

April 20, 2018

Message from the Secretary

Earlier this week, a guest editorial was printed in PennLive about Governor Wolf's response to the opioid crisis. The piece was authored by Eric Hagarty, a deputy chief of staff for the governor. In case you did not have a chance to read it, you can find it [here](#). Although the well-articulated editorial focused on the Governor's response to this crisis impacting Pennsylvanians of every age and stage of life throughout the 67 counties of the commonwealth, the focus of today's wrap-up message is to offer a simple reminder that each of us can help fight this crisis.

The United States Drug Enforcement Administration's (DEA) National Prescription Drug Take Back Day is scheduled to take place on Saturday, April 28, 2018. This day provides an opportunity for us to help prevent drug addiction and overdose deaths. A recent Substance Abuse and Mental Health Services Administration article revealed that, "Fifty-three percent of Americans who use prescription drugs recreationally got them from a friend or relative." Moreover, a 2015 National Survey on Drug Use and Health revealed that 6.4 million Americans abused controlled prescription drugs, and it showed that a majority of abused prescription drugs were obtained from family and friends, often from the home medicine cabinet.



National Prescription Drug Take Back Day events provide us with the opportunity to safely dispose of our unneeded/unused or expired prescription medications. The DEA has made participating quite easy by establishing a user-friendly, easy to navigate Collection Site Locator [website](#) where you can enter your ZIP code or county/city/state and the site provides you with drug take back collection sites near you.

On behalf of the Wolf Administration, I encourage you to take time during this week leading up to National Drug Take Back Day to share this information with your co-workers, consumers, family members, friends, and neighbors, and remind them of the proper use, storage, and disposal of prescription medications, especially opioids that can very easily fall into the wrong hands.

Furthermore, any day of the year, you can also visit Pennsylvania's [Get Help Now site](#) where you can just as easily search for a drug take-back location near you. Let's all commit to doing our part, and encourage others to do the same, by cleaning out our medicine cabinets, and safely and anonymously dropping off our unused/unwanted prescription drugs.

Teresa Osborne
Secretary

Legislative Update

Pennsylvania House of Representatives

The House returned to session on Monday, April 16, 2018, through Wednesday, April 18, 2018, and considered the following legislation:

- House Bill No. 1539 sponsored by Representative Eddie Day Pashinski, which would enhance guardianship options for grandparents
- House Bill No. 2133 sponsored by Representative Katherine Watson, which would establish the Kinship Caregiver Navigator Program
- House Resolution No. 390 sponsored by Representative Eddie Day Pashinski, which would direct the Joint State Government Commission to study the trend of grand-families in Pennsylvania

The House Aging & Older Adult Services Committee met to discuss the Governor's 2018-2019 Budget proposal, as it related to senior supports and services. Secretary Osborne offered testimony to the committee along with OLTL Deputy Secretary Kevin Hancock and Lottery Director Drew Svitko.

The House will return to session on Monday, April 30, 2018, at 1 p.m.

Pennsylvania Senate

The Senate returned to session on Monday, April 16, 2018, through Wednesday, April 18, 2018, but did not consider any aging-related legislation.

The Senate will return to session on Monday, April 23, 2018, at 1 p.m. On Tuesday, April 24, 2018, the Senate Aging & Youth Committee will hold a voting meeting to consider Senate Bill No. 891, which requires PACE to cross reference enrollee data with the Department of Health's death records to ensure that deceased PACE beneficiaries are removed as recipients in a timely fashion.

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)

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.

Allegheny - Center North Senior Center @ Nativity Lutheran Church

4517 Mt. Royal Boulevard

Allison Park, PA 15101

Dates: May 7, 2018 and May 9, 2018

Time: 9:00 a.m. – 11:00 p.m.

Please contact: Meg Mulkearns, Center Coordinator, at 412-486-6426

No charge for this class

Website: www.buildingindependence.org

Harrison High Rise

2006 Broadview Boulevard

Natrona Height, PA 15065

Dates: May 22, 2018 and May 29, 2018

Time: 9:30 a.m. – 11:30 p.m.

