



August 11, 2017

Message from the Secretary

On Tuesday of this week, like countless others, I was saddened when I learned of the death of country music legend, Glen Campbell. My immediate thought upon hearing the news brought me back to my childhood, when on countless weekends when our dad was not working, our family went out for pizza. The pizza we liked best was served at little restaurant close to our home. The bartender was a kind elderly gentleman who served us kids Shirley Temples; and the waitresses never complained when my siblings and I would argue over what songs to play on the jukebox. One of my brothers played the same song every time. Sometimes if he had enough quarters of his own, and more than the rest of us, he played the same song repeatedly, much to the displeasure of the rest of us. The song was Glen Campbell's, "Rhinestone Cowboy." Not that I disliked the song, but to hear it played over and over during the same pizza sitting was a bit much. Needless to say, upon hearing of his passing, I could taste the Shirley Temple drink, smell the aroma of the pizza, and hear the music coming out of the jukebox as Glen Campbell sang: *"Like a rhinestone cowboy, riding out on a horse in a star-spangled rodeo, like a rhinestone cowboy..."*

Anyone old enough to remember the 1960s and 70s is old enough to remember Glen Campbell. This guitar-playing, country-music singing pop star had a string of huge hit songs, along with a network TV variety show and a part in John Wayne's movie, True Grit. And for those of us whose lives have been touched in some way, shape, or form by Alzheimer's disease, we recall in 2011 when he and his family bravely revealed his Alzheimer's diagnosis. During his five decades in show business, he released more than 70 albums, sold 45 million records, and his last documentary, *"Glen Campbell: I'll Be Me"* was nominated for an Oscar. It showcased the singer's battle with Alzheimer's as he said farewell with a final 151-date nationwide tour in 2011 and 2012. The film, released in 2014, offered a poignant look at his decline from Alzheimer's, while also offering him and his family the chance to "share (their) story with the world," knowing it was "just the beginning of (their) continuing to journey with this devastating disease."

Campbell, along with his wife, Kim Campbell, and their children became advocates for the Alzheimer's Association. Their tireless advocacy efforts even brought them to Capitol Hill where they spoke out on behalf of millions of families in the United States facing the disease. The President and CEO of the Alzheimer's Association, Harry Johns, issued a statement in the wake of Campbell's death, which read in part, "Glen and his family helped to bring Alzheimer's out of the shadows and into the spotlight with openness and honesty that has rallied people to take action on behalf of the cause. In this spirit, we will continue to work aggressively to pursue greater awareness, provide support to families, and accelerate research to slow, stop and ultimately cure Alzheimer's disease."

Married for 35 years, Kim has made it her mission to improve the quality of life for people with dementia and their families. Last year, she launched: www.CareLiving.org, a website and social movement designed to provide information, inspiration, encouragement, empowerment, and hope to caregivers to care for themselves while caring for others. If you have not yet visited Kim's CareLiving website, I encourage you to do so. It features regular articles and updates from Kim

and a host of guest writers, including specialists, musicians, doctors and other caregivers. The site is poised to become the “go-to” source of hope and progress for caregivers worldwide by raising awareness through social media, events, education, real-world actions, and celebrity engagement.

In closing, I share with you a quote from Kim Campbell as she talked recently about her husband and her website, CareLiving: “Throughout his life, Glen demonstrated how the power of love, laughter, friendship, faith, and music helped him overcome many obstacles. I am determined to continue sharing his message with the world through my website where others can find hope, humor and direction from my own experience as well as through guest articles and posts from doctors, specialists, friends, and fellow caregivers.”

As we remember fondly, Glen Campbell and his legacy of sharing the gift of his music, along with his willingness to share his Alzheimer’s journey with others, please join me in keeping him and his family in your thoughts and prayers.

Teresa Osborne
Secretary

Personnel Update

Gregory Wirth started on 7/25/17 as the Director of the Perry County Area Agency on Aging. He can be reached at gwirth@perryco.org, 717-582-5130.

Jessica Lippert resigned on 8/4/17 as a Program Specialist contractor for the APPRISE Program, Central Region, in the Education and Outreach Office. Jessica continues with APPRISE Program responsibilities as an employee of Blair Senior Services, Inc.

