

RVSPG Senior Links

Internet Directory of Resources

These website links are provided as a convenient resource for you. We do not control and are not responsible for the content of any other website and are not endorsing any content, sponsor, or owner for which a link is provided. River Valley Senior Providers Group makes no warranty, expressed or implied, to any linked site, including but not limited to any warranties of the accuracy, ownership, validity, or legality or any content of a non-RVSPG linked site.

Our hope is that information and a variety of resources will enable you to achieve a better understanding of the aging process and the many options available to help achieve and maintain a fulfilling and vibrant life.

AREA ON AGING WEBSITES

Lycoming Clinton County

http://www.p4a.org/lyc_clin.htm
<http://www.stepcorp.org/aging/aging.htm>

Columbia Montour County

<http://www.cmaaa15.org/>

Northumberland County

<http://www.ncaging.org/>
<http://www.p4a.org/northu.htm>

Union Snyder County Resources link

<http://www.usaaa17.org/>
http://www.usaaa17.org/usaa_uscounties_resource_directory.asp

APPRISE

The APPRISE Program is a service of the Pennsylvania Department of Aging and your local county Area Agency on Aging. The APPRISE Program offers free and impartial information and assistance with Medicare benefits, Medicare Advantage Plans, Medigap policies, Medicare prescription benefits, long-term care insurance and programs that can save you money with your health care expenses. Listed below are upcoming events where you can get information and assistance. You can also call your local APPRISE Program listed above.

Lycoming Clinton APPRISE Program Office

Clinton/Lycoming Bi-County AAA
570-748-2906

Columbia Montour APPRISE Program Office

Columbia/Montour Area Agency on Aging
570-784-9272

Northumberland APPRISE Program Office

Northumberland County Area Agency on Aging
570-495-2366

Union Snyder APPRISE Program Office

Union/Snyder Co. Area Agency on Aging
570-524-2100

ASSISTANCE OFFICES

You can also apply for and renew your benefits for cash assistance, the Supplemental Nutrition Assistance Program (SNAP), help with child care, health care coverage, home heating assistance (LIHEAP), school meals, SelectPlan for Women and long-term living services.

Lycoming Clinton County Assistance Offices

Lycoming County
400 Little League Boulevard
P.O. Box 127
Williamsport, PA 17703-0127
Toll Free: 1-877-867-4014
Phone: 570-327-3300
LIHEAP 570-327-3497

Clinton County Assistance Office
300 Bellefonte Avenue
Suite 101
Lock Haven, PA 17745-1929
Toll Free: 1-877-211-1322
Phone: 570-387-4200
LIHEAP 570-387-4232

Columbia Montour County Assistance Offices

Columbia County
27 East Seventh Street
P.O. Box 628
Bloomsburg, PA 17815-0628
Toll Free: 1-877-211-1322
Phone: 570-387-4200
LIHEAP 570-387-4232

Montour County
327 Church Street
P.O. Box 278
Danville, PA 17821-0278
Toll Free: 1-866-596-5944
Phone: 570-275-7430
LIHEAP 570-849-2001

Northumberland County Assistance Office

320 Chestnut Street
Sunbury, PA 17801
Toll Free: 1-800-368-8390
Phone: 570-988-5900
LIHEAP 570-988-5996
or 800-332-8583

COMMUNITY ACTION

Lycoming Clinton

Lycoming-Clinton Counties Commission for Community Action, Inc.
2138 Lincoln Street, Williamsport, PA 17701-8568
570-326-0587

Columbia Montour Northumberland

Central Susquehanna Opportunities, Inc.
2 East Arch Street, Suite 313, Shamokin, PA 17872
570-644-6575

Northumberland County Community Action

Union-Snyder Community Action Agency

www.union-snydercaa.org

713 Bridge Street - Suite 10, Selinsgrove, PA 17870

570-374-8938

Central Susquehanna Opportunities, Inc. – A Community Action Agency

(known as CSO, Inc.) is a regional, private non-profit, community-based, charitable organization that is dedicated to helping people make positive changes in their lives and assisting their communities to grow. Our organization empowers the communities and citizens of our region to develop and maintain self-sufficiency by providing employment-related and other supportive services, and by partnering with agencies with similar missions in order to fill the gaps in services that are needed to address poverty at the local level.

