



March 16, 2018

Message from the Secretary

Like many of you reading this week's message, on a daily basis I think of my dad. He passed ten years ago, and while a decade is a long time to miss a loved one, I still hear his voice and the litany of quips, quotes, and advice he would share with my five siblings and I. Among them are, "(insert child's name), you are like a farmer in his field. Out-standing." Another classic was, "Kids, listen to me. Every day is a blessing. Do something memorable today." I am fortunate to say, as the anniversary of my dad's passing recently occurred, this week was filled with many blessings and incredibly memorable moments.

Monday afforded me the opportunity to participate in a press conference with State Representative Kathy Watson of Bucks County, who serves as Chairwoman of the House Children and Youth Committee, and State Representative Eddie Day Pashinski of Luzerne County, who has been a staunch advocate for grandparents raising grandchildren. Along with my friend and cabinet colleague Acting Secretary of Human Services Teresa Miller, I was honored to participate in this media event as two pieces of legislation and a resolution were announced specific to the issue of grandparents raising grandchildren due to the opioid crisis. The House Resolution will provide for a detailed study on this trend, including what is now called "grand-families." Representative Watson's proposed bill would create the Kinship Caregiver Navigator Program, which would generate a website and hotline to help grandparents with information and available services. Representative Pashinski's bill would address emergency custody issues.

In Pennsylvania, nearly 82,000 grandparents are caregivers for more than 89,000 children. During Monday's event, two incredibly poised and passionate grandparents, Lotte Powell of Wayne County and Joanna Clough of Cumberland County, also spoke. Each amazing grandmother shared their personal journey, describing how an addiction resulted in grieving the loss of their child and prompted the life-long responsibility of raising a grandchild. The event rounded out with advocates Joan Benso of PA Partnerships for Children and Angela Liddle of PA Family Support Alliance, who are committed to working with all levels of government and all stakeholders to ensure that our grandparents are supported and our children thrive.

Tuesday brought me to the TriCounty Active Adult Center in Pottstown, joined by Pennsylvania Secretaries Robin Wiessmann of Banking and Securities and Dan Hassell of Revenue for a community discussion on steps the Wolf Administration has taken to protect older Pennsylvanians from scams and financial exploitation. Individually and collectively, we offered tips that all Pennsylvanians can utilize to protect themselves from common scams and schemes that are prevalent during tax filing season. Those in attendance also had the opportunity to ask questions and discuss their own experiences. We also shared with those gathered that on March 7, U.S. Senators Susan Collins of Maine and Bob Casey of Pennsylvania, the Chairman and Ranking Member of the Senate Aging Committee, updated the public about the committee's efforts to combat scams targeting older Americans with their release of the 2018 Fraud Book, detailing the top 10 scams reported to the committee's Fraud Hotline. In 2017, the committee's Fraud Hotline received more than 1,400 complaints of fraud targeting seniors around the

country, demonstrating the extent of this epidemic. Click [here](#) to read the Senate Aging Committee's 2018 Fraud Book.

Wednesday afforded me the opportunity to accept, on Governor Tom Wolf's behalf, the AARP Capitol Caregiver Award. Along with Senators Michele Brooks and Art Haywood, Chair and Minority Chair of the Senate Aging and Older Adult Service Committee, and State Representatives Tim Hennessey and Steve Samuelson, Chair and Minority Chair of the House Aging Committee, Governor Wolf was recognized for his support in advocating for family caregivers in Pennsylvania. AARP explained that individuals who receive this award have advanced policies to support Pennsylvania's family caregivers who help their parents, spouses, and other loved ones live independently at home and in the community. It was a true honor to accept AARP's Capitol Caregiver Award on Governor Wolf's behalf. I know firsthand that the governor values and recognizes caregivers as a backbone in ensuring that seniors and persons with disabilities in need of long-term services and supports can live and age well in Pennsylvania with the dignity and respect they deserve.

Finally, earlier today I was pleased to spend additional time with AARP Pennsylvania, as their State Director Bill Johnston-Walsh and I participated in March for Meals by delivering meals in Scranton, Lackawanna County. Since 2002, Meals on Wheels America has given the month of March special emphasis for Meals on Wheels programs across the country that reach out to their communities to build support that enables them to deliver nutritious meals, friendly visits, and safety checks to America's seniors all year long. While the opportunity for State Director Johnston-Walsh and I to serve in this volunteer capacity was awesome, our true goal was to serve as catalysts for how Meals on Wheels supports seniors in neighborhoods throughout Pennsylvania's 67 counties to live and age healthy and well in their homes and communities.

