



## From the CEO...

*This article is a compilation of health and wellness initiatives proffered by your Area Agency on Aging; written and compiled by Laura Nearhood, RN. Please consider passing along to friends and family so that we can help each other manage health conditions and improve quality of life!*

*Stay Well,  
Kathy*

## Pennsylvania Department of Aging Health and Wellness Program...

### What is it and how can it help me?

The mission of the Health and Wellness Program is to promote healthier lifestyles among older Pennsylvanians so that there is a measurable improvement in their quality of life.

The vision is to empower older Pennsylvanians with the knowledge and direction to age and live well by providing effective research-based programs in their communities.

What are the goals of the Pennsylvania Department of Aging Health and Wellness Program?

- Abolish the myth that inevitable functional decline comes with age
- Empower older adults with the information they need to age well
- Support older adults in making lifestyle changes to improve their overall health
- Reduce utilization of the healthcare system.

Here in Clearfield County, the Area Agency on Aging utilizes evidenced-based programing to address management of chronic health conditions, exercise and fall/injury prevention.

What programs are offered through our agency?

**Chronic Disease Self-management Program (CDSMP)** - Aims to improve health status of individuals with chronic health conditions by teaching practical skills for managing their condition. Participants gain confidence and motivation needed to manage every day challenges of living with their chronic condition. There are 2 additional programs that address specific needs of individuals living with diabetes (Diabetes self-management Program) and chronic pain (Chronic Pain Self-management Program).

**Healthy Steps for Older Adults (HSOA)** - Provides education to increase fall awareness and strategies to help reduce falls and injuries from falls.

**Matter of Balance (MOB)** - Provides strategies to reduce the fear of falling, decrease fall risk and promote physical activity.

**Stay Active and Independent for Life (SAIL)** - Physical activity program that helps reduce fall risk factors by helping to increase strength and improve balance.

**Healthy Steps in Motion (HSIM)** - Strives to reduce the risk of falling by building body strength, increasing flexibility and improving balance.

**Bingocize** - Helps improve functional performance including lower/upper body strength, gait, balance and range of motion. Improves aspects of cognition (executive function) and increases social engagement.

**Powerful Tools for Caregivers** - A self-care education program for family caregivers to improve: self-care behaviors, management of emotions, self-efficacy and use of community resources.

**Healthy Ideas** - Offered to reduce the severity of depressive symptoms in older adults by empowering individuals to manage their depressive symptoms through a behavioral activation approach that encourages involvement in meaningful activities.

**Care Transitions** - Provides tools for individuals recently discharged home from a hospital or rehabilitation center to help improve quality and manage risks associated with transfers between health care settings. Some topics include medication changes and management, identifying red flags for chronic conditions and interacting with your physician to better manage care at home and prevent readmission to the hospital.

If interested in any of these programs, please contact Megan Patrick or Laura Nearhood at 814-765-2696 to check class availability or to sign up for a class.

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## Local Ombudsmen Complete Training



Four volunteer ombudsmen recently completed three days of Certification Training for the Pennsylvania State Long-Term Care Ombudsman Office. The ladies, Rhetta Webb (left) Geneva McCallum (center), Paulette Way (right) and Cathy Sparlin-Caldwell (missing from the photo), had previously completed basic Tier One Training and served as volunteers for a number of years. Ombudsmen serve as advocates for residents who live in long-term care facilities, such as nursing and personal care homes. They assure that residents enjoy quality of care and quality of life and that resident rights, guaranteed under federal and state law, are respected. They are resident-directed, and all information is kept strictly confidential. Congratulations to all and we thank you for donating your time and talents!

## Staff Development

In this issue, we are pleased to share an overview of our newest team members and shifts in staffing.