Queenette Echefu completes her Legal Externship on 8/11/17 in the Office of Chief Counsel. We wish her success in future endeavors.

Deborah Fraser will move to another agency on 8/11/17 from her Temporary Clerical Pool assignment with the Communications Office. **Erica Urbina** will take over the Temporary Clerical Pool assignment on 8/14/17 and she can be reached at eurbina@pa.gov.

Education and Outreach Office

Health and Wellness Program

The Health and Wellness Program focuses on health promotion and disease prevention activities for older Pennsylvanians with a special focus on health risk screening, nutrition, chronic conditions, fall risk, exercise, and strengthening to prevent fall-related injury, monitoring behavioral health, and managing medications. Please see upcoming wellness workshops below:

Adams – Healthy Steps for Older Adults (fall risk screening & education)

McSherrystown Senior Center

201 S. Third Street

McSherrystown, PA 17344

Dates: September 21, 2017 and September 28, 2017

Time: 9:30 a.m. – 11:30 a.m.

Please contact: Phil Menges, Manager, McSherrystown Senior Center, at 717-632-7998

No charge for this class

Berks – Diabetes Self-Management Program (education on living a healthier life with Diabetes)

Berks Encore- Fleetwood Senior Center
109 W. Vine Street

Fleetwood, PA 19522

Schedule: Wednesdays, July 26, 2017 – August 30, 2017

Time: 9:00 a.m. – 11:30 a.m.

Please contact: Terry Becker, Senior Center Manager, at 610-944-9242

No charge

Friedens UCC Church

337 Main Street

Oley, PA 19547

Schedule: Wednesdays, October 4, 2017 – November 8, 2017

Time: 1:00 p.m. – 3:30 p.m.

Please contact: Martha Sitler, Vice President of Education, at 610-374-3195

No charge

Berks – Chronic Disease Self-Management Program (education on living a healthier life)

Berkshire Commons

5485 Perkiomen Avenue

Reading, PA 19606

Dates: Mondays, October 16, 2017 - November 20, 2017

Time: 5:45 p.m. - 8:15 p.m.

Please contact: Martha Sitler, Vice President of Education, at 610-374-3195

No charge

Butler – Healthy Steps for Older Adults (fall risk screening & education)

Fowler Building

165 Elm Street

Slippery Rock, PA 16057

Date: September 18, 2017

Time: 12:00 p.m. – 4:00 p.m.

Contact: Institute for Learning in Retirement, Inc., at 724-738-1604

Yes for non-members - Contact institute for information

Blair – Healthy Steps for Older Adults (fall risk screening & education)

Southern Blair Senior Center

15229 Dunnings Highway

East Freedom, PA 16637

Date: August 22, 2017

Time: 12:00 p.m.

Contact: Aubrey Lidwell, Community Services Program Coordinator, at 814-946-1235

No charge for this class

Website: www.blairsenior.org/content/senior-centers

Southern Blair Senior Center

15229 Dunnings Highway

East Freedom, PA 16637

Date: August 25, 2017

Time: 12:00 p.m.

Contact: Aubrey Lidwell, Community Services Program Coordinator, at 814-946-1235

No charge for this class
Website: www.blairsenior.org/content/senior-centers

Central Blair Senior Center
1320 12th Avenue
Altoona, PA 16601
Date: August 28, 2017
Time: 8:00 a.m.
Contact: Aubrey Lidwell, Community Services Program Coordinator, at 814-946-1235
No charge for this class
Website: www.blairsenior.org/content/senior-centers

Central Blair Senior Center
1320 12th Avenue
Altoona, PA 16601
Date: August 30, 2017
Time: 12:00 p.m.
Contact: Aubrey Lidwell, Community Services Program Coordinator, at 814-946-1235
No charge for this class
Website: www.blairsenior.org/content/senior-centers

Clearfield – Chronic Disease Self-Management Program (education on living a healthier life)

Graystone Court Villas
650 Leonard Street
Clearfield, PA 16830
Dates: Thursdays, September 7, 2017 - October 12, 2017
Time: 1:00 p.m. - 3:30 p.m.
Please contact: Heather Ressler at 814-768-7235
No charge for this class

