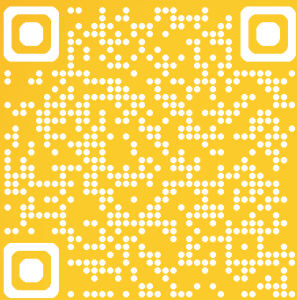


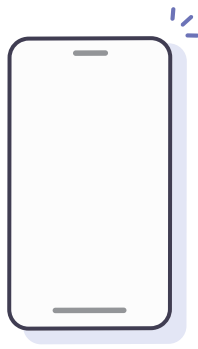
AGE-FRIENDLY LEHIGH VALLEY

Resource Guide



SCAN HERE

Connect with the
Age-Friendly Resource
Guide online and
download resources to
share with family, friends
and neighbors.



LEHIGH COUNTY (LC) INFORMATION AND REFERRAL

Aging and Adult Services • 610.782.3200 • www.lehighcounty.org

NORTHAMPTON COUNTY (NC) INTAKE AND INFORMATION

Area Agency on Aging • 610.559.3270 • www.northamptoncounty.org

For assistance with the resources in this directory, please call 2-1-1.

Para asistencia con los recursos en esta guía, favor de llamar al 2-1-1.

ADULT DAY CARE *ATENCIÓN DIURNO PARA ADULTOS*

Professional staff supporting the health, nutritional, social and daily living needs of adults. *Personal profesional que sostienen las necesidades de salud, de alimentación, de actividades sociales y de la vida cotidiana de los adultos.*

Career Institute of Technology	610.258.2857
Devi Adult Day Services	610.419.3665
SarahCare of the Lehigh Valley	610.391.1576
Westminster Village	717.502.8840

ALL-INCLUSIVE CARE *CUIDADO INTEGRAL*

A managed-care program for seniors who need a “nursing facility level of care” but wish, and are able, to remain in their home and community. *Un programa de atención administrada para personas mayores que necesitan un “nivel de atención en un centro de enfermería” pero que desean y pueden permanecer en su hogar y comunidad.*

Senior LIFE Lehigh Valley	610.954.5433
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ASSISTED LIVING *CENTROS DE VIDA ASISTIDA*

A facility that offers room and board, supervision and assistance with the activities of daily living such as bathing, grooming, meal preparation and medication administration. *Una facilidad que ofrece alojamiento, supervisión y asistencia con las actividades de la vida diaria como bañarse, arreglarse, preparar alimentos y administración de medicamentos.*

Asbury Chandler Estate	610.863.1569
Atria Bethlehem	484.317.0700
Whitehall Manor	610.434.9999

CARE MANAGEMENT *ADMINISTRACIÓN DE CUIDADOS*

The process of assessing and determining the needs and level of care of seniors. *El proceso de evaluar y determinar las necesidades y el nivel de atención para adultos de edad avanzada.*

APG Eldercare Services, LLC	610.392.0667
Carbon County Area Agency on Aging	800.441.1315
The Caring Connection	610.882.9131
Lehigh County Office of Aging and Adult Services	610.782.3034
Morningstar Senior Solutions, Inc.	610.258.0700
Northampton County Area Agency on Aging	610.829.4540
Pathstones by Phoebe	610.794.6700

COMMUNITY HUBS

Community Hubs serve to enhance seniors’ quality of life by offering accessible programming, food and health care, while fostering vital social connections. *Los Community Hubs sirven para mejorar la calidad de vida de las personas mayores ofreciéndoles programas, alimentos y atención sanitaria accesibles, al tiempo que fomentan conexiones sociales vitales.*

Casa Guadalupe Center	610.435.9902
Easton Area Neighborhood Center	610.253.4253
Greater Valley YMCA – Slate Belt	610.881.4470
Hispanic Center Lehigh Valley	610.868.7800
Lehigh Valley Active Life	610.437.3700

CONSUMER EDUCATION *EDUCACIÓN PARA EL CONSUMIDOR*

Services that help buyers make informed decisions about their purchases. *Servicios que ayudan a los consumidores a tomar decisiones informadas sobre sus compras.*

