

Franklin County Human Services Information & Referral

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E V E N T S

September 2010

SEPTEMBER Agency Happenings

When is the Covenant Broken? Religion and Domestic Violence

On Wednesday afternoons starting September 8th, Women In Need is offering a free, 8-week support group for women seeking guidance on abuse. The group will provide an opportunity for individuals to gain support from others. Members can also expect to learn how abusive people have twisted religious teachings to explain their violence and have used it as a tool to maintain power and control over their partner. For more information please contact Tammi or Susan at 264.3056

State Launches New Uninsured Adult Plan

The Pennsylvania Department of Insurance announced the creation of a new health plan for uninsured adults with pre-existing conditions. [PA Fair Care](#) will be administered statewide through a contract with Highmark Blue Shield. Benefits will include preventive care, physician services, diagnostic testing, hospitalization, mental health services and prescriptions. The cost to enrollees is a subsidized premium of \$283.20 monthly and eligibility guidelines apply. Applications can be completed online at www.PAFairCare.com, or from the toll free helpline 888.767.7015, Monday – Friday, 8:30 AM – 4:30 PM.

Strong Women Classes for Fall

Strong Women is for women 40 years of age and older who are interested in improving their health, vitality, and well-being. Strength training offers physical, mental, and emotional benefits. Strong Women is a safe, simple, and highly effective strength training program. Programs will begin in the Fall. For more information, contact Mary Ann Oyler, mko4@psu.edu or 263.9226 x 229.

Grandparents Day

You are invited to bring your child, grandchild, or friend, and join the Franklin County Early Childhood and Education Community Engagement Program at the Greencastle Senior Activity Center, 10615 Antrim Church Road, Greencastle, on Monday, September 13th at 10AM as we celebrate our county's grandparents and their special role in the lives of our children. Toddlers and Preschoolers will enjoy learning activities and a snack while giving the grown-ups an opportunity to spend quality time with those special little ones. Space is limited, reservations are required. Call 263.6549 x-234 by September 3rd.

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You can get great Information & Referral resources online at www.co.franklin.pa.us

“The pessimist sees difficulty in every opportunity. The optimist sees the opportunity in every difficulty.”

– Winston Churchill



Do you have information for next month's Events?

Email ir@co.franklin.pa.us.

Support Group Forming for Ostomates

Ostomates are invited to join a local support group of United Ostomy Association of America. The group will meet quarterly. Meetings provide speakers from ostomy equipment suppliers, training videos and other educational sessions. For information, call Eleanor Smith at 352.7788 or June Baker at 264.4619.

Wellness Day: "Taking Care of Yourself"

On September 10th from 9 AM – 2 P M, join Women In Need to learn about ways to take care of the whole person: emotionally, spiritually and physically. Please contact Linda or Erika with any questions or to register at 264.3056.

Latino Harvest Festival

The Chambersburg Hispanic American Center (CHAC) is organizing its second annual Latino Harvest Festival on Sunday, September 19th, in Memorial Park, Chambersburg. The day will feature a soccer tournament beginning at 9 AM, music, ethnic food vendors, and display tables from 12 PM until 5 PM. Live music will be featured in the bandshell and will include folklore dancers from Bolivia, easy-listening Mexican music, a twelve-piece Latin band playing Merengue, Salsa, Cumbia, and Bachata, along with performers from the Chambersburg area. Admission is free. The Festival's purpose is to bring the community together and recognize the achievement of area farms and workers in producing the bountiful harvest that we all enjoy. Last year's Festival attracted 800 people.

Drew's Hope: A Grief and Loss Support Group

Drew's Hope is a local support program for children, teens, and families and utilizes student and faculty volunteers from Shippensburg University's Counseling Department. The program will offer seven Monday evening sessions from 6 – 8 PM at no cost. A free meal is provided at each session. Sessions will run from September 20th to December 13th at the Luhr's Elementary School on the campus of Shippensburg University. This program is sponsored by the Drew Michael Taylor Foundation. For more information, contact Janice Allen at 477.1668 or jallen@ship.edu. To find out more about the Drew Michael Taylor Foundation, contact Marcie Taylor at 532.8922 or drewmichaeltaylor@pa.net.