Please contact: Shevawn Timko, Information & Referral Specialist at 724-224-1552

No charge for this class

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

Apollo Senior Community Center

707-A North Fifth Street

Apollo, PA 15613

Dates: April 30, 2018

Time: 9:30 a.m. – 2:00 p.m.

Please contact: Kim McAfee, Apollo Senior Center Manager, at 724-478-1410

No charge for this class

Ford City Senior Community Center

421 9th Street

Ford City, PA 16226

Dates: May 1, 2018

Time: 9:00 a.m. – 2:00 p.m.

Please contact: Paulette Miller, Ford City Manager, at 724-763-2660

No charge for this class

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

New Bethlehem Church

183 New Bethlehem Church Road

Aliquippa, PA 15001

Dates: April 21, 2018

Time: 8:00 a.m. – 1:00 p.m.

Please contact: Heather Spinelli, Fitness Center Instructor, at 724-709-0010

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: 9:00 a.m. – 12:00 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: 9:00 a.m. – 1:00 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

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

Central Blair Senior Center
1320 12th Avenue
Altoona, PA 16601
Schedule: Tuesdays, April 24, 2018 – May 8, 2018, Monday, May 14, 2018, Tuesdays, May 22 – May 29, 2018
Time: 9:00 a.m. - 11:30 a.m.
Please contact: Aubrey Lidwell, Community Services Program Coordinator, at 814-946-1235
No charge for this class
Website: www.blairsenior.org

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

Ben Wilson Senior Center
580 Delmont Avenue
Warminster, PA 18974
Date: April 30, 2018
Time: 9:00 a.m. – 1:00 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. – 2:00 p.m.
Please contact: Bensalem Senior Center at 215-638-7720
No charge for this class

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

Butler Library
218 N McKean Street
Butler, PA 16001

Dates: June 26, 2018
Time: 10:00 a.m. – 3:00 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

Chester – Diabetes Self-Management Program (education on living a healthier life with Diabetes)
Kennett Area Senior Center
427 S Walnut Street
Kennett Square, PA 19348
Schedule: Tuesdays, April 17, 2018 – May 22, 2018
Time: 10:30 a.m. – 1:30 p.m. (break for lunch)
Please contact: Andrea Durynski at 610-444-4819
No charge for this class
Website: <http://kennettseiorcenter.org/>

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. – 12:00 p.m.
Please contact: Shelia Williams or Joan Domico at 814-236-1526
No charge for this class

Leonard Court Apartments
1350 Leonard Street
Clearfield, PA 16830
Schedule: Thursdays, May 2, 2018 – June 14, 2018 (no class June 7, 2018)
Time: 1:00 p.m. – 3:30 p.m.
Please contact: Shelia Williams, Director, at 814-765-8900
No charge for this class

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 10:00 a.m.
No charge for this class
All activities are posted at www.ccaaa.net

Healthy Steps for Older Adults (fall risk screening & education)
Mahaffey Center for Active Living
958 Market Street
Mahaffey, PA 15757
Dates: May 23, 2018
Time: 9:00 a.m. – 2:00 p.m.
Please contact: Sally Hurd, Center Manager, at 814-277-4544
No charge for this class
Website: www.ccaaa.net

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

Berwick Senior Center
1401 Orange Street
Berwick, PA 18603
Date: April 25, 2018
Time: 9:30 a.m. – 11:00 a.m.
Please contact: Jan Banko, Manager, Berwick Senior Center, at 570-759-8529
No charge for this class

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

Ridley YMCA
900 South Avenue
Secane, PA 19018
Dates: Fridays, April 27, 2018 – June 1, 2018
Time: 9:30 a.m. – 12:00 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)

St Mary's Senior Center - Marien Stadt Place
72 Erie Avenue
St. Mary's, PA 15857
Dates: Wednesday, April 25, 2018
Time: 9:00 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: 9:00 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)

