Columbia-Montour Aging Office, Inc.

November Newsletter

2026

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From Lacy's desk

November is National Family Caregivers Month, a time to recognize the family members, friends, and neighbors who devote their time and energy to caring for loved ones. From preparing meals and providing transportation to managing appointments and offering reassurance, caregivers make a difference every day. Their work often happens quietly, but its impact is immeasurable.

At the Columbia–Montour Aging Office Inc., we see the compassion and commitment caregivers bring to their responsibilities. We also recognize that caregiving can be physically and emotionally demanding. Caregivers need support, opportunities to rest, and the reassurance that they do not have to manage everything alone.

That is where community matters. Checking in on a caregiver, offering to run an errand, or spending time with their loved one can provide meaningful relief. Supporting local aging services is another way to help. With limited funding and growing needs, community generosity helps us sustain services that older adults and their families depend on.

We invite you to put that spirit of community into action at our **Bingo fundraiser on Sunday, November 15, 2026, at the Espy Fire Company. Doors open at noon, and games begin at 2:00 p.m. Tickets are $25 each.** Join us for an afternoon of Bingo, special games, a basket raffle, and delicious food. Bring a nonperishable food item to be entered into a special raffle!

Whether you purchase a ticket, volunteer, bake a treat, donate a raffle basket or gift card, or become a sponsor, your contribution supports our mission. Please contact our office at **570-784-9272** for tickets or information about getting involved.

To our caregivers: thank you for the patience, love, and dedication you share each day. And to our community: thank you for helping us care for those who care for others. Together, we can help older adults and their caregivers feel supported, valued, and connected.

Lacy Temple
Director



pennsylvania
Medicare Education and Decision Insight

What We Offer, How We Help: PA Medi

The PA MEDI Program, which stands for **Pennsylvania Medicare Education and Decision Insight**, is a free service offered through the Pennsylvania Department of Aging. PA MEDI provides access to certified counselors who offer confidential, unbiased assistance with Medicare enrollment, coverage questions, and understanding Medicare benefits.

PA MEDI counselors do not sell insurance products or recommend specific insurance plans. Their role is to provide objective information so individuals can make informed decisions about their healthcare coverage.

Whether you are currently enrolled in Medicare or approaching Medicare eligibility, PA MEDI is available to help you navigate your options with confidence. To speak with a certified counselor, contact your local Area Agency on Aging and request PA MEDI assistance.

There is no cost for this service, and all counseling is confidential.



BENTON SENIOR CENTER
42 COMMUNITY DRIVE
BENTON, PA. 17814
570-925-6533 Mon - Thu 9 - 2

November 2026

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

Mon	Tue	Wed	Thu
2 Board Meeting 9:00 Board & Members Meeting 10:00 Sit and Fit 10:45 Speaker: Bill Williams, History of CCC Camp Morton near Elk Grove 11:30 Lunch	*3 Pinochle* 9:00 Morning Joe 9:00 Pinochle Tournament 11:30 Lunch 12:30 Games of Choice	*4 Panera Day* 9:00 Morning Joe 10:00 Sit and Fit 11:30 Lunch 12:30 Games of Choice	*5* 9:00 Morning Joe 11:30 Lunch 12:30 Games of Choice
9 MAKE ICE CREAM DAY 1 9:00 Morning Joe 10:00 Sit and Fit 10:30 Make Ice Cream (flavor 1) 11:30 Lunch 12:30 Games of Choice	*10 MAKE ICE CREAM DAY 2* 9:00 Morning Joe 10:00 Make Ice Cream (flavor 2) 11:30 Lunch 12:30 Games of Choice	*11 VETERANS DAY* CENTER CLOSED	*12 EAT ICE CREAM DAY !!* 9:00 Morning Joe 10:00 Eat Ice Cream (which flavor do you like best?) 11:30 Lunch if you aren't full of ice cream
16 9:00 Morning Joe 10:00 Sit and Fit 10:30 Blood Pressure Screening 11:30 Lunch 12:30 Games of Choice	*17 Food Bank (N4Cs)* 9:00 Morning Joe 9-11 Food Bank Volunteers 11:30 Lunch 12:30 Games of Choice	*18 Panera Day/Potluck Dinner* 9:00 Morning Joe 10:00 Sit and Fit 11:30 Thanksgiving Potluck Dinner 12:00 Games of Choice	*19 Pinochle* 9:00 Morning Joe 9:00 Pinochle Tournament 11:30 Lunch 12:30 Games of Choice
23 9:00 Morning Joe 10:00 Sit and Fit 11:30 Lunch 12:30 Games of Choice	*24* 9:00 Morning Joe 11:30 Lunch 12:30 Games of Choice	*25 Panera Day* 9:00 Morning Joe 10:00 Sit and Fit 11:30 Lunch 12:30 Games of Choice	*26 THANKSGIVING DAY* *CENTER CLOSED* 
30 9:00 Morning Joe 10:00 Sit and Fit 11:30 Lunch 12:30 Games of Choice			

