

NEW HORIZONS

York County Area Agency on Aging

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Leisure Activities May Improve Longevity for Older Adults

by National Institutes of Health

Physical activity is vital for your health. Exercise helps you maintain a healthy weight and prevent chronic diseases ranging from heart disease to diabetes. The Physical Activity Guidelines for Americans recommend that adults get a minimum of 2.5 to 5 hours of moderate-intensity aerobic physical activity each week, or at least half that amount of vigorous-intensity activity.

Previous studies have found that a wide variety of leisure-time physical activities can provide health benefits. But these studies have largely been done in younger adults. And many did not track different levels of various types of activities.

To understand whether older adults benefit from various types of exercises, NIH researchers led by Dr. Eleanor Watts analyzed data from more than 272,000 participants in a national health survey. The participants were first surveyed in the mid-1990s. When they responded to a follow-up questionnaire between 2004 and 2005, they had an average age of 70.

The study captured information on health conditions, habits like smoking and alcohol use, socioeconomic status, and diet. It also recorded participation in seven different recreational activities. These were running or jogging, cycling (outdoors or on a stationary bike), swimming, other aerobic exercise (such as aerobics class or using exercise machines), racquet sports, golf, and walking.

The researchers examined the risk of death during the 12 years of the study. They compared reductions in that risk provided by different levels and different types of physical activity. Results were published on August 24, 2022, in JAMA Network Open.

Among older adults who exercised regularly, walking was the most common activity. That was followed by other aerobic exercise, cycling, golf, swimming, running, and racquet

sports. Older adults who participated in any combination of these activities but did not meet the recommendations in the physical activity guidelines had a 5% lower risk of death during the study than those who were inactive.

Those considered active—with at least the amount of aerobic activity recommended by the guidelines—had a 13% lower risk of death compared with inactive participants. Participation in racquet sports and running were associated with the greatest risk reductions, but all activities provided benefit.

The risk of death continued to decrease with additional activity beyond the recommended levels. But these returns diminished as activity increased to high and very high levels.

Running was associated with the greatest risk reduction for death from cancer. Racquet sports were associated with the greatest risk reduction for death from heart disease. However, people who got the recommended amount of exercise, regardless of activity, had a reduced risk of death from both cancer and heart disease.

“We found that all types of recreational activities that get people moving are associated with greater longevity,” Watts says. “So the most important thing an inactive older adult can do to improve their health is find an activity that they enjoy and can stick with.”





From The Director

Dear Reader:

Welcome to a new year and the hope that 2025 will be a good year for all of us. While many of us enjoyed the holidays with

family and friends, there are many older adults who are isolated and did not spend their holidays with other people.

Many older adults have lost their spouse, and family lives at a distance so they cannot visit as often as they might like. Some older adults also have health issues that limit their ability to seek socialization on their own. Some, unfortunately, feel trapped in their own home.

Our Agency provides many services, but one of the most important is our Friendly Visitor Program. This program provides isolated seniors a visit from one of our Agency's volunteers. Some of these visits start as weekly events, but soon turn into friendships with visits becoming much more frequent. This program can truly be a lifeline for an isolated senior and is often the only human contact they may have.

While our Agency provides many services, like the Friendly Visitor Program, we are totally reliant on volunteers to make them successful. The importance of volunteer programs has grown as the older adult population is quickly outpacing the funds available to provide senior services. Without volunteers selflessly giving of their time, we would be unable to provide all of the programs that we do.

The emphasis of all our volunteer programs is on the senior in the community; however, in reality the volunteer often receives just as much from the program. We often hear from volunteers that working in these programs has kept them feeling engaged and productive. This feeling of being engaged can be very important when you consider the vast majority of our volunteers are seniors themselves.

If you think you may be interested in volunteering and would like more information about volunteer opportunities, please contact Steph Hankey, Volunteer Coordinator, and she will be happy to answer any questions you may have. You can also visit our website www.ycaaa.org for information about our volunteer

programs. Just a little time can make a great difference in someone's life.

I wish you all a peaceful end to 2024 and hope that 2025 is a good year for all of us. Have a safe and happy New Year!

Mark W. Shea



Find resources for:

- Affordable Housing & Care Facilities
- Financial Management
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- Medical & Dental Needs
- Savings Programs
- and lots more...

Go to <http://www.ycaaa.org>



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Mission Statement

The primary focus of the York County Area Agency on Aging is to provide education, advocacy, and coordination of community-based services to empower older adults to maximize their independence and quality of life.

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January 2025
Dan Eagan
PA MEDI Counselor



February 2025
Ronald Crone
Financial Counselor



March 2025
Brenda Shubert
Friendly Visitor
Office Assistant
Special Events



April 2025
Jill Little
Friendly Visitor



YCAAA Stars

Volunteers of the Month

Winter Safety in York County

by the York County Office of Emergency Management

Despite York County not experiencing a winter with several significant snowstorms in several years, we can't assume that it won't happen this season. That said, to remain safe this winter, the York County Office of Emergency Management is suggesting you take steps to prepare.

Winter storms – of the ice and snow variety -- can last a few hours or several days. They can cut heat, power, and communication services. And they can put certain groups at greater risk, such as older adults, kids, sick people, and pets.

Tips for staying safe this winter:

- **Avoid travel during winter weather**, if possible. If you must travel, check 511pa.com for up-to-date road conditions and travel information. It also gives locations of plows on the roads.
- **Get weather alerts** on your cell phone, either through apps, social media accounts or a weather radio.
- **Limit your time outside.** Use caution when shoveling; don't over-do it. Have someone help you if you have health concerns.
- If you must go outside, **wear layers of warm clothing and watch for signs of hypothermia** – an unusually low body temperature, marked by signs of shivering, exhaustion and confusion; and frostbite -- loss of feeling and color around the face, fingers and toes, marked by numbness, white or grayish-yellow, firm or waxy skin.
- **Keep supplies** — such as bottled water, nonperishable food, and basic supplies — at home and in your vehicle.
- **Prepare your home** with insulation, caulking and weather stripping.
- **Get help heating your home.** The Low-Income Home Energy Assistance Program, or LIHEAP for short, provides money to help Pennsylvania families pay their heating bills. Apply for this assistance through the Department of Human Services.
- **Charge cellphones and battery-powered devices** in advance. Gather emergency supplies, including flashlights with extra batteries, bottled water, and blankets.
- **Always keep your gas tank at least half full**, if possible. Gas stations rely on electricity to power their pumps.
- **Plan for power-dependent medical devices** in a power outage.

Source: <https://www.ready.pa.gov>



Celebrating our Volunteers' Hearts for Service

by Stephanie Hankey, York County Area Agency on Aging Volunteer Coordinator

National Volunteer Week, celebrated each April, highlights the incredible impact of volunteers. This year's theme, "**Celebrating Service**," (Points of Light Foundation) perfectly captures the spirit of our 120+ volunteers at the Area Agency on Aging. Their generous hearts are the driving force behind our ability to provide essential services to older adults in York County.

In the past year, our volunteers dedicated over 10,126 hours to making a difference. Their contributions are invaluable.

Ombudsman volunteers visited individuals in long-term care facilities, providing advocacy and support.

Our Friendly Visitors and Telephone Reassurance volunteers formed lasting friendships with isolated older adults, providing companionship and assisting with other tasks as needed.



Financial Counselors assisted older adults with their finances, taught financial literacy, and helped them apply for cost-saving programs.

Office Assistants volunteered countless hours behind the scenes, assisting with filing, sorting, and coordinating Rent-A-Kid requests. They also helped schedule individuals for free tax appointments and Medicare counseling appointments with PA MEDI counselors.

