

RESOURCES

AGING RESOURCES IN CENTRE COUNTY

**WHERE TO
FIND HELP
WHEN YOU,
A FAMILY
MEMBER,
OR FRIEND,
NEEDS
INFORMATION**

IMPORTANT WEBSITES

American Society on Aging

www.asaging.org

Benefits Check

www.benefitscheckup.org/

Centre County Office of Aging

www.centrecountypa.gov

Centre County Senior Center Coalition

www.supportccsc.org

Eldercare Locator

www.eldercare.gov

Medicare, Medicare D, National Nursing Home Comparison

www.medicare.gov

Pennsylvania Department of Aging

www.aging.pa.gov

Pennsylvania Department of Health

www.health.pa.gov

Pennsylvania Department of Insurance

www.insurance.pa.gov

Pennsylvania Department of Human Services

www.dhs.pa.gov

2018-2019

FORWARD

Generally, Americans want to be independent. Independence, however, can become much more of a challenge as we grow older or adjust to a disabling condition. We may experience changes in our lifestyles and in our needs. Most individuals remain healthy and are able to care for themselves while others need assistance in differing degrees to maintain their independence.

This resource guide describes a wide range of health, social, and support services available in Centre County. Different needs exist for those who are relatively healthy, those who might have slight impairments, those who are disabled, and those who are totally dependent on others for assistance. This guide is designed to help individuals, families, and friends to choose appropriate levels of support for older persons so that they can continue to live in the community, either in their own homes or in a more protective environment.

For most of us, it is difficult to admit that we or someone we love really needs some type of extra support or help. Sometimes, it is even harder to decide what we need and where to find it. This resource guide was created to provide you with enough information to find the support and resources you may need now—or in the future.

The Centre County Office of Aging is not responsible for omissions nor does listing in this guide imply endorsement.

How to Use This Resource Guide

1. Using the Continuum of Care to determine what level of care might be needed: **Independent Self-Care** lists Community Resources; **Needs Occasional Assistance** lists Supportive Services; **Needs Frequent Assistance** lists Services for Partial Care which may include personal care homes, **Needs Total Assistance** lists Long Term Care which lists County nursing homes and related guides and services. Items listed alphabetically.
2. First, turn to the Table of Contents (p. 3) and find the resources associated with that level of care. Each service is listed in alphabetical order.
3. Next, read about those services; including the easy to follow definitions of terms.
4. Then, read about the resources one level above and one level below the level needed to help you be more familiar with services available.
5. Now it is up to you. Make some phone calls. Ask some questions. There are many people in the community who care about you and your family. The **Centre County Office of Aging (355-6716)** is also available to help you.
6. Try a resource for a month or two. Services can always be cancelled or changed.

Continuum of Care (Levels of Care)

These levels of care are listed in order from the least amount of care to the most amount of care and are the major sections of this guide.

Least Care

I. Independent in Self Care

Community Resources, (p.3, 6-18)

II. Needs Occasional Assistance

Supportive Services, (p.4, 18-25)

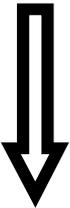
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Most Care



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I. INDEPENDENT SELF-CARE

COMMUNITY RESOURCES—LOCAL

Frequently Called Numbers All numbers in this directory are area code 814 unless otherwise listed.

| | |
|----------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| (800) 355-6024 863-6571 355-6716 | Assistance Office (Welfare)(LIHEAP)(SNAP)(Medicaid) APPRISE (Health Insurance Counseling) at the Centre County Office of Aging (please make an appointment) |
| (800) 441-2555 383-3900 231-7000 237-5731 353-0502 | Attorney General, State College Regional Office (Bureau of Consumer Protection) Mount Nittany Medical Center Big Brothers Big Sisters Catholic Charities |
| (800) 494-2500 355-7501 349-5850 342-0404 | Community Help Line Community Action, Bellefonte Community Action, Millheim Community Action, Philipsburg |
| (570)602-2227 (800)922-9537 355-6830 | Consumer Credit Counseling of Northeastern PA Housing Authority of Centre County |
| (570) 726-3196 (866) 864-1516 | Rural Development Social Security, State College Office |

COMMUNITY RESOURCE—STATE AND NATIONAL

Frequently Called Numbers All numbers in this directory are area code 814 unless otherwise listed.

| | |
|----------------------------|-------------------------------------------------------------------------------------------------------------------------------|
| (800) 355-6024 863-6571 | Assistance Office (Welfare)(LIHEAP)(SNAP)(Medicaid) |
| (703) 276-0100 | Better Business Bureau |
| (800) 494-2500 | Community Help Line |
| (888) 382-1222 | Do Not Call Hotline |
| (717) 783-1379 | Home Health Care Hotline |
| (888) 687-2277 | Legal Hotline for Older Americans |
| (800) 633-4227 | Medicare |
| (800) 633-4227 | Medicare Fraud and Abuse Hotline |
| (800) 273-TALK (8255) | National Suicide Prevention Lifeline |
| (800) 225-7223 | PACE/PACENET PLUS |
| (800) 274-3258 | PA Health Law Project |
| (877) 727-7529 | Pennsylvania's Senior Law Helpline |
| (888) 222-9190 | Tax and Rent Rebate |
| (800) 723-3546 | SafeLink (A Lifeline supported service, a government benefit program. Only income eligible consumers may enroll in Lifeline.) |
| (800) 772-1213 | Social Security, Nationwide Toll Free |
| (800) 995-9581 | United Disability Services |
| (800) 827-1000 | Veterans Affairs Benefit Information |

CENTRE COUNTY GOVERNMENT OFFICE NUMBERS

| | |
|----------------|----------------------------------------------------|
| (800) 479-0050 | 911, non-emergency number |
| 355-6768 | Adult Services (Under 60) |
| 355-6716 | Aging |
| 355-6782 | Base Service Unit |
| 355-6700 | Commissioners |
| 355-6727 | Court Administrator |
| 355-6735 | District Attorney |
| 355-6796 | Domestic Relations |
| 355-6703 | Elections/Voter Registration |
| 355-6745 | Emergency Management |
| 355-6727 | Jury Duty |
| 355-6729 | Jurors Selection for Trial Info Line |
| 355-6782 | Mental Health/Intellectual Disabilities, EI, D & A |
| 355-6791 | Planning |
| 355-6796 | Prothonotary |
| 355-6794 | Prison |
| 355-6798 | Public Defender |
| 355-6801 | Recorder of Deeds (Military Records) |
| 355-6724 | Register of Wills |
| 355-6816 | Retired & Senior Volunteer Program (RSVP) |
| 355-6803 | Sheriff (Triad) |
| 355-6721 | Tax Assessment |
| 355-6805 | Tax Claim/Collection |
| 355-6807 | Transportation |
| 355-6810 | Treasurer (Dog, Fishing, Hunting Licenses) |
| 355-6812 | Veterans Affair |
| 355-6735 | Victim Services/District Attorney |
| 355-8746 | Weights and Measures |

COMMUNITY HOSPITALS/EMERGENCY MEDICAL SERVICES

| | |
|----------------|----------------------------------------------------|
| 911 | Ambulance/Fire |
| 237-8163 | Centre LifeLink EMS |
| 765-5341 | Clearfield Hospital |
| 359-3421 | HealthSouth Nittany Valley Rehabilitation Hospital |
| (570) 893-5000 | Lock Haven Hospital |
| 231-7000 | Mount Nittany Medical Center |
| (800) 521-6110 | Poison Information Center |
| 867-5415 | State College Veterans Outpatient Clinic |
| 943-8164 | Veterans Hospital – Altoona |
| (800) 490-8505 | Statewide Elder Abuse Hotline |

EMERGENCY SHELTER

| | |
|----------------|----------------------------------------------------------------------------------------------------------------|
| 237-4863 | Centre House/Housing Transitions/24 hour Emergency Shelter |
| (800) 494-2500 | Community Help Centre (Out of the Cold) |
| 234-5222 | Women’s Resource Center (Temporary housing for those experiencing Domestic/Sexual Violence and Stalking) |

For More Shelter Information Contact:

| | |
|----------------|------------------------------------------------------------------------------------|
| 353-0502 | Catholic Charities |
| 355-6716 | Centre County Office of Aging (60+) (8:30-5pm M-F) |
| (800) 479-0050 | Aging After Hours Number |
| 234-7731 | Interfaith Human Services (emergency assistance) |
| 237-3162 | Red Cross (emergency assistance) State College, Bellefonte, Philipsburg ext. 25 |
| 861-1785 | Salvation Army |
| 234-5222 | Women’s Resource Center (for abused women) |
| (877) 234-5050 | Toll Free Information & Referral 24 Hour Hot Line |

HEALTH INSURANCE COUNSELING

355-6716

APPRISE

State Health Insurance Assistance Program
Counseling for people with Medicare in
Pennsylvania – A free service provided by trained
volunteers to help Medicare Beneficiaries with
questions and problems regarding health insurance.
Volunteers can compare existing benefits and
available options, assist with enrollments and apply
for help. They can also assist with billing issues and
appeals.

