

April 2023

Inside AGING

The Official Newsletter of the Pennsylvania Department of Aging



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in March 5 Inside Aging, the PDA

Communications team sat down with Acting Secretary Jason Kavulich for part one of a Q&A session to learn about his background and insight on the department.

Here in part two, Acting Secretary Kavulich talks about some of the wins for older adults in Governor Shapiro's budget proposal and about the State Master Plan on Aging.

You've been through your first budget address and budget hearing. What are the items benefiting older Pennsylvanians in Governor Shapiro's proposal that have you the most excited?



I believe Governor Shapiro's proposal represents a true investment in older Pennsylvanians, the likes that we haven't seen in years. When we look at the impact of the Property Tax/Rent Rebate Program, we know how many older Pennsylvanians will be impacted by the expansion. We know where that money goes. We know it's going to make

We add to that an expansion of the OPTIONS Program, which gives us the ability to stabilize the AAA workforce and expand and stabilize the personal care workforce. We also have an opportunity with senior center grants. The proposed additional \$1 million would help us reach those senior centers that traditionally have struggled with hitting the high bar that it is to being a part of the competitive grant cycle. This would make sure that those senior centers have funds coming into their doors to buy new computers, to get new exercise equipment or just to take care of the little everyday things that wear down over time.

“It’s great to be at the beginning of the conversation with the knowledge that the governor wants to see a true investment in older adult services.”

It’s a true victory for us. It’s great to be at the beginning of the conversation with the knowledge that the governor wants to see a true investment in older adult services and wants older Pennsylvanians to age in place and thrive in their communities.

What are some of your priorities for your first year?

Our first priority is reconnecting with our stakeholders, our network and fostering an open dialogue of finding shared vision and making sure we are all working toward the same end. There is going to be a tremendous amount of effort focused on the State Master Plan on Aging, which we’ve expanded to disabilities as well. To build out a master plan and not make sure that we’ve included those living with a disability who will become older adults who are part of our system is just not right.

We will do some fine-tuning in the department. We have transition happening including retirements, people moving on to different positions, and that gives us opportunity to reflect and find new efficiencies. There will be some changes, all with the intent of making ourselves more efficient so that we’re serving the network and older Pennsylvanians as best as we possibly can.

Tell us more about the State Master Plan on Aging.

previously the Deputy Secretary for the Office of Long-Term Living (OLTL) and has been a part of the Department of Human Services (DHS) for several years as well as other departments. Kevin is here to help us launch the State Master Plan on Aging. He brings to the table an incredible array of stakeholder connections, he has the wonderful ability to engage partners, and to bring people together to work on a shared vision and outcomes. Kevin is also familiar with our network, respects it, and wanted to come back to help our network thrive.

“We want the voices of older Pennsylvanians to be very loud in this plan.”

This plan doesn't end when this administration ends. It ends when Pennsylvania decides it's over and stops working, reviewing, and updating it. We are currently involved in the stakeholder engagement phase. We're asking every AAA to help with that by engaging with the populations they serve. We want the voice of older Pennsylvanians to be very loud in this plan. To do that, we must go into the communities that we serve to make sure that those Pennsylvanians who want to be heard know that their voices are reflected in this plan.

You have set a brisk timeline for the plan's development. Why is it so important to the commonwealth for a Master Plan on Aging to come into fruition now?

This is the largest expansion of the older adult population that we may ever see. We want to make sure that we get it right and do it fast so that as we enter this decade of massive expansion, we will be going from older adults representing 1 in 4 Pennsylvanians to 1 in 3.

We're building a robust plan quickly to meet their needs. While we'll get the plan completed on a brisk timeline, the implementation will be stretched out. We will do things in time-sensitive and measurable goal-oriented steps so we're processing what we have put down on paper and out into communities as it makes sense.

You've lived in Lackawanna County all of your life but now you are going to be living in Harrisburg too. How are you liking that so far?

walks, good restaurants to eat at, and good places to socialize, so I'm excited.

Change is good, change is good for all of us. You know, you're proud to say that you've lived in the same community and supported it your whole life, but change feels nice. It expands your horizon and views of the world, you meet new people, hear new ideas and ways of doing things. It makes life more fulfilling.

