



May 19, 2017

Message from the Secretary

While this third week of May has given us a hint of the summer weather to come, it provided me with an opportunity to enjoy the beauty and majesty of Pennsylvania's landscape. On Tuesday, I journeyed to State College where I engaged in conversation with the aging network's professionals, who focus their expertise on senior nutrition, as they gathered at the Penn State for the department's Annual Nutrition Conference. Recognizing that nutrition programs and nutritionists today are laser focused on learning and sharing information about healthy eating, food safety, targeted marketing, and nutritional challenges related to aging, our annual conference provided all who attended with the opportunity to discuss how we will work to improve nutrition for older adults while reducing the risk of poor health outcomes. My joining the conference also allowed me the honor of presenting several awards, including: the Secretary's Award for Excellence in Nutrition for Older Pennsylvanians, which was awarded to Andrew Dapkin, who serves as a volunteer for the Pike County Area Agency on Aging; the Best Practice in Nutrition for Older Pennsylvanians Award, which was presented to the Montco Senior Adult Activities Center (Montgomery County) for their congregate meal program; and the Best Practice in Nutrition for Older Pennsylvanians Award, which was presented to Active Aging, Inc. (Crawford County) for their home-delivered meal program. Those who received awards were recognized for their tireless work to enhance nutrition programs within Pennsylvania's aging services network. It was indeed a privilege for me to present each award, and to remind all who gathered that individually and collectively they are helping to uphold the Wolf Administration's commitment to supporting good health for all Pennsylvanians, including our seniors, who need to be able to access vital nutrients in order to live and age well in their homes and communities.

On Wednesday morning, the Department of Aging was proud to host the monthly meeting of the Pennsylvania Interagency Health Equity Team, which is an ensemble of statewide agencies tasked with addressing health equity issues through strategic partnerships and idea sharing. The PA Health Equity Team, which was convened in February, is the first state-led effort of its kind in the United States and is modeled after the Federal Interagency Health Equity Team. Housed in the Department of Health's Office of Health Equity, the Team works with policymakers, insurers, health care providers and communities to implement policies and programs that will result in improved health status for underserved and disparate populations. Representing the department on the team is Steve Horner, an Executive Assistant in my office, who recommended that we host the Team's May meeting in honor of Older Americans Month. It was a pleasure to offer words of welcome to the Team and to share the department's perspectives on senior health and senior health disparities. Recognizing that as more Pennsylvanians continue to lead active lives into their 60s, 70s, 80, 90s and beyond, we know that one's age does not limit one's ability to remain an active, contributing member of society. Many older Pennsylvanians continue to work, volunteer, and pursue a variety of interests as they journey through their "golden years," and while productive and healthy aging is achievable for many, disparities do exist. During my brief remarks, I specifically referenced the America's Health Rankings and America's Health Ranking Senior Report, which was recently released. These reports were built upon the World Health Organization definition of health, "Health is a state of complete physical, mental, and social well-

being and not merely the absence of disease or infirmity.” With specific regard to the senior report, four categories of determinants were looked at: behaviors, community and environment, clinical care, and policy; and states were ranked across 26 measures of health determinants and 8 measures of health outcomes. Core measures included, for example, dental visits, excessive drinking, obesity, pain management, physical inactivity, smoking, nursing home quality, poverty, volunteerism, community support, food insecurity, home-delivered meals, geriatrician shortfall, health-care associated infection policies, low-care nursing home residents, prescription drug coverage, SNAP reach, dedicated health care provider, diabetes management, flu vaccine access, health screenings and home health care access, hospital deaths, hospital readmissions, preventable hospitalizations, falls, and frequent mental distress. Pennsylvania’s overall rank is 26th. While it was a pleasure to host the Team’s meeting, we look forward to continuing to work with the Team to stimulate discussion and action to improve senior population health. To learn more about the commonwealth’s efforts to improve the health services and resources available for all Pennsylvanians, visit www.health.pa.gov. To read the America’s Health Rankings Senior Report click [here](#).

Wednesday afternoon landed me as a speaker at the Pennsylvania Assisted Living Association (PALA) 2017 Annual Spring Conference. PALA is a non-profit trade association representing personal care homes and assisted living residences in Pennsylvania. They are recognized as the state association dedicated exclusively toward helping assisted living and personal care providers address relevant issues and challenges as they arise in this expanding industry. Through its leadership, PALA provides education, unity, advocacy, and interaction with the sole purpose of raising awareness of the importance of and need for this level of care in Pennsylvania’s long-term services and supports continuum. It was a privilege for me to share some insights about the Wolf Administration’s commitment to communication and collaboration with the state’s rich and diverse provider network, including PALAs members, as together we strive in these challenging economic times to support seniors in their desire to age in place in their homes in communities with the dignity and respect they deserve.

Thursday brought me to Northeast Philadelphia where a joint Pennsylvania Senate hearing was held on the governor’s initiative to create a unified Pennsylvania Department of Health and Human Services. Professionals and advocates from the drug and alcohol, human services, health, and aging fields passionately shared with the Senators their thoughts, suggestions, and opinions about the unification plan that is under consideration since being proposed by the Governor in February. The dialogue with the Senators at the hearing was rich and demonstrated the interest that we share to ensure that we create a health and human services system that is more responsive, effective and efficient as we address the public health, social, and human service needs of our fellow Pennsylvanians. For more information on the proposed new Pennsylvania Department of Health and Human Services, visit: www.pa.gov/hhs.