Needless to say, as I journeyed through this week, each day brought many blessings and afforded me with numerous moments to support, serve, enable, empower, and protect older Pennsylvanians. While so many have allowed me to participate in these opportunities, despite the lack of physical presence in my life, I pause on this Friday to thank my dad, my true North Star, who is a constant, steady, reassuring, and unwavering guide, offering myself and each of us a gentle reminder to count life's blessings while doing something memorable each day.

Teresa Osborne
Secretary

Legislative Update

Pennsylvania House of Representatives

The House was in session from Monday, March 12, 2018, to Wednesday, March 14, 2018. The House passed House Resolution No. 748, offered by Representative Stan Saylor, designating March 2018 as "March for Meals Month" in PA, recognizing the importance of home-delivered meals for seniors in PA.

On Wednesday, March 13, 2018, the House Aging & Older Adult Services Committee held an informational hearing on the "State of The State" for Long-Term Care Facilities in PA. The committee heard testimony from the PA Coalition of Affiliated Healthcare and Living Communities (PACAH), the PA Health Care Association (PHCA), and LeadingAge PA on the topics of Medical Assistance reimbursement rates, the rollout of Community HealthChoices, nursing home regulations, staffing, and fines, among others.

Pennsylvania Senate

The Senate will return to session on Monday, March 19, 2018, at 1 p.m.

Personnel Updates

Maria Dispenziere is starting on 3/19/18 as a Legislative Specialist in the Legislative Liaison Office. Maria can be reached at 717-783-7373, mdispenzie@pa.gov.

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 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: 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)
CERTIFIED WORKSHOP LEADER TRAINING by Dering Consulting Group, Inc.

Birmingham Towers
2100 Wharton Street, Second Floor

Pittsburgh, PA 15203

Date: May 18, 2018

Time: 8:30 a.m. – 4:30 p.m.

Please register at: Dering Consulting Group, Inc. at www.deringconsulting.com/hsoa

No charge for this class

NOTE: This training is for AAA staff, AAA Senior Center staff, AAA contractors and AAA volunteers and is capped at 25 registrants.

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

Apollo Senior Community Center

707-A North Fifth Street

Apollo, Pa 15613

Dates: April 30, 2018

Time: 9:30 a.m. – 2:00 p.m.

Please contact: Kim McAfee, Apollo Senior Center Manager, at 724-478-1410

No Charge for this class

Ford City Senior Community Center

421 9th Street

Ford City, PA 16226

Dates: May 1, 2018

Time: 9:00 a.m. – 2:00 p.m.

Please contact: Paulette Miller, Ford City Manager, at 724-763-2660

No Charge for this class

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

Center at the Mall

284 Beaver Valley Mall Boulevard

Beaver Valley Mall

Monaca, PA 15061

Date: April 19, 2018

Time: 9:00 a.m. – 12:30 p.m.

Please contact: Tracy Costo, Fitness Center Coordinator/Center at the Mall, at 724-728-1422

No Charge for this class

New Bethlehem Church

183 New Bethlehem Church Road

Aliquippa, PA 15001

Dates: April 21, 2018

Time: 8:00 a.m. – 1:00 p.m.

Please contact: Heather Spinelli, Fitness Center Instructor, at 724-709-0010

No Charge for this class

Circle of Friends-Baden

St. John the Baptist Church

371 Linmore Avenue

Baden, PA 15001

Dates: May 4, 2018

Time: 9:00 a.m. – 12:00 p.m.

Please contact: Donna Murphy, Manager, at 724-869-4224

No Charge for this class

Circle of Friends-New Brighton
1851 3rd Avenue
New Brighton, PA 15066
Dates: May 18, 2018
Time: 9:00 a.m. – 1:00 p.m.
Please contact: Kathy Damazo, Manager, 724-846-1959
No Charge for this class

Beaver – Healthy Steps in Motion (exercise classes for strength & balance)
Center at the Mall
284 Beaver Valley Mall Boulevard
Beaver Valley Mall
Monaca, PA 15061
Date: Mondays and Wednesdays, May 2, 2018 – June 25, 2018
Time: 12:30 p.m. – 1:30 p.m.
Please contact: Patty Weston, Fitness Center Instructor, at 724-728-1422
No Charge for this class

Berks – Healthy Steps for Older Adults (fall risk screening & education)
Manor at Market Square
803 Penn Street
Reading, PA 19601
Dates: April 12, 2018
Time: 9:00 a.m. – 3:00 p.m.
Please contact: Kathy Roberts, Health & Wellness Education Coordinator, at 610-374-3195 ext. 230
No Charge for this class

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: 1:00 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)
Northampton Township Senior Center
165 Township Road
Richboro, PA 18954
Date: March 27, 2018
Time: 9:00 a.m. – 2:00 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
Dates: March 23, 2018
Time: 9:00 a.m. – 2:00 p.m.

