



50^{plus} EXPO YORK COUNTY

Please, Join Us!

Sept. 27, 2011
9 a.m. – 2:30 p.m.

York Expo Center
Memorial Hall – East
334 Carlisle Avenue, York

90+ Exhibitors
Health Screenings
Seminars
Entertainment
Door Prizes



Want to have a fun
and informative day out?
Then get ready to renew,
revitalize, reinvent, and rediscover
at this ninth-annual event!

**FUN!
INFORMATIVE!
FREE!**

www.50plusExpoPA.com

Sponsored by:

Health & Wellness:



Gold:



50⁺ Senior News

Silver:

Memorial Hospital

Automotive:

Jack Giambalvo Buick GMC

Bronze:

Advantage Physical Therapy Associates • Bellomo & Associates, LLC
HealthAmerica Advantra • Leader Heights Eye Center • Lutheran Social Services
Misericordia Nursing & Rehabilitation Center • RetireSafe • SeniorLIFE York
ShelfGenie • UnitedHealthcare Community Plan

Media:

WDAC
WHVR
WHYL

Brought to you by:  717.285.1350 | www.50plusExpoPA.com



Joint Replacement Surgery Surgical Advances Offer Quality of Life to More People — Young and Old

The introduction of a new medical procedure usually follows a predictable pattern—from an experiment, to acceptance, to becoming the standard of care. Consider joint replacement surgery, for example.

“A few decades ago, knee and hip replacements were still relatively new and a bit exotic, but today almost everyone knows someone who has had one of these procedures,” says David Whiddon, M.D., a fellowship-trained joint specialist with WellSpan Orthopedics.

Dr. Whiddon is one of many specialists who will treat patients at the new WellSpan Surgery and Rehabilitation Hospital, which will open in early 2012 on the Apple Hill Health Campus in York.

Often, surgeons recommend joint replacement surgery when nonsurgical alternatives, such as medications or physical therapy, fail to address a patient’s pain. The most common cause of joint pain is osteoarthritis, which occurs when the cartilage between bones wears away over time. Once this happens, the bones rub against each other and joints become stiff and painful.

While joint replacement surgery is now fairly common—approximately 300,000 knees and 200,000 hips are replaced each year in the U.S.—the procedures continue to rapidly evolve, according to Whiddon.

“There have been great improvements over the years in the design of artificial joints and in the material used in their construction,” he says.

In addition to design changes, there have also been a number of surgical advances, including the introduction of minimally invasive techniques and improvements in anesthesia. Taken together, these advances have helped make joint replacement one of the nation’s most popular and most effective procedures.

“Joint replacement surgery is now a viable option for many more patients than in the past, including those who were once considered too young or too old to have it,” says Whiddon.

“In the past, we often tried to ‘hold off’ patients from having a joint replacement until they reached their 60s. That was because it was thought that the life expectancy

of the artificial joint itself was only about 10 years. We now know that these artificial joints can last as long as 20 or 25 years.

“Today, the age range of people we will consider for joint replacement surgery has expanded to include people from the mid-40s through the 80s and beyond,” continues Whiddon. “I have put new knees in several patients who are in their 90s.”

In addition to medical advances, patient demand has played a role in these changes.

“People remain active much later in life than they used to,” says Whiddon. “They want to continue playing golf or tennis and don’t want to be stuck in a rocking chair.”

How WellSpan Can Help

WellSpan Orthopedics offers fellowship-trained subspecialists who can help to assess conditions of the joints and make recommendations for treatment. For more information or to schedule an appointment, please call (717) 812-4090 in York or (717) 339-2500 in Gettysburg.



Introducing Dr. Whiddon

Dr. Whiddon earned his medical degree from the Medical College of Virginia in Richmond. He completed a fellowship in adult reconstruction at Tufts New England Baptist Hospital in Boston. Dr. Whiddon is board certified in orthopedic surgery and specializes in joint replacements.

Scan the barcode with a QR code reader-enabled mobile phone to view a video featuring Dr. Whiddon. If your device is not enabled, download a QR code reader application from your phone manufacturer’s mobile site. Videos are also available by visiting www.wellspan.org/orthopedics.



Free Health Screenings

Health & Wellness Area – WellSpan Health Take the Journey to Good Health

Spine Journey – 9 to 11 a.m.

Because so many people suffer from spine pain, it’s important for you to try to keep your spine as healthy as possible. Visit WellSpan Health’s area for information, screens, and advice on body mechanics, posture, lifting, and stretching. You will also learn about WellSpan Health’s treatment options should back pain affect your daily life.

Total Joint Journey – 11 a.m. to 1 p.m.

Visit WellSpan Health’s area to learn about the latest treatment options for hip and knee arthritis, take a hip and knee arthritis screen, and learn the best exercises to ease pain and stiffness.

Stroke Journey – 1 to 2:30 p.m.

