

Registration Form

Name _____

Agency _____

Address _____

City/Zip _____

Phone _____

Email _____

Cost Per Participant:
\$25.00 – includes presentation, coffee,
snack and lunch

Checks should be made payable to PASC

Mail registration form and payment

By **June 18, 2018** to:

Windy Hill on the Campus
Attn: Tammy Miller

1472 Roth's Church Road, Suite 103
Spring Grove, PA 17362

e-mail: millert@windyhillonthecampus.org

717-225-0733



PA Association of Senior Centers

Central Region Event

Understanding Social Isolation and
Ways to Stay Connected

AND

Exploring Menu Options With
The Nutrition Group

Tuesday, June 26, 2018

8:30 AM – 1:00 PM

York County Emergency Services
Department

120 Davies Drive, York, PA 17402

This workshop will include a panel discussion about **Social Isolation: What does this mean and the Lack of Social Connectedness and Its Consequences, How the Use of Technology Can Prevent Isolation, Where To Look For Funding, and How Transportation Can Improve Isolation.** Dr. Mary Ligon from York College will lead the panel discussion. Michael Potteiger from Generation Connect, Cathy Bollinger from Embracing Aging at York County Community Foundation, and Sherry Welsh from Rabbittransit will present information and resources on their panel expertise.

In addition, Dave Puskar from **The Nutrition Group**, will bring some **upcoming menu items that we can preview and critique.** This will be a way to make suggestions to better the food service and bring in more members to our centers! Case Managers may find this beneficial to experience what their clients are being served. *(This is not meant to be a complaining session.)*

Raffle and Door Prizes will be available!

<u>CENTRAL REGION</u>		
ADAMS	CENTRE	CUMBERLAND
DAUPHIN	FRANKLIN	JUNIATA
LANCASTER	LEBANON	MIFFLIN
NORTHUMBERLAND	PERRY	SNYDER
	UNION	YORK

Speaker Bios Continued:

provides strategic leadership and advocacy to reduce barriers to aging well, resulting in more age-friendly public policies and community design to effect systemic change for aging well. Cathy oversees grantmaking from York County Community Foundation’s Hahn Home Fund for Embracing Aging, which has awarded over \$770,000 since December 2014 to non-profits serving York Countians age 50 and older. Cathy has presented locally, regionally, and nationally at aging conferences and webinars on the topics of Dismantling Ageism and Creating Age-Friendly Communities. She’s a columnist for the York Sunday News and has been featured on local radio and television shows. In May 2017, at the invitation of Chairman Collins and Ranking Member Casey, Cathy was one of four witnesses selected to present testimony about creating an age-friendly community to the United States Senate Special Committee on Aging.

Contact Information: 717.848.3733, ext. 111 (York)

Sherry Welsh: Dr. Sherry Welsh: Sherry Welsh, LSW, PhD, Senior Project Manager at Central Pennsylvania Transportation Authority and 3P Ride, Inc., is a champion for mobility. She holds a BSW and MSW from Millersville University of Pennsylvania, as well as, a PhD in Social Work from Morgan State University. Welsh has spent a large part of her career working in various positions within the public transportation industry, including with Customer Service, Mobility Services, and Operations. Her focus throughout has been on improving transportation services for seniors and persons with disabilities. Welsh, through her work with 3P Ride, seeks to secure financial resources to support transportation needs that fall outside traditional funding. Dr. Welsh is an active member of the Pennsylvania Public Transportation Association (PPTA) Community Transportation Committee, American Public Transportation Association (APTA) Mobility Management Committee, and various senior service coalitions.

Dr. Welsh can be contacted at swelsh@rabbittransit.org.

Speaker Bios:

Dr. Mary Ligon: Mary Ligon, CTRS, PhD, Associate Professor of Gerontology at York College of Pennsylvania, holds a BS in Therapeutic Recreation from Radford University as well as an MS in Gerontology and PhD in Health Related Sciences from Virginia Commonwealth University. Ligon specializes in psychosocial development in late life and intergenerational programming. She frequently incorporates reminiscence-related assignments into the Gerontology classroom. Ligon is a member of the Gerontological Society of America and is a Past-President of Sigma Phi Omega, The International Honor and Professional Society in Gerontology.

