



February 9, 2018

Message from the Secretary

Some of you may agree this past week was like being on a rollercoaster ride. If you agree with me, you enjoyed your fair share of ups and downs, endured moments of either shouting for joy or in angst, and through it all you wondered when the ride would end. Beginning this ride, many of us relaxed on a snowy Super Bowl Sunday, munching on all kinds of things not good for us, and holding on tight as a Pennsylvania victory brought the Philadelphia Eagles their first Super Bowl win in franchise history when they defeated the New England Patriots 41-33! On Tuesday, however, football season quickly gave way to budget season as Governor Wolf delivered his annual budget address, outlining his FY 2018-2019 budget proposal to a joint session of the legislature.

For me, gathering with my cabinet colleagues to listen to the governor's budget address is the honor of a lifetime. Everything about it brings up many emotions. The tradition, the environment, and the buzz in the air are omnipresent, but this year was different. At the beginning of his address, the governor donned an Eagles hat and took a moment to congratulate the Philadelphia Eagles, the City of Philadelphia, and all of Pennsylvania. He said, "I know, just like we're sometimes split between parties, we're also split between Eagles and Steelers here in the Commonwealth. But we're all fans of Pennsylvania and the Eagles and their devoted fans deserve this moment and we should all be happy to share it," prompting a thunderous applause, shouts of joy, and plenty of green scarves and hats being waved in the air. We were proud Pennsylvanians, united in victory. The governor noted that our Commonwealth has always been proud of the work we do, the industries we've built, the communities we grew and raised our kids in, and the traditions that we passed down through generations. Subsequently, he challenged all Pennsylvanians to join him in writing the next chapter of Pennsylvania's proud story.

Following the governor's budget address I held a budget briefing call with the network of Area Agency on Aging Administrators and a separate call with the Pennsylvania Council on Aging, describing that the governor remains committed to three key themes: schools that teach, jobs that pay, and a government that works. From an aging lens, the Wolf Administration continues to focus its attention on ensuring that older Pennsylvanians can age in place in their homes and communities, and that they are protected from all types of abuse, neglect, and exploitation. From a health and human services perspective, the budget again recommends streamlining government, including consolidating the Department of Health and Department of Human Services into a new, unified department. While the Departments of Aging and Drug and Alcohol Programs are not included in this unification proposal, we continue to work with our sister-state agencies to improve efficiencies, eliminate duplication, and better serve Pennsylvanians who are in need of public health, human, and social services. If you want to learn more about the details of the governor's proposed 2018-2019 budget, click [here](#).

Mid-week brought another winter storm and snow day as Harrisburg government offices closed due to treacherous weather, but the skies cleared in time for yesterday's parade honoring the

2018 Super Bowl Champs, the Philadelphia Eagles. Coming from a family with generations of Eagles fans, I received plenty of lively texts throughout the day from family members who gathered in Philadelphia for the festivities. From all accounts, the City of Brotherly Love's first Super Bowl parade was an emotion-filled rally. Hundreds of thousands of fans jammed the streets leading to the city's art museum steps, which Sylvester Stallone made famous in the movie *Rocky*, in celebration of an NFL title that many thought might never come.

The Eagles parade Thursday was also highlighted by the chance I was given to engage in conversation with Dr. Whitney Bailey, who was recently appointed by President Trump to serve as Deputy Administrator for Regional Operations and Partnership Development for the U.S. Department of Health and Human Services' Administration for Community Living (ACL). Dr. Bailey will work for the U.S. Assistant Secretary for Aging and ACL Administrator, Lance Robertson, to ensure that the goals of ACL, to bring together the efforts and achievements of the Administration on Aging, the Administration on Intellectual and Developmental Disabilities, and the HHS Office on Disability, are achieved. Needless to say, the opportunity to hear Dr. Bailey talk about her new role was exciting, as ACL is the Federal agency responsible for increasing access to community supports, making certain that attention is paid, and resources are focused on the unique needs of older Americans and persons with disabilities across the lifespan. What a great way to wrap up the week. Or so I thought.

As I sat at my computer last evening to begin this week's Wrap-Up Message, the rollercoaster ride endured. The clock read 8:45 p.m. when I saw that the White House Office of Management and Budget had instructed federal agencies to prepare for a government shutdown at midnight. While this marked the second federal government shutdown in less than a month, thankfully, with the break of dawn, the federal government reopened. In essence, the federal government shut down and reopened while most of us slept. A vote was taken at 5:30 a.m. and passed, 240 votes to 186, a two year spending bill that will also fund the government for an additional six weeks. Earlier this morning President Trump signed the bill and reopened government.

While the details continue to be flushed out, as aging advocates, I trust you are all paying close attention to the federal discretionary spending levels for programs that impact seniors, such as Medicare, SHIP (State Health Insurance Assistance Program)--in Pennsylvania referred to as the APPRISE Program--and SCSEP (Senior Community Service Employment Program). As the rollercoaster ride continues, we need to keep our eye on, in particular, Medicare, including funds that are authorized through the Medicare Improvement for Patients and Providers Act (MIPPA) for outreach and enrollment. Additionally we should pay attention to potential changes to Medicare's Part D Prescription Drug Plan, potential changes to nursing home reimbursements, the potential repeal of limits on physical, occupational, and speech therapy services, and the potential expansion of Medicare to pay for telemedicine. Federal government shut down or not, the budget rollercoaster ride persists.