(800) 783-7067

State Toll Free APPRISE Number

INFORMATION AND REFERRAL

355-6716

Centre County Office of Aging

www.centrecountypa.gov

Email: aging@centrecountypa.gov

(800) 494-2500

Community Help Line

865-1710

Penn State Center for Healthy Aging

800-753-8827

PA Link to Aging and Disability Resources Helpline

LEGAL SERVICES

Assistance in obtaining legal advice on managing
the long term care clients' affairs. Issues could
include representative payee, power of attorney,
trusts, life estate, guardianship, wills, etc.

355-6716

Centre County Office of Aging (for possible referral)

(800) 326-9177

MidPenn Legal Services

A telephone advice project to answer questions
related to housing and consumer (debt, lawsuits)
questions.

(717) 787-3391

Pennsylvania's Office of Attorney General

(877) 727-7529

Pennsylvania's Senior Law Help Line

*See telephone book yellow pages under "Attorneys"
for listing of private attorneys.*

LOW VISION OPTOMETRIC REHABILITATION SERVICES

Low vision optometrists do not replace your current eye doctor but provide supportive services. Low vision optometrists work with people who have reduced vision even with best corrected glasses. They prescribe special magnifiers, telescopes, lenses, or electronic magnification to help you perform activities of daily living and keep your independence. You may see a low vision optometrist without a referral.

- 234-2015 Marla L. Moon, O.D.
Nittany Eye Associates, 428 Windmere Drive,
State College
- 272-0262 Tracy C. Sepich, O.D., M.S.
Sepich Eye Care, 100 Oakwood Ave.,
State College

MEDICAL PROGRAMS INFORMATION

- 231-4043 Centre Volunteers in Medicine (CVIM)
A free clinic providing medical and dental care
and case management services at no cost to
low income individuals who live or work in
Centre County and have no health insurance.
- 237-5855 Community Help Centre
Information about side-effects, dosages, and
interactions for prescriptions and over-the-
counter medications. And/or contact your
pharmacist.
- 359-3421
(800) 842-6026 HealthSouth Nittany Valley
Free evaluations in the home, physician's
office, or emergency room.

MENTAL HEALTH-PSYCHOLOGICAL/ PSYCHIATRIC SERVICES

| | |
|----------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|
| 768-2137 | Bright Horizons – at Clearfield Hospital |
| (877) 341-5845 | CenClear: Mental Health Outpatient Services |
| | Certified Peer Specialist Services |
| (800) 643-5432 | Centre County Can Help Line |
| 237-7400 | Centre Home Care, Psychiatric Nurses |
| 237-5855 | Community Help Centre, 24 Hour Crisis |
| (800) 494-2500 | Intervention Hotline |
| 238-0105 | Counseling Ministry |
| 237-2712 | Grief Support and Information-Koch Funeral Home |
| 235-1048 | Medi Home Health/Psychiatric Nurses |
| 355-6782 | Mental Health/Intellectual Disabilities, EI, D & A: The Base Service Unit |
| 231-7000 | Mount Nittany Medical Center (Short-term, inpatient care) Access to mental health, intellectual disabilities, and drug and alcohol programs. |
| 234-6155 | |
| 684-7366 | Omni Home Care Behavioral Health Program |
| 466-6666 | Psychological and Mediation Resources |
| (800) 643-5432 | Suicide Prevention/Centre County Can Help |
| 364-2161 | The Meadows Psychiatric Center—inpatient care |
| (800) 641-7529 | |
| 684-2501 | Tyrone Hospital Counseling Services—Outpatient Mental Health Counseling |
| 943-8164 | Veterans' Hospital – Altoona |

*See telephone book yellow pages “Marriage,
Family, Child & Individual Counselors” or
“Psychologists”*

PERSONAL EMERGENCY RESPONSE SYSTEM (PERS), 24-HOUR IN-HOME

This is a private pay system to help individuals maintain independence by providing constant communication with an Emergency Response Center.

| | |
|----------------|--------------------------------------------------------------------|
| (800) 693-5433 | Alert One |
| (800) 338-7114 | Automated Security Alert |
| (412) 414-6224 | CTR Alarm Systems, Inc (Washington PA) |
| (866) 826-7731 | Centre EMS On Call |
| (844) 253-7939 | LifeFone |
| 234-6153 | Lifeline Program (Mount Nittany Medical Center Social Services) |
| (800) 848-9399 | Link to Life |
| 237-1404 | Senior Care 911 (Home Nursing Agency) |
| (800) 921-2008 | Valued Relationships, Inc. (VRI) Cares |
| (800) 860-4230 | Valued Relationships Inc. |

*See pages 26-29 for the In-Home Service Providers who offer PERS.

REHABILITATION HOSPITALS

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| 359-3421 | HealthSouth Nittany Valley |
|----------|----------------------------|

RETIRED AND SENIOR VOLUNTEER PROGRAM (RSVP)

The RSVP staff strives to connect a volunteer's skills, talents, experience and availability to non-profit programs and agencies that need help. People age 55 and older, especially those who are retired, help meet a wide range of community needs through volunteer service while staying connected to the community and keeping mentally active. RSVP volunteers serve with over 70 non-profit agencies and/or participate in RSVP run programs.

Our Goal: Our goal is to help volunteers find satisfying volunteer service placement.

Our Mission: To make Centre County a place of community in which senior volunteers lead the way in service to the community in meaningful and impacting ways.

How? RSVP matches volunteers with partner non-profit agencies to find a perfect placement for the skills, interests and experience of the volunteers.

RSVP members receive a regular newsletter, recognition events, free liability and accident insurance, a Volunteer Appreciation Discount Card which provides discounts at local businesses and restaurants. RSVP provides support for volunteers and is a major advocate for volunteerism in Centre County. RSVP's Facebook page is updated daily with new opportunities.

(Like us on Facebook www.facebook.com/pages/Retired-Senior-Volunteer-Program)

RSVP's In-house Programs Include:

- **VITA (Volunteer Income Tax Assistance):** Join more than 20 tax volunteers who become IRS certified to complete tax returns during provided training, and staff five sites in Centre County (Bellefonte, State College, Aaronsburg, Boalsburg & Philipsburg), completing and e-filing more

than 1,000 tax returns for low income residents. New volunteer training starts in November. Certification training runs through January. Volunteers serve February through April averaging one four hour shift per week during the tax season.

- **VITA Phone Bank:** Work one four hour shift per week from mid-January to mid-April answering calls for appointments with the VITA tax preparation program. On-site training is available.

- **NEXUS Pen Pals:** Exchange letters with an elementary student in the Bald Eagle School District. This Program runs October through May and includes six letters, a social meeting at the school, and an opportunity to positively impact a child’s life. New Pen Pals are encouraged to enroll during August and train in September (one hour session).

- **Special Projects:** RSVP volunteers gather to perform short term tasks at partner sites all over Centre County. *Many hands lighten the load* and volunteers enjoy a productive day of fellowship and fun with other volunteers. Special projects include Toys for Tots food collection and gift wrapping, Special Olympics Healthy Athlete venues, Festival of the Trees, JazzPA, 4thFest, United Way Day of Caring, Grange Fair venues, Senior Expo, et al.

- **TTRP (Telephone Touch Reassurance Program):** “Reach out and touch someone” with a reassuring phone call. Volunteers are paired with one client and volunteer ten minutes per day, five days per week.

Contact RSVP at 355-6816, rsvp@centrecountypa.gov and visit our website at <http://www.centrecountypa.gov>

SENIOR RESOURCE CENTERS, TECHNOLOGY, AND HEALTH INFORMATION

The Centre County Office of Aging supports six senior community centers throughout Centre County. Services for those 60 and over include: Hot nutritious congregate meals, socialization, recreation and education programs tailored to the participants' interests, and a range of programs such as health screenings, health and consumer education, computer/technology classes, creative arts, exercise, and other special events which are unique to each center. Promotion of wellness programming is focused on through Health and Wellness, a health initiative through the PA Department of Aging and the Centre County Office of Aging.

