

NEW HORIZONS

York County Area Agency on Aging

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Summer 2018

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Inside This Issue . . .

From the Director	2
Estate Planning for IRAs	3
Shingles: Not Just for Your House	4
Reducing Your Risk to Ticks & Lyme Disease	5
Participating in Activities You Enjoy	6
Senior Games	7
2018 Senior Farmers Market	
Nutrition Program	8
APPRISE Counseling Sites	9
What is an Ombudsman?	10
Expanded Services for Financial	
Exploitation or Elder Abuse	11
Matter of Balance Classes	12
Energy-Saving Tips for Summer	13
Dementia: Navigating the Legal Labyrinth	14
Things to Know About Your	
New Medicare Card	15
50 th Anniversary of York County Parks	16

Elder Abuse: A Community Concern

**By: Jennifer Weitkamp, York Area Agency on Aging,
Protective Services Supervisor II**

Tonight on your way home from work, drive through your neighborhood and take notice of who lives there. How many of your neighbors are over the age of 60? How many of your family members are over the age of 60? Chances are that you could name a handful of people who are age 60 and over. With the demographic changes occurring as a result of aging baby boomers, seniors are more prevalent in our society than ever before.

This influx comes with an increased need for many services, including Older Adult Protective Services. Many people in the community do not realize that York County has a team of dedicated care managers who are committed to serving the at-risk population for adults aged 60 and over. This department receives on average over 100 reports a month with concerns ranging from self-neglect to abandonment of a care-dependent individual. All of these reports are exclusively managed by the York County Area Agency on Aging, which also partners with other entities to try to ensure the best possible outcomes for the older adult being assisted.

In York County, the top three types of elder abuse that are reported include self-neglect, care-taker neglect, and physical abuse. These reports can originate from a private home, a nursing home, an assisted living facility, or the hospital. The goal for aging care managers is to try to immediately address whatever concern is causing the older adult to be at imminent risk. Often times, these problems are first addressed with education and community-based supports if possible. **It is always the goal of protective services staff to implement the least restrictive measure first.** While many stay silent because they are fearful of being removed from their home, this is simply not true. The need for placement does arise, but only in very severe cases.

In cases where crimes against the elderly have been committed, the York County Area Agency on Aging works with the York County Elder Abuse Task Force. This task force was set up to establish a working relationship with other agencies in the

community, to ensure that the best outcomes occur for victims of elder abuse. Members of this task force include the District Attorney's Office, solicitors, banking security professionals, staff from ACCESS York, and Protective Services Staff. Collaboration among these groups has been imperative to moving criminal cases forward, ensuring perpetrators are held responsible for their actions.

One of the most pressing questions often asked in regards to the conversation about Elder Abuse is, "What can I do?" *The most important thing that community members can do is to keep their eyes and ears open.* When you notice that your friend appears to be having changes in memory, and a once-spotless appearance has deteriorated, it may be time to start asking questions. If you hear someone talking about changes to their finances, or of no longer having money to purchase medications or pay utilities, it could be time to start asking questions. Sometimes the problems are more obvious, like bruising or other physical injuries. Regardless, elder abuse is largely under reported due to many reasons. Many times, victims are dependent on their abuser for care or for financial reasons.

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 Aging office at 717-771-9610, or visit our website to obtain further information at www.ycaaa.org.





From the Director

Dear Reader:

If you feel as though it has been an unusually long time since the last issue of the *New Horizons* arrived at your door, you are absolutely correct.

Due to the growing older adult population and the lack of funding increases over the last several years, we have been forced to make some difficult decisions regarding our spending. One of those difficult decisions was to not publish the last issue of this publication.

By not publishing the spring issue of the *New Horizons* and placing two of our service programs on hold, we were able to make it through the fiscal year without initiating a waiting list for services. We have always worked very hard to manage our finances in an efficient manner and waiting lists for services are the last thing we want to be forced to implement. The coming fiscal year may prove to be even more difficult if there is no additional funding available for Aging services.

Some of our readers may wonder where the money for our services comes from. If you have

played the Pennsylvania Lottery lately, you have actually provided us with some revenue. The Pennsylvania Lottery remains the only State Lottery that designates all of its proceeds to older Pennsylvanians and most of our Agency's funding comes from Lottery revenue. Unfortunately, the Lottery revenue has not been growing at the same pace as the older adult population in Pennsylvania. To boost revenues, the Lottery has added new games and different ways to play; however, we can only guesstimate as to what the impact these changes may be. In the meantime, we will continue to keep a very close eye on our budget and make necessary changes to ensure we are providing the highest level of service to the older adults of York County.

One program that is not affected by our current budget is the **17th Annual York County Senior Games**. The Senior Games are made possible by the financial support of local businesses, organizations, and individuals and no Agency funds are utilized. This year's Senior Games will be held beginning on Monday, June 18th and will run through Friday, June 22nd.

The mission of the York County Senior Games is to promote healthy lifestyles and fitness for

York County men and women, ages 50 and over, through competitive activities. If you have never participated or observed the Senior Games, I would encourage you to do so. Every year I am amazed at the level of skill and fellowship that is displayed. Some come for the competitiveness, some come for the opportunity to try something new, and some come because it provides a chance to spend time with others. If you are interested in receiving more information about the York County Senior Games, please read the information contained in this issue of the *New Horizons*. You may also obtain information about registration and events on our Agency's website at www.ycaaa.org.

I wish you a wonderful summer and hope you are afforded the chance to spend some time outdoors. This year's "extended" winter made many of us long for the chance to open the windows and spend time outdoors. Let's all take full advantage of the warm weather while we have the chance.

Mark W. Shea

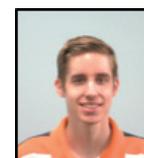
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July

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August

Karen Mansberger
APPRISE Counselor



NEW HORIZONS

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September and December

By

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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.

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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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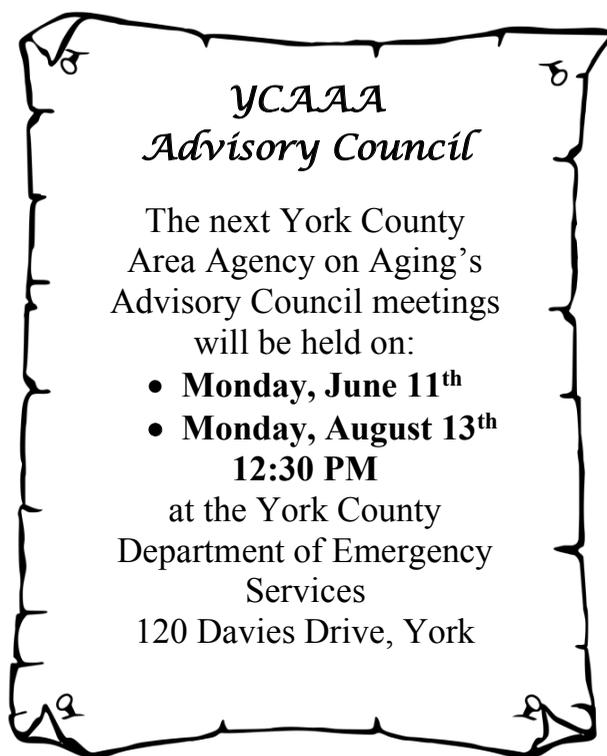
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100 West Market Street

York, PA 17401

Summer 2018

Please notify YCAAA to discontinue your mailed issue.



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.

The various indoor and outdoor odd jobs can include: computer and electronic device support, dog walking, pulling weeds, gardening, mowing, painting, letter writing, and household chores.

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.

Estate Planning for IRAs

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

Naming an IRA beneficiary is like having a will for your IRA and it is even more important than the Will if the IRA happens to be the largest asset in one's estate. You need to recognize that the IRA is generally not controlled by your Will. Rather, upon your death, the IRA will pass to the beneficiary you have named on the IRA company's records.

From an estate planning perspective, the most important thing to remember with an IRA is to name a beneficiary. While a spouse is usually the logical choice for a beneficiary, you should be sure to name contingent beneficiaries as well. If you and your spouse died at the same time and there was no contingent beneficiary, then the IRA would typically go to your estate and be subject to probate (the legal process of administering the estate of a deceased person).

Having a proper beneficiary named for your IRA not only makes sure that the people you want to receive your IRA will get it, but it also controls the options they have for receiving distributions from the IRA. You see, there are rules that require your beneficiaries to take withdrawals from your IRA after your death. These post-death IRA rules are similar to the rules that require lifetime withdrawals from an IRA when the IRA owner reaches age 70 ½, except that they are even more confusing. While much of this is baffling, there is at least one simple rule. That is, the full amount of any IRA distribution to a beneficiary will be subject to federal income tax; just as it would have been had the original owner received the distribution. This, of course, assumes that all of the contributions to the IRA were deductible contributions.

When a spouse inherits an IRA, he or she can roll it over into his or her own IRA. That process is relatively straightforward and it means that the income taxes on the IRAs funds will be paid when the surviving spouse takes IRA distributions. The spouse has other options as well.

