

Lehigh Valley LifEStYLES™

2025 Summer – Complimentary O V E R 5 0

Step Back Into the '60s!
Things To Do with Grandkids
Puzzles, Jokes, & Wellness Tips
Local Concerts
Senior resource directory



Age in Place



Experts



Housing Options



Resources

LifestYLES[™]

OVER 50

published by **THRIVE Media**

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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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5	2		9		4	8	6	
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***Jokes and puzzles are sprinkled
all over the magazine, so don't
skip a page!***

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!

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Things To Do With Grandkids

A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken (James Dent). Broken lawnmower or not, whacked-out weed whacker, leaky hose—there is more to summer than outdoor chores. Summer is made for outdoors, and the longer days tell us to make the most of daylight and warmer weather. Here are some suggestions for rainy-day indoor and sunny-day outdoor activities to share.

According to John Lebbcock, “**Rest is not idleness, and to lie sometimes on the grass under trees on a summer’s day, listening to the murmur of the water, or watching the clouds float across the sky, is by no means a waste of time.**”

Resting may sound like fun for Grandpa and Grandma, but young minds and muscles become restless quickly. A good way to keep the summer fun going is to buy a **season pass** to a favorite venue. Memberships and passes come



with perks as varied as the venues. Look for deals at Lehigh Valley Zoo, Da Vinci Science Center, Crayola, Dorney Park, Iron Pigs, HangDog, Skirmish Paintball, movie theaters, trampoline parks, and other choice locations. Passes can save money for large families

as well as frequent visitors.

If your kids want to “hang” around with puppets, there is always the **Mock Turtle Marionette Theater**. Located at their loft theater in the IceHouse Performing Arts Center, Artistic Director Doug Roysdon’s philosophy of creating enduring childhood experiences through performances and workshops that uphold the integrity of the arts and the dignity of human beings comes alive. mockturtleproductions.org | doug@mockturtle.org | 810-653-3462

Are your kids prone to acting up or acting out? Perhaps they can channel that impulse by acting with the **Pennsylvania Youth Theatre’s SummerStage 2025**. 123pyt.org/school-of-performing-arts/summerstage | 610-332-1400

If you think **The Great Allentown Fair** is just an opportunity to see a goat up close or eat lots of Dutchie food, then you’re missing the reason it’s called the “Great” Allentown Fair! Running from **August 27 through September 1**, the fair offers something for everyone: the young, the old, the in-between; men, women, and children; bakers, eaters, and observers; the eas-

ily-amused, hard-to-please, and thrill seekers. And many attractions are *free*!

From the opening ceremonies, Fair Queen coronation, and Bid Calling (auctioneering) competition, to the Butterfly Kingdom (with 2–300

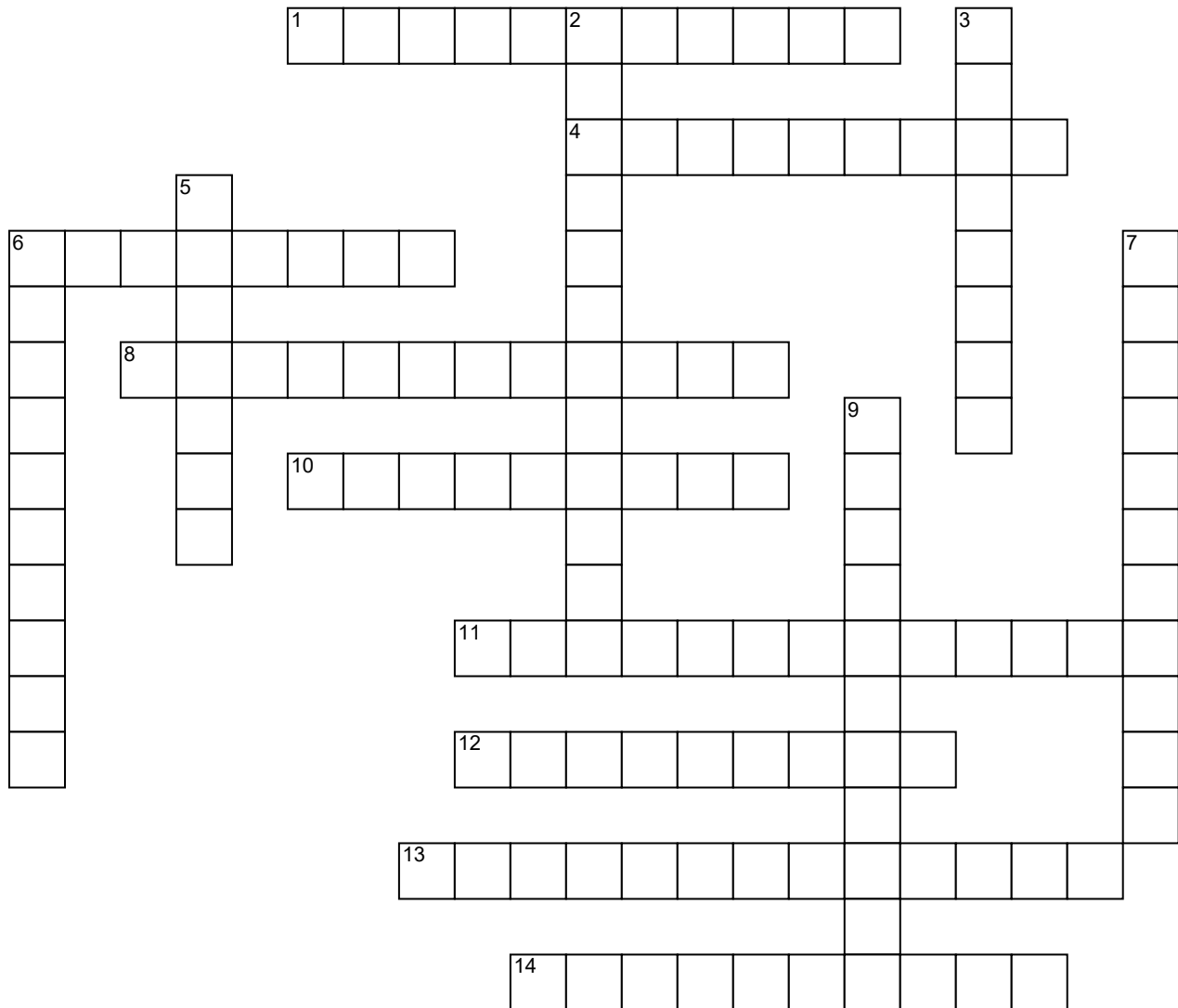


butterflies) and Grape Stomp Contest, move on to the Scrapple Eating Contest, the Pigs Paddling Porkers, and the cooking competitions. Watch out for the Juggling Stilt Walker, Robbie’s Balloons, Hog Diggity Dog, The Cup Guy, and more daring, wild, unusual, musical, and just plain goofy fun! allentownfair.com | info@allentownfair.com | 610-433-7541

After spending the day with your grandkids, remember this quotation from Shanti: **“And at the end of the day, your feet should be dirty, your hair messy and your eyes sparkling.”**

Summer Crossword Puzzle

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



www.CrosswordWeaver.com

ACROSS

- 1 Where does your future start?
- 4 Wesley can help you cancel this debt
- 6 A vegetable high in water content
- 8 A way to reduce your stuff when moving
- 10 A sugary musical genre from decades ago
- 11 Shredding documents can help prevent this
- 12 The reason for drinking adequate amounts of water
- 13 Who puts the LIVING in senior living?
- 14 Actions that create a spiritual debt

DOWN

- 2 A local eatery that hosts the Classic Car Cruise
- 3 There actually are contests where people stuff themselves with this PA Dutch delicacy
- 5 Machine that allows one to play records of their choosing
- 6 AI platform to help diagnose heart disease
- 7 A popular New Jersey shorepoint
- 9 A famous local boxing champ

Solution on page 50

Larry Holmes' Portrait Hangs Prominently in St. Luke's Easton Hospital Lobby

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

Larry Holmes has been a champion of St. Luke's longer than he was heavyweight boxing champion of the world. Now, an image of Holmes—a boxing icon and an Easton favored son—graces the lobby of St. Luke's Easton Hospital. The “Easton Assassin” was the king of the heavyweight division in boxing from 1978 through 1985 and has championed St. Luke's since 2011, when he represented St. Luke's orthopedic service line, and later as a St. Luke's Community Ambassador.

The painting represents Larry in the prime of his career when he was truly the best heavyweight boxer on the planet.

In fact, Holmes was the first celebrity to work with St. Luke's, a list of high-profile athletes that includes Phillies legend Steve Carlton, Eagles kicker David Akers and running back Saquon Barkley, and Hollywood actor/director/producer Daniel Roebuck.

Holmes, 75, was honored in February by St. Luke's for his work highlighting the hospital's exceptional health care, including his work with sports performance and treatment for diabetes.



L-R: Richard A. Anderson, President & CEO St. Luke's; Linda Grass, President St. Luke's Easton Campus; Diane Holmes; Larry Holmes

St. Luke's hosted an invitation-only event, called “Celebrating Larry Holmes: A Community Champion,” at the St. Luke's Easton Campus on Wednesday, February 26.

“St. Luke's is honored and privileged to recognize a special community champion like Larry Holmes,” said St. Luke's President & CEO Rick Anderson. “Larry is the epitome of a humanitarian, philanthropist, and true champion in every sense of the word, and values his community.

“It is only fitting that in honor of his 75th birthday, and his 75 professional fights, St. Luke's unveiled a special watercolor portrait of the champ, located in the lobby of our St. Luke's Easton Campus.”

Holmes (69-6, 44 KOs) is, without question, one of the greatest heavyweights of all time. His storied left jab allowed him 48 successful title defenses and led to four more attempts at the title after his first loss.

