

## Take Steps to Maintain Your Health During Flu Season

Getting an annual flu vaccination is one of the things you can do to help maintain your health. The flu is a contagious respiratory illness that can be severe and life-threatening, especially for adults 65 years of age and older. The flu is easily passed from person to person through coughing, sneezing, or through contact with fluids from an infected person's mouth or nose.

People sometimes refer to colds as the flu, but colds are usually milder and typically do not result in the same serious health problems commonly associated with the flu, such as pneumonia,

bacterial infections, or hospitalization.

Chronic health conditions such as heart disease and diabetes can worsen as a result of the flu. That is why it is important for this age group to get vaccinated.

- 86% of adults aged 65 and older have at least one chronic health condition, and 68% of Medicare beneficiaries have two or more.
- Among adults 65 years of age and older, about

20% have diabetes and about 30% have heart disease.

Vaccination early in the flu season is especially important for adults 65 years of age and older. It is important to get immunized against the flu not only to help protect yourself, but also to help prevent the spread of flu to those around you.

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



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### Special points of interest:

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

## APPRISE Medicare Open Enrollment Sites

**Lehigh County Government Center**  
17 South 7<sup>th</sup> Street  
Allentown, PA 18101  
Tuesdays from October 18-December 6  
9:00 a.m. to 12 Noon  
Call 610-782-3200 to set up an appointment

**Lehigh Valley Active Life**  
1633 Elm Street  
Allentown, PA 18102  
Tuesdays, Wednesdays & Thursdays  
from October 18-December 7  
9:00 a.m. to 1:00 p.m. Wed & Thurs  
10:00 a.m. to 2:00 p.m. Tuesday  
Call 610-437-3700 to set up an appointment

**Rep. Peter Schweyer's Office**  
1912 S. 4<sup>th</sup> Street  
Allentown, PA 18103  
Mondays & Thursdays from  
October 17-December 6  
10:00 a.m. to 2:00 p.m.  
Call 610-791-6270 to set up an appointment

**Rep. Michael Schlossberg's Office**  
2030 W. Tilghman Street  
Suite 100  
Allentown, PA 18104  
Tuesdays & Wednesdays from  
October 17-December 7  
10:00 a.m. to 2:00 p.m.  
Call 610-821-5577 to set up an appointment

**Lehigh Valley Physicians Group (formerly the Center for Healthy Aging)**  
17<sup>th</sup> and Chew Streets  
Allentown, PA 18102  
Tuesdays from October 17-December 6  
9:00 a.m. to 12 Noon  
Call 610-782-3034 and ask for Jason to set up an appointment

**Fellowship Community**  
3000 Fellowship Drive  
Whitehall, PA 18052  
Tuesdays & Wednesdays from  
October 17-December 7  
1:00 p.m. to 3:00 p.m.  
Call 610-769-4315 to set up an appointment

**Slatington Public Library**  
650 Main Street  
Slatington, PA 18080  
Tuesdays from October 17-December 6  
9:00 a.m. to 12 Noon  
Call 610-767-6461 to set up an appointment

**Southern Lehigh Public Library**  
3200 Preston Lane  
Center Valley, PA 18036  
Wednesdays from October 18-December 7  
11:00 a.m. to 5:00 p.m.  
Call 610-282-8834 to set up an appointment

**Parkland Community Library**  
4422 Walbert Avenue  
Allentown, PA 18104  
Wednesdays from October 18-December 7  
10:00 a.m. to 1:00 p.m.  
Call 610-398-1361 Ext. 13 to set up an appointment

"Funded in whole or in part by a grant through the Administration for Community Living"



## St. Luke's Healthy Aging Lecture Series

A series designed to help you and your family age well. All lectures are held at 5:30 p.m. at St. Luke's Anderson Campus Medical Office Building Classrooms A & B. Please register by calling 866-STLUKES.

October 19, 2016  
**Healthy Lifestyle Choices for Diabetes Prevention**  
Speaker: Dagny Danga-Storm, St. Luke's Diabetic Educator

November 16, 2016  
**Confronting Depression**

Speaker: Betsy Walton-Phillips, LCSW, St. Luke's Outpatient Behavioral Health

December 14, 2016  
**Alleviating Holiday Stress for an Older Loved One**  
Speaker: Anne P. Grogan, MSW, Director for Senior Care, St. Luke's

## History of Election Day

In 1792, a law was passed allowing each of the states to conduct presidential elections at any point in the 34 days before the first Wednesday in December. This was the date when the meetings of the Electors of the U.S. president and vice-president, known as the Electoral Colleges, were held in each state. A date in November or early December was preferable because the harvest would have been finished, but the most severe winter storms would not have begun.

In 1845, the United States Congress chose a single date for all national elections in all states. The first Tuesday after the first Monday in November was chosen so that there would never be more than 34 days between Election Day and the first Wednesday in December. **Election Day** is held on a Tuesday so that voters will not have to vote or travel on Sunday.

The 2016 election will determine the 45th President and the 48th Vice President of the United States of America.

On Inauguration Day, which is on January 20 every four years, the president and vice-president of the United States of America are sworn in and take office.

This year election day is Tuesday, November 8, 2016.



## October is National Disability Employment Awareness Month

October is **National Disability Employment Awareness Month**. The purpose is to provide education about disability employment issues and celebrate the many and varied contributions of America's workers with disabilities.

