From the CEO...



This issue of Lifespan is our last for the year 2021. It has been an exciting and challenging year. In aging services, the challenges of serving an ever-growing elderly population have tested

out abilities more than ever before.

As we end this year and prepare to begin another, we are grateful for the support of the community, especially in our times of greatest need during this pandemic. Our community and staff have come together from various backgrounds, with one purpose- to serve our elderly friends, neighbors and families. Hundreds of people have donated to and supported our various fundraisers to help make the needs of others just a little easier, a little better. Support for our annual charity auction helped realize the most

successful of all up to this point. Our sponsor a senior program has also been generously supported, enabling the agency to secure basic items for older adults in need from hospital beds, to space heaters, to food and shelter. The success of our auxiliary, the Friends of the Area Agency Aging have helped with needed equipment at the Susquehanna Wellness Clinic as well as support for the cost of providing vaccines for elders who are homebound.

On behalf of the thousands of elders we serve, the Governing Board of Directors, the Advisory Council, and the outstanding staff, please accept my sincere thanks for your support and encouragement in this mission of service that we share.

Best wishes and happiest of holidays.

Kathy Gillespie, CEO





Pic 1: CCAAA was proud to hold its first Wal Mart Truckload Sale Fundraiser, offering tons of merchandise donated by our local Wal Mart Distribution Center, Woodland, PA.

Pic 2: The Wal Mart Sale Coordinator, Ronda Vaughn (pictured right), takes a break to smile for the camera with Volunteer Matt Day.



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Pic 1: Ethen Tarner and Ronda Vaughn as they served participants of the Clearfield Chamber of Commerce's Halloween Howl Wine Walk. Pic 2: The CCAAA office located at 116 S. 2nd Street, Clearfield, was the second stop on this year's Halloween Howl Wine Walk. Scary good!

Clearfield County Area Agency on Aging, Inc. 2020/2021 Year in Review



1. 100 Animatronic Pets distributed – these pets are manufactured by Ageless Innovation to fight social isolation in seniors.



2. \$27,442.50 fundraised through 25th annual Anne S. Thacik Auction, which was the the highest amount raised in 25 years, while being held completely online using the GiveSmart platform and Facebook Live.



3. Purchase of Susquehanna Rural Free Clinic (Frenchville, PA)



With Certificate of Achievement presented by Andrea Schickling of Senator Wayne Langerholc, Jr's Clearfield Office to Kathy Gillespie CEO CCAAA

4. Awarded 2020 Aging Innovations Award for ECHO Cottage from N4A, the National Association of Area Agencies on Aging.

- **5.** Joined Health Information Exchange.
- **6.** \$200,000 PA PHARE Fund Grant received for housing development at the Village of Hope, Inc.



(I-r) Ethen Tarner, COO, Rosemary Gillespie, volunteer and Lindsev Mavs. volunteer

- **7.** 15,000 Oral Health Kits distributed quarterly to seniors to fight oral health disparities. Kits will be distributed through CCAAA's Meals on Wheels Program.
- **8.** The Village of Hope was selected as a World Changing Ideas 2020 "Spaces, Places and Cities" Category Finalist with *Fast Company*.



Clinic Team: (front) Dr. Baltazar Corcino, M.D. and Jamie Bush, CRNP (back) Linda Young, LPN, Laura Nearhood, RN and Megan Patrick, RN, RD, LDN, Practice Manager

9. The Susquehanna Wellness Clinic opened in November 2020, functioning as a primary care office focusing on providing a person-centered, holistic approach to care, providing patients with a number of services.



- **10.** 4,000+ Produce boxes were distributed through the Farm to Table Grant, in partnership with the Who Cooks For You Farm. CCAAA distributed 500 boxes weekly via drive-thru pickup at the CCAAA office and drop-off's by staff at area high rises and senior centers.
- **11.**Over \$9,000 donated to our 'Sponsor A Senior' Program (total: \$9,322.20)
- **12.** 810 'Friends of the Area Agency on Aging Auxiliary' Memberships (\$6,351,60)
- **13.** Three (3) grants received from Meals on Wheels of America for a total of \$101,400 to provide shelf-stable meals during the pandemic, develop and provide Made Fresh With Love Meal Kits for Seniors in partnership with Morrison Living, and meet the needs of pets owned by Seniors.