Creative Healing for Kids

Saturday mornings starting October 2nd, Women In Need is offering a group for children ages 7 – 12 who are dealing with domestic violence or sexual abuse. The group will use various art therapy activities to help children heal from the trauma they have witnessed or experienced. For more information call Tammi at 264.3056.

2010–2011 Human Services Directory is Here!

The 2010–2011 Franklin County Human Services Directory is now available on the County's website at www.co.franklin.pa.us under announcements or go directly to www.co.franklin.pa.us/SiteCollectionDocuments/human_services_directory.pdf. By making it available online, changes and corrections can be made immediately and information can be kept up-to-date. For questions, corrections, or additions, contact Sarah Nagy at 261.2561.

Fundraising Events

Winery Benefit Tasting for Cumberland Valley Breast Care Alliance

Winestock 2010, a benefit for Cumberland Valley Breast Care Alliance, is scheduled for September 11th at the Knob Hall Winery in Clear Spring, MD. The event, from 11 AM – 9 PM, will feature food, wine tastings and music by Mama Jama, Adam Taylor, Kim Cameron and more. Food vendors will include Leiter's Fine Catering, Hempen Hill Barbecue and Catering, Flannery's Tavern on the Square and Antietam Dairy. For information or tickets, call 301.842.2777 or visit www.knobhallwinery.com/winestock.



Keystone Health Center

Mission: Keystone Health Center provides health care to anyone and everyone in the community and works to remove barriers to access of care

How They Help: Keystone is a full-service, family-centered primary care facility that eliminates barriers to health care by providing affordable, accessible, and compassionate medical, dental, behavioral, and support services. It is staffed by a diverse team of primary care providers including family medicine physicians, internal medicine physicians, obstetrician/gynecologists, pediatricians, psychiatrists, cardiologists, nurse practitioners, physician assistants, certified nurse midwives, dentists, dental hygienists, and psychotherapists. For those who have no insurance and are low-income, Keystone provides a sliding fee schedule which can result in very little cost to individuals. In addition, a federal 340B Drug Pricing Program provides medications to individuals that have no money to purchase desperately needed medications.

How YOU can make a difference: Provide your **financial support:**

- to assist in the treatment of individuals in Franklin County that are uninsured or underserved. Keystone Health Services does receive federal grants but these provide for only 25 percent of the total cost of care for the uninsured or underserved.

Contact Information:

Development Department

Keystone Health Center, 820 Fifth Avenue, Chambersburg, PA 17201

Phone: 217.6006 Website: www.keystonehealth.org

Local Volunteer Opportunities

Heartland Hospice Volunteer Training

Volunteers are needed to spend time with individuals who have a limited life expectancy. Volunteers bring a little of the outside world to those who may no longer be connected with their community. Visit as your schedule permits. Complete training is provided and is available on September 27th from 6–8 PM at the Franklin County Career and Technology Center. For more info, call Pauline Goulet at 240.0018.

Franklin County Literacy Needs Volunteers, Offers Training

The Franklin County Literacy Council needs volunteer tutors and are especially needed in the Greencastle and Waynesboro areas. The Council depends on the generosity of volunteers to help build literacy. Please consider helping assist adults in reaching the goal of being able to read the newspaper, fill out a job application, or read a book to their child. A new tutor training workshop is scheduled for 10 AM – 4:30 PM Oct. 2nd and 9th, at the United Way of Franklin County, 182 S. Second St., Chambersburg. All training and materials are free to volunteers. In order to be certified through the national organization Pro Literacy, a new tutor must attend both Saturday sessions of the workshop. If you would like to register for the workshop or have questions please, call Marie Steinbacher at 504.4459 Ext. 3504.

