

Aging Times

YOUR GUIDE TO LOCAL OLDER ADULT RESOURCES



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



570-963-6740



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LackawannaAging.org



Lackawanna County Area
 Agency on Aging



Sara McDonald, Director



Lackawanna
 County

Commissioners
 Bill Gaughan • Matt McGloin • Chris Chermak

Department of Health & Human Services
AREA AGENCY ON AGING



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HELLO!

From the Director's Desk

The Lackawanna County Area Agency on Aging is already planning for our busiest time of year. In partnership with the PA Department of Agriculture, we begin planning for the annual distribution of Farmer's Market Vouchers through the Senior Farmers Market Nutrition Program (SFMNP).

This program provides eligible low-income seniors with coupons that can be exchanged for qualified foods. Recipients are given a list of participating farmers and farmers' markets when they receive their vouchers. There are over 1,160 FMNP participating farmers at 828 farm stands and 88 farmers' markets in Pennsylvania. The checks can be redeemed for Pennsylvania fresh fruits, vegetables, and edible herbs only. Each eligible senior recipient receives 5 - \$10.00 SFMNP checks to redeem at a qualified farmers' market or roadside stand. Seniors must be 60 years of age or older and meet the federal income guidelines. The checks are available on a first come first serve basis. The 2024 household income guidelines are as follows:

# of People in Household	Total Income Cannot Exceed
1	\$27,861
2	\$37,814
3	\$47,767
4	\$57,720

In 2023, Lackawanna County Area Agency on Aging issued 33,895 checks to eligible participants. Of those, 30,153 were redeemed, for a total of \$301,530.00 spent at local participating farmers and farm stands in our region. Lackawanna County had the highest check redemption rate at 89.78% in the state of Pennsylvania.

My message to all the readers is to Keep Calm & Farm On, as we prepare and share information on our 2024 Senior Farmers Market Nutrition Program distribution dates so you can support your local farmers!

- Sara McDonald



Lackawanna County Senior Farmer's Market Nutrition Program (FMNP) 2024

If you are age 60 or older by 12/31/2024, a Lackawanna County Resident, and meet the income eligibility guidelines listed below, you are eligible for the Senior FMNP vouchers.

The 2024 household income eligibility is:

1 person - \$27, 861; **2 people** - \$37,814; **3 people** - \$47, 767; **4 people** - \$57,720;
5 people - \$67,673; **6 people** - \$77,626; **7 people** - \$87,579; **8 people** - \$97,532

Each eligible senior may receive five/\$10 checks for a total one-time benefit of \$50 during the program year.

People who reside in a nursing home, personal care home, domiciliary home, or convent are not eligible.

Distribution will begin in June 2024 and will be in person only. You must bring a valid PA ID with you to the distribution. Mailed applications will not be processed.

If an eligible senior cannot attend a distribution event in person, a proxy can act in their place, with a completed proxy form. Proxy forms are available to print at LackawannaAging.org or can be mailed upon request. A person may be a proxy for up to four (4) people.

2024 Distribution Schedule



Date	Time	Location	Address
June 17 th	9 am – 12 pm	Scranton Senior Community Center	1004 Jackson St. Scranton, PA 18504
June 17 th	9 am – 12 pm	Fallbrook Senior Community Center	185 Fallbrook St. Carbondale, PA 18407
June 18 th	9 am – 12 pm	Dunmore Senior Community Center	1414 Monroe Ave. Dunmore, PA 18509
June 18 th	9 am – 12 pm	Scranton Jewish Community Center	601 Jefferson Ave. Scranton, PA 18510
June 20 th	9 am – 12 pm	Throop Senior Community Center	500 Sanderson St. Throop, PA 18512
June 20 th	9 am – 12 pm	Taylor Senior Community Center	700 South Main St. Taylor, PA 18517
June 24 th	9 am – 12 pm	Mid Valley Senior Community Center	310 Church St. Jessup, PA 18434
June 25 th	9 am – 12 pm	Hillside Senior Community Center	1151 Winola Rd. Clarks Summit, PA 18411
June 26 th	9 am – 12 pm	Jefferson Twp. Senior Community Center	487 Cortez Rd. Jefferson Twp., PA 18436
June 29 th	10 am – 1 pm	South Scranton Farmer's Market	526 Cedar Ave. Scranton, PA 18505
July 24 th	11 am – 4 pm	Scranton Co-Op Farmer's Market	900 Barring Ave. Scranton, PA 18508

WISE

Wellness Initiative for Senior Education (WISE) Program is an evidence-based Wellness Program for Older Adults. Created by the New Jersey Prevention Network, WISE promotes health through 6 education sessions that address high-risk behaviors in older adults. The WISE Program is designed to help older adults celebrate healthy aging and make healthy lifestyle choices.



