

# Lehigh Valley LIFESTYLES™

2025 Spring – Complimentary

O V E R 5 0



**Spring into Action!**  
Featuring healthful articles, hearty humor,  
puzzles, and a senior resource directory



Age in Place



Experts



Housing Options



Resources

# LIFESTYLES™

OVER 50

published by **THRIVE Media**

4847 Hamilton Blvd

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**Lifestylesover50.com**

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**SUDOKU** You will find more puzzles and fun stuff inside, as well as up-to-date health tips and lifestyle information. Yes, and puzzle solutions, too!

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<https://sudoku-puzzles.net/sudoku-easy/496/>

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### Navigating This Directory

Managing senior issues can be overwhelming, especially if you are not familiar with the terminology. You will find that each section in this guide includes a list of commonly-used terms and other helpful information.

*All sections are color coded for easier use!*



*Jokes and puzzles are sprinkled all over the magazine, so don't skip a page!*

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# Things To Do With Grandkids

**Peel off the winter coats, toss the gloves in the closet, and get some fresh spring air!** Old Man Winter has settled in for a long spring, summer, and fall nap, and it's time to awaken your senses with the sights and sounds of spring. If your grandkids have been cooped up for the most part, **Let those little bundles of energy loose!** Take them outside for some fresh air, exercise, and sunshine (and, surreptitiously, some chores!).

**Have them help with spring chores** OK, that may not sound like fun, but young mechanics can help winterize the snowblower and prep the lawnmower. Little gardeners can put away the shovels and get out the gardening supplies. Make a game out of picking up sticks in the yard—Winner gets a special treat!

**Get in the dirt** As long as the gardening tools are out, take the kids out to the yard and start a garden



together. There's nothing like the smell of fresh air and fresh dirt. Let them choose an appropriate plant of their own and teach them how to take care of it. The promise of fresh veggies can be a tempting

motive to help out and watch new life sprout!

**Take a hike** I mean that in a nice way, of course! Now that the blanket of snow has lifted off the sleeping ground, there are plenty of things to see, like sprouting plants and early bloomers to animal tracks and fresh burrows. And of course, now that the waterways are not frozen, there are fish and aquatic plants to view.

**The Lehigh Valley Zoo** lets you visit animals you probably won't see on your nature hike! Interactive and educational (and fun!) activities abound. Check the zoo website for upcoming events. [lvzoo.org](http://lvzoo.org) | (610) 799-4171

**Gaze at the stars** Learn what Teddy Roosevelt meant when, after an evening of stargazing, he said to his friend, "Now I think we are small enough." Look for familiar constellations and planets, or think about the fact that there are manmade objects on the moon and Mars. Visit the NASA website to see if the International Space Station is cruising by! You can also visit the **Lehigh Valley Astronomical Society** for Public

Star Parties and other out-of-this-world programs! [lvaas.org](http://lvaas.org)

**Scribble on your sidewalk or driveway** Create your own (temporary) art museum by decorating your property with (washable) sidewalk chalk. It's also a great way to cheer up needy neighbors



and express your feelings! Who knows—you may encourage the next Pavement Picasso!

**Camp at the Center** The Da Vinci Science Center is taking registrations for their in-person summer camps! "Experienced educators lead hands-on science activities that inspire campers to think creatively, be curious, and learn through their own observations and discoveries. Campers will make new friends, develop lifelong critical thinking skills, and totally have the most fun with science." [davincisciencecenter.org](http://davincisciencecenter.org).

# Transitional Gardening: Plants That Thrive from Cold to Warm Weather

(BPT) - Keep your garden vibrant all season long with these cold weather-resistant plants.

As winter continues to keep temps fluctuating, many gardeners assume their work is done until spring. However, plenty of plants flourish in colder months, bringing color and texture to even the coldest winter landscapes. Whether you're looking to brighten your outdoor space or maintain a thriving garden year-round, selecting the right winter-friendly plants is key to cold weather beauty and spring blossoms.

With the right plants and preparation, you can enjoy beautiful greenery and even colorful blooms throughout the coldest months. Proper planning also helps protect your landscape investments from seasonal damage.

## Winter gardening facts

**Cold-hardy plants can survive freezing temperatures** Certain species, like evergreens and hellebores, are built to endure harsh weather conditions.

**Some flowers bloom even in winter** Plants like camellias and winter jasmine add pops of color to an otherwise dormant landscape.

**Soil preparation is crucial** A layer of mulch insulates plant roots, helping them withstand frost.

**Winter gardening requires less maintenance** With slower plant growth and fewer pests, winter



landscapes are easier to manage than summer gardens.

## Best winter-to-spring plants for your garden

**Hellebores (Lenten Roses)** These hardy perennials bloom in late winter, showcasing elegant pink, purple and white flowers.

**Camellias** Their bright red and pink blooms appear in late fall and continue through early spring.

**Winter Jasmine** Producing cheerful yellow flowers, this plant thrives even in freezing temperatures.

**Pansies and Violas** These frost-resistant flowers add vibrant colors to flower beds and pots.

**Evergreens (Holly, Boxwood, Juniper)** Provide year-round structure and greenery, even in snow-covered landscapes.

## Transitional flowers that will stay strong in spring

**Crocus** One of the first signs of spring, these hardy flowers pop up even when there's still a chill in the air. They come in purple, yellow and white.

**Snowdrops** These delicate flowers often emerge while there's

still snow on the ground, making them perfect for the transition to spring.

**Daffodils** Bright and cheerful, daffodils bloom early in the spring and are fairly cold-resistant.

**Primrose** These early bloomers offer color in various shades, often starting in late winter or very early spring.

## Cold-weather gardening tips

**Choose the right plants** Look for native species or varieties bred for winter endurance.

**Use mulch for insulation** A layer of mulch helps regulate soil temperature and protect roots.

**Water before freezing temps** Moist soil retains heat better, reducing frost damage.

**Provide wind protection** Strong winter winds can damage delicate plants, so consider placing windbreaks or using burlap wraps.

## Protect Your Home and Garden Year-Round

Just like your garden, your home needs protection during winter. Mercury Insurance offers coverage options to help homeowners safeguard their property from seasonal risks, such as freezing temperatures and storms.

*To learn more about protecting your home and landscape, visit [mercuryinsurance.com](https://www.mercuryinsurance.com).*

# Pickleball Is a Fun Way To Improve Your Health

by Mary DeHaven, St. Luke's University Health Network

Spring is a great time to pick up a new sport, so join the millions of Americans who are reaping the physical, mental, and social benefits of pickleball, a sport that blends elements of tennis, badminton, and ping-pong. To enjoy one of the nation's most rapidly growing sports, head to the St. Luke's SportsPlex and Pickleball Lehigh Valley (PLV) in Allentown and play at the largest pickleball and indoor/outdoor sports facilities in the Mid-Atlantic Region.

Pickleball grew in 2023 to 13.6 million players in the United States, and continues to be the fastest-growing sport in America.

Players 65 and older are the second largest age bracket, making up 15.4% of total partici-



experienced players, it provides a fast-paced, strategic challenge. The game's versatility means it can be as competitive or as casual as you want, catering to a wide range of preferences.

"Whether looking for a new way to stay fit, a fun activity to enjoy with friends, or simply a reason to get outside, pickleball has something to offer," he said. "You might just find yourself hooked on this exciting and accessible sport."

## Pickleball Lehigh Valley's Top Four Reasons for Joining the Pickleball Craze

If you haven't joined the pickleball craze, here are four compelling reasons for you to consider picking up a paddle and hitting the court.

### Accessibility

One of the most appealing aspects of pickleball is its accessibility. The rules are straightforward, and the learning curve is gentle, making it easy for beginners to quickly pick up the basics. Unlike sports that require years of practice to master, pickleball allows players to start enjoying the game almost immediately. Whether a seasoned athlete or someone who's never played a racket sport before, you'll find that pickleball is fun and rewarding from the get-go.

### Low impact

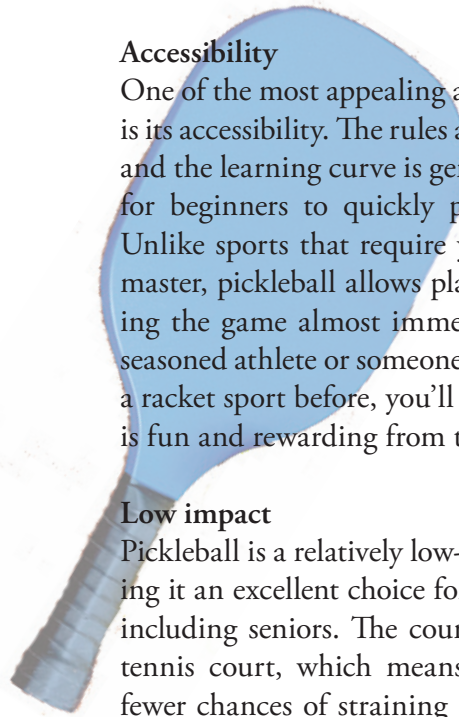
Pickleball is a relatively low-impact sport, making it an excellent choice for people of all ages, including seniors. The court is smaller than a tennis court, which means less running and fewer chances of straining joints. The game is played with a lightweight paddle and a plas-

Whether you're looking for a new way to stay fit, a fun activity to enjoy with friends, or simply a reason to get outside, pickleball has something to offer.

pants—second only to players 24–34 who accounted for 16.7%, according to Pickleheads®, a worldwide community of pickleball players.

"It's no surprise that pickleball is so popular with older adults. It's an excellent sport for people over 50," said pickleball enthusiast John Hauth, St. Luke's Health Network's senior network director of Sports Medicine. "Its blend of physical activity, social interaction, and strategic play makes it an ideal sport for anyone looking to improve their health and well-being."

Pickleball can be enjoyed by everyone, regardless of skill level. For beginners, it offers a gentle introduction to racket sports. For more



**Pickleball** continued on next page

## Pickleball continued from previous page

tic ball with holes, which moves more slowly than a tennis ball, reducing the risk of injury. This makes pickleball a great way to stay active without putting too much stress on your body.

### Social benefits

Because it's typically played as a doubles game, it fosters communication, teamwork, and camaraderie, and a welcoming community where players share tips and strategies with newcomers. It's common to see people of all ages and backgrounds mixing on the court, making pickleball an ideal way to meet new people and build friendships. Many communities have local pickleball clubs and leagues, offering plenty of opportunities to get involved and connect with others who share your interest in the game.

While pickleball may be low impact, it still provides an excellent workout. The game involves a mix of agility, coordination, and strategy that helps improve cardiovascular health, build strength, and enhance hand-eye coordination. It also keeps your mind sharp because you constantly need to think ahead and anticipate your opponent's moves. Regularly playing pickleball can contribute to overall fitness and mental well-being, making it a holistic exercise option.

### Affordable and accessible

Pickleball is highly accessible and affordable. Courts are popping up everywhere, from community centers and parks to schools and dedicated facilities. The equipment required is minimal—all you need is a paddle, a ball, and access to a court. Many local recreation centers offer pickleball at little or no cost, making it an affordable option for staying active.

John Hauth, a competitively ranked pickleball player, was instrumental in launching the St. Luke's SportsPlex and Pickleball Lehigh Valley (PLV), one of the largest pickleball and



indoor/outdoor sports facilities on the East Coast. A membership program, PLV offers training, open play, and tournaments at St. Luke's SportsPlex's 25 indoor pickleball courts at 4636 Crackersport Road, Allentown, just off Route 22, near the Pennsylvania Turnpike.

St. Luke's SportsPlex is a 75,000-square-foot former tennis and racket club that has been completely updated to support pickleball and other multi-sport activities. Housed within six 8000-SF Amish-built "barrels," or bays, are 25 indoor courts: 12 NBA-quality hardwood pickleball courts, 12 designated hardcourt pickleball courts, and an event center lined for pickleball.

A 22-court, three-acre outdoor pickleball venue offers a festival atmosphere and parking on and off site for national, regional, and local tournaments, and a spacious sports-themed event center and a state-of-the-art player lounge.

In September, the United Pickleball Association hosted the Pennsylvania State Championship Series at the St. Luke's SportsPlex.

A large player lounge and viewing area run the length of the fields so spectators can watch the athletes train. Wi-Fi enables parents to connect online for work and family needs. There are a pro shop; a player lounge and viewing area; an outdoor event area; pickleball lessons, clinics and classes; leagues and tournaments.

Additionally, members will enjoy streamlined access to other St. Luke's services, such as physical therapy, orthopedics, and sports performance training.

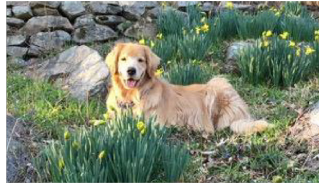
# The Advantages of Pre-Planning Your Memorial Service and Legacy

by The Stephens Funeral Home Family

One day, a great deal of vital information about you or a loved one will be needed by your family and anyone whose responsibility it is to assist them. Preplanning is a way that information can be preserved and recorded in advance, saving your family and survivors the difficult task of having to compile that information at a difficult time. Preplanning is a loving gift you can make for your family and survivors that provides peace of mind to everyone involved.

An often overlooked aspect of preparation is the legacy you leave behind. How would you like to be remembered, not only at the service but also in your obituary? More importantly, what impression will your life leave on your loved ones? The foundation of your accomplishments and relationships should be built during your entire life, creating a solid, lasting memorial as a legacy.

When preplanning, you can personalize your plan to reflect your unique personality and spare your loved ones from having to make difficult decisions at the time of death. You can be assured that your personal choices will be respected and fulfilled without leaving your family to wonder what your wishes might have been. You also have the advantage of paying your funeral expenses in advance. Prepayment of your funeral through our funeral home will help offset the costs associated



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Matthew S. Stephens, Supervisor  
Funeral Directors: Stanley S. Stephens,  
Rodney S. Koch, Sandra Lois Brink, & Anthony A. Richter

with your final expenses. Preplanning can ensure all your personal documents are organized and easy for your survivors to locate, and helps control costs and emotional overspending.

Both you and your loved ones benefit when funeral arrangements are made well ahead of need. Including your immediate family in those plans ensures that those left behind are aware of your wishes and can plan a meaningful service that will help them heal. By discussing preplanning in advance, you can take all the time necessary to make decisions about burial or cremation, type of ceremony, and other funeral elements.

Funeral ceremonies have a significant effect on how families channel their grief towards healing. During the service, the community comes together and responds to the reality that a beloved person has died and that the grieving need support, compassion, love, hope, and understanding. The funeral encourages you to think about the person who died and to explore the meaning of his or her life and the ways he or she touched us.

The remembering, reflecting, and choices made in the planning and conducting of the funeral service are an important part of grief and mourning. This process of contemplation and discovery creates a memorable and moving funeral experience for all who participate.

Our dedicated and experienced staff is here to help you and can play a critical role in planning and carrying out a meaningful funeral, memorial, or life celebration service. Our licensed funeral directors are intimately familiar with the funeral planning process, key decisions a grieving family must make, and the necessary legal documentation required during this difficult time. Our funeral professionals can handle all the details and help you create a unique service that meets your needs and values.

Most of us plan ahead in life. We plan for our wedding, our children's education, family vacations, and other significant expected life events. We also try to plan for the unexpected events of life by purchasing home, auto, and medical insurance. Death is expected yet usually unexpected, and it makes sense to prepare well beforehand.

Call the Stephens Funeral Home Family today at 610.434.6304 or visit [stephens-funeral.com](http://stephens-funeral.com) and let us help you pre-plan your funeral—for a life well-lived is a story worth sharing.