Please contact: Middletown Senior Center, at 215-945-2920
No Charge for this class

Bensalem Senior Center
1850 Byberry Road
Bensalem, PA 19020
Date: April 3, 2018
Time: 9:30 a.m. – 2:00 p.m.
Please contact: Bensalem Senior Center, at 215-638-7720
No Charge for this class

Ben Wilson Senior Center
580 Delmont Avenue
Warminster, PA 18974
Date: April 30, 2018
Time: 9:00 a.m. – 1:00 p.m.
Please contact: Ben Wilson Senior Center, at 215-672-8380
No Charge for this class

Bensalem Senior Center
1850 Byberry Road
Bensalem, PA 19020
Date: May 1, 2018
Time: 9:30 a.m. – 2:00 p.m.
Please contact: Bensalem Senior Center, at 215-638-7720
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
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: 10:00 a.m. – 3:00 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

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

Driftwood Senior Center

7806 Bridge Street

Driftwood, PA 15832

Dates: Wednesday, April 18, 2018

Time: 9:00 a.m. – 2:30 p.m.

Please contact: Linda Burrows, Center Director, 814-546-2331

No Charge for this class

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. - 12:00 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. - 12:00 p.m.

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

No charge for this class

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

Park Avenue Towers

420 Park Avenue

Curwensville, PA 16833

Schedule: Wednesdays, May 16, 2018 – July 11, 2018 (no class May 23, 2018)

Time: 9:30 a.m. – 12:00 p.m.

Please contact: Shelia Williams or Joan Domico at 814-236-1526

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

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

Clearfield Center for Active Living
116 South 2nd Street
Clearfield, PA 16830
Schedule: Thursdays 10:00 a.m.
No charge for this class
All activities are posted at www.ccaaa.net

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
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.

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 p.m.
Please contact: Margie Brouse, Senior Center Manager, at 570-275-1466
No charge for this class

Delaware – Healthy Steps for Older Adults (fall risk screening & education)
Lansdowne Area YMCA
2110 Garrett Road
Lansdowne, PA 19050
Dates: March 22, 2018 and March 23, 2018
Time: 10:00 a.m. – 12:30 p.m.
Please contact: Lansdowne Area YMCA, at 610-259-1661
No charge for this class
Website: 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. – 12:00 p.m.
Please contact: Ellen Williams, Health and Wellness Program Manager, at 610-499-1937
No charge for this class
Website: www.foxhillfarm.org

Delaware – Chronic Disease Self-Management Program (education on living a healthier life)
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. – 12:00 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. – 12:00 p.m.
Please contact: Ridley YMCA, at 610-544-1080
No charge for this class
Website: www.cyedc.org

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

Johnsonburg Senior Center
430 Center Street
Johnsonburg, PA 15845
Dates: Thursday, April 12, 2018
Time: 9:00 a.m. – 2:30 p.m.
Please contact: Anna Kreckel, Johnsonburg Senior Center Director, at 814-965-5638
No Charge for this class

Jones Twp. Senior Center - Wilcox Community Building
320 Faries Street
Wilcox, PA 15870
Dates: Tuesday, April 17, 2018
Time: 9:00 a.m. – 2:30 p.m.
Please contact: Daisy Sutter, Senior Center Director, at 814-929-5443
No Charge for this class

St Mary's Senior Center - Marien Stadt Place
72 Erie Avenue
St. Mary's, PA 15857
Dates: Wednesday, April 25, 2018
Time: 9:00 a.m. – 2:30 p.m.
Please contact: Lesa Lamb, St. Mary's Senior Center Director, at 814-781-3555
No Charge for this class

Bennett's Valley Senior Center
149 Plum Street
Weedville, PA 15868
Dates: Thursday, April 26, 2018
Time: 9:00 a.m. – 2:30 p.m.
Please contact: Judy Woelfel, Bennett's Valley Senior Center Director, at 814-787-7888
No Charge for this class

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

North East Senior Center
50 East Main Street

North East, PA 16428
Dates: March 27, 2018
Time: 10:00 a.m. – 3:00 p.m.
Please contact: Aaron Damron, at 814-459-4132
No charge for this class

