

# The Evergreen

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JAN, FEB, & MAR 2016

## CUMBERLAND COUNTY

### SPECIAL POINTS OF INTEREST:

- February—Heart Month
- Warning Signs of Heart Attack, Stroke, & Cardiac Arrest
- Tax Time
- Property Tax/Rent Rebate Program
- LIHEAP
- Medicare

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## FEBRUARY IS AMERICAN HEART MONTH

Heart disease and stroke are the first and fourth leading causes of death in the United States. Heart disease is responsible for 1 of every 4 deaths in the country. For some groups, such as African Americans, the burden is even greater. As a nation, we can—and must—change these numbers. The good news is that heart disease and stroke can be prevented, and February—American Heart Month—is a great time to refresh your memory on the small but important actions you can take.

The national [Million Hearts® initiative](#) is working to prevent 1 million heart attacks and strokes by 2017. How can you reduce your risk? One way is to **know your ABCS:**

- Ask your health care provider about taking **Aspirin**.
- Make control your goal: If you have high **Blood Pressure**, work with your health care provider to get it under control.

- Find out how to best manage high **Cholesterol**.
- Stop **Smoking**—or don't start.

Learn more about Million Hearts® and ways to protect your heart during February and throughout the year at [millionhearts.hhs.gov](http://millionhearts.hhs.gov). (Adapted from:

<https://www.hhs.gov>)

## National Wear Red Day—Friday, February 5, 2016

Let's Celebrate National Wear Red Day on Friday, February 5, 2016 to raise awareness about women and heart disease. Encourage everyone in your office to wear red on February 5, 2016.



## WARNING SIGNS OF HEART ATTACK, STROKE & CARDIAC ARREST

### Heart Attack Warning Signs

#### ◆ Chest Discomfort

Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

#### ◆ Discomfort in Other Areas of the Upper Body

Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.

#### ◆ Shortness of Breath

With or without chest discomfort.

#### ◆ Other Signs

May include breaking out in a cold sweat, nausea, or lightheadedness.

### Stroke Warning Signs

#### ◆ Spot a stroke F.A.S.T.:

**Face Drooping**—Does one side of the face droop or is it numb? Ask the person to smile.

**Arm Weakness**—Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

**Speech Difficulty**—Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence, like “the sky is blue.” Is the sentence repeated correctly?

**Time to call 9-1-1**—If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately.

### Cardiac Arrest Warning Signs

#### ◆ Sudden Lost of Responsiveness

No response to tapping on shoulders.

#### ◆ No Normal Breathing

The victim does not take a normal breath when you tilt the head up and check for at least five seconds.

**If these signs are present CALL 9-1-1**

Adapted from: <http://www.heart.org/HEARTORG/Conditions/911>

## AARP—Tax Time

AARP volunteers will prepare senior citizen's income taxes through April 15th throughout the county. Taxes are prepared by trained volunteers. The Cumberland County sites are listed below:

Location	Site Schedule	Appointment
<b>Bethany Towers</b> 335 Wesley Drive Mechanicsburg, PA 17055	Wednesday: 9:00 am—2:00 pm	Appointment Required (Residents Only)
<b>Big Spring Senior Center</b> 91 Doubling Gap Road Newville, PA 17241	Friday: 9:00 am—2:15 pm	Call for Appointment: (717) 766-4478
<b>Carlisle Baptist Church</b> 701 Walnut Bottom Road Carlisle, PA 17013	Monday & Thursday: 9:00 am—2:15 pm	Appointments must be made at the church on Mondays or Thursdays. If counselor is available will do taxes when you walk-in.
<b>East Pennsboro Community Center</b> 98 S. Enola Drive Enola, PA 17025	Tuesday & Thursday: 9:00 am—3:00 pm	Call for Appointment: (717) 732-3915
<b>Mechanicsburg Place</b> 97 W. Portland Street Mechanicsburg, PA 17050	Monday: 9:00 am—3:00 pm Friday: 9:00 am—2:00 pm	Call for Appointment: (717) 697-5947
<b>Mission Central</b> 5 Pleasant View Drive Mechanicsburg, PA 17055	Thursday: 9:00 am—1:00 pm	Call for Appointment: (717) 766-1533
<b>New Cumberland Fire House</b> 319 4th Street New Cumberland, PA 17070	Monday & Thursday: 9:00 am—1:00 pm	Walk-in's Only
<b>South Middleton Township Municipal</b> 520 Park Drive Boiling Springs, PA 17007	Tuesday: 9:00 am—2:00 pm	Call for Appointment: (717) 258-5324
<b>The Cottages of Shippensburg Community Room</b> 200 Cottage Drive Shippensburg, PA 17257	Monday: 9:00 am—12:00 PM Thursday: 9:00 am—3:00 pm	Call for Appointment: (717) 530-1573
<b>Trinity Lutheran Church</b> 2000 Chestnut Street Camp Hill, PA 17011	Monday: 9:00 am—3:00 pm	Walk-In's Only

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## Free Tax Preparation!

