



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



From the CEO...



The need for change is often revealed by the necessity to deal with unavoidable challenges. We have certainly seen no shortage of challenges across our country and around the world in recent years. Sometimes those obstacles mean change is inevitable; and sometimes that can seem frightening, since change is often perceived as a loss.

Author and speaker, Amy K. Hutchens states, "Humans are prone to avoid loss, but we actually don't fear change. Rather, we fear not being successful in a new way."

A rapidly aging demographic in our communities has increased demand for senior services to an all-time high. There is critical need for affordable senior housing, increased food security, and access to healthcare. Coupled with delays and shortages in state funding, changing some of the ways we serve seniors was crucial in order to continue meeting those needs – to be successful in new ways.

Work continues at the Village of Hope, which alongside shared housing options and the Dimeling Senior Residence continues to answer the call

for affordable housing. These living arrangements provide individuals with a home environment in contrast to the traditional institutional situation, where they can flourish with increased quality of life. Our Susquehanna Wellness Clinic provides in-home services such as in-home doctor's visits and on-site prescription management for those who can't travel easily. The Meals on Wheels and More Program continues to serve around 800 people in Clearfield County each day who may not otherwise have access to a meal, or receive a daily check on their welfare.

Diversifying responsibilities among staff, limiting expenditures, adjusting budgets, and making some difficult decisions were all considered and/or carried out in adjusting to our current reality. Some staff members voluntarily decreased their hours in order to assure seniors were still served. I'm grateful for the support we receive from our community, and for our incredible MRAAA staff who have sacrificed and adapted. They remain dedicated because the way we accomplish some things may change, but the mission will not.

Stay well,

Kathy



Dan Bell joined our team in April as the Director of Human Resources. Dan recently retired after 30 years of service as the Chief Public Defender in Clearfield County. Attorney Bell has impressive skills and experience in various aspects of the law, including real estate. In addition, Attorney Bell also brings his management and leadership skills and abilities gathered over decades of public and private practice in law. Dan's education, experience, and knowledge will further advance the mission and vision of the MRCAAA, MRVOH and MRSWC. Dan's office is located at the 116 South Second Street location.

Progress Continues at Village of Hope

The first single family home at Village of Hope was completed at the end of April, with a family moving in shortly after. This brings the total of completed homes to 13, with the goal of having more than 20 homes finished by the end of the year. There are currently over 100 people on the waiting list who are ready to make VoH their forever home.



Susquehanna Wellness Clinic doctors take personal approach with in-home visits

All accepting new patients at the Susquehanna Wellness Clinic.



Dr. Baltazar Corcino, MD.



Dr. Richard Johnson, DO



Dr. Jessica Ayres, DO

Doctors from the Susquehanna Wellness Clinic offer a touch of personal, hometown care with in-home visits. Doctors Jessica Ayres, Baltazar Corcino, and Richard Johnson, along with a team of nurses and other medical professionals, visit patient homes for regular medical appointments, wellness checks, and even to fill and manage prescriptions on-site for those who find travel difficult. "I love that we're able to offer in-home visits," Ayres says. "It circles back to good, old-fashioned family care. We visit people in their homes, personal care homes, shared housing. When people can't get out for a variety of reasons, they are so happy to have us come to them."

"It provides peace of mind for the patient and their family," Dr. Johnson said during a recent home visit. "We can see them right here in their homes, they can have family present if they like. We can give an overall evaluation while they're in their most comfortable environment and determine what, if any, further care is necessary."

"Some people don't have transportation, or just can't get out. So, we go to them," Corcino said. "We see a lady today who lives alone and doesn't drive. Otherwise, she would have no access to medical care, so we visit her at her home."

New patients are welcome to schedule an appointment with Dr. Johnson, Dr. Ayres, or Dr. Corcino. Call 814-765-2695. The SWChas locations at 1924 Daisy Street Extension in Clearfield, as well as 28944 Frenchville-Karthus Highway in Frenchville. For more information, visit <http://www.susqwell.com/> or email info@susqwell.com

