

LEHIGH TIMES

Summer 2021

LEHIGH COUNTY AGING & ADULT SERVICES

Farmers Market Nutrition Vouchers Available

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: \$23,828 for a one-person household and \$32,227 for a two-person household. To qualify you must be 60 or older (or turn 60 by 12/31/21) 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, 2021.

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.

Congratulation 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, **Communities of Strength** shows how older adults built resilience and strength over their lives through successes, failures, joys, and difficulties. We

celebrate the strength of older adults with special emphasis on the power of connection and engagement in building strong communities.

There are many things we can all do to nurture ourselves, reinforce our strength, and continue to thrive. Connecting with others is one of the most important—it plays a vital role in our health and well-being, and in that of our communities.

Lehigh County's Unsung Heroes have shown how we are connected and strong.

Congratulations to this year's Unsung Heroes!

Robert Curcio
Ted and Joan DuBois
John Hall
Pamela Handwerk

James Henderschedt
Linda Hertzog
Sarah Hill
Edward Marth
James McMahon
Judy Minnich
Lori Paules
Daisy Pearson
Theresa Pierog
Maria Popowycz
Suzanne Ricketts
Diane Schrameyer
Ricki Stringfellow
Donald Swan, Jr.
Mary Timko
David Xander
Nancy Zellner
Volunteers for Allentown Health Bureau's COVID-19 Vaccine Clinic



Did you know that the Area Agency on Aging helps with Medicare counseling?

Do you have questions about your coverage or current plan? Do you want to know if you are eligible to save money on your prescription drug costs and/or your Part B premium? Are you currently in the donut hole and need assistance? **The APPRISE PROGRAM can help!**

What is APPRISE?

APPRISE is a free health insurance counseling program of the local Area Agency on Aging designed to help all Pennsylvanians with Medicare. APPRISE counselors are specially trained staff and volunteers who can answer your questions and provide you with objective, easy-to-understand information.

How can the APPRISE Program help you?

APPRISE can help with:
Medicare and Medicare Part D
Medicare Advantage Plans
Medigap Policies
Plan Comparisons
Medicaid
Screening and applying for financial assistance programs
Medicare Appeals
Long-Term Care Insurance

You may qualify for financial assistance programs!

The Extra Help Program

Can help lower your prescription drug co-payments and premiums, and cover the cost of the coverage gap!

Medicare Savings Program

Can help you with the payment of your Part B premium!

Call if you have questions about your current plan, or hold onto this card to make an appointment during open enrollment! Annual open enrollment is October 15- December 7.

Lehigh County 610-782-3200
Northampton County 610-829-4540



This project was supported, in part by grant number 2001PAMIAA-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

TechOwl

LVCIL CAN CONNECT YOU TO ASSISTIVE TECHNOLOGY AND FUNDING MADE EASY!

When it comes to assistive technology, there are often too many options to consider. Making a choice about what might work best can be very overwhelming; considering the high cost of such a purchase makes for an even more stressful experience. Lehigh Valley Center for Independent Living (LVCIL) helps in connecting people to assistive technology through our partnership with TechOWL. TechOWL is a statewide assistive technology program through Temple University's Institute on Disabilities.

To make understanding options easier, TechOWL offers a lending library with hundreds of devices available to be borrowed for a now 9-week period! The items available range from devices that can help with hearing and seeing, to weighted vests,

screen reading software, and so much more. Popular items available include iPads, Touchscreen Laptops, Goose-neck mounts, various keyboard models, and multiple versions of the popular GoTalk Speech/Communication device.

The purpose of borrowing devices is to help you learn about the available options and take them for a test run. The library will allow you to learn about a product, try it out, and decide if that device is something worth investing in. You can apply by following these steps using your email address:

- Go to techowlpa.org
- Then click on the Services tab.
- Select the For a Person tab
- Then click on Borrow From the Lending Library hyperlink.
- This will take you to the old Lending Library page;

click on the tab labeled Go To The New Library.

- This will take you to another site called **NATADS**. You will have to create a username and password and must have an email address to successfully login. You will also have to enter your address so the appropriate Assistive Technology Resource Center can assist you. In NATADS, you will be able to search and browse the items for loan in the central inventory. You can select up to **5** items at once!
- Once you apply for a loan, you will receive an email to verify that the request has been submitted.

If you need assistance for any of these steps, or support to learn how to use the device once you borrow it, please reach out to Fatima Nabavian via email- fatimanabavian@lvcil.org- or phone number at 610-770-9781 ext. 123.



Lehigh County Senior Centers

Our Senior Centers are starting to open up!!

**Anyone age 60+ come for a hot or cold lunch and some needed socialization!
Lunch is free, with a suggested donation of \$2.50 to help support the program.**

Transportation is free to any Center if you ride the Lanta Van.

Some have also started up small activities again!

Contact the Center nearest to you for more info

OR you can contact the Center Director for general info at 610-782-3253

Looking forward to being active again!!!

<https://www.lehighcounty.org/Departments/Human-Services/Neighborhood-Senior-Centers/Locations>

Neighborhood Senior Centers Locations

B'nai B'rith Senior Center

1616 Liberty Street
Allentown, PA 18102
(610) 821-0207

Jesus Ramos Senior Center

Located in:
Casa Guadalupe Center
218 North Second Street
Allentown, PA 18102
(610) 435-9902

Cedar View Senior Center

4230 Dorney Park Road
Allentown, PA 18104
(610) 398-1094

Central Park Senior Center

683 Wahneta Street
Allentown, PA 18109
(610) 435-1907

Coopersburg Senior Center

St. John's UCC
538 Thomas Street
Coopersburg, PA 18036
(610) 282-2330

Fountain Hill Senior Center

1101 Seneca Street
Bethlehem, PA 18015
(610) 861-0816

Gross Towers Senior Center

1339 Allen Street
Allentown, PA 18102
(610) 439-6643

Lehigh Valley Active Life

1633 Elm Street
Allentown, PA 18102
(610) 437-3700
Website: www.lvactivelife.org

Phoebe Senior Center

1901 Linden Street
Allentown, PA 18104
(610) 794-6262

Ridge Manor Senior Center

333 Ridge Street
Emmaus, PA 18049
(610) 965-2171

Slatington Senior Center

G. Dilliard Building
425 Kuntz Street
Slatington, PA 18080
(610) 767-1250

Whitehall Active Community Center LLC
West Catasauqua Community Center
2301 Pine Street
Whitehall, PA 18052



PA Link in Lehigh & Northampton

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

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



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.

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



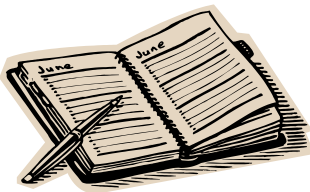
The Lehigh County Office of Aging and Adult Services is committed to supporting and empowering the well being of all adults of all ages, residing in Lehigh County. The office advocates for Lehigh County residents and provides a wide range of services and information to help adults to be well informed.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

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.