

Lehigh Valley LifestyleS™ OVER 50

Make Every Day a Holiday!
Things To Do with Grandkids
Puzzles, Jokes, & Wellness Tips
Local Healthcare Events
Senior resource directory



Age in Place



Experts



Housing Options



Resources

LIFESTYLES™

OVER 50

published by **THRIVE Media**

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

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

Sudoku-Puzzles.net—Medium

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Navigating This Directory

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

All sections are color coded for easier use!



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

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Things To Do With Grandkids



Autumn is a lovely time to enjoy outdoor activities. This year, it's a chance to forget about the Valley's record-breaking high temperatures and dual heat waves. It's a time to think about piling on the sweaters, and piles of snow, and piles of post-holiday bills—OK, we just ruined the mood. So, get outside and enjoy the beauty of nature.

If you are the hiking type, take the kids to **Hawk Mountain Sanctu-**



Bald eagle at Lake Nockamixon (courtesy local photographer Stephen Gonzalez)

ary in Kempton. Here, it's not an insult to say, "It's for the birds!" because "the view from Hawk Mountain offers beautiful vistas and great looks at raptors, some of the largest and most charismatic birds in the world." Birds and butterflies, plants and pond

"It's the first day of autumn! A time of hot chocolatey mornings, and toasty marshmallow evenings, and, best of all, leaping into leaves!" (Winnie the Pooh, *Pooh's Grand Adventure*). Maybe you are too old to leap into leaves, and your grandkids are too young to rake the leaves into a neat pile, but you can still leap into autumn (or fall into fall [I can't believe I said that]) with some local activities. Contact the venues for up-to-date information, ages, hours, cost, etc.

dwellers, and conservation studies and coloring books make the walks worthwhile. Their website has a special Kids section with facts, fun activities, and nest cams! hawkmountain.org/ | info@hawkmountain.org | (610) 756-6961.

If you are looking for a lot of fall fun in a one-stop location, **Bear Rock Junction** rocks! Located in New Tripoli, BRJ offers mini golf, go karts, train rides, Glow Golf, a pumpkin patch, hayride—Did we leave anything out? Probably! For pet-, family-, and budget-friendly fall fun, head up Route 309 to Bear Rock Junction (bears not included)! bearrockjunction.com/ | bearrockjct@gmail.com | (610) 298-8888.

There is nothing grim about **Grim's Fall Festival & Corn Maze**. This popular event runs from September 7 through November 3. The entire Grim's experience includes hay rides, corn maze, goat snuggling, play corral, apple, veggie, flower, and tatie picking, apple cannon, paintball, and the joy of spending time on a farm in the fall! Prices, times, and packages vary, so give 'em a call or go online for reservations. 9875 Schantz Rd., Breinigsville 18031 | 610-395-5655 | grims@grimsorchard.com | grimsorchard.com

Seiple Farms in Bath is celebrating "OVER 40 YEARS of PUMPKINS!" On weekends, you can enjoy a hayride to their 40-acre pumpkin patch, 20-acre BIG corn maze, visiting farm animals, a straw maze, pony and amusement rides, food trucks, Pumpkin Barn & Gift



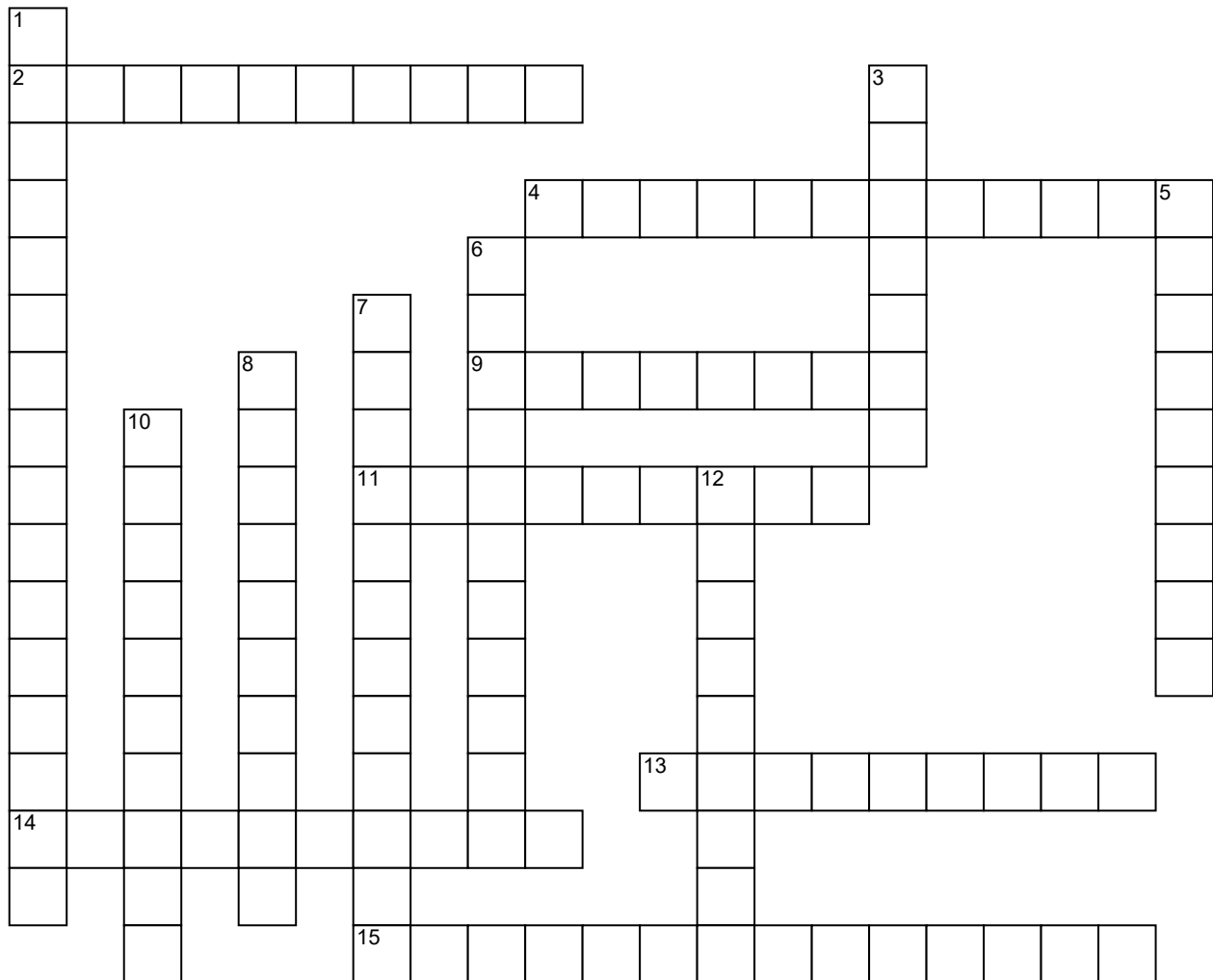
Shop, vendors, and so much more! 5761 Nor Bath Blvd., Bath | seiplefarms@yahoo.com | 610-837-0847 | seiplefarms.com/autumn.

For those colder days, when the outdoor festivals are closed and the holidays approach, gather around the fireplace or electric heating element and — educate the kids! Once the groans subside, initiate the fun with an age-appropriate activity from **WHAT DO WE DO ALL DAY?**, a "favorite source for screen-free fun!" Find them at whatdowedoallday.com.

No need to *fall* into the school-daze blahs; try some activities that *autumn*ake them happy!

Holiday Crossword Puzzle

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



www.CrosswordWeaver.com

ACROSS

- 2 One of the services TAG provides
- 4 A type of doctor that works at St. Luke's Penn Foundation
- 9 A sleep-related condition
- 11 Power Stair Lifts offers this for sleeping comfort
- 13 A person who provides an emotional support system
- 14 Another sleep-related condition
- 15 Adherence to these makes you a Geek

DOWN

Solution on page 50

- 1 A way to make seniors more comfortable in cold weather
- 3 The modern word for "hligdæg"
- 5 An arachnid often associated with Halloween
- 6 40 years of pumpkins!
- 7 A gift that teenage boys may nor fully appreciate
- 8 We can help you transition into senior care
- 10 A great place to volunteer to help seniors
- 12 A bird that can be found at Lake Nockamixon

Restoring Mental Health with St. Luke's Penn Foundation

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

Paula Davis of Allentown is a wife, a mom, and a retired long-term substitute teacher. She raised four children while her husband served in the military. But after a series of traumatic events and a bout with COVID, Paula became a shell of the woman she used to be—without even realizing it.

“My oldest son was killed in a car accident, and my niece died 18 months later,” the 66-year-old said.

“Several years later, I lost my brother and my dog right after the pandemic shut the world down. And then I got COVID, which resulted in severe gastrointestinal issues. But I just plowed through because that’s what was expected.”



After Covid and Personal Tragedies, Allentown Woman Restores Her Mental Health with Help from St. Luke's Penn Foundation

It was Paula’s son who spoke up and helped her realize that she was not okay. “My son said to me, ‘Mom, you are disappearing.’ And he was right. I thought about what kind of next chapter I wanted to have and knew I needed help.”

Paula was diagnosed with anxiety and depression and sought counseling through St. Luke’s Penn Foundation, a decision that she says was life-changing.

