

Aging Times

YOUR GUIDE TO LOCAL OLDER ADULT RESOURCES



123 Wyoming Ave. - 4th Fl.
Scranton, PA 18503



570-963-6740



AAA@LackawannaCounty.org



LackawannaAging.org



Lackawanna County Area
Agency on Aging



Sara McDonald, Director



If you are interested in receiving this newsletter in your inbox, email AgingTimes@lackawannacounty.org to be added to the subscriber list

HELLO!

From the Director's Desk

Held annually in more than 600 communities nationwide, the Alzheimer's Association Walk to End Alzheimer's is the world's largest fundraiser for Alzheimer's care, support and research. This inspiring event calls on participants of all ages and abilities to join the fight against the disease.

The Lackawanna County Area Agency on Aging along with other community organizations and families who have been touched by Alzheimer's Disease, will walk together on October 19, 2024, registration begins at 9:00 am, at PNC Field. We hope you can join us!

Lackawanna County is also taking steps to be recognized as a Dementia Friendly Community! Our collaborative partnerships allow us to work together to raise awareness, increase knowledge, reduce stigma and engage community members in transforming Pennsylvania into an inclusive place for persons living with dementia.

When caring for some with Alzheimer's, often people don't know where to turn for help and may feel isolated and alone. There are programs and resources in our community that can support caregivers, that are unknown to the general public. If you are reading this, I hope raising awareness about local resources helps you.

Programs and Support

- Call the Alzheimer's Association 24/7 Helpline **(800.272.3900)** anytime to receive reliable information, advice and support. 24/7 Helpline – free and confidential. Dial 711 to connect with a TRS operator
- Call the Lackawanna County Area Agency on Aging **(570.963.6740)** and ask about The Pennsylvania Caregiver Support Program (CSP). CSP is a program that supports caregivers in the state with information, training, counseling and financial reimbursement for certain out-of-pocket expenses related to their caregiving duties
- Call the United Way of Lackawanna, Wayne, & Pike Counties **(570.343.1267)** and ask about the Volunteer Navigators who help Caregivers (and Care Receivers) connect to resources in our community.
- Call Telespond Senior Services **(570.346.7860)** Telespond offers caregivers respite programs from the demanding responsibilities of caregiving. Telespond Senior Services operates extended hours five days a week to allow caregivers and family members to pursue normal work and school schedules. Our extended hours – which also include programs on Saturday throughout the year, designate Telespond Senior Services as an enhanced medical model.
- Call The Wright Center for Community Health **(570.230.0019)** to learn about their Alzheimer's and Dementia Care Program. It offers a range of health and supportive services to improve the quality of life of individuals with dementia and their caregivers.

- Sara McDonald



pennsylvania

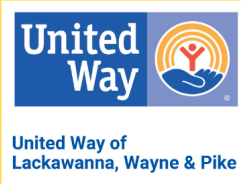
Medicare Education and Decision Insight

Planning to retire and confused about your healthcare options?

Pennsylvania Medicare Education and Decision Insight (PA MEDI) offers FREE Medicare counseling to anyone who is on Medicare or will be going on Medicare. PA MEDI Counselors are specially trained to answer your questions and provide you with objective, easy-to-understand information about Medicare, Medicare Supplemental Insurance, and Medicare Prescription Drug Plans.

PA MEDI counselors work individually and confidentially with beneficiaries to determine their health care needs and preferences, compare health insurance options, and help obtain Medicare and supplemental coverage that fits their lifestyle and their budget.

Contact your local PA Medi counselors at the United Way of Lackawanna, Wayne, & Pike at 570-343-1267



WALK TO END ALZHEIMER'S

ALZHEIMER'S ASSOCIATION

Join us on Saturday, October 19th at PNC Field for the 2024 Walk to End Alzheimer's!

Registration begins at 9 AM, with the ceremony and walk beginning at 10 AM.

Register online by going to act.alz.org/swb and join the team!

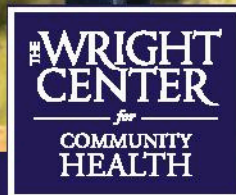
PNC FIELD
235 MONTAGE MOUNTAIN RD
MOOSIC, PA 18507

The WRIGHT Age-Friendly Health System

Our Geriatric Services program improves the health and well-being of older adults by examining the whole person, not just their medical condition. Board-certified geriatricians address *What Matters* most to our patients, as well as their *Medication, Mood, and Mobility*.

