

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

Department of Health & 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!

From the Director's Desk

Scams target a person's sense of trust and need for connection. They bring shame, emotional distress, and devastation to millions of people each year by preying on unsuspecting and often educated people of all ages. Many people won't reveal how they have been taken advantage of, due to shame and vulnerability. Awareness of scams gives people an advantage.

National "Slam the Scam" Day, designated by Social Security's Office of the Inspector General to raise awareness of government imposter scams, is March 7, 2024. On this date, the Lackawanna County Area Agency on Aging will begin outreach efforts to older adults by hosting Seniors Against Scams, a National Council on Aging (NCOA)-designed educational program that highlights popular scams targeting vulnerable older adults and offers next steps for those who experience financial fraud. The goal of this initiative to empower older adults to take advantage of available resources and begin making incremental steps to ensure their economic security by being proactive in safeguarding their money. Through facilitated conversations with the agency's trained Older Adult Protective Services team, our team will discuss the resources available through our agency and community providers to take action and "SLAM the SCAM!"

Presentations will start on March 7, 2024 in three of Lackawanna County's Senior Community Centers, FALLBROOK Senior Community Center, 185 Fallbrook St., Carbondale 18407, 9-10:30 am; SCRANTON Senior Community Center, 1004 Jackson Street, Scranton, PA 18504, 11 am- 12:30 pm; and HILLSIDE Senior Community Center, 1151 Winola Road, Clarks Summit, PA 18411, 12:30-2 pm. We plan to work with additional Program Directors to continue to do Outreach at our Centers located in Dunmore, Jefferson Twp, Mid Valley, Throop, and Taylor, as well as our satellite centers in partnership with the Greenhouse Project, Jewish Community Center, & Lackawanna County Parks (Fridays in the Park).

If you feel comfortable sharing a personal scam experience or story on social media to support others, use #SlamtheScam in your post. You are not alone. If you know someone who is being scammed or is vulnerable to scams, call our office at (570) 963-6740 to report concerns. The Lackawanna County AAA can offer programs and that help protect, engage, and support people over age 60 years old.

If you are interested in scheduling or hosting a Seniors Against Scams presentation, please make a request to agingtimes@lackawannacounty.org. "Each one of us can make a difference. Together we make change." – Barbara Mikulski.

- Sara McDonald

Slam the Scam Day

is

Thursday, March 7, 2024

Spread the word. Share your knowledge of Social Security-related scams. Post on social media using the hashtag #SlamtheScam to share your experience and warn others.



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Slam the Scam Day Presentations:

Fallbrook Senior Community Center 9 AM

Scranton Senior Community Center 11 AM

Hillside Senior Community Center 12:30 PM

Help Navigate Older Adults

Volunteer Opportunities Available



What Do Navigators Do?

Connect with isolated older adults in our community, on the phone from the comfort of your own home.

(Calls are made through a private, third party telephone number)

Evaluate clients through a proven process to determine helpful resources.

Bridge older adults to services, resources and activities that would benefit each individual's needs.

**approx. 4-8 Hours a Month*

Help An Older Adult Get Connected

Contact:
Mike Castellano
mcastellano@uwlc.net
570.343.1267

Parents a Second Time (PAST)

Are you a grandparent raising your grandchildren?

Are you looking for support?

GROUP MEETS THE 2ND MONDAY OF EACH MONTH
5:30 - 7 PM

OUTREACH - CENTER FOR COMMUNITY RESOURCES
431 NORTH SEVENTH AVE
SCRANTON

FACILITATED BY CERTIFIED FAMILY DEVELOPMENT SPECIALISTS



- Free child care and dinner!
- Answers to your questions about child development.
- Access to supportive services and community referrals.
- Fun and friendship!

YOU WANT YOUR GRANDCHILDREN TO REACH FOR THE STARS... - SO DO WE!



Call 570-963-6740 to register.

A partnership between Outreach, Lackawanna County Area Agency on Aging, and Office of Youth and Family Services



VETERAN

REAL ESTATE TAX EXEMPTION

APPLY THROUGH YOUR COUNTY
DIRECTOR OF VETERANS AFFAIRS



If you're a PA veteran with a disability, you may be eligible for an exemption on your real estate taxes! Veterans who are eligible must have served during a war or armed conflict, have a 100% permanent or total VA disability rating, and have been discharged under other than dishonorable mention. With tax season right around the corner there's no better time to check to see if you are eligible. Call the Lackawanna County Department of Veterans Affairs at 570-963-6778 for more information!

