

# Lifespan

[www.ccaaa.net](http://www.ccaaa.net)

A publication of the Clearfield County Area Agency on Aging, Inc.  
and the Mature Resources Foundation

## From the Director...

For the past several months, important planning for aging services has been taking place on both the state and local levels. The Pennsylvania Department of Aging is required to develop a four year "State Plan on Aging." Area Agencies on Aging are also required to develop four year "Area Plans." Together, these multi-year plans help PDA and the aging network establish goals for the coming years. When completed, they provide a broad focus on all programs and services under PDA's jurisdiction.

According to Secretary of Aging, Brian Duke, at a statewide meeting in Hershey several weeks ago, he stated, "The direction of this plan will be dedicated to 1) helping Pennsylvanians age and live well and help Pennsylvania's communities be places to age and live well, 2) a shift in rebalancing efforts

from one which debates the allocation of resources between home and community based services and institutional care to an inclusive approach to ensure the right care is delivered in the right setting, at the right intensity, and at the right time."

While other issues can be included, PDA has already established five priority goals that will direct us locally, and we have included these in our planning process. Specifically, the state and AAAs will plan toward the:

1. Promotion of health and well being.
2. Support of enhancement of communities as places to age and live well.
3. Revitalization of aging services.
4. Pursuit of effective and responsive management.
5. Discovery and replication of innovative practices, care delivery and community enhancement.

Our Four Year Area Plan is due in Harrisburg by May 31; the State Plan on Aging is due in Washington DC by August 1. Local input is very important as the plans are formulated. PDA is in the process of conducting several regional meetings across the state while we are seeking comments from residents of our county.

If you have ideas you would like to share that would aid us in setting program and service goals for the next four years, you can send your comments to **AAA Four Year Plan, PO Box 550, Clearfield, PA 16830**. Or if you would like to e-mail them to us, our address is [mail@ccaaa.net](mailto:mail@ccaaa.net). We welcome your input as we formulate our plan.

Stay Active.

John Kordish, ACSW  
Executive Director

## Intergenerational Activities Enjoyed at the Karthaus Center for Active Living

Activities and participation at the Karthaus Center for Active Living have continued to expand at its new location. A daily participant to the center is quoted as saying, "I enjoy going to the Karthaus Senior Center. I am glad you found us a place to get together. We all enjoy it very much." In addition to the regular activities offered at the Center, many holiday events have been enjoyed with the children attending preschool at the Shepherd of the Hills Evangelical Lutheran Church located in the same building.



The preschool children and seniors shared a Halloween parade and party, a program honoring Veterans where the group sang patriotic songs and talked about the American flag, and a Christmas celebration where Santa visited and handed out holiday treats.

Activities offered at the Center include ceramics, making cards, holding special holiday meals and activities, sewing, and other crafts.

For more information regarding activities at the Center, consumers may call the Karthaus Center at 263-7277 or CCAAA at 765-2696 or 1-800-225-8571.

## Inside this issue:

Clearfield County Link	2
Consumer Corner	2
Staff Development	3
CCAAA & UGI Join Forces	3
Tree of Stars	4
New Dietary Guidelines	6
Memorials & Honoraria	6
Tax-Aide Program/Schedule	7
In Remembrance	7
A Look Ahead	8

## Clearfield County Link Continues to Develop in 2011 – 2012

After its first year of development, the Clearfield County Link to Aging and Disability Resources has grown into a network of over 22 agencies, all working together to streamline and assist individuals to effectively navigate their health and long-term support options. Those agencies and providers include the core partners - Clearfield County Area Agency on Aging, Inc. (CCAAA), Community Resources for Independence (CRI), and Life and Independence for Today (LIFT) – and collaborative partners – Alleghenies United Cerebral Palsy, Central PA Community Action, Clearfield County Assistance Office, Clearfield Hospital Home Health Services, Colonial Courtyard at Clearfield Senior Living Residence, Comfort Keepers, Community Connections, County HomeMakers, Inc., Guardian Home & Community Services, Inc., Helpmates, Inc., Home Helpers, Home Instead Senior Care, Home Nursing Agency, JEVS Supports for Independence, Loving Care Agency, Inc., Office of Vocational Rehabilitation (DuBois District Office), Passages, Inc., Tri-County Home Support, LLC, and Tri-County Nursing, LLC.

