



Monthly Newsletter

July 2026

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🌞 July Is UV Safety Month

🛡️ **Protect Yourself from Harmful Sun Exposure**
July is nationally recognized as UV Safety Month, a timely reminder to protect our skin and eyes from the sun's ultraviolet rays. While everyone benefits from sun safety practices, older adults face heightened risks that make sun protection especially important.

👴👵 **Why Are Seniors at Higher Risk?**
As we age, our skin naturally becomes thinner and more fragile, and our body's ability to repair cellular damage caused by UV radiation diminishes. Many common medications including diuretics (water pills), antibiotics, and anti-inflammatory drugs can increase photosensitivity, meaning your skin may burn faster or more severely than expected. It is always good to ask your doctor or pharmacist whether any of your current medications may affect your sensitivity to sunlight.

- 🎯 **Top 5 Sun Safety Tips for Seniors**
1. Time outdoor activities wisely 🕒 UV rays are strongest between 10 a.m. and 4 p.m. Plan walks, gardening, and outdoor activities for early morning or late afternoon whenever possible.
 2. Use sunscreen and reapply it 🧴 Apply a broad spectrum sunscreen with SPF 15 or higher to all exposed skin. Reapply every two hours and immediately after swimming or sweating. Do not forget often missed spots such as the ears, the back of the neck, and the tops of the feet.
 3. Dress for protection 🧢 Wear lightweight long sleeved clothing, a wide brimmed hat, and UVA and UVB blocking sunglasses. Wraparound styles offer the best coverage for your eyes and the delicate skin around them.
 4. Stay hydrated throughout the day 💧 Drink water regularly even if you do not feel thirsty. Older adults are more susceptible to dehydration, which can worsen the effects of sun exposure. Keep a water bottle nearby when outdoors.
 5. Schedule regular skin checks 🩺 Visit a dermatologist annually for a full skin check and perform self examinations regularly. Know the ABCDE warning signs of melanoma A Asymmetry B Border irregularity C Color variation D Diameter larger than a pencil eraser E Evolving size, shape, or color.

Farmer's Market Vouchers Available Starting June 2!

The Senior Nutrition Farmers Market Voucher Program is returning for another season of fresh, local produce. Older adults in Perry County who qualify can once again receive vouchers to purchase locally grown fruits and vegetables from participating farmers. This program not only supports healthy eating, it also strengthens our local agricultural community. It's a wonderful way to enjoy Pennsylvania's summer harvest while stretching your grocery budget. Beginning Tuesday, June 2nd, Farmer's Market Vouchers will be available at all six Perry County Senior Community Centers. Vouchers will be distributed through Wednesday, September 30th, or until supplies are gone.

Please note: Vouchers will NOT be available at the Perry County Area Agency on Aging office.

Eligibility Requirements for Perry County:

- Must be 60 years of age or older
- Must reside in Perry County
- Must meet the program's income guidelines

We encourage all eligible older adults to take part in this valuable program that brings together fresh food, community connection, and support for local farmers.

Office Closing — Independence Day

Updated Holiday Information

 **Office Closed — Friday, July 3, 2026** The Perry County Area Agency on Aging office will be closed in observance of Independence Day. Since Independence Day (July 4) falls on a Saturday this year, the federal and state holiday is observed on Friday.

 Home Delivered Meals (HDM) will be delivered on Thursday, July 2, 2026. Each consumer will receive two meals that day. Home delivered meals will resume on Monday, July 6, 2026.

 Regular office hours will also resume on Monday, July 6, 2026.

Meal Delivery Schedule Update – Effective July 6, 2026

Beginning **Monday, July 6, 2026**, home-delivered meals will be provided four days per week. There will be no deliveries on Wednesdays. All other delivery days will remain the same, and meals will continue to be prepared with the same quality and care our consumers rely on.  

Turning 65? New to Medicare?

 **Monday, July 13** at 1:30pm

Understanding Medicare can feel overwhelming, but you don't have to figure it out alone. Join us at the Perry County Area Agency on Aging for a clear, easy-to-follow Medicare 101 session.

 Register by calling 717-582-5128

Presented by PA MEDI

What You'll Learn

- Eligibility & Enrollment 
- Costs, Notices & Penalties 
- Original Medicare, Medigap & Advantage 
- Parts A & B Services 
- Part D Prescription Coverage 
- Switching Plans 
- Savings Programs 

Caregiver Corner

Free Caregiver Support Events

Perry County caregivers are invited to join a series of free educational sessions designed to strengthen caregiving skills and provide valuable support.

 Penn State Extension Office 8 South Carlisle Street, New Bloomfield
 9:00 AM–12:00 PM (light refreshments provided)

July 2 — Foundations of Caregiving

Learn essential caregiving skills and effective communication strategies.

