



May 11, 2018

Message from the Secretary

Many of you have heard me speak about Pennsylvania's oldest resident, Delphine Gibson, who at 114 years of age was also the oldest person in the United States. On Wednesday afternoon I received word from Huntingdon/Bedford/Fulton Counties Area Agency on Aging Director Connie Brode that Ms. Delphine had passed away early Wednesday morning at AristaCare at Huntingdon Park, where she had resided since 2004. Her funeral will be tomorrow morning at the church she loved, Mount Hope Missionary Baptist Church. Ms. Delphine attributed her longevity to good food, her faith in God, and her church.

Last August on her 114th birthday, I was honored to attend her celebration along with two department staff members, Chuck Quinnan, PA Long Term Care Council Executive Director, and Drew Wilburne, Communications Director. Also joining the spirited gathering were members of Ms. Delphine's faith community. They were an amazing group who sang gospel tunes and Ms. Delphine sang right along with them. Her voice was strong and clear as they sang, "Jesus loves me this I know, 'cause the Bible tells me so." With each note she sang it was evident that Ms. Delphine believed in the meaning behind every word. Her faith was palpable as she sang with a joy-filled heart and a smile on her face with the people she loved the most--her church family, the staff from AristaCare, and the Huntingdon/Bedford/Fulton Counties Area Agency on Aging, who ensured that she was safe, cared for, and protected. During this last birthday party, I had the privilege of presenting Ms. Delphine with a personal greeting from Governor Wolf in recognition of the gift of her life and her status as the oldest Pennsylvanian and American resident. Her response was, "For me? You have a present for me? Thank you!" It was a moment that I will treasure for the rest of my life. On Wednesday, we informed the governor of Ms. Delphine's passing, and yesterday afternoon he tweeted that he and the First Lady were "saddened to hear of the passing of Delphine Gibson, America's oldest citizen. She was an incredible Pennsylvanian and she will be missed."

Last night I had the chance to connect with Connie Brode again. As a former area agency on aging (AAA) director, I appreciate that Connie and her staff served as Ms. Delphine's 'legal family' so-to-say, as the agency had been appointed many years ago to serve as her court-appointed guardian. Mary Swartz is the AAA employee who was assigned to oversee Ms. Delphine's case. When the death of a guardianship consumer occurs, the same loss that the natural family, church family, and friends feel is also felt by the facility staff who tended to her daily needs, and the AAA employees who have been legally responsible for Ms. Delphine for over two decades. To all who mourn Ms. Delphine's loss, I extend my sincere sympathies on the earthly passing of this beautiful soul, who although blind and deaf near the end of her life still enjoyed singing and humming and maintained a quick wit and gentle spirit. To the Huntingdon/Bedford/Fulton AAA, I extend my gratitude for all they did for Ms. Delphine and for all they do as a local area agency on aging to serve, protect, enable, and empower the older Pennsylvanians entrusted to their care. As media outlets throughout the country today share the story of Ms. Delphine's passing and marvel at the gift of her longevity, it was Ms. Swartz and the local AAA staff who ensured that she was safe, cared for, and protected, fulfilling their role under the Older Americans Act to serve our seniors with the dignity and respect they deserve.

Teresa Osborne
Secretary

Personnel Updates

Congratulations to Ellaheh Otarod, PACE Program Analyst, who was appointed by Governor Wolf to his Advisory Committee for People with Disabilities.

Congratulations to Suryakala Venkatadri, Chief of the Budget Division in the Bureau of Finance, who was invited to attend and be recognized at First Lady Frances Wolf's Asian American & Pacific Islander (AAPI) Heritage Month Reception for her outstanding contributions to the commonwealth and the Asian American and Pacific Islander community.

Legislative Update

Pennsylvania House of Representatives

The House was not in session this week. The House will return to session on Tuesday, May 22, 2018, at 1 p.m.

On May 15, 2018, concurrent with Pennsylvania's primary election, there will be three special elections to fill vacancies in the following legislative districts; House District 48 in part of Washington County, House District 68 in parts of Bradford, Potter & Tioga Counties, and House District 178 in part of Bucks County.

