

October 12, 2018

*Message from the Secretary*

In preparing to write this week's Message, once again, I found myself in front of my laptop on a Thursday evening listening to media outlets sharing news and the horrific details about the latest powerful storm to hit U.S. soil in the form of Hurricane Michael. On Wednesday the storm hit the small Florida community of Mexico Beach head on, and I listened as reporters described how numerous homes in the resort town of about 1,200 people were shattered or ripped from their foundations. Reporters explained it looked as if boats were tossed like toys, the streets closest to the water looked like a bomb had detonated, and I heard reporters repeatedly share that more than a third of the population of Mexico Beach is 65 years of age or older.

One particular reporter described how they had talked to a Mexico Beach resident who explained that she and her ex-husband were checking on the elderly mother of a friend. They shared how this older Floridian had lived in a small, simple, cinderblock house about 150 yards from the Gulf. Having ridden out plenty of storms in her lifetime, the elderly woman told her family she would be fine, but by Thursday morning when friends checked on her, they found her home was reduced to crumbled blocks and pieces of floor tile. The friends repeatedly yelled for older woman, but sadly the only sound they heard was the echo from her nearly demolished home and the pounding of the surf.

I found myself thinking about my day on Wednesday and where I was when Hurricane Michael bore down on Mexico Beach, Florida, to forever alter the lives of so many older Floridians. Because of the efforts of many I spent Wednesday, and most of Tuesday, at Pennsylvania's first LGBTQ Aging Summit, which was held at the Sheraton Harrisburg Hershey Hotel. From my perspective, this inaugural event was innovative and inspiring. Over 325 individuals from throughout the Commonwealth of Pennsylvania gathered to listen and learn, speak to the needs of LGBTQ older Pennsylvanians, build bridges between LGBTQ communities and the aging services network, and to help nurture an aging services system that most effectively serves people of all sexual orientations and gender identities.

Yet, I thought about the older Floridians who lived in the quaint, quiet, beach town that was known as a 'slice of old Florida,' who believed that their resilient nature and lifetime of experience would sustain them through the storm, and while most survived the storm, those that didn't will long be known for their simple desire to remain at home and brave the storm. I further reflected on our LGBTQ Aging Summit and the hundreds of folks who journeyed to Harrisburg to participate in what was referred to by some as a truly historic event, while others commented that they were "humbled to see Pennsylvania take a lead role in advocating for LGBTQ aging issues." Moreover, as the Wolf Administration commits itself to continuing to support all of our communities with respect and pride, for me to listen to and learn from so many participants who identified as LGBTQ, it was quite easy for me to recognize that regardless of where they live and who they love--resiliency, passion, and purpose are the keystones for older adults to age successfully.

The summit began with a keynote address by Kathy Greenlee, former U.S. Assistant Secretary of Aging at the federal Department of Health and Human Services, who traveled from Kansas to attend the inaugural summit, and shared experiences and obstacles regarding her sexuality from high school to present day, presented on the urgency for provider networks to be LGBTQ-friendly,

and discussed the barriers that many LGBTQ elders face. Immediately following Kathy Greenlee's kick-off, we hosted a community panel discussion with LGBTQ older adults, which afforded panelists the opportunity to share their lived experiences and highlight the various difficulties many experience as older LGBTQ individuals.

Day two began with Secretary of Health Dr. Rachel Levine introducing keynote speaker Michael Adams, CEO of SAGE, who spoke to the audience regarding LGBTQ cultural competency and inclusion. After Adams' remarks, the summit hosted a provider panel on best practices for serving LGBTQ older adults and the importance of being culturally competent within provider networks. At the conclusion of the provider panel, the summit organized a regional planning session with a focus on tangible community action for the varying regions of summit attendees, specifically



regarding how Pennsylvania can build better connections between the older LGBTQ community and providers. After lunch, the audience was entertained with an inspiring presentation by Dr. Nii-Quartelai Quartey, National LGBT Liaison for AARP, who shared a sneak peek at AARP's newest Disrupt Aging video, which provides a living history of the LGBT movement.

The summit concluded with a state panel featuring Todd Snovel, Executive Director, Pennsylvania Commission on LGBTQ Affairs, Dr. Levine, and myself, which allowed us to respond to many very good questions that were raised. The concluding call to action was offered on behalf of the Wolf Administration by Todd Snovel. Recently, Governor Wolf signed an Executive Order creating the Pennsylvania Commission on LGBTQ Affairs, the first of its kind in the nation, and appointed Todd to serve as Executive Director. Embedded in his closing remarks was the reminder that we – including our LGBTQ sisters and brothers – must all continue to work together to make our commonwealth a place where all Pennsylvanians, regardless of age or stage of life, can live, work, love, and thrive in our state with an assuredness of support and safety.

