

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



Lackawanna
County
Department of Human Services
AREA AGENCY ON AGING



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

HELLO!

United Way Annual Campaign



The United Way of Lackawanna, Wayne, & Pike Counties is conducting its annual campaign to fund vital self-help, education, and wellness programs to assist youth, the elderly, the disadvantaged, and families.

If you are able to donate to the campaign, your money goes a long way to help our older adults and other people in the community with things like:

- Rent assistance
- Educational Programs
- Utility Assistance
- Senior Programs
- Transportation expenses
- And much more
- Access to food

Each year, donor dollars are invested back into our local community, achieving maximum impact through United Way initiatives, collaborations, grants and funded partner agency programs.

One program greatly utilized by our older adults is the Gift of Warmth. The Gift of Warmth program was established by local business leaders to help the United Way augment its Emergency Heating Fund. More than 160 families in Lackawanna, Wayne and Pike Counties received the Gift of Warmth last year and overcame emergency situations during the coldest winter months. Each year, Gift of Warmth funds are used to address crisis situations such as to provide emergency fuel/utility assistance and emergency furnace repair as well as meeting other emergent needs to keep people of all ages safe and warm.

Kicking off the campaign, the United Way of Lackawanna, Wayne, & Pike Counties hosts a "Day of Caring" where local organizations donate time, resources, and volunteers to help complete community projects. This occurred on August 28th.

To donate to the annual campaign, please visit <https://uwlc.net/> or call 570-343-1267.

Welcome to Bucktown!



United Neighborhood Community Development Corporation, the nonprofit housing and economic development subsidiary of United Neighborhood Centers of Northeastern Pennsylvania, hosted a ribbon-cutting ceremony for the new Bucktown Center senior apartment community on Thursday, August 21, 2025.

The newly constructed building at 222 East Drinker Street in the heart of Dunmore features 40 affordable apartments for individuals aged 62 and older, along with brand-new commercial space. The project addresses a critical housing need in Northeastern Pennsylvania while contributing to the revitalization of the community.

Fresh Farmers Market Corn Salad



Ingredients

- Corn on the cob (4 ears)
- Red onion (½ small), diced
- Olive oil (2 tablespoon)
- Apple cider vinegar (2 tablespoon)
- Salt (½ tsp), add more to taste
- Black pepper (¼ tsp)
- Fresh basil (¼ cup), julienned
- Cherry tomatoes (10-12), quartered (optional garnish)

Instructions

1. Bring a large pot of water to a boil. Add the corn on the cob (4 ears) and cook for 3-5 minutes until crisp-tender. Immediately transfer to a bowl of ice water and let cool completely.
2. Remove the corn kernels from the cooled corn on the cob using a sharp knife and transfer to a large mixing bowl.
3. Add the diced red onion (½ small), olive oil (2 tbsp), apple cider vinegar (2 tbsp), salt (¼-½ tsp), and black pepper (¼ tsp) to the bowl. Stir until everything is well combined.
4. Cover and refrigerate for at least 1 hour to let the flavors develop.
5. Just before serving, stir in the fresh basil (¼ cup) and garnish with cherry tomatoes (10-12) if using. Serve chilled or at room temperature.

From Simplot Skisom

USE YOUR SENIOR FARMERS MARKET NUTRITION PROGRAM VOUCHERS!

**The last day to use them is
November 30th, 2025**

**They can only be used to buy
fresh, nutritious, unprepared,
locally grown fruits,
vegetables, and herbs from
approved farmers in PA**

**Visit LackawannaAging.org to
find a list of local farmers that
accept the vouchers**

OAOA with The Greenhouse Project

OAOA (outdoor & Active Older Adults) is an offering of programs for older adults (60+) focused on keeping both the body and the mind active and engaged. OAOA programs are available all year long, both in-person and online – offered free of charge to Lackawanna County PA residents age 60 and over. Once you are registered for OAOA – review the schedule of programs and request to sign up for one program or enjoy them all!



