



Newsletter

**Pennsylvania Secretaries of
Aging and DCNR dedicate
*Pathways to Fitness***



Summer
2018

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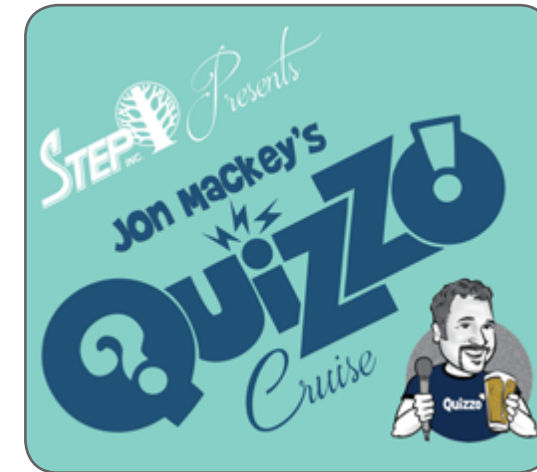
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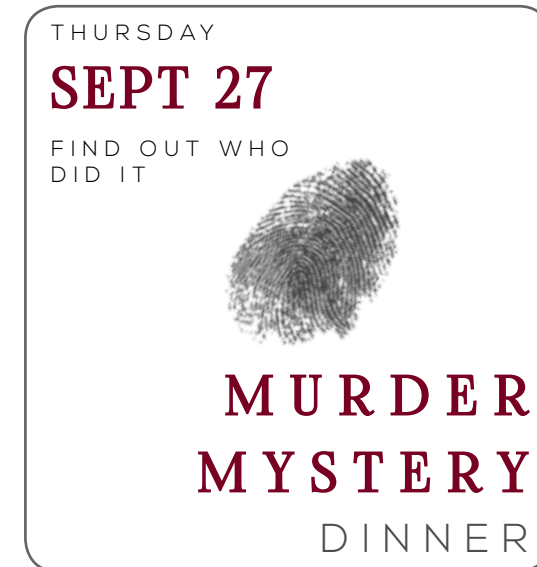
Mark Your Calendar!



Wednesday, September 5 • 6 PM - 8 PM
STEP Presents: Jon Mackey's Quizzo Cruise
Hiawatha Cruise | \$25

STEP will be hosting Jon Mackey's Quizzo on the Hiawatha. If you are not familiar with Quizzo, it's a pub trivia game, and Jon Mackey is a local Quizzo master. Your \$25 ticket to this fundraiser for the STEP Community Collaboration Endowment Fund will include two drinks, food, and Quizzo on the Hiawatha.

Tickets can be purchased online at:
www.stepcorp.org/Quizzo



Thursday, September 27 • 5:30 PM
Murder Mystery Dinner
DiSalvo's Restaurant | 341 E. 4th St., Williamsport | \$50

Join STEP for an evening of mystery at DiSalvo's! The Murder Mystery Dinner will be Lycoming-Clinton Counties Commission for Community Action (STEP), Inc's most significant fundraiser of 2018. It will feature a thrilling interactive mystery from Williamsport's Resounding Cymbals Performing Arts. Your ticket will include a delicious multicourse meal; drinks will be available for purchase.

Tickets can be purchased online at:
www.stepcorp.org/MurderMystery



Sunday, November 4 • 1:00 PM
Gift Card Bingo
Clinton County Community Center
124 E. Walnut St., Lock Haven | \$20

Join us for Gift Card Bingo at STEP's Clinton County Community Center! Admission includes 3 cards for 20 regular games. Additional cards can be purchased at the event. Doors open at 11:30 AM. Stay tuned for more information!

Proceeds of these events will benefit STEP's Community Collaboration Endowment Fund! To make a donation to the fund, visit www.stepcorp.org/Community_Collaboration_Endowment_Fund

STEP Round Hills Campus

Head Start Community Garden



STEP Round Hills Campus has a new community garden thanks to a \$500 donation from AmeriHealth Caritas Northeast.

On June 28th, children and families from STEP Head Start and the Family Pathways program at STEP Round Hills Campus came together to plant vegetables and flowers in their new garden beds.

"Sometimes children think their food comes from the grocery store. When they see an apple, they really don't know its source," said STEP Head Start Deputy Director Laurel Cowher. "This is giving children the chance to see where their food source comes from, that it is natural, and that plants grow in soil and need water and sunshine to grow," she added.

With help from their teachers and parents, these new gardeners planted sunflowers, tomatoes, eggplant, and kale. Once it's time to harvest, Head Start hopes to have the students try the vegetables they planted.



