

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.



Artificial Intelligence and Financial Scams—an update on financial scams with the development of AI



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.



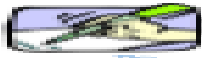
The PA Link

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

We didn't all grow up with cellphones and for those who have not 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.