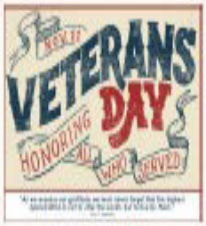
November 2026
Berwick Senior Center



1401 Orange St., Berwick PA 18603
Phone: 570-204-0884 * bcenter@cmaaa15.org
Open Mon—Fri 9a.m.-2 p.m.

Lunch is served daily at 11:30 AM

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

Mon	Tue	Wed	Thu	Fri
2 Games of Choice Pinochle after Lunch 12:15 Penny Bingo	3 Rummikub Hand & Foot 11:45 Pokeno 12:15 Quarter Bingo	4 Fruit & Pastries Social Time 10:00 Anthony Petroski Active Shooter	5 10:30 Chair Yoga Mara, Berwick Yoga Studio 12:15 Quarter Bingo	6 Veteran's Day Celebration 
9 Games of Choice Pinochle after Lunch 12:15 Penny Bingo	10 Scrabble Day RUMMIKUB HAND & FOOT 12:15 Quarter Bingo	11  CLOSED	12 10:30 Chair Yoga Mara, Berwick Yoga Studio 12:15 Quarter Bingo	13 Pizza Day Cards of Choice 10:45 Pokeno 12:15 Penny Bingo Prep for Vendor Sale!
16 Games of Choice Pinochle after Lunch 12:15 Penny Bingo	17 Rummikub Hand & Foot 11:45 Pokeno 12:15 Quarter Bingo	18 Fruit & Pastries Social Time 10:30 CENTER MEETING 12:15 Penny Bingo	19 CANASTA TOURNAMENT 10:30 Chair Yoga Mara, Berwick Yoga Studio 12:15 Quarter Bingo	20 HOAGIE DAY Cards of Choice 10:45 Pokeno 12:15 Penny Bingo
23 Games of Choice 12:15 Penny Bingo Pinochle after Lunch	24 Scrabble Day Rumikub Hand & Foot Scrabble Day 12:15 Quarter Bingo	25 Fruit & Pastries Social Time Amanda– BP 12:15 Penny Bingo 	26  CLOSED	27  CLOSED
30 Games of Choice Pinochle after Lunch 12:15 Penny Bingo Baby Shower!			**IMPORTANT DATES IN November** ⇒ Veteran's Day Celebration the 6th ⇒ Vendor Sale on the 14th ⇒ Chair Yoga EVERY Thurs	

NOVEMBER 2026



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 10am

MON	TU	WED	THURS	FRI
2 SNACKS 9:30–10:30 EXERCISE WITH ANDREA GAME OF CHOICE	3 ELECTION DAY YOUR VOTE COUNTS 10:00 & 10:30 YOGA CLASS WITH HEATHER	4 SNACKS 10:00-11:00 EXERCISE WITH PAM FALL TRIVIA	5 SNACKS 10:00 KIMMIE FROM BROOKDALE 12:00-1:00 TAI-CHI CLASS-WITH PAM	CLOSED
9 SNACKS 10:00 CRAFT CLASS WITH DARLENE PUZZLES	10 SNACKS BLOOD PRESSURE 10:00 & 10:30 YOGA 10:00 ENCOMPASS WITH BRITTANY	11 CLOSED VETERANS DAY 	12 SNACKS 12:00-1:00 TAI-CHI CLASS WITH PAM CHAIR OR STANDING 10:30 BINGO	CLOSED
16 TABLE TALK BAKING & DECORATING PUMPKIN COOKIES RUMMIKUB	17 10:00-11:00 YOGA CLASS WITH HEATHER 12:00 SPECIAL MUSIC	18 SNACKS 10:00-11:00 EXERCISE WITH PAM GAMES AND PUZZLES	19 12:00-1:00 TAI-CHI CLASS WITH PAM GAME OF CHOICE SPEAKER TBA	CLOSED
23 SNACKS MAKING A CHRISTMAS ORNAMENT	24 10:00-11:00 YOGA CLASS WITH HEATHER 11:00 CENTER MEETING NOVEMBER BIRTHDAYS 	25 10:00-11:00 EXERCISE WITH PAM PUZZLES WHAT ARE YOU THANKFUL FOR?	26 CLOSED FOR THANKSGIVING	CLOSED
30 SNACKS 9:30-10:30 EXERCISE WITH PAM RUMMIKUB		November Birthstone: Topaz Flower: Chrysanthemum Color: Red and Blue		CLOSED



