

Lehigh Valley LIFESTYLES™

2024 Holiday – Complimentary O V E R 5 0



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Featuring healthful articles,
holiday humor, puzzles, and a
senior resource directory



Age in Place



Experts



Housing Options



Resources

LIFESTYLES™

O V E R 5 0

published by **THRIVE Media**

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Lifestylesover50.com

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

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| 3 | 4 | 5 | | | | | | 8 |
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<https://sudoku-puzzles.net/sudoku-medium/>

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Navigating This Directory

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

All sections are color coded for easier use!



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

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“Autumn leaves don’t fall, they fly. They take their time and wander on this their only chance to soar.”—Delia Owens, *Where the Crawdads Sing*

Come on, admit it—Your favorite part of the school day was recess, where you could run free, stretch your cramped sitting-all-day legs, and blow off steam! Your grandkids probably feel the same, but they can build up more steam pretty quickly. So, why not take them to a place where you and they can let loose!



HangDog Outdoor Adventure offers a one-of-a-kind outdoor climbing and zipline experience. HangDog boasts the LARGEST high ropes adventure course on the East Coast; this four-story adventure

Things To Do With Grandkids

It’s fall, and the kids are back in school. But that doesn’t leave you off the hook for spending time with them! Of course, you still want to spend time with them, so we have some suggestions for fun activities—LIKE RAKING LEAVES AND SHOVELING SNOW! But seriously, folks, although those efforts can be helpful, there are other things to do. And eat. And learn. And foster memories. Contact the venues for up-to-date information, ages, hours, cost, etc.

ropes course means a good time for beginners and seasoned climbers alike of any age. There is a Kid’s Course for ages 5–7, and food and drinks and adventures for all ages! 410 Cedarville Rd., Easton 18042 | 484-255-0070 | hangdoglv.com

For the little ones who are not yet in school, visit Coopersburg’s “little play space with a big community,” MOVE’nPLAY, for kids ages 1–5. 551 E. Station Ave., Coopersburg 18036 | 267-730-6190 | movenplaylv.com.

See if you can say, “Nurture Nature Center” three times fast, then take the kids this captivating “Science on a Sphere” exhibit to learn about weather patterns, social trends, and other global issues. Real-time, satellite, and computer-modeled data come alive on a 6-foot globe with over 250 view of earth and space. Most Nurture Nature Center programs are free or by suggested donation. 518 Northampton St., Easton 18042 | 610-253-4432 | nurturenaturecenter.org.

There is nothing grim about Grim’s Fall Festival & Corn Maze. This popular event runs from September 7 through November 3. The entire Grim’s experience includes hay rides, corn maze, goat snuggling, play corral, apple, veggie, flower, and

tatie picking, apple cannon, paintball, and the joy of spending time on a farm in the fall! Prices, times, and packages vary, so give ‘em a call or go online for reservations. 9875 Schantz Rd., Breinigsville 18031 | 610-395-5655 | grims@grimsorchard.com | grimsorchard.com.



Maybe it’s not time for the birds ‘n’ the bees yet, but you could take the kids to the Li’l-Le-Hi Trout Nursery to teach them about the fishes. Located at 2901 Fish Hatchery Rd., Allentown 18103, the nursery features park signage to guide you on a tour of the grounds. The nursery is open to all, 7 days a week, 7:00 a.m.–dusk | 610-437-7656.

You think *your* electric bill is high? Visit the Lehigh Valley Zoo Winter Light Spectacular in November! Over 1.2 million lights illuminate holiday displays, fire pits, live performances, seasonal yummys, and the ol’ man himself. Visit lvzoo.org/wls for details!

Christmas According to Milton Berle

- I can't get a Christmas gift my wife likes. Last year, I gave her a hundred-dollar gift certificate. She exchanged it.
- Our tree was so puny we used orthopedic bulbs.
- Our local department store had two Santas — one for regular kids, and one for kids who wanted ten toys or less.
- I made a terrible mistake last Christmas. My wife made me swear I wouldn't give her a fancy gift — and I didn't!
- I had a great Christmas — I received a lot of gifts I can't wait to exchange.
- My son has a big Christmas problem: What do you buy for a father who has everything and you're using it?
- My wife and I were shopping for the whole family. In the music department, my wife said, "Let's get your nephew a set of drums. That's what your brother did to us last year!"
- There are a lot of things money can't buy. Not one of them is on my son's list.
- They've got plastic Christmas trees now. They're hard to tell from the real aluminum ones.
- I gave my wife a gift certificate for Christmas. She ran out to exchange it for a bigger size.
- My wife can't figure out what to buy me. What do you get for a man who's had everything up to here?
- I just bought a great gift for my boss: a leaky ant farm.
- I bought my son a bat for Christmas. On New Years Eve it flew away.
- I was in a department store and I saw a weird-looking gadget. I asked the young saleslady what it was. She answered, "It doesn't do anything. It's just a Christmas gift!"
- Santa is having a tough time this year. Last year, he deducted eight billion dollars for gifts, and the IRS wants an itemized list!
- I bought my mother-in-law a beautiful chair for Christmas. But she won't let me plug it in.



Obscure and Amusing Holidays

Perhaps you don't celebrate the "traditional" western holidays, e.g., Christmas, Easter, Thanksgiving, Groundhog Day, and the rest. Here is a short list of some obscure holidays you can add to your calendar if you're feeling left out or hungry for another reason to stock up on Amazon gift cards. These are from the Internet, so *they must be real!*

January 25 Clashing Clothes Day (Every day for me)

February 24 World Sword Swallowers Day (Go ahead, tell me you actually know one!)

March 15 Everything You Think Is Wrong Day (Perfect for an election year)

April 4 National Tell a Lie Day (See March 15)

May 14 National Dance Like a Chicken Day (for the Pennsylvania Dutch among us)

June 1 National Say Something Nice Day (even to someone dancing like a chicken)

July 1 International Chicken Wing Day (see May 14, with caution)

August 18 Bad Poetry Day (Sounds good, like a holiday should)

September 1 Chicken Boy's Day (What's with chickens?)

October 27 Cranky Co-Workers Day (Finally, one I can own!)

November 3 Cliché Day (It is what it is)

December 12 National 12-hour Fresh Breath Day (That might eliminate Cranky Co-Worker Day)

Revolutionary Procedure Treats Irregular Heart Rhythms

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

RThe mere thought of overseeing more than 20 kindergartners would make most people's heart beat faster. But atrial fibrillation (AFib)—irregular and extremely fast heartbeats—was the cause of Bangor School District teacher Rae Temples' racing heart.

"I always equated the feeling of AFib to someone running a marathon in my chest," Temples said. "As you're trying to teach, your heart is racing. Then it suddenly drops, and you have no energy. You feel terrible."

Due to pulsed field ablation (PFA), a revolutionary new method to treat AFib, Temples looks forward to the new year, knowing the discomfort of a racing heart will no longer burden her. Electrophysiologist Steven Stevens, MD, performed the PFA procedure at St. Luke's University Hospital-Bethlehem.

"I've been an electrophysiologist attending for 10 years now, and I've seen the field evolve so fast," said Dr. Stevens. "It seems like what we were doing before was crawling, but now we're running. I'm so excited for the next 10 years because it will keep advancing. It's getting safer and better for patients, and that makes my career a lot more gratifying."

Dr. Stevens, St. Luke's electrophysiologists Hardik Mangrolia, MD, Sudip 2, MD, Kevin Mills, MD, and Darren Traub, DO, perform the procedures. Electrophysiologists are



St. Luke's University Health Network was the first in the region to perform a pulsed field ablation (PSA) procedure using the Farapulse PFA system to treat atrial fibrillation (AFib). Electrophysiologists Hardik Mangrolia, MD, (left) and Steven Stevens, MD, (right) hold the banner.

cardiologists who have completed additional education—a fellowship—in the heart's electrical system. They specialize in diagnosing and treating the heart's rhythm.

The goal of the PFA procedure is to isolate the areas of the heart's left atrium responsible for atrial fibrillation, which causes irregular heartbeats. During the procedure, the patient is completely asleep and breathing on a venti-

lator. The physician makes an incision in the groin, enters the heart through the femoral vein, and sends high-voltage pulses to the left atrium to create scarring.

"The scar region prevents erratic signals from reaching the left atrium and starting atrial fibrillation," Dr. Mangrolia said. "It's called pulmonary vein isolation. We want to isolate these veins in the left atrium electrically."

"Think of the heart cells like a house," he said. "We're blasting it with high voltage and destroying the inner electrical circuitry without damaging too much of the heart cells' internal structure."

After the procedure, the patient remains on bed rest for two to four hours and either stays overnight or goes home the same day. Unlike traditional ablation procedures, there is little charring, and because the procedure affects a broad region in a short amount of time, the procedure time is shorter. Compared with other ablation

Heart continued on next page

Heart continued from previous page

procedures, patients feel better soon, with the AFib going away. They also have fewer complications.

Traditional ablation procedures scar the region by either burning or freezing the area of the heart that caused the erratic rhythm. About 1% of these traditional procedures are associated with complications. Patients typically feel worse for two to three days after the procedure before they feel better.

“PFA targets the problem without the risk of injuring anything else, so I’m sending patients home the same day,” Dr. Stevens said. “It takes away the onus of scary complications. Since this came out in May, I’ve yet to see a complication. You do the (PFA) ablation and they go home happy. It’s made my job less stressful. I’ve never seen anything quite like this that has changed my career so quickly.”

Before her PFA treatment, Temples had a cryoablation. She experienced pain around her heart, and the arrhythmia, while better, continued. When Dr. Stevens suggested the new procedure, she was reluctant.

“I wanted to be like a kindergartner and dig my heels in and say I don’t want to do that,” she said. Dr. Stevens persuaded her, and she is glad he did. The procedure was so successful that she no longer needs medications to treat AFib.

“I knew I couldn’t live with that feeling for the rest of my life. I can’t even tell you the last time I felt AFib. I feel like I’m normal again.”

