

Lehigh Valley LIFESTYLES™

2025 Winter – Complimentary O V E R 5 0



Renew Your Mind, Body, and Spirit!
Featuring healthful articles, hearty humor,
puzzles, and a senior resource directory



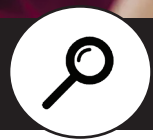
Age in Place



Experts



Housing Options



Resources

LIFESTYLES™

OVER 50

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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!

8			4	3	1			7
7		3		8		5	4	
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<https://sudoku-puzzles.net/sudoku-easy/542/>

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Navigating This Directory

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

All sections are color coded for easier use!



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

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Things To Do With Grandkids

We are in the middle of winter and at the cusp of spring! The year is fresh, and so is the early spring mud. The kids are probably playing outside more, and tracking mud inside. It's time to get the children and grandchildren out of the house and into some of the Lehigh Valley's great attractions. As always, we recommend that you contact the venue directly for up-to-date information. We are not responsible for changes to our listings.

“Spring is the time of year when it is summer in the sun and winter in the shade.”—Charles Dickens

Waiting for the outdoor adventure parks to open? Is it still too chilly to visit the playground? **Urban Air Adventure Park** has the answer! Located in Trexlertown, Urban Air is the ultimate indoor adventure park and a destination for family fun. The park features attractions suitable for all ages and offers the perfect destination for unforgettable kids' birth-



day parties, exciting special events and family fun. Memberships ensure endless play, and there are special events, rental opportunities, and weekly activities. Urban Air pushes adventure to the limits! 6900 Hamilton Blvd., Trexlertown 18087 |

610-901-4291 | urbanair.com/pennsylvania-trexlertown/

If you get tired of the kids horsing around the house, why not take them to a place where horsing around is natural and encouraged? **Quarter K Ranch, LLC**, features top-notch horses, staff, and western programs, creating adventures and memories to last a lifetime! There are guided horseback trail rides, carriage rides, and Kids Horse Camp. The ranch is located in the Lehigh Valley/Eastern Pa., minutes from Allentown and the Poconos. 804 South Oaks Road, Bath, 18014 | 610-730-4973 | quarterkranch@hotmail.com | quarterkranch.com

Nestled on an 18-acre historic farm in Nazareth, Pennsylvania, **Equi-librium** provides healing through horses by implementing equine-assisted services to help individuals with physical, developmental, behavioral, and psychological challenges. Their range of services includes adaptive riding and horsemanship; therapeutic carriage driving; equine-assisted movement and learning; yoga and fitness; and more. Equi-librium uses a progressive, individualized program with each of its participants. All activities are provided by licensed or certified staff with the assistance of volunteers. 524 Fehr Rd., Naza-

reth, 18064 | 610-365-2266 | jesse@equi-librium.org | equi-librium.org

Are your grandchildren spending too much time staring at screens? Why not treat them to a really big screen? Select Marcus Theatres® and Movie Tavern® theaters are offering the **Winter Kid Dream Fam-**



ily Film Series from January 24th through March 16th. Your favorite family films can be viewed for only \$3.00 + tax! Films include *Kung Fu Panda*, *IF*, *Abominable*, *Transformers One*, and other kid favorites. Food and drinks are available for separate purchase. One local participating theater is the **Trexlertown Cinema**, 6150 Hamilton Blvd., Allentown, 18106 | 484-655-6667. See marcus-theatres.com/marcus-specials/family-friendly-films/kids-dream-winter-film-series-2025 for details.

Spring for one of these adventures with your grandkids and put a little spring in your own step!

New Year = New Things To Try

OK, raise of hands—How many of us made New Year resolutions? Now, hiding of faces—How many of us have already broken them? Wouldn't it be easier to resolve not to make New Year resolutions and keep that one?

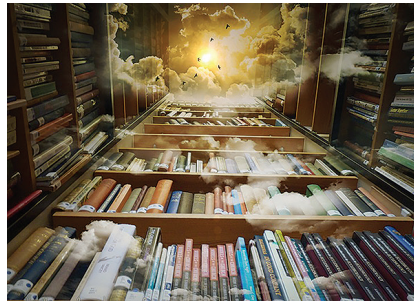
The new year has started, and it's not too late to try new things. We are not suggesting that there is anything wrong with the "old" you—You have probably heard the cliché, "New year, new you!" You may need to feel new, or just need a change from routine. Maybe your mind needs a little sharpening or your bones need to be rattled a bit. Perhaps you need some new faces (not yours but some new friends). Here are some suggestions for the "old you" to *go to* and *try to*.



Lehigh Valley Active Life Their tagline says it all: "An organization for retired active people who never slow down." Located on West Elm Street in Allentown, the center offers cards and games, an Arts Academy, education and support groups, fitness programs, and opportunities to eat, dance to live music, travel, and laugh! This is not just a bunch of old people sitting around in mothballs playing bingo (although cash bingo is offered!)—it's a place to liven up and get involved and learn new things with new people! Talk to Rick; he's a nice guy! 610-437-3700 | lvactivelife.org

Learn something new (besides using the remote) Google "adult education Lehigh Valley" and you can

spend the afternoon reading about all the options.



Speaking of reading, **The Literacy Center** on Hamilton Street in Allentown has a mission to empower adults through literacy. TLC offers the following services at no charge: English as a Second Language; GED and college access; workforce development; and additional support services. 610-435-0680 x804 | theliteracycenter-lv.org NOTE: Local school districts may also offer similar courses and services.

If you decide to change careers or get back into the workforce, schools like **Lehigh Career and Technical Institute** in Schnecksville can help you invest in your future with adult courses in construction; communications; health and food services; manufacturing; mechanics; and transportation. 610-799-2300 | lcti.org/contact

There are some simple life choices you can make at home that might add some freshness to your routine.

For example, **buy a planner** that you can fill out to make sure you schedule and complete your life activities.

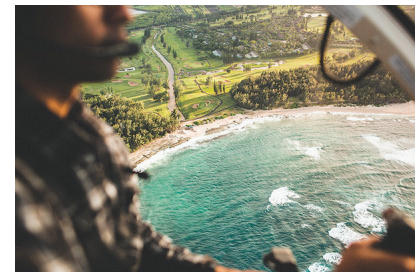
Find a book to read. You can check out your local library (pun intended) a new or used book store, an online book review site, or a friend's bookshelf. Try a genre you've never read—or even a coloring book!

Write a book—or at least a diary or journal! Think about how you can pass your wisdom and experience and fun stories down to the next generations. You don't have to be Charles Dickens; be who you are and write what you think.

If you use a certain **Bible** for devotions or in church, look in Barnes & Noble or on Christianbook.com or Amazon or another source for an updated or easier-to-read translation. You may understand passages you didn't understand before!

Reach out to old friends for new experiences! Learn or get help with social media and track down old friends for updates and reminisces.

Add a thrill to your life!



If you're willing to travel a bit, you can launch a new adventure! **Lancaster Balloon Rides** in Bird-in-Hand will give you a bird's eye view of Amish Country. 800-763-5987 | lancasterballoonrides.com

Pocono Helitours in Tobyhanna gives you a tour of the Poconos like no other! Look down on those mountains that everyone looks up to! 570-580-4354 | poconohelitours.com

There are many new tricks old dogs can learn—it just takes a little motivation and wise planning to kick that bucket list (pun intended) and see what spills out. Sports, art, entertainment, adventure, travel, learning—there are opportunities all around. And we're at the age where we don't care what people think of us, so go crazy and have fun!

Leg Pain After Walking Could Mean You Have PAD

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

Lehigh Valley residents are aware that our risk of developing heart disease and stroke increases as we grow older. You might even know they are caused by a build-up of fatty material in your arteries—atherosclerosis. But did you know that the same material can accumulate in vessels throughout your body, especially your legs and feet? If this occurs, you may have pain due to peripheral artery disease (PAD), said vascular surgeon Sharvil Sheth, MD, of St. Luke's Vascular Center.



Dr. Sharvil Sheth
Vascular Surgeon

If you suspect you have PAD, talk with your primary care physician, who can use a combination of your medical history, a physical exam, and simple tests to diagnose PAD. A quick, painless ankle-brachial index (ABI) test, which compares the blood pressure in your ankle to the blood pressure in your arm, can be a useful way to determine if you have PAD.

“The most common symptom that I deal with is, ‘Doc, I have pain when I walk. I want to walk more. What can I do?’”

While it seems counterintuitive, walking is the best treatment for PAD, he said. PAD restricts blood flow to muscles in your legs, so painful cramping occurs. Regular walking forces your leg muscles to make new blood vessels, progressively improving blood flow and PAD symptoms.

Dr. Sheth recommends 30 minutes five times a week or more. But if you have other health conditions that prevent that duration, he advises walking for any amount of time you can handle, even for a few minutes, three to four times a day. Patients often benefit from a structured exercise program; he recommends the St. Luke's Peripheral Artery Disease exercise therapy program.