Anyone age 60 and above is welcome to attend a senior center at any time, however, those who wish to eat a meal must register with their center at least two days in advance. A donation towards the cost of the meal is requested. People attending the centers may attend as frequently or as infrequently as they want. New participants are always welcome to join. Calendars and menus are available at: www.supportccsc.org

Transportation is available to and from each center through Centre County Transportation and is arranged through the center. Two centers are also served by CATA. In addition, scheduled shopping trips and those planned by each center are available.

| | |
|----------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 355-6716 | Centre County Office of Aging—for more information on programs or to arrange transportation to a center. |
| 355-6720 | Bellefonte Center – bellecenter1@gmail.com |
| 364-9511 | Centre Hall Center – pvcenter@getwireless.net |
| 231-3076 | Active Adult Center – cstahlman@crcog.net Website: http://www.crpr.org/senior/sr-ctr-main.html |
| 349-8188 | Penns Valley Center – pvcenter@getwireless.net |
| 342-6549 | Philipsburg Center – pburgcenter@comcast.net |
| 387-4086 | Snow Shoe Center – snowshoecenter@gmail.com |

CENTRE COUNTY SENIOR CENTER COALITION (CCSCC)

www.supportccsc.org

Volunteers across Centre County providing funding support to all six senior centers. Support is raised via annual membership, raffles, grants, and gifts.
www.supportccsc.org

TELEPHONE EQUIPMENT

Pennsylvania Relay Center: The Pennsylvania Relay Center enables deaf, hard-of-hearing, or speech disabled people to communicate by telephone with hearing people any time of the day or night through the use of specially trained communications assistants. If you are hard-of-hearing or speech disabled and own a TDD:

(800) 654-5984 PA Relay Center

If you are a hearing person calling a TDD user:

(800) 654-5988 PA Relay Center

TRANSPORTATION

Essential transportation to and from medical appointments, shopping, human service agencies, senior activities centers, pharmacies, and to meet other essential needs related to independent living.

| | |
|-----------------|----------------------------------------------|
| 238-2282 | CATA |
| 355-6716 | Centre County Office of Aging |
| 355-6720 | Bellefonte Senior Resource Center |
| 364-9511 | Centre Hall Senior Resource Center |
| 231-3076 | Centre Region Senior Resource Center |
| 349-8188 | Penns Valley Senior Resource Center |
| 342-6549 | Philipsburg Senior Resource Center |
| 387-4086 | Snow Shoe Senior Resource Center |
| 355-6807 | Centre County Office of Transportation |
| 238-6100 | CATARIDE |
| (888) 409-6879 | Ride Right LLC |
| 231-8988 | Centre LifeLink Non-Emergency Transportation |
| (888) 661-7587 | Health Ride (MA—Medical Assistance) |
| 355-6812 ext. 1 | Veterans Affairs |
| 355-6812 ext. 2 | DAV, Transportation for Veterans |

TRIAD

Centre County Triad is a partnership between the State College Police Department, senior citizens, and law enforcement agencies. Its purpose is to reduce the criminal victimization of the elderly and enhance the quality of life for older community members through education, advocacy, and action. Triad addresses issues such as home repair scams, telephone fraud, personal safety, and home security.

278-4738 State College Police Department

UNDER 60 SERVICES (for low income adults and families)

355-6768 Office of Adult Services: Adult Services Case Management (intake and referrals to in-home care services); Basic Needs Case Management, (referrals to food banks, heating assistance, help with medications, etc.); Rental/Mortgage Financial Assistance; and Housing Case Management (referrals to affordable housing.)

(877) 550-4227 PA Independent Enrollment Broker

II. NEEDS OCCASIONAL ASSISTANCE SUPPORTIVE SERVICES

BLIND SERVICES

(866) 695-7673 Altoona District Office, Bureau of Blindness and Visual Services - Independent Living/Older Blind (Children's and Vocational Rehabilitation) Program(s). Eligibility - Corrected Vision 20/70 (exception made for progressive eye disease). Provides low vision aids and instruction to maintain independence in activities of daily living and mobility. Income guidelines for some services.

(800) 622-2842 Harrisburg Office

(866) 320-2580 North Central Sight Services, Inc.: Vision guidelines apply, Title XX Income Guidelines. Provides chore, transportation, and life skills.

238-0132 Sight Loss Support Group of Central PA

CARE MANAGEMENT/SERVICE PLANNING

A service for clients with complex problems requiring the assistance of a caseworker to coordinate and plan for community services.

- | | |
|----------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 355-6755 | Centre County Children & Youth For children under 18 and their families |
| 355-6782 | Centre County Mental Health/ Intellectual Disabilities, EI, D & A For anyone with mental illness, developmental disabilities, or drug/alcohol problems. |
| 355-6768 | Centre County Office of Adult Services For adults aged 18 to 59 |
| 355-6716 | Centre County Office of Aging For adults aged 60+ |
| 861-1785 | Salvation Army – for the Centre Region |

Private Independent Care Managers

- | | |
|----------|--------------------------------|
| 355-9434 | Soltis Senior Care Connections |
|----------|--------------------------------|

Private Independent Personal Property Appraisers

- | | |
|----------|-------------------------------------------------------------------------------------------------------------|
| 360-3259 | Donnelly's Estate Liquidation & Appraisal Services See telephone book yellow pages " <i>Appraisers</i> " |
|----------|-------------------------------------------------------------------------------------------------------------|

CHORE SERVICE

Provides for the labor involved in the performance of semi-skilled home repairs and maintenance tasks to enhance the health and safety of the individual in the home.

- | | |
|----------------|------------------------------------------------------------------------------|
| 234-8222 | Community Help Centre – Skills Bank |
| 237-5731 | DeClutter Program Centre County Youth Service Bureau (by agency referral) |
| (888) 881-2046 | InHome Services of Central PA |
| 263-4177 | Young People Who Care Serves the Philipsburg Area |

DRIVER RESOURCES, SENIOR/ DISABLED

- (800) 222-1469, **Driver Refresher Classes**
AAA Driver Improvement Courses For Seniors, Safe Driving for Mature Drivers ext. 221 <https://test.southpa.aaa.com/news/traffic-safety/maturedriver> AAA Driver Improvement Classes are two-day, four-hour sessions taught by Certified Instructors.
- 355-6716 **Driver Handicap Placard Information**
Handicap Placard form (MV-145A) available at Centre County Office of Aging
- 800-932-4600 Handicap Placard form (MV-145A) through the Bureau of Motor Vehicles, Harrisburg
- 355-6716 **Driver Reduced Registration for Retired Person's**
Reduced Registration form (MV-371) available at Centre County Office of Aging for those making less than \$19,200
- 800-932-4600 Reduced Registration form (MV-371) through the Bureau of Motor Vehicles, Harrisburg <http://www.dmv.pa.gov/>
- (877) 846-3299 **AARP 55 Alive Safe Driving Classes**
Driver safety and more visit http://www.aarp.org/home-garden/transportation/driver_safety/ to find a class offered near you, to register online or to take the class online.
- (800) 559-4880 Senior for Safe Driving. Visit www.sfsd-pa.com for availability
- (800) 763-1267 Safe2Drive Visit www.safe2drive.com or email support@safe2drive.com for availability.
- 359-5630 **Driver Assessments**
HealthSouth Nittany Valley
A special driving assessment administered by a licensed occupational therapist specializing in driving evaluation and safety. - See more at: <http://www.nittanyvalleyrehab.com/en/hospital-programs/outpatient-rehabilitation/driving>
- (717) 787-9662 **Medical Unit Division of the Department of Motor Vehicles**
- (717) 787-9664 It is the law in the Commonwealth of Pennsylvania that all physicians and other persons authorized to diagnose or treat disorders
- (717) 705-4415 fax and disabilities must report to PennDOT any patient 15 years of age or older who has been diagnosed as having a condition that could impair his or her ability to safely operate a motor vehicle. To improve highway safety for everyone, medical reporting assists PennDOT in determining whether those individuals who are applying for a driver's license or those individuals already possessing a driver's license are medically qualified to safely operate a motor vehicle.
- (800) 932-4600 **Centre County Licensing Center**
Saturday
Rockview/Pleasant Gap License and Testing Center, Tuesday thru 8:30-4:15 Mon., Tues., Wed., Fri. & Sat. 8:30-4:15; Thurs. 8:30-6:00
Route 26, 1 mile west of Pleasant Gap, 812 West College Avenue

***A licensed medical professional has the authority to evaluate and revoke a persons' driver's license when there are driving concerns or when it is medically necessary.**

FOOD PANTRIES

| | |
|----------------|------------------------------------------------------------------------------------------|
| 355-4400 | Bellefonte – Faith Centre |
| 364-1675 | Centre Hall/Potter Township |
| (570) 962-2407 | Howard |
| 349-5850 | Penns Valley Community Action |
| 342-0404 | Philipsburg (Community Action) |
| 387-6230 | Snow Shoe |
| 234-2310 | State College (Food Bank of, Inc.) |
| 237-4863 | Centre House/24 hours |
| 237-5855 | Community Help Centre –for Emergency Food 24 |
| (800) 494-2500 | hours/day, 365 days/year. |
| 355-6768 | Office of Adult Services –for additional information (times, days, areas of service.) |

GROCERY/DAIRY SERVICE

Dairy delivered. Includes some frozen items and beverages.

| | |
|----------------|-----------------------------------------------------------------------------------|
| (800) 861-MILK | Vale Wood Farms, www.valewoodfarms.com |
| 886-7171 | email: valewood@valewoodfarms.com |

Groceries delivered. Include a 5% additional fee for delivery.

| | |
|----------|-----------------------------------------------------------------------|
| 342-2495 | County Market (Philipsburg Area) |
| 355-1989 | Weis (Bellefonte) Order online, drive to drive-thru pick up window |

IN-HOME MEALS

Hot, nutritious meals are delivered to homebound persons unable to prepare meals themselves and have no one to assist them.

| | |
|----------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 355-6716 | Centre County Office of Aging –provides noon meals Monday – Friday to areas of the county outside the State College Area School District/Centre Region (60+). |
| 237-8135 | Meals-On-Wheels –provides noon meals plus evening supper Monday through Friday to adults living in the State College Area School District/Centre Region. |
| (888) 343-8020 | Mom’s Meals—2 week supply of meals delivered to the home for reheating. |

