

FIND THE TRANSPORTATION,
HOUSING, FOOD, MEDICAL
SERVICES AND RESOURCES
THAT ARE AVAILABLE
TO YOU!



2023 Guide To

CENTRE COUNTY HUMAN SERVICES

A Supplement to

THE CENTRE COUNTY
GAZETTE

June 22, 2023

Need Help With Your Medicare Prescription Costs?

PA MEDI can help!



If you have limited income and resources, you may qualify for **Extra Help**, potentially saving you thousands on prescriptions each year.

There are also **Medicare Savings Programs** that may save you over \$1,900 on Part B Premiums each year. You can reapply for benefits even if you've been denied in the past!

Take advantage of your Medicare Preventive Benefits to save even more money and stay healthy.

- "Welcome to Medicare" visit and yearly "Wellness" visit
- COVID-19 vaccines and boosters, Flu, Pneumococcal, Hepatitis B and Shingles vaccines
- Diabetes self-management training and nutrition therapy services
- And many more!

PA MEDI provides free, unbiased Medicare counseling and can help you look for savings.

Call the PA MEDI Helpline // 1-800-783-7067 or your local Area Agency on Aging



Safely dispose of old, unwanted, or unneeded prescription medication at a Drug Take Back Location. Visit ddap.pa.gov to find a location near you.



PA MEDI is a free service provided by the PA Department of Aging that provides personalized, unbiased Medicare counseling.

1-800-783-7067



1-800-753-8827

This project was supported, in part by grant number 2201PAMISH-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

THE CENTRE COUNTY GAZETTE

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Throughout the 2023 Human Resources Guide, you'll find small icons representing services. Here is a breakdown of what the icons represent:

- | | |
|--|---|
|  — Housing resource |  — Immigrant residents |
|  — Food resource |  — Older adult services |
|  — Transportation resource |  — Infant and child services |
|  — Clothing and household goods |  — Resource connector |
|  — Healthcare resource |  — Education resource |



Pennsylvania

WIC Program

WIC helps YOU help your family!

- Saves on groceries – WIC foods are free!
- Helps with nursing your baby
- Provides tips for eating healthy
- Opens the door to other great programs
- Are you pregnant or did you recently have a baby?
- Are you raising a child under age 5?
- Are you a nursing mom?

YOU or someone you know may qualify for WIC!

Many working families qualify! Check these guidelines:

Household size	1	2	3	4	5	6
Monthly income* (approx.)	\$2,248	\$3,041	\$3,833	\$4,625	\$5,418	\$6,210
Annual income*	\$26,973	\$36,482	\$45,991	\$55,500	\$65,009	\$74,518

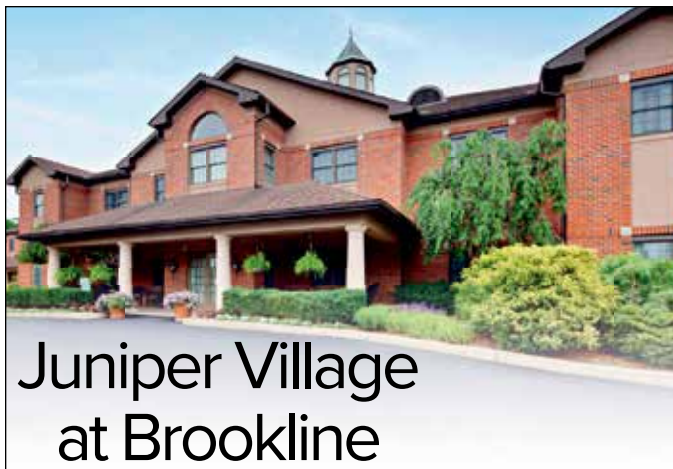
*Income (before taxes) is effective July 1, 2023. For each unborn infant, add one to household size. PA WIC is funded by the USDA. This institution is an equal opportunity provider.

Help improve your family's health. Call WIC today!

206 W. Plank Road
Altoona, PA
814-943-0481



270 Walker Drive, Suite 100
State College, PA 16801
814-234-8621



Juniper Village at Brookline

Award-winning Senior Living in Centre County for over 35 Years



Juniper Village at Brookline offers a variety of senior living options to meet your needs.

The community is located on a stunning 22-acre campus with landscaped walking paths, beautiful gardens, gazebos, and many other spots to enjoy mother nature!

OFFERING

- INDEPENDENT LIVING APARTMENTS
- SHORT-TERM REHABILITATION
- PERSONAL CARE APARTMENTS
- MEMORY CARE APARTMENTS
- SKILLED NURSING WITH A NEW MEMORY CARE NEIGHBORHOOD

Whether you're looking for a new home with services to age in place, or a short-term stepping stone after a hospital stay, choose Juniper!

Call 814.238.3193 to learn more or schedule a tour!

Juniper Village at Brookline

SENIOR LIVING, REHABILITATION AND SKILLED CARE AND WELLSRING MEMORY CARE

1930 Cliffside Drive, State College, PA 16801

814.238.3193

junipercommunities.com



2023 Guide to Centre County Human Services is a valuable tool for all residents

By The Centre County Gazette Staff

In Centre County, there are a myriad of resources, services and agencies that are committed to helping members of our wonderful community. However, many people do not take advantage of the resources because they don't know who to call, what type of assistance is available or how to resolve their problems.

Inside these pages, you will find community nonprofit and for-profit organizations, in-home services to residential and living facilities, medical agencies, basic needs and community connections. There truly is something for everyone in the 2023 Guide to Centre County Human Services.

You'll find everything you need to know about the various agencies that work hard every day to provide Centre County residents with the support they need to live a happy and healthy life. You'll also find ways to reach out and lend a hand by donating time or financial support.

We highly recommend that you keep this guide in a special place so you can use it as a resource down the road in case you should ever need the assistance of one of these fantastic agencies.

Enjoy the 2023 Guide to Centre County Human Services!

My wife went into a nursing home. Am I going to lose my house?

Things can seem bleak without answers.

Let us answer your questions & give you peace of mind.

We are dedicated to quickly guiding you through a crisis even if you think it's too late to get help. We'll make sure your loved one receives the right care and protect your assets. When a crisis hits, the stress can be overwhelming. That's why you'll find our team of attorneys, social workers, and paralegals understanding, responsive, and skilled at finding solutions that bring you peace of mind. Elder law is our passion. Protecting you and your family is what we do.

Call today for a **FREE** consultation
800.351.8334 • PAElderCounsel.com



Responsive. Knowledgeable. Caring.

328 South Atherfon St., State College, PA • PH: 814.237.4100

Resource Providers

AAUW State College Branch

814.360.4810

aauwstatecollege.org

info@aauwstatecollege.org



AAUW (American Association of University Women) State College is a local nonprofit advancing equity for women and girls. We are one of several hundred branches joined together by AAUW National. Through mission-based programs and fundraising (an annual Used Book Sale), we advocate for pay equity, reproductive rights, public education and more. Book sale dollars fund local grants and scholarships.

ACAP Centre County

814.954.1753

ACAPcommunity.org



ACAP Centre County, a chapter of ACAP community, is a national nonprofit organization that helps connect caregivers for older adults with needed resources. We provide monthly educational programs so people can find local help as well as online support. ACAP focuses on adult children of aging parents, but everyone is welcome to access our programs and resources at no cost.

Adult Transitional Care

814.954.2821

adulttransitionalcare.com

info@adulttransitionalcare.com



Adult Transitional Care provides compassionate, high quality, cost effective services for adults experiencing transitions; physically, socially and environmentally. Our vision is to embrace and enhance adults transitioning to new beginnings. We generate a positive outlook for the adult experiencing challenges with empathy, honesty, respect and wisdom.

Advantage Home Health and Rehab

814.943.0222

feeltheadvantage.com



Our mission is to provide a full continuum of care in therapy — SNF, home health, outpatient, and in patient homes. We have five home health office locations: Pittsburgh (corporate), Altoona, State College, Mechanicsburg and Pottsville. We provide therapy services in 24 SNFs in Pennsylvania and serve 52 counties across the state.

Providers — page 6

BROCKERHOFF HOUSE

ON THE DIAMOND IN HISTORIC BELLEFONTE

The Brockerhoff House is managed by the Centre County Housing Authority. This is a HUD subsidized Elderly property. Residents are selected through a waiting list and must meet the criteria of the Tenant Selection Plan as required by HUD.

