

NEW HORIZONS

York County Area Agency on Aging

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Spring/Summer 2020

Telephone:
(717) 771-9610 or
1-800-632-9073

Email:
aging@yorkcountypa.gov

Website:
www.ycaaa.org



President Commissioner
Julie Wheeler

Vice President Commissioner
Doug Hoke

Commissioner
Ron Smith

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Older Americans Month 2020 Make Your MARK!

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as “Senior Citizens Month,” the prelude to “Older Americans Month.”

Historically, Older Americans Month (OAM) has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since Kennedy has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities. Older Americans Month is celebrated across the country through ceremonies, events, fairs, and other such activities.

Around the nation, older adults make their marks every day as volunteers, employees, employers, parents, grandparents, mentors, and advocates. They offer their time, talents, and experience to the benefit of our communities.

This year’s OAM theme, *Make Your Mark*, highlights older adults’ unique and lasting contributions to their communities—everything from sharing a story with grandchildren to leaving a legacy of community action. In the spirit of this theme, here are a few ways to make your mark this May and all year long:

Volunteer your time.

Local schools, shelters, food kitchens, and hospitals always need support. Help a neighbor by prepping a meal, picking up groceries, or giving them a ride. Or, take time to pass on your knowledge. Why not tutor a student who could use extra help in math, music, or science?



The Agency on Aging provides many volunteer opportunities, some of which can be found on page three. Volunteer as a Financial Counselor and help an older adult with budgeting and balancing their checkbook. Or volunteer to visit an older adult who is homebound and in need of a friend. If you like physical activity, volunteer for the York County Senior Games and have just as much fun as the participants!

Share your story.

There are so many ways to do this, from showing your grandkids around your old neighborhood to writing a book. Take a class and learn how to express yourself with the arts! Or, assemble a photo album of important moments in your life.

The “Sharing Family Traditions and Stories” article on page six has great suggestions about sharing stories. What better way to enjoy family time while starting a new tradition!

Get involved in your neighborhood.

Join a homeowner or resident association, organize a block party, or sign up for a book club or other social group. Have a green thumb? Small projects like planting flowers in your yard or cleaning up the community park have a big impact.

Get involved and visit your local senior center. Enjoy the socialization and the many wonderful programs and activities they have to offer, while also enjoying a nutritious lunch! Their contact information is listed on page 15.

Communities that support and include all their members are stronger! Please join the York County Area Agency on Aging in strengthening our community with the many opportunities provided in this issue of the *New Horizons*!

Make your MARK!

From the Director

Dear Reader:

You know spring is near when the temperatures begin to rise and the days become longer. It will soon be time to head outside and tend to the flowers that are starting to peek through the soil. Every year in May we celebrate **Older Americans Month**, and this year's theme is **"Make Your Mark"**. This topic was selected to encourage and celebrate the countless contributions older adults make to our communities. Their time, experience, and talents benefit family, peers, and neighbors every day. Communities, organizations, and individuals of all ages are also making their marks. This year's theme highlights the difference *everyone* can make in the lives of older adults, in support of caregivers, and to strengthen communities.

April is **National Volunteer Month**, which gives us an opportunity to celebrate the impact of volunteer's dedication, service and power to tackle society's greatest challenges. Volunteers *make their mark* on every person they assist; we would not be able to serve the community as effectively without their help. We are grateful and inspired by this group of people and are always looking for new volunteers. Should you be interested in volunteering for one of our many programs, you can reach out to your local senior center or there is more information included in this issue of the *New Horizons*.



Make Your Mark is also a fitting thought this time of the year as the York County Senior Games will begin Monday June 22nd. This is our 19th year for the Senior Games which runs through the 26th of June. Senior Games offers a wonderful opportunity for seniors to *make their mark*, whether it is through friendly competition or volunteerism. One of the best things about Senior Games is everyone gets to create their own experience. It is up to each individual as to how involved they would like to be. Many seniors participate in multiple events and some participate in only one; however, all participants contribute to the success of the Senior Games.

If you would like to *make your mark* at this year's Senior Games, please review the details in this issue of *New Horizons*. You can also review this information on our website at www.ycaaa.org.

I hope all of you have a wonderful Spring and are able to spend time outdoors. According to Harvard Medical School, spending time outdoors makes you happier, and we could all use more happiness. Being outside makes us less stressed, more creative, and more socially connected. It can improve short-term memory and focus, reduce inflammation, lower blood pressure, fight against anxiety and depression, and boost our overall immune systems.

Health benefits or not, sometimes it's just nice to get out of the house after a long winter. Enjoy yourself and stay well.

Mark W. Shea

**YCAAA
Advisory Council**

The next York County Area Agency on Aging's Advisory Council meetings will be held at
12:30 pm on:

**Monday, April 13th
Monday, June 8th
Monday, August 10th**

All meetings will be held at the
**York County
Department of Emergency Services,
120 Davies Drive, York**



NEW HORIZONS

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By

York County Area Agency on Aging

100 West Market Street, York, PA. 17401

Phone: (717) 771-9610

1-800-632-9073

FAX: (717) 771-9044

Email: aging@yorkcountypa.gov

Website: www.ycaaa.org

Mark W. Shea

YCAAA Director

Ross Stanko

Director of Operations
and Outreach

Jenny Nace

Editor/Advertising
Sales/Circulation

Mission Statement

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.

Acceptance of Advertising

The advertisements in this newspaper are based on information supplied by the Advertisers. Inclusion in the newspaper does not imply endorsement of the product or service by YCAAA or the York County Commissioners, nor does exclusion imply disapproval. YCAAA accepts no responsibility for the quality of service provided by any organization listed.

New Horizons Donation

The *New Horizons* is free to residents of York County, Pennsylvania. As publishing and postage costs continue to rise, donations are gladly accepted to offset the cost.

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Please mail this form and make donation to:

York County Area Agency on Aging

New Horizons

100 West Market Street

York, PA 17401

Spring/Summer 2020

Please notify YCAAA to discontinue your mailed issue.

April 2020

Laura Kirk

*Friendly Visitor, General
Office Assistant &
Financial Counselor*



May 2020

Bob Fallon

*Financial Counselor
& Special Events*



June 2020

Holly DeVries

Friendly Visitor



July 2020

Linda Baugher

*General Office
Assistant, Scheduling
Assistant &
Special Events*



YCAAA Stars

Volunteers of the Month

**Have you discussed
“What if . . . ?”**

If you were ill or injured and unable to speak, would your family and health care team know what kind of care you would want? No matter your age or health condition, it is important to discuss your choices before a health crisis. Learn what you need to know to reduce confusion and stress for your family, by making sure your medical treatment wishes are known in advance.

Completing the “Advance Directive” forms can be done at no cost. Your Life Your Wishes Community Task Force members are here to help you. This event will include a short video followed by a panel discussion, including a physician, lawyer and social worker. These volunteers will share insights and offer the opportunity for questions and answers. This is a free program with no commercial messages or intent.

All participants will receive a packet that includes Advance Directive forms and other helpful information. **Please join us for this important conversation!**

Sunday, April 26, 2020

1:00-2:30 p.m.

Hampton Inn

1550 Mt. Zion Road (Near York Galleria)

York, PA

Register Today!

There is no cost for this program, but registration is required.

Call or email to register:

717- 851-2333 or dgogniat@wellspan.org

NEW HORIZONS

York County Area Agency on Aging

New Horizons is available online for free, including hyperlinks, so that the reader can easily find more information. Go to www.ycaaa.org, click on “About Us,” then click on “*New Horizons* Newspaper” directly below.

Free Time! Most of us see this as a luxury in our lives, and when we finally get that precious time, we have a multitude of ways we can spend it enjoying ourselves. Should we take that trip, read those books we haven’t had time for or visit our friends who live far away? How about joining a health club, or taking up golf? **Or how about volunteering?**

Throughout York County, there is an ever-growing senior population needing services, and the Area Agency on Aging is trying to meet the demand. You can help. There are many ways you can help someone else with your free time.

Volunteer Financial Counselors assist seniors in balancing a checkbook, paying bills, and other financial functions. No experience is necessary. Volunteers will undergo a day and a half of training. This volunteer opportunity affords flexible scheduling and a modest time commitment.

New Horizons delivery volunteers are needed several times a year to drop off bundles of this informative free newspaper at various locations across York County. Volunteers pick up the

bundles at the YCAAA office and deliver them to identified community businesses and organizations.

Volunteer Friendly Visitors touch the lives of older adults and can be a lifeline to the community. If you love to socialize with others, someone is always in need of a friend to talk to. Volunteers are trained and assigned on a one-to-one basis to visit an older adult who is homebound and in need of a friend. The volunteer visits about once a week, bringing companionship, information, and sharing activities. Volunteers participate in orientation and training.

To learn more about these volunteer programs and other volunteer opportunities with YCAAA call Hope Eberly at 717-852-4902, or email HCEberly@YorkCountyPA.gov, or visit the “Become a Volunteer” page on our website at www.ycaaa.org.



HEALTHY EATING AS WE AGE

As we age, healthy eating can make a difference in our health, help to improve how we feel, and encourage a sense of well-being. **Eating healthy has benefits that can help older adults:**

Nutrients

- **Obtain nutrients** needed by the body such as potassium, calcium, vitamin D, vitamin B12, minerals, and dietary fiber.
- **Lose weight** or maintain a healthy weight
- **Reduce the risk** of developing chronic diseases such as high blood pressure, diabetes, hypertension, and heart disease. If you have a chronic disease, eating well can help to **manage the disease**.
- **Meet** individual calorie and **nutrition needs**.
- Help to maintain **energy levels**.

Special Nutrition Concerns for Older Adults

Our daily eating habits change as our bodies get older. Make small adjustments to help you enjoy the foods and beverages you eat and drink.