The Morrison Living Team with CCAAA Board Member, Wilson Fisher, and CCAAA CEO, Kathleen Gillespie.





14. Second ECHO Cottage placed in Clearfield County

Clearfield County Area Agency on Aging, Inc. 2020/2021 Year in Review



Kathleen Gillespie, chief executive officer (right) of the Clearfield County Area Agency on Aging, recently presented a plaque of appreciation to Bernice James, Clearfield Family Dollar store manager (middle), for the generosity James and her store had towards area seniors during the COVID pandemic. The Clearfield Family Dollar Store donated large amounts of sanitizing products and food items to benefit local senior citizens. Joining the presentation was Stuart Sivak, Family Dollar store district manager (left).

15. Support from Clearfield Family Dollar in large donations to help seniors through the pandemic

16. \$11,000 in Lottery Calendar purchases — benefits the Clearfield Center for Active Living (\$11,010.26 - 1,000 sold at \$25 each sold out of calendars in fact



17. 1,095 Blizzard Boxes to enable area seniors backup food in winter months. All possible thanks to generous donors. (donations: \$10,995.00 cost \$10/box)

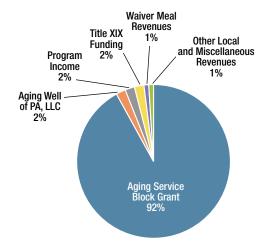
18. Thanks to a training grant provided by PA Link, CCAAA is now able to offer the BALM 12 Principles of Family Recovery Classes in our community. Two (2) community classes have already been held with a third class planned thanks to funding from the PA Link and CNB Bank.



Summary of Income 2020-21

Aging Service Block Grant	\$ 4	1,789,550.36	91.96%
Title XIX Funding	\$	90,849.00	1.74%
Program Income	\$	107,598.64	2.07%
Aging Well of PA, LLC	\$	101,563.33	1.95%
Waiver Meal Revenues	\$	56,736.72	1.09%
Other Local and Miscellaneous Revenues	\$	61,934.72	1.19%

\$ 5,208,232.77



FAST FACTS:

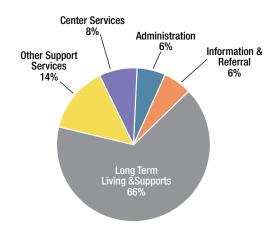
In Fiscal Year 2020-21

- 1258 individuals received a total of 183,483 meals
- 103 individuals received a total of 1029 Fresh Meal Kits
- 799 Functional Eligible Determination Assessments were completed
- 40,673 hours of Personal Care were provided
- 526 Reports of Need for Protective Services were received
- \$48,120 Farmer's Market Vouchers were distributed
- 500 bags of fresh vegatables were distributed weekly for several months

Summary of Expenses 2020-21

	\$ 5,208,232.77
Center Services	\$ 393,181.84
Other Support Services	\$ 744,996.61
Long Term Living & Supports	\$ 3,435,581.22
Information & Referral	\$ 310,938.95
Administration	\$ 323,534.15

% of Costs



Legend:

Information & Referral

Apprise

Long Term Living & Supports

- Home Delivered Meals
- Personal Care
- Med Box/PERS
- Assessments
- Care Management

Other Support Services

- Volunteer Services
- Transportation
- Ombudsman
- Protective Services
- Guardianship
- CSP Reimbursements

Center Services

- Congregate Meals
- Socialization and Recreation
- Health & Wellness

EMPLOYEE SPOTLIGHT: MRS. JOAN BRACCO

Anyone who is familiar with the Area Agency on Aging and all the Agency does is most likely familiar with Mrs. Joan Bracco. Serving for the last several years as both our Marketing Coordinator and as an Ombudsman, Joan is always ready to greet the community with a smile and share about what all the Clearfield County Area Agency on Aging is doing!