Millcreek Municipal Building
36080 West 26th Street
Erie, PA 16509
Dates: June 3, 2018
Time: 9:00 a.m. – 2:00 p.m.
Please contact: Aaron Damron at 814-459-4132
No charge for this class

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

Belle Vernon High Rise
Community Room
500 Blind Lane
Belle Vernon, PA 15102
Dates: Wednesday, May 2, 2018
Time: 10:00 a.m. – 3:00 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: 1:00 p.m. – 3:00 p.m.
Please contact: Vicki Burgess, Center Services Administrative Supervisor, at 724-349-4500
No charge for this class

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

Bright Side Opportunities Center
515 Hershey Avenue
Lancaster, PA 17603
Dates: Tuesdays, April 3, 2018 - May 8, 2018
Time: 1:00 p.m. - 3:30 p.m.
Please contact: Derek Bendetti, Health Promotion, at 717-299-8370
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 – Chronic Disease Self-Management Program (education on living a healthier life)

Lehigh Valley Active Life
1633 Elm Street
Allentown, PA 18102

Dates: Wednesdays, September 26, 2018 – October 31, 2018

Time: 12:15 p.m. – 2:45 p.m.

Please contact: Monica Yastrzab-Kempf, Health and Wellness Nurse, at 610-782-3618

No charge for this class

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

Whitehall Active Lifestyle Center

West Catasauqua Community Center 2301 Pine Street

Whitehall, PA 18052

Schedule: Mondays, October 15, 2018 - November 19, 2018

Time: 12:30 p.m. – 3:00 p.m.

Please contact: Monica Yastrzab-Kempf, Health and Wellness Nurse, at 610-782-3618

No charge for this class

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

Boscov's

15 S Main Street

Wilkes-Barre, PA 18702

Dates: May 3, 2018 and May 10, 2018

Time: 9:00 a.m. – 2:00 p.m.

Please contact: Toni Mathis, Director CTA Active Adult Center, at 570-825-3484

No charge for this class

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

Port Allegany Senior Center

216 North Main Street

Port Allegany, PA 16743

Dates: Tuesday, April 24, 2018

Time: 9:00 a.m. – 2:30 p.m.

Please contact: Angie Culver, Port Allegany Senior Center Director, at 814-642-2101

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. – 4:00 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 – 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: 10:00 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: 10:00 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: 10:00 a.m. - 11:00 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)

Millerstown Senior Center

99 Greenwood Street

Millerstown, PA 17062

Dates: July 16, 2018

Time: 9:30 a.m. – 2:30 p.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)

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: 1:00 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: 9:00 a.m. – 11:30 a.m.
Please contact: Edwina Griggs, Activities Coordinator, at 215-546-5879
No charge for this class

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

Martin Luther King Older Adult Center
2100 West Cecil B. Moore Avenue
Philadelphia, PA 19121
Schedule: Thursdays, April 5, 2018 – May 10, 2018
Time: 9:00 a.m. – 11:30 a.m.
Please contact: Rosalyn Cofer, Activities Coordinator, at 215-978-2715
No charge for this class

Calvary St. Augustine Episcopal Church
814 North 41st Street
Philadelphia, PA 19104
Schedule: Mondays, April 9, 2018 – May 14, 2018
Time: 4:00 p.m. – 6:30 p.m.
Please contact: Sharon Conleton, Site Coordinator, at 215-765-9000, ext. 5123
No charge for this class

St. Charles Senior Community Center
1941 Christian Street
Philadelphia, PA 19146
Schedule: Wednesdays, May 2, 2018 – June 6, 2018
Time: 10:30 p.m. – 1:00 p.m.
Please contact: Kathy Boles, Center Director, at 215-790-9530
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: 9:00 a.m. – 11:30 a.m.
Please contact: Fatima Jackson, Activities 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: 10:00 a.m. – 12:30 p.m.
Please contact: Bette Homer, Site 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, Site Coordinator, at 215-832-0539
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: 9:00 a.m. – 11:30 a.m.
Please contact: Jenny Wagner, Community Wellness Coordinator, at 570-624-3017
No charge for this class

