

October 5, 2018

*Message from the Secretary*

Growing up with my five siblings, our parents provided us with a safe, comfortable home with four bedrooms, one and a half bathrooms, and two televisions. There were two kids to a room, and of the two televisions, one was in our parent's bedroom and the other was in the living room. Obviously, the TV in our parent's room was off limits to us kids, so we were left with one TV to share among the five of us. Thankfully, and perhaps miraculously, we all had very similar taste in TV programs, and during the 1980s we watched what my four brothers and I now call "the television classics," including Cheers, MASH, and Seinfeld. Although most of us left our parents' nest during the 1990s, our similar taste in TV shows stayed intact as we realized that we all still liked the same shows, including ER, Friends, and The West Wing. To this day, we fondly recall our favorite episodes and quote one-liners that always leave us in stitches. Our ability to remember and fondness of reciting such useless knowledge always drove our mother crazy, but it's a bond among siblings. Now that we are older, when we talk about the TV shows we currently watch, our conversations focus on either ESPN, CNN, or Netflix, which allows us to watch repeats of our favorite shows from the 80's and 90's. With the capacity to instantly capture news 24/7 on TV, as well as on computers and iPhones, none of my siblings and I really watch any particular series like we did when we were all under one roof. In fact, more often than not, I find myself catching up on the news on Sirius radio or online. One of my favorite websites to visit is The Hill, an American political journalism news site out of Washington, D.C.

The reason I share that background information with you is that most recently, a Hill article I was reading described how the U.S. Department of Health and Human Services (HHS) is reallocating up to \$226 million in funds this year to house the increased number of detained migrant children as part of the Unaccompanied Alien Children Program. Up to \$186 million will come from HHS programs, and up to \$80 million will come from refugee programs. According to The Hill, the request is occurring as new Trump administration policies are leading to a higher number of children being housed in detention centers for a much longer period of time before they are either returned home or sent to live with a sponsor or other family member. When I first read about the funds being tapped, it included \$167 million from the Centers for Disease Control and Prevention, \$9.8 million from Medicare and Medicaid program operations, and \$87.3 million overall from the National Institutes of Health. But, on Monday, a red flag was raised when I was informed that HHS also intends to transfer funds from other HHS programs, including nearly \$5.2 million from HHS's Administration for Community Living (ACL) and Older Americans Act (OAA) programs, including:

- \$955,563 from HCBS Supportive Services
- \$1.2 million from Congregate Nutrition
- \$611,299 from Home Delivered Meals
- \$448,125 from Family Caregiver Support Services
- \$41,900 from the Long-term Care Ombudsman Program
- \$250,864 from Centers for Independent Living

As the matter was further researched, we learned that HHS Secretary Alex Azar has a 3% transfer authority, which means he has authority to shift funding between accounts or between

programs whose funding levels are specified in law. While these types of transfers are not new, they are typically done as a last resort and in times of public health emergencies, such as the Zika virus outbreak in 2016. Regardless, there is no way to prevent the transfer of funds from occurring. We also learned that the transfers are for funds appropriated during FY 2018, which just ended on September 30, 2018, and while the transfers have not yet occurred, it's most likely they will occur in the not-too-distant future, and it's not expected that any state awards will be impacted by these transfers.

While reading coverage from The Hill, along with articles from other sites, I read Secretary Azar's comments acknowledging that children are not being released quickly and that he anticipates this trend will continue. In a letter to Congress about the transfers, the secretary wrote, "The number of unaccompanied alien children in HHS custody has increased steadily, and existing shelter capacity is nearly full. Based on this growth pattern, and an increased length of time needed to safely release unaccompanied alien minors to sponsors, HHS is preparing for the trend of high capacity to continue." In my effort to be better educated about the situation, I also came across an explanation from Mark Greenberg, a senior fellow at the Migration Policy Institute, who worked at the Administration for Children and Families, which includes the HHS refuge office, from 2009 to 2017, and was acting assistant secretary during the last three years of the Obama administration. According to Mr. Greenberg, "We are not seeing a dramatically, historically high level of apprehensions . . . we are seeing a historically high level of children in shelters" who are not being quickly released to parents, relatives, or sponsors.