Holmes, always a champion, engaged with St. Luke's under the tutelage of John Graham, Senior Network Director, Fitness & Sports Performance, to maintain his fitness following his boxing career. In March of 2013, Larry required medical care when he was diagnosed with diabetes. Subsequently, he filmed a documentary of his journey from diagnosis to treat-

Holmes continued on next page

Holmes continued from previous page

ment of diabetes under the care of St. Luke's physicians.

"St. Luke's has been there for me, first as a re-



tired athlete, and then when I needed them most. My blood sugar had spiked to 900 and I was told to get to a hospital immediately," Holmes said. "Just like in boxing, when I chose the best trainers, I chose the best hospital, doctors, and medical care in St. Luke's."

Lehigh Valley resident, Andrew Kish III, whose artworks are in galleries worldwide, created the watercolor portrait of Holmes with a "stare" in a true boxer's pose, gloved left hand slightly lowered.

"It was an honor to do this portrait of Larry," said Kish. "The painting represents Larry in the prime of his career when he was truly the best heavyweight boxer on the planet."

Holmes and his family are thrilled with the portrait, which now hangs in "Larry's Corner" at the St. Luke's Easton Campus.

Holmes said, "Thank you to St. Luke's for working with me. Thank you to Andrew for a great painting. Together, this whole celebration of me turning 75 has been fantastic. It's a knockout."

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Are You Ready for A Stress-Free Move?

Tips from Caring Transitions of Lehigh Valley

Many Lehigh Valley residents through the generations choose to remain in or near their childhood neighborhood. Few people remain in their childhood or young-married house but move locally. Moving, even locally, can be stressful at any age. There are probably more large and small details involved than in any other life event.

There are stressors that are unique to seniors who want to—or have to—move for personal, health, or financial reasons. It is difficult to leave a home filled with memories and mementos, favorite or unneeded furnishings, and neighborhood friends. It can be overwhelming and easy to forget important details. Who will help share the burden?

Caring Transitions is a full-service senior move management company. We can help with all aspects of the transition—downsizing, packing and unpacking, relocation, and online auctions and liquidation. Here are some careful planning tips forged from our years of experience facilitating smooth transitions for seniors.

Determine your moving date and set it up with your movers. This may seem obvious, but it sets a goal and avoids last-minute craziness. Make sure other dead-



lines (closings, sales, etc.) are in place first.

Create a moving checklist using the tips below and other considerations.

Sort and organize Many homes employ the “kitchen drawer” method of storage. Similar items may be scattered in different areas of the house, garage, shed, etc. Find items that belong together, like decorations, knick-knacks, tools, clothing, etc., and put them together. This will make it easier to find and store these items when you unpack.

Space planning involves getting a floor plan or taking measurements of the new space to determine what will be moving. Many people take too many items, making the new space unsafe, unattractive, or useless. With careful planning and working with your senior advisor, this can be minimized.

Label all items that will be moving. It may seem simple at first,

but trust us, remembering or telling others what goes with you and what gets sold, donated, or tossed will become overwhelming.

Downsizing and decluttering mean that items that are not moving to the new location need a new home. People can give items to family and friends, donate them, or have an online auction or yard sale. Items that are not sellable or donatable will need to be disposed of. This may mean researching local liquidators, and Caring Transitions can help.

Shred all documents no longer needed. Identity theft is a very prevalent, real threat to everyone. Any documents that have personal or account information and are no longer needed for tax, legal, or personal purposes should be shredded with a cross-cut shredder. A large part of ID theft is fed by documents found in ordinary trash receptacles.

Pack an overnight bag with clothes and toiletries for moving day. Once your personal items are packed, they are packed. Take a bag with you with items needed during the day and night, including medications, soap, toothpaste, phone and contacts, etc. Pretend you are going on a brief vacation!

Tips continued on next page

Tips continued from previous page

Medications, jewelry, and high-value items need to stay with you. Do not pack these in boxes or give them to the movers!

Important documents should be easily accessible and properly labeled. Chances are that you will need certain papers well before you have everything unpacked, so keep them handy.

If you are packing on your own, use sturdy boxes, and don't stuff them so full that they can't close properly or are too heavy. Boxes need to be able to be stacked, so they can not be bulging, especially if there are breakables inside. Label them with the room they are go-

ing to, and label them FRAGILE with a red marker if needed. You will soon tire of the movers asking, "Where does this go?"

Remember, not only is your stuff moving, but so are you! If needed, arrange for transportation to the new location.

Caring Transitions' senior moving specialists are trained to make the relocation process as smooth as possible. We help seniors through the transition of moving, including downsizing, estate cleanout, and senior resettling. Our senior relocation services address details important to helping seniors feel comfortable in their new environment.

Can Caring Transitions help if I move out of the area?

There are about 375 franchises across the country that can work together. Sometimes we pack them up, help set up a mover, then the other franchise unpacks and gets the client settled in. Sometimes we send them and sometimes we receive them.

CTBids (ctbids.com) is our own auction site that allows us to use a huge database and ship items all over the country.

Contact Caring Transitions of Lehigh Valley at 610-904-8093 or caringtransitionsoflehigvalley.com.

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.**

		7					6	8
9		8	7			3		1
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Sudoku-Puzzles.net—Medium

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

Sudoku-Puzzles.net—Easy

Leading-Edge Technology To Diagnose and Treat Heart Conditions

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

Technological advances continuously improve physicians' ability to evaluate what is happening inside the heart and other parts of the body, enabling them to better diagnose and treat patients. St. Luke's University Health Network is committed to bringing these latest technologies to its hospitals. Following are examples of technologies St. Luke's recently added for the treatment of heart and vascular disease.

St. Luke's Among the First in the Nation To Perform Revolutionary Tricuspid Valve Replacement

St. Luke's Heart and Vascular



helps prevent complications, reduce recovery times, and enhance overall quality of life for those affected by this condition.

The team, led by Jose Amortegui, MD, and interventional cardiologist Christopher Sarnoski, DO, performed the first case on May 20, 2025.

"As a cardiologist, my greatest satisfaction comes from preventing heart attacks and other serious cardiovascular events."

team became the first in the region to perform a transcatheter tricuspid valve replacement (TTVR) using the revolutionary Edwards Lifesciences EVOQUE Tricuspid Valve Replacement System.

The EVOQUE system features a self-expanding implant to safely replace a faulty tricuspid valve, offering a minimally invasive solution to eliminate tricuspid valve regurgitation (TR). It

Dr. Amortegui says, "This innovative procedure offers new hope for patients suffering from tricuspid valve regurgitation, significantly improving their quality of life and reducing the risk of severe complications, such as heart failure and atrial fibrillation."

Heartflow FFR-CT Analysis Can Help Determine if a Person with Suspected Coronary Artery Disease Should Be Treated for Heart Disease

St. Luke's offers a proven, non-invasive diagnostic option for people with suspected heart disease: Heartflow FFR-CT Analysis. This test may reduce the need for invasive cardiac testing and is offered to hospitals throughout the Network.

A CT scan combined with fractional flow reserve (FFR) measures the ratio of blood flow in a potentially diseased and narrowed coronary artery to blood flow in the same artery when not constricted. AI algorithms then create an anatomical model of a person's heart that helps physicians visualize the blood flow and detect stenosis, or plaque, that obstructs the blood flow.

"Historically, we have been faced with either using tests that were frequently inaccurate or putting a patient through an invasive procedure just to determine whether they would need another invasive procedure to restore blood flow," said David Furman, MD, St. Luke's Medical Director of Computed Tomography. "The Heartflow FFR-CT Analysis completely changes this paradigm, providing essential information that can help us determine the right approach for a patient through a convenient, non-invasive platform."

***Heart** continued on next page*

Purujit Thacker, MD, St. Luke's cardiologist with expertise in advanced cardiac imaging, highlighted the benefits of this innovation: "As a cardiologist, my greatest satisfaction comes from preventing heart attacks and other serious cardiovascular events. Heartflow Analysis enhances our ability to detect and address heart conditions before they become critical, ensuring our patients receive the best possible care."

For patients with symptoms of coronary artery disease, St. Luke's offers Nuclear Medicine PET Stress Testing, a fast and painless pharmacologic diagnostic test completed in 30 minutes or less. Offered at multiple locations throughout the Network, this fast, painless test checks for calcium in the coronary arteries. The screening CT is \$99 and gives a detailed cardiac risk profile.

St. Luke's Pioneers AI Screening Technology for Early Heart Disorder Diagnosis

St. Luke's is first in the Valley to employ advanced artificial intelligence technology, combined with echocardiograms, to detect and monitor potentially serious heart conditions, like aortic stenosis, before symptoms appear.

The Heart and Vascular Center uses the Egnite CardioCare AI digital health platform, which functions with the hospital's electronic health record (EHR) and echocardiogram images to aid in diagnosing various heart issues

in the early stages of development. Echocardiography converts sound waves into images of the heart's structure, size, and function, including valves and blood flow, to diagnose and monitor heart health and the presence of a cardiac disorder or disease.

The CardioCare AI platform analyzes echocardiograms performed at St. Luke's in hopes of finding aortic stenosis and other diagnoses so they can be addressed, monitored, or treated in a timely manner.

Stephen Olenchok, DO, Chief of Cardiovascular Surgery, said, "As the region's leader in heart care innovation, St. Luke's is pioneering the adoption of the Egnite CardioCare AI platform to expand our clinical toolbox to improve our ability to diagnose, manage and treat a range of developing cardiac disorders in their early stages, with the ultimate goal of improving patients' quality of life and long-term cardiac health."

St. Luke's Invests in AI-Enabled MRI Technology from GE HealthCare

St. Luke's invested more than \$30 million in leading-edge Magnetic Resonance Imaging (MRI) technology and service from GE HealthCare to provide advanced imaging to enhance image quality while reducing scan times and patient discomfort.

St. Luke's Radiology Chairman Dr. Robert Fournier says, "Medical specialties such as or-

thopedics, cardiology, and oncology rely on imaging for diagnosis and treatment planning. We are committed to providing the best imaging technology because we understand its vital role in modern medicine."

