



June 8, 2018

Message from the Secretary

This Tuesday I was honored to participate in the official kickoff of the 2018 Keystone State Games Festival of Sports, which includes the Pennsylvania Senior Games. Held in the Capitol outside of the Office of Lieutenant Governor, the kickoff was highlighted by the induction of three new Keystone Hall of Fame inductees, including Andrew “Sarge” Richards of Bucks County, Bob “Park” Parkison of Luzerne County, and Karen Klassner of Luzerne County. In addition to congratulating these trailblazers who have been engaged with the Keystone State Games for over three decades, I was able to share with those gathered that the tradition of these games provides constant encouragement to Pennsylvanians of every age and stage of life to engage in healthy lifestyles. These games truly serve as the keystone through which Pennsylvanians can participate in sports and fitness competitions, while also enhancing their physical and mental well-being. Moreover, I reminded everyone that while we are still in the immediate afterglow of May, serving as Older Americans Month, its theme of “Engage at Every Age” is incredibly fitting as the leaders and planners of the Keystone State Games and Pennsylvania Senior Games remind Pennsylvanians that none of us are ever too young or too old to take part in activities that can enrich our physical, mental, and emotional well-being.

2018 marks the 37th Annual Keystone State Games and the 34th Pennsylvania Senior Games. What began as a PA State House Resolution by Representative Joseph R. Pitts of Chester County and was approved by the Pennsylvania General Assembly in 1980, with the help of former Governor Richard Thornburgh three years later, became the Keystone State Games, Inc., a non-profit 501(c)(3) corporation. Since its inception, Keystone State Games, Inc., has attracted over 500,000 participants of various age groups to their events. The games are modeled after Olympic games and are Pennsylvania’s largest annually-held, multi-sports competition, providing the state’s amateur athletes with the opportunity to compete in a festival atmosphere that promotes all that is positive in amateur sports. The mission of the games is to promote physical fitness, sports activity, and sportsmanship as a health improvement and disease prevention strategy for all Pennsylvanians.

Joining the kickoff were Pennsylvania State Senator Lisa Baker and Pennsylvania House Representative Karen Boback, who presented resolutions congratulating their Northeastern Pennsylvania constituents, Mr. Parkison and Ms. Klassner, on their induction into the Keystone Hall of Fame. In addition, representatives from the Luzerne County Visitors Bureau were in attendance, as the Keystone State Games and Pennsylvania Senior Games are being held this year and next year in Luzerne County. The Executive Director is James Costello of Mountaintop, whose dad, Owen Costello, ran the games from their inception in 1982 until his death in 2015, when James took over the helm. Venues will include the Mohegan Sun Arena at Casey Plaza, PNC Field, and athletic facilities at area colleges and high schools. The games kick off July 25, 2018, and run through July 30, 2018. With a theme of “Forever Young, Forever Sport,” the Pennsylvania Senior Games include over 50 sporting events and serve as a qualifier for the National Senior Festival, which will be held in Albuquerque, New Mexico, on June 14-25, 2019. For more information, click [here](#).

Yesterday morning, I had the good fortune to journey to WITF studios to be with the 2017-2018 Leadership Development Institute (LDI) participants as they made team presentations and celebrated their graduation from the program. The LDI is a partnership of the Pennsylvania Department of Aging, the Pennsylvania Association of Area Agencies on Aging, and the Long-Term Living Training Institute, and was created as a way for us to build the next generation of Pennsylvania leaders in the field of aging. There were three team presentations from fourteen LDI participants from eleven different area agencies on aging. They chose a topic, conducted a research project, and reported their findings. Along the way, they participated in team building and leadership exercises.

Team one's presentation focused on re-branding senior community centers, locating alternative sources of funding, and reviewing new operational models for partnering strategies and program activities. Team two's presentation focused on exploring and recommending best practices for documenting journal entries, recognizing that there currently is a lot of variance among agencies and little consistent training. Team three's presentation focused on the challenges associated with recruitment, engagement, and retention of AAA staff. Needless to say, I was impressed with each team and certainly noted some areas that we can further explore in our work together as Pennsylvania's aging network. Following the team presentations, I joined P4A Deputy Director Art DiLoreto in distributing certificates. We congratulated each graduate and thanked them for their commitment to sharing their gifts, talents, and leadership skills as we strive together to serve and protect older Pennsylvanians.