Minutes matter when it comes to stroke. Visit WellSpan Health’s area to learn every thing you need to know about this important topic. Participate in screens/demonstrations including a stroke risk assessment, balance screen, speech coordination and cognitive drills, signs and symptoms of dysphasia, hand strength screenings, and more.



Memorial Hospital – Booths #113–114

9 to 11 a.m. – Bone density screening
11:30 a.m. to 1:30 p.m. – Blood pressure

Miracle-Ear – Booth #117

Hearing screening

Rite Aid Pharmacy – Booth #125

Blood pressure
BMI
Vitamin assessment

Susquehanna Dental Arts – Booth #195

Oral health screening

Dear Friends,

50plus EXPO YORK COUNTY

I hope you will join us for the ninth annual York County 50plus EXPO. Each month, 50plus Senior News brings you information on topics of health, wellness, finance, and much more. This is our opportunity to bring 50plus Senior News to life—your life!

Representatives from an array of businesses are available to discuss topics that are important to you! Unbeknownst to many of us, our own communities hold a wealth of information: tax-saving strategies, home renovation ideas, health and wellness matters, retirement living options, travel, or great places for entertainment.

The 50plus EXPOs are an effective forum for all those “hidden” community resources to gather in one visible, easy-to-access location!

On-Line Publishers, Inc. is happy to be able to present this dynamic, one-day event to our visitors *free of charge*. You could spend the day at the EXPO or, if time doesn't permit, make a shorter visit. Either way, we'd love to have you come!

Our lives are always changing. Maybe you're new to the caregiving role; perhaps you're considering downsizing; or you need some assistance with estate planning. Whether you're looking for medical, financial, or retirement living information, home improvement ideas, travel planning assistance, or great places to go for entertainment, the York County 50plus EXPO has it all.

The 50plus EXPO isn't just informative, however—it's also entertaining! The sounds of 2011 PA STATE SENIOR IDOL Peggy Kurtz Keller will brighten up the Expo Center, Regal Dance Clubs will show you a few new dance steps, and caricaturists Sam Mylin and Nick Kienzle will be creating pen-and-ink likenesses of willing visitors.

This day is made possible through the generous support of our sponsors. Please stop by their booths, have your “bingo card” signed, and talk with them about how they can assist you.

Health & Wellness Area Sponsor – WellSpan Health

Gold Sponsors – abc27, WHP580, 50plus Senior News

Silver – Memorial Hospital

Bronze Sponsors – Advantage Physical Therapy Associates, Bellomo & Associates LLC, HealthAmerica Advantra, Leader Heights Eye Center, Lutheran Social Services, Misericordia Nursing & Rehabilitation Center, RetireSafe, SeniorLIFE York, ShelfGenie, UnitedHealthcare Community Plan

Media Sponsors – WDAC, WHVR, WHYL

Automotive Sponsor – Jack Giambalvo Buick GMC

See you at the EXPO!

Donna K. Anderson
EXPO 2011 Chairperson

Table of Contents

WellSpan Health, Health & Wellness Area.....	14
Health Screenings	14
Welcome	15
Wheelchair Information	15
Registration Form	15
Directions to the EXPO.....	15
Seminars	16
What is An EXPO?	17
Exhibitor Display Map.....	19
Entertainment	20
Presenter.....	21
Door Prizes.....	22

**Wheelchairs
will be available at the
front desk courtesy of
On-Line Publishers, Inc.**



REGISTRATION IS A BREEZE!



Simply bring this completed form with you to the EXPO, drop it at the registration desk and you are ready to go!

NAME: _____

ADDRESS: _____

PHONE: _____ AGE: _____

E-MAIL: _____

Directions to the York Expo Center, 334 Carlisle Avenue, Memorial Hall – East

From Baltimore:

- Take I-83 North to Exit 15 (South George Street – Business 83)
- At second light, turn left (Country Club Road)
- Turn right on Richland Avenue
- Turn left on Market Street to Gate 4

From Gettysburg:

- Take Route 462 (West Market Street) from Route 30
- Follow Market Street to Highland Avenue
- Turn left on Highland Avenue to Gate 6

From Harrisburg:

- Take I-83 South to Exit 22 (North George Street)
- At second light, take Route 30 West to Route 74 exit (Carlisle Avenue)
- Turn left on Route 74 (Carlisle Avenue) to Gate 9

From Lancaster:

- Take Route 30 west to Route 74 exit (Carlisle Avenue)
- Turn left on Route 74 (Carlisle Avenue) to Gate 9

Seminars

Seminar Room 1

11 a.m. – Memorial Hospital

Diabetes and Heart Disease

Presented by: Terri Epler, RN, CDE

People with diabetes have a higher-than-average risk of developing cardiovascular disease. Taking care of your diabetes and conditions that come with it can help you lower your chances of developing heart disease or stroke. This seminar will examine the link between diabetes, heart disease, and stroke and explore ways to reduce your risk.