More About Atrial Fibrillation (AFib)

AFib is the most common type of heart rhythm disorder among older adults.

“It rises pretty dramatically after age 60 or 65,” said electrophysiologist Steven Stevens, MD. “AFib is not [life-threatening], but if it is not recognized and treated appropriately, it can cause weakening of the heart and put patients at increased risk for stroke,” Dr. Traub said. “Treatment options, includ-

ing drugs and technology, have improved dramatically and the vast majority of patients with atrial fibrillation can have their rhythm disturbance well-controlled and maintain a great quality of life.”

Dr. Mangrolia said most patients will experience symptoms. “They feel very lethargic. They are fatigued and sometimes get dizzy or have shortness of breath. They have lightheadedness and have heart palpitations, a fast heartbeat, or signs of heart failure such as swelling in their legs or difficulty sleeping on their backs.” But sometimes they have

no symptoms.

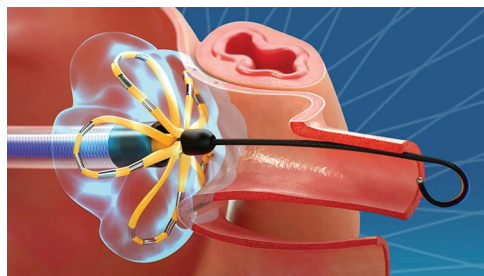
AFib can be identified in many ways. The patient’s primary care physician might detect the fast rhythm when listening to the patient’s heart, or an EKG or evaluation by a cardiologist picks it up. Smartwatches like the Apple Watch, which monitors heart-

beats, can even detect AFib. People who don’t feel irregularity in their heartbeat may not know they have it until they show up in the hospital with heart failure or a stroke.

Besides age, alcohol use, obesity, and sleep apnea—which go hand-in-hand—can increase your risk of developing AFib, Dr. Stevens said. An important message for people with AFib is that lifestyle changes can improve your condition and reduce your risk.

“I encourage patients to exercise more and lose weight,” Dr. Stevens said. “People can quit drinking, and their AFib can nearly or completely go away. It can be profound,” he said. “Drinking as little as a drink a day or seven drinks a week doubles your risk of AFib.”

In summary, atrial fibrillation is a very common heart rhythm disturbance. If you are told that you have atrial fibrillation, remember there are many ways to successfully treat AFib and help you live an active and healthy life, Dr. Traub said.



LAMP's Veterans History Project

by Zandy Dudiak, Communications Manager, Library of Accessible Media for Pennsylvanians

Over the last century, the two libraries that form the Library of Accessible Media for Pennsylvanians (LAMP) have prioritized veterans who access our specialized services for residents with print disabilities.

Today, through the Library of Congress' Veterans History Project, LAMP continues that focus by offering those who served in the U.S. Armed Forces a chance to speak to future generations about their wartime and peacetime experiences, overseas and at home.

LAMP's history is rooted in honoring veterans. When Congress created what is now the National Library Service for the Blind and Print Disabled (NLS) in 1931, it was largely out of concern for the veterans blinded by gas attacks, bullet or shrapnel wounds, or trauma in World War I.

Carnegie Library of Pittsburgh (CLP) and Free Library of Philadelphia (FLP), both of which had been providing services to blind readers since the early 20th century, were included in the original network of 19 libraries for the blind headed by the Library of Congress. The two libraries began circulating "talking book" phonograph records in 1934 and eventually the record players as well.

Many things have changed over the years as the free service expanded to blind children, people with visual impairments or physical disabilities that make it difficult to hold a book or turn the pages, and eventually

to persons with reading disabilities, such as dyslexia. Technology shifted the equipment from record players to cassette players, then to today's digital audiobook player, braille eReader, and BARD (NLS' Braille and Audio Reading Download).

In 2020, to better reflect the broad patron base of approximately 15,000 persons served across the state, FLP's and CLP's libraries for



Veterans History Project Recording Session

the "blind and physically handicapped" rebranded under one umbrella: MyLAMP.org.

Beyond the braille, large print, audio, downloadable books and magazines, and other services available to patrons, LAMP also offers veterans the unique opportunity to preserve their reflections of service to the country for generations to come.

LAMP participates in the Veterans History Project, which collects, preserves, and makes accessible the firsthand recollections of U.S. military veterans who served from World War I through more recent conflicts

and peacekeeping missions, so that future generations may hear directly from veterans and better understand what they saw, did, and felt during their service.

The LAMP team can facilitate audio and video interviews in its Pittsburgh location, with the option of virtual interviews for Pennsylvanians living outside the area. The team also helps veterans submit original manuscript material, such as memoirs, letters, diaries, artwork, and original photographs.

The first-person accounts will exist in perpetuity as primary historical sources that enliven and enrich our understanding of the military service experience.

To learn more about the Veterans History Project or to schedule an interview, email Jeff Wright (in Pittsburgh) at wrightj@mylamp.org. To explore the specialized services LAMP offers to Pennsylvanians with print disabilities, visit MyLAMP.org.

Local LAMP Partner Libraries

Allentown Public Library

1210 Hamilton St., Allentown, PA
18102-4371 | 610-820-2400

Bethlehem Area Public Library

11 West Church St., Bethlehem, PA
18018-5888 | 610-867-3761
Fax 610-867-2767

Easton Area Public Library

515 Church St., Easton, PA 18042-
3587 | 610-258-2917
Fax 610-253-2231

Veteran Health Program at Valley Health Partners Community Health Center

by Lena Connor, Project Manager, Veteran Health Program, Valley Health Partners Community Health Center

The VHP Veteran Health Program recognizes the complex medical requirements presented by military service and focuses on healing, comfort, and care for veterans and their families. The program was created to address the often-complicated healthcare needs of our Veterans and their families. VHP Veteran Health Program clinical professionals do this by collaborating with the local Veteran Affairs/ Department of Defense. The team strives to provide a coordinated quality experience by managing healthcare risk in our community that

- improves lives.
- contributes to a healthy workforce; and
- reduces costs for individuals and employers alike.

The program's unique approach allows us to offer whole-person care—not just medical—to address other important life factors that improve the well-being of veterans, their family, and their caregivers. Offering a variety of expertise in one place will reduce the frustration of navigating blindly. The program's vision is to offer a fully coordinated healthcare experience in association with the Department of Defense through TRICARE, the Mission Act, and other similar programs with the Department of Veterans Affairs. VHP Veteran Health Program staff respect your service, strive to gain trust, work to support your health care needs, and to offer wellness opportunities for a better lifestyle.

VHP Veteran Health Program's service pillars include

- **Access to care** by working cooperatively with the Department of Defense/TRICARE and VA's Community Care Program to offer a seamless experience with LVHN's health services.
- **Navigation and coordination** Navigating and coordinating care can be complex. We will help and guide you with our knowledgeable and experienced staff.
- **Guidance and planning** A case manager will interview you and create a personalized care and action plan. As a bonus, we work with community partners to bridge gaps if additional support services are needed.

According to Alexander Alex, Lt. Col., USAF, MSC, (Ret.), Director of the Veteran Health Program, "We

are changing the well-being and lives of our veterans and service members. To our knowledge, this is a unique program that assists veterans with accessing their benefits and the care they deserve. Our aim is to work closely with the VA and DOD health care to deliver a seamless experience."

Valley Health Partners is a Federally Qualified Health Center Look-Alike (FQHC-LA) with a mission of partnering with the people of the Greater Lehigh Valley to achieve health and wellness through the delivery of extraordinary care that is compassionate, accessible, and affordable, in a family-centered and culturally sensitive environment. Learn more: valleyhealthpartners.org/location/vhp-veteran-health-program | phone: 610-969-2082 | email: VeteranHealthProgram@valleyhealthpartners.org.



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Short-Term Rehab To Recover Faster and More Fully

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

Many patients who no longer need around-the-clock hospital care are not ready to return home upon discharge. St. Luke's University Health Network works with rehabilitation and skilled facilities, including three of its own, to ensure a safe recovery.

Alex D'Antonio, director of nursing at St. Luke's Summit Nursing and Rehabilitation Center, says many patients, especially older adults, recover quicker and more fully if they receive rehabilitation services in a skilled nursing facility (SNF) before returning home. SNFs offer an intense level of services that cannot be easily replicated at home. Usually, patients receiving short-term rehabilitation stay seven to 10 days, but that varies based on the patient's needs. The Summit also offers long-term

and Nursing Center in Coaldale

The units provide a seamless transition for patients who experienced illness or injury. A team of physicians, therapists, nurses, and social workers coaches patients through various therapies that enable them to recover skills and live as independently as possible.

"The nice thing about St. Luke's SNFs is that we provide the same standard of care that the patient received in the hospital, just



in a different setting," D'Antonio said. "We can schedule tests and

jury, a stroke, or injuries resulting from a fall. In winter, the number of patients with congestive heart failure and respiratory diseases, like congestive obstructive pulmonary disease (COPD), emphysema, and asthma, increases.

A fall led to Bruce Miller's admission to The Summit. Miller, 65, of West Penn Township, was carrying a heavy box down a pull-down attic ladder when he fell off. He broke his hip, left wrist, and a rib, and scraped his hand on the railing as he attempted to reach for it, tearing the skin open. His wife, Karen, took him to St. Luke's Care Now in Lehighton. The staff there sent him to the emergency room at St. Luke's Carbon Hospital. After nine days, he was well enough to leave but was not ready to return home.

The discharge planning staff told him he qualified for short-term rehab. After reviewing the options, they chose The Summit because it was close to home and had high patient satisfaction scores.

"I knew I wouldn't be able to care for him at home," Karen said. "He was totally incapacitated. He had 11 stitches in his right hand and a cast on his left hand. He was a hot mess. He had to be fed and needed help with everything else. I couldn't have done what the staff did for him."

Miller had physical and occupational therapy sessions in the morning and exercised on his own

Many patients, especially older adults, recover quicker and more fully if they receive rehabilitation services in a skilled nursing facility (SNF) before returning home..

services; many patients have been residents for years.