However, when the beneficiary is someone other than a spouse, the rules are trickier. For starters, a non-spouse beneficiary cannot roll the funds over into an IRA in his or her name. The beneficiary can always take the IRA funds in a lump-sum, but this means paying the income tax on the IRA all at once. Usually, the non-spouse beneficiary will want to take advantage of the rules that allow the beneficiary to "stretch" the IRA withdrawals over his or her life expectancy. To do the "stretch", the beneficiary's remaining life expectancy is calculated using the age of the beneficiary in the year following the year of the IRA owner's death, reduced by one for each subsequent year. The IRS has tables for making these calculations. The beneficiary must take the first distribution no later than December 31 of the year following the year of death.

While this might sound simple, the rules have many exceptions. For example, if you name your estate as your beneficiary, that will not qualify as a "designated beneficiary" for purposes of this rule. Also, if you name your three children as equal beneficiaries, they may be stuck with taking withdrawals based on the life expectancy of the oldest child unless they take the proper steps.

Matters get even more complicated if you name a trust as beneficiary of your IRA. Naming a trust as your IRA beneficiary makes sense if you have minor children or grandchildren, children

with special needs, or a beneficiary with poor spending habits. However, the trust must be properly drafted to avoid negative income tax consequences. If the trust is what is known as a "see-through" trust or "conduit" trust, then the distributions from the IRA to the trust after your death can be stretched out over the life expectancy of the oldest trust beneficiary. If the trust is drafted improperly, then your trust could be forced to pay the income tax on the entire IRA over a very short time span. If you are planning to leave your IRA to a living trust or a trust created under your Will, you must consult with your attorney to ensure that the trust is properly drafted.

As you can see, the tax rules in this area are quite complex. Moreover, this is only a general explanation of the federal income tax rules and doesn't consider the possible inheritance or estate taxes on IRAs. As is the case with most tax and legal matters, individual facts or circumstances may alter the application of the above rules or may involve other legal and tax considerations not mentioned here. In situations like these, you should seek professional advice tailored to your individual circumstances.

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Shingles: They're not just for your house!

By: Barry A. Rott, DO, Thomas Hart Family Practice, York Hospital

What is shingles?

Shingles is a painful, burning, rash that develops on the skin. It is unique as it only appears in people who have had chicken pox. Chicken pox is caused by a member of the herpes group of viruses. It is called herpes zoster. Another name is varicella zoster. After a chicken pox infection clears, the virus lives silently in the nerve endings of the skin. The virus can re-activate and cause a painful rash in those nerve endings. It typically occurs in only one nerve group at a time, so, it stays on one side of the body.

What are the symptoms of shingles?

1. Red rash that forms a group of small blisters or pimples that become blisters.
2. It is usually confined to one side of the body.
3. The rash is typically painful, and most individuals will experience pain before the rash occurs.
4. In people who have a normal immune system the rash will go away in 7-10 days. However, pain can persist after the rash is gone.

Who gets shingles?

Shingles occurs in individuals who have been previously infected with the chickenpox virus. It is most commonly seen in older people. In fact, a third of people who live into their 80s will get shingles. As we age our immune systems gets weaker allowing for the re-activation of the chickenpox virus. Shingles can also be seen in individuals who have a weakened immune system due to medications or because of diseases they have. Healthy, younger people can get shingles but this is less common and they are less likely to have long-term pain.

Why should you care?

Shingles typically is associated with a painful burning rash. However, some people will have the

pain persist after the rash has gone away. It is a nerve pain called post-herpetic neuralgia. This can be very disabling and can be hard to control. Your doctor can offer you medications to ease the pain and help with resolving the pain over time.

Also, be aware that the tiny "pimple like" bumps or blisters on your skin can drain fluid. This fluid can infect others. They can develop chickenpox or shingles. Keep the area over your rash covered and avoid direct contact with other people until the blisters dry up. This is especially important with young children or those who have a weak immune system.

Complications?

The virus that causes shingles and chickenpox can also affect your vision, brain and coordination. While most of these complications are rare, early diagnosis is important. It is important to see your doctor when you have a rash that might be shingles. Many rashes may look like shingles and a precise diagnosis is important.

Will I need tests?

Tests for shingles are usually not needed. This diagnosis can be made by based on your symptoms

and by looking at your rash. However, if you have wet blisters, your doctor may send a culture to the lab to confirm the diagnosis.

Treatment?

Antibiotics to treat this virus are available. The results are best when treatment is started within 72 hours of the start of the infection. Medication to treat the neuralgia pain is usually necessary as well.

Prevention?

An ounce of prevention is worth a pound of cure. A vaccine to prevent shingles has been available for years. **A new vaccine called Shingrix® is now recommended**, replacing the original vaccine. It is a series of two shots given two-months apart. This vaccine will significantly reduce your risk of developing shingles. The general recommendation is to receive the vaccine if you are 60 years or older. However, it has been approved to be given starting at age 50. Speak with your doctor or health care professional about the best timing option for you.



Assistance Available to Help Seniors and Families with Mosquito Concerns

By: Thomas L. Smith, West Nile Virus Program Administrator, Penn State Extension - York County

Do you or a family member have mosquitoes every summer when the weather gets warm? Maybe you know someone who can no longer maintain their property due to health issues? The best way to reduce mosquitoes is to make sure that no containers hold stagnant water. Anything that can hold water can potentially become a breeding source for mosquitoes. Why is this?

During the summer, mosquitoes complete their life cycle of egg to adult within 5 to 7 days. Because of this it is important to keep yard clutter cleaned up. If not properly cared for, items such as a swimming pool or ornamental pond can create mosquito concerns that can **plague an entire neighborhood.**

It is important to take all precautions to reduce the chance of getting bitten by mosquitoes because certain species can transmit West Nile Virus. Symptoms in humans can be as mild as a fever, to possibly encephalitis. On rare occasions West Nile Virus can be fatal. Young children and anyone aged 50 and over is considered higher risk for health issues from West Nile Virus.

Some mosquito species may only be a nuisance. **But in York County we now have the daytime-active Asian Tiger mosquito, and cleaning up is**

the only way to eliminate this mosquito. This small mosquito has black and white stripes and is a very aggressive biter. When bitten, many people have reported getting welts the size of a quarter. Then the itching and scratching follows, which can lead to an infection.

Tips to reduce biting-mosquito concerns include using an insect repellent. Products with DEET are recommended. Other repellents may be used. **If you are just sitting outside on a porch, deck or patio, take an electric fan outside with you. Mosquitoes don't like the wind and the fan will help keep them away.**

If you have any concerns about mosquitoes please report them to the Penn State Extension, York County, West Nile Virus Program at 717-840-2375. **There is no cost for our service. Staff will gladly visit your property to provide assistance, make recommendations, and perform free treatment of any mosquito sources found.** Additional educational literature is also available.

For more information readers may contact the York County West Nile Virus Program Administrator, Tom Smith, at 717-840-2375 or by email at TLS35@psu.edu.

**IF YOU WORRY ABOUT FALLING,
LET'S MAKE THIS A DATE!**



With: The Falls Free Coalition of York County

Where: The Falls-Free area at the **50plus EXPO**
York Expo Center
Memorial Hall East
334 Carlisle Avenue, York

When: Wed., September 26, 2018
9 am to 2 pm

**Mark this on your calendar and stop
by for your FREE assessment!
(Giveaways too!)**

Reducing Your Risk to Ticks and Lyme Disease

By: Thomas L. Smith, West Nile Virus Program Administrator, Penn State Extension - York County



Did you know Pennsylvania continues to lead the nation in the number of new Lyme disease cases for 7 years running? Unfortunately, everyone is at risk. You can prevent Lyme disease by recognizing the risks, and taking steps to protect yourself and your family.

We all spend time outdoors, including our children and pets. There are a variety of steps you can take around your home to reduce the risk of coming into contact with ticks. In general, ticks prefer to stay in a moist or damp environment. Because of this, vegetable gardens and children's play areas should be located in full sun and surrounded by mowed grass or lawn. These areas will be dryer and warmer.

Do you have wooded areas on your property or other planted, landscaped areas? If so, maintain

a mulched or crushed-stone buffer zone between these areas and your lawn. Ticks will remain in the moist area and stay away from the lawn. If you have a woodpile near your home, it is better to locate it further away because mice will nest in woodpiles, and mice carry ticks.

Whether it's being in your backyard, hunting, or hiking on a trail, you should recognize these outdoor areas as being possible tick habitat. You should dress properly in light-colored clothing, wearing long pants and a long-sleeved shirt. (The light colored clothing makes it easier to see any ticks that may get on your body.) Use an insect repellent that is labeled to be effective against ticks. If you are hiking or hunting, you may want to use a repellent with permethrin as the active ingredient. Permethrin is also a pesticide that will kill ticks that get on your footwear or clothing. Protect your pets with recommended flea and tick products. When you finish outdoor activities, be sure to inspect yourself, your children and pets for ticks, removing any promptly. Then place your clothing in the dryer for 30 minutes on the hot cycle. The heat will kill any ticks you missed. Finally, anyone who was outside should take a shower. The shower will help wash off any

ticks you may not have spotted. After your shower, perform a final body inspection.

By following these recommendations, you should greatly reduce the risk of a tick bite and becoming infected with Lyme disease.

Sometimes people do not find a tick until it has buried its head into their skin, and started taking a blood meal. If this happens, the recommendation is to use tweezers or another suitable tool, grab the tick nearest to the head and pull straight out. Then, clean the area with alcohol wipes or hot, soapy water.