Please join me in congratulating the 2017-2018 LDI Graduates:

Kathleen Koch, Bucks County
Lisa Wadsworth, Cambria County
Susan Zeigler, Carbon County
Julie Fenton, Clearfield County
Megan Reifer, Clearfield County
Annie Huff, Cumberland County
Annette Town, Jefferson County
Tiffany Winkle, Lehigh County
Laurie Greco, Northampton County
Greg Wirth, Perry County
Dorian Harris, Philadelphia County
James Nkrumah, Philadelphia County
Denise Flannigan, Westmoreland County
Carrie Nelson, Westmoreland County

Teresa Osborne
Secretary

Legislative Update

Pennsylvania House of Representatives

The House returned to session on Monday, June 4, 2018, at 1 p.m. and considered the following aging-related legislation:

House Bill No. 2152, sponsored by Representative Rosemary Brown, would allow home health and hospice workers to properly dispose of patient medications upon a patient's discharge or

death. This bill was passed out of the House unanimously, by a margin of 189-0, and will now go to the Senate for consideration.

The House will return to session on Monday, June 11, 2018, at 1 p.m.

On Wednesday, June 13, 2018, the House Aging & Older Adult Services Committee will meet to consider the following bills:

- House Bill No. 1925 (Peifer), which would allow municipalities to offer municipal tax reductions to seniors participating in a volunteer exchange program.
- House Bill No. 2040 (Hennessey), which would allow school districts to offer school property tax reductions to seniors participating in a volunteer exchange program.
- House Bill No. 2065 (Solomon), which would create the Older Adult Mentor Volunteer Program. The program would allow seniors to share their knowledge and experiences with junior high & high school students.

Pennsylvania Senate

The Senate returned to session on Monday, June 4, 2018, at 1 p.m. and did not consider any aging-related bills.

The Senate will return to session on Monday, June 11, 2018, at 1 p.m.

On Tuesday, June 12, 2018, the Senate Judiciary Committee will hold a voting meeting to consider House Bill No. 1539 (Pashinski) which allows for temporary guardianship of children for grandparents and other family members under limited circumstances.

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:

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)

Good Shepherd United Church of Christ
170 Tuckerton Road
Reading, PA 19605

Dates: June 13, 2018

Time: 9:30 a.m. – 3 p.m.

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

No charge for this class

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

HealthSouth Reading Rehabilitation Hospital

1623 Morgantown Road

Reading, PA 19607

Dates: Tuesdays, June 5, 2018 – July 10, 2018

Time: 1 p.m. – 3:30 p.m.

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

No charge for this class

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

Central Blair Senior Center

1320 12th Avenue

Altoona, PA 16601

Dates: June 13, 2018

Time: 9 a.m. – 2 p.m.

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

No charge for this class

Website: www.blairsenior.org/senior-centers/

Central Blair Senior Center

1320 12th Avenue

Altoona, PA 16601

Dates: July 11, 2018

Time: 12:30 p.m. – 4:30 p.m.

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

No charge for this class

Website: www.blairsenior.org/senior-centers/

Northern Blair Senior Center

505 Third Street

Tyrone, PA 16686

Dates: June 14, 2018

Time: 12:30 p.m. – 5:30 p.m.

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

No charge for this class

Website: www.blairsenior.org/senior-centers/

Central Blair Senior Center

1320 12th Avenue

Altoona, PA 16601

Dates: July 11, 2018

Time: 12:30 p.m. – 5:30 p.m.

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

No charge for this class

Website: www.blairsenior.org/senior-centers/

Southern Blair Senior Center

15229 Dunnings Highway

East Freedom, PA 16637

Dates: August 22, 2018

Time: 8 a.m. – 1 p.m.

Please contact: Aubrey Lidwell, Community Services Program Coordinator, at 814-946-1235
No charge for this class

Website: www.blairsenior.org/senior-centers/

Williamsburg Senior Center

423 West Second Street

Williamsburg, PA 16693

Dates: August 23, 2018

Time: 9 a.m. – 2 p.m.

Please contact: Aubrey Lidwell, Community Services Program Coordinator, at 814-946-1235
No charge for this class

Website: www.blairsenior.org/senior-centers/

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

Chemung View Apartments

222 Chestnut Street

Athens, PA 18810

Dates: Tuesdays, June 12, 2018 – July 17, 2018

Time: 9 a.m. – 11:30 a.m.

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

No charge for this class

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

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

Panther Valley Senior Center

90 E Catawissa Street

Nesquehoning, PA 18240

Schedule: Tuesdays, May 29, 2018 – July 3, 2018

Time: 1 p.m. – 3 p.m.

