

# LEHIGH TIMES

Summer2023

## LEHIGH COUNTY AGING & ADULT SERVICES

### Farmers Market Nutrition Vouchers Available for Seniors

Lehigh County Office of Aging and Adult Service employees will distribute Farmers Market Nutrition Program vouchers to eligible senior citizens through mail **while supplies last**. The vouchers are available to Lehigh County residents 60 years or older whose total gross household income is within the income guidelines: \$26,973 for a one-person household and \$36,482 for a two-person household. To qualify you must be 60 or older (or turn 60 by 12/31/23) and meet the household income guidelines.

A one-person household is eligible to receive five \$10 vouchers and a two-person household ten \$10 vouchers **one time only**. A list of local farmers markets where the vouchers may be used to

purchase fresh fruits and vegetables can be found at [www.pafmnp.org](http://www.pafmnp.org). This program does not include seniors who are living in nursing home facilities, convents, or residential facilities where meals are provided. The vouchers will not be accepted at grocery stores and must be used by November 30, 2023.

Farmers Market Vouchers will be mailed this year beginning the end of June. You may complete the application form that is located on the agency website at [www.lehighcounty.org](http://www.lehighcounty.org) on the Aging and Adult Services page and email or mail it to the office.

You may also email [agingandadult@lehighcounty.org](mailto:agingandadult@lehighcounty.org) for an application or call 610-782-3200 to request an application be mailed to you.



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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](mailto:kimberlymelusky@lehighcounty.org).
- Feel free to print or email this newsletter.

### Lehigh County Honors Unsung Heroes

Lehigh County's Unsung Hero event pays tribute to people 60 and older who displayed exceptional generosity with their time and talents for the benefit of their community and to enhance the lives of others. It salutes ordinary individuals who do extraordinary things. Unsung Heroes are people who live quietly among us, inspiring all those who are privileged to know them.

Each May we celebrate Older Americans Month to recognize older Americans for their contributions. This year's theme, **Aging Unbound**, will have the opportunity to explore an array of aging experiences without being boxed in by expectations and stereotypes.

#### Congratulations to this year's Unsung Heroes!

- Anthony B. Adams
- Carolee Baker and Alice Debus
- Thomas H. Campbell
- John and Dianne Deisinger
- John and Joyce Ebling
- Norman C. Fox
- Dolores Ann Herr
- Lois Husowitz
- Susan B. Kenna-Farkas
- Jimmie Rivera
- Philip Rossetto
- Robert T. Schantz
- Lucia Torres
- Ada Wedderburn
- Ann A. Wertman
- Stella Yorkey

#### Adopt-A-Highway Crew of Seipstown Grange #1657

- Glenn E. Reeder
- Lyla M. Derr
- Richard H. Hausman
- Cheryl M. Hausman
- Myrtle M. Horning
- Allison K. Leander-Kucsan
- Patricia A. Pavelco
- Philip Rossetto
- Ann. A. Wertman



OLDER AMERICANS MONTH



AGING UNBOUND: MAY 2023



## Master Plan for Older Adults Listening Sessions



The Pennsylvania Department of Aging has embarked on the development of a 10-year strategic plan designed to help transform the infrastructure and coordination of services for Pennsylvania's older adults, and they want your input!

You are invited to contribute what you think should be the plan's priority goals, objectives, and initiatives to support the highest quality of life for older adults.

### Join us for a Listening Session

**August 15, 2023 at 9:30 a.m.**  
Lehigh Valley Active Life, 1633 Elm Street, Allentown

**August 23, 2023 at 9:30 a.m.**  
Lehigh Valley Center for Independent Living, 713 N. 13th Street, Allentown

**August 28, 2023 at 9:30 a.m.**  
Cedar View Apartments Community Room, 4230 Dorney Park Road, Allentown

**August 30, 2023 at 9:30 a.m.**  
Casa Guadalupe Senior Center, 218 North Second Street, Allentown (Spanish)

Call Sue Whittaker at 610-782-3247 to register for any of the listening sessions or call 1-800-753-8827.

Individuals who would like to submit input on the plan can either email [AgingPlan@pa.gov](mailto:AgingPlan@pa.gov), provide feedback through an online form or mail the Pennsylvania Department of Aging, c/o Master Plan, 555 Walnut St., 5th Floor, Harrisburg, PA 17101.