While born in Sandy Ridge, PA, Joan has lived in Clearfield PA for the last forty (40) years. She graduated from Philipsburg-Osceola High School, then attended Clarion University, becoming a Secondary English and Speech Teacher for the very school district she graduated from. After teaching for a couple of years, Joan decided to stay home to take care of her two boys.

When her boys were old enough to attend school, Joan was looking to re-enter the workforce. At that time, the Philipsburg Towers had just opened and the Centre County Area Agency on Aging began operating a Senior Center on the ground floor. Joan thought it might be a good fit for her at this time in her life, so she applied for and was hired as the Center Manager. While sharing about this new venture, Joan said, "I was used to kids and thought 'maybe they (the older adults) might think I'm silly', but it turned out, we got along fabulously!" Joan served in that role for three (3) years and added that she "loved them" because she "was like everyone's granddaughter — I learned so much from them!"

Due to personal circumstances, Joan needed to make a career change, and, after receiving a tip from a friend, sought out an opportunity as an Agent with the Baltimore Life Insurance Company. In order to be considered for the job. Joan was required to take an aptitude test – but was met with resistance from the Manager, as she was presented with many reasons why a woman wouldn't be able to hold such a job. More determined than ever, Joan insisted on being able to take the test. Ultimately, a cohort of eight (8) people were allowed to sit for the exam -7 men and Joan! Several weeks later, Joan found out that the results were in and she scored the highest, but, because the manager didn't believe being an Agent was "woman's work", an offer of employment was withheld. In classic style, Joan simply informed the manager that she intended to contact the National Organization of Women (NOW) in State College and that the business could expect NOW picketers to swarm the business the next day. along with news representatives. Ironically, this particular manager rethought his original decision and offered Joan the iob. Within one year, Joan and only one other Agent were presented with awards for the highest amount of sales!

And, the other Agent's name was John Bracco. Call it fate, or Divine Intervention, but the two became good friends. Over time, their relationship evolved into more, and in 1980, Joan became Mrs. Bracco. Joan shares that she was "always into 'brains' and John was just a smart man — that's all there was to it!" Their blended family then moved to Clearfield, and, eventually, Joan went back to work with Centre County AAA as the Center Manager, where she had worked previously. One day, while traveling to work in Philipsburg, Joan had a near-fatal car accident on wintery roads, which she says "spooked her" and made her reconsider the daily drive.

At that time, John had suggested she inquire at the County Nursing Home in Clearfield about employment (now known as Mountain Laurel Nursing and Rehab Center), as he recognized how good she was with seniors. Joan took him up on his suggestion, and, before long, was hired as the Marketing Director there. One of the first items of business for Joan, as she retells it, was to "change the name of the facility, as people would tell their loved ones that they'd never put them in the County Home." Management of the facility agreed and a contest was held to let the residents choose the new facility name — Mountain Laurel. During Joan's 21 years with Mountain Laurel, she had the privilege of promoting a new short-term rehab facility by which the adage became "Excellent Short-Term Rehab, Close to Home." For twelve of the years she worked at Mountain Laurel, she worked for Julie Fenton, NHA, who happens to be her supervisor now with CCAAA.

4





In 2004, Joan left Mountain Laurel to fulfill a Marketing role for Kathleen Gillespie, NHA, who, at the time, was managing Ridgeview Elder Care. When Kathleen Gillespie became the CEO of the Clearfield County Area Agency on Aging in 2014, Joan followed, and continues to serve in her marketing and ombudsman roles today. It's not uncommon to see Joan out and about during the work day, sharing information about the Agency. You might also find her advocating for seniors at a nursing home, or working on an Agency fundraiser. During the pandemic, Joan spent hours reaching out to seniors who were homebound, checking to make sure they were ok.