St. Luke's operates three SNFs in the Lehigh Valley and surrounding area, offering short-term rehabilitation:

- St. Luke's Summit Nursing and Rehabilitation Center at our Lehighton Campus
- Sacred Heart Campus Transitional Care Facility in Allentown
- St. Luke's Miners Rehabilitation

appointments with their St. Luke's physicians here. Also, if they need to go to the physician's office or somewhere else, we can set up transport for them. We keep the patient as close to home or their community as we can."

The facilities admit patients with various conditions—among the most common are patients who had an elective hip and knee replacement, a traumatic brain in-

Rehab *continued on next page*

Rehab *continued from previous page*

in the afternoon. He said he enjoyed the experience and credits the staff with helping him get well enough to return home.

Because patients are in a nursing and rehab unit, they receive more intensive and frequent services than they would receive at home with home health services. For example, a home health nurse or therapist might see the patient two or three times a week, depending on their schedule.

“At our skilled nursing facility, you receive rehab nearly every day, at least five or six times a week,”



D’Antonio said. “Additionally, we manage pain. We provide medication management and cognitive therapy, along with your physical and occupational therapies. Another advantage is we can order equipment that the patient

might not have had at home prior to their hospitalization. So, if they need walkers, commodes—you name it—we can get it for them and they can take it home,” he said.

Miller said he received little gadgets to help him do small things, like one he still uses to put on his shoes and socks. By the time he left, he was able to do most things on his own, which gave him and his wife peace of mind.

“I would strongly recommend The Summit to anyone needing short-term rehabilitation,” Miller said.

After his discharge from the facility, he continued to receive St. Luke’s services to help him fully recover. St. Luke’s VNA provided in-home nursing and therapy visits, and he received outpatient physical therapy at Physical Therapy at St. Luke’s.

Throughout his recovery, Miller had a little extra incentive to work harder to speed his recovery. On July 2, Bruce and Karen enjoyed a two-week land and sea cruise in Alaska.

For information, contact The Summit at 610-377-7260, St. Luke’s Miners Rehabilitation and Nursing Center at 570-645-8208, or St. Luke’s Sacred Heart Campus Transitional Care Facility at 610-776-4910.

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PERSONAL CARE AND MEMORY CARE RESIDENCE

Local Healthcare Programs

St. Luke's Smoking Cessation Support Group (Virtual)

Join us for our Smoking Cessation Support Group for people who have quit smoking, are currently quitting, are considering quitting, or are interested in a support group for stopping. The St. Luke's Smoking Cessation Coordinator, a tobacco treatment specialist certified by NAADAC (National Association for Alcohol and Drug Abuse Counselors), will lead this 60-minute virtual support group through Microsoft Teams. The group will include introductions, ground rules, a "Topic of the Week" discussion and time to share and discuss current struggles and successes of quitting smoking. It is an open format, meaning participants can come and go as they please and only need to attend some groups to gain benefit. Register online through St. Luke's event calendar or call the St. Luke's Smoking Cessation Program at 484-658-2436. [Mondays through Dec. 23, 7–8 p.m., online via Teams, 484-658-2436](#)

St. Luke's Healthy Aging Series—Upper Bucks Campus (Part of the Older Adults Meal Program)

The third Wednesday of every month, 5–6 p.m., St. Luke's Upper Bucks Campus Cafeteria, 3000 St. Luke's Drive (Rt. 663 & Portzer Road), Quakertown.

Dates, Speakers, and Topics

Wednesday, Oct. 16: Dr. Deb Stahlnecker, "Lung Disease and Treatment Options"

Wednesday, Nov. 20: Dr. Gregory Gilson, "St. Luke's Orthopedic Care"

Wednesday, Dec. 18: TBA

Wednesday, Jan. 15: TBA

The Older Adults Meal at St. Luke's offers adults 65 and older a healthy and cost-effective option to dining out. Meals are prepared fresh daily and are offered at a special price of \$3.99 per meal (no cash accepted). Each meal includes an entrée, salad, side, vegetable, dessert, and a 12-oz. drink.

St. Luke's Stop the Bleed Trauma & Bleeding Prevention Education

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

[Anderson Campus](#), Friday, Nov. 15, 10–11 p.m., St. Luke's Anderson Campus Medical Office Building, 1700 St. Luke's Blvd., Easton, Conference Rooms A & B.

[Bethlehem Campus](#), Thursday, Oct. 24, 10–11 a.m., OR Tuesday, Dec. 10, 1–2 p.m., St. Luke's University Hospital, Bethlehem Campus, 801 Ostrum St., Bethlehem. All training held in the Trauma Conference Room, Ground Floor, East Wing.

[Miners Campus](#), Tuesday, Oct. 15, 4:30–5:30 p.m., St. Luke's Miners

Health Talk Series—Topics TBD. 360 W. Ruddle St., Coaldale. Classes held in the Community Room. Registration required.

St. Luke's ThinkFirst—Prevent Falls

An evidence-based older adult (55+) program to raise awareness of falls and their serious consequences, and increase knowledge of reducing risks for falls. In this one-hour free presentation, participants will learn fall prevention topics such as home and community safety, talking with your physician, nutrition and the significance of exercise, vision, and medications.

[Anderson Campus](#), Thursday, Nov. 7, 1–2 p.m., Anderson Campus Medical Office Building, 1700 St. Luke's Blvd., Easton. Classes held in the Medical Office Building, Conference Rooms A & B.

[Bethlehem Campus](#), Thursday, Oct. 24, 10–11 a.m., Bethlehem Campus, 801 Ostrum St., Bethlehem. All training in the Trauma Conference Room, Ground Floor East Wing.

Wednesday, Oct. 16, 11–noon, St. Luke's Hospital Easton Campus, 250 South 21st Street, Easton. All classes held in the St. Luke's Easton Kroner Auditorium.

Monroe Campus, Friday, Oct. 18, 10–11 a.m., Monroe Campus, 100 St. Luke's Lane, Stroudsburg. All classes held in Conference Room B, Lower Level.

[Upper Bucks Campus](#), Tuesday, Oct. 1, 3–4 p.m., St. Luke's Upper Bucks Campus, 3000 St. Luke's Drive, Quakertown.

Programs continued on next page

Programs *continued from previous page*

Menopause & Me Lecture Series

Tuesday, Dec. 10, 5:30–6:30 p.m., St. Luke's Valley GYN Associates, 322 S. 17th St., Allentown. Topic: "Mood changes and sleep." Menopause is a natural, normal body change that happens when a woman stops menstruating. Approximately 37 million women are in menopause in the U.S. Menopause is often not a sudden event. For many women, it occurs gradually over months to years. Join discussions on various menopause-related topics. Registration required. Light refreshments.

St. Luke's Carbon Fireside Chat

As part of the Older Adult Meal Program, St. Luke's will offer a monthly lecture series with speakers discussing topics of interest to seniors.

Thursday, Oct. 10, 4:30–5:30 p.m., St. Luke's Carbon Hospital, Rick's Café. Registration is required.

St. Luke's Miner's Campus Health Talk Series

As part of the Older Adult Meal Program, St. Luke's will offer a monthly lecture series with speakers discussing topics of interest to seniors.

Tuesday, Sep. 17, Oct. 15, 6–7 p.m., St. Luke's Miners Hospital Cafeteria, 360 W. Ruddle St., Coaldale. Registration required.

Mental Health Info and Resources

Second Wednesday of each month, 5:30 p.m., St. Luke's Behavioral Health Walk-In Center, 211 N. 12th St., Lehighton. Explore mental health topics with qualified mental health professionals from our Walk-In Center and Rural Psychiatry Res-

idency Program. Free sessions provide information and resources.

- Oct. 9: Anxiety
- Nov. 13: Is My Pre-Teen/Teen OK?
- Dec. 11: Depression and Mood-Related Concerns
- Jan. 8: 1st Episode Psychosis/Schizophrenia

Mammograms, Music, Massages, & Mocktails

Thursday, Oct. 24, 5–7 p.m., Geisinger, St. Luke's Breast Center, Medical Office Building, 1165 Centre Turnpike, Orwigsburg.

- Savor hors d'oeuvres, desserts, and a signature Pink Drink.
- Tour the Mammography Sensory Suite.
- Meet Geisinger St. Luke's breast health specialists.
- Enjoy popular music.
- Receive a chair massage.
- Have a moisturizing hand treatment.
- Get a swag bag.
- Schedule your future mammogram appointment.

Free and open to all women—registration required.

St. Luke's Rodale Institute Organic Farm Plant & Produce Sale

Friday, Oct. 25, 9 a.m.—1 p.m., St. Luke's Anderson Campus Medical Office Building, Anderson Cafeteria, 1700 St. Luke's Boulevard, Easton. Choose from an assortment of organic plants, produce, and flowers grown by St. Luke's Farmers. Sale and markets located outside of the Anderson Cafeteria. Payment by card or payroll deduction.

St. Luke's Harvest Fest

Celebrate Fall with St. Luke's Quakertown and Upper Bucks Campuses, Saturday, Oct. 26, 10 a.m.–1 p.m., St. Luke's Upper Perkiomen Outpatient Center, 2793 Geryville Pike, Pennsburg. Bring the family for a fun-filled day of crafts, music, pumpkin decorating, face painting, refreshments, giveaways, and more! Learn about our services as a leading healthcare provider. Free health and wellness screenings. Rain or shine. Wear your favorite costume.

14th Annual Tucker's Toy Run

Saturday, Nov. 2. Rain date Sunday, Nov. 3, 2:30 p.m., Tri-Boro Sportsmen Club, 2110 Canal Street, Northampton. Bikers supply toys to St. Luke's pediatric patients. Riders leave the Club at noon escorted by fire and police, to St. Luke's Children's Hospital, 801 Ostrum Street, Bethlehem, at approximately 12:30 p.m. | lvcb.org.