Teresa Osborne
Secretary of Aging

Legislative Update

Pennsylvania House of Representatives

The House returned to voting session from Monday, February 5, 2018, to Tuesday, February 6, 2018. No aging-related bills were considered. The House State Government Committee voted to advance Senate Bill No. 1034, which is a "shell bill" to establish new Congressional districts for Pennsylvania. The House also considered House Bill No. 153, which would propose a

constitutional amendment to reduce the size of the House from 203 members to 151. Constitutional amendments require approval in two consecutive legislative sessions and then approval by the voters through a referendum. It was passed in the 2015-16 Legislative Session, but was amended during this most recent vote to also reduce the size of the Senate from 50 members to 38. The bill awaits further consideration by the House.

The House stands in recess until the 12 hour call of the Chair.

Pennsylvania Senate

The Senate returned to voting session from Monday, February 5, 2018, to Tuesday, February 6, 2018. No aging-related bills were considered.

The Senate stands in recess until the 6 hour call of the President Pro Tempore.

The Senate Appropriations Committee has scheduled the Department of Aging's 2018/19 Fiscal Year Budget Hearing for Tuesday, March 6, 2018, at 3 p.m.

Bureau of Aging Services

You are invited to register for a webinar entitled ***Developing a Community-Based Recovery Workforce for Older Adults: Certified Older Adult Peer Specialists (COAPS)***

Date: Wednesday, February 21, 2018, 2 p.m. - 3 p.m.

Building on the growing body of evidence demonstrating the benefits of services delivered by peer providers in all arenas of health care, including behavioral health, the Pennsylvania Certified Older Adult Peer Specialist (COAPS) program was developed as a training and internship initiative for trained peers with lived experience that address older adult's behavioral health and wellness issues.

COAPS has a successful history of working with older adults; 170 Certified Peer Specialists have been trained as COAPS over the past five years and 90 percent of them are currently working in a variety of human services positions that provide services to older adults. COAPS are specifically trained in issues of normal aging as well as in behavioral and physical health issues of older adults, such as depression, misuse of prescription medications, and wellness approaches to aging.

This webinar will describe the need for behavioral health services for older adults, the development and training of COAPS and the implementation and outcomes for this intervention model.

After registering, you will receive a confirmation email containing information about joining the webinar.

Register [here](#).

Training Opportunities

Ageless Grace - Partial Scholarships Available

Ageless Grace is a cutting-edge brain fitness program based on neuroplasticity that activates all 5 functions of the brain - analytical, strategic, kinesthetic learning, memory/recall, creativity and imagination. *Become an Ageless Grace Educator*. This is a two day training for CNA's, PT/OT/SLT's, LPC's, social workers, activity directors, recreational therapists, fitness professionals, caregivers, and family members who work with seniors at senior centers, nursing homes, recreational facilities, one-on-one, etc. The program consists of 21 simple exercise tools designed for all ages and abilities. These exercises, based on everyday movements that are natural and organic, focus on the healthy longevity of the body and mind. The movements are designed to be performed seated in a chair. Almost anyone can do them, regardless of most physical conditions.

Dates: April 24 & April 25, 2018

Location: Holiday Inn Express & Suites Johnstown
1440 Scalp Avenue
Johnstown, PA 15904

Register [here](#).

(Discounted group rates for rooms at the Holiday Inn Express)

Compassionate Touch

Designed to ease physical, behavioral and emotional stress, this holistic, evidence- informed, practical and proactive approach provides symptom relief and comfort resulting in greater well-being and quality of life. With a focus on empowering care-partners, this training emphasizes giving both professional and family caregivers a way to connect with calm, ease, and comfort. Please bring a pillow, your favorite lotion, and dress casually. This is an interactive experience and you will be paired up with a co-worker or training attendee.

Dates: Clearfield County – March 30, 2018
Dauphin County – May 21, 2018

Register for *Clearfield County* [here](#).

Dementia Live

Have You Participated in this Unique Simulation Experience?

Dementia Live™ is a hands-on experience in which care partners learn first-hand what it's like to be living with dementia, delirium or other cognitive impairments. Dementia Live serves as a powerful training tool for patient-centered care programs. You will be empowered to build new bridges of communication. To elevate person-centered care practices, care providers must first gain an understanding of what dementia is and how the individual with dementia feels when challenged with cognitive and sensory changes. 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

Dates: March 13, 2018 – Butler County (Register [here](#))
March 27, 2018 – Philadelphia County (Register [here](#))
April 18, 2018 – Lycoming County (Register [here](#))
May 24, 2018 – Indiana County

Ignite - Sparks for Today's Dementia Care

This 2.5 hour interactive training includes a session in *"Flashback Evoking Memories"*, which is an interactive activity that evokes memories from the past. *"Compassionate Touch,"* which practices skilled touch that prevents behavioral expression in people with dementia. Lastly, it includes a drive-through version of *"Dementia Live."* This powerful training will transform staff with practical tools to improve communications, respond to behavioral expression, relieve caregiver stress, and engage residents in meaningful activities. The "SPARKS" utilized in this workshop take you on a journey of self-discovery and skill development, culminating in an operational plan for integration into your organization. Be prepared to be out of your seat and receive fresh, new ideas to engage your residents/individuals you work with! This training is non-stop and very engaging!

