



November 2, 2018

Message from the Secretary

This past weekend I traveled to the Commonwealth of Virginia for a family wedding. After much merriment at Friday's rehearsal party, we prepared for a lovely wedding ceremony and celebration on Saturday afternoon. Bright and early Saturday morning, a number of us were able to enjoy a private tour of the Virginia Capitol, thanks to one of our dear friends who works for the House of Delegates in the Virginia General Assembly. Needless to say, I was very excited to experience touring another Commonwealth's Capitol. Moreover, understanding that the history of America is so closely tied to Virginia, I was really looking forward to an up close and personal tour.

Before we even entered the Virginia Capitol itself, we gazed upon it from the steps leading up to the grand façade, where we were reminded by our personal guide that four of the first five United States Presidents were Virginians: George Washington, Thomas Jefferson, James Madison, and James Monroe. The capitol was designed by Thomas Jefferson, and the Virginia General Assembly held its first Session in it in 1788. Its history is remarkable—the capitol building has witnessed two wars, a cholera outbreak, the collapse of its third floor, and during the Civil War, the Confederate Congress also met there—and the Virginia Capitol continues to represent a symbol of democracy for the country.

We learned a lot as we enjoyed our private tour of Virginia's beautiful Capitol, and as we finished our time inside, the very last area we visited was an incredible bronze statue, "Thomas Jefferson: Architect of Liberty." It was placed in the Capitol in 2012. It shows Jefferson holding an architectural drawing of the Virginia Capitol, which he designed when he was 42. Inscribed on the rotunda wall immediately above the statue is a notorious Thomas Jefferson quote, "The most sacred of the duties of a government [is] to do equal and impartial justice to all its citizens." I took a panoramic photo of these words, as they certainly resonated with me. I found myself reflecting on my personal and professional journey in public service, including, naturally, the privileged post I currently serve in for Pennsylvania Governor Tom Wolf.

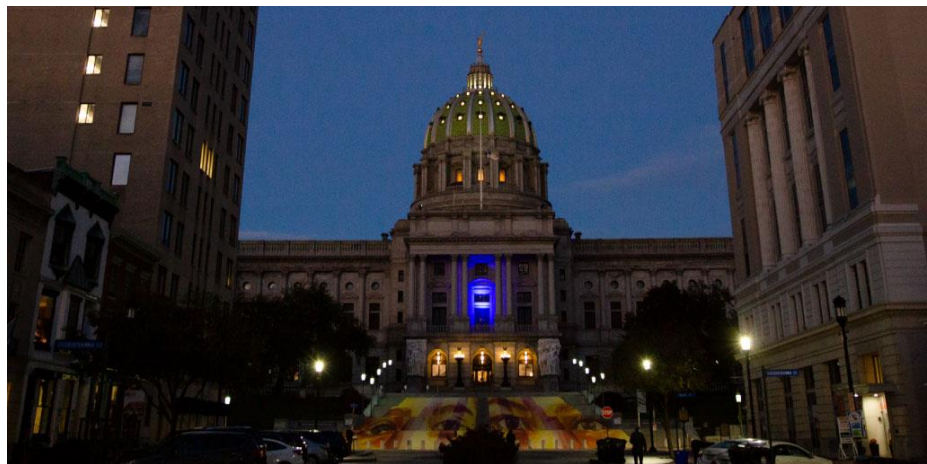
Shortly after, we walked outside the building. That is exactly when I learned of the horrific scene that unfolded in Pittsburgh, Pennsylvania, where a gunman was reported to have opened fire at a place of worship. In this day and age of immediate news and access to information, in a relatively short time details emerged, and we learned there were injuries and casualties.

We now know that last Saturday morning, a gunman entered the Tree of Life Congregation Synagogue in the Squirrel Hill neighborhood of Pittsburgh in Allegheny County and killed 11 individuals. Those killed ranged in age from 54 to 97. They began their Saturday morning in prayer and were interrupted by hatred. The deceased include brothers David, 54, and Cecil, 59, Rosenthal; Richard Gottfried, 65; Jerry Rabinowitz, 66; Irving Younger, 69; Daniel Stein, 71; Joyce Fienberg, 75; husband and wife Bernice, 84, and Sylvan, 86, Simon; Melvin Wax, 88; and Rose Mallinger, 97.