As I conclude this week's message, my heart is broken thinking of the older Floridians who lost their lives in the most recent natural disaster to hit U.S. soil, along with those who survived and will forge ahead, recreating their lives in the only way they know how: resiliently, passionately, and purposefully. Simultaneously, my heart is overwhelmed thinking of the incredible speakers and the amazing Pennsylvanians that I had the blessed opportunity to be with this past Tuesday and Wednesday. Although my mind continues to pivot back to the reality that a same-sex couple can be married on Sunday, and fired from their job or lose their home on Monday--simply because Pennsylvania lacks laws forbidding discrimination based on one's sexual orientation or gender identity, I am grateful that as fate would have it, the day after our summit was National Coming Out Day. Since 1987, October 11 has served as a day to honor the courage of all who have come out as LGBTQ, while facing the potential backlash and discrimination that being gay, lesbian, transgender, bisexual, or queer might draw. I'm committed to advocating with the aging and LGBTQ community so that all Pennsylvanians can age healthy and well in the setting of their choice while safely loving who they choose to, and being who they are. I'm incredibly proud to stand beside our LGBTQ older Pennsylvanians who forge ahead living their lives in the only way they know how: resiliently, passionately, and purposefully.

Teresa Osborne  
Secretary

### ***Legislative Update***

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

House Bill 2291 was passed by the House on Tuesday, October 9. Sponsored by Representative George Dunbar, this legislation would amend Personal Care Home Licensure requirements for Continuing Care Retirement Communities (CCRCs). This legislation will now be referred to the Senate for consideration.

House Bill 270, sponsored by Rep. Frank Farry, was passed by the House on Thursday, October 11. This legislation would expand PACENET income limits, provide for medication synchronization, and update the Pharmaceutical Assistance Review Board. This legislation has been referred to the Senate Aging and Youth committee for consideration.

Senate Bill 780, sponsored by Senator Elder Vogel, was amended this week in the House. This legislation would authorize the regulation of and provide insurance coverage for telemedicine. There are additional amendments for consideration on this bill and it awaits further action from the House.

The House will return to session on Monday, October 15 at 11:00am unless sooner recalled by the Speaker.

#### **Pennsylvania Senate**

The Senate will return to session on Monday, October 15 at 1:00pm unless sooner recalled by the President Pro Tempore.

On Monday, October 15, the Senate Aging & Youth Committee will hold a voting meeting to consider House Bill 270, sponsored by Rep. Frank Farry, and House Bill 1588, sponsored by Rep. Diamond. House Bill 1588 would require PACE to coordinate with the Department of Health to receive death records of PACE/PACENET enrollees to ensure they are disenrolled from the program.

### ***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 – 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

**Carbon** – Healthy Steps for Older Adults (fall risk screening & education)  
Weatherly Senior Center  
335 Third St  
Weatherly PA 18255  
Dates: November 13 & 14, 2018  
Time: 10 a.m. – 3 p.m.  
Please contact: Eva Labanoski, Senior Center Operator, at 570-427-8175  
No charge for this class

**Chester** – Chronic Disease Self-Management Program (education on living a healthier life)  
Surrey Services for Seniors  
60 Surrey Way  
Devon, PA 19333  
Dates: Thursdays, October 18, 2018 – November 29, 2018  
Time: 12:30 p.m. – 2:15 p.m.  
Please contact: Nicole Robinson, Center Director, at 610-647-9172  
No charge for this class  
Website: <https://surreyservices.org/>

**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

**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** – 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 a.m. – 10 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, October 23, 2018 – December 11, 2018

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

CTA Active Adult Center  
5 East Market Street  
Wilkes Barre, PA 18701

Schedule: Saturdays, October 6, 2018 - November 22, 2018

Time: 9:30 a.m. – 11:30 a.m.

Please contact: Ramonita Rolon, Asst. Director of CTA AAA, 570-825-3484

No charge for this class

Website: [aginglw.org](http://aginglw.org)

**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.**

**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)  
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

**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 LAY LEADER TRAINING**

County of Delaware Office of Aging Services

206 Eddystone Avenue, 2nd Floor

Eddystone, PA 19022

Schedule: DSMP four-day training – March 19, 21, 26 & 28, 2019

Time: 8:30 a.m. – 4 p.m.

Please contact: Megan Craley, Health & Wellness Coordinator, at 717-771-9610 or

[mmcraley@yorkcountypa.gov](mailto:mmcraley@yorkcountypa.gov)

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.

