

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

Happy Summer! I hope everyone survived the heat wave in June! Looking for ways to keep cool this summer? When the temperature climbs above 80°F, older adults need to be proactive and take precautions to avoid ailments due to excessive heat. Keep in mind the following tips when trying to stay cool:

- Stay away from direct sun exposure as much as possible. If possible, plan your outdoor activities either early in the morning or when the sun starts to set.
- Air conditioning is your friend in summer. Spend as much time as possible in air-conditioned spaces. If you don't have an air conditioner, go somewhere that is air-conditioned. For example, read a book or register for an activity at the library, walk around the Viewmont Mall, watch that new movie at the theater (some have discounted days or special rates for people 60 years and older), or meet your friends at the senior center, The Green House Project, YMCA, or Jewish Community Center to learn about what indoor activities are free or reduced for older adults! (Note: The federal [Low-Income Home Energy Assistance Program](#) (LIHEAP) helps adults 65 and older who have limited incomes cover the cost of air conditioners and utility bills. Contact the Lackawanna County Area Agency on Aging to see if you qualify!)
- Stay hydrated. Drink plenty of cool water, clear juices, and other liquids that don't contain alcohol or caffeine. Alcohol and caffeine cause you to lose water in your body by making you urinate more. There are free meals and water-cooling stations at all of our 8 senior community centers. In addition, Saint Francis of Assisi Kitchen provides a meal 365 days per year between 11 a.m. and 12 noon. They also provide an evening meal between 5 pm and 6 pm every Tuesday, Wednesday and Thursday at 504 Penn Ave, Scranton, PA 18509.
- Dress appropriately. Whenever you can, try wearing loose, light-colored clothes. Avoid dark-colored clothes as they may absorb heat. Top it off with a lightweight, broad-brimmed hat and you are dressing like a pro! These simple changes will help you both stay cool and avoid sunburn. When the temperature climbs above 80°F, older adults need to be proactive and take precautions to avoid ailments due to excessive heat. Keep in mind the following tips when trying to stay cool. The St. Francis free clothing store is open Tuesday, Wednesday and Thursday from 11am to 2pm and is located at Saint Francis Commons, 504 Penn Ave, Scranton, PA 18509.
- Did someone say sunburn? Buy a broad spectrum sunscreen lotion or spray with sun protection factor (SPF) of 15 or higher. Apply the sunscreen liberally to all exposed skin. Also, bugs are abundant in summer, so spray insect repellent when going outdoors.
- Cool down! Take tepid (not too cold or too hot) showers, baths, or sponge baths when you're feeling warm. Don't have the time? Then wet washcloths or towels with cool water and put them on your wrists, ankles, armpits, and neck. Swimming is free at McDade Park this summer!

As the temperatures continue to rise this summer, please remember these tips. It is essential for older adults to stay cool and safe during hot weather (while it lasts in Northeast PA!)

- Sara McDonald

Senior Community Center Transition

Starting July 1st, the North Pocono Senior Center is joining the Lackawanna County Senior Community Center group! They are located at 6 John J. Michaels Drive, Covington Township, PA 18444 and are open on Monday, Tuesday, and Wednesday from 10 AM to 3 PM.

With this joining comes the closure of the Jefferson Township Senior Community Center, located at 487 Cortez Rd. Jefferson Township, PA 18436. The Jefferson Township Senior Community Center was previously only open on Wednesdays, so we plan to expand current programming and create new programming in this new space!

Exercise Classes at Hillside Senior Community Center

Join us on Mondays, Wednesdays, and alternating Fridays for our Forever Young Fitness Classes!

**Classes are 50 minutes long and are at
8:45, 9:45, & 10:45 AM**

Combining cardio and weight lifting, this class is for all fitness levels!



Improving your hydration: Top tips for older people

Aim for 6-8 drinks each day (a minimum of 1.5 litres). Include a range of drinks, e.g. coffee, fruit juice and smoothies – all non-alcoholic fluids count

Drink your favourite drinks little and often - every sip counts

Have fluid available to drink at all times, including when you are travelling

Having water bottles / jugs to hand can act as a visual reminder for you to drink

Have a full glass of fluid with your medications

Make sure water is fresh and looks inviting, e.g. adding slices of lemon or ice cubes

Use the start or end of favourite TV programmes as triggers / reminders for a drink. Electronic or digital alarms / reminders may also help

Including more fluid-rich foods e.g. soups, tinned fruit in juice and adding sauces to meals, can help increase your fluid intake

REMOTE AREA MEDICAL



Providing free, quality
healthcare to those
in need

FREE CLINIC

PRESENTED BY:



SCRANTON, PA

Senator

SUPPORTED BY:

MARTY FLYNN

Aug. 3 - 4, 2024
Scranton High School,
63 Munchak Way,
Scranton, PA, 18508

Parking lot opens no later than 12:01 A.M., Doors open at 6 A.M.

