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— MEDIA GROUP —

OCTOBER 2024

A Special Supplement to

TIMES NEWS

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For more than thirty years, Attorney Heintzelman has provided legal services to her Clients in Carbon County.

A lifelong resident of Lehighton, Pennsylvania, Attorney Heintzelman earned her law degree from Dickinson School of Law. Her experience in her chosen field has given her the edge when it comes to professional legal representation.

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Medicare Coverage Changing in 2025

Did you know recent changes to Medicare could affect your 2025 coverage and costs? Don't get stuck paying more for your plan and prescriptions next year. The Medicare Annual Enrollment Period (AEP) is now open and ends on Saturday, December 7th. It's your one chance this year to switch to a better Medicare plan.

It's important to understand how recent Medicare changes will affect you in 2025, especially if your situation has changed in the past 12 months. Benefits you depend on may be going away. Copays and deductibles for your doctor visits and prescriptions may be going up.

If any of the following questions apply to you, it's time to start shopping for a new Medicare plan now.

- Has my health changed this year?
- Will my budget change next year?
- Has a life event (a move, new job, retirement) affected my coverage needs?
- Will I be paying more for my prescriptions next year?
- Does my doctor take a personal interest in my health?
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Changes to Medicare can be concerning. You're doing the right thing by staying ahead of them. Now it's time to make a decision on your coverage. Call Jefferson Health Plans today to compare Medicare Advantage plans and switch to one you can count on for next year and beyond.

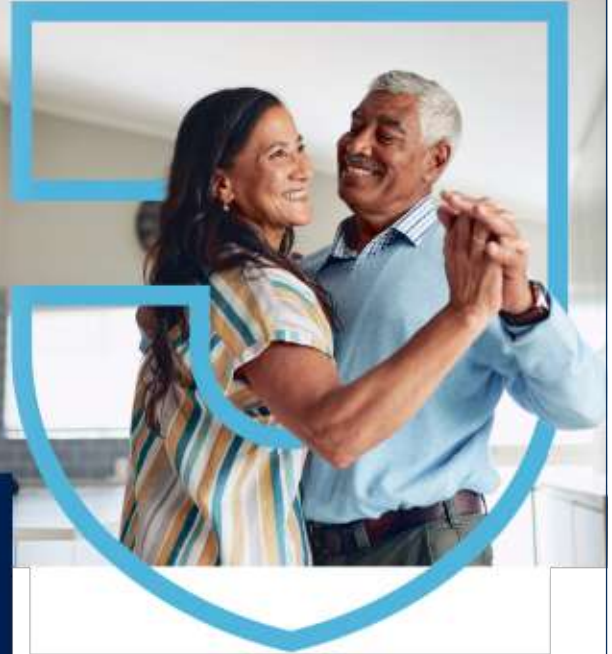
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Eric R. Strauss, Esquire, a shareholder at the law firm of Worth, Magee & Fisher, practices exclusively in the area of probate, trust and estate law and related fields of estate planning, trust and estate taxation, and fiduciary litigation in the firm's Allentown and Lehighton offices. He is a past Chair of the Pennsylvania Bar Association Real Property, Probate and Trust Law Section and has presented numerous seminars in his field of practice to lawyers, community and professional groups. He is also a Fellow of The American College of Trust and Estate Counsel (ACTEC), an international organization of approximately 2,600 lawyers elected to membership by demonstrating the highest level of integrity, commitment to the profession, competence, and experience as trust and estate counselors.

Aging individuals' calorie needs affected by their activity levels

Healthy aging is a multifaceted process that involves an array of variables. Diet and exercise are two such variables, and each are intertwined. According to the National Institute on Aging, the amount of calories individuals over 60 need each day depends on their physical activity levels. Though all adults should aspire to be physically active each day, some aging adults may experience mobility issues that make it hard to move around. But activity levels can serve as a measuring stick for daily calorie intake. The NIA notes that the more active men and women over 60 are, the more calories they will need to consume.



· Inactive: The NIA recommends that women over 60 who are not physically active consume 1,600 calories per day. Men over 60 who are not physically active are urged to consume between 2,000 and 2,200 calories each day.

· Moderately active: What qualifies as moderate physical activity is best defined by an individual's physician, who may recommend various exercises or activities based on each person's condition. Daily walks may qualify as moderate physical activity, but aging

adults are urged to keep track of the length and intensity of such walks so they can work with their physicians to determine how they might affect their daily caloric intake. Women over 60 who engage in moderate physical activity each day are urged to consume 1,800 calories per day, while men in that category should consume between 2,200 and 2,400 calories.

· Very active: Aging men and women can probably determine on their own if their lifestyle can be described as very physically active. Women over 60 who qualify

as very active should consume between 2,000 and 2,200 calories per day, while the NIA advises very active men to consume between 2,400 and 2,600 calories per day.

Of course, it's important that men and women over 60 choose the right foods each day as well. The NIA advises against choosing foods that have a lot of sugar, saturated fat and sodium. Fruits, vegetables and whole grains are examples of healthy foods that can help aging individuals reach recommended daily calorie intake without compromising their overall health.

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Planning for long-term care

Long-term care is an important component of financial and personal wellness planning. Planning for long-term care can help aging individuals maintain their independence and quality of life into their golden years.

According to the National Institute on Aging, long-term care (LTC) involves a variety of services that accommodate a person's health or personal care needs when they can no longer perform everyday tasks on their own. LTC can help people with chronic illnesses, disabilities or other conditions. LTC can be expensive, but planning for such needs can help families avoid financial strain and stress, and also provide peace of mind.

Types of care

One of the initial steps when planning for LTC is to identify the available options. LTC is multi-faceted and can come in a variety of forms. LTC can involve in-home care, with a care provider coming into an individual's home to offer services like housekeeping and assistance with personal care. In addition, LTC can take place in nursing homes or assisted living facilities. Adult daycare facilities also may be considered part of LTC.

Payment options

It's important that families recognize that traditional health insurance does not cover the costs associated with LTC. In addition, Medicare cannot be used for LTC in most cases in the United States. It is essential to earmark funds or find alternatives to cover these costs.

