

# March 2019

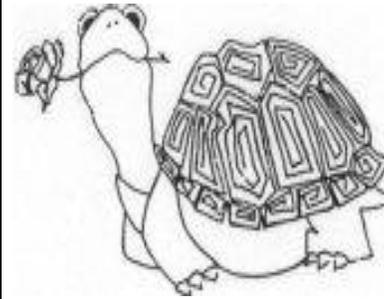
- 3/1 11:00 Bag Game: Leprechaun Edition
- 3/4 11:30 March 10k Acts of Kindness Meal for York City Firefighters
- 3/5 11:00 Mardi Gras Party
- 3/6 9:00-12:00 National Consumer Protection Week Table Event
- 3/7 12:45 Spearmint Sugar Scrub (Cost: \$1.00)
- 3/8 12:45 Simplistic Artistry: Puffy Paint Shamrock
- 3/11 9:30-11:30 Co-Pilot Contact Information Update
- 3/11 12:45 Plate of Gold Craft (Cost: \$0.50)
- 3/13 10:00 St. Patty's Day Snack Sampler (Cost \$1.00)
- 3/13 11:00 Birthday Cards for Recil Troxel Workshop
- 3/14 1:00-3:00 St. Patty's Day Bingo @ Shiloh Fire Hall with West Manchester Township (Cost: \$5.00/Van \$4.70/\$7.05 (65+ & 60-64;))
- 3/15 10:00 Get Your Leprechaun Name
- 3/15 12:45 Green Bingo (Cost: \$0.50)
- \*Spirit Day: Wear Your Green!\*
- 3/19 9:00 All Request Hour



March 18<sup>th</sup>-March 22<sup>nd</sup> **March Madness Week!**  
Look at your calendar!



March 10th is Daylight's Saving Time  
Clocks go FORWARD One Hour!



## THE ROSE

27 South Broad Street  
York PA 17403  
717-843-9704

Monday-Friday 8:00AM-4:00PM

[www.whiteroseseniorcenter.org](http://www.whiteroseseniorcenter.org)

Vol. VI No.3 March 2019

Turn the newsletter over to see this month's highlights!



Prince & Princess Crowning  
Glenn Cassell & Lydia Horner

*For the month of March, lunch lotto will be played as followed:*

*Manic Mondays!*

*Every Monday we will pull until we get a winner. You must be present and have paid to play in order to win!*

**\*\*\*Please note that Lunch Lotto will be canceled for any day a trip is scheduled\*\*\***

There will be no Lunch Lotto on March 27<sup>th</sup>.

*WRSC Supper Club meets @ 4:00 every third Thursday of the Month (Thursday March 21st).*

*This month's location will be Jackie B's.*

*300 Mulberry St, York, 17403, PA*

**This is a Self Pay/Self Drive event. Please make sure you sign up if you are interested.**

**Bible Museum Trip:**

**Tuesday April 16<sup>th</sup>, 2019**

Leave from Center @ 7:00am

Destination: Museum of the Bible

400 4<sup>th</sup> St. SW, Washington, DC.

Arrive: 9:30 am

Leave: 2:00pm

Cost is \$50.00 based on 55 passengers  
(through Bailey Coach)

\*Price includes transportation, driver gratuity, and admission to Bible Museum.\*

**\*Money Due Thursday March 14<sup>th</sup>.\***

This is open to the public! Please invite your friends and family! If we do not sell the amount of necessary tickets, the trip will be canceled. \*Please note that this is not a handicap accessible bus.\*

***March Madness Leprechaun Race***

M- Banks will be placed on tables. Table with highest monetary donations will win. The winning table will get to go first for lunch for the month of April.



## 2019 SENIOR FARMERS MARKET NUTRITION PROGRAM

The York County Area Agency on Aging, in conjunction with the PA Department of Agriculture, will again distribute fruit and vegetable vouchers to qualifying seniors. This program provides \$20.00 in vouchers to eligible York County seniors to buy fresh fruit and vegetables from participating local farmers' markets. Vouchers are redeemable from June 1 through November 30, 2019.