Needless to say, my disappointment and frustration over the transfer of funds away from the ACL and OAA programs that benefit older Americans is palpable, and my worry that the HHS transfer trend will continue in order to pay for the Trump administration's immigration policy persists. Yet, I cannot stop thinking about the children in HHS custody who are occupying beds in a shelter, and my mind immediately reverts back to my carefree childhood days in the safety of my parents' home with my five siblings--and our one television--wishing that each of those children could somehow have the same blessed childhood that my siblings and I enjoyed.

Teresa Osborne  
Secretary

### ***Legislative Update***

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

House Bill No. 2291 received second consideration by the House on Monday, October 1, 2018. Sponsored by Representative George Dunbar, this legislation would amend Personal Care Home Licensure requirements for Continuing Care Retirement Communities (CCRCs).

The House will return to session on Tuesday, October 9, 2018, at 11 a.m. unless sooner recalled by the Speaker.

House Bill No. 270, sponsored by Representative Frank Farry, is scheduled for a vote on October 9, 2018. This legislation would expand PACENET income limits, provide for medication synchronization, and update the Pharmaceutical Assistance Review Board.

#### **Pennsylvania Senate**

The Senate will return to session on Monday, October 15, 2018, at 1 p.m. unless sooner recalled by the President Pro Tempore.

Currently, there are no aging-related bills set for a vote.

## *Office of the Long-Term Care Ombudsman*

### **Office of the Long-Term Care Ombudsman in coordination with the DHS Bureau of Human Services Licensing**

My Personal Care Home is Closing... There Are No Available Beds – Where Will I Go?

The State of the Personal Care Home in PA: Bed Count for Low-Income Older Adults in a Downward Trend

Friday, October 19

10 a.m. - 12 p.m.

PA Department of Aging

Forum Place, 5<sup>th</sup> Floor, Conference Room 5A

555 Walnut Street

Harrisburg, PA

Your participation in this round-table strategizing session is critical to the future of PA personal care home residents. In this two-hour session, providers, advocates, law makers, and state government officials are invited to examine the:

- Commonwealth data on personal care home closures in PA
- factors that lead to homes closing
- financial toll on Commonwealth resources as this trend continues
- impact on vulnerable constituents
- potential local and state solutions to this crisis

Please confirm your attendance or your designee's attendance by Friday, October 12.

For more information contact: Margaret Barajas at 717-783-7096 or [mbarajas@pa.gov](mailto:mbarajas@pa.gov).

## *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 **LAY LEADER TRAINING** and Diabetes Self-Management Program **LAY LEADER CROSS-TRAINING****

Berks County Agricultural Center

1238 County Welfare Road

Leesport, PA 19533

Schedule: CDSMP four-day training – November 27, 28, 29, and December 4, 2018

Time: 8:30 a.m. – 4:30 p.m.

Schedule: DSMP cross-training – December 5, 2018

Time: 8:30 a.m. – 4:30 p.m.

Please contact: Ann Barlet, Public Advocacy and Outreach Manager, at 610-478-6500 ext.

5523 or [abarlet@countyofberks.com](mailto:abarlet@countyofberks.com)

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

**Berks** – Diabetes Self-Management Program (education on living a healthier life with Diabetes)  
Schwartzwald Lutheran Church  
250 Church Lane Road  
Reading, PA 19606  
Schedule: Thursdays, September 20, 2018 – October 25, 2018  
Time: 1 p.m. – 3:30 p.m.  
Please contact: Kathy Roberts, Health & Wellness Educator, at 610-374-3195  
No charge for this class

**Berks** – Healthy Steps for Older Adults (fall risk screening & education)  
St. Albans Church  
2848 St Albans Road  
Sinking Spring, PA 19608  
Dates: Thursday, November 8, 2018  
Time: 9 a.m. – 2:30 p.m.  
Please contact: Kathy Roberts, Health & Wellness Educator, at 610-374-3195  
No charge for this class

**Berks** – Healthy Steps in Motion (exercise classes for strength & balance)  
Villa St Elizabeth  
1201 Museum Road  
Reading, PA 19611  
Dates: Mondays and Fridays, October 26, 2018 – December 28, 2018  
Time: 10:30 a.m. – 11:30 a.m.  
Please contact: Kathy Roberts, Health & Wellness Educator, at 610-374-3195  
No charge for this class

**Berks** – Chronic Disease Self-Management Program (education on living a healthier life)  
Lutheran Home at Topton  
One South Home Avenue  
Topton, PA 19562  
Dates: Thursdays, November 29, 2018 – January 3, 2019  
Time: 10 a.m. – 12:30 p.m.  
Please contact: Jenny Wagner, Project Coordinator, at 570-624-3017  
No charge for this class

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

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

**CERTIFIED WORKSHOP LEADER TRAINING by Dering Consulting Group, Inc.**

Active Aging

1034 Park Avenue

Meadville, PA 16335

Date: April 11 & 12, 2019

Time: 9 a.m. – 4 p.m.