Noon – WellSpan Health

Stay Active: Understanding the Treatment Options for Hip and Knee Arthritis

Presented by: David Whiddon, MD, WellSpan Health Orthopedics and Dan Fleischman, PT, MS, WellSpan Health Rehabilitation

People are living longer and thus putting more mileage on their joints. As a result, the incidence of hip and knee arthritis is rapidly growing. Many times, the pain can progress to the point where daily activities become difficult or even impossible. This program will discuss the causes and treatments for hip and knee arthritis, including non-surgical, minimally invasive, and traditional surgical options.

Seminar Room 2

11 a.m. – RetireSafe

What's Next in Washington? What Does it Mean for You?

Presented by: Thair Phillips, President, RetireSafe

RetireSafe President Thair Phillips will discuss the latest news from Washington, DC, including up-to-date reports on H.R. 5305, the CPI for Seniors Act, Social Security, Medicare, taxes, and debt. RetireSafe will cover issues and topics that can save your life or your retirement.

Come learn and share your thoughts and concerns—RetireSafe will be listening! RetireSafe is a nonprofit, nonpartisan bronze EXPO sponsor representing 400,000 seniors nationwide and more than 15,000 in Pennsylvania. Learn more at www.retiresafe.org.

Noon – Bellomo & Associates, LLC

Estate-Planning Essentials

Presented by: Jeffrey R. Bellomo, Esquire; CELA, Master of Laws (Taxation)

Attorney Bellomo will conduct a workshop on estate-planning essentials. The workshop will cover the basics of estate planning from the difference between probate versus non-probate assets and the distinctions between a will versus a trust. Also, the workshop will cover how to protect your family from nursing-home costs, lawsuits, and poor decisions by children, all while you remain in control of your assets.

SILVER SPONSOR

Don't Miss a Beat.



When it comes to matters of your heart, regular medical attention by top-quality heart specialists is critical to your quality of life.

Our new *Heart and Vascular Center* has a comprehensive cardiovascular program that can help you keep a steady beat.

The Center provides diagnosis and treatment of all types of cardiovascular diseases using the latest technology available.

From nuclear cardiac stress testing and vascular testing, to cardiac catheterization, angioplasty and pacemakers, we have a team skilled in invasive and non-invasive cardiac and limb-saving vascular procedures.

So don't miss a beat. Come to our highly advanced *Heart and Vascular Center*, dedicated solely to the well being of your heart. It's high-tech, high-touch and full of specialists trained to administer the best in heart care.



Heart and Vascular Center At...

Memorial Hospital

717-843-8623 800-436-4326 mhyork.org

We accept most major insurances.

Memorial Hospital · Breast Center · Endoscopy Center · Greenbriar Medical Center · Heart and Vascular Center · HomeCare of York · Industrial Resource Center · Memorial Primary Care · Surgical Center of York · White Rose Hospice

Automotive SPONSOR

BUICK  The new world class.

Buick Lacrosse



Starting at
\$26,490

\$500 ADDITIONAL OFF
ON ANY NEW BUICK OR GMC VEHICLE

*MUST PRESENT THIS COUPON TO DEALER. NOT VALID ON GM DISCOUNTED SALES. OFFER EXPIRES 10/31/11.

Jack Giambalvo
BUICK | GMC

717-846-1821
www.JackGiambalvo.com
1390 Eden Road, York

Our customers keep coming back!

PRICE SHOWN ON SELECT 2011 MODEL. PRICE INCLUDES \$1,500 INCENTIVE. NOT ALL BUYERS WILL QUALIFY FOR ALL AVAILABLE INCENTIVES.

What Is an "EXPO"?

The 50plus EXPO is an event that's a unique hybrid of information and entertainment, all geared toward satisfying the needs of the area's over-50 crowd.

This day is about *you* and whatever is on your mind. Finances, health, leisure, travel—the knowledge you seek is all available at one of our more than 90 exhibitors. Each exhibitor booth is loaded with information and staffed by friendly people who are eager and willing to answer your questions.

The EXPO will also offer a variety of health screenings *free* to each visitor, so be proactive about your health and take advantage of this convenient opportunity to give your body a little "tune-up"!

At the York County 50plus EXPO, you can take your "quest for knowledge" a step further by sitting in on as many of our free seminars as you like. Plus, WellSpan Health medical professionals will be presenting brief discussions throughout the day in which they will discuss

important health topics. Now would be a great time to get some of your questions answered from someone who really knows the answers.

And when you've had your fill of the EXPO's informative side, help yourself to some lighter, more entertaining fare! Caricaturists Sam Mylin and Nick Kienzle will be creating portraits of anyone willing to be drawn.

As you make your way around the EXPO floor, don't forget to get your "bingo card" checked by the listed exhibitors. Then return the completed card at the registration desk for a chance at winning a door prize.

Last but not least, you'll want to check out the entertainment area for some free ballroom dancing instruction from Real Dance Clubs, and then prepare to be wowed by the talent of your 2011 PA STATE SENIOR IDOL, Peggy Kurtz Keller.

