

# LEHIGH TIMES

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## LEHIGH COUNTY AGING & ADULT SERVICES

### Lehigh County LINK

Lehigh County LINK, an Aging and Disability Resource Center Program (ADRC), is a collaborative effort funded by the Commonwealth of Pennsylvania's Office of Long Term Living to provide information and linkages to long-term services and supports for people over 60 and persons between the ages of 18 and 59 with disabilities.

The Lehigh County LINK Network consists of both core and collaborative partners.

Lehigh County LINK's core partners, Lehigh County Aging & Adult Services, Lehigh Valley Center for Independent Living, UDS Angels at Your Service, and Jewish Employment and Vocational Services, work together to promote the understanding of the Office of Long Term Living service principles; provide information and assistance services to the target populations and both private pay and publicly funded individuals; promote the LINK network; and foster a collaborative relationship with other agencies in Lehigh County that provide supportive services to the target populations. These agencies will become Lehigh County LINK collaborative partners.

The collaborative partners consist of agencies and organizations that work with housing issues, transportation, employment, county government, and agencies and organizations that serve people with other disabilities that overlap with the targeted populations. These partners will 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.

#### Goals of the Lehigh County LINK Network:

- Streamline access to long-term living services and supports to make access to such services easier for the target populations;
- Create consistent policies and protocols for such services;
- Create a collaborative network in Lehigh County that consists of those agencies that provide services and supports, either primary or ancillary, to the target populations with the shared goal of having those individuals living as independently as possible for as long as possible;

-Create a knowledgeable network of agencies that have a basic understanding of the long-term living system and services and supports available to the target populations, both private paying and public supported;

-Implement consistent information and referral protocols so that individuals are linked to the services they need rather than left to navigate the long-term living system on their own.

-Utilize common information and referral protocols to provide efficient and accurate consumer referrals.

For more information about Lehigh County LINK, please visit [www.lehighcounty.org](http://www.lehighcounty.org) on the Aging & Adult Services home page or contact Kim Melusky at (610) 782-3096 if your organization is interested in becoming a collaborative partner.



#### Inside this issue:

Medicare Part D Open Enrollment	2
Fall Prevention	2
2011-2012 Flu Vaccine	3
Flu Shots at Senior Centers	3
Personal Preparedness	4
Elder Abuse	4
Mark Your Calendar	5

#### 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.

## Medicare Part D Open Enrollment Sites

The Annual Open Enrollment period in which people with Medicare may compare and enroll in Medicare Part D plans has changed for 2011. The Annual Open Enrollment period will begin October 15th and continue until December 7th.

If you make a change during open enrollment, your coverage will begin on January 1 of the following year.

For greater detail on the changes Medicare Beneficiaries may expect in 2011, please visit the Medicare website at [www.medicare.gov](http://www.medicare.gov)

**Apprise Medicare Part D Prescription Drug Open Enrollment Sites for Lehigh County for October 15th through December 7th are as follows:**

### Catholic Charities

530 Union Blvd.  
Allentown, PA 18109  
Call Heather Strohm for an appt. at 610-435-1541  
Weekdays 8:30 AM-4:30 PM  
Beginning 10/17/11

### Fellowship Terrace

3000 Fellowship Drive  
Whitehall, PA 18052  
Call Rosalind Haglund for an appt. at 610-769-4301  
Wednesdays, 1:00 PM-4:00 PM  
Beginning 10/19/11

### Lehigh County Government Center

17 S. 7th Street  
Allentown, PA 18101  
Call 610-782-3200 for an appt.  
Tuesdays 9:00 AM-12 noon  
Beginning 10/18/11

### Lehigh County Senior Center

1633 Elm Street  
Allentown, PA 18102  
Call 610-437-3700 for an appt.  
Wednesdays & Thursdays  
Beginning 10/19/11

### Lehigh Valley Hospital Center for Healthy Living

17th & Chew Street  
Allentown, PA 18102  
Call 610-402-CARE for appt.  
Tuesdays 12:30 PM-4:30 PM  
Beginning 10/18/11

### Lehigh Valley Hospital Muhlenberg Pharmacy

2545 Schoenersville Road  
Bethlehem, PA 18017  
Call 610-402-CARE for an appt.  
Mondays 1:00 PM-4:00 PM  
Beginning 11/17/11

