



FALL newsletter



PennCares is a community-based organization that provides early intervention, work opportunities, and life-long support services.

We address the full continuum of care with dedication, skill, and a commitment to quality support, individual empowerment, and promoting independence.





Upcoming Webinars



Our professional trainings offer researched-based programs designed to assist professional and family caregivers meet the needs of older adults with behavioral challenges.

October 16 - Mental Health Roadmap

Gain a hearty sense of establishing purposeful goals, tips to seeking support and learn basic tips on how to build a toolkit of resources as your guide.

October 23 - Cultural Humility & Diversity in Working with Individuals with Disabilities and Paralysis

Participants will explore cultural humility's genesis and the ways in which it has been used to produce inequity-reducing research, clinical practice, and policy. Special focus will be honored by discussing the impact of culture and equity on those with disabilities.

**To learn more or to register, please visit <https://penncares.org/upcoming-trainings/>
Registration opens 8-10 weeks before the date of the training.**

Mark Your Calendars

In 2024, we will be presenting:

February 20th - Discrimination in the Aging and Disability Population

This session will address some of the significant issues faced by our aging population and describe some helpful ways to foster meaningful relationships and garner support for families. We will highlight several of the generational needs and assumptions that are often overlooked by the community while unlocking some key adversities of those with special needs.

Registration will open on December 10th, 2023.

March 12th - Professional Grief

This workshop is aimed at addressing the grief of the professional and techniques for coping. If you work in a field that results in multiple client losses due to death this can be an invaluable opportunity to learn and grow personally and professionally. **Registration will open January 3rd, 2024.**

Keep an eye out for an announcement of more 2024 trainings.



How do leaves travel?
In their autumn-mobiles!

 **We're Hiring** 

Part-Time Caregivers

Franklin, York, & Adams Counties

Be a part of improving the quality of life for individuals with disabilities and the elderly. Assist to allow individuals to maintain their independence in their own homes. Gain fulfillment and build positive 1-on-1 relationships with people as you assist them in their daily lives.

PennCares is a non-profit homecare agency. We are hiring caregivers to provide non-medical, in-home care to adults with disabilities and elderly people. PennCares has been in the home care industry since 1962.

Part-Time, no experience necessary, starts at \$13.00-\$13.50, pays up to \$16.00

Flexible Hours & Great Benefits!

[Click Here to Apply!](#)



We're Hiring



Early Intervention Therapists

PennCares provides services for children from birth to three years of age who are evaluated and determined to have a 25% delay in any developmental area

Join Our Early Intervention Team!

Are you passionate about empowering children and their families to overcome challenges and reach their full potential? We are thrilled to announce incredible job openings for:

Special Instructors
Physical Therapists
Speech Therapists
Occupational Therapists

You can play a vital role in transforming lives and shaping a brighter future!

Positions available in York, Adams, Franklin, and Fulton Counties.

Please contact the PennCares office at 717-632-5552 for more information!



Trivia

What are the 3 Zodiac signs
of fall?

see answer below

What's New ?

Exciting Beginnings: Welcoming a New Pre-school Class this Fall!



As the leaves turn golden and the air gets crisp, we are thrilled to welcome a brand-new PennCares pre-school class. Fall is a season of change and growth, and what better time to embark on a new educational journey filled with wonder and discovery?

The start of a new pre-school class is a special moment for both children and parents alike. It's a time for new friendships to blossom, new skills to develop, and the start of a lifelong love for learning.

In this new pre-school class, children will be encouraged to take their first steps towards independence. From tying their shoes to sharing toys with friends, these little learners will build essential life skills that will serve them well in the years to come.

We are excited to watch our young learners thrive and flourish as they explore the world around them and take their first steps towards becoming lifelong learners. Here's to a season of new beginnings and endless discoveries!

PennCares preschools enable children with a range of functional abilities to participate in activities and experiences in inclusive settings. They ensure that every young child has access to quality learning environments, to typical educational routines and activities, and to the general preschool education curriculum.

PennCares Preschool classes are held in Hanover and York.

Opportunities

Encouraging Healthy Aging: PennCares presents WISE



Are you a part of a senior center? Want something that is evidenced based brought to your center? PennCares offers Wellness Initiative for Senior Education (WISE)!

The WISE Program is a wellness and prevention program targeting older adults, which is designed to help them celebrate healthy aging, make healthy lifestyle choices and avoid substance abuse. It provides valuable educational services to older adults on topics including medication misuse and management, stress management, depression, and substance misuse. WISE promotes health through education concerning high-risk behaviors in older adults. Since the program was launched in 1996, prevention programs presented by WISE facilitators have reached over 40,000 individuals.

The WISE Program was awarded a 2009 National Exemplary Award for Innovative Substance Abuse Prevention Programs, Practices, and Policies by The National Association of State Alcohol and Drug Abuse Directors (NASADAD). The curriculum is listed on the [Results First Clearinghouse Database, Administration for Community Living's Aging and Disability Evidence-Based Programs and Practices \(ADEPP\)](#) and was approved on SAMHSA's National Registry of Evidence-based Programs and Practices (NREPP).

Each lesson is about two hours in length the content is organized in a manner to promote the understanding and value of generational diversity in a format that excites and energizes participants to share what they have learned with family, friends, and peers. During the lessons, participants are educated without the use of didactic teaching, but rather through interactive exercises that include small group discussion and projects, as this method of learning has been shown to be more effective with adult learners. They are also given tools and resources to take home, increasing the likelihood that what they have learned will be put into practice and shared.

Interested in bringing this six-lesson curriculum facilitated by trained PennCares staff once a month over a six-month period? Contact Executive Director-Deborah Allen today at dallen@penncares.org.

Opportunities

Is your organization interested in hosting an interactive dementia training for staff?



IS OFFERING

DEMENTIA Live®



PennCares is proud to offer the **Dementia Live Experience** geared for family members, caregivers, students, professionals who work with older adults, or anyone in the helping/healthcare profession.

- Using specialized gear, participants gain a heightened awareness of understanding of the challenges faced by those who live with dementia.
- This is an **interactive experience**, which teaches participants how to respond to the cognitive, emotional and behavioral changes presented by individuals with dementia.
- The Empowerment learning tools will assist you with improving communications, caring processes, and creating a Dementia-friendly environment.
- Discussion at the **Empowerment Session** rounds up this unique experience to provide participants the time, space, and guided discussion to consider, understand and learn from their "Experience".
- Participants will leave this training with a *greater understanding* of what individuals with dementia encounter, which leads to more sensitive care partnering.

This training is **UNIQUE!** It can be customized to your specific organization's needs and time schedule. Call us at [717-632-5552](tel:717-632-5552) or email dallen@penncares.org and schedule this exclusive training today!



Trivia

Answer: Libra, Scorpio,
Sagittarius

Thanks for checking out our fall newsletter! For more information about PennCares, please visit www.penncares.org. Have questions? Give us a call at 717-632-5552 or email Deborah Allen at dallen@penncares.org



penncares
SUPPORT SERVICES

MAY THIS

FALL

BE A HARVEST OF
HAPPY TIMES!