At the 50plus EXPO, you can spend an hour or spend the day.

Socialize, become better informed, and, most of all—have fun!



BRONZE SPONSOR

Leader Heights Eye Center

309 Leader Heights Road, York, PA 17402

717-747-5430

www.ltheyecenter.com



Jeffrey R. Lander, MD

- Board certified with 27 years of experience
- Completed more than 5,400 cataract surgeries
- No shot, no stitch cataract surgery with all post-surgical care by the surgeon
- Medical eye care

Please stop by our booth for the latest eye care information.



Trust your most precious sense to us

BRONZE SPONSOR

ShelfGenie®

Designed to Transform

- Custom Glide-Out™ storage solutions designed, built and installed in your existing cabinets
- Hold 100 pounds fully extended, putting everything within reach
- An easy home upgrade without the cost of a renovation
- Locally owned & operated, backed by the strength of a national franchise
- Voted the Best Home Organizing Product for two years in a row*

Call Today for Your FREE In-Home Design Consultation!

(888) 663-3052
www.shelfgenie.com

Register Today & Get 20% Off Labor!

*2005 & 2010 National Association of Professional Organizers (NAPO-LA) Organizing Awards License #PA062009

Thank you, sponsors!

50^{plus} EXPO YORK COUNTY

Proudly Sponsored By:

Health & Wellness



Gold



Silver:

Memorial Hospital

Automotive

Jack Giambalvo Buick GMC

Bronze:

Advantage Physical Therapy Associates • Bellomo & Associates, LLC
HealthAmerica Advantra • Leader Heights Eye Center • Lutheran Social Services
Misericordia Nursing & Rehabilitation Center • RetireSafe
SeniorLIFE York • ShelfGenie • UnitedHealthcare Community Plan

Media

WDAC
WHVR
WHYL

Brought to you by:
 ON-LINE PUBLISHERS, INC.

The 50^{plus} EXPO is **FREE** to the community due to the generosity of our sponsors.

It's not a 'Toon ... It's a Caricature!

Remember when you used to go to the boardwalk and saw artists drawing caricatures of vacationers? It was fun to watch and you might have thought, "I would love to have one done!"

Artists Sam Mylin and Nick Kienzle will be joining us at the EXPO. They will have paper and pencil in hand, ready to create caricatures for some lucky visitors!

Sam has been drawing since he was 7 years old. He has a gift for creating caricatures that make people smile. He says, "I love to play with faces!" Through the years he has developed a style that portrays a subject's distinctive features yet doesn't offend.

Nick has been drawing most of his life, and caricatures are a natural stem from that. To Nick, drawing caricatures is a way to connect with people in an artistic way. His style is fun but not intimidating or mean. It's about making people smile one caricature at a time!

While at the EXPO, stop by and watch the artists! You're sure to be amazed at the talent, and maybe it will even bring back some fond memories.



BRONZE SPONSOR WILL YOUR SOCIAL SECURITY and MEDICARE BENEFITS be CUT?

- Big Medicare Premium Increases Ahead for Medicare Part D and Part B?
- New Limits on Doctors, Hospitals, and Medicines that are Important to You?
- Are Big Tax Increases on the Horizon? And Even More Debt?

Help us fight *against* Medicare and Social Security benefit cuts, and fight for a Consumer Price Index for Seniors (CPI-S) that will finally give older Americans a fair and accurate Social Security COLA by passing H.R. 1086, the **CPI for Seniors Act!**

Help us save America from even more debt and higher taxes. Go to www.retiresafe.org to learn more about your benefits and how to protect them.

Come talk to us at the 50^{plus} EXPOs — We care about your thoughts and concerns!



www.RetireSafe.org

Do you have a friendly face?



The 50^{plus} EXPO committee is looking for volunteers to help at our ninth annual York County 50^{plus} EXPO on Sept. 27, 2011, at the York Expo Center, Memorial Hall – East, 334 Carlisle Avenue, York, from 9 a.m. to 2:30 p.m.

If you could help greet visitors, stuff EXPO bags, or work at the registration desk, we would be glad to have you for all or just part of the day.

Please call On-Line Publishers at (717) 285-1350.