The Program's interactive lessons provide valuable educational services to older adults on topics including health and wellness, medication use, stress management, depression and substance abuse.

The WISE Program has been offered by trained facilitators in Lackawanna County since 2017 and has been conducted at such venues as The Gathering Place, The Greenhouse Project, First Presbyterian Church Clarks Summit, Lutherwood, various senior activity centers and most recently at Amos Towers.

When asked what motivated them to register for the Program, recent participants stated that they like to learn new things and try to avoid "sitting in their house". They found particularly interesting the sessions on depression and medications. At the end of the 6 week Program, one of the participants said "I wish it didn't end. It was extremely helpful and touched on so many interesting topics."

Painting at the Senior Community Centers

Interested in creating beautiful pieces of artwork? Join us!

- **Hillside Senior Community Center**
Tuesdays at 11:30am and 1:30pm
- **Jefferson Twp. Senior Community Center**
Wednesdays at 11:30am
- **Dunmore Senior Community Center**
Mondays at 1pm





How to Become a St. Francis Kitchen Host for a Day

To support St. Francis of Assisi Kitchen and its Host for a Day campaign:

- Visit stfranciskitchen.org
- Visit [Facebook.com/stfranciskitchen](https://www.facebook.com/stfranciskitchen)
- Text SFAK to 26989
- Call 570-342-5556
- Send checks to St. Francis of Assisi Kitchen, 500 Penn Ave., Scranton, PA 18509.

Becoming a “host for a day” requires a donation of \$100 or more.



Scranton Counseling Centers Crisis Receiving & Stabilization Unit (CRSU)

A 24-hour walk-in facility located at Scranton Counseling Center, 329 Cherry Street Scranton, PA 18505, the CRSU is available to divert crisis situations where individuals may need added support on a 24-hour basis but do not quite need the level of safety support provided by an inpatient psychiatric hospital. Crisis counselors can help connect these individuals with services and resources to be successful in the community. It is an 8-bed unit that provides a less restrictive option to help manage individuals in crisis.

Who can utilize the Crisis Receiving and Stabilization Unit?
Any adult living in Lackawanna or Susquehanna county.
Call: 570.245.0579

Lackawanna
County



Heritage Fair

MAY 30-JUNE 2, 2024

LACKAWANNA
COUNTY VISITORS BUREAU

MONTAGE
MOUNTAIN

Lackawanna
Sports

LACKAWANNA COUNTY HERITAGE FAIR

MAY 30 - JUNE 2, 2024 • MONTAGE MOUNTAIN RESORTS

The Lackawanna County Heritage Fair celebrates the history and cultures that make up our collective community. Taste our delicious traditional cuisine, learn our history, experience our heritage, and enjoy amusement rides, games, live music, entertainment, and fireworks! Held at Montage Mountain Resorts, the one-price admission fee gets you access to Montage's incredible waterpark and all the amusement rides you can handle inside the fairgrounds.

Different from an agricultural fair, the Lackawanna County version centers its focus on the area's heritage of the region by using interactive displays, local artisans, vendors, and educational demonstrations to create an extraordinary experience. Four days of fun, food, learning, and diverse musical entertainment are meant to showcase our community and everything that makes it uniquely extraordinary. If you are 60 and older, please contact the Area Agency on Aging for free tickets, while supplies last, 570-963-6740.

PACE/PACENET



PACE Program - Prescription Assistance - Pennsylvania's prescription assistance programs for older adults, PACE and PACENET, offer low-cost prescription medication to qualified residents, age 65 and older. The program works with Medicare Part D plans and other prescription drug plans such as retiree/union coverage, employer plans, Medicare Advantage (HMO, PPO) and Veterans' Benefits (VA) to lower out-of-pocket costs for medications. As of February 2022, PACENET income limits increased by \$6,000. Residents who were not eligible in the past may now be eligible with the new income limits in place.

Eligibility- PACE and PACENET eligibility is determined by your previous calendar year's income. You must be 65 years of age or older. A Pennsylvania resident for at least 90 days prior to the date of application. You cannot be enrolled in the Department of Human Service's Medicaid prescription benefit. Income requirements based on previous year gross income.

PACE Income Limits:

For a single person, total income must be \$14,500 or less.

For a married couple, combined total income must be \$17,700 or less.

PACENET Income Limits:

For a single person, total income can be between \$14,500 and \$33,500

For a married couple, combined total income can be between \$17,700 and \$41,500

How to apply

- Phone: Call 1-800-225-7223 to apply by phone. Please have income and insurance information available.
- Online: To complete an online application visit pacecares.magellanhealth.com
- Paper: Print an application and send it to the address, fax number, or email address below.

