

# NEW HORIZONS

## York County Area Agency on Aging

Volume 25, NO. 3

Winter 2018

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

**Email:**  
aging@yorkcountypa.gov

**Website:**  
www.ycaaa.org



**President Commissioner**  
Susan P. Byrnes

**Vice President Commissioner**  
Doug Hoke

**Commissioner**  
Christopher B. Reilly

### Inside This Issue . . .

<i>From the Director</i> . . . . .	2
<i>York County Weatherization/LIHEAP</i> . . . . .	3
<i>VA Systems—Contacts &amp; Updates</i> . . . . .	4
<i>rabbittransit—The New Hopper!</i> . . . . .	5
<i>Seasonal Affective Disorder (SAD)</i> . . . . .	6
<i>An Annual Look at the York County Area Agency on Aging</i> . . . . .	7
<i>AARP Tax Prep Guidelines</i> . . . . .	8
<i>Free Credit Freezes</i> . . . . .	9
<i>Rent-a-Kid NOW for Winter Help!</i> . . . . .	10
<i>Paying Scammers with Gift Cards</i> . . . . .	11
<i>Medicare 2019</i> . . . . .	12
<i>New Medicare Advantage Open Enrollment</i> . . . . .	13
<i>Losing a Spouse . . . What to do?</i> . . . . .	14
<i>Upcoming Health &amp; Wellness Calendar</i> . . . . .	15
<i>New Year's Resolution—VOLUNTEER!</i> . . . . .	16



## AVOID • SPOT • TREAT Frostbite & Hypothermia



Winter is upon us, and in colder temperatures your older-adult body begins to lose heat faster than it can be produced, which can lead to serious health problems. Although York County's winter weather has become more temperate over the years, on occasion it is still extreme and volatile.

### ••••• AVOID •••••

When the weather is extremely cold, try to stay indoors. If you must go outside, **dress properly** and know who is at **high risk** for **hypothermia** or **frostbite**. They include:

- Older adults without proper food, clothing, or heating
- People who stay outdoors for long periods of time (homeless, hikers, hunters, etc.)
- People who drink alcohol in excess or use illicit drugs
- Babies sleeping in cold rooms

#### When going outside be sure to wear:

A hat • A water-resistant coat • Several layers of loose-fitting clothing • A scarf or knit mask that covers face & mouth • Mittens or gloves



*Make sure body parts most often affected by frostbite are covered in warm, dry clothing.*

### ••••• SPOT •••••

#### Frostbite:

A victim is often unaware of frostbite because frozen tissue is numb.

#### Signs & Symptoms

- Redness or pain in any skin area may be the first sign of frostbite

#### Other signs include:

- A white or grayish-yellow skin area
- Skin that feels unusually firm or waxy
- Numbness

#### Hypothermia:

Hypothermia often occurs at very cold temperatures, but can occur at cool temperatures (above 40°F), if a person is wet (from rain, sweat or cold water) and becomes chilled.

#### Signs & Symptoms

##### Adults:

- shivering — exhaustion
- confusion — fumbling hands
- memory loss — slurred speech
- drowsiness

##### Infants:

- bright red, cold skin
- very low energy

**If a person's temperature is below 95° get medical attention immediately.**

### ••••• TREAT •••••

*If a person is experiencing hypothermia or frostbite...*

1. Seek medical attention as soon as possible
2. Get them into a warm room or shelter
3. Remove any wet clothing
4. Warm them under dry layers of blankets and clothing
5. Place areas affected by frostbite into warm-to-touch water.

Since skin may be numb, victims of frostbite can harm themselves further. Use caution when treating frostbite and do **NOT**:

- Walk on frostbitten feet or toes
- Use a fireplace, heat lamp, radiator or stove for warming
- Rub or massage areas of frostbite

Remember these 3 steps:

- A** – Avoid
- S** – Spot
- T** – Treat

Source: <http://emergency.cdc.gov/disasters>



## From the Director

Dear Reader:

We have come to the end of another year and the holiday season is in full swing. At this time of year, I am always reminded of my childhood. There was all the wonderful holiday food and I would spend time marking the Sears catalog with gift ideas. I knew I was not going to receive the motor bike or drum set I had marked; however, it was exciting to think there might be a slight chance.

As an adult, the holiday season brings me different thoughts. I often think of those less fortunate than myself. Those people who will not have holiday food filling the fridge and those who will not have visits from family and friends. The holidays can be very lonely for many people; especially those who are isolated in their home. Sometimes a simple visit from another human being is the most important gift someone can receive.

Our Agency provides many services, but one of the most important is our Friendly Visitor Program. This program provides isolated seniors a visit from one of our Agency's volunteers. Some of these visits start as weekly events, but soon turn

into friendships with visits becoming much more frequent. This program can truly be a lifeline for an isolated senior and is often the only human contact they may have.

While our Agency provides many services, like the Friendly Visitor Program, we are totally reliant on volunteers to make them successful. The importance of volunteer programs has grown as the older adult population is quickly outpacing the funds available to provide senior services. Without volunteers selflessly giving of their time, we would be unable to provide all of the programs we do.

The emphasis of all our volunteer programs is on the senior in the community; however, in reality the volunteer often receives just as much from the program. We often hear from volunteers that working in these programs has kept them feeling engaged and productive. This feeling of being engaged can be very important when you consider the vast majority of our volunteers are seniors themselves.

If you think you may be interested in volunteering and would like more information about volunteer opportunities, read the back page of this issue of *New Horizons*, or please contact Hope Eberly, Volunteer Coordinator, and she will happy to

answer any questions you may have. You can also visit our website [www.ycaaa.org](http://www.ycaaa.org) for information about our volunteer programs. Just a little time can make a great difference in someone's life.

I wish you all a peaceful end to 2018 and hope that 2019 is a good year for all of us. Have a safe and happy New Year!

*Mark W. Shea*

**YCAAA Stars!**

*Volunteers of the Month*

**December**  
*Bob Fallon*  
Financial Counselor/Special Events

**January**  
*Julie Hicks*  
Office Assistant/Special Events

**February**  
*Diana Arnold*  
A Matter of Balance Coach



# NEW HORIZONS

Published the first day of March, June, September and December

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](mailto:aging@yorkcountypa.gov)

Website: [www.ycaaa.org](http://www.ycaaa.org)

**Mark W. Shea**

YCAAA Director

**Ross Stanko**

Director of Operations and Outreach

**Jenny Nace & Lori Uhl**

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.

Name (Please Print Clearly) \_\_\_\_\_

Amount of Donation \_\_\_\_\_

### Please add me to the Mailing List:

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Please mail this form and make donation to:

**York County Area Agency on Aging**

*New Horizons*

**100 West Market Street**

**York, PA 17401**

**Winter 2018**

*Please notify YCAAA to discontinue your mailed issue.*

**YCAAA**  
*The next York County Advisory Council meetings will be held at 12:30 p.m. on Monday, December 10<sup>th</sup> & Monday, February 11<sup>th</sup>*

York County Department of  
Emergency Services  
120 Davies Drive, York

# LIHEAP May Be Able to Help!

## Winter Arrives on December 21st



The 2018-2019 LIHEAP program began accepting applications on November 1, 2018, and will close on April 12, 2019.

LIHEAP helps families living on low incomes pay their heating bills.

### To receive help...

- You don't have to be on public assistance
- You don't need to have an unpaid heating bill.
- You can either rent or own your home
- You must meet **income guidelines**.

### How does LIHEAP work?

LIHEAP offers both cash and crisis grants. Families may apply for:

#### 1) Cash Grants

Cash grants help families pay their heating bills. In most cases, the one-time payment is sent directly to your utility company or fuel provider, and credited on your bill.

#### 2) Crisis Grants

Crisis grants may be available if you have an emergency and are at high risk of losing your heat. You can receive more than one crisis grant, as necessary, during the season until reaching the maximum benefit of \$600.

**Crisis situations include:** Broken heating equipment, leaking lines that must be fixed or replaced, lack of fuel, and termination of utility service. Other crises include danger of being without fuel (less than a 15-day supply) or of having utility service terminated (received a 60-day shutoff notice).

If you have a **heating emergency** please call the **York County Assistance Office** at 717-771-1100 or toll-free: 1-800-991-0929.

### How to Apply:

1. Apply online by using COMPASS at [www.compass.state.pa.us](http://www.compass.state.pa.us).



2. Request an application by calling the Statewide LIHEAP Hotline at 1-866-857-7095. For the hearing or speech impaired dial 711.
3. Applications are available at the **York County Assistance Office**, 130 N. Duke Street, York, PA
4. Obtain a paper application here: [http://dhs.pa.gov/cs/groups/webcontent/documents/document/c\\_281987.pdf](http://dhs.pa.gov/cs/groups/webcontent/documents/document/c_281987.pdf). Fill it out, save and print it, and submit to the York County Assistance Office.