Quite a lot has happened since the CCAAA first announced the development of the Clearfield County Link in its October 2010 edition of Lifespan. The CCAAA was selected to coordinate the Link and Debbie Liadis, staff of the CCAAA, was named the Link Coordinator. LIFT was selected to

oversee the fiscal management of the Link and one of their staff, Cindy Feldbauer, handles those duties.

Meetings have been held monthly so that core and collaborative partners can network and begin to understand what services each of them provide. During meetings, representatives from the Collaborative partners give a brief overview of their services. In addition several larger cross trainings have been held to explain the role of the new PA Independent Enrollment Broker in assisting people who apply for Home and Community Based Services (HCBS), the under 60 and over 60 Nursing Home Transition Programs, the Department of Public Welfare’s Compass system and how organizations can assist consumers with signing up for benefits, the Social Security Administration’s web site and services available on the web site, and the APPRISE program and how they can assist consumers to enroll in various health insurance plans and governmental special benefit programs.

A large kick-off event was held on May 25, 2011, to formally announce the development of the Clearfield County Link. Individuals and organizations were invited to attend and find out more about the Link and also to speak with Collaborative partners’ representatives at information tables. This event was featured on WTAJ-TV news that evening.

The Clearfield County Link is now in its next steps of development. Clearfield County has developed a temporary data collection form and

staff are beginning to collect caller data such as the number of calls each month, whether these calls were by people over age 60 or under age 60, did the caller need information for someone with a disability, topics that were discussed during the call, etc. This data will be reported to the PA Department of Aging/Office of Long-Term Living to be included with data from all across the state. Once all of the Links across the state are in the same stage of development, which is expected by spring 2012, other policies and procedures being formalized by the state agencies will be utilized by the Links including a more formal data collection form and Options Counseling procedures.

Individuals who are looking for assistance from the Link may contact any of the three core partners because of the “no wrong door” approach of the Link. Any of these core partners will assist consumers and their family in evaluating services necessary to retain their independence, help them make connections with organizations that can provide needed services, and assist them with applications to determine funding eligibility. The numbers to call are for the CCAAA, 1-800-225-8571; for CRI, 1-866-619-6405; and for LIFT, 1-800-341-5438.

Look for the Clearfield County Link ad in future editions of the Lifespan newsletter.



“A special thank you to my Meals on Wheels & More driver. She recognized that something was wrong and insisted on calling the ambulance even though I said I was fine. Because of her attentiveness, I was able to get the medical attention I needed. I had a pacemaker put in and now I am back home and feeling fine. Thanks again.” ~D.G.

“I enjoy going to the Karthaus Center for Active Living. Glad you found us a place to get together. We ALL enjoy it very much and Judy (center manager) does a very good job.” ~H.B.

## Staff Development

On November 28, 2011, two new drivers were added to the delivery staff of the Agency's Meals on Wheels and More program. Lisa Wisor and Karen Rollin were hired as casual delivery drivers to work on an as-needed basis serving as substitute drivers for our regular part-time delivery staff.

Mrs. Wisor has been a native of our area for many years. While her children were growing up, Lisa's passion was serving her community and providing guidance for growing girls as a Girl Scout leader. In 2000, Lisa became even more familiar with the area when she served as a Census worker. Since 2003, Lisa has been employed by P. S. Stearns, Inc. as an in-store demonstrator/merchandiser, working mostly on weekends.



(l-r) Lisa Wisor and Karen Rollin

Mrs. Rollin worked in the social services field for the Department of Public Welfare for over thirty years. Karen began employment at the Venango County Assistance Office as a Clerk Typist. She later transferred to the Dauphin County Assistance Office where her skills earned her several promotions from the positions of Caseworker, to Casework Supervisor, and Acting Manager. In 1992, Mrs. Rollin transferred to the Clearfield County Assistance Office where she served as a Casework Supervisor until her retirement in June 2011.

Lisa and Karen have been busy learning their first Meals on Wheels routes. Since the Agency delivers nutritious meals throughout all of Clearfield County, it's possible that they may be in your neighborhood soon!

## CCAAA and UGI Join Forces

The Agency and UGI Utilities, Inc., have joined forces on a project that promotes the benefits of economical, environmentally friendly Natural Gas powered vehicles, an all-American transportation fuel alternative to expensive gasoline and diesel costs.

