

LEHIGH TIMES

Fall 2021

LEHIGH COUNTY AGING & ADULT SERVICES

National Hispanic Heritage Month

Each year, Americans observe National Hispanic Heritage Month from September 15 to October 15, by celebrating histories, cultures, and contributions of American citizens whose ancestors came from Spain, Mexico, the Caribbean and Central and South America.

The observation began in 1968 as Hispanic Heritage Week under President Lyndon Johnson and was expanded by President Ronald Reagan in 1988 to cover a 30-day period. It was enacted into law on August 17, 1988.

The day of September 15 is significant because it is the anniversary of independence for Latin American countries Costa Rica, El Salvador, Guatemala, Hondu-

ras, and Nicaragua. In addition, Mexico and Chile celebrate their independence on September 16 and September 18, respectively. Also, Columbus Day or Dia de la Raza, which is October 12, falls within this 30 day period.

This information was taken from the National Hispanic Month website and you can learn more about National Hispanic Heritage Month, visit www.hispanicheritagemonth.gov.



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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.

Visit Lehigh Valley Active Life's Renovated Facility

Lehigh Valley Active Life is open Monday through Friday from 8:30 a.m. to 4:30 p.m. with additional activities some weekends and evenings. Over a dozen group exercise classes, Saturday night dances, music groups to join and listen to, lunch including salads and sandwiches, cards, games, movies, lectures, pool, pinball machines, art, ceramics and more is available to enjoy and meet people.

The newly renovated facility has an air cleaning system, bright colors, large rooms, and hand sanitizing stations throughout. Free parking and take your first classes for free to see if you like them. Having friends, making friends and being with friends gets harder as we age and espe-

cially after retirement. Here is a chance to meet people through activities and rebuild those important social connections that really do help as we age.

Visit Lehigh Valley Active Life at 1633 West Elm Street in Allentown or call 610-437-3700. You can also check them out at www.lvactivelife.org.



Allentown Area Ecumenical Food Bank Has Moved

The Allentown Area Ecumenical Food Bank moved to a new location. This location will be a client choice pantry where the clients will shop for food, selecting only the items they want and need. It provides more dignity to the individuals and will offer a wider variety of food.

The new location is at 417 N. 14th Street in Allentown as of September 29th.

New Contact Information:
Allentown Area Ecumenical Food Bank
417 N. 14th Street
Allentown, PA 18102
610-821-1332



Emergency Rental Assistance Program (ERAP)

Emergency Rental Assistance Program (ERAP) is in place to provide families and individuals financial assistance for rent including: rent, rental arrears, utilities, and home energy costs incurred due, directly, or indirectly to COVID-19.

Client must be able to prove this financial loss via paystubs, bank statements, unemployment award letters, etc.

The Lehigh County application can be found at <https://form.jotform.com/210596231926154>

Documentation needed for Emergency Rental Assistance:

From Tenant:

- Copy of ID or License
- Copy of Current Lease
- Unemployment letter, if on Unemployment
- Paystubs pre and post COVID
- Utility Bill showing arrears
- Completed application

From Landlord:

- Completed Landlord portion on Application
- Proof of ownership of property (deed, insurance, taxes, etc.)
- W9 Form

Application processing time is between four to six weeks.

For inquiries about this program and/or application, please contact Catholic Charities at 610-435-1541.

Senior CHAT

As we continue to face the COVID-19 pandemic, social isolation is especially acute for those in our community who are unable or extremely reluctant to leave their homes for social interactions. But we know there is something we can do to help seniors feel more connected. We can organize ourselves as effectively and as lovingly as possible to respond to this unprecedented health crisis.

For so many, the pandemic continues to eliminate in-person group interactions. Senior CHAT links older adults with caring volunteers through friendly phone conversations that can help re-

duce isolation and promote well-being.

We all know the value of human connections. Now, more than ever, we need our community to come together and lift each other up—one phone call at a time.

Senior Corps RSVP of Lehigh, Northampton & Carbon Counties, teamed with ShareCare Faith in Action and supported by Lehigh County Aging and Adult Services, launched Senior CHAT. They are matching caring volunteers willing to make a weekly phone call with area seniors who feel 'disconnected.' Volunteers

are asked to make a six-month commitment and be at least 18 years old.

To become a volunteer caller, or to sign up to receive a 30-minute call once a week for the next six months, call 610-880-3095. You may also sign up at www.RSVPOfLNC.org/SeniorCHAT.



2021 Open Enrollment Sites

Lehigh County

Fellowship Community

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

Lehigh County Government Center

17 S. 7th St.
Allentown
Tuesdays 9:30 AM- 2:30 PM
Please call 610-782-3200 for
an appointment

Lehigh Valley Active Life

1633 Elm St.
Allentown
Please call 610-437-3700 for
an appointment

Parkland Public 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

2030 W. Tilghman St.,
Suite 100
Allentown
Tuesdays 10 AM to 2 PM
Wednesdays 10 AM to 2 PM
Please call 610-821-5577 for
an appointment

RSVP Office

321 Wyandotte St.
Bethlehem
Please call 610-625-2290 for
an appointment

Slatington Public Library

650 Main St.
Slatington
Tuesdays 9 AM to Noon
Please call 610-767-6461 for
an appointment

Southern Lehigh Public Library

3200 Preston Lane
Center Valley
Mondays 11 AM to 3 PM
Please call 610-282-8825 Ext
834 for an appointment

Rep. Milou Mackenzie

1245 Chestnut St. Suite 104
Emmaus
Mondays 10 AM- 2 PM
610-965-5830

Northampton County

Rep. Ann Flood

196 W. Moorestown Road
Wind Gap
Please call 610-746-2100 for
an appointment

Rep. Joe Emrick

447 Blue Valley Drive
Bangor
Please call 610-588-8011 for
an appointment

Northampton County Hu- man Services

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

Bethlehem Public Library- South Side

400 Webster Street
Bethlehem
Please call 610-867-7852 for
an appointment

Rep. Steve Samuelson

104 East Broad Street
Bethlehem
Please call 610-867-3890 for
an appointment



pennsylvania

Medicare Education and Decision Insight



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...

Hands on Approach to Hoarding: Clearing a Path to Treatment webinar is October 8, 2021 from 9 to 11 a.m. Free social work credits available. Contact kimberlymelusky@lehighcounty.org for a flyer.

Mark your calendar! The PA Link annual conference is scheduled for October 27, 2022 at DeSales University.



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

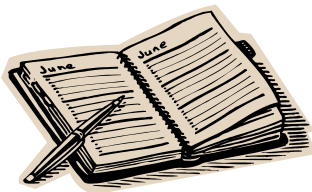


The Lehigh County Office of Aging and Adult Services is committed to supporting and empowering the well being of all adults of all ages, residing in Lehigh County. The office advocates for Lehigh County residents and provides a wide range of services and information to help adults to be well informed.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



Dates to Remember



Mark your calendar!

Upcoming senior fairs....

Check back in the next edition for upcoming health and community fairs.



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



To become a PA Link partner, visit our website at www.lehighnorthamptonlink.org.