These new MRI systems can enhance patient experience by reducing claustrophobia with wider scanners, and they come equipped with Artificial Intelligence (AI), which can significantly improve the quality and speed of MRI scans.

St. Luke's will be one of the first in the United States to implement Intelligent™ Radiation Therapy (iRT) for MR, a software solution that can improve and accelerate the radiation oncology care pathway with more precise radiation therapy planning and shorter treatment timeline for certain types of cancers.

"In addition to the tremendous advantages this GE HealthCare technology offers our health system," Dr. Fournier added, "it presents an invaluable educational opportunity for our physicians in residency and fellowship training programs. They'll gain hands-on experience with the latest AI-driven imaging technology, placing them at the forefront of next-generation medicine and allowing them to witness firsthand how innovation improves patient care and outcomes."

Local Healthcare Programs

St. Luke's ThinkFirst to Prevent Falls is an evidence-based older adult (55+) falls prevention program to raise awareness of the prevalence of falls and their serious consequences, and increase knowledge on reducing risks. 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.

Anderson Campus Tues., Aug. 5, 10–11 a.m. OR Fri., Sep. 29, 1–2 p.m., Anderson Campus Medical Office Building, 1700 St. Luke's Blvd., Easton 18045. *Conference Rooms A & B.*

Easton Campus Monday, Jul. 14, 1–2 p.m., St. Luke's Easton Campus, 250 South 21st St., Easton 18042. *Kroner Auditorium.*

Monroe Campus Thursday, Jul. 22, 10–11 a.m., St. Luke's Monroe Campus, 100 St. Luke's Lane, Stroudsburg, 18360. *Conference Room B, Lower Level.*

Sacred Heart Campus Wednesday, Oct. 8, 1–2 p.m., St. Luke's Hospital Sacred Heart Campus, 421 W. Chew St., Allentown. *Reception Room.*

Upper Bucks Campus Thursday, Sep. 18, 10–11 a.m., St. Luke's Upper Bucks Campus, 3000 St. Luke's Drive (Rt. 663 & Portzer Rd.), Quakertown 18951. *1st Floor Conference Room.*

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 program is provided free of charge to individuals, police departments, school groups, and community groups.

Anderson Campus Thurs., Jul. 17, Noon–1 p.m., OR Tues., Sep. 12, 11 a.m.–noon, Medical Office Building, 1700 St. Luke's Blvd., Easton 18045. *Conference Rooms A & B*

Bethlehem Campus Tuesday, Aug. 19, 2–3 p.m., 801 Ostrum St., Bethlehem, 18015 *Trauma Conference Room, Ground Floor of the East Wing.*

Carbon Campus Tuesday, Sep. 16, 11 a.m.–noon, 500 St. Luke's Dr., Lehighton 18235. *Education Room.*

Older Adult Meal: St. Luke's University Hospital Bethlehem offers adults 65 and older a healthy and cost-effective option to dining out. Meals prepared fresh daily and offered at a special price of \$3.99 per meal (no cash accepted). Meal includes entrée, salad, side, vegetable, dessert, 12-oz. drink. Thursdays, 4–6 p.m., in the Cafeteria, 801 Ostrum St., Bethlehem 18015

Guest speakers 1st Thursday of the month, Jul. 3, Aug. 7, Sep. 4, Oct. 2

If you need assistance getting to the lobby after parking, call our shuttle service at 610-393-3379, available weekdays 7 a.m. to 9 p.m.

St. Luke's Upper Bucks Campus Older Adult Meals from 4–6 p.m. Monday through Friday. Bring a friend and come out for an affordable meal and an opportunity to meet others.

Healthy Aging Series 3rd Wednesday of the month, Jul. 16, Aug. 20, Sep. 17, Oct. 15, 5–6 p.m., St. Luke's Upper Bucks Campus Cafeteria, 3000 St. Luke's Drive (Rt. 663 & Portzer Rd.), Quakertown 18951

Speakers and topics

- Jul. 16—Kimberly Smith: Pelvic Health
- Aug. 20—DNA Answers
- Sep. 17—Dawn Kehoe & Kelly Moorman: Quality Sepsis Patient Education
- Oct. 15—Dr. James James, DO: Mental Health

Caregiver Lunch & Learn Series: When you need some extra help at home (online), Wednesday, Jul. 2, 11:30 a.m.–noon

Topics for caregiver virtual groups

- Home health vs. private duty aides—What's the difference? What is covered by insurance and what isn't?
- What is a waiver? What can they offer in the home?
- When the person you love is a veteran, how do they find out what might be available to them?

Mental Health Information and Resources last Wednesday of the month, Jul. 30, Aug. 27, Sep. 24, 5:30 p.m., St. Luke's Mental Health Walk-in Center, 211 N. 12th St., Lehighton, 18235. Explore different mental health topics. Qualified mental health professionals from our Walk-In Center and Rural Psychiatry Residency Program facilitate these free educational sessions and provide information and resources.

Upcoming topics include

- Jul. 30: Parenting—How To Help My Child
- Aug. 27: Psychopharmacology
- Sep. 24: Coping Skills

Each session will be held both in person and virtually.

Programs continued on next page

Programs continued

Caregiver Lunch & Learn Series:
Financial Concerns, Medical Bills and Household Bills Due to Treatment (virtual) Wednesday, Aug. 6, 11:30 a.m.–noon

Topics for caregiver virtual groups
(each group 30 minutes)

- St. Luke's Charity Care
- Uninsured? Find out how to get connected to get assistance with finding an insurance plan.
- Household bills: Learn about social service resources and grants that offer assistance. Receive information about where and how to apply for food stamps and County programs.

Caregiver Lunch & Learn Series:
Caring for the Caregiver Wed., Sep. 3, 11:30 a.m.–noon. Being a caregiver can be very difficult emotionally, physically, spiritually, and financially, and it's OK to take time to regroup. Leaders will share information about mindfulness, the importance of self-care, and burnout prevention.

Menopause & Me Discussion Groups with Douha Sabouni, MD, and Angela MacMillan, CRNP. Sexual Health: You Can Be Sexually Active in Menopause! Tuesday, Sep. 9 6–7 p.m., Anderson Campus Medical Office Building, 1700 St. Luke's Blvd, Easton 18045, Lower-Level Conference Rooms A & B

If you are experiencing menopause or perimenopause, you are not alone! St. Luke's menopause specialists will answer questions in a comfortable, small group setting. Refreshments will be served.

Caregiver Lunch & Learn Series:
You Mean Palliative Care Doesn't Mean End of Life? (virtual) Wed. Oct. 1, 11:30 a.m.–noon. Learn the difference between Palliative Care

and Hospice. Palliative Care doesn't mean you or your loved one is giving up. Learn the benefits of both services. Also, advance Care Planning (Living Will and Power of Attorney).

SUPPORT GROUPS FOR VETERANS AND FAMILIES

Women Veterans Support Group (in person) 2nd Tuesday of each month, Jul. 8, Aug. 12, Sep. 9, Oct. 14, noon–1 p.m., St. Luke's Lehighton Campus, SLGH Community Room, 211 N. 12th St., Lehighton 18235. Female vets join the St. Luke's Penn Foundation Victory for Veterans team each month for this free support group that provides opportunity to meet other female veterans, share military experiences, and seek and share advice with other women who understand what you are going through.

Women Veterans Support Group (virtual) 3rd Tues. of each month, Jul. 15, Aug. 19, Sep. 16, 6:45–7:45 p.m.

Common Grounds Veterans Coffee Club Fri., Jul. 11, 9–11 a.m., Geisinger St. Luke's Hospital, 100 Paramount Blvd., Orwigsburg 17961, basement

conference room or community room OR Fri., Sep. 12, 9 a.m.–noon, Lehighton Campus, 211 N. 12th St., Lehighton 18235.

Join the St. Luke's Victory for Veterans team for coffee and connection to meet other veterans, share your military experiences, and learn about how the Victory for Veterans program can support you. FREE to ALL veterans.

Family of Veterans Support Group (in person) 4th Monday of each month, Jul. 28, Aug. 25, Sept. 22, 10–11 a.m., St. Luke's Lehighton Campus, Community Room, 211 N. 12th St., Lehighton 18235. Join the St. Luke's Penn Foundation Victory for Veterans free support group. We understand families of vets are impacted by their loved one's service. Meet other veterans' family members, share your experiences, and seek and share advice with other people who understand what you are going through.

Family of Veterans Support Group (virtual) 4th Monday of each month, Jul. 28, Aug. 25, Sept. 22, 6–7 p.m.



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.

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Singin' and Swingin' with Local Concerts

Complete listing at lifestylesover50.com. *Lifestyles over 50* not responsible for errors or changes.

ALBURTIS

Alburtis Park, 328 S. Main St.,
2–6 p.m.

July 13: Last One Standing
July 20: Midnight Special
July 27: Banned From the Ranch
Aug. 3: Honky Tonk Deluxe
Aug. 10: The Steel Creek Band
Aug. 17: Steve Ritter & Waitin' On Sundown
Aug. 24: Moore Brothers Band
Aug. 31: A Tribute to Classic Country Music hosted by Joe Hollar

ALLENTOWN

Allentown, West Park, 16th & Turner Sts. 7:30 p.m. unless noted.
Rain location LV Active Life
July 11: Royallaires, 7:30 p.m.
July 12: Allentown Band, 7:30 p.m.
July 13: Pioneer Band, 7:30 p.m.
July 18: Macungie Band, 7:30 p.m.
July 20: Marine Band, 7:30 p.m.
July 27: Municipal Band, 7:30 p.m.
Aug. 1: Royallaires, 7:30 p.m.
Aug. 3: Allentown Band, 7:30 p.m.
Aug. 10: Municipal Band, 7:30 p.m.
Aug. 17: Pioneer Band, 7:30 p.m.

