

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



From the CEO...



As of this writing, our home delivered meal drivers are delivering our second round of blizzard Boxes for this year. The inclement weather seems to drag on; and so our drivers have been unable to deliver meals for the 4th time this winter season. On Friday, February 12, another round of shelf stable meals were delivered to over 600 senior in Clearfield County. This service and much needed nutrition would not be possible with out

the generous donations of our many supporters. The Blizzard boxes are totally locally funded and provide for those who depend on the daily hot meal delivery. This year, in addition to the weather barrier, the COVID 19 pandemic has increased the need exponentially. For the first time in recent memory, several of our drivers ventured out to deliver emergency boxes of shelf stable food for individuals who indicated that if the meals were not delivered, they would have no food at all for the upcoming days, and sometimes weeks. Due to the kindness of our friends at Family Dollar, Clearfield, as well as the numerous donors to our Sponsor a Senior Program, we have been able to provide food to a good number of elderly in our service area that had no food and no informal supports to get groceries to them. We are grateful to our community sponsors and supporters that have enabled our staff to meet this ever-growing need! Because of your kindness and generosity, at least a few of our most frail elders have avoided hunger during these most trying times. Because of the number of individuals reaching out to us for help, your Area Agency on Aging has started a delivery program for grocery items to be picked up and delivered to those in need. In addition, the agency has began a transportation service for individuals over 60 who need to get to medical appointments, prescription pick up, and grocery shopping. This service has grown significantly over the past several months for people who need to get to clinics or hospitals for testing and follow-up appointments with their medical providers. This service is provided with funding from the PA Department of Aging, as well as local funds. We could not meet this need with out the financial support of our donors and supporters. We are also thankful for merchants like Leyos in Coalport, Weiss Market in Philipsburg, IGA Curwensville; and JG Food Warehouse in Clearfield, for their willingness to assist in facilitating the pickup and at times, delivery of food and prescriptions for senior in need. We have been able to accomplish together what would have been impossible individually! It truly does take a village!

Our readers may also have noticed that the operations of the Clearfield County Area Agency on Aging, Inc. have relocated from 103 North Front Street effective January 1, 2021. In just 4 weeks, our Front Street office, that housed 40 staff were relocated to 116 South Second Street, in Clearfield and to 600 Cooper Road in Curwensville. On December 15, 2020, the Front Street location was sold to LIFE-NWPA. LIFE-NWPA is a part of the National Program of All Inclusive Care for the Elderly (PACE). LIFE-NWPA provides all-inclusive, preventative & coordinated care to the elderly with the goal of keeping them safe, healthy and independent in their own homes and communities for as long as possible. All medically necessary services are provided to seniors by LIFE-NWPA, which may include: Skilled care, on-call

nursing, specialist care, ER & hospitalizations, physical and occupational therapies, wellness, home care & personal care, transportation, meals, medications & medication management, durable medical equipment, social services, activities, nutrition services and so much more! LIFE-NWPA supports seniors by utilizing a team approach to meet all the medical, physical, social, and mental health needs of its seniors through ongoing care planning, preventative care and interventions. When financially eligible and prior authorized, there are zero out of pocket costs, copays or deductibles for all LIFE-NWPA services provided to participating seniors. Basic enrollment criteria for the LIFE Program include: Age 55 or older; certified by the commonwealth of Pennsylvania as eligible for nursing home level of care; at the point of enrollment can be, and willing to be, safely cared for in a community setting by LIFE-NWPA and its network of providers.

LIFE-NWPA opened for services in Clearfield County on January 1, 2021 with a tentative opening date of September 2021 of their day center, which is located on 103 North Front Street in Clearfield. LIFE-NWPA services are also available in the neighboring counties of Jefferson and Clarion. LIFE-NWPA has been providing services to seniors in Northwestern Pennsylvania for over 10 years. To find out more, or to make a referral for yourself or a loved one, you may call LIFE-NWPA toll free at 844-456-5433. You may also visit our website at www.lifenwpa.org.

