



York County Area Agency on Aging

E-Newsletter

October 2022

Warm Thoughts for the Upcoming Winter Season



As the air chills and the leaves turn, we begin to think of warm apple pies, fall festivals, and cozy nights on the couch. Soon the holiday season will be here, bringing with it the crisp, cold winter.

Unfortunately, that crisp, cold winter can be especially difficult for some older adults. Many older people living on fixed incomes may have difficulties paying for their heat. Some may not be able to go shopping or to appointments because the weather is too cold or the sidewalks too icy. Others may have trouble clearing snow.

It's especially important during the winter months, that we check on our older friends and relatives to be sure that they are safe and warm. If they need assistance offer them a helping hand. It will warm your heart and theirs. And if you can't help, here are a few programs that may be able to...

Low Income Home Energy Assistance Program (LIHEAP) - Helps low income people pay their heating bills through energy assistance grants.

Weatherization - Helps people with a limited income so that they can lower their fuel bills, save energy, and have more comfortable homes in the process.

Home Improvement Program - Provides funds for home improvements in the form of a zero-interest loan with a deferred payment. Grant funds up to \$10,000 may be available to eligible homeowners age 55 and older, or disabled individuals who meet financial guidelines

Senior Food Box Program - Senior citizens age 60 and older who meet income guidelines, may be receive a monthly senior food box worth approximately \$50.

List of Food Pantries in York County - Printable list of all food pantries who receive stock from the Central PA Food Bank. Please call the locations for their hours of operation, and/or any restrictions they may have.

Home Delivered Meals - Private Pay - This is a list of Senior Centers who will provide home delivered meals to private pay customers who are not eligible for the Meals on Wheels program.

[Rent-a-Kid](#) - Pairs older adults who may need help with household chores with students who may wish to earn some extra money. Chores may include light housekeeping, lawn mowing, yard work, snow removal, technology assistance, and other odd jobs.

[Pennsylvania Power Port](#) - Information on the Commonwealth of Pennsylvania departments, programs, and resources.

IMPORTANT DATES FOR VOTERS

To vote in the November election, here are some important dates to remember.

The last day to register to vote in the November election is **October 24th**.

You must request a mail-in ballot no later than **November 1st at 5 pm**.

All mail-in ballots must be returned by **November 8th at 8 pm**.

Election Day is November 8th.



Check
Your Voter Registration

Request
A Mail-In Ballot

Let PA MEDI Guide You Through Medicare Open Enrollment

Medicare Annual Open Enrollment begins October 15 and runs through December 7. Pennsylvania Medicare Education and Decision Insight, PA MEDI, is available to help Medicare beneficiaries explore and understand their health insurance plan options.

During the open enrollment period beneficiaries can join, switch, or drop Medicare Advantage or Prescription Drug Coverage. PA MEDI counselors can assist with plan comparisons, help enroll in a new plan and help determine eligibility for any of Pennsylvania's Medicare cost-savings programs like PACE, Extra Help, and the Medicare Savings Program. Beneficiaries can also visit Medicare.gov or call 1-800-MEDICARE to compare plans.



pennsylvania

Medicare Education and Decision Insight

In-Person
Counseling Locations

York County
at Pleasant Valley Road
2401 Pleasant Valley Road
York, PA 17402

Tuesday, October 18th
Thursday, November 10th
Tuesday, November 22nd

“PA MEDI Counselors do not sell Medicare insurance products, nor do they endorse any insurance company, product, or agent. We will not recommend policies, companies, or insurance agents but will provide free, confidential, and unbiased personalized assistance during Medicare Annual Open Enrollment and year-round.” said Susan Neff, PA MEDI director.

Trained counselors are available at the York County Area Agency on Aging. Call us at **717-771-9008**, Monday through Friday from 8 am to 4:30 pm, to join one of our monthly PA MEDI virtual workshops. Individual appointments are also available to those who are already receiving Medicare benefits.

**To sign up for a PA MEDI
in-person event for open enrollment,
please call**

717-771-9042

All services are free and confidential.

9 am - 1 pm, each day

West York High School

1800 Bannister Street
York, PA 17404

**Monday, October 24th
Monday, November 21st**

4 pm - 7 pm, each day

**South Western
High School**

200 Bowman Road
Hanover, PA 17331

**Wednesday, November 2nd
Wednesday, November 30th**

4 pm - 7 pm, each day

**Dillsburg Senior
Activity Center**

1 North 2nd Street
Dillsburg, PA 17019

Wednesday, November 16th
9 am - 2 pm

[Sign Up Via Email](#)



**Home Modification Program
Returns**

York County Area Agency on Aging (YCAAA)
is proud to announce the return of our

*Are you looking for
an opportunity to give back to your community? We are looking for capable,
motivated, compassionate, friendly volunteers.*

**BECOME AN
AARP TAX-AIDE VOLUNTEER
AND HELP PROVIDE**

**FREE TAX PREP
ASSISTANCE**

FOR LOCAL SENIOR CITIZENS



FREE TRAINING

*To find out how you can get involved, leave a message for Lynne
at 717.640.5006, email us at yorkaarpntaxaide@gmail.com or visit
our website at www.yorkaarpntaxaide.com*

Locations in York, Hanover, Delta, Dover, Lewisberry, Manchester, Red Lion,
Shrewsbury, Spring Grove, and Wrightsville

Home Modifications service available under the Options Program. This service provides modifications such as ramps, grab bars, and other equipment that can help older adults stay in their homes. They will also fix safety issues, but will not work on roofs, electrical problems, or appliances. Need will be determined based upon a thorough assessment.

Our Home Modifications Program is a partnership between the York County Area Agency on Aging and Servants, Inc. The labor is done by Servants volunteers. The YCAAA pays for the supplies. Because Home Modifications is a cost-sharing program, anyone enrolling in the program must meet financial eligibility guidelines. The amount paid by the consumer will vary based on their income.

For more information or to enroll in the Home Modifications Program, please contact the York County Area on Aging by calling **717-771-9610**, or email aging@yorkcountypa.gov.

Tax Prep Volunteers Needed for Spring 2023 Tax Season

The AARP Tax-Aide Foundation Program is expanding its team of volunteers for the upcoming tax season. We are looking for capable, motivated, compassionate, friendly volunteers.

We're looking for volunteers who want to make a difference in people's lives: people who want to help those unable to afford professional tax preparation. We also need volunteers for a variety of roles in addition to tax preparers. The additional volunteer roles include schedulers, greeters, administrative support, instructors, technology assistant and translators. Tax-Aide volunteers receive comprehensive training. But best of all, giving back through Tax-Aide is rewarding. The program is offered at 14 locations throughout York County.

For more information, leave a message for Lynne at **717.640.5006**, email us at: yorkaarptaxaide@gmail.com or visit at www.yorkaarptaxaide.com.



Health & Wellness

Check out our **FREE Health & Wellness classes**. Coming this autumn, we are offering workshops for diabetes and chronic pain self-management, as well as fall prevention classes. Classes fill quickly, so sign up today!

[Class Schedule](#)

Want to read more?

Check out New Horizons, the official newspaper of the York County Area Agency on Aging.

[New Horizons Online](#)



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.