

*This workshop is designed for people from all types of libraries serving in any position.*

**Workshop Schedule:**

- 8:30 Registration & Light Refreshments
- 9:00 Concurrent Sessions  
All Sessions Run
- 10:30 Break
- 10:45 The Organization of Libraries within PA
- 11:15 Annual Meeting
- 12:00 Lunch
- 1:15 Concurrent Sessions  
All Sessions Run
- 2:45 Announcements & Evaluations

**Do you need more information about the South Central Chapter of PaLA? Do you want to know more about this event? Please contact the leadership team by emailing [palascc@yahoo.com](mailto:palascc@yahoo.com).  
  
We are here for you!**

**Directions**

**Directions to YTI-Lancaster Campus From Harrisburg Area (North):**  
Rte. 283 East toward Lancaster. Take Rte. 722 Exit. Turn Right onto State Road, proceed straight onto Centerville Rd. for 3 miles. After Rte. 30 interchange turn Right onto Hempland Road (at Bob Evans Restaurant). Proceed approx. 300 yards and turn Right at YTI sign. Follow Visitors sign and park at front.

**Directions to YTI-Lancaster Campus From Lancaster Area (East):**  
Rte. 30 West to Centerville Road Exit. Turn Left onto Centerville Road and take Right at 2nd light onto Hempland Road (at Bob Evans Restaurant). Proceed approx. 300 yards and turn Right at YTI sign. Follow Visitors sign and park at front.

**Directions to YTI-Lancaster Campus From Baltimore Area (South):**  
Rte. 83 North to Exit 21A - Route 30 East. Proceed 19 miles on Rte.30 East to Centerville Road Exit. Turn Left onto Centerville Road. Take first Right onto Hempland Road (at Bob Evans Restaurant). Proceed approx. 300 yards and turn right at YTI sign. Follow Visitors sign and park at front.

**Directions to YTI-Lancaster Campus From York/Gettysburg Area (West):**  
Rte. 30 East to Centerville Road Exit. Turn Left onto Centerville Road. Take first Right onto Hempland Road (at Bob Evans Restaurant). Proceed approx. 300 yards and turn Right at YTI sign. Follow Visitors sign and park at front.



This workshop has been partially funded with Federal Library Services and Technology Act (LSTA) funds administered by the Office Of Commonwealth Libraries and would not have been possible without the help of the College & Research Division, PaLA.

Show your appreciation by becoming a member of PaLA!

And if you are a member -- THANK YOU!



**South Central Chapter  
Pennsylvania Library Association  
2010 Annual Meeting & Workshop**

**Wednesday, May 12th  
8:30 am - 3:00 pm  
YTI Career Institute:  
Lancaster Campus**

### ***Librarian's Self Defense—***

Unfortunately in our society no one is immune from the potential for customers acting in an aggressive manner. Knowing how to handle an aggressive person will prevent possible injury and/or damage to property. Some simple techniques assist you in dealing the aggressive individual. Please join YTI Career Institutes Criminal Justice & First Response staff as they provide you with some useful information and tips on dealing with the types of persons we all try to avoid.

The students attending this self-defense course will learn how to recognize, manage and react to potential aggressive behavior. This will be accomplished by understanding signs of aggression, body language and then being able to safely react if it turns to a physical altercation. The student will learn how to properly use assertive verbalization, proper escorting procedures, defense from holds and strikes, choke hold response, kicks and how to position yourself to effectively protect yourself.

*Presented By: YTI Career Institutes Criminal Justice & First Response staff*

### ***Stress Management—***

Who isn't stressed anymore? We often blame stress as a reason for being tired or not being able to sleep but do you really understand what stress does to you? Eighty to 90% of all doctor's office visits are for stress-related conditions and over 40% of all adults suffer adverse health effects from stress. Anxiety, depression, headaches, arthritis, skin conditions, irritable bowel syndrome, high blood pressure are just part of a long list of conditions that stress creates in our body.

Eliminating stress isn't always the answer; the problem is more often that people don't really understand how to stress-manage. The possibilities to manage your stress every day are endless and techniques such as deep breathing, meditation, exercise, visualization, aromatherapy and progressive muscle relaxation are a few examples.

During this session you will identify your stressors, discuss immediate and long term effects of stress on your health and evaluate ways to change your thought pattern and perhaps even change your outlook. Learning and experiencing relaxation techniques will be the main focus of this session because managing your daily stress level today will make a positive impact on your health tomorrow.

*Presented By: Rebecca Beamer, Massage Therapy Program Director, YTI*

### ***Active Listening Skills—***

Discover the power of active listening! During this session gain an understanding of what active listening is and what some of the barriers are to really hearing and understanding what people are trying to communicate. Learn solid techniques that will enable you to build better working relationships with your colleagues, provide greater satisfaction with your patrons, and diffuse potentially confrontational situations. You will leave better equipped to be more effective in your work and personal relationships.

*Presented By: Marian Fetter, Professional Coach*

### ***Transliteracy 101—***

Is your mind muddled by blogs, vlogs, wikis and feeds? Are you wondering when to tweet, poke or post? Transliteracy is the ability to read, write and interact across a wide range of platforms, tools and media. In the emerging decade, ideas will migrate across multiple social media platforms and the transliterate library will have the capacity to communicate across these new platforms without abandoning traditional communication forms. Learn how you can appropriately apply social media at your library in this program.

*Presented By: Carolyn Blatchley, Training Services Coordinator, Cumberland County Library System*

**Please complete your registration,  
enclose payment and mail no later than  
May 5th to:**

**Cumberland County Library System  
Attn: PaLA-SCC Registration  
19 S. West St.  
Carlisle, PA 17013**

*Please make checks payable to:*

**PaLA**

*Memo: South Central Chapter*

**Name** \_\_\_\_\_

**Library** \_\_\_\_\_

**Address** \_\_\_\_\_  
\_\_\_\_\_

**Email** \_\_\_\_\_

PaLA Member Rate \$20.00 Enclosed

PaLA Non-Member Rate \$30.00 Enclosed

**Lunch will include vegetarian options. Please let us know if you have additional restrictions:**

Gluten Free     Diabetic     Vegan

**Please Select Your Sessions: (One each AM & PM)**

**Morning:**

Self Defense

Stress

Listening

Transliteracy

**Afternoon:**

Self Defense

Stress

Listening

Transliteracy

***PaLA will not issue refunds for cancellations or no-shows to the workshop. Replacement attendees will be permitted with proper notice. Any unused fee will be designated as support for the South Central Chapter.***