Better Business Bureau	610.866.8780
Bureau of Consumer Protection	800.441.2555
CARIE (Center for Advocacy for the Rights and Interests of the Elderly)	800.356.3606 215.545.5728
Lehigh Valley Aging in Place	877.334.8942
Money Management International	713.394.3232
Penn State Extension – Lehigh County	610.391.9840
Penn State Extension – Nazareth	610.813.6613

CONTINUOUS LEARNING *FORMACIÓN CONTINUA*

Gaining new skills and knowledge on an ongoing basis for personal or professional growth. *Adquirir nuevas habilidades y conocimientos de forma continua para el crecimiento personal o profesional.*

Moravian University	610.861.1400
Muhlenberg College	484.664.3300
Northampton Community College	610.861.5494
PFLAG (Parents, Families and Friends of Lesbians and Gays)	267.396.7865

CRISIS INTERVENTION *INTERVENCIÓN EN CRISIS*

A short-term response that provides support and assistance in a crisis situation. *Una respuesta a corto plazo que proporciona apoyo y asistencia en una situación de crisis.*

Allentown Rescue Mission, Inc.	610.740.5500
Crime Victims Council of the Lehigh Valley	610.437.6610
Crisis Intervention (Lehigh County)	610.782.3127
Lehigh County Office of Aging and Adult Services	610.782.3034
Lehigh Valley Health Network Street Medicine Program	610.969.2382
National Suicide and Crisis Lifeline	9.8.8

New Bethany	610.691.5602
Northampton County Area Agency on Aging	610.829.4540
Safe Harbor Easton	610.258.5540
Turning Point of Lehigh Valley, Inc.	610.437.3369

DEMENTIA *DEMENCIA*

Sites providing education and awareness regarding the prevention, management and/or treatment of dementia. *Sitios que ofrecen educación y concienciación sobre la prevención, la gestión y/o el tratamiento de la demencia.*

AARP Pennsylvania	1.877.333.5885
Alzheimer's Association 24/7 Helpline	1.800.272.3900
Arden Courts	484.263.8667
Career Institute of Technology	610.258.2857
Country Meadows of Allentown	610.395.6521 ext.20127
Country Meadows of Bethlehem	610.882.3190 ext.25144
Country Meadows of Forks	484.544.3880 ext.75105
Devi Adult Day Services	610.419.3665
Ever True Luther Crest	610.398.8011
Family Caregivers	215.541.9030
Fleming Memory Center	610.969.3390
Heather Glen Senior Living	610.841.4478
Lehigh County Aging and Adult Services	610.782.3034
Meadow Glen Personal Care at Phoebe Richland	267.371.4512
Morningstar Senior Living	610.746.1000
Northampton County Aging and Adult Services	610.829.4500
PA Link	800.753.8827
SarahCare of the Lehigh Valley	610.391.1576
South Mountain Memory Care	484.460.6842
St. Luke's Senior Care Associates	484.526.7035
St. Luke's/Alzheimer's Association	484.526.7035
The Terrace at Phoebe Allentown	610.794.6000
Westminster Village	717.502.8840
YWCA of Bethlehem	610.867.4669

DIABETES *DIABETES*

Sites providing education and awareness regarding the prevention, management and/or treatment of diabetes. *Sitios que ofrecen educación y concienciación sobre la prevención, la gestión y/o el tratamiento de la diabetes.*

American Diabetes Association	800.342.2383
Diabetes Coalition	610.758.8010

DRUGS AND ALCOHOL *DROGAS Y ALCOHOL*

Prevention and educational programs, assessments, interventions and treatment services ranging from detoxification to outpatient counseling. *Programas de prevención y educación, evaluaciones, intervenciones y servicios de tratamiento que ayudan con la desintoxicación y asesoramiento ambulatorio.*

Alcoholics Anonymous Lehigh Valley	610.882.0558
County of Lehigh Drug and Alcohol	610.782.3555
Lehigh Valley Drug and Alcohol Intake Unit	610.923.0394
Northampton County Drug and Alcohol Division	610.829.4725

EMERGENCY RESPONSE *RESPUESTAS ANTE EMERGENCIAS*

A system connecting an individual to responders by a transmitter, and when activated help is sent to the individual's location. *Un sistema que conecta a los individuos a respondedores de emergencia a través de un transmisor y, cuando se activa se envía ayuda a la ubicación de la persona.*

