

NEW HORIZONS

York County Area Agency on Aging

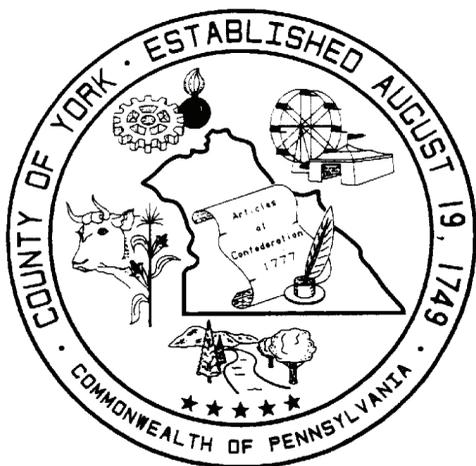
Volume 20, NO. 2

Summer 2013

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Beat the Heat This Summer!

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

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

But being hot for too long can be a problem. It can cause several illnesses, all grouped under the name *hyperthermia*.

Heat syncope is a sudden dizziness that may happen when you are active during hot weather. If you take a kind of heart medication called a beta blocker or are unused to hot weather, you are even more likely to feel faint. Drinking water, putting your legs up, and resting in a cool place should make the dizzy feeling go away.

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

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

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

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

heat exhaustion can progress to heat stroke.

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

Signs of heat stroke include fainting, possibly the first sign; body temperature over 104°F; a change in behavior – confusion, being grouchy, acting strangely or staggering; dry flushed skin and a strong rapid pulse or a slow weak pulse; not sweating even if it's hot, acting agitated, or being in a coma.

Who Is At Risk?

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

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

How Can I Lower My Risk

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

- Drink plenty of liquids—water, fruit, or vegetable juices. Aim for eight glasses every day. Heat tends to make you lose fluids, so it is very important to remember to keep drinking liquids when it's hot. Try to stay away from drinks containing alcohol or caffeine. If your doctor has told you to limit your liquids, ask what you should do when it is very hot.
- If you live in a home or apartment without fans or air conditioning, try to keep your house as cool as possible.

(cont'd on page 7)

From the Director

Dear Reader:

An apple a day may not keep the doctor away, but I do believe that good nutrition promotes healthy aging.

This year, the York County Area Agency on Aging will provide more than 315,000 meals to York County older adults. Five meals per week are delivered to 425 individuals through our Home Delivered Meals program, and on average, an additional 685 individuals eat a hot meal each day at a senior center.

Meals are packaged and delivered to senior centers around the county at the same time the senior center noon meals are delivered. Senior center staff coordinate the home delivery of meals in their geographic area, depending mostly on trained volunteers to deliver the meals to eligible older adults.

I've worked with senior nutrition programs for almost thirty years, and I know how important a delivered meal is for an older adult struggling to remain independent. The food is important for those unable to shop or cook, but the friendly knock at the door that provides a safety check and a bit of social interaction, is just as important. The volunteers are trained to respond appropriately if no one answers the door or there are changes with the older adult or the environment.

It only costs about \$120.00 per month to provide weekday noon meals to a home-bound older adult. That's a far cry from the cost of nursing home care, which runs in

excess of \$7,000.00 per month. Sometimes a meal and brief contact is the "little bit of help" that is needed for an older adult to remain in their home.

Until now, we couldn't actually prove that nutrition programs delayed the need for facility care. However, researchers from Brown University recently documented the results of their nine year study involving residents of 16,030 nursing facilities in an article in the Health Services Research journal¹.

They found that geographic areas that invested more than average to provide home delivered meals had proportionately fewer individuals in nursing facilities that didn't really need to be there.

The increased dollars spent on nutrition programs meant significantly fewer dollars spent on facility care. That's smart spending, and why we consider senior center and home delivered meals a priority when planning our budget.

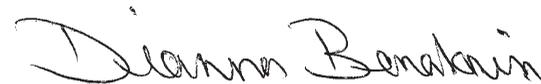
There are ads running right now regarding the effect of "sequestration" on funding available for Meals on Wheels programs. We estimate a loss of \$60-80,000 in federal funding as a result of these mandated cuts.

While we have a very tight budget and a waiting list for some services, I want to reassure you that everyone who currently receives home delivered meals will continue to receive meals. Any service cuts will be made in other areas. We know that meals are a good investment in healthy aging.

We regularly include articles in this newspaper promoting healthy eating. In this issue, you will find several articles on purchasing and storing fresh fruits and vegetables as well as the schedule for the distribution of the Senior Farmers Market Nutrition Vouchers.

These vouchers are available to eligible residents at multiple locations over the next several weeks and can be used to purchase locally grown fruits and vegetables. They're available just in time for those ripening York County strawberries.

Have a safe and healthy summer, and if you happen to have a little extra time, consider contacting a senior center near you to volunteer for meal delivery. The experience is priceless.



¹ Thomas, K. S. and Mor, V. (2013), *The Relationship between Older Americans Act Title III State Expenditures and Prevalence of Low-Care Nursing Home Residents*. *Health Services Research*, 48: 1215-1226. doi: 10.1111/1475-6773.12015



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.

New Horizons Donation

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

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Summer 2013

Please notify YCAAA to discontinue your mailed issue.



Volunteer of the Month

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Belle Eyster

JUDICIAL TOUR GUIDE

JULY

Jody Duncan

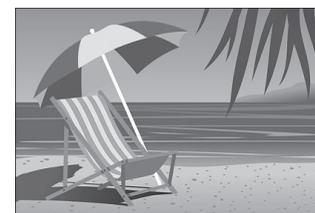
FRIENDLY VISITOR

AUGUST

Mary & Gary Grant

**A MATTER OF BALANCE
COACHES**

YCAAA ADVISORY COUNCIL



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

2013 YORK COUNTY SENIOR GAMES



'Go for the Gold' at the 12th annual York County Senior Games being held June 17th through June 22nd. 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 47 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.

There is a \$10.00 registration fee for an unlimited number of events. If registrations are received by May 31st the fee is \$10.00. 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.



12th Annual York County Senior Games OPENING CEREMONY

**Monday, June 17th
8:30 AM**

Central York High School
Soccer Stadium

Join us for an exciting event of fellowship and celebration as we open the 12th 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
- **Door Prizes will be awarded! Join us for a chance to win Gas and Grocery Store Gift Cards- must be present to win.**

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

Information and Wellness Fair

Central York High School Cafeteria

**Monday, June 17, 2013
9:00 AM to 3:00 PM**

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 AM to 3 PM in the Cafeteria of Central York High School. Community businesses, organizations and health care providers will be offering information, health screenings, door prizes and more. Stop by and get information for yourself or a loved one who may need assistance or information. This free event is open to the general public. All Senior Games participants will receive a ticket to be entered into a special drawing if they attend the Fair.

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 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 displaying in the lobby of Central York High School from June 17th to June 22nd.
- 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*.

TRIATHLON

Join us at the Senior Games for a special CHALLENGE! Compete in the 2013 Triathlon!

The 2013 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. *Special Note: One competition line at the Throws on Friday, June 21st will be dedicated to Triathlon participants ONLY from 9:00 AM to 10:00 AM.*

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.

The York County Senior Games would like to thank the

2013 SPONSORS

whose contributions have made the events possible:

Platinum

ManorCare Health Services

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Lutheran Social Services of South Central PA

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CLOSING CELEBRATION

**Saturday, June 22, 2013
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!

How to Manage Unused Prescription Medications

Unused prescription and over-the-counter medications can be safely processed at the York County Resource Recovery Center (RRC). The RRC is a waste-to-energy facility that burns waste in enclosed, environmentally controlled combustion units.

