



May 25, 2018

*Message from the Secretary*

This last week provided me with a plethora of opportunities to celebrate Older Americans Month, a recognition celebrated nationally since 1963 that gives us an opportunity to acknowledge older Americans for the contributions they continue to make to our nation. For the past 55 years, Older Americans Month encourages each of us to honor the fact that older Americans are active, engaged, and contributing to their communities, while giving younger generations the benefit of their wisdom and experience.

At every stop made this week I was able to speak about the significance of Older Americans Month as, indeed, a time to celebrate seniors. These stops included kicking off the Meals on Wheels Association of Pennsylvania 2018 Conference in Gettysburg on Monday; gathering with the Alzheimer's Association of Pennsylvania for their Annual Day on the Hill on Wednesday, where Representative Tim Hennessy, Chair of the House Aging and Older Adult Services Committee, and I participated in a question and answer session with Alzheimer's Association advocates who dedicated their day to advocating for the needs of those suffering from Alzheimer's disease and those who care for them; to Thursday when I journeyed to the Central Pennsylvania Food Bank to participate in a Senior Hunger Roundtable, along with Joe Arthur, their President and CEO, John Kiner of the Perry County Food Bank, and Dr. Jessica Cunningham of UPMC. Moreover, every event afforded me with the privilege of being in the presence of incredible older Pennsylvanians who courageously shared their stories. From Harry, Mary, Michael, and others who have been diagnosed with early on-set dementia, who explained with grace and humor their needs, dreams, hopes, and desires as they face the reality of living with the incurable, progressive disease of Alzheimer's; to several resilient caregivers like Phyllis, Jim, Bob, and others who shared their first-hand challenges associated with caring for a loved one and their firm desire to help support others in this labor of love.

While I truly treasure such moments, the opportunity given to me on Tuesday to serve as opening presenter at the 15<sup>th</sup> Annual William J. Neff Sr. Symposium on the Prevention of Crimes Against Older Adults touched me deeply. The symposium is sponsored by the Bucks County Crimes Against Older Adults Task Force, which convenes to review current criminal cases and discuss new investigations. The task force works with local law enforcement and other organizations that advocate for the protection and rights of older adults in Bucks County. Mr. Neff died in September of 2000 at the age of 83. At the time of his passing, Mr. Neff was living with Alzheimer's disease at Alterra Clare Bridge, a personal care home. According to case reports, Mr. Neff soiled his bed and in response his caregiver lost their temper and yanked Mr. Neff out of bed to change his sheets and stomped on him afterward. The actions of this caregiver resulted in Mr. Neff sustaining several broken ribs and a punctured lung. However, no one witnessed the incident and the caregiver did not report it. In the following days Mr. Neff appeared to be in pain, but no one addressed it, and due to his dementia, he really could not articulate his pain. He died one week later in the same bed. A funeral director noticed a shoe mark on Mr. Neff's back and called law enforcement, which began an investigation. When officials and staff at the facility refused to cooperate, the Bucks County District Attorney took the case to a grand jury. Three years later, the caregiver was brought to trial and was convicted of third-degree murder and neglect of a care-

dependent person. In addition, the facility administrator, director of nursing, a hospice nurse, and another caregiver were criminally charged.

In tribute to his life, the Bucks County Crimes Against Older Adults Task Force created the William J. Neff Symposium, drawing hundreds to remember Mr. Neff and use his story to raise awareness of elder abuse in Pennsylvania. It was a true honor to take part in the symposium and to meet Mr. Neff's granddaughter, Denise. In the midst of hundreds of participants who spent their Thursday learning more about how to combat elder abuse and provide a pathway to elder justice, I was in awe of her and the Neff family's continued support of the symposium held annually in his honor. Together, may we all pause today to remember Mr. Neff, a wonderful older Pennsylvanian who did not deserve to pass so tragically, and may we all continue to commit ourselves to heighten awareness of elder abuse and work to prevent it. Our older Pennsylvanians are depending on us.

Teresa Osborne  
Secretary

### **Pennsylvania's Alzheimer's State Plan Task Force**

On Wednesday, the Pennsylvania Department of Aging announced the formation of [Pennsylvania's Alzheimer's State Plan Task Force](#). The task force was created to take a lead role in implementing and championing the goals and recommendations of Pennsylvania's State Plan for Alzheimer's Disease and Related Disorders.