According to Medicare.gov, some insurance companies will enable people to use life insurance policies to pay for LTC. Long-term care insurance also merits consideration. This insurance may cover LTC facilities or even home care and medical equipment. Families can explore all their options and find a policy that aligns with their needs and budgets.

Additional financial tools to consider are a Health Savings Account (HSA) or a Flexible Spending Account (FSA), which allow for tax-advantaged savings specifically for health care expenses. Those with limited income can be eligible for Medicaid in the U.S., which can pay for nursing home care. However, it is important to research which homes accept Medicaid as a form of payment.

Further estate planning

People can work with licensed professionals to solidify long-term care and financial plans. An estate attorney can help create a durable power of attorney and a living will to ensure that health care and financial decisions are managed according to a person's wishes if he or she becomes unable to do so. An irrevocable trust also could be beneficial in managing assets and potentially shielding families from LTC costs.

Families should discuss health care wishes and other financial plans as they pertain to long-term care. Early planning can help families navigate caring for aging individuals.

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As Certified Senior Advisors, we help families find the right care solution for their Senior loved one.

Mary Ann Pickell, President of CarePatrol of the Lehigh Valley & Upper Bucks is truly fortunate, she is fortunate because she wakes up every morning to a job she loves and works with a team of dedicated women who are passionate about serving the senior population. Her genuine passion for serving the senior population shines through as described by a testimonial from one of the many families of the Lehigh Valley that CarePatrol has helped and best describes the invaluable Senior Care Solutions they offer.

“Mary Ann Pickell and her team bring a wealth of information, professionalism, and compassion to their work. Our family was overwhelmed by needing to quickly respond to finding an assisted care facility for my parents. Mary Ann was responsive from the beginning and followed

through on everything she said she would do. She shared resources and offered suggestions without pressure or expectation. She helped us focus on prioritizing aspects of how to move things forward and work through the emotions as well as logistics of finding a good match for my parents. Many of the professionals we worked with in this process have worked with Mary Ann as well and had positive things to say about her too. I am appreciative of her and her team’s assistance in this challenging process.”
Google review from recent client.

The services provided by Mary Ann and her CarePatrol team of, Niki Alban, Certified Senior Advisor, Carol Frawley, Community Relations Director and Chloe Pickell, Operations Director, are provided at NO COST to the families they assist.

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Navigating Medicare's Annual Enrollment Period: Tips for Success in 2024

(BPT) - The Medicare Annual Enrollment Period (AEP) which runs from October 15 to December 7 is approaching, and with it comes a wave of changes that could make this year one of the most challenging yet for beneficiaries. But navigating AEP doesn't have to be stressful. Here's how you can prepare and make the most of this crucial time:

1. Review Your Current Plan

Start by reviewing your Annual Notice of Change letter, which arrives in September. It will outline key changes to your current plan, including costs, doctor and pharmacy networks, and additional benefits like gym memberships or grocery allowances. Knowing these changes can help you decide whether your current plan still meets your needs.

2. Compare Your Options

Medicare Advantage and Part D prescription drug plans can vary significantly. Use this time to compare plans and assess how they meet your prescription needs, preferred doctor networks, medi-

cal facilities and budget. Doing so could save you money and ensure you're getting the coverage that best fits your health and financial situation.

3. Use Available Resources

If comparing plans feels overwhelming, there are resources available to help. Platforms like eHealth provide easy-to-use tools that allow you to compare a wide range of plans from top insurance companies, both online and over the phone. According to a recent study of 67,884 user sessions nationwide, eHealth found that Medicare Advantage enrollees who compared their current Medicare Advantage plan with available 2024 plans using eHealth's platform could be saving an average of \$1,100 per year on medical bills and prescription drugs with a lower cost plan.

4. Get Help from a Professional - For Free

Licensed insurance agents can provide personalized assistance at no cost to you. They're knowledge-

able about different plans and can help match you with one that suits your needs. An eHealth survey of more than 2,100 Medicare Advantage enrollees conducted in March found that beneficiaries who work with an agent feel more confident in their choice, with 66% feeling "very confident" in their plan selection. And remember, agents are paid the same for similar plan types and there is no obligation to enroll. Their goal is to help you find the best fit for you.

5. Don't Procrastinate

It's tempting to delay deciding, but waiting until the last minute can lead to rushed choices that may not be in your best interest. Schedule time early in the AEP period to review your options, consult with an agent if needed, and make a confident decision.

This year, tackle your insurance plan coverage with confidence. To learn more, compare plans and find help from a professional licensed insurance agent and benefits advisor please visit eHealth at www.ehealth.com or call 844-373-9751,

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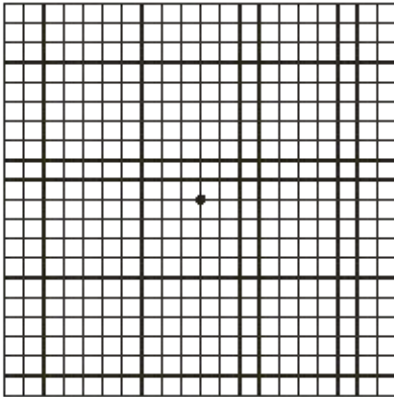
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2. Do all the boxes in the grid look square and the same size?
3. Are there any "holes" (missing areas) or dark areas in the grid?
4. Can you see all corners and sides of the grid (while keeping your eye on the central dot)?

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The link between sleep and healthy aging

A good night's rest can be just what the body needs to feel revitalized and ready to tackle a new day. Indeed, rest is important for people of all ages, including seniors.

The National Council on Aging notes the brain needs sleep to regulate the body, restore energy and repair damage. Recognition of that is vital for aging men and women, some of whom may be more vulnerable to sleeping problems than they realize. In addition to being more vulnerable to age-related health problems that can interrupt their sleep, thus affecting its quality, aging men and women may find their sleep routines change over time. For example, a 2019 study published in the journal BMC Geriatrics found that active elderly people reported it took them longer to fall asleep as they got older.

