

NEW HORIZONS

York County Area Agency on Aging

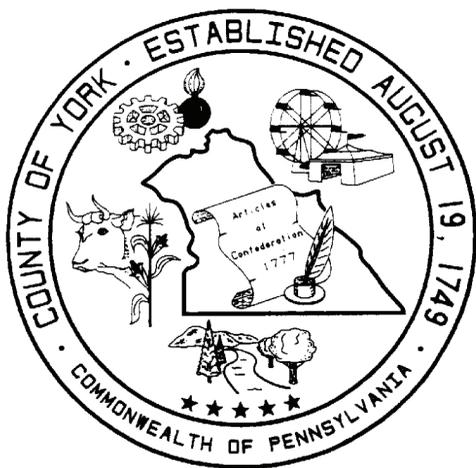
Volume 20, NO. 1

Spring 2013

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Older Americans Month 2013



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, however. 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, what was once called Senior Citizens Month, is now called "Older Americans Month," and has become a tradition.

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 JFK 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 such activities.

This year's Older Americans Month theme—"Unleash the Power of Age!"—emphasizes the important role of older adults. This May, communities across the nation will recognize older Americans as productive, active, and influential members of society.

Older Americans Month celebrations will acknowledge the value that older adults continue to bring to our communities by making an effort to applaud recent achievements of local elders and inviting them to share the activities they do to unleash the power of age.

While the York County Area Agency on Aging provides services, support, and resources to older adults year-round, Older Americans Month is a great opportunity to show opportunities for elders to come together and share their experiences

with one another, as well as with individuals of other generations.

To learn more about activities and events for older adults locate a senior center nearest you. York County Senior Centers provide a place for socialization, health promotion and learning. But more than that, Senior Centers are a gateway to fun, friends and fulfillment! Their contact information is listed on page 15 of this *New Horizons*.

May is the perfect month to start an exercise program. It's time to get outside and enjoy the warmer weather. Overcome those barriers to exercise with the tips on page fourteen. Remember to include exercises from the four exercise types listed there and begin to improve your health.

In addition to exercise, did you know that volunteering can also improve your physical and mental health? Enjoy greater life satisfaction while staying connected with your community. The Agency on Aging has many wonderful volunteer opportunities available and we are always interested in expanding our volunteer base. See page three for some of those volunteer opportunities. Join the agency's present 200 plus volunteers and make a difference in your life as well as someone else's life!

What better time to register for the York County Senior Games! Participate with other older adults in your age group and possibly win some medals. Come for the camaraderie and/or the competition of the Games. 2013 York County Senior Games information is on pages eight and nine of this issue. Join the hundreds of other York County participants.

Spend time with your loved ones and tell them of your life experiences. Often times these are the stories that will live on as your legacy. Share your knowledge and wisdom with them. Your loved ones will cherish your accomplishments, which can also provide guidance for them in their own lives.

From the Director

Dear Reader:

York County has many qualities that make it a pleasant place to live. We have a mixture of rural, suburban, and city areas with plenty of green space for recreation. Our residents are friendly and the cost of living is lower than the national average. One would think we stack up pretty well compared to other areas across the country, or at least across Pennsylvania.

So it was a little challenging to learn that the Milken Institute ranked our York-Hanover community at number 201 out of a possible 259 smaller metro areas across the country regarding the community's ability to allow mature residents to age in place. Lebanon, the nearest small metro area included in the ratings, was ranked 128. Johnstown was ranked at 87, the best ranking for all small metro Pennsylvania areas, and even Reading and Erie (lovingly referred to as the mistake on the lake), were ranked better than the York-Hanover area.

While some studies rate communities on just a few factors, the Milken study has strong validity, including 78 different factors in their research. They also have a very qualified team of researchers that support the non-profit institute in their mission to research solutions that improve lives around the world. Their findings are probably something we should pay attention to.

At the York County Area Agency on Aging we support the goal of the institute to make communities places where individuals can safely remain across their lifespan. In our recently developed four year plan, one of four primary goals was to "Enable older adults to age in place in the residential setting of their choice." This is especially important as we look forward. By the year 2030, one in five residents nationwide will be 65 or older, and I expect that ratio to be even higher in York County.

There are a number of key elements that need to be part of achieving our goal to become a "Community for All Ages," a term frequently used to describe an age friendly community.

- **Housing** that is safe, affordable, built to support changes in physical abilities, supports inter-generational living, and is located in close proximity to services such as grocery stores and banks.
- **Transportation** that is safe, affordable, and accessible, with well planned traffic patterns and easily visible road signs.
- **Community and Health Services** available to promote, maintain, and restore health. Ideally some of these services are available to homebound residents.
- Increased "**Walkability**" of areas to include widened, well lit, and well

maintained pavements, good visibility, and safe pedestrian crossings.

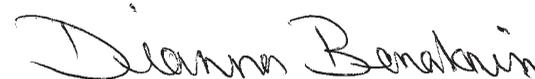
- **Civic and Social Participation Opportunities and Employment Options** available for all ages.
- **Respect and Active Inclusion** of all individuals, regardless of age, in planning and implementing community supports and services.

This is not an all inclusive list, but it is a good place to start. It is also not a small job, and it will take a collaborative community effort if we are to meet our goal. We are fortunate to move forward in partnership with the York Community Foundation and other supporting agencies and individuals. As the discussion continues, we will begin to identify the strengths and barriers of our community and develop a plan to positively impact the livability of our community across the lifespan.

You will hear more about this community initiative as we move forward. We plan to engage representation from across the community in our discussion and planning, and your comments and suggestions are always welcome. I'm not sure we will be able to make significant changes before the next Milken study, but I know our community is dedicated to moving in the right direction.

Take care, enjoy the diverse articles in this issue, and start thinking about which events you are right for you as we roll into Senior Games time.

Sincerely,
Dianna



*If you are interested in seeing the rating criteria for the Milken project or looking at the rankings for other communities you can do so by visiting:

<http://successfulaging.milkeninstitute.org/bca.taf?page=calculator>



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

Spring 2013

Please notify YCAAA to discontinue your mailed issue.

YCAAA ADVISORY COUNCIL



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

Better Choices, Better Health



A new exciting and rewarding health education program is available in York County. Better Choices, Better Health is a Chronic-Disease Self-

Management Program offered in York County by the Area Agency on Aging.

Better Choices, Better Health is a FREE six-week workshop open to people with chronic disease or those who live with or care for someone with chronic disease. Set in an intimate and informal setting, participants learn to use tools such as brainstorming, problem-solving, and action plans. The skills learned can be incorporated into your every day life to address a host of issues –from dealing with fatigue, pain and feelings of isolation, to increasing exercise, healthful eating and better communication skills with family members, friends and health care professionals.

The classic definition of a “chronic” health condition is an ongoing condition that has multiple causes varying over time and includes heredity, lifestyle factors, exposure to environmental factors and physiological factors. A chronic condition may be that of heart disease, diabetes, obesity, lung disease, arthritis, hypertension, and a number

of other conditions. Although each of these conditions is different they all have problems or symptoms in common. Fatigue, depression, stress/anxiety, pain, shortness of breath, tense muscles, and difficult emotions are all parts of the symptom cycle of chronic conditions.

Chronic conditions are usually with us for a lifetime, self-management, or what you can do for your symptoms are very important. **Self-management** means... **you** assume responsibility for **yourself** by taking various actions to **control** or **decrease** your symptoms.