Please contact: Anne Horrigan, Health & Wellness Coordinator, at 610-824-7830

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 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 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)

Clearfield Center for Active Living
116 South Second Street
Clearfield, PA 16830
Dates: June 7, 2018
Time: 10 a.m. – 3 p.m.
Please contact: Connie Harris, Center Manager, at 814-765-9319
No charge for this class
Website: www.ccaaa.net

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

CERTIFIED WORKSHOP LEADER TRAINING by Dering Consulting Group, Inc.

Red Lion Hotel Harrisburg Hershey
4751 Lindle Road
Harrisburg, PA 17111
Date: June 28, 2018
Time: 8:30 a.m. – 4:30 p.m.
Please register at: Dering Consulting Group, Inc., at www.deringconsulting.com/hsim
No charge for this class

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

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

Chestnut Hills Social Center
26 Heybert Drive
Blairsville, PA 15717
Dates: Fridays June 15, 2018 and June 22, 2018

Time: 10 a.m. – 12 p.m.
Please contact: Michele Haynes, Center Manager, at 724-459-5251
No charge for this class

Lehigh – Chronic Disease Self-Management Program (education on living a healthier life)
Lehigh Valley Active Life
1633 Elm Street
Allentown, PA 18102
Dates: Wednesdays, September 26, 2018 – October 31, 2018
Time: 12:15 p.m. – 2:45 p.m.
Please contact: Monica Yastrzab-Kempf, Health and Wellness Nurse, at 610-782-3618
No charge for this class

Lehigh – Diabetes Self-Management Program (education on living a healthier life with Diabetes)
Whitehall Active Lifestyle Center
West Catasauqua Community Center
2301 Pine Street
Whitehall, PA 18052
Schedule: Mondays, October 15, 2018 - November 19, 2018
Time: 12:30 p.m. – 3 p.m.
Please contact: Monica Yastrzab-Kempf, Health and Wellness Nurse, at 610-782-3618
No charge for this class

Montgomery – Healthy Steps in Motion (exercise classes for strength & balance)
CERTIFIED WORKSHOP LEADER TRAINING by Dering Consulting Group, Inc.
Generations of Indian Valley
259 North 2nd Street
Souderton, PA 18964
Date: June 15, 2018
Time: 8:30 a.m. – 4:30 p.m.
Please register at: Dering Consulting Group, Inc., at www.deringconsulting.com/hsim
No charge for this class
NOTE: This training is for AAA staff, AAA Senior Center staff, AAA contractors and AAA volunteers and is capped at 25 registrants.

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, June 14, 2018 – July 19, 2018
Time: 10 a.m. – 12:30 p.m.
Please contact: Geisinger Health and Wellness Department at 1-866-415-7138
No charge for this class
Website: www.geisinger.org/events

Perry – Healthy Steps for Older Adults (fall risk screening & education)
Millerstown Senior Center
99 Greenwood Street
Millerstown, PA 17062
Dates: July 16, 2018

Time: 9:30 a.m. – 2:30 p.m.

Please contact: Allyson Valentine, Outreach Coordinator, at 717-582-5128

No charge for this class

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

Both Trainings are full if interested please ask to be placed on a waiting list

PCAWallace Building

642 North Broad Street

Philadelphia, PA 19130

Schedule: CDSMP four-day training – June 12, 13, 20 and 21, 2018

Time: 8:30 a.m. – 4 p.m.

Schedule: CPSMP cross-training – June 26, 2018

Time: 8:30 a.m. – 4:30 p.m.

Please contact: Diane P. Brown, Health Promotion Consultant at 215-765-9000, ext. 5119 or at

Diane.Brown@pcacares.org

Charge: No charge to AAA staff, AAA subcontractors or AAA volunteers. Anyone else not covered by PDA's Self Management Resource Center license must provide their own SMRC license at the time of registration. Any questions about PDA's SMRC license may contact Katrina Kyle at katkyle@pa.gov or 717-783-8349. Participants are responsible for their own lodging, transportation, and meals.

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

Shenandoah Senior Community Center

116 North Main Street

Shenandoah, PA 17976

Dates: Tuesdays and Thursdays, June 12, 2018 – July 5, 2018

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

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

No charge for this class

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

Endless Mountains Health System

Hospital Drive

Montrose, PA 18801

Dates: Thursdays, July 12, 2018 – August 16, 2018

Time: 9 a.m. – 11:30 a.m.