Processing medication in a waste-to-energy facility reduces it to an inert ash and helps produce alternative power. Medications can be managed in these ways:

- **Place in your regular garbage.** To minimize potential impacts to human health and the environment, take medication out of its original container and mix it with an undesirable substance, such as used coffee grounds or kitty litter. The medication will be less appealing to children and pets, and unrecognizable to people who may intentionally go through your trash. Put it in a sealable bag, empty can, or other container to prevent the medication from leaking or breaking out of a garbage bag. Before disposing of a medicine container, scratch out all identifying information to make it unreadable. This will help to protect your identity and the privacy of your personal health information.
- **Make an appointment to deliver your unused prescription medications to the RRC for FREE.** York County residents (single household) may opt to deliver their unused **prescription** medications directly to the RRC if they do not wish to place them out with the regular garbage. There is NO FEE to dispose of unused prescription medications. Only prescription (no over-the-counter) medications are accepted in this program. Residents must call 717-845-1066 to make an appointment to deliver prescription medications to the RRC. Residents should call in advance (please allow one to two week's notice) to schedule

their desired disposal date. The disposal process will take approximately 20 minutes. Residents are required to complete a brief registration form and will be escorted into the RRC by an Authority representative to dispose of the medications. Medications must come from a single household. Medications collected from multiple households cannot be accepted.

- **Residents may anonymously deliver unused prescription and over-the-counter medications for free to secure Medication Return Boxes located in the following Police Department lobbies year round during lobby hours as listed, except on holidays:**

Carroll Township Police Department, 555 Chestnut Grove Road, Dillsburg, PA. Open Monday through Friday, 8:30 a.m. to 4:30 p.m.

Fairview Township Police Department, 145 Limekiln Road, Suite 600, New Cumberland, PA. Open Monday through Friday from 8:00 a.m. to 4:30 p.m.

Northern York County Regional Police Department, 1445 East Canal Road, Dover, PA. Open Monday through Friday from 8:00 a.m. to 4:30 p.m.

Penn Township Police Department, 20 Wayne Avenue, Hanover, PA. Open Monday through Friday from 8:00 a.m. to 4:30 p.m.

Southern Regional Police Department, 47 East High Street, New Freedom, PA. Open Monday through Friday from 8:00 a.m. to 4:00 p.m.

Southwestern Regional Police Department, 6115 Thoman Drive, Spring Grove, PA. Open Monday through Friday from 8:00 a.m. to 4:30 p.m.

Spring Garden Township Police Department, 340 Tri Hill Road in Spring Garden Township. Open Monday through Friday from 8:00 a.m. to 4:30 p.m.

Springettsbury Township Police Department, 1501 Mount Zion Road, York, PA. Open Monday through Friday from 8:00 a.m. to 5:00 p.m.

West York Borough Police Department, 1700 West Philadelphia Street, York, PA. Open Monday through Friday from 9:00 a.m. to 4:30 p.m.

York Area Police Department, 33 Oak Street, York, PA. Open Monday through Friday from 8:00 a.m. to 5:00 p.m.

This partnership program, between the Authority and participating York County police departments provides a secure disposal option for unwanted medications from residential sources at no cost to the public. The secure medication take-back box, purchased by the Authority from MedReturn, works like a mailbox: once medications are deposited, they cannot be retrieved and are contained in a locked compartment accessible only by law enforcement. The Authority has invited all York County police departments to participate and is seeking to establish medication take-back boxes in police departments across the county. The Authority will purchase a box for each interested police department and provide free destruction of medications at the York County Resource Recovery Center, the Authority's waste-to-energy facility located in Manchester Township.

The Authority's waste-to-energy facility is equipped with state of the art combustion technology and air emission controls making it York County's best waste management tool for destruction of unwanted or expired prescription or over-the-counter medication. The facility's operator, Covanta York Renewable Energy, also supports this program.

Residents interested in dropping medication at a take-back box location should remove their personal information from containers before depositing them in boxes. ONLY RESIDENTIAL medications are accepted. Accepted items include: prescriptions, prescription solid or liquid medications, prescription patches, prescription ointments, inhalers, over-the-counter medication, vitamins, samples, medications for pets. **Not accepted:** thermometers, hydrogen peroxide, aerosol cans, personal care products in the form of non-prescription ointments, liquids or lotions, medications from businesses or clinics, needles (sharps), bloody or infectious waste and hazardous waste.

(cont'd. on page 5)

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THE RIGHT KIND OF FISHING

(And How Not to be the Catch of the Day)

By: John Johnston
Social Security
Public Affairs Specialist

This Father's Day, you may be inclined to spend some quality time with Dad, maybe take him out camping or fishing. But try to make sure that nobody else tries to "phish" with you or your father.

These days, all people (including fathers and sons) need to be cautious of scams — Internet, mail, and even phone scams — which can damage your credit score and wallet. Scam artists have become shrewd. Any time someone asks for your personal information, you should be wary. Particularly cruel are swindlers who target Social Security beneficiaries.

As a rule of thumb, Social Security will *not* call or email you for your personal information such as your Social Security number or banking information. If someone contacts you and asks for this kind of information and claims to be from Social Security, do not give out your personal information without first contacting Social Security to verify the validity of the person contacting you. It could be an identity thief on the other end phishing for your personal information. Just call the local York Social Security office at 1-888-329-5732 or Social Security's toll-free number at 1-800-772-1213 (TTY 1-800-325-0778).

If you receive a suspicious call, please report it to the Fraud Hotline. Reports may be made online at: www.socialsecurity.gov/fraudreport/oig/public_fraud_reporting/form.htm or by telephone at 1-800-269-0271 from 10:00 a.m. to 4:00 p.m. Eastern Standard Time. Please include the following details:

- The alleged suspect(s) and victim(s) names, addresses, phone numbers, dates of birth, and Social Security numbers;
- Description of the fraud and the location where the fraud took place;
- When and how the fraud was committed;
- Why the person committed the fraud (if known); and
- Who else has knowledge of the potential violation.

Identity theft is one of the fastest-growing crimes in America. If you, your father, or anyone you know has been the victim of an identity thief, the place to contact is the Federal Trade Commission (FTC) at www.idtheft.gov. Or, call 1-877-IDTHEFT (1-877-438-4338); TTY 1-866-653-4261.

Some people who receive Social Security and Supplemental Security Income (SSI) benefits are victimized by misleading advertisers. Such companies offer Social Security services for a fee, even though the same services are available directly from Social Security free of charge. Especially upsetting are such ads that make it appear as though the ad has come directly from Social Security. By law, such advertisements must indicate that the company is not affiliated with Social Security.

If you or your dad see what you believe is misleading advertising for Social Security services from a company that does not admit it is not affiliated with Social Security, send the complete mailing, including the envelope, to: Office of the Inspector General, Fraud Hotline, Social Security Administration, P.O. Box 17768, Baltimore, MD 21235. Also, advise

your State's attorney general or consumer affairs office and the Better Business Bureau. You can visit the Office of the Inspector General online at <http://oig.ssa.gov> and select the "Fraud, Waste, or Abuse" link. Learn more about identity theft at www.socialsecurity.gov/pubs/10064.html. Read about misleading advertising at www.socialsecurity.gov/pubs/10005.html.

