

TCN Eldercare Committee

Brochure Copy

Aging Resources Alliance

Community Education Programs

- Coping with Grief During the Holidays
- Depression in Older Adults
- How to Avoid Scams & Fraud
- Know the Ten Signs of Alzheimer's Disease
- Managing Your Medications Safely
- Memory Loss...What's Normal, What's Not
- Options of Care – Planning for Your Future Healthcare Needs
- Preventing Falls
- Sharing Family Memories from Generation to Generation
- Stress Management – Bringing Your Life into Balance
- Ten Ways to Love Your Brain
- The Conversation Project
- The Six L's of Caring & Coping
- What Important Documents Do I Need?
- What Should I Ask My Doctor?

To schedule a community program, contact Beth Biehl at
484-889-2267 or agingresourcesalliance@gmail.com.

Pottstown Hospital

Pottstown Hospital is committed to advancing the health of our community and ensuring older adults have access to services and opportunities to continue to live healthy and productive lives.

List of possible presentations (we can present anything health related, but I will list a few topics):

- Preventing falls
- Diabetes
- Cancer
- Parkinson's
- Cardiac health
- Pain management
- Mental health

Alzheimer's Association

The 10 Warning Signs of Alzheimer's (30 or 60-minute options)

Understanding Alzheimer's and Dementia (30 or 60-minute options)

Healthy Living for Your Brain and Body (30 or 60-minute options)

Effective Communication (30 or 45-minute options)

Understanding and Responding to Dementia-Related Behaviors
(30 or 60-minute options)

Dementia Conversations (30 or 45-minute options)

Managing Money: A Caregiver's Guide to Finances (60-75 minutes)

Introduction to Alzheimer's (15-20 minutes)

The Alzheimer's Association the largest nonprofit funder of Alzheimer's research and the leading voice for Alzheimer's disease advocacy - working on a national and local level to provide care and support for all those affected by Alzheimer's and other dementias through our free

nationwide [24/7 Helpline](#) (800.272.3900), face-to-face and virtual [support groups](#) and education programs, [e-services](#) and an informative [website](#).

The PA Link offers trainings for your staff and the individuals you work with. Contact Elizabeth Doan at buckschestermontgomerylink@aim.com to schedule a date if any of the below are of interest to your organization. (There is never a charge for Link programs and services)

Presentations available:



Protecting your Personal Information – how all Americans can protect themselves from identity theft.

The Equifax breach compromised the personal information, including social security numbers, birth dates and addresses, of over half of the U.S. population. This one-hour presentation explains how to lock your credit so that it cannot be utilized by criminals, as well as various scams aimed at seniors and people living with a disability.



How to Write Fiction Mini-course

This three-hour workshop will teach the basics of composing a story for people recovering from mental illness or drug and alcohol addiction, veteran's groups and any other group that might benefit from exploring creativity. Participants will learn about plotting, characterization, dialogue and narration, setting and more. There will be exercises at every point along the way so the participants can learn as they go. This training will be restricted to groups of 2-10 people, however multiple sessions can be scheduled. Trainer Elizabeth Doan is a published author (under Lisa Doan, Kate Archer, and a variety of other pen names) who writes novels for young people and adult historical romance novels. She has an MFA in creative writing from Vermont College of Fine Arts, is on the board of the Brandywine Valley Writer's Group and is currently contracted with Dragonblade for a six book series.



Writing Your Memoir

This one-hour presentation will explain what a memoir is and how to get started writing one. There is an established link between writing about stressful experiences and improved health. According to the latest research, writing about personal experiences may even help patients heal from surgery faster, can reduce anxiety and lower stress hormones, and allows individuals to put events into perspective and create a sense of mental order and calm.



Hospital to Home

This one hour presentation will educate individuals on the biggest risk factors arising during a discharge from the hospital or any other controlled setting to an independent setting and how to mitigate those risks to avoid a readmission. Attendees will learn to: assess and react to symptom red flags, avoid mistakes in medication, and the importance of follow-up doctor visits.



The PA Link

This 1/2 hour presentation provides an overview of the aging and disability network system and provides important takeaway tools. Attendees will learn about the PA Link #800 number, available to any PA resident who needs information about programs and services and help accessing them. The person-centered counseling program—a service to assist people who have multiple problems and require a point person until they are enrolled in programs and services. .



The Risks of Reverse Mortgages

This one-hour presentation provides education on what a reverse mortgage is, what the potential pitfalls may be and how to proceed if an individual wishes to explore this option. Heavy emphasis is put on contacting a HUD counselor to discover if the instrument is a viable choice and hiring a professional to review the documents.



