



November 9, 2018

Message from the Secretary

It's hard to believe that we have journeyed through the first full week of November. If you are like me, the struggle was real this week after we 'fell back' one hour this past Sunday, marking the end of Daylight Saving Time and the beginning of adjusting to darkness at 5 p.m. November also notably hosts several significant holidays, including Veteran's Day, landing annually on November 11. Originally conceived as Armistice Day as a time set aside to mark the end of World War I, today Veteran's Day is recognized as a time to honor America's veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good. In addition, the fourth Thursday in November hosts Thanksgiving Day, which continues to be a day for Americans to gather with family and friends for a traditional feast. It's also a time to reflect on our lives and simply be grateful for all that what we have.

November also hosts several national month observances, including National Family Caregivers Month, National Home Health and Hospice Month, and National Long Term Care Awareness Month. Of these observances, perhaps the last one – National Long-Term Care Awareness Month – is the least familiar. Founded in 2001 by the American Association for Long-Term Care Insurance, their intention was to raise awareness about long-term care needs and to encourage Americans to look into obtaining long-term care insurance. The phrase 'long-term care' typically refers to the assistance that some persons with chronic illnesses, disabilities, or other conditions need on a daily basis over an extended period of time. The assistance can range from help with activities of daily living like bathing, dressing, and eating, to skilled care that needs to be provided by a nurse, therapist, or other licensed professional. Long-term care assistance can be costly, and it is rarely covered by employer-based health coverage, which does not pay for daily, extended care services. Additionally, Medicare will only cover a short stay in a nursing home or a limited amount of at-home care under very strict conditions. As such, some people choose to buy long-term care insurance, which – unlike traditional health insurance – is designed to offer financial support to pay for long-term care services in a variety of settings, such as your home, a community setting, or in a facility.

Raising awareness about long-term care and options for accessing it is critically important. While insurance, including long-term care insurance, may be part of the strategy to aging in place, long-term care encompasses everything from long-term services, supports, and finances, to where you live and how you navigate the myriad of legal, family, and social dynamics along the way. Right about now, many, if not most of you reading this message, may be thinking, "Hey, Teresa, I work in this field. I know all of this." However, if there is one thing I have learned in my aging career is that we, who work in the field, are the very ones who most often fail to plan, so remember that it's never too early to begin to think about how *you* would handle the need for long-term care. While each path is unique and based on an individual's preferences and circumstances, basic questions, such as who will need care and how much, who will provide the care, where you can receive care, and who pays for long-term care all need to be considered. As we age, there are steps we can take to ensure that our wishes are carried out in the way we want. Engaging in conversations with family or friends who may serve as your caregiver is important and allows you to have your wishes known and decisions squared away

so that there are no misunderstandings or second guessing. Truth be told, when my mother was diagnosed with cancer, she made it abundantly clear to my brothers and I what she did and did not want, right up until the day she breathed her last breath. Despite the sadness of losing her to such an awful disease, it one of the greatest gifts she gave us as we carried out her wishes.

As I think about my mother and the numerous caregivers who provided long-term care services and supports to her during her journey, I am gently reminded of former first lady Rosalynn Carter, and her now-famous quote on caregiving: “There are only four kinds of people in the world: those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need caregivers.” How fitting that during November we recognize family caregivers, along with home health and hospice caregivers, who make a remarkable difference in the lives of the individuals they serve. They are superheroes who play a pivotal role in our long-term services and supports system, our health care system, and in homes across the country, as well as in the Commonwealth of Pennsylvania. Individually and collectively, these caregivers are compassionate, caring, tireless, and dedicated souls who choose to give of themselves in order to care for the aged, disabled, and dying. Their work is noble and is worthy of our recognition and praise. Together, may we all pause during this month of November to celebrate national family caregivers and home health and hospice month, and raise awareness about the need to plan for long-term care. And don’t worry, if you are concerned that I did not mention November also being National Alzheimer’s Disease Awareness Month, please stay tuned for next week’s Friday Wrap Up. Have a great weekend, and don’t forget to honor our veterans on Monday.

Teresa Osborne
Secretary

Legislative Update

Pennsylvania House of Representatives

The House will return to session on Tuesday, November 13 for farewell speeches. There are currently no additional voting days scheduled for the current session.