You may have more advanced PAD if you have severe foot pain, especially at night, wounds that don't heal or gangrene, a total lack of blood flow that causes toes or other parts of your foot to become red and swollen or black with loss of feeling.

The typical treatment for more advanced PAD ranges from angioplasty and stent placement to bypass surgery. Most patients can be treated

Left untreated, PAD can progress to the point where blood flow is completely blocked and could lead to amputation.

Like other forms of cardiovascular disease, PAD prevalence increases with age. About 20% of people over age 75 have some degree of PAD, defined as the narrowing or blockage of the vessels that carry blood from the heart to the legs. While it can happen in any blood vessel, PAD is less common in the arms.

According to the Centers for Disease Control and Prevention, about four in 10 people with PAD have no leg pain. Dr. Sheth said a lot of patients are uninformed about PAD and attribute their leg pain to arthritis or a bum knee.

PAD continued on next page

with minimally invasive catheter-based outpatient procedures, where a tiny balloon on a tube is delivered to and placed across the blockage. It is inflated to widen the artery and improve blood flow. A small wire mesh tube, called a stent, is then placed in the artery to keep the artery open.

However, some patients will need traditional bypass surgery to restore blood flow if blockages are very extensive.

Left untreated, PAD can progress to the point where blood flow is completely blocked and could lead to amputation. Fortunately, St. Luke's offers limb-saving procedures (see below).

The St. Luke's Vascular Center has several offices across the greater Lehigh Valley and surrounding areas. To schedule an appointment with Dr. Sheth or another vascular surgeon, call 484-503-8281.



Dr. Sheth and colleague performing surgery

St. Luke's Offers Peripheral Artery Disease (PAD) Exercise Therapy

St. Luke's PAD Exercise Program is a medically-supervised outpatient exercise and education program for patients recently diagnosed, or who have a long history of PAD symptoms, or have undergone vascular procedures and continue to have symptoms. Physicians, nurses, physical therapists, and exercise physiologists lead patients through a goal-oriented exercise program in state-of-the-art fitness facilities at eight cardiopulmonary and vascular rehabilitation locations. They provide exercise, nutritional habits, smoking cessation, and relaxation. Call 1866-STLUKES (785-8537), option 4.

St. Luke's Offers Advanced Treatments for Patients at Risk of Amputation

One-in-20 people diagnosed with peripheral artery disease (PAD) could be at risk for amputation, said vascular surgeon Sharvil Sheth, MD, of St. Luke's Vascular Center, so St. Luke's offers the most cutting-edge procedures to preserve feet and legs for people whose PAD has progressed to advanced levels.

"With these new minimally-invasive procedures, we can give hope to even those patients who previously had no other options," he said.

"This is important because once a patient has an amputation, their quality of life is affected. They lose their independence and become depressed. Particularly for an elderly patient, amputation can lead to a downward spiral that they may not be able to survive."

These procedures are only offered to patients who have exhausted all other options and are progressing towards a major amputation, he said. It requires coordination between the vascular team, foot doctors, and wound care specialists for close follow-up care.

Rather than travel to Philadelphia or New York, patients can see their St. Luke's vascular surgeon at one of their 10 outpatient offices across the greater Lehigh Valley.

"For patients who have no other options, we are pleased to offer these more advanced technologies," he said. "We are the only comprehensive Heart & Vascular Center in the region that offers patients with peripheral artery diseases a full spectrum of treatment options. And we offer services at multiple locations close to our patients' homes."

Tax Consequences of Selling a House After Death

by Stanley M. Vasiliadis, Esquire, CELA

TBuying or selling a home can be one of the most important financial transactions in one's life. The sale or other disposition of one's home after death is often the most significant financial transaction in the distribution of a decedent's estate. Tax consequences play an important role.

The biggest concern when selling property is usually capital gains taxes. A capital gain is the difference between the "basis" in property and its selling price. The basis is the purchase price of the property plus capital improvements; for example, a new roof or furnace or an addition to the home. So, if you purchased a house for \$300,000, made \$40,000 worth of capital improvements, and sold it for \$450,000, you would have \$110,000 of gain (\$450,000 - \$300,000 - \$40,000 = \$110,000). States, not just the federal government, tax capital gains. In Pennsylvania, a fixed rate of 3.07% is levied. But as explained below, in many instances, federal and state capital gains tax will not apply.

Couples who are married and file taxes jointly can sell their main residence and exclude up to \$500,000 of the gain from the sale from their gross income. Single individuals can exclude only \$250,000. Surviving spouses get the full \$500,000 exclusion if they sell their house within two years of the date of the spouse's death, and if other ownership and use requirements have been met. The

result is that widows or widowers who sell within two years may not have to pay any capital gains tax on the sale of the home. Pennsylvania has an unlimited exemption under the same rule.

If it has been more than two years after the spouse's death, the surviving spouse can exclude only \$250,000 of capital gains on their federal income tax return. However, the surviving spouse does not automatically owe taxes on the rest of any gain.

When a property owner dies, the basis of the property is "stepped up." This means the current value of the property becomes the basis. When a joint owner dies, half of the value of the property is stepped up. For example, suppose a husband and wife buy property for \$200,000, and then the husband dies when the property has a fair market value of \$300,000. The new basis (assuming no capital improvements) of the property for the wife will be \$250,000 (\$100,000 for



the wife's original 50 percent interest and \$150,000 for the other half passed to her at the husband's death). A higher tax basis means lower capital gains. In states other than Pennsylvania that are "community property" states, property acquired during marriage is the community property of both spouses, and the property's entire basis is stepped up when one spouse dies.

Tax consequences form a significant part of estate and retirement planning. They also are an important consideration in long-term care asset protection planning. The attorneys at Vasiliadis Pappas Associates have guided many families in connection with minimizing and eliminating taxes related to the acquisition and sale of real estate. Call us! We can help: 610 694-9455



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Presidential Peculiarities To Ponder on Presidents Day



After the recent presidential hubbub, which may not have seemed humorous, we thought you'd like to see the funny side of presidents.

- Washington didn't have enough money to get to his own inauguration, so he borrowed \$600 from a neighbor.
- Woodrow Wilson was the first president to earn a Ph.D. However, he really wanted to be a vaudeville actor. Like every boy's dream, he ran away to join the circus. He knew what awaited him when he got home, so he stuffed his pants with padding to soften his father's "greeting."
- General Eisenhower loved to paint but his drawing skills were generally bad. He would ask someone else to draw pictures, then he would paint inside the lines. And so, in the 1950s, the national paint-by-numbers fad was born!
- Calvin Coolidge was a fun kinda guy. He loved to ride a horse—in his bedroom. Before you start picturing "The Godfather," Cal's horse was a mechanical bucking horse he rode every day.
- When Richard Nixon was running for president after being Ike's vice president, Ike was asked to give an example of one idea he accepted from Dick. His reply: "If you give me a week, I might think of one."
- After shaking hands for three hours at a reception, Lincoln said his hand was "almost paralyzed." It was hard for him to hold a pen. After dropping it once, he persevered and picked it up again — and signed the Emancipation Proclamation.
- Thomas Jefferson led the first inaugural parade through Washington—sort of. Actually, he was just walking back to his boarding house after being sworn in, and a crowd of people started following him.
- Andrew Jackson was the first president to be handed a baby to kiss while campaigning. Not relishing the thought, he passed the baby to his secretary of war instead.
- James Polk had his gallstones removed at age 16—and demanded it be done without anesthesia.

Why it's called "vice" president

- When Al Gore was running for president, he tangled with a heckler for shouting what Gore thought to be the ultimate insult. The heckler told Al he had all the traits of a really good vice president.
- Daniel Webster declined the VP nomination, saying, "I do not choose to be buried until I am really dead."
- VP Thomas Marshall's claim to fame came when he was listening to a boring speech. He loudly commented to an aide, "What this country needs is a really good five-cent cigar."
- Telegram from VP Marshall to VP-nominee Calvin Coolidge: "Please accept my sincere sympathy."

Romantic Ribbing for Valentine's Day

- Better to have loved a short man than never to have loved a tall.
- Love is blind—and marriage is an eye-opener!
- Becky: Do you love me with all your heart and soul?
Dave: Uh- huh.
Becky: Do you think I'm the most beautiful girl in the world?
Dave: Uh-huh. Becky: Do you think my lips are like rose petals?
Dave: Uh-huh.
Becky: Oh, Dave, you say the most beautiful things!
- One girl to another: There's never a dull moment when you're out with Wilbur—it lasts the whole evening.
- Boy: If you refuse to marry me, I'll jump off a 500-foot cliff!
Girl: That's a lot of bluff.
- Boy: Will you marry me?
Girl: No, but I'll always admire your good taste.
- He: If you give me your phone number, I'll call you.
She: It's in the book.
He: Good. What's your name?
She: It's in the book, too.

Quit Smoking and Identify Lung Cancer When Most Treatable

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

The risk of developing lung cancer among Lehigh Valley residents and others increases with age and is most prevalent in people aged 65 and older, according to the American Cancer Society. The average diagnosis age is 70.