Over the weekend, the news provided constant updates on the situation, and we did reach out to Allegheny County Area Agency on Aging Director Kurt Emmerling, who in true Pittsburgh-pride and servant-leadership fashion shared that despite the pain, there exists a deep sense of faith that this Pittsburgh community will gain strength through their unity. Additionally, he shared that AAA support for their seniors was being provided at the Jewish Community Center, with so many other community members resolved to care for each other.

Since this senseless tragedy occurred, communities throughout the country have held candlelight vigils to denounce racist violence, to mourn the 11 lives lost, and to express their desire to stand in unison against hate. The Wolf Administration has worked to provide resources for those feeling confused, scared, and angry at the violence that occurred. Staff from the PA Department of Human Services is on site at the Victims Assistance Center that is set up at the Jewish Community Center. In addition, since Tuesday evening Governor Wolf has paid tribute to the Tree of Life victims by dimming the lights at the Capitol to showcase one single blue light, signifying that the Commonwealth of Pennsylvania stands in solidarity with the victims, their families, and all those in the Pittsburgh and Jewish communities across the commonwealth.

I was able to witness this single blue light which has served as a beacon at the Capitol for the past several days. My typical week involves me attempting to exercise with a daily walk to hopefully secure 10,000 steps on my Fitbit. Thankfully, the mild weather this week afforded me great



opportunities to enjoy beautiful evening walks, and allowed me to encounter that single blue light which has been my North Star--reminding me of the need to shine a light on hatred and antisemitism. I have found myself thinking of the Virginia Capitol I toured as those first gunshots in Pittsburgh were fired, and have reflected on Thomas Jefferson's quote I referenced earlier.

Tonight will mark the first Shabbat service since that gunman opened fire inside the Tree of Life synagogue, taking 11 lives and injuring several others. Together, may we pray for the deceased and for all who mourn, and may we remember the words of Thomas Jefferson, which underscore our sacred duty to protect and respect the ideals upon which our country was founded, by embracing all who want to make this land of opportunity their home, to shine a bright light against hatred, and ensure justice for all.

Teresa Osborne
Secretary

Personnel Update

R. Patrick Fitzgerald is starting on 11/5/18 as the Administrator of the Mifflin-Juniata Area Agency on Aging. Patrick can be contacted at pfitzgerald@mymjrsc.com, and 717-242-0315, ext. 129.

Legislative Update

Pennsylvania House of Representatives

The House will return to session on Tuesday, November 13 for farewell speeches. There are currently no additional voting days scheduled for the current session.

Pennsylvania Senate

The Senate will return to session on Wednesday, November 14 for farewell speeches. There are currently no additional voting days scheduled for the current session.

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

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 and will pay a small fee to cover supplies. 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.

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

Bucks – Healthy Steps for Older Adults (fall risk screening & education)
Eastern Upper Bucks Senior Center
8040 Route 611
Ottsville, PA 18942
Dates: Tuesday, January 15, 2019 and Thursday, January 17, 2019
Time: 9:30 a.m. – 12 p.m.
Please contact: Eastern Upper Bucks Senior Center at 610-847-8178
No charge for this class

Bensalem Senior Center
1850 Byberry Road
Bensalem, PA 19020
Dates: Tuesday, November 20, 2018
Time: 9:30 a.m. – 2 p.m.
Please contact: Bensalem Senior Center at 215-638-7720
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/>

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
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
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 – Diabetes Self-Management Program **LAY LEADER CROSS-TRAINING**
County of Delaware Office of Aging Services
206 Eddystone Avenue, 2nd Floor
Eddystone, PA 19022
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
Prerequisite: Must be a certified Chronic Disease Self-Management Program Lay Leader
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)
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)

Brinton Lake, 1st Floor Community Room

300 Evergreen Drive

Glen Mills, PA 19342

Dates: December 10, 2018 and December 17, 2018

Time: 10 a.m. – 12:30 p.m.

Please contact: Joe Miller at 610-447-2060

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

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

Challenges-Options in Aging

2706 Mercer Road

New Castle, PA 16105

Dates: November 8, 2018

Time: 9 a.m. – 2 p.m.