Dates: March 1, 2018 – York County (Register [here](#))
 March 8, 2018 – Philadelphia County (Register [here](#))
 March 16, 2018 – Centre County (Register [here](#))
 April 10, 2018 – Luzerne County (Register [here](#))

Oxycontin and Alcohol: A Deadly Cocktail for Older Adults

Older adult opioid addiction, often complicated with alcohol, has skyrocketed; yet prolonged opioid use exacerbates chronic pain. Quality of life and saving lives are at issue when we explore holistic treatment of addiction, chronic pain management, and personal recovery growth. The training informs its topic with the stunning facts and generational, evidence-based treatment approaches that include ways in which older adults engage in their own treatment, chronic pain management and recovery.

Dates: March 20, 2018 – Westmoreland County (Register [here](#))
 April 24, 2018 – Northumberland County (Register [here](#))

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:

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

Plum Senior Community Center
499 Center – New Texas Road
Pittsburgh, PA 15239

Dates: Tuesday, February 20, 2018

Time: 9:30 a.m. – 2:30 p.m.

Please contact: Mari Schafer, Program Coordinator, at 412-795-2330

No charge for this class

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

The Heritage of Green Hills
200 Tranquility Lane
Reading, PA 19607

Schedule: Tuesdays, February 20, 2018 – March 27, 2018
Time: 1 p.m. - 3:30 p.m.
Please contact: Kathy Roberts, Health & Wellness Educator, at 610-374-3195, ext. 230
No charge for this class

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

Good Shepherd UCC Church
170 Tuckerton Road
Reading, PA 19605
Schedule: Thursdays, February 1, 2018 – March 8, 2018
Time: 1 p.m. – 3:30 p.m.
Please contact: Kathy Roberts, Health & Wellness Educator, at 610-374-3195, ext. 230
No charge for this class

Walnut Woods
35 North Walnut Street
Boyertown, PA 19512
Schedule: Wednesdays, February 7, 2018 – March 14, 2018
Time: 1 p.m. – 3:30 p.m.
Please contact: Kathy Roberts, Health & Wellness Educator, at 610-374-3195, ext. 230
No charge for this class

Fleetwood Library
110 W. Arch Street
Fleetwood, PA 19522
Schedule: Wednesdays, January 31, 2018 – March 7, 2018
Time: 9 a.m. – 11:30 a.m.
Please contact: Kathy Roberts, Health & Wellness Educator, at 610-374-3195, ext. 230
No charge for this class

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

Central Blair Senior Center
1320 12th Avenue
Altoona, PA 16601
Schedule: Tuesdays, January 16, 2018 – February 27, 2018
Time: 9:30 a.m. - 12 p.m.
Please contact: Aubrey Lidwell, Community Services Program Coordinator, at 814-946-1235
No charge for this class
Website: <https://blairsenior.org/central-blair-senior-center/>

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

Northern Blair Senior Center
505 Third Street
Tyrone, PA 16686
Schedule: Tuesdays, February 7, 2018 – March 14, 2018
Time: 1 p.m. - 3:30 p.m.
Please contact: Aubrey Lidwell, Community Services Program Coordinator, at 814-946-1235
No charge for this class
Website: <https://blairsenior.org/northern-blair-senior-center/>

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

Warren Center Township Building

Schoolhouse Road

Warren Center, PA 18851

Schedule: Wednesdays, March 14, 2018 – April 18, 2018

Time: 1 p.m. - 3:30 p.m.

Please contact: Hollie Irvine, Health & Wellness Coordinator, at 1-800-982-4346

No charge for this class

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

Falls Township Senior Center

282 Trenton Road

Fairless Hills, PA 19030

Dates: Two workshops March 8, 2018 and March 9, 2018

Time: TBD

Please contact: Falls Township Senior Center, at 215-547-6563

No charge for this class

Northampton Township Senior Center

165 Township Road

Richboro, PA 18954

Date: March 27, 2018

Time: 9 a.m. – 2 p.m.

Please contact: Northampton Township Senior Center at 215-357-8199

No charge for this class

Middletown Senior Center

2142 Trenton Road

Levittown, PA 19056

Dates: March 23, 2018

Time: TBD

Please contact: Middletown Senior Center at 215-945-2920

No charge for this class

Ben Wilson Senior Center

580 Delmont Avenue

Warminster, PA 18974

Date: April 30, 2018

Time: 9 a.m. – 1 p.m.

Please contact: Ben Wilson Senior Center at 215-672-8380

No charge for this class

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

CERTIFIED WORKSHOP LEADER TRAINING by Dering Consulting Group, Inc.

Ben Wilson Senior Center

580 Delmont Avenue

Warminster, PA 18974

Date: March 20, 2018

Time: 8:30 a.m. – 4:30 p.m.

Please register at: Dering Consulting Group, Inc., at www.deringconsulting.com/hsoa

No charge for this class

NOTE: This training is for AAA staff, AAA Senior Center staff, AAA contractors and AAA volunteers and is capped at 25 registrants.