BRONZE SPONSOR Healthcare Solutions

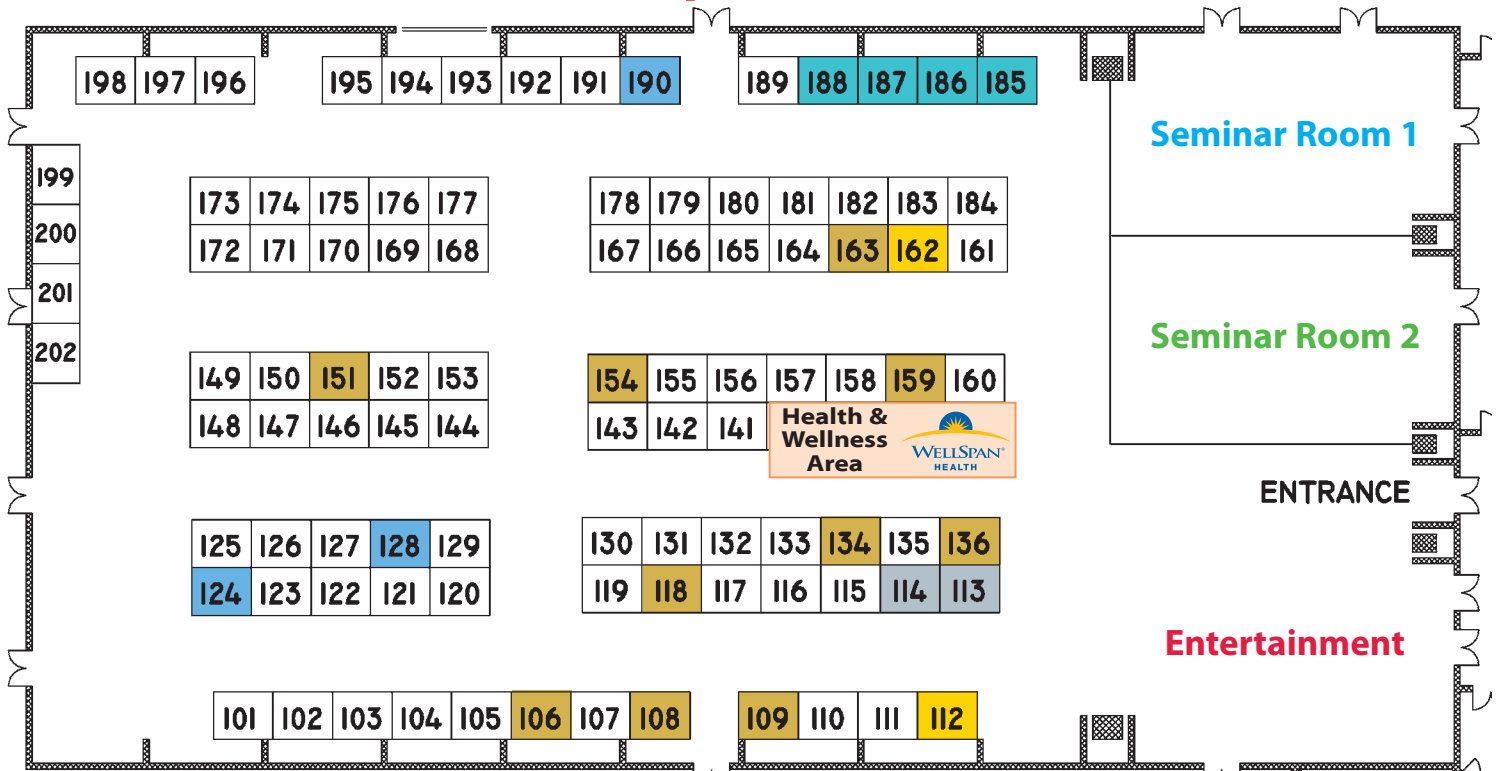


for Seniors living at Home Senior LIFE

www.seniorlifepa.com

In York At 1500 Memory Lane Ext. 757-5433

Exhibitor Map & Exhibitor List



abc27	162
Ability Prosthetics and Orthotics, Inc.	104
Advantage Physical Therapy Associates	154
American Cancer Society.....	122
American Diabetes Association.....	127
Appleby Systems	192
Auer Cremation Services of PA.....	172
Barley Autumn House Senior Living Communities.....	129
Bath Fitter	115
Baxter Healthcare Corp.....	145
Beech Tree Podiatry, P.C.	174
Bellomo & Associates, LLC	136
Betterliving of Central PA.....	201, 202
Capital BlueCross	123
Circle of Friends - Shadowfax	177
Clear Choice Hearing Aid Center.....	157
Columbia Gas of Pennsylvania	170
ComForcare Senior Services	200
Curves for Women	130
Dutch Apple Dinner Theatre.....	110
Edward Jones Investments	164
Elmwood Endoscopy Center, PC.....	149
Geisinger Gold	150
Gutterglove.....	121
Hanover Hospital	197
HealthAmerica Advantra	159
Highmark Blue Shield	143
Home Smart Industries.....	161
Jack Giambalvo Buick GMC	185 - 188
John J. Blevins, D.D.S.	107
Kitchen Saver	176

