May is Older Americans Month

Older Americans Month was established in 1963 when there were only 17 million Americans age 65 or older. About a third of older Americans in 1963 lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns began to grow and a meeting in April, 1963, between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as “Senior Citizens Month,” that eventually became “Older Americans Month.” Today there are an estimated 46 million Americans over age 65 and that number is expected to grow over the next decade.

The theme of 2017 Older Americans Month is Age Out Loud and is intended to give aging a new voice, a voice that reflects what today’s older adults have to say about aging. Age Out Loud emphasizes the ways older adults are living their lives with boldness, confidence, and passion while serving as an inspiration to people of all ages. For many aging Americans, it is a time of life where interests, goals, and dreams can get a new or second start. The theme also intends to eliminate outdated perceptions on aging and living the way that suits aging adults best.

This annual observance offers a special opportunity to learn about, support, and recognize our nation’s older citizens. Also, it focuses on how older adults in our community are redefining aging—through work or family interests, by taking charge of their health and staying independent for as long as possible. We can also use this month to determine how we can best support and learn from our community’s older members.

Older Americans Month gives us an opportunity to bring to the forefront many important issues and trends. Older Americans are working longer, trying new things, and engaging in their communities. They’re taking charge, striving for wellness, focusing on independence, and advocating for themselves and others. They expect to continue to live their lives to the fullest, and they’re insisting on changes that make that possible. What it means to age has changed, and Older Americans Month is a perfect opportunity to recognize and celebrate what getting older looks like today.
Thursday, June 15, 2017 is World Elder Abuse Awareness Day. On this day, communities in the USA and all over the world will sponsor events to highlight the growing tragic issue of elder abuse.

The U.S. Administration on Aging estimates that as many as 1 in 10 older Americans are abused or neglected each year. Older adults are contributing members of American society, and their abuse or neglect diminishes all of us. America has confronted and addressed the issues of child abuse and domestic violence, but our society must become more proactive when addressing the issue of elder abuse.

Elder abuse can be physical, emotional, financial and sexual. It also includes people who are neglected and those who neglect themselves (self-neglect). Elders who are abused are twice as likely to be hospitalized, four times as likely to go into nursing homes and three times as likely to die. While most abusers are family members, trusted professionals and complete strangers may also target older adults. Abuse can happen in any setting: in the older adult’s own home, a caregiver’s home, nursing homes, or assisted living facilities.

Elder abuse can be prevented if everyone would treat older Americans with respect and care. Learning the warning signs of abuse and knowing how to report it is another great step. Adult Protective Services, the police, and the Long-Term Care Ombudsman Program are organizations that can be called for assistance and information. For information and contact numbers for local agencies serving older people, please visit the Bucks County Crimes Against Older Adults Task Force’s website at crimesagainstolderadultsbucks.org.

Let’s not forget to check on our older family members, friends and neighbors in and around Bucks County. On this World Elder Abuse Awareness Day, we are asking individuals to call or visit an older person that they know, just to see how they are managing. If you suspect that an older person is being neglected or mistreated, please call the Pennsylvania adult and elder abuse hotline at 1-800-490-8505 to relay your concerns. Together we can make the lives of older adults better.

Najja R. Orr, Director

---

Caring for the Caregiver

Taking care of yourself is one of the most important things you can do as a caregiver. Here are some ways you can take care of yourself:

- Ask for help when you need it.
- Join a caregiver’s support group.
- Take breaks each day.
- Spend time with friends.
- Keep up with your hobbies and interests.
- Eat healthy foods.
- Get exercise as often as you can.
- See your doctor on a regular basis.
- Keep your health, legal and financial information up-to-date.

Everyone needs help at times. It’s okay to ask for help and to take time for yourself. However, many caregivers find it hard to ask for help.

Here are some reminders about how to get help:

- It’s okay for me to ask for help from family, friends, and others. I don’t have to do everything myself.
- I can ask people to help out in specific ways like making a meal, visiting the person, or taking the person out for a short time.
- I will call for help from home health care or adult day care services when I need it.
- I will use national and local resources to find out how to pay for some of this help.

