



YCAAA

April

Newsletter



Newly Updated Resources Available

The Pennsylvania Lottery Fund provides millions of dollars which support programs to meet specific needs of our older citizens. There are also many special benefits and discounts available for older citizens through other state and local programs.

We have recently been updating many of our resources which are available in the "Resources" section of our website. Check them out to see which programs or services may be helpful for you.

The Affordable Housing booklet is a new and popular addition to our resources. This printable guide allows you to see and compare senior living apartments that take part in Affordable Housing programs. Family housing is also listed for those who may be caring for younger family members.

Our Assisted Living & Personal Care Home Guide, along with our Nursing Facilities Guide can help family members compare long-term care options. There are also links to help you compare quality of care through state reporting agencies.

Other covered areas include Financial & Legal Information, Food Resources, Discount Medical & Dental Programs, Transportation, Miscellaneous Savings Programs, and more...

Additionally, the update of our printed booklet "Resources You Can Use" will soon be available at an event near you.

If you know of someone who needs resources but doesn't have computer access, they can call our Information and Referral line at:

717-771-9610

April is for Volunteer Appreciation

Volunteers are a great resource for our agency and help to make what we do just a bit easier. A volunteer banquet will be held in their honor on Sunday, April 6th. I am always impressed by how many volunteers we have and how long some of them have served, often in multiple areas.

Our volunteers help with creating welcome packets, tax and financial assistance, explaining Medicare to retirees, handing out Farmers Market food vouchers, delivering New Horizons, and so much more! They can also be a lifeline for some consumers by being a friendly visitor, a phone friend or ombudsman. **Our volunteers are truly AMAZING!**

If you are interested in becoming one of our volunteers, please call our **Volunteer Coordinator, Stephanie Hankey** to find a role that matches your interests and will be a fun and enjoyable way to help. You can reach Stephanie at:

717-852-4902 or 1-800-632-9073

Rent-a-Kid

Let the Rent-a-Kid program help you find some spring cleaning help!

Adults age 60 and older in need of assistance with chores can call the Rent-A-Kid coordinator who will provide names and phone numbers for youth in their area.

It is the responsibility of the older adult to contact the youth and discuss details of the job.

Recommended pay rate is at least minimum wage.

Call our Rent-a-Kid coordinator at:

717-771-9103



Container Gardening

*excerpted from
IFAS Extension*

Container gardening is a great way for older adults to increase their intake of fresh fruits and vegetables, as well as to spend some active time outdoors. Container gardens can be on window sills, patios, along fences, next to walkways, or on porches and balconies.

There's less maintenance than for a vegetable garden in the landscape, as fewer weeds will find their ways into the containers. You also won't have problems with nematodes.

Containers can be moved for aesthetic reasons, to get them out of the way, or to follow changing sunlight patterns. And containers with plants in them add beauty to the porch, patio, deck, or any other location (with adequate sun) that strikes your fancy.

There are endless combinations for your potting soil. Just make sure that it can hold moisture and nutrients and is porous enough to give roots access to valuable oxygen.

The best way to know what to plant together is to experiment, trying different combinations of plants. Consider grouping plants with similar water needs together, such as potatoes with squashes or spinach with beans. Think about the height of the mature plants, too: you don't want tall plants to shade out smaller plants.

Container gardens can often be easily hand-watered. Give your plants water until the excess runs out the bottom of the containers. Don't ever let them sit in water.

Plants in clay pots and other porous containers should be watered more frequently than those in plastic pots. And small pots tend to dry out more quickly than large ones. Hot, dry weather will call for more frequent watering, and so will other environmental conditions.

Enjoy your fresh vegetables and the summer sunshine!

National Library Week

National Library Week is an annual celebration highlighting the valuable role libraries, librarians, and library workers play in transforming lives and strengthening our communities.

In the mid-1950s, research showed that Americans were spending less on books and more on radios, televisions and musical instruments. In 1957, the National Book Committee developed a plan for National Library Week. National Library Week, April 6-12, 2025, is a celebration highlighting the valuable role libraries, librarians, and library workers play in transforming lives and strengthening our communities.

York County is home to several exceptional public libraries and have programs for babies through older adults. They also host a variety of clubs with activities for those who like to cook, do yarn crafts, paint, solve mysteries, or even play chess. These activities are open to those just learning, as well as experts. Our libraries also host basic classes on computing and some offer technical help with volunteer teens. You can find a full listing of activities on the library website at <http://www.yorklibraries.org>.

