



# Exchange

May, 2007

## 2007 Calendar

- April 24 - CCCHS Board of Directors
- May 2—Interagency Meeting
- May 22 - CCCHS Board of Directors
- June 6 - Interagency Meeting
- June 26 - CCCHS Board of Directors
- No July Interagency Meeting
- No July CCCHS Board of Directors Meeting
- No August Interagency Meeting
- August 28 - CCCHS Board of Directors
- Sept. 5 - Interagency Meeting
- Sept. 25 - CCCHS Board of Directors
- Oct. 3 - Interagency Meeting
- Oct 23 - CCCHS Board of Directors
- Nov. 7 - Delegate Assembly & Election of Board of Directors
- Nov. 27 - CCCHS Board of Directors
- Dec. 5 - Interagency Meeting with Leadership Centre County
- No Dec. CCCHS Board of Directors

*The 35<sup>th</sup> Annual Centre County Council for Human Services  
Rose Cologne Volunteer Recognition Dinner  
Elks Country Club      Route 322, Boalsburg, PA  
6:00 p.m. Social Hour/Cash Bar 7:00 p.m. Dinner*

## May Luncheon: Hunger and Food Availability in Centre County

A panel describing the various program offerings will include:

- Home Nursing Agency - WIC (Women, Infant and Children) - Ann Keith
- Food Bank of the State College Area - Linda Tataliba
- Meals on Wheels - Anna Carol Buffington
- Nutrition Links - Patti Mauk
- Housing Transitions - Annette Ratliff
- Office of Aging - Voucher Program - Sandy Schuckers
- Community Help Centre - Tammy Gentzel

If you are not listed in the panel but have related programs, please bring a brochure or fact sheet to share. The program may last a bit longer than a normal luncheon, so please schedule an extra 30 minutes to attend the May 2 luncheon.



## A Note from the President...

As we approach the Rose Cologne Volunteer Dinner, I want to express a few thoughts on volunteers. They are the heart and soul of all that the council's members do throughout Centre County!

Where would we the member be without volunteers - The Salvation Army and the Kettle Campaign, Centre Volunteers in Medicine, Centre County United Way, Interfaith Mission's Wishing Wells, State College Meals on Wheels, the State College Area Food Bank, St. Vincent DePaul Society, RSVP, The Women's Resource Centre, and the list goes on and on. What a blessing it is to have so many dedicated volunteers that give of their time and energy to help all of us in Centre County. I

really look forward to the volunteer dinner where these volunteers are highlighted for the evening.

I want to thank the CCCHS Board for all its support and help. The Council has a really fine group of volunteers who are making a difference in the community. When you see one of them, thank them for their service!!!

Sometimes it may seem that individually we aren't making much of difference, but look around you. See the lives that have been touched. Together we are strong and effective!!!

*Matt Hall*

**Centre Co. Council  
for Human Services  
2007 Board of  
Directors**

**President**

Matt Hall  
W: 234-7731

**First Vice President**

Kristi Mattzela  
W: 231-4043

**Second Vice President**

Brent Frank  
W: 238-4958

**Secretary**

Nichol Sheridan  
W: 231-1352

**Treasurer**

Andrea Boyles  
W: 574-1004

**Members-at-Large:**

Linda Gilroy  
W: 532-5431

Jill Lillie  
W: 238-1949

Kristin Kuruzovich  
W: 342-5678

Don Limbaugh  
W: 861-1978

Robert Ott  
W: 355-6768

Delores Schoen  
W: 238-2322

Thelma Walters  
W: 237-1944

Tanya Lombardi  
W: 800-643-5432

Rita Peterson  
W: 235-1048

Danyel Woodring  
W: 237-5855

**Nominating Committee:**

Connie Schulz  
Sandy Schuckers  
Beth Van Horn  
Anna Carol Buffington

**Appointed Committee  
Chairs:**

Budget & Finance-  
Andrea Boyles  
Membership-Brent Frank  
Public Relations-  
Kristi Mattzela  
Volunteer Recognition  
Dinner-Susan Smith  
By-Laws/Policies &  
Procedures-  
Anna Carol Buffington  
Newsletter-  
Anna Carol Buffington  
Interagency Luncheon  
Program-Matt Hall  
Training-Robert Ott & Connie  
Schulz  
Seed Money Grant-  
Audrey Bucher  
Webmaster & Directory -  
Roger Spaw