If you are bitten by a tick, it is important to monitor for possible symptoms. Scheduling an appointment with your physician is also advisable. By following these recommendations, you and your family can greatly reduce your risk of ticks and related diseases.

If you would like to learn more about preventing Lyme disease and reducing ticks in your yard, please visit <https://palyme.org/what-is-lyme/>. Palyme.org is a statewide program providing information about Lyme disease, prevention, diagnosis, support and resources.

Hot Weather Safety for Older Adults



Too much heat is not safe for anyone. It is even riskier if you are older or have health problems. It is important to get relief

from the heat quickly. If not, you might begin to feel confused or faint. Your heart could become stressed and stop beating. Being hot for too long can be a problem. It can cause several illnesses, all grouped under the name **hyperthermia**:

- Heat syncope is a sudden dizziness that can happen when you are active in hot weather
- Heat cramps are the painful tightening of muscles in your stomach, arms, or legs. Cramps can result from hard work or exercise.
- Heat edema is a swelling in your ankles and feet when you get hot. Put your legs up to help reduce swelling. If that doesn't work fairly quickly, check with your doctor.
- Heat exhaustion is a warning that your body can no longer keep itself cool. You might feel thirsty, dizzy, weak, uncoordinated, and nauseated. You may sweat a lot.

Heat Stroke—A Medical Emergency

If you have heat stroke, you need to get medical

help right away. Older people living in homes or apartments without air conditioning or fans are at most risk. People who become dehydrated or those with chronic diseases or alcoholism are also at most risk. **Signs of heat stroke are:**

- Fainting (possibly the first sign) or becoming unconscious
- A change in behavior—confusion, agitation, staggering, being grouchy, or acting strangely
- Body temperature over 104°F (40°C)
- Dry, flushed skin and a strong, rapid pulse or a slow, weak pulse
- Not sweating even if it is hot

How Can I Lower My Risk?

1) Listen to Weather Reports

If the temperature or humidity is going up or an air pollution alert is in effect, you are at increased risk for a heat-related illness. Play it safe by checking the weather report before going outside.

2) To avoid a dangerous heat stroke, remember to:

- Get out of the sun and into a cool place—air-conditioning is best.

- Drink fluids, but avoid alcohol and caffeine. Water and fruit or vegetable juices are good choices.

- Shower, bathe, or sponge off with cool water.
- Lie down and rest in a cool place.
- Visit your doctor or go to an emergency room if you don't cool down quickly.

Older people can have a tough time dealing with heat and humidity. The temperature inside or outside does not have to reach 100°F (38°C) to put them at risk for a heat-related illness.

Headache, confusion, dizziness, or nausea could be a sign of a heat-related illness. Go to the doctor or an emergency room to find out if you need treatment.

3) Develop a Senior Watch

During hot weather, think about making daily visits to older relatives and neighbors. Remind them to drink lots of water or juice, as long as their doctor hasn't recommended otherwise because of a pre-existing condition. If there is a heat wave, offer to help them go someplace cool, such as air-conditioned malls, libraries, or senior centers.

Source: National Institute of Aging (NIH)
www.nia.nih.gov

Summer Food Safety and the “Danger Zone” (40 °F - 140 °F)

Leaving food out too long at room temperature can cause bacteria (such as *Staphylococcus aureus*, *Salmonella* Enteritidis, *Escherichia coli* O157:H7, and *Campylobacter*) to grow to dangerous levels that can cause illness. Bacteria grow most rapidly in the range of temperatures between 40 °F and 140 °F, doubling in number in as little as 20 minutes. This range of temperatures is often called the “Danger Zone.”

Keep Food Out of the “Danger Zone”

- Never leave food out of refrigeration over 2 hours. If the temperature is above 90 °F, food should not be left out more than 1 hour.
- Keep hot food hot—at or above 140 °F. Place cooked food in chafing dishes, preheated steam tables, warming trays, and/or slow cookers.
- Keep cold food cold—at or below 40 °F. Place food in containers on ice.

Cooking

Raw meat and poultry should always be cooked to a safe minimum internal temperature (see graphic). When roasting meat and poultry, use an oven temperature no lower than 325 °F.

If you aren't going to serve hot food right away, it's important to keep it at 140 °F or above.

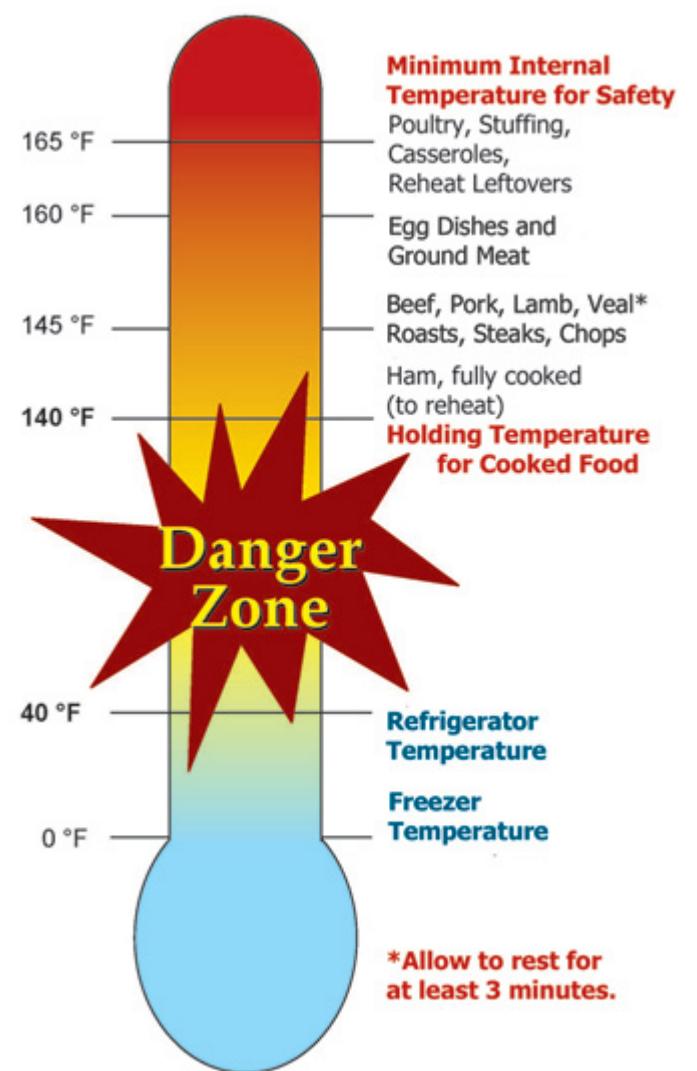
Storing Leftovers

One of the most common causes of foodborne illness is improper cooling of cooked foods. Bacteria can be reintroduced to food after it is safely cooked. For this reason leftovers must be put in shallow containers for quick cooling and refrigerated at 40 °F or below within two hours.

Reheating

Foods should be reheated thoroughly to an internal temperature of 165 °F or until hot and steaming. In the microwave oven, cover food and rotate so it heats evenly.

Source: United States Department of Agriculture
Food Safety and Inspection Service
www.fsis.usda.gov



Participating in Activities You Enjoy

There are many things you can do to help yourself age well: exercise and be physically active, make healthy food choices, and don't smoke. But did you know that participating in activities you enjoy may also help support healthy aging?

As people get older, they often find themselves spending more and more time at home alone. The isolation can lead to depression and is not good for your health. If you find yourself spending a lot of time alone, try adding a volunteer or social activity to your routine.

Benefits of an Active Lifestyle

Engaging in social and productive activities you enjoy, like taking an art class or becoming a volunteer in your community, may help to maintain your well-being.

Research tells us that older people with an active lifestyle:

- Are less likely to develop certain diseases.
- Have a longer lifespan.

- Are happier and less depressed.
- Are better prepared to cope with loss.
- May be able to improve their thinking abilities.

Would you like to get more involved in your community or be more socially active? There are plenty of places to look for opportunities, depending on your interests. Here are some ideas:

Get Out and About

- Visit a senior center and take part in its events and activities
- Play cards or other games with friends
- Join a group interested in a hobby like knitting, hiking, birdwatching, painting, or wood carving
- Reconnect with old friends through your high school or college alumni association

Be Physically Active

- Garden or do yard work
- Take an exercise class or do exercises at home
- Go dancing
- Join a sports club for older adults, like a bowling club or bocce league

Learn Something New

- Take a cooking, art, dance, language, or computer class. Get in touch with your local community college. Many offer free or

discounted courses for older adults.

- Form or join a book or film club
- Try yoga, tai chi, or another new physical activity
- Learn (or relearn) how to play a musical instrument

Become More Active in Your Community

- Help an organization send care packages to soldiers stationed overseas
- Care for dogs and cats at an animal shelter
- Volunteer to run errands for people with disabilities
- Sing in a community choral group, or play in a local band or orchestra

Find the Right Balance

Everyone has different limits to the amount of time they can spend on social or other activities. What is perfect for one person might be too much for another. Be careful not to take on too much at once. You might start by adding one or two activities to your routine and see how you feel. You can always add more. Remember—participating in activities you enjoy should be fun, not stressful.

Source: National Institute on Aging October 23, 2017
www.nia.nih.gov



2018 York County Senior Games

Join in the fun at the York County Senior Games, being held **Monday, June 18th**

through **Friday, June 22nd**. There's still time to register for one or more of the 45 different events being offered during this year's Games.