While you can't change your age, long-time smokers can significantly reduce their risk of lung cancer—one of the most common and deadly cancers—if they stop smoking and get screened for lung cancer, said thoracic surgeon Meredith Harrison, MD.

To help people reduce their risk, St. Luke's University Health Network offers a smoking cessation program, a support group for those attempting to quit, and a comprehensive lung cancer screening program to identify the presence of lung cancer.

"Lung cancer screening has been shown to save lives and is so important in detecting early cancers," said Dr. Harrison, medical director for St. Luke's Network for Lung Cancer Screening and Prevention. "Survival rates of stage I lung cancers are greater than 90%, whereas advanced cancers are much harder to treat."

Dr. Harrison, of St. Luke's Thoracic Surgical Associates in Stroudsburg and Bethlehem, treats conditions and injuries of the chest, including the lungs.



Dr. Meredith Harrison



Dr. Nicole Yoder

St. Luke's Pulmonary and Critical Care team offers a low-dose CT screening for adults aged 50 and 80 who have a history of heavy smoking.

"Patients don't realize that lung cancer is mostly a silent cancer—most patients have no symptoms associated with it," she said. "That's why the CT scan is so important. It is the best test available to find cancers. If a cancer is found early, it can be treated and often cured!"

"Just like any cancer, the earlier it is detected and treated, the better the outcome for the patient," said pulmonologist Nicole Yoder, DO. "The low-dose CT screening is designed to pick up small lung cancers before they have had time to spread." Dr. Yoder is the chair of critical care and the interim chief of pulmonary medicine. She cares for critically ill patients in the hospital and works closely with their families.

To qualify for the screening, patients must have a history of 20 pack years within the past 15 years. To calculate the number of pack years, multiply the number of packs smoked by the number of years. So, if someone has smoked a pack of cigarettes each day for 20 years or two packs for 10 years, they have 20 pack years.

St. Luke's currently screens more than 4000 patients per month, Dr. Harrison said. Then, a team of radiologists, thoracic surgeons, and pulmonologists reviews the CT scans and determines how to treat the findings appropriately.

Excluding skin cancer, lung cancer is the second most common type of cancer for men—second only to prostate—and women—second only to breast cancer. It is by far the leading cause of cancer death, accounting for about one in five cancer deaths and more than colon, breast, and prostate cancers combined, according to the American Cancer Society.

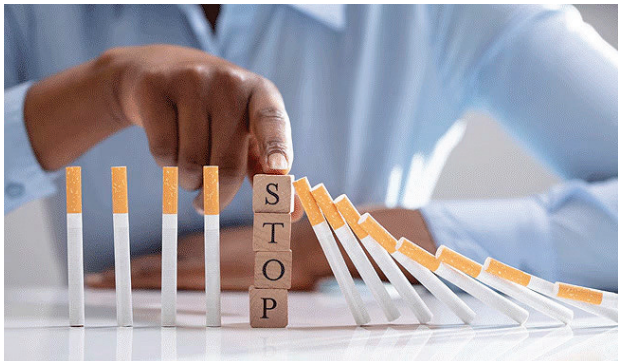
Quitting smoking will not only reduce your lung cancer risk but will improve your overall health.

Dr. Harrison sees patients in the Stroudsburg and Bethlehem offices of St. Luke's Thoracic Surgical Associates. To make an appointment, call 484-526-3950.

Smoking continued on next page

Smoking continued from previous page

Stop Smoking on The Great American Smokeout® or Any Day



The Great American Smokeout®, hosted by the American Cancer Society, takes place the third Thursday every November. The event encourages smokers to plan to quit or stop that day. Smoking is the leading cause of death and illness in the world and accounts for an estimated 480,000 deaths a year.

When you're ready to quit, take advantage of St. Luke's Tobacco Cessation Program, which uses a comprehensive approach to empower tobacco users with the tools and skills to take control of their health—without any shame, guilt, or pressure. Smoking cessation counselors work with participants to create an individualized treatment plan so they can live tobacco-free.

The program offers multiple options, such as in-person and virtual visits, one-on-one or class settings, and access to free nicotine replacement therapy (patches, gum, and lozenges) for those who qualify.

Also, St. Luke's Virtual Smoking Cessation Support Group is open to anyone who has quit smoking, is currently quitting, or is thinking about it. The St. Luke's Smoking Cessation Coordinator, a tobacco treatment specialist certified by NAADAC (National Association for Alcohol and Drug Abuse Counselors), leads the program via Microsoft Teams. Sessions last up to 60 minutes.

For more information, contact our Program Coordinator at 484-658-2436. To schedule an appointment with a St. Luke's Pulmonary & Critical Care Associates physician, call 484-526-3890.

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PERSONAL CARE AND MEMORY CARE RESIDENCE

Local Healthcare Programs

St. Luke's Mental Health Information and Resources

Join St. Luke's each month as we explore different mental health topics. Qualified mental health professionals from our Walk-In Center and Rural Psychiatry Residency Program will facilitate these free educational sessions and provide you with information and resources.m

St. Luke's Healthy Aging Series

Upper Bucks Campus (Part of the Older Adults Meal Program)

On the **third Wednesday of each month**, speakers share educational information and answer questions in their specialty areas. This is part of the Older Adult Meal Program.

Wednesday, Feb. 19 (Speaker to be announced)

Wednesday, Mar. 19, Nathan Davis, DO, St. Luke's Buxmont Gastroenterology—Sellersville, 5–6 p.m., St. Luke's Upper Bucks Campus Cafeteria, 3000 St. Luke's Drive (Rt. 663 & Portzer Road), Quakertown, PA 18951

The Older Adults Meal Program 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.

Wednesday, Mar. 26, 2–3 p.m.

St. Luke's Hospital – Anderson Campus Medical Office Building, 1700 St. Luke's Blvd., Easton, PA 18045

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

Bethlehem Campus, Wednesday, Feb. 12, 10–11 a.m., St. Luke's University Hospital-Bethlehem Campus, 801 Ostrum Street, Bethlehem, PA 18015

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

Easton Campus, Monday, Mar. 10, 10–11 a.m., Easton Campus, 250 South 21st Street, Easton, PA 18042

All classes will be held in the Kroner Auditorium.

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

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

Winter Glam—Plastic & Reconstructive Surgery Open House

Thursday, Jan. 30, 5–7 p.m., St. Luke's Plastic & Reconstructive Surgery, 74

West Broad Street, Bethlehem, PA 18018

Demonstrations, special offers, giveaways, and discounts on gift certificates. *Registration is required.*

Menopause & Me Lecture Series

Tuesday, Feb. 11, 5:30–6:30 p.m.
Topic: Weight Management and Nutrition

St. Luke's Anderson Campus—Medical Office Building, 1700 St. Luke's Blvd., Easton, PA 18045

Conference Room, Lower Level. Light refreshments will be served.

Menopause is a natural, normal body change that happens when a woman stops menstruating. Approximately 37 million women are currently in menopause in the U.S. Menopause is often not a sudden event. For many women, it occurs gradually over months to years. Please join us for discussions on various menopause-related topics. Space is limited and *registration is required*. Light refreshments will be served.

St. Luke's ThinkFirst to Prevent Falls

An evidence-based fall prevention program for older adults (55+), ThinkFirst to Prevent Falls aims to raise awareness of the prevalence of falls and their serious consequences and to increase knowledge about reducing fall risks. 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.

Programs continued on next page

Programs continued

Upper Bucks Campus, Tuesday, Mar. 18, 10–11 a.m., St. Luke's Upper Bucks Campus, 3000 St. Luke's Drive (Rt. 663 & Portzer Rd), Quakertown, PA 18951

All classes will be held in the 1st Floor Conference Room at the Upper Bucks Campus.

Miners Campus, Thursday, Mar. 27, 10–11 a.m., St. Luke's Miners Hospital, 360 W. Ruddle Street, Coaldale, PA 18218

All classes will be held in the Community Room (Lobby).

Sacred Heart Campus, Thursday, Mar. 27, 10–11 a.m., St. Luke's Sacred Heart Hospital, 421 W. Chew St. Allentown PA 18102

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

Geisinger St. Luke's Campus, Tuesday, Apr. 8, Noon–1 p.m., Geisinger St. Luke's Hospital Medical Office Building, 1165 Centre Turnpike, Orwigsburg, PA 17961

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

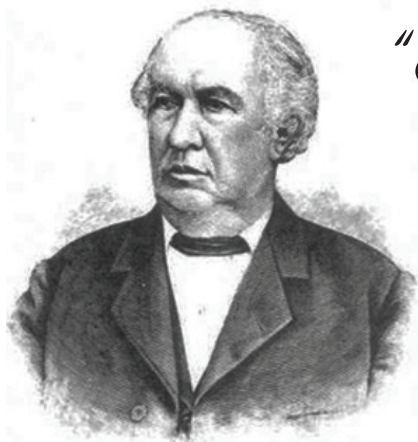
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"Judge" for Yourself

Does this man deserve to have a village named after him?