### To apply, you will need:

- Names of people in your household
- Dates of birth for all household members
- Social Security Numbers for all household members
- Proof of income for all household members
- A recent heating bill

### Who is eligible?

You may qualify for a LIHEAP grant if your income meets the following income guidelines:

INCOME GUIDELINES 2018-2019 LIHEAP (For Homeowners and Renters)	
Household Size	Maximum Income
1	\$18,210
2	\$24,690
3	\$31,170
4	\$37,650
<b>Each Additional Person Add:</b> \$6,480	

After your application is processed, you will receive a written notice that will tell you if you qualify. If eligible, it will tell you the amount of your grant. Please allow 30 days.

## York County Weatherization Program



### What is Weatherization?

The Weatherization Program helps people with **limited incomes** lower their fuel bills, save energy and have homes that are more comfortable.

*Income eligibility guidelines are as follows:*

Household size	Income
1	\$24,280
2	\$32,920
3	\$41,560
4	\$50,200
<b>Each additional household member:</b>	<b>+\$8,640</b>

The work is done free of charge for any York County homeowner or tenant whose household income is within the eligibility guidelines. Tenants must have permission from their property owner.

Specially-trained workers make specified repairs to your home, so that it

becomes more efficient to reduce your heating and electric bills. Services include attic and basement insulation, water heater and pipe insulation, window and door weather stripping, and caulking and broken glass replacement. Also, as part of the Weatherization Program, your furnace and water heater are tested for efficiency and safety. In addition, we provide education about ways you can save and use energy wisely.

**Why Apply?** We all need to conserve energy, and it is very helpful to be able to save money at the same time. Weatherization can do both, while helping to make your home warmer in winter and cooler in summer.

**Who Pays For This?** The state and federal government through the Department of Energy, the Department of Health and Human Services, and the County of York through the York County Planning Commission.

**What Is "The Catch"?** There isn't one. The Weatherization Program has offered these services since 1972, and more than 10,000 area families have benefited from the program. *However, homes that have been previously serviced are not eligible for re-service.*

**How do I Apply?** To receive an application in the mail, call the York County Planning Commission at 717-771-9870 and "Press 1" for Weatherization.

# Veterans Pension with Aid & Attendance—Changes

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

Long-term care costs can add up quickly. For veterans and the surviving spouses of veterans who need in-home care, or are in an assisted living facility or nursing home, help has been available through a pension benefit called Veterans Pension Aid & Attendance. Because of certain abuses, the Veteran's Administration (VA) recently announced changes to the eligibility rules for Aid & Attendance that became effective October 18, 2018.

Aid & Attendance is a pension benefit, which means it is available to veterans who served at least 90 days, with at least one day during wartime. The veteran does not have to have service-related disabilities to qualify. Veterans or surviving spouses of a veteran are eligible if they require the aid of another person to perform an everyday action, such as bathing, feeding, dressing, or going to the bathroom.

In addition to meeting the "medical eligibility requirements," to qualify, the veteran or surviving spouse must meet certain asset (net worth) and income limits. Under the prior rules, there was a vague standard for asset eligibility that was often interpreted as requiring the applicant to have less than \$80,000 in assets, although that number would vary.

Under the new rules, the dollar value of resources is fixed. An Aid & Attendance applicant's available assets plus one year's income must be less than \$123,600. Not counted in that figure are the applicant's home and personal effects, including vehicles. The one year of income can be reduced by medical expenses. The \$123,600 figure will go up automatically with inflation in future years, and is projected to be \$126,420 in 2019.

Because of the asset limit, some applicants would simply give assets away, in order to qualify. **However, that strategy will no longer work.** Under the new rules, the Aid & Attendance application now requires you to disclose any gifts made **within the previous 3 years**. If there have been gifts, the applicant may be disqualified for up to 5 years.

**This new rule applies to gifts made on or after October 18, 2018.**

The process of applying for this VA benefit can be tedious and it can take months for your application to be approved. However, if you need help paying care expenses, it can be a lifesaver.

You can apply by contacting the **County of York Veterans Affairs Office** at 717-771-9218. Also, you can find more information online at <https://www.va.gov/>.

*This article was written in collaboration with the County of York Veterans Affairs Office, Terry Gendron—Director*

## Where to Find Access to VA Systems

Contributed by Terry Gendron, Director York County Veterans Affairs



### Mission

Simply stated, **our mission** is to maximize benefits for veterans and family members to improve their quality of life.

### The Conversation

Every York County veteran and surviving spouse should have a conversation with an accredited service officer that has access to federal VA systems.

### Where to Find an Accredited Service Officer with Access to VA Systems

Call or email for an appointment!

#### York

Monday – Friday: 8 am - 4:30 pm  
Home Office – 28 E. Market St.  
717-771-9218 ~ [yorkvet@yorkcountypa.gov](mailto:yorkvet@yorkcountypa.gov)

#### Lewisberry

3rd Monday: 9 am – 2 pm  
Community Services – 308 E. Market St.  
717-938-3571 ~ [rdaczka@yorkcpcc.org](mailto:rdaczka@yorkcpcc.org)

#### Hanover

2nd Tuesday: 10 am – 2 pm  
4th Tuesday: 2 pm – 6 pm  
Rep. Klunk – 118 Carlisle St., Ste. 300  
717-630-8942 ~ [jdeal@pahousegop.gov](mailto:jdeal@pahousegop.gov)

#### York

3rd Wednesday: 10 am – 2 pm  
Rep. Hill-Evans – 53 E. North St., Ste. 3  
717-848-9595 ~ [bmartin@pahouse.net](mailto:bmartin@pahouse.net)

#### Shrewsbury

3rd Wednesday: 9 am – 3 pm  
Southern Branch YMCA – 100 Constitution Ave.  
717-771-9686 ~ [magebel@yorkcountypa.gov](mailto:magebel@yorkcountypa.gov)

#### Delta

4th Wednesday: 9 am – 3:30 pm  
Community Services – 5 Pendyrus St.  
717-456-5753 ~ [deltasckm@gmail.com](mailto:deltasckm@gmail.com)

#### York/Dover

1st Thursday: 10 am – 2 pm  
Rep. Grove – 1954 Carlisle Rd.  
717-767-3947 ~ [jpopovich@pahousegop.com](mailto:jpopovich@pahousegop.com)

#### Red Lion

2nd Thursday: 10 am – 2 pm  
Rep. Saylor – 100 Redco Ave.  
717-244-9232 ~ [twiley@pahousegop.com](mailto:twiley@pahousegop.com)

#### Dillsburg

4th Thursday: 10 am – 2 pm  
Rep. Keefer – 12 N. Baltimore St.  
717-432-0792 ~ [jparry@pahousegop.gov](mailto:jparry@pahousegop.gov)

#### York

4th Thursday: 9:30 am – 4 pm  
HACC York – 2010 Pennsylvania Ave.  
717-801-3262 ~ [twgrahm@hacc.edu](mailto:twgrahm@hacc.edu)

The comforts of your home with peace of mind.

- Light Housekeeping
- Alzheimer's & Dementia Care
- Medication Reminders
- FREE In-Home Assessment ...and much more!

**Senior Helpers**  
Caring In-Home Companions  
717-718-8081  
Serving York, Cumberland and Dauphin Counties

## Having Difficulty Paying Your Utilities?

Utility companies offer their own assistance programs. Here are phone numbers for area heat and utility providers:

### Columbia Gas

1-800-537-7431

### LIHEAP

1-800-991-0929

### Met Ed (Dollar Energy Fund)

1-888-282-6816

### Adams Electric

1-888-232-6732

### PA Public Utility Commission (PUC)

1-800-692-7380

# Mature Drivers and Increased Vehicular Crashes

By Barbara L. Zortman, Director Center for Traffic Safety

Lately, the Center for Traffic Safety is spending much of its time and resources to address motorists age 65 and over who are behind-the-wheel. For years, our demographic of greatest concern was the teen driver. Now, that focus has shifted slightly. Why? Well, **crash data has shown that there has been a remarkable increase in crashes involving mature drivers (that's what we like to call the 65+ motoring crowd).** Crash rates begin to increase after about age 70, increasing more rapidly after age 80.

For every mile driven, older drivers have higher rates of traffic violation, crashes, and fatalities than do all other age groups over age 25.

You might wonder how that's possible. Mature drivers tend to be more cautious, drive safer routes, and obey the speed limits. They tend to avoid driving at night, during rush hour, and during inclement weather. And alcohol is much less likely to be a factor. ***So exactly what is the cause of this increase?***

There are several credible theories. One is that we are living longer, and, therefore, we are driving

longer (maybe longer than we should). Another is the failure to read and follow warnings and side effects clearly listed on our medication. Lastly, that the population of the 65+ crowd is exploding, mostly due to the baby boomer generation reaching this age. The higher the population number, the higher the risk and the higher the statistics climb.

Completely contrary to the teen driver crash statistics, where the more passengers in the vehicle the higher the risk of a crash, the crash rate tends to decrease with the number of passengers that are in the vehicle for drivers over age 70 years. When it comes to the mature driver, perhaps that second set of eyes is an advantage. If ever there was a truer case for "safety in numbers," this is it!

