



Tuesday, September 23<sup>rd</sup>, 2025, 11:00 am  
Virtual Meeting (Zoom)  
Location (in-person): 1929 W 9th St. Chester, PA 19013  
Location (virtual): [zoom info](#)

*Chair: Yolanda Sample*  
*Co-Chair: Selena Johnson*  
*Scribe: Kathleen Shiomos*

## 1. Call to Order

Yolanda Sample, Community Relations Representative for Keystone First Community HealthChoices (CHC) called the meeting to order at 11:05 am.

## 2. Welcome and Introductions

Yolanda introduced the Community Outreach team as well as Selena Johnson, Manager of Long-Term Services and Supports (LTSS) for Keystone First CHC'S Southeast Zone.

Meeting attendees introduced themselves either in-person, virtually, or in the Zoom chat. Fiorella also introduced a satellite meeting that was taking place at Laurel Square Healthcare Center (Philadelphia, PA).

Yolanda completed the level setting for the meeting. She and Selena reviewed the meeting agenda.

## 3. Health Education & Outreach Activities

Yolanda, Community Relations Representative reviewed the health education and outreach updates for the Northeast, including:

- Last quarter's Community Outreach team activities
- Partners in the Community
- Upcoming Community Outreach team activities
- Activities in your Community
- Wellness and Opportunity Center information and calendar of events
- Participant Communications
- Participant Handbook

### Resources:

- Chester Wellness Center – 1929 W 9<sup>th</sup> Street, Chester PA 19013
- Mobile Wellness and Opportunity Center - <https://www.keystonefirstpa.com/community/mobile-wellness-center.aspx>



- Participant Newsletter – 2025 <https://www.keystonefirstchc.com/participants/eng/health-wellness/newsletter.aspx>
- Participant Handbook can be accessed online at <https://www.keystonefirstchc.com/participants/eng/participant-handbook.aspx>

### Feedback

A PAC Provider Member asked if the information and referral extension be added to Liberty's contact information, the extension is 325? The information will be updated.

**Next Steps: N/A**

## 4. CHC Programs & Updates/ Quality- Fall Prevention

Marci, Director of Quality Management provided an overview of fall prevention strategies to help reduce the risk of injuries for adults 56 and older. The presentation emphasized creating a safe home environment, making healthy lifestyle choices, and being prepared in case of an emergency.

- Home Safety:
  - Remove or secure rugs with non-slip backing.
  - Clear walkways and move furniture out of pathways.
  - Keep stairs well-lit and free of objects.
- Kitchen:
  - Use grabbers or a sturdy stool with handles to reach items on high shelves.
- Bathroom:
  - Keep floors and shower areas dry to prevent slipping.
  - Install grab bars for added stability.
- Health & Wellness:
  - Exercise regularly to improve strength, balance, and coordination (with doctor approval).
  - Get annual vision checks.
  - Have a doctor review medication for side effects that may increase fall risk.
- Emergency Preparedness:
  - Keep emergency numbers in large print near the phone.
  - Carry a phone in your pocket for quick access in case of emergency.

### Resources:

- <https://www.cdc.gov/falls/about/>
- <https://www.cdc.gov/falls/data-research/>
- <https://www.cdc.gov/falls/data-research/facts-stats/>
- STEADI initiative - [www.cdc.gov/steady](http://www.cdc.gov/steady)
- National Council on Aging Falls Prevention (NCOA) - [www.ncoa.org/healthy-aging/falls-prevention/](http://www.ncoa.org/healthy-aging/falls-prevention/)

### Feedback

- The exercises will be sent out via email and mail if requested.
- Nutrition and hydration are extremely important as they influence dizziness and weakness.

**Next Steps: N/A**



## 5. Resources from our Community Partners

Rebecca Bobersky from the Pennsylvania Department of Health presented information on Asthma, its impact, and ways to manage the condition. The presentation highlighted symptoms, risk factors, statistics in Pennsylvania, and strategies for management and prevention.

- About Asthma:
  - Asthma is a chronic inflammatory lung condition that makes breathing difficult and can be worsened by environmental and medical triggers.
  - An asthma attack is a sudden worsening of asthma symptoms typically triggered by an activity, pollutant, or medical condition.
  - Typical symptoms include shortness of breath, chest pain, coughing and wheezing.
- Triggers include:
  - Weather changes, humidity, pollen, air pollution medications, medical conditions, smoke, physical activity, stress, and others.
- Effects of asthma:
  - Short term: limited recreation activities, Emergency Room/Urgent Care visits, missed days of school/work.
  - Long term – permanent narrowing of lung airways, lung disease, and heart complications.
- Asthma in Pennsylvania:
  - In 2022 over 10, 000 PA residents went to the Emergency Room for asthma related reasons.
  - Air quality worsened in 2025 (ozone and particulate matter) compared to 2024.
  - Since 2021, five Pennsylvania cities ranked among the top 100 most challenging places to live with asthma and allergies: Scranton, Pittsburgh, Harrisburg, Allentown, and Philadelphia.
- Risk factors:
  - Environment: Pollution, weather, allergens, dust, mold.
  - Health and lifestyle: genetics, existing medical conditions, stress, physical activity.
- Managing Asthma:
  - Follow medical treatment as directed by a doctor.
  - Avoid known triggers.
  - Have an Asthma Action plan for emergencies.
  - Protect yourself at work.
  - Check outdoor air quality.