St. Luke’s Penn Foundation, with 35 inpatient and outpatient programs at more than 15 locations, is the largest fully-integrated network

of mental health and addiction treatment services in eastern Pennsylvania and New Jersey.

Using a compassionate, personalized, and holistic approach, St. Luke’s Penn Foundation’s model of care offers an empowering, life-changing experience.

Dr. Einat DeLong, a clinical psychologist with St. Luke’s Penn Foundation, worked with Paula and immediately helped her

develop tools that she could easily use in stressful situations. Paula also left each session with homework to help her understand her triggers and how to cope with them.

“An important thing for Paula was to give herself permission to prioritize herself,” Dr. DeLong said. “We must remind ourselves by saying we are just as important as the other priorities. For Paula, she was in a pattern of prioritizing everything and everyone but herself. For example, raising her kids while her husband was deployed. It was really important for her to give herself a voice because she was silencing it for so long by prioritizing others.”

Dr. DeLong’s individualized therapy involved a cognitive behavioral approach, making sure Paula was able to identify and edit maladaptive thinking and behavioral patterns while also implementing a self-care plan, setting boundaries, and learning to feel comfortable saying “No” to things and being intentional with her time.

“I have become so much more aware of the people, places, and things that are toxic for

Mental Health continued on next page

Mental Health continued from previous page

me,” Paula said. “I come from a family of high achievers, so I never felt good enough. I’ve learned to celebrate what I do and that I am good enough. I’ve also learned that I want to be validated as much as I give validation.”

Paula appreciates the true partnership she has with her psychologist, which was especially important for her.

“The beauty and strength of our relationship is that we are a team,” she says. “We have effective communication skills. We can laugh or cry together. She can call me out on things; we can be completely honest with one another.”

Paula wants other people who may be struggling to know that they are not alone. Since her initial work with Dr. DeLong, Paula has seen a variety of adversities: the death of a brother-in-law, a broken hip and cancer diagnosis for her sister, her young brother’s house damaged by a tornado, and being on-scene for an active shooter situation near a local school.

“I have felt settled through all of this because of the many coping skills that Dr. DeLong has taught me, and the work we have done together,” she said. “I want people to understand that life therapy can literally be life-changing in that it gives you the tools to help as life rolls into you and over you. And most importantly, all that I have learned has just become a natural part of my DNA, who I am. Therapy truly can be the best gift you give yourself, and one that has lasting impacts.

“Don’t be afraid to reach out for help. Let others help you carry your burdens. If you feel off, find someone who can help you get your rhythm back. And don’t worry about what others think. Focus on what you need. You only have one life, so make sure the next chapter is a better, brighter one.”

For more information about Penn Foundation, visit pennfoundation.org or call 215-257-6651.



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The Unseen Caregiver: Advocating for Yourself While Caring for Others

By Dale R. Wilson, Sr., Community Liaison, BrightStar Care, Inc.

It's 4 a.m. You shuffle out of another sleepless night into another busy day. Breakfast needs to be prepared, and medications must be sorted. There are two doctor's appointments today, and you need to go grocery shopping. The holidays loom large, and you know there are decorations to hang, holiday meals to plan, and family to please. But in the swirl of all of these obligations and the many duties you're responsible for, nobody stops to ask you the simplest and most basic question: "How are you doing?"

As a caregiver, you are the emotional support system that keeps everything upright. But who is holding *you* up? The fact that you are important, and that your health and well-being should be given the same priority as the people you faithfully serve, is both sobering and liberating.

The culture of self-sacrifice

Caregiving has been associated with sacrifice for many generations. The unwritten rule is very clear, especially for older adults and women: good caregivers give until they're completely exhausted. Your selflessness is praised, but the price you pay with chronic stress, burnout, and even illness is hardly mentioned or acknowledged.



You've been trying, but you can't pour anything out of an empty cup. You might believe that saying "Yes" to every need is the only way to prove your love, but giving beyond your limits and going above and beyond doesn't serve your loved one. Instead, it erodes the foundation of your care and weakens the benefits you're trying to fulfill. Self-compassion is a component of true compassion.

Boundary-Setting without guilt

Setting boundaries doesn't imply a lack of concern or a rejection of care. Boundaries serve as a reminder that you and your loved one are worthy of long-term assistance and deserving of sustainable support. Everything changes when "No" is reframed as a compassionate gesture.

- Say "No" to that extra holiday gathering if it means stretching yourself too thin.
- Delegate errands, even if they're not done "your way."
- Set aside tech-free hours when

you can disconnect, breathe, and recharge.

Yes, guilt will creep in. But boundaries are not betrayals. They're lifelines. Boundaries aren't obstacles. They're bridges to sustainability. Every "No" you say makes space for a healthier, more present "Yes" down the line.

Micro-Rituals of restoration

Self-care for caregivers doesn't always mean a week away or a day at the spa. What it can mean is incorporating minor, sacred rituals into everyday activities.

Take a five-minute walk outside to enjoy some peace and quiet.

Keep a journal by your bed to reflect or to simply release your thoughts.

End the day with a "gratitude for myself" entry highlighting one accomplishment or small thing you did well.

Play your favorite music and let your body release its tension.

These are not luxuries—they're tactics for surviving. Even the strongest hearts need rest. You're not selfish for needing space. You're human. When you weave in these micro-rituals, you strengthen your own nervous system, protect your energy, and reclaim pieces of joy.

Caregiver continued on next page

Closing reflection

The caregiver who is shuffling out of a sleepless night into another hectic, exhausting day of caring for a loved one is *you*. But it doesn't have to be *all* of you. You can stop, take a deep breath, and give yourself the gift of rest and visibility.

This holiday season, let your care include *you*. Choose one tradition to abandon, one task to delegate, and one moment to restore yourself. You don't have to do everything to be sufficient.

Dale R. Wilson, Sr., is the Community Liaison for BrightStar Care of Stroudsburg & Allentown, a lo-

cal non-medical personal care and skilled nursing home care agency. He is co-founder of the Greater Lehigh Valley Healthcare Alliance and is a member of the Greater Lehigh Valley Chamber of Commerce's Healthcare Committee.

Dale can be reached at dale.wilson@brightstarcare.com.

Hanukkah Around the World

In the U.S., we may be familiar with dreidels, menorahs (The world's largest is in Manhattan), and latkes, but what about other nations? In Israel, people eat "sufganiyot (jelly donuts). Russians delight in klezmer music. Indian Jewish people add local flavors to Hanukkah foods, like coconut in latkes. Ballroom dancing is popular in Argentina. Romanians and other central European countries make menorahs out of scooped-out potatoes. In Avignon, France, known for wineries, neighbors travel around to sample each other's wine and toast the season.

SUDOKU

Each 9x9 square must be filled in with numbers from 1–9 with no repeated numbers in each line, horizontally or vertically. There are 3x3 squares marked out in the grid, and each of these squares can't have any repeat numbers, either. **SOLUTIONS ON PAGE 40.**

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

Sudoku-Puzzles.net—Easy

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

Sudoku-Puzzles.net—Hard

St. Luke's Sleep Care Helped Local Man Reclaim Energy, Health, and Life

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

An AARP survey shows 70% of adults over 40 have sleep difficulties

An AARP report published in April 2024 revealed that many Americans unnecessarily suffer from poor sleep and often dismiss its implications. (aarp.org/pri/topics/health/prevention-wellness/healthy-living-sleep/)

According to a national online and phone study of 1,610 adults in the U.S. age 40 and over, seven in 10 report having sleeping difficulties.

- 52% have trouble falling asleep, and 59% staying asleep.



Jack Dopira

St. Luke's Sleep Care helped a local man reclaim energy, health, and life

Jack Dopira confronted multiple health challenges—including

ing heart disease, stroke, and lung cancer—before being hospitalized with sepsis in March. While undergoing care for the life-threatening condition, Dopira learned more about a critical body process that also affected his health. He learned about sleep.

Following his hospital stay, Dopira began a customized treatment plan for obstructive sleep apnea at St. Luke's Sleep Medicine that has

improved his quality of life. The 70-year-old Dopira now wakes up feeling refreshed, performs household chores with more energy, and feels 20 years younger. "My neighbor even calls me the 'Energizer Bunny,'" the Summit Hill resident said.

Expert sleep care has improved Dopira's overall health, highlighting the importance of a sleep management plan through St. Luke's Sleep Medicine.

A health crisis leads to discovery

To address some of his chronic health concerns, Dopira lost 55 pounds through GLP-1 therapy, yet continued to struggle with low energy and discomfort. In March, Dopira faced another critical issue. He had stomach pain and vomiting after eating a haddock dinner and woke up the next morning without the energy to take a shower.

Dopira drove himself to the hospital, where he was diagnosed with sepsis and a need for gallbladder surgery. He was transferred to St. Luke's Allentown Campus for further care. During his recovery, nurse "Bridget" noticed that Dopira's oxygen levels dropped into the low 80s while he

Sleep continued on next page

An AARP report published in April 2024 revealed that many Americans unnecessarily suffer from poor sleep and often dismiss its implications.

- 57% wake up more than once per night.
- 58% wake up too early.

