

**Summer 2022 Progress Report**  
**Age-Friendly Action and Evaluation Plan of York County, Pennsylvania**

AARP Network of Age-Friendly  
States and Communities

Enrolled in 2020  
Plan Submitted/Approved in July 2021



| Domain  | Goal                                                                                                                                                                                                                                                                                             | Organization                    | Target Metric                                                                                                                                                                                                                     | Update                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
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| Housing | Increase awareness of the benefits and costs of using features of Universal Design in new and modified housing to create dwellings where older residents can age safely and independently for as long as possible without major renovations; while maintaining homes' typical, appealing design. | AARP-PA                         | <p>At least two municipalities in York County incorporate universal design principles into their municipal codes</p> <p>At least one builder/developer/remodeler commits to introduce universal design into future work plans</p> | <p>Partnered with RL Mace Universal Design Institute to host webinar for York County Zoning Officials; 21 participated.</p> <p>As a result of the webinar several zoning officers are looking at changing existing ordinances to allow for senior housing developments and amending accessory dwelling ordinances from conditional to permitted use and increasing the allowable size of the ADU.</p> <p>Following the webinar, sent requested resources to the York County Zoning and Building Permit Officials group, including AARP's local ADU model ordinances.</p> <p>Jefferson Borough is currently amending the ADU ordinance to remove the requirement that occupants be certain family members. This allows for different types of "family" units not necessarily a traditional husband/wife and their direct blood decedent's. This also allows for a live in caretaker. They are also allowing children to reside in the ADU so the ADU can be used through all stages of life.</p>                                                                                                   |
| Housing | Increase in the variety of quality and affordable housing options that align with the needs and wants of York County's older adults.                                                                                                                                                             | York County Planning Commission | 4 new municipalities adopting senior friendly ordinance language                                                                                                                                                                  | <p>Information on Senior Housing Partnership website is updated as data changes.</p> <p>Municipal Profiles are referenced when interacting with YCPC about housing decisions.</p> <p>The LGAC – The Local Government Advisory Council has been re-organized. Created a monthly planning issues newsletter. Features included:</p> <ol style="list-style-type: none"> <li>1) A presentation of 2022 AARP Community Challenge Grants opportunities</li> <li>2) An article pertaining to the AARP Network of Age-Friendly State and Communities</li> <li>3) Information pertaining to the Funding to Support Homelessness Assistance and Supportive Services</li> <li>4) A summary of Walk Works Grants opportunities</li> <li>5) An article regarding Short-Term Rentals</li> <li>6) An article about Warrington Township's zoning ordinance updates, including provisions regarding Tiny Homes and subdivision design flexibility.</li> </ol> <p>Articles regarding the HOME Investment Partnership Program, and the York County Home Improvement Program will be featured in future editions.</p> |

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|         |                                                                                                                                                                     |                                         |                                                              | <p>Led a discussion at a recent LGAC meeting about the “Missing Middle Housing” concept.</p> <p>Two recent over-55 developments have been reviewed; Penn Township – Deveners Landing (121 units) and Dover Township – Bupp McNaughton (209 units).</p> <p>Our continued partnership with Woda Cooper Development is expected to produce a 43 one-and-two apartment complex for persons age 62 and older in Dallastown Borough. Settlement is expected in June with construction expected to begin immediately afterward.</p> <p>Additionally, as part of the Pleasant Acres Annex project, we are anticipating that funds will be requested to support the rehabilitation of the existing building into 50 efficiency style and one bedroom units for persons age 62 and older. The developer intends to submit this project for tax credit consideration at the end of June for the 2022 funding round.</p> |
| Housing | Increase residents’ awareness about planning for where and how they want to live as they age, especially when they need assistance with activities of daily living. | Affordable Housing Advocates            | 25% of residents have taken some action in planning          | <p>Partnered with YCCF’s TroveStreet on a pilot project to help up to 10 residents residing in our locations receive resources, inspiration, and guidance to help them plan for a quality aging experience reflective of their needs and wants. A TroveStreet navigator will help them complete their Aging in Place Plan.</p> <p>TroveStreet will also partner with Service Coordinators to create aging in place presentations for all residents.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Housing | Maintain safe and age-friendly affordable housing for low income older adults in York County.                                                                       | Servants, Inc. – Home Helps Program     | 400 homes                                                    | For the first quarter we are at 15 homeowners served.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Housing | Increase the social participation of residents participating in activities that help each thrive in the                                                             | Normandie Ridge Senior Living Community | 10% increase in residents participating in onsite activities | We offer an array of programs to increase residents’ engagement, including art therapy and maximizing programs at the Happy Trails Nature Park. This includes a possible bluebird trail project with local girl and boy scout troupes and our resident woodworkers.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |

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|                              | place they call home, by engaging community partners.                                                       |                                                          |                                                                                                                                                             | <p>Residents and the community are being invited to participate in idea generation and philanthropy toward a recreational area to include pickle ball.</p> <p>The projects involving external community, such as the lecture series and partnership with the Appell Center have not yet been explored, however, they remain on the list of priorities to engage the community.</p>                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Outdoor Spaces and Buildings | Develop a shared vision for advancing age-friendly parks and public spaces in York County.                  | AARP-PA                                                  | Activate at least two of the 12 York City parks                                                                                                             | <p>AARP and the City of York teamed up with <i>8 80 Cities</i> to explore ways to create healthier and more age-friendly parks and public spaces. 27 stakeholders participated.</p> <p>A follow-up interactive webinar led by <i>8 80 Cities</i> attracted 29 stakeholders to envision the activation of four specific city parks. This will help inform the City's Comprehensive Plan and advocating for American Rescue Plan Act dollars with the Mayor and City Council.</p>                                                                                                                                                                                                                                                                                                                          |
| Outdoor Spaces and Buildings | Increase the ability of York County's resident to age in place through the York County Trail Towns program. | York County Economic Alliance                            | <p>Completion of projects and program by Q4 2023</p> <p>Increase use by residents on the rail trail along the Trail Town communities over the age of 50</p> | <p>York County Trail Towns completed a master site development plan for the trail corridor through Glen Rock, which will improve ADA-compliant access between Ruins Hall and the Heritage Rail Trail and enhance trail crossings of two streets.</p> <p>YCTT is working with the borough of New Freedom to improve signage and crossing where borough streets intersect the trail.</p> <p>YCCT has provided \$49,000 in grants to small businesses to launch or expand services within the 7 trail town communities, with benefits to both residents and visitors within the walkable downtowns.</p> <p>YCCT has commissioned a trail user survey to determine a baseline for age and other demographics of Heritage Rail Trail users.</p> <p>YCCTT expanded to Hanover and Wrightsville in 2021-22.</p> |
| Transportation               | Increase in older adults' accessibility to do the things they need and want.                                | rabbittransit D/B/A York County Transportation Authority | 20% of York County individuals are registered                                                                                                               | <p>The tactics to achieve this goal include social media marketing push, outreach events, presentations, and partner commitment programs.</p> <p>We've held 5 outreach events, 4 presentations, and 4 partner commitment programs to date.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Transportation               | Increase availability and use of J-Ride Transportation services for seniors in York County.                 | York JCC                                                 | 15% increase in the # of Volunteers involved, # of Individuals served, and the total # of rides provided, per month                                         | Joined planned in July 2022.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |

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|                                    | Help individuals age in place with dignity by providing free rides to health services or other needed resources. |                                                                     |                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                   |
| Communication and Information      | Increase in people living more easily in their homes and communities as they age.                                | YCCF Embracing Aging                                                |                                                                       | Developed and launched in March/April TroveStreet, a new resource that offers guidance, information, and opportunities to help York County residents reimagine their approach to growing older. <a href="http://www.TroveStreet.com">www.TroveStreet.com</a>                                                                                                                                                      |
| Communication and Information      | Increase in advance care planning (ACP) documents being completed.                                               | Your Life Your Wishes (YLYW), sponsored by Hospice & Community Care | 25% increase in Education Sessions<br><br>50% increase in Death Cafes | The YLYW committee was relaunched under us, its new sponsor. Community members were recruited and implemented monthly meeting schedule.<br><br>Committee updated marketing materials.<br><br>To date, achieved a 200% increase in Education Sessions and a 50% increase in Death Cafes.                                                                                                                           |
| Communication and Information      | Increase technology competencies among older adults in York County.                                              | York County Libraries                                               | 50 older adults per month                                             | Planning and prep for the activities were underway but the Pandemic restrictions did not allow for any in-person programs or activities to occur in 2021. Tech time help was offered via the phone during this time period, and due to staff turnover and shortage, we are unable to pull these numbers at this time. We are currently developing plans to resume in-person technology assistance by this summer. |
| Communication and Information      | Increase awareness of York County's age-friendly plan goals, metrics, and progress.                              | Seniors BlueBook of South Central PA                                | 2 published infographics<br>100% contacts connected within 72 hours   | Included an article about York County's plan in the Winter 2022 edition. Will include an infographic of progress once received. To date, no organizations have inquired about participating in the plan to connect to Embracing Aging.                                                                                                                                                                            |
| Civic Participation and Employment | Increase in % of York County Economic Alliance employees age 50 and older.                                       | York County Economic Alliance                                       | 30% of YCEA employees are age 50 and older                            | YCEA has reviewed its HR and hiring processes.<br><br>YCEA has entered a permanent hybrid work format that allows greater flexibility for employees of all ages, including several employees providing care to older relatives.                                                                                                                                                                                   |
| Respect and Social Inclusion       | Improve negative attitudes on aging; ageism is reduced.                                                          | YCCF's Embracing Aging                                              |                                                                       | Created a new video interview series titled Senior Moments: Reframing the Way We Talk About Aging. <a href="https://www.youtube.com/playlist?list=PLNsPeWFE5gP9dpBbBNk6XrOG9p4G4cBod">https://www.youtube.com/playlist?list=PLNsPeWFE5gP9dpBbBNk6XrOG9p4G4cBod</a>                                                                                                                                                |