HOME CARE MEDICAL SUPPLIES & EQUIPMENT

| | |
|----------------|--------------------------------------------------------------------------------------------|
| 234-9771 | American Home Patient |
| (800) 464-2273 | Clear Care |
| (800) 472-4352 | Dick's Home Care |
| (800) 867-4412 | Home Care Delivered (Incontinent Supplies) |
| (800) 777-6647 | Medical Supply, Inc. |
| 238-4950 | Rose Cologne Center for Barrier-Free-Living-education and guidance regarding design plans. |
| 466-8736 | T & B Medical |
| (888) 950-0900 | |

See telephone book yellow pages "Hospital Equipment and Supplies"

HOUSING

Housing Authority Public Housing

| | |
|------------------|-----------------------------------------------------------------------------------------------------------------|
| 355-6965 | Centre County Housing Authority |
| 355-6750, ext. 1 | The Housing Authority, Beaver Farm Apartments |
| | The apartments are located in Bellefonte close to town, schools, and shopping. All the units are three-bedroom. |

Tenants are selected through waiting list management, and must meet income and occupancy guidelines (families with two children or more) along with tenant suitability standards. All utilities except telephone and cable are included in the rent. The tenant pays 30% of their adjusted gross income or the minimum rent (\$50), whichever is higher. There is on-site management, on-site laundry, a community room, bus stop, picnic area, and playground. Public Housing is a project-based subsidy (subsidy stays with the project, if the tenant moves, they move without assistance).

Applications can be obtained at Beaver Heights Townhomes, 200 Beaver Farm Lane Bellefonte, Pennsylvania 16823.

Housing Transitions

| | |
|----------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 237-5508 | Housing Transitions |
| | Housing Transitions (HT) is an independent, nonprofit organization providing housing programs and supportive services to those in need throughout Centre County. The mission of Housing Transitions is to assist families and individuals achieve a more independent lifestyle by providing a continuum of effective and well-managed services. |

<http://housingtransitions.org/wp-content/uploads/2016/06/5.12.16-Housing-List-w-tracking-sheet.pdf>

For listing of apartments, see page 24. Contact each building for complete information.

PHARMACY DELIVERY SERVICES

| | |
|----------|----------------------------------------------------------------------------------|
| 343-0696 | Grattan's, Philipsburg. Philips Place and Towers only |
| 342-3750 | Moshannon Valley, Philipsburg. Monday—Friday |
| 237-4133 | Rite Aid, N. Atherton St., State College. 5 mile radius of store. Tues. & Thurs. |
| 237-1625 | Rite Aid, S. Atherton St., State College. 5 mile radius of store. Wednesday's. |
| 355-2429 | Weis, Bellefonte. 10 mile radius of store. |
| 231-8399 | Weis, Rolling Ridge Dr., State College. Monday and Thursday. |
| 378-7648 | Woodward, Houtzdale |

PHARMACY PREPACKAGING SERVICES

Pharmacy offers Patient Packs of all medications organized into individual packets labeled with medication, day, date and time to be taken. Packs may reduce confusion and risk of medication errors.

| | |
|----------|---------------------|
| 944-6139 | Thompson's Pharmacy |
|----------|---------------------|

PROTECTIVE SERVICES

Protective Services provide the 24 hour, 365 day a year ability to accept Reports of Need for Protective Services; to investigate reports; to assess the needs of clients; and to develop and coordinate the implementation of service plans designed to reduce or eliminate the risk of danger to the client's person or property.

An older adult in need of Protective Services must be 60 years of age or older, must be incapacitated—having one or more functional limitations, must have no responsible caretaker and be at imminent risk of danger to his/her person or property. Types of abuse include: financial, physical, sexual or emotional abuse, neglect by caretaker, self-neglect, exploitation, and abandonment.

| | |
|----------------|---------------------------------------------------------------------|
| 355-6716 | Centre County Office of Aging (8:30am to 5:00pm Monday – Friday) |
| (800) 479-0050 | Emergency Number (after hours, weekends, holidays) |
| (800) 490-8505 | Pennsylvania Elder Abuse Hotline /Weather Emergency Referral |

INDEPENDENT HOUSING FOR SENIOR CITIZENS & DISABLED PERSONS

Self-contained apartments designed to enhance personal independence, while limiting the need for individual maintenance. Common space and activities often available, and some facilities are equipped to assist with activities of daily living.

| | |
|----------------|-----------------------------------------------------------|
| 238-0400 | *Arnold Addison Court, State College |
| 278-4701 | *Bellaire Courts, State College |
| 355-6830 | *Brockhoff House, Bellefonte |
| 355-6750 | *Centre County Housing Authority |
| 466-7553 | *Centre Estates, Boalsburg |
| 359-2782 | The Court at the Oaks Senior Community, Pleasant Gap |
| 355-6750 | *Crestside Terrace, Bellefonte |
| 342-2292 | Decatur Village, Philipsburg |
| 861-3337 | Deer Creek at Toftrees |
| 238-3322 | Foxdale Village, State College |
| 355-4090 | *Fox Hill I & II Apartments, Bellefonte (must be 62) |
| 355-3682 | *Governor's Gate Apartments, Bellefonte |
| 353-3431 | Graystone Court, Bellefonte |
| 355-8804 | Haranin Enterprises, Bellefonte |
| 954-1667 | *Limerock Court, State College |
| 696-4506 | *Lutheran Commons at Pleasant Gap |
| 234-1323 | *Mount Nittany Residences, State College |
| 231-9677 | *Park Crest Terrace, State College |
| 280-2902 | Penns Manor, Centre Hall |
| (800) 735-3068 | *Philipsburg Court, Philipsburg |
| 342-6802 | *Philipsburg Towers, Philipsburg |
| 954-7379 | *Stonebridge Senior Apartments, State College |
| 867-8989 | Stone Glenn Apartments, State College |
| 355-9774 | Terra Sylvan Associates |
| 466-9490 | Transitions of America at Liberty Hill, Boalsburg |
| 238-1949 | The Village at Penn State, State College |
| 359-2782 | The Village at the Oaks Senior Community, Pleasant Gap |
| 357-0202 | The Village of Nittany Glen, State College |
| 342-8800 | Westminster Place at Windy Hill Village, Philipsburg |
| 238-3139 | Juniper Village Senior Living at Brookline, State College |

**Income guidelines apply. Contact individual facility for information.*

TAX ASSISTANCE

355-6816, option 2

RSVP, VITA

For assistance completing federal, state, and local income tax returns, or completing the PA 1000 Property Tax and Rent Rebate application, please call the RSVP Office (press 1 for Volunteer Income Tax Assistance, VITA) after January 15, and once your tax documents are secured. You must schedule an appointment for this service by calling the hotline on Mondays, Wednesdays, and Fridays from 9 AM to 4 PM. VITA is available to those with income of \$53,000 or less. This service is provided by IRS certified tax preparation volunteers.

TELEPHONE REASSURANCE

355-6816, option 1

RSVP

A free service for older adults who could benefit from receiving regular phone calls from a friendly, trusted volunteer.

VETERANS SERVICES

943-8164

Altoona VA Hospital

355-6812, ext. 1

Centre County Office of Veterans Affairs

765-4611

Clearfield County Office of Veterans Affairs

(570) 893-4339

Clinton County Office of Veterans Affairs

867-5415

State College VA Clinic

862-9915

Veterans Multi-Service Center

(800) 827-1000

Veterans Toll-Free Number in Pennsylvania

355-6812, ext. 2

Veterans Transportation to Altoona

III. NEEDS FREQUENT ASSISTANCE

PARTIAL CARE

The next six pages provide a convenient chart of in-home services.

IN-HOME SERVICE PROVIDER

Light Comp-
House anion
Keeping Care

| | | X | X |
|----------------------------------|------------------------------------------------|---|---|
| 814-946-5017 (888) 946-5017 | 365 Hospice | X | X |
| 954-2821 | Adult Transitional Care, LLC | X | X |
| 449-5430 | Angels Helping at Home, Inc | X | X |
| 941-2900 (800) 598-1704 | AseraCare Hospice | | |
| 826-3200 | BrightStar Care of Happy Valley | X | X |
| (717) 247-2944 (888) 294-2748 | Capital Home Care, Lewistown | X | X |
| (855) 427-4234 (800) 535-3747 | Care Unlimited, Inc | X | X |
| 353-3432 (800) 322-9292 | Care For People, Inc. | X | X |
| (888) 353-3223 360-8194 | Caregivers America | X | X |
| 237-7400 | Centre HomeCare Crossings Hospice | X | X |
| (800) 464-2273 | ClearCare Nursing Service | X | X |
| (855) 762-8395 | Clearfield Community Nursing | | |
| 861-1600 | Comfort Keepers | X | X |
| (570) 748-8511 (800) 827-4267 | Community Nursing Service of Clinton County | X | X |
| 342-6670 684-1500 | Conemaugh Home Health Philipsburg Tyrone | | |
| 272-1700 | County Homemakers | X | X |
| 235-9583 | Epic Health Services | X | X |

The Centre County Office of Aging is not responsible for omissions nor does listing

Personal

| Personal Care aide | LPN | RN | In-Home Therapy | 24 hour Care | PERS | Hospice | Medicare Certified |
|--------------------|-----|----|-----------------|--------------|------|---------|--------------------|
| X | X | X | X | X | | X | X |
| X | | | | X | | | |
| X | | | | X | | | |
| X | | X | X | X | | X | X |
| X | X | X | X | X | | | |
| X | | | | X | | | |
| X | X | X | X | X | | X | |
| X | | | | X | | | |
| X | X | X | X | X | X | | |
| X | X | X | X | X | | X | X |
| X | X | X | | X | | | |
| X | X | X | X | | | | X |
| X | X | X | | X | X | | |
| X | X | X | X | X | | X | X |
| X | | X | X | | | X | X |
| X | | | | X | | | |
| X | X | X | | X | | | |

in this guide imply endorsement.