PA MEDI counselors provided counseling and guidance to Medicare Beneficiaries year-round, especially during Open Enrollment, assisting over 1,000 individuals.

Through a partnership with the AARP Tax-Aide Program, volunteers prepared over 4,500 free tax returns.

Health and Wellness volunteers instructed and led numerous Falls Prevention and Healthier



Living classes at no cost for older adults.

Volunteers distributed over 3,000 free fresh fruit and vegetable vouchers throughout the county.

New Horizons bundlers and delivery drivers helped distribute this newspaper to various designated community locations.

Judicial Center Tour Guides provided tours of the courthouse and unique experiences for area youth and retiree groups.

As the demand for services for older adults continues to rise, Advisory Council volunteers have advocated for increased funding for services and programs.

The York County Area Agency on Aging volunteers continue to make a difference daily in the lives of older adults, embodying our Agency's mission in every interaction. Through their dedication to socialization, advocacy, empowerment, and education, our volunteers help older adults in York County live happier, healthier lives. We celebrate their milestones and honor their service.





Local College Programs Help to Broaden Your Horizons

by Amanda Bonett, YCAAA Information Specialist

As older adults, many of us find that we have more time and different interests than we had in younger years. We may be interested in learning a new language, gaining new knowledge of history, or beginning a new hobby such as creative writing or painting. It's never too late to learn new things or broaden our understanding of the world around us.

Going back to school not only offers educational benefits, it also provides social enrichment and the opportunity to engage and build relationships with younger generations. Having multigenerational friendships provides many benefits. The younger person may gain a mentor, while the older adult may find purpose and self-worth in sharing their experience. In addition, our worldview expands as our mind opens to new ideas and perspectives.

Fortunately, many Pennsylvania colleges and universities offer older adults the chance to audit their classes. Although you must still pay for any books, class supplies, and some administrative fees, the cost of tuition is free. Here in York County we have several college-level programs nearby that are open to older adults. Please call the admissions office or visit the online links for information on the program of your choice.

OLLI at Penn State York offers a wide range of courses each year. These courses are independent of the degree-seeking curriculum. There are also special interest groups specifically for older adults. There is a membership requirement for some courses. All courses have a fee. <https://olli.psu.edu/york/>

Penn State GO-60 is a program which allows older adults to audit a maximum of two undergraduate credit courses on a space-available basis. Students are expected to complete assignments and tests. Students are responsible for fees and other costs associated with the course. Call Penn State York registrar for more information.

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Volksmarching with the Wanderers for Fun, Fitness, and Friendship

Most physicians say the simplest way to improve and maintain your health is by walking, but you needn't do it alone. York County and its neighbors have clubs that map routes and host non-competitive events for walking as well as biking, swimming, and snowshoeing. One such club is the York White Rose Wanderers.

Established in 1984, the Wanderers (ywrw.org) are affiliated with the Keystone State Volkssport Association (ksva-ava.org) and the American Volkssport Association (ava.org), which host events in most Pennsylvania counties and across the United States. Originating in Europe in the 1960s, volksmarching has spread all over Europe and the U.S., even to New Zealand, Indonesia, and Taiwan, with annual participation in the millions.

Closer to home, my wife and I used to bike the York Heritage Rail Trail on weekends. We found the Wanderers on a list of local hiking clubs and did our first walk at Brillhart Station in April 2021. As members ever since, we've enjoyed walks in Dillsburg, Manchester, Hanover, and elsewhere. Member Sarah G. of Bedford joined a walking club in Germany in 2003, which led her to the Wanderers. Other members have similar experiences.

Julie G: "I was working at a local high school health fair in 1995 and spotted a man looking like he had just come off the Appalachian Trail. He had information on volksmarching, a word I'd never heard before. I always enjoyed walking but was new to York County and wanted to walk where I felt safe and could explore new territory. I liked that the weekend walks had checkpoints to keep tabs on me and had other walkers to accompany me, so my

husband wouldn't worry. Since 1995, I have done over 1400 events and enjoyed each of them as an adventure."

Seth W: "Some of my most vivid memories in the early 90s were volksmarching with my grandparents, traveling to Jonestown, walking Pinchot, marking trails north of Wrightsville, and selling commemorative items at the Start tables. Upon returning to York after college, I met my wife and introduced her to the club. We enjoy the self-paced walks through interesting areas, learning historical factoids and helping our overall health."

Kim Z: "My husband and I enjoy the marked trails and directions given for each 5K or 10K walk, pointing out places of interest. You can go at your own pace, meet other people, converse, and make new friends, while discovering new restaurants, parks, and historic buildings along the routes, which are coded for walking surface and difficulty."

Kenton K: "Walking allows for greater appreciation of the historical and architectural significance of our old towns in York, Lancaster, and surrounding counties, and to find little, tucked-away eateries that you might miss while driving through."

Tom J: "Our events stimulate you intellectually, with walks and bike events in Gettysburg, showcasing the battle, haunted places, and historic buildings. Likewise, our events in State College attract participants from all over the country. And if snowshoeing is your thing, we'll lend you the snowshoes!"

The Wanderers' motto is
"Fun, Fitness, and Friendship."

Hope to see you on the trails!

York College of Pennsylvania extends an invitation to all older adults who wish to audit an undergraduate course to enroll in courses by completing a registration form and paying a part-time general fee plus any applicable lab fees. No tuition will be charged. Call the school admissions office for details.

Gettysburg College allows older adults and community members to audit 1 or 2 classes per semester at no cost. Students must have the instructor's permission before registering. Auditing students are expected to attend class, do homework, and take tests, but will not receive academic credit. <https://www.gettysburg.edu/offices/registrar/audit-application-policies>

Harrisburg Area Community College allows seniors to audit most credit courses for free. Participants must register in person no more than five days before the start of a term, and will be accepted on a seats available basis. HACC has local campuses in York and Gettysburg. Call the admissions office for more information.

Millersville University offers older adults the opportunity to audit online or in-person classes. Examinations, written papers, or tests are not required. One class may be audited per semester. Auditors pay fees but tuition is waived for ages 62 or better. <https://www.millersville.edu/education/adult-learning/programs/>

It's Maple Sugaring Season!

by York County Parks & Recreation

Did you know that real maple syrup has zero added ingredients? The only ingredient is maple sap! That delicious natural sweetener we enjoy on pancakes, waffles, ice cream, and yogurt, comes straight from maple trees.

Unlike refined cane and corn sugar options, pure maple syrup contains essential nutrients including manganese, riboflavin, and zinc (USDA). Some nutrition experts even say pure maple syrup is a superfood because of the antioxidants it contains (up to 24 different antioxidants says the journal *Pharmaceutical Biology* 46, 2008). Pure maple sugar offers some other health benefits as well including protection against inflammation, an anti-cancer effect from the antioxidants, improving the effectiveness of antibiotics and better for digestion compared to sugar or artificial sweeteners. Of course, it is important to remember that it does still contain a high sugar content and too much sugar can cause complications related to diabetes or tooth decay, but when compared to artificial sugars, pure maple syrup is more beneficial than others.

Each winter as woodchucks slumber in their underground burrows and finches flock to the birdfeeders, sugar farms in northeastern North America fire up the boiling pans to cook maple sap into syrup! Sap is only tasty during this very specific time, January through early March, when temperatures are above freezing in the daytime but below freezing at night. Once the bright, red buds start to burst into tiny, red flowers high up in the canopy of the maple trees, the sap can no longer be made into a tasty treat. During this special window, sugar producers collect and boil sap until enough water evaporates to increase the sugar content from about 2% to 66%. This can take several hours to reach the appropriate consistency for the syrup we know and love!

