

**DIRECTIONS to:  
Penn State Cooperative  
Extension in Monroe County**

**From I-80 East:** Exit at 303 (9th Street). Go through 4 lights. After Aldi's, get in the left lane and turn left onto Phillips Street. Go about 1/2 mile. Turn left on Sunrise Drive and take the second parking lot entrance on the right. Cooperative Extension is in the only two-story building, on the second floor. Enter through the double door and take the elevator or stairs to the second floor.

**From Main Street, Stroudsburg:** Go north on 8th Street until you come to the T which is Phillips Street. Turn right onto Phillips Street and then turn left onto Sunrise Drive. Follow above directions.

**6 clock hours of ongoing training has been approved by the Department of Public Welfare (DPW), Office of Social Programs (OSP), Division of Adult Residential Facilities/Personal Care Homes (PCH).**

Penn State College of Agricultural Sciences research, extension, and resident education programs are funded in part by Pennsylvania counties, the Commonwealth of Pennsylvania, and the U.S. Department of Agriculture.

Penn State encourages persons with disabilities to participate in its programs and activities. If you anticipate needing special accommodations or have questions about the physical access provided, please contact Sue Conrad at 570-296-3400 in advance of your participation or visit.

This publication is available in alternative media upon request.

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**THE PENNSYLVANIA STATE UNIVERSITY  
COLLEGE OF AGRICULTURAL SCIENCES**  
Pike County Cooperative Extension  
514 Broad Street  
Milford, PA 18337

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**Penn State EXTENSION**

AGRICULTURE | COMMUNITY & FAMILY | ENVIRONMENT

## Enhancing Skills for Eldercare



# grow

**Tuesday, November 17,  
2009**

**Monroe County Cooperative  
Extension Office, 724 Phillips St.  
Suite 201, Stroudsburg, PA**

**Deadline to register is Tuesday,  
November 10, 2009**

PENNSTATE



an **OUTREACH** Program of the **College of Agricultural  
Sciences and Pike County Cooperative Extension**

# REGISTRATION FORM

ENHANCING SKILLS FOR ELDERCARE

Tuesday, November 17, 2009

Registration deadline: Tuesday, November 10, 2009

(This form may be copied for additional registrants)

# ENHANCING SKILLS FOR ELDERCARE

Tuesday, November 17, 2009

Monroe County Cooperative Extension Office

724 Phillips St., Suite 201, Stroudsburg, PA

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Organization \_\_\_\_\_

Daytime Phone \_\_\_\_\_

E-mail \_\_\_\_\_

**Registration Fee:** \$65.00 per person

1 Adult: \$65.00 = \_\_\_\_\_

Each additional person @ \$65.00 x \_\_\_\_\_ = \_\_\_\_\_

(Include additional names on another sheet)

Total enclosed: \$ \_\_\_\_\_

**Checks payable to:** PSCE Program Acct.

**Please return registration form and payment to:**

Pike County Cooperative Extension

Enhancing Skills for Eldercare

514 Broad St. Milford, PA

18337 Phone: 570-296-3400

Fax: 570-296-3406

**8:30 AM Registration**

**8:45 AM Communications for a Multi-Generational Workforce**

Communicating effectively across generational boundaries is essential for a productive workplace. This course explores generational differences and commonalities, all with a focus on more effective workplace communication. Participants explore six elements of effective communication, engage in generational experiential learning activities, and discover tips for communicating across generations.

*Instructor: Dennis E Gilbert, President, Appreciative Strategies, LLC*

**12:00 PM Lunch**

**12:30 PM Live Well, Live Strong, Live Long—Healthy Habits to Promote Bone Health**

Research shows there are three ways to increase bone health as we age: be physically active, eat a healthy diet and reduce the risk of falls. This presentation will expand on ways to promote healthy bones by focusing in on these three factors.

*Instructor: Jeannine Richlin, Penn State Cooperative Extension Family Living Educator, Sullivan County*

**3:30 PM Wrap-Up and Evaluation**