D&L RaceFest Marathon, Half Marathon, and Marathon Relay

Sunday, Nov. 10, 7:30 a.m. The marathons start in Allentown at 8 a.m.; half-marathons Downtown Bethlehem at 7:30 a.m. Races end with a party in Easton. Both marathon and half marathon use the D&L Trail for most of their courses. Proceeds benefit Delaware & Lehigh National Heritage Corridor Inc. Register today for a weekend to remember in the Lehigh Valley! Visit the race website for details: raceroster.com/events/2024/84906/st-lukes-d-and-l-racefest.

The Inflation Protection Act's Impact on Medicare Prescription Drugs

by Dan Banks, Silver Crest Insurance

The Inflation Protection Act (IPA) was passed on August 7th, 2022. It was likely what will be considered the defining bill of the Biden Administration.

What caused such high inflation? Let's break it down in simple terms.

- Pre-COVID, the economy was in an extended expansion going back as far as 2009 (this was the longest expansion on record).
- 2020, COVID hits, bringing the economy to a virtual standstill. Supply chains worldwide are interrupted.
- 2021–22, businesses reopen, consumers—flush with federal stimulus money and pent-up spending—fuel demands for goods and services.
- Supply chains are still not fully recovered. This causes demand to exceed supply, resulting in high inflation.

Although the IPA contained several key elements, we will highlight the impact on Medicare prescription drugs.

- Insulin costs will now be capped at \$35/month/covered prescription.
- Expansion of the low-income subsidy program raises the income limits so more people will qualify.
- A yearly cap of \$2000 on prescription drugs effectively closes the coverage gap.
- In 2026, Medicare will be able to directly negotiate with pharmaceutical companies to lower the price of brand name Part B and D drugs.

As with any large piece of legislation, it generally takes several years for the full impact to show itself, both good and bad. There will be winners and there will be losers. The winners will be those directly on the receiving end of the benefits. The losers will be those feeling the residual pinch of paying the bill.

Silver Crest Insurance is located at 2103 Stefko Blvd., Bethlehem 18017. Call us at 610-868-5801, email us at info@silvercrestins.com, or visit our website at silvercrestins.com.

Here Is a Brief History of Medicare

- July 30, 1965, President Lyndon B. Johnson signs into law the bill that led to the Medicare program, including Part A (Hospital Insurance) and Part B (Medical Insurance). Over the years, Congress has made the following changes to Medicare.
 - **More people have become eligible.** In 1972, Medicare expanded to cover the disabled, people with end-stage renal disease (ESRD) requiring dialysis or kidney transplant, and people 65 or older that select Medicare coverage.
 - **More benefits, like prescription drug coverage, have been offered.**
 - **Medicare Part D Prescription Drug benefit** The Medicare Prescription Drug Improvement and Modernization Act of 2003 made the biggest changes to the Medicare program in 38 years. Private health plans

approved by Medicare became known as Medicare Advantage Plans. These plans are sometimes called “Part C” or “MA Plans.” The MMA also expanded Medicare to include an optional prescription drug benefit, “Part D,” which went into effect in 2006.

- **Children's Health Insurance Program** The Children's Health Insurance Program (CHIP) was created in 1997 to give health insurance and preventive care to nearly 11 million uninsured American children.
- **Affordable Care Act** The 2010 Affordable Care Act brought the Health Insurance Marketplace, a single place where consumers can apply for and enroll in private health insurance plans. It also made new ways for the U.S. to design and test how to pay for and deliver health care.
- **Medicare and Medicaid** have also been better coordinated to make sure people who have Medicare and Medicaid can get quality services.

The EzLift Bed™ Makes It Easy To Get Out of Bed in the Morning

For various reasons, many people in the Lehigh Valley find it hard to get out of bed in the morning. For people with physical challenges, getting in and out of bed at any time can be difficult if not painful and unsafe.

The EzLift Bed™, the ultimate sleep-to-stand bed, allows you to rest, rise, and relax, safely and easily. Your recliner isn't the best place to sleep. Upgrade to the EZLift™ Sleep to Stand Bed and maintain your independence! With just one touch, transition from bed to standing—perfect for nighttime bathroom trips or your morning routine. No more



result from pressure on joints and muscles, causing swelling or aggravating edema, varicose veins, and other health problems.

Breathing is often difficult when lying in a cramped position, especially with inadequate head support. An adjustable EzLift Bed™ can position your head and chest to allow comfort and ease of breathing.



There are a variety of electric EzLift Bed™ models and features to choose from. Built-in safety features include stable rails to prevent falls and add gripping ease. The four comfort modes are Flat Mode for sleeping, Sit-Up Bed Position, Chair Position, and Stand Assistance. A plush surface covers a luxurious memory foam mattress to cradle your body for a restful night's sleep.

When it comes to finding the perfect adjustable bed for seniors, the EzLift Bed™ stands out as a game-changer in 2024. Unlike traditional adjustable beds, the EzLift Bed™ offers unique features specifically designed to address the needs of older adults.

When searching for the best adjustable bed for Lehigh Valley seniors in 2024, the EzLift™ Bed's unique features and focus on safety and independence make it a top choice. It's not just an adjustable bed; it's a tool for maintaining quality of life as you age.

An adjustable bed is the perfect solution for seniors looking to improve their sleep quality and overall well-being.

relying on others for help. Enjoy superior support and comfort. Plus, it's way more comfortable than any hospital bed!

An adjustable bed is the perfect solution for seniors looking to improve their sleep quality and overall well-being. Sleeping in an uncomfortable bed or chair can be painful, often resulting in hip or leg pain, not to mention, not to mention hours of tossing and turning. Circulation issues can

Seniors and people with mobility challenges want to retain as much independence and dignity as possible. Relying on a caregiver to rearrange your pillow or position, as well as to help you get in and out of a bed, is inconvenient and not always possible when you are ready to move. Any attempt to get in and out of a bed or chair without help can be very dangerous, resulting in a fall with injuries or just the discomfort of lying on the floor until help arrives.

Santas Who Should Have Remained Secret

You're familiar with "Secret Santa," the fun game where everyone in the office puts their name in a hat (or empty coffee pot) and then picks one. You must then present a gift to that person, who does not know who the giver is. The following true stories prove that some Santas should remain secret!



If it's the thought that counts, this one doesn't get past zero: An already scratched off lottery ticket—that lost!

The best seat in the house: After a random conversation about cold toilet seats, Grandma gave this lady a squishy toilet seat for her birthday. At least Grams was paying attention and being thoughtful!



Follow the science: One poor soul received two free promotional tickets to the science museum—that had already expired.



And who hasn't received the fancy dollar store tin of flavored popcorn, all squishy and sticky because it expired 2 years ago?



I have to directly quote this one: "My sister got my grandfather's glass eye and what was even better he cut a hole in it and put a string through it so she could wear it as a necklace."

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God's Gift to Mankind by Alan Allegra

I recall hearing about a certain singer from a popular band many years ago. He had replaced another popular singer in this band and touted how much better he was than the first singer. His attitude was characterized as "God's gift to mankind," in a pejorative sense. He was a male prima donna (not pre-Madonna; this had nothing to do with her).

We are entering the season of gift-giving. For those who celebrate Christmas, the rush is on to find the perfect gift, the one that will appease or please the recipient. In the background lingers Jesus Christ, who truly is God's gift to mankind, and not in a pejorative sense.

Every act of giving and every perfect gift is from above (James 1:17).

God is a giver. "Every act of giving and every perfect gift is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change" (James 1:17). We will examine this passage in a moment.

We are familiar with gifts wrapped in paper and boxes (except for pets, we hope) but have we ever considered *human beings* as gifts?

The quality of giving and gifts can vary greatly, from the lovingly hand-crafted, personalized quilt to the gift card purchased

at the gas station on the way to your Christmas party; from the fancy, expensive trinket to the child's handmade craft with globs of glue and paint. As the well-worn cliché says, "It's not the gift but the thought that counts." A thoughtful gift from a heart of love is the perfect gift.

Christmas celebrates one of the infinite variety of gifts from God to mankind: the Lord Jesus Christ, whom God gave as a sacrifice in our place, to purchase the forgiveness of sins (John 3:16). The son of God was sent to Earth as a human being in a loving act of giving, as the perfect gift. And with God is no variation or change, so that thoughtful gift re-

mains ever perfect and ever powerful.

L e s t this seem a bit one-sided, there is more to the story. We all like to *receive* gifts, but have you ever thought about the possibility of *being* a gift? You know the saying, "What do you get for the person who has everything?" As the heir to God, Jesus owns everything (John 3:35). What more can be given to him? *You!*

When you accept Jesus Christ as your Lord and Savior from sin, you become a gift from God the Father to the Son, who said. "I give them eternal life, and they will never perish, and no one will snatch them out of my hand.



My Father, who has given them to me, is greater than all, and no one is able to snatch them out of the Father's hand. I and the Father are one." Because God never changes, the promise of eternal life in Christ is forever sure. There are no porch pirates in heaven.

God's gift to mankind was no last-minute afterthought. Speaking of true believers at the final judgment, "Then the King will say to those on His right hand, 'Come, you blessed of My Father, inherit the kingdom prepared for you from the foundation of the world (Matthew 25:34). The perfect gift was prepared for us when the world was created!

Part of the beauty of that transaction is that you don't need to be wrapped in a pretty bow to come to Christ; he accepts you just as you are. It is God who will provide the wrapping: "The one who conquers will be clothed thus in white garments, and I will never blot his name out of the book of life" (Revelation 3:5).

Whether you observe the gift-giving holidays or not, consider giving your life to Jesus Christ, so that the Father can wrap you in robes of righteousness and give you to Jesus forever.

Are You Living Where You Need to Be? Seniors Real Estate Specialists Provide Guidance

by Eileen Dunn, REALTOR® SRES Senior Real Estate Specialist

As Lehigh Valley seniors age, many opt to move or downsize for different reasons—perhaps you can relate to one or more of the following scenarios. Keep in mind that the ideal time to plan your future is while you are still healthy and able to maintain the right perspective.

