



March 9, 2018

Message from the Secretary

For the loyal readers of this message in our weekly Friday Wrap-Up, please be assured that you are not about to encounter a Bill Murray “Groundhog Day” experience. After all, it is March and we are well aware that winter weather is alive and well in Pennsylvania. I offer that disclaimer because I have written about the topic of new Medicare cards in this space previously. Yet, as we journey through this month of March, we are one step closer to when the Centers for Medicare and Medicare Services (CMS) will begin mailing new Medicare cards to beneficiaries.

Under the Medicare Access and CHIP Reauthorization Act of 2015, CMS must remove Social Security numbers from all Medicare cards by April 2019. Beginning in April 2018, CMS will mail each Medicare beneficiary a new card, with a randomly assigned Medicare Beneficiary Identifier (MBI) that consists of 11 letters and numbers. As shared in prior messages, Pennsylvania is slated to be in the first wave of mailings, whereby from April through June 2018, Medicare beneficiaries in Delaware, the District of Columbia, Maryland, Virginia, West Virginia, and Pennsylvania will receive their new MBI.

As advocates for older Pennsylvanians, it’s important that we not only understand what is occurring, but that we also educate beneficiaries, their families, caregivers, and advocates so that they are aware of the pending changes. Some may ask, “Why is this necessary?” Well, quite simply, the Medicare card is one of the greatest sources of identity theft in the country. One’s Medicare number is either their or their spouse’s Social Security number with a letter on the end. That’s it. Even though the new Medicare cards will no longer display Social Security numbers, in a move designed to protect against fraud and identity theft, regrettably, scams related to the new Medicare card are already surfacing. Some Medicare recipients are reporting that they are receiving calls from scam artists who tell them that they must pay for the new card. The scammer calls and then asks the older adult for their checking account and current Medicare card number. It’s critical that neither number is shared with the caller. Moreover, you need remind the seniors in your life that CMS will never need to ask a Medicare beneficiary what their Medicare card number is because they already know it. In addition, the new Medicare card is free and there is no charge to receive it.

As we prepare for this transition, I cannot help but think of my mother, who faithfully reminded me that her “red, white, and blue Medicare card” was in her wallet every time we visited her doctor or the emergency room. Like so many of her generation, my mom was incredibly proud of the fact that her card listed her name, her dearly departed husband’s Social Security number, and the dates she became eligible for health coverage under Medicare Parts A and B. It was her “ticket,” she would tell me, to receiving healthcare services. Recognizing that times have changed and that frauds and scams being committed against our seniors are all too commonplace, I feel the need to pause in order to acknowledge that it was on July 30, 1965, when President Lyndon B. Johnson signed the Medicare program into law. At the bill signing, President Johnson enrolled President Truman as the first Medicare beneficiary and presented him with the first Medicare card. At that time, some 19 million people enrolled in Medicare,

whereby today there are roughly 55 million Americans (including nearly 2.5 million Pennsylvanians) poised to receive their new Medicare card. We all need to do our part during this time of monumental change in the Medicare program to educate others on the changes about to occur. To learn more about the new Medicare card, click [here](#).

Teresa Osborne
Secretary

Legislative Update

Pennsylvania House of Representatives

The House will return to session on Monday, March 12, 2018, at 1 p.m.

On Wednesday, March 13, 2018, at 9:30 a.m., the House Aging & Older Adult Services Committee will hold an informational hearing on the “State of The State” for Long-Term Care Facilities in PA.

Pennsylvania Senate

The Senate Appropriations Committee held their 2018/19 Fiscal Year Budget Hearing for the Department of Aging on Tuesday, March 6, 2018. Secretary Osborne fielded numerous questions regarding protective services, programs for senior veterans, long-term care facilities, the independent enrollment broker, funding and programs for Alzheimer’s Disease, the rollout of Community HealthChoices and its impact on the AAA network, and several other topics.

The Senate stands in recess until Monday, March 19, 2018, at 1 p.m.

Personnel Updates

Ron Allen is transferring on 3/17/18 from an Administrative Officer position in the Support Services Unit, Operations and Management Office, to another state agency.

Bridget Hinkle is transferring on 3/17/18 from the Older Americans Act Services Division Chief position, Bureau of Aging Services, to another state agency.