### ***Legislative Update***

#### **Pennsylvania House of Representatives**

The House returned to session on Tuesday, May 22, 2018, and considered the following aging-related bills:

House Bill No. 2152, sponsored by Representative Rosemary Brown, was passed out of the House Health Committee. This bill would allow home health and hospice workers to properly dispose of patient medications upon a patient's discharge or death. The bill awaits further action by the House.

Additionally, Representative Tim Hennessey and Representative Steve Samuelson, chairs of the House Aging & Older Adult Services Committee, offered House Resolution No. 931, which designates May as Older Americans Month in Pennsylvania. This resolution was passed unanimously.

The House will return to session on Monday, June 4, 2018, at 1 p.m., unless sooner recalled.

#### **Pennsylvania Senate**

The Senate returned to session on Monday, May 21, 2018, and considered Senate Resolution No. 359, offered by Senator Christine Tartaglione, designating May as Older Americans Month in Pennsylvania. This resolution was passed unanimously.

The Senate will return to session on Monday, June 4, 2018, at 1 p.m., unless sooner recalled.

### ***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:

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

Good Shepherd United Church of Christ  
170 Tuckerton Road  
Reading, PA 19605  
Dates: June 13, 2018  
Time: 9:30 a.m. – 3 p.m.  
Please contact: Kathy Roberts, Health & Wellness Coordinator, at 610-374-3195, ext. 230  
No charge for this class

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

HealthSouth Reading Rehabilitation Hospital  
1623 Morgantown Road  
Reading, PA 19607  
Dates: Tuesdays, June 5, 2018 – July 10, 2018  
Time: 1 p.m. – 3:30 p.m.  
Please contact: Kathy Roberts, Health & Wellness Coordinator, at 610-374-3195, ext. 230  
No charge for this class

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

Central Blair Senior Center  
1320 12th Avenue  
Altoona, PA 16601  
Dates: June 13, 2018  
Time: 9 a.m. – 2 p.m.  
Please contact: Aubrey Lidwell, Community Services Program Coordinator, at 814-946-1235  
No charge for this class  
Website: [www.blairsenior.org/senior-centers/](http://www.blairsenior.org/senior-centers/)

Central Blair Senior Center  
1320 12th Avenue  
Altoona, PA 16601  
Dates: July 11, 2018  
Time: 12:30 p.m. – 4:30 p.m.  
Please contact: Aubrey Lidwell, Community Services Program Coordinator, at 814-946-1235  
No charge for this class  
Website: [www.blairsenior.org/senior-centers/](http://www.blairsenior.org/senior-centers/)

Northern Blair Senior Center

505 Third Street  
Tyrone, PA 16686  
Dates: June 14, 2018  
Time: 12:30 p.m. – 5:30 p.m.  
Please contact: Aubrey Lidwell, Community Services Program Coordinator, at 814-946-1235  
No charge for this class  
Website: [www.blairsenior.org/senior-centers/](http://www.blairsenior.org/senior-centers/)

Central Blair Senior Center  
1320 12th Avenue  
Altoona, PA 16601  
Dates: July 11, 2018  
Time: 12:30 p.m. – 5:30 p.m.  
Please contact: Aubrey Lidwell, Community Services Program Coordinator, at 814-946-1235  
No charge for this class  
Website: [www.blairsenior.org/senior-centers/](http://www.blairsenior.org/senior-centers/)

Southern Blair Senior Center  
15229 Dunnings Highway  
East Freedom, PA 16637  
Dates: August 22, 2018  
Time: 8 a.m. – 1 p.m.  
Please contact: Aubrey Lidwell, Community Services Program Coordinator, at 814-946-1235  
No charge for this class  
Website: [www.blairsenior.org/senior-centers/](http://www.blairsenior.org/senior-centers/)

Williamsburg Senior Center  
423 West Second Street  
Williamsburg, PA 16693  
Dates: August 23, 2018  
Time: 9 a.m. – 2 p.m.  
Please contact: Aubrey Lidwell, Community Services Program Coordinator, at 814-946-1235  
No charge for this class  
Website: [www.blairsenior.org/senior-centers/](http://www.blairsenior.org/senior-centers/)

**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](http://www.butlerlibrary.info)

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

**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](http://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, at 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](http://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](http://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](http://www.ccaaa.net)