The bad news is that crashes involving older drivers are more likely to result in serious injuries and fatalities, likely due to physical fragility. Also, older drivers are more likely to be involved in a crash while making a left-hand turn, and such turns leave drivers vulnerable. **Thankfully, the number of older adults that have died in motor vehicle crashes has decreased over the last decade.** This is likely due to improved highways and increased crash-worthiness of vehicles.

So, what's the good news? The good news is that you have control over your own destiny. You can avoid becoming another grim number on the statistical grid. Take extra precautions when driving: keep routes short, stick to familiar roadways, plan your travel for daylight hours, and choose not to drive during inclement weather. Be aware that your body isn't what it used to be, nor is it capable of doing the things it used to do so easily.

Admitting our limitations to ourselves is a harsh truth. We're not 25 anymore, or even 55. It's a difficult reality that we face every morning in the mirror, but it doesn't have to be a difficult reality behind-the-wheel if we just coach ourselves to accept the inevitable and adjust our driving to accommodate our limitations – just as most likely we've already adjusted other aspects of our everyday lives.

We want to keep you on the road for as long as possible, until it is no longer safe for you, your passengers, and those you share the road with. When you know it's best to reduce or eliminate your time in the driver's seat, try letting someone else drive! Sit back, relax, and enjoy the legroom!

## New Microtransit Service: *The Hopper*

By: Frances Weishaar, Business Development Coordinator  
– Central PA Transportation Authority

rabbittransit has introduced a new Microtransit service called The Hopper, that offers same day service within minutes, with no advance registration process required. **Offered in certain zones of East York, Red Lion and parts of Dallastown, it's easier than ever to get to your favorite shops and restaurants or to visit with your loved ones this holiday season.** Different from fixed route, rabbitEXPRESS or Paratransit service, The Hopper is an on-demand shuttle providing door-to-door service. Using the Microtransit App, you can book a ride right on your cell phone. The Hopper comes to pick you up at your location within the zone, and drives you to your desired location within the zoned service area.

It's easy to book a ride using the Microtransit App (available from the **App Store** or **Google Play**). Open the Microtransit app, select rabbittransit as your agency, and then choose your desired pickup and drop-off locations within the map zones. The app will give you updates about your ride status, **sending an alert when you are the next to be picked up.** Once The Hopper arrives, you can pay in cash if required. Each ride is only \$2.00 during this introductory period **and is free for all registered seniors 65 years and older.** (The base rate will increase to \$3.00 per ride following the introductory period—seniors will remain free.)



**If you don't use technology, there are other ways to book a ride:**

- 1. Through the Call Center.** Call our customer service at **1-800-632-9063** and a representative will help you book your ride.
- 2. Walk-ups.** Walk-ups will be honored at locations in the zone, but only where the vehicle can safely stop and perform the pickup.

When you are finished shopping, dining, or visiting, book your return trip. There is no advanced schedule to keep—The Hopper is on demand! All bookings must be made as same-day trips.

The roomy, nine-passenger Hopper vehicles are ADA accessible and can accept and secure bikes, strollers, or mobility devices on-board. The Hopper vehicles also connect to the fixed route, so you can travel farther. Service hours are 7:00 AM - 7:00 PM, Monday-Friday. As with all rabbittransit vehicles, riders may only carry as many bags as will fit on their lap or in a personal shopping cart. For more information, visit **ridethehopper.org**, or call our customer service at **1-800-632-9063**.



# Seasonal Affective Disorder - A Type of Depression

## Learn the Signs and Find Treatment



As you get older, you may go through many changes— death of loved ones, retirement, stressful life events, or medical problems. It is normal to feel uneasy, stressed, or sad about these changes. But after an adjustment period, many older adults feel well again.

Depression is different. It is a **medical condition** that interferes with daily life and normal functioning. **It is not a normal part of aging, a sign of weakness, or a character flaw.** Many older adults with depression need treatment to feel better.

Seasonal Affective Disorder (SAD) is a type of depression that comes and goes with the seasons, typically starting in the late fall and early winter and going away during the spring and summer.

**Attributes that may increase your risk of SAD include:**

- Being female.
- Living far from the equator.
- Family history.
- Having depression or bipolar disorder.
- Younger age.

**Symptoms of the Winter Pattern of SAD include:**

- Having Low Energy
- Over sleeping
- Overeating
- Weight gain
- Craving for carbohydrates
- Social withdrawal (feel like “hibernating”)

**The causes of SAD are unknown, but research has found some biological clues:**

- People with SAD may have trouble regulating one of the key neuro-transmitters involved in mood, serotonin.
- They may overproduce the hormone melatonin.
- They also may produce less Vitamin D.

**There are four major types of treatment for SAD:** medication, light therapy, psychotherapy, and vitamin D. These may be used alone or in combination.

**Do you know the signs in older adults?**

Forms of depression may sometimes be undiagnosed or misdiagnosed in some older adults because sadness is not their main symptom. They may have other, less obvious symptoms of depression--such as tired, cranky, insomnia, headaches and abdominal cramps--or they may not be willing to talk about their feelings. It is important to know the signs and seek help if you are concerned. Talk to your family doctor. Other resources include:

- York County Crisis Intervention  
717-851-5320 or 717-637-7633
- The WarmLine  
717- 718-7711
- National Suicide Prevention Lifeline  
1-800-273-TALK (8255)

Source: [www.nimh.nih.gov](http://www.nimh.nih.gov)

## Act F.A.S.T. to Identify a Stroke

**By: Ryan Davis, MD • Thomas Hart Family Practice, WellSpan York Hospital**

**What is a stroke?**

A stroke happens whenever the blood supply to the brain is cut off. This can happen one of two ways: either a blood vessel supplying the brain tissue will rupture causing what is known as a “hemorrhagic stroke,” or the blood flow to the brain is blocked, which leads to what is called an “ischemic stroke.” When either of these things happen, the results are often the same: a person can have a sudden onset of symptoms ranging from slurred speech to vision changes, difficulty walking, or weakness in one part of the face or body.

If the stroke continues for a long period of time, the decreased blood flow can cause permanent damage to the brain. If this occurs a person’s ability to live independently or care for themselves may be interrupted. Sometimes, it can be fatal.

Often, however, these stroke symptoms only last a short period of time, perhaps only a few minutes to a few hours, and a person ultimately returns to their normal level of functioning. If this happens, typical imaging tests available at the hospital, such as a CAT scan or MRI of the brain might appear normal. This then becomes what is commonly known as a “mini-stroke.” The technical term is “transient ischemic attack” or “TIA” for short.

**What is a TIA?**

As described above, a TIA is similar to an ischemic stroke, but the symptoms are much shorter in duration and it doesn’t cause the permanent changes on the CAT Scan or MRI. A TIA is a very serious medical issue because a person who has a TIA is at a much higher risk of having a serious stroke in the near future. For this reason, TIAs are viewed as a “warning sign” of a future stroke.

The good news is that there are steps you can take to decrease your stroke risk. The first step is to learn about the early warning signs of a stroke/TIA.

**What are the early signs of a stroke/TIA?**

The American Stroke Association advocates for the easy-to-remember phrase “Act F.A.S.T.” which stands for:

- F: Facial droop.** Ask the person to smile. Does one side of the face droop?
- A: Arms.** Ask the person to raise both their arms. Does one drift downward?
- S: Speech.** Ask the person to repeat a simple phrase. Is their speech slurred?
- T: Time.** If any of the above symptoms are present, it’s time to call 911.

Act F.A.S.T! Time is very important when identifying a potential stroke or TIA. The sooner a person gets to the hospital, the more likely they are to have their stroke successfully treated.

**What can be done to decrease the risk of a stroke in the first place?**

Unfortunately, some risk factors for stroke cannot be changed, such as increasing age, gender, ethnicity, and family history of stroke. The good news is there are many modifiable risk factors that can drastically reduce the risk of a stroke, as well as prevent other health problems along the way. Eliminating tobacco use is crucial and reaps much benefit. Lifestyle modifications, such as exercising and eating a healthy diet, have been associated with decreased stroke risk. Additionally, optimally treating conditions such as high blood pressure, high cholesterol, diabetes, and atrial fibrillation (a type of irregular heart beat) can work together to prevent a future stroke. Close, regular follow-up with your primary care team is important. They can prescribe medication to treat these issues and guide you to a healthy lifestyle.

Remember, transient ischemic attacks are a potential warning sign of a future stroke. If a you or a loved one has any of these symptoms, it’s important to act F.A.S.T.!

# A Look at the York County Area Agency on Aging

## OUR MISSION

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.

