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



From the CEO...



July 5, 2022, marked the longawaited groundbreaking for the first 10 houses at the Village of Hope, located along route 322 in West Decatur. This magic community is the first of it's kind multi-generational, multiability, inclusive co-housing. The first cluster of houses

include duplexes, 1 bed, and 2 bed houses. The community will be affordable and target demographics including grand-parents and great-grandparents raising grandchildren, families living with Alzheimer's disease and related dementias and older adults who have been sole support for adult children with disabilities. Truly this will be a replicable model for providing supportive housing options for individuals and families as an alternative to institutionalization. Necessary services will be available from home and community-based providers, or other individuals those in need of service will choose. The utilization of smart technology will support those individuals experiencing a variety of conditions that may be barriers to independent living. The goal is to impact social determinants of health and provide disease self-management education for those living in the community to mitigate and resolve those issues that have historically led to institutionalization.

Our community will undoubtedly be recognized for creating this pioneering, innovative alternative, which will likely be replicated in other communities as well. Additional information is available in the MAGIC brochure and site development renderings. Applications and additional information is available at your Area Agency on Aging at 814-765-2696.

On June 16, 2022 Mature Resources accepted ownership and management responsibilities for the Dimeling Senior Residence; in order to ensure that the 31 older adults who called the Dimeling home could remain there and not be relocated. The Dimeling has 33 units comprised of six 2-bed units and 27 1 bed units. Currently there are 4 units available for rent for those individuals who qualify. Additional information on income qualifications and application process is available at the Dimeling, 814-765-8002.

Stay Well,

Kathy









40 YEARS OF BLIZZARD BOXES IN CLEARFIELD COUNTY **BLIZZARD BOXES** Project

40th Campaign 1983-2022

There's a blizzard outside and the Meals on Wheels vehicles cannot get through to deliver the daily hot meals to hundreds of consumers who depend on them. What can we do?

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 in the cupboards of 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.

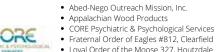
- The CCAAA is looking for people to sponsor Blizzard Boxes for this coming winter.
- The cost to sponsor a three-meal blizzard box is only \$10.
- On the outside of each box is a label which states "These nutritious meals are provided to you by: (your name)." This gives you, the donor, some visibility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

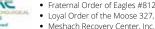
We hope you will contribute generously to this valuable program. Blizzard Boxes are not funded with any state or federal monies. In 2021 we raised \$17,541, and our blizzard box expenses totaled almost \$25,000. It is your contributions that ensure homebound older residents of Clearfield County have 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, Ronda Vaughn Fundraising & Events Specialist

2022 Blizzard Box Sponsors







- Stoltz Family Dealerships
- Thomas & Brenda Grice
- United Way, Clearfield Winburne Presbyterian Church Deacons

Name:

Address:

City, State, Zip: _____

Name as you wish it to appear on Blizzard Box label:

Number of boxes you wish to purchase: ______ x \$10/each = \$

Please help by sending your check along with this form to: Clearfield County Area Agency on Aging, Inc., PO Box 550, Clearfield, PA 16830 **SCAN HERE TO VISIT WEBSITE** (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.



MULTI-ABILITY • MULTI-GENERATIONAL • INCLUSIVE CO-HOUSING

ABOUT OUR COMMUNITY

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various styles and sizes of supportive hou to be accessible, affordable and inclusive an alternative to institutional lock-down environments... These homes will be equipped with Mainstream Smart Home Technology to assist with activities of daily living and to provide access to tele-health cervice. Home Technology to assist with neuran-and to provide access to tell-health services. Housing will also provide hospital-at-home care as well as end-of-life care focused on quality and dignity, with direct care services provider hough various home and community based service providers and programs. At the core of our community will be the Villge Hall, the hub of the our community which will provide much-needed communit

each ind

FOR MORE INFORMATION PLEASE CALL 814-765-2696

Multi-Ability

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Kathy Gillespie - Kathy Gillespie currently serves a the Chief Executive Officer of the Clearfield County A ncy on Aging, Inc., and as a lice

ntias, Ms. Gill Disease and related on narge in Central PA b

Wilson Fisher Ir - Wilson Fisher Ir s witson Fisher, Jr. - Witson Fisher, Jr. - Serves as the president and principal engineer at Hess & Fisher Engineers, Inc. located in downtown Clearfield, PA, where he has been serving his community since 1979. Dedicated and passionate about the work he does, Fisher has served ership positions throughout his career, field or through professional affiliations ly involved with the Clearfield County Ai