On 3/17/18, Trudy Schell is retiring from her Administrative Officer position in the Office of Protective Services’ Criminal History Background Check Unit and Diane Eshelman is retiring as HR Director. Trudy has over 26 years of Commonwealth service, with the last 14 in the Department of Aging. Diane has over 35 years of state service, with over 15 in the Department of Aging. We thank them for their service and wish them the best in retirement.

Bureau of Aging Services

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 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)

Etna Senior Center

18 Walnut Street

Pittsburgh, PA 15223

Dates: March 7, 2018 and March 14, 2018

Time: 12:30 p.m. – 2:30 p.m.

Please contact: Lorraine Cunningham, Center Coordinator, at 412-781-6517

No charge for this class

Website: www.buildingindependence.org

Highland Senior Center

704 East Second Avenue Suite 100-B

Tarentum, PA 15084

Dates: March 8, 2018 and March 15, 2018

Time: 12:30 p.m. – 2:30 p.m.

Please contact: Dara Timko, Center Coordinator, at 724-224-1552

No charge for this class

Website: www.buildingindependence.org

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

CERTIFIED WORKSHOP LEADER TRAINING by Dering Consulting Group, Inc.

Birmingham Towers
2100 Wharton Street, Second Floor
Pittsburgh, PA 15203

Date: May 18, 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.

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

Life Beaver

131 Pleasant Drive, Suite 1

Aliquippa, PA 15001

Dates: Fridays, March 9, 2018 and March 16, 2018

Time: 12 p.m. – 2 p.m.

Please contact: Tracy Costo, Fitness Center Coordinator/Center at the Mall, at 724-728-1422

No charge for this class

Center at the Mall

284 Beaver Valley Mall Boulevard

Beaver Valley Mall

Monaca, PA 15061

Date: April 19, 2018

Time: 9 a.m. – 12:30 p.m.

Please contact: Tracy Costo, Fitness Center Coordinator/Center at the Mall, at 724-728-1422

No charge for this class

Circle of Friends-Baden

St. John the Baptist Church

371 Linmore Avenue

Baden, PA 15001

Dates: May 4, 2018

Time: 9 a.m. – 1 p.m.

Please contact: Donna Murphy, Manager, at 724-869-4224

No charge for this class

Circle of Friends-New Brighton

1851 3rd Avenue

New Brighton, PA 15066

Dates: May 18, 2018

Time: 9 a.m. – 1 p.m.

Please contact: Kathy Damazo, Manager, 724-846-1959

No Charge for this class

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

Center at the Mall

284 Beaver Valley Mall Boulevard

Beaver Valley Mall
Monaca, PA 15061
Date: Mondays and Wednesdays, May 2, 2018 – June 25, 2018
Time: 12:30 p.m. – 1:30 p.m.
Please contact: Patty Weston, Fitness Center Instructor, at 724-728-1422
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 – Healthy Steps for Older Adults (fall risk screening & education)
Reading Elderly Apartments
100 N. Front Street
Reading, PA 19601
Dates: March 15, 2018
Time: 9 a.m. – 3 p.m.
Please contact: Kathy Roberts, Health & Wellness Education Coordinator, at 610-374-3195, ext. 230
No charge for this class

Manor at Market Square
803 Penn Street
Reading, PA 19601
Dates: April 12, 2018
Time: 9 a.m. – 3 p.m.
Please contact: Kathy Roberts, Health & Wellness Education Coordinator, at 610-374-3195, ext. 230
No charge for this class

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: 9 a.m. – 2 p.m.
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: 9 a.m. – 2 p.m.

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

No charge for this class

Bensalem Senior Center

1850 Byberry Road

Bensalem, PA 19020

Date: April 3, 2018

Time: 9:30 a.m. – 2 p.m.

Please contact: Bensalem Senior Center at 215-638-7720

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

Bensalem Senior Center

1850 Byberry Road

Bensalem, PA 19020

Date: May 1, 2018

Time: 9:30 a.m. – 2 p.m.

Please contact: Bensalem Senior Center at 215-638-7720

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

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

Driftwood Senior Center

7806 Bridge Street

Driftwood, PA 15832

Dates: Wednesday, April 18, 2018

Time: 9 a.m. – 2:30 p.m.

Please contact: Linda Burrows, Center Director, 814-546-2331

No charge for this class

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

Park Avenue Towers

420 Park Avenue

Curwensville, PA 16833

Schedule: Wednesdays, May 16, 2018 – July 11, 2018 (no class May 23, 2018)

Time: 9:30 a.m. – 12 p.m.