LEARN TO FISH

Join Park Ranger Tony with OAOA to learn the fundamentals of fishing. This class offers hands-on guided experience with all equipment and day license provided. Bring a family member! Learn yourself or Pre-register your 12 yrs. or older guest with guardian. Space is limited. No Drop-ins permitted.

\$10 DONATION
OR
FREE FOR OAOA
OUTDOOR ACTIVE OLDER ADULTS

TO REGISTER OR FOR INFO EMAIL:
PROGRAMS@SCRANTONGREENHOUSE.ORG

Lackawanna
Department of Human Services
AREA AGENCY ON AGING

www.ScrantonGreenhouse.org



POTTERY AS MEDITATION
NATURE'S IMPRINT: HAND-BUILDING POTTERY
EXPERIENCE IN THE GREENHOUSE

FRIDAY, SEPTEMBER 12
3:00 PM & 6:00 PM

Within the beauty of our greenhouse setting, create one-of-a-kind pottery pieces using hand-building techniques and nature's own stamps.

In this unique experience, you'll shape clay with your hands and press botanical elements into your creations, capturing the intricate textures and patterns that only nature can provide.

Experience Pottery

FREE FOR OAOA MEMBERS | \$40 DONATION FOR NON MEMBERS
ScrantonGreenhouse.org/OAOA

Lackawanna
Department of Human Services
AREA AGENCY ON AGING

SPACE IS LIMITED. REGISTER NOW VIA EMAIL:
PROGRAMS@SCRANTONGREENHOUSE.ORG
PLEASE MENTION YOUR PREFERRED TIME, 3PM / 6PM



PAPERMAKING WORKSHOP
at the Greenhouse
200 Arthur Ave., Scranton

THURSDAY, SEPTEMBER 18TH
5:30-7:30 PM

Join us for an immersive paper making class where you'll discover the ancient craft of transforming pulp into beautiful, handmade paper.

No prior experience is necessary, and all materials are provided. Come prepared to unleash your creativity and get your hands dirty!

WITH MONICA SIMON

Space is limited. Email to register:
programs@scrantongreenhouse.org
FREE for OAOA Members
For All Others: \$15 donation

Lackawanna
Department of Human Services
AREA AGENCY ON AGING

Info at: www.scrantongreenhouse.org/oaoa



DIY WINE CAP MUSHROOMS

At the Greenhouse Project
200 Arthur Ave., Scranton

FRIDAY, SEPTEMBER 26, 6-7:30PM

FREE FOR OAOA MEMBERS
\$25 DONATION FOR NON-MEMBERS

Brian Mattson will demonstrate how to create the ideal conditions for growing beautiful, culinary wine cap mushrooms at home. Growing becomes simple when you understand a mushroom's environmental requirements and life cycle. A fun hobby at any age - and you'll go home with spores from which you'll be harvesting wine caps next spring, summer and fall!

To Register email: programs@ScrantonGreenhouse.org

Limited Space Available.
Registration Required!

Lackawanna
Department of Human Services
AREA AGENCY ON AGING



Guided Nature Walks
WITH NATURALIST JANE FRYE

TUESDAY JULY 22, 2025 10:00 AM
LACKAWANNA RIVER TRAIL
Gilman Street, Archbald
Lots of wildlife and many flowers along this section of the river trail. 2 miles easy

TUESDAY AUGUST 19, 2025 10:00 AM
TROLLEY TRAIL AT KEYSTONE COLLEGE
Trolley trailhead, LaPlume
A Walk through History and Nature: 2 to 3 miles, flat, natural surface.