- Add flavor to foods with spices and herbs instead of salt and look for low-sodium packaged foods.
- Add sliced fruits and vegetables to your meals and snacks. Look for pre-sliced fruits and vegetables on sale if slicing and chopping is a challenge.
- Ask your doctor to suggest other options if the medications you take affect your appetite or change your desire to eat.
- Drink 3 cups of fat-free or low-fat milk throughout the day. If you cannot tolerate milk try small amounts of yogurt, butter milk, hard

cheese or lactose-free foods. Drink water instead of sugary drinks.

- Consume foods fortified with vitamin B12, such as fortified cereals.

Be Active Your Way

Focus on maintaining a healthy body weight. Being physically active can help you stay strong and independent as you grow older. If you are overweight or obese, weight loss can improve your quality of life and reduce the risk of disease and disability.

- Adults at any age need at least 2 ½ hours or 150 minutes of moderate-intensity physical activity each week. Being active at least 3 days a week is a good goal.
- Find an activity that is appropriate for your fitness level. If you are not active, start by walking or riding a stationary bike. Strive for at least 10 minutes of exercise at a time and be as active as possible.
- Include activities that improve balance and reduce your risk of falling such as lifting small weights. Add strength building activities at least 2 times per week.
- Being active will make it easier to enjoy other activities such as shopping, playing a sport, or gardening.
- If you are not sure about your level of fitness, check with your doctor before starting an intense exercise program or vigorous physical activity.
- Register to participate in the York County Senior Games and have fun while being active! There’s sure to be an event for everyone!

Source: USDA www.Choosemyplate.gov

DO I NEED AN IRREVOCABLE TRUST?

By: Robert Clofine, Certified Elder Law Attorney, practicing in York

Clients often ask about putting their assets in a trust to protect them in case they need to go to a nursing home. Given that the average cost of nursing home care in Pennsylvania is about \$11,000 per month, this a valid concern and there are times when an irrevocable trust can make sense. However, it is not a “one-size-fits-all” and often an irrevocable trust is not a good option. Here are five reasons why the irrevocable trust may not be best choice.

- 1. For married couples, there are better ways to protect assets.** In Pennsylvania, if a spouse requires nursing home care, there are strategies which allow the spouse who is living in the community to keep all or most of the couple’s assets. However, those strategies and protections may be difficult to implement if the married couple transfers assets to an irrevocable trust (or to children) within the five-year period preceding the need for care.
- 2. You might have the wrong assets for a trust.** If most of your wealth is in IRAs or other qualified retirement accounts, the irrevocable trust makes little sense. The only way to transfer IRAs to a trust is to withdrawal all of

the funds from the IRA, pay income tax on those withdrawals, and then place the after-tax proceeds in the trust. It generally makes little sense to “cash-in” the IRA and pay tax prior to needing nursing home care.

- 3. With an irrevocable trust, you do have to give up some control.** In order for the assets in an irrevocable trust to be protected from having to be spent on nursing home costs, you must give up all rights to access the principal of the trust. That is, once the assets are placed in the trust, you are prohibited from getting those assets returned to you.
- 4. Things change.** Nothing in life is certain, but we do know that things will change. Clients often say things like, “We’re never going to sell the house” or “I know my daughter will take care of me,” but sure enough they sell the house and the daughter gets sick before the parent. In addition, the Federal and state laws, regulations and agency policies that govern Medicaid eligibility can change and there is no guarantee that existing planning will be “grandfathered.” As such, if you create an irrevocable trust today, there is no assurance that it will work 5, 10 or 15

years from now. The point is, no one knows what the future holds and planning should be flexible enough to adjust to the changes. Unfortunately, the provisions which we use to build flexibility into irrevocable trusts may end up being the same provisions that the Pennsylvania Medicaid agency will claim makes the trust assets available to pay for nursing home care.

- 5. The best way to ensure you end up in a nursing home is to have no money.** Having money buys you options. That’s true in general and certainly applies to long-term care. A person who shifted all of their resources to an irrevocable trust and will immediately ask Medicaid to pay for their care, won’t have the choices that those who will pay privately.

While there certainly are situations where transferring assets to an irrevocable trust for long-term care planning purposes makes sense, it is never a good idea to rush into this type of planning without having a complete understanding of the consequences.

REAL ID in Pennsylvania

Beginning October 1, 2020, Pennsylvanians will need a REAL ID-compliant license, identification card, or another form of federally-acceptable identification (such as a valid passport or military ID) to:

- Board domestic commercial flights.
- Enter a military base.
- Enter a federal facility that requires ID at the door.

The REAL ID Act is a federal law passed by Congress after September 11, 2001, that sets minimum federal standards for state-issued driver’s licenses and ID cards to be accepted for certain federal purposes.

Do I have to get a REAL ID?

No, REAL ID is optional for Pennsylvania residents. If you have a valid U.S. Passport or U.S. Passport Card, military ID, or another federally-approved identification, you may use this as your form of identification to pass a security checkpoint at airports nationwide, and to visit a secure federal building or military installations at any time.

What documents will I need to obtain a REAL ID?

PennDOT verifies the following original documents in person, per federal regulations. *You may bring them to any driver’s license center for verification. Please note that standalone photo centers are NOT able to perform REAL ID transactions.*

- a) Proof of Identity**, such as an original or certified copy of a birth certificate with a raised seal. You can also bring a valid U.S. Passport.
- b) Social Security card**
PennDOT will accept both unlaminated AND laminated social security cards for REAL ID.
- c) TWO proofs of current, physical PA address**, such as a current, unexpired PA license or ID, and a PA vehicle registration.
- d) Proof of all Legal Name Changes**, if applicable, such as a court-issued marriage certificate, or court order issued by your county’s family court.

How much does the REAL ID cost?

You will pay a one-time fee of \$30, plus a **renewal fee** (current renewal fee is \$30.50 for a four-year non-commercial driver’s license or a photo ID). The expiration date of the initial REAL ID product will include any time remaining on your current license or ID card, plus an additional four years, unless you are over 65 and have a two-year license.

This expiration date structure means that you won’t “lose” time that you’ve already paid for. After the initial REAL ID product expires, the customer will pay no additional fee, beyond regular renewal fees, to renew a REAL ID product.

Will my REAL ID license or ID card look different?

The visible difference is that a REAL ID-compliant product is marked with a gold star. REAL ID products are produced using the same security features as standard-issued products.

For more information call 717-412-5300.

Source: <https://www.pa.gov/guides/real-id-pennsylvania/>; www.dmv.pa.gov

Property Tax/Rent Rebate Program

The rebate program benefits eligible Pennsylvanians age 65 and older; widows and widowers age 50 and older; and people with disabilities age 18 and older. The income limit is \$35,000 a year for homeowners and \$15,000 annually for renters, and half of Social Security income is excluded. Spouses, personal representatives or estates may also file rebate claims on behalf of claimants who lived at least one day in 2019 and meet all other eligibility criteria.

The Property Tax/Rent Rebate Program is one of five programs supported by the Pennsylvania Lottery. Since the program's 1971 inception, older and disabled adults have received more than \$6.9 billion in property tax and rent relief. The rebate program also receives funding from slots gaming.

Homeowners receive:

Income	Maximum Rebate
\$0 to \$8,000	\$650
\$8,001 to \$15,000	\$500
\$15,001 to \$18,000	\$300
\$18,001 to \$35,000	\$250

Renters receive:

Income	Maximum Rebate
\$0 to \$8,000	\$650
\$8,001 to \$15,000	\$500

Application deadline:

June 30, 2020

2019 rebate checks are not mailed until after July 1, 2020, as required by Pennsylvania law.

If you have received a Property Tax/Rent Rebate last year, you should receive a form automatically in the mail. If you need an application, use one of the following options:

- 1) Call **1-888-222-9190, press 2** to leave a message to have one mailed to you.
- 2) **To download a claim form** from the internet, go to www.revenue.pa.gov and click on the "Property Tax/Rent Rebate Program Forms" link.
- 3) Contact your local legislator to obtain a paper copy.

For more information or questions, call the PA Department of Property Tax/Rent Rebate Unit at **1-888-222-9190**.

We ALL Need to be Aware of ELDER ABUSE!



It can be hard to imagine that anyone would deliberately want to harm an elderly person, but unfortunately, elder abuse does occur. Some instances of elder abuse are intended to exploit the person financially; you've probably heard of scams targeting seniors. In other cases, caretakers simply don't provide the basic necessities, like nutritious food, appropriate medication, safety, or assistance with hygiene. Help spread the word this June 15, which is World Elder Abuse Awareness Day. If you see something, say something.

Generally Accepted Definitions

Elder abuse is an umbrella term referring to any knowing, intentional, or negligent act by a caregiver or any other person that causes harm or a serious risk of harm to a vulnerable adult.

- » Physical abuse is inflicting, or threatening to inflict, physical pain or injury on a vulnerable elder, or depriving them of a basic need.
- » Sexual abuse is the infliction of non-consensual sexual contact of any kind.
- » Emotional or psychological abuse is the infliction of mental or emotional anguish or distress on an elderly person through verbal or nonverbal acts.
- » Financial or material exploitation is the illegal taking, misuse, or concealment of funds, property, or assets of a vulnerable elder.
- » Neglect is the refusal or failure by those responsible to provide food, shelter, health care, or protection for a vulnerable elder.
- » Abandonment is the desertion of a vulnerable elder by anyone who has assumed the responsibility for care or custody of that person.
- » Self-neglect is characterized as the behavior of an elderly person that threatens his/her own health or safety.