Leader Heights Eye Center	151
LeafFilter North, Inc.....	196
LEAVE A LEGACY York County	146
Life Force Elder Care Corp	175
Lutheran Home Care and Hospice, Inc.	133
Lutheran Social Services	134
LutherCare.....	135
Manor at Oakridge	153
ManorCare Health Services	148
Members 1st Federal Credit Union.....	111
Memorial Hospital	113, 114
Mid-Atlantic Waterproofing.....	152
Miracle-Ear.....	117
Misericordia Nursing & Rehabilitation Center	118
Old Country Buffet	101, 102
Orthopaedic & Spine Specialists	160
Orthopedic Institute of PA	168
Penn State Cooperative Extension	169
Pennsylvania Home Solutions.....	166
Pennsylvania Public Utility Commission.....	147
Pfizer	179
Pleasant Acres Nursing & Rehabilitation Center	183
Prudential Bob Yost Homesale Services.....	167
rabbittransit.....	142
Regal Dance Clubs.....	199
Renewal by Andersen	181
RetireSafe	106
Rite Aid Pharmacy.....	125
SeniorLIFE York	163
ShelfGenie	109

The Somerville Showroom	144
Sonnenwald Natural Foods	194
Spring Creek Rehabilitation & Health Care Center.....	103
St. Anne's Retirement Community.....	173
Sundance Vacations	158
Susquehanna Dental Arts, PC.....	195
Totem Pole Playhouse.....	155
UCP of South Central PA.....	191
UnitedHealthcare Community Plan	108
USA Optical Inc.	182
Visiting Angels	120
Walmart	184
WDAC	128
Wells Fargo Advisors, LLC	171
WellSpan Health	137 - 140
West Shore Window & Door	126
WHP580	112
WHVR	124
WHYL	190
Wilmac Corporation	189
Wolf's Bus Lines	119
Women's Institute for Gynecology.....	178
York County Area Agency on Aging	131

■ Health & Wellness Sponsor	■ Automotive Sponsor
■ Gold Sponsor	■ Bronze Sponsor
■ Silver Sponsor	■ Media Sponsor

Entertainment



10 – 11 a.m.: Regal Dance Clubs

Known for friendly faces and a wonderful environment, Regal Dance Clubs provides a comfortable and inviting atmosphere to do something fun and different—ballroom dancing! Enliven your day at the EXPO by learning a few new moves during their dance demonstrations. Call (717) 814-3030 and ask about their EXPO special.



1 – 1:40 p.m.: Peggy Kurtz Keller, 2011 PA STATE SENIOR IDOL

A nurse, teacher, wife, and mother from Ephrata, Peggy Kurtz Keller sang the national anthem for her high school and is still singing it today at Clipper Magazine Stadium for the Lancaster Barnstormers. Peggy enjoys singing at the VA Hospital in Lebanon, for community and civic organizations, and in local theater.

September 11 is Grandparents Day!

This year, consider a gift of music and entertainment at



All six PA STATE SENIOR IDOL winners will come together for an evening of astounding entertainment!

Please see ad on page 9 for more information.

GOLD SPONSOR



On Air



Online



On The Go



BRONZE SPONSOR



Make the Right Choice

East York
(717) 840-1874

Red Lion
(717) 244-6874

Emigsville
(717) 848-5405

Dover
(717) 292-5626

New Oxford
(717) 479-5216

www.gettheadvantage.org

BRONZE SPONSOR

Estate Planning with us – you're in control

You've worked hard for what you have. You should decide what happens to your assets now and when you're gone.



Bellomo & Associates
ATTORNEYS AT LAW

Jeffrey R. Bellomo, Esquire
Certified Elder Law Attorney
LL.M. Taxation

Free Educational Workshops!

717.845.5390
10 Wymtre Brooke Dr.
York, PA 17403

www.bellomoassociates.com

50plus EXPO – Brought to You By: ON-LINE PUBLISHERS, INC.

For more than a decade, On-Line Publishers, Inc. has celebrated *servicing the mind, heart, and spirit of the 50+ community* of Central Pennsylvania through our Mature Living Division of publications and events.

On-Line Publishers, Inc. produces six 50plus EXPOs annually in Chester, Cumberland, Dauphin, Lancaster (two), and York counties. These events are an opportunity to bring both businesses and the community together for a better understanding of products and services available to enhance life. Entrance to the event, health screenings, and seminars held throughout the day are free to visitors.

50plus Senior News is published monthly, touching on issues and events relevant to the 50+ community.

The 50plus Resource Directory is the “yellow pages” for boomers and seniors. Published in seven distinct county editions (Berks, Chester, Cumberland, Dauphin, Lancaster, Lebanon, and York), it is a useful tool in locating products and services to meet your needs.

50plus LIVING is an annual publication and the premier resource for retirement living and healthcare options for mature adults in the Susquehanna and Delaware valleys.

On-Line Publishers produces **«(b)» magazine**, Central Pennsylvania’s premier publication for baby boomers. **«(b)» magazine** reflects on the past, recalling the provocative and history-changing decades of the 1960s and ’70s; it also examines where baby boomers are today and identifies the

issues they face now—all with a mind toward representing the mid-state’s own boomer community.