Vital Link	800.338.4825
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EMPLOYMENT *EMPLEO*

Part-time, subsidized employment for low-income individuals, age 55 and older. *Empleo subsidiado a tiempo parcial para personas de bajos ingresos de 55 años de edad y mayores.*

AARP Senior Community Service Employment Program	610.865.3002
Office of Vocational Rehabilitation	610.821.6441
Pennsylvania Career Link Lehigh Valley	610.437.5627

ENERGY ASSISTANCE *AYUDA CON GASTOS DE ENERGÍA*

Financial assistance for fuel or heating bills for low-income individuals and families. *Asistencia financiera para las facturas de combustible o calefacción para personas y familias de bajos ingresos.*

Community Action Lehigh Valley	610.691.5620
Lehigh County Energy Assistance	610.821.6509
Northampton County Energy Assistance	610.250.1785
Operation HELP	800.342.5775
UGI Utilities, Inc.	800.276.2722

FINANCIAL AID AND ASSISTANCE *ASISTENCIA FINANCIERA*

Programs offering monetary assistance for items including food, housing or fuel. *Programas que ofrecen asistencia monetaria para productos como alimentos, alojamiento y combustible.*

Lehigh County Assistance Office	610.821.6509
Northampton County Assistance Office	610.250.1700

FOOD AND NUTRITION *ALIMENTOS Y NUTRICIÓN*

Sites providing healthy groceries or nutritious meals to those in need. *Lugares que proporcionan alimentos saludables o comidas nutritivas a los necesitados.*

Allentown Area Ecumenical Food Bank	610.821.1332
Casa Guadalupe Center	610.435.9902
Central Moravian Food Pantry	610.866.5661
Jewish Family Service of the Lehigh Valley	610.821.8722
Meals on Wheels of the Greater Lehigh Valley	610.691.1030
New Bethany Ministries	610.691.5602
ProJeCt of Easton, Inc.	610.258.4361
The Salvation Army of Allentown	610.432.0129
The Salvation Army of Bethlehem	610.867.4681
The Salvation Army of Easton	610.258.9531
Second Harvest Food Bank of the Lehigh Valley and Northeast Pennsylvania	610.287.4015

HEALTH EDUCATION *EDUCACIÓN SANITARIA*

Provides and promotes knowledge and skills to form lifelong habits towards healthy choices and changes for one's overall well being. *Promover y brindar habilidades y conocimientos para formar hábitos de por vida hacia opciones saludables para el bienestar general.*

Arthritis Foundation	1.800.283.7800
American Cancer Society	1.800.227.2345
American Diabetes Association	610.828.5003
American Heart Association and American Stroke Association	484.245.6290
American Lung Association	610.941.9595
American Red Cross of Allentown	610.865.4400
Autism Society Lehigh Valley	610.751.6532
Cancer Support Community Greater Lehigh Valley	610.861.7555
Cystic Fibrosis Foundation – Northeastern Pennsylvania	717.671.4000
Lehigh Valley Health Network Fleming Memory Center	610.969.3390
Muscular Dystrophy Association Lehigh Valley	610.391.1977
Parkinson's Support Group of the Lehigh Valley	484.719.7351
Pennsylvania Council of the Blind	877.617.7407
Phoebe Ministries	610.794.6463
Sights for Hope Lehigh Valley	610.433.6018
Tower Health at Home	855.843.8627

HEALTH SERVICES *SERVICIOS SANITARIOS*

Sites that provide services for improving health or the diagnosis, treatment and management of health conditions. *Lugares que brindan servicios para mejorar la salud o el diagnóstico, tratamiento y manejo de trastornos de salud.*

Allentown Health Bureau	610.437.7760
Bethlehem Health Bureau	610.865.7087
Bureau of Blindness and Visual Services	866.227.4163
Department of Veterans Affairs	610.782.3295
Diabetes and Metabolism Center	610.402.3422