March is Colorectal Cancer Awareness Month!

Colorectal cancer is the second leading cause of cancer-related deaths in the United States. This year 56,000 people will die from the disease.

To lower your risk of colorectal cancer here are some recommendations:

- Get regular colorectal cancer screenings after age 45.
- Eat a low-fat, high-fiber diet.
- If you use alcohol, drink only in moderation. If you use tobacco, quit.
- Exercise for at least 20 minutes three to four days each week.

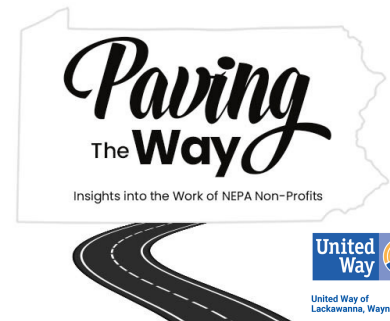


Protect Yourself from RSV

Respiratory syncytial virus (RSV), is a respiratory virus that can cause serious infection in older adults and who may need hospitalization. If you are age 60 or older, a vaccine is available to protect you from severe RSV.

Talk to your healthcare provider to see if it's right for you.

Get Vaccinated and save yourself from getting severely sick.



EXCITING NEWS FROM THE UNITED WAY OF LACKAWANNA, WAYNE, AND PIKE COUNTIES!

CHECK OUT THEIR NEW PODCAST "PAYING THE WAY" THAT TAKES A CLOSER LOOK AT NON-PROFITS THROUGHOUT NEPA AND DISCUSSES THE INTEGRAL ROLE THEY EACH PLAY WITHIN THE PLACE WE ALL CALL HOME.

PAYING THE WAY IS AVAILABLE ON THE MAJOR PODCAST NETWORKS, SPOTIFY, AMAZON MUSIC AND APPLE PODCASTS.

Farmers Market Nutrition Program

Before you know it, it will be time for the Pennsylvania Department of Agriculture's Senior Farmer's Market Nutrition Program. Information regarding instructions for the 2024 program will be found in the May/June edition of Aging Times, so stay tuned.

Lackawanna County was recognized as #1 in the state for voucher redemption in 2023! We are proud to play a small part in seniors receiving food assistance and supporting local farms.



Step - by - Step GRAIN BOWL

INSTRUCTIONS

Choose ingredients from the list on the right and follow the directions below to make a tasty meal for four.

1. Cook grains following package directions.
2. While grains cook, begin making stir-fry: Start first by cooking any meat or poultry for the required cooking time. Transfer to a bowl. If you're using tofu or edamame as a protein, cook with veggies in next step.
3. Add veggies to skillet. Start with harder veggies first; as they soften, begin adding softer veggies and keep cooking.
4. Add sauce to cooked veggies and cook until thickened.
5. Stir in meat or poultry. Serve over cooked grains.

Green fruits and veggies (like broccoli) can give you sharp vision, strong bones and teeth, and lower your risk for some cancers!

You can use fresh, frozen OR canned veggies for this dish so it's easy to adjust for your family's needs and budget.

INGREDIENTS

Serves 4, less than \$1 per serving

GRAIN (1 cup dry)

Brown rice	Whole grain couscous	Instant barley	Rice noodles or whole grain pasta
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PROTEIN (choose one)

14 ounces extra-firm tofu, drained and cut into 1-inch cubes	1 pound meat, trimmed and cut into bite-size pieces (try chicken breasts, sirloin, flank steak, or pork tenderloin)	2 cups frozen edamame (soy beans), thawed and drained
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VEGGIES (2-3 cups total, any combo)

Fresh or frozen bell pepper, sliced	Canned, fresh or frozen peas or green beans	Fresh or frozen broccoli or cauliflower florets	Canned water chestnuts, rinsed and drained
Mushrooms or onion, sliced	Zucchini or yellow squash, sliced	Cabbage, thinly sliced	Carrots or celery, sliced

SAUCE (choose one)