# SUDOKU

Each 9×9 square must be filled in with numbers from 1–9 with no repeated numbers in each line, horizontally or vertically. There are 3×3 squares marked out in the grid, and each of these squares can't have any repeat numbers, either. **SOLUTIONS ON PAGE 40.**

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**MORNING SESSION (NO CEUS), 10AM – 12PM**

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**AFTERNOON SESSION (CEUS), 2PM – 5PM**

*For Professionals: Developing activities that have meaning for those  
living with dementia and how to get your staff engaged for better care.*  
Early Bird: \$40 thru April 30, 2025; \$45 after May 1, 2025

[lvaipsymposium.org](http://lvaipsymposium.org)

# Seek Help Early for Hand, Wrist, and Arm Issues to Avoid Functional Loss

by Mary DeHaven, St. Luke's University Health Network

**H**Using your hands is essential to your daily activities, from dressing in the morning to brushing your teeth at night. As we age, however, both men and women start to lose hand function, especially after the age of 65.

Hand surgeon David Kirby, MD, of St. Luke's Orthopedic Care, said there are many things you can do to stop, and even reverse, loss of hand function. But it's vital to seek help early for issues with hands, wrists, and arms.



Dr. David Kirby

Dr. Kirby is one of several hand surgeons with St. Luke's Orthopedic Care, which has many offices throughout the greater Lehigh Valley and western New Jersey.

"If someone has an ache, pain, numbness, or any sort of irritation in the hand or forearm, they can come to me or one of my colleagues, and we'll figure it out," he said. "The earlier a physician diagnoses the condition and begins treatment, the better the chance of recovery."

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Using your hands is essential to your daily activities, from dressing in the morning to brushing your teeth at night. As we age, men and women start to lose hand function, especially after the age of 65.

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Dr. Kirby specializes in diagnosing and treating conditions of the hand and arm from the elbow down—from complex fractures to everyday irritations like tendonitis. The conditions he treats include trigger finger, tennis and golfers' elbow, carpal tunnel syndrome, de Quervain tenosynovitis, Dupuytren's contracture, nerve conditions, and arthritis of the wrist, thumb, and fingers.

Several factors contribute to age-related loss of hand function. These include muscle loss, degenerative joint disease, and changes in the nervous system. Degenerative joint diseases, such as osteoarthritis and rheumatoid arthritis, and age-related changes in brain connectivity, also have an effect.

Dr. Kirby joined St. Luke's in 2024 after completing medical school at Johns Hopkins Uni-

versity in Baltimore, residency at NYU Hospital for Joint Disease-Orthopedic Institute in New York, and a fellowship at Thomas Jefferson University in Philadelphia. Born and raised in Missouri, he is happy to be practicing in the greater Lehigh Valley.

"I grew up in Missouri, and not in a major city, but very much a rural area," he said. "Geographically, it's very different from this area, but demographically, it's very similar. Truthfully, that's always what I wanted—to serve a community like where I grew up. I had the opportunity to receive some of the best training, which happened to be in major cities, but now I'm getting back to my roots with this job."

Dr. Kirby went to college to be a plant biologist and researcher. He worked on a project to modify corn and wheat cereal grains to make them more nutritious for cattle, lower methane gases, and decrease feed costs. However, a contamination in his lab caused his entire two-year project to be deleted in a week.

At the same time, he was working as a secretary for a pediatrician. She encouraged him to become a doctor when she heard about what happened. He started shadowing her and fell in love with medicine.

*Help continued on next page*

## Help continued from previous page

“So, I went to medical school to be a pediatrician as I enjoyed working with kids and working with her as she helped people in the community,” he said.

Then, during medical school, he worked with a pediatric scoliosis surgeon who took him under his wing.

“He actually let me do a surgery the very first day, a very simple case, and I fell in love with it,” he said. He described it as being in a flow state, where you’re absorbed and intensely focused on something.

“In a flow state, you start something, and it feels like it’s been five minutes when it’s actually been two hours; it was that kind of thing,” he said. “After that, I wanted to do orthopedics, so I followed my passion.”

Dr. Kirby found hand surgery particularly fulfilling because of its complexity. He said every patient has a problem that needs to be solved. Finding the cause and how to manage it is challenging, but seeing his patients improve is what he loves about hand surgery.

For example, during his training, his team treated an 18-year-old patient who sustained a wrist fracture in a sports injury. Untreated, the injury would have caused debilitating arthritis in his hand. Dr. Kirby’s team treated it by using a part of a bone in the hand to reconstruct the injured bone.

“It’s cases like that where you can truly see the impact of your work,” he said. “He was 18 years old, and he would have developed debilitating arthritis but instead had a fully functioning wrist.”

To schedule an appointment with a St. Luke’s Orthopedic Care hand surgeon, call 484-526-1735.



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PERSONAL CARE AND MEMORY CARE RESIDENCE

# Local Healthcare Programs

## MULTI-CAMPUS EDUCATIONAL PROGRAMS

**St. Luke's Stop the Bleed Trauma & Bleeding Prevention Education** is part of a national trauma initiative to train first responders and the public on how to control bleeding in the event of an accident or injury to improve the injured person's chance of survival. This one-hour trauma and bleeding prevention education program is provided free of charge to individuals, police departments, school groups, and community groups.

Miners Campus, Thursday, April 3, 10–11 a.m., St. Luke's Miners Hospital, 360 W. Ruddle St., Coaldale, PA 18218

All classes will be held in the Community Room. Space is limited. Registration required.

Bethlehem Campus, Thursday, April 24, 11 a.m.–noon

OR

Monday, June 9, 1–2 p.m., St. Luke's University Hospital Bethlehem Campus, 801 Ostrum St., Bethlehem, PA 18015

All training held in the Trauma Conference Room, Ground Floor of the East Wing.

Anderson Campus, Tuesday, May 6, 10–11 a.m., St. Luke's Hospital Anderson Campus Medical Office Building, 1700 St. Luke's Blvd., Easton, PA 18045

All training held in Conference Rooms A & B in the Medical Office Building.

Quakertown Campus, Monday, May 19, 4–5 p.m., St. Luke's Hospital Quakertown Campus, 1021 Park Ave., Quakertown PA 18951

All training held in the Quakertown Taylor Conference Room.

Monroe Campus, Thursday, June 12, 10–11 a.m., St. Luke's Monroe Campus, 100 St. Luke's Lane, Stroudsburg, PA 18360

All classes held in Conference Room A-Lower Level.

**St. Luke's ThinkFirst to Prevent Falls** is an evidence-based older adult (55+) falls prevention program that aims to raise awareness of the prevalence of falls and their serious consequences and increase knowledge on reducing risks for falls. In this one-hour free presentation, participants will learn fall prevention strategies such as home and community safety, talking with your physician, nutrition and the significance of exercise, vision, and medications.

Geisinger St. Luke's Campus, Tuesday, April 8, 10–11 a.m., Geisinger St. Luke's Hospital Medical Office Building, 1165 Centre Turnpike, Orwigsburg, PA 17961.

All classes held in the Medical Office Building-Community Room.

Easton Campus, Friday, April 11, 10–11 a.m., St. Luke's Easton Campus, 250 South 21<sup>st</sup> St., Easton, PA 18042

All classes held in the St. Luke's Easton-Kroner Auditorium

Bethlehem Campus, Friday, April 25, 11 a.m.–noon, St. Luke's University Hospital-Bethlehem Campus, 801 Ostrum St., Bethlehem, PA 18015

All training held in the Trauma Conference Room, Ground Floor of the East Wing at St. Luke's Bethlehem Campus.

Upper Bucks Campus, May 7, 3–4 p.m., St. Luke's Upper Bucks Campus, 3000 St. Luke's Dr. (Rt. 663 & Portzer Rd.), Quakertown, PA 18951

All classes held in the 1<sup>st</sup> Floor Conference Room at the Upper Bucks Campus.

Anderson Campus, Tuesday, May 13, 1–2 p.m., St. Luke's Hospital-Anderson Campus Medical Office Building, 1700 St. Luke's Blvd., Easton, PA 18045

All training held in Conference Rooms A & B in the Medical Office Building at St. Luke's Anderson Campus.

Sacred Heart Campus, Wednesday, June 18, 2–3 p.m., St. Luke's Hospital-Sacred Heart Campus, 421 W. Chew St., Allentown, PA 18102

All classes held in St. Luke's Sacred Heart Reception Room

**Older Adult Meal Program Speaker Events** offers adults 65 and older a healthy and cost-effective option to dining out. Meals are prepared fresh daily and are offered at a special price of \$3.99 per meal (no cash accepted). Each meal includes an entrée, salad, side, vegetable, dessert, and a 12-oz. drink. Some campuses offer educational programs.

Upper Bucks Campus St. Luke's Healthy Aging Series, in addition to a social outing with a great meal, speakers share educational information and answer questions in their specialty areas from 5–6 p.m. on the third Wednesday of each month.

St. Luke's Upper Bucks Campus Cafeteria, 3000 St. Luke's Dr. (Rt. 663 & Portzer Rd.), Quakertown, PA 18951.

**Programs** continued on next page

## Programs continued

Wednesday, April 16 Proper Foot Care Podiatrists Melissa Shukla, DPM, and Joseph Campbell, DPM

Wednesday, May 21 Stroke and TIA Neurologist Daniel Ackerman, MD

Wednesday, June 18 St. Luke's Physician Group physician

Wednesday July 16 Pelvic Health OB/GYN Kimberly Smith, MD

Bethlehem Campus, Speaker Andrea Nesfeder, MPH, adult trauma outreach coordinator, presenting "Think First to Prevent Falls," Thursday, June 5, 4–6 p.m., Cafeteria.

### OTHER PROGRAMS

**The Morning Call Prime Expo: Making the Most of Life after 50**, Thursday, April 10, 8:30 a.m.–1 p.m., Agricultural Hall/Agri-Plex, Allentown Fairgrounds, 302 North 17<sup>th</sup> St., Allentown, PA 18104

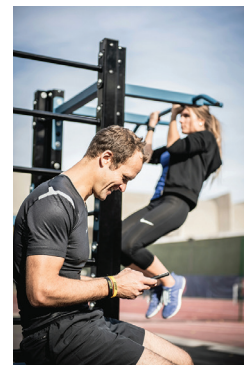
St. Luke's University Health Network partners with The Morning Call to feature lively seminars on a variety of topics by St. Luke's experts and several booth offerings. FREE skin cancer screenings and valuable resources to live an active and healthy lifestyle. Attendees can enter to win prizes and free giveaways from many exhibitors.

**Common Grounds Veterans Coffee Club**, Friday, April 11, 9–10 a.m., St. Luke's Hospital Miners Campus, 360 West Ruddle St., Coaldale, PA 18218, Community Room

Our Commons Ground Coffee Club offers veterans the opportunity to meet other veterans, share military experiences, and learn more about how the Victory for Veterans program can support them. This event is FREE and open to ALL veterans.

# Take Your Fitness Routine Outdoors! For Free!

Last August, Leibert Park in Upper Nazareth Township unveiled something new for Lehigh Valley fitness enthusiasts. If you are looking for a full-body workout that doesn't take a full day, set aside about seven minutes and visit this free fitness court just behind the municipal building at 100 Newport Avenue.



The fitness court provides seven movement zones that allow you to exercise different muscle groups for a brief but effective workout. The court wall displays examples of effective movements in each zone, and QR codes open you up to different workout routines.

The fitness court is available during normal park hours, which are dawn to dusk.

The court measures approximately 70 feet by 30 feet, roughly one-quarter the size of a football field. There is also a new half-mile walking trail that runs around the court.

Residents hope that the area's youth will be motivated to use the fitness court. Screens are keeping more kids inside instead of in the parks, where they can exercise more than their thumbs.



LehighValley.CarePatrol.com  
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## Is it time to transition into Senior Care?

As Certified Senior Advisors, CarePatrol of the Lehigh Valley & Upper Bucks is committed to assist families in finding the perfect senior living solution for their elder loved ones. Our dedicated team, with its wealth of experience and empathy, follows a 3-step process tailored in guiding you through the overwhelming task of choosing safe and comfortable elder care options. These options encompass In-Home Care along with Independent Living, Assisted Living and Memory Care Communities.

At CarePatrol, your family's peace of mind and ease of transition is our top priority. Our personalized support and trusted recommendations are provided at **no cost** to you, ensuring your elder loved one's safety, happiness and well-being.

**Our trusted experts are here to help find the Right Care Option**

# Family Caregivers Network Celebrates 25 Years of Compassion and Excellence in Home Care

**F**In 2000, Gerry Fioriglio, RN, CDP, BS, established the Family Caregivers Network with a simple yet profound mission: to provide compassionate, high-quality care that improves lives and supports families. As we celebrate our 25th anniversary, we reflect on the dedication, growth, and resilience that has shaped our organization.

Over the past 25 years, Family Caregivers Network, located in Pennsburg, Montgomery County, has witnessed significant changes in home care. When the organization was founded, the healthcare landscape was evolving, with new treatments and standards for long-term illnesses such as Alzheimer's and Parkinson's disease. They embraced these changes by developing specialty programs to meet the needs of each aging individual.

The dedicated team of Family Caregivers Network is knowledgeable, compassionate, and committed to excellence. We assist aging seniors with activities of daily living, including meal preparation, medication reminders, personal hygiene, housekeeping, and running errands. Care is provided through short, intermittent visits, or up to 24-hour care in the home. Live-in services are especially popular, allowing individuals to remain in their homes at a lower cost compared to moving to a nursing home.

For the past four years, the Family Caregivers Network has been nationally recognized as the "Best of Home Care." Their Memory Matters Dementia program and Parkinson's disease program have provided families the ability to live a quality life at home. The additional Safety program offers home safety evaluations to ensure that a person's home is as safe as possible. The expert knowledge and advice from the Family Caregivers Geriatric Care Managers of-

fer families the support and guidance to make the right decisions about long-term care.

Owner Gerry Fioriglio said, "Over the past 25 years, our journey has been defined by the invaluable trust that families have placed in us. Providing care for a loved one is a deeply personal experience, and we are honored that so many families have chosen us to be their care provider. Our team works tirelessly to uphold the highest standards of integrity, respect, and compassion, and we are dedicated to making a positive difference—one life, one family, and one community at a time."

For details about these and other programs provided by Family Caregivers Network, visit [family-caregivers.com](http://family-caregivers.com) or call 215-541-9030.



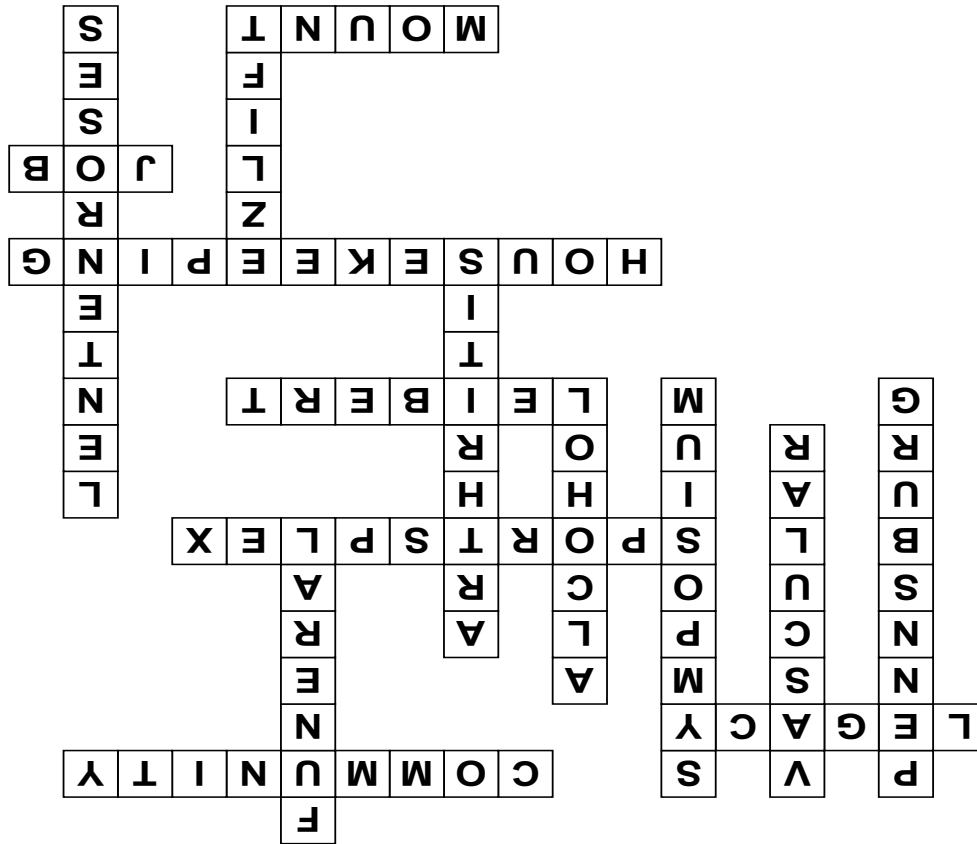
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# Spring Crossword Puzzle Solution



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to routine.