Through a grant from Meal on Wheels of America, the CCAAA, Inc. will begin to provide; for individuals enrolled in our Caregiver Support Program, including grandparents raising grandchildren, pre-packaged meal kits. Made Fresh with Love Meal Kits will be delivered to those individuals interested and enrolled and will provide all of the ingredients for 3 meals per week, along with the instructional recipes, and educational nutritional information. The goal is to facilitate meal preparation that will include the family participating together and having a family prepared meal at least a few times per week. The program will not only provide the nutrition, but also serve to teach caregivers how to cook nutritious meals and involve children as well as older adults who require in home support services. Keep a look out for formal introduction of this BRAND NEW service program in your local news outlet as well as social media. Kick-off is planned for the beginning of March, 2021.

Be Good To Yourself and Stay Safe!

Kathy

Inside This Issue

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COMMUNITY PROVIDES FOR SENIORS WITH THE 2020 GIVING TREE

The Clearfield Borough Police Department and the Clearfield County Area Agency on Aging, Inc. partnered again this year to create "Giving Trees" for area elderly. Elderly citizens in the Clearfield and DuBois area, many of them living alone with no close family members or no family at all, benefited from the generosity of our small community. We also distributed tags for the grandchildren of our CSP (Caregiver Support Program). We have several seniors that are now caring for their grandchildren, and don't have the extra funds to buy them Christmas gifts.

Many individuals and organizations came together to provide truckloads of gifts and financial assistance for heating and medical needs. A total of 389 tags were distributed for our local elderly and grandchildren of seniors that are caring for them. More than \$14,000 was collected and sent directly to local fuel & utility suppliers to ensure our frail and elderly stay warm in their own homes this winter.

The Police Department and the Area Agency on Aging teamed up with Clearfield Pharmacy, CVS of Clearfield, and South Side Subs of Curwensville to host the trees. The employees of CNB Bank had their own tree and collected internally.



Words of Encouragement and Thanks

KIND WORDS TO LIFT OUR SPIRITS!



"Merry Christmas and Happy New Year. Ladies and gentlemen, Randy is doing a fantastic job. Wonderful personality. Just a good fellow. I wanted you to know that. Thank you for the meals. Very good." -- E.L

"J.B. was absolutely thrilled that the MOWs for herself and R.B. contained fresh fruit and asked me to pass on the information to the meal service people. She said it was like getting an unexpected present! She also said her MOW driver is wonderful and said she would not know what they would have done if we had not stepped in to help." -- Bobbie Sopic, Employee

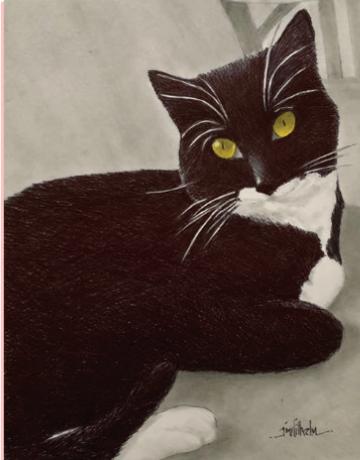


"The words 'thank you' don't begin to cover how much I appreciate your help over the years beginning with my time as a caseworker at DPW in the MAWD program. After I retired, I sent numerous people to you for help in obtaining a supplemental policy to compliment their Medicare coverage. Needless to say, everyone thought you were extremely helpful and knowledgeable."-- to Alice Pollock from S.M.

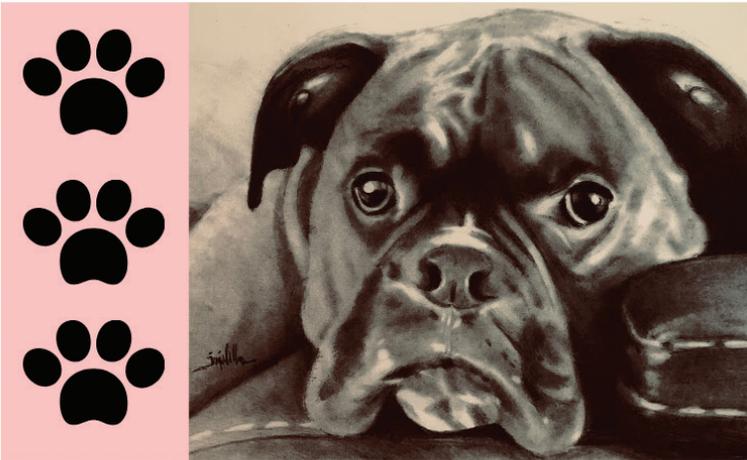


It is our honor to serve you!

