



News

June 2023



Excerpts from the

Beach Safety Guide

for Seniors & Their
Caregivers

by Vicky Reddish

Going to the beach should be fun for everyone! Seniors are no exception. Seniors need some extra care and prep beforehand to make sure they're safe in the sands.

What to Pack

There are a few things you should pack and put on before heading out to the beach. Beach chairs and frisbees are things you definitely shouldn't forget, but other items like medication and water are crucial for older adults. We highlight a few of these important things in this list.

- **Beach shoes:** At the beach, a pair of snug and lightweight shoes can protect feet from sand burns, cuts from broken shells or rocks, and help prevent falls.
- **Cool water:** Water is essential for any beach day to stay cool and manage your body temperature.
- **Emergency contact information:** Keep this information in your phone and paper in case your phone loses battery. Get information as well for nearby doctors and health facilities.
- **Hats:** A wide-brim hat protects your face from the sun and gives you extra protection while you're walking on the beach.
- **Healthy snacks:** Snacks are especially important for people with diabetes or who otherwise have low blood sugar. Keep some healthy options close like fruit kabobs and trail mix.
- **Identification:** Adults with dementia or similar ailments may have trouble finding you if they get lost. Keep contact information sewn into clothes or on an accessory in case of an emergency.
- **Medication:** Bring their medication for the day so they don't miss a dose. Check the labels to see if they need to keep any prescriptions at room temperature. If so, ask their doctor for storage recommendations while traveling.
- **Mobility aids:** Don't leave behind their wheelchair, cane, or walker! Some beaches rent beach-specific mobility aids that are better suited for the terrain. You can also get wheelchair mats to make the terrain safe and flat.
- **Protective clothes:** Long sleeves and long skirts can keep your skin protected. Dense fabrics and loose clothes are good choices to protect yourself from the sun.
- **Sunscreen:** Sunscreen is important for seniors to prevent skin cancer and slow skin aging. When picking sunblock, choose one that has broad-spectrum protection against UVA and UVB rays, a sun protection factor (SPF) of 30 or higher, and water resistance. Consider reef-safe sunscreen to keep the sea safe from harmful chemicals.
- **Sunglasses:** Johns Hopkins Medicine recommends getting sunglasses that wrap around your face. They also recommend shades that protect against UVA and UVB rays.
- **Umbrellas:** Beach umbrellas can give you a shady spot to relax. Hand umbrellas can give you portable shade while you walk along the shore.



June is Elder Abuse Awareness Month

The YCAAA investigates approximately 36 cases of elder abuse each week. Throughout the month of June, we will be sharing information about elder abuse and what YOU can do about it. We are also asking everyone to **wear purple on June 15th to promote Elder Abuse Awareness.**

Turning 65? New to Medicare?

PA MEDI is here to help with "Medicare 101"!

Understanding Medicare can be difficult. Provided by Pennsylvania Medicare Education and Decision Insight, PA MEDI, this free presentation introduces you to Medicare and gives you the opportunity to ask questions to PA MEDI's specially trained staff and volunteers.

"Medicare 101" will help you learn about:

- Medicare Eligibility & Enrollment
- Notices, Costs & Penalties
- Original Medicare, Medigap, & Medicare Advantage
- Services under Medicare (Parts A & B)
- Medicare Prescription Drug (Part D) Benefit
- Switching Plans
- Medicare Appeals
- Medicare Savings Programs to save you money
- How PA MEDI can assist you... and much more!



This program is supported in part by grant number 2004-0000-00 from the U.S. Administration for Community Living, Department of Health and Human Services, Grant #2004-0000-00.



Join Us!

When:
Tuesday, July 25th &
Thursday, November 30th
6 - 9 pm

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

Register:
Call 717-771-9008 or
Email: aging@yorkcountypa.gov

Presented by Pennsylvania Medicare Education and Decision Insight, PA MEDI, the known and trusted resource at your local Area Agency on Aging for unbiased, easy-to-understand Medicare information.




PA MEDI's
"Medicare 101"
will be
Tuesday, July 25th
6 - 9 pm

**Click on the flyer
for a printable version.**

Senior Farmers Market Nutrition Program Vouchers Delayed

2023 Senior Farmers Market Nutrition Program



Eligible seniors can receive **FREE (\$50)** for purchase of fresh fruit and vegetables grown in PA, and redeemable June 1 – Nov 30 at participating Farmers Markets throughout PA.

Due to a printing delay by the PA Dept. of Agriculture we have been informed that the vouchers will not arrive until the beginning of July. During the month of JUNE we will hand out applications to complete at the sites. WE WILL THEN MAIL THE VOUCHERS TO YOU when we receive them. Vouchers will be given at the sites July through the end of the season.

