



A publication of the Area Agency
on Aging, Inc. and the
Mature Resources Foundation



From the CEO...



On May 25, 2023, Governor Shapiro signed Executive Order 2023-09-Pennsylvania Master Plan for Older Adults. The order directs the PA Dept of Aging to evaluate issues facing older Pennsylvanians to support the development of a "Master Plan" for the next 10 years. In creating the 10-year strategic plan, designed to help transform the infrastructure and coordination of services for Pennsylvania's older adults, YOUR HELP and PARTICIPATION is NEEDED! Inside this edition of Lifespan is a form that can be used for ANY stakeholder, including children, grandchildren, friends, neighbors, medical providers etc to make recommendations in order to help shape this plan. Comments and or recommendations can be sent via mail to Pennsylvania Department of Aging, c/o Master Plan, 555 Walnut Street, 5th Floor, Harrisburg, PA 17101, or by email at AgingPlan@pa.gov. You can find the feedback form on the next page of this newsletter or you can complete the digital form at <https://forms.office.com/pages/responsepage.aspx?id=QSi0QSGb1U2bbEf8Wpob3knySvKzhAdJrGDZOXfEKXVUNE44NIBKNjFBNIpVVVBMVBPUVNUSIVLNy4u> In addition, you can complete the needs assessment at https://pitt.col1.qualtrics.com/jfe/form/SV_0_3Q1mY2reuUllWou

Comments to date at your Area Agency on Aging have reflected needs for affordable, supportive housing, access to transportation, and need for in home community-based services.

Currently in Clearfield County, 23,039 individuals are 60 years and older, representing 25% of the entire population in Clearfield County. It is imperative that members of our county contribute their thoughts and recommendations on this plan to ensure our rural seniors receive the care and services that are so vital in keeping them in their communities. In person listening sessions have been happening across the state as well as virtual meetings for individuals to attend if they prefer.

For individuals without computer or internet access, the University of Pittsburgh will be conducting telephone surveys designed to capture the experience of older adults and adults with disabilities across a wide range of issues. The issues in the survey have been identified as important for people as they age and for people who have disabilities. All responses are anonymous and will be used to create a profile of the needs of older adults and adults with disabilities that will inform the planning process for the Commonwealth. This portion of the project is led by Dr. Howard B. Degenholtz and Dr. Steven Albert from the University of Pittsburgh School of Public Health.

Please take a few minutes to participate in this very important information gathering process! Recommendations will be accepted through September 2023. From there a draft plan and white paper will be available in November 2023 and the plan will begin in January 2024. Additional information is available on our website at www.aging.pa.gov.

Thank you for your participation!
Stay Well,
Kathy



Happy Grandparents Day 2023!

Grandparents Day is celebrated in the US annually in September on the first Sunday after Labor Day.

Grandparents are storytellers and gatekeepers of family tradition. They are wellsprings of knowledge and experience. They are the centerpieces of family gatherings and the glue that keeps so many families together. Grandparents also help raise children. They shuttle grandkids to-and-from school, babysit when parents are away from home, and offer advice and comfort when it is needed most. Sometimes they fill in as primary caregivers, putting aside their own needs and working full-time to provide the blessing of a loving family.

Sometimes, grandparents become the sole caregiver, serving as Kinship Caregivers, when parents are unable to raise their children. In fact, September is also National Kinship Care Month, recognizing the millions of grandparents across our nation who are stepping up to parent again.

For all of these reasons, we celebrate you! Check out more information online at www.GrandparentsDay.org.

Master Plan for Older Adults

Thank you for participating in Pennsylvania's Master Plan for Older Adults. You are invited to contribute what you think should be the plan's priority goals, objectives, and initiatives to support the highest quality of life for older adults.

Name: _____

Email Address: _____

County: _____

If your comment falls into any of the following AARP Age-Friendly Domains please indicate by checking the box next to the topic below. Additional comment area on reverse.

Social participation – Public events are activities that are open to the community for the purpose of entertainment or socializing. Social isolation and loneliness are major factors that affect health and well-being. This section is about activities that help people feel connected to one another. This might include religious activities, movies, concerts, plays, clubs, classes, or gambling.

Civic participation and employment – Volunteering includes opportunities to engage in meaningful service in the community as a non-paid member of an organization. Employment involves payment. Civic participation includes voting, participation in elections and engagement with government.

Communication and information – Timely, clear information is important for many tasks, such as accessing community services or obtaining health care. People also use social media to connect with other people as well as to learn about the news, events and activities, or advice.