2021 PET PORTRAIT CONTEST



In honor of "National Love Your Pet Day" in February and "March for Meals" in March, we are pleased to have Artist Jim Wilhelm, with Vision Creative Solutions, donate his time and talent to create a pencil drawing of a pet belonging to one of our Meals on Wheels and More recipients!



In the month of March, our dedicated meal drivers will make nominations of Consumers and their pets. After all the nominations have been made, one will be chosen to receive a one-of-a-kind Jim Wilhelm original! Thank you Jim for your generosity! Watch for the results in our Summer Edition of Lifespan!

Pets
ARE LIKE FAMILY!

Becky Shaffer BCPA



We are excited and proud to share that staff member Rebecca Shaffer earned accreditation as a Board Certified Patient Advocate (BCPA).

This nationally-recognized credential is awarded to professionals who complete rigorous coursework and pass an extensive examination comprised of professional competencies, best practices and ethical standards in the field of patient advocacy.

As a BCPA, Rebecca can provide education and information to help individuals better understand their health issues, care available and treatment options, and health care documents. She may work with clients to develop achievable goals towards improving their health and may assist clients with navigating the health care system and accessing resources. "My goal is to increase awareness and help individuals recognize their abilities (take the 'dis' out of disability)."

Through her credentialing by the Patient Advocate Certification Board, Rebecca is part of a network of professionals striving to help clients self-advocate and make informed decisions based on each individual's cultural, spiritual, and ethical choices. This supportive network helps to ensure that specialists are available when dealing with unique issues that may be outside a normal scope of practice.

Rebecca is very much engaged in health care advocacy and has been ranked as a leading contributor (in the top 3% of 840) to the network, sharing her expertise to assist other peers and the people they serve.

Congratulations on a job well done, Rebecca Shaffer, BCPA!



COMING THIS SPRING!

MARCH FOR MEALS 2021

An annual initiative to raise awareness of the positive impact Home-Delivered Meals have on Older Adults in our Community.

Memorial & Honorarium Fund

IN MEMORY OF:	FROM:	BENEFITS:
Donald & Lois J Billotte	PA Assoc. Court Management	Village of Hope
Helen A Gillen	Robert & Paula Holden, Jr	Senior Services
Robert Lee Johnson	William & Charlene Shank	Village of Hope
Esther Lee	Edward and Mary Barrett, Jr Helmbold & Stewart Ins. Agency Bill & Jean Hewitt Lezzer Holdings, Inc. A. Thomas & Sharlene Yontosh	Village of Hope Village of Hope Village of Hope Village of Hope Village of Hope
James L Stover	Free Medical Clinic, DuBois, PA Daniel & Diane Shadeck	Meals on Wheels Senior Services

IN HONOR OF:	FROM:	BENEFITS:
Kathleen Gillespie	Denise Lukens	Village of Hope
Amanda Legars	Denise Lukens	Village of Hope

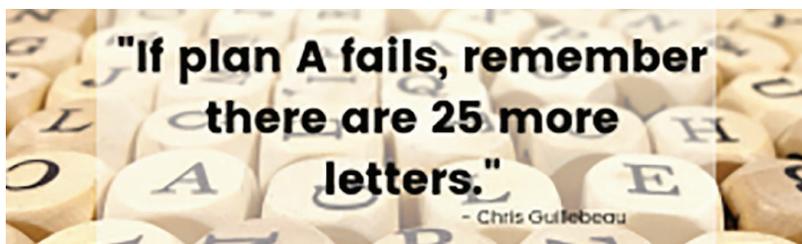
CCAAA SUPPORTS THE DEMENTIA FRIENDLY INITIATIVE IN PA



“Dementia Friends” is a global movement that is changing the way people think, act and talk about dementia. This initiative was first developed in the United Kingdom but has made its way to the US, and is spreading across Pennsylvania! For those living with dementia or caring for someone with dementia, there are times when they feel alone or like no one understands. The Dementia Friends program can help the community understand what dementia is and how it affects people.

To become a “Dementia Friend”, an individual must participate in a one-hour information session, that covers five (5) key messages to help participants be “friendlier” towards those living with the disease. Dementia Friends sessions are led by “Champions” who are specially training, and CCAAA is proud to have a Dementia Friends Champion on staff – Ms. Julie Fenton.

