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TIMES NEWS

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A Special Supplement to

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Have you heard of Nordic walking?

Nordic walking is a sport that's quickly gaining in popularity. If you're looking for a simple, effective and enjoyable activity to keep fit in retirement, Nordic walking might interest you.

Definition

Nordic walking is very similar to regular walking and hiking. The main difference is that it's done with walking sticks, also called Nordic poles. This outdoor sport was created as a summer training program for cross-country skiing athletes. Today, it's accessible to everyone.

Benefits

Compared to regular walking, which only involves the lower limbs, Nordic walking is a total-body workout. It engages an estimated 80 to 90 percent of the body's muscles and burns as many calories as jogging.



Nordic walking also improves muscle tone, coordination, posture and balance.

This activity is gentle on the joints because your body weight is distributed over four points: two feet and two poles. This makes it an excellent activity for seniors.

How to do it

All you need to enjoy Nordic walking is two

poles and a pair of comfortable shoes. It can be done anywhere, including in the street, at the park or on a walking path. Plus, it can be done in any season. If necessary, you can take an introductory session to master the techniques and optimize your muscle engagement. For instance, as in cross-country skiing, the poles should be set at an

angle, so the tips point backward.

Visit a sports store near you to purchase high-quality Nordic poles and get expert advice.



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How to have a healthy liver: 5 tips for seniors

Maintaining a healthy liver is essential for overall well-being, especially for seniors who may face increased risks due to aging. Here are five crucial tips to support your liver health:

1. Eat a balanced diet.

A diet rich in fruits, vegetables, whole grains and lean proteins can aid liver function. Avoid eating processed foods, saturated fats and sugars.

2. Stay hydrated.

Drinking water and plenty of fluids throughout the day helps flush toxins from the body and support liver

function.

3. Limit alcohol intake.

Stick to recommended alcohol limits or consider abstaining altogether, especially if you have underlying liver issues or are taking medications that interact with alcohol.

4. Get regular exercise.

Engaging in regular physical activity can help you maintain a healthy weight and reduce the risk of fatty liver disease. Aim for a combination of aerobic exercise, strength training and flexibility exercises.

5. Monitor your



medications.

Be cautious with medications, as some can have adverse effects on the liver. Always follow prescribed dosages and consult a healthcare

provider before starting any new medication or supplement.

Take these proactive steps to support your liver health and overall well-being as you age.

Find your passion at any age

Age isn't a barrier to learning new things. In fact, once you retire, you'll have more time to explore your passions. Here are some tips for how to follow your bliss.

Ask yourself the right questions

Here are a few questions you can ask yourself to help you identify your interests:

- What did you love as a child?
- What do you enjoy talking about with your friends?
- Do you have a secret dream?

• What are you good at?

Now is the time to take up that hobby you've always wanted to try.

Explore the possibilities.

Do you want to learn something new or increase your knowledge about a particular subject? If so, you may want to take an online course or go back to school. In addition, taking up a hobby such as swimming, walking, gardening, cooking, painting, writing, pottery or woodworking can allow you to connect with a



newfound interest.

Inspiring people

Here are three inspiring people who found success later in life:

- Colonel Harland Sanders was more than 60 years old when he succeeded

in franchising his fried chicken restaurants.

- Laura Ingalls Wilder published her first novel, *Little House in the Big Woods*, at the age of 65.

- At 77, John Glenn became the oldest person to go into space.

3 benefits of volunteering in retirement

You have everything to gain by getting involved!

Retirement isn't just the end of a working life — it also brings a new reality for many people: an abundance of free time. Are you looking for a way to keep busy while doing something useful? Here are three advantages of volunteering in retirement.

1. Improve your physical and mental health

Volunteering often involves physical activity,

which can help lower your blood pressure and cholesterol levels in the same way as playing sports. It's also a great way to reduce stress and alleviate symptoms of depression.

2. Feel useful

Retirement can leave you feeling unproductive, which is perfectly normal when you're going through a change. Volunteering with an organization that aligns with your values will

give you meaningful work and a sense of purpose.

3. Meet new people

Isolation and loneliness are genuine issues for seniors. Volunteering is an excellent way to meet people who share your interests and build new friendships.

Retirement is a unique stage in life, and volunteering is a great way to make the most of it. Contact volunteer or community organizations



in your area to find volunteering opportunities.

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Strength training isn't just for young people!

Strength training is often considered exclusively for young people with perfect bodies. However, this isn't the case! There are many benefits to strength training at any age. In fact, older adults need to engage in this type of exercise. Here's why.

Improve strength and balance. Strength training targets vital muscle groups to help improve your strength and balance. These benefits are crucial for preventing falls and maintaining your independence as your body mass decreases with age.

Adaptable training programs

The exercises can be customized to accommodate your physical limitations, fitness level and personal



goals. You can easily work at your own pace and within your limits. Prevent chronic diseases. Strengthening your muscles helps prevent chronic diseases associated with aging, such as osteoporosis and arthritis. Lifting weights also helps keep your bones

and joints healthy.

Psychological benefits

Weight training stimulates the release of endorphins, which can help improve your mood, reduce stress and promote mental well-being.

Socialization

Strength training can be

a great way to socialize and build camaraderie, especially when participating in group classes or sessions with friends.

In short, strength training is an excellent way to improve your overall health at any age. However, it's always important to consult your doctor before starting any exercise program.

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EverTrue to a Passion for Serving Others



Rev. Dr. Ann Baly,
a resident of
EverTrue Luther Crest

What began as a childhood fascination with the mystery and beauty of religion became a lifelong passion that Rev. Dr. Ann Baly, a resident of EverTrue Luther Crest, still pursues today.

Because women were not yet being ordained when Ann graduated from college, she pivoted by earning a law

degree and working as a poverty lawyer. Later, she was able to follow her passion for religion.

“I went to seminary and was ordained in 1980,” she recalls. She went on to earn a Ph.D. in systematic theology. Her career included both chaplaincy work and teaching theology at several religious educational institutions.

She remains ever true to her passion for serving others as she today holds the role of a bridge pastor at a church about 30 miles away from her home at EverTrue Luther Crest. “I feel like I make a difference to the congregation. It keeps me grounded. I keep immersing myself in the scripture, keep writing sermons, keep counseling people,” she shares. “That work always made me happy and it still does. I feel very blessed that I can still do it.”

