy/gift someone gave you?
- How did you meet your husband/wife?
- Where were your mom and dad born? What is the bravest thing you ever did?
- What is the scariest thing you ever had to do?
- Who do I remind you of in the family?
- If you could be any age again what age would you chose? And why?
- What do you like the best about this time in your life?

For additional information on multigenerational families or grandparents and other relatives who are raising children, visit the Generations United website at www.gu.org.

Source: *American Family, Journey of Dreams, The Generation Gap*; Courtesy of Generations United; PBS © 2004 Public Broadcasting Service. All Rights Reserved.