



February 23, 2018

*Message from the Secretary*

It's that time of year again--tax-filing season is upon us. For many, myself included, gathering the necessary data and documents can invoke anxiety and stress, but regardless of how we may feel, we must comply. Simultaneously, it's important we beware of scammers who actually enjoy this time of year, and sadly, like to prey on seniors.

Late last week Pennsylvania Attorney General Josh Shapiro warned consumers about fraudulent calls and scams from individuals impersonating IRS agents. These criminals may claim that the older adult receiving the call needs to send money right away or risk arrest by the IRS. In issuing this warning, Attorney General Shapiro's office described one recent elderly victim's IRS scam phone call. The caller said they were from the IRS and informed the victim that she owed thousands of dollars in back taxes. The caller then claimed that IRS agents were waiting outside the victim's home to arrest her if she did not pay her "tax debt" immediately. The elderly victim immediately withdrew more than \$10,000 from their bank account, and as directed by the caller, went to several retail stores, purchased gift cards, and then gave the gift card information over the phone to the scam artist. The victim described feeling scared upon receiving a call from the IRS, who demanded money and threatened they would be arrested and sent to jail. Regretfully, they were scammed out of more than \$10,000.

It's critical that we all understand, and remind the older Pennsylvanians in our lives, that the IRS will never contact you asking for your information or demanding payment. The Attorney General's Office Bureau of Consumer Protection offered a series of tips for consumers to help them avoid being scammed. It includes the following:

- The IRS does not use threatening or aggressive calls. A scammer may threaten to involve the police, an immigration officer, or other law enforcement if you do not pay promptly.
- The IRS does not initiate contact with taxpayers by email, text, or social media.
- Do not trust the number you see on your caller ID, even if it appears to be coming from the IRS. Scam artists increasingly use a technique known as "spoofing" to trick the caller ID into thinking the call is originating from a certain phone number.
- Do not give out personal information over the phone and do not provide information over the phone, even if the caller claims to be from the IRS or your bank.
- The IRS does not require taxpayers to use a specific method of payment, such as a pre-paid debit card, money order, wire transfer, gift cards, or cash.

To reduce your risk of being victimized by tax scams or tax identity theft, you should submit your tax return as early in the tax season as possible. Be careful of what you share. Don't give out your personal information unless you know who is asking and why. Don't ever be shy or feel badly about refusing to provide such information. Dispose of sensitive information safely by shredding it with a micro-cut shredder (yours truly just purchased their very first home micro-shredder and is finding shredding very therapeutic). Pennsylvanians who feel they may have

been victimized by the IRS or other scams are encouraged to file a complaint with the Office of Attorney General's Bureau of Consumer Protection by calling 1-800-441-2555 or emailing [scams@attorneygeneral.gov](mailto:scams@attorneygeneral.gov).

Despite all the negativity that comes along with tax-filing season and being aware of potential scams, there is good news to share. In communities throughout Pennsylvania, free tax preparation programs are available to help older Pennsylvanians, in particular, file their taxes. The IRS Volunteer Income Tax Assistance (VITA) and Tax Counseling for the Elderly (TCE) programs offer free help for qualified taxpayers. By clicking [here](#) you can search by zip code to find a site near you. Additionally, the AARP Foundation Tax-Aide program offers free, individualized tax preparation for low-to-moderate income taxpayers, especially those age 50 and older, at nearly 5,000 locations nationwide. To find a location near you, click [here](#).

Teresa Osborne  
Secretary

### ***Legislative Update***

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

The House was not in session this week and still stands in recess until the 12 hour call of the Chair.

#### **Pennsylvania Senate**

The Senate met briefly in a non-voting session and stands in recess until Monday, March 19, 2018, at 1 p.m.

The Senate Appropriations Committee has scheduled the Department of Aging's 2018/19 Fiscal Year Budget Hearing for Tuesday, March 6, 2018, at 3 p.m.

### ***Personnel Updates***

David Miles is starting on 2/26/18 as an Aging Services Specialist in the Older Americans Act Services Division, Bureau of Aging Services. His contact information is [davimiles@pa.gov](mailto:davimiles@pa.gov), 717-783-0178.

Jacqueline Burch is retiring on 3/1/18 as the Director of the Lancaster County Office of Aging. She has been with the Office of Aging for 25 years. We thank Jackie for her service to older Pennsylvanians in Lancaster and wish her the all best in retirement.

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

#### **Training Opportunities**

#### **Ageless Grace - Partial Scholarships Available**

Ageless Grace is a cutting-edge brain fitness program based on neuroplasticity that activates all 5 functions of the brain - analytical, strategic, kinesthetic learning, memory/recall, creativity and imagination. *Become an Ageless Grace Educator*. This is a two day training for CNA's, PT/OT/SLT's, LPC's, social workers, activity directors, recreational therapists, fitness professionals, caregivers, and family members who work with seniors at senior centers, nursing homes, recreational facilities, one-on-one, etc. The program consists of 21 simple exercise

tools designed for all ages and abilities. These exercises, based on everyday movements that are natural and organic, focus on the healthy longevity of the body and mind. The movements are designed to be performed seated in a chair. Almost anyone can do them, regardless of most physical conditions.

Dates: April 24 & April 25, 2018

Location: Holiday Inn Express & Suites Johnstown  
1440 Scalp Avenue  
Johnstown, PA 15904

Register [here](#).