MONTOUR SENIOR CENTER 2026

605 W. Mahoning Street, Danville, PA 17821

570-275-1466 dcenter@cmaaa15.org

Lunch served at 11:30



Monday	Tuesday	Wednesday	Thursday	Friday
2 CLOSED	3 Goods from Giant 10:30 Music with Mike 12:30 Mindful Movements with Maggie	4 CLOSED	5 Morning Mix & Munchies 10:30 BP Checks with Amanda 12:30 Game of Choice	6 CLOSED
9 CLOSED	10 Goods from Giant 10:30 Monthly Center Meeting 12:30 Bloomsburg University Nursing Students	11 CLOSED VETERANS DAY	12 Gather-Graze-Gab 10:00 Oak Glen Healthcare & Rehab with Courtney 12:30 Mindful Movements with Maggie	13 CLOSED
16 CLOSED	17 Goods from Giant 10:30 Music with Mike 12:30 Pastor Bill	18 CLOSED	19 Coffee-Conversation & Light Bites 10:00 Talk Circle with Kathy & Carol 12:30 Craft	20 CLOSED
23 CLOSED	24 Goods from Giant 10:30 What Are We Thankful For? 12:30 Thanksgiving Feast	25 CLOSED	26 CLOSED Happy Thanksgiving	27 CLOSED
30 CLOSED		CLOSED		CLOSED

FREY'S MENU

November 2 Meatloaf with Gravy Mashed Potatoes Parmesan Broccoli Vanilla Pudding Whole Grain Bread	November 3 Pork with Mushroom Gravy Sweet Potatoes Garlic Green Beans Fresh Clementine Dinner Roll	November 4 Chicken Florentine Buttered Noodles Buttered Lemon Pepper Broccoli and Cauliflower Apple Sauce Whole Grain Bread	November 5 Pepper Steak with Pepper Tomato Sauce Scalloped Potatoes Rivera Vegetables Three Bean Salad Whole Grain Bread	November 6 Baked Mexican Casserole Mexican Corn Spanish Beans Gelatin with Fruit
November 9 Maple Dijon Chicken Sweet Potatoes Shaved Brussels Apple Sauce Dinner Roll	November 10 Hamburger Hashbrown Casserole Honey Ginger Carrots Coins Green Beans Fresh Orange Whole Grain Bread	November 11 Roasted Pork with Gravy Mashed Potatoes Buttered Catalina Vegetables Mandarin Oranges Whole Grain Bread	November 12 Chicken Piccata with Lemon Caper Sauce Rice Pilaf Buttered Mixed Veggies Creamy Cole Slaw	November 13 Meatball Sub with Hoagie Roll Creamy Pesto Rotini Peas and Cauliflower Fresh Apple
November 16 Mexican Style Pork Cilantro Rice Chuckwagon Corn Tortilla Chips Mandarin Oranges	November 17 Chicken Alfredo Alfredo Shells Winter Vegetable Blend Fresh Banana	November 18 Tuna Noodle Casserole Garlic Smashed Cauliflower Peas and Carrots Baked Custard	November 19 BarBeQue Chicken Sandwich Roll Macaroni and Cheese Carrot Coins Fresh Orange	November 20 Cheeseburger Hamburger Roll Molasses Baked Beans Peas and Cauliflower Fresh Grapes
November 23 Hamburger Barbeque Sandwich Roll Creamed Corn Green Beans Fresh Banana	November 24 Pork Barbeque Sandwich Roll Macaroni and Cheese Mixed Vegetables Creamy Cole Slaw	November 25 Roasted Turkey with Gravy over Stuffing Mashed Potatoes Sliced Apples with Cranberries Fresh Clementine	November 26 THANKSGIVING THANKSGIVING THANKSGIVING THANKSGIVING THANKSGIVING	November 27 HOLIDAY HOLIDAY HOLIDAY HOLIDAY HOLIDAY
November 30 BBQ Pork Rib Sandwich Roll Carrots & Cauliflower Green Beans Fresh Apple	December 1 Sausage Gravy Fresh Biscuit Creamed Peas Pepper Slaw	December 2 Chili Con Carne White Rice Four Seasons Vegetables Fresh Banana	December 3 Sweet and Sour Pork Loin Buttered Noodles Island Vegetable Blend Tropical Fruit Salad	December 4 Creamy Tuscan Chicken Garlic Mashed Potatoes Catalina Vegetable Blend Fresh Clementine Dinner Roll

