



***COLUMBIA/MONTOUR AGING OFFICE, INC.  
2026 APRIL NEWSLETTER***

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Christine's Corner

April 2026

## We've Made It—Spring is Here!

The snow and ice have melted, the buds are beginning to push through, and we have been given another fresh start. Spring is a wonderful reminder to slow down, count the blessings around us, and take a moment to breathe in the fresh air.

We would first like to take this opportunity to thank you for your generous donations to this agency during *Raise the Region 2026*. All funds raised will go directly toward services for the older adults of Columbia and Montour Counties. This agency is truly blessed to have the support of its board members, staff, and the community.

The funding situation has been very stressful for Aging Offices across the state. We continue to think creatively, share ideas, and make sacrifices as we work to meet the needs of older adults in our communities. We recognize that there are individuals waiting for services for themselves or for the people they care for and these delays can increase stress for everyone involved.

April is recognized as **Stress Awareness Month**, making it an ideal time to encourage everyone to be mindful of their own mental and physical health, as well as the well-being of those around them. Chronic stress can leave individuals feeling overwhelmed, anxious, or irritable. It may also contribute to headaches, high blood pressure, and depression.

Older adults may experience stress related to health concerns, financial challenges, caregiving responsibilities, or changes in daily routines and social connections. Recognizing stress and addressing it early can help improve quality of life and overall well-being.

There are many simple ways to manage stress in healthy ways. Staying physically active, maintaining regular social connections, practicing relaxation techniques such as deep breathing or meditation, and getting adequate sleep can all help reduce stress levels. Participating in community activities, volunteering, or attending local programs can also provide meaningful social interaction and support.

It is important to remember that no one has to manage stress alone. Reaching out to friends, family members, healthcare providers, or community organizations can provide valuable support and resources. The Columbia-Montour Aging Office remains committed to supporting the well-being of older adults in our communities. If you or someone you care for is experiencing stress or needs assistance, please do not hesitate to reach out. Our staff is here to help connect you with the services and support that can make a difference.

Kind regards,

*Christine*

## What We Offer, How We Help: Care Management



The Columbia-Montour Aging Office is guided by two primary goals: to provide services that enable older adults to maintain a safe, independent lifestyle in their homes and communities, rather than becoming dependent on institutional care; and to advocate for older adults and their evolving needs.

Through this ongoing newsletter feature, *What We Offer, How We Help*, we will highlight the many services available as we work toward achieving these goals. Each edition will provide a brief overview of a specific service and the impact it has on those we serve.

Our first spotlight is **Care Management**—one of the core services that serves as the backbone of our agency.

The office currently has five dedicated Care Managers whose responsibilities truly reflect their title: they manage the care of older adults assigned to their caseloads. Through regular home visits and consistent phone availability, Care Managers build strong, supportive relationships with their clients.

They conduct comprehensive assessments to determine the level of care needed to help individuals remain safe and independent in their homes. In addition, they connect clients to a wide range of community resources, ensuring that each person receives the support best suited to their unique situation.

Just as importantly, Care Managers provide something that cannot be measured—an empathetic ear, a trusted presence, and reassurance during times of uncertainty.

Care Management is more than a service, it is a vital support system that helps older adults maintain dignity, independence, and quality of life while remaining in the place they call home.


In the coming months, we'll highlight Meals of Wheels, Personal Care, and Medication Set-Up—essential in-home services our Care Managers coordinate every day.



BENTON SENIOR CENTER  
 42 COMMUNITY DRIVE  
 BENTON, PA. 17814  
 925-6533 Mon—Thu 8:30–2

# April 2026

Lunch Orders:  
 Meals must be ordered by 10 AM  
 the day before you want to eat