The Historic Brockerhoff House is a 33 apartment, independent living facility located on the diamond in downtown Bellefonte. We offer 28 – one bedroom apartments and 5 studio apartments. Our residents enjoy access to an onsite laundry facility, library, community room with kitchen and balcony, covered porch, first floor lobby, on-site mail delivery and pick up, elevator and locked entry doors



with key fob and code access. Property Management and Maintenance are onsite with an after-hours on-call Maintenance service. Electric, heat, water, sewer and refuse are included. Rent is 30% of adjusted gross income and varies by household.



The Brockerhoff House offers easy walking access to many restaurants, shops, banks, professional services, and CATA bus stops. We are at the heart of the action for community events such as the Bellefonte Cruise, Arts and Crafts Fair, Victorian Christmas, and many more.

Please call 814-355-6750, extension 5 to pick up an application today.




105 South Allegheny Street, Bellefonte, PA 16823

AIDS Resource 
814.272.0818
aidsresource.com
info@aidsresource.com

AIDS Resource is a nonprofit community-based organization that provides free HIV prevention services, including free condoms, PrEP referrals and HIV and hepatitis C testing. We also offer free case management services to those living with HIV. Case management clients are given support with health services navigation and are eligible for financial assistance with housing, utilities and insurance premiums and copays.

Alert1 Medical Alert Systems  
800.693.5433
Alert-1.com

Alert1 offers in-home and mobile medical alert systems for seniors and others looking for the security and protection that a personal emergency button alarm provides. Our affordable, easy to use medical alert systems offer reliable peace of mind for you or your loved ones, 24/7. Fall detection and GPS systems are available. With Alert1, you'll never face an emergency alone.

Altrusa International of Centre County
814.574.3120
facebook.com/AltrusaCentreCounty 
Altrusacentreco@gmail.com 

Altrusa International of Centre County is a service organization leading to a better community. Our focus is literacy; however, we take on any project that improves the overall quality of life, including donating books to the Shoe Bank, making Book Boats for underprivileged children and building Little Free Libraries. We strive to do one service project each month.

AR Health 
570.322.8448
arhealthservices.org
info@arhealthservices.org

AR Health provides primary care services to anyone living with HIV and/or within the LGBTQ community. Services include routine checkups, management of long-term conditions and common acute illnesses, gynecological services and more. Insurance is accepted but not required. A sliding scale is available for those without insurance. No one will be denied care due to their inability to pay.



Artwork created by Foxdale Village resident artists

Foxdale Village is committed to the stewardship of its residents and team members, finances, and the planet. Efficiency, integrity, fairness and fiscal soundness are integral to the continued success of our community and beyond. Learn more and plan a visit today at (814) 272-2146.



**Foxdale
Village**

A Quaker-Directed Continuing Care Retirement Community

Supporting independent living for people with disabilities and seniors by providing:

Home Modifications
Employment Services
Community Integration
Independent Living Skills
Personal Assistant Services
Assistive Technology
Rep Payee
Transitions
Advocacy



Center for Independent Living
of North Central Pennsylvania

Voice: (570) 327-9070 | Toll-Free Voice: (800) 984-7492
Video Phone: (570) 279-4229 | Email: office@cilncp.org
Website: cilncp.org

Bethany Christian Services of Central PA (State College)



814.867.2848

bethany.org/statecollege

Bethany of State College is a 501(c)(3) agency and a subsidiary of Bethany of Central PA. We are a family preservation agency that provides foster care, foster care adoption, parenting support, post adoption services and counseling in our State College location. We partner with county agencies and the Statewide Adoption and Permanency Network to license foster families and find temporary or permanent resources for PA's waiting children.

Bridge of Hope Centre County



814.237.4673

centre.bridgeofhopeinc.org

Our mission is to engage Christian churches in ending family homelessness through neighboring relationships that demonstrate Christ's love. We build a neighborhood of support for single-mother-led families who are facing homelessness, helping them to get to a place of long-term stability.

Brockerhoff House



814.355.6750 x5

centrecountyhousingauthority.com
jhann@centrecountyhousingauthority.com

It is the mission of the Housing Authority of Centre County to provide ongoing information and develop additional affordable housing programs and economic opportunities to meet the diverse needs of low-income families in Centre County, while promoting adequate, decent, safe, affordable housing and a suitable living environment without discrimination.

CareStar



570.904.8729

carestar.com

dkeegan@carestar.com

CareStar has devoted 35 years to our mission of "Improving Communities by Improving Lives." CareStar's clinical and personal services are designed to support individuals with chronic health conditions, complex health care challenges or disabilities, enabling them to safely remain in their home or other community settings and live as independently as possible. CareStar has a proven track record of designing tailored programs to meet the needs of the customers we serve.



CentreCare

REHABILITATION AND WELLNESS SERVICES

250 Persia Road | Bellefonte, PA 16823

814.278.6000 *phone* | 814.861.8410 *admissions fax*

 centrecare.org

We are an equal opportunity employer. We subscribe to a non-discrimination policy.



CenClear Child Services Inc.

814.342.5678

cenclear.org

info@cenclear.org



Headquartered in Bigler, CenClear is dedicated to providing early childhood, preschool, mental health and substance use disorder services to children, teens, adults and families from locations in Centre County as well as some select programs in adjoining counties. We serve more than 14,000 adults, adolescents and children annually in a variety of programs and services throughout central Pennsylvania.

Center for Alternatives in Community Justice

814.234.1059

cacj.us

cacj@cacj.us



Our mission is to serve society by working with the community and justice system to promote, develop and implement effective alternatives that preserve human dignity and restore, heal and empower individuals. We do this through four core programs: personal and court assigned mediation, our youth aid panel, the Centre County pretrial program and Centre County Community Conferencing.

Central Pennsylvania Community Action Inc.

814.765.1551

cpcaa.net

cpcainc@cpcaa.net



Strengthening communities in Centre and Clearfield counties by helping families and individuals to become self-sufficient. Helping people, changing lives.



Centre Volunteers in Medicine
2026 SANDY DRIVE

Centre Volunteers in Medicine will serve and advocate for the medically uninsured living or working in Centre County.

Centre Volunteers IN MEDICINE (814) 231-4043
2026 Sandy Drive, State College, PA 16803

Centre Area Transportation Authority (CATA)

814.238.2282 x5141

catabus.com



Centre Area Transportation Authority (CATA) is a joint municipal authority serving the six Centre Region municipalities, Bellefonte Borough, Spring Township and Benner Township. Our mission is to deliver safe, reliable, accessible and affordable transportation, provided in a courteous and environmentally, fiscally and socially responsible manner.

Centre County Child Access Center (Centre Safe)

814.548.0034

childaccesscenter.com



The Child Access Center is a program of Centre Safe that provides supervised visitation and monitored custody exchanges for families who have experienced violence. We offer a safe, neutral and comfortable environment for all members of the family and support healthy, positive relationships between parents and children.

Crestside Terrace

602 East Howard Street, Bellefonte

The Centre County Housing Authority owns and operates Crestside Terrace. Tenants are selected through a waiting list and must meet the criteria of the Tenant Selection Plan as required by HUD.

Crestside Terrace is a non-smoking facility and is a 5 story brick building with 40 apartments. All utilities are included in the rent except for phone, cable, and internet. The Centre County Van service is available and a CATA Bus stop is within walking distance. Free off-street private parking is provided for tenants.

Crestside Terrace offers an on-site laundry room. The tenants enjoy a community room where they work on jigsaw puzzles, play bingo, share magazines and books, have potluck meals and socialize. There is a garden, flower beds, benches, picnic table, and a sitting area for our residents' enjoyment. Full-time maintenance is provided.

PLEASE CALL 814-355-6750 EXT. 6 FOR AN APPLICATION
www.CentreCountyHousingAuthority.com





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COUNTY &
SURROUNDING
AREAS WITH:**

- Skilled nursing care
- Home health aides
- Rehabilitation services
- Personal care assistants



**HEALING
AT HOME
THROUGH
STRENGTH
AND HOPE**

CONTACT US TO LEARN MORE!