Park Avenue Towers
420 Park Ave
Curwensville, PA 16833
Dates: Wednesdays, January 3, 2018 - February 7, 2018
Time: 9:30 a.m. - 12:00 p.m.
Please contact: Shelia Williams at 814-236-1526
No charge for this class

Clearfield – Diabetes Self-Management Program (education on living a healthier life with Diabetes)

Coalport Center For Active Living
850 Rear Main Street; Glendale Medical Center Complex
Coalport, PA 16627
Schedule: Fridays, August 4, 2017 - September 8, 2017
Time: 9:30 a.m. – 12:00 p.m.
Please contact: Sally Hurd, Center Director, at 814-277-4544
No charge

Mahaffey Center for Active Living
958 Market St
Mahaffey, PA 15757

Schedule: Tuesdays, August 1, 2017 - September 5, 2017
Time: 9:30 a.m. – 12:00 p.m.
Please contact: Sharon Hamilton, Center Manager, at 814-672-3574
No charge

Clearfield – Healthy Steps in Motion (exercise classes for strength & balance)

Mahaffey Center for Active Living
958 Market Street
Mahaffey, PA 15757
Schedule: Mondays and Thursdays at 10:30 a.m.
All activities are posted at www.ccaaa.net

Coalport Center for Active Living
851 Rear Main Street
Glendale Medical Center Complex
Coalport, PA 16627
Schedule: Tuesdays and Thursdays 10:30 a.m. – 11:30 a.m.
All activities are posted at www.ccaaa.net

Clearfield Center for Active Living
116 South 2nd Street
Clearfield, PA 16830
Schedule: Thursdays 10:00 a.m.
All activities are posted at www.ccaaa.net

Delaware – Chronic Disease Self-Management Program (education on living a healthier life)

Plush Mills Senior Living
501 Plush Mills Road
Wallingford, PA 19086
Dates: Tuesdays, September 12, 2017 – October 17, 2017
Time: 10:30 a.m. - 1:30 p.m.
Please contact: Ellen Williams, Program Manager, Health and Wellness, at 610-499-1937
No charge for this class
Website: www.plushmills.com/

Fayette – Healthy Steps for Older Adults (fall risk screening & education)

Brownsville Senior Center
302 Shaffner Avenue
Brownsville, PA 15417
Dates: August 22, 2017
Time: 9:30 a.m. – 2:30 p.m.
Please contact: Patricia Mounts, Health & Wellness Coordinator, at 724-228-7080
No charge for this class

Indiana – Healthy Steps in Motion (exercise classes for strength & balance)

Indiana Social Center
1001 Oak Street
Indiana, PA 15701
Schedule: Mondays, July 3, 2017 – August 28, 2017
Time: 9:15 a.m. – 10:15 a.m.
Please contact: Lori Sarver, Center Manager, at 724-465-2697

No charge for this class

Two Lick Valley Social Center
450 Franklin Street
Clymer, PA 15728

Schedule: July 3, 2017 – August 28, 2017

Time: Mondays, 11:00 a.m. – 12:00 p.m. and Fridays, 1:00 p.m. – 2:00 p.m.

Please contact: Betsy Miller, Center Manager, at 724-254-9820

No charge for this class

Lancaster – Chronic Disease Self-Management Program (education on living a healthier life)

Lancaster General Health Suburban Pavilion

2100 Harrisburg Pike

Lancaster, PA 17601

Dates: Thursdays, July 20, 2017 – August 24, 2017

Time: 1:30 p.m. - 4:00 p.m.

Please contact: Derek Bendetti, Health Promotion/Activity Coordinator, at 717-299-8370

No charge for this class

Website: www.lancastergeneralhealth.org/LGH/

Lackawanna – Healthy Steps in Motion (exercise classes for strength & balance)

VNA Hospice and Home Health

301 Delaware Ave

Olyphant, PA 18447

Schedule: Tuesdays and Thursdays

Time: 11:00 a.m.

Please contact: Nancy Post, Health and Wellness Coordinator, at 570-347-5616

No charge for this class

Lutherwood

1 Lake Scranton Rd.

Scranton, PA 18505

Schedule: July 10, 2017 – August 31, 2017

Time: 3:30 p.m.