Pennsylvania Senate

The Senate will return to session on Wednesday, November 14 for farewell speeches. There are currently no additional voting days scheduled for the current session.

Education and Outreach Office

Health and Wellness Program

The Health and Wellness Program focuses on health promotion and disease prevention activities for older Pennsylvanians with a special focus on health risk screening, nutrition, chronic conditions, fall risk, exercise, and strengthening to prevent fall-related injury, monitoring behavioral health, and managing medications. Please see upcoming wellness workshops below:

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

Berks County Agricultural Center
1238 County Welfare Road
Leesport, PA 19533

Schedule: CDSMP four-day training – November 27, 28, 29, and December 4, 2018

Time: 8:30 a.m. – 4:30 p.m.

Schedule: DSMP cross-training – December 5, 2018

Time: 8:30 a.m. – 4:30 p.m.

Please contact: Ann Barlet, Public Advocacy and Outreach Manager, at 610-478-6500 ext. 5523 or abarlet@countyofberks.com

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 and will pay a small fee to cover supplies. 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.

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

Villa St. Elizabeth

1201 Museum Road

Reading, PA 19611

Dates: Mondays and Fridays, October 26, 2018 – December 28, 2018

Time: 10:30 a.m. – 11:30 a.m.

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

No charge for this class

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

Lutheran Home at Topton

One South Home Avenue

Topton, PA 19562

Dates: Thursdays, November 29, 2018 – January 3, 2019

Time: 10 a.m. – 12:30 p.m.

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

No charge for this class

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

Eastern Upper Bucks Senior Center

8040 Route 611

Ottsville, PA 18942

Dates: Tuesday, January 15, 2019 and Thursday, January 17, 2019

Time: 9:30 a.m. – 12 p.m.

Please contact: Eastern Upper Bucks Senior Center at 610-847-8178

No charge for this class

Bensalem Senior Center

1850 Byberry Road

Bensalem, PA 19020

Dates: Tuesday, November 20, 2018

Time: 9:30 a.m. – 2 p.m.

Please contact: Bensalem Senior Center at 215-638-7720

No charge for this class

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

Weatherly Senior Center

335 Third St.

Weatherly, PA 18255

Dates: November 13 & 14, 2018

Time: 10 a.m. – 3 p.m.

Please contact: Eva Labanoski, Senior Center Operator, at 570-427-8175
No charge for this class

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

Surrey Services for Seniors

60 Surrey Way

Devon, PA 19333

Dates: Thursdays, October 18, 2018 – November 29, 2018

Time: 12:30 p.m. – 2:15 p.m.

Please contact: Nicole Robinson, Center Director, at 610-647-9172

No charge for this class

Website: <https://surreyservices.org/>

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

CERTIFIED WORKSHOP LEADER TRAINING by Dering Consulting Group, Inc.

Active Aging

1034 Park Avenue

Meadville, PA 16335

Date: April 11 & 12, 2019

Time: 9 a.m. – 4 p.m.

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

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.

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

CERTIFIED WORKSHOP LEADER TRAINING by Dering Consulting Group, Inc.

New Cumberland Senior Center

122 Geary Avenue

New Cumberland, PA 17070

Date: December 6 & 7, 2018

Time: 9 a.m. – 4 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.

Delaware – Diabetes Self-Management Program **LAY LEADER CROSS-TRAINING**

County of Delaware Office of Aging Services

206 Eddystone Avenue, 2nd Floor

Eddystone, PA 19022

Schedule: DSMP cross-training – November 15, 2018

Time: 8 a.m. – 4:30 p.m.

Please contact: Ellen Williams, Health & Wellness Program Manager, at 610-499-1937 or (preferred) williamse@co.delaware.pa.us

Prerequisite: Must be a certified Chronic Disease Self-Management Program Lay Leader

Charge: No charge to AAA staff, AAA subcontractors or AAA volunteers and refreshments provided. Anyone else not covered by PDA's Self Management Resource Center license must provide their own SMRC license at the time of registration and will pay a small fee to cover supplies and refreshments. 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.

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

Our Lady of Angels Convent

609 Convent Rd.

Aston, PA 19014

Dates: Fridays, February 22, 2019 – March 29, 2019

Time: 9 a.m. – 11:30 a.m.

