



# November is National Family Caregivers Month

Caregiving is a tough job. This November, we remember the people who lovingly give baths, clean houses, shop for, and comfort the millions of elderly and ill people who are friends or loved ones. November is National Family Caregivers Month, and this year's theme is "Caregiving Around the Clock."



## *Why National Family Caregivers Month is Important*

Caregiving, while still holding down an outside job, is exhausting, and much of caregiving is unpaid. Watching a parent age, or seeing someone change drastically due to illness, can be devastating. Take some time to monitor your own wellbeing. If you are not sleeping well, exercising, or feel yourself becoming reclusive, speak to a professional about depression. It can hit anyone at any time. There's no shame in feeling overwhelmed.

Research shows that family members who provide long-term care are themselves at risk for emotional, mental, and physical health problems arising from complex caregiving situations and the strains of caregiving. With this in mind it is important that caregivers first take care of themselves. Here are some basic tips for caregivers:

A.) Don't be afraid to ask for help. We tend to wait until we are in crisis before asking for help and consultation. Seek out the help of a licensed clinical social worker or other trained professional.

B.) It's not easy to tell your parents what to do! The most difficult thing about caring for a parent is the day you have to tell them they need to have help, they can no longer drive or they may have to move from their home. Discuss long-term care wishes and desires before any decline happens.

C.) Take care of your mental health. It is not unusual to feel frustrated with your parents or loved one when they refuse your input and help. Seek a referral to a professional who can help you cope with your personal issues and frustrations. Humor and laughter are tremendous healers also.

D.) Stay informed. We live in a world of constant change. Medications and treatments are constantly changing and the only way to keep up-to-date is to stay informed with the latest news. Participate in support groups, speak with friends and relatives, and talk with professionals in the field of gerontology and geriatrics.

E.) Take time out. Caregivers who experience feelings of burnout need to accept that occasionally they may need a break from their loved one in order to provide them with the best care. You may want to hire help, if possible, or consult your Area Agency on Aging for services. The most important thing is to find trustworthy people to provide help and assistance.



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# Myth-busters!

By Kathy Bennett, Director

I've done some research lately on the topic of Ageism. Ageism is defined as prejudice or discrimination on the grounds of a person's age, or basically saying that all seniors are the same with the same issues and problems. Usually the presumed aging issues are negative in nature – and are so not true! So it's time to bust some aging myths and remember that like any stage or age in life, there are challenges as well as opportunities for growth, happiness and fulfillment as we get older. Here are some myths to start fighting back on!

**“Aging bodies can't be active.” FALSE!** In fact, it's quite the opposite. While it is true we may lose some mobility as we age, many people are even more active during their retirement than when they were younger. There are endless ways to be active, including traveling, volunteering, and even doing armchair exercises.

**“Old people are crabby.” FALSE!** Yes, some people are crabby but generally they've been that way most of their life. Research shows that in actuality older persons are in general happier than their younger peers. As we live our lives we find ways to cope with difficulties and have learned to appreciate the small things in life which bring happiness, particularly in regards to our family and social network.

And one more myth... **“Old beliefs are outdated beliefs.” FALSE!** This is one that I constantly reprimand my 15-year old son about! Every person has their own thoughts, beliefs, politics and worldviews. It's unfair to assume that just because someone is older, they have outdated views of the world and the people in it.

As we all age, it's important that we break through and challenge the myths and assumptions about aging, and know that, like any age in life, there are trials and benefits to each stage we are given.

# Would You Like to Help Seniors in Your Neighborhood?

Volunteers are needed to deliver meals from the Bensalem Senior Center to homebound seniors living right in the Bensalem community. Qualified individuals will be reliable, have their own transportation (valid driver's license, registration and insurance), and a friendly disposition. Volunteer commitment: minimum 1 day a week 1.5 hours.

Contact the Positively Aging Bucks County Volunteer Program today!