Snyder – Diabetes Self-Management Program (education on living a healthier life with Diabetes)
Beaver Springs Senior Center
55 Elm Street
Beaver Springs, PA 17812
Schedule: Wednesdays, May 2, 2018 – June 6, 2018
Time: 9:00 a.m. – 11:30 a.m.
Please contact: Geisinger Health and Wellness at 866-415-7138
No charge for this class
Website: www.geisinger.edu/events

Somerset – Chronic Disease Self-Management Program (education on living a healthier life)
Central City Senior Center
103 Sunshine Avenue
Central City, PA 15926
Dates: Fridays, May 4, 2018 – June 8, 2018
Time: 9:00 a.m. – 11:30 a.m.
Please contact: Carol Turner, Senior Center Manager, at 814-754-5615
No charge for this class
Website: <http://www.somersetaaa.org/seniorcenters.htm>

Tioga – Chronic Disease Self-Management Program (education on living a healthier life)
The Deane Center
104 Main Street, Board Room
Wellsboro, PA 16901
Dates: Tuesdays, April 17, 2018 – May 22, 2018
Time: 9:00 a.m. – 11:30 a.m.
Please contact: Hollie Irvine, Health & Wellness Coordinator, at 1-800-982-4346
No charge for this class
Weblink: <http://www.deanecenter.com/>

Union – Chronic Disease Self-Management Program (education on living a healthier life)
Evangelical Community Health & Wellness
Evangelical Professional Office Building, Suite 12015
One Hospital Drive

Lewisburg, PA 17837
Dates: Tuesdays, April 17, 2018 – May 22, 2018
Time: 9:00 a.m. – 11:30 a.m.
Please contact: Evangelical Community Health & Wellness, at 570-768-3200
No charge for this class
Weblink: www.evanhospital.com

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

Canonsburg Hospital
McNary Conference Center
100 Medical Boulevard
Canonsburg, PA 15317
Dates: Tuesdays, April 17, 2018 - May 22, 2018
Time: 1:00 a.m. - 3:30 p.m.
Please contact: Patricia Mounts, Health & Wellness Coordinator, at 724-228-7080
No charge for this class

Lemoyne Community Center
200 N. Forrest Avenue
Washington, PA 15301
Dates: Thursdays, April 19, 2018 - May 24, 2018
Time: 10:00 a.m. - 12:30 p.m.
Please contact: Patricia Mounts, Health & Wellness Coordinator, at 724-228-7080
No charge for this class

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

Hawley Senior Center
337 Bingham Park
Hawley, PA 18427
Date: May 2, 2018
Time: 9:00 a.m. – 2:00 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)

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. – 12:00 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)

East Vandergrift Center for Active Adults
400 McKinley Avenue
East Vandergrift, PA 15629
Date: April 20, 2018
Time: 10:00 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: 9:00 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: 10:00 a.m. – 2:30 p.m.

Please contact: Tara Kazmer, Supervisor, New Kensington Center, at 724-335-8597

No charge for this class

Mt. Pleasant Center for Active Adults

424 Washington Street

Mt. Pleasant, PA 15666

Date: May 14, 2018

Time: 9:00 a.m. – 2:00 p.m. (break for lunch)

Please contact: Jodi Fields, Mt. Pleasant Center Supervisor, at 724-547-4593

No charge for this class

Latrobe Center for Active Adults

15 Avenue C

Latrobe, PA 15601

Date: May 30, 2018

Time: 9:00 a.m. – 2:00 p.m. (break for lunch)

Please contact: Liz Pepper, Latrobe Center Supervisor, at 724-539-0237

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. – 12:00 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: 9:00 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

Beaver County

Event: Bridges Out of Poverty Training

Description: FREE 3 hour session will address specific needs of the culture of poverty in Beaver County and how social workers can serve clients more effectively. This training is designed to provide a framework for social workers to understand poverty within the broader limitations of their clients. CEU's with Pitt SSW/CE are available for \$10.00 to participants as requested.

