YCAAA

November 2024

Newsletter

Gratitude & Gatherings: Thanksgiving with Older Adults

For older adults, Thanksgiving often holds a special significance as it offers an opportunity to share stories, create memories, and express gratitude for the moments that have shaped their lives. Here are ways to make the holiday meaningful and memorable for all.

Create an Inclusive Atmosphere:
When planning, consider the unique needs of those around you. Choose a comfortable and accessible location, ensuring that seating arrangements accommodate mobility aids if necessary. Create a warm and inviting atmosphere that encourages conversation and connection.

Preserve Traditions and Memories:
Thanksgiving is a time to honor traditions and reminisce about cherished memories. Encourage family members to share their stories and experiences, creating a sense of continuity and connection.

Involve Seniors in Preparations:
Engage aging loved ones in the preparations for Thanksgiving. Whether it's assisting with meal planning or contributing a dish, active participation fosters a sense of purpose and belonging.

Adapt the Menu to Dietary Needs:
Thanksgiving is synonymous with indulgent feasts, but it's crucial to consider the dietary needs of older adults. Opt for a well-balanced menu that caters to any dietary restrictions or preferences.

Express Gratitude Together:
Encourage everyone, young and old, to express what they are thankful for. This expression sets a positive tone and reinforces appreciation and mindfulness.

Offer Comfort and Rest:
Recognize that long gatherings may be tiring for older adults. Provide comfortable seating and quiet spaces for relaxation.

Thanksgiving is a time to come together, celebrate, and express gratitude. By creating an inclusive atmosphere, preserving traditions, and expressing gratitude together, we can ensure that Thanksgiving becomes a truly special and memorable occasion for all ages.

New Horizons

The Autumn edition is here!


NEW HORIZONS
York County Area Agency on Aging

Medicare's Open Enrollment Period

The autumn edition of New Horizons is now at a drop location near you. It features information on Medicare Open Enrollment, as well as holiday gift ideas, fall activities in our parks, ageism in employment, disaster preparedness, and more. Follow this link to read it online: **https://yorkcountypa.gov/DocumentCenter/View/6439/New-Horizons-Fall-2024-Web**

To receive the next edition of New Horizons in your mailbox, please sign up at: **https://lp.constantcontactpages.com/sl/CTcm4El/emailsignup**

New Horizons is the official newspaper of the York County Area Agency on Aging. It is provided free for York County residents age 60+.

Autumn/Winter Health & Wellness Classes

Cooler weather arrives, it can be the perfect time to get active. Our Health & Wellness classes can help you stay active and engaged. Classes are free for older adults age 60+ and their caregivers.



To see the schedule visit: **https://yorkcountypa.gov/980/Health-Wellness-Class-Schedules**

The YCAAA November Newsletter Is Here!

Click on the button below to read the November edition of our newsletter featuring an article on how to make Thanksgiving with older adults more enjoyable for all. It also includes important information on energy assistance, free health & wellness classes, Medicare open enrollment, and fun things events to keep you active and engaged as the weather cools.

READ IT HERE