More than 90% of the older adults surveyed acknowledged that poor sleep can hurt mental and physical health. Despite their struggles, 60% of respondents have never sought professional treatment, such as getting medication or a machine to help with sleep.

Sleep continued from previous page

slept. That was concerning. After being released, Dopira went to St. Luke's Sleep Medicine to evaluate his condition.

Addressing sleep concerns

Dopira had used a CPAP (Continuous Positive Airway Pressure) device for about five years, but it wasn't effectively improving his sleep health. Jill Lechner, CRNP at St. Luke's Sleep Medicine, conducted an initial sleep study in April to assess Dopira's oxygen levels and breathing patterns.

Lechner confirmed that Dopira had obstructive sleep apnea (OSA). He underwent a second overnight sleep study at St. Luke's Miners Campus and

consulted with Neurologist and sleep medicine specialist David A. Cohen, MD. Following Cohen's recommendations, Lechner restarted Dopira's CPAP usage program with newly prescribed settings. The treatment has been life-changing.

"Jack has been a wonderful patient to work with," Lechner said. "He is very receptive to recommendations, and I expect his outcome to be excellent, as he is very motivated to make the necessary changes to improve his health."

Dopira is off GLP-1 medication and working with a clinical dietician to reach his goal weight of 225 pounds. His journey underscores the importance of proactive

health management in preserving well-being and independence.

St. Luke's Sleep Medicine can help you sleep better

St. Luke's Sleep Medicine treats a variety of sleep-related conditions, including insomnia, narcolepsy, restless leg syndrome, sleep apnea, and snoring.

Contact the Sleep Disorders Centers at St. Luke's for help with evaluating, testing, and treating problems with sleeping. To schedule an appointment with a sleep medicine specialist, call 484-526-0224.

Consider taking our Sleep Quiz (slhn.org/neurosciences/specialties/sleep-disorders) if you are having trouble sleeping.

In Honor of Our Veterans and Warriors Who Could Not Be Home for Thanksgiving



We Thank You for Your Service and Wish You a Blessed Thanksgiving!

Local Healthcare Programs

NOTE: All programs are located in PA unless otherwise noted.

Adult Meals

St. Luke's offers adults 65 and over a daily dinner meal for \$3.99 (no cash accepted), including entrée, salad, side, vegetable, dessert, and 12 oz. drink. Gather with friends and use Wi-Fi. Some campuses offer speakers. Bring friends and family to join the fun!

Hours by Location

Geisinger St. Luke's Hospital, 100 Paramount Blvd, Orwigsburg
Dinner Weekdays from 4–6 p.m.

St. Luke's Anderson Campus, 1872 St. Luke's Boulevard, Easton
Dinner Weekdays from 4–6 p.m.

St. Luke's University Hospital—Bethlehem, 801 Ostrum Street, Bethlehem
Dinner Thursdays from 4–6 p.m.

(Speakers: 1st Thursday of each month)
Shuttle service available until 9 p.m.

St. Luke's Carbon Campus, 500 St. Luke's Drive, Lehighton
Dinner Weekdays from 4–6 p.m.
(Dine-In Only)

St. Luke's Miners Campus, 360 W Ruddle Street, Coaldale
Lunch Weekdays from 11:15–1:30
Dinner Weekdays from 4:15–6 p.m.
(Dine-In or Carry-Out)

St. Luke's Monroe Campus, 100 St. Luke's Lane, Stroudsburg
Lunch Weekdays from 11 a.m.–2 p.m.
Dinner Weekdays from 4–6 p.m.

St. Luke's Upper Bucks Campus, 3000 St. Luke's Drive, Quakertown
Dinner Weekdays from 4–6 p.m.

St. Luke's Warren Campus, 185 Roseberry Street, Phillipsburg, NJ
Dinner Weekdays from 4–6 p.m.

Older Adult Meal Lecture Series:
St. Luke's University Hospital—

Bethlehem

1st Thursday of selected months: 4–6 p.m.

St. Luke's University Hospital—Bethlehem Cafeteria, 801 Ostrum Street, Bethlehem

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

Upcoming guest speakers

Oct. 2: Christopher N. Chapman, MD, Pathology, Laboratory Medicine and Precision Medicine, Precision Medicine & DNA Answers

Nov. 6: Sarah J. Ochs, PA -C, Gastroenterology, Digestive Health Matters: Understanding Gastroenterology for Seniors

Dec. 4: Racquelle K. Thomas, CRNP, Family Medicine, Thriving Through the Seasons: Health & Wellness for Older Adults

St. Luke's—Upper Bucks Campus Older Adult Meals Healthy Aging (Lecture) Series

3rd Wednesday of the month, Oct. 15, Nov. 19, 5–6 p.m.

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

Oct. 15: James James, DO, Mental Health

Nov. 19: Pulmonology

St. Luke's ThinkFirst to Prevent Falls

Evidence-based older adult (55y+) falls prevention program to raise awareness of falls and their serious consequences, and learn to reduce risks for falls.

In this one-hour *free* presentation, learn fall prevention strategies, home and community safety, talking with

your physician, nutrition, and the significance of exercise, vision, and medications.

Carbon Campus, 500 St. Luke's Drive, Lehighton

Tuesday, Oct. 7, 11 a.m.–noon

All training in the Education Room.

Sacred Heart Campus, 421 W. Chew St, Allentown

Wednesday, Oct. 8, 1–2 p.m.

All classes in the Reception Room.

Anderson Campus, Medical Office Building, 1700 St. Luke's Blvd, Easton
Wednesday, Nov. 12, 10–11 a.m.

Classes in Conference Rooms A & B.

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

Part of a national trauma initiative to train first responders and the public on how to control bleeding in the event of an accident. This one-hour trauma and bleeding prevention education program is *free* to individuals, police departments, school groups, and community groups.

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

Tuesday, Nov. 18, 1–2 p.m.

Training in Conference Rooms A & B.

Carbon Campus, 500 St. Luke's Drive, Lehighton

Bethlehem Campus, 801 Ostrum Street, Bethlehem

Wednesday, Oct. 22, 10–11 a.m.

AND

Monday, Dec. 8, Noon–1 p.m.

Trauma Conference Room, Ground Floor of the East Wing.

Geisinger St. Luke's Campus, 100 Paramount Blvd., Orwigsburg
Thursday, Nov. 6, 10–11 a.m.

Medical Office Community Room.

Programs continued on next page

Programs continued

State of the Community: 2025 Community Health Needs Assessment (CHNA) Findings

As part of the Patient Protection and Affordable Care Act, nonprofit hospitals are required to conduct a CHNA to maintain tax-exempt status under section 501(c)(3) of the Internal Revenue Code. The goal is to identify critical health disparities faced by populations within the St. Luke's service areas. Assessments reflect health priorities identified by community stakeholders, hospital professionals, and public health experts. Regional plans are developed to build partnerships to support the allocation of resources to address specified health needs. View our current and previous CHNA reports here: slhn.org/community-health/community-health-needs-assessment. If you have any questions, contact the Department of Community Health at 484-526-2100. Events are *free*, but registration is required.

St. Luke's Allentown and Sacred Heart Campuses, Sacred Heart Campus Auditorium, 421 W. Chew St, Allentown

Thursday, Oct. 9, 9:30–11 a.m.

St. Luke's Bethlehem Campus, Nitschmann Middle School, 1002 W. Union Blvd., Bethlehem

Monday, Oct. 20, 2–3:30 p.m.

St. Luke's Quakertown, Upper Bucks, and Grand View Campuses, St.

Luke's Penn Foundation Campus—SLPF Uninvest Community Rooms 1 & 2

Tuesday, Oct. 21, 2–3:30 p.m.

St. Luke's Warren Campus (Virtual)

Monday, Dec. 15, 5–6 p.m.

Caregiver Lunch & Learn Series: You Mean Palliative Care Doesn't Mean End of Life? (Virtual)

Wed., Oct. 1, 11:30 a.m.–noon

- Learn the difference between Palliative Care and Hospice. When Palliative Care is offered, it doesn't mean that you or your loved one is giving up. Learn the benefits of both services.
- Advance Care Planning (Living Will and Power of Attorney)

Pickleball for a Purpose!

Saturday, Oct. 11 (Rain or Shine), 10 a.m.–4 p.m.

St. Luke's SportsPlex, 4636

Crackersport Road, Allentown

You're invited to a pickleball party—for a good cause! Support the Fund to Benefit Children & Youth at a pickleball event for all levels; plus cornhole and ping pong tournaments, drinks and food trucks, silent auction, music, and more! Rain or shine—indoor facilities available. Register by September 27 (You must create an account with Pickleball Lehigh Valley.).

St. Luke's Upper Bucks Campus

Harvest Fest, St. Luke's Upper Perkiomen Outpatient Center, 2793 Geryville Pike, Pennsburg

Saturday, Oct. 25 (Rain or shine), 10

a.m.–1 p.m.

Bring the family for a fun-filled day of crafts, music, pumpkin decorating, face painting, refreshments, giveaways, and more! Learn more about our services. *Free* health and wellness screenings are provided throughout the day. Wear your favorite costume!

Tucker's Toy Run

Tri-Boro Sportsmen Club, 2110 Canal Street, Northampton

Saturday, Nov. 1, Rain Date: Sunday, Nov. 2, Noon–1 p.m.