(Discounted group rates for rooms at the Holiday Inn Express)

### **Compassionate Touch**

Designed to ease physical, behavioral and emotional stress, this holistic, evidence- informed, practical and proactive approach provides symptom relief and comfort resulting in greater well-being and quality of life. With a focus on empowering care-partners, this training emphasizes giving both professional and family caregivers a way to connect with calm, ease, and comfort. Please bring a pillow, your favorite lotion, and dress casually. This is an interactive experience and you will be paired up with a co-worker or training attendee.

Dates: Clearfield County – March 30, 2018  
Dauphin County – May 21, 2018

Register for *Clearfield County* [here](#).

### **Dementia Live**

Have You Participated in this Unique Simulation Experience?

Dementia Live™ is a hands-on experience in which care partners learn first-hand what it's like to be living with dementia, delirium or other cognitive impairments. Dementia Live serves as a powerful training tool for patient-centered care programs. You will be empowered to build new bridges of communication. To elevate person-centered care practices, care providers must first gain an understanding of what dementia is and how the individual with dementia feels when challenged with cognitive and sensory changes. Dementia Live is experiential learning that simulates cognitive and sensory impairment, giving participants a real-life simulation of what it must be like to live with dementia.

Dates: March 13, 2018 – Butler County (Register [here](#))  
March 27, 2018 – Philadelphia County (Register [here](#))  
April 18, 2018 – Lycoming County (Register [here](#))  
May 24, 2018 – Indiana County

### **Ignite - Sparks for Today's Dementia Care**

This 2.5 hour interactive training includes a session in "*Flashback Evoking Memories*," which is an interactive activity that evokes memories from the past. "*Compassionate Touch*," which practices skilled touch that prevents behavioral expression in people with dementia. Lastly, it includes a drive-through version of "*Dementia Live*." This powerful training will transform staff

with practical tools to improve communications, respond to behavioral expression, relieve caregiver stress, and engage residents in meaningful activities. The “SPARKS” utilized in this workshop take you on a journey of self-discovery and skill development, culminating in an operational plan for integration into your organization. Be prepared to be out of your seat and receive fresh, new ideas to engage your residents/individuals you work with! This training is non-stop and very engaging!

Dates:        March 1, 2018 – York County (Register [here](#))  
                  March 8, 2018 – Philadelphia County (Register [here](#))  
                  March 16, 2018 – Centre County (Register [here](#))  
                  April 10, 2018 – Luzerne County (Register [here](#))

### **Oxycontin and Alcohol: A Deadly Cocktail for Older Adults**

Older adult opioid addiction, often complicated with alcohol, has skyrocketed; yet prolonged opioid use exacerbates chronic pain. Quality of life and saving lives are at issue when we explore holistic treatment of addiction, chronic pain management, and personal recovery growth. The training informs its topic with the stunning facts and generational, evidence-based treatment approaches that include ways in which older adults engage in their own treatment, chronic pain management and recovery.

Dates:        March 20, 2018 – Westmoreland County (Register [here](#))  
                  April 24, 2018 – Northumberland County (Register [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:

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

Etna Senior Center

18 Walnut Street

Pittsburgh, PA 15223

Dates: March 7, 2018 and March 14, 2018

Time: 12:30 p.m. – 2:30 p.m.

Please contact: Lorraine Cunningham, Center Coordinator, at 412-781-6517

No charge for this class

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

Highland Senior Center

704 East Second Avenue Suite 100-B

Tarentum, PA 15084

Dates: March 8, 2018 and March 15, 2018

Time: 12:30 p.m. – 2:30 p.m.

Please contact: Dara Timko, Center Coordinator, at 724-224-1552

No charge for this class

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

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

The Heritage of Green Hills

200 Tranquility Lane

Reading, PA 19607

Schedule: Tuesdays, February 20, 2018 – March 27, 2018

Time: 1 p.m. - 3:30 p.m.

Please contact: Kathy Roberts, Health & Wellness Educator, at 610-374-3195, ext. 230

No charge for this class

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

Walnut Woods

35 North Walnut Street

Boyertown, PA 19512

Schedule: Wednesdays, February 7, 2018 – March 14, 2018

Time: 1 p.m. – 3:30 p.m.

Please contact: Kathy Roberts, Health & Wellness Educator, at 610-374-3195, ext. 230

No charge for this class

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

Reading Elderly Apartments

100 N. Front Street

Reading, PA 19601

Dates: March 15, 2018

Time: 9 a.m. – 3 p.m.

Please contact: Kathy Roberts, Health & Wellness Education Coordinator, at 610-374-3195, ext. 230

No charge for this class

Manor at Market Square

803 Penn Street

Reading, PA 19601

Dates: April 12, 2018

Time: 9 a.m. – 3 p.m.

Please contact: Kathy Roberts, Health & Wellness Education Coordinator, at 610-374-3195, ext. 230

No charge for this class

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

Northern Blair Senior Center

505 Third Street

Tyrone, PA 16686

Schedule: Tuesdays, February 7, 2018 – March 14, 2018

Time: 1 p.m. - 3:30 p.m.

Please contact: Aubrey Lidwell, Community Services Program Coordinator, at 814-946-1235

No charge for this class

Website: <https://blairsenior.org/northern-blair-senior-center/>

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

Warren Center Township Building

Schoolhouse Road

Warren Center, PA 18851

Schedule: Wednesdays, March 14, 2018 – April 18, 2018

Time: 1 p.m. - 3:30 p.m.