Some examples of this are the following:

- Keeping informed about your status-asking questions
- Taking part in planning your treatment-telling the health care team about your preferences and your goals
- Informing your health care team about problems and changes you experience
- Giving new activities at least a two-week trial
- Setting goals and working towards them
- Symptom management techniques

Better Choices, Better Health teaches you how to break the symptom cycle. Here is an example of how the symptom cycle works:

Sally has arthritis which causes pain because of inflammation or bone rubbing against bone. In response, to protect the

hurting joint, Sally tightens the muscles in that affected area. As these are tightened for a long time, the muscles also begin to cause pain. As Sally’s pain mounts, she becomes stressed and more tense, wondering if the pain will ever get better. She starts to cut back on activities. This, in turn, causes weak muscles and emotions such as worry, anger, fear, frustration, and even depression. Stress, difficult emotions and lack of exercise can cause shortness of breath and fatigue, making the pain worse and completing the vicious cycle.

This vicious cycle can happen with any health problem, not just arthritis, and the cycle can start anywhere – depression, for example, can start the whole cycle, or fatigue.

Have you experienced aspects of this cycle? Do you believe people can influence this cycle by using certain methods or techniques? You can break this vicious cycle! There are a variety of ways to do this using physical exercises and mental exercises. Better Choices, Better Health can help you learn these techniques.

Contact the York County Area Agency on Aging, 717-771-9610 or 1-800-632-9073, to find out when and where Better Choices, Better Health will be offered.

Visit With Our Volunteer Coordinator in the Community

Would you like to learn more about some exciting volunteer opportunities? The York County Area Agency on Aging Volunteer Coordinator, Beth Grove will be at various libraries in the community to speak with interested individuals one-on-one about the many York County Area Agency on Aging volunteer programs.

Individuals interested in volunteering are invited to stop by one the following locations to meet and speak with Beth:

Village Library

35-C North Main Street, Jacobus
Tuesday, March 19
3:00 – 5:00 p.m.

Dover Area Community Library

3700-3 Davidsburg Road, Dover
Thursday, March 21
3:00 – 5:00 p.m.

Mason-Dixon Public Library

250 Bailey Drive, Stewartstown
Thursday, April 18
3:00 – 5:00 p.m.

Red Land Community Library

48 Robin Hood Drive, Etters
Tuesday, April 30
3:00 – 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 assist Medicare beneficiaries to understand their benefits. Counselors help to enroll beneficiaries in Medicare health plans and assist them with Medicare coverage issues. Prior insurance knowledge is not necessary. Training is provided by trained agency staff and the Pennsylvania Department of Aging. Involvement in this program requires a time commitment of eight to ten hours a month. Although challenging, it can be also be very rewarding.

Peer Educators lead small groups of older adults in healthy living programs. We are currently seeking volunteer leaders for two evidence-based programs. A background in the medical/health field is not necessary. Volunteers are trained to use prepared materials to lead small groups of older adults how to prevent falls and how to better manage their health. Training is provided by Agency on Aging staff. This program involves a time commitment of about eight hours per month.

Ombudsman serve as a liaison with the Agency on Aging staff Ombudsman by providing a visible presence in York County’s long-term care facilities and promoting an enhanced quality of life for the residents. They provide advocacy and education to residents of long term care settings and individuals receiving long term care services in their homes or community. Training is provided by the Pennsylvania Department of Aging followed by local training, and an ongoing opportunity for enrichment training. This program involves a time commitment of six to eight hours per month.

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 Beth Grove, Volunteer Coordinator, at (717) 852-4904 or 1-800-632-9073, or at eagrove@yorkcountypa.gov. Volunteer applications can be downloaded from the Forms and Documents page of our website at www.ycaaa.org.

“I Can’t Sleep!”



**By: Curtis Nolt, DO
Thomas Hart
Family Practice,
York Hospital**

Have you ever had difficulty falling asleep or staying asleep at night? If so, you are not alone. Many people struggle with symptoms of insomnia. In fact, insomnia is the most common sleep complaint.

What is insomnia?

Insomnia is a disorder of sleep where people have difficulty falling asleep or difficulty staying asleep. Everyone has sleepless nights on occasion, but people who have insomnia have a pattern of difficulty sleeping. You may think you have insomnia because you sleep less than your friends, but it is important to understand that the amount of sleep needed to function normally varies between each person. Some people require more sleep and others less. Sleep requirements also tend to decrease with age so you may realize that you require less sleep now than when you were younger.

How common is insomnia?

Insomnia is the most common sleep complaint, with approximately 10 percent of adults suffering from insomnia.

What causes insomnia?

The most common insomnia is called “secondary insomnia” and is caused by other illnesses, stressors, or medications. Smoking and alcohol can reduce sleep as well. Illnesses that can cause insomnia include depression, anxiety, sleep apnea, thyroid problems, Parkinson’s disease,

Alzheimer’s disease, and restless leg syndrome. Stressful situations such as the death of a loved one, recent illness, or pain can also lead to insomnia. Insomnia, on the other hand, can also make the symptoms of anxiety and depression worse, contributing to worsening insomnia.

Certain medications can cause difficulty in sleeping because they stimulate the body and mind. Some examples of medications include cold medications that have decongestants, anti-depressants, albuterol inhalers, and a class of heart medications called beta blockers that regularize the heartbeat. Stimulants and unregulated thyroid medications can also be culprits.

Alcohol, smoking, and caffeine are common causes of insomnia. It is common for people to drink alcohol before they go to bed to help them fall asleep. Although alcohol helps people fall asleep, it has an overall negative effect because alcohol disrupts the normal sleep stages and leads to restless sleep that is less refreshing. As it wears off in the middle of the night, withdrawal frequently causes waking. Smoking a cigarette before going to bed to “calm the nerves” is a common practice that leads to a sleepless night because the nicotine in the cigarettes actually stimulates the nervous system and results in more difficulty in falling asleep. If you do smoke please talk to your family doctor who can help you to quit smoking. Lastly, it is common for the elderly to drink coffee before bedtime. This practice, like smoking, stimulates the nervous system and does not allow for good sleep.

A select group of people may have a form of insomnia that is not due to illnesses, stressors, or medications. This form of insomnia is called primary insomnia and is an independent disorder in itself.

What are the symptoms of insomnia?

- Problems falling asleep
- Difficulty staying asleep
- Waking up many times during the night
- Daytime tiredness
- Poor concentration
- Irritability
- Anxiety
- Depression
- Reduced motivation
- Worry about sleep
- Increased incidents of forgetfulness

Overall, insomnia interferes with many areas of life including personal relationships and daily functioning.

What is the treatment for insomnia?

There are three steps in treating insomnia:

- treating coexisting illness,

stressors, or withdrawing medications that contribute to insomnia

- behavioral therapy
- medication

Most people will not require medications and they are only used as a last resort.

The first step in treating insomnia is to treat any illnesses or stressors that may be causing or contributing to insomnia. Medications and supplements that are known to provoke insomnia should be stopped, but only after talking to your doctor.

If treating illnesses or stressors and stopping insomnia-provoking medication does not help, the next step is to begin behavioral therapies. One of the most important things here is to make yourself physically tired by exercising early in the day and avoiding napping. Often people use their bedroom for eating, watching TV, and exercising near bedtime. People should eliminate these activities in the bedroom because they are stimulating to the mind and inhibit sleep. Another strategy is to lie quietly in bed for at least 20 minutes. If you are unable to fall asleep after that time, leave your bedroom and engage in relaxing activities such as bathing, listening to music, or reading. If you are going to consume caffeine, do so no later than 3 p.m. Alcohol should be consumed in moderation only, and not within 3 hours of bedtime.