 **814.810.2389**

 **info@willowtreehhc.com**

 **willowtreehhc.com**

 **374 Phoenix Avenue, Bellefonte**



Providers — from page 9

Centre County Children and Youth Services



814.355.6755

centrecountypa.gov/323/Children-Youth-Services

Centre County Children and Youth Services provides child welfare and foster care services to families in need as a division of our county government. Centre County Children and Youth is dedicated to the task of assuring a safe home environment free from abuse, neglect and exploitation for all Centre County children referred to the agency. Centre County Children and Youth Services is responsible for these tasks with the authority of the court. Child welfare services are designed to protect children from abuse or neglect and assist families in staying together when safe and appropriate. When it is not safe for children to remain with their family, the agency, along with the courts, provides a temporary home for the child until reunification or permanency occurs.

Centre County Mental Health/Intellectual Disabilities/Early Intervention – Drug and Alcohol



814.355.6786

centrecountypa.gov/329/MHIDEI-Drug-Alcohol

Centre County Mental Health/Intellectual Disabilities/Early Intervention – Drug & Alcohol provides assessment, referral and case management services to individuals with a qualifying diagnosis (i.e., a serious mental illness, an intellectual disability or autism diagnosis, children birth to age 3 with a developmental delay, and individuals with a substance use disorder). The foundation of our service delivery focuses on prevention, intervention, wellness and recovery support.

Centre County Office of Aging



814.355.6716

centrecountypa.gov

The Centre County Office of Aging administers services for residents of Centre County who are 60 years of age or older. Services include assessment, care management, Family Caregiver Support Program, in-home meals, OPTIONS, ombudsman, RSVP (Retired and Senior Volunteer Program), six senior centers including congregate meals, and transportation. PA MEDI counselors are available to meet with individuals to assist them with their Medicare journey. For more information, email aging@centrecountypa.gov.

Providers — page 12



Empowering with facts.
Supporting with action.
Leading the way.

Centre County Office of Transportation



814.355.6807

centrecountypa.gov/431/Transportation-Office
Transportation@centrecountypa.gov

Centre County Office of Transportation is committed to timely and reliable transportation that helps residents of Centre County meet their transportation needs.

Centre County Senior Center Coalition (CCSCC)



814.355.6716

supportccsc.org

CCSCC is a 501(c)(3) nonprofit and has a charitable alliance with the six Centre County senior centers; Bellefonte, Centre Hall, Penns Valley, Snow Shoe, Philipsburg and the Active Adult Center. CCSCC promotes and supports the programs and services of each Centre County senior center through fundraising, recognition and awareness.

Like us on Facebook. Find us online at centrecountygazette.com

Centre County United Way

814.238.8283

ccunitedway.org

info@ccunitedway.org



The mission of the Centre County United Way is to improve lives by prioritizing needs and mobilizing human and financial resources to positively impact the education, financial stability and physical and emotional health of our neighbors.

Centre County Veterans Affairs



814.355.6812

centrecountypa.gov/351/Veterans-Affairs

The Centre County Veterans Affairs Office assists veterans and eligible dependents in applying for federal, state and county benefits. We advocate for veterans and assist with all aspects of applying for benefits. Additionally, we may refer veterans and dependents to other federal, state or county agencies and organizations that might further assist them in solving their problems or answering their questions.

Peace of Mind for Parents

Child Development and Family Council of Centre County



For Infant, Toddler & Preschool Age:

Pre-K & PA Pre-K Counts,
Childcare & Early Learning Programs

Subsidy Accepted/No Add On Fees

Drop-In Care/Meals/
Snacks/Formula Provided
Scholarship Programs

Call: (814) 238-5480
www.cdfc.org



Centre County United Way



Give Your Child A Gift That Lasts A Lifetime

The ELRC Region 8 of Centre, Juniata, Mifflin, Northumberland, Snyder, and Union Counties offers free resource and referral services to help locate early childhood programs. These include child care centers, group child care homes, family homes, before & after school programs, summer camps, nursery schools, pre-schools, play groups, and MORE! The ELRC can also provide financial assistance with Child care costs for families that qualify.

Early Learning Resource Center Region 8

of Centre, Juniata, Mifflin, Northumberland, Snyder, and Union Counties

2565 Park Center Blvd, Suite #100
State College, PA 16801
(814) 231-1352 • (888) 440-2247

Funded by the Pennsylvania Department of Human Services, Office of Child Development & Early Learning



Centre Helps
814.237.5855
centrehelps.org



Centre Helps offers three main programs: the 24/7 Hotline Program, Basic Needs Case Management and YOP. Both the hotline and Basic Needs Case Management support those in crisis or at risk of crisis through emotional support and connection to resources. We believe that everyone deserves respect, empathy and unbiased support so they can live a more empowered life.

Centre Safe
814.238.7066
centresafe.org



Centre Safe provides free and confidential services for individuals and families throughout Centre County impacted by issues like dating/domestic violence, sexual assault and stalking. Services include emergency shelter and transitional housing, counseling, advocacy, legal support, outreach and education, along with supervised visitation and custody exchange through its Child Access Center. Help us empower survivors and end violence.

**Centre Volunteers
In Medicine (CVIM)**
814.231.4043
cvim.net
cvim@cvim.net



Centre Volunteers in Medicine (CVIM) has been providing free, quality health care in Centre County for 20 years. CVIM values human dignity and access to quality, compassionate health care for the low-income and uninsured living and working in Centre County.

Children's Aid Society
814.765.2686
childaid.org



Children's Aid Society was organized in 1890 to provide homes for orphaned children. Since then, the mission has remained the same: to identify and provide services to improve the quality of life for children and their families. Children's Aid Society is a private nonprofit agency governed by a volunteer board of directors.

Like us on Facebook. Find us online at centrecountygazette.com

Pregnant with your first baby?

UPMC | HOME HEALTHCARE
of Central Pennsylvania



A lot's gonna change

You've got this
with a free personal nurse
that can give you the support, advice and information you need as a new mom, pregnant with your first baby.

Call/Text
844.637.6667
NFPMoms.org

Constitution Day Centre Inc. 
814.777.9481
constitutiondaycentre.org

The Constitution is America's rule book! Constitution Day Centre Inc. is a nonpartisan, nonprofit organization dedicated to educating and celebrating the U.S. Constitution and its impact on our daily lives and democracy. Each year on or near Constitution Day, we promote civil conversations among people of all perspectives in face-to-face democracy roundtables on timely issues.

Crestside Terrace  
814.355.6750 x6
centrecountyhousingauthority.com
jhann@centrecountyhousingauthority.com

It is the mission of the Housing Authority of Centre County to provide ongoing information and develop additional affordable housing programs and economic opportunities to meet the diverse needs of low-income families in Centre County, while promoting adequate, decent, safe, affordable housing and a suitable living environment without discrimination.

Dedicated Nursing Associates 
877.857.7040
dedicatednurses.com

Dedicated Nursing Associates is a technology-driven medical staffing and home care firm headquartered in Delmont, just outside of Pittsburgh. We provide our clients with experienced and reliable health care professionals in all 50 states. We specialize in the field of nursing, home care, hospice care, allied health and behavioral health.

Encompass Health Rehabilitation Hospital of Nittany Valley 
814.357.3434
encompasshealth.com/nittanyvalleyrehab

At Encompass Health Rehabilitation Hospital of Nittany Valley, we are committed to helping you get back to what matters most. Located in Pleasant Gap, we are the leading provider of inpatient rehabilitation following an illness or injury.

**Read us online at
centrecountygazette.com**



Strawberry Fields, Inc. has provided services for people with disabilities since 1972.

NOW HIRING!
Scan the QR code to see our open positions and apply online or visit our website at www.sfionline.org






Equal Opportunity Employer

Foxdale Village 
 814.238.3322
 foxdalevillage.org

Foxdale Village is a vibrant not-for-profit continuing care retirement community in the Quaker tradition, whose values of community, acceptance, engagement, inclusion, caring, fulfillment and stewardship reflect its founding heritage. Our 23-acre campus in State College includes independent living, personal care, skilled nursing and memory care.

Friends of Golden Pond  
 814.769.9314
 Friendsofgoldenpond.org

Friends of Golden Pond is a 501(c)(3) nonprofit group that owns and operates Camp Golden Pond in Petersburg. Our mission is promoting leadership and youth development through safe, affordable camp experiences that will allow both youth and adults to develop courage, confidence and an appreciation for the outdoors.

Harmony at State College   
 814.895.0819
 harmonyseniorservices.com/senior-living/pa/
 state-college/havershire-blvd/
 taylorcmquillen@harmonyatstatecollege.com

Live life enriched at Harmony at State College. Our State College senior living community offers a range of senior living options to provide as much or as little assistance as you may need. Choose from personal care and memory care to get the right level of support from our caring, expert team. We are committed to serving our residents in a way that provides comfort and enrichment in your life.



