



June 2024



June is Elder Abuse Awareness Month

According to the National Council on Aging (NCOA), about 1 in 10 Americans aged 60 or older have suffered from at least one type of elder abuse. The National Center on Elder Abuse (NCEA) breaks elder abuse down into 7 different types. Knowing the types of elder abuse can help you protect older adults.

The 7 Different Types of Elder Abuse

When someone with power over an elderly person intentionally harms them or puts them at risk of harm, their actions — or lack of action — are considered elder abuse. Elder abuse isn't just one action or inaction and it can take many forms.

The 7 types of elder abuse are:

1. Neglect
2. Physical abuse
3. Sexual abuse
4. Abandonment
5. Emotional or psychological abuse
6. Financial abuse
7. Self-neglect

All types of elder abuse can lead to devastating consequences, including physical and/or emotional harm and even death.

It is key for older people and their loved ones to know about all elder abuse types. They can use this knowledge to prevent abuse from happening or stop it before severe harm occurs.

Quick Facts About Elder Abuse Types

- The types of elder abuse go beyond physical and emotional harm. Elders can suffer from sexual assaults, financial exploitation, abandonment, and more.
- Most types of elder abuse are committed by trusted individuals, like family or nursing home staff.
- Elders can sometimes mistreat themselves through self-neglect.
- According to the NCOA, elders are more likely to self-report financial exploitation than emotional abuse, physical abuse, sexual abuse, or neglect.
- Psychological abuse is the most common type of elder abuse, according to the NCEA.

Many older adults want to “age in place” — stay in their own homes as they get older — but may have concerns about safety, getting around, or other daily activities. Read the infographic below to learn tips to help make your home safer and more accessible.





Summer is starting to heat up, so here are

25 Strategies to Beat the Heat!

1. Stay out of the sun between 11 am and 3 pm which is usually the hottest part of the day.
2. Stay hydrated! Water or electrolyte drinks are the best and easiest way to cool down.
3. Eat foods with high water content such as strawberries, cucumbers, lettuce, and watermelon. Spicy & hot foods can also help you stay cool by making you sweat more.
4. Reach for the milk instead of water. Milk contains small amounts of salt & sugar which can be lost through sweating. Coconut water also contains vital elements lost through excessive sweating.
5. Snack instead of eating full meals. Eat raw fruits and vegetables and fewer proteins. Limit alcohol or ditch it altogether. Don't forget to have a cool treat!
6. Cook in the morning or use a slow-cooker on low through the day to reduce indoor heat. Grilling helps to keep the heat outdoors.
7. Avoid late night snacks. It has been linked to elevated body temperature and can disturb sleep.
8. Some medications can make it more difficult to stay cool by reducing your ability to sweat. Taking diuretics in the heat can also lead to a mineral imbalance. Be aware to avoid overheating.
9. Wearing loose-fitting clothes will allow air to circulate next to your skin.
10. Taking a cool shower/bath helps to reduce your core temperature. Spritzing yourself with water is a less wet, but still helpful alternative.
11. Place cold cloths on your neck, wrists, inner elbows, and tops of your feet.
12. Use box fans to blow hot air OUT of windows. Use exhaust fans in the kitchen & bathroom to reduce heat & steam in those rooms.
13. Set ceiling fans to rotate counter-clockwise to pull cool air into and through rooms. (Use the small switch on the fan body to control direction).
14. Rest near a fan, but do not have it blow directly on you. A fan blowing directly on you can cause your body to produce more heat as it tries to regulate itself.
15. A wet sheet placed in front of a window or a bowl of water with a fan blowing over it can help to cool air.
16. Use a dehumidifier to maintain humidity at a comfortable level.

17. Open windows on opposite sides of the house during mornings & evenings to create a cross- breeze. Close the windows as the sun comes out & open as necessary or when the air outside is cooler.
18. Close curtains or blinds on windows that face the sun. Blackout or insulated curtains help to reduce temperature increases inside the home.
19. Close off vents, registers, and doors to unused rooms.
20. Use a smaller pillow to allow more airflow around your head or use a pillow with cooling gel in its top layer.
21. Sleep single or spread out on the bed as much as possible.
22. Sleep on loose, breathable fabrics such as cotton or linen. The lower the thread count, the more breathable the fabric will be.
23. Sleep on a lower level if the bedroom is too hot.
24. Use thin sheets to help regulate body temperature at night. Sleeping without a sheet can disrupt the body's ability to control temperature next to our skin., and keep us from sleeping well.
25. Do not refrigerate or freeze bedclothes or blankets. They will warm up quickly but remain damp causing mold in your mattress.