**Qualifying seniors must show proof of: (PA driver's license or PA ID is recommended)**

- York County residency
- 60 years of age by December 31, 2019

**Total gross annual 2019 household income must be at or below:**

- \$23,107/ single person household
- \$31,284/ two person household - **Both can receive vouchers if their combined**

**Eligible seniors** can receive \$20 worth of vouchers to buy fresh fruit and vegetables **grown in Pennsylvania**, if they meet the following requirements:

- 60 years of age by December 31, 2019
- Live in York County
- Meet the 2019 household income requirements (which includes total income from Social Security, wages, pensions, interest, IRA payments, etc.).

**Tuesday, August 13 9:30 AM – 11:30 AM**

**Household Income Requirements:**

- 1 person: \$23,107
- 2 people: \$31,284
- 3 people: \$39,461
- 4 people: \$47,638



A Huge **Thank You** to everyone who volunteers and serves our center in any capacity. Your time and dedication does not go unnoticed. To those who participated in our Quarter Mania, we made \$95.50! Thank you for your support! Thank you to those who raised money for our Prince & Princess Crowning. All donations benefit the Center!

We Warmly Welcome Our Newest Members!

Maria Pena  
Matilda Pena  
Barry Lehigh  
Domingo Garcia

Donald Myers  
George Takitch  
Nettie Blake  
Nadine Seltzer

### White Rose Senior Center Staff

**Lisa Krout**, Executive Director  
**Jose (Cheo) Rodriguez**, Bilingual Program Coordinator  
**Nicole Strassman**, Program Coordinator  
**Elba Zambrano**, Food Service Worker & Cleaning Specialist  
**Jenna Wray**, Assistant Program Coordinator  
**Chotz Grove**, Customer Service  
**Cheri Bowersox**, Bookkeeper  
**Karen Phillips-Spriggs**, Senior Companion

*Secret Pal Reminder: This is such a fun project but PLEASE don't forget to send your Secret Pal a card on the Holidays and their Special Days. They are counting on YOU to Treat Them Right!*

Please **DO NOT tell other people who you have or tell others who have them.**

This spoils a lot of the fun for everyone. Remember, it is a SECRET until January 2020 at the Reveal Party!

### YOU CAN BE CENSUS TAKERS!

Apply Online!

[2020census.gov/jobs](http://2020census.gov/jobs)

2020 Census jobs provide:

Great pay

Flexible hours

Weekly pay

Paid training



## Sunshine Group



Mike Inners & Eileen Wood have established a group of people who reach out to individuals who are hospitalized or sent to Nursing Homes or Rehab Centers here in York, for an extended stay. If you are interested in being a part of this, please see Mike, Eileen, or a Staff Member. It will be your responsibility to let WRSC know you are in the hospital, rehab center, or nursing home (for an extended stay) by calling us. Every attempt will be made to get to you! (They will be meeting the first Thursday every other Month).

## CHECK OUT THE S.T.A.R.S. PROGRAMS (con't)



"Senior Time Activities for Residents of Springettsbury"

Springettsbury Township and White Rose Senior Center are proud to bring you a variety of classes to adults 50 and over. "S.T.A.R.S." stands for "Senior Time Activities for Residents of Springettsbury", although any person, 50 and over, are welcome to attend. You must register prior to the classes with Springettsbury Township.

### Class: Make a Gourd Bunny

Marti Leader will show you how to make the most precious bunny out of a gourd. You will paint the basket of eggs, hands, and face and add the embellishments to make a decoration you will enjoy each Easter season!

Supplies: Scissors

Instructor: Marti Leader

Date: April 9, 2019

Day: Tuesday

Time: 2:00 – 4:00pm

Location: Springettsbury Township Farmhouse

Cost: R-\$10 NR-\$15 Payable to Springettsbury

Township Prior to Class

Maximum for Class: 10 participants



### Class: Needlefelted Zipper Pouch

Zipper pouches will be ready for you to needlefelt a simple floral design, or a design of your own choice, to welcome spring! Using wool roving and a special barbed needle, Mary Jane Miller will teach students how to transfer the design onto felt and then needle it. Touches of embroidery may be added but it is optional. The pouch is finished by stitching a blanket stitch around the outside. The pouch measures 5" x 8". No felting experience is necessary.