Adult Children of Aging Parents

Monthly educational programs the second Tuesday of every month 5:30-7:00 pm
Active Adult Center Nittany Mall or Virtual

To join, contact us at 814-954-1753 or centrecounty.acap@gmail.com

 Find us on Facebook @ACAP.centrecountypa

Home Instead 
 814.238.8820
 homeinstead.com/centralpa

Home Instead is a locally owned company offering home care services in Centre, Clearfield, Mifflin, Juniata, Huntingdon, Bedford and Fulton counties. We are passionate about enhancing the lives of aging adults by providing personalized in-home care to allow them to age safely in place. Our care professionals provide support and assist with activities of daily living to keep seniors engaged while bringing family members peace of mind.

Houck Family Services   
 814.404.1016
 houckpatti@gmail.com

Houck Family Services LLC is an in-home, non-medical care provider.

Housing Transitions  
 814.237.4863
 housingtransitions.org

To assist families and individuals experiencing homelessness or housing crisis to achieve a more independent lifestyle by providing a continuum of effective and well-managed housing related services.



- 1 & 2 bedroom apartments
- visual intercom system
- smoke free facility
- guest intercom system
- pet friendly (*fees apply*)
- key card access system
- all utilities included (*internet & cable at a low rate*)
- laundry room on site
- appliances included (*range, range hood, dishwasher, refrigerator*)
- elevator to all floors
- individually controlled heat & air
- window blinds
- tenant assistance request system
- on site mail boxes
- 24 hour maintenance services
- supportive services
- trash chutes on each floor
- furnished community room
- on-site parking available

OPERA HOUSE SENIOR APARTMENTS
 62 years and older • Income limits apply
 207 E. Main Street Lock Haven, PA 17745
 Phone 570-893-4747




In Home Services of Central PA Home Care Agency

814.321.2145

InHomeServicesOfCentralPA.com



In Home Services Of Central PA is an award winning, state licensed home care agency with passionate leadership staff and compassionate caregivers in place who are focused on providing the best in home care services. Our agency provides a multitude of quality services to make life easier for our senior citizens in their homes and to promote independence.

InSight by Oasis Lifecare

814.237.0001

oasislifecarellc.com/insight

matt@oasislifecarellc.com



InSight's objective is to do more than just provide evidence-based treatment for someone who has experienced psychosis for the first time. This intervention hopes to prevent worsening of symptoms, prevent future episodes of psychosis, build one's skillset and travel alongside them on their journey towards recovery so they can achieve the life that they desire.

Interfaith Human Services Inc.

814.234.7731

interfaithhumanservices.org

info@interfaithhumanservices.org



Serving low-income and financially vulnerable people in Centre County through diverse programs that foster financial stability. For a detailed list of programs and qualifications, please visit: interfaithhumanservices.org/how-we-help/.

Advertise with us! Contact 814-644-0300 or sales@centrecountygazette.com

Dedicated to you.

1-800-445-6262

UPMC

HOME HEALTHCARE
of Central Pennsylvania



Jana Marie Foundation

814.954.5920

janamariefoundation.org

Info@janamariefoundation.org



Jana Marie Foundation harnesses the power of creative expression and dialogue to spark conversations, build connections and promote mental well-being among young people and their communities. The organization offers mental health education for all ages and a variety of youth programs geared at providing tools and techniques to build resiliency and self-confidence. Jana Marie Foundation opens minds and saves lives.

Juniper Village at Brookline Senior Living

814.234.3193

junipercommunities.com/community/brookline-senior-living

jill.mckenrick@junipercommunities.com



Juniper Village at Brookline Senior Living offers senior living/personal care and memory care on the same campus with an independent living community and a rehabilitation and skilled care facility. Brookline senior living's campus is located in State College and offers a care continuum with a beautiful environment both inside and out. The community is located on a stunning 22-acre campus and is the home to approximately 240 mature, vibrant adults. Juniper's team of compassionate professionals nurture the spirit of life in each individual through Juniper's distinctive programs that encourage active bodies, engaged minds and fulfilled spirits. Across the care continuum, Juniper Village at Brookline helps you to navigate through this uncertain time, while providing assurance that your loved one experiences the best possible quality of life.

Koch Funeral Home

814.237.2712

kochfuneralhome.com



Koch Funeral Home is a full-service funeral home with a crematory on site. We've served the Centre County region for more than 110 years. From preplanning through the funeral and on the grief journey – we are your companions. To learn more, call (814) 237-2712, follow us on Facebook @kochFH or on Instagram at kochfunerlhome or visit our website kochfuneralhome.com and read our blogs. Our mission is to compassionately serve and guide families with our experience and knowledge as they honor their loved ones.

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Center for Independent Living
800.984.7492**



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Leadership Centre County

814.238.5559
leadershipcentrecounty.org

The mission of Leadership Centre County is to increase the community's pool of servant leaders by:

- Bringing diverse individuals together for networking, education and exposure to community issues, opportunities and needs.
- Encouraging increased participation for leadership in civic service.
- Creating a support network for present and future leaders.

The Meadows Psychiatric Center

800.641.7529
themeadows.net

The Meadows Psychiatric Center is a private behavioral health care facility on a spacious 52-acre rural campus located minutes outside State College in central Pennsylvania. As an integrated behavioral health care delivery system, The Meadows provides comprehensive mental and behavioral health treatment services to children, adolescents, adults and older adults. Treatment is individualized, person centered and recovery oriented.

Medi Home Health and Hospice

814.235.1048
MSAhealthcare.com
kbaron@MSAhealthcare.com

- To be a leader in the evolution of the home health care industry.
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- To provide appropriate care and professional support to the community.
- To be fiscally secure in the provision of care.

MidPenn Legal Services

800.326.9177
midpenn.org

MidPenn Legal Services is a nonprofit, public interest law firm providing free legal services in civil cases to low-income individuals. Cases MidPenn handles include: housing, debt collection, tax controversies, domestic violence, public benefits, expungement and family law issues.

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InSight
BY OASIS LIFECARE

Psychotic Episode is a term used to describe a variety of symptoms one experiences that contribute to some loss of connection with reality. Psychosis refers to symptoms of a disorder, not its own disorder. Primary Qualifying Diagnoses for FEP Program Admission:

- Psychosis NOS
- Schizophrenia
- Mood Disorder with psychotic features
- Schizoaffective Disorder
- Schizophreniform Disorder
- Brief Psychotic Disorder

Components + Objective
Early detection, treatment, and intervention is key to a better quality of life!

InSight's objective is to do more than just provide evidence-based treatment for someone who has experienced psychosis for the first time.

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F 814.237.0116
E Matt@oasislifecarellc.com

OasisLifeCareLLC.com

Coordinated Specialty Care for First Episode Psychosis (FEP)

Mid-State Literacy Council Inc.



814.238.1809

mid-stateliteracycouncil.org

mslc@mid-stateliteracycouncil.org

Mid-State Literacy Council is a nonprofit providing adult education instruction and promoting education. The Council offers reading, writing, computer skills, math, English as a second language, financial literacy, digital literacy and health literacy instruction to adults who need these skills to navigate their lives. Adults receive instruction in small classes or one-to-one. Trained volunteers teach, supported by professional staff.

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814.360.4031

TammyMillerSells@kw.com

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Mount Nittany Health

814.231.7000

mountnittany.org



Mount Nittany Health's mission is "Healthier People, Stronger Community." Our comprehensive health care system, headquartered in State College, has 19 clinical locations that serve six counties. We are the region's leading provider of primary and specialty care and offer more than 30 medical specialties, including cardiology, orthopedics, oncology, urology and neurology.

Like us on Facebook. Find us online at centrecountygazette.com

NeighborlyPA

570.214.3543

neighborlypa.com



Neighborly is an easy-to-use online platform, adopted by Geisinger in March 2020, that can help connect our neighbors, patients and members to free and reduced-cost programs and services as well as social care resources right in their neighborhood.

Nittany Greyhounds

814.933.6981

nittanygreys.org



Nittany Greyhounds has been re-homing retired racing greyhounds for 26 years. We are a 501(c)(3) organization and welcome volunteers who want to get involved in our activities, whether a Nittany Greyhound adopter or not. We are 100% donation based and every penny supports greyhound adoption and awareness activities.

