

Winter Weather Information!



The Senior Center will be closed during severe weather conditions.

A call will go out to active participants in our system. If your phone number has changed, call the center at 717.244.0340 x1 and leave a message for Dona, who will update your information.

If school is closed, we are closed. Always err on safety. We have been supplying extra meals for these days. We will announce winter closings on WGAL8 when foreseen.

Stay warm, dry, and nourished, stock up with nonperishables. Wear clothes in layers, wear safe footwear, and heavy socks, and have your medications on hand. Keep your gas tank full, and your car serviced to prevent breakdowns. If you use heating fuel, be sure your fuel is adequate, and have safe alternatives available. Chimneys and flues should be checked for safety and proper venting.

Always keep your phone charged and with you at all times. Be sure to let someone know when you are leaving your home. If you experience hypothermia (The symptoms of hyperthermia can vary. Some common symptoms include shivering, cold and pale skin, numbness or tingling in limbs, confusion, slurred speech, weariness, and decreased breathing or heart rate) call 911 at once and keep your skin dry and warm. Consult with your medical professional before shoveling or doing outdoor work in severe weather. If you must go out, be sure to inform another person and limit your time outdoors. Plan to stay indoors!

Keep your gas tank full, if you have heating problems, communicate with family or friends with whom you might be able to visit till the issue is resolved. If you are in danger call YCAAA AT 717.771.9610. 911 should be called for all medical concerns.

The Pennsylvania Low-Income Home Energy Assistance Program (LIHEAP) helps low-income people pay their heating bills through energy assistance grants. People do not need to have an unpaid bill to receive energy assistance and can receive this money without being on public assistance. You can either rent or own your home. LIHEAP is a grant and does not have to be repaid. LIHEAP offers both cash and crisis grants. LIHEAP hotline at 866-857-7095. Individuals with hearing or speech impairments may call PA Relay Services by dialing 711. Opening Date: November 1, 2023, closing date April 26, 2024.

Keep things available to occupy your time. Extra puzzles, coloring sheets, and other games are available at the center to take home.

Arrange to talk with family and or friends daily, this will supply you with a daily well-check and time for social interaction. If you have a smartphone, you can access games and online reading.

If experiencing a Crisis there is help available. For Crisis Emergencies, call WellSpan Crisis Services: at 717-851-532: There is also a Suicide and Crisis Lifeline: Dial 988 or 1-800-273-TALK (8255). The York County Area Agency on Aging website can be accessed for resources at <https://yorkcountypa.gov/162/Agency-on-Aging>.

Be safe, Patricia.

Information is not meant to replace professional advice.