Donated Dental Services of Eastern PA	800.716.8721
Easton Home Health Services	610.438.1656
Highmark Blue Shield	866.488.7469
Hispanic Center of the Lehigh Valley	610.868.7800
H.O.P.E. at St. Luke's	484.526.2062
John and Dorothy Morgan Cancer Center	610.402.0500
Lehigh County State Health Center	610.821.6770
Lehigh Valley Center for Independent Living	610.770.9781
Lehigh Valley Hospital – 17th Street Dental Clinic	610.969.3955
Lehigh Valley Hospital – Muhlenberg Dental Clinic	484.884.2315
LVPB Geriatric Medicine	610.969.3390
Northampton County State Health Center	610.250.1825
Northampton Dental	832.422.1400
River Crossing YMCA – Allentown	610.351.9622
Service Access & Management, Inc.	484.602.2480
Sights for Hope Lehigh Valley	610.433.6018
St. Luke's Hospital – Easton	484.503.3000
St. Luke's Senior Care Associates	484.526.7035
Visiting Nurse Association of St. Luke's	484.526.1100

HOSPITALS AND REHABILITATION *HOSPITALES Y REHABILITACIÓN*

Local healthcare networks in Northampton and Lehigh Counties. *Redes locales de atención médica en los condados de Lehigh y Northampton.*

Good Shepherd Rehabilitation Hospital	610.776.3100
Lehigh Valley Hospital – 17th Street	610.969.2388
Lehigh Valley Hospital – Cedar Crest	610.402.8000
Lehigh Valley Hospital – Hecktown Oaks	610.333.8888
Lehigh Valley Hospital – Muhlenberg	484.884.2200
St. Luke's University Health Network	
St. Luke's Acute Rehabilitation	
St. Luke's Hospital – Allentown	
St. Luke's Hospital – Anderson	866.785.8537
St. Luke's Hospital – Bethlehem	
St. Luke's Hospital – Easton	
St. Luke's Hospital – Sacred Heart	

HOSPICE, IN-HOME RESPITE CARE *HOSPICIO, CUIDADO EN EL HOGAR*

Coordinated care given to individuals who are terminally ill; assistance and relief for those caring for a loved one in their home. *Atención coordinada brindada a las personas con enfermedades terminales; asistencia y alivio para los cuidadores de un ser querido en su hogar.*

Advantage Home Care	610.378.0481
Always Best Care of Greater Bethlehem	484.896.8867
Amedisys Hospice	610.770.6500
America's Home Health Services, LLC	610.351.3461
Angel Helpers Homecare	610.258.2200
Around the Clock Nursing	610.433.9980
Bayada Home Health Care	610.317.2118
CareSphere	610.868.1801
The Caring Connection	610.882.9131
Comfort Keepers – Allentown	610.351.9922
Comfort Keepers – Bethlehem	888.495.3020
Comforting Home Care by Phoebe	610.625.5600
Compassus Hospice	610.336.8000
Dedicated Nursing Associates	610.691.1000
Easton Home Health	610.438.1656
Extended Family Care	610.432.6766
Griswold Home Care	800.474.7965
Heartland Hospice	610.266.0134
Home Instead	610.770.7773
Home Helpers – Northern Lehigh Valley	610.596.7055
Human Touch Home Health Care Agency, Inc.	484.664.2940
Interim Health Care	610.434.7277
Lehigh Valley Home Care and Hospice	610.969.0300
Maxim Healthcare	610.740.3800
Maximum Care	610.264.2353
Millbrook Homecare	610.838.1700
Morningstar Senior Solutions	610.258.0700
Providence Home Health	610.421.8900
Right at Home Easton	610.253.9605
Right at Home Whitehall	484.350.3075
Senior Helpers of the Lehigh Valley	610.537.5149
Seniors Helping Seniors	610.253.3232

ShareCare Faith in Action	610.867.2177
SpiriTrust Lutheran Home Care & Hospice	800.840.9081
St. Luke's Home Health and Hospice	484.526.1100
Tower Health at Home	866.777.4862

HOUSING *ALOJAMIENTO*

Local senior high rises and residential facilities in Lehigh and Northampton counties. *Apartamentos e instalaciones residenciales locales para personas mayores en los condados de Lehigh y Northampton.*