## YCAAA ADVISORY COUNCIL MEMBERS 2017 - 2018

Richard Bear	Richard Farr	Dr. Sardari Khanna
Diane Berkheimer	Dr. Robert Fawcett	William Long
Debra Daniels	Joni Griffin ( <i>Secretary</i> )	Carol Lyons
Patricia Egger ( <i>Chair</i> )	Jacquelin Harrington	Kimberly Maglaughlin
Sharon Eyster ( <i>Vice-Chair</i> )	Susan Heinle	John Manley
	Robert Jensenius	Phyllis Seelig

## Serving the 106,000 Older Adults in York County during Fiscal Year 2017-2018 – Facts and Figures...

**Nutritional Support**  
**222,054** Home Delivered Meals  
**189,193** Congregate Meals

**Transportation**  
**45,829** rabbitransit Trips

**Level of Care Determination**  
**2,904** Assessments

**Personal Care**  
**39,298** Hours of Care

**Home Support**  
**7,208** Hours of Care

**Older Adult Protective Services**  
**934** Elder Abuse Investigations

### Volunteer Service

**156** Volunteers  
**10,322** Hours  
**\$228,563** Value

**New Horizons Newspaper**  
**28,000** Households Receive

**Farmers Market Nutrition Program**  
**9,824** Vouchers  
**2,456** Seniors

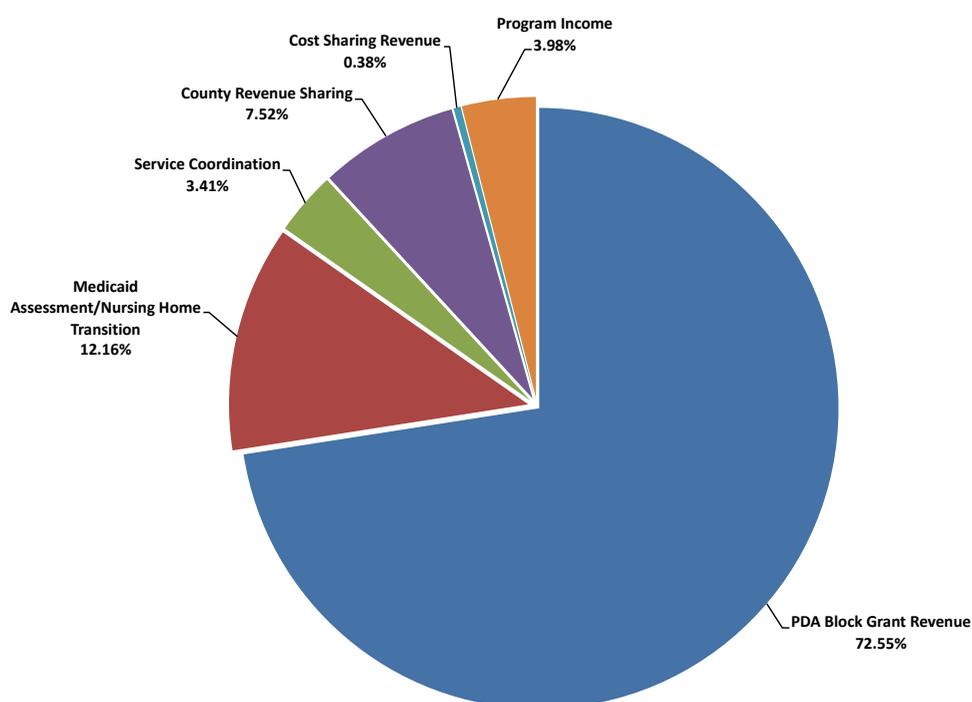
**Information and Assistance**  
**13,757** Contacts  
**33,465** Website Visits

**Medicare Presentations**  
**1,684** Attendees

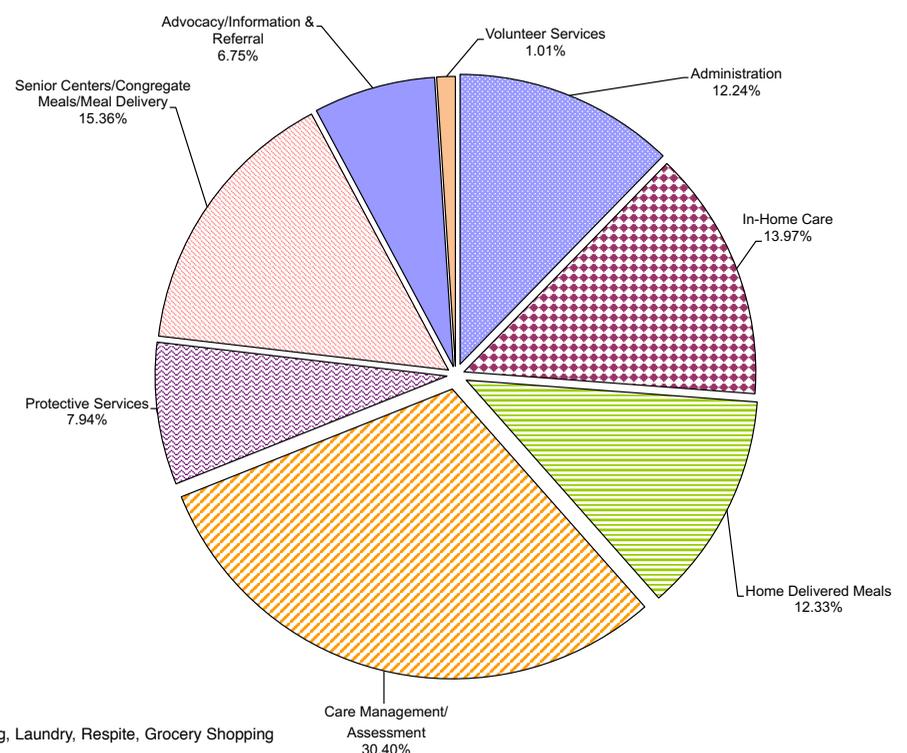
**Assisted by APPRISE Program**  
**6,247** Client Contacts

**York County Senior Games**  
**800** Participants & Volunteers

### Revenue by Category FY 2017/2018



### Expenditures by Category FY 2017/2018



\*In- Home Care Includes: Bathing, Laundry, Respite, Grocery Shopping

# Volunteers Provide Free Tax Preparation

AARP Tax-Aide volunteers will be available to assist you in completing income tax returns at sites throughout York County beginning in February. Select the site most convenient for you and call to schedule an appointment.

The volunteers can assist with several different forms and returns.

## Federal Income Tax Return

If your taxable income is such that you are required to file a return, *the volunteers will prepare one.*

You **must** file a return if any of the following special situations apply to you:

1. You sold securities (e.g., mutual funds, stocks and bonds).
2. Had taxes withheld and qualify for a refund.
3. Wish to apply for the Earned Income Credit.
4. Are self-employed and your net earnings were more than \$400.
5. Have taxable income above the minimum amount taxable amount.
6. Paid estimated taxes during the year.
7. If you received a Premium Tax Credit as part of the Affordable Care Act.

You **may** have to file a Federal tax return if you received distributions from Individual Retirement Arrangements (IRA) or if you sold your home.

## State Income Tax Return

Many persons who do not have to file a Federal return still must file a return for Pennsylvania. If you have \$33 or more of taxable income such as interest, dividends, capital gains and earnings, and life insurance annuity distributions, you need to file a return.

Although it is necessary to file, many persons

may be eligible for “tax forgiveness”, a set of rules that can reduce or eliminate any state income tax owed. The AARP volunteer will assist in helping to determine whether you *qualify*.

## Rent/Property Tax Rebates

If you meet the income and age guidelines, Property Tax and Rent Rebate forms will be completed. Please bring a rent certificate completed by your landlord, property tax bills marked *paid, or if not receipted bring with cancelled checks.*

## No Need To File

If you do not need to file a federal and state return and only want to complete a Property Tax Rebate application or Rent Rebate Application, please indicate that need when you call for an appointment. You may be given an appointment time for a rebate-only return.

If you are not sure you need to file a federal or state return, please bring your documents to one of our sites and we can review and help you to make that determination.

## WHAT SHOULD YOU BRING TO YOUR TAX APPOINTMENT?

After you have made an appointment at the site, the next step is to **make sure that you are properly prepared.**

It is important that you bring with you the information and documents that will be needed to complete the tax returns and other forms.

### Bring the following:

1. All tax forms that you received through the mail or printed from the internet.
2. Verification of all types of income you have received during the year, *e.g., wages (W-2 or 1099-MISC forms).*
3. All 1099 forms for interest, dividends, capital gains, unemployment payments,

IRA distributions, pensions, Social Security benefits, etc.

4. 2018 property tax receipts, both County and School, (for tax rebate applicants – with the tax collectors “Paid” stamp on them). Or, if not receipted, bring with cancelled checks.
5. Rent certificates completed by landlord (for rent rebate applicants)
6. Brokerage statements.
7. Please bring copy of last year’s income tax returns - federal, state and local income tax forms, and property tax/rent rebate forms.
8. You and your dependents’ Social Security cards and picture identification cards, such as drivers’ licenses.
9. Affordable Care Act forms and papers, 1095-A, 1095-B, 1095-Cs.
10. Record of gambling and lottery winnings and proof of gambling losses.
11. If you want to itemize deductions, total amounts for medical expenses, charitable contributions, property taxes, mortgage interest, and medical mileage.
12. A copy of a check or other document that displays bank account number and bank name for direct deposit of any refund.

It is important that you come fully prepared. This will allow the volunteers to assure that you receive all benefits that are rightfully yours, and will *usually* eliminate the need for you to make a second trip.