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

Butler Library

218 N. McKean Street

Butler, PA 16001

Dates: June 26, 2018

Time: 10 a.m. – 3 p.m.

Please contact: Brittany Buzzelli, Butler County Area Agency on Aging, at 724-282-3008

No charge for this class

Website: www.butlerlibrary.info

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

Mahaffey Center for Active Living

958 Market Street

Mahaffey, PA 15757

Dates: Tuesdays, February 27, 2018 - April 3, 2018

Time: 9:30 a.m. - 12 p.m.

Please contact: Sally Hurd, Center Manager, at 814-277-4544

No charge for this class

Coalport Center for Active Living

850 R Main Street

Coalport, PA 16627

Dates: Fridays, March 2, 2018 - April 6, 2018

Time: 9:30 a.m. - 12 p.m.

Please contact: Sharon Hamilton, Center Manager, at 814-672-3574

No charge for this class

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.

No charge for this class

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.

No charge for this class

All activities are posted at www.ccaaa.net

Clearfield Center for Active Living

116 South 2nd Street

Clearfield, PA 16830

Schedule: Thursdays at 10 a.m.

No charge for this class

All activities are posted at www.ccaaa.net

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

Leonard Court
1350 Leonard Court
Clearfield, PA 16830
Schedule: Thursdays, February 8, 2018 – March 15, 2018
Time: 9:30 a.m. – 12 p.m.
Please contact: Shelia Williams at 814-765-8900
No charge for this class

Clearfield – Healthy Steps for Older Adults (fall risk screening & education)
CERTIFIED WORKSHOP LEADER TRAINING by Dering Consulting Group, Inc.

Clearfield County Career and Technology Center
1620 River Road
Clearfield, PA 16830
Date: April 11, 2018
Time: 8:30 a.m. – 4:30 p.m.
Please register at: Dering Consulting Group, Inc. at www.deringconsulting.com/hsoa
No charge for this class

NOTE: This training is for AAA staff, AAA Senior Center staff, AAA contractors and AAA volunteers and is capped at 25 registrants.

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

Active Aging, Inc.
Lew Davies Community Center
1034 Park Avenue
Meadville, PA 16335
Dates: Monday March 12, 2018
Time: 9:30 a.m. – 2 p.m.
Please contact: Tami Boylan, Health & Wellness Coordinator, at 814-398-8616
No charge for this class

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

Our Lady of Angels Convent
609 Convent Road
Aston, PA 19014
Dates: March 6, 2018 and March 8, 2018
Time: 9 a.m. – 11:30 a.m.
Please contact: Sister Mary Smith, Director of Pastoral Services, Sisters of St. Francis of Philadelphia, at 610-558-7717
No charge for this class

Lansdowne Area YMCA
2110 Garrett Road
Lansdowne, PA 19050
Dates: March 22, 2018 and March 23, 2018
Time: 10 a.m. – 12:30 p.m.
Please contact: Lansdowne Area YMCA at 610-259-1661
No charge for this class

Website: www.cyedc.org

Fox Hill Farms Club House

2300 Fox Hill Circle

Glen Mills, PA 19342

Dates: April 12, 2018 and April 19, 2018

Time: 9:30 a.m. – 12 p.m.

Please contact: Ellen Williams, Health and Wellness Program Manager, at 610-499-1937

No charge for this class

Website: www.foxhillfarm.org

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

CERTIFIED WORKSHOP LEADER TRAINING by Dering Consulting Group, Inc.

County of Delaware Office of Services for the Aging

206 Eddystone Avenue, 2nd Floor

Eddystone, PA 19022

Dates: February 16, 2018 (Snow date: February 23, 2018)

Time: 8:30 a.m. – 4:30 p.m.

Please contact: Ellen Williams, Health and Wellness Program Manager, at 610-499-1937 or

williamse@co.delaware.pa.us

No charge for this class

Website: www.delcosa.org

NOTE: This training is funded by the Delaware County AAA and is capped at 25 registrants. Delaware AAA staff, Senior Center staff, contractors and volunteers will receive priority registration. Remaining registrations, if available, will be opened to other AAA staff, Senior Center staff, contractors and volunteers. Please contact Ellen Williams for additional information and to add your name to a registration list for potential openings.

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

Chester Senior Center

721 Hayes Street

Chester, PA 19013

Dates: Tuesdays, February 6, 2018 – March 13, 2018

Time: 9:30 a.m. – 12 p.m.

Please contact: LaNoana Odom, Volunteer, at 484-633-8728

No charge for this class

Website: www.scsdelco.org/centers/chester.shtml

Redwood Community Playhouse, Upland Park

280 S. 6th Street

Brookhaven, PA 19015

Dates: Mondays, February 26, 2018 – April 2, 2018

Time: 9:30 a.m. – 12 p.m.