Is Butch a city or country pup?

Butch is a suburban dog. Like his fur father, he can adjust a lot. Butch has spent time in downtown Philadelphia, on an island and on many trails in northeastern and southeastern Pennsylvania. I think he'll adjust well.



WELCOME PDA'S NEW CHIEF COUNSEL, Althea Bennett

Althea Bennett, PDA's new chief counsel, brings both commonwealth and private-sector criminal and civil litigation experience to her new role.

Prior to joining PDA, she served as chief counsel to Pennsylvania's Office of Inspector General for four years, after starting her commonwealth service as a deputy general counsel at the Governor's Office of General Counsel.

Althea began her legal career at the Defender Association of Philadelphia as a staff attorney, then as a municipal court supervisor. She



handling appellate matters in Pennsylvania Superior and Supreme Courts, litigation matters in the Eastern District of Pennsylvania as a member of the Criminal Justice Act panel as well as civil and criminal litigation in Philadelphia and the surrounding counties.

A strong believer and advocate of volunteerism and pro bono legal work, Althea has served as a volunteer lawyer for the arts with the Philadelphia Arts and Business Council and Philadelphia VIP, Pro Bono Legal Services and Law Works, assisting low-income homeowners facing foreclosure.

She's looking forward to funneling her knowledge and diverse experiences into serving PDA and the older adults of Pennsylvania, noting, "The comparatively small size of the department is deceptive. In my short tenure, I'm seeing that PDA confronts a multitude of complex legal situations that touch the lives of some of our most vulnerable citizens. I'm honored to hold this position and to give it my complete dedication."

Welcome aboard, Althea!

Governor Shapiro's Budget Proposal Offers Big Wins for Older Pennsylvanians

Governor Josh Shapiro presented his first budget address last month to the Pennsylvania General Assembly for the 2023-24 Fiscal Year. The governor's proposed budget would make some critical investments for older adults to ensure they remain healthy, safe, and active in their homes and communities.

The proposed investments that would benefit older Pennsylvanians are:

- \$10 million for OPTIONS for programs and to reduce the waitlist. This also offers additional funding to the Area Agency on Aging network to retain staff and attract providers.
- \$1 million in additional funding for Senior Center grants
- Raising the Property Tax/Rent Rebate payouts from \$650 to \$1000 and increasing the income eligibility to \$45,000
- Increasing funding by \$1.5 million for Centers for Independent Living to provide additional resources to acquire and train in the usage of assistive technology devices

On March 27, Acting Secretary of Aging Jason Kavulich went before the House Appropriations Committee for his first PDA budget hearing.

PDA Reminds Older Adults Assistance is Available After Major Federal Changes to SNAP Benefits



**Supplemental
Nutrition
Assistance
Program**

The Department of Aging is reminding older adults dealing with a reduction in their Supplemental Nutrition Assistance Program (SNAP) benefits that [help with meals and other food assistance programs is available.](#)

The commonwealth's 485 Senior Community Centers provide nutritious lunchtime meals in a congregate setting to older adults. Many centers offer grab-and-go meals and will continue this service as the reduction in SNAP benefits begins. The 52 Area Agencies on Aging (AAAs) can also connect older adults to meal resources at the local level, including in-home meal delivery.

Since the pandemic started in 2020, SNAP recipients have been receiving an additional payment in the second half of the month known as an Emergency Allotment (EA). The EA ended at the end of February; starting March 1, SNAP recipients are now only receiving their one regular payment.

[Learn about the additional food assistance programs available by visiting the Department of Aging's website.](#)

DHS Warns about Potential SNAP Scam, Reminds Public of Safe Way to Apply for Assistance



SCAM ALERT

Block number

EBT-Notice for your EBT-Card is about to expire.

For more details on renewals, please call

REMINDER:
DHS will never ask for information about an EBT card, SNAP, or any other public assistance programs via unsolicited or random calls or texts.

Report suspicious calls and text to DHS at **1-844-DHS-TIPS (1-844-347-8477)**.

