

LEHIGH TIMES

Fall 2023

LEHIGH COUNTY AGING & ADULT SERVICES

Medicare Part D Open Enrollment

Medicare Open Enrollment is October 15 through December 7. Schedule an appointment to review 2024 plan options!

LEHIGH COUNTY

Fellowship Community

3000 Fellowship Drive
Whitehall
Appointments only
Please call 610-769-8124.

Lehigh Valley Active Life

1633 Elm St.
Allentown
Mondays, Tuesdays,
Wednesdays & Fridays
Please call 610-437-3700 for
an appointment.

Parkland Community Library

4422 Walbert Ave.
Allentown
Wednesdays 9:30 AM to
12:30 PM
Please call 610-398-1361
Ext 117 for an appointment.

Rep. Michael Schlossberg

5100 W. Tilghman St., Suite 200
Allentown
Wednesdays 10 AM to 1 PM
Please call 610-821-5577 for an
appointment.

RSVP Office

Phone appointments only.
Please call 610-625-2290 and
leave a message to schedule an
appointment.
A counselor will return your call.

Slatington Public Library

650 Main St.
Slatington
Please call 610-767-6461 for an
appointment.

Southern Lehigh Public Library

3200 Preston Lane
Center Valley
To schedule an appointment,
please call 610-282-8825 and
press 2 for the circulation desk.

Rep. Milou Mackenzie

1425 Mountain Drive North
Bethlehem
Tuesdays 10 AM- 1 PM
Please call 610-965-5830 for
an appointment.

Rep. Ryan Mackenzie

3402 Brookside Road
Macungie
Thursdays 10 AM- 1 PM
Please call 610-965-9933 to
schedule an appointment.

NORTHAMPTON COUNTY

Northampton County Human Services

2801 Emrick Blvd.
Bethlehem
Please call 610-829-4540 for
an appointment .

Open Enrollment Sites are staffed with certified volunteers through the PA Medicare Education and Decision Insight (PA MEDI) Program, a program of the PA Department of Aging.



pennsylvania

Medicare Education and Decision Insight

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Special points of interest:

- If you know someone who is interested in receiving this Enewsletter, please have them contact Kim at (610) 782-3096 or email kimberlymelusky@lehighcounty.org.
- Feel free to print or email this newsletter.

Cedar View Celebrates its 45th Anniversary

Cedar View celebrated its 45th anniversary with a variety of fun activities and entertainment for its residents. Some were collecting donations for Tails of Valor by "Soaking the Staff", a visit of animals from Last Chance Ranch, Karaoke, and other activities and entertainment.

Cedar View Apartments is a ten-story building containing 199 apartments that opened in 1978. Cedar View Apartments has 19 people who have been tenants for over 20 years and 17 tenants in their 90's. The oldest tenant is June Koch who is 97.



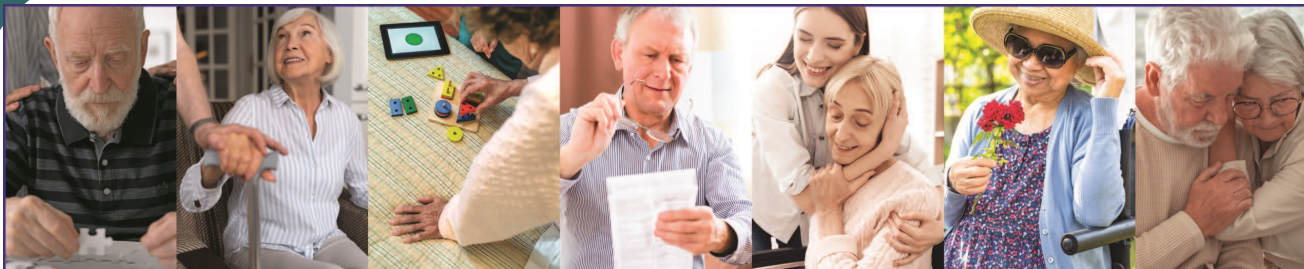
Low Income Home Energy Assistance Program (LIHEAP)

The Low Income Home Energy Assistance Program (LIHEAP) helps families living on low incomes pay their heating bills in the form of a cash grant. Households in immediate danger of being without heat can also qualify for crisis grants. The cash grant is a one-time payment sent directly to the utility company/fuel provider to be credited to your bill. These grants range from \$300 to \$1,000 based on household size, income, and fuel type. Remember: This is a grant and does not have to be repaid.

- Apply online at www.compass.state.pa.us.
- Request an application by calling the Statewide LIHEAP Hotline at 1-866-857-7095 or call PA Relay at 711 for the hearing impaired.
- Applications are also available at your local County Assistance Office.

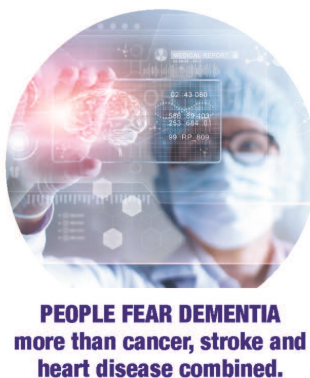
Apply between November 1, 2023 and April 5, 2023.

Household Size	Income Limit
1	\$21,870
2	\$29,580
3	\$37,290
4	\$45,000
5	\$52,710
6	\$60,420
7	\$68,130
For every additional person, add \$7,710	



Help make our community Dementia-Friendly...

Alzheimer's is a devastating disease that is the most common form of dementia. It is the 6th leading cause of death in our country. Today, more than 6 million Americans are living with Alzheimer's. That number is projected to reach over 13 million by the year 2050. One person is diagnosed with the disease every 65 seconds. Did you know that 25,000 individuals are living with this disease right here in the Lehigh Valley? And some of the 25,000 are living here in our community.



