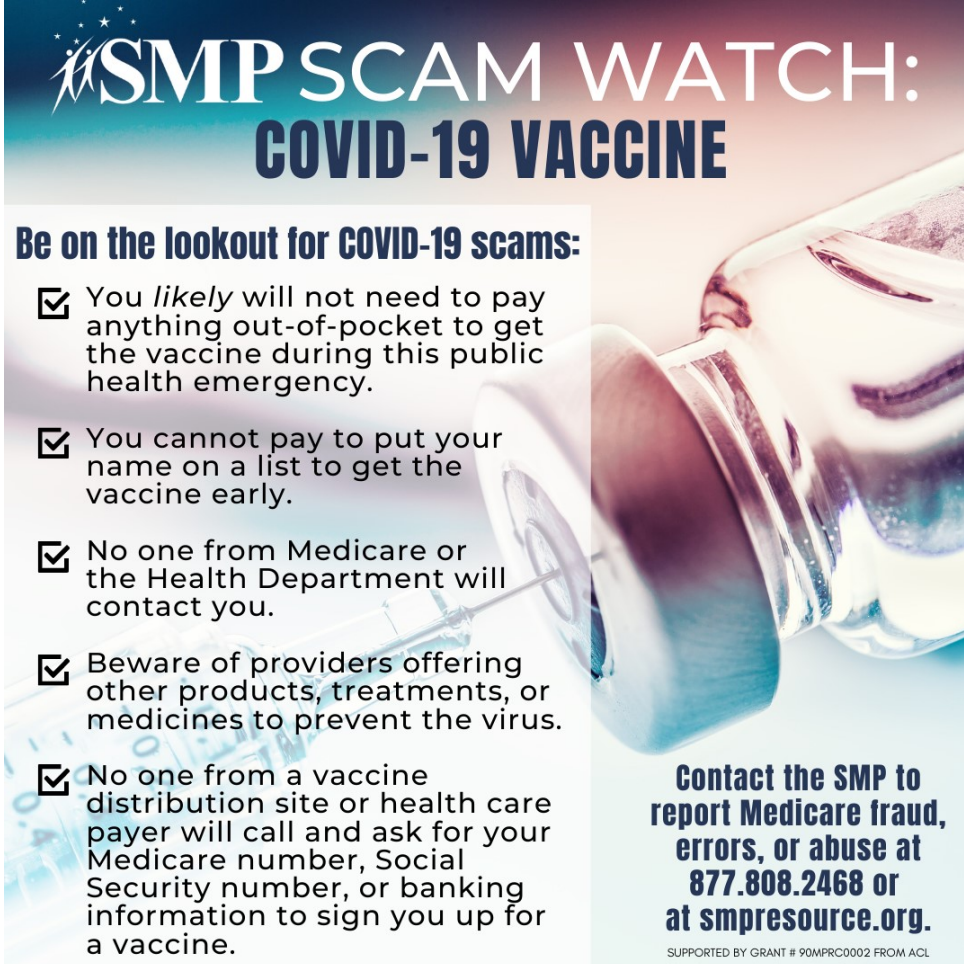


## COVID-19 Vaccine Scam Watch



**SMP SCAM WATCH:  
COVID-19 VACCINE**

**Be on the lookout for COVID-19 scams:**

- ☑ You *likely* will not need to pay anything out-of-pocket to get the vaccine during this public health emergency.
- ☑ You cannot pay to put your name on a list to get the vaccine early.
- ☑ No one from Medicare or the Health Department will contact you.
- ☑ Beware of providers offering other products, treatments, or medicines to prevent the virus.
- ☑ No one from a vaccine distribution site or health care payer will call and ask for your Medicare number, Social Security number, or banking information to sign you up for a vaccine.

**Contact the SMP to report Medicare fraud, errors, or abuse at 877.808.2468 or at [smpresource.org](https://smpresource.org).**

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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](mailto:kimberlymelusky@lehighcounty.org).
- Feel free to print or email this newsletter.

## Senior CHAT

# Let's Combat Social Isolation One Connection at a Time



For many of our area seniors, the need to stay safe at home due to the COVID-19 pandemic has increased their feeling of 'disconnectedness'.

Additionally, during this pandemic there are so many people who want to do something to help others. Countless people are looking for ways to volunteer safely from home.

So now, more than ever, we can come together as a community, make connections and help each other - one phone call at a time.

A friendly phone call can make a world of difference for someone who is lonely.



### What is Senior CHAT?

**Senior CHAT** is a program to match volunteer callers with older adults living in Lehigh, Northampton or Carbon Counties. Matches connect for friendly phone conversations once each week.



### How Do I Get Involved?



#### Become a Volunteer caller!

Signing up to be a Senior CHAT caller is a fun and rewarding way to give back and support the older adults in our community. Callers must be at least 18 years of age and commit to calling their match once a week for at least 6 months.