Please contact: Shelia Williams or Joan Domico at 814-236-1526

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 10 a.m.
No charge for this class
All activities are posted at www.ccaaa.net

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

Columbia – Diabetes Self-Management Program (education on living a healthier life with Diabetes)
Catawissa Senior Center
319 Pine Street
Catawissa, PA 17820
Schedule: Mondays, March 26, 2018 – April 30, 2018
Time: 9:30 a.m. – 11:30 p.m.
Please contact: Margie Brouse, Senior Center Manager, at 570-275-1466

No charge for this class

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

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

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

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

Johnsonburg Senior Center

430 Center Street

Johnsonburg, PA 15845

Dates: Thursday, April 12, 2018

Time: 9 a.m. – 2:30 p.m.

Please contact: Anna Kreckel, Johnsonburg Senior Center Director, at 814-965-5638

No charge for this class

Jones Twp. Senior Center - Wilcox Community Building

320 Faries Street

Wilcox, PA 15870

Dates: Tuesday, April 17, 2018
Time: 9 a.m. – 2:30 p.m.
Please contact: Daisy Sutter, Senior Center Director, at 814-929-5443
No charge for this class

St Mary's Senior Center - Marien Stadt Place
72 Erie Avenue
St. Mary's, PA 15857
Dates: Wednesday, April 25, 2018
Time: 9 a.m. – 2:30 p.m.
Please contact: Lesa Lamb, St. Mary's Senior Center Director, at 814-781-3555
No charge for this class

Bennett's Valley Senior Center
149 Plum Street
Weedville, PA 15868
Dates: Thursday, April 26, 2018
Time: 9 a.m. – 2:30 p.m.
Please contact: Judy Woelfel, Bennett's Valley Senior Center Director, at 814-787-7888
No charge for this class

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

North East Senior Center
50 East Main Street
North East, PA 16428
Dates: March 27, 2018
Time: 10 a.m. – 3 p.m.
Please contact: Aaron Damron at 814-459-4132
No charge for this class

RBW Central City
823 Peach Street
Erie, PA 16501
Dates: March 27, 2018
Time: 10 a.m. – 3 p.m.
Please contact: Aaron Damron at 814-459-4132
No charge for this class

Union City Senior Center
27 Johnson Street
Union City, PA 16438
Dates: April 6, 2018
Time: 9 a.m. – 2 p.m.
Please contact: Aaron Damron at 814-459-4132
No charge for this class

Northwestern Senior Center
9 Academy Street
Albion, PA 16401
Dates: April 13, 2018
Time: 9 a.m. – 2 p.m.

Please contact: Aaron Damron, at 814-459-4132
No charge for this class

Corry Senior Center
25 First Avenue
Corry, PA 16407
Dates: April 16, 2018
Time: 9 a.m. – 2 p.m.
Please contact: Aaron Damron, at 814-459-4132
No charge for this class

Erie West Senior Center
1210 W. 8th Street
Erie, PA 16507
Dates: April 17, 2018
Time: 9 a.m. – 2 p.m.
Please contact: Aaron Damron, at 814-459-4132
No charge for this class

Millcreek Municipal Building
36080 West 26th Street
Erie, PA 16509
Dates: June 3, 2018
Time: 9 a.m. – 2 p.m.
Please contact: Aaron Damron, at 814-459-4132
No charge for this class

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

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

Clairvaux Commons
100 Clairvaux Drive
Indiana, PA 15701
Dates: April 16 and April 30, 2018
Time: 1 p.m. – 3 p.m.
Please contact: Vicki Burgess, Center Services Administrative Supervisor, at 724-349-4500
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

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

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

Mt Jewett Senior Center
8 East Main Street
Mt Jewett, PA 16740
Dates: Monday, April 16, 2018
Time: 9 a.m. – 2:30 p.m.
Please contact: Sally Troutman, Mt. Jewett Senior Center Director, at 814-778-5547
No charge for this class

Port Allegany Senior Center
216 North Main Street
Port Allegany, PA 16743
Dates: Tuesday, April 24, 2018
Time: 9 a.m. – 2:30 p.m.
Please contact: Angie Culver, Port Allegany Senior Center Director, at 814-642-2101
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

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

Loder Senior Building
62 Analomink Street
East Stroudsburg, PA 18301
Dates: Tuesdays, March 6, 2018 - April 17, 2018
Time: 9 a.m. – 11:30 a.m.
Please contact: LaTania Jones, Health & Wellness Coordinator, at 570-420-3746
No charge for this class

Montour – Chronic Disease Self-Management Program **LAY LEADER TRAINING** and Diabetes Self-Management Program **LAY LEADER CROSS-TRAINING**

Justin Drive I
100 Justin Drive
Danville, PA 17822
Schedule: CDSMP four-day training – May 7, 2018 – May 10, 2018
Time: 8:30 a.m. – 4 p.m.