Phone: 267-880-5725

Email: [aging@buckscounty.org](mailto:aging@buckscounty.org)

Mileage reimbursement for meal delivery is available.

## The Senior Quarterly

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## Frequently Asked Questions by Seniors who Rent

*Rhonda Sherrod, Esq.*

*Legal Aid of Southeastern Pennsylvania*

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### ***Can I be let out of my lease if I can no longer remain in my apartment for medical reasons or if I obtain senior housing in the middle of a lease term?***

Presently, there is no law in Pennsylvania that states a landlord must let a senior out of a lease without penalty for medical reasons or because the renter was able to obtain subsidized senior housing. Many landlords do not penalize seniors who need to move for these reasons. Where it is practicable, a renter may wish to ask for a month-to-month lease if the renter believes he or she may need to move before the end of a lease term. Unfortunately, there is often an upcharge to the renter to rent on a month-to-month basis and so obtaining a month-to-month lease may not be practical for everyone. It's helpful to maintain good communication with your property manager and give as much prior written notice of your intent to move as possible. Obtaining a note from your medical provider stating that you need to move due to your condition can also be helpful.

### ***What rights do I have as a person who suffers from a disability?***

Under the Fair Housing Act, a renter who suffers from a disability may request a "reasonable accommodation." A reasonable accommodation in housing is defined as change in rules, policies, practices, or

services that enable a person with a disability an equal opportunity to use and enjoy a dwelling.

A person with a disability must notify the housing provider if they need a reasonable accommodation and the housing provider must grant the request if it is reasonable. There must be a connection between the disability and the need for the accommodation. Examples of reasonable accommodations include: Assigning a person with a disability a reserved parking spot near their unit even though tenant parking is generally on a first-come, first-serve basis; allowing a person with a disability to keep an assistance animal despite a "no pets" policy; or allowing a disabled tenant who receives disability checks on the 5th of every month to pay rent after the 1st of the month, without a late fee.

### ***What is subsidized senior housing?***

Senior Housing generally refers to housing stock age-restricted to persons age 55 and above. Different types of senior housing vary according to the amount of care provided for activities of daily living and for medical care. *Subsidized* senior housing is typically independent living apartments that limit the rent a senior (age 62 or over) pays to a percentage of the senior's income (typically 30%). Applications for subsidized senior housing can be obtained by contacting the Bucks County Housing Authority at [buckscountyhousingauthority.org](http://buckscountyhousingauthority.org). It should be noted there is usually a waiting list for subsidized senior housing. Any Bucks County resident suffering an immediate housing crisis should contact the Bucks County Housing Link at 1-800-810-4434.

## September is National Senior Center Month

*This year's theme is Senior Centers: The Key to Aging Well!*

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This September, the National Institute of Senior Centers (NISC) is demonstrating how senior centers are an integral part of aging well. Senior centers help individuals improve or maintain their health and provide communities with proper support to older adults. Innovative programs hosted at senior centers can change the perception of aging and create important community resources for aging expertise.

In Bucks County, there are 13 senior centers that offer a broad array of activities such as classes offering instruction in computers, dance, Zumba, quilting, painting, knitting, yoga, aerobics, Tai Chi, ceramics, chess and more. They may host a blood drive, offer trip excursions to places like Hershey, the New Jersey shore, Lancaster and more. They may offer games like pinochle, bridge, canasta, bingo, mahjongg and more. They hold workshops and even offer help with tax preparation. Check out their websites or give them a call to learn what your local Senior Center can offer you. We hope you will visit one near you!