Pennsylvania Senate

The Senate was not in session this week. The Senate stands in recess until Monday, May 21, 2018 at 1 p.m.

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

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 a.m.
Please contact: Shevawn Timko, Information & Referral Specialist, 724-224-1552
No charge for this class

Beaver – Healthy Steps for Older Adults (fall risk screening & education)
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, 724-728-1422
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 a.m. – 3 p.m.
Please contact: Brittany Buzzelli, Butler County Area Agency on Aging, 724-282-3008
No charge for this class
Website: www.butlerlibrary.info

Centre – Healthy Steps for Older Adults (fall risk screening & education)
CERTIFIED WORKSHOP LEADER TRAINING by Dering Consulting Group, Inc.
Nittany Lion Inn
200 West Park Avenue
State College, PA 16803
Date: June 8, 2018
Time: 8:30 a.m. – 4:30 p.m.
Please register at: Dering Consulting Group, Inc. at www.deringconsulting.com/hsim
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.

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

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

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

Mahaffey Center for Active Living
958 Market Street
Mahaffey, PA 15757
Schedule: Mondays and Thursdays at 10:30 a.m.
No charge for this class
All activities are posted at www.ccaaa.net

Coalport Center for Active Living
851 Rear Main Street
Glendale Medical Center Complex
Coalport, PA 16627
Schedule: Tuesdays and Thursdays 10:30 a.m. – 11:30 a.m.
No charge for this class
All activities are posted at www.ccaaa.net

Clearfield Center for Active Living
116 South 2nd Street
Clearfield, PA 16830
Schedule: Thursdays at 10 a.m.
No charge for this class
All activities are posted at www.ccaaa.net

Clearfield – 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 a.m. – 2 p.m.
Please contact: Sally Hurd, Center Manager, 814-277-4544
No charge for this class
Website: www.ccaaa.net

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 p.m.
Please contact: Ridley YMCA at 610-544-1080
No charge for this class
Website: www.cyedc.org

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 a.m. – 2 p.m.
Please contact: Aaron Damron at 814-459-4132
No charge for this class

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

Chestnut Hills Social Center
26 Heybert Drive
Blairsville, PA 15717
Dates: Fridays June 15, 2018 and June 22, 2018
Time: 10 a.m. – 12 p.m.
Please contact: Michele Haynes, Center Manager, at 724-459-5251
No charge for this class

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

Voluntary Action Center
829 Jefferson Avenue
Scranton, PA 18510
Schedule: Thursdays, May 24, 2018 – June 28, 2018
Time: 1 p.m. – 3:30 p.m.
Please contact: Molly Fuchs, Community Health Program Assistant, 570-880-7130, ext. 111
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, 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 p.m.

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

No charge for this class

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

Milroy Senior Center
283 Broad Street
Milroy, PA 17063

Dates: May 10, 2018 and May 11, 2018

Time: 9 a.m. – 11 a.m.

Please contact: Randi Warner, Health & Wellness Coordinator, at 717-242-0315, ext. 127

No charge for this class

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

CERTIFIED WORKSHOP LEADER TRAINING by Dering Consulting Group, Inc.

Generations of Indian Valley
259 North 2nd Street
Souderton, PA 18964

Date: June 15, 2018

Time: 8:30 a.m. – 4:30 p.m.

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

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.

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: DSMP cross-training – May 21, 2018

Time: 8:30 a.m. – 4:30 p.m.

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

Prerequisite: Must provide a certificate of completion of a 4-day Chronic Disease Self-Management Program (CDSMP) Lay Leader training and is actively certified as a CDSMP Lay Leader.

Charge: No charge to AAA 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 a.m. – 12:30 p.m.
Please contact: Diane Orłowski, Director, 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, June 14, 2018 – July 19, 2018
Time: 10 a.m. – 12:30 p.m.
Please contact: Geisinger Health and Wellness Department at 1-866-415-7138
No charge for this class
Website: www.geisinger.org/events

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

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

Philadelphia – Chronic Disease Self-Management Program **LAY LEADER TRAINING** and Chronic Pain Self- Management Program **LAY LEADER CROSS-TRAINING**

PCA/Wallace Building
642 North Broad Street
Philadelphia, PA 19130
Schedule: CDSMP four-day training – June 12, 13, 20 and 21, 2018
Time: 8:30 a.m. – 4 p.m.
Schedule: CPSMP cross-training – June 26, 2018
Time: 8:30 a.m. – 4:30 p.m.
Please contact: Diane P. Brown, Health Promotion Consultant, 215-765-9000, ext. 5119 or Diane.Brown@pcacares.org

Charge: No charge to AAA staff, AAA subcontractors or AAA volunteers. 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.