CCAAA is in the process of converting its fleet of 11 cargo vans (used for daily Meals-on-Wheels food deliveries to senior citizens) to operate on compressed natural gas (CNG). UGI is providing CNG for the vehicles through a fueling station at CCAAA's Meal Production and Distribution Facility on Technology Drive.

"Converting our Meals-on-Wheels van fleet to compressed natural gas is a great project that will benefit not only our own organization and the people we serve, but could also be the catalyst to start the growth of a new type of infrastructure and service system for our area," said John Kordish, Executive Director. "It would not have been possible without the encouragement of Lou Stubbs from UGI early in our endeavor."

Employees from UGI Utilities, Inc., representatives from the Friends of the Area Agency on Aging Auxiliary, and CCAAA staff met at the CCAAA's Meal Production and Distribution Facility to view the Agency's CNG operations.



(Left to Right: Donnie Miller and Cheryl Mosley, CCAAA Meals on Wheels & More Drivers; Dave Osterhout, CCAAA Facilities & Vehicle Manager; John Kordish, CCAAA Executive Director; Rikki Ross, CCAAA Marketing & Events Coordinator; Michelle Fannin, Friends of the Area Agency on Aging Vice President; Vicki Myers, Friends of the Area Agency on Aging President; Louis Stubbs, UGI New Business Representative - Clearfield; and Barry Wentzel, UGI Technical Advisor.)

Mr. Stubbs, UGI New Business Representative, added: "I contacted Dave Osterhout (Facilities and Vehicle Manager) and asked him to think about converting their vehicles to Natural Gas. Fortunately, working together, we were able to get it done."

Mr. Osterhout said, to date, 2 of the agency's 11 cargo vans have been converted to bi-fuel powered (equipped with two fueling systems and tanks that hold unleaded gasoline and CNG). Fuel savings are expected to total \$2,500 per year, and should increase as more vans are converted to operate solely on CNG. The Agency hopes to have the entire fleet converted to CNG operation within a year.

Vehicles powered by CNG generate fewer exhaust and greenhouse gas emissions than their gasoline or diesel-powered counterparts. According to the U.S. Environmental Protection Agency, Natural Gas vehicles offer fewer toxic and carcinogenic pollutants, and reductions in carbon monoxide emissions of 90 to 97 percent, carbon dioxide emissions of 25 percent, and nitrogen oxide emissions of 35 to 60 percent.



# Tree Of Stars

## In Memory Of



Albert & Evelyn McManus by John Porter & Marian Bougher  
 Allan Siegel by Brenda Siegel  
 Arnold "Bud" Larson by Mr. & Mrs. Raymond Graham  
 Arnold & Gwen Swales by Mr. & Mrs. Blaine L. Schnars  
 Bessie & Walter Jacobson by Richard & Marie Passmore  
 Betty Kulp by Mr. & Mrs. James Duffee  
 Betty Slother by Wensil Fleck  
 Bill & Emma Reid by Mr. & Mrs. William J. Reid  
 Bill Lines by Grampian Hardware  
 Blaine Taylor by Marie Taylor  
 Blair & Dorothy McCracken & Ray Owens by Mark & Kelly McCracken  
 Calvin L. & Edna M. Clees by Mr. & Mrs. Max Little, Jr.  
 Catharine J. Shaffer, RN by Mr. & Mrs. Lee Gill  
 Catherine Miles and Anna Krul by Marcia Belin  
 Catherine Vancas by Mr. & Mrs. Michael Syktich  
 Charles & Dorothy Anderson by Donna Natalie  
 Charles R. Hess & Parents, George & Dorothy Smeal by Joyce Hess  
 Clara Johnson by Glenn & Alice Gill  
 Cloyd Putt by Thelma Pase  
 Dale Wetherson by Josephine Wetherson  
 Deceased Family Members by Larry & Theresa Cyphert  
 Deceased Members of Clearfield Center for Active Living  
   by Clearfield Center for Active Living  
 Deceased Members of Libo Valenzo Family by Carl Valenza  
 Deceased Members of Marinoble & Shifter Families  
   by Clyde & Eleanor Shifter  
 Deceased Members of Natale Ferlazzo Family by Marie Ferlazzo  
 DeRoy Tubbs by Margaret Wingard  
 Don Beatty by Betty J. Beatty  
 DuPont Stone by Sybal Owens  
 Edna Johns by Denny Johns  
 Edward Campbell by Jane J. (Jackie) Fowler  
 Elaine Davey by Janet Larson  
 Erma Beauseigneur by Leona Davis  
 Esther Lumadue by Marsha Lumadue  
 Eva Ella Redden by Mr. & Mrs. A. Kline Redden  
 Frances Mann by Donald Mann  
 Frances Natoli by Nina Davis  
 Frank Fitch by E. Virginia Cochran  
 Fred Thompson by Lois Thompson  
 Genevieve DeLisle & Antonia Cipriano by Mr. & Mrs. Carole Cipriano  
 George & Norma Mandel by Gloria Mandel  
 Gerald Francisko by Gail R. Francisko  
 Gerald S. Dimmick by Ranea Brewer  
 Grace Leigey by Elva Bowman  
 Grant McCahan by Appalachian Wood Products, Inc.  
 Helen Beauseigneur by Keith Beauseigneur  
 Henry L. & Delia B. Krebs by Margaret E. Krebs  
 Iva L. Hilderbrand by Linde Collingwood  
 Ivan Myers by Joan Myers  
 Jean Triponey by R. Dean Triponey  
 Jo Ann, Kate & Fred Johnson by Col. W. F. Johnson  
 Joanna McCaffrey by Domenic Sciamanna  
 John Krchelich by Carmela Krchelich