Finally, Thursday evening allowed me the chance to return to Northeast Pennsylvania to the campus of Marywood University where I provided welcoming remarks during a community event hosted by LIFE Geisinger, which is located on the college campus, and the law firm of Colbert & Grebas, P.C., which highlighted Older Americans Month and the importance of proper estate and long-term care planning. Recognizing that the theme of Older Americans Month is “Age Out Loud” serves as a way for us to shine a light on how older Americans are working longer, trying new things, and engaging in their communities. Older Americans Month also shines a light on how they are taking charge, striving for wellness, focusing on independence, advocating for themselves and others, and planning to preserve their quality of life. The evening session, which gathered over 60 seniors and family members, provided an opportunity for all to better understand

the importance of thinking about and planning for their long-term care needs, and furthered our efforts to empower and enable seniors to live and age well with dignity and peace of mind.

During the remainder of this month of May, we encourage all Pennsylvanians to celebrate Older Americans Month 2017 by focusing on how older adults in communities throughout the commonwealth are redefining aging— by taking charge of their health, and by maintaining their independence for as long as possible.

Teresa Osborne
Secretary

Personnel Updates

Alyson Thebes started on 5/15/17 as the Acting Administrator for Perry County Area Agency on Aging, following Karen Sheriff's resignation. Alyson is an Aging Care Management Supervisor at the AAA, and she can be reached at 717-582-5128, athebes@perryco.org.

Bureau of Aging Services

PDA hosts Nutrition Conference

The Pennsylvania Department of Aging Annual Nutrition Conference was held on Tuesday, May 16 at the Penn Stater in State College, Pa. The conference brought national and regional speakers together offering a wealth of information about healthy eating, nutritional challenges related to aging, food safety and targeted marketing.

Speakers included Clancy Cash Harrison, MS, RDN, Food Justice Advocate on eradicating the stigma associated with food insecurity. Representatives from Reinhart Foodservice, one of the country's largest independent food distributors, spoke about demographic trends in food expectations and how the presentation of the meal can spark interest and keep people coming back for more. A panel discussion was held on the National Foundation to End Senior Hunger (NFESH) pilot discussing lessons learned, successes and challenges experienced during the 12-month program.

Throughout the conference, valuable information was shared regarding current practices that produce the best outcomes and emerging ideas that show the greatest promise for nutrition health in the future.

Secretary Teresa Osborne presented the following awards:

- The Secretary's Award for Excellence in Nutrition for Older Pennsylvanians was given to Andrew Dapkin, volunteer for Pike County Area Agency on Aging.
- The Best Practice in Nutrition for Older Pennsylvanians Award for a Congregate Meal Program was given to Montco Senior Adult Activities Center and accepted by the Executive Director, Linda Collins.
- The Best Practice in Nutrition for Older Pennsylvanians Award for a Home Delivered meal program was given to Active Aging Inc. and accepted by the Executive Director, Krista Geer.

Pennsylvania Department of Aging to begin SHARE program

The Department of Aging is initiating a Shared Housing Match-up Pilot called SHARE (Shared Housing and Resource Exchange) in Pike, Wayne and Monroe counties with grant funds awarded from the Money Follows the Person (MFP) program.

This pilot program, which runs through June 2020, will help address an increasing need for affordable housing options for seniors and seniors with disabilities. The program will match homeowners with extra space in their homes with individuals seeking affordable housing. To qualify for the program, at least one of the home sharers must be over the age of 60.

Two full-time SHARE Housing Counselors will be hired to implement, support and oversee the pilot in Pike, Wayne and Monroe counties.

To view the SHARE Housing Counselor job description and requirements for consideration, please visit the AAA websites for Pike County (www.pikepa.org), Wayne County (www.waynecountypa.gov) or Monroe County (www.monroecountypa.gov).

Aging staff involved in WIOA regionals

Pennsylvania Department of Aging staff recently participated in the Pennsylvania Department of Labor & Industry's WIOA regional meetings.

The meetings brought together partners and their stakeholders with two primary goals -- educating each other about the different services each partner and stakeholder provides and establishing a networking opportunity in order to cement relationships and cultivate referral systems. Meetings took place in Hershey, Pittsburgh and Philadelphia.

A short presentation on the Senior Community Service Employment Program was provided.

Protective Services Office

SAVE THE DATE!

Pennsylvania Department of Aging
Annual Protective Services Conference
October 26 – 27, 2017
Sheraton Harrisburg Hershey Hotel
4650 Lindle Road, Harrisburg, PA 17111
Additional details and registration information will be available this summer!

Save the Dates! – Cross Training Opportunities

Through the collaborative efforts of PDA, PCCD, PCAR and PCADV, we are pleased to announce the dates of 4, one-day long statewide training symposiums at locations across PA. Every AAA must be represented at one of these training opportunities.