People fear dementia more than they fear cancer, stroke and heart disease combined. And that fear stems from two things: one, the loss of independence; and two, a stigma which results from negative attitudes, beliefs and treatments people with dementia receive in their communities from people who do not have dementia and do not understand it. Stigma, prejudice and discrimination against people who have cognitive illnesses is universal. And this is harmful to people who have cognitive issues, and to their loved ones who support and care for them.



Let's support Dementia-Friendly Lehigh Valley by becoming part of a community-wide movement.

Through **AWARENESS, EDUCATION and EMPOWERMENT**, Dementia-Friendly Lehigh Valley (DFLV) is hard at work transforming attitudes, beliefs and treatments toward people who have Alzheimer's and other forms of dementia. The goal is to build a dementia-friendly culture throughout the Lehigh Valley that is inclusive of people living with dementia, and their caregivers. Each one of us has a role to play in making the community in which we live dementia-friendly. Whether you volunteer to help DFLV, or make a contribution to support this organization's work, you can make a difference in the lives of people who are living with dementia. DFLV is also a valuable resource for caregivers and families who need information and assistance.

Visit the Dementia-Friendly Lehigh Valley website to learn how you can help.

dementialv.org

New Resource Book by LVCIL COVID-19 Connection Project

This one of a kind booklet is a collection of resources related to where to obtain vaccines, Long COVID information, information sheets related to MA Unwinding, and job accommodations.

[Access this FREE booklet](#) designed specifically for individuals with disabilities, aging community, advocates/allies, service providers, and those who support these populations.

If you are interested in a print copy, please contact Catherine at catherinebogdanski@lvcil.org.



COVID Social Reintegration Booklet

Lehigh Valley Center for Independent Living
Phone: 610-770-9781

Website: www.lvcil.org

LVCIL is a non-profit organization based in Allentown, PA that provides services and support to people with all types of disabilities.



SCAN ME

Need to find or schedule a booster shot? Find an Influenza (Flu) vaccine?

Use Vaccines.gov to find a location near you, then call or visit their website to make an appointment.

Website: www.vaccines.gov

Call: 1-800-232-0233 (TTY 1-888-720-7489)



SCAN ME

CDC: Search for No-Cost COVID-19 Testing

Search for a location close to you, then visit the provider's website to make an appointment.

Website: <https://testinglocator.cdc.gov/>



SCAN ME

DIAL (Disability Information and Access Line)

Get connected to the services such as community resources for independent living and essential services like transportation, housing, disability rights and more.

Website: (Start a live chat feature)

Call | Text | Videophone: 888-677-1199 (TTY: Dial 711 first)



SCAN ME

Open the camera on your smartphone or tablet. Hold the phone/tablet over the image until the viewer markers show up on your screen. Tap to open the webpage. There will be QR codes through the booklet to easily link you to information and websites.

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Supporting Families Caring for their Loved Ones

Caring for your loved one but don't know where to start? Let Lehigh County and Trualta help you on your caregiving journey.

- View short training videos and interactive scenarios.

- Learn through shared caregiver stories, articles and toolkits.
- Connect to programs with the local resources.

Scan the QR code to register, OR sign up at:

lehighcounty.trualta.com





Pennsylvania Link to Aging and Disability Resources, commonly referred to as PA Link, is a cross-age system network of partner agencies who collaborate to service individuals who need long term care services and supports. The “no wrong door” approach attempts to minimize duplication of efforts by both consumer and provider.

To join our network, or for additional information on one of the upcoming trainings or workshops, contact Kim Melusky at kimberlymelusky@lehighcounty.org.

Many additional events sponsored by our partners are also listed at www.lehighnorthamptonlink.org under upcoming events. Check often!

Please look through this newsletter for upcoming events or visit www.lehighnorthamptonlink.org.

PA Link in Lehigh & Northampton

Upcoming PA Link events in Lehigh and Northampton County...

PA Link Conference, “Thriving in Today’s World” will be held on Thursday, October 26, 2023 at DeSales University Center. Registration ends October 6th.

Next PA Link training will be PA ABLE on Wednesday, November 15, 2023 at 9:00 a.m. and held at Northampton County Human Services Building, 2801 Emrick Blvd. in Bethlehem. For additional information, please contact Kim Melusky at (610) 782-3096.



LEHIGH COUNTY AGING & ADULT SERVICES

Lehigh County Government Center
17 South 7th Street
Allentown, PA 18101

Phone: 610-782-3034
Fax: 610-820-2028
E-mail: agingandadult@lehighcounty.org

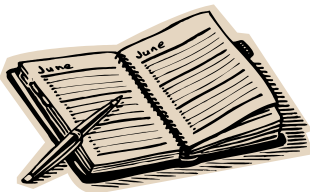


The Lehigh County Office of Aging and Adult Services is committed to supporting and empowering the well being of all adults of all ages, residing in Lehigh County. The office advocates for Lehigh County residents and provides a wide range of services and information to help adults to be well informed. Information and assistance is provided to enable individuals to remain active, healthy, productive and independent in their community.


For additional information, or to make a referral, please contact the Lehigh County Information and Referral Unit at (610) 782-3200.

We're on the web!
www.lehighcounty.org

Dates to Remember




Mark your calendar!

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To volunteer as an **PA MEDI Counselor** or to receive more information about this volunteer opportunity, please call the agency at (610) 782-3034.

Upcoming senior fairs....

Morning Call PRIME Expo—
Making the most of life after
50—Ag Hall, Allentown Fair-
grounds—Thursday, October
19, 2023 from 9 a.m. to 3
p.m.

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To receive PA Link information,
reach out to Kim at kimberlymelusky@lehighcounty.org
and be added to the email list.