In 2011, On-Line Publishers, Inc. marked its sixth successful year hosting the PA STATE SENIOR IDOL competition, making Peggy Kurtz Keller of Ephrata, Pa., the 2011 PA STATE SENIOR IDOL. Auditions for 2012 will be held in the spring with the finals night competition scheduled for late spring at a convenient and popular venue. Keller and the other five PA STATE SENIOR IDOL winners will come together for an astonishing evening of musical entertainment at the PA STATE SENIOR IDOL *Rewind* show on Sept. 19 at the Dutch Apple Dinner Theatre in Lancaster.

On-Line Publishers also works to inform and celebrate women in business through our Business Division. **BUSINESSWOMAN** includes professional profiles and articles that educate and encourage women in business. More than 500 women have been interviewed already!

BW POWERPAGES is an effective way for a woman or a company to brand themselves in the region through profiles. Business listings provide a great resource for products and services for your personal or professional lives. **BW POWERPAGES** is the active woman’s source when considering a purchase.

POWERLUNCH is an extension of *BusinessWoman* and is held in York in the spring and in the Capital Region and Lancaster during the fall. Executive women are offered the opportunity for networking, lunch, seminars, and information from a select number of exhibitors interested in marketing to women.



50plus EXPO

BRONZE SPONSOR

Renovate Your Plans for Retirement

Caring About Your Retirement for 60 Years

Whether you are planning for the future or are ready now for a maintenance-free lifestyle, a distinguished Lutheran Social Services Senior Living Community should be at the top of your list.

For the past 60 years, we have provided retirees with an outstanding collection of quality homes and services designed to meet their needs for an active lifestyle now and for years to come.

Embarking on a community-wide project, we are renovating the independent living cottages and apartments for new residents based on their personal selections. With our new decorator dollars program, you decide what you like and what you want us to change before you move into your new home.



GETTYSBURG LUTHERAN RETIREMENT VILLAGE
1075 Old Harrisburg Road, Gettysburg
717-334-6204

LUTHER RIDGE RETIREMENT COMMUNITY
2998 Luther Drive, Chambersburg
717-267-1665

LUTHERAN RETIREMENT VILLAGE AT UTZ TERRACE
2100 Utz Terrace, Hanover
717-637-0633

SHREWSBURY LUTHERAN RETIREMENT VILLAGE
800 Bollinger Drive, Shrewsbury
717-227-3000

THE VILLAGE AT KELLY DRIVE
750 Kelly Drive, York
717-764-9994

THE VILLAGE AT SPRENKLE DRIVE
1802 Folkemer Circle, York
717-764-9994

Visit our booth to preview our remodeling choices and discover what makes our not-for-profit, faith-based senior living communities such a special place to renovate your retirement plans.

Community. Faith. Care.

www.lutheranscp.org



Lutheran Social Services
SOUTH CENTRAL PENNSYLVANIA


Residential Living | Personal Care | Skilled Nursing Care | Rehabilitation

BRONZE SPONSOR

Providing quality care since 1943.

- Physical, occupational, and speech therapies
- Nursing care
- Assistance with dressing, eating, and bathing

Please stop by and visit us at our booth!



Misericordia Nursing & Rehabilitation Center

998 S. Russell St., York
(717) 755-1964
www.mn-rc.org

People of all faiths welcome.

MEDIA SPONSOR



HOPE 94.5 HD
WDAC

WDAC 94.5 HD
THE VOICE
of Christian Faith

Hear us streaming on the web

Check out the 24/7 praise and worship music of "Music for the Heart," HOPE 94.5 HD-2

Hear us on your HD radio ... crystal-clear, static-free, with CD quality!

Learn more about HD radio on the web ...

www.wdac.com

WIN! Many Great Prizes to be Given Away During the 50plus EXPO

Your chance of taking home a great prize from the 50plus EXPO is HUGE! These are just a sampling of the many door prizes provided by our exhibitors.

The EXPO thanks the following companies for their generous contributions:

American Cancer Society Gift basket (\$25 value)	Penn State Cooperative Extension The Xerces Society Guide – <i>Attracting Native Pollinators</i>
Bellomo & Associates, LLC Free single estate plan (\$595 value)	SeniorLIFE York Gift basket from Brown's Orchard
Curves for Women Gift basket (\$100 value)	ShelfGenie ShelfGenie gift card (\$100 value)
Elmwood Endoscopy Center, PC Gas cards	The Somerville Showroom Door prize (\$140 value)
Jack Giambalvo Buick GMC Five free oil changes and five NASCAR collector cars	UCP of South Central PA Gift basket (\$20 value)
Leader Heights Eye Center Free pair of eyewear (up to \$500 value)	WellSpan Health Neurosciences Sheetz gift card
Manor at Oakridge Dinner for eight in a private dining room at the Manor at Oakridge (\$80 value) and a gourmet tea basket	WellSpan Health Orthopedics Flying Feet gift certificate
	West Shore Window & Door Walmart gift card (\$25 value)


visit us online www.50plusExpoPA.com



If you have both Medicare Parts A & B and Medicaid, you could qualify for the UnitedHealthcare Dual Complete (HMO SNP) plan.