RBW Central City
823 Peach Street
Erie, PA 16501
Dates: March 27, 2018
Time: 10:00 a.m. – 3:00 p.m.
Please contact: Aaron Damron, at 814-459-4132
No charge for this class

Union City Senior Center
27 Johnson Street
Union City, PA 16438
Dates: April 6, 2018
Time: 9:00 a.m. – 2:00 p.m.
Please contact: Aaron Damron, at 814-459-4132
No charge for this class

Northwestern Senior Center
9 Academy Street
Albion, PA 16401
Dates: April 13, 2018
Time: 9:00 a.m. – 2:00 p.m.
Please contact: Aaron Damron, at 814-459-4132
No charge for this class

Corry Senior Center
25 First Avenue
Corry, PA 16407
Dates: April 16, 2018
Time: 9:00 a.m. – 2:00 p.m.
Please contact: Aaron Damron, at 814-459-4132
No charge for this class

Erie West Senior Center
1210 W 8th Street
Erie, PA 16507
Dates: April 17, 2018
Time: 9:00 a.m. – 2:00 p.m.
Please contact: Aaron Damron, at 814-459-4132
No charge for this class

Millcreek Municipal Building
36080 West 26th Street
Erie, PA 16509
Dates: June 3, 2018
Time: 9:00 a.m. – 2:00 p.m.

Please contact: Aaron Damron, at 814-459-4132
No charge for this class

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 a.m. - 3:30 p.m.

Please contact: Patricia Mounts, Health & Wellness Coordinator, at 724-228-7080

No charge for this class

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

Carmichaels Activity Center

100 Nemacolin Road

Carmichaels, PA 15320

Dates: Wednesday, April 18, 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

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

Clairvaux Commons

100 Clairvaux Drive

Indiana, PA 15701

Dates: April 16 and April 30, 2018

Time: 1:00 p.m. – 3:00 p.m.

Please contact: Vicki Burgess, Center Services Administrative Supervisor, at 724-349-4500

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: 2:00 p.m. – 4:00 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

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

Challenges, Options in Aging Ellwood Center

1405 Woodside Avenue

Ellwood City, PA 16117

Dates: Mondays, March 26, 2018 – April 30, 2018
Time: 12:30 p.m. – 3:30 p.m.
Please contact: Jim Greene, Center Supervisor, at 724-752-9435
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

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

Mt Jewett Senior Center
8 East Main Street
Mt Jewett, PA 16740
Dates: Monday, April 16, 2018
Time: 9:00 a.m. – 2:30 p.m.
Please contact: Sally Troutman, Mt. Jewett Senior Center Director, at 814-778-5547
No Charge for this class

Port Allegany Senior Center
216 North Main Street
Port Allegany, PA 16743
Dates: Tuesday, April 24, 2018
Time: 9:00 a.m. – 2:30 p.m.
Please contact: Angie Culver, Port Allegany Senior Center Director, at 814-642-2101
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: 10:00 a.m. – 2:00 p.m.
Please contact: Monica Yastrzab-Kempf, RN Consultant, at 610-782-3618
No Charge for this class

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

Loder Senior Buliding
62 Analomink Street
East Stroudsburg, PA 18301
Dates: Tuesdays, March 6, 2018 - April 17, 2018
Time: 9:00 a.m. – 11:30 a.m.
Please contact: LaTania Jones, Health & Wellness Coordinator, at 570-420-3746
No charge for this class

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

Justin Drive I

100 Justin Drive

Danville, PA 17822

Schedule: CDSMP four-day training – May 7, 2018 – May 10, 2018

Time: 8:30 a.m. – 4:00 p.m.

Schedule: DSMP cross-training – May 21, 2018

Time: 8:30 a.m. – 4:30 p.m.

Please contact: Please contact: Maria Welch, Sr. Wellness Specialist, Geisinger Health & Wellness Department, at 570-214-6538 or mdwelch1@thehealthplan.com

Charge: No charge to Area Agencies on Aging staff, AAA subcontractors, AAA volunteers or Geisinger Health Plan staff. Anyone else not covered by PDA's Self-Management Resource Center license must provide their own SMRC license at the time of registration. Any questions about PDA's SMRC license may contact Katrina Kyle at katkyle@pa.gov or 717-783-8349. Participants are responsible for their own lodging, transportation, and meals. Once registered, participants will receive a welcome letter, agenda, and directions to the training.

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

Montour Senior Center

605 West Mahoning Street

Danville, Pa. 17821

Schedule: Mondays, March 26, 2018 - April 30, 2018

Time: 9:00 a.m. – 11:30 a.m.