RITZ BARBECUE

Classic Car Cruise, 302 N. 17th St.
July 13: The Castaway Band
July 27: The Main Street Cruisers
Aug. 10: Flirtin' With The Mob

Union Terrace Theater, 6–9 p.m.

July 11: Latin Merengue with Mako Swing with special guest La Tribu Del Este, The Louis E. Dieruff Latin Ensemble
Aug. 22: Billy Joel Tribute with We May Be Right

CATASAUQUA

Park Amphitheater, 501 American St. 7–10 p.m.
July 11: James Supra/Sarah Ayers
July 18: Lucky 7
July 25: Bobby Clark Band
Aug. 1: Big Wahu Caribbean Band
Aug. 8: Triple Dog Dare
Aug. 15: Castaway Band

Aug. 22: The Large Flowerheads
Aug. 29: Out Past Curfew Band

COPLAY

Across from Samuel Owens Restaurant, 6–9 p.m.
July 23: Tim Harakal
Aug. 6: James Supra
Aug. 20: Deal Duo

EASTON

Live from Nevin Park, Lafayette Street near Route 611, 6–8 p.m.
July 19: Not for Coltrane & Friends
Aug. 16: Dan Wilkins Trio

EMMAUS

Community Park Arts Pavilion, 1401 Shimerville Road, 6–8 p.m.
July 13: Stacy Gabel Band
July 20: The Large Flowerheads
July 27: Galena Brass Band
Aug. 10: DMC Duo
Aug. 17: Tookany Creek Bluegrass
Aug. 24: Scott Marshall and The Highway Souls
Aug. 31: The Swingtime Dolls

Tunes in the Triangle, 6:30–8:30 p.m.

July 11: Cathay Ritter
July 25: Sean Lally Band
Aug. 8: Whiskey Therapy
Aug. 22: Fran Mayville Duo

FLEETWOOD

Fleetwood Community Park, West Main Street, 6 p.m.
Aug. 17: Ringgold Band

GREEN LANE PARK

Amphitheater, 2298 Green Land Road, 6–8 p.m.
July 12: South Penn Dixie Band
Aug. 10: Starman

LEVITT PAVILION

789 First St., Bethlehem, 7:30 p.m. unless noted
July 10: Winyah
July 11: Coral Moons
July 12: Copilot
July 17: Ocean Avenue Stompers



July 18: Indigenous
July 19: Shemekia Copeland
July 24: MELT
July 25: Durieux
July 26: The Zydeco Cha-Chas
Aug. 15: Joanne Shaw Taylor
Aug. 16: Dancing Dream
Aug. 21: House of Hamill
Aug. 22: Cristina Vane
Aug. 23: DuPont Brass
Aug. 28: Craig Thatcher Band
Aug. 29: Alexis Cunningham
Aug. 30: Young Dubliners
Aug. 31: Gentleman Brawlers

LOWER MACUNGIE TOWNSHIP. Hills at Lockridge Park, 7125 Scenic View Drive

July 12: Chasing Delight, 6–8 p.m.
July 19: Flamin' Dick & The Hottrods, 6–8:30 p.m.
July 25: Jeff Krick, 6–8 p.m.

LOWER SAUCON

Dimmick Park, 560 Durham St., Hellertown, 6–8 p.m.
July 27: Truth & Soul
Aug. 24: Nikki Briar Band

WHITEHALL

Whitehall Parkway, 4689 S. Church St., 6–9 p.m.
July 12: The Aardvarks
July 19: Tool Shed Jack
July 26: Main Street Cruisers
Aug. 9: Steel Creek
Aug. 16: Flirtin' With the Mob

PALMERTON

Borough Park, 3rd and Delaware Avenue, 7–8:30 p.m., unless noted
July 13: Band of Brothers
July 20: The Pennsylvania Villagers
July 27: SteelCreek Band

Aug. 3: Hazleton Band, 6:30-8 p.m.
Aug. 10: The Mudflaps, 6:30-8 p.m.
Aug. 17: Palmerton Band, 6:30-8 p.m.

PERKASIE

Lenape Park Amphitheater, 504 Constitution Ave., 7-9 p.m.

July 16: Yesterday's Gone
July 23: Marc Berger and Ride
July 30: The Pennise Family Band
Aug. 6: Wonderland
Aug. 13: Midnight & Rose

PHILLIPSBURG

Joe's Steak Shop Classic Car Show, 274 S. Main St., 4-9 p.m.

July 8: Open
July 15: Hodge Podge
July 22: Frank Zito
July 29: Rock'n Rush
Aug. 12: Fran Aiello
Aug. 19: Kenny Lunden
Aug. 26: Frank Zito

UPPER SAUCON TOWNSHIP

Hopewell Park Rose Garden, 4695 W. Hopewell Road, Center Valley, 6:30-8 p.m.

July 11: Joyous
July 18: Alex Buono
Aug. 15: Island Time
Aug. 22: Craig Thatcher Band

WILSON BOROUGH

Meuser Park, 22nd and Northampton streets, 6-8 p.m.

July 13: TimeWhys
July 20: The Bank Street Band
July 27: Swing Time Dolls
Aug. 3: The Music of Three Icons
Aug. 10: LV Italian American Band
Aug. 17: Nazareth Community Band
Aug. 24: Easton Municipal Band
Aug. 31: Better Off Now Band

WIND GAP

Wind Gap Park, 58 4th St., 6 p.m.

July 13: Brian Dean Moore
July 27: Joey and the T-Birds
Aug. 10: Waitin' on Sundown
Aug. 24: Main Street Cruisers

ALLENTOWN BAND

July 12: "Remembering Max Wilson," Midway Manor Park, Allentown, 7 p.m.
Aug. 3: West Park, rain location, Active Life Center, 7:30 p.m.

Aug. 12: "Daniel Rodriguez—America's Tenor," Waldheim Park, 2400 South Hall St., Allentown, 7 p.m.
Aug. 14: "Daniel Rodriguez—America's Tenor and Summer Harmony Men's Chorus," Christ Lutheran Church, 1245 Hamilton St., Allentown, 7 p.m.

AMERICAN LEGION BETHLEHEM

July 13, Aug. 3, Aug. 31: Bethlehem Rose Garden, 7 p.m.

BETHLEHEM MUNICIPAL BAND

July 11, 20; Aug. 1, 17; Sept. 7: Rose Garden, Bethlehem, 7 p.m.



EASTON MUNICIPAL BAND

July 12: Celebrate the 60s and the USA, Klein Farms, 2 p.m., rain July 13
July 19: Riverside Amphitheater, Larry Holmes Dr Easton 3 p.m., rain July 20
Aug. 9: At the Movies, Klein Farms, 3 p.m., rain date Aug. 10
Aug. 24: Meuser Park, 2240 Northampton St., Easton, 6 p.m.

MACUNGIE BAND

July 12: Ziegels Union Church, 4 p.m.
July 18: West Park, 7:30 p.m.
Sept. 11: Fellowship Community, 6:30 p.m.

MARINE BAND ALLENTOWN

July 11: Fellowship Manor, 3000 Fellowship Drive, Whitehall, 6:30 p.m.
July 30: West Park, 7:30 p.m.
Sept. 14: Ray Becker Tribute Concert, West Park, 3 p.m.

MUNICIPAL BAND ALLENTOWN

July 19: Midway Manor, 7 p.m.
July 27: West Park, 7:30 p.m.
Aug. 10: West Park

PIONEER BAND

July 13: All American Concert, West Park, Allentown, 7:30 p.m.

Aug. 2: Something for Everyone, Midway Manor, 7 p.m.
Aug. 17: Pops Concert, West Park 7:30 p.m.

ROYALAIRES

Dancing Under the Stars, 7:30 p.m.
Inclement weather, Lehigh Valley Active Life, 1633 Elm St.

July 11: West Park

Aug. 1: West Park

Sept. 5: West Park

OTHER BANDS

Coplay Saengerbund, 205 S. 5th St. Coplay, 6-10 p.m. Members \$5; guests \$7
July 11: Honey Buzzards

July 18: DNA

July 25: Bad Influence

Aug. 1: Trick Stacy

Aug. 8: Union Jack

Aug. 15: American Street Band

Aug. 22: Sons Of Izzy

Aug. 29: Social Call

Sept. 5: Common Bond

Sept. 12: Video Daze

Sept. 19: Third Hand Band

Waitin' On Sundown w/ Steve Ritter

July 22: Williams Twnshp Fire Co. 2500 Morgan Hill Rd Easton, 7-10 p.m.

Aug. 17: Alburtis Park, 2-6 p.m.

Aug. 29: New Jerusalem Inn, 8-11 p.m.

JOYOUS

July 11: 4695 W. Hopewell Road, Center Valley, 6:30-8 p.m.

July 18: 1401 Laubach Ave., Northampton, 6-10 p.m.

July 26: 635 English Rd Bath, 6-10 p.m.

Aug. 1: Musikfest Café, 101 Founders Way, Bethlehem, 7:30-9 p.m.

Aug. 3: Musikfest, Festplatz, Bethlehem, 8:30-11 p.m.

Aug. 31: St. John the Baptist Church Picnic, 3024 South Ruch St., Whitehall, 5-9 p.m.

Sept. 12: Forks Township, 1700 Sullivan Trail, Easton, 7-10 p.m.

EVEN THE GROWLERS

July 26: Asher's Chocolate Beer Garden, 80 Wambold Rd Souderton, noon.

Aug. 23: BucksMont Bonzeroo Festival, Souderton, noon

Finally, Our Debts Are Paid Off!

by Alan Allegra

When we paid off our mortgage, for some reason, we did not burn the mortgage papers, as is customarily done in celebration. Maybe we were afraid we'd burn the house down, which would be painfully ironic.