Touch–A–Life Seeks Volunteer Drivers

Touch–A–Life, a community outreach program of Lutheran Social Services serving Franklin and Fulton Counties, is seeking volunteers willing to provide transportation for persons, with no other transportation options, to either in or out-of-county appointments. Volunteers receive mileage reimbursement and liability insurance coverage and can choose whether they wish to transport in or out of the area. There is never pressure to take assignments. If you are willing to volunteer, contact Carol Hughes at 264.5700 or chughes@lutheranscp.org.

Hospice Volunteers Needed

Lutheran Home Care & Hospice, Inc. is currently in need of caring individuals interested in serving our local community by becoming Hospice Volunteers. Fall Training is scheduled for October 12th, 19th and 26th at our office in Chambersburg from 6 – 9 PM. For more information, contact Tammy Hawbaker at 217.3520 or thawbaker@lutheranhomecare.org.

Funding Opportunities

Kids In Need Foundation Teacher Grants Deadline: September 30th

Kids In Need Foundation offers Kids In Need Teacher Grants to provide K–12 educators in United States with funding to implement innovative learning opportunities for their students. All certified K–12 teachers in the U.S. are eligible. For additional information, please visit the Kids In Need website at www.kinf.org/grants.

Community Tool Box Contest for Community Innovations Deadline: October 31st

The Community Tool Box is offering an Out of the Box Prize program to honor promising initiatives that improve community health and development worldwide. Any group that has engaged in any aspect of community health and development effort — from planning to sustainability — between 2008 and 2010 can apply. For additional information, please visit the Community Tool Box website at <http://ctb.ku.edu/en/default.aspx>.

Cracker Barrel Foundation Deadline: Ongoing

Cracker Barrel Foundation seeks to strengthen and preserve community by supporting programs in the areas of education, human services, cultural affairs and the environment. Special consideration is given to programs that address children, youth and family issues, and emphasize traditional values such as hard work, education and self-reliance. For additional details, please visit the Cracker Barrel Foundation website at www.crackerbarrel.com/about.cfm?doc_id=1239#Cracker_Barrel_Foundation.

The Countess Moira Charitable Foundation – Youth Organization Grants Deadline: Rolling

The mission of the Countess Moira Charitable Foundation is to aid in the well-being of youth. The awards vary and the Foundation awards grants to private nonprofit or public tax-exempt organizations. The Foundation will support operating, program, endowment and/or capital funding needs. For additional details visit the website at <http://sites.google.com/a/countessmoirafdn.org/countessmoirafoundation/home>.

Other News/Resources

Aging

Medicare's Annual Fall Enrollment: November 15th – December 31st

Medicare is confusing and every year things change. APPRISE can help you find peace of mind by carefully reviewing any changes to your benefits and making sure you have the right coverage to meet your needs and budget. Contact APPRISE after October 15th to schedule an appointment either over the phone or in person at 263.2153.

Pennsylvania Behavioral Health and Aging Coalition Website

This website provides information about coalition activities as well as news and resources regarding mental health and substance abuse issues of older adults. The new website is available at www.olderpa.org.

Resources for Persons with Disabilities

Requests for Input in Future Projects

The Department of Health and Human Services Administration on Developmental Disabilities is seeking public input regarding the needs of individuals with developmental disabilities and their families in their planning process for future initiatives. Projects of National Significance are to create opportunities for community participation by individuals with developmental disabilities. The input is being collected through an online survey until **September 1st**, at www.acf.hhs.gov/programs/add/survey/survey_coded_final.html.

Health/Mental Health

Department of Health Urges Pennsylvanians to Get Immunized Against Whooping Cough

With some areas of the state seeing an increase in whooping cough, known medically as pertussis, the Department of Health urges all Pennsylvanians to ensure they are protected against the vaccine-preventable disease. For more information about immunizations, visit www.vaccinesforlife.com or call 1.877.PA.HEALTH.

The DSM-V: What's the News?

The American Psychiatric Association is revising the Diagnostics and Statistical Manual to the DSM-5 version. There are some major changes proposed in diagnostics – some new classifications as well as older classifications that are being subsumed into a new category. For more information, please visit www.dsm5.org/Pages/Default.aspx.