Please contact: Margie Brouse, Senior Center Manager, at 570-275-1466

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: 9:00 a.m. – 11:30 a.m.

Please contact: Stacy Walsh, Center Director, at 610-759-8255

No charge for this class

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

Easton Life Style campus

3201 Sullivan Trail

Easton, PA 18042

Dates: April 17, 2018

Time: 10:00 a.m. – 3:00 p.m.

Please contact: Debbie Mertz, Director, at 610-829-3201

No Charge for this class

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

Bath Senior Center

234 S. Walnut Street

Bath, PA 18014

Schedule: Mondays, May 7, 2018 – June 11, 2018

Time: 10:00 a.m. – 12:30 a.m.

Please contact: Diane Orlowsky, Director, at 610-837-1931

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: Thursdays, April 5, 2018 – May 10, 2018

Time: 10:00 a.m. – 12:30 a.m.

Please contact: Geisinger Health and Wellness, at 866-415-7138

No charge for this class

Website: www.geisinger.edu/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: 10:00 a.m. - 11:00 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)

Center in the Park

5818 Germantown Avenue

Philadelphia, PA 19144

Schedule: Thursdays, March 8, 2018 – April 12, 2018

Time: 9:00 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: 10:00 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: 1:00 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: 9:00 a.m. – 11:30 a.m.
Please contact: Diane Brown, Health Promotion Consultant, at 215-765-9000 ext. 5119
No charge for this class

Chronic Pain Self-Management Program (education on living a healthier life with chronic pain)
Martin Luther King Older Adult Center
2100 West Cecil B. Moore Avenue
Philadelphia, PA 19121
Schedule: Thursdays, April 5, 2018 – May 10, 2018
Time: 9:00 a.m. – 11:30 a.m.
Please contact: Rosalyn Cofer, Activities Director, at 215-978-2715
No charge for this class

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: 9:00 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: 10:00 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. – 12:00 p.m.
Please contact: Lynn Ellis, Program Coordinator, at 215-832-0539
No charge for this class

Healthy Steps for Older Adults (fall risk screening & education)
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 27, 2018
Time: 10:00 a.m. – 3:00 p.m.
Please contact: Colleen Harmer, Activities Coordinator, 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: 10:00 a.m. – 3:00 p.m.
Please contact: Kathy Young, Activity Coordinator, at 215-487-1750
No charge for this class

South Philadelphia Older Adult Center
1430 E Passayunk Avenue
Philadelphia, PA 19147
Dates: March 27, 2018
Time: 10:00 a.m. – 3:00 p.m.
Please contact: Darlene Garcia, Center Counselor, at 215-685-1697
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: 10:00 a.m. – 12:00 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: 9:00 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: 1:00 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

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

Beaver Springs Senior Center

55 Elm Street

Beaver Springs, PA 17812

Schedule: Wednesdays, May 2, 2018 – June 6, 2018

Time: 9:00 a.m. – 11:30 a.m.

Please contact: Geisinger Health and Wellness, at 866-415-7138

No charge for this class

Website: www.geisinger.edu/events

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

The Deane Center

104 Main Street, Board Room

Wellsboro, PA 16901

Dates: Tuesdays, April 17, 2018 – May 22, 2018

Time: 9:00 a.m. – 11:30 a.m.

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

No charge for this class

Weblink: <http://www.deanecenter.com/>

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

Mansfield Senior Center

1103 South Main Street

Mansfield, PA 16933

Dates: Wednesday, April 11, 2018

Time: 9:00 a.m. – 2:00 p.m.

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

No charge for this class

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

Evangelical Community Health & Wellness

Evangelical Professional Office Building, Suite 12015

One Hospital Drive

Lewisburg, PA 17837

Dates: Tuesdays, April 17, 2018 – May 22, 2018

Time: 9:00 a.m. – 11:30 a.m.

Please contact: Evangelical Community Health & Wellness, at 570-768-3200

No charge for this class

Weblink: www.evanhospital.com

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

Burgettstown Community Library
2 Kerr Street
Burgettstown, PA 15021

Dates: Thursday, March 22, 2018

Time: 10:00 a.m. – 3:00 p.m.

Please contact: Patricia Mounts, Health & Wellness Coordinator, at 724-228-7080

No Charge for this class

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

Canonsburg Hospital

McNary Conference Center

100 Medical Boulevard

Canonsburg, PA 15317

Dates: Tuesdays, April 17, 2018 - May 22, 2018

Time: 1:00 a.m. - 3:30 p.m.