Schedule: DSMP cross-training – May 21, 2018
Time: 8:30 a.m. – 4:30 p.m.

Please contact: Please contact: Maria Welch, Sr. Wellness Specialist, Geisinger Health & Wellness Department, at 570-214-6538 or mdwelch1@thehealthplan.com

Charge: No charge to Area Agencies on Aging staff, AAA subcontractors, AAA volunteers or Geisinger Health Plan staff. Anyone else not covered by PDA's Self-Management Resource Center license must provide their own SMRC license at the time of registration. Any questions about PDA's SMRC license may contact Katrina Kyle at katkyle@pa.gov or 717-783-8349. Participants are responsible for their own lodging, transportation, and meals. Once registered, participants will receive a welcome letter, agenda, and directions to the training.

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

Nazareth Senior Center
15 S. Wood Street
Nazareth, PA 18064
Dates: Wednesdays, March 21, 2018 - April 25, 2018
Time: 9 a.m. – 11:30 a.m.
Please contact: Stacy Walsh, Center Director, at 610-759-8255
No charge for this class

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

Easton Life Style campus
3201 Sullivan Trail
Easton, PA 18042
Dates: April 17, 2018
Time: 10 a.m. – 3 p.m.
Please contact: Debbie Mertz, Director, at 610-829-3201
No charge for this class

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

Bath Senior Center
234 S. Walnut Street
Bath, PA 18014
Schedule: Mondays, May 7, 2018 – June 11, 2018
Time: 10 a.m. – 12:30 a.m.
Please contact: Diane Orłowski, Director, at 610-837-1931
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: Thursdays, April 5, 2018 – May 10, 2018

Time: 10 a.m. – 12:30 a.m.
Please contact: Geisinger Health and Wellness, at 866-415-7138
No charge for this class
Website: www.geisinger.edu/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

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

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

PCA/Wallace Building
642 N. Broad Street
Philadelphia, PA 19130
Schedule: Wednesdays, March 21, 2018 – April 25, 2018
Time: 10 a.m. – 12:30 p.m.
Please contact: Diane P. Brown, Health Promotion Consultant, at 215-765-9000, ext. 5119
No charge for this class

Thomas Jefferson Univ. Hospital
Alumni Hall, Rm 217, 10th and Locust Streets
Philadelphia, PA 19107
Schedule: Thursdays, April 5, 2018 – April 19, 2018 and May 3, 2018 – May 17, 2018
Time: 1 p.m. – 3:30 p.m.
Please contact: Neva White, Senior Health Educator, at 1-800-JEFF-NOW (1-800-533-3669)
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

Berry Long Memorial United Methodist Church
1745 South 58th Street
Philadelphia, PA 19143
Schedule: Saturdays, February 24, 2018 – March 24, 2018 and April 7, 2018
Time: 1 p.m. – 3:30 p.m.
Please contact: Maggie Davenport, Site Coordinator, at 513-550-4687
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 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)

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 27, 2018

Time: 10 a.m. – 3 p.m.

Please contact: Colleen Harmer, Activities Coordinator, 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 – 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

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

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

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

Honesdale Senior Center
323 Tenth Street
Honesdale, PA 18421
Dates: Fridays, March 23, 2018 – April 27, 2018
Time: 11 a.m. – 3 p.m.
Please contact: Marie Alexander, Health & Wellness Coordinator, at 570-253-4262
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

Monessen Center for Active Adults
1925 Grand Boulevard
Monessen, PA 15062
Dates: Wednesdays, April 25, 2018 – May 23 and Friday, May 25, 2018
Time: 9:30 a.m. – 12 p.m.
Please contact: Angela Sapone, Supervisor, Monessen Center for Active Adults, at 724-684-6105
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

Allegheny County

Event: Ethics in the Helping Profession

Description: FREE training for any new worker in the social service field, or any staff person that needs a refresher. Ken Montrose from Greenbriar Treatment Center will explore the basic principles of ethical codes. Participants should be able to explain the reasoning behind ethical codes, and identify pressures to violate them. CEU's available for addiction counselors by the Pa. Certification Board, Counselors by NAADAC #85689 and NBCC #6352, EAPS by the EACC, Nurses by PSNA, and Social Workers/LPCs/LMFTs by Pitt's School of Social Work.