If no other treatments help, medications can be used. Medications are used only as a last resort because they often have serious side effects. One group of medications, called benzodiazepines are especially unsafe for the elderly because they can cause confusion, loss of balance, and are also habit forming. Examples of these types of medications include Ativan (lorazepam), Restoril (temazepam), Ambien (zolpidem), and Lunesta (eszopiclone).

Over-the-counter antihistamines such as Benadryl are sometimes used, but the sleep they provide may not be as restorative as normal sleep, and side effects such as inability to urinate and constipation are common in the elderly. Antidepressants can be very helpful when stress and depression play a role, but they can also lead to bowel and bladder problems, and some contribute to heart trouble as well. For these reasons, they must be carefully monitored by your physician.

Like so many things in medicine (and in life), the solutions to insomnia are not easy and the easy solutions are not always safe. Take the simple, common sense approach outlined above to treat your insomnia, and if that fails, it may be time to seek medical help.



**York Expo Center
Old Main Building
Tuesday, May 21, 2013
9:00 a.m. – 2:30 p.m.**

Bingo starts at 8 a.m. (White Rose Room)

**Exhibitors, Free Seminars, Entertainment,
Pet Corner, Bingo, Health Screenings,
Red Cross Blood Drive, Prime of Life Travel
and so much more!**

Come Join the Fun!

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www.primeoflife.org**

How to Be a Better Grandparent

Tips on Building Great Relationships With Your Grandkids

As grandparents we all want to make the most of the precious family time we get to spend with our grandchildren. You can create deep, loving relationships with your grandchildren by sharing the things you love and by learning about what excites them. Whether you're a full-time grandparent, a step-grandparent, or a long distance grandparent living thousands of miles away, you can find new ways to strengthen family ties and provide your grandchildren with joyful memories and valuable life lessons.

What's so grand about being a grandparent?

In no particular order, grandparenting is an opportunity to play, to love someone new, to appreciate the magic of a developing mind, and to be needed by someone again. Grandparents can:

- Share the things they're passionate about with a new audience.
- See the world in a new way through younger eyes.
- Experience games, music, nature, reading, and other interests in conjunction with a curious young mind.
- Provide expanded support and encouragement to their grandchildren.
- Use their breadth of experience to avoid the pitfalls they may have encountered as parents the first time around.
- Watch children develop through all stages of growth.
- Learn about their grandkids' music and passions.
- Provide input that parents cannot.

Usually, grandparents have the benefit of interacting on a level that is once removed from the day-to-day responsibilities of parents. This can make it easier to develop a close bond with grandchildren. From near or far, grandparenting can provide continuity in a child's life. Grandparents are often the family historians, and can add a rich sense of family tradition to a child's life. Additionally, contact with grandparents can teach children positive attitudes towards aging and help them develop skills to enhance their own lifelong learning.

Of course, not everything about being a grandparent is great all of the time. Becoming a grandparent at a young age can make some people feel prematurely old and, just as parents do; grandparents sometimes have to deal with colicky babies and moody teenagers. For most though, the benefits of being a grandparent far outweigh the drawbacks.

The role of a grandparent in a child's life

There are as many different roles for grandparents as there are different family configurations and needs. Some grandparenting requires a full-time commitment. For others, grandparenting is a weekend together, an afternoon play date, a summer vacation, a chat on the phone, or an email exchange every now and then.

A good first step to a long and successful relationship with your grandchild is to establish some ground rules with your son or daughter:

- **Be clear about what role you want to have in your grandchild's life.** How often you want to babysit, for example, or whether you'd like to be included in events such as school functions.
- **Talk with parents about their rules.** Consistency is important for kids, so know the behavior limits your grandchild has to follow at home and maintain the rules when he or she is with you.
- **Enforce any agreed upon punishment for bad behavior,** whether it's a "time out" or loss of privileges, for example.
- **Baby proof your home,** to ensure safety for infants and toddlers. It may have been a number of years since you had young children in your home, so it's important to check with your grandchild's parents about ways to baby proof your home to ensure they're comfortable leaving the child with you.

Common grandparenting pitfalls to avoid

Whatever your specific circumstances, by expressing love, showing concern for your grandchild's safety and wellbeing, and being consistent in your behavior, you are already doing a good job of grandparenting.

To avoid potential conflict within your family, try to avoid these common grandparenting pitfalls:

- **Trying to be the parent.** As much as you might want to tell your children how to raise your grandkids, it's not your role. Respect the parenting decisions your children make for your grandkids.
- **Buying your grandkids' affection.** It's tempting for grandparents to shower their grandkids with gifts, but check with the child's parents before you buy more toys. Maybe substitute some of your gift giving with activities instead. Do something with your grandchild that you both

love and will build memories.

- **Overindulging the first few grandchildren** and then not being able to repeat it as additional grandchildren come along. This can cause resentment from your own children who have kids later in life. Remember that whatever you do for your first grandchild (college fund, beach vacations, trips to the zoo) will set a precedent that you'll need to repeat for every other grandchild.
- **Ignoring boundaries.** A grandparent who won't enforce limits and gives in to their grandchild's every whim can infuriate parents. By allowing your grandkids to misbehave, overindulge in candy and junk food, or ignore bedtimes, for example, you're only encouraging unhealthy behavior and making their parents' job even harder.

Visit WWW.HELPGUIDE.ORG for more information and related articles.

Source: Helpguide.org.



SeniorLIFE
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Living at Home

Senior LIFE Services Can Include:

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- Home Care Services
- Medication Monitoring
- Meals and Nutritional Counseling
- Social Services and Counseling
- Transportation
- Therapies

*Non-emergency services must be approved by Senior LIFE.

717-757-LIFE
or 1-877-998-LIFE (5433)

East York, Off Route 30,
Memory Lane Exit
1500 Memory Lane Ext.

Taxpayer Guide to Identity Theft

The IRS knows identity theft is a frustrating process for victims. They take this issue very seriously and continue to expand on their screening process in order to stop fraudulent returns.

What is identity theft?

Identity theft occurs when someone uses your personal information such as your name, Social Security number (SSN) or other identifying information, without your permission, to commit fraud or other crimes.

How do you know if your tax records have been affected?

Usually, an identity thief uses a legitimate taxpayer's identity to fraudulently file a tax return and claim a refund. Generally, the identity thief will use a stolen SSN to file a forged tax return and attempt to get a fraudulent refund early in the filing season.

You may be unaware that this has happened until you file your return later in the filing season and discover that two returns have been filed using the same SSN.

Be alert to possible identity theft if you receive an IRS notice or letter that states that:

- More than one tax return for you was filed,
- You have a balance due, refund offset or have had collection actions

taken against you for a year you did not file a tax return, or

- IRS records indicate you received wages from an employer unknown to you.

What to do if your tax records were affected by identity theft?

If you receive a notice from IRS, **respond immediately.** If you believe someone may have used your SSN fraudulently, please notify IRS immediately by responding to the name and number printed on the notice or letter. You will need to fill out the IRS Identity Theft Affidavit, Form 14039.

For victims of identity theft who have previously been in contact with the IRS and **have not achieved a resolution**, please contact the IRS Identity Protection Specialized Unit, toll-free, at 1-800-908-4490.

How can you protect your tax records?