Please contact: Hollie Irvine, Health & Wellness Coordinator, at 1-800-982-4346

No charge for this class

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

Falls Township Senior Center

282 Trenton Road

Fairless Hills, PA 19030

Dates: Two workshops March 8, 2018 and March 9, 2018

Time: 9 a.m. – 2 p.m.

Please contact: Falls Township Senior Center at 215-547-6563

No charge for this class

Northampton Township Senior Center

165 Township Road

Richboro, PA 18954

Date: March 27, 2018

Time: 9 a.m. – 2 p.m.

Please contact: Northampton Township Senior Center at 215-357-8199

No charge for this class

Middletown Senior Center

2142 Trenton Road

Levittown, PA 19056

Date: March 23, 2018

Time: 9 a.m. – 2 p.m.

Please contact: Middletown Senior Center at 215-945-2920

No charge for this class

Ben Wilson Senior Center

580 Delmont Avenue

Warminster, PA 18974

Date: April 30, 2018

Time: 9 a.m. – 1 p.m.

Please contact: Ben Wilson Senior Center at 215-672-8380

No charge for this class

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

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

Ben Wilson Senior Center

580 Delmont Avenue

Warminster, PA 18974

Date: March 20, 2018

Time: 8:30 a.m. – 4:30 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.**

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

Butler Library

218 N. McKean Street

Butler, PA 16001

Dates: June 26, 2018

Time: 10 a.m. – 3 p.m.

Please contact: Brittany Buzzelli, Butler County Area Agency on Aging, at 724-282-3008

No charge for this class

Website: [www.butlerlibrary.info](http://www.butlerlibrary.info)

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

Mahaffey Center for Active Living

958 Market Street

Mahaffey, PA 15757

Dates: Tuesdays, February 27, 2018 - April 3, 2018

Time: 9:30 a.m. - 12 p.m.

Please contact: Sally Hurd, Center Manager, at 814-277-4544

No charge for this class

Coalport Center for Active Living

850 R Main Street

Coalport, PA 16627

Dates: Fridays, March 2, 2018 - April 6, 2018

Time: 9:30 a.m. - 12 p.m.

Please contact: Sharon Hamilton, Center Manager, at 814-672-3574

No charge for this class

**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.

No charge for this class

All activities are posted at [www.ccaaa.net](http://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.

No charge for this class

All activities are posted at [www.ccaaa.net](http://www.ccaaa.net)

Clearfield Center for Active Living

116 South 2nd Street

Clearfield, PA 16830

Schedule: Thursdays at 10 a.m.

No charge for this class

All activities are posted at [www.ccaaa.net](http://www.ccaaa.net)



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

Leonard Court  
1350 Leonard Court  
Clearfield, PA 16830  
Schedule: Thursdays, February 8, 2018 – March 15, 2018  
Time: 9:30 a.m. – 12 p.m.  
Please contact: Shelia Williams at 814-765-8900  
No charge for this class

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

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

Clearfield County Career and Technology Center  
1620 River Road  
Clearfield, PA 16830  
Date: April 11, 2018  
Time: 8:30 a.m. – 4:30 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.**

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

Active Aging, Inc., Lew Davies Community Center  
1034 Park Avenue  
Meadville, PA 16335  
Dates: Monday March 12, 2018  
Time: 9:30 a.m. – 2 p.m.  
Please contact: Tami Boylan, Health & Wellness Coordinator, at 814-398-8616  
No charge for this class

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

Catawissa Senior Center  
319 Pine Street  
Catawissa, PA 17820  
Schedule: Mondays, March 26, 2018 – April 30, 2018  
Time: 9:30 a.m. – 11:30 a.m.  
Please contact: Margie Brouse, Senior Center Manager, at 570-275-1466  
No charge for this class

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

Frey Village Senior Living Community  
1020 North Union Street  
Middletown, PA 17057  
Schedule: CDSMP four-day training – February 20, 21, 27 and 28, 2018  
Time: 9 a.m. – 4 p.m.  
Schedule: DSMP cross-training – March 6, 2018  
Time: 9 a.m. - 5 p.m.  
Please contact: Jenny Wagner, Diakon Community Services, at 570-624-3017 or



[wagnerje@diakon.org](mailto:wagnerje@diakon.org)

Website: [www.diakonseniorliving.org/communities/luther-crest](http://www.diakonseniorliving.org/communities/luther-crest)

Charge: **\$15 per day**. This training is funded through the Highmark Foundation. Scholarships of \$15 per day to cover costs of materials and lunch will be available to participants within the Highmark Foundation service area. For more information on eligibility, call Jenny Wagner at 570-624-3017. Participants are responsible for their own lodging, transportation, and meals.

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

Our Lady of Angels Convent

609 Convent Road

Aston, PA 19014

Dates: March 6, 2018 and March 8, 2018

Time: 9 a.m. – 11:30 a.m.

Please contact: Sister Mary Smith, Director of Pastoral Services, Sisters of St. Francis of Philadelphia, at 610-558-7717

No charge for this class

Lansdowne Area YMCA

2110 Garrett Road

Lansdowne, PA 19050

Dates: March 22, 2018 and March 23, 2018

Time: 10 a.m. – 12:30 p.m.