Understanding all the stars that must align just right to make this local treat possible will make your next pancake breakfast taste even better. Don't forget the real maple syrup!



If you are interested, we have a wonderful event each year at Nixon County Park and Nature Center called Maple Sugaring Days! It is a family friendly event that is perfect for everyone of all ages to enjoy. We offer a self-guided tour with exclusive exhibits and demonstrations on the process of making maple syrup from the tree tapping process, to primitive boiling techniques and more modern techniques. Not to mention that you get an opportunity to taste test some pure maple sugar, enjoy some pancakes and purchase some delicious maple syrup and treats!

This year's event will be held on two back to back weekends, **February 22-23** and **March 1-2** from 10:00 am – 3:00 pm at Nixon County Park,

5922 Nixon Drive, York, PA 17403.

Admission is \$3.00 for this event. Children under 4 are free and park members receive free admission as well. You can become a park member at SupportYourParks.org. We hope to see you there!



Happy New Year, Build a Happy Heart Plate!

Portion Sizes
 1 cup = the size of a baseball
 2-3 oz. of meat = the size of a deck of playing cards
 1 tablespoon = the tip of the thumb

Nourish Your Heart, Eat Smart!
 To learn more about maintaining a heart healthy diet, visit www.heart.org/en/healthy-living/healthy-eating

Keep moving your body!

- Learn to cook simple meals with short videos
- Healthy recipes including **diabetes & kidney-friendly** dishes
- Ingredients available at local discount stores & budget-friendly

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Theatre for Seniors by Seniors

Theatre at every age is beneficial for the mind and the body. This is true for those participating in the production as well as those participating as audience members. Alas, seniors are often overlooked in theatre arts. In an effort to make sure seniors are served by a local community theatre, Theatre Arts For Everyone (TAFE) started a Senior Touring Troupe in 2022.

What does theatre give the actors? Let's listen....

"I have always loved acting, and after many years, it feels good to be doing it again. What I cherish most about the experience is connecting with an audience, to know that the performance has brought some happiness, humor, and reflection into their lives. I have found that in connecting with them, I also connect more deeply with myself. This is especially true now that I am seventy eight years old and performing as a senior for seniors. There is happiness all around!" Pen, 78

"Relationships - nothing quite like building relationships with the rest of the cast as you travel everywhere and adjust to all the surprises you encounter, deepening friendships with folks you've usually not met before. Reactions - you never quite know who your audience will be other than being Seniors, but what a joy experiencing their responses during the performance and then afterwards when we interact - from laughing to crying to silently connecting personally with the characters and topics in the play." Mark, 68

The members of this touring troupe are varied in age and background. Some are brand new to theatre – others are "old" hats. This Touring Troupe is free to join, open to all, and provides all the benefits of theatre! What we need is you! All you need is daytime availability and transportation. Being part of our Troupe builds new relationships, challenges memorization, and demands teamwork. It is a perfect medium for seniors to remain physically and mentally active, have fun, and give back. If you would like more information on how to get involved with TAFE's touring troupe just reach out to Diane at 717-884-8233 or info@tafepa.org.

Accurate Blood Test for Alzheimer's Disease

by Sharon Reynolds for National Institutes of Health Research Matters

An accurate diagnosis of Alzheimer's disease currently requires either a sample of cerebrospinal fluid or a brain imaging test called a PET scan. Neither of these tests can be done in primary care clinics, where most people with cognitive complaints are first seen.

Such bottlenecks slow or prevent the diagnosis of Alzheimer's. Not having an official diagnosis prevents people from receiving drugs that can slow the progression of the disease. It can also keep them from joining studies of new treatments.

Researchers have been working to develop easier blood tests for Alzheimer's. These tests measure proteins related to the disease called beta-amyloid and tau. Abnormal buildup of certain forms of beta-amyloid and tau can cause them to spill into the bloodstream from the brain. Many blood tests for Alzheimer's have shown promising results. However, to date, most studies of these tests have not been done in real-world settings such as community clinics.

In a new study, funded in part by NIH, researchers led by Drs. Sebastian Palmqvist and Oskar Hansson from Lund University in Sweden collected blood samples from people who were being evaluated because of cognitive symptoms. More than 500 older adults were recruited from local primary care clinics and nearly 700 from nearby specialty memory care clinics.

The researchers used a test called PrecivityAD2. This measures the ratio of two types of beta-amyloid as well as the proportion of tau made up of a specific type called p-tau217. Both measures were previously shown to predict a diagnosis of Alzheimer's. In a previous study, the team defined the levels of these molecules required to confirm a diagnosis of the disease.



In the new study, the researchers compared blood test results with those from either a spinal-fluid test or PET scan. They also compared the performance of the blood test with that of standard clinical evaluations performed by doctors. Such evaluations include a physical examination, cognitive testing, and a CT scan of the brain. Results were published on July 28, 2024, in JAMA

Across all the participants, the blood test predicted a diagnosis of Alzheimer's with 88% to 92% accuracy. Further analysis found that measuring the proportion of p-tau 217 alone yielded results similar to using both measures.

The blood test performed far better than clinical evaluations done without biomarker-based testing. Such clinical evaluations were 73% accurate at identifying the disease when done in specialty memory clinics, and only 61% accurate when done in primary care settings.

"We see this as a major step towards global clinical implementation of an Alzheimer's blood test," Hansson says. "The next steps include establishing clear guidelines for how an Alzheimer's blood test can be used in clinical practice, preferably by implementing these tests first in specialist care and then in primary care. This work is currently ongoing."

While the test used in the study is sold in the United States, it is not yet approved by the Food and Drug Administration or covered by most insurance plans. The study also needs to be replicated in more diverse populations than the Swedish one studied.



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York County CASA Program is looking for volunteers to advocate for children in the child welfare system.

Now taking applications for Spring 2025 training!

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Redefining Health and Well-Being in Older Adults

by Carol Torgan, Ph.D. for National Institutes of Health

Health is more than just the absence of disease. Health also includes physical, psychological, and social well-being. Many traditional models of health, however, focus mostly on conditions such as diabetes, cancer, and heart disease.

A team led by Dr. Martha McClintock at the University of Chicago set out to classify the health of older adults by using a more comprehensive approach. The research was supported in part by NIH's National Institute on Aging (NIA). Results were published on May 31, 2016, in Proceedings of the National Academy of Sciences.

The researchers interviewed a sample of more than 3,000 American adults, ages 57 to 85. The sample was designed to represent all older adults nationwide who live at home, regardless of their health status. The team administered questionnaires that covered 54 diverse health variables. Participants were contacted again after 5 years and either re-interviewed or noted as unable to participate due to incapacity or death.

A traditional "medical model" used 19 of the

variables. These addressed medical issues and organ function, including heart disease, cancer, lung disease, stroke, diabetes, kidney disease, and liver disease. A "comprehensive model" included 35 measures covering other aspects of health and well-being. These included health behaviors (such as sleeping, drinking, and smoking); psychological health (such as stress, depression,



loneliness, and self-esteem); sensory function (such as taste, vision, and hearing); and frailty (such as gait speed, bone fracture, anemia, and urinary incontinence).

The researchers found that about half of the people classified as healthy based on the medical model had vulnerabilities revealed by the comprehensive model that affected the chances

that they would die or become incapacitated within 5 years. Conversely, some people with chronic diseases had many strengths that reclassified them as healthy in the comprehensive model. For example, older adults who were obese but otherwise physically and mentally healthy had the lowest risk of dying or becoming incapacitated.

Analysis of the full comprehensive model of health and well-being revealed several unique variables that predicted mortality and incapacity. Poor mental health, poor sensory function and social engagement, and having a broken bone any time after age 45 were all strong markers for future health problems. Conversely, greater mobility predicted well-being.