<http://www.censop.com/>

DENTAL SERVICES

Donated – Residents who are elderly, disabled or medically compromised may be eligible for free dental care.
Eastern PA 717-238-8343

ELDER ABUSE, SCAMS & FRAUDS

Sheriff's Offices - Triad SALT – Partnership of Law Enforcement & Senior Partnership

Lycoming County Sheriff 570-327-2280

www.lyco.org/dotnetnuke/Home/Sheriff/tabid/149/Default.aspx

Clinton County Sheriff 570-893-4070

www.clintoncountypa.com/

Columbia County Sheriff 570-389-5622

www.sheriffofcolumbiacounty.com/index.html

Montour County Sheriff 570-271-3062

www.montourco.org/montour/cwp/view.asp?a=766&Q=418484&montourNav=|

Northumberland County Sheriff 570-988-4155

www.northumberlandsheriff.com/

Union Snyder County Sheriff TRIAD

www.unioncountypa.org/residents/government/courts/sheriff/default.asp

[Ernest Delp III edelp@unionco.org](mailto:Edelp@unionco.org)

<http://www.unioncountypa.org/residents/government/courts/sheriff/triad.asp>

PA Attorney General Sr Crime Prevention

www.attorneygeneral.gov/seniors.aspx?id=533

PA Dept. of Banking SCAMS

http://www.banking.state.pa.us/banking/lib/banking/financial_institutions/pamphletsbrochures/scams-brochure-web.pdf

Do Not Call List Hotline Information www.ftc.gov/bcp/edu/microsites/idtheft/

Protecting Yourself from Identity Theft www.attorneygeneral.gov/idtheft.aspx?id=1757

Fraud <http://www.fraud.org/>

National Center for Elder Abuse http://www.ncea.aoa.gov/NCEAroot/Main_Site/Find_Help/State_Resources.aspx/

ELDER LAW

Elder Law Answers <http://www.elderlawanswers.com/>

Guide to Legal Issues for Pennsylvania Senior Citizens 2009

<http://www.pabar.org/pdf/guidelegalservicessc.pdf#search=%22senior%22>

Find Law PA <http://lawyers.findlaw.com/lawyer/practicestate/Elder-Law/Pennsylvania>

Pennsylvanians who are 60 and over can get free, confidential telephone legal assistance and/or referrals to local participating lawyers:

PA Senior Law Helpline <http://seniorlawcenter.org>

EMPLOYMENT AND TRAINING

Central Pennsylvania Workforce Development Corporation <http://www.cpwdc.org>

Department of Aging – Stimulus Funds Job Training
717-783-1549 or 717-772-2932

Office of Vocational Rehab (OVR) 800-442- 6359

Experience Works Inc. Employment Training Services
570-758-2437 866-765-2305 570-541-6190 Cell

Experience Works is a non-profit organization that operates the Senior Service Employment Program. SCSEP is authorized by the Older Americans Act to assist people over age 55 who are unemployed and living on a very low income with training, work experience ad job search. No fee. EOE/AA

<http://www.experienceworks.org>

PA CareerLink Columbia/Montour Counties at Bloomsburg

351 Tenny Street
Bloomsburg, PA 17815
570.387.6288

Hours of Operation: M, Th,F 8:30 - 4:30, Tu 9:00 - 4:30, W 8:30 - 6:00

<http://www.cwds.state.pa.us>

PA CareerLink Lycoming County at Williamsport

145 West Third Street
Williamsport, PA 17701
570.601.5465

Hours of Operation: M, Tu, Th 8:00 - 5:00, W 8:00 - 6:00, F 9:00 - 4:30

<http://www.cwds.state.pa.us>

PA CareerLink Northumberland County at Shamokin

2 East Arch Street
Shamokin, PA 17872
570.644.6570

Hours of Operation: M, Tu, F 8:30 - 4:30, W 9:00 - 4:30, Th 8:30 - 6:00

<http://www.cwds.state.pa.us>

PA CareerLink Union/Snyder Counties at Selinsgrove

713 Bridge Street
Selinsgrove, PA 17870
570.374.5751

Hours of Operation: M 8:30 - 6:00, Tu 9:00 - 4:30, W, Th, F 8:30 - 4:30

<http://www.cwds.state.pa.us>

Susquehanna SeniorNet - Computer Training for Seniors

James V. Brown Library
19 East Fourth Street
Williamsport, PA 17701-6390
570-326-0536

