



May 27, 2016

Message from the Secretary

The PrimeTime Health and Nutrition Conference was held this past week in Gettysburg. In keeping with the 2016 Older Americans Month theme of Blaze a Trail, the aging network conference attendees – who focus their efforts on healthy eating and health promotion – were able to meet jointly during a portion of their conference time. I was grateful to offer remarks during their joint session as it allowed me the opportunity to speak about the important work that they do as PrimeTime Health Coordinators, Area Agency on Aging staff, nutritionists, and volunteers. Because of their efforts, older Pennsylvanians are able to engage in activities and programs that enable them live and age well. Because of their efforts, older Pennsylvanians are motivated and inspired to reinvent themselves, through new work and new passions. Because of their commitment to health and wellness, older Pennsylvanians are engaging in their communities and are indeed blazing a trail of positive impact whereby communities and the quality of life of those who live in them are improved.

During my remarks, I shared with those gathered the story of Tao Porchon-Lynch, a 97 year old woman who lives in New York and is the Guinness certified world's oldest yoga teacher. Tao still teaches yoga in between winning ballroom dancing competitions, holding wine tastings, and working with the Dalai Lama on issues of peace and spirituality. She is a woman who marched with Gandhi in the 1930s, fought in the French Resistance in the 1940s, hobnobbed in Hollywood in the 1950s, took up competitive ballroom dancing at the age of 87, and recently released her memoir at the age 96. Tao has wonderful words of wisdom on living long and living well that I shared with those gathered at this year's conference. My hope is that in addition to all that they (and you) do to serve, support, enable, empower and protect older Americans, that they (and you) also take time to be good to yourselves and to consider reflecting upon Tao's words of wisdom:

Start the day right: "When I get up in the morning, I don't think about all the things that are going to happen, whether it's good or bad. I say to myself, 'This is going to be the best day of my life.'"

Age is just a number: "I don't believe in age. When people ask me about age, I tell them to look at all the trees around them. They're hundreds of years old. They may look as if they're dying at the moment, but they're not; they're recycling themselves. And in a couple of months, they're going to be reborn again."

Dance like nobody's watching: "Dancing makes you well again. You know, I fell and I've slipped. I've had everything, but I don't let it take the better of me."

Accentuate the positive: "Whatever you put in your mind materializes. So if you put negative thoughts, you draw toward you negative things. So be positive. Just look for good."

Don't procrastinate: "There's nothing you can't do, and you can just get up and enjoy life and see how wonderful it is. There's so much to do, so little time to do it."

To learn more about Tao and her amazing, blaze trailing, journey of life, visit: <http://www.thetaoexperience.com>.

As we pause this weekend to remember those who have made the ultimate sacrifice for the freedoms we enjoy every day, may we also keep a good thought for their families and for all members of the armed forces to be supplied with the courage to face each day. May you have a restful and peaceful Memorial Day.

Teresa Osborne
Secretary

Legislative Update

The PA General Assembly is in recess next week. Both chambers are scheduled to return on Mon. June 6 at 1 PM.

This week, the House Aging and Older Adult Services Committee passed [HB 2069](#), a PACE enhancement and pharma modernization bill. The bill, if enacted, will raise the income limits to qualify for PACENET to \$31,000 for an individual and \$41,000 for a married couple allowing additional individuals to participate in the program. On Wed. the House considered the bill on a "second reading". The bill now goes to the House Appropriations Committee. A final vote is expected when the House returns the week of June 6.

Personnel Update

Sandy Gurreri is serving as the Acting Administrator for Cumberland County Office of Aging and Community Services. She has been the Deputy Administrator since August 2015 and previously was an Aging Care Management Supervisor. Sandy can be reached at sgurreri@ccpa.net, 717-240-6110.

Sage Weikel started on 5/23/16 as a Finnegan Foundation Intern with the Bureau of Quality Assurance's Metrics and Analytics Division. The Finnegan Foundation Internship Program provides summer internships for college students interested in a public service career. Sage can be reached at saweikel@pa.gov, 717-214-7505.

Steve Rodgers is starting on 5/31/16 as an Aging Services Specialist in the Education and Outreach Office. Steve can be contacted at sterodgers@pa.gov.

Lora Swab is starting on 5/31/16 as a Clerk Typist 2 in the Criminal History Background Check Unit of the Protective Services Office. Lora can be reached at lswab@pa.gov, 717-783-5212.

Amy Sukowaski is starting on 5/31/16 as a Legal Extern in the Office of Chief Counsel. She is participating in the Office of General Counsel's Summer Legal Extern Program. Amy can be contacted at c-asukowas@pa.gov, 717-772-0195.