Please contact: Ellen Williams, Health & Wellness Program Manager, at 610-499-1937 to get on waiting list

No charge for this class

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

Brinton Lake, 1st Floor Community Room

300 Evergreen Drive

Glen Mills, PA 19342

Dates: December 10, 2018 and December 17, 2018

Time: 10 a.m. – 12:30 p.m.

Please contact: Joe Miller at 610-447-2060

No charge for this class

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

Taylor Community Library

710 South Main Street

Taylor, PA 18517

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

Time: 10 a.m. – 11 a.m.

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

No charge for this class

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

Luther Crest Senior Living Community

800 Hausman Road

Allentown, PA 18104

Dates: Wednesdays, November 14, 2018 – December 19, 2018

Time: 10 a.m. – 12:30 p.m.

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

No charge for this class

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

Cedar View Senior Center

4230 Dorney Park Road

Allentown, PA 18102

Dates: Tuesdays, October 23, 2018 – December 11, 2018

Time: October 23, 2018 – December 11, 2018, 10:30 a.m. – 11:30 a.m.

Please contact: Monica Yastrzab-Kempf, Health and Wellness Nurse, at 610-782-3618

No charge for this class

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

St. Anne's Episcopal Church

6667 Lower Macungie Road
Trexlerstown, PA 18087
Dates: January 23, 2019 and January 28, 2019
Time: 1 p.m. – 3 p.m.
Please contact: Monica Yastrzab-Kempf, Health and Wellness Nurse, at 610-782-3618
No charge for this class

Lehigh – Healthy Steps for Older Adults (fall risk screening & education)
CERTIFIED WORKSHOP LEADER TRAINING by Dering Consulting Group, Inc.
Best Western Conference Center
300 Gateway Drive
Bethlehem, PA 18017
Date: March 19 & 20, 2019
Time: 9 a.m. – 4 p.m.
Please register at: Dering Consulting Group, Inc. at www.deringconsulting.com/hsoa
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.

Luzerne – Diabetes Self-Management Program (education on living a healthier life with Diabetes)
CTA Active Adult Center
5 East Market Street
Wilkes Barre, PA 18701
Schedule: Saturdays, October 6, 2018 - November 22, 2018
Time: 9:30 a.m. – 11:30 a.m.
Please contact: Ramonita Rolon, Asst. Director of CTA AAA, 570-825-3484
No charge for this class
Website: aginglw.org

Luzerne – Healthy Steps in Motion (exercise classes for strength & balance)
CERTIFIED WORKSHOP LEADER TRAINING by Dering Consulting Group, Inc.
Rose Tucker-Nanticoke Active Adult Center
145 East Green Street
Nanticoke, PA 18634
Date: June 6 & 7, 2019
Time: 9 a.m. – 4 p.m.
Please register at: Dering Consulting Group, Inc. at www.deringconsulting.com/hsim
No charge for this class
NOTE: This training is for AAA staff, AAA Senior Center staff, AAA contractors and AAA volunteers and is capped at 25 registrants.

Lycoming – Chronic Disease Self-Management Program (education on living a healthier life)
Lincoln Center for Healthy Aging
2138 Lincoln St.
Williamsport, PA 17701
Dates: Tuesdays, October 16, 2018 – November 20, 2018
Time: 1 p.m. – 3:30 p.m.
Please contact: Tammy Frye, Health, Nutrition and Fitness Center Coordinator, at 570-601-9573
No charge for this class

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

CERTIFIED WORKSHOP LEADER TRAINING by Dering Consulting Group, Inc.

Riverwalk Center for Healthy Aging

423 East Central Avenue

South Williamsport, PA 17702

Date: January 15 & 16, 2019

Time: 9 a.m. – 4 p.m.

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

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.

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

Grace UCC Church

902 Lincoln Avenue

Northampton, PA 18067

Dates: October 30, 2018 and November 27, 2018

Time: 9:30 p.m. – 11:30 p.m.

Please contact: Krista Ambrosino, Senior Center Operator, at 610-262-4977

No charge for this class

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

Geisinger Shamokin Area Community Hospital

4200 Hospital Rd.

Coal Township, PA 17866

Schedule: Thursdays, December 6, 2018 – January 17, 2019

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

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

Marysville Sr. Center

198 Leonard Street

Marysville, PA 17053

Dates: Tuesdays and Thursdays, April 23, 2019 – June 4, 2019

Time: 10 a.m. – 11 a.m.

