

## Dillsburg Borough

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**From:** York County Area Agency on Aging <aging+yorkcountypa.gov@ccsend.com>  
**Sent:** Monday, October 31, 2022 7:00 PM  
**To:** Dillsburg Borough  
**Subject:** YCAA November Newsletter



*York County Area Agency on Aging*

# E-Newsletter

November 2022

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## Resources for Those Struggling with Food Insecurity

November is a traditional time when many of us give thanks and celebrate the season with a feast. But with food insecurity on the rise, many people are struggling just to put basic food on the table.



The York County Food Bank estimates that nearly 55,155 people throughout the county are not able to live a healthy, active, and fulfilling life because they lack food. If you, or someone you know is struggling with food insecurity, here are some resources available to help.

**Senior Food Box Program** - Senior citizens age 60 and older who meet income guidelines, may be receive a monthly senior food box worth approximately \$50.

**List of Food Pantries in York County** - Printable list of all food pantries who receive stock from the Central PA Food Bank. Please call the locations for their hours of operation, and/or any restrictions they may have.

**Senior Centers & Meals on Wheels** - All York County Senior Centers provide a nutritious meal served at noon. They also deliver meals weekly for those who are homebound and not able to make their own meals. Please call YCAA at 717-771-9610 to see if you qualify for Meals on Wheels.

**Home Delivered Meals - Private Pay** - This is a list of Senior Centers who will provide home delivered meals to private pay customers who are not eligible for the Meals on Wheels program.



## **MEDICARE OPEN ENROLLMENT**

**OCTOBER 15 - DECEMBER 7**

Get Free Unbiased Information Here



Pennsylvania Medicare Education and Decision Insight, PA MEDI, is available to help Medicare beneficiaries explore and understand their health insurance plan options. Trained counselors are available at the York County Area Agency on Aging.

PA MEDI Counselors do not sell Medicare insurance products, nor do they endorse any insurance company, product, or agent. They will not recommend policies, companies, or insurance agents but will provide free, confidential, and unbiased personalized assistance.

Call 717-771-9008, Monday through Friday from 8 am to 4:30 pm, to join one of our monthly PA MEDI virtual workshops. Individual appointments are also available to those who are already receiving Medicare benefits.

To sign up for a  
PA MEDI in-person event  
for open enrollment, please call

**717-771-9042**

All services are free and confidential.

### **In-Person Counseling Locations**

**York County  
at Pleasant Valley Road**  
2401 Pleasant Valley Road  
York, PA 17402

**Thursday, November 10th  
Tuesday, November 22nd**  
9 am - 1 pm, each day

**West York High School**  
1800 Bannister Street  
York, PA 17404

**Monday, November 21st**  
4 pm - 7 pm, each day

**South Western  
High School**  
200 Bowman Road  
Hanover, PA 17331

**Wednesday, November 2nd  
Wednesday, November 30th**  
4 pm - 7 pm, each day

**Dillsburg Senior  
Activity Center**  
1 North 2nd Street  
Dillsburg, PA 17019

**Wednesday, November 16th**  
9 am - 2 pm

## Save On Auto Insurance With These Thrifty Tips

As a senior driver, you often experience changes in your family and work life that change how and how much you drive. You should review your auto insurance policy, to make sure you aren't paying for coverages you may no longer need.

**If you have retired, check your policy for these work related issues:**

**Wage Replacement (Income Loss):** You may have bought coverage to pay bills if you couldn't work for a period of time, but if you no longer work and have no job-related wages, you probably don't need this coverage anymore.

**Commuting versus pleasure driving:** You may be paying a higher rate for driving in rush hour traffic every day when you no longer do that.

**Annual mileage:** If you no longer make the daily commute, you may drive significantly fewer miles each year. Driving fewer miles could decrease how much you pay.

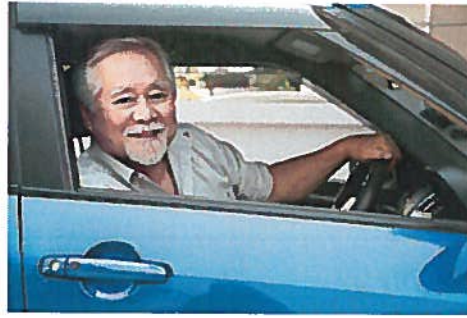
**Empty Nesters:** Make sure grown children who no longer live with you are not still on your policy.

**Other Tips Include:**

**If all the drivers on your policy are 55 or older,** take a PennDOT approved mature driver class, and qualify for a five percent discount.

**Always check your coverage limits and deductibles.** Over time your coverage needs may have changed. Have the coverage you need, but don't pay more than you should.

**Whether you have a general question or want to file a complaint,** you can get help at Consumer Services online at



## AARP Tax-Prep Volunteers Needed

The AARP Tax-Aide Foundation Program is still seeking volunteers for the upcoming tax season.

We're looking for volunteers who want to make a difference in people's lives. We need tax preparers and additional roles including schedulers, greeters, administrative support, instructors, technology assistant and translators. Tax-Aide volunteers receive comprehensive training. For more information, leave a message for Lynne at 717.640.5006, email us at:

[yorkaarptaxaide@gmail.com](mailto:yorkaarptaxaide@gmail.com)

or visit

at [www.yorkaarptaxaide.com](http://www.yorkaarptaxaide.com).

[www.insurance.pa.gov](http://www.insurance.pa.gov) or you can  
contact us at 1-877-881-6388

*Are you looking for  
an opportunity to give back to your community? We are looking for capable,  
motivated, compassionate, friendly volunteers.*

**BECOME AN  
AARP TAX-AIDE VOLUNTEER  
AND HELP PROVIDE**

**FREE TAX PREP  
ASSISTANCE  
FOR LOCAL SENIOR CITIZENS**



**FREE TRAINING**

*To find out how you can get involved, leave a message for Lynne  
at 717.640.5006, email us at [yorkaarptaxaide@gmail.com](mailto:yorkaarptaxaide@gmail.com) or visit  
our website at [www.yorkaarptaxaide.com](http://www.yorkaarptaxaide.com)*

Locations in York, Hanover, Delta, Dover, Lewisberry, Manchester, Red Lion,  
Shrewsbury, Spring Grove, and Wrightsville



[Class Schedule](#)

**Winter Health & Wellness  
Classes are available both in-person and  
virtually.**

Our winter schedule includes A Matter of Balance and Healthy Steps for Older Adults, as well as workshops for diabetes and chronic pain self-management.

**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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