Perhaps you would like to stay in your current home but it needs renovation. Are the cost and time challenges worth it at this stage of life?

You consider yourself an active adult but no longer want your activities to include maintenance and yard work. You'd rather concentrate on sports, games, trips, and other "more fun" activities.

Those bones are beginning to cry out in the cold weather, and you'd really like to buy that boat or RV you've dreamed of.

Perhaps your distant grandkids are growing up and you're missing it.

Whatever your reasons to move, a Seniors Real Estate Specialist (SRES), a real estate professional trained to address the unique needs of seniors during this transition, can help.

SRES agents understand the challenges seniors face and approach the process with patience and compassion, ensuring that their clients are not rushed into stressful decisions, such as closing dates. Beyond real estate transactions, SRES agents provide valuable guidance by connecting clients with a network of professionals who can assist with various senior-related needs, from financial advice to home safety modifications.

These agents are deeply involved in senior care and support organizations, fostering relationships with other professionals to stay informed about available resources for seniors. This networking is essential in helping SRES agents offer the most up-to-date alternatives and solutions to their clients.

One of the distinctive qualities of an SRES agent

is their ability to build long-term relationships, often advising clients years before they're ready to sell. Whether clients are considering downsizing or staying in their homes to "age in place," SRES agents provide insights into both options. They collaborate with professionals who specialize in making homes safe and financially viable for seniors to remain comfortably in place if they choose.

In addition, SRES agents are knowledgeable about local senior housing options, from 55+ communities to assisted living facilities, and can help guide clients through these choices. While they can recommend various professionals, SRES agents do not benefit financially from these referrals and are solely focused on the well-being of their clients.

Contact Eileen Dunn, REALTOR® SRES Senior Real Estate Specialist, Better Homes and Gardens Real Estate Cassidon Realty, at 610-657 4424 (c) or 610-882-3135.

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More resources & info at
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Fear of Falling!

by Judi Painter

I am 72 years old and still active, even though I have had left shoulder, hip, and knee replacements. My right side is “getting there,” as the doctors say. And I am terrified of falling! I have considered staying in my safe bedroom but there is an entire world out there to explore.



information on fall prevention,

I encourage you to read the entire article: “Falls and Fractures in Older Adults: Causes and Prevention” [nia.nih.gov/health/falls-and-falls-prevention/falls-and-fractures-older-adults-causes-and-prevention](https://www.nia.nih.gov/health/falls-and-falls-prevention/falls-and-fractures-older-adults-causes-and-prevention).

Lessons Learned

Lesson # 1

Protect your entire home—every room in your house. For example, we have double railings on our stairs, allowing a firm hand grip when we carry something up and down stairs. The lesson learned is there are those we cannot control, like my husband who (a) fell down the wooden steps in his socks NOT holding on to the railing and had to go to the trauma bay, get stitches, and physical therapy for weeks, and (b) who, after this nasty fall, still walks down the steps not holding on to a railing when he is carrying something. Please realize that sometimes all we can do is just say something. You know the saying: “You can lead a horse to water, but you can’t make him drink.”

Lesson # 2

I love shoes, all types. I had on a pair of shoes that I really liked when I fell, but they were not sturdy. My two dear friends who fell outside had sturdy sandals on; they simply tripped. I am now obsessed

with looking at seniors and what shoes they are wearing. Ninety-five percent of the time I wear sneakers, even with skirts and dresses. The lesson learned for me is that I know I need foot stability, even if it is not stylish. Plus, now I try not to talk too much (especially on the phone) when I am walking, and I look four to six feet in front of myself.

Lesson # 3

Humpty Dumpty did fall off the wall. What do we know about the wall? Was Humpty a senior? Was he sitting on an icy, wet, slippery, thin wall? Did he have proper footwear on? How high was the wall? Was it autumn with slippery leaves on the ground? The lesson learned is that we need to be vigilant and observant. Are we dressed for the weather? That means our footwear as well! I love cute boots, but if they do not have a good solid tread, cute does not matter when I break a hip.

Lesson # 4

There is a great deal to learn. Insurance companies (like Medicare), local hospitals, and senior centers, can all provide information and resources for you. Many of these resources will even come out to your home and give you fall prevention tips. Decide for yourself or your loved one what makes sense. If you move out of your current home, make sure that your new living environment is fall-proof.

Please have a healthy and safe autumn!—Judi Painter

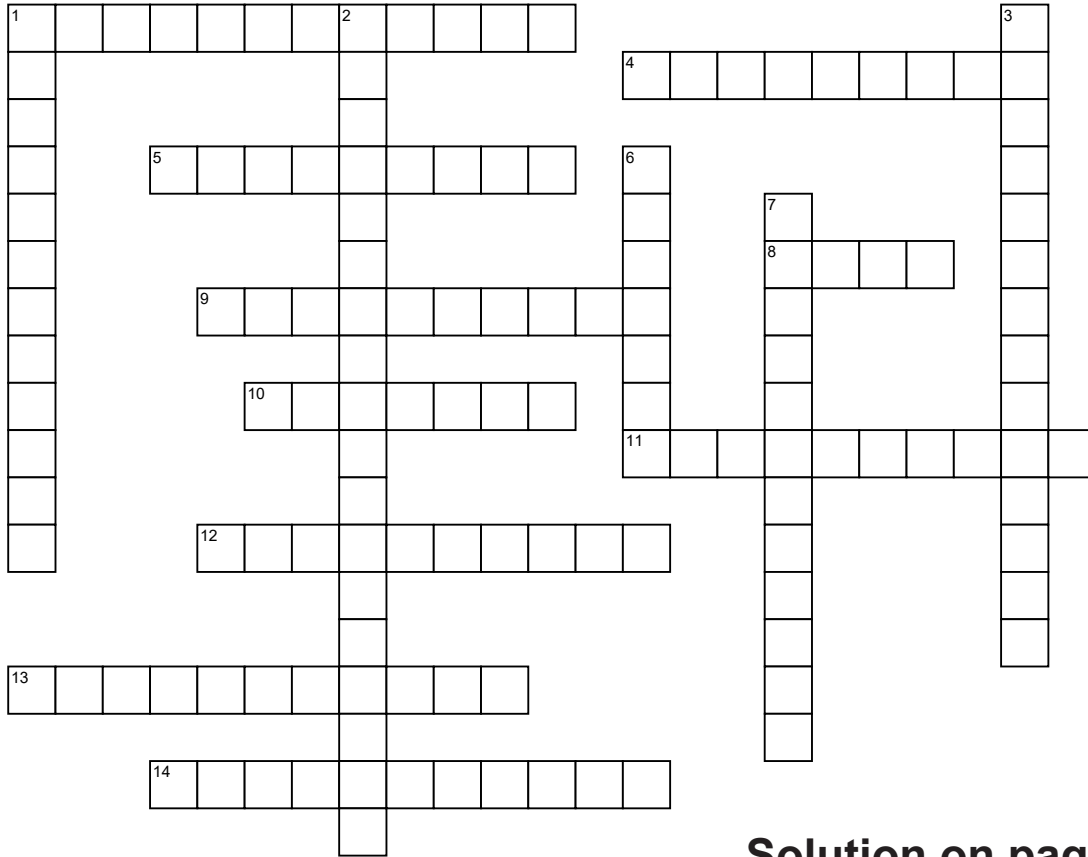
It started three years ago when I turned quickly on the grass, lost my balance, and landed face-first in a rose bush. A few facial stitches later and a new hip, here I am. Then my family started to fall—my husband down the steps, my sister playing pickleball, and my two dearest friends falling outside.

I obsess about fall prevention. I have read articles that provide different statistics, but the message is clear: Just like we protected our children and grandchildren in our homes when they were young, we NEED to practice fall prevention wherever possible for ourselves and those we love. I am sharing the below a quote from the National Institute of Aging:

“A simple accident like tripping on a rug or slipping on a wet floor can change your life. If you fall, you could break a bone, which thousands of older adults experience each year. For older people, a broken bone can also be the start of more serious health problems and can lead to long-term disability.” Because it contains

Holiday Crossword Puzzle

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



www.CrosswordWeaver.com

Solution on page 25

ACROSS

- 1 One of the services provided by Senior Solutinos
- 4 A useful tool for thieves
- 5 What it's called when consumer prices dramatically rise
- 8 This is not telling a lie but a heart condition
- 9 An option that an SRES agent can help with
- 10 A system that helps the visually-impaired read
- 11 A luxurious cover for a mattress
- 12 She wrote, "Where the Crawdads Sing"
- 13 Another word for a government law or act
- 14 One of Power Stair Lifts' products

DOWN

- 1 We don't want to follow his example in the "fall"
- 2 One of the key features of memory care
- 3 The purpose of a skilled nursing facility
- 6 God has prepared this from the foundation of the world
- 7 A doctor who is a heart specialist

Free Lunch & Learn

Join us for a free lunch on October 24th at Hanover Township Community Center to learn about brain health and memory care issues. See the ad on page 35 for details.

Memory Care for Your Loved Ones by CAREPatrol of the Lehigh Valley

Caring for a loved one with memory challenges is both rewarding and demanding. Whether you're a family caregiver, an elderly individual navigating your own path, or a healthcare professional seeking insights into dementia support, understanding memory care is crucial. This guide provides comprehensive information on memory care, equipping you with the knowledge to make informed decisions.

Understanding Memory Care

Memory care refers to specialized care tailored to meet the needs of individuals with memory loss conditions like dementia and Alzheimer's disease. Unlike traditional senior care, memory care focuses on creating a safe and structured environment that nurtures cognitive function, emotional well-being, and physical health.

Key Features of Memory Care

Specialized staff Memory care facilities employ trained professionals who understand the intricacies of dementia and related conditions. Their expertise ensures that residents receive personalized care and attention.

Structured environment Facilities are designed with safety in mind, featuring secure layouts to prevent wandering and confusion. Regular routines help residents maintain a sense of normalcy and reduce anxiety.