Supplies: (Car Wash Sponge) for felting on; Scissors; Straight Pins, size 24 Chenille Needle

Instructor: Marty Jane Miller

Date: May 7, 2019

Day: Tuesday Time: 2:00 – 4:00pm

Location: Springettsbury Township Farmhouse

Cost: R-\$10 NR-\$15 Payable to Springettsbury Township Prior to Class

Maximum for Class: 20 Participants



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### STARS Program

Class: Needlefelted Easter Bunny

Let's get ready for Easter by making this adorable Needlefelted Easter Bunny complete with his basket of eggs. Mary Jane Miller will teach students how to needlefelt using a special barbed needle and wool roving. Some needle felting experience is helpful but not necessary.

Supplies:  (Car Wash Sponge) for felting on; Scissors

Instructor: Mary Jane Miller

Date: April 2, 2019

Day: Tuesday

Time: 2:00 – 4:00pm

Location: Springettsbury Township Farmhouse

Cost: R-\$10.00 NE-\$15.00 Payable to Springettsbury

Township Prior to Class

Maximum for class: 20 Participants



## All Exercise Classes



*Zumba, Balance & Strength Training, T'ai Chi*

*If you would like to participate, please be on time or you **cannot** participate. Once class is in session, we ask that you do not disturb the class by walking in and out of the sun porch room. Also, cell phones should be put away as it becomes a distraction. In order to participate, we ask that proper shoes (tennis shoes/flats) are worn. Also, for the safety of everyone, please do not bring hot beverages into an exercise class. People are up and moving and it can become a hazard. Water is provided during class time. Thank you for your cooperation.*

### Meet our Intern:

*"My name is Middalia Garcia, I am raised in Puerto Rico and born in York. I have a boy of 10 years. I like to exercise a lot, spend time with my family, and travel. I go to HACC for my Associate's Degree in Human Services. I will be here completing my hours for my internship here at the Center. I hope to have a good time with all of you and learn from the Seniors".*

## Celebrating York's Unity through 10,000

**Acts of Kindness** To be one of 10,000 people seated at the table a person will have performed a recognized act of kindness that benefits others in a meaningful or tangible way. Ten thousand Kindness Coins will be minted and awarded through local community organizations, faith groups, schools, businesses, government agencies, and online nominations. Each act of kindness will move us one step closer to full unity. **KINDNESS COINS ARE HERE!**

### **Congratulations to the following Members who have earned their coins:**

**August's Act of Kindness:** School Supply Drive: Mary Sue Bottstein, Sharon Shoff, Bonnie Ketterman, Annie Hall, Mary Brunner, Janet Heidler, Carol Galloway, Elaine Hensel, and Donna Siple.

**September's Act of Kindness** Broad Street Cleanup: Millie May, Glenn Cassel, Sandra Becker, and Sharon Shoff.

**October's Act of Kindness** Sunshine Group: Mike Inners, Eileen Wood, Millie May, Sharon Shoff, Barbara Gaines, Gloria DeSemo, Elaine Hensel, Annie Hall, Maggie Joines, Jane Markel, Pat Kehr, Ruby McMillan, Donna Julius, Rosetta Hawkins, and Carol Galloway.

**November's Act of Kindness** Operation Christmas Child: Ruth Frey, Barbara Kahler, Jack Kahler, Beth Cassell, Jackie Snyder and Mike Inners.

**December's Act of Kindness:** Sock Stuffers: Beth & Glenn Cassell, Mike Inners, Eileen Wood, Jackie Snyder, and Clara Moore

**January's Act of Kindness LIFEPAH:** Beth & Glenn Cassell, Millie May, Eileen Wood, Heather Stokes, Sharon Shoff, Jackie Snyder, Joe Slenker, and Clara Moore.



