



# **PASSAGES, Inc.**

## **FALL NEWSLETTER**

Volume 5 | Issue 4 | Editor Sarah Pedley

In the midst of the autumn season, we bring you this newsletter to share important messages through our community, while reflecting on accomplishments of **PASSAGES, Inc.**

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**Getting Through the Holidays as a Survivor** Written by Sarah Pedley

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## 5 Ways to Get Through the Holidays as a Survivor

Written By: Sarah Pedley

The holiday season will be here before you know it! It may seem like everyone is celebrating in this joyous time, but for survivors of abuse and trauma, this season can become triggering and isolating. As an advocate for survivors of sexual violence, I want to help survivors to be able to experience that joy, even if it is just small glimpses. Here are 5 ways to help you, as a survivor, get through this tough season, a little bit easier.

### Spend the holidays with who you want to be with

Yes, it's true, YOU get to choose who you spend time with. Even as an adult, family can put a lot of pressure on you to be available for all of their holiday plans. That doesn't need to happen. You don't have to spend the holidays with anyone you don't want to be with, or at places when you don't feel comfortable. Sometimes the family you were born into isn't the safest people to be around for the holidays, and that's okay to spend it with the people you choose, or even alone.

### Develop a safety plan

Don't let this intimidate you! A safety plan can look like anything you want it to be, it is just planning ahead the steps you might need to help you cope if you get overwhelmed. Really think about what YOU need to feel safe in the environment you will be in. Make sure you have a quick escape plan if needed. If able, have a designated support person that is looking out for you. Beforehand, discuss and expectations you have of them.



### Be kind to yourself

First off, go slow. If you start to feel overwhelmed and need to go off alone, do it. Plan some quick grounding exercises to do if you need them. It is always good to have short exercises like this in your tool box! Don't feel guilty about taking care of yourself. You are a survivor.

### Set boundaries

It is important to set boundaries with who will be spending the holidays with no matter what, but especially as a survivor. Beforehand, establish what your personal limits are, and share that with a supportive person that you decided on beforehand (if you have one, it is okay if you don't). Be prepared for some to make you feel guilty about setting these boundaries, but hold strong. Try to approach the conversation directly but kindly.

### Allow yourself to feel

It's normal to want to avoid negative feelings, but it is so important that you know that these are not shameful, it is human! Have a list of resources available to you. Even if you have an amazing support person ready to help you at any time, there are certain things you may only feel comfortable sharing with a trained professional about. PASSAGES, Inc. has a 24-hour hotline available to anyone effected by sexual violence. You can call it anytime, at 1-800-793-3620. We are here to support you!



## Story Time with Miss Alaina "All About BODY SAFETY"

Presented by PASSAGES, Inc. on FB Live  
Monday and Wednesday evenings at 7:00pm

**Week 1** (Monday, 11/7): *Consent*

(Wednesday, 11/9): *My Safety Network*



**Week 2** (Monday, 11/14): *My Early Warning Signs*

(Wednesday, 11/16): *Private Parts are Private*

**Week 3** (Monday, 11/21): *Secrets and Surprises*



If you or your business is interested in becoming a 2023 Walk-a-Mile sponsor, please contact McKenna at 814-226-7273

**Walk a Mile  
in  
Her His Their  
Shoes**



# PASSAGES, INC. NEEDS VOLUNTEERS!

Volunteer in Clarion, Jefferson, and Clearfield Counties

PASSAGES IS SEEKING VOLUNTEER  
ADVOCATES TO HELP SURVIVORS  
OF SEXUAL VIOLENCE

For more information, visit  
[www.PASSAGES-Inc.org](http://www.PASSAGES-Inc.org)  
or call 1-800-793-3620

### CONTACT US

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Jefferson County  
18 Western Avenue  
Rooms 108 and 110  
Brookville, PA 15825  
(814)-849-5303  
Fax: (814)-849-8628



# PASSAGES EVENTS



PASSAGES, Inc. and Penn State Dubois teamed up to host “Walk a Mile in Her Shoes”. This is an international men’s march to stop rape, sexual assault, and gender violence. Thank you to all the students and staff for another great event!