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Schedule today  
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and Vascular Institute**

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# One Order of Loaves and Fishes, Please!

by Alan Allegra

Prayer and faith are tricky concepts that are easily misunderstood. For example, depending on how one strings together Bible verses, prayer can range from “Name it and claim it!” to “There are too many qualifications for answered prayer. I must have a terrible sin in my life. Maybe God hates me!” Yes, there are qualifications for answered prayer, the first being that one must be adopted into God’s family as a child of God (1 John 5:13–15).

In a sense, God always answers prayer. He answers either “Yes,” “Yes, but wait,” “No,” or “You’ve got to be kidding!” Seriously, even God’s silence is significant. We are impatient and want microwave answers, but God has been wait-

a mailbox full of bills—whatever it may be, it is the best possible situation to be in at the moment.

The above statement may be difficult to swallow, but it can be backed up by Jesus’s teaching on prayer. In the Sermon on the Mount, Christ weaves a few prayer pointers into his call for moral and ethical living. Along with the classic “Lord’s Prayer,” he encourages his disciples to continually ask for what they need. Practically speaking, the problem is that we don’t always know what we really need. Therefore, the Holy Spirit given to each believer prays for us (Romans 8:26). Provided our prayers are sincere and unselfish, they will be answered—but not always in the way we think is best.

**And this is the confidence that we have toward him, that if we ask anything according to his will he hears us (1 John 5:14).**

Jesus gives an example of the Heavenly Father’s wisdom and parental

love in the following illustration from the Sermon on the Mount.

ing since before Creation to supply the perfect answer to your prayers. He can wait as long as is necessary to answer in the proper time. Whether immediately or decades later, the answer given by an all-wise, all-knowing, loving God is always the best for you. We may not see it or realize it, but it is true whether we like the answer or not.

If you are in a situation you are unhappy with—a bad marriage or no marriage, a lousy job or no job, a sick bed instead of a bed of roses, an empty bank account or

rental love in the following illustration from the Sermon on the Mount.

“Or which one of you, if his son asks him for bread, will give him a stone? Or if he asks for a fish, will give him a serpent? If you then, who are evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask him!” (Matthew 7:9–11).

His point is that God, the Heavenly Father, will never give a counterfeit, harmful gift to His



children. Even though men are inherently evil, they will give their children good things when asked. They will not deceive them and cause them harm. Even if a child asks for something they think is good but is dangerous, a good parent will substitute something nourishing or beneficial (Just ask the child who asks for candy for dinner and gets vegetables!). Perhaps the parent will delay the gift until the proper time (Hey Dad, can I have my own car?). How much more will the perfect Father supply what is good at the proper time?

Your current circumstance may seem like you’re eating a stone or being attacked by a serpent. Perhaps you’ve asked for something different, some form of release or change. For reasons often unknown or unappreciated by us, what the Father has given for now is the most beneficial gift that should nourish our soul. Anything else would be detrimental to our spiritual health. Follow the example of Job: “Behold, we consider those blessed who remained steadfast. You have heard of the steadfastness of Job, and you have seen the purpose of the Lord, how the Lord is compassionate and merciful” (James 5:11). God is not trying to perplex you; he is trying to perfect you!



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- 3-Hour Session at the driver's home
- Cognitive and memory related exercises
- Receive a detailed written report

### Peace of Mind Visits

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- Support Transitioning into Senior Living



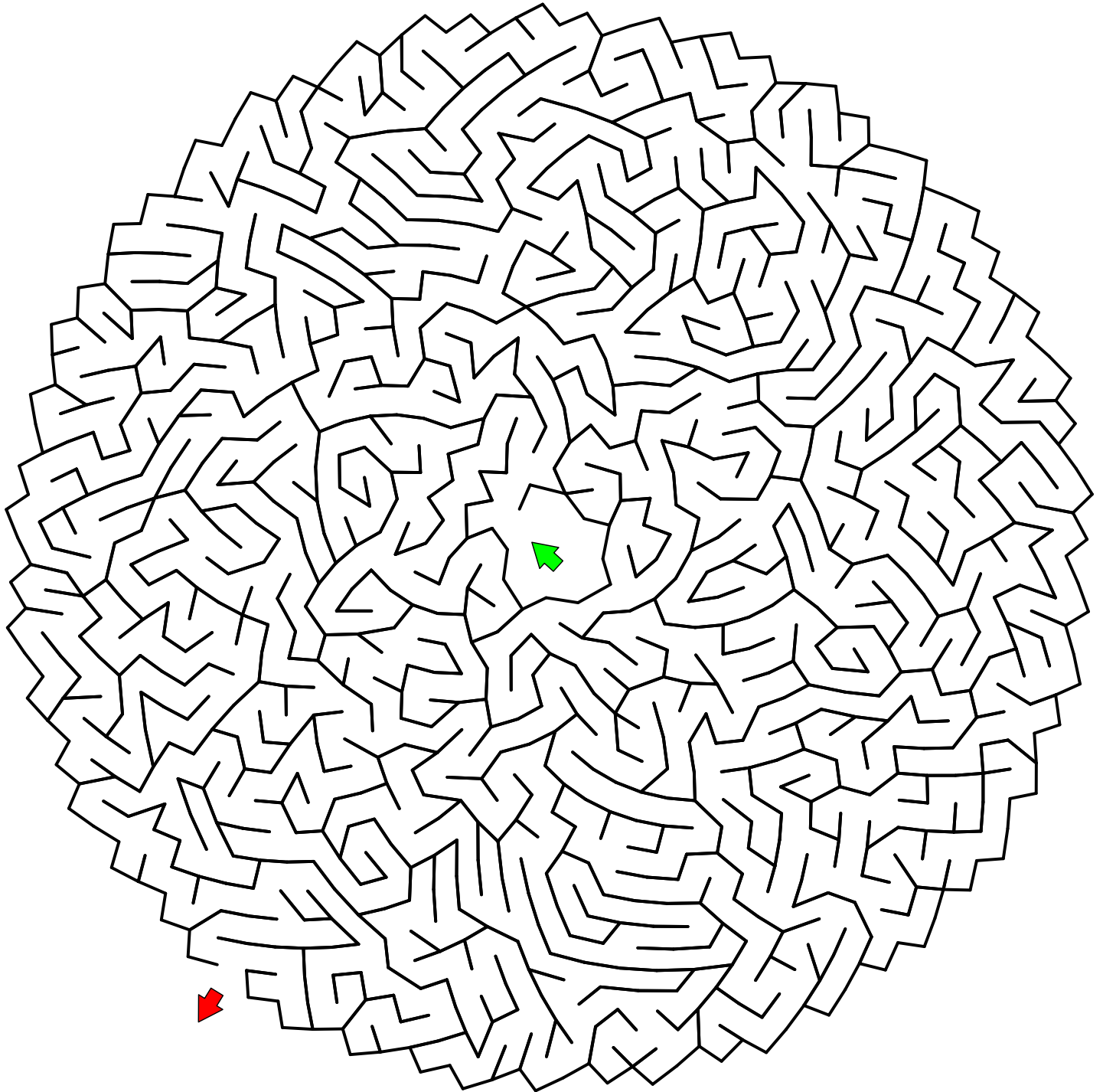
**Randy Reardon**, Certified Senior Advisor

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# Amazing Maze

You are trapped in the middle of this brain coral, whose lifespan is up to 900 years (honest!). You have to get out before you become part of coral reef. Hopefully it won't take 900 years to escape. Even if it does, you are in the Caribbean Sea, so enjoy the waters!



All puzzles ©2005-2025 KrazyDad.com.

# Advice from Flamingo: Wisdom and Spirituality Revisited

by Judi Painter, Certified Flamingo Geek (CFG)

In 2022, I wrote an article called, “Advice from a Flamingo.” Today, as I reflect on this writing adventure and wonder where it will lead next, I find myself drawn once more to these graceful birds. Now, three years wiser, I see even more clearly the spiritual lessons flamingos offer, especially to those of us enjoying our senior years.

## Wade into Life—Seek Balance

Back then, I emphasized preparation and safety: never wander into unknown deserts without essentials like water, a hat, or a granola bar. Today, I cherish the flamingo’s remarkable ability to balance serenely on one leg. This posture symbolizes emotional stability, peace, and mindfulness—qualities essential for navigating life’s waters. Now, I want to be that flamingo, gracefully balanced, thoughtfully poised. What about you?

Please remember, this balance isn’t something to attempt alone—lean on friends, family, or support aids as you find your own stability!

## Stand Out, but Stay Connected

Initially, my advice was to bring a personal touch, creativity, and authenticity to all you do. Today, I recognize another spiritual insight from flamingos: their stun-

ning uniqueness complements their collective harmony. Flamingos teach us that it’s perfectly wonderful to stand out—but equally valuable to blend gracefully within our communities. Let your unique spirit shine while drawing strength and joy from being part of your flock.

## Cherish Your Flock—Community is Sacred

During the pandemic, we all experienced the challenge of maintaining connections. Now I’m profoundly aware of how important community is for spiritual well-being. When alone, I feel more vulnerable—not necessarily lonely, but deeply aware of my



need for companionship, laughter, joy, and shared experiences. Being part of a flock enriches our souls, keeps us safe, and brings profound meaning to our lives. Who says we must limit ourselves to just one flock? And remember, always take time to enjoy simple joys—like blowing bubbles!



## Embrace Life Mindfully—Wet Your Feet Thoughtfully

Previously, I broadly encouraged taking risks. Today, my understanding has evolved. As seniors, we become more mindful of our actions. Instead of impulsively leaping into adventures that might harm us, we pause, reflect, and ask ourselves, “Why?” Our choices become intentional and meaningful.

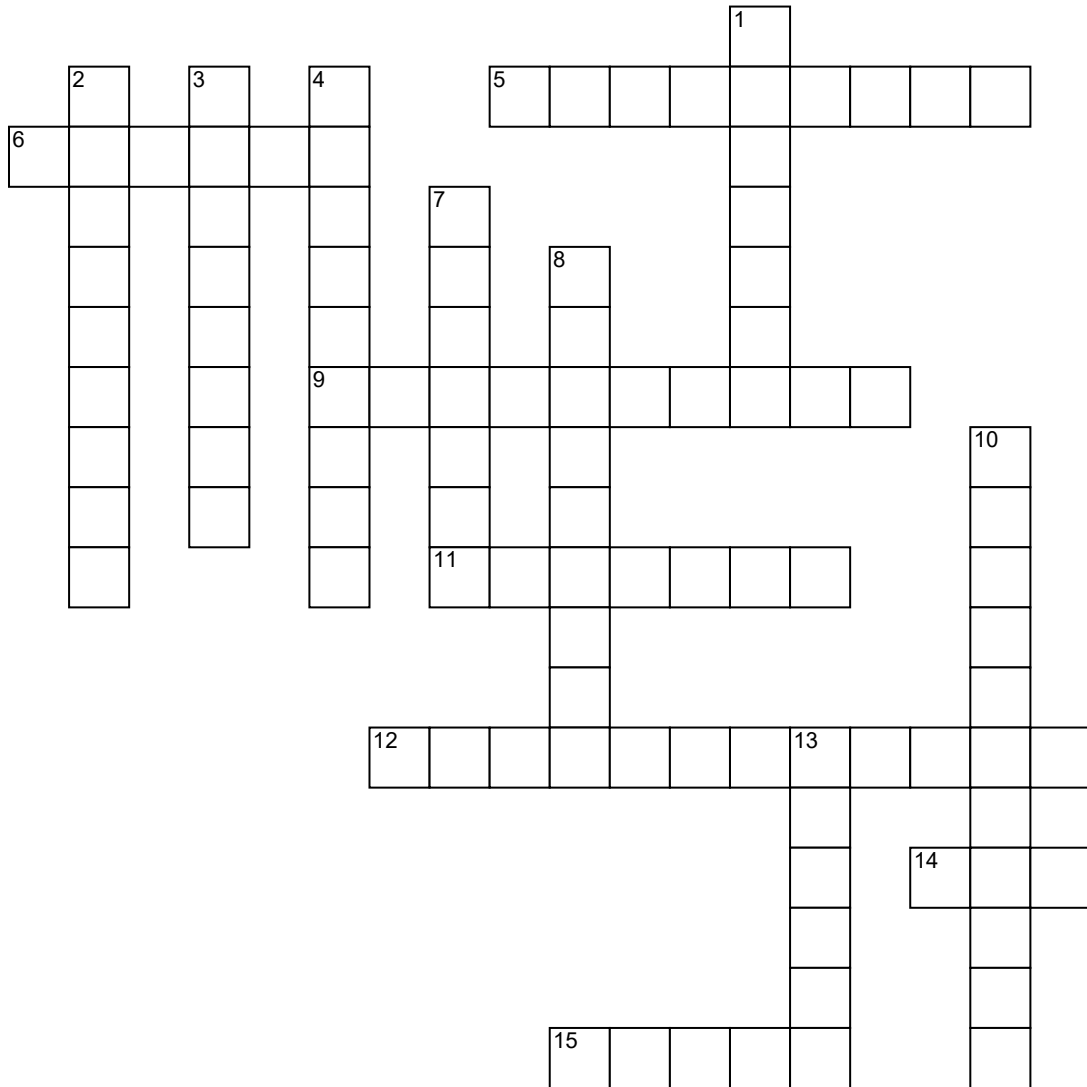
Tomorrow promises warm sunshine, and I’m excited to step into a new adventure—starting by thoughtfully choosing my shoes and socks. After all, every thoughtful step counts, and every day holds new opportunities for joy and discovery!

Flamingos gently remind us to embrace the spiritual journey of aging—gracefully balancing joy, wisdom, community, and mindful adventure.

*Look for more articles to come from Flamingo News!*

# Spring Crossword Puzzle

All of the answers can be found in this issue's articles and ads!



www.CrosswordWeaver.com

**Solution on page 15**

## ACROSS

- 5 A flock of people
- 6 A non-monetary memorial you leave behind
- 9 St. Luke's sports complex
- 11 A park in Upper Nazareth Township
- 12 An activity of daily living that one may need help with
- 14 A biblical man who remained steadfast
- 15 Location for a famous sermon

## DOWN

- 1 It's wise to plan this in advance
- 2 Where Family Caregivers Network is located
- 3 Lehigh Valley Heart and \_\_\_\_\_ Institute
- 4 A caregivers event on June 4
- 7 Something to limit to promote brain health
- 8 Contributes to loss of hand function
- 10 A winter-to-spring plant for your garden
- 13 This can help you get out of bed in the morning

# Best Ways to Promote Brain Health for Older Adults

by CAREPatrol of the Lehigh Valley

As Lehigh Valley residents age, maintaining brain health becomes increasingly important for overall well-being and quality of life. Cognitive decline is a common concern among seniors, but there are many proactive steps we can take to keep our mind sharp and active. Here are some of the best ways to promote brain health for older adults.