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

No charge for this class

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

York Commons

2406 Cape Horn Road

Red Lion, PA 17356

Schedule: Thursdays, July 19, 2018 – August 23, 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

[PA Link to Aging and Disability Resources](#)

Allegheny County

APPRISE / Allegheny Link 2018 Lunch & Learn Series: The Medicare Appeals Process
This presentation will be a platform to discuss problems with accessing healthcare services and prescription drugs under your specific plan. We'll also review the issue of In-Patient versus Observation status for hospital provided services provided under Medicare.

Human Services Building (Lower Level)

1 Smithfield Street

Pittsburgh, PA 15222

Date: Thursday, June 21, 2018

Time: 11:30 a.m. – 12 p.m. Lunch/Networking

12 p.m. – 2:30 p.m. Presentation of Topics/Q&A

Contact: Bill McKendree, Allegheny County APPRISE at mckendree@fswp.org or 412-661-1670 x 645 OR Andrea Bustos, Allegheny Link at

andrea.bustos@alleghenycounty.US

Registration Deadline: June 19, 2018

Armstrong County

Human Services 101

Join us for this free event to learn about services available in Armstrong County, speed networking style. Keynote speaker Amy Brooks will share her life experience with an extremely rare condition, Tetra phocomelia. Sponsored by PA Link and The Human Services Council

The Belmont Complex

415 Butler Rd.

Kittanning, PA 16201

Date: Wednesday, June 13, 2018

Time: 10 a.m. – 3 p.m. (Lunch included)

Contact: www.eventbrite.com and search for Human Services 101

Berks County

Gentle Yoga for Breast Cancer Survivors | offered by Berks County Breast Cancer Support Services

Building 7 Yoga

220 North Park Road, Building 7

Wyomissing, PA 19610

Thursdays, May 10 through June 14

Time: 7 p.m.

To register or for more information contact 484-755-5705 or

www.bldg7yoga.com/events/workshops

FREE for all breast cancer survivors; must be registered to attend

Bradford County

43rd Annual Senior Citizens' Picnic

This annually-held picnic for seniors features informational booths, free health screenings, and entertainment.

Alparon Park, Troy Fairgrounds

Junction of Route 6 and Route 14

Troy, PA 16947

Date: Thursday, June 21, 2018

Time: 10 a.m. – 2 p.m.

Contact: Cindy Williams, Senior Picnic Coordinator, at cwilliams@bsstaaa.org

Registration Deadline: June 15, 2018

Cambria County

Active Shooter Training

This is a free training is designed to prepare individuals in the event they are involved in active shooting

American Red Cross

250 Jari Drive

Johnstown, PA

Date: Thursday, June 21, 2018

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

Registration begins at 9 a.m.

Contact: Michelle Younkin, Lead Coordinator –SA 6 at palinkcoordinator6@gmail.com

Registration deadline: June 15, 2018

Chester County

Bridges out of Poverty

Olivet United Methodist Church

310 E. Chestnut Street

Coatesville, PA 19320

Date: June 9, 2018

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

Bridges out of Poverty, developed by Dr. Ruby Payne and Phillip DeVol, provides concepts, perspectives, and strategies to help employers, community organizations, social service agencies, and individuals address and reduce poverty in a comprehensive way.

Contact email: WGAYONR@CHESTERCOUNTYFOODBANK.ORG

Crawford County

PA Link to Services Fest

This free event allows the community to meet PA Link Partners who provide a variety of services and supports to persons of all ages, abilities, and incomes so that individuals can learn about resources that can help them remain as independent as possible in the setting of their choice.

Active Aging, Inc./Community Center of Crawford County

1034 Park Avenue

Meadville, PA 16335

Date: Thursday, June 28, 2018

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

Contact: Kathy Freeman, Lead PA Link Coordinator, at 814-336-1792

Registration Deadline: N/A

Delaware County

Caregiver Academy

Community Interactions

740 S. Chester Rd.

Swarthmore, PA 19081

Dates: Schedule: 4 p.m. – 5 p.m. on the following dates:

6/14/18 – Estate Planning and Caregiving: By Dana Breslin, Esq.

Contact: Debbie Templeton at 484-540-0372 or dtempleton@scs-delco.org

Mental Health First Aid

Mental Health First Aid is an international certification program that teaches how to help someone who is developing a mental health problem or experiencing a mental health crisis. Participants learn correct information about mental illness, understand depression and anxiety better, and discover myths that create unnecessary fear about mental illness.