Sarah spent the afternoon at the C93 radio station’s annual Halloween parade! Children and families went around the mall collecting candy and agency information. Thank you, Heath’s Market of Oil City for the candy donation!



Nicky Butler led our “Healing from the Inside Out” yoga series at the Clarion Library. PASSAGES, Inc. hosted this free event for the community!

*“I am not your dog that you whistle for; I’m not a stray animal you call over, and I am not, I never have been, nor will I ever be, your “baby” !”*

— Joy Jennings



# WELCOME MCKENNA

“What’s coming is better than what’s gone”  
-unknown



Please welcome, our new Volunteer Coordinator and Community Outreach Advocate, McKenna! McKenna started her journey at PASSAGES, Inc. as an intern and more recently has become an official member of our team! When McKenna started her training she was

shocked to learn about how sexual assault has impacted the prison population, a topic she feels very passionate

about! The most rewarding experience McKenna has had at PASSAGES is watching survivors become empowered! When McKenna has free time, she enjoys spending time with her fur babies, Sammy and Vinny. She also enjoys watching some of her favorite TV shows, RuPaul’s Drag Race, The Real Housewives of Beverly Hills, and The Good Place. Welcome to the team, McKenna!



PASSAGES, Inc. would like to shoutout Sadie Dickson and her 9<sup>th</sup> grade English students at West Branch High School. After reading *Speak* by Laurie Halse Anderson, which explores issues relating to sexual violence, these students spent time filling bags with donated care items that our agency received from community members over the pandemic. These care bags will be given to sexual assault victims receiving care at our local hospitals. Thank you for supporting victims of sexual violence in your community!





# Home Health Services

## Penn Highlands Healthcare at Home

Heal at Home. In-home skilled nursing, rehabilitation and other medical care to help you recover from surgery or illness

### Medical Care Delivered to Your Door

You can work from home, bank from home, even grocery shop from home. So why not heal at home?

**Penn Highlands Home Health Care can help you do just that. We offer complete short-term medical care specifically designed to help you recover at home from illness, injury, or surgery.**

Working hand-in-hand with your doctor, we will develop a customized plan to provide you with all of the medical services you need to recover safely. Our team includes expertly trained medical professionals, including skilled nurses, rehabilitation therapists, and specialists in infusion therapy, wound care, pain management and more.

**Penn Highlands Home Health Care is rated in the top 25% of Medicare-certified home health providers in the nation. We have been named 4 times to the HomeCare Elite for excelling in high quality outcomes.**

**Schedule your in-home assessment today by calling 1-800-841-9397.**

*Penn Highlands Healthcare at Home provides quality home health care regardless of race, religion, creed, national origin, ancestry, age, sex, lifestyle, value/belief system, handicap (as defined by law) or financial status.*



To learn more about any of the home health care services provided by Penn Highlands. **Please call us at 800-841-9397.**

[www.phhealthcare.org/homehealth](http://www.phhealthcare.org/homehealth)

**SCAN ME**

### Helping You Recover in Your Home

If you or a loved one needs medical care at home to help recover from a recent surgery, hospitalization, or severe illness, we are here to help. We provide the highest quality professional home care throughout central Pennsylvania.

#### WHAT IS HOME HEALTH CARE?

Home health care is a specialized type of expert medical care designed to help patients who need short-term health care but don't need to be in the hospital. Working with your physician, we will help create a personalized home health care plan that meets your needs – and qualifies for insurance coverage, if possible.

Penn Highlands Home Health Care provides comprehensive professional medical care, including:

- Skilled nursing care, including assessment of symptoms and medical care that needs to be provided by a trained professional
- Pain management
- Incision and wound care
- Medication administration, including injections and infusions
- Nutrition therapy (tube or IV feeding)
- Patient and caregiver education, including incision care, medications, nutrition and other medical care
- Physical, occupational, and speech therapy
- Help with bathing, toileting, and personal care
- Assistance finding community resources for help with meals, advance directives, and financial counseling
- Spiritual care



Penn Highlands Healthcare at Home **Home Health Services**



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### ARE HOME HEALTH CARE SERVICES PAID FOR BY INSURANCE?

