

From: York County Area Agency on Aging <aging+yorkcountypa.gov@ccsend.com>
Sent: Thursday, June 1, 2023 10:49 AM
To: Dillsburg Borough
Subject: YCAAA Newsletter June 2023



News

June 2023



Excerpts from the

Beach Safety Guide for Seniors & Their Caregivers

by Vicky Reddish

Going to the beach should be fun for everyone! Seniors are no exception. Seniors need some extra care and prep beforehand to make sure they're safe in the sands.

What to Pack

There are a few things you should pack and put on before heading out to the beach. Beach chairs and frisbees are things you definitely shouldn't forget, but other items like medication and water are crucial for older adults. We highlight a few of these important things in this list.

- **Beach shoes:** At the beach, a pair of snug and lightweight shoes can protect feet from sand burns, cuts from broken shells or rocks, and help prevent falls.
- **Cool water:** Water is essential for any beach day to stay cool and manage your body temperature.

- **Emergency contact information:** Keep this information in your phone and paper in case your phone loses battery. Get information as well for nearby doctors and health facilities.
- **Hats:** A wide-brim hat protects your face from the sun and gives you extra protection while you're walking on the beach.
- **Healthy snacks:** Snacks are especially important for people with diabetes or who otherwise have low blood sugar. Keep some healthy options close like fruit kabobs and trail mix.
- **Identification:** Adults with dementia or similar ailments may have trouble finding you if they get lost. Keep contact information sewn into clothes or on an accessory in case of an emergency.
- **Medication:** Bring their medication for the day so they don't miss a dose. Check the labels to see if they need to keep any prescriptions at room temperature. If so, ask their doctor for storage recommendations while traveling.
- **Mobility aids:** Don't leave behind their wheelchair, cane, or walker! Some beaches rent beach-specific mobility aids that are better suited for the terrain. You can also get wheelchair mats to make the terrain safe and flat.
- **Protective clothes:** Long sleeves and long skirts can keep your skin protected. Dense fabrics and loose clothes are good choices to protect yourself from the sun.
- **Sunscreen:** Sunscreen is important for seniors to prevent skin cancer and slow skin aging. When picking sunblock, choose one that has broad-spectrum protection against UVA and UVB rays, a sun protection factor (SPF) of 30 or higher, and water resistance. Consider reef-safe sunscreen to keep the sea safe from harmful chemicals.
- **Sunglasses:** Johns Hopkins Medicine recommends getting sunglasses that wrap around your face. They also recommend shades that protect against UVA and UVB rays.
- **Umbrellas:** Beach umbrellas can give you a shady spot to relax. Hand umbrellas can give you portable shade while you walk along the shore.

Location, Traveling and Parking

When picking a beach, keep factors in mind like local weather, nearby healthcare services, and other things that can affect your day. Consider planning a short trip during the week to avoid the stress of weekend crowds. Seniors tend to have less resilience to stress, so minimizing stressors means a more relaxing day for everyone!

When you get to the beach, pick a spot close to the lifeguard and that has safe terrain to prevent trips or falls. Don't forget where you parked! A few extra laps around the parking lot can be tiring for seniors.

Walking and Fall Prevention

Pay extra attention when you're helping a senior walk around at the beach. Soft sand, broken shells, and other surprises increase their risk of falling. Beach-ready shoes and mobility aids add some support, but you should still keep them company while they walk.

Check that mobility aids like walkers or canes are safe to use on sand and rocks. If you're not sure, you can ask your doctor or rent beach-specific aids to stay safe. Wheelchair mats are other options if you don't want to rent more equipment.

Water Safety

Staying safe in the water is especially crucial for seniors. They may feel strong enough to withstand strong waves, but it doesn't hurt to take a few extra precautions. Strength, endurance, and muscle mass are just a few things that change and diminish as we age. Getting caught in a wave or losing your footing is not easy for seniors to recover from. Going in the water during low tide can also lower some of the risks.