Nurse-Family Partnership

833.315.4358

nursefamilypartnership.org

harlowl@upmc.edu



Nurse-Family Partnership is a community health program for first-time mothers and their families. Each client is paired with a registered nurse who offers support with home visits beginning in pregnancy until the child is 2 years old.

The Oaks at Pleasant Gap

814.359.2782

alsm.org



The Oaks at Pleasant Gap is a senior living community owned and operated by Allegheny Lutheran Social Ministries whose mission is to serve people through a ministry of love, compassion and mercy in the name of our Lord, Jesus Christ. The perfect place to call home, our community offers comfortable and secure independent living accommodations including cottages and apartments, and personal care.

Out of the Cold

814.852.8864

outofthecoldcc.org

info@outofthecoldcc.org



Out of the Cold is a community supported organization that answers the call to serve those experiencing homelessness in our community by providing shelter, food, and support services during the transition to permanent housing.

Like us on Facebook. Find us online at centrecountygazette.com

PA Link to Aging & Disability Resource Centers

570.428.3521

PALINK8.com

mbottorf2016@gmail.com



PA Link is a free state and federally funded program. It is available to seniors and individuals with a disability to learn about the resources and supports available in their local communities.

Panko Wealth Management

814.237.2822

PankoWealthManagement.com



Skilled nursing care can be very expensive and pose a financial burden to your spouse and family. A long-term-care insurance policy can help protect them and reduce the impact on your estate. LTC insurance can cover the cost of a nursing home, in-home skilled care, chronic illness and injuries that require extended rehabilitation. Please call for information.

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Altrusa creates a family formed through service.

We welcome new members who would like to serve Centre County with us. For more info, visit DistrictTwo.altrusa.org/Centre-County/ or contact President Laura Ullrich at AltrusaCentreCo@gmail.com.

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PennState Extension

Park Forest Preschool

814.231.8492

parkforestpreschool.org



Park Forest Preschool is a state-licensed, nonprofit, tuition-free preschool that provides quality early childhood education for income qualifying families in the Centre Region. We foster diversity and inclusiveness in a safe, nurturing environment that promotes the learning, social-emotional development and physical growth of all children.

PeerstarLLC

888.733.7781

peerstarllc.com

info@peerstarllc.com



Peerstar utilizes the concepts of shared understanding and respect to help individuals with a serious mental health disorder work towards the goal of recovery. All certified peer support specialists are self-identified consumers of behavioral health services that are specially trained and maintain a state certification. They provide an environment of empathy and understanding through lived experience to support others through their journey of mental health recovery.

Penn State Extension – Centre County

814.355.4897

extension.psu.edu/centre



We are a modern educational organization delivering science-based information to people, businesses and communities. We provide face-to-face and online education to help customers address problems and take advantage of opportunities for improvement and innovation. Areas covered: 4-H youth development; energy, business and community vitality; food safety and quality; agronomy and natural resources; food, families and health; horticulture; and animal systems.

Penn State Student Care and Advocacy

814.863.2020

studentaffairs.psu.edu/studentcare



Student Care and Advocacy is dedicated to supporting students through unforeseen challenges. Case managers are available to provide holistic support and connection to on-campus and off-campus resources. We support students who experience housing/food insecurity, lack of health care, loss of a loved one, family emergency/crisis, mental or physical health concerns, medical emergency and/or hospitalization and other unforeseen circumstances.

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stonebridgesenior@ndcassetmanagement.com



Pennsylvania Prison Society – Centre County Chapter

814.360.4630

prisonsociety.org

The Pennsylvania Prison Society is an advocacy group that supports prisoners, formerly incarcerated individuals and their families. The Centre County Chapter is one of 43 chapters that coordinate official visitor programs at the State Correctional Institutions at Rockview and Benner Township and at the Centre County Correctional Facility. The chapter sheds light on concerns that usually go unseen.



Kami Shams

Licensed Medicare Advisor

kshams@thehealthplan.com

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100 N. Academy Avenue
Danville, PA 17822
866-858-0246
Cell: 570-916-2770

Pennsylvania State: Center for Healthy Aging



814.865.0878

healthyaging.psu.edu/resources/pals/about-pals

Research Participation Across the Life Span (PALS) is a database project that connects people interested in participating in research activities at Penn State. Researchers at Penn State are engaged in a number of projects related to healthy aging, including the study of memory, language skills, stroke rehabilitation, exercise, motor control, brain imaging and nutrition. Research volunteers play a vital role in helping to advance our research, and without the contributions of people like you, research could not progress. Research PALS is a database project that helps to connect community members interested in volunteering for research with activities at Penn State. The database stores names, birthdates, addresses and phone numbers of participating individuals. This information is kept confidential and shared only with PSU researchers who are conducting studies approved by the University's Office for Research Protections. When new research opportunities arise, a researcher will contact you to explain the current study and ask if you are interested in participating.



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RISE Counseling Inc. 
814.409.7744
risecounselinginc.com
info@risecounselinginc.com

RISE Counseling Inc. strides to provide the State College and surrounding community with exceptional mental health services and quality care for individuals. RISE represents Resilience, Introspection, Strength and Empowerment. We have several therapists able to offer services to a wide range of ages and cultural backgrounds and provide a treatment modality that fits each individual client's needs. We can provide services to individuals (child, adolescent, adult), couples and families. In-person and telehealth options are available.

**Roads to Freedom Center
for Independent Living** 
570.327.9070
cilncp.org 

Roads to Freedom Center for Independent Living (RTFCIL) is a 501(c)(3) nonprofit organization that empowers people with all disabilities by providing resources, options and disability-related services needed to obtain individual freedom in their lives. RTFCIL provides services that promote an enhanced quality of life for individuals living independently in the community of their choice.

**Schlow Centre
Region Library** 
814.237.6236
schlowlibrary.org

Schlow Library is a family friendly library in downtown State College that serves the diverse needs of the residents of the Centre Region. Patrons have access to books and e-books, plus online resources and other materials. The Children's Library offers special programs and services for children, and there is also a robust teen and adult section. Visit Schlowlibrary.org for additional information, and follow up on social media!

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**Sight-Loss
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 P.O. Box 782
Lemont, PA 16851
(814) 238-0132
office@slsg.org

Sight-Loss Support Group of Central PA

814.238.0132

slsg.org

office@slsg.org



The Sight-Loss Support Group offers support to individuals adjusting to vision loss. We provide counseling and connect people to vision rehabilitation services. A monthly support group meeting offers access to the agencies serving the visually impaired, guest speakers and lunch. Our audio-description program, View Via Voice, makes the performing arts accessible to blind and partially sighted patrons.

Skills of Central PA

814.238.3245

SkillsOfCentralPA.org



Skills of Central PA is a nonprofit human services organization that provides support for people living with intellectual and developmental disabilities and those recovering from mental health challenges. Skills is one of the largest human service providers in central Pennsylvania, offering services in 17 counties and employing approximately 1,000 people in a variety of professional, clinical and direct support roles.

Soroptimist International of Centre County

203.240.8286

soroptimistcentrecounty.org,
sicentrecounty@soroptimist.net



Soroptimist International of Centre County (SICC) is part of a global volunteer organization whose mission is to improve the lives of women and girls through programs leading to social and economic empowerment. We are a 501(c)(3) membership club with monthly dinner meetings, interesting speakers and various fundraisers. SICC also supports many local nonprofit organizations. New members are welcome!

St. Paul's United Methodist Church & Wesley Foundation

814.237.2163

stpaulsc.org



The vision of St. Paul's United Methodist Church & Wesley Foundation is to be followers of Jesus who are meeting others, making real relationships and moving into new expressions of love and service. The congregation has been committed to ministry with students and permanent residents, including; Abba Java Coffeehouse, St. Paul's Shoe Bank, St. Paul's Christian Preschool and more.

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Public libraries in Centre County offer access to a world of reading, learning, and joy—all available to you **FREE** with a library card.