If your tax records are not currently affected by identity theft, but you believe you may be at risk due to a lost/stolen purse or wallet, questionable credit card activity or credit report, etc., contact the IRS Identity Protection Specialized Unit at 1-800-908-4490.

How can you minimize the chance of becoming a victim?

- Don't carry your Social Security card or any document(s) with your SSN on it.

- Don't give a business your SSN just because they ask. Give it only when required.
- Protect your financial information.
- Check your credit report every 12 months.
- Secure personal information in your home.
- Protect your personal computers by using firewalls, anti-spam/virus software, update security patches, and change passwords for Internet accounts.
- Don't give personal information over the phone, through the mail or on the Internet unless you have initiated the contact or you are sure you know who you are dealing with.

Remember, the IRS does not initiate contact with taxpayers by email to request personal or financial information. This includes any type of electronic communication, such as text messages and social media channels.

If you receive a scam email claiming to be from the IRS, forward it to the IRS at phishing@irs.gov. For phishing scams by phone, fax or mail, call: 1-800-366-4484.

Source: Internal Revenue Service

National Healthcare Decisions Month April 2013

Take Care of Your Advance Directives – Before It's Too Late!

If you had a health crisis and were unable to speak for yourself, would your loved ones know your wishes for medical care? Every day physicians look for family members to make crucial medical decisions for their loved ones. Make sure your health care wishes are followed if you are unable to make these decisions for yourself. Please stop in and allow the team of physicians, nurses and social workers to assist you in completing your living will and durable power of attorney paperwork. It's never too early to put your wishes for medical care in writing.

No Appointment Needed • No Charge

Friday, April 5

Hayshire Family Medicine

2775 North George Street, York
12:00 Noon – 3:30 p.m.

Friday, April 12

York Cancer Center

Apple Hill Medical Center
25 Monument Road
Suite 193 (Entrance C), York
1:00 p.m. – 4:00 p.m.

Tuesday, April 16

WellSpan Dialysis Center

308 St. Charles Way, York
8:30 a.m. – 10:00 a.m.
1:00 p.m. – 2:30 p.m.

Wednesday, April 17

Dallastown Family Medicine

755 South Pleasant Avenue, Dallastown
1:30 p.m. – 4:30 p.m.

Wednesday, April 24

WellSpan Neurosciences

228 St. Charles Way
Suites 200 & 300, York
9:00 a.m. – 3:00 p.m.

Thursday, April 25

WellSpan York Hospital

Atrium (Main Entrance)
1001 S. George Street, York
12 Noon – 4:00 p.m.

Tuesday, April 30

WellSpan VNA Home Care

Greenway Tech Building, 4th floor
540 S. George Street, York
1:00 p.m. – 4:00 p.m.

(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

WOULD YOU LIKE MORE MONEY IN YOUR POCKET?

Low Income Subsidy (LIS)

The Low Income Subsidy (LIS) is a program for people with Medicare who have limited income and resources. LIS, also known as "Extra Help", assists in lowering prescription drug plan costs and can help individuals save thousands of dollars every year.

LIS is available to people with Medicare with income below 150% of the Federal poverty level and limited resources. Under the Medicare Improvements for Patients and Providers Act, the Social Security Administration no longer counts the following as a resource:

- **life insurance policies** or
- **In-kind support and maintenance**, income you receive regularly from someone else to pay your household expenses.

Full Subsidy: Countable monthly income must be below 135% of the Federal Poverty Level and countable assets below \$7,080 if single or \$10,620 if married.

Partial Subsidy: Countable income must be below 150% and countable resources below \$11,800 if single and \$23,580 if married.

2013 Federal Poverty Levels (FPL)

Household Size	135%	150%
1	\$1,293	\$1,436
2	\$1,745	\$1,939
3	\$2,198	\$2,441
4	\$2,650	\$2,944

There are certain assets that are not counted when determining eligibility which include:

- Applicant's primary residence
- Any motor vehicles
- Burial plots/spaces and irrevocable burial accounts
- \$1,500 per spouse if designated to pay for funeral or burial expenses

*Income and resources could be higher than the amounts listed as SSA has deductions and disregards that are taken off.

Applications for LIS/Extra Help are available online at www.socialsecurity.gov/extrahelp, by calling the Social Security Administration at 1-888-329-5732 or toll-free at 1-800-772-1213, or by visiting their new office at 2670 Industrial Highway, Suite 2, York.

Medicare Savings Program

The Medicare Savings Program provides 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 Medicare deductibles and coinsurance.

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

Household Size	Income	Resources
1	\$1,293	\$7,080
2	\$1,745	\$10,620

Individuals could have higher income and resources than those listed because the Department of Public Welfare may not count all of their income and assets.

The Department of Public Welfare 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 York County Assistance Office at 130 North Duke Street, York, (717) 771-1100 or toll-free at 1-800-991-0929.

For more information on either of these programs, contact the APPRISE Program of the York County Area Agency on Aging at (717) 771-9008 or 1-800-632-9073.

An Apple A Day...



The average U.S. consumer eats about 19 pounds of fresh apples a year – about one apple per week. That is not a bad start, but why not an apple a day?

Why are apples such a good choice?

- **They can be part of a good weight management plan** since they are low in calorie density, low in fat and high in fiber. Apples, along with other fruits and vegetables, help you fill up on fewer calories as compared to many processed, higher-fat foods such as packaged snacks and cookies.
- **They may help lower your risk of heart disease as part of a heart healthy diet and lifestyle plan.** Apples are a good source of soluble fiber which helps keep cholesterol low. They contain many beneficial plant chemicals that act as antioxidants.
- **Apples can help people with diabetes** manage their blood sugar better because of their fiber content.
- **Apples may help lower the risk for certain cancers.** The National Cancer Institute has reported that foods containing flavonoids, or antioxidants like

those found in apples, may reduce the risk of lung cancer by as much as 50 percent.

- **Apples help keep your gums healthy** because of the tannins they contain. Tannins can also help prevent urinary tract infections.

Which apples are best for cooking and baking?

Generally, you want a firm apple with a tart taste such as Pippin, Granny Smith, Jonagold or McIntosh. More mealy apples, such as Delicious varieties, do not hold up as well during baking but they are often acceptable in a pinch.

Which apples are best for eating fresh?

Almost all apples are good for eating fresh, either out of hand or in salads, except for more tart, firm varieties such as Pippin or Granny Smith. Many apples, such as Cameo, are good for cooking, baking or eating fresh.

Keep the peel!

Leave the peel on. It contains a gram of fiber and half the vitamin C found in an apple.

Source: www.bestapples.com; www.foodandhealth.com

ANNOUNCING THE 2013 SENIOR FARMERS MARKET NUTRITION PROGRAM



The York County Area Agency on Aging, in conjunction with the Pennsylvania Department of Agriculture, will again distribute fruit and vegetable vouchers to qualifying seniors who are 60 years of age or older. This program provides vouchers to eligible York County seniors to buy fresh fruit and vegetables from participating local farm markets. Details of the program will be announced by the Department of Agriculture after April 1.

YCAAA does plan to kick off the local distribution of the vouchers at the Prime of Life Festival on May 21, 2013. Watch the local media sources and YCAAA web site at www.ycaaa.org for updates on eligibility criteria and a schedule of distribution locations.

The excitement is building as we plan for the 12th annual York County Senior Games! The Games will be held June 17th through June 22nd.