 **pennsylvania**
DEPARTMENT OF HUMAN SERVICES

The Department of Human Services (DHS) is warning Pennsylvanians about a potential scam in which individuals – regardless of whether they receive benefits through SNAP – receive a text asking for EBT card information and claiming that their card is blocked.

DHS reminds Pennsylvanians that the department will never ask for information about any public assistance program via unsolicited or random calls or texts. Anyone who receives communication about DHS benefits that seems suspicious should call the DHS fraud tip line at **1-844-DHS-TIPS (1-844-347-8477)**.

[Read the EBT Scam Alert Release](#)



DHS Urges Medicaid Assistance Recipients to Update Contact Information Due to Federal Changes Impacting Renewals

As of **April 1**, continuous eligibility has ended in [Pennsylvania's Medicaid program, also known as Medical Assistance \(MA\)](#). A new federal law had closed the continuous eligibility that had been offered during the pandemic even if enrollees became ineligible based on the criteria.

DHS is urging older adults enrolled in MA to make sure their contact information is correct

No one will lose their health coverage without an opportunity to renew it, and renewals will be completed over 12 months. If an older adult is found ineligible for their current coverage or does not complete their renewal in time, their MA coverage will end.

DHS is using various means of communication such as mail, text, email, and phone calls to inform Pennsylvanians about the upcoming changes.

[Information about when a person's annual renewal is scheduled can be found on COMPASS.](#)

Pennsylvanians can also use COMPASS to make updates to their information.

[Learn more about the changes and how to update your contact information by visiting the DHS website.](#)

If an older adult is no longer eligible for Medicaid, how can they find other health insurance?

Area Agencies on Aging (AAAs)

The AAAs are prepared to support older adults in their communities throughout the Medicaid unwinding process. The AAAs can provide education and resources for completing Medical Assistance renewal documents. You can also call for information on alternative health care programs and how to access them. To find your local Area Agency on Aging, visit www.aging.pa.gov/AAA or call the Department of Aging at 717-783-1550.

PACE Program

Older adults can call the Department of Aging's PACE program at 1-866-712-2060 for assistance with getting different health care coverage along with prescription costs through other coverage plans such as Medicare Part D and Part D Extra Help.

PA MEDI

Pennsylvania Medicare Education and Decision Insight (PA MEDI) counselors can answer questions and provide unbiased, easy-to-understand information about getting Medicare, Medicare Supplement Insurance, Medicaid, and Long-Term Care Insurance. You can learn more by visiting www.aging.pa.gov/medicare-counseling, or by calling 1-800-783-7067.

Pennie®

adults aged 60 to 64 who do not qualify for Medicare. The annual open enrollment period runs November 1 to January 15, but older adults seeking health care coverage may sign up if they experience a qualifying life event, such as loss of coverage, and are eligible for a special enrollment period. You can find out more by visiting <https://pennie.com>, or by calling 1-844-844-8040.

CHIP

For grandparents raising grandchildren and other kinship caregivers, Pennsylvania's Children's Health Insurance Program (CHIP) may provide health care coverage for children or teens who are uninsured and ineligible for or enrolled in Medical Assistance. You can learn more by visiting www.dhs.pa.gov/CHIP, or by calling 1-800-986-KIDS (5437).



SHARE Shares Housing Opportunities Available through SHARE Program

The Department of Aging is now offering a list of housing opportunities available in the counties participating in the Shared Housing and Resource Exchange (SHARE) program. The listings provide specific details such as the type of person that the homeowner is seeking to live with them as well as amenities and other important information for home seekers.

SHARE is an affordable housing choice that brings together homeowners who want to share their home with home seekers who are looking for housing in exchange for rent, help around

the house, or a combination of both.

[You can view the available housing list on the department's website.](#)

Senate Committees Host Hearing on Guardianship Laws



Youth Committee held a joint hearing on legislation regarding guardianship laws in the commonwealth.

[Senate Bill 506](#) would require courts to automatically appoint counsel to individuals undergoing the guardianship process, consider other less restrictive alternatives before imposing a guardianship, and institute training and screening of professional guardians.