**CCCHS SCHEDULE OF  
MEETINGS**

- Monthly Interagency Meetings—1st Wednesday of each month, excluding July & August
- Board of Directors Meeting - 4th Tuesday of

**2007 CCCHS MEMBERSHIP FEE IS DUE!**

**Paid Your 2007 CCCHS Membership Yet? The Codes on the Mailing Label Tell the Story!**

"07"	=	your dues are paid for 2007
"06"	=	you have not yet paid your dues for 2007
"c"	=	complimentary copy to government or elected officials
"a"	=	agency member of CCCHS
"d"	=	agency delegate
"i"	=	individual member of CCCHS

Dues for 2007 are \$60 for an agency and \$20 for an individual membership. Please mail your check for to: CCCHS, PO Box 1064, State College, PA 16804

Need a membership form? Contact Brent Frank at (814) 238-4958 or bfrank@midpenn.org or download the form from the CCCHS website. (see address below)

The printed CCCHS Directories which were published in 2004 are available at a cost of \$5 for members.

**Articles for *Centre Exchange***

Write your article in Word. Please do not format the article and do not simply email your flyer. That usually does not work with the Publisher program used to prepare the newsletter. The editor has to redo any previous formatting in order to be able to put the information into the newsletter using Publisher.

E-mail your information to the editor, Anna Carol Buffington, at acbuffington@yahoo.com by the 8<sup>th</sup> of the month to be included in the next month's newsletter.



**Remember!!!**

Send just one agency check for all people attending the Volunteer

Dinner from your agency. Please, no checks from individuals attending, except our individual members.

Thank you!

**Dates for Newsletter  
Submissions for June &  
September**

The newsletter for June will be mailed before Memorial Day so please send your articles for that issue no later than May 8. There will be no newsletter published for July or August. The September newsletter will arrive in the mail the fourth week of August. Send in your articles for the September issue any time during the summer.

E-mail articles in Word to Anna Carol Buffington at acbuffington@yahoo.com



**Did You Know?**

The Centre Exchange is on the website—in color! The address is listed below. Also, the newsletter is posted on the CCCHS website sooner than it is mailed to you. Check the website towards the end of the month for the latest issue.



**Check the CCCHS website. Note: there is no "www" before the address of the site.**  
<http://hscouncil.centreconnect.org>

## Blueprint for Success

### Summer Career Exploration Program for Teens Accepting Applications!



PICCC's "Blueprint for Success" Program is an exciting three week Summer Day program for teens ages 14-17 (limited openings available for 13 yr olds). The program gives students the opportunity to learn about potential careers and the world of work through a variety of hands on activities such as computer building, team building, career assessment (to learn about interests and aptitudes). Participants are also provided with fun and informative tours of Centre County businesses. A short video featuring the summer 2006 Blueprint for Success program is available on the PICCC website at <http://www.piccc.org/blueprintvideo>

The program is located at PICCC, 2595 Clyde Avenue, State College, PA, near the Nittany Mall and on a CATA Bus route. "Blueprint for Success" runs Monday through Friday from July 9 through July 27, 9 a.m. - 2:30 p.m. The cost of the program is \$25. Space is limited. This program is supported by Centre County United Way, Supelco, and other local businesses.

### Free Blood Pressure Screening

PrimeTime Health, a service of the Centre County Office of Aging and the Pennsylvania Department of Aging, offers a free blood pressure screening the second Tuesday of every month. It is held near center stage at Nittany Mall from 10:00am until noon. Call Sandy Schuckers with any questions at 355-6716.



# Step Up to the Plate



for  
**"A Meal that Matters"**

**2<sup>nd</sup> Annual Benefit Dinner For Meals on Wheels**  
**Thursday, April 26, 2007 Nittany Lion Inn**  
**6:00 cash bar - 7:00 dinner & speaker**  
**\$100 per ticket (\$65 is tax deductible)**  
**Featured Speaker: Franco Harris**

Your ticket purchase provides 9 days of service for a State College Meals on Wheels client. To purchase tickets or to become a sponsor, call the Meals on Wheels office at 237-8135.

