

# *Health & Wellness for Everyone*



RESOURCE FAIR

Tuesday, October 13, 2015  
*At the David L. Lawrence Convention Center*

This event was created by American HealthCare Group to bring together service professionals and the network of resources available to them in the Southwest PA region. Keep in touch with us!

Visit us at: [American-HealthCare.net](http://American-HealthCare.net)

or call 412-563-8800

# The Quality CHOICE for Compassionate Care

Join the growing number of people who choose to have Harmony in their home. Harmony offers a host of programs to assist individuals who prefer in-home care when they require medical assistance or support with daily activities.



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Area Agency on Aging  
Provider

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[www.homewithharmony.com](http://www.homewithharmony.com)  
Irwin, PA • Bethel Park, PA

# *Welcome to the Resource Fair.*

The Where to Turn Resource Fair brings together social service professionals who work with families, seniors and community organizations. We convene twice per year in Spring & Fall. You will meet new people, but will also see a lot of familiar faces. Pittsburgh is definitely a city of bridges – everyone is connected.

American HealthCare Group provides health & wellness programming throughout Western Pennsylvania. Our clients include school districts, affordable housing for seniors & families, employers, non-profits and community groups. Through our work we've met an incredible network of health & wellness vendors who can provide services to your patients/clients/customers in their time of need. You will meet them in the Resource Fair – when you need assistance they will be top-of-mind.

## *Thank you to Our Sponsors!*



# *Today's Schedule*

**8-9AM**

Registration & Visit Exhibits

**8AM - 12:30PM**

**Resource Fair will be open all morning**

Visit exhibitors and attend Speaker & Caretaker Tracks

## *Speaker Track*

**9 AM**

**Tobacco Solutions**

Liz Kanche, American HealthCare Group

**9:30 AM**

**Fall/Safety in the Geriatric Population**

Jennifer McMahon, Erin Boyle & Andrea O'Leary  
UPMC Centers for Rehab Services

**10:45 AM**

**Drugs in the Workplace & Current Trends**

Jennifer Sciallo & Erica Schonbachler  
Gateway Rehabilitation

**11:15 AM**

**Medicare 101**

Erin Hart American HealthCare Group

Stay in touch after the Resource Fair!

Sign up for our email newsletter or connect on Facebook & Twitter.

Visit us at: [American-HealthCare.net](http://American-HealthCare.net)

# Resource Track

8:45 AM

**Avoid Surgery & Reduce Pain: Use your own stem cells to heal your body**

Jesse Sally, DO, Rehabilitation and Pain Specialists

10 AM

**Liver Health**

Suzanna Masartis, Community Liver Alliance

11:15 AM

**Intergenerational Tutoring &  
the Beneficial Psychological Affects on Older Adults**

Mary Perrone , OASIS

11:45 AM

**Day to Day Strategies for Effective People**

Liz Kanche, American HealthCare Group

# Welcome

## TO LOCUST GROVE!

*A place where you can call home. Call today to  
arrange a personal visit and have lunch with us!*

**(412) 461-7210**



## Locust Grove

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*...because everyone deserves great care!*

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[LOCUSTGROVESRLIVING.COM](http://LOCUSTGROVESRLIVING.COM)