IN-HOME SERVICE PROVIDER

Light Comp-
House anion
Keeping Care

| | | | |
|----------------------------------------------------|------------------------------------------------------------------|---|---|
| (866) 383-4156 | Grane Hospice Care | | |
| 317-5080 | Home Helpers | | |
| 238-8820 | Home Instead Senior Care | X | X |
| (800) 445-6262 237-1404 | Home Nursing Agency | X | X |
| 272-0116 | Homewatch Caregivers | X | X |
| 404-1016 | Houck Home Care & Cleaning | X | X |
| 235-1011 | In-Home Care Services | | |
| (888) 881-2046 | In Home Services of Central PA | X | X |
| 235-1048 (866) 353-7650 | Medi Home Health | | |
| (877) 464-6664 | OMNI Home Care | | X |
| 768-2000 (800) 281-8000 378-7689 237-2600 | Penn Hightlands Healthcare & Hospice Houtzdale Nittany | | |
| 693-2273 | Private Care Resources, Inc. | X | X |
| 826-4411 | SouthernCare | | |
| (888) 478-6227 | Sun Home Health | | X |
| (717) 737-3477 | United Cerebral Palsy | X | X |
| (800) 248-1740 | VNA Health System Private Duty | X | X |

The Centre County Office of Aging is not responsible for omissions nor does listing

| Personal Care aide | LPN | RN | In-Home Therapy | 24 hour Care | PERS | Hospice | Medicare Certified |
|--------------------------|-----|----|--------------------|-----------------|------|---------|-----------------------|
| X | X | X | X | | | X | X |
| X | | | | | | | |
| X | | | | X | | | |
| X | X | X | X | X | | X | X |
| X | | | | X | X | | |
| X | | | | X | | X | |
| | X | X | X | X | | | X |
| X | X | | | X | | | |
| X | X | X | X | X | X | X | X |
| X | X | X | X | X | | | X |
| X | | X | X | X | X | X | X |
| X | X | X | | | | | |
| | | | | | | X | |
| X | X | X | X | X | X | X | X |
| X | | | | X | | | |
| X | X | X | | | X | | |

in this guide imply endorsement.

In-Home Service Provider Website Listing:

| | |
|---------------------------------------------|------------------------------------------------------------------------------------------|
| 365 Hospice | www.365hospice.com |
| AseraCare Hospice | www.aseracare.com |
| Capital Home Care, Lewistown | www.capitalhomecarepa.org |
| Caregivers America | www.caregiversamerica.com |
| Centre Home Care, Inc./VNA | www.vnacns.com |
| ClearCare Nursing Service | www.clearcarecorp.com |
| Clearfield Community Nurses | www.communitynurses.org/ |
| Comfort Keepers | www.comfortkeepers.com/office-551 |
| Community Nursing Service of Clinton County | www.vnachi.com |
| Conemaugh Home Health | www.conemaugh.org |
| County Homemakers | www.countyhomemakers.com/ |
| Epic Health Services | https://epichealthservices.com |
| Grane Hospice Care | www.granehospice.com/ |
| Houck Home Care and Cleaning | www.houckcareandcleaning.net |
| Home Instead Senior Care | www.homeinstead.com/centralpa |
| Home Nursing Agency | www.homenursingagency.com/ |
| Homewatch Caregivers | www.homewatchcaregivers.com |
| In-Home Care Services | www.in-homecare.net/ |
| In Home Services of Central PA | www.inhomeservicesofcentralpa.com |
| Medi Home Health | www.msa-corp.com/ |
| OMNI Home Care | www.omnihomecare.net/ |
| Penn Highlands Healthcare | www.phhealthcare.org |
| Private Care Resources, Inc. | www.privatecareresources.com/ |
| SouthernCare | www.southerncarehospice.com |
| Sun Home Health | www.sunhomehealth.com/ |
| United Cerebral Palsy | www.ucp.org/ |
| VNA Health System Private Duty | www.vnacentralpa.org/ |

ALZHEIMER'S/DEMENTIA SERVICES

Education and guidance services for care partners for those with Alzheimer's Disease and other Dementias.

- (800) 272-3900 Alzheimer's Association Greater Pennsylvania Chapter or www.alz.org
- 954-5990, ext. 6102 State College Office, Alzheimer's Association Greater Pennsylvania Chapter
- 235-0691 M.I.N.D in Memory Care
- 355-9434 Soltis Senior Care Connections

ATTENDANT CARE

Personal care provided on a part-time basis to anyone over 18 with a disability which interferes with self care in day-to-day activities. Consumers who receive attendant care services can remain in the program after age 59.

- (877) 550-4227 PA Independent Enrollment Broker
- (877) 371-1110 Alleghenies United Cerebral Palsy – 18 to 59
- (877) 646-4663 Allied In Home Services – 18 to 59 years
- 355-6716 Centre County Office of Aging – 60+ years
- 866-619-6405 Community Resources for Independence - 18 to 59 years
- (570) 320-0590 UCP – 18 to 59 years

DAY PROGRAM/DAY TREATMENT

Day Program services for adults provide a program of activities within a protective non-residential setting for individuals who are not capable of full-time independent living. Also provides respite to care partners.

- 355-6786 Base Service Unit – Partial Hospitalization age 18+, can provide special services for persons with developmental, disabilities who live in nursing homes.
- 355-6716 Centre County Office of Aging
- 231-0820 Skills of Central Pennsylvania – 16 to 65 years
Physically, mentally, or emotionally disabled/
vocationally oriented training.
- 357-0292 Sunny Days Adult Daily Living Center

CAREGIVER SUPPORT PROGRAM

If you purchase help, there are a number of agencies that can help with these services; often a greater concern is how to get help with the financial burden of paying for these services. Two programs are designed to support Pennsylvania families who are taking care of an older person: the federal and state caregiver support programs. The programs provide financial reimbursement for help you have to hire in order to have a break from caregiving or help with extra expenses associated with caring for the older adult. The program does not reimburse family members for time spent caring for their older relative.

STATE CAREGIVER PROGRAM

The program begins with an assessment to determine what benefits best meet the needs of the caregiver and the older person receiving the care. The older adult must need direct hands-on help or supervision with one or more activities of daily living such as bathing, dressing, grooming, toileting, transferring, or bladder and bowel management. FCSP takes a cost-sharing approach; income eligible families may receive from \$200-\$500 per month with out-of-pocket expenses. Program reimburses caregiver for consumable supplies, adaptable equipment, respite care, adult day care, and homemaker services needed to continue caring for care-receiver. In addition, one-time grants up to \$2,000 may be available to modify the home or purchase assistive devices.

FEDERAL CAREGIVER PROGRAM

A reimbursement program for persons providing hands on care or supervision to a care-receiver age 60 or older. Care-receiver must have two or more ADL deficiencies and must reside in their own home. Reimbursement is based on care-receiver's income.

A caregiver who is 55 or older and is caring for a 19-59 year old and live together, is not the parent of the care-receiver, and needing direct hands-on care may be eligible for reimbursement for hired help.

FEDERAL GRANDPARENTING PROGRAM

A program for grandparents or step-grandparents of a child or relative of a child by blood, marriage, or adoption. Caregiver has to be 55 or older and have a legal relationship with the child and must live together. Reimbursable money is for services of the child who is 18 or younger.

355-6716

Centre County Office of Aging – **for more information concerning any caregiver program**

ASSESSMENT

An assessment is the beginning of the process to help older people, disabled adults and their families determine the services and benefits that will best meet their needs for care. The assessor looks at physical functioning, medical conditions, cognitive functioning, family and other supports, and financial resources of the consumer to determine a level of care. The assessment process is available to any adult, aged 18 or older, who is requesting state funds to help pay for care in the community or in a long term care facility.

When the assessment process is completed, a care manager will begin to develop a care plan with the consumer. The care plan includes services that are provided by other care providers, family members and programs offered through the Departments of Aging and/or Welfare. This process allows the consumer the ability to receive community services as long as his or her health and welfare can be maintained in the community.

HOME AND COMMUNITY BASED SERVICES

Home and Community Based Services are available to older adults who have been assessed and determined to have a need for help with personal care or who need other help to stay at home. A care manager will help the consumer identify an agency to provide care and will arrange for assistance with payment for the care if the consumer is financially qualified.