Mon	Tue	Wed	Thu
<b>April Birthdays</b> <b>Ed 4/5</b> <b>Flo 4/9</b>		<b>1</b> 9:00 April Fools Celebration 10:00 Sit and Fit 11:00 Activities of Choice	<b>2</b> 9:00 Morning Joe 10:00 Chair Yoga 12:00 Fundraiser Prep
<b>6</b> 9:00 Board Meeting 10:30 Speaker: Marc Yemzow Driving Safety 11:00 Amanda BP Screening	<b>7</b> 9:00 Morning Chit-Chat 10:00 Pinochle Tournament 12:00 Activities of Choice	<b>8</b> 9:00 Social Hour 10:00 Sit and Fit 12:00 Activities of Choice	<b>9</b> 9:00 Morning Joe 10:30 Speaker TBA 11:00 Fundraiser Prep
<b>13</b> 9:00 Social Hour 10:00 Sit and Fit 11:00 Speaker TBA	<b>14</b> 9:00 Morning Joe 10:00 Chair Yoga 11:00 Fundraiser Update	<b>15</b> 9:00 Social Hour 10:00 Sit and Fit 11:00 Fundraiser Prep	<b>16</b> 9:00 Morning Joe 10:00 Chair Yoga 12:00 Fundraiser Prep
<b>20</b> 9:00 Morning Joe 10:00 Sit and Fit 11:00 Fundraiser Report/ Center Update	<b>21</b> 9:00 Morning Joe 9-11 Food Bank Volunteers 10:00 Chair Yoga 11:00 Speaker TBA	<b>22</b> 9:00 Social Hour 10:00 Sit and Fit 12:00 Games of Choice	<b>26</b> 9:00 Morning Joe 10:00 Pinochle/Passing Card Tournament 10:30 Games of Choice
<b>27</b> 9:00 Morning Joe 10:00 Sit and Fit 11:00 Trivia	<b>28</b> 9:00 Morning Joe 10:00 Chair Yoga 12:00 Games of Choice	<b>29</b> 9:00 Social Hour 10:00 Sit and Fit 11:00 Speaker TBA	<b>30</b> 9:00 Morning Joe 10:00 Chair Yoga 11:00 Trip Update

# April 2026 Berwick Senior Center



1401 Orange Street, Berwick, PA 18603  
Phone: 570-204-0884 \* bcenter@cmaaa15.org  
Open Mon—Fri 9 am—2 pm

Lunch is served daily at 11:30 AM

Order lunches/rides by 9:30 the weekday prior to visit

Mon	Tue	Wed	Thu	Fri
<b>IMPORTANT DATES IN APRIL</b> ⇒ Easter Party Wednesday the 1st ⇒ Shady Maple Trip Tuesday the 21st ⇒ Chair Yoga EVERY Mon & Thurs		<b>1 EASTER PARTY!</b> 	<b>2 Canasta Hand &amp; Foot</b> <b>Word Games</b> <u>10:30 Chair Yoga</u> Mara, Berwick Yoga Studio	<b>3 CLOSED</b> 
<b>6 Games of Choice</b> <u>10:30 Chair Yoga</u> Pinochle after lunch 12:15 Penny Bingo	<b>7 Canasta Hand &amp; Foot</b> <b>SCRABBLE DAY</b> 10:45 Pokeno 12:15 Quarter Bingo	<b>8 Fruit &amp; Pastries</b> Social Time <b>10:30 CENTER MEETING</b> 12:15 Penny Bingo	<b>9 Canasta Hand &amp; Foot</b> <b>Word Games</b> <u>10:30 Chair Yoga</u> Mara, Berwick Yoga Studio 12:15 Quarter Bingo	<b>10 SURPRISE MEAL</b> Rumikub, Canasta <u>10:45 POKENO</u> 12:15 Penny Bingo
<b>13 <u>10:30 Chair Yoga</u></b> 12:15 Penny Bingo Pinochle after lunch 	<b>14 Canasta Hand &amp; Foot</b> <b>Scrabble Day!</b> 10:45 Pokeno 12:15 Quarter Bingo	<b>15 Fruit &amp; Pastries</b> Social Time Games of Choice 9-11:30 CDSMP Workshop <b>10:30 Nutrition Talk</b> 12:15 Penny Bingo	<b>16 Canasta Hand &amp; Foot</b> <b>Word Games</b> <u>10:30 Chair Yoga</u> Mara, Berwick Yoga Studio 12:15 Quarter Bingo	<b>17 HOAGIE DAY</b> Cards of Choice <u>10:45 POKENO</u> 12:15 Penny Bingo
<b>20 Games of Choice</b> <u>10:30 Chair Yoga</u> Mara, Berwick Yoga Studio 12:15 Penny Bingo Pinochle after lunch	<b>21 SHADY MAPLE TRIP!</b> <b>CENTER CLOSED</b>	<b>22 Fruit &amp; Pastries</b> Social Time 9-11:30 CDSMP Workshop <u>10:30 Theresa from Medicare</u> 12:15 Penny Bingo	<b>23 Canasta Hand &amp; Foot</b> <b>Word Games</b> <u>10:30 Chair Yoga</u> Mara, Berwick Yoga Studio 12:15 Quarter Bingo	<b>24 PIZZA DAY</b> <b>GAMES OF CHOICE</b> <u>10:45 POKENO</u> 12:15 Penny Bingo
<b>27 Games of Choice</b> <u>10:30 Chair Yoga</u> Mara, Berwick Yoga Studio 12:15 Penny Bingo Pinochle after Lunch	<b>28 Rumikub</b> Hand & Foot 10:45 Pokeno 12:15 Quarter Bingo	<b>29 Fruit &amp; Pastries</b> 9-11:30 CDSMP Workshop 10:30 Amanda with BP 12:15 Penny Bingo 	<b>30 Canasta Hand &amp; Foot</b> <b>Word Games</b> <u>10:30 Chair Yoga</u> Mara, Berwick Yoga Studio 12:15 Quarter Bingo	