Organized by the York County Area Agency on Aging, the mission of the York County Senior Games is to promote healthy lifestyles and fitness for York County men and women age 50 and older. The Games are made possible by sponsors, community and business volunteers, and Agency staff.

Any York County resident 50 years of age or older as of December 31, 2018 may participate. Age groups are 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89 and 90+.

Medals will be awarded within each age group. Some events are open to men and women separately.

There is a \$15 registration fee for an unlimited number of events.

Registration deadline for all participants is Monday, June 11.

Registrations should be submitted as early as possible because of limited openings in certain events. The registration fee is non-refundable. There are additional fees, payable at the event site, for some events.

Registration booklets can be obtained by calling 717-771-9001 or 1-800-632-9073, or by email at aging@yorkcountypa.gov. Registration booklets and forms are also available at www.ycaaa.org on the "Forms and Documents" page.

The Senior Games Information Desk, located inside the main entrance at Central York High School, will open at 9 a.m. on Monday, June 18th and will remain open every day from 9 a.m. to 3 p.m. through Friday, June 22nd. Participants can pick up their Senior Games t-shirt and add events at this area, **but only if previously registered by June 11.**

Come and see why the Senior Games are so special to so many people! Some participate for the competition, whereas others for the reward of accomplishment or camaraderie. Some look forward to the reunion of participants while others have made lifelong friends through attending the Games. Don't miss this wonderful opportunity to enjoy the fun, fitness and fellowship of it all!

Games for Fun, Games for Life!

Opening Ceremony Tuesday, June 19 • 8:15 AM

Central York High School Cafeteria



Join us for an exciting event of fellowship and celebration as we open the 17th annual York County Senior Games.

Parade of Athletes kicks off at 8:15 a.m.

All current and past participants are needed for the Parade of Athletes! **First 100 participants in the parade receive a special gift!**

2018 Schedule at a Glance

(All events at Central York High School unless otherwise noted)

~Monday, June 18~

- Bowling** (Hanover Bowling Centre)
- A Walk in the Park with a York County Doc** (John Rudy Park)
- Table Tennis** (Hopewell Area Rec. & Parks)

~Tuesday, June 19~

- Bocce** (specific times for different age groups)
- Ladder Golf, Soccer Kick, Washers, Wii**
- Archery, Mini Golf** (Heritage Hills)

~Wednesday, June 20~

- Running:** 5K, 50 Meter, 100 Meter, 4X100 Relay, 400 Meter, Sprint Medley, 1600 Meter
- Throws: Football, Frisbee & Softball**
- Shuffleboard** (specific times for different age groups)
- Target & Trap Shooting** (Izaak Walton League)
- Hoops: Foul Shooting & Hot Shot**

~Thursday, June 21~

- 9-Hole Golf** (Little Creek Golf Course)
- Horseshoes** (John Rudy Park)
- Darts, Wii Bowling, 500 Bid Card Game**
- Hoops: Foul Shooting & Hot Shot**
- Basketball 3-on-3 Game**

~Friday, June 22~

- Cornhole, Darts, Wii Bowling, Pinochle, Poker, Swimming:** 50 yard Freestyle, Backstroke & Breaststroke; 100 yard Freestyle Backstroke & Breaststroke; Individual Medley; 200 yard Freestyle Relay & Medley Relay
- Triathlon: Softball Throw, 100 Meter Run and 50 yard Freestyle Swim**

(Specific event times can be found in the registration booklet at www.ycaaa.org on the "Forms & Documents" page.)

THANK YOU 2018 SPONSORS!

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

~PLATINUM~



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

UPMC for Life

UPMC Health Plan Medicare Program

~GOLD~

aetnaSM

Pennsylvania Lottery

SpiriTrust Lutheran[®]

~SILVER~

Victory Athletic Association

~BRONZE~

Dallastown American Legion Post 605

Glatfelter Insurance Group

Highmark[®]

Normandie Ridge Senior Living Community

OSS Health

Providence Place Senior Living

Shiloh American Legion Post 791

UPMC Pinnacle

Visiting Angels Living Assistance Services

WellSpan Orthopedics

~MEDIA~

NewsTalk 93.9 & 910 WSBA

On-Line Publishers, Inc.

Closing Ceremony

Friday, June 22 • 4:00 PM

Central York High School Cafeteria



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

**Enjoy Fellowship,
Triathlon Medal-Winner Recognition
& Ice Cream Social!**

2018 Senior Farmers Market Nutrition Program

The York County Area Agency on Aging, in conjunction with the PA Department of Agriculture, will again distribute fruit and vegetable vouchers to qualifying seniors. This program provides \$20.00 in vouchers to eligible York County seniors to buy fresh fruits and vegetables from participating Pennsylvania farm markets. Vouchers are redeemable from June 1 through November 30, 2018.



Qualifying seniors must show proof of:

- York County Residency
- Age 60 by December 31, 2018
(PA driver's license or PA State ID is preferred)

The 2018 Household Income Eligibility is:

- \$22,459/ single person
- \$30,451/ 2-person household (A couple can each receive vouchers if within the eligible income limits for a 2-person household!)

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

A **2018 proxy form is required** for voucher recipients having someone else picking up the vouchers for them, including POA's. Proof of age and York County residency for eligible person must be shown. The proxy must also show photo ID. The 2018 proxy forms are available at most Senior Centers, The York County Area Agency on Aging, or www.ycaaa.org.



VOUCHERS WILL BE DISTRIBUTED AT THE FOLLOWING SITES, OR WHILE SUPPLIES LAST:

<p>Delta Area Senior Center 5 Pendyrus Street, Suite 1, Delta Tues., June 5 9:30 AM – 11:30 AM</p>	<p>Aldersgate UMC 397 Tyler Run Road, York Tues., July 31 9:30 AM – 11:30 AM</p>
<p>South Central York County Senior Center 150 East Main Street, New Freedom Wed., June 6 9:30 AM – 11:30 AM</p>	<p>Calvary Bible Church 603 Wilson Avenue, Hanover Wed., August 1 9:30 AM – 11:30 AM</p>
<p>Heritage Senior Center 3700 Davidsburg Road, Dover Thurs., June 7 9:30 AM – 11:30 AM</p>	<p>Heritage Senior Center 3700 Davidsburg Road, Dover Thurs., August 2 9:30 AM – 11:30 AM</p>
<p>Red Land Senior Center 736 Wyndamere Road, Lewisberry Wed., June 27 9:30 AM – 11:30 AM</p>	<p>Golden Connections Community Center 20-C Gotham Place, Red Lion Tues., August 7 9:30 AM – 11:30 AM</p>
<p>Windy Hill On The Campus 1472 Roth's Church Road, Spring Grove Thurs., June 28 9:30 AM – 11:30 AM</p>	<p>Manchester Township Municipal Office 3200 Farmtrail Road, York Thurs., August 9 9:30 AM – 11:30 AM</p>
<p>Hanover Council of Churches 136 Carlisle Street, Hanover Tues., July 10 9:30 AM – 11:30 AM</p>	<p>White Rose Senior Center 27 South Broad Street, York Tues., August 14 9:30 AM – 11:30 AM</p>
<p>Susquehanna Area Senior Center 2427 Craley Road, Wrightsville Thurs., July 12 9:30 AM – 11:30 AM</p>	<p>Springettsbury Township Municipal Office 1501 Mt. Zion Road, York Wed., August 15 9:30 AM – 11:30 AM</p>
<p>Whitecomb's Farm Market 2410 Roosevelt Ave, York Mon., July 16 9:30 AM – 11:30 AM</p>	<p>Brown's Orchards (Pavilion) 8892 Susquehanna Trail South, Loganville Tues., August 21 9:30 AM – 11:30 AM</p>
<p>Brown's Orchards (Pavilion) 8892 Susquehanna Trail South, Loganville Tues., July 17 9:30 AM – 11:30 AM</p>	<p>West Manchester Township Municipal Office 380 East Berlin Road, York Wed., August 22 9:30 AM – 11:30 AM</p>
<p>Flinchbaugh's Orchards (Pavilion) 110 Ducktown Road, York (Hellam) Thurs., July 19 9:30 AM – 11:30 AM</p>	<p>York Central Market 34 West Philadelphia Street, York (Intersection of Philadelphia and Beaver Streets) Thurs., August 23 9:30 AM – 11:00 AM</p>
<p>White Rose Senior Center 27 South Broad Street, York Tues., July 24 9:00 AM – 11:30 AM</p>	

For questions or further information, please call Cindy Bortner at 717-771-9610.

Pre-Retirement Seminar Get Help Understanding the Medicare Puzzle

Are you recently retired or considering retirement? Do you find Medicare to be confusing and intimidating? If so, the **Medicare Facts for New or Pre-Retirees** seminar is for you.

This free event will be presented by the York County Area Agency on Aging's APPRISE Program. APPRISE is the state health insurance counseling program for all Medicare beneficiaries in Pennsylvania.



