

## Dillsburg Borough

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**From:** York County Area Agency on Aging <aging+yorkcountypa.gov@ccsend.com>  
**Sent:** Tuesday, January 2, 2024 11:06 AM  
**To:** Dillsburg Borough  
**Subject:** YCAAA Newsletter December 2023



**January 2024**

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### **YCAAA Mission & Statistics**

York County Area Agency on Aging promotes the independence of older adults through education, advocacy, and coordination of community-based services. Our primary commitment is to deliver quality services to older adults with the greatest social and economic needs. As resources allow, we may serve others with similar characteristics.

Here are just a few of the statistics for the 2022 - 2023 fiscal year. YCAAA...

- received 9609 phone calls for information & assistance.
  - provided 191,483 home delivered meals (Meals on Wheels) and 215,547 congregate meals (senior centers) through our programs.
  - distributed 10,732 Senior Farmers Market Nutrition Program vouchers serving 2683 older adults.
  - provided 39,714 rabbitransit trips
  - investigated 1225 cases of elder abuse.
  - was served by 128 volunteers providing 8098 hours of service.
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*Hello folks, we are running this again, as the cold weather is setting in and we know it is much needed information. Please feel free to share this information to those in need via social media or other outlets, as others are doing.*

## **Don't Be Left Out in the Cold This Winter**

If heating costs are leaving you cold this winter, check out these money-saving programs below to get some warm relief.

**The Low-Income Home Energy Assistance Program (LIHEAP)** - provides income eligible customers financial assistance to help pay home heating bills and emergency energy assistance to avoid shut-off or to restore service.

**Call 1-800-272-2714**

**Crisis Program** - provides a grant to customers who face utility service disruption due to lack of payments or an unsafe utility condition. May be applied to accounts where service has been terminated or for repair of heating equipment.

**Call 1-800-272-2714**

**Dollar Energy Fund** - provides grants to low-income customers for use in offsetting overdue payments or restoring service to terminated utility accounts. **Call 1-800-537-7431**



**Customer Assistance Program (CAP/PCAP)** - offers affordable payment plans and debt forgiveness for customers with low incomes and long-term bill payment problems. **Call 1-800-537-7431**

**WarmWise Low Income Usage Reduction Program** - a free home weatherization program which assists customers in reducing their home's natural gas consumption by identifying and remedying areas in the home where heat escapes. **Call 1-800-537-7431**

**Emergency Repair Program** - offers financial assistance for the repair or replacement of natural gas furnaces, water heaters, service and house lines, and space heaters serving as the primary heat source for low-income customers who own and are living in their home. **Call 1-800-537-7431**

## FREE Tax Preparation from AARP

AARP Tax-Aide volunteers will be available to assist people age 50+ in completing your income tax returns at sites throughout York County, beginning in February. **Appointment sign-ups begin January 19th.** Please follow the instructions below.

AARP Tax-Aide York County Locations			
Free tax assistance for adults age 50 and older is available at the sites below from January 30 to April 15, 2024. Federal and State income tax returns are prepared and filed electronically. Local earned income returns and state property tax/rent rebate forms can be prepared for you to mail. <b>Appointments are required for all locations.</b>			
<p>For an appointment if you are age 60+, please call the York County Area Agency on Aging at <b>717-771-9042</b></p>		<p>Please call the following locations directly to schedule your appointment.</p>	
<p><b>Living Word Community Church</b> 2530 Cape Horn Road, Red Lion Thursdays 8:30 am - 12:30 pm</p>	<p><b>Aldersgate Church</b> 397 Tyler Run Rd, York Saturdays (except Feb. 24) 8:30 am - 12:30 pm</p>	<p><b>Delta Area Senior Center</b> 5 Pendyrus Street, Delta 717-456-5753 One day only - Mar 26 9 am - 2 pm</p>	<p><b>Hanover Church of the Brethren</b> 601 Wilson Avenue, Hanover 717-633-6353 Mondays 8:30 am - 12:30 pm Call Times: 9 am - 1:00 pm</p>
<p><b>Messiah Church of York</b> 1300 North Beaver Street, York Tuesdays 8:30 am - 12:30 pm</p>	<p><b>York Alliance Church</b> 501 Rathbun Road, York Wednesdays 8:30 am - 12:30 pm</p>	<p><b>Dover Area Community Library</b> 3700 Davidsburg Road, Dover 717-292-6814 Thursdays 8:30 am - 12:30 pm Call Times: Monday Noon - 5 pm Tuesday - Saturday 10 am - 1 pm</p>	<p><b>Susquehanna Senior Center</b> 2427 Crakey Road, Wrightsville 717-640-5006 Wednesdays &amp; select Thursdays 8:30 am - 12:30 pm</p>
<p><b>Union Fire Company</b> 201 York St, Manchester Select Fridays 8:30 am - 12:30 pm</p>	<p><b>St. Matthew Lutheran Church</b> 839 West Market Street, York Mondays 8:30 am - 12:30 pm</p>	<p><b>Red Land Senior Center</b> 736 Wyndmire Rd, Lewisberry 717-938-4649 Select Fridays 9 am - 1 pm</p>	<p><b>Grace Church Shrewsbury</b> 473 Plank Road, New Freedom 717-993-3488 Mondays 8:30 am - 12:30 pm Call Times: Mon - Thurs 9 am - 3 pm Fridays 9 am - 1 pm</p>
			<p><b>Windy Hill on the Campus</b> 1472 Roths Church Road, Spring Grove 717-640-5006 Thursdays 8:30 am - 12:30 pm</p>