Celebration or not, paying off that huge debt was a relief. The burden of paying that monthly combination of principal, interest, tax, and insurance hovered over us like a Kodiak bear just waiting for us to make a false move. It was good to know that the house was now ours and we no longer had to lean on a lien until payment was made. The words "PAID IN FULL" on that contract glowed like neon lights.

There are consequences for not owning up to the money you owe. Depending on who the debt is owed to and the size of the debt, the penalty can be financial, material, or even legal. In rare in-

The penalty for non-payment of the debt we owe our Creator is steep: "For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord" (Romans 6:23). Don't get caught up in the penalty and miss the words after "but." Sin does not pay enough to satisfy the debt, but that debt can be forgiven.

"And when you were dead in trespasses ... He made you alive with Him and forgave us all our trespasses. He erased the certificate of debt, with its obligations, that was against us and opposed to us, and has taken it out of the way by nailing it to the cross" (Colossians 2:13-14).

"But God, being rich in mercy, because of the great love with which he loved us, even when we were dead in our trespasses, made us alive together with Christ—by grace you have been saved—and raised us up with him and seat-

ed us with him in the heavenly places in Christ Jesus" (Ephesians 2:4-6).

It is finished—but it is only the beginning

Not only can the sin debt be forgiven—it will be replaced with riches beyond comparison. "He who did not spare his own Son but gave him up for us all, how will he not also with him graciously give us all things?" (Romans 8:32).



One of the largest debts most people incur is their home mortgage. Buying a home involves checking out the neighborhood, pricing the home, hiring movers, and going into debt. Before going to the cross, Jesus made a statement that no real estate broker can match: "In my Father's house are many rooms. If it were not so, would I have told you that I go to prepare a place for you? And if I go and prepare a place for you, I will come again and will take you to myself, that where I am you may be also." (John 14:2-3). All those heavenly details are covered for eternity! The only cost is repentance and accepting Jesus as Lord. And, who could ask for a better landlord?

What is our guarantee?

"When Jesus had received the sour wine, he said, 'It is finished,' and he bowed his head and gave up his spirit" (John 19:30). The words "It is finished" mean "paid in full." PAID IN FULL was written across our IOU with the blood of Christ.

Won't you go to Jesus Christ today and accept his offer of forgiveness? He paid *your debt* of death on the cross and offers you *his life* in return (Colossians 3:4)—if you will take it.

PAID IN FULL was written across our IOU with the blood of Christ.

stances, the debt could be forgiven, or a benefactor could step in and pay the debt for you. In any case, someone pays.

While most debts are taken on willingly and consciously, there is a debt we all incur, excluding no one. It is the debt owed to God for not living up to his standard of holiness. "For all have sinned and fall short of the glory of God" (Romans 3:23).

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Hydration and the Elderly: Why Dehydration Is More Dangerous Than You Think

CarePatrol of The Lehigh Valley & Upper Bucks

It's easy to overlook something as simple as water—until it becomes a serious health issue. Dehydration in older adults is alarmingly common and often underdiagnosed. At CarePatrol of The Lehigh Valley & Upper Bucks, we regularly work with families to identify the small lifestyle factors that can have major health impacts. Hydration is one of them.

Whether your loved one is living independently, with family, or in an assisted living community, understanding how dehydration affects seniors—and how to prevent it—is crucial to their health and safety.

Why seniors are more vulnerable to dehydration

As we age, our bodies undergo changes that increase the risk of dehydration:

- **Reduced sense of thirst** Older adults often don't feel thirsty until they are already dehydrated.
- **Medications** Diuretics, laxatives, and some blood pressure medications increase fluid loss.
- **Decreased kidney function** Kidneys become less efficient at conserving water.
- **Chronic conditions** Diabetes, dementia, and mobility issues can impair the ability to drink regularly.
- **Physical or cognitive limitations** Some seniors may forget to drink or avoid fluids due to fear of incontinence.

Signs and symptoms to watch for

Dehydration symptoms in seniors can

be subtle or mimic other issues, making it harder to diagnose. Look out for:

- dry mouth and lips.
- headaches or lightheadedness.
- fatigue or weakness.
- confusion or irritability.
- dark or infrequent urination.
- low blood pressure or rapid heart rate.
- sudden weight loss.

In more severe cases, dehydration can lead to urinary tract infections (UTIs), kidney problems, falls, or hospitalization.

How much water should seniors drink?

While the “8 glasses a day” rule is a common guideline, the ideal amount varies. A good rule of thumb for older adults is 6 to 8 cups of fluid per day, unless otherwise directed by a doctor.

This can include:

- water.
- herbal teas.
- low-sugar fruit juice.
- broth-based soups.
- fruits with high water content (e.g., watermelon, oranges, cucumbers).

Tip: Keep a water bottle nearby and set reminders throughout the day. In assisted living or memory care, many communities schedule hydration checks for this very reason.

How senior living communities help maintain hydration

At CarePatrol, we match seniors with communities that prioritize health and safety—including hydration. In

high-quality assisted living or memory care settings, hydration is part of the daily care routine, including:

- scheduled water breaks.
- fluids offered with every meal and snack.
- monitoring for signs of dehydration.
- education for caregivers and staff.

Tips for Family Caregivers

If your loved one is aging at home or you're helping with daily care, here are a few practical ways to boost hydration:

- Offer drinks throughout the day—don't wait until meals.
- Use fun straws or flavor water with fruit to make it more appealing.
- Make hydration part of medication time.
- Monitor urine color (pale yellow is ideal).
- Keep fluids within reach, especially if mobility is limited.

A small habit that makes a big difference

Hydration is often overlooked, but it's one of the most impactful daily habits for older adults. Whether your loved one lives independently or is exploring senior care options, hydration should always be a priority.

At CarePatrol of The Lehigh Valley & Upper Bucks, we help families make informed, compassionate choices about senior living. That means finding communities that don't just meet basic needs, but also promote overall health and wellness—one glass of water at a time.

Hello from Flamingo News: Sandals and Still Waters

by Judi Painter, Certified Flamingo Geek (CFG)

I hope and pray everyone is embracing life mindfully and deciding whether or not to take your socks off!

This brings me to the topic for today's article.

Sandals and Still Waters

People at our age who slide our feet into sandals or flip flops often have aching feet. I remember when I was young, when I could walk in flip-flops for miles and it never bothered me.

Fifteen years ago, I walked through Rome, Italy, in barefoot



shoes and was fine. Now, I can barely walk to my mailbox in them! I will share something personal: I am tall, and have big feet and goofy-looking toes—not the cute little feet as advertised. If I wear nail polish and then remove it, my toes turn yellowish. So, I do not enjoy putting on thick orthopedic sandals and showing my feet—never did! And I walk better in

my Naot women's sneakers. So, for me, it is a balancing act. I ask the question: "Why do we walk through life aware of how our toes look and how our feet feel?" Below is some advice from our pink feathered friends.

Flamingo wisdom vs. sandal concerns

I believe a female flamingo would say that humans in sandals often paint their toenails to feel pretty, and that we worry too much about appearance. They might say human feet are always carrying us from place to place in a rush, but we should try walking in the mud where it is cool and comfortable; feel our feet and wiggle our toes!

Flamingos dip their feet in the shallow mud to stay rooted and balanced. They trust the waters and wait patiently. Flamingos are graceful when they stand still and are fully present in the moment, watching the shore waters. Something to think about.

Do men care about their feet?

As I was writing this, I thought about men's feet. I generally don't go checking out men's feet when they are in sandals. My husband, age 69, looked at me like I had three heads when I asked him what he thought about his feet. I asked if he had an opinion



about how his feet appeared. He smiled, shook his head as he walked away, and mumbled, "They are clipped and clean!"

Closing thoughts

Next time you slide into your sandals, bless your feet—not because they are perfect, but because they carry your spirit. And maybe—just maybe—plant one foot like a flamingo in the mud. Breathe. And remember: Stillness is sacred, too.

The Flamingo News update

Next time, I will share with you how to become a Certified Flamingo Geek.



Enriching *Any* Life Through Music and Art

Music Therapy and Art Therapy Reach In To Help Patients Reach Out by Alan Allegra

I thought Kathy would fall off her chair! More on that in a moment.

In this world of electronic playlists, mixes, and “Hey Siri, play ‘In-A-Gadda-Da-Vida’ for me,” it’s not surprising that everyone’s life has a soundtrack. When we hear certain songs or other musical selections, our brain performs amazing gymnastics to call up feelings and memories of significant related events and milestones in our life. Musical memories are stored in parts of the brain that affect emotions and fundamental processes, actually becoming a part of who we are. Marketers seize on this phenomenon, which is why a person with dementia may recall jingles from 50 years ago but not know his daughter’s name.

Allentown and Lehigh Valley memory care experts understand this resonance. **Therapeutic Arts Group** in Whitehall is one such organization collaborating with other therapy professionals “to use music and art within a therapeutic relationship to help our clients attain goals, cope with hardship, overcome physical and mental challenges, and improve their quality of life.”

I had the pleasure of meeting with Kathy Purcell, MT-BC, Director of Therapeutic Arts Group in Whitehall. Kathy displayed

such enthusiasm when talking about the labor of love she and her therapists perform, I quipped



that she was going to fall off her chair. After hearing about TAG’s success stories (and getting to bang on some instruments), I almost joined her.

Researchers have found that music, although by no means a cure for dementia, can still offer the patient a “cognitive boost.” While listening to music for an extended period, new connections can be formed among different regions of the brain, allowing for increased information transfer. Interestingly, different music has different effects on the brain. Therapists understand this and tailor their choices to the needs of each individual.

Kathy shared two success stories that are indicative of 35 years of working with clients. *Names have been changed for privacy.* Although this article emphasizes dementia, TAG serves clients with dozens of diagnoses.

