

From the CEO...



With the holiday season upon us, it’s easy to recognize the wants and needs of others in our community. Generosity and kindness are exactly what the season should be about. However, wouldn’t our communities all benefit exponentially if everyone embodied December’s trends of kindness and charity throughout the entire year? Yes, I know that many of you do. Please, keep doing so, as kindness, compassion, and thoughtfulness are contagious; and our world can use a lot of all of those things the whole year through.

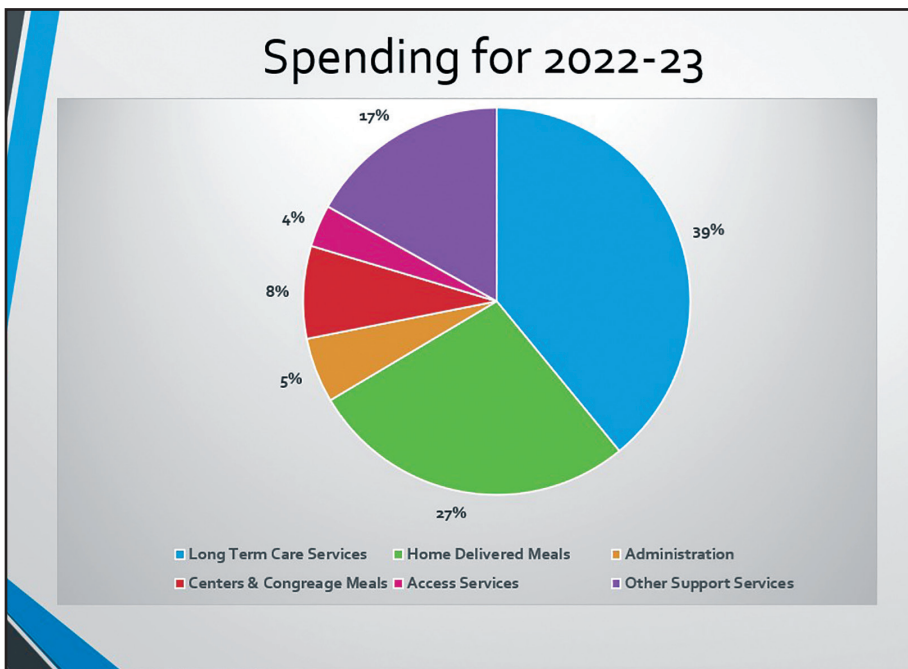
The Sponsor a Senior program is directed toward delivering the spirit of giving to one of our demographics most in need – our senior citizens. The program, also, is active all year. Because the needs of every senior are many, and there are many seniors, I ask for support from friends and neighbors in Clearfield County for the Sponsor a Senior program. Please help us spread the word!

Anyone can contribute to Sponsor a Senior through a general donation made to Mature Resources Area Agency on Aging. Funds raised provide support for AAA programs such as Meals on Wheels and 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.

In addition, the agency also provides programs for individuals to learn how to manage their own chronic health conditions. Mature Resources Foundation also provides housing, such as shared housing opportunities and accessible dwelling units for those who have been living in very challenging conditions. Ultimately with the creation of the Village of Hope, individuals and families living with Alzheimer’s Disease, seniors raising grandchildren and great-grandchildren, as well as those who have been sole support for adult children with disabilities, have available to them a supportive, safe community. These services mean the difference between autonomy and dependence. It means that seniors can remain in control of their wellbeing and continue to make day-to-day decisions based on their wants and needs, and not have to abide by a structured schedule. It means that our elderly friends, relatives, and neighbors can remain in their own dwelling, and in the community.

Please consider a donation through the Sponsor a Senior program this year. It is truly the gift that keeps giving all year long.

Kathy Gillespie, CEO



Inside This Issue

- 2** CNB Bank Lends Support to Blizzard Box Program
New WISE Class for 2024
- 3** Year in Review Program Costs Ann S. Thacik Charity Auction
- 4** 2024 Calendar Lottery
- 5** Mature Resources Staff Contributes to Auction Fundraiser Memorial & Honorarium Fund
- 6** Area Agency of Aging Services
- 7** CCCTC Basket Repair
- 8** Contact Information

CNB Bank lends support to Blizzard Box program

Employees of CNB Bank in Clearfield volunteered to label and sort Blizzard Boxes this year at the MRAAA Meals on Wheels site in Curwensville. All told, the volunteers processed 1,000 Blizzard Boxes for distribution to Meals on Wheels consumers.

A combination of nonperishable foods, every Blizzard Box contains the nutritional equivalent of three full meals, which meet standards set by the Older Americans Act. They are packaged and delivered at the onset of winter. Consumers are encouraged to store the meals in a safe place to use as a backup for stormy winter days when the Meals on Wheels staff may be unable to deliver a hot meal. On days meal delivery is interrupted due to weather, consumers will receive a phone call and be instructed to use their Blizzard Box that day. The call also serves as a welfare check in place of seeing their delivery driver.