Please contact: Lansdowne Area YMCA, at 610-259-1661

No charge for this class

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

Fox Hill Farms Club House

2300 Fox Hill Circle

Glen Mills, PA 19342

Dates: April 12, 2018 and April 19, 2018

Time: 9:30 a.m. – 12 p.m.

Please contact: Ellen Williams, Health and Wellness Program Manager, at 610-499-1937

No charge for this class

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

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

Chester Senior Center

721 Hayes Street

Chester, PA 19013

Dates: Tuesdays, February 6, 2018 – March 13, 2018

Time: 9:30 a.m. – 12 p.m.

Please contact: LaNoana Odom, Volunteer, at 484-633-8728

No charge for this class

Website: [www.scsdelco.org/centers/chester.shtml](http://www.scsdelco.org/centers/chester.shtml)

Redwood Community Playhouse, Upland Park

280 S. 6th Street

Brookhaven, PA 19015

Dates: Mondays, February 26, 2018 – April 2, 2018

Time: 9:30 a.m. – 12 p.m.

Please contact: Anne Cicala, Delaware County Parks and Recreation, at 610-891-6061

No charge for this class

Ridley YMCA  
900 South Avenue  
Secane, PA 19018  
Dates: Fridays, April 27, 2018 – June 1, 2018  
Time: 9:30 a.m. – 12 p.m.  
Please contact: Ridley YMCA, at 610-544-1080  
No charge for this class  
Website: [www.cyedc.org](http://www.cyedc.org)

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

Gateway Senior Housing  
330 Nazer Street  
Waynesburg, PA 15370  
Dates: Wednesdays, March 7, 2018 - April 11, 2018  
Time: 1:00 p.m. - 3:30 p.m.  
Please contact: Patricia Mounts, Health & Wellness Coordinator, at 724-228-7080  
No charge for this class

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

Taylor Community Library  
710 South Main Street  
Taylor, PA 18517  
Dates: April 16, 2018 and April 18, 2018  
Time: 2 p.m. – 4 p.m.  
Please contact: Taylor Community Library at 570-562-1234  
No charge for this class

Carbondale Public Library  
5 North Main Street  
Carbondale, PA 18407  
Dates: March 29, 2018 and April 5, 2018  
Time: 10:30 a.m. – 12:30 p.m.  
Please contact: Carbondale Public Library, at 570-282-4281  
No charge for this class

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

Lehigh Valley Active Life  
1633 Elm Street  
Allentown, PA 18102  
Dates: Mondays and Wednesdays, January 22, 2018 – March 19, 2018  
Time: 10:15 a.m. - 11:15 a.m.  
Please contact: Monica Yastrzab-Kempf, RN Consultant, at 610-782-3618  
No charge for this class

AHEPA Building  
1810 S. Albert Street  
Allentown, PA 18103  
Dates: Mondays and Wednesdays, January 22, 2018 – March 19, 2018

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

Please contact: Monica Yastrzab-Kempf, RN Consultant, at 610-782-3618

No charge for this class

B'Nai Brith

1616 West Liberty Street

Allentown, PA 18102

Dates: Tuesday and Thursdays, January 23, 2018 – March 15, 2018

Time: 10 a.m. - 11 a.m.

Please contact: Monica Yastrzab-Kempf, RN Consultant, at 610-782-3618

No charge for this class

Phoebe Apartments

1901 West Linden Street

Allentown, PA 18104

Dates: Mondays and Wednesdays, January 22, 2018 – March 19, 2018

Time: 8:45 a.m. - 9:45 a.m.

Please contact: Monica Yastrzab-Kempf, RN Consultant, at 610-782-3618

No charge for this class

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

Lehigh Valley Active Life

1633 Elm Street, La Rose Room

Allentown, PA 18102

Date: Mondays, March 26, 2018 – June 4, 2018

Time: 9:30 a.m. – 11:30 a.m.

Please contact: Lehigh Valley Active Life at 610-437-3700

No charge for this class

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

Peak Center

606 East Main Street

Lansdale, PA 19446

Dates: March 21, 2018

Time: 10 a.m. – 2 p.m.

Please contact: Monica Yastrzab-Kempf, RN Consultant, at 610-782-3618

No charge for this class

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

Robert P. Smith Tower

501 High Street

Pottstown, PA 19465

Dates: Wednesdays, February 21, 2018 - March 28, 2018

Time: 1 p.m. – 3:30 p.m.

Please contact: Tracey Flynn, Community Program Development Manager, at 610-278-3609

No charge for this class

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

Nazareth Senior Center

15 S. Wood Street  
Nazareth, PA 18064  
Dates: Wednesdays, March 21, 2018 - April 25, 2018  
Time: 9 a.m. – 11:30 a.m.  
Please contact: Stacy Walsh, Center Director, at 610-759-8255  
No charge for this class

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

Geisinger Shamokin Area Community Hospital  
4200 Hospital Road  
Coal Township, PA 17866  
Schedule: Tuesdays, February 6, 2018 – March 13, 2018 (Snow Day March 20, 2018)  
Time: 1 p.m. – 3:30 p.m.  
Please contact: Geisinger Health and Wellness at 866-415-7138  
No charge for this class  
Website: [www.geisinger.org/events](http://www.geisinger.org/events)