AHEPA 60 Apartments	610.798.8320
Allentown Housing Authority	610.439.8678
Allentown Center Square	610.439.0574
Allentown Towne House Apartments	610.435.4131
Alliance for Building Communities	610.439.7007
Antonian Towers	610.258.2033
Bangor Elderly Housing	610.588.2428
Bethlehem Housing Authority	610.865.8300
B'nai B'rith Apartments	610.821.0207
Brook View Independent Living	610.336.5694
Cedar View Apartments	610.530.2906
Century House	610.588.7978
Eagle Apartments	610.264.5652
Easton Senior Citizen Housing	610.258.1244
Episcopal Apartments of the Slate Belt	610.871.8741
Moravian House	610.691.8409
Moravian House II	610.861.0717
Moravian House III	610.691.3808
Northampton County Housing Authority	610.759.8488
Parkview at Bethlehem	610.625.4999
Phoebe Apartments	610.794.6262
Phoebe Terrace	610.794.6000
Saucon Valley Manor	610.748.8888
Shiloh Manor	610.252.1333
Traditions of Hanover	610.674.0612
Valley Housing Development Corporation	610.965.4514
Wind Gap Manor	610.881.1500
Zephyr Apartments	610.255.7054

INFORMATION AND REFERRAL **INFORMACIÓN Y RECURSOS**

The first point of contact for all individuals who are requesting information and/or services. *El primer punto de contacto para todo individuos que solicitan información y/o servicios.*

Allentown Public Library	610.820.2400
APG Eldercare Services, LLC	610.392.0667
Bethlehem Area Public Library	610.867.3761
Easton Area Public Library	610.258.2917
Eldercare Locator	800.677.1116
Lehigh County Department of Human Services	610.782.3200
Northampton County Area Agency on Aging	610.829.4540
PA 2-1-1	2.1.1
PA Benefits Center	1.800.692.7462

LEGAL ASSISTANCE **ASISTENCIA LEGAL**

Professional legal assistance relating to housing, public benefits, unemployment, discrimination, veteran benefits, tenant/landlord problems, financial concerns, power of attorney, credit problems and more. *Asistencia legal profesional relacionada con la vivienda, los beneficios públicos, el desempleo, la discriminación, los beneficios para veteranos, los problemas de inquilinos/propietarios, las inquietudes financieras, el poder notarial, los problemas de crédito y más.*

Lawyer Referral Service of Lehigh County	610.433.7094
Lehigh County Office of Public Defender	610.782.3157
North Penn Legal Services, Inc.	610.317.8757
Northampton County Bar Association	610.258.6333
Northampton County Office of the Public Defender	610.829.6384
Pennsylvania SeniorLAW Helpline	877.727.7529

MEDICARE AND MEDICAID **MEDICARE Y MEDICAID**

A federal health insurance program for people age 65+ or people with disabilities. *Un programa de seguro médico federal para personas mayores de 65 años o personas con discapacidades.*

APPRISE (LC)	610.767.6461
APPRISE (NC)	610.829.4540

MENTAL HEALTH AND DISABILITY **SALUD MENTAL Y DISCAPACIDAD**

Individual or group counseling, education, workshops, subsidized employment, group homes or institutional care to help individuals with mental health concerns and/or mental disability. *Asesoramiento individual o de grupo, educación, talleres, empleo subvencionado, centros de rehabilitación o atención institucional para ayudar a las personas con problemas de salud mental y/o discapacidad mental.*

Access Services	877.896.6667
Arc of Lehigh and Northampton Counties	610.849.8076
Lehigh Conference of Churches Daybreak	610.820.5049
Lehigh County Intellectual Disabilities Program	610.782.3126
Lehigh County PeerLine	833.899.1331
Lehigh Valley Health Network Department of Psychiatry	888.402.5846
Lifepath	610.264.5724
Northampton County Developmental Program	610.829.4750
Northampton County Mental Health	610.829.4840
Pinebrook Family Answers	610.432.3919
Sacred Heart Hospital Older Adults Behavioral Medicine	610.776.4930
St. Luke's Behavioral Health	484.822.5700
Via of the Lehigh Valley	610.317.8000

NON-EMERGENCY **ANTE NO EMERGENCIAS**

Hotline for low urgency situations that do not require immediate responses. *Linea directa para situaciones de baja urgencia que no requieren respuestas inmediatas.*

City of Bethlehem	610.865.7171
Lehigh County (911) Communication Center	610.437.5252
Northampton County (911) Communication Center	610.759.2200