Warning signs of elder abuse

While one sign does not necessarily indicate abuse, some tell-tale signs that there could be a problem are:

- » Bruises, pressure marks, broken bones, abrasions, and burns may be an indication of physical abuse, neglect, or mistreatment.
- » Unexplained withdrawal from normal activities, a sudden change in alertness, and unusual depression may be indicators of emotional abuse.
- » Bruises around the breasts or genital area can occur from sexual abuse.
- » Sudden changes in financial situations may be the result of exploitation.
- » Bedsores, unattended medical needs, poor hygiene, and unusual weight loss are indicators of possible neglect.
- » Behavior such as belittling, threats and other uses of power and control by spouses are indicators of verbal or emotional abuse.
- » Strained or tense relationships and frequent arguments between the caregiver and elderly person are also signs.

Most important is to be alert. The suffering is often in silence. If you notice changes in personality or behavior, you should start to question what is going on.

Signs of Self-Neglect

Tragically, sometimes elders neglect their own care, which can lead to illness or injury. Self-neglect can include behaviors such as:

- » Hoarding
- » Failure to take essential medications or refusal to seek medical treatment for serious illness
- » Leaving a burning stove unattended
- » Poor hygiene

- » Not wearing suitable clothing for the weather
- » Confusion
- » Poor nutritional habits
- » Inability to attend to housekeeping
- » Dehydration

Self-neglect accounts for the majority of cases reported to adult protective services. Oftentimes, the problem is paired with declining health, isolation, Alzheimer's disease or dementia, or drug and alcohol dependency.

In some of these cases, elders will be connected to supports in the community that can allow them to continue living independently. Some conditions like depression and malnutrition may be successfully treated through medical intervention. If the problems are severe enough, a guardian may be appointed.

Elder abuse is a community problem, and everyone in the community can be part of the solution. It is important to remember that there is something everyone can do to help address this. The first step is being aware; the second step is reporting concerns. **Anyone can contact the York County Area Agency on Aging at 717-771-9610. We are available to take concerns twenty-four hours a day, all year long.** *It is important to remember that you do not have to be right about the abuse occurring, just that you have a concern that warrants investigating.* We would much rather investigate a concern and realize that the situation is fine, versus finding an older adult at imminent risk.

If you have questions or concerns, please call the Agency on Aging office at 717-771-9610, or visit our website to obtain further information at www.ycaaa.org.

Source: Pennsylvania Department of Aging

The 2020 Census

The 2020 Census counts every person living in the 50 states, District of Columbia, and five U.S. territories. The count is mandated by the Constitution and conducted by the U.S. Census Bureau, a nonpartisan government agency. Each home will receive an invitation to respond to a short questionnaire—online, by phone, or by mail.

Why Conduct This Count

The census provides critical data that lawmakers, business owners, teachers, and many others use to provide daily services, products, and support for you and your community. Every year, billions of dollars in federal funding go to hospitals, fire departments, schools, roads, and other resources based on census data.

The results of the census also determine the number of seats each state will have in the U.S. House of Representatives, and they are used to draw congressional and state legislative districts.

It's also in the Constitution: Article 1, Section 2, mandates that the country conduct a count of its population once every 10 years. The 2020 Census will mark the 24th time that the country has counted its population since 1790.

The 2020 Census is more than a population count. It's an opportunity to shape the future of your community.

Sharing Family Traditions and Stories

Courtesy of Generations United

Every family has unique and treasured family traditions and stories. The oldest members of extended families are often the keepers of these riches and pass them from generation to generation. The greater the connection with the generations that came before us, the more traditions and stories there are to share with the next generation.

Family traditions vary from culture to culture and family to family. They may include recipes, holiday celebrations, songs, books, or games. These traditions are the legacy one generation can leave for the next. But traditions can mean so much more, when the older members of the family share the stories behind the traditions and the reasons why the family tradition exists. Family stories help to provide valuable perspective and understanding of the past and the present, as well as strengthen family ties across the ages. One way to capture these stories is through oral history.

Oral history is a method of gathering and preserving historical information through interviews. For families, it is a wonderful way for young people to interview older relatives about their personal stories, family history, and cultural traditions. Through oral history interviews and conversations, older relatives give children a better understanding of who they and their family are and the forces that shaped the family's identity. Children and youth give older relatives love, time,

Overall Timeline

Counting every person living in the United States is a massive undertaking, and efforts begin years in advance. Here's a look at some of the key dates along the way:

April 1: Census Day is observed nationwide.

Once the invitation arrives, you should respond for your home in one of three ways: online, by phone, or by mail. When you respond to the census, you'll tell the Census Bureau where you live as of April 1, 2020.

April: Census takers will begin visiting college students who live on campus, people living in senior housing, and others who live among large groups of people. Census takers will also begin following up with households that have not yet responded in areas that include off-campus housing, where residents are not counted in groups.

May - July: Census takers will begin visiting homes that haven't responded to the 2020 Census to help make sure everyone is counted.

December: The Census Bureau will deliver apportionment counts to the President and Congress as required by law.

and the knowledge that they and their experiences are valued.

Sharing stories through oral history is also fun, but preparation is needed to make sure it is successful. Make sure to take time to prepare, plan questions in advance, respect the schedules and privacy of older relatives, and think ahead about ways to help the older relatives feel comfortable talking about the past. Older children and youth should take notes and following the interview write down the stories they learned from their older relatives. Younger children can draw pictures or make collages illustrating the stories they heard. Young people can tap into their creativity by composing poems, songs, or skits based on their conversations with older relatives. The whole family can get involved by performing the song, skit, or play that portrays the family stories.

Tips for Oral History:

- Plan conversations around an older relative's schedule and what times of the day are best.
- Find an activity to do together while talking - cooking, cleaning, gardening, taking a walk, or playing a game.
- Use a 20th century timeline as a conversation starter and to spark children's interest.
- Make a list of questions - see sample list below. Give children and young people the opportunity to develop their own questions. Having questions on hand during the

The Census Will Never Ask Certain Questions

During the 2020 Census, the Census Bureau will *never* ask you for:

- Your Social Security number.
- Money or donations.
- Anything on behalf of a political party.
- Your bank or credit card account numbers.

Staying Safe at Home

If someone visits your home to collect a response for the 2020 Census, you can do the following to verify their identity:

- First, check to make sure that they have a valid ID badge, with their photograph, a U.S. Department of Commerce watermark, and an expiration date.
- If you still have questions about their identity, you can call **800-923-8282** to speak with a local Census Bureau representative.

Reporting Suspected Fraud

If you suspect fraud, call **800-923-8282** to speak with a local Census Bureau representative. If it is determined that the visitor who came to your door does not work for the Census Bureau, contact your local police department.

interview can serve as a reminder of subjects to cover and help to revive a conversation if it starts to slow down. Questions should be simple and planned around family or historical events. Ask how things looked, smelled, and sounded. Children should know that they can skip questions and ask questions not on the list during the interview.

- Think about using meaningful objects to help get the conversation going - photos, books, quilts, and other family heirlooms.
- Think about other things older relatives can share - songs, recipes, poems, jokes, family sayings, letters, and newspaper clippings.
- Make sure to have all necessary equipment before starting - pen, pencils, crayons, paper, and tape recorder, if using one. Consider using a tape recorder or video camera to record the conversation - make sure the older relative is comfortable with recording before starting. Make sure all equipment works and bring extra batteries and tapes.
- Enlist the help of other relatives - siblings, cousins, parents, aunts, and uncles.
- Remember to thank the older relative for taking the time and energy to share valuable family stories.

For additional information on multigenerational families or grandparents and other relatives who are raising children, visit the Generations United website at www.gu.org.

2020 York County Senior Games

The 19th annual York County Senior Games will be held Monday, June 22nd through Friday, June 26th.

The mission of the York County Senior Games is to promote fitness and healthy lifestyles for York County men and women aged 50 and older (by December 31, 2020). The York County Area Agency on Aging organizes this event, in conjunction with the Senior Games Planning Committee.

The Senior Games will feature five fun-filled days and offer 48 different events. There's sure to be an event for anyone wishing to participate, from card games to Cornhole, running to shuffleboard, bocce to 9-hole golf, and returning again this year- *Pickleball!*

Central York High School is home to the majority of events, although there are several other venues throughout York County. See the schedule of events on pages 8 & 9 for specific event times and community locations.

The Senior Games Information Desk, located inside the school's main entrance, will open at 9:00 a.m. on Monday, June 22nd and will remain open every day from 9:00 a.m. to 3:00 p.m. through June 26th. Participants can pick up their senior games t-shirt at the Information Desk during the times listed. Bowling and Table Tennis participants will be able pick up their t-shirts at those off-site events.

Eligibility and Age Divisions

Any York County resident 50 years of age or older as of December 31, 2020 may participate. Age groups are 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89 and 90+, unless otherwise indicated. Event coordinators reserve the right to consolidate age divisions for competition based on insufficient entries, modify rules and formats, or to cancel events. Each age group competes for medals. Some events are open to men and women separately.

Registration

There is a \$15.00 registration fee that enables you to participate in an unlimited number of non-conflicting events. Please note the registration deadline to be eligible to participate:

**REGISTRATION DEADLINE:
ALL REGISTRATIONS MUST BE
RECEIVED BY FRIDAY, JUNE 12TH.**

Once registered, events can be added during the week of the Games, but **new registrations will**



not be accepted after June 12th. The registration fee is non-refundable. Additional fees apply for some events.

Registration booklets will be mailed to previous 2019 participants in April. **Contact the York County Area Agency on Aging at 717- 771-9001, 1-800-632-9073 or aging@yorkcountypa.gov for more information or to be added to the mailing list.** The registration booklet and registration form can also be downloaded from our website at www.ycaaa.org after April 1st.