Fred and Wilma’s Long Journey

Fred came to TAG because his wife, Wilma, suffered from dementia. They lived an hour away, but Wilma loved to take her weekly drive and have lunch (and ice cream!) on the way home from her independent music therapy session. It helped organize their week for a year and a half, after which Wilma moved into a memory care community. TAG had a therapist near there who could continue to benefit Wilma by sharing songs and other familiar music therapy activities with her.

When Wilma passed away six months later, Fred sent TAG a heartfelt letter of appreciation. TAG had helped him stay connected to his wife and overcome his discomfort with other activities, like dancing at home with his wife.

A New Twist on a Drinking Song

Lisa was not drinking water, which concerned her family. She was hospitalized several times and needed help. Interviews revealed that Lisa loved music and singing. Perfect!

Appropriate songs were chosen and played by the therapist, with one condition: Lisa had to “glug” some water before hearing the

Music continued on next page

Music continued from previous page

songs. The therapist would demonstrate with a loud “Glug!” and gulp before or during the song, encouraging Lisa to glug along. The songs were put on a CD so her caregivers at home could play along. They could pause the CD and tell Lisa to glug before starting the music.

A similar, but equally tailored, technique taught Lisa to use a toothbrush. She helped write a “toothbrush song,” and enjoyed brushing the therapist’s teeth as well. As a result, successes like these also benefit the client’s health.

Previously, Lisa was very belligerent—yelling, biting, resisting. No one wanted to work with her at first, but now, with Lisa’s new song, there is fun, laughter, and better health when brushing with Lisa!



What Makes Therapeutic Arts Special?

A Therapeutic Arts Group therapist is not a “human jukebox.” They don’t just sit a person in a room and put on “whatever” music, leaving them alone. Theirs is an intensely personal, tailored effort to benefit the client. TAG works within people’s entire lifespan, connecting

with schools, daycare, rehab, physicians, other therapists—whatever prompts the need.

Music therapy and art therapy can sometime help the immobile to dance; the silent to sing; the verbal to write songs; and the nonverbal to express themselves with colors, objects, and artwork.

Henry Wadsworth Longfellow said, “Music is the universal language of mankind.” In the inner world of the dementia sufferer who is losing control of his or her speech, music can indeed bond and enliven people of all types, if only for a moment.

Contact Therapeutic Arts Group at
610-740-9890,
info@therapeuticartsgroup.com,
or therapeuticartsgroup.com.

Some Note-able Music Jokes

Why was music coming from the printer?

The printer was jamming.

How can you tell if a singer is at your door?

They can’t find the key and don’t know when to come in.

What’s the difference between a fish and a banjo?

You can tuna fish.

How do you get the drummer off your front porch?

Pay him for the pizza.

What’s the difference between a jazz musician and a large pizza?

A large pizza can feed a family of four.

Did you hear about the bass player who locked his keys in the car?

It took him 45 minutes to get the drummer out.

Fourth of July 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 Great American Word Search puzzle!

Solution on page 50

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

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

My Summer at the Jersey Shore—1960s Style

by Elissa Clausnitzer

Wow! What fun we had in those years. “Where the Boys Are” was where the girls were.

I drove a 1964 Pontiac LeMans, a black convertible with a white top. I was a spoiled young lady. The top was down when driving to my folks’ house in Brick Township on the Barnegat Bay. All my girlfriends came and spent weekends with my family and me.

My brother Ron had a 22-foot boat, and I loved to water ski. My brother Joe drove the boat in circles, trying to make me fall down. I actually could slalom ski with one ski.

My friends and I would go out at 9:00 at night, cruising to car hops with the convertible top down. What a feeling, with the breeze blowing in our hair! We really had our share of fun. Good clean fun with fellas we just met and picked up. We could ride along the oceanside, talk, and stop to buy a soda.

Our destination was from the Surf Club to Hoffman House in Point Pleasant, and to Murphy’s Bar in Ortley Beach. We were of drinking age at the time. We made friends and danced all night ‘til we were exhausted. One night, my friend Gerry and I went to Murphy’s and couldn’t sit because the place was packed. The fella next to Gerry said, “There are four

seats available. Would you like to sit with us?” She said “Yes,” and I looked across the table to see a handsome young man opposite me. He introduced himself and told me his name was Ray. I was a happy camper because I thought he was cute and very pleasant to talk to.

When the bar closed, they asked if we would like to meet at the Holly Diner (which no longer exists).

That evening was the time I met my husband of 55 years. We were complete opposites, for which I thank God. Three children and six grandchildren later, I can reflect on the good times, rough times, and the blessings of a happy marriage. Times were a lot different then, but how blessed I was to meet some really nice people and enjoy a wonderful summer vacation—dancing, drinking, going to the beach, the boardwalk—truly having fun.

Thank God for protecting us, and that we all met our husbands at the shore. We all stayed married, too.

How about that!



Panoramic view of Long Beach Pier, circa 1924

Do You Remember the 60s?

For our older readers, we don't mean your age—we mean that wild era of Barbie and Ken, Sonny and Cher, Simon and Garfunkel, Rowan and Martin, peace and love, and Dick and Pat. Here are some ticklers that may make you say, "Oh yeah, I forgot about that!"

SHINDIG



Shindig! ('64-'66) was a musical variety show featuring the biggest acts in rock-n-roll. Host: Jimmy O'Neill. The name probably came from what happened when the dancers accidentally kicked each other. *Not!*

Lunch with Soupy Sales began a series of shows starring Soupy Sales, a master of slapstick and improvisation. Remember White Fang, Black Tooth, Pookie, Hippy, and Frank Sinatra getting a pie in the face?



"Bubblegum music" ('67-'72), once called "disposable pop music," featured catchy but usually sickeningly-sweet tunes and lyrics. The 1910 Fruitgum Company (right), The Archies, Ohio Express, and Tommy Roe might still be in that collection you no longer listen to.



Clint Eastwood, in *A Fistful of Dollars*, launched the era of the spaghetti Western. Italian director Sergio Leone influenced a swarm of low-budget, low-profit, high-action European westerns. After nearly a decade, the spaghetti western genre went stale like week-old garlic bread sticks.

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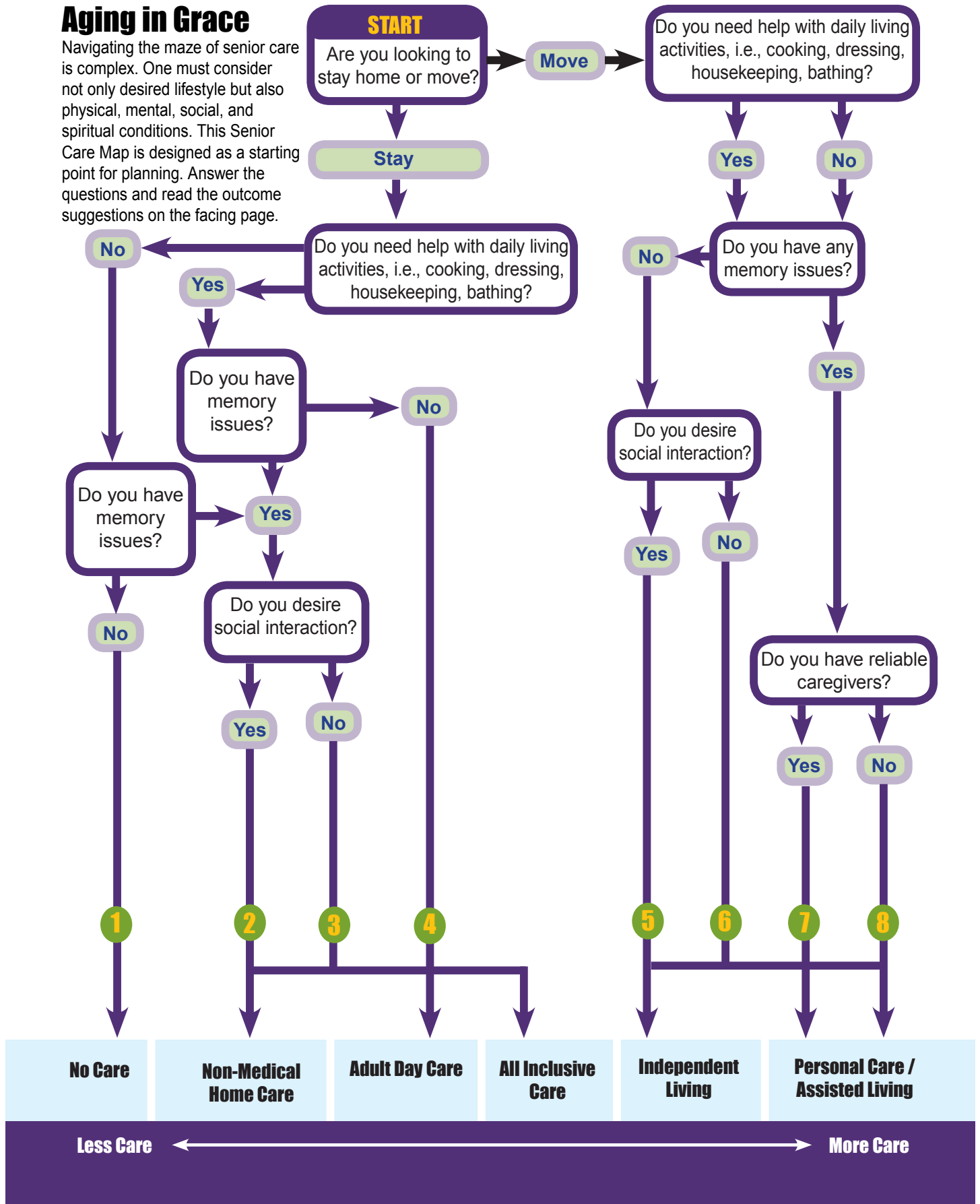
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Aging in Grace

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
Non-Medical Home Care Medical Home Care	29–31 32	A wide variety of state licensed caregiving services to help seniors remain safely at home. Includes companionship, home helper and personal care services.
Adult Day Care Centers	28	Programs that provide supervision, care and professional services to older adults in a community-based setting.
Senior Housing	42	Housing exclusively or ideally for seniors who can live independently or with some self-directed care. Often, no services are offered by the facility.
Personal Care Homes / Assisted Living	37–41	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.
Stand-Alone Memory Care	43	A building exclusively dedicated to caring for residents with Alzheimer's and other forms of dementia.

