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



From the CEO...



THE CCAAA 4-YEAR PLAN: A SUMMARY

The Clearfield County Area Agency on Agency Inc has developed its four-year plan, which is a living document that helps guide the direction of our agency in how services are offered to people 60 years and older- - including dependent

adults, grandparents raising grandchildren, and caregivers.

In developing the plan, CCAAA follows the recommendations and focus areas from ACL/Older Americans Act and the PA Department of Aging. Several focus areas are included with various objectives noted within each area.



Ribbon Cutting Ceremony for Grand Opening of the Susquehanna Wellness Clinic

The Agency will continue to advocate for the rights of older adults and ensure their safety and dignity by raising awareness of responding effectively to incidences of abuse, injury, exploitation, violence and neglect. This will be accomplished through education of staff, older adults and key community stakeholders on how to identify elder abuse and how to report it. Likewise, the Ombudsman program will be explained to those involved in elder care as well as the community at large.

CCAAA also plans to strengthen its capacity to promote innovation and best practices in building efficiencies that respond to a growing and diversifying aging population. Key objectives within this initiative are to continue offering affordable housing in Clearfield County, leverage technology to improve quality and efficiency of aging services (computer training for older adults, animatronic pets, 2-11 navigation, etc.) As an extension of the Agency's Mission, an emphasis will be placed on a "citizen-first" culture that provides outreach, embraces diversity and honors individual choice. The Agency has already begun this endeavor by building partnerships with other community-based organizations assisting those with disabilities, supporting grandparents raising grandchildren, serving as an advocate for LGBTQ elders, and fostering a dementia-friendly community.



The Clinic Team--Megan Patrick, Ethen Tarner, Jamie Bush, Laura Nearhood, and Linda Young

Health and wellness for seniors is another initiative underway. The Agency intends to establish and enhance efforts to support healthy living, active engagement and a sense of community for older adults by providing various evidence-based health and wellness programs throughout the county, increasing promotion of a healthy lifestyle on social media, and developing a nutritional meal kit delivery program as an extension of the Meals on Wheels and More program.

Finally, the Agency will improve services for older adults and the ability to advocate for them by using informed planning, committing to data integrity and being accountable for results. This means that data will be used to identify needs for services and show the outcomes of these services as well. It also means that the Agency is committed to expanding revenue sources through business development and grant management, which will ensure the sustainability of the many programs/ services offered by the Agency.

We, at the Clearfield County Area Agency on Aging, look forward to the new year, and want Older Adults to know that it is our honor to serve them, no matter what we might face. We are committed to walking alongside you, and continuing to provide the services and programs to improve your way of life. May you and yours have a blessed holiday season!

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2020 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 \$10,000 was collected and sent directly to local fuel suppliers to ensure our frail and elderly were warm in their own homes last winter.

Clearfield Pharmacy, CVS of Clearfield, and South Side Subs of Curwensville will be hosting our trees this year. The employees of

CNB Bank will also have their own tree and collect internally, and fuel deposits can be made at CBT Bank, a Division of Riverview Bank or dropped off or mailed to Clearfield County Area Agency on Aging, Inc, PO Box 550, Clearfield, PA 16830.

The tags are hung and ready to be picked up through December 10, 2020. 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 on 116 South 2nd Street, Clearfield Pharmacy, CVS or South Side Subs. We encourage everyone to please help someone in need this holiday season. Many senior citizens are often forgot about during the Holiday Season. Let's make sure they have a great Holiday as well.

38 YEARS OF BLIZZARD 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.

Food items are purchased in bulk in order to obtain the best possible price. Although we have increased the food quantity from a two-meal box to a three-meal box, the cost to sponsor each three-meal box remains at \$10.

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 38th consecutive year.

free within Pennsylvania (800) 732-0999. Registration does not imply endorsement.



Name:	
Address:	
City, State, Zip:	
Name as you wish it to appear on Blizzard Box	label:
Number of boxes you wish to purchase:	x \$10/each = \$
Please help by sending your check along wit Clearfield County Area Agency on Aging, Inc. (Please note on memo line "Blizzard Box")	
The Clearfield County Area Agency on Aging, Inc. and I charitable organizations with the Pennsylvania Deparand financial information may be obtained from the P	tment of State. A copy of the original registration

So, What has Your AAA been up to?