Geisinger Shamokin Area Community Hospital  
4200 Hospital Road  
Coal Township, PA 17866  
Schedule: Monday, March 5, 2018 – April 16, 2018 (Snow Day March 20, 2018)  
Time: 1 p.m. – 3:30 p.m.  
Please contact: Geisinger Health and Wellness at 866-415-7138  
No charge for this class  
Website: [www.geisinger.org/events](http://www.geisinger.org/events)

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

Marysville Senior Center  
198 Leonard Street  
Marysville, PA 17053  
Dates: April 10, 2018 – May 31, 2018  
Time: 10 a.m. - 11 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)

Newport Senior Center  
2 North 2nd Street  
Newport, PA 17074  
Dates: April 6, 2018 and April 13, 2018  
Time: 9:30 a.m. – 11:30 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)

Marconi Older Adult Program  
2433 South 15th Street  
Philadelphia, PA 19145  
Dates: Thursdays, February 1, 2018 - March 8, 2018

Time: 9:30 a.m. – 12 p.m.  
Please contact: Lee Fass, Senior Program Coordinator, at 215-717-1969  
No charge for this class

Center in the Park  
5818 Germantown Avenue  
Philadelphia, PA 19144  
Schedule: Thursdays, March 8, 2018 – April 12, 2018  
Time: 9 a.m. – 11:30 a.m.  
Please contact: Fatima Jackson, Health Promotion/Research Coordinator, at 215-848-7722, ext. 302  
No charge for this class

PCA/Wallace Building  
642 N. Broad Street  
Philadelphia, PA 19130  
Schedule: Wednesdays, March 21, 2018 – April 25, 2018  
Time: 10 a.m. – 12:30 p.m.  
Please contact: Diane P. Brown, Health Promotion Consultant, at 215-765-9000, ext. 5119  
No charge for this class

Thomas Jefferson Univ. Hospital  
Alumni Hall, Rm 217, 10th and Locust Streets  
Philadelphia, PA 19107  
Schedule: Thursdays, April 5, 2018 – April 19, 2018 and May 3, 2018 – May 17, 2018  
Time: 1 p.m. – 3:30 p.m.  
Please contact: Neva White, Senior Health Educator, at 1-800-JEFF-NOW (1-800-533-3669)  
No charge for this class

Philadelphia Senior Center Avenue of the Arts  
509 S. Broad Street  
Philadelphia, PA 19147  
Dates: Fridays, May 4, 2018 – June 8, 2018  
Time: 9 a.m. – 11:30 a.m.  
Please contact: Diane Brown, Health Promotion Consultant, at 215-765-9000, ext. 5119  
No charge for this class

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

Center in the Park  
5818 Germantown Avenue  
Philadelphia, PA 19144  
Schedule: Tuesdays, February 6, 2018 – March 13, 2018  
Time: 9 a.m. – 11:30 a.m.  
Please contact: Fatima Jackson, Health Promotion/Research Coordinator, at 215-848-7722, ext. 302  
No charge for this class

Berry Long Memorial United Methodist Church  
1745 South 58th Street

Philadelphia, PA 19143  
Schedule: Saturdays, February 24, 2018 – March 24, 2018 and April 7, 2018  
Time: 1 p.m. – 3:30 p.m.  
Please contact: Maggie Davenport, Site Coordinator, at 513-550-4687  
No charge for this class

Martin Luther King Older Adult Center  
2100 West Cecil B. Moore Avenue  
Philadelphia, PA 19121  
Schedule: Thursdays, April 5, 2018 – May 10, 2018  
Time: 9 a.m. – 11:30 a.m.  
Please contact: Rosalyn Cofer, Activities Director, at 215-978-2715  
No charge for this class

**Philadelphia – Diabetes Self-Management Program**

**LAY LEADER CROSS-TRAINING**

Philadelphia Corporation for Aging  
Wallace Building  
642 North Broad Street  
Philadelphia, PA 19130  
Schedule: Fridays, March 2, 2018 and March 9, 2018  
Time: 8:30 a.m. - 4 p.m.  
Please contact: Diane P. Brown, Health Promotion Consultant at 215-765-9000, ext. 5119, or [Diane.brown@pcacares.org](mailto:Diane.brown@pcacares.org)  
Prerequisite: All participants must be certified Chronic Disease Self-Management Program Lay Leaders to participate in this training.  
Charge: This training is offered at no charge to those under the Pennsylvania Department of Aging Self-Management Resource Center license. Participants must be affiliated with an Area Agency on Aging as an employee, subcontractor, or AAA volunteer to be considered under PDA's SMRC license. All others under a different SMRC license must submit a copy of a current license to Diane Brown and inquire about any additional fees. Participants are responsible for their own lodging, transportation, and meals.