Please contact: Claire O'Connor, Health and Wellness Assistant, at 724-658-3729, ext.5157

No charge for this class

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

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

Cedar View Senior Center

4230 Dorney Park Road

Allentown, PA 18102

Dates: Tuesdays, October 23, 2018 – December 11, 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

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

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

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

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
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

Perry – Healthy Steps in Motion (exercise classes for strength & balance)
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)
Juniata Park Older Adult Center
1251 E. Sedgley Avenue
Philadelphia, PA 19134
Dates: December 20, 2018
Time: 10 a.m. – 3 p.m.
Please contact: Joe Fagan, Center Director, at 215-685-1490
No charge for this class

MLK Older Adult Center
2100 W. Cecil B. Moore Ave
Philadelphia, PA 19121
Dates: December 6, 2018
Time: 10 a.m. – 3 p.m.
Please contact: Rosalyn Cofer, Activities Coordinator, at 215-978-2716
No charge for this class

KleinLife
10100 Jamison Avenue
Philadelphia, PA 19116

Dates: January 8, 2019
Time: 11 a.m. – 4 p.m.
Please contact: Sharon Kaplan, Activities Coordinator, at 215-698-7300
No charge for this class

Philadelphia Senior Center - Avenue of the Arts
509 S. Broad Street
Philadelphia, PA 19147
Dates: January 18, 2019
Time: 11 a.m. – 4 p.m.
Please contact: Julie Nelson, Center Director, at 215-546-5879
No charge for this class

Mann Older Adult Center
301 N. 5th St
Philadelphia, PA 19140
Dates: January 22, 2019 and January 24, 2019
Time: 10 a.m. – 12 p.m.
Please contact: Maria Rivera, Activities Coordinator, at 215-685-9844
No charge for this class

Philadelphia Senior Center: Allegheny
1900 W. Allegheny Avenue
Philadelphia, PA 19132
Dates: February 5, 2019
Time: 10 a.m. – 3 p.m.
Please contact: Barbara Whitmore, Activities Coordinator, at 215-286-1455
No charge for this class

Southwest Senior Center
6916 Elmwood Avenue
Philadelphia, PA 19142
Dates: March 5, 2019 and March 6, 2019
Time: 10 a.m. – 12 p.m.
Please contact: Lorraine Charowsky, Activities Coordinator, at 215-937-1880
No charge for this class

Peter Bressi NE Senior Center
477 Frankford Avenue
Philadelphia, PA 19124
Dates: March 8, 2019
Time: 11:30 a.m. – 4:30 p.m.
Please contact: Nichet Kemp, Center Counselor, at 215-831-2926
No charge for this class

Older Adult Sunshine Center
6150 Cedar Avenue
Philadelphia, PA 19143
Dates: March 14, 2019

Time: 11 a.m. – 4 p.m.
Please contact: Jacqueline King, Center Counselor, at 215-472-6188
No charge for this class

Northeast Older Adult Center
8101 Bustleton Avenue
Philadelphia, PA 19152
Dates: March 15, 2019
Time: 10 a.m. – 3 p.m.
Please contact: Tara Bowman, Activities Coordinator, at 215-685-0576
No charge for this class

West Philadelphia Senior Community Center
1016 N. 41st St.
Philadelphia, PA 19104
Dates: March 21, 2019
Time: 11 a.m. – 4 p.m.
Please contact: Patrice Rhodes, Program Facilitator, at 215-386-0379
No charge for this class

The Center at Journey's Way
403 Rector Street
Philadelphia, PA 19128
Dates: March 26, 2019
Time: 10 a.m. – 3 p.m.
Please contact: Kathy Young, Activities Coordinator, at 215-487-1750
No charge for this class

Philadelphia – Healthy Steps in Motion (exercise classes for strength & balance)
CERTIFIED WORKSHOP LEADER TRAINING by Dering Consulting Group, Inc.
Philadelphia Corporation for Aging (PCA)
642 North Broad Street
Philadelphia, PA 19130
Date: May 16 & 17, 2019
Time: 9 a.m. – 4 p.m.
Please register at: Dering Consulting Group, Inc. at www.deringconsulting.com/hsim
No charge for this class
NOTE: This training is for AAA staff, AAA Senior Center staff, AAA contractors and AAA volunteers and is capped at 25 registrants.

