

LEHIGH TIMES

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Spring 2013

LEHIGH COUNTY AGING & ADULT SERVICES

World Elder Abuse Awareness Day—June 15, 2013

Elder abuse happens, more often than you'd suspect. Learn the warning signs and act to protect seniors. Elder abuse refers to intentional or negligent acts by a caregiver or trusted individual that causes harm to a vulnerable elder. Elder abuse takes many forms, including: financial exploitation, physical abuse, neglect by a caregiver or self-neglect by an older adult, and/or emotional abuse.

Elder abuse can happen to anyone and can occur anywhere—in a person's own home, in nursing homes or assisted living facilities, even in hospitals. It affects elders across all socioeconomic groups, cultures,

and races. Based on available information, women, elders who are homebound or isolated, and individuals ages 80 and older are most at risk. Perhaps surprising is that the mistreatment is most often perpetrated by the individual's own family members. Common risk factors for abuse include the elder is socially isolated or withdrawn, the elder is in poor physical health, the elder has dementia or mental health or substance abuse issues, the perpetrator has mental health or substance abuse issues.

If you suspect elder abuse, report it. Act to protect seniors by bringing suspected abuse to the atten-

tion of the appropriate authorities. To report suspected abuse, contact protective services at Lehigh County by calling (610) 782-3200 or, for state reporting numbers, call the Eldercare Locator at 1-800-677-1116. (www.aoa.gov)



PROTECT SENIORS
Take a stand against ELDER ABUSE.

YEAR OF ELDER ABUSE PREVENTION

Property Tax/Rent Rebate Program

Property Tax/Rent Rebate application forms and assistance are available at no cost from Department of Revenue district offices, local Area Agencies on Aging, senior centers and state legislators' offices.

The PA Department of Aging is aware that a company is contacting older Pennsylvanians by mail, offering to prepare these application forms for a fee. "While it is unfortu-

nate that a company is charging for a service that the government and other agencies provide for free, there appears to be nothing illegal about the offer." (PDA)

The rebate program benefits eligible Pennsylvanians age 65 and older; widows and widowers age 50 and older; and people with disabilities age 18 and older. The income limit is \$35,000 a year for

homeowners and \$15,000 annually for renters, and half of Social Security income is excluded.

The maximum standard rebate is \$650, but supplemental rebates for qualifying homeowners can boost rebates to \$975.

The Property Tax/Rent Rebate Program is one of five programs supported by the PA Lottery.

Inside this issue:

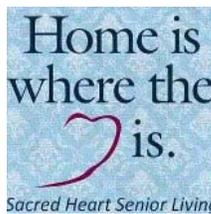
Caregiver Conference	2
National Volunteer Week	2
Legislative Breakfast	3
Celebrating Older Americans Month	3
Lehigh-Northampton LINK	4
LIHEAP Deadline Extended	4
Mark Your Calendar	5

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.
- Feel free to print or email this newsletter.

Second Annual Caregiver Conference

**Second Annual
Caregiver Conference
of the Lehigh Valley
sponsored by:**



Save the Date!

Second Annual Caregiver Conference of the Lehigh Valley

Friday, June 21, 2013

8:00 a.m. to 4:30 p.m.

Cost is \$40 and registration is required.

Best Western PLUS

**Lehigh Valley Hotel and Conference Center
300 Gateway Drive in Bethlehem**



Opening Keynote Speaker:
Murray Grossman, M.D., Ed.D.
University of Pennsylvania



Closing Keynote Speaker:
Mari Lynn Garzione
Author of "Released to the Angels,
A Caregiver's Journey" and
Inspirational Speaker

Breakout Topics:

- Pharmacological and Non-pharmacological Interventions
 - The Other Dementias
 - Dementia and Co-Morbid Mental Health Conditions
- Ambiguous Loss: Coping with Losing Someone One Memory at a Time
 - Capacity, Decision Making, and Legal Issues
 - Sexuality and Intimacy

To become a sponsor, please email judithstanczak@lehighcounty.org or visit www.lehighcounty.org.

National Volunteer Week

Established in 1974, National Volunteer Week has grown exponentially in scope each year since, drawing the support and endorsement of all subsequent U.S. presidents, governors, mayors and other respected elected officials.

National Volunteer Week is about inspiring, recognizing and encouraging people to seek out imaginative ways to engage in their communities. It's about demonstrating to the nation that by working together, in unison, we have the fortitude to

meet our challenges and accomplish our goals. National Volunteer Week is about taking action, encouraging individuals and their respective communities to be at the center of social change—discovering and actively demonstrating their collective power to foster positive transformation.

National Volunteer Week is not only our moment in time to celebrate our volunteers, but to enable a nation to share ideas, practices, and stories, wherever they happen

thereby shaping a movement to re-imagine the notion of citizenship for the 21st century. (Information provided by 2013 Points of Light)

Celebrate 
Service
National Volunteer Week
April 21 - 27, 2013

Upcoming Legislative Breakfast

Save the Date!

The Public Policy Committee of CARIE of the Lehigh Valley is planning a Legislative Breakfast during Older Americans Month. Members of the Pennsylvania legislature who represent the Lehigh Valley are being invited to talk about issues related to older adults and answer questions from the audience.

Friday, May 31, 2013
8 AM - 10 AM

Lehigh University Mountaintop Campus
Iacocca Hall
The Wood Dining Room
111 Research Drive
Bethlehem, Pennsylvania 18015

The event is free but reservations will be required.
More information about the event will be available soon.
Contact Vanessa at miller@carie.org for questions about the event or Committee.



