

August 24, 2018

Message from the Secretary

This third week of August was filled with many opportunities to listen and learn, and to pause and reflect. Twice this week, I was contacted and asked to speak with two separate caregivers to hear about their experience with Pennsylvania's long-term care system. On Tuesday, one caregiver shared concerns about their grandmother and then on Wednesday the other shared concerns about their dad. Both described how their loved one journeyed through a series of less than desirable hospital, rehabilitation, and nursing home admissions, discharges, and readmissions. These concerned caregivers simply desired to have someone listen to their experience and then commit to ensuring that we would continue to advocate for improvements in the system that would enhance the consumer experience.

On Wednesday, in another opportunity to listen and learn, I journeyed to Montgomery County Community College in Blue Bell for a Cabinet in Your Community event. It was a privilege to be joined by my cabinet colleagues, Dr. Rachel Levine of Health, Secretary Leslie Richards of Transportation, Secretary Pedro Rivera of Education, and Secretary Dennis Davin of Community and Economic Development. The event yielded nearly 100 members of the community and allowed them to ask questions, express concerns, and talk with us about issues important to their region. The questions asked and suggestions shared were insightful and will help us better understand and respond to what's important to our fellow Pennsylvanians.

Thursday brought me across town to the PA Farm Show for the Pennsylvania Long-Term Care Council meeting. Established by Act 64 of 2015, the Long-Term Care Council replaced the Intra-Governmental Council on Long-Term Care, in order to reflect today's broader long-term care continuum, and is charged with making recommendations on regulations, licensure, financing, or any other responsibilities of the departments and agencies relating to the commonwealth's long-term services and supports system. The scope of the council includes all areas of long-term care, including, but not limited to, institutional care and home and community-based services. Under Act 64, I have the awesome responsibility of chairing the council of 35 members, which includes consumers, advocates, caregivers, providers, and policymakers. The schedule for Thursday's meeting was robust. Pennsylvania's three Community HealthChoices managed-care organizations shared their current thoughts, plans, and opportunities to better support, recruit, and retain direct care workers, who truly serve as a lifeline by providing care and support to Pennsylvanians who need to access long-term services and supports.

As I mentioned, listening and learning was a key part of my week, but this is where the 'pause and reflect' part enters. During yesterday's Long-Term Care Council meeting, I received a text from one of my cousins with sad news. The text revealed that my great aunt, Alice Timlin Swavola, had left this world for the next. Great Aunt Alice was 90 years old. She was the sister of my grandmother, Doris Timlin Kane. Growing up, I was always in awe of my Aunt Alice and her husband, Uncle Ed. She was the youngest of ten children, born to my great-grandparents, the late Anthony and Delia (O'Malley) Timlin. As fate would have it, Great Aunt Alice was only a few years older than my mom, who was the first born grandchild on the Timlin side of the family. Being so close in age, Great Aunt Alice and my Mom had a very special relationship. So when I learned of Great Aunt Alice's death, I paused and reflected upon their special relationship, along with her life and its influence on mine. For the record--yes, I called her "Great Aunt Alice," as

she was great. She was filled with wit and wisdom, and she loved to laugh. She also loved people, and people loved her. She was sincere and sweet, and would lend a helping hand to anyone in need. Regretfully, she endured every parent's worst nightmare when her daughter, Lynn, lost her life as a child in a tragic accident. Great Aunt Alice lived the past few years in a long-term care facility, and journeyed the last hours of her life under the care of hospice.

While listening to the important dialogue during the Long-Term Care Council meeting, my Great Aunt Alice's passing made me pause and reflect on how we must constantly strive to work with all stakeholders to ensure that older Pennsylvanians are enabled and empowered to live safely, comfortably, and well in the setting of their choice, with the services they need and with the dignity and respect they deserve.

A conversation with my cousin last evening reminded me that our Aunt Alice was the last Timlin to leave this world for the next. My thoughts turned to fun times of my youth when my grandmother and all of my aunts, uncles, and cousins--too numerous to count--would gather in different relative's homes for Sunday dinners and holiday feasts. It was then that a long-time favorite poem came to mind. The author of the poem is unknown, but its words remind me of Great Aunt Alice's life and legacy, so I close this week's Message by sharing it with you: "A butterfly lights beside us, like a sunbeam... and for a brief moment its glory and beauty belong to our world... but then it flies on again, and though we wish it could have stayed, we feel so lucky to have seen it."