When asked what she does in her spare time, Joan replied, "Half of my life belongs to the Agency on Aging, and the other half belongs to St. Francis (her parish) and the Carmelite Monastery." Of course, anyone who has the pleasure of knowing Joan knows that her Faith is her whole life, and she carries it out in all she does. While Joan shared about her faith and her spiritual journey, her involvement with the Carmelite Monastery was explored and she shared that she is a 3rd Order Carmelite or "community Carmelite." She had first learned about this group from a couple of dear friends, and, after learning more, moved forward to become part of the Order. According to www.carmelite. org, "[t]he Third Order is the branch of the Carmelite Order for lay people and diocesan clergy who, by the profession of promises, make a formal and public commitment to living the Carmelite way of life." Today, Joan's Carmelite name is Sister Mary Margaret of the Holy Face — "Mary", because of her connection with the Blessed Mother; "Margaret" in honor of her mother-in-law; and, "Holy Face" because, according to Joan, "there's never been a picture of Jesus I wasn't attracted to."

After her husband John passed away, Joan experienced deep loss but now shares that her relationship with the Lord grew stronger and she is confident that God "healed" John by "taking him Home." Her home remains her sanctuary, where she finds peace in prayer and contemplation.

To know Joan is to know a sweet-spirited woman, willing to do anything to help others and always lifting needs up in prayer. St. Therese of Lisieux said, "Remember that nothing is small in the eyes of God. Do all that you do with love." This is so true of Joan's life and heart, and we at the Clearfield County Area Agency on Aging are blessed to call her co-worker and friend.

Memorial & Honorarium Fund

Winter Lifespan (December 2021)

IN HONOR OF: FROM: BENEFITS:

Brandi Hepfer, Amanda Denise Lukens Village of Hope Legars, and Kathy Gillespie

IN MEMORY OF: FROM: BENEFITS:

Elizabeth I Burfield Bobbie Sopic Village of Hope

www.ccaaa.net

39 YEARS OF BUZZARD BOXES IN CLEARFIELD COUNTY

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?

Each year, across Pennsylvania and other states in the USA, Blizzard Boxes are packed and delivered to homebound Meals on Wheels recipients. Typically, a combination of non-perishable 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. On these days, consumers are called and reminded to use some of the food from their Blizzard Box. Boxes are replenished as they are used, depending on available supply.

On any given day, about 600 senior citizens in Clearfield County are served through the CCAAA's Meals on Wheels & More program. Over the course of the winter, over 1000 different people will have been served Meals on Wheels & More. Each year, Blizzard Boxes are provided to every one of these meal recipients.

Since 2011, every Blizzard Box has contained the nutritional equivalent of three full meals which meet standards set by the Older Americans Act (1/3 of the recommended dietary allowance for adults over 55). Typically, they contain products like canned soup, Hormel Complete meals, crackers, cookies, shelf-stable liquid milk, juices, tuna, and peanut butter. Products are currently being analyzed, and we look forward to providing another round of quality, nutritious Blizzard Boxes to all Meals on Wheels & More consumers before our first snowfall.

Food items are purchased in bulk in order to obtain the best possible price, and the cost to sponsor each three-meal box is \$10.

While small variations of the concept may have existed in various areas of the country for years, the formal program actually began in Clearfield County in 1983 with the Clearfield Rotary Club and the CCAAA. This year funding from sponsors such as the Stoltz Family Dealerships of DuBois, Appalachian Wood, and the Clearfield United Way was donated toward this Program. We proudly display a logo for each of our sponsors on each box and thank them again for their continued support of this vital program.

In the last decade, support has also poured in from family members, individuals, business partners, organizations, church groups, and service clubs of all kinds, making it possible to remain entirely a local effort without the use of federal or state funds for the 39th consecutive year.

In 1990, the Clearfield County Area Agency on Aging, and its partners at that time, the Clearfield Rotary Club, and the Clearfield & DuBois Dairy Queen owners, received a national Community Achievement Award from the US Administration on Aging naming the Clearfield Blizzard Box Program, "an outstanding public-private partnership." It is now replicated by Area Agencies on Aging and service groups and organizations all across the United States.