AmeriHealth Caritas Northeast works closely with community leaders and organizations, such as STEP Head Start, to develop programs to promote the health of our communities. For more information on AmeriHealth Community Health Programs contact Nancy Fahey at 570-212-1984.



EARLY LEARNING RESOURCE CENTER

PA OFFICE OF CHILD DEVELOPMENT AND EARLY LEARNING

7 Region

In partnership with STEP, Inc.
Serving Lycoming, Clinton, and Tioga counties.



The Early Learning Resource Center (ELRC) Region 7 is now part of STEP's Early Learning Pathway. July 2 was the "go live" date for ELRC. We now have offices in Mansfield and Lock Haven along with the existing ones at Lincoln Street in Williamsport. ELRCs serve parents, providers, partners, and the community to have a true regional hub for information and services connected to Early Learning and Care in Pennsylvania.

HOW CAN AN EARLY LEARNING RESOURCE CENTER HELP YOU?

- Provide support through Quality Coaches to help you achieve Keystone STAR 3 and 4 status.
- Assist in building connections with community partners.
- Support children and families in accessing additional services.

REGION 7 OFFICE LOCATIONS

- Williamsport | 2138 Lincoln Street
STEP, Inc.
- Lock Haven | 124 E. Walnut Street
Clinton County Community Center
- Mansfield |
275 St. James Street Suite 107B





PATHWAYS TO FITNESS

Dedication

On Friday August 10, Department of Conservation and Natural Resources (DCNR) Secretary Cindy Adams Dunn and Department of Aging Secretary Teresa Osborne joined STEP, the Lycoming County Commissioners, and other local officials in the dedication of wellness enhancements in the South Williamsport Community Park Complex and STEP RiverWalk Center.

Built next to the Susquehanna RiverWalk, STEP's RiverWalk Center now provides an expanded variety of recreational and wellness activities and services geared toward healthy aging. STEP partners with the South Williamsport Borough and others to offer services benefitting individuals, families, and communities.

The Pathways to Fitness initiative was funded as a Health Pilot Project by DCNR and the Department of Aging, and made possible through partnerships with STEP and the Borough of South Williamsport. A Department of Aging investment of \$90,000 benefitted the STEP Office of Aging. This funding enabled the purchase and installation of fitness trail equipment, bicycles, walking poles, and implementation of a Pathways to Fitness Program. The Borough of South Williamsport received a DCNR Keystone Community Grant of \$75,000, earmarked for its Community Park Complex, related parking lot improvements, walking path connectors, and the purchase and installation of playground equipment and signage.



Jim Plankenhorn
President & CEO
STEP, Inc.



Fred Shrimp
STEP Office of Aging Director
STEP, Inc.



Cindy Adams Dunn
Secretary
Pennsylvania Department
of Conservation & Natural
Resources



Teresa Osborne
Secretary
Pennsylvania
Department of Aging



Jack McKernan
Commissioner
Lycoming County



Dick Koch, AICP
Pennsylvania Chapter of
the American Planning Association

"Partnership is the watchword in today's celebration of wide-ranging improvements to a complex that benefits so many and has been supported by so many," said Secretary Dunn. "The combined efforts of South Williamsport, DCNR, the Department of Aging, and other agencies all have paved the way for unique community assets that benefit seniors, but are being enjoyed by all."

"Today's Pathways to Fitness dedication symbolizes the Wolf Administration's commitment to improving community health and enhancing Pennsylvania's trail system," said Secretary Osborne. "The success of this project emphasizes that regardless of age or stage of life, by working together, we can blaze a trail of wellness that connects neighborhoods and people to one another."

Concluding the dedication, Dick Koch, AICP, of the Pennsylvania Chapter of the American Planning Association presented a Great Place in Pennsylvania award for the RiverWalk to the Lycoming County Commissioners and Transportation Planner Mark Murawski.

Geared to benefit the community's aging residents, and building upon existing DCNR investments in the area, the Pathways to Fitness initiative seeks to increase connections to the Susquehanna RiverWalk and provide community assets -- both indoor and outdoor -- for long-term, healthy lifestyles.



STEP Celebrates

Pennsylvania's Empowered Expert Residents



Pictured at left: Volunteers from the Flemington First Church of Christ served family-style meals prepared by the 4-C's Café, also located in the Clinton County Community Center.