Teresa Osborne
Secretary



REGISTRATION NOW OPEN!

LGBTQ Aging Summit Registration Open

The Department of Aging's Inaugural [LGBTQ Aging Summit](#) will be held October 9-10, 2018, in Harrisburg and registration to attend is now open. To learn more, apply for scholarships, or to register your attendance, [click here](#).

Legislative Update

Pennsylvania House of Representatives

On Tuesday, the House Aging & Older Adult Services and Veterans Affairs & Emergency Preparedness Committees will hold a joint public hearing on aging veterans' issues. The

hearing will be held at the Spring City State Veterans Home, 1 Veterans Drive, Spring City, PA. Secretary Osborne will offer testimony.

The House will return to session on Monday, September 12, unless sooner recalled by the Speaker.

Pennsylvania Senate

The Senate was not in session this week and will return on Monday, September 24, 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:

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

Friedens UCC Church/Oley Library

337 Main Street

Oley, PA 19547

Dates: Wednesdays, August 1, 2018 – September 5, 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

Good Shepherd UCC

170 Tuckerton Road

Reading, PA 19605

Dates: Tuesdays, August 7, 2018 – September 11, 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

Hamburg Family Practice

700 Hawk Ridge Drive

Hamburg, PA 19526

Dates: Tuesdays, August 7, 2018 – September 11, 2018

Time: 5 p.m. – 7:30 p.m.

Please contact: Kathy Roberts, Health & Wellness Coordinator, at 610-374-3195, ext. 230

No charge for this class

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

Berks Encore - Strausstown

44 East Avenue

Strausstown, PA 19559

Schedule: Thursdays, August 9, 2018 – September 6, 2018

Time: 12:30 p.m. – 3 p.m.

Please contact: Kathy Roberts, Health & Wellness Coordinator, at 610-374-3195, ext. 230

No charge for this class

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

Berks Encore- Fleetwood
109 W. Vine Street
Fleetwood, PA 19522
Dates: Tuesdays and Fridays, August 7, 2018 - September 28, 2018
Time: 8:30 a.m. – 9:30 a.m.
Please contact: Kathy Roberts, Health & Wellness Coordinator, at 610-374-3195, ext. 230
No charge for this class

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

Central Bucks Senior Center
700 N. Shady Retreat Road
Doylestown, PA 18901
Schedule: CDSMP four-day training – October 4, 5, 11 and 12, 2018
Time: 8:30 a.m. first day sign-in, then 9 a.m. – 3 p.m. (lunch provided)
Schedule: DSMP cross-training – October 15, 2018
Time: 9 a.m. – 3 p.m. (lunch provided)
Please contact: Amanda Mayer, Health & Wellness Coordinator, at 267-880-5744 or amayer@buckscounty.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.

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

Warwick Twp Building Community Room
1733 Township Greene
Jamison, PA 18929
Dates: September 26, 2018 and October 3, 2018
Time: 9:30 a.m. – 11:30 a.m.
Please contact: Bucks County Area Agency on Aging at 267-880-5700
No charge for this class

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

Clearfield Center for Active Living
116 South Second Street
Clearfield, PA 16830
Schedule: Wednesdays, September 5, 2018 – October 17, 2018
Time: 1 p.m. – 3:30 p.m.
Please contact: Connie Harris, Clearfield CAL Center Manager, at 814-765-9319
No charge for this class

Mahaffey Center for Active Living
958 Market Street
Mahaffey, PA 15757
Schedule: Tuesdays, September 25, 2018 – October 30, 2018
Time: 9:30 a.m. – 12 p.m.
Please contact: Sally Hurd, Center Manager, at 814-277-4544
No charge for this class

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

Berwick Senior Center
1401 Orange Street
Berwick, PA 18603
Dates: Fridays, October 5, 2018 – November 9, 2018
Time: 9:30 a.m. – 11:30 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 LAY LEADER TRAINING and Diabetes Self-Management Program LAY LEADER CROSS-TRAINING

County of Delaware Office of Aging Services
206 Eddystone Avenue, 2nd Floor
Eddystone, PA 19022
Schedule: CDSMP four-day training – November 1, 2, 8, and 9, 2018
Time: 8 a.m. first day sign-in, then 8:30 a.m. – 4 p.m.
Schedule: DSMP cross-training – November 15, 2018
Time: 8 a.m. – 4:30 p.m.
Please contact: Ellen Williams, Health & Wellness Program Manager, at 610-499-1937 or (preferred) williamse@co.delaware.pa.us
Charge: No charge to AAA staff, AAA subcontractors or AAA volunteers and refreshments provided. Anyone else not covered by PDA's Self Management Resource Center license must provide their own SMRC license at the time of registration and will pay a small fee to cover supplies and refreshments. 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.