And finally, while you're enjoying the *right* kind of fishing with Dad this Father's Day, you may want to tell him about *Extra Help* with Medicare prescription drug costs. If your father is covered by Medicare and has limited income and resources, he may be eligible for *Extra Help* — available through Social Security — to pay part of his monthly premiums, annual deductibles, and prescription co-payments. We estimate that the *Extra Help* is worth about \$4,000 per year. That kind of savings buys a lot of bait and tackle. Learn more at www.socialsecurity.gov/prescriptionhelp.

HOW TO MANAGE UNUSED PRESCRIPTION MEDICATIONS

(cont'd. from page 4)

Other Tips:

- DO NOT FLUSH medications unless directed to do so.
- Do not give your medication to anyone else or take a prescription that was not prescribed for you.
- Community drug take-back programs are conducted periodically in York County in conjunction with national take-back programs sponsored by the US Drug Enforcement Administration.

Check the web site at www.ycswa.com for event dates and locations or visit: www.justice.gov/dea.

- Place sharps (needles, syringes with needles) in a plastic container such as a detergent bottle. Cap or seal the bottle and label it "sharps" and place in the regular garbage NOT IN YOUR RECYCLE BIN.

For more information contact the York County Solid Waste Authority: 717-845-1066 or visit www.ycswa.com.



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The Executor's Job

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

Over the years I have written a number of columns about the difference between assets that pass under the terms of a decedent's Will and assets that are not controlled by the Will. For example, life insurance passes to the beneficiaries named on the policy and are not controlled by the Will. Likewise, assets owned jointly by the decedent and another with rights of survivorship automatically pass to the surviving joint owner and are not controlled by the Will. On the other hand, any assets owned by the decedent in his or her own name do pass under the terms of the Will and it is the executor who has the duty and obligation to deal with those assets. This is where the executor's job begins.

An executor is the person responsible for managing the administration of a deceased individual's estate. The time and effort involved will vary with the size of the estate. Even if you are the executor of a small estate, you will have important duties that must be performed correctly or you may be liable to the estate or the beneficiaries.

The executor is named in the will. If there is no will, Pennsylvania law sets forth the person who is entitled to be named as "administrator" of the estate. In either event, papers have to be filed with the local Register of Wills and the Register must officially appoint you as executor or administrator before you have any authority to act on behalf of the estate. Fortunately, the process in York County takes very little time so the executor can be appointed very quickly after the death.

Even the smallest estate will take some time to complete. For example, if the decedent dies in July 2013, you will have to wait until early 2014 before you can file the decedent's final income tax returns for 2013. However, this does not mean that distribution of the estate needs to be delayed for the entire year. Under Pennsylvania law, the executor has the discretion to make distributions to the beneficiaries at any time. As such, even though

some things will take time before they can be finalized; most of the executor's duties can be accomplished very shortly after death.

Here are some of the duties you may have to perform as executor:

Locate document. For starters, you have to locate the Will. If all you have is a copy of the will, you may need to get the original from the lawyer who drafted it. You will also need certified copies of the death certificate. The death certificates are supplied by the funeral home.

Hire an attorney. You are not required to hire an attorney, but mistakes can cost you money. You may be personally liable if something goes wrong with the estate or the payment of taxes. A qualified attorney can make sure all the proper steps are taken and deadlines are met.

Apply for appointment as Executor. Certain papers must be filed with the Register of Wills in order to be officially appointed as executor. Once appointed, you will receive "short certificates" which are the court documents showing that you are the executor. This will allow you to begin your work as the executor.

Notify interested parties. Once appointed, Pennsylvania law requires that you send a special notice to all beneficiaries and certain other parties. In addition, you will have to place advertisements in the legal and local newspapers in order to give creditors notice to present their claims against the estate.

Collect Assets and Pay Claims. Most of the executor's job is about collecting the decedent's assets and paying valid claims. The exact steps you will need to take are determined by the decedent's affairs. If the assets in the estate are not sufficient to pay all claims, then Pennsylvania law sets forth a priority as to which claims are to be paid first.

File tax returns. You need to make sure the tax forms are filed within the time frame set under the law. This includes income taxes, Pennsylvania inheritance tax and perhaps federal estate tax. The Pennsylvania inheritance tax is due within 9 months of the date of death, but a 5% discount is permitted to the extent the tax is paid within 3 months of the date of death.

Distribute the assets to the beneficiaries. Once the creditors and all taxes are paid, the executor is responsible for making sure the beneficiaries receive what they are entitled to under the will or under the intestacy law in the event there is no will.

Keep accurate records. It is very important to keep accurate records of everything you do. You will typically need to create a final accounting to present to the beneficiaries before making a final distribution of the estate.

All this can be a lot of work and because of that the executor is entitled to compensation. Many times, however, the executor is a family member who serves without compensation.

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.

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JOIN OUR TRUE HEROS

The York County Area Agency on Aging has a strong volunteer program with a dedicated and loyal group of volunteers serving the older adults and our community. We believe that the strong foundations set by our current volunteers will inspire others to join this group of true heroes.

From the *Friendly Visitors* who touch the lives of older adults by visiting them in their homes, to the *Volunteer Ombudsman* who advocates for residents in long term care settings, to the *Financial Counselors* who offer their financial skills, to the *Judicial Center Tour Guides* who lead tours of our courthouse, to the *Peer Educators* that lead small groups of older adults in healthy living programs, to the *Office Volunteers* who make tax calls, work in the Rent-a-Kid Program and in support of many other office activities, to the *Advisory Council* members who offer direction to our agency, to the *New Horizon Delivery Drivers* who assure that our newspaper is distributed throughout our county, to the *Special Event volunteers* who assist with fruit and vegetable voucher distribution and Senior Games, and to the *APPRISE Insurance Counselors* who assist with Medicare issues and more.

The Area Agency on Aging could not do what it does without our 'true heroes'! Here is your opportunity to ask questions and learn more about these and our many other volunteer opportunities. Visit with our Volunteer Coordinator, Beth Grove, at the following locations:

Kaltreider-Benfer Library

147 South Charles Street, Red Lion
Tuesday, June 25, 2013
3:00 – 5:00 p.m.

Arthur Hufnagel Public Library

32 Main Street, Glen Rock
Thursday, June 27, 2013
3:00 – 5:00 p.m.

Guthrie Memorial Library

Hanover Public Library
2 Library Place, Hanover
Tuesday, July 23, 2013
3:00 – 5:00 p.m.

For more information contact Beth at (717) 771-9610 or 1-800-632-9073, or email her at eagrove@yorkcountypa.gov. Volunteer applications can be downloaded from the Forms and Documents page of our website at www.ycaaa.org.

BEAT THE HEAT THIS SUMMER!

(cont'd from page 1)

- Limit your use of the oven. Cover windows with shades, blinds, or curtains during the hottest part of the day. Open your windows at night.
- If your house is hot, try to spend at least 2 hours during mid-day some place that has air conditioning—for example, go to a senior center, shopping mall, movies, library, or a friend's house.
- If you need help getting to a cool place, ask a friend or relative. Don't stand outside in the heat waiting for a bus.
- Dress for the weather. Some people find natural fabrics such as cotton to be cooler than synthetic fibers. Light-colored clothes feel cooler. Don't do a lot of strenuous activities when it's hot.
- Avoid crowded places when it's hot outside.
- Plan trips during non-rush hour times.

Listen to Weather Reports

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

What Should I Remember?