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

Center in the Park  
5818 Germantown Avenue  
Philadelphia, PA 19144  
Schedule: Thursdays, April 19, 2018 – May 24, 2018  
Time: 9 a.m. – 11:30 a.m.  
Please contact: Fatima Jackson, Health Promotion/Research Coordinator, at 215-848-7722, ext. 302  
No charge for this class

Associated Services for the Blind and Visually Impaired  
919 Walnut Street  
Philadelphia, PA 19107  
Schedule: Tuesdays, May 1, 2018 – June 5, 2018  
Time: 10 a.m. – 12:30 p.m.  
Please contact: Bette Homer, Coordinator, at 215-627-0600

No charge for this class

KleinLife: Center City  
2100 Arch Street  
Philadelphia, PA 19103  
Schedule: Tuesdays, May 18, 2018 – June 22, 2018  
Time: 9:30 a.m. – 12 p.m.  
Please contact: Lynn Ellis, Program Coordinator, at 215-832-0539  
No charge for this class

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

South Philadelphia Older Adult Center  
1430 East Passyunk Avenue  
Philadelphia, PA 19147  
Dates: March 1, 2018  
Time: 10 a.m. – 3 p.m.  
Please contact: Darlene Garcia, Center Counselor, at 215-685-1697  
No charge for this class

Norris Square Senior Center  
2121 Howard Street  
Philadelphia, PA 19122  
Dates: March 2, 2018  
Time: 10 a.m. – 3 p.m.  
Please contact: Sheila Mercado, Activities Coordinator, at 215-423-7241  
No charge for this class  
Note: This workshop will be conducted in Spanish

Martin Luther King Jr. Older Adult Center  
2100 W Cecil B Moore Avenue  
Philadelphia, PA 19121  
Dates: March 7, 2018  
Time: 10 a.m. – 3 p.m.  
Please contact: Jacqueline Maldonado, Center Director, at 215-978-2715  
No charge for this class

Lutheran Settlement House Senior Center  
1340 Frankford Avenue  
Philadelphia, PA 19125  
Dates: March 7, 2018  
Time: 10 a.m. – 3 p.m.  
Please contact: Jeanie McMahon-Meyer, Activities Coordinator, at 215-426-8610  
No charge for this class

St. Charles Senior Community Center  
1941 Christian Street  
Philadelphia, PA 19146  
Date: March 9, 2018  
Time: 10:30 a.m. – 3:30 p.m.  
Please contact: Kim Beatty, Activities Coordinator, at 215-790-9035



No charge for this class

Peter Bressi NE Senior Center

4744 Frankford Avenue

Philadelphia, PA 19124

Dates: March 9, 2018

Time: 9 a.m. – 2 p.m.

Please contact: Emily Geliebter, Activities Coordinator, at 215-831-2926

No charge for this class

Star Harbor Senior Center

4700 Springfield Avenue

Philadelphia, PA 19143

Dates: March 13, 2018

Time: 10 a.m. – 3 p.m.

Please contact: Ernestine Patterson, Center Director, at 215-727-0100

No charge for this class

West Philadelphia Senior Community Center

1016 N. 41st Street

Philadelphia, PA 19104

Dates: March 14, 2018

Time: 9:30 a.m. – 2:30 p.m.

Please contact: Helen Rayon, Health and Wellness Coordinator, at 215-386-0379

No charge for this class

Northeast Older Adult Center

8101 Bustleton Avenue

Philadelphia, PA 19152

Dates: March 21, 2018

Time: 10:30 a.m. – 3:30 p.m.

Please contact: Tara Bowman, Activities Coordinator, at 215-685-0576

No charge for this class

Juniata Park Older Adult Center

1251 E Sedgley Avenue

Philadelphia, PA 19134

Dates: March 21, 2018

Time: 10:30 a.m. – 3:30 p.m.

Please contact: Joe Fagan, Center Director, at 215-685-1490

No charge for this class

The Center at Journey's Way

403 Rector St.

Philadelphia, PA 19128

Dates: March 27, 2018

Time: 10 a.m. – 3 p.m.

Please contact: Kathy Young, Activity Coordinator, at 215-487-1750

No charge for this class

Older Adult Sunshine Center  
137 S. 58th Street  
Philadelphia, PA 19139  
Dates: April 2, 2018 and April 3, 2018  
Time: 10 a.m. – 12 p.m.  
Please contact: Kafi Chism, Center Director, at 215-472-6188  
No charge for this class

**Schuylkill** – Healthy Steps for Older Adults (fall risk screening & education)  
Shenandoah Senior Community Center  
116 North Main Street  
Shenandoah, PA 17976  
Dates: May 24, 2018 and May 25, 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

**Snyder** – Chronic Disease Self-Management Program (education on living a healthier life)  
Regional Engagement Center  
429 North 8th Street  
Selinsgrove, PA 17870  
Dates: Fridays, March 9, 2018 – April 13, 2018  
Time: 1 p.m. – 3:30 p.m.  
Please contact: Evangelical Community Health & Wellness, at 570-768-3200  
No charge for this class  
Weblink: [www.evanhospital.com](http://www.evanhospital.com)

**Somerset** – Chronic Disease Self-Management Program (education on living a healthier life)  
Conemaugh Township Senior Center  
959 South Main Street  
Hollsopple, PA 15935  
Dates: Fridays, February 16, 2018 – March 23, 2018  
Time: 10 a.m. – 12:30 p.m.  
Please contact: Christine Saylor, CDSMP Master Trainer, at 814-479-2216  
No charge for this class

**Washington** – Healthy Steps for Older Adults (fall risk screening & education)  
Wilfred R. Cameron Wellness Center of Washington Health System  
240 Wellness Way  
Washington, PA 15301  
Dates: Wednesday, February 28, 2018  
Time: 9:30 a.m. – 2:30 p.m.  
Please contact: Patricia Mounts, Health & Wellness Coordinator, at 724-228-7080  
No charge for this class

Burgettstown Community Library  
2 Kerr Street  
Burgettstown, PA 15021  
Dates: Thursday, March 22, 2018  
Time: 10 a.m. – 3 p.m.