### Resources:

- [AirNow](#)
- [American Lung Association: Asthma](#)
- [Asthma and Allergy Foundation of America: Asthma Facts](#)
- [Centers for Disease Control and Prevention: Asthma Data](#)
- [Global Initiative for Asthma: 2023 GINA Main Report](#)
- [Mayo Clinic: Asthma Attack](#)
- [National Heart, Lung, and Blood Institute: Asthma Care](#)
- [Occupational Safety and Health Administration: Occupational Asthma](#)
- [PA Department of Health Asthma Control Program](#)
- [EPA Research-diy-air-cleaners-reduce-wildfire-smoke-indoors](#)



## Feedback

- Keystone First CHC does have an asthma program for our participants  
<https://www.keystonefirstchc.com/participants/programs/care-coordination/asthma>
- Second-hand smoke is extremely dangerous, and it is more dangerous than anyone thinks.

## Next Steps: N/A

## 6. HCBS Waiver Services Spotlight

Jennifer Ford-Bey, Manager of Collaborative Services presented information on the benefits of Employment Services as well as an overview of how these supports help participants pursue meaningful work while maintaining independence and coverage. The presentation also addressed Frequently Asked Questions.

- Frequently Asked Questions – Participants were reminded that answers to these questions vary by individual situation and should be reviewed with a Benefits Counselor.
  - Can I work and get benefits through Community HealthChoices?
  - How many hours a week can I work before I lose eligibility?
  - How much can I make before I lose eligibility?
  - I want to work, but I am afraid I may get less or lose Personal Assistance Services hours. What should I do?
  - I want to work, but I am afraid the job site won't be able to accommodate my disability. What should I do?
- Overview of Employment Services
  - Benefits counseling
    - Provides information on how paid employment may affect benefits such as Social Security, SSI, or food stamps to help make decisions about finding a job that is right for you.
  - Career assessment
    - Helps identify career options based on interests, skills, and strengths.
  - Employment skills development
    - Provides skills and tools to be successful in a job such as meeting expectations of your supervisor, interacting appropriately with co-workers, and responding appropriately to direction from your manager in order to be successful in any job.
  - Job finding
    - Helps you find the right job for you by finding job opportunities, completing applications, and preparing for job interviews.
  - Job Coaching
    - Provides ongoing support to learn a new job and maintain a job.
- How to make a Referral:
  - Let your Service Coordinator know that you are interested in working.
  - Sign the Office of Vacation Rehabilitation (OVR) Release of Information form.
  - The Service Coordinator will send the information the internal Employment mailbox.
  - Once received, the Employment Coordinator will make the referral to Office of Vacation Rehabilitation.



- If you are currently working
  - Let your Service Coordinator know.
  - Contact your Service Coordinator if you need help with reporting your income to the state or if you need information regarding work incentive programs.
  - Your Service Coordinator will connect you to an Employment Coordinator.

#### **Feedback**

- Keystone First CHC Flyer with Employment Services information is available and can be emailed or mailed to participants.
- Is this benefit for Seniors that want to work as well? This is for our entire populations. Seniors are able to use the employment benefit to help with employment or volunteering.

**Next Step: N/A**

## **7. Open Forum**

Yolanda encouraged any meeting attendees with specific questions related to the presented topics or any concerns they may have, to bring them up at this time.

Nguyen extended a thank you to everyone who participated in today's meeting and encouraged attendees to join the next meeting.

#### **Feedback**

- Do you have this information in Spanish for the Hispanic community. Yes, we can provide the materials in Spanish. Also, if you wish to bring those who do not speak English we can accommodate with an interpreter.
- There is a large Hispanic community in SE area - can you provide this information in person in Spanish. Yes, we can. Keystone First CHC has translated materials that we can provide.
- Is there opportunity to include NF participants the community activities shown earlier in the presentation? Yes, please connect with Yolanda your Community Relations Representative in the SE to discuss opportunities.
- Wider Circle is one of our benefits and there will be virtual chair Zumba events on October 18<sup>th</sup>. Sign up can be done through the Wider Circle link. The link will be emailed out.

Resources that we share or are requested during the PAC meetings will be sent to the group after the meeting. They will also be on the Keystone First Community Health Choices website under the Community tab. <https://www.keystonefirstchc.com/community/pac.aspx>. The post PAC survey will be sent out along with the meeting materials.

**Next Steps: N/A**

## **8. Next Meeting**

The fourth quarter PAC meeting for the Southeast zone will be held on December 18<sup>th</sup>, 2025. Yolanda will follow up with mail, phone calls, and email reminders.



Today's attendees will receive a post-PAC follow-up email with the resources from today's meeting as well as a feedback survey. Attendees are encouraged to complete the survey and return it to the Community Outreach team.

## 9. Meeting Adjourned

Yolanda adjourned the meeting at 12:30 pm after all inquiries from the member were answered.