For 15 years, this generous group of bikers supplied toys to St. Luke's pediatric patients. Riders leave Tri-Boro Sportsmen Club in Northampton at noon, and escorted by fire and police, will ride to St. Luke's Children's Hospital, 801 Ostrum Street, Bethlehem, by approximately 12:30 p.m. Visit lvcb.org to learn more.

Caregiver Lunch & Learn Series: When You Need Extra Help at Home (Virtual)

Wednesday, Nov. 5, 11:30 a.m.–noon

Programs continued on next page



Is it time to transition into Senior Care?

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

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

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

LehighValley.CarePatrol.com
610-509-0445 / 610-509-7050

Programs continued from page 13

Topics for caregiver virtual groups (each group 30 minutes)

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

St. Luke's D&L RaceFest

Sunday, Nov. 9

St. Luke's D&L Marathon and Marathon Relay

8 a.m., Downtown Allentown

D&L Heritage Half Marathon

Run and Walk: Presented by St. Luke's, 7:30 a.m., Downtown Bethlehem

Be part of the tradition as we celebrate community, health, and the outdoors along the scenic and historic D&L Trail. All four races end with a post-race party in beautiful downtown Easton at the scenic confluence of the Delaware and Lehigh rivers. Proceeds benefit Delaware & Lehigh National Heritage Corridor Inc., a 501(c)(3) to move the D&L Trail toward becoming the longest multi-use trail in PA, over 165 miles from Wilkes-Barre to Bristol. Register at raceroster.com/events/2025/99418/st-lukes-d-and-l-racefest.

Menopause & Me Discussion

Groups with John Illingworth, MSW, and Judith Illingworth, MSW

Sleep and Mood Changes: How to Sleep Better in Menopause

Tuesday, Nov. 11, 6–7 p.m.

St. Luke's Hospital Anderson Campus Medical Office Building, 1700 St. Luke's Blvd, Easton, Lower-Level Conference Rooms A and B

St. Luke's menopause specialists will answer your questions in a comfortable, small group setting. Refreshments will be served. Space is limited. Registration is required.

Caregiver Lunch & Learn Series: Financial Concerns, Medical Bills and Household Bills Due to Treatment (Virtual)

Wed., Dec. 10, 11:30 a.m.–noon (Each group 30 minutes)

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

SUPPORT GROUPS

Caregiver Support Group Hosted by Cancer Support Community of the Greater Lehigh Valley

2nd Wednesday of each month, Oct. 8, Nov. 12, Dec. 10, 5–6 p.m. St. Luke's Carbon Campus Clinical Support Room, 500 St. Luke's Drive, Lehighton

Are you supporting a loved one with cancer and would like to connect with others from your area? This new monthly group will provide practical tips to help cope with the social and emotional challenges of being a caregiver to someone with cancer, including

balancing self-care with caring for others. Each meeting will include relaxation exercises and mindfulness techniques. Offered in conjunction with the St. Luke's Cancer Center.

Cancer Support Group for

Patients and Families—Carbon Campus Education Room, 500 St. Luke's Drive, Lehighton

2nd Wednesday of each month, Oct. 8, Nov. 12, Dec. 10, 5–6 p.m. Diagnosis and treatment can be difficult for patients and their families. Support groups can help relieve the stress. Our support groups are peer-led by a co-facilitator from our health care team to build a trusting environment where everyone can engage in caring, sharing, and learning what may help manage the journey.

Breast Cancer Support Group, St. Luke's Anderson Campus Cancer Center, 1600 St. Luke's Boulevard, Easton

3rd Thursday of each month, Oct. 16, Nov. 20, Dec. 18, 4–5 p.m. Healing Arts Room, second floor St. Luke's Breast Cancer support group meets monthly for patients and families living with breast cancer. We understand that diagnosis and treatment can be difficult for patients and their families. Taking part in support groups can help relieve the stress you may be experiencing. Our support groups are facilitated by a member of our health care team to build a trusting environment where everyone can engage in caring, sharing, and learning what may help manage the journey.

AmeriCorps Seniors RSVP

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RSVP.**

RSVP volunteers are committed not only to
serving our current seniors, but also to expanding

our reach to help even more lives throughout our community. With every new volunteer, our ability to foster meaningful connections and deliver vital support grows, allowing them to age safely in their home. Your involvement helps us build a stronger, kinder network—one that grows alongside the needs of our cherished elders.

RSVP is urgently seeking dedicated volunteers in Lehigh, Carbon, and Northampton Counties to bring comfort, companionship, and vital support to older adults who need us most.

Why Volunteer AmeriCorps Seniors RSVP?

Aging should not mean being alone or struggling with everyday challenges. Yet, for many in our region, isolation, transportation barriers, and simple errands can feel insurmountable. That's where *you* come in. Our programs connect caring volunteers—people just like *YOU*—with seniors who benefit greatly from a helping hand and a friendly face. Whether you have an hour a week or a few days each month to share, your time is a priceless gift that could change the lives of those who are struggling.

Flexible opportunities

Help with transportation, visiting, grocery shopping, weekly phone calls and Facetime-like video chats, delivering for Meals on Wheels, and more!

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Please contact Casey Merrick for more information or to join our team.

Phone: 484-937-9022 email: Merrick.casey@hotmail.com website: RSVPofLNC.org

Make Every Day a Holiday!

by Alan Allegra

We are in the midst of the “holiday season,” which actually began in August when retailers removed the grass seed and bug spray and filled the shelves with gaudy holiday decorations. Already you can find pumpkins and pilgrims, jack-o-lanterns and Jesus figures, and Christmas trees and creepy tarantulas. And maybe a few turkeys thrown in.

Of course, there are other holidays throughout the year to celebrate historical, political, national, and religious events and figures. There are countless unofficial holidays; any person or organization can declare a “day,” “week,” “month,” or “year” to honor someone or something. Did you know there was an “In-

“håligdæg,” meaning “holy day,” a day set aside from work to commemorate an important event.

Some holidays are so ingrained in our society that not celebrating them is almost treated as a crime, especially if it is a religious holiday. Do holidays matter to God?

When Israel was being formed as a nation, God instituted holy days and celebrations to commemorate his acts in creation, salvation, deliverance, provision, and forgiveness. Knowing that we are prone to forget or take for granted his blessings, Israelites were commanded to keep these days and feasts with gratitude, and as a testimony to the surrounding nations.

With the arrival of Jesus Christ and the new covenant, there is no longer an obligation to keep these feasts and holy days because they pointed to the Messiah. The Bible

states, “Therefore let no one pass judgment on you in questions of food and drink, or with regard to a festival or a new moon or a Sabbath. These are a shadow of the things to come, but the substance belongs to Christ” (Colossians 2:16–17).

Which begs the question, “What about other holidays?” We are not to judge one another based on whether we keep holidays or not, no matter what our culture



says. Some people and religions keep holidays—like Christmas—while others find fault with the celebrations or don’t believe in what they represent. Does it matter to God? It depends on the motive.

“One person esteems one day as better than another, while another esteems all days alike. Each one should be fully convinced in his own mind. The one who observes the day, observes it in honor of the Lord” (Romans 14:5–6).

Does this leave out any days? There is a higher standard for observing holidays: “So, whether you eat or drink, or whatever you do, do all to the glory of God” (1 Corinthians 10:31). When do you eat or drink or do anything? Every day? In that case, every day should be a “holy day”!

Special days can be good and meaningful times for celebration and bonding, and you can even make up your own. But “ordinary” days are also days for thanksgiving and commemorating God’s acts in creation, salvation, deliverance, provision, and forgiveness—and as a testimony to the world!

“Bless the Lord, O my soul, and forget not all his benefits” (Psalm 103:2).

“Bless the Lord, O my soul, and forget not all his benefits” (Psalm 103:2).

ternational Day of the Periodic Table of Chemical Elements”? High schoolers cringe at that one. Get a taste of January 3, “National Chocolate Covered Cherry Day.” A more appealing celebration is “National Banana Lovers Day” in August. And don’t run afoul of “National Snuggle a Chicken Day” in January!

The English word “holiday” derives from the Middle English word for the Old English word

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How to Take Care of Your Older Adults at Home During the Holiday Season

CarePatrol of The Lehigh Valley & Upper Bucks

With the holidays upon us, it's time to sit back, relax, and be thankful for the good things in our lives. It's also a busy season filled with lots of things to do.

The holidays can be particularly tough for older adults because they have to deal with the weather, the flu, and potentially being cooped up in the house. The season's demands can also be an additional challenge for caregivers, causing caregiver burnout.

Here are some tips to plan out time to make this holiday season amazing for your older adult loved ones—without overworking yourself.

Plan time to make healthy meals

With the festive season just ahead, it may be difficult to prepare healthy meals for your older adults, unless you're deliberate about it.

You can draw up a timetable of wholesome, nutritious meals for them, and make time to prepare them. A balanced diet can strengthen their immune system and protect them from the flu and other illnesses particular to the weather.

Prepare for weather changes

The holiday season can bring extreme fluctuations in weather and temperature that can negatively impact your loved one's health. Layering can make them more comfortable during the season.