Outdoor spaces and buildings – Outdoor spaces include sidewalks, streets, state and local parks, and green spaces as well as buildings you may need to access for services or shopping.

Housing – Housing refers to living spaces that are safe and affordable and provide essential services when properly maintained. As peoples' health changes, their needs for housing may also change. Some people may need to consider moving to a new home or a different community.

Transportation – Transportation includes the full range of ways people get around, from walking to personal vehicles to purchased private or public services.

Health services and community supports – Medical needs can be met with a wide variety of health services and supports. These include services from health care professionals as well as long-term care services that allow a person with chronic conditions to live well at home.

Respect and social inclusion – Access to an environment that encourages respect in treatment and interactions, intergenerational activities, and involvement by residents of all ages, abilities and incomes.

Comments: _____

Health and Wellness is Underway!

Since early 2023, the Health and Wellness program has taken great strides in bringing FREE evidence-based programs to Clearfield County for older adults – tackling obstacles like disease management, fall prevention, exercise, and mental illness. These varied programs are offered throughout the area at civic centers, Senior Living communities, Physician offices, the Clearfield YMCA and the Agency's Centers for Active Living, making them accessible to older adults age 60+.

Recent classes offered have included Healthy Steps for Older Adults, A Matter of Balance, Chronic Disease Self-Management, Diabetes Self-Management, the Arthritis Foundation Aquatic Program and its land-based version, the AFA Exercise Program.

Older adults interested in participating in these programs or organizations wishing to host a class are encouraged to contact Connie Harris at the Agency.



Dubois HSOA 2023



Coalport HSOA 2023



Houtzdale HSOA July 2023

EMPLOYEE SPOTLIGHT



Connie Harris has served with our Agency since 2016 and is the “powerhouse” behind our Health and Wellness program. Starting out as a Center for Active Living substitute, Connie became a full-time CAL Manager in 2017, then transitioned to an Administrative Assistant role in

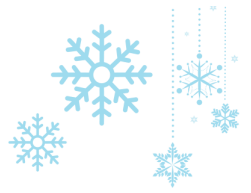
2022. In 2023, Connie’s role changed again to focus on Health and Wellness programming, first, as a Specialist, and, now, as the Coordinator. She works diligently to bring a variety of evidence-based programs to our community and is herself trained to lead Healthy Steps for Older Adults, Chronic Disease Self-Management, Diabetes Self-Management, Stay Active and Independent for Life, and the Arthritis Foundation Exercise Program. Connie is also pursuing certification in Bingocize and Chronic Pain Self-Management. Connie has such a heart for older adults and their well-being, along with a dedication to the Mission of our Agency – always willing to lend a helping hand to make a positive impact!



Kylertown HSOA 2023



Mature Resources Area Agency on Aging, Inc.
600 Cooper Road, Curwensville, PA 16833
Phone (814) 765-2696



2023 Blizzard Box Project

It always seems that just as summer arrives, we have to begin planning for the cold months. Groundwork is already being laid for the annual distribution of Blizzard Boxes.

Each year in October, the Agency acquires and delivers non-perishable meals to every Meals on Wheels and More recipient. Every Blizzard Box contains the nutritional equivalent of three full meals which meet standards set by the Older Americans Act. We anticipate sending more than 1500, three-meal emergency boxes to Meals on Wheels and More consumers across Clearfield County. These back-up meals stay on their shelves until such time that weather prevents us from making our normal rounds. It is then that we call the consumers to remind them that even though we cannot make it to their house today, they have their Blizzard Box waiting for them and they can eat some of the contents to tide them over.

Since 1983, funds have been raised locally from businesses, organizations, and individuals to fund this valuable program. This year we have several sponsors listed below.

- The CCAA is looking for people to sponsor Blizzard Boxes for this coming winter.
- The cost to sponsor a three-meal blizzard box is only \$10.
- On the outside of each box is a label which states "These nutritious meals are provided to you by: (your name)." This gives you, the donor, some visibility for your support of the program, and allows the recipient to see how people in the community made the service possible.

We hope you will contribute generously to this valuable program. *Blizzard Boxes are not funded with any state or federal monies. In 2022 we raised \$21,287, and our blizzard box expenses totaled almost \$28,953.* It is your contributions that ensure homebound older residents of Clearfield County have something nutritious to eat during severe winter weather. If you have any questions, please do not hesitate to contact me at 814-765-2696 or 1-800-225-8571. Many thanks for your support!

