

January 4, 2019

*Message from the Secretary*

Regular readers of this Friday Wrap Up know that in the past I've referenced a song from one of my favorite Broadway shows, *Rent*. The song, *Seasons of Love*, asks how you measure a year in a life. The song highlights that there are 525,600 minutes in a year. The lyrics are:

Five hundred twenty-five thousand six hundred minutes,  
Five hundred twenty-five thousand moments so dear,  
Five hundred twenty-five thousand six hundred minutes,  
How do you measure, measure a year?

In daylights? In sunsets? In midnights? In cups of coffee?  
In inches, in miles, in laughter, in strife?  
In five hundred twenty-five thousand six hundred minutes,  
How do you measure a year in a life?

Five hundred twenty-five thousand six hundred minutes  
Five hundred twenty-five thousand journeys to plan,  
Five hundred twenty-five thousand six hundred minutes,  
How do you measure a life of a woman or a man?

In truths that she learned, or in times that he cried?  
In bridges he burned, or the way that she died?  
It's time now to sing out, though the story never ends,  
Let's celebrate, remember, a year in a life of friends.

Today, as the calendar marks the fourth day of the new year, I celebrate 52 years of life and reflect upon what has been, for me, an amazing four years serving as Secretary of the Department of Aging. In my reflection, I have pondered the question posed in the *Seasons of Love* song, and realize that if I measure the past four years in minutes, it adds up to 2,102,400. That is a lot of minutes to remember the incredible seniors I have met as I traveled the 67 counties of the commonwealth, including the oldest American and most senior Pennsylvanian, Delphine Gibson, who passed away last year in Huntingdon County at the age of 114.



Mere words could not and do not properly convey the depth of my gratitude to Governor Wolf, who allowed me the opportunity to serve Pennsylvania's 3 million seniors in this capacity, and I am profoundly grateful to him as I prepare to begin the next chapter in my professional career serving (with God's grace and Senate confirmation) as a Commissioner on the State Civil Service Commission.

Nearly 29 years ago, I was a young, recent college graduate. Shortly after graduation, I took a state civil service test and was hired by my local area agency on aging as an Aging Care Manager. As fate would have it, my first assignment was in the protective services unit, where I was trained to conduct elder abuse investigations under Act 79 of 1987, the Older Adult's Protective Services Act. That first position launched what has been an incredible journey of civil-servant leadership at both the state and local levels of government. The opportunity to now use my personal and professional skills and experiences to further the mission of the State Civil Service Commission in order to help promote, recruit, and maintain a qualified professional workforce within Pennsylvania is a privilege I look forward to as I know, firsthand, that the commonwealth is a great place to live and to work, and we need to continue to encourage individuals to apply for local and state positions that can lead them to a long, rewarding career.

Governor Wolf has nominated Robert Torres to serve as the 11<sup>th</sup> Secretary of the Department of Aging. Most recently, he has served as the Acting Secretary of State. He has an extensive background in healthcare that includes working at the Department of Health across two administrations, and in the private sector for several health insurance companies. As our transition efforts began this past week and will continue through the January 15 inauguration, and subsequent submission of my name to the Senate for their confirmation, please join me in welcoming Acting Secretary Torres to the Department of Aging.

My friends, it has been a true honor to share this space with you for the past 2,102,400 minutes. I trust that our paths will continue to cross as together we celebrate life and the responsibility we share to serve our fellow Pennsylvanians. As you journey through this new year, may peace, joy, and good health be with you every minute.

Teresa Osborne  
Secretary

### ***Legislative Update***

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

The House was in session on January 1, 2019, to swear in new members for the 2019/2020 legislative session. On January 2, the House Republican Caucus announced individuals selected to chair standing committees, and Representative Tom Murt, representing Montgomery & Philadelphia Counties, was selected as the new chair of the House Aging & Older Adult Services Committee. Additional committee members have yet to be announced.

The House will return to session on January 15, 2019.