"The new comprehensive model of health identifies constellations of health completely hidden by the medical model and reclassifies about half of the people seen as healthy as having significant vulnerabilities that affect the chances that they may die or become incapacitated within 5 years," McClintock says.

Three Terrific Ways to Use Root Vegetables

Lori Klein, Penn State Extension Educator

Root vegetables are the edible portion of plants that grow underground and store nutrients for the above-ground part of vegetable plants. As described on the U.S. Forest Service website titled "Vegetables: Foods from Roots, Stems, Bark, and Leaves," there are three common categories of root vegetables: taproots, tubers, and bulbs. Some commonly eaten taproots include carrots, beets, and turnips. Potatoes and sweet potatoes are in the tuber category, and onions and garlic are part of the bulb category of root vegetables. Some may not think of onions and garlic as part of the category because their texture and flavor differ from the other root vegetables.

Nutrition

You may have heard that eating carrots will improve your eyesight, and there is some science to support this statement. Carrots and other orange vegetables, including sweet potatoes, contain beta-carotene, which our body converts to vitamin A. This vitamin is an essential nutrient that we need to eat in foods for healthy eyes and skin. The U.S. Department of Agriculture's blog titled "Rediscovering our roots in December" details the additional nutritional benefits of eating root vegetables. Vitamin C is

also abundant in most root vegetables and supports immune function. These vegetables are also an excellent source of fiber and potassium for heart health. Most root vegetables are starchy and high in complex carbohydrates for sustained energy and fullness.

Preparing Delicious Root Vegetables

Root vegetables are an abundant source of fresh produce during winter due to their long storage times. The varied flavors of root vegetables include earthy beets, bitter radishes, sweet carrots, and mild potatoes. Many roots also come in a rainbow of colors (blue, red, orange) with subtle flavor twists and unique nutrients. While people often have strong preferences for or against root vegetables, cooking methods also change the texture and taste of these versatile vegetables. Here are a few ideas for bringing new life to your root vegetables while you wait for the new growing season.

When preparing root vegetables, start with clean countertops and utensils. Wash your hands with soap and water. Wash the whole, fresh produce under cold, running water by gently rubbing bulbs like garlic and onions and scrubbing tubers and taproots (such

as potatoes, sweet potatoes, carrots, beets, turnips, parsnips, and rutabaga) with a clean vegetable brush. Then use a vegetable peeler or paring knife to remove any tough outer skin, but you may leave the skin on potatoes for texture, and to get all the fiber, vitamins, and minerals. Use care when cutting root vegetables with a knife, especially for those with a rounded surface like potatoes and beets. Cut a small slice off of one edge first to create a stable, flat surface for additional slicing and chopping. Be sure to cut into uniform size pieces for consistent cooking, and remember that the bigger the size, the longer the cooking time.

For tips on preparing and preserving root vegetables, access the full article from Penn State Extension here: <https://extension.psu.edu/three-terrific-ways-to-use-root-vegetables>





The Impact of Ageism in Healthcare

By Cathy A. Bollinger, CSA, Executive Director of Embracing Aging and TroveStreet®, York County Community Foundation

Everyone has biases, and that includes age bias. Healthcare providers may

be as prone to stereotyping older adults as the rest of society. Providers often care for sick older adults, which may lead them to associate aging with serious health decline.

Ageism is stereotyping, prejudice, and discrimination based on age, and its impacts across society are innumerable. In healthcare, a recent study estimated that ageism costs our nation \$63 billion in a single year.

Ageism in healthcare can have a profound influence on the quality of care offered, requested, and received. This presents the risk of older adults being over or undertreated, misdiagnosed, or undiagnosed.

One in five people over the age of 50 experience ageism in healthcare settings, often related to providers' lower expectations of their older patients' capabilities. Symptoms may be dismissed as part of advanced aging rather than recognized as treatable conditions.

An example that comes to mind is that of a patient in her 80s who went to the doctor due to pain in her left knee. Without even looking at her knee, the doctor said, "At your age, what do you expect?" The patient replied, "Then why isn't my right knee hurting?"

Other examples of ageism in healthcare can include:

- a. Speaking extra loudly or slowly; exaggerating intonation and using simple sentences
- b. Using elderspeak – saying "sweetie" or "honey" instead of the patient's name
- c. Ignoring the patient and speaking directly to their caregiver
- d. Assuming the patient is unable to make decisions for themselves
- e. Lowering expectations of improvement

Society's emphasis on anti-aging has amplified a certain stigma about caring for older adults. The number of doctors with advanced geriatrics training is declining as the specialty may be

viewed as less rewarding, interesting, or important.

Although there are currently more Americans over the age of 65 than under the age of 5, few medical schools require students to take a geriatric course. Additionally, most geriatric courses devote, at most, one session to mental health. This means that there is likely a lack of health practitioners who have a comprehensive understanding of the psychology of aging even though they treat older people.

We all deserve quality health care. How we communicate with our healthcare providers is one of the most important components of receiving top-notch care. For tips to improve your interactions with healthcare professionals, visit <https://trovestreet.com/improve-interactions-with-healthcare-team>. No computer access? Call us at **717-363-1129** and we will mail you the tips.

As Executive Director of Embracing Aging and TroveStreet®, initiatives of York County Community Foundation, Cathy provides education and advocacy to dismantle ageism, increase age-equity in decisions, and advance aging in place concepts. Visit www.yccf.org and www.TroveStreet.com to learn more.



Estate Planning 101

By Jeffrey Bellomo, Certified Elder Law Attorney practicing in York

Many individuals visit our office seeking guidance on necessary planning measures. Regardless of age

or wealth, here are some fundamental aspects that everyone should establish.

Last Will & Testament

By drafting a Last Will and Testament, individuals gain the ability to dictate the distribution of their assets upon their demise. However, it's important to note that this document exclusively governs assets solely owned by the person, excluding jointly owned assets or those with designated beneficiaries.

Financial Durable Power of Attorney

Having this document in place empowers another individual to handle your financial matters if you are unable to do so yourself. This incapacity may arise due to reasons such as unconsciousness, being abroad, or simply lacking the ability to make financial decisions. By having this document, your bills can be paid during your incapacitation. Establishing this document before

losing capacity is crucial, as the alternative of guardianship is far from an ideal option.

Healthcare Power of Attorney

By creating a healthcare power of attorney, you grant authority to another individual to make medical decisions on your behalf in case you are unable to do so. This document can also include a living will, which ensures that your end-of-life wishes or preferences regarding "end-stage medical condition" are known and respected. This comprehensive approach guarantees that your desires are upheld in such circumstances.

Beneficiary Designations

It is often overlooked that certain assets and accounts necessitate the designation of a beneficiary. Examples include life insurance, 401(k)s, IRAs, annuities, and more, which allow for direct beneficiary designation on the contract or policy. It is crucial to ensure that beneficiary designations align with other estate planning arrangements. For instance, if your will designates everything to one person but your beneficiary designations indicate someone else, upon your passing, the assets will be distributed

according to the beneficiary designations, disregarding the intentions stated in your will.

Guardianship Designation

When you have children under the age of 18, it is vital to designate a guardian who will assume responsibility for their care in the event of your passing. The appointed guardian will provide physical care and support to your child(ren) until they reach adulthood. It is crucial not only to name your preferred guardian but also to designate an alternative in case the initially chosen person is unable to fulfill the role. Failing to express your preference in the document can potentially result in an unnecessary and avoidable legal dispute in court.