All trainings will be held from 9 am – 4 pm on the dates as follows:

- Symposium #1 - June 6, 2017 - Butler County - American Legion Post #778, 150 Legion Memorial Ln, Butler, PA 16045
- Symposium #2 - June 13, 2017 - Clearfield County - Lock Haven University, 201 University Dr, Clearfield, PA 16830
- Symposium #3 - June 20, 2017 - Union/Snyder Counties - Government Training Center, 155 N. 15th St, Lewisburg, PA 17837
- Symposium #4 - June 27, 2017 - Montgomery County - Temple University/Ambler Campus Learning Ctr, 580 Meetinghouse Rd, Ambler, PA 19002

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:

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

Plum Creek Acres
501 Center-New Texas Road
Pittsburgh, PA 15239
Date: May 23, 2017
Time: 9:30 a.m. – 1:30 p.m.
Contact: Valerie A. Miller, CIRS-A/D at 412-795-2330
No charge for this class

LifeSpan Knoxville Resource Center
320 Brownsville Rd
Pittsburgh, PA 15210
Date: May 30, 2017
Time: 10:00 a.m. – 2:00 p.m.
Contact: Jessica Gettig, Regional Manager, at 412-831-7111
No charge for this class

LifeSpan Carnegie
300 Lincoln Avenue
Carnegie, PA 15106
Date: May 22, 2017
Time: 9:00 a.m. – 1:00 p.m.
Contact: Karen Seibel, Regional Manager, at 412-276-5056
No charge for this class

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

LVPF Family Medicine – Hamburg
700 Hawk Ridge Drive
Hamburg, PA 19526
Dates: Wednesdays, May 25, 2017 – June 29, 2017
Time: 5:30 p.m. - 8:00 p.m.
Please contact: Ann Barlet, Public Advocacy & Outreach Manager at 610-478-6500
No charge for this class

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

Central Blair Senior Center, Blair Senior Services, Inc
1320 12th Avenue
Altoona, PA 16601
Schedule: Mondays, June 12, 2017 – July 24, 2017
Time: 9:00 a.m. – 11:30 a.m.

Please contact: Aubrey Lidwell, Community Services Program Coordinator, at 814-946-1235
Website: <http://www.blairsenior.org/>
No charge

Bucks – Diabetes Self-Management Program (education on living a healthier life with Diabetes)
Eastern Upper Bucks Senior Center
8040 Route 611
Ottsville, PA 18942
Schedule: Thursdays, April 20, 2017 - June 1, 2017
Time: 10:00 a.m. – 12:30 p.m.
Please contact: Eastern Upper Bucks Senior Center at 610-847-8178
No charge

Bucks – Chronic Disease Self-Management Program (education on living a healthier life)
Northampton Twp. Senior Center
165 Township Road
Richboro, PA 18954
Dates: Wednesdays, April 19, 2017 - May 31, 2017
Time: 12:30 p.m. - 3:00 p.m.
Please contact: Northampton Twp. Senior Center at 215-357-8199
No charge for this class

Middletown Senior Center
2142 Trenton Rd
Levittown, PA 19056
Dates: Mondays, April 10, 2017 - May 22, 2017
Time: 10:00 a.m. - 12:30 p.m.
Please contact: Middletown Senior Center at 215-945-2920
No charge for this class

Carbon – Diabetes Self-Management Program (education on living a healthier life with Diabetes)
Jim Thorpe/Penn Kidder Senior Center
995 State Route 903
Jim Thorpe, PA 18229
Schedule: Fridays, June 2, 2017 – July 7, 2017
Time: 9:00 a.m. – 11:30 a.m.
Please contact: Anne Horrigan, at 610-824-7830 (ext. 227)
No charge

Chester – Chronic Disease Self-Management Program (education on living a healthier life)
Surrey Services for Seniors-Center for Healthy Living
60 Surrey Way
Devon, PA 19333
Dates: Tuesdays, April 18, 2017 – May 23, 2017
Time: 6:00 p.m. - 8:30 p.m.
Please contact: Nicole Robinson, Program Development Manager, at 610-647-9172
No charge for this class
Weblink: <https://www.surreyservices.org/>

Chester – Diabetes Self-Management Program (education on living a healthier life with Diabetes)
Trinity House

15 Leopard Rd
Berwyn 19312
Schedule: Tuesdays, May 16, 2017 - June 20, 2017
Time: 2:00 p.m. – 4:30 p.m.
Please contact: Nicole Robinson, at 610-647-9172
No charge

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

Clearfield Center for Active Living
116 South 2nd Street
Clearfield, PA 16830
Schedule: Tuesdays, May 2, 2017 - June 5, 2017
Time: 1:00 p.m. – 3:30 p.m.
Please contact: Cheryl Mosley, Clearfield Center for Active Living Manager, at 814-765-9319
No charge

Decatur Village
65 Irwin Drive
Philipsburg, PA 16866
Schedule: Thursdays, June 8, 2017 - July 13, 2017
Time: 9:30 a.m. – 12:00 p.m.
Please contact: Pam, Director at Decatur Village, at 844-213-4247
No charge