Program highlights include:

- Personalized Care Plan
- Your Own Geriatric Care Manager
- Specially Trained Geriatricians
- Elder Life Program
- Caregivers Support Program



570.230.0019 | TheWrightCenter.org |

Joint Senior Expo 2024

Friday, Sept. 13, 2024
11AM – 2 PM

With State Legislators & Lackawanna County Area Agency on Aging

**FREE PARKING
&
FEATURING OVER
70 VENDORS!**

Marketplace at Steamtown
300 Lackawanna Ave
Scranton, PA 18503



Lackawanna County
Department of Human Services
AREA AGENCY ON AGING

Lackawanna County Area Agency on Aging office will be providing:

bag lunches and transportation from Senior centers!

Lackawanna County Board of Commissioners



Com. Bill Gaughan



Com. Chris Chermak



Com. Matt McGloin



Sen. Marty Flynn
22nd Senatorial District



Sen. Rosemary M. Brown
40th Senatorial District



Rep. Kyle J. Mullins
112th Legislative District



Rep. Kyle T. Donahue
113th Legislative District



Rep. Bridget M. Kosierowski
114th Legislative District



Rep. Jim Haddock
118th Legislative District

Senior Community Center Art Show

10 | 04 | 24

5 PM - 8 PM

LACKAWANNA COUNTY GOVERNMENT CENTER
123 WYOMING AVE. SCRANTON, PA 18503

**PURCHASE EXTRAORDINARY PIECES OF ART, CREATED
BY OLDER ADULTS IN LACKAWANNA COUNTY**



Designer Purse BINGO

To Benefit the Dunmore Senior Community Center

Presenting Sponsor:

COLBERT & GREBAS, P.C.
CERTIFIED ELDER LAW ATTORNEYS

*Certified Elder Law Attorney by the National Elder Law Foundation as authorized by the Pennsylvania Supreme Court

Sunday, October 6th, 2024

Dunmore Community Center

1414 Monroe Ave. Dunmore, PA 18512

Doors open at 11 AM and BINGO begins promptly at 1 PM

Designer Purse BINGO Tickets

\$30 Regular Ticket Price

**\$25 if purchases by September 1st, 2024
or \$35 at the door**

★ **2024 General Election** ★
 ★ **Important Dates** ★

- ★ **Oct. 21** Last day to register to vote in the general election.
vote.pa.gov/Register
- ★ **Oct. 29** Last day to apply for a mail ballot.
vote.pa.gov/MailBallot
- Nov. 5** Election Day. Polls are open from 7 AM to 8 PM.
vote.pa.gov/Polls
- ★ **Nov. 5** Completed mail ballots must be received by 8 PM.
vote.pa.gov/County

vote.pa.gov 

We have exhausted our supply of Farmer’s Market Vouchers for the 2024, having given out over 35,000 vouchers!

Thank you for another successful season!

Make sure you spend them before November 30th!



Fridays in the Park Recognized by National Association of Counties



Since 1970, the NACo Achievement Awards have recognized outstanding county government programs and services. Through a non-competitive application process, noteworthy programs receive awards in 18 categories that cover a vast range of county responsibilities.

Fridays in the Park was selected as the top 2024 “Parks and Recreation” Program in Pennsylvania.

Thank you to all the participants, community providers, and staff that make Fridays in the Park and award winning program!

Seeking Santa Sponsors

We are looking for Individuals to be sponsors aka "Santa" to the Grandchildren in our Grandparent Caregiver Support Program.

Sponsors:

- Must register with us by October 31, 2024
- Must be willing to spend a minimum of \$100 per grandchild
- Will be provided with information specific to the child they are shopping for by November 1, 2024
- Must drop off gifts to the Lackawanna County Area Agency on Aging between December 2-13.

If interested, please contact Lauren Fitzgerald

fitzgeraldl@lackawannacounty.org
or (570) 963-6740, ex.1411 and leave:

- Your name and contact information
- How many grandchildren you want to sponsor this holiday season

Are you over 60?

Have you been the target of a **SCAM?**

YOU ARE NOT ALONE!



If you are willing to share your story to help others, please contact us!

The Lackawanna County Area Agency on Aging

Call (570) 963-6740 ext. 1413

Email aaa@lackawannacounty.org

Signs of Elder Abuse

Elder abuse is an intentional act or failure to act that causes or creates a risk of harm to an older adult. Common types of elder mistreatment include physical, sexual, emotional/ psychological, or financial abuse, neglect, or self-neglect. Elder abuse impacts people of all ages, identities, and backgrounds.