Alyssa Pendolino joined our Care Management unit in late January. Alyssa is passionate about the social services field, and in her role as Care Manager, she works with consumers and

their family members to develop care plans and coordinate services to meet identified needs. Ms. Pendolino achieved a Bachelor's degree in Psychology with a minor in Social Work from Clarion University. During her 5-month internship at Clarion County Children & Youth Services, she assisted social workers with completion of home assessments, performed intake pre-screenings and facilitated support groups. Alyssa also completed a research project at Clarion that examined the relationship between negative and positive coping skills and self-esteem of college students.

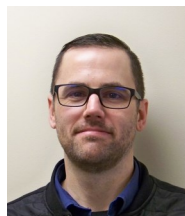
Last fall we introduced Adam Bell as a returning employee. Adam has recently moved out of our Protective Services Unit to accept a position as Lead Link Coordinator serving the Pennsylvania Link to Aging and Disability Resource Center. Mr. Bell's responsibility in this position is to develop and implement goals and objectives to fulfill program requirements of the Link serving Clearfield, Jefferson, Elk, Cameron, Potter and McKean Counties. Tasks of this position include developing marketing materials, providing education, coordinating training, and recruiting partner agencies within the six-county service area. Management of this position is provided by the Link Oversight Committee, which is comprised of core partner agencies. Adam earned his Bachelor degree in Social Work from Lock Haven University. In addition to his prior experience with our agency, Adam provided case management for Helpmates, Inc. and Children, Youth and Family Services of Clearfield. Mr. Bell is a former Army captain and platoon leader. He is also Assistant Pastor for a local church.



In February, Brody Morgan joined our staff as a Protective Services Care Manager. In this position, Mr. Morgan investigates reports of elderly individuals who may be abused, neglected, exploited, and/or abandoned. Brody then secures and coordinates services to reduce risk to consumers. Brody graduated from Clarion University, where he received a Bachelor's degree in Rehabilitation and Human Services with a concentration in court and community service. While at college, Brody completed an internship with Cen Clear. He also served as Therapeutic Staff Support worker through a cooperative education early field experience with Brookville Behavioral Health. Brody's most recent employment has been serving as a Drug and Alcohol Counselor for Firetree, Ltd. in Indiana, PA.



We are also excited to introduce Philip Hopnick as our new Systems Administrator. Mr. Hopnick earned his diploma in Information Technology at the Altoona Career and Technology Center. In addition, Phil attained a number of certifications, including Certified Information Systems Security Professional, CompTIA Security+, and Microsoft Certified Systems Engineer. Over the years, Phil served as Information Security Officer for day-to-day compliance management of HIPAA regulations. He has implemented cyber security frameworks, conducted security awareness training, and performed risk assessment and analysis. Phil obtained extensive knowledge of our IT environment when his former employer, PC Works Plus, Inc., was under contract with the CCAAA. Phil has an interest in sharing his passion for IT and is excited to help us continue to evolve our technology to better support our work and create innovative services through the inclusion of technology.



Those of you who attended the last Anne S. Thacik Charity Auction may recognize the face of Ronda Vaughn. Ronda

coordinated last year's auction and previously served part-time in both our marketing and fiscal departments. Ronda recently moved to the full-time position of Fundraising and Events Specialist. In this position, Ronda will implement a variety of marketing and fundraising efforts targeted toward increasing public awareness of and support for our agency. Ronda's work will free up Mrs. Bobbie Johnson, our Coordinator of Mission Advancement and Public Relations, to focus on additional grant writing and strategic initiatives.

Our final introduction is of Dawn Mecca, our new part-time Fiscal Assistant. In this role, Dawn prepares vouchers for payment of approved invoices and expenses, she maintains the Caregiver Support Program client ledger and completes various accounts



receivable functions. Mrs. Mecca graduated from the Hiram G. Andrews Center where she received an Associate degree in Business/Accounting. Dawn has over two decades of customer service and office experience. Her most recent employment was as Unit Secretary for Penn Highlands Elk Hospital.