Adult day care 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 care 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
	Devi Adult Day Services 2045 Westgate Drive, Suite 100, Bethlehem, PA 18017 deviadultday.com 610-419-3665													
	•	•	•	•	•	•	•	•	•	•	•	•	•	6:30-6:00 M-F
	SarahCare of the Lehigh Valley 7010 Snowdrift Road, Suite 100, Allentown, PA 18106 sarahcarelv.com 267-644-5635													
	•	•	•	•	•	•		•		•	•	•		8:00-5:00 M-F 24/7 on-call service
	SeniorLIFE Senior LIFE is an all-inclusive care program, see p. 29 3365 High Point Blvd., Bethlehem, PA 18017													
	•	•		•		•	•	•		•	•			7:30-5:00 M-F
	YWCA Bethlehem Adult Day Center 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
	Always Best Care of Greater Bethlehem 306 S. New Street Suite 110 Bethlehem, PA 18015	•	•	•	•	•	•	•	•	•	•
		484-896-8867 ABC-Bethlehem.com									
	Amada Senior Care 1605 N. Cedar Crest Blvd., Suite 508 Allentown, PA 18104	•	•	•	•		•	•	•	•	•
		484-268-1778 AmadaLehighValley.com									
	BrightStar Care of Stroudsburg & Allentown 1401 N. Cedar Crest Blvd Suite 104 Allentown, PA 18104	•	•	•	•		•	•	•	•	
		570-223-2248 brightstarcare.com/stroudsburg-allentown									
	The Caring Connection 3550 Freemansburg Avenue Bethlehem, PA 18020	•	•	•			•	•	•	•	•
		610-882-9131 Caringconnectionhomecare.com									

Non-Medical Home Care

Aging in Place

		Companion Care	Personal Care	Transportation/Shopping	Live-in	Medicaid / Waiver	VA Contract/Provider	Overnight w/ sleep	Dementia Care	Hoyer / Mechanical lift	Minimum Shift
	Non-Medical Home Care										
	Cornerstone Caregiving 5930 Hamilton Boulevard #6 Allentown, PA 18106	•	•	•			•	•	•	•	
		484-929-2988 cornerstonecaregiving.com/locations/allentown-pa									
	Family Caregivers Network, Inc. 901 Main Street, First Floor Pennsburg, PA 18073	•	•	•	•	•	•	•	•	•	
		215-541-9030 family-caregivers.com									
	Home Instead Senior Care of Lehigh County 2747 MacArthur Road Whitehall, PA 18052	•	•	•			•	•	•	•	•
		484-610-0364 homeinstead.com/location/217									
	Maximum Care, Inc. 217 South 1 st Avenue Whitehall, PA 18052	•	•	•	•	•	•	•	•	•	•
		610-264-2353 maximumcareinc.com									
	Millbrook HomeCare 1422 Main Street Hellertown, PA 18055	•	•	•	•		•	•	•		
		610-838-1700 MillbrookHomeCare.com									
	Right At Home 101 S 3rd St, Suite 201 Easton, PA 18042	•	•	•	•	•	•	•	•	•	•
		610-253-9605 RightAtHome.net/lehigh-valley									
	Right At Home Lehigh County & East Berks County 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>Senior Helpers Senior Care, Only Better.</p>	Senior Helpers 2814 Walbert Avenue Allentown, PA 18104	•	•	•	•		•	•	•	•	•
		484-613-1800 seniorhelpers.com/pa/lehigh-valley									
 <p>Senior SOLUTIONS Home Care Services</p>	Senior Solutions Home Care 175 W. North Street Nazareth, PA 18064	•	•	•			•	•	•	•	•
		610-258-0700 Senior-Solutions.com									
 <p><i>America's Choice in Homecare.</i> Visiting Angels LIVING ASSISTANCE SERVICES</p>	Visiting Angels of Bethlehem 35 E. Elizabeth Avenue Suite 101, Bethlehem, PA 18018	•	•	•	•	•	•	•	•	•	•
		610-253-6353 visitingangels.com/beth									
 <p><i>America's Choice in Homecare.</i> Visiting Angels LIVING ASSISTANCE SERVICES</p>	Visiting Angels of East Stroudsburg <i>Serving all of Monroe County</i> 709 Seven Bridge Road Suite 101, East Stroudsburg, PA 18301	•	•	•	•	•	•	•	•	•	•
		570-994-1214 visitingangels.com/monroepa									
 <p><i>America's Choice in Homecare.</i> Visiting Angels LIVING ASSISTANCE SERVICES</p>	Visiting Angels of Lehigh Valley 4801 Saucon Creek Road Suite 150, Center Valley, PA 18034	•	•	•			•		•	•	•
		610-628-2655 VisitingAngels.com/Allentown									

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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
	BrightStar Care of Stroudsburg & Allentown 570-223-2248 brightstarcare.com/stroudsburg-allentown 1401 N. Cedar Crest Blvd Suite 104 Allentown, PA 18104	•	•	•	•	•		•		•	•		•	•	•	•	•
	Lehigh Valley Health Network Home Care 610-402-7800 lvhn.org 2024 Lehigh Street, Ste. 100 Allentown, PA 18103			•	•	•	•		•	•	•	•	•	•	•	•	•
	Lehigh Valley Therapy 610-440-2270 lv-therapy.com 1416 Main Street Northampton, PA 18067	•	•	•	•	•	•	•		•	•	•		•	•	•	•
	St Luke's Home Health and Hospice 484-526-1100 sluhn.org 240 Union Station Plaza Bethlehem, PA 18015			•	•	•	•	•	•	•	•	•	•	•	•	•	•
	Valley Med Home Health Care 484-656-7176 valleymedhhc.com 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

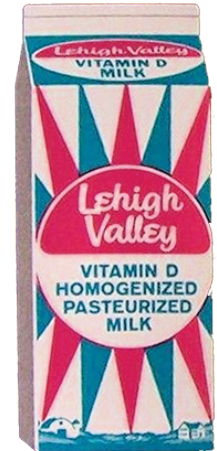
Rooney Senior Center
4 East Fourth Street
Bethlehem 18015
610-865-2092

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.
610-588-1224

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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.



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and Social Work
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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



The Caring Connection
3550 Freemansburg Ave.
Bethlehem, PA 18020
610-882-9131
caringconnectionhomecare.com



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

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

**LVHN, Fleming Memory
Center 17th & 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.



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Quakertown, PA 18951
215-536-7606
ashbylaw.net



**Vasiliadis Pappas
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Estate Planning



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ashbylaw.net

Information & Resources



**Lehigh Valley Aging in Place
Coalition**
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LVAginginPlace.org
Lifestyles over 50
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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

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Bethlehem, PA 18015
484-526-1100 slhn.org

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caringtransitionsoflehigh-valley.com

Realtors

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



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REALTY

Eileen Dunn, SRES Better Homes and Gardens Real Estate Cassidon Realty
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(cell) 610-657-4423
(office) 610-882-3135
Eileen_Dunn@yahoo.com
eileendunnrealtor.com



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 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



CarePatrol Lehigh Valley
P. O. Box 397
Center Valley, PA 18034
Office: 610-509-0445
Direct: 610-509-7050
lehighvalley.carepatrol.com



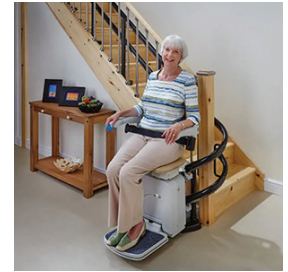
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PowerStairLifts.com



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
luthercrestseneiorliving.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 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
Alexandria Manor <small>Senior Living Centers</small>	Alexandria Manor 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>	Alexandria Manor 7 New Street Nazareth 18014 610-759-4060 alexandriamanor.com	93	•	•	•	•		•	•						•		•
 <i>Senior Living Centers</i>	Alexandria Manor 313 S. Walnut Street Bath 18014 610-837-3500 alexandriamanor.com	78	•	•	•	•		•	•								•
 PROMEDICA MEMORY CARE	Arden Courts of Allentown 5151 Hamilton Boulevard Allentown 18106 610-366-9010 arden-courts.com	50	•	•	•	•		•	•						•		•
 PROMEDICA MEMORY CARE	Arden Courts of Old Orchard 4098 Freemansburg Ave Easton, PA 18045 484-373-5170 arden-courts.com	56		•	•	•		•	•						•		•
 <i>Personal Care and Memory Care</i>	The Birches of Lehigh Valley 5030 Freemansburg Ave. Easton 18045 thebirchesoflehighvalley.com	93	•	•	•	•	•	•	•	•				•	•	•	•
 CULTIVATED BY PHOEBE	Chestnut Ridge at Rodale 400 S 10th Street Emmaus, PA 18049 610-632-8408 chestnutridge.org	120	•	•		•	•	•	•	•	•						

Housing Options

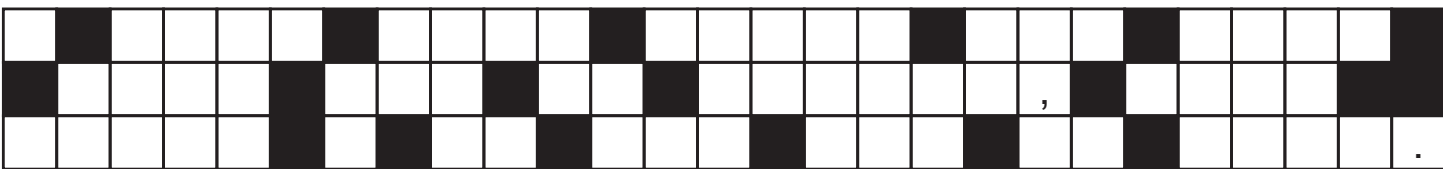
Personal Care Homes

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
	DevonHouse Senior Living Allentown 1930 Bevon Drive Allentown, PA 18103 610-967-1100 devonhouseseniorliving.com	100	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
	Genesis Lehigh Commons 1680 Spring Creek Road Macungie, PA 18062 610-530-8089 genesishcc.com/lehigh-commons	70		•	•	•	•	•	•	•				•	•	•	•
	Heather Glen Senior Living 415 Blue Barn Road Allentown, PA 18104 610-841-4478 hgseiorliving.com	120		•	•	•	•	•	•					•	•	•	•
	Legend of Allentown 6043 Lower Macungie Rd Macungie, PA 18062 610-426-0223 legendseniorliving.com	100	•	•	•	•	•	•	•	•	•			•	•		•
	EverTrue Luther Crest 800 Hausman Road Allentown, PA 18104 610-398-8011 EverTrueLutherCrest.org	71	•	•	•		•	•	•	•		•	•	•	•	•	
	EverTrue Lutheran Home at Topton 1 South Home Avenue Topton, PA 19562 610-682-1400 EverTrueLutheranHomeTopton.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.