LIGHTER FARE MENU

November 2 Ham, Turkey, Swiss with lettuce leaf Whole Grain Bread Broccoli Salad Peaches Fresh Banana	November 3 Chicken Fajita Salad with Ranch Dressing Chuckwagon Corn Salad Mandarin Oranges Tortilla Chips Sugar Cookie	November 4 Ham and Bean Soup Turkey and Swiss with lettuce leaf Whole Grain Wrap Pickled Beet Salad Tropical Fruit Salad	November 5 Greek Salad with Dressing Breaded Chicken Tenders Pasta Salad Pineapple Fresh Apple	November 6 Bacon Ranch Chicken with lettuce leaf Whole Grain Wrap Cole Slaw Tropical Fruit Salad Fresh Banana
November 9 Vegetable Soup Chicken Caesar Salad with Croutons and Dressing Pasta Salad Fresh Orange	November 10 Buffalo Chicken Salad with Blue Cheese Dressing Banana Pudding Tropical Fruit Salad Dinner Roll	November 11 VETERANS DAY VETERANS DAY VETERANS DAY VETERANS DAY VETERANS DAY	November 12 Corned Beef Ruben with Swiss Cheese and Thousand Island Dressing Rye Bread Cinnamon Apples Creamy Cole Slaw	November 13 Ham, Turkey, Swiss with lettuce leaf Whole Grain Bread Peaches Broccoli Salad Fresh Banana
November 16 Waldorf Chicken Salad with lettuce leaf Mandarin Oranges Carrot Raisin Salad Croissant	November 17 Buffalo Chicken Wrap with lettuce leaf and Blue Cheese Dressing Celery Sticks Macaroni Salad Fresh Orange	November 18 Chef Salad with Ham, Turkey, Cheese and Ranch Dressing Three Bean Salad Tropical Fruit Salad Sugar Cookie Dinner Roll	November 19 Chicken Noodle Soup Bacon, Lettuce, Tomato Whole Grain Bread Pepper Slaw Sliced Apples	November 20 Chicken Salad with lettuce leaf Whole Grain Wrap Three Bean Salad Mandarin Oranges
November 23 Tuna Salad Wrap with lettuce leaf Whole Grain Wrap Mandarin Oranges Pepper Slaw Sugar Cookie	November 24 Ham Salad Croissant Creamy Cole Slaw Fresh Pear Sugar Cookie	November 25 Ham, Turkey, Swiss with lettuce leaf Whole Grain Bread Tropical Fruit Salad Broccoli Salad Fresh Apple	November 26 THANKSGIVING THANKSGIVING THANKSGIVING THANKSGIVING THANKSGIVING	November 27 HOLIDAY HOLIDAY HOLIDAY HOLIDAY HOLIDAY
November 30 Ham Salad Croissant Cole Slaw Peaches Sugar Cookie	December 1 Waldorf Chicken Salad Croissant Pickled Beet Salad Cinnamon Apples Gelatin with Fruit	December 2 Seafood Salad Croissant Three Bean Salad Mandarin Oranges Sugar Cookie	December 3 Beef Barley Soup Tuna Salad Whole Grain Bread Mandarin Oranges Cole Slaw	December 4 Bacon, Lettuce, Tomato Whole Grain Bread Three Bean Salad Pears Fresh Apple

Meals on Wheels Donation Coupon

Columbia-Montour Aging Office, Inc.

