

HIGHLIGHTS

R&K Sub and Sandwich Sale runs June 1st through June 16th. Delivery on Tuesday June 27th

Tuesday June 6th <u>10:00-12:00</u> Vendor Fair Sponsored by Minnich's Pharmacy Wednesday June 7th <u>9:30-11:00</u> Blood Pressure Checks *by Family First*

Thursday June 8th **Fresh Express** <u>10:00</u> Friday June 9th <u>10:00</u> Nutrition for the Brain & Bingo by Homeland at Home

Monday June 12^{th} 10:30 Highmark Wholecare w/ Diana Escalante Men's Health Month & Color Me Healthy Presentation

Tuesday June 13th 10:30 -12 Summertime Sounds Summer Series w/ Chris Wagman, Birthday Celebration Sponsored by Aetna

Friday June 16th <u>10:00</u> Father's Day & Juneteenth Celebration w/ Aetna Monday June 19th **JUNETEETH Potluck** Thursday June 22nd **Fresh Express** <u>10:00</u> Monday June 26th <u>10:00</u> Nutrition Presentation *by Giant w/ Charlotte Scheid* Tuesday June 27th <u>10:00</u> Stroke Awareness Presentation by Encompass Health Rehab Wednesday June 28th <u>9:00-11:30</u> Senior Farmer's Market Nutrition Program Vouchers (See Newsletter) Thursday June 29th 10:00-11:00 Penn Cares Witts Workout Program

Friday June 30th 10:00 Pay Off Bingo (Cost: \$5.00. Extra Strips \$2.00.)

Sponsor our next Newsletter for \$25! See Jenna for more information!



27 South Broad Street York PA. 17403 717-843-9704 MONDAY THROUGH FRIDAY OFFICE HOURS: 8:00 A. M.– 4:00 P. M. IN PERSON: 9:00 AM 2:00 PM www.whiteroseseniorcenter.org

THE ROSE





JUNE 13TH JULY 11TH AUGUST 15TH SEPTEMBER 12 10:30 -12 NOON

Rain or Shine!

June SCRIPTURE WRITING PLAN Dealing with the devil

Day 1: Genesis 3:1-5 Day 2: Job 1:6-8 Day 3: Job 1:9-12 Day 4: Matthew 16:21-27 Day 5: Mark 4:2-4 Day 6: Mark 4:13-15 Day 7: Luke 22:2-4 Day 8: Luke 22:31-32 Day 9: Acts 5:1-4 Day 10: Acts 13:8-12 Day 11: Romans 16:19-20 Day 12: 1 Corinthians 5:1-5 Day 13: 2 Corinthians 2:10-11 Day 14: 2 Corinthians 11:12-15 Day 15: 2 Corinthians 12:7-10 Day 16: Ephesians 4:25-27 Day 17: Ephesians 6:10-13 Day 18: Ephesians 6:14-18 Day 19: 1 Timothy 3:1-3 Day 20: 1 Timothy 3:4-7 Day 21: 2 Timothy 2:22-26 Day 22: Hebrews 2:14-18 Day 23: James 4:1-5 Day 24: James 4:6-10 Day 25: 1 Peter 5:6-11 Day 26: 1 John 3:8-10 Day 27: Revelation 12:7-12 Day 28: Revelation 12:13-17 Day 29: Revelation 20:7-10 Day 30: Revelation 20:11-15

Give Local York

To everyone who contributed to Give Local York, we raised over\$15,000!!! We could not have done it without the support of our community!

Aetna Alan Vandersloot & Joyce Vandersloot Amy Breighner Ana Cadiz Ashley Blucher Barb Santiago Barbara Kahler Beth Kehler Bob and Kave Krout Bob Ross Brendaliz Gonzalez Cash Bingo for Give Local York Cathy Drapiewski Chervl Muir Christian & Carol Wagman Clara Moore Claudia Besecker Connie Wagner Darlene Myers Debbie Attard Denise Bover Derrick Krout Devon Buettner Edda "Mike" Inners Edgar Neiman Elaine Hensel Elaine Klinedinst Erla Gallagher Geandra Give Local York Bake Sale at WRSC Give Local York Wreath Raffle Heather Reinsfelder Heather Stokes James and Jane Markel Jason Lachapelle Jeffery L King leremías Cadiz Joe and Jackie Haberle Joel Krout & Lisa Krout John and Lisa Senft John Debes John Sharp