<http://susquehannaseniornet.blogspot.com/>

Energy Assistance - Crisis Assistance Refueling Energy Services

PA Public Utility Commission

www.puc.state.pa.us/general/consumer_ed/energy_asst_progs.aspx

Development Services in the Central Region Workforce Investment Area and provides comprehensive Community Action initiatives to improve local families and communities. CSO strives to address poverty at the local level and move individuals and families to self-sufficiency. For more information about CSO and its initiatives please call or visit www.censop.com

LIHEAP

Need help this Heating Season? LIHEAP Cash & Crisis Programs Help Paying Your Energy Bills

<http://www.dpw.state.pa.us/servicesprograms/liheap/>

Pennsylvania's Low Income Home Energy Assistance Program (LIHEAP) helps income-eligible energy consumers pay their heating bills through energy assistance grants. You do not have to have an unpaid bill to receive energy assistance, and you can receive these **FREE** grants without being a welfare recipient. No lien is placed on your property if you receive a grant, and you don't need to repay anything. Homeowners or renters whose yearly income before taxes is at or less than the guidelines listed below are eligible for LIHEAP cash/crisis:

Household size	Annual Income	Household size	Annual Income
1	\$15,315	4	\$30,975
2	\$20,535	5	\$36,195
3	\$25,755	6	\$41,415

For each additional person, add \$5220

For more information, please contact [your local county assistance office](#) or contact the LIHEAP hotline at **1-866-857-7095**, Monday through Friday (individuals with hearing impairments may call the TDD number at 1-800-451-5886). To be eligible for **free Cash grant**, you must be responsible for home heating costs – you don't need to owe money on your bill.

NURSING CARE FACILITIES

Columbia County - Nursing Care Facility Information

<http://app2.health.state.pa.us/commonpoc/content/publicweb/nhinformation2.asp?COUNTY=Columbia>

Montour County - Nursing Care Facility Information

<http://app2.health.state.pa.us/commonpoc/content/publicweb/nhinformation2.asp?COUNTY=Montour>

Northumberland County - Nursing Care Facility Information

<http://app2.health.state.pa.us/commonpoc/content/publicweb/nhinformation2.asp?COUNTY=Northumberland>

Lycoming County - Nursing Care Facility Information

<http://app2.health.state.pa.us/commonpoc/content/publicweb/nhinformation2.asp?COUNTY=Lycoming>

Clinton County - Nursing Care Facility Information

<http://app2.health.state.pa.us/commonpoc/content/publicweb/nhinformation2.asp?COUNTY=Clinton>

Union County - Nursing Care Facility Information

<http://app2.health.state.pa.us/commonpoc/content/publicweb/nhinformation2.asp?COUNTY=Union>

Snyder County - Nursing Care Facility Information

<http://app2.health.state.pa.us/commonpoc/content/publicweb/nhinformation2.asp?COUNTY=Snyder>

Facilities With Secure Dementia Units

LYCOMING COUNTY

Sycamore Manor

Montoursville, PA 17754 570-601-8100

<http://www.sycamoremanor.org/services.asp>

NORTHUMBERLAND COUNTY

Manor Care

Sunbury, PA 17801

<http://www.hcr-manorcare.com/Home/AlzheimersCare/tabid/144/Default.aspx>

Serenity Garden at Mt. Carmel

Mt. Carmel, PA 570-286-7121

Kulpmont, PA 17834 570-373-3000

<http://www.serenitygardensal.com/our-community.htm>

UNION COUNTY

Riverwoods Senior Living Community

Lewisburg, PA 17837 570-522-5234

<http://www.albrightcare.org/riverwoods/levels-of-care/skilled-nursing-care-facility.asp>

SNYDER COUNTY

Grayson View

Selinsgrove, PA 17870 570-374-2923

<http://www.selinsgrovealf.com/memory.php>

FOOD STAMPS

The federal food stamp program has changed its name to SNAP or the Supplemental Nutrition Assistance Program. As of July 27, 2009 the gross income limit for the SNAP program was raised. To find out what the new income limits are, find out if you qualify, or apply for SNAP please call Central Susquehanna Opportunities, Inc. at 1-866-944-9518 ext. 172.

