

*Let's Get*

## **Beyond 2020!**

Bringing Senior Centers back into

**FOCUS**

**PASC virtual mini-conference\***

**October 8, 2020**

**10:00 a.m.— 2:15 p.m.**

Topics Include:

**Emergency Preparedness Plans**

**Mental Health During Covid-19**

**Program Possibilities During the Pandemic**



**\$65 covers the virtual**

**conference *and***

**membership for 2021!**

**See back for conference details  
and Registration form**

**What a deal!**

**\*Full conference tentatively rescheduled for April 28-29, 2021**

- 10:00 Welcome
- 10:05-10:50 Emergency Preparedness Plan — Virginia Jurofcik, Kim Rollinson and Mike Dunn of Lifespan, Inc.  
The actions taken in the first minutes of an emergency are critical. We will review the purpose and needed content of an Emergency Preparedness Plan. What information to include and where to gather the information. We will also discuss how to compile the information and who to share it with. Questions and answers will follow.
- 11:00-12:00 Mental Health During covid-19: Grief and Loss — Karen Bracey M.S. Penn State Extension  
Life has changed due to the COVID-19 pandemic. The **Mental Wellness during COVID-19: Grief, Loss, and COVID-19** will help us understand grief as it relates to our broader losses, and recognize what we are experiencing individually and collectively to help us cope as we continue to move through these challenging times.
- 12:00-12:45 Lunch break
- 12:45-2:15 Program Possibilities During the Pandemic –Tammy Miller, Melissa Weigle, Lisa Krout  
Does the thought of using a virtual platform scare you? Tammy will present Zoom 101 to educate you about this useful, and now necessary, tool. She will also share tips on virtual programming and how to get your seniors connected. Melissa will bring to the screen some of her virtual programs and ideas to share with us. Lisa will help us think outside the box and outside the door for outdoor programming ideas to use during the pandemic and beyond.

One of the great benefits of PASC membership is the network of other senior center professionals to get ideas from or confer with about center issues. If you have some great virtual program ideas that you would like to share, please email them to [patmac@montcosaac.com](mailto:patmac@montcosaac.com). We will compile them and send them to the virtual conference attendees. Please include your contact info if it is OK for your fellow PASC members to reach out to you if they have questions.

---

### Virtual Conference Registration

NAME: \_\_\_\_\_ The conference will be a Zoom format. You  
ADDRESS: \_\_\_\_\_ will receive the ID and password after your  
\_\_\_\_\_ registration and payment are received.

PHONE NUMBER: \_\_\_\_\_

EMAIL: \_\_\_\_\_ You must include this to get the conference log in info.

AGENCY: \_\_\_\_\_ REGION \_\_\_\_\_



I AM A  NEW  RENEWING MEMBER MEMBERSHIP #: \_\_\_\_\_

Renewing members: Call or email Judy Holden at 724.238.7942 or  
[mcmjkh@comcast.net](mailto:mcmjkh@comcast.net) if unsure of number.

Enclose \$65 and mail with this form and a completed membership form to:  
PASC Attn: Judy Holden P.O. Box 104 Laughlintown, PA 15655

**REGISTRATION DEADLINE IS OCTOBER 1, 2020**