The majority of the events will be held at Central York High School, with the exception of 7 events - billiards, bowling, mini golf, 9-hole golf, horseshoes, trap shooting and target shooting. These 7 events will be held at other community locations.

The Senior Games registration area will be open at Central York High School beginning at 9:00 a.m. on Monday, June 17th and will remain open every day from 9:00 a.m. to 3:00 p.m. through June 22nd. 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 2012 York County Senior Games participants will receive a Registration Booklet in the mail after April 1. If you did not participate in 2012 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 Monday, June 17th at 8:30 a.m. at Central York High School Soccer Stadium. Bring your family and join us as we celebrate the official opening of the 2013 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 22nd 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, 2013 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 \$10.00 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 and Lutheran Social Services of South Central Pennsylvania as our Gold Sponsor again this year. Other sponsors will be recognized in the Summer issue of the New Horizons. 2013 Sponsors will be recognized in the Registration Booklet and at events throughout the week. 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 2013 York County Senior Games! It's sure to be an exciting and memorable week!

MONDAY, JUNE 17, 2013 **(ALL events today at Central York High School except Billiards)**

Bocce

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

Wii Archery

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

Croquet *Hosted by ManorCare Health*

Time: Compete in this event anytime between 10:00 AM to 2:00 PM

Ladder Golf *Hosted by ManorCare Health*

Time: Compete in this event anytime between 11:00 AM to 3:00 PM

Washers *Hosted by Crystal Bastress*

Time: Compete in this event anytime between 10:30 AM to 2:30 PM

Billiards *Hosted by Brad Dennis*

Location: Cobblestone's Restaurant and Sports Emporium
205 South George Street, York
Time: 5:00 PM

TUESDAY, JUNE 18, 2013

Bowling-Singles

Hosted by Hanover Bowling Centre

Location: Hanover Bowling Centre
1630 Broadway, Hanover
Time: 10:00 AM

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 2:00 PM to 7:00 PM

Information and Wellness Fair

A new feature for the 2013 York County Senior Games will be an Information and Wellness Fair being held on Monday, June 17th from 9 a.m. to 3 p.m. in the Cafeteria of Central York High School. This event will provide information on community resources as well as health screenings for senior games participants and the general public.

YORK COUNTY SENIOR GAMES



Schedule of Events

WEDNESDAY, JUNE 19, 2013

9-Hole Golf Hosted by Josh Kehler and Little Creek Golf Course

Location: Little Creek Golf Course
Rte. 116, Spring Grove, PA
Time: 8:00 AM

Horseshoes-Singles Hosted by Larry Dennis

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

Horseshoes-Doubles Hosted by Larry Dennis

Location: John Rudy Park
400 Mundis Race Rd, York
Time: 12:00 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 20, 2013

(ALL events at Central York High School)

Shuffleboard

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

Single Tennis Hosted by David Meanor

Time: 8:30 AM

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 22, Choose one day.

UNO Hosted by SING/SOS Organizations

Time: 9:30 AM

Hearts Hosted by SING/SOS Organizations

Time: 1:00 PM

Badminton Hosted by Julie Harman

Time: 3:30 PM

FRIDAY, JUNE 21, 2013

(ALL events at Central York High School)

Throws Hosted by Manchester Township
Recreation

Time: Football, Softball, and Frisbee
Compete in these events anytime
between 9:00 AM to 2:00 PM
(From 9:00 AM to 10:00 AM
one line will be dedicated to
Triathlon participants only)

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 22, choose one day.

Pinochle Hosted by Kim Maglaughlin

Time: 9:30 AM

Swimming

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 22, chose one day.

Volleyball Hosted by Josh Kehler

Time: 6:00 PM

SATURDAY, JUNE 22, 2013

(ALL events at Central York High School)

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 21 from 3:00 PM to
5:00 PM, chose one day.

Running Events Hosted by Pete Klotz

Time: 5K	8:00 AM
50 meter	9:00 AM
100 meter	9:45 AM
4X100 relay	10:45 AM
400 meter	11:15 AM
Sprint Medley	11:45 AM
1600 meter	12:15 PM

(cont'd) SATURDAY, JUNE 22, 2013

(ALL events at Central York High School)

500 Hosted by Elizabeth DiLuigi

Time: 9:30 AM

Table Tennis Hosted by York Table Tennis Club

Time: 9:00 AM

Soccer Kick Hosted by Derek Kaufman

Time: Compete in this event 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 1:00 PM
Event also offered on Thursday,
June 20, 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 21, 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 2013
Senior Games!

The 2013 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: 50-59; 60-69;
70-79; 80-89; and 90+. Men's and
Women's Divisions. Awards will
be announced during the Closing
Celebration.

Vitamin D, not just for bones:

An update on Vitamin D



**By: Janelle Pieros, DO
Thomas Hart
Family Practice,
York Hospital**

The occurrence of vitamin D insufficiency has nearly doubled over the past decade. Nearly 75% of the Caucasian population in this country suffers from vitamin D insufficiency. Vitamin D deficiency is common along the elderly, especially living in community-dwelling and in residential homes. If you are deficient in vitamin D, you have a higher risk for osteoporosis, falls and fractures. In addition to problems with your bones, side effects of low vitamin D can affect your overall health, including your mind, heart and how the body fights infection and burns calories.

Symptoms of Vitamin D deficiency

Common symptoms of low vitamin D include: symmetric low back pain, especially in women, muscle weakness in hands and legs, muscle aches, and throbbing bone pain with pressure over your chest or legs. These symptoms increase your risk of falls and impair overall physical function.

Relationships between Vitamin D status and various diseases common in the elderly

Vitamin D is naturally made in the skin after exposure to sunlight and as you age you are at risk for low levels due to decreasing exposure to sunlight, your skin not absorbing light efficiently and your kidneys not breaking it down effectively.

Other risk factors that inhibit the ability to absorb vitamin D include: darker skin, obesity, not getting enough exercise, lactose intolerance, or having celiac disease (sprue) or Crohn's disease.

Certain medications can also

interfere with the absorption of vitamin D, such as: laxatives, steroids, weight-loss drugs, and anti-seizure and cholesterol-lowering medication.

Vitamin D insufficiency is associated with breast, prostate and colon cancers, type 2 diabetes, depression, multiple sclerosis, cognitive impairment, heart disease, including high blood pressure and stroke. Doctors are unsure about what exact role vitamin D insufficiency might play in those problems. Does low vitamin D weaken the body in a way that gives the opportunity for those problems to occur, or do those problems cause vitamin D levels to decrease?

Vitamin D and Calcium Supplements

Vitamin D decreases bone loss, which reduce the risk of falls and fractures. Along with calcium, it helps prevent and treat osteoporosis. The amount of vitamin D supplement recommended depends on your sex, age and where you live.

- If you are a man over 70 years or a postmenopausal woman and live in an extended care or rehabilitation facility, you need at least 800 International Units (IU) per day of vitamin D along with 1200mg of calcium.
- If you are over 65 years of age and live at home, you need 400 IU per day in combination with 1000mg of calcium.
- If you are deficient in vitamin D, treatment includes a prescription of oral ergocalciferol (vitamin D2) at 50,000 IU per week for eight weeks.
- Once vitamin D levels get back to normal, a continuing dose of cholecalciferol (vitamin D3) is recommended at 800 to 1000 IU per day from dietary or supplemental sources that can be purchased over-the-counter.
- Nutritional doses of vitamins D2 and D3 are equivalent, but at high

doses, vitamin D2 is less potent.