Regardless of your age, health status, or wealth, ensuring these fundamental aspects are addressed will provide comprehensive coverage. Additional estate planning techniques may be applicable if you possess considerable wealth or face complex circumstances. However, as a general guideline, these essentials are necessary for everyone, irrespective of their age or wealth.

To learn more about estate planning, please call a qualified elder law attorney.



*Serving Older Adults
in York County during Fiscal Year
2023 - 2024*



Mission Statement

York County Area Agency on Aging promotes the independence of older adults through education, advocacy, and coordination of community-based services. Our primary commitment is to deliver quality services to older adults with the greatest social and economic needs. As resources allow, we may serve others with similar characteristics.

Vision Statement

York County Area Agency on Aging will be a leader in bringing our communities together to keep people well, involved, and independent.

Advisory Council Members 2023 - 2024

Tami Barley	Richard Farr	Robert Jensenius	Staci Rogers
Debra Daniels	Robert Fawcett	Karen Mansberger	Jennifer Shimkonis
Sharon Eyster	Evelyn Godsey	Kasie Ream	Patrick Vaughn
Susan Emmons	Joni Griffin	Wendy Rittenhouse	Sherry Welsh

Revenue by Category FY 2022/2023

Aging Block Grant	\$9,225,301.65
Title XIX	\$116,080.00
MA Assessment Revenue	\$707,173.73
County Revenue Sharing	\$488,745.80
Program Income	\$9,566.00
Cost Sharing Fees	\$4,525.00
Total	\$10,551,392.18

Expenditures by Category FY 2023/2024

Administration	\$1,286,716.94
In-Home Care	\$527,706.49
Home Delivered Meals	\$1,127,250.38
Care Management/Assessment	\$2,642,772.12
Senior Centers/Congregate Meals	
/Transportation	\$2,188,546.51
Protective Services	\$1,612,453.76
Advocacy/I&R	\$1,013,816.61
Volunteer Services	\$152,129.37
Total	\$10,551,392.18



What To Bring To Your Tax Appointment?

After you make an appointment, the next step is to make sure that you are prepared before the appointment. It is important that you bring all of the information and documents needed to complete the tax returns and other forms.



Bring any of the following that apply to you:

1. Your completed intake form.
2. All tax forms that you received through the mail or printed from the internet.
3. A copy of tax year 2023's federal, state and local income tax returns, and Property Tax/Rent Rebate returns.
4. Your picture identification cards, such as a driver's license, and your and any dependents' Social Security cards.
5. Verification of all employment income you received during the year, e.g., wages (W-2) or self-employment (1099-NEC).
6. 1099 forms for interest, dividends, capital gains, unemployment payments, IRA distributions, pensions, Social Security benefits, etc.
7. Brokerage statements.
8. A record of cash donations to any charitable organization.
9. Affordable Care Act Form 1095-A.
10. Record of gambling and lottery winnings and proof of gambling losses.
11. If you want to itemize deductions, totals for medical expenses, charitable contributions, property taxes, mortgage interest, and volunteer and medical mileage.
12. 2024 property tax receipts for both County and School, with the tax collectors "Paid" stamp on them. If you don't have those, bring your canceled checks or mortgage statement, if paid through escrow.
13. Rent certificates completed by the landlord (for rent rebate applicants).
14. A copy of a check or other document that displays bank account number and bank name for direct deposit of any refund.

For questions, please call our voicemail line at **717-640-5006** or email us at info@yorkaarptaxaide.com



2024 Tax Year Assistance Schedule

For an appointment at the following sites, if you are 60 years and older please call the York County Area Agency on Aging at **717-771-9042**, ON OR AFTER Monday, January 13, 2025.

Living Word Community Church

2530 Cape Horn Road, Red Lion
Enter through Door #7 (*new entrance for 2025*)
Thursdays 8:30 AM - 12:30 PM

Messiah Church of York

1300 N. Beaver Street, York
Downstairs Parish Hall (*entrance in rear*)
Tuesdays 8:30 AM - 12:30 PM

Aldersgate Church

397 Tyler Run Road, York
Saturdays 8:30 AM - 12:30 PM

York Alliance Church

501 Rathton Road, York
Wednesdays 8:30 AM - 12:30 PM

St. Matthew Lutheran Church

839 W. Market Street, York
Mondays 8:30 AM - 12:30 PM

Fishing Creek Salem United Methodist Church

402 Valley Road, Eppers
Fridays 8:30 AM - 12:30 PM
(*new tax site for 2025; replaces Union Fire Company in Manchester and Red Land Senior Center in Lewisberry*)

Please call the following locations directly to schedule your appointment. Note some take calls only at the call times indicated.

Dover Area Community Library

3700 Davidsburg Road., Dover
Thursdays, 8:30 AM - 12:30 PM

Call Times:

Monday: Noon - 6:00 PM
Tuesday: Saturday 10:00 AM - 1:00 PM
717-292-6814

Hanover Church of the Brethren

601 Wilson Avenue, Hanover
Mondays, 8:30 AM - 12:30 PM

Call Times:

Hanover Area Council of Churches
Monday - Friday: 9:00 AM - 1:00 PM
717-633-6353 (*Monday appointments ONLY*)

Hanover Church of the Brethren

601 Wilson Avenue, Hanover
Tuesdays, 8:30 AM - 12:30 PM
717-640-5006 (*Tuesday appointments ONLY*)

Delta Senior Center

5 Pendyrus Street, Delta
1 Day Only, Tuesday, March 25
9:00 AM - 2:00 PM
717-456-5753

Grace Church Shrewsbury

473 Plank Road, New Freedom
Mondays, 8:30 AM - 12:30 PM

Call Times:

Stewartstown Senior Center
Monday - Thursday: 9:00 AM - 3:00 PM
Friday: 9:00 AM - 1:00 PM
717-993-3488

Susquehanna Senior Center

2427 Craley Road, Wrightsville
Wednesdays 8:30 AM - 12:30 PM
Select Thursdays 8:30 AM - 12:30 PM
717-640-5006

Windy Hill on the Campus

This location is closed in 2025 for construction; please select one of our other tax sites to make an appointment

For other questions,

please call York County AARP Foundation Tax-Aide at **717-640-5006**, or send an email to info@yorkaarptaxaide.com or visit their website at www.yorkaarptaxaide.com.

Volunteers Provide Free Tax Preparation

AARP Tax-Aide volunteers will be available to assist you in completing your income tax returns at sites throughout York County, beginning in February. Select a site convenient for you and call to schedule an appointment.

Intake documents that you need to complete before your appointment will be available at our locations or on the website:

<https://www.yorkaarptaxaide.com/>

Federal Income Tax Return

You **must or should** file a return if any of the following situations apply to you:

1. Your gross income exceeds the threshold for your age and filing status.
2. You had taxes withheld from your pay or retirement or made estimated tax payments.
3. You had net earnings from self-employment of more than \$400.
4. You received a Premium Tax Credit as part of the Affordable Care Act.
5. You received a Health Savings Account distribution.
6. You owe a penalty for an early distribution from a retirement account.
7. You are eligible for the Earned Income Credit.

State Income Tax Return

Many persons who do not have to file a Federal return must still file a Pennsylvania return. If you have \$33 or more of income from things like wages, interest, dividends, capital gains, or life annuity distributions, you need to file a Pennsylvania return.

Local Return

If you received one, please bring the Local Tax Return form mailed to you by the York-Adams Tax Bureau.

Rent/Property Tax Rebates: Eligibility Income up to \$45,000

Beginning in 2023, the income cap for both renters and homeowners was made equal and increased to \$45,000 a year (adjusted annually for inflation). If you meet income and age guidelines, Property Tax and Rent Rebate forms will be completed. Please bring proof that you paid property taxes in 2024, if you own your home. If you rent, bring the state's rent certificate form signed by your landlord or other proof of rent paid.