Location: Penn State Beaver Campus, The Lodge
100 University Drive
Monaca, PA 15061

Date: Thursday, May 10, 2018

Time: 9:00 a.m. - 12:00 p.m. Continental breakfast included.

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

Registration Deadline: May 5, 2018

Event: Community HealthChoices (CHC): Updates on Implementation in SW PA

Description: Come learn about CHC implementation and resources for troubleshooting. This is a FREE training and open to anyone who works with individuals affected by Community HealthChoices.

Location: Center at the Mall
Beaver Valley Mall, Unit 284
Monaca, PA 15061

Date: Tuesday, May 15, 2018

Time: 1:00 p.m. - 3:00 p.m.

Contact: Michelle Rockwell at mrockwell@tripil.com or call 724-223-5115, ext. 1215.

Registration Deadline: Friday, May 11, 2018

Butler County

Event: Understanding Community Health Choices

Presenter: Erin Guay, Pennsylvania Health Law Project

Description: Community Health Choices began January 1, 2018 in Southwestern PA. This new managed care program affects 100,000 older adults and persons with disabilities living in our region. Who is impacted: Adults with both Medicare and Medical Assistance; People living in Nursing Homes paid by Medical Assistance; Adults in the following Waiver Programs: Aging, Attendant Care, CommCare, Independence, and OBRA. Come to learn more about what is changing and how the different target groups will be impacted.

Location: Butler County Community College
Science and Tech Building

Room TB-200
(Permit Parking Pass Required)
Date: April 24, 2018
Time: 10AM – 12PM
Contact: Brittany Buzzelli, PA LINK Coordinator (724) 431-1218 or
bbuzzell@co.butler.pa.us
Register by: April 20, 2018

Carbon/Luzerne/Wyoming/Lackawanna

Event: Hoarding Workshop
Description: Linda Shumaker, RN-BC, MA, Behavioral Health and Aging Consultant will discuss hoarding as a disease, as well as hoarding behaviors, demographics, assessments and treatment
Location: Heritage Hill Senior Community
800 6th Street
Weatherly, PA 18255
Date: April 27, 2018
Time: Registration: 9:30 a.m. -10:00 a.m., Presentation: 10:00 a.m. -12:00 p.m.
Contact: E-mail Julie Mann at ccaging14@ptd.net
Registration Deadline: Seats are limited. Please RSVP by April 18, 2018

Event: Aging/ID Workshop/ Working with Aging/ID Consumers Who Have a Dual Diagnosis Of Alzheimer's/Dementia
Description: This workshop will help you recognize the signs and symptom of the most common psychiatric disorders in older adults: Delirium, Depression and Dementia. Presentations on how to do case assessments will also be presented. The law firm of Colbert & Grebas will also be presenting on Special Needs Trusts
Location: Genetti's Hotel and Conference Center
77 E. Market Street
Wilkes-Barre, PA 18701
Date: June 8, 2018
Time: 8:30 a.m. - 3:30 p.m.
Contact: E-mail Julie Mann at ccaging14@ptd.net
Registration Deadline: May 26, 2018 - Registration is required. Lunch will be provided.

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, by clicking [here](#)

Chester County

Event: Bridges out of Poverty

Description: Bridges out of Poverty, developed by Dr. Ruby Payne and Phillip DeVol, provides concepts, perspectives and strategies to help employers, community organizations, social service agencies and individuals to address and reduce poverty in a comprehensive way.

Location: Episcopal Church of the Trinity
323 E. Lincoln Highway
Coatesville, PA 19320

Date: May 31, 2018

Time: 6 p.m. - 9 p.m.

Contact email: WGAYONR@CHESTERCOUNTYFOODBANK.ORG

Event: Bridges out of Poverty

Description: Bridges out of Poverty, developed by Dr. Ruby Payne and Phillip DeVol, provides concepts, perspectives and strategies to help employers, community organizations, social service agencies and individuals to address and reduce poverty in a comprehensive way.