This benefit dinner is a function of the "March for Meals" effort of State College Meals on Wheels, Inc. ***so that no senior goes hungry!***

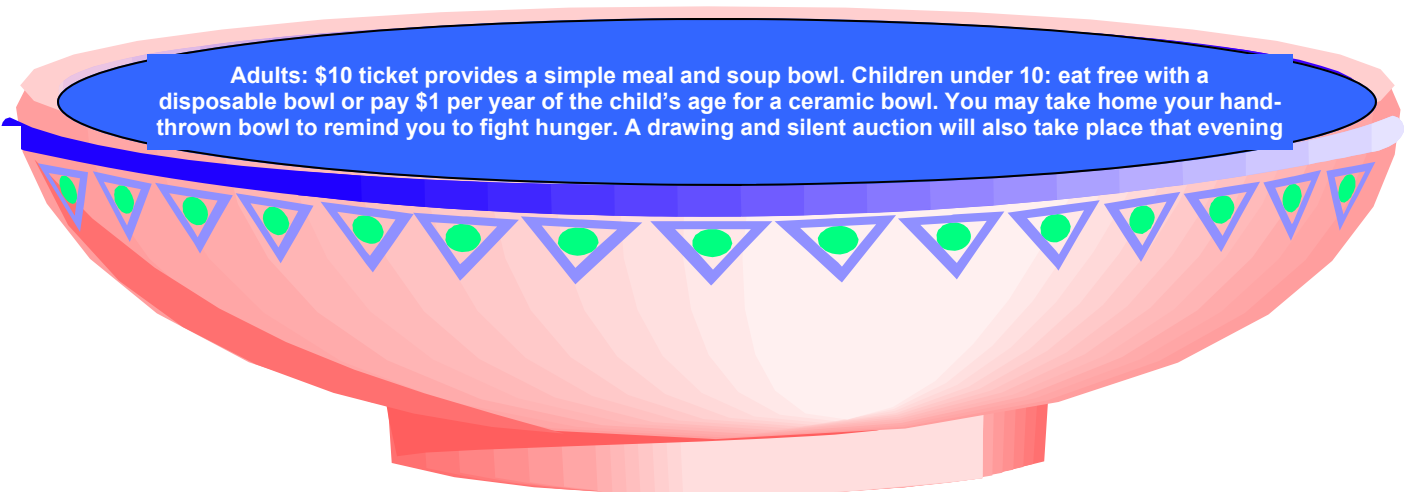


## 9<sup>th</sup> Annual Empty Bowls Meal

Thurs, May 3, 2007 5:00-7:00 pm

State College South Building, Westerly Parkway, State College  
 Proceeds benefit Meals on Wheels & the Food Bank of State College

Adults: \$10 ticket provides a simple meal and soup bowl. Children under 10: eat free with a disposable bowl or pay \$1 per year of the child's age for a ceramic bowl. You may take home your hand-thrown bowl to remind you to fight hunger. A drawing and silent auction will also take place that evening





## YOUTH SERVICES EXPO

### Nurturing & Supporting the Development of Centre County Youth

Tuesday, May 15, 2007 Celebration Hall  
8:30 a.m. – 3:30 p.m. State College, PA

#### Keynote Address:

**Intervene in the Mean Scene: Overcoming Relational Aggression**  
Cheryl Dellasega, NP, PhD, a relational aggression expert and author of *Mean Girls Grown Up*, *The Starving Family*, *Girl Wars*, and *Surviving Ophelia*, and *Forced To Be A Family* will present on the impact of relational aggression in the context of youth relationships.

#### Workshops:

##### Helping Our Youth Grow Wiser, Not Wider

Jamie Calabrese, M.D., FAAP, Medical Director of The Children's Institute, will address the growing epidemic of pediatric obesity, the morbidity associated with it, and ways in which service providers, community members, and parents can prevent pediatric obesity in local youth.