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Centre County Library & Historical Museum

centrecountylibrary.org



schlowlibrary.org



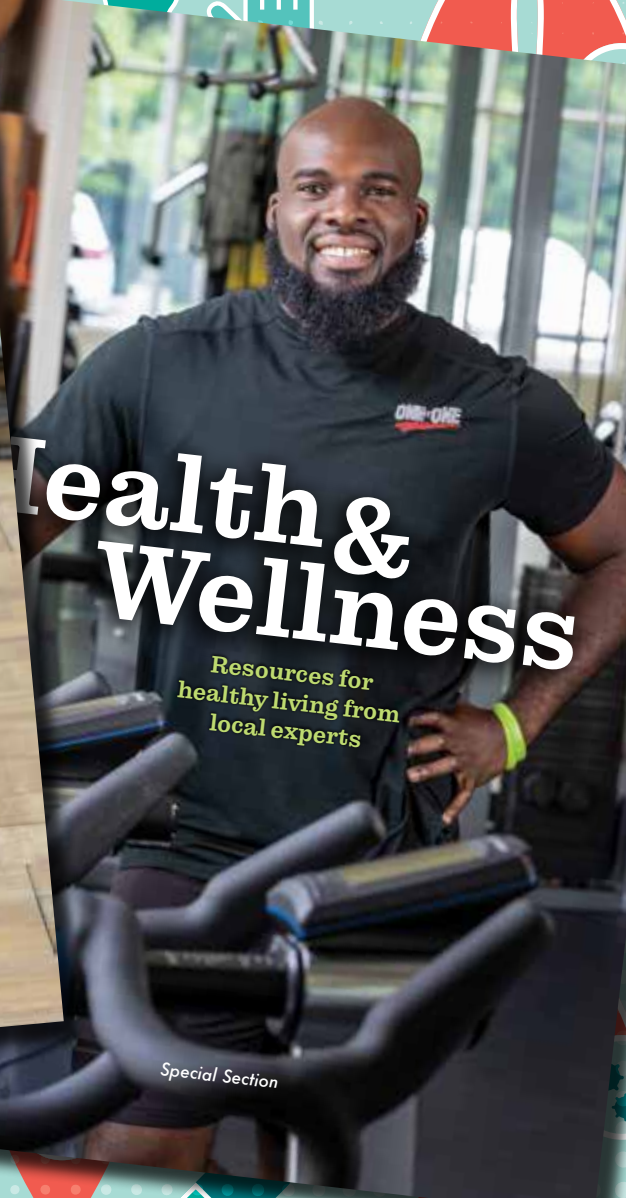
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State College Community Land Trust



814.867.0656
scclandtrust.org

State College Community Land Trust is a community housing development organization. Our mission: creating and stewarding permanently affordable, energy-efficient homes for low- and middle-income households. Our vision: State College neighborhoods will be inclusive, stable and healthy places to live. Our values: affordability, partnerships, sustainability, inclusivity.

State College Medical (A Pinnacle Treatment Center)



814.235.6988
pinnacle-treatment.com

State College Medical provides outpatient medication assisted treatment to adults living with Opioid Use Disorder. We provide on-site individual and group counseling and case management services.

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814.237.4100
PAElderCounsel.com

Steinbacher, Goodall & Yurchak is an elder care and special needs law firm offering quality representation to clients throughout Pennsylvania. Offering the following services: long-term-care planning, nursing home Medicaid planning, Alzheimer's and dementia planning, wills, powers of attorney, trusts, wealth protection and legacy planning, guardianship and special needs planning, retirement and tax planning, veteran's benefits planning, estate administration and probate. Learn more, visit PAElderCounsel.com.

Strawberry Fields Inc.



814.234.6023
sfionline.org

Strawberry Fields Inc. is a private nonprofit organization that has been designed by and for people with disabilities who are in need of support. In all areas of programming, our various departments strive to provide services based on need and personal choice. SFI strives to empower the individuals and families served to make choices that lead to rich and rewarding lives.



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Tides Inc.

814.692.2233



tidesprogram.org
info@tidesprogram.org

Tides is a 501(c)(3) organization with a mission to provide a grief support system to children, teens and adults. Our vision is to form a community of individuals who know they do not need to grieve alone. Tides provides grief support through peer-to-peer support groups, school-based programming, grief education and guidance, as well as crisis support following a death.

Tressa Nese and Helen Diskevich Center of Geriatric Nursing Excellence (CGNE), Penn State Ross and Carol Nese College of Nursing



814.863.1048
nursing.psu.edu/cgne
cgne@psu.edu

CGNE is an interdisciplinary community of clinicians, educators, scientists and leaders actively improving health care and quality of life for older adults in America. We believe every older adult deserves the highest quality of evidence-based care that respects individual goals and preferences. CGNE promotes overall well-being through education, research, translation of best practices and service. Programs and collaborative partnerships serve the health care workforce and community. Since 2007, CGNE has evolved to meet the ever-changing health care needs of older adults and their families locally, in Pennsylvania and throughout the U.S.

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— PSYCHIATRIC CENTER —

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Centre Hall, PA

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Peerstar LLC provides Peer Support in 27 counties throughout Pennsylvania, offering guidance, support and hope to individuals recovering from mental illnesses and/or co-occurring substance abuse disorders. They are also a national leader in providing specialized forensic peer support services in prisons and communities to individuals involved with the criminal justice system who suffer from mental illnesses and/or substance abuse disorders, working closely with law enforcement, corrections, probation and parole and the judicial system.

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Veterans Multi-Service Center

844.226.0368
VMCenter.org



Veterans Multi-Service Center (VMC) exists solely to “serve those who served” this great nation, our veterans. Our mission: to provide services, programs, opportunity and advancement to veterans of the U.S. military and their families. Our commitment: to advance the cause of veterans, advocating on all levels, giving voice to their concerns, bringing equity and quality to their earned benefits and a just resolve to their needs.

Victory Therapeutic Horsemanship

814.381.8726
victoryhorse.org
victoryhorsemanship@gmail.com



VTH proudly provides veterans in central Pennsylvania with equine therapy. We have proven repeatedly that therapeutic riding has a massive positive effect on veterans with post-traumatic stress disorder (PTSD), traumatic brain injuries (TBI) and coping with physical injuries. Through working with horses, we aim to empower our veterans and offer a gratifying outlet in which to work through their ailments. Victory Therapeutic Horsemanship is one of the few therapeutic riding organizations in the country that serve veterans exclusively and at no cost. VTH offers a uniquely different perspective compared to other programs due to being founded and run by a combat veteran that has experienced firsthand the benefits of healing with horses.

**Read us online at
centrecountygazette.com**

Aging, caregiving, and the privilege of growing older impact us all.

Join us on the care journey.



At the **Tressa Nese and Helen Diskevich Center of Geriatric Nursing Excellence**, we believe every older adult deserves the highest quality of evidence-based care that respects their individual goals and preferences.

Learn about our work that includes:

- learning opportunities for families, caregivers, and healthcare professionals;
- cutting-edge research initiatives with local, state, and global impact;
- community partnership opportunities;
- preparing nurses and nurse leaders for the future.



Tressa Nese and Helen Diskevich
Center of Geriatric Nursing Excellence

nursing.psu.edu/cgne

U.Ed. NUR 22-75



Scan to find CGNE events, resources, and more!



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Volunteer Centre County

814.308.5052
volunteercentrecounty.org
info@volunteercentrecounty.org



Volunteer Centre County's mission is to provide a free, user-friendly, online portal that enhances community engagement through promoting nonprofits' needs for volunteer service and donated goods, thereby increasing the quality of life in our community while helping to build a stronger Centre County.

Willow Tree Home Health Care

814.210.2389
willowtreehhc.com
info@willowtreehhc.com



Willow Tree Home Health Care is a nurse-owned agency that is dedicated to delivering the finest of care while in the comfort of your own home. We offer skilled nursing, therapy and home health aide services as well as non-medical personal care worker services in the community.

YES to the Future Program

570.238.3400
csiu.org/yes



YES to the Future is a PA CareerLink program that supports young adults, 16-24 years of age, in their career pathway. By working with a professional career counselor, young adults are able to explore career pathways, job shadows, paid internships and support funds.

Youth Service Bureau (YSB)

814.237.5731
ccysb.com
info@ccysb.com



Youth Service Bureau (YSB) exists to help children, youth and families have every opportunity to reach their full potential for growth and development through an array of services that includes prevention programs, family services and residential homes. We offer runaway shelter services, transitional housing, family conferencing, parent education, Big Brothers Big Sisters mentoring, after-school youth programming and much more.