Peanut sauce: 1/4 cup peanut butter, 1/3 cup warm water, 1/4 cup low-sodium soy sauce, 2 Tbsp cider vinegar, and 1 Tbsp sugar	Spicy soy sauce: 1/4 cup low-sodium soy sauce, 1 Tbsp brown sugar, 1 Tbsp cornstarch, 1 teaspoon minced jalapeño, and 1/2 teaspoon ground ginger
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Senior Food Box Program

The Senior Food Box Program works to improve the health of low-income seniors by supplementing their diets with nutritious USDA Foods. In Pennsylvania, eligible participants include low-income individuals who are at least 60 years old and whose household income is at or below 130 percent of the U.S. poverty level. Seniors interested in participating in the Senior Food Box Program should call 800-468-2433 to be directed to the regional food bank distributing the Senior Food Box in their county of residence.

Let's Get VACCINATED



Thanks to our partnership with Interim Healthcare, vaccines (COVID, Flu, RSV) are available for homebound individuals 60 years and older.

Please contact the Lackawanna County Area Agency on Aging at (570) 963-6740 and have your prescription insurance ready so that we can help you register!

Interim
HEALTH CARE®
www.interimhealthcare.com



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MARCH IS SOCIAL WORK MONTH!

Thank you to our own social workers at the Lackawanna County Area Agency on Aging and all the caring professionals in our community, for the incredible work you do!



KITE

KEYSTONE
INTERGENERATIONAL
THEATRE
ENSEMBLE

Scranton
FRINGE
Festival

The Keystone Intergenerational Theatre Ensemble, a new program from Scranton Fringe, brings senior citizens and young adults together to not only learn from professional theatre artists - but to find common ground by creating a bridge across the generational divide.

Active listening, writing, storytelling, and fundamental performance techniques are the core elements of this free 4-week course.

Are you passionate about theatre? Interested in collaborating across generations? Then KITE is perfect for you! This pilot program is funded in part by the Lackawanna County Area Agency on Aging.

KITE is a FREE 4-week workshop where older adults and younger adults come together with professional theatre artists to explore creativity, storytelling, and performance.

When:

Sundays, April 14th - May 5th
2:00 PM - 4:00 PM

Where:

AFA Gallery
101 Penn Ave. Scranton, PA 18503

How to Register:

Email info@scrantonfringe.org to secure your spot and/or with any questions. Space is limited!

Domiciliary Care Program

Dom Care is a voluntary supervised living arrangement in a home-like environment for older adults with moderate physical, intellectual, or mental health disabilities. The Dom Care Program is welcoming and supportive of consumers and providers of diverse backgrounds.

Dom Care Providers can not be relatives of Dom Care Consumers.



DOM CARE PROVIDER REQUIREMENTS

Similar to Foster Care, Dom Care Providers open up their homes to older adults and adults with disabilities who need supervision, assistance, and encouragement in a family like setting. The Dom Care Consumer pays the provider a monthly rate set by the Department of Aging. Placements are only made if agreed upon by all parties.

Requirements:

- 21 years or older
- Criminal background check
- Medical clearances
- Personal references
- Attend training including CPR and First Aid
- Live in the home with Dom Care Consumer
- Homeowner or renter's insurance
- Current on household utilities
- Home meets fire, health, and safety guidelines

DOM CARE CONSUMER REQUIREMENTS

In return for the monthly payment to providers, consumers receive a furnished room, three meals a day, shopping, laundry, and other assistance. Consumers are assigned a care manager who ensures their needs are met.

A consumer whose income is below the Department's set rate may be eligible for a supplement. The supplement includes spending money for the consumer.

Requirements:

- 18 years or older
- Need help with many daily activities, like cooking, cleaning, shopping, laundry, taking medications, managing money, scheduling medical appointments
- Able to do own personal care like bathing and dressing with supervision
- Able to make safe decisions with guidance

**Become a Dom Care
Provider or Consumer**

Call 570-963-6740

Email

AAA@lackawannacounty.org



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*It is the mission of the Lackawanna County
Area Agency on Aging to be a responsive
and reliable resource for older adults and
caregivers in our community*