---

The Senior Quarterly
Published quarterly by the
Bucks County Area Agency on Aging
Funded, in part, by a grant from PA Dept. of Aging

Bucks County Commissioners:
Charles H. Martin, Chairman
Robert G. Loughery, Vice-Chairman
Diane M. Ellis-Marseglia, LCSW

Area Agency on Aging
Najja R. Orr, Director

AAA Advisory Council
Michael Bannon, Kathy Bennett, Maggie Boyer
Pat Doyle Caimano, Yagnesh Choksi, James Kiel
Lynette Killen (Chair), Jane Fox-Laquer
Patsy H. Long (Vice Chair), Rich Newman, David Nyman
Laura Poust, Robert Silberg, Nancy Spears
and Julie Thomas

Newsletter Editorial Staff
Holly Tuttle, Amanda Mayer, Kathleen Koch
Fraud Alert
Traveling Contractors

The members of the Bucks County Crimes Against Older Adults Task Force warn residents; Spring is the time of year when consumers are anxious to get outside and begin cleaning up around their homes. So it’s not surprising that this is also the time of year that traveling contractors begin making their rounds, hoping for business. They may say things to you such as “We are doing a job in your neighborhood/on your street” or “We have extra material” or make you a “great offer” to get the job done today.

Unfortunately, many contractors that solicit business by going door to door are, most likely, not legitimate contractors. Many are not registered as Home Improvement Contractors (HIC) as required by Pennsylvania law. In order to register as a HIC, there are a few basic requirements. The business must provide a physical address (not a P.O. Box), a landline telephone number and provide proof of adequate insurance coverage.

Each year around this time, we see a spike in complaints from consumers who have paid for work to be done and either the business did not come back to finish the job, or the work was subpar. And because the contractor was not registered and did not provide good contact info, the consumer is left “holding the bag.”

Please be aware of this type of contractor. If you have work or repairs that you need done, either inside or on the outside of your home or lawn, please be certain that:

• The business has and shares with you their Home Improvement Contractor (HIC) number.
• Ask them what their business’ physical address and phone number are.
• Request a written estimate and make sure the estimate or contract has a detailed description of the work to be performed, the materials to be used, and a start date and a completion date. Also, if any warranty is offered, that should also be in writing.
• Red Flags; High pressure sales and time pressure tactics, offering a discount because they have “left over material from a job done at your neighbors”.
• Remember that, any contract that is signed in your home allows you a 3-day right to cancel. This statement should be in writing, on the contract, for it to be legitimate, as required on a home improvement contract under the Home Improvement Consumer Protection Act.
• Call Bucks County Consumer Protection to inquire if there are any complaints in our database against the contractor you are considering. It is also recommended that you do a web search of the business, prior to signing any contract, to check out any online reviews from other consumer’s experience with the company.

• If you have decided on a contractor, they may request a one-third deposit up front. It is not recommended nor is there any reason to pay in full until the work is completed to your satisfaction. Once the bill is paid in full, there is no incentive for the business to come back and complete the work.
• Red Flags; the Company name written on the vehicle is different than the name of the company that you hired (make note of the license plate #), license plate is from “out of state.” Ask for a business card.

Monthly Fraud Alerts brought to you by:
Bucks County Crimes Against Older Adults Task Force

Bucks County District Attorney’s Office: 215-348-6345
A Woman’s Place (AWP): 1-800-220-8116
Bucks County Area Agency on Aging: 267-880-5700
Bucks County Office of Consumer Protection: 215-348-6060
Bucks County Coroner’s Office: 267-880-5040
Bucks County Register of Wills: 215-348-6265
Network of Victim Assistance (NOVA): 1-800-675-6900
US Dept. of Health and Human Services/OIG: 1-877-696-6775
www.crimesagainstolderadultsbucks.org
Elder Abuse Hotline: 1-800-243-3767
DO YOU HAVE MEDICARE?

Do you have questions about your coverage or current plan? Do you want to know if you are eligible to save money on your prescription drug costs and/or your Part B premium?

The APPRISE PROGRAM can help!

APPRISE is a free, unbiased Medicare insurance counseling program designed to help ALL Pennsylvanians with their Medicare questions. APPRISE counselors are specially trained volunteers who can answer your questions and provide you with objective, easy-to-understand, confidential information.