John P. Bondurant & Madolyn J. Carlson by Mr. & Mrs. Scott Carlson  
 John R. Taylor by Janice Taylor  
 Judge John Reilly & John Krchelich by Dr. & Mrs. Michael T. Dotsey  
 Kenneth A. Billotte by Helen Billotte  
 Kenneth A. Billotte by Fred Billotte & Deirdre Rowles  
 L. Dwight Forcey by Kathleen B. Forcey  
 Lois J. Westover by Lemoine Westover  
 Louise S. Walker by Ray Walker  
 Loved Ones by Mr. & Mrs. Leonard Mullen  
 Lucille Flegal by Ann Welch  
 Lyle "Slug" Ogden by Rick, Susan, Emily & Beth Williams  
 Lynn & Thelma Dale by Betsy L. Kruckenbergl  
 Mardine Zazworsky by Gene Zazworsky  
 Mary Cunningham by Mr. & Mrs. James Null  
 Mary Jane Prestash by Mr. & Mrs. George E. Prestash, Jr.  
 Maurice & Elizabeth Hartsock, Jack & Vivian Wilson, & Lena Reed  
   Murray by Mr. & Mrs. Thomas Hartsock  
 Max Cathcart by Norma Cathcart  
 McDermott & Matthews Families by Mr. & Mrs. Francis McDermott  
 Meredith W. Bloom by Pearl L. Bloom  
 Mr. & Mrs. John Sturniolo by Vincent Sturniolo  
 My Brother, James R. Cutler, Sr. by Richard K. Cutler  
 My Dad, Edwin Wriglesworth by Margaret Ann Barrett  
 My Husband, Harold Owens on Our 70<sup>th</sup> Anniversary by Lena M. Owens  
 My Mother, Gladys Thorn Cole by Rosemary McCorkle  
 My Wife, Mary Lou and Sons, Larry & Drew by Roy A. Mason  
 Our Families by Mr. & Mrs. Thomas Ickes  
 Our Parents by Mr. & Mrs. Jack L. Neff  
 Our Parents by Mr. & Mrs. K. Allen Bowser  
 Our Parents Maldon & Ruby Wall, and Raymond & Jane Buck  
   by Mr. & Mrs. James L. Buck  
 Our Son, Rob Frisco by Mr. & Mrs. Bob Frisco  
 Peter Baum by Stan & Julie LaFuria  
 Peter Koontz by Teresa Koontz  
 Raymond Hughes and Walter & Thelma Robinson  
   by Mr. & Mrs. Walter V. Robinson  
 Raymond Larson by Mr. & Mrs. Alan Larson  
 Richard A. Evans by Jeff & Linda Thompson  
 Robert & Elva Snyder by Mr. & Mrs. Darrel Mills  
 Roy & Viola May Schucker by Robert Schucker & Betty Buckell  
 Ruth Oyler by Doris A. Iraca  
 Ruth Strathen by Rose M. Smith  
 Sally Catalano by Mr. & Mrs. Victor J. Catalano  
 Samuel, Patrick, & Peter Bailor by Mr. & Mrs. Raymond J. Bloom  
 Sarah Johnson by Mr. & Mrs. Ronald J. Scipione  
 The Hipps & Anderson Families by Brian & Jackie Anderson  
 Thomas J. Allison by Eula D. Allison  
 Tom Morgan by Ann Morgan  
 V. Hoover Rydberg by Douglas T. Rydberg  
 Vince & Marjorie Fida and Billy Fenton & Evelyn (Fenton) Evans  
   by Ellie & Dave Fenton  
 Wilson Schoening by Ruby L. Schoening  
 Zachary S. Billotte by Mr. & Mrs. Donald D. Billotte