Please contact: Anne Cicala, Delaware County Parks and Recreation, at 610-891-6061

No charge for this class

Ridley YMCA

900 South Avenue

Secane, PA 19018

Dates: Fridays, April 27, 2018 – June 1, 2018
Time: 9:30 a.m. – 12 p.m.
Please contact: Ridley YMCA at 610-544-1080
No charge for this class
Website: www.cyedc.org

Greene – Chronic Disease Self-Management Program (education on living a healthier life)
Gateway Senior Housing
330 Nazer Street
Waynesburg, PA 15370
Dates: Wednesdays, March 7, 2018 - April 11, 2018
Time: 1 p.m. - 3:30 p.m.
Please contact: Patricia Mounts, Health & Wellness Coordinator, at 724-228-7080
No charge for this class

Lackawanna – Healthy Steps for Older Adults (fall risk screening & education)
Taylor Community Library
710 South Main Street
Taylor, PA 18517
Dates: April 16, 2018 and April 18, 2018
Time: 2 p.m. – 4 p.m.
Please contact: Taylor Community Library at 570-562-1234
No charge for this class

Carbondale Public Library
5 North Main Street
Carbondale, PA 18407
Dates: March 29, 2018 and April 5, 2018
Time: 10:30 a.m. – 12:30 p.m.
Please contact: Carbondale Public Library at 570-282-4281
No charge for this class

Lawrence – Healthy Steps for Older Adults (fall risk screening & education)
Challenges-Options In Aging
2706 Mercer Road
New Castle, PA 16105
Dates: Tuesday, February 20, 2018
Time: 10 a.m. – 2 p.m.
Please contact: Claire O'Conner, Health & Wellness Assistant, at 724-658-3729, ext. 5157
No charge for this class

Lehigh – Chronic Disease Self-Management Program (education on living a healthier life)
Lehigh Valley Active Life
1633 Elm Street
Allentown, PA 18102
Dates: Thursdays, January 18, 2018 – February 22, 2018
Time: 12:30 p.m. – 2 p.m.
Please contact: Monica Yastrzab-Kempf, RN Consultant, at 610-782-3618
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

Dates: Mondays and Wednesdays, January 22, 2018 – March 19, 2018

Time: 10:15 a.m. - 11:15 a.m.

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

No charge for this class

AHEPA Building

1810 S. Albert Street

Allentown, PA 18103

Dates: Mondays and Wednesdays, January 22, 2018 – March 19, 2018

Time: 1 p.m. - 2 p.m.

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

No charge for this class

B'Nai Brith

1616 West Liberty Street

Allentown, PA 18102

Dates: Tuesday and Thursdays, January 23, 2018 – March 15, 2018

Time: 10 a.m. - 11 a.m.

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

No charge for this class

Phoebe Apartments

1901 West Linden Street

Allentown, PA 18104

Dates: Mondays and Wednesdays, January 22, 2018 – March 19, 2018

Time: 8:45 a.m. - 9:45 a.m.

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

No charge for this class

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

Lehigh Valley Active Life

1633 Elm Street, La Rose Room

Allentown, PA 18102

Date: Mondays, March 26, 2018 – June 4, 2018

Time: 9:30 a.m. – 11:30 a.m.

Please contact: Lehigh Valley Active Life, at 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: February 6, 2018 and February 13, 2018

Time: 1 p.m. – 3 p.m.

Please contact: Margo Fine-Gabbay, Program Manager, at 215-362-7432

No charge for this class

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

Peak Center
606 East Main Street
Lansdale, PA 19446
Dates: March 21, 2018
Time: 10 a.m. – 2 p.m.
Please contact: Monica Yastrzab-Kempf, RN Consultant, at 610-782-3618
No charge for this class

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

Robert P. Smith Tower
501 High Street
Pottstown, PA 19465
Dates: Wednesdays, February 21, 2018 - March 28, 2018
Time: 1 p.m. – 3:30 p.m.
Please contact: Tracey Flynn, Community Program Development Manager, at 610-278-3609
No charge for this class

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

Geisinger Shamokin Area Community Hospital
4200 Hospital Road
Coal Township, PA 17866
Schedule: Tuesdays, February 6, 2018 – March 13, 2018 (Snow Day March 20, 2018)
Time: 1 p.m. – 3:30 p.m.
Please contact: Geisinger Health and Wellness at 866-415-7138
No charge for this class
Website: www.geisinger.org/events

Geisinger Shamokin Area Community Hospital
4200 Hospital Road
Coal Township, PA 17866
Schedule: Monday, March 5, 2018 – April 16, 2018 (Snow Day March 20, 2018)
Time: 1 p.m. – 3:30 p.m.
Please contact: Geisinger Health and Wellness at 866-415-7138
No charge for this class
Website: www.geisinger.org/events

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

Marysville Senior Center
198 Leonard Street
Marysville, PA 17053
Dates: April 10, 2018 – May 31, 2018
Time: 10 a.m. - 11 a.m.
Please contact: Allyson Valentine, Outreach Coordinator, at 717-582-5128
No charge for this class

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

Newport Senior Center
2 North 2nd Street

Newport, PA 17074

Dates: April 6, 2018 and April 13, 2018

Time: 9:30 a.m. – 11:30 a.m.

Please contact: Allyson Valentine, Outreach Coordinator, at 717-582-5128

No charge for this class

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

Duncannon Senior Center/Shermanata Grange Building

550 New Bloomfield Road

Duncannon, PA 17020

Dates: Fridays, January 19, 2018 – February 23, 2018

Time: 9 a.m. – 11:30 a.m.