Location: St. Stephen's Episcopal Church
405 Frederick Avenue
Sewickley, PA 15143

Date: Tuesday, April 10, 2018

Time: 9: a.m. - 12 p.m. Networking Lunch provided immediately following, sponsored by Lutheran SeniorLife/Valley Care.

Contact: Michelle Rockwell, PA Link Coordinator at mrockwell@tripil.com or call

724-223-5115, ext. 1215.

Registration Deadline: April 6, 2018

Beaver County

Event: Cultural Competency Training

Description: FREE training for all workers in organizations that deal with fostering positive communication and interaction with people/clients of different backgrounds. Dr. Donald Sheffield will provide the participants with a working knowledge of the principles of cultural competency and its relationship to diversity and inclusion. CEU's with Pitt SSW/CE are available for \$10.00 to participants as requested.

Location: Beaver Valley Intermediate Unit
Room 107
147 Poplar Avenue
Monaca, PA 15061

Date: Thursday, April 5, 2018

Time: 9 a.m. - 11:30 a.m. Continental breakfast included.

Contact: Lynell Scaff, BCCAN Coordinator at lscaff@bccan.org

Registration Deadline: April 3, 2018

Berks County

Event: Wyomissing Public Library hosts its first Death Café
Coffee, cake, and conversation.

Description: Come, sit around the table with a small group of others you may know or you may not. But join the scintillating conversation about death ... and life. There is no agenda, no sales pitches or set conclusions. Participants determine which interesting conversations will be had, but this is not a grief support group. The café is free and coffee/tea and cake are provided.

Location: Wyomissing Public Library
9 Reading Boulevard
Wyomissing, PA 19610

Date: March 17 | 1 - 3 p.m.
A one hour film, Consider the Conversation, will be shown following the Death Café at 4 p.m.

Contact: Inquire at the Library for or 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: RSVP at the Library or call or text 717.380.9714 or email bllink@mail.com - Free to attend.

Blair County

Event: World premiere moving screening of Kevin Hines' documentary "Suicide: The Ripple Effect"

Description: This is a free screening opportunity offered to the public and Human Service professionals in Blair, Cambria, Somerset, Fulton, Huntingdon and Bedford counties. This film is part of a global mission to help reduce the number of suicides and suicide attempts around the world. It is a feature length documentary that focuses on the devastating effects of suicide and the tremendous ripple effects of advocacy, inspiration and hope that are helping millions to heal and stay alive. The film highlights the journey of Kevin Hines, who at age 19 attempted to take his life by jumping off the Golden Gate Bridge. The film chronicles Kevin's personal journey and the ripple effect it has on those who have been impacted by his suicide attempt and his life's work since.

Date: March 14, 2018

Location: AMC Duncansville 12
234 Convention Center Drive
Duncansville, PA

Time: 7 p.m. – 10 p.m.

Contact: Michelle Younkin at palinkcoordinator6@gmail.com or 814-233-9206
Register: <https://www.eventbrite.com/e/suicide-the-ripple-effect-tickets-42496387840>

Butler County

Event: Emergency Preparedness for seniors and individuals with disabilities

Description: Free Emergency Preparedness Seminar and Vendor Fair. Programming includes "Senior for Senior" and "Be Red Cross Ready," hosted by The American Red Cross; and The California Office of Developmental Service's "Feeling Safe, Being Safe" workshop: Emergency Preparedness for Individuals with Disabilities. Vendor Fair featuring disability and aging organizations and resources. Sponsored by PA LINK and Butler Family Y.M.C.A.

Location: Butler Family Y.M.C.A.
339 N. Washington St.
Butler, PA 16001

Time: 10 a.m. – 2 p.m.

Date: Tuesday, March 20, 2018
Contact: Butler County Area Agency on Aging at (724) 282-3008 or bbuzzell@co.butler.pa.us
Register by: Thursday, March 15, 2018

Centre County

Event: Substance Abuse Disorders: Issues in Older Adults Conference

Description: This free, full-day training with presenter Linda Shumaker, RN, MA, will introduce participants to the specific substances that are abused in the older adult population including illicit drugs, prescription drugs and alcohol. Treatment interventions, evidenced-based practices and older adult specific outreach programs will be reviewed. Case discussions will assist participants in problem solving difficult community situations. It is hoped that as communities recognize this growing concern, addressing these issues will become a priority. Lunch and CEUs for social workers and care managers will be provided at no charge.