Ann also feels blessed by the opportunities to explore new passions at EverTrue Luther Crest, particularly music. Although a dancer and singer all her life, Ann had never played an instrument. She now participates in chime and recorder choirs, nurtured by a supportive community of musicians.

“We love music. If your passion is theology. If your passion is music, you will be oh so welcome and nourished here!”



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Do you know about the benefits of regular stretching?

As you get older, your flexibility tends to decrease, which can lead to limited mobility and reduce your independence. Physical exercise is essential for staying fit, and stretching is vital to maintain overall functionality. Here's how regular stretching can benefit you.

It reduces pain

Everyday activities put varying degrees of stress on your bones and muscles. Regularly stretching helps maintain muscle elasticity, enabling you to better absorb impacts and protect your joints and spine from pain.

When you trip or lose your balance, your muscles work to correct your posture. Gently

stretching five to seven times a week can help you keep your muscles flexible and strong to help prevent falls and avoid injuries.

It improves independence

By incorporating routines like stretching, yoga or Pilates into your daily life, you can make everyday movements easier. For example, flexible muscles allow you to bend down to pick up dropped items with less effort and lift your arms to put on a sweater more easily.

Ultimately, improved flexibility can help you complete your daily tasks with less fatigue, which is essential for maintaining your independence



and boosting your psychological well-being. Short daily stretching sessions tailored to your abilities may be all you need to stay limber.

Additionally, you may want to consider

massage therapy or other treatments to regain flexibility. If you're ever unsure or experiencing pain, don't hesitate to consult a healthcare professional.

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6 Summer Activities to do with your grandchildren.

Fun and Great Memories are Guaranteed!

Spending time outdoors with your grandchildren is a great way to create memories while promoting an active, healthy lifestyle. Here are six outdoor activities you can try to make the most of your summer:

1. Have a beach day. Pack beach toys, towels and a picnic for a fun day in the sun. Build sandcastles, play Frisbee and swim to your heart's content!

2. Go hiking. Take an age-appropriate hike with your grandchildren. Easy walking trails allow you to observe nature while encouraging an active lifestyle.

3. Arrange a treasure hunt. Organize a treasure hunt in your yard or a nearby park. Prepare fun clues for the children, encouraging them to explore their surroundings while solving riddles.



4. Host a painting workshop. Get canvases, brushes and paints, and let your creativity flow outdoors.

5. Go on a bike ride. Choose a path suitable for your grandchildren's age, and make sure you wear helmets. Cycling is a great way to get

exercise while taking in the sights.

6. Do yoga. Choose a peaceful spot, bring some yoga mats and enjoy an energizing session in the great outdoors. Yoga can help improve your flexibility and concentration while reducing stress.

Doing these activities will give

you a unique chance to bond with your grandchildren while encouraging their physical, emotional and social development. This summer, get a taste of the great outdoors and make some unforgettable memories as you explore nature!

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Sherry Haas Gets Life-Saving Cardiac Care

Sherry Haas from Lehighton believes that a series of small miracles saved her life.

Last October, Sherry felt something was very wrong and called 911. Jason Peters, an EMT with Palmerton Community Ambulance, was the first to arrive. It was his first day back after working with another ambulance company. Sherry was awake when Jason and his partner, Kyle Behler, got there, but within five minutes, she went into cardiac arrest.

Jason performed chest compressions until the paramedics arrived and used a defibrillator and injections of epinephrine to revive her heart and blood flow. She was rushed to St. Luke's Carbon Campus where she was stabilized, and then Life Flighted to St. Luke's Bethlehem Campus, where she went straight into the catheterization lab and underwent an angioplasty and cardiac stenting from interventional cardiologist Kimberly J. Wilson, DO.



Jason Peters, left, and Sherry Haas, right.

St. Luke's Heart & Vascular is an eight-time nationally ranked 50 Top Heart Hospital dedicated to delivering unmatched, patient-centered care. From the most complex cases to routine procedures, St. Luke's embraces innovative technologies to deliver the highest quality outcomes for all heart and vascular conditions. Leading the region in heart and vascular care, St. Luke's continues to pioneer new and advanced surgeries.

Sherry, who was president of the Palmerton School Board at the time, doesn't remember anything from her ordeal, even the day before when she helped finalize a contract for the new school superintendent. When the vice president called her about it about a week after she got out of the hospital, she asked if they did the contract without her, never remembering her part in it.

"The strange thing is I have no memory of anything," Sherry said. "I've been piecing everything together from what everyone else has told me, and from call records on my phone that I have no recall of making. My EMT, Jason, was my guardian angel. He saved my life multiple times before I even got to the ER."

Before her cardiac event, Sherry, 62, was completely healthy and not on any prescriptions or under any medical care. Her heart attack wasn't a traditional one from arteries being clogged. Instead, she had some arterial plaque break off, which resulted in a blood clot forming to block the flow of blood. Though it's not all that uncommon, it's something that receives little attention in the media.

She is wearing a LifeVest, a device that monitors her heart and delivers a shock if a life-threatening arrhythmia occurs. She won't have to wear it anymore once she receives an implantable cardioverter-defibrillator by electrophysiologist Steven M. Stevens, MD.

In addition to the interventional cardiology she received during her emergent care, Sherry utilized cardiac rehab at the St. Luke's Lehighton Campus. Because of the extensive damage to her heart, she is also receiving follow-up care with cardiologist Mary Donna Cruz, MD, who specializes in heart failure.

Sherry has special appreciation for Logan Paff, her Cardiac Care Unit nurse, who kept her family – husband John and daughter Laurette – informed of everything that happened and was happening.

Today, she and John go for walks with their Siberian Husky CrystalBlu. Neighbor Millie took care of CrystalBlu during the days Sherry and her family were in the hospital. And she can't wait to reunite with all the team members who miraculously came together to save her life.



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Nutrition tips for seniors

Eating healthy, nutritious foods gives you the energy you need to go about your daily life and stay in good shape. For seniors, it's essential to have a varied diet to help maintain independence and quality of life. Here are some healthy eating tips to follow as you age.

50 to 59 years old

At this age, women should focus on eating foods that help reduce the unpleasant symptoms associated with menopause. For example, they should reduce their sugar intake and consume foods like soy and flaxseed, which are good sources of phytoestrogens.

On the other hand, men should reduce their consumption of red meat and saturated fats to help prevent prostate cancer. They should also include plenty of vegetables, lean proteins and fish in their diet.