Topics to be covered include:

- * Review of Medicare benefits
- * Original Medicare and Medicare Advantage Plan options
- * Medicare prescription drug coverage and the "Drug Plan Finder"
- * Medicare Savings Programs
- * Medicare Preventive Services
- * Supplemental Insurance Medigap Plans

This seminar is **Monday, July 30th from 6 p.m. to 9 p.m.**, in meeting room 1 of the Penn State Extension Offices, York County Annex, 112 Pleasant Acres Road in Springettsbury Township. **Pre-registration is required due to limited seating.** Please call 717-771-9008 or 1-800-632-9073, or email aging@yorkcountypa.gov for more information and to register.

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

What is SNAP and Why Does It Matter to Seniors?



The Supplemental Nutrition Assistance Program (SNAP) helps eligible, low-income individuals and families in Pennsylvania. SNAP benefits are provided monthly via an Electronic Benefit Transfer

card, which recipients use to purchase foods at their local grocery stores and farmers markets. SNAP benefits are not cash, and can only be used on food purchases. SNAP must be used to purchase groceries. It cannot be used to buy nonfoods, alcohol or cigarettes, hot foods, or medicines. SNAP is 100% federally funded.

According to the National Foundation to End Senior Hunger, older adults who are “food insecure” have diets that are less nutritious, a higher risk for depression, and worse health outcomes.

Seniors who ARE enrolled in SNAP enjoy better health, use less acute and long-term care, and cost less in Medicaid/Medicare when compared with seniors not on SNAP.

A 2017, four-year study conducted in Maryland by Benefits Data Trust, compared residents age 65 and older who received SNAP, with those who did not. The study found that SNAP beneficiaries had a 23% reduction in nursing facility use, 13% fewer hospitalizations, 10% fewer ER visits, \$2,120/year less in medical costs, AND a shorter length of stay when in a hospital or nursing facility.

If your gross monthly income (based on your household size) is less than or equal to the amount in the following table, you might qualify for the Supplemental Nutrition Assistance Program(SNAP).

Household Size	Maximum Gross Monthly Income	Maximum Gross Monthly Income for households that contain an elderly or disabled member
1	\$1,608	\$2,010
2	\$2,166	\$2,708
3	\$2,723	\$3,404

Effective 10/1/2017

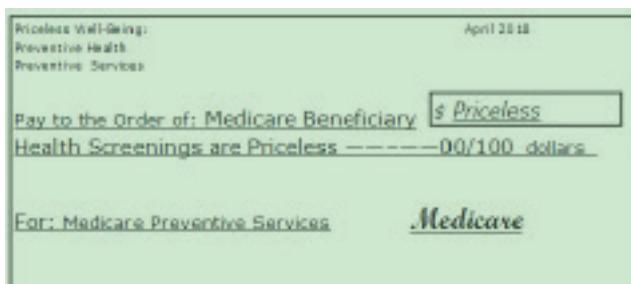
The best way to determine if you are eligible for SNAP is to apply for SNAP. For people having difficulty affording to purchase enough to eat, SNAP may be a lifeline. There are a couple of different ways to apply for SNAP; please choose the option that works best for you.

- By phone contact Central Pennsylvania Food Bank at **1-877-999-5964**
- File an application with the York County Assistance Office, 130 N. Duke St., York, PA 17405 Phone: **1-800-991-0929**
- Download an application for SNAP benefits at: www.dhs.pa.gov/citizens/supplementalnutritionassistanceprogram. Complete and return or mail it to the York County Assistance Office. **(address above)**

For further questions, contact the Department of Human Services Helpline toll-free at **1-800-692-7462**.

Source: www.dhs.pa.gov – PA Dept. of Human Services

CA\$H In on Your Health with Medicare Preventative Services



Medicare Preventive Services can help save you money and keep you healthy by detecting and treating health conditions early. Many of Medicare's Preventive Services have no co-insurance or deductible if you have Original Medicare. *(Certain risk factors and health conditions may apply to receive a preventive service.) Talk to your doctor about your risk factors.

**If you have a Medicare Advantage Plan, please review your plan to determine if there is a co-insurance and/or deductible for Preventive Services.*

Contact your local APPRISE Program for more information about Medicare Preventive Services.

York County Area Agency on Aging
100 West Market St., York, PA
717-771-9008
1-800-632-9073
www.ycaaa.org



Preventive Services Include:

**Exams • Shots • Lab Tests • Screenings
Health Monitoring • Counseling • Education**

- *Abdominal aortic aneurysm screening*
- *Alcohol misuse screening & counseling*
- *Bone mass measurement*
- *Breast cancer screening (mammogram)*
- *Cardiovascular disease (behavioral therapy)*
- *Cardiovascular disease screenings*
- *Cervical & vaginal cancer screening*
- *Colorectal cancer screenings*
 - *Fecal occult blood test - Colonoscopy*
 - *Flexible sigmoidoscopy - Barium enema*
 - *Multi-target stool DNA test*
- *Depression screening*
- *Diabetes screenings*
- *Diabetes self-management training*
- *Flu shots*
- *Glaucoma tests*
- *Hepatitis B shots*
- *Hepatitis C screening*
- *HIV screening test*
- *Lung cancer screening*
- *Medical nutrition therapy services*
- *Obesity screening and counseling*
- *Pneumococcal shot*
- *Prostate cancer screenings*
- *Sexually-transmitted infections & counseling*
- *Tobacco-use cessation counseling*
- *“Welcome to Medicare” preventive visit (1x)*
- *Yearly “wellness” visit*

APPRISE Counseling Sites through September 2018

- **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** or **1-800-632-9073** for an appointment.



Diabetes Self-Management Lay Leader Training Program

Volunteers Needed, with a Mission to Educate, Equip and Empower Participants to Successfully Manage their Type-2 Diabetes.

Across the country, older Americans – a rapidly growing population – are taking part in activities that promote wellness and social connection. They are sharing their wisdom and experience with future generations, and they are giving back to enrich their communities. They're working and volunteering, mentoring and learning, leading and engaging.

For 55 years, Older Americans Month (OAM) has been observed in May to recognize older Americans and their contributions to our communities. This year's OAM theme, "**Engage at Every Age,**" emphasizes the importance of being active and involved, no matter where or when you are in life. You are never too old (or too young) to participate in activities that can enrich your physical, mental, and emotional well-being.

It is becoming more apparent that remaining socially engaged can improve the quality of life for older adults. York County Area Agency on Aging (YCAAA) offers an array of events and programs throughout the year to support older adults in our area to engage with friends, family, and peers through various community activities. YCAAA routinely conducts activities and shares information designed to (1) highlight volunteer opportunities, (2) educate about health and wellness, (3) guide older adults through the intricacies of retirement and Medicare insurance issues, and (4) provide a competitive athletic fellowship called Senior Games!

We encourage you to get involved, whether you compete, attend a class or seminar, volunteer, or choose some other community activity to make a difference.

Engage at every age!

Connect with us:

York County Area Agency on Aging

For Health & Wellness classes, Pre-retiree Seminars or other Medicare assistance, or Volunteer opportunities within our agency call:

717-771-9610

For Senior Games competition or to volunteer to help at 2018 Senior Games call: 717-771-9001.

Deadline to register to compete is June 11th, 2018.

Or visit: WWW.YCAAA.ORG

Diabetes Self-Management Program is one of Self-Management Resource Center's **Steps to Healthier Living™** proven programs. It is designed for older adults to better control their type-2 diabetes. Two leaders facilitate a series of workshops once a week for six weeks. These sessions help participants learn to manage blood glucose levels, prevent serious complications, and understand how to be good self-managers of their disease. ***Volunteers for the program should have type-2 diabetes (or have a close family member or friend who does) and be able to relate to the challenges faced when living with diabetes.***

Leaders need to have good communication skills and be enthusiastic and willing to lead small groups of adults 60 years of age or

older. Volunteers for the program commit to four days of local training and a minimum of one six-week workshop annually to retain certification.

The next training session to become a DSMP Lay Leader will be held on:

October 9, 10, 16 and 17

8:30 am – 3:00 pm

SpiriTrust Lutheran, Gladfelter Center,
Community Room A

1802 Folkemer Circle, York

For more information on becoming a Diabetes Self-Management Lay Leader, call Megan at 717-771-9610 or visit www.ycaaa.org.

An Ombudsman Serves as a Visible Advocate and a Voice that Cares.

What is an "Ombudsman?"



Ombudsman is a Swedish word that means citizen representative, advocate, or mediator. He or she is a trained individual who helps protect the RIGHTS of older York Countians receiving long-term care services, such as in a nursing home or personal care home.

As a volunteer Ombudsman, you may be the resident's only link to a voice that cares. As a visible advocate, you are helping to ensure that individuals residing or participating in the long-term care system have a good quality of life, and receive good quality care. Volunteer Ombudsmen are united through an impassioned commitment to listen, educate, investigate, mediate, and empower through a visible presence.

Examples of some issues that an Ombudsman might be involved with include: a consumer having unmet dietary needs, a consumer concern about getting medication on time, or

consumer issues involving transfers, discharges, discontinuance, and changes in services to residents. An Ombudsman works with the resident to investigate concerns and explore ways to arrive at a resolution in an impartial manner. *Thanks to the Ombudsmen volunteers at the York County Area Agency on Aging, residents of area personal care homes and nursing homes can retain a sense of independence by learning how to resolve concerns on their own.*

Volunteer Ombudsmen receive training by the PA Department of Aging about residents' rights, and the volunteer's role in maintaining those rights. This is followed up with local training and an ongoing opportunity for enrichment training.