### In Honor Of

All Meal Recipients by Joseph A. Shaw  
 Ann Mary Ogden by Mr. & Mrs. James Capatch  
 CCAAA Staff by Mr. & Mrs. Frank Yacabucci  
 Doris Cochran by Jim Cochran  
 Dorothy Kelly by Bart Thompson  
 Dr. & Mrs. Helmut Cascordi by Anne Morgan  
 Gary Jewart & Martha Bloom (Lay Ministers) by Winburne Presbyterian Church Deacons  
 Isabelle Visosky by John & Nancy Visosky  
 Lucille Pannebaker by Granddaughters, Shannon Hand & Heidi Heitsenrether  
 Marilou Knoblock by Mr. & Mrs. John Dixon  
 Nina Davis by the CCAAA Staff She Supervises  
 Our Clients in Houtzdale & Pike Township by UNI-TEC Consulting Engineers  
 Our Military Troops by John & Sue Kordish  
 Peggy Ridgely by Anne Morgan  
 Rose Camise by Mr. & Mrs. Tom Camise  
 The Elderly by Helen R. Eckley  
 The Seniors We Serve by Home Instead Senior Care  
 Wally & Ann Mains by Mr. & Mrs. Albert Hubler  
 Doris Cochran by Molly A. Cochran

*Honor or Remember a Loved One*



*"Tree of Stars"*

### Other Donors



Alta Rishel  
 Beverly J. Pifer  
 Billy Ray Huffaker  
 Chester A. Ogden  
 Clearfield Bank & Trust Co.  
 CNB Bank  
 Dave & Holly Tihansky  
 Deborah Mendat  
 Dr. & Mrs. Gary Casteel  
 Eva Ferguson  
 First Catholic Slovak Ladies Assoc. S154  
 Francina Krauss  
 Gary K. Lawhead  
 Gary A. Peters  
 Helen Eyerly  
 Helmbold & Stewart, Inc.

Joanna Sturniolo  
 John & Jan Kennard  
 Joseph Bower  
 Kent R. DeWyer, Sr.  
 Larry & Joanne Brubaker  
 Linda Syktich  
 Madeline E. Holt  
 Maurice E. Lezzer  
 Mike & Marianne McClosky  
 Mildred Goss  
 Mr. & Mrs. Alfred Coren  
 Mr. & Mrs. Dorce Michaels  
 Mr. & Mrs. Dudley Ayle  
 Mr. & Mrs. Filmore Magnuson  
 Mr. & Mrs. Forrest L. Brubaker  
 Mr. & Mrs. James Reasinger

Mr. & Mrs. James Strible  
 Mr. & Mrs. John E. Miller  
 Mr. & Mrs. Nick Prave  
 Mr. & Mrs. Ralph Roberts  
 Mr. & Mrs. Samuel Bachelier  
 Mr. & Mrs. Tim Morgan  
 Mr. & Mrs. Wallace Kephart  
 Mr. & Mrs. William H. O'Dell  
 N. Eugene Morgan  
 Pat Schuster  
 Rev. & Mrs. C. Richard Berggren  
 Ridgeview Elder Care  
 Rowena D. Rich  
 Vernon & Carolyn Miller  
 Western Susquehanna Chapter  
 Thrivent Financial

*We would like to thank our  
 Tree of Stars sponsors,  
 wOKw-FM  
 and  
 Action Graphics  
 Printing & Sign Making  
 for their continued support!*

### Become a Fan!

The Agency is now on Facebook.