Please register at: Dering Consulting Group, Inc. at [www.deringconsulting.com/hsoa](http://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.**

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

**CERTIFIED WORKSHOP LEADER TRAINING by Dering Consulting Group, Inc.**

New Cumberland Senior Center

122 Geary Avenue

New Cumberland, PA 17070

Date: December 6 & 7, 2018

Time: 9 a.m. – 4 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.**

**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](mailto: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](mailto: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](http://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** – Diabetes Self-Management Program (education on living a healthier life with Diabetes)

Chester Senior Center  
721 Hayes Street  
Chester, PA 19013  
Schedule: Wednesdays, October 3, 2018 - November 7, 2018  
Time: 12:30 p.m. – 3 p.m.  
Please contact: Chester Senior Center at 610-497-3550  
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: 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

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

Washington Health System - Greene, Guesman Room  
350 Bonar Avenue  
Waynesburg, PA 15370  
Dates: November 7, 2018  
Time: 10 a.m. – 3 p.m.  
Please contact: Patricia Mounts, Health & Wellness Coordinator, at 724-228-7080  
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

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

Ephrata Library- Exploratorium

560 South Reading Road

Ephrata, PA 17522

Schedule: Tuesdays, October 9, 2018 - November 13, 2018

Time: 1 p.m. – 3:30 p.m.

Please contact: Lancaster Office of Aging at 717-299-7979

No charge for this class

Website: [www.ephrapubliclibrary.org](http://www.ephrapubliclibrary.org)

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

Witmer Heights Mennonite Church (Back Entrance)

2270 Old Philadelphia Pike

Lancaster, PA 17602

Dates: Thursdays, October 11, 2018 – November 15, 2018

Time: 1 p.m. – 3:30 p.m.

NOTE: An American Sign Language Interpreter will be available

Please contact: Lancaster Office of Aging at 717-299-7979

No charge for this class

Website: [www.whmchurch.org](http://www.whmchurch.org)

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

Whitehall Active Lifestyle Center

2301 Pine Street

Whitehall, PA 18052

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

Luther Crest Senior Living Community

800 Hausman Road

Allentown, PA 18104

Dates: Wednesdays, November 14, 2018 – December 19, 2018

Time: 10 a.m. – 12:30 p.m.

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

No charge for this class

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

Lehigh Valley Active Life  
1633 Elm Street  
Allentown, PA 18102  
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

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

Lehigh Valley Active Life  
1633 Elm Street  
Allentown, PA 18102  
Dates: Mondays and Wednesdays, September 24, 2018 – November 19, 2018  
Time: 10:30 a.m. – 11:30 a.m.  
Please contact: Monica Yastrzab-Kempf, Health and Wellness Nurse, at 610-782-3618  
No charge for this class

Gross Towers Senior Center  
1339 Allen Street  
Allentown, PA 18102  
Dates: Mondays and Wednesdays, September 24, 2018 – November 19, 2018  
Time: 9:00 a.m. – 10:00 a.m.  
Please contact: Monica Yastrzab-Kempf, Health and Wellness Nurse, at 610-782-3618  
No charge for this class

Cedar View Senior Center  
4230 Dorney Park Road  
Allentown, PA 18102  
Dates: Tuesdays and Thursdays, September 25, 2018 – October 4, 2018, Tuesdays,  
October 23, 2018 – December 11, 2018  
Time: September 25, 2018 – October 4, 2018, 12:30 p.m. – 1:30 p.m., October 23, 2018 –  
December 11, 2018, 10:30 a.m. – 11:30 a.m.  
Please contact: Monica Yastrzab-Kempf, Health and Wellness Nurse, at 610-782-3618  
No charge for this class

**Lehigh** – 10-Keys to Healthy Aging (education on taking control of your health and Medicare Preventative Services)

Lehigh Valley Active Life  
1633 Elm Street  
Allentown, PA 18102  
Dates: Tuesdays and Thursdays, October 9, 2018 – November 13, 2018  
Time: 1 p.m. – 3 p.m.  
Please contact: Monica Yastrzab-Kempf, Health and Wellness Nurse, at 610-782-3618  
No charge for this class