The man pictured here is Judge David Laury, who lived in the 1800s. Can you guess what local village was named after him?

If you said, "Slate Dam," you'd be sort-of correct.

In 1830, the Lehigh Coal and Navigation Company built a large dam on a bed of

slate in the Lehigh River; hence the name, "Slate Dam." The village became a popular resort after David Laury built the Laury Hotel in the village, attracting visitors who arrived by trains for the summer.

Laury became the village's postmaster in 1853, and a dozen years later was elected Justice of the Peace for North Whitehall. He shortly became Revenue Collector for Lehigh and Northampton Counties, then, in 1868, David Laury was elected Associate Judge of Lehigh County; hence the moniker, "Judge."

He established a grist mill on the banks of the Lehigh River but it burned down in the 1930s. Laury's Island was a popular resort that was abandoned in 1905.

At some point, Laury's Station lost the apostrophe and is now known as "Laurys Station," with a population of about 1,170, located nine miles north of Allentown.

Is it time to transition into Senior Care?

As your local Lehigh Valley and Upper Bucks **Certified Senior Advisors**, we specialize in guiding families to find the right care option and solution for a senior loved one. Our services encompass consultation, advocacy, and education to ensure a smooth transition into Independent and Assisted Living, In-Home Care and Memory Care.

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Stay *Active* This Winter!

Ideas to Get—and Keep—Your Body and Mind in Motion

Snow is on the ground, and that can make a difference in the lifestyle of Lehigh Valley residents who may have a little snow on the roof, as the saying goes. Staying active during the winter can be particularly important for older adults, whose activities may be hindered by colder weather and shorter days. Physical, mental, and spiritual exercise is just as important during adverse conditions as when the weather is friendlier.

Here are several ways our senior friends can fight the winter slump and maintain physical and mental activity while awaiting spring. Some may require driving to a destination, so be careful!

A quick Google search can reveal times, places, and other options for the suggestions suggested below.

Indoor Physical Activities

Community Centers Many local community and senior centers in the Lehigh Valley offer indoor activities like yoga, tai chi, and aerobics tailored to older adults. Some offer card and board games, indoor sports, lectures, meals, interest groups, and other incentives for physical and mental stimulation (known as “fun”!).

Mall Walking Malls provide a climate-controlled space for walking and socializing. Be sure to take a few bucks with you in case you get hungry or can't resist that item in the window!

Home Exercise While watching the snow fall and the birds flit by, you can also watch exercise DVDs, YouTube videos, or apps, where you can find gentle or more vigorous workouts, stretches, and chair exercises. After your workout, challenge your brain with quizzes and games from YouTube or a paper or magazine.



Gym Memberships Some gyms have senior-friendly classes and equipment. Check for programs like SilverSneakers, which is covered by most Medicare Advantage (not original Medicare) plans. The SilverSneakers fitness program, offered at no additional cost to seniors on eligible Medicare plans, helps you get active and connect with others. It includes live online fitness classes, on-demand videos, and access to thousands of gyms across the country.

Outdoor Activities

Winter Walking Bundle up and take walks in well-cleared parks or trails. Many state parks in Pennsylvania maintain accessible paths. Go with a friend or family member so you have someone other than squirrels to talk to! Make sure you have sturdy, non-slip footwear.



Snowshoeing or Cross-Country Skiing or Sledding or Tobogganing or Skating The Lehigh Valley boasts local and nearby ski and winter sport areas. Ask about gentle and low-impact options to enjoy nature safely, with the emphasis on “enjoy.”

Bird Watching As seasons change, so does the bird population. Watching the birds and squirrels hustle about is a relaxing activity, whether

Stay Active continued on next page

Stay Active continued from previous page

done through a window or while wrapped in appropriate outdoor clothing. Of course, feeding them helps increase the population!

Social Engagement

Book Clubs and Hobby Groups

Meeting with fellow enthusiasts makes for delightful and educational conversation. Libraries and social centers offer usually-free opportunities to get together around various topics and interests. Not sure what interests you? Drop in anyway and get a feel for something different!

Volunteering Many organizations, such as libraries, food banks, and religious and social service agencies, welcome volunteers, especially during the winter when needs are greatest.

Faith-Based Groups Participate in special events, study groups, or community outreach projects. If you are already a member of a group, volunteer to become more active in services if possible.

Cultural & Educational Opportunities

Museums and Libraries Explore the Valley's rich history and art in the comfort and peace of the indoors. There are venues that specialize in painting and sculpture, motor vehicles, guitars, native culture, wildlife, crayons, science, local history—all kinds of stuff!

Lifelong Learning Programs You're never too old to learn, especially if you are old enough to know what you don't know! Many local colleges and universities, as well as technical schools, offer in-person and online classes for adults. Learn a new hobby, a new language, a new recipe, a new hobby, or a new exercise! Make new friends and new brain cells!



Virtual Classes Learn a new skill or hobby from the comfort of home. A virtual class is a real class online, where you pretend you are there!

Maintaining a Healthy Routine

Nutrition If you are used to eating out at restaurants or a friend's house, staying indoors may limit your menu options. A lack of activity may decrease your appetite, but eat well (especially warm dishes!) and drink plenty of liquids.

Regular Sleep Patterns Shorter, darker days and lack of activity can mess up your sleep patterns, usually resulting in more time in bed. Keep a consistent sleep schedule for better overall health.

Vitamin D Reduced exposure to sunlight can decrease vitamin D levels. Vitamin D is essential for bone and gut health. Ask your medical professional for advice.

Stay Safe and Warm

- Make sure steps, sidewalks, driveways, and other pathways are clear of ice and precipitation. Snow isn't the only thing that falls in the winter!
- Wear proper shoes, boots, or whatever it takes to keep warm and balanced.
- Wear layers of clothing to help insulate thinning senior skin from the cold and wind.
- If driving is not an option, use local transportation providers, such as buses and non-medical transport.

Do you need specific resources or recommendations for the Lehigh Valley? Look for help in our directory in the back of this magazine, or call our Lifestyles experts at 217-772-8210!

Take Heart, Weary Pilgrim—Hope Springs Eternal!

by Alan Allegra

So, what's new with you?

A new year has just begun. We have a new president, as well as other major government officials. There is a new spirit in the country. You may have some new toys, clothes, and other items you received for the holidays. You may also have a few new wrinkles or pounds, but we'll put them aside for now.

Perhaps you have new children or grandchildren; a new puppy or kitten; a new home; a new car; or a new job. New is good (unless you're an antique collector. It's funny when we get excited about finding a new antique or new artifact).

When someone undergoes

“Come to me, all who labor and are heavy laden, and I will give you rest” (Matthew 11:28).

a vital operation or purchases an amazing new gadget from a television ad, they may say, “It changed my life” or “I've gotten a new lease on life.”

In a world-weary voice, King Solomon said, “[T]here is nothing new under the sun” (Ecclesiastes 1:9). He recognized that the excitement of newness soon wears off and we're back to the same ol' same ol'. Is there relief from the endless cycle of life, this roller coaster of existence? Who doesn't want a new body? A new mind? A new lease on life? An impregnable safe?

So, what's gonna be new with you?

Spring is a time of renewal with new plants, animal babies, fresh water, and crisp produce. We know from harsh experience that all things eventually perish, even our bodies. Weary pilgrim, there is hope! “For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life” (John 3:16)!

The corner will turn, says the Lord, “For behold, I create new heavens and a new earth, and the former things shall not be remembered or come into mind” (Isaiah 65:17). A new heavens and earth

will require a new population—believers in Jesus Christ.

“Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come” (2 Corinthians 5:17). “When the perishable puts on the imperishable, and the mortal puts on immortality, then shall come to pass the saying that is written: ‘Death is swallowed up in victory’” (1 Corinthians 15:54). This is not a new lease on life—this is a lifetime contract!

The apostle Peter confirmed that hope centuries after it was first promised: “But according to his promise we are waiting for new



heavens and a new earth in which righteousness dwells” (2 Peter 3:13). For weary saints who are longing to see an end to the lies and deceptions of the world, in the eternal spring, “as the earth brings forth its sprouts, and as a garden causes what is sown in it to sprout up, so the Lord God will cause righteousness and praise to sprout up before all the nations” (Isaiah 61:11).

There will be the tree of life; the water of life clear as crystal, and new friends and family who will be perfect. New heavens and earth to explore. Things won't rust, corrupt, get lost or stolen, or need to be insured or fixed. No weather concerns, no elections.

“He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away.’ And he who was seated on the throne said, ‘Behold, I am making all things new.’ Also he said, ‘Write this down, for these words are trustworthy and true’” (Revelation 21:4–5).

To make a reservation for the new heavens and earth, simply and sincerely accept Jesus' invitation: “Come to me, all who labor and are heavy laden, and I will give you rest” (Matthew 11:28).