No Need to File

If you know that you do not need to file an income tax return and want to complete only a Property Tax or Rent Rebate application, please

state that when you call for an appointment. You may be given an appointment time for a rebate-only return.

If you are not sure if you need to file a federal or state return, please bring all your documents to one of our sites. We will review them and help you make that determination.

Follow this QR Code to the AARP Tax-Aide website.



Pennsylvania Inheritance Tax Update



By Robert Clofine, Certified Elder Law Attorney practicing in York

The question that my clients ask most is “How will my property be taxed at the time of my death?” Most

don't need to worry about federal estate tax since this tax only applies in 2025 if the estate exceeds \$13.99 million. The same, however, cannot be said of the Pennsylvania inheritance tax (PAITAX). If you die as a Pennsylvania resident, the PAITAX applies regardless of the size of your estate.

The amount of tax a beneficiary pays depends on the value of the property they receive and their relationship to you. Parents, children, grandchildren, and stepchildren are taxed at 4.5% percent. Siblings are taxed at 12% and assets that you leave to others, including nieces and nephews, friends and companions are taxed at 15%. Gifts to charities are not taxed, and there is a zero-tax rate for transfers to a spouse, transfers from a child 21 years of age or younger to a parent or stepparent, and transfers to your children aged 21 or younger.

The tax is not imposed on the gross value of your estate. First, you can deduct debts that you owed, funeral expenses and any other estate settlement costs. Secondly, certain property is exempt from the tax altogether. The most important exemption is for property that is owned jointly by a husband and wife. Therefore, if you and your spouse own all your property jointly, upon death of the first spouse there will be no PAITAX.

Life insurance proceeds are exempt from PAITAX. Some retirement plan benefits are exempt, but IRAs are subject to tax if the decedent was over age 59 ½.

Another exemption is for agricultural lands. If the land qualifies for the “clean and green” preferential real estate tax assessment and it passes to a lineal descendant or sibling, it is now exempt from PAITAX. If you don't meet this exemption, it might still qualify for the more technical “business of agriculture” exemption. There is also an exemption for a “qualified family-owned business.” In general terms, this

is a business with less than 50 employees and a value of less than \$5 million that passes to lineal descendants, siblings or other “qualified transferees.”

While these exemptions are nice, certain other property is subject to tax even though you may no longer own it at the time of your death. For instance, if you give your entire estate to a child, but fail to survive that gift for a period of one year, then the gift is taxed at 4.5% to the extent it exceeds \$3,000. Also, suppose you give your house to your son, but reserve the right to live there for the rest of your life. Because you reserved this right, the entire value of the house would be taxed upon your death.

As you can see, many factors will influence the amount of inheritance tax your estate will have to pay. These include the type of property you own, the way you own your property and the relationship of your intended beneficiaries. As is the case with any other tax matter, proper planning can save taxes and ensure that you pass along all that you're worth.

Stay Warm with the Low Income Home Energy Assistance Program

The Pennsylvania Low-Income Home Energy Assistance Program (LIHEAP) helps low-income people pay their heating bills through energy assistance grants. People do not need to have an unpaid bill to receive energy assistance and can receive this money without being on public assistance. You can either rent or own your home. LIHEAP is a grant and does not have to be repaid. LIHEAP offers both cash and crisis grants.

Cash Grants

Cash grants help families pay their heating bills. The 1-time payment is sent directly to the utility company or fuel provider, and will be credited on the person's bill. (In some cases, a check may be mailed directly to the recipient.) Cash grants range from \$200 to \$1,000 and are based on household size, income, and fuel type.

Crisis Grants

In addition to the LIHEAP cash program, households experiencing a heating crisis may be eligible for additional benefits through the LIHEAP crisis program. Crisis grants may be available if you have an emergency situation and are in jeopardy of losing your heat. You can receive more than one Crisis Grant, as necessary, during the season until the maximum benefit of \$1,000 is reached.

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 of having utility service terminated (received a notice that service will be shut off within the next 60 days)

If you have a heating emergency, please call your local county assistance office at **717-771-1100** or **800-991-0929**.

Who Is Eligible

The Income Guidelines for the 2024 to 2025 program year are listed below for homeowners and renters who are on a low or fixed income, and whose yearly income before taxes is at or less than 150% of the Federal Poverty Income Guidelines (FPIG)

After your application is processed, you will receive a written notice that will tell you if you qualify. If eligible, it will tell you the amount of your grant.



Household Size	Income Limit
1	\$22,590
2	\$30,660
3	\$38,730
4	\$46,800
5	\$54,870

For Each Additional Person, Add \$8,070

How To Apply

To apply you will need the following:

- Names of people in the household
- Dates of birth for all people in the household
- Social Security Numbers for all household members
- Proof of income for members of the household
- A recent heating bill

There are two ways to apply for LIHEAP:

Online: Apply for benefits online using COMPASS, the online tool for Pennsylvanians to apply for health and human service programs and manage benefit information.

On paper: You can download or pick up a paper application, print it, fill it out, and return it to your local county assistance office.

Your Rights

If you are not satisfied with the grant amount you receive or the way you are treated, you can request a hearing through the County Assistance Office.

Questions About LIHEAP

If you have questions about LIHEAP, you may call your County Assistance Office or the toll-free LIHEAP hotline at **866-857-7095**.

Turning 65? New to Medicare?

PA MEDI is here to help with "Medicare 101!"

Understanding Medicare can be difficult. Provided by Pennsylvania Medicare Education and Decision Insight, PA MEDI, this free presentation introduces you to Medicare and gives you the opportunity to ask questions to PA MEDI's specially trained staff and volunteers.

"Medicare 101" will help you learn about:

- Medicare Eligibility & Enrollment
- Notices, Costs & Penalties
- Original Medicare, Medigap, & Medicare Advantage
- Services under Medicare Parts A & B
- Medicare Prescription Drug (Part D) Benefit
- Switching Plans
- Medicare Appeals
- Medicare Savings Programs to save you money
- How PA MEDI can assist you... and much more!

Join Us!

Thursday, January 23

Thursday, April 24

Thursday, July 24

Thursday, November 20

All classes take place from 6 - 8:30 pm

**York County
Area Agency on Aging**
2401 Pleasant Valley Road
York, PA 17402

To Register

**717-771-9008
or 800-632-9073**

Email

aging@yorkcountypa.gov

Presented by Pennsylvania Medicare Education and Decision Insight, PA MEDI, the known and trusted resource at your local Area Agency on Aging for unbiased, easy-to-understand Medicare information.



**Pennsylvania
Medicare Education
and Decision Insight**

Understanding the Medicare Advantage Open Enrollment Period

from the National Council on Aging

Should I switch Medicare plans? Is it too late to change Medicare plans?

These are questions you may find yourself wondering and, if so, when you can make changes to your coverage.

It's common for older adults' health needs and budgets to change from year to year, which is why it's important to review your Medicare plan annually to ensure it still meets your needs.

While all Medicare users can make changes during the regular Open Enrollment Period of Oct. 15 – Dec. 7, people who are already enrolled in a Medicare Advantage Plan (also known as Medicare Part C), get another

Annual Changes and Medicare Costs in 2025

Medicare premiums, deductibles, copayments, and other costs often change each year.