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

Mahaffey Center for Active Living
958 Market Street
Mahaffey, PA 15757
Schedule: Mondays and Thursdays at 10:30 a.m.
All activities are posted at www.ccaaa.net

Coalport Center for Active Living
851 Rear Main Street
Glendale Medical Center Complex
Coalport, PA 16627
Schedule: Tuesdays and Thursdays 10:30 a.m. – 11:30 a.m.
All activities are posted at www.ccaaa.net

Clearfield Center for Active Living
116 South 2nd Street
Clearfield, PA 16830
Schedule: Thursdays 10:00 a.m.
All activities are posted at www.ccaaa.net

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

Lakeland Valley Senior Center
237 South Pymatuning Street
Linesville, PA 16424
Dates: Wednesdays, May 10, 2017 - June 14, 2017
Time: 12:30 p.m. - 2:30 p.m.

Please contact: Rhonda Wood, Senior Center Manager, at 814-683-4959
No charge for this class

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

Lew Davies Community Center
1034 Park Ave
Meadville, PA 16335
Schedule: Thursdays, May 4, 2017 – June 8, 2017
Time: 12:30 p.m. – 2:30 p.m.
Please contact: Ashlee Kechum, Senior Center Manager, at 814-336-1792
No charge

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

Mechanicsburg Place
97 West Portland Street
Mechanicsburg, PA 17055
Dates: March 29, 2017 – May 24, 2017
Time: 10:00 a.m. – 11:00 a.m.
Please contact: Danielle Reighter, Senior Center Manager, at 717-697-5947
No charge for this class

Schaner Senior Center
98 South Enola Drive
Enola, PA 17025
Dates: March 30, 2017 – May 25, 2017
Time: 9:00 a.m. – 10:00 a.m.
Please contact: Lynne Kemper, Senior Center Director, at 717-732-3915
No charge for this class

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

Surrey Broomall
144 Lawrence Road
Broomall, PA 19008
Dates: Mondays, May 1, 2017 – June 12, 2017
Time: TBD
Please contact: Kathy Henderson at 610-566-0505
No charge for this class

Glen Mills Senior Living
242 Baltimore Pike
Glen Mills, PA 19324
Dates: April 27, 2017 – June 1, 2017
Time: 1:30 p.m.
Please contact: Kathy Henderson at 610-566-0505
No charge for this class

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

Plush Mills Senior Living
501 Plush Mill Rd.

Wallingford, PA 19086

Schedule: Tuesdays, May 23, 2017 – June 27, 2017

Time: 10:30 a.m. – 1:30 p.m.

Contact: Ellen Williams, Health & Wellness Program Manager, at 610-499-1937

No charge for this class

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

Schoolhouse Senior Center

600 Swarthmore Avenue

Folsom, PA 19033

Dates: Tuesdays, June 6, 2017 and June 13, 2017

Time: 12:00 p.m. – 2:15 p.m.

Please contact: Schoolhouse Senior Center at 610-237-8100

No charge for this class

Friendship Circle Senior Center

1515 Lansdowne Avenue

Darby, PA 19023

Dates: June 8, 2017

Time: 9:30 a.m. – 2:45 p.m.

Please contact: Friendship Circle Senior Center at 610-237-6222

No charge for this class

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

Indiana Social Center

1001 Oak Street

Indiana, PA 15701

Schedule: Mondays and Fridays, April 3, 2017 – June 2, 2017

Time: 9:15 a.m. – 10:15 a.m.

Contact: Lori Sarver, Center Manager, at 724-465-2697

No charge

Website: www.agingservicesinc.com

Two Lick Valley Social Center

450 Franklin Street

Clymer, PA 15728

Schedule: Mondays and Fridays, April 3, 2017 – June 2, 2017

Time: Mondays: 11:00 a.m. – 12:00 p.m. and Fridays: 1:00 p.m. – 2:00 p.m.

Contact: Betsy Miller, Center Manager, at 724-254-9820

No charge

Website: www.agingservicesinc.com

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

Aultman Fire Hall

58th West Seventh Street

Aultman, PA 15713

Dates: Fridays, May 17, 2017 and May 24, 2017

Time: 10:00 a.m. – 12:00 p.m.

Please contact: Ashlee Long, Center Manager, at 724-349-4500

No charge for this class

Saltsburg Social Center
212 Point Street
Saltsburg, Pa. 15681

Dates: Thursdays, May 25, 2017 and June 1, 2017

Time: 10:00 a.m. – 12:00 p.m.

Please contact: Margaret Kupchella, Center Manager, at 724-639-9055

No charge for this class

Mahoning Hills Social Center
19298 Rt. 119 Hwy. North
Punxsutawney, PA 15767

Dates: Wednesdays, June 7, 2017 and June 14, 2017

Time: 12:00 p.m. – 2:00 p.m.

Please contact: Mary Beth Wilson, Center Manager at 724-286-3099

No charge for this class

Two Lick Valley Social Center
450 Franklin Street
Clymer, PA 15728

Dates: Wednesdays, June 7, 2017 and June 14, 2017

Time: 12:00 p.m. – 2:00 p.m.