The fundraising campaign for Blizzard Boxes officially kicks off August 2, 2021, but donations can be sent at any time or made online at www.ccaaa.net.







Clearfield County Area Agency on Aging, Inc. 2021 Blizzard Box Project 39th Anniversary 1983 - 2021

Name:
Address:
City, State, Zip:
Name as you wish it to annear an Dissard Day label

Please help by sending your check along with this form to: Clearfield County Area Agency on Aging, Inc., 600 Cooper Rd, Curwensville, PA 16833 (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 original registration and financial information may be obtained from the Pennsylvania Department of State by calling toll free within Pennsylvania (800) 732-0999. Registration does not imply endorsement.

Tri-County Walk to End Alzheimer's Disease

Alzheimer's Disease is a progressive and fatal disease which has a devastating impact, not just on our families, but on finances and a future. Today, more than five million Americans are living with Alzheimer's. But who is caring for them? Sixteen million Americans are providing unpaid care while still working an average of thirty-five (35) hours per week outside of caregiving.

Every year, the Alzheimer's Association holds the Walk to End Alzheimer's in more than 600 communities nationwide. This event raises awareness and funds for Alzheimer's care, support and research.

This year, like last year, the event was held virtually, so participants could support the cause by walking for the cause and share photos of their commitment.





The Susquehanna Wellness Clinic is Focused on You!



Ms. Brenda Weber

The Susquehanna Wellness Clinic is a primary care office with a focus on each individual's overall wellness using a holistic approach. Our clinic serves patients who are 18 years of age or older. The Susquehanna Wellness Clinic is a primary care office seeking to serve the greater Clearfield area.

Our office provides comprehensive geriatric care and adult medical services,

but many may not know that we offer the following services that many clinics do not:

- Telehealth Services
- Patient Transportation to Appointments (to those age 60+)
- Remote Clinic Days
- In-home Visits

In addition to our two primary care physicians, our CRNP and our Registered Dietician, we have also added a Consultant Pharmacist, Ms. Brenda Weber! Brenda earned her pre-med degree from Penn State University and graduated in the Pharmacy program at Philadelphia College of Pharmacy & Science. She worked many years as pharmacist in charge at Clearfield Pharmacy, which was recently sold to Rite Aid.

In this new position, Brenda will perform medication review for consumers who are on more than 9 medications. The goal is to identify medication-related problems that can cause, aggravate or contribute to common geriatric problems and then work with medical staff to lessen symptoms and improve outcomes. Brenda will also serve within the care transitions program. We are delighted to have her as part of the Agency family!

Call us today to set up an appointment 814-765-2695

You are also welcome to visit us online at www.susqwell.com or send an email to info@susqwell.com.

Our Clinic is located at 28944 Frenchville-Karthaus Highway, Frenchville, PA 16836 — we look forward to meeting you!



We're Expanding!

The staff of the Susquehanna Wellness Clinic are proud to announce that we are opening an additional office in Clearfield, PA at rear of the newly remodeled Daisy Place starting January 2022!

We are currently accepting new patients and welcome the opportunity to be a partner in your wellness journey! Call us to schedule an appointment 814-765-2695 or visit our site www.susqwell.com



Community Support for Annual Auction

The community once again showed their support of the Area Agency on Aging and the older citizens of Clearfield County, at the 26th Annual Anne S. Thacik Charity Auction held live at the Copper Cork Event Center and virtually on October 21, 2021. The Friends of the Area Agency on Aging Auxiliary raised over \$28,000.00 to support Agency programs and services.

The Agency would like to thank everyone who was involved with this year's auction. Each year, individuals, businesses, and organizations support our event by generously giving their time, talents, goods and services. Your continued support is greatly appreciated!

During the auction, we pulled winners of the Cash & Prize Extravaganza Raffle, and the winners are Debbie Diviney, \$500 Cash; Jackie Ciamacco, 36" Blackstone Griddle; Susan Kavelak, \$250 Cash; Stephanie Gordon, Cricut Cutting Machine: Gerald & Beverly Bush. Mechanics Tool Set; Ron & Carol Bunk, Electronic Basket; Jaqueline Dixon, \$50 Lottery Tickets; Tom & Kay Longe, \$50 Moena Gift Card; and Genevieve Murray, \$50 Santinoceto's Gift Card. Thank you all for participating in this fundraiser.