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

Clearfield Center for Active Living

116 South Second Street

Clearfield, PA 16830

Dates: June 7, 2018

Time: 10 a.m. – 3 p.m.  
Please contact: Connie Harris, Center Manager, at 814-765-9319  
No charge for this class  
Website: [www.ccaaa.net](http://www.ccaaa.net)

**Dauphin** – Healthy Steps in Motion (exercise classes for strength & balance)  
**CERTIFIED WORKSHOP LEADER TRAINING by Dering Consulting Group, Inc.**  
Red Lion Hotel Harrisburg Hershey  
4751 Lindle Road  
Harrisburg, PA 17111  
Date: June 28, 2018  
Time: 8:30 a.m. – 4:30 p.m.  
Please register at: Dering Consulting Group, Inc. at [www.deringconsulting.com/hsim](http://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.**

**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 at 570-880-7130, ext. 111  
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 p.m.  
Please contact: Monica Yastrzab-Kempf, Health and Wellness Nurse, at 610-782-3618  
No charge for this class

**Montgomery** – Healthy Steps in Motion (exercise classes for strength & balance)  
**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](http://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.**

**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, 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, 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](http://www.geisinger.org/events)

**Perry** – Healthy Steps in Motion (exercise classes for strength & balance)  
Marysville Senior Center  
198 Leonard Street  
Marysville, PA 17053  
Dates: April 10, 2018 – May 31, 2018

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

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

No charge for this class

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

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 **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. – 4:00 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 at 215-765-9000, ext. 5119 or at

[Diane.Brown@pcacares.org](mailto: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](mailto:katkyle@pa.gov) or 717-783-8349. Participants are responsible for their own lodging, transportation, and meals.

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

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, at 215-832-0539

No charge for this class

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

**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](http://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 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

**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 at 570-253-4262  
No charge for this class

**Westmoreland** – Healthy Steps for Older Adults (fall risk screening & education)  
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, at 724-539-0237  
No charge for this class

**York** – Diabetes Self-Management Program (education on living a healthier life with Diabetes)  
York Commons  
2406 Cape Horn Road  
Red Lion, PA 17356  
Schedule: Thursdays, July 19, 2018 – August 23, 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

### ***PA Link to Aging and Disability Resources***

#### **Armstrong County**

Human Services 101  
Join us for this free event to learn about services available in Armstrong County, speed networking style. Keynote speaker Amy Brooks will share her life experience with an extremely rare condition, Tetra phocomelia. Sponsored by PA Link and The Human Services Council.  
The Belmont Complex  
415 Butler Rd.  
Kittanning, PA 16201  
Date: Wednesday, June 13, 2018  
Time: 10 a.m. – 3 p.m. (Lunch included.)  
Contact: [www.eventbrite.com](http://www.eventbrite.com) and search for Human Services 101

## **Berks County**

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](http://www.bldg7yoga.com/events/workshops)

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

Veterans' EXPO and Job Fair

Crown Plaza Reading Hotel

1741 Papermill Road

Wyomissing, PA

Wednesday, May 30, 2018

Time: 9 a.m. - 2 p.m.

FREE to attend - [www.veteransexpo.com](http://www.veteransexpo.com)

Seminar: Get prepared for an active shooter/intruder threat

Abilities In Motion

210 North 5<sup>th</sup> Street

Reading, PA 19601

Wednesday, June 13, 2018

Two seminars: 9 a.m. - 11 a.m. or 1 p.m. - 3 p.m.

FREE to attend, but RSVP by May 30 or let us know you require accommodation, call 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](mailto:bllink@mail.com)

## **Cambria County**

Touched By Addiction

This free community training will discuss ways to cope and care for yourself while caring for a loved one struggling with substance abuse. Topics include: signs of addiction, coping tools and techniques, narcan training and local resources and supports.

Holiday Inn Express & Suites

1440 Scalp Avenue

Johnstown, PA 15904

Date: Thursday, May 31, 2018

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

Contact: Michelle Younkin, Lead Coordinator –SA 6 at [palinkcoordinator6@gmail.com](mailto:palinkcoordinator6@gmail.com)

Registration deadline: May 25, 2018

## **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](mailto: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](mailto: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](mailto: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

### **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:

5/31/18 – 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](mailto:dtempleton@scs-delco.org)

#### Mental Health First Aid

Mental Health First Aid is an international certification program that teaches how to help someone who is developing a mental health problem or experiencing a mental health crisis. Participants learn correct information about mental illness, understand depression and anxiety better and discover myths that create unnecessary fear about mental illness.

