



# News

May 2024

## *Celebrating Older Americans Month: Powered by Connection*

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by the Administration for Community Living (ACL), OAM is a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving the older adults in our communities.

This year's theme, "**Powered by Connection**," focuses on the profound impact that meaningful connections have on the well-being and health of older adults. It's about the transformative potential of community engagement in enhancing mental, physical, and emotional well-being. By recognizing and nurturing the role that connectedness plays, we can mitigate issues like loneliness, ultimately promoting healthy aging for more Americans.

### **How can community groups, businesses, and organizations mark OAM?**

- Spread the word about the mental, physical, and emotional health benefits of social connection through professional and personal networks.
- Encourage social media followers to share their thoughts and stories of connection using hashtag #PoweredByConnection to inspire and uplift.
- Promote opportunities to engage, like cultural activities, recreational programs, and interactive virtual events.
- Connect older adults with local services, such as counseling, that can help them overcome obstacles to meaningful relationships and access to support systems.
- Host connection-centric events or programs where older adults can serve as mentors to peers, younger adults, or youths.

### **What can individuals do to connect?**

- Invite more connection into your life by finding a new passion, joining a social club, taking a class, or trying new activities in your community.
- Stay engaged in your community by giving back through volunteering, working, teaching, or mentoring.
- Invest time with people to build new relationships and discover deeper connections with your family, friends, colleagues, or neighbors.



# Senior Farmers Market Nutrition Program

Eligible seniors can receive  
**FREE (\$50)**

for purchase of fresh fruits and vegetables grown in Pennsylvania.

Vouchers are redeemable June 1st - November 30th  
at participating farmers' markets throughout Pennsylvania.



## Eligibility Requirements

- Must show proof of age and York County residency at the distribution site
- Must be age 60 or older by December 31, 2024
- Must be a York County resident
- Cannot live in a nursing, personal care, or other residential facility where meals are provided
- Cannot have already received the SFMNP \$50 in 2024



## 2024 Gross Annual Income Requirements

**1-person Household**  
(\$2322 per month) or less

**\$27,861**

**2-person Household**  
(\$3,151 per month) or less

**\$37,814**

**3-person Household**  
(\$3,980 per month) or less

**\$47,767**

## Proxy Forms

- Required for an eligible senior authorizing another person to pick up vouchers for them. Includes POA's, spouses, family members, etc.
- ID for both the eligible person AND the proxy are required

## Proxy forms are available

- On the YCAA.org website
- At York County Senior Centers
- At the York County Area Agency on Aging (2401 Pleasant Valley Road, York PA 17402)

## DISTRIBUTION SCHEDULE

Distribution will be IN-PERSON ONLY. NO vouchers will be mailed. NO application needed.

Distribution times are  
**9 - 11:30 am**  
unless otherwise noted.

Tuesday, June 4

**Yorktown Senior Center**  
509 Pacific Avenue, York

Wednesday, June 5

**Dillsburg Senior Activity Center**  
11 N. Second Street, Dillsburg

Thursday, June 6

**Windy Hill on the Campus**  
1472 Roth's Church Rd., Spring Grove

Friday, June 7

**Northeastern Senior Comm. Ctr.**  
131 Center Street, Mount Wolf

Tuesday, June 11

**Stewartstown Senior Center**  
26 S. Main Street, Stewartstown

Wednesday, June 12  
**White Rose Senior Center**  
27 S. Broad Street, York

Friday, June 14

**St. Matthew Lutheran Church**  
30 W. Chestnut Street, Hanover

Tuesday, June 18

**South Central York County Sr. Ctr.**  
150 E Main Street, New Freedom

Wednesday, June 19

**Delta Area Senior Center**  
5 Pendryus Street, Delta

Friday, June 21

**Golden Connections Comm. Ctr.**  
20 Gotham Place, Red Lion

Tuesday, June 25

**Red Land Senior Center**  
736 Wyndamere Road, Lewisberry

Wednesday, June 26  
**September House Senior Center**  
1251 W. King Street, York

Monday, July 1

**Crispus Attucks Association**  
605 S. Duke Street, York

Tuesday, July 9

**Susquehanna Area Senior Center**  
2477 Cralley Road, Wrightsville

Wednesday, July 10 (1 - 3 pm)