Gary Smith - Through his work with O Investments, Gary intends to transform disruptive business models in housing, wellness del local food production and other innovative methods He believes the combination of sustainable local foo ntative healthcare delivery via the dire nary care model, and housing in evity. Currently, cor opment of the Villa of Hope, Gary







A Savings Tip from Your Friends at CNB Bank:

Having an emergency fund for unexpected expenses like appliance repair/replacement or vehicle maintenance seems like a no brainer but may seem difficult or intimidating to get started.

A fun and easy way to begin saving is using a calendar savings plan. Each week, set aside the dollar amount equivalent to the number of weeks since beginning the savings challenge, starting with \$1 in week 1 and finishing with Week 52 in week \$52.

In manageable weekly amounts, your savings will grow (not to mention you get the benefit of earning interest). At the end of the 52 weeks, your savings will amount to \$1,378.00, plus interest.

Here is an example of the 52-week schedule: Week 1: Save \$1 - Balance: \$1.00 Week 2: Save \$2 - Balance: \$3.00 Week 3: Save \$3 - Balance: \$6.00 Continue this pattern for weeks 4-51 Week 52: Save \$52 - Balance: \$1,378.00

52 weeks can seem like a long time and life can easily get in the way. Luckily, this method can be applied in shorter or longer increments, too. For example, use an 18-week plan for \$171.00 in savings or alternatively, a 26-week plan will result in \$351.00 in savings. Or mix it up and do the plan backwards counting down from week 52. With a little discipline, you can easily build your rainy-day fund to a bright spot in your budget.

At CNB, we are committed to making a difference within the communities we serve. After all, we are neighbors helping neighbors. For more information on ways to save, please contact us at 1-800-492-3221 or visit your local branch once a year.





5 Tips to Survive Medicare Annual Open Enrollment October 15-December 7, 2022

PA MEDI Local Coordinator, Alice Pollock

Medicare's Annual Open Enrollment Period Starts October 15 and will run through December 7th, 2022. During this period, all Medicare beneficiaries can make changes to their health or drug plan coverage. Changes made during this period start January 1, 2023.

Everyone with Medicare is encouraged to review their current plan's coverage for 2023 to see if their plan still meets their needs. Pennsylvania Medicare and Decision Insite (formally APPRISE) staff and volunteers in Clearfield County can help you review your 2023 Medicare options during Open Enrollment Period. Medicare beneficiaries who need help reviewing your plan options for next year are encouraged to call CCAAA PA MEDI at 814-765-2696 x 405 to schedule an appointment during OEP.

Carefully Review these Five Tips on any Changes to Your Benefits

Make sure you have insurance that will meet your healthcare needs and budget. Check:

- ✓ If your plan will continue next year
- ✓ What you will pay in monthly premiums and annual deductibles
- ✓ What you will pay for doctor's visits (co-pays)
- ✓ If your doctors will continue to accept your plan
- ✓ Which extra benefits will be covered, if any

PA MEDI Counselors can help answer your questions about:

- ✓ Medicare
- ✓ Medicare Prescription Drug Plans (Part D)
- ✓ Medicare Advantage Plans
- ✓ Medicare Supplemental Insurance (Medigap)
- ✓ Plan Comparison
- ✓ Medicare/Medicaid Dual Eligibility
- ✓ Screening and Applying for Medicare
- ✓ Cost Saving Programs
- ✓ Medicare Appeals
- ✓ Long-Term Care Insurance
- ✓ Preventive Benefits under Medicare

Programs and services of the Agency are funded in part by the Pennsylvania Department of Aging, the Clearfield County Area Agency on Aging, Inc., Mature Resources Foundation and local and consumer contributions.