Engaging activities Cognitive therapies and activities are integral to memory care, enhancing memory retention and improving quality of life. These activities can range

from art therapy to music sessions and reminiscence therapy.

Nutritional support Proper nutrition plays a vital role in managing dementia symptoms. Memory care facilities offer balanced meals tailored to the dietary needs of residents, ensuring they receive essential nutrients.

The Importance of Memory Care

For family caregivers, entrusting a loved one to a memory care facility can be a daunting decision. However, the benefits often outweigh the initial apprehension. Memory care provides a supportive community where your loved one can thrive, offering peace of mind to families knowing their loved one is in capable hands.

Benefits for Family Caregivers

Reduced stress Caring for someone with memory loss can be emotionally and physically taxing. Memory care offers respite, allowing caregivers to recharge and focus on their own well-being.

Expert oversight With trained staff overseeing your loved one's care, you can rest assured that they are receiving expert support tailored to their unique needs.

Social interaction Memory care centers facilitate social engagement, reducing feelings of isolation for residents and helping them form meaningful connections.

Navigating Memory Care Options

Finding the right memory care facility involves careful consideration of several factors. Here's how you can begin the process.

Assess needs Identify the spe-

cific needs of your loved one. Consider their cognitive, physical, and emotional requirements to find a facility that aligns with these needs.

Research facilities Conduct thorough research on memory care facilities in your area. Look for reviews, visit potential centers, and speak with staff to understand their approach to care.

Evaluate programs Explore the programs and activities offered. Ensure they align with your loved one's interests and contribute to their overall well-being.

Consider location Choose a facility that is easily accessible for family visits, fostering a connection between your loved one and their family support system.

Memory care is an invaluable resource for those navigating the complexities of dementia and Alzheimer's. By choosing the right care environment, you can enhance the quality of life for your loved one while also providing relief for yourself as a caregiver.

Remember, you're not alone in this journey—resources and communities are available to guide you every step of the way. Call us today at 610-509-0445.



Thanksgiving 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 as easy as pumpkin pie but not as stuffing!

Solution on page 50

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

<https://thewordsearch.com>

Black Friday
Family
Turkey
Gravy
Stuffing
Harvest

Celebrate
Pumpkin Pie
Pilgrims
Mashed Potatoes
November
Feast

Corn
Green Peas
Thanksgiving
Fall
Autumn
Plymouth

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St. Luke's Anderson Campus
Dinner: Weekdays, 4 - 6 pm

St. Luke's Carbon Campus
Dinner: Weekdays, 4 - 6 pm

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

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

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

St. Luke's Warren Campus
Dinner: Weekdays, 4 - 6 pm

\$3.99 dinner includes entree, salad, side, vegetable, dessert and 12 oz. drink.

St Luke's

UNIVERSITY HEALTH NETWORK

1-866-STLUKES

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

Reflections on Caring for Mom

by Elissa Clausnitzer

RAnna came to the United States around the turn of the century with her family when she was four years old. She was not old enough to be fearful of her new life away from Italy, but she knew things had changed. Children at school, and even teachers, laughed as she struggled to speak English. Eventually, she learned and found her way in life, marrying a first-generation young Italian. The experiences molded her character to being strict and serious.

The young couple settled down and had three children. Father had a good paying sales job and life was typical for the family. The children grew up, started families of their own and moved away, only coming back and engaging on a regular basis when the aging couple's health began to fail. Or at least, I did.

When my father had a stroke and it became obvious that my mom, Anna, had dementia, my two older brothers relegated all responsibilities for decisions and care to me. They were devastated, and so was I, but I was forced to take the lead. I had a family of my own but I re-prioritized my life to address the issues of my aging parents.

Visits; skilled nursing; rehabilitation; adult day care facilities; caregiver support groups; Alzheimer's education; modifying the house so Mom could live

with us; coordinating 24/7 live-in care; and finding senior living—I experienced it all. I watched the dementia convert Mom's austere personality from being tough and rigid to light-hearted and affectionate, even if she barely recognized me. Emotionally draining and physically fatiguing, it was one of the most difficult things that I've done in my life. It is also one of the greatest things that I've done in my life.

As I reflect, I have tremendous peace and satisfaction that I answered the call to love and care for my parents in their time of need. If you are a weary caregiver, I hope you find comfort in fulfilling your responsibility to care for those who so lovingly at one time cared for you.

Elissa Clausnitzer not only cared for her aging parents but also her mother-in-law. Her decades of experience as a real estate agent gave her the flexibility she needed to be with her family. Elissa specialized in helping boomers and seniors achieve their goals in their next step in life. She hopes that her reflections will help caregivers reflect the love shown to them by their needy loved ones.



Telephone Scams That Target the Elderly

Part of caring for aging parents is protecting them from scammers who prey on the most vulnerable among us. The telephone is a particularly useful tool for thieves. There are many different types of gimmicks scammers use to fool their would-be victims but a little common-sense caution can keep your loved ones safe.

Scammers say and do things that tell us they're lying and not who they pretend to be. To hear or see those clues, we must get past the panic scammers make us feel, thanks to the so-called emergencies they try to create. And since scammers are convincing, that can be hard to do. Recent scams are costing people their life savings, so learn some sure ways to spot the scammer. Start your journey at the FTC's website: consumer.ftc.gov/unwanted-calls-emails-and-texts/unwanted-calls.

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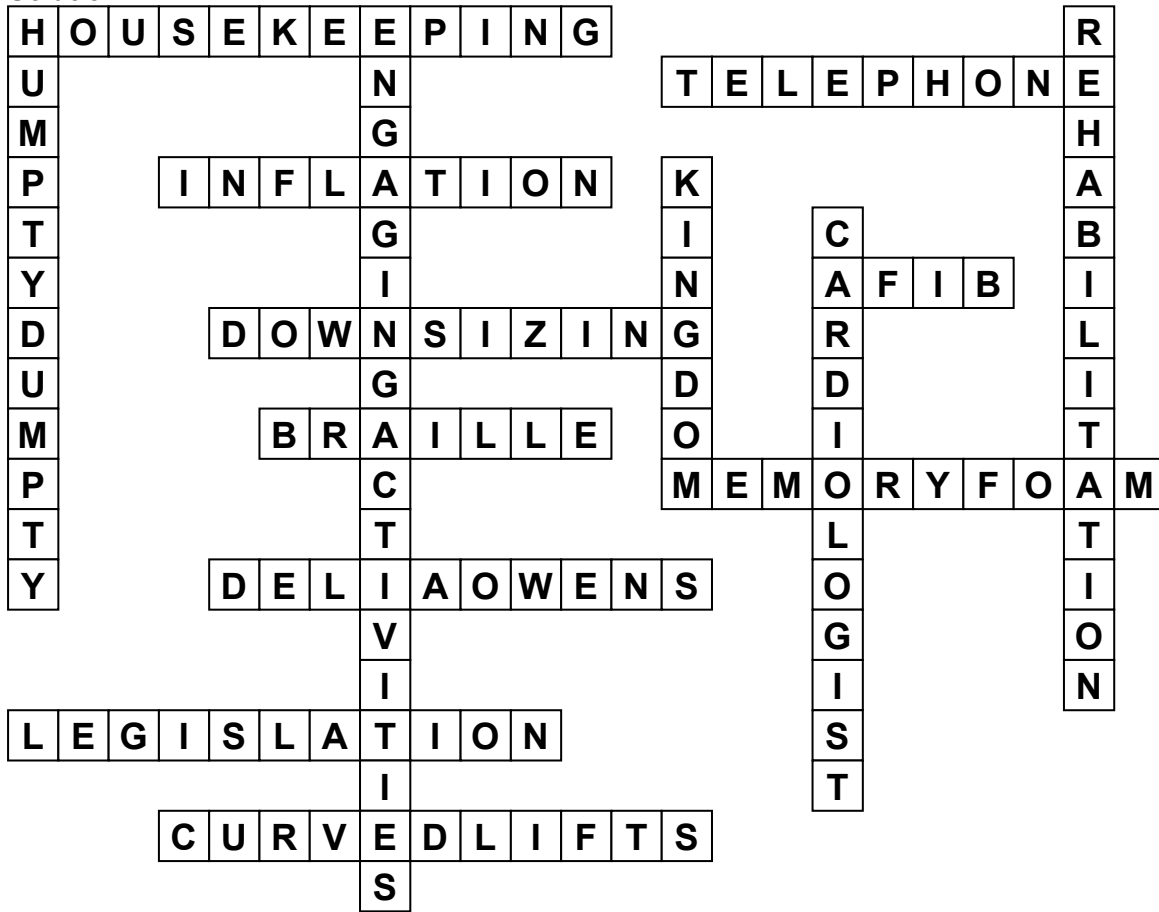
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Holiday Crossword Puzzle Solution

Solution:



SUDOKU

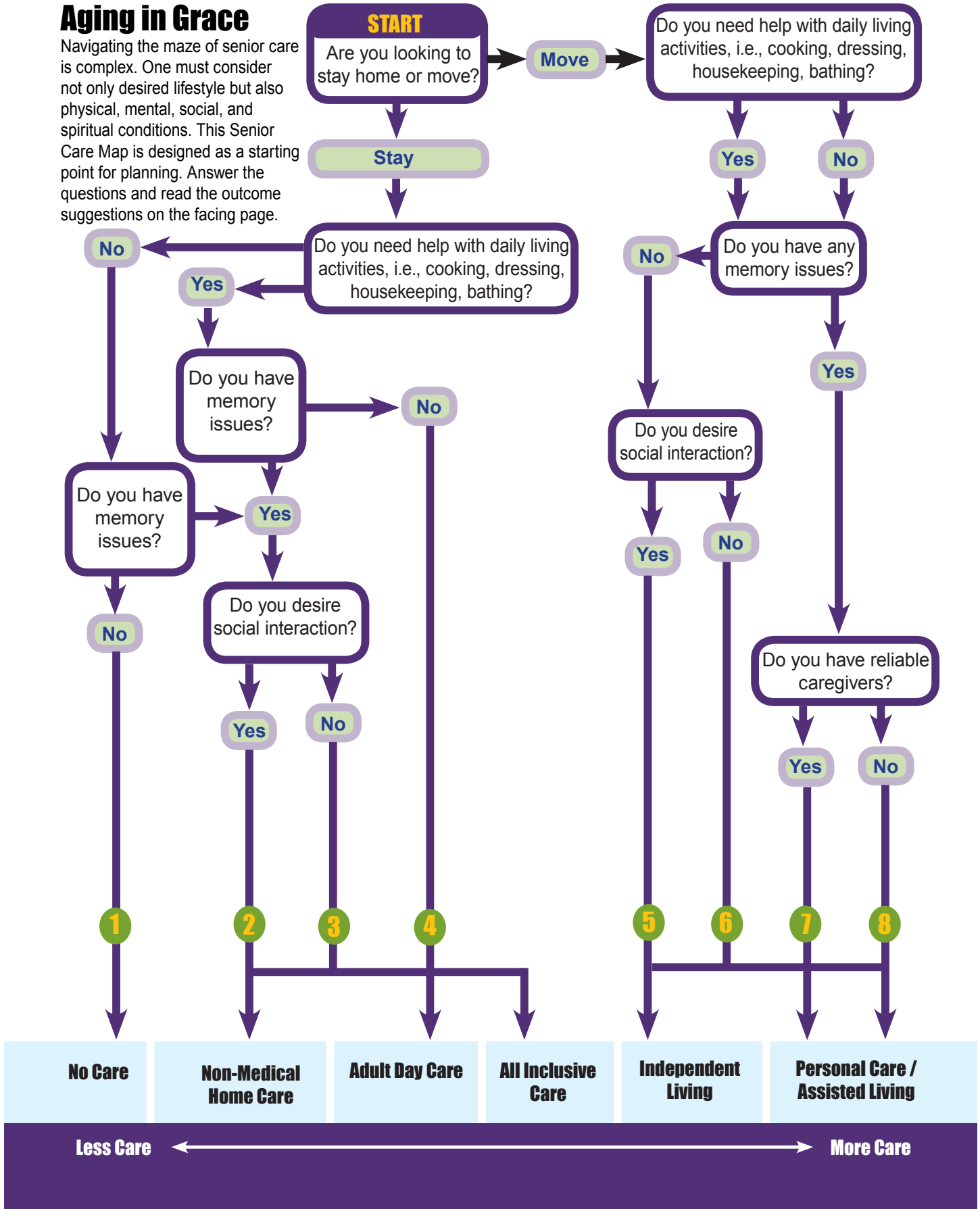
Each 9×9 square must be filled in with numbers from 1–9 with no repeated numbers in each line, horizontally or vertically. There are 3×3 squares marked out in the grid, and each of these squares can't have any repeat numbers, either. **SOLUTIONS ON PAGE 41.**

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

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

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 | 27-29 | A wide variety of state licensed caregiving services to help seniors remain safely at home. Includes companionship, home helper and personal care services. |
| Medical Home Care | 30 | |
| Adult Day Care Centers | 26 | 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 | 35-39 | 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 Centers provide a coordinated program of professional and compassionate services for adults in a community-based group setting. Services are designed to provide social and some health services for adults who need supervised care in a safe place outside the home during the day. They also afford caregivers respite from the demanding responsibilities of caregiving. Adult day care facilities for the elderly are licensed and inspected by the Department of Aging. Costs for Adult Day Centers range from \$60/day to \$100+/day on average in the Lehigh Valley. The costs are paid for with private funds or may be partially or fully covered by long-term care insurance, Veterans Assistance, or Medicaid through the county's Aging Waiver Program.



| Organization | Medicaid | Therapy (PT/OT/ST) | Podiatrist | Meals | Transportation | Exercise | Garden Therapy | Nursing Staff | Community Outings | Crafts/Games/Music | Pet Therapy | Bathing | Beauty/Barber | Hours (AM-PM) |
|-------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|--------------------|------------|-------|----------------|----------|----------------|---------------|-------------------|--------------------|-------------|---------|---------------|---------------------------------------|
|  | • | • | • | • | • | • | • | • | • | • | • | • | • | 6:30-5:30 M-F 8:00-2:00 Sat |
| | 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 | | | | | | | | | | | | | |



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610-838-1700

millbrookhomecare.com



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™ senior services | Always Best Care of Greater Bethlehem 306 S. New Street Suite 110 Bethlehem, PA 18015 | • | • | • | • | • | • | • | • | • | • |
| | 484-896-8867 ABC-Bethlehem.com | | | | | | | | | | |
|  AMADA SENIOR CARE | Amada Senior Care 1605 N. Cedar Crest Blvd., Suite 508 Allentown, PA 18104 | • | • | • | • | | • | • | • | • | • |
| | 484-268-1778 AmadaLehighValley.com | | | | | | | | | | |
|  BrightStar | BrightStar Care of Stroudsburg & Allentown 1401 N. Cedar Crest Blvd Suite 104 Allentown, PA 18104 | • | • | • | • | | • | • | • | • | |
| | 570-223-2248 brightstarcare.com/stroudsburg-allentown | | | | | | | | | | |
|  CARING GRACE HOME CARE AGENCY | Caring Grace Home Care Agency, LLC 881 Third Street, Suite B-2 Whitehall, PA 18052 | • | • | • | • | • | • | • | • | • | • |
| | 610-443-1850 CaringGraceHomecare.com | | | | | | | | | | |

| Non-Medical Home Care | | Companion Care | Personal Care | Transportation/Shopping | Live-in | Medicaid / Waiver | VA Contract/Provider | Overnight w/ sleep | Dementia Care | Hoyer / Mechanical lift | Minimum Shift |
|-------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|----------------------------------------------------|---------------|-------------------------|---------|-------------------|----------------------|--------------------|---------------|-------------------------|---------------|
|  | Home Instead Senior Care of Northampton County 2508 Schoenersville Road Bethlehem, PA 18017 | • | • | • | | | • | • | • | • | • |
| | | 610-868-7333 homeinstead.com/location/730 | | | | | | | | | |
|  | 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 | | | | | | | | | |
|  | Senior Helpers 2814 Walbert Avenue Allentown, PA 18104 | • | • | • | • | | • | • | • | • | • |
| | | 484-613-1800 seniorhelpers.com/pa/lehigh-valley | | | | | | | | | |
|  | Senior Solutions Home Care 175 W. North Street Nazareth, PA 18064 | • | • | • | • | • | • | • | • | • | • |
| | | 610-258-0700 Senior-Solutions.com | | | | | | | | | |
|  | Visiting Angels of Lehigh Valley 4801 Saucon Creek Road Suite 150, Center Valley, PA 18034 | • | • | • | | | • | | • | • | • |
| | | 610-628-2655 VisitingAngels.com/Allentown | | | | | | | | | |

Caregiver to the Rescue

If you're responsible for a senior who needs help and assistance but wants to remain at home, enlist the aid of a Senior Solutions Caregiver to:

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- ★ Provide Medication Reminders
- ★ Organize Files, Drawers & Closets
- ★ Attend to Pets
- ★ Plan Visits, Outings, & Trips
- ★ Drive to Appointments

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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 |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---|---------------|---------|-----------------|------------------|----------------------|----------------|-----------------|---------|------------|----|----------|----------|---------------------|-----------------|----------------------|----------------|
|  <p>BrightStar Care of Stroudsburg & Allentown 570-223-2248 brightstarcare.com/stroudsburg-allentown 1401 N. Cedar Crest Blvd Suite 104 Allentown, PA 18104</p> | • | • | • | | | | | • | | • | • | | | • | • | • | • |
|  <p>Lehigh Valley Health Network Home Care 610-402-7800 lvhn.org 2024 Lehigh Street, Ste. 100 Allentown, PA 18103</p> | | | • | • | • | • | | • | • | • | • | • | • | • | • | • | • |
|  <p>Lehigh Valley Therapy 610-440-2270 lv-therapy.com 1416 Main Street Northampton, PA 18067</p> | • | • | • | • | • | • | • | | | • | • | | | • | • | • | • |
|  <p>St Luke’s Home Health and Hospice 484-526-1100 sluhn.org 240 Union Station Plaza Bethlehem, PA 18015</p> | | | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • |
|  <p>Valley Med Home Health Care 484-656-7176 valleymedhhc.com 2200 Hamilton St., Ste. 310 Allentown, PA 18104</p> | | | • | • | • | • | | | | • | • | • | • | | • | • | • |

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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Emmaus, PA 18040
610-965-1093
EastPennHearingCenter.com

Care Management

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

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Geriatric Case Management and Social Work
Consultation and Training
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APGEldercare.com



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

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

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



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

Lehigh County Office of Aging 17 S. 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 as they relate to the elderly. Elder law attorneys assist with life decisions involving retirement, estate planning, and

long-term care. Elder law focuses on wills, trusts, tax issues, Social Security benefits, Medicare and Medicaid coverage, nursing home care, in-home care, powers of attorney, medical directives, and other legal matters.



Law Offices
VASILIADIS PAPPAS
ASSOCIATES LLC

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

Information & Resources



Lehigh Valley Aging in Place Coalition
PO Box 3103
Allentown, PA 18106
1-877-334-8942
LVAginginPlace.org

Lifestyles over 50
Free senior living and other referral services
4847 Hamilton Boulevard
Allentown, PA 18106
Lifestylesover50.com
267-772-8210

Hospice

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

Lehigh Valley Health Network

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

St. Luke's Home Health & Hospice

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

Move Managers

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



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Caring Transitions Lehigh Valley

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(cell) 484-951-3333
caringtransitionsoflehighvalley.com

Realtors

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



Eileen Dunn, SRES Better Homes and Gardens Real Estate Cassidon Realty
 2720 Jacksonville Road
 Bethlehem, PA 18017
 (cell) 610-657-4423
 (office) 610-882-3135
 Eileen_Dunn@yahoo.com
 eileendunnrealtor.com



Real Estate Services

Jane Schiff, Associate Broker, SRES Howard Hanna The Frederick Group Realtors
 3500 Winchester Road
 Allentown, PA 18104
 (direct) 610-216-5232
 (office) 610-398-0411
 Schiffjane@gmail.com
 JaneSchiff.com

Senior Living Placement



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



Oasis Senior Advisors
 610-704-4090
 bhollinger@youroasisadvisor.com | lehighvalley.oasisadvisor.com



Premier Senior Placement
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 484-764-0610
 premierseniorplacement.com
 karen@premierseiorplacement.com

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 484-895-1188
 PowerStairLifts.com



Memory is a crucial aspect of daily life and as we age, understanding its changes becomes increasingly important. Join Eileen Dunn, Realtor, SRES, MBA and local Memory Care Professionals for a complimentary lunch and valuable information on memory issues.