A warm welcome to our newest

members: Helen Deckman Norma Zapata Marilyn Ritz Harriet McFadden Marcelina Gonzalez Carrie Rhinier Deborah Kaczorcowski Dennis Barry Belgica Marte

Dorothy Russell Grace L. Brown



White Rose Senior Center Staff Lisa Krout Executive Director Brendaliz Gonzalez Bilingual Program Coordinator Jenna Wray Program Coordinator Raquel Rivera Program Assistant Elba Zambrano Food Service & Cleaning Specialist Chotz Grove Customer Service

Wits Workout Presented by:



Now Through August 2023 Dates & Time vary! June 29th!!!

Wits Workout is an interactive, engaging, brain health program for Older Adults. Drawing on brain health and aging research, University of Illinois Extension Educators designed this for professionals to facilitate these brain exercise classes. This interactive model serves a need in

increasing socialization, reducing isolation, and promoting intellectual engagement in older adults, all of

which complement current aging brain health research. Through its interactive dialog and experiential activities, this program will assist maintain or adopt longterm health-promoting behaviors through these ongoing brain exercise classes. Come join in the fun and you too can have better sleep, wonderful social connections, reduce your stress management and challenge yourself intellectually.

GET YOUR ENTRIES IN FOR THE 2023 York state fair!



Entry Catalogs and Forms are available online. Printed copies are available for pickup or one can be mailed by calling the office at 717.848.2596.

When to Enter

All entry deadlines and drop off times are listed below. Walk-Ins are accepted.

What to Read

Exhibitors: Please read each departments rules and regulations as some things differ from department to department.

<u>Livestock Entries</u> Deadline - 6/12 <u>PPRC/Mail-IN Entries</u> Deadline - 7/7	<u>Hort Hall Entry Drop Off/</u> <u>Walk-Ins Accepted:</u> *7/18 - 1pm to 8pm *7/19 - 9am to 6pm *7/19 - (D.15 & D.40) 9am to 12pm	<u>Hort Hall & Old Main</u> <u>Entry Pickups</u> 7/31 - 12pm to 8pm 8/1 - 5pm to 7pm
<u>Hort Hall/Old Main/</u> <u>4-H & FFA/</u> <u>Online Entries</u> Deadline - 7/14	<u>Old Main Entry Drop Off/</u> <u>Walk -Ins Accepted:</u> 7/18 - 1pm to 8pm 7/19 - 9am to 6pm	* <u>PLEASE NOTE DATE CHANGE</u> Hort Hall Entry Drop Off/Walk-In Days have changed to the Tuesday and Wednesday before fair.
CONTACT US: 334 Carlis York, PA 17	/1/.848.2590	info@yorkstatefair.or



Remember, you must pre-register for your meal.

This is to ensure that we order enough meals. Lunch will be served inside by takeout containers. You are welcome to eat inside the building, or take your meal to go. If you are able, we prefer you walk inside to pick up your lunch (but respect if you are unable/or don't feel comfortable doing so). Lunch will

be served Monday through Friday, <u>at approximately 11:30.</u> It is your responsibility to Pre-Register for your own meals (We will train you on Co-Pilot and ask that you pre-register *at least* two business days in advance). Lunches cannot be held for the following day due to limited refrigerator

space. With our limited operating hours of 9am-2pm, we

are hopeful you will join us inside! Lunch will be served at 11:30 promptly following our Meal Time prayer (please know that this is subject to change based on delivery times from Nutrition Group- our food provider. If you are

pre-registered for your lunch, please be here on time. we

will call you to retrieve your lunch by the table you are seated at (if you choose to eat inside). For those who are grabbing their meals and leaving, it is important that you are here between **<u>11:30 and NOON</u>** to ensure you receive your meal. After noon, we start distributing meals on a first come, first served basis. *** Menu is always subject to change based on Nutrition Group***

Thank you for your cooperation!



Fresh Express will continue to be distributed at approximately 10:00am. (time subject to change based on delivery time from Central PA Food Bank). We will no longer be loading up your vehicles. You are expected to come inside with your cart/bags/boxes to go through the line (just like we were doing pre-Covid) and have your products handed off to you. You will not go through the line until your table is called up to retrieve your products.