Research Highlights

Each month, Research Highlights brings a closer look at published articles from featured presentations at the annual Children's Mental Health Research & Policy Conference. July featured important research conducted by Pullman, Heflinger, and Mayberry, on better understanding patterns of disenrollment from Medicaid coverage for youth with mental health needs as they transitioned to adulthood. Read Research Highlights at <http://cmhtampaconference.usf.edu/wp-content/uploads/2010/08/researchhighlights/index.html>.

CDC Obesity Trend Maps (1985–2007)

During the past 20 years there has been a dramatic increase in obesity in the United States. This slide set illustrates this trend by mapping the increased prevalence of obesity across each of the states. Go to the CDC website to download the maps at www.cdc.gov.

Miscellaneous

PA Health and Human Services Call Center

The Pennsylvania Health and Human Services Call Center has launched a HelpinPA Facebook page to provide greater access to Pennsylvania's health and human services. Learn more about health insurance programs, services for children and adults with special health care needs, prenatal services, breastfeeding support, and services for older Pennsylvanians. Visit and join the community at www.facebook.com/HelpinPA.

access2wellness Prescription Assistance

Visit access2wellness to learn about a variety of assistance programs that offer more than 1,000 prescription medicines and medical products for free or at a discount to qualified individuals. In just a few steps you can find the assistance program that's best for you. For more info, go to www.access2wellness.com.

Family Life Resources

Family Well-being and Unemployment: New Publication Available

The National Center on Family & Marriage Research at Bowling Green State University just released a working paper called Parental Job Loss and Family Conflict. Find it at http://ncfmr.bgsu.edu/pdf/working_papers/file83645.pdf.

Nearly One-third of Teens Admit Drinking

Although the rate of teens ages 12–17 who say they've used alcohol, illicit drugs, or tobacco during the past year has declined over the course of the decade, the problem is still pervasive. In the recently released National Survey on Drug Use and Health for 2008, almost one-third of teen participants admitted to using alcohol during the past year. About one-fifth used an illicit drug, and nearly one-sixth said they had smoked cigarettes. Researchers observed that on an "average day," hundreds of kids end up in the nation's emergency rooms because of drug or alcohol misuse. Learn more at www.oas.samhsa.gov/2k10/185/185TypicalDay.htm.

Cleaning For A Reason Foundation

Fighting cancer is difficult enough, but living with it is even tougher. Cleaning For A Reason, a nonprofit organization, offers free professional housecleaning and maid services to improve the lives of women undergoing treatment for cancer – any type of cancer. Women can sign up and have their doctor fax a note confirming the treatment to be considered for the program. Cleaning For A Reason will have a participating maid service in her zip code area arrange for the service. Go to www.cleaningforareason.org for more information.

Information on Mentoring and Caregiving

- The U.S. Office on Personnel Management offers a guide for best practices on developing mentoring programs; www.opm.gov/hrd/lead/BestPractices-Mentoring.pdf.
- The University of Washington has a free guide online entitled "How to Mentor Graduate Students." Go to www.grad.washington.edu/mentoring/GradFacultyMentor.pdf.
- UC-San Diego has a guide on mentoring new faculty members; <http://academicaffairs.ucsd.edu/faculty/programs/fmp/default.htm>.
- The National Alliance for Caregiving is at www.caregiving.org.
- AARP has caregiving resources online at www.aarp.org/relationships/caregiving.
- The U.S. Department of Health and Human Services has a guide on caregiver stress at www.womenshealth.gov/faq/caregiver-stress.pdf.
- The University of MN has a Family Caregiving Center with podcasts on caregiving at www.cehd.umn.edu/fsos/centers/wcfcc.

Cash in Matured Saving Bonds

More than 40 million Series E savings bonds that are over 30 years old and worth more than \$16 billion no longer pay interest but remain outstanding. If any belong to you or your family, you can redeem them for cash. The new Treasury Hunt Web site, www.treasuryhunt.gov, will let you find expired savings bonds issued in 1974 or later through its searchable database of bonds registered to Social Security numbers. The site also contains useful information about what to do regarding lost and/or matured bonds.