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CCCHS Provides Multiple Services Throughout the County



By Melissa Bottorf, PA Lead Link Coordinator, PA Link to Aging & Disability Resource Centers, and CCCHS President

We are very fortunate in Centre County to have a strong network of people and organizations who are focused on helping others. One of the biggest contributing factors to this is the Centre County Council for Human Services (CCCHS). Established in 1968, CCCHS is a nonprofit organization that provides collaboration, networking and the promotion of volunteerism throughout the county.

As an organization, we believe that meeting human service needs requires an interdisciplinary knowledge base and commitment to improve the overall quality of life for our shared community.

With this mission in mind, CCCHS is proud to partner with The Gazette again this year to offer our Centre County Human Resource Guide. We hope the articles and resources will help you or your clients navigate the

services available. There are so many amazing programs and opportunities available to those who need them.

We know as the pandemic era winds down, our neighbors, who may have never needed help in the past, may need an extra hand. This year's Guide is focused on those basic needs of housing, transportation, immigrant services and many other resources. We hope our icons and categories make it even easier for you to find the information you need.

Maybe you would like to be a part of the amazing work we're doing as part of Centre County Council of Human Services. Becoming a member is easy! Just visit our website at theccchs.org for more information. Our members connect at our monthly membership meetings. Members can also attend our training sessions, share information in our newsletters and with our Helping Hands articles, attend our training, nominate a volunteer for our annual Rose Cologne Volunteer Recognition and apply for a Bob Ott Seed Grant.

When we work together and share our time and talents, we are capable of helping so many. We hope you find this year's Guide helpful and we hope to see you at a meeting in the future!

A PERFECT PLACE TO CALL HOME

The Oaks at Pleasant Gap



HAVE YOUR HOUSING NEEDS CHANGED?

The Oaks at Pleasant Gap provides comfortable and secure independent senior living in a beautiful setting.

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Nestled on 35 scenic acres, The Oaks offers beautiful *cottage homes and apartments*, in addition to the outstanding *personal care options* offered at Schreffler Manor.

For more information, call Melissa at 814.359.2782.
www.alsm.org

The Oaks at Pleasant Gap

ALLEGHENY LUTHERAN
SOCIAL MINISTRIES
We Touch Lives

**OPEN
HOUSE**

**Sunday, June 25
11 AM - 2 PM**

Volunteers ... Centre County's Greatest Resource!



**By Quentin Burchfield, Director,
Centre County Office of Aging**

RSVP is sponsored by the Americorps Seniors and the Centre County Board of Commissioners through the Office of Aging.

Volunteering brings fun and fulfillment to your life and helps you gain confidence, and you get to meet new people, learn new skills, take on new challenges and advance your career.

What programs does RSVP coordinate? The Volunteer Income Tax Assistance Program (VITA) prepares complete income taxes for individuals/households. The Telephone Touch Reassurance Program (TTRP) connects volunteers with homebound individuals in the community. The Centre County Pa Senior Environmental Corps (CCPaSEC) monitors area streams to make sure they are healthy and clean.

RSVP is making our community stronger one volunteer at a time!

How do I contact RSVP? You can either call us at (814) 355-6816 or email Brenda Reeve at breeve@centrecountypa.gov or Ashley Brownson at aebrownson@centrecountypa.gov We are located at 420 Holmes St., Room 245, Bellefonte.

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at centrecountygazette.com**



**CENTRAL PENNSYLVANIA
COMMUNITY ACTION, INC.**

Helping People. Changing Lives

*Meeting the diverse needs of
low income families and individuals.*

**814-765-1551
207 East Cherry St., PO Box 792
Clearfield, PA 16830**

Office of Adult Services Assists the Disabled with Basic Needs



**By Caitlin Gabriel,
Housing Program
Specialist,
Office of Adult
Services and
Crystal Gettig,
Caseworker,
Office of Adult
Services, both of
Centre County
Government**

Centre County Government's Office of Adult Services oversees and administers programs that serve low-income and/or disabled adults and their families to meet basic needs, work towards self-sufficiency and offer protection for those at their highest vulnerability. Our office is available to provide direct services and referrals to other community agencies. Currently, we are meeting with agencies to build partnerships to best assist our community.

If you are a client or working with a client and feel that you could benefit from housing (non-emergency), intakes/referrals, short-term case management and or speaking with our housing specialist, please feel free to call our office at (814) 355-6768 or email adultservices@centrecountypa.gov. Our office does offer a housing resource guide (our department's orange book) and a housing resource list (landlord list) to clients. You can pick these up in person at our office or we can mail or email them, and they will be distributed throughout Centre County at local organizations.

ERAP (Emergency Rental Assistance) and RAP (Rental Assistance Program) are grants that Adult Services are currently assisting clients with. For the details on these programs, please visit the Centre County Government Adult Services webpage. Other grants that are in the works are the Whole Home Repair Grant, and ESG funding.



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www.centredoutdoors.org
[@centredoutdoors](https://www.instagram.com/centredoutdoors)



Long-term Nursing Home Care Requires a Plan



By Kristin Daugherty,
**Long-Term Care Planner,
 Certified Medicaid Planner with
 Steinbacher, Goodall & Yurchak**

TRADITIONAL MEDICARE AND NURSING HOME CARE

Medicare coverage for nursing home care is short term (known as subacute rehabilitation). Most Medicare recipients believe they will receive 100 days of rehabilitation after a serious illness or injury. In order to qualify for this benefit, the Medicare recipient must be admitted to the hospital (not to be confused with observation; observation is not admittance). The average subacute rehabilitation stay is two to three weeks before the coverage is terminated. It is often a surprise to families when they receive a Medicare letter of non-coverage shortly after arrival at the facility.

FACILITY MEDICAID

Many families have been told by the nursing home that they can obtain retroactive eligibility for Medicaid. To obtain retroactive eligibility, you must be financially

eligible for Medicaid from your date of admission or date that insurance/Medicare stops paying.

Medicaid applications are submitted directly to the County Assistance Office. Once received, a caseworker will be assigned to your application. This caseworker will pull out any withdrawals, checks or deposits in excess of \$500 and request explanation, as Medicaid guidelines only allow for a maximum of \$500 a month in gifting within the previous five years.

Every Medicaid recipient has an income liability to the nursing home each month. Medicaid will provide coverage of the monthly nursing home bill for services over the income liability. The income liability will look different for every Medicaid recipient. From gross income, deducting \$45 (which every Medicaid recipient can keep) and deducting Medicare and supplemental health insurance premiums — the remainder of the Medicaid recipient's income will go to the nursing home each month.

Navigating life can be hard and is something that nobody should have to do alone. At Steinbacher, Goodall & Yurchak, we will help you protect your assets and obtain Medicaid eligibility as quickly as possible.

Call 814-237-4100 to learn more.

**Read us in print
 and online at
 centrecountygazette.com**



- Representative Payee Services
- Centre County Fuel Bank
- Gently Used Furniture & Appliances
- Emergency Vehicle Repair
- Money Management Counseling

www.interfaithhumanservices.org
 814-234-7731

Active Adult Center

Located in the Nittany Mall

Activities for
Ages 55+

Center Hours: Monday-Friday, 9 AM-3 PM
ActiveAdults@ccrog.net

<p style="text-align: center;">Upcoming Special Events</p> <ul style="list-style-type: none"> • Dime Bingo in the Park - 6/22 • Beep, Beep, BINGO - 7/28 • Quarter Bingo at the Center Coming this Fall! <p style="text-align: center;"><i>Check the website for more info.</i></p>	<p style="text-align: center;">General Activities</p> <ul style="list-style-type: none"> • Bingo (monthly) • Games & Puzzles • Fitness Classes • Crafts • Lunch Service • Off-Site Trips
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814-231-3076 • www.CRPR.org

CVIM Helps the Uninsured Get Medical, Dental Care



By Sarah Ramos,
Medical Social Worker, CVIM

Centre Volunteers in Medicine provides medical, dental, case management and behavioral health services to a diverse population who are unable to receive necessary care due to being uninsured.

CVIM serves individuals and families living or working in Centre County, regardless of their immigration status. Our clinic utilizes a mix of volunteer and professional telephonic interpreters to communicate with patients in their preferred language.

New patient intake paperwork is available in English and Spanish.

CVIM's case management services are available to anyone living in Centre County, not only patients.

To inquire into services, individuals can call (814) 231-4043 or fill out an online interest form at cvim.net.