The NCOA says it's a misconception that older adults need more sleep than younger people, noting adults of all ages require the same amount of nightly rest. However, things may change for seniors in regard to how much time they need to spend in bed. The NCOA notes this is because adults may be more likely to experience poor sleep quality and continuity. When that occurs, adults still need the recommended minimum of seven hours of nightly sleep, but they may need to spend more time in bed since it's taking them longer to fall asleep.

It's important that aging adults recognize that they can spend too much time sleeping as well. A 2019 study published in the Journal of the Amer-

ican Geriatrics Society found that too much sleep is linked to the same health problems as too little sleep, issues that include an elevated risk for heart disease and falls.

Sleep issues affecting older adults also may be a byproduct of various contributing factors. The NCOA notes that frequent contributors to sleep concerns include:

- Pain that affects the back, neck, or joints
- Mental health issues, including anxiety and depression
- Neurodegenerative disorders that are more frequent among aging populations, such as dementia and Alzheimer's
- Sleep apnea or disordered breathing at night
- Restless leg syndrome, a condition that tends to



worsen with age and is characterized by an urge to move limbs often

- Nocturia, a condition marked by a need to urinate at night
- Stimulating medications or medication interactions
- Decreased exposure to sunlight
- Sedentary lifestyle

Aging men and women who are experiencing difficulty sleeping should know that such issues

are treatable and not something that needs to be accepted as a normal part of growing older. For example, individuals whose sleep is routinely interrupted by a need to urinate can avoid certain beverages, including alcohol and caffeinated drinks.

Sleep and healthy aging go hand in hand. Aging adults experiencing difficulty sleeping can consult their physicians and visit ncoa.org to learn more about overcoming sleep-related issues.



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Age in Place with Pathstones by Phoebe

While the majority of older adults want to Age in Place, few have a plan to do so. Successful plans must include housing, health and wellness, finance, transportation, and socialization. While this seems relatively straightforward, it's not as simple as it appears.

Four hours per day of home care can cost over \$50,000 annually. Medicare or Medicare Advantage does not cover these services.

The team of senior service professionals at Pathstones by Phoebe are experts in Aging in Place.

At Pathstones, individuals become members when they are still active and not in need of care. As members age, Pathstones guides them and their loved ones through the aging journey. This partnership not only pays for care but also includes the guidance of a wellness professional who coordinates care and navigates the healthcare system.

Pathstones members live with peace of mind, knowing they have a solid plan for Aging in Place and a partner to walk with them through the journey. To learn more, visit Pathstonesbyphoebe.org or call (610)794-6700.

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248779PAD

Senior-friendly interior renovations

Home is where the heart is. That sentiment may be especially true for seniors who have spent decades living in their homes. A lot of hard work goes into home ownership, and seniors who have lived in the same space for a while undoubtedly have countless memories within the walls of their homes.

A lifetime of experiences in a home can make it hard to leave, but many seniors experience diminished mobility as they age. Mobility issues can make it hard for seniors to traverse their homes, but aging homeowners can make various renovations to make a home more accessible.

· Revamp entryways and staircases. A 2020 study of 1,000 adults in the United Kingdom found that 28 percent of individuals age 65 and older who don't exercise regularly struggle with activities like walking up stairs. The study, commissioned by Total Fitness, also found that 14 percent of men and women over 65 who regularly engage in moderate exercise still find it challenging to climb up and down a flight of stairs. Seniors facing similar challenges can install a ramp at their home's entryway so they can comfortably go in and out. Inside, a chair lift can ensure seniors are not struggling to move from one floor to another.

· Raise the outlets throughout the home. They're easily overlooked, but outlets, particularly those outside the kitchen, tend to be close to the floor. AARP notes that's no accident, as outlets are generally placed at a height equal to

the length of a hammer to save time with measuring when buildings are being constructed. Outlets close to the floor can be difficult for seniors with mobility issues to reach. Relocating the outlets a little higher off the floor is not an expensive renovation, but it can make a home more accessible for seniors who have difficulty bending down or getting down on one knee.

· Install door knob extensions. Verywell Health notes that nearly half of all people age 65 and older have arthritis or another rheumatic condition. Arthritis can make it difficult for seniors to grip and turn door knobs. Door knob extensions can make it easier for seniors with arthritis to open the doors in their homes. Such extensions are roughly five-inch levers that can be



installed over an existing door knob, making it easier to grab and pull down. Extensions save seniors the hassle of turning the knob, which some may find painful and almost impossible.

· Renovate the bathroom. Bathroom renovation projects can be costly, but seniors with mobility issues should know that bathrooms can pose a particularly dangerous threat. The Centers for Disease Control and Prevention notes that roughly three million older adults are treated

for fall injuries in emergency departments each year. A 2019 analysis published in *The Journals of Gerontology* noted that 22 percent of in-home falls resulted in a change in the person's walking ability. Replacing a step-over shower with a zero-step alternative can make it easier for seniors with mobility issues to get in and out of the shower, thus reducing their risk for falls. Grab bars along shower walls and a chair inside the shower can make it easier to bathe and towel off safely.




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Listen. Get your life back.

How to protect your hearing over the long haul

Hearing loss is often seen as an inevitable part of aging. However, data from the National Institutes of Health indicates one in two people over the age of 85 has hearing loss, which suggests half of all individuals in that age bracket have no such issue. That should be encouraging to individuals concerned by the prospect of losing their hearing in their golden years.

The American Academy of Audiology notes that age-related hearing loss is known as presbycusis. Presbycusis can develop due to a combination of variables, including changes to blood flow and the structures of the inner ear as the body ages and shifts in how the brain processes speech and sounds. Certain medications and medical issues, including diabetes and poor circulation, also can exacerbate age-related hearing loss.

Though some hearing loss as individuals grow older may be related to age, Father Time cannot bear all the blame when individuals begin to lose their hearing. In fact, the National Institute on Deafness and Other Communication Disorders, using data from the 2015-2020 National Health and Nutrition Examination Survey, notes that roughly 5 percent of adults between the ages of 45 and 54 have disabling hearing loss. Such losses are unlikely to be a byproduct of aging, and more likely indicative that individual behaviors can affect the degree to which a person loses or maintains his or her hearing.