With the varied needs of our area seniors, the AAA is always hard at work to meet those needs through various programs and services. Looking back over what is nearly the first half of our fiscal year, we thought it would be beneficial for our community to see what we've done for our County's older adults from July 1, 2020 — September 30, 2020! Here's a recap of what we've been up to:

- 669 total assessments for need and service eligibility were conducted;
- Coordinated over 8,000 hours of personal care:
- Delivered 34,339 regular hot meals, 7,978 frozen meals, and 919 COVID-19 relief meals;
- Served 7,694 congregate meals combined;
- 368 new intake assessments were completed, and 606 new consumers were registered for services;
- Reimbursed 1,150 public transportation trips;
- Distributed 706 Farmer's Market Vouchers;
- Counseled 485 people through the APPRISE Health Insurance Counseling program; and,
- So much more!

Fur Babies Project

Animatronic pets and pet care!

In the last Lifespan issue, readers learned about the Agency's distribution of animatronic pets throughout our area as a way to creatively combat social isolation and to provide comfort for those struggling with cognitive decline. Since these robotic pets were given to area individuals, CCAAA has received much positive feedback and collected information about the outcomes of this program. Likewise, the Agency was able to secure a Meals on Wheels and More grant to provide for pet needs of area seniors. Below is detailed information on both initiatives!

"I LOVE MY PET!"

Of those who received an animatroni pet and took part in the survey

expressed how much they loved the cat or dog

COMFORT FOR LONELINESS 25%

respondents with robotic pets said the pet gives them comfort and combats loneliness

LIVE PET OWNERS

were budgeted as follows: 20% - Pet Food 31% - Supplies 22% - Vet Care 7% - Grooming 8% - Boarding

SOCIAL INTERACTION

In terms of interacting with the animatronic pets

56%

of respondents interact with their robotic pets daily



The Centers for Active Living Activities

The Centers for Active Living have been busy with many activities over the last several months. They have been celebrating holidays and anniversaries, along with working on different craft projects.

Several projects that the centers have been working on are shown here: fun, social interaction that is engaging!

Each year our centers are encouraged to create a hand-crafted ornament for the State Christmas tree in Harrisburg Pennsylvania. The ornaments from the centers are unique to each center; representing the creativeness of the individuals attending our centers. The center participants enjoy this project.

Center participants continue to be creative and engaged even during this time of uncertainty. Our centers remain an important part of safe socialization for older adults. These centers are a hub for older adults, not only providing daily activities and congregate meals, but to link older adults to other community-based services to support them.

If you are interested in visiting a Center for Active Living, stop by today!











EMPLOYEE SPOTLIGHT



Ethen Tarner was born in Clearfield and is a lifelong resident of Grassflat, PA. His parents are Charles Tarner and his mother Jackilyn Hubler Tarner. He attended and graduated from West Branch High School. He played football and was a member of the International Club where he learned about different cultures and traveling and the National Honor Society. When he was in 3rd grade, he & his younger sister were passengers in his parent's car, when his sister began chocking next to him. He saved her life and she began breathing again. He became an honorary

Deputy Sheriff in the ceremony presided over by Sheriff Chester Hawkins. This even was covered by "The Progress, picture and all -A bonified hero.

Ethen attended and graduated from Penn State University where he was a member of the Delta Musigma Honor Society. After Ethen continued working with children living with autism. While working there, Ethen attended Ball Sate University where he studied applied behavior analysis. After graduation, Ethen

continued working with autistic children while beginning employment at the Clearfield County Area Agency on Aging as a Care Manager. He also started employment with Penn State as a lecturer in the Psychology Department happily, he worked with some on his former students, who have become human service professionals.

One of Ethen's enthusiasms is traveling, all of which he did by car and train, until he was 28 years old. At that time, even though he had a true fear of flying, he did experience flying on a trip with his sister. He loved it and has been flying ever since. His favorite place to be is Las Vegas. He also visited Germany and the Netherlands.

Ethen recently graduated from Clarion University with a Master of Business Administration degree and is utilizing it in his current job at the Clearfield County Area Agency on Aging, which is Chief Operating Officer. His favorite part of this job is working with others and sharing ideas to make a difference for others. Ethen is most thankful for the opportunity to learn and grow as a part of the Agency.