# April



Bloomsburg Senior Center, Open 9:00-2:00 M-T-W-TH  
 229 WEST 6TH ST Bloomsburg 570-784-8615  
 Lunch at 11:30, please order the day before by 9:45




Mon

Tue

Wed

Thu

Fri



<p>SR CENTER WILL BE OPEN M-T-W-TH THE MONTH OF APRIL 9:00 TO 2:00</p>		<p>1 9:00 TABLE TALK          10:00-11:00 EXERCISE CLASS WITH PAM          YOUR CHOICE OF GAMES</p>	<p>2 10:00 SPEAKER DEB ERDMAN-HOW TO GET UP FROM A FALL PROGRAM          GAMES AFTER LUNCH          CARDS &amp; DOMINOS</p>	<p>CLOSED</p>
<p>6 9:30 -10:30 EXERCISE WITH ANDREA          12:00 TRAVEL VIDEO</p>	<p>7 10:00-11:00 YOGA CLASS WITH HEATHER          12:00 CARD GAME OF YOUR CHOICE          10:00 EASTER BINGO</p>	<p>8 PANERA DAY          10:00-11:00 EXERCISE CLASS WITH PAM          DOMINOS AFTER LUNCH</p>	<p>9 9:00 NEWS TODAY          10:00 CELL PHONE HELP          12:00 TRAVEL VIDEO          DOMINOS AFTER LUNCH</p>	<p>CLOSED</p>
<p>13 9:00 TABLE TALK          PEDDLER EXERCISE WITH VIDEO          PUZZLES &amp; CARDS</p>	<p>14 10:00-11:00 YOGA CLASS WITH HEATHER          10-11:30 BP SCREENING BY MEDICINE SHOPPE          12:00 BINGO</p>	<p>15 9:00 SNACKS          10:00-11:00 EXERCISE CLASS WITH PAM          12:00 LRC DICE GAME</p>	<p>16 9:00 COOKIES          10:00-2:00 BOOK SALE          10:30 BRITTNEY FROM ENCOMPASS HEALTH INFO          CARDS AFTER LUNCH</p>	<p>CLOSED</p>
<p>20 9:00 SNACKS          10:00 MOVIE DAY          YOU PICK THE MOVIE</p>	<p>21 10:00-11:00 YOGA CLASS WITH HEATHER          12:00 500 RUMMY GAME          DOMINOS</p>	<p>22 9:00 TABLE TALK          10:00-11:00 EXERCISE CLASS WITH PAM          BOARD MEETING          APRIL BIRTHDAYS</p>	<p>23 10:00 JASMYN ELDER          LAW INFORMATION          NEW CLASS          12:00-1:00 TAI CHI CLASS WITH PAM CHAIR/STANDING</p>	<p>CLOSED</p>
<p>27 9:30-10:30 EXERCISE WITH ANDREA          PUZZLES &amp; CARDS          DOMINOS</p>	<p>28 10:00-11:00 YOGA CLASS WITH HEATHER          12:00 UNO CARD GAME          PUZZLES &amp; CARDS</p>	<p>29 9:00 TODAY'S NEWS          10:00-11:00 EXERCISE CLASS WITH PAM          12:00 BINGO TODAY</p>	<p>30 9:00 TODAY'S NEWS          10:00 CARDS          12:00-1:00 TAI CHI CLASS WITH PAM CHAIR/STANDING</p>	<p>CLOSED</p>