Preventive health care is vital to protecting the body long-term, and such maintenance can include steps to safeguard hearing over the long haul. The Hearing Health Foundation notes the fol-

lowing are some simple ways individuals can protect their hearing in the years to come.

- Keep the volume down. The HHF advises individuals listen to personal audio devices at 50 to 60 percent of maximum audio level. Some smartphones are pre-programmed to alert users when they attempt to exceed these levels, and users are urged to heed these warnings when adjusting the volume on their devices.

- Lower the volume the longer you listen. Prolonged listening at high volumes can be especially harmful to hearing, even if users are listening at 50 to 60 percent of the maximum audio level. If you intend to listen for a long period of time, lower the volume even further.

- Take listening breaks. The HHF recommends routine listening breaks from personal au-

dio devices. Individuals who listen to personal devices throughout a workday are urged to take breaks at least once every hour.

- Wear over-the-ear headphones. The HHF recommends individuals choose over-the-ear, noise-cancelling headphones over earbuds. Over-the-ear headphones are more effective at creating a seal that blocks out ambient sounds, which means users are less likely to turn up the volume on their headphones than they might be when using earbuds.

Routine hearing examinations are an effective way to monitor hearing, and individuals are urged to make them part of their preventive health care regimen. When measures are taken to protect long-term hearing, individuals may find it easier to manage age-related hearing loss if they experience it.



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What to know about exercise and dementia risk

Three seconds go by in a flash, but that's enough time for another person to join the masses already diagnosed with dementia. According to Alzheimer's Disease International, every three seconds someone in the world develops dementia, a condition that more than 55 million people were living with in 2020.

The World Health Organization notes that various diseases and injuries that affect the brain can contribute to dementia. As menacing a threat as dementia presents, individuals are not helpless against it. In fact, exercise, which can help lower risk for heart disease, stroke and various other conditions, can be a valuable ally against dementia as well.

What is the link between exercise and dementia?

Dementia remains something of a mystery, but the Alzheimer's Society notes that evidence is now strong enough to support the assertion that lack of physical exercise increases a person's risk of developing dementia. The Alzheimer's Society also notes that researchers have discovered improvements in thinking and memory and reduced rates of dementia among middle-aged and older adults who exercised compared to those that did not.

Is cardio the most effective exercise at lowering dementia risk?

Speaking with CNBC, Silky Singh Pahlajani, a clinical professor of behavioral neurology and neuropsychiatry at Weill Cornell Medicine, noted that cardiovascular exercise, often referred to as cardio, can provide the biggest benefit for brain



health of any form of exercise. Cardiovascular exercise can increase heart rate, which helps deliver oxygen cells to the brain. The National Institutes of Health notes that oxygen shortages prevent the brain from working as well as it should, and a 2023 study published in

the journal Redox Biology found that oxygen abnormality plays a crucial role in the occurrence and progression of Alzheimer's disease.

How should aging adults approach exercise

See **DEMENTIA** risk on Page 19



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Like most professions in healthcare today, physical therapists are being asked to do more in less time. Just pass by any busy outpatient physical therapy clinic and you'll see therapists always on their feet, giving instructions, providing hands-on care, moving from one patient to the next, and sometimes seeing 2-3 patients at the same time in a given hour. Now don't get me wrong, this can and does work well for many patients...patients get the care they need and the results they were hoping for.

But what about the patients that don't do well in a busy and fast-paced outpatient environment? Who are they? What unique challenges do they have in getting to the clinic 3 times a week for 4-6 weeks? What options do they have for outpatient physical therapy? As a therapist with a passion for geriatric rehabilitation,

it became clear to me that older adults often need what busy clinics are challenged to provide... convenient, one-on-one time with the physical therapist.

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DEMENTIA RISK


CONTINUED FROM PAGE 17

if they have been largely sedentary?

Middle-aged and older adults who have not been physically active throughout their adult life but want to begin incorporating exercise into their daily routines are urged to speak with their physicians prior to beginning a fitness regimen. Preexisting conditions may make it difficult, if not impossible, to engage in certain forms of exercise. A personal physician can consider a patient's unique medical history and then recommend certain exercises that won't put him or her in jeopardy of suffering an injury or illness. A gradual approach to exercising is typically best for individuals who have

lived a sedentary lifestyle. Starting off slowly with a short walk or light physical activity like gardening can help the body acclimate to physical activity at a safe pace. As adults' bodies become more accustomed to exercise, men and women can then gradually increase the intensity of their workouts, switching from walking to jogging on a treadmill when possible.

There is no cure for dementia, but adults are not helpless against the various forms of the condition. Researchers have discovered that preventive measures like routine exercise can be an effective way to reduce dementia risk.



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Senior Services Guide



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- Public advocacy
- Support & education for family as well as professional caregivers
- Promote support groups
- Provide newsletters
- In-service training for professional caregivers

AMERICAN CANCER SOCIETY

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Information 1-800-342-2383

AMERICAN HEART ASSOCIATION

Information 1-800-242-8721

AMERICAN LUNG ASSOCIATION

Information 1-800-932-0903

EMERGENCY NUMBERS

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- **POLICE**

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Senior Services Guide



AMERICAN RED CROSS

- Carbon County..... 610-377-2100
- Schuylkill County 570-622-9550
- Lehigh County 610-865-4400
- Monroe County 570-476-3800
- **Blood Services • First Aid Training**

ARTHRITIS FOUNDATION

1-800-355-9040

- Health fairs
- Information & referral/literature distribution
- Educational forums
- Arthritis club programs
- Exercise programs
- Arthritis self-help course
- Telephone peer counseling

CARBON TRANSIT SERVICE

888-253-8333 option 4

- Email: CCCTinfo@lantabus-pa.gov

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Lehigh & Northampton Counties

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CARBON COUNTY ACTION COMMITTEE

