

Dillsburg Borough

From: York County Area Agency on Aging <aging@yorkcountypa.gov>
Sent: Monday, April 1, 2024 2:32 PM
To: Dillsburg Borough
Subject: YCAAA Newsletter April 2024



News

March 2024

Reminiscing with an Aging Loved One

This list can help you start a reminiscing session with an elder and spur conversation on topics you'd like to know more about. Try using old photo albums, scrapbooks, music, TV shows or other meaningful materials as supplements. Gather multiple generations to stress the importance of preserving the family history through these conversations. Everyone might gain a new appreciation for their elder in the process.

Reminiscing Questions for Seniors

1. In what ways do you think I'm like you? And not like you?
2. Who is the person who influenced your life the most?
3. Do you have a lost love?
4. Which new technology have you found most helpful in your life? Which do you find to be the most annoying?
5. Is there anything you have always wanted to tell me but never have?
6. Is there anything you regret not having asked your parents?
7. Do you wish anything had been different between us, or would you still like to change something?
8. What was the happiest moment of your life?
9. What are you most proud of?
10. How did your experience in the military mold you as a person?
11. What are the most important lessons you've learned in life?
12. What is your earliest memory?
13. Did you receive an allowance as a child? How much? Did you save your money or spend it?
14. Who were your friends when you were growing up?
15. What was your favorite thing to do for fun?
16. What was school like for you as a child? What were your best and worst subjects? What did you eat for lunch?

17. What school activities and sports did you participate in?
18. Do you remember any fads from your youth? Popular hairstyles?
Clothing?
19. What world events had the most impact on you?
20. How would you like to be remembered?



Intergenerational Fun Facts!

- 2 in 3 AMERICANS would like to spend more time with people outside their age group
- 8 million CHILDREN live in households headed by grandparents or other relatives
- 92% OF AMERICANS believe intergenerational activities can help reduce loneliness

- Generations United

The York County Area Agency on Aging
presents its new FREE health & wellness program

Cancer: Thriving & Surviving
for patients in treatment or remission
caregivers/family members
60 years of age and older

June 12 - July 17
Wednesdays, 1 - 3:30 pm

Spry Church
50 School Street
York, PA 17402

Learn These Self-Management Tools

• Healthy Eating	• Managing Pain
• Physical Activity	• Making Decisions
• Sleep	• Planning
• Relaxation	• Problem Solving
• Understanding Emotions	• Action Planning
• Living with Uncertainty	• More!

To Register, Call Megan
717-855-0437

New Program: Cancer Thriving & Surviving

Build confidence in your ability to manage your health and maintain an active and fulfilling life. Participants will learn to deal with fatigue, sleeplessness, shortness of breath, stress and emotional problems like depression, anger, fear and frustration. The program is for all 60+ cancer survivors, including those in active treatment, and their 60+ caregivers. [Click on the poster](#) to learn more.

It's Time to Spring into Motion!

Don't Retire Without Taking Our Pre-Retirement Seminar

Thursday, April 25th

6 pm - 8:30 pm

Room 148

2401 Pleasant Valley Road

York, PA 17402

For registration call 717-771-9008 or 800-632-9073 or

Get active with our FREE Health & Wellness classes. Increase stamina, decrease falls, reduce pain, improve balance, and create new friendships. Classes are filling quickly, so sign up today!

See [Our Schedule](#).

[Email the Agency on Aging](#)



pennsylvania
Medicare Education and Decision Insight

Fun Things To Do for Older Adults in York County

This list is shared every Thursday via our FaceBook page.

[Follow us for more fun!](#)

April 1

Watershed Education, Part 1

6:30 – 8:30 pm
Shiloh Fire Company
2190 Carlisle Road, York

April 3

Watershed Education, Part 2

6:30 – 8:30 pm
Red Lion Recreation
190 S. Charles Street, Red Lion

April 4 - 6

Used Book Sale

10 am – 5 pm
Guthrie Memorial Library
2 Library Place, Hanover

April 8

Solar Eclipse Viewing

1:30 – 4:30 pm
Codorus State Park Classroom Building
Marina Road, Hanover

April 13

Document Shredding Event

9 am – Noon
Shrewsbury Township Building
1234 Susquehanna Trail South, Glen Rock

April 19

Rollin' Tractor Show

9 am – 2 pm
Spring Grove Elementary School
1450 Roth's Church Road, Spring Grove
Open to the public

April 20

Fawn Grove Earth Day

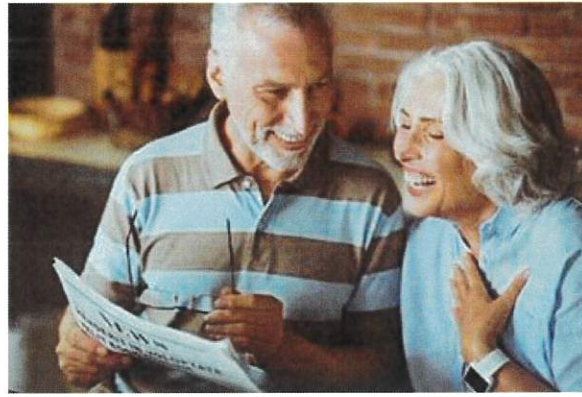
9 am – 2 pm
Fawn Grove Park
Fawn Grove

Document Shredding Event

8:30 am – 11:30 am
Central York High School
601 Mundis Mill Road, York

Looking for the spring/summer issue of New Horizons?

The spring/summer issue of New Horizons will arrive on May 1st. This change allows us to balance the timing of the editions, as well as to include important information that was not available for previous summer editions.



Read New Horizons Online Here

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.

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

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