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

St. Anne's Episcopal Church  
6667 Lower Macungie Road  
Trexlerstown, PA 18087  
Dates: January 23, 2019 and January 28, 2019  
Time: 1 p.m. – 3 p.m.  
Please contact: Monica Yastrzab-Kempf, Health and Wellness Nurse, at 610-782-3618  
No charge for this class



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

**CERTIFIED WORKSHOP LEADER TRAINING by Dering Consulting Group, Inc.**

Best Western Conference Center

300 Gateway Drive

Bethlehem, PA 18017

Date: March 19 & 20, 2019

Time: 9 a.m. – 4 p.m.

Please register at: Dering Consulting Group, Inc. at [www.deringconsulting.com/hsoa](http://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.**

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

**CERTIFIED WORKSHOP LEADER TRAINING by Dering Consulting Group, Inc.**

Rose Tucker-Nanticoke Active Adult Center

145 East Green Street

Nanticoke, PA 18634

Date: June 6 & 7, 2019

Time: 9 a.m. – 4 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.**

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

Lincoln Center for Healthy Aging

2138 Lincoln St

Williamsport, PA 17701

Dates: Tuesdays, October 16, 2018 – November 20, 2018

Time: 1 p.m. – 3:30 p.m.

Please contact: Tammy Frye, Health, Nutrition and Fitness Center Coordinator, at 570-601-9573

No charge for this class

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

**CERTIFIED WORKSHOP LEADER TRAINING by Dering Consulting Group, Inc.**

Riverwalk Center for Healthy Aging

423 East Central Avenue

South Williamsport, PA 17702

Date: January 15 & 16, 2019

Time: 9 a.m. – 4 p.m.

Please register at: Dering Consulting Group, Inc. at [www.deringconsulting.com/hsoa](http://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.**

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

Loder Center

62 Analomink Street

E. Stroudsburg, PA 18360

Dates: Thursdays, September 6, 2018 – October 11, 2018

Time: 9:30 a.m. – 12 p.m.

Please contact: Mara Cruz, Senior Center Manager II, at 570-420-3745  
No charge for this class  
Website: <http://www.monroecountypa.gov/Dept/Aging/Pages/default.aspx>

**Northampton** – Healthy Steps for Older Adults (fall risk screening & education)  
Grace UCC Church  
902 Lincoln Avenue  
Northampton, PA 18067  
Dates: October 30, 2018 and November 27, 2018  
Time: 9:30 p.m. – 11:30 p.m.  
Please contact: Krista Ambrosino, Senior Center Operator, at 610-262-4977  
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: Tuesdays, October 2, 2018 – November 6, 2018  
Time: 10 a.m. – 12:30 p.m.  
Please contact: Geisinger Health and Wellness at 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 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

**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: October 22 & 23, 2018  
Time: 9 a.m. – 4 p.m.  
Please register at: Dering Consulting Group, Inc. at [www.deringconsulting.com/hsoa](http://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.**

**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 16 & 17 2019

Time: 9 a.m. – 4 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.**

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

Casa Farnese Apartments

1300 Lombard Street

Philadelphia, PA 19147

Schedule: Tuesdays, September 11, 2018 – October 16, 2018

Time: 10:30 a.m. – 1 p.m.

Please contact: Anne Vaughn, Social Service Coordinator, at 215-735-3858

No charge for this class

Greater St. Matthew Baptist Church

1538 Wingohocking Street

Philadelphia, PA 19140

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

Time: 10:30 a.m. – 1 p.m.

Please contact: Rosemary Tate Thomas, Site Coordinator, at 215-455-3700

No charge for this class

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

Presbyterian Church of Chestnut Hill

8855 Germantown Avenue

Philadelphia, PA 19118

Dates: Tuesdays, October 2, 2018 – November 6, 2018

Time: 10 a.m. – 12:30 p.m.

Please contact: Leslie Lefer, Director, Center on the Hill, at 215-247-4654

No charge for this class

Walnut Towers - Thomas Jefferson University Hospital

211 South 9th Street, 3rd floor

Philadelphia, PA 19107

Dates: Thursdays, October 4, 2018 – November 8, 2018

Time: 1:30 p.m. – 4 p.m.