So, ensure that protective gear is available, including boots, gloves, and hats. You can also have salt and shovels handy to keep walkways and porches free of snow.

Recognize the signs of seasonal depression

The holiday season is often a period when your loved ones suffer some form of depression that may be triggered by their health condition or even their medication.

Learn to identify these signs and do what you can to help them stave off the feelings of loneliness and negativity.

You can have friends and family visit, get them involved in their favorite activities, or devise new, engaging means of entertainment for them. You should also spend as much time with them as you can.

Take help whenever you can get it

Everything you do should be in the spirit of the season, which means showing gratitude and accepting help from family members and loved ones who offer their assistance.

Remember that you can't do it all on your own. Sharing the duties of caring for your older adults with other willing family members can help you shed some of the mental and physical burdens. Plus, you'll get to enjoy the holidays even more!

Get them involved in the preparations

Make your older adults feel a part of the festivity, no matter their condition. If they are mobile, you can have them assist in decorating, unpacking, wrapping gifts, or lifting objects.

If they aren't mobile, you can seek their advice on decorations and discuss surprises, gift items, and holiday trips with

them. This makes them feel a part of the festivities and gets them in the holiday mood.

Travel safely

If you're going on a holiday trip, ensure that you travel safely and consider everything you need to make them comfortable in transit and when you arrive at your destination. You should:

- pick the safest routes.
- check the weather forecast before setting out.
- always have a full tank of gas for road trips.

Make the holidays memorable for your older adult loved ones

Caring for your older adults doesn't have to take all the fun out of the festive season. By doing the right thing, you can make the holidays memorable for you and them—without the stress.

Whether you are a senior or a caregiver seeking guidance on how best to support your loved one, remember that you don't have to face these challenges alone.

Choosing assisted living is a significant step, and CarePatrol of The Lehigh Valley and Upper Bucks is your trusted guide in senior care, offering compassionate, expert support tailored to families in the Lehigh Valley and Upper Bucks region.

Explore our guidance on Assisted Living options or speak with our Certified Senior Advisors today at (610) 509-0445 to find the right solution for your loved one—with clarity, confidence, and no cost to you.

How To Become a Certified Flamingo Geek— The 7 Flamingo Teachings

by Judi Painter, Certified Flamingo Geek (CFG)

In previous issues, we've featured advice from Judi Painter, a Certified Flamingo Geek. She shared wisdom from her observations of flamingos and their relevance to our lives. Judi is now offering you an opportunity to become a **Certified Flamingo Geek!**

To become a Certified Flamingo Geek, you must complete the **7 Flamingo Teachings**—whimsical but meaningful lessons. These teachings reflect values like simplicity, joy, humility, and care for Creation.

A seeker's path to becoming a Certified Flamingo Geek

1. Stillness in the Shallows

Lesson Stand still on one leg from dawn to dusk.

Spiritual Wisdom Learn to slow down. Listen deeply to the world and your heart.

Virtue Mindfulness and presence
Scripture “This is the day that the Lord has made; let us rejoice and be glad in it” (Psalm 118:24).

2. Feather Fellowship

Lesson Groom another's feathers before your own.

Spiritual Wisdom Humble service and compassionate care come before self-perfection.

Virtue Humility and kindness
Scripture “Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves. Let each of you look not only to his own in-

terests, but also to the interests of others” (Philippians 2:3–4).

3. Sky-Song Listening

Lesson Tune your ears to the messages of wind, water, and wing-beats.

Spiritual Wisdom Truth is everywhere if you learn to hear in silence.

Virtue Discernment and reverence
Scripture “The heavens declare the glory of God, and the sky above proclaims his handiwork” (Psalm 19:1).

4. Joyful Wading

Lesson Dance daily in the shallows, especially when it rains.

Spiritual Wisdom Joy is not found in perfection but in movement, laughter, and being alive in the moment.

Virtue Gratitude and delight
Scripture “Rejoice in the Lord, O you righteous, and give thanks to his holy name!” (Psalm 97:12).

5. Sacred Flock Flight

Lesson Fly only when another is ready to fly with you.

Spiritual Wisdom We rise by lifting others.

Virtue Mutuality and solidarity
Scripture “Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up his fellow. But woe to him who is alone when he falls and has not another to lift him up! Again, if two lie together, they keep warm, but how can one keep warm alone? And though a man



might prevail against one who is alone, two will withstand him—a threefold cord is not quickly broken” (Ecclesiastes 4:9–12).

6. Reed Wisdom

Lesson Build your nest only from fallen reeds and share it with travelers.

Spiritual Wisdom Live simply, honor what is already given, and practice hospitality.

Virtue Stewardship and generosity
Scripture “Do not neglect to show hospitality to strangers, for thereby some have entertained angels unawares” (Hebrews 13:2).

7. Pink Is a Path, Not a Fashion

Lesson Don't chase brightness. Let your inner glow come from what you take in—truth, kindness, and love.

Spiritual Wisdom True beauty radiates from alignment with life's deeper rhythms.

Virtue Integrity and inner peace
Scripture “Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid” (John 14:27).

Keep these 7 values in mind and you, too, can influence others for good as a **Certified Flamingo Geek!**

Therapeutic Arts Group: The Art of Music Therapy and Art Therapy

Art Therapy Reaches In To Help Patients Reach Out

by Alan Allegra

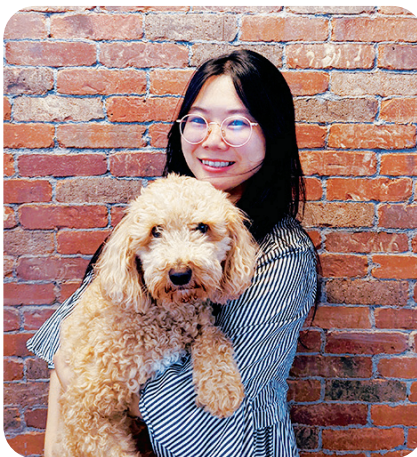
TFor me, Starbucks will never be the same. In truth, I've only been to a Starbucks once, but it was worth it to meet Taoran Xie, ATR, one of the Therapeutic Arts Group's (TAG) art therapists.

In our previous issue, we highlighted the Music Therapy aspect of TAG. Now, we will "draw" upon Taoran's enthusiasm for reaching clients with the simple tools of the art world.

The typical perception of "therapy" conjures up pictures of patients lying on couches, pouring out their innermost feelings to somber psychotherapists, or physically-challenged patients enduring stretches and exercises to restore body functionality. While these can be true within their realms, "playing" with crayons and clay or strumming a guitar are seldom seen as serious therapy. This is a serious misconception that is slowly being countered by acceptance in the professional and political worlds, as state licensing laws are being enacted to support music therapy and art therapy.

Taoran Xie, ATR, earned a bachelor's degree in psychology at Penn State. After wondering what a degree in psychology could lead to, she developed an interest in art therapy, leading to a master's degree in art therapy from Hofstra

University and a fulfilling career at TAG.



Taoran Xie with friend

TAG therapists collaborate with the client's other therapists and professionals "to use music and art within a therapeutic relationship to help clients attain goals, cope with hardship, overcome physical and mental challenges, and improve their quality of life."

While psychotherapy and art therapy require serious commitment, art therapy may render progress and results that other therapies do not.

What are the benefits of art therapy?

While a client may not verbally open up to others, art therapy provides a way of connecting beyond spoken language. It can be less intimidating and more com-

fortable than traditional psychotherapy sessions.

One of Taoran's most exciting cases is that of "Sarah" (not her real name), who came to therapy clutching her dolly. Sarah would not talk to Taoran but seemed interested in drawing. It took months for Sarah to feel comfortable in therapy, but they worked through that together. Sarah would talk behind a mask and was fearful of making mistakes in her artwork. OneNow, she can talk to people and even initiates drawing on her own at home. Sarah still makes mistakes, but has learned to cope with frustration instead of being closed off.

"It's all about seeing the possibilities in each client," says Taoran. "They may not be able to control aspects of their life, but they can control what's on their paper."

The process of creating art is experienced together; the client and therapist find mutual benefit. The client may not feel safe or comfortable at first, but consistency and respectful treatment build confidence, encouraging the client to open up.

Art therapy is a gentle way to build motor skills, muscle memory, and to reawaken skills that have been lost due to memory or physical decline.

Art continued on next page

Art continued from previous page

Art therapy can help build or re-build connections with others while reorienting their self-identification. Sharing completed artwork with others says, “I am no longer PTSD—I’m an artist!”

How are clients treated at TAG?

Although they may be called “clients” or “patients,” everyone is treated with the utmost dignity with respect to their situation. First and foremost is concern for everyone’s safety. Based on their history as given by caretakers or health providers, TAG provides appropriate accommodations. Doors are secured when necessary; safety scissors are used; hot glue is replaced with safer alternatives—whatever could be a danger is mitigated.

TAG therapies are non-judgmental. There is no right or wrong product. Clients are expected to grow on their own without relying on the therapist to do it for them or letting



them stay at the “easy” level. “Challenge is key,” says Taoran.

While elementary artwork may be seen as the domain of kiddies, TAG therapists respect the dignity of adults and do not treat them as children. They use adult-level materials to show that art is not “just for kids.”