- Yearly injections of vitamin D have no effect on reducing fracture risk.
- Lower doses than those above are not effective and higher doses can cause problems.

Complications of excess or toxic vitamin D levels include: loss of appetite, weight loss, nausea, vomiting, a metallic taste, headache, constipation, and inflammation of your pancreas. High levels of vitamin D can also raise your levels of calcium which can cause heart problems, confusion, disorientation, bladder infections and kidney stones.

Dietary Sources of Vitamin D and Calcium

- Milk is the best source of vitamin D, with approximately 100 IU per cup.
- Fortified cereals, orange juice, and yogurt contain a good amount of vitamin D, 100 IU per serving
- Salmon, wild fresh 3.5 oz. portion contains 600 to 1000 IU
- Cod liver oil contains 400 IU per teaspoon
- Canned tuna or sardines contain 230-300 IU per 3.5oz
- Small amounts of vitamin D are also found in beef liver and egg yolks.

Talk to your family doctor to determine your vitamin D level, and discuss the medications and supplements you already take and may need. As always, exercise daily and eat well-balanced meals with a variety of fruits, vegetables, whole grains, lean meats, fish, poultry, beans, eggs and nuts. Adequate vitamin D levels cannot guarantee health, but they may decrease your risk of problems.

Sources: *Am Fam Physician*; *J Clin Endocrinol Metab.*; *NIH Office of Dietary Supplements.*

VOLUNTEER for the Senior Games!

The York County Senior Games Planning Committee is seeking volunteers to assist with the 2013 York County Senior Games being held June 17th through June 22nd, 2013. If you have extra time or your business or community group would be willing to spare a few hours, there are many different volunteer opportunities to choose from.

Help is needed in the following areas:

- Coordinate the transporting of Senior Games equipment from storage the week prior to the Games.

- 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.

Remember to Spring Forward



Don't forget to set your clocks ahead one hour during Daylight Savings which occurs on **Sunday, March 10, 2013.**

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A program of UCP of South Central PA - www.ucpsouthcentral.org

ANNUAL ELDER LAW UPDATE

**By: Robert Clofine, Esquire
Certified Elder Law Attorney in York**

If things stayed the same, keeping up with the law would be a breeze. Unfortunately, tax and Medicaid laws seem to change on a daily basis. Over the past year, there have been a number of developments. In this article, I'll offer some of the highlights.

Perhaps the biggest developments in the field were the changes to the federal estate and gift tax enacted as part of the legislation signed by the President to avoid the "fiscal cliff". Instead of going over the fiscal cliff and having the federal estate tax exemption revert to just \$1 million, the \$5 million exemption remains intact, with an inflation adjustment that brings the exemption to \$5.25 million for those dying in 2013. This means that your estate will not be subject to federal estate taxes in 2013 unless it exceeds \$5.25 million. If you are lucky enough to have such a large estate, the amount in excess of the exemption will be taxed at 40%.

A companion to the estate tax is the federal gift tax. On the gift tax side, the IRS has announced that the so-called annual gift tax exclusion has increased

to \$14,000 for gifts made in 2013. This means that you can gift up to \$14,000 to each recipient each year without having to file any gift tax return or declare any gift. If you exceed this amount, you have to file a gift tax return and use some of your \$5.25 million estate tax exemption. Keep in mind that this is a federal gift tax rule and it has no bearing on how those gifts might be treated if you need to seek Medicaid benefits for long-term care. Under the current Medicaid rules, most gifts made within 5 years of asking for Medicaid will create a problem. This means you must be extremely cautious when making any gift.

While the Medicaid program has a very strict rule on making gifts in order to qualify for benefits, each January we do get an increase in the "Community Spouse Resource Allowance". This is the amount that a healthy spouse gets to keep when their mate enters a nursing home. For nursing facility residents, Pennsylvania's general rule is that the healthy spouse can keep one-half of the available resources that were owned by the couple on the date of admission to the nursing facility. However, this protected "Community Spouse Resource Allowance" is subject to a ceiling and a floor. In 2013, the maximum is \$115,920 and the minimum is \$23,184. This means that if the couple has \$300,000 in savings when the husband enters the nursing home, the wife's protected share is \$115,920 and not one-half of the assets. Once the couple has reduced their countable resources to the

eligibility limit, the spouse in the nursing home qualifies for Medicaid benefits. Once on Medicaid, the most that the couple has to pay towards nursing home expenses is the institutionalized spouse's income, which typically consists of Social Security benefits and pension income. Keep in mind that this is the bare minimum protection for the community spouse. There are many things one can do to increase these protections, some of which can be done even after there is a placement in a nursing home.

Another change in 2013 is the amount of the Medicare skilled nursing facility co-pay. If you recall, Medicare's coverage for nursing home care is limited to "skilled" care only for a maximum of 100 days. If you are in a skilled nursing facility after a 3-day hospital stay (observation status does not count) and meet all the other requirements, then Medicare Part A will cover up to 100 days of skilled care for each benefit period. Under Part A, the total cost at the nursing home, including all room charges and prescription drugs, is covered. For the first 20 days of skilled care, traditional Medicare pays 100%. If you continue to need "skilled" care, then for days 21-100, there is a co-payment of \$148.00 per day in 2013. Similar coverage is provided if you get your health care through a Medicare Advantage plan rather than traditional Medicare.

A final update has to do with two long-term care changes made as part of the fiscal cliff legislation. One change repeals the so-called "CLASS Act". The CLASS Act was a national, voluntary long-term care insurance program that was ultimately found to be financially unsustainable. Congress does, however, recognize that paying for long-term care is a looming national crisis. As such, the law created a Commission on Long-Term Care that is charged with producing a "plan for the establishment, implementation, and financing of a comprehensive, coordinated, and high-quality" long-term care system. We'll have to wait and see what the Commission proposes.

RENT-A-KID

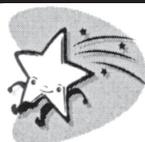


Do you need help with spring cleaning? How about someone to mow the grass? Rent-A-Kid may be available in your area!

**Call the Rent-A-Kid Program
York County Area Agency on Aging**

**(717) 771-9103
Or 1-800-632-9073**

Recommended payment is \$5.00 per hour. Call now for information on Rent-A-Kid participants in your area. Arrange for help with your spring chores BEFORE you need it.



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Tips for Safe Driving

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, or strength, flexibility and coordination. There are also tips on how to keep medications from interfering with your driving.

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. Antireflective lenses and polarized sunglasses 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.

Many states require people who renew their driver's licenses to have their vision tested. Such requirements have been shown to reduce deaths among older drivers. People who do not pass the test are told to get an eye exam.

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.

Make Sure You're Fit Enough

These tips can help make sure you are physically fit for the road.

- See your doctor if you think that pain or stiffness gets in the way of your driving.
- Drive a car with power steering, power brakes, and large mirrors. Some people use special equipment that makes it easier to steer or operate the foot pedals.
- Check your side mirror to eliminate your blind spot. First, lean your head against the window, then adjust the mirror outward so that when you look at the inside edge, you can barely see the side of your car.
- Exercise or be physically active — it can make driving easier.

Check Your Medications

You also need to make sure medications do not interfere with your driving.

- Read the medicine label carefully, and pay attention to any warnings. If the label says, “Do not use while operating heavy machinery,” do not drive while taking this medicine. Ask your doctor or pharmacist if you are not sure about a particular medicine.