Besides preventing drownings and falls, you should also make sure seniors don't get too cold. We lose body heat fast in water and seniors lose body heat faster than younger people. Spend short stretches in the water and give older adults time to warm up before heading back to the water.



June is Elder Abuse Awareness Month

The YCAAA investigates approximately 36 cases of elder abuse each week. Throughout the month of June, we will be sharing information about elder abuse and what YOU can do about it. We are also asking

Turning 65? New to Medicare?

PA MEDI is here to help with "Medicare 101"!

Understanding Medicare can be difficult. Provided by Pennsylvania Medicare Education and Decision Insight (PA MEDI), this free presentation introduces you to Medicare and gives you the opportunity to ask questions to PA MEDI's specially trained staff and volunteers.

"Medicare 101" will help you learn about:

- Medicare Eligibility & Enrollment
- Notices, Costs & Penalties
- Original Medicare, Medigap & Medicare Advantage
- Services under Medicare Parts A & B
- Medicare Prescription Drug (Part D) Benefits
- Switching Plans
- Medicare Appeals
- Medicare Savings Programs to save you money
- How PA MEDI can assist you... and much more!



Join Us!

When:
Tuesday, July 25th &
Thursday, November 30th
6 - 9 pm

Where:
York County at Pleasant Valley Road
2401 Pleasant Valley Road
York, PA 17402

Register:
Call 717-771-9008 or
Email aging@yorkcountypa.gov

Presented by Pennsylvania Medicare Education and Decision Insight. PA MEDI, the known and trusted resource at your local Area Agency on Aging for unbiased, easy-to-understand Medicare information.

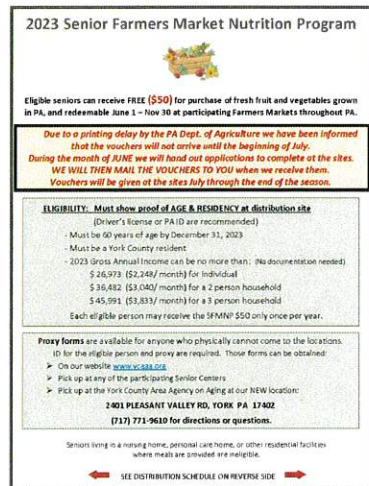


PA MEDI's
"Medicare 101"
will be
Tuesday, July 25th
6 - 9 pm

everyone to wear purple
on June 15th to promote
Elder Abuse Awareness.

Click on the flyer
for a printable version.

Senior Farmers Market Nutrition Program Vouchers Delayed



**Due to a printing delay by the PA Dept of Agriculture,
vouchers will not arrive until the beginning of July.**

During the month of JUNE, those attending our distribution events
will receive applications to complete. **VOUCHERS WILL THEN BE
MAILED TO YOU** when they are received by our agency.

Vouchers will be handed out **IN-PERSON** at the distribution events
from **JULY** through **SEPTEMBER**.

For qualifying information and/or a distribution event
schedule, please click on one of the images above or visit
our website at: <https://yorkcountypa.gov/189/PA-Senior-Farmers-Market-Nutrition-Progr>

YCAAA Advisory Council Meeting

Monday, June 12th

Meeting begins promptly at noon

Property Tax / Rent Rebate Deadline is June 30, 2023



Eligibility Criteria

65 years of age or older or married to someone 65 years of age or older; or 50 years of age or older and a widow/widower; or 18 years of age or older and permanently disabled

And: Owned and occupied your home or rented an apartment, nursing home, personal care boarding home or similar residence in PA during the period for which you are claiming the rebate.

For More Information:

<https://yorkcountypa.gov/227/PA-Property-Tax---Rent-Rebate>



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.



Sometimes called Emancipation Day, Juneteenth (June 19th) is a federal holiday that commemorates the emancipation of enslaved African Americans. It is often used as a way to remember the history and celebrate accomplishments of black Americans. From York & Dallastown to Hanover, there will be several Juneteenth celebrations throughout the

Find a Class

county. Find one near you
and join the celebration.

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.com)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by aging@yorkcountypa.gov in collaboration with