Education and Outreach Office

APPRISE -- Medicare Coverage While Traveling

All your bags are packed and you are ready to go on vacation, but do you know whether your current Medicare coverage will take care of you if you need it while you are away? Your coverage when you travel will depend on where you travel and what type of Medicare coverage you have.

If you have Original Medicare you can travel anywhere in the United States and its territories

and get the care you need from any doctor or hospital that accepts Medicare. Original Medicare does not cover care outside of the country except for limited circumstances. One circumstance would be that Medicare will pay for medical care you get on a cruise ship if you get care while the ship is in U.S. territorial waters. Some Medigap plans provide coverage for foreign travel. If you have a Medigap policy, check your policy to see if foreign travel is included.

If you have a Medicare Advantage plan, you need to see providers that are within your network. There are some plans, such as PPOs, that will still provide coverage if you go outside of your network (but you more than likely will pay higher copays or a deductible). Before you travel, check to see whether there are providers in your network where you are vacationing. Medicare Advantage plans will cover you if the care you need is an emergency or urgent care, regardless of whether or not the provider is in your network. Some Medicare Advantage plans may cover emergency care if you travel outside of the country; you will need to check with your plan to see. If you need assistance in determining whether your current Medicare coverage will take care of you while you are away, call your local APPRISE Program by contacting your local [Area Agency on Aging](#). The toll-free APPRISE Helpline is available at 1-800-783-7067 and all services are free and confidential.

PrimeTime Health

The PrimeTime Health 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 – Healthy Steps in Motion (exercise classes for strength & balance)

Ongoing classes at the following centers:

Village Library, Morgantown – Mondays at 9:00 a.m.

Zion Lutheran Church, Womelsdorf – Mondays at 1:00 p.m.

St. Mary's Catholic Church, Hamburg – Mondays and Thursdays at 9:30 a.m.

Wyomissing Church of the Brethren, Wyomissing – Mondays and Thursdays at 9:00 a.m.

Grace Alsace UCC, Kutztown Rd, Reading – Tuesdays at 10am

Please contact: Ann at 610-478-6500

No charge for this class

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

Ongoing classes; all activities are posted [here](#).

Mahaffey Center for Active Living

958 Market Street

Mahaffey, PA 15757

Schedule: Mondays and Thursdays at 10:30 a.m.

Coalport Center for Active Living

851 Rear Main Street

Glendale Medical Center Complex

Coalport, PA 16627

Schedule: Tuesdays and Thursdays at 10:30 a.m. – 11:30 a.m.

Clearfield Center for Active Living

116 South 2nd Street

Clearfield, PA 16830

Schedule: Thursdays at 10:00 a.m. – 10:30 a.m.

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

Webster Towers
500 North Webster Avenue
Scranton, PA 18510
Dates: Wednesdays, June 1, 2016 – June 20, 2016
Time: 2:30 p.m.
For more information call Nancy Post 570-347-5616

Mid Valley Active Adult Center
310 Church Street
Jessup, PA 18434
Dates: Mondays, June 20, 2016 – August 15, 2016
Time: 10:00 a.m.
For more information call Debra Stanton-Latif at 570-489-4415

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

Jewish Community Center
601 Jefferson Avenue
Scranton, PA 18510
Dates: June 1, 8, 15, 22, and 29, 2016
Time: 10:15 a.m.
Please contact: Louise McNabb at 570-346-6595

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

Lawrence County RJ Schill Manor
401 Short Street
Ellwood City, PA 16117
Date: Wednesday, June 1, 2016
Time 9:30 a.m. – 2:00 p.m.
Please contact: Michael Gordon at 724-658-3729
No charge for this class.

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

Generations of Indian Valley
259 N Second Street
Souderton, PA 18964
Date: August 3, 2016 – September 7, 2016
Time: 11:00 a.m. – 1:30 p.m.
Please contact: Amy Stover, at 215-723-5841
No charge for this class.

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

Northumberland Senior Action Center
268 Second Street
Northumberland, PA 17857
Dates: May 17, 19, 23, 27, 31, June 3, 7, and 10, 2016
Time: 9:30 a.m.
For more information call Kay Ross at 570-473-9373

No Charge for Workshop

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

Sunbury Senior Action Center
601 Pennsylvania Avenue
Sunbury, PA 17801

Dates: May 23, 26, June 2, 6, 9, 13, 16, 27, 29, and 30, 2016

Time: May 23, 2016 at 9:30 a.m. all other days at 10:00 a.m.