**Homebound individuals should schedule an appointment at a site and have a designated representative take your paperwork to the appointment.**

**For questions, please call our voicemail line at 717-640-5006, or email us at [yorkaarptaxaide@gmail.com](mailto:yorkaarptaxaide@gmail.com) or visit us at Facebook: <https://www.facebook.com/AARPTaxAideofYorkPA>**

## Mark Your Calendars!



The 2019 Senior Games will be held June 17th through June 21st featuring over 40 different events. Any York County resident, aged 50 and older by 12/31/19, is eligible to participate. All participants from the 2018 Games will automatically receive a registration booklet in April of 2019. More information will be provided in the spring issue of *New Horizons*, as well as on our website at [www.ycaaa.org](http://www.ycaaa.org).

We also need volunteers! We need individuals for many different aspects of the Senior Games. **Interested volunteers should call 717-771-9001 or email at [MMCraley@YorkCountyPA.gov](mailto:MMCraley@YorkCountyPA.gov)**

## PACENET Income Limits Increased

**Act 87 of 2018** increases the maximum income limits in the Pharmaceutical Assistance Contract for the Elderly Needs Enhancement Tier (PACENET) program.

The PACENET program **allows qualified elderly Pennsylvanians to buy prescription drugs at lower prices.** It is considered one of the best prescription drug assistance programs in the nation.

The increase in income limits will allow an additional 14,000 older Pennsylvanians to receive prescription drug coverage through PACENET. It also will ensure that nearly 3,000 Pennsylvanians don’t lose program enrollment due to increases in their income.

The bill provides a **\$4,000 increase** for both single and married Pennsylvanians. Total income for a **single person** can now be between **\$14,500** and **\$27,500**. For a **married couple**, combined total income can be between **\$17,700** and **\$35,500**.

Source: [www.governor.pa.gov](http://www.governor.pa.gov)

# 2018 Tax Year Assistance Schedule

Tax assistance sites for older adults (50+) are open on the days listed, from February 1 to April 15, 2019. All Federal and State income tax forms are prepared and filed electronically at no cost. Also, local tax forms and state property tax/rent rebate forms are prepared at no cost. **Appointments are required for all locations.**

**For those 60 years and older**, please call the York County Area Agency on Aging **ON OR AFTER Tuesday, January 15, 2019** at 717-771-9042 to make an appointment at:

**Messiah United Methodist Church**  
1300 N. Beaver St., York  
**Tuesdays, 8:30 AM–12:30 PM**

**York Alliance Church**  
501 Rathton Rd., York  
Fellowship Hall behind church  
**Wednesdays, 8:30 AM–12:30 PM**  
**Saturdays, February 23 & March 30**

**Union Fire Company**  
201 York St., Manchester  
**Fridays, February 1, 15 & March 1, 15, 29; April 12**  
**8:30 AM–12:30 PM**

**Aldersgate U.M. Church**  
397 Tyler Run Road, York  
**Saturdays, February 16 & March 16**  
**8:30 AM–12:30 PM**

**For those 50 years and older**, please call the following locations **ON OR AFTER Tuesday, January 15, 2019** (at the call times if indicated) to schedule your appointment:

**Dover Area Community Library** 717-292-6814  
3700 Davidsburg Rd., Dover  
**Thursdays, 8:30 AM – 12:30 PM**  
**Call Times for Dover Community Library**  
Mon. and Wed. Noon – 6 PM 717-292-6814

**Eastern Area Senior Center** 717-252-1641  
243 Hellam St., Wrightsville  
**Wednesdays, 8:30 AM–12:30 PM and select Thursdays, 8:30 AM–12:30 PM**

**Shrewsbury Grace United Methodist Church**  
473 Plank Rd., New Freedom (Shrewsbury)  
**Mondays, 8:30 AM–1 PM**  
**Call Times for Stewartstown Senior Ctr:**  
Mon. – Fri. 9 AM – 1 PM 717-993-3488

**Hanover Church of the Brethren**  
601 Wilson Ave., Hanover  
**Mondays, 8:30 AM–12:30 PM**  
**For Hanover Brethren call Council of Churches**  
Mon. – Fri. 9 AM -1 PM 717-633-6353

**Golden Connections Community Center**  
717-244-7229  
20C Gotham Place, Red Lion  
**Thursdays, 8:30 AM–12:30 PM**

**Windy Hill on the Campus** 717-225-0733  
1472 Roths Church Rd., Spring Grove  
**Tuesdays, 8:30 AM–12:30 PM**  
**Call Times for Windy Hill**  
Mon. and Fri. 9:30 AM–1:30 PM

The following locations **schedule for their members, and those age 60 or older with limited mobility.** Please call them **ON OR AFTER Tuesday, January 15, 2019** to schedule your appointment.

**Red Land Senior Center** 717-938-4649  
736 Wyndamere Rd., Lewisberry  
**Fridays, February 8, March 8, April 5**  
**9 AM – 1 PM**

**White Rose Senior Center** 717-843-9704  
27 S. Broad St., York  
**Fridays, February 22 & March 22**  
**8:30 AM – 11:30 AM**

For other questions, please call our voice mail line at 717-640-5006, or email us at [yorkaarpntaxaide@gmail.com](mailto:yorkaarpntaxaide@gmail.com), or visit Facebook at <https://www.facebook.com/AARPTaxAideofYorkPA/>

## Free Credit Freezes Are Here

**Free** credit freezes and year-long fraud alerts were enacted in the U.S. on September 21, 2018, thanks to a new federal law.

Here is what you should know:

### Year-long FREE fraud alerts

A fraud alert tells businesses that check your credit **to talk to YOU**, **before** opening a new account.

### Free credit freezes

Security freezes, also known as credit freezes, restrict access to your credit **file**, making it harder for identity thieves to open new accounts in your name. **And, it's free.**



### How do these freezes work?

Contact all three of the nationwide credit reporting agencies – Equifax, Experian, and TransUnion. If you request a freeze online or by phone, the agency must place the freeze **within one business day**. If you request a lift of the freeze, the agency must lift it **within one hour**. You also can lift the freeze temporarily.

**Q: Can I still use my credit card when a credit freeze is in place?**

**A: Yes**, you can still use your credit card. The freeze restricts access to your credit file.

**Q: How is placing a fraud alert different from placing a credit freeze?**

**A: To place a fraud alert**, notify any one of the three credit bureaus and they must inform the other two. **To place a credit freeze, contact each of the three credit bureaus individually.**

### CREDIT BUREAU CONTACTS

Contact the national credit bureaus to request fraud alerts, credit freezes (also known as security freezes), and opt outs from pre-screened credit offers.

- 1) Equifax**  
Equifax.com/personal/credit-report-services  
**1-800-685-1111**
- 2) Experian**  
Experian.com/help  
**1-888-EXPERIAN (1-888-397-3742)**
- 3) TransUnion**  
TransUnion.com/credit-help  
**1-888-909-8872**

Source: [www.consumer.ftc.gov/blog](http://www.consumer.ftc.gov/blog)

## Save the Date 2nd Annual Diabetes Expo

**Date:** Saturday, March 23, 2019

**Time:** 9:00 a.m. - 3:00 p.m.

**Location:** Penn State York  
1031 Edgecomb Ave., York

**Target Audience:** For adults at-risk for or diagnosed with diabetes and their families.

**Cost:** FREE!

**Registration:** Open event, no registration needed!

- Door prizes, free food
- Free glucose, cholesterol, BMI, A1C, and balance testing
- Community resources and vendors
- Ride free on Route 10S to the Expo!  
Contact rabbittransit for additional transportation options at 1-844-724-7433

For more info, please contact Amber at 717-456-0565 or email [ykdiabetescoalition@gmail.com](mailto:ykdiabetescoalition@gmail.com).



# SPOTTING THE SIGNS OF ELDER ABUSE

About **1 in 10** adults over age 60 are abused, neglected, or financially exploited.



Abuse can happen to any older person, by a loved one, a hired caregiver, or a stranger. Abuse can happen at home, at a relative's home, or in an eldercare facility.



Watch for these signs of abuse:



Seems **depressed, confused, or withdrawn**



Isolated from friends and family



Has **unexplained bruises, burns, or scars**



Appears **dirty, underfed, dehydrated, over- or undermedicated, or not receiving needed care for medical problems**



Has **bed sores** or other preventable conditions



Recent **changes in banking or spending patterns**

Talk with the older adult and then contact the local Adult Protective Services, Long-Term Care Ombudsman, or the police.

Visit <https://www.nia.nih.gov/health/topics/elder-abuse> to learn more about elder abuse and how to get help.



Call your local YCAAA at 717-771-9610

## Give Space Heaters Space

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

The leaves are blowing across the ground, there is a frosty nip in the air, and people will start relying on extra means to keep warm. Some folks cannot seem to stay warm – even with their home heating system running – and may look for a small space heater to help add that extra warmth to keep their tootsies warm! This observation leads into our Fire Safety Message, “Give Space Heaters Space”.