Senior Farmers Market Nutrition Program

The Farmers Market Nutrition Program will return in May. Eligible seniors can receive \$25 in vouchers for purchase of fresh fruits and vegetables grown in Pennsylvania. Vouchers are redeemable June 1st through November 30th at participating farmers' markets throughout Pennsylvania.

Seniors must be 60+ years of age by the end of 2025 and a York County resident. Income restrictions also apply.

For more information and a distribution schedule, see the Spring/Summer edition of New Horizons available on May 1st.



April 4, 2025

From 5-9 pm, downtown shops and restaurants host special events, offer refreshments and promotions, and sponsor live entertainment.

For more information: www.downtownyorkpa.com/first-fridays.

April Fools Day Pranks

April Fool's Day is today, April 1st! Here's wishing you all the joy and humor of the day. So just for fun, here's a look back at some of the greatest April Fool's jokes in history.

One of the earliest recorded April Fools' Day pranks occurred in 1698 when several people in London were tricked into going to the Tower of London to 'see the Lions washed.' Pranksters distributed tickets for this non-existent event, and many Londoners turned up to nothing but other victims wandering around. The prank was so successful that it would be repeated multiple times for a few hundred years.

In 1957, the BBC reported that Swiss farmers were experiencing a record spaghetti crop and showed footage of people harvesting noodles from trees. The broadcast claimed that the dreaded spaghetti weevil had been eradicated, leading to a bumper crop of spaghetti.

The BBC was back at it in 1965 when it interviewed a professor who had invented "Smellovision," a new technology that allowed for the transmission of aromas through a television screen. Following a demonstration, numerous viewers called the BBC to confirm that they had detected the scents.

In 1974, smoke appeared to be pouring out of the dormant Mount Edgecumbe volcano. Panic quickly spread across a nearby town and soon made local and even national news – until a Coast Guard pilot investigated and discovered the truth. Inside the volcano was a pile of old tires, set alight by local prankster Oliver "Porky" Bickar, who had flown hundreds of old tires into the volcano's crater and set them on fire, along with spelling out 'APRIL FOOL' in 50-foot letters.

In 1985, Sports Illustrated writer George Plimpton tricked many readers when he ran a made-up article about a rookie pitcher named Sidd Finch who could throw a fastball over 168 miles per hour.

In 1992 NPR declared that Richard Nixon, who resigned as president in 1974 amid the Watergate scandal, was entering that year's presidential race. The radio network said his slogan was "I never did anything wrong, and I won't do it again."

In 1996, Taco Bell, the fast-food restaurant chain, duped people when it announced it had agreed to purchase Philadelphia's Liberty Bell and intended to rename it the Taco Liberty Bell.

In 1998, after Burger King advertised a "Left-Handed Whopper," scores of clueless customers requested the fake sandwich.

Fun Things To Do

APRIL 3

Presentation: Dr. Sherry Washington and Family History Night

5:30 – 7:30 pm

Crispus Attucks Center

APRIL 4 – MAY 24

Dani Klebes Art Exhibition
Marketview Arts

APRIL 4

Late Night Museum Hours

5:00 – 8:00 pm

York County History Center

APRIL 5

Spring Clean-Up

9:00 am - Noon

Friends of Codorus State Park

Meet at Pavilion 1 – pool area

All supplies provided

**The Stinky Cheese Man
& Other Fairly Stupid Tales**

11:00 am

Appell Center for the Performing Arts

\$15 all tickets

boxoffice@appellcenter.org

APRIL 6

The Great American Songbook

3:00 pm

Eichelberger Performing Arts Center

\$17 Adults, \$12 Students

boxoffice@theeich.org

APRIL 11

Knowledge Share

12:00 – 1:00 pm

The Grotto Community Center

Each attendee has 2 minutes to share

about a topic of their choice

APRIL 12

French Connections w/ Branford Marsalis

7:30 pm

Appell Center for the Performing Arts

Tickets start at \$11

boxoffice@appellcenter.org

APRIL 27 – JUNE 1

A Fond Farewell Art Exhibition

York Art Association

APRIL 27

Encore: York County Musical Theatre Showcase

2:30 pm

Pullo Center

\$25 tickets

pullocenter@psu.edu