Opening and Closing Events

The Opening Ceremony will be held on Tuesday, June 23rd at 8:15 a.m. in the Central York High School Cafeteria. Bring your family and join us as we kick off this year's festivities, which will include a Color Guard, Parade of Athletes and official torch ceremony. **Participants will have a chance to win special prizes. Must be present to win.**

The week of events will end with our Closing Celebration. It will be held on Friday, June 26th beginning at 4:00 p.m. at Central York High School Cafeteria, and will celebrate the week of activities, recognize medal winners and be a special time of sharing with new and old friends, including WSBA news anchor Mark McKenzie! Participants attending the Closing Celebration will be eligible for special prizes and must be present to win. All participants and their families are encouraged to attend!

Sponsors and Donations

The Senior Games are made possible by the financial support of local businesses, organizations, and individuals. Sponsors and donations are always accepted, as they continue to support the Games and ensure its future success.

There are many reasons to participate in the Senior Games! Some enjoy the competition and reward of accomplishment. Others look forward to seeing friends they've made from year to year. Sign up with a family member or friend and enjoy this wonderful opportunity to have some fun, fitness and fellowship!

Games for Fun, Games for Life!

THANK YOU 2020 SPONSORS!

The Senior Games could not be held without the financial support of these organizations!

(Committed Sponsors to date)

~PLATINUM~



*The Brunswick at Longstown
&
Colonial Manor Nursing
and Rehab*



UPMC Health Plan Medicare Program

~GOLD~

**Pennsylvania Lottery
SpiriTrust Lutheran®**

~SILVER~

Highmark® Blue Shield

~BRONZE~

**Glatfelter Insurance Group
Normandie Ridge Senior Living Community
OSS Health**

Susquehanna VFW Post #2493

UPMC Pinnacle

Visiting Angels Living Assistance Services

WellSpan Sports Medicine

~IN-KIND~

Weis Markets

~SUPPORTER~

Dallastown American Legion Post 605

~MEDIA~



19th Annual York County Senior Games

Opening Ceremony



**Tuesday, June 23
8:15 AM**

**Central York High
School Cafeteria**

*Join us for an exciting event
of fellowship and celebration!*

**Parade of Athletes kick off
at 8:15 AM**

*All current and past participants are needed for
the Parade of Athletes!*

*Participants will be eligible for
special prizes. Must be present
to win.*



Activities include:

- Veterans Color Guard
Presenting the Flag Ceremony
- Singing of the National Anthem
- Greetings from York County Commissioners
& Director of York County Area Agency
on Aging
- Welcome from Platinum Sponsors
- Recognized Gold Sponsors
- Official Torch Ceremony

VOLUNTEER for the Senior Games!

The 2020 York County Senior Games scheduled
for June 22 – June 26, is in need of volunteers.

Do you know someone who can help?

- Can you commit a few hours of your time?
- Would your club or organization be willing
to volunteer?
- Do you know of a responsible youth group
or team, age 14 and older, who is looking for
a volunteer opportunity?
- Would your place of employment allow you,
or a team to volunteer?

There are many fun and different volunteer
opportunities. Help is needed in the following
areas:

- Scorekeeping at the various events.
- Picking up and delivering supplies and
equipment during the Games.
- First Aid – medical support, and much
more.

Volunteering for the Senior Games can be just as
much fun as participating in the events! To learn
more about volunteer opportunities, call (717)
771-9001 or email mmcraley@yorkcountypa.gov.

Monday, June 22

Bowling *Sponsored by PA LOTTERY*
Singles 9:00 AM, Doubles 12:00 PM
Hanover Bowling Centre, 1630 Broadway,
Hanover

A Walk in the Park with a York County Doc
*Hosted by Healthy York County Coalition's "York
County Walks" Initiative*

9:00 AM John Rudy County Park
400 Mundis Race Road, York

Pickleball *Hosted by David Meanor and Kenneth
Swalgin, White Rose Pickleball Association*

Men's Division 9:00 AM

Women's Division 11:00 AM

Mixed Division 1:30 PM

Roll 'R' Way Rink, 940 Vander Avenue, York

Table Tennis *Hosted by Stewartstown United
Methodist Church Table Tennis Club*

2:00 PM Hopewell Area Recreation & Parks
16 College Avenue, Stewartstown

Mini Golf *Hosted by Heritage Hills Golf Resort*
Compete anytime between 2:00 PM to 6:30 PM
Heritage Hills Golf Resort, 2700 Mt. Rose
Avenue, York

(NOTE NEW DAY AND TIMES)



Tuesday, June 23

(ALL events at Central York High School)

Bocce *Sponsored by BELLOMO &
ASSOCIATES, LLC and hosted by Erin Stevens*

9:00 AM Ages 50-59 & 90+

10:00 AM Ages 80-89

11:00 AM Ages 75-79

12:00 PM Ages 70-74

1:00 PM Ages 65-69

2:00 PM Ages 60-64

Ladder Golf *Sponsored and hosted by
MANORCARE HEALTH SERVICES*
Compete anytime between 9:00 AM to 2:00 PM

Soccer Kick *Sponsored and hosted by
MANORCARE HEALTH SERVICES*
Compete anytime between 9:00 AM to 2:00 PM

Washers *Hosted by Kristen and Bella Fink*
Compete anytime between 9:00 AM to 2:00 PM

Wii Archery *Hosted by Patricia Egger*
Compete anytime between 10:00 AM to 3:00 PM

Wednesday, June 24

(ALL events at Central York High School except Shooting)

Running Events *Sponsored by SPIRITRUST
LUTHERAN® and hosted by Ross Stanko*

**5K Run/Walk 8:00 AM; 50-Meter 9:15 AM;
100-Meter 9:45 AM; 4x100 Relay 10:15 AM;
400-Meter 10:45 AM; Sprint Medley 11:15 AM;
1600-Meter 11:45 AM**

Throws - Football, Frisbee and Softball
*Sponsored by UPMC FOR LIFE and hosted by
Sharon and Clark Focht*

Compete anytime between 9:00 AM to 2:00 PM

Shuffleboard *Hosted by SOS and SING*

10:00 AM Ages 80+

11:00 AM Ages 75-79

12:00 PM Ages 70-74

1:00 PM Ages 65-69

2:00 PM Ages 60-64

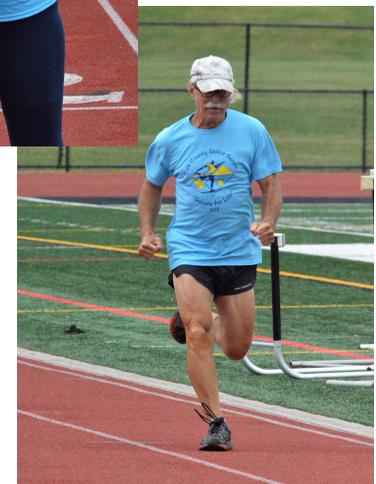
3:00 PM Ages 50-59

Target Shooting *Hosted by York Chapter # 67
Izaak Walton League of America*

1:00 PM Izaak Walton League of America
7131 Iron Stone Hill Road, Dallastown

Basketball Hoops *Hosted by Randy Grove*
Compete anytime between 3:00 PM to 5:00 PM.
Event also offered on Thursday, June 25, choose
one day.

Trap Shooting *Hosted by York Chapter # 67
Izaak Walton League of America*
5:00 PM Optional Practice Round; 6:00 PM Event
Izaak Walton League of America
7131 Iron Stone Hill Road, Dallastown



2020 Schedule of Events

Thursday, June 25

(ALL events at Central York High School except 9-Hole Golf and Horseshoes)

9-Hole Golf Hosted by Josh Kehler and Little Creek Golf Course

8:00 AM Little Creek Golf Course
Rt. 116, Spring Grove

Horseshoes Hosted by Chris Kessler

Singles 8:00 AM; Doubles Following Singles
John Rudy Park, 400 Mundis Race Rd, York

Wii Bowling Hosted by Dick and Sandy Bear and Heritage Senior Center

Compete anytime between 9:00 AM to 3:00 PM
Event also offered on Friday, June 26; choose one day.

Darts Compliments of Staff Music and Amusements and hosted by Hope Eberly

Compete in this event between 9:00 AM to 3:00 PM.
Event also offered on Friday, June 26, choose one day.

500 Bid Card Game Hosted by June Main and Marlin Grove

9:30 AM

Basketball Hoops Hosted by Randy Grove

Compete anytime between 3:00 PM to 5:00 PM.
Event also offered on Wednesday, June 24, choose one day.

3 on 3 Basketball Hosted by Randy Grove

6:00 PM

Friday, June 26

(ALL events at Central York High School)

Cornhole Sponsored and hosted by THE BRUNSWICK AT LONGSTOWN & COLONIAL MANOR NURSING AND REHAB

Compete anytime between 8:30 AM to 12:00 PM.

Wii Bowling Hosted by Dick and Sandy Bear and Heritage Senior Center

Compete anytime between 9:00 AM to 1:00 PM
Event also offered on Thursday, June 25, choose one day.

Darts Compliments of Staff Music and Amusements and hosted by Hope Eberly

Compete anytime between 9:00 AM to 1:00 PM.
Event also offered on Thursday, June 25, choose one day.

Pinochle Hosted by Kim Maglaughlin, Delta Senior Center Director

9:00 AM

Swimming Hosted by Catherine Lane and Patty Neidigh

Warm up begins at 9:30 AM. Events begin at 9:45 AM.

Poker 12:30 PM



Triathlon

The 2020 York County Senior Games will again feature the Triathlon. Events include:

Softball Throw, 100-Meter Run and 50-Yard Freestyle Swim

Participants of the Triathlon must compete in all three events during each of the scheduled event times. Points will be awarded to each athlete according to distance/accuracy score in softball throw, time in running and swimming events. Highest points in each of the following age brackets win: 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85-89; and 90+. There will be Men's and Women's Divisions. Awards will be announced during the Closing Celebration.



Closing Celebration



Friday, June 26, 2020
4:00 PM

Central York High School Cafeteria

Join the fun as we celebrate the week of memorable events!