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### **STARS Program**

**Class:** Around the World in 30 Minutes

It's a small world and we will circle the globe with 30 minute recipes! Deb Bixler has arranged our travel menu to include West African Peanut Chicken Soup, a visit to France for Salmon Provencal, an easy Japanese Yakisoba Noodle Stir Fry, a traditional Mexican Guacamole, and good ole fashioned Skillet Cornbread from the Deep South!

**Instructor:** Deb Bixler

**Date:** March 27, 2019

**Day:** Wednesday

**Time:** 2:00 – 4:00pm

**Location:** Commonwealth Fire Company

**Cost:** R-\$10 NR-\$15 Payable to Springettsbury Township

**Prior to Class**

**Maximum for Class:** 30 Participants



# **Fresh Express Produce**

This is a program from the Central PA Food Bank in Harrisburg that we have been participating in since December 2011. White Rose Senior Center Members and Broad Park Manor Residents are eligible to participate in this program. Please remember to bring a BAG or CART with you to carry your items home.

## **Fresh Express Recipients Reminders**

### **PLEASE READ!!!**

1. This program is a courtesy to all of you and we are happy to provide it. HOWEVER, there have been some issues that we need to address.

Please be kind to the Volunteers and the Staff when going through the line. Show respect to everyone! We do not know what is being sent ahead of time from the Central PA Food Bank. Sometimes they do not send enough of some items for everyone, so we have to make adjustments on what is to be distributed throughout the distribution.

Everyone gets food so there is no need to be ugly and cause problems. If you are not being "NICE", you will get a warning by a staff person. If you get an additional warning (so 2 warnings), you will be banned from the Fresh Express Program permanently.

DO NOT come up and form a line for "Seconds" until a staff person announces that you can do that. The staff person will call you up randomly by the table names so have a seat and wait for your table name to be called. This is a safety concern and warnings will be issued if this is not followed too. Two warnings and you are banned from the program!

2. Beginning in June 2018, you will not be able to get food from the Fresh Express Program for a friend or family member unless you are their caretaker. People have been abusing the previous policy so now we have to make it tighter.

3. If you have any concerns you may talk to a staff person.

## ***February's 10,000 Acts of Kindness***

Soup-Or-Bowl Canned Food Drive: *Millie May, Bob Leas, Judy Leas, Eleanor Krout, Connie Fuhrman, Frank Dravk, Deb Moody, Beth Cassell, Glenn Cassell, Carol Galloway, Sharon Shoff, Karen Doweary, Charles Doweary, Liz Rudisill, and Joe Sherman.*

**Wii Bowl for Kids with Big Brothers and Big Sisters. All individuals who donate/raise at least \$20 or more are eligible for a kindness coin! Also, individual who scores the highest in the game earns a coin!**

## ***March's 10,000 Acts of Kindness***

York City Fire & Rescue  
On Monday March 4<sup>th</sup>, at 11:30 AM  
We are serving a meal to dayshift platoon.

43 S. Duke Street, York PA. 17401  
For those who donate the needed food items to prepare meal to be delivered will earn a coin.

We will be serving the following and are looking for donations. Please see the sign-up sheet!



**What a Waste Grant** – We received the “What a Waste” data that was collected from our separating foods not eaten on your plates and thrown away in the pans that we did from August through November. There are certain nutrients that you are not receiving, menu items that clearly most people do not care for, concerns about sustainability of the meal program without contributions, and thoughts on how to attract more people to WRSC. We had to come up with an action plan and goals on how to improve/enhance the service we have with The Nutrition Group, the York County Area Agency on Aging and for our organization.

The first goal is to reduce plate waste by continuing to offer seconds and then allow for food to be taken home in bought/donated take home containers that we have. We will also talk to the local food bank or Rescue Mission about donating extra food to them if we have an abundance. We wrote about starting a gardening club so more information will be shared about that coming up in the future.

The second goal is to reduce pan waste. This is where YOU need to pre-register for YOUR meals on Copilot. Only pre-register for meals that you know you are coming to the Center on that day(s). DON'T JUST CHECK OFF ALL OF THE DAYS KNOWING YOU HAVE AN APPOINTMENT AND WILL NOT BE AT THE CENTER THAT DAY(S)!