NURSING HOMES *RESIDENCIA DE ANCIANOS*

Provides 24-hour care to individuals including medical services, skilled therapies and dietary needs. *Brinda a las personas las 24 horas del día, lo que incluye servicios médicos, terapias especializadas y necesidades dietéticas nutricionales.*

Cedar Crest Post Acute	610.776.7522
Cedarbrook Nursing Home – Allentown	610.395.3727
Cedarbrook Nursing Home – Fountain Hill	610.691.6700
Country Meadows, Bethlehem	610.865.5580
Easton Skilled Nursing and Rehabilitation Center	610.250.0150
Fellowship Manor	610.799.3000
Genesis Bethlehem North	610.861.0100
Genesis Bethlehem South	610.865.6077
Good Shepherd Home – Bethlehem	610.807.5600
Good Shepherd Home – Raker Center	610.776.3199
Gracedale Nursing Home	610.829.3400
Holy Family Senior Living	610.865.5595
Jewel Healthcare and Rehabilitation Center	610.432.4351
Kirkland Village	610.691.4500
Lehigh Center	610.366.0500
Lehigh Valley Health Network Transitional Skilled Unit	610.969.3300
LifeQuest	267.371.1600
Luther Crest	610.389.8011
Moravian Hall Square	610.746.1000
Moravian Village	610.625.4885
Mosser Nursing Home	610.395.5661
New Eastwood Healthcare and Rehabilitation Center	610.258.2801
Northampton Post Acute	610.330.9030
Phoebe Allentown Health Care Center	610.435.9037
Riverton Rehabilitation and Healthcare Center	610.782.8300
Sacred Heart Hospital Transitional Care Unit	610.776.4910
Slate Belt Nursing and Rehabilitation Center	610.588.6161
Weston Care Center	610.838.7901

PERSONAL CARE HOMES *HOGAR DE CUIDADO PERSONAL*

A facility that offers room and board, supervision and assistance with the activities of daily living such as bathing, grooming, meal preparation and medication administration. *Una facilidad que ofrece alojamiento y comida, supervisión y asistencia con las actividades de la vida diaria, como bañarse, arreglarse, preparar comidas y administrar medicamentos.*

Abington Manor at Morgan Hill	610.829.0100
Abode Care of Allentown	610.797.4651
Above All Senior Living	610.432.2122
Alexandria Manor of Nazareth	610.759.4060
Alexandria Manor of Bethlehem	610.867.3060
Arden Courts	610.366.9010
Atria Bethlehem	484.666.3805
Chandler Estate	610.863.1569
Cornerstone Living	610.298.3300
Country Meadows of Allentown	610.395.7160
Country Meadows of Bethlehem	610.865.5580
Devon House Senior Living Allentown	610.967.1100
Fellowship Community	610.799.3000
Holy Family Senior Living Grace Mansion	610.865.6748
Lehigh Commons	610.530.8089
Liza's House	610.760.1970
Luther Crest Retirement Community	610.398.8011
Merakey	610.866.8331
Moravian Village of Bethlehem	610.625.4885
Mt. Trexler Manor	610.965.9021
Phoebe Allentown	610.794.6600
Pond View Manor	610.760.1932
Renaissance Home Northampton	610.262.1010
Renaissance Home Forks	610.515.0500
Riverstone Manor	610.767.0575
Riverton Rehabilitation and Healthcare Center	610.782.8300
Sacred Heart Senior Living by the Creek	610.262.4300
Sacred Heart Senior Living, Saucon Creek	610.814.2700
Salisbury Behavioral Health	610.973.0970
Saucon Valley Manor	610.748.8888
The Willow	610.421.8100

Walden III, Senior Living Community	610.863.7059
William's Manor	610.759.4053

PHARMACEUTICAL ASSISTANCE **ASISTENCIA FARMACÉUTICA**

Comprehensive prescription coverage for older Pennsylvanians administered by the Pennsylvania Dept. of Aging and funded through the Pennsylvania lottery. *Cobertura completa de medicamentos recetados para las personas mayores de Pensilvania administrada por el Departamento de Envejecimiento de Pensilvania y financiado a través de la lotería.*

PACE/PACENET Program	800.225.7223
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SENIOR CENTERS **CENTROS DE PERSONAS MAYORES**