### Rep Jennifer Mann's Office

2030 West Tilghman Street  
Suite 100  
Allentown, PA 18104  
Call 610-821-5577 for an appt.  
Tuesdays, 10:00 AM-2:00 PM  
Beginning 10/18/11



### Rep Doug Reichley's Office

1245 Chestnut Street, Suite 5  
Emmaus, PA 18049  
Call 610-965-9933 for an appt.  
Fridays 9:00 AM-12 noon  
Beginning 10/21/11

### Slatington Public Library

650 Main Street  
Slatington, PA 18080  
Call 610-767-6461 for an appt.  
Tuesdays 10:00 AM-1:00 PM  
Beginning 10/18/11

### Southern Lehigh Library

Preston Lane  
Center Valley, PA 18034  
Call 610-282-8825 for an appt.  
Thursdays 1:00 PM-4:00 PM  
Beginning 10/20/11

### Town Square at Westminster Village

803 N. Wahneta Street  
Allentown, PA 18109  
Call 610-782-8300 for an appt.  
Fridays 9:00 AM-12 noon  
Beginning 10/21/11

## Things you can do to prevent falls

Each year, one in every three adults age 65 and older falls. Falls can lead to moderate or severe injuries, such as hip fractures and head traumas, and can even increase the risk of early death. Fortunately, falls are largely preventable.

### Begin a regular exercise program.

It makes you stronger and helps you feel better. Exercises that improve balance and coordination are most helpful.

### Have your health care provider review your medicines.

As you get older, the way medicines

work in your body can change. Some medicines can make you sleepy or dizzy and cause you to fall.

### Have your vision checked.

You may be wearing the wrong glasses or have a condition like glaucoma or cataracts that limits your vision. Poor vision can increase your chances of falling.

### Make your home safer.

About half of all falls happen at home. Remove things you may trip over from stairs and places you walk. Remove small throw rugs or use double-sided tape. Keep items

you use often in cabinets you can reach without a step stool. Have grab bars installed next to your toilet and shower. Improve lighting in your home.

By making some changes, you can lower your chances of falling.

(Centers for Disease Control and Prevention)



## 2011-2012 Flu Vaccine

Influenza (the flu) is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu vaccine each year.



### Signs and Symptoms of Flu

People who have the flu often feel some or all of these signs and symptoms:

- Fever or feeling feverish/ chills (please note not everyone with the flu will have a fever)
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (very tired)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

### How Flu Spreads

Most experts believe that flu viruses spread mainly by droplets made when people with flu cough, sneeze or talk. These

droplets can land in the mouths or noses of people who are nearby. Less often, a person might also get the flu by touching a surface or object that has flu virus on it and then touching their own mouth, eyes or possibly their nose.

The 2011-2012 flu vaccine will protect against the three influenza viruses that research indicates will be most common during the season. This includes an influenza A (H1N1) virus, an influenza A (H3N2) virus, and an influenza B virus.

To find a flu shot location near you, visit [www.findaflushot.com](http://www.findaflushot.com).

(Centers for Disease Control and Prevention)



## Flu Shots at the Senior Centers

**Maxim Healthcare will administer the annual flu inoculations at your local senior center.** Please bring your Medicare card with Part B or Medicare HMO coverage with you the day on the inoculations. Seniors with Access cards must go to their Primary Physician to obtain their flu shot.

If you do not have a Medicare Part B, there will be a **\$30.00 charge** due at the time of the inoculation.

You will be asked to sign a release stating that you do not have any allergies to the flu shot.

Pneumonia shots are available with Medicare Part B or Medicare HMO's. Without this coverage the cost will be \$65.00.