*Welcome and/or Congratulations to All!*

### Upcoming Fundraisers and Other Events

- ◆ \$10,000 Cash Raffle (ongoing)
- ◆ Cash Bash (June)
- ◆ Mother's Day Tea (May)
- ◆ Senior Prom (May)
- ◆ Father's Day Breakfast (June)



**Call the Agency today for  
more information!**

**814-765-2696**





## Lifelong Learning Institute Presents April & May Programs

Interested in learning something new? The Clearfield County Area Agency on Aging, Inc., in collaboration with Lock Haven University Clearfield, announces the final programs offered through the Clearfield Community Lifelong Learning Institute. These are free programs.

**Dangers of Prescription Drug Abuse Among Older Adults:** Did you know the misuse of drugs, alcohol and prescription drugs is on the rise in the older adult population? In this workshop, we will utilize a screening tool for identifying abuse of substances, questions to ask prescribers regarding medication, common misconceptions about medications and community resources to help with misuse of medication. The presenter will be Laura Gardner, Instructor at the Lock Haven University. To hear more, join us on Tuesday, April 14, 2020, at the Lock Haven University – Room A131 in the Academic building at 1:00 PM – 2:30 PM. **Pre-registration is required.** Register by calling the CCAAA at (814) 765-2696.

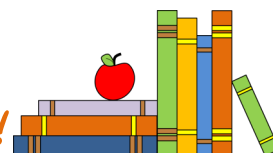
On Tuesday, April 28, 2020 from 1:00 PM – 2:30 PM, Presenter, Dr Jamie Foor, Assistant Professor of Psychology at the Lock Haven University, will present **The Life-Course of the Baby Boom Generation.** The Baby Boomers are one of the most influential generational cohorts in modern US history. This generation occurred due to a unique set of circumstances in US history. The Baby Boomers in turn, influenced and continue to influence the society they live in.

We will explore how the Baby Boom occurred and the influential changes the Boomers made to American society. We will also consider how the development of generational cohorts before and after the Baby Boomers are influenced by the historical periods they live in. **Pre-registration is required.** Register by calling the CCAAA at (814) 765-2696.

Our final program invites you to tour the **Beardsley Funeral Home and Crematory** at 113 North Third Street, Clearfield, on Tuesday, May 12, 2020, from 2:30 PM – 4:00 PM. You will see the recent renovations and new addition that houses their onsite crematory. This is the only funeral home in the county with a funeral home and crematory under one roof. Come learn about all of the cremation and burial options available today. **Class size is limited, so reserve your spot early!** Tour leaders will be Owners, Kevin A Beardsley and Brockton A Shaffer and Funeral Director, Seth A Beardsley.

*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.*

*Never Stop Learning!*



## Healthy Alternatives at Quiet Creek Herb Farm

93 Quiet Creek Lane, Brookville, PA 15825

*for Clearfield County Senior Citizens*

**Thursday, June 4, 2020**

**8:00am-3:00pm**

This fun day requires a \$10 fee and includes educational programming and an organic Quiet Creek luncheon, prepared and grown on the farm, compliments of the Clearfield-Jefferson Drug and Alcohol Commission. Transportation is included. Bus will leave at 8:00 AM from the Walmart Supercenter, Clearfield.

**ACT NOW! Space is limited.**

**Call Bobbie at 814-765-2696, ext 324 to register or for more information.**

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<i>Memorial &amp; Honorarium Fund</i>		
<b>In Memory Of:</b>	<b>From:</b>	<b>Benefits:</b>
Barbara La Bree Violet Maines	Alice Pollock CCAAA Staff	Village of Hope Village of Hope



## Auxiliary Membership Campaign Kicks Off

The Friends of the Area Agency on Aging recently kicked off its 25th annual membership drive. The Auxiliary was formed in July of 1995 for the purpose of promoting and supporting programs and services of the CCAAA and its charitable foundation, Mature Resources Foundation.

In 2019-2020, 839 people joined the Auxiliary. The goal for this year is 950 members. Membership dues are \$10.00 per person and \$15.00 per couple. As a member, you will receive our "Lifespan" publication and a discount card for merchants throughout Clearfield County.

