

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

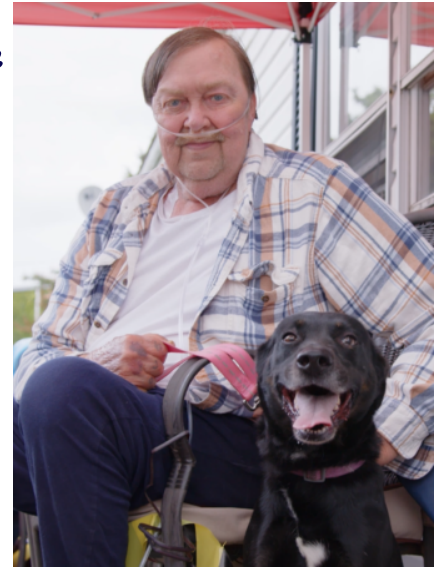
Commissioners
Bill Gaughan • Matt McGloin • Chris Chermak
AREA AGENCY ON AGING



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



Older adults are often vulnerable to loneliness, isolation, and depression- all of which contribute to the onset of other health problems. For many, bonding with a furry friend is the perfect remedy, providing a source of joy, companionship, and unconditional love.

To make sure that older adults can continue to care for those loyal companions, Meals on Wheels Community Services of NEPA have created the Treasured Friends Furever program. The Treasured Friends Furever program will:

- Supply pet food and other necessities monthly to any meal delivery recipient.
- Provide access to veterinary care with transportation and will help with the cost of those services.
- Help set up a long-term plan for older adults' pets and connect them to boarding services if needed during a hospital stay.

If you are interested in volunteering as transportation, donating pet food/supplies, or monetary donations, you can contact mealsonwheels@mownepa.org or call 570-346-2421



Member of the Dementia Friendly PA community network

Dementia Friends Local Sessions

If you are interested in scheduling a Dementia Friends in person session, you can contact Mike Castellano at the United Way of Lackawanna, Wayne, and Pike Counties 570-343-1267 ext. 311, Nicole Lipinski at The Wright Center 570-904-1123, or Sara McDonald at the Lackawanna County Area Agency on Aging 570-963-6740.

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



#DementiaFriendsPA

We look forward to becoming Friends!



Caregiver Resources

Alzheimer's Association

The Alzheimer's Association Greater Pennsylvania provides support, education, training and other resources to increase knowledge and to support those impacted by Alzheimer's disease and other dementias. Through education and support, the Alzheimer's Association has many resources to help caregivers provide care to loved ones and themselves.

For more information, **visit alz.org/pa or call 800-272-3900.**

The Gathering Place -- Memory Cafe

The Memory Cafe is a free social gathering for individuals living with memory loss and their care partners. Care partners can include spouses, children, friends, and professional caregivers. The Memory Cafe meets the second and fourth Friday of the month, 10 am to 11:30 am, located at The Gathering Place, 304 S. State Street in Clarks Summit. **For more information, email gatheringplacecs@gmail.com or call 570-575-0384.**

LIFE Geisinger

LIFE Geisinger is a program for adults 55 and older designed to give seniors the support they need to live at home. Loved ones can keep living independently while using comprehensive daily living and health services. A compassionate and experienced team coordinates care based on individual needs, offering caregivers relief.

LIFE Geisinger will create a care plan that fits specific needs — and changes with those needs over time. As a full-service health system, they offer specialized senior health and medical care, as well as a full range of daily activities to enhance their participants' quality of life.

For more information, **visit geisinger.org or call 570-558-6160.**

Caregiver Resources

Lackawanna County Area Agency on Aging -- Caregiver Support Program / Grandparent Support Program

The Caregiver Support Program works to ease the stresses of caregiving by focusing on the well-being of the caregiver. If income eligible, the program provides the primary caregiver with reimbursement for out-of-pocket costs associated with caregiving, such as respite, caregiving-related services and supplies. The program also offers education, training, counseling, and more.

The Grandparent Support Program provides reimbursement for out of home respite such as day care, camps, schooling, or seasonal and school clothing, school supplies, tutoring, registration fees for school supports or summer sports. This is an income based program and household income must be reported to determine eligibility. In addition, you can join other grandparents in similar situations at our Parents a Second Time support group. The PAST group meets once a month, with child care and refreshments provided and transportation available. For more information, **visit Lackawannaaging.org or call 570-963-6740.**

The Scranton Jewish Community Center -- Morris Mertz Wellness Cafe

The Morris Mertz Wellness Cafe is where care partners and their loved ones with memory loss or other dementia meet with peers for support, companionship, and shared experiences.