Your gift delivers nutritious meals to qualifying older adults in our community.

Just **$31.00** provides five meals for an older adult.

Yes, I would like to support Meals on Wheels:

☐ $31 — One week of meals ☐ $62 — Two weeks of meals ☐ Other: $_____

Name: _____

Address: _____ **City/State/ZIP:** _____

Phone: _____ **Email:** _____

Payment: ☐ Check enclosed ☐ Cash enclosed

Please make checks payable to **Columbia-Montour Aging Office**.

Mail or deliver this coupon with your donation to:

Columbia-Montour Aging Office, Inc.

702 Sawmill Rd, Suite 201

Bloomsburg, PA 17815

Scan to donate via PayPal

donation to Columbia-Montour Aging Office Inc.

Thank you for helping older adults receive nutritious meals at home.

EMPLOYEE

Appreciation Day









We Appreciate ALL YOU DO!







Meet Brenda, Our Auctioneer!





















(***Left***) Carol Sunday, President of the CMAOI Board of Directors, proudly awarded Sherri Magill with the **first-ever Employee of the Year Award!** Congratulations, Sherri, on this well-deserved honor!!

(***Right***) Congratulations to Sherri Magill for taking home the **Best Dressed for Office Award** happily presented by Nancy Irons, Care Management Supervisor.











(***Above***) Celebrating 15 years! Mary O'Donnell congratulates Donna Long for her dedication with a Milestone Service Award at CMAOI.



Our teams brought their A-game to the "**Ice Ice Baby**" relay. Who knew collecting artificial food, hopping over pretend ice blocks, and high-speed cooler carries could bring such fun competition? There was no shortage of laughs! Way to keep your "cool" under pressure, everyone!



Aim, Throw, Score! Two teams went head-to-head in a bottle-knockdown challenge of "Jail House Rock". Everyone got two chances of two throws to hit the high-value targets to rack up points. Lots of laughs and team spirit!

(***Left***) Teams of four tapped into their creative side to illustrate their unique job roles and how they collaborate for the common good. A fun, fantastic exercise in teamwork to show how our individual efforts drive collective success!



MONTOUR COUNTY HUMAN SERVICES COMMUNITY EXPO

YOU'RE INVITED! FREE & OPEN TO THE COMMUNITY!

Friday, November 13th, 9:00 AM - 1:00 PM

Weather date: Friday, November 20th

MONTOUR COUNTY HUMAN SERVICES BUILDING

Come meet local human services agencies and community organizations, learn about resources and programs available in Montour County, and connect with people who can help.

TRANSPORTATION PROVIDED IN DANVILLE

- Ferry Street Growers Market 330 Ferry St
- Welsh Heights 100 Fleming Ave
- Heritage Heights 1538 First St Danville
- Montour County Housing Authority 102 Beaver Place
- 435 E Front Street

Questions? Contact Carin Wharton director@gsmdanville.org

Columbia Montour Aging Office Inc.'s
Fundraiser

BINGO
$25 per Ticket
20 Games/20-$100. Gift Cards/Cash

Sunday, November 15, 2026

Doors open at 12pm/ Bingo starts at 2pm

Espy Fire Hall
300 Tenny Street
Bloomsburg, PA 17815

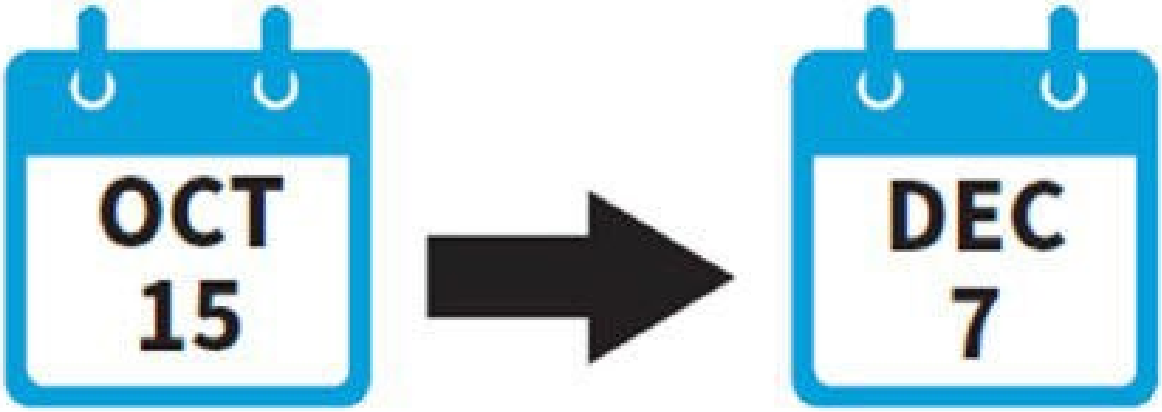
Bring a non-perishable item for a chance to win $100