When: Thursday, October 24th, 2024

Noon to 1:30—lunch available during the event

Where: Hanover Township Community Center
 3660 Jacksonville Road
 Bethlehem, PA 18017



CASSIDON REALTY

RSVP required: Eileen_Dunn@yahoo.com
 610-657-4423 (m) or 610-882-3135 (o) | eileendunnrealtor.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

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

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

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

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

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

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

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 |
|--------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|----------|--------------|---------|--------------|---------|-------------------|-------------------|----------------|------|-----------|----------|----------|---------------|---------------|-------------|---------|
|  <i>Senior Living Centers</i> | 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 | • | • | • | • | | • | • | | | | | | | | • |
|  | Arden Courts of Allentown 5151 Hamilton Boulevard Allentown 18106 610-366-9010 arden-courts.com | 50 | • | • | • | • | | • | • | | | | | | • | | • |
|  | Arden Courts of Old Orchard 4098 Freemansburg Ave Easton, PA 18045 484-373-5170 arden-courts.com | 56 | | • | • | • | | • | • | | | | | | • | | • |
|  | The Birches of Lehigh Valley 5030 Freemansburg Ave. Easton 18045 thebirchesoflehighvalley.com | 93 | • | • | • | • | • | • | • | • | | | | • | • | • | • |
|  | Chestnut Ridge at Rodale 400 S 10th Street Emmaus, PA 18049 610-632-8408 chestnutridge.org | 120 | • | • | | • | • | • | • | • | • | | | | | | |

Housing Options

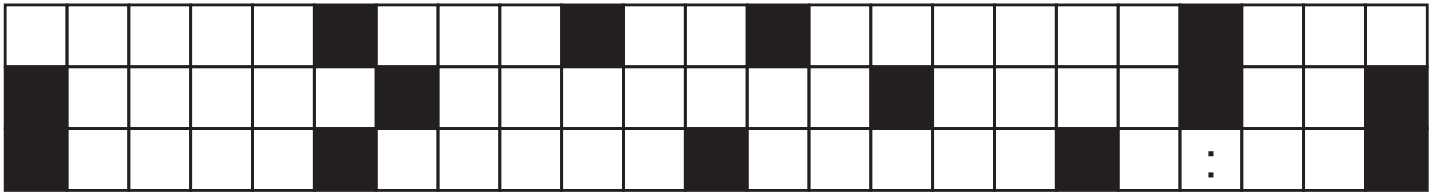
Personal Care Homes

| 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 genesisshcc.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 | • | • | • | • | • | • | | • | | | | • | | | • |
|  | Luther Crest 800 Hausman Road Allentown, PA 18104 610-398-8011 luthercrestseniorliving.org | 71 | • | • | | • | • | • | • | • | | | • | • | | | • |
|  | Lutheran Home at Topton 1 S Home Avenue Topton, PA 19562 610-682-1400 lutheranhomeattopton.org | 92 | • | • | | • | • | • | • | • | | | • | • | | | • |

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

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

The solution is on page 50.



F E R M C E E A G I G I 7
 E V E Y A P O R O E J T I E S F 1 A S
 E V R O R Y A B T V F F C G M V I N T 1 N D

Sudoku Solutions

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

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

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









<https://sudoku-puzzles.net/sudoku-easy/49/>

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

<https://sudoku-puzzles.net/sudoku-easy/576/>

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 Village 526 Wood Street Bethlehem, PA 18018 610-625-4885 | 250 | • | • | | • | • | • | • | • | | | | • | • | | • |
|  | The Palmerton 71 Princeton Avenue Palmerton 18071 610-824-7406 inspiritseiorliving.com/ | 71 | • | • | • | • | • | • | • | • | | | | • | • | • | • |
|  | Sacred Heart Senior Living 602 East 21st Street Northampton 18067 610-262-4300 sacredheartseniorliving.com | 155 | • | • | • | • | • | • | • | | | | | • | • | • | • |
|  | Sacred Heart Senior Living 4851 Saucon Creek Road Center Valley 18034 610-814-2700 (main) 610-248-7050 (mobile) sacredheartseniorliving.com | 121 | • | • | • | • | • | • | • | | | | | • | • | • | • |
|  | 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 | 134 | | • | • | • | • | • | • | • | | | | • | • | • | • |



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

**Holy Family Senior
Apartments**
1318 Spring Street
Bethlehem 18018
610-865-3963
hfseniorapartments.or

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







The Fairway at Saucon Creek
4851 Saucon Creek Road
Center Valley, Pa 18034
610-814-2700
sacredheartseniorliving.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  AT MORGAN HILL Senior Living | 5 Cedar Park Boulevard Easton 18042 610-438-9400 abingtonmanor.com | 50 | • | • | • | | • | | | | | | • |
| Arden Courts of Allentown  PROMEDICA MEMORY CARE | 5151 Hamilton Boulevard Allentown 18106 610-366-9010 arden-courts.com | 56 | • | • | • | | | | | | | • | • |
| Arden Courts of Old Orchard  PROMEDICA MEMORY CARE | 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 | • | • | • | • | • | • | | | • | • |
|  | Luther Crest 800 Hausman Road Allentown, PA 18104 610-398-8011 luthercrestseniorliving.org | 60 | • | • | • | • | • | • | • | • | • | • |
|  | Lutheran Home at Topton 1 S Home Avenue Topton, PA 19562 610-682-1400 lutheranhomeattopton.org | 194 | • | • | • | • | • | • | • | • | • | • |
|  | Moravian Hall Square 175 W. North Street Nazareth, PA 18064 610-746-1000 moravian.com | 61 | • | • | • | • | • | • | • | • | • | • |

| 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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4098 Freemansburg Avenue Easton, PA 18045
484-373-5170

arden-courts.org



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Northampton County

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rightathomeelv.com

610.253.9605
rightathome.net/lehigh-valley

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 mowglv.com
610-691-1030

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

Funeral & Cremation Services/ Pre-Arranged Funerals

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

Health Education

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

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

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

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

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

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

Arthritis Foundation
1355 Peachtree Street
Atlanta, GA 30309
800-283-7800 Arthritis.org

Sights for Hope
845 W. Wyoming Street
Allentown 18103
610-433-6018
sightsforhope.org

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

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

Parkinson's Support Group 610-868-3510

Info & Referral

BenefitCheckUp
855-486-9331
Benefitcheckup.org

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

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

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

Northampton County Area Agency on Aging
610-829-4540

Legal & Referral

Lawyer Referral Service of Lehigh County
610-433-7094

Lehigh County Office of Public Defender
610-782-3157

Justice in Aging
202-289-6976

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

Northampton County Office of Public Defender
610-829-6384

SeniorLAW Center Helpline 877-727-7529
SeniorLawCenter.org

Medicare & Medicaid Counseling

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

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

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

Medicare Insurance



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

Mental Health and Disabilities Services

Lehigh County Office of Mental Health & Mental Retardation (MH/MR)

17 S. 7th Street,
Allentown 18101
610-782-3200
LehighCounty.org

Lehigh Valley Health Network Dept. of Psychiatry

888-402-5846

Lifepath

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

Northampton County Mental Health

2801 Emrick Blvd.
Bethlehem 18018
610-829-4840
NorthamptonCounty.org

Pinebrook Family Answers

402 North Fulton Street
Allentown 18102
610-432-3919
PBFALV.org

St. Luke's Behavioral Health

1107 Eaton Ave,
Bethlehem 18018
484-526-3012
slhn.org

Via of the Lehigh Valley

336 W. Spruce Street
Bethlehem, PA 18018
610-317-8000 vianet.org

Pharmaceutical Assistance

Lehigh Conference of Churches

457 W. Allen St.
Allentown 18102
610-433-6421
LehighChurches.org

PACE/PACENET Program

800-225-7223
pacecares.magellanhealth.com

Protective Services

Lehigh County Office of Aging & Adult Services

17 S. 7th St. Allentown
18101 610-782-3034 (24
hour)
LehighCounty.org

New Bethany Ministries

333 W. 4th St. Bethlehem
18015. 610-691-5602
NewBethanyMinistries.org

Safe Harbor Easton

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

Turning Point of Lehigh Valley, Inc.

610-437-3369 (24 Hr)
turningpointlv.org

Social Security & SSI

Social Security Admin.

41 N. 4th St, Allentown
877-405-6746 SSA.gov

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

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

Transportation

Easton Area Neighbor-
hood 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

484-550-6388

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

| | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| E | V | E | R | Y | | A | C | T | | O | F | | G | I | V | I | N | G | | A | N | D |
| | E | V | E | R | Y | | P | E | R | F | E | C | T | | G | I | F | T | | I | S | |
| | F | R | O | M | | A | B | O | V | E | | J | A | M | E | S | | 1 | : | 1 | 7 | |

F E R M C E E A G I G I 7
 E V E Y A P O R O E J T I E S F 1 A S
 E V R O R Y A B T V F F C G M V I N T 1 N D

Thanksgiving Word Finder solution from page 22

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

A Help Button Should Go Where You Go!



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

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

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

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



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- ✓ **plus FREE** EQUIPMENT TO USE!*



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

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

MobileHelp Features:

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



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