Location: Mount Nittany Medical Center
Dreibelbis Auditorium
1800 E. Park Ave.
State College, PA 16801

Date: May 7, 2018

Time: 8:30 AM – 4:30 PM

Contact: Melissa Bottorf, Lead Link Coordinator
E-mail – mbottorf2016@gmail.com
Phone – 570-428-3521

Registration Deadline: Register by May 1, 2018, at <https://www.eventbrite.com/substance-abuse-training>

Clinton County

Event: River Valley Senior Providers Group Meeting

Description: Join PA Link to meet other like-minded professionals from a seven-county area who are working to help local seniors and

individuals with disabilities. This month's meeting will focus on senior nutrition to commemorate March as National Nutrition Month. There is no cost to attend and anyone is welcome.

Location: Susque-View Nursing and Rehabilitation Center
22 Cree Drive
Lock Haven, PA 17745

Date: March 14, 2018

Time: 7:45 AM – 9:00 AM

Contact: Melissa Bottorf, Lead Link Coordinator
E-mail – mbottorf2016@gmail.com
Phone – 570-428-3521

Registration Deadline: None

Cumberland County

Event: Cumberland County Community Needs and PA Link Meeting

Description: This session will present information on 211 a free statewide collaborative for health and human services information. There will also be updates on 211's new initiatives.

Location: United Way of Carlisle and Cumberland County
145 S. Hanover St.
Carlisle, PA 17013

Date: March 23, 2018, at 9:30 a.m.

Contact: Ginger Monsted at vmonsted@ccpa.net

Registration Deadline: N/A

Indiana County

Event: Personality Disorders Lunch & Learn for Service Providers

Description: Presented by Croyle-Nielsen Therapeutic Associates, Inc. Join us to learn what a personality disorder is, what it looks like, how it affects you and your job, treatment options and approaches, as well as learning skills to use to help those who suffer. Sponsored by PA Link, The Arc of Indiana and Croyle-Nielsen Therapeutic Associates, Inc.

Location: The Park Inn by Radisson
1395 Wayne Ave.
Indiana, PA

Time: 10 a.m. - 2:30 p.m.
Date: Thursday, March 22, 2018
Contact: Email palinkcoordinator5@gmail.com or call (724) 237-1242 by March 14, 2018, and leave a message to register.

Lancaster County

Event: Share Your Wishes Lancaster County
Description: Community members, faith based entities and resources providers are invited to have discussion and planning about end-of-life considerations. Free to attend.
Location: Pennsylvania College of Health Sciences
Multi-Purpose Room
850 Greenfield Road
Lancaster, PA 17601
Date: March 14 | 7:30 a.m. – 9 a.m.
Contact: Please RSVP to Jennifer Wagner. Email at jewagner@LGHealth.org or call 717-544-4062
Registration Deadline: N/A

Event: Pennsylvania Link to Aging and Disability Resources Lebanon County Link partners' network cross-training meeting
Description: Steve Sensenig, Hospice & Community Care's Supportive Care Team Leader's presentation will focus on Supportive Care, Hospice & Community Care's specialized program which assists patients in preventing and managing the symptoms related to their serious illness. It offers the people services of hospice for those with a limited life expectancy who may not be ready for hospice.
Location: Mount Joy Hospice Center
Hospice & Community Care
4075 Old Harrisburg Pike
Mount Joy, PA 17552
Date: March 15 | 1 p.m. - 2:30 p.m.
Contact: To RSVP or 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: N/A - Free to attend

Lebanon County

Event: QPR (Question, Persuade, Refer_ Suicide Prevention Training

Description: QPR stands for Question, Persuade, and Refer — the 3 simple steps anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.

Location: WellSpan Philhaven's Grace M. Pollack Training and Community Center
283 South Butler Road
Mt. Gretna, PA 17064

Date: March 16 | 6 p.m. - 9 p.m.