Local Events

September

9/9: Sleep Disorders Support Group: Sleep As We Grow Older from 6 – 7:30 PM at the Chambersburg Hospital Lecture Center. What changes occur as we age? How much sleep do we need? Please RSVP to 709.4746. This is open to the public. Light refreshments will be provided.

9/9: Franklin County Area Agency on Aging Advisory Council & 2010/2011 Budget Hearing at 1:30 PM at the Chambersburg Senior Activity Center, 600 Norland Ave., Chambersburg. Meetings are open to the public.

9/10: Annual Senior Fair from 9 AM – 2 PM at the Chambersburg Mall. Enjoy free admission, health screenings, giveaways, and lunch. This year's fair is sponsored by the Village of Laurel Run and organized by Representative Rob Kauffman.

9/11: Shippensburg Community Information Fair from 9 AM – 2 PM at the Shippensburg Church of the Brethren Family Life Center, 253 E. Garfield St. Refreshments, give-a-ways, face painting, blood pressure readings, health & wellness info, and information on area services and programs will be available. Christ Among Neighbors will be collecting canned goods and nonperishable foods for the King's Kettle Food Bank.

9/14: Family Caregiver Support Group from 10 AM – 12 PM at the Area Agency on Aging, 600 Norland Ave., Chambersburg. Call Aging for more info at 263.2153.

9/14: Suicide Prevention in Older Adults Webinar

The Suicide Prevention Resource Center is hosting a Webinar on preventing suicide among older adults. Every year, more than 5,000 Americans aged 65+ die by suicide. Speakers will address suicide risk and prevention in community programs and residential facilities. Register at www1.gotomeeting.com/register/212444497.

9/15: United Way of Franklin County 2010 Campaign Kick Off at the Orchards Restaurant at 12 PM. Cost is \$14 per person. Please RSVP by September 3rd to office@franklincountypaunitedway.org.

9/16: Human Service Expo Franklin Fire Hall, Upper Level, Chambersburg, from 10 AM – 2 PM. Area human service agencies will be present displaying service information and talking about the programs they offer. The EXPO provides lots of information and educational opportunities for all ages. There will also be door prizes and give-a-ways. For more information, call 267.3507.

9/16: Walking a Littler Easier: Hip & Knee Replacement and What to Expect at 10 AM at The Fleck Center at Luther Ridge Retirement Community, 2998 Luther Drive, Chambersburg. The program is free of charge and open to anyone in the community. No registration is required.

9/13: Chambersburg Reads To Inspire Service from 9/13 – 11/14. Go to www.chambersburgreads.org.

9/21 & 9/22: Cocaine & Heroin at the Admin Annex, 218 N. 2nd Street, Chambersburg, from 9 AM – 4 PM. Instructor is Bruce Shaffer, MA, BS. There is no cost to register; cost of the instructor is being funded by the Tuscarora Managed Care Alliance and is opened to all community agencies and their staff who are responsible for the treatment/counseling of individuals coping with addictions. Register by September 8th by emailing ldjones@co.franklin.pa.us.

9/25: Memory Walk to Benefit Alzheimer's Association

The Chambersburg Memory Walk to benefit the Alzheimer's Association, Greater Pennsylvania Chapter, will be held at Providence Place Retirement Community, Chambersburg. Teams and interested individuals may sign up online at www.alz.org/memorywalk. For more information, contact Angela Grimm at 651.5020 or angela.grimm@alz.org.

October

10/12: Family Caregiver Support Group from 10 AM – 12 PM at the Area Agency on Aging, 600 Norland Ave., Chambersburg. The topic will be Long-Term Care Insurance and payment for nursing facilities. The speaker is Rick Rundel of Menno Haven. Call Aging for more info at 263.2153.