Please contact: Betsy Miller, Center Manager, at 724-254-9820

No charge for this class

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

Voluntary Action Center
829 Jefferson Avenue
Scranton, PA 18510

Dates: Thursdays, May 18, 2017- July 6, 2017

Time: 1:00 p.m. – 3:30 p.m.

Please contact: Nancy Post, Health & Wellness Coordinator at 570-347-5616

No charge for this class

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

VNA Hospice and Home Health
301 Delaware Ave
Olyphant, PA 18447

Schedule: Tuesdays and Thursdays

Time: 11:00 a.m.

Please contact: Nancy Post, Health and Wellness Coordinator, at 570-347-5616

No charge for this class

Lutherwood
1 Lake Scranton Rd.
Scranton, PA 18505
Schedule: July 10, 2017 – August 31, 2017

Time: 3:30 p.m.

Please contact: Wendy Carlin, Social Services Coordinator, at 570-346-3009

No charge for this class

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

Delaware Tower
100 Smallacmobe Drive
Scranton, PA 18508
Dates: May 22 and 24, 2017
Time: 1:00 p.m.
Please contact: Nancy Post, Health and Wellness Coordinator, at 570-347-5616
No charge for this class

Carbondale Senior Center
66 N Church Street
Carbondale, PA 18407
Dates: June 20 and 22, 2017
Time: 10:00 a.m.
Please contact: Nancy Post, Health and Wellness Coordinator, at 570-347-5616
No charge for this class

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

Challenges, Options in Aging
2706 Mercer Road
New Castle, PA 16105
Schedule: Wednesdays, April 26 – May 31, 2017
Time: 1:00 p.m.
Contact: Rachel Yeager, Center Supervisor, 724-658-3729
No charge for this class

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

Lehigh Valley Active Life
1633 West Elm Street
Room 102
Allentown, PA 18102
Dates: Wednesdays, May 3 – June 7, 2017
Time: 9:00 a.m. – 11:30 a.m.
Please contact: Monica Yastrzab-Kempf, RN Consultant at 610-782-3618
No charge for this class

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

Rose Tucker Active Adult Center
145 East Green Street
Nanticoke, PA 18640
Date: Wednesdays, September 6, 2017 – October 4, 2017
Time: 10:00 a.m. – 1:00 p.m.
Please contact: Gail Voyton, Center Director, 570-735-1670
No charge for this class

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

Loder Senior Center
62 Analomink Street
East Stroudsburg, PA 18301
Dates: Tuesdays, May 23, 2017 – June 27, 2017

Time: 11:00 a.m. – 1:30 p.m.

Please contact: LaTania Jones, Health & Wellness Coordinator, at 570-420-3746

No charge for this class

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

St. Maria Goretti Parish

1601 Derstine Road

Hatfield, PA 19440

Dates: April 19, 2017 – May 24, 2017

Time: 1:00 p.m.

Please contact: Voluntary Action Center Front Desk at 866-415-7138

No charge for this class

Website: www.geisinger.org/events

The Center at the Open Link

517 Jefferson Street

East Greenville, PA 18041

Dates: Fridays, June 9, 2017 - July 14, 2017

Time: 1:00 p.m.

Please contact: Sheila Ruth, Center Manager, at 215-679-6550

No charge for this class

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

Cherryville Senior Center

4131 Lehigh Drive

Cherryville 18035-1030

Dates: May 23, 2017 and May 25, 2017

Time: 9:30 a.m. – 11:30 a.m.

Please contact: Karen Ferraina, Center Director, at 610-767-2977

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 Rd

Coal Township, PA 17866

Schedule: Fridays, May 5, 2017 – June 9, 2017

Time: 10:00 a.m. – 12:30 p.m.

Please contact: GHP Wellness at 866-415-7138

No charge

Website: <https://events.geisinger.org/events.cfm>

Geisinger Shamokin Area Community Hospital

4200 Hospital Rd

Coal Township, PA 17866

Schedule: Mondays, June 5, 2017 – July 17, 2017

Time: 1:00 p.m. – 3:30 p.m.

Please contact: GHP Wellness at 866-415-7138

No charge

Website: <https://events.geisinger.org/events.cfm>

Geisinger Shamokin Area Community Hospital
4200 Hospital Rd
Coal Township, PA 17866
Schedule: Thursdays, July 6, 2017 – August 10, 2017
Time: 9:00 a.m. – 11:30 a.m.
Please contact: GHP Wellness at 866-415-7138
No charge
Weblink: <https://events.geisinger.org/events.cfm>

Perry – Healthy Steps in Motion (exercise classes for strength & balance)
Marysville Sr. Center
198 Leonard Street
Marysville, PA 17053
Date: April 4, 2017 - May 25, 2017
Time: 10:15 a.m. - 11:15 a.m.
Please contact: Allyson Valentine, Outreach Coordinator at 717-582-5128
No charge for this class.

Perry – Healthy Steps for Older Adults (fall risk screening & education)
Liverpool Senior Citizens Center
403 Union Street
Liverpool, PA 17045
Dates: May 23, 2017 and May 24, 2017
Time: 9:00 a.m. – 11:00 a.m.
Please contact: Allyson Valentine, Outreach Coordinator at 717-582-5128
No charge for this class.