#### **Pennsylvania Senate**

The Senate was in session on January 1, 2019 to swear in new members for the 2019/2020 legislative session.

The Senate will return to session on January 15, 2019.

### ***Bureau of Aging Services***

#### **2019 Direct Care Worker of the Year Award – Nomination Deadline is January 25, 2019!**

All subcontractors of the Area Agency on Aging or medical assistance enrolled Aging Waiver providers, including the consumer directed model, that provide home and community based services are invited to nominate direct care workers who are paid and providing care and support to individuals age 60 and older in the individual's home. Direct care workers that work in

facilities such as Adult Day Care Centers, Domiciliary Care Homes, Personal Care Homes, Nursing Homes, and Assisted Living Facilities are excluded from being nominated for the award.

In consultation with our partners, PA Homecare Association (PHA), member agencies are also included in the pool of agencies eligible to submit nominations. PHA member agencies may also submit up to two nominations by 4:30 PM on January 25, 2019. Private pay consumers can nominate their workers through the applicable PHA member agency.

The Direct Care Worker of the Year Award was established to:

- Recognize the outstanding work of home care aides who bring care home to thousands of older Pennsylvanians every day so that they can remain in their homes
- Demonstrate the Commonwealth's commitment to elevating the profession of direct care workers
- Spotlight the value and rewards of serving as a professional caregiver

A Selection Committee will review the nominations and select a statewide winner. All nominees will receive a certificate of recognition from the Secretary of Aging and be invited to attend the 2019 Direct Care Worker Forum to be held in Harrisburg on March 27, 2019, which will feature a half-day training program and will end with the announcement of the Direct Care Worker of the Year. All nominees attending the Forum will receive a stipend, which will be supported by PHA. PHA will be awarding \$1,000 directly to the winner.

By coordinating this statewide recognition and training program, the Commonwealth is further demonstrating its commitment to professional caregivers who are instrumental in helping older Pennsylvanians age in place with dignity, respect and independence. Please take advantage of this opportunity to support the direct care worker profession and demonstrate our gratitude to all direct care workers for the care and support they provide to older Pennsylvanians every day. If you have questions, please contact us at [RA-PAagingServices@pa.gov](mailto:RA-PAagingServices@pa.gov) or 717-772-1221.

The nomination form can be accessed by [clicking here](#).

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

Lutheran Home at Topton

One South Home Avenue

Topton, PA 19662

Schedule: Thursdays, January 17, 2019 – February 21, 2019

Time: 10 a.m. – 12:30 p.m.

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

No charge for this class

St. John's Lutheran Church

1 Front Street

Mohnton, PA 19540  
Schedule: Tuesdays, January 8, 2019 – February 12, 2019  
Time: 9:30 a.m. – 12 p.m.  
Please contact: Kathy Roberts, Health & Wellness Educator, at 610-374-3195  
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

Perkasie Borough Building  
620 West Chestnut Street  
Perkasie, PA 18944  
Dates: February 19, 2019 and February 26, 2019  
Time: 9 a.m. – 12 p.m.  
Please contact: Bucks County Area Agency on Aging at 267-880-5700  
No charge for this class

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

Warwick Twp. Building  
1733 Township Greene  
Jamison, PA 18929  
Dates: Fridays, March 14, 2019 – April 18, 2019  
Time: 12:30 p.m. – 3 p.m.  
Please contact: Bucks County Area Agency on Aging at 267-880-5700  
No charge for this class

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

Ben Wilson Senior Center  
580 Delmont Avenue  
Warminster, PA 18974  
Schedule: April 1, 2019 – May 6, 2019  
Time: 9 a.m. – 12 p.m.  
Please contact: Ben Wilson Senior Center at 215-672-8380  
No charge for this class

Northampton Township Senior Center  
165 Township Road  
Richboro, PA 18944  
Schedule: Wednesdays, March 13, 2019 – April 27, 2019  
Time: 12:30 p.m. – 3 p.m.  
Please contact: Northampton Senior Center at 215-357-8199  
No charge for this class

**Centre – Healthy Steps in Motion (exercise classes for strength & balance)**  
**CERTIFIED WORKSHOP LEADER TRAINING by Dering Consulting Group, Inc.**

Foxdale Village Retirement Community

500 East Marylyn Avenue

State College, PA 16201

Date: May 9 & 10, 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.**

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

Coalport Center for Active Living

850 R Main Street

Coalport, PA 16627

Schedule: Fridays, January 11, 2019 – February 15, 2019

Time: 9:30 a.m. – 12 p.m.