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|                                       |                                                                                                   |                               |                                                                                                                                                                                                                                                                                                                                                                                                                           | Continue to distribute monthly blogs and weekly FB posts to inspire positive views on aging.<br><a href="http://www.EmbracingAging.org">www.EmbracingAging.org</a> ; <a href="https://www.facebook.com/YCCFEmbracingAging">https://www.facebook.com/YCCFEmbracingAging</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| Respect and Social Inclusion          | Improve negative attitudes on aging; ageism is reduced.                                           | OLLI at Penn State York       | <ul style="list-style-type: none"> <li>• # of OLLI members actively working on a committee to improve attitudes about aging – 5</li> <li>• # of OLLI members reached with activities/campaigns to improve attitudes about aging – 200</li> <li>• # of activities and/or campaigns focused on improving attitudes about aging – 4</li> <li>• # of Partners OLLI works with to improve attitudes about aging - 2</li> </ul> | <p>OLLI convened a group of members who were interested in participating in an anti-ageism project; they named themselves the For Mature Audiences Only (FMOA) Committee.</p> <p>They are currently focused on one tactic, a Dear Abby letter format called, <i>Dear POLLI</i>. This column will appear in OLLI's newsletter and feature OLLI members' stories about ageism, along with thoughts about what to do about it.</p> <p>Persons of all ages are invited to contribute to this column because ageism impacts everyone.</p> <p>Data on Metrics to Date:</p> <ul style="list-style-type: none"> <li>• # of OLLI members actively working on a committee to improve attitudes about aging –3 very active, 2 hit-or-miss</li> <li>• # of OLLI members reached with activities/campaigns to improve attitudes about aging –1200 members and “friends” receive our weekly newsletter.</li> <li>• # of activities and/or campaigns focused on improving attitudes about aging –1</li> <li>• # of Partners OLLI works with to improve attitudes about aging – 0</li> </ul> |
| Respect and Social Inclusion          | Increase intergenerational activities between York community older adults and college students.   | Penn State York               | 1 college course with community adults from both inside and outside of OLLI participate in an intergenerational course at Penn State York                                                                                                                                                                                                                                                                                 | Penn State developed a new course titled <i>Perspectives on Aging</i> . Additionally, an <i>Adult Development and Aging</i> class has piloted having community adults attend the course as well. The integration was well received by students and community adults.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Health Services and Community Support | Increase older adults' awareness of sexually transmitted diseases and understanding about healthy | City of York Bureau of Health | 50 older adults per year                                                                                                                                                                                                                                                                                                                                                                                                  | We saw a total of 32 older adults between June 2021 and April 2022. In that time, we provided an in-depth educational session which included reviewing disease transmission, assessing risk and providing condoms. Most of the senior centers were closed or operating on a limited basis and only allowing clients. However, we have conducted field visits providing educational pamphlets about our services and how to prevent the spread of disease. We continue to see an increase in patients requesting STD testing at our clinic site. We hope to re-engage in outreach efforts by this summer if COVID cases decline.                                                                                                                                                                                                                                                                                                                                                                                                                                              |

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|                                       | relationships and sexual intimacy.                                                                                                                                                                                                                              |                               |                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Health Services and Community Support | Increase older adults' overall nutritional and physical health.                                                                                                                                                                                                 | City of York Bureau of Health | <p>4 activities to promote nutritional health</p> <p>4 activities to promote physical health</p>                                                                                                                                                                    | Promoted the Farmers Market Nutrition Program. Conducted evidence-based nutrition education and incentive programs, such as Heart Smarts. Implemented 2 awareness raising activities to promote walking or bicycling. Distributed 320 Matter of Balance checklists, 20 Stopping Elderly Accidents, Deaths, and Injuries toolkit brochures, and training a health specialist to be a Master Matter of Balance Trainer. |
| Health Services and Community Support | Create an 8-bedroom home in York County exclusively for end-of-life care that will provide continuous care for the resident; relieve the caregiving burden and provide respite to the family; and be a valued partner to all hospice and health care providers. | Pappus House                  | Average of 180 families served per year                                                                                                                                                                                                                             | <p>We are completing the design phase with Kinsley and architects. Construction is set to begin in June.</p> <p>Raised over 87% of our Capital Campaign goal and have just started the community phase of our campaign to raise the remaining.</p> <p>The projection is to open the new home to its first families in the first quarter of 2023.</p>                                                                  |
| Health Services and Community Support | Increase in the number of York County patients and families experiencing an optimal hospice experience during their final months of life.                                                                                                                       | Hospice and Community Care    | <ul style="list-style-type: none"> <li>• % of penetration - 80%</li> <li>• # of supportive care admissions – 80</li> <li>• # of grief education and support service sessions – 5</li> <li>• # of education programs to healthcare and senior living – 20</li> </ul> | <p>Hospice 101 educational content developed and shared with all York County skilled nursing facilities and WellSpan Rehab Hospital staff.</p> <p>Ongoing meetings occurring with inpatient and outpatient cardiology, oncology, pulmonary, and internal medicine groups.</p> <p>A community program is scheduled for this summer.</p> <p>App in development.</p>                                                     |