Space heaters are great for giving us that extra bit of warmth to keep us nice and cozy. However, you need to be aware of some dangers relating to space heaters. When using a space heater, make sure to **keep it at least three feet away** from anything that can burn (clothing, papers, and rugs), including you! This also means that a space heater should not be used to warm blankets, cook food, dry clothing or thaw pipes. Using a space heater for anything but supplemental heating could lead to a fire or injury. Remember, don't let pets or children play too close to a space heater.

When you purchase a space heater, make sure the heater has a label signifying it is listed by a recognized testing laboratory, the most common being “UL” or Underwriters Laboratories. Before using it, read the manufacturer's instructions and warning labels carefully. Inspect the heater for cracks, broken plugs or loose connections before using it each time. If

you notice any fraying of the cord or damage to the cord, **DO NOT USE THE HEATER**. A space heater should not be left unattended. Also, it is recommended that you plug a heater directly into a wall electric outlet instead of using an extension cord or power strip, that may overheat and result in a fire.

Proper placement of a space heater is critical. Do not place a space heater in high traffic areas, where someone could trip over the unit or come in contact with it to create a burn injury. Also, do not place a space heater in a doorway as it could be a hindrance in case you needed to leave your home quickly. Place a space heater on level, flat surfaces. Never place it on cabinets, tables, furniture or carpet, which can overheat and start a fire.

When you are done using a space heater, turn it off completely and unplug the unit. If you want to store it somewhere, allow it to cool down before storing it. Putting it in storage while still warm could result in a fire or cause you a burn injury from touching it.

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



Volunteer Firefighter / EMT:  
Liberty Fire Co of North York  
Borough / EMT: Red Lion Area  
Ambulance

## Do you need a snow shoveler or assistance with your electronics?

### The answer is: Rent-A-Kid



The Rent-A-Kid Program provides the opportunity for older adults (60+) to hire local youth to assist them with snow shoveling, electronic support, **and a variety of other tasks!**

**The various indoor and outdoor chores can include:**

Snow shoveling, cell phone assistance, electronic support, yard raking, holiday decorating, gift wrapping, light housekeeping, letter writing, and SO much more!

**To be eligible to “Rent-A-Kid”, you must be:**

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

Do you know of a teenager who would be interested in becoming a Rent-A-Kid? Students in grades 7 through 12 can obtain an application from their guidance counselor.

Rent-A-Kid is an intergenerational program bringing youth and older adults together, providing beneficial interactions.

See what participants have to say:

*“Owen and his younger brother worked hard. They did a fine job. I could not have asked for more!”*

*“We had three ‘kids’ over the years, and we are still in touch. They are like part of our family.”*

The York County Area Agency on Aging does not screen the “Kids”. However, their local school guidance counselor recommends them on their application, and the parents give permission to participate.

**Arrange for your help BEFORE you need it!**

Contact the Rent-A-Kid Coordinator at the York County Area Agency on Aging today at: 717-771-9103 or 1-800-632-9073, or email: [aging@yorkcountypa.gov](mailto:aging@yorkcountypa.gov)

# 2018/2019 Senior Food Box Program

Senior Citizens in York County age 60 and older, who meet certain income guidelines, may be eligible for a Food Box. **The individual must show valid ID and proof of income at the time of certification for the program.**

The fiscal-year **2018/2019** income guidelines are shown below:

## 130 % Federal Poverty Income Guidelines

Household size	Annual Income	Monthly Income
1 person	\$15,782	\$1,316
2 people	\$21,398	\$1,784
3 people	\$27,014	\$2,252
Each additional household member	→	+\$468 each to the monthly income

If found eligible, staff will match the senior to a food box pick-up location closer to home.

Each month senior food boxes contain: 4 cans of vegetables, 2 cans of fruit, 2 cartons of shelf-stable milk, 2 bottles of juice, 2 boxes of cereal, 1 can of beef stew or chili, 1 jar of peanut butter, 2 bags of pasta and 1 block of cheese (2 lb), about \$50 worth of free food.

For more information or to sign up, call Stacey at the York County Food Bank at **717-846-6435**. The food bank is located at 254 W. Princess St., York.



**All of the care you need at our LIFE Health and Wellness Center. And in your home.**

Senior LIFE is the local LIFE Program that provides all of the healthcare and personal support services seniors need to continue to live in their home and not a nursing home.

**No cost to enroll for those who qualify. Call today to schedule a FREE LUNCH and TOUR of your local LIFE Health and Wellness Center.**

**SeniorLIFEPA.com**  
**717-757-5433**  
**1500 Memory Ln. Ext.**  
**York, PA 17402**  
**Home Today.**  
**Home for LIFE.**

**Call today to learn about our Paid Caregiver Program.**

## Paying Scammers with Gift Cards



Gift cards are a popular and convenient way to give someone a gift. They're also a popular way for scammers to steal money from you. That's because gift cards are like cash: if you buy

a gift card and someone uses it, you probably cannot get your money back. Gift cards are for gifts, **not** payments. *Anyone who demands payment by gift card is always a scammer.*

Many different kinds of imposters ask you to pay with gift cards. Someone might call you and claim to be from the IRS, collecting back taxes or fines. The caller might say he's from tech support, asking for money to fix your computer. The caller might even say she's a family member with an emergency and needs money right now.

But they all have in common an urgent need for you to send money right away. Imposters will sometimes ask you to wire money to them but, increasingly, they tell you to go put money on a gift card. Here's what happens: the caller will often tell you to go buy a popular gift card, frequently, iTunes, Google Play, or Amazon. The caller will tell you to get the card at a particular store near you – often Walmart, Target, Walgreens, or CVS. They may even have you buy several cards at several stores. Sometimes, the caller will stay on the phone with you while you go to the store. Once you buy the card, the caller then will demand the gift card number and PIN on the back of the card. Those numbers let them

immediately get the money you loaded onto the card. And once they've done that, the scammers and your money are gone, usually without a trace.

**In fact, if anyone tells you to pay by gift card, or by wiring money – for any reason – that's a sure sign of a scam. Every time.**

### What if you paid a scammer with a gift card?

If you paid a scammer with a gift card, tell the company that issued the card right away. When you contact the company, tell them the gift card was used in a scam. Ask them if they can refund your money. If you act quickly enough, the company might be able to get your money back. Also, tell the store where you bought the gift card as soon as possible.

Here is a list of cards that scammers often use – with information to help report a scam. If the card you used is not on this list, you might find the gift card company's contact information on the card itself, or you might need to do some research online. The Federal Trade Commission (FTC) will update this list as new information becomes available.

#### Amazon

- Call **1-888-280-4331**
- Learn about Amazon gift card scams [here](#).

#### Google Play

- Call **1-855-466-4438**
- Report gift card scams online [here](#).
- Learn about Google Play gift card scams [here](#).

#### iTunes

- Call **1-800-275-2273** then press "6" for other, then say "operator" to be connected to a live representative.
- Learn about iTunes gift card scams and how to report them [here](#).

#### Steam

- If you have a Steam account, you can report gift card scams online [here](#).
- Learn about Steam gift card scams [here](#).

#### MoneyPak

- Call **1-866-795-7969**
- Report a MoneyPak card scam online [here](#).

Don't see your card on this list? Search online for how to reach that card issuer. Is there no contact information available? Is the card issuer reluctant to help? And did you lose money to a scammer? **Tell your fraud story to the FTC.** Tell us about any type of scam or fraud you detect at [ftc.gov/complaint](http://ftc.gov/complaint), or call toll-free: **1-877-FTC-HELP** or **1-877-382-4357**.

You can also report it to the Pennsylvania Office of Attorney General at [www.attorneygeneral.gov/](http://www.attorneygeneral.gov/) or call **717-787-3391**, or toll free at **1-800-441-255 for Consumer Protection**, or **1-866-623-2137 for Senior Protection**.

In addition, you can contact York County District Attorney at **717-771-9600** with any questions.

# Tips for Using Your New Medicare Drug Coverage

If you've just joined a Medicare Prescription Drug Plan (Part D) for the first time, or you switched to a new Medicare drug plan, there are some things you can do to make sure your first visit to the pharmacy goes smoothly.

The first time you use your new Medicare drug plan, you should come to the pharmacy with as much information as possible. Here's what you need to bring to the pharmacy:

- Your red, white, and blue Medicare card
- Photo ID (like a state driver's license or passport)
- Your plan membership card

If you don't have a plan membership card, you should also bring these to the pharmacy:

- An acknowledgement or confirmation letter from the plan, if you have one
- An enrollment confirmation number from the plan, if you have one (**Note:** Only confirmation numbers from the plan will work, not those from Medicare's Online Enrollment Center at Medicare.gov.)
- The name of the Medicare drug plan you joined (**Note:** If you have not received a plan membership card or any plan enrollment materials, letting your pharmacist know the name of your plan can help them confirm your plan enrollment and get the information they

need to bill your plan. The pharmacist may have to search for your plan information, and it may take extra time for them to fill your prescription.)

## If you have both Medicare and Medicaid or qualify for Extra Help

If you have both Medicare and Medicaid or qualify for Extra Help with drug plan costs, you should also bring proof of your enrollment in Medicaid or proof that you qualify for Extra Help with you to the pharmacy. This is to help make sure you pay the right amount for your drugs.