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

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

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

- Get out of the sun and into a cool place—air-conditioning is best.
- Drink fluids, but avoid alcohol and caffeine. Water, fruit, or vegetable juices are good choices.
- Shower, bathe, or at least sponge off with cool water.
- Lie down and rest in a cool place.
- Visit your doctor or an emergency room if you don't cool down quickly.

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

Source: "Hyperthermia: Too Hot For Your Health", www.nihseniorhealth.gov

MEDICARE FACTS FOR NEW OR PRE-RETIREEES

Are you recently retired or considering retirement in the near future? If so you should plan to attend the "Medicare Facts for New or Pre-Retirees" seminar. It will be held on Tuesday, July 16 from 6 p.m. to 8:00 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 16 on York County Area Agency on Aging's Calendar of Events, available at www.ycaaa.org.

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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** 2013 household income at or below \$21,257 for a single person or \$28,694 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 facilities where meals are provided are ineligible to receive vouchers.
- Individuals are eligible to receive the vouchers **only once** per calendar year.
- Vouchers can be redeemed from June 1 through November 30.

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

Stewartstown Senior Center

26 South Main Street, Stewartstown
June 3 9:30 AM – 11:30 AM

Golden Visions Senior Center

250 Fame Avenue, Suite 125, Hanover
June 4 9:30 AM – 11:30 AM

White Rose Senior Center

27 South Broad Street, York
June 5 9:30 AM – 11:30 AM

Heritage Senior Center

3700 Davidsburg Road, Dover
June 6 9:30 AM – 11:30 AM

Susquehanna Senior Center

2427 Craley Road, Wrightsville
June 24 9:30 AM – 11:30 AM

Hanover Council of Churches

136 Carlisle Street, Hanover
June 25 9:30 AM – 11:30 AM

Dillsburg Senior Activity Center, Inc.

1 North Second Street, Dillsburg
June 26 9:30 AM – 11:30 AM

Red Land Senior Center

736 Wyndamere Road, Lewisberry
June 27 9:30 AM – 11:30 AM

Yorktown Senior Center

509 Pacific Avenue, York
July 9 9:30 AM – 11:30 AM

White Rose Senior Center

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

Red Lion Area Senior Center

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

Brown's Orchards & Farm Market

8892 Susquehanna Trail South, Loganville
July 16 9:30 AM – 11:30 AM

Smart Shopping for Vegetables and Fruits

10 Tips for Affordable Vegetables and Fruits

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

1. Celebrate the season

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

2. Why pay full price?

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

3. Stick to your list

Plan out your meals ahead of time and make a grocery list. You will save money by buying only what you need. Don't shop when you're hungry.

Shopping after eating will make it easier to pass on the tempting snack foods. You'll have more of your food budget for vegetables and fruits.

4. Try canned or frozen

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

5. Buy small amounts frequently

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

6. Buy in bulk when items are on sale

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

7. Store brands = savings

Opt for store brands when possible. You will get the same or similar product

for a cheaper price. If your grocery store has a membership card, sign up for even more savings.

8. Keep it simple

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

9. Plant your own

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

10. Plan and cook smart

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

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

Storing Fresh Fruits and Vegetables For Best Flavor

Store in the refrigerator: **FRUIT**

Apples (more than 7 days)	Apricots
Berries	Asian pears
Cut Fruit	Cherries
Grapes	Figs

VEGETABLES

Artichokes	Asparagus
Green Beans	Beets
Belgian Endive	Broccoli
Brussel Sprouts	Cabbage
Carrots	Cauliflower
Celery	Cut Vegetables
Green Onions	Herbs (not basil)
Leafy Vegetables	Leeks
Lettuce	Mushrooms
Peas	Radishes
Spinach	Sprouts
Summer Squashes	Sweet Corn

1. Place fruits and vegetables in separate, perforated plastic bags.
2. Use within 1-3 days for maximum flavor and freshness.
3. Store each group in different produce drawers in the refrigerator to minimize the detrimental effects of ethylene produced by the fruits on the vegetables.

Ripen on the counter first, then refrigerate:

Avocados	Kiwi	Nectarines
Peaches	Pears	Plums
Plumcots		

1. To prevent moisture loss, store fruits and vegetables separately in a paper bag, perforated plastic bag, or ripening bowl on the counter away from sunlight. Ripening fruit in a bowl or paper bag can be enhanced by placing an apple with the fruit to be ripened.
2. After ripening, store in refrigerator and use within 1-3 days.

Store only at room temperature: FRUIT

Apples (fewer than 7 days)	Bananas
Mangoes	Citrus fruits
Papayas	Melons
Pineapple	Persimmons
Pomegranates	Plantain

VEGETABLES

Basil (in water)	Cucumber†
Eggplant†	Garlic*
Ginger	Jicama
Onions*	Peppers†
Potatoes*	Pumpkins
Sweet Potatoes*	Tomatoes
Winter Squashes	

1. Many fruits and vegetables should only be stored at room temperatures. Refrigeration can cause cold damage or prevent them from ripening to good flavor and texture. For example, pink tomatoes ripen to a better taste and red color if they are left at room

temperature. In the refrigerator, they do not turn red, and even red tomatoes kept in the refrigerator lose their flavor.

2. Keep away from direct sunlight.

*Store garlic, onions, potatoes, and sweet potatoes in a well-ventilated area in the pantry.
†Cucumbers, eggplant, and peppers can be refrigerated for 1-3 days if they are used soon after removing from the refrigerator.

Cleaning Your Produce

Always keep produce separate from raw meat, poultry, and seafood. Never use detergent or bleach to wash produce. Instead, rinse produce under running tap water immediately prior to use, including those with skins and rinds that are not eaten. Washing too far in advance removes some of nature's natural preservatives. However, head lettuce or leafy greens remain crisper when washed right away and then refrigerated. Packaged fruits and vegetables labeled "ready-to-eat," "washed," or "triple washed" need not be washed. Refrigerate all cut, peeled, or cooked fruits and vegetables within 2 hours.

Source: Produce for Better Health Foundation; FruitsAndVeggiesMoreMatters.org

Veggie and Fruit of the Season

BEETS



Beets are round, firm root vegetables with edible, leafy green tops. Although the most common root color is bright red, colors may vary from deep red to yellow or white, and one variety displays concentric rings of red and white.

When cooked, they have a tender-crisp texture and a sweet flavor.

The garden or table beet is the type most commonly grown for human consumption. Another type of beet is the spinach or leaf beet, grown not for its root but for its leaves, which are better known as Swiss chard. A third type of beet, the sugar beet, is not grown as a vegetable. This beet contains twice the sugar of table beets and provides about a third of the world's sugar supply.

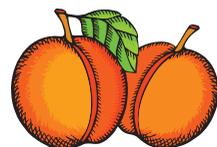
When buying beets with the leaves attached, those with the youngest, freshest looking leaves should be selected. Otherwise, avoid beets that are dried, cracked, or shriveled. Large beets may be tough, and small ones are the most tender and flavorful. Leaves should be crisp and should be rinsed well before using. Beets should be stored separately from the leaves in perforated plastic bag in the refrigerator vegetable crisper. Beets can be grated and eaten raw in salads, boiled, steamed, stewed,

baked, sautéed, or pickled. To preserve their color and nutrients, it is best not to peel beets before cooking. They should be scrubbed gently and at least a half inch of stem should be left on. Beets also keep their color better if an acid ingredient such as vinegar or lemon juice is added during cooking. Canned beets are available, but fresh beets are crisper and more flavorful.

