

# LEHIGH TIMES

Volume 8, Issue 3

Summer 2017

LEHIGH COUNTY AGING & ADULT SERVICES

## Staying Safe This Summer

Extreme heat happens when temperatures are much hotter and/or there is more humidity than normal. The following tips will help you and your loved ones stay safe during dangerous heat waves.

- Stay indoors in air conditioning as much as possible.
- Drink plenty of water during the day—don't wait until you are thirsty!
- Outdoor workers should drink between two and four cups of water every hour while working.
- Avoid drinks with caffeine, alcohol or large amounts of sugar.
- Limit your outdoor activity to mornings and evenings and rest often in

the shade.

- Wear light-colored and loose-fitting clothing, a hat, sunglasses and an SPF15 or higher sunscreen.
- Check on those who may be more at-risk from high temperatures; such as infants, young children, people 65 or older, and people with chronic medical conditions.
- Never leave your children or pets in a vehicle.

Know the following symptoms of heat stroke, a life-threatening, heat-related illness: An extremely high body temperature; red, hot and dry skin with no sweating; rapid, strong pulse; throbbing headache; dizziness; nausea; confusion; unconsciousness. If you

think someone has heat stroke, call for emergency medical attention and move them to a shady area. Cool the person, but do not give the victim any fluids.

Know the following symptoms of heat exhaustion: Heavy sweating; paleness; muscle cramps; tiredness; weakness; dizziness; headache; nausea or vomiting; and fainting. Help the victim cool off and call for medical attention if symptoms are severe, last for more than one hour, or the victim has heart problems or high blood pressure.

Keep safe and enjoy the summer.

(PA Dept of Health)

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### Special points of interest:

- If you know someone who is interested in receiving this Enewsletter, please have them contact Kim at (610) 782-3096 or email [kimberlymelusky@lehighcounty.org](mailto:kimberlymelusky@lehighcounty.org).
- Feel free to print or email this newsletter.

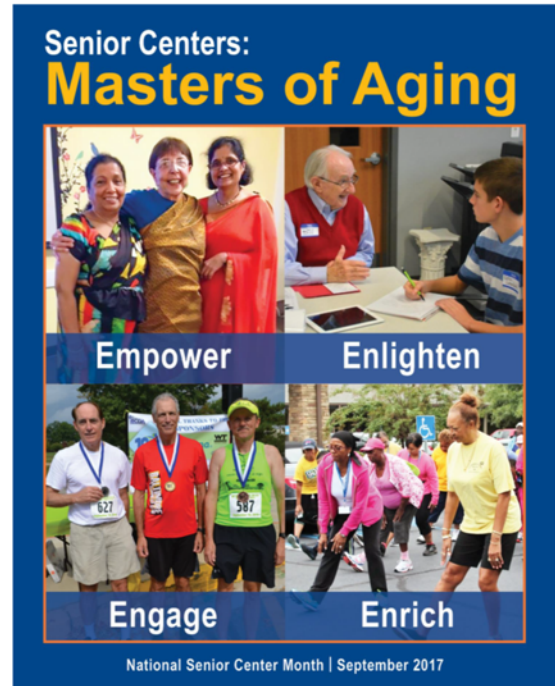
## Senior Centers: Masters of Aging!

**National Senior Center Month** is celebrated every year in September. It's a great time to promote a positive image of aging and see the importance of senior centers in our community.

The national celebration theme is: **Senior Centers: Masters of Aging!** The theme highlights the many ways senior centers lead their communities and inspire individuals to master this phase of life. At our local senior centers, folks find programs and resources that inspire them to make the most of their time.

Visit a senior center in your neighborhood and celebrate the many ways your senior center cultivates masters in aging!

([www.ncoa.org](http://www.ncoa.org))



## Falls Prevention Awareness Day

Did you know that 1 in 3 older Americans fall every year? Falls are the leading cause of both fatal and non-fatal injuries for people aged 65+.

Falls can result in hip fractures, broken bones, and head injuries. And even falls without a major injury can cause an older adult to become fearful or depressed, making it difficult for them to stay active.