Held annually, National Disability Awareness Month is led by the U.S. Department of

Labor's Office of Disability Employment Policy and this year's theme is "#InclusionWorks".

This nationwide campaign celebrates the skills and talents that workers with disabilities bring to our workplaces.



## Love Your Brain

These habits, spanning four categories—physical health and exercise, diet and nutrition, cognitive activity, and social engagement—can help keep your body and brain healthy and potentially

reduce your risk of cognitive decline.

Research has suggested that combining good nutrition with mental, social and physical activities may have a greater benefit in maintaining or im-

proving brain health than any single activity. ([www.alz.org](http://www.alz.org))



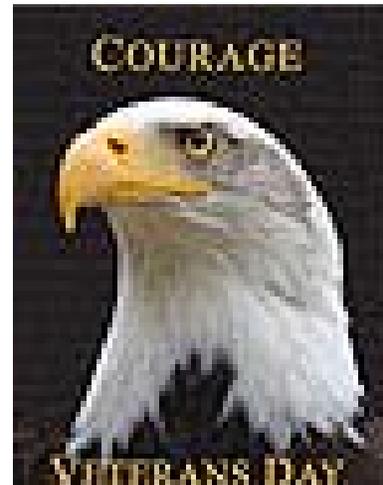
## Veterans Day

World War I, known at the time as “The Great War”, officially ended when the Treaty of Versailles was signed on June 28, 1919. However, fighting ceased seven months earlier when an armistice, or temporary cessation of hostilities, between the Allied nations and Germany went into effect on the eleventh hour of the eleventh day of the eleventh month. For that reason, November 11, 1918, is generally regarded as the end of “the war to end all wars.” This day was dedicated to the cause of world

peace and to be celebrated and known as “Armistice Day.” President Eisenhower changed Armistice Day to Veterans Day.

**Veterans Day** continues to be observed on November 11, regardless of what day of the week it falls. The restoration of the observance of Veterans Day helps focus attention on the importance of Veterans Day: A celebration to honor America’s veterans for their patriotism, love of country, and willingness to serve and sacrifice for the

common good. (US Dept. of Veterans Affairs)



## LIHEAP Program opens November 1

The **Low-Income Energy Assistance Program (LIHEAP)** helps low-income families pay their heating bills. LIHEAP is a grant. You do not have to repay it.

LIHEAP offers both cash and crisis grants. Cash grants help families pay their heating bills. The one-time payment is sent directly to your utility company or fuel provider, and it will be credited on your bill. Cash grants range from \$200 to \$1000 and are based on household size, income, and fuel type.

Crisis grants may be available if you have an emergency situation and are in jeopardy of losing your heat. You can receive more than one Crisis grant, as necessary, during the season until the maximum benefit of \$500 is reached.

Apply online at [www.compass.state.pa.us](http://www.compass.state.pa.us) or request an application by calling the Statewide LIHEAP Hotline at 1-866-857-7095.

### INCOME GUIDELINES

2016 - 2017 LIHEAP  
(For Homeowners and Renters)

Household Size	Maximum Annual Income
1	\$ 17,820
2	\$ 24,030
3	\$ 30,240
4	\$ 36,450
5	\$ 42,660
6	\$ 48,870
7	\$ 55,095
8	\$ 61,335
9	\$ 67,575
10	\$ 73,815

Each Additional Person  
Add \$ 6,240



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

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

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

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

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

The next PA Link meeting will be November 16, 2016 and training will be Brett Feldman speaking about the LVHN Street Medicine Program.

PA Link partnered with PHFA for a training on the **PA Housing Finance Agency with special emphasis on locating an affordable apartment** in September.

SAGE's National Resource Center on LGBT Aging in collaboration with AARP and PA Link is offering a training to learn how **caregiving for an LGBT older adult** differs from caregiving for their heterosexual peers and best practices, policy and practice areas for increasing inclusiveness and safety for LGBT older adults and their caregivers on October 27, 2016. Social Work CEUs are available.

PHFA and PA Link partner for a **Lehigh Valley Forum** to learn about resources and network with other professionals in the community on November 4, 2016. Cost is \$10 to cover lunch.



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



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

LEHIGH COUNTY AGING & ADULT SERVICES

Lehigh County Government Center  
17 South 7th Street  
Allentown, PA 18101

Phone: 610-782-3034  
Fax: 610-820-2028  
E-mail: [agingandadult@lehighcounty.org](mailto:agingandadult@lehighcounty.org)



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

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

We're on the web!

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

Dates to Remember



Mark your calendar!

Upcoming senior fairs...

**Senator Pat Browne's Senior Expo**— Thursday, October 13, 2016 from 10:00 am to 1:00 pm at Country Meadows of Allentown.

**State Rep Ryan Mackenzie's Annual Senior Expo**— Thursday, October 20, 2016 at Lower Macungie Township Building in Macungie.

**Lehigh Valley Active Life Senior Health Fair**— Wednesday, October 26, 2016 from 9:00 a.m. to 12:00 noon at 1633 Elm Street in Allentown.

**Ceremony honoring Vietnam Era Veterans**— Monday, November 14, 2016 from 6 to 8 p.m. in Emmaus. Contact Rep. Simmons office at 610-965-5830 for more information.

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