Please contact: Patricia Mounts, Health & Wellness Coordinator, at 724-228-7080

No charge for this class

Lemoyne Community Center

200 N. Forrest Avenue

Washington, PA 15301

Dates: Thursdays, April 19, 2018 - May 24, 2018

Time: 10:00 a.m. - 12:30 p.m.

Please contact: Patricia Mounts, Health & Wellness Coordinator, at 724-228-7080

No charge for this class

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

Honesdale Senior Center

323 Tenth Street

Honesdale, PA 18421

Dates: Fridays, March 23, 2018 – April 27, 2018

Time: 11:00 a.m. – 3:00 p.m.

Please contact: Marie Alexander, Health & Wellness Coordinator, at 570-253-4262

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: 9:00 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. – 12:00 p.m.

Please contact: Bonnie Dudek, Director, Alle-Kiski Senior Center, Inc., at 724-335-8597
No charge for this class

Monessen Center for Active Adults

1925 Grand Boulevard

Monessen, PA 15062

Dates: Wednesdays, April 25, 2018 – May 23 and Friday, May 25, 2018

Time: 9:30 a.m. – 12:00 p.m.

Please contact: Angela Sapone, Supervisor, Monessen Center for Active Adults, at 724-684-6105

No charge for this class

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: 9:00 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: 10:00 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: 9:00 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: 10:00 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: 9:00 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: 10:00 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. – 12:00 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: 9:00 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

2018 Volunteer Conference Announcement

We are pleased to announce that the registration for the 2018 Volunteer Conference is now open! Convened by the Department of Aging, this Second Annual Volunteer Conference will be held on Tuesday, April 10, 2018, at the Penn State Hotel and Convention Center in State College, PA. April is National Volunteer Month, and this year's conference theme, "Celebrating Volunteers: Appreciating YOU," is a fitting tribute to our volunteers and signifies our commitment of recognizing their volunteer contributions to the citizens of Pennsylvania.

Each AAA may send up to three volunteers (participants) to the conference. This opportunity is open to all volunteers within the aging network. AAAs may register their attendees by visiting the Long Term Living Training Institute's website [here](#).

Deadline to register is March 17, 2018.

PA Link to Aging and Disability Resources

Allegheny County

Event: Ethics in the Helping Profession

Description: FREE training for any new worker in the social service field, or any staff person that needs a refresher. Ken Montrose from Greenbriar Treatment Center will explore the basic principles of ethical codes. Participants should be able to explain the reasoning behind ethical codes, and identify pressures to violate them. CEU's available for addiction counselors by the Pa. Certification Board, Counselors by NAADAC #85689 and NBCC #6352, EAPS by the EACC, Nurses by PSNA, and Social Workers/LPCs/LMFTs by Pitt's School of Social Work.

Location: St. Stephen's Episcopal Church
405 Frederick Avenue
Sewickley, PA 15143

Date: Tuesday, April 10, 2018

Time: 9 a.m. - 12 p.m. Networking Lunch provided immediately following, sponsored by Lutheran SeniorLife/Valley Care.

Contact: Michelle Rockwell, PA Link Coordinator at mrockwell@tripil.com or call 724-223 5115, ext. 1215.

Registration Deadline: April 6, 2018

Beaver County

Event: Cultural Competency Training

Description: FREE training for all workers in organizations that deal with fostering positive communication and interaction with people/clients of different backgrounds. Dr. Donald Sheffield will provide the participants with a working knowledge of the principles of cultural competency and its relationship to diversity and inclusion. CEU's with Pitt SSW/CE are available for \$10.00 to participants as requested.

Location: Beaver Valley Intermediate Unit
Room 107
147 Poplar Avenue
Monaca, PA 15061

Date: Thursday, April 5, 2018

Time: 9 a.m. - 11:30 a.m. Continental breakfast included.

Contact: Lynell Scaff, BCCAN Coordinator at lscaff@bccan.org

Registration Deadline: April 3, 2018

Berks County

Event: Wyomissing Public Library hosts its first Death Café
Coffee, cake, and conversation.

Description: Come, sit around the table with a small group of others you may know or you may not. But join the scintillating conversation about death ... and life. There is no agenda, no sales pitches or set conclusions. Participants determine which interesting conversations will be had, but this is not a grief support group. The café is free and coffee/tea and cake are provided.

Location: Wyomissing Public Library
9 Reading Boulevard
Wyomissing, PA 19610

Date: March 17 | 1 - 3 p.m.
A one hour film, Consider the Conversation, will be shown following the Death Café at 4 p.m.