All participants and their families are invited to come together for fellowship, Triathlon medal winner recognition and an Ice Cream Social!

Participants in attendance will be eligible for special prizes!

You must be present to win.

FAMILY ACTIVITIES FOR FUN AND GOOD HEALTH

Being physically active with your family is a great way to stay healthy and make exercise fun. And being physically active can be more fun when you're with someone you love.

Whether you play team sports with the entire family or take brisk walks with your spouse, child, or grandchild, you'll be rewarded with improved health and time spent together.

Family gatherings are the perfect time for team sports and outdoor activities.

- Choose teams for softball, basketball, or kickball.
- Sign up for family tournaments to play tennis, bowling, or volleyball.
- Go biking, jogging, or hiking at a nearby park.
- If you live near water, try sailing, canoeing, or rafting.

Family members can make great exercise buddies.

- Take yoga or water aerobics classes.
- Table Tennis is fun for a twosome or a foursome.
- Our pets are family, too! Brisk walks with a canine buddy are healthy for both of you.

Be Active with Your Grandchildren!

Build a healthy lifestyle that includes your grandchildren. Start being active together when your grandchildren are young. Pretty soon, it will be a regular part of your life and theirs!

Go4Life has activity ideas for children of all ages:

Infants and Toddlers

- Take them for walks in the stroller and rides on your bike. Don't forget your helmets.
- Play games that get your bodies moving—Wheels on the Bus, Pretend We're Animals, and Hide-and-Seek.
- Sign up for baby yoga or exercise classes.
- Try baby-friendly swimming classes.

School-Aged Children

- Walk to the park and push their swing.
- Jump rope together.
- Build a fort—indoors or out.
- Play catch, kickball, basketball, or soccer.
- Go swimming or biking together.
- Play a video fitness game together and see who wins!

Teens and Young Adults

- Participate in activities that interest them. Try hiking, skating, or tennis.
- Go golfing or swimming. Invite them to join you in physical activities that require two people, such as tennis or Table Tennis.
- Ask them to help you in the garden or with heavy-duty household chores.

Source: Go4Life, National Institute on Aging at NIH;
<https://go4life.nia.nih.gov/>

Health & Wellness Class Schedule

The York County Area Agency on Aging presents the following FREE classes.

Mark your calendars and call to register!

SELF-MANAGEMENT PROGRAMS



Diabetes Self-Management Program

Adults 60 and older living with diabetes or pre-diabetes, and caregivers age 60 and older caring for someone with diabetes, can participate in the workshops. This health promotion program introduces participants to self-management tools for managing diabetes, healthy eating, monitoring blood sugar, action planning, dealing with difficult emotions, and breaking the symptom cycle that comes with the disease.

The interactive program spans six workshops, once a week for 2½ hours. The workshops will be taught by certified instructors through the agency.

Upcoming Workshops:

York County at Pleasant Valley Road

2401 Pleasant Valley Road, York

Tuesdays, May 5 – June 9, 12:30 PM -3:00 PM

Register by calling Megan at 717-771-9610.

Looking Beyond My Condition: Empowerment Tools to Manage Your Health, Your Way

Adults age 60 and older, who are living with ongoing medical conditions such as high blood pressure, diabetes, heart disease, arthritis, COPD, stroke, cancer or others are invited to participate in the workshops. The program introduces participants to self-management tools like healthy eating, exercise, action planning and dealing with difficult emotions, among others.

This interactive program spans six workshops, once a week for 2½ hours. The workshops will be taught by certified instructors through the agency.

Upcoming workshops:

York Township Park Building

25 Oak Street, York

Mondays, April 13 – May 18

9:30 AM – 12:00 PM

Register by calling Megan at 717-771-9610.

NEW PROGRAM ANNOUNCED!

Chronic Pain Self-Management Program

York County Area Agency on Aging welcomes a new Health & Wellness Program for York County older adults. *Chronic Pain Self-Management Program* is designed for those age 60 and older living with chronic pain and caregivers age 60 and older caring for someone living with chronic pain. The program was developed by the Self-Management Resource Center, formerly Stanford University Patient Education Resource Center. It is designed to help older adults living with chronic pain to explore healthy ways to manage and live with their chronic pain condition so they can enjoy more fulfilling, satisfying lives.

The program is led by certified leaders and held once weekly for six weeks, with each class spanning 2½ hours. Participants will learn self-management tools like physical activity, breathing techniques, understanding emotions, using your mind, healthy eating, and others. Each participant will go away with a companion book, *Living a Healthy Life with Chronic Pain*, and a *Moving Easy Program* CD, gentle exercises for chronic pain.

York County Area Agency on Aging will hold a six-week workshop at York County at Pleasant Valley Road, 2401 Pleasant Valley Road, Springettsbury Township. The classes will be held on Thursdays, September 17—October 22, 9AM—11:30AM. There is no cost for the program. Pre-registration is required. To register, call Megan at 717-771-9610.



Healthy Steps for Older Adults (HSOA)

HSOA reduces fall risks among older adults by raising awareness about the causes of falls and how to prevent them. Participants learn how to exercise safely at home and provided information on ways to improve their health and well-being. Discussions will include home and medication safety, as well as appropriate foot care/foot wear. A unique part of this program is the involvement of participants in physical skill screenings to determine an individual's fall risk.

Upcoming class:

SpiriTrust Lutheran - Shrewsbury

800 Bollinger Drive, Shrewsbury

Mondays, July 20 & July 27

2:00 PM – 4:00 PM

Register by calling Faye at 717-771-9610.

A MATTER OF BALANCE

A MATTER OF BALANCE targets older adults who have concerns about falling, have fallen in the past, have restricted their activities because of falling concerns or are interested in improving balance, flexibility and strength. It emphasizes practical strategies to manage falls. Participants will learn to: view falls as controllable; set goals for increasing activity; make changes to reduce fall risks at home; exercise to increase strength and balance.

A MATTER OF BALANCE classes are free and held twice a week for 4 weeks. Each class is 2 hours in length.

For more information and pre-registration, please contact Faye at the York County Area Agency on Aging at 717- 771-9610 or 1-800-632-9073, or by email aging@yorkcountypa.gov.

Upcoming Classes:

Dover Township Community Center

3700 Davidsburg Rd Dover

Tuesdays & Thursdays, April 30 - June 2

1:00 PM – 3:00 PM

** No class on 5/7 & 5/28 **

Mason-Dixon Public Library

250 Bailey Dr., Stewartstown

Mondays & Wednesday, September 2 - 30

10:00 AM -12:00 PM

** No class on Monday, Sept 7th**

York Township Park Building

25 Oak St. York

Mondays & Wednesdays

September 14 - October 7

10:00 AM -12:00 PM



A MATTER OF BALANCE
MANAGING CONCERNS ABOUT FALLS

Healthy Steps in Motion (HSIM)

HSIM is a more exercise-focused fall prevention program, in addition to balance improvement. It starts with a warmup, followed by strength and balance exercises. It ends with a cool-down stretch. There are three levels of exercise, to enable participants to continue HSIM for as long as they like. HSIM strives to reduce the risk of falling by building body strength, increasing flexibility and improving balance.

Upcoming classes:

Bethlehem United Methodist Church

109 E. Main St. Dallastown

April 20, 24, 28, 30 & May 4, 6, 11, 14

2:00 PM – 3:00 PM

Register by calling Faye at 717-771-9610.

Hayshire United Church of Christ

100 Haybrook Dr., York

Tuesdays & Thursdays, July 14 - August 6

10:00 AM -11:00 AM

Register by calling the church at 717-848-4007.

Insecurity Under New “The SECURE Act”

By: Jeffrey R. Bellomo, Certified Elder Law Attorney

On December 20th, 2019, Congress passed legislation that changed the retirement landscape. The **Setting Every Community Up For Retirement Enhancement Act**, is more commonly and better known as **The SECURE Act**. It is essential for people to understand and get a good idea of the changes that have occurred effective January 1st, 2020. I will address the changes that affect estate planning and elder law the most in this article.

Starting January 1st, 2020, retirement accounts or qualified accounts such as, IRAs, 401(k)s, 403(b)s, and 457s will require a person to start taking the distributions at age 72. Previously, the age was 70 and a half, but congress has provided an additional year and a half before you must begin taking required minimum distributions. For people who had not yet attained the age of 70 and a half prior to January 1st, this is an additional amount of time until you are forced to start taking the distributions.

Furthermore, a person can now continue to contribute to traditional IRAs after the age of 70 and a half. Previously, a person had to stop

contributing, but now will be able to contribute even in the year that they turn 70 and a half and beyond, provided they have earned income.

The change that is providing the most interesting challenge to families and estate planning attorneys is the fact that inherited retirement accounts will no longer be able to be stretched out over the life expectancy of the beneficiaries. Under the new law, upon the death of the account owner, distributions to non-spouse individuals must be made within 10 years of the date of death.

There are exceptions to this rule for spouses, disabled individuals, and individuals not more than 10 years younger than the account owner. There is also a minor child exception but only until they reach the age of majority and then they fall under the same 10-year rule. This change in the law will obviously force distributions out much more quickly than they previously were, which can create a substantial amount of income tax consequences to family members and possible loss of asset protection. However, if the accounts were inherited prior to

January 1st of 2020, they do still abide by the previous rules and can be stretched out over the person's life expectancy.

It is important for people who had their estate planning documents drafted prior to **The SECURE Act** to consult with their attorneys. It is an incredible time to talk to your estate planning attorneys and financial professionals to discuss if any changes need to be made. In the meantime, talk to your family members about this change so that they understand the consequences of this new Act and what it means to have to pay the tax consequences within a 10-year period as opposed to over the life expectancy. There are plenty of opportunities under the new Act. Consult your professional to discuss these options.