Central Susquehanna Opportunities, Inc. is a regional, private non-profit, community-based, charitable organization that is dedicated to helping people make positive changes in their lives. CSO is the premier agency delivering Workforce PA SNAP

<http://www.dpw.state.pa.us/servicesprograms/foodstamps/>

How to apply for Food Stamps in PA

<http://www.mahalo.com/how-to-apply-for-food-stamps-in-pennsylvania>

PA Hunger Action Center

<http://www.pahunger.org/html/hunger/2009%20Updated%20Flyer.pdf>

SNAP Benefits by State – PA site

https://www.benefitscheckup.org/snap_state.cfm?state=Pennsylvania&partner_id=0&org_id=0

HOMELESS SHELTERS - LOCATIONS

HAVEN MINISTRY CENTER

1043 South Front Street

Sunbury, PA 17801

570-286-1672

THE GATE HOUSE

1 Gatehouse Drive or 77 Hess Hill Road

Danville, PA 17821-8634

570-275-6766

JOURNEY HOUSE

202 East Third Street

Williamsport, PA 17701

570-326-3308

BETHESDA MISSION

611 Reily Street

Harrisburg, PA 17102-1135

717-257-4440

SHEPHERD OF THE STREETS

669 Center Street
Williamsport, PA 17701-4935
570-322-6538

AMERICAN RESCUE WORKERS

643 Elmira Street
Williamsport, PA 17701
570-323-8401

PROPERTY TAX REBATE PROGRAM

Persons can be qualified based on income, age and disability, may be eligible to receive a rebate on part of the money paid for property taxes or rent during the calendar year. 800-362-2050 <http://www.revenue.state.pa.us>

SENIOR ACTIVITY CENTERS

Columbia & Montour County Senior Centers

Columbia County

Benton Senior Center
Northern Columbia Community & Cultural Center
42 Community Drive, Benton, PA 17814
(570) 925-6533 Monday to Friday 9AM - 2PM

Berwick Senior Citizens Center
1401 Orange Street, Berwick, PA 18603
(570) 759-8529 Monday to Friday 9AM - 2PM

Bloomsburg Senior Center
St. Luke's Lutheran Church, Bloomsburg, PA 17815
(570) 784-8615 Monday to Thursday 9AM - 2PM

Catawissa Senior Center
319 Pine Street, Catawissa, PA 17820
(570) 356-2219 Monday to Thursday 9AM - 2PM

Millville Senior Center
Millville Valley Grange, 201 North State Street, Millville, PA 17846
(570) 458-4212 Monday to Friday 9AM - 2PM

Wilburton Senior Center
Wilburton #2 Fire Company, Wilburton, PA 17888
(570) 339-1386 Monday to Thursday 9AM - 2PM

Montour County

Montour County Senior Center
Danville Armory Building, 550 West Mahoning Street, Danville, PA 17821
(570) 275-1466 Monday to Thursday 9:00AM - 2:00PM

Lycoming & Clinton County Senior Centers

Lycoming County

Jersey Shore Senior Community Center
Tiadaghton Gardens Apartment Complex
641 Cemetery Street, PO Box 52 Jersey Shore, PA 17740
(570) 398-4352 Monday to Friday 8:30 - 4:00

George C. Meck Senior Community Center
YMCA East Building, 50 Fitness Road, Suite 2, Muncy, PA 17756
(570) 546-2542 Monday to Friday 8:30 - 4:00

Faxon Senior Community Center
1301 Clayton Avenue, P.O. Box 3156, Williamsport, PA 17701
(570) 327-5490 Monday to Friday 8:30 - 4:00