Last year, 63 businesses offered discounts, and we hope to maintain that number for 2020-2021. All offers will be good until June 30, 2021. Just show your card at the time of purchase, and you will receive the mentioned discount!

Funds raised through the Auxiliary's membership campaign and the Anne S. Thacik Charity Auction are used for projects to benefit the community through services and programs.

To join the 2020-2021 Auxiliary and help us reach our goal, complete the membership form below and return it with your dues. You can also join online at [www.ccaaa.net](http://www.ccaaa.net). Just click on the "Join Our Auxiliary" link.

If you have any questions, please call 765-2696 or (800) 225-8571.

### Friends of the Area Agency on Aging Auxiliary

*(The Auxiliary of the Clearfield County Area Agency on Aging, Inc.)*

#### Membership Application 2020-2021

Annual Membership Dues: \$10.00 per person or \$15.00 per couple

Name: \_\_\_\_\_ Date: \_\_\_\_\_

*(If husband and wife, please list both names)*

Address: \_\_\_\_\_ Telephone: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_ Date(s) of Birth: \_\_\_\_\_

**Would you like to receive your Lifespan publication via email?** ☐ Yes ☐ No

**If yes, please provide Email Address:** \_\_\_\_\_

Please check one:

☐ Social Membership: I will encourage and support Auxiliary activities

☐ Active Membership: I am willing to volunteer my time to assist with Auxiliary activities

Please mail application and membership dues by June 30, 2020.

Checks should be made payable to: Clearfield County Area Agency on Aging, Inc.

PO Box 550, Clearfield, PA 16830

**Thank you for your support!**

*CCAAA - Enhancing Quality of Life*

\*\*\*\*\*

FOR OFFICE USE ONLY

Date Received: \_\_\_\_\_ Dues Paid: \_\_\_\_\_ Cash: ☐ Check #: \_\_\_\_\_

Acknowledgment Sent: \_\_\_\_\_

## Medicare Now Covers Coronavirus Testing

You may be hearing the Coronavirus (officially called 2019-Novel Coronavirus or Covid-19) in the news. While there isn't a vaccine yet, Medicare is still here to help. Medicare Part B (medical insurance) will cover a test to see if you have Coronavirus. This test is covered when your doctor or other health care provider orders it, to help your health care team diagnose or rule out a suspected illness or condition. It will be covered by Medicare B if you got the test on or after February 4, 2020.

You usually pay nothing for Medicare-covered clinical diagnostic laboratory test. Note: Your provider will need to wait until after April 1, 2020 to be able to submit a claim to Medicare for this test.

Seniors on Advantage Plans should check with their plan.

To prevent the spread of this illness or other illnesses including the flu, here are some tips to follow:



Funded in whole or part by a grant through the Administration for Community Living

- ♦ Wash your hands often with soap and water.
- ♦ Cover your mouth and nose when you cough or sneeze.
- ♦ Stay home when you're sick.
- ♦ See a doctor if you think you are ill.
- ♦ Let your health care provider know if you think you might have been exposed to the coronavirus before seeing them so they are prepared.
- ♦ Do not travel to affected areas (keep informed).
- ♦ Avoid large crowds.
- ♦ Keep informed.
- ♦ Beware of SCAMS: there is no vaccine to prevent you from getting the virus.



# WARNING

## BEWARE OF SOCIAL SECURITY PHONE SCAMS!

**TELEPHONE SCAMMERS MAY CALL, PRETENDING TO BE GOVERNMENT EMPLOYEES. They may threaten you and may demand immediate payment to avoid arrest or other legal action. DO NOT BE FOOLED!**

*If you receive a suspicious call:*

1. **HANG UP!**
2. **DO NOT GIVE THEM MONEY OR PERSONAL INFORMATION!**
3. **REPORT THE SCAM AT [OIG.SSA.GOV](https://oig.ssa.gov) OR CALL YOUR LOCAL APPRISE OFFICE AT 814-765-2696.**

### WHAT TO LOOK OUT FOR:



...The caller says there is a problem with your Social Security number or account.