Both aging men and women can benefit from eating more protein to help prevent their muscle mass from deteriorating.

60 to 69 years old

As you age, your



metabolism gradually slows down. Therefore, you don't need to consume as many calories as you used to. However, you must ensure you're still getting enough calcium, vitamins and nutrients by eating the appropriate foods. If you lack the necessary appetite, you may need to supplement your diet with quality meal-replacement bars or

drinks. Consult a health care professional for advice.

70 years and older

Hunger is less of an issue at this age. Therefore, the goal is to consume enough protein to meet your nutritional needs while still eating plenty of healthy fruits, vegetables and starches. You may also need to take vitamin and

mineral supplements to strengthen your immune system.

On top of maintaining a healthy weight, fuelling your body with healthy foods can help prevent muscle and bone loss and the onset of disease. Consult your doctor or a dietitian-nutritionist to help you adopt healthy eating habits.

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The value of CarePatrol's services is best reflected in testimonials from families we've had the privilege of assisting. One such review states:

"Mary Ann Pickell is a wonderful professional and human being. She is highly knowledgeable

about placement options for elders, and she is both generous and responsive with time and information. She is diplomatic about challenging issues. I have peace of mind that my mom, 98, is very well-cared for by compassionate, skilled staffers at a wonderful facility suited to her. Thank you CarePatrol!" *Google review*

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Why and how to find a stimulating hobby in retirement

Retirement often brings a mix of emotions: the joy of having free time and, at times, a sense of emptiness that can be difficult to navigate. After dedicating most of your life to work, how will you embrace this new chapter? You can enrich your daily life post-retirement by finding a stimulating hobby to keep you active and fulfilled.

Benefits

Having hobbies offers numerous benefits. An engaging activity stimulates your brain, reduces stress and improves your mood. It may also help you forge new social connections and boost your self-esteem. Whether you



want to stay active or simply unwind,

incorporating hobbies into your daily routine is an excellent next step.

Options

When choosing a hobby, consider your interests. If you enjoy creative activities, explore painting or knitting. If you prefer movement, take up dancing or yoga, or perhaps join a walking group. If you find joy in observing the birds in your backyard, look for a local birdwatching club

and connect with fellow enthusiasts. The key is to explore different hobbies until you find the one that excites you the most. The possibilities are endless!

If you want to check out a wide range of exciting hobbies, look for courses and activities offered by your municipality or local community of seniors. From watercolor painting and writing to stamp collecting, gardening, music and photography—which hobby will you choose?

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Home security: technology for seniors

Do you know a senior who lives alone, is recovering from surgery, struggles to get around or has an illness like Alzheimer's or Parkinson's? Your loved one might find it difficult to call for help in an emergency. Investing in a safety device could make all the difference. Here are some technological solutions that can improve your loved one's safety at home or on the go.

• Personal alarms

Come in various wearable forms, such as necklaces and bracelets. These devices allow seniors to call for help immediately by

alerting a monitoring center or caregiver with the push of a button.

• Geolocation systems

Enable real-time tracking. These systems are excellent for seniors who tend to wander or get lost. However, they require frequent charging and may not have consistent connectivity in remote areas.

• Fall detection devices

Are available as bracelets, pendants or belt buttons. These tools automatically detect sudden movements associated with falls. When a fall occurs, the device sends a signal to a central unit without requir-



ing the senior to activate it.

• Intelligent electrical outlets

Are designed to prevent fires by automatically cutting power to connected

appliances, such as toasters and microwave ovens, when the smoke detector is triggered.

Find out more about the safety solutions available to you today.

Walking has many benefits!

The older you get, the more difficult it can be to stay physically active. However, walking is an excellent way to keep fit without exerting too much effort. Here's a look at some of the benefits of walking.

Strengthens your muscles

Walking for 30 minutes daily can strengthen your leg

and back muscles, improving your balance and reducing the risk of falls. It's also an excellent way to burn calories and maintain a healthy weight.

Prevents various health problems

Studies have shown that going on regular walks can reduce the risk of cardiovas-

cular disease. It can also lessen chronic pain and help in stroke recovery.

Boost mood

Moderate-intensity walking (which causes slight breathlessness) directly affects your psychological health. It can improve your self-esteem and stabilize your mood. Plus, walking with

others can help you feel less isolated. All this boosts your spirits! Walking also has beneficial effects on memory and concentration.

In short, walking has numerous physical and psychological benefits. Ready to get started? The more you walk, the more you'll want to walk.

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5 ways to embrace your inner child

Do you struggle to let loose and have fun? Is life weighing you down? Here are five ways to embrace your inner child and bring more joy and magic back into your life.

1. Have fun

Make time every day to play and engage in fun activities. You could ride a bike, build a snowman, finger paint or explore the outdoors.

2. Revisit your childhood interests

What did you enjoy doing as a child? Re-visiting some of the activities you once loved can help you reconnect with a sense of wonder.

3. Be spontaneous

Do you feel like eating your dessert before dinner or buying a bracelet that caught your eye in the jewelry store? Don't overthink it —

sometimes it's good to be a little impulsive.

4. Let go of your inhibitions

Sing at the top of your lungs and dance like no one's watching. Stop worrying about what others think and give yourself permission to be silly and have a good time.

5. Live in the moment

Children aren't worried about the future or stuck in the past. They live their lives in the present. Put down your phone and be aware of the beauty all around you. Enjoy the moment.

There are plenty of ways to recapture your childlike spirit. Spending more time around kids can also inspire you.



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We cover your community!



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. We also accept members who live in Northampton County.

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

Please see our ad for listing of exercise classes and other ac-

tivities and events which we hold monthly. Our exercise classes include chair yoga, chair stretch and strength as well as Tai Chi. We offer free monthly movies and a low cost monthly craft project. And we have great parties which are free to members to celebrate holidays and special events.

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.

Remember to "Like Us" on our Facebook page (Whitehall Active Community Center).

Please come join us for social activities and friendship!!

Whitehall Active
COMMUNITY CENTER

2301 Pine St, Whitehall, PA 18052
610-443-0675

OPEN DAILY MONDAY through FRIDAY
9AM – 2PM

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

Day	Time	Class	provided by
Monday	10:00-10:30 am	Easy Exercise	Bob Donnelly
	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 Cash Bingo 1:00pm

Weekly Thursday Bingo 12:30pm



4 reasons why puzzles are great for seniors

Puzzles are a popular pastime for people of all ages, but for seniors, this activity has numerous health benefits. Here are four reasons to take up this hobby in your golden years.