Senior Living and Care Solutions

Guide Your Family to their Best Outcome

Placement Assistance

- Meet with Family to Understand Needs
- Tour appropriate communities with Family
- Ensure smooth transition to the new community

Beyond Driving with Dignity Self-Assessment

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- Cognitive and memory related exercises
- Receive a detailed written report

Peace of Mind Visits

- Visit Your Loved One Each Week
- Support Transitioning into Senior Living



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Coloring Space

If you want to be numbered among great artists and prove you are a budding Rembrandt, get crayons or colored pencils, find a relaxing space, look out the window for inspiration, and release the artist in you! Leave your worries behind for a moment, stem the tide of boredom, rally your stamen-a, and be creative. You'll be hot as a pistil!



From Winter's Chill to Spring's Bloom by Judi Painter

2024 was quite a year! Is 2025 going to be a year of looking at your glass as “half empty” or “half full”? This metaphor is used to see how one views a situation. If one looks at the glass as half empty, the focus is on the negative. If one looks at the glass as half-full, the focus is on the positive. It is a simple concept, yet difficult to implement.

People are often nervous about checking whether their glass is half full or half empty. This can stem from a fear of confronting their mindset or reality. This metaphorical “glass” represents how people perceive their lives, situations, or prospects—whether with optimism (half full) or pessimism (half empty). This can especially be the case at the beginning of a new year.

Let's start with January, the month of new beginnings and reflection. From a winter's chill, with lots of frost, January typically kicks off with New Year's Day, a time for fresh starts and setting bold goals and intentions. Along with our good intentions, we can often have the post-holiday blues. If you find yourself looking at the glass half empty, do something FUN! The Lehigh Valley has lots of fun things to do, some of which are listed here: Lehigh Valley Events | Festivals, Exhibits & Performances. [discoverlehighvalley.com/events/?utm_source=chatgpt.com](https://discoverlehighvalley.com/events/?utm_source=chatgpt) My personal favorites are (a) the Schisler & McMunn Planetarium www.esu.edu/museum; (b) the YMCA pool; (c) sitting dressed warmly outside in the sun; (d) connecting with a friend; and (e) read-

ing (or listening to) a good book by a new author.

The Winter Chill

In January's frosted breath,

A whispered promise conquers death.

The glass half full, a gleaming sight,

Reflects the year's unyielding light.

Though winter grips with icy hands,

Hope like seeds beneath it stands.

Each snowflake falls, yet none remain—

Tomorrow's warmth will melt the pain.

February is for celebrating love.

February is all about warmth and connection, yet for some it can be a dark time. Valentine's Day can often feel lonely or commercialized. If possible, shift focus from romantic love to another love—love of creation, the birds, or your pet. The good news is that it's a short month, meaning spring is coming. Some of my favorite activities are (a) stargazing in the crisp, clear sky; (b) snowshoeing or tubing; (c) starting a new craft; (d) giving a Valentine to someone who is very nice to you; and (e) smiling and hugging yourself in the mirror!

Heart of Resilience

Short days and skies of muted hue,

Yet February's heart beats through.

The glass half full, a steady flame,

Transforms the cold; life plays its game.

Though shadows stretch and tempests rise,

Find strength within, not in the skies.

For even love must face the chill,



And still it grows—unyielding will.

March is unpredictable (but so is life). It could come in like a lion or a lamb and go out either way. Spring feels very close but can be very slow to fully arrive. Check for those early signs of spring, talk to the birds, and feel the warming sun on a brisk windy day. I love to go out warmly dressed and just sit in the sun and listen to the earth awaken. Planning a new spring wardrobe, planting a flower garden, blowing bubbles, or even painting rocks can bring lots of smiles and a glass half full.

The Dawn of Bloom

In March, the earth begins to wake,

A timid step the seasons take.

The glass half full, a sprouting seed,

Life whispers softly: All you need.

The winds may howl, the rains may fall,

Yet buds appear, defying all.

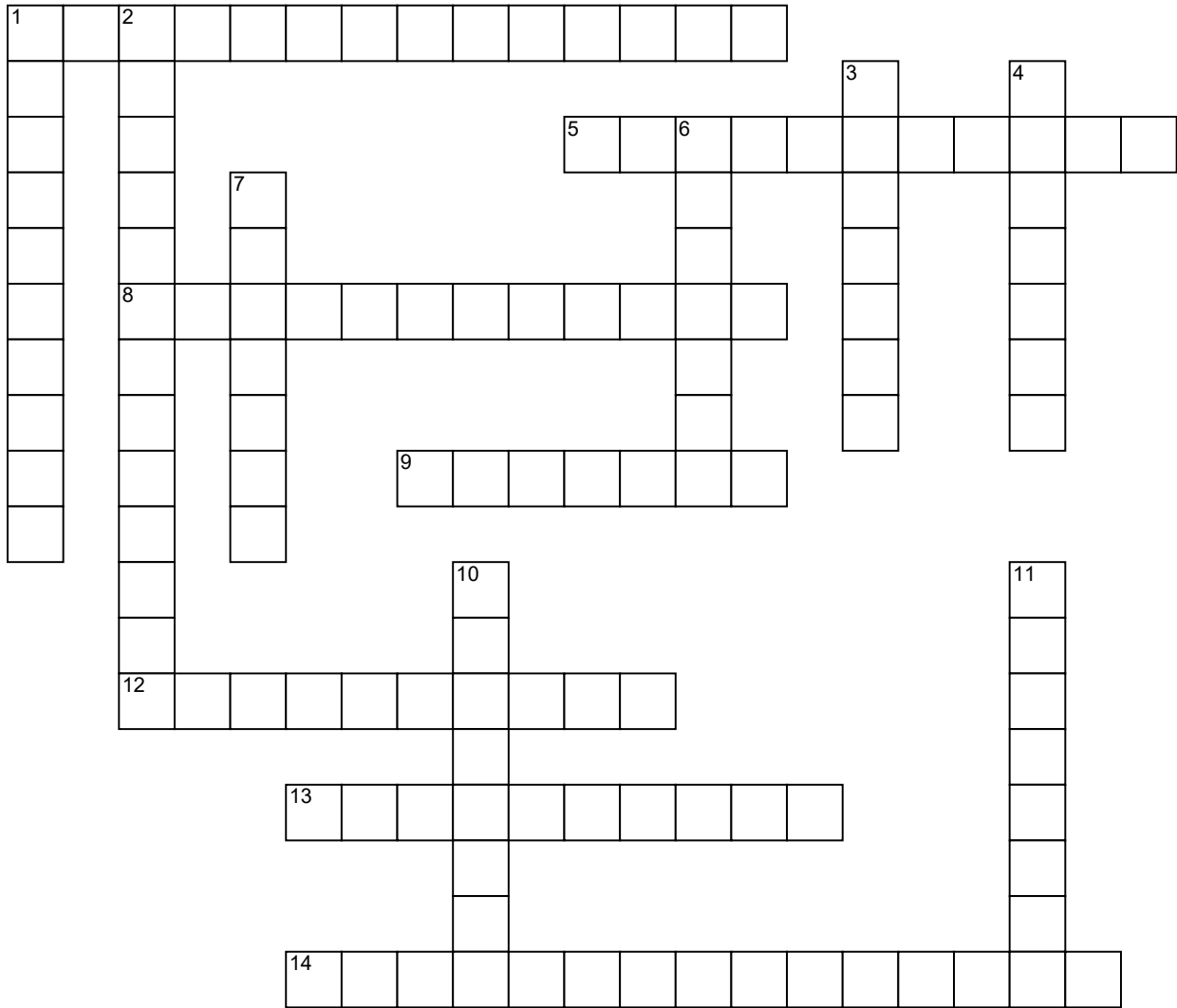
Embrace the storm; it clears the view,

The glass refills with drops anew.

So, I challenge everyone to keep a half glass of water in front of you! Bear in mind that we are not perfect, so your glass might not be full all the time. Have a blessed first quarter of 2025!

Spring Crossword Puzzle

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



www.CrosswordWeaver.com

ACROSS

- 1 Eileen Dunn works here
- 5 A great outdoor activity for staying active
- 8 The biggest tax concern when selling property
- 9 Illustrated by the shamrock
- 12 This president began the paint-by-numbers fad
- 13 A type of artery disease
- 14 We provide home accessibility

DOWN

- 1 St. Patrick's father
- 2 Where the Lehigh Career and Technical Institute is located
- 3 This earl's dinner parties went to the dogs
- 4 "Death is swallowed up in _____"
- 6 Possible negative result of caregiver stress
- 7 Understanding the feelings of another person
- 10 The president who rode a mechanical bucking horse every day
- 11 "The Great American _____"

Solution on page 31

When To Consider a Personal Care Community

by CAREPatrol of the Lehigh Valley

Deciding when it's time to consider a personal care community for a loved one is a decision filled with emotion, uncertainty, and concern. However, as people age and their needs evolve, there may come a time when the level of care they require surpasses what family members or home health aides can provide. Understanding the signs that suggest it's time to consider a personal care community can help you make an informed, compassionate decision.

Increasing difficulty with daily activities One of the clearest signs is when your loved one struggles with activities of daily living (ADLs), such as dressing, bathing, eating, using the restroom, and walking or moving around. A personal care community can provide round-the-clock support to ensure they receive the care and assistance they need to maintain a comfortable quality of life.