A Partner On Your Journey to Wellness

Two locations to serve you!

28944 Frenchville-Karthaus Highway Frenchville, PA 16836 1924 Daisy Street Rear Entrance, Suite A Clearfield, PA 16830

(814) 765-2695 for both offices

Email: info@susqwell.com ~ Website: www.susqwell.com





Insurances Currently Accepted:

- Medicare/Medicaid
- Aetna
- Aetna Better Health
- AmeriHealth
- Cigna
- Gateway
- Geisinger
- Highmark BCBS
- Humana
- Railroad Medicare
- Tri-Care
- United Healthcare
- UPMC

At SWC, patients are the center of our focus. The clinic serves adult patients 18 and older, with an emphasis on providing quality person-centered and holistic care.

Other services we offer include patient transportation, (for Seniors age 60+) to medical appointments, in-home visits or remote visits for patients unable to attend the Clinic.

Options to Fit Your Needs

• Adult Medicine

- Geriatric Care
- Women's Health
- Preventative Medicine
- Immunizations
- Annual Wellness Visits
- Health Care ScreeningsLaboratory Testing

Susquehanna Wellness Clinic A Division of Mature Resources

What our patients say... "....staff are courteous, knowledgeable, friendly and make you feel very welcome and comfortable while they tend to your needs... I would recommend them to any and everyone." "This was my first visit here and it was a pleasant visit .. very friendly....I'm very happy I found out where my doctor went...."

www.ccaaa.net

NEW VENTURE SPOTLIGHT: SHARED HOUSING

(As told to Joan Bracco)

I have become aware of a situation that I found very worrisome, not only being resolved, but actually achieving a happy ending. Being a born optimist, I love happy endings. This happy ending is truly inspirational.

One May 9th the Clearfield County Area Agency on Aging's CEO, Kathleen Gillespie, made our Agency employees aware that a personal care home in Clearfield County was closing on June 1st— one month in the future. She also informed us that all the residents had been made aware.

On May 9th, we at the Agency were notified that the personal care home had given the 15 remaining residents in the facility the notice that the closing would be June 1st and that they would need to find alternate living arrangements. Our Assessment Team assessed all the individuals in two days to help determine available options. A family meeting was scheduled so these options and other ideas could be explored. Six individuals were left without options. Our CEO reached out concerning the former "Helpmates Houses" in Clearfield and moved forward with a lease to buy from the owner. There were a few CCAAA employees who worked long hours and days to get the houses adequately prepared for older adults to move in as well as coordinating the receipt of donated furnishings to get both houses furnished in 5 days. We also had employee volunteers who donated time to deep clean both houses. Harris Cleaning pulled a crew together with no notice at all to help with the cleaning and landscape issues. Two of our Facility Technicians along with their supervisor transported "loads" of furniture from Curwensville to Clearfield and set it up in both houses with two days' worth of help from two other agency volunteers.

I interviewed three individuals for the first home and only one for the second home as the two others were unavailable. Both homes are lovely ranch homes, beautifully furnished with 3 bedrooms, 2 bathrooms, a living room and dining room, a kitchen, a laundry room, a front porch, and a large deck in back and both have a large yard. One of the homes has a fireplace.

First home: I began interviewing three residents at the first home. All three were there. I met Doris, who was sitting in the living room after receiving a tour of the home from Kathy Bell, who is the Manager of both homes and visits both every day.

Doris— "I like it here. I have a private bedroom, living room, dining room, kitchen, 2 bathrooms, a laundry room, and a large deck, plus a front porch. All three of us here knew each other from Marion Manor. We chose to live together. My three daughters and both sons (one lives in Alaska) come to visit, and my grandchildren visit. All of them really like the house. Donna and I play a dice game at the table in the laundry room. We have a worker who helps with housekeeping and laundry. I'm a diabetic and she sees we get our medication. I also use a walker."