PEER recognized at each facility include:

- | | | |
|--|---|--|
| Janie Darrisaw
Albright LIFE | Janet Herman
Haven Skilled Rehab & Nursing | Linda Weaver
West House |
| Eleanor DeVito
AristaCare at Loyalsock | Elsie Shay
Manor Care Jersey Shore | Florence Barth
Susque-View |
| Jim Gyurina
Bucktail Medical Center | Mary Davenport
Manor Care North | Elaine Perritt
UPMC Susquehanna Health
Muncy |
| Dave Butler
Eagle Ridge Personal
Care Home | Bob Basinger
Manor Care South | Florence Metzger
Valley View |
| Gary Gardner
Fulmer's Personal Care Home | John Holmes
Wolf Run Village | Ann Harrison
Williamsport Home |
| | Shirley Beyer
Rose View Center | |

Pennsylvania's Empowered Expert Residents (PEER) from various nursing and personal care homes throughout Lycoming and Clinton counties gathered at the Clinton County Community Center for PEER Day, held on Friday, July 27.

Founded in 2002, and administered in Lycoming and Clinton counties by STEP since 2006, the PEER program trains nursing/personal care home residents to advocate for themselves to improve the quality of their own lives.

Each PEER group consists of individuals who have completed a five-week training course, during which residents learn about the laws governing nursing homes and assisted living residences, how to present their issues to the administration of a facility, the function of the ombudsman, and more. One Outstanding PEER was nominated by each group and recognized with an award. Janet Herman (pictured above), of Haven Skilled Rehab & Nursing, was additionally recognized as *PEER of the Year*, for Lycoming and Clinton counties.

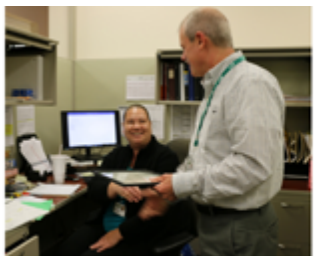




Employee of the Year

2017-2018
Fiscal Year

2017 - 2018 Employee of the Year Nominees



Kim Lathan



Dana Cain



Toni Troxell

Three employees were in the running for the title of STEP's 2017-2018 Employee of the Year. All were recognized throughout the year for outstanding achievement in the workplace: Care Manager/Assessor Kim Lathan of STEP Office of Aging, STEP Multimedia Specialist Dana Cain, and Accounts Payable/Payroll Coordinator Toni Troxell of the Fiscal Department.

On Thursday, June 28, Kim Lathan was named Employee of the Year, receiving a framed award to signify her achievement, along with a \$100 gift card of her choice.



Employee of the Quarter

1st Quarter
2018-2019

Nikolina Cleaver has been a dedicated protective services worker with the STEP Office of Aging for one year. Prior to that, she was a caseworker in the Aging program for one and a half years. She has dealt with many challenging cases involving abuse, neglect, and exploitation.

Nikolina takes tremendous pride in her work and always assesses the safety and welfare of the older adults in all the cases that she investigates. She looks at all aspects of each case to make sure she develops a plan that alleviates the imminent risk of death, physical harm, and exploitation.

Nikolina is so positive and dedicated to her job. Her positivity is contagious to her co-workers and she brings out the best in everyone. The job she does is very difficult, but she does not allow it to bring her down.



From left: STEP President & CEO Jim Plankenhorn, STEP Office of Aging Social Services Director Stacy Willits, Protective Services Caseworker Nikolina Cleaver, and STEP Office of Aging Director Fred Shrimp



Retiree Spotlight: Daryl Kern



After the adjustment of not having to get up each weekday morning I settled into a leisurely pace... retirement. I have been enjoying spending more time with my husband Scott, family, and friends - oh yes... and "lunching." We bought a pickup truck camper to travel and have made a few trips. Most recently, in May, we went south to Georgia and the Carolinas. We drove along the Blue Ridge Parkway into the Great Smokey Mountains and visited Brasstown Bald, the highest peak in Georgia. From there we took our time traveling towards the coast and spending time on Ocracoke Island. We go to gardens, museums, and some local attractions, but mostly enjoy the natural splendor. Our camper can take us to regular camp grounds or we can do 'boondocking' (set up just about anywhere). We have been to new, beautiful, and interesting places and feel like this is just the beginning of our travels.



When I'm not traveling I am active with the Lycoming County Master Gardeners. I recently joined the League of Women Voters with a non-partisan mission of empowering voters and defending democracy, and have participated in a few marches. I have done some service projects with STEP AmeriCorps which has been lots of fun. I enjoy just putting around the house, learning to make kombucha tea, and have tried out some of those recipes I have been collecting for years.

Daryl Kern
Retired
STEP AmeriCorps
Program Manager



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