Declining health and medical needs As people age, they often develop chronic medical conditions that require ongoing management. If their health is declining and they have complex medical needs—such as frequent medication changes, specialized treatments, or the need for constant monitoring—a personal care community might be the best option. They provide professional medical staff members trained to handle medical emergencies, administer medications, and monitor patients' overall health.

Frequent falls or safety concerns Frequent falls, injuries, or increased difficulty navigating their home could put your loved one at serious risk. Personal care communities offer a secure setting with staff available to assist in case of accidents, minimizing the risk of injury.

Caregiver burnout Caring for an elderly loved one can be physically and emotionally draining, especially

if their needs become more demanding over time. If the primary caregiver



er—you, a family member, or a home health aide—is experiencing burnout, it can lead to stress, exhaustion, and even resentment, which can impact the caregiver and the individual receiving care. A personal care community can alleviate this pressure by ensuring that professional staff members are available to provide care 24/7.

Worsening dementia or Alzheimer's symptoms For individuals with dementia or Alzheimer's disease, memory loss and cognitive decline can become overwhelming. If your loved one is wandering, becoming easily disoriented, or forgetting essential tasks such as eating, taking medication, or turning off the stove, it may no longer be safe for them to live at home. Personal care communities with specialized memory care support provide a secure environment for individuals with cognitive impairments.

Social isolation Aging adults may experience loneliness and isolation if they live alone or have limited social interaction, leading to depression, anxiety, and a decline in mental health. Personal care communities offer a community-based setting where residents have access to social activities, group meals, and can interact with others. This sense of community can help improve their emotional well-being and provide a sense of belonging.

Inability to manage finances or household responsibilities Paying bills, cleaning, grocery shopping, and maintaining the home can become overwhelming. If your loved one is struggling to keep up with these tasks or has lost track of their finances, it may be time to consider a personal care community where they can focus on their health and well-being rather than worry about managing a household.

Frequent hospitalizations or medical emergencies If your loved one has been hospitalized multiple times due to falls, infections, or other health concerns, they may need a higher level of care than what can be provided at home. Personal care communities have medical staff to address emergencies quickly and prevent hospital readmissions.

Family conflict over care decisions When family members disagree on how best to care for a loved one, it can lead to conflict and tension. A personal care community might offer a solution by providing professional, impartial care, which can reduce the strain on family relationships.

Your loved one expresses a desire for more care If the individual no longer feels comfortable living at home or wants more assistance, listen to their wishes. Respecting their autonomy and understanding their needs can guide you in making the best care decision.

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

Valentine's Day Word Finder

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

Solution on page 50

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

<https://thewordsearch.com>

- | | | | |
|------------|---------|---------|--------|
| Love | Party | Romance | Couple |
| Loneliness | Dancing | Roses | Hearts |
| Valentine | Letters | Whisper | Movies |
| Dinner | Sweets | Flowers | Kiss |
| Hold Hands | Card | Date | Flirt |

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St. Luke's Miners Campus
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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

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

Spring Thaw for a Wintry Cold Heart by Elissa Clausnitzer

Where are the compassion, empathy, and kindness today? Considering recent local and world events, we have to wonder why there is so much anger and hate in the world. How should we act and react in a world gone mad?

Empathy is understanding the feelings of another person.

Compassion is expressing sympathy for someone.

Kindness is empathy and compassion in action.

There are various examples of response to need. Notice that the above definitions all involve action. We all need caring, affection, kindness, and love. Are we willing to feel those feelings and show them by caring, unselfish actions?

I am a mother of three children and I was the caregiver for my mom who had Alzheimer's disease. Caring for Mom was a challenge. I had 3 teenagers and Mom, and my mother moved into our house and lived with us. Our family members all shared some responsibility for her care.

I washed her, changed her, and helped feed her when necessary. One day a week I drove Mom to

adult daycare for three hours to let her socialize, which allowed me to take a break.

Mom had a discipline problem in class while my younger son, Raymond, had a behavior problem in high school. My husband and I were especially challenged, being sandwiched between the two generations. My children babysat when I needed to go grocery shopping. Some people with Alzheimer's cannot be left alone.

I want to commend anyone who is performing these tasks. Any act of kindness and thoughtfulness should be appreciated and acknowledged by the recipient. But if they are not in a state to recognize or return the kindness, it should be enough to know that you are helping a needy person.

God bless you! We can all make a difference in this generation that can last for generations to come.



If you think *your* relatives are weird ...

In the above article, Elissa enjoins us to be compassionate toward people. This may seem easy when the other person is someone you consider "normal." If your relatives were like the following eccentrics, you might find it difficult to hang around them or have them as guests.

Sir George Sitwell had his cows stenciled in a blue and white Chinese willow pattern to make them look better. He hung this notice on the gate of his manor: "I must ask anyone entering the house never to contradict me or differ from me in any way, as it interferes with the functioning of my gastric juices and prevents my sleeping at night."

Gerald Tyrwhitt-Wilson had the pigeons at his stately home dyed in a variety of colors and kept a pet giraffe with which he would regularly have afternoon tea.

William Buckland filled his house with animals of every kind and then proceeded to eat them all (and serve them to guests).

Francis Egerton (8th Earl of Bridgewater) became famous for his unusual dinner parties which he threw for dogs. All of the invited dogs would be dressed in the finest fashions of the day—including shoes.

Hetty Green was an eccentric miser who became known as the "Witch of Wall Street." She always wore the same black dress and never changed her underwear unless it wore out. She moved back and forth between New York and New Jersey in order to avoid the taxman.

St. Patrick's Surprising Story

by Alan Allegra

St. Patrick's feast day is traditionally held on March 17th, the date of his death. On that day, as the saying goes, "Everyone is Irish!" Ironically, Patrick himself was not Irish. However, you can still wear your sweatshirt that says, "Kiss me, I'm Irish!", even if you're not.

Although he is the patron saint of Ireland, he was born in Britain to wealthy Romanized parents. He lived primarily in the 5th century, and much of his life is a mystery. He is believed to have died on March 17, around 460 A.D. Patrick is primarily known for bringing Christianity to Ireland and evangelizing the Picts and Anglo-Saxons. The Picts were a tribe from what is now Scotland and were known for painting and tattooing their bodies. Anglo-Saxons were Germanics who ruled territories now known as parts of England and Wales.

Patrick is also known for two short works, the Confessio, a spiritual autobiography, and his Letter to Coroticus, a denunciation of British mistreatment of Irish Christians.

Patrick's father, Calpornius, was a deacon and a minor local official, but he may have only taken on the office because of tax incentives. There is no evidence that the family was particularly religious, and church offices were regularly bought and sold for financial and political reasons.

When he was 16, Patrick was kidnapped from his father's villa by Irish raiders. For six miserable years, he literally slaved as a herdsman, finding time in his loneliness and fear to dedicate himself to his faith. Patrick dreamed that a ship was ready for his escape, then escaped from his master and fled to Britain. After near starvation and another brief captivity, he made it back to his family.



Patrick felt called to Ireland but hesitated due to his poor education and lack of confidence. However, his confidence in the Lord overcame his reluctance and he set about preaching and baptizing, often under threat of martyrdom.

Although a lot of miracles and visions are unverifiably attributed to him (such as driving the snakes out of Ireland), and he was never canonized as a saint, Patrick was responsible for introducing Irish culture into Christian lessons, such as creating the famous Celtic cross with the sun in the middle.