MRAAA seeks community support each year for the Blizzard Box program, and is still accepting donations from area businesses and members of the community. Donations can be sent, at any time, to MRAAA at 600 Cooper Road, Curwensville, PA 16833 or made online at <https://www.mraaa.life/donate>



Volunteers processed 1,000 Blizzard Boxes for distribution to Meals on Wheels consumers.

In front, left to right: Sherry Wallace and Judy Schmoke.

In back, left to right: Shannon Irwin, Lora Vaow, Clairisse Davis, and Becky Coleman.

Have an IRA?

Would you like to gift to qualified charity, tax free? If you make donations and are subject to required minimum distribution will count toward satisfying your RMD, and neither you nor the charity will have to pay income taxes.

CALL 814-765-2696

for more information on giving to the
Mature Resources Area Agency on Aging

2024 Health and Wellness Season Kicks Off with New WISE Class

Mature Resources Area Agency on Aging will kick off the 2024 Health and Wellness season with a new class aimed at educating older adults on a variety of topics, including safe medication use, the aging process, communicating effectively with healthcare providers, and strategies for making healthy lifestyle choices.

The Wellness Initiative for Senior Education (WISE) program will be offered to the public at no charge. The program empowers older adults to advocate for their own health, make healthy lifestyle choices, and navigate use of medications and substances like alcohol.

WISE is a national program that has been presented in many states across the country since 1996, and is proven to help older adults improve their psychological well-being, knowledge, and attitudes about aging, including the awareness of the early signs and symptoms of depression. Participants will learn about the aging process and how to make healthy lifestyle choices, risk factors and behaviors older adults should avoid in order to stay healthy, examine how alcohol, prescription medications, and over-the-counter medications affect seniors differently and how they can avoid misuse, and learn how to use simple tools to feel more empowered about their health and healthcare.

To register, contact Connie at 814-765-2696, extension 318, or charris@matureresources.life

For information on other Health and Wellness programs offered by MRAAA, visit https://www.mraaa.life/_files/ugd/716c47_8f0550d56a214cee94971216aa0bd70d.pdf



Clearfield County Area Agency on Aging, Inc.