The good news about falls is that most of them can be prevented. Exercising,

managing your medications, having your vision checked, and making your living environment safer are all steps you can take to prevent a fall. ([www.ncoa.org](http://www.ncoa.org))

**Falls Prevention Awareness Day** is September 22, 2017. The United Way's

Alliance on Aging, along with other community partners, is "**Standing Together to Prevent Falls.**" A listing of "BALANCE DAYS" dates and locations will be available soon where anyone can receive great information on falls prevention and a FREE balance screening. Please check [www.unitedwayglv.org](http://www.unitedwayglv.org) for additional information.



# Falls Free®

*National Council on Aging*

## Farmers Market Nutrition Vouchers Available for Seniors

Lehigh County Office of Aging and Adult Service employees will distribute Farmers Market Nutrition Program vouchers to eligible senior citizens **while supplies last**. The vouchers are available to Lehigh County residents 60 years or older whose total gross household monthly income is not more than \$1859.25 for a single person and \$2503.67 for married couples. Proof of age and residency must be provided. Participants will be required to sign that they read and understand their rights and responsibilities.

If an individual authorized by an eligible senior will be receiving vouchers on that seniors behalf, a proxy form

must be completed and signed by the eligible senior **prior** to the authorized individual receiving vouchers on behalf of the older adult. No more than four proxy forms per authorized individual will be accepted. Proof of age and residency of intended recipient must also be provided. Proxy forms can be obtained by calling the Information and Referral Unit at (610) 782-3200.

A single person is eligible to receive four \$5 vouchers and couples eight \$5 vouchers **one time only**. They will also receive a list of local farmers markets where the vouchers may be used to purchase fresh fruits and vegetables. This program does not

include seniors who are living in nursing home facilities, convents, or residential facilities where meals are provided. The vouchers will not be accepted at grocery stores and must be used by November 30, 2017.

Farmers Market Vouchers will be distributed at the Lehigh County Government Center's Information and Referral Lobby, 17 S. 7<sup>th</sup> Street in Allentown on Wednesdays only from 9 a.m. to 11 a.m., beginning Wednesday, July 12, 2017, while supplies last. Please enter at 7<sup>th</sup> Street entrance.



## Property Tax/Rent Rebate Deadline Extended

The rebate program benefits eligible Pennsylvanians age 65 and older; widows and widowers age 50 and older; and people with disabilities age 18 and older. The income limit is \$35,000 a year for homeowners and \$15,000 annually for renters, and half of Social Security income is excluded. Spouses, personal representatives or estates may also file rebate claims on behalf of claimants who

lived at least one day in 2016 and meet all other eligibility criteria.

The Property Tax/Rent Rebate Program is one of five programs supported by the Pennsylvania Lottery. Since the program's 1971 inception, older and disabled adults have received more than \$6.1 billion in property tax and rent relief.

Property Tax/Rent Rebate application forms and assistance are available at NO COST from Department of Revenue district offices, Lehigh County Aging and Adult Services, and state legislators' offices.

The program deadline has been extended to December 31, 2017.

([www.revenue.pa.gov](http://www.revenue.pa.gov))



## September 10th is National Grandparent's Day

National Grandparent's Day is a secular holiday celebrated to honor grandparents for their contribution to our lives and to give grandparents an opportunity to show love for their children's children.

President Jimmy Carter declared the first Sunday after Labor Day to be

**National Grandparent's Day.** Each year, the president issues a proclamation to keep the tradition going.

As the number of grandparents continues to grow so does the impact they make on the lives of their grandchildren.



## Congratulations to our Unsung Heroes

Lehigh County Aging and Adult Services celebrated Older Americans Month in May with a tribute to our local Unsung Heroes.

Folks were recognized for displaying exceptional generosity with their time and talent to enhance the lives of those around them.