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

No charge for this class

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

Einstein Medical Center – Elkins Park

60 Townships Lane Road

Philadelphia, PA 19027

Dates: November 28, 2018

Time: 10 a.m. – 3 p.m.

Please contact: Fatima Jackson, Activities Coordinator, at 215-848-7722

No charge for this class

Philip Murray House
6300 Old York Road
Philadelphia, PA 19141
Dates: November 28, 2018
Time: 10 a.m. – 3 p.m.
Please contact: Amanda De Leo, Special Projects Coordinator, at 215-765-9000 x 5117
No charge for this class

MLK Older Adult Center
2100 W. Cecil B. Moore Ave
Philadelphia, PA 19121
Dates: December 6, 2018
Time: 10 a.m. – 3 p.m.
Please contact: Rosalyn Cofer, Activities Coordinator, at 215-978-2716
No charge for this class

Juniata Park Older Adult Center
1251 E Sedgley Avenue
Philadelphia, PA 19134
Dates: December 20, 2018
Time: 10 a.m. – 3 p.m.
Please contact: Joe Fagan, Center Director, at 215-685-1490
No charge for this class

KleinLife
10100 Jamison Avenue
Philadelphia, PA 19116
Dates: January 8, 2019
Time: 11 a.m. – 4 p.m.
Please contact: Sharon Kaplan, Activities Coordinator, at 215-698-7300
No charge for this class

Philadelphia Senior Center - Avenue of the Arts
509 S. Broad Street
Philadelphia, PA 19147
Dates: January 18, 2019
Time: 11 a.m. – 4 p.m.
Please contact: Julie Nelson, Center Director, at 215-546-5879
No charge for this class

Mann Older Adult Center
301 N. 5th St.
Philadelphia, PA 19140
Dates: January 22, 2019 and January 24, 2019
Time: 10 a.m. – 12 p.m.
Please contact: Maria Rivera, Activities Coordinator, at 215-685-9844
No charge for this class

Norris Square Senior Center
2121 Howard Street
Philadelphia, PA 19122

Dates: January 29, 2019 and January 30, 2019
Time: January 29, 2019 at 9:30 a.m. – 11:30 a.m. and January 30, 2019 at 12:15 p.m. – 2:15 p.m.
Please contact: Elizabeth Morales, Activities Coordinator, at 215-423-7241
No charge for this class
Language: Spanish

Philadelphia Senior Center: Allegheny
1900 W. Allegheny Avenue
Philadelphia, PA 19132
Dates: February 5, 2019
Time: 10 a.m. – 3 p.m.
Please contact: Barbara Whitmore, Activities Coordinator, at 215-286-1455
No charge for this class

Southwest Senior Center
6916 Elmwood Avenue
Philadelphia, PA 19142
Dates: March 5, 2019 and March 6, 2019
Time: 10 a.m. – 12 p.m.
Please contact: Lorraine Charowsky, Activities Coordinator, at 215-937-1880
No charge for this class

Peter Bressi NE Senior Center
477 Frankford Avenue
Philadelphia, PA 19124
Dates: March 8, 2019
Time: 11:30 a.m. – 4:30 p.m.
Please contact: Nichet Kemp, Center Counselor, at 215-831-2926
No charge for this class

Marconi Older Adult Program
2433 South 15th Street
Philadelphia, PA 19145
Dates: March 13, 2019
Time: 10 a.m. – 3 p.m.
Please contact: Sally Gnoza, Activities Coordinator, at 215-717-1969
No charge for this class

Older Adult Sunshine Center
6150 Cedar Avenue
Philadelphia, PA 19143
Dates: March 14, 2019
Time: 11 a.m. – 4 p.m.
Please contact: Jacqueline King, Center Counselor, at 215-472-6188
No charge for this class

Northeast Older Adult Center
8101 Bustleton Avenue
Philadelphia, PA 19152

Dates: March 15, 2019
Time: 10 a.m. – 3 p.m.
Please contact: Tara Bowman, Activities Coordinator, at 215-685-0576
No charge for this class