Please contact: Wendy Carlin, Social Services Coordinator, at 570-346-3009

No charge for this class

Geneva House

323 Adams Avenue

Scranton, PA 18503

Schedule: Thursdays

Time: 2:00 p.m.

Please contact: Nancy Post, Health and Wellness Coordinator, at 570-347-5616

No charge for this class

Lackawanna – Healthy Steps for Older Adults (fall risk screening & education)

Dunmoe Activity Hub

1414 Monroe Avenue

Dunmore, PA 18509

Dates: October 24, 2017 and October 31, 2017

Time: 10:00 a.m.

Please contact: Nancy Post, Health and Wellness Coordinator, at 570-347-5616
No charge for this class

Lehigh – Healthy Steps in Motion (exercise classes for strength & balance)

Lehigh Valley Active Life

1633 Elm Street

Allentown, PA 18102

Schedule: Mondays and Wednesdays, September 18, 2017 – November 13, 2017

Time: 10:15 a.m. – 11:15 a.m.

Please contact: Lehigh Valley Active Life, at 610-437-3700

No charge for this class

Phoebe Apartments

1901 W. Linden St. 4th Floor Community Room

Allentown, PA 18104

Schedule: Mondays and Wednesdays, September 18, 2017 – November 13, 2017 (No class 10/9)

Time: 9:00 a.m. – 10:00 a.m.

Please contact: Monica Yastrzab-Kempf, RN Consultant, at 610-782-3618

Lehigh – 10-Keys to Healthy Aging (education on taking control of your health and Medicare Preventative Services)

Whitehall Lifestyle Center West Catasaqua Community Center

2301 Pine Street

Whitehall, PA 18052

Date: Wednesdays, September 13, 2017 – November 15, 2017

Time: 12:30 p.m. – 2:00 p.m.

Please contact: Lehigh Valley Active Life, 610-437-3700

No charge for this class

Lehigh Valley Active Life

1633 Elm Street

Allentown, PA 18102

Date: Mondays and Thursdays, October 12, 2017 – November 13, 2017

Time: 1:00 p.m. – 3:00 p.m.

Please contact: Lehigh Valley Active Life, 610-437-3700

No charge for this class

Lehigh – Healthy Steps for Older Adults (fall risk screening & education)

Lehigh Valley Active Life

1633 Elm Street

Allentown, PA 18102

Dates: Thursdays, October 12, 2017 – November 2, 2017

Time: 9:30 a.m. – 11:30 a.m.

Please contact: Lehigh Valley Active Life, 610-437-3700

No charge for this class

Luzerne – Chronic Pain Self-Management Program (education on living a healthier life with chronic pain)

Edwardsville Active Adult Center

57 Russell Street

Edwardsville, PA 18704
Schedule: Tuesdays, September 26, 2017 – October 31, 2017
Time: 10:30 a.m.
Please contact: Rachael Kiwak, Senior Center Director at 570-287-3381
No charge

Luzerne – 10-Keys to Healthy Aging (education on taking control of your health and Medicare Preventative Services)

Rose Tucker Active Adult Center
145 East Green Street
Nanticoke, PA 18640
Date: Wednesdays, September 6, 2017 – October 4, 2017
Time: 10:00 a.m. – 1:00 p.m.
Please contact: Gail Voyton, Center Director, 570-735-1670
No charge for this class

Montgomery – Chronic Disease Self-Management Program (education on living a healthier life)

Open Link
517 Jefferson Street
East Greenville, PA 18041
Dates: Fridays, August 4, 2017 - September 15, 2017
Time: 1:00 p.m.
Please contact: Sheila Ruth, Center Manager at 215-679-6550
No charge for this class

Montgomery – Diabetes Self-Management Program (education on living a healthier life with Diabetes)

Tri County Active Adult Center
288 Moser Road
Pottstown, PA 19464
Schedule: Fridays, September 15, 2017 – October 20, 2017
Time: 9:00 a.m.
Please contact: Sue McIntyre, Center Manager at 610-323-5009
No charge

Montgomery – Healthy Steps for Older Adults (fall risk screening & education)

Tri County Active Adult Center
288 Moser Road
Pottstown, PA 19464
Schedule: October 23, 2017 and October 25, 2017
Time: 10:00 a.m.
Please contact: Sue McIntyre, Assistant Executive Director
No charge

Northumberland – Diabetes Self-Management Program (education on living a healthier life with Diabetes)

Geisinger Shamokin Area Community Hospital
4200 Hospital Rd
Coal Township, PA 17866
Schedule: Thursdays, September 5, 2017 – October 10, 2017
Time: 10:00 a.m. – 12:30 p.m.