View photos, see a listing of upcoming events, and more!



Where can I find it...?  
 Who does it?  
 Who is it?

**Call INFO-LINK**  
*Your resource connection*

**765-5014**  
**(800) 494-5678**



*Enhancing Quality of Life*



## New Dietary Guidelines for Sodium

The federal government recently unveiled new dietary guidelines that urge certain people to cut down on sodium. The guidelines, which are updated every five years, recommend that people over age 51, African-Americans, and people with a history of hypertension, diabetes or kidney problems limit their daily sodium intake to about a half a teaspoon or 1500 milligrams. For the rest of the population, the new food rules remain basically unchanged.

The guidelines are intended as a roadmap for federal nutrition programs including the National School Lunch Program, congregate meal programs and home delivered meals. Therefore, the meal programs provided by Clearfield County Area Agency on Aging, such as the meals at the Centers for Active Living and the Meals on Wheels & More may see some modifications to help consumers meet the new guidelines.

### TIPS FOR REDUCING SODIUM IN YOUR DIET:

- Buy fresh, plain frozen, or canned “with no salt added” vegetables.
- Use fresh poultry, fish, and lean meat, rather than canned or processed types.
- Hide the salt shaker. If that seems unbearable, look for one with smaller or fewer holes so you will be likely to use less. Suggestion – use the pepper shaker that usually has smaller holes for the salt.
- Use herbs, spices, and salt free seasoning blends in cooking and at the table. Experiment. The main reason we reach for salt is to add flavor, which can be done using herbs. An added bonus is that herbs often have healthful effects.
- Cook rice, pasta, and hot cereals without salt. Cut back on instant or flavored rice, pasta, and cereal mixes which usually have added salt.
- Limit convenience foods such as frozen dinners, pizza, packaged mixes, canned soups or broths, and salad dressings. Choose the lower sodium version. **Read labels.**
- Skip fast food. Those drive through menus are not just loaded with artery-clogging fat; they are also full of blood pressure-raising sodium as well.
- When you go out to eat, ask for food prepared without salt. Also, look for sodium and other nutrition information online ahead of time before you go to a fast food or chain restaurant.

### *Memorial & Honorarium Fund*

**In Honor Of:**  
 CCAAA, Inc.  
 CCAAA, Inc.

**From:**  
 Margaret Wingard  
 Alta S. Rishel

**Benefits:**  
 CCAAA, Inc.  
 In-Home Care



*Learn all you can about controlling your diabetes.  
 Attend Diabetes Support Group meetings in your area.  
 Visit [www.diabetes.org](http://www.diabetes.org) for more information.*

Diabetes and Nutrition Wellness Center  
 DRMC West - Saint Camillus Hall  
 100 Hospital Avenue, DuBois  
 3<sup>rd</sup> Tuesday of every month - 6:30-7:30 PM  
 Call 375-3890 for other details

Clearfield Hospital  
 conducts Diabetes Education Classes  
 two days per month.  
 Please call 768-2345  
 for more information and to register.

## Tax-Aide Program Beginning February 1, 2012

The Tax-Aide program has served Clearfield County residents for 29 years. It is administered under the direction of three partners: the IRS, AARP, and the Clearfield County Area Agency on Aging, Inc. Trained and certified tax counselors are available to provide free local, state, and federal income tax preparation for older adults and low-income families.

The Tax-Aide program will operate February 1, 2012, until April 17, 2012, at the following locations:

West Side United Methodist Church  
317 Nichol St, Clearfield, PA  
February 1 – April 17, 2012  
Tuesdays, Wednesdays, Thursdays  
9:00 a.m. – 1:00 p.m.

CMA Church  
803 Susquehanna Avenue, Curwensville, PA  
February 6 - April 16, 2012  
Mondays  
9:00 a.m. – 1:00 p.m.

DuBois Senior and Community Center  
120 West Park Avenue, DuBois, PA  
February 1 - April 16, 2012  
Mondays, Wednesdays, & Thursdays  
9:00 a.m. – 1:00 p.m.

Houtzdale Family Service Center  
Apt 3, 40 Terrace Drive, Houtzdale, PA  
February 3 - April 13, 2012  
Fridays (Closed April 6, 2012)  
9:00 a.m. - 1:00 p.m.