Programs offering older individuals (age 60+) the opportunities to participate in social and educational experiences and health and wellness activities in their local communities. *Programas que ofrecen a las personas mayores (de 60 años o más) la oportunidad de participar en experiencias sociales, educativas y en actividades de salud y bienestar en sus comunidades locales.*

B'nai B'rith Senior Center	610.821.0207
Casa Guadalupe Center	610.435.9902
Cedar View Senior Center	610.398.1094
Central Park Senior Center	610.351.1080
Cherryville Senior Center	610.767.2977
Coopersburg Senior Center	610.282.2330
Easton Area Community Center	610.253.8271
Gross Towers Senior Center	610.351.9082
Hispanic Center Lehigh Valley	610.868.7800
Lehigh Valley Active Life	610.437.3700
Lehigh Valley Health Network Fleming Memory Center	610.969.3390
Lower Nazareth Senior Community Center	610.297.3464
Nazareth Senior Center	610.759.8255
Northampton Senior Center	610.262.4977
Old York Road Senior Center	610.867.4233
Park Plaza Senior Community Center	610.829.3201
Phoebe Senior Community Center	610.794.6262
Ridge Manor Senior Center	610.965.2171
Rooney Senior Center	610.865.2092

Saucon Valley Community Center	610.838.0722
Slate Belt Senior Center	610.588.1224
Slatington Senior Center	610.767.1250

SOCIAL SECURITY **SEGURO SOCIAL**

An independent agency of the U.S. government that administers Social Security, a social insurance program consisting of retirement, disability and survivor's benefits. *Una agencia gubernamental independiente de los EE.UU. que administra el seguro social, un programa que consiste en prestaciones de jubilación, invalidez y supervivencia.*

Social Security Administration – Allentown	877.405.6746
Social Security Administration – Bethlehem	866.783.7458
Social Security Administration – Easton	866.964.5056

SUICIDE PREVENTION **PREVENCIÓN DE SUICIDIO**

Assistance for individuals and their families to help prevent suicide. *Asistencia para individuos y sus familias para ayudar a prevenir el suicidio.*

National Suicide and Crisis Lifeline	9.8.8
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TRANSPORTATION **TRANSPORTE**

The Lehigh and Northampton Transportation Authority (LANta) provides free transportation services for individuals age 65+ years at all times. *La Autoridad de Transporte de Lehigh y Northampton (LANta) ofrece servicios de transporte gratuitos en todo momento para personas de 65 años o más.*

ITN Lehigh Valley	610.419.1645
LANtaVan	610.432.3200
PA Transportation	610.419.3665
ShareCare Faith in Action	610.867.2177
Sights for Hope	610.433.6018

VETERANS ASSISTANCE **ASISTENCIA PARA VETERANOS**

Assistance for veterans and their family members relating to their federal, state and local benefits, including compensation for service-connected disabilities, pension assistance, medical care and burial services. *Asistencia para veteranos y sus familias en relación a sus beneficios federales, estatales y locales, incluyendo compensación por discapacidades relacionadas con el servicio, asistencia de pensión, atención médica y servicios de entierro.*

Lehigh County Veterans Affairs	610.782.3295
Northampton County Office of Veterans Affairs	610.829.4875

VOLUNTEER PROGRAMS **PROGRAMAS DE VOLUNTARIADOS**

Offers seniors the opportunity for intergenerational volunteer programs, such as tutoring, literacy and environmental protection. *Ofrece a las personas mayores la oportunidad de participar en programas de voluntariado intergeneracionales, como tutoría, alfabetización y protección ambiental.*

AmeriCorps Seniors	800.942.2677
ShareCare Faith in Action	610.867.2177
Volunteer Center of the Lehigh Valley	610.807.0336

WEATHERIZATION **CLIMATIZACIÓN**

Assistance related to the repair and replacement of home heating systems. *Asistencia relacionada con la reparación y sustitución de sistemas de calefacción de viviendas.*

Access Ability	610.867.8000
A M Persiani Painting & Remodeling	610.597.1350
Apria Healthcare	610.266.6333
CareGivers America	610.821.4357
Community Action Lehigh Valley	610.691.5620
Mobility Unlimited, Inc.	610.433.8797



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