Please contact: GHP Wellness at 866-415-7138
No charge
Weblink: <https://events.geisinger.org/events.cfm>

Geisinger Shamokin Area Community Hospital
4200 Hospital Rd
Coal Township, PA 17866
Schedule: Thursdays, August 3, 2017 – September 14, 2017
Time: 1:00 p.m. – 3:30 p.m.
Please contact: GHP Wellness at 866-415-7138
No charge
Weblink: <https://events.geisinger.org/events.cfm>

Perry – Healthy Steps in Motion (exercise classes for strength & balance)
Marysville Senior Center
198 Leonard Street
Marysville, PA 17053
Schedule: Tuesdays and Thursdays September 12, 2017 – November 2, 2017
Time: 10:00 a.m. – 11:00 a.m.
Please contact: Allyson Valentine, Health and Wellness Coordinator at 717-582-5128
No charge

Philadelphia – Chronic Pain Self-Management Program (education on living a healthier life with chronic pain) Lay Leader Cross - Training
Wallace Building/Philadelphia Corporation for Aging
642 North Broad Street
Philadelphia, PA 19130
Schedule: August 23, 2017 and August 24, 2017
Time: 8:30 a.m. – 4:30 p.m.
Please contact: Diane P. Brown, Health Promotion Consultant, at 215-765-9000, ext. 5119
No charge

Potter – Healthy Steps for Older Adults (fall risk screening & education)
Oswayo Valley Senior Center
106 South Oswayo Street
Shinglehouse, PA 16748
Dates: September 26, 2017
Time: 8:30 a.m. – 2:00 p.m.
Please contact: Mary Jones, Senior Center Operator 1, at 814-697-7178
No charge for this class.

Ulysses Senior Center
522 Main Street
Ulysses, PA 16948
Dates: October 25, 2017
Time: 8:30 a.m. – 2:00 p.m.
Please contact: Tanya Barshinger, Senior Center Operator I, at 814-848-9880
No charge for this class.

Schuylkill – Diabetes Self-Management Program (education on living a healthier life with Diabetes)

Tamaqua Salvation Army
105 West Broad Street
Tamaqua, PA 18252
Schedule: Wednesdays, July 19, 2017 – August 23, 2017
Time: 10:00 a.m. – 12:30 p.m.
Contact: Jenny Wagner, Community Wellness Coordinator, at 570-624-3017
No charge

Schuylkill – Healthy Steps for Older Adults (fall risk screening & education)
St. John's United Church of Christ
232 E. Market Street
Orwigsburg, PA 17961
Dates: September 15, 2017 and September 18, 2017
Time: 10:00 a.m. – 12:00 p.m.
Please contact: Jenny Wagner, Community Wellness Coordinator, at 570-624-3017
No charge

Schuylkill – Healthy Steps in Motion (exercise classes for strength & balance)
St. John's United Church of Christ
232 E. Market Street
Orwigsburg, PA 17961
Schedule: Tuesdays and Thursdays September 19, 2017 – October 12, 2017
Time: 10:00 a.m. – 11:00 a.m.
Please contact: Jenny Wagner, Community Wellness Coordinator, at 570-624-3017
No charge

Schuylkill – Chronic Disease Self-Management Program (education on living a healthier life)
Schuylkill Haven Senior Community Center
340 Haven Street
Schuylkill Haven, PA 17972
Dates: Wednesdays, September 6, 2017 – October 11, 2017
Time: 12:30 p.m. - 3:00 p.m.
Please contact: Jenny Wagner, Community Wellness Coordinator, at 570-624-3017
No charge for this class