...Any call asking you to pay a fine or debt with retail gift cards, cash, wire transfers or pre-paid debit cards.



...Scammers pretend they are from Social Security or another government agency. Caller ID or documents sent by email may look official but THEY ARE NOT!

...Callers threaten you with arrest or other legal action.

### BE ALERT!

**Social Security may call you in some situations, but will NEVER:**

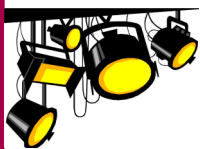
- Threaten you
- Suspend your Social Security number
- Demand immediate payment from you
- Require payment by cash, gift card, pre-paid debit card or wire transfer

### BE ACTIVE!

**Protect yourself and your friends and family:**

- If you receive a questionable call, just hang up and report the call at [oig.ssa.gov](https://oig.ssa.gov) or call your local APPRISE office at 814-765-2696
- Learn more at [oig.ssa.gov/scam](https://oig.ssa.gov/scam)
- Share this information with others





## Employee Spotlight - Jeanne Urban *as told to Joan Bracco*



Jeanne Urban is Lifespan's first "Employee Spotlight" interview.

Jeanne is a Program Operations Specialist for the Ombudsman Program for the Clearfield County AAA. Jeanne was born at Clearfield Hospital, the very first Caesarian section done there by Dr. Waterworth and Dr. Russell Boykiw, to the late Donald and Martha Urban. After graduation from Clearfield High School in the Advanced College Preparatory class, she graduated from the Pennsylvania State University College of Agriculture with a BS Degree in Animal Science and a minor in chemistry.

She was employed by the original Susquehanna Veterinary Clinic for 6 years. Jeanne then became a field assistant for USDA Agricultural Stabilization & Conservation Service in Clearfield. She was responsible for farm field measurements, aerial compliance (crop measurements from an airplane) and measuring grain bins and silos for crop loans. While still doing field work, she became a Program Assistant in the office and later became County Executive Director for Jefferson and Elk Counties where she remained for 19 years and 11 months.

Her mother, Marty, became ill and

required nursing care and Jeanne, an only child, became her caregiver. At that time Jeanne worked as a volunteer coordinator for Clearfield Hospital Hospice for 5 years. In order to fund volunteer training and activities, Jeanne began writing grants. Her success attracted the attention of management and she began working for the fiscal department. While at the hospital, grants added \$1.8 million to hospital coffers. She was then hired by CCAAA where she has worked for the past 17 years as an ombudsman.

An ombudsman is an advocate for residents in long-term care. They protect the rights of residents and assure quality of care and quality of life for those living in skilled nursing facilities, personal care homes, assisted living facilities, domiciliary care homes, older adult daily living centers and occasionally consumers residing in the community.

Residents who live in long-term care set aside their former lives in unfamiliar territory with strangers and new rules at a time when they may have reduced ability to speak for themselves due to physical, emotional and/or mental changes. Ombudsmen provide information to empower residents, identify residents rights guaranteed under law, educate residents and facility staff about those rights, and encourage residents to speak for themselves. Ombudsmen can act as the voice for residents who are unable or unwilling to speak out. They ensure the

residents' dignity, choice and self-determination, so that they can maintain the highest practicable physical, mental and social well-being.

The Ombudsman Program originated under Federal Legislation of the Older Americans' Act. It is administered by the PA Department of Aging through the local offices of the Area Agencies on Aging in most counties. All Ombudsmen are certified through a rigorous training program and receive periodic training updates. All must pass a criminal background check, undergo orientation and complete job shadowing with an experienced ombudsman.