Sincerely,
Bobbie McBurney-Johnson
Director, Development & Planning



Name: _____

Email: _____

Address: _____

Phone: _____

City, State, Zip: _____

Scan here to
visit website



Make check payable to: MRAAA Mail to: 600 Cooper Rd, Curwensville, PA 16833

Or you can visit <https://FUND23.givesmart.com> to set up recurring payments.

Name as you wish it to appear on Blizzard Box Label: _____

Number of boxes you wish to purchase _____ x \$10.00 each = _____

Please help by sending your check, along with this form. Please note on memo line: "Blizzard Box"

The Clearfield County Area Agency on Aging, Inc. and Mature Resources Foundation are registered as charitable organizations with the Pennsylvania Department of State. A copy of the official registration and financial information may be obtained from the Pennsylvania Department of State by calling toll free within Pennsylvania, 1-800-732-0999. Registration does not imply endorsement.

NEW HIRES



ALLYSON FENTON:

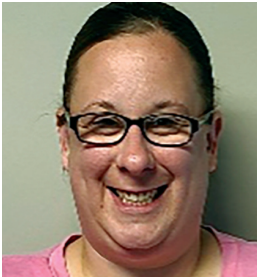
Allyson Fenton joined the staff at the Clearfield County Area Agency on Aging on Monday, May 15, 2023. Allyson has joined the agency as a Care Manager working out of the Curwensville Office. She lives in the Morrisdale area. Allyson graduated from Shippensburg University with Bachelor of Arts in Psychology and a minor in Gerontology. Allyson compliments an already strong staff of Care Managers in continuing the mission of meeting the needs of our clients.



NATHAN KNEPP:

Nathan Knepp joined the staff at the Clearfield County Area Agency on Aging on Monday, June 12, 2023. Nathan is the agency's new Chief Financial Officer and works in the Clearfield Office. Nathan is a graduate of the Indiana University of Pennsylvania with a Bachelor of Science in Applied Mathematics and a minor in Economics. Nathan has worked as

a Manufacturing Accountant since 2018 for Matson Lumber in Brookville. He and his wife reside in the DuBois area. Nathan's education and experience further strengthen the financial department of Area Agency on Aging.



KAYLA CURRY:

Kayla Curry joined the staff at the Clearfield County Area Agency on Aging on Monday, July 24, 2023. Kayla has filled the position of Administrative Assistant and is working out of the Curwensville Office. She has work experience with the Children's Aid Society as well as the Clearfield County Elections Office. Kayla is from the Clearfield area. We

are fortunate to have Kayla join the team at the Agency to lend her talents in meeting the needs of the older adults we serve.

Feeling Stretched as a Caregiver?

Powerful Tools for Caregivers is an educational series designed to provide you with the tools you need to take care of yourself.

This program helps family caregivers reduce stress, improve self-confidence, improve communication, balance their lives, increase their ability to make tough decisions, and locate helpful resources.

The caregiver class consists of six sessions held once a week. Two experienced Class Leaders conduct the series (many are experienced caregivers themselves, who have successfully applied the techniques they teach). Interactive lessons, discussions and brainstorming will help you take the "tools" you choose and put them into action for your life.

This program is FREE for all participants and each participant will receive a book, The Caregiver Helpbook, as well at no cost.

Classes will be held at the Clearfield Presbyterian Church from 1:00 p.m. - 3:30 p.m. Sessions are held every Wednesday for six (6) weeks and begin on October 4th.

For more information or to register, contact Connie Harris at the Agency. Class size is limited and pre-registration is required.

Powerful Tools
FOR Caregivers



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AREA AGENCY ON AGING
A Division of Mature Resources

Diabetes Self-Management PROGRAM

MRAAA Administrative Office
116 South Second Street, Clearfield, PA
October 3, 2023 - November 7, 2023

Tuesdays
5:00 p.m. - 7:30 p.m.

Great if you
work during
the day!

To Register,
call
814-765-2696
and ask
for Connie!

This FREE Class:

- Is for adults age 60+
- Teaches practical skills for managing diabetes
- Helps build confidence and motivation to manage every-day challenges of living with diabetes

Memorial & Honorarium Fund

Fall 2023 Lifespan Edition

IN MEMORY OF:	FROM:	GIFT AMOUNT:
Erma Homan	Nancy Koerber	\$ 50.00
	Alene Homan	\$ 250.00
	Holly Schmidt	\$ 75.00
	Pat Cranford	\$ 100.00
	Evan Homan	\$ 250.00
	Lawrence & Leslie Block	\$ 50.00
	Writers Conference of Northern Appalachia Inc	\$ 30.00
	Joline Bailey	\$ 50.00

MATURE RESOURCES

Area Agency on Aging, Inc.