Part A costs in 2025

Premium if you have between 30 & 39 working quarters	\$285/month
Premium if you have fewer than 30 working quarters	\$518/month
Deductible	\$1,676/benefit period
Inpatient hospital daily coinsurance for days 61 to 90	\$419/day
Inpatient hospital daily coinsurance for 60 lifetime reserve days	\$838/day
Skilled nursing facility (SNF) daily coinsurance for days 21 to 100	\$209.50/day

Part B costs in 2025

Premium	\$185/month
Annual deductible	\$257

Part B Income Related Monthly Adjustment Amount in 2025

Your annual income

Individuals	Couples	
Equal to or below \$106,000	Equal to or below \$212,000	\$185.00
\$106,001 - \$133,000	\$212,001 - \$266,000	\$259.00
\$133,001 - \$167,000	\$266,001 - \$334,000	\$370.00
\$167,001 - \$200,000	\$334,001 - \$400,000	\$480.90
\$200,001 - \$499,999	\$400,001 - \$749,999	\$591.90
\$500,000 and above	\$750,000 and above	\$628.90

Part B costs in 2025

National base premium	\$36.78/month
Annual deductible	\$590
Catastrophic coverage begins	\$2000

Part D Income Related Monthly Adjustment Amount in 2025

Your annual income

Individuals	Couples	
Equal to or below \$106,000	Equal to or below \$212,000	\$0.00
\$106,001 - \$133,000	\$212,001 - \$266,000	\$13.70
\$133,001 - \$167,000	\$266,001 - \$334,000	\$35.30
\$167,001 - \$200,000	\$334,001 - \$400,000	\$57.00
\$200,001 - \$499,999	\$400,001 - \$749,999	\$78.60
\$500,000 and above	\$750,000 and above	\$85.80

chance to modify their coverage each year. They also get a one-time window of opportunity to make changes after initially joining Medicare.

So, when exactly can you make changes to your Medicare Advantage plan? Let's look at the Medicare Advantage Open Enrollment Period's two timeframes: Annual and Individual.

When is the Medicare Advantage Open Enrollment Period?

The Medicare Advantage Open Enrollment Period runs Jan. 1 – March 31 each year. If you are already enrolled in a Medicare Advantage plan on Jan. 1, then the Medicare Advantage Open Enrollment Period gives you an extra three-month window of time to consider your options and make changes.

If you're new to Medicare and have Medicare Part A and Part B, and you're also enrolled in a Medicare Advantage plan during your initial coverage election period, you can also participate in an individual Medicare Advantage Open Enrollment Period. You have a three-month period from the start of your coverage during which you can switch plans.

Changes made during either the annual or individual Medicare Advantage Open Enrollment Period will take effect the month after you make your change request. For example, if you switch to a new Medicare Advantage plan on Jan. 15, your new coverage will take effect on Feb. 1.

What changes can I make during the Medicare Advantage Open Enrollment Period?

Both the annual and the individual Medicare Advantage Open Enrollment Period allow Medicare beneficiaries already enrolled in a Medicare Advantage plan a one-time election to either:

- Switch to a different Medicare Advantage plan, OR
- Switch from a Medicare Advantage plan to Original Medicare with or without a Part D prescription drug plan.

Note: This enrollment period does not allow for Part D changes for individuals enrolled in original Medicare.

Where can I get trusted Medicare advice?

Contact Pennsylvania Medicare and Decision Insight (PA MEDI), available through the York County Area Agency on Aging. PA MEDI offers free, confidential, unbiased, and easy-to-understand information to Medicare-eligible individuals, their families, and caregivers.

Call the PA MEDI Helpline at:

717-771-9008 or **800-783-7067**

Monday thru Friday
8:00 am to 5:00 pm



Pennsylvania
**Medicare Education
and Decision Insight**

YORK COUNTY SENIOR CENTERS

Senior centers are a place for socialization, health promotion, learning, and a gateway to fun, friends, and fulfillment! York County residents age 60 and older are welcome to visit a center in their area and enjoy the many activities available to them. Find your local senior center here:

CRISPUS ATTUCKS ASSOCIATION

605 South Duke Street, York
Monday - Friday, 9 am - 3 pm
717-848-3610
www.crispusattucks.org

DELTA AREA SENIOR CENTER

5 Pendyrus Street, Suite 1, Delta
Monday - Friday, 7 am - 2 pm
717-456-5753
www.deltaseniorcenter.net

DILLSBURG SENIOR ACTIVITY CENTER, INC.

1 North Second Street, Dillsburg
Monday - Friday, 9 am - 2 pm
717-432-2216
www.dillsburg.com/dillsburg-senior-center/

GOLDEN CONNECTIONS COMMUNITY CENTER

20-C Gotham Place, Red Lion
Monday - Friday, 8:30 am - 2:30 pm
717-244-7229
www.gcccenr.com

HERITAGE SENIOR CENTER, INC.

3700-4 Davidsburg Road, Dover
Monday - Friday, 8:30 am - 1:30 pm
717-292-7471
www.heritagesrcenter.org

NORTHEASTERN SENIOR COMMUNITY CENTER

131 Center Street, Mt. Wolf
Monday - Friday, 8 am - 2 pm
717-266-1400
www.mtwolf.org/seniorcenter

RED LAND SENIOR CENTER, INC.

736 Wyndamere Road, Lewisberry
Monday - Friday, 8:30 am - 3 pm
717-938-4649
www.redlandseniorcenter.org



SEPTEMBER HOUSE SENIOR CENTER

1251 West King Street, York
Monday - Friday, 8 am - 3 pm
717-848-4417

SOUTH CENTRAL YORK COUNTY SENIOR CENTER, INC.

150 East Main Street, New Freedom
Monday - Friday, 8:15 am - 2:15 pm
717-235-6060
www.scycseniorcenter.org

STEWARTSTOWN SENIOR CENTER INC.

26 South Main Street, Stewartstown
Monday - Friday, 8:30 am - 3 pm
717-993-3488
www.stewsenior.org

SUSQUEHANNA AREA SENIOR CENTER INC.

2427 Craley Road, Wrightsville
Monday - Friday, 8 am - 2:30 pm
717-244-0340
www.susquehannaseniorcenter.org

WHITE ROSE SENIOR CENTER INC.

27 South Broad Street, York
Monday - Friday, 8 am - 4 pm
717-843-9704
www.whiteroseseniorcenter.org

WINDY HILL ON THE CAMPUS INC.

1472 Roth's Church Rd, Ste 103, Spring Grove
Monday - Friday, 8:30 am - 2:30 pm
717-225-0733
www.windyhillonthecampus.org

YORKTOWN SENIOR CENTER INC.

509 Pacific Avenue, York
Monday - Friday, 7:30 am - 2:30 pm
717-854-0693
www.yorktownseniorcenter.org

Questions about your Medicare?

We are here to

HELP

Understanding Medicare can be difficult. PA MEDI counselors are specially trained staff and volunteers who can answer your questions and provide you with nonbiased, objective, easy-to-understand information.

Call the PA MEDI Helpline
 Monday - Friday, 8AM - 5PM

1-800-783-7067



Pennsylvania
 Medicare Education
 and Decision Insight

717-771-9008
800-632-9073

This advertisement is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$1.9 million with 100% funding by ACL/HHS. The contents are those of the author and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.

Hunger Free York
 York County Food Bank



FREE DELIVERY AVAILABLE VIA DOORDASH

Receive \$120 Worth of Free Food Every Month

Must meet all of the following requirements to qualify:

- 60 years or older
- Living in York County
- Have valid ID
- Under Monthly Income Limits
 - Household of 1: \$1,632
 - Household of 2: \$2,215

For information regarding enrollment call: (717) 846-6435 ext. 209

Live Your Best Life
with our

HEALTH & WELLNESS CLASSES

FALL PREVENTION CLASSES

A Matter Of Balance

This class targets older adults who have concerns about falling or are interested in improving balance, flexibility, and strength. Participants will learn to view falls as controllable; set goals for increasing activity; make changes to reduce fall risks at home; and exercise to increase strength and balance.