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|                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |          | <ul style="list-style-type: none"><li>• Status of app – developed and utilized by patient families</li><li>• # of volunteers - 59</li></ul> |                              |
| Health Services and Community Support | Continue and expand resumption of life activities for participants in Momentum, a movement program for people with neuro-cognitive conditions. Facilitate hobby-based social outings and activities such as playing golf or music together, which participants previously enjoyed before they lost mobility due to Parkinson's, Early Stage Dementia, Strokes, TBI, etc. Further the positive mental health benefits raised by regaining flexibility, strength, and balance in a group setting by | York JCC | 1 event or activity per month                                                                                                               | Joined planned in July 2022. |



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|                          | facilitating social activities that involve movement.                                                                                                 |                                  |                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Social Participation     | Increase in older adults with improved quality of life through participation in offerings that focus on positive attributes of aging.                 | Aging2.0 for South Central PA    | 30 older adults                                                           | No update.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| Social Participation     | Increase participation in our Tuesday Club, which meets weekly on Tuesdays from 10:30 AM – 12 PM and provides educational programming for adults 55+. | York JCC                         | About 45 regular participants (increase by 50% over the course of a year) | Joined planned in July 2022.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| Other: Elder Abuse       | Increase community awareness of signs of elder abuse and how to report it.                                                                            | York County Area Agency on Aging | 7 sessions                                                                | <p>Since July, conducted 6 sessions discussing older protective services and it growth.</p> <p>The taskforce has met once, but we have worked with various members of the group on multiple protective service cases.</p> <p>Now that things are getting back to some normalcy, we are receiving more interest from the community for in person sessions, so things should be picking up.</p>                                                                                                                                                                                                                                                                                             |
| Other: Dementia Friendly | Increase educational resources and support services for people living with dementia and their caregivers.                                             | Windy Hill Senior Center, Inc.   | 24 participants                                                           | Unfortunately, we are not having much success with this program currently. We planned an 8-week memory care support program (see attached) with a Dementia Friends presentation as the opening and information session. We did not get any interest. It's unfortunate because we have members who have been diagnosed with dementia and attend with their care partners. However, they are not willing to make the commitment to participate. Going forward, we are going to survey several of those members to try to determine what is keeping them from participation. Maybe if we can identify those barriers, they can be addressed. We have a good network to help us to market the |

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|                                |                                                                                                                                                 |                                                                                                |                                                 | <p>program, but something is not connecting. One of the other strategies we talked about is creating a database of medical professionals (GP's) and getting the information out to them, so they are able to refer patients.</p> <p>I will continue to keep you updated on our progress. We are totally committed to providing this program for the community, so we will continue to work hard to determine other ways to encourage participation.</p> |
| Other:<br>Dementia<br>Friendly | Increase community awareness and knowledge to best support people living with forms of dementia and their care-givers.                          | Good News Consulting, Inc. on behalf of DEMENTIA FRIENDLY YORK/ADAMS                           | 25% increase in number of friends and champions | We trained an additional 530 friends in York County, resulting in a 54% increase. We trained an additional 10 champions in York County, resulting in a 38% increase. We are forming workgroups to continue our outreach and determining plans for 2023.                                                                                                                                                                                                 |
| Other:<br>Dementia<br>Friendly | Increase knowledge of first responders to improve service to York County's older adults, and people living with dementia and their care-givers. | York County Communication Foundation Embracing Aging (EA) and Good News Consulting, Inc. (GNC) | 10-12 trained                                   | <p>10 first responders participated in the pilot training, which received positive feedback. In addition to the curriculum, the session content included learning on ageism, dementia friends, dementia assimilation, Protective Services, and PennDOT's Yellow Dot program.</p> <p>A second training of another 10 first responders is scheduled for September 2022.</p>                                                                               |