Snyder – Chronic Disease Self-Management Program (education on living a healthier life)
Middleburg Community Room
412 West Market Street
Middleburg, PA 17842
Dates: Thursdays, July 26, 2017 – August 30, 2017
Time: 9:30 a.m. - 12:00 p.m.
Please contact: Evangelical Community Health Education at 570-768-3200
No charge for this class
Website: www.evanhospital.com

Union– Diabetes Self-Management Program (education on living a healthier life with Diabetes)
Public Library for Union County
255 Reitz Boulevard
Lewisburg, PA 17837
Schedule: Mondays, July 10, 2017 – August 28, 2017 (No class July 31 or August 14)
Time: 9:30 a.m. – 12:00 p.m.

Contact: Public Library for Union County, at 570-523-1172
No charge
Website: www.geisinger.org/events

Washington – Chronic Disease Self-Management Program (education on living a healthier life)
Mon Valley YMCA
101 Taylor Run Road
Monongahela, PA 15063
Dates: Tuesdays, September 12, 2017 – October 17, 2017
Time: 9:30 a.m. - 12:00 p.m.
Please contact: Patricia Mounts, Health & Wellness Coordinator at 724-228-7080
No charge for this class

Wyoming – 10-Keys to Healthy Aging (education on taking control of your health and Medicare Preventative Services)
Laceyville Public Library
West Main Street
Laceyville, PA 18623
Date: Thursdays
Time: 10:00 a.m. – 1:00 p.m.
Please contact: Mary Tyler, Librarian, at 570-869-1958
No charge for this class

York – Diabetes Self-Management Program (education on living a healthier life with Diabetes)
St. Peter's Lutheran Church
947 N. George Street
York, PA 17404
Schedule: Thursdays, July 13, 2017 - August 17, 2017
Time: 9:00 a.m. – 11:30 a.m.
Please contact: Megan Craley, Administrative Officer 1, at 717-771-9610
No charge

HealthSouth Rehabilitation Hospital
1850 Normandie Drive
York, PA 17408
Schedule: Thursdays, September 21 – October 26, 2017
Time: 6:00 p.m. – 8:30 p.m.
Please contact: Megan Craley, Administrative Officer 1, at 717-771-9610
No charge

York – Healthy Steps for Older Adults (fall risk screening & education)
York Jewish Community Center
2000 Hollywood Drive
York, PA 17403
Dates: September 13 and September 20, 2017
Time: 1:00 p.m. – 3:00 p.m.
Please contact: Megan Craley, Administrative Officer I, at 717-771-9610
No charge for this class.

York – Chronic Disease Self-Management Program (education on living a healthier life)
Windy Hill On the Campus

1472 Roths Church Road
Spring Grove, PA 17362
Dates: Wednesdays, November 1, 2017 – December 6, 2017
Time: 9:30 a.m. - 12:00 p.m.
Please contact: Windy Hill On the Campus at 717-225-0733
No charge for this class

PA Link to Aging and Disability Resources

Luzerne/Wyoming/Lackawanna/Carbon County

Event: Collaborative Partner Meeting/Training

Description: Brian McAdarra, Older Adult Protective Service Supervisor for the Luzerne/Wyoming AAA will be training on Protective Services and reporting procedures in cases of Elder Abuse. Tammy Rodgers from the Domestic Violence Center will be training on “Senior Bullying”, focusing on the epidemic of bullying and how to handle it.

Location: Senior Care of Plains

Date: August 22, 2017

Time: 9:30-11:30

Contact: E-mail – JulieMann@ccaging14@ptd.net

Registration Deadline: August 16, 2017

Carbon/Luzerne/Wyoming/Lackawanna County

Event: “Speaking & Engaging with Consumers Who are Experiencing Stages of Memory Loss”

Description: Jeff Dauber, Alzheimer’s Association in conjunction with clinical staff from Heritage Hills Senior Community memory loss unit will be speaking to Caregivers, families and staff on how to speak and react to Residents and family members who are experiencing different stages of memory loss, whether it be a form of Dementia or the process of aging.

Location: Heritage Hills Senior Living Community

Date: August 19, 2017 Saturday

Time: 9:30-11:30. Breakfast provided by Heritage Hills.