Ronnie — "I really like it here at the house. I also have a private bedroom. I know I'm a lucky man who gets to have my housemates — these lovely ladies. We have a nice deck and backyard. We watch the neighbor's kids play on the trampoline."

Donna — "It's really nice living here. I love puzzles. It's true that I play dice games with Doris. We do watch TV some, but we love the deck and often have our snack in the evening on the deck. Everything's good."





The worker, Kristina, said that it's a really great job to have before going to college to become a nurse. "I love the residents here."

Second home: John – "I really do like it here. We, my two housemates and I, picked each other to live with." When John was asked what he liked best, he said "I like everything – it's all wonderful! I'm happy here."

These folks moved on June 6th and they also have a worker, Lisa. "I love my job here. I've been here almost four weeks. I look forward to coming to work every day. Usually, Virginia meets me at the door and tells me about the birds, chipmunks, and squirrels. She feeds them every morning. John likes to tell jokes.

Kathleen Gillespie, CCAAA's CEO, had this to say concerning the Agency's tremendous efforts and the residents helping that effort by deciding who would live in both houses and furnishing both houses. "I could not be more proud of the coordinated efforts of all those involved in this high pressure time sensitive project. The transition of the older adults from the personal care home to the shared living arrangement went much better than anticipated and the six are enjoying a wonderful experience. We now are providing shared housing for 9 older adults, all of whom would be in institutional care if not for this option."



2023 Lottery Calendar

The 2023 Calendars are here! Each calendar has a three-digit number on it and this number is good for every day of 2023. Cash prizes are awarded each day according to the amount of money listed on the calendar. Winning numbers are determined by the first three-digit PA Pick 3 evening number held at 7:00 pm. Get 365 chances to win for only \$26.00! These calendars make great Christmas gifts!

Cost: \$26 each

Calendars are selling out quickly. When requesting a number, please choose more than one.

Calendar #1	Calendar #2
Name:	Name:
Address:	Address:
City, State Zip:	City, State Zip:
Phone:	Phone:
Email:	Email:
Requested #:	Requested #:
Calendar #3	Calendar #4
Name:	Name:
Address:	Address:
City, State Zip:	City, State Zip:
Phone:	Phone:
Email:	Email:
Requested #:	Requested #:
Calendar #5	Calendar #6
Name:	Name:
Address:	Address:
City, State Zip:	City, State Zip:
Phone:	Phone:
Email:	Email:
Requested #:	Requested #:
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x \$26 each = \$ Make check payable to: CCAAA Mail to: 600 Cooper Rd, Curwensville, PA 16833 _Curwensville office Where would you like to pickup your calendar: ____Clearfield (or)

Number of calendars purchased:

If you live out of town and require calendars to be mailed, please let us know where they need to be

malled:	
Sponsored by:	SCG06733
CNB Bank Clearfield Tire & Auto, LLC Pennsylvania Grain Processing, LLC Kubista, Ryan & Valenza LLP	Proceeds from calendar sales benefit Clearfield County Centers for Active Living.
Self-Publishing Author, Clair Kriner	THANK YOU FOR YOUR SUPPORT AND BEST OF LUCK IN 2023



The Clearfield County Area Agency on Aging, Inc. was awarded a Pet Grant, since we were aware of our Meals on Wheels consumers having pets, which is a great experience for both the consumer and the pet.

We are using those funds to supply our Meals on Wheels Consumers and their pets with a Seresto Collar in celebration of those special relationships.

Pets are an important part of our perceived family. The CCAAA is proud and happy to be a part of this special program.

27TH ANNUAL ANNE S THACIK CHARITY AUCTION & OUR 45TH ANNIVERSARY CELEBRATION

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

Online Bidding Opens: September 26th Online Bidding Closes: October 13th at 6:30 PM

In-Person Event with Food, Games & Live Auction:

Thursday - October 13th at 6:00 PM

at the Copper Cork Event Center

DOORS OPEN AT 5:30 PM LIVE BIDDING STARTS AT 7PM

PLEASE BRING YOUR SMART PHONE OR IPAD TO BID ON ITEMS.