Please contact: Mary Ellen Osterhout, Center Director at 814-672-3574

No charge for this class

**Clearfield** – Chronic Disease Self-Management Program **LAY LEADER TRAINING** and Chronic Pain Self-Management Program **LAY LEADER CROSS-TRAINING**

Clearfield County Area Agency on Aging

103 North Front Street

Clearfield, PA 16830

Schedule: CDSMP four-day training – March 7, 8, 13, and 14, 2019

Time: 8 a.m. – 4 p.m.

Schedule: CPSMP cross-training – March 15, 2019

Time: 8:30 a.m. – 4:30 p.m.

Please contact: Bobbie Sopic, Administrative Assistant, at 814-765-2696 or

[bsopic@ccaaa.net](mailto:bsopic@ccaaa.net)

Charge: No charge to AAA staff, AAA subcontractors or AAA volunteers. Anyone not part of the Pennsylvania AAA network will be charged a fee. Refreshments provided. Anyone not covered by PDA's Self Management Resource Center license must provide their own SMRC license at the time of registration. Any questions about PDA's SMRC license may contact Katrina Kyle at [katkyle@pa.gov](mailto:katkyle@pa.gov) or 717-783-8349.

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

Cumberland Crossings

1 Longsdorff Way

Carlisle, PA 17015

Dates: Fridays, January 18, 2019 – February 22, 2019

Time: 10 a.m. – 12:30 p.m.

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

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.**

**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: Program only for Sisters of St. Francis

No charge for this class

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

Surry Services Media

302 South Jackson Street

Media, PA 19063

Schedule: Wednesdays, January 23, 2019 – February 27, 2019

Time: 12 p.m. – 2:30 p.m.

Please contact: Surrey Services Media at 610-566-0505

No charge for this class

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

Granite Farms Estates

1343 West Baltimore Pike

Media, PA 19063

Dates: Mondays, February 4, 2019 and February 11, 2019

Time: 1 p.m. – 3 p.m.

Please contact: Program offered to individuals living in the facility

No charge for this class

Surry Services Broomall

Trinity Church

144 Lawrence Road

Broomall, PA 19008

Dates: Thursdays, February 21, 2019 and February 28, 2019

Time: 1 p.m. – 3 p.m.

Please contact: Connie Woodring, Director, at 610-566-0505

No charge for this class

Brinton Lake

300 Evergreen Drive

1<sup>st</sup> Floor, Community Room

Glen Mills, PA 19342

Dates: Fridays, March 15, 2019 and March 22, 2019

Time: 9 a.m. – 11:30 a.m.

Please contact: Joe Miller at 610-447-2060

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

Taylor Community Library

710 South Main Street

Taylor, PA 18517

Dates: Tuesdays, January 8, 2019 – March 1, 2019

Time: 10 a.m. – 11 a.m.

Please contact: Taylor Community Library at 570-562-1234

No charge for this class

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

Goodwill at North

1539 North Main Avenue

Scranton, PA 18508

Dates: January 23, 2019 and January 30, 2019

Time: 2 p.m. – 4 p.m.

Please contact: Nancy Post, Director of Volunteer Initiatives, at 570-347-5616

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.**

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

Luther Crest Senior Living Community

800 Hausman Road

Allentown, PA 18104

Schedule: Wednesdays, January 9, 2019 – February 13, 2019

Time: 10 a.m. – 12:30 p.m.