<u>Please note</u>, JUST BECAUSE YOU ARRIVE FIRST does <u>NOT</u> mean you will be served first. Tables will be called in a Random Order. We are serving approximately <u>80</u> individuals, while supplies last. You will not go through the FOOD line until your table is called. Please remember, we do not provide bags or boxes. Please treat Staff, Volunteers, and other Members with respect. It is our pleasure to serve you.

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- MUST BE 60 OR OLDER AND LIVING IN YORK COUNTY
- MONTHLY INCOME REQUIREMENTS
 - MUST HAVE VALID ID

THE SENIOR FOOD BOX PROGRAM PROVIDES SENIORS WITH A FREE BOX OF FOOD EVERY MONTH TO HELP STRETCH THEIR INCOMES AND IMPROVE THEIR NUTRITIONAL HEALTH. BOXES TYPICALLY INCLUDE MILK, JUICE, CANNED MEAT, POULTRY, OR FISH, OATS, READY-TO-EAT CEREAL, RICE, PASTA, DRY BEANS, PEANUT BUTTER, AND CANNED FRUITS AND VEGETABLES.

WHITE ROSE SENIOR CENTER

27 South Broad Street, YORK PA 17403 717-843-9704

ASH

BINGO

SATURDAY JULY 22

Doors Open @ 11:00 Bingo Starts @ 12:15

50/50 Raffle DOOR PRIZES Includes 6 Cards Extra Strips: \$3.00 -or- 2/\$5.00

All proceeds to benefit White Rose Senior Center. Refreshments available for purchase. No outside food permitted. Alcohol & Smoking is strictly prohibited.



TICKETS: \$15 in Advance \$20 at the Door

2023 Senior Farmers Market Nutrition Program

Wednesday June 28th

9:00 am - 11:30 am

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 application is 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.ycaaa.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





White Rose Senior Center

27 S. Broad St.

June 6th 2023

10 am – 12 pm

Enjoy refreshments & enter for a chance to win several prizes Various wellness checks & mini-presentations

Come visit with vendors such as:

American Heart Association Area Aging Agency Bridge of Hearts Home Services Cardiovascular Experts of PA Country Meadows Enhabit Home Health Gentivia Hospice KFS Sr. Consultant Medicare Minnich's Pharmacy PA Polio Network Primerica Financial Seniors Blue Book YMCA Amy Flowers- Health Insurance Bellomo & Associates BrightStar Home Health Connected Care Partner Encompass Rehab Fox Therapy (in-home) Highmark Whole Care Liz Heath- Health Insurance PA Health & Wellness Powder Mill Assisted Living Right At Home (Homecare) Visiting Angels Home Care

QUESTIONS? Please contact Aimee Miller by phone at (717) 881-2527





Street Cleaning



First Tuesday of each month: NO PARKING on the FAR SIDE of Broad Street 7:15 AM- 11:45 AM First Thursday of each month: NO PARKING on the CLOSE SIDE of Broad Street 12:45 PM – 3:15 PM

YOU WILL BE TICKETED by YORK CITY! Tickets are \$50.

York County Elder Abuse Task Force

Fraud Alert Bulletin

May 2023

This is a Fraud Alert issued by the York County Elder Abuse Task Force.

Periodically, members of the Task Force, along with the County York District who Attorney's office prosecute these devastating financial crimes will offer warnings about the latest financial scams targeting seniors here in York County.

Educating seniors about financial fraud is a top priority of the York County Elder Abuse Task Force. With that in mind, we want every senior in York County to remember the 3 Rs:

<u>Recognize</u> a potential scam; <u>Refuse to make any hasty</u> decisions; and

Report suspicious activity to police.

Stay safe and feel free to contact Area Agency on Again at 717 771 9610 or the District Attorney Dave Sunday at the District Attorney's Office (717-771-9600) with any questions.

> York County Elder Abuse Task Force

FRAUD ALERT – AUTOMATIC WITHDRAWS

Fraudulent telemarketers have found yet another way to steal your money, this time from your checking account. Consumers across the country are complaining about unauthorized debits (withdrawals) from their checking accounts. Automatic debiting of your checking account can be a legitimate payment method; many people pay mortgages or make car payments this way. But the system is being abused by fraudulent telemarketers. Therefore, if a caller asks for your checking account number or other information printed on your check, you should follow the same warning that applies to your credit card number. Do not give out checking account information over the phone unless you are familiar with the company and agree to pay for something.