Volunteer Ombudsmen serve as educators and advocates. There are 45 nursing homes and personal care homes in York County, and we need volunteers in each home to assist residents. The volunteer, under the supervision of the staff Ombudsman, will make regular visits with facility residents for six to eight hours per month, in hopes of becoming a recognizable, objective mediator in resident/facility disputes.

Does being an Ombudsman feel like your calling? If so, contact Volunteer Coordinator Hope Eberly at 717-771-9610, email aging@yorkcountypa.gov, or visit our website at www.ycaaa.org to fill out a volunteer application.

Friendly Visitor Program

The Friendly Visitor Program goal is to provide a weekly visit by a volunteer, to seniors who have little social contact. Not only do the consumers find this beneficial, but it has been gratifying to the volunteers as well. Some relationships have bloomed over a 10-year period! Thanks to the Friendly Visitors, over the last 40 years several thousand older adults have had a more enjoyable life!

The main requirement for the Friendly Visitor volunteer is a willingness to visit an individual on a weekly basis for at least an hour. This is an ideal volunteer position for someone who wants a pleasant and non-demanding role that is, at the same time, exceptionally fulfilling. Volunteers must be 18 years of age and able to complete simple monthly reports. Training is provided.

To apply to become a Friendly Visitor, please call Hope Eberly, Volunteer Coordinator at 717-771-9610 for an application and training information. Or visit the Volunteer Programs page of www.ycaa.org to download the application.

Expanded Services for Financial Exploitation or Elder Abuse

The Pennsylvania SeniorLAW HelpLine 1-877-727-7529 (1-877-PA-SR LAW) is a toll-free, statewide telephone service providing legal information, advice, brief services and referrals to Pennsylvania seniors 60 years of age and older. This is a free and confidential service. Expanded services for seniors experiencing financial exploitation and/or elder abuse are as follows:

- Identity Theft
- Deed Fraud
- Lost or Stolen Wallet
- Credit Card Fraud
- Home Improvement Fraud
- Unauthorized use of Bank Accounts
- Domestic Violence
- Abuse of Power of Attorney
- **Scams:** *IRS, Check Scams, Sweepstakes, Reverse Mortgage Scams, Healthcare Scams, and Investment Scams.*



SeniorLAW Center
Protecting the Rights of Older Pennsylvanians

HelpLine Contact Information:
1-877-727-7529 (1-877-PA SR LAW)

(Interpretation services available in 150 languages)

Source: Funding for this project was provided in part by a Model Approaches grant through and in partnership with the Pennsylvania Department of Aging.

When to Have “the talk” With Your Aging Loved One

By Barbara L. Zortman, Director, Center for Traffic Safety

Do you remember the anxiety you felt at the very thought of having the dreaded “birds and bees” talk with your son or daughter? Have you been sensing a familiar anxiety recently? Only this time it’s a different kind of talk; this time it’s with an older loved one, and it’s the “should you continue driving?” talk. You could choose to rip the band-aid off quickly – just do it and get it over with, it’ll hurt less. **Let’s not do that.** It’ll hurt less for you, but not for them.



Consider a more delicate approach. The same used to remove that first slice of pie, perfectly intact from the pie plate - a delicate technique that leaves the rest of the pie (the relationship) also intact.

A survey conducted by Princeton Survey Research Associates International for Caring.com, a resource for senior-care issues, found that 30% of drivers age 65 and over admitted that they’d prefer their family to make the drive-or-not-to-drive decision; 26 percent preferred to make the decision themselves; 21 percent wanted their doctor/caretaker to do the deed; and just 10 percent thought the DMV or government should step in.

Let’s divide our pie into six slices and take the first slice, the most pivotal slice, first.

- ▼ **This conversation has to happen.** Just like that talk with your child, this one will be difficult and uncomfortable, but it is also vital to the health and well-being of your loved one.
- ▼ **Identify the problem.** The age of your loved one should not be the single indicator. Identify your specific concerns in advance, and be prepared to rationally discuss (and defend) those concerns. (See “Key Identifiers” at the end of this article.)
- ▼ **Location, location, location.** This real estate agent mantra is applicable here. The conversation should happen on your loved one’s turf, or at the very least, a location where they feel safe and comfortable. Give them the home field advantage. They’ve likely earned it.
- ▼ **Engage your loved one in the conversation, and acknowledge the concerns that they vocalize.** At every turn, remember that while you’re thinking about their safety, they are solely focused on the possible loss of their freedom. In the end, give your loved one time to think about what you’ve discussed. Is there really a need for immediate action or is there time to develop a mutually agreed upon plan?

- **Research alternative transportation options.** Public transportation is an untapped resource for the over-65 crowd. [rabbittransit™](http://rabbittransit.org) has a free program that provides a trained volunteer who will ride with a new rider to get that person familiar with navigating through the public transportation and shared-ride system. For more information, visit <http://rabbittransit.org/Home.aspx>
- ▼ **Discuss drive time limitations.** Your loved one may have already started doing this. Are they driving less frequently? Do they leave the birthday party early so they can get home before dark? These could be signs that they’ve already noticed, all by themselves, that driving has become more of a challenge lately. Discuss other limitations that could keep them on the road safely, such as: not driving during low visibility weather conditions (i.e. fog, rain), only driving short distances, only driving familiar routes, and not driving during rush hour.

KEY IDENTIFIERS

These are common warning signs an older driver and the older driver’s family should look for in terms of when it may be time to either limit driving or stop driving altogether:

- Unexplained dents and scrapes on the car, fences, mailboxes, garage doors, etc.
- Frequent “close calls”
- Getting lost on familiar routes
- Easily distracted, confused, angered, or frustrated while driving
- Trouble navigating turns (i.e. distance from curb while turning, or staying within the lane)
- Reduction in response time (i.e. from gas to brake)
- Complaining that cars or pedestrians come “out of nowhere”
- Frequent traffic tickets or warnings from law enforcement within the last two years

In conclusion, never assume that these concerns have no solution, or that all deficits are permanent. There are options to be explored before serious action needs to be taken. Could the driving behavior be a side-effect of a medication that needs adjusted, or vision that needs corrected, or is physical therapy needed to improve mobility? **In the end, the safety of your loved one is the main concern, along with the safety of those they share the road with. Is it time for you to have “the talk”?**

Be Fire Safe! Our Turn to Take Care of You....

Reflections by: Kraig E Herman, IAAI-CFI, Public Education Specialist:
Pennsylvania Office of the State Fire Commissioner

Since October 2014, I have been on a mission to reduce the number of older adults dying in residential fires. With the help of other staff members in our office, we have traveled to various Senior Centers around Pennsylvania and presented a fire safety program. The program is entitled “**Remembering When: A Fire and Fall Prevention Program for Older Adults**”.

The program was developed by the National Fire Protection Association (NFPA) and consists of sixteen (16) fire safety and fall prevention messages. In previous issues of *New Horizons*, I wrote about the eight (8) fire safety messages in detail. My goal was -- and still is -- to get all older adults to prepare themselves in case of a fire.

From November 2017 through the end of March 2018, Pennsylvania experienced 87 civilian fire deaths, the most ever in a 4-month period. Of these 87 fire deaths, 54 were older adults (aged 55 and over). This equates to 62%!! This is WAY too many older adult lives being taken away too soon, and needs fixed NOW!

Every time I read that an older adult has perished in a fire, a spot in my heart dies as well. I

completely understand that some people have a lot of pride and cannot ask for help, regardless if it's from family or friends.

On the flip side, I have observed first hand how neighbors have become “family” to other neighbors, and will go above and beyond to assist. I am begging you! Please swallow your pride and ask for help.

Two ways to reduce the number of older adults dying in fires are to make sure your smoke alarms are operable and that you plan and practice a home escape plan. I did cover this before in a past article, but I feel the need to share the information again. Go to each room of your house or apartment and identify two (2) ways out. Take the extra step and plan for escape as if it was daylight as well as nighttime. At night, will you require assistance? At nighttime, maybe the best plan is for you to shelter in place, sleeping with your door closed to keep fire out. **But you need to plan this BEFORE a fire starts.** Remember, you have family, friends and neighbors that love you and want to keep you around for a long time. Don't leave their lives too early, missing things like graduations, weddings, births of grandchildren or

great-grandchildren. Help me reduce the number of older adults dying in fires.

If you are interested in having a **Remembering When: A Fire and Fall Prevention Program for Older Adults** presented for your group, please contact Kraig Herman at krherman@pa.gov.

Summer 2018 Classes Announced

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

This program emphasizes practical strategies to manage falls.

Who should attend?

Anyone concerned about falls • Anyone interested in improving balance, flexibility and strength • Anyone who has fallen in the past • Anyone who has restricted activities because of falling concerns.

The following are upcoming workshops offered through the Falls Free Coalition of York County. Pre-registration is required.