Contact: Register at www.wellspanphilhaven.org/QPR

Registration Deadline: N/A - Free to attend

Mercer County

Event: Tech Savvy Computer Workshop for Seniors

Description: Presented by Mercer Elder Victim Advocacy Program AWARE. How tech savvy are you? This free once weekly (six-week), one hour course will teach seniors the ins-and-outs of internet safety. Participants will be given a free USB upon completion of the program

Presenter: Connor Lucas, Mercer AWARE

Location: Penn State Shenango
108 Sharon Hall
147 Shenango Avenue
Sharon, PA 16146

Time: 11 a.m. – 12 p.m.

Date: March 19 – April 23, 2018 (March 19, 26, April 2, 9, 16, and 23)

Contact: Connor Lucas, Mercer AWARE at 724-342-4934, ext. 116 or clucas@merceraware.org

Register by: March 15, 2018

Union County

Event: PHFA and PA Link Central Region Forum

Description: You are invited to attend a joint meeting co-sponsored by PHFA's Housing Services Department and the PA LINK to Resources. Forums are opportunities for site staff and agencies to develop relationships, exchange information, and learn about service options and developments. Registration is required. A networking lunch will be available at Country Cupboard Restaurant, 101 Hafer Rd., Lewisburg, following the meeting. Individual checks will be available.

Location: Union-Snyder Area Agency on Aging
116 N. 2nd St.
Lewisburg, PA 17837

Date: March 23, 2018

Time: 10:00 AM – 11:00 AM

Contact: Martha McGraw at mmcgraw@phfa.org

Registration Deadline: March 20, 2018. Please include location in subject line of email.

Union County

Event: Regional Hoarding Task Force Organizational Meeting

Description: PA Link to Aging and Disability Resource Centers is hosting an organizational meeting to determine the need for a regional Hoarding Task Force within a 9 county area that includes Union, Snyder, Northumberland, Lycoming, Columbia, Montour, Clinton and Schuylkill counties. The purpose of this task force is to help create a collaborative effort among multiple agencies to provide a managed response to hoarding cases to help ensure the health and safety of individuals affected by hoarding disorder.

Location: Union County Government Building
155 N. 15th Street
Lewisburg, PA 17837

Date: April 18, 2018

Time: 9:00 AM – 11:00 AM

Contact: Melissa Bottorf, Lead Link Coordinator
E-mail – mbottorf2016@gmail.com

Phone – 570-428-3521

Registration Deadline: April 15, 2018

Westmoreland County

Event: CORE of Housing in Westmoreland County

Description: We're bringing together many of those involved in housing within the county to help bridge the gaps and attempt to resolve some of the current issues in the community. The keynote speaker is Ben Laudermilch, Executive Director PA Dept. of Human Services. Panels are slated for coordinated entry, homeless shelters, housing transitions and re-entry and accessible housing. Sponsored by PA Link, Self Determination Housing Project, Disability Options Network and Laurel Legal Services.

Location: Saint Vincent College
Fred Rogers Center
300 Fraser Purchase
Rd. Latrobe, PA

Time: 8 a.m. - 2:30 p.m.

Date: Thursday, March 15, 2018

Contact: Email palinkcoordinator5@gmail.com or call (724) 237-1242 by March 7, 2018, and leave a message to register.

York County

Event: When your “treasures” become too much

Description: Hoarding Training for the family members. This event will be an informational fair and have a panel discussion the last hour.

Location: York Street Medical Center
Lecture Room
400 York Street
Hanover, PA 17331

Date: April 25, 2018 at 5:30 p.m. - 8:30 p.m.

Contact: Pat Isch at adrc@acofa.org

Registration Deadline: N/A

Announcements

Registration Open for 2018 PHA Annual Conference!

Registration is open for the 2018 PHA Annual Conference, April 24-26 at the Omni William Penn in downtown Pittsburgh. Early bird rates are available through March 23. The conference

will feature dynamic keynote speakers and innovative breakout sessions in home health, homecare, hospice and private duty homecare tracks. Click [here](#) to download the full conference brochure for details.

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.

2018 Alzheimer's Association Annual Dementia Conference

Join the Alzheimer's Association on May 7, 2018, in King of Prussia, PA for the Annual Southeastern Pennsylvania Dementia Conference. Learn from regional dementia experts and our featured speaker, Stephen G. Post, international speaker, bioethicist, best-selling author and researcher. Attend a variety of specialized workshops to customize your learning experience. Visit with local healthcare vendors and network with 400+ family caregivers and healthcare professionals.

Registration opens March 7, 2018.

CE applications will be submitted. For sponsorship opportunities, contact: kristina.prendergast@alz.org or call our 24/7 Helpline at 800.272.3900.