Cooked beets are a good source of folate. Cooked beet greens are high in vitamin A (beta-carotene) and vitamin C. They are also a good source of riboflavin and magnesium.

Generally, beets are available all year long. The peak period, particularly for local and more exotic varieties, is June through October, which is also the time of year when beet greens should be at their best.

PEACHES



Peaches are generally classified into one of two "clingstone," although some are also considered "semi-freestone". Freestone peaches, the ones more commonly available, are those whose pits are easily removed, whereas the pit of clingstones is enmeshed within the flesh. Both freestone and clingstone peaches have numerous varieties that differ in skin color, flesh color, firmness, and juiciness. Choose peaches with firm fuzzy skin

that are slightly soft to firm when pressed and are free of blemishes or spots. To hasten the ripening process, under ripe peaches can be left in a loosely closed paper bag at room temperature for 2 to 3 days. Once ripe, they can be kept at room temperature for about 3 to 4 days or slightly longer in the refrigerator.

Peaches are a tasty treat with modest calories, a good source of potassium, vitamins A & C, low sodium, and no saturated fat. Peaches are a healthful snack and a smart, low calorie way to end a meal.

Peaches are native of China, where they have grown for more than 2,500 years. Peaches were once revered as a symbol of longevity and immortality. Since the early 1800's peaches have been grown commercially in the United States, which now produces one-fourth of the world's market-crop. Georgia was one the largest producer of peaches in the United States, earning it the nickname "Peach State". Today, the fruit is grown in more than 30 states.

Peaches are considered an early summer fruit with some varieties available in June. These varieties are generally of the cling varieties. July brings the most flavorful peaches such as Sunhighs, Red Havens and Georgia Belles. In August we find the Blakes, Monroes and Elbertas ready for picking.

Source: www.pafarm.com

June is Elder Abuse Awareness Month

Warning Signs of Elder Abuse

Elder abuse happens, more often than you'd suspect. Learn the warning signs and act to protect seniors. Elder abuse refers to intentional or negligent acts by a caregiver or trusted individual that causes harm to a vulnerable elder. Elder abuse takes many forms, including:

- Financial exploitation
- Physical abuse
- Neglect by a caregiver or self-neglect by an older adult
- Emotional abuse

WARNING SIGNS

Financial Exploitation

- Lack of affordable amenities and comforts in an elder's home
- Giving uncharacteristically excessive gifts or financial reimbursement for needed care and companionship
- A caregiver has control of an elder's money but fails to provide for the elder's needs
- An older adult has signed property transfers (power of attorney or will, for example) but is unable to com-



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- Social Services and Counseling
- Transportation
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prehend what the transaction means

Physical Abuse

- Inadequately explained fractures, bruises, welts, cuts, sores, or burns
- Unexplained sexually transmitted diseases

Neglect

- Lack of basic hygiene or appropriate clothing
- Lack of food
- Lack of medical aids (e.g., glasses, walker, dentures, hearing aid, or medications)
- Person with dementia left unsupervised
- Person confined in bed is left with out care
- Home is cluttered, dirty, or in disrepair
- Home lacks adequate facilities (stove, refrigerator, heating and cooling, plumbing, or electricity)
- Untreated bed sores or pressure ulcers

Emotional Abuse

- Unexplained or uncharacteristic changes in behavior, such as withdrawal from normal activities, or unexplained changes in alertness
- Caregiver isolates the elder (doesn't let anyone in the home or speak to the elder)
- Caregiver is verbally aggressive or demeaning, controlling, or uncaring

Risk Factors

Elder abuse can happen to anyone



and can occur anywhere—in a person's own home, in nursing homes or assisted living facilities,

even in hospitals. It affects elders across all socioeconomic groups, cultures, and races. Based on available information, women, elders who are homebound or isolated, and individuals ages 80 and older are most at risk. Perhaps surprising is that the mistreatment is most often perpetrated by the individual's own family members. Common risk factors for abuse include:

- The elder is socially isolated or withdrawn
- The elder is in poor physical health
- The elder has dementia or mental health or substance abuse issues
- The perpetrator has mental health or substance abuse issues

If You Suspect Abuse—Report It.

If you suspect elder abuse, report it. Act to protect seniors by bringing suspected abuse to the attention of the appropriate authorities. To report suspected abuse, contact the York County Area Agency on Aging at (717) 771-9610 or 1-800-632-9073.

Source: National Center on Elder Abuse (NCEA): www.ncea.aoa.gov

SUMMER STORM SAFETY

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

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

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

Key Indoor Safety Tips

- Stay off corded phones. You can use cellular or cordless phones.
- Don't touch electrical equipment or cords.

- Avoid plumbing. Do not wash your hands, take a shower or wash dishes.
- Stay away from windows and doors, and stay off porches.
- Do not lie on concrete floors or lean against concrete walls.

Bring in Your Pets

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

Protect Your Personal Property

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

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

WHAT DO I NEED TO KNOW ABOUT MY KIDNEYS?



**By: Emily Mullet MD
Thomas Hart
Family Medicine
York Hospital**

Many people live most of their lives without worrying about their kidneys.

Some of you have been told by your doctor that your kidneys are functioning normally, while others may have heard terms like early kidney damage, renal insufficiency, or chronic kidney disease when referring to your kidney function. Fancy terms can leave you feeling confused about what is really going on in your body. So it is important to understand what the kidneys do and what can go wrong with them, so that you can learn how to keep them functioning properly now and in the future.

What do the kidneys do for the body and how do we measure if they are working appropriately?

The kidneys are a vital organ of the body and without them, human life cannot exist. The kidneys act as a filter. They are responsible for filtering blood to remove waste, which is later excreted as urine. But they also manage fluid and electrolytes so that the body can stay hydrated and maintain proper fluid balance. This allows other organs to work properly as well. Most people are born with two kidneys, however only one functioning kidney is actually needed to survive. There are blood and urine tests that show how well the kidneys are working. The most common blood test used to measure kidney function is creatinine. Normally the kidneys keep the creatinine level below 1.0 for women and below 1.2 for men. A more accurate way to measure kidney function is to estimate a glomerular filtration rate (GFR), which is measure of how well blood is being filtered by the kidneys.

When the kidneys start to become damaged, the GFR helps assess the degree of damage and doctors will use this to determine the severity of kidney disease.

What causes kidney problems?

The kidneys can be damaged suddenly due to an acute insult to the tissue or slowly over time due to a chronic disease. Sudden damage can be caused by dehydration, heart failure, and sometimes by medicines like antibiotics, diuretics, or anti-inflammatories. When the damage occurs suddenly, the kidneys can often recover over time and later regain complete function. However, when the damage occurs slowly over years due to a chronic medical issue, the kidneys may not recover, and may continue to get worse unless the chronic problem is controlled. The most common chronic medical problems that cause kidney damage are hypertension and diabetes. When blood pressure and diabetes are not controlled over many years, the kidneys gradually lose their function. Additionally, it is normal for even healthy kidneys to slowly lose function with age. Therefore, if you have problems with high blood pressure or diabetes, it is important to see your doctor regularly so that you can be treated.

What happens if my kidneys aren't working properly?