### Congratulations to this year's Unsung Heroes!

Isabelle Andrews  
 Karleen Beischl  
 Henriette Engelson  
 Roger Reis  
 John Harting  
 Roberta and John Janson  
 Ruth Kemmerer  
 Gladys Lerch  
 Alice Schaffer  
 Leo "Beau" Clarke  
 Donald Christ  
 Grace Conti  
 Nancy Holbrook  
 A. Marie Johnson

### Cedarbrook Nursing Home Auxiliary:

Sharon Alder  
 Emily Folland  
 Linda Schmick  
 Mary Fisichella  
 June McCracken  
 Shelly Stichter

### Lehigh Valley Veterans History Project:

David Babb  
 Stephen Savage  
 Richard Musselman  
 Michael Sowards



Alice Schaffer



Cedarbrook Nursing Home Auxiliary





## What PA Link has been up to in Lehigh and Northampton County lately...

**Pennsylvania Link to Aging and Disability Resources**, commonly referred to as PA Link, is a cross-age system network of partner agencies who collaborate to service individuals who need long term care services and supports. The “no wrong door” approach attempts to minimize duplication of efforts by both consumer and provider.

To become a PA Link partner, contact PA Link Coordinator Kim Melusky at [kimberlymelusky@lehighcounty.org](mailto:kimberlymelusky@lehighcounty.org).

Additional information, meeting notes and upcoming events are available on the PA Link website at [www.lehighnorthamptonlink.org](http://www.lehighnorthamptonlink.org).

Please look through this newsletter for upcoming events or visit [www.lehighnorthamptonlink.org](http://www.lehighnorthamptonlink.org).

The next PA Link meeting will be September 20, 2017 and training will be “Being Mortal” by Geriatric Workforce Enhancement Program (GWEP). Contact [kimberlymelusky@lehighcounty.org](mailto:kimberlymelusky@lehighcounty.org) to register.

PA Link partnered with the Lehigh Valley Homeless Veterans Task Force and Lehigh Valley Health Network in May for “**Who Ya Gonna Call...?, A peer-to-peer workshop and networking opportunity**” for social workers and providers to learn about resources and referral outlets for homeless Veterans, Veterans in need and individuals in crisis in the Lehigh Valley.

PA Link supported Northampton County’s **Outstanding Seniors Awards** and Lehigh County’s **Unsung Hero Event** in celebration of Older Americans Month.

Pa Link supported **Spring into Employment** in June for a free one-day conference exploring employment for individuals with disabilities.

PA Link held an **Empowering Older Adults with Intellectual Disabilities** Conference in June.

PA Link is partnering with North Penn Legal Services to hold a workshop on **Landlord Tenants Rights and Fair Housing** on Wednesday, October 18, 2017.

PHFA in Partnership with PA Link presents the **Lehigh Valley Forum** on September 22, 2017.



Many additional events sponsored by our partners are also listed at [www.lehighnorthamptonlink.org](http://www.lehighnorthamptonlink.org) under upcoming events. Check often!



To join our network, or for additional information on one of the upcoming trainings or workshops, contact Kim Melusky at [kimberlymelusky@lehighcounty.org](mailto:kimberlymelusky@lehighcounty.org).

LEHIGH COUNTY AGING & ADULT SERVICES

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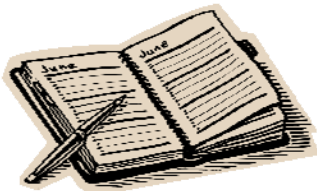


*The Lehigh County Office of Aging and Adult Services is committed to supporting and empowering the well being of all adults of all ages, residing in Lehigh County. The office advocates for Lehigh County residents and provides a wide range of services and information to help adults to be well informed. Information and assistance is provided to enable individuals to remain active, healthy, productive and independent in their community.*

*For additional information, or to make a referral, please contact the Lehigh County Information and Referral Unit at (610) 782-3200.*



Dates to Remember



Mark your calendar!



**Upcoming senior fairs....**

Sen. Pat Browne's **Community & Family Expo** on Thursday, August 3, 2017 at Bucky Boyle Park from 3 p.m. to 7 p.m.

Rep. Zach Mako's **Senior Expo** on September 15, 2017 at Bethany Wesleyan Church in Cherryville from 10 a.m. to 2 p.m..

**50+ Wellness Expo** sponsored by Lehigh Valley Health Network at Kaysch Family Pavilion on Saturday, September 16, 2017 from 9 a.m. to 12 noon.



To volunteer as an **Apprise Counselor or Volunteer Ombudsman**, or to receive more information about these volunteer opportunities, please call the agency at (610) 782-3034.



**Falls Prevention Balance Days and Screenings** will be available at [www.unitedwayglv.org](http://www.unitedwayglv.org).