Contact: E-mail – Julie Mann @ ccaging14@ptd.net

Registration Deadline: August 16, 2017

Cumberland County

Event: Dementia Live Experience

Description: Dementia Live™ is experiential learning that simulates cognitive and sensory impairment, giving participants a real-life simulation of what it must be like to live with dementia. Participants gain greater awareness and understanding of the constant struggles affecting persons with dementia as they go about their daily lives. Greater understanding leads to more sensitive care partnering.

Location: Claremont Nursing and Rehabilitation Center

Date: August 30, 2017

Registration: <http://www.olderpa.org/event-2614421>

Registration Deadline: August 28, 2017

Lancaster County

Event: Pennsylvania Link to Aging and Disability Resources Lancaster County partners’ network cross-training meeting

Description: Come to the August Link partners’ network cross-training meeting. Two cross-training presenters will share information relevant and topical for Lancaster Countians and resources partners. Coleen Kayden, Medication Information Services, will explain lots of things

about adverse drug effects in “Your medications ... the good, the bad & the ugly.” Second presenter, Bev Via, Lancaster County APPRISE coordinator’s presentation focuses on Pennsylvania’s state health insurance assistance program and its impact on citizens.

Location: Charles F. Snyder Funeral Home, 3110 Lititz Pike, Lititz, PA 17543.

Date: August 17 | 1:00 pm to 2:30 pm.

Contact: If you require accommodation or want more information, call or text to Brian Long, Link coordinator at 717.380.9714 or email bllink@mail.com

Registration Deadline: August 15

Announcements

Meals on Wheels Association of Pennsylvania 2017 Conference: Navigating the Changes

Join us at the Penn Stater Conference Center Hotel for an innovative and informative conference focused on our changing world in senior services. A pre-conference networking session will be held on the evening of October 4th providing you the opportunity to mix, mingle and meet other conference attendees and presenters. This year’s conference will feature presentations that will help us to understand the hospital perspective on services and how to hold a meaningful dialogue with hospital administrators by Brian Duke; a legislative overview and update by our MOWAPA Lobbyist, Roy Afflerbach, and an overview of understanding the needs of Pennsylvania’s aging population in challenging times by Secretary Teresa Osborne. For a conference brochure, registration information and more on the conference, please contact Karen Wood at WoodK@Diakon.org. Conference fee \$65 for members, \$85 nonmembers. Hotel rates through September 4 \$119/single or double with code provided.

2017 Pennsylvania Association of Senior Centers (PASC) Awards

Attention PASC Members! It's to nominate your center, center professional, or volunteer for the 2017 PASC Awards. There are centers, professionals and volunteers who work tirelessly all year to provide programs and services for their members and their communities. Please take a moment to nominate someone from your senior center so they may be recognized at this year's PASC Conference scheduled for October 4 & 5. Award winners will be recognized with a plaque and \$100, and will be presented at the conference at the opening luncheon on October 4th . Arrangements will also be made for accommodations, if needed, on October 3rd. Please note that only PASC member centers are eligible to receive the award.

Please send nomination forms to the address below. Nominations are due by August 15, 2017. For nomination forms, [please click here](#) or contact Tammy Miller at 717-225-0733 or millert@windyhillonthecampus.org.

2017 Pennsylvania Association of Senior Centers (PASC) Conference

The Annual PASC conference, “Prism of Possibilities” will be held October 4, 5, and 6 at the Nittany Lion Inn, State College, PA. On the agenda for this year: A Pre-Conference on October 4 which will be an evidence based training on the PDA Health and Wellness PDA training list. Topics at the main conference will include: music therapy, working with the LGBTQ community, signs of abuse and neglect in the elderly, working with local arts councils, explanation of service animals, therapy animals and support animals, hypno-breathing to reduce stress, maintaining passion for your job and understanding your communication style. The conference brochures will be emailed to the membership by mid-August. It will also be available on the www.pascpulse.org website at the same time. We look forward to another exciting conference at the Nittany Lion Inn in State College. The room block code for reservations is PAAJ17B. The hotel cost is \$130 per night plus tax.