267 South 2nd St., Lehigh PA 18235

610-377-6400

- Chore Program • Homemaker Services
- Weatherization • Fuel Program

COMMUNITY ACTION COMMITTEE OF THE LEHIGH VALLEY

1337 East Fifth St. (at Williams St.), Bethlehem PA 18015

610-691-5620

CARBON COUNTY HOUSING AUTHORITY

C.C. Housing Authority: 610-377-9375

PA Housing & Finance Agency: 1-800-822-1174

Rent Subsidy Lehigh PA: 610-377-9375

LEHIGH COUNTY HOUSING AUTHORITY

- Slatington: 610-767-7070
- Fountain Hill: 610-861-0121
- Coplay: 610-262-1322
- Emmaus: 610-965-4514

Serving these areas: Lehigh County, North Whitehall, Catasauqua, Coopersburg, Emmaus, Alburts, Fountain Hill, Coplay, Milford, Ancient Oaks, Breinigsville, Cementon, Cetronia, DeSales University, Dorneyville, Egypt, Fullerton, Hanover, Heidelberg, Hokendauqua, Laurys Station, Lower Macungie, Lower Milford, Lowhill, Lynn, Macungie, New Tripoli, North Whitehall, Salisbury, Schnecksville, Slatedale, Slatington, South Whitehall, Stiles, Trexlertown, Upper Macungie, Upper Milford, Upper Saucon, Washington, Weisenberg, Wescosville & Whitehall but does not serve Bethlehem & Allentown

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Senior Services Guide



CARBON COUNTY OFFICE ON AGING

1-800-441-1315 • 610-824-7830
610-824-7836 - FAX

- Respite Care
- Family Caregiver Support Programs
- APPRISE (Health Insurance Counseling)
- Senior Centers • Volunteer Opportunities
- Legal Assistance • Home Delivered Meals
- Personal Care • Adult Day Care
- Protective Services • Prime Time Health
- Employment Services
- Information & Referral Services
- PDA Waiver

MONROE COUNTY AREA AGENCY ON AGING

Stroudsburg: 570-420-3735
1-800-498-0330

- Friendly Visitor • Transportation • Senior Centers
 - APPRISE (Health Insurance Counseling)
- Protective Services • Employment • Legal Advice
- Care Management • Home Support/Personal Care
 - Ombudsman Service • Personal Assistance
- Information & Referral • Home Delivered Meals
- Medical Assistance Waiver • Prime Time Health
- Pre-admission Assessment • Private Senior Citizen Clubs • Family Caregiver's Support Program
 - Retired & Senior Volunteer Program

LEHIGH COUNTY AREA AGENCY ON AGING

Allentown: 610-782-3200

- In-home Services • Protective Services
 - Foster Care/Life • Transportation
- Adult Day Care • Ombudsman Program
- Long-term Care Assessment & Management
 - Family Caregiver & Support Program
 - Housing Case Management/Housing Assistance • Neighborhood Senior Centers
- Assessment, Nursing Facility Diversion & Care Management • Domiciliary Care Services
 - APPRISE • Information & Assistance
 - Cedar View Apartments

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Senior Services Guide



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Schuylkill/Berks: 1-800-442-0949
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Pottsville: 570-662-3103
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RETIRED SENIOR VOLUNTEER PROGRAM

Carbon County	610-377-2021
Schuylkill County	570-622-3103
Lehigh County	610-391-8219
Northampton County	610-691-7705
Monroe County	570-420-3747

NORTHAMPTON COUNTY AREA AGENCY ON AGING

Easton: 610-559-3245

- APPRISE • Advocacy • Employment Services
- Information & Referral • Legal Services • Ombudsman
- Protective Services • Specialized Transportation • Care Management
- Adult Day Services • Emergency Energy Assistance • Family Caregiver Support Program • Home Delivered Meals • Home Health Care • Nursing Home Respite Services • Nursing Home Transition • Personal Care
- Pre-Admission Assessment • Waiver Services

SENIOR AIDE EMPLOYMENT PROGRAM

Schuylkill County: 570-622-5253
• Training Programs • Employers Seeking Employees
• List of Jobs Available

SOCIAL SECURITY ADMINISTRATION

Hazleton: 570-455-2139
1-800-772-1213
Hearing Impaired - TDD only 800-325-0778

SENIOR CITIZENS CENTERS

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PANTHER VALLEY	570-669-9930
JIM THORPE/PENN KIDDER	570-325-4980
WEATHERLY	570-427-8175
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Schedule an appointment to review 2025 options!***

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Slatington Public Library

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Rep. Michael Schlossberg

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Allentown
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538 Thomas St.
Coopersburg
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Please call 610-782-3253
for an appointment.

Phone Appointments Only

Please call 610-625-2290
and leave a message to schedule
an appointment.
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NORTHAMPTON COUNTY

Northampton County Human Services

2801 Emrick Blvd.
Bethlehem
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Please call 610-258-7492
for an appointment.

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Please call 610-829-4540
for an appointment.



***Open Enrollment Sites are staffed with certified volunteers through the
PA Medicare Education and Decision Insight (PA MEDI) Program,
a program of the PA Department of Aging.***

Lehigh County Office of Aging and Adult Services: Providing Help. Empowering Lives.

The Lehigh County Office of Aging and Adult Services is committed to supporting and empowering the well-being of adults of all ages, residing in Lehigh County. Information and assistance are provided to help individuals remain active, healthy, productive, and independent in their community. The following are some of the support and services the Aging and Adult Services Office can provide.

INFORMATION AND REFERRAL

Agency staff provides information and answers questions for specific program and/or service eligibility. Staff also provides assistance with benefit applications including, but not limited to: PACE, Property Tax/Rent Rebate, and water and sewer rebates. The agency maintains a broad array of information on aging service providers and resources. Many resources, forms, additional information and links to community organizations are available on the Aging and Adult Services website at www.lehighcounty.org

ASSESSMENT

Comprehensive assessments are completed to determine the consumer's level of care as well as medical eligibility for nursing facility care. Through the assessment process, the care manager reviews options for home and community-based programs, personal care and assisted living facilities.