#### Sign up to receive a weekly call!

Engage with a community volunteer in weekly phone calls. Share your stories, reminisce, chat about shared interests and experiences, laugh and enjoy each other's company. Connect and enjoy conversations with someone who cares!

For more information or to join Senior CHAT: [www.RSVPLNC.org/SeniorCHAT](http://www.RSVPLNC.org/SeniorCHAT)

Call: 610-625-2290

Email: [RSVPLNC@hotmail.com](mailto:RSVPLNC@hotmail.com)

## Become a Dementia Friend

### What makes you a Dementia Friend?

You become a Dementia Friend by attending a one-hour informational session to learn about living with dementia and simple things you can do to support someone living with the disease.

### What happens at the information session?

The one-hour session is led by a Dementia Friends Champion. It is not a training session. You'll learn what dementia is, what it's like to live with the disease, and some tips for communicating with someone with dementia. Everyone who attends is asked to turn their new understanding of dementia into a practical action that can help someone living in your community. The action can be as big or as small as you choose—every action counts!

**Dementia Friends** is a global movement that is changing the way people think, act, and talk about dementia. Developed by the Alzheimer's Society in the United Kingdom, the Dementia Friends initiative is underway in Pennsylvania and across the United States. By helping everyone in a community understand what dementia is and how it affects families, each of us can make a difference for people touched by dementia.

You don't need to be a dementia expert to become a Dementia Friend. You don't need to know someone with dementia to become a Dementia Friend. Learn more at [www.dementiafriendspa.org](http://www.dementiafriendspa.org).

To have a Dementia Friend session with your organization or in your community, please contact Wendy Scott at [Wendy.T.Scott@lvhn.org](mailto:Wendy.T.Scott@lvhn.org).



## Strengthening Older Lives Online (SOLO)

Strengthening Older Lives Online (SOLO) is a guide produced by the Pennsylvania Council of Aging (PCoA) Risk Reduction Committee in response to the State's Older Adults Report to address social isolation.

The SOLO guide is designed to go beyond physical safety reminders during the COVID-

19 pandemic and demonstrate ways to combat stressors and live healthy lives.

Tools available in the guide are:

1. Activities and videos to stay mentally, physically, and spiritually fit.

2. Resources to assist with these three areas.

3. Short questionnaires to build active health plans.

The interactive health and wellness guide is available in both [English](#) and [Spanish](#).



## Grandparent/Older Adult Relative Caregiver Support Program

### GRANDPARENT/OLDER ADULT RELATIVE CAREGIVER SUPPORT PROGRAM

LEHIGH COUNTY

•  
AGING & ADULT  
SERVICES



#### ***What is this program?***

The Grandparent/Older Adult Relative Caregiver Support Program allows older adult caregivers of children to be reimbursed for normal school and extracurricular activity expenses, along with any medical consumable supplies that may be needed for a child with medical care needs. Consumable supplies are expendable items needed on an ongoing basis to provide care to the care-receiver. Caregivers receive reimbursement for their out-of-pocket expenses. Prescriptions or pharmaceutical items are not included.

**Please Call Lehigh County Aging & Adult Services for more information and ask for the Caregiver Support Program 610-782-3200**

Some items permitted for reimbursement include:

- Baby food/formula
- Extracurricular activities fees
- Recreational activities
- Uniforms
- School expenses
- Seasonal Clothing
- Vitamins
- Nutritional supplements
- Disposable undergarments
- Liquid drink supplements
- Child care services for respite care
- Summer camp/after school programs
- Assistive devices
- Some home modifications
- Respite services
- Non-relative private pay helper

#### **Eligibility:**

- Caregiver is age 55 or older and is the primary caregiver for a child related by blood, marriage, or adoption; but not the biological parent.
- Household income level is at or below \$65,513 for 2 people or \$82,537 for 3 people (scale based on 2020 income).
- Child is age 18 or younger and resides with the caregiver.



**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](mailto:kimberlymelusky@lehighcounty.org).

Many additional events sponsored by our partners are also listed at [www.lehighnorthamptonlink.org](http://www.lehighnorthamptonlink.org) under upcoming events. Check often!

Please look through this newsletter for upcoming events or visit [www.lehighnorthamptonlink.org](http://www.lehighnorthamptonlink.org).

## PA Link in Lehigh & Northampton

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

PA Link sponsored a **Medical Marijuana Information Session** via Zoom in October.

PA Link held a **Dementia Friends** Information Session in November.

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!



**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)



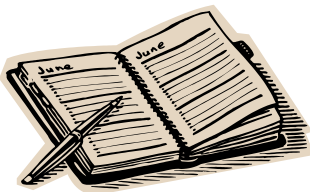
*The Lehigh County Office of Aging and Adult Services is committed to supporting and empowering the well being of all adults of all ages, residing in Lehigh County. The office advocates for Lehigh County residents and provides a wide range of services and information to help adults to be well informed.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

**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](http://www.lehighnorthamptonlink.org).