# April 2026



**MONTOUR SENIOR CENTER**  
 605 W. Mahoning Street, Danville, PA 17821  
 \*570-275-1466\* dcenter@cmaa15.org



MON	TUES	WED	THURS	FRI
		1 <b>CLOSED</b>	2 9 Social Hour Easter Traditions 10:30 BP Checks with Amanda/Encompass 12:30 Skee Ball	3 <b>CLOSED</b> <b>Good Friday</b>
6 <b>CLOSED</b>	7 9 Baked Goods From Giant 10:30 Music with Mike 12:30 Hospice Care with Patricia	8 <b>CLOSED</b>	9 9 Social Hour 10 Oakland Health & Rehab with Courtney 12:30 Game of Choice	10 <b>CLOSED</b>
13 <b>CLOSED</b>	14 9 Baked Goods From Giant 10 Center Meeting and Breakfast 12:30 Life Giesinger with Kristen Busko	15 <b>CLOSED</b>	16 9 Social Hour 10 Talk Circle with Kathy Shelley 12:30 Shuffleboard	17 <b>CLOSED</b>
20 <b>CLOSED</b>	21 9 Baked Goods From Giant 10:30 Music With Mike 12:30 Pastor Bill	22 <b>CLOSED</b>	23 9 Social Hour 10 Chair Yoga with Heather 12:30 Bingo	24 <b>CLOSED</b>
27 <b>CLOSED</b>	28 9 Baked Goods From Giant 10 Trooper Sara Barrett 11 Luncheon Outing	29 <b>CLOSED</b>	30 9 Social Hour 10 Fundraiser Report 12:30 Game of Choice	

# FREY'S MENU

<p>April 6</p> <p>Sausage, Egg, and Cheese English Muffin with Grape Jelly Carrots and Wax Beans Warm Cinnamon Apples Fresh Clementine</p>	<p>April 7</p> <p>Chicken and Broccoli Casserole with Egg Noodles Broccoli Butternut Squash Pepper Slaw</p>	<p>April 8</p> <p>Meatloaf with Gravy Mashed Potatoes Shaved Brussels Vanilla Pudding with Apples Whole Grain Bread</p>	<p>April 9</p> <p>Pork Schnitzel with Mushroom Gravy Buttered Noodles Mixed Vegetables Fresh Orange Dinner Roll</p>	<p>April 10</p> <p>Pepper Steak with Pepper Tomato Sauce Scalloped Potatoes Rivera Vegetables Three Bean Salad</p>
<p>April 13</p> <p>Baked Goulash Carrot Coins Green Beans Apple Sauce</p>	<p>April 14</p> <p>Honey Mustard Chicken Mixed Vegetables Haluski Broccoli Salad</p>	<p>April 15</p> <p>Italian Meatballs Spaghetti with Sauce Italian Vegetable Blend Fresh Romaine with Italian Whole Grain Bread</p>	<p>April 16</p> <p>Roasted Pork with Gravy Mashed Potatoes Buttered Catalina Vegetables Pumpkin Custard Whole Grain Bread</p>	<p>April 17</p> <p>Stuffed Pepper Casserole Harvard Beets Green and Wax Beans Gelatin with Fruit Whole Grain Bread</p>
<p>April 20</p> <p>Chicken Marsala Mashed Potatoes Rivera Blend Vegetables Fresh Orange Dinner Roll</p>	<p>April 21</p> <p>Barbeque Chicken Sandwich Roll Molasses Baked Beans Carrots and Cauliflower Gelatin with Fruit</p>	<p>April 22</p> <p>Baked Mexican Casserole Mexican Corn Spanish Beans Baked Custard</p>	<p>April 23</p> <p>Salisbury Steak with Mushroom Gravy Halushkie Peas with Pearl Onions Pineapple</p>	<p>April 24</p> <p>Tuna Noodle Casserole Peas and Carrots Garlic Cauliflower Creamy Cole Slaw Whole Grain Bread</p>
<p>April 27</p> <p>Pork Barbeque Sandwich Roll Macaroni and Cheese Peas and Cauliflower Creamy Cole Slaw</p>	<p>April 28</p> <p>Sweet and Sour Chicken White Rice Broccoli and Cauliflower Fresh Pear</p>	<p>April 29</p> <p>Texas Hot Dog with Hot Dog Roll Wax Beans and Carrots Molasses Baked Beans Fresh Clementine</p>	<p>April 30</p> <p>Chicken Ala King Stewed Tomatoes Rice Pilaf Apple Sauce Whole Grain Bread</p>	<p>May 1</p> <p>Cheeseburger Sandwich Roll Halushkie Peas and Carrots Tropical Fruit Salad</p>

