

Franklin County Human Services Information & Referral

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E V E N T S

March 2012

March Agency Happenings

Easter Seals of Central PA has offered many services to residents of Franklin County and is now adding two camping opportunities for children and adults and disabilities.

- 4-week camp in Chambersburg for individuals ages 18–25 with disabilities. It will operate from 9am–3pm, Mondays–Thursdays, July 9–August 2, 2012. Day camps offer opportunities for quality care and great adventure wrapped into one exciting program. Easter Seals has successfully run day camps in other communities throughout Central PA.
- Easter Seals is excited for the second year of Camp Amp, a one week, co-ed, overnight camp for children with disabilities ages 7–17. Camp Amp will be held August 5–10–2012 at Camp Joy El in Greencastle. Campers experience numerous activities that give them endless opportunities to experience increased independence, enhanced self-esteem, as well as the ability to work in a group setting and the development of new interests and friendships. It doesn't matter if you just spend the day at camp or stay overnight, camp is a great opportunity to learn new skills, build new friendships, have fun and give caregivers a respite. For more information or camp please contact Liz Bunting at 717-591-7027 or ebunting@eastersealscentralpa.org. To learn about Easter Seals of Central PA please visit www.eastersealscentralpa.org

Franklin County Local Education and Resource Network (LEARN) will be hosting the seventh annual "Get Ready, Get Set, Learn" Children's Fair on Saturday, March 24, 2012 from 10:00–1:00 at the Church of the Brethren, 260 S. Fourth Street, Chambersburg. Through this fair, the importance of preparing children for success in school and life through quality early childhood and educational programming, and childhood safety techniques and practices, are demonstrated. Please join us for an education and fun-filled family event! Please contact Tammy Barnhart, LEARN Coordinator, at 717-263-6549 or c-tabarnha@pa.gov with any questions.

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

Do you have information for next month's Events?

Email ir@co.franklin.pa.us.

Advanced Directives Training: The Meadows will be having Advanced Directives Training on 3/1/12 from 1:00–3:00 at the Meadows Gymnasium. Advanced Directives Training is geared toward mental health professionals. Advanced directives are legal documents that allow you to convey your decisions about care ahead of time. They provide a way for you to communicate your wishes to family, friends and healthcare professionals, and to avoid confusion later on? To RSVP, please contact Tanya Lombardi at (814)404–8367 or email Tanya.Lombardi@uhsinc.com. The cost is \$5.00. Checks can be made out to The Meadows and can be mailed to 132 The Meadows Drive, Centre Hall, PA 16828 or turned in at the door. Please RSVP no later than Thursday February 16, 2012. Space is limited so reserve your seat now.

The Five Chambers of Commerce in Franklin County has invited Barry J. Schoch, Secretary of Pennsylvania Department of Transportation, to speak on March 8 at 11:45AM at the John Allison Public House, 104 E. Baltimore Street. Greencastle, PA 17225. Attendees will have the opportunity to meet with the Secretary and learn about significant infrastructure issues and funding challenges in Franklin County and Pennsylvania. A native of DuBois, Schoch was named to his post by Governor Tom Corbett in 2011. With 28 years of experience in engineering field. Schoch has managed or been instrumental in many pending or completed projects during that time. Sponsors are the Greater Chambersburg Chamber of Commerce, the Greater Waynesboro Chamber, Greencastle–Antrim Chamber, Shippensburg Chamber and Tuscarora Area Chamber. People may email questions for the secretary by March 1 to memberservices@waynesboro.org

Wellness Program Offered by Lutheran Home Care & Hospice will give a Health & Wellness talk on Thursday, 3/15 at 10AM 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. The topic is *Nutrition for Healthy Aging*. As we get older, good nutrition plays an important role in how well we age. Join Lutheran Home Care & Hospice to learn about eating more efficiently by choosing foods with the most nutritional values. Lutheran Home Care & Hospice, Inc., a ministry of Lutheran Social Services, provides home health care, hospice services and in-home support services to residents of Franklin, Fulton, Adams, and York Counties in Pennsylvania and Washington, Frederick and Carroll Counties in Maryland. Lutheran Home Care & Hospice is a licensed home care agency, fully certified by both Medicare and Medicaid. For further information about home care services, please call 717–264–8178.