Southern York County Senior Center

150 E. Main Street, New Freedom
Mondays & Wednesdays, 12:30 - 2:30 pm
February 3 - 26, 2025

UPMC South Hanover

2201 Brunswick Drive, Hanover
Tuesdays & Thursdays, 1:00 - 3:00 pm
March 4 - 27, 2025

York Township Park Building

25 Oak Street, York
Mondays & Wednesdays, 1:00 - 3:00 pm
May 12 - June 4, 2025
(No class Memorial Day - make-up Tues. 5/27)

Read what one of our attendees had to say regarding our Chronic Pain Self-Management Program...

Several months ago when I signed up for the Pain Management Course from the York Area Agency on Aging, I did not know what to expect. I knew that I was experiencing severe backache from inactivity caused by my recent cancer treatment as well as coming down the Covid. I did have some back problems prior to becoming ill (stenosis and osteoarthritis). Deciding on this course was one of the wisest decisions I have made post cancer and covid.

The facilitators Megan and Faye approached the program with enthusiasm, giving time for everyone to contribute. It was very interesting to hear that other people were experiencing some of the same symptoms and feelings that I had. My pain level has decreased from somewhere around 8/9 to 2/3 on average. I have experienced some days with almost no pain at all! My sleep patterns have improved and I have renewed sense of energy, I find myself doing activities I have no done in years. I just waxed my car! Wow! I am also enjoying walks to

Healthy Steps for Older Adults

This class reduces fall risks by raising awareness about the causes of falls and how to prevent them. Participants learn to exercise safely at home. Discussions include home & medication safety, as well as appropriate footwear. Physical skills screening will be done to learn more about their risk of falling.

York Township Park Building

25 Oak Street, York
Thursdays, 9:30 - 11:30 am
March 20 & 27, 2025

Healthy Steps In Motion

This class is an exercise-focused balance improvement and fall prevention program. There are 3 levels of exercise to enable participants to continue HSIM for as long as they like. Participants will take part in physical skill screenings to determine their fall risk. HSIM strives to reduce the risk of falling by building body strength, increasing flexibility, and improving balance.

YMCA Shrewsbury

100 Constitution Avenue, Shrewsbury
Tuesdays & Thursdays, 1 - 2 pm
January 7 - 30, 2025

Springettsbury Township Building

1501 Mt. Zion Road, York
Mondays & Wednesdays, 10:00 - 11:00 am
April 7 - 30, 2025

York Township Park Building

25 Oak Street, York
Tuesdays & Thursdays, 11:00 am - Noon
April 8 - May 1, 2025

the park again as well as returning to doing water aerobics.

I would give this program a A+++++ as it has caused me to make giant steps in improving my pain level. I look forward to continuing with the manual to maintain this level of improvement and have recommended the program to many of my friends who are experiencing pain! I cannot thank you enough for all this has meant to me! --- Mike, 81, York

SELF-MANAGEMENT PROGRAMS

Diabetes Self-Management Program

The Diabetes Self-Management Program is a structured, evidence-based program for older adults living with pre-diabetes or diabetes, which provides tools to manage diabetes and emotions that come with the disease. The program is for all 60+ diabetes patients, including pre-diabetes, diabetes, and their 60+ caregivers.

York Township Park Building

25 Oak Street, York
Wednesdays, 12:30 - 3:00 pm
April 2 - May 7, 2025

Chronic Pain Self-Management Program

The Chronic Pain Self-Management Program is designed to help older adults living with chronic pain explore healthy ways to manage and live with their condition so they can enjoy more fulfilling, satisfying lives. Participants will learn physical activity, breathing techniques, understanding emotions, and healthy eating.

Springettsbury Township Building

1501 Mt. Zion Road, York
Tuesdays, 12:30 - 3:00 pm
May 6 - June 10, 2025

To Register for Classes

Call Megan

717-855-0437

For More Information Visit:

<https://yorkcountypa.gov>



YORK COUNTY EXTREME WEATHER CENTERS

If you need a place to get out of the weather or your home is not warm, these places are available to help you stay warm on Code Blue days.

Older adults age 60+ who are experiencing issues staying warm during extreme weather events may visit York County senior centers to keep warm and some also serve a hot meal. Senior centers may be open for extended hours during Code Blue events. Please call your local center for exact hours on these days. *(See Senior Center listings on page 14)*

Centers listed below can accommodate people of any age and may be open during an extreme cold weather event. Some may have extended hours. Call your nearest center for more information.

YORK CITY

LIFEPATH CHRISTIAN MINISTRIES (717) 472-8911

367 West Market Street, York
11:30 am - 1:30 pm

THE BEACON RESOURCE CENTER (717) 699-8445

Union Lutheran Church
408 West Market Street, York
Monday, Tuesday, Thursday & Friday, 12:30 pm to 3:00 pm

MARTIN LIBRARY (717) 846-5300

159 E. Market Street, York
Monday - Thursday, 10 am - 6 pm
Friday & Saturday, 10 am - 1 pm

OAK STREET HEALTH (717) 913-0042

1113 Carlisle Road, York
8:00 am - 5:00 pm

HANOVER AREA

NEW HOPE MINISTRIES (717) 698-3365

135 Baltimore Street, Hanover
Monday - Friday, 9 am - 4 pm

VALLEY FORGE RESTORATION CENTER (223) 291-1208

Center Square (next to Vinny's), Hanover
2:00 - 4:00 pm

HANOVER AREA COUNCIL OF CHURCHES (717) 633-6353

136 Carlisle Street, Hanover
6:00 pm - 8:00 am, prior registration & ID required

DOVER AREA

NEW HOPE MINISTRIES (717) 292-3441

62 N. Main Street, Dover
Monday - Friday, 9 am - 4 pm

DILLSBURG AREA

DILLSBURG EMERGENCY MANAGEMENT (717) 712-6681

Ask for Tim H.

NEW HOPE MINISTRIES (717) 432-3053

99 W. Church Street, Dillsburg
Monday - Friday, 9 am - 4 pm

RED LAND AREA

NEW HOPE MINISTRIES (717) 915-6763

539 Old York Road, New Cumberland
Monday - Friday, 9 am - 4 pm

York County Area Agency on Aging
2401 Pleasant Valley Road
York, PA 17402
(717) 771-9610



The County of York
Department of Veterans Affairs
2401 Pleasant Valley Road, Suite 101
York, PA 17402
717-771-9218
yorkvet@yorkcountypa.gov

Mission

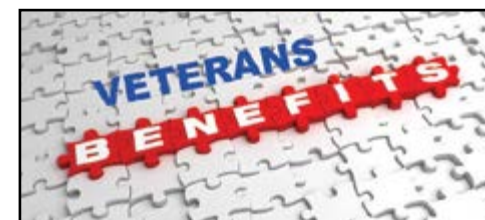
Maximize benefits for veterans and family members to improve their quality of life.

The Conversation

Every York County veteran and surviving spouse should have a conversation with an accredited service officer that has access to federal VA systems.

For Current Events & News Follow Us on Facebook @ YORKVETS

Tired of trying to make sense of all the pieces on your own?



We are here to help you access all of your earned benefits.

- Property Tax Exemption
- Vocational Rehabilitation
- Surviving Spouse Pension
- Grave Flag Markers & Headstones
- Dependency & Indemnity Compensation
- Service Connected Disability Compensation
- DD 214
- VA Healthcare
- PA State Benefits
- Veterans Pension
- Burial Allowances
- Emergency Assistance