West Philadelphia Senior Community Center
1016 N. 41st St.
Philadelphia, PA 19104
Dates: March 21, 2019
Time: 11 a.m. – 4 p.m.
Please contact: Patrice Rhodes, Program Facilitator, at 215-386-0379
No charge for this class

The Center at Journey's Way
403 Rector Street
Philadelphia, PA 19128
Dates: March 26, 2019
Time: 10 a.m. – 3 p.m.
Please contact: Kathy Young, Activities Coordinator, at 215-487-1750
No charge for this class

South Philadelphia Older Adult Center
1430 East Passyunk Avenue
Philadelphia, PA 19147
Dates: April 9, 2019
Time: 10 a.m. – 3 p.m.
Please contact: Darlene Garcia, Activities Coordinator, at 215-685-1697
No charge for this class

Philadelphia – Healthy Steps in Motion (exercise classes for strength & balance)
CERTIFIED WORKSHOP LEADER TRAINING by Dering Consulting Group, Inc.
Philadelphia Corporation for Aging (PCA)
642 North Broad Street
Philadelphia, PA 19130
Date: May 16 & 17, 2019
Time: 9 a.m. – 4 p.m.
Please register at: Dering Consulting Group, Inc. at www.deringconsulting.com/hsim
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.

Schuylkill – Diabetes Self-Management Program (education on living a healthier life with Diabetes)
Frackville Senior Citizens Association
130 E. Frack Street
Frackville, PA 17931
Schedule: Tuesdays, October 16, 2018 – November 20, 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

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

Shenandoah High Rise

100 South Main Street

Shenandoah, PA 17976

Dates: November 28, 2018 and November 29, 2018

Time: 10 a.m. – 12 p.m.

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

No charge for this class

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

Charleroi Volunteer Fire Department Social Hall

328 Fallowfield Avenue

Charleroi, PA 15022

Dates: Tuesdays, October 16, 2018 – November 20, 2018

Time: 12:30 p.m. – 3 p.m.

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

No charge for this class

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

CERTIFIED WORKSHOP LEADER TRAINING by Dering Consulting Group, Inc.

Westmoreland Manor

2480 South Grande Boulevard

Greensburg, PA 15601

Date: April 1 & 2, 2019

Time: 9 a.m. – 4 p.m.

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

No charge for this class

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

York – Diabetes Self-Management Program LAY LEADER TRAINING

911 Center

120 Davies Drive

York, PA 17402

Schedule: DSMP four-day training – March 19, 21, 26 & 28, 2019

Time: 8:30 a.m. – 4 p.m.

Please contact: Megan Craley, Health & Wellness Coordinator, at 717-771-9610 or

mmcraley@yorkcountypa.gov

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.

PA Link to Aging and Disability Resources

Allegheny County

Bonding Over Caregiving: A Dementia Caregiver's Conference

The Alzheimer's Association SW region announces a free conference for caregivers. Attend if

you are a primary provider of care and support for a loved one with dementia.

Friday, November 16

8:45 a.m. - 2:30 p.m.

The Pittsburgh Marriott North

100 Cranberry Woods Drive

Cranberry Twp., PA 16066

For more information, contact Sara Murphy at 814-456-9200 or smurphy@alz.org

Register: <https://conta.cc/2Qbia1e>

Armstrong County

Certified Bullying Prevention Specialist will speak on senior bullying. Open to PA Link partners, Community Providers who work with seniors (Senior Center Managers, Housing Managers & Aging Specialists). The event is free, includes lunch, and is sponsored by PA Link and HAVIN.

The Belmont Complex

415 Butler Rd.

Kittanning, PA 16201

Date: Thursday, November 29, 2018

Time: 10 a.m. – 1 p.m.

Contact: jwingard@HAVINpa.org

Registration Deadline: November 20, 2018

Berks County

100-year anniversary of Armistice Day Commemoration (presentations, time capsule ceremony, concert)

940 Centre Avenue

Reading, PA

Saturday, November 10, 2018

Time: 10 a.m. - 12:30 p.m. (presentation); 6 p.m. (ceremony); 7:30 p.m. (concert)

Contact: 610-375-4375 or visit www.berkshistory.org

Carbon

PA Link Collaborative Partner Meeting/Cross Training

Carbon County Assistance Office presents “A Better Understanding of Medicaid” and additional information on what is available for our consumers.