Location: Olivet United Methodist Church
310 E. Chestnut Street
Coatesville, PA 19320

Date: June 9, 2018

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

Contact email: WGAYONR@CHESTERCOUNTYFOODBANK.ORG

Fayette County

Event: Aging/ID Coalition Conference 2018: Providing Support to Individuals with Intellectual Disabilities During the Unexpected

Description: This free conference includes presentations from David Rider, Mental Health Program Director from FCBHA and Dr. Jo Ann Jankoski, Associate Professor from Penn State. Lunch is provided.

Location: Park Inn by Radisson
700 W. Main Street
Uniontown, PA 15401

Date: Tuesday, May 8, 2018

Time: 8:45 am- 2:00 pm. Registration begins at 8:00 am

Contact: Michelle Rockwell at mrockwell@tripil.com

RSVP: By May 1, 2018

Event: Community HealthChoices (CHC): Updates on implementation in SW PA

Description: Come learn about CHC implementation and resources for troubleshooting. This is a FREE training and open to anyone who works with individuals affected by Community HealthChoices.

Location: Fayette County Behavioral Health
215 Jacob Murphy Lane
Uniontown, PA 15401

Date: Thursday, April 26, 2018

Time: 1:00 - 3:00 p.m.

Contact: Michelle Rockwell at mrockwell@tripil.com or call 724-223-5115, ext. 1215
Registration Deadline: Monday, April 23, 2018

Lancaster County

Event: A Community Death Café
Description: Come to this FREE event – the first Community Death Café at Pennsylvania College of Health Sciences. At this Death Cafe, people you may know or not know gather to savor delicious cake, coffee and conversation about mortality as a way to make the most of life. In this relaxed, quite informal, setting there are no speeches, no sales pitches and no agendas. Instead, the conversation is set by you and others around the table. This is not a grief or support group — just a cordial space to discuss the inevitable.
Location: Pennsylvania College of Health Sciences
850 Greenfield Road
Lancaster, PA 17601
(Room 1500 – use Door # 16)
Date: April 21 | 10:00 a.m. to 11:45 a.m.
A FREE screening of the 70 minute film, “The most excellent dying of Theodore Jack Heckleman” will follow the Death Café at noon
Contact: Call or text 717.380.9714 or email bllink@mail.com to RSVP or if you require accommodation or want more information
Registration Deadline: RSVP

Event: Popcorn & a movie “Going Blind: Coming out of the Darkness about Vision Loss”
Description: Come to this FREE event. This documentary features the stories of everyday people and their heroic efforts they make to live in today’s world with vision loss. This 70 minute movie is a unique documentary film that increases public awareness of sight loss and low vision issues profoundly affecting the lives of more and more people and those who love them. This is a collaborative initiative of The Arc of Lancaster Lebanon and the Pennsylvania Link to Aging and Disability Resources | Lancaster County partners’ network.
Location: The Arc of Lancaster Lebanon
116 West Airport Road, Suite A
Lancaster, PA 17601
Date: April 25 | Doors open at 6:00 pm; film – 6:30 pm
Discussion following the screening with representatives of the Red Rose Council of the Blind and the Pennsylvania Bureau of Blindness and Visual Services.
Contact: The Arc of Lancaster Lebanon, 717.394.5251 or email bllink@mail.com
Registration Deadline: **RSVP is a must** – seating is limited to 30 only

Lawrence County

Event: Understanding Hospice: A Conversation Today for the Care You Want Tomorrow
Presenter: Visiting Nurses Association
Description: When is the right time to consider hospice care? When is hospice the right choice? What supports are available for family caregivers during hospice care? Whether you are considering planning ahead for yourself or are concerned about the future of a loved one, this presentation will provide an in-depth understanding of hospice essentials.
Location: Challenges – Options in Aging
2706 Mercer Road
New Castle, PA 16105
Date: April 25, 2018

Time: Vendor Fair 5:00PM – 7:00PM, Presentation 5:45PM
Contact: Challenges, 724-658-3729 or Brittany Buzzelli, PA Link Coordinator,
724-431-1218, bbuzzell@co.butler.pa.us
Register by: April 23

Event: Seniors Bullying Seniors Workshop for Seniors
Presenter: Pamela Countouris, Certified Bullying Prevention Specialist
Description: Senior to senior bullying is on the rise within communal programs and health care settings. Bullying among older adults is a serious issue that continues to grow. Participants will gain an understanding of what senior bullying is, why it happens, the underlying behavioral programs that are present in the older adult bully and what we can do when senior bullying occurs.