Philadelphia – Chronic Disease Self-Management Program (education on living a healthier life)
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: Edwina Griggs, Activities Coordinator, 215-546-5879
No charge for this class

Philadelphia – Chronic Pain Self-Management Program (education on living a healthier life with chronic pain)
St. Charles Senior Community Center
1941 Christian Street
Philadelphia, PA 19146
Schedule: Wednesdays, May 2, 2018 – June 6, 2018
Time: 10:30 a.m. – 1 p.m.
Please contact: Kathy Boles, Center Director, 215-790-9530
No charge for this class

Philadelphia – Diabetes Self-Management Program (education on living a healthier life with Diabetes)
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, Site Coordinator, 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, Site Coordinator, 215-832-0539
No charge for this class

Philadelphia – Healthy Steps for Older Adults (fall risk screening & education)
CERTIFIED WORKSHOP LEADER TRAINING by Dering Consulting Group, Inc.
Philadelphia Corporation for Aging (PCA)
642 North Broad Street
Philadelphia, PA 19130
Date: May 30, 2018
Time: 8:30 a.m. – 4:30 p.m.
Please register at: Dering Consulting Group, Inc., at www.deringconsulting.com/hsim

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.

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, 570-624-3017

No charge for this class

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

Shenandoah Senior Community Center

116 North Main Street

Shenandoah, PA 17976

Dates: Tuesdays and Thursdays, June 12, 2018 – July 5, 2018

Time: 10 a.m. - 11 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 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 a.m. – 11:30 a.m.

Please contact: Carol Turner, Senior Center Manager, 814-754-5615

No charge for this class

Website: <http://www.somersetaaa.org/seniorcenters.htm>

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

Hamlin Senior Center

15 Township Road

Hamlin, PA 18427

Dates: Fridays, May 18, 2018 - June 22, 2018

Time: 11 a.m. - 3 p.m.

Please contact: Nancy Kutch, Master Trainer, 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 p.m.

Please contact: Angela Sapone, Supervisor, Monessen Center for Active Adults, 724-684-6105

No charge for this class

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

Mt. Pleasant Center for Active Adults

424 Washington Street

Mt. Pleasant, PA 15666

Date: May 14, 2018

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

Please contact: Jodi Fields, Mt. Pleasant Center Supervisor, 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 a.m. – 2 p.m. (break for lunch)

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

No charge for this class

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

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, 717-771-9610

No charge for this class

PA Link to Aging and Disability Resources

Armstrong County

Protecting Yourself & Family Seminar

Free seminar on gambling, fraud prevention, scams, prescription drug safety, and disposal. The event is open to all ages and includes lunch.

Belmont Complex

415 Butler Rd.

Kittanning, PA 16201

Date: Tuesday, May 15, 2018

Time: 9:30 a.m. – 2 p.m.

Contact: Jennifer McCroskey, Project Coordinator, at 724-354-2746 or Melinda McCoy, Lead Coordinator, at palinkcoordinator5@gmail.com

Registration Deadline: May 14, 2018

Beaver County

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

Center at the Mall

Beaver Valley Mall, Unit 284

Monaca, PA 15061

Date: Tuesday, May 15, 2018

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

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.

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

Registration Deadline: Friday, May 11, 2018

Berks County

Pennsylvania Link to Aging and Disability Resources | Berks County partners' network cross-training meeting [Pennsylvania Relay (TRA) Hamilton Relay]

Berks Visiting Nurse Association

1170 Berkshire Boulevard

Wyomissing, PA 19616

Tuesday, May 15, 2018

Time: 9 a.m. to 10:30 a.m.