Dining with Diabetes: Penn State Cooperative Extension presents a class for people with pre-diabetes with type 2 diabetes in Franklin County (classes start February 28th in Chambersburg and February 29th in Waynesboro. The classes reinforces a healthy lifestyle (healthy eating, physical activity, and monitoring blood pressure. General nutrition and health information presented; referrals given to local healthcare providers for individualized counseling. Scholarships available for those who need assistance with the course fee. Please visit <http://extension.psu.edu/dining-with-diabetes/> For more information please contact Rayna Cooper at 717–334–6271. Funded by Summit Endowment.

Agency Spotlight

Christ Among Neighbors (CAN)

Mission: The mission of Christ Among Neighbors is the desire to serve as disciples of the Lord Jesus Christ by offering a crisis intervention service to our community.

Programs: Through his guidance, we will assist our neighbors who have exhausted every available means of food, clothing, utilities, medical care etc. This assistance may include emergency service delivery and/or referrals/consultations to other agencies or organizations with the means to solve the problem.

Address: 130 S. Penn Street P.O Box 401
Shippensburg, PA 17257

Phone: (717) 532-7577

Fax: (717)762-8580

Important Info!

Asera Care Hospice now serves Franklin County

Asera Care Hospice provides patients and their families facing serious illness and grief, the best quality of care and quality of life that humanity can offer.

Asera Care also provides nursing care, chaplain services, bereavement services, social work and nursing care to form a holistic approach to patients and their families. For more information please contact (717-845-8599 or email heather.weaver@aseracare.com)

Hospice Volunteers Needed

Hospice Volunteering is meaningful work that touches lives. Lutheran Home Care & Hospice is a non-profit, community health services agency currently seeking committed and caring individuals interested in becoming hospice volunteers for clients and their families in Franklin County. Individuals with day evening or weekend availability are needed. Training is free of charge and scheduled for Wednesday, March 7th, 14th, and 21st from 10AM-2PM. For more information or to register for training, contact Tammy Hawbaker at 717-217-3520.

Resources/News – General

Commercial & Industrial Energy Efficiency Incentives for Business Program

Commercial and industrial customers of Met-Ed, Penelec and Penn Power are invited to apply for the Commercial & Industrial Energy Efficiency Incentives for Business, which provides incentives to install high-efficiency equipment. Details at <http://www.energysavepa-business.com/>.

Conservation and Recycling

Every year Americans generate millions of tons of trash. You can find recycling information and centers, conservation resources, and more to help practice an environmentally friendly and ecologically responsible lifestyle. [Learn more about conservation and recycling.](#)

Download Transportation By the Numbers

Want to look at the costs of your transportation service? Check out *Transportation by the Numbers*, a popular resource that helps service providers identify and evaluate the true costs of providing transportation services. [Download Transportation By The Numbers.](#)

Government Book Talk

Government Book Talk brings you the best publications from the federal government, past and present. [Check out the variety of government publications today.](#)

New Law Change Increases Insurance Coverage for Veterans

Some Veterans covered under the Veterans Group Life Insurance program (VGLI) now have the opportunity to increase their coverage to the current maximum coverage under the Service members' Group Life Insurance (SGLI) program. The additional coverage can be issued regardless of the Veteran's health. [Click here.](#)

Recycling Old Electronic Gadgets

Did you receive new electronic gadgets over the holidays? If so, now is a good time to figure out what to do with your old ones. There are plenty of ways to put those unwanted electronics to use. [Learn more about how you can recycle old electronic gadgets.](#)

Re-Entry Resources

For a listing of resources for individuals reentering society after incarceration, such as Prisoner Re-Entry Initiative (PRI). Visit: <http://fatherhood.hhs.gov/Incarceration/index.shtml>.