No artistic skills are necessary to participate in art therapy. The therapist is highly trained but is not an art teacher. Art is a process; knowing how to use the tools is the key to success. The therapist doesn’t cre-

ate artworks or interpret the client’s artwork, but can help them draw, paint, collage, sculpt, or otherwise use a variety of art materials and media to address personal goals.

TAG offers various creative arts therapies: music therapy, art therapy, and dance/movement therapy as well. A client can try art, music, movement, or any combination. They may discover or reawaken different sides of their inner self.

Artist Edward Hopper summed up artistic expression well: “If I could say it in words, there would be no reason to paint.” Art therapy loosens the tongue without using words.

TAG provides therapy services for individuals of all ages and abilities—cognitive and physical, as well as “typical” folks who want to improve their life!

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

.....
Easel-y the Best Art Jokes

How many surrealist painters does it take to change a lightbulb?

A fish!

Whenever my artistic girlfriend is sad, I let her draw things on my body—

I give her a shoulder to crayon.

My art teacher said my self-portrait looked horrible.

However, she did say it was extremely realistic and lifelike.

Why did Van Gogh become a painter?

Because he didn’t have an ear for music.

Christmas Word Finder

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

Solution on page 50

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

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Christmas Eve Traditions at the Claus Household

by Elissa Clausnitzer

Lights, camera, action! And Grandpa Ray cuts and sets up the tree. Grandma Elissa decorates the tree and the household. Enter! the three Claus family members, their spouses, and six grandchildren. Four boys and two girls. How wonderful! Merry Christmas and Buon Natale. Another eventful Christmas evening of fun, laughter, and surprises. Grandma tells all the family to shut the cell phones off. We communicate and talk with each other. They laugh but agree to the terms. The matriarch has spoken! Ha ha!

The evening begins with a luscious table of prosciutto, basil roll, stromboli, olives, provolone cheese, and a variety of appetizers. There is a selection of liquors for the adults and beverages for children aged 18 and over. There are also after-dinner cordials, but for now, dinner is served. Dinner is lasagna, meatballs, sausage, and gravy (tomato sauce), a huge Greek salad, and garlic bread. We don't do the traditional seven fishes since the kids are not thrilled with it.

Our bellies are full, and now we begin to exchange gifts. The teenage boys receive a set of screwdrivers, and the boys think that is funny. Grandma reminds them that they will be driving and will need tools. They like the oversized snow removal shovels. The jackets that the fathers receive are laughed at and will be returned to Boscov's. Thank goodness for gift cards! Grandpa Ray loves to watch the crew.

The women and girls get clothes, makeup, and some household things. Everyone is generous and appreciative. The best time of the evening is when we play the Bible trivia game. These cards were

purchased at the Dollar Store during the holidays, and they are great! The questions are asked, and when you get the right answer, you are given a gift. The gifts are from the Dollar Store and all the free stuff that Grandma gets all year long from the charities she supports. The kids love the Daytimers, pens, prayer cards, calendars, grocery bags, and all the stuff they couldn't care less about. There are bags with your name on them given in the beginning to carry your gifts home. Everyone loves to be involved, and you should hear some of the answers! All of us are very opinionated and very colorful regarding compliments. The questions do bring out the true meaning of Christmas. Whose birthday is it? Where was Jesus born? Who is the baby Jesus's mother and father, and why do we celebrate Christmas? We are really teaching but also having fun and enjoying the activity. The last and final question is worth \$5.00. What were the names of the Three Wise Men? Do you know? Discuss!!!

We ask why we say Grace before the meal, and everyone remembers the night as informative, interesting, spiritual, and fun.

A House is made of walls and beams. A Home is made of love and dreams. In the Home is The Family! Thank God for the freedom to celebrate and bless all who live, laugh, and love each other. That is the greatest gift to love one another.

MAKING MEMORIES! AMEN.



WARTIME CHRISTMAS

Many of our old-time favorite Christmas songs were popular during the war years of the 40s. It is considered the Golden Age of secular Christmas music. They expressed both memories and longings. Here are some memorable examples.



“White Christmas” (1942). Bing Crosby’s version is the best-selling single in the world. Written by Irving Berlin for the musical, *Holiday Inn*, it reminded WWII soldiers of holidays “back home.”

“Have Yourself a Merry Little Christmas” (1944) was introduced by Judy Garland in the film, *Meet Me in St. Louis*. Set in a family’s planned move from St. Louis to New York, the song’s lyrics gave hope to soldiers that “Someday soon we all will be together.”



“I’ll Be Home for Christmas” (1943), was another hit for Der Bingle. This song was intentionally written from the point of view of a soldier writing to his family back home. It is a melancholy tune ending with the lyrics, “I’ll be home for Christmas, if only in my dreams.”



“The Christmas Song (Chestnuts Roasting on an Open Fire)” (1946) was Nat King Cole’s holiday hit. Written by Robert Wells and Mel Tormé in a blazing hot July, it is the most-performed Christmas song of all time. Meant as a way to “stay cool by thinking cool,” it took soldiers away from the heat of battle long enough to say, “Merry Christmas to you.”

Life According to You.

You’ve built a life full of stories, passions and goals—and you’re not done yet. EverTrue offers what you need to live **Life According to You**. Whether you’re exploring scenic trails, creating cherished memories with family members or discovering the vibrant local culture, you choose how to enjoy the best years of your life—on your terms.



Luther Crest

800 Hausman Rd.
Allentown, PA 18104
610.655.3507

EverTrueLutherCrest.org



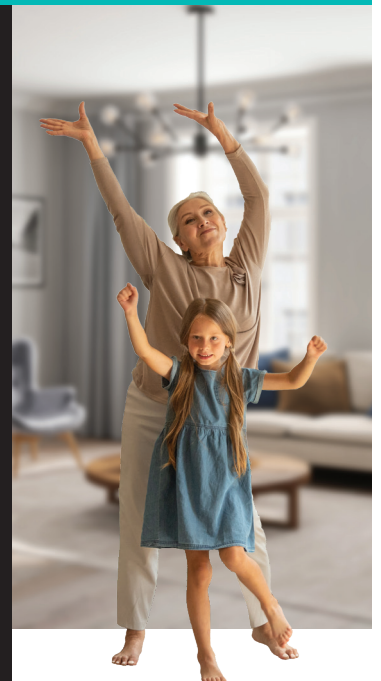
Lutheran Home
at Topton

1 South Home Ave.
Topton, PA 19562
610.890.9970

EverTrueLutheranHomeTopton.org

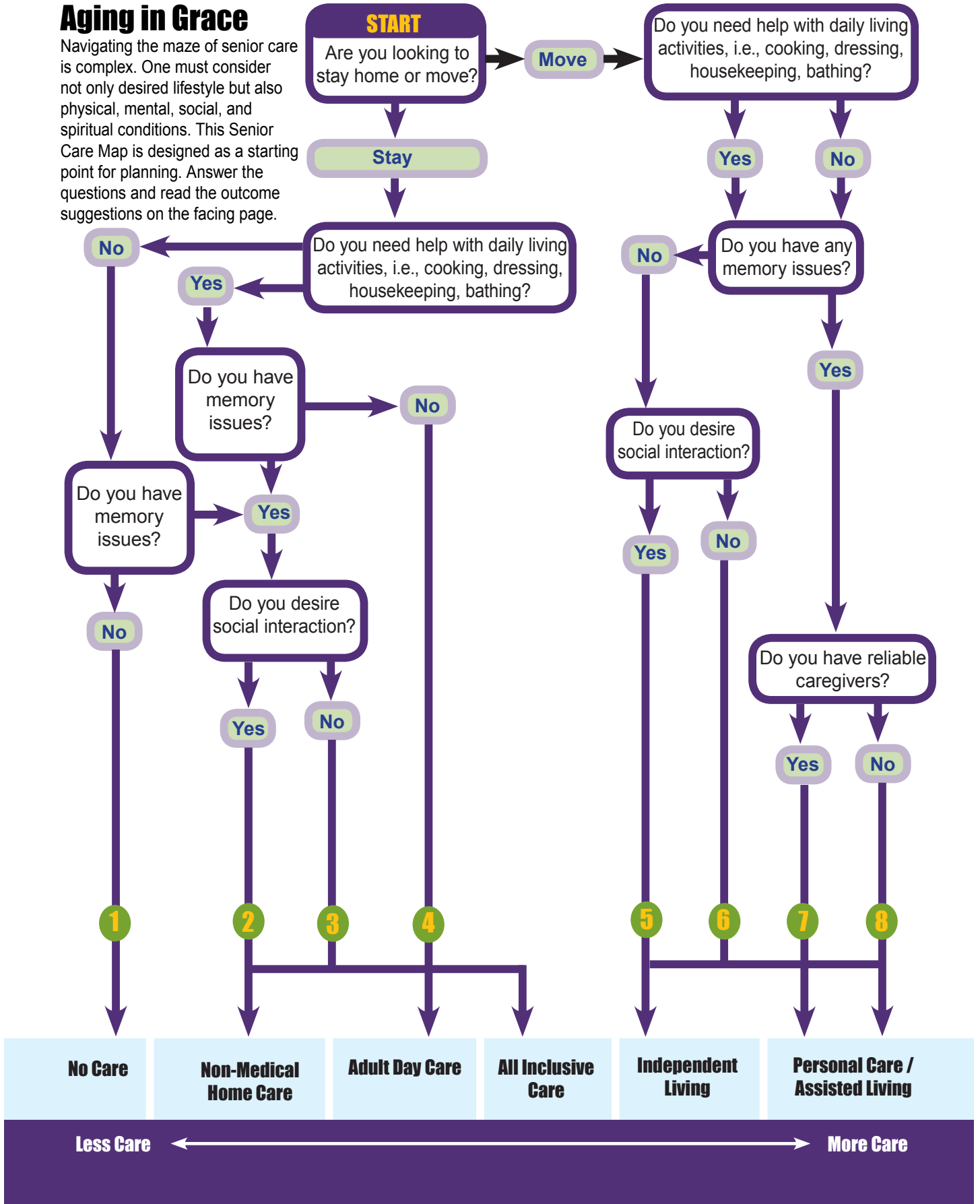
Call to schedule a tour and enjoy a complimentary meal!