ELIGIBILITY: Must show proof of AGE & RESIDENCY at distribution site
(Driver's license or PA ID are recommended)

- Must be 60 years of age by December 31, 2023
- Must be a York County resident
- 2022 Gross Annual Income can be no more than: (No documentation needed)
 - \$24,973 (\$2,081/month) for individual
 - \$36,462 (\$3,038/month) for a 2 person household
 - \$45,991 (\$3,833/month) for a 3 person household

Each eligible person may receive the SFMNP \$50 only once per year.

Proxy forms are available for anyone who physically cannot come to the locations.
ID for the eligible person and proxy are required. Those forms can be obtained:

- On our website www.yorkcountypa.gov/189/PA-Senior-Farmers-Market-Nutrition-Program
- Pick up at any of the participating Senior Centers
- Pick up at the York County Area Agency on Aging at our NEW location:

2401 PLEASANT VALLEY RD, YORK PA 17402
(717) 771-9610 for directions or questions.

Seniors living in a nursing home, personal care home, or other residential facilities where meals are provided are ineligible.

SEE DISTRIBUTION SCHEDULE ON REVERSE SIDE

2023 Senior Farmers Market Nutrition Program Schedule
(9:30 am – 11:30 am unless otherwise noted)

Thursday, June 1 York County Area Agency on Aging 2401 Pleasant Valley Rd, York, Room 214	Wednesday, June 28 White Rose Senior Center 27 S. Broad St, York
Tuesday, June 6 Susquehanna Area Senior Center 2427 Criley Rd, Wrightsville	Thursday, July 6 Stewartstown Senior Center 26 S. Main St, Stewartstown
Friday, June 9 Crispin Attucks Association 605 S. Eagle St, York	Monday, July 10 Wildly Hill on the Campuses 1472 Keth's Church Rd, Spring Grove
Monday, June 12 Northeastern Senior Comm. Center 131 Center St, Mount Wolf	Tuesday, July 11 Yorktown Senior Center 509 Pacific Ave, York
Wednesday, June 14 Heritage Senior Center 3700 Davidburg Rd, Dover	Wednesday, July 12 Red Land Senior Center 736 Wyndstone Rd, Lewisberry
Friday, June 16 Golden Connections Community Center 20 Golf-Ann Place, Red Lion	Tuesday, July 18 Brown's Orchards (INDIE MARKET) 8892 Susquehanna Trail S, Logansville
Monday, June 19 Calvary United Methodist Church 11 N. Richmond Ave, York	Thursday, July 20 Pittsburg's Orchards (PAVILION) 210 Bucktown Rd, Neilans
Thursday, June 22 South Central York Co. Senior Center 150 E Main St, New Freedom	Tuesday, August 1 St. Matthew Lutheran Church 30 N. Chestnut St, HANOVER
Friday, June 23 Delta Area Senior Center 5 Penitence St, Delta	Tuesday, August 8 September House Senior Center 1235 West King St, York
Tuesday, June 27 Dillsburg Senior Activity Center 1 North Second St, Dillsburg	Tuesday, August 15 York County Area Agency on Aging 2401 Pleasant Valley Rd, York, Room 214
	Thursday, September 21 York County Area Agency on Aging 2401 Pleasant Valley Rd, York, Room 214

Sponsored by the York County Area Agency on Aging in conjunction with the Pennsylvania Department of Agriculture

Due to a printing delay by the PA Dept of Agriculture, vouchers will not arrive until the beginning of July.

During the month of JUNE, those attending our distribution events will receive applications to complete. **VOUCHERS WILL THEN BE MAILED TO YOU** when they are received by our agency.

Vouchers will be handed out **IN-PERSON** at the distribution events from **JULY** through **SEPTEMBER**.

For qualifying information and/or a distribution event schedule, please click on one of the images above or visit our website at: <https://yorkcountypa.gov/189/PA-Senior-Farmers-Market-Nutrition-Program>

YCAAA Advisory Council Meeting

Monday, June 12th
Meeting begins promptly at noon

Property Tax / Rent Rebate Deadline is June 30, 2023



Eligibility Criteria

65 years of age or older or married to someone 65 years of age or older; or 50 years of age or older and a widow/widower; or 18 years of age or older and permanently disabled

And: Owned and occupied your home or rented an apartment, nursing home, personal care boarding home or similar residence in PA during the period for which you are claiming the rebate.

For More Information:

<https://yorkcountypa.gov/227/PA-Property-Tax---Rent-Rebate>



The York County Area Agency on Aging offers a variety of health & wellness classes to help you live your best life. From **fall prevention** to **managing chronic conditions** we can help to keep you moving and preserve your peace of mind.

Click the button for class descriptions and a link to our schedule.

[Find a Class](#)

Juneteenth
FREEDOM DAY

Sometimes called Emancipation Day, Juneteenth (June 19th) is a federal holiday that commemorates the emancipation of enslaved African Americans. It is often used as a way to remember the history and celebrate accomplishments of black Americans. From York & Dallastown to Hanover, there will be several Juneteenth celebrations throughout the county. Find one near you and join the celebration.

Want to read more?

Check out the **spring/summer edition of 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.