**PA MEDI** offers free Medicare counseling to older Pennsylvanians. PA MEDI Counselors are specially trained to answer your questions and provide you with

objective, easy-to-understand information about Medicare, Medicare Supplemental Insurance, and Medicaid. Our counselors do not sell Medicare products but rather offer confidential, unbiased and easy-to-understand Medicare education to help you make the most informed choice about the Medicare options available to you.

Our next Pre-Retirement Seminar will be

**January 25, 2024**

from 6 - 8:30 pm at

**York County at Pleasant Valley Road**

Room 148, 2401 Pleasant Valley Road, York

Register by calling

**717-771-9008**

**Find a  
Class**

## **Sign Up for Our 2024 Health & Wellness Classes Now!**

Our 2024 classes are now accepting registrations now. Classes begin as early as January 16th! ***Click the button for [class descriptions](#) and a link to [our schedule](#).***



**Stay Active & Learn New Things**



## While Saving Money This Winter

*Staying active and learning new things are great ways for older adults to improve their health and avoid the winter-time blues. Check out this list of places, clubs, and classes that offer no, low, or discount prices for seniors.*

[PA State Museums & Historical Sites](#) - Reduced admission to Pennsylvania State Historical & Museum Commission sites, properties, and museums. Specific prices and discounts for each museum vary.

[PA State Parks](#) - Warm winter days can be a great time to catch wildlife with a camera, or take a class, or enjoy a brief winter walk in the woods. Free admission to all PA state parks, and free use of most facilities. Reduced camping fees from Sunday through Thursday. Please note that national parks also offer special opportunities.

[PA Capitol Tour](#) - Guided tours are offered every half hour Monday through Friday, 8:30 a.m. to 4:00 p.m. Weekends and most holidays tours are offered at 9:00 a.m., 11:00 a.m., 1:00 p.m., & 3:00 p.m. The Capitol is closed for tours New Year's Day, Easter Sunday, Thanksgiving Day, and Christmas Day. Schedule a tour online at [www.pacapitol.com/book-a-tour/](http://www.pacapitol.com/book-a-tour/) or by calling the Tour Guide Office 1-800-TOUR-N-PA (868-7672). Groups of 10 or more require advanced reservations.

[York County History Center](#) - Although the museums and office are temporarily closed, there are still presentations available at alternative locations. Follow this link to find information for ongoing programs during this time:  
<https://www.yorkhistorycenter.org/events>

[York County Libraries](#) - A variety of events from knitting and chess clubs, to presentations, and lunches. Some meet monthly, and others are one-time only.

[OLLI at Penn State York](#) - Diverse repertoire of noncredit courses and educational activities, specifically designed for people aged 50 and better. Significant member opportunities for volunteer engagement and leadership.

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### Cold Weather Safety for Older Adults

If you are like most people you don't think about the dangers of the cold weather until it's too late. Here are some tips to help you stay safe during the winter months.

**What to Expect:**

The winter months are the most difficult time of year for older adults. The cold weather, the snow, and the ice can make it difficult to get around. It's important to take extra precautions to stay safe during the winter months.

Being outside in the cold can be dangerous. It can lead to hypothermia and frostbite. It's important to dress warmly and to avoid going outside for long periods of time.

Here are some tips to help you stay safe during the winter months:

- Stay warm. Wear a heavy coat, hat, gloves, and scarf.
- Stay dry. Avoid getting wet.
- Stay safe. Avoid driving if you can't see or if the roads are icy.
- Stay healthy. Eat a healthy diet and exercise.
- Stay connected. Call your family and friends.

**Inside This Issue...**

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**Key Takeaways:**

- Stay warm and dry.
- Stay safe and healthy.
- Stay connected and happy.



# NEW HORIZONS

*Kick off your new year with a new edition!*

This winter edition features cold weather safety tips, free tax preparation, agency snapshot, healthy meal planning, adjusting to a new caregiver, and so much more! [Click on the paper to read it here.](#)

Read it online, get it in your mailbox, or find it at a location near you. New Horizons is free to York County residents age 60 & over. To get your free subscription or find a pick-up location, call our office at **717-771-9610**.

## 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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