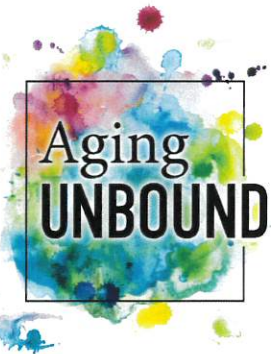


Dillsburg Borough

From: York County Area Agency on Aging <aging+yorkcountypa.gov@ccsend.com>
Sent: Monday, May 1, 2023 9:01 AM
To: Dillsburg Borough
Subject: YCAAA Newsletter May 2023



May 2023



Older Americans Month

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by the Administration for Community Living (ACL), OAM is a time for us to acknowledge the contributions and achievements of older Americans, highlight important trends, and strengthen our commitment to honoring our older citizens.

This year's theme, *Aging Unbound*, offers an opportunity to explore a wide range of aging experiences and to promote the importance of enjoying independence and fulfillment by paving our own paths as we age.

This May, join us as we recognize the 60th anniversary of OAM and challenge the narrative on aging. Here are some ways we can all participate in ***Aging Unbound***:

- **Embrace the opportunity to change.** Find a new passion, go on an adventure, and push boundaries by not letting age define your limits. Invite creativity and purpose into your life by trying new activities in your community to bring in more growth, joy, and energy.
- **Explore the rewards of growing older.** With age comes knowledge, which provides insight and confidence to understand and experience the world more deeply. Continue to grow that knowledge through reading, listening, classes, and creative activities.
- **Stay engaged in your community.** Everyone benefits when everyone is connected and involved. Stay active by volunteering, working, mentoring, participating in social clubs, and taking part in activities at your local senior center or elsewhere in the community.
- **Form relationships.** As an essential ingredient of well-being, relationships can enhance your quality of life by introducing new ideas and unique perspectives. Invest time with people to discover deeper connections with family, friends, and community members.
- **For more information,** visit the [official OAM website](#), follow ACL on [Twitter](#) and [Facebook](#), and join the conversation using [#OlderAmericansMonth](#).

Hear us on
Better Living Radio
WHVR 1280 AM / 95.3 FM
10 - 11 am
Tuesday, May 9th

Guest: Patricia White
Protective Services



SENIOR FARMERS MARKET NUTRITION PROGRAM

2023 Senior Farmers Market Nutrition Program



Eligible seniors can receive FREE (\$50) for purchase of fresh fruit and vegetables grown in PA, and redeemable June 1 – Nov 30 at participating Farmers Markets throughout PA.

Distribution will be **IN-PERSON ONLY** from June 1 – Sept 30.

**** NO vouchers will be mailed, NO applications needed ****

ELIGIBILITY: Must show proof of AGE & RESIDENCY at distribution site

- (Driver's license or PA ID are recommended)
- Must be 60 years of age by December 31, 2023
- Must be a York County resident
- 2023 Gross Annual Income can be no more than: (No documentation needed)
 - \$ 26,973 (\$2,248/ month) for individual
 - \$ 36,482 (\$3,040/ month) for a 2 person household
 - \$ 45,991 (\$3,833/ month) for a 3 person household
- Each eligible person may receive the SFMNP \$50 only once per year.

Proxy forms are available for anyone who physically cannot come to the locations. ID for the eligible person and proxy are required. Those forms can be obtained:

- On our website www.yorkpa.org
- Pick up at any of the participating Senior Centers
- Pick up at the York County Area Agency on Aging at our NEW location:

2401 PLEASANT VALLEY RD, YORK PA 17402
(717) 771-9610 for directions or questions.

Seniors living in a nursing home, personal care home, or other residential facilities where meals are provided are ineligible.
Sponsored by the York County Area Agency on Aging, in conjunction with the Pennsylvania Department of Agriculture.

← SEE DISTRIBUTION SCHEDULE ON REVERSE SIDE →

Get A Proxy Form Here

The Senior Farmers Market Nutrition Program is back again with a few changes for 2023. In accordance with rising food prices, eligible seniors will now receive **\$50 in vouchers** to buy fresh fruits and vegetables grown in Pennsylvania. **All vouchers must be picked up in person** or by an **authorized proxy person** for those who are physically unable to pick them up on their own. There will not be mail distribution this year. **Click on the flyer to see details and a distribution schedule.**

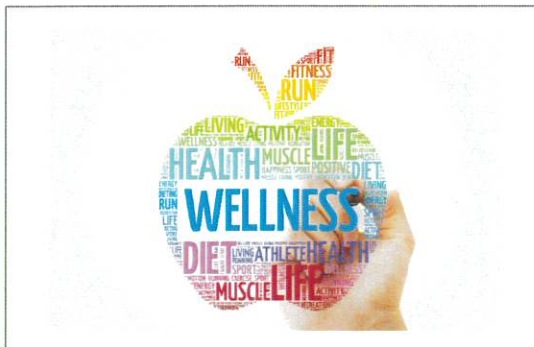


OTHER MEMORIAL DAY EVENTS:

Hanover Memorial Day Parade: May 29th @ 8:30 am
Memorial Ceremony follows at Mt. Olivet Cemetery
725 Baltimore Street, Hanover

Manchester Memorial Day Parade: May 29th @ 9 am
Begins at 180 S. Main Street

Goldsboro Memorial Day Parade: May 29th @ 10 am
Paddletown St. Paul's United Methodist Church
355 Church Road, Etters



SHINE THE LIGHT

Here are some other terrific county events happening throughout May. Click the button to get the flyer.

The York County Area Agency on Aging offers a variety of health & wellness classes to help you live your best life. From **fall prevention** to **managing chronic conditions** we can help to keep you moving and preserve your peace of mind.

Click the button for class descriptions and a link to our schedule.

Find a Class



SHINE THE LIGHT
on Mental Health

The York County System of Care, in partnership with York County Human Services, MH-IDD, and the Crisis Intervention Team, is hosting several awareness activities throughout the month of May focusing on mental health and wellness.

Go GREEN for Mental Health!

Kick-Off Walk-To-Wellness
Wednesday, May 3rd at Noon
Meet outside the Administration Center, 28 E. Market Street, to hear what York County is doing to raise awareness about mental health in our community, then join us for a short walk through town.

First Friday, Downtown York
Friday, May 5th from 5 p.m. to 9 p.m.
Enjoy live music & food. Be sure to stop by the Human Services informational tables located at 100 W. Market Street.

Day In The Park!
Saturday May 20th from 11 a.m. to 4 p.m.
Join us for a day in the park at John Rutz, located at 400 Munata Stone Road York, PA. Win prizes, games & giveaways! Don't forget to wear GREEN!

Light Up Green!
Monday, May 22nd through Sunday, May 28th
Change your outdoor light bulb green in a visible location. Keep it glowing GREEN for one week!

Wear Green!
Click or Scan QR Code to Order a T-Shirt
Purchase a customized green t-shirt & wear it at the Kick Off Walk, First Friday, & the Day in The Park!

Logos for SYSTEM OF CARE YORK COUNTY, MH-IDD, and other partners are at the bottom.

Enlarge the Flyer

Want to read more?

Check out the **spring/summer edition of New Horizons**, the official newspaper of the York County Area Agency on Aging.

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

[Unsubscribe dillsburg@dillsburg.com](mailto:Unsubscribe_dillsburg@dillsburg.com)

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Sent by aging@yorkcountypa.gov in collaboration with

