

From: York County Area Agency on Aging <aging+yorkcountypa.gov@ccsend.com>
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To: Dillsburg Borough
Subject: YCAA Newsletter March 2023



York County Area Agency on Aging

E-Newsletter

March 2023

Changes to Your SNAP Benefits? Help with Food and Meals is Available.

If you are receiving Supplemental Nutrition Assistance Program (SNAP) benefits, you may have already heard from the Pennsylvania Department of Human Services (DHS) about an important change in the amount of SNAP benefits you will be getting as a result of recent federal action.

What is happening?

Since the pandemic started in 2020, households receiving SNAP benefits have been getting an additional payment in the second half of the month known as an Emergency Allotment. However, changes in federal law mean that states will no longer be able to issue these additional EA payments. This means that starting March 1, 2023, you will only receive one regular SNAP payment, like you did prior to the COVID-19 pandemic.

Another federal change affecting older Pennsylvanians is the 2023 cost of living adjustment for Social Security Income (SSI). SNAP eligibility thresholds did not rise proportionally. Because of this, approximately 249,000 households will see a decrease in their base SNAP benefits. DHS anticipates that 5,000 to 20,000 households will be disenrolled from SNAP due to the SSI increase.

The Department of Aging and its aging network partners want to make sure that older adults who need food assistance know where to go for help.

How can older adults find other help with getting food and meals?

- Senior Community Centers provide nutritious lunchtime meals and socialization. Many also offer grab & go meals.
- You can call your local Area Agency on Aging to connect with meal resources at the local level, including in-home meal delivery and other meal options. York County Area Agency on Aging can be reached at: 717-771-9610 or aging@yorkcountypa.gov
- You can call the Department of Aging's PACE program at 800-424-4356 to apply for the Senior Food Box program, which provides eligible seniors with nutritious, shelf-stable groceries each month. PACE operators will complete the application for you and send it directly to the Department of Agriculture. PACE can also help you connect with local food pantries and meal assistance.
- You can call the PA Link to Aging and Disability Resources at 1-800-753-8827. A PA Link counselor in your region will talk with you one-on-one to help you connect with meal support, benefits programs and other help with activities of daily living.
- Starting June 1 each year, the Senior Farmers' Market Nutrition Program provides eligible adults over age 60 with vouchers that can be used to purchase fresh fruits and vegetables at farmers' markets in Pennsylvania. Vouchers are available on a first-come, first-serve basis. Your local Area Agency on Aging can tell you when and how to get your vouchers.
- Some Medicare Advantage Plans and Special Needs Plans offer grocery benefits, food boxes, and home-delivered meals as a plan bonus. If you are enrolled in a Medicare Advantage Plan or Special Needs Plan, you may want to inquire with your plan to see if they offer these added benefits.
- You can call 211 or visit www.211pa.org to connect with various local food resources.
- You can learn more about nutrition programs for older adults at the Pennsylvania Department of Agriculture.

You can learn more about the end of the SNAP Emergency Allotment and other resources available at www.dhs.pa.gov/SNAPCares.

BETTER LIVING RADIO

Tuesday, March 14th
10 - 11 am
WHVR 1280 am / 95.3 fm

**Finances for Older
Adults**



AMERICAN DIABETES ALERT DAY

March 28th is American Diabetes Alert Day. This day is aimed at raising awareness about the risks and symptoms associated with diabetes. The holiday is sponsored by the American Diabetes Association.

Diabetes occurs when the body's blood glucose level is too high. This is caused by a deficiency in the insulin produced by the body, which is the hormone that lets glucose enter cells and be used as energy. Excess glucose in the blood can lead to several health problems. The most common types of diabetes are Type 1, Type 2, and gestational diabetes.

Take the American Diabetes Association risk test

Take the official Diabetes risk test on the official A.D.A. website. It'll help you understand any areas you need to focus on or any changes you may need to make in your lifestyle.

If you have diabetes, please consider joining our **FREE Diabetes Self-Management Program**.

Diabetes Self-Management

This class has 6 sessions. You should attend all sessions.

Thursdays, 1:00 - 3:30 pm

July 20, 27, and August 3, 10, 17, 24, 2023

This Class Will Meet At

York County at Pleasant Valley Road
2401 Pleasant Valley Road, York

Register by calling Megan at 717-855-0437 or you may email: aging@yorkcountypa.gov with your name, phone #, & class name .

Making a Difference
in the lives of people with Dementia

Thursday, May 4th, 2023 8:00am-12:30pm
Church of the Open Door East York
4075 E. Market St, York, PA 17402
Option for In-Person or Virtual



Our keynote speaker is Author, Caregiver & Motivational Speaker,
Loretta Woodward Veney
"The Joy of Keeping Those with Dementia Engaged Throughout the Journey"

EBEE seminar for family caregivers no matter the stage of dementia.
Registration for this seminar is required.

Visit our Facebook page: Making a Difference in Dementia Care.
To register or for more information call 717-843-1504 or
email: makingadifferenceindementia@gmail.com

Our Community Partners Include:



YCAAA ADVISORY COUNCIL MEETING

March 13, 2023
beginning at 12 noon
held at
2401 Pleasant Valley Road
York, PA 17402

This will be a regular meeting,
as well as a public hearing of
our fiscal year 22/23 budget.

GOLDEN VISIONS ADULT DAY CARE

will be re-opening on
Monday, March 13th

250 Fame Avenue
Suite 125
Hanover, PA

717-633-5072
for more information

HEALTH & WELLNESS CLASSES

Spring & Summer Classes Include:
A Matter of Balance
Healthy Steps for Older Adults
Healthy Steps In Motion
Chronic Pain Self-Management
Diabetes Self-Management

Class Schedule

Want to read more?

Check out New Horizons, the official
newspaper
of the York County Area Agency on Aging.
Look for our **spring/summer issue**
coming in April.

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.

Area Agency on Aging | 2401 Pleasant Valley Road, York, PA 17402 717-771-9610

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