Location: Challenges – Options in Aging
2706 Mercer Road
New Castle, PA 16105

Date: May 7, 2018

Time: 10:15 AM – 11:15 AM

Contact: Challenges, 724-658-3729 or Brittany Buzzelli, PA LINK Coordinator at
(724) 431-1218 or bbuzzell@co.butler.pa.us

Register by: May 1

Lehigh/Northampton Counties

Event: Supported Decision Making, an Alternative to Guardianship
Description: Workshop will focus on strategies for assuring the rights of individuals while reinforcing the understanding and acknowledgement of those rights as well as implementing processes that respect those rights.

Location: DeSales University Center, 2755 Station Avenue, Center Valley, PA

Date: May 1, 2018

Time: 9 a.m. to 1 p.m.

Contact: Email – wayneschiff@lehighcounty.org to register.

Registration Deadline: April 24, 2018

Mercer County

Event: Seniors Bullying Seniors Workshop for Social Work/Health Care Professionals

Presenter: Pamela Countouris, Certified Bullying Prevention Specialist

Description: Senior to senior bullying is on the rise within communal programs and health care settings. In order to provide quality life experience for care recipients, bullying behaviors need to be addressed quickly. Participants will gain an understanding of what senior bullying is, why it happens, the underlying behavioral programs that are present in the older adult bully and what we as professionals, can do when senior bullying occurs.

Location: Primary Health Network
John Laeng Board Room
55 Pitt Street
Sharon, PA 16146

Date: May 21, 2018

Time: Registration 9:30 a.m., program 10 a.m. – 12 p.m.

Contact: Brittany Buzzelli, PA LINK Coordinator at (724) 431-1218 or
bbuzzell@co.butler.pa.us

Register by: May 18, 2018

Somerset County

Event: The Darker Side of Social Networking
Description: This free training will discuss how information is collected and misused on Social Networking Sites and how to better protect yourself and family members.
Location: Somerset Country Club
416 Plank Rd, Somerset, PA
Date: June 5, 2018
Time: 9 a.m. -11:30 a.m. Registration begins at 8:30 a.m.
Contact: Michelle Younkin, SA 6 Lead Coordinator at palinkcoordinator6@gmail.com
Registration: Click [here](#)

Event: Technology Scams and Why They Work
Description: This free training discusses how to protect yourself from threats to your personal information and finances.
Location: Somerset Country Club
416 Plank Rd, Somerset, PA
Date: June 5, 2018
Time: 1 p.m. - 3:30 p.m. Registration begins at 12:30 p.m.
Contact: Michelle Younkin, SA 6 Lead Coordinator at palinkcoordinator6@gmail.com
Registration: Click [here](#)

Washington County

Event: Identifying and Dealing with Senior Bullying
Description: This event is open to any staff that work with older adults, apartment or property managers, senior citizen or older adult center staff, and social workers or other staff from facilities. Event is FREE and followed by Breakfast Buffet sponsored by Home Instead Senior Care
Location: Ramada Inn
1170 W. Chestnut Street
Washington, PA 15301
Date: Tuesday, April 24, 2018
Time: 9:00 am- 12:00 pm. Breakfast buffet included
Contact: Michelle Rockwell at mrockwell@tripil.com or call 724-223-5115, ext. 1215
Registration Deadline: Tuesday, April 17, 2018