What Help is Available for Homeless Veterans?

All Veterans at risk for homelessness or attempting to exit homelessness, as well as their family and friends can access a variety of resources and benefits, such as prevention services, housing support, job training, and healthcare. The National Call Center for Homeless Veterans provides a hotline and online [chat](#) for free and confidential assistance. Trained VA staff is on-call and available 24 hours a day, seven days a week to assist homeless Veterans and their families at 1.877.4AID VET (877.424.3838). <http://www.va.gov/homeless/nationalcallcenter.asp>.

York Housing Authority Initiates New Preference for PREP

The York Housing Authority has instituted a preference for applicants under age 62 who have successfully completed Prepared Renter Program (PREP) training. The PREP program prepares individuals for the process of finding and retaining affordable housing that meets their needs. The York Housing Authority has recognized the quality of the PREP training program and the need for such training in York County by instituting this unique preference. PREP training is available for free. Contact Beth Ellis, Regional Housing Coordinator serving York County, at bellis@cilcp.org or at 717-731-1900 to discuss this training opportunity. Email Mary Penny, Statewide Coordinator for the Regional Housing Coordinator Program, for PREP training across PA – mary@sdhp.org.

Resources/News - Senior Sites

Administration on Aging (AoA)

The Administration on Aging is pleased to provide the following resources to connect older persons, caregivers and professionals to important federal, state, and local programs. Go to:

http://www.aoa.gov/AoARoot/Elders_Families/index.aspx.

AARP Nationwide Anti-Hunger Initiative

AARP and the AARP Foundation have launched a nationwide anti-hunger initiative aimed at seniors that include new online hunger resources as well as local SNAP outreach and assistance. For more information, click [here](#).

Aging Plan for Pennsylvania - 2012-2016 Planning for Our Future Executive Summary

To view "Planning for Our Future Executive Summary of the State Breakout Sessions for 2012-2016" held in November [click here](#). If you have suggestions, comments or questions, please send an email to RA-StatePlanOnAging@state.pa.us. For progress reports on the current PA Aging Plan (2008-2012) go to: www.aging.state.pa.us.

Medicare in American Sign Language

Now you can get Medicare information in American Sign Language (ASL). Medicare has a short video in ASL for people who are Deaf or hard of hearing. The video gives an overview of Medicare, (including covered preventive services), and discusses the differences between Medicare and Medicaid. [Watch the video on our YouTube channel](#), or [download it here](#).

Winter Warmth and Safety: Home Energy Tips for Older Adults

To download a copy of this new brochure produced by the National Association of Area Agencies on Aging (n4a), go to <http://www.n4a.org/pdf/HomeEnergyTips.pdf>.

Resources/News - Family Sites

Ask the Dept. of Education your FAFSA Questions on Twitter

For those who may need help paying for college, a new year means it's time to complete a new [Free Application for Federal Student Aid \(FAFSA\)](#). To help you navigate the process, the Dept. of Education announces the launch of the [@FAFSA Twitter account](#) from Federal Student Aid. You can complete the FAFSA online today at www.fafsa.gov.

Color A Smile

Color A Smile collects crayon drawings from school children. Every month they distribute these drawings to nursing homes, Meals-on-Wheels programs, and individuals all across the country. Their goal is to make people smile! For information and instructions to participate: <http://www.colorasmile.org/>.

Connecting Kids to Coverage Challenge

InSureKidsNow.gov is requesting submission of innovative ideas to help enroll uninsured kids in Medicaid or the Children's Health Insurance Program. Suggestions should include at least one of the following strategies: cut red tape, capitalize on technology, and create opportunities to sign up, focus on retention, and forge partnerships. For details: [click here](#).