Information sessions are being planned now; any individual or business that would like to become a “Dementia Friend” is encouraged to contact the Agency.



FAMILY RECOVERY PROGRAM TO BE OFFERED ACROSS REGION

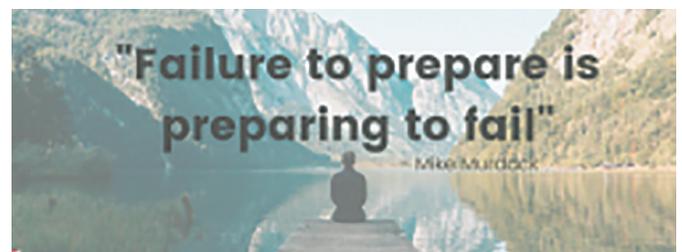


Did you know that every 19 minutes someone dies from an unintentional drug overdose? Pennsylvania finds itself among the top ten (10) states with the highest opioid use and overdose deaths. According to 2016-2018 statistics for Clearfield County, PA, 36 people lost their lives to overdose. The average rate of overdose deaths per 100,000 people is 15; from 2017 to 2018, that average increased by 300%. Of the 36 total overdose deaths, 20 of those individuals were between the ages of 25 and 44; 13 were between the ages of 45 and 64. In 2020, an epidemic was occurring in the midst of the COVID-19 Pandemic, as overdose deaths skyrocketed across the Commonwealth, with some estimates suggesting a 200%-300% increase from 2019. And, this information only pertains to those who lost their lives – not the countless others who still struggle with Substance Use Disorder (SUD).

Data suggests that for every one person who suffers with SUD, at least ten (10) family members are negatively impacted. Family members run the gamut of emotions and feel like they don't know where to turn. In essence, family members must seek recovery too, in order to gain their lives back. At CCAAA, the question was asked, “What can we do for these family members who are left in the wake of a loved one's substance use?”

Enter the Be a Loving Mirror (BALM) Family Recovery Program! Thanks to a grant provided by the PA Link, two CCAAA members were trained to facilitate the BALM 8-week Family Recovery classes. The BALM approach to Family Recovery reminds participants, in regard to a loved one's addiction, they did not cause it, can't change or cure it, but can contribute to a loved one's recovery. Each program will accept 10-12 family members, and will meet once per week for 2 hours each time. During this time, family members will learn about SUD, what it does to their loved ones, and how to communicate with their loved one. Topics like self-care, healing relationships, boundaries, leverage, and motivational interviewing are discussed, and, various tools are provided to family members.

Classes are now forming across our region and there is no charge for participants to take part. Interested participants are encouraged to contact Bobbie Johnson at 814-765-2696 or bjohnson@ccaaa.net.





DR. B.L. CORCINO



Dr. B.L. Corcino was born in the Philippines. He went to Medical School, did his internship and graduated from University of Santo Tomas in March of 1963, and came to the United States in 1964. He was required to get another internship first at Norristown Montgomery Hospital for 6 months and then went to Elizabeth General Hospital in New Jersey for a year. Afterwards he went to Canada for his residency in a VA Hospital in Winnipeg, Manitoba from 1966 to 1967. When he returned to the United States in 1968 in July he went to

Bergen Pines Hospital in New Jersey. While he was in New Jersey he met his future wife, Judy, who was a student nurse. They married on August 6, 1966. They had four children: Melissa, Jeffrey, Kevin & Stephanie. He finished his residency in New York in June 1977. They came directly to Clearfield and Dr. Corcino began work as a Physician in the Clearfield Hospital on July 1, 1971. He was Clearfield Hospital's First Emergency