Please contact: Neva White, Senior Health Educator, at 1-800-JEFF-NOW

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

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

Shenandoah High Rise  
100 South Main Street  
Shenandoah, PA 17976  
Dates: November 28, 2018 and November 29, 2018  
Time: 10 a.m. – 12 p.m.  
Please contact: Jenny Wagner, Community Wellness Coordinator, at 570-624-3017  
No charge for this class

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

Charleroi Volunteer Fire Department Social Hall  
328 Fallowfield Avenue  
Charleroi, PA 15022  
Dates: Tuesdays, October 16, 2018 – November 20, 2018  
Time: 12:30 p.m. – 3 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

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

Hamlin Heights  
549 Easton Turnpike  
Lake Ariel, PA 18436  
Dates: Tuesday, October 9, 2018  
Time: 9 a.m. – 2 p.m.  
Please contact: Marie Alexander, Health & Wellness Coordinator, at 570-253-4262  
No charge for this class

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

Valley Center for Active Adults

135 Kalassay Drive

Ligonier, PA 15658

Dates: Tuesdays, October 9, 2018 – November 13, 2018

Time: 9 a.m. – 11:30 a.m.

Please contact: Judy Holden, Supervisor, Valley Center for Active Adults, at 724-238-7942

No charge for this class

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

**CERTIFIED WORKSHOP LEADER TRAINING by Dering Consulting Group, Inc.**

Westmoreland Manor

2480 South Grande Boulevard

Greensburg, PA 15601

Date: April 1 & 2, 2019

Time: 9 a.m. – 4 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.**

**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***

#### **Berks County**

Amy Good, MidPenn Legal Services and Mary Dugan, Transition Connections

Berks County Community Foundation

237 Court Street

Reading, PA 19601

Tuesday, October 16, 2018

Time: 9 a.m. - 10:15 a.m.

For more information, to let us know if you require accommodation, or to RSVP for this FREE meeting, text or call 717-380-9714

#### **Butler County**

Butler County Veteran's Stand Down

FREE event will include free medical services, entertainment, free haircuts, free meal, comfort items, giveaways and community resource fair

Tanglewood Center

10 Austin Avenue

Lyndora, PA 16045

Date: November 2, 2019

Time: 11 a.m. – 2 p.m.

Please contact: Allyson Rose, Butler County Human Services, 724-284-5114 or visit

[www.housingauthority.com](http://www.housingauthority.com) and click on the Stand Down link on the homepage

## **Centre County**

Generations in the Workforce Professional Conference

Chuck Mazitti of Mazitti & Sullivan will teach how generations in the workforce can learn to work together better. Topics will include generational bias, generational disconnect, and workplace tips. A collaborative conference with Centre County GIN, CCCHS, and Penn State Center for Geriatric Nursing

CEUs available

CIU 1060 Decibel Road

Suite 107

State College, PA 16801

Date: Friday, October 26, 2018

Time: 8 a.m. – 4:30 p.m.

Contact: Melisa Bottorf, Lead Link Coordinator, [mbottorf2016@gmail.com](mailto:mbottorf2016@gmail.com)

Registration Deadline: October 23, 2018

<https://www.centrecountygin.com/conferences>

## **Self-Advocacy Day**

The Centre County Elder Abuse Task Force will be hosting their 2<sup>nd</sup> annual community education day focused on Self Advocacy for Seniors. Topics for this free program include: Knowing Your Rights, How to Advocate for Yourself and Legal Tools to Control Your Health & Finances. Breakfast and bagged lunch included.

The Match Factory

192 Match Factory Place

Bellefonte, PA 16823

Date: Friday, November 2, 2018

Time: 9:45 a.m. – 12:30 p.m.

Contact: Melisa Bottorf, Lead Link Coordinator, [mbottorf2016@gmail.com](mailto:mbottorf2016@gmail.com)

Registration Deadline: N/A

## **Lancaster County**

OVR 101: learn about the Office of Vocational Rehabilitation Services

Geared towards educators/professionals, parents, and caregivers of youth between the ages of 14-21 to learn about services available to them

PA CareerLink of Lancaster County

1016 North Charlotte Street (Room 8)

Lancaster, PA 17603

Wednesday, October 10, 2018

Time: 5:30 p.m. - 6:30 p.m.

FREE – for additional information, if you require accommodation, or to RSVP contact Sarah Thomas at 717-781-6362 or email [sarahthomas@pa.gov](mailto:sarahthomas@pa.gov)

Access for Multilingual Individuals with developmental disabilities

Church World Services

308 East King Street

Lancaster, PA 17602

Wednesday, October 10, 2018

Time: 1:30 p.m. - 4:30 p.m.