### Proof of Medicaid may include:

- Your Medicaid card
- A copy of your current Medicaid award letter
- A copy of your yellow automatic enrollment letter from Medicare

### Proof of Extra Help may include:

- A copy of your Medicaid card
- A copy of your **purple, yellow, orange, green, tan, or blue** Extra Help letter from Medicare
- A copy of your Extra Help "Notice of Award" letter from Social Security
- A copy of your Supplemental Security Income (SSI) award letter
- Other proof that you qualify for Extra Help (like a "Notice of Award" letter from a state Medicaid program)

You don't need to have all of these items, but anything you can bring will help the pharmacist confirm your Medicare drug plan enrollment and/or that you qualify for Medicaid or Extra Help, to make sure you pay no more than the right amount to fill your prescriptions.

## What if the pharmacist can't confirm my drug plan or Extra Help status?

In some rare cases, the pharmacist may not be able to confirm your plan enrollment or that you qualify for Medicaid or Extra Help. If this happens, your doctor may be able to give you a sample of your drug to help until your coverage is confirmed. You can also pay out-of-pocket for the drug. You should save the receipts and work with your new Medicare drug plan to get paid back for the drugs that would normally be covered under your plan.

If you paid for drugs out-of-pocket before you were enrolled in a Medicare drug plan but after you qualified for both Medicare and Medicaid or Supplemental Security Income (SSI), you may be able to get paid back for those costs. Call Medicare's Limited Income NET Program at **1-800-783-1307** to see if you qualify. TTY users should call **711**.

## Pre-Retirement Seminar

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, January 10th  
**Time:** 6—9pm  
**Where:** Meeting Room 1  
Penn State Extension Offices  
York County Annex  
112 Pleasant Acres Road  
Springettsbury Township, York

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

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

## Medicare 2019 - Premiums, Deductibles & Coinsurance

### MEDICARE PART A:

#### Hospital:

Deductible \$1,364 (per spell of illness)  
Days 61-90 \$341.00 (per day)  
Days 91-150 \$682.00 (per day)

#### Skilled Nursing Facility:

Days 1-20 \$0.00  
Days 21-100 \$170.50 (per day)

### MEDICARE PREMIUMS:

Part A: Premium is \$0 for most people

Those without enough quarters pay:  
- \$437.00 per month if less than 30 quarters  
- \$240.00 per month 30-39 quarters

### MEDICARE PART B:

Deductible \$185.00 (per year)  
Coinsurance 20%

#### Part B: \$135.50 per month

For those who are not collecting Social Security benefits, those who enroll in Part B for the first time in 2019, and beneficiaries paying \$134 in 2018.

**Part B premiums could be less than \$135.50 per month**, if the increase in your Social Security is less than the increase in your Medicare Premium. (*In other words, the increase in your premium will not exceed your Social Security increase.*)

Part B Premium Penalty = 10% additional for every 12-month late enrollment.

Your premium may be more if your income is above \$85,000 (single) or \$170,000 (couple).

## MEDICARE REMINDER General Enrollment Period

If you didn't sign up for Part A (if you have to buy it) and/or Part B (for which you must pay premiums) during your Initial Enrollment Period, and you don't qualify for a Special Enrollment Period, you can sign up between **January 1 – March 31** each year.

**Your coverage won't start until July 1 of that year, and you may have to pay a higher Part A and/or Part B premium penalty for late enrollment.**

# Need Help with Medicare? APPRISE Can Help

APPRISE is the State Health Insurance Assistance Program which provides counseling for people with Medicare in Pennsylvania. It was created by the Pennsylvania Department of Aging to help Pennsylvanians understand Medicare and their other health insurance benefits. **Locally, this program is offered by the York County Area Agency on Aging.**

APPRISE counselors are specially-trained volunteers who have direct access to state and federal Medicare resources. They are able to answer questions about Medicare, Medicaid, Medigap, Medicare Advantage plans and the prescription drug program. They can help you to:

- Understand your Medicare benefits by explaining which services are covered under Part A and B and your Medicare Summary Notice.
- Make informed choices about Medicare coverage options, including Medicare appeals process and assist with appeals paperwork.
- Select a Medigap insurance policy.

#### APPRISE counselors also:

- Explain financial assistance programs that may be available to assist in paying for your Medicare premiums, deductibles and coinsurance, as well as your prescription drug needs.

- Explain the Medicare prescription drug benefit.
- Make presentations on Medicare to your organization.

In our local York APPRISE Program, we have wonderful volunteers who assist in the office, as well as in the community at numerous sites. **To schedule an appointment for one-on-one counseling call the APPRISE Help Desk at 717-771-9008 or 1-800-632-9073.** The monthly APPRISE counseling sites from **January through September** are as follows:

- **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**  
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.*

## NEW MEDICARE ADVANTAGE Open Enrollment Period (OEP) (Replaces "Disenrollment" Period)

#### What can Medicare Beneficiaries Do?

- If you're in a Medicare Advantage Plan (with or without drug coverage), you can switch to another Medicare Advantage Plan (with or without drug coverage).
- You can disenroll from your Medicare Advantage Plan and return to Original Medicare. If you choose to do so, you'll be able to join a Medicare Prescription Drug Plan.
- If you enrolled in a Medicare Advantage Plan during your Initial Enrollment Period, you can change to another Medicare Advantage Plan (with or without drug coverage) or go back to Original Medicare (with or without drug coverage) within the first 3 months you have Medicare.

#### What Can't Beneficiaries Do?

- Switch from Original Medicare to a Medicare Advantage Plan.
- Join a Medicare Prescription Drug Plan if you're in Original Medicare.
- Switch from one Medicare Prescription Drug Plan to another if you're in Original Medicare.

#### When? January 1–March 31

If you have any questions or need assistance, please call APPRISE at 717-771-9008.

Source: [www.medicare.gov](http://www.medicare.gov)

## Is it a cold or flu?



<u>Signs and Symptoms</u>	<u>Influenza</u>	<u>Cold</u>
<b>Symptom onset</b>	<b>Abrupt</b>	<b>Gradual</b>
<b>Fever</b>	<b>Usual</b>	<b>Rare</b>
<b>Aches</b>	<b>Usual</b>	<b>Slight</b>
<b>Chills</b>	<b>Fairly common</b>	<b>Uncommon</b>
<b>Fatigue, weakness</b>	<b>Usual</b>	<b>Sometimes</b>
<b>Sneezing</b>	<b>Sometimes</b>	<b>Common</b>
<b>Stuffy nose</b>	<b>Sometimes</b>	<b>Common</b>
<b>Sore throat</b>	<b>Sometimes</b>	<b>Common</b>
<b>Chest discomfort, cough</b>	<b>Common</b>	<b>Mild to moderate</b>
<b>Headache</b>	<b>Common</b>	<b>Rare</b>

Source of graphic: Centers for Disease Control | Cold Versus Flu: [www.cdc.gov/flu](http://www.cdc.gov/flu)

# Ready-to-Cook Foods: Follow Directions to Keep Your Holidays Happy

*Eating them right out of the package, without cooking, could make you sick.*



Cookies are a holiday favorite – and this season is a good time to remind ourselves that ready-to-cook foods of all kinds, including raw, packaged cookie dough, do need to be cooked. Eating

these kinds of foods right out of the package, without cooking them, could make you sick from bacteria. Cooking them according to the package directions before you eat them kills bacteria that could make you sick.

Whether it's packaged cookie dough, a frozen entrée or pizza, or any of the other ready-to-cook foods we use for convenience – cook or bake them according to the directions on the package to help keep your holidays happy.

Most people who get sick from bacteria in ready-to-cook foods that aren't cooked properly will get

better by themselves, although food-borne illness isn't a very pleasant way to spend the holidays. But anyone, of any age or health condition, could get very sick or die from these bacteria. This is especially true for people with weak immune systems, the very young, the elderly, and people with diseases that weaken their immune system, or who are on medicines that suppress the immune system (for example, some medicines used for rheumatoid arthritis).

Pregnant women also need to be especially careful to follow cooking directions on packages, since some bacteria are very harmful or deadly to unborn babies.

It's a good safety tip to keep in mind all year, not just in the holiday season: Follow the directions on your ready-to-cook food packages to help keep yourself and your loved ones healthy.

Source: [www.fda.gov](http://www.fda.gov)

## Supplemental Nutrition Assistance Program (SNAP)

SNAP benefits are used to buy **food** and help eligible low-income households in Pennsylvania obtain more nutritious diets, by increasing their food purchasing power at grocery stores and supermarkets. If you are eligible, you will receive a Pennsylvania Electronic Benefits Transfer (EBT) ACCESS Card, which you can use to make food purchases at grocery stores and supermarkets.

### WHAT ARE THE MAXIMUM GROSS MONTHLY INCOME (MGMI) GUIDELINES FOR SENIORS?

*Through September 2019, for person[s] 60 and older or disabled:*

Family Size	1	2
MGMI	\$2,023	\$2,743

The best way to determine if you are eligible is to apply for SNAP. If you are unsure, you may still apply. There are several ways to apply.