As mentioned earlier, the kidneys help filter the blood and get rid of waste products by excreting them in the urine. As the kidneys become damaged, the waste material builds up in the blood. Some of these waste products are damaging to other organs, but they also disrupt the overall balance of the blood contents, making it difficult for the body to function normally. When this happens, people often feel ill and weak. When the

damage is mild, certain medicines can sometimes help protect the kidneys to try to prevent worsening or a decrease in function. If the problems causing damage to the kidneys are not treated, the kidneys can eventually stop working completely. Once the kidneys fail, people must be placed on dialysis which is a machine that helps filter the blood and restore proper electrolyte and acid-base balance to the blood. Dialysis is usually done 3 times a week and lasts 3-4 hours each session. Eventually, a kidney transplant is needed since dialysis is only a temporary treatment, but donated kidneys that match the originals so they are not rejected are in short supply. Therefore, it is important to prevent the kidneys from getting damaged initially such to avoid more complicated treatments later in life.

How can I protect my kidneys from becoming damaged?

The best way to prevent kidney damage is to make sure that your diabetes and hypertension are well controlled. By seeing your doctor regularly, taking your medicines every day, and checking blood sugars as directed, you can help prevent kidney damage. Some medicines like ACE inhibitors can even help protect the kidneys, so ask your doctor if you might benefit from such a medicine. Additionally, drinking plenty of water each day can help promote healthy kidneys and remember to limit anti-inflammatory medicines like ibuprofen, naproxen, and aspirin as these medicines can be damaging when used on a daily basis for long periods of time. Ask your doctor if it is time to check your kidney function and what you can do to better control your medical problems. Doing so could help you keep your kidneys healthy for years to come.

Stay Cool and Conserve Energy

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

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

1. In hot, humid summer months set

- your thermostat at 78 degrees when you are home and 85 degrees or off when you are away.
2. Keep drapes closed and shades drawn. The amount of energy required to cool your home will be considerably less.
 3. Replace filters monthly for maximum benefit and check air and return vents on a regular basis to keep circulation air paths clear.
 4. 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.
 5. 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.
6. Use only lights and appliances you really need. Even a basic light bulb can add heat to a room.
7. Use a microwave oven instead of a conventional range or oven.
8. Wash full loads of clothes in cold water whenever possible and avoid over-drying.
9. Relax in rooms that do not receive direct sunlight or stay on the lowest floor of your home.
10. Air leaks waste energy dollars year-round. Caulking and weather-stripping will help keep cool air in.

Source: Pennsylvania Public Utility Commission Office of Communications

WARM WEATHER IS HERE

It's Time to Protect Against Ticks

From May through July, people get tick bites and tickborne diseases more often than any other time of year in the United States, but many may not know they are at risk.

Each year, nearly 30,000 confirmed cases of Lyme disease are reported to CDC, but a recent national survey reported that nearly 20 percent of people in areas where Lyme disease is common were unaware that it was a risk. And even in those areas where the disease is common, 42 percent of individuals reported taking no personal preventive measures against ticks.

Other key tickborne diseases include Rocky Mountain spotted fever, anaplasmosis, ehrlichiosis, and babesiosis. These diseases tend to be concentrated in specific parts of the country.

Nearly 95% of Lyme disease cases occur in 12 states:

- Connecticut
- Delaware

- Maine
- Massachusetts
- New Hampshire
- New York
- Virginia
- Maryland
- Minnesota
- New Jersey
- Pennsylvania
- Wisconsin

More than 60% of Rocky Mountain spotted fever cases occur in five states:

- Arkansas
- Missouri
- North Carolina
- Oklahoma
- Tennessee

Babesiosis, caused by microscopic parasites that infect red blood cells and are spread by certain ticks, occurs in some of the same areas as Lyme disease and anaplasmosis, mainly in the Northeast and upper Midwest. Anaplasmosis is a tickborne disease caused by the bacterium *Anaplasma phagocytophilum*.

Reducing exposure to ticks is the best defense against Lyme disease and other tickborne infections.

as boots, pants, socks and tents or look for clothing pre-treated with permethrin.

- Treat dogs for ticks. Dogs are very susceptible to tick bites and to some tickborne diseases, and may also bring ticks into your home. Tick collars, sprays, shampoos, or monthly "top spot" medications help protect against ticks.
- Bathe or shower as soon as possible after coming indoors to wash off and more easily find crawling ticks before they bite you.
- Conduct a full-body tick check using a hand-held or full-length mirror to view all parts of your body upon returning from tick-infested areas. Parents should help children check thoroughly for ticks. Remove any ticks right away.

Tickborne diseases can cause mild symptoms to severe infections requiring hospitalization. The most common symptoms of tick-related illnesses can include fever/chills, aches and pains, and rash. Early recognition and treatment of the infection decreases the risk of serious complications, so see your doctor immediately if you have been bitten by a tick and experience any of these symptoms.

For more information, visit: <http://www.cdc.gov/ticks> or call CDC Info at 1-800-CDC-INFO (232-4636).

Source: CDC



TICK REMOVAL

If you find a tick attached to your skin, there's no need to panic. There are several tick removal devices on the market, but a plain set of fine-tipped tweezers will remove a tick quite effectively.

How to remove a tick

1. Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
2. Pull upward with steady, even pressure. Don't twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers. If you are unable to remove the mouth easily with clean tweezers, leave it alone and let the skin heal.
3. After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol, an iodine scrub, or soap and water.

Avoid folklore remedies such as "painting" the tick with nail polish or petroleum jelly, or using heat to make the tick detach from the skin. Your goal is to remove the tick as quickly as possible--not waiting for it to detach.

Follow-up

If you develop a rash or fever within several weeks of removing a tick, see your doctor. Be sure to tell the doctor of your recent tick bite, when the bite occurred, and where you most likely acquired the tick.

Source: CDC

CDC recommends people:

- Avoid areas with high grass and leaf litter and walk in the center of trails when hiking.
- Use repellent that contains 20 percent or more DEET on exposed skin for protection that lasts several hours. Parents should apply repellent to children; the American Academy of Pediatrics recommends products with up to 30 percent DEET for kids. Always follow product instructions.
- Use products that contain permethrin to treat clothing and gear, such

FOSTERING FRIENDSHIPS

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

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

Many successful matches have been made in the 30 years of the program's existence. "Betty" from York is very

impressed with her Rent-A-Kid stating he is a very polite young man and plans to have him work for her twice a week this summer. "Janice" is in her 90's and has used Rent-A-Kids for several years. She has made some memorable relationships with her kids, one calling her "grandma" and another always giving her a hug before she left. "Mary" from Hanover has 2 kids and describes them as awesome great kids, and compliments their parents on doing a terrific job!

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

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

Skin Changes in Aging



**By: Deric Wilson, MD
Thomas Hart
Family Medicine
York Hospital**

As we get older, our skin goes through a number of common changes. Many of these changes are variable between people, and are influenced by factors like heredity, diet, time spent in the sun, and smoking.

Sun exposure is an important factor in how our skin ages. The aging process in our skin is sped up by damage from ultraviolet rays found in sunlight. These ultraviolet (UV) rays can cause many skin problems, including wrinkles, sagging, dryness, sun spots, precancerous skin changes, and even skin cancer.

To help improve the signs of aging skin, there are many very expensive products that are commonly advertised in magazines and on television. However, you don't have to spend a fortune to protect your skin from these common problems.

WRINKLES

As we age, the UV rays in sunlight damage the elastic tissues in our skin. These elastic fibers usually function to allow our skin to snap back into place after it stretches. However, as this elastic tissue becomes damaged, wrinkles soon follow. Gravity is also a factor in causing our skin to sag as we age, contributing to the formation of wrinkles.