Dr. Ligon can be contacted at mligon@ycp.edu.

Michael Potteiger: Michael Potteiger is a technologist and e-learning specialist. He's spent most of his professional career developing training programs, building websites, and creating multimedia content for small businesses that are implementing new technologies. In 2013, he co-founded Generation Connect - a company that focuses on designing technology solutions that enrich the lives of older adults. Through his work at Generation Connect, he's had the privilege of collaborating with hundreds of care organizations from local senior centers to Fortune 500 companies. He was inspired to pursue a career in aging, after teaching his 85-year-old grandmother how to use an iPad. They still FaceTime regularly.

Contact Information: WeAreGenerationConnect.com

Mobile: (717) 825-6332

Cathy Bollinger: Managing Director of Embracing Aging, York County Community Foundation. Cathy leads Embracing Aging, a long-term initiative that focuses on improving how people experience aging in York County, PA. To accomplish this, she works with community stakeholders to develop and implement strategies to improve attitudes around aging, resulting in increased understanding and caring about the needs and perspectives of all ages. She also

Schedule for the Day

8:30 Registration

8:55 Welcome
Introduction of Attendees and Panel

9:00-10:45

Dr. Mary Ligon, Professor of Gerontology at York College of Pennsylvania

Overview of Social Isolation and Lack of Social Connectedness and Its Consequences

Michael Potteiger, Generation Connect

How the Use of Technology Can Prevent Isolation

Cathy Bollinger, Managing Director of Embracing Aging, York County Community Foundation

Where to Look for Funding

Sherry Welsh, Rabbitransit

3-P Ride Initiative - How to Break the Barriers of Isolation with Transportation

10:45-11:00 Break

11:00-12:00

The Nutrition Group (Dave Puskar, General Manager of the Commissary Division of The Nutrition Group)

Test Tasting and Critiquing of Menu Items from The Nutrition Group

12:00-1:00 Lunch, Networking & Door Prizes

*Provided by The Nutrition Group
(sandwiches, wraps, salads, drinks, cookies)*

SAVE THE DATE!!!

PASC CENTRAL REGION

SOCIAL MIXER

10 JULY
4:00 PM

Bring Business Cards,
Calendars of Events or
Newsletters to share
with others in your
region.

RSVP to Lisa Paulson
Lancaster County Office of Aging
717-299-7979
paulsonl@co.lancaster.pa.us

TROEGS BREWERY
200 E HERSHEY PARK DRIVE

NO FEE
BUY YOUR OWN FOOD & DRINKS

**We would like to have a "Social Mixer"
a couple of times a year to
share ideas and mingle!**

**We hope to see you at all of the events that the Central Region
has planned!**

PASC Central Region Committee:

Tammy Miller, Chair Person (717.225.0733)

Joyce Hardman (717.367.7984)

Linda Thompson (717.334.9296)

Lisa Krout (717.843.9704)

Anne Marie Brandes (717.300.3563)

Lisa Paulson (717.299.7979)

The Pennsylvania Association of Senior Centers (PASC) is the only professional organization advocating for Senior Centers.

PASC works to:

- Provide professional training towards the enhancement of Senior Centers.
- Promote communication and advocacy efforts with policy makers in the Commonwealth.
- Educate the public about the crucial role of Senior Centers.
- Collaborate with the PA Department of Aging, Long Term Living and the PA Association of Area Agencies on Aging.

Save the Date for the PASC Conference:

October 4 & 5, 2018

(Pre-Conference - October 3rd)

Theme: Challenge of Change

Central Region Color this Year is Lilac!

Your Membership in PASC Includes:

- Attendance at the annual and regional conferences at a discounted rate.
- Membership newsletter and e-mail updates providing advance notice regarding upcoming PASC events and public policy alerts.
- A PASC created website with member-exclusive content sharing ideas, information, and center opportunities.
- Professional training and development opportunities throughout the state including a Professional Certificate Program offered through Penn State University.
- Networking opportunities on a regional and statewide level to provide creative, successful programming and fundraising ideas.

Go to the PASC Web Site: www.pascpulse.org to download the Membership Application. New Membership is \$60/person and Renewing Memberships are \$40/ person. **JOIN US!!!**