First African Baptist Church

901 Clifton Ave.

Sharon Hill, PA 19079

Dates: Monday & Tuesday June 11 & 12, 12:30 p.m. - 5 p.m.

Contact: Sharon D. White, MSS, LCSW – Program Director Older Adults Counseling Services at 610-537-5353 or swhite@merakey.org

Deadline: May 25

Fayette County

Problem Gambling Workshop

This free program will teach participants about the problem, how it often develops, what help is available and how to best approach working with someone who may be suffering from gambling disorder.

Park Inn by Radisson, Uniontown

700 West Main Street

Uniontown, PA 15401

Date: Wednesday, June 13, 2018

Time: 10 a.m. - 2 p.m., registration begins at 9:30

Contact: Michelle Rockwell at mrockwell@tripil.com by Friday, June 8, 2018

Greene County

Love, Laughter, and Wisdom about Sexual Health for ALL

This free presentation will focus on equity, courage, and self-advocacy by encouraging participants to develop their own voices. This presentation will be great for those providing support for older adults and individuals with ID/DD.

Waynesburg University, Benedum Dining Hall

51 W. College Street

Waynesburg, PA 15370

Date: Monday, June 11, 2018

Time: 9 a.m. - 12 p.m., registration at 8:30 a.m.

Contact: Michelle Rockwell at mrockwell@tripil.com by June 4, 2018

Lancaster County

Rock 'n Recovery Picnic 2018

FREE event at Pavilion #1 in Long's Park

Friday, June 15, 2018

TIME: 10 a.m. - 3 p.m.

RSVP not required – Kickball game against Mental Healthcare Case Managers starts at 1:30 pm

FREE Community HealthChoices (CHC) Update, overview and preview

United Disabilities Services

2270 Erin Court

Lancaster, PA 17601

Thursday, June 28, 2018

Time: 2 p.m. - 4 p.m.

FREE to attend, but to RSVP or let us know you require accommodation, call or text to 717.380.9714 or email bllink@mail.com

Lebanon County

FREE Bones, Balance, Brains & Bands seminar

Annville Free Library

216 East Main Street

Annville, PA 17003

Myerstown, PA 17067

Wednesday, June 13, 2018

Time: 6 p.m. - 8 p.m.

Please RSVP by calling or texting 717.380.9714 or email bllink@mail.com

Somerset County

PTSD and Suicide Awareness

This is a free seminar for Veterans and their family members

Stoystown American Legion, Post 257

359 North Club Road

Stoystown, PA 15563

Date: Monday, June 25, 2018

Time: 9:30 a.m.-2:30 p.m. - Registration begins at 9 a.m.

Contact: Michelle Younkin, Lead Coordinator –SA 6 at palinkcoordinator6@gmail.com

Registration deadline: June 20, 2018

Announcements

Leadership Development Institute Graduates 5th Class in Harrisburg

Fourteen individuals graduated from the Leadership Development Institute's fifth class on Thursday, June 7, 2018, in Harrisburg. The Pennsylvania Department of Aging, through the Long Term Living Institute and in cooperation with P4A, developed the LDI to help prepare the next generation of AAA leaders. As part of the curriculum, LDI participants were assigned to a team and expected to conduct original research and prepare a written report of their findings and recommendations. The findings and recommendations were presented during the live broadcast.

If you weren't able to view the live streaming of the LDI's team presentations on June 7th, you can use the links below to access the broadcast. Please note that the video starts at the 0:30:31 mark and ends at the 2:59:30 mark. There is approximately 30 minutes of music prior to the start and after the conclusion of the presentations.

The video can be replayed at www.witf.org/p4a

New on the LTLTI Learning Management System (LMS)

Cultural Competence Assessment Training

The Cultural Competence Assessment Training is now 'live' in the LTLTI training portal. To view the course, [click here](#) or navigate the following path once logged into your LTLTI training account:

Contact: Margot Troutman, Mtroutman@p4a.org, 717-541-4214

New Medicare Card Project – Card Mailing Update

CMS started mailing new Medicare cards to people with Medicare who live in Wave 2 states and territories: Alaska, American Samoa, California, Guam, Hawaii, Northern Mariana Islands, and Oregon. CMS continues to mail new cards to people who live in Wave 1 states, as well as nationwide to people who are new to Medicare.

On June 1, the Railroad Retirement Board (RRB) will mail the new RRB card to all people who get RRB benefits, nationwide.