Remember, if you give your checking account number over the phone to a stranger for "verification" or "computer purposes," that person could use it to improperly take money from your checking account.

How To Protect Yourself

- Don't give out your checking account number over the phone unless you know the company and understand why the information is necessary.
- If someone says they are taping your call, ask why. Don't be afraid to ask questions.
- Companies do not ask for your bank account information unless you have expressly agreed to this payment method.

Secret Pal

Please make sure that if you are a part of the Secret Pal program that you are keeping in touch with your Secret Pal throughout the year. While gifts are not mandatory, it is required of you (at the very minimum) to send a card.

R&K Sub Sale



Orders to take place from June 1st through June 16th June 16th Money/Orders Due June 27th Sub Delivery

(Pickup During Lunch Distribution) <u>Pretzel Sandwiches</u>: \$6.00 <u>Subs</u>: \$7.00 ***Prices have increased***



<u>Subs:</u> Italian Ham Turkey Roast Beef American

Pretzel Sandwiches:

Italian Ham & Cheese Ham & Swiss Turkey & Cheese Roast Beef & Cheese Sweet Lebanon Bologna & Cheese Chicken Salad Egg Salad Tuna Salad

"R&K Subs uses only authentic Italian breads from local Italian bakeries such as ATV Bakery in Reading, and Seven Brothers in Camp Hill. Our meats, cheeses and produce come fresh from top-rated local vendors. R&K Subs stands behind all of our products, guaranteeing freshness and outstanding taste in every bite."

SENIOR FUN:

Hey Seniors! Do you want to meet some new friends? Socialize? Snack and play Bingo for fun? Join Lori & Kristi at the Shiloh Fire Department, located at 2190 Carlisle Road, YORK PA 17408 from 10:30 – Noon. If you want, bring a snack to share. There is no cost for this activity so mark your calendars and bring a friend! Bring a Bingo Dabber!

Tuesday June 6th

BORGO

Tuesday July 11th



Tuesday August 15th

Tuesday September 12th

PROVIDED BY: FAMILY FIRST HEALTH WHERE: WHITE ROSE SENIOR CENTER

FIRST WEDNESDAY OF EVERY MONTH

FREE BLOOD PRESSURE CHECKS

WEDNESDAY JUNE 7 9:30 AM - 11:30 AM



WE WANT TO HEAR FROM YOUR **MEMBERS!**

We are looking to interview Pennsylvania residents ages 60 and older. The School of Social Work at Temple University is interested in learning about how people are managing through the COVID-19 pandemic, including what has been helpful and what has made it more challenging.

- The interview will take about 1 hour
- It will take place by phone or video conference.
- Each participant will receive a \$20 gift card in exchange for their time!
- All responses will be kept confidential, and will only be reported together with other responses.
- Recruitment incentives are available for organizations interested in partnering with us.

For more details, or with any questions, please contact Astrid Uhl, phone: 215-204-8673 | email: AgeConnect@temple.edu



School of Social Work

This project is funded by the PA Department of Health COVID-19 Health Disparities Grant.

CHECK OUT THE S.T.A.R.S. PROGRAMS

"S.T.A.R.S." stands for "Senior Time Activities for Residents of Springettsbury", although any person, 50 and over, are welcome to attend. The Spring 2023 classes are as follows:

STARS Program Class: Gourd Fairy House

Let's create a gourd fairy house! Linda Stinnette will start you off with a pre-assembled gourd house to decorate as you choose. You will be using acrylic paint to add details on your house; decorate windows, doors, thatched roof.... and whatever your creativity calls you to do. There will be an assortment of items to use to decorate your gourd with that will need to be glued on. All supplies will be provided so all you need to do is bring yourself and your "creative fairy" to make your little gourd home! Hope you can join in the fun!