Contact: Inquire at the Library for or 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: RSVP at the Library or call or text 717.380.9714 or email bllink@mail.com - Free to attend

Event: Pennsylvania Link to Aging and Disability Resources Berks County Link partners' network cross-training meeting

Description: Amramp - Philadelphia's Marketing Manager, **Kristin Swanick's** cross training presentation will introduce, and focus on, products and services that will help patients and clients to transition home and products and services so they can to stay safe and independent in their own home. Our second presenter, **Nancy Aulenbach**, LPN Hospice Certified, Heartland Hospice Care will share ideas for veterans that will facilitate enrollment in the Veterans Affairs system by gathering information planning to prevent a delay in care.

Location: Berks Visiting Nurse Association
170 Berkshire Boulevard
Wyomissing, PA 19616

Date: March 20 | 1:00 pm to 2:30 pm

Contact: To RSVP or if you require accommodation or want more information, call or text to Ann Barlet, Berks County Link coordinator at 10-478-6500, ext. 5523 or email: bllink@mail.com or text: 717.380.9714

Registration Deadline: N/A - Free to attend

Event: Sensory-Friendly Spring Fling at Abilities In Motion

Description: A FREE event for students with disabilities and their siblings, ages 5-11

years old, who might be sensitive to blinking lights, loud noises and other sensory triggers. Lots of activities.

Location: Abilities In Motion
210 North Fifth Street
Reading, PA 19601

Date: March 21 | 4:00 pm to 6:00 pm

Contact: Register by calling Jacey Brobst at 610.376.0010, ext. 105

Registration Deadline: ASAP

Centre County

Event: Substance Abuse Disorders: Issues in Older Adults Conference

Description: This free, full-day training with presenter Linda Shumaker, RN, MA, will introduce participants to the specific substances that are abused in the older adult population including illicit drugs, prescription drugs and alcohol. Treatment interventions, evidenced-based practices and older adult specific outreach programs will be reviewed. Case discussions will assist participants in problem solving difficult community situations. It is hoped that as communities recognize this growing concern, addressing these issues will become a priority. Lunch and CEUs for social workers and care managers will be provided at no charge.

Location: Mount Nittany Medical Center
Dreibelbis Auditorium
1800 E. Park Ave.
State College, PA 16801

Date: May 7, 2018

Time: 8:30 AM – 4:30 PM

Contact: Melissa Bottorf, Lead Link Coordinator
E-mail – mbottorf2016@gmail.com
Phone – 570-428-3521

Registration Deadline: Register by May 1, 2018, at <https://www.eventbrite.com/substance-abuse-training>

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 vmonsted@ccpa.net

Registration Deadline: N/A

Delaware County

Event: Infection Control and Universal Precautions

Description: The Delaware County Aging/ID County Team has coordinated this training event. It is being presented by Vanessa Cornell, RN and Carol Thomas, BSN, RN, CDDN. They are from Philadelphia Coordinated Health Care. They will cover important information especially for those doing home visits and those who interact with consumers.

Location: Kings Mill
6000 Pennell Rd.
Media, PA 19063

Date: Friday March 23, 2018 from 9:00 to 11:00

Contact: Betsy Anderson at 610-499-1809 or andersonb@co.delaware.pa.us or Sallie Norsworthy at 610-713-2432 or norsworthysallie@delcohas.org.

Registration deadline is 3/19/18.

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 or call (724) 237-1242 by March 14, 2018, and leave a message to register.

Lancaster County

Event: Brightside Opportunities Center's 13th Annual Health and Fitness Fair

Description: You're invited to attend this free event that features health screenings, community resources provider's information stations, chef presentations and food tastings and more.

Location: Brightside Opportunities Center
515 Hershey Avenue
Hershey, PA 17602

Date: March 24 | 10:00 am to 3:00 pm.

Contact: 717.509.1342, ext. 246

Registration Deadline: N/A - Free to attend

Event: Popcorn & a movie "Mimi & Dona"

Description: Come to this FREE event – the debut evening for Popcorn& a movie. " This movie screening looks at the question: What happens when love runs out of time? For a 92-year-old mother, Mimi, who has cared 64 years for Dona, a daughter who has an intellectual disability, it means facing the inevitable—the likelihood that she will not outlive her daughter and the need to find her daughter a new home. This is the first in this monthly event that will feature a different film each month. This is a collaborative initiative of The Arc of Lancaster Lebanon and the Pennsylvania Link to Aging and Disability Resources | Lancaster County partners' network.