Centre County Office of Transportation Takes Residents for a Ride



By Kathryn Boeckel,
Administrative Assistant,
Centre County Office of Transportation

The Centre County Office of Transportation is committed to providing reliable transportation throughout the county. This service is available to all Centre County residents.

Various agencies and programs are available to help offset transportation costs: transportation for residents aged 60 or older is funded by the Centre County Office of Aging and PennDOT; transportation for medical purposes for eligible Medical Assistance clients is funded through their MA plan; transportation for residents who qualify for the Persons with Disabilities program can ride at reduced rates.

Other outside agencies can help fund trips for their clients. Residents without programs to offset transportation costs can pay the full fare. Clients must be registered before scheduling transportation. All trips must be scheduled in advance.

Registration can be done over the phone at (814) 355-6807 or online at apply.findmyride.pennDOT.pa.gov.

More information is available on the CCOT website at centrecountypa.gov/431/Transportation-Office.

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An uplifting community by and for autistic & neurodivergent people.

The ACRES Project is a community-supported 501(c)(3) nonprofit fostering **social, vocational, and educational** opportunities for autistic and neurodivergent teens & adults.

- **SOCIAL OPPORTUNITIES • COLLEGE HELP**
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No fee or diagnosis required to participate in most non-OVR programs



www.acresproject.org
2400 Bernel Road, State College, PA
info@acresproject.org • (814) 777-1336

RESEARCH OPPORTUNITY WITH THE CANLAB AT PENN STATE



We are seeking paid volunteers between the ages of 60 - 85 to participate in studies of memory and brain functioning in aging.

CONTACT US!

(814) 865-0878

CANLABatPSU@gmail.com

Participation involves 4 hours that is split up into 2 sessions and pays \$40 and compensation for parking.

Participation will include memory tasks in our lab in the Moore Building on Penn State's campus



Nurse Family Partnership Assists First-time Moms



By Alise Christie,
RN/BSN/CLC,
Nurse Home Visitor

Nurse Family Partnership offers unique support for first-time moms. Studied for over 40 years, NFP is proven to improve pregnancy outcomes, child health and development, and economic self-sufficiency of the families they serve.

Each client is assigned a free personal nurse that visits them in their home from pregnancy through the child's second year of life. To qualify for NFP services, families must be within 235% of the Federal Income Poverty Guidelines, be a first-time mom and enter the program before or during the 28th week of pregnancy.

Women can be referred by an OB provider, WIC, a social service agency or a past participant or can self-refer by calling (833) 315-4358, calling or texting (814) 381-1339, emailing harlowl@upmc.edu or visiting the NFP website www.nursefamilypartnership.org/first-time-moms/ to fill out our contact form.

**Read us in print
and online at
centrecountygazette.com**

THE SALVATION ARMY OF CENTRE COUNTY
814-861-1758

For up to date information:



Follow us on Facebook

We are here to help those in need of emergency financial assistance in Centre County. We understand that life is hard sometimes and someone may need a little bit of help. We are here loving beyond the needs in our community!

GIVE THE GIFT OF TIME
Become a Volunteer!



THE SALVATION ARMY, AN INTERNATIONAL MOVEMENT, IS AN EVANGELICAL PART OF THE UNIVERSAL CHRISTIAN CHURCH. ITS MESSAGE IS BASED ON THE BIBLE. ITS MINISTRY IS MOTIVATED BY THE LOVE OF GOD. ITS MISSION IS TO PREACH THE GOSPEL OF JESUS CHRIST AND TO MEET HUMAN NEEDS IN HIS NAME WITHOUT DISCRIMINATION.

Centre Helps is a Community Resource Like No Other



By Denise McCann,
Executive Director,
Centre Helps

The Centre Helps 24/7 hotline connects community members in need with resources.

These resources include connections to shelter, rental and housing assistance, the Food Bank, our own food pantry, child-care or medical resources.

Our case managers help clients address their immediate needs and connect them to longer term resources and planning.

Hotline counselors also take calls from people experiencing an emotional crisis, listen compassionately, talk them through specific troubling situations, help them brainstorm and discover areas of existing support and connect them to longer term support.

If a caller is considering taking their own life, our counselors can de-escalate the client or get immediate emergency help for the caller.

Connection is one of the most important protective factors we can offer people in need, and Centre County is fortunate to have a rich network of resources.

Centre Helps guides people when they don't know where to turn.

**Like us on Facebook. Find us
online at centrecountygazette.com**

SOCIAL SECURITY BENEFITS

Roads to Freedom is a fee-for-service organizational **Representative Payee** for Social Security Administration (SSA).

There are three requirements to be eligible for our Representative Payee Services:

- Be an adult, 18 years of age or older
- Be receiving Social Security benefits
- Be required by SSA to have a Representative Payee

REPRESENTATIVE PAYEE PROGRAM

All people deserve a chance for financial well-being

As the Representative Payee:

RTF will develop a budget for each individual and involve them in financial decisions, assist individuals in understanding SSA letters and payments.



ROADS TO FREEDOM CENTER FOR INDEPENDENT LIVING

Voice: (570) 327-9070 Toll Free Voice: (800) 984-7492
Video Phone: (570) 279-4229 Email: office@cilncp.org
Website: cilncp.org

FaithCentre Steps Up to Help Those in Need



By Nicole Summers,
Executive Director,
FaithCentre

The FaithCentre was established in 2003 to address issues attendant to local poverty, unemployment and underemployment.

Originally founded by members of Faith United Methodist Church, the FaithCentre has been an independent agency since 2008.

We are home to the Food Bank for the greater Bellefonte area and since 2009 have hosted the Pet Food Pantry of Centre County.

Those within our State-assigned territory experiencing food insecurity are warmly invited to register with the Food Bank, located at 131 S. Allegheny St. in Bellefonte, on Wednesdays from 9 a.m.-3 p.m.

We also give out free cat and dog food during that time and from 8-10:30 a.m. on Wednesdays at St. Andrew's Episcopal Church in State College.

The Thrift Store offers clothing vouchers to low-income families in need of work or school attire, and limited funds are available to help Bellefonte-area residents facing utility termination or eviction.

**Read us online at
centrecountygazette.com**

**Providing Early Childhood, Preschool,
Mental Health and Substance Use
Services in Centre County!**

www.cenclear.org

Mid-State Literacy Council Proves that Reading is Fundamental



By Amy Wilson,
Executive Director,
Mid-State Literacy Council

Mid-State Literacy Council provides adult education services for Clearfield and Centre County community members.

Adults can attend classes, workshops or one-to-one tutoring instruction to increase their knowledge and skills.

Education areas include reading, writing, math, English, health literacy and digital literacy-technology use. Participants must be 18 years or older.

With additional skills learned through Mid-State Literacy Council, community members often accomplish their goals.

Goals might include learning to use a smart phone or computer, passing a test to enter training, gaining a new job, accessing health care online, passing the GED exams and reading to their children.

Trained volunteers provide personalized instruction.

To connect with a program coordinator for more information, please call (814) 238-1809 or email mslc@mid-stateliteracycouncil.org. Website information is at mid-stateliteracycouncil.org.

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Research PALS
Participants Across the LifeSpan

Are you are interested in helping us understand age-related changes in such topics as memory, language skills, stroke rehabilitation, exercise, motor control, and nutrition?

If so, contact the Participations Across the Lifespan (PALS) connected with research at Penn State for more information about how you can be connected with research.

**Contact us at:
(814) 865-0878**

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Centre County Crisis Services

We provide Crisis counseling and support

- Walk-in Crisis Assessment • Telephone Supportive Counseling •
- Mobile Crisis Intervention•

Center for Community Resources (CCR) provides 24/7/365 Crisis Intervention Services for Centre County. Services are available to anyone who telephones, walks in, or requests a Crisis counselor to come to their home or anywhere in the community. Centre County Crisis is a point of contact for people who are struggling with an emotional response to life stressors. CCR works in collaboration with the mental health provider network and human service agencies to effectively respond to and assist with anyone seeking help. CCR offers Crisis text and chat through their website.

Text:

63288

Call:

1-800-643-5432

Chat:

ccrinfo.org

Walk-In:

2100 E. College Ave.

Suite. A

State College, PA 16801



Info About Employment

If you are ready for a career built around serving others, we are hiring individuals with a strong passion and hopeful vision for our communities.

Go to ccrinfo.org for more information.

Call anytime to speak with a trained specialist! • In partnership with the PA Department of Human Services