*See next page for a list of Bucks County Senior Centers*

# Bucks County Senior Centers

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## **Ben Wilson Senior Activity Center**

580 Delmont Ave.  
Warminster, PA 18974  
Hours: Mon-Fri; 9:00 a.m. - 3:30 p.m.  
215-672-8380 Fax 215-672-4501  
BWSAC.org

## **Bensalem Senior Citizens Center**

1850 Byberry Road  
Bensalem, PA 19020  
Hours: Mon-Fri; 9:00 a.m. - 3:30 p.m.  
215-638-7720 Fax 215-638-8660  
Bensalemseniorcenter.org

## **Bristol Borough Area Active Adult Center**

301 Wood Street  
Bristol, PA 19007  
Hours: Mon-Fri; 9:00 a.m. - 3:30 p.m.  
215-788-9238 Fax 215-788-7556



## **Bristol Township Senior Citizens**

2501 Bath Rd.  
Bristol, PA 19007  
Hours: Mon-Fri; 9:00 a.m. - 3:30 p.m.  
215-785-6322 Fax 215-785-4585  
theyounginheart.com

## **Central Bucks Senior Center**

700 Shady Retreat Rd.  
Doylestown, PA 18901  
Hours: Mon-Fri; 9:00 a.m. - 3:00 p.m.  
215-348-0565 Fax 215-348-7580  
Cbseniors.net

## **Northampton Township**

### **James E. Kinney Senior Center**

165 Township Road  
Richboro, PA 18954  
Hours: Mon-Fri; 9:00 a.m. - 3:30 p.m.  
215-357-8199 Fax 215-357-9987  
CRSRS@comcast.net

## **Eastern Upper Bucks Senior Center**

8040 Route 611  
PO Box 545  
Ottsville, PA 18942-0545  
Hours: Mon-Thur; 10:00 a.m. - 3:00 p.m.  
610-847-8178 Fax 610-847-2036  
eubseniors@epix.net

## **Falls Township Senior Center**

282 Trenton Rd.  
Fairless Hills, PA 19030  
Hours: Mon-Fri; 9:00 a.m. - 3:30 p.m.  
215-547-6563 Fax 215-547-6347  
fallstwpseiorcenter@aol.com

## **Middletown Senior Citizens Center**

2142 Trenton Road  
Levittown, PA 19056  
Hours: Mon-Fri; 9:00 a.m. - 3:30 p.m.  
215-945-2920 Fax 215-945-3413  
www.msca2142.org

## **Morrisville Senior Service Center**

31 East Cleveland Avenue  
Morrisville, PA 19067  
Hours: Mon-Fri; 9:00 a.m. - 3:00 p.m.  
215-295-0567 Fax 215-295-6109  
www.morrisvilleseniorservicenter.org

## **Neshaminy Activity Center**

1842 Brownsville Rd.  
Trevose, PA 19053  
Hours: Mon-Fri; 9:00 a.m. - 3:00 p.m.  
215-355-6967 Fax 215-355-4272  
www.neshaminyac.org

## **Pennridge Community Center**

146 East Main Street  
Perkasie, PA 18944-5421  
(Located in Silverdale Borough)  
Hours: Mon-Fri; 9:00 a.m. - 3:00 p.m.  
215-453-7027, Fax 215-453-7029  
Pennridgecenter.org

## **Upper Bucks Activity Center**

Milford Square Fire Co. Social Hall  
2183 Milford Sq. Pike  
Quakertown, PA 18951  
Hours: Mon-Fri; 9:00 a.m. - 3:00 p.m.  
215-536-3066 Fax 215-536-7881  
www.upbuckssr@yahoo.com

# What is LIHEAP?

The Low-Income Home Energy Assistance Program (LIHEAP) helps low-income families pay their heating bills. LIHEAP is a grant. You do not have to repay it.

## To receive help...

- Apply between Nov. 1, 2019 and Apr. 6, 2020.
- You don't have to be on public assistance.
- You don't need to have an unpaid heating bill.
- You can either rent or own your home.

## How does LIHEAP work?

LIHEAP offers both cash and crisis grants. Families may apply for:

**a.) Cash Grants** - Cash grants help families pay their heating bills. The one-time payment is sent directly to your utility company or fuel provider, and it will be credited on your bill. (In some cases, the check may be mailed to you directly.) Cash grants range from \$200-\$1000 and are based on household size, income, and fuel type.