AGING OUR WAY, PA IS A 10-YEAR ROADMAP TO MEET THE NEEDS OF THE COMMONWEALTH'S OLDER ADULTS AND IMPROVE SERVICES FOR THIS RAPIDLY GROWING POPULATION. THE PLAN INCLUDES PRIORITIES, STRATEGIES, AND TACTICS TO PROMOTE HEALTH, WELL-BEING AND QUALITY OF LIFE FOR ALL PENNSYLVANIANS AS WE AGE. *AGING OUR WAY, PA* ALSO PREPARES THE COMMONWEALTH FOR A LARGER, LONGER-LIVING OLDER ADULT POPULATION AND IS DESIGNED TO RESPOND TO CHANGING NEEDS, SHIFTING PRIORITIES AND AVAILABLE RESOURCES. THE DEPARTMENT OF AGING LED THE CHARGE TO DEVELOP THE PLAN FOLLOWING AN EXECUTIVE ORDER SIGNED BY GOVERNOR JOSH SHAPIRO IN MAY 2023.

A 30-DAY PUBLIC COMMENT PERIOD HAS BEEN ESTABLISHED BEGINNING TUESDAY, FEBRUARY 20, 2024. VISIT WWW.AGING.PA.GOV/PUBLICATIONS/MASTERPLAN TO EXPLORE *AGING OUR WAY, PA*.

WE INVITE YOU TO PROVIDE COMMENTS USING THE DIGITAL COMMENTS FORM FOUND AT WWW.AGING.PA.GOV/PUBLICATIONS/MASTERPLAN, BY MAIL: *AGING OUR WAY, PA*, 555 WALNUT ST. 5TH FLOOR, HARRISBURG, PA 17101 OR BY EMAILING AGINGPLAN@PA.GOV.

FREE Federal, State, & Local Tax Preparation!

2023 family income was less than \$60,000! VITA e-filing is FREE and FAST! You may be eligible for up to \$7,430 in Earned Income Credits!

TO MAKE YOUR APPOINTMENT, VISIT WWW.UWLC.NET APPOINTMENTS CAN BE MADE AFTER JANUARY 3, 2024 IF YOU CANNOT MAKE YOUR APPOINTMENT ONLINE, YOU MAY CALL 570-602-3133 OR 866-662-8887

MAKE SURE TO BRING THE FOLLOWING WITH YOU:

- Valid Photo ID • Social Security Cards for all individuals who will be claimed on the return • All W2's, 1099's, and Unemployment paperwork • Last Year's Return • Any records relating to income & expenses (business & rental income, dividends, interest, sale of stock) • A VOID personal check, if you would like direct deposit • Real estate tax receipts if you qualify for the rent/tax rebate • Form 8332 for non-custodial parents • Any documents relating to health insurance for the year! 1095-A, 1095-B, 1095-C!

WALK-INS ONLY

THE UNIVERSITY OF SCRANTON FIRST FLOOR, BRENNAN HALL
300 BLOCK OF MADISON AVE SCRANTON

*Please contact the University of Scranton for their schedule and more information on how they will operate this year! Their number is 570-941-4045

APPOINTMENTS ONLY

KEYSER VALLEY COMMUNITY CENTER
103 N. KEYSER AVE SCRANTON

Monday, March 11th, 12 pm-6 pm

Tuesday, March 12th, 9 am-3 pm

Thursday, March 14th, 9 am-3 pm

Monday, March 18th, 12 pm-6 pm

Tuesday, March 19th, 9 am-3 pm

Thursday, March 21st, 9 am-3 pm

Monday, March 25th, 12 pm-6 pm

Tuesday, March 26th, 9 am-3 pm

Thursday, March 28th, 9 am-3 pm

Monday, April 1st, 12 pm-6 pm

Tuesday, April 2nd, 9 am-3 pm

Thursday, April 4th, 9 am-3 pm

MOBILE LOCATIONS APPOINTMENTS ARE FOR SENIORS (65+) AND THOSE WITH MOBILITY ISSUES ONLY!

Abington Fire Hall

321 Bedford St. Clarks Summit,
PA 18411

Monday, March 4th / 9:30 am-5:00 pm

Trinity Episcopal Church - Carbondale

58 River St. Carbondale,
PA 18407

Thursday, March 7th / 9:30 am-5:00 pm

Friday, March 8th / 9:30 am-5:00 pm



United Way of
Lackawanna, Wayne & Pike



PennState
Scranton