- Ask a doctor or pharmacist to explain how your medications could affect your driving. It might be possible to adjust the dose or timing to minimize side effects.
- Do not drive if you feel lightheaded or drowsy.
- Never drive after drinking alcoholic drinks or mixing these drinks and medications.

Improve Your Driving

If you find that your driving skills have declined, it may be time to make some changes. That doesn't necessarily mean giving up the car keys. You might just need to change your driving habits.

- **Many older drivers “self-regulate.”** This means they think about when it is easiest and hardest to drive, then make adjustments. For example, a person who does not see well at night may get rides from friends after dark. Living with limitations requires some planning ahead.
- **Defensive driving classes help lots of older adults brush up on their driving skills.** These classes can help older people feel more confident behind the wheel. A bonus: many auto insurers give premium discounts to people who complete driver-safety classes.
- **Consider driving refresher courses. Driving laws and techniques have changed since you first learned to drive.** Driving refresher courses, taken online or in the classroom, teach participants about current traffic laws and driving skills that take into account age-related changes in vision, hearing, and other abilities. Training may last from 2 to 10 hours, depending on the sponsoring organization and format. Cost varies. To find out about driver's education programs for older adults, check in the yellow pages under “driving schools.”
- **Physical conditioning has been shown to help improve driver performance.** According to one study, 12 weeks of exercises improved older drivers' flexibility, coordination, and speed and reduced their driving errors.

Source: National Institute on Aging: [NIHSeniorHealth; http://nihseniorhealth.gov/olderdrivers/howagingaffectsdriving/01.html](http://nihseniorhealth.gov/olderdrivers/howagingaffectsdriving/01.html)

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At FDA, Pharmacists Answer Your Call

From their offices in Silver Spring, Md., Food and Drug Administration (FDA) pharmacists answer thousands of calls to 1-888-INFO-FDA (1-888-463-6332) each year.

On a recent morning, a mother wants help identifying a pill found in her son's bedroom.

Another woman asks if FDA investigators have issued a warrant for her arrest for buying a drug online, as she'd been told by a strange, threatening man who called her home.

A pharmacist in Britain wants to know where she can find a consent form to prescribe a strictly regulated drug, and she needs to know whether the rules also apply to the generic drug.

Twenty-five pharmacists and other experts who work in FDA's Division of Drug Information (DDI) assist the public by answering the calls, e-mails and letters that pour into FDA daily.

DDI is the public communications and information outreach arm of FDA's Center for Drug Evaluation and Research (CDER). The center is responsible for ensuring the safety and effectiveness of medicines— from aspirin to new cancer treatments—on the market. This gigantic task generates questions both simple and complex. Answering them, and reaching out to people affected by FDA's work, is the role of DDI.

That outreach takes many forms. DDI uses audio podcasts available on iTunes, webinars, YouTube videos,

Facebook, Listserv email messages and Twitter to inform consumers, health care professionals and industry about the many issues that arise from the oversight of over-the-counter and prescription medications. DDI sponsors seminars and in-depth Webinars, and more than 83,000 people subscribe to DDI's Twitter feed for the fastest delivery of drug information.

Pharmacists on the Front Lines

Each weekday, from 8:00 a.m. to 4:30 p.m. ET, DDI pharmacists answer phone calls and personally respond to e-mails and letters. Hours are sometimes extended when an issue creates heightened public concern. News often drives calls. Calls from consumers concerned about adverse drug effects are a common occurrence. DDI is able to access and search the suspected drug's approved labeling and give the caller important information about what has been documented about the drug's use. Additionally, DDI can provide a way to report serious, unexpected side effects via the MedWatch reporting system.

FDA's MedWatch keeps track of reports from consumers and health care professionals about side effects, product quality problems or medication errors involving drugs, biologics, medical devices and cosmetics. DDI also answers the MedWatch number, 1-800-332-1088, and helps the public report problems that involve drugs— either online, over the phone or in writing.

Sometimes, appeals are poignant. A woman e-mails that her psychiatrist has prescribed her the highest allowable dose of a particular drug, but it wasn't controlling her racing thoughts. Someone else had suggested to her that another drug might work.

The woman ends her email message: "Please help."

A DDI pharmacist offers the necessary balance of compassion and useful information about the suggested drug, and then urges the woman to speak with her psychiatrist.

As to the morning's first question, the answer provided may have prompted a further discussion between mother and son. The pill was identified as a painkiller.

The woman who'd been told the FDA planned to arrest her was reassured. It's a common scam, she was told, and was given information about how to report the incident.

The British pharmacist was linked to the proper form for a drug that is strictly regulated because it's dangerous for pregnant women. Women must register and take monthly pregnancy tests, and indeed the rules apply to the generic.

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

PA Yellow Dot Program



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

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

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

How does it work?

Participants complete a personal information form, which includes the participant's name, contact information, emergency contact information, medical history and medications, allergies and the participant's doctors' names. A photo –

showing only the participant's head and shoulders – is then taped to the front of the completed information sheet.

The yellow dot decal provided in the program kit is placed in the lower left corner of the participant's vehicle's rear windshield. The decal should be no higher than 3 inches from the bottom of the windshield. This decal alerts first responders that vital information can be found in the vehicle.



Place the completed information sheet, with the attached picture, into the Yellow Dot folder, and then place the folder into the vehicle's glove box.

For additional information about the Yellow Dot Program, or to request a kit, call 1-877-PAHEALTH (1-877-724-3258) or visit www.YellowDot.pa.gov, or call the York County Area Agency on Aging at 717-771-9610 or 1-800-632-9073.



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1500 Memory Lane Ext.



Senior Center Spotlight

Who We Are...

Heritage Senior Center is a non-profit organization, funded in part by the York County Area Agency on Aging.

Why We Do What We Do...

Many older adults want and need a place to go where others understand their issues, a place to feel valued, or maybe just a place to hang out and have some good, old-fashioned fun!

Heritage Senior Center is the perfect destination for local seniors. We are dedicated to helping our members lead fuller and more productive lives.

Our mission is to provide programs and services for York County residents age 60 and over that are designed to overcome loneliness, combat boredom, enhance self-esteem and personal growth and encourage independence through community involvement.

In addition, many of our members also volunteer at the Center as Meals on Wheels drivers, helping out in the kitchen with the daily lunch and fundraisers, etc.

What We Do...

Heritage provides a variety of services and activities for our members that include:

- Services
- Nutritious hot meal at Noon (Mon

- through Fri)
- APPRISE counselors to help you with Medicare information and resources
- Income Tax, Rent/Property Tax Rebate, LIHEAP and PACE assistance
- Meals-On-Wheels (Mon-Wed-Fri) Delivery to homebound seniors
- Health Screenings
- Monthly Health Speakers
- Produce Vouchers
- Referral Services.
- Programs and Activities
- Wii, Bingo, Cards, Board Games
- Daily and overnight travel as a group
- Exercise Classes – certified instructors lead our weekly classes
- Sun Style Tai Chi for Arthritis
- Strong Bodies – increases flexibility/strength
- Healthy Steps in Motion increases muscle strength/flexibility along with aerobic conditioning
- Zumba Gold provides a complete body workout to lively music
- Special Events
- Knitting Group
- Bible Study
- Conversational German Class
- Book Discussion Group
- Community Involvement
- Food Drives to benefit Dover Food Pantry
- Hat & Mitten Christmas Tree Project

- to benefit New Hope Ministries
- Our knitting group's projects benefit American Cancer Society, American Lung Association and Wrapped in Hugs
- Participate in Dover Township community events
- Participate in York County Senior Games

Some comments from our members...

