

# 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

Commissioners  
Bill Gaughan • Matt McGloin • Chris Chermak

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!

## Agency Spotlight



Meet Kim Mausteller, Care Management Supervisor at the Lackawanna County Area Agency on Aging. Kim recently took the lead to organize a team and fundraise on behalf of the Lackawanna County Area Agency on Aging for the 2024

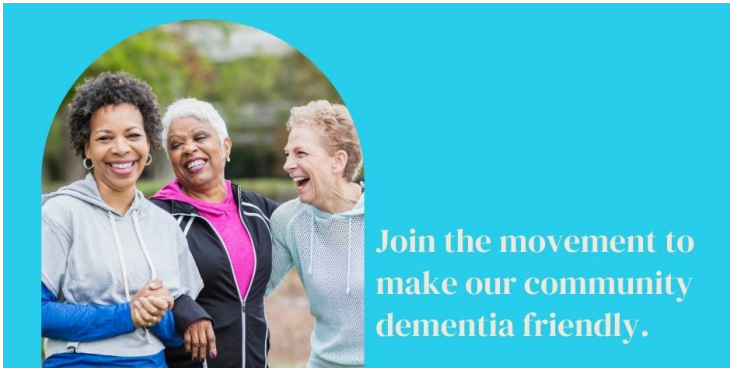
Walk to End Alzheimer's. This annual event that was held on October 19, 2024, is essential in raising awareness for this disease across the nation and aligned with our pledge to join Dementia Friendly Pennsylvania. Dementia Friendly Lackawanna County is now a part of a network of dementia friendly communities in Pennsylvania!

Kim is a trained "Dementia Friend" and is now one of many of our employees and community partners that have become part of a global movement that is changing the way people think, act, and talk about dementia. The Walk to End Alzheimer's is important to Kim because it is personal. Kim states, "I lost my dad in 2014 to Alzheimer's at the age of 70. He was my best friend. I have seen firsthand how it affects families and their loved ones. I believe early detection and identifying warning signs is a vital component in contributing to the quality of life of the individual suffering from this disease. It also helps provide ongoing support to their families."

We thank Kim for her work on this important initiative and her commitment to being a part of our Dementia Friendly Lackawanna County movement!



Member of the Dementia Friendly PA community network



Join the movement to make our community dementia friendly.

Let's respect, include, and engage people living with all types of dementia.



**Join us for a Dementia Friends Information Session**



**Changing the way we think, act and talk about dementia!**

**★ What Makes You a Dementia Friend?**

You become a Dementia Friend by attending an interactive 60-minute Information Session to learn about living with dementia and the small things you can do to show support to members of your community.

**★ What Happens at the Information Session?**

The 60-minute session is a discussion led by a Dementia Friends Champion. You will be able to:

- Describe dementia
- Know the most common type of dementia
- Understand five key messages about dementia
- Learn ways to effectively communicate with a person living with dementia
- Choose a small dementia-friendly action

Dementia Friends is a global movement developed by the Alzheimer's Society in the United Kingdom. Dementia Friends is underway in Pennsylvania.

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



#DementiaFriendsPA

We look forward to becoming Friends!



**TEAM LACKAWANNA COUNTY AT THE WALK TO END ALZHEIMER'S**

Team Lackawanna County sponsored the Kids Area at the Walk to End Alzheimer's, held at PNC Field on October 19th. The team also raised funds through three events for the walk. Pictured from left to right: Kimberly Mausteller, Barb Truskoloski, Kate Aebli, Grace Zabrowski, Elizabeth Zabrowski, Jennifer Zarcone, Sara McDonald, Susan Miraglia, Brenda Shorten, Tracy Giumento, Mary Robinson, Chris Ewasko, and Karen Schimelfenig.





# Ways to Vote

## in the Nov. 5 General Election

### Mail-in Voting

All completed mail-in and absentee ballots must be received by 8 p.m. on Election Day.



### On-Demand Mail-in Voting

Voters can request, receive, complete and submit their mail-in or absentee ballot all in one visit to their county elections office or other designated location through Oct. 29.



### Polling Place

Polls will be open on Nov. 5 from 7 a.m. to 8 p.m. Find your polling place at [vote.pa.gov/Polis](http://vote.pa.gov/Polis).



Election Day is Nov. 5  
[vote.pa.gov](http://vote.pa.gov)

## Lackawanna County drop box locations



**Lackawanna County Government Center**  
123 Wyoming Ave., Scranton

Monday through Friday from 8 a.m. to 5 p.m., and until 8 p.m. on Election Day, Nov. 5.

*All other drop boxes will be open to accept ballots until noon on Nov. 1, the Friday prior to Election Day.*

**Fallbrook Senior Community Center**  
185 Fallbrook St., Carbondale

Monday through Friday from 8:30 a.m. to 1:30 p.m.