Mail: PACE/PACENET

PO Box 8806

Harrisburg, PA 17105-8806

Fax: 1-888-656-0372

Email: papace@primetherapeutics.com



OUTDOOR & ACTIVE OLDER ADULTS

JOIN OAOA

FREE FUN PROGRAMS FOR OLDER ADULTS

60 & OVER? OAOA IS FREE!

OAOA was created for you - for your healthy and inspired life! OAOA is an offering of programs geared toward older adults and focused on keeping both the body and the mind active and engaged.

OAOA programs are available all year long. Each one is offered free of charge to Lackawanna County residents age 60 and over.

Since 2018, with funding from The Lackawanna Co. Area Agency on Aging, The Greenhouse Project has provided more than 1600 older adults with fun programs to foster personal growth & health.

UPCOMING PROGRAMS

- Guided Nature Walks
- Kayaking - Group Paddles
- D.I.Y. Home & Garden Events
- Yoga & Meditation Classes
- Creative Arts Experiences
- Movement & Balance Classes
- "Meet The Growers" Tours



Keep Active



Keep Learning



JOINING OAOA IS EASY - IT'S ALL ONLINE:

Taking two minutes to join OAOA provides access to year 'round free programs. Members - register for the ones that intrigue you. Learn new things, meet new people, keep active, and to stay healthy!

FOR MORE INFO & TO BECOME A MEMBER:
VISIT WWW.SCRANTONGREENHOUSE.ORG/OAOA

BREAKING NEWS

For the latest news, updates, and information, check out our Facebook page "Lackawanna County Area Agency on Aging" and our website at LackawannaAging.org

MAY IS OLDER AMERICANS MONTH!

WE ARE GOING TO CELEBRATE AGE AND SHARE THE WISDOM FROM OUR OLDER SENIORS ALL MONTH!



You Can Count On It...



We're All Aging

Help us ensure a strong network of essential services for older adults TODAY... and for yourself tomorrow!

Go to P4A.org/postcard2024 for more information

Let our state legislators know: We're All Aging. And we want them to vote to fund services for older Pennsylvanians in the state budget.



May is High Blood Pressure Education Month

GET YOUR BLOOD PRESSURE CHECKED AT THESE EVENTS!



5/6	Mid Valley Senior Community Center	12 PM
5/6	McDade Chinchilla Apartments	1:30 PM
5/7	Cole Village Healthy Hangout	1 PM
5/10	Olyphant Downtown Healthy Hangout (205 Grant St.)	9:30 AM
5/13	Throop Senior Community Center	11:30 AM
6/3	Mid Valley Senior Community Center	12 PM
6/3	McDade Chinchilla Apartments	1:30 PM
6/7	Goodwill at North Apartments	12 PM
6/13	Lutherwood Apartments	1 PM



IF YOU ARE 60 AND OLDER, CONTACT THE LACKAWANNA COUNTY AREA AGENCY ON AGING AT 570-963-6740 TO SCHEDULE A BLOOD PRESSURE CHECK WITH A COMMUNITY HEALTH NURSE

National Nursing Assistants Week

June 13-19, 2024

National Nursing Assistants Week, which takes place on the Thursday of the second full week of June, is a week full of celebrations honoring the hard work of assistant nurses & personal care assistants. This year, it is held from June 13 to 19. Personal Care Assistants (PCAs) began working under the Red Cross program during World War I and have served alongside U.S. Army nurses. Hundreds of young women were trained to care for wounded soldiers in reserve, field, base, and civilian hospitals.

Area Agencies on Aging depend on personal care assistants, or a nurse's aides, to provide basic care to older adults served through our OPTIONS Program. These professionals help medical & income eligible older adults carry out certain daily tasks, including bathing, that one cannot do on their own due to functional limitations.

The Lackawanna County Area Agency on Aging has partnered with CareWide LLC to recruit, train, & place personal care aides in various settings including home care agencies or as independent contractors. CareWide specializes in training & certifying new and already employed PCA's as well as offer yearly refresher courses for PCAs. If you know someone who is interested in being trained, so they are fully prepared and confident to enter the workforce, contact (570) 340-0555 and mention the Lackawanna County Area Agency on Aging for information on their free Personal Care Assistant Training Program.

FRIDAYS IN THE PARK

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

MCDADE PARK PAVILION 2

6/7 • 7/5 • 8/2 • 8/30

AYLESWORTH PARK

6/14 • 7/12 • 8/9 • 9/6

COVINGTON PARK

6/21 • 7/19 • 8/16

MERLI-SARNOSKI PARK

6/28 • 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



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