Memorial & Honorarium Fund		
IN MEMORY OF:	FROM:	BENEFITS:
Anna Eskra	DuBois Area Sr. High School Employee Fund Janet Wilson	Senior Services Senior Services
Barbara LaBree	Jeanne Urban	Village of Hope
Bonnie Morgan	Raymond & Judith Robbins	Village of Hope
Donald Billotte	Brad & Carol Ireland William & Karen Rankin, Jr. Annette Renaud & Family Denny & Faith Robbins	Senior Services Senior Services Village of Hope Village of Hope
Donald & Lois J Billotte	Anonymous Kathleen Gillespie Tammy Norman Bobbie Sopic George & Ronda Vaughn	Village of Hope Village of Hope Village of Hope Village of Hope Village of Hope
Frank Hopnick	Bobbie Sopic	Village of Hope
Leslie Lukens	Mary Spya	Senior Services
Loretta Mautino	Bobbie Sopic	Village of Hope
Richard & Mary Ann Nardozza	Denny & Faith Robbins	Village of Hope
IN HONOR OF:	FROM:	BENEFITS:
Kathleen Gillespie	Faith Robbins	Village of Hope

Nanette Haller

Ronda Vaughn

Annual Open Enrollment Period (A0EP)

Each year from October 15th to December 7th is when Medicare Beneficiaries can enroll in or change their Medicare Advantage Plan or a stand-alone Prescription Drug Plan. The new coverage will Start on

If you have an Advantage Plan during open enrollment you can make the following changes:

- You can switch to a different Medicare Advantage Plan.
- You can disensell from your Medicare Advantage plan and return to Original Medicare. You can enroll in a stand-alone prescription drug plan.

If you are on Original Medicare and a Supplement Plan and a stand-alone prescription drug plan you can make the following changes:

- You can change your drug plan.
- You can choose to drop your Present coverage and Choose an Advantage Plan.

For more information on Open Enrollment or help with the topics listed above, contact Clearfield County Area on Aging APPRISE Program at 814-765-2696.

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







COMMUNITY SUPPORT FOR ANNUAL AUCTION

Village of Hope

Village of Hope

The community once again showed their support of the Area Agency on Aging and the older citizens of Clearfield County, at the 25th Annual Anne S. Thacik Charity Auction held virtually on October 15, 2020. The event was aired Facebook Live that evening. The Friends of the Area Agency on Aging Auxiliary raised \$26,950.00 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!

Pictured from left, front: Michele Fannin, Committee Member, Kathleen Gillespie, CEO, Pat Errigo, Auctioneer, Joan Bracco, Marketing Coordinator, Ronda Vaughn, Fundraising & Events Specialist.

Back: Stephanie Tarbay, Auctioneer, Bobbie Johnson, Director of Mission Advancement/PR, Renee Bush, Committee Member, Julie Fenton, Committee Member, Matt Day, Master of Ceremonies, Cathie Hugar, Committee Member, Kristi Twoey, Committee Member, Todd Grady, CFO, Phil Hopnick, IT.

PENN STATE DUBOIS STUDENTS AND CCAAA OFFER VIRTUAL FALL PREVENTION PROGRAM FOR AREA SENIORS

As faculty members at Penn State DuBois continue to innovate methods of virtual instruction during the COVID-19 pandemic, some have also developed ways to reach out to the community in unique ways. Director of the Penn State DuBois Occupational Therapy Assistant (OTA) program LuAnn Demi worked to adapt her usual fall prevention program for senior citizens to a virtual presentation via Zoom this October.

Demi and her students typically offer a fall prevention program for area seniors each year, entering senior centers in the region and sharing tips and instructions on exercise and self-care. This year, due to restrictions put in place as a result of the pandemic, entering those facilities was not an option. So, Demi designed a virtual program and reached out to three offices of the Clearfield County Area Agency on Aging (CCAAA) located in Clearfield, Mahaffey, and Houtzdale. More than two dozen seniors participated in the programs from those locations, connecting with students on Zoom.

"When I first considered how to engage our students in the traditional service-learning program of Fall Prevention and Wellness to senior citizens, I was skeptical how this virtual format would work," Demi recalled. "Luckily, the buy-in from the CCAAA was so positive that I was very motivated to make this work for everyone involved. The program was a success. I led the students in presenting three sessions of education and exercises designed to keep seniors safe and decrease the risk of falling. Due to the success of this virtual program, I can see how other learning opportunities and outreach is possible as well. It's different, but the learning opportunities offered to the students are still beneficial." Student Paige Price, of Marienville, PA, said of the experience, "When we become OTAs we may often need to facilitate a group. We need to learn how to be a leader and lead the group

through the process. Watching our teacher gave us a wonderful opportunity to see, in person, how this can be done. With the state of the world, it was comforting knowing that we could still help people in our community."