Parents and Teens Should Read Books on Tough Issues

For tips on tough teen issues: [visit here](#).

Resources/News - People with Disabilities

Addiction Treatments

Different types of treatments are available to meet specific needs. To get referrals to treatment programs, call 1.800.662.HELP (confidential hotline) or visit: <http://dasis3.samhsa.gov/>.

TSA Launches New Toll Free Number for Air Travelers with Disabilities

The Transportation Security Administration (TSA) has launched a new helpline number for air travelers with disabilities and medical conditions. You can call [TSA Cares](#) toll free at 1.855.787.2227 before you travel for answers to questions about screening policies, procedures and what to expect at the security checkpoint. TSA recommends that passengers call about 72 hours before traveling so that when needed, TSA Cares can coordinate checkpoint support with a TSA Customer Service Manager at the airport. [Click here for info.](#)

Visit Disability.gov for Information

Visit [Disability.gov](#) for information about these and many other subjects: Finding [employment](#), Help finding and paying for [housing](#), [Laws](#) that protect your rights as a person with a disability, Disability [benefits](#), [Scholarships](#) and other financial aid, Federal government [grants](#) . Looking for organizations, programs or services near you? Visit Disability.gov's [Information by State](#) section. Visit [Disability Blog](#) to read and comment on a wide variety of subjects of interest to the disability community, including [benefits](#), [healthcare](#), [housing](#) and the special "[Career Connections Series](#)."

Funding Opportunities

Due Mar 1 The National Endowment for the Arts

The National Endowment for the Arts has announced funding for the 2012 Our Town grants. The funding supports creative place making projects that contribute toward the livability of communities and help transform them into lively, beautiful, and sustainable places. Grants will range from \$25,000 to \$150,000. Deadline to apply: March 1, 2012. For guidelines and more information, click [here](#).

Due Mar 5 Housing Counseling Training Program Funds

Funding is available through the Department of Health and Human Services (HHS) Health Resources and Services Administration (HRSA) to provide training activities designed to improve and standardize the quality of counseling provided by housing counselors employed by agencies participating in the Department of Housing and Urban Development (HUD) Housing Counseling Program. Applicants must be public or private nonprofit organizations and must have a 501(c) (3) tax exempt status. [Click here for details.](#)

Due Mar 16 2012 Eisner Foundation Prize for Intergenerational Excellence

2012 Eisner Foundation Prize for Intergenerational Excellence. Nominations and applications due Mar. 16. [More information here.](#)

National Clean Energy Business Plan Competition

The U.S. Department of Energy is holding six competitions across the nation that seek to create a new generation of entrepreneurs who will address energy challenges and turn promising technology from American universities and laboratories into innovative energy products. Learn more about the [National Clean Energy Business Plan Competition](#).

Local Events

2/28: Alzheimer's Support Group is held the last Wednesday of every month from 3:30-5:30 at the Magnolia's of Chambersburg, Senior Living Community 745 Norland Avenue. Chambersburg PA 17201, in the activities room. Light refreshments will be served. Please contact Jeanette Gearhart at 717-264-6000 for more information.

3/1: Pure Grace 101 will offer a small, confidential 11 week Bible study group for women who have an abortion in their past. Although the study is free, pre-registration is required. For more information, contact Ruth Schuler at 717-372-2845 or puregrace101@gmail.com and visit their website at www.puregrace101.org. Pure Grace 101 is the abortion recovery outreach ministry of Pregnancy Ministries, Inc., Chambersburg, Pa. All contract are strictly confidential.

3/1: Bereaved Parents Support Group: Open to parents grieving the loss of a child of any age. Meets the 1st Thursday of each month from 7:30-9PM at the Timothy House annex of Messiah U.M Church, 20 S. Penn Street, Shippensburg PA. Call group facilitator, Marcie Taylor at 532-8922 or drewmichaeltaylor@pa.net for more information.