SATURDAY SEPTEMBER 20, 2025 10:00 AM
MCDADE PARK
Bald Mountain Road, Scranton
A focus on Fall flowers as we walk the park's perimeter. 2 miles; pavement and natural surface smooth trails

TUESDAY OCTOBER 14, 2025 10:00 AM
LAKE SCRANTON
1900 East Mountain Road, Scranton
"Fall Foliage at its Best" 2-3 miles, flat and paved

"To Register - Please Email: programs@scrantongreenhouse.org"
ALL WALKS BEGIN PROMPTLY at 10 am. NO PETS ON THESE WALKS. THANKS!
OAOA Members - Free of charge. All others - \$5 donation appreciated.
Registration requested, but drop-ins also welcome. For Info during the week prior to walks:
Jane Frye - 570-343-5144. Contact number for day of walk: Rob - 520-954-5759

WWW.SCRANTONGREENHOUSE.ORG



PA NAVIGATE

Have you heard about PA Navigate?

PA Navigate connects Pennsylvanians with services in their local community.

Find help now with food, utilities, child care, financial assistance and more.

Enter your zip code at pa-navigate.org to get started today!



SENIOR TECH TUTORING

LEARN. EMPOWER. CONNECT

EVERY THURSDAY

FREE!

Quality, one-on-one technology training for older adults. Bring your electronic device & get your questions answered.

Cellphones
Tablets
Computers
And more!

Register by calling:

570-343-1267



3 PM - 5 PM

TAYLOR LIBRARY

710 S Main St, Taylor, PA 18517



United Way of Lackawanna, Wayne & Pike



A PA Forward® Initiative Promoting Information Literacy.

WHAT DO YOU CALL A BEAR IN THE AUTUMN RAIN?

A DRIZZLY BEAR



Candle Safety

Candles may be pretty to look at but they are a cause of home fires — and home fire deaths. Remember, a candle is an open flame, which means that it can easily ignite anything that can burn.

"CANDLE WITH CARE"

- Blow out all candles when you leave the room or go to bed. Avoid the use of candles in the bedroom and other areas where people may fall asleep.
- Keep candles at least 1 foot (30 centimetres) away from anything that can burn.

Think about using flameless candles in your home. They look and smell like real candles.

IF YOU DO BURN CANDLES, make sure that you...

- Use candle holders that are sturdy, and won't tip over easily.
- Put candle holders on a sturdy, uncluttered surface.
- Light candles carefully. Keep your hair and any loose clothing away from the flame.
- Don't burn a candle all the way down — put it out before it gets too close to the holder or container.
- Never use a candle if oxygen is used in the home.
- Have flashlights and battery-powered lighting ready to use during a power outage. Never use candles.



Candles and Kids

Never leave a child alone in a room with a burning candle. Keep matches and lighters up high and out of children's reach, in a locked cabinet.



FACTS

- ! December is the peak month for home candle fires.
- ! More than **one-third** of home candle fires started in the bedroom.
- ! **Three of every five** candle fires start when things that can burn are too close to the candle.



NATIONAL FIRE PROTECTION ASSOCIATION
The leading information and knowledge resource on fire, electrical and related hazards

Geisinger

Join **wvia** for a free **caregiving Summit**

We invite caregivers, advocates, and organizations to gather at WVIA's newly renovated studios for a special Caregiving Summit dedicated to recognizing and supporting this vital work.

Thursday, September 18th
9:30am - 2:30pm

WVIA Studios | 100 WVIA Way, Pittston, PA 18640

KEYNOTE SPEAKER:

Pennsylvania Secretary of Aging Jason Kavulich

WVIA is especially interested in honoring regional caregivers. If you or someone you know would like to share their story in a brief recorded video, please contact CaitlinMackiewicz@wvia.org. Organizations are encouraged to invite caregivers in their networks and share their interest.

Let's come together to honor the caregivers among us — and the strength it takes to care.

Seating is limited. Reservations requested by September 3rd.
Scan the QR Code or visit wvia.org/events



PROPERTY TAX/RENT REBATE APPLICATION DEADLINE EXTENDED TO

DECEMBER 31, 2025

pa.gov/PTRR



REV-1900 (PO+) 01-25

Pennsylvania Department of Revenue

Property Tax/Rent Rebate Program

Qualifying older adults and people with disabilities 18 and older in Pennsylvania are eligible to receive from \$380 to \$1,000 in rebates.