Using Narrative Non-fiction to Communicate Your Agency's Mission

Donor giving is rooted in emotion. In this one-hour presentation, agency staff learn how to

gather their facts and transform them into compelling stories by using the techniques of narrative non-fiction.



Setting up a Smartphone for a Tech-averse Senior

had the opportunity to learn how to use them it can seem as daunting as piloting their own spaceship. Learn the tips and tricks to streamline a cell phone and make what's left behind intuitive to the tech-averse.

The Montgomery County Office of Senior Services is committed to enhancing the lives of our residents age 60+ and their families through advocacy, education and provision of programs designed to meet the unique needs of this population. Through partnerships and collaboration our goal is to increase awareness associated with the aging process and provide an optimal experience of County residents.



Montgomery County
Office of Senior Services
610-

TOPIC PRESENTATIONS



FIRE SAFETY

Residential fires can be especially dangerous for older adults. This presentation will utilize fire safety techniques and plan for emergencies. Topics include the proper use of smoke detectors, home safety (cooking safety, appliance safety, electrical safety, etc.), developing an escape plan, responding to fire and more.



LET GUN SAFETY BE YOUR TARGET

This presentation explores issues that affect Seniors and how those issues play a role in gun safety. The goal of this program is to present the best and safest practices for any Senior who may find themselves in close proximity to a gun.



TALKING WITH YOUR DOCTOR: HOW TO PREPARE

Learn how you can take an interactive role in your healthcare! This presentation features tips on how to get ready for a doctor's visit, effectively talking with a doctor about health concerns, making decisions together about treatment, and remembering what was discussed following the appointment.



SAFE DRIVING FOR SENIORS

This Safe Driving presentation provides advice on how seniors can continue to drive safely for longer. It includes indicators designed to gauge driving ability as well as alternatives for life after driving.

WATCHING OUT FOR US

This Pedestrian Safety program reviews skills for safe walking. The presentation is interactive for participants and discusses topics such as crossing the street, visual barriers, parking lot safety, and much more.

FALL PREVENTION

This presentation reviews falls and fall risks. As we grow older, our fall risk increases. Learn what causes falls, how to address the fear of falling and what you can do to prevent a fall.



MAKING LIFESTYLE CHANGES: TYPE 2 DIABETES PREVENTION

Diabetes is on the rise in America. Prevention is key. This presentation explores what diabetes is, signs and symptoms, complications, and what we can do to prevent or delay our Type 2 Diabetes Risk.



ROAD TO HAPPINESS: UNDERSTANDING DEPRESSION

Depression is a medical condition that affects many older adults but depression is not a normal part of growing older. This presentation examines factors that put seniors at an increased risk of depression, explains how to detect depressive symptoms and reveals methods that help those affected begin to feel like themselves again.



Laurel House: Montgomery County

Available Presentation:

Elder Abuse (Domestic Violence, Sexual Assault, and Crimes Against Seniors): Laurel House and Victim Services

OUR MISSION

Laurel House is dedicated to the vision of ending domestic violence in each life, home, and community.

The Mission of Laurel House is to:

Advocate for and empower those impacted by domestic violence by providing crisis intervention, safe haven, supportive programs, and resources

Advance social change through preventative education, community training, and collaboration to foster a coordinated response to domestic abuse

Laurel House is a comprehensive domestic violence agency serving individuals, families, and communities throughout Montgomery County, Pennsylvania. The agency's name was selected because of the beauty of the laurel, Pennsylvania's state flower. It represents a victory for people who have taken the courageous first step of reaching out to Laurel House in their efforts to build a violence-free life for themselves and their children.

The agency's first program, a domestic violence shelter for abused women and their children, was founded by the Women's Center of Montgomery County in 1980. In 1981, Laurel House was incorporated as an independent nonprofit organization.

Since that time, Laurel House has expanded its programs and services to become the comprehensive domestic violence agency that it is today. In addition to emergency shelter, Laurel House offers: a 24-hour hotline, a text line, transitional housing, a children's program, individual and group counseling, medical advocacy, legal representation and advocacy, crisis response, law enforcement collaboration, as well as community education and prevention efforts.

Victims Services Center of Montgomery County (VSC): It is a free and confidential non-profit which offers counseling, advocacy support and a crisis 24/hour hotline for victims of crime and their relatives/ loved ones. It also works for the prevention of violence and crime through educational programs.

We could offer a financial safety presentation. It discusses what ID theft/fraud and financial crimes can look like. It discusses the common scams / prevention tips and what to do if someone is the victim of such a crime. Presentation also covers what VSC can do in supportive services like helping with Victims Compensation, other advocacy services and getting victims connected with local resources.

Please let me know if you have any questions.

Thanks you.

Marcela Lozano

Bilingual Advocate

(She/Hers)

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