3/5: Med Express is making it easy to protect yourself and your family against the flu. With no appointments, short wait times, and flu shots just \$20, it is fast easy and affordable. Which should keep everyone feeling good!

3/6: Diabetes Support Group: People in greater Franklin County who are at risk of developing type 2 diabetes have an opportunity to attend classes that will educate them how to reduce their risk. Classes begin on Tuesday, March 6 at the Waynesboro YMCA. 810 East Main Street, Waynesboro PA. The program includes 12 weekly sessions on nutrition, behavior, and exercise changes. Following these sessions, participants are then asked to attend six months of bi-monthly support classes. To be eligible to attend you must have one of the following; Body mass index of 25 or more, pre-diabetes; high blood pressure; high cholesterol; a history of diabetes during pregnancy. The total cost for the program is \$125 and includes classes, class materials, pedometer, and pre and post class blood work. For more information or to register by February 24, call 717-765-4000 ext. 5531 or email KTHORNE@summitheath.org

3/7: Kidshape- Weight Management Program for Children: Summit Health is sponsoring Kidshape, a family based pediatric weight management Program for families with overweight children ages 6-14. The nine-week program will begin on January 25 and will be held at the Chambersburg YMCA, 570 E. McKinley Street, Chambersburg. The enrollment fee is \$10. Pre-registration is required. Call (717)414-6635 to register.

3/8: Intro to Human Services: Learn about various services Franklin County Human Services has to offer. A representative from each unit will discuss in detail the programs offered. This is a great training for new staff or those who need a refresher course. The time is from 8:30-12:30 at the Franklin County Human Services Building, 425 Franklin Farm Lane, Chambersburg, PA 17202. To register for the training please contact Dawn Orndoff at dborndoff@co.franklin.pa.us.

3/14: Community Forum at the Bonanza Restaurant in the Chambersburg Mall. Lunch (pay your own) is at 11:30 and the presentation will begin at 12:15. A representative from the Keystone Walk Inn and Pharmacy will discuss services they offer to the community. For more information please contact Dawn Orndoff at 717-261-2561 or email at dborndoff@co.franklin.pa.us

3/14: Alzheimer's Support Group will meet the second Wednesday's at 3PM in the Bryson Room at Quincy Village. Come meet loved ones with Alzheimer's disease. Contact Heather Coy at 749-2301 or Margy Cook at 717-749-2334.

3/17: Waynesboro Hospital Health Fair presented by Waynesboro Hospital from 7:30 to 11AM at the Waynesboro Area High School. The health fair will include free screenings, fun kid's activities, giveaways, door prizes and more. Blood testing will be available to adults (18+) who have fasted 12 hours prior to the screening.

Not so local events

Mar 7 & Apr 16 New One Day Trainings from "Behavioral Health Connection"

"Behavioral Health Connection" will present new one-day training sessions including Understanding and Accessing Medicare Services for Mental Health Consumer and QPR (Question, Persuade, Refer) A Suicide Prevention Training at the following locations and dates.

- **March 7-Office of Vocational Rehabilitation, DuBois**
- **April 16, Riverview Manor, Sharon**

Lunch is provided. Call 717.541.4219 or register online at www.olderpa.org/bhc.

Mar 9 Seniors on the Move-Innovation Around Transportation-Philadelphia

Join GenPhilly to learn more about innovative ways to help seniors access different transportation options on March 9, 8:30 AM-11:30 AM at the Delaware Valley Regional Planning Commission, 190 North Independence Mall West, Philadelphia. For details and registration: <http://genphilly.wordpress.com/events/next-event/>.

Mar 10 HHS' Center for Faith-Based and Neighborhood Partnerships Conference Call

Health and Human Services Center for Faith-Based and Neighborhood Partnerships Conference Call for Faith & Community Leaders will cover a "Tour of healthcare.gov" - March. 10, 4:00 PM. Call 1.888.323.9813.