**b.) Crisis Grants** - Crisis grants may be available if you have an emergency situation and are in jeopardy of losing your heat. You can receive more than one Crisis grant, as necessary, during the season until the maximum benefit of \$500 is reached.

## Crisis situations include:

- Broken heating equipment or leaking lines that must be fixed or replaced.
- Lack of fuel.
- Termination of utility service.
- Danger of being without fuel (less than a 15-day supply) or of having utility service terminated (received a notice that service will be shut off within the next 60 days).
- If you have a heating emergency please call your local County Assistance Office (CAO).

## How do I apply?

- Apply online at: [www.compass.state.pa.us](http://www.compass.state.pa.us).
- Request an application by calling the Statewide LIHEAP Hotline at 1-866-857-7095 or call PA Relay at 711 for the hearing impaired.
- Applications are available at your local County Assistance Office or Area Agency on Aging.

## To apply, you will need:

- Names of people in your household.
- Dates of birth for all household members.
- Social Security Numbers for all household members.
- Proof of income for all household members.
- A recent heating bill.

## Who is eligible?

You may qualify for a LIHEAP grant if your household income meets the following income guidelines: 2019-2020 Income Guidelines:

<u>Household Size</u>	<u>Maximum Annual Income</u>
1 .....	\$18,735
2 .....	\$25,365
3 .....	\$31,995
4 .....	\$38,625
5 .....	\$45,255
6 .....	\$51,885
7 .....	\$58,515
8 .....	\$65,145
Each additional person add.....	\$6,630

After your application is processed, you will receive a written notice that will tell you if you qualify. If eligible, it will tell you the amount of your grant.



## Fraud Alert

### How to Avoid The Chimney Sweep/Repair Scam:

- Make sure that you are hiring a qualified chimney sweep. It's easier than you think to find reputable companies offering chimney sweep services. You can check them out at <http://www.csia.org/search.html>.
- Be certain that they are registered with the PA Attorney General's office as a Home Improvement Contractor <https://www.attorneygeneral.gov/resources/home-improvement-contractor-registration/>.
- Go online and look for reviews of the company you are considering.
- Request bids from at least three companies.

### **Be Aware Of Unsolicited Calls and Door-To-Door Chimney Sweep Services.**

If you are getting unsolicited calls regarding your fireplace and chimney needs, do not get tempted by what they are selling. Simply hang up. Legitimate and reputable companies do not make cold calls to gain your service.

Make your family and friends aware of this scam by sharing it on social media.

You can also officially report the scammers to the Federal Trade Commission using the link below: <https://www.ftccomplaintassistant.gov/?Org-Code=SCAMDET#&panel1-1>

## KinConnector 2019



### **Examples of provided services include:**

- Connecting caregivers to health, financial, and legal services
- Connecting caregivers to training and parenting advice
- Identifying local physical or behavioral services
- Identifying support groups
- Helping caregivers enroll a child in school
- Helping caregivers apply for federal, state, and local benefits such as CHIP and Social Security, and other services designed to support caregivers.

## It's Time for Medicare Annual Open Enrollment

The Annual Open Enrollment Period (AOEP) runs from October 15th through December 7th. You have the opportunity to change or enroll for a Part D prescription drug plan or Medicare Advantage plan. The changes take effect on January 1st.

You can make the following changes during the Medicare AOEP:

- Change from Original Medicare to a Medicare Advantage Plan.
- Switch from one Medicare Advantage Plan to another Medicare Advantage Plan.
- Switch from a Medicare Advantage Plan that doesn't offer drug coverage to a Medicare Advantage Plan that offers drug coverage.

- Switch from a Medicare Advantage Plan that offers drug coverage to a Medicare Advantage Plan that doesn't offer drug coverage.
- Join a Medicare Prescription Drug Plan.
- Switch from one Medicare drug plan to another Medicare drug plan.