28TH ANNUAL ANNE S THACIR AUCTION

Hayrides & PUMPKIN PIES

AT COPPER CORK
Arnold Ave, Clearfield, PA

October 12, 2023 at 6:00 PM

Online Bidding Opens: September 26th

Online Bidding Closes: October 12th at 6:30 PM

IN-PERSON EVENT WITH FOOD,
GAMES & LIVE AUCTION

Doors open at 5:30 PM
Live Bidding Starts at 7PM

Once again our Auction will be offered ONLINE and IN-PERSON.
Join the fun, and participate in both!

Admission: \$10 per person
Tickets for sale online.

Please bring your Smart Phone or IPAD to bid on items.



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AREA AGENCY ON AGING
A Division of Mature Resources

Arthritis Foundation EXERCISE PROGRAM

Clearfield Center for Active Living
September 11, 2023 - November 15, 2023
Mondays and Wednesdays
10 a.m. - 11 a.m.

To Register,
call
814-765-2696
and ask
for Connie!

This FREE Class:

- Is for adults age 60+
- Is proven to work!
- Provides cardio-respiratory endurance activities, as well as balance and strength exercises.

Kinship Family Fair to be held September 30th in Partnership with Penn State Extension

Mature Resources will partner with Penn State Extension to bring this awesome event to the Clearfield Area. Those raising children of family members or close friends face unique challenges. The Kinship Family Fair offers support and an enjoyable day of fun! At this FREE event, participants will find a wealth of information on community resources, hands-on activities for children, educational sessions for caregivers on legal and health issues, and a packed lunch. Children will also receive goody bags filled with items for school and play.

This event will be held on Saturday, September 30, 2023 from 11 a.m. - 3 p.m. at the Ag Building, Clearfield Driving Park, 5615 Park Street, Clearfield. Kinship families interested in participating are asked to register by calling Bobbie Johnson, MRAAA Director of Development and Planning, at 814-765-2696 no later than September 20, 2023.



**PennState
Extension**

Questions about your Medicare?

We are here to

HELP

Call the PA MEDI Helpline,
Monday - Friday, 8AM - 5PM

1-800-783-7067

Open Enrollment Dates



Join, switch or drop
Medicare Advantage or
Prescription Drug Plans.

Contact Your Local PA MEDI Coordinator:

Alice Pollock
814-765-2696
Ext. 405

Understanding Medicare can be difficult.

PA MEDI counselors are specially trained staff and volunteers who can answer your questions and provide you with nonbiased, objective, easy-to-understand information about Medicare.

They can help you:

- Make informed choices about Medicare coverage options, Medigap policies and Medicare Advantage Plans
- Understand Medicare eligibility & enrollment
- Understand what services are covered under Medicare Parts A and B and your Medicare Summary Notice
- Understand your Medicare Prescription Drug (Part D) benefit
- Apply for Medicare Savings Programs to save you money... and more!



pennsylvania

Medicare Education and Decision Insight

This project was supported, in part by grant number 90SAPG0059-03-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.



SHIP
State Health Insurance
Assistance Program



Clearfield County Area Agency on Aging Inc.
600 Cooper Road, Curwensville, PA 16833

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LOOKING AHEAD



2023 Observed Holidays (offices/centers closed)

SEPTEMBER 4, 2023 (LABOR DAY), OCTOBER 9, 2023 (COLUMBUS DAY), NOVEMBER 10, 2023 (VETERANS' DAY), AND NOVEMBER 23/ NOVEMBER 24, 2023 (THANKSGIVING)

CHECK CAAA OUT ON:

-  Facebook @ ClearfieldCountyAAA
-  Twitter @ CountyArea
-  LinkedIn
-  YouTube channel under Clearfield County Area Agency on Aging

CHECK THE VILLAGE OF HOPE OUT ON:

-  Facebook @ <https://www.facebook.com/ourvillageofhope/>
-  Twitter @ TheVillageofHo

Would you like to receive your Lifespan by email?

Simply email us at mail@matureresources.life and let us know! Future issues of Lifespan (four per year) will automatically be emailed to you.

CONTACT US

Administrative Offices	814) 765-2696 or
Toll Free	(800) 225-8571
Fax	(814) 765-2760
Protective Services	(814) 765-1365 or (800) 233-0249
Web Page	www.matureresources.life
Email	mail@matureresources.life