Location: The Arc of Lancaster Lebanon
116 West Airport Road, Suite A
Lancaster, PA 17601

Date: March 28 | Doors open at 6:00 pm; film – 6:30 pm – discussion following the screening.

Contact: The Arc of Lancaster Lebanon, 717.394.5251 or email bllink@mail.com

Registration Deadline: RSVP is a must – seating is limited to 30 only

Lebanon County

Event: QPR (Question, Persuade, Refer) Suicide Prevention Training

Description: QPR stands for Question, Persuade, and Refer — the 3 simple steps anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.

Location: Wellspan Philhaven's Grace M. Pollack Training and Community Center
283 South Butler Road
Mt. Gretna, PA 17064

Date: March 16 | 6 p.m. - 9 p.m.

Contact: Register at www.wellspanphilhaven.org/QPR

Registration Deadline: N/A - Free to attend

Event: Vietnam Veterans Recognition and Pinning Ceremony

Description: Open to Vietnam Veterans, Vietnam Era Veterans and a Significant Other. Prior to the ceremony, the medical center will host an information and enrollment fair specifically for Vietnam Veterans who want to enroll in VA health care? The fair will be from 1:00 pm to 3:30 pm.

Location: Veterans Affairs Medical Center – Lebanon in the Patriot Café
1700 South Lincoln Avenue
Lebanon, PA 17042

Date: March 29 | 3:30 pm

Contact: Veterans attending the Pinning Ceremony are encouraged to preregister at VHALEBPublicAffairs@va.gov or by calling 717,272.6621, ext. 4298

Registration Deadline: Free to attend.

Mercer County

Event: Tech Savvy Computer Workshop for Seniors

Description: Presented by Mercer Elder Victim Advocacy Program AWARE. How tech savvy are you? This free once weekly (six-week), one hour course will teach seniors the ins-and-outs of internet safety. Participants will be given a free USB upon completion of the program

Presenter: Connor Lucas, Mercer AWARE

Location: Penn State Shenango
108 Sharon Hall
147 Shenango Avenue
Sharon, PA 16146

Time: 11 a.m. – 12 p.m.

Date: March 19 – April 23, 2018 (March 19, 26, April 2, 9, 16, and 23)

Contact: Connor Lucas, Mercer AWARE at 724-342-4934, ext. 116 or clucas@merceraaware.org

Register by: March 15, 2018

Union County

Event: PHFA and PA Link Central Region Forum

Description: You are invited to attend a joint meeting co-sponsored by PHFA's Housing Services Department and the PA LINK to Resources. Forums are opportunities for site staff and agencies to develop relationships, exchange information, and learn about service options and developments. Registration is required. A networking lunch will be available at Country Cupboard Restaurant, 101 Hafer Rd., Lewisburg, following the meeting. Individual checks will be available.

Location: Union-Snyder Area Agency on Aging
116 N. 2nd St.
Lewisburg, PA 17837

Date: March 23, 2018

Time: 10:00 AM – 11:00 AM

Contact: Martha McGraw at mmcgraw@phfa.org

Registration Deadline: March 20, 2018. Please include location in subject line of email.

Union County

Event: Regional Hoarding Task Force Organizational Meeting

Description: PA Link to Aging and Disability Resource Centers is hosting an organizational meeting to determine the need for a regional Hoarding Task Force within a 9 county area that includes Union, Snyder, Northumberland, Lycoming, Columbia, Montour, Clinton and Schuylkill counties. The purpose of this task force is to help create a collaborative effort among multiple agencies to provide a managed response to hoarding cases to help ensure the health and safety of individuals affected by hoarding disorder.

Location: Union County Government Building
155 N. 15th Street
Lewisburg, PA 17837

Date: April 18, 2018

Time: 9:00 AM – 11:00 AM

Contact: Melissa Bottorf, Lead Link Coordinator
E-mail – mbottorf2016@gmail.com
Phone – 570-428-3521

Registration Deadline: April 15, 2018

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

Registration Deadline: N/A

Announcements

Registration Open for 2018 PHA Annual Conference!

Registration is open for the 2018 PHA Annual Conference, April 24-26 at the Omni William Penn in downtown Pittsburgh. Early bird rates are available through March 23. The conference will feature dynamic keynote speakers and innovative breakout sessions in home health, homecare, hospice and private duty homecare tracks. Click [here](#) to download the full conference brochure for details.

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.

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 or call our 24/7 Helpline at 800.272.3900.