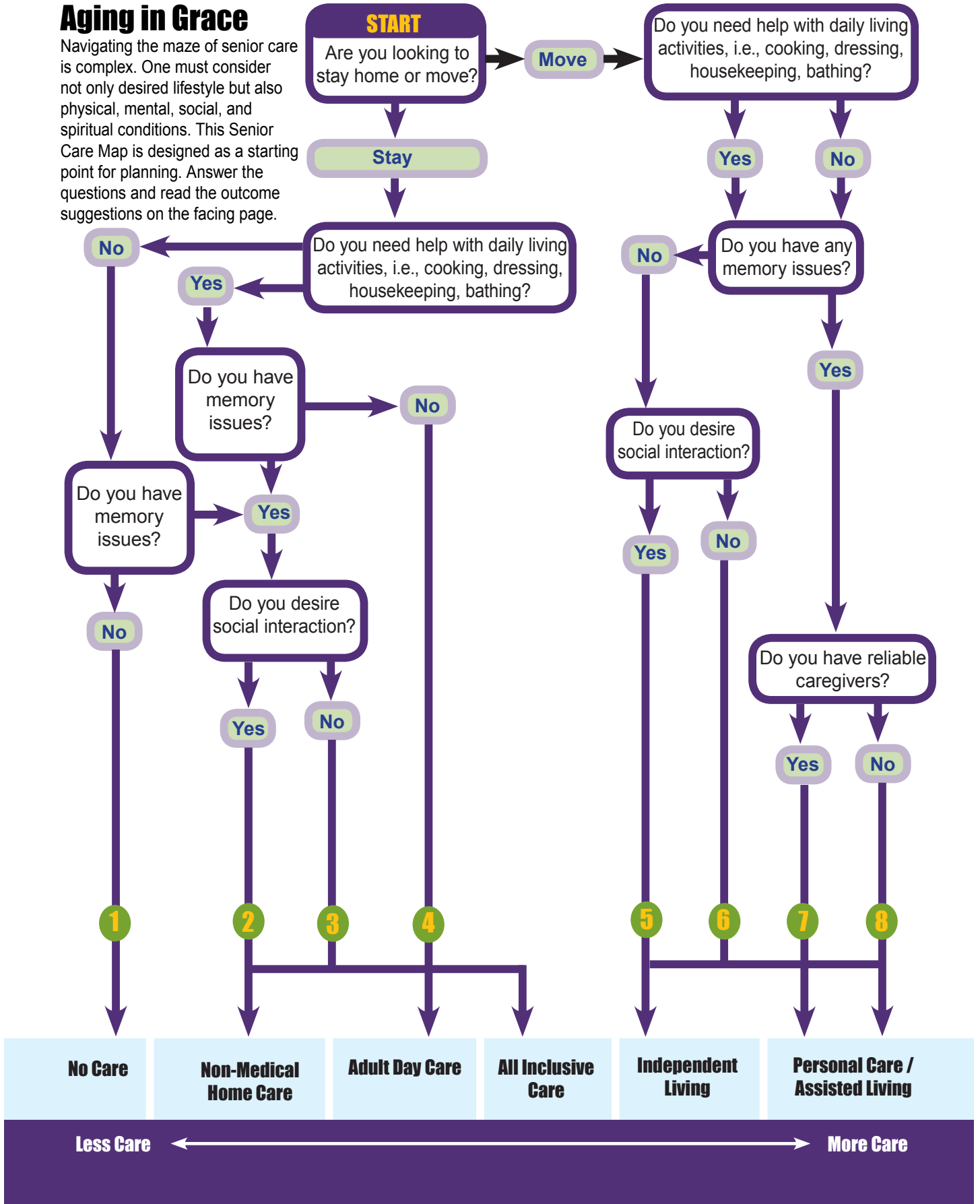
After 40 years of living in poverty, teaching, traveling, and working tirelessly, Patrick died on March 17, 461, in Saul, where he had built his first church. As is the case with many ancient figures, countless legends have grown up around Patrick, such as his use of a shamrock to explain the Trinity. One thing we know for sure: He never attended a St. Patty's Day parade. The first one was held in the U.S. on March 17, 1601, in a Spanish colony under an Irish bishop! Eventually, homesick Irish soldiers in Boston followed suit. The rest is history, fraught with green clothing, beer, parades, leprechauns, and toasts.



What is a shamrock? A shamrock is not a fake stone; it is a type of clover, the unofficial flower of Ireland. The delicate green leaves that this lassie is holding are proudly worn by people of Irish heritage. It is associated with St. Patrick, who used the three leaves to illustrate the Trinity. The Celts believed it brought "the luck of the Irish" and could ward off evil spirits. Shamrocks ("little clover" in Gaelic) are always green and have three leaves, while other clovers can have two, three, or four, and may be green, white, or purple. Erin Go Bragh!

Aging in Grace

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



Senior Care Map Outcomes

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

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

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

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

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

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

Financial Matters

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

Levels of Care	Page	Definition
Non-Medical Home Care Medical Home Care	29-30 32	A wide variety of state licensed caregiving services to help seniors remain safely at home. Includes companionship, home helper and personal care services.
Adult Day Care Centers	28	Programs that provide supervision, care and professional services to older adults in a community-based setting.
Senior Housing	42	Housing exclusively or ideally for seniors who can live independently or with some self-directed care. Often, no services are offered by the facility.
Personal Care Homes / Assisted Living	37-41	State licensed facilities that offer private or semi-private rooms to those who need assistance with living activities but do not require skilled nursing care.
Stand-Alone Memory Care	43	A building exclusively dedicated to caring for residents with Alzheimer's and other forms of dementia.

Adult Day 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)
 Devi ADULT DAY SERVICES	•	•	•	•	•	•	•	•	•	•	•	•	•	6:30-5:30 M-F 8:00-2:00 Sat
	Devi Adult Day Services 2045 Westgate Drive, Suite 100, Bethlehem, PA 18017 deviadulday.com 610-419-3665													
 SarahCare [®] DAYTIME SENIOR CARE & ACTIVITIES CENTER	•	•	•	•	•	•	•	•	•	•	•	•	•	6:30-6:00 M-F
	SarahCare of the Lehigh Valley 7010 Snowdrift Road, Suite 100, Allentown, PA 18106 sarahcarelv.com 267-644-5635													
 SeniorLIFE	•	•	•	•	•	•		•		•	•	•		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													
 ywca Bethlehem	•	•		•		•	•	•		•	•			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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Hellertown, PA 18055
610-838-1700

millbrookhomecare.com



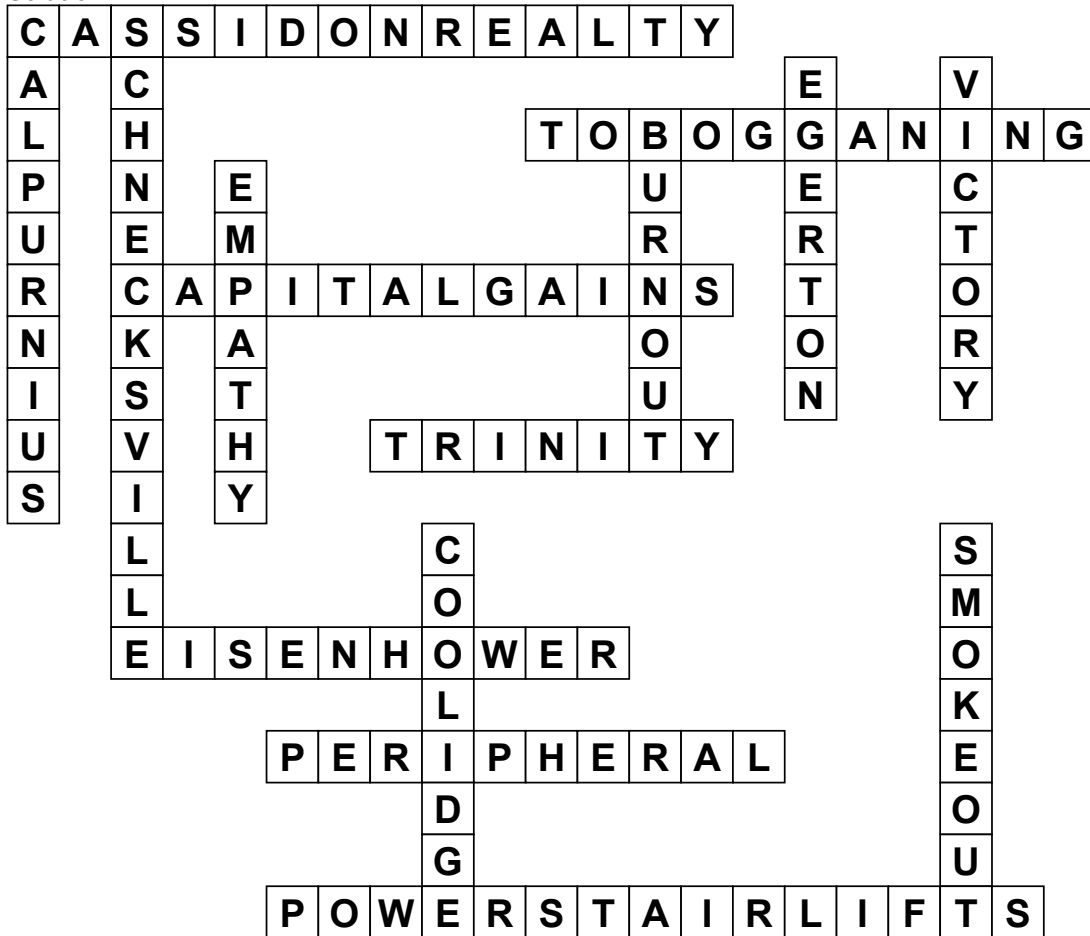
Non-medical home care includes a wide variety of companionship, home helper and personal care services that help individuals with living activities as well as ensure a safe environment. All non-medical home care companies are licensed by the Commonwealth of Pennsylvania. Payment for services is often 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 Lehigh County 2747 MacArthur Road Whitehall, PA 18052	•	•	•			•	•	•	•	•
		484-610-0364 homeinstead.com/location/217									
	Maximum Care, Inc. 217 South 1 st Avenue Whitehall, PA 18052	•	•	•	•	•	•	•	•	•	•
		610-264-2353 maximumcareinc.com									
	Millbrook HomeCare 1422 Main Street Hellertown, PA 18055	•	•	•	•		•	•	•		
		610-838-1700 MillbrookHomeCare.com									
	Right At Home 101 S 3rd St, Suite 201 Easton, PA 18042	•	•	•	•	•	•	•	•	•	•
		610-253-9605 RightAtHome.net/lehigh-valley									
	Right At Home Lehigh County & East Berks County 1541 Alta Drive, Suite 304 Whitehall, PA 18052	•	•	•	•	•	•	•	•	•	•
		484-350-3075 RightAtHomeLV.com									
	Senior Helpers 2814 Walbert Avenue Allentown, PA 18104	•	•	•	•		•	•	•	•	•
		484-613-1800 seniorhelpers.com/pa/lehigh-valley									
	Visiting Angels of Lehigh Valley 4801 Saucon Creek Road Suite 150, Center Valley, PA 18034	•	•	•			•		•	•	•
		610-628-2655 VisitingAngels.com/Allentown									

Spring 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 40.**

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

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

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

Were You There?