##### Out Of The Darkness: Preventing Suicide

Pat Gainey of The American Foundation For Suicide Prevention will present on the third leading cause of death for young people ages 15–24 and help create an understanding of ways our community can reach out to those suffering from the darkness of depression.

#### Presentations:

- Local Data From the Pennsylvania Youth Survey—Brian Bumbarger, Penn State Prevention Research Center
- The Needs of At-Risk Youth—Carol Smith, Centre County Children & Youth Services
- Juvenile Justice Trends —Judge Thomas King Kistler, Centre County Court of Common Pleas
- Local Effects of Domestic Violence and Child Abuse—Corey Cook, Centre County Women's Resource Center
- Understanding the Health Needs of Centre County Children and Youth—Maryanne Neal, Centre Volunteers in Medicine
- Treatment & Accessing Services: Mental Health, Drug and Alcohol, and Managed Care—Cathy Arbogast, Centre County Drug & Alcohol

#### YOUTH SERVICES EXPO, cont.

- The Impact of *Communities That Care*® nationally, in Pennsylvania, and locally - Brian Bumbarger, Penn State Prevention Research Center

**Registration:** All community members are invited to register! The conference registration fee is only \$15 and includes the cost of instruction, materials, a continental breakfast, lunch, and refreshments. Space is limited. To register, access the conference brochure online at: [centrecountyctc.org](http://centrecountyctc.org) or contact the Community Mobilizer at 814-404-9511.

## CALL Announces Summer Classes

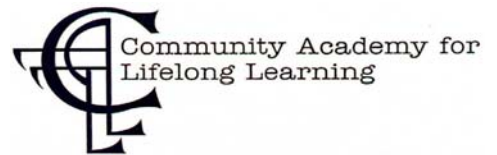
CALL, the Community Academy for Lifelong Learning announces that its Summer Term 2007 classes will be held from June 25, 2007, through August 3, 2007. Please call 238-2368 for more information or 238-6113 to register.

If you are not already a member of CALL, now is the time to join. Membership dues are reduced to \$20 for the Summer Term. Course fees are \$10-\$30. In addition to the many classes CALL offers, there are various social activities, special interest groups and trips in which CALL members can participate.

CALL, the Community Academy for Lifelong Learning, is a nonprofit membership organization dedicated to adults who seek opportunities for learning in an environment of sharing and fellowship. Please visit our web site at

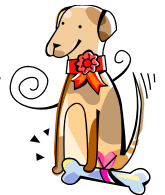
[www.my-cll.org](http://www.my-cll.org)

or  
contact the  
office at  
238-2368!



## Arthritis Walk to Occur on April 22!!

Walkers, both human and canine, are welcome to participate in the Arthritis Walk which will take place on Sunday, April 22 at the Boalsburg Military Museum. Registration begins at noon and the event starts at 1:00 p.m. The drawing and wrap-up party will commence after the last walker has finished.



Sponsors are welcomed! You may register on-line at this web-site: <http://statecollegearthritismuseum.com>

Contact Rachel Albright at The Arthritis Foundation (800) 776-0746 or [ralbright@arthritis.org](mailto:ralbright@arthritis.org) or email: [coleen\\_williams@hotmail.com](mailto:coleen_williams@hotmail.com)



**"Hope Endures"**  
an annual benefit dinner for  
**THE SALVATION ARMY**



Monday, May 14, 2007, beginning at 6:00 p.m.  
Toftrees Resort & Conference Center, State College, PA  
Reception: 6:00 p.m. Dinner, Music & Presentation: 6:30 p.m.

**Partnership Gifts** are requested and  
acknowledged in the program:

- \$500 (Full page ad/full table sponsorship of 8 guests)
- \$250 (Half page ad/half-table sponsorship of 4 guests)
- \$250 (Full page ad in event program)
- \$125 (Half page ad in event program)

**Individuals:** A donation of \$35 covers the cost of the evening  
An invitation for further gifts and pledges will be extended.