Professionals who work directly with older adults – including Connie Brode, the executive director of the Huntingdon-Bedford-Fulton Area Agency on Aging – along with those in the senior and disability law fields gave testimony on the current state of guardianship in Pennsylvania.

[Watch the Guardianship Laws Hearing](#)



SHOW PDA YOUR GOOD FEELS MOMENTS

Whether it's volunteers giving of their time and talent, a PEER graduation, or a fun exercise program, PDA wants to see your 'good feels' moments. Send photos and some details to agingcomms@pa.gov, and you could see your moment in a future edition of Inside Aging and on [PDA's Facebook page](#).

Cumberland County Coffee Shop Sets up Opportunities for All Abilities



Employees and the owners of [NOOR, a coffee shop that employs neurodiverse Pennsylvanians](#), cut the ribbon during a grand opening ceremony. In addition to serving up beverages and food, the coffee shop is creating employment opportunities that are inclusive and welcoming to people of all abilities.

The owners named the shop after their 20-month-old daughter who was born with Down syndrome.

DHS' Office of Developmental Programs attended the grand opening.

ENE WOMAN WOWS AUDIENCES WITH HER PRODUCTION ON REAL-LIFE Experiences





Thaisa Anne is 57 and living with a brain injury. However, she is not letting that slow her down from creating, producing, and directing *WoW* or *Women of Word with a Few Man Made Words*.

WoW entered its 11th season last month with a performance to a packed audience at the Performing Arts Collective Alliance in Erie. The program covers subjects such as homelessness, mental health, domestic violence and more in a uniquely joyful way through poetry, dance, and original songs.

Thaisa says everyone in the cast is a survivor of something and many are living with a disability.

[Read more about Thaisa and WoW in the Erie Reader's website.](#)



[Watch the Performance on Facebook](#)

IN THE NEWS. Bucks County Students Serve up Meals to Homebound Older Adults

Students on the autism spectrum learned some valuable life skills while helping older adults in their community.

The group packed up meals to deliver to seniors who are unable to leave their homes.

[Watch the Story](#)

Meals on Wheels Driver Receives Commendation for Saving Consumer's Home from Fire in Clearfield County



Members of the Mature Resources Area Agency on Aging Governing Board awarded Joe Lenhart with a letter of commendation for his heroic action for putting out a fire in a consumer's home.

[You may recall the story from December 2022's Inside Aging](#) in which Joe, a volunteer fire fighter, discovered the fire while making a delivery as a

Meals on Wheels driver. The family was not home at the time, so Joe made his way into the house and quickly put out the fire before it spread and destroyed the home.

Kudos to you, Joe!



WWII Veteran Celebrates 100th Birthday in Blair County



David Taylor, member of VFW Post #1989, poses for a photo with Russell Stiffler during his 100th birthday party.



The Pennsylvania Department of Military and Veterans Affairs (DMVA) hosted a birthday celebration for Russell Stiffler who turned 100 years old last month. He is a resident of Hollidaysburg Veterans' Home in Blair County.

Russell entered the Army in 1944 during WWII where he served until 1946 and obtained the rank of staff sergeant. His military decorations

and citations include The Army of Occupations Medal (Europe), World War II Victory Medal, and the European African Middle Eastern Campaign Medal with one bronze star.

Post-war, Russell worked as a steel and iron laborer until he retired in 1977.

Thank you for your service, Russell. Here's to many more birthdays!



Retired PDA Employee Keeps Busy as Meals on Wheels Volunteer



Kevin Longenecker worked for more than 20 years at the Department of Aging. After he retired in 2021, Kevin discovered a new way to serve older adults through volunteering with Meals on Wheels in the Dauphin County township where he lives. He also handles the scheduling for volunteers.

Kevin spoke with PDA Communications Team about his acquired pastime and how he put his experience with the department to use.

Q: You had been with PDA for more than 20 years. How did your working with older adults prepare you for volunteering?

A: I was with the Department of Aging for 21 years. I worked for almost all the programs within the department, and it rubs off on you. Many times, over the years, I saw directly how they're benefiting seniors' lives. When I retired, I still had all the knowledge, and I wanted to utilize that. The only things that I really thought about doing were activities related to seniors. I looked into senior transportation, but that program actually ended in the township that I live in due to the pandemic. Being an in-home meals delivery person was right there as well. That was all of my focus, finding a way to work with seniors.