355-6716

Centre County Office of Aging

HOME CARE SERVICES

Definitions

Home Health Aide/Personal Care Services through home health agencies include personal care, bathing, and assistance with dressing, exercises, assistance in ambulation, meal preparation, and light housekeeping. Medicare will cover these services if the client is receiving skilled care from a nurse or physical therapist. Funding for services may also be available through the Office of Aging on a fee scale basis or private payment for services.

Home Nursing Care Services through home health agencies include observation and evaluation, teaching and training the client/family, therapeutic exercises, catheter care, administering medications, and skin/wound care. (Medicare covers these services IF certain conditions are met.) Funding for services may also be available through the Office of Aging on a fee scale basis or private payment for services.

Home Therapy Services Services covered by Medicare include physical therapy, occupational therapy, speech therapy, medical social services, and supplies and appliances. Other services such as audiologic screening and in-home lab testing can be provided by community agencies.

Not all home care agencies provide all services that a client may need in the home. Methods of payment also vary in different agencies (see middle two sections.)

Hospice Services Management of terminal illness and provision of support and bereavement care for the family as well as the patient (see middle two sections for listings).

HOME CARE SERVICES, HOW TO CHOOSE

The following are questions to ask to determine if the agency provides all the service you need at the least cost to you. Information is also available on the Internet at www.medicare.gov under search tools.

Is the agency certified by Medicare and will it accept Medicare and Medicaid payment?

Medicare certified agencies must bill clients. Certification also means the agency meets Medicare standards.

Is the agency licensed? Licensure means the agency meets Pennsylvania Department of Health standards.

Does the agency provide the type of service needed? An individual may need one or more services, i.e. nursing, physical therapy, homemaker/home health aide, chore service, occupational therapy, speech therapy, etc. Not all agencies provide all services.

Is the agency's staff qualified and supervised? Staff should have licensure or certification in their field. The supervisor should visit and evaluate service regularly.

Will a professional worker visit, evaluate my needs, discuss service to be provided and method of payment? The professional worker should visit, assess your needs, discuss who would provide what service, when and for how long, and discuss the cost and how it is to be paid. You should receive a written care plan.

What happens if I have an emergency or my caregiver is not available? You need to know what to do if you have an emergency outside the agency business hours. You also need to have a back-up plan if your scheduled caregiver is not available.

NURSING HOME TRANSITION SERVICES AND LONG TERM LIVING COUNSELING

The Nursing Home Transition Program promotes consumer choice in long term living services. Family, Social Services, or nursing home residents may contact the Centre County Office of Aging to have a counselor discuss the full range of home and community based services available and to give guidance and support in making an appropriate choice within those options. The hope is that consumers will avoid unnecessary long term nursing facility stays and have a higher degree of satisfaction and quality of long term living services.

355-6716

Centre County Office of Aging – for more information

PERSONAL CARE HOMES

Adults live in a residence where food, shelter, assistance with personal care, management of medications, and 24-hour supervision is provided. In some instances, a State subsidy is available for low-income individuals who meet specific eligibility criteria. Not all Personal Care Homes accept the State subsidy.

How to Choose a Personal Care Home

The following are general categories to consider when selecting a Personal Care Home. Remember, a Personal Care Home is NOT a nursing home.

Schedule a visit to the Personal Care Home. During your visit, ask to see or question the following:

Certificate of Compliance issued by the Department of Human Services

This insures that you are considering a licensed facility. Centre County Office of Aging - for listings outside Centre County or: www.dhs.pa.gov

Keyword: Personal Care Homes.

Questions for Choosing a Personal Care Home

A Typical Room

Is there enough space for your belongings? Can the doors and windows be secured if you desire? Can you bring special furnishings (i.e. rocker, dresser, night stand, etc.)? Will you be by yourself or share the room with one or more resident? If you will be sharing a room, ask to meet your prospective roommate.

Fire and Safety Equipment

Are there fire extinguishers readily available for use? Have they been serviced and in working order? Is there an evacuation plan for emergencies?

Socialization/Recreation

Are there scheduled group socialization and recreation activities (i.e. church groups, religious services, parties, etc.)? Can you have private gatherings? Is there a specific place for such gatherings?

A copy of the House Rules

Are there restrictions on having visitors or leaving the home for visits (short or long) with your family and friends? Is there a specific wake up and bed time? What about pets? Will you have access to a telephone, TV, etc.? Can you have your own telephone, TV? Will you be responsible for all costs incurred for private telephone and TV services? Is there a procedure for dealing with complaints? Can you live with these rules?

The Current Week's Menu

Are the meals well balanced? Do you like the majority of the foods on the menu? When are meal times? Tell the admissions person of any special diet restrictions you may have.

Personal Care Services

What assistance can you expect with your personal care? Is there a bathing schedule or can your request assistance with bathing as you require it? If you need one, is there a hairdresser or barber available? Can you continue to see your own physician? Will transportation be provided to appointments or is there a fee? Will your laundry be done as a part of your fee or a service or is there a separate fee? How is the cost of medication covered? How are medications managed?

A Contract/Agreement for Services (Room, Board, Services)

Can you afford the fee? Do you understand the terms of the agreement? What arrangements for payment are available?

Most important, talk to several residents Ask how they like living at the Personal Care Home, what they like most and least.

The Centre County Office of Aging does not provide recommendations on any long term living facility (for PCH or NF).

PERSONAL CARE HOMES

- 765-2246 **+Colonial Courtyard at Clearfield**
1300 Leonard Street
Clearfield, PA 16830
- 355-3417 ***Eagle Valley Personal Care Home**
500 Front St., P.O. Box 8969
Milesburg, PA 16853
- 235-7675 **+Elmcroft of State College**
150 Farmstead Lane
State College, PA 16803
- 238-3322 **+Foxdale Village**
500 Marylyn Ave.
State College, PA 16801
- 696-5356 **Holidaysburg Veterans Home**
Rt. 220, Box 319
Holidaysburg, PA 16648
- 237-5517 ***House of Care**
515 W. Beaver Ave.
State College, PA 16801
- 342-8466 ***The Heights at Windy Hill Village**
250 Dogwood Drive
Philipsburg, PA 16866
- 238-3193 **Juniper Village Senior Living at Brookline**
1900, 1930, 1940 Cliffside Drive
State College, PA 16801
- 422-8435 ***Salem Hill Haven**
424 Heckman Cemetery Rd.
Spring Mills, PA 16875
- 359-2782 ***Schreffler Manor at the Oaks Senior Community**
200 Rachel Drive
Pleasant Gap, PA 16823

- 234-3141 **+Juniper Village at Brookline Wellspring Memory Care**
610 W. Whitehall Rd.
State College, PA 16801
- 826-4706 **+The Crossings at State College**
121 Havershire Boulevard
State College, PA 16803
- 238-1949 **The Village at Penn State**
160 Lion's Hill Rd.
State College, PA 16803
- 234-9898 ****Wynwood House at Greenhills Village**
Personal Care Community
301 Farmstead Lane
State College, PA 16803
- 808 - 6800 ****Wynwood House at Nittany Valley**
Personal Care Community
294 Discovery Drive
Boalsburg, PA 16827
- 364-9770 ****Wynwood House at Penns Valley**
Personal Care Community
122 Wynwood Dr.
Centre Hall, PA 16828
- 206.8000 ****Wynwood House at State College**
Personal Care Community
2350 Bernel Rd
State College PA 16803
- (570) 748-1829 ***Fulmer's Personal Care Home**
201 Woodward Ave.
Lock Haven, PA 17745
- 684-1005 ***Olivia Village**
1452 Bald Eagle Rd.
Tyrone, PA 16686
- 355-6716 Centre County Office of Aging - for listings outside Centre
County or: www.dhs.pa.gov
Keyword: Personal Care Homes.

**Accepts State Supplement*

***Accepts Limited State Supplement*

+ Secure Locked Units Available

RESPIRE CARE/CARETAKER RELIEF

Temporary caregiving services provided for an individual when the primary caretaker needs time away from caregiving. This care is provided in-home or in an alternative location for a short stay.