August 31 — Care & Support Services

Explore local resources that help caregivers and support independence.

September 23 — Dementia-Related Behaviors

Gain practical tools for responding to challenging dementia behaviors.

All sessions are led by Sonya Ryan Nace, Penn State Extension Educator, with special guests throughout the series.

 Register: Call the Perry County Area Agency on Aging at 717-582-5128.



Grandparent/Emergency Scam Alert

Scammers are pretending to be grandchildren in trouble to pressure seniors into sending money fast and in secret.



How It Works

A caller or texter claims to be your grandchild, sounds scared, and demands immediate help. He is hoping you'll panic and act quickly.



Protect Yourself

- Hang up
- Verify with family
- Never send secret money



If someone demands urgent, secret money, it's a scam!



Perry County Senior Community Centers

Senior community centers offer a friendly and supportive place for older adults to stay active, learn new skills, and build meaningful connections with others . They play an important role in reducing isolation and promoting overall well-being by providing resources, social opportunities, and a strong sense of belonging. You're invited to stop by any of the six senior centers listed below, open Monday through Friday, where you can enjoy a hot meal , take part in engaging activities , and spend time

Blain 717-536-3630

7 Blain Rd., Blain
Hours: Mon - Fri 8:00 - 1:00

Marysville/Rye 717-957-2525

198 Leonard St., Marysville
Hours: Mon-Fri 8:00 - 1:00

Central Perry 717-582-4508

227 W. Main St., New Bloomfield
Hours: Mon - Fri 8:00 - 1:00

Millerstown 717-589-3950

99 Greenwood St., Millerstown
Hours: Mon - Fri 8:30 - 1:30

Duncannon 717-834-4777

403 N. Market St. Duncannon
Hours: Mon - Fri 8:00 - 1:00

Newport 717-567-6058

Duncannon 2 N. 2nd St., Newport
Hours: Mon - Fri 8:00 - 1:00

Volunteer Opportunities



Volunteering strengthens our community and supports programs that rely on an extra helping hand. It's a great way to stay involved, share your skills, and make a positive impact in Perry County.

Opportunities include serving as a PA MEDI Medicare Counselor or joining the Perry County Advisory Council on Aging.



What's Going On in the Community?

JUNE 30-July 4

New Bloomfield Carnival 🎵 🍔

📍 Fireworks on the 4th at 10:30pm.

JULY 10 — 8:45 PM-10 PM

Moonlight Paddles 🌙 🚣

📍 Little Buffalo State Park

Enjoy a peaceful guided paddle under the evening sky.

JULY 11 — 5 PM-8 PM

Block Party 🎉 🎵

📍 Newport town square

Food trucks, line dancing, square dancing.

JULY 11 — 9 am- 2 PM

(rain date July 18)

Annual Rt. 22 River Fest and Car Show

📍 Millerstown Community park, 110

West Juniata Parkway

All makes and models and years of cars, trucks, tractors and motorcycles, food, bucket auction, and 50/50.

JULY 15-18

Ickesburg Fire Company Carnival 🎵

JULY 17 — 7 PM

Free Outdoor Movie Night 🌙 🎬

(Hosted in partnership with Abundant Harvest Church)

📍 Duncannon Area Park (Cooper Field)

Bring a lawn chair and enjoy a free movie **TBA**

JULY 22 — 6:30 PM (rain date July 23)

Elvis in the Park Concert 🎤

📍 Millerstown Community park, 110

West Juniata Parkway

Remember to bring your lawn chair and enjoy this free concert.

Refreshments available for purchase.

JULY 25 — 8:45 PM

Movies in the Park: National Treasure

📍 Veterans Memorial Park, Newport

JULY 26 — 11 AM-1:30 PM

Sunday Dinner 🍗

📍 Duncannon EMS, 16 Shermanata

Drive

Baked Chicken & Filling, Peas, Mashed Potatoes. Dinners Include Rolls, Punch, Water, Coffee, & Delicious Desserts!

Adults (13 & Older): \$15.00

Children 5-12 Years Old: \$10.00

Children 4 & Under: No Charge

JULY 27- August 1

Marysville Lions Club Carnival 🎵

MONDAY NIGHTS (Weekly)

Monday Night BINGO 🎉 🎲

📍 Duncannon EMS, 16 Shermanata

Drive

Kitchen opens at 5:30 PM • Bingo at 6:30 PM

MONDAYS — 3 PM-7 PM

West Perry Farmers Market 🥕 🌻

📍 Lynn Shaeffer Dum Memorial

Park, Elliottsburg

Fresh produce, local goods, and friendly faces every Monday.