Schuylkill – 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

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

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

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**

911 Center
120 Davies Drive
York, PA 17402

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

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.

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.

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

Berks County

100-year anniversary of Armistice Day Commemoration (presentations, time capsule ceremony, concert)

940 Centre Avenue

Reading, PA

Saturday, November 10, 2018

Time: 10 a.m. - 12:30 p.m. (presentation); 6 p.m. (ceremony); 7:30 p.m. (concert)

Contact: 610-375-4375 or visit www.berkshistory.org

Carbon

PA Link Collaborative Partner Meeting/Cross Training

The Carbon County Assistance Office will be presenting "A Better Understanding of Medicaid" as well as additional information on what is available for our Consumers.

Date: December 13, 2018

Time: 9:30 a.m. – 11 a.m.

Carbon County Assistance Office

101 Lehigh Drive

Lehigh, PA 18235

Please RSVP to Julie Rovinski-Mann at ccaging14@ptd.net

Cumberland County

Domestic Violence/Human Trafficking

This session will provide information on Domestic Violence Services in Cumberland & Perry Counties including Emergency Shelter, Counseling, Legal and Medical advocacy, referrals, etc. There will also be information about domestic violence. She's Somebody's Daughter will provide awareness on human trafficking/exploitation in our region and education on red flags and indicators of those at risk.

The United Way of Carlisle and Cumberland County

145 South Hanover Street

Carlisle, PA 17013

Date: Friday November 30, 2018

Time: 9:30 a.m. – 11 a.m.

Contact: Ginger Monsted at vmonsted@ccpa.net

Registration Deadline: N/A

Delaware County

Aging/ID County Team Training

Presented by The Office of Intellectual Disabilities

Topic: services available through OID and how to access them

Presented by the Office of Services for the Aging

Topics: Protective Services, The Gateway Program, and how to access services

The Kings Mills

6000 Pennell Rd.

Media, PA 19063

Date: Thursday, Nov. 15, 2018

Time: 9 a.m. – 11 a.m.

Registration: Sallie Norsworthy at norsworthys@delcohsa.org or 610-713-2432

ADRC Partner Meeting - Community Health Choices (CHC) Presentation

Heather Hallman, DHS, will present on CHC (coming to the Southeast Region January 1)

CHC is an initiative that will impact individuals receiving long-term services and supports (LTSS) paid for by the state and who are receiving both Medicare and Medicaid. Under CHC, managed care organizations (MCOs) will provide health care and services.

Date: Thursday, November 8, 2018

Time: 9:30 a.m. – 11 a.m.

COSA

206 Eddystone Ave.

Eddystone, PA 19022

Register: Contact Joanna King – 610-490-1842 or kingj@co.delaware.pa.us by 11/5/18

Lackawanna

Caring for People with Alzheimer's

Jeff Dauber from the Alzheimer's Association will train on caring for people with Alzheimer's, understanding Alzheimer's and Dementia, as well as effective communication strategies for different stages of the disease

Date: November 29, 2018

Time: 9 a.m. – 12 p.m.

Salvation Army Community Center

500 S. Washington Street

Scranton, PA 18505

RSVP to Julie Rovinski-Mann at ccaging14@ptd.net

Lancaster County

The Nuts and Bolts of Medicaid free workshop

Bellomo & Associates Workshop Room

3198 East Market Street

York, PA 17042

Friday, November 9, 2018

Time: 12 p.m.

Contact: 717-845-5390 to reserve your seat

Making \$ense of Finance, free non-commercial financial educational event for military, veterans, and their families

Lancaster Marriott at Penn Square

25 South Queen Street

Lancaster, PA

Friday, November 9, 2018

Time: 9 a.m. – 12 p.m.