Supplies: All supplies provided by instructor. Instructor: Linda Stinnette Date: June 21, 2023 Day: Wednesday Time: 2:00 – 4:00pm Location: White Rose Senior Center 27 S. Broad St., York, PA 17403 Cost: R-\$10 NR-\$15 Payable to Springettsbury Township Prior To Class Maximum for Class: 10 Participants



STARS Program Class: Needlefelted Simeon Shephard – Part 1

Mary Jane Miller will teach you how to needlefelt this cute shepherd holding his lamb. Using a special barbed needle and roving we will make the body in the first class. In the second class we will dress him in his shepherd clothing along with making his staff and lamb. Some needlefelting experience is helpful. Supplies: Car Wash Sponge

Instructor: Mary Jane Miller Date: July 25, 2023 Day: Tuesday Time: 2:00 – 4:00pm Location: White Rose Senior Center 27 S. Broad St., York, PA 17403 Cost: R-\$10 NR-\$15 Payable to Springettsbury Township Prior To Class Maximum for Class: 8 Participants



STARS Program Class: Needlefelted Simeon Shephard – Part 2

Mary Jane Miller will teach you how to needlefelt this cute shepherd holding his lamb. Using a special barbed needle and roving we will make the body in the first class. In the second class we will dress him in his shepherd clothing along with making his staff and lamb. Some needlefelting experience is helpful. Supplies: Car Wash Sponge

Instructor: Mary Jane Miller Date: August 1, 2023 Day: Tuesday Time: 2:00 – 4:00pm Location: White Rose Senior Center 27 S. Broad St., York, PA 17403 Cost: R-\$10 NR-\$15 Payable to Springettsbury Township Prior to Class Maximum for Class: 8 participants



STARS Program Class: Decorative Wine Bottles with Twine

Let's see how creative we can be! Judy Enders will show us how to recycle glass bottles (wine, olive, whiskey) to make a decorative item for your home. Judy will provide all of the supplies and accessories!

Supplies: Tacky Glue and Scissors Instructor: Judy Enders Date: August 8, 2023 Day: Tuesday Time: 2:00 – 4:00pm Location: White Rose Senior Center 27 S. Broad St., York, PA 17403 Cost: R-\$10 NR-\$15 Payable to Springettsbury Township Prior To Class Maximum for Class: 8 Participants



STARS Program Class: Decorative Gourd Bowl

Linda Stinnette will show you how to make this creative decorative gourd bowl during this workshop. Using your own personal design made of twine, you will create a textured effect on the bowl which will then be emboss with foil and add color if desired. Edges will be finished with woven grass roping that will be hot glued on. All supplies will be provided. Bring your ideas and creativity for this unique workshop!

Supplies: Scissors Instructor: Linda Stinnette Date: August 23, 2023 Day: Wednesday Time: 2:00 – 4:00pm Location: White Rose Senior Center 27 S. Broad St., York, PA 17403 Cost: R-\$10 NR-\$15 Payable to Springettsbury Township Prior to Class Maximum for Class: 10 Participants



STARS Program Class: Bingo and Lunch at Hoss's Steak & Seahouse

White Rose Senior Center and Springettsbury Township will offer "Bingo" at Hoss's Steak & Seahouse. Prizes will be given to all of the winners. Lunch will be served prior to Bingo. Come and join in the fun! Date: August 30, 2023

Date: August 30, 202 Day: Wednesday

Time: 11:00 – 1:30pm

Location: Hoss's Steak & Seahouse – 3604 E. Market St, York, PA 17402 Cost: \$5.00 payable to Springettsbury Township prior to the class for bingo. (No Resident / Non-Resident Differentiation); Lunch is on your own. (Approximately \$11.00-\$13.00 for your meal and beverage) You must eat there in order to play bingo!



How to Registration For the STARS Programs?

- 1. Go online to www.springettsbury.com and find the STARS programs.
- 2. Go to the Springettsbury Township Building and pay in person with this form or one you find online that you printed off, or that is in the Springettsbury Township Bulletin. (*Currently they are located at 3501 N. Sherman St. Ext., York, PA 17402 Wastewater Treatment Plant*)
- 3. Or, mail the form below into Springettsbury Township.

To register for the classes, complete and detach the Registration Form below. Make your check payable to "Springettsbury Township Recreation". There is a \$10.00 registration fee for each class (except Bingo which is \$5.00) and if you are not a resident of Springettsbury Township there is an additional \$5.00 towards the class with the exception being for Bingo. <u>The money is due prior to the class or program!</u> Please mark the class or classes you are signing up for in the memo section of your check.

Mail your Registration Form and Check (if applicable) to: Springettsbury Township 1501 Mt. Zion Rd. York, PA 17402

For additional questions, contact Lisa Krout at White Rose Senior Center (717-843-9704), Maribel Batista or Brandy Shope at Springettsbury Township (717-757-3521).