## LIGHTER FARE MENU

April 6 Ham Salad Pickled Beet Salad Mandarin Oranges Sugar Cookie Croissant	April 7 Sliced Turkey and Swiss with Lettuce Leaf Three Bean Salad Mandarin Oranges Fresh Apple Whole Grain Wrap	April 8 Chicken Craisin Salad with Lettuce Leaf Tropical Fruit Salad Carrot & Raisin Salad Whole Grain Bread	April 9 Chicken Noodle Soup Chicken Cobb Salad Blue Cheese Dressing Pasta Salad Fresh Apple	April 10 Chicken Salad with Lettuce Leaf Pepper Slaw Fruit Cocktail Whole Grain Wrap Fresh Clementine
April 13 Seafood Salad Chocolate Pudding Carrot Raisin Salad Croissant Fresh Clementine	April 14 Sliced Ham and Swiss with Lettuce Leaf Tropical Fruit Salad Creamy Cole Slaw Whole Grain Bread	April 15 Beef Vegetable Soup Chicken Caesar Salad with Croutons and Dressing Macaroni Salad Fresh Clementine	April 16 Italian Hoagie with Ham, Salami, Cheese and Tomato and Lettuce Pepper Slaw Mandarin Oranges	April 17 Buffalo Chicken with Blue Cheese Dressing Mandarin Oranges Pasta Salad Fresh Apple
April 20 Chicken Cobb Salad with Blue Cheese Dressing Pasta Salad Fresh Apple	April 21 Ham Salad Pepper Slaw Bananan Pudding Croissant Fresh Pear	April 22 Beef Barley Soup Tuna Salad Carrot Raisin Salad Mandarin Oranges Croissant	April 23 Chef Salad with Ranch and Ham, Turkey, Cheese Fruit Cocktail Macaroni Salad Fresh Orange Dinner Roll	April 24 Sliced Turkey and Swiss with Lettuce Leaf Broccoli Salad Tropical Fruit Salad Sugar Cookie Whole Grain Wrap
April 27 Chicken Rice Soup Chicken Salad Pepper Slaw Peaches Whole Grain Wrap	April 28 Chef Salad with Ranch and Ham, Turkey, Cheese Fruit Cocktail Pasta Salad Fresh Clementine	April 29 Ham, Turkey, Swiss with Lettuce Leaf Broccoli Salad Peaches Fresh Banana	April 30 Bacon, Lettuce, Tomato Pears Creamy Cole Slaw Fresh Banana Whole Grain Bread	May 1 Seafood Salad Chocolate Pudding Carrot Raisin Salad Croissant Fresh Clementine

# MONTOUR SENIOR CENTER

Members celebrated St. Patrick's Day in festive style! Everyone wore their green...It was a wonderful day filled with good food, great company, and plenty of Irish Cheer!



Everyone brought delicious dishes to share. The corned beef and cabbage was a big hit—a true St. Patrick's Day tradition!





## What not to store in the garage

**Wondering what not to store in the garage? Some items might surprise you. Learn more about what can stay and what should be stored elsewhere.**

• **Extra fuel:** Stashing portable gas cans or propane tanks in the garage can be dangerous: Highly flammable fuel poses a leaking risk. If storing any fuel, do so only in dedicated, leak-proof containers out of the reach of children and out of paws of pets and away from potential sources of fire ignition such as water heaters or power tools. A shed away from the house is a better storage spot.

• **Paint or home-improvement chemicals:** liquids, such as latex, freeze at the same temperature as water. Others may need a temperature-controlled environment. Check the manufacturer's directions for guidance.