You may qualify to save money with financial assistance programs!

APPRISE wants to make sure you and your friends who have Medicare know about the Extra Help and Medicare Savings Programs.

**Extra Help**  
Can help lower your prescription drug co-payments and premiums, and cover the cost of the coverage gap!

You may qualify if:
- If you are single and have total monthly income of less than $1,508/month; and less than $13,820 in resources
- If you are married and have a total monthly income of less than $2,030/month; and less than $11,090 in resources

**Medicare Savings Program**  
Can help you with the payment of your Part B premium!

You may qualify if:
- If you are single and have a total monthly income of less than $1,357/month; and less than $7,390 in resources
- If you are married and have a total monthly income of less than $1,827/month; and less than $11,090 in resources

Call today to contact the Bucks County APPRISE Program:

267-880-5700

APPRISE is a free service provided by the PA Department of Aging, and is funded in whole or part by a grant through the Administration for Community Living.
The 35th Annual BUCKS COUNTY SENIOR GAMES
2017 OFFICIAL ENTRY FORM

Mail this entire registration form to
The Bucks County Area Agency on Aging
by MAY 26, 2017

Last Name ___________________________ First Name ___________________________
[ ] Male  [ ] Female
Street Address ___________________________________________ Apt. No. ________
City __________________ State _______ Zip _______ Phone _______
E-mail ___________________________________________ Cell # ____________
Are you a member of a Bucks County Senior Center? [ ] Yes [ ] No
If so, which one? ___________________________
How did you hear about this year’s Senior Games? __________________________
Age Group: Please check one—  [ ] 50–59  [ ] 60–69  [ ] 70–79  [ ] 80–89  [ ] 90–
T-shirt Size: Please check one—  [ ] Small  [ ] Medium  [ ] Large  [ ] XL  [ ] XXL  [ ] No Shirt

It is strongly recommended by the Senior Games Committee that you consult your
Doctor in regard to practice, preparation and competition for these Games.

Emergency Contact: ___________________________ Relation ___________________________ Phone _______

RELEASE AND WAIVER OF LIABILITY—Must be completed by all participants.
To the best of my knowledge, I have no physical restrictions which would prohibit my participation in the
events I have selected.

Since I am participating in these events voluntarily and at my own risk, I agree not to sue the County of
Bucks, The Bucks County Department of Parks and Recreation, the Bucks County Area Agency on Aging, the
Bucks County Foundation for Aging and all other cooperative agencies, organizations, businesses or any of
their representatives for any injury or damages to me resulting from participating in the Games.

The Bucks County Senior Games representatives have my permission to arrange for medical services to attend
to me if it is deemed necessary for my health, welfare and safety. I hereby consent to allow my picture or
likeness to appear in any official document, sponsor advertisement, and/or exclusive television coverage of the
Bucks County Senior Games in any manner incidental to my participation in the Bucks County Senior Games
without compensation to me.

CODE OF CONDUCT—
I agree to abide by the rules and procedures of the facilities where Bucks County Senior Games (BCSG) events
are held. At all times, I will conduct myself in a civil, respectful manner and show good sportsmanship. If I do
not conduct myself in the previously stated manner, BCSG has the right to remove me from competition.

Signature ___________________________ Date ______________

Please print your name here

[ ] I will compete AND attend the CELEBRATION LUNCHEON $15. $ ____________
[ ] I will compete ONLY; no lucheon ticket needed 7.* $ ____________
[ ] Number of CELEBRATION LUNCHEON TICKETS ONLY @10. pp $ ____________

TOTAL FEES DUE: $ ____________
TOTAL of ENCLOSED CHECK: $ ____________

Mail this registration form with your check payable to: Bucks County Foundation for Aging
Attn.: Lisa Hall
30 E. Oakland Avenue
Doylestown, PA 18901

REGISTRATION FORMS MUST BE RECEIVED NO LATER THAN Friday, MAY 26, 2017

* $7 fee covers all Sporting Events; additional fees for Bowling and Golf are payable on the day of the event at the venue.