The students and Demi guided seniors through exercises that they can continue at home that will help to improve strength and balance, with the goal of preventing falls that could cause severe injury or prove fatal. They also offered tips on precautions individuals can take around their homes to further diminish fall risk. Those tips included the use of adequate lighting in the home, checking to make sure rugs and carpets are not loose and presenting a risk of tripping, and to keep walkways clear of clutter.

I believe that this experience has made me more confident in educating my future patients with precautions that they can take to prevent falls," said student Lexey Shick, of Rimersburg, PA. "As an OTA, I will work with clients and caregivers to review the home environment for hazards and evaluate my clients for limitations that contribute to falls."

Demi shared that she has been impressed with how students have adapted to these alternative learning environments. She said, "The students have adapted very well to remote learning. They are flexible and patient, and very helpful with some of the technology issues that arise. I appreciate their positivity as we adapt to new learning situations."



Student Aspen Bishop, of Clearfield, PA, said, "This remote experience has helped me because during this pandemic it has provided me with the many different ways we can implement education to others in the future."

Price agreed with her classmate, saying, "This experience allowed me to not miss out on a very important part of our occupational therapy education. We were able to participate in facilitating a group while sticking to the pandemic guidelines. This was an opportunity to take a situation that would normally be in person and use technology to get very important information out to the community."

Schick also expressed gratitude for the virtual learning opportunity, sharing, "This remote experience helped to provide quality education because we were able to interact and provide resources and information that will be helpful to those older adults. Even though we could not be in person, I still feel like we were able to educate everyone to our best ability."

Falls are the leading cause of fatal injury among senior citizens. According to the National Council on Aging, an older adult is treated in the emergency room for a fall every 11 seconds in the United States, and every 19 minutes, an older adult dies from a fall.

Graduates of the Penn State DuBois OTA program will continue to serve their community members by offering educational programs and therapy that will help people to stay safe in their home and to recover from injuries. Career Opportunities for graduates include working in public and private schools, early intervention programs, general, psychiatric, and pediatric hospitals, day treatment centers, hospices and home health agencies, rehabilitation hospitals and centers, and more. For more information on the Penn State DuBois Occupational Therapy Assistant program visit https://dubois.psu.edu/ota. (Article used with permission from Pennsylvania State University, Dubois Campus.) weakness to one side of the body or severe shortness of breath seek immediate medical evaluation.

Be mindful and vigilant to remain safe and healthy. Health and Wellness

ECHO HOUSING GAINS NATIONAL ATTENTION



Julie Fenton, Director of Community Outreach, recently presented the Decatur Township Supervisors with a commemorative photo of the first ECHO Cottage placed in Clearfield County.

The Clearfield County Area Agency on Aging, Inc. is honored to announce that its Elder Cottage Housing Option (ECHO) recently received a 2020 Aging Innovations Award from the National Association of Area Agencies on Aging (n4a), the highest honor presented by n4a to member agencies. The awards program is supported by Centene. The Elder Cottage Housing Opportunity which enables older adults to live independently and have a higher quality of life, was among the top 17 of 44 local aging programs to receive honors during the n4a Virtual Conference & Tradeshow, September 22.

The 2020 n4a Aging Innovations and Achievement Awards recognizes n4a's Area Agencies on Aging (AAAs) and Title VI Native American aging programs members that develop and implement cutting-edge approaches to support older adults, people with disabilities and their family caregivers. Among the selection criteria was the ease with which other agencies could replicate the program in their communities.

The Elder Cottage Housing Opportunity not only enables older adults to live independently and have a better quality of life, it provides for close proximity to family members and a more affordable cost of living. The 600-square-foot accessible units can be placed on the property of a family member and include a large bedroom, a living/dining area and a wheelchair-accessible bathroom and kitchen. Elder cottages allow privacy for older adults and provide a safe housing option.

Kathleen Gillespie, CEO of the Clearfield County AAA, was the visionary behind this project. "An ECHO cottage can keep individuals close to their families, enabling adult children and relatives the convenience of overseeing care, and maintaining family relationships. Grandchildren will be blessed with the opportunity to learn from the wisdom our elders hold and the iov that these relationships bring". Ms. Gillespie said.

The 2020 n4a Aging Innovations Awards honored traditional and new strategies in a range of categories including Advocacy, Agency Operations, Caregiving, Health-LTSS Integration, Healthy Aging, Housing, Intergenerational Programs, Nutrition and Social Engagement.