## Stay physically active

Physical exercise is not only good for the body but also for the brain. Activities like walking, swimming, yoga, and strength training increase blood flow to the brain, which can help reduce the risk of cognitive decline. Regular exercise has been linked to improved memory and a lower risk of conditions like Alzheimer's disease.

## Engage in Mental Stimulation

Keeping the brain active is essential for maintaining cognitive function. Older adults can challenge their mind by:

- doing puzzles and brain games like Sudoku or crosswords.
- learning a new skill or hobby, such as playing an instrument or painting.
- reading books or engaging in meaningful discussions.
- taking online courses or attending lectures.

## Maintain a healthy diet

A nutritious diet can have a significant impact on brain health. Seniors should focus on a diet rich in:

- omega-3 fatty acids (found in fish, walnuts, and flaxseeds).
- antioxidants (found in berries, dark chocolate, and leafy greens).
- whole grains and lean proteins to support overall brain function.
- hydration because dehydration can contribute to confusion and memory problems.

Social interaction helps keep the brain engaged and reduces the risk



of depression and cognitive decline. Older adults should stay connected with family, friends, and their community by:

- participating in group activities, clubs, or senior centers.
- volunteering or mentoring younger generations.
- regularly engaging in conversations with loved ones.

## Get enough sleep

Quality sleep is crucial for cognitive health. Poor sleep can lead to memory issues and difficulty concentrating. Seniors should aim for 7–9 hours of sleep per night by:

- establishing a regular sleep schedule.
- creating a relaxing bedtime routine.
- avoiding caffeine and electronic screens before bedtime.

## Manage stress levels

Chronic stress can negatively impact brain function and increase the risk of memory loss. Effective stress management techniques include:

- practicing meditation or mindfulness.
- engaging in relaxation exercises such as deep breathing.
- spending time in nature or engaging in enjoyable activities.

## Monitor and manage health conditions

Certain health conditions, such as high blood pressure, diabetes, and

heart disease, can contribute to cognitive decline.

Seniors should:

- regularly visit their healthcare provider for check-ups.
- follow prescribed treatments and medications.
- maintain a healthy lifestyle to manage chronic conditions.

## Limit alcohol and avoid smoking

Excessive alcohol consumption and smoking can damage brain cells and increase the risk of dementia. Older adults should minimize alcohol intake and avoid smoking to preserve their cognitive health.

## Keep a positive outlook

A positive mindset can make a significant difference in overall well-being. Engaging in gratitude practices, setting personal goals, and staying optimistic can help maintain mental resilience and motivation.

Promoting brain health for older adults requires a combination of physical activity, mental engagement, healthy eating, and social connections. By adopting these habits, seniors can enhance their cognitive function, improve their quality of life, and enjoy their golden years with mental clarity and vitality. Encouraging a proactive approach to brain health benefits not only older adults but also their families and communities.

Deciding when to consider a personal care community is not to be taken lightly. It's important to evaluate your loved one's physical, emotional, and social needs, as well as your own ability to provide care. A personal care community provides a safe and supportive environment where your loved one can receive the attention, medical care, and social interaction they need to live a comfortable and fulfilling life. Call us today at 610-509-0445.

# Mother's Day Word Finder

Look for the words listed below the puzzle and circle the letters or outline the words as you find them. Words can go up, down, across, backwards, & diagonally. It's the mother of Word Search puzzles!

**Solution** on page 50

N	U	I	S	G	U	H	E	C	I	V	D	A	F
W	G	M	F	K	I	S	S	E	S	L	P	O	R
I	S	O	A	A	S	S	E	N	F	S	R	E	S
E	R	T	T	E	N	U	R	T	U	R	I	N	G
T	E	H	H	N	C	O	O	K	I	N	G	A	Y
S	W	E	E	E	F	E	F	O	G	P	T	E	A
R	O	R	R	T	D	G	U	I	A	A	S	E	D
E	L	G	F	S	E	R	V	T	P	I	W	S	N
T	F	K	R	I	I	I	I	C	N	G	E	T	U
H	T	T	N	L	N	E	I	V	A	E	E	F	S
G	C	I	O	G	N	S	H	E	I	R	T	I	I
U	I	I	U	T	S	O	N	S	S	N	I	G	G
A	S	V	H	N	W	I	F	E	K	S	G	N	N
D	S	I	F	E	E	D	I	N	G	W	S	G	G

<https://thewordsearch.com>

Cooking  
Giving  
Kisses  
Nurturing  
Sweet

Mother  
Wife  
Listen  
Driving  
Father

Sunday  
Feeding  
Daughters  
Hugs  
Sons

Flowers  
Advice  
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At [Lifestylesover50.com](http://Lifestylesover50.com), you will find current and past issues, articles and features, as well as a directory of senior services.

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Dinner: Weekdays, 4 - 6 pm

**St. Luke's Miners Campus**  
Lunch: Weekdays, 11:15 am - 1:30 pm  
Dinner: Weekdays, 4:15 - 6 pm

**St. Luke's Monroe Campus**  
Dinner: Daily, 4 - 6 pm

**St. Luke's Upper Bucks Campus**  
Dinner: Weekdays, 4 - 6 pm

**St. Luke's Warren Campus**  
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\$3.99 dinner includes entree, salad, side, vegetable, dessert and 12 oz. drink.

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older-adult-meal-program](http://slhn.org/senior-health/services/older-adult-meal-program)

# My 2025 Real-Life Miracle by Elissa Clausnitzer

**M**So ... My 20-hour debacle starts at noon on a Friday. I had just baked some delicious chicken with vegetables for an early dinner. It looked lovely and I thought about the Prosecco (an Italian wine) I had purchased. I thought I would go to my car and get some to enjoy a glass of wine with my dinner.

I proceeded to open the trunk of my car and grab 2 bottles. I don't know what happened, but I fell down, hit my head, and hurt my right eye. I was stunned but could not get up. Even though I had actually taught a class for balance, I tried every trick I knew but found it difficult to rise up. There was nothing for me to grab onto for support. I was not near my cell phone but I could hear people leaving me messages, and I could not respond.

I was wearing jogging slacks and a sweater. The temperature was 28 degrees and I was in the garage all night. Thank God the light was on and I had shut the oven off. Oh, I forgot to let you know that I am over 75 years old and on oxygen 24 hours a day. Luckily, my oxygen was on and I had a 75-foot cord.

I also found a thermos of water that I slowly sipped so I would not get dehydrated. For hours I attempted to rise on my feet to no avail. I grabbed the car door

and would get up and the door would open. I kept beeping the horn but could not raise myself to occupy the car. I was sitting on a cold cement garage floor with 2 bionic knees. There were picnic chairs but they were not stable enough to support me. I exercised my legs and arms to help me get strength and keep warm.

I started praying after 10 hours. I am Catholic and believe in prayer. I prayed to God, Jesus, the Holy Trinity, and the Blessed Mother. My head was throbbing and my eye was closing. I also prayed for my cousin, Marie, to call my kids to check on me. Finally, at 11:00 p.m., my garage door opened and my son saw me on the floor and said, "What are you doing here?" Ha Ha.



Thank God my son is a physical therapist, because he was able to lift his overweight Momma up and onto a chair. My other son and his wife arrived to help me get to the hospital. They took me to Lehigh Valley, Hecktown Oaks. I was admitted, tested, and treated. I had to stay 4 days because my cpk numbers were too high to send me home. That has to do with your muscles.

This to me was a miracle. Thank God that someone was concerned about me. Please remember to keep your cell phone on you and use a LifeAlert, which I now wear. I also want you to know that not a drop of the Prosecco was lost! The first thing I did when I came home from the hospital was to tell my son to give me my glass of Prosecco.

Salute, Good Health, and God bless everyone who read my article.

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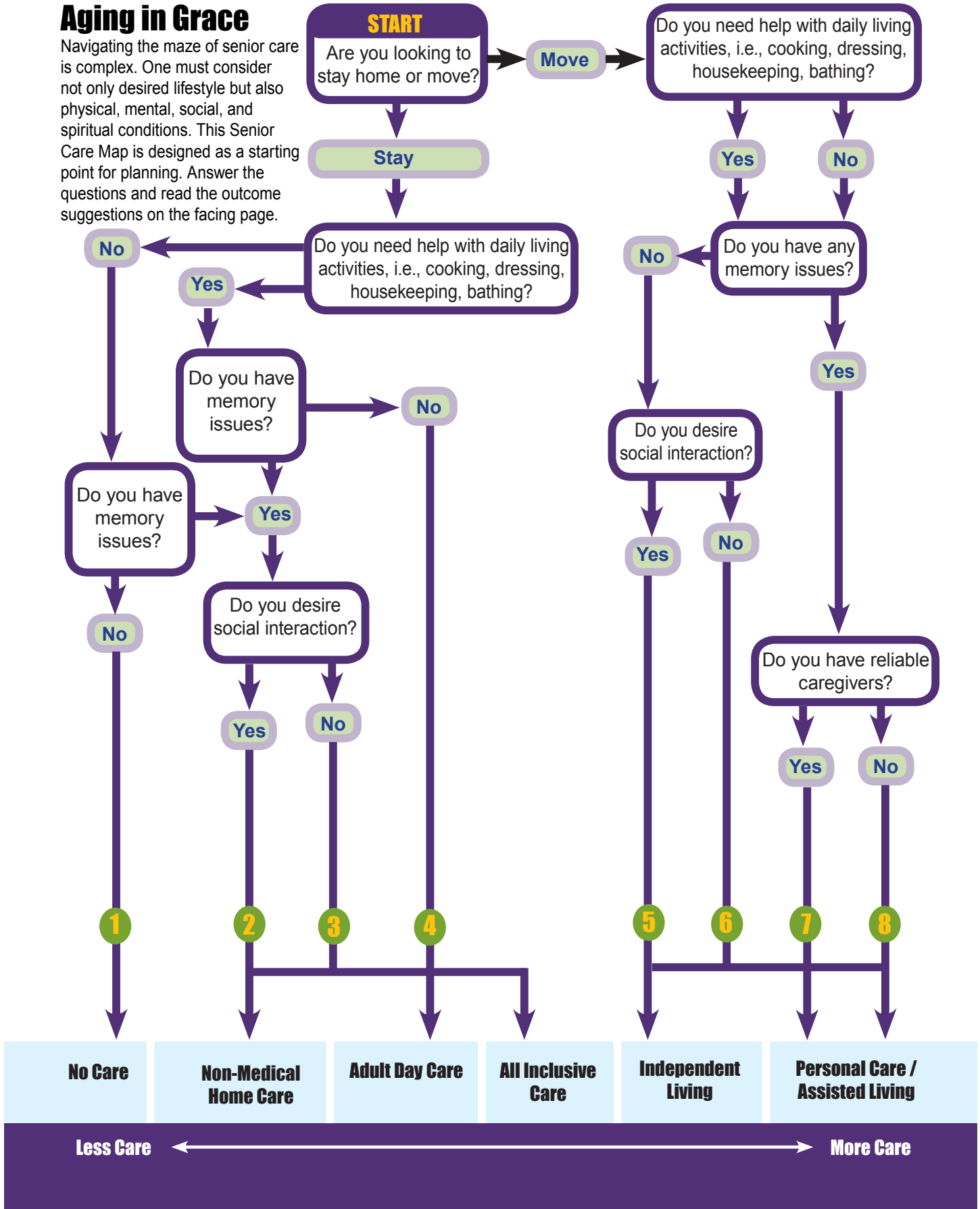
# What Do You Want to Celebrate Today? (May)

Thousands of years ago, King Solomon wrote the book of Ecclesiastes, bemoaning the fact that life seemed to be a monotonous cycle of events with no meaning. He observed, "The sun also rises, and the sun goes down, And hastens to the place where it arose" (Ecclesiastes 1:5). Perhaps for you, the days seem to pass in an endless parade of nothingness, broken up by an occasional holiday or birthday. Are you looking for something to celebrate between "official" holidays, birthdays, and doctor appointments? There have been all kinds of proclamations and pronouncements celebrating religious events, foods, people, historical events, health issues—you name it. There are some very practical ones, as well. Let's name some of those special days so you can find something to celebrate or participate in, or someone to honor, every day, in your own way!

- Date Your Mate Month
  - Foster Care Month
  - Gifts from the Garden Month
  - Mystery Month
  - National Barbecue Month
  - National Bike Month
  - National Blood Pressure Month
  - National Hamburger Month
  - National Photograph Month
  - National Salad Month
  - Older Americans Month
  - Nurse's Week — first full week
  - Wildflower Week — week two
  - National Bike Week — third week
  - National Police Week — third week
  - Emergency Medical Services Week — fourth week
- May 1
- Free Comic Book Day
  - Hawaiian Lei Day
  - Herb Day
  - Kentucky Derby Day
  - May Day
  - Mother Goose Day
  - National Fitness Day
  - Save the Rhino Day
- May 2
- Baby Day
  - Brothers and Sisters Day
- May 3
- Garden Meditation Day
  - Lumpy Rug Day
  - World Press Freedom Day
- May 4
- Bird Day
  - National Candied Orange Peel Day
  - National Teacher's Day
  - Star Wars Day
- May 5
- Bike to School Day
  - Cartoonist Day
  - National Hoagie Day
  - Oyster Day
- May 6
- Beverage Day
  - National Nurses Day
- No Diet Day
- May 7
- International Tuba Day
  - National Day of Prayer
  - Space Day
- May 8
- Child Care Provider Day
  - Iris Day
  - Military Spouses Day
  - National Train Day
  - National Windmill Day
  - No Socks Day
  - V-E Day
- May 9
- International Migratory Bird Day
  - Lilac Sunday
  - Lost Sock Memorial Day
  - Mother's Day
  - National Babysitters Day
- May 10
- Clean Up Your Room Day
- May 11
- Eat What You Want Day
  - Twilight Zone Day
- May 12
- International Nurses Day
  - Limerick Day
  - National Receptionist Day
  - School Nurses Day
- May 13
- Frog Jumping Day
  - International Hummus Day
  - Leprechaun Day
- May 14
- Dance Like a Chicken Day
- May 15
- Armed Forces Day
  - National Chocolate Chip Day
  - National Slider Day
  - Police Officer's Memorial Day
- May 16
- Love a Tree Day
  - National Sea Monkey Day
  - Wear Purple for Peace Day
- May 17
- Pack Rat Day
- May 18
- International Museum Day
  - No Dirty Dishes Day
  - Visit Your Relatives Day
- May 19
- Boy's Club Day
  - World Plant a Vegetable Garden Day
- May 20
- Be a Millionaire Day
  - Pick Strawberries Day
- May 21
- National Bike to Work Day
  - National Endangered Species Day
  - National Memo Day
  - National Waiters and Waitresses Day
- May 22
- Buy a Musical Instrument Day
  - National Maritime Day
- May 23
- Lucky Penny Day
  - World Turtle Day
- May 24
- International Tiara Day
  - National Escargot Day
- May 25
- National Brown Bag It Day
  - Tap Dance Day
- May 26
- Sally Ride Day
  - World Otter Day
- May 27
- Sunscreen Day
- May 28
- Don't Fry Friday
  - National Hamburger Day
- May 29
- International Jazz Day
  - Learn About Composting Day
- May 30
- Water a Flower Day
- May 31
- Memorial Day
  - National Macaroon Day
  - Save Your Hearing Day
  - World No Tobacco Day

# Aging in Grace

Navigating the maze of senior care is complex. One must consider not only desired lifestyle but also physical, mental, social, and spiritual conditions. This Senior Care Map is designed as a starting point for planning. Answer the questions and read the outcome suggestions on the facing page.