Plus
4 special games
50/50's
Rip Offs
Basket Raffle
Food and Drinks
For more info call

570-784-9272



Medicare Open Enrollment



Be informed

Review your coverage. Compare your options. Choose or change your Medicare health and prescription drug plans for the coming year.

Help is available!

Medicare.gov

1-800-MEDICARE

(1-800-633-4227) TTY: 1-877-486-2048

CMS Product no: 12196 (7/23)

IN PARTNERSHIP WITH

ALZHEIMER'S ASSOCIATION

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:

GlenBrook Rehabilitation & Healthcare Center

901 East 16th Street

Berwick, PA 18603

Third Wednesday of each Month

1:00 to 2:00pm

August 19th
September 16th
October 21st
November 18th
December 16th

TO REGISTER

Contact Maria Fazio

570-204-8308

MFazio@glenbrookrhc.com

In Partnership with: ALZHEIMER'S ASSOCIATION

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 memeber of the community.

One Thursday Each Month | 6:00 PM - 7:00 PM

JULY 23	OCTOBER 22
AUGUST 27	NOVEMBER 19
SEPTEMBER 24	DECEMBER 17



To Register:

Contact Elaine Spicher
at (570) 784-5211

401 S. Market St.
Bloomsburg, PA 17815

Free English Classes for Adults



BLOOMSBURG



MONDAY

9:30 – 11:30 a.m.

1000 Market St., Suite 37
Bloomsburg, PA 17815

LEWISBURG



MONDAY

12:30 – 2:30 p.m.

Union County Library
255 Reitz Blvd.
Lewisburg, PA 17837

SUNBURY



TUESDAY & WEDNESDAY

10:00 a.m. – 12:00 p.m.

Degenstein Community Library
40 S. 5th St.
Sunbury, PA 17801

MILTON



TUESDAY, WEDNESDAY & THURSDAY

9:00 – 11:00 a.m.

1050 Hepburn St.
Milton, PA 17847

U.S. CITIZENSHIP CLASS

ONLINE

MONDAY
4:00 – 6:00 p.m.

Online from:
1050 Hepburn St.
Milton, PA 17847



Other online classes also available!

Contact Carlee Jarrett
cjarrett@csiu.org
570-523-1155
ext. 2326

CENTRAL SUSQUEHANNA INTERMEDIATE UNIT
Enriching Learning...Enriching Lives

Clases de Inglés Gratis para Adultos



BLOOMSBURG



LUNES

9:30 – 11:30 a.m.

1000 Market St., Suite 37
Bloomsburg, PA 17815

LEWISBURG



LUNES

12:30 – 2:30 p.m.

Union County Library
255 Reitz Blvd.
Lewisburg, PA 17837

SUNBURY



MARTES Y MIÉRCOLES

10:00 a.m. – 12:00 p.m.

Degenstein Community Library
40 S. 5th St.
Sunbury, PA 17801

MILTON



MARTES, MIÉRCOLES Y JUEVES

9:00 – 11:00 a.m.

1050 Hepburn St.
Milton, PA 17847

CLASE DE CIUDADANÍA DE EE. UU.

EN LÍNEA

LUNES
4:00 – 6:00 p.m.

En línea desde:
1050 Hepburn St.
Milton, PA 17847



También hay otras clases en línea disponibles.

Contacte a Carlee Jarrett
cjarrett@csiu.org
570-523-1155
ext. 2326

CENTRAL SUSQUEHANNA INTERMEDIATE UNIT
Enriching Learning...Enriching Lives

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?

PENNSYLVANIA
DEPARTMENT OF AGING

OFFICE OF THE LONG-TERM CARE OMBUDSMAN

AGING.PA.GOV

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****