FREE to attend but RSVP or let us know you require accommodation with Ann Barlet,

Berks County Link partners coordinator, at 610-478-6500, ext. 5523, or call or text

717.380.9714, or email bllink@mail.com

Neighborhood Memory Cafe

Zion's Evangelical Lutheran Church

354 Zions Church Road

Shoemakersville, PA 19555

Thursday, May 17, 2018

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

FREE to attend but to RSVP or with questions, call Christina at 484-633-5825.

Gentle Yoga for Breast Cancer Survivors | offered by Berks County Breast Cancer Support Services

Building 7 Yoga

220 North Park Road, Building 7

Wyomissing, PA 19610

Thursdays, May 10 through June 14

Time: 7 p.m.

To register or for more information contact 484-755-5705 or

www.bldg7yoga.com/events/workshops

FREE for all breast cancer survivors; must be registered to attend

Carbon/Luzerne/Wyoming/Lackawanna

Aging/ID Workshop/ Working with Aging/ID Consumers Who Have a Dual Diagnosis of Alzheimer's/Dementia

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.

This workshop will help you recognize the signs and symptoms of the most common psychiatric disorders in older adults: Delirium, Depression, and Dementia. Presentations on how to do case assessments will be held. The law firm of Colbert & Grebas will also be presenting on Special Needs Trusts

Contact: Julie Mann at ccaging14@ptd.net

Registration Deadline: May 26, 2018 - Registration is required. Lunch will be provided.

Chester County

Bridges out of Poverty
Episcopal Church of the Trinity
323 E. Lincoln Highway
Coatesville, PA 19320

Date: May 31, 2018

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

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 address and reduce poverty in a comprehensive way.

Contact email: WGAYONR@CHESTERCOUNTYFOODBANK.ORG

Bridges out of Poverty
Olivet United Methodist Church
310 E. Chestnut Street
Coatesville, PA 19320

Date: June 9, 2018

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

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 address and reduce poverty in a comprehensive way.

Contact email: WGAYONR@CHESTERCOUNTYFOODBANK.ORG

Crawford County

PA Link to Services Fest

This free event allows the community to meet PA Link Partners who provide a variety of services and supports to persons of all ages, abilities, and incomes so that individuals can learn about resources that can help them remain as independent as possible in the setting of their choice.

Active Aging, Inc./Community Center of Crawford County
1034 Park Avenue

Meadville, PA 16335

Date: Thursday, June 28, 2018

Time: 10 a.m. - 2 p.m.

Contact: Kathy Freeman, Lead PA Link Coordinator, at 814-336-1792

Registration Deadline: N/A

Cumberland County

Community Health Choices (CHC)
United Way of Carlisle and Cumberland County

145 S. Hanover St

Carlisle, PA 17013

Date: Friday, May 25, 2018

Time: 9:30 a.m. - 11 a.m.

This session will present an update on CHC, the new managed care long term services and supports program for those who are dual-eligible for Medicare and Medicaid and those needing long term services and support.

Contact: Ginger Monsted, PA Link Coordinator, at vmonsted@ccpa.net

Registration: N/A

Delaware County

Caregiver Academy
Community Interactions,
740 S. Chester Rd.
Swarthmore, PA 19081

Dates: Schedule: 4 p.m. – 5 p.m. on the following dates:

5/17/18 – Time Management and Caregiving: By Kathleen Soltani, Academic Coach at Delaware Community College.

5/31/18 – Scam Awareness in Caregiving: By Representatives from the Delaware County District Attorney's Office.

6/14/18 – Estate Planning and Caregiving: By Dana Breslin, Esq.

Contact: Debbie Templeton at 484-540-0372 or dtempleton@scs-delco.org

Elk County

PA ABLE Informational Session

A representative from PA ABLE will discuss the program and answer questions.

Elk County Careerlink

245 Depot Street

St. Marys, PA 15857

Date: Tuesday, May 22, 2018

Time: 1 p.m. - 2:30 p.m.

Contact: Mark Morelli, PA Link Lead Coordinator, at mark42.link@gmail.com

Registration deadline: N/A

Active Shooter and Safety in the Community

This Aging/IDD-sponsored seminar will feature a presentation by Terrence Brown on incident response planning and safety in the workplace and community. There is a \$10 fee to attend.