Thanks to bipartisan legislation signed by Governor Josh Shapiro, more Pennsylvanians are now eligible to apply for a Property Tax/Rent Rebate. The Governor made a commitment to Pennsylvanians to cut costs and put money back in your pockets, and he delivered—with the largest targeted tax cut for seniors in nearly two decades.

This program supports Pennsylvania homeowners and renters who make less than \$46,520 a year and are:

- 65 and older
- Widows and widowers 50 and older
- People with disabilities 18 and older

The filing period opens each year in January. You must reapply every year because rebates are based on annual income and property taxes or rent paid in each year.

Rebates will be issued starting July 1, as required by law.

Learn more about deadlines and how to apply at pa.gov/PTRR.



How to Apply

Online: File for a rebate at mypath.pa.gov

Paper: Applications are available online at pa.gov/PTRR or by calling 1-800-362-2050

Application Tips

- Be sure to include accurate Social Security numbers
- Confirm names are spelled correctly
- Check your addition and subtraction
- Direct deposit is the fastest way to receive your rebate
- Confirm you've signed all documents
- Don't forget to include your required documentation
- If you are a renter, you must submit a PA-1000 RC form
- If you are a homeowner, you must include a copy of your tax bills

Application Help

Free application support is available

Online: pa.gov/PTRR

Phone: 1-888-222-9190



DEMENTIA FRIENDLY DINING



Member of the Dementia Friendly PA community network



DEMENTIA FRIENDLY @ WORK TRAINING

Your friends. Your neighbors. Your customers. Many of your loyal customers or patrons may be living with dementia. Learn how your workplace, business, or organization can become more dementia friendly by providing this free, 1-hour training for your management, employees, and volunteers.

Benefits:

- Equip your employees with the knowledge and skills to serve consumers living with dementia
- Help consumers living with dementia continue to access and navigate your organization
- Receive a window decal to display to proclaim your organization is "Committed to Becoming Dementia Friendly!"

In this training, you will:

- Understand dementia and the differences between aging and Alzheimer's Disease
- Understand 5 Key Messages about dementia
- Learn communication skills to interact with customers living with dementia
- Learn tips to create a dementia friendly environment in your workplace

To learn more about this workplace training, please contact mcstellano@uwlc.net

agefriendlylackawanna.com



PACE

Pharmaceutical Assistance Contract for the Elderly

As Rite Aid closes all of its stores across Pennsylvania, the PACE Program is working collaboratively with the Rite Aid executive team to ensure no one goes without their needed medication.

If you need help transferring prescriptions, encounter any problems with this transition, or have questions, call the PACE hotline at 800-225-7223.

2025 Fall Conference
NEPA Aging Network Alliance present

The Role of Artificial Intelligence to Enhance Health Care Outcomes: Impacting Older Adults

Thursday, October 16, 2025 | 4PM - 8PM
Arcaro and Genell 443 S. Main St. Old Forge, PA

3 CE Credits Available for NH, PC, ALF Administrators,
Social Workers provided by
Lackawanna College and Misericordia University
\$80 Dinner and 3 CE Credits \$65 Dinner Only



For more information, please
contact Maria Maletta Hastie
570-947-2423



The Role of Artificial Intelligence to Enhance Health Care Outcomes: Impacting Older Adults

Moderator: Zachary Shamberg President & CEO PA Health Care Association
Keynote Speaker: James Dolezal MD Assistant Professor Geisinger College of Health Sciences
Department of Hematology/Oncology
Panelists: Rajiv Panikkar MD Chair Geisinger Cancer Institute
Jarrod Deavor VP of Strategic Alignment & Market Development Residential Home Health & Hospice
James Cruse MD Chief Medical Officer Wayne Memorial Community Health Centers
Wynter Newman Chief Administrative Officer Wayne Memorial Community Health Centers
Kara Poremba Chief Quality Officer Wayne Memorial Community Health Centers

Register online at: www.nepaagingna.org
Registration and payment due by October 1, 2025

Payment can be made online or by check payable to:
NANA P. O. Box 485 Chinchilla, PA 18410

This program has been approved for Continuing Education for 3 total
participant hours for Social Workers.
This program has been approved for Continuing Education for 3 total
participant hours by NAB/NCERS—Approval #20261015-4-A114769-IN



Thanks for another great Fridays in the Park season!