FREE – for additional information, if you require accommodation, or to RSVP contact Christina Kubica at [ckubica@nscphila.org](mailto:ckubica@nscphila.org)

Workshop: Bullying and hoarding in a Senior Setting

Garden Spot Village

Concord Room

433 South Kinzer Avenue  
New Holland, PA 17557  
Friday, October 19, 2018  
Time: 9:30 a.m. - 11:30 a.m.  
To register call 717-632-5552, ext. 4124 or email [mchittum@penncares.org](mailto:mchittum@penncares.org)  
Cost: \$35 / person

Cross-training meeting: Agape Care, Charlotte Dussinger and Caring Hospice Services, Mary Lawhead and Karen Darrenkamp  
Agape Care  
2173 Embassy Drive, Lancaster, PA  
Thursday, October 18, 2018  
Time: 1 p.m. - 2:45 p.m.  
For more information, to let us know you require accommodation or to RSVP for this FREE meeting, text or call 717-398-9714

### **Lawrence County**

Lawrence County Veterans Stand Down  
Free event includes free medical screenings, entertainment, children's activities, free meal, and community resource fair  
Cascade Park  
1928 E. Washington Street  
New Castle, PA 16101  
Date: October 12, 2018  
Time: 1 p.m. – 3 p.m.  
Contact: Jesse Putnam, Lawrence County Veterans Affairs, 724-656-2172

### **Lebanon County**

WRAP seminar | four Tuesday Sessions (Free)  
Lebanon County MH/ID/EI Conference Room D  
220 East Lehman Street  
Lebanon, PA 17046  
Tuesdays, beginning August 28, 2018  
Time: 12:30 p.m. - 4:30 p.m.  
For more information, call the Recovery InSight, Inc., office at 877-597-9497, ext. 10, or email [jabel@recovery-insight.com](mailto:jabel@recovery-insight.com)

Lebanon County Women's Expo  
Lebanon Expo Center  
80 Rocherty Road, Lebanon, PA  
Saturday, October 6, 2018  
9 a.m. - 2 p.m.  
Admission is \$5 at the door or free by preregistering online at [www.agreatwaytospendmyday.com](http://www.agreatwaytospendmyday.com)  
Call 717-285-1350 for more information

Better Together Summit  
Lebanon Valley College  
Anville, PA  
Tuesday, October 9, 2018  
7:30 a.m. - 12:30 p.m.  
FREE - register online: <http://bettertogetherlebanon.com/event-calendar/2018-summit/>

Presentation: Wine and Wellness | Essential Oils 101  
Elmcroft of Lebanon  
860 Norman Drive  
Lebanon, PA  
Wednesday, October 17, 2018  
Time: 5:30 pm  
RSVP to Jordan at 717-228-0909 by October 10

### **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](mailto:kimberlymelusky@lehighcounty.org)  
Registration Deadline: October 12, 2018  
Cost: \$45

Mortgage Foreclosure Prevention and Fair Housing Rights  
North Penn Legal Services will discuss mortgage foreclosure prevention and fair housing.  
Northampton County Human Services Building  
2801 Emrick Blvd.  
Bethlehem, PA 18020  
Date: October 30, 2018  
Time: 9 a.m. - 12 p.m.  
Contact: Kim Melusky, PA Link Coordinator, at [kimberlymelusky@lehighcounty.org](mailto:kimberlymelusky@lehighcounty.org)  
Registration Deadline: October 26, 2018

### **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 present on spotting signs of opioid/drug abuse when meeting with an aging/disabled consumer  
Mercy Center  
301 Lake Street  
Dallas, PA 18612  
Date: October 10, 2018  
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](mailto:ccaging14@ptd.net), seating is limited

### **Lycoming County**

Mimi & Donna Documentary Showing  
This documentary explores issues of disability, long-term care and the realities of aging. PA Link, the Special Kids Network, and Steinbacher, Goodall & Yurchak will provide a panel discussion about local resources following the documentary  
The Elder Care Resource Center  
401 Washington Blvd.  
Williamsport, PA 17701  
Date: Wednesday, October 17, 2018



Time: 9 a.m. – 11 a.m.  
Contact: Melisa Bottorf, Lead Link Coordinator, [mbottorf2016@gmail.com](mailto:mbottorf2016@gmail.com)  
Registration Deadline: October 17, 2018

### **McKean County**

#### Elder Law Day

This is a seminar for senior citizens to learn about scams, power of attorneys, and wills as well as other services they are seeking

#### *Session One*

Bradford Senior Center  
60 Campus Drive  
Bradford, PA 16701

Date: Wednesday, November 7, 2018

Time: 4 p.m. - 6 p.m.