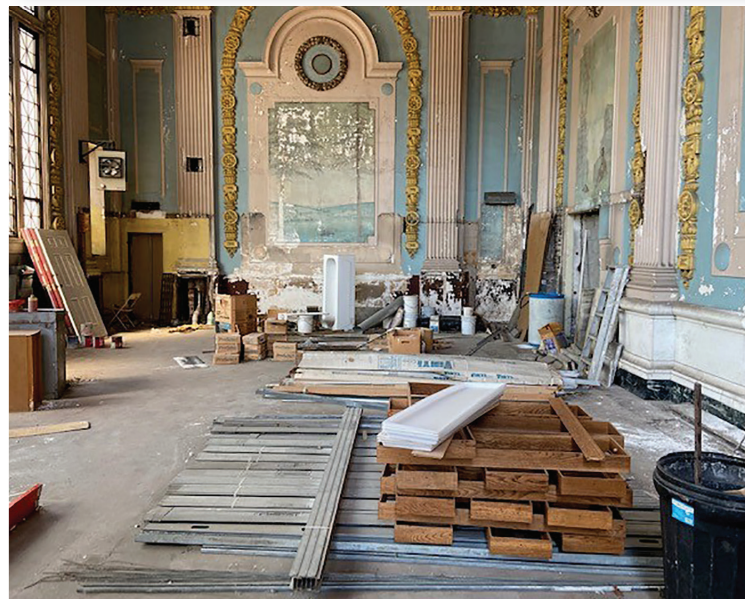


Fundraising efforts underway for renovation of Dimeling Coffee Shop

A sock hop fundraiser, private donations, and grant funding are some of the sources of income already fueling a project to renovate the coffee shop space at the Dimeling Senior Residence.

Murals and ornate plaster work have suffered from water damage in recent decades, but Mature Resources Foundation, who took ownership of the building in June of 2022, hopes to raise the funds necessary to restore the space to its former glory.

The project will rely solely on donations and grant funding, and will not be supported by state funds that provide valuable senior services. Mature Resources plans to open the coffee shop to the public, as it was in the past, providing a place for members of the community to gather. The current estimated cost of the renovation is approximately \$250,000. Mature Resources has already taken stewardship over the rest of the Dimeling Structure. Originally designed and built in 1904 as a 120-room hotel by Pittsburgh-based Beezer Brothers, the Dimeling ceased operation as a hotel in 1977. It was placed on the National Register of Historic Places on April 10, 1980. It remained empty until the renovation in 2000 transformed the building by combing and expanding guest rooms into the present 33 one- or two-bedroom apartments, complete with full kitchens, baths, and living areas, creating housing for individuals 55 years of age or older. The stately lobby remains intact, featuring ornamental woodwork, marble floors, and a fireplace, and serves as a meeting place for residents.



Senior Farmer's Market Nutrition Program application available, hotline open

The Area Agency on Aging and the Pennsylvania Department of Agriculture announce the distribution of Senior Farmer's Market Nutrition Program (SFMNP) applications and checks by mail again this year. Call 814-765-2691 to receive your 2023 application. The income eligibility has increased along with the monetary benefit that will be \$50 in five \$10 vouchers.

The household income eligibility guidelines are:

1 person - \$26,973	5 people - \$65,009
2 people - \$36,482	6 people - \$74,518
3 people - \$45,991	7 people - \$84,027
4 people - \$55,500	8 people - \$93,563

Clearfield County seniors who are 60 years old or older before December 31, 2023, and meet the income requirement are eligible for five \$10 checks, an increase from \$26 last year.



WE NEED YOUR HELP

WE ARE LOOKING FOR DONATIONS
FOR OUR 28TH ANNUAL ANNE S. THACIK CHARITY
AUCTION
BEING HELD ON OCTOBER 12TH, 2023

SIMPLY CALL OR EMAIL
MISTI TURNER
MTURNER@MATURERESOURCES.LIFE
(814) 765-2696

WE ARE IN NEED OF BASKETS, GIFT CERTIFICATES,
ELECTONICS & MORE

in loving memory
IN MEMORY OF:

Memorial & Honorarium Fund
Spring Lifespan Edition (May 2023)

IN MEMORY OF:	FROM:	BENEFITS:
Bertram Majewsky	Mr. & Mrs David & Lorraine Baxter	Meals on Wheels
William Murawski	Mr & Mrs James & Ellen Burnett Mr. & Mrs. Tim & Renee Hudish Mr. & Mrs. Dan Moyer Mr. & Mrs. Joseph & Carol Murawski Mr. & Mrs. John & Sandra Nida	Senior Services

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!

MRAAA HELPS SHARED HOUSING RESIDENT RETURN TO LOVE OF GARDENING

CURWENSVILLE, PA. – Charlie Cummings is enjoying life in retirement at a shared house in Curwensville owned by the Mature Resources Area Agency on Aging. One of several such properties owned by the agency, shared housing matches seniors with roommates who have common interests and could use some support around the home with various tasks. By co-living and helping each other, seniors continue to live independently in a home setting.