Lincoln Senior Community Center
Lower Level of STEP Building
2138 Lincoln Street, P.O. Box 3156, Williamsport, PA 17701
(570) 327-5483 Monday to Friday 8:30 - 4:00

Maynard Street Senior Community Center
312 Maynard Street, P.O. Box 3156, Williamsport, PA 17701
(570) 327-5405 Monday to Friday 8:30 - 4:00

Messiah Senior Community Center
324 Howard Street, Williamsport, PA 17701
Mailing Address: P.O. Box 3156, Williamsport, PA 17701
(570) 327-5489 Monday to Friday 8:30 - 4:00

Clinton County

Carter Towers Senior Community Center
11 South Jones Street, Lock Haven, PA 17745
(570) 748-9262 Monday to Friday 9:00 - 3:00

Lock Haven Senior Community Center
352 East Water Street, Jaycee Building, Lock Haven, PA 17745
(570) 748-2906 Monday to Friday 8:30 - 4:00

Mill Hall Senior Community Center
9 Peale Avenue, Mill Hall Fire Department, Mill Hall, PA 17751
(570) 726-6378 Monday to Friday 8:30 - 4:00

Renovo Senior Community Center
415 4th Street, South Renovo Fire Company, South Renovo, PA 17764
(570) 923-2525 Monday to Friday 8:30 - 4:00

Northumberland County Senior Centers

Shamokin and Coal Township Senior Action Center
821 West Chestnut Street, Coal Township PA 17866
(570) 644-0772 Monday to Friday 8:00 - 4:00

Upper Northumberland County Senior Action Center
2665 Springtown Road, Dewart PA 17777
(570) 538-2616 Monday to Friday 8:00 - 4:00

Elysburg Senior Action Center
39 North Market Street, Elysburg, PA 17824
(570) 672-2438 Monday to Friday 8:00 - 4:00

Lower Northumberland County Senior Action Center
RD #2, Box 404, Herndon, PA 17830
(570) 758-1570 Monday to Friday 8:00 - 4:00

Kulpmont Senior Action Center
9th & Spruce Streets, Kulpmont, PA 17834
(570) 373-1112 Monday to Friday 8:00 - 4:00

Milton Senior Action Center
219 Filbert Street, Milton, PA 17847
(570) 742-9435 Monday to Friday 8:00 - 4:00

Mount Carmel Senior Action Center
41 South Market Street, Mt. Carmel, PA 17851
(570) 339-4457 Monday to Friday 8:00 - 4:00

Northumberland/Pt. Township Senior Action Center
268 Second Street, Northumberland, PA 17857
(570) 473-9373 Monday to Friday 8:00 - 4:00

Riverside Senior Action Center
423 Avenue F, Riverside, PA 17868
(570) 275-4943 Monday to Friday 8:00 - 4:00

Sunbury Senior Action Center
601 Pennsylvania Avenue, Sunbury, PA 17801
(570) 286-1820 Monday to Friday 8:00 - 4:00

Trevorton Senior Action Center
750 Shamokin Street, Trevorton, PA 17881
(570) 797-1996 Monday to Friday 8:00 - 4:00

Union County Senior Centers

Union County

West End Center
Hartley Township Community Center, Route 235, Hartley Township, 17835
570-922-4848 Thursday and Friday 9:00 - 2:00

Heritage House
50 North Second Street, Lewisburg, PA 17837
570-523-1133 4th Tuesday

Kelly Apartments
JPM & Loan Road, Lewisburg 17837
(570) 523-8082 2nd Tuesday of the Month

Lewisburg Center
116 North Second Street, Lewisburg, PA 17837
570-523-6510 Tuesday, Wednesday, Thursday, 9:00 - 2:00

New Columbia Senior Center
257 Third Street, New Columbia, PA 17856
570-568-2253 Monday, Tuesday, Wednesday and Friday 9:00 - 2:00

Snyder County

Beaver Springs Senior Center
55 Elm Street, Beaver Springs, PA 17812
(570) 658-7333 Monday to Thursday 9:00 - 2:00