Wayne County

Event: Caregivers Conference
Description: FREE training for the public and human service professionals. Three presentations on topics useful for caregivers will be presented. Included will be Understanding the Psychiatric Issues of Dementia, Effective Communication Strategies, Hospital to Home, and To Hospice.
Location: Salvation Army Lodge
398 South Street
Waymart, PA 18472
(Note: *Not the Camp*)
Date: Tuesday, May 1, 2018
Time: 9:30 continental breakfast; 10 AM program begins; ends approximately 3 PM
Contact: E-mail – jdoyle@waynecountypa.gov, phone – 570-253-4262
Registration Deadline: April 20, 2018

Event: Understanding the Psychiatric Issues of Dementia
Description: FREE training for the public and human service professionals. Two hour

presentation on Understanding the Psychiatric Issues of Dementia. Reservations required for Supper, handouts and seating.

Location: Hawley Senior Center
Bingham Park
337 Park Place
Hawley, PA 18428
Date: Tuesday, May 1, 2018
Time: 6 to 8 PM – Light Supper Served
Contact: E-mail – jdoyle@waynecountypa.gov, phone – 570-253-4262
Registration Deadline: April 24, 2018

Announcements

Southwest Alzheimer's Association 2018 Professional Conference: Innovation through Collaboration

The Alzheimer's Association Southwest region is proud to provide an educational conference featuring two speakers, Michelle Barclay, President and Co-Founder of the Barclay Group, LLC, who will speak on Building a Dementia Friendly Community, and Sheila Molony, PhD, APRN, GNP-BC Associate Professor Nursing at Quinnipiac University, co-author of the recently published *Alzheimer's Association Dementia Care Practice Recommendations*.

Other sessions will include innovative programming ideas, including design and dementia, how to engage those living with dementia through creative movement, and intergenerational programming ideas.

Date: May 30, 2018
Time: 8 a.m. – 4 p.m.
Location: The Chadwick
10545 Perry Highway
Wexford, PA 15090

6 CEU credits for NASW, NHA, Nursing and PCHA. \$80 for professionals, \$30 for caregivers, and Alzheimer's Association support group facilitators will be free. For more information contact Sara Murphy, Senior Program Manager, at smurphy@alz.org, or to register, click [here](#).

Long Term Living Training Institute (LTLTI) Training Calendar: May 2 – June 30, 2018

For additional information and to register for a training session, access the Long Term Living Training Institute's Calendar/Events page [here](#)

(You will first be directed to log in to your LTLTI training account.)

May 2-3 - Supervisory Training (**State College**)
May 8-10 - APPRISE Conference (**State College**)
May 15-16 - Ombudsman Conference (**Gettysburg**)
June 6 - Nutrition Conference (**State College**)
June 7 - Health & Wellness Conference (**State College**)
June 11 - Media Toolkit Workshop (**Harrisburg**)
June 12 - P4A Membership Meeting (**Harrisburg**)
June 13 - PDA Quarterly Review (**Harrisburg**)

April is National Social Security Month

April is National Social Security Month. National Social Security Month is celebrated in April and is dedicated to educating you about Social Security programs and services. From programs that

help support you through life's journey, to services that help put you in control, to systems that help protect what's important to you, Social Security is committed to helping secure today and tomorrow for you and your family. Celebrate by seeing what you can do [online](#).

Registration Open for PA Adult Day Service Association (PADSA) Annual Conference

Registration is open for the PA Adult Day Service Association (PADSA) Annual conference to be held at the Hershey Lodge April 26-27, 2018. Sessions include: Outcome Measurements for LTSS, Community Health Choices Update, Innovations: The New Provider Partnership (from a MCO perspective), Town Hall Meeting with MCOs and ADS Providers, Branding your Center in a Noisy Service Provider Marketplace, Q&A with the PDA ADS Licensing Team and much more! A pre-intensive will be offered Wednesday, April 25, 2018, for all those interested in learning more about "How to open an ADS Center." A quick version of DEMENTIA LIVE is available also throughout the conference on Thursday. Please visit www.padsa.org to register and learn more. For questions, concerns or sponsorship/exhibitor opportunities, contact conference chair Tina Hess at thess@goodnewsconsulting.com or 717-843-1504.

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 1-800-272-3900.