Date: December 13, 2018

Time: 9:30 a.m. – 11 a.m.

Carbon County Assistance Office

101 Lehigh Drive

Lehigh, PA 18235

Please RSVP to Julie Rovinski-Mann at ccaging14@ptd.net

Cumberland County

Domestic Violence/Human Trafficking: information on domestic violence services in Cumberland & Perry Counties including emergency shelter, counseling, legal and medical advocacy, referrals, etc. She's Somebody's Daughter will provide awareness on human trafficking/exploitation in our region and education on red flags and indicators of those at risk.

The United Way of Carlisle and Cumberland County

145 South Hanover Street

Carlisle, PA 17013

Date: Friday November 30, 2018

Time: 9:30 a.m. – 11 a.m.

Contact: Ginger Monsted at vmonsted@ccpa.net
Registration Deadline: N/A

Delaware County

Aging/ID County Team Training
Presented by The Office of Intellectual Disabilities
Topic: services available through OID and how to access them
Presented by the Office of Services for the Aging
Topics: Protective Services, The Gateway Program, and how to access services
The Kings Mills
6000 Pennell Rd.
Media, PA 19063
Date: Thursday, Nov. 15, 2018
Time: 9 a.m. – 11 a.m.
Registration: Sallie Norsworthy at norsworthys@delcohsa.org or 610-713-2432

Juniata County

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

Lackawanna County

Caring for People with Alzheimer's
Jeff Dauber, Alzheimer's Association, will train on caring for people with Alzheimer's, understanding Alzheimer's and Dementia, as well as effective communication strategies for different stages of the disease
Date: November 29, 2018
Time: 9 a.m. – 12 p.m.
Salvation Army Community Center
500 S. Washington Street
Scranton, PA 18505
RSVP to Julie Rovinski-Mann at ccaging14@ptd.net

Lancaster County

Death Café
Lodge Multipurpose Room
Masonic Village – Elizabethtown
One Masonic Drive
Elizabethtown, PA
Saturday, November 10, 2018
Time: 9:30 a.m. - 11:30 a.m.
To register or let us know you require accommodation, call 717-367-1121 or email tnickel@masonicvillages.org

Lancaster County Link partners monthly cross-training meeting
Laura Miller, GPS, "The Essential Support Network" and Marlene & Gerry Kauffman, "Necessary Conversations Between Aging Parents and their Families"
The Long Community at Highland

600 East Roseville
Lancaster, PA 17601
Thursday, November 15, 2018
Time: 1 p.m. - 2:30 p.m.
To RSVP and/or let us know you require accommodation, call/text 717-380-9714 or email bllink@mail.com

Lebanon County

WRAP seminar | four Tuesday Sessions (Free)
Lebanon County MH/ID/EI Conference Room D
220 East Lehman Street
Lebanon, PA 17046
Tuesdays, beginning August 28, 2018
Time: 12:30 p.m. - 4:30 p.m.
For more information, call the Recovery InSight, Inc., office at 877-597-9497, ext. 10, or email label@recovery-insight.com

McKean County

Elder Law Day
Seminar for senior citizens to learn about scams, power of attorneys, wills, and other services
Session Two
Kane Senior Center
100 Fraley St.
Kane, PA 16735
Date: Monday, November 19, 2018
Time: 4 p.m. - 6 p.m.
Contact: Bill Orzechowski, Cameron/Elk/McKean AAA Director at borzecho@ohsaging.com
Registration deadline: N/A

Mifflin/Juniata County

Centers in Motion is hosting a Thanksgiving Meal
Tuesday, November 13
4 Seasons Senior Center
47 CJEMS Lane
Mifflintown, PA
Come share what you are thankful for. There will be snacks in the morning, a Christmas decoration craft, and entertainment.
Doors: 9 a.m.
Cost: Suggested donation of \$10 per person
Reservation deadline: November 1. Money is due at this time.

Northampton County

Ombudsman Program
Kim Shetler, Ombudsman Specialist, will speak about the Ombudsman program
Northampton County Human Services Building
2801 Emrick Blvd.
Bethlehem, PA 18020
Date: November 28, 2018
Time: 9:30 a.m. - 11 a.m.