CARE MANAGEMENT

Care Management develops a plan of care that is coordinated with formal and informal supports. It supports the consumer's individual preferences and independence with a focus on health and safety and based on their lifestyle and cultural needs. It also provides on-going monitoring and reassessment of the care plan.

CAREGIVER SUPPORT PROGRAM

This program provides benefits to primary caregivers of older adults to help relieve caregiver burden by way of coordinated support through an appointed care manager to receive on-going support such as breaks from caregiving, education and counseling, and reimbursement for supplies used to care for the care-receiver. The program also provides support for older caregivers when caring for young relatives.

PROTECTIVE SERVICES

Investigations and interventions are provided in order to protect the health, safety and welfare of adults who are unable to protect themselves, and are at imminent risk of being physically and/or mentally abused, neglected, financially exploited or abandoned.

PERSONAL ASSISTANCE AND CARE SERVICES

Individuals may qualify for assistance with Activities of Daily Living (ADL) and Instrumental Activities of Daily Living (IADL), such as feeding, skin and mouth care, ambulation, bathing, hair care, grooming, shaving, dressing, and transfer activities.

ADULT DAY SERVICES

Offers an interactive, safe, supervised environment for older adults. It also provides a reliable source of support and brief relief of care for caregivers. All adult day services in Pennsylvania provide personal care, nursing services, social services, therapeutic activities, nutrition and therapeutic diets, and emergency care.

PERSON CENTERED COUNSELING

A person-centered decision support process in which individuals, family members and/or significant others are supported in their deliberations to determine appropriate support choices in the context of the consumer's needs, preferences, values and individual circumstances.

NEIGHBORHOOD SENIOR CENTERS

Strategically located Neighborhood Senior Centers throughout the County are designed to be a focal point primarily for persons 60 years of age and older and their spouse. Each center is a resource for education, health screenings, senior exercise programs, social/recreational activities, nutritional needs, as well as volunteer opportunities.

ACCESS TO NUTRITION AND NUTRITION COUNSELING

Individuals in need of nutritious meals, nutrition education or social interaction can attend food services at a local neighborhood senior center (see above). Homebound individuals may qualify for a limited home-delivered meal service.

HEALTH AND WELLNESS PROGRAMS

Health and Wellness Programs help promote healthier lifestyles while improving quality of life. A variety of programs assist older adults self-manage chronic conditions (diabetes, arthritis, chronic pain, etc.), exercise, nutrition, mental health, medication management, and injury and disease prevention.

CEDAR VIEW APARTMENTS

A 199-unit apartment building owned and operated by the County of Lehigh, providing housing for self-sufficient, income eligible adults 62 years and older and for qualified persons who are physically challenged. A senior center is also located at this site for lunch and activities.

CHC WAIVER PROGRAM AND NURSING HOME TRANSITION

Consumers and family members interested in applying for the CHC Waiver Program and Nursing Home Transition (NHT) can contact the Independent Enrollment Broker, Maximus at 1-877-550-4227.

TRANSPORTATION SUPPORT

The Shared Ride Program provides reduced fare transportation services to eligible persons 60 and older. The agency sponsors trips to Adult Day Service facilities and Senior Centers to those who qualify, as funding permits. Staff assists in completing applications for the paratransit LANta Van system.

OMBUDSMAN PROGRAM

The Shared Ride Program provides reduced fare transportation services to eligible persons 60 and older. The agency sponsors trips to Adult Day Service facilities and Senior Centers to those who qualify, as funding permits. Staff assists in completing applications for the paratransit LANta Van system.

PA MEDICARE EDUCATION AND DECISION INSIGHT (PA MEDI)

Health Insurance Counselors help you understand health insurance options, answer questions about Medicare, Medigap and Medicaid. Counselors will provide information on benefits, entitlements and assist with insurance appeals. They will assist in making informed choices and help with medical insurance paperwork.

PROTECTIVE SERVICES

Investigations and interventions are provided in order to protect the health, safety and welfare of adults who are unable to protect themselves, and are at imminent risk of being physically and/or mentally abused, neglected, financially exploited or abandoned.

A LINK TO AGING AND DISABILITY RESOURCES

The local PA Link to Aging and Disability Resources program is designed to help seniors, veterans and persons with disabilities access information and resources that will connect them to the supports and services available within their community. The coordinated network of partners allows individuals to initiate contact with any Link partner and access needed information, assistance, and resources. The "no wrong door" approach attempts to minimize duplication of efforts by both consumer and provider.

ADULT SERVICES

Services provided to income eligible adults 18 to 59 years of age that need assistance with personal care and home services. Home assistance is to ensure safe and sanitary living conditions for vulnerable consumers. Care management also provided.

Visit us Online at: LehighCounty.org, Click on Departments, Human Services and select Aging and Adult Services
 Lehigh County Office of Aging & Adult Services
 Lehigh County Government Center
 17 South Seventh Street, Room 230, Allentown, PA 18101-2401
 (610) 782-3034
 Hours of Operation: Monday through Friday, 8:30 a.m. - 4:00 p.m.

Embrace a Vibrant Lifestyle at Lehigh Commons!

With a legacy of over 25 years, Lehigh Commons is renowned for delivering top-notch personal care and memory care services in a secure and inviting setting. Our commitment to the community has been unwavering. Senior Living is the choice for those who cherish independence but seek additional support to sustain it.

Our devoted nursing staff is dedicated to delivering personalized assistance for daily activities and effective medication management, ensuring peace of mind and a seamless lifestyle. On-site therapy, including physical, occupational, and speech therapists, along with physician services, cater to all resident needs conveniently in one location.

We go beyond meeting the physical needs of our residents; we prioritize their social well-being with a variety of engaging recreational programs, local business trips, and event transportation. Our culinary team takes pride in crafting nourishing and balanced meals, using ingredients sourced from local farms and small businesses, tailored to individual preferences.

In addition to our personal care apartments, Lehigh Commons boasts a secure memory care community featuring 14 private apartments and a charming enclosed courtyard adorned with flowers and raised garden beds. Residents in our Memory Care Community benefit from specialized programming and a private dining room, overseen by our dedicated Memory Support Director.