Please contact: Allyson Valentine, Outreach Coordinator, at 717-582-5128

No charge for this class

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

Marconi Older Adult Program

2433 South 15th Street

Philadelphia, PA 19145

Dates: Thursdays, February 1, 2018 - March 8, 2018

Time: 9:30 a.m. – 12:00 p.m.

Please contact: Lee Fass, Senior Program Coordinator, at 215-717-1969

No charge for this class

Center in the Park

5818 Germantown Avenue

Philadelphia, PA 19144

Schedule: Thursdays, March 8, 2018 – April 12, 2018

Time: 9 a.m. – 11:30 a.m.

Please contact: Fatima Jackson, Health Promotion/Research Coordinator, at 215-848-7722, ext. 302

No charge for this class

Philadelphia Senior Center Avenue of the Arts

509 S. Broad Street

Philadelphia, PA 19147

Dates: Fridays, May 4, 2018 – June 8, 2018

Time: 9 a.m. – 11:30 a.m.

Please contact: Diane Brown, Health Promotion Consultant, at 215-765-9000, ext. 5119

No charge for this class

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

Center in the Park

5818 Germantown Avenue

Philadelphia, PA 19144

Schedule: Tuesdays, February 6, 2018 – March 13, 2018

Time: 9 a.m. – 11:30 a.m.

Please contact: Fatima Jackson, Health Promotion/Research Coordinator, at 215-848-7722, ext. 302

No charge for this class

Martin Luther King Older Adult Center
2100 West Cecil B. Moore Avenue
Philadelphia, PA 19121
Schedule: Thursdays, April 5, 2018 – May 10, 2018
Time: 9 a.m. – 11:30 a.m.
Please contact: Rosalyn Cofer, Activities Director, at 215-978-2715
No charge for this class

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

Center in the Park
5818 Germantown Avenue
Philadelphia, PA 19144
Schedule: Thursdays, April 19, 2018 – May 24, 2018
Time: 9 a.m. – 11:30 a.m.
Please contact: Fatima Jackson, Health Promotion/Research Coordinator, at 215-848-7722 ext. 302
No charge for this class

Associated Services for the Blind and Visually Impaired
919 Walnut Street
Philadelphia, PA 19107
Schedule: Tuesdays, May 1, 2018 – June 5, 2018
Time: 10 a.m. – 12:30 p.m.
Please contact: Bette Homer, Coordinator, at 215-627-0600
No charge for this class

KleinLife: Center City
2100 Arch Street
Philadelphia, PA 19103
Schedule: Tuesdays, May 18, 2018 – June 22, 2018
Time: 9:30 a.m. – 12:00 p.m.
Please contact: Lynn Ellis, Program Coordinator, at 215-832-0539
No charge for this class

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

West Oak Lane Senior Center
7210 Ogontz Avenue
Philadelphia, PA 19138
Dates: February 9, 2018
Time: 10 a.m. – 3:00 p.m.
Please contact: Cathy Brown, Center Director, at 215-685-3514
No charge for this class

South Philadelphia Older Adult Center
1430 East Passyunk Avenue
Philadelphia, PA 19147
Dates: March 1, 2018
Time: 10 a.m. – 3 p.m.
Please contact: Darlene Garcia, Center Counselor, at 215-685-1697

No charge for this class

Norris Square Senior Center

2121 Howard Street
Philadelphia, PA 19122

Dates: March 2, 2018

Time: 10 a.m. – 3 p.m.

Please contact: Sheila Mercado, Activities Coordinator, at 215-423-7241

No charge for this class

Note: This workshop will be conducted in Spanish

Martin Luther King Jr. Older Adult Center

2100 W Cecil B Moore Avenue
Philadelphia, PA 19121

Dates: March 7, 2018

Time: 10 a.m. – 3 p.m.

Please contact: Jacqueline Maldonado, Center Director, at 215-978-2715

No charge for this class

Lutheran Settlement House Senior Center

1340 Frankford Avenue
Philadelphia, PA 19125

Dates: March 7, 2018

Time: 10 a.m. – 3 p.m.

Please contact: Jeanie McMahon-Meyer, Activities Coordinator, at 215-426-8610

No charge for this class

St. Charles Senior Community Center

1941 Christian Street
Philadelphia, PA 19146

Date: March 9, 2018

Time: 10:30 a.m. – 3:30 p.m.

Please contact: Kim Beatty, Activities Coordinator, at 215-790-9035

No charge for this class

Peter Bressi NE Senior Center

4744 Frankford Avenue
Philadelphia, PA 19124

Dates: March 9, 2018

Time: 9 a.m. – 2 p.m.

Please contact: Emily Geliebter, Activities Coordinator, at 215-831-2926

No charge for this class

Star Harbor Senior Center

4700 Springfield Avenue
Philadelphia, PA 19143

Dates: March 13, 2018

Time: 10 a.m. – 3 p.m.

