



FAITH  
IN ACTION

# STAYING CONNECTED

A Neighbor's Independence Depends on You

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Winter Newsletter 2008



## GOOD NEWS

### Money likely for York to aid its NORC

OK, it rhymes, but what does it mean?

Jewish Family Services, which oversees the Staying Connected program, is in the process of securing \$17,500 for the coming year through the Pennsylvania Jewish Coalition to begin work on establishing services for a Naturally-Occurring Retirement Community (NORC) in York.

The money would allow JFS to begin setting up a system of providing additional services for folks who are growing older in their own homes, rather than moving to nursing homes or retirement communities.

It would focus on areas now served by Staying Connected, where at first glance there seem to be a large number of seniors remaining in their homes — including many of the suburban neighborhoods first developed in the 1950s and 1960s, and apartment complexes that draw seniors.

And as with all NORCS, the York NORC would serve seniors of all

faiths.

The money would come from the state's Community Redevelopment program. It would be part of \$200,000 earmarked for NORC development and support made available through the Pennsylvania Jewish Coalition — other projects are in Pittsburgh, Philadelphia and Wilkes-Barre.

JFS would use the money to determine who needs services in the area and what kind of services they need. NORCs elsewhere in the country offer such things as case managers to help seniors navigate "the system," transportation, errand-running, home repair services or referrals, exercise programs, and social activities.

If you'd like to help JFS develop plans to serve our NORC, we'd love to hear from you. We'll be putting together discussion groups over the next few months to seek ideas.

Please call Deena Gross at 843-5011 if you're interested in getting involved.

## 10 things to do in tough times

The headlines just don't stop. Lay-offs. Closings. Recession. Depression. Foreclosures. Bankruptcies. And then some.

If you are having a hard time making ends meet, here are 10 suggestions. If you have questions about them — or are having trouble paying your bills — please call Deena Gross at Staying Connected.

We want to do everything possible to make sure our program participants aren't losing their homes, or having to go without medicines, because money is tight.

1. Are you one of the thousands now eligible for heating aid this winter? **The heating aid program called LIHEAP has increased the income limits to \$23,110 for one person and \$30,221 for two.** If your income falls into the guidelines call the county assistance office at 771-1100. They also have an emergency aid program for furnace repairs or similar work, but don't reimburse expenses — they pay directly.
2. Make sure you've got a **good deal on Medicare's Part D drug plan.** There are huge differences in what you'll pay for the same drugs from one plan to another. You can figure it out on your own if you're computer savvy — start at [www.medicare.gov](http://www.medicare.gov). If you're not, the county's APPRISE Program can help — for free. They're at 771-9008. But you need to do it by Dec. 31.
3. Another way to cut drug costs is by **signing up for PACE or PACENET.** These free programs limit the amount

**Continued on the back**

## If there were an emergency, could you evacuate?

If the answer is no, York government officials want to know.

Particularly for those of you who don't live in senior citizen apartment buildings, there's a new county program called ECRIN, or Evacuating County Residents in Need.

The process is simple: You fill out a form and the county will keep a

record of where you are and how difficult it is to get you out of your house. They will keep the information for use in an emergency.

If you haven't filled out the necessary form and want to do it, call your municipality, or you can call Staying Connected and we can send one.

## New on the Staying Connected board

**Patricia Arbetman** joins the board as a representative of Jewish Family Services of York. She is an occupational therapist who recently returned to work with ManorCare, after taking time off to raise her two children. She holds a bachelor's degree from SUNY Buffalo, and is a member of Temple Beth Israel and financial secretary of Sisterhood. She and her husband Steve have been the driving forces behind the Flavors of York fundraisers.

## Staying Connected Fund

The Staying Connected fund supports Staying Connected, the Faith in Action program overseen by JFS. Volunteers from the Jewish community, and Catholic, Episcopalian, Lutheran and Unitarian Universalist congregations provide supportive services to help elders remain independent in their own homes.