CARIE of the Lehigh Valley
525 North New Street • Bethlehem, PA 18015
800-356-3606 ext. 3036 • www.carie.org • www.cargivergps.org

OLDER AMERICANS MONTH 2013

May is Older Americans Month

Every year since 1963, May has been the month to appreciate and celebrate the vitality and aspirations of older adults and their contributions and achievements. It is a proud tradition that shows our nation's commitment to honor the value that elders continue to contribute to our communities.

Every president since JFK has issued a formal proclamation during or before the month of May asking the entire nation pay tribute in some way to older persons in their communities. Older Americans Month is celebrated across the country through ceremonies, events, fairs and other such activities.

This year's Older Americans Month theme—"Unleash the Power of Age!" - emphasizes the important role of older adults. This May, communities across the nation will recognize older Americans as productive, active, and influential members of society.

Older Americans Month celebrations will acknowledge the value that older adults continue to bring to our community by making an effort to applaud recent achievements of local elders and inviting them to share the activities they do to unleash the power of age.

Lehigh County Aging and Adult Services will honor 15 older adults and one group who display exceptional generosity with their time and talents to benefit others and their community.

The 13th Annual Unsung Hero Event will be held on Wednesday, May 15, 2013 at 1:00 p.m. at the Lehigh County Government Center in Allentown.

Lehigh-Northampton LINK

Lehigh-Northampton LINK, an Aging and Disability Resource Initiative (ADRC), is a collaborative effort 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-Northampton LINK Network consists of both core and collaborative partners.

Lehigh-Northampton LINK's core partners, Lehigh County Aging & Adult Services, Northampton County Area Agency on Aging, Lehigh Valley Center for Independent Living, and Lehigh and Northampton County Apprise work together to provide information and assistance services to the target populations; promote the LINK network; and foster a collaborative relationship with other agencies in the Lehigh Valley that provide supportive services to the target populations. These other agencies become Lehigh-Northampton 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 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.

For more information about Lehigh-Northampton LINK, please visit www.lehighcounty.org. If your organization is interested in becoming a collaborative partner you may contact Kim Melusky at (610) 782-3096 or lehighlink@lehighcounty.org.

Lehigh-Northampton Link
TO AGING AND DISABILITY RESOURCES

Lehigh-Northampton LINK is a collaborative effort to provide information and linkages to long-term service and supports for people over 60 and persons between the ages of 18 and 59 with disabilities.

LINK can assist you:

- Evaluate services necessary to remain independent
- Make connections with organizations that provide needed services
- Assist with applications to determine funding eligibility

610-782-3200 610-559-3270 610-770-9781 610-782-3200 or 610-559-3270

Logos for Lehigh County, Northampton County, Lehigh Valley Center for Independent Living, and APPRISE are also present.

LIHEAP Deadline Extended to April 26

The Low-Income Home Energy Assistance Program (LIHEAP) helps low-income families pay their heating bills. LIHEAP is a grant. You do not have to pay it back.

Gov. Tom Corbett announced that Pennsylvanians who need assistance paying home heating bills now have additional time—through April 26—to apply for financial help through the Low-Income Home Energy Assistance Program.

To date, the LIHEAP program has received 485,689 applications for cash assistance to help low-income households pay for home heating fuel and utility bills.

Cash grants are based on household income, family size, type of

heating fuel and region. In addition to proof of income and household size, applicants must provide a recent bill or a statement from their utility company or fuel dealer verifying their customer status and the type of fuel used.

To see if you meet the income guidelines, or to apply for LIHEAP, contact the Statewide LIHEAP Hotline at 1-866-857-7095 or online at

www.compass.state.pa.us. You may also contact your local county assistance office for an application.



Who is eligible?

You may qualify for a LIHEAP grant if your income meets the following income guidelines:

Income Guidelines 2012—2013 LIHEAP (for Homeowners & Renters)	
Household Size	Maximum Income
1	\$16,755
2	\$22,695
3	\$28,635
4	\$34,575
5	\$40,515
6	\$46,455
7	\$52,395
8	\$58,335
9	\$64,275
10	\$70,215
Each Additional Person Add \$5,940	

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!

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

Senior Fest—Thursday, April 4th from 10:00 a.m. to 4:00 p.m. at Agricultural Hall in Allentown.

Special Needs Awareness Day—Saturday, April 13th from 10: a.m. to 2:00 p.m. at Integrated Health Campus in Allentown.

12th Annual Health Fair & Blood Drive—Sunday, April 14th from 8:30 a.m. to 12:30 p.m. at St. Francis of Assisi Church in Allentown.

2nd Osteoporosis Community Event—Sunday, April 28th from 12:30 p.m. to 4:00 p.m.

Stroke Spring Fling—Saturday, May 11th from 10:00 a.m. to 2:00 p.m. at St. Luke's Hospital in Bethlehem.

50+ Information Fair—Thursday, May 16th from 10:00 a.m. to 3:00 p.m. at Hilton Garden Inn.

Be Prepared Seminar & Expo—Thursday, May 23rd from 7:00 p.m. to 9:00 p.m. at Springhouse Middle School sponsored by Rep Julie Harhart.

Become a collaborative partner for Lehigh-Northampton LINK. Interested agencies should contact Kim Melusky at (610) 782-3096.

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.

Farmers Market Vouchers will be distributed this summer to Lehigh County residents 60 years or older. Dates and guidelines will be available in the next newsletter.