1. Memory

Solving puzzles requires good mapping, dexterity and observation skills. Consequently, this hobby is excellent for improving and preserving memory by stimulating the brain.



2. Focus

Putting a puzzle together requires you to pay attention to the task at hand. This type of heightened concentration can improve your focus and help boost your short-

term memory and other cognitive abilities.

3. Dexterity

Connecting puzzle pieces requires manual dexterity. Maintaining your fine motor skills and coordination as you age is

important for performing a variety of daily activities that can help you remain independent.

4. Relaxation

When solving a puzzle, you must focus. This allows you to escape your daily routine and can help you to relieve stress.

Just like the muscles in your body, you need to exercise your brain regularly to keep it fit. To stock up on puzzles, visit the stores in your area.

Expanding Horizons: Gross McGinley, LLP's Exciting Growth

Since its 1976 establishment in Allentown, PA, Gross McGinley, LLP has remained a cornerstone in the community as a reputable law firm that offers an impressive breadth and depth of comprehensive legal services to clients across a range of sectors.

Today, the firm is excited to announce the execution of a multi-faceted campaign designed to advance the firm's priorities and propel its future for continued success. Key directives include a wave of lateral appointments, internal promotions, the unveiling of extensive, multi-million dollar renovations to our historic headquarters in downtown Allentown, and an expansion into the Philadelphia market.

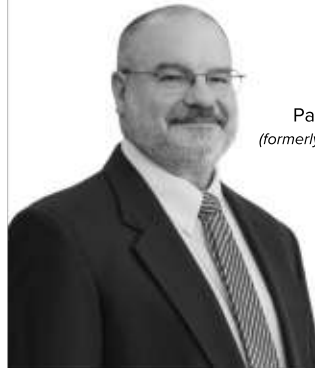
Learn more about this exciting growth and Gross McGinley, LLP at GrossMcGinley.com.



Estate Planning that enables you to protect yourself, your family & your assets.

Here are a few key reasons why updating your estate planning documents is critical:

1. Life Changes & Family Dynamics
2. Business Continuity & Succession Planning
3. The Changing Financial & Legal Landscape
4. Financial Power of Attorney
5. Advance Health Care Directive
6. Peace of Mind



Eric R. Strauss,
Partner with Gross McGinley, LLP
(formerly with Worth, Magee, & Fisher Law Offices)

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Senior Services Guide



ALZHEIMER'S OF NE PA 1-800-272-3900

- 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

- Carbon - Tamaqua • Lehigh Valley Unit
- Schuylkill County • Monroe County

1-800-227-2345

- Offers financial assistance if eligible
- Educational programs
- Support groups
- Wigs & other supplies
- Fundraising opportunities

AMERICAN DIABETES ASSOCIATION

Information 1-800-342-2383

AMERICAN HEART ASSOCIATION

Information 1-800-242-8721

AMERICAN LUNG ASSOCIATION

Information 1-800-932-0903

EMERGENCY NUMBERS

- **AMBULANCE**
- **FIRE**
- **POLICE**

DIAL 9-1-1

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

LANTa VAN

Lehigh & Northampton Counties

888-253-8333

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, Alburtis, 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

ALLENTOWN HOUSING AUTHORITY

1339 W. Allen St., Allentown: 610-439-8678

BETHLEHEM HOUSING AUTHORITY

645 Main St., Bethlehem: 610-865-8300

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

MEALS ON WHEELS

**Palmerton:
610-826-3141**

**Lehigh County:
610-398-2563**

**Northampton County:
610-691-1030**

**Monroe County:
570-424-8794**

- *Delivery of hospital-prepared meals
5 days a week*

Senior Services Guide



MONROE COUNTY HOUSING AUTHORITY

WESTGATE, STROUDSBURG 570-421-7770
Hawthorne Terrace, Avon Court, Barnum Street &
Lenox Avenue, Westgate Apartments, Garden Street,
Kistler Plaza, Normal, Hill & Taylor Streets

OFFICE OF VOCATIONAL REHABILITATION

Allentown: 1-800-922-9536

Schuylkill/Berks: 1-800-442-0949

- Employment service for people with disabilities

PACE PROGRAM

1-800-225-7223

- Prescription plan for the elderly (ages 65+)

ENVIRONMENTAL CORPS

Lehigh - Northampton - Carbon: 610-391-8031

- Affiliated with over 150 agencies • Environmental
- Volunteering in schools • Volunteer opportunities

SCHUYLKILL COUNTY AREA AGENCY ON AGING

Pottsville: 570-662-3103

- Adult Day Care • Assessment • Care Management • Congregate Meals • Counseling • Environmental Modifications • Health & Wellness Programs • Home Health • Home Support • Information and Referral/Assistance with PACE and Rent/Tax rebate applications/ PA MEDI • Legal Services • Medical Equipment and Assistive/ Adaptive Devices • Non-Congregate/In-Home Meals (Home Delivered Meals) • Ombudsman Services • Outreach • Overnight • Personal Care • Protective Services • Senior Community Center Services • Transportation • Volunteer Services

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

LEHIGHTON	610-377-1530
PANTHER VALLEY	570-669-9930
JIM THORPE/PENN KIDDER	570-325-4980
WEATHERLY	570-427-8175
PALMERTON	610-826-4505

Three misconceptions about cognitive aging

Cognitive aging refers to the changes a person undergoes in their ability to think, sense and reason as they get older. It seems simple enough, but in fact, it's a subject that's rife with misconceptions. Here are three of them:

1. Cognitive aging is synonymous with cognitive decline

Health professionals judge that it's incorrect to speak of a decline, given that cognitive aging is a natural process and one characterized by enormous variability. It's true that a person's memory tends to become less sharp as they age and their mental processes tend to slow. However, this isn't the same thing as a change in intelligence. In fact, there's no reason cognitive aging should interfere with a person continuing to learn new skills as they get older.

2. Cognitive aging is connected to Alzheimer's disease



While the signs of cognitive aging resemble the symptoms of Alzheimer's disease to some degree, the two should not be confused. Alzheimer's is a neurodegenerative disease characterized by severe declines in cognitive capabilities. Cognitive aging, on the other hand, isn't a disease but a natural part of getting older; the changes

in cognitive ability to which it refers vary and are gradual.