Independent Living | Personal Care | Memory Support | Long Term Care | Short Stay Rehab



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.



No Care **Non-Medical Home Care** **Adult Day Care** **All Inclusive Care** **Independent Living** **Personal Care / Assisted Living**

Less Care ← → **More Care**

Senior Care Map Outcomes

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

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

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

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

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

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

Financial Matters

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

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

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



Organization	Medicaid	Therapy (PT/OT/ST)	Podiatrist	Meals	Transportation	Exercise	Garden Therapy	Nursing Staff	Community Outings	Crafts/Games/Music	Pet Therapy	Bathing	Beauty/Barber	Hours (AM-PM)
 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													














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






seniorhelpers.com/pa/lehigh-valley



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

Non-Medical Home Care		Companion Care	Personal Care	Transportation/Shopping	Live-in	Medicaid / Waiver	VA Contract/Provider	Overnight w/ sleep	Dementia Care	Hoyer / Mechanical lift	Minimum Shift
 <p>Always Best Care of Greater Bethlehem 306 S. New Street Suite 110 Bethlehem, PA 18015</p>		•	•	•	•	•	•	•	•	•	
		484-896-8867 ABC-Bethlehem.com									
 <p>Amada Senior Care 1605 N. Cedar Crest Blvd., Suite 508 Allentown, PA 18104</p>		•	•	•	•		•	•	•	•	•
		484-268-1778 AmadaLehighValley.com									
 <p>BrightStar Care of Stroudsburg & Allentown 1401 N. Cedar Crest Blvd Suite 104 Allentown, PA 18104</p>		•	•	•	•		•	•	•	•	
		570-223-2248 brightstarcare.com/stroudsburg-allentown									
 <p>The Caring Connection 3550 Freemansburg Avenue Bethlehem, PA 18020</p>		•	•	•			•	•	•	•	•
		610-882-9131 Caringconnectionhomecare.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
	Cornerstone Caregiving 5930 Hamilton Boulevard #6 Allentown, PA 18106	•	•	•			•	•	•	•	
		484-929-2988 cornerstonecaregiving.com/locations/allentown-pa									
	Family Caregivers Network, Inc. 901 Main Street, First Floor Pennsburg, PA 18073	•	•	•	•	•	•	•	•	•	•
		215-541-9030 family-caregivers.com									
	Home Instead Senior Care of Lehigh County 2747 MacArthur Road Whitehall, PA 18052	•	•	•			•	•	•	•	•
		484-610-0364 homeinstead.com/location/217									
	Maximum Care, Inc. 217 South 1 st Avenue Whitehall, PA 18052	•	•	•	•	•	•	•	•	•	•
		610-264-2353 maximumcareinc.com									
	Millbrook HomeCare 1422 Main Street Hellertown, PA 18055	•	•	•	•		•	•	•		
		610-838-1700 MillbrookHomeCare.com									
	Right At Home 101 S 3rd St, Suite 201 Easton, PA 18042	•	•	•	•	•	•	•	•	•	•
		610-253-9605 RightAtHome.net/lehigh-valley									
	Right At Home Lehigh County & East Berks County 1541 Alta Drive, Suite 304 Whitehall, PA 18052	•	•	•	•	•	•	•	•	•	•
		484-350-3075 RightAtHomeLV.com									

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

Need A Lift?






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



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



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

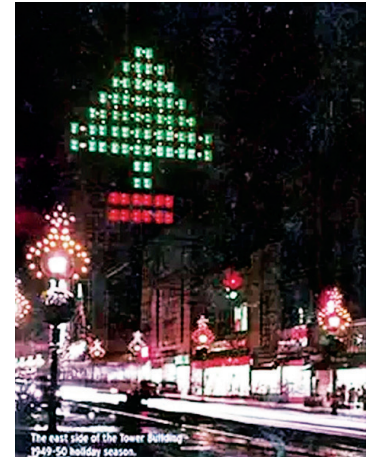
Rooney Senior Center
4 East Fourth Street
Bethlehem 18015
610-865-2092

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

Look Familiar?



This is not a mysterious floating Christmas tree!

It is the east side of the PP&L tower (now PPL) during the Christmas season of 1949.

The tower was sold in 2024, and the new owners plan to continue the tree lighting tradition in some form.

Do You Have Old Classic Records That You Want To Sell?

Call Julius Vitali of
VINYLALLY HEAR at
610-217-1629 (cell)
610-966-6202
(phone)

Buying classical records and collections

Audiologist East Penn Hearing Center

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

Care Management

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



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



Always Best Care™
senior services

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

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

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

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



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



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

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

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

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

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

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

Elder Law

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



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



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

Estate Planning

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

Information & Resources



Lehigh Valley Aging in Place Coalition
PO Box 3103
Allentown, PA 18106
1-877-334-8942
LVAginginPlace.org
Lifestyles over 50
Free senior living and other referral services
4847 Hamilton Boulevard
Allentown, PA 18106
267-772-8210
Lifestylesover50.com

Hospice

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

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

St. Luke's Home Health & Hospice

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

Move Managers

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



Caring Transitions.

• Senior Relocation • Downsizing • Estate Sales •

Caring Transitions Lehigh Valley

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

Realtors

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



CASSIDON
REALTY

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



Real Estate Services

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

3500 Winchester Road
Allentown, PA 18104
(direct) 610-216-5232
(office) 610-398-0411
Schiffjane@gmail.com
JaneSchiff.com

Senior Living Placement

A senior living placement agency 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

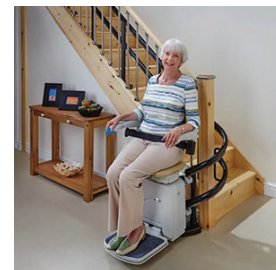


Premier Senior Placement

Lehigh Valley & beyond
484-764-0610
premierseiorplacement.com
kareno@premierseiorplacement.com

Stair Lifts, Ramps, & Home Accessibility

Indoor & outdoor stair lifts, ramps, vertical platform lifts, lifts for vehicles, pools, patient transfer, & commercial locations. Also, home furnishings to enhance safety and accessibility.



New, used, rental lifts, vehicle lifts, ramps, & more!
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Easton, PA 18045
484-895-1188
PowerStairLifts.com



Available from Power Stair Lifts
New, used, rental lifts, vehicle lifts, ramps, & more!

2700 William Penn Hwy.
Easton, PA 18045
484-895-1188
PowerStairLifts.com



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

Your recliner isn't the best place to sleep. Upgrade to the EZLift™ Sleep to Stand Bed and maintain your independence! With just one touch, transition from bed to standing—perfect for nighttime bathroom trips or your morning routine. No more relying on others for help. Enjoy superior support and comfort. Plus it's way more comfortable than any hospital bed!



The EZLift Bed™ is available from Power Stair Lifts
484-895-1188
PowerStairLifts.com



Phoebe Allentown Campus
Allentown, PA

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

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

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

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

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

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

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

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

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

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

Housing Options

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

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

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

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

Independent Living is designed for individuals who can

Personal Care Homes

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

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

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

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

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

Need A Lift?

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








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









Personal Care Homes

Housing Options

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

Housing Options

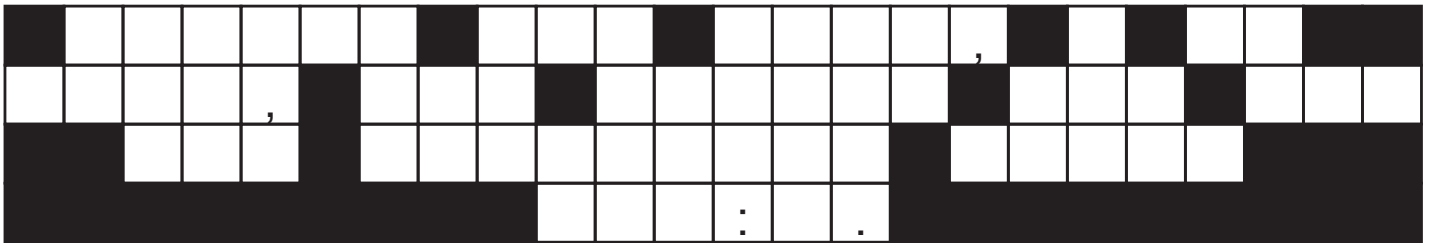
Personal Care Homes

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

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

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

The solution is on page 50.