#### **Please choose your easiest option:**

- By phone contact: Central Pennsylvania Food Bank ~ **1-877-999-5964**
- File an application at York County Assistance Office ~ 130 N. Duke St., York, PA **1-800-991-0929**
- Download an Application for SNAP Benefits\*\*, complete and return it to **York County Assistance Office, 130 N. Duke Street, P.O. Box 15041, York, PA 17405**

Printable applications are available on the internet in both English and Spanish versions.

\*\*<http://www.dhs.pa.gov/citizens/supplementalnutritionassistanceprogram/index.htm>

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

review and update any existing estate plan because spouses usually name each other throughout these documents. If you do not have an estate plan, we urge you to take this opportunity to create one. These documents are always important but can be even more critical for a surviving spouse.

Losing a loved one is never easy, but proper action can avoid unwanted consequences. If you and your spouse are still together, discuss these issues with each other and perhaps your children, if appropriate, in advance to make it easier on the survivor. Even sharing details such as the location of important papers and passwords for digital accounts can make the process easier. If you have already lost a loved one, we hope these guidelines will prove useful to help you move forward.

## Losing a Spouse

### What Should I Do Next?

**By: Jeffrey R. Bellomo, Certified Elder Law Attorney**

The death of a spouse completely changes one's world. We are often asked what a married person should do when their spouse dies.

When a loved one dies, immediate family members will usually inform relatives and friends. Typically, a surviving spouse knows the final wishes of the deceased. If not, we recommend looking for specific instructions, which some people note in a Will or accompanying form, as soon as possible. The next step is to contact a funeral home to assist with final details. It is important to allow yourself and your family time to mourn this immense loss. There will be ample opportunity to address any financial implications in the months ahead.

Most couples, especially those married for a long time, have many intertwined financial assets. While specific circumstances will vary, we want to provide a general plan of action.

There are several things that a surviving spouse should not do immediately, such as closing financial accounts, opening and/or removing items in a safe deposit box, and giving away possessions of the deceased. Acting prematurely before seeking legal advice may result in complications.

It is important to contact any employer of the deceased in case there are death-related benefits. Their human resources staff can offer assistance in this area.

If a married couple owned real estate jointly, then full ownership automatically passes to the surviving spouse. A new deed is only needed if you wish to transfer the real estate.

The same rule will generally apply for jointly-held financial accounts. Contact the financial institutions where the deceased held funds to determine if accounts were jointly owned. If any accounts are solely in the name of the deceased, the surviving spouse may be the designated beneficiary, so ownership changed automatically with proper forms. If such accounts are without a beneficiary designation, then contact an attorney to discuss opening an estate to access those accounts.

Your insurance agent can provide documents needed to file a claim if the deceased had any life insurance policies. This is a simple process and claims are processed relatively quickly.

You should also notify any financial advisors used by you or your deceased spouse. If you have never met with a financial advisor, we urge you to do so. This is particularly important if your spouse was over 70 years of age. A financial advisor can determine if "required minimum distributions" must be taken from certain accounts during the required time.

We strongly recommend that surviving spouses

# 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](http://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](http://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.gcccenr.com](http://www.gcccenr.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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.yorktownseniorcenter.org)

## 2019 Health & Wellness Class Schedule

### Diabetes Self-Management Program

**For:** York County residents 60 and older living with Type 2 diabetes, and caregivers age 60 and older caring for someone with Type 2 diabetes.

#### Dates, Times, and Locations:

**Wednesdays, Feb 13—Mar 20, 12:30 pm—3 pm**  
York Township Park Building, 25 Oak St., York

**Wednesdays, April 3—May 8, 12:30 pm—3 pm**  
Penn State Extension Offices, York County Annex, 112 Pleasant Acres Rd., York

### Diabetes Self-Management Leader Training

**For:** York County residents 60 and older, who want to teach day-to-day management of type-2 diabetes to older adults. Leaders should have diabetes, or a family member or friend who does.

#### Dates, Times, and Locations:

**March 19, 21, 26, 28, 8:30 am—3 pm**  
(April 2 snow date)

York County 911 Center, 120 Davies Dr., York

### A Matter of Balance

**For:** York County residents 60 and older, who experience concerns about falling, and restrict their activities. The program teaches techniques to manage falls and increase activity levels.

#### Dates, Times, and Locations:

**Mondays & Wednesdays, April 1—April 24,**  
**10 am—12 pm**

York Township Park Building, 25 Oak St., York

**Mondays & Wednesdays, May 8—June 5**  
(except 5/27), **10 am—12 pm**

York Township Park Building, 25 Oak St., York

The York County Area Agency on Aging is excited to announce these **FREE** classes for 2019! Mark your calendars!

#### To register:

Call Faye for A Matter of Balance classes.  
Call Megan for all other classes.  
**717-771-9610**

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

**For:** York County residents 60 and older, who are living with ongoing medical conditions, such as high blood pressure, diabetes, heart disease, arthritis, COPD, stroke, cancer or others.

#### Dates, Times, and Locations:

**Mondays, April 1—May 6, 12:30 pm—3 pm**  
The Jewish Community Center, 2000 Hollywood Dr., York

### 10 Keys to Healthy Aging

**For:** York County residents 60 and older, who want to learn about the "10 Keys"™ to healthy aging, and many no-cost and low-cost preventative services provided by Medicare.

#### Dates, Times, and Locations:

**Mondays, April 8—May 6, 9 am—11 am**  
Bob Hoffman YMCA, 1705 Palomino Dr., Dover

**Fridays, April 26—May 24, 12 pm—2pm**

Zimmerman's Place, SpiriTrust® Lutheran Gathering Room, 800 Bollinger Dr., Shrewsbury

# Make a Difference in 2019!

This year, make a New Year's resolution that counts—**VOLUNTEER**. Volunteering offers vital help to people in need, and gives back to the community. Did you know that volunteering can benefit **YOUR** health, wellness and overall life satisfaction?

It's easy to reach for our wallet or smartphone to make monetary donations, which are always appreciated and needed, but **sometimes you just have to roll up your sleeves to make a difference.**



The volunteers at the York County Area Agency on Aging make an impact every day in the lives of others—in a variety of volunteer positions that are essential. Many of our programs benefitting older adults would not occur without the help of our volunteers! Read on, and find what interests you the most! Best of all, training, certifications (if applicable), awards and recognition are provided **FREE** to our volunteers!

## Why don't YOU consider joining us?



### APPRISE COUNSELOR

Are you interested in helping Medicare beneficiaries understand their insurance? Volunteers assist individuals with Medicare Supplemental, Medicare Advantage and Prescription Drug Plans. Training is provided for those willing to make a minimum two-year commitment. This might be a perfect match!



### DELIVERIES/*New Horizons* or Medical Office Outreach

Help get the news out! YCAAA *New Horizons* Bulk Mail volunteers help to bundle and deliver the *New Horizons* paper, 3 to 4x per year. The drivers help with routes throughout York County. Or, you can deliver agency literature to Medical Offices, where it is available for patient and staff as a resource. Adventurers, this might be for you!



### FINANCIAL COUNSELOR

For those seniors having difficulty balancing checkbooks, filling out applications, and writing checks, the Financial Counselor volunteers are there to help! If you like to work with figures as well as help others, consider becoming a Financial Counselor!



### FRIENDLY VISITOR

Are you available for an hour or so each week to help homebound seniors relieve loneliness? The Agency on Aging's Friendly Visitors have provided weekly companionship visits since 1977. The number of seniors needing this service is growing. Join us!



### HEALTH AND WELLNESS LEADERS

If you are energetic and have an interest in leading and teaching a group of older adults, you may want to investigate these opportunities. Our agency presents a variety of health and wellness classes to the older public; topics include fall prevention, diabetes, and healthy aging. We provide training and teaching curriculum! Call us for the details!



### OMBUDSMAN

Residents of nursing facilities and personal care homes in York County need a friendly face, that they can turn to with concerns. The Ombudsman volunteer is trained to help. Maybe you can help, too, by becoming an Ombudsman volunteer.



### GENERAL OFFICE ASSISTANT

If you LOVE anything office related, then we can use your

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

assistance! Our General Office Assistants help with such tasks as record keeping, data entry, answering phones, preparing packets and stuffing envelopes, scheduling appointments, interacting with the public, and other office duties as needed.



### JUDICIAL CENTER TOUR GUIDE

Are you a history buff? Do you have an interest in people and history? Are you reliable, a good listener, and professional? Then a Judicial Center Tour Guide might be a good fit, providing educational, informational tours of the York County Judicial Center.



### SPECIAL EVENTS

If you were a Special Events volunteer, you might be assisting with seminars, event registrations, distributing Senior Farmers Market Nutrition Vouchers, setting up and keeping score at the Senior Games, delivering Senior Santa Gifts, and helping with other events as they arise. If you like community interactions, sports and variety, this is for you!

## We Invite You to Join Us!

For more information, please call Hope Eberly at 717-771-9610 or 1-800-632-9073, or by email at [aging@yorkcountypa.gov](mailto:aging@yorkcountypa.gov).