10/13: Franklin County Community Forum: Working with Persons with Dementia & Alzheimer's at the Bonanza Restaurant, Chambersburg Mall. Susan Hipkiss, Admission Director, Falling Spring Nursing & Rehabilitation Center, will present information on Alzheimer's and other related dementia that cause brain deterioration. She will also discuss simple ways to approach and relate to individuals with Alzheimer's and dementia to ensure an effective interaction. The public is invited. Buffet Lunch begins at 11:30 AM, agency updates at noon, and the presentation begins at 12:10 PM.

10/20 & 21: Franklin/Fulton Human Service Training Days, Rhodes Grove, Chambersburg, sponsored by the Tuscarora Managed Care Alliance (TMCA). TMCA and Franklin County Community Services Department team up to bring clinical and professional trainings for human service workers. There will be no registration cost this year but registration is required. Registration information will be distributed by email or available online at www.co.franklin.pa.us. Contact Information & Referral for more info at 261.2561.

10/27: Save the Date! Energy Assistance 101 Learn about area programs assisting with utilities for winter 2010–2011 from 10 – 11:30 AM at the Ag Heritage Center, Franklin Farm Lane, Chambersburg. More info to follow.

November

11/3: Intro to Franklin County Human Services from 8:30 AM – 12:30 PM at the Human Services Building, 425 Franklin Farm Lane, Chambersburg. Learn about the human service programs Franklin County government provides. Please RSVP to Sarah Nagy by Wednesday, October 20th, at 261.2561 or sjnagy@co.franklin.pa.us. Sorry, no refreshments will be provided. Feel free to bring your own.

11/10: Franklin County Community Forum: "Franklin County Commissioners Update" at the Bonanza Restaurant, Chambersburg Mall. The public is invited. Buffet Lunch begins at 11:30 AM, agency updates at noon, and the presentation begins at 12:10 PM.

December

12/8: Franklin County Community Forum: "Keystone Health Center Update" at the Bonanza Restaurant, Chambersburg Mall. The public is invited. Buffet Lunch begins at 11:30 AM, agency updates at noon, and the presentation begins at 12:10 PM.

Not-So-Local Events

9/20–21: Commonwealth Broadband Expansion at the Radisson Penn Harris Hotel and Convention Center in Camp Hill, PA, will offer opportunities for discussion, idea sharing, and networking as well as multiple speakers who will address some of the issues faced in coordinating broadband activities. For more information, contact John Farris at 814.863.5100, conferenceinfo1@outreach.psu.edu.

9/25: National Public Lands Day (NPLD) is the nation's largest hands-on volunteer effort to improve and enhance the public lands Americans enjoy. Public land managers, local conservation groups and "friend" organizations are encouraged to participate in this national event. NPLD will provide a variety of resources to site coordinators, including free promotional materials to publicize the NPLD event and recognition materials to thank volunteers; an opportunity to list your NPLD event and contact information on line; and A Manual for Site Managers to help organize the NPLD event. To register, visit www.neefusa.org or call 202.833.2933.

9/27–29: Facing the Challenge: Helping Teachers Better Work with Children with Challenging Behaviors, a Train-the-Trainer Session, go to

<http://guest.cvent.com/EVENTS/Info/Summary.aspx?e=17de322f-3210-4847-b7c2-2ca98a21c59b> or call 610.574.6141 for more information. The Training will be held in Villanova, PA.

October

10/11: Lehigh Valley Early Care & Education Professional Development Day, in Bethlehem, PA. Call 610.391.9840

10/13–15: Early Childhood Education Summit, in State College, call 526.4646 or go to www.earlychildhoodsummit.org/index.cfm.

10/14: PA Governor's Conference for Women at the David L. Lawrence Convention Center in Pittsburgh. The state's premiere networking and leadership event is designed to educate women on topics such as personal finance, career development, business and entrepreneurship and work-life balance. For more information, including registration and program details, go to www.pagovernorsconferenceforwomen.org.

10/22–23: Second Annual Pennsylvania Infant Mental Health Conference, in Philadelphia. Go to www.chatham.edu/imh.

November

11/11: 2010 PSAHPERD: Get Outdoors PA – BE Active BE Green, in Champion, PA. Go to www.psahperd.org.