Call **1-877-603-8983** to learn more. We're here to listen.


www.UHCCommunityPlan.com

Next time life hands you a bad break, bring it to us. You just never know when you're going to run smack into one of life's twists and turns, strains, sprains or fractures. Which is why OSS Orthopaedic Urgent Care is open seven days a week, providing you with quick access to top-quality orthopaedic and spine care. And without the long wait or high cost of most hospital emergency rooms, either. Plus, we also accept most insurance plans. So next time life hands you a bad break, bring it to the fracture specialists at OSS. After all, we've been dealing with bad breaks for over 30 years.

Open 7 days a week.

1855 POWDER MILL ROAD, YORK



Experience you can trust.
800-848-3627

MEDIA SPONSOR

NICE 960 WHYL

Where the GREAT songs have gone!

Harrisburg's Oldies Channel!

- Breakfast with Ben Barber and News with Dennis Edwards
- John Tesh with Music and Intelligence for Your Workday
 - Bruce Collier & The Drive Home
 - Mike Huckabee Three Times Daily

Online 24/7 at whyradio.com

WE PLAY OVER 1500 GREAT SONGS!

50plus Senior News

Since 1995, the mission of On-Line Publishers, Inc. (OLP) has been to enhance the lives of individuals within the Central Pennsylvania community.

We endeavor to do this by publishing 50plus Senior News, produced through the Mature Living Division of OLP. Over the years, 50plus Senior News has grown to six unique editions in Chester, Cumberland, Dauphin, Lancaster, Lebanon and York counties.

Now more than ever, Central Pennsylvania's adults over 50 are a dynamic and inspiring population who refuse to slow down and who stay deeply involved in their careers, communities, and family lives. 50plus Senior News strives to reflect that in its editorial content.

Pick up a copy of 50plus Senior News for articles that will amuse you, inspire you, inform you, and update you on topics that are relevant to your life. Regular columns appearing monthly include topics like health, trivia, book reviews, nature, technology, leisure, veterans' issues, and, most important, coverage and information about the goings-on in your county.



Whether you're looking for some light, amusing reading or seeking out information on weightier matters, you'll find it in our excellent and timely editorial, which is supplied by both national and local writers for a balanced blend of nationwide interest and regional relevance.

Many of your friends and neighbors have been highlighted within the pages—or even on the cover—of 50plus Senior News. And now the articles you enjoy in print are also available online on our redesigned website: www.50plusSeniorNewsPA.com.

The advertisers in 50plus Senior News offer goods or services to foster a happy, healthy life.

They are interested in increasing your quality of life, so please call them when considering a purchase or when you are in need of a service.

Although 50plus Senior News has won many awards for its content and design over the years, "the greatest reward is the difference we make in the community," attests Donna Anderson, president of On-Line Publishers, Inc.

50plus Senior News—reflecting the vibrant and energetic lifestyles of its over-50 readers ... and truly *Redefining Age!*

Bronze Sponsor

With a HealthAmerica Medicare Advantage plan, you get both value and service.

Call today for your no-cost, no obligation consultation.

1-866-218-9822 (TTY/TDD 711),
8 a.m. to 8 p.m., seven days a week.
Or visit us online at www.MyHealthAmerica.com/CPA.




HEALTH AMERICA
A COORDINATED CARE PLAN
Advantia

A Coordinated Care plan with a Medicare Advantage contract. More information and enrollment by phone is also available through HealthAmerica customer service at 1-877-886-2944, 8 a.m. to 8 p.m., seven days a week.


Y0022_CCP_2012_4009_115 CMS File & Use Date: 08/23/2011

GOLD SPONSOR



RJ Harris **Bob Durgin** **Rush Limbaugh**

WHP 580
NOW LISTEN ONLINE
www.whp580.com



Michael Savage **George Noory** **Glenn Beck** **Sean Hannity**

Media Sponsor

Real Country
WHVR
1280 AM

Local News and Weather
Bluegrass and Legendary Country Music
Orioles Baseball and Penn State Football

Don't miss these great programs on WHVR 1280 AM:

- Coffee Club with Tim Michaels
 - Better Living
 - Yard Sale
- Grand Ole Opry Showcase
- Grand Ole Gospel with Dave Eddy
 - Plus Many More!

Your Community Service Leader for 62 Years

HEALTH &
WELLNESS
SPONSOR



We're committed to helping fifty be the new forty.

At WellSpan, we believe every age should be filled with vitality, exuberance, a sense of exploration and joy. As south central Pennsylvania grows older, our commitment to helping those over 50 live healthy, active lives grows with it. We're investing in new facilities like the WellSpan Surgery and Rehabilitation Hospital. We've recruited highly skilled physician specialists in spine and total joint care. And we're continually creating, developing and expanding our offerings in orthopedics, rehabilitation, neurosciences and home care. To learn more, visit wellspan.org. And discover how we can make the best years of your life that much better.



Proud to be the 2011 Health and Wellness Sponsor of the 50plus EXPO

wellspan.org