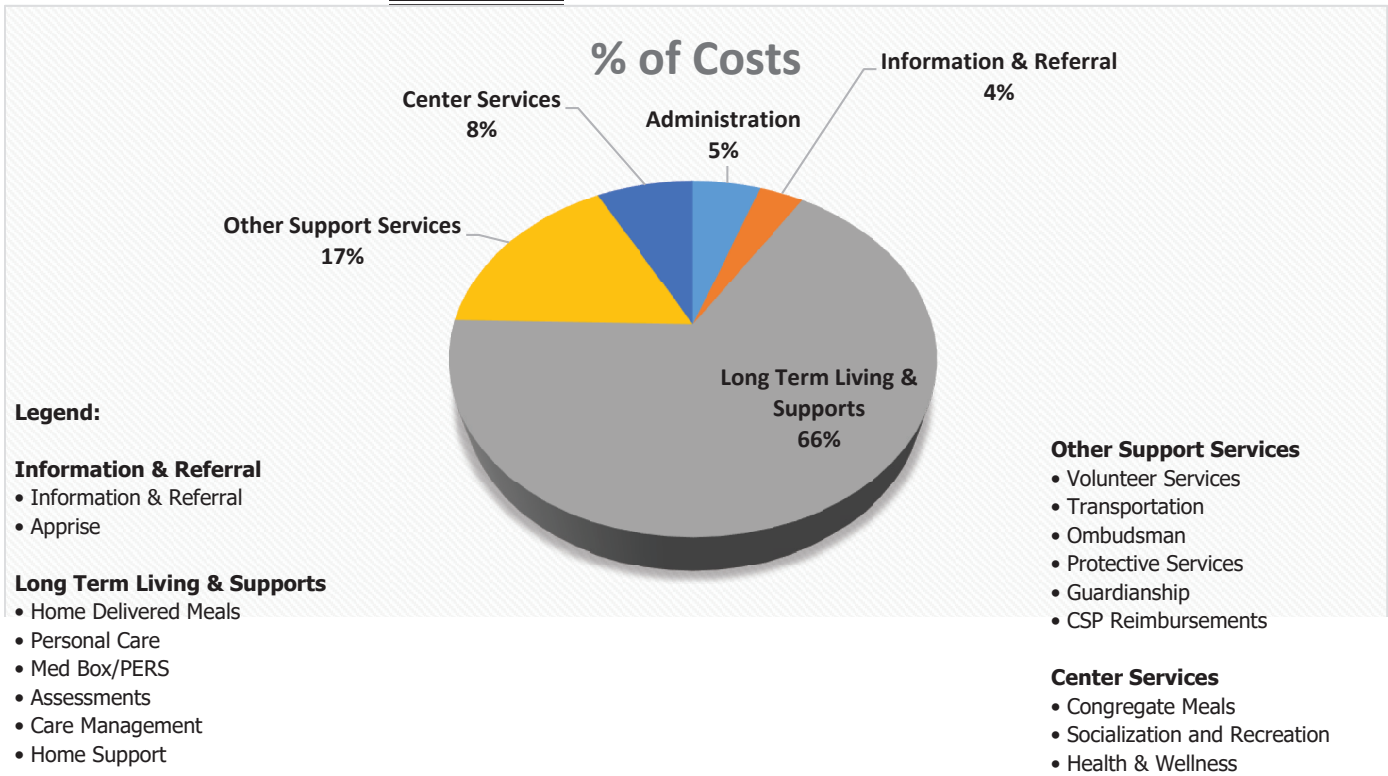
Costs by Program

07/1/2022-6/30/2023

Administration	\$ 326,093.38
Information & Referral	\$ 211,672.03
Long Term Living & Supports	\$ 3,991,155.76
Other Support Services	\$ 1,012,857.35
Center Services	\$ 463,860.19
	<u>\$ 6,005,638.71</u>

In Home Parameter
94.53%

(minimum parameter of 60%)



Anne S. Thacik Charity Auction nets \$25,000

The 28th Annual Anne S. Thacik Charity Auction raised \$25,000 for Mature Resources, funds that will help to support a wide variety of vital services to seniors throughout Clearfield County.

The biggest agency fundraisers of the year, the auction helps MRAAA to continue services such as Meals on Wheels and More, in-home services, , caregiver support, and more.

The 28th Annual Anne S. Thacik Charity Auction is made possible, in part, through sponsorships by Janney Trusted Advisors, JC Fox Construction, Penn Highlands Healthcare, Kurtz Brothers, Hallstrom Construction, Phoenix Physical Therapy, Casteel Chiropractic, C. Classic Chrysler, Dodge, Jeep, Ram, Hembold and Stewart Insurance, Lansberry Trucking, Appalachian Wood Products, Mabel's Pizza, Encompass Health, Bud's Electric, Realty One Group, PGP, Johnston, Nelson, Shimmel, and Thomas, LLP, Howell Paving, and Gary and Sons Heating and Cooling.



Auctioneers Pat Errigo and Stephanie Tarbay kept the crowd engaged during the 28th Annual Anne S. Thacik Charity Auction on October 12.

2024 Lottery Calendar

Each calendar has a three-digit number on it, and this number is good for every day of 2024. 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 \$27.00! These calendars make great Christmas gifts!

Cost: \$27 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 #: _____

Purchaser Information:

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

Number of calendars purchased: ____ x \$27 each = \$_____ **TOTAL ENCLOSED**

Make check payable to: **CCAAA**

Mail to: **Mature Resources Area Agency on Aging, 600 Cooper Rd, Curwensville, PA 16833**

Where would you like to pick up your calendar: ____ **Clearfield (or)** ____ **Curwensville Office**

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

(We do accept donations toward shipping costs.)

Sponsored by:

Clearfield Tire & CNB Bank

SCG06942



Proceeds from calendar sales benefit
Clearfield County Centers for Active Living.
THANK YOU FOR YOUR SUPPORT AND BEST OF LUCK IN 2024!

Mature Resources Staff Contribute to Auction Fundraiser Total

Mature resources employees worked together to raise around \$2,400 for the Anne S. Thacik Charity Auction.

Staff teams came together to assemble gift baskets that were auctioned off during the event. Basket themes included a Lottery Basket, Camping Basket, Selfcare Basket, Tailgate Package, and Penn State Basket.

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Employee baskets



Susquehanna Wellness Clinic
is dedicated to improving the overall health and well-being of people through individualized care, education and empowerment toward wellness.

Get In Touch With Us

info@susqwell.com

28944 Frenchville Karthas Hwy, Frenchville, PA 16836

1924 Daisy St. (rear) Suite A Clearfield, PA 16830

www.mrswc.life

www.facebook.com/susqwell

Why Choose Us

Our vision is to provide a positive and patient centered environment linking collaboration between patient and health care provider for overall improvement of health and wellness in the individual.

If you should have an emergency outside of our normal business hours, please go directly to the nearest hospital emergency department.

*Same Day Appointments available to current patients - varying daily based on unclaimed appointments with a physician.

CALL US
(814) 765-2695
(800) 494-5678



SUSQUEHANNA WELLNESS CLINIC
A Division of Mature Resources

A partner in your wellness journey.