• **Furniture:** Unless the garage is climate-controlled, its interior is subject to wild swings in heat and humidity. This can warp wood, and pests such as rodents may root (and ruin) upholstery, fabric or mattresses. If the garage offers your only option for furniture storage, find a clean, dry spot that's elevated off the floor.

• **Clothing:** A better spot for out-of-season clothing is a sealed container in an attic, basement or the back of a closet. In a garage, clothing may soak up fumes and dust and be at risk of insect or pest damage.

• **Food:** This means any food — food for birds, for pets and for humans. Perishable items are far too tempting for vermin, and canned food may spoil more quickly in temperature extremes. Think twice about that extra fridge in an unheated and un-air-conditioned garage, the appliance may struggle to operate efficiently as temperatures fluctuate.

• **Anything fragile or valuable:** Photographs, artwork and electronics are just a few of the items that need the stability of climate control. If you couldn't bear to see it lost or destroyed, then it probably shouldn't be in the garage.

## What should you store in a garage?

- Lawn care tools and equipment
- Gardening supplies
- Plastic storage bins
- Hoses
- Sports equipment:
- Patio furniture and pool tools
- Cars of course.

**MEMORY CONNECTIONS**

# Lisa's Place MEMORY CAFÉ

1ST & 3RD THURSDAYS\* OF THE MONTH  
11:00 AM - 12:30 PM AT THE BLOOMSBURG PUBLIC LIBRARY

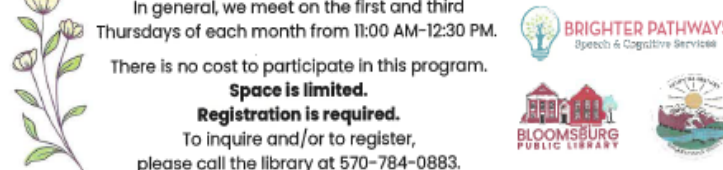


**UPCOMING DATES:**  
 Jan 15\*      Apr 2 & 16  
 Feb 5 & 19    May 7 & 21  
 Mar 5 & 19    Jun 4 & 18

Join us for a welcoming social gathering designed for individuals living with memory loss and their care partners. Enjoy delicious baked goods, a warm cup of coffee or tea, and meaningful time spent together making new friends and trying out new activities. Relax and spend time with people who have experience interacting with people living with memory challenges.

Each month offers something new such as engaging activities, creative art projects, and the chance to connect with others who truly understand. Whether you come to participate or simply to relax and enjoy the company, you'll always be among friends and, above all, become part of a community!

\*Special date because of the New Year Holiday.  
 In general, we meet on the first and third Thursdays of each month from 11:00 AM-12:30 PM.  
 There is no cost to participate in this program.  
**Space is limited.**  
**Registration is required.**  
 To inquire and/or to register, please call the library at 570-784-0883.



Visit [bloomsburgpa.gov/memory-connections](http://bloomsburgpa.gov/memory-connections) for more programs and info!

# PURPLE PLATE MEALS

Join Fellow Dementia Care Partners & Their Loved Ones For A Special Meal Out

Enjoy a pay-your-own-way meal featuring a limited menu in a warm, welcoming, and supportive environment.



**REGISTRATION BY THE MONDAY BEFORE IS REQUIRED!**  
 Registration or questions: Call or text 570-979-1199 or email [info@brighterpathwaysspeech.com](mailto:info@brighterpathwaysspeech.com).

**MONTHLY DINNERS:**  
 3RD WEDNESDAY  
 4:00 - 5:30 PM  
 JANUARY 21    APRIL 15  
 FEBRUARY 18    MAY 20  
 MARCH 18      JUNE 17

**MONTHLY LUNCHEONS:**  
 1ST SATURDAY  
 12:30 - 2:00 PM  
 JANUARY 24\*    APRIL 4  
 FEBRUARY 7      MAY 2  
 MARCH 7         JUNE 6

\*special date

**WHERE:**  
 TURKEY HILL BREWING CO., 991 CENTRAL RD., BLOOMSBURG



# ADDITIONAL INFORMATION

**MEMORY CONNECTIONS**

## Dementia & Memory Loss Support Group

Engaging activities for loved ones and support and connection for care partners!

