

LEHIGH TIMES

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LEHIGH COUNTY AGING & ADULT SERVICES

Farmers Market Nutrition Vouchers Available by Mail

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: \$23,606 for a one-person household and \$31,894 for a two-person household. To qualify you must be 60 or older (or turn 60 by 12/31/20) and meet the household income guidelines.

A one-person household is eligible to receive four \$6 vouchers and a two-person household eight \$6 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. 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, 2020.

Farmers Market Vouchers will be mailed this year. You may complete the application form that is located on the agency website at 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 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.
- Feel free to print or email this newsletter.

Lehigh County's Unsung Hero Event Rescheduled

Every May, the Administration for Community Living (ACL) leads our nation's observance of Older Americans Month. Because of COVID-19 this year's event has been rescheduled.

This year's celebration is to encourage and celebrate countless contributions that older adults make to our communities. Their time, experience, and talents benefit family, peers, and neighbors eve-

ry day. It highlights the difference everyone can make—in the lives of older adults, in support of caregivers, and to strengthen communities.

Lehigh County Aging and Adult Services will be celebrating with its 20th Annual Unsung Hero event. This annual tradition celebrates older adults whose community has been enhanced through their active engagement, volunteerism, and service to others.

The event has been **rescheduled to Tuesday, October 13, 2020** at Fellowship Community, Zentz Community Building.



Lehigh County works to reduce social isolation during COVID-19

Lehigh County Aging and Adult Services began a friendly phone call program in April for elderly individuals struggling with loneliness and social isolation during the COVID-19 crisis. It provided social support consultations and information on resources. The case worker was consistent throughout the weeks maintaining a steady relationship with the individual and understanding their current situation. About 45 older adults have asked to receive phone calls and the case worker makes about 20 calls per day.

"I spoke to R.B., wife of consumer, for about an hour. She expressed how frustrated and lonely she's felt being the sole caregiver of her husband with de-

mentia. She said all she really needed was to have a conversation with someone. She thanked me and said she looked forward to the next time I called."

"S.L. was a consumer whose fridge broke down. I gave her a call the same day and spoke to her for over an hour. She explained her worry about COVID-19 and the fear to step outside her house. She told me she had no family in the area and no one who could go and get groceries for her. We signed her up for home delivered

meals and provided shelf-stable meals the following day. She was very happy and grateful and agreed to receive weekly calls looking forward to have someone to speak to each week."

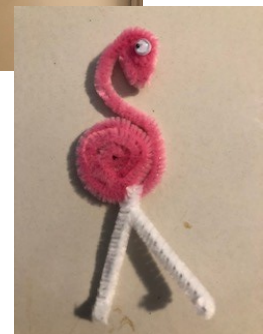
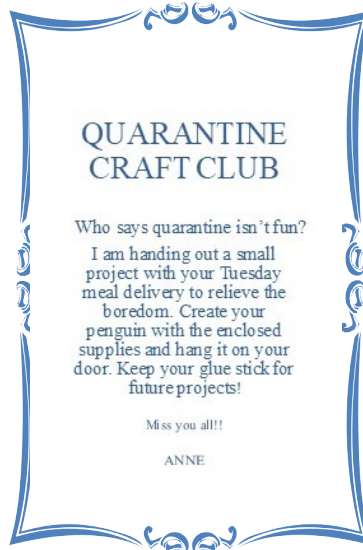
"I spoke to S.C. today. She lost her husband about a month ago and said she looked forward to our calls. We spoke for over an hour and I believe our calls make her feel a bit more hopeful."

Helping Others Stay Busy During this Difficult Time

Cedar View Apartments kept busy during the pandemic by having activities throughout the past few months. Anne Milne, Cedar View Senior Center Operator, developed a "Quarantine Craft Club" for those who were interested.

Activities ranged from craft activities delivered with their meals, to a scavenger hunt outside noting where certain items were placed, and an "I Spy" game encouraging residents to sit outside and look around. Residents completed each activity on their own and the crafts were hung on their doors for all to see.

What a great way to stay involved and get creative while keeping busy during this time.



PA Link Annual Conference Rescheduled

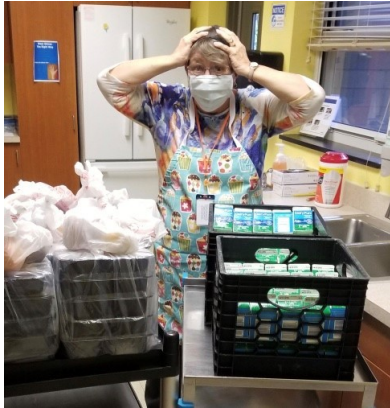
PA Link has rescheduled its annual conference to October 28, 2021. We have expanded our Aging with Intellectual Disabilities to look at the whole person, therefore opening it up to more individuals in the community.

Comprehensive Care—Now and Later will be a conference for those who work with mental health, intellectual disabilities, persons with disabilities and aging.

Mark your calendar and Save the Date!

Agency Delivers Extra Meals During the Pandemic

Lehigh County Aging and Adult Services was able to deliver COVID meals to any consumer who expressed a need. These extra meals allowed Lehigh County seniors to stay home and reduce their risk of COVID-19 by not having to go out for food. Many of these meals were delivered by Senior Center staff and agency staff.



In addition to these meals, the agency was able to purchase additional meals from Meals on Wheels allowing current consumers to receive two meals a day reducing the need to go out to the store. 20,913 COVID meals were delivered during this time.



Census 2020: Still Time to be Counted



There is still time to be counted!

Online: <https://www.2020CENSUS.GOV>

By phone:

English: 1-844-330-2020

Spanish: 1-844-468-2020

Help decide where your tax dollars will go!



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

What PA Link has been up to in Lehigh and Northampton County lately...

Prepared Renters Education Program (PREP) webinar was held in April

Understanding Hoarding Behaviors webinar was held in May,

PA Attorney General’s Office held a **Scams and Coronavirus webinar** was held in May.

North Penn Legal Services provided two webinars on **Housing Update: Tenants’ Rights and COVID-19** in May.

Senior Bullying webinar was held in June.

Mark you calendar! The annual conference will be held October 28, 2021 on **Comprehensive Care—Now and Later, a conference for those who work with mental health, intellectual disabilities, persons with disabilities and aging**. This is a rescheduled date!



The next PA Link training will be an information session from the Disability Friendly Community on September 16, 2020.

LEHIGH COUNTY AGING & ADULT SERVICES

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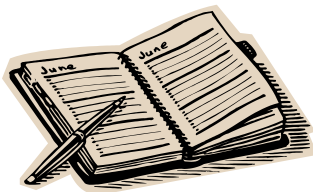


The Lehigh County Office of Aging and Adult Services is committed to supporting and empowering the well being of all adults of all ages, residing in Lehigh County. The office advocates for Lehigh County residents and provides a wide range of services and information to help adults to be well informed.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



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.



Upcoming senior fairs....

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

To join our PA Link partners, visit our website at www.lehighnorthamptonlink.org.