Once people with Medicare get their new Medicare cards, they should start using them right away. Healthcare providers and suppliers can use either the former Social Security-based HICN or the new alpha-numeric Medicare Beneficiary Identifier through December 31, 2019.

To view updates, beneficiary and stakeholder resources, visit the [Outreach & Education](#) page.

For a full list of the mailing waves, please see CMS' mailing strategy, available [here](#).

Direct people with Medicare to [Medicare.gov/NewCard](https://www.Medicare.gov/NewCard) for information about the mailings and to sign up to get email about the status of card mailings in their state.

Share this [video](#) on tips for destroying your old card.

CMS is committed to mailing new cards to all people with Medicare over the next year.

Cognitive Issues in Older Adults Webinar

Linda Shumaker of Optimize Aging will present a *Cognitive Issues in Older Adults* webinar on Monday, June 18, 2018, from 9 a.m. – 10:30 a.m. Participants will learn about cognitive issues in older adults and how when interacting with older adults it is important to differentiate normal age-related changes from common psychiatric issues of aging. The presentation will discuss what “normal” cognitive processes happen as we all age and how to differentiate potential cognitive problems such as the cognitive changes in depression, dementia, and delirium. The importance of “brain health” will be emphasized. Connection information:

Monday, June 18, 2018, 9 a.m. Eastern Daylight Time (New York, GMT-04:00) – 1 hour, 30 min

Meeting number/access code: 647 621 510

Meeting password: cognitive

Join by phone:

+1-415-655-0002 US Toll

+1-855-797-9485 US Toll free

Achieving Financial Excellence for AAAs (Penn Stater, State College)

In response to requests from the AAA network for additional financial training to supplement the annual workshop provided by PDA, LTLTI is pleased to present a day-long financial workshop presented by Maher Duessel, a Pennsylvania based CPA firm with more than 25 years of experience in the industry. The workshop will be held on June 20 and will provide both fundamental and advanced breakout sessions, a AAA Best Practices Panel, intermediate topics, as well as a session on internal controls and fraud. [CLICK HERE TO REGISTER](#) (you will first be prompted to log in to your training account)

SAGE - Care Can't Wait Campaign

Equal access to quality healthcare and eldercare services is at risk because of the Trump administration's efforts to allow religion to be used as a license to discriminate. Yet, in the shadows, LGBT elders are already being severely impacted as religious-based discrimination is on the rise. Our mission is to counter renewed efforts to promote religious-based discrimination by expanding the tent of LGBT allies to include audiences who care deeply about the safety and well-being of the LGBT elder population.

The campaign has assembled a social media toolkit with pointed and relevant content that calls on allies and institutions alike to protect LGBT elders, and the community at large, from religious-based discrimination.

Click [here](#) to partner with us.

Click [here](#) to view our social media toolkit.

Tips and Tools for Working with the Media: Building Confidence & Effective Communications for Pennsylvania's Area Agencies on Aging

Proactive media relations are an important component of effectively telling your AAA's story. There is an old adage, "If you aren't telling your story, someone will tell it for you." That "someone" might not represent your views or the facts as you know them, and they certainly can't speak with your voice or expertise.

In response to the feedback received from participants of the media workshop last June, PDA, through the Long Term Living Training Institute, is working with PPO&S to develop a media tool kit that can be accessed by AAAs via a manual and flash drive. The Media tool kit topics will include:

- Fundamentals to Working with the Media
- Building a Localized Media List
- Strategic Message Development*
- Potential Interview Questions
- Handling Pitfalls and Preparing for Difficult Questions
- Social Media Best Practices
- Relevant Case Studies
- Monitoring and Measurement

The media tool kit will be unveiled by PPO&S at a training for AAA directors, deputy directors and/or senior staff on Monday, June 11, 2018, from 1 - 4 p.m., at the Sheraton Harrisburg Hershey Hotel, Harrisburg. (This is the afternoon before the June Membership Meeting.) The tool kit and training will help Area Agencies on Aging better educate audiences on services or projects, raise their public profiles, build goodwill, influence public opinion, send an effective message, and effectively represent their agency and industry. Registration information will be available soon.

Long Term Living Training Institute (LTLTI) Training Calendar

For additional information and to register for a training session, access the Long Term Living Training Institute's Calendar/Events page [here](#)
(You will first be directed to log in to your LTLTI training account.)

June 11 - Media Toolkit Workshop (Harrisburg)
June 12 - P4A Membership Meeting (Harrisburg)
June 13 - PDA Quarterly Review (Harrisburg)