



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 YCAAA.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

1 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 Pendyrus 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 Craley 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

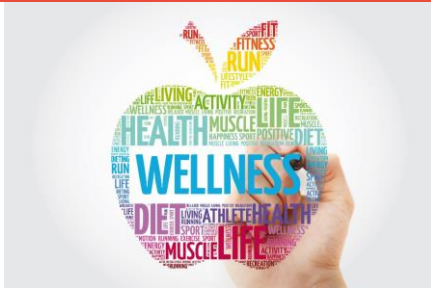
Sponsored by

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



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

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

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...

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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.