#### *Session Two*

Kane Senior Center  
100 Fraley St.

Kane, PA 16735

Date: Monday, November 19, 2018

Time: 4 p.m. - 6 p.m.

Contact: Bill Orzechowski, Cameron/Elk/McKean AAA Director at [borzecho@ohsaging.com](mailto:borzecho@ohsaging.com)

Registration deadline: N/A

### **Northampton 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](mailto:kimberlymelusky@lehighcounty.org)

Registration Deadline: October 12, 2018

Cost: \$45

Mortgage Foreclosure Prevention and Fair Housing Rights

North Penn Legal Services will discuss mortgage foreclosure prevention and fair housing.

Northampton County Human Services Building

2801 Emrick Blvd.

Bethlehem, PA 18020

Date: October 30, 2018

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

Contact: Kim Melusky, PA Link Coordinator, at [kimberlymelusky@lehighcounty.org](mailto:kimberlymelusky@lehighcounty.org)

Registration Deadline: October 26, 2018

### **Schuylkill County**

Schuylkill PA Link Networking Meeting

This month's meeting will be hosted by Senior Helpers with information and a demo of the Rock Steady Kick Boxing Class for those with Parkinson's Disease.

Weston Senior Living at Pinebrook

2 Woodbridge Road

Orwigsburg, PA 17961

Date: Thursday, October 11, 2018

Time: 9:30 a.m. – 10:30 a.m.

Contact: Melisa Bottorf, Lead Link Coordinator, at [mbottorf2016@gmail.com](mailto:mbottorf2016@gmail.com)

### **Union County**

River Valley Senior Providers Group (RVSPG) Meeting

This month's meeting will be hosted by Union-Snyder Area Agency on Aging. Presenter will be by Lyn Mathias from APPRISE. New RVSPG Resource Guides will be distributed

Union Snyder Area Agency on Aging

116 N. 2<sup>nd</sup> Street

Lewisburg, PA 17837

Date: Wednesday, October 10, 2018

Time: 7:45 a.m. – 9 a.m.

Contact: Melisa Bottorf, Lead Link Coordinator, [mbottorf2016@gmail.com](mailto:mbottorf2016@gmail.com)

Registration Deadline: October 8, 2018

### **Announcements**

#### **Veterans Day Ceremonies**

Sister Marie Lenahan Wellness Center, Lobby

1503 Lansdowne Avenue

Darby, PA 19023

Monday, November 12, 2018

9 a.m. – 3 p.m.

For veterans able to show military ID, there will be giveaways including a lunch voucher to the hospital's cafeteria. The Veterans Administration will also be available with free information and for benefits counseling.

Mercy Fitzgerald Hospital

1500 Lansdowne Avenue

Medical Science Building

First Floor, Conference Room A

Darby, PA 19023

Saturday, November 17, 2018

11 a.m.

This event will feature patriotic music, vendors, and presentations about the history and importance of Veterans Day. Lunch provided.

RSVP required by Friday, November 2, 2018, to Linda Davis at [davisl@co.delaware.pa.us](mailto:davisl@co.delaware.pa.us) or 610-872-1409 or Kasandra Noel at [knoel@mercyhealth.org](mailto:knoel@mercyhealth.org) or 610-237-4030.

#### **Governor Wolf's Food Security Partnership Annual Meeting**

Join for discussion on accomplishments, federal initiatives, and best practices from around the state. Additionally, a small group discussion will be held after the morning session regarding starting a statewide food policy council.

PaTTAN

6340 Flank Drive

Harrisburg, PA 17112

Morning session: 10 a.m. – 12:30 p.m.

Afternoon session: 1:30 p.m. – 3:30 p.m.

RSVP to [ra-pwfoodsecurity@pa.gov](mailto:ra-pwfoodsecurity@pa.gov) by October 24 and please indicate if you plan to stay for the

afternoon session.

**12<sup>th</sup> 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 12<sup>th</sup> 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](mailto:grossmanhj@aol.com) for more information.