When asked about her thoughts concerning her years as an ombudsman, Jeanne said, "Eighty-five percent of nursing home residents have no visitors. Some residents have outlived their friends and families. Others have lost touch or don't have connections in the community and still others have lost cognitive function. Ombudsmen may be the only visitors a resident sees. Studies have shown that residents who have more visitors receive better care and have a better quality of life because there are more eyes and ears looking out for them and attending to their needs. And that's why I'm an ombudsman."



### First Prize:

**\$10,000**

**2nd Prize: \$2,000**

**Plus 5 consecutive prizes of \$200**

**CASH RAFFLE**



Raffle participants must be 18 years of age or older at the time of entry. Payment of all applicable tax, fees and surcharges are the responsibility of the winner. Winner will be issued an IRS form W-2G stating the value of their prize. Prize is non-transferrable.

**Call or stop by the Clearfield County Area Agency on Aging 765-2696 for more information or to purchase your ticket!**

- \$ Tickets are \$50.00 each
- \$ Only 1,000 tickets will be sold
- \$ Winning ticket will be drawn on October 15, 2020 at 8:00 PM. Location of drawing: Anne S Thacik Auction held at The Knights of Columbus, 512 Arnold Ave, Clearfield, PA
- \$ Winner need not be present to win. (Auction admission sold separately)

Clearfield County SGO06346; SPR00658

**2nd Annual Clearfield Co Area Agency on Aging, Inc.**

# Cash Bash

**\$\$\$ Friday—June 5, 2020 \$\$\$**

All Proceeds benefit The Village of HOPE

**Donation: \$40 per person / \$75 per couple**

**Location: 120 Pub & Grub, Clearfield Shawville Highway, Clearfield, PA**

Doors Open at 5:30 PM ~ Dinner at 6:00 PM ~ Drawings begins at 7:00 PM

Winners drawn every 15 minutes ~ 8:00 PM \$500 / 9:00 PM \$1,000

***Need not be present to win ~ Tickets will be re-entered after drawings***

**Full Course Buffet Dinner with Dessert & Snacks included**

**\$5 Souvenir cup available to purchase night of the Cash Bash  
gets you UNLIMITED draft beer & soda**

**LIMITED TICKETS ~ ONLY 200 BEING SOLD**

***To purchase tickets visit or call: Clearfield County Area Agency on  
Aging, Inc., 103 North Front Street, Clearfield, PA (814) 765-2696***

• CASH DRAWINGS • LOTTERY BOARD RAFFLE

• CHINESE AUCTION • PULL TABS • 50/50 • RED/BLUE CARD GAME

SGC06346



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AGENCY ON AGING, INC.**  
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## ~ A Look Ahead ~



April	National Volunteer Month
April 10	All CCAAA Offices and Centers for Active Living Closed to Observe Good Friday
April 21	CCAAA Advisory Council 2:00 PM, 103 North Front Street, Clearfield
April 28	CCAAA Board of Directors 11:30 AM, 103 North Front Street, Clearfield
May	National Stroke Awareness Month
May 19	CCAAA Advisory Council 2:00 PM, 103 North Front Street, Clearfield
May 25	All CCAAA Offices and Centers for Active Living Closed to Observe Memorial Day
May 26	CCAAA Board of Directors 11:30 AM, 103 North Front Street, Clearfield

### Would you like to receive your Lifespan by email?

Simply email us at [mail@ccaaa.net](mailto:mail@ccaaa.net) and let us know! Future issues of Lifespan (six per year) will automatically be sent to you.

## Contact Us

Main Office (Clearfield)	(814) 765-2696 or (800) 225-8571
FAX	(814) 765-2760
Protective Services	(814) 765-1365 or (800) 233-0249
Web Page	<a href="http://www.ccaaa.net">www.ccaaa.net</a>
Email	<a href="mailto:mail@ccaaa.net">mail@ccaaa.net</a>



[www.ourvillageofhope.com](http://www.ourvillageofhope.com)

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**facebook**

The Agency is on Facebook. View photos, see a listing of upcoming events, and more!