**Calvary United Methodist Church**  
11 N. Richland Avenue, York

Tuesday, July 16

**Brown's Orchards (pavilion)**  
8892 Susquehanna Trail S, Loganville

Thursday, July 18

**Flinchbaugh's Orchards (pavilion)**  
110 Ducktown Road, Hellam

Tuesday, July 23  
**Harmony Grove Community Church**  
6390 Harmony Grove Road, Dover

Friday, August 2  
**Golden Connections Community Ctr.**  
20 Gotham Place, Red Lion

Wednesday, August 7

**White Rose Senior Center**  
27 S. Broad Street, York

Wednesday, August 28

**York County Area Agency on Aging**  
2401 Pleasant Valley Rd, York

Sponsored by

**York County Area Agency on Aging**

in conjunction with

**PA Dept. of Agriculture**



## Class Listings for Now through September

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.**

## NEW CLASS OFFERING!

*Click on picture to view*



The York County Area Agency on Aging  
presents its new FREE health & wellness program

## **Cancer: Thriving & Surviving**

for patients in treatment or remission  
caregivers/family members  
60 years of age and older

**June 12 - July 17**  
Wednesdays, 1 - 3:30 pm

**Spry Church**  
50 School Street  
York, PA 17402

### **Learn These Self-Management Tools**

- Healthy Eating
- Physical Activity
- Sleep
- Relaxation
- Understanding Emotions
- Living with Uncertainty
- Managing Pain
- Making Decisions
- Planning
- Problem Solving
- Action Planning
- More!

To Register, Call Megan  
**717-855-0437**

## Memorial Day

A solemn ceremony honoring York Countians  
who gave their lives in service to our Nation

Special recognition: SP4 James B. Brown of York  
KIA Vietnam

## County of York Wreath Laying Ceremony

11 a.m. Monday, May 27<sup>th</sup> 2024

Veterans Memorial Gold Star Healing and Peace Garden  
1000 Vander Avenue York PA

Keynote Speaker

MAJ (USA-Ret) Donald W. Androsky

Music & Hymns

New Song Community Choir



## *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!](#)

### **May 2**

#### **Health Fair**

10 am - Noon  
Country Meadows Retirement Community  
2760 Pine Grove Road, York  
Open to the public

### **May 4**

#### **Tales from the Rails Picnic Special**

Singing & storytelling; BYO Lunch  
Departs 11 am & 1 pm  
Stewartstown Railroad Company  
21 W. Pennsylvania Ave., Stewartstown  
Seniors 65+ \$13; Adults: \$14;

### **May 17**

#### **May Festival**

Community Yard Sale (morning)  
Wellness Fair (10 am - 2 pm)  
Gift Card Bingo  
Food Trucks (4 - 8 pm)  
Dover Community Building  
& Lehr Park, Dover

### **May 19**

#### **New Song Community Choir**

3 pm  
New Hope (Fissel's) United Church of Christ

[www.stewartstownrailroadco.com](http://www.stewartstownrailroadco.com)

## **May 5**

### **New Song Community Choir**

4 pm  
Crossroads United Methodist Church  
6881 Church Road, Felton  
Public Welcome

### **Film: La Chimera**

2:15 pm  
York Adams Film Club  
Majestic Theatre  
25 Carlisle Street, Gettysburg  
\$9 per person

### **Gymanfa Ganu: Welsh Singing Fest**

2:30 pm  
Rehoboth Welsh Church  
1029 Atom Road, Delta  
Public Welcome; Free-will offering

3426 Fissel's Church Road, Glen Rock  
Public Welcome

## **May 22**

### **ALLVETS - Veterans' Stories**

7 pm  
York County History Center  
250 E. Market Street, York

## **May 25**

### **Benefit Car & Bike Show**

10:30 am - 3 pm  
Church of the Open Door  
4075 E. Market Street, York  
Benefits York County Veterans Outreach  
[www.yocoveteransoutreach.org](http://www.yocoveteransoutreach.org)

## **May 27**

Wreath Laying Ceremony  
11 am  
Veterans Memorial Gold Star Healing and  
Peace Garden  
250 E. Market Street, York

## ***Spring/Summer Issue Now Available!***



**In This Issue:** Aging Our Way, PA's 10 Year Plan for Older Adults; Senior Farmers Market Nutrition Program; Pedestrian Safety; Wills vs. Trusts; Volunteer Appreciation; Older American's Month; Online Socializing Safety; Elder Law Update; Fraud Prevention; and more...

Subscribe to get New Horizons in your mailbox: <http://www.ycaaa.org>

**Read New Horizons Online Here**

### **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.