This program is for low-to-moderate income individuals and families.

(generally those with a yearly income of \$54,000 or less)

Taxes are prepared by IRS certified volunteers.

You **MUST** bring the following documents to have your taxes prepared:

- ◆ Valid photo ID (driver's license, military ID, etc.) for taxpayer and spouse.
- ◆ Original Social Security card or Individual Taxpayer Identification Number (ITIN) for you, your spouse, your children and other dependents included in your tax return.
- ◆ Copies of all forms W-2, 1095-A, 1095-B, 1095-C, 1098 and 1099 (year-end tax forms you have received in the mail).

Also bring the following information if it is available:

- ◆ Previous year's federal and state tax returns.
- ◆ If you wish to have your refund deposited directly into your checking or savings account, bring a blank check or other documentation from your bank/credit union that shows your account number and the routing transit number.
- ◆ If you expect to claim a credit for child or dependent care, bring the child care provider's address and Employer Identification Number (EIN) or their Social Security Number.



All reasonable accommodations will be provided at no cost to individuals with special needs. For more information about sites, special accommodations, or the availability of interpreters, contact United Way of the Capital Region at **717-732-0700**, or e-mail [miyp@uwcr.org](mailto:miyp@uwcr.org).

Tax preparation will begin on **January 28, 2016** at the following **Cumberland County** sites:

### Dickinson College

Althouse Hall, Rm. 204  
45 N. College St., Carlisle  
Monday (February Only):  
4:30 to 6:30 pm

### Employment Skills Center

29 S. Hanover St., Carlisle  
Call 717-243-6040, Opt. 8 to schedule.  
(Leave message with your phone number)  
Tuesday, Thursday: 4:30 to 7:30 pm  
Friday (Appointment Only): 1 to 4 pm

### First Christian Church of Lemoyne

442 Hummel Ave., Lemoyne  
Appointment Only. Call 717-724-4077  
After 1/25 to schedule.  
Monday: 1 to 4 pm  
Saturday: 9 am to Noon

### Messiah College

Frey Hall, Rm. 145  
One College Ave., Mechanicsburg  
717-796-1800, ext. 7300  
Tuesday: 5:30 to 7:30 pm  
(Closed 3/8 and 3/15)

### New Hope Ministries

5228 Trindle Road, Mechanicsburg  
Wednesday: 5:30 to 8:30 pm

### Penn State Dickinson

**School of Law**  
333 W. South St., Rm. 104,  
Carlisle  
Appointment Only.  
Call 717-240-5130 to schedule

Tuesday, Thursday: 6 to 9 pm  
(Closed 3/8 and 3/10)

### Shippensburg University

Ceddia Union Building (CUB),  
Rm. 238  
1871 Old Main Dr., Shippensburg  
Monday, Tuesday: 5 to 9 pm  
(closed 3/7 & 3/8)

# 2015 Property Tax/Rent Rebate

## 2015 Property Tax/Rent Rebate Forms/Appointments



**Benefits  
Older  
Pennsylvanians  
Every  
Day.**

PROPERTY TAX/RENT REBATE— The Department of Revenue began mailing the 2015 Property Tax/Rent Rebate Forms to individuals that received a rebate last year.

If you think you may be eligible to receive a rebate in 2016 for the taxes or rent you paid in 2015, applications are available at <http://www.revenue.pa.gov> or by calling toll free: 1-888-222-9190.

Cumberland County Aging & Community Services should receive the Rebate Forms by March 2016.

Aging & Community Services is scheduling appointments to assist with the completion of the form. Please call 717-240-6110 or 1-888-697-0371 x. 6110 to make an appointment.

The Property Tax/Rent Rebate program benefits eligible Pennsylvanians age 65 and older; widows and widowers age 50 and older; and people with disabilities age 18 and older. The income and maximum standard rebate is listed below:

The deadline to apply for a rebate on property taxes or rent paid in 2015 is June 30, 2016. The Department of Revenue will begin mailing checks and depositing rebates on July 1, 2016.