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

No charge for this class

**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** – 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**

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

Comfort Inn

118 Garret Drive

Grove City, PA 16127

Schedule: CDSMP four-day training – February 25, 26, 27, and 28, 2019

Time: 8:30 a.m. – 4:30 p.m.

Schedule: DSMP cross-training – March 1, 2019

Time: 8:30 a.m. – 4:30 p.m.

Please Register at: [Long Term Living Training Institute \(LTLTI\) website](http://Long Term Living Training Institute (LTLTI) website)

Charge: No charge to AAA staff, AAA subcontractors or AAA volunteers. Anyone not part of the Pennsylvania AAA network will be charged \$125. Continental breakfast and lunch provided. Anyone not covered by PDA's Self Management Resource Center license must provide their own SMRC license at the time of registration. Any questions about PDA's SMRC license may contact Katrina Kyle at [katkyle@pa.gov](mailto:katkyle@pa.gov) or 717-783-8349.

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

Center in the Park

58918 Germantown Avenue

Philadelphia, PA 19138

Dates: Tuesdays, January 15, 2019 – February 26, 2019



Time: 10 a.m. – 12:30 p.m.

Please contact: Fatima Jackson, Health Promotion/Research Coordinator, at 215-848-7722

No charge for this class

Phillip Murray House

6300 Old York Road

Philadelphia, PA 19141

Dates: Thursdays, January 17, 2019 – February 21, 2019

Time: 2 p.m. – 4:30 p.m.

Please contact: Sereta McGhee, Service Coordinator, at 215-927-7070

No charge for this class

Salvation Army, Philadelphia Citadel

5830 Rising Sun Avenue

Philadelphia, PA 19120

Dates: Thursdays, January 24, 2019 – February 28, 2019

Time: 1 p.m. – 3:30 p.m.

Please contact: Majors Eddie and Janet Zuniga, Program Coordinators, at 215-722-5447

No charge for this class

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

Apartments at St. Bart's

5364 Jackson Street

Philadelphia, PA 19124

Schedule: Thursdays, January 24, 2019 – February 28, 2019

Time: 2:30 p.m. – 5 p.m.

Please contact: Shannon McCabe, Service Coordinator, at 215-744-4864, ext. 4606

No charge for this class

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

Northern Living Center

827 North Franklin Street

Philadelphia, PA 19123

Dates: January 7, 2019 & January 14, 2019

Time: 10 a.m. – 12 p.m.

Please contact: Luci Boone, Center Director, at 215-978-1324

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

Norris Square Senior Center  
2121 Howard Street  
Philadelphia, PA 19122  
Dates: January 29, 2019 and January 30, 2019  
Time: January 29, 2019 at 9:30 a.m. – 11:30 a.m. and January 30, 2019 at 12:15 p.m. – 2:15 p.m.  
Please contact: Elizabeth Morales, Activities Coordinator, at 215-423-7241  
No charge for this class  
Language: Spanish

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

Marconi Older Adult Program  
2433 South 15<sup>th</sup> Street  
Philadelphia, PA 19145  
Dates: March 13, 2019  
Time: 10 a.m. – 3 p.m.

Please contact: Sally Gnoza, Activities Coordinator, at 215-717-1969  
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

Center In the Park  
5818 Germantown Avenue  
Philadelphia, PA 19144  
Dates: March 14, 2019  
Time: 10 a.m. – 3 p.m.  
Please contact: Fatima Jackson, Health Promotion/Research Coordinator, at 215-848-7722, ex. 305  
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

South Philadelphia Older Adult Center  
1430 East Passyunk Avenue  
Philadelphia, PA 19147  
Dates: April 9, 2019  
Time: 10 a.m. – 3 p.m.  
Please contact: Darlene Garcia, Activities Coordinator, at 215-685-1697  
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](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.**

**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**

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](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***

**Cumberland County**

Update on PA Employment First Act

This session will provide information on the implementation of the Employment First Act (Act 36 of 2018), including background; requirements of the Act; and key implementation deliverables and dates. In addition, the discussion will include examples of collaborative employment first efforts among state agencies and businesses that hire people with disabilities.