Q: Why did you choose to volunteer for Meals on Wheels?

A: My last couple of years with the department were working from home during the pandemic. I recall that we spent a lot of time in the Bureau of Aging Services coming up with the new protocols, how things were going to work for the Area Agencies on Aging (AAAs) for different programs. We talked about how people couldn't go to senior centers,

working.

That stuck with me the whole time: helping older adults have contacts with other people, and I really wanted to do that. I found that I really enjoy going out there and seeing the people when I'm delivering meals.

Q: What are some of the takeaways that you have experienced with volunteering?

A: There are a couple of clients who I really enjoy seeing. There's one woman who's a big Eagles fan like me, and we always love talking about the Eagles, especially this last season. There's a new guy that we have; I don't think he got a lot of visitors, so I always take a moment to say, "Hi, how you doing?" He's ex-military like me, so we have that in common. I just find those personal connections to be really nice.

There's been a couple of times that my Aging background came in handy. There's a number of our consumers who live with their adult children and their families. I remember one; I could see she was a little stressed, and I asked her if she ever heard of the Caregiver Support Program. I was able to explain some of the benefits to her. I'm really glad for those types of opportunities.

Q: What advice do you have for someone who may be thinking about volunteering?

A: There's a commitment to volunteering and being there. It's important for the seniors that someone is there every day dropping off the meals. It really helps for people to connect. A number of the volunteers are seniors themselves, and they see it as something to do. They're retired, they want to go out and see people. There's a lot of people who want to do something, and there's a lot of volunteering opportunities. If someone calls their local Area Agency on Aging, which is what I did, or looks on the AAA website, they may have a section on volunteering. See what's available and give it a try.

Q: Anything else that you would like to add that was not asked?

A: It's funny that when you retire, one of the things that I knew pretty much right away was that I didn't want to go back to work for somebody else. Since I retired, I needed something to do. Volunteering is a wonderful thing. There are so many different opportunities, and depending on where you live, there might be a real need for Meals on Wheels volunteers. There might be a need for transportation or senior center volunteers. If you try something that you find you don't really want to do in the long-term, try something else. There's a lot of opportunity out there for folks.



EVENT
info

In-Person & Virtual Events

Volunteer PDA
Recognition Event | 2023



Join Us Virtually

Tuesday, April 18, 2023
10:00 a.m. to Noon

You are invited to attend the 2023 PDA

Virtual Volunteer Recognition Event

Make plans to attend the Department of Aging's virtual volunteer recognition event from 10 a.m. to noon on **Tuesday, April 18**. The event will acknowledge and thank the volunteers in the aging network who give thousands of hours each year to deliver vital services to older Pennsylvanians.

Registration is Open

GOOGLE

OFFICE365

OUTLOOK

APPLE ICAL

[Register for the Volunteer Recognition Event](#)

Virtual Family Council Announces Meeting Date for April

The Virtual Family Council has announced it will convene on **Tuesday, April 18 from 4:30 p.m. to 6 p.m.**

A representative from the Center for Advocacy for the Rights and Interests of Elders (CARIE) will discuss how the end of the Public Health Emergency (PHE) may impact nursing home residents.

Anyone interested in joining the meeting can email jarotz@pa.gov and indicate "Virtual Family Council" in the subject line. They will receive an automatic email reply with

[You can now watch previous meetings on the Virtual Family Council's YouTube channel.](#)

Financial Events for Older Adults

Reverse Mortgages – An overview of what you can expect with reverse mortgages, including requirements, considerations, and pros and cons.

- Golden Connections Community Center, 20 Gotham Place, Red Lion (York County) on **Thursday, April 13** from 11 a.m. to noon. For more information, contact Kasie Ream at 717-244-7229.

Fraud Bingo – A fun and interactive presentation that teaches consumers how to protect themselves from investment scams and other financial fraud by playing a familiar game: Bingo.