Johnsonburg Fire Hall

99 Clarion Road

Johnsonburg, PA 15845

Date: Wednesday, May 23, 2018

Time: 9 a.m. – 2:30 p.m.

Contact: Lisa Brocious at lbrocious@milestonepa.org

Registration deadline: May 16, 2018

Lancaster County

Death Café

The Charles F. Snyder Funeral Home

311 Lititz Pike

Lititz, PA 17543

Wednesday, May 16, 2018

Time: 3 p.m. - 5 p.m.

A FREE film screening follows the Death Café at 5 p.m.

FREE to attend but RSVP or let us know you require accommodation at 717.380.9714 or bllink@mail.com

Pennsylvania Link to Aging and Disability Resources | Lancaster County partners' network cross-training meeting [Estate Planning: Today's planning – tomorrow's peace of mind & Concierge Care at The Long Community]
The Long Community at Highland
600 East Roseville
Lancaster, PA 17601
Thursday, May 17, 2018
Time: 1 p.m. to 2:45 p.m.
FREE to attend but RSVP or let us know if you require accommodation at 717.380.9714 or bllink@mail.com

Older Americans Day at the Barnstormers
Clipper Magazine Stadium
650 North Prince Street
Lancaster, PA 17603
Thursday, May 24, 2018
Time: Gates open 10 a.m.; game time 11 a.m.
\$8 per ticket (ages 55+ must show ID): includes one reserved Field Box Seat, bingo during the game; health fair with exhibits by the Lancaster County Office of Aging and partner agencies representing the Pennsylvania Link to Aging and Disability Resources Lancaster County partners' network www.lancasterbarnstormers.com

Popcorn & a movie – “Alive Inside”
The Arc of Lancaster - Lebanon
116 West Airport Road – Suite A
Lititz, PA 17543
Wednesday, May 23, 2018
Time: Doors open at 1 p.m., film starts at 6:30 p.m. (discussion following the screening)
FREE | RSVPs are required. Please let us know if you require accommodation at 717.380.9714 or bllink@mail.com

Lebanon County

Talk Time Café – Just discussion about heroin and addiction and snacks (no pressure, no sales)
Palmyra Public Library
50 Landings Drive
Palmyra, PA 17003
Wednesday, May 16, 2018
Time: 6 p.m. - 8 p.m.
FREE to attend – Questions, call Brandon at 717-274-0427.

Eviction Seminar | What you need to know about the basic eviction rules in PA
Lebanon County Area Agency on Aging – First Floor Auditorium
710 Maple Street
Lebanon, PA
Friday, May 18
Time: 9:30 a.m. – 12 p.m.

FREE to attend but RSVP or let us know you require accommodation at 717.380.9714 or email billink@mail.com

McKean County

Aging Focus Group Meeting

This breakfast meeting will give senior citizens an opportunity to voice their needs and the types of services they are seeking.

Beacon Light

387 E. Main Street

Bradford, PA 16701

Date: Thursday, May 17, 2018

Time: 8 a.m. - 10 a.m.

Contact: Bill Orzechowski, OHS/AAA Director, at borzecho@ohsaging.com

Registration deadline: N/A

Mercer County

Seniors Bullying Seniors Workshop for Social Work/Health Care Professionals

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.

Senior to senior bullying is on the rise within communal programs and healthcare settings. 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.

Contact: Brittany Buzzelli, PA LINK Coordinator, at (724) 431-1218 or

bbuzzell@co.butler.pa.us

Register by: May 18, 2018

Northampton County

Opioid Epidemic

Northampton County Human Services Building

2801 Emrick Blvd.

Bethlehem, PA 18020

Date: May 23, 2018

Time: 9:30 a.m. to 11 a.m.

Coroners will provide data and discuss the opioid epidemic in older adults in the Lehigh Valley

Contact: Kim Melusky, PA Link Coordinator, at kimberlymelusky@lehighcounty.org

Registration Deadline: May 18, 2018

Somerset County

The Darker Side of Social Networking

Somerset Country Club

416 Plank Road

Somerset, PA

Date: June 5, 2018

Time: 9 a.m. -11:30 a.m. Registration at 8:30 a.m.

