



June, 2013

In This Issue

[Quick Links](#)
[Elder Abuse](#)
[Memory Loss Tips](#)
[Lehigh-Northampton LINK](#)

Quick Links

[Quick Link: Follow us on Facebook](#)
[Quick Link: Visit Our Website](#)

[Join Our Mailing List!](#)

[Forward to a Friend](#)

Dear Vicki,

The National Safety Council (NSC) promotes June as National Safety Month. The NSC is a 501 nonprofit, nongovernmental public service organization dedicated to protecting life and promoting health in the United States of America. This month, Home Helpers promotes awareness and seeks to educate people and influence behaviors that lead to preventable injuries and possible death. Keeping our families and loved ones safe is always our top priority, and safety starts at home.

Stopping Elder Abuse

Throughout the world, abuse and neglect of vulnerable adults remains a hidden problem that is largely under-recognized and under-reported. According to the [National Center for Elder Abuse](#), there are few accurate statistics on the occurrences of physical abuse because it is so rarely reported.

It is crucial to increase public awareness and knowledge of physical and [financial elder abuse](#), and to promote the education of professionals and community members in the identification, treatment and prevention of this issue.

Suspected abuse of any kind should be reported immediately. The reporting agencies in each state are different, but every state has a service designated to receive and investigate allegations of elder abuse and neglect. Even if these agencies determine that there is no abuse, only the potential for abuse, they will make referrals for counseling. There are several resources available:

- Call 911 if a person is in immediate danger.
- ElderCare Locator: Call 800-677-1116 or visit www.eldercare.gov.
- National Adult Protective Services Association: www.apsnetwork.org/Abuse/index

Together, we can put a stop to elder abuse!
[Caregiver Tips and Resources](#)

Don't Forget: Tips for Memory Loss



Although memory loss comes with aging, you can take steps to keep your brain active. They include activities that also boost physical health, such as exercise and eating the right foods, as well as games that challenge your mind. [Click here to view article.](#)

[Home Helpers](#)

Lehigh-Northampton LINK to Aging and Disability Resources

Lehigh-Northampton LINK to Aging and Disability Resources is an initiative that takes a seamless approach in the way we assist seniors and adults with disabilities who need help with activities of daily living. The Lehigh-Northampton LINK network consists of both core and collaborative partners.

Lehigh-Northampton LINK's five core partners are the Lehigh County Office of Aging and Adult Services, Northampton County Area Agency on Aging, Lehigh Valley Center for Independent Living, and both Lehigh and Northampton County Apprise Programs. We work together to provide information and assistance services to seniors and adults with disabilities and foster a collaborative relationship with other agencies throughout the Lehigh Valley that provide supportive services to these populations. These agencies will become Lehigh-Northampton LINK collaborative partners.

Collaborative partners consist of agencies and organizations that work with housing issues, transportation, employment, county government, and those organizations that serve people with other disabilities that overlap with the targeted populations. These partners participate in meetings and cross training sessions, both as a participant and as a trainer, to collaborate about available programs and services for the aging and disabled community. Lehigh-Northampton LINK currently has 32 collaborative partners and has held 29 cross trainings. Because of these LINK collaborations, partner agencies are more efficiently and effectively assisting individuals to navigate a complex system of federal, state and local programs while providing a "no wrong door" entry point

to needed programs and services.

For more information about Lehigh-Northampton LINK, or to become a collaborative partner, contact Kim Melusky at (610) 782-3096 or email lehighlink@lehighcounty.org. Additional information about this initiative can also be found at www.lehighcounty.org or www.northamptoncounty.org.

Each month we will focus on a different health area and provide helpful tips along the way. Learn more about our monthly health campaigns by visiting our website. [Health and Wellness Campaigns](#)

Sincerely,

Vicki Crow
Owner
Home Helpers

Home Helpers | | vcrow@homehelpers.cc | 1710 MacArthur Rd, #338
Whitehall, PA 18052