3. Nothing can be done about age-related cognitive changes.

Cognitive aging may be a natural process, but the extent to which one's ability to think, sense and reason will change over the years can be controlled. You can be mentally sharp at any age. To attend to

your cognitive health, the National Academies of Sciences, Engineering, and Medicine recommends the following:

- Be physically active. Physical health goes hand-in-hand with mental health.
- Be socially and intellectually active. Seek out new experiences and new learning opportunities.
- Make sure you're sleeping well. The quality of your sleep directly impacts your cognitive functioning. Consult a health professional if you're having trouble sleeping.
- Manage your medications. Certain medications can negatively affect one's cognitive functions.

Consult with your doctor if you're concerned about the effect of your medications, or if you want to learn more about maintaining your cognitive health.

How does sleep change with age?

Although you spend a third of your life asleep, the quality of that sleep can change with age. You may wake up more frequently and for longer periods at night or feel drowsy during the day. What explains these changes?

Normal factors

Aging naturally brings health problems that can affect your sleep quality. For example, joint pain, breathing difficulties and stress can influence the duration of the different sleep phases or make getting back to sleep more difficult. It's also important to remember that sleep requirements decrease with age. It's perfectly normal to stay awake longer or wake up



earlier.

A neurological cause

In the 1990s, neuroscientists discovered neurotransmitters called hypocretins in the human brain. Hypocretins are activated while you're awake to help you stay alert. Conversely, they're inhibited while you sleep,

allowing you to experience deep and REM sleep. Hypocretins deteriorate as you get older, resulting in sleepiness during the day and sleep disruptions at night.

Lighter sleep is a change that comes with old age, like greying hair

or wrinkles. If you need to take an afternoon nap, listen to your body — it's normal.

Diabetes Information

one call
1-888-693-NDEP

one click
www.YourDiabetesInfo.org

Your Source for Free Diabetes Information

A message from the U.S. Department of Health and Human Services' National Diabetes Education Program, a joint program of the National Institutes of Health and the Centers for Disease Control and Prevention with the support of more than 200 public and private organizations.

Mobility aids: which one should you choose?

Do you need more help getting around and maintaining your balance than you used to? Mobility aids can greatly simplify your daily life. Here's a guide to help you make the right choice.

• Canes

Are easy to adjust and help you stay balanced while you walk, especially if you have a temporary leg injury. However, they do require some arm strength to use effectively.

• Walkers

Are ideal for individuals with long-term balance issues. They come with a sturdy frame for support and often have a seat where you can rest when needed.

• Wheelchairs

Allow you to move around without straining any painful limbs, reducing the risk of falls. They're often recommended for individuals who tire quickly while moving around.

• Motorized scooters

Commonly known as mobility scooters, help you travel longer distances outdoors with ease.

A health professional, such as an occupational therapist or physiotherapist, can help you determine which device is best for you. Choose a local mobility aid provider and rediscover the joy of moving around with ease.

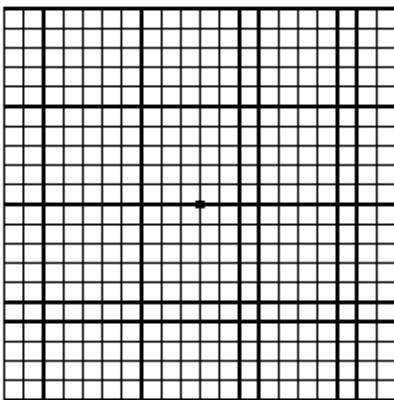


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HOW TO TEST YOUR EYES WITH THIS AMSLER GRID

- Test your eyes under normal room lighting used for reading.
- Wear the eyeglasses you normally wear for reading.
- Hold the grid approximately 14 to 16 inches from your eyes.
- Test each eye separately: Cup your hand over one eye while testing the other eye.
- Keep your eye focused on the dot in the center of the grid and answer these questions:



1. Do any of the lines in the grid appear wavy, blurred or distorted?
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)?

• Switch to the other eye and repeat.

IMPORTANT – Report any irregularities to your eye doctor immediately: Mark areas of the chart you're not seeing properly.

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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 younger 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. 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 ombudsman advocates for and protects the rights of the older person receiving long-term care services to improve the quality of care and quality of life for older individuals. This program also works to improve and enhance the long-term living system, its laws, regulations, policies and administration through public education and programs to empower facility residents. For additional information about the Ombudsman Program, please call Catholic Charities at (484) 619-3337.

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.

Medicare Open Enrollment In-Person Counseling Sites!

Medicare open enrollment is October 15th - December 7th!

Schedule an appointment to review 2026 plan options.

LEHIGH COUNTY SITES

Fellowship Community

3000 Fellowship Drive, Whitehall
For an appointment, please call:
610-769-8124

Lehigh Valley Active Life

1633 Elm Street, Allentown
Mondays, Tuesdays, Wednesdays, & Fridays
For an appointment, please call:
610-437-3700

Parkland Community Library

4422 Walbert Avenue, Allentown
Wednesday mornings
For an appointment, please call:
610-398-1361 Ext 117

Slatington Public Library

650 Main Street, Slatington
For an appointment, please call:
610-767-6461

Rep. Michael Schlossberg

5100 West Tilghman St., Suite 200, Allentown
Thursday afternoons
For an appointment, please call:
610-821-5577

Coopersburg Senior Center

538 Thomas Street, Coopersburg
Thursday mornings
For an appointment, please call:
610-782-3253

Whitehall Township Public Library

3700 Mechanicsville Road, Whitehall
Monday afternoons
For an appointment, please call:
610-432-4339 ext. 201

NORTHAMPTON COUNTY SITES

Northampton County Human Services

2801 Emrick Blvd.
Bethlehem
Wednesdays and Fridays
For an appointment, please call:
610-829-4540

Easton Area Public Library:

Palmer Branch
1 Weller Place
Easton
Tuesday and Thursday afternoons
For an appointment, please call:
610-258-7492

Park Plaza Senior Community Center

1800 Sullivan Trail, Suite 140
Easton
Tuesday mornings
For an appointment, please call:
610-829-4540

PHONE ONLY APPOINTMENTS

FOR BOTH

LEHIGH & NORTHAMPTON COUNTY

For telephone only (no in-person visit), please call, 484-705-8849 and leave a message. A counselor will return your call to schedule a phone only appointment.