**Clarks Summit Borough Building**  
304 State St., Clarks Summit

Monday through Friday from 9 a.m. to 3 p.m.

**Dickson City Borough Building**  
901 Enterprise St., Dickson City

Monday through Friday from 8 a.m. to 4 p.m.

**Moosic Borough Building**  
715 Main St., Moosic

Monday through Friday from 8:30 a.m. to 4 p.m.

**Roaring Brook Twp. Municipal Building**  
430 Blue Shutters Road, Roaring Brook Twp.

Monday through Friday from 9 a.m. to 3 p.m.

## RIDES FOR ELECTION DAY



If you are 65 years or older and registered for the SHARED RIDE Program, please call COLTS at (570) 346-2061 to reserve a ride

There will be a fixed route # 43 Viewmont Bangor on November 5th to & from Transit Center, 800 N South Rd, Scranton, PA 18504, to Scranton High School running every hour starting from 6:45 am-5:45 pm. Cost is \$1.75, Senior Citizens ride for free.



The Older Adult Isolation  
Collaborative presents

# *Feed a Caregiver*



It's December, and the holiday season is in full swing. It's the time of year for good food, and good friends and family—at least for most of us. But for many others the Holidays can remind them of just how lonely they are. Loneliness is more than an emotional issue; it has real implications for physical and mental health. A lack of social connection is associated with an increased risk of disease, anxiety, depression, and dementia.

Caregivers often experience isolation and loneliness due to the demanding nature of their responsibilities. The lack of time for personal social activities and the emotional toll of caregiving can increase feelings of loneliness. The good news is, loneliness doesn't have to be an ongoing problem. Help the Older Adult Isolation Collaborative reach a Caregiver in Lackawanna County this Holiday season. We will provide them some respite by delivering a hot meal and include tips and resources to help combat loneliness and protect the mental health of an older loved one this holiday and beyond.

Please contact Holly Loughney at 570-963-6740 ext. 1403 or [LoughneyH@lackawannacounty.org](mailto:LoughneyH@lackawannacounty.org) to refer a Caregiver by November 27th.





**Medicare Annual  
Open Enrollment  
2024**

Review your  
Medicare  
Prescription or  
Advantage plan for  
the upcoming year.

“Walk-In”  
Wednesday

November ONLY\*

It's FREE



**UNITED WAY OF  
LACKAWANNA, WAYNE  
& PIKE**

615 Jefferson Ave.  
Scranton, PA 18510

570-343-1267 x 239

**OCT. 15 - DEC. 7  
MEDICARE  
ANNUAL  
ENROLLMENT**

**PA MEDI (Pennsylvania Medicare Education and Decision Insight)**

We are here with specially trained counselors to perform Medicare Prescription Drug and Medicare Advantage plan comparisons to make sure you have the most suitable plan for you moving forward. Call for an appointment TODAY.

*Walk in Wednesday may be for you, if you do your own comparisons.* Bring your comparisons and we will double check them to see if we come up with the same plan. \*Note: Every Wednesday except November 27<sup>th</sup> before Thanksgiving.



United Way of  
Lackawanna, Wayne & Pike

**A GIFT TO YOUR UNITED WAY  
STAYS LOCAL AND SUPPORTS  
YOUR FRIENDS AND  
NEIGHBORS IN YOUR  
COMMUNITY.**

**YOUR UNITED WAY OF LACKAWANNA,  
WAYNE & PIKE supports 70 programs at 45  
agencies throughout three counties. YOUR  
support makes it happen.**

**JOIN THE MOVEMENT AND  
MAKE YOUR GIFT BY SCANNING  
HERE.**



**Who should use the Lifeline Chat  
and Text Service?**

Anyone who is depressed, going through a hard time, needs to talk, or is thinking about suicide can use the service.

The crisis counselors are here to listen and support you through whatever difficult times you may be facing.

**988** SUICIDE & CRISIS  
LIFELINE



Thank you to those who have served!

Contact the Lackawanna County Veterans' Affairs Office to learn more about services and benefits for Lackawanna County veterans and their families.

**570-963-6778**

Visit [lackawannaaging.org](http://lackawannaaging.org) for up to date information and community events!



**SHARE**  
SHARED HOUSING AND  
RESOURCE EXCHANGE

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

PDA

A housing program available in select counties.  
Visit [aging.pa.gov/SHARE](http://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

# STAY HEALTHY THIS HOLIDAY SEASON!

**Stay Informed**

To lower your risk of getting sick from respiratory viruses like flu, COVID-19, and RSV, use preventive strategies that fit your needs.

-  Practice good hygiene.
-  Improve air circulation.
-  Use a mask.
-  Keep a physical distance.
-  Get vaccinated.

**Consider these options to prevent from getting sick:**

-  Clean surfaces.
-  Open windows.
-  Avoid large gatherings.
-  Get vaccinated.