"I enjoy meeting new people. When I joined the Center I was impressed with the mentoring of older members in making me feel welcome."
.....Bonnie Fike

"I've been attending HSC since the day I turned sixty. So, you folks that don't know what to do with yourselves during the week, join a Senior Center and you will not regret it. You will meet new friends and you can always volunteer for a variety of tasks at the Center."
.....Dolly Sutton

Russel – "I enjoy getting out of the house (especially in the winter) and coming to the Center to socialize with new friends."

Florence – "Coming to the center is very enjoyable. I like volunteering and meeting new people."
.....Mr. & Mrs. Russel Deardorff

Overcoming Barriers to Exercise: No More Excuses

No More Excuses

You know you should be more active, but there are so many things that seem to get in the way. It's time for some positive thinking. No more excuses! Here are some tips to help you overcome those barriers and improve your health.

Finding time to exercise

Try exercising first thing in the morning before your day gets too busy. Combine physical activity with a task that's already part of your day, such as walking the dog or doing household chores. If you don't have 30 minutes to be active, look for three 10-minute periods.

Sticking with your exercise plan

Make exercise interesting and enjoyable. Do things you enjoy, but pick up the pace. Try new activities to keep your interest alive. If you can stick with it for at least 6 months, it's a good sign that you're on your way to making physical activity a regular habit.

Exercising without spending money

All you need for brisk walking is a pair of comfortable, non-skid shoes. For strength training, you can make your own weights using soup cans or water bottles. Check with your local parks and recreation department or senior center about free or low-cost exercise programs in your area.

Increasing your energy

Regular, moderate physical activity can help reduce fatigue and even help you manage stress. Once you become active, you're likely to have more energy than before. As you do more, you also may notice that you can do things more easily, faster, and for longer than before. Be sure to choose exercises from each of the four types: endurance, strength, balance, and flexibility.

Endurance

Exercises like brisk walking, dancing, or hiking improve the health of your heart, lungs, and circulatory system. They can make daily activities easier,

such as mowing the lawn or climbing flights of stairs.

Strength

Strength training—like lifting weights or using resistance bands—can increase muscle strength and help with everyday activities like carrying groceries or lifting gardening supplies.

Balance

Balance exercises, such as standing on one leg or doing tai chi, can make it easier to walk on uneven surfaces and help prevent falls.

Flexibility

Stretching exercises can help your body stay flexible. They give you more freedom of movement for daily activities, such as bending to tie your shoes or looking over your shoulder as you back out of the driveway.

Source: Go4Life - National Institute on Aging
National Institutes of Health
www.nia.nih.gov/Go4Life

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: Tina Hess
 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, 7:30 AM -2:30 PM
 Website: www.mtwoffborough.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, 11:00 AM - 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, 8:00 AM-3:00 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 SENIOR CENTER

50 North East Street, Suite 2, 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: Mindy Russell
 Phone: 854-0693
 Hours: Monday- Friday, 8:00 AM- 3:00 PM
 Website: www.ytseniorcenter.org

PA PROPERTY TAX/RENT REBATE

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 2012 rebate is June 30, 2013.

Qualifications are as follows:

- 65 years of age or older as of December 31, 2012; or
- Not age 65 but married to someone 65 years of age or older as of December 31, 2012; 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 2012.

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

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.

Spring is in the Air!

What Is an Herbaceous Perennial?

A perennial plant will live for more than two growing seasons; a true herbaceous perennial will completely die back in the winter, while its roots remain persistent, with clumps of stems or buds at or below ground level. Some perennials can be short-lived and may last only three years, while others may last for decades.

The care and maintenance of your perennial garden need not be complicated or daunting. Much of good gardening is a combination of some basic horticultural principles with common sense and a good eye. The following is a list of some of these basic principles.

Site: Carefully study the existing site. Know the site conditions—light, temperature, soil, slope, drainage, and air circulation.

Soil: This is the single most important factor in growing healthy plants. Most perennials grow best in soil that is well drained with good fertility and a pH of 6.0 to 7.0. Adding organic matter to soil improves the fertility, texture, and water-holding capacity. Apply a two to three inch layer of mulch to conserve water, reduce the need to weed, and keep soil temperature cool. Applying a winter mulch of evergreen boughs when the ground is frozen prevents plants from being pushed out of the ground by alternate freezing and thawing. Winter mulch is used only on newly-planted or divided perennials and tender plants. This mulch must be removed gradually in the spring.

Plants: Knowing the needs of each plant in the garden is essential. Does it need sun or shade? Should the soil be dry or moist? Know the size of the plant when it reaches maturity so the plant can be properly placed. A garden that is too densely planted is difficult to maintain. Plants whose mature height is 3' or above should be planted 2' to 3' feet apart, and plants 2' to 3' tall should be spaced 1.5' to 2' apart. Below 2' tall, spacing should be 1'.

Dividing Perennials: Most perennials benefit from lifting and dividing every three to four years. However, some perennials resent being disturbed and are better off being propagated by cuttings or seed. When dividing plants, rejuvenating the soil by incorporating organic matter such as leaf mold or compost is important.

Results obtained from dividing perennials are well worth the time invested. By dividing perennials, a gardener can control a plant's size, rejuvenate plant growth, and increase the number of desired plants. Signs that a perennial needs to be divided include:

- A. a smaller sized flower than usual;
- B. a hole or dead space in the center of the plant;
- C. less vigorous plant growth or the plant spreads beyond its intended space in the garden; and/or
- D. bottom foliage is sparse.

It is important to note that some plants do not respond well to division and others need to be divided only if you wish to increase the number of plants.

When Should Plants Be Divided?

Certain sources recommend dividing spring- and summer-blooming perennials in the fall, while other sources suggest dividing spring-blooming perennials in April or May, right after the plant finishes flowering. Regardless of which method is used, dividing the plant when it is not in bloom allows all the plant's energy to go to root and leaf growth.

Watering: Soak the plants immediately after planting and check regularly to prevent drying out. The rule of thumb is to add one inch of water per week for established plants. Less frequent but deep watering encourages perennials to root deeply. Perennials that are said to tolerate drought are drought tolerant only after they have become established. The addition

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of mulch will help to reduce the need for frequent watering.

Fertilization: Most perennials do not need much fertilizer. Many over fertilized perennials will produce excessive soft growth and produce very few flowers. A soil test will help to determine the amount of fertilizer needed. Fertilizers with a formulation of 10-10-10 or 5-10-5 are sufficient, unless a soil test indicates otherwise.

Staking: Some plants need staking to prevent flopping over in the garden. Plants with heavy flower heads or long thin stems tend to blow over or are beaten down by heavy rains. Staking should be done early in the spring to allow the plants to grow through and around the stakes, usually hiding the stake by midseason.

Seasonal Care of Perennial Beds

March

- Cut back tall grasses
- Prune roses
- Test soil

April

- Gradually remove winter protection
- Weed, mulch, and edge
- Thin and divide plants
- Plant bare root plants
- Prepare stakes and cages

May

- Weed
- Finish mulching not completed in April
- Water newly-planted plants
- Fertilize as per soil test when establishing new beds or planting new plants
- Pinch plants back
- Stake
- Thin plants



Source: Penn State Cooperative Extension: Shirley Wagner, Master Gardener Coordinator, Lancaster County and Connie Schmotzer, Consumer Horticulture, York County.