Home health care is a professional medical service, equal to the care you receive in your doctor's office or in the hospital. Like that medical care, home health care is usually paid for by Medicare, Medicaid, and most private insurance plans depending on your condition and the services you receive. We work closely with your doctor to ensure that our services are medically necessary. Keep in mind that home health care is different from personal care, which offers assistance with daily living. Our health benefit advisors can help you understand the services offered through home health care, your insurance coverage and your out-of-pocket costs along with payment options.

### HOW DO I QUALIFY FOR HOME HEALTH CARE?

A physician referral is required to qualify for home health care services paid for by your insurance plan. In addition, you will need to meet the following criteria:

- Require skilled nursing care, physical or occupational therapy, or speech language pathology services
- Be homebound
- Have a safe home environment

### HOW MANY HOME HEALTH CARE VISITS DO I GET?

Once you qualify for home health services, Penn Highlands Home Health Care providers will visit your home one or two times a week, or more if ordered by your physician.

Depending on your needs, you may be seen by:

- Registered nurses who provide skilled nursing care
- Physical, occupational, and speech therapists to assist with rehabilitation after surgery, injury, or illness
- Specialists who provide pain management, incision and wound care, medication administration including infusion therapy, and nutrition therapy including tube or IV feeding

### Other Comprehensive Personalized Services

Penn Highlands Healthcare at Home also provides a full range of services to help our clients maintain their health and independence in their own home:

**Adult Day Services:** Located in St. Marys, our center provides an interactive, safe, supervised environment for adults with a dementia-related disease or other organic brain syndrome/physical limitations. We offer a reliable source of support and respite for family caregivers.

**Palliative Care:** Services to address the physical, emotional, and spiritual needs of patients with complex or chronic diseases to help achieve the highest quality of life possible.

**Hospice Care:** Medical care, pain management, and emotional-spiritual support for patients at the end of life and their families. We provide care in the patient's home nursing homes or skilled nursing facilities.

**Personal Care:** Services such as meal preparation, daily living activities, and household help to help clients remain independent in their homes.

### WHERE CAN I GET HOME HEALTH SERVICES?

Penn Highlands Home Health has offices in DuBois, Clearfield, Huntingdon, and St. Marys and provides services in Armstrong, Cambria, Cameron, Centre, Clarion, Clearfield, Elk, Forest, Jefferson, McKean, and Potter counties.



### THE BEST PROFESSIONAL HOME CARE IN PENNSYLVANIA

Penn Highlands Home Health Care isn't just committed to saying we're the best—we have the awards and accreditations to back up our professional home care:

- 2022 Pennsylvania Business Central Top Home Healthcare Agency
- 2022 Readers Choice Award Best Home Health Care
- 2022 Best of Home Care Leader in Training Award
- 2022 Jefferson County Readers' Choice Best Home Home Health Care Agency
- 2021 Best Home Health Care (Clearfield Area)
- 2021 Pennsylvania Business Central's Top Home Healthcare Agencies



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## PUMPKIN PIE PLAYDOUGH RECIPE

### Ingredients:

Pumpkin Pie Playdough Recipe  
1 tbs cooking oil  
2 tsp cream of tartar  
1 cup plain flour  
1/2 cup salt  
orange food coloring  
1 cup water  
1 tsp pumpkin pie spice mix



- In a large pot, add in vegetable oil, food color, and water (add food coloring to water first so it's easier to mix in), stir.
- In a large bowl, combine all dry ingredients and mix well. Or individually add your spices and then your salt and flour as show in the video. Add dry ingredients to your pan for cooking.
- Cook over medium heat until the dough starts to form and becomes dry.
- Remove from heat, let cool, and knead.
- If the dough feels sticky, add a bit more flour.

**\*Adult Supervision Required\***



Recipe Credit: [www.thebestideasforkids.com/pumpkin-pie-playdough/](http://www.thebestideasforkids.com/pumpkin-pie-playdough/)