F S

B L S D E E 3 R 2 R O

“ H L S A E N 1 F I L O E D S O T M Y

S O U I E S B N T H O O T G ” T P N A L M A L L

Sudoku Solutions

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

<https://sudoku-puzzles.net/sudoku-medium/622/>

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









<https://sudoku-puzzles.net/sudoku-easy/301/>

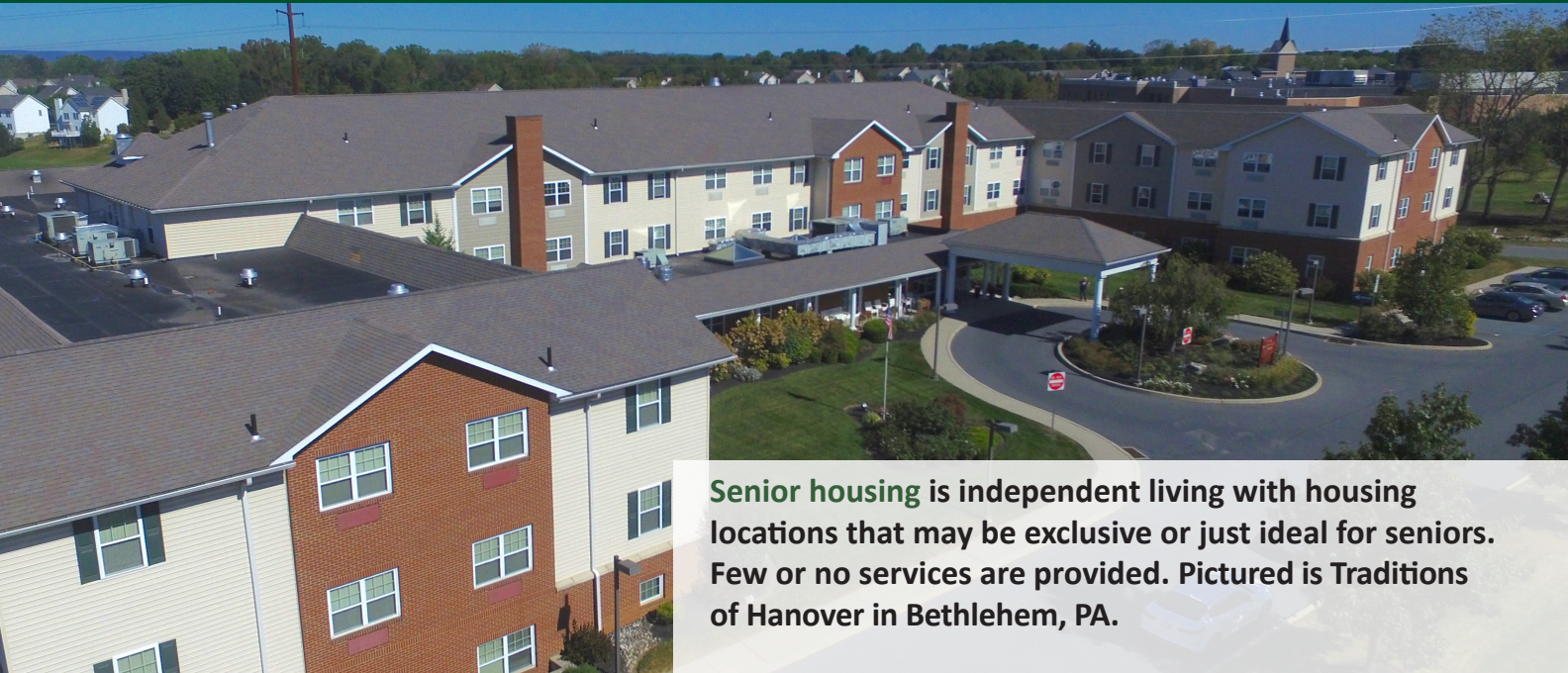
1	5	2	3	7	6	8	4	9
9	8	3	5	2	4	6	1	7
6	4	7	9	8	1	3	2	5
2	9	8	6	5	3	1	7	4
5	3	4	1	9	7	2	6	8
7	1	6	8	4	2	9	5	3
4	6	1	7	3	8	5	9	2
8	2	5	4	6	9	7	3	1
3	7	9	2	1	5	4	8	6

<https://sudoku-puzzles.net/sudoku-hard/866/>

Housing Options

Personal Care Homes

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



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

Lehigh County

B'nai B'rith Apartments

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

Cedar View Apartments

4230 Dorney Park Road
Allentown 18104
610-530-2906

Devonshire Park Apartments

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

Episcopal House

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

Horizons at the Village

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

Lehigh Co. Housing

Authority 333 Ridge Street
Emmaus 18049
610-433-2312

Luther Crest

800 Hausman Road
Allentown 18104
610-398-8011

Lutheran Manor Apartments

2085 Westgate Drive
Bethlehem 18017
610-866-6010

Phoebe Apartments

1901 Linden Street
Allentown 18104
610-794-6262

The Terrace at Phoebe Allentown

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

Zephyr Apartments

3150 Lehigh Street
Whitehall 18052
610-264-5652

Northampton County

Bethlehem Housing

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

Century House

8 North Main Street
Bangor 18013 610-588-7978

Easton Housing Authority

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

Easton Senior Housing

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

Fred Rooney Building

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

Hampton House

1802 Lincoln Avenue
Northampton 18067
610-262-1564

Heritage Village

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

Holy Family Senior Apartments

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

Moravian Hall Square

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

Moravian House

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

Moravian House III

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

Saucon Manor

650 Northampton Street
Hellertown, 18055
610-838-9187

Shiloh Manor





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

Traditions of Hanover

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






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

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

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

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

Organization		Capacity	Private	Semi-Private	Respite	Medicaid	Medicare	VA Contract	Secure Dementia	Wandering	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	•	•	•	•	•	•			•	•
 EVERTRUE Luther Crest	EverTrue Luther Crest 800 Hausman Road Allentown, PA 18104 610-398-8011 EverTrueLutherCrest.org	60	•	•	•	•	•	•	•	•	•	•
 EVERTRUE Lutheran Hillside Village	EverTrue Lutheran Home at Tipton 1 South Home Avenue Tipton, PA 19562 610-682-1400 EverTrueLutheranHomeTipton.org	194	•	•	•	•	•	•	•	•	•	•
 Moravian HALL SQUARE	Moravian Hall Square 175 W. North Street Nazareth, PA 18064 610-746-1000	61	•	•	•	•	•	•		•	•	•

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

Consumer Education & Protection

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

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

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

National Fraud Information Center

202-835-3323

Crisis Intervention Services

Allentown Rescue Mission
610-740-5500

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

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

Safe Harbor Easton 610-258-5540

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

Driver Safety

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

Employment

AARP Senior Community Service
Employment Program

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

Lehigh Valley CareerLink

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

Energy & Financial Assistance

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

Lehigh Co. Assistance Office

101 S. 7th St., Allentown 18101
610-821-6509 LehighCounty.org

Lehigh Co. Energy Assistance

555 Union Blvd, Allentown 18109
610-821-6509
LehighCounty.org

Northampton County Assistance Office

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



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Food Resources

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

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

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

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

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

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

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

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

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

Funeral & Cremation Services/ Pre-Arranged Funerals



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

Health Education

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

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

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

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

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

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

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

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

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

Parkinson's Support Group 610-868-3510

Info & Referral

BenefitCheckUp
855-486-9331
Benefitcheckup.org

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

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

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

Northampton County Area Agency on Aging
610-829-4540

Legal & Referral

Lawyer Referral Service of Lehigh County
610-433-7094

Lehigh County Office of Public Defender
610-782-3157

Justice in Aging
202-289-6976

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

Northampton County Office of Public Defender
610-829-6384

SeniorLAW Center Helpline 877-727-7529
SeniorLawCenter.org

Medicare & Medicaid Counseling

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

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

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

Medicare Insurance



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

Mental Health and Disabilities Services

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

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

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

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

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

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

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

Pharmaceutical Assistance

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

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

Protective Services

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

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

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

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

Social Security & SSI

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

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

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

Transportation

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

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

LANtaBus
610-776-7433
LantaBus.com

LANtaVan Specialized Transportation
610-253-8333

ShareCare Faith in Action
610-867-2177

Sights For Hope
610-433-6018



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

Veterans Assistance

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

Education Benefits Veteran's Administration
888-442-4551

VA Health Resource Center 1-877-222-8387

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

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

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

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

Volunteer Programs

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

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

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

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

	"	B	L	E	S	S		T	H	E		L	O	R	D	,		O		M	Y		
S	O	U	L	,		A	N	D		F	O	R	G	E	T		N	O	T		A	L	L
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" H L S A E N 1 F I L O E D S O T M Y

S O U I E S B N T H O O T G " T P N A L M A L L

Christmas Word Finder solution from page 22

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

Holiday Crossword Puzzle solution from page 5

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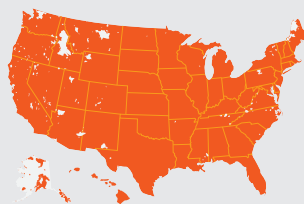
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