2nd Tuesday of the Month  
10:00 - 11:30 am

**Join Us!**  
**SHILOH BIBLE CHURCH**  
 in Youth Activity Center  
 123 Church St.  
 Bloomsburg, PA 17815



**UPCOMING DATES:**  
 Jan 13      Apr 14  
 Feb 10      May 12  
 Mar 10      Jun 9

**CARE PARTNERS:** If you plan to bring a person living with dementia, please **REGISTER IN ADVANCE** so we can create functional and engaging activities with support from community members.

**Questions & Registration:**  
 Call/Text Hazley at 570-979-1199  
[info@brighterpathwaysspeech.com](mailto:info@brighterpathwaysspeech.com)



# LIVING A HEALTHY LIFE WITH CHRONIC CONDITIONS

**Self-Management Skills for  
Heart Disease, Arthritis, Diabetes,  
Depression, Asthma, Bronchitis,  
Emphysema and Other Physical and  
Mental Health Conditions**



**FREE 6-WEEK COURSE**

**All Are Welcome!**

**Starts:** April 15, 2026

**When:** Once weekly for 6 weeks

**Time:** 9:00 AM—11:30 AM

**Location:** Berwick Senior Center  
1401 Orange Street  
Berwick, PA 18603

**Cost:** 60 and older attend for FREE

**RSVP:** By 04/13/2026

**Questions or more information?**

**Call Sherri or Tracy**

**(570) 784-9272**



Pennsylvania  
**Department of Aging**



COLUMBIA-MONTOUR  
**Aging Office, Inc.**  
*The Agency with Heart!*



# COMMUNITY HEALTH & SAFETY DAY

Saturday, April 11, 2026  
10 AM – 4 PM



Meet First Responders from Bloomsburg EMS, & Espy FD!  
Bring your whole family and explore an ambulance and fire truck up close!

## Easter Egg Hunt - 1:00 PM

*Fun for the whole family!*



## Meet Local Healthcare and Safety Vendors

Explore health resources and safety services!

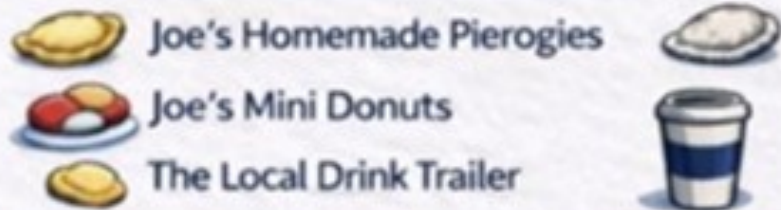


## Learn Life-Saving Skills

- CPR & First Aid
- Narcan Training
- EpiPen Use
- Stop the Bleed



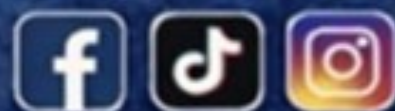
## Food Trucks On Site!



For more information, visit our  
website at [emstrain.org](http://emstrain.org) or call us  
at (570) 389-1065



1469 Old Berwick Rd, Bloomsburg, PA



IN PARTNERSHIP WITH



# DEMENTIA FRIENDLY SUSQUEHANNA VALLEY CAREGIVER SUPPORT GROUP

The vision of DFSV is to make the Susquehanna Valley Region a place where those living with dementia, and their caregiver, feel supported, understood, and included as a valued member of their community.

**HOSTED BY:**



# Glen Brook

Rehabilitation  
& Healthcare  
Center

**901 East 16<sup>th</sup> Street**


**Berwick, PA 18603**


TO REGISTER

**Third Wednesday of each Month**

**1:00 to 2:00pm**

**Contact Maria Fazio**

 **570-204-8308**

 **MFazio@glenbrookrhc.com**

**March 18th**

**April 15th**

**May 20th**

**June 17th**

**July 15th**



# Free Dementia Caregiver Conference

**Saturday, April 25**  
**9 a.m. – 12:30 p.m.**

Doors open at 8:30 a.m. and light refreshments will be provided.

LIFE Geisinger  
1100 Spruce St., Kulpmont

## Geisinger

If you care for someone with dementia, don't face the challenges alone. Join us for a morning filled with education, sharing and insights.

### Experts and topics

- Behavioral neurologist – Types of dementia and disease stages
- Elder law office – Legal and financial planning
- Social worker – Caregiver health and well-being
- Speech and occupational therapist – Importance of therapy techniques for those with dementia
- Experienced caregiver – Conversation with a caregiver
- Area Agency on Aging, LIFE Geisinger, Alzheimer's Association – How they can help

You have the compassion – we have the knowledge and resources to support you.