See: Day Program/Day Treatment – page 31
In-Home Service Providers – pages 26-29
Nursing Homes List – pages 44-45
Personal Care Boarding Homes List – pages 38-39

355-6716 Centre County Office of Aging

SUPPORT/ EDUCATION

887-599-2227 **ACAP**-Centre County (Adult Children of Aging Parents)
ACAP supports adult-child caregivers as we care for aging parents and for themselves. ACAP community provides information, resources, support and community for those caring for a loved one. Email: ACAP.CentreCounty@ACAPcommunity.org
www.acapcommunity.org/chapters-2/acap-centre-county-pa/
Meetings are held the second Tuesday of each month from 5:30-7:00pm
Best Western PLUS University Park Inn & Suites
115 Premiere Drive, State College, Pa 16801

Alzheimer's/Dementia Support Groups

- 235-7675 Meetings are held the 3rd Wednesday of each month,
6:30-7:30pm
Elmcroft Senior Living Caregiver Support Group
150 Farmstead Lane State College, PA 16803
- 235-2000 Meetings are held the first Friday of every month at 1pm
and second
- 234-3141 Tuesday of every month at 6:30pm
Mount Nittany Dining Room
Juniper Village at Brookline
1930 Cliffside Drive, State College, PA 16801
- (570) 748-4302 Meetings are held the second Tuesday of every month
at 7pm, Susque View
22 Cree Drive, Conference Room B
Lock Haven, PA
- 643-3756 Meeting are held on the third Tuesday of every month
at 7pm except Dec.
- 643-1650 Westminster Woods, Terrace Building
160 Aspen Way
Huntingdon, PA 16652

Caregiver Support Group

- 237-7400 Meetings are held the First Monday monthly at 3pm
Mount Nittany Medical Center
Conference Room 3

Cardiopulmonary Support Group

- 359-3421 Meetings are held the third Thursday of each month at
2pm HealthSouth Nittany Valley Rehabilitation Hospital
550 West College Avenue
Pleasant Gap, PA 16823

Communication Practice and Support Group

- 863-2006 For adults with speech, language, and communication
867-6212 difficulties after a neurologic injury.
- 863-2021 Meetings are held the second Wednesday of every
month 10:30-11:30am
Villages at Penn State (follow signs)
260 Lions Hill Road
State College, PA 16803

Coping with Loss Support Group

768-2012 Meetings are held the second Tuesday monthly
1:30-2:30pm and fourth Tuesday monthly
5:00-6:00pm
438 W. Front St.
Clearfield PA 16830

Grief & Loss Support Group

237-7400 Meetings are held the third Thursday monthly at 3pm
Mount Nittany Medical Center Conference Room 3

For an updated listing of local Grief/Loss support
groups: www.griefconnection.org

Parkinson's Disease Groups

867-6212 Meetings are held the third Wednesday of every month
at 1:30pm
Foxdale Village
500 East Marilyn Ave.
State College, PA 16801

(717) 667-6752 Meetings are held the first Wednesday of every month
at 6:30pm
St. John's Lutheran Church
3rd & Main Street
Lewistown, PA

Stroke Support Groups

359-3421 Meetings are held the last Tuesday of the month at
4pm, HealthSouth Nittany Valley Rehabilitation Hospital
550 West College Avenue
Pleasant Gap, PA 16823

548-6912 Meetings are held the second Monday at 5:00pm in
January, April, July and October.
Hoss's Steak and Sea House
23 Hoss Drive, Lewistown, PA

IV NEEDS TOTAL ASSISTANCE OR CARE LONG TERM CARE

**When more services are needed than Personal Care can provide,
Long Term Care Facilities provide the next level of care.**

NURSING HOMES

The Pennsylvania Department of Health licenses nursing homes to provide nursing facility services. Admission to a facility and subsequent care is based on a doctor's orders and can be performed only by or under the supervision of skilled medical personnel.

Nursing facility services may offer rehabilitation therapy, nursing rehabilitation, extensive and special care such as IV therapy, care for pressure ulcers, tube feedings, terminal illness, dialysis, need for frequent doctor visits, etc. Services are provided to residents with impaired cognition, behavior problems and reduced functional abilities in activities of daily living – ADL's such as bed mobility, toileting, transfers, and eating.

How to Choose a Nursing Home

In choosing a nursing home, the most important thing to consider is the quality of life a resident will have. If possible, make several visits to the facility at different times of the day. Question the home's administrator and director of nursing about the admission process and the contact. Speak to the local Ombudsman for more information to help you make a decision. Following are some important things to consider when selecting a facility. Information about facilities is also available at www.medicare.gov- Nursing Home Compare- allows you to consider different criteria when selecting a nursing facility and at www.dsf.health.state.pa.us

Appearance and General Atmosphere Does it have a homelike atmosphere? Pleasant? Attractively furnished and decorated? Do residents have some personal items in their rooms? Is the lighting appropriate? Are the residents well groomed and neatly dressed? Are the rooms clean and comfortable? Are the grounds well care for? Are there outdoor areas residents can use?

The Nursing Staff Are the nurses and staff friendly and courteous? Do they show a caring, positive attitude? DO they respond quickly to calls for assistance?

Rehabilitative Services Does the home have special services that meet your needs? Short-term and extended care? Postoperative and chronically ill therapy? Physical therapy? Speech and audiology? Respiratory therapy? Latest equipment? Professional, licensed therapists?

Financial Considerations Is the home certified for Medical Assistance-Medicaid-and Medicare? What services are included in the basic fee? Does the contract between the resident and the home clearly state costs, date of admission, services to be provided, discharge and transfer conditions?

What is the facility's policy on holding a bed during hospital stays, etc?

Recreational Therapy/Activities Program Individual and group activities? Social events? Holiday celebrations? Arts and crafts? Monthly published activities calendar? Does the facility work with community groups such as pet therapy or Scouts? Is there a residents' council?

Dietary Services Does the facility offer nutritious and appetizing meals? Snacks? Registered dietician? Special diets? Good kitchen facilities? Are meals served in the dining room? Hand feeding?

Spiritual Programs Regular religious services? Which denomination? Bible Study? Positive, uplifting atmosphere? Counseling sessions? Staff chaplain?

Security Is the facility safe? Fire resistant? Meets or exceeds fire safety requirements? Are there fire drills and around-the-clock safety procedures? Handrails in the hallways and grab bars in the bathrooms? Easy for residents in wheelchairs to maneuver? Toilets convenient to rooms?

Other Considerations Does the home have a good reputation and references? Does it use physical or medical restraints? Does the local ombudsman visit regularly? Are private areas available for residents to visit with visitors or doctors? Is the facility convenient for family or friends to visit? Is there an odor problem?

www.medicare.gov For more information

www.medicare.gov/nursinghomecompare/search.html For more information and to compare nursing homes

NURSING HOMES

- 238-3322 **# +Anthony House at Foxdale Village**
500 E. Marylyn Ave.
State College, PA 16801
- 237-0630 **+AristaCare @Hearthside**
450 Waupelani Dr.
State College, PA 16801
- 355-6777 **+Centre Crest Nursing Home**
502 E. Howard St.
Bellefonte, PA 16823
- 238-3139 **# Juniper Village at Brookline Rehabilitation & Skilled Care**
1950 Cliffside Drive
State College, PA 16801
- 238-1949 **# The Village at Penn State**
160 Lion's Hill Rd.
State College, PA 16803
- 342-6090 **Windy Hill Village of Presbyterian Homes**
100 Dogwood Dr.
Philipsburg, PA 16866
- (717) 248-3941 **Golden Living Centers–William Penn**
163 Summit Dr.
Lewistown, PA 17044
- 684-0320 **Epworth Manor**
951 Washington Ave.
Tyrone, PA 16686
- 696-5356 **Hollidaysburg Veterans Home**
Route 220, Box 319
Hollidaysburg, PA 16648

Does not accept Medicaid
+ Secure Locked Units Available

- (717) 242-1416 **Ohesson Manor**
276 Green Ave.
Lewistown, PA 17044
- 765-7545 **+Mountain Laurel Nursing and Rehab. Center**
700 Leonard St.
Clearfield, PA 16830
- 236-0600 **Ridgeview Elder Care Rehab. Center**
30 Fourth Ave
Curwensville, PA 16833
- (570) 922-3351 **Rolling Hills Manor**
17350 Old Turnpike Rd
Millmont, PA 17845
- (570) 748-9377 **Susque-View Home, Inc.**
22 Cree Dr.
Lock Haven, PA 17845
- (717) 935-2105 **+Valley View Retirement Community**
4702 Main St.
Belleville, PA 17004
- 644-2065 **Westminster Woods at Huntingdon**
360 Westminster Drive
Huntingdon, PA 16652
- 355-6716 Centre County Office of Aging – for listings outside Centre
County or
<http://sais.health.pa.gov/commonpoc/nhLocator.asp>

Does not accept Medicaid
+ Secure Locked Units Available

OMBUDSMAN

The Ombudsman Program was established in 1965 by The Older Americans Act. The Ombudsman (Swedish for “citizen representative”) acts as a mediator who seeks to resolve concerns made by, or on behalf of, people who are consumers of long term care services. The program honors and respects each individual’s right to quality of life, as that individual has defined it. Because of this acknowledgement, the program is resident driven, meaning that the Ombudsman can only act with resident approval. The Ombudsman works with residents to promote their quality of life and encourage self-resolution of problems so that residents can maintain the highest level of independence they are capable of. The program also reduces the social isolation many people experience when living in long term care facilities by attempting to reach the 60% of residents who do not receive visitors.

VOLUNTEER OMBUDSMEN

In the mid-1990s, Pennsylvania decided to incorporate volunteers into the Ombudsman Program. After participating in a comprehensive training process, volunteer Ombudsmen are qualified to visit residents in long term care facilities. A volunteer Ombudsman inquiries about the quality of care an individual receives, listens to their concerns, and advocates for that individual when necessary. Volunteers assist residents in seeking self-resolution, act as educators to ensure residents are aware of their rights and provide a visible presence in long term care facilities.