IMPORTANT! Please complete BOTH SIDES of this form.
# The 35th Annual Bucks County Senior Games
## 2017 Official Entry Senior Form

Please mark those events you wish to participate in.

**NAME**

**AGE**

Please refer to the schedule. **DO NOT** sign up for events that overlap.

**PLEASE CHECK ONE**
- I am new to the Games.
- I participated in the past.

(Information will be used for mailing purposes only.)

## Monday, June 5

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bowling</td>
<td>8 am–12 pm</td>
<td>Earl-Bowl, Quakertown (pay $2 per game at venue)</td>
</tr>
</tbody>
</table>

Preferred Lane Partners* (Max of 3)

Average

## Tuesday, June 6

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tennis (Singles)</td>
<td>9 am–12 pm</td>
<td>Northampton Tennis Club, Richboro</td>
</tr>
<tr>
<td>Tennis (Doubles)</td>
<td>6 pm–9 pm</td>
<td>Preferred Partner*</td>
</tr>
<tr>
<td>Darts (Singles)</td>
<td>9:30 am–11:30 am</td>
<td>Bersalem Senior Center</td>
</tr>
<tr>
<td>Darts (Doubles)</td>
<td></td>
<td>Preferred Partner*</td>
</tr>
<tr>
<td>Billiards</td>
<td>9:30 am–2 pm</td>
<td>Pennridge Community Center, Silverdale</td>
</tr>
<tr>
<td>Pinochle</td>
<td>10 am–12 pm</td>
<td>Pennridge Community Center, Silverdale</td>
</tr>
<tr>
<td>Table Tennis (Singles)</td>
<td>12 pm–3 pm</td>
<td>Bucks County Community College, Newtown</td>
</tr>
<tr>
<td>Table Tennis (Doubles)</td>
<td></td>
<td>Preferred Partner*</td>
</tr>
</tbody>
</table>

## Wednesday, June 7

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bocce</td>
<td>9 am–1 pm</td>
<td>Kinney Senior Ctr, Richboro</td>
</tr>
<tr>
<td>Pickleball</td>
<td>10 am–12 pm</td>
<td>Cornerstone the Event Center, New Hope</td>
</tr>
<tr>
<td>Pinochle</td>
<td>12 pm–2 pm</td>
<td>Kinney Senior Ctr, Richboro</td>
</tr>
</tbody>
</table>

## Thursday, June 8

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trivia (Teams of 4)</td>
<td>9:30 am–12 pm</td>
<td>Ben Wilson Senior Ctr, Warminster</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Preferred Partners* (Max of 3)</td>
</tr>
<tr>
<td>Billiards</td>
<td>9:30 am–12:30 pm</td>
<td>Kinney Senior Ctr, Richboro</td>
</tr>
<tr>
<td>Quoits</td>
<td>10 am–12 pm</td>
<td>Quakertown Community Park</td>
</tr>
</tbody>
</table>

## Friday, June 9

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td>Golf</td>
<td>6:45 am–2 pm</td>
<td>Fairways Golf Club, Warrington (pay $25 Greens Fee; $11 Cart at venue)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Preferred Lane Partners* (Max of 3)</td>
</tr>
</tbody>
</table>

Handicap

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bocce</td>
<td>9:30 am–1 pm</td>
<td>Middletown Senior Ctr, Levittown</td>
</tr>
<tr>
<td>Bridge</td>
<td>12 pm–2 pm</td>
<td>Kinney Senior Ctr, Richboro</td>
</tr>
</tbody>
</table>

Preferred Partner*

## Saturday, June 10

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td>Track and Field</td>
<td>8:30 am–12 pm</td>
<td>Tollcreek Middle School, Doylestown</td>
</tr>
<tr>
<td>Mile Run</td>
<td>8:45 am</td>
<td></td>
</tr>
<tr>
<td>Mile Walk</td>
<td>9:00 am</td>
<td></td>
</tr>
<tr>
<td>100m Run</td>
<td>9:30 am</td>
<td></td>
</tr>
<tr>
<td>400m Run</td>
<td>9:45 am</td>
<td></td>
</tr>
<tr>
<td>Discus</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Shotput</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Long Jump</td>
<td>9–10:30 am</td>
<td></td>
</tr>
</tbody>
</table>