Penns Creek Adult Resource Center
3551 Richard Road, PO Box 212, Penns Creek, PA 17862
(570) 837-6200 Monday, Wednesday and Friday 9:00 - 2:00

Selinsgrove Senior Center
8 North Water Street, Selinsgrove, PA 17870
(570) 374-4170 Tuesday to Thursday 9-2, Monday 9-2 Winter

Stayman Park Apartments
8 Smokehouse Lane, Selinsgrove 17870
(570) 743-2212 3rd Wednesday of the Month

VETERANS BENEFITS - AID AND ATTENDANCE

Veterans Affairs US Dept of

<http://www.va.gov/>
<http://www.veteranaid.org/program.php>
<http://www.seniorsresourceguide.com/National/veteranaffairs/index.html>
<http://www1.va.gov/opa/pressrel/pressrelease.cfm?id=1265>
<http://www.veteransaidbenefit.org/>
<http://www.veteransaid.org/>
<http://www2.va.gov/directory/guide/state.asp?State=PA&dnum=ALL#div3>
http://www.youtube.com/watch?v=MWIsTcxZ4_4 Video on A&A

Don Cohick, Lycoming County VA Coordinator at dcohick@lyco.org or 570-327-2365.

PA Office of Military & Veterans Affairs

<http://www.milvet.state.pa.us/DMVA/541.htm>

PA Elder Law – Marshall Parker

http://www.paelderlaw.com/veterans_benefits.html

OTHER IMPORTANT LINKS

AAA <http://www.aaa.com/scripts/WebObjects.dll/ZipCode.woa/wa/route>
AARP <http://www.aarp.org/>
AARP Benefits Review
https://ssl3.benefitscheckup.org/moreprograms.cfm?cfid=1497891&cftoken=94435135&source_id=5&prev_id=0&org_id=0&partner_id=22&subset_id=0&language_id=EN&access_id=0&client_id=NULL&user_id=NULL&test_id=0
Alzheimer's Research Foundation <http://www.alzheimers-research.org/>
American Geriatrics Association <http://www.healthinaging.org/>
American Heart Association <http://www.heart.org/HEARTORG/>
American Heart Association Cholesterol
http://www.heart.org/HEARTORG/Conditions/Cholesterol/CholestrolATH_UCM_001089_SubHomePage.jsp
American Lung Association <http://www.lungusa.org/>
Arthritis Foundation <http://www.arthritis.org>
Assisted Living Communities <http://www.elderlivingsource.com/>
HUD <http://www.hud.gov/>
Long Term Care National Clearing House http://www.longtermcare.gov/LTC/Main_Site/index.aspx
Long Term Care Planning Network <http://www.ltclanningnetwork.com/>
Medicare <http://www.medicare.gov/>
Medicare Part A & B Booklet <http://www.medicare.gov/Publications/Pubs/pdf/10116.pdf>
Medicare Scooter & Wheelchairs <http://www.medicare.gov/Publications/Pubs/pdf/11046.pdf>
Mesothelioma <http://www.mesothelioma.com/>
National Assoc for Home Care & Hospice <http://www.nahc.org/>
National Senior Citizens Law Center <http://www.nslc.org/>
PA Personal Home Care Directory <http://www.dpw.state.pa.us/ServicesPrograms/PhysicalDisabilities/003670205.aspx>
PA Personal Home Care Advocates Guide
http://www.phlp.org/Website/PCH/PCH_manual%20for%20advocates%20Feb%202007.pdf
Reverse Mortgage Information <http://www.reversehelpline.us/home.html>
Reverse Mortgage Calculator <http://www.rmaarp.com/>
Reverse Mortgage Home <http://www.aarp.org/money/revmort/>
Reverse HomeMade Money Brochure http://www.aarp.org/money/revmort/revmort_basics/a2003-04-07-homemademoney.html
NRMLA – National Reverse Mortgage Lenders Association
<http://www.reversemortgage.org/Home/tabid/63/Default.aspx>
Senior Discounts <http://www.seniordiscounts.com/>
Senior Housing New Lifestyles <http://www.newlifestyles.com/>
Senior Care Eldercare Link <http://www.eldercarelink.com/>
Senior Employment <http://www.retiredbrains.com/>
Senior Finances Help <http://www.retirementcalc.com/>