Please contact: Patricia Mounts, Health & Wellness Coordinator, at 724-228-7080  
No charge for this class

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

Mount Pleasant Center for Active Adults  
424 Washington Street  
Mount Pleasant, PA 15666  
Dates: Tuesdays, March 6, 2018 – April 10, 2018  
Time: 9 a.m. – 11:30 a.m.  
Please contact: Jody Fields, Supervisor, Mount Pleasant Center for Active Adults, at 724-547-4593  
No charge for this class

New Kensington Center for Active Adults  
1039 Third Avenue  
New Kensington, PA 15068  
Dates: Wednesdays, March 14, 2018 – April 18, 2018  
Time: 9:30 a.m. – 12 p.m.  
Please contact: Bonnie Dudek, Director, Alle-Kiski Senior Center, Inc., at 724-335-8597  
No charge for this class

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

New Alexandria Center for Active Adults  
207 Main Street  
New Alexandria, PA 15670  
Date: March 23, 2018  
Time: 9 a.m. – 1:30 p.m.  
Please contact: Ms. Dale Rowles, Supervisor, New Alexandria Center, at 724-668-7055  
No charge for this class

Avonmore Center for Active Adults  
458 Railroad Street  
Avonmore, PA 15618  
Date: April 4, 2018  
Time: 10 a.m. – 2:30 p.m.  
Please contact: Karen Stonebraker, Supervisor, Avonmore Center, at 724-697-4014  
No charge for this class

New Florence Center for Active Adults  
216 Ligonier Street  
New Florence, PA 15944  
Date: April 17, 2018  
Time: 9 a.m. – 1:30 p.m.  
Please contact: Kim Adams, Supervisor, New Florence Center, at 724-235-2800  
No charge for this class

East Vandergrift Center for Active Adults  
400 McKinley Avenue  
East Vandergrift, PA 15629  
Date: April 20, 2018

Time: 10 a.m. – 2:30 p.m.  
Please contact: Dominica Wilson, Supervisor, East Vandergrift Center, at 724-568-2692  
No charge for this class

Valley Center for Active Adults  
135 Kalassay Drive  
Ligonier, PA 15658  
Date: April 24, 2018  
Time: 9 a.m. – 1:30 p.m.  
Please contact: Judy Holden, Supervisor, Valley Center for Active Adults, at 724-238-7942  
No charge for this class

New Kensington Center for Active Adults  
1039 Third Avenue  
New Kensington, PA 15068  
Date: April 27, 2018  
Time: 10 a.m. – 2:30 p.m.  
Please contact: Tara Kazmer, Supervisor, New Kensington Center, at 724-335-8597  
No charge for this class

**York** – Diabetes Self-Management Program (education on living a healthier life with Diabetes)  
York Township Park Building  
25 Oak Street  
York, PA 17402  
Schedule: Wednesdays, March 28, 2018 – May 2, 2018  
Time: 9:30 a.m. – 12 p.m.  
Please contact: Megan Craley, Health & Wellness Coordinator, at 717-771-9610  
No charge for this class

Jewish Community Center  
2000 Hollywood Drive  
York, PA 17403  
Schedule: Mondays, April 16, 2018 – May 21, 2018  
Time: 9 a.m. – 11:30 a.m.  
Please contact: Megan Craley, Health & Wellness Coordinator, at 717-771-9610  
No charge for this class

10-Keys™ to Healthy Aging (education on taking control of your health and Medicare Preventative Services)  
Windy Hill On the Campus  
1472 Roths Church Road  
Spring Grove, PA 17362  
Date: Fridays, April 6, 2018 – May 4, 2018  
Time: 9:30 a.m. – 11:30 a.m.  
Please contact: Windy Hill On the Campus, at 717-225-0733  
No charge for this class

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

#### **Butler County**

Event: Emergency Preparedness for seniors and individuals with disabilities

Description: Free Emergency Preparedness Seminar and Vendor Fair. Programming includes "Senior for Senior" and "Be Red Cross Ready," hosted by The American Red Cross; and The California Office of Developmental Service's "Feeling Safe, Being Safe" workshop: Emergency Preparedness for Individuals with Disabilities. Vendor Fair featuring disability and aging organizations and resources. Sponsored by PA LINK and Butler Family Y.M.C.A.

Location: Butler Family Y.M.C.A.  
339 N. Washington St.  
Butler, PA 16001

Time: 10 a.m. – 2 p.m.

Date: Tuesday, March 20, 2018

Contact: Butler County Area Agency on Aging at (724) 282-3008 or  
[bbuzzell@co.butler.pa.us](mailto:bbuzzell@co.butler.pa.us)

Register by: Thursday, March 15, 2018

### **Cumberland County**

Event: Cumberland County Community Needs and PA Link Meeting

Description: This session will present information on 211 a free statewide collaborative for health and human services information. There will also be updates on 211's new initiatives.

Location: United Way of Carlisle and Cumberland County  
145 S. Hanover St.  
Carlisle, PA 17013

Date: March 23, 2018, at 9:30 a.m.