## Monday, June 12

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bowling</td>
<td>8 am–12 pm</td>
<td>Brunswick Zone, Feasterville (pay $2 per game at venue)</td>
</tr>
</tbody>
</table>

Preferred Lane Partners* (Max of 3)

Average

---

*Each partner must complete his/her own REGISTRATION FORM.*
Legal Corner

The Problem of the Unwanted Resident
by Rhonda Sherrod, Esq., Legal Aid of Southeastern PA

In the Spring 2016 newsletter, I outlined some steps—namely discussing and writing up a lease or agreement outlining mutual expectations when a homeowner first opens his home to adult relatives—that could help avoid the problem of the unwanted resident.

But the question of what a homeowner can do to remove an unwanted resident living in the homeowner’s house, who will not leave after it has been requested, is a common problem facing many seniors in our community and bears repeating.

Under Pennsylvania law there are only two ways in which a homeowner can legally recover possession of his or her residential property: The first way is through an eviction process litigated at the Magisterial District Court. The homeowner must follow the procedures found in the Pennsylvania Landlord and Tenant Act. The other way is through ejectment action litigated at the Court of Common Pleas.

Absent domestic abuse issues, a homeowner needs to have established a landlord/tenant relationship with the unwanted resident in order for the homeowner to evict that person from his or her home. In other words, there needs to have been some understanding between the homeowner and the unwanted resident that the homeowner agreed to let the unwanted resident stay in the residence in exchange for money, goods or services. A rental contract can be oral or even implied under the law. If there is no written lease, a judge will decide based on the evidence presented if a landlord tenant relationship exists between the homeowner and the unwanted resident. Where there is no landlord tenant relationship, a homeowner has the legal remedy of bringing an action in ejectment. An ejectment is a lawsuit to remove a non-owner from real property. Unlike an eviction, ejections often require the assistance of an attorney to litigate an ejectment lawsuit.

Be aware that “self-help” evictions are illegal in Pennsylvania. Among other things, a homeowner cannot evict an unwanted resident by padlocking or changing locks of the residence; removing personal property from the residence; threatening a resident with physical harm or removing the door, windows and other parts of a leased residence. If a homeowner is found by a court to have engaged in an illegal self-help eviction, a homeowner could be liable for damages incurred as a result of the illegal eviction.

If you are struggling with the problem of an unwanted resident, consult an attorney to discuss your specific options in dealing with this issue.

Bucks County Senior Games
June 5 - 15, 2017

The 35th annual Bucks County Senior Games will take place June 5 – June 15 at various convenient locations throughout Bucks County, culminating with a special catered luncheon and awards banquet at the George School on June 15.

The Bucks County Senior Games combine sports and recreation with fellowship among its participants and volunteers. Men and women, ages 50 and up, will participate in bowling, tennis, darts, billiards, pinochle, table tennis, bocce, pickleball, quoits, golf, bridge and track and field.

Competitors must register by May 26. For more information or to see a schedule of events, please visit www.buckscounty.org/seniorgames or call Bucks County Area Agency on Aging at 267-880-5700. Sponsored by Bucks County Commissioners, Bucks County Area Agency on Aging and Department of Parks and Recreation.
The Bucks County Area Agency on Aging
30 East Oakland Avenue
Doylestown, PA 18901

Phone: 267-880-5700    Fax: 215-348-9253    E-mail: aging@buckscounty.org
Elder Abuse Hotline: 1-800-243-3767, available 24 hours a day
Website: www.buckscounty.org
Office Hours: 8:30 AM - 4:30 PM, Monday - Friday

The AAA offers more than 20 Programs to help older adults
and their families in Bucks County. Services Include:

- Information and Assistance
- Care Management
- Nursing Home Assessment
- In-Home Services
- Volunteer Opportunities
- Adult Day Service
- Employment Assistance
- Health Insurance Counseling
- Transportation
- Family Caregiver Support
- Senior Centers
- Ombudsman Services
- Protective Services
- Nutritional Services
- Legal Services

Toll-Free Numbers (when calling from within Bucks County)
Lower and Upper Bucks 1-888-942-8257
Central Bucks 215-348-6000