**Gross Towers Senior Center**, 1339 Allen Street in Allentown  
Tuesday, October 11th from 9:00 am to 12 noon

**Coopersburg Senior Center**, 538 Thomas Street in Coopersburg  
Tuesday, October 11th from 10:00 am to 1:00 pm

**Phoebe Senior Center**, 1901 Linden Street in Allentown  
Wednesday, October 12th from 9:00 am to 12 noon

**Cedar View Senior Center**, 4230 Dorney Park Road in Allentown  
Thursday, October 13th from 9:30 am to 12 noon

**Ridge Manor Senior Center**, 333 Ridge Street in Emmaus  
Monday, October 17th from 10:00 am to 11:30 am

**B'nai B'rith Senior Center**, 1616 Liberty Street in Allentown  
Tuesday, October 18th from 9:00 am to 12:30 pm

**Fountain Hill Senior Center**, 1101 Seneca Street in Bethlehem  
Tuesday, October 18th from 10:00 am to 12 noon

**Central Park Senior Center**, 683 Wahneta Street in Allentown  
Wednesday, October 19th from 10:00 am to 11:30 am

## Personal Preparedness for Older Pennsylvanians

### Be Informed

Pennsylvania can be hit with a wide variety of disasters and emergencies. You can learn more about these threats and how older adults and people with disabilities can prepare for them by visiting [www.readypa.org](http://www.readypa.org) and downloading a copy of the Pennsylvania Emergency Preparedness Guide.

### Be Prepared

Make a plan and prepare a kit with emergency supplies so that you and your family are ready.

Make a plan. If you will need assistance during a disaster, make a list of family and friends that will be part of this plan. If you use medical equipment in your home that requires electricity to operate, talk to someone who provides

healthcare and be prepared as to what to do if there is a power outage. ReadyPA has an Emergency Plan template you can request a copy of by calling 1-888-9-READYPA.

Get a kit. During an emergency, you should be prepared to make it on your own for at least three days. Think about basics first such as food and water. Make sure you have enough medication to last at least one week. Also have copies of your medical insurance cards. Don't forget about preparing for your pet's supplies as well.

### Be Involved

After preparing for yourself and family, take the next step and get involved in preparing your community.



Additional information and printable brochures and checklists can be found by visiting [www.readypa.org](http://www.readypa.org) or by calling 1-888-9-READYPA or (1-888-973-2397).

## Help Protect Older Adults from Abuse

Reports of cases of elder abuse continue to rise. "From 2009 to 2010, more than 15,000 cases were reported and investigated. It was determined 3,900 people were in need of protective services. The numbers continue to grow." (PA Dept. of Aging)

Elder abuse and crimes targeting older people are a real issue that come in many forms, including neglect, physical, financial and sexual abuse. Any person who believes that an older adult is being abused, neglected, exploited or abandoned may call the elder abuse hotline, 24 hours a day, at 1-800-490-8505.

### Signs of elder abuse are:

- Bruises or broken bones,

- Weight loss,
- Dementia may be blamed on "old age" when the real cause is malnutrition or drug interactions or side effects,
- The older person never goes outside or sees visitors,
- Withdrawing large sums of money from a savings account without apparent reason,
- Signing over his or her home to a relative.

Although these signs do not always mean elder abuse, it is important to be aware that elder abuse can occur at anytime to anyone.

Lehigh County Aging and Adult Services is participating on an Elder Abuse Task Force to increase awareness of elder abuse and domestic violence. The task force is made up of local law enforcement and social service representatives and the goal is to raise public awareness.

If you wish to have someone speak to your organization about elder abuse, please call (610) 782-3034.



**ELDER ABUSE**

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.*

**We're on the web!**

[www.lehighcounty.org](http://www.lehighcounty.org)

Dates to Remember



Mark your calendar!

**Visit Lehigh County Aging & Adult Services staff at one of the following community fairs this Fall...**

**Senior Fair**— Thurs., October 6th from 10 am to 1 pm. Sponsored by Senator Pat Browne at Country Meadows, 430 Krocks Road in Allentown.

**19th Annual Senior Fair** — Wed., October 12th from 9 am to 12:30 pm located at Lehigh County Senior Center, 1633 Elm Street in Allentown.

**8th Annual Wellness Fair**— Wed., October 12th from 9 am to 12:30 pm located at Fellowship Community, 3000 Fellowship Drive in Whitehall.

**Harvest of Faith-Strength for the Journey**—Wed., October 26th. Sponsored by Catholic Charities at Holiday Inn, Route 100 in Fogelsville.

**Medicare Part D open enrollment dates have changed for 2011.** New dates to make changes to your Medicare Part D prescription drug coverage is October 15, 2011 until December 7, 2011.

To volunteer as an **Apprise Counselor or Volunteer Ombudsman**, or to receive more information about these volunteer opportunities, please call the agency at (610) 782-3034.