Visit [aging.pa.gov/MasterPlan](https://aging.pa.gov/MasterPlan) to learn about the plan and to submit your input by electronic form.



## Plan Maestro para los Adultos Mayores Sesiones de Escucha Activa



El Departamento de Envejecimiento de Pensilvania se ha comprometido en el desarrollo de un plan estratégico de 10 años diseñado para ayudar a transformar la infraestructura y la coordinación de servicios para los adultos mayores de Pensilvania, ¡y quieren su opinión!

Se le invita a contribuir con lo que cree que deberían ser las metas, objetivos e iniciativas prioritarias del plan para apoyar la más alta calidad de vida para los adultos mayores.

### Únete en una Sesión de Escucha Activa

**Agosto 15, 2023 a las 9:30 a.m.**

Lehigh Valley Active Life, 1633 Elm Street, Allentown

**Agosto 23, 2023 a las 9:30 a.m.**

Lehigh Valley Center for Independent Living, 713 N. 13th Street, Allentown

**Agosto 28, 2023 a las 9:30 a.m.**

Cedar View Apartments Community Room, 4230 Dorney Park Road, Allentown

**Agosto 30, 2023 a las 9:30 a.m.**

Casa Guadalupe Senior Center, 218 North Second Street, Allentown (Español)

Llame a Sue Whittaker al 610-782-3247 para inscribirse en cualquiera de las sesiones de Escucha Activa o llame al 1-800-753-8827.

Las personas que deseen enviar comentarios sobre el plan pueden enviar un correo electrónico a [AgingPlan@pa.gov](mailto:AgingPlan@pa.gov), proporcionar comentarios a través de un formulario en línea o enviar un correo al Departamento de Envejecimiento de Pensilvania, c / o Master Plan, 555 Walnut St., 5th Floor, Harrisburg, PA 17101.

Visite [aging.pa.gov/MasterPlan](https://aging.pa.gov/MasterPlan) para conocer el plan y enviar su opinión por formulario electrónico.



**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](mailto:kimberlymelusky@lehighcounty.org).

Many additional events sponsored by our partners are also listed at [www.lehighnorthamptonlink.org](http://www.lehighnorthamptonlink.org) under upcoming events. Check often!

Please look through this newsletter for upcoming events or visit [www.lehighnorthamptonlink.org](http://www.lehighnorthamptonlink.org).

## PA Link in Lehigh & Northampton

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



**PA Link Conference scheduled for Thursday, October 26, 2023 at DeSales University Center. Registration now open!**

“Thriving in Today’s World” in a conference to educate professionals who work with diverse groups of abled individuals in understanding the whole person in order to better support and assist individuals, families and communities throughout their lifespan.

Conference cost is \$35.00 Social work and Nursing credits are available at no additional cost!

Conference brochure and registration can be found at [www.lehighnorthamptonlink.org](http://www.lehighnorthamptonlink.org) or email Kim Melusky at [kimberlymelusky@lehighcounty.org](mailto:kimberlymelusky@lehighcounty.org).

**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](mailto:agingandadult@lehighcounty.org)

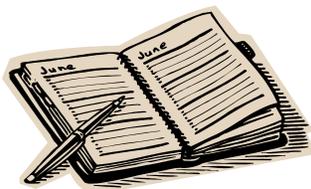


*The Lehigh County Office of Aging and Adult Services is committed to supporting and empowering the well being of all adults of all ages, residing in Lehigh County. The office advocates for Lehigh County residents and provides a wide range of services and information to help adults to be well informed. 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.*



**Dates to Remember**



Mark your calendar!

Upcoming senior fairs and events....

The [Mind Your Brain Foundation Allentown Conference](#), hosted by Good Shepherd Rehabilitation Network will be held on Saturday, September 9, 2023 at DeSales University Center.



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



PA Link Conference, "**Thriving in Today's World**" is scheduled for Thursday, October 26, 2023 at DeSales University Center. Contact Kim Melusky for registration information.

To receive PA Link information, reach out to Kim at [kimberlymelusky@lehighcounty.org](mailto:kimberlymelusky@lehighcounty.org) and be added to the email list.