Contact: Ginger Monsted at [ymonsted@ccpa.net](mailto:ymonsted@ccpa.net)

Registration Deadline: N/A

### **Indiana County**

Event: Personality Disorders Lunch & Learn for Service Providers

Description: Presented by Croyle-Nielsen Therapeutic Associates, Inc. Join us to learn what a personality disorder is, what it looks like, how it affects you and your job, treatment options and approaches, as well as learning skills to use to help those who suffer. Sponsored by PA Link, The Arc of Indiana and Croyle-Nielsen Therapeutic Associates, Inc.

Location: The Park Inn by Radisson  
1395 Wayne Ave.  
Indiana, PA

Time: 10 a.m. - 2:30 p.m.

Date: Thursday, March 22, 2018

Contact: Email [palinkcoordinator5@gmail.com](mailto:palinkcoordinator5@gmail.com) or call (724) 237-1242 by March 14, 2018, and leave a message to register.

### **Lebanon County**

Event: Death Café at the Lebanon Community Library

Description: At a Death Cafe people drink tea, eat cake and discuss death. Our aim is to increase awareness of death to help people make the most of their (finite) lives. This is the third Death Café that will be held at the Library. A Death Café invites anyone to come together to talk about death in a welcoming environment. There is no set agenda, there is no selling. It is, though, not a grief or support group. The café is free and coffee/tea and cake are provided.

Location: Lebanon Community Library  
125 North Seventh Street  
Lebanon, PA 17046

Date: February 24 | 1:00 to 3:00 p.m.  
A one hour film, Consider the Conversation, will be shown following the Death Café at 3 p.m.

Contact: Inquire with the library. If you require accommodation or want more information, call or text Brian Long, Link Coordinator, at 717-380-9714 or email [bllink@mail.com](mailto:bllink@mail.com)

Registration Deadline: N/A - Free to attend

### **Westmoreland County**

Event: Speed Networking

Description: Grab your business cards, prep your elevator pitch, and join us for a free event. This event is fast and is an excellent way to learn about available services and supports in your area, interact one on-one with other professionals, and promote your agency! Sponsored by PA Link and Bayada Home Health Care.

Location: The Bishop Connare Center  
Westmoreland Room

2900 Seminary Dr.  
Greensburg, PA

Time: 9:30 a.m. - 1:30 p.m.

Date: Tuesday, February 27, 2018

Contact: [palinkcoordinator5@gmail.com](mailto:palinkcoordinator5@gmail.com) or call (724) 237-1242

Registration Deadline: February 20, 2018. Leave a message to register.

Event: CORE of Housing in Westmoreland County

Description: We're bringing together many of those involved in housing within the county to help bridge the gaps and attempt to resolve some of the current issues in the community. The keynote speaker is Ben Laudermlch, Executive Director PA Dept. of Human Services. Panels are slated for coordinated entry, homeless shelters, housing transitions and re-entry and accessible housing. Sponsored by PA Link, Self Determination Housing Project, Disability Options Network and Laurel Legal Services.

Location: Saint Vincent College  
Fred Rogers Center  
300 Fraser Purchase  
Rd. Latrobe, PA

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

Date: Thursday, March 15, 2018

Contact: Email [palinkcoordinator5@gmail.com](mailto:palinkcoordinator5@gmail.com) or call (724) 237-1242 by March 7, 2018, and leave a message to register.

## **York County**

Event: When your "treasures" become too much

Description: Hoarding Training for the family members. This event will be an informational fair and have a panel discussion the last hour.

Location: York Street Medical Center  
Lecture Room  
400 York Street  
Hanover, PA 17331

Date: April 25, 2018 at 5:30 p.m. - 8:30 p.m.

Contact: Pat Isch at [adrc@acofa.org](mailto:adrc@acofa.org)

Registration Deadline: N/A



## **Announcements**

### **Strategies for Successful Aging**

The PA Behavioral Health and Aging Coalition (PBHAC), Alzheimer's Association, and CC Donelan from Brain Health Partners in Massachusetts are presenting the Memory Preservation Nutrition® (MPN™) program as part of Strategies for Successful Aging.

Concerned about your brain? Whether you are 25 or 85, you can make a difference today for those you care for or yourself. Learn about the latest research and the evidence based program that can reduce the risk of Alzheimer's and improve brain and overall body health. The Memory Preservation Nutrition® (MPN™) program is based on 6 strategies that are easy to follow principles you can do at home. You will learn about foods that are rich in antioxidants, high in omega 3s, helpful in reducing LDL cholesterol and blood sugar levels, and anti-inflammatory. Also included in this training is an interactive Ageless Grace training. Sit in your chair and do these fun chair exercises to assist with improving cognitive impairments. Lastly, staff from the Alzheimer's Association will be speaking about Healthy Living for Your Brain and Body and tips from the latest research. To learn more, and to register, please visit [www.olderpa.org](http://www.olderpa.org).

### **2018 Alzheimer's Association Annual Dementia Conference**

Join the Alzheimer's Association on May 7, 2018, in King of Prussia, PA for the Annual Southeastern Pennsylvania Dementia Conference. Learn from regional dementia experts and our featured speaker, Stephen G. Post, international speaker, bioethicist, best-selling author and researcher. Attend a variety of specialized workshops to customize your learning experience. Visit with local healthcare vendors and network with 400+ family caregivers and healthcare professionals.

Registration opens March 7, 2018.

CE applications will be submitted. For sponsorship opportunities, contact: [kristina.prendergast@alz.org](mailto:kristina.prendergast@alz.org) or call our 24/7 Helpline at 800.272.3900.