 A Compass Pointe Healthcare System Community  

# Exhibitors

## ACHIEVA FAMILY TRUST

Pittsburgh, PA  
412-995-5000x589

## ALLEGHENY COUNTY DEPT. OF HUMAN SERVICES

Pittsburgh, PA  
412-350-6790

## ALLEGHENY COUNTY HOUSING AUTHORITY

Pittsburgh, Pa  
412-402-2641

## ALLIANCE FOR NONPROFIT RESOURCES

Butler, PA  
724-431-3761



## AMERICAN HEALTHCARE GROUP

Pittsburgh, PA  
412-563-8800

## ANOVA

Pittsburgh, PA  
412-859-8801

## BREATHE PENNSYLVANIA

Cranberry Twnshp, PA  
724-772-1750



ATTORNEYS AT LAW

## BURNS WHITE LLC

Pittsburgh, PA  
412-995-3119

## CANCER CARING CENTER

Pittsburgh, PA  
412-622-1212

## CARERITE CENTERS

Pittsburgh, PA  
724-858-8108

## CARNEGIE LIBRARY OF PITTSBURGH

412-622-3168

## COMMONWEALTH OF PA DEPT OF HUMAN SERVICES

Pittsburgh, PA  
412-565-2219

## CORE - CENTER FOR ORGAN RECOVERY & EDUCATION

Pittsburgh, PA  
412-963-3550

## EPILEPSY FOUNDATION

Pittsburgh, PA  
412-322-5880

## FAMILY FOUNDATIONS EARLY HEADSTART - COMMUNITY HUMAN SERVICES

Pittsburgh, PA  
412-246-1634

## FAMILY LINKS

Pittsburgh, PA  
412-992-7821

## FARM TO TABLE

Pittsburgh

## FARM TO TABLE PITTSBURGH

Pittsburgh, PA  
412-563-7807



## Medicare 101 Speaker

Get all of the facts from our Medicare benefits expert.  
Help guide your group through these topics:

- ◆ Medicare basics
- ◆ Prescription drug coverage
- ◆ Supplemental coverages
- ◆ Help for seniors with low income

The presentation typically ends with a thorough Question & Answer session.

**Contact Erin Hart to learn more**  
412-563-7807 or [ehart@american-healthcare.net](mailto:ehart@american-healthcare.net)

A row of colorful silhouettes of people of various ages and ethnicities walking from left to right. The silhouettes are in shades of blue, red, orange, green, purple, and pink. They are walking in a line, with some carrying bags or briefcases.

*Proud Sponsor of the*  
**Where to Turn Resource Fair**



# Exhibitors

## **GATEWAY REHAB**

Pittsburgh, PA  
412-604-8900



## **HARMONY HOME HEALTHCARE**

Pittsburgh, PA  
724-771-0620

## **HEBREW FREE LOAN ASSOCIATION**

Pittsburgh, PA  
412-422-8868

## **HIGHMARK**

Pittsburgh, PA

## **JUST HARVEST**

Pittsburgh, PA  
412-431-8960

## **KANE REGIONAL CENTERS**

Pittsburgh, PA  
412-292-8069

## **LIFE PITTSBURGH**

Pittsburgh, PA  
412-325-4222

## **MANORCARE HEALTH SERVICES**

Pittsburgh, PA  
412-852-3378



## **On-site Vaccination Clinics**

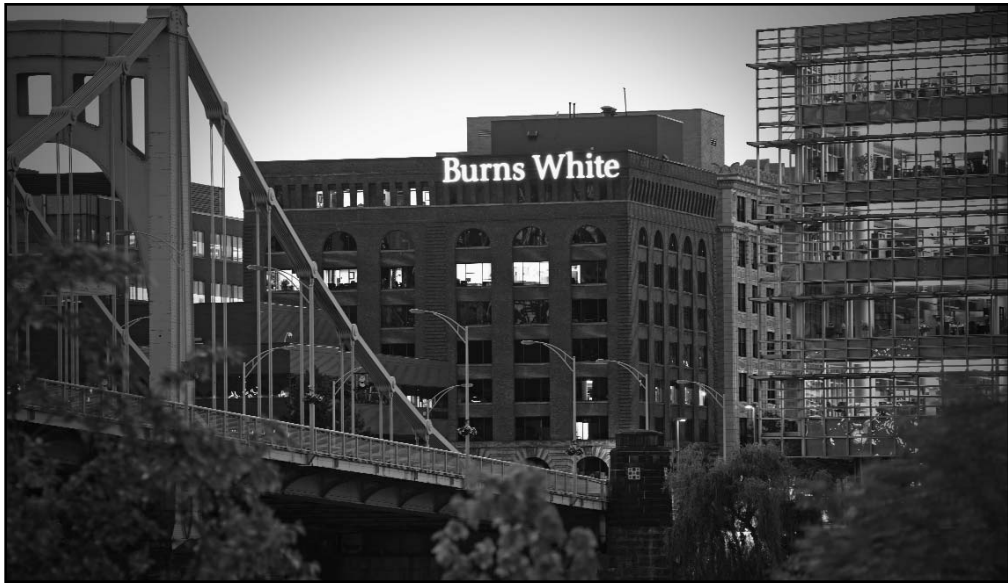
We use professional nurses known for their reliability and friendly service to ensure the highest level of safety and comfort.