**No matter the season, there are actions you can take to stay healthy:**

-  Wash your hands often.
-  Use air filters for cleaner air.
-  Cover coughs or sneezes with a tissue or into your elbow.
-  Avoid crowds.





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



Have a healthy and happy holiday season from all of us at the Lackawanna County Area Agency on Aging!

# Tech Tutoring for Older Adults

**First Monday of the Month**

**Second Thursday of the Month**

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

**Cellphones**  
**Tablets**  
**Computers**  
**And more!**

**5 PM - 7PM**

**TAYLOR LIBRARY**

710 S Main St, Taylor, PA 18517

**Register by calling:**

**570-343-1267**

United Way of Lackawanna, Wayne & Pike

# 48TH ANNUAL

**SCRANTON AREA MINISTERIUM**  
**Interfaith Prayer Service**

Friday, Nov 22th at 7:00pm  
Temple Hased, 1 Knox Rd, Scranton

**FRIENDS OF THE POOR**  
**Thanksgiving Community Dinner**

Tuesday, Nov 26th, 2:30-5:30pm (Or Until Supplies Last)  
Scranton Cultural Center, 420 N Washington & Vine  
TAKE-OUT ONLY

**FAMILY TO FAMILY**  
**Drive-Through Food Basket Giveaway**

Wednesday, Nov 27th, 9:00am-4:00pm (Or Until Supplies Last)  
Scranton Cultural Center, 420 N Washington & Vine  
Limit of 4 Dinners Per Vehicle  
Please call ahead for orders of more than 4: (570)466-3806

## THANKSGIVING PROGRAM 2024

[www.friendsofthepoorscranton.com](http://www.friendsofthepoorscranton.com)

## Meals Available at Your Local Senior Community Center

Did you know that you can receive a meal, for a recommended \$2 donation, at the eight Senior Community Centers in Lackawanna County?

Some Senior Community Centers offer lighter fare meals, hot meals, or frozen meals for the week. Meals can be eaten in the center or taken home for you to enjoy, once you complete a nutrition assessment!

**Call the Lackawanna County Area Agency on Aging at 570-963-6740 for more information!**

**National Memory Screening**  
AN INITIATIVE OF THE ALZHEIMER'S FOUNDATION OF AMERICA

(Toll-free) 866.AFA.8484

# CONCERNED ABOUT MEMORY PROBLEMS?

**TAKE ACTION.**

**GET FREE, CONFIDENTIAL MEMORY SCREENINGS.**

**TUESDAY, NOVEMBER 12, 2024**

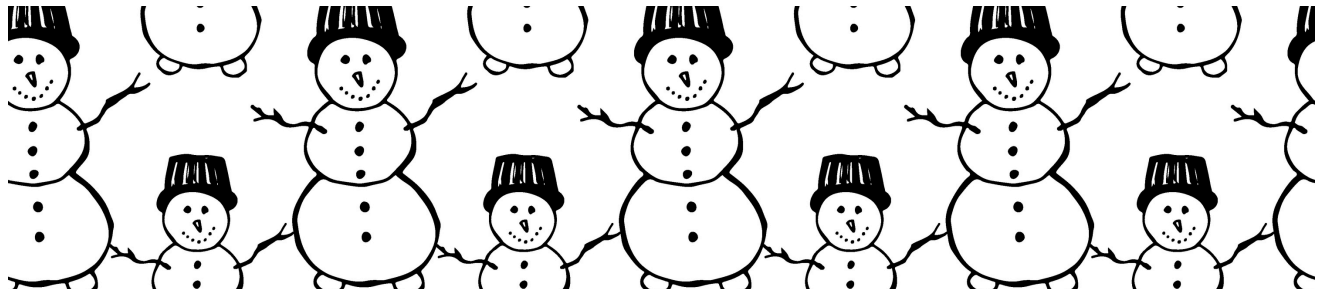
**Hosted by:** Psychological Services Center

**Where:** McGowan Center  
Marywood University  
1201 University Avenue  
Scranton, PA 18509  
(570) 348-6269

**When:** 9 am to 7 pm

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# Winter Wonderland and Craft Show

**North Pocono Senior Community Center**  
**6 John J Michaels Dr., Covington Twp., PA 18444**  
(Across from the Daleville Methodist Church)

**Saturday, December 7th 10 am to 4 pm**  
**Sunday, December 8th 11 am to 3 pm**

- Holiday animated figure display, train display, gift basket raffle
- The kitchen will be open with refreshments and food available
- Admission is free, but donations are always welcomed!
- Donations will also be accepted for local charities  
(monetary, new toys, new blankets, gloves, socks, hats, etc.)



## Breakfast with Santa

**North Pocono Senior Community Center**  
**6 John J Michaels Dr., Covington Twp., PA 18444**

**Sunday, December 8th**

Two seatings available

10am to 11am & 11am to 12pm

Reservations are required

Please call 570-842-2470 or the center 570-843-6485 for more information, a vendor application, or breakfast reservations