# Senior Care Map Outcomes

Below are suggestions for mapping of care. Please note that the below information is intended for educational purposes only, and decisions should be made only after discussing your situation with a qualified professional. We recommend that you call the organizations that offer the services that you are interested in. If you do not have any idea where to start you can call our Care Team at 855-233-7034.

**1** If you do not need care in the imminent future it is still wise to have a plan in place. It is recommended that you continue to stay active, engage in social activities and have your financial and legal matters in order. Discuss your end-of-life wishes with your family to ease the burden on your family.

**2 & 3** Having a plan of care, working with a doctor and forming a strategy to address the memory deterioration may slow the advancement of Alzheimer's and dementia. Sometimes individuals are able to remain home safely with the help of reliable family members and other caregivers. This includes having a caregiver assisting with home help, companionship and personal care tasks. It could also include attending an adult day care center or an all-inclusive care program. For individuals who value social interaction, it is important to continue attending family, volunteer, church, and other events as you are able. Family caregivers should also seek caregiver support groups.

**4** Individuals with sharp minds but needing some assistance around the house benefit from home care. They can receive weekly hours of service proportional to their needs and direct the caregiver to help where necessary, including transportation to doctors or other appointments, running errands, personal care, light housekeeping and more. These individuals may also consider adult day programs that provide transportation to and from the adult day centers. Family caregivers also benefit from the assistance.

**5&6** Those looking to relocate may benefit from the well-rounded offerings of senior and independent living facilities and personal care homes / assisted living facilities. These communities are age-friendly, accessible and offer options for group outings and other activities. Those who are mobile may prefer a senior or independent living community since they are not in need of the support services offered by the personal care homes / assisted living facilities. For those who need assistance with activities of daily living, a personal care home / assisted living facility would provide the services necessary to fit their needs.

**7 & 8** Individuals in the early stages of Alzheimer's or dementia may consider senior / independent living as long as they are accompanied by a spouse or family caregiver, or supported with caregiving services. Those in more advanced stages of Alzheimer's or dementia should seek information on personal care or memory care communities that have services on-site, including secured dementia units and trained staff.

## Financial Matters

One aspect that each individual will need to assess in all care outcomes is the cost of each level of care. One must consider their financial resources and work with a qualified professional to understand which options they can afford. In some cases, the individual will pay from their own resources because government programs, insurances, and other outside funding programs may not suffice.

Levels of Care	Page	Definition
<b>Non-Medical Home Care</b> <b>Medical Home Care</b>	<b>29–31</b> <b>32</b>	A wide variety of state licensed caregiving services to help seniors remain safely at home. Includes companionship, home helper and personal care services.
<b>Adult Day Care Centers</b>	<b>28</b>	Programs that provide supervision, care and professional services to older adults in a community-based setting.
<b>Senior Housing</b>	<b>42</b>	Housing exclusively or ideally for seniors who can live independently or with some self-directed care. Often, no services are offered by the facility.
<b>Personal Care Homes / Assisted Living</b>	<b>37–41</b>	State licensed facilities that offer private or semi-private rooms to those who need assistance with living activities but do not require skilled nursing care.
<b>Stand-Alone Memory Care</b>	<b>43</b>	A building exclusively dedicated to caring for residents with Alzheimer's and other forms of dementia.

**Adult Day Centers** provide a coordinated program of professional and compassionate services for adults in a community-based group setting. Services are designed to provide social and some health services for adults who need supervised care in a safe place outside the home during the day. They also afford caregivers respite from the demanding responsibilities of caregiving. Adult day care facilities for the elderly are licensed and inspected by the Department of Aging. Costs for Adult Day Centers range from \$60/day to \$100+/day on average in the Lehigh Valley. The costs are paid for with private funds or may be partially or fully covered by long-term care insurance, Veterans Assistance, or Medicaid through the county's Aging Waiver Program.



Organization	Medicaid	Therapy (PT/OT/ST)	Podiatrist	Meals	Transportation	Exercise	Garden Therapy	Nursing Staff	Community Outings	Crafts/Games/Music	Pet Therapy	Bathing	Beauty/Barber	Hours (AM-PM)
	•	•	•	•	•	•	•	•	•	•	•	•	•	6:30-5:30 M-F 8:00-2:00 Sat
	<b>Devi Adult Day Services</b> 2045 Westgate Drive, Suite 100, Bethlehem, PA 18017 deviadulday.com 610-419-3665													
	•	•	•	•	•	•	•	•	•	•	•	•	•	6:30-6:00 M-F
	<b>SarahCare of the Lehigh Valley</b> 7010 Snowdrift Road, Suite 100, Allentown, PA 18106 sarahcarelv.com 267-644-5635													
	•	•	•	•	•	•		•		•	•	•		8:00-5:00 M-F 24/7 on-call service
	<b>SeniorLIFE</b> Senior LIFE is an all-inclusive care program, see p. 29 3365 High Point Blvd., Bethlehem, PA 18017													
	•	•		•		•	•	•		•	•			7:30-5:00 M-F
	<b>YWCA Bethlehem Adult Day Center</b> 3893 Adler Place, Bethlehem, PA 18017 YWCABethlehem.org 610-867-4660													














2814 Walbert Avenue  
Allentown, PA 18104  
**484-613-1800**






seniorhelpers.com/pa/lehigh-valley



**Non-medical home care** includes a wide variety of companionship, home helper and personal care services that help individuals with living activities as well as ensure a safe environment. All non-medical home care companies are licensed by the Commonwealth of Pennsylvania. Payment for services is often made by the client since traditional medical insurance does not cover non-medical home care. For those who qualify, non-medical home care may be paid for partially or fully through Medicaid (via the County’s Aging Waiver Program), Veterans Assistance and long-term care insurance. The average cost of non-medical home care services can range from \$25 - \$35 per hour depending on one’s needs.

Non-Medical Home Care		Companion Care	Personal Care	Transportation/Shopping	Live-in	Medicaid / Waiver	VA Contract/Provider	Overnight w/ sleep	Dementia Care	Hoyer / Mechanical lift	Minimum Shift
 <b>Always Best Care™</b> senior services	<b>Always Best Care of Greater Bethlehem</b> 306 S. New Street Suite 110 Bethlehem, PA 18015	•	•	•	•	•	•	•	•	•	•
		484-896-8867 ABC-Bethlehem.com									
 <b>AMADA</b> SENIOR CARE	<b>Amada Senior Care</b> 1605 N. Cedar Crest Blvd., Suite 508 Allentown, PA 18104	•	•	•	•		•	•	•	•	•
		484-268-1778 AmadaLehighValley.com									
 <b>BrightStar</b>	<b>BrightStar Care of Stroudsburg &amp; Allentown</b> 1401 N. Cedar Crest Blvd Suite 104 Allentown, PA 18104	•	•	•	•		•	•	•	•	
		570-223-2248 brightstarcare.com/stroudsburg-allentown									
 <b>CARING GRACE</b> HOME CARE AGENCY	<b>Caring Grace Home Care Agency, LLC</b> 881 Third Street, Suite B-2 Whitehall, PA 18052	•	•	•	•	•	•	•	•	•	•
		610-443-1850 CaringGraceHomecare.com									

Non-Medical Home Care		Companion Care	Personal Care	Transportation/Shopping	Live-in	Medicaid / Waiver	VA Contract/Provider	Overnight w/ sleep	Dementia Care	Hoyer / Mechanical lift	Minimum Shift
	<b>Cornerstone Caregiving</b> 5930 Hamilton Boulevard #6 Allentown, PA 18106	•	•	•			•	•	•	•	
		484-929-2988 cornerstonecaregiving.com/locations/allentown-pa									
	<b>Family Caregivers Network, Inc.</b> 901 Main Street, First Floor Pennsburg, PA 18073	•	•	•	•	•	•	•	•	•	•
		215-541-9030 family-caregivers.com									
	<b>Home Instead Senior Care of Lehigh County</b> 2747 MacArthur Road Whitehall, PA 18052	•	•	•			•	•	•	•	•
		484-610-0364 homeinstead.com/location/217									
	<b>Maximum Care, Inc.</b> 217 South 1 <sup>st</sup> Avenue Whitehall, PA 18052	•	•	•	•	•	•	•	•	•	•
		610-264-2353 maximumcareinc.com									
	<b>Millbrook HomeCare</b> 1422 Main Street Hellertown, PA 18055	•	•	•	•		•	•	•		
		610-838-1700 MillbrookHomeCare.com									
	<b>Right At Home</b> 101 S 3rd St, Suite 201 Easton, PA 18042	•	•	•	•	•	•	•	•	•	•
		610-253-9605 RightAtHome.net/lehigh-valley									
	<b>Right At Home Lehigh County &amp; East Berks County</b> 1541 Alta Drive, Suite 304 Whitehall, PA 18052	•	•	•	•	•	•	•	•	•	•
		484-350-3075 RightAtHomeLV.com									






	Non-Medical Home Care	Companion Care	Personal Care	Transportation/Shopping	Live-in	Medicaid / Waiver	VA Contract/Provider	Overnight w/ sleep	Dementia Care	Hoyer / Mechanical lift	Minimum Shift
 <p><b>Senior Helpers</b> Senior Care, Only Better.</p>	<p><b>Senior Helpers</b> 2814 Walbert Avenue Allentown, PA 18104</p>	•	•	•	•		•	•	•	•	•
		<p>484-613-1800 seniorhelpers.com/pa/lehigh-valley</p>									
 <p><b>Senior SOLUTIONS</b> Home Care Services</p>	<p><b>Senior Solutions Home Care</b> 175 W. North Street Nazareth, PA 18064</p>	•	•	•			•	•	•	•	•
		<p>610-258-0700 Senior-Solutions.com</p>									
 <p><i>America's Choice in Homecare.</i> <b>Visiting Angels</b> LIVING ASSISTANCE SERVICES</p>	<p><b>Visiting Angels of Bethlehem</b> 35 E. Elizabeth Avenue Suite 101, Bethlehem, PA 18018</p>	•	•	•	•	•	•	•	•	•	•
		<p>610-253-6353 visitingangels.com/beth</p>									
 <p><i>America's Choice in Homecare.</i> <b>Visiting Angels</b> LIVING ASSISTANCE SERVICES</p>	<p><b>Visiting Angels of Lehigh Valley</b> 4801 Saucon Creek Road Suite 150, Center Valley, PA 18034</p>	•	•	•			•		•	•	•
		<p>610-628-2655 VisitingAngels.com/Allentown</p>									
 <p><i>America's Choice in Homecare.</i> <b>Visiting Angels</b> LIVING ASSISTANCE SERVICES</p>	<p><b>Visiting Angels of East Stroudsburg</b> 709 Seven Bridge Road Suite 101, East Stroudsburg, PA 18301</p>	•	•	•	•	•	•	•	•	•	•
		<p>570-994-1214 visitingangels.com/monroepa</p>									

Did you miss the announcement for the

## Lehigh Valley Aging in Place Symposium?

See page 9 for details about the June 4 Educational Symposium for Caregivers and Professionals

**Medical home care**, also known as home health care, is prescribed by a physician and is administered by a registered nurse or other medical professional in a home setting. It is often used to treat an illness or injury and many times is covered by Medicare, medical insurance, and other insurances, depending on an individual’s circumstances. The chart below shows the types of insurance that each provider accepts.

Medical Home Care		Personal Care	Respite	Skilled Nursing	Physical Therapy	Occupational Therapy	Speech Therapy	Palliative Care	Hospice	Wound Care	IV	Medicare	Medicaid	Long Term Care Ins.	Major Insurance	Workmans Comp Claims	Auto Accidents
	<b>BrightStar Care of Stroudsburg &amp; Allentown</b> 570-223-2248 <a href="http://brightstarcare.com/stroudsburg-allentown">brightstarcare.com/stroudsburg-allentown</a> 1401 N. Cedar Crest Blvd Suite 104 Allentown, PA 18104	•	•	•	•	•		•		•	•	•	•	•	•	•	•
	<b>Lehigh Valley Health Network Home Care</b> 610-402-7800 <a href="http://lvhn.org">lvhn.org</a> 2024 Lehigh Street, Ste. 100 Allentown, PA 18103			•	•	•	•		•	•	•	•	•	•	•	•	•
	<b>Lehigh Valley Therapy</b> 610-440-2270 <a href="http://lv-therapy.com">lv-therapy.com</a> 1416 Main Street Northampton, PA 18067	•	•	•	•	•	•	•		•	•	•		•	•	•	•
	<b>St Luke’s Home Health and Hospice</b> 484-526-1100 <a href="http://sluhn.org">sluhn.org</a> 240 Union Station Plaza Bethlehem, PA 18015			•	•	•	•	•	•	•	•	•	•	•	•	•	•
	<b>Valley Med Home Health Care</b> 484-656-7176 <a href="http://valleymedhhc.com">valleymedhhc.com</a> 2200 Hamilton St., Ste. 310 Allentown, PA 18104			•	•	•	•			•	•	•	•		•	•	•



**Continuing Care at Home** is a program that empowers independent, relatively healthy persons to stay at home even as their health needs change. It is a membership-based program consisting of a one-time fee based on age and plan and monthly fees based on the plan selected. Members experience the best aspects of a continuing care retirement community, long term care insurance and senior care management personally delivered - wherever you call home.



**Pathstones by Phoebe**  
4847 Hamilton Blvd  
Allentown, PA 18106  
610-794-6700  
PathstonesbyPhoebe.org

**Senior Centers** are non-residential programs for older adults, providing a variety of social, educational, health, and recreational programming.

## Lehigh County

B'nai B'rith Apartments  
1616 W. Liberty St.,  
Allentown 18102. 610-821-0207

## Jesus Ramos Senior Center

Located in Casa Guadalupe  
218 North Second Street  
Allentown, 18102  
610-435-9902

**Cedarview Senior Center**  
4230 Dorney Park Road  
Allentown, 18104  
610-398-1094

**Central Park Senior Center**  
683 Wahneta St.,  
Allentown 18109. 610-435-1907

**Coopersburg Senior Center**  
538 Thomas St.,  
Coopersburg 18036. 610-282-2330

**Fountain Hill Senior Center**  
1100 Seneca St.,  
Bethlehem 18015. 610-861-0816

**Gross Towers Senior Center**  
1339 Allen St., Allentown  
18102. 610-439-6643

**Lehigh Valley Active Life**  
1633 Elm Street  
Allentown, 18102  
610-437-3700  
LVActiveLife.org

**Phoebe Senior Center**  
1901 Linden St., Allentown  
18104. 610-794-6262

**Ridge Manor Senior Center**  
333 Ridge St.,  
Emmaus 18049. 610-965-2171

**Slatington Senior Center**  
425 Kuntz St., Slatington  
18080. 610-767-1250

**Whitehall Active Lifestyle West Catasauqua Community Center**  
2301 Pine St., Whitehall,  
18052, 610-443-0675

**Northampton County Basilio Huertas Senior Center**  
520 E. Fourth Street  
Bethlehem, 18015  
610-868-7800 hclv.org

**Cherryville Senior Center**  
4131 Lehigh Drive  
Cherryville, 18035  
610-767-2977

**Lower Nazareth Senior Community Center**  
306 Butztown Road  
Bethlehem  
610-297-3464

**Nazareth Senior Center**  
15 S. Wood Street  
Nazareth, 18064  
610-759-8255

**Northampton Senior Citizen Center**  
902 Lincoln Avenue  
Northampton, 18067  
610-262-4977

**Old York Road Center**  
720 Old York Road  
Bethlehem 18018  
610-867-4233

**Park Plaza Senior Community Center**  
1800 Sullivan Trail  
Suite 140, Easton  
(610) 829-3201

**Rooney Senior Center**  
4 East Fourth Street  
Bethlehem 18015  
610-865-2092

**Saucon Valley Community Center**  
323 Northampton Street  
Hellertown 610-838-0722

**Silver Connection @ Easton Area Community Center**  
901 Washington Street  
Easton. 610-253-8271

**Slate Belt Senior Center**  
707 American Bangor  
Road Bangor.

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More resources & info at  
**Silvercrestins.com**

## Audiologist East Penn Hearing Center

**East Penn Hearing Center**  
East Penn Hearing Center  
619 Dalton Street, Rear Bldg  
Emmaus, PA 18049  
610-965-1093  
EastPennHearingCenter.com

## Care Management

A **Care Manager** is a person or organization who assists the older adult through the process of assessing care needs, creates a plan to provide for those needs, and coordinates the required services.