For your convenience, we offer an online scheduling tool that your employees or group members can use to easily sign up to receive a vaccine.



**Friendly & Professional Clinics Administered By Us!**





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Peace of Mind.

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Simple and complex wills and trusts

Special needs trusts

Estate tax planning

Business succession planning

Asset protection

Guardianships

Estate administration

Advanced health care directives

Powers of attorney

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# FARM TO TABLE

Pittsburgh



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- + FOOD TASTINGS, BREAKFAST, & MORE!

GET MORE INFORMATION

Phone: 412-563-8800 | [www.FarmToTablePA.com](http://www.FarmToTablePA.com)

# Exhibitors

## **MED HEALTH SERVICES**

Monroeville, PA  
412-373-7125

## **MEDI360**

Whitehall, PA  
914-393-0328

## **PEOPLES GAS**

Pittsburgh, PA  
412-208-6559

## **PRIMARY CARE HEALTH SERVICES**

Pittsburgh, PA  
412-697-4697

## **RE:SOLVE CRISIS NETWORK**

Pittsburgh, PA  
412-864-5003

## **SENIOR PITTSBURGH**

Pittsburgh, PA  
412-339-0107

## **SOUTH HILLS PHYSICAL MEDICINE**

Pittsburgh, PA  
412-498-6894

## **SWPA COMMISSION COMMUTE INFO PROGRAM**

Pittsburgh, PA  
888-819-6110

## **STAR PARTNERS**

Pittsburgh, PA  
412-606-4137

## **SUNNY DAYS IN HOME CARE**

Pittsburgh, PA  
724-260-05186

“The best way to find  
yourself is to lose yourself  
in the service of others.”

- *Mahatma Gandhi*

## **THE CHILDREN'S INSTITUTE OF PITTSBURGH**

Pittsburgh, PA  
412-420-2431

## **THE WOODLANDS WELLNESS CENTER**

Wexford, PA  
724-935-6533

## **TURTLE CREEK VALLEY ALTERNATIVES**

Pittsburgh, PA  
412-381-2100

## **UNIVERSITY OF PITTSBURGH SCHOOL OF SOCIAL WORK**

Pittsburgh, PA  
412-624-6346

## **UPMC CENTERS FOR REHAB SERVICES**

McKeesport, PA  
412-673-6660

## **WESTERN PA HOME HEALTH ASSOCIATION (COMFORCARE SENIOR SERVICES)**

Wexford, PA  
724-935-6533 Ext. 221

## **WEXFORD HEALTHCARE CENTER**

Wexford, PA  
412-605-7756



## Pathways To *smart*care

### *Group Wellness Programs*

Your Tailored Plan Could Include:

- Online Program Management
- Incentive Campaign Design
- Health Risk Assessments
- Fitness Assessments
- Biometric Screenings
- Healthy Eating Education
- Fruit Bowl Delivery

### *Wellness is Prevention.*



**PathwaysWellnessProgram.com**

Ph: 412-563-8800

1910 Cochran Road

Manor Oak 1, Suite 405

Pittsburgh, PA 15220

Visit us online: [PathwaysWellnessProgram.com](http://PathwaysWellnessProgram.com)