

skills can successfully implemented in emergency situations. (Note: This session will not provide attendees with certification in CPR or Basic Life Support.)

**Presenters: Curtis Grenoble
Physician Assistant Studies
Commonwealth University - Lock Haven
Campus**

**Dehydration
Tuesday, May 9, 2023
1:00 PM - 2:30 PM**

Water is the body's most important solvent. Good hydration is essential to many important processes in the body: joint health, blood pressure regulation, kidney function and so much more. Learn about fluid balance and how staying hydrated can lead to better health.

**Presenter: Dr. Amy Way, Professor
Health Sciences
Commonwealth University - Lock Haven
Campus**

What is CCLI?

The Mature Resources Area Agency on Aging, Inc., in collaboration with Lock Haven University Clearfield, is pleased to offer a great educational opportunity for adult residents of Clearfield County.

Together, the Agency and LHU Clearfield have established the Clearfield Community Lifelong Learning Institute. Courses are geared towards the interests of the baby boomers and older citizens. Typical sessions will last approximately 90 minutes and will be taught primarily by Lock Haven University faculty and community individuals with specific expertise. All programs are free, or very low cost for supplies, etc.



New courses will be added throughout the year. Enroll in the Clearfield Community Lifelong Learning Institute and receive information on these courses, class dates and times, and more!

PLEASE NOTE:

All sessions held at the LHU Clearfield Campus will be located in **Room A131** of the Academic building unless otherwise noted.

Visit www.ccaaa.net and click on the "Clearfield Community Lifelong Learning Institute" Link for additional information.

To be added to our mailing list, please call 814-765-2696.

Mature Resources Area Agency on Aging Inc
600 Cooper Road
Curwensville PA 16833

CLEARFIELD COMMUNITY LIFELONG LEARNING INSTITUTE



All attendees must be registered to attend any of the classes. Please remember to call 814-765-2696 to register.

2023 Upcoming Programs

Liddle Gallery
Tuesday, February 14, 2023
1:00 PM - 2:30 PM

109 E Market Street, Clearfield PA

Come to the Liddle Gallery and put your artistic ability to good use while painting a beautiful decorative modern flower to brighten the day! (8" x 10" Acrylic)

Limited to 20 participants!
Price per person: \$10



Director/Owner: Jody Grumblatt

An Evening Serenade
PA Chamber Orchestra
Friday, February 17, 2023
6:30 PM - Multipurpose Room

Join members of the Pennsylvania Chamber Orchestra and music director, Yaniv Attar, in an Evening Serenade. Enjoy this intimate performance by the Allegria Ensemble, a string quartet made up of Sally Williams Minnich, Mark Minnich (violins), John Roxburgh (viola), and Jonathan Dexter (cello), along with Maestro Attar as they perform some of their favorite string quartet literature. This evening of music is sure to delight all music lovers of all ages.

The Pennsylvania Chamber Orchestra (PCO) is Central Pennsylvania's all-professional chamber orchestra. For the past 30 years, the PCO has performed both rare and well-known music by the greatest composers from the Baroque period to the present day. Their season features word class soloists

and includes a series of three orchestral concerts, an annual holiday concert, a family concert, and several chamber music concerts under the direction of music director, Maestro Yaniv Attar. More information may be found at pachamberorchestra.org.

Please RSVP to Amy Smeal at 814-768-3401 or ajs23@lockhaven.edu. Seating is limited.

Presenter: PA Chamber Orchestra
Sponsored by CNB Bank

Aging and Physical Mobility
Tuesday, February 28, 2023
1:00 PM - 2:30 PM

In this session, we will examine normal age-related changes in adult development that impact our physical mobility. These changes occur in muscular and joint function, bone and body structure, as well as, cardiovascular and respiratory systems. These developmental changes have an impact on our functioning in terms of strength, balance, endurance, and mobility; as well as influencing one's cognitive and social processes. Find out what changes occur and how these changes impact our daily life. Prevention strategies that can help minimize these changes to maintain adequate functioning for everyday activities will be discussed.

Presenter: Dr Jamie Foor
Assistant Professor
Psychology Department
Commonwealth University - Lock Haven
Campus

Child Advocacy Center
Tuesday, March 14, 2023
1:00 PM - 2:30 PM

Dr Mary Tatum will discuss the importance of implementing a trauma-informed response for child abuse investigations. This presentation will cover how the Multi-Disciplinary Investigation Team (MDIT) of Clearfield County responds to child abuse investigations and how a Child Advocacy Center (CAC) supports this process. Learn about the CAC of Clearfield County and how to assist the most vulnerable victims...children. Kirby, the CAC-CC's Facility Dog, will also accompany Dr Tatum for the presentation!

Presenter: Dr Mary Tatum
Director, Child Advocacy Center
Clearfield PA

Clearfield County
Regional Police Commission
Tuesday, March 28, 2023
1:00 PM - 2:30 PM

Representatives from the Clearfield Regional Police Commission will detail the rationale behind combining the Lawrence Township Police Department with the Clearfield Borough Police Department. Special attention will be made outlining the pros and possible cons to such a merger along with the progress that has been made up to this point. Finally, the presentation will include an overview illustrating how the region will be divided into various Patrol Zones and how each one will be covered with a police presence. This session will be open to any questions or concerns the audience may have.

Presenter: Clearfield Regional
Police Commission

More Myths and Facts
Regarding Crime and Criminal Justice
Tuesday, April 11, 2023
1:00 PM - 2:30 PM

This presentation is the continuation of an earlier program which explored some of the common misconceptions regarding crime and criminal justice. Between popular crime dramas (e.g. NCIS), news headlines, and political campaigns, many believe they have a full understanding regarding what takes place in the criminal justice system and those who violate the law. Truth is, the majority of the information that one is exposed to from these sources is false. Topics such as police corruption, criminal culpability, capital punishment, and criminal justice careers will be explored. It is hoped that after this informative presentation, the participants leave with a better understanding of this complex system that impacts our daily lives in one way or another.

Presenter: Dr Michael J. McSkimming,
Associate Professor
Criminal Justice, Anthropology, & Sociology
Commonwealth University - Lock Haven
Campus

CPR and Life Support
Tuesday, April 25, 2023
1:00 PM - 2:30 PM

Potentially life-threatening emergencies can occur at any time and in any location. With a basic understanding of a few concepts regarding human physiology and emergency interventions, bystanders can become heroes as they help to save a life. We will explore the ABC's of CPR and Basic Life Support and discuss how these