

CUMBERLAND COUNTY

SPECIAL POINTS OF INTEREST:

- Farwell & Welcome
- Elder Abuse
- Falls Prevention
- Spelling Bee
- Senior Games
- Active Aging
- Fruit & Veggie Vouchers
- Property Tax/Rent Rebate
- Prescription

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The Evergreen

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JUL, AUG & SEPT

Farewell To Terry Barley



After over 30 years of service to the citizens of Cumberland County, our Director, Terry Barley retired from Aging & Community Services on May 13, 2016.

Effective May 16th, Terry Barley assumed the post of Acting Deputy Secretary of Aging for the Pennsylvania Department of Aging.

Terry has served the aging network in Cumberland County since 1981 and has extensive experience administering programs that assist older adults, persons with disabilities, low-income adults, homeless populations, and at-risk newborns. His background also includes community organizing and ensuring the coordination of human services with both the public and private sectors. Terry will bring to the Department of Aging a wealth of experience and expertise as well as a passion for advocacy for older persons and vulnerable populations.

We wish Terry all the best in his new endeavors.

Welcome Sandy Gurreri



Please welcome Sandy Gurreri as the new Director of Aging & Community Services effective June 24, 2016, having served as Deputy Director during this past year. With more than 30 years of professional experience in both institution and community settings serving older adults and persons with disabilities, Sandy

developed a strong sense of advocacy for vulnerable residents of Cumberland County. Sandy began as an Aging Care Manager then served as an Aging Care Manager Supervisor for Cumberland County Aging & Community Services overseeing Information and Assistance, APPRISE - the Medicare counseling program, the Long Term Care Ombudsman Program and Care Management for consumers benefiting from in-home services through the OPTIONS program. She has fulfilled various functions within the agency's mission, well equipping her to assume this leadership.

While Sandy isn't new to us, we welcome her as the Director and look forward to her energy and ideas in carrying out the agency's mission.

World Elder Abuse Awareness Day—June 15, 2016

World Elder Abuse Day was held on June 15, 2016 at the Capitol Rotunda. The event called on all Pennsylvanians to stand united with communities around the globe to raise awareness about elder abuse, neglect and exploitation. The Pennsylvania Department of Aging also took the opportunity to thank selected Protective



Service Investigators at a Reception at the Governor's Mansion following the event at the Capitol Rotunda.

Priscilla Whitman was the Protective Service Leader Award recipient from Cumberland County. To receive this award Priscilla demonstrated moxie, integrity, creativity, and adaptability in her actions. She exhibited leadership and passion in the field of older adult protective services; initiative in advocacy and protection of the rights of vulnerable older adults at risk of abuse, neglect, exploitation or abandonment. She maintains a desire to improve the quality of life for older adults; and is recognized by her peers for her consistent commitment to identifying and responding to the needs of older Pennsylvanians in need of protective services.

Cumberland County Aging and Community Services would like to congratulate Priscilla on receiving this award. They would also like to take this opportunity to recognize and thank all the Protective Service staff for serving and protecting the vulnerable older adults living in Cumberland County.



Falls Prevention Awareness Day

September 22, 2016

The 9th annual Falls Prevention Awareness Day will be observed on September 22, 2016—the first day of fall. The event raises awareness about how to prevent fall-related injuries among older adults. The theme of this year's event is *Ready, Steady, Balance: Prevent Falls in 2016*.

Six Steps to Prevent a Fall

Every 13 seconds, an older adult is seen in an emergency department for a fall-related injury. Many falls are preventable. Stay safe with these tips:

1. **Find a good balance and exercise program.** Look to build balance strength, and flexibility.



2. **Talk to your health care provider.** Ask for an assessment of your risk of falling. Share your history of recent falls.

3. **Regularly review your medications with your doctor or pharmacist.** Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.



4. **Get your vision and hearing checked annually and update your eyeglasses.** Your eyes and ears are key to keeping you on your feet.

5. **Keep your home safe.** Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.



6. **Talk to your family members.** Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.

Adapted from: <https://www.ncoa.org/healthy-aging/falls-prevention/falls-prevention-awareness-day>

Falls Prevention

Hallelujah—12th Annual Spelling Bee



2016 Spelling Bee Participants and Winners

Congratulations to Roderick Minaya from Carlisle for spelling H-A-L-L-E-L-U-J-A-H correctly. He won first place prize at Cumberland County Aging & Community Service's Annual Senior Spelling Bee. The spelling bee was held on May 20th, with 18 participants, aged 50 or better.

Congratulations to Bobbi Bassett who took second place. Prizes were awarded to all, including a \$100 Wal-Mart gift card to first place and \$50 gift card for second place. Light refreshments were also provided. Watch for information on our 13th Annual Spelling Bee next year!