Sizzling Summer Safety Tips

Those at the greatest risk of heat related illness include infants and children up to four year of age, people 65 years of age or older, people who are overweight, people who overexert during work or exercise, and people who are ill or on certain medications.

The following are simple ways to stay healthy and safe during the summer heat:

Find a cool place indoors. Older adults and people with chronic health problems should stay indoors during a heat wave in the coolest available place. If the temperature or humidity is going up you are at increased risk for a heat-related illness.

Spend time in air conditioning. If possible, spend time in air conditioning. Even just two hours a day can significantly reduce the risk of a heat-related illness. If you don't have air conditioning, visit a senior center, local mall, library or a relative's home with air conditioning.

Slow down. Strenuous activities should be reduced, eliminated or rescheduled to the coolest time of the day.

Don't get too much sun. If you must go out in the sun, use sunscreen, wear sunglasses and a wide-brimmed hat. Stay in the shade or under awnings as much as possible.

Dress for summer. Wear light-colored, loose fitting clothing. Light colors will reflect heat and sunlight and help your body maintain normal temperatures.

Drink plenty of fluids. Even if you don't feel thirsty you should drink plenty of water, fruit or vegetable juices. Your body needs fluids to keep cool and stay hydrated. People with epilepsy or heart, kidney or liver disease; or those who are on fluid restricted diets or have a problem with fluid retention, should consult their physician before increasing their fluid intake.

Avoid alcoholic and caffeinated beverages. Alcohol and beverages with caffeine such as coffee, tea and cola make the heat's effect on your body worse.

Eat small meals and eat more often. Avoid foods that are high in protein, which increase metabolic heat and increase water loss.

Avoid using salt tablets unless directed to do so by your physician.

Stay cool. Take a cool shower or bath. Wrap a towel around ice cubes and apply it to your forehead and neck or keep a damp towel in the freezer to cool off. Lie down and rest in a cool place.

Rent-A-Kid

An intergenerational program bringing youth and older adults together

The Rent-A-Kid Program allows older adults to hire local youth to help with various chores.

To be eligible for the program you must be:

- A York County resident
- 60 years of age or older
- Agreeable to reimbursement of a minimum of \$5/ hour, or a negotiated rate based on the job.



Arrange for help BEFORE you need it. Contact the Rent-A-Kid Coordinator at the York County Area Agency on Aging 717-771-9103 or 1-800-632-9073, aging@yorkcountypa.gov, or www.ycaaa.org.

Never leave children, older adults or pets in a closed vehicle – even for a few minutes. Temperatures inside a closed vehicle can reach 140-190 degrees within 30 minutes on a hot day.

Check on others. Make a special effort to check in on at-risk neighbors and relatives during a heat wave. Those living on the top floors of building without air-conditioning are more likely to be exposed to excessive heat.

The next time you hear that the summer temperature is climbing, follow these safety tips and reduce your risk of experiencing a heat related illness.

Source: CDC

Medicare Low-Income Subsidy: Get Extra Help Paying for Part D

Beneficiaries with Medicare who have limited income and assets may qualify for Extra Help with the costs of their prescription drugs. This program is also known as LIS, or the Part D Low-Income Subsidy. The Social Security Administration (SSA) and the Centers for Medicare & Medicaid Services (CMS) work together to provide the benefit.

Who qualifies for Extra Help?

Some people get Extra Help automatically. These include people who are enrolled in both Medicaid and Medicare (often called dual eligible), those receiving Supplemental Security Income (SSI), and those who qualify for a Medicare Savings Program. These individuals do not need to apply for the program, though they may still wish to consult a benefits counselor to determine the best Part D plan to suit their situation.

Anyone else who is not already enrolled in the benefits noted above must apply to Social Security to receive Extra Help. The income and asset requirements for 2020 are listed in the chart above:

Benefits of Extra Help

The amount of Extra Help a beneficiary receives depends on their income and resources. Beneficiaries will receive either a full-subsidy or a partial-subsidy. Most people who qualify for Extra Help will pay:

- No premiums,
- No deductibles (unless receiving the partial subsidy), and

- No more than \$8.95 in 2020 for each drug their plan covers.

2020 Monthly Income Limit	2020 Resource Limit
FULL SUBSIDY \$1,456 Single \$1,960 Married	FULL SUBSIDY \$9,360 Single \$14,800 Married
PARTIAL SUBSIDY \$1,615 Single \$2,175 Married	PARTIAL SUBSIDY \$14,610 Single \$29,160 Married

In addition to lower out-of-pocket costs, beneficiaries with Extra Help have the following protections:

- A quarterly Special Enrollment Period (one time every three months between January – September + once during Annual Open Enrollment) to join or switch Medicare Part D drug plans during the year. These opportunities allow people who get Extra Help to not wait for the Annual Open Enrollment Period (Oct. 15 – Dec. 7) to change plans. Any plan changes made outside the Annual Open Enrollment Period will become valid for the following month. This is especially helpful to seniors/adults with disabilities who may need to begin medications that are not on their current plan's formulary (approved drug list).

- No Part D late enrollment penalty, even if the beneficiary enrolls late (that is, after they were first eligible to join a Part D plan and if they did not have other drug coverage).

Ways to apply for Extra Help

If you know a senior or adult living with a disability who may be eligible for Extra Help, direct them to the following:

- **BenefitsCheckUp®** has a direct link <https://www.benefitscheckup.org/medicare-rx-extra-help-application/> to submit Extra Help applications to the Social Security Administration. In addition, the free online screening tool will tell applicants if they likely appear eligible for other benefits that can help with health care and prescription costs.
- York County's APPRISE Program, our local State Health Insurance Assistance Program, provides free, objective assistance to people with Medicare and their families. APPRISE can also help with applications for Extra Help and the Medicare Savings Programs. Contact the APPRISE Program at 717-771-9008 or 800-632-9073.
- People with Medicare can also apply directly through the Social Security Administration at <https://www.ssa.gov/benefits/medicare/prescriptionhelp/>.

Source: NCOA; www.ncoa.org

Using a Medicare Savings Program to enroll in Medicare Part B

Medicare Savings Programs (MSPs) help pay your Medicare costs if you have limited income and savings. There are three main MSPs, each with its own eligibility criteria:

1. Qualifying Individual (QI)
2. Specified Low-income Medicare Beneficiary (SLMB)
3. Qualified Medicare Beneficiary (QMB)

In every state, MSPs also allow you to enroll in Medicare Part B outside regular enrollment periods through the Part B Buy-in process. To be eligible for the Part B Buy-in, you must:

- Meet the eligibility requirements in your state for any level of MSP
- Be enrolled in Part A

MSPs have income and asset limits, which vary by state. Be sure to call your local Medicaid office or State Health Insurance Assistance Program (SHIP), which is the APPRISE Program in York County at 717-771-9008, for more information about MSPs and for help applying. After enrolling in any of the three programs above, you should

receive Part B. Your Part B effective date is the same day as your MSP effective date.

Applying for the Part B Buy-in

To use an MSP to enroll in Medicare Part B, you must currently have Part A. If you do not have Part A, you should enroll before applying for an MSP. If you are eligible for premium-free Part A you can enroll in Part A at any time.

To enroll in Part B through the Part B Buy-in, you should:

1. Gather the following materials:
 - Proof of date of birth (copy of your birth certificate)
 - Proof of all types of income, earned and unearned (pay stubs, pension statements, tax returns, proof of Social Security benefits)
 - Proof of address (license, state ID, utility bill)
 - Copy of Medicare card
 - Copy of Social Security card
2. Go to your local Medicaid office (also known as your local Department of Social Services (DSS) office) and ask to apply for an MSP and the Part B Buy-in.

The MSP will pay for your Medicare Part B premium if you are eligible.

After successfully getting the Part B Buy-in, you should be enrolled in the following programs (some of which you may have had before completing the Part B Buy-in):

- Medicare Parts A, B, and D
- A Medicare Savings Program, which at a minimum pays the Part B premium
- Extra Help (also known as the Low-Income Subsidy), which helps pay Part D drug costs

You should be mailed an MSP decision notice from your local Medicaid office within 45 days of filing an application. If you are approved, it may take three to four months before your benefits take effect. However, the benefits should be retroactive to the effective date on your decision notice.

If you have additional questions about the application process, contact APPRISE for free information and assistance at 717-771-9008 or 800-632-9073.

Source: *the Medicare Rights Center, NCOA, www.medicareinteractive.org, www.ncoa.org*

The Part D Late Enrollment Penalty

What's the Part D late enrollment penalty?

The late enrollment penalty (also called the “LEP” or “penalty”) is an amount that may be added to a person's monthly Part D premium. A person enrolled in a Medicare drug plan may owe a late enrollment penalty if he or she goes without Part D or other creditable prescription drug coverage for any continuous period of 63 days or more in a row after the end of his or her Initial Enrollment Period for Part D coverage.

Generally, the late enrollment penalty is added to the person's monthly Part D premium for as long as he or she has Medicare prescription drug coverage, even if the person changes his or her Medicare drug plan. The late enrollment penalty amount changes each year. The cost of the late enrollment penalty depends on how long the person went without Part D or other creditable prescription drug coverage.

What's creditable prescription drug coverage?

Creditable prescription drug coverage (also called “creditable coverage”) is coverage that's expected to pay, on average, at least as much as Medicare's standard prescription drug coverage. Most plans that offer prescription drug coverage, like plans from employers or unions, must send their Part D eligible members a yearly notice explaining how their prescription drug coverage compares to Medicare prescription drug coverage and if it's creditable coverage. If a person with Medicare doesn't get a separate written notice, the person's plan may provide this information in its benefits handbook. If the person doesn't know if the prescription drug coverage he or she has is creditable, the person should contact the plan.

How's the late enrollment penalty calculated?