Central Perry Senior Center
227 West Main Street
New Bloomfield, PA 17068
Dates: June 12, 2017 and June 15, 2017
Time: 9:00 a.m. – 11:00 a.m.
Please contact: Allyson Valentine, Outreach Coordinator at 717-582-5128
No charge for this class.

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

West Philadelphia Senior Community Center
1016-26 North 41st Street
Philadelphia, PA 19104
Schedule: Tuesdays, May 2, 2017 – June 6, 2017
Time: 9:30 a.m.
Please contact: Helen Rayon at 215-386-0379, ext. 7303
No charge

Center at Journeys Way
403 Rector Street
Philadelphia, PA 19128
Schedule: Wednesdays, May 24, 2017 – June 28, 2017
Time: 1:30 p.m.
Please contact: Rebecca Kochman at 215-487-1750

No charge

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

Stephen Klein Wellness Center

2144 Cecil B. Moore Avenue

Philadelphia, PA 19121

Dates: Fridays, May 12, 2017 – June 23, 2017

Time: 1:00 p.m.

Contact: Neva White, Senior Health Educator, at 1-800-533-3669

No charge for this class

Thomas Jefferson University Hospital

Hamilton Building

10th and Locust Streets

Philadelphia, PA 19107

Dates: Thursdays, May 25, 2017 – June 29, 2017

Time: 12:00 p.m. – 2:30 p.m.

Contact: Neva White, Senior Health Educator, at 1-800-533-3669

No charge for this class

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

Schuylkill Regional Resource Center

138 West Centre Street

Mahanoy City, PA 17948

Schedule: May 25, 2017

Time: 12:30 p.m. – 3:00 p.m.

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

No charge

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

B/S/S/T AAA, Inc. office

157 Spruce St.

Montrose, PA 18801

Date: Tuesdays and Thursdays May 23 – June 22, 2017

Time: 9:30 a.m. – 11:30 a.m.

Contact: Tiffani Warner, Health & Wellness Coordinator at 580-982-4346

No charge

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

Mansfield Senior Center

1101 S. Main St

Mansfield, PA 16933

Date: Tuesdays and Thursdays May 23 – June 22, 2017

Time: 9:30 a.m. – 11:30 a.m.

Contact: Tiffani Warner, Health & Wellness Coordinator at 580-982-4346

No charge

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

Allegheny Community Center

42 Clark Street

Warren, PA 16365

Schedule: Wednesdays, June 14 - July 19, 2017

Time: 1:00 p.m. – 3:30 p.m.

Please contact: Lynn Espin, Health and Wellness Coordinator, at 814-723-4180

No charge

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

Warren YMCA

212 Lexington Avenue

Warren, PA 16365

Schedule: Mondays, June 5 – July 10, 2017

Time: 5:00 p.m. – 7:30 p.m.

Please contact: Chris Dolan at 814-726-0110

No charge

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

First Christian Church

615 E. Beau Street

Washington, PA 15301

Dates: May 25, 2017 – June 29, 2017

Time: 9:30 a.m. – 12:00 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)

Hamlin Senior Center

15 Township Building Road

Hamlin, PA 18427

Dates: April 19, 2017 – June 14, 2017

Time: 10:00 a.m.

Please contact: Sunshine Bryant, Hamlin Center Manager, at 570-689-3766

No charge for this class

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

Honesdale Senior Center

323 10th Street

Honesdale, PA 18431

Dates: Fridays, May 26, 2017 – June 30, 2017

Time: 1:00 p.m. – 4:00 p.m.

Please contact: Diane Riveland, CDSM Master Trainer, at 570-253-4262

No charge for this class

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

Mckenna Center For Active Adults

971 Old Salem Road

Greensburg, PA 15601

Dates: May 24, 31 and June 6, 2017
Time: 9:00 a.m. – 11:30 a.m.
Please contact: Mary Biagini, Supervisor, at 724-837-8832
No charge for this class

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

Laceyville Public Library
West Main Street
Laceyville, PA 18623
Date: Thursdays, Beginning June 29, 2017
Time: 10:00 a.m. – 1:00 p.m.
Please contact: Mary Tyler, Librarian, at 570-869-1958
No charge for this class

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

York County ANNEX Building
Classroom #3
112 Pleasant Acres Rd
York, PA 17404
Schedule: Thursdays, April 20, 2017 - May 25, 2017
Time: 9:00 a.m. – 11:30 a.m.
Please contact: Megan Craley, Administrative Officer 1, at 717-771-9610
No charge

St. Peter's Lutheran Church
947 N. George Street
York, PA 17404
Schedule: July 13, 20, 27, and August 3, 10, and 17, 2017
Time: 9:00 a.m. – 11:30 a.m.
Please contact: Megan Craley, Administrative Officer 1, at 717-771-9610
No charge

Country Meadows – Leader Heights
2760 Pine Grove Road
York, PA 17403
Schedule: Thursdays, May 25, 2017 – June 29, 2017
Time: 9:00 a.m. – 11:30 a.m.
Please contact: Megan Craley, Administrative Officer 1, at 717-771-9610
No charge

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

York Jewish Community Center
2000 Hollywood Drive
York, PA 17403
Dates: September 13 and September 20 2017
Time: 1:00 p.m. – 3:00 p.m.
Please contact: Megan Craley, Administrative Officer I, at 717-771-9610
No charge for this class.