Registration required

Contact 717-783-4247 or click [here](#)

Death Cafe

Lodge Multipurpose Room

Masonic Village – Elizabethtown

One Masonic Drive

Elizabethtown, PA

Saturday, November 10, 2018

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

To register or let us know you require accommodation, call 717-367-1121 or email

tnickel@masonicvillages.org

Lancaster County Link partners monthly cross-training meeting

Laura Miller, GPS, “The Essential Support Network” and Marlene & Gerry Kauffman,
“Necessary Conversations Between Aging Parents and their Families”

The Long Community at Highland

600 East Roseville

Lancaster, PA 17601

Thursday, November 15, 2018

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

To RSVP and/or let us know you require accommodation, call or text 717-380-9714 or email

bllink@mail.com

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

Building a Resilient Lebanon County, community workshop

Salvation Army

1031 Guilford Street

Lebanon, PA

Monday, November 5, 2018

Time: 9 a.m. – 12 p.m. or 4 p.m. - 7 p.m.

Attendance is free but limited to 30.

To RSVP and/or let us know you require accommodation, call or text 717-380-9714 or email

bllink@mail.com

Diabetes: How you can empower yourself, free seminar

Lebanon Valley Advanced Care Center

1251 East Main Street

Annaville, PA

Monday, November 5, 2018

Time: 12 p.m. - 1 p.m.

Advance registration required: Click [here](#) or call 717-231-8900

Industry specific job fair (distribution / manufacturing / warehousing)

PA CareerLink of Lebanon County

243 Schneider Drive

Lebanon, PA 17046

Thursday, November 8, 2018
9 a.m. - 9:30 a.m. – veterans only
9:30 a.m. - 12 p.m. - all job seekers

Veterans Legal and Domestic Relations Clinic
Building 18 – 3rd Floor Conference Room
Lebanon VA Medical Center
1700 South Lincoln Avenue
Lebanon, PA

Friday, November 9, 2018
10 a.m. - 2 p.m.

Luzerne

PA Link Collaborative Partner Meeting
Nancy Burns, Retirement Funding Solutions, will be speak about Reverse Mortgages as part of a series of meetings on ways for seniors to age gracefully and with dignity in their homes, day care settings, or place of their choosing.

Date: November 7, 2018

Time: 9:30 a.m. - 10:45 a.m.

Kingston Manor Personal Care Center
700 3rd Ave.

Kingston, PA 18704

Please RSVP to Julie Rovinski-Mann at ccaging14@ptd.net

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

Registration deadline: N/A

Northampton County

Ombudsman Program

Kim Shetler, Ombudsman Specialist, will speak about the Ombudsman program

Northampton County Human Services Building

2801 Emrick Blvd.

Bethlehem, PA 18020

Date: November 28, 2018

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

Contact: Kim Melusky, PA Link Coordinator, at kimberlymelusky@lehighcounty.org
Registration Deadline: November 26, 2018

Philadelphia County

Partner Network cross-training Meeting

Presenters from U.S. Department of Veterans Affairs, Steven A. Cohen Military Family Clinic and Veterans Multi-Service Center

Corporal Michael J. Crescenz VA Medical Center

3900 Woodland Ave, 7th Floor – LVA Auditorium

Philadelphia, PA 19104

Date: Thursday, November 29, 2018

Time: 10 a.m. – 12 p.m.

RSVP to Julie McNair, PA Link Coordinator, at: julie.mcnaair@pcacares.org

Deadline: Wednesday, November 21, 2018. If accommodations are required RSVP by November 14, 2018

Announcements

V.O.I.C.E.'s 14th Annual ACCORD

November 14, 2018

Doubletree by Hilton-Cranberry

Keynote speakers: Howard Manns, Christopher Ridenhour, and other industry leaders

To learn more, please visit www.voice.pa.org

PA Long-Term Living and Training Institute's Upcoming Trainings, Meetings, Conferences, and Webinars

- 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)
- March 13-14; P4A Membership Meeting/PDA Quarterly (TBD)
- April 10-11; Leadership Development Institute-Module 5 (State College)
- April 16; PDA Volunteer Conference (State College)
- May 2-3; PDA Health & Wellness Conference (TBD)
- June 12-13; P4A Membership Meeting/PDA Quarterly (Site TBD)

- June 18-19; Leadership Development Institute-Module 6 (Harrisburg)
- June 20; Leadership Development Institute Graduation (WITF-Harrisburg)

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>

Toolkits: [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 or 610-872-1409 or Kasandra Noel at knoel@mercyhealth.org or 610-237-4030.