

SENIOR CENTERS

Local senior centers provide a place to meet up with old friends, make new ones, or learn something new. Each center offers opportunities for nutritious meals, social activities, and a range of programs.

Eligibility for participation includes:

- Age 60 or older
- Local resident of Mifflin or Juniata County
- Participant needs to be able to manage his/her own activities of daily living i.e. toileting, dressing, self-administration of medications and eating (or with a personal care attendant)

Congregate Meals:

Senior centers also provide hot nutritious meals. While walk-ins are always welcome, we encourage you to guarantee your meal by making a reservation. A donation is requested, but is not required. Contributions help to support the agency's services.

Transportation is available through Call a Ride Service (CARS) at no cost to the participant. To arrange for transportation to a senior center, call the CARS office at 717-242-CARS.



**FOUR SEASONS
SENIOR CENTER**
717-436-6847



**MCALISTERVILLE
SENIOR CENTER**
717-463-3588



**MILROY
SENIOR CENTER**
717-667-2547



**LEWISTOWN
SENIOR CENTER**
717-242-1036

HEALTH & WELLNESS

Healthy Steps in Motion (HSIM) incorporates warm-up, balance, weight resistance/strength training and cool down segments as the program foundation.

Walk with Ease is an evidence-based exercise and health education program that was developed by the Arthritis Foundation.

Health Education & Blood Pressure Screenings: Free screenings are often available at our Senior Community Centers.

Bingocize strategically combines the game of bingo, exercise and/or health education.

Centers in Motion

Centers in Motion provides a wide variety of fun and interactive activities across our two-county region without being tied to any one specific building or location. Programming is open to all adults who are 55 years of age and older. If you enjoy staying active, learning new things, and having a good time, then this is the group for you!



25 Rothermel Drive, Yeagertown, PA 17099
Office Hours: Monday-Friday 8:00 am - 4:00 pm
717-242-0315 | Toll Free 1-800-348-2277



MJRSC—THE CARE NETWORK

Regional Services
Area Agency on Aging
Call a Ride Services



MJAAA Area Agency on Aging

Area Agencies on Aging are experts on all aspects of aging. *Mifflin-Juniata Area Agency on Aging (MJAAA)* provides individuals in Mifflin and Juniata Counties with advocacy, information, and assistance in order to maximize independence and quality of life. Our staff is made up of skilled, compassionate workers who can provide information about local services and also assist in obtaining access to those services.

HOME & COMMUNITY BASED SERVICES

MJAAA seeks to provide all seniors with programs that will allow them to remain living independently in their homes for as long as they are able to do so.

To be eligible for In-Home Services an individual must be:

- A Mifflin or Juniata County resident in a non institutional setting
- 60 years of age or older
- Have a physical, mental, or emotional disability that requires assistance in order to remain living independently in their home
- Homebound to the extent that they are unable to leave their residences without assistance and/or supervision
- Lack adequate informal support from family or others

In-Home Service options include:

- Care Management
- Home Delivered Meals
- Personal Emergency Response System (PERS)
- Personal Care
- Home Support
- Caregiver Support Program/Grandparents Caregiver Support Program



OLDER ADULT PROTECTIVE SERVICES

The Older Adult Protective Services Department conducts investigations of **abuse, neglect, exploitation and abandonment** of older adults.

What is elder abuse?

- An infliction of injury, confinement, or punishment with resulting physical harm, pain or mental anguish
- Deliberate neglect and withholding of goods or services which are necessary to maintain physical or mental health
- Sexual harassment, assault or rape
- Coercion or threats of force
- Exploitation of an older adults resources which may result in monetary or personal loss

Anyone may make a report to MJAAA, and a reporter's information always remains confidential. There is a protective services staff person on call and available after hours and on holidays. Call toll free at **1-800-348-2277**.



LONG TERM LIVING SERVICES

Aging Home and Community-Based Waiver Services may be available to Pennsylvanians over the age of 60, allowing them to continue to live in their homes and communities with support and services.

To be eligible for the Aging-Waiver you must:

- Be 60 years of age or older
- Meet the level of care needs for a Skilled Nursing Facility
- Meet financial requirements as determined by the local County Assistance Office

Pre-Admission Assessment

The Mifflin-Juniata Area Agency on Aging will accept referrals for completion of assessments to determine a consumer's eligibility for any of the following criteria:

- Currently Medicaid eligible applying for nursing facility placement
- Currently in a nursing facility that becomes eligible for Medicaid
- Requesting consideration for admission into a nursing facility or the Aging Home and Community-Based Waiver Program
- Applying for a licensed facility and need the SSI Supplement

Domiciliary Care

Individuals who are 18 years or older and are unable to live independently can consider Domiciliary Care (Dom Care) as an alternative to institutional living. Dom Care homes are a more comfortable, homelike living arrangement. The Dom Care provider opens their home to consumers, providing meals, laundry and personal care to ensure that all of the consumer's needs are met.