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

**Allegheny County**

Bonding Over Caregiving: A Dementia Caregiver's Conference

The Alzheimer's Association SW region is proud to announce a FREE conference for Caregivers. You are encouraged to attend if you are a primary provider of care and support for a loved one with dementia. This event will leave you feeling empowered with practical tools for caregiving.

Friday, November 16

8:45 a.m. - 2:30 p.m.

The Pittsburgh Marriott North

100 Cranberry Woods Drive

Cranberry Twp., PA 16066

For more information, contact Sara Murphy at 814-456-9200 or [smurphy@alz.org](mailto:smurphy@alz.org).

Register at <https://conta.cc/2Qbia1e>

**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**

How to help a loved one struggling with drug use

Quarryville Library

C.X. Carlson Room

Concord Room at 433 South Kinzer Avenue

357 Buck Road

Quarryville, PA 17566

Tuesday, October 16, 2018

Time: 6 p.m. - 7:30 p.m.

To register visit <http://www.lancasterjoiningforces.org/event/how-to-help-a-loved-one-struggling-with-drug-use/>

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

### **Lebanon County**

Health Fair: Celebrating your health - Latin Style

Lebanon Middle School

350 North Eighth Street

Lebanon, PA 17046

Saturday, October 13, 2018

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)

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

### 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

### ***Announcements***

#### **FY 2018-19 Upcoming Trainings/Meetings/Conferences/Webinars Calendar: Oct. – June**

- Oct. 16; (SC) Ombudsman Case Study 1 and Case Study 2 (York)
- Oct. 16-17: Senior Community Employment Program Training (SCSEP) (Harrisburg)
- Oct. 17; (SC) Ombudsman Network Meeting (Manheim)
- Oct. 17; (NE) Ombudsman Network Meeting (Bethlehem)
- Oct. 24; (SE) Ombudsman Network Meeting (West Chester)
- Oct. 24; (NW) Ombudsman Network Meeting (Brookville)
- Oct. 25; (SW) Ombudsman The Three C's: Case, Complaint, Consultation and Ombudsman/Facility Staff Relationships and Interpersonal Skills (Pittsburgh)
- Nov. 7; OmbudsManager Training (Harrisburg)
- Nov. 7; Ombudsman Case Study 1 and Case Study II Training (Indiana)
- Nov. 8; Ombudsman Case Study II Training (Lewisburg)
- Nov. 13; Ombudsman Case Study I and Case Study II Training (Eddystone)
- Nov. 13-14: Protective Services Conference (Gettysburg)
- Nov. 15; Ombudsman Case Study I Training (Bloomsburg)
- Nov. 15; (SW) Ombudsman Network Meeting (Pittsburgh)
- Nov. 15: PDA Alzheimer's Forum (Harrisburg)
- Nov. 27; Ombudsman Case Study III Training (York)
- Nov. 28; Ombudsman Case Study I and Case Study II Training (Clarion)
- Nov. 28-29: Leadership Development Institute-Module 3 (State College)
- Dec. 4; Ombudsman Case Study II Training (Bloomsburg)
- Dec. 4; PDA AAA Housing Best Practice Session (Hershey)
- Dec. 5; OmbudsManager Training (Pittsburgh)
- Dec. 5-6: P4A Membership/PDA Quarterly Meeting (Hershey)
- Dec. 6; Ombudsman Case Study III Training (Lewisburg)
- Dec. 12; Ombudsman Case Study III Training (Brookville)
- Jan. 30-31: Leadership Development Institute-Module 4 (Harrisburg)
- Feb; Proposed CDSMP Lay Leader Training (*Grove City, PA-training site & dates not yet confirmed*)
- March 13-14: P4A Membership Meeting/PDA Quarterly (Harrisburg)

- April; Proposed CDSMP Master Trainer Training (*Harrisburg-not yet confirmed*)
- April 10-11: Leadership Development Institute-Module 5 (State College)
- April 16; PDA Volunteer Conference (State College)
- May 2-3; PDA Health & Wellness Conference (State College)
- May 13-16: APPRISE Conference (State College)
- May 22-23; PDA Nutrition Conference (*Contract not signed pending receipt of approved PDA LTLTI Project Request Form*)
- June 12-13; P4A Membership Meeting/PDA Quarterly (TBD-Possible Harrisburg Site?)
- June 18-19: Leadership Development Institute-Module 6 (Harrisburg)
- June 20: Leadership Development Institute Graduation (WITF-Harrisburg)(*contract not signed?*)

### **Medicare Open Enrollment Begins October 15 through December 7, 2018**

Lower costs, better coverage, or perhaps just learning that your current plan is still best for your situation. Review your options during Open Enrollment: <http://go.cms.gov/planfinder>

See and share toolkits below:

[English Toolkit](#)

[Spanish Toolkit](#)

### **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.