355-6716

Centre County Office of Aging – Ombudsman

INFORMATION YOU NEED TO KNOW

MEDICARE

Medicare is a Federal health insurance program for people 65 or older, under age 65 with certain disabilities, and any age with End-State Renal Disease (permanent kidney failure requiring dialysis or a kidney transplant.) It is administered by the Centers for Medicare and Medicaid Services (CMS). Local Social Security Administration Offices take applications for enrollment.

- **Part A (Hospital):** helps cover inpatient care in hospitals and skilled nursing facilities but not custodial or long term care. It also helps cover hospice care and home health care if certain criteria are met. Most people get Part A coverage without having to pay a premium because they or a spouse paid Medicare taxes while employed.

- **Part B (Medical):** helps cover medical services like doctor's services, outpatient care, and other medical services that Part A doesn't cover. Part B is optional, but if a beneficiary wants to have other coverage –Medicare Advantage or Medigap-- they must be enrolled in both Part A and Part B. It has a monthly premium that is deducted from the beneficiary's Social Security benefits check.

- **Medicare Advantage Plans:** (sometimes referred to as Medicare Part C) include HMO (Health Maintenance Organizations), PPO (Preferred Provider Organizations) and PFFS (Private Fee For Service.) This option combines Medicare Parts A and B and private insurance companies approved by Medicare provide this coverage. Generally one must see doctors in the plan, or, in the case of PFFS, doctors must be willing to accept the plan's payment.

- Part D (Prescription Drug Coverage): may help lower prescription drug costs and is available to everyone who has Medicare Part A and/or B. Part D is optional and there is usually a monthly premium. Those who decide not to enroll in a Medicare Part D plan when first eligible may pay a penalty if they choose to join later. These plans are run by companies approved by Medicare. The two ways to get this coverage are either to join a Medicare Prescription Drug Plan that adds drug coverage to the Original Medicare Plan or join a Medicare Advantage plan (such as an HMO or PPO) that includes prescription drug coverage as part of the plan. Some individuals do not need a Medicare Prescription Drug Plan because they already have drug coverage that is creditable – as good as or better than Part D. Out-of-pocket expenses for Part D plans include copayments/coinsurance, coverage gap expenses and copayments/coinsurance in catastrophic coverage. Plans may have a yearly deductible and also have formularies (lists of drugs covered.) If someone qualifies for extra help paying for drug costs, there won't be a coverage gap and other costs will be less. To compare plans go to www.medicare.gov under search tools.

355-6716

APPRISE at the Centre County Office of Aging
(please make an appointment)

(800) 783-7067

Statewide APPRISE Hotline

PACE/PACENET: Prescription Benefits for Older Pennsylvanians. This PA Lottery funded program may help lower prescription drug costs. Eligibility criteria: 65 years of age or better, Pennsylvania resident for at least 90 days, not eligible for Medicaid prescription benefits and are under the following income guidelines—PACE, single \$14,500, married \$17,700; PACENET, single \$23,500, married \$31,500. PACE/PACENET wrap around other prescription plans. Apply by paper application, on the web at www.pacecaresfhsc.com or by phone (800) 225-7223.

LONG TERM CARE INSURANCE: This type of insurance policy is designed to cover long-term care expenses in a facility or at home and usually covers medical and non-medical care to help with personal care needs such as bathing, dressing, using the bathroom and eating. Neither Medicare nor Medigap will pay for these expenses which can range from \$25,000 to well over \$50,000 per year. Many people begin paying for care out of their own pockets, but soon become impoverished and turn to Medicaid. Long Term Care Insurance generally pays a fixed dollar amount per day for care. Premiums can be very expensive (from hundreds to thousands of dollars per year) depending upon the age of the policyholder and the benefits selected. This type of policy is one way to protect assets, but it is not for everyone and policies should be reviewed carefully before purchasing.

355-6716 APPRISE at the Centre County Office of Aging – for unbiased information about Medicare, Medigap HMO’s, and Long Term Care Insurance (please make an appointment).

MEDIGAP: refers to non-group policies that supplement Medicare. They are private insurance policies that are regulated by federal and state law and are designed specifically to complement Medicare’s benefits. Benefits are standardized, and they pay most, if not all, coinsurance amounts and may also provide coverage for Medicare’s deductibles.

MEDICAID: refers to the Medical Assistance Program, a state government health insurance program for persons with limited income and assets. Medicaid recipients must go to health services providers that participate in the program, and most health care costs, including premiums, deductibles and coinsurances, are covered for dual eligibles (persons who have both Medicare and Medicaid). Dual eligibles are assigned to a Medicare Part D plan for prescription drug coverage. Medicaid can also pay for nursing home expenses and community based services if certain conditions are met.

863-6571 Centre County Board of Assistance –for more information on
800-355-6024 Medicaid.

MEDICAL ASSISTANCE ESTATE RECOVERY PROGRAM

The Department of Human Services is required to recover the Medical Assistance – MA – costs paid to certain individuals who have died. These costs are recovered from the assets of the person's probate estate. This affects individuals 55 and older who died and had received MA benefits for: public or private nursing facility care; residential care at home or in a community setting; any hospital care and prescription drug services provided while receiving the aforementioned care.

(800) 528-3708

Estate Recovery Hotline – for more information

(800) 692-7462

Human Services Helpline

SPOUSAL IMPOVERISHMENT LAW

The Spousal Impoverishment Provisions of the Medicare Catastrophic Act of 1988 provides for special financial relief for married couples who lived together and are faced with high medical bills as a result of one of them being admitted to a nursing facility. This act significantly relieves the financial burdens for these couples by requiring, within specific guidelines and financial limits, the protection of income and resources for the spouse in the community. This is accomplished by permitting the institutionalized spouse who is eligible for Medical Assistance – MA – to give some of his/her income and resources to the community spouse up to specified limits, without affecting MA eligibility. Upon admission to a facility, a Resource Assessment Form outlining all financial resources must be completed to protect the maximum amount of a couples resources permitted under the law. Applications for MA can be made at the same time, at a later date or not at all as there is no obligation to apply.

For more information about Medicaid and the Spousal Impoverishment Law contact the Admissions Director or Social Service Director of the Nursing Facility OR:

863-6571

Centre County Board of Assistance

(800) 355-6024



State Health Insurance
Assistance Program
... counseling for
people with Medicare
in Pennsylvania

*Helping you with Medicare and
other Health Insurance Questions*

THERE IS NO COST FOR ASSISTANCE.

Information & Referral

Centre County
(814) 355-6716

MEDICATION DROP BOX INFORMATION AND HOURS

The Centre County District Attorney's Office received a Medication Return Box Grant from the Pennsylvania District Attorney's Association and obtained six additional medication return boxes (drop boxes) for Centre County. The Bellefonte Borough Police Department already had a drop box installed at their location prior to the grant application.

In the 2015 Pennsylvania Youth Survey, 34.5% of Centre County Youth in 6th to 12th grades stated that they "took prescription drugs from a family member living in my home". By utilizing a drop box, you can keep unused prescription medications out of the hands of loved ones. Also, dropping your medications off is a safer alternative to throwing them away or flushing them down the toilet and endangering the environment.

Keep the medication in its original container and remove the label or mark personal information out with a black pen.

Below is a list of all drop box locations and hours where you can dispose of your unused and expired medication.

Willowbank Office Building

420 Holmes Street

Bellefonte, PA 16823

Monday—Friday 8:30 AM to 5 PM

Centre County Sheriff's Department

213 East High Street

Bellefonte, PA 16823

Monday—Friday 8:30 AM to 5 PM

State College Borough Police Department

243 South Allen Street
State College, PA 16801
Monday—Friday 8 AM to 5 PM

Ferguson Township Police Department

3147 Research Drive
State College, PA 16801
Monday—Thursday 8 AM to 5 PM
Friday 8 AM to 4 PM

Penn State University Police Department

Eisenhower Parking Deck
State College, PA 16801
Open 24 hours

Bellefonte Borough Police Department

236 W. Lamb Street
Bellefonte, PA 16823
Monday—Friday 8 AM to 5 PM

Patton Township Police Department

3147 Research Drive
State College, PA 16801
Monday—Friday 8 AM to 4:30 PM

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For updates and additional information or to be listed in this Resource Book, please call the Office of Aging at: 355-6716 or email: aging@centrecountypa.gov

Centre County Office of Aging Services includes:

Adult Day Program

APPRISE (Medicare Counseling)

Care Management & Assessment

Family Caregiver Support Programs

Home Delivered Meals

In-Home Services

Information & Referral

Legal Services

Nursing Home Transitions

Ombudsman

PDA Waiver Program

Preadmission Assessment

Protective Services

Retired & Senior Volunteer Program

Senior Centers: Recreation, Social, & Educational Programs

Transportation

Aging Mailing Address:

Centre County Office of Aging

420 Holmes St.

Bellefonte, PA 16823

Visit our Website at: www.centrecountypa.gov

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Disability Resources and the
Centre County Commissioners.**

**Michael Pipe, Chair
Mark Higgins
Steven G. Dershem**

**This Resource guide is prepared by
representatives from the
Centre County Office of Aging**

**420 Holmes Street, Room 245
Bellefonte, PA 16823**

**Aging: 814-355-6716
aging@centrecountypa.gov**

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