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

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What's in your medicine cabinet?



Certain medications can help you stay healthy, but they can also pose risks like side effects or adverse interactions with other drugs. These effects can become increasingly harmful to you as you get older. That's why it's smart to regularly review the products in your medicine cabinet.

Some medications, like sedatives, strong painkillers and certain antihistamines, may no longer be safe to use as you get older. Others can affect memory, balance or blood pressure, especially when combined. Follow these drug safety tips:

- Keep an up-to-date list of all your prescriptions, over-the-counter drugs and supplements
 - Ask your doctor or pharmacist for a yearly medication review
 - Watch for new symptoms like dizziness, confusion or fatigue
 - Never adjust medications without professional guidance
- Most importantly, advocate for yourself. If you're ever unsure about something you're taking, consult with your doctor or pharmacist. A mindful medicine cabinet supports your health.

5 ideas for a dream retirement vacation



One of the best things about retirement is that you can use your free time to take the luxurious vacation you've always wanted at any time of year. If you're ready to unwind and take a break from your routine, here are five vacation ideas that may inspire you.

1. Trip. Treat yourself to a complete change of scenery and discover another country's culture, landscapes and flavors.

2. Road trip. Travel from one end of your country or state to the other. Visit all the places you never got to see during your working years.

3. Festival. Go to a festival of your choice. Whether you're passionate about music, classic cars or art, let loose and enjoy yourself.

4. Cruise. Lounge on the sun deck, enjoy stress-free entertainment and participate in excursions at the various ports of call.

5. Rental. Rent a cottage or villa in a picturesque location where you can practice various activities like hiking and swimming.

Don't forget to ask about reduced rates for seniors to help you save some of your hard-earned money.

In Your Home Physical Therapy *Serving our community since 2011.*

- ◆ Exclusively focusing on the older adult population
- ◆ Specializing in balance, strength and improving walking
- ◆ All of the testing and treatment is provided in the comfort and convenience of your home. We bring the outpatient clinic to you.

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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4 tips for eating well as you get older

Food occupies an essential place in your daily life, regardless of age. As you get older, changes in your body make it more important than ever to get the necessary nutrients. Here are some proven tips to help you ensure your body gets what it needs.

1. Drink regularly

The sensation of thirst diminishes with age. Therefore, keeping yourself well hydrated at all times is critical. Frequent small sips can help. In addition, consuming soups and fluid-rich foods like cucumber and melon, can quench your thirst while aiding digestion.

2. Enjoy your meal in good company

When you eat with friends and loved ones, you consume more and enjoy your food more

fully. Social interactions make mealtime more exciting. This sense of pleasure can help you consume more of the nutrients your body needs.

3. Eat at regular times

As much as possible, establish set hours for eating your three daily meals and try to resist any loss of appetite. If your portions are on the small side, have a few healthy snacks between meals.

4. Enhance your meals

Improve the flavor of your food by experimenting with herbs and spices. You'll give your tastebuds a treat and learn to appreciate new aromas. Be careful with meals that are very fatty, salty or sweet.

Eating well gives you more energy, reduces your risk of injury and



helps you preserve your autonomy and maintain good general health. To ensure you're getting the food you need, visit a seniors' community center, try out a food delivery service or ask your loved ones for help. Do whatever it takes to make your mealtimes simple and enjoyable.





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5 essential estate planning documents you need as a senior

Estate planning is crucial for seniors to safeguard their assets and ensure their wishes are respected. Here are five vital estate planning documents you should have:

1. Last will and testament.

Your will dictates how your assets and property are distributed after your death. Local laws determine asset distribution without a will, potentially conflicting with what you want.

2. Living will (advance health care directive).

Your living will outlines your medical treatment preferences if you become incapacitated. It covers decisions on life-sustaining treatments, organ donation and medical interventions, guiding healthcare providers and loved ones.

3. Financial power of attorney.

This document appoints a trusted individual to manage your financial affairs if you cannot do so. It ensures bills are paid, investments are managed and financial obligations are met in your absence.



4. Beneficiary designations.

These designate individuals who will receive specific assets, such as retirement accounts or life insurance proceeds, upon your death. Keeping beneficiary designations current ensures your assets pass directly to your chosen beneficiaries, bypassing the probate process.

5. Revocable living trust.

You transfer ownership of assets to the trust while alive, avoiding probate upon your death. Trust terms specify asset distribution, providing privacy and efficiency in estate settlement.

Seek guidance from legal and financial professionals to help you create a comprehensive estate plan tailored to your needs.

2 Hours a Month, a Week or a Day -- You Make the Choice!

2 Hours can assist a person who is elderly or disabled in your community age safely in place. ShareCare Faith In Action relies on Volunteers to assist our community members at NO COST. What Would You Like To Do?

Drive someone to an appointment or errand.

Volunteers accept rides that are within their perimeters to help with. There is a required orientation training and criminal background check to complete before volunteering. Excess Medical, Excess Automobile and Liability insurance is provided for all volunteers. If a volunteer would like mileage reimbursement, it is offered at \$.50/mile.

Visit a senior in their home.

Friendly visits are valuable to someone who is isolated and homebound. Volunteers are matched with someone who lives close by and are asked to play a game, have a cup of tea, exchange stories, etc. You are asked to visit each week or every other week for about 30 minutes to one hour.

Certified Therapy Dog visit in their home.

Visit someone with your Certified Therapy Dog once or twice a month. They love animals and are able to interact and pet your dog, giving them social interaction and boosting their attitudes.

SeniorCHAT/SeniorChat LIVE- Make a friendly phone or face-time call to someone who is isolated or lonely.

Phone calls from a volunteer occur once a week and last 15 minutes or longer. Calls are flexible and are arranged according to your schedule. Our phone calls bring joy and uplift the spirits of those who need a friendly ear.

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We provide volunteers to assist seniors and adults with disabilities to maintain their independence at home.



Our volunteers provide these services at no charge:

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- Certified Therapy Dog Visitation
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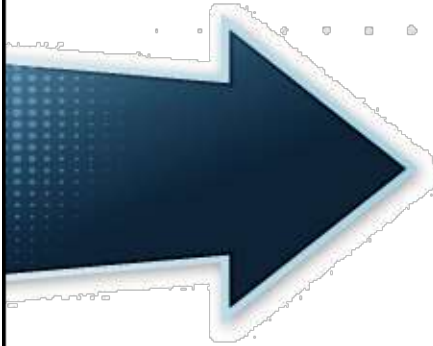
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Osteoporosis: what foods help bone health?