The program provides structured activities to promote support, connection, and engagement. The Morris Mertz Wellness Cafe meets every Friday, 10 am to 11:30 am, located in the JCC Goodman Lounge at the Scranton Jewish Community Center, 601 Jefferson Avenue in Scranton. For more information, **email info@scrantonjcc.org or call 570-346-6595.**

Scranton Senior Community Center -- Arts for Life

A free program that engages caregivers, care recipients, and older adults with professional artists to discover new, creative ideas and ways of thinking. Arts for Life meets every Friday at 10 am at the Scranton Senior Community Center, located at 1004 Jackson Street in Scranton. For more information,

visit uncnepa.org or call 570-346-6203 ext. 111.

Telespond Senior Services

Older adults want to remain in their homes as long as possible, and in order to do that they need supportive services. If you, or a loved one, are having difficulty with tasks of daily living then you will want to learn about Senior Day Services' programs that include Senior Day Services, In-home Personal Care and the Senior Companion Program.

For more information, **visit seniordayservices.org or call (570) 346-7860.**

The Wright Center for Community Health -- Alzheimer's and Dementia Care Program.

The Alzheimer's and Dementia Care Program offers a range of health and supportive services to improve the quality of life of individuals with dementia and their caregivers. Caregivers, for instance, can learn best approaches for improving safety in the home, encouraging routine bathing and decreasing patient agitation. Also, a caregiver support group meets twice a month. For more information, **visit TheWrightCenter.org or call 570-230-0019.**

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!

3 PM - 5PM

TAYLOR LIBRARY

710 S Main St, Taylor, PA
18517

Register by calling:

570-343-1267



United Way of
Lackawanna, Wayne & Pike



A PA Forward® Initiative Promoting Information Literacy.



FRAUD & SCAMS

In this program presented by Geisinger Commonwealth School of Medicine, you can learn about:

- Different types of scams that effect the older population
- Ways to identify scams
- Resources for victims

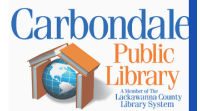
Registration is highly recommended. For more information and to register, please contact the Carbondale Public Library.

Monday, January 27th, 1pm

Carbondale Public Library
5 North Main Street, Carbondale
570-282-4281



Geisinger
Commonwealth
School of Medicine



A PA Forward® Initiative Promoting Basic Literacy.

MEDICARE PRESENTATION

- Preparing to Retire?
- Confused about your healthcare options?
- Overwhelmed just thinking healthcare?

Come and listen to some experts at our **FREE Medicare Presentation** designed to help you choose the right plan.



Presentation Details

Date: Wednesday, January 15th at 5:00pm

Place: United Way Office
615 Jefferson Ave.
Scranton, PA 18510

Pre-Registration is Required



To Pre-Register Contact
Terri Flowers
Senior Program Manager
570.343.1267 x313
tflowers@uwic.net

United Way of
Lackawanna, Wayne & Pike



United Way of
Lackawanna, Wayne & Pike



615-Jefferson Avenue | PO Box 526 | Scranton, PA 18501 | PO Box 328 | Weymart, PA 18472 | 570-343-1267 | uwic.net

This message is supported by the Administration for Community Living (ACL) U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$1.9 million with 100% funding by ACL/HHS. The contents are those of the author and do not necessarily represent the official view of, nor an endorsement by, ACL/HHS, or the U.S. Department of Health and Human Services.

Building Community Fostering Connectivity



United Way of
Lackawanna, Wayne & Pike

socialconnections.us



Call the United Way at 570-343-1267 ext. 311

Visit 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 for more information.

Call 888-801-SHARE HOME

**Contact
Lackawanna County's
SHARE counselor**

Kecia Snyder
SnyderK@lackawannacounty.org
570-963-6781

Current Available Hosts

- **Scranton – Home Host looking for sharer.** Two-story home with one bedroom on the second floor. Shared bathroom with two bedrooms currently occupied. Home host allows small pets. Home host allows smoking off the property. Street parking is available. Home is located near a hospital and grocery store and near a bus route. Host is looking for someone to help with light housekeeping, personal care and a contribution to living expenses.
- **Old Forge – Home host is looking for sharer.** Ranch style home with private bedroom and shared bath. Home host is accepting of a small dog, occasional moderate alcohol use, no smoking in the home. Host is looking for lawn care, snow removal, light housekeeping possible errands and a contribution to living expenses. Home is located within walking distance of the bus route.

Cold Weather Resources

Shelters

Catherine McAuley Center – Scranton
570-342-1342

Community Intervention Center – Scranton
570-342-4298

Keystone Mission – Scranton
570-871-4795

St. Anthony's Haven – Scranton
570-342-1296 ext 2

Walsh Manor - Scranton
570-207-6677

WRC - Scranton
570-346-4671

Utility Assistance

Agency for Community Empowerment of NEPA
570-207-6677 / acenepa.org

Catholic Social Services
570-207-3808 / dioceseofscranton.org

LIHEAP
1-866-857-7095 / pa.gov

PPL Electric Utilities
1 800-342-5775 / ppllectric.com

UGI Utilities
1 800-276-2722 / ugi.com

United Neighborhood Centers of NEPA
570-343-8835 / uncnepa.org

January is Mental Wellness Month

Practice self-care. You can't truly promote mental wellness unless you prioritize your mental health. Try a meditation class, meet with a support group, go bird watching, and find other ways to love yourself.