The United Way of Carlisle and Cumberland County

145 South Hanover Street

Carlisle, PA 17013

Date: Friday, January 25, 2019

Time: 9:30 a.m. – 11 a.m.  
Contact: Ginger Monsted at [vmonsted@ccpa.net](mailto:vmonsted@ccpa.net)

### **Juniata County**

Tai Chi classes (free for seniors 60 and older)  
Lions Den, McAlisterville  
When: Tuesdays and Thursdays from January 8 - February 28  
Tuesday classes: 7 p.m., Thursday classes: 6 p.m. (Hour long sessions)  
Space limited - reserve your spot by calling Amanda Shore at 717-242-0315, extension 143, or email [ashore@mymjrsc.com](mailto:ashore@mymjrsc.com)

### **Lancaster County**

Death Café  
The Long Community at Highland  
600 East Roseville Road  
Lancaster, PA 17601  
Saturday, January 26, 2019  
Time: 1 p.m. - 3 p.m.  
To RSVP and/or let us know you require accommodation, call or text 717-380-9714 or email [bllink@mail.com](mailto:bllink@mail.com)

Benefits and options of pre-planning lunch & learn event  
Charles F. Snyder Funeral Homes & Crematory  
The Inn at Leola Village  
38 Deborah Drive  
Leola, PA 17540  
Thursday, January 10, 2019  
Time: 11 a.m.  
To RSVP call 717-560-5100

### **Lebanon County**

Lebanon County Link partners monthly cross-training meeting  
**Charlie Rush, Community Homes of Lebanon County, Inc., “50 Years and Growing” and Samantha Osterlof, Mountain Laurel Recovery Center, “Incredible Journey”**  
UMPC Pinnacle | Lebanon Valley Advanced Care Center  
1251 East Main Street  
Annville, PA 17003  
Friday, January 11, 2019  
Time: 8:30 a.m. – 9:45 a.m.  
To RSVP and/or let us know you require accommodation, call or text 717-380-9714 or email [bllink@mail.com](mailto:bllink@mail.com)

### **Philadelphia County**

PA Link Partner Network Cross-Training Meeting  
Presenters from the Center for Advocacy for the Rights and Interests of the Elderly (CARIE) and the Philadelphia Corporation Aging (PCA) Caregiver Support and DOM Care Programs  
Philadelphia Corporation for Aging  
642 North Broad Street – 5<sup>th</sup> Floor – Auditorium West  
Date: Tuesday, January 29, 2019  
Time: 10 a.m. – 12 p.m.  
RSVP to: Julie McNair, PA Link Coordinator, at: [julie.mcnair@pcacares.org](mailto:julie.mcnair@pcacares.org)

Deadline: January, 25, 2019. If accommodations are needed please RSVP by January 18, 2019.

### ***Announcements***

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

- Jan. 30-31; Leadership Development Institute-Module 4 (Harrisburg)
- Feb. 25-March 1; CDSMP-Lay Leader Training (4 days) & DSMP Training (1 day) Training (Grove City)
- March 13-14; P4A Membership Meeting/PDA Quarterly (State College)
- March 19-20; LDI Refresher (Harrisburg)
- April 10-11; Leadership Development Institute-Module 5 (State College)
- April 15-19; CDSMP Master Trainer Training (4 and ½ days) (Harrisburg)
- April 16; PDA Volunteer Conference (State College)
- May 2-3; PDA Health & Wellness Conference (State College)
- May 13-16; PDA APPRISE Conference (State College)
- May 22-23; PDA Nutrition Conference (State College)
- June 12-13; P4A Membership Meeting/PDA Quarterly (Harrisburg)
- June 18-19; Leadership Development Institute-Module 6 (Harrisburg)
- June 20; Leadership Development Institute Graduation (WITF-Harrisburg)
- June 25-26; 2019 Ombudsman Conference (Monroeville)