Homeowners:	Income	Maximum Standard 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:	Income	Maximum Rebate
	\$0 to \$8,000	\$650
	\$8,001 to \$15,000	\$500

**NOTE:** Applicants can exclude one-half of all Social Security Income.



## Heating Assistance/LIHEAP

**What is LIHEAP?** The Low-Income Home Energy Assistance Program (LIHEAP) helps low-income families pay their heating bills. LIHEAP is a grant.

**How does LIHEAP work?** LIHEAP offers both cash and crisis grants. Families may apply for:

- ◆ **Cash Grants**—Cash grants help families pay their heating bills. The grant payment is sent directly to your utility company or fuel provider, and it will be credited on your bill. (In some cases, the check may be mailed to you directly.)
- ◆ **Crisis Grants**—Crisis grants may be available if you have an emergency situation and are in jeopardy of losing your heat. Emergency situations include:
  - Broken heating equipment or leaking lines that must be fixed or replaced
  - Lack of fuel
  - Termination of utility service
  - Danger of being without fuel (less than a 15 day supply) or having utility service terminated (received a notice that service will be shut off within the next 60 days)

**How do I apply?** Apply online at [www.compass.state.pa.us](http://www.compass.state.pa.us); Request an application by calling the Statewide LIHEAP Hotline at 1-866-857-7095 or TDD for the hearing impaired 1-800-451-5886; Applications are available at the Cumberland County Assistance Office; or The Cumberland County Aging and Community Services office has paper applications available, and staff is available to assist you if needed.

### Income Guidelines

#### 2015—2016 LIHEAP

(For Homeowners and Renters)

Household Size	Maximum Income
1	\$17,655
2	\$23,895
3	\$30,135
4	\$36,375
5	\$42,615
6	\$48,855
7	\$55,095
8	\$61,335
9	\$67,575
10	\$73,815

Each Additional Person Add \$6,240

# Medicare

## Medicare Monday

Cumberland County Aging & Community Services provides informational sessions the first Monday of each Month “Medicare Monday” from 9:00 am to 11:00 am. The informational session is for beneficiaries who are new to Medicare or family members assisting new beneficiaries.

The topics included in the informational sessions are: Original Medicare, Medicare Part A & B, Supplemental Plans/Medigap, Medicare Advantage (Part C), Prescription Plan (Part D), and state and federal programs that help lower costs for Medicare Part B and Part D.

Registration is preferred, as seating is limited. Please call Cumberland County Aging & Community Services at 717-240-6110 or 1-888-697-0371 ext. 6110 to register. Cumberland County Aging & Community Services address is 1100 Claremont Road, Carlisle, PA 17015.

This presentation can also be provided to groups or organizations at no cost.

## Looking for APPRISE Volunteers

Cumberland County Aging & Community Services APPRISE Unit is looking for APPRISE Volunteers. As an APPRISE Health Insurance counselor you will have the opportunity to make a difference in the lives of others by assisting them with their health insurance questions or concerns. APPRISE volunteers receive free

training by the Pennsylvania Department of Aging in Medicare, Medicaid, Medicare Supplements, Appeals, prescription drug coverage and more! We are looking for individuals 18 or older who can offer us at least 4 hours per month, with a one year commitment. Take advantage of this exciting opportunity and learn how to unravel the mysteries of Medicare and then share that knowledge to help your family, friends or neighbors who receive Medicare.

If this sounds interesting and you would like more information, please call Cumberland County Aging & Community Services—APPRISE Unit at 717-240-6110 or 1-888-697-0371 ext. 6110.



THE EVERGREEN





**Cumberland County  
Aging & Community Services**

1100 Claremont Road  
Carlisle, PA 17015  
Phone: 717-240-6110  
Fax: 717-240-6118  
E-mail: [aging@ccpa.net](mailto:aging@ccpa.net)



After Hours Protective Services  
Emergency calls:

**Carlisle Area**  
243-4121

**West Shore Area**  
238-9679

**Shippensburg Area**  
532-8878

Designated by the Commonwealth of Pennsylvania as the Area Agency on Aging for Cumberland County, Cumberland County Aging & Community Services is mandated to provide coordinated services to County residents who are age 60 or older. Our goal is to provide programs and services that allow the older adult to maintain their health, welfare and independence. Aging & Community Services is committed to providing excellence in meeting the needs of older citizens, their families and the community in which they live.

In addition to services for seniors, Aging and Community Services also provides a variety of services for adults with disabilities; families; new parents; and communities. Information about these services is available at the number above. For assistance outside the scope of Aging and Community Services programs, we also refer County residents to agencies able to meet their needs.

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