Osteoporosis, a condition characterized by weakened bones, is a growing concern among aging populations. While genetics and physical activity play a significant role in bone health, diet also plays a crucial part in maintaining strong bones and preventing osteoporosis. Here are some key nutrients to incorporate into your diet:

- Calcium-rich foods are essential for building and maintaining bone strength. Incorporating dairy products like milk, cheese and yogurt into your diet provides a significant source of calcium. Non-dairy options include leafy greens like kale and broccoli and fortified foods like tofu and orange juice.

- Vitamin D aids in



calcium absorption, making it vital for bone health. Fatty fish such as salmon, tuna and mackerel are excellent sources of vitamin D. Additionally, fortified foods like cereals and dairy products and exposure to sunlight can help meet your vitamin D needs.

- Protein is necessary for bone growth and repair. Include lean

protein sources such as poultry, fish, beans and lentils in your meals to support bone health.

- Magnesium and vitamin K affect bone metabolism. Incorporate magnesium-rich foods like nuts, seeds, whole grains, leafy greens and vitamin K-rich foods like spinach, kale and Brussels sprouts into your diet.

High sodium and

caffeine intake can lead to calcium loss from bones. Limit processed foods, salty snacks and caffeinated beverages to protect bone health.

By eating the right foods, you can support bone health and reduce the risk of osteoporosis. Remember, a balanced diet and regular exercise are crucial to maintaining strong and healthy bones.

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Backed by a legacy of senior care lasting over 120 years, Phoebe Ministries remains a leader in retirement living across eastern Pennsylvania.

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Reducing your salt intake after 50

As you get older, monitoring your daily sodium intake becomes increasingly important. This is because consuming too much salt can negatively impact your health and longevity. Here's what you should know.

Daily intake

The recommended sodium intake for people between the ages of 14 and 50 is no more than 1,500 milligrams per day. This is the equivalent of less than one third of a teaspoon.

However, once you reach your 50s, your daily consumption should be reduced to 1,300 milligrams. And after the age of 70, this amount should go down to 1,200 milligrams.

Regardless of your age, consuming more than 2,300 milligrams of salt per day can adversely affect your cardiovascular health.

Consequences

There are numerous health risks associated with a high-sodium diet. Consuming too much salt can, among other things, increase your risk of high blood pressure, stomach cancer and heart disease.



Excess levels of sodium can also damage your kidneys and affect bone density.

How to cut back

The most effective way to reduce your salt intake is to pay attention to what you eat and make conscious dietary choices. Here are a few recommendations to get you started:

- Don't add salt when you're cooking
- Avoid processed food and frozen meals
- Use spices, herbs, garlic and vinegars to add flavor
- Don't put a saltshaker on the table at mealtimes
- Limit your use of condiments and bottled salad dressings
- Opt for the low-sodium version of snacks, sauces and soups

Don't hesitate to consult your doctor for more information on how to manage your salt intake.

Do you have to make a will?

As you get older, it's normal to start thinking about your estate and getting your affairs in order. If you don't already have a will, you may wonder whether you need one in the event of your death. The short answer is no. Nevertheless, a will is an essential document. Here's why.

The specifics vary depending on the state, but generally, if you don't have a will at the time of your death, the probate court will refer to local intestate succession laws to decide who receives your property. It may not be distributed exactly how you would choose. Usually, your spouse will receive a set amount before the remainder is divided among your children and other family members, if any exist.

A will is important



because it allows you to decide how your assets will be divided among your heirs. Specifically, you indicate who inherits what and who'll act as an executor.

There are four types of wills in the United States: simple, testamentary trust, joint and living. Consult a lawyer to learn the differences and determine the best type for you.

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4 common digestive problems in seniors

Getting older sometimes comes with an increase in health issues, or at least an increased risk of developing them. Digestive illnesses and disorders are among the most unpleasant ones. Here are four of the most common.

1. Constipation.

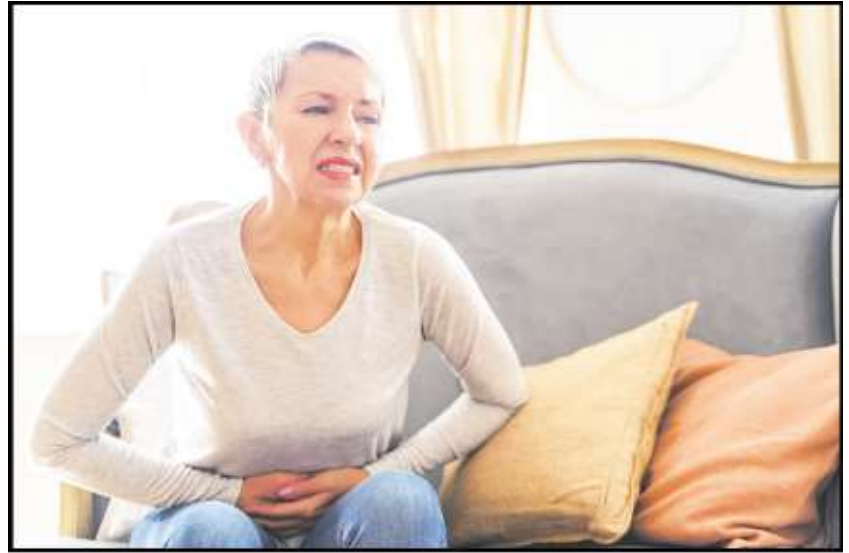
Moving food through your body involves a series of rhythmic muscular contractions. With age, these processes can become less efficient, making it difficult for you to pass stool.

2. Gastroesophageal reflux disease.

While gastroesophageal reflux disease (GERD) can occur at any age, it's more common in older adults. GERD may cause a burning sensation, sore throat, coughing, bitter regurgitation and bad breath.

3. Functional dyspepsia.

This chronic condition is quite common in the general population and has no known cause. It's characterized primarily by pain



in the upper abdomen, bloating, nausea and belching.

4. Colorectal cancer.

This serious illness affects about five percent of the population. It poses a higher risk in older adults who have Crohn's disease or ulcerative colitis. Regular screening makes it possible to

diagnose the disease early and treat it effectively.