Please contact: Ernestine Patterson, Center Director, at 215-727-0100

No charge for this class

West Philadelphia Senior Community Center
1016 N. 41st Street
Philadelphia, PA 19104
Dates: March 14, 2018
Time: 9:30 a.m. – 2:30 p.m.
Please contact: Helen Rayon, Health and Wellness Coordinator, at 215-386-0379
No charge for this class

Northeast Older Adult Center
8101 Bustleton Avenue
Philadelphia, PA 19152
Dates: March 21, 2018
Time: 10:30 a.m. – 3:30 p.m.
Please contact: Tara Bowman, Activities Coordinator, at 215-685-0576
No charge for this class

Juniata Park Older Adult Center
1251 E Sedgley Avenue
Philadelphia, PA 19134
Dates: March 21, 2018
Time: 10:30 a.m. – 3:30 p.m.
Please contact: Joe Fagan, Center Director, at 215-685-1490
No charge for this class

The Center at Journey's Way
403 Rector St.
Philadelphia, PA 19128
Dates: March 27, 2018
Time: 10 a.m. – 3 p.m.
Please contact: Kathy Young, Activity Coordinator, at 215-487-1750
No charge for this class

Older Adult Sunshine Center
137 S. 58th Street
Philadelphia, PA 19139
Dates: April 2, 2018 and April 3, 2018
Time: 10 a.m. – 12 p.m.
Please contact: Kafi Chism, Center Director, at 215-472-6188
No charge for this class

Schuylkill – Chronic Disease Self-Management Program (education on living a healthier life)
Swatara Village Retirement Village
200 Swatara Drive
Pine Grove, PA 17963
Dates: Thursdays, February 1, 2018 – March 8, 2018
Time: 10 a.m. – 12:30 p.m.
Please contact: Jenny Wagner, Community Wellness Coordinator, at 570-624-3017
No charge for this class

Schuylkill – Healthy Steps for Older Adults (fall risk screening & education)
Shenandoah Senior Community Center

116 North Main Street
Shenandoah, PA 17976
Dates: May 24, 2018 and May 25, 2018
Time: 9 a.m. – 11:30 a.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)
Regional Engagement Center
429 North 8th Street
Selinsgrove, PA 17870
Dates: Fridays, March 9, 2018 – April 13, 2018
Time: 1 p.m. – 3:30 p.m.
Please contact: Evangelical Community Health & Wellness at 570-768-3200
No charge for this class
Weblink: www.evanhospital.com

Somerset – Chronic Disease Self-Management Program (education on living a healthier life)
Conemaugh Township Senior Center
959 South Main Street
Hollsopple, PA 15935
Dates: Fridays, February 16, 2018 – March 23, 2018
Time: 10 a.m. – 12:30 p.m.
Please contact: Christine Saylor, CDSMP Master Trainer, at 814-479-2216
No charge for this class

Somerset – Healthy Steps for Older Adults (fall risk screening & education)
Conemaugh Township Senior Center
959 South Main Street
Hollsopple, PA 15935
Dates: Wednesdays, February 7, 2018, and February 14, 2018
Time: 9:30 a.m. – 11:30 a.m.
Please contact: Christine Saylor, CDSMP Master Trainer, at 814-479-2216
No charge for this class

Tioga – Healthy Steps for Older Adults (fall risk screening & education)
Canoe Camp Church
1103 South Main Street
Manfield, PA 16933
Dates: Thursday, February 22, 2018
Time: 9 a.m. – 2 p.m.
Please contact: Hollie Irvine, Health & Wellness Coordinator, at 1-800-982-4346
No charge for this class

Washington – Healthy Steps for Older Adults (fall risk screening & education)
Wilfred R. Cameron Wellness Center of Washington Health System
240 Wellness Way
Washington, PA 15301
Dates: Wednesday, February 28, 2018
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

Burgettstown Community Library
2 Kerr Street

Burgettstown, PA 15021

Dates: Thursday, March 22, 2018

Time: 10 a.m. – 3 p.m.

Please contact: Patricia Mounts, Health & Wellness Coordinator, at 724-228-7080

No charge for this class

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

Mount Pleasant Center for Active Adults

424 Washington Street

Mount Pleasant, PA 15666

Dates: Tuesdays, March 6, 2018 – April 10, 2018

Time: 9 a.m. – 11:30 a.m.

Please contact: Jody Fields, Supervisor, Mount Pleasant Center for Active Adults, at 724-547-4593

No charge for this class

New Kensington Center for Active Adults

1039 Third Avenue

New Kensington, PA 15068

Dates: Wednesdays, March 14, 2018 – April 18, 2018

Time: 9:30 a.m. – 12 p.m.

Please contact: Bonnie Dudek, Director, Alle-Kiski Senior Center, Inc., at 724-335-8597

No charge for this class

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

New Alexandria Center for Active Adults

207 Main Street

New Alexandria, PA 15670

Date: March 23, 2018

Time: 9 a.m. – 1:30 p.m.

Please contact: Ms. Dale Rowles, Supervisor, New Alexandria Center, at 724-668-7055

No charge for this class

Avonmore Center for Active Adults

458 Railroad Street

Avonmore, PA 15618

Date: April 4, 2018

Time: 10 a.m. – 2:30 p.m.

Please contact: Karen Stonebraker, Supervisor, Avonmore Center, at 724-697-4014

No charge for this class

New Florence Center for Active Adults

216 Ligonier Street

New Florence, PA 15944

Date: April 17, 2018

Time: 9 a.m. – 1:30 p.m.