February is Black History Month

Visit our local libraries, Senior Community Centers, or the Black Scranton Project to find fun and educational events that help celebrate this incredibly important time of year!

THE WRIGHT CENTER
for
COMMUNITY HEALTH



YOU ARE INVITED!
SYMPOSIUM ON AGING

Tuesday, Jan. 28 | 12:30-5 p.m. | Registration begins at noon
The Wright Center for Community Health Scranton | 501 S. Washington Ave.

Our Geriatrics Service Line is hosting a free in-person workshop on topics related to dementia and caregiving.

 Stacie Bonenberger, MOT, OTR/L Dementia Friends PA Dementia Friendly PA	 Anneliese Perry, MS, NHA, CECM Dementia Friends PA Dementia Friendly PA	 Mark McAndrew Lackawanna County Sheriff	 Paul Ballance Chief of Operations Project Lifesaver International (Presenting Virtually)
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CLICK HERE TO REGISTER
Registration deadline is Jan. 21

Parking for shuttle service will be at the University of Scranton's baseball field
100 Broadway St., Scranton

Refreshments provided by The Wright Center for Patient & Community Engagement

For more information, contact Nicole Flynn, RN, MS, ADC-MC, CDP,
director of the Geriatrics Service Line, at Flynn@TheWrightCenter.org or 570.904.1123.





The WRIGHT Age-Friendly Health System

Our Geriatric Services program improves the health and well-being of older adults by examining the whole person, not just their medical condition. Board-certified geriatricians address *What Matters* most to our patients, as well as their *Medication, Mood, and Mobility*.

Program highlights include:

- Personalized Care Plan
- Your Own Geriatric Care Manager
- Specially Trained Geriatricians
- Elder Life Program
- Caregivers Support Program

THE WRIGHT CENTER
for
COMMUNITY HEALTH

570.230.0019 | TheWrightCenter.org |     

Introducing Age Friendly Lackawanna!

The Age Friendly Lackawanna Collaborative is dedicated to making Lackawanna County an inclusive, equitable, and supportive place where residents of all ages, especially older adults, can live, work and prosper. We recognize the importance of fostering livable environments that promote healthy aging, accessibility, and participation across all stages of life. The Collaborative is made up of dozens of social service, health care, government and other organizations that serve older adults.

Follow us on Facebook **Age Friendly Lackawanna** to learn more and stay up to date on news and events!



THIS IS TO CERTIFY THAT
**Lackawanna County,
Pennsylvania**

has committed to becoming more age-friendly under the criteria established by AARP and has been accepted as a member of

The AARP Network of Age-Friendly States and Communities

THIS CERTIFICATION IS VALID UNTIL
November 19, 2026

Nancy A. LeMond, Chief Advocacy and Engagement Officer
COMMUNITY, STATE AND NATIONAL AFFAIRS,
AARP | WASHINGTON, D.C.

The AARP Network of Age-Friendly States and Communities,
a program of the AARP Livable Communities initiative,
is an independent affiliate of the World Health Organization Global Network
for Age-Friendly Cities and Communities.®



Age-Friendly Communities
Are Livable for
People of All Ages
aarp.org/livable

Age Friendly Lackawanna Recognized



Lackawanna County commissioners presented a proclamation Wednesday declaring Nov. 6, 2024, as "Age Friendly Communities Day." Lackawanna County is currently home to over 59,000 residents over the age of 62, accounting for 27.4 percent of our population. Lackawanna County supports initiatives and opportunities to engage in the AARP/WHO Age-Friendly Cities and Communities Network and will continue to promote and expand age friendly policies and programs.

In the Community



Volunteers from the Lackawanna County Area Agency on Aging, local legislator's offices, and the community helped lend a hand to prepare and deliver special holiday meals to caregivers and those they care for. A special thanks to meals on Wheels Community Services of NEPA for adding on these meals to an already busy schedule and to Age Friendly Lackawanna for sponsoring this great cause!



Last month LCAAA and CHHSRA employees, pictured here with the Secretary of Pennsylvania Department of Aging, Jason Kavulich, attended the United Way of Lackawanna, Wayne & Pike 2024 Campaign Closing Community Celebration. Lackawanna County employees raised over \$10,000 for the annual campaign that helps to fund services in our community.



This holiday, individuals (angels) from our community, local non-profits, medical groups, law firms and businesses volunteered to sponsor grandchildren in the Lackawanna County Area Agency on Aging Grandparent Caregiver Support Program to support grandparents raising grandchildren in Lackawanna County. Pictured here is the team from Amazon.com in Olyphant, PA, with Lackawanna County Area Agency on Aging employees, who sponsored several of the children from this program! Thank you to everyone who purchased gifts to help make this holiday season a great one for our grandparents!