SUSQUEHANNA WELLNESS CLINIC CONCEPT

Located in rural Frenchville Pennsylvania, the Susquehanna Wellness Clinic will be located at the site of the former Susquehanna Rural Free Clinic. The Susquehanna Rural Free Clinic had been serving the community since 2001 with primary care, dental and vision. The clinic stopped providing services circa 2010 following the adoption of the affordable care act. The closest primary care provider to the community is a 25-minute drive resulting in a lack of available quality care readily available to the community. Research has shown that preventative health care is underutilized in rural communities, and community members in rural areas are less likely than those in urban areas to obtain preventative health services (Casey et al. 2001). Further, research by Nemet and Bailey (2000) found that older adults who lived more than 10 miles from their primary care physician were less likely to utilize healthcare service than those who had a shorter distance to travel.

In considering the development of the Susquehanna Wellness Clinic, 5 pillars will guide clinic development.

First, providing state of the art service to a community that is rural and without immediate access to medical care will guide the structure of the clinic. The clinic will be developed with the latest technology and will use electronic health records to manage patient records. The clinic will offer patients an interactive patient portal that will provide patients with access to their medical records, test results and ability to communicate with their clinician. The EHR will also allow for the integration of telemedicine which can be utilized independently by patients or facilitated by clinic staff.

Second, a lack of providers with a comprehensive understanding of the geriatric service system results in disjointed and uncoordinated care. Through the development of provider training a greater level of understanding of available services can be provided to clinicians in order to support older adults that are in need of aging related services. The clinic will have access to an interdisciplinary team to review concerns and work to build a supportive network to address service gaps. Chronic Care Management and Service Coordination will be built in services for those who would benefit.

Third, many older adults take medications that may no longer be effective or may have significant interactions with other medications. It is not uncommon for older adults to take over 15 medications. Through alternative approaches the clinic will work to reduce patients ineffective medications and improve health outcomes through targeted pharmacological approaches. Evidence Based Wellness Programs will be available on site.

Fourth, providing clinicians ample time to meet with patients, evaluate and address concerns and provide education about health conditions is important to improving health outcomes and patient engagement. In development of the clinic quality of care is given priority over quantity of patient visits. Life Care Planning, as well as advanced directives and end of life discussions will be available on site facilitated by seasoned Social Workers and Long Term Care Nurses.

Fifth, mobility of clinic staff will allow the clinic to improve health care of those who may be unable to attend an appointment in person at the clinic. Older adults especially face challenges with transportation in rural areas. With this knowledge the clinic will offer to transport patients to primary care visits at the clinic when no other transportation options exist. Further, in some cases having providers go into the home will be available for patients who are unable to attend a clinic visit due to mobility concerns.

The clinic will work to bring quality and effective healthcare back to the community level to those who otherwise would be without. A focus on quality care that address the root of medical problems and wellness-based treatment approaches will grow trust and rapport between the clinic and community. A focus on geriatric care and coordination of services will make the clinic a valuable ally to older adults in the community and those who care for them.



The Susquehanna Wellness Clinic (SWC) is a primary care office located in Frenchville, PA. The clinic serves adult patients 18 and older and provides a number of services to fit the needs of the area. The clinic team takes a holistic, person-centered approach to care, fostering a patient and health care provider collaboration for overall improvement of the health and wellness of the individual.

To better serve the needs of area seniors, the clinic provides transportation to elders 60+ to clinic appointments when necessary as well as remote clinic days to senior centers and high rises. Our staff can provide in-home appointments to patients physically unable to come into the clinic and Telehealth services to meet patients wherever they are. The clinic is now accepting new patients and will be opening in **November 2020**.

Services Include:

- Geriatric Care
- Adult Medicine
- Health Care Screenings
- Immunizations
- Preventative Medicine
- Laboratory Testing
- Annual Wellness Checks
- Chronic Care Management
- Interdisciplinary Team Planning



(814) 765-2695 www.susqwell.com info@susqwell.com Facebook @susqwell 28944 Frenchville Karthaus Hwy. Frenchville, PA 16836



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LOOKING AHEAD

OBSERVED HOLIDAYS (offices/centers closed)

December 24-25, 2020 -- Christmas Eve and Christmas Day January 1, 2021 -- New Year's Day

February 15, 2021 -- President's Day

Check us out on Facebook @ ClearfieldCountyAAA



CONTACT US

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(800) 225-8571

Fax (

(814) 765-2760

Protective Services

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

Web Page

www.ccaaa.net

Email

mail@ccaaa.net



www.ourvillageofhope.com

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

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