Medicare, not the plan, calculates the late enrollment penalty when a person subject to the penalty first joins a Medicare drug plan. The late enrollment penalty amount typically is 1% of the national base beneficiary premium (also called “base beneficiary premium”) for each full, uncovered month that the person didn't have Part D or other creditable coverage. The national base beneficiary premium for 2020 is \$32.74. The monthly penalty is rounded to the nearest \$0.10 and added to the monthly Part D premium.

The base beneficiary premium changes each year. Medicare uses the current coverage year's amount to calculate a person's new penalty amount. In 2019, the base beneficiary premium was \$33.19. In 2020, the base beneficiary premium is \$32.74.

In general, once Medicare determines a person's penalty amount, the person will continue to owe a penalty for as long as he or she is enrolled in a Medicare drug plan. This means that even if the person decides to join another Medicare drug

plan, he or she will still have to pay the penalty once enrolled in a new plan. This also means that if a person joins a plan that has a \$0 monthly premium, he or she will still owe a penalty.

If Medicare's systems show that a person has a break in creditable coverage, will the person have a chance to tell the plan about his or her prior drug coverage?

When a person joins a Medicare drug plan, the plan will review Medicare's systems to see if the person had a potential break in creditable coverage for 63 days or more in a row. If so, the Medicare drug plan will send the person a notice asking for information about prior prescription drug coverage. **It's very important that the person complete this form and return it by the date on the form, because this is the person's chance to let the plan know about prior coverage that might not be in Medicare's systems.** Also, the person can, but isn't required to, send any proof of his or her prior coverage, like a copy of the notice of creditable prescription drug coverage from an employer or union health plan. If the plan allows the person to provide this information over the phone instead, he or she must do so by the date on the form.

The information provided helps the plan tell Medicare whether there was a gap in creditable coverage of 63 days or more in a row. If the person doesn't provide this information to the plan by the date on the form, the plan will determine how many full, uncovered months the person was eligible to join a Medicare drug plan and didn't, based on the information in the Medicare system. Then Medicare (not the plan), will determine the late enrollment penalty amount.

Is there a late enrollment penalty if a person waits one month after he or she was first eligible to enroll in a Medicare drug plan?

No. A person must be without creditable coverage 63 days or more in a row any time after he or she was first eligible to enroll to be charged a late enrollment penalty. Since the person had only one month without Part D or other creditable coverage, he or she wouldn't have to pay a penalty.

Is there a late enrollment penalty if a person gets Extra Help and had a break in coverage?

No. People who qualify for Extra Help under Part D won't be charged a late enrollment penalty when they enroll in a Medicare drug plan. If an individual disenrolls from his or her Medicare drug plan and goes 63 days or more in a row without other creditable coverage, Medicare may charge a late enrollment penalty if he or she later joins a Medicare drug plan **and is no longer eligible for Extra Help.** However, when Medicare determines the person's late enrollment penalty,

Medicare won't count any uncovered months from before the person became eligible for Extra Help.

What if a person doesn't agree with the late enrollment penalty?

If a person doesn't agree with the late enrollment penalty, he or she may be able to ask Medicare to review its decision. This is called a “reconsideration.” The person's drug plan will send information about how to request a reconsideration. The form lists the reasons a person can ask for and get a review of his or her case.

If the person wants a review of his or her case, the person should complete the form and return it to the address or fax number listed on the form, and a Medicare contractor will review the case. The person must mail or fax the form within 60 days from the date on the letter stating that the person had to pay a late enrollment penalty. The person should also send any proof that supports his or her case, like information about previous creditable coverage. For example, if the person had drug coverage from an employer or union plan, he or she may provide a copy of the notice of creditable prescription drug coverage from the employer or union plan.

Can a person who doesn't agree with the late enrollment penalty pay only the premium and ignore the penalty?

No. According to Medicare law, the late enrollment penalty is part of the premium, so a person who has a late enrollment penalty must pay it with the premium. A person with a late enrollment penalty must also pay the penalty even if he or she asked Medicare's contractor to review its decision, and the person hasn't yet gotten a decision. Medicare drug plans can disenroll members who don't pay their premiums, including the late enrollment penalty portion of the premium.

How soon will a person get a reconsideration decision?

In general, Medicare's contractor makes reconsideration decisions within 90 days. The contractor will try to make a decision as quickly as possible. However, a person may request an extension, or Medicare's contractor can, for good cause, take an additional 14 days for a person's case to be resolved.

What happens if the late enrollment penalty reconsideration decides the penalty is wrong?

If Medicare's contractor reviews a case and decides that all or part of the late enrollment penalty is wrong, the Medicare contractor will send the person and his or her drug plan a letter explaining its decision. The Medicare drug plan will remove

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Part D Penalty *continued*

or reduce the late enrollment penalty and will send the person a letter that shows the correct premium amount and explains whether there will be a refund.

What happens if the late enrollment penalty reconsideration decides the penalty is correct?

If Medicare's contractor reviews a case and decides that the late enrollment penalty is correct, the Medicare contractor will send a letter explaining the decision, and the person must pay the late enrollment penalty.

Source: CMS

APPRISE Counseling Sites through September 2020

- **Delta Senior Center**
5 Pendyrus Street, Suite 1, Delta
First Thursday of the month
- **Spring Garden Township Office**
340 Tri Hill Road, York
First Thursday of the month
- **Golden Connections Community Center, Inc.**
20-C Gotham Place, Red Lion
Second Monday of the month
- **Windy Hill on the Campus Senior Center**
1472 Roth's Church Road, Suite 103, Spring Grove
Second Wednesday of the month
- **Manchester Township Municipal Office**
3200 Farmtrail Road, York
Second Thursday of the month
- **Yorktown Senior Center**
509 Pacific Avenue, York
Third Tuesday of the month
- **Springettsbury Township Municipal Office**
1501 Mt. Zion Road, York
Third Wednesday of the month
- **Windy Hill on the Campus Senior Center**
1472 Roth's Church Road, Suite 103, Spring Grove
Fourth Monday of the month
- **West Manchester Township Municipal Office**
380 East Berlin Road, York
Fourth Wednesday of the month

Find the site near you and call us at 717-771-9008 for an appointment.

PRE-RETIREMENT SEMINARS

Get Help Understanding the Medicare Puzzle



Are you near retirement or recently retired, and confused about choosing Medicare plans? We can help!

Attend this free seminar to get the facts and learn to better navigate the Medicare system.

WHEN: Thursday, May 28, 2020

WHERE: NEW LOCATION

York County at Pleasant Valley Road
2401 Pleasant Valley Road
Room 148

Springettsbury Township, York

TIME: 6 – 9 pm

This free event will be presented by the York County Area Agency on Aging APPRISE Program.

Pre-registration is required as seating is limited. Please call (717) 771-9008 or 1-800-632-9073 or email aging@yorkcountypa.gov for registration and further information.

No weapons of any kind allowed on premises.

Seminar topics include:

- Review of benefits provided under Medicare
- Original Medicare and Medicare Advantage Plan coverage options
- Medicare prescription drug coverage and tools to navigate the "Drug Plan Finder"
- Medicare Savings Programs
- Medicare Preventive Services
- Supplemental Insurance/Medigap Plans
- MyMedicare.gov and other technological tools

Mark Your Calendars for 2020 Memorial Day Services

York, PA – The York County Department of Veterans Affairs will hold a Memorial Day Observance and Wreath Laying Ceremony on Monday, May 25, 2020, beginning at 11:00 a.m. The ceremony, featuring keynote speaker York native, Brigadier General Melvin Carter, United States Marine Corps, will be held at York Veterans Memorial Park, adjacent to Veterans Memorial Gold Star Healing and Peace Garden, 1000 Vander Avenue, York. The. For more information, contact the York County Department of Veterans Affairs at yorkvet@yorkcountypa.gov or 717-771-9218.

Hanover, PA – The Annual Memorial Day Parade will be held Monday, May 25, 2020 at 8:30 a.m. It will form on Carlisle Street, from Chestnut Street to Library Place. The parade will begin on Chestnut Street, and proceed south on Baltimore Street to Mount Olivet Cemetery. Services will be held in the cemetery at the platform near the soldiers' monument. The Hanover Lancers Drum & Bugle Corp will perform, and the service will feature a guest speaker. If you would like further information, please contact Dan Davies, Chief Marshal, Allied Veterans Council of Hanover at 717-476-2284.

Changes to Medigap in 2020

- After January 1, 2020 no standardized Medigap policy can cover the Part B deductible for **newly** eligible Medicare beneficiaries
- Insurers are prohibited from selling standardized Plans C and F to **newly** eligible Medicare beneficiaries
 - o Turning 65 as of 1/1/2020 or later
 - o Getting free Part A as of 1/1/2020 or later
- Anyone eligible for Medicare prior to January 1, 2020 may still purchase Plan C or Plan F (including high deductible F) after this date
 - o Elimination of Plans C or Plan F will remain viable for those beneficiaries already who already have them
 - o Plans C and F are guaranteed renewable as long as premiums are paid
 - o No federal guarantee issue right to transfer from Plan C or F to another plan type

Source: NCOA, www.ncoa.org



YORK COUNTY SENIOR CENTERS

Senior centers are a place for socialization, health promotion, learning, and a gateway to fun, friends and fulfillment! York County residents age 60 and older are welcome to visit a center in their area and enjoy the many activities available to them. Listed below is the contact information for York County senior centers:

CRISPUS ATTUCKS ASSOCIATION

605 South Duke St., York
Director: Robin Beatty-Smith
Phone: 717-848-3610
Hours: Monday-Friday, 9:00 AM - 3:00 PM
Website: www.crispusattucks.org

DELTA AREA SENIOR CENTER, INC.

5 Pendyrus St., Suite 1, Delta
Director: Kim Maglaughlin
Phone: 717-456-5753
Hours: Monday- Friday, 7:00 AM -2:00 PM
Website: www.deltaseniorcenter.net

DILLSBURG SENIOR ACTIVITY CENTER, INC.