This free training will discuss how information is collected and misused on Social Networking Sites and how to better protect yourself and family members.
Contact: Michelle Younkin, SA 6 Lead Coordinator at palinkcoordinator6@gmail.com
Registration: Click [here](#)

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

Announcements

New Medicare Card Social Media Toolkit

Please see the updated New Medicaid Card Social Media Toolkit [here](#). Social media graphics for [Facebook](#) and [Twitter](#) are available. Additionally, please click [here](#) for New Medicare Card beneficiary resources in English and Spanish.

Eldercare Locator Website Address Change

Please be aware that the Eldercare Locator's website address has changed due to federal security mandates. The website address had been eldercare.gov and is now: <https://eldercare.acl.gov>.

The automatic redirect of the old website address to the new one was recently retired. Please update your favorites or bookmark for the website to: <https://eldercare.acl.gov>. You can also call 1-800-677-1116 for this information.

ACL's [Eldercare Locator](#) can connect you to trustworthy services for older adults and their families in local communities. From transportation and housing options to financial and legal assistance, the Eldercare Locator can point you in the right direction.

Tips and Tools for Working with the Media: Building Confidence & Effective Communications for Pennsylvania's Area Agencies on Aging

Proactive media relations are an important component of effectively telling your AAA's story. There is an old adage, "If you aren't telling your story, someone will tell it for you." That "someone" might not represent your views or the facts as you know them, and they certainly can't speak with your voice or expertise.

In response to the feedback received from participants of the media workshop last June, PDA, through the Long Term Living Training Institute, is working with PPO&S to develop a media tool kit that can be accessed by AAAs via a manual and flash drive. The Media tool kit topics will include:

- Fundamentals to Working with the Media
- Building a Localized Media List
- Strategic Message Development*
- Potential Interview Questions
- Handling Pitfalls and Preparing for Difficult Questions
- Social Media Best Practices

- Relevant Case Studies
- Monitoring and Measurement

The media tool kit will be unveiled by PPO&S at a training for AAA directors, deputy directors and/or senior staff on Monday, June 11, 2018, from 1 - 4 p.m., at the Sheraton Harrisburg Hershey Hotel, Harrisburg. (This is the afternoon before the June Membership Meeting.) The tool kit and training will help Area Agencies on Aging better educate audiences on services or projects, raise their public profiles, build goodwill, influence public opinion, send an effective message, and effectively represent their agency and industry. Registration information will be available soon.

Registration Open for Meals on Wheels Pennsylvania Annual Conference

Registration is open for the Meals on Wheels Pennsylvania annual state conference to be held at the Wyndham Gettysburg, May 21 – 22, 2018.

Day one will feature keynotes by Secretary Teresa Osborne, Meals on Wheels America President Ellie Hollander, and Andrea Farrell of UPMC. Other topics will focus on recent survey findings, addressing the challenges for MOW programs and CHC, the importance of advocacy, marketing in a digital world, and what you need to know to become a Medicaid Provider. A cocktail party/networking session will take place on Monday, May 21, 2018.

Please contact L.Oatman@BerksEncore.org to register or to learn more.

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 Webinar

Civility means much more than holding doors, saying thank you, and being polite. Those are outward expressions of civility, but civility means having a civil mindset about other people, how they think and feel, and being able to discuss ideas with them appreciatively, even when they differ from your own. During this May 21, 2018, LTTLI webinar from 10 a.m. – 11:30 a.m., Dr. Jennifer Wallitsch, Leadership Development Institute Director, PA Governor's Office of

Administration, will explore civility as compared to incivility, discuss the incivility spiral, learn techniques for remaining civil in the face of incivility, and review steps you can take to create a civil workplace.

Webinar connection information is below.

Civility Webinar

Monday, May 21, 2018

10:00 a.m., Eastern Daylight Time (New York, GMT-04:00) | 1 hr 30 mins

Meeting link: [Click here](#)

Meeting number (access code): 642 758 233

Meeting password: civility

Join by phone:

+1-415-655-0002 US Toll

+1-855-797-9485 US Toll free

Long Term Living Training Institute (LTLTI) Training Calendar

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.)

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)