Picture Left – Stephanie Tarbay & Pat Errigo, Auctioneers Picture Right – Kathy Gillespie, CEO





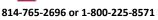


PA MEDI (formerly APPRISE), available at the Clearfield County Area Agency on Aging, can help you evaluate your eligibility for cost-savings programs by offering free, confidential, unbiased and easy-to-understand information to people of any age who are eligible for Medicare.

PA MEDI counselors can help answer your questions about:

- Medicare
- Medicare Prescription Drug Plans (Part D)
- Medicare Advantage Plans
- Medicare Supplemental Insurance (Medigap)
- Plan Comparisons
- Medicare/Medicaid Dual Eligibility
- Screening and Applying for Medicare Cost Savings Programs
- Medicare Appeals
- Long-Term Care Insurance
- Preventive Benefits under Medicare
- Retirement Information
- ·...and more







TREE OF STARS HOLIDAY APPEA

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.



WE WOULD LIKE TO THANK OUR TREE OF STARS SPONSORS **ACTION GRAPHICS PRINTING & SIGN MAKING** ACTION GRAPHICS AND WOKW-FM, FOR THEIR CONTINUED SUPPORT!



2021 Giving Tree Project



The Clearfield Borough Police Department and the Clearfield County Area Agency on Aging, Inc. (CCAAA) partnered to create "Giving Trees" for area elderly and are again teaming up to spread some holiday cheer. Elderly citizens in the Clearfield area, many of them living alone with no close family members or no family at all, could benefit greatly from a small act of kindness.

Last year, many individuals and organizations came together to provide truckloads of gifts and financial assistance for heating and medical needs. More than

\$14,000 was collected and sent directly to local fuel suppliers to ensure our frail and elderly were warm in their own homes last winter.

Family Dollar Store, CVS Pharmacy & Shaw Public Library of Clearfield, South Side Subs of Curwensville, Levo's Supermarket of Coalport, and Parkside Community Center of DuBois will be hosting our trees this year. The employees of CNB Bank, Penn DOT, and Riverview Bank will have their own trees and collect internally, and fuel deposits can be made at Riverview Bank, or dropped off or mailed to Clearfield County Area Agency on Aging, Inc, 600 Cooper Rd, Curwensville, PA 16833. Donations can also be dropped off at the Clearfield County Area Agency on Aging's Clearfield office located at 116 South 2nd Street.

The tags are hung and ready to be picked up through December 17, 2021. Individuals are welcome to take a tag, purchase and wrap (gift bags are preferred) the needed items on the tag, and drop off the items and the tag at either the Clearfield Borough Police Station on North Front Street, Clearfield County Area Agency on Aging, Inc., located at 600 Cooper Rd, Curwensville (or) 116 South 2nd Street, Clearfield, Family Dollar Store, CVS Pharmacy, Levo's Supermarket or South Side Subs. We encourage everyone to please help someone in need this holiday season.



Clearfield County Area Agency on Aging Inc.

600 Cooper Road Curwensville, Pennsylvania 16833

Change Service Requested

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

LOOKING AHEAD

OBSERVED HOLIDAYS (offices/centers closed)

Observed Holidays (offices/centers closed)
December 24 & December 27, 2021 – Christmas Observance
December 31, 2021 – New Year's Day Observance
February 21, 2022 – Presidents' Day

Check CCAAA out on:

Facebook @ ClearfieldCountyAAA

™ Twitter @ CountyArea

in 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

Main Office

Fax

814) 765-2696 or (800) 225-8571

Protective Services

(814) 765-2760

Web Page

, ,

Email

(814) 765-1365 or (800) 233-0249

nail | 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 sent to you.

The Clearfield County Area Agency on Aging, Inc. and Mature Resources foundation 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.