Please contact: Karen McCaulley at 570-286-1820

No Charge for this Workshop

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

Marysville Sr. Center
198 Leonard Street
Marysville, PA 17053

Date: Tuesdays and Thursdays

Time: please call for time

Please contact: 717-582-5128

No charge for this class

Union – CDSMP LAY LEADER TRAINING

Evangelical Hospital
Community Health and Wellness Department
210 JPM Road, Suite 200
Conference Room 2
Lewisburg, PA 17837

Date: June 7, 2016 – June 9, 2017

Time: TBD

Cost: \$35 per person for non-Geisinger Staff

Register by contacting: Maria Welch at 570-214-6538

Wyoming – Tai Ji Quan: Moving Better for Balance[®] (exercise training for balance and mobility)

Tunkhannock Public Library
220 West Tioga Street
Tunkhannock, PA 18657

Dates: Mondays and Thursdays ending June 16, 2016

Time: 10:30 a.m.

Please contact: Connie Kintner or Patti Gozikowski at 570-822-1158 Ext. 3333

No charge for this class for those 50 and over

PA Link to Aging and Disability Resources

Carbon County

Event: Emergency Management Workshop

Description: Presenters: Jeff Dauber- The Alzheimers Association and Anthracite Region Center for Independent Living

Location: Whispering Pines Banquet Hall, Jim Thorpe, PA

Date: June 14, 2016

Time: 1:30 p.m. to 3:30 p.m.
Contact: E-mail – ccaging14@ptd.net
Registration Deadline – June 9, 2016

Delaware County

Event: Caregiver Academy - 2016
Description: Caregivers will learn from professionals covering subject areas relevant and helpful to caregivers, including expert psychologists and licensed clinical social workers. “Caregiver Tools” will include items such as books or CDs reinforcing the learning experience and will be provided to the first 20 registered attendees. Peace of mind to the caregiver will be provided by offering on-site activity-focused respite care for care receivers who attend with their caregiver. All six sessions are free of charge.
Location: Chester Senior Center, 721 Hayes Street, Chester, PA
Date/Time: Every other Tuesday starting April 5 (April 5, 19; May 3, 17, 31; June 14) – 4:00 p.m. to 5:30 p.m.
Contact: Jamee Nowell Smith or Doris Rice at 610-497-3550

Lancaster County

Event: Starting the conversations – A Death Café
Description: Join a dozen or so others at an afternoon of exploration and discussion about the topic that’s so tough to address. Find out more about this first Lancaster County Death Café as you and others come together to drink tea, eat cake and discuss death. Free to attend. More information is available [here](#).
Location: The Manheim Township Public Library, 595 Granite Run Drive, Lancaster, PA 17601
Date: June 4 – 1:00 p.m. to 4:00 p.m.
Contact: Email – bllink@mail.com
Phone – 717.380.9714

Event: Providing Services for Aging LGBT Persons
Description: SAGE’s National Resource Center on LGBT Aging in collaboration with The Lancaster Activities Directors Association, Juniper Village Senior Living at Mount Joy and the Pennsylvania Link to Aging and Disability Resources offers this special training for service providers for the aging population ... everyone who may be interested in learning. Free to attend.
Location: Juniper Village Senior Living at Mount Joy, 607 Hearthstone Lane, Mount Joy, PA
Date: Tuesday, June 7, 2016 – 10:00 a.m. to 2:00 p.m. Registration begins at 9:30 a.m.
Contact: Email – bllink@mail.com
Phone – 717-380-9714

Registration: Registration is required and limited to 36 participants. Register online [here](#).

Lebanon County

Event: Yoga in the park
Description: WellSpan Good Samaritan Hospital invites you to improve your balance, increase your flexibility and strength and decrease stress and fatigue with Yoga in the Park. No experience is needed for this midday exercise break. Free to attend. Bring a yoga mat or beach towel and water; a strap or old necktie and a blanket are optional.
Location: The grassy area adjacent to the pavilion and tennis courts at South Hills Park, Lebanon (park in lot off Klein Avenue).
Date: June 3, 10, 17, and 24 (Fridays in June) – 12:00 p.m. to 12:35 p.m.
Contact: Phone – (717) 270-7764
Registration Deadline: no deadline, but registration is required

Event: Lebanon County partners' network cross-training meeting

Description: Monthly cross-training meeting features two presenters: "Take a look at this" – Keri Wilkins, the Free Library of Philadelphia's Library for the Blind and Physically Handicapped (LBPH) and "The road to independence for the visually impaired" – Natalie Barbush, Pennsylvania Bureau of Blindness and Visual Services. Call, text or email if you require accommodation.