- Mohler Senior Center, 25 Hope Drive, Hershey (Dauphin County) on **Wednesday, April 19** from 2 p.m. to 3 p.m. For additional information, contact Melissa Weigle at 717-533-2002.
- Myerstown Senior Community Center, 59 N. Ramona Road, Myerstown (Lebanon County) on **Tuesday, April 25** from 11:15 a.m. to 12:15 p.m. For more information, contact Ann Kim at 717-866-6786.
- Senior Resource Fair, LCBC Church, 450 Chambers Hill Road in Harrisburg (Dauphin County) on **Wednesday, April 26** from 10 a.m. to 11:00 a.m. For additional information, contact Detective Christopher Seiler at 717-564-2550.

Jefferson County Elder Justice Day 2023 – Staff from the Department of Banking and Securities will be presenting and available to answer questions during the Elder Justice Day event at Heritage House, 4 Sylvania St., Brookville (Jefferson County) on **Friday, April 21** from 10 a.m. to 2 p.m. **Attendance is limited to the first 100 people.** To RSVP, contact 814-849-3096.



DEADLINE TO FILE TAXES IS APRIL 18

Because of the Emancipation Day holiday in Washington D.C., the filing deadline to submit 2022 tax returns this year is April 18. That is the same deadline to file Pennsylvania income tax returns.

The Department of Revenue encourages all Pennsylvanians to use myPATH to file their state personal income taxes.

Older adults also can use myPATH to apply for rebates on property taxes or rent that they paid during 2022. Previously, applicants were required to submit a paper application.

For more information, visit the [Department of Revenue's website](#).

Pennsylvania's Naloxone Program Results in Thousands of Overdose Reversals



The Shapiro Administration is reminding Pennsylvanians that there are multiple ways to access the life-saving opioid reversal medication, naloxone. Since 2017, nearly 23,000 opioid overdose reversals have been made with naloxone purchased through one of the state's programs.

Naloxone is a medication approved by the U.S. Food & Drug Administration (FDA) to rapidly reverse an opioid overdose by quickly restoring breathing to a person if their breathing has

slowed or stopped.

[Pennsylvania residents as well as community organizations can obtain naloxone through a](#)

Narcan® Nasal Spray for Over-the-Counter Use

On March 29, the [Food and Drug Administration announced its decision to authorize Narcan® nasal spray for over-the-counter use](#). Narcan® is one of several naloxone forms available to restore the breathing of a person experiencing an opioid overdose.

It may take several months before Narcan® nasal spray is available in retail stores for non-prescription purchase. A valid prescription will still be required to obtain other dosages and formulations from the pharmacy, such as generic naloxone.

The FDA's decision does not impact [Pennsylvania's standing order for naloxone](#), which enables individuals to purchase naloxone from Pennsylvania pharmacies without a prescription. Through the standing order, Pennsylvanians can continue to access additional types of naloxone, including nasal sprays, nasal atomizers, and injectable naloxone.

The FDA's decision also does not impact the Department of Drug and Alcohol Programs' (DDAP's) funding toward making naloxone available for low- and no-cost across the commonwealth. Through the PACE program's naloxone copay assistance program, all Pennsylvanians (regardless of age) [may receive up to \\$75](#) to assist with the reimbursement of naloxone at the pharmacy.



LOOKING BACK

- Acting Secretary Kavulich met with the House Appropriations Committee on March 27 to discuss Governor Shapiro's proposed budget for the Department of Aging. Secretary Kavulich answered questions from state legislators and highlighted the budget request for an increase in funding for older adult services as well as a \$1 million expansion in the department's Senior Center Grant Program.
- Additionally, Sec. Kavulich expressly encouraged the legislature to adopt the

Pennsylvanians by increasing the income level eligibility requirements.

LOOKING AHEAD

- **Tuesday, April 11** – House Appropriations Committee Hearing for the Department of Human Services
 - **Wednesday, April 12** – Senate Appropriations Committee Hearing for the Department of Human Services
 - **Thursday, April 13** – Senate Appropriations Committee Hearing for the Department of Health
 - **Monday, April 24** – House and Senate return to regular session
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