White Rose Senior Center

27 South Broad Street, York

June 6 – June 28

Wednesdays and Thursdays, 9:30 am – 11:30 am

To register, call 717-843-9704

WellSpan Springdale Pediatrics Office

2339 S. George Street, York

July 9 – August 27

Mondays, 9:30 am – 11:30 am

To register, call 717-851-3082

East York YMCA

4075 E. Market Street, York, 17402

July 9 – August 1

Mondays and Wednesdays, 11:00 am – 1:00 pm

To register: Call the YMCA at 717-650-1270

WellSpan Springdale Pediatrics Office

2339 S. George Street, York

July 17 – September 4

Tuesdays, 1:00 pm – 3:00 pm

To register, call 717-851-3082

York Township Park Building

25 Oak Street, York

September 10 – October 3

Mondays and Wednesdays, 10 am – 12 pm

To register, call Megan at 717-771-9610

St. Peter's Lutheran Church

947 North George Street, York

September 11 – October 4

Tuesdays and Thursdays, 9 am – 11 am

To register, call Megan at 717-771-9610

3P Ride The Gift of Mobility

By: Jenna Reedy, Director of External Affairs and Business Strategy,
Central Pennsylvania Transportation Authority



This past year, [rabbittransit](http://rabbittransit.com)™ created a nonprofit partner organization known as [3P Ride, Inc.](http://3PRide.com), that focuses on

expanding transportation options for seniors, persons with disabilities, veterans, vulnerable families and the infrastructure that supports them.

3P Ride originally began as a year-long inclusive initiative led by [rabbittransit](http://rabbittransit.com)™, which was funded through a competitive grant from the [Community Transportation Association of America](http://CommunityTransportationAssociation.org). During this time, a partnership network developed with more than 30 partners, focused on inclusion of older adults and people with disabilities into the planning process and implementation of mobility expansions and improvements. The 3P Ride Initiative focused on “More People. More Places. More Possibilities.”

Ultimately, the work of this partnership led to the formation of the 501(c)3 non-profit, [3P Ride, Inc.](http://3PRide.com) 3P Ride works to identify resources for projects and initiatives that are not typically funded by traditional transportation dollars.

3P Ride seeks to close the gap on the many transportation barriers that exist in the local community. Transportation is needed for our community to thrive as a robust and dynamic area.

A Ride to dialysis saves a life. **A Ride** to visit a loved one provides quality of life. **A Ride** to a life-sustaining appointment is critical for a local senior, but so is **a Ride** that plays a crucial role in the socialization of the life of an older adult. Public transportation provides access to the senior center for a dance class or watercolor painting session, the hair salon, a friend's house or a faith-based service. Being able to live fully by traveling safely offers seniors socialization to combat isolation and depression, as well as the ability to age in place in the homes they love.

Every contribution furthers our goal of connecting people to their communities. More People. More Places. More Possibilities.

For more information or to find out how to participate, please visit: www.3P-Ride.org or call Sherry Welsh at 717-849-0731.

Diabetes Self-Management Program

Upcoming Classes

Diabetes does not have to take control of your life! There are “tools” available to take control of your diabetes in a way that fits your life, your way!

Living Well With Diabetes -- Your Life, Your Way is a structured, evidence-based program designed by the Self-Management Resource Center to help individuals living with type-2 diabetes manage their diabetes and the emotions that come with the disease.

This FREE program promotes self-efficacy by providing a tool box of “tools” to assist with self-management. The tool box includes “tools” like:

Healthy Eating: Understanding portions, servings & suggested protein/carbohydrates/fats

Avoiding Complications: Scheduling regular appointments with necessary physicians

Stress Management: Using guided imagery and relaxation

Action Planning: Setting obtainable and personal goals

Problem Solving: Knowing how to adjust goals when barriers exist

Who can participate?

- Age 60+ and living with type-2 diabetes
- Age 60+ caregiver/family member of someone living with type-2 diabetes.

Take control of YOUR type-2 diabetes at one of the following Diabetes Self-Management Program events:

York Commons

2406 Cape Horn Road, Red Lion
Thursdays, July 19 – August 23

9 am – 11:30 am

To register, call Megan at 717-771-9610

York County 911 Center

120 Davies Drive, York

Wednesdays, September 12 – October 17

12:30 pm – 3 pm

To register, call Megan at 717-771-9610

Summer Energy-Saving Tips

Simple and inexpensive actions can help you save energy and money during the warm summer months.

Use Your Windows to Gain Cool Air and Keep Out Heat

- If you live in a climate where it cools off at night, turn off your cooling system and open your windows while sleeping. When you wake in the morning, shut the windows and blinds to capture the cool air. You can also install window coverings to prevent heat gain through your windows.
- Natural ventilation relies on the wind and the “chimney effect” to keep a home cool. Natural ventilation works best in climates with cool nights and regular breezes.
- Install window coverings to prevent heat gain through your windows. About 30% of a home’s heating energy is lost through windows. In cooling seasons, about 76% of sunlight that falls on standard double-pane windows enters to become heat.

Operate Your Thermostat Efficiently

- Set your thermostat as high as comfortably possible in the summer. The smaller the difference between the indoor and outdoor temperatures, the lower your overall cooling bill will be.
- Keep your house warmer than normal when you are away, and lower the thermostat setting to 78°F (26°C) only when you are at home and need cooling. A programmable thermostat can make it easy to set back your temperature.
- Avoid setting your thermostat at a colder setting than normal when you turn on your air conditioner. It will not cool your home any faster and could result in excessive cooling and unnecessary expense.

Use Fans and Ventilation Strategies to Cool Your Home



- If you use air conditioning, a ceiling fan will allow you to raise the thermostat setting about 4°F with no reduction in comfort.
- Turn off ceiling fans when you leave the room. Remember that fans cool people, not rooms, by creating a wind chill effect.
- When you shower or take a bath, use the bathroom fan to remove the heat and humidity from your home. Your laundry room might also benefit from spot ventilation. Make sure bathroom and kitchen fans are vented to the outside (not just to the attic).

Keep Your Cooling System Running Efficiently

- Schedule regular maintenance for your cooling equipment.
- Avoid placing lamps or TV sets near your room air-conditioning thermostat. The thermostat senses heat from these appliances, which can cause the air conditioner to run longer than necessary.
- Vacuum registers regularly to remove any dust buildup. Ensure that furniture and other objects are not blocking the airflow through your registers.

Don't Heat Your Home with Appliances and Lighting

- On hot days, avoid using the oven; cook on the stove, use a microwave oven, or grill outside.
- Install efficient lighting that runs cooler. Only about 10% to 15% of the electricity that incandescent lights consume results in light—the rest is turned into heat.
- Take advantage of daylight instead of artificial lighting, but avoid direct sunlight.
- Wash only full loads of dishes and clothes. Consider air drying both dishes and clothing.
- Take short showers instead of baths.
- Minimize activities that generate a lot of heat, such as running a computer, burning open flames, running a dishwasher, and using hot devices such as curling irons or hair dryers. Even stereos and televisions will add some heat to your home.

Keep Hot Air from Leaking Into Your Home

- Seal cracks and openings to prevent warm air from leaking into your home.
- Add caulk or weather-stripping to seal air leaks around leaky doors and windows.

Lower Your Water Heating Costs

Water heating accounts for about 18% of the energy consumed in your home.

- Turn down the temperature of your water heater to the warm setting (120°F). You’ll not only save energy, you’ll avoid scalding your hands.



Do you have Medicare?

Do you have questions about your coverage or current plan? Do you want to know if you are eligible to save money on your prescription drug costs and/or your Part B premium? Are you currently in the donut hole and need assistance? The APPRISE PROGRAM can help!

What is APPRISE?

APPRISE is a free health insurance counseling program provided by the PA Department of Aging, designed to help all Pennsylvanians with Medicare. APPRISE counselors are specially trained staff and volunteers who can answer your questions and provide you with objective, easy-to-understand information.

How can the APPRISE Program help you?

APPRISE can help with:

- Medicare
- Medicare Prescription Drug Plans (Part D)
- Medicare Advantage Plans
- Medicare Supplement Insurance (Medigap)
- Plan Comparison
- Medicaid
- Screening and applying for financial assistance programs
- Medicare Appeals



Personalized healthcare for you. Or a loved one.

Senior LIFE is a local all-inclusive care program for people 55+ so they can live at home instead of a nursing home. Services include medical care, home care, medications, transportation, and more. Plus, members have their own nurse, social worker, and the doctors even make house calls.

All Medicare and Medicaid services covered. ✓ No cost to enroll ✓ No co pays ✓ No deductibles

Call today to schedule your FREE LUNCH and TOUR of your local LIFE Health and Wellness Center. Complimentary transportation provided.

SeniorLIFEPA.com • 717-757-5433
1500 Memory Ln. Ext., York, PA 17402

You may qualify for financial assistance programs!

APPRISE wants to make sure you and your friends who have Medicare know about the Extra Help and Medicare Savings Programs.

Extra Help: can help lower your prescription drug co-payments and premiums, and cover the cost of the coverage gap! **You may qualify if:**

- You are single and have total monthly income of less than \$1,538/month; and less than \$14,100 in resources
 - You are married and have a total income of less than \$2,078/month, and less than \$28,150 in resources
- *There are certain deductions taken for Extra Help. You may qualify even if you are above these limits.

Medicare Savings Program: can help you with the payment of your Part B Premium!

You may qualify if:

- You are single and have a total monthly income of less than \$1,386/month, and less than \$7,560 in resources
- You are married and have a total monthly income of less than \$1,872/month, and less than \$11,340 in resources.

*Medicare Savings Program can possibly help with the payment of your Medicare Part A and Part B cost-sharing. There are certain deductions taken for Medicare Savings Programs. You may qualify even if you are above these limits.