Lehigh Commons extends access to Complete Care at Lehigh, a skilled nursing facility on the same campus, providing short-term rehabilitation if the need arises.

Whether you're exploring options for yourself, a loved one, or a friend, our team is dedicated to being your trusted resource and partner throughout the entire decision-making process. Count on us to provide all the information you need for the best choice for you and your family.



The Whitehall Active Community Center is located at 2301 Pine St, Whitehall. We are open Monday through Friday 9am to 2pm. Our Manager is Andrea (Bear) Shumack. We have members from all parts of Lehigh County, especially the Whitehall area.

Lunches (hot and light fare) are served daily at 11:30 am and are provided through the Lehigh County Agency and Adult Services. We accept a donation of \$2.50 for seniors over 60 years old to help defray the cost of the meal. There is a minimal cost for those under the age of 60. Please phone at least **two days in advance** to reserve your meal. 610-443-0675

Too many senior citizens suffer from isolation (spending every day in their homes with little to no contact with other people). Senior Centers help us to stay healthy longer and to decrease risk of isolation and depression.

Like Us on our Facebook page (Whitehall Active Community Center) and watch for an upcoming website.

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Phone: 610-530-8089 | lehighcommons.com




2301 Pine St, Whitehall, PA 18052
610-443-0675
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9AM - 2PM

Lunches served daily at 11:30am (sign up 2 days prior to guarantee lunch)

Day	Time	Class	provided by
Monday	10:00 am	Bodies, Bands and Bells	Transform Rehab, Whitehall
	12:30-1:30 pm	Advanced Tia Chi	Bob Donnelly
Tuesday	9:15-10:15 am	Chair Yoga	Sara Mercer
Wednesday	9:15-10:15 am	Chair Strength and Stretch	Sara Mercer
	12:30-1:30 pm	Tai Chi	Bob Donnelly
Thursday	9:15-10:15 am	Chair Yoga	Sara Mercer
Friday	9:15-10:15 am	Chair Strength and Stretch	Sara Mercer
	12:30-1:30 pm	Tai Chi	Bob Donnelly

The cost of classes may be covered by your supplemental insurance or are \$3 per class.

1st Tuesday Afternoon Craft
4th Tuesday Afternoon Movie
4th Sunday 1:00pm Cash Bingo
Weekly Thursday 12:30pm Bingo



Mini stroke vs. stroke

A stroke occurs when blood supply to a portion of the brain is interrupted, essentially killing brain cells. This damage can change how the brain works, affecting a person's ability to move and speak. It also may change the way the affected person thinks and feels. The United Kingdom-based Stroke Association says the effects of a stroke depend on where it takes place in the brain and how extensive the damage is.

People may be familiar with ischemic stroke, caused by cutting off blood to the brain, as well as a hemorrhagic stroke, which is the result of bleeding in the brain. But a transient ischemic attack, also known as a mini-stroke, may be less understood.

What is a TIA?

Transient ischemic attacks, or mini-strokes, are caused by the same thing as larger strokes, which occur when blood flow leaks or is blocked in the brain. However, in mini strokes, the blood flow interruption or leakage is temporary, and will return to normal spontaneously.

Symptoms

MedicineNet says the majority of mini strokes produce symptoms similar to regular strokes, but they linger only temporarily. These can include, weakness or numbness, difficulty speaking (dysphasia), dizziness, vision changes, tingling, abnormal taste or smells, confusion, loss of balance, and altered consciousness.

Prognosis

Symptoms of TIA tend to last only a few minutes or up to 24 hours, says the Mayo Clinic. Since

the symptoms of a mini stroke and stroke are the same, it is important to seek medical attention in every case. Medical imaging can help determine what caused the mini stroke. If blood clots are present, medicine to prevent those clots may be prescribed. Some people need procedures to remove fatty plaque deposits from arteries that supply blood to the brain.

Although a mini stroke is not as severe as a stroke, it often is an early warning sign that the patient is at risk for a stroke. Roughly one in three people who has a TIA goes on to experience a stroke. Therefore, they should be taken seriously. Fortunately, with treatment, a more dangerous incident often can be avoided.

Recognizing strokes and mini-strokes

The National Stroke Association and other organizations use the acronym FAST to determine if someone is having a stroke.

F: Ask the person to smile, if one side of the FACE droops, it is a warning sign.

A: Ask the person to lift both ARMS. If one arm drifts down or they have difficulty moving it, it's a warning sign.

S: Ask the person to repeat a simple phrase. If SPEECH is slurred or odd, it could be a stroke.

T: If a person develops any of the warning signs, it is TIME to call emergency services and take action.

Mini strokes are similar to strokes, but they are temporary. But mini strokes still warrant medical attention, as they can be a harbinger of larger strokes.

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Unique ways to volunteer

Individuals can give back to their communities in various ways. Some may sign up to work with a local fire company, while others may help to organize community-wide events that inspire people to get out, meet their neighbors and take pride in their towns and cities. Indeed, the opportunities to make a difference in one's community abound, especially for those willing to consider unique ways to volunteer.

- Share your expertise. Established professionals with ample experience in a given arena can be particularly helpful with community initiatives. For example, experienced project managers can volunteer with local government offices and help to plan town-wide celebrations that bring locals and

local retailers together. Experienced accounting professionals may volunteer with local senior centers to offer complementary or low-cost tax services to aging community members living on fixed incomes.

- Help to raise funds. Fundraising may not be the first activity individuals associate with volunteering, but charitable organizations must be able to continuously raise financial support to meet their missions. Individuals can help to organize fundraising events like black-tie dinners with silent auctions that are both fun and fruitful for local charitable organizations.

- Get behind the wheel. Various organizations, including local houses of worship and senior

centers, help aging men and women get around town. Volunteer drivers make such efforts possible, so individuals who want to give back can offer to drive aging and/or immobile community members to religious services, weekly events like bingo night, or even offer to drive incapacitated neighbors to and from their doctor's appointments.