First African Baptist Church

901 Clifton Ave.

Sharon Hill, PA 19079

Dates: Tuesday & Wednesday May 29 & 30 12:30 p.m. - 5 p.m.

Monday & Tuesday June 11 & 12 12:30 p.m. - 5 p.m.

Contact: Sharon D. White, MSS, LCSW – Program Director Older Adults Counseling Services at 610-537-5353 or [swhite@merakey.org](mailto:swhite@merakey.org)

Deadline: May 25

### Indiana County

#### Reverse Mortgages & Home Ownership in Tough Times

This free training will help seniors and their families better understand reverse mortgages. They will learn the process of obtaining a reverse mortgage, associated costs, and what happens when the owner permanently vacates the property.

Homeowner options for those who find themselves in financial hardship will also be discussed. It is open to the public.

Aging Services, Inc (ASI)

1055 Oak St.

Indiana, PA 15701

Date: Wednesday, June 6, 2018

Time: 2 p.m. – 4 p.m.

Contact: Melinda McCoy, Lead Coordinator at [palinkcoordinator5@gmail.com](mailto:palinkcoordinator5@gmail.com) or 724-237-1242

Registration Deadline: June 1, 2018

### Lancaster County

Expungement Clinic

PA CareerLink – Lancaster County

1016 North Charlotte Street

Lancaster, PA 17603

Wednesday, May 30, 2018

Time: 4 p.m. - 7 pm

No charge. Register online: [www.jobgateway.pa.gov](http://www.jobgateway.pa.gov) or call 717.509.5613; ext. 237

#### FREE Mass Violence Awareness and Survival Seminar

United Disabilities Services

2270 Erin Court

Lancaster, PA

Thursday, June 7 – **RSVP by May 30**

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

FREE to attend, but to RSVP or let us know you require accommodation, call or text to 717.380.9714 or email [bllink@mail.com](mailto:bllink@mail.com)

United Disabilities Services  
2270 Erin Court, Lancaster, PA 17601  
Thursday, June 28 – **RSVP by May 30**

Time: 2 p.m. - 4 p.m.

FREE to attend, but to RSVP or let us know you require accommodation, call or text to 717.380.9714 or email [bllink@mail.com](mailto:bllink@mail.com)

### **Lebanon County**

Sexual Assault Resource and Counseling Center of Lebanon County 8<sup>th</sup> Annual “Steps to Survival” 5K Run/Walk

Lebanon Valley Rail Trail Cornwall Trailhead, Route 419 & Cornwall Trailhead  
Lebanon, PA

Saturday, June 2, 2018

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

Register online at [www.sarccelebanon.org](http://www.sarccelebanon.org) or  
<https://www.pretzelcitysports.com/online-registration>

FREE Bones, Balance, Brains & Bands seminar

Stoneridge Poplar Run  
440 East Lincoln Avenue  
Myerstown, 17067

Thursday, May 31, 2018

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

Please RSVP by calling or texting 717.380.9714 or email [bllink@mail.com](mailto:bllink@mail.com)

Pennsylvania Link to Aging and Disability Resources Lebanon County partners’ network monthly cross-training meeting. “Communications and Dementia” and “Hospice Support Care.”

Linden Village  
100 Tuck Court  
Lebanon, PA

Friday, June 1, 2018

Time: 8:30 a.m. - 9:45 a.m.

For more information, to let us know if you require accommodation or to RSVP for this FREE Meeting, text or call 717-398-9714

FREE Mass Violence Awareness and Survival Seminar  
Lebanon County Area Agency on Aging – First Floor Auditorium  
710 Maple Street  
Lebanon, PA

Thursday, June 7 – **RSVP by May 30**

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

FREE to attend, but to RSVP or let us know you require accommodation, call or text to 717.380.9714 or email [bllink@mail.com](mailto:bllink@mail.com)

### **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](mailto: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](mailto:palinkcoordinator6@gmail.com)

Registration: Click [here](#)

### **Westmoreland County**

Scams and Identity Theft

Learn how to protect yourself and family. Know the early warning signs and what to do if you are a victim. Katrina Boyer, PA Department of Banking and Securities will be the featured speaker. The event is free and open to the public, includes breakfast provided by MedStaffers.