See also Susquehanna SeniorNet <http://susquehannaseniornet.blogspot.com/>
Senior Tax Help <http://www.irs.gov/individuals/retirees/index.html>

Senior Resource Guide	http://www.seniorresource.com/ezine.htm
Senior Information	http://www.savvysenior.org/
Social Security Applying On Line	http://www.socialsecurity.gov/applyonline/
Young Seniors	http://www.suddenlysenior.com/
Senior Games	http://www.50plusfun.com/
Senior Search	http://www.wiredseniors.com/seniorssearch/
Search Engine	http://www.refspot.com/
Senior Journal	http://www.seniorjournal.com/
PA Department of Aging	http://www.aging.state.pa.us/
PA Human Services Compass	https://www.humanservices.state.pa.us/compass/CMHOM.aspx

SENIOR HUMOR

	http://www.oddee.com/item_86516.aspx
	http://www.todayssr.com/
	http://www.suddenlysenior.com/
	http://www.thegeezerbrigade.com/
	http://humorvault.tripod.com/index.html
	http://seniors-site.com/funstuff/
	http://www.dacton.com/seniors.html
	http://www.seniorark.com/Humor/humor.htm
	http://www.swapmeetdave.com/Humor/Seniors.htm
	http://www.ahajokos.com/age09.html
	http://www.everyday-wisdom.com/senior-humor.html
Senior Fun	http://www.pruneville.com/
E Greeting Cards	http://www.123greetings.com/

PENNSYLVANIA LINKS

State of Pennsylvania Main Site	http://www.pa.gov/portal/server.pt/community/pa_gov/2966
PA Department of Aging	http://www.aging.state.pa.us/aging/site/default.asp

PA Department of Aging - Publications and Brochures

	http://www.aging.state.pa.us/aging/cwp/view.asp?a=551&q=254334
Pennsylvania Department of Health	http://www.dsf.health.state.pa.us/health/site/default.asp
PA Office for the Deaf & Hard of Hearing	http://www.dli.state.pa.us/landi/cwp/view.asp?a=128&q=245997
Long Term Care in Pennsylvania	http://www.longtermcare.state.pa.us/portal/server.pt/community/long_term_living_home/3950
Long Term Living in PA	http://www.longtermcare.state.pa.us/portal/server.pt/community/long_term_living_home/3950
PA Affordable Apartment Locator	http://pal.phfa.org/

NATIONAL LINKS

AARP - National Site	http://www.aarp.org/
AARP Modern Maturity Magazine Web Edition	http://www.aarp.org/magazine/
AARP - In Pennsylvania	http://www.aarp.org/states/pa/
Administration on Aging	http://www.aoa.gov/
American Cancer Society	http://www.cancer.org/docroot/home/index.asp
Assisted Living	http://www.assistedlivingsource.com/
Benefits Checkup	http://www.benefitscheckup.org/
Federal consumer publications	http://www.pueblo.gsa.gov/
FDA health information	http://www.fda.gov/ForConsumers/ByAudience/ucm062130.htm
Medicare	http://www.medicare.gov/
National Institute on Aging (NIA)	http://www.nia.nih.gov/
Social Security Administration	http://www.ssa.gov/SSA_Home.html
USA GOV Government Made Easy	http://www.usa.gov/Topics/Seniors.shtml
The Whitehouse	http://www.whitehouse.gov/

TECHNOLOGY AND THE INTERNET

AARP - Learning and Technology

<http://www.aarp.org/leisure/activities/>

SeniorNet

<http://www.seniornet.org/>

SeniorNet Offers a number of educational programs which promote and support the use of computer and communications technologies by older adults.

<http://www.susquehannaseniornet.org/>

MISCELLANEOUS

USA Today - Newspaper Online

<http://www.usatoday.com/>

Weather Channel

<http://www.weather.com/>

This Day in History

<http://www.history.com/this-day-in-history.do>

Famous Quotes and Quotations

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