PA Link to Aging and Disability Resources

Delaware County

Event: 2017 Caregiver Academy

Description:

Caregivers will learn from professionals covering subject areas relevant and helpful to caregivers, including expert psychologists and licensed clinical social workers.

“Caregiver Tools” which will include items such as books or CD’s reinforcing the learning experience will be provided to the first 25 registered attendees. Peace of mind to the caregiver will also be provided by offering on-site activity-focused respite care for care receivers who attend with their caregiver. All six sessions are free of charge.

Location: Good Neighbor Senior Center, 1085 Hook Rd, Sharon Hill, PA 19079

Date: Every other Thursday starting April 6th. (April 20th; May 4th, 18th; June 1st, 15th) from 4:00-5:30pm

Contact: Joanne Graham or Bea McGlone at 610-586-8170

Registration Deadline: None

Lancaster County

Event: Open Streets LANCASTER | A celebration of “Opening streets to people, sharing resources, transforming communities”

Description: Open Streets Lancaster creates blocks of safe, car-free streets so that residents can walk, bike, shop local goods, participate in spontaneous play activities, and get to know one another. Come wander and have some fun! Bring your kids. Bring your dog. It's free! Bike, blade, walk – whatever – in the middle of the streets.

Location: Downtown Lancaster: Farnum Park to Mayor Janice C. Stork Corridor Park -Water St. from Conestoga St. to James St. and James St. from Water St. to Mulberry St.

Date: May 21 | 11:00 am to 3:00 pm.

Contact: n/a

Registration Deadline: n/a - FREE.

Lebanon County

Event: Community Educational Workshop: Defining Dementia at Palmstown Manor

Description: You are invited to attend this FREE educational workshop to learn more about memory loss, dementia and Alzheimer’s Disease presented by the Alzheimer’s Association of Greater Pennsylvania.

Location: 616 West Main Street, Palmyra, PA

Date: May 25 | 2:00 pm

Contact: Seating is limited; call 717.838.9000

Registration Deadline: Seating is limited

Lebanon County

Event: Pennsylvania Link to Aging and Disability Resources Lebanon County partners’ network cross-training meeting.

Description: The monthly partners’ network meeting and cross-training features two presenters: **Vicki Hoak**, executive director, Pennsylvania Homecare Association and **Bill Ames**, Ames Home Services. The meeting is open to everyone and FREE.

Location: Ames Home Services, 240 Hinkle Road, Annville, PA.

Date: June 2 | 8:30 am to 9:45 am.

Contact: If you require accommodation or want more information, call or text to Brian Long, Link coordinator at 717.380.9714 or email bllink@mail.com

Registration Deadline: May 31.

Lehigh/Northampton Counties

Event: Empowering Older Adults with Intellectual Disabilities Conference

Description: A conference to educate professionals about empowering individuals who are aging with an intellectual disability.

Location: De Sales University Center, 2755 Station Avenue, Center Valley, PA

Date: June 7, 2017

Time: 7:30 a.m. to 4:30 p.m.

Contact: Email – kimberlymelusky@lehighcounty.org
Phone – 610-782-3096

Registration Deadline: Registration is \$45.00 and deadline to register is May 19, 2017.

Lehigh/Northampton Counties

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Luzerne/Wyoming/Lackawanna/Carbon Counties

Event: “What it Means to Grow Old for Individuals with Intellectual Disabilities”

Description: Linda Schumaker, RN, Outreach Coordinator for the PA Behavioral Health and Aging Coalition will be training on identifying signs of mental disorder that should be assessed by a professional. Education includes “normal age related physical and mental changes”, psychiatric issues including depression, dementia, and early intervention of delirium in clients with chronic mental illness or intellectual disabilities.

Location: Genetti's Conference Center, 77 East Market Street, Wilkes-Barre, PA

Date: June 9, 2017

Time: 8:30-9:30-Registration/ Workshop: 9:30-3:30

Contact: E-mail – Julie Mann @ ccaging14@ptd.net

There is no fee for this workshop and lunch is included.

Registration Deadline: May 29, 2017

Mercer County

Event: Dementia Conversations and Family Caregiver Seminar

Description: How to have honest and caring conversations with family members about going to the doctor, deciding when to stop driving, and making legal and financial plans. This seminar will also leave attendees with understanding about Family Caregiver Programs in Mercer County. Presenters include The Alzheimer's Association and The Mercer County Area Agency on Aging, Inc.

Location: The Shenango Valley Chamber of Commerce, Founder's Room, 41 Chestnut Avenue, Sharon, PA 16146

Date: Thursday, May 25, 2017

Time: 12:00PM – 2:00PM

Contact: Brittany Buzzelli, PA Link Coordinator
Email - bbuzzell@co.butler.pa.us

Phone – 724-282-3008

Registration Deadline: May 24th

Somerset County

Event: Emergency Preparedness Training

Description: Free training for the public and human service professionals. The program provides information on how to prepare for a disaster or emergency situation. Presenters include first responders from Somerset County, American Red Cross, Drug Task Force, Pennsylvania State Police and more.