- Start a program for local youth. Adults with a passion for a particular hobby can share that love with local youths by volunteering to start a program or club that teaches young people the basics of a particular activity. For example, adults with a love of sailing can work with local township officials and develop a sailing instruction program for community youths. If

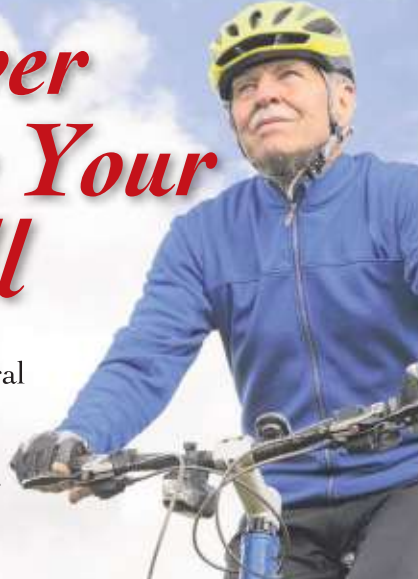
reading is a passion, start a book club for teenagers that encourages them to discover their own favorite literary genre.

Volunteering presents a wonderful way to give back to one's community. There's no shortage of ways to offer your time and services in an effort to make your community an even better place to call home.

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How caregivers work in concert with doctors

Managing an illness, disease or injury often requires a collaborative effort that involves many medical professionals, such as doctors and nurses. The support and assistance of family caregivers also is essential when managing illness. In fact, family members can play important roles when they work closely with medical professionals in helpful ways.

How can family caregivers assist doctors and nurses as their loved ones receive medical care? And what can medical professionals do to ensure caregivers are afforded the respect they deserve? There are many steps each can take.

- Become a communicator. Communication is key in a doctor-caregiver relationship. Doctors may strive for extreme focus on the patients' care, but they also can welcome input from family members who may have information that can help doctors work more effectively. Caregivers should not be afraid to speak up in fear their insight will be dismissed.

- Keep communications concise. In modern medical settings, health care professionals see many patients over the course of a day. This is followed by paperwork and then email or phone follow-ups. Caregivers should realize that doctors and nurses are busy and aspire to keep their communications concise.

- Be patient. According to the American Association for Physician Leadership and a 2018 survey by the Physicians Foundation, doctors work 51 hours a week and see 20 patients per day on average. Unless there is an extreme medical emergency, family caregivers should not expect an immediate follow-up to a concern or question following a visit. However, most doctors offer a call or patient portal message when time allows.

- Aim for assertive, not aggressive, interaction. A family caregiver is often a patient's most diligent advocate. But being too aggressive when interacting with nurses and doctors might lead the care team to view a caregiver as an adversary

rather than an ally, advises AARP. Instead, it is best for caregivers to come across as informed, pleasant and respectful partners.

- Do your research. It's alright for a caregiver to delve deeper into information about a patient's condition so they can be as informed as possible. Also, they should feel free to reiterate care directions back to the medical staff to make sure that everything is understood and followed as planned by the doctor.

- Prepare for appointments. During appointments, patients have the undivided attention of their doctors. This is the best time to ask questions, bring up concerns and provide follow-up about what is going on at home. Caregivers and patients can come ready with a list of items that have been noted on paper or smartphone.

Medical staff and family caregivers must develop relationships built on communication and respect to provide the best level of care to patients.



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Risk factors for AFib

A healthy heart is vital to a long life. Aging individuals recognize that link, and many take steps to protect their heart health, which may include changing their diets or exercising with greater frequency.

Recognizing threats to heart health is an important step people of all ages can take as they seek long, healthy lives. One such threat is atrial fibrillation, which is often called “AFib.” Johns Hopkins medicine notes AFib is a type of abnormal heartbeat caused by extremely fast and irregular beats from the upper chambers of the heart. Johns Hopkins notes a person with AFib may have a heart that beats more than 400 times per minute, that’s caused by faulty electrical signals that make the atria (the two upper chambers of the heart) contract much faster than normal.

The American Heart Association reports that AFib increases the risk of heart-related death and stroke. But people may be curious about their risk for AFib. Though some of the risks for AFib, such as family history, may be out of one’s control, others can be managed with reducing the chance of developing the condition. The AHA notes that people who have one or more of the following conditions are at higher risk for AFib.

- **Age:** Age is a significant risk factor for AFib. Johns Hopkins notes that adults older than 50 are at elevated risk for AFib. In addition, the AHA reports that medical researchers suspect the number of AFib cases will rise considerably in the coming years as people live longer. Recognition of age as a risk factor for AFib might compel more peo-



ple to take additional risk factors more seriously.

- **High blood pressure:** The AHA reports that longstanding, uncontrolled high blood pressure can increase a person’s risk for AFib. This link between AFib and high blood pressure underscores the need for annual health examinations, which often uncover the condition known as “the silent killer” due to the fact that it does not necessarily produce noticeable symptoms.

- **Existing heart conditions:** Heart valve problems; hypertrophic cardiomyopathy, which is marked by a thickening of the walls of the heart chamber; acute coronary syndrome, an umbrella

term used to refer to conditions in which blood supplies to the heart are suddenly blocked; and a history of heart attack are just some of the heart conditions that increase a person’s risk for AFib. Anyone with a personal or family history of these and other heart conditions is urged to discuss AFib with their physicians.

- **Alcohol consumption:** Binge drinking increases risk for AFib, according to the AHA. The organization defines binge drinking as five drinks in two hours for men and four drinks in two hours for women. If individuals want to consume alcohol, Johns Hopkins emphasizes the need

for moderate consumption, which is defined as one drink or less per day for women or two drinks or fewer per day for men.

- **Activity levels:** Though physical activity is an essential component of a healthy lifestyle, the AHA notes that AFib is common in athletes. The condition can be triggered by a rapid heart rate known as a supraventricular tachycardia, which can be a byproduct of exercise.

AFib can pose a serious threat to individuals from all walks of life. Recognition of that threat and how to reduce AFib risk can be part of anyone’s long-term health regimen.

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