THERE WILL BE 25 ITEMS AVAILABLE "LIVE" ONLY, AUCTIONED OFF BY PAT ERRIGO AUCTIONEER AND FAMILY

VIEW THESE ITEMS ONLINE STARTING WITH #600.

ADMISSION: \$10 PER PERSON ~ TICKETS FOR SALE ONLINE

Come enjoy CCAAA's 45 year anniversary celebration with great food, wine & beer!





\$100 Worth of Lottery Tickets

- \$250 Cash Prize
- \$100 Cash Prize
- \$100 Snappy's Gift Card
- Kobalt 267 pc Homeowner's Tool Set
 - \$50 Cash Prize

Sponsors: Walmart Distribution Center, United Refining, wOK!w 102.9, Lowes, Lezzer Lumber, Denny's Beer Barrel Pub, CNB Bank, Appalachian Wood Products & Snappy's

Memorial & Honorarium Fund

Fall Lifespan Edition (September 2022)

IN MEMORY OF:	FROM:	BENEFITS:
Alice McMonigle	Ray & Susan Millward Janice Moore & Bob Messner Reichdrill I I C	Senior Services Senior Services Senior Services
Charles "Chuck" Tarner	Wickett & Craig of America Denise Lukens George & Ronda Vaughn	Senior Services Village of Hope Village of Hope
	John & Betty Crance	Village of Hope

AREA AGENCY ON AGING SERVICES

Intake and Referral

Intake and referral specialists have knowledge of a wide array of community resources and can explain how to apply for them.

Person Centered Counseling

Person centered counseling provides critical connections to resources for individuals in the community. Trained resource counselors assist individuals in accessing public, private, Federal, State, and local resources regardless of age, ability and income level.

Caregiver Support Program

The caregiver support program provides support for those who are caring for an older adult, or for grandparents who are raising grandchildren.

Navigation Services

Navigation services can guide you and your family through confusing and at times overwhelming world of elder and health care. This is accomplished through expert staff and information to navigate through these systems and provide support when you need it most.

Transportation Reimbursement

If you are age 65 or over and travel using the Area Transportation Authority (ATA) CCAAA can reimburse some of your cost. Call ATA (800) 252-3503 for additional information.

Care Management

Care managers have knowledge of local, State and Federal programs that can provide needed in home support. Using comprehensive assessments and person centered care planning, care managers work with older adults to create a personalized plan for the future.

Care Transitions

Care transitions is designed to make sure you have the support you need after you leave the hospital, rehabilitation center and nursing or personal care facilities. Through a 30 day program a transitions coach works with older adults to identify triggers, warning signs, gaps in care and other needs to help reduce re-admission rates. You want to stay home, and we want to help you do that.

Evidence Based Programs

Evidence based programs have been shown to have positive impacts on health outcomes. Clearfield County Area Agency on Aging Inc. is proud to offer a variety of evidence based programs including Healthy IDEAS, Diabetes Self Management, Chronic Pain Self Management and A Matter of Balance to our community.

Adult Day Center

Adult Day Services (ADS) are designed especially for older adults who want to remain in their community but who cannot be home alone during the day due to physical, social, and/or mental limitations.

Protective Services

Protective services investigators are available 24 hours a day 3ॅ65 days a year to receive and investigate reports of abuse, neglect and exploitation. Anonymous reports of suspected elder abuse can be made to: 1-800-233-0249

Ombudsman

Residents of personal care and nursing facilities can get help resolving problems, learn about resident rights and participate in programs with peers through contacting a long term care Ombudsman.

Home Delivered Meals

Meals are delivered to over 700 residents of Clearfield County daily. Home delivered meals participants benefit from a nutritious meal and interaction with a home delivered meal driver. During winter months shelf stable meals are delivered in case of unsafe roads that interfere with meal delivery.