Location: Oakhurst Grille & Event Center, 2409 Glades Pike, Somerset, PA 15501

Date: May 23, 2017

Time: 10am - 3pm (Registration from 9:30a-10a)

Contact: Michelle Younkin

Email - palinkcoordinator6@gmail.com

Phone - 814-233-9206

Susquehanna County

Event: Scams and ID Theft Seminar

Description: Presentation by the Pennsylvania Attorney's General Office on scams and how to avoid ID Theft.

Location: New Milford Methodist Church, 65 Pratt St., New Milford, Pa

Date: Wednesday, June 7, 2017

Time: 10:00 a.m.-12:00p.m.

Contact: Tiffani Warner, PA Link Coordinator at 1-800-982-4346 or twarner@bsstaaa.org

Deadline: Please call by June 1st

Westmoreland County

Event: Veterans Resource Training

Description: Various resources for Veterans will be discussed by Veteran's Affairs, Veterans Homeless Program, White Oak Vet Center, Vietnam Veterans of America & Southwest PA Veterans Home. The event is FREE.

Location: The Greensburg Garden and Civic Center, 951 Old Salem Rd. Greensburg, PA

Date: Tuesday, June 6

Time: 8:30am-12:00pm

Contact: Email palinkcoordinator5@gmail.com or call (724) 237-1242 by May 26th, leave a message to register.

Washington County

Event: Western PA Regional Housing Services Forum

Description: Join PHFA, PA Link, and other agencies for a great opportunity to meet resources in your community and network with other professionals in our field. We have created the agenda to explore and share resources that support you in meeting the needs of families, seniors, and people with disabilities. Presenters include: Washington County Drug & Alcohol Commission, United Health Care, Teen Outreach Program, Domestic Violence Services of SW Pa, and Transitional Paths to Independent Living.

Location: Ramada Inn at 1170 W. Chestnut Street, Washington, PA 15301

Date: Thursday, June 1, 2017

Time: 10:00 am- 3:00 pm.

Contact: Cost for the forum is \$10.00 which includes lunch. Fee must be paid by Monday, May 29. Register by emailing **Melissa Medernach** @ Mmedernach@phfa.org. In the email, include forum location as the Subject. Send payment of \$10, check or money order, made out to PHFA. Mail to: PHFA Housing Services Department, ATTN: Melissa Medernach, 211 N. Front Street. Harrisburg, PA 17101. Receipt for payment will be available day of the forum.

York County

Event: Rediscover York-A First Friday Event for Older Adults (Rescheduled)

Description: Rediscover all the City of York has to offer! Meet many PA Link Community Partners and learn about services to help adults 50+ live longer and stronger in the place they call home.

Enjoy entertainment, restaurants, shopping, and fun!

Open to all ages! For more information visit <http://www.yccf.org/rediscover-york>

Location: Cherry Lane – Downtown York PA

Date: Friday, June 2, 2017

Time: 11 a.m. – 3 p.m

Contact: Pat Isch, York County PA Link Coordinator, E-mail – adrc@acofa.org

Announcements

Aging Services Specialist civil service exam open

The Aging Services Specialist is a program professional civil service job title used by the Department of Aging. The civil service examination for the Aging Services Specialist is now open and will continue to be open until September 23, 2017. To find out more about the exam, please click on Open Test Announcements. You will be taken to the Open Test Announcements page of the State Civil Service Commission's website. Click on the "Social and Employment Services" block and scroll down to the Aging Services Specialist Announcement #2017-043. Open the Announcement to find information about job duties, qualifications, testing and how to apply. Exam applications can be completed on-line at the State Civil Service Commission's website, www.scsc.pa.gov. If you have questions about the Aging Services Specialist job, please contact Mayra De la Torre Serrano, Recruitment Specialist, in the Department of Aging's Human Resource Office at 717-705-2928 or mdelatorre@pa.gov.

Grant - Improving rural economies

The USDA's [Rural Business-Cooperative Service](#) is now accepting applications for the 2017 [Rural Cooperative Development Grant](#) (RCDG) program to improve the economic conditions of rural areas. A robust economy can help [support and sustain rural health care services and improve residents' quality of life](#). RCDG provides up to \$200,000 for nonprofit organizations or colleges and universities to assist in the startup, expansion, or improvement of rural cooperatives and other mutually-owned businesses that sell products and services such as telecommunications, credit and financial services, housing, and food. **May 26** application due date.

Grant - Relatives As Parents Program

As the nation continues to grapple with the toll of the opioid abuse epidemic, [particularly in rural areas](#), more [grandparents are raising their children](#). The Brookdale Foundation group has issued a request for proposals (RFP) for its Relatives as Parents Program (RAPP). Brookdale will select up to 15 programs to receive a seed grant of \$15,000 and ongoing technical assistance to create or expand support services to grandparents and other relatives raising children. Any not-for-profit organization can apply for the program, including aging service providers, county agencies, and health care providers. **June 15** application due date.