Contact: Kim Melusky, PA Link Coordinator, at kimberlymelusky@lehighcounty.org
Registration Deadline: November 26, 2018

Philadelphia County

Partner Network cross-training Meeting
Presenters from U.S. Department of Veterans Affairs, Steven A. Cohen Military Family Clinic and Veterans Multi-Service Center
Corporal Michael J. Crescenz VA Medical Center
3900 Woodland Ave, 7th Floor – LVA Auditorium
Philadelphia, PA 19104
Date: Thursday, November 29, 2018
Time: 10 a.m. – 12 p.m.
RSVP to Julie McNair, PA Link Coordinator, at: julie.mcnaair@pcacares.org
Deadline: Wednesday, November 21, 2018. If accommodations are required RSVP by November 14, 2018

Union County

River Valley Senior Providers Group meeting, hosted by Northumberland County AAA: tips for new PASRR process and updates from the Northumberland County Opioid Task Force
Northumberland County Area Agency on Aging
322 N. 2nd Street
Sunbury, PA 17801
Date: Wednesday, November 14, 2018
Time: 7:45 a.m. – 9 a.m.
Contact: Melisa Bottorf, Lead Link Coordinator, mbottorf2016@gmail.com
Registration Deadline: NA

Westmoreland County

An in-depth look at dementia, caregiver communication, and community placement featuring Rachael Wonderlin, a dementia care consultant and author of “When Someone You Know Is Living in a Dementia Care Community,” published by Johns Hopkins.
Free, open to caregivers/professional staff, includes lunch, sponsored by PA Link and From the Heart Companion Services.
Norwin Community Resource Center
231 Jennie Dr.
North Huntingdon, PA 15642
Date: Thursday, November 15, 2018
Time: 10 a.m. – 2 p.m.
Contact: Melinda McCoy, Lead Coordinator, at palinkcoordinator5@gmail.com or 724-237-1242
Registration Deadline: November 12, 2018

Announcements

V.O.I.C.E.’s 14th Annual ACCORD

November 14, 2018
Doubletree by Hilton-Cranberry
Keynote speakers: Howard Manns, Christopher Ridenhour, and other industry leaders
To learn more, please visit www.voice.pa.org

PA Long-Term Living and Training Institute’s Upcoming Trainings, Meetings, Conferences, and Webinars

- Nov. 13; Ombudsman Case Study I and Case Study II Training (Eddystone)
- Nov. 13-14; Protective Services Conference (Gettysburg)
- Nov. 15; Ombudsman Case Study I Training (Bloomsburg)
- Nov. 15; (SW) Ombudsman Network Meeting (Pittsburgh)
- Nov. 15; PDA Alzheimer's Forum (Harrisburg)
- Nov. 27; Ombudsman Case Study III Training (York)
- Nov. 28; Ombudsman Case Study I and Case Study II Training (Clarion)
- Nov. 28-29; Leadership Development Institute-Module 3 (State College)
- Dec. 4; Ombudsman Case Study II Training (Bloomsburg)
- Dec. 4; PDA AAA Housing Best Practice Session (Hershey)
- Dec. 5; OmbudsManager Training (Pittsburgh)
- Dec. 5-6; P4A Membership/PDA Quarterly Meeting (Hershey)
- Dec. 6; Ombudsman Case Study III Training (Lewisburg)
- Dec. 12; Ombudsman Case Study III Training (Brookville)
- Jan. 30-31; Leadership Development Institute-Module 4 (Harrisburg)
- March 13-14; P4A Membership Meeting/PDA Quarterly (TBD)
- April 10-11; Leadership Development Institute-Module 5 (State College)
- April 16; PDA Volunteer Conference (State College)
- May 2-3; PDA Health & Wellness Conference (TBD)
- June 12-13; P4A Membership Meeting/PDA Quarterly (Site TBD)
- June 18-19; Leadership Development Institute-Module 6 (Harrisburg)
- June 20; Leadership Development Institute Graduation (WITF-Harrisburg)

Medicare Open Enrollment Begins October 15 through December 7, 2018

Lower costs, better coverage, or perhaps just learning that your current plan is still best for your situation. Review your options during Open Enrollment: <http://go.cms.gov/planfinder>

Toolkits: [English Toolkit](#) | [Spanish Toolkit](#)