1 North Second St., Dillsburg
Director: Scott Shughart
Phone: 717-432-2216
Hours: Monday- Friday, 8:00 AM- 3:00 PM

GOLDEN CONNECTIONS COMMUNITY CENTER, INC.

20-C Gotham Place, Red Lion
Director: Heather Goebeler
Phone: 717-244-7229
Hours: Monday-Friday, 8:30 AM-2:30 PM
Website: www.gcccenter.com

HERITAGE SENIOR CENTER, INC.

3700-4 Davidsburg Road, Dover
Director: Emma Crossley
Phone: 717-292-7471
Hours: Monday- Friday, 8:00 AM- 3:00 PM
Website: www.heritagesrcenter.org

NORTHEASTERN SENIOR COMMUNITY CENTER

P.O. Box 386
131 Center St., Mount Wolf
Director: Deb Davis
Phone: 717-266-1400
Hours: Monday-Friday, 8:00 AM -2:00 PM
Website: [http:// www.mtwolf.org/SeniorCenter/](http://www.mtwolf.org/SeniorCenter/)

RED LAND SENIOR CENTER, INC.

736 Wyndamere Road, Lewisberry
Director: Jen Washburn
Phone: 717-938-4649 or 717-938-4640
Hours: Monday - Friday, 8:30 AM -3:00 PM
Website: www.redlandseniorcenter.org

SEPTEMBER HOUSE SENIOR CENTER

1251 West King St., York
Director: Susan K. Jones
Phone: 717-848-4417
Hours: Monday-Friday, 8:00 AM- 4:00 PM

SOUTH CENTRAL YORK COUNTY SENIOR CENTER, INC

150 East Main St., New Freedom
Director: Beverly Rice
Phone: 717-235-6060
Hours: Monday- Friday, 8:00 AM-3:00 PM
Website: www.scycseniorcenter.org

STEWARTSTOWN SENIOR CENTER, INC.

26 South Main St., Stewartstown
Director: Rosie Horton
Phone: 717-993-3488
Hours: Monday-Friday, 8:30 AM-3:00 PM
Website: www.stewsenior.org

SUSQUEHANNA SENIOR CENTER, INC.

2427 Craley Road, Wrightsville
Director: Trena Howard
Phone: 717-244-0340
Hours: Monday-Friday, 7:30 AM - 2:00 PM
Website: www.susquehannaseniorcenter.org

WHITE ROSE SENIOR CENTER, INC.

27 South Broad St., York
Director: Lisa Krout
Phone: 717-843-9704
Hours: Monday-Friday, 8:00 AM- 4:00 PM
Website: www.whiteroseseniorcenter.org

WINDY HILL ON THE CAMPUS, INC.

1472 Roth's Church Road, Suite 103, Spring Grove
Director: Tammy Miller
Phone: 717-225-0733
Hours: Monday-Friday, 8:30 AM- 2:30 PM
Website: www.windyhillonthecampus.org

YORKTOWN SENIOR CENTER, INC.

509 Pacific Avenue, York
Director: Kelly Frey
Phone: 717-854-0693
Hours: Monday- Friday, 8:00 AM- 3:00 PM
Website: www.yorktownseniorcenter.org

Stop Hopper: Your Ride is Here!

Have you tried rabbittransit's on-demand microtransit service? Similar to Lyft or Uber, you can request a ride via an app right on your phone! The Stop Hopper operates in two service areas: one in East York, and one in Red Lion/Dallastown. When you request a ride, the Stop Hopper vehicle will arrive within 10-15 minutes to take you to your drop-off location within your zone. You can go even farther by using the Stop Hopper to connect to the fixed route service! Once you board, you can pay in cash or within the app. It's only \$2.00 a ride and is FREE for registered seniors.

There are four ways to book a ride:

1. Through the TransLoc app. Download the TransLoc app from the App Store (iPhone) or Google Play (Android)—it's FREE! First-time users, create your account and choose "rabbittransit" as your agency. Choose your pickup and drop-off locations within the map zones. The app will send you real-time updates about your ride status, then notify you when you're next to be picked up.



2. Through a desktop computer or tablet browser. Go to ondemand.transloc.com, then follow the instructions for the TransLoc app above. Once logged in, click on the option on the far left menu to "Book a Ride."
3. Through the Call Center. Call our customer service at 1-800-632-9063 and a representative will help you book your ride.
4. Walk-ups. Walk-ups will only be honored at locations in the zone where the vehicle can safely stop and perform the pick-up.

Available: Monday-Friday, 7:00AM to 7:00PM. Visit www.ridethestopper.org for information on this new travel option, including zone maps. Vehicles are ADA accessible. Ready to Ride? Request Stop Hopper today through the app or call 1-800-632-9063 for assistance. For questions email stophopper@rabbittransit.org.



2020 Senior Farmers Market Nutrition Program

The York County Area Agency on Aging, in conjunction with the PA Department of Agriculture, will distribute fruit and vegetable vouchers in the amount of \$24 to qualifying seniors to buy fresh fruit and vegetables from participating local farmers' markets. Vouchers are redeemable from June 1 through November 30, 2020.

- **Qualifying seniors must show proof of:** York County residency and 60 years of age by December 31, 2020. (Driver's license or PA ID.)
- **Total gross annual 2020 household income must be at or below:** \$23,606/single person \$31,894/two-person household - **Both can receive the vouchers if within the eligible income limits.**

Seniors living in a nursing home, personal care home, or any residential facility where meals are provided are not eligible to receive vouchers.

VOUCHER DISTRIBUTION SCHEDULE

Calvary United Methodist Church

11 North Richland Avenue, York

Tuesday, May 26 9:30 AM – 11:30 AM

South Central York County Senior Center

150 East Main Street, New Freedom

Thursday, May 28 9:30 AM – 11:30 AM

Northeastern Senior Community Center

131 Center Street, Mount Wolf

Monday, June 1 9:30 AM – 11:30 AM

Heritage Senior Center

3700 Davidsburg Road, Dover

Tuesday, June 2 9:30 AM – 11:30 AM

Crispus Attucks Association

605 South Duke Street, York

Wednesday, June 3 9:30 AM – 11:30 AM

Golden Connections Community Center

20-C Gotham Place, Red Lion

Thursday, June 4 9:30 AM – 11:30 AM

Thursday, August 6 9:30 AM – 11:30 AM

Stewartstown Senior Center

26 South Main Street, Stewartstown

Friday, June 5 9:30 AM – 11:30 AM

Delta Area Senior Center

5 Pendyrus Street, Suite 1, Delta

Tuesday, June 9 9:30 AM – 11:30 AM

Calvary Bible Church

603 Wilson Avenue, Hanover

Wednesday, June 10 9:30 AM – 11:30 AM

York Central Market

34 W. Philadelphia Street, York

(Philadelphia Street & Beaver Street)

Thursday, June 11 9:00 AM – 11:00 AM

Susquehanna Area Senior Center

2427 Craley Road, Wrightsville

Friday, June 12 9:30 AM – 11:30 AM



White Rose Senior Center

27 South Broad Street, York

Tuesday, June 30 9:00 AM – 11:30 AM

Tuesday, August 18 9:30 AM – 11:30 AM

Shaw Orchards

21901 Barrens Road South, Stewartstown

Thursday, July 2 9:30 AM – 11:30 AM

Windy Hill On The Campus

1472 Roth's Church Road, Spring Grove

Monday, July 6 9:30 AM – 11:30 AM

Dillsburg Senior Activity Center

1 North Second Street, Dillsburg

Tuesday, July 7 9:30 AM – 11:30 AM

Aldersgate United Methodist Church

397 Tyler Run Road, York

Wednesday, July 8 9:30 AM – 11:30 AM

Hanover Council of Churches

136 Carlisle Street, Hanover

Tuesday, July 14 9:30 AM – 11:30 AM

Red Land Senior Center

736 Wyndamere Road, Lewisberry

Thursday, July 16 9:30 AM – 11:30 AM

Whitecomb's Farm Market

2410 Roosevelt Avenue, York

Monday, July 20 9:30 AM – 11:30 AM

Brown's Orchards (Pavilion)

8892 Susquehanna Trail South, Loganville

Tuesday, July 21 9:30 AM – 11:30 AM

Tuesday, August 25 9:30 AM – 11:30 AM

York County Area Agency on Aging
100 W. Market Street
York, PA 17401
(717) 771-9610

PRESORTED
STANDARD
U.S. POSTAGE PAID
HARRISBURG, PA
PERMIT NO. 75

Flinchbaugh's Orchards (Pavilion)

110 Ducktown Road, York (Hellam)

Thursday, July 23 9:30 AM – 11:30 AM

Yorktown Senior Center

509 Pacific Avenue, York

Tuesday, August 11 9:30 AM – 11:30 AM

Manchester Township Municipal Office

3200 Farmtrail Road, York

Thursday, August 13 9:30 AM – 11:30 AM

Springettsbury Township Municipal Office

1501 Mt. Zion Road, York

Wednesday, August 19 9:30 AM – 11:30 AM

West Manchester Township Municipal Office

380 East Berlin Road, York

Wednesday, August 26 9:30 AM – 11:30 AM

York County Area Agency on Aging Booth at the 50^{plus} EXPO

York Expo Center, Memorial Hall East

Wednesday, September 23 9:30 AM – 1:30 PM

A 2020 proxy form is required for voucher recipients **when someone else is picking up the vouchers for them, including POA's**. Proof of age and York County residency for the eligible person must be shown. **The proxy must also show photo ID.**

**ONLY 2020 PROXY FORMS
WILL BE ACCEPTED!**

They are available at most Senior Centers,
the Agency on Aging, or www.ycaaa.org.