

**From:** York County Area Agency on Aging <aging+yorkcountypa.gov@ccsend.com>  
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*York County Area Agency on Aging*

# E-Newsletter

December 2022

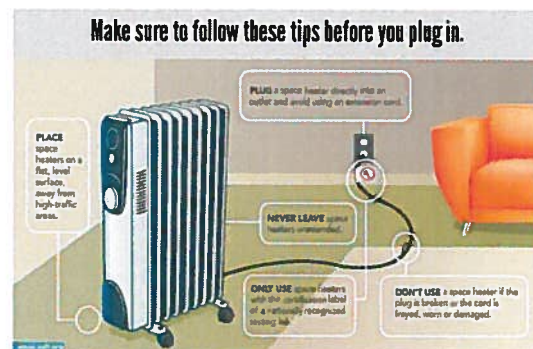
## IMPORTANT SPACE HEATER SAFETY TIPS

- Never operate a heater you suspect is damaged. Before use, inspect the heater, cord, and plug for damage.
- Never leave the heater operating while unattended, or while you are sleeping.
- Keep combustible material such as beds, sofas, curtains, papers, and clothes at least 3 feet from the front, sides, and rear of the heater.
- Be sure the heater plug fits tightly into the wall outlet. If not, do not use the outlet to power the heater.
- During use, check frequently to determine if the heater plug or cord, wall outlet, or faceplate is HOT! If the plug, outlet, or faceplate is hot, discontinue use of the heater, and have a qualified electrician check and/or replace the plug or faulty wall outlet(s). If the cord is hot, disconnect the heater, and have it inspected/repaired by an authorized repair person.
- Never power the heater with an extension cord or power strip.

## Heat Your Home Safely



32% of all House Fires are caused by Space Heaters



- Insure that the heater is placed on a stable, level surface, and located where it will not be knocked over.
- Never run the heater's cord under rugs or carpeting. This can damage the cord, causing it and nearby objects to burn.
- To prevent electrical shocks and electrocutions, always keep electric heaters away from water, and NEVER touch an electric heater if you are wet.
- Make sure you have a working smoke alarm. Check and change the batteries annually.

Courtesy of <http://www.cpsc.gov>

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## MAKE YOUR HOLIDAY DEMENTIA-FRIENDLY

### Seven Tips From The Alzheimer's Foundation of America

With Thanksgiving approaching, the Alzheimer's Foundation of America (AFA) is offering seven tips to help families affected by Alzheimer's disease and other dementia-related illnesses ensure their holiday celebration is dementia-friendly.

**AFA offers the following tips to help make a holiday celebration dementia-friendly:**

**Prepare your loved one.** Try to familiarize them with the guests beforehand by showing photos, sharing stories, or arranging a phone or Facetime chat prior to the celebration. You could also make an invitation to the event to share with your loved one so they know details and that it will be happening.

**Prepare your guests.** Consider sharing beneficial information with guests about your loved one—such as ways to communicate with the person, what they respond well to, and what may cause distress—especially if they have not seen the person recently. This will help facilitate positive interactions and engagement.

**Factor the person's routine into the scheduling.** Changes in daily routine can be challenging for someone living with dementia, so to the greatest extent possible, plan the celebration around that routine. For example, if the person usually takes an afternoon walk, build in time for that.

**Hold the celebration early.** Individuals living with dementia are prone to “sundowning,” a syndrome which can cause agitation and confusion in the late afternoon-early evening as the sun sets. This can be compounded when adding a celebration with a house full of guests. Consider holding the celebration earlier in the day so your loved one feels more comfortable.

**Plan for help.** Preparing and holding a holiday gathering can be stressful even without the additional responsibilities of caring for a loved one with dementia. Relatives and friends are often eager to help, but may not know how. Don't be afraid to let them know what you need, whether it's

asking them to bring a dish, help with cooking, shopping, or decorating, or spending time with your loved one while you are preparing for the celebration.