To:	From:	Occasion:
Staying Connected	Cheryl & Tom Donaldson	Donation
Staying Connected	Beatrice Brothers	Donation
The Granet Family	Debbie & Jay Sherman	Memory of your mother Pearl Granet
Staying Connected	Barbara Campbell	Donation
Iлона Granet & family	Gail & Richard Blumenthal	Memory of Pearl Granet
Lou Lavetan & family	Debbie, Jay, Ben & Jael Sherman	Memory of your father Herbert Lavetan
Ken & Jessica Brein	Debbie, Jay, Ben & Jael Sherman	Memory of your step-father George Sirott
Staying Connected	Betty & Charles Winkler	Donation
Staying Connected	E. Romaine Phipps	Donation
Staying Connected	Gail & Richard Blumenthal	Memory of Helen Kalina
Sam Wetzman	Diane & Neal Friedman	Memory of your wife Adele
Staying Connected	Julia Cobb	Donation
Staying Connected	Betty & Charles Winkler	Donation

## About the Staying Connected coalition

Staying Connected is an inter-faith volunteer caregiving network providing support services to help keep older adults independent in their own homes. It is based at Jewish Family Services of York, 2000 Hollywood Drive, York, PA 17403. And it welcomes inquiries from other congregations that might want to join in its community work.

### Coalition members are:

Luther Memorial Lutheran Church  
Ohev Sholom Congregation  
Temple Beth Israel  
St. Johns' Episcopal Church  
St. Joseph Catholic Church  
Unitarian Universalist Congregation of York  
Citizens Bank  
Compassionate Care Hospice  
ForSight Vision  
Heartland Hospice & Home Care  
Jewish Family Services of York  
WellSpan Center for Aging  
York County Area Agency on Aging  
York Hospital  
York Housing Authority

## Money-savers, continued from the front

you pay per prescription. The income limits: For Pace: \$14,500 for one person and \$17,700 for a couple; for PACENET, \$23,500 for one person and \$31,500 for a couple.

4. The **open enrollment period for Medicare** -- the time you can change supplemental plans -- ends Dec. 31, except for Medicare Advantage Plans, which runs Jan 1-March 31. If you're unhappy with your plan or your premiums are increasing, you can find another one. APPRISE folks at 771-9008 can help.

5. If you didn't **file for a property tax rebate DO IT TODAY**. The deadline is Dec. 31. Income limits: \$15,000 for renters and \$35,000 for homeowners but only half of Social Security income is counted. If you have any doubt, check it out. Call 1-888-222-9190. Still confused? Call us.

6. Start getting tax documents together. Every year there are programs that **do your taxes for free**, particularly for those with income under \$40,000. Call the United Way for details.

7. One of these days it will snow enough that you have to get shoveled out. If your neighbors can't help shovel you out, try **Rent-A-Kid**. This county-run program can get you assistance for \$5/hour. Call 771-9103. Do it now before all the kids are already spoken for.

8. Hate to drive in winter? Getting knots in your stomach every time you have to go on Route 30? Make sure you've **enrolled in the Rabbittransit paratransit program**, particularly if you're 65 or older. This curb to curb service, often using little red buses, is available by calling the morning before you need it and is far less expensive than a taxi cab. Sign up now, before you need it. You don't want to be stuck in the house for a few weeks while your application's being processed. Call 846-7433 .

9. Consider joining **Angel Food Ministries**, alone or with a friend. This program provides first-rate meats, produce and other groceries once a month for about half price. Churches participating in the area served by Staying Connected include: Christ Lutheran in Dallastown, 244-2605; Otterbein United Methodist of Spry, 741-1429; and Fourth United Methodist on York City's east side, 854-6984.

10. **Don't needlessly buy converter boxes** or new TVs if you're worried about "digital TV conversion" happening in January. First of all, people who get cable TV, or satellite/dish TV, likely won't be affected. That's most folks around here. If you don't get those services, and still are confused, call Staying Connected at 843-5011.