PA MEDI

Specially trained volunteers provide information, counseling and assistance for all types of health insurance questions. Tele-appointments are available through the State wide hotline at 1-800-783-7067. Appointments can also be made for in person meetings by calling 814-765-2696.

Contact us for additional information! (814) 765-2696

Centers for Active Living

Centers for Active Living are located across Clearfield County. In addition to nutritious meals, Centers for Active Living provide educational programs, recreational activities and evidence based health and wellness activities.

Clearfield Center for Active Living 116 South Second St. Clearfield 814-765-9319 **Coalport Center for Active Living** 961 Fores St. St. Coalport 814-672-3574 **Kylertown Center for Active Living** 70 Senior Drive, Kylertown 814-345-6338

Mahaffey Center for Active Living 958 Market St. Mahaffey 814-277-4544 Parkside Community Center 120 W. Park Ave, DuBois 814-371-4000 Houtzdale Family Service Center 40 Terrace Drive, Houtzdale 814-378-5120

TREE OF STARS HOLIDAY APPEAL



The Clearfield County Area Agency on Aging's annual Tree of Stars Holiday Appeal is now underway. All of us know and appreciate older family members, friends and neighbors.

Tree of Stars is an opportunity for you to honor or remember these special elders through a monetary gift.

Funds raised through the Appeal provide support for AAA programs such as Meals

on Wheels & More, in-home services, transition services, caregiver support, and much more. Your gift will go far in serving others with a meal or an hour of personal care.

For each donation given, a personalized star with the donor's name is hung on the holiday tree displayed at 116 South 2nd Street in Clearfield. A gold colored star will be hung on the tree for those donors who give \$50 or more, and a white colored star for donations under \$50. In addition, donors at the \$50+ level will receive a Wendell August hand-forged Christmas ornament.



Honor/Memorial We would like to thank our Tree of Stars sponsors, **Action Graphics Printing &** Sign Making and wOKw-FM, for their continued support!



TREE OF STARS HOLIDAY APPEAL

I am/We are pleased to donate the following amount to the Holiday Appeal:

\$100_____\$50____\$25____Other \$_____

Circle One: In Memory of / In Honor of:

Name of Donor:

Name:		
Address:		
City, State & Zip:		
Phone:	Email:	

Send acknowledgement of memorial to:

Name:	
Address:	
City, State & Zip:	
Phone:	

Email:

We accept Cash, Check & Credit card.

Scan the QR Code to pay by credit card, fill in below, or call our office at (814) 765-2696. Make check payable to:



CCAAA, 600 Cooper Rd, Curwensville, PA 16833 Credit card #:_____Exp. date:_____ Thank you for your support!



Change Service Requested

NONPROFIT ORG. U.S. POSTAGE PAID CLEARFIELD, PA PERMIT NO. 272

LOOKING AHEAD

2022 Observed Holidays (offices/centers closed)SEPTEMBER 5LABOR DAYOCTOBER 10COLUMBUS DAYNOVEMBER 11VETERAN'S DAYNOVEMBER 24 & 25THANKSGIVING HOLIDAYCheck CCAAA out on

Check CCAAA out on:

 Facebook @ ClearfieldCountyAAA
Twitter @ CountyArea
Linked In
You Tube channel under Clearfield County Area Agency on Aging Check The Village of Hope out on:
Facebook @ ClearfieldCountyAAA
Twitter @ TheVillageofHo1

CONTACT US

Administrative Offices Toll Free Fax Protective Services Web Page Email

VILLAGE OF HOPE

814) 765-2696 or (800) 225-8571 (814) 765-2760 (814) 765-1365 or (800) 233-0249 www.ccaaa.net mail@ccaaa.net

www.ourvillageofhope.com

Would you like to receive your Lifespan by email? Simply email us at mail@ccaaa.net and let us know! Future issues of Lifespan (four per year) will automatically be emailed to you.

The Clearfield County Area Agency on Aging, Inc., Mature Resources Foundation and The Village of Hope are registered 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.