SERVICES AVAILABLE:



FREE DENTAL

Cleanings, Fillings, Extractions, X-rays



FREE VISION

Complete Eye Exams, Eye Health Evaluations,
Prescription Glasses Made on Site



FREE MEDICAL

Physical Exams, RX Consultations, Women's Health,
General Exams, & More!



FREE, FIRST COME, FIRST SERVED, NO ID REQUIRED!

FOR MORE INFO: [RAMUSA.ORG](https://www.ramusa.org) | 865.579.1530

DID YOU KNOW JULY 11TH IS
CHEER UP THE LONELY DAY?

JOIN THE FRIENDLY CALLERS

CONTACT MIKE AT THE UNITED WAY OF
LACKAWANNA, WAYNE AND PIKE AT
570-343-1267 EXT. 311
TO LEARN HOW YOU CAN
CHEER UP THE LONELY!

AUGUST IS NATIONAL IMMUNIZATION AWARENESS MONTH



If you are homebound, call the
Lackawanna County Area Agency on
Aging at 570-963-6740 to schedule a
visit for a COVID, RSV, or Flu vaccine



Clothing Available!

The free clothing store at Saint Francis of Assisi Kitchen is open Tuesday, Wednesday and Thursday from 11am to 2pm and is located at Saint Francis Commons, 504 Penn Ave, Scranton, PA 18509.

Donations of clothing are accepted from 10am until 2pm Monday through Friday at the garage. Located at the corner of Penn Avenue and Olive Street. To make arrangements for a drop off time other than this, please contact the office at 570-342-5556 option six.

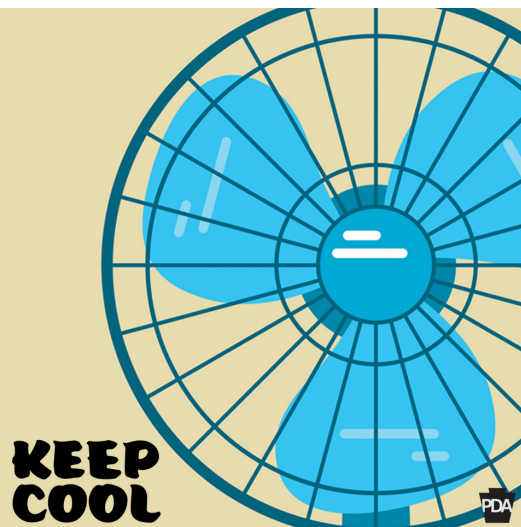
The St. Francis Free Clothing Trailer is available to Churches, Non-Profit and Civic Organizations.

The current schedule of monthly bookings is as follows:

- City of Scranton Pop Up Event – On the first Friday of each month from 1 pm until 3 pm – currently at Weston Field – 982 Providence Rd, Scranton, PA 18508
- Saint Stanislaus Polish National Cathedral – On the First Saturday of each month from 11 am until 12:30 pm – Saint Stanislaus Youth Center Alley Way – Rear 529 East Locust Street, Scranton, Pa 18505
- Saint Eulalia's Catholic Church – on the second Tuesday of each month from 11 am until 12:30 pm – 214 Blue Shutters Road, Roaring Brook Twp., Pa 18444
- Scranton District Parol Office – on the second Thursday of each month from 9 am until 12 noon – 430 Penn Avenue, Scranton, Pa 18509.
- Holy Cross Parish at Saint Patrick Church – on the fourth Wednesday of each month from 11 am until 12:30 pm – 200 Delaware Street, Olyphant, Pa 18447
- Saint Rose of Lima Catholic Church – on the third Thursday of each month from 11 am until 12:30 pm – 6 N Church St, Carbondale, PA 1840

COOL DOWN

If you've recently received weatherization assistance or a LIHEAP crisis grant from the Agency for Community Empowerment of NEPA, you may be eligible for air conditioning assistance with their summer cooling program. Call them at 570-963-6836 to determine if you are eligible!

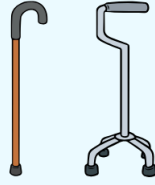


Supplies Available!

LIMITED TIME ONLY

We have some donated items we would like to get to anyone in need. Pick up or delivery available.

Items include packages of size medium Depends, Walker, Adjustable tripod cane, Adjustable four prong cane, Adjustable cane, Wooden walking cane, Packages of Under Pads, Packages of Women's Bladder Control Pads, & Package of Men's Guards



Please email AgingTimes@lackawannacounty.org to schedule a pick up or delivery

KNOW YOUR Rights!