**Amada Senior Care**  
1605 N. Cedar Crest Blvd.,  
Suite 508  
Allentown, PA 18104  
484-268-1778  
AmadaLehighValley.com



**Always Best Care™**  
senior services

**Always Best Care of Greater Bethlehem**  
306 S. New Street  
Ste 110, Bethlehem, PA 18015  
484-896-8867  
Abc-Bethlehem.com

**APG Eldercare Services**  
Geriatric Case Management  
and Social Work  
Consultation and Training  
610-392-0667  
APGEldercare.com

**Berks Co. Office on Aging**  
633 Court Street  
Reading 19601  
610-478-6500  
Berksaging.org

**Bucks County Area  
Agency on Aging**  
30 E. Oakland Avenue  
Doylestown 18901  
215-348-0510  
Buckscounty.org



**Family Caregivers Network,  
Inc.** Family-caregivers.com  
901 Main Street, Pennsburg,  
PA 18073. 215-541-9030

**Lehigh County Office of  
Aging** 17 S. 7<sup>th</sup> Street  
Allentown, PA 18101  
610-782-3200  
lehighcounty.org

**LVHN, Fleming Memory  
Center 17<sup>th</sup> & Chew Streets**  
Allentown, PA 18102  
610-969-3390  
LVHN.org

**SeniorLink at Jewish Family  
Service** 2004 Allen Street  
Allentown, PA 18104  
610-821-8722  
jfslv.org

**Northampton County Area  
Agency on Aging**  
2801 Emrick Blvd.  
Bethlehem, PA 18020  
Office: 610-559-3245  
Referral: 610-559-3270  
Northamptoncounty.org

**St. Luke's Senior Care  
Associates**  
5445 Lanark Road, Ste. 200  
Center Valley, PA 18034  
484-526-7035 SLHN.org

## Elder Law

**Elder law** refers to several areas of law and estate planning practices for the elderly. Elder law attorneys assist with life decisions involving retirement, estate planning, & long-term care. Elder law focuses on wills, trusts, tax issues, Social Security benefits, Medicare & Medicaid coverage, nursing home & in-home care, powers of attorney, medical directives, and other legal matters.



**Ashby Law Offices LLC**  
314 W. Broad Street  
Suite 118  
Quakertown, PA 18951  
215-536-7606  
ashbylaw.net



**Vasiliadis Pappas  
Associates LLC**  
2551 Baglyos Cir # A14  
Bethlehem, PA 18020  
610-694-9455 lawvp.com

## Estate Planning



**Ashby Law Offices LLC**  
314 W. Broad Street  
Suite 118  
Quakertown, PA 18951  
215-536-7606  
ashbylaw.net

## Information & Resources



### Lehigh Valley Aging in Place Coalition

PO Box 3103  
Allentown, PA 18106  
1-877-334-8942  
LVAginginPlace.org

### Lifestyles over 50

*Free senior living and other  
referral services*  
4847 Hamilton Boulevard  
Allentown, PA 18106  
267-772-8210  
Lifestylesover50.com

## Hospice

**Hospice** is comfort care given to persons who are terminally ill. The care emphasizes pain control, caregiver needs, and emotional and spiritual needs. Care does not include a cure to treat terminal disease. This Medicare benefit is comprised of formal and informal care provided in one's home, a hospital, nursing home, or freestanding hospice center.

### Lehigh Valley Health Network

2024 Lehigh Street  
Allentown, PA 18103  
610-402-7800 | LVHN.org

### St. Luke's Home Health & Hospice

240 Union Station Plaza  
Bethlehem, PA 18015  
484-526-1100 slhn.org

**Move Managers**

specialize in helping older adults and their families downsize and move into a new residence.



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• Senior Relocation • Downsizing • Estate Sales •

**Caring Transitions Lehigh Valley**

(office) 610-904-8093

(cell) 484-951-3333

caringtransitionsoflehighvalley.com

**Realtors**

Senior real estate specialists (SRES) are licensed real estate professionals who specialize in helping older adults buy and sell real estate.



CASSIDON REALTY

**Eileen Dunn, SRES Better Homes and Gardens Real Estate Cassidon Realty**

2720 Jacksonville Road

Bethlehem, PA 18017

(cell) 610-657-4423

(office) 610-882-3135

Eileen\_Dunn@yahoo.com

eileendunnrealtor.com



Real Estate Services

**Jane Schiff, Associate Broker, SRES Howard Hanna The Frederick Group Realtors**

3500 Winchester Road

Allentown, PA 18104

(direct) 610-216-5232

(office) 610-398-0411

Schiffjane@gmail.com

JaneSchiff.com

**Senior Living Placement**

A senior living placement agency is a service that helps individuals and families find the right senior living options.



**Amada Placements**

1605 N. Cedar Crest

Blvd., Suite 508

Allentown, PA 18104

484-268-1778

AmadaLehighValley.com



Your Partner In Senior Care Solutions

**CarePatrol Lehigh Valley**

P. O. Box 397

Center Valley, PA 18034

Office: 610-509-0445

Direct: 610-509-7050

lehighvalley.carepatrol.com



**Oasis Senior Advisors**

610-704-4090

bhollinger@youroasisadvisor.com | lehighvalley.oasisadvisor.com

oasisadvisor.com

oasisadvisor.com



Navigating Your Loved One's Journey (484) 764-0610

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premierseniorplacement.com

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kareno@premierseniorplacement.com

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premierseniorplacement.com

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Easton, PA 18045

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PowerStairLifts.com



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2700 William Penn Hwy.

Easton, PA 18045

484-895-1188

PowerStairLifts.com

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**484-895-1188**

**PowerStairLifts.com**



**Phoebe Allentown Campus**  
Allentown, PA

**Life Plan Communities**, formerly known as Continuing Care Retirement Communities, are residential living alternatives to traditional housing for active adults. These communities provide comprehensive services and amenities for the residents living in them, including short and long-term health care. This eliminates the need for residents to move out of the community, when and if they need long-term care in assisted living, memory care or 24/7 nursing care.

**Fellowship Community**  
3000 Fellowship Drive  
Whitehall, PA 18052  
610-799-3000  
fellowshipcommunity.com

**Luther Crest**  
800 Hausman Road  
Allentown, PA 18104  
610-398-8011  
luthercrestseniorliving.org

**Moravian Village**  
526 Wood Street  
Bethlehem, PA 18018  
610-625-4885  
moravianvillage.com

**Heritage Village**  
139 W. Beil Avenue  
Nazareth, PA 18064  
484-298-5000  
heritagevillagepa.com

**Meadow Glen at Phoebe Richland**  
108 S. Main Street  
Richlandtown, PA 18955  
267-371-4620  
phoebe.org

**Phoebe Allentown**  
1925 W. Turner Street  
Allentown, PA 18104  
610-794-6600  
phoebe.org

**Kirkland Village**  
1 Kirkland Village Circle  
Bethlehem, PA 18017  
610-691-4500  
kirklandvillage.org

**Moravian Hall Square**  
175 W. North Street  
Nazareth, PA 18064  
610-746-1000  
moravian.com

**The Lutheran Home At Topton**  
1 S. Home Avenue  
Topton, PA 19562  
610-682-1400  
lutheranhometopton.org

## Housing Options

The listings in the Personal Care Homes section represent communities that offer varying levels of on-site care to residents, from assistance with daily living activities to nursing services. The average cost per month for a semi-private room is between \$2,000 and \$4,000, and a private room costs between \$2,500 and \$7,500 in the Lehigh Valley area. The costs are typically funded by the residents but may be funded by Veterans Assistance and long-term care insurance. Below are some commonly used terms.

**Alzheimer's / Dementia Care** is a service offered by some personal care homes to manage the needs of those with memory impairment. Levels of care vary and may include staff training, special programming, and secured areas.

**Assisted Living** is a term for personal care facilities that meet specific Pennsylvania State licensing criteria.

**Continuing Care Retirement Communities** offer a comprehensive, lifetime range of care from independent living to skilled nursing care. Costs and levels of care vary widely.

**Independent Living** is designed for individuals who can

## Personal Care Homes

live independently. Some are affiliated with health care facilities that provide additional support if needed.

**Ombudsman** provides assistance with investigating and resolving complaints brought by, or on behalf of, long-term care consumers such as residents of nursing homes, personal care, assisted living facilities, and recipients of home health care. Contact 1-800-677-1116 or [Eldercare.gov](http://Eldercare.gov) for your local ombudsman.

**Personal Care Homes** are Pennsylvania State licensed facilities that offer semi-private and private rooms to those who need assistance with living activities but do not require skilled nursing care. The level of assistance varies among the communities.

**Respite Care** is short-term care and relief to enable those caring for a loved one in their home to have a break for rest and relaxation or time away to do errands. Personal care homes typically offer respite care as a short-term (several days) admission to the facility.

Organization		Capacity	Semi-private	Private	Alz/Dementia	Respite	Private Transport	Near Public Trans	Gardening Area	Pets	Subsidies	Medicare	Medicaid	On-Site Rehab	Nurse on Site	Wanderguard	Hospice
<b>Alexandria Manor</b> <small>Senior Living Centers</small>	<b>Alexandria Manor</b> 3534 Linden Street Bethlehem 18017 610-867-3060 alexandriamanor.com	58	•	•		•		•	•								•

## Need A Lift?

Stair lifts for indoors and outdoors, commercial lifts, ramps and more. Used stair lifts and rental stair lifts are available.









Call for a free in-home assessment!  
 PowerStairLifts.com  
 484-895-1188









# Personal Care Homes

# Housing Options

Organization		Capacity	Semi-private	Private	Alz/Dementia	Respite	Private Transport	Near Public Trans	Gardening Area	Pets	Subsidies	Medicare	Medicaid	On-Site Rehab	Nurse on Site	Wanderguard	Hospice
 <i>Senior Living Centers</i>	<b>Alexandria Manor</b> 7 New Street Nazareth 18014 610-759-4060 alexandriamanor.com	93	•	•	•	•		•	•						•		•
 <i>Senior Living Centers</i>	<b>Alexandria Manor</b> 313 S. Walnut Street Bath 18014 610-837-3500 alexandriamanor.com	78	•	•	•	•		•	•								•
	<b>Arden Courts of Allentown</b> 5151 Hamilton Boulevard Allentown 18106 610-366-9010 arden-courts.com	50	•	•	•	•		•	•						•		•
	<b>Arden Courts of Old Orchard</b> 4098 Freemansburg Ave Easton, PA 18045 484-373-5170 arden-courts.com	56		•	•	•		•	•						•		•
	<b>The Birches of Lehigh Valley</b> 5030 Freemansburg Ave. Easton 18045 thebirchesoflehighvalley.com	93	•	•	•	•	•	•	•	•				•	•	•	•
	<b>Chestnut Ridge at Rodale</b> 400 S 10th Street Emmaus, PA 18049 610-632-8408 chestnutridge.org	120	•	•		•	•	•	•	•	•						

# Housing Options

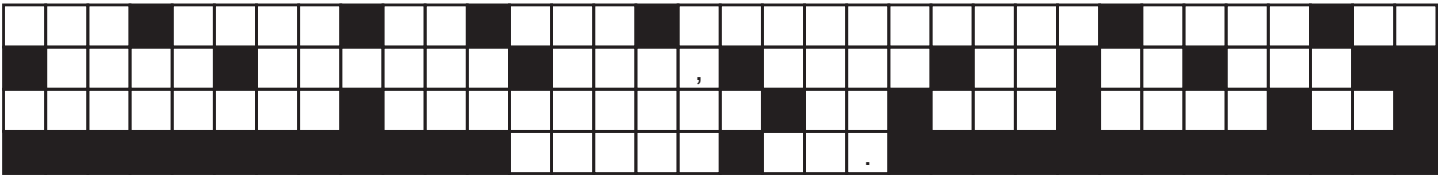
# Personal Care Homes

Organization		Capacity	Semi-private	Private	Alz/Dementia	Respite	Private Transport	Near Public Trans	Gardening Area	Pets	Subsidies	Medicare	Medicaid	On-Site Rehab	Nurse on Site	Wanderguard	Hospice
	<b>DevonHouse Senior Living Allentown</b> 1930 Bevon Drive Allentown, PA 18103 610-967-1100 devonhouseseniorliving.com	100	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
	<b>Genesis Lehigh Commons</b> 1680 Spring Creek Road Macungie, PA 18062 610-530-8089 genesishcc.com/lehigh-commons	70		•	•	•	•	•	•	•				•	•	•	•
	<b>Heather Glen Senior Living</b> 415 Blue Barn Road Allentown, PA 18104 610-841-4478 hgseiorliving.com	120		•	•	•	•	•	•					•	•	•	•
	<b>Legend of Allentown</b> 6043 Lower Macungie Rd Macungie, PA 18062 610-426-0223 legendseniorliving.com	100	•	•	•	•	•	•	•	•	•			•	•		•
	<b>Luther Crest</b> 800 Hausman Road Allentown, PA 18104 610-398-8011 luthercrestseniorliving.org	71	•	•		•	•	•	•		•			•	•		•
	<b>Lutheran Home at Topton</b> 1 S Home Avenue Topton, PA 19562 610-682-1400 lutheranhomeattopton.org	92	•	•		•	•	•	•		•			•	•		•

# We've Fallen and We Can't Get Up!

The letters of the sentence on the board fell on the ground, and you have to help them back on the board in the correct order. Happily, the letters fell directly under the columns where they were on the board. HINT: The sentence can be found somewhere in this issue!