"I like it here, I really do," Charlie said about the home he has shared for two years with house mate, Ron, in Curwensville Borough. For a self-proclaimed country boy who spent his life on a 100-acre farm and making a living as a logger, though, there was just one thing retired life was missing.

"I had a garden all my life when I lived at home. I like to watch things grow, and I enjoy the fresh produce instead of buying from the store all the time," Charlie said. "Besides, it's too expensive."

MRAAA Chief Executive Officer Kathy Gillespie, through conversation with Charlie, learned of his love of gardening. Gillespie then shared this information with Chief Operating Officer Ethen Turner who also shares this passion. It was at this point that Turner put a plan into motion. Turner shared "The whole idea behind the shared housing concept is to provide consumers, not just with a place to live, but with a real home. It should feel like home and give people the opportunity to continue to experience the pieces of life that they enjoy most. For Charlie, a garden makes it a home."

Fortunately, there was an existing garden bed adjacent to the house. It had not been planted for years, however, and required some attention. MRAAA Facilities, Property, and Project Manager Jim Cutler and his crew set about pulling weeds and rocks from the plot, prepping it for Turner to bust sod with his rototiller.

"Charlie was so happy when we showed up with the rototiller," Turner said. "He smiled ear to ear knowing he'd have his hands in the dirt again soon."

Charlie happily assisted with hand tools, making plans for his new garden before the very first row was even tilled.

"I'm going to put in tomatoes, radishes, cucumbers, carrots, onions..." Charlie imagined taking inventory of his bounty through a grin.

"Let me know what you want to plant, and we'll get it together, Charlie," Turner said.



Charlie Cummings is ready to sow seeds in his new garden at his home in Curwensville, made possible by MRAAA staff.

"I missed having a garden," Charlie confessed. "You just miss it after all the years of having one. Back home, we had really decent ground to have a garden. We'd always put leaves down on the plot in the fall then till them in in the spring; the leaves would break up the clay and put nutrients in the ground."

Charlie is already making plans to share his harvests with friends.

Home sharing is a long-term alternative to nursing homes or institutional living. Individuals benefit from security, companionship, independence, help in emergencies, cost savings, and sustainability. In addition, episodes of loneliness, helplessness, social isolation, and symptoms of depression can potentially be alleviated in a home sharing environment. Each home is unique, is found in an actual neighborhood, and is designed to blend into the fabric of the community.

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

Coming this fall!


28th Anne S Thacik Auction
Thursday - October 12, 2023

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
103 N Front St Rear, 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



Friends of the Area Agency on Aging Auxiliary

2023-2024

MEMBERSHIP APPLICATION

ANNUAL MEMBERSHIP DUES: \$10.00 PER PERSON OR \$15.00 PER COUPLE

Name: _____ DOB: _____

Name of Spouse or Partner: _____ DOB: _____

Address: _____

City, State, Zip: _____

Telephone: _____ *Email: _____

PLEASE NOTE ANY FAMILY OR ADDRESS CHANGES SO WE CAN KEEP OUR RECORDS UP TO DATE.

Lifespan newsletter: Two issues will be mailed yearly (summer & winter), and two issues will be inserted into our local newspaper (spring & fall). All four issues will be sent via email.

***Please include your email if you would like to receive all electronic issues.**

If you would still like to receive a paper copy, check here: _____

Choose Optional Multi-Year Membership:

Level 1 - 1 year - \$10 per person (or) \$15 per couple = _____

Level 2 - 3 year - \$30 per person (or) \$45 per couple = _____

Level 3 - 5 year - \$50 per person (or) \$75 per couple = _____

Level 4 - 10 year - \$100 per person (or) \$150 per couple - _____

We are offering membership levels for those of you that would like to purchase several years in advance.

Amount enclosed: _____

Make checks payable to CCAAA, and mail to:



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

PLEASE CHOOSE A MEMBERSHIP LEVEL

_____ **Social (Supporter):** Receive a discount card & lifespan only.

_____ **Active:** I am willing to volunteer my time to assist with Auxiliary activities.



Thank you for your support!

CARDS WILL BE MAILED MID-JUNE



Clearfield County Area Agency on Aging Inc.
1924 Daisy Street (rear) Clearfield, PA 16830

Change Service Requested





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LOOKING AHEAD



2023 Observed Holidays (offices/centers closed)

JULY 4, 2023 - INDEPENDENCE DAY
SEPTEMBER 4, 2023 - LABOR DAY

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

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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