Another significant factor in the development of wrinkles is cigarette smoking. Research has shown that people who smoke tend to have more wrinkles than nonsmokers of the same age, skin complexion, and history of sun exposure. It may be because cigarette smoking also plays a role in damaging the elastic tissue in our skin, just as it damages the elastic fibers in the lungs, leading to emphysema.

Unfortunately, although many of the expensive products for sale to decrease skin aging will soothe dry skin, they are not helpful at reversing the formation of wrinkles. However, there are a few treatments which have not only been studied for safety and effectiveness but which have also been approved by the Food and Drug Administration to treat wrinkles and sun damaged skin. For example, tretinoin cream is a Vitamin A product available by prescription only from your doctor which is approved for easing fine wrinkles, darkened sun spots, and skin roughness. This product should generally be used when your skin does not improve with regular skin care and sun protection.

DRYNESS

Dry, flaking skin is a common problem with many adults, especially in the elderly population. The reason that this dryness occurs is because the oil and sweat glands in our skin work less well as we age. Dry weather during the winter, hot water during bathing, sun exposure, and many soaps or perfumes will also commonly contribute to the worsening of dry skin. Rarely, dry skin can be a sign of medical problems, such as diabetes, kidney, or liver disease. Please ask your doctor if you are having difficulty with dry skin that seems difficult to control on your own.

Currently, the best treatment for dry skin is the regular application of over the counter moisturizers, lotions, or creams. Sometimes perfumes or dyes found in these products will irritate people with sensitive skin, so try to use products with none of these additives. You may also find that your dry skin responds well to using a humidifier in your home or by changing your soap or perfume products to those that are gentler for your skin.

LIVER SPOTS

Also known as 'solar lentigo' or 'old age spots,' liver spots are blemishes on the skin associated with aging and exposure to the UV rays of the sun. They range in color from lighter brown to black and are usually located in areas of the skin that get the most exposure to the sun, such as the face, neck, hands, shoulders, and scalp. These spots were so named because they were once thought to be associated with the liver, but we have found that there is no association. Luckily, they usually are of no medical significance; however these liver spots can sometimes make skin cancer harder to see. If you desire treatment for these spots for cosmetic reasons, your doctor should be able to address them in his office.

SKIN CANCER

Skin cancer is by far the most common cancer in the United States. Current estimates call for roughly half of all people who live to at least 65 years of age to have skin cancer at least once in their lifetime. Skin cancer is most often caused by the damaging UV rays found in sunlight and tanning booths.

There are several common types of skin cancer, including basal cell carcinoma, squamous cell carcinoma, and melanoma. All of them happen more often on the areas of our skin that receive the most sunlight, however they can happen anywhere.

If you have noticed any new spots on your skin, especially if they change in size, color, shape, or bleeding, please

visit your doctor. He or she will help diagnose your skin problem and recommend the best course of action to help treat it.

PREVENTING AGING OF YOUR SKIN

Many of the above skin problems cannot be prevented; however we can do certain things to help keep our skin healthier as we age:

- Protect yourself from ultraviolet rays
 - Avoid tanning booths and sunlamps
 - Use sunscreen with SPF rating of at least 35
 - Use clothing and hats to lessen sun exposed skin
- Don't smoke
- Keep your skin moisturized
 - Showering rather than bathing
 - Cooler rather than hotter water
 - Less drying soaps
 - Avoiding alcohol based products for skin
 - Skin emollients or lotions with no additives
- Examine your skin regularly and report any changes to your physician

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A Profile of Older Americans: 2012

Highlights*

- The older population (65+) numbered 41.4 million in 2011, an increase of 6.3 million or 18% since 2000.
- The number of Americans aged 45-64 – who will reach 65 over the next two decades – increased by 33% during this period.
- Over one in every eight, or 13.3%, of the population is an older American.
- Persons reaching age 65 have an average life expectancy of an additional 19.2 years (20.4 years for females and 17.8 years for males).
- Older women outnumber older men at 23.4 million older women to 17.9 million older men.
- In 2011, 21.0% of persons 65+ were members of racial or ethnic minority populations--9% were African-Americans (not Hispanic), 4% were Asian or Pacific Islander (not Hispanic), less than 1% were American Indian or Native Alaskan (not Hispanic), and 0.6% of persons 65+ identified themselves as being of two or more races. Persons of Hispanic origin (who may be of any race) represented 7% of the older population.
- Older men were much more likely to be married than older women--72% of men vs. 45% of women. 37% older women in 2012 were widows.
- About 28% (11.8 million) of noninstitutionalized older persons live alone (8.4 million women, 3.5 million men).
- Almost half of older women (46%) age 75+ live alone.
- In 2011, about 497,000 grandparents aged 65 or more had the primary responsibility for their grandchildren who lived with them.
- The population 65 and over has increased from 35 million in 2000 to 41.4 million in 2011 (an 18% increase) and is projected to increase to 79.7 million in 2040.
- The 85+ population is projected to increase from 5.7 million in 2011 to 14.1 million in 2040.
- Racial and ethnic minority populations have increased from 5.7 million in 2000 (16.3% of the elderly population) to 8.5 million in 2011 (21% of the elderly) and are projected to increase to 20.2 million in 2030 (28% of the elderly).
- The median income of older persons in 2011 was \$27,707 for males and \$15,362 for females. Median money income (after adjusting for inflation) of all households headed by older people rose by 2% (not statistically significant) from 2010 to 2011. Households containing families headed by persons 65+ reported a median income in 2011 of \$48,538.
- The major sources of income as reported by older persons in 2010 were Social Security (reported by 86% of older persons), income from assets (reported by 52%), private pensions (reported by 27%), government employee pensions (reported by 15%), and earnings (reported by 26%).
- Social Security constituted 90% or more of the income received by 36% of beneficiaries in 2010 (23% of married couples and 46% of non-married beneficiaries).
- Almost 3.6 million elderly persons (8.7%) were below the poverty level in 2011. This poverty rate is not statistically different from the poverty rate in 2010 (8.9%). During 2011, the U.S. Census Bureau also released a new Supplemental Poverty Measure (SPM) which takes into account regional variations in the livings costs, non-cash benefits received, and non-discretionary expenditures but does not replace the official poverty measure. The SPM shows a poverty level for older persons of 15.1% (more than 6 percentage points higher than the official rate of 8.7%). This increase is mainly due to including medical out-of-pocket expenses in the poverty calculations.

**Principal sources of data for the Profile are the U.S. Census Bureau, the National Center for Health Statistics, and the Bureau of Labor Statistics. The Profile incorporates the latest data available but not all items are updated on an annual basis.*

Source: Administration on Aging, Administration for Community Living and US Department of Health and Human Services

Reactions to Medications May Increase Your Risk For Falling

You take medications to help you get or stay healthy, but did you know that some medications – even over-the-counter drugs – may cause a reaction that increase your risk of falling?

83% of adults 65 years of age and older take at least one prescription medication. Medications taken for high blood pressure, high blood sugar, depression, and allergies may cause:

- Sleepiness
- Confusion
- Memory loss
- Dizziness and loss of balance
- Numbness of the hands and feet
- Blurred vision

Any of these could put you at risk of falling. Obviously, you need to take your medications to treat your health problems. So what can you do to reduce your risk of falling?