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Memorial & Honorarium Fund

Winter 2023 Lifespan Edition


IN MEMORY OF:	FROM:	GIFT AMOUNT:
Erma Homan	William & Beverly Lawhead	\$ 25.00
	Nathan Whited	\$ 30.00

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 along during the day due to physical, social, and/or mental limitations.

Protective Services

Protective services investigators are available 24 hours a day 365 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
1924 Daisy Sreet (rear), Suite A, Clearfield
814-765-9319

Coalport Center for Active Living
961 Forest 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

Clearfield County Career and Technology Center (CCCTC) Basket Repair

MRAAA got some help this fall keeping the agency Meals on Wheels and More fleet in top shape. Students in the welding and fabrication program at the Clearfield County Career and Technology Center (CCCTC) repaired more than 20 stainless steel baskets that are loaded with meals each morning as Meals on Wheels drivers deliver up to 800 hot meals daily.

"These baskets slide into the warming ovens that are in each delivery van," explained MRAAA Fleet Dispatcher Joshua Bush. "Once loaded up, the ovens keep meals warm until they make it to the door of each consumer. Seeing regular daily use, you can imagine, the normal wear on this equipment adds up. Help maintaining this equipment at no cost to the agency is a huge help – and the students did a fantastic job."

Many of the wire baskets had welds that failed around joints in their construction that needed to be repaired to assure their dependability during meal runs. Fortunately, MRAAA Human Resources Director Dan Bell was able to set up a mutually beneficial arrangement with CCCTC Executive Director Fred Redden.

"This is a perfect project for us," Redden said. "We try to take on projects that embody community service, while also providing learning opportunities for our students. The students take pride in what they do, and this allows them to see how they're providing a real-world impact."

For MRAAA, the students are helping to further the mission of the Meals on Wheels and More program. The program provides up to 800 hot, nutritious meals each day to consumers in Clearfield County. MRAAA contracts with Morrison Living, an international food service provider, to supply the meals that are prepared fresh in the kitchen at the agency's Curwensville office. In addition to hot meals, each year Blizzard Boxes are packed and

delivered to homebound Meals on Wheels recipients across the county. A combination of nonperishable foods, they are packaged and delivered at the onset of winter. Consumers are encouraged to store the meals in a safe place to use as a backup for stormy winter days when the Meals on Wheels staff may be unable to deliver a hot meal.

Bell said, "When Fred and I first talked about a learning opportunity for students that also allowed them to contribute to the mission of Meals on Wheels, it already sounded like a win-win. Seeing the quality of the work these students are capable of makes it even better. We cannot thank CCCTC and the welding students enough for the professional job they've done for us."

To tackle the project, welding and fabrication instructors enlisted Ben Lombardo and Warren Diethrick, both seniors in the program from Clearfield Area School District.

"We used a tig welder," Diethrick said. "It works best on stainless steel, and because it's really thin."

Lombardo explained, "It's thin and easy to burn through, but we just took our time. You have to be patient with it."

Welding and Fabrication Instructor Dave Rupert said the program puts strong focus on the quality of work students will produce while at CCCTC and in their future careers. He said, "We want to help make them a better welder, better fabricator, and all-around better person. We train them in all aspects of the job." Rupert explained that in addition to welding, students are trained on computer-aided fabrication equipment including lathes and plasma cutters, and have even created their own workstations, contributing to the educational experience.

"They take a lot of ownership over the shop and the work," Rupert shared. "They are responsible for the shop, the equipment, the tools, the tables, setting up welding booths, everything. It teaches them how to be responsible in the workplace."

There are currently 60 students enrolled in the CCCTC Welding and Fabrication program.

For more information, or to find out how you can support the Meals on Wheels and Blizzard Box programs, call 814-765-2696, or visit <https://www.mraaa.life/>



Mature Resources Fleet Dispatcher Joshua Bush (center) recently picked up baskets that were repaired by students in the Clearfield County Career and Technology Center Welding and Fabrication program. The baskets are used to transport hot meals inside warming ovens in the meals on wheels van fleet while being delivered to consumers.

Left to right, CCCTC Executive Director Fred Redden, Instructor Jayna Vicary, Student Ben Lombardo, Bush, Student Warren Diethrick, and Instructor Dave Rupert.



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

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LOOKING AHEAD



2024 Observed Holidays (offices/centers closed)

NEW YEAR'S DAY, MONDAY, JANUARY 1, 2024
PRESIDENTS' DAY, MONDAY, FEBRUARY 19, 2024

CHECK CAAA OUT ON:

-  Facebook @ ClearfieldCountyAAA
-  Twitter @ CountyArea
-  LinkedIn
-  You Tube 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

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