2016 Senior Games For Ages 50 and Better



The 2016 Senior Games was held on July 13, 2016 at the Mechanicsburg Area Senior High School. Senior Games combines sports, recreation, friendly competition and fellowship into one fun-filled day. The goal of Senior Games was to stimulate active lifestyles, promote healthy living, build lasting friendships and create fond memories.

If you would to join us next year, please contact Heather DeWire at (717) 240-6110.

Celebrate—Active Aging Day September 28, 2016

Explore the Possibilities! Active Aging Day invites you to celebrate aging and active living on Wednesday, September 28, 2016. Join us at City Island and take a cruise on the Pride of the Susquehanna, play a game of putt putt golf, ride the train around the Island or just come out and spend time with friends.



The event is free of charge and Rabbittransit will provide rides for those 60 years of age and older and who live in Cumberland County. Lunch will be provided. Contact your local Senior Center for more information and to sign-up for the event.

Fruit and Veggie Vouchers

Farmers' Market Fruit & Vegetable Vouchers

Cumberland County Aging & Community Services along with Cumberland County Senior Centers began distributing Farmers Market Nutrition Program Vouchers to eligible seniors beginning in June. The vouchers are available to Cumberland County residents who are 60+ years old during the program year whose total gross household income is not more than \$21,978 for a single person, \$29,637 for married couples.

Proof of age, residency and social security number must be provided. If an individual authorized by an eligible senior will be receiving vouchers on a

Senior's behalf, a proxy form must be completed and signed by the eligible senior prior to the authorized individual receiving the vouchers.

A list of local farmers markets where the vouchers may be used will be provided. The vouchers may only be used to purchase produce grown or growable in Pennsylvania. The vouchers will not be accepted at grocery stores and must be used by November 30, 2016. For more detailed information please call Aging & Community Services at 717-240-6110.

"Aging & Community Services along with Cumberland County Senior Centers will distribute vouchers to income eligible seniors beginning in June."

Voucher Pick Up Dates & Times

Big Spring Senior Center:
Wednesdays: 9—11
776-4478

Branch Creek Place:
Fridays: 9—11
300-3563

Mechanicsburg Place:
Wednesdays: 9—12
697-5947

Salvation Army Senior Action Center:
Wednesdays: 9:30—11
249-5007

Schaner Senior Center:
Fridays: 8:30—11
732-3915

West Shore Senior Center:
Wednesdays: 9—11 and 1—3
774-0409



Cumberland County Aging & Community Services
Tuesdays: 2:30—4
Except July 12th
240-6110



Benefits
Older
Pennsylvanians
Every
Day.

2015 Property Tax/Rent Rebate Forms Deadline Extension to December 31, 2016

The deadline to apply for Pennsylvania’s Property Tax/Rent Rebate Program has been extended from June 30, 2016 to December 31, 2016. 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. 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 or by contacting the Cumberland County Aging & Community Services at 240-6110.

If you need assistance in completing the form, please call Cumberland County Aging & Community Services for an appointment.

The Department of Revenue began mailing checks and depositing rebates on July 1, 2016.

The income and maximum standard rebate is listed below:

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.

PACE/PACENET

PACE/PACENET will help reduce the cost of your prescription medications. You can be enrolled in PACE/PACENET and other prescription plans at the same time.

Eligibility Requirements

- ◆ 65 years of age or older
- ◆ Pennsylvania resident for a least 90 days
- ◆ Meet the income limits listed below (assets are not counted as income)
- ◆ Income is based on prior calendar year
- ◆ As of February 7, 2014 Medicare Part B Premiums are no longer counted as income

Note: Effective January 1, 2016, PACENET Cardholders not enrolled in a Part D Plan will pay a \$35.30 premium at the pharmacy each month.

2015 Annual Income Guidelines

Program	Single Gross Income	Couple Gross Income
PACE	\$14,500	\$17,700
PACENET	\$23,500	\$31,500

Copayments for 30 Day Supply

Program	Generics	Brand Names
PACE	\$6.00	\$9.00
PACENET	\$8.00	\$15.00

If you think you or someone you know qualifies for "PACE/PACENET", contact the Cumberland County Aging & Community Services APPRISE Program at 717-240-6110 or 1-888-697-0371 x6110.



Prescription



**Cumberland County
Aging & Community Services**

1100 Claremont Road
Carlisle, PA 17015
Phone: 717-240-6110
Fax: 717-240-6118
E-mail: 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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**Sandy Gurreri—Director
Trudy Kessler—Editor**