Designer Purse BINGO

To Benefit the Dunmore Senior Center

Sponsored by:

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 5, 2025
At the Dunmore Community Center
1414 Monroe Avenue, Dunmore

Doors open at 11:00 A.M. and BINGO begins promptly at 1:00 P.M.

Designer Purse BINGO Tickets
\$30.00 Regular Ticket Price
or
\$35.00 at the door
\$25.00 if purchased by July 31, 2025

Come early to check out the incredible deals at our Gently-Used Designer Boutique
and to take chances to win fabulous Prizes in our Raffles!

Refreshments will be available for purchase at the event.

Sponsorships are available!

For Sponsorship inquiries and/or to purchase tickets in advance call
Alison Boga at 570-207-2662 ext. 2 or
Dr. Alice McDonnell at 570-650-8034

The Dunmore Senior Center provides recreational, educational, social, and wellness activities for seniors in our area. Its mission is to provide older area residents with services designed to encourage healthy aging and maintain independence, while promoting an increased awareness of the dignity of older individuals throughout the community.



ALZHEIMER'S ISN'T STOPPING. NEITHER ARE WE.

JOIN US IN THE FIGHT.

REGISTER TODAY.

Saturday, October 18th, 2025

PNC Field - 9am Registration

235 Montage Mountain Rd, Moosic, PA 18507



Getting Started is as easy!
act.alz.org/SWB



**WALK TO END
ALZHEIMER'S**
ALZHEIMER'S ASSOCIATION

Myths About Palliative and Hospice Care

Palliative care

Focuses on improving quality of life for people with serious illnesses and their care partners.



Myth: When I begin palliative care, I can no longer receive treatment for my disease.

Fact: Palliative care can be provided along with curative treatment.



Myth: I can no longer see my primary doctor when I start palliative care.

Fact: Palliative care teams work with primary doctors.

Hospice care

Focuses on the care, comfort, and quality of life of a person with a serious illness who is approaching the end of life.



Myth: In hospice care, I can't receive any treatments.

Fact: People may receive medications to help manage symptoms but not treatments to help cure their illness.



Myth: Hospice care is only provided in a hospital or hospice facility.

Fact: It can be provided at home, in a hospital or nursing home, or in a separate hospice center.

Learn more about palliative and hospice care at: www.nia.nih.gov/palliative-hospice-care.



Caregiving journeys are unique, but shared experiences can help.



CAREGIVER RESOURCES

The Many Faces of Caregiving

Explore some of the common caregiver stories from others. Find reassurance, advice, and resources for your situation.

PA CareKit

pa.gov/CareKit



The Department of Human Services, Office of Children, Youth, and Families along with Pennsylvania KinConnector

Present a free event...

Kinship Care Summit 2025:

Lessons from Heart and Home Stories



EVENT DATE
September 13, 2025



EVENT TIME
10:00 am - 3:00 pm



EVENT LOCATION
Whitaker Center
222 Market Street
Harrisburg, PA 17101
And streamed live!

Register: 866-546-2111

<https://www.kinconnector.org/event-details>
or Scan the QR Code



Text, Call, Chat 988.

988

SUICIDE & CRISIS
LIFELINE



FOLLOW

US ON FACEBOOK FOR THE LATEST
NEWS, EVENTS, AND INFORMATION!

@LACKAWANNACOUNTYAAA

Joint Senior Expo 2025

Friday, Sept. 19, 2025
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



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