*The solution is on page 50.*



E E                      S

N A T I S A C T R I M S T F O I S T A  
 A N D V E I N G A R D H H A I C G N H I D E I C W E H L T H W  
 A H Y T H H T O W I S C O H D R N O U T A T H N F E W I L A S K E E

## Sudoku Solutions

2	8	3	7	1	5	4	9	6
6	1	9	8	4	3	2	5	7
7	4	5	2	6	9	1	3	8
5	3	8	9	2	4	7	6	1
4	2	6	1	3	7	5	8	9
1	9	7	5	8	6	3	2	4
9	7	2	6	5	1	8	4	3
8	6	4	3	7	2	9	1	5
3	5	1	4	9	8	6	7	2

<https://sudoku-puzzles.net/sudoku-easy/496/>

3	9	4	6	8	2	1	7	5
1	7	5	9	4	3	2	8	6
6	2	8	5	7	1	9	4	3
2	5	6	4	1	7	8	3	9
7	4	1	3	9	8	5	6	2
9	8	3	2	5	6	7	1	4
5	1	2	8	6	4	3	9	7
8	6	9	7	3	5	4	2	1
4	3	7	1	2	9	6	5	8

<https://sudoku-puzzles.net/sudoku-easy/675/>









2	4	3	9	6	8	1	7	5
6	9	1	5	7	4	8	2	3
7	8	5	2	1	3	6	9	4
8	3	6	4	5	7	2	1	9
1	5	7	3	9	2	4	6	8
4	2	9	1	8	6	5	3	7
3	1	4	8	2	9	7	5	6
5	7	8	6	3	1	9	4	2
9	6	2	7	4	5	3	8	1

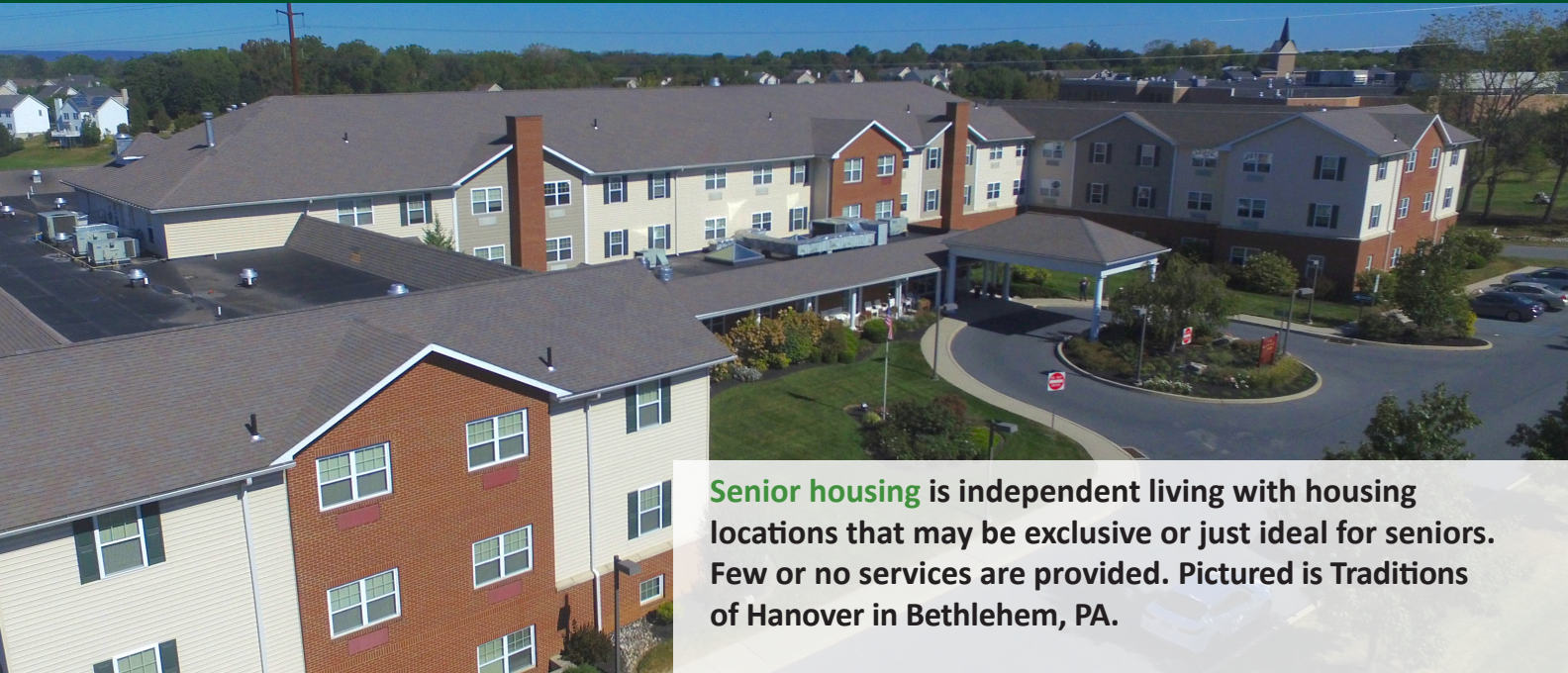
<https://sudoku-puzzles.net/sudoku-easy/931/>



# Housing Options

# Personal Care Homes

Organization		Capacity	Semi-private	Private	Alz/Dementia	Respite	Private Transport	Near Public Trans	Gardening Area	Pets	Subsidies	Medicare	Medicaid	On-Site Rehab	Nurse on Site	Wanderguard	Hospice
	<b>Maple Shade Meadows</b> 50 East Locust Street Nesquehoning 18240 570-669-5500 mapleshademeadows.com	104	•	•	•	•		•	•					•	•	•	•
	<b>Miller Personal Care at 19th and Chew</b> 1925 W Turner St. Allentown, PA 18104 610-794-5032	60	•	•		•	•	•	•		•				•		•
	<b>Moravian Hall Square</b> 175 W. North Street Nazareth, PA 18064 610-746-1000 moravian.com	86	•	•	•	•	•	•	•	•	•			•	•	•	•
	<b>Moravian Village</b> 526 Wood Street Bethlehem, PA 18018 610-625-4885	250	•	•		•	•	•	•	•				•	•		•
	<b>The Palmerton</b> 71 Princeton Avenue Palmerton 18071 610-824-7406 inspiritseniorliving.com/	71	•	•	•	•	•	•	•	•				•	•	•	•
	<b>Sacred Heart Senior Living</b> 602 East 21st Street Northampton 18067 610-262-4300 sacredheartseniorliving.com	155	•	•	•	•	•	•	•					•	•	•	•
	<b>Traditions of Hanover</b> 5300 Northgate Drive Bethlehem 18017 610-674-0573 traditionsofhanover.com	130		•			•	•	•	•				•			
	<b>The Vero at Bethlehem</b> 4700 Bath Pike Bethlehem 18017 610-936-9848 theveroatbethlehem.com	140		•	•	•	•	•	•	•				•	•		•



**Senior housing** is independent living with housing locations that may be exclusive or just ideal for seniors. Few or no services are provided. Pictured is Traditions of Hanover in Bethlehem, PA.

## Lehigh County

### **B'nai B'rith Apartments**

16th and Liberty Streets  
Allentown 18102  
610-821-0207

### **Cedar View Apartments**

4230 Dorney Park Road  
Allentown 18104  
610-530-2906

### **Devonshire Park Apartments**

1641 33rd Street, Allentown,  
18103 610-797-1333  
DevonshireParkApts.com

### **Episcopal House**

1440 Walnut St., Allentown  
18102 610-821-0311  
episcopalhouse.com

### **Horizons at the Village**

at Whitehall 3108 St.  
Stephens Lane Whitehall  
18052 855-392-2347

### **Lehigh Co. Housing**

Authority 333 Ridge Street  
Emmaus 18049  
610-433-2312

### **Luther Crest**

800 Hausman Road  
Allentown 18104  
610-398-8011

### **Lutheran Manor Apartments**

2085 Westgate Drive  
Bethlehem 18017  
610-866-6010

### **Phoebe Apartments**

1901 Linden Street  
Allentown 18104  
610-794-6262

### **The Terrace at Phoebe Allentown**

1940 W. Turner Street  
Allentown 18104  
610-794-5426

### **Zephyr Apartments**

3150 Lehigh Street  
Whitehall 18052  
610-264-5652

## Northampton County

### **Bethlehem Housing**

Authority  
645 Main Street, Bethlehem  
18015 | 610-865-8300

### **Century House**

8 North Main Street  
Bangor 18013 610-588-7978

### **Easton Housing Authority**

40 N. Union Street, Easton  
18042. 610-258-0806

### **Easton Senior Housing**

127 South 4th Street  
Easton 18015. 610-258-1244

### **Fred Rooney Building**

4 E. 4th Street, Bethlehem  
18015 | 610-868-8101

### **Hampton House**

1802 Lincoln Avenue  
Northampton 18067  
610-262-1564

### **Heritage Village**

139 W. Beil Avenue  
Nazareth, PA 18064  
484-298-5000  
heritagevillagepa.com

### **Holy Family Senior Apartments**

1318 Spring Street  
Bethlehem 18018  
610-865-3963  
hfseniorapartments.org

### **Moravian Hall Square**

175 W. North Street  
Nazareth, PA 18064  
610-746-1000  
moravian.com

### **Moravian House**

737 Main Street, Bethlehem  
18018. 610-691-3808

### **Moravian House III**

133 W. Union Blvd.  
Bethlehem 18018  
610-691-3808

### **Saucon Manor**

650 Northampton Street  
Hellertown, 18055  
610-838-9187

### **Shiloh Manor**





223 Brother Thomas Bright  
Avenue, Easton 18042  
610-252-1333

### **Traditions of Hanover**

5300 Northgate Drive  
Bethlehem 18017  
610-674-0573  
traditionsofhanover.com



**Stand Alone Memory Care Community** is a building that is exclusively dedicated to caring for residents with Alzheimer's and other forms of dementia. Pictured is South Mountain Memory Care in Emmaus, PA.

Organization	Contact	Capacity	Semi-private	Private	Respite	Skilled Nursing	Private Trans.	Pets	Subsidies	Medicare	Medicaid	Nurse On Site	Secure Courtyard
<b>Abington Manor Memory Care Village</b>  AT MORGAN HILL Senior Living	5 Cedar Park Boulevard Easton 18042 610-438-9400 abingtonmanor.com	50	•	•	•		•						•
<b>Arden Courts of Allentown</b>  PROMEDICA MEMORY CARE	5151 Hamilton Boulevard Allentown 18106 610-366-9010 arden-courts.com	56	•	•	•							•	•
<b>Arden Courts of Old Orchard</b>  PROMEDICA MEMORY CARE	4098 Freemansburg Avenue Easton 18045 484-373-5170 arden-courts.com	64		•	•							•	•
<b>South Mountain Memory Care</b> 	201 S. 7th Street Emmaus 18049 610-965-7662 southmountainmemorycare.com	28	•	•	•		•						•

**Skilled Nursing Facilities** provide 24-hour care for those requiring rehabilitation or for those with long-term illnesses. Services may include medical care, therapies, and assistance with activities of daily living. Facilities are licensed by the Commonwealth of Pennsylvania. Depending on an individual's circumstances, costs for skilled nursing and rehabilitation can be covered fully or partially by Medicare, Medicaid, major insurance, and long-term care insurance. In some cases, care needs to be paid for by an individual's private funds, in which case monthly costs can range from \$10,000 to \$14,000.

Organization		Capacity	Private	Semi-Private	Respite	Medicaid	Medicare	VA Contract	Secure Dementia	Wanderguard	Short Term Rehab	On-Site Rehab
	<b>Cedarbrook Nursing Home, Allentown</b> 350 South Cedarbrook Rd Allentown, PA 18104 610-395-3727 LehighCounty.org	473	•	•	•	•	•	•			•	•
	<b>Cedarbrook Nursing Home Fountain Hill</b> 724 Delaware Avenue Bethlehem, PA 18015 610-691-6700 LehighCounty.org	197	•	•	•	•	•	•			•	•
	<b>Complete Care at Lehigh</b> 1718 Spring Creek Road Macungie, PA 18062 610-366-0500 cclehigh.com	128	•	•	•	•	•	•			•	•
	<b>Easton Nursing Center</b> 498 Washington St. Easton, PA 18042 610-258-2985 gardenseaston.com	181	•	•	•	•	•	•	•	•	•	•
	<b>Fellowship Community</b> 3000 Fellowship Drive Whitehall, PA 18052 610-769-8111 FellowshipCommunity.com	121	•	•	•	•	•	•	•	•	•	•
	<b>Good Shepherd Rehabilitation Network - Raker Center</b> 601 St. John Street Allentown, PA 18103 610-776-3100 GoodShepherdRehab.org	99	•	•	•	•	•	•	•		•	•

Organization		Capacity	Private	Semi-Private	Respite	Medicaid	Medicare	VA Contract	Secure Dementia	Wanderguard	Short Term Rehab	On-Site Rehab
 <b>Gracedale</b> Nursing Home	<b>Gracedale-Northampton County</b> Nursing Home 2 Gracedale Avenue Nazareth, PA 18064 610-746-1900 Gracedale.org	688	•	•	•	•	•	•			•	•
	<b>Holy Family Manor</b> 1200 Spring Street Bethlehem, PA 18018 610-865-5595 holyfamilysl.org	208	•	•	•	•	•			•	•	•
	<b>Kirkland Village</b> 1 Kirkland Village Circle Bethlehem, PA 18017 610-691-4500 kirklandvillage.org	60	•	•	•		•	•	•	•	•	•
	<b>Lehigh Center</b> 1718 Spring Creek Road Macungie, PA 18062 610-366-0500 genesishcc.com	128	•	•	•	•	•	•			•	•
	<b>Luther Crest</b> 800 Hausman Road Allentown, PA 18104 610-398-8011 luthercrestseniorliving.org	60	•	•	•	•	•	•	•	•	•	•
	<b>Lutheran Home at Topton</b> 1 S Home Avenue Topton, PA 19562 610-682-1400 lutheranhomeattopton.org	194	•	•	•	•	•	•	•	•	•	•
	<b>Moravian Hall Square</b> 175 W. North Street Nazareth, PA 18064 610-746-1000	61	•	•	•	•	•	•		•	•	•

Organization		Capacity	Private	Semi-Private	Respite	Medicaid	Medicare	VA Contract	Secure Dementia	Wanderguard	Short Term Rehab	On-Site Rehab
	<b>Moravian Village</b> 634 E Broad Street Bethlehem, PA 18018 610-625-4885 moravianvillage.com	109	•	•	•		•		•	•	•	•
	<b>New Eastwood Healthcare &amp; Rehabilitation Center</b> 2125 Fairview Avenue Easton, PA 18042 610-258-2801 neweastwoodrehab.com	97	•	•	•	•	•				•	•
	<b>Phoebe Allentown Health Care Center</b> 1925 W. Turner Street Allentown, PA 18104 610-794-6600 Phoebe.org	255	•	•	•	•	•		•	•	•	•
	<b>Phoebe Richland Health Care Center</b> 108 S. Main Street Richlandtown, PA 18955 267-371-4500 Phoebe.org	131	•	•	•	•	•		•	•	•	•
	<b>Praxis Alzheimer's Facility</b> 5 Washington Street Easton, PA 18042 610-253-3573 phg-us.com	115	•	•	•	•	•		•	•	•	•
	<b>St. Luke's Transitional Care Facility - Sacred Heart Campus</b> 421 West Chew Street Allentown, PA 18102 61-866-STLUKES slhn.org/senior-health/services/acute-rehab-unit	22	•	•	•	•	•				•	•

**Consumer Education & Protection**

PA Bureau of Consumer Protection  
1-800-441-2555  
AttorneyGeneral.gov

**Center for Advocacy for the Rights & Interests of Elderly (CARIE)**

1650 Arch Street, Suite 1825  
Philadelphia, PA 19103  
215-545-5728 | Carie.org

**National Fraud Information Center**  
202-835-3323

**Crisis Intervention Services**

Allentown Rescue Mission  
610-740-5500

Crime Victims Council of the  
Lehigh Valley 610-437-6610

Lehigh County Crisis Intervention  
610-782-3127, Information &  
Referral 610-782-3200

Safe Harbor Easton 610-258-5540

Turning Point of Lehigh Valley, Inc.  
610-797-0530

**Driver Safety**

AARP 55 ALIVE/Mature Driving  
1-888-OUR-AARP

**Employment**

AARP Senior Community Service  
Employment Program

44 E. Broad Street, Suite 205  
Bethlehem 18018  
610-865-3002 | Aarp.org

Lehigh Valley CareerLink  
555 Union Blvd., Allentown 18109  
610-437-5627  
CareerLinkLehighValley.org

**Energy & Financial Assistance**

Easton Area Neighborhood Center  
902 Philadelphia Road  
Easton 18042 610-253-4253

Lehigh Co. Assistance Office  
101 S. 7th St., Allentown 18101  
610-821-6509 LehighCounty.org

Lehigh Co. Energy Assistance  
555 Union Blvd, Allentown 18109  
610-821-6509  
LehighCounty.org

**Northampton County Assistance Office**

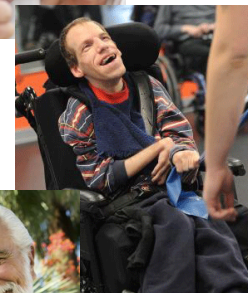
201 Larry Holmes Drive,  
Easton 18044  
610-250-1700  
NorthamptonCounty.org

**PENNSYLVANIA LINK TO AGING AND DISABILITY RESOURCES**

helps Pennsylvanians with disabilities and older adults find information and connect to support and services in their community.