The third goal relates to contributions for the meals. Contrary to what everyone says, the meals are not free! The meals cost \$3.25 per meal. In the 1970's, the Older Americans Act stipulated that you could not charge for meals at senior centers. That does not mean people can't donate towards the meals. We have two jars at Chotz's desk. One is for WRSC Donations and the other is for Congregate Meal Donations. I have been here for 26+ years and very rarely do we ever get donations in the Congregate Meal Donation jar. With that said, I know there are some people who can't afford to put money in daily but we have been strongly encouraged to try to get people to donate to keep the program sustainable for future years. We will be discussing this weekly and in the future giving each person a paper with the amount of meals you ate in a given month and what the cost would be to you if you had to pay for the meals daily. This will just be used to show you and you can make a decision on whether you want to contribute to the Congregate Meal or not.

Another goal relates to increasing the number of high-risk individuals served at WRSC. We will reach out to the local food banks to put literature there so we may get more people! As always, please tell people you meet about the noon meal and all the great fun we have at White Rose Senior Center!

The last goal pertains to the nutrients that were being thrown away or not received in the food from The Nutrition Group. The two that stick out clearly are magnesium and potassium. We have shared our findings with The Nutrition Group and with the York County Area Agency on Aging to look into this better.

## Aviso para los Recipientes de los Productos Frescos

Por Favor Lean Esto!

### El Centro de White Rose ha hecho unos cambios para el programa de Productos Frescos.

1. Este programa es una cortesía para todos y estamos felices de proveerlo. Sin embargo ha habido unos problemas que hay que discutir.
  - . Por favor sean cortés con el personal y voluntarios cuando pasen por la fila, demuestren respeto para todos! Nosotros no sabemos lo que Mandan con anticipación de el banco central de PA. Algunas veces no Mandan lo suficiente algunos artículos para todos, tenemos que hacer ajustes en lo que hay que ser distribuido.
  - . Todo el mundo tendrá compra y no hay motivos para ser malcriados y pelear por la comida y causar problemas. Si alguna persona no se comporta o es amigable se le dará un aviso de advertencia (o sea que con dos) serán prohibidos para coger compra permanentemente.
  - . No se pueden levantar y hacer fila para segundos (repetir compra) hasta que el personal lo anuncie que lo puede hacer. El personal llamará las mesas como lo hacen para el almuerzo. Esta es una manera de hacer todo por seguridad, una segunda advertencia y serán suspendidos.
2. Comenzando en Junio 2018 ya no podrán coger o buscar compra por nadie o sea un amigo o familiar, al menos que sea una enfermera o la persona de cuidado (caregiver) La gente han estado abusando de este programa.
3. Si Tienen alguna pregunta favor preguntar a el personal.

**Give Local York** – White Rose Senior Center will be participating in the 2<sup>nd</sup> Annual Give Local York Event to raise money for the Center on **May 3, 2019!** We need your help in a variety of ways. The first is we are planning a Give Local York Continental Breakfast on Tuesday, April 23, 2019 from 8:00-10:00 AM. We would like to invite your families, community leaders, and you to the event. We will talk about Give Local York, our plans and hopes for the event by showing a power point presentation and ask for everyone's help! So for this event, we will be asking for your family members addresses so we can send them a letter and an invite. I realize many of them will not be able to attend the breakfast BUT we hope they will contribute to Give Local York on May 3<sup>rd</sup> because they appreciate that YOU have a place to attend and have fun! Middalia, our HACC Student Intern, will be taking the lead with collecting your family members name and address. You can write it down on a piece of paper and bring it in or sign the paper on the clipboard that she will have with her.

*Other plans* for Give Local York will be happening on Friday, **May 3<sup>rd</sup>** at the Center and hopefully we will be able to secure a couple restaurants that will give us a donation of the proceeds from breakfast, lunch, or dinner that day. We will plan trips to eat at these locations and you can tell your friends and family to go there too! More details will follow as we get closer to May 3<sup>rd</sup>.