If you live in a nursing home or assisted living, you have:

The right to information, in a language you understand.



The right to participate in all aspects of your care.



The right to privacy and confidentiality.

The right to make **INDEPENDENT CHOICES** based on your needs and preferences.



The right to participate in social, religious, and **COMMUNITY ACTIVITIES.**



THE RIGHT TO...

- safe and appropriate transfer and discharge, including the right to appeal decisions.
- complain without fear of repercussions.
- be free from discrimination, abuse, neglect, and restraints.



The right to organize and participate in resident groups or councils.



The right to information about living in the community.

The right to adequate medical care and treatment.



The right to **VISITS** from friends, family, providers and other people of your choosing.



Long-Term Care Ombudsman programs act as advocates for residents of nursing homes; board & care, and assisted living facilities; and similar residential care facilities. Find your local program: acl.gov/ombudsman or 800-677-1116

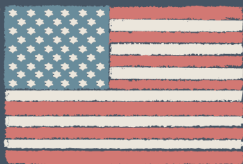


Are you over 60? Have you been the target of a **SCAM?** YOU ARE NOT ALONE!



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



Have a safe and happy 4th of July!



Commissioners
Bill Gaughan • Matt McGloin • Chris Chermak



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

Visit a Farmers Market, redeem your Farmers Market Vouchers, and try a new recipe!

Freezer Sweet Corn Recipe

Ingredients

- 4 quarts fresh corn (cut from about 20 ears)
- 1 quart hot water
- 2/3 cup sugar
- 1/2 cup butter, cubed
- 2 teaspoons salt

Directions

In a stockpot, combine all ingredients; bring to a boil. Reduce heat; simmer, uncovered, 5-7 minutes, stirring occasionally. Transfer to large shallow containers to cool quickly, stirring occasionally. Freeze in airtight containers, allowing headspace for expansion.

Nutrition Facts

1/2 cup: 113 calories, 5g fat (2g saturated fat), 10mg cholesterol, 245mg sodium, 18g carbohydrate (9g sugars, 2g fiber), 2g protein.



If you have received Farmer's Market Vouchers, make sure you spend them by November 30th!

For a list of participating farm stands, visit www.pafmnp.pa.gov

Don't forget, the vouchers are for fresh produce only!



PROPERTY TAX/RENT REBATE PROGRAM

for residents who are permanently disabled, 50+ and widowed, or 65+

Applications now being accepted!



What we need from you:

EVERYONE

- ✓ All earned income tax forms (1099 SSI, W2s, etc.)

HOMEOWNERS

- ✓ Copies of all paid tax bills

RENTERS

- ✓ Signed form from the landlord



\$45,000 household income for homeowners & renters

For those on Social Security: half of SSI/SSD income is excluded for eligibility



Rep. Kyle Mullins
112th District/ Lackawanna County

DO'S AND DON'TS FOR HANDLING PHONE SCAMS

PHONE SCAMS ARE MORE COMMON AND TRICKIER THAN EVER.

TO PROTECT YOUR IDENTITY AND MONEY, FOLLOW THESE TIPS:

DON'T ANSWER CALLS FROM UNKNOWN NUMBERS.



IF A CALLER ASKS YOU TO PRESS A BUTTON, HANG UP. IT MAY BE A ROBOCALLER, AND SCAMMERS USE THIS TRICK TO IDENTIFY TARGETS.



REMEMBER THAT A LEGITIMATE COMPANY OR GOVERNMENT AGENCY USUALLY MAILES A STATEMENT BEFORE CALLING, ESPECIALLY ABOUT PAYMENTS.



NEVER GIVE UNEXPECTED CALLERS PERSONAL INFORMATION, INCLUDING PASSWORDS OR SOCIAL SECURITY NUMBERS.



DON'T ANSWER QUESTIONS WITH "YES." SCAMMERS COULD RECORD THE RESPONSE AS A VOICE SIGNATURE USED TO AUTHORIZE FRAUDULENT CHARGES.



WHEN IT COMES TO AVOIDING PHONE SCAMS, CAUTION IS KEY. !

spring into

SUMMER WORD SEARCH



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

BEACH
POPSICLE
SUN

SWIMSUIT
LEMONADE
TAN

BOAT
SUNGLASSES
TOWEL

SHELL
ICE CREAM
WATER

FRIDAYS IN THE PARK

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

MCDADE PARK PAVILION 2

~~6/4~~ . 7/5 . 8/2 . 8/30

AYLESWORTH PARK

~~6/4~~ . 7/12 . 8/9 . 9/6

COVINGTON PARK

~~6/11~~ . 7/19 . 8/16

MERLI-SARNOSKI PARK

~~6/8~~ . 7/26 . 8/23

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