Get connected to the APPRISE Program in your area! Call the York County Area Agency on Aging today, at 717-771-9008.



Dementia: Navigating the Legal Labyrinth

By: Jeffrey R. Bellomo, Certified Elder Law Attorney

As people age, they sometimes start showing signs of dementia, which is quite frightening and overwhelming to them and their families, and creates uncertainty and stress. There are some basic warning signs and things to look out for in a loved one that, if spotted early, will give the family the peace of mind to handle their medical and legal needs early on, before it is much more stressful and costly, and possibly too late.

There are many signs and symptoms of dementia; it is not the purpose of this article to identify those. If you suspect that you or a loved one may be exhibiting signs or symptoms of dementia, you need to promptly schedule an appointment with your doctor or a specialist such as a gerontologist or other specialist in dementia.

However, it is important to know that a diagnosis of dementia does not necessarily mean that a person does not have capacity to sign legal documents. Capacity is a legal term meaning that the person is lucid in the moment and understands what he or she is signing. This determination is made by an attorney, and is different from a medical opinion, which assesses long-term effects.

If a person has legal capacity, he or she is able to put in place the necessary legal documents: a financial power of attorney; a medical power of attorney; a living will; and a Will. In most cases when dealing with a person with dementia, the financial power of attorney becomes the most important of the documents, because if a person loses capacity and is not able to enter into a

financial power of attorney, then the only realistic legal recourse is a legal guardianship. Powers of attorney are inexpensive; guardianship is not only expensive, but also emotional and very invasive of family privacy. It is heart-wrenching, for example, for a spouse to have to request a court to appoint them as a guardian for their spouse and take away their legal right to make decisions for themselves. The person seeking the guardianship has to testify in court in front of the incapacitated person about why that person cannot care for, or make decisions for, himself or herself. It can be devastating for both the person testifying and the person hearing the testimony.

Although it is also preferable to have a health care directive and Will, there are laws that provide for those decisions. The healthcare law names the next of kin to make healthcare decisions, and there is a law that will determine who will inherit from you if you do not have a Will. Although not always ideal, those laws are there if needed. However, without a financial power of attorney, making financial decisions for assets in your name alone will generally require seeking a guardianship.

Thus, if that terrible time comes when you or your loved one begins to have cognitive difficulties, the importance of paying attention to the signs and symptoms cannot be overstated. It will allow you get them the help that is needed early in the disease process, and to assure that the legal documents you need can be put in place while your loved one is still able.

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 - 4:00 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, 7:30 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: Sandy Wehr
 Phone: 717-235-6060
 Hours: Monday- Friday, 8:00 AM-3:00 PM
www.southcentrallyorkcountysrctr.webs.com

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, 8:00 AM - 2:30 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: Jennifer Stitzel
 Phone: 717-854-0693
 Hours: Monday- Friday, 8:00 AM- 3:00 PM
 Website: www.yorktownseniorcenter.org

New Card! New Number! **Things To Know About Your New Medicare Card**



Starting in April 2018, Medicare began mailing new

cards to everyone who gets Medicare benefits. Why? **Medicare is removing Social Security numbers from Medicare cards, to help protect your identity.** Instead, the new cards will have a unique Medicare Number. This will happen automatically. **Important notes:**

1. People who are enrolling in Medicare for the first time will be among the first in the country to receive their new cards.
2. Your new card will automatically come to you in the mail. You don't need to do anything as long as your address is up to date. If you need to update your official mailing address, call **1-800-772-1213**.
3. Once you get your new Medicare card, destroy your old Medicare card and start using your new card right away. You will still need to keep your Medicare Advantage

Insurance card if you are enrolled in a plan for your ongoing insurance needs.

New Medicare cards for Pennsylvania recipients are anticipated by Medicare to begin mailing out in late May, 2018.

Watch Out For Scams

- Don't pay for your new card – Medicare is providing new cards at no cost to beneficiaries. If someone is asking you to pay, it's a scam!
- Don't give personal information to get your card – if someone calls claiming to be from Medicare, asking for your social security number or bank information, it's a scam. Medicare will never ask for your personal information to assign you a new card.
- Guard your card – when you get your new card, shred your old Medicare card and treat the new one with the same care you did your previous card, a credit card, or a social security card. (but keep your Advantage card for future use.)

If someone asks you for your information, for money, or threatens to cancel your health benefits if you don't share your personal information, **hang up and call us at 1-800-MEDICARE (1-800-633-4227) or visit go.medicare.gov/newcard.**

If you find a scam, report it to the FTC at ftc.gov/complaint or by calling 1-877-FTC-HELP (1-877-382-4357).

The York County Elder Abuse Task Force also wants every senior in York County to remember the **3 R's**: **R**ecognize a potential scam; **R**efuse to make any hasty decisions; and **R**eport suspicious activity to police. Stay safe, and feel free to contact **District Attorney Dave Sunday** at the DA's Office **717-771-9600** with any questions.



Sources: U.S. Centers for Medicare & Medicaid Services, and the York County Elder Abuse Task Force.



2018 Marks the 50th Year of the York County Park System!

The York County Department of Parks and Recreation is part of the York County Government, governed by the York County Board of Commissioners. The York County Advisory Board of Parks and Recreation works with the Executive Director and staff to maintain and preserve your parks. The York County Parks Department was established to provide the community with a wide variety of activities and to acquire, develop, maintain and preserve lands for further generations to enjoy.

In this 50th anniversary year, The York County Parks currently maintain over 4,300 acres for your enjoyment. **Unique park features include:**

Rocky Ridge County Park: pavilion rentals, bird-watching decks and an observation blind.

John Rudy County Park: pavilion rentals, astronomical observatory, kayaking on the Codorus Creek, Bumps & Berms BMX Club and Canine Meadows Dog Park.

William H. Kain County Park: pavilion rentals, Lake Redman and Lake Williams, boating, concert stage, bird watching.

Spring Valley County Park: one pavilion rental, two horse-show rings, one practice ring, fishing and hunting.

Richard M. Nixon County Park: nature center facility/museum with over 180 international specimens, 6 miles of hiking trails, Sunday walks, nature discovery programs.

Heritage Rail Trail County Park: bike paths with reasonable grade, picnic tables, benches and restrooms, variety of historical features including a tunnel.

R. Joseph Raab County Park: former home of the York Iron Co. mines, known as Codorus Ore, and listed on the National Registry of Historic Places. The mines are closed to the public, but are home to four species of bats. There are three shorter hiking trails to explore.

Wallace-Cross Mill: rare example of a small country water-powered grain mill with an overshot water wheel. Museum includes three floors with various interpretative displays, historic artifacts, and an operating water wheel. A few picnic tables on the property.

Native Lands County Park: one-mile, mowed scenic trail (Native Lands Heritage Trail) that meanders through woodlands and open meadows, with seven historical way stops. This landscape is a place that many peoples have called their Native Lands, including the Susquehannocks and the Senecas.

Highpoint Scenic Vista and Recreation Area: Created in 2007, Highpoint consists of 79 acres of scenic meadowlands. It offers a spectacular 360° view of the Susquehanna River and surrounding hills. There are four ½ mi. trails in the park, including the Mason/Dixon Trail.

Apollo County Park: 340 acres featuring beautiful Hemlock and Tulip Poplar trees. Mason-Dixon Trail traverses the park. Several clear streams cut through Mountain Laurel. Hiking and mountain-biking trails. Fishing. Hunting. Cross-country skiing and snowshoeing.

Special Events:

- **2018 Sunset Scramble Bike Rides** ~ through August; Tuesdays 6:30 – 9:00 pm, Heritage Rail Trail County Park. Program is free with no registration required. Park volunteers guide you on a 13-15 mile roundtrip

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

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journey. Please bring a bike, helmet, light, water, and snack money. Riders depart from designated parking area and travel south.

Rudy Park North Ext.	July 17
Brillhart Station	June 5, July 24
Glatfelter Station	June 12, July 31
Seven Valleys	June 19, Aug. 7
Hanover Junction	June 26, Aug. 14
Railroad	July 3, Aug. 21
New Freedom	July 10, Aug. 28

- **2018 Moonlight Bike Rides** ~ through Sept. 8, Heritage Rail Trail County Park, Saturday nights as scheduled, 8:30 pm, (7:30 pm in Sept). Program is free with no registration required. Bring your own bicycle, light, water, and helmet to take a 1.5 hour roundtrip ride north. Enjoy the fresh country air and friendship with the Sunset Scramblers volunteer group.

Glen Rock	June 30
Hanover Junction	July 28
Seven Valleys	Aug. 25
Stump Park*	Sept. 8

(*Meadow Astronomy Night ~ ride starts at 7:30 pm)

- **Nixon County Park ~ Sunday walks**, through October from 2:30 -- 4:00, featuring natural history and related programs. Call for program information at 717- 428-1961.
- **October 18, Thursday: York County Parks' 50th Anniversary Celebration Party** from 5:00 pm to 9:00 pm at the Wyndham Garden York. Visit SupportYourParks.org for tickets and event information, or call 717-840-7440. Tickets are on sale now!

For more information about York County Parks, directions to specific parks, and updates to special summer events, please visit www.yorkcountyparks.org, email parks@yorkcountypa.gov, or call 717-840-7440.