DO:

- Read the warnings and patient information that came with each prescription. Have your pharmacist explain them to you if you aren't sure what they mean.
- Take your prescription as directed – the proper dosage, the time you take

the medication, and whether it is taken with or without food is very important. Check with your doctor or pharmacist if you are unsure of the directions or are having reactions. **DO NOT stop taking prescribed medication without first talking to your doctor.**

- Carry a list of your medications, including dosages, with you. Show the list to your doctor at each visit.
- Let all of your health care providers know about all of the medications you are taking, including over-the-counter drugs.
- Store your medication according to any instructions provided by the pharmacist.

DON'T:

- Don't mix over-the-counter drugs or herbal remedies with your prescriptions without first checking with your doctor or pharmacist.
- Don't mix alcohol and medications.
- Don't take someone else's medication.
- Don't take out-of-date medications. They may have lost their potency. Be alert to the ways you can reduce your risk of falling. Be especially careful when you begin taking a new prescription.

Your body may need some time to get used to the medication. If you suspect any problems with the medication, call your doctor.

If you have concerns about falling, **A MATTER OF BALANCE** is an award winning program designed to manage falls and increase activity levels of older adults. Many older adults who experience concerns about falling restrict their activities, which actually leads to weakness and an increased risk of falling.

This program helps participants learn to view falls and fears as controllable, set realistic goals for increasing activity, change their environment to reduce fall risk factors and promote exercise to increase strength and balance. **A MATTER OF BALANCE** classes are free and held twice a week for 4 weeks for 2 hours each.

Anyone who has concerns about falling or is interested in improving their balance, flexibility and strength, or has fallen in the past or restricted their activities because of falling concerns should attend the classes. Contact the Area Agency on Aging at (717) 771-9610 or 1-800-632-9073 for more information about upcoming classes in your area.

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
Phone: 854-0693
Hours: Monday- Friday, 8:00 AM- 3:00 PM

YOUR NUMBER IS YOUR CARD

By: John Johnston
Social Security
Public Affairs Specialist

Often times, people decide they need to apply for a new Social Security card because they can't find their old one. As long as you have all of the required information and documentation, it's not difficult to obtain a replacement Social Security card. But here's even better news: you probably don't need the card.

When you think about it, your Social Security number *is* your Social Security card. That is, knowing your number is usually all you'll ever need. Know your number by heart, and you'll never leave home without it.

In the event that you really do want

or need to get a replacement card, either for yourself or for a child, you can find all the details at www.socialsecurity.gov/ssnumber. The "Get Or Replace a Social Security Card" page provides information on how to obtain a replacement card and what specific documents you need to provide. Each situation is unique, but in most cases you simply need to print, complete, and either mail or bring the application to Social Security with the appropriate documentation (originals or certified copies only).

In almost all cases, though, an application for your newborn's Social Security card and number is taken in the hospital at the same time that you apply for your baby's birth certificate.

There are a number of reasons a

baby or child may need a Social Security number, but the main one is so that you can claim your child as a dependent on your tax return. Your child also will need a Social Security number to apply for certain government and social service benefits.

Whether you need a Social Security card for yourself or your child, it's easy to apply for one. But remember: if you already have one and just can't find it, in most cases all you really need is to know your number. Memorize your Social Security number, and you'll never leave home without it.

Learn more about your Social Security card and number at www.socialsecurity.gov/ssnumber.

6 TIP-OFFS to RIP-OFFS: Don't Fall for Health Fraud Scams

Bogus product! Danger! Health fraud alert! You'll never see these warnings on health products, but that's what you ought to be thinking when you see claims like "miracle cure," "revolutionary scientific breakthrough," or "alternative to drugs or surgery."

Health fraud scams have been around for hundreds of years. The snake oil salesmen of old have morphed into the deceptive, high-tech marketers of today. They prey on people's desires for easy solutions to difficult health problems—from losing weight to curing serious diseases like cancer.

According to the Food and Drug Administration (FDA), a health product is fraudulent if it is deceptively promoted as being effective against a disease or health condition but has not been scientifically proven safe and effective for that purpose.

Scammers promote their products through newspapers, magazines, TV infomercials and cyberspace. You can find health fraud scams in retail stores and on countless websites, in popup ads and spam, and on social media sites like Facebook and Twitter.

Not Worth the Risk

Health fraud scams can do more than waste your money. They can cause serious injury or even death, says Gary Coody, R.Ph., FDA's national health fraud coordinator. "Using unproven treatments can delay getting a potentially life-saving diagnosis and medication that actually works. Also, fraudulent products sometimes contain hidden drug ingredients that can be harmful when unknowingly taken by consumers." Coody says fraudulent products often make claims related to:

- weight loss
- sexual performance
- memory loss
- serious diseases such as cancer, diabetes, heart disease, arthritis and Alzheimer's.

A Pervasive Problem

Fraudulent products not only won't work—they could cause serious injury. In the past few years, FDA laboratories have found more than 100 weight-loss products, illegally marketed as dietary supplements that contained sibutramine, the active ingredient in the prescription weight-loss drug Meridia. In 2010, Meridia was withdrawn from the U.S. market after studies showed that it was associated with an increased risk of heart attack and stroke.

Fraudulent products marketed as drugs or dietary supplements are not the only health scams on the market. FDA found a fraudulent and expensive light therapy device with cure-all claims to treat fungal meningitis, Alzheimer's, skin cancer, concussions and many other unrelated diseases. Generally, making health claims about a medical device without FDA clearance or approval of the device is illegal.

"Health fraud is a pervasive problem," says Coody, "especially when scammers sell online. It's difficult to track down the responsible parties. When we do find them and tell them their products are illegal, some will shut down their website. Unfortunately, however, these same products may reappear later on a different website, and sometimes may reappear with a different name."

Tip-Offs

FDA offers some tip-offs to help you identify rip-offs.

One product does it all. Be suspicious of products that claim to cure a wide range of diseases. A New York firm claimed its products marketed as dietary supplements could treat or cure senile dementia, brain atrophy, atherosclerosis, kidney dysfunction, gangrene, depression, osteoarthritis,

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dysuria, and lung, cervical and prostate cancer. In October 2012, at FDA's request, U.S. marshals seized these products.

Personal testimonials. Success stories, such as, "It cured my diabetes" or "My tumors are gone," are easy to make up and are not a substitute for scientific evidence.

Quick fixes. Few diseases or conditions can be treated quickly, even with legitimate products. Beware of language such as, "Lose 30 pounds in 30 days" or "eliminates skin cancer in days."

"All natural." Some plants found in nature (such as poisonous mushrooms) can kill when consumed. Moreover, FDA has found numerous products promoted as "all natural" but that contain hidden and dangerously high doses of prescription drug ingredients or even untested active artificial ingredients.

"Miracle cure." Alarms should go off when you see this claim or others like it such as, "new discovery," "scientific breakthrough" or "secret ingredient." If a real cure for a serious disease were discovered, it would be widely reported through the media and prescribed by health professionals—not buried in print ads, TV infomercials or on Internet sites.

Conspiracy theories. Claims like "The pharmaceutical industry and the government are working together to hide information about a miracle cure" are always untrue and unfounded. These statements are used to distract consumers from the obvious, common-sense questions about the so-called miracle cure.

Even with these tips, fraudulent health products are not always easy to spot. If you're tempted to buy an unproven product or one with questionable claims, check with your doctor or other health care professional first.

To report a health product that you suspect is fraudulent, call the Pennsylvania FDA Consumer Complaint Coordinator at 1-877-689-8073.

Source: U.S. FDA Consumer Health Information,
March 2013; www.fda.gov/consumer