Even if your chances of getting digestive issues increase with age, you can mitigate the risk with healthy lifestyle habits and a balanced diet. Speak with your doctor if you have any concerns about your health.

Why Volunteer with 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 and could change the lives of those who are struggling.

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Understanding the staff: the roles and support systems in retirement homes

Retirement homes and assisted living facilities provide a safe and supportive environment for seniors, allowing them to live independent and fulfilling lives. What exactly goes on behind the scenes to ensure this? Here are some of the critical roles of retirement home staff:

- Certified Nursing Assistants (CNAs) are frontline heroes. They assist residents with daily tasks like bathing, dressing and medication management. They also monitor residents' health and report any changes to nurses.

- Licensed Practical Nurses (LPNs) or Registered Nurses (RNs) oversee resident care, administer medications, manage medical conditions and collaborate with physicians.

- Activity directors plan and organize engaging activities to promote social interaction, physical fitness and cognitive stimulation.

- Housekeeping staff maintain the cleanliness and sanitation of



the facility, ensuring a comfortable and healthy environment.

- Dining services staff prepare and serve nutritious meals, catering to residents' dietary needs and preferences.

- Maintenance staff handle repairs and maintenance of the building and grounds, ensuring the

facility's safety and functionality.

- Administrative staff manage the facility's day-to-day operations, handling admissions, finances and resident care coordination.

This team of dedicated professionals works together to ensure residents live with dignity and independence.



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6 ways to help an elderly loved one

Whether due to health problems, physical limitations or loneliness, seniors often need help to lead fulfilling lives. Are you wondering how you can help an older loved one, like a neighbor, grandfather or aunt? Here are six ways you can make their day-to-day life more enjoyable.

1. Offer your presence and emotional support.

Older adults often face social isolation. Take the time to visit your elderly loved one regularly, talking to them and spending quality time together. Listen carefully to their concerns, memories and stories. Your presence can have a considerable positive impact on their well-being.

2. Help with household chores.

With age, household chores can become more difficult. Offer to help your elderly friend or relative with tasks, such as laundry, washing the floors and doing the dishes. You could also consider hiring a housekeeper to relieve your elderly loved one of their daily responsibilities.

3. Facilitate access to medical care.

The elderly must often attend medical appointments and follow-ups. If necessary, help your older loved one by scheduling their appointments, accompanying them to consultations and taking notes to ensure they



understand medical recommendations. Avoid infantilizing them by constantly checking that they're taking their medication correctly.

4. Encourage physical and mental activity.

Physical exercise plays a crucial role in maintaining health and mobility as you age. Encourage your elderly loved one to stay active by taking walks with them or suggesting they join an exercise or activity group suited to their physical abilities. You can also encourage them to stimulate their mind by suggesting interesting games or reading.

5. Encourage social interaction.

Socialization is crucial to the emotional well-being of older people. Help your elderly friend or relative stay in touch with others by encouraging them to take part in community



activities or join leisure groups. Suggest that they invite friends or family over to spend quality time together.

6. Ensure safety at home.

Safety is paramount for older adults. Regularly check on your loved one's living environment to be sure it's safe. For example, ensure their smoke detectors are in good working order and install grab rails to

reduce the risk of falls. You can also consider using technology like personal alarms or surveillance systems to give them extra peace of mind.

You must be patient, committed and attentive when caring for an elderly relative. Providing them with your loving presence, practical assistance and emotional support can greatly enhance their quality of life.

3 stress-relieving activities

As you age, the stresses of everyday life can become difficult to manage. For example, planning a move, waiting for medical test results, worrying about the health of a loved one and watching the news can all cause you to worry. To help you cope with the strain, here are some stress-relieving activities you may want to try.

1. Being outdoors

A great way to boost your spirits and get a bit of exercise is to garden. You could try planting herbs on your balcony or vegetables in your backyard. In addition, walking, biking and photography are all relaxing hobbies you can do outdoors.

2. Making art

Creating works of art can be both comforting and rewarding.



Needlework, such as knitting, crocheting, sewing and embroidery, will keep your hands and mind busy. Alternatively, you may want to draw, color, paint or do crafts. These activities can be done alone or with someone else.

3. Practicing meditation

Meditating is a great way to relax and clear your mind. You may want to try a simple breathing exercise or guided meditation. Alternatively, you could listen to melodies accompanied

by nature sounds such as running water and singing birds. Just close your eyes and imagine yourself in a beautiful oasis.

Though stress-relieving activities can be beneficial, if you're dealing with crippling anxiety, it's best to consult a health-care professional.

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Exciting News: The Suites at Fellowship Community Are Coming!

We're thrilled to share exciting news —The Suites at Fellowship Community, a modern expansion of our Continuing Care Retirement Community. The first of three buildings is set to open in 2026, bringing 24 brand-new independent living residences to our campus.



These thoughtfully designed apartments will range from 1,050 to 1,450 square feet, each equipped with smart home technology to enhance comfort and convenience. With a growing waitlist for our current townhomes and apartments, this expansion offers a much-needed opportunity for more individuals to experience life at Fellowship.

Construction is expected to begin this fall, and future plans include exciting amenities like a Maker's Space for artists and craftsmen, and a Visual and Performing Arts Center for live performances, movies, galleries and a bistro.

Residents will be able to personalize their space, choosing finishes like tile, flooring, and cabinetry allowing them to create the home they love - Fellowship takes care of the rest!

Each building will also feature community clubrooms for gatherings, meetings, and celebrations. Floor plan options include:

- One-bedroom with den and 1.5 baths
- Two-bedroom with two baths
- Two-bedroom plus den with two baths

This expansion is designed to meet the Lehigh Valley's high demand for independent living and help accommodate our extensive waitlist.

Want to learn more?

Contact Laura at 610-769-4332 or llong@FellowshipCommunity.com

Scan the QR code below for more information and a virtual tour.



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A frequent speaker on the topic of “living your best life” especially in retirement, Jill has entertained and empowered individuals locally, regionally and nationally. Fellowship Community has witnessed the changes as folks who sat on waiting lists for years finally found the courage to step out and move up to their new best life!

Jill Kearney founded Specialty Moves by Design right here in the Lehigh Valley 16 years ago and has grown the company to thirty-three employees. They enjoy partnering with clients to get them where they want to be, smoothly and efficiently. They also believe that what they do is as much a ministry as a business.

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