**Keep your loved one involved.** Make adaptations that enable your loved one to participate in the celebration by focusing on what they can do, rather than what they cannot. Invite them to help by preparing ingredients for a simple dish, setting the table, decorating, and other activities. Playing familiar music or going through old photos are great forms of reminiscence that can bring joy and foster positivity during the celebration. For intergenerational activities, try singing familiar songs together, doing art activities, and having a snack together.

**Have a quiet space available.** Prepare a quiet place away from the crowd where the person with dementia can go if the celebration becomes too much for them. Have familiar comfort items available (i.e., favorite blanket, sweater, stuffed animal) that will help them feel safe and comfortable. Try to control the flow of visitors when possible; those in early stages are better able to interact than those in later stages.

Families who have questions about creating a dementia-friendly holiday celebration or any other question relating to dementia or caregiving can contact the [Alzheimer's Foundation of America's Helpline](#), seven days a week, by phone (866-232-8484), text message (646-586-5283), or web chat.

*We originally shared this article from the Alzheimer's Foundation of America as a social media post, however it was requested to re-print for the holiday newsletter so others could see it. We wish everyone a Happy Holiday Season surrounded by loved ones.*



## FBI PROVIDES TIPS TO AVOID HOLIDAY SCAMS

Whether you're the buyer or the seller, there are a number of ways you can protect yourself—and your wallet.

### Practice good cybersecurity hygiene.

- Don't click any suspicious links or attachments in emails, on websites, or on social media. Phishing scams and similar crimes get you to click on links and give up personal information like your name, password, and bank account number. In some cases, you may unknowingly download malware to your device.
- Be especially wary if a company asks you to update your password or account information. Look up the company's phone number on your own and call the company.

### Know who you're buying from or selling to.

- Check each website's URL to make sure it's legitimate and secure. A site you're buying from should have https in the web address. If it doesn't, don't enter your information on that site.
- If you're purchasing from a company for the first time, do your research and check reviews.

- **Verify the legitimacy of a buyer or seller before moving forward with a purchase.** If you're using an online marketplace or auction website, check their feedback rating. Be wary of buyers and sellers with mostly unfavorable feedback ratings or no ratings at all.
- **Avoid sellers who act as authorized dealers or factory representatives** of popular items in countries where there would be no such deals.
- **Be wary of sellers who post an auction or advertisement as if they reside in the U.S.,** then respond to questions by stating they are out of the country on business, family emergency, or similar reasons.
- **Avoid buyers who request their purchase be shipped using a certain method** to avoid customs or taxes inside another country.

### **Be careful how you pay.**

- **Never wire money directly to a seller.**
- **Avoid paying for items with pre-paid gift cards.** In these scams, a seller will ask you to send them a gift card number and PIN. Instead of using that gift card for your payment, the scammer will steal the funds, and you'll never receive your item.
- **Use a credit card when shopping online and check your statement regularly.** If you see a suspicious transaction, contact your credit card company to dispute the charge.

### **Monitor the shipping process.**

- **Always get tracking numbers for items you buy online,** so you can make sure they have been shipped and can follow the delivery process.
- **Be suspect of any credit card purchases where the address of the cardholder does not match the shipping address when you are selling.** Always receive the cardholder's authorization before shipping any products.

**And remember: If it seems too good to be true, it probably is.**

### **IF YOU'VE BEEN SCAMMED:**

- **Call your credit card company or your bank.** Dispute any suspicious charges.
- **Contact local law enforcement.**
- **Report the scam to the FBI's Internet Crime Complaint Center (IC3) at [ic3.gov](http://ic3.gov).**



[Class Schedule](#)

## JUST ADDED: New Health & Wellness Classes

Our schedule includes both in-person and virtual classes from December through April. Fall Prevention, as well as workshops for diabetes and chronic pain self-management are enrolling now!

**Classes fill quickly, so sign up today!**

## Want to read more?

Read New Horizons, the YCAAA newspaper. Our winter issue will be available in January 2023.

[New Horizons Online](#)



## About York County Area Agency on Aging

The primary focus of the York County Area Agency on Aging is to provide education, advocacy and coordination of community-based services to empower older adults to maximize their independence and quality of life.

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