Tax-Aide will also offer tax preparation at the following satellite sites **one day** during the tax season **by appointment only from 9:00 am - 1:00 pm.**

Mahaffey Center for Active Living  
958 Market Street, Mahaffey, PA  
**April 3, 2012**  
(814) 277-4544

Kylertown/Karthus Area  
Gethsemane United Methodist Church  
Morrisdale, PA **March 29, 2012**  
Call Kylertown Center for Active Living  
for appointments (814) 345-6338

Coalport Area - Irvona Boro Building  
Coalport, PA **April 10, 2012**  
Call Coalport Center for Active Living  
for appointments (814) 672-3574

For Tax-Aide assistance, bring your current tax records and a copy of last year's income tax return with you to the Tax-Aide site. You will also need a copy of your 2011 property taxes. If you had your taxes done last year, bring your entire tax-packet with you. Please bring your energy saver receipts for things like new windows, furnace, home insulation, refrigerator, stove, or other items related to energy savings for your home. Remember, anyone who has earned over \$35 of taxable income in 2011 must file a PA State Income Tax form. If you have additional questions, please call the CCAAA at 765-2696 or 1-800-225-8571.

### In Remembrance

A gift to the Clearfield County Area Agency on Aging, Inc. in remembrance of or in honor of someone is a special way to pay tribute while helping others. There are many programs or services that would benefit from your gift. Please specify which program you would like to receive your gift.

- Meals on Wheels & More    Transportation    In-Home Care    Volunteers    Mature Resources Foundation  
 RSVP of Clearfield County    \_\_\_\_\_ Center for Active Living (Specify)    Other \_\_\_\_\_

(Circle) In Memory/In Honor of: \_\_\_\_\_ Amount Enclosed \$ \_\_\_\_\_

Send my receipt to:  
Name: \_\_\_\_\_

Send an acknowledgement to:  
Name: \_\_\_\_\_

Address: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip Code: \_\_\_\_\_

City, State, Zip Code: \_\_\_\_\_

All checks payable to **Clearfield County Area Agency on Aging, Inc.**, PO Box 550, Clearfield, PA, 16830.  
Donations can also be made online at [www.ccaaa.net](http://www.ccaaa.net)

Please remember the Clearfield County Area Agency on Aging in your will.  
For information about how you can remember the CCAAA in your will, please contact the Agency.



**CLEARFIELD COUNTY AREA  
AGENCY ON AGING, INC.**  
PO BOX 550  
CLEARFIELD, PENNSYLVANIA 16830

Change Service Requested

NONPROFIT ORG.  
U.S. POSTAGE  
PAID  
CLEARFIELD, PA  
PERMIT NO. 272

## ~ A Look Ahead ~

February 20	All CCAAA Offices and Centers for Active Living Closed to Observe Presidents' Day
February 21	CCAAA Advisory Council 2:00 PM, 103 North Front Street, Clearfield
February 28	RSVP Advisory Council Meeting 10:00 AM, Trinity United Methodist Church, Clearfield
	CCAAA Board of Directors 12:00 Noon, 103 North Front Street, Clearfield
March 11	Daylight Savings Time Begins
March 20	CCAAA Advisory Council 2:00 PM, 103 North Front Street, Clearfield
March 27	RSVP Advisory Council Meeting 10:00 AM, Trinity United Methodist Church, Clearfield
	CCAAA Board of Directors 12:00 Noon, 103 North Front Street, Clearfield

## Contact Us

Main Office (Clearfield)	(814) 765-2696 or (800) 225-8571
FAX	(814) 765-2760
Protective Services	(814) 765-1365 or (800) 233-0249
Volunteer Center	(814) 765-1398 or (800) 446-5935
RSVP of Clearfield County	(814) 765-2226
INFO-LINK	(814) 765-5014 or (800) 494-5678
Waiver Program	(814) 765-8025 or (888) 520-9248
Web Page	<a href="http://www.ccaaa.net">www.ccaaa.net</a>
Email	<a href="mailto:mail@ccaaa.net">mail@ccaaa.net</a>

### Would you like to receive your Lifespan by email?

Simply email us at [mail@ccaaa.net](mailto:mail@ccaaa.net) and let us know! Future issues of Lifespan (six per year) will automatically be sent to you.