What are the signs of mistreatment?

Physical Signs



Dehydration or unusual weight loss



Missing daily living aids (glasses, walker, or medication)



Unexplained injuries, bruises, cuts, or sores



Torn, stained, or bloody underclothing



Unattended medical needs



Unexplained sexually transmitted diseases

Emotional & Behavioral Signs



Increased fear or anxiety



Isolation from friends or family



Unusual changes in behavior or sleep



Withdrawal from normal activities

Financial Signs



Fraudulent signatures on financial documents



Unusual or sudden changes in spending patterns



Unpaid bills

Report known or suspected abuse as soon as possible:

Programs such as Adult Protective Services (APS) and the Long-Term Care Ombudsmen are here to help. For reporting numbers, contact Eldercare Locator at 1-800-677-1116 or visit www.eldercare.acl.gov. In cases of urgent danger, call 911 or the local police or sheriff.



Don't stand by, stand up to elder abuse. You can make a difference.



Keck School of Medicine of USC

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We are proud to announce that the Lackawanna County Area Agency on Aging is SAGECare credentialed for 2024!

A SAGECare credential indicates that SAGECare Leadership or Certified Trainers have trained an agency's staff on LGBTQ+ aging cultural competency.



Trying to coping with a mental health challenge?
We can help!

Peer-to-Peer

Virtual
Tuesdays, 6-8 pm
beginning Sept 10 through October 29, 2024

Free, confidential, evidence-based 8-session education program for people living with mental health conditions.



Training in Preparedness & Emotional Resiliency

- ✔ How to solve problems & communicate effectively
- ✔ Taking care of yourself & managing your stress
- ✔ Learn to treat yourself with compassion
- ✔ How to handle crisis
- ✔ The impact of mental health conditions on the entire family

A Toolkit of Information

- ✔ Finding and using local supports & services
- ✔ Up-to-date information on mental health conditions and how they affect the brain
- ✔ Current treatments & therapies

Education and Support for NEPA



Contact us for more information or to register for an upcoming class

You are not alone

NAMI provides a safe space for the opportunity to learn more skills and develop a supportive community. You can experience compassion & connection from people who relate to your experiences. Through your participation, you have the opportunity to help others grow too.



570-342-1047

www.naminedpa.org



BEYOND NUTRITION:

CARING, CONNECTION, COMMUNITY

Meals on Wheels delivers medically tailored diets, a friendly face, and peace of mind.

Services Offered:

- Pet Support
- Post-Discharge
- Light Housekeeping
- Socialization

570-346-2421

mealsonwheelsnepa.org



Serving our community with
Kindness, Respect, and Compassion

PROPERTY TAX/RENT REBATE APPLICATION DEADLINE EXTENDED TO

DECEMBER 31, 2024

pa.gov/PTRR



SHARE
SHARED HOUSING AND
RESOURCE EXCHANGE

**SHARE your home.
SHARE household tasks.
SHARE for mutual benefit.**



A housing program available in select counties.
Visit aging.pa.gov/SHARE for more information.

Call 888-801-SHARE HOME

Contact
Lackawanna County's
SHARE counselor

Kecia Snyder
SnyderK@lackawannacounty.org
570-963-6781

FRIDAYS IN THE PARK

Crafts . Entertainment . Bingo
Lunch . Nutrition Education
Local Resources and more!

MCDADE PARK PAVILION 2

~~6/8~~ . ~~7/5~~ . ~~8/2~~ . 8/30

AYLESWORTH PARK

~~6/4~~ . ~~7/2~~ . ~~8/9~~ . 9/6

COVINGTON PARK

~~6/1~~ . ~~7/9~~ . ~~8/6~~

MERLI-SARNOSKI PARK

~~6/8~~ . ~~7/6~~ . ~~8/3~~

Join us for a beautiful
day in the park!



ADULTS 60+

10 AM - 1 PM

FREE!

SPACE IS
LIMITED
TO 50 PEOPLE
PER PARK DATE

RESERVATIONS
REQUIRED



RSVP

570-963-6710 EXT. 1450

Reservations will only be
taken a month at a time

TRANSPORTATION
AVAILABLE WITH COLTS
SHARED RIDE FOR 65+

570-963-6795



Lackawanna
County

Commissioners
Bill Gaughan • Matt McGloin • Chris Chermak
Department of Health & Human Services
AREA AGENCY ON AGING