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

Sudoku Solutions

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

<https://sudoku-puzzles.net/sudoku-easy/910/>

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









<https://sudoku-puzzles.net/sudoku-medium/746/>

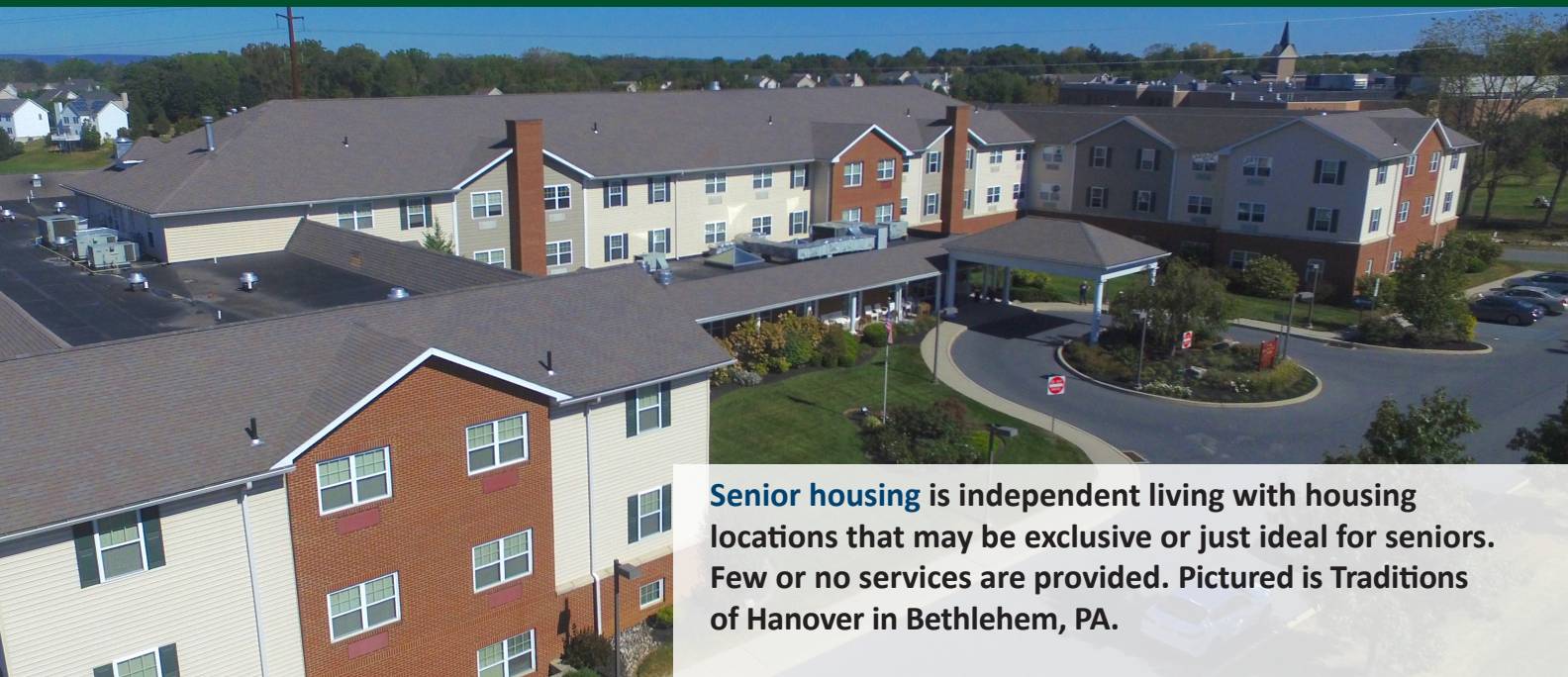
8	4	9	5	1	3	2	6	7
3	5	2	7	4	6	1	8	9
1	7	6	2	8	9	4	3	5
4	8	1	6	5	2	7	9	3
5	9	3	1	7	4	6	2	8
2	6	7	3	9	8	5	1	4
6	2	4	9	3	7	8	5	1
9	1	8	4	6	5	3	7	2
7	3	5	8	2	1	9	4	6

<https://sudoku-puzzles.net/sudoku-easy/796/>

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
	Maple Shade Meadows 50 East Locust Street Nesquehoning 18240 570-669-5500 mapleshademeadows.com	104	•	•	•	•		•	•					•	•	•	•
	Miller Personal Care at 19th and Chew 1925 W Turner St. Allentown, PA 18104 610-794-5032	60	•	•		•	•	•	•		•				•		•
	Moravian Hall Square 175 W. North Street Nazareth, PA 18064 610-746-1000 moravian.com	86	•	•	•	•	•	•	•	•	•			•	•	•	•
	Moravian Village 526 Wood Street Bethlehem, PA 18018 610-625-4885	250	•	•		•	•	•	•	•				•	•		•
	The Palmerton 71 Princeton Avenue Palmerton 18071 610-824-7406 inspirtseniorliving.com/	71	•	•	•	•	•	•	•	•				•	•	•	•
	Sacred Heart Senior Living 602 East 21st Street Northampton 18067 610-262-4300 sacredheartseniorliving.com	155	•	•	•	•	•	•	•					•	•	•	•
	Traditions of Hanover 5300 Northgate Drive Bethlehem 18017 610-674-0573 traditionsofhanover.com	130		•			•	•	•	•				•			
	The Vero at Bethlehem 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
Abington Manor Memory Care Village 	5 Cedar Park Boulevard Easton 18042 610-438-9400 abingtonmanor.com	50	•	•	•		•						•
Arden Courts of Allentown 	5151 Hamilton Boulevard Allentown 18106 610-366-9010 arden-courts.com	56	•	•	•							•	•
Arden Courts of Old Orchard 	4098 Freemansburg Avenue Easton 18045 484-373-5170 arden-courts.com	64		•	•							•	•
South Mountain Memory Care 	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
	Cedarbrook Nursing Home, Allentown 350 South Cedarbrook Rd Allentown, PA 18104 610-395-3727 LehighCounty.org	473	•	•	•	•	•	•			•	•
	Cedarbrook Nursing Home Fountain Hill 724 Delaware Avenue Bethlehem, PA 18015 610-691-6700 LehighCounty.org	197	•	•	•	•	•	•			•	•
	Complete Care at Lehigh 1718 Spring Creek Road Macungie, PA 18062 610-366-0500 cclehigh.com	128	•	•	•	•	•	•			•	•
	Easton Nursing Center 498 Washington St. Easton, PA 18042 610-258-2985 gardenseaston.com	181	•	•	•	•	•	•	•	•	•	•
	Fellowship Community 3000 Fellowship Drive Whitehall, PA 18052 610-769-8111 FellowshipCommunity.com	121	•	•	•	•	•	•	•	•	•	•
	Good Shepherd Rehabilitation Network - Raker Center 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
 Gracedale Nursing Home	Gracedale-Northampton County Nursing Home 2 Gracedale Avenue Nazareth, PA 18064 610-746-1900 Gracedale.org	688	•	•	•	•	•	•			•	•
	Holy Family Manor 1200 Spring Street Bethlehem, PA 18018 610-865-5595 holyfamilysl.org	208	•	•	•	•	•			•	•	•
	Kirkland Village 1 Kirkland Village Circle Bethlehem, PA 18017 610-691-4500 kirklandvillage.org	60	•	•	•		•	•	•	•	•	•
	Lehigh Center 1718 Spring Creek Road Macungie, PA 18062 610-366-0500 genesishcc.com	128	•	•	•	•	•	•			•	•
	EverTrue Luther Crest 800 Hausman Road Allentown, PA 18104 610-398-8011 EverTrueLutherCrest.org	60	•	•	•	•	•	•	•	•	•	•
	EverTrue Lutheran Home at Tipton 1 South Home Avenue Tipton, PA 19562 610-682-1400 EverTrueLutheranHomeTipton.org	194	•	•	•	•	•	•	•	•	•	•
	Moravian Hall Square 175 W. North Street Nazareth, PA 18064 610-746-1000	61	•	•	•	•	•	•		•	•	•

Skilled Nursing Facilities & Rehabilitation

Housing Options

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



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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
Rodney S. Koch,
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
Benefitscheckup.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
Blvd., 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

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

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

Fourth of July Word Finder solution

from page 22

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

Summer Crossword Puzzle solution

from page 5

[illegible]

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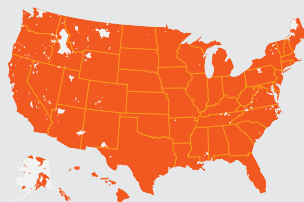
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