Location: Palmyra Public Library, 50 Landings Drive, Suite B, Annville, PA

Date: June 3 -- 10:00 a.m. to 11:30 a.m.

Contact: Phone – 717.380.9714

Email – bllink@mail.com

Registration Deadline: June 1

Lehigh/Northampton Counties

Event: Caregiving in the LGBT Community

Description: Learn how caregiving for an LGBT older adult differs from caregiving for their heterosexual peers and best practices, policy and practice areas for increasing inclusiveness and safety for LGBT older adults and their caregivers.

Location: Lehigh University's Iacocca Hall, 111 Research Drive, Bethlehem, PA

Date: June 16, 2016

Time: 9:30 a.m. to 2:30 p.m.

Contact: Email – JVargo@aarp.org

Phone – 1-877-926-8300

Online – <http://aarp.cvent.com/AARPPALGBTCaregiving061616>

Registration Deadline: June 10, 2016; registration limited to 35 participants

Monroe/Pike/Wayne Counties

Event: Protective Services Across the Ages

Description: Services by Children and Youth, Aging, and Liberty Healthcare that investigates Adult Protective services

Location: Monroe Co, EOC; Pike County Training Center; Wayne Park Street Complex

Dates: Monroe – Wednesday, June 15 -- 9:30 a.m. to 12:30 p.m.; Wayne – Wednesday, June 15 -- 1:30 p.m. to 4:30 p.m.; Pike – Thursday, June 16 -- 9:30 a.m. to 12:30 p.m.

Contact: Email – jdoyle@waynecountypa.gov

Phone – 570-253-4262

Registration Deadline: June 10, 2016

Announcements

National Senior Center Conference – September 26 through 28, 2016 – Philadelphia

This year, the National Institute of Senior Centers (NISC) is partnering with the Philadelphia Corporation for Aging to give you the opportunity to share your knowledge and promising practices while learning from others at their annual conference. The conference theme is: Life Liberty, and the Pursuit of Excellence. Pennsylvania has the highest number of nationally accredited senior centers in the country, and accredited centers are designated as "Centers of Excellence".

We are now accepting proposals for presentations at Senior Centers 2016. Submit your proposal [here](#) by May 31.

For more information on the conference, click [here](#).

Alzheimer's Association

Statewide Training – Caring for People with Alzheimer's Disease

Attendees must complete application and complete entire day of training to receive certificate. Certificates expire after a year and must be renewed to receive continued Chapter affiliation, support and curriculum updates. Trainers and their organizations agree to provide statistical evaluation data for quality assurance to the Association quarterly. Price is \$300.00 per person.

Tuesday, June 28, 2016

Cranberry/Pittsburgh
Paramount Senior Living at Cranberry
500 Seven Fields Blvd.
Mars, PA 16046
To register, contact jmcclelland@alz.org

Thursday, June 23, 2016

Northampton County Community College
Monroe County Campus
2411 Route 715
Tannersville, PA 18372
8:00 a.m. to 4:30 p.m.
To register, contact jdauber@alz.org or 570-822-9915

Scholarships for Students Providing Care for Aging Relatives

Caring.com is offering three scholarships worth \$1,500 to university students attending an accredited U.S. college or university who are providing care for aging relatives while attending school. Applicants are required to submit a 1,500 word essay or two minute video telling who the applicant is caring for and how the applicant is involved as their caregiver, how being a caregiver influenced the applicant's decision for their major/career path, and how the scholarship will be helpful to the applicant in the student-caregiving role. The deadline for submission is May 31, 2016. More information and how to apply can be found at www.caring.com.

In the News

Department Of Aging Says PA Residents Underutilizing Many Services

<http://wesa.fm/post/department-aging-says-pa-residents-underutilizing-many-services>

What's New in Aging: Pa. ranking improves for seniors' health

<http://www.post-gazette.com/aging-edge/aging-edge-daily-summary/2016/05/25/Gary-Rotstein-s-What-s-New-in-Aging-Pa-ranked-higher-for-seniors-health/stories/201605250082>

State plan on aging reveals gaps, challenges of serving seniors

<http://www.newsworks.org/index.php/local/item/94012-state-plan-on-aging-reveals-gaps-challenges-of-serving-seniors>

** If you have something you wish to include, please contact us. Kindly direct your comments and suggestions to Drew Wilburne in the Press Office drwilburne@pa.gov.