Celebrating LGBTQ+ Pride Month with History

Ocean Le, Program & Communications Manager for the Diverse Elders Coalition writing for the National Council on Aging

There are many ways to write the story of the LGBTQ+ civil rights movement. We can start in the 1920s, when the Society of Human Rights was founded, or in 1955 when the secretive Mattachine Society was founded, or with the 1965 gay march in front of Independence Hall

in Philadelphia. The LGBTQ+ community has been fighting for their civil rights for decades; however, it wasn't until the 1968 Stonewall Riots that issues facing the LGBTQ+ community attracted attention from mass media in the United States

The Stonewall Riots united many different LGBTQ+ groups to take back their civil liberties, which were unfairly stripped away because of who they were and who they loved. The events of 1968 started a revolution inspired by many other movements of the time, such as the anti-Vietnam war movement and the Black Power Movement

Activism on all fronts during this period empowered the LGBTQ+ community to keep working towards justice and encouraged others to "come out of the closet" and join the fight. Although chaotic, the late '60s could be characterized as a time of unity and inspiration between diverse groups fighting for the same things: human rights

However, the fight is far from over

The legalization of same-sex marriage was only codified in 2015. Even more recently, the US Supreme Court upheld federal laws to protect LGBTQ+ workers from discrimination on June 15, 2020—the same issue that prompted the 1965 Philadelphia gay parades. There's still more work to do.
We must honor the intersectionality that exists within the LGBTQ+ community and stand with those most impacted by oppressive forces in society. Black transgender and gender non-conforming people face enormous discrimination and violence. The fight for LGBTQ+ rights does not end with marriage or parades; it will not end until all LGBTQ+ people are safe, supported, and free.

As we celebrate Pride Month this year, we must remember that there would be no Pride Month if it wasn't for the efforts of the LGBTQ+ elders who fought against unfair laws and treatment.

We still have a long way to go to achieve equity. As long we follow the footsteps of those who came before us as we fight for the same freedoms, we will get there.



Summer Health & Wellness Classes

Our FREE Health & Wellness classes will help you increase stamina, decrease falls, reduce pain, improve balance, manage cancer issues, and create new friendships. Classes are filling quickly, so sign up today!

***See Our Schedule*.**

Wear Purple for Elder Abuse Awareness on Saturday, June 15th



Fun Things To Do for Older Adults in York County

This list is shared every Thursday via our FaceBook page.
Follow us for more fun!

June 1

Summertime Limited Picnic Train
Train ride to a picnic grove; BYO Lunch
Departs 11 am & 1 pm
Stewartstown Railroad Company
21 W. Pennsylvania Avenue,
Stewartstown
Seniors 65+: $13; Adults: $14; Children: $12
www.stewartstownrailroadco.com

Concert in the Park: Wyatt Becker Band
2 – 5 pm

June 20

Speaker: A Chronicle of Racism
6 pm
YWCA Hanover
23 W. Chestnut St., Hanover

June 21

Make Music York County
Throughout the day
Various Venues

Friday Night Flick: Migration

Charles Sweeney Memorial Park
Playground Avenue, Shrewsbury
Free admission; Food vendors on-site

Reader's Corner Book Club
11:30 am – 12:30 pm
Gather 256
256 Philadelphia Street, York

Speaker: Lorann Jacobs, Sculptor
2 pm
Indian Steps Museum
205 Indian Steps Road, Airville
717-515-7907 for more information

June 8 & 9

Experience Codorus Outdoors
Ourdoor festival
11 am – 6 pm
Main launch area
$10 per carload

June 11

Film: Galaxy Quest
TBA
York-Adams Film Club
Dolphin & Anchor Brew Pub
13 Center Square, Hanover

Please note: These events are not put on by the York County Area Agency on Aging. We do not endorse or take responsibility for the content, structure, or planning of these events.

8 pm
York Township Park
25 Oak Street, York

June 22

York County Pride
10 am – 4 pm
York Fairgrounds
123 E. Philadelphia Street, York

June 28 - 30

Old Tyme Days
10 am – 10 pm
Parade Saturday at 10 am
Fawn Grove Park
92 N. Market Street, Fawn Grove
Free parking & shuttle from SESD schools

June 27

Spoken Word/Poetry Showcase
7 – 8:30 pm
Cherry Lane Park
S. Cherry Lane, York

June 29

Hanover Pride Fest
Noon – 8 pm
Moul Field
151 – 153 Moul Avenue, Hanover

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About York County Area Agency on Aging

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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