Room Physician. They came to Clearfield after working with a nurse, Mrs. Fruit in New Jersey whose brother was Fred Diehl, Sr., who was Chairman of the Board at Clearfield Hospital. Harold Von Gunden was the CEO. Mr. Von Gunden wrote Dr. Corcino a letter, after Mrs. Fruit talked to Dr. Corcino about the opening in Clearfield Hospital's ER. He shared an office with Dr. Carmelia Lugue from 1973 until 1988. After that time Dr. Corcino & Dr. Leonard Schickling and Dr. John Covella began the Clearfield Professional Group in 1988. He was with the group until 2005 and Clearfield Hospital hired him to work at their clinic in Philipsburg. He stayed 2 years. Then he went to work at the Mahaffey Clinic, owned by Clearfield Hospital. He spent 2 years there, and then returned to Clearfield Hospital Medical Arts Building. In 2015 Penn Highlands took over Clearfield Hospital and he worked for them. He moved with Dr. Huckestein into Dr. Luna's building which Penn Highlands owned by that time. He began work at the CCAA's Susquehanna Wellness Clinic on November 16, 2020. Dr. Corcino likes working at the Clinic and brags about his staff. He welcomes old and new patients to this beautiful, renovated Wellness Clinic.

GET READY FOR OUR

CASH AND PRIZE EXTRAVEGANZA SPRING FUNDRAISER!

STAY TUNED TO OUR SOCIAL MEDIA
PAGES, WEBSITE AND THE
NEWSPAPER FOR MORE DETAILS!

MANY THANKS FOR YOUR TREE OF STARS DONATIONS!

The Clearfield County Area Agency on Aging, Inc.'s Annual Tree of Stars Holiday Appeal has completed another successful campaign. The Tree of Stars memorial appeal is an opportunity through a special gift to honor or remember those who are special to you. Each year, Tree of Stars seeks community support for AAA programs that serve seniors in greatest need. We received \$3,400.00 in donations this year to help seniors in Clearfield County remain healthy and happy in their own homes. The CCAA extends their thanks and appreciation to those who made donations.

Tree of Stars 2020 Gold Level

<p><u>In Memory Of</u></p> <p>All the employees of CCAA Jean Reisinger Pike Township Municipal Auth. A Friend Bob E. Day Bonnie Morgan Deceased Members Elaine Davey Frank & Beatrice Latosky Harvey Murray & Son Jim & Kathleen Frisbie John Bracco Kenneth McMillen/Norbury Famil Leonard R Mullen Lorraine Shaw Loretta Bracco Mautino Loved Ones Marie Anderson Our Parents Pat & Ann Errigo Scott P. Crago Shirley Ann Matten Tom & Mary Ann Grancey Warren Shields William & Emma Reid William & Jane Krasinski</p> <p><u>In Honor Of</u></p> <p>All the employees of CCAA Jean Reisinger Pike Township Municipal Auth.</p> <p>Additional Donations from:</p> <p>Alan Brown Appalachian Wood Products Harold & Kathryn Carlson James & Carol Catherman Joan Magistrella John & Deborah Ryan Mary Walker Mr. & Mrs. Michael McCloskey Mr. & Mrs. William O'Dell Rowena Rich</p>	<p><u>From</u></p> <p>Mr. & Mrs. Thomas Fontenoy Tom & Becky Dotts Uni-Tec Consulting Engineers Kathy & Sam Mosier Jackie Day William & Susanne Reid Fraternal Order of Eagles Clfd Janet R. Larson Frank J Latosky Genevieve Murray Dennis & Sherry Nelson Joan Bracco Arlene McMillen Mona Mullen Joseph Shaw Joan Bracco Mr. & Mrs. Oren Carns Susan Grancey Mr. & Mrs. Jack L Neff Pat Errigo, Jr. Dennis & Sherry Wood Michael A Matten Susan Grancey Dorothy Shields William & Susanne Reid Lawrence & Marcia Gavlak</p> <p><u>From</u></p> <p>Mr. & Mrs. Thomas Fontenoy Tom & Becky Dotts Uni-Tec Consulting Engineers</p>
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Tree of Stars 2020 Silver Level