**Older adults and individuals with disability(ies) can:**

- easily connect to local services and supports through any PA Link partner agency.
- explore existing options to ensure a secure plan for independence.
- obtain assistance with applications to determine funding eligibility.



**Non-profit organizations and human service professionals can:**

- benefit from educational speakers and trainings.
- network with other providers.
- share information and resources.
- attend workshops focused on needs in your community.



1-800-753-8827



## Food Resources

**Allentown Food Bank**  
417 N. 14th St. Allentown  
18102 610-821-1332

**Casa Guadalupe Center**  
218 N 2nd St. Allentown  
18102 610-435-9902

**Central Moravian Food Pantry**  
73 West Church St.  
Bethlehem 18018  
610-866-5661  
CentralMoravianChurch.org

**Department of Public Welfare**  
101 S. 7th St, Allentown,  
18101. 610-821-6509  
dpw.state.pa.us

**Easton Food Pantry**  
320 Ferry St., Easton  
18042  
610-258-4361  
ProjectEaston.org

**Jewish Family Service**  
2004 Allen St. Allentown  
18104. 610-821-8722  
JFSLV.org

**New Bethany Ministries**  
333 W. 4th St. Bethlehem  
18015. 610-691-5602  
NewBethanyMinistries.org

**Meals on Wheels of the Greater Lehigh Valley**  
1302 N. Sherman St., PA  
18109 | 610-691-1030  
mowglv.com

**Second Harvest Food Bank of the Lehigh Valley**  
6969 Silver Crest Road  
Nazareth 18064  
484-287-4015

## Funeral & Cremation Services/ Pre-Arranged Funerals



**Stephens Funeral Home**  
Matthew S. Stephens,  
Supervisor  
274 N. Krocks Road  
Allentown, PA 18106  
610-434-6304  
stephensfuneral.com

## Health Education

**Alzheimer's Association**  
399 Market St. #250  
Philadelphia 19106  
215-399-9219

**American Cancer Society**  
3893 Adler Place, Suite  
170, Bethlehem 18017  
610-882-5774 Cancer.org

**American Diabetes Association**  
65 E. Elizabeth Ave. Suite  
502, Bethlehem 18018  
610-814-2701 Diabetes.org

**American Heart Association**  
968 Postal Rd., Suite 110  
Allentown 18109  
484-245-6268  
AmericanHeart.org

**American Lung Association**  
2121 City Line Road #2  
Bethlehem 18017  
610-253-5060 Lung.org

**American Red Cross**  
3939 Broadway, Allentown  
18104 610-865-4400  
RedCross.org

**Arthritis Foundation**  
1355 Peachtree Street  
Atlanta, GA 30309  
800-283-7800 Arthritis.org  
**Sights for Hope**  
845 W. Wyoming Street  
Allentown 18103  
610-433-6018  
sightsforhope.org

**Cancer Support Community**  
944 Marcon Blvd.  
Allentown 18109  
610-861-7555  
CancerSupportGLV.org

**Muscular Dystrophy Assoc. Lehigh Valley Office**  
2132 S. 12th Street  
Allentown 18109  
610-391-1977

**Parkinson's Support Group** 610-868-3510

## Info & Referral

**BenefitCheckUp**  
855-486-9331  
Benefitcheckup.org

**Eldercare Locator**  
800-677-1116  
Eldercare.acl.gov

**Lehigh County Dept. of Human Services**  
610-782-3200  
LehighCounty.org

**Lehigh County Dept. of Information and Referral**  
610-782-3200  
LehighCounty.org

**Northampton County Area Agency on Aging**  
610-829-4540

## Legal & Referral

**Lawyer Referral Service of Lehigh County**  
610-433-7094

**Lehigh County Office of Public Defender**  
610-782-3157

**Justice in Aging**  
202-289-6976

**North Penn Legal Services** 559 Main Street  
Bethlehem 18018  
610-317-8757 nplspa.org

**Northampton County Office of Public Defender**  
610-829-6384

**SeniorLAW Center Helpline** 877-727-7529  
SeniorLawCenter.org

## Medicare & Medicaid Counseling

**APPRISE Counseling**  
1633 Elm St. Allentown  
18102 | 610-437-3700

**APPRISE (Northampton Co)**  
2801 Emrick Blvd, Easton  
610-829-4507  
NorthamptonCounty.org

**Chester Perfetto Agency**  
6081 Hamilton Blvd Suite  
600, Allentown 18106  
(610) 678-0373  
perfettoinsurance.com

## Medicare Insurance



**Silver Crest Insurance, Inc.**  
2103 Stefko Blvd  
Bethlehem, PA 18017  
610-868-5801  
Silvercrestins.com



## Mental Health and Disabilities Services

**Lehigh County Office of Mental Health & Mental Retardation (MH/MR)**  
17 S. 7th Street,  
Allentown 18101  
610-782-3200  
LehighCounty.org

**Lehigh Valley Health Network Dept. of Psychiatry**  
888-402-5846

**Lifepath**  
3500 High Point  
Boulevard  
Bethlehem, PA 18017  
610-264-5724  
lifepath.org

**Northampton County Mental Health**  
2801 Emrick Blvd.  
Bethlehem 18018  
610-829-4840  
NorthamptonCounty.org

**Pinebrook Family Answers**  
402 North Fulton Street  
Allentown 18102  
610-432-3919  
PBFALV.org

**St. Luke's Behavioral Health**  
1107 Eaton Ave,  
Bethlehem 18018  
484-526-3012  
slhn.org

**Via of the Lehigh Valley**  
336 W. Spruce Street  
Bethlehem, PA 18018  
610-317-8000 |vianet.org

## Pharmaceutical Assistance

**Lehigh Conference of Churches**  
457 W. Allen St.  
Allentown 18102  
610-433-6421  
LehighChurches.org

**PACE/PACENET Program**  
800-225-7223  
pacecares.magellanhealth.com

## Protective Services

**Lehigh County Office of Aging & Adult Services**  
17 S. 7th St. Allentown  
18101 610-782-3034 (24  
hour)  
LehighCounty.org

**New Bethany Ministries**  
333 W. 4th St. Bethlehem  
18015. 610-691-5602  
NewBethanyMinistries.org

**Safe Harbor Easton**  
536 Bushkill Drive, Easton  
18042 610-258-5540  
SafeHarborEaston.com

**Turning Point of Lehigh Valley, Inc.**  
610-437-3369 (24 Hr)  
turningpointlv.org

## Social Security & SSI

**Social Security Admin.**  
41 N. 4th St, Allentown  
877-405-6746 SSA.gov

555 Main St. Bethlehem  
18018 866-783-7458  
SSA.gov

134 S. 4th Street, Easton  
18042. 866-964-5056  
SSA.gov

## Transportation

**Easton Area Neighborhood Centers, Inc.**  
610-253-4253

**Independent Transportation Network Lehigh Valley (ITNLehighValley)**  
35 E. Elizabeth Avenue  
Ste. 20A, Bethlehem  
18018  
610-419-1645  
ITNLehighValley.org

**LANtaBus**  
610-776-7433  
LantaBus.com

**LANtaVan Specialized Transportation**  
610-253-8333

**ShareCare Faith in Action**  
610-867-2177

**Sights For Hope**  
610-433-6018



**Visit Vans**  
Non-medical  
transportation serving  
the Lehigh Valley  
484-550-6388  
visitvans.com

## Veterans Assistance

**Pennsylvania CareerLink Lehigh Valley** 555 Union  
Bld., Allentown 18109  
610-437-5627  
CareerLinkLehighValley.org

**Education Benefits Veteran's Administration**  
888-442-4551

**VA Health Resource Center** 1-877-222-8387

**Lehigh Co. Veterans Affairs**  
17 S. 7th Street  
Allentown 18101  
610-782-3295  
LehighCounty.org

**Lehigh Valley Military Affairs Council**  
484-788-0196  
LVMAC.org

**Northampton County Dept. of Veterans Affairs**  
2801 Emrick Blvd.  
Bethlehem 18020  
610-829-4877  
NorthamptonCounty.org

**VA Benefits**  
1-800-827-1000  
ebenefits.va.gov

## Volunteer Programs

**Senior Corp (RSVP)**  
321 Wyandotte St.  
Bethlehem 18015  
610-625-2290  
RSVPofLNC.org

**ShareCare Faith in Action**  
321 Wyandotte Street  
Bethlehem, PA 18015  
610-867-2177  
ShareCareFaithInAction.org

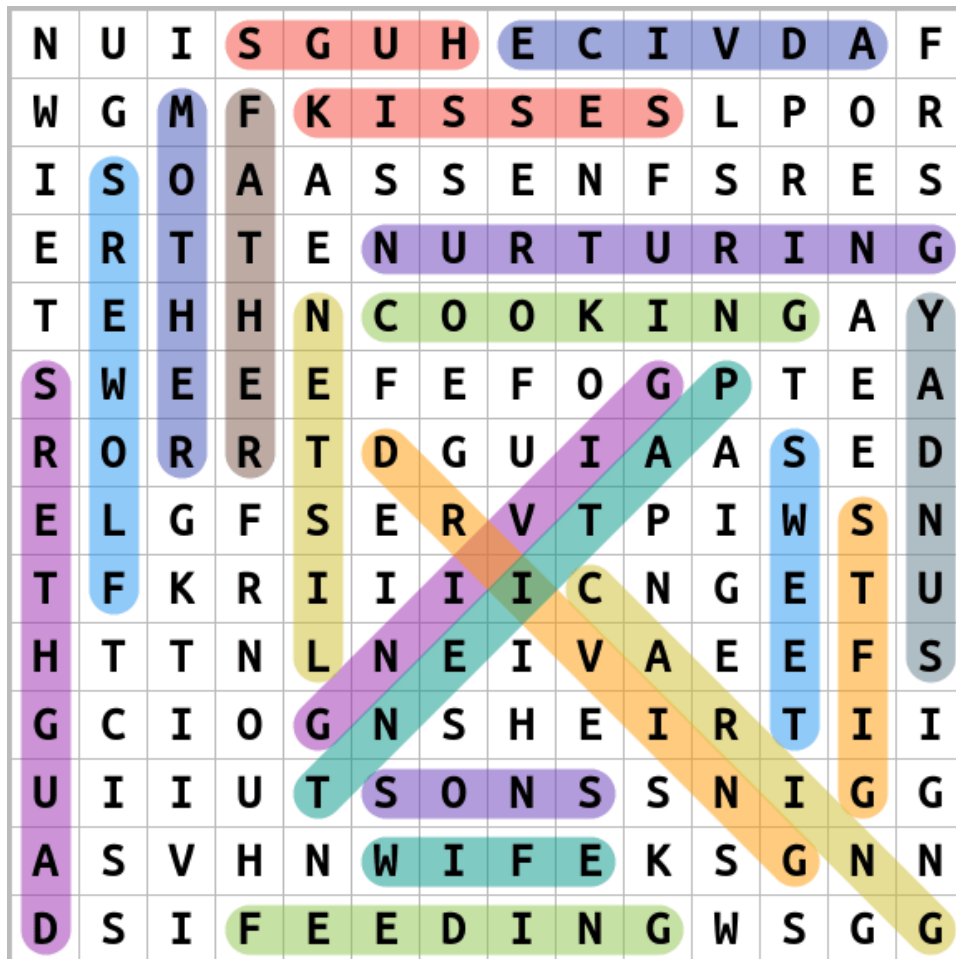
**Volunteer Center of the Lehigh Valley**  
25 W 3rd Street  
Bethlehem, PA 18015  
610-807-0336  
VolunteerLV.org

# Solution to "We've Fallen and We Can't Get Up" puzzle from page 40

AND THIS IS THE CONFIDENCE THAT WE  
HAVE TOWARD HIM, THAT IF WE ASK  
ANYTHING ACCORDING TO HIS WILL HE  
HEARS US.

EE S  
N A T I S A C T R I M S T F O I S T A  
A N D V E I N G A R D H H A I C G N H I D E I C W E H L T H W  
A H Y T H H T O W I S C O H D R N O U T A T H N F E W I L A S K E E

## Mother's Day Word Finder solution from page 22



# A Help Button Should Go Where You Go!



## To be truly independent, your personal emergency device needs to work on the go.

MobileHelp® allows you to summon emergency help 24 hours a day, 7 days a week by simply pressing your personal help button. Unlike traditional systems that only work inside your home, a MobileHelp medical alert system extends help beyond the home. Now you can participate in all your favorite activities such as gardening, taking walks, shopping and traveling all with the peace of mind of having a personal alert system with you. MobileHelp, the “on-the-go” help button, is powered by one of the nation’s largest cellular networks, so there’s virtually no limit to your help button’s range.

**No landline? No problem!** While traditional alert systems require a landline, with the MobileHelp system, a landline is not necessary. Whether you are home or away from home, a simple press of your help button activates your system, providing the central station with your information and location. Our trained emergency operators will know who you are and where you are located. If you’re one of the millions of people that have waited for an alert service because it didn’t fit your lifestyle, or settled for a traditional system even though it only worked in the home, then we welcome you to try MobileHelp. Experience peace of mind in the home or on the go.

“Hello, this is MobileHelp. How may I assist you?”



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**\$19.95\***  
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# MobileHelp

## 1-833-635-1607

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- ✓ **plus FREE** EQUIPMENT TO USE!\*



### Unlike “stay-at-home” emergency systems MobileHelp protects you:

Places where your Help Button will work	MobileHelp	Traditional Help Buttons
At Home	✓	✓
On a Walk	✓	✗
On Vacation	✓	✗
At the Park	✓	✗
Shopping	✓	✗

### MobileHelp Features:

- Simple one-button operation
- Affordable service
- Amplified 2-way voice communication
- 24/7 access to U.S. based emergency operators
- GPS location detection
- Available Nationwide



### Optional Fall Button™



The automatic fall detect pendant that works **WHERE YOU GO!**



\*For a limited time - promotions available for select systems and subscription plans, please call for specific details. Offers are valid for new customers and for the first year of service and cannot be combined with any other offers. \$19.95 is the monthly subscription price for a MobileHelp Classic (at home only) system. There is a one-time \$49.95 processing fee to subscribe to this plan. Equipment shown is the MobileHelp DUO (at home and on the go) system available at a higher monthly cost. Most equipment is included at no cost while actively subscribing and must be returned upon cancellation. Free one month of service offer valid with purchase of Annual plan and includes month 13 at no additional charge. Refer to terms and conditions for specific details. Depending on the promotion chosen, you may receive an additional savings of \$5.50 off the \$11 retail price of Fall Detection service. After first year, Fall Detect pricing reverts to discounted price of \$8.25/month when combined with MobileHelp Connect Premium. Fall Detection does not detect 100% of falls. If able, users should push their help button when they need assistance. Fall detection is not intended to replace a caregiver. MobileHelp is a registered trademark, patented technology. Current GPS location may not always be available in every situation on the cellular network at all times. Expedited shipping offer is for Annual plans made prior to 3 PM EST Mon-Fri. Expedited shipping is standard 2-day - - no deliveries on Saturdays/Sundays or to Hawaii or Alaska. Shipping delays may occur due to situations beyond our control.

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