APPRISE Counselors will be available to answer your Medicare-related questions at the following Events. One hour appointments are available at different times and locations by calling 267-880-5700. Please call the location to schedule a 20 minute appointment. Bring a list of your medications with you.

# Annual Open Enrollment Events

**Thursday, October 17, 2019**

**10:00 a.m. – 2:00 p.m.**

Bristol Twp. Senior Center  
2501 Bath Road, Bristol, PA  
215-785-6322

**Friday, October 18, 2019**

**10:00 a.m. – 1:00 p.m.**

Middletown Senior Citizens Center  
2142 Trenton Rd, Levittown, PA  
215-945-2920

**Wednesday, October 23, 2019**

**11:00 a.m. – 2:00 p.m.**

Falls Twp. Senior Center  
282 Trenton Rd, Fairless Hills, PA  
215-547-6563

**Thursday, October 24, 2019**

**11:00 a.m. – 2:00 p.m.**

Eastern Upper Bucks Seniors  
8040 Route 611, Ottsville, PA  
610-847-8178

**Tuesday, October 29, 2019**

**10:00 a.m. – 1:00 p.m.**

Central Bucks Activity Center  
700 Shady Retreat Rd,  
Doylestown, PA  
215-348-0565

**Thursday, October 31, 2019**

**10:00 a.m. – 1:00 p.m.**

Ben Wilson Senior Activity Center  
580 Delmont Ave, Warminster, PA  
215-672-8380

**Wednesday, Nov. 6, 2019**

**11:00 a.m. – 2:00 p.m.**

Pennridge Community Center  
146 E. Main St, Silverdale, PA  
215-453-7027

**Thursday, Nov. 7, 2019**

**9:30 a.m. – 12:30 p.m.**

Northampton Twp.  
James E. Kinney Senior Center  
165 Township Rd, Richboro, PA  
215-357-8199

**Tuesday, Nov. 12, 2019**

**11:00 a.m. – 2:00 p.m.**

The Birches  
70 Durham Rd, Newtown, PA  
215-497-7400

**Tuesday, Nov. 19, 2019**

**10:00 a.m. – 1:00 p.m.**

Bensalem Senior Citizens Center  
1850 Byberry Rd, Bensalem, PA  
215-638-7720

**Monday, Nov. 25, 2019**

**10:00 a.m. – 1:00 p.m.**

Upper Bucks Activity Center  
2183 Milford Square Pike  
Quakertown, PA  
215-536-3066

**Tuesday, Nov. 26, 2019**

**10:00 a.m. – 1:00 p.m.**

Central Bucks Activity Center  
700 Shady Retreat Rd,  
Doylestown, PA  
215-348-0565



Bucks County Area Agency on Aging  
30 E. Oakland Avenue  
Doylestown, PA 18901

PRSR STD  
US POSTAGE  
PAID  
DOYLESTOWN, PA  
PERMIT NO 311

## **Bucks County Area Agency on Aging**

30 East Oakland Avenue, Doylestown, PA 18901

Phone: 267-880-5700 Fax: 215-348-9253 E-mail: [aging@buckscounty.org](mailto:aging@buckscounty.org)

Elder Abuse Hotline: 1-800-243-3767, available 24 hours a day

Website: [www.buckscounty.org](http://www.buckscounty.org)

Office Hours: 8:30 AM - 4:30 PM, Monday - Friday

The Area Agency on Aging offers more than 20 programs to help older adults and their families in Bucks County. Services include:

- Information and Assistance
- Care Management
- Assessment & Care Planning
- In-Home Services
- Volunteer Opportunities
- Community Presentations
- Adult Day Service
- Employment Assistance
- Health Insurance Counseling
- Transportation
- Caregiver Support
- Outreach
- Senior Centers
- Ombudsman Services
- Protective Services
- Nutritional Services
- Legal Services

### **Toll-Free Numbers (when calling from within Bucks County)**

Lower and Upper Bucks

1-888-942-8257

Central Bucks

215-348-6000