<p><u>In Memory Of</u></p> <p>A. Mardine Zazworsky Agnes Adams Ann Mary Ogden Anna J Faudie Anna Krul Anne Morroni Arch & Stell Gill Catherine Miles Charles & Dorothy Anderson Charles W Graham Clara Haney Clyde A. Shifter Daughter: Dorothy Arnold Donald & Lois Billotte Doug O'Dell Esther Lumadue Florence Unch Frank & Marie Natalie Gretchen Carr Harry & Hazel Proud Harry & Shirley Mills John & Ann Rafferty Joseph Ferlazzo Linda Syktich Lyle Slug Ogden Mary & Glenn Lucore Melanie Lynn Vaughn Orison, Mildred & Richard Evans Penny May Bloom Raymond Larson Raymond Morroni Regis Rafferty Richard Seaburn Robert & Elva Snyder Sally Catalano Samuel, Patrick & Peter Bailor Walter Hubler</p> <p><u>In Honor Of</u></p> <p>Annie Livergood</p> <p>Additional donations from:</p> <p>Geneva McCallum Kathy Rafferty Mary Homman Norma Girardi</p>	<p><u>From</u></p> <p>Gene Zazworsky Dottie O'Dell James & Shelia Capatch Ruth E Milliron Marcia K. Belin Patricia Speerstra Harold & Alice Smeal Marcia K. Belin Ronald & Donna Natalie Janice Graham Mr. & Mrs Richard W Snyder II Eleanor M. Shifter Marlene Mayhue Edward Proud Dottie O'Dell Bill & Marsha Lumadue William & Anna Davis Ronald & Donna Natalie Sam Carr Edward Proud Darrel & Janet Mills James & Shelia Capatch Marie A Ferlazzo Mr & Mrs Michael Syktich Rick & Susan Williams & Family Betsy Kruckenber Dad & Ronda Jeff & Linda Thompson Patricia L Bloom Alan & Judy Larson Patricia Speerstra James & Shelia Capatch Janet Seaburn Darrel & Janet Mills Mr & Mrs Victor Catalano Raymond & Rose Bloom Arlene Hurtack</p> <p><u>From</u></p> <p>The Heitsenrether Family</p>
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PARTNERSHIP WITH MARIA'S PLACE TO PROVIDE ACTIVITY BOXES FOR SENIORS

The Clearfield County Area Agency on Aging has partnered with Maria's Place to provide Activity Boxes for seniors that have been at home throughout the pandemic. Our mission as an agency is to continue to engage our seniors with meaningful activities to help with loneliness and boredom, engaging them with activities such as brain teasers that are beneficial for their mental health. These activity boxes provide engagement and connection to seniors who continue to be isolated due to the pandemic. The boxes not only provide engagement to seniors by helping them utilize their physical, social and emotional or cognitive well-being, but also provide a way for our agency to connect to them.

Our boxes will contain 5 activities; one craft with supplies and 4 brain teasers developed specifically for seniors by Maria's Place and The

Clearfield County Area Agency on Aging. Each month our seniors can request to receive a box which will be delivered either through our Meals on Wheels Program or by individuals working at the agency. These activities can be done independently, with a caregiver or with a family member. We will also include information about what is happening at the agency, fun facts, easy exercises, nutritional information and more. Our logo will be placed on the outside of the box along with a short note on the inside from us.

If anyone would like more information about this program please contact Julie Fenton at (814) 765-2696 Ext:311.

Auxiliary Membership Campaign Kicks Off



The Friends of the Area Agency on Aging recently kicked off its 26th 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 2020-2021, 820 people joined the Auxiliary. The goal for this year is 870 members. Membership dues are \$10.00 per person and \$15.00 per couple. As a member, you will receive our "Lifespan" publication, twice a year. The other two issues will be inserted into the newspaper. And you will receive a discount card for merchants throughout Clearfield County.

Last year, 63 businesses offered discounts, and we hope to maintain that number for 2021-2022. All offers will be good until June 30, 2022. 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 2021-2022 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. Just click on the "Join Our Auxiliary" link.

Friends of the Area Agency on Aging Auxiliary

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

Membership Application 2021-2022

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

(Please make note of any family or address changes from last year.)

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, 2021.

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

600 Cooper Road, Curwensville, PA 16833

Thank you for your support!

CCAAA - Enhancing Quality of Life



Cards will be mailed Mid-June ~ Savings begins in July



Clearfield County Area Agency on Aging Inc.

PO Box 550

Clearfield, Pennsylvania 16830

Change Service Requested

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

LOOKING AHEAD

OBSERVED HOLIDAYS (offices/centers closed)

April 2, 2021 – Good Friday

May 31, 2021 – Memorial Day

Check us out on Facebook @ ClearfieldCountyAAA



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

www.ccaaa.net

Email

mail@ccaaa.net



www.ourvillageofhope.com

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