Please contact: Kim Adams, Supervisor, New Florence Center, at 724-235-2800
No charge for this class

East Vandergrift Center for Active Adults
400 McKinley Avenue
East Vandergrift, PA 15629
Date: April 20, 2018
Time: 10 a.m. – 2:30 p.m.
Please contact: Dominica Wilson, Supervisor, East Vandergrift Center, at 724-568-2692
No charge for this class

Valley Center for Active Adults
135 Kalassay Drive
Ligonier, PA 15658
Date: April 24, 2018
Time: 9 a.m. – 1:30 p.m.
Please contact: Judy Holden, Supervisor, Valley Center for Active Adults, at 724-238-7942
No charge for this class

New Kensington Center for Active Adults
1039 Third Avenue
New Kensington, PA 15068
Date: April 27, 2018
Time: 10 a.m. – 2:30 p.m.
Please contact: Tara Kazmer, Supervisor, New Kensington Center, at 724-335-8597
No charge for this class

York – Diabetes Self-Management Program (education on living a healthier life with Diabetes)
York Township Park Building
25 Oak Street
York, PA 17402
Schedule: Wednesdays, March 28, 2018 – May 2, 2018
Time: 9:30 a.m. – 12 p.m.
Please contact: Megan Craley, Health & Wellness Coordinator, at 717-771-9610
No charge for this class

Jewish Community Center
2000 Hollywood Drive
York, PA 17403
Schedule: Mondays, April 16, 2018 – May 21, 2018
Time: 9 a.m. – 11:30 a.m.
Please contact: Megan Craley, Health & Wellness Coordinator, at 717-771-9610
No charge for this class

York – 10-Keys™ to Healthy Aging (education on taking control of your health and Medicare Preventative Services)
Windy Hill On the Campus
1472 Roths Church Road
Spring Grove, PA 17362
Date: Fridays, April 6, 2018 – May 4, 2018
Time: 9:30 a.m. – 11:30 a.m.

Please contact: Windy Hill On the Campus, at 717-225-0733
No charge for this class

PA Link to Aging and Disability Resources

Lancaster County

Event: Students connecting seniors “digitally.”

Description: This is part of a multi-week program that is meant to bring senior citizens and students together through the use of technology. Students help Manheim Township residents navigate a world of laptops and smartphones, one relationship at a time. Participants must bring their devices, laptop, or iPad to the sessions.

Location: Manheim Township High School Library

Date: February 6 and 13 | 3 p.m. - 4 p.m.

Contact: To sign up or ask questions, please contact Sharon Schaefer at 717-291-1733 or schaefsh@mtwp.net

Registration Deadline: N/A

Lebanon County

Event: Death Café at the Lebanon Community Library

Description: At a Death Cafe people drink tea, eat cake and discuss death. Our aim is to increase awareness of death to help people make the most of their (finite) lives. This is the third Death Café that will be held at the Library. A Death Café invites anyone to come together to talk about death in a welcoming environment. There is no set agenda, there is no selling. It is, though, not a grief or support group. The café is free and coffee/tea and cake are provided.

Location: Lebanon Community Library
125 North Seventh Street
Lebanon, PA 17046

Date: February 24 | 1:00 to 3:00 p.m.
A one hour film, Consider the Conversation, will be shown following the Death Café at 3 p.m.

Contact: Inquire with the library. If you require accommodation or want more information, call or text Brian Long, Link Coordinator, at 717-380-9714 or email bllink@mail.com

Registration Deadline: N/A - Free to attend

Westmoreland County

- Event:** Speed Networking
- Description:** Grab your business cards, prep your elevator pitch, and join us for a free event. This event is fast and is an excellent way to learn about available services and supports in your area, interact one on-one with other professionals, and promote your agency! Sponsored by PA Link and Bayada Home Health Care.
- Location:** The Bishop Connare Center
Westmoreland Room
2900 Seminary Dr.
Greensburg, PA
- Time:** 9:30 a.m. - 1:30 p.m.
- Date:** Tuesday, February 27, 2018
- Contact:** palinkcoordinator5@gmail.com or call (724) 237-1242
- Registration Deadline:** February 20, 2018. Leave a message to register.

Announcements

Strategies for Successful Aging

The PA Behavioral Health and Aging Coalition (PBHAC), Alzheimer's Association, and CC Donelan from Brain Health Partners in Massachusetts are presenting the Memory Preservation Nutrition® (MPN™) program as part of Strategies for Successful Aging

Concerned about your brain? Whether you are 25 or 85, you can make a difference today for those you care for or yourself. Learn about the latest research and the evidence based program that can reduce the risk of Alzheimer's and improve brain and overall body health. The Memory Preservation Nutrition® (MPN™) program is based on 6 strategies that are easy to follow principles you can do at home. You will learn about foods that are rich in antioxidants, high in omega 3s, helpful in reducing LDL cholesterol and blood sugar levels, and anti-inflammatory. Also included in this training is an interactive Ageless Grace training. Sit in your chair and do these fun chair exercises to assist with improving cognitive impairments. Lastly, staff from the Alzheimer's Association will be speaking about Healthy Living for Your Brain and Body and tips from the latest research. To learn more, and to register, please visit www.olderpa.org.