Some of you give monthly donations to White Rose Senior Center and we greatly appreciate that. Perhaps for May, consider giving your donation on May 3<sup>rd</sup> or at least date it with that date. We can count that towards the pot and perhaps receive additional funds during special money times the organizers are planning on that big day of giving!

*We will also be asking EVERYONE for a donation that day to help us reach of goal (some centers received \$30,000 last year)!*

TAFE (Theatre Arts For Everyone)

**Must be signed up!**

*Every Thursday for 9 weeks, beginning in February. 9:30am -11am. from February 14th thru April 11<sup>th</sup>.*



 **Big Brothers Big Sisters**

**B**  **OWL** **For Kids' Sake**

### **Bowl-A-Thon**

*9:30-11:30 am on February 26<sup>th</sup> here at the Center!*

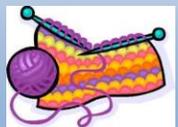
*Pledge your donations NOW or Register as a Bowler!*

*\*In the event of inclement weather, we have a snow date selected for Tuesday March 5<sup>th</sup>, 2019!\**

### **The Knitting Club**

We offer free lessons for knitting and crocheting every Tuesday and Friday from 10:00 am until 2:00 pm. Equipment and yarn for one project will be provided, free of charge (hat or scarf). A lending library is now available for any member of White Rose Senior Center to borrow knitting needles, crochet hooks, round looms or straight looms, without charge! See Ruth Frey or Barbara Kahler.

Ask to see our limited supply of free yarn!



# Aunt Truley

March 2019

Dear Hon,

Well here we are heading into March of the year 2019. March is always such a changeable month, don't know from one minute to the next if it's going to be winter or spring like. For myself I'm vote'n for spring but I guess truth be told I don't have much of a vote in the matter.

February brought Valentine's Day and gave me a pause about the funny way some people think about things. Uncle Hap and I have two families living close by where the little ones like to stop in for cookies and cakes onct in a while. One family has just about everything any body could want and those kids are always squabbling about who got the most or the biggest. They are forever squealing about "it's not fair". It about gets on my nerves those kiddos thinking they is always shortchanged when they have so much. Not sure it really matters about who gets the last, best, or biggest.

Then that other family of little ones stop by, that family don't have so much. Plenty enough to get by, kids are loved and fed and have warm beds but not so much of the extras like PADS and PODs and what ever the kids play with these day. One day they stopped in and the bigger kid was tickled to death that his mom bought him a new pack of socks from Walmart! The littlest was beaming too. He had growed out of his winter jacket and it was patched on the elbows and zipper broke and his mom found him one on sale at Walmart too! Guess thats a good place to find kids cloths.

Any how that bigger kid with the new socks was proud as punch that his little brother got a new coat. There was no talkin' or squealing about it not being fair that the little one got a coat and all he got was some socks. In that family it seemed like there was the right feeling about being happy for each other and not that grousing around about things not being fair. To me it seems like calling out that "it's not fair" is a poor way of looking at things.

Could go on and on about that, could say, "it's not fair that I got Uncle Hap and that other woman got Paul Newman". HA HA! When I think of the people I know at the center that have much less than me, those that never married, lost their husbands and even lost kids through tragedy or maybe never had any kids, it makes me remember hearing many times that life ain't fair. Nobody promised that, not even our Heavenly Father. If that offends somebody to call out his name I'm sorry but that's what I'm thinking at the moment. Well now that I'm thinking in that way, the one thing that is always fair is that we are given life and loved equally and fairly by that same Man Above.

So, Valentine's Day is past and we have March to look forward and the promise of spring with it. I sure am looking forward to those spring blooms that might pop up in the first sunny warm days. Those crocus and daffodils sure make my heart happy.

You have all my love, Valentine's or not! Uncle Hap days Hey, Old Dog Shep gives a tail wag and that big old cat is still warming by the fire.

Yours truly,

Aunt Truley



**Disclaimer:** The views, thoughts, and opinions expressed by Aunt Truley are merely for humor. This does not reflect White Rose Senior Center's beliefs or ideas.