The Westmoreland Manor

2480 S. Grande Blvd.

Greensburg, PA 15601

Date: Thursday, June 7, 2018

Time: 9 a.m. – 12 p.m. Registration begins 8:30 a.m.

Contact: Melinda McCoy, Lead Coordinator at [palinkcoordinator5@gmail.com](mailto:palinkcoordinator5@gmail.com) or 724-237-1242

Registration Deadline: June 1, 2018

### ***Announcements***

#### **SAGE - Care Can't Wait Campaign**

Equal access to quality healthcare and eldercare services is at risk because of the Trump administration's efforts to allow religion to be used as a license to discriminate. Yet, in the shadows, LGBT elders are already being severely impacted as religious-based discrimination is on the rise. Our mission is to counter renewed efforts to promote religious-based discrimination by expanding the tent of LGBT allies to include audiences who care deeply about the safety and well-being of the LGBT elder population.

The campaign has assembled a social media toolkit with pointed and relevant content that calls on allies and institutions alike to protect LGBT elders, and the community at large, from religious-based discrimination.

Click [here](#) to partner with us.

Click [here](#) to view our social media toolkit.

## **Pennsylvania Department of Aging 2018 Nutrition Conference**

The Pennsylvania Department of Aging Annual Nutrition Conference brings together national and regional speakers offering a wealth of information about nutrition programs for seniors, nutritional challenges related to aging, food safety, targeted marketing, and best practices from those working in AAA nutrition programs.

This conference offers valuable information for all attendees and features current practices that produce the best outcomes and emerging ideas that show the greatest promise for nutrition health in the future.

Please contact Jill Campbell, RD, at (717) 772-0371 or [c-jicampbe@pa.gov](mailto:c-jicampbe@pa.gov) with questions about the conference.

Date: Wednesday, June 6, 2018

Time: 8 a.m. – 4 p.m. (Registration starts at 8 a.m.)

- Online pre-registration is required due to space limitations
- Once registered, you'll receive an email from LTLTI LMS confirming your registration, which can be used as proof of registration, if required for approval or fiscal purposes
- Registration deadline is May 24, 2018
- Please click [here](#) to pre-register
- Your registration includes Continental breakfast, breaks, and lunch

Location: The Nittany Lion Inn, 200 West Park Avenue, State College, PA 16803

Cost: \$65 – AAA staff, contracted dietician with AAA, or senior staff center  
\$100 – Non-AAA

### **LTLTI has the following 5 business day cancellation policy**

- Space in this training is limited. Should you need to cancel, please do so promptly to allow other potential participants to register and to assure that we have an accurate count for breaks and meals.
- Cancellations are only accepted via email to Margot Troutman, LMS Specialist at [mtroutman@p4a.org](mailto:mtroutman@p4a.org). Please specify the name and date of the training in the email '*subject line*' and indicate that you are cancelling your registration in the '*body*' of the email.
- Cancellations received **before or on May 29<sup>th</sup>**, 5 business days prior to the conference will not be charged a registration fee.

If you do not cancel by **May 29<sup>th</sup>** and you do not attend, your registration will be considered a '*NO SHOW*' and you will be invoiced.

### Overnight Lodging

There are two methods for you to book a room at the **Nittany Lion Inn**:

1. **By Telephone:** Call the Central Reservations Department at **1-800-233-7505** and reference the **Group Code: NHWC18A**.
2. **Online:** Book your room via the Penn State secure website. To reserve your overnight room, click here [www.pennstatehotels.com](http://www.pennstatehotels.com). When you reach the Penn State website, click on "THE NITTANY LION INN," then click on the blue "BOOK NOW" button, located

at the top right-hand side of the page. A pop-up screen will appear, where you should type in the Group Code: **NHWC18A**.

- Room rate is **\$124** per night, plus applicable taxes.
- **Room Block Deadline: Sunday, May 13, 2018**  
(after May 13<sup>th</sup> prevailing rates may apply)

#### **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](http://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.



## **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](mailto:smurphy@alz.org), or to register, click [here](#).

## **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)