Spots limited. Register today:  
[geisinger.org/caregiver](https://www.geisinger.org/caregiver)

Questions? Call **570-808-2772**



# Anticipatory Grief Support

Facing the impending  
loss of a loved one

**Second Saturdays**

**10:00 AM - 11:30 AM**



**MEMORY  
CONNECTIONS**

**Emily Kahn, MSW**, hosts a monthly support group that is specially designed for care partners of loved ones who are experiencing terminal illness, including dementia. The anticipation of losing someone close, the “long goodbye” as it is commonly referred to, can be isolating and confusing. This group allows for the opportunity to share in the company of others who are moving through a similar life experience in a supportive, judgement-free environment.



No registration necessary. For more information, please call the Library at 570-784-0883.



[bloomshurapl.org](http://bloomshurapl.org)

# Ombudsman Are Special Volunteers...

Have you ever had a loved one in a Long Term Care Facility?

(Nursing Home, Personal Care Home or Assisted Living)

If so, then you know the importance of visitors.

Ombudsman volunteers are special people who enrich the lives of residents who are living in Long Term Care Facilities. Ombudsman volunteers will receive training to help empower all residents, to ensure they are living with dignity and respect and to ensure they are receiving the highest quality of care they deserve.



You can help with this important program! We will provide all necessary training, orientation and experience...

**APPLY NOW!**

The Union-Snyder Area Agency on Aging, Inc. is a 501(c)(3) nonprofit corporation advancing the rights of older adults living in Union and Snyder counties. It serves as the primary agency for developing and providing services for persons sixty and over in Union and Snyder counties.

For information, call Amy Foster: 1-800-533-1050

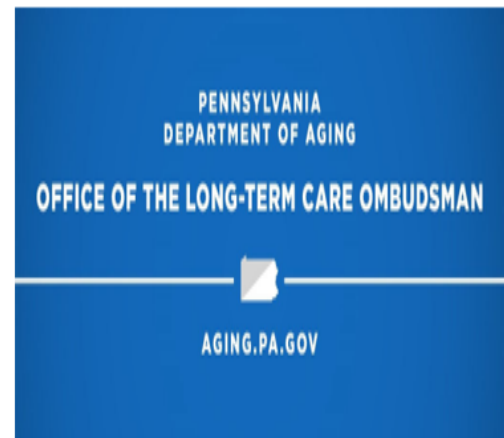


**Union-Snyder Agency on Aging, Inc.**

*Serving older adults and their families  
with vision, dedication and concern*

**\*\* We serve nursing facility and personal care home residents in Union, Snyder, Northumberland, Columbia, Montour & Perry county facilities \*\***

## DO YOU HAVE A CONCERN ABOUT YOUR LONG-TERM CARE FACILITY?



If you have a question, concern, or complaint, Pennsylvania's Long-Term Care Ombudsman Program can help. Your local ombudsman is trained to advocate for your rights and will work to resolve your problems by

- **Listening to your concerns**
- **Respecting your choices**
- **Offering ideas and options to help meet your individual needs**

**Services are Free and Confidential**

**CALL THE UNION-SNYDER AGENCY ON AGING**

**(570) 524-2100 or 1-800-533-1050**



**Union-Snyder  
Agency on Aging, Inc.**

**\*\*\*Our Ombudsman program serves residents in nursing facilities and personal care homes in Union, Snyder, Perry, Northumberland, Columbia and Montour counties\*\*\***

# APRIL

## Word Search

H N S S B Q S P R I N G O M T  
S P A H I A P R I L F O O L S  
J D P E R R I R P K A V Y D V  
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Z V I P E U G K U U C P N J S  
G X L H Z V L U W L X G Z U U  
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U D C D U V J Y B Y V Y T R Y  
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Y O F M B L C V Z X Q R V N R  
O Y I A E R J F V H N O E Y S  
F N S R D T M H C Y A S P X M  
M S F T B U K E A R T H D A Y

Birds  
Bunnies  
Sunny  
Tricks  
Sheep  
Easter  
Earth Day  
Butterflies  
April Fools  
Spring  
Rain  
Flowers