**Benefits:** The Salvation Army's social Programs in Centre  
County: Kids-to-Camp; Back-to-School Program (clothes and  
school supplies); emergency assistance for struggling families  
and individuals throughout Centre County

**RSVP:** Friday, May 4<sup>th</sup> by mail or telephone. Indicate your choice  
of Turkey or Vegetable Strudel. For information, contact The  
Salvation Army, 3091 Enterprise Drive, Suite 100, State College,  
PA 16801 or phone 861-1785 or 867-2515.

**VOLUNTEERS NEEDED!!!**  
**Trash to Treasure Sale 2007**  
Saturday, May 26

Please volunteer to help sort items:  
**Sorting dates: May 1 – 5; 7 – 12; 14 – 17; 21–25**  
**Times: 8 AM–12 or 12:30–4:30 PM Daily**  
**Sale Day Volunteers also needed!!!**



In 2006, \$50,000 was raised and saved 66 tons of material  
from the landfill. The funds raised help 39 United Way  
agencies.

Trash to Treasure is a partnership between Penn State and  
the Centre County United Way.

INFO: <http://www.trashtotreasure.psu.edu/>  
To sign up, E-mail Carolyn: [cul@psu.edu](mailto:cul@psu.edu) or  
Pam Stellabotte: [pam@ccunitedway.org](mailto:pam@ccunitedway.org); 814-238-8283

Your agency's announcement could have been published here!

Send your information to the Centre Exchange Editor by the 8th of the month preceding the activity to [acbuffington@yahoo.com](mailto:acbuffington@yahoo.com)

**Learning Disabilities Assoc. of Centre Co.**  
**Presents Educational Awareness Sessions**  
**Open to the Public**

Wed. April 25, 7:00 p.m. Mt. Nittany Middle School  
"Helpful Behavior Strategies..." cooperation techniques,  
communication, what to do when your child is upset &  
more, presented by Dawn Moss & Jennifer Starner- Ed.  
Consultants from IU 10

Wed. May 23, 7:00 p.m. Mt. Nittany Middle School  
"Parenting Network for Summer Survival"

Sun. June 3, 1-4:00 p.m.  
Ricketts Cabin, 770 Mt. Rd., St. College  
Annual Potluck Picnic for Families

Please call Gladys Hart for details.

**May is National**  
**Mental Health Awareness Month**  
May 23, 2007 5:00 PM

Opportunity Centre Clubhouse (OCC), a program of Skills of  
Central PA, Inc., will be holding their 2<sup>nd</sup> Annual Candlelight Vigil  
in honor of our friends who have lost their struggle with mental  
illness and those reaching for recovery. This year's event will  
begin with a showing of the documentary film "Out of the  
Shadow" at The Garman Theatre in Bellefonte. The film docu-  
ments one family's struggle in assisting their mother in recover-  
ing from schizophrenia; there is no charge for attending. The  
event continues on the Centre County Courthouse steps with  
several speakers, including Senator Jake Corman and Centre  
County MH/MR Administrator Carol Waltz, as well as consum-  
ers from the mental health community.

For more information contact OCC at (814) 353-1050 and  
watch/listen for more news media information including the Cen-  
tre Daily Times and radio and television public service an-  
nouncements. Please join us to honor our citizens taking steps



Centre County Council for Human Services  
 P O Box 1064  
 State College, PA 16804-1064

Non-Profit Organization  
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**CCCHS Volunteer  
 Recognition  
 Dinner**  
**Sun, April 29, 2007**  
**6:00 p.m.**  
**Social Hour**  
**7:00 p.m. Dinner**



*Centre County Council for Human Services*

# *May 2, 2007 Interagency Meeting*

*Inside this issue:*

May luncheon	I
President's Column	I
Membership fee due	I
Agency activities	3-5

**TOPICS:** *Hunger and Food Availability in Centre County*  
 See article on page 1 for additional information.

**DATE:** Wednesday, May 2, 2007

**TIME:** Noon to 1:30 p.m.

**LUNCHEON:** Pine Hall Lutheran Church, 1760 West College Avenue, State College (located just beyond Rider Motors on the opposite side of the highway) - use the entrance to the fellowship hall located at the rear of the building on the lower level