The Lehigh Valley has been a key campaign stop for presidential candidates for about three quarters of a century. Past and future presidents have visited diners, inns, hotels, schools, and factories, but the Valley has seldom seen a sitting president. Candidate Richard M. Nixon rested at the Americus Hotel and spoke at Muhlenberg College on October 22, 1960.

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

Care Management

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



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



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

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

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

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



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

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

LVHN, Fleming Memory Center 17th & Chew Streets
Allentown, PA 18102
610-969-3390
LVHN.org

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

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

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

Elder Law

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



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
267-772-8210
Lifestylesover50.com

Hospice

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

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

St. Luke's Home Health & Hospice
240 Union Station Plaza
Bethlehem, PA 18015
484-526-1100 slhn.org

Move Managers

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
(office) 610-904-8093
(cell) 484-951-3333
caringtransitionsoflehighvalley.com

Realtors

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



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



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

Senior Living Placement

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



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



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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 premierseniorplacement.com
 karen0@premierseniorplacement.com

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 PremierSeniorPlacement.com
 KarenO@PremierSeniorPlacement.com
484-764-0610



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PowerStairLifts.com



Phoebe Allentown Campus
Allentown, PA

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

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

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
Alexandria Manor <small>Senior Living Centers</small>	Alexandria Manor 3534 Linden Street Bethlehem 18017 610-867-3060 alexandriamanor.com	58	•	•		•		•	•								•

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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

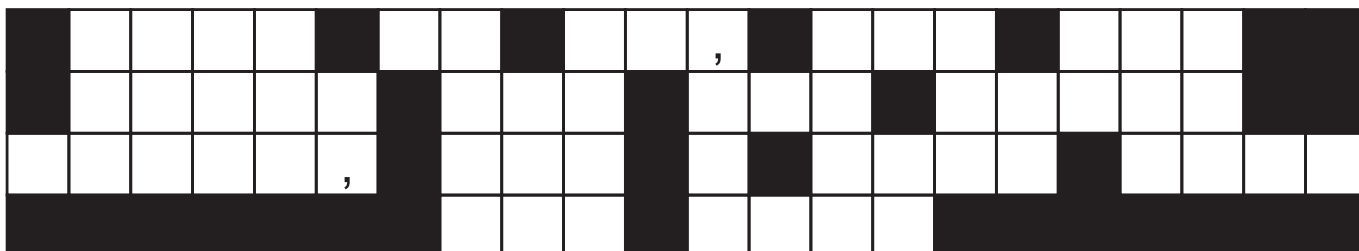
Personal Care Homes

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 genesishcc.com/lehigh-commons	70		•	•	•	•	•	•				•	•	•	•	•
	Heather Glen Senior Living 415 Blue Barn Road Allentown, PA 18104 610-841-4478 hgseiorliving.com	120		•	•	•	•	•	•				•	•	•	•	•
	Legend of Allentown 6043 Lower Macungie Rd Macungie, PA 18062 610-426-0223 legendseniorliving.com	100	•	•	•	•	•	•	•	•			•	•			•
	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.



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

Sudoku Solutions

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

<https://sudoku-puzzles.net/sudoku-easy/542/>

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









<https://sudoku-puzzles.net/sudoku-medium/652/>

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

<https://sudoku-puzzles.net/sudoku-easy/421/>

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 inspiritseniorliving.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	140		•	•	•	•	•	•	•				•	•		•



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

Lehigh County

B'nai B'rith Apartments
16th and Liberty Streets
Allentown 18102
610-821-0207

Cedar View Apartments
4230 Dorney Park Road
Allentown 18104
610-530-2906

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

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

**Horizons at the Village
at Whitehall** 3108 St.
Stephens Lane Whitehall
18052 855-392-2347

**Lehigh Co. Housing
Authority** 333 Ridge Street
Emmaus 18049
610-433-2312

Luther Crest
800 Hausman Road
Allentown 18104
610-398-8011

Lutheran Manor Apartments
2085 Westgate Drive
Bethlehem 18017
610-866-6010

Phoebe Apartments
1901 Linden Street
Allentown 18104
610-794-6262

**The Terrace at Phoebe
Allentown**
1940 W. Turner Street
Allentown 18104
610-794-5426

Zephyr Apartments
3150 Lehigh Street
Whitehall 18052
610-264-5652

Northampton County

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

Century House
8 North Main Street
Bangor 18013
610-588-7978

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

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

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

Hampton House
1802 Lincoln Avenue
Northampton 18067
610-262-1564

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

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 <i>Senior Living</i>	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 SENIOR LIVING	Holy Family Manor 1200 Spring Street Bethlehem, PA 18018 610-865-5595 holyfamilysl.org	208	•	•	•	•	•			•	•	•
 PRESBYTERIAN SENIOR LIVING Kirkland Village	Kirkland Village 1 Kirkland Village Circle Bethlehem, PA 18017 610-691-4500 kirklandvillage.org	60	•	•	•		•	•	•	•	•	•
 Genesis	Lehigh Center 1718 Spring Creek Road Macungie, PA 18062 610-366-0500 genesishcc.com	128	•	•	•	•	•	•			•	•
 DIAKON SENIOR LIVING SERVICES	Luther Crest 800 Hausman Road Allentown, PA 18104 610-398-8011 luthercrestseniorliving.org	60	•	•	•	•	•	•	•	•	•	•
 DIAKON SENIOR LIVING SERVICES	Lutheran Home at Topton 1 S Home Avenue Topton, PA 19562 610-682-1400 lutheranhomeattopton.org	194	•	•	•	•	•	•	•	•	•	•
 Mosser Nursing Home	Mosser Nursing Home 1175 Mosser Road P.O. Box 133 Trexlerstown, PA 18087 610-395-5661 mossernursinghome.org	60	•	•	•	•	•	•	•	•	•	•

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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JOIN US TO TAKE A PEEK INSIDE ARDEN COURTS!

We invite you to schedule your tour and discover what makes Arden Courts unique.



ARDEN COURTS
PROMEDICA MEMORY CARE

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Allentown, PA 18106
610-366-9010

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

arden-courts.org



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- Light Housekeeping
- Post Surgery/ Rehab Care
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- Ambulation Assistance
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- Meal Preparation
- Transportation/ Errands
- Laundry

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Lehigh Co. & East Berks Co. Northampton County

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rightathomeelv.com 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 | 610-691-1030
mowglv.com

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

Funeral & Cremation Services/ Pre-Arranged Funerals



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

Health Education

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

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

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

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

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

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

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

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

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

Parkinson's Support Group 610-868-3510

Info & Referral

BenefitCheckUp
855-486-9331
Benefitscheckup.org

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

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

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

Northampton County Area Agency on Aging
610-829-4540

Legal & Referral

Lawyer Referral Service of Lehigh County
610-433-7094

Lehigh County Office of Public Defender
610-782-3157

Justice in Aging
202-289-6976

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

Northampton County Office of Public Defender
610-829-6384

SeniorLAW Center Helpline 877-727-7529
SeniorLawCenter.org

Medicare & Medicaid Counseling

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

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

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

Medicare Insurance



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

Mental Health and Disabilities Services

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

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

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

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

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

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

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

Pharmaceutical Assistance

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

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

Protective Services

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

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

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

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

Social Security & SSI

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

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

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

Transportation

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

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

LANtaBus
610-776-7433
LantaBus.com

LANtaVan Specialized Transportation
610-253-8333

ShareCare Faith in Action
610-867-2177

Sights For Hope
610-433-6018



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

Veterans Assistance

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

Education Benefits Veteran's Administration
888-442-4551

VA Health Resource Center 1-877-222-8387

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

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

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

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

Volunteer Programs

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

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

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

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

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

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

Valentine's Day Word Finder solution from page 22

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

A Help Button Should Go Where You Go!



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

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

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

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



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\$19.95*
/month



MobileHelp

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- ✓ **FREE** ONE MONTH SERVICE*
- ✓ **50% OFF** AUTO FALL DETECT*
- ✓ **plus FREE** EQUIPMENT TO USE!*



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

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

MobileHelp Features:

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



Optional Fall Button™



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



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

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