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

Widener University
Kapelski Learning Center
Suite 120 609 Convent Rd.
One University Place
Chester, PA 19013-5792
Dates: Mondays, October 15, 2018 – November 19, 2018
Time: 2:15 p.m. – 4:45 p.m.
Please contact: Bridget O. Thompson, Assistant Director, Extended Learning Widener University, at 610-499-4279
No charge for this class
Website: www.widener.edu/olli

Our Lady of Angels Convent
609 Convent Rd.
Aston, PA 19014
Dates: Fridays, February 22, 2019 – March 29, 2019
Time: 9 a.m. – 11:30 a.m.
Please contact: Ellen Williams, Health & Wellness Program Manager, at 610-499-1937 to get on waiting list
No charge for this class

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

Fox Hill Farms Community Center
2300 Fox Hill Circle
Glen Mills, PA 19342
Dates: September 12 and 19, 2018

Time: 9:30 a.m. – 12 p.m.
Please contact: Class is full not taking any new participants
No charge for this class

Fox Hill Farms Community Center
2300 Fox Hill Circle
Glen Mills, PA 19342
Dates: October 3 and 10, 2018
Time: 9:30 a.m. – 12 p.m.
Please contact: Class is full not taking any new participants
No charge for this class

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

Voluntary Action Center
829 Jefferson Avenue
Scranton, PA 19510
Schedule: Thursdays, September 13, 2018 – October 18, 2018
Time: 1 p.m. – 3 p.m.
Please contact: Meredith McCracken, Director of Community Health, at 570-880-7130, ext.115
No charge for this class

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

Mid Valley Active Older Adult Community Center
310 Church Street
Jessup, PA 18434
Dates: October 16, 2018 and October 23, 2018
Time: 9:30 a.m. – 11:30 a.m.
Please contact: Jodi Catania, Manager, at 570-489-4415
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 – Chronic Disease Self-Management Program **LAY LEADER TRAINING**

Montco – Senior Adult Activities Center (SAAC)

536 George Street
Norristown, PA 19401

Schedule: September 25 and 26, 2018 and October 4 and 5, 2018

Time: 8 a.m. first day sign-in, then 8:30 a.m. – 4 p.m.

Please contact: Tracey Flynn, Community Program Development Manager, at tflynn@montcopa.org or 610-278-3609

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.

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, August 2, 2018 – September 6, 2018

Time: 1 p.m. – 3:30 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 Sr. Center
198 Leonard Street
Marysville, PA 17053

Dates: Tuesdays and Thursdays, September 11, 2018 – November 1, 2018

Time: 10 a.m. – 11 a.m.

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

No charge for this class

Marysville Sr. Center
198 Leonard Street
Marysville, PA 17053

Dates: Tuesdays and Thursdays, April 23, 2019 – June 4, 2019

Time: 10 a.m. – 11 a.m.

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

No charge for this class

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

Orwigsburg Library
216 W Independence Street
Orwigsburg, PA 17961

Dates: Mondays, August 6, 13, 20, and 27, 2018, Tuesday, September 4, 2018 and Monday September 10, 2018

Time: 10:30 a.m. – 1 p.m.

Please contact: Jenny Wagner, Community Wellness Coordinator, at 570-624-3017

No charge for this class

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

Frackville Senior Citizens Association

130 E. Frack Street
Frackville, PA 17931
Schedule: Tuesdays, October 16, 2018 – November 20, 2018
Time: 9 a.m. – 11:30 a.m.
Please contact: Jenny Wagner, Community Wellness Coordinator, at 570-624-3017
No charge for this class

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

First United Church of Christ
8671 Route 522
Middleburg, PA 17842
Dates: September 12, 2018
Time: 9 a.m. – 12:30 p.m.
Please contact: Union-Snyder Agency on Aging, Inc., at 570-524-2100 or 570-374-5558
No charge for this class

Somerset – Chronic Disease Self-Management Program **LAY LEADER TRAINING**

Conemaugh Township Senior Center
959 S Main St
Hollsopple, PA 15935
Schedule: September 6, 7, 10 and 11, 2018
Time: 8:30 a.m. first day sign-in, then 9 a.m. – 4 p.m.
Please contact: Tracy Rhodes-Kovach, Director, Senior Center Services at 814-467-0507 or trhodes@somersetaaa.org
Charge: \$50
Anyone 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.

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

Montrose Bible Conference Center
218 Locust Street
Montrose, PA 18801
Dates: September 21, 2018
Time: 9 a.m. – 3 p.m.
Please contact: Hollie Irvine, Health & Wellness Coordinator, at 570-265-6121
No charge for this class
Website: www.montrosebible.org

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

Church of the Covenant
267 East Beau Street
Washington, PA 15301
Dates: September 26, 2018
Time: 10:30 a.m. – 3:30 p.m.
Please contact: Patricia Mounts, Health & Wellness Coordinator, at 724-228-7080
No charge for this class

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

Honesdale
323 Tenth Street
Honesdale, PA 18421

Dates: Tuesdays, September 18, 2018 – November 6, 2018
Time: 10:30 a.m. – 11:30 a.m.
Please contact: Marie Alexander, Health & Wellness Coordinator, at 570-253-4262
No charge for this class

Hawley Senior Center
337 Bingham Park
Hawley, PA 18428
Dates: Tuesdays, September 18, 2018 – November 6, 2018
Time: 10:30 a.m. – 11:30 a.m.
Please contact: Lu Segraves, Hawley Senior Center Manager, at 570-226-4209
No charge for this class

York – Diabetes Self-Management Program LAY LEADER TRAINING

York County Annex
118 Pleasant Acres Road
York, PA 17402
Schedule: October 9, 11, 16, & 18, 2018
Time: 8:30 a.m. – 3 p.m.
Please contact: Please contact: Megan Craley, Health & Wellness Coordinator, at 717-771-9610 or mmcraley@yorkcountypa.gov
No charge for this class
Anyone 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.

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

York County Annex
118 Pleasant Acres Road
York, PA 17402
Schedule: Wednesdays, September 12, 2018 – October 17, 2018
Time: 12:30 p.m. – 3 p.m.
Please contact: Megan Craley, Health & Wellness Coordinator, at 717-771-9610
No charge for this class

PA Link to Aging and Disability Resources

Lehigh County

Sustaining our Advocates of Older Adults with Intellectual Disabilities
Educate professionals about supporting individuals who are aging with an intellectual disability and those that care for them.
DeSales University Center
2755 Station Avenue
Center Valley, PA
Date: October 25, 2018
Time: 7:30 a.m. - 4:30 p.m.
Contact: Kim Melusky, PA Link Coordinator, at kimberlymelusky@lehighcounty.org
Registration Deadline: October 12, 2018
Cost: \$45

Luzerne County

“Controlling the Opioid Epidemic in our Aging/Disabled Population”

Special Agent Janene Holter of the Attorney General’s Office and the Wyoming Valley Alcohol and Drug Services, Inc. will be presenting on spotting the signs of Opioid/drug abuse when meeting with an Aging/Disabled Consumer.

Mercy Center/301 Lake Street, Dallas, PA 18612

Date: October 10, 2018

Time: Registration: 9 a.m. - 9:30 a.m./Training 9:30 a.m. - 12 p.m.

Please RSVP to Lead Link Coordinator ccaging14@ptd.net

Seating is limited

Northampton County

Drug and Alcohol programs

Lehigh County Drug and Alcohol will discuss local issues and prevention.

Northampton County Human Services Building

2801 Emrick Blvd.

Bethlehem, PA 18020

Date: September 19, 2018

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

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

Registration Deadline: September 14, 2018

Announcements

Pennsylvania Association of Senior Centers Annual Conference

The Pennsylvania Association of Senior Centers annual conference is being held at the Nittany Lion Inn in State College on October 3-5, 2018. This year’s theme is “The Challenge of Change.”

To learn more, click [here](#).

12th Annual Grandparents Raising Grandchildren Conference

On October 19, 2018, from 9 a.m. – 3 p.m., Pittston Memorial Library and NEPA Intergenerational Coalition are sponsoring the 12th Annual Grandparents Raising Grandchildren